

PRACTICE CELEBRATING OR FACE THE CONSEQUENCES

BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

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Issue 56

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REVAMP THE 3-MAN WEAVE DRILL

UPDATE TO STRESS
HUSTLE, FOCUS

**RUN THROUGH
PASSING
WARM-UPS
FOR IMPROVED
ACCURACY**

**PUNISH ENTIRE
TEAM FOR ONE
PLAYER'S MISTAKE**

**MIX UP DRILLS
TO COMBAT
COMPLACENCY**



< JOHN WALL
DISHED OUT 8.8
ASSISTS/GAME
LAST YEAR

PUSH FOR PLAYER SAFETY — DEMAND AN ATHLETIC TRAINER

Practice Celebrating, Avoid Injury



**Basketball
Coach Weekly**
Issue 56

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Sideline Stories

For anyone who has been on a sideline, on the floor or even in an arena when a game-winning shot goes through the hoop, the raw outpouring of joy combined with excitement cannot be put into words.

“It helps plant the seed ... about potential consequences.”

You’ve seen it. Players go wild. If you’re lucky, players simply bounce around the court in a circle, or, more likely, they end up in a pig pile and your best shooter is getting his or her hand stomped on by your stocky center.

Players get hurt all the time in celebrations. Just a few weeks ago the Detroit Lions’ Stephen Tulloch sacked Green Bay’s Aaron Rodgers, jumped in the air, mimicked Rodgers’ “discount double-check” celebration, tore his ACL and ended his season. Back in 2010, Anaheim’s Kendrys Morales launched a game-winning grand slam only to break his leg jumping on home plate after rounding the bases.

Even in our game, last year Kentucky had a bit of a scare at the conclusion of its 74-73 Final Four victory over Wisconsin when forward Alex Poythress ended up in the bottom of

a pile, had his leg pinned and needed copious amounts of icing to keep a potential injury at bay.

Your job is to speak to players about how they conduct themselves in a post-game scrum. Put together a list of athletes who seriously have hurt themselves celebrating (**here is a good one**) and show them some of the corresponding videos. Yes, it will get a laugh out of players. But it also helps plant the seed in the recesses of their minds about potential consequences.

While there is no way to recreate a true dramatic ending in practice, spend a few minutes walking through how to celebrate. Don’t do it all the time but give up those last 120 seconds of on-court instruction and have fun. Set the stage with your words, have a player drill a 3-pointer then allow the players to go wild.

As players have fun, show them areas where injuries could occur. Instruct them not to jump on top of each other. Show them ways to celebrate without risk for injury (staying upright is better than piling on top of each other).

I can’t guarantee it will work. Emotions and adrenaline take over in these situations. But, coaches know you only improve by working on the skill in practice. Do this with your celebration skills ... and have some fun along the way.



Michael Austin
Michael Austin
Editor-in-chief



Avoid injuries by talking to players about piling on each other when celebrating

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The updated Weave Drill pushes players to want success rather than encouraging them to go through the motions

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Your team is in this together, so punish everyone when one player doesn’t execute properly

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Keep warm-up drills moving quickly while pushing skills you want — these passing drills are a perfect fit

QUICK HITTER TIME FOR AN ATHLETIC TRAINER?

In April researchers in the Center for Injury Research and Policy at Nationwide Children’s Hospital **published a study** finding there were 1,514,957 basketball-related injuries treated in emergency departments from 2005 through 2010 and an additional 1,064,551 treated in the athletic training setting. Part of the authors’ contention is if more high schools had access to an

athletic trainer, then fewer injuries would need to be treated in an emergency department. Yet, in 2009, the National Athletic Trainers’ Association estimated only 42 percent of high school sports teams have access to an athletic trainer despite the American Medical Association recommending this for all high school sports programs in 1998. It’s a topic to bring up with your athletic

director and see if there is a solution to this problem. I have spoken to coaches whose programs have partnered with other local schools in the same predicament to pool resources and share an athletic trainer. It’s something to consider and possibly present to your boss as an initiative to keep players safer.

- Michael Austin



Revamp The Weave

Push more hustle, faster running, longer distances to cover and punishments for errant passes to bring this time-tested drill into today's game

Late Olson was my coach at the University of Arizona in the late 1990s and while most coaches dismiss the three-man weave drill as an old passing exercise, it was a staple during our 1997 national championship season.

Here are the instructions to use with this new take on the old Weave Drill.

- The three players must touch the sideline before and after passing the ball. The rule is pass and then go under/behind the receiving player.
- If any of the three players drop a pass, miss a layup or dribble the ball (outside of the one allowed dribble to approach the basket for a layup), the entire team owes a 10-pushup penalty. The number of pushups is not what matters, but it's the mental stress of being the "teammate that messed up" for the entire team.
- After six to seven minutes of this execution with no interim coaching, announce that if the team executes three

successful "up and back" trips of the three-man weave, then we are done and move on to the next drill. Usually this causes stress as the pushups taking effect.

- Upon successful completion, congratulate the team and immediately send them to get water. It is at this time that players talk amongst each other about how nervous they were when they or a teammate were involved in the execution of the drill. This is a small portion of team building, which can be extremely important as the season progresses.

The drill's beauty is in the details. Touching the sideline every time makes players move at game speed while concentrating on the rules and reading their teammates' speed. This practices timing judgment in passing relative to each player's speed at that moment, making the speed of the pass extremely relevant.

Executing layups or dunks under pressure makes for stressful decision-

making, yet increases concentration in the individual while building trust within the team.

Players are going to make mistakes but this offers an opportunity for teammates to remain positive and offer encouragement. These are character traits needed to win championships. Be sure to manage team attitudes during these moments as the enforcement of pushups adds a simmering level of intensity that could boil.

If your team just can't seem to finish the drill, then mix up the penalty with situps or tuck jumps to not wear out players' arms and shoulders.

Control the drill at first by establishing a time limit for it. Place the control in players' hands by eliminating the time limit and forcing them to complete the drill a certain number of times without making a mistake. Doing this creates an opportunity for collaborative confidence. Everyone enjoys the feeling of completing a task.

Words and activities by:

Jason Stewart, head boys coach, San Dieguito Academy, Encinitas, Calif., director of Pro University (change management company for transitioning athletes), coach@prouniversity.net

Revamped Weave Forces Hustle, Accuracy

When the updated Weave Drill is executed properly, expect players to push themselves for success rather than go through the motions

WHY USE IT

Don't ditch the Weave Drill — change it and reap the rewards.

SET UP

A player is under the hoop with a ball. A teammate is positioned in front of the hash mark on each sideline. Set up a line of players behind these three positions.

HOW TO PLAY

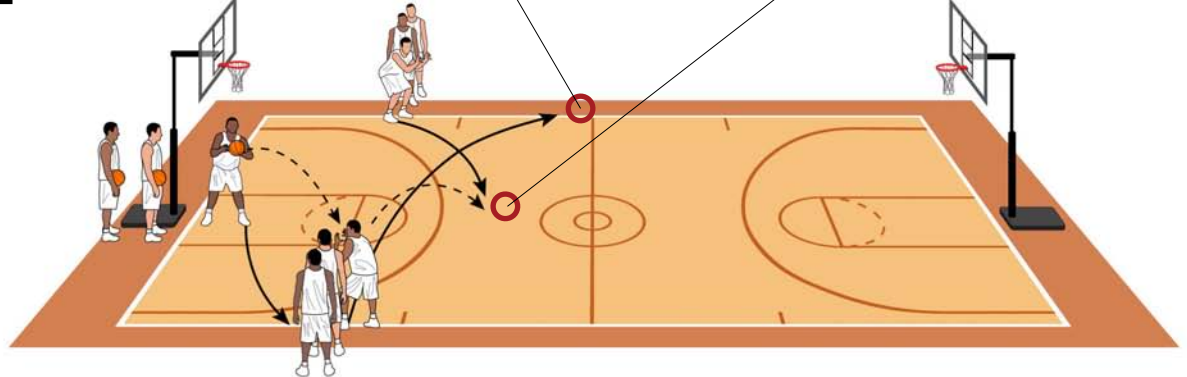
The initial pass goes from the middle to one of the wings. The passer follows the pass and instead of simply running behind the receiver, goes all the way to the sideline before coming back into play. The non-receiver wing cuts toward the middle of the floor and receives the second pass. The drill continues with another pass to the right, then back to the middle as passers go behind the receiver all the way to the far sideline [2]. The first cycle ends with a layup. The shooter clears to the other sideline as the opposite wing swoops in and grabs the ball out of the net. The final passer follows the pass and runs all the way to the sideline [3].

TECHNIQUE

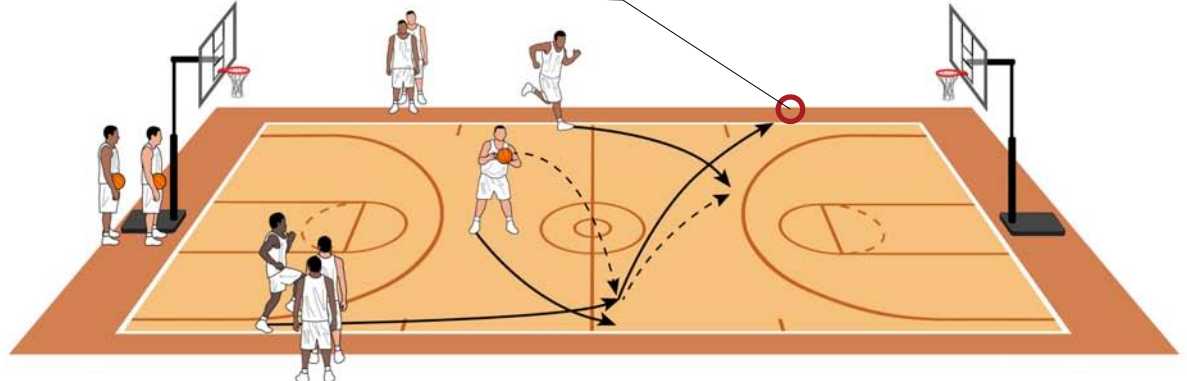
The key is for passers to sprint to the sideline rather than slowly trotting behind the pass. Also, the ball only is allowed to hit the ground for one dribble on the layup.

1 Passers must sprint behind the pass and touch the opposite sideline with a foot before racing back toward the middle to receive the next pass

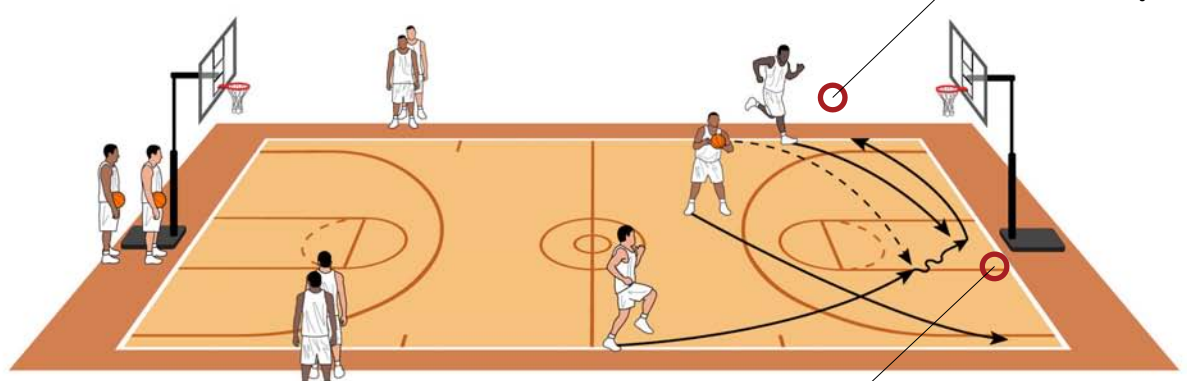
The long passes must be accurate or players execute a punishment (see next page)



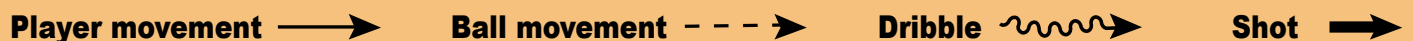
2 This player has a long way to go en route to the opposite sideline — positively communicate with players during the drill that they can do this!



3 This player must sprint from the sideline to snatch the ball out of the net before it bounces off the floor so the drill maintains its rhythm



Take a dribble to set up the layup but otherwise the ball never touches the ground



Install Punishment For Inaccurate Pass

The updated Weave Drill continues through its final phases but if a player launches an errant pass, then make the entire team face the consequences

WHY USE IT

Instead of singling out a player who makes a mistake, punish the entire team when the Weave Drill goes wrong. This keeps players encouraging each other throughout the drill's course.

SET UP

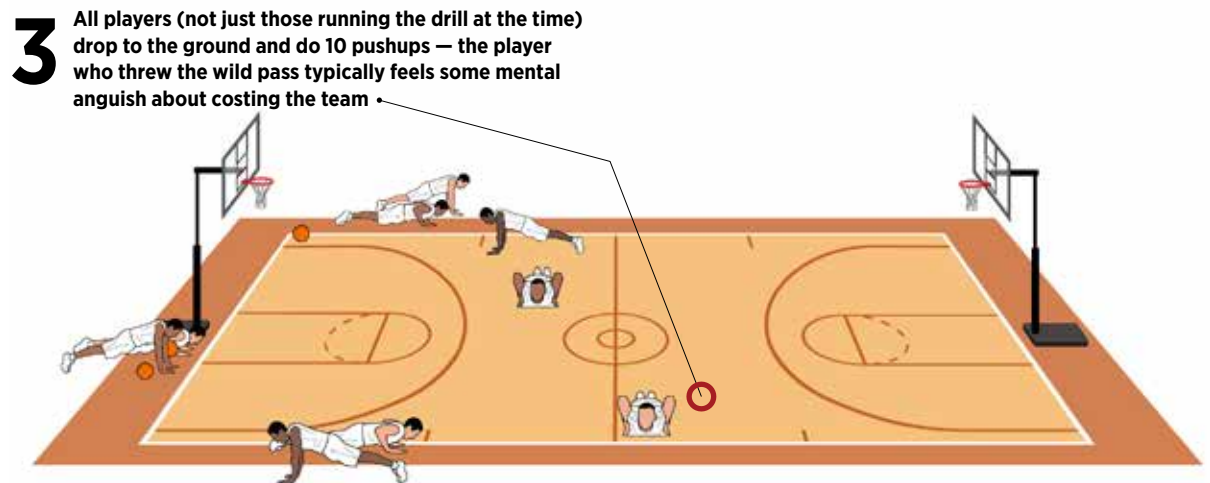
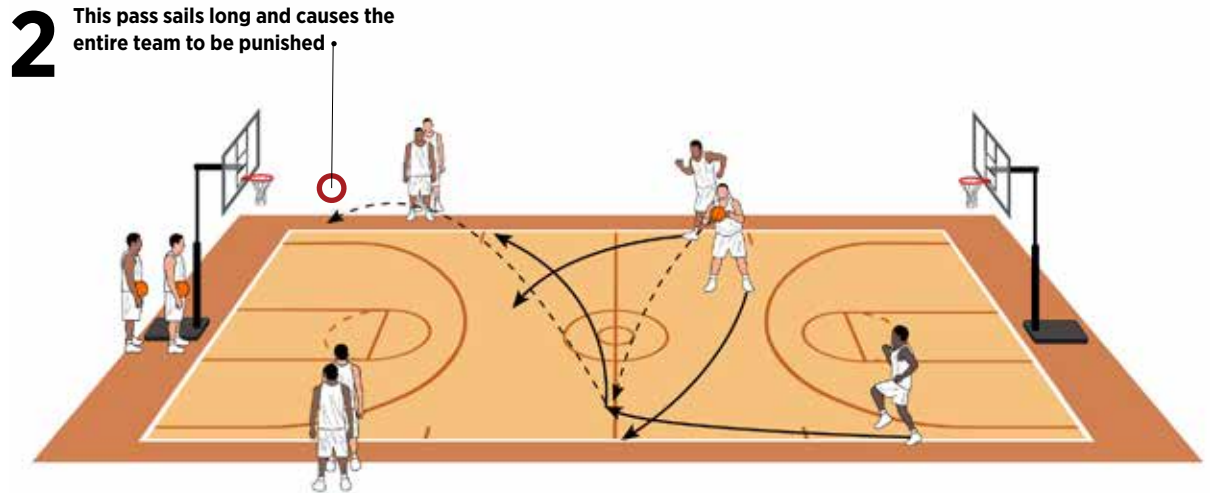
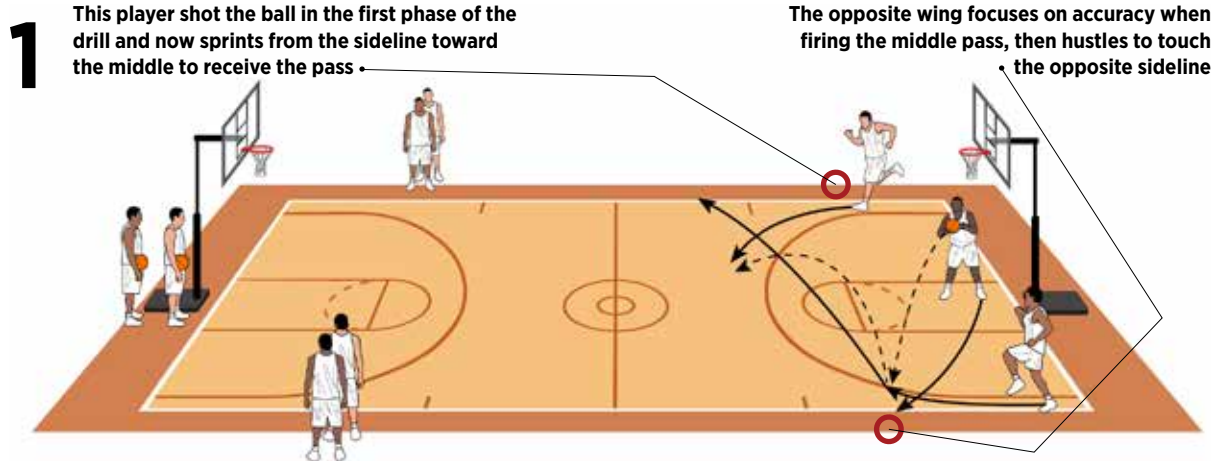
This is the second phase of the Weave Drill with the same three players moving back toward the original end of the floor.

HOW TO PLAY

The player who grabbed the ball out of the net fires a pass to the opposite wing and the drill continues. The wing secures the pass, throws one to the middle and follows to the opposite sideline [1]. The player in the middle keeps the drill moving with a pass to the opposite wing who just has touched the sideline. Then, for the sake of this example, the receiver launches a wild, errant pass [2]. As soon as the ball touches the ground, all players drop (even those waiting on the sideline) and do 10 pushups [3].

TECHNIQUE

It's not the number of pushups that matters but rather the mental stress of being the player who messed up the drill and cost the team a punishment. The players who were on the floor during the mistake return to the original starting point of the drill and do it again.



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

‘Omaha’ Drill Works Reflexes, Passing

Keep warm-up drills moving quickly while pushing skills you want — these passing drills are a perfect fit as they are efficient and test players’ accuracy

WHY USE IT

Be sure passing is a focus during your warm-up time — this a great drill to work on a variety of passes in a short time.

SET UP

In the first phase of the drill, every player has a ball. Players are paired with one near the sideline and the other close to the lane line.

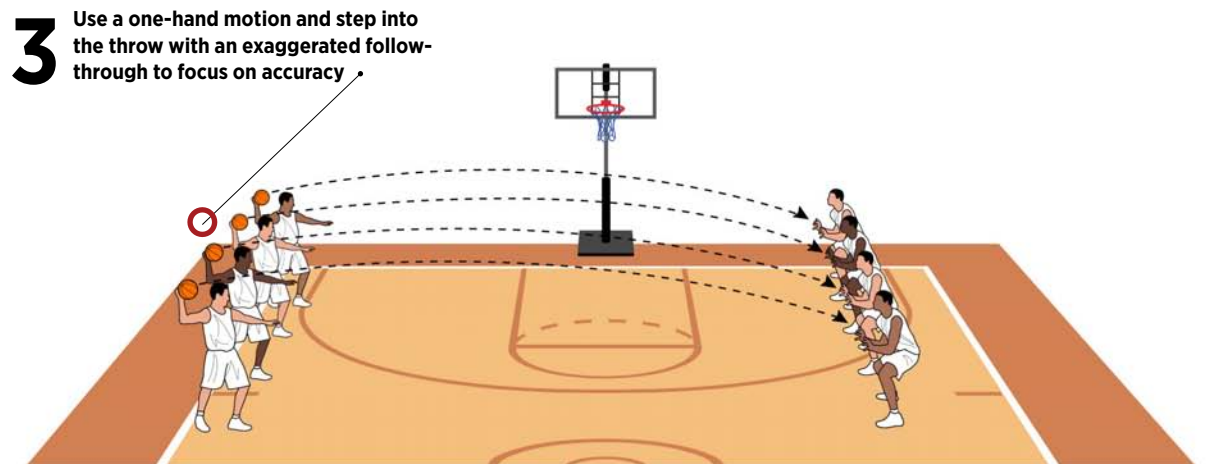
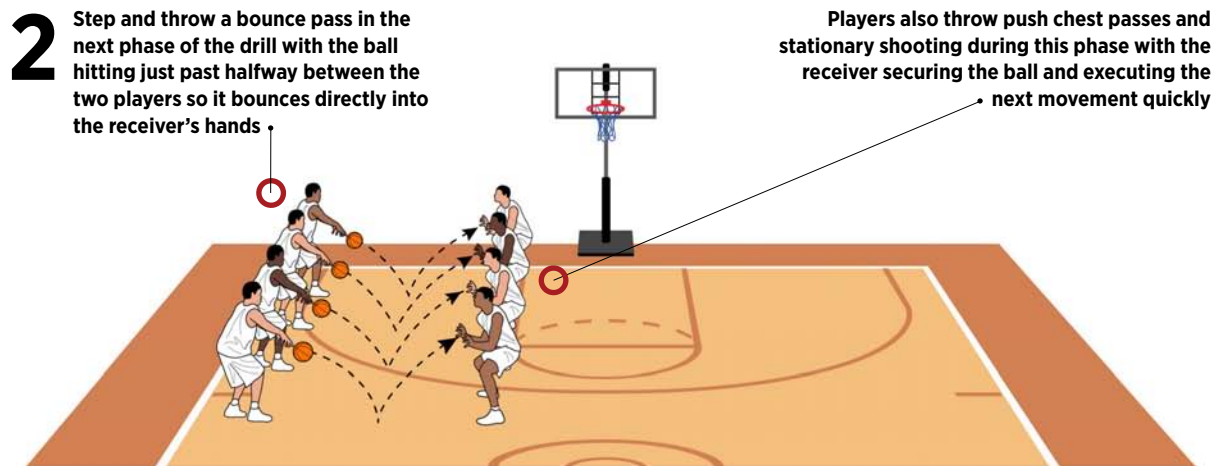
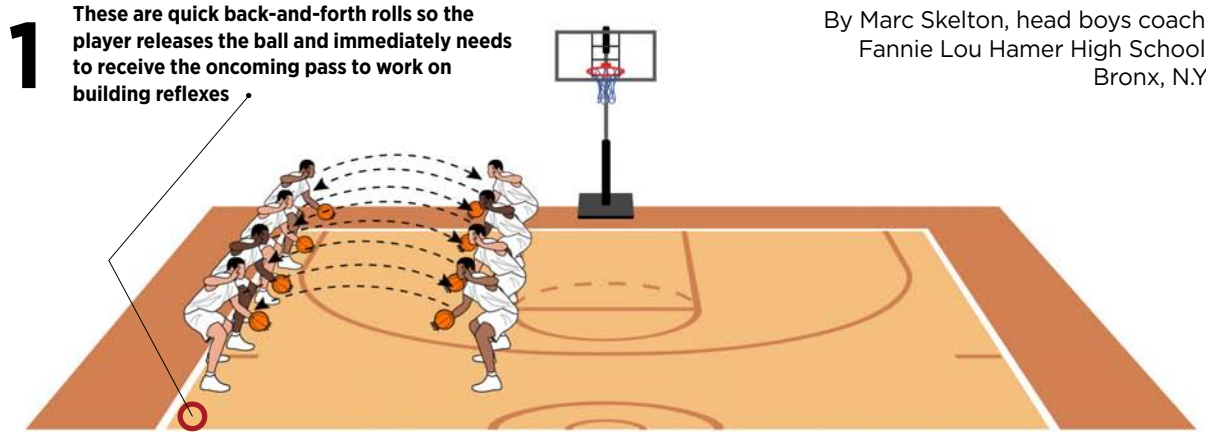
HOW TO PLAY

All players are in a defensive stance with a ball. A player rolls the ball to the partner, who also is rolling his or her own ball. Players continue to roll two basketballs back and forth for 30 seconds [1]. Now just the players on the sideline have a ball. Run through passing back and forth with chest passes, bounce passes (shown) and stationary shooting [2]. The players on the left lane line now separate further past the other side of the lane for back-and-forth baseball passes [3].

TECHNIQUE

The first phase of rolling the ball works on players’ reflexes and gets them making accurate passes without thinking too much — they simply have to react. Keep the other phases moving quickly so players go off instinct, which is pivotal when attempting to beat a defense in a game.

By Marc Skelton, head boys coach,
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Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →

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