

1-YEAR ANNIVERSARY ISSUE!

# BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

September 25, 2014

Issue 53

\$5.99

## PACK LINE CUTS OFF THE OFFENSE

2 DRILLS TO PRACTICE  
FRENETIC TEAM DEFENSE

SWITCH RESPONSIBILITIES  
MID-DRILL TO SIMULATE  
GAME SPEED

CLOSEOUT & CONTEST  
DRILL WORKS KEY  
DEFENSIVE TRAITS

# 9

ADVANTAGES  
TO A PRESEASON  
COMMUNITY-SERVICE  
PROJECT

< DELTA STATE'S  
JIM BOONE RUNS  
THE PACK LINE TO  
PERFECTION



WOULD YOU LOSE ON PURPOSE FOR A FAVORABLE MATCHUP?

# Celebrate An Exciting Time



**Basketball Coach Weekly**  
Issue 53

**Basketball Coach Weekly**  
9325 SW Iowa Drive  
Tualatin, OR 97062

**Editor-in-chief**  
Michael Austin  
michael.austin@basketballcoachweekly.com

**Contributors**  
James Boone, Bert DeSalvo

**Illustrations**  
Mike Renwick

**Pictures**  
Action Images

**Designer**  
Sam Esward

**Publisher**  
Kevin Barrow  
kevin.barrow@greenstarmedia.net

**Customer Services**  
Duncan Heard  
duncanh@basketballcoachweekly.com

**Managing Director**  
Andrew Griffiths



(c) Green Star Media Ltd.  
All rights reserved.

Click [here](#) to read the full disclaimer.

To subscribe to Basketball Coach Weekly please contact Duncan Heard at Green Star Media Ltd, Meadow View, Tannery Lane, Bramley, Guildford GU5 0AB, UK.

You can contact Duncan via Skype at basketballcoachweekly or via email at duncanh@basketballcoachweekly.com

## Sideline Stories

One year ago today I hit the magical button sending the first issue of *Basketball Coach Weekly* to a small, loyal readership, which took a chance on this publication and editor. I'm forever grateful for the smattering of people (that's the best way to describe our initial audience) who welcomed *Basketball Coach Weekly* into their inbox every Thursday from the start.

**“More readers believe in us as our numbers continue to increase ...”**

Our first issue focused upon transition-scoring drills provided by a fantastic contributor in Kurt Guelsdorf, the head girls coach at Oregon City High School. One of the hardest working people in our game, Alan Stein, also provided his four keys to reducing ACL injuries and Sue Phillips, who has more than 20 years of coaching experience at Archbishop Mitty in San Jose as well as heading the national U17 U.S. women's program, also contributed.

While we've worked out a few kinks (most notably getting me a better head shot for the Sideline Stories column and slightly updating our unique take on basketball diagrams), I love that first issue because it encapsulates everything I want to do with this publication. It covered Xs and Os, provided coaches useful drills, looked at the skills beyond simply on-court strategies

that empower coaches and worked in some injury prevention tips as well.

Now, a year later, I'm thrilled with the direction of *Basketball Coach Weekly*. More readers believe in us as our numbers continue to increase. I receive feedback from across the U.S. and from our international readers as well after each issue. More coaches are reaching out to me to be a part of *Basketball Coach Weekly* by submitting articles.

I'm using that momentum as we head into one of the best times of year. Hope springs eternal in the autumn and early winter when every team's goals are attainable, players and coaches are energized and everyone is ready to learn some new ideas.

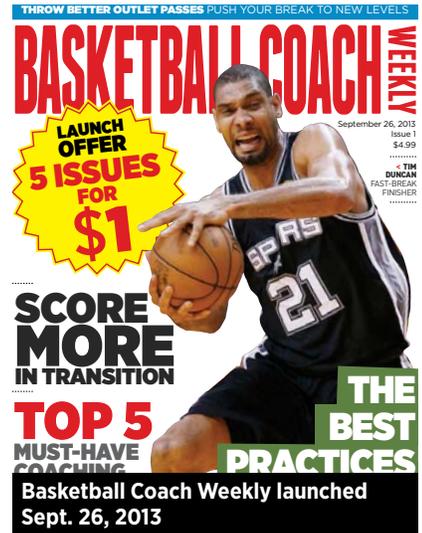
And, I'm the same way. The fall is filled with coaching clinics, preseason workouts, early-season practices and ample opportunities to learn. I already have a plan in place to get in front of more coaches this preseason and can't wait to see how coaches handle certain situations, then pass those observations on to you.

We're in this together. While I know basketball coaches love soaking in as much in-person knowledge as possible, I also know once the season is upon us, that becomes difficult ... and that's where I come into play.

Let me know if there are topics you want covered or areas not yet discussed in *Basketball Coach Weekly*. I'm excited to push ahead and am thrilled you're with us.



*Michael Austin*  
**Michael Austin**  
Editor-in-chief



## In this issue...

**3 PACK 'EM IN!**  
The Pack Line Defense limits opponents high-percentage shot opportunities and its principles can be applied to almost any defense

**4 2-ON-1 RETREAT & CLOSEOUT**  
Closing out is more than just jumping to a ball handler, it requires shifting and moving with the ball and challenging shots

**5 4-ON-4 CHANGE DRILL REQUIRES CHATTER**  
Force players to communicate by frantically changing their responsibilities in the middle of the drill

**6 COME TOGETHER, SERVE YOUR COMMUNITY**  
Check out the 9 reasons every basketball coach needs to push players to give back

## QUICK HITTER LOSE TO WIN?

As of this writing there currently is an investigation into whether the Australian national team purposely lost a game to Angola at the World Cup earlier this month in an effort to avoid playing the U.S. squad until the semifinals.

Australia wanted to finish below Slovenia in its group for a more favorable quarterfinal matchup. And while it's hard to prove, maybe the

“basketball gods” came into play as the Australians lost to Turkey and were knocked out of the tournament in the group stage before even reaching the quarterfinals.

This brings up the question to readers - would you ever intentionally lose a game for a better seeding, ranking or matchup down the road? While I would expect all coaches to

say, “No,” I have to think there is a small percentage of coaches who would consider it.

If you are one of them, shoot me an email and explain your rationale, the situation, etc. I'd keep your name/program anonymous and would love to explore the topic in a future Sideline Stories column.

- Michael Austin

Delta State's Jim Boone is a coaching mastermind who employs the Pack Line Defense to limit opponents' high-percentage shots



# Pack 'Em In!

The Pack Line Defense suffocates offenses with on-ball pressure and tremendous help, its principles can be used in most defensive philosophies

**W**e employ the Pack Line Defense at Delta State University. We believe that our system of defensive play will significantly lower our opponent's field goal percentage, improve our rebounding and reduce the offense's ability to score easy baskets or to be fouled.

The Pack Line Defense is not just an X's and O's proposition, it is a culture and a way of thinking. It is a mindset. Everything we do, every decision we make, who plays and who we recruit, is made with how it affects our defensive play.

The essence of the Pack Line Defense is simply one defender guarding the ball, while the other four defenders are "already positioned in help." We simply want to force our opponent into contested two-point shots.

There are three important keys to teaching and understanding the Pack Line Defense.

1. Pressure the ball
2. Non-ball defenders must be positioned so they are already in help
3. We cannot prevent the offense from getting shots but we can influence the type of shot they get.

There are five main areas of daily maintenance when focusing on the Pack Line: conversion, low-post defense, pressure on the ball, closeouts and rebounding.

*Editor's Notes:*

- Jim Boone has won 467 games in 28 seasons on the bench, including stops at California (Pa.), Robert Morris, Eastern Michigan, Tusculum, West Virginia Wesleyan and now Delta State.
- Last season Delta State posted a mark of 26-7 and advanced to the Sweet 16 of the NCAA Division II Men's Basketball Tournament.
- Last season Delta State only allowed

65.8 points per game with its Pack Line Defense, which was good for 14th overall in Division II men's basketball. The squad also finished ninth overall in rebounding margin with a +8.6 in the category.

- Despite playing such an intense style of defense, Delta State only committed 15.2 fouls per game in 2013-14, which placed the team ninth in all of Division II men's basketball.
- "Coach Boone has established himself in the coaching community as one of the nation's premier teachers. I have tremendous respect for Coach Boone. He is an outstanding basketball coach, and his basketball programs are synonymous with excellence." - Herb Sendek, Arizona State University (as provided by Delta State's athletic department)

**Words & activities by:** Jim Boone, head men's coach, Delta State University, Cleveland, Miss.

# 2-On-1 Retreat & Closeout

Closing out is more than just jumping to a ball handler, it requires shifting and moving with the ball and challenging shots

## WHY USE IT

Many defenders understand the concept of guarding the ball but they relax a bit when it is passed away - this drill forces them to move throughout an offensive progression.

## SET UP

A coach is at the top of the set with a ball. The offensive player is on the wing outside the 3-point line while the defender starts at the elbow.

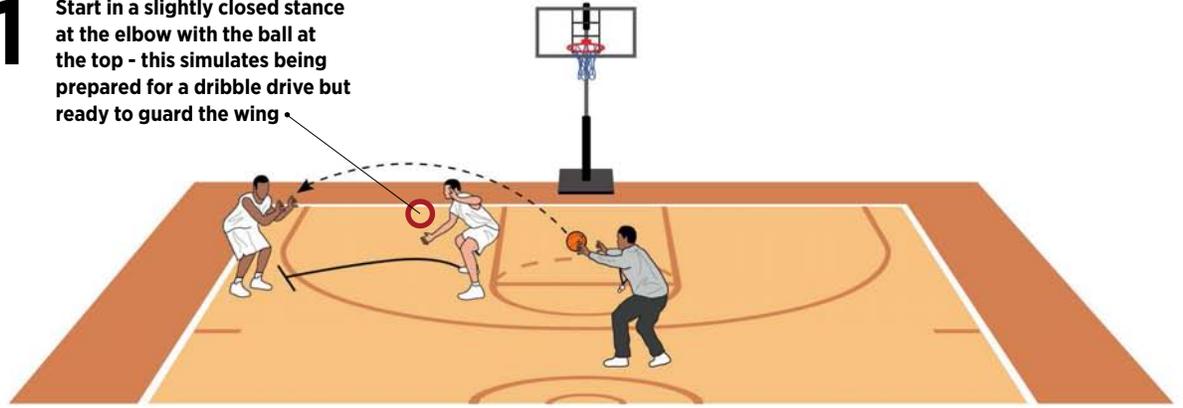
## HOW TO PLAY

The defender starts in a slightly closed stance and when the ball is passed to the wing, the defender closes out and seeks leverage [1]. The offensive player passes back to the top and the defender jumps back into the pack (to the elbow), then to the ball with active feet. Do the wing pass and return pass twice [2]. On the second pass back to the top, the coach drives the ball toward the wing as the offensive player flares to the corner. The defender attempts to stop the ball with the near arm and leg, then closes out to contest the shot vertically [3].

## TECHNIQUE

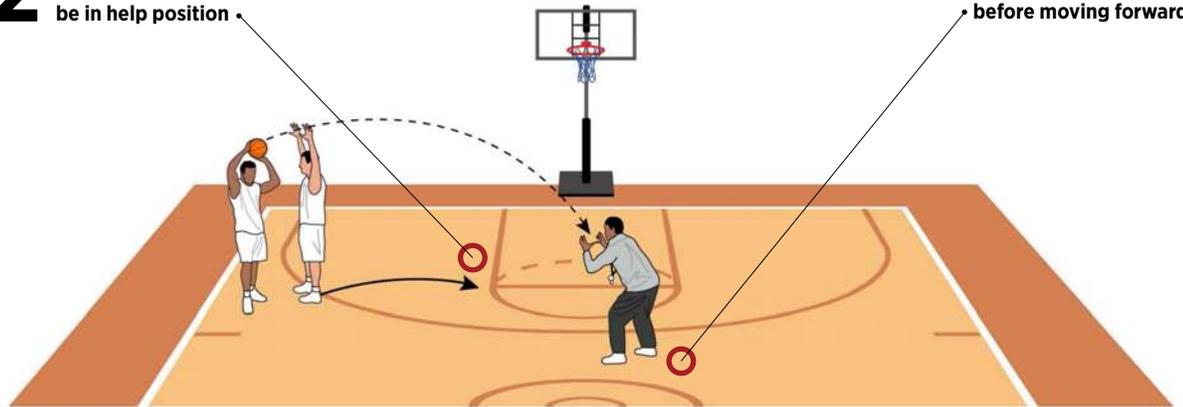
The defender does not cheat high before the pass back to the top. He or she must jump back into the pack as this is the positioning required to defend the new ball handler in the Pack Line.

**1** Start in a slightly closed stance at the elbow with the ball at the top - this simulates being prepared for a dribble drive but ready to guard the wing



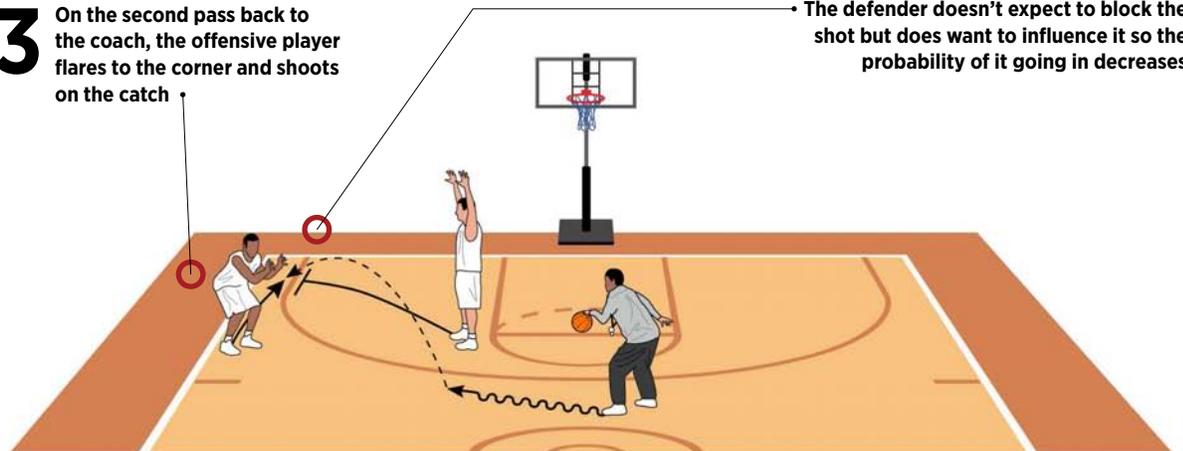
**2** On the pass back the defender retreats quickly to the elbow to be in help position

Complete the pass to the wing and the pass back to the coach twice before moving forward



**3** On the second pass back to the coach, the offensive player flares to the corner and shoots on the catch

The defender doesn't expect to block the shot but does want to influence it so the probability of it going in decreases



# 4-On-4 Change Drill Requires Chatter

Great defenders talk to each other - force players to communicate by frantically changing responsibilities in the middle of the drill

## WHY USE IT

Not everyone on your team is inclined to communicate loudly but it is required to be a disruptive, cohesive defensive team. Success in this drill comes from talking and shifting as player responsibilities shift.

## SET UP

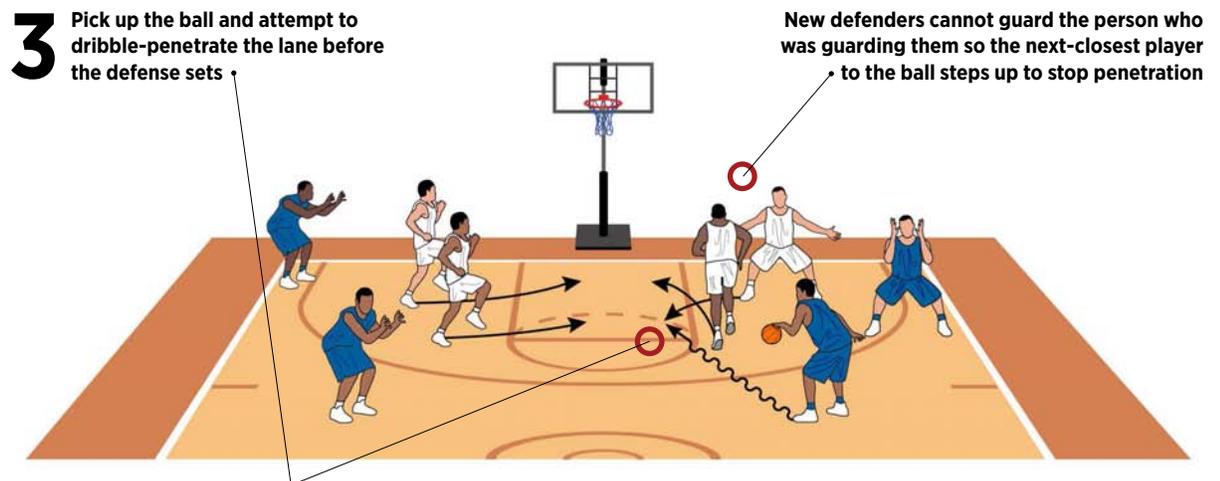
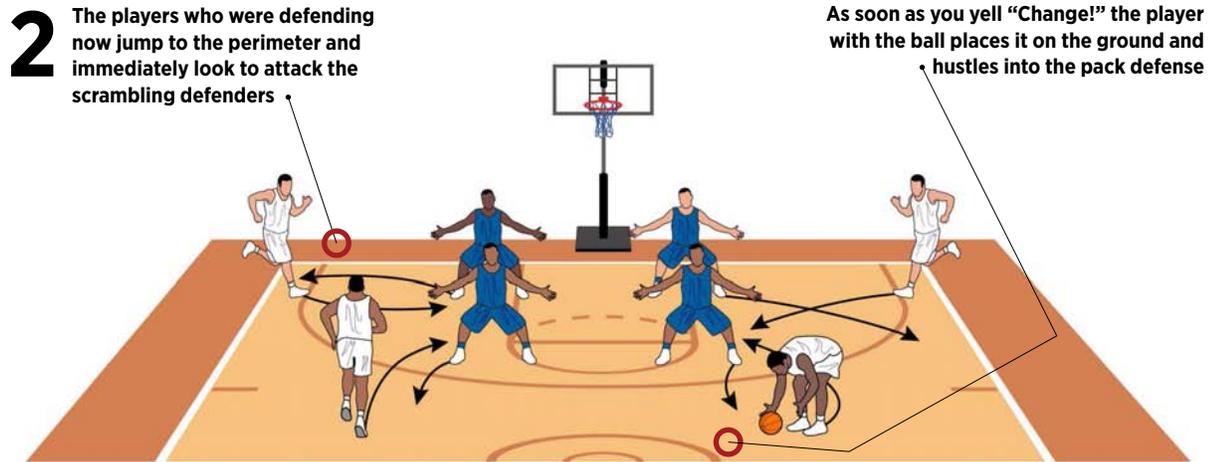
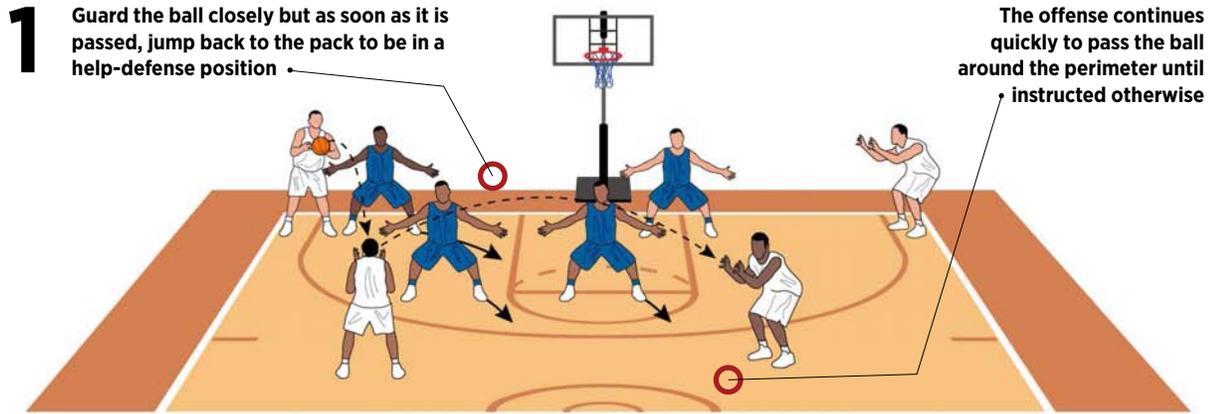
Start in a traditional shell drill look (4-on-4). The offense passes the ball around the perimeter.

## HOW TO PLAY

As the offense passes, defenders explode out of the pack to guard the ball. When the ball is passed, the previous on-ball defender jumps back into the pack [1]. With no warning, yell "Change!" This indicates for the teams to switch roles. The ball handler places the ball on the ground and the offensive players (white jerseys) shift into a pack defense while the defenders (blue jerseys) jump to the perimeter and play on offense [2]. The new offense looks to attack and the new defenders are not allowed to guard who previously was guarding them. The closest defender tries to stop the ball while the other three get to the paint [3].

## TECHNIQUE

Defenders have to talk on the change or the offense scores easily. The first goal is to stop the ball and all defenders know not to allow any layups.



Players from the youth level all the way through professionals (as shown by the NBA Cares program) benefit from giving back while strengthening their communities

# Come Together, Serve Your Community

Community service helps build teams, programs and communities - check out the 9 reasons every basketball coach needs to push players to give back

Like most college programs, ours incorporates community service into our hectic schedules. With classes, study hall, practice, strength and conditioning, meetings, fundraising and the daily operations of running a high Division II women's basketball program, it can be a tricky fit.

Community service, however, is one aspect that is as important as anything we do in our program. Here are nine reasons why:

- 1. #SEIZE.** Our basketball culture is based upon #SEIZE principles. Our student-athletes set our program standards and have made "appreciation" as one of them. Our student-athletes are fortunate to represent our university. Sacrificing some of their personal time by giving back to the local community and truly appreciating their opportunity are just some of the ways our student-athletes show exactly, through actions, what #SEIZE is all about.
- 2. Obligation.** As the only state institution in our conference, I feel it is our duty to give back to the community/taxpayers who pay the student-athletes scholarships and the coaches' salaries.
- 3. Team Building.** No matter what our

community service activity, it gives the coaches and players an added opportunity to bond with each other in a more natural setting without the pressure of practice performance, playing time concerns, etc.

- 4. Goodwill.** As a first-year head coach of our program, I am in charge of changing our culture and building goodwill on our campus and the local community. By getting involved as much as we can, our program ensures others see us as more than just athletes, but rather as community servants and true student-athletes.
- 5. Networking Opportunities.** Whether it is displaying the players' communication skills, ability to follow directions, interacting with an assortment of individuals (children, professionals, elderly, etc.) or simply performing manual labor, those we help see the variety of skill sets our team possesses. This is critical as our student-athletes graduate and search for employment.
- 6. Resume Building.** Every community service project is an opportunity to diversify a resume. Employers check social media and evaluate how potential employees spend their personal time.

**7. Increased Fan Base.** Being in the community allows us to personally invite recreation programs, youth players/parents, campers, etc. to our games and practices.

**8. Fun.** Even if they are up early to participate, our student-athletes really enjoy reaching out to the New Haven community and have fun with our events. Community service takes the edge off season's pressures. Our coaches' personalities are instrumental in keeping non-sport-related events fun and relaxed.

**9. Feeling of Satisfaction.** Community service makes us feel good. It gives our players and coaches a sense that we are making a difference in our community and helping others.

Take the time to incorporate a community service plan into your program. It's well worth the time and effort, especially for the the benefits gained by the outside organizations and your program.

More importantly, giving back is a life-long lesson coaches and teachers must instill in those we influence to encourage future generations to be thoughtful, kind and selfless.

Follow Coach DeSalvo on Twitter @ CoachDeSalvo

**Words by:**  
Bert DeSalvo,  
head women's  
coach, Southern  
Connecticut State  
University, New  
Haven, Conn.

# You can now view your issues of *Basketball Coach Weekly* from Apple's Newsstand



- ✓ Get your copies of *Basketball Coach Weekly*, on your iPad or iPhone
- ✓ Prepare your coaching session on the go
- ✓ Take *Basketball Coach Weekly* sessions on to the practice court on your iPad or iPhone
- ✓ Always have a variety of sessions available to you

To find out how to get your copies of *Basketball Coach Weekly* on your iPad or iPhone just click [bit.ly/bcwpad](http://bit.ly/bcwpad)