

NEED A BUCKET IN LESS THAN A SECOND? WE HAVE YOU COVERED!

# BASKETBALL COACH WEEKLY

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## BEAT THE BUZZER

RUN 2 NBA LATE-GAME PLAYS WITH YOUR TEAM

BASELINE PLAY

SET A SCREEN, STEP BACK, CATCH & SHOOT

RELATE RELEVANT STATS TO EDUCATE TODAY'S PLAYERS

ALLOW ATHLETES TO FAIL FOR LONG-TERM SUCCESS



▲ GORDON HAYWARD BURIED THE CAVS EARLIER THIS SEASON OFF A PERFECT INBOUND SET

RUN ACTION AT INBOUNDER, SET UP WEAK-SIDE SCORE

# Set Up Failures, Ensure Success



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## Sideline Stories

Take a look at your practice drills. Do they all end in success?

If every drill you run results in a made basket, a perfect pass or a positive ending, then you may be doing your players a disservice.

John O'Sullivan, who runs the Changing The Game Project ([changingthegameproject.com](#)), has allowed me to get an inside glimpse into his new video coaching series, Coaching Mastery (which releases again in 2015).

It's loaded with fantastic coaching information and while watching one of the modules the other day, I was struck when contemplating the idea that too much success in practice leads to game failure.

**“Practice didn't look like the game. And, they didn't experience enough failure in practice ...”**

“When we let our athletes try and fail, and try and fail, they eventually are going to succeed and be better for it,” O'Sullivan says. “We have to allow that space for failure.

“We do practice drills where kids are hitting a pass and running to a cone, and it looks fantastic in practice. But then, here comes the game, at speed, under pressure and the kid can't complete the pass, do the move or hit the shot. Why? Practice didn't look like the game. And, they didn't

experience enough failure in practice.”

It's a tough balance, especially with youth players. You want them to get used to seeing the ball going through the hoop or completing a solid pass to a teammate. At the same time, if they have those skills mastered in practice, it's up to you to add in the elements of pressure and possible failure.

Allow your drills and practices to evolve. Sure, maybe your season starts with fundamentals and basics where players have high levels of success (provided they are working hard), but if you are running the same exact drill in the same exact manner three months later, then something is wrong.

A simple example is this: practice post passes. Have a guard throw the ball to the post on the block. Use higher-arching tosses and well as bounce passes. Work on hitting the post in the target hand and placing him or her in a position to score.

Now, after mastering that skill, add in a post defender and even a wing defender. Cut down on passing lanes. Show players how in a game situation, the pass isn't so easy but the fundamentals are the same. Now players need to add pass fakes into their arsenal. They need to move a bit more.

Sure, the defenders are going to steal and tip a lot of passes. Good. You want to create scenarios where players must work harder to attain the same outcome.



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



Teach your players how to fail in practice — they can't have success all the time

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## QUICK HITTER ANOTHER WAY TO SHOW DEFENSE WINS

“Defense wins championships” and “defense comes down to heart and desire” — both relatively true statements and both becoming go-to phrases for coaches to players.

To keep players from tuning out the message, find statistics relevant and topical to them. For example, this year's Los Angeles Lakers team is struggling in most facets of the game. But, take a

look at the team's defensive numbers through 10 games (9 losses): a defensive rating of 114.7 (meaning teams score 114.7 points per 100 possessions on the Lakers — not good) and last in points allowed per game (almost two full points more than the next team, Minnesota).

The Lakers are a trending topic now because they are the Lakers, and Kobe Bryant is shooting a lot.

The team doesn't possess a lot of offensive weapons, which means players should be focusing more on the defensive side of the ball, which isn't happening according to the statistics.

Share these numbers with your players and show them why you stress defense so much.

— Michael Austin

The Utah Jazz executed a successful sideline inbound play for Gordon Hayward earlier this season — his basket beat the Cavs — it's a perfect play for high school coaches

# Beat The Clock

You never can have enough late-game, out-of-bounds plays in your arsenal — here are two sets run to perfection by NBA teams already this season

**T**he time on the clock appears to run a little faster as the tenths of a second zip by. Tension mounts. Players tense. Anything you can do to calm nerves and instill confidence in late-game situations gives you a decided advantage.

One critical way to control the final seconds is to be prepared. It sounds easy but you know how many situations and angles must be processed. You can't have a single set play as time winds down or just one way to get the ball into play from the sideline or baseline. Get scouted once, and every coach in your league knows your go-to-move.

Expand your playbook. Add in a few more sets to provide options when time is tight. You've come to the perfect place

as the next two pages contain successful plays already run in the NBA this season resulting in points.

The first is from Utah's early-season victory over Cleveland. Tied at 100 with 3.1 seconds remaining, the Jazz used Gordon Hayward first as a screener, then as a scorer to decide the contest. The action includes a couple players moving toward the ball as Hayward eventually scores from the weak side off a couple dribbles.

The Philadelphia 76ers, who have done nothing well all season, may have created its only highlight when running a perfect baseline inbound play late in the game against Orlando last month. Trailing by two points with 6.8 seconds remaining, once again the play uses the scorer setting a screen first, then receiving a

pass for the open jumper.

In true 76ers' fashion, the team drilled the shot, then promptly gave up a bucket at the buzzer to lose but the inbound play is a must-add for all high school and youth coaches.

As an added bonus, I've dedicated page 6 to another inbound play. That wasn't the plan but after Manhattan ran a beautiful baseline out-of-bounds to tie the game at the buzzer against the University of Massachusetts, I just had to draw it up for you.

The movements are simple but when executed properly, they lead to an easy scoring chance. It also is a good add for coaches who need to create a clean look at the hoop when less than a second remains in the game.

**Words by:**  
Michael Austin

# Hayward's Game-Winner Vs. Cavs

Multiple screens free your talented scorer coming to the top of the set to create a buzzer-beating open jumper

## WHY USE IT

Gordon Hayward of the Utah Jazz is a talented player who has the ability to put the ball on the floor and shoot. Run this play for your team's best player.

## SET UP

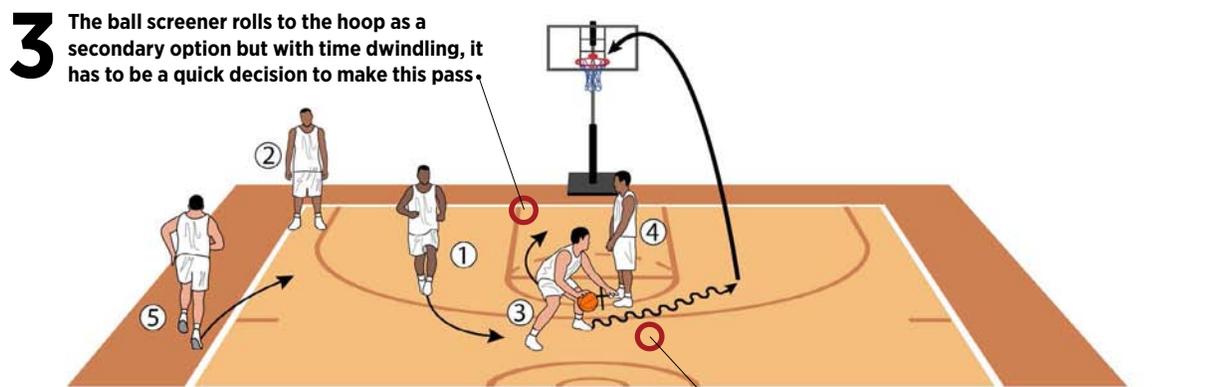
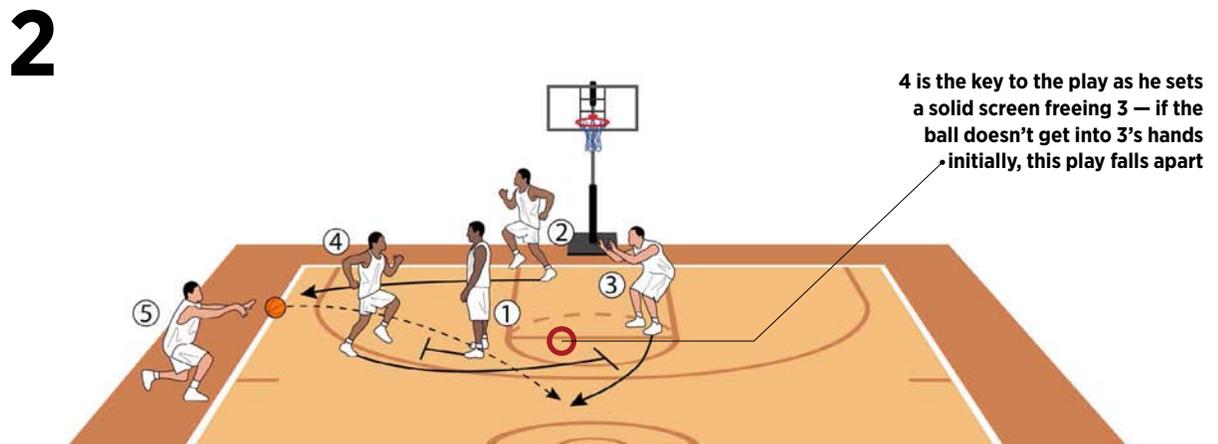
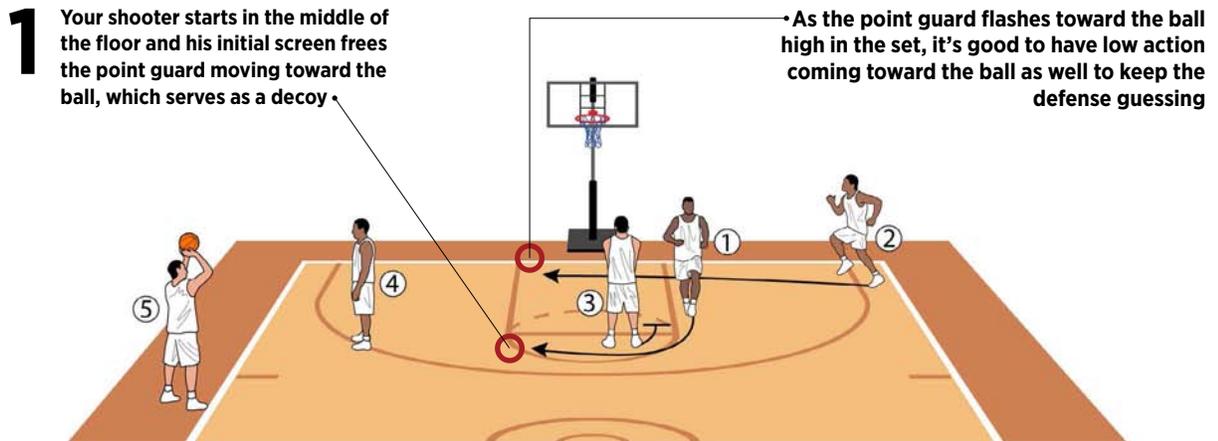
The shooter (3) is at the free-throw line. The ball is being inbounded from the left hash mark.

## HOW TO PLAY

3 moves low and sets a screen for the weak-side lane-line player (1) coming high. 2 moves from the weak corner to the strong one [1]. 1 comes off the screen and sets a screen for 4 moving away from the ball. 4 then sets a screen for 3, who pops high. The inbound pass goes from 5 to 3 [2]. If there are a couple seconds on the clock, 4 spins and sets a ball screen for 3. 3 takes a couple dribbles into his shot and drills the game-winning basket as 4 rolls to the hoop and 1 moves high. If 3 spots 4 open on the roll, 3 has the option to make the pass [3].

## TECHNIQUE

4 is the key as he sets the screen to get 3 free, then immediately spins and executes an on-ball screen. 4 needs to get a solid base and not push from one screen to the next so to avoid the offensive foul.



Use the final seconds to create separation with the dribble if the player is capable — dribble into the shot so move to the right if right-handed



# Screen, Step Back & Shoot

Inbounding from the baseline, run some dummy action near the ball as your shooter pops high after setting an off-the-ball screen

## WHY USE IT

While the 76ers are struggling this year, this is a perfect late-game baseline set the team ran to tie the score with five seconds left vs. Orlando in the season's first week.

## SET UP

Your shooter (4) begins inside the free-throw circle facing away from the ball. Two guards are positioned near the ball-side corner.

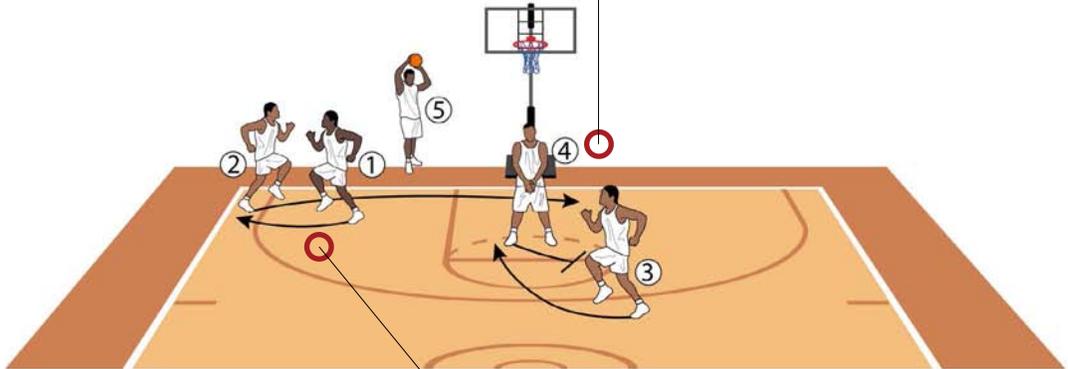
## HOW TO PLAY

The guards circle around each other with 1 moving to the corner and 2 running from the corner along the baseline to create distracting action for the defense. 4 moves high and screens for 3, who flashes toward the ball [1]. 3 has hands in a ready position as if he's about to receive the pass. 2 circles around the weak side. 1 moves into a ball-side shooting window as 4 pops high after setting the screen. The pass is made from 5 to 4 [2]. 4 takes the catch-and-shooter jump as 5 enters play to rebound [3].

## TECHNIQUE

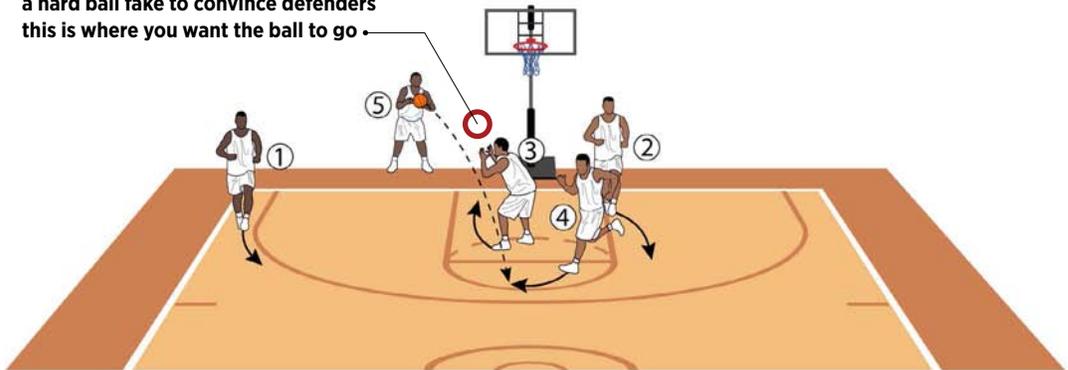
Have 5 use a ball fake as 3 flashes toward the ball to draw more defensive attention away from the perimeter. 5 must crash the boards as most defenders forget about the inbounder. This is a perfect offensive-rebounding opportunity.

**1** The shooter begins in the free-throw circle and moves away from the ball screening for 3

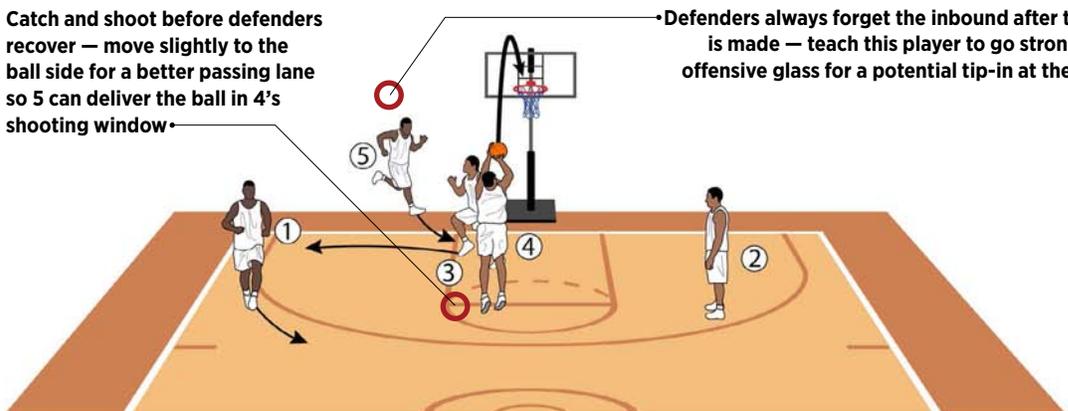


•Run some dummy action near the ball to draw defenders away from where you want to inbound

**2** 3 flashes hard to the hoop and 5 uses a hard ball fake to convince defenders this is where you want the ball to go



**3** Catch and shoot before defenders recover — move slightly to the ball side for a better passing lane so 5 can deliver the ball in 4's shooting window



•Defenders always forget the inbound after the pass is made — teach this player to go strong to the offensive glass for a potential tip-in at the buzzer



# Clear Lane, Lob For Score

Trailing by 2 points with 0.8 seconds remaining at UMass, the Manhattan men's team ran this baseline out-of-bounds play to perfection and forced overtime

## WHY USE IT

With less than a second remaining in a game and the ball on the baseline, you need a quick-hitting play involving no dribbling and creating a high-percentage shot.

## SET UP

Use one of your best passers as the in-bounder. Position a player near each block. Your best leaper and/or in-close scorer outside the 3-point line with a strong screener just below the free-throw line [1].

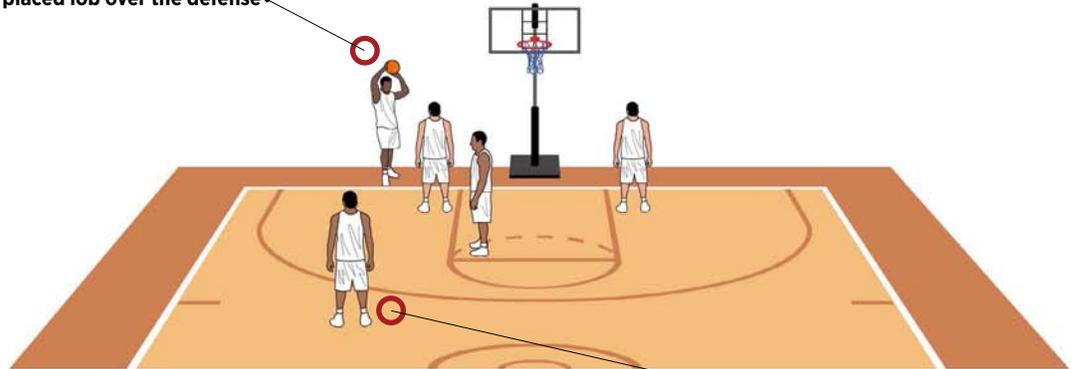
## HOW TO PLAY

The players on the blocks clear to the corners to create space. The player near the elbow comes high and sets a back screen on the perimeter player's defender. The perimeter player flashes to the hoop and receives a lob pass over the top of the defense [2]. Catch the ball and score on whichever side of the rim the pass is throw — there is no time to land and go back up [3].

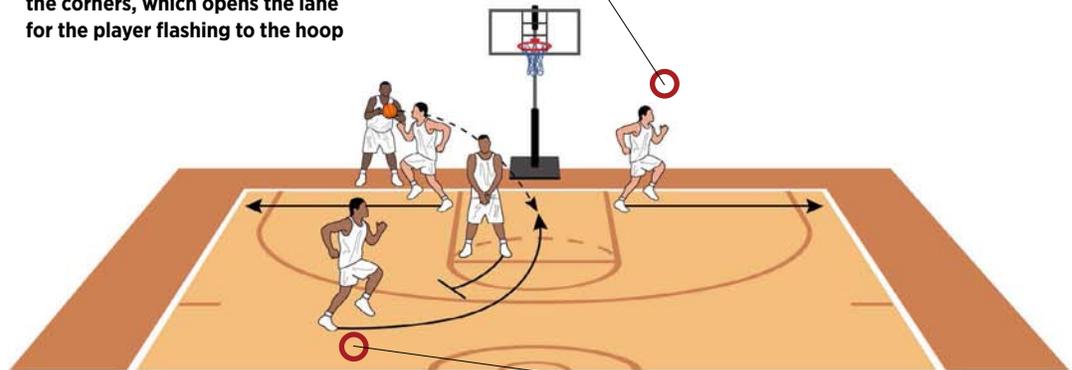
## TECHNIQUE

In this instance, the UMass defender guarding the screener falls asleep and doesn't react, which allows this play to work to perfection. If that defender switches and guards the flasher, then the screener may be open moving into a perimeter shooting window.

**1** Place one of your best passers here who has the ability to toss a well-placed lob over the defense

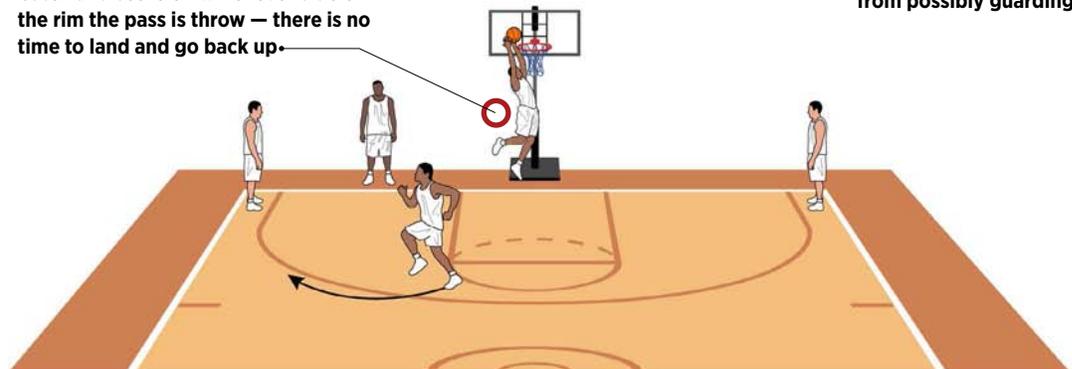


**2** The players on the blocks clear to the corners, which opens the lane for the player flashing to the hoop



This is one of your best leapers who has a soft touch around the rim and the ability to score with either hand

**3** Catch and score on whichever side of the rim the pass is throw — there is no time to land and go back up



The flasher runs hard off the screener's shoulder to eliminate this defender from possibly guarding the rim

Player movement →

Ball movement - - - →

Dribble ~~~~~ →

Shot →

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