

BUILD A PASSION FOR THE POST

BASKETBALL COACH WEEKLY

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1-4 HIGH SETS

CREATE MULTIPLE, HIGH-% OPPORTUNITIES

RUN THROUGH THE HIGH POST TO SET UP A BACKDOOR LOB

REMOVE A PLAYER FROM YOUR TEAM ... GET SUED?

MASTER 9 MOTIVATIONAL METHODS



< 1-4 HIGH
PLAYS SET
UP EASY LOB
PASSES

USE A WEAK-SIDE STAGGERED SCREEN & CREATE 2 CHANCES

Toss Player Off Team, Get Sued



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Sideline Stories

Wrap your coaching head around this.

As a sophomore, a player has a conflict between participating in a school-sponsored musical and a junior varsity basketball game. It is agreed he can participate in the musical without a clarification of the basketball punishment for his decision. The coach decides to sit him for one half of the next game.

“Keep the A.D. informed to reach a consensus for handling a troublesome player ...”

His parents complain (of course). They also contend he lost playing time for the remainder of the season. Then, after a coaching change, he doesn't make the varsity team as a junior despite his parents pleas about how great of a player he is. As a senior, he's on varsity but plays sparingly, then takes to Twitter early in the season to complain about his playing time. The coach throws him off the team.

And, you guessed it, the parents now have filed a lawsuit on three counts (all totaling more than \$25,000/each) against the school district and the coach claiming his First Amendment rights have been violated and his ability to obtain a potential scholarship was lost. You can **read more here.**

Like it or not, and you probably already

know this, but this is the world in which you are coaching now. The power resides with players and parents ... at least that's what they assume. Shift the power back into your court by following these protocols when removing players.

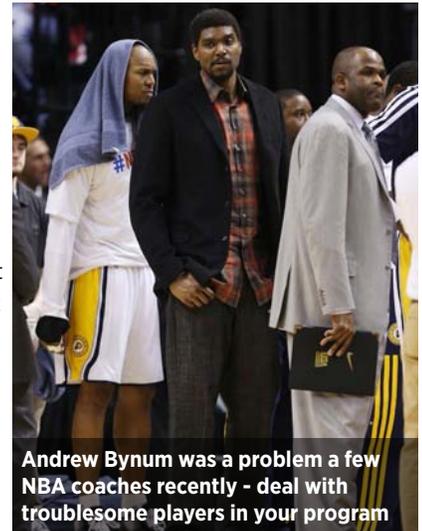
1. Always Have Players Sign Written Rules Of The Team. This protects you and eliminates the ignorance defense. Without knowing more details, the one small crack in the basketball program's handling of this case was not specifying the penalty for missing the game.

2. Work With The Athletic Director. Yes, it's your team. But, keep your athletic director in the loop as soon as a problem arises. If you were the coach in this example, it's best to stay in the A.D.'s ear about the missed game, the parents complaining and eventually the player's comments on Twitter. The last thing you want is the athletic director to receive a surprise visit from angry parents, no matter how frivolous the charge. Keep the A.D. informed to reach a consensus for handling a troublesome player.

3. Warn The Entire Team. A single, problem player must be handled, but in the instance where the player jumped on Twitter and slammed the program, it provided an opportunity for the coach to speak with the entire team about how to handle social media, as well as the repercussions and punishments associated with misusing it. (And why it's not a First Amendment violation)



Michael Austin
Michael Austin
Editor-in-chief



Andrew Bynum was a problem a few NBA coaches recently - deal with troublesome players in your program

In this issue...

3 CREATE MULTIPLE HIGH-PERCENTAGE SCORING CHANCE FROM 1-4 HIGH

The 1-4 High set is popular today because it pulls defenses away from the rim and allows for timely screens and backdoor cuts

4 LOW DIAGONAL SCREEN OPENS BACKDOOR CUT

Send the weak-side wing toward the hoop off a backdoor screen as the ball moves through the high post

5 STAGGERED SCREEN SETS UP DOUBLE OPTION

Use ball reversal, an initial curl and a staggered screen to set up a secondary curl creating two scoring options

6 MASTER 9 MOTIVATIONAL METHODS

Listen, motivate and praise to get the most from your players

QUICK HITTER ESTABLISH POST PRESENCE

Jim Boone, head men's basketball coach at Delta State University (Cleveland, Miss.) has contributed to Basketball Coach Weekly in the past and has a piece on defensive drills in an upcoming issue. He's a fantastic follow on Twitter (@CoachJimBoone). Here are some post-play nuggets he has shared:

- Our anchors (need): 1) Sureness (take care of the ball); 2) Shot

- selection (don't take shots the defense gives you, take the shots we want) and 3) Defense
- Sureness: We use a permanent pivot foot on the perimeter
- Sureness: Fake a pass to make a pass!
- Catch the ball with your feet, eyes and hands. Make two-hand catches.
- Make the easy pass.

- You must have communication to run our offense (motion). Call out all screens, all cuts and the names of who we pass it to.
- Daily practice on the fundamentals is what fuels the success of our motion offense.
- To win championships, you must have a strong inside game.

- Michael Austin

When your point guard faces constant pressure, consider a 1-4 High set to increase the number of entries into the offense



Equal-Opportunity Attacker

1-4 High sets are effective against man and zone defenses, and keep the opposition off-balance with numerous entry options and constant low cuts

The 1-4 High offense's popularity continues to grow as defenses (regardless of if they are playing man or zone) struggle to guard all the intricacies of this attack.

Positioning all five players at the free-throw-line-extended area or higher leaves plenty of space closer to the hoop for backdoor screens, cuts and lobs, especially when facing aggressive defenders who love to jump into passing lanes. Have a pass receiver take a step toward the ball, the passer give a good ball fake and the receiver cut hard to the hoop as the defender is out of position. It's an easy scoring opportunity.

When defenses sag, the 1-4 High works as well, especially if you have some decent shooters on the floor. As defenders sag, your offense has plenty of potential

screeners high in the set. When the defenders attempt to recover to guard an open 3-point shooter, those screeners are in position to stop the pursuit.

Another huge advantage of the 1-4 High is having four teammates readily available for initiating the offense. This is a perfect offense when your point guard struggles a bit under ball pressure from the defense. Now, instead of only having a couple of wing players for first-pass options, there are four players potentially "one pass away" - just make sure the posts at the elbow extend their arms and provide a good passing target away from their defenders.

While the possibilities seem endless when it comes to sets from a 1-4 High, I've selected two of my favorites to present today. One comes off a dribble

entry while another enters the ball via a pass to the wing.

The dribble-entry play utilizes the high post at the elbow for the first pass after dribbling to one side, then features the ball-side wing cutting all the way low and through the lane to screen for the opposite-side wing. The high posts executes a perfect catch and pivot, then is in perfect position to fire the backdoor pass.

The wing-pass entry on page 5 provides a bit of a wrinkle as typically out of a 1-4 High, when the point passes to a wing, he or she then runs a UCLA cut off one of the high posts. In this instance, the point passes left, then flares right using an off-ball high screen from the right elbow. It sets up ball reversal, a backside staggered screen and two high-percentage scoring options flashing toward the ball handler.

Words and Activities by:
Michael Austin

Low Diagonal Screen Opens Backdoor Cut For A Layup

Send the weak-side wing toward the hoop off a backdoor screen as the offense moves through the high post

WHY USE IT

Quick cuts and passes from a 1-4 high set typically catch a defense off-guard and create easy scoring opportunities. This play provides you with a backdoor layup.

SET UP

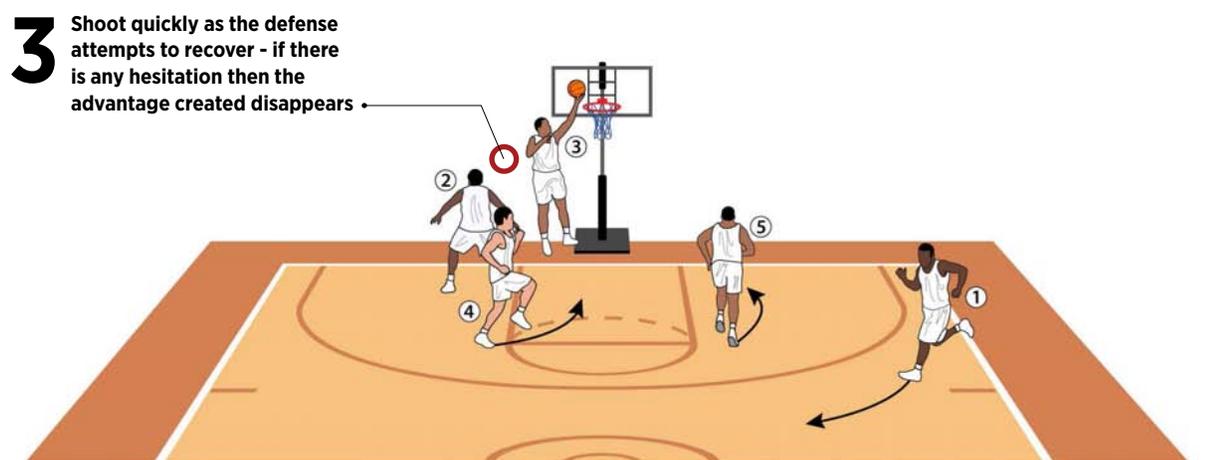
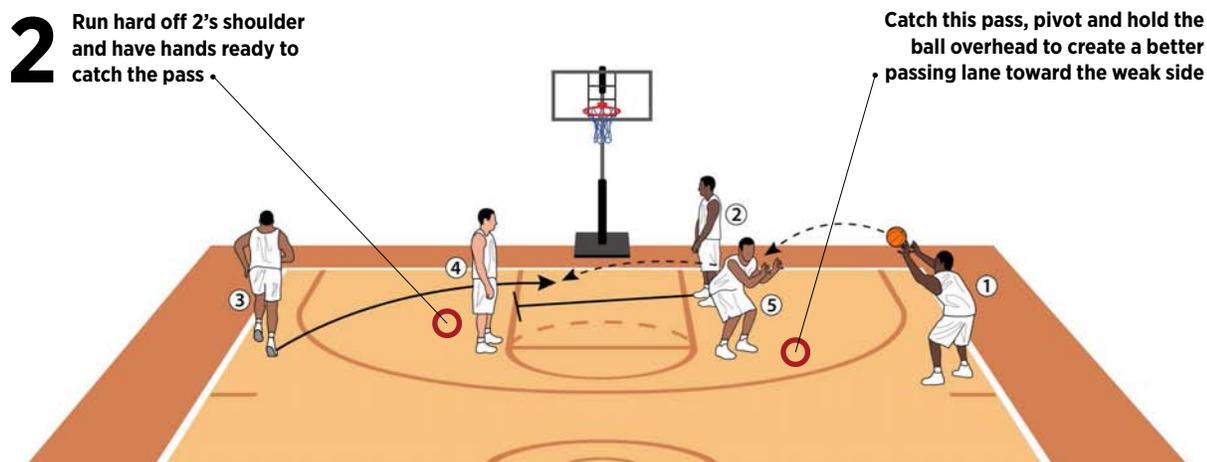
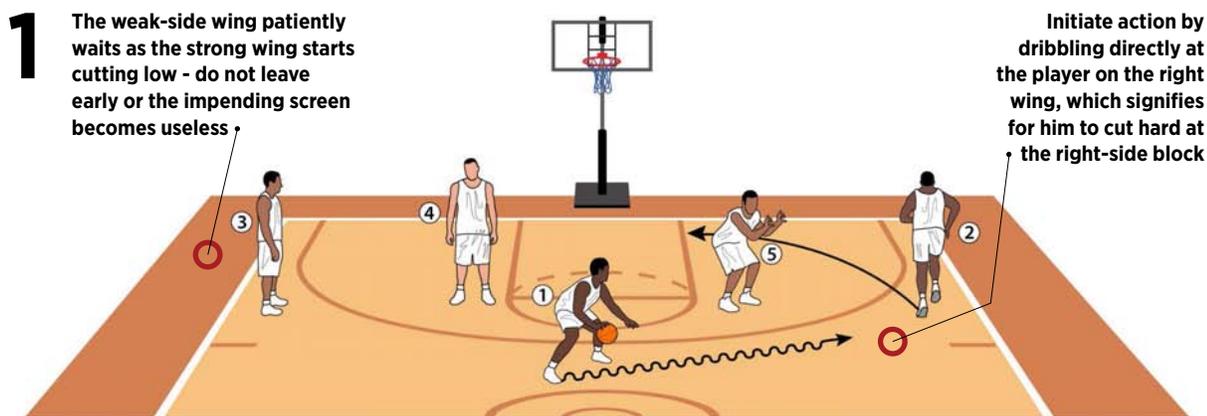
1 is dribbling the ball at the top of the set with the other two guards on the wings with the posts located at opposite elbows.

HOW TO PLAY

1 uses a dribble entry to begin the action. He dribbles at 2, who relocates to the right-side block [1]. After reaching the right block, 2 makes a low, diagonal cut across the lane. 1 passes to 5 in the high post. 3 streaks from the weak wing, runs off 2's screen and has hands ready for a quick pass-and-catch opportunity to score at the rim [2]. 3 shoots the layup before the defense recovers as 4 and 5 crash the boards for a potential put-back opportunity [3].

TECHNIQUE

3 doesn't start the basket cut until 2 has moved into position. Break too early and it just creates a logjam of players in the lane. 5 should be your tallest player who easily holds the ball over his or her head and has the ability to fire a pass over the defense.



Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →

Staggered Screen Sets Up Double Option

Use ball reversal, an initial curl and a staggered screen to set up a secondary curl creating two high-percentage scoring options along the strong-side lane line

WHY USE IT

This play creates a pair of high-quality scoring opportunities and leaves a pair of back-side offensive rebounders ready in case of a miss.

SET UP

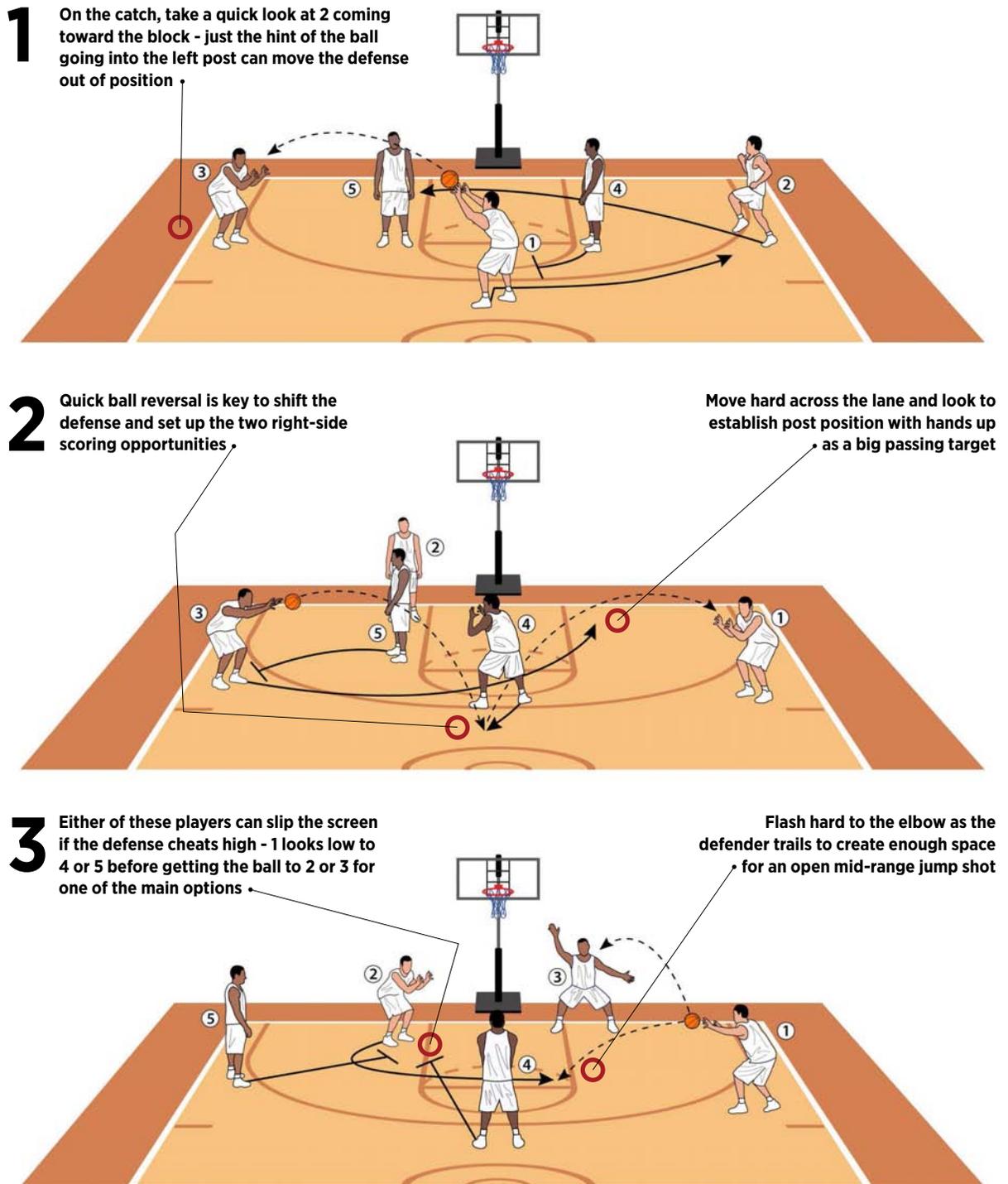
Start from a 1-4 High with the ball in the point guard's hands at the top, guards on opposite wings and posts at opposite elbows.

HOW TO PLAY

1 passes to the left wing then runs at the right wing. 1 uses a high screen from 4 to get free on the right wing. 2, who started on the right wing, cuts hard to the left-side block [1]. 4 steps out and receives a pass from 3. This initiates the ball reversal and it is continued when 4 passes to 1. 3 then runs off a back-side screen from 5. 3 establishes position on the right block [2]. 5 and 4 move low and set a staggered screen for 2. 2 curls around the screens and flashes to the ball-side elbow. 1 either feeds 3 in the post or 2 on the curl for the shot [3].

TECHNIQUE

After setting their screens, 4 and 5 are positioned on the back side for a potential offensive rebound. 1 also takes a quick look at 4 or 5 slipping their screens if the defenders start cheating toward the curler as this frees the space under the hoop.



Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →

Elite-level coaches are active listeners, motivators and praisers to get the most from their players

Master 9 Motivation Methods

Players respond to coaches who know the game, use discipline and bring passion to every day of their lives regardless of how they are feeling

Elite level coaches are superior motivators. While there is wide range of motivational techniques and styles (look how different Doc Rivers is from Gregg Popovich or Brad Stevens is from John Calipari), the most successful coaches at every level are masters at finding ways to get each player, thus their team by default, to play to their potential on a consistent basis.

Here are 9 keys to motivating players:

- 1 Know The Game.** Players can spot incompetence from a mile away. You don't need Bobby Knight's or Hubie Brown's experience or acumen, but you certainly need to constantly hone your basketball I.Q. If you are a young or inexperienced coach, become a student of the game and work on your craft *every* day.
- 2 Discipline Them.** Players actually crave discipline because it shows you care. They also know, way down in their subconscious, that discipline is a key ingredient to success. They will lose respect for you if you don't.

- 3 Show Them Why.** Players need what's called 'perceived relevance.' They need to know how what they are doing helps them become the best player they can be. They need to know how the drill they are doing today in practice prepares them to perform Friday night.

- 4 Praise Them.** Players need to be caught doing something properly! That which gets praised, gets repeated. Be as specific as you can in your praise. For example, "Joey, that was an excellent screen you set to get Johnny open. You took the perfect angle, kept a wide base, and held your ground. *You* were the reason we scored on that play."

- 5 Be Honest.** Players need to hear the truth. They might not *want* to hear what you have to say, but they ultimately respect you for it. If a player isn't going to see much playing time this season, let him or her know what their role is. If your team is a 20+ point underdog in your game, tell them to play hard, play smart and play together regardless of *who* they play, Make sure they know that on any given night... they can beat anyone.

- 6 Bring ENERGY.** Players respect coaches that work just as hard as they do. Make your enthusiasm and passion contagious. If you happen to be a younger, inexperienced coach, your daily energy and enthusiasm make up for your current lack of acumen.

- 7 Use Innovative Drills.** Gene Hackman's famous line in "Hoosiers" ("My practices aren't designed for your enjoyment.") doesn't fly with today's player. Players have short attention spans. Boredom causes demotivation. Be unique to foster increased intensity.

- 8 Be Authentic.** Players can spot a phony just as quickly as they can spot incompetence. Be true to yourself; don't try to be someone else. Coach to *your* strengths and create *your* own style, philosophy, and culture.

- 9 Love Them.** Players don't care how much you know until they know how much you care. If you truly care about your players, on and off the court, they will run through a brick wall for you.

Words by:
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