

HOW TO BEST UTILIZE EXTRA HOLIDAY-BREAK TIME

BASKETBALL COACH WEEKLY

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SHARPEN YOUR SHOOTING

4 GAMES TO INCREASE MAKES, COMPETITIVENESS

OFFENSIVE REBOUNDING

PARTNER UP & FOLLOW YOUR SHOT

EXECUTE GAME ACTIONS IN '10-MINUTE SHOOTING'

SOLVE IN-TEAM STRIFE

MAINTAIN SPORTSMANSHIP DURING TOUGHEST TIMES

< DUKE SHOOTS BETTER THAN ALMOST EVERY TEAM IN THE COUNTRY

'20-POINT' DRILL ENCOURAGES CONSISTENT JUMPERS



Solve In-Team Strife



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Sideline Stories

It started with the report Carmelo Anthony wanted to fight a teammate after a recent loss. And, it continued with a vocal Kobe Bryant calling out all his teammates during a recent practice.

A little conflict within your team typically isn't a problem, but when two players actively are arguing or your team is becoming divided, then it's time to act.

Brian Baxter, MA in Sports Psychology and the director of Sports Psychology Institute Northwest ([spinw.com](#)) in Portland, Ore., says there are immediate and long-term

“Most competitors look past petty differences when success is on the line ...”

strategies for quelling in-team strife.

If two players are arguing on the court during a game or practice (more than a simple disagreement of what play is being run or where to be on the floor), Baxter says coaches need to remain calm despite the tempers on the floor.

“The coach can fuel the flames by lashing out with too much emotion,” Baxter explains. “The best way a coach can help is by communicating simply and rationally, with confidence and authority.”

After the fact, Baxter says coaches then need to meet with the players

in question together and help them come up with a solution. He adds most types of arguments or strife easily are resolved if the team has a handbook outlining the types of behaviors not tolerated within the program and the consequences for acting otherwise.

But simply administering punishments doesn't mend the emotional issues between the players. Baxter says having the two players work together during drills at practice is effective.

“You can't stick them in a room by themselves and force them to make up,” Baxter says. “It's best to give the players a shared objective.”

Baxter explains this is done by pairing players during a drill in which the partners must work together for success. Winning partners are rewarded.

“Most competitors look past petty differences when success is on the line, even if they have to get along with someone they don't like. This gives the power back to the players and allows for long-term relationship repair,” he adds.

As for addressing the entire team when it's clear two (or more) players are arguing within the team, Baxter says make it a learning experience but don't harp on it.

“An hour-long meeting with everyone isn't required but do not leave an elephant in the room either,” Baxter explains. “Depending on the makeup on the players involved, have them briefly address or apologize to the team, then move on and learn from it.”



Michael Austin

Michael Austin
Editor-in-chief



The Knicks have allowed losing to affect their relationships

In this issue...

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There are a couple goals of all shooting drills — take a lot of game-like shots and keep players moving and involved

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Work on rebounding, passing and shooting from multiple positions around the floor

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'Partner Shooting' encourages shooters to hustle after their own shots

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It's a simple 1-on-1 outside-shooting battle with players shooting until they miss with the first to 20 points winning

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Follow these 4 principles and get the most of the extended time you are afforded with players

QUICK HITTER MAINTAIN SPORTSMANSHIP

I saw the No. 1 ranked girls team in Oregon go on the road and lose a recent game to a non-conference foe. While there were many takeaways I'll share in future issues, simply one that stuck out was how to maintain sportsmanship in the final minutes when trailing.

The No. 1 team was forced to foul in the final three minutes to stop the

clock (no shot clock in Oregon). When players are fouling in this manner, occasionally ball handlers are struck from a bad angle and end up on the floor.

Despite trailing in the game and frustrations mounting, every time the top team's actions caused the opponent to hit the floor, you'd see a hand extended and the coaches saying, “Help her up.”

It's a small gesture but one to remember. No matter how emotional and frustrating our game can be, sportsmanship remains a critical quality to keep. It starts from the top (you) so be sure your actions exude sportsmanship and your players certainly will follow.

— Michael Austin

Duke is one of the best shooting teams in the country — get your players more shots at practice



Get Lots Of Shots

Shots at the rim — that's what you want out of your shooting drills — check out today's drills to encourage players to take those shots from different areas of the floor

As of this writing, Mike Krzyzewski's Duke Blue Devils are third in the country in scoring (89.1 points per game) while knocking down an incredible 53.9 percent of its field goal attempts, which is second best in the country.

In its 90-80 victory over then-No. 2 Wisconsin a few weeks ago, Duke blistered the nets at a 65-percent rate, which is even more impressive because the Blue Devils did it in the Kohl Center, one of the hardest places for a road team to play.

While Duke possesses a number of gifted shooters, think about how much time Krzyzewski and his staff must spend on shooting at practice. And, you can bet their shooting drills don't involve single players shooting while others stand.

If you want to improve your team's shooting, look to run fast-moving, quick-hitting shooting drills involving everyone on your team. Use rebounders and passers to work on multiple skills.

And, make your shooting drills competitive. Keep score. Crown winners. Provide a true incentive for knocking down a lot of shots and watch how it translates to your games.

I've expanded this Christmas Eve edition of *Basketball Coach Weekly* to provide you with four fantastic shooting drills.

Each features its own unique wrinkle and deserves a place in your practices.

"10 Minute Shooting" allows a player to get into a 40-second shooting zone before moving to another responsibility and eventually back into another 40-second shooting zone.

"10+10+10+10" and "Shoot Until You Miss" are perfect competitive drills. In "10" players have to knock down 10 shots from four different areas of the floor. The winner is the player who attempts the least shots to make 40. "Shoot Until You Miss" almost is self-explanatory with a shooter rewarded with another try when making a shot. Watch the opponent's excitement wane as each ball slides through the net.

I also enjoy "Partner Shooting" because it focuses on a skill most young players lack — following their own shot. Once a ball leaves a shooter's hands, he or she is the best person to track it down. Get your players out of the watching-the-shot habit and turn them into ferocious offensive rebounders and shooters in this drill.

Words by:

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Activities by:

Troy Culley, Kent Crusaders U14 head coach, South West & South East England regional coach

Fire Up Shots In '10 Minutes'

'10-Minute Shooting' allows three players to work on rebounding, passing and shooting from around the court all in the span of just 10 minutes

WHY USE IT

Time is limited. Work on several skills at once while creating a lot of shots for players so they get into a natural shooting rhythm.

SET UP

Three players are at each basket. One starts as the rebounder and has the ball. Another is up the lane and serves as the passer. The shooter begins near the cone in the corner. There are cones in each corner, on each wing and at the top.

HOW TO PLAY

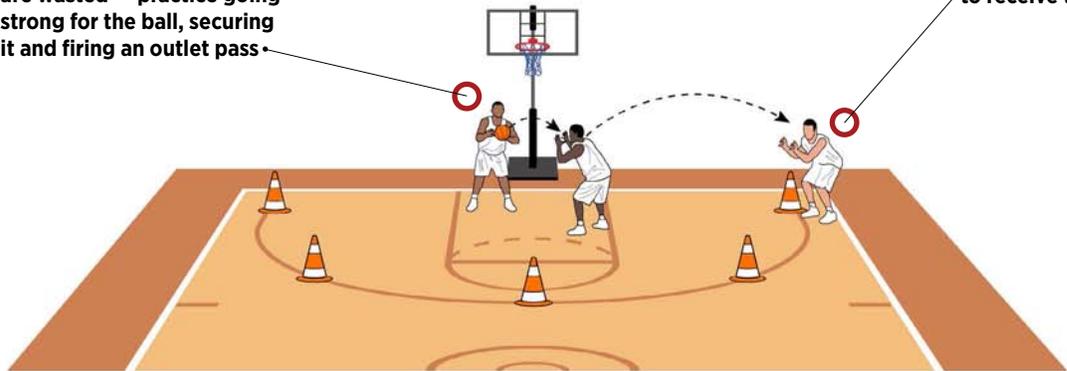
The rebounder outlets to the passer, who fires a strike to the shooter in the corner to start the action [1]. The shooter remains in the corner for 40 seconds taking as many shots as possible. After 40 seconds, players rotate [2]. On the rotation, the shooter is now the passer, the passer becomes the rebounder and the rebounder moves to the corner to shoot [3].

TECHNIQUE

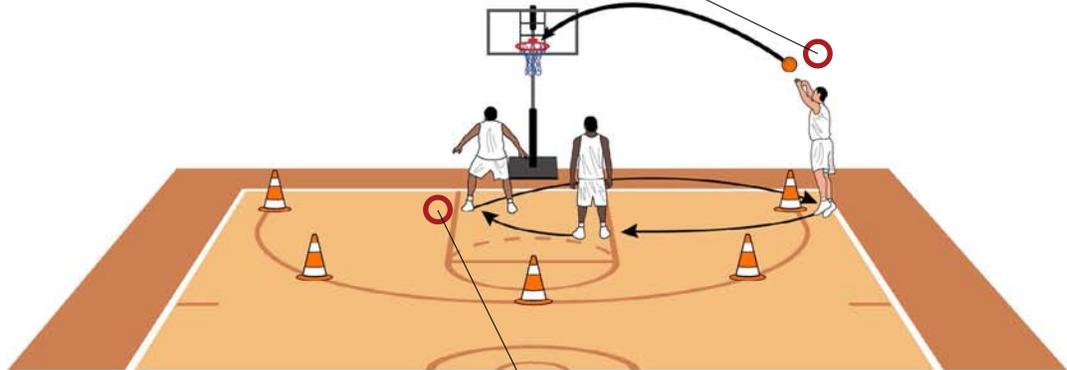
After each player has shot for 40 seconds from a spot, the action moves to the next cone. Forty seconds times three players times five spots equals 10 minutes. Make it a competition. Have players keep track of how many shots they knock down. And, be sure all passes are sharp and game-like.

1 The rebounder boxes out each time so no movements are wasted — practice going strong for the ball, securing it and firing an outlet pass

Be in a ready position to shoot with hands up and knees bent to receive the pass

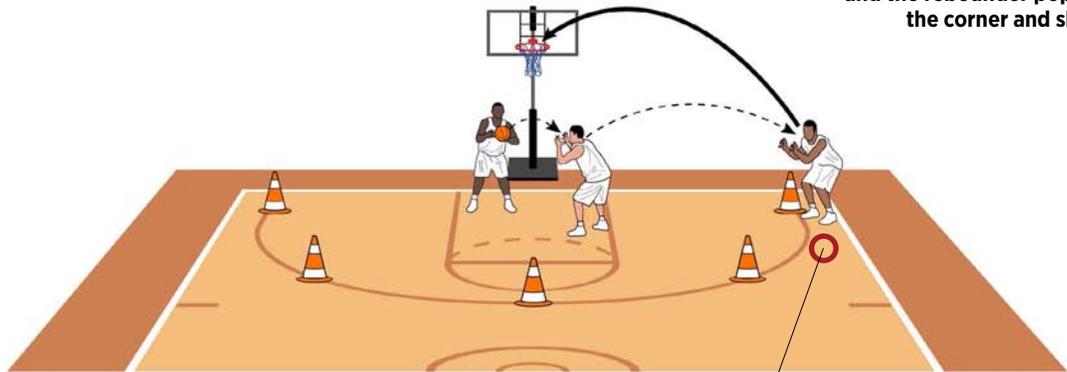


2 After 40 seconds, players rotate with the shooter becoming the passer



Other rotations include the passer moving down to rebound and the rebounder popping to the corner and shooting

3



Each player shoots at each cone for 40 seconds — one that occurs, the angle shifts to the next cone

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

10+10+10+10

Divide the court into four quadrants, require the shooter to make 10 shots from each area with a partner rebounding and passing

WHY USE IT

Get players lots of reps from various areas on the floor. Don't allow shooters to get too comfortable in a single spot on the floor.

SET UP

Divide the court into quadrants. Split the court down the middle of the lane out to mid-court while also splitting it across the free-throw line. Inform players if you want them shooting all 3-pointers, mid-range jumpers or if they can work in layups.

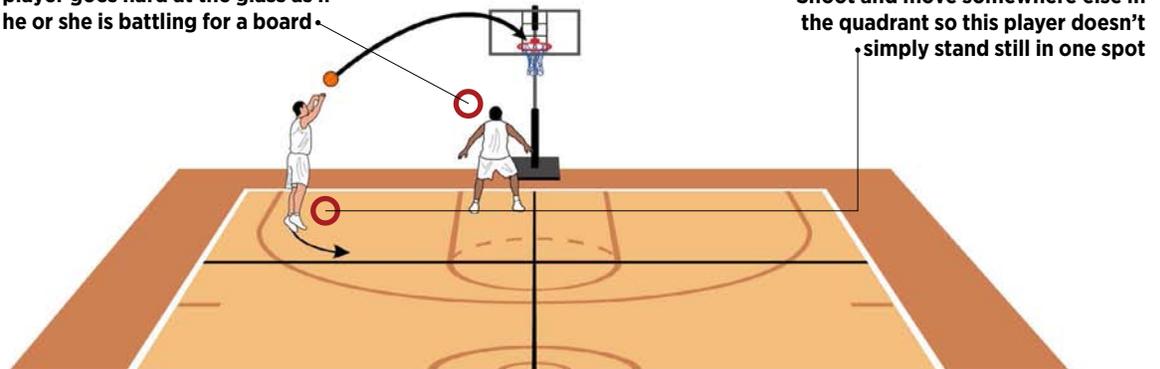
HOW TO PLAY

The shooter's partner starts under the hoop and serves as the rebounder, as well as outlet passer. The action begins with a shot from one of the quadrants [1]. The shooter remains in the same quadrant until 10 shots are made [2]. The shooter doesn't remain in one spot but moves around the quadrant receiving passes from the partner and shooting [3].

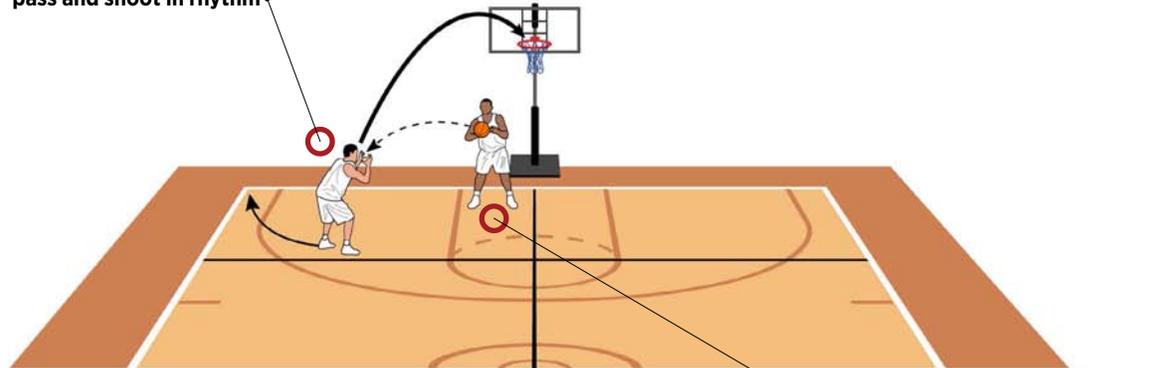
TECHNIQUE

The shooter must make 10 shots from each quadrant. Keep track of how many shots it takes to advance to the next area, and total shots it takes to make 40. See if a shooter's accuracy decreases as he/she gets tired. If time is a concern, decrease the number of made shots necessary (can be five from each quadrant, for example).

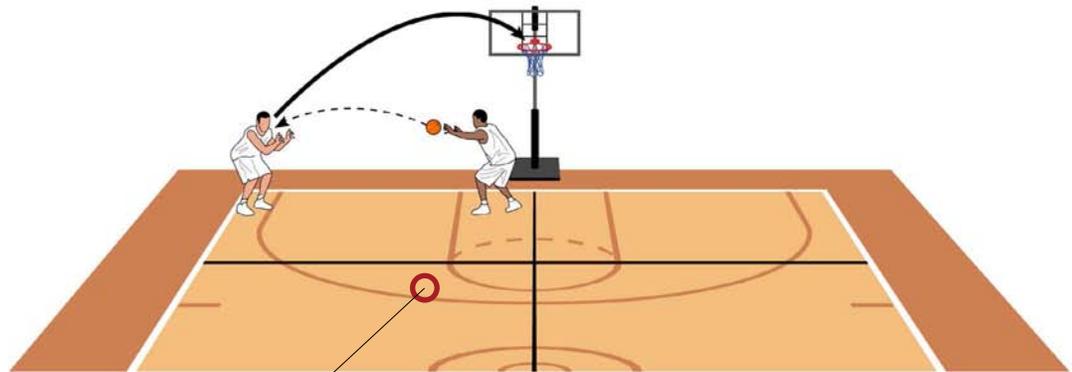
1 The shooter's partner serves as the rebounder and outlet passer — this player goes hard at the glass as if he or she is battling for a board.



2 Get to the next spot with hands ready to receive the pass and shoot in rhythm.



3



After making 10 shots in the first quadrant, shift to the second, then the third and finish on the opposite side — make 40 total shots and the drill ends

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

Shoot & Hustle

'Partner Passing' encourages shooters to hustle after their own shots as the partner sprints to a perimeter shooting spot

WHY USE IT

Teach players to follow their own shots as they know where the ball is going better than anyone. This drill also gets players hustling and dealing with some chaos while trying to focus.

SET UP

Place two sets of partners at each hoop. The under-the-hoop players are holding basketballs.

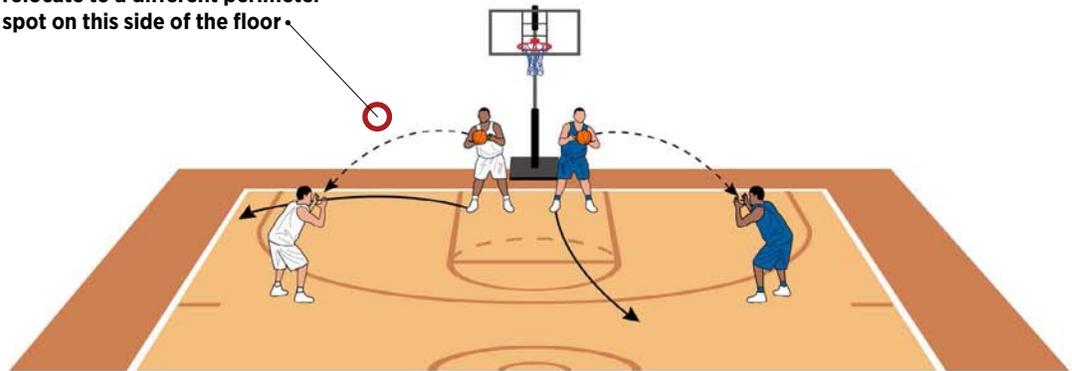
HOW TO PLAY

The players with the basketballs pass to their partners on the perimeter. After making the pass, the players relocate to the perimeter in preparation for the next shot [1]. On the catch, the perimeter players shoot and follow their shots at the rim [2]. Shooters grab their own rebound (while dodging the other loose ball and rebounder) and pass to the partner who has relocated on the perimeter. That player shoots as the passer moves to a different perimeter spot. The progression continues [3].

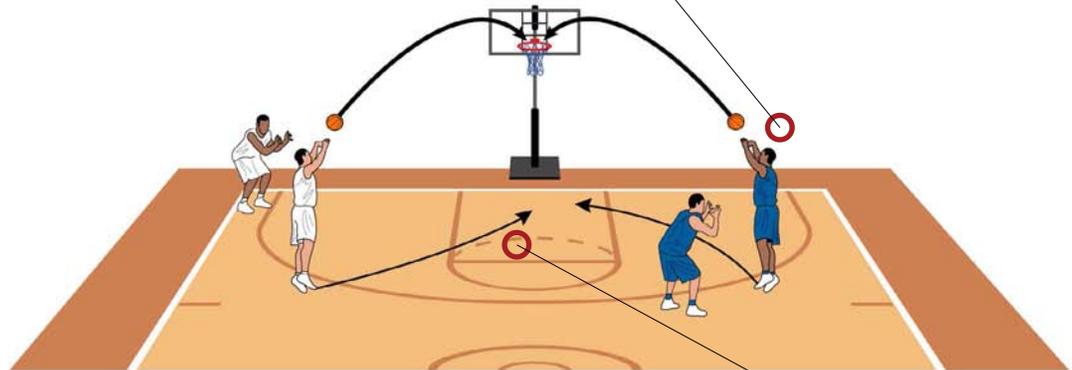
TECHNIQUE

Assign shots — tell players to shoot 3-pointers, 15-footers off a ball fake and dribble, etc. Set a goal of number of made shots in a certain amount of time. Stay on players to hustle through this entire drill. They will get tired but must fight through just like it's late in a game.

1 Make the initial pass from under the hoop to the partner, then relocate to a different perimeter spot on this side of the floor.

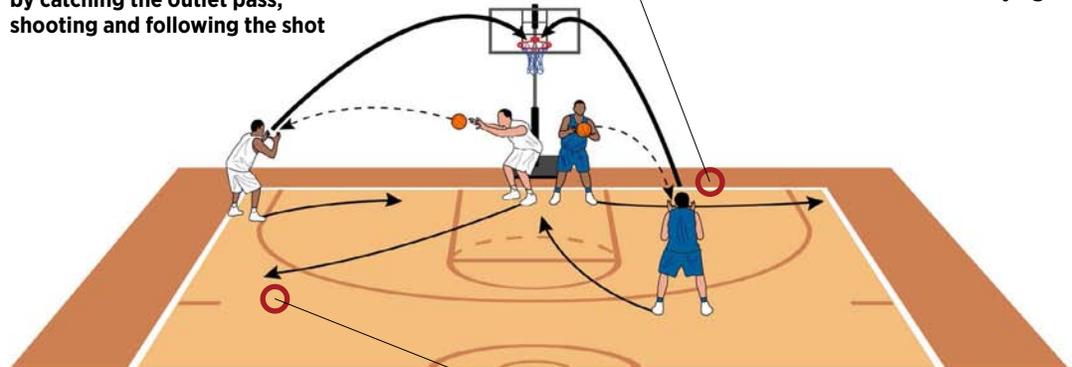


2 Catch the pass and execute the assigned type of shot



Have players follow their shots and track down the balls as the other shots are flying at the rim

3 Keep the process continuing by catching the outlet pass, shooting and following the shot



Make the perimeter pass and relocate — the progression continues for a certain amount of time

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

Shoot Until You Miss

It's a simple 1-on-1 outside-shooting battle with players shooting until they miss with the first to 20 points winning

WHY USE IT

Competitions always increase players' focus and determination. This one rewards players who consistently knock down shots as they continue to shoot until they miss as the opponent simply has to rebound.

SET UP

Place two players at each hoop. These players are competing 1-on-1 in a shooting competition.

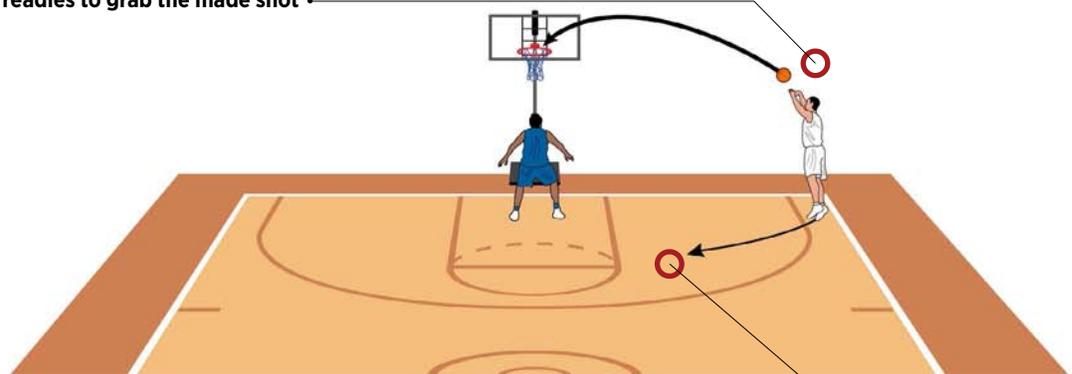
HOW TO PLAY

The player on the perimeter with the ball takes the first shot. The player must then move to a different spot on the floor (outside 15 feet) [1]. Make the shot and the opponent must rebound and throw a solid outlet pass. The shooter then catches and shoots again. If the shot is off the mark, the opponent then relocates to the perimeter and readies to shoot [2]. The player who missed chases down the loose ball and passes out to the partner who takes a shot and relocates [3].

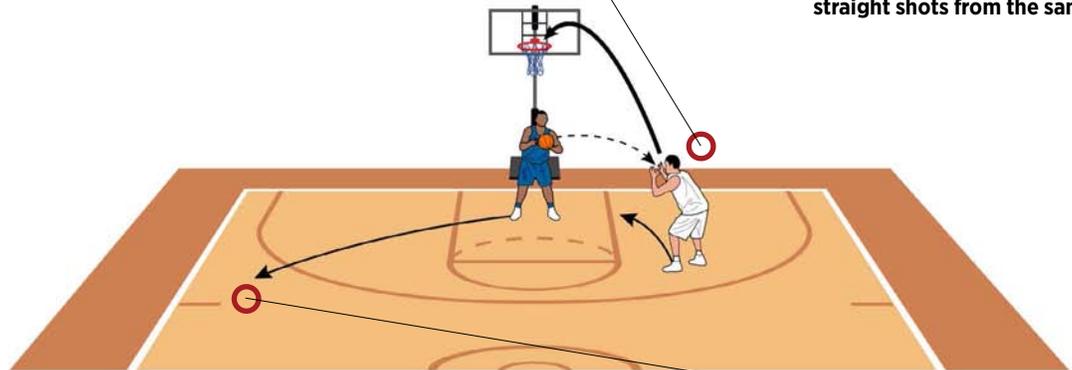
TECHNIQUE

No shooting from the same spot twice in a row. Outside-the-arc shots are worth 2 points. A shot inside the arc is worth 1 point, but players must take 15-foot shots or deeper. Once a player reaches 20 points, he or she validates the victory with a made free throw. Loser does pushups.

1 Start the action by taking a perimeter shot as the partner underneath readies to grab the made shot

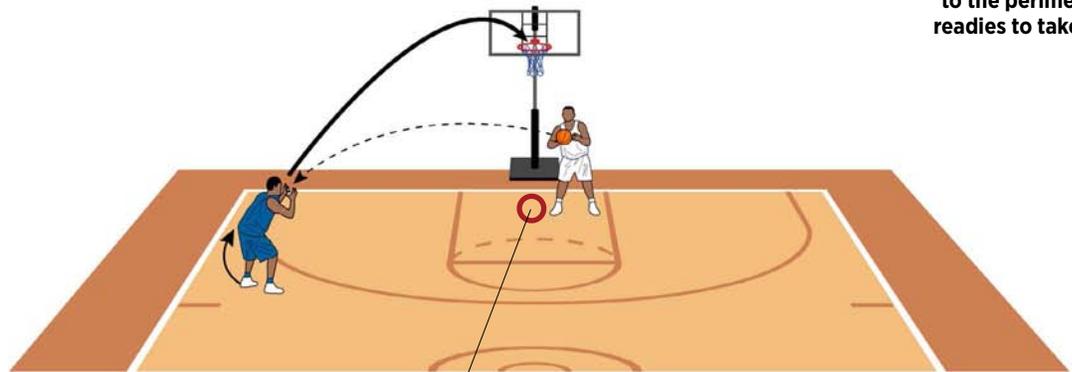


2 On a missed shot, the shooter follows and chases down the ball



After taking the shot, move to a different perimeter spot as the player isn't allowed to take two straight shots from the same spot

3



When the shot is missed, the opponent relocates to the perimeter and readies to take a shot

Despite being in a competition, the outlet passer must make a solid throw to the perimeter — if this is a bad pass, allow the shooter to shoot again

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



Navigate The Holiday Break

Follow these 4 principles and get the most of the extended time you are afforded with your players during their break from school

The holiday break can be a great tool for your team's growth and development if approached the right way.

Some coaches like to give their players extra time off, others use the break to get in extra practice, and still others focus on giving their players a rest from "basketball activities," instead choosing to focus on strength and conditioning.

While there isn't a "one-size-fits-all" approach to follow, there are four valuable principles to use to get the most from your extended time with players.

1 PREPARE FOR THE DOG DAYS

The toughest months in a basketball season are always the time immediately following Christmas break. The excitement of the start of the season and the holiday break inevitably have worn off. School is back in session. It's cold outside. Players start to feel the mental and physical fatigue plaguing programs around the middle of February.

Prepare your players for this tough

stretch by understanding the strengths and weaknesses of your team — and what type of activity, or lack thereof helps them the most.

For example, veteran teams with older players might benefit from extended rest and recovery sessions. As a player, I always enjoyed the extra weight room sessions, which prepared my body for the impending grind of the season.

For younger teams, take the opportunity to use the extra practice time to teach new sets, work on team chemistry or perfect your various systems.

2 REVISIT THE FUNDAMENTALS

Depending on how long of a break you have, I've seen coaches run a type of mini training camp, which starts by hammering home the basics and progresses to more complex practices.

Once again, the degree and manner in which you do this depends on the makeup of your team. But once you get into conference play, it becomes more

difficult to spend a lot of practice time drilling the fundamentals.

3 DEVELOP SKILLS

In the same way it's difficult to find time for fundamentals, skill development also becomes an afterthought during the rush of the season.

Give players opportunities in practice and during extended gym hours to work on their game. The extra jumpers, ball handling, and skill work pay dividends as the season progresses.

4 MAKE IT A FRESH START

Regardless of your record at the break, it is important to emerge from the time off with a singular mindset of the team's goals moving forward.

Whether that means improving on the first half of your season, or continuing your winning ways, unite your team and get players excited for the challenges facing them in January, February and hopefully March.

Words by:

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