

USE YOUR LEAST-LIKELY SCORER IN LATE, TIE-GAME SITUATION

BASKETBALL COACH WEEKLY

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STRETCH THE DEFENSE

OUTSIDE-SHOOTING POST OPENS THE OFFENSE

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PROPELS WISCONSIN
WITH HIS LONG-
DISTANCE TOUCH

OFF-THE-COURT ISSUES

GIVE A PROBLEM PARENT A TEAM ROLE

VALIDATE DRILLS WITH PRESSURE FREE THROWS

DRIBBLE DRIVE...

KICK OUT FOR 3

THE BEST DRILLS & PLAYS EVERY WEEK!



PICK & POP PLAY CREATES OPEN SHOT

Give Problem Parent A Team Role



Basketball Coach Weekly
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Sideline Stories

There he is again. Yelling at the refs. Questioning your offense. Filling your email inbox. Belittling his child. Coach long enough and everyone has experienced life with a problem parent in your program.

John O'Sullivan, who runs the Changing The Game Project (changingthegameproject.com) and has allowed *Basketball Coach Weekly* an inside look at his new video coaching series, *Coaching Mastery* (which releases again in 2015), says all else fails with an intrusive parent, offer him or her a role within your team.

“It takes the focus off their own child and places it on the entire team ...”

Yes, he's serious.
“For that one parent you can't connect with but you still want to serve their child ... take that parent and give them a role. It sounds scary. But, sometimes, you get them to come around.”

O'Sullivan suggests having the parent organize meals or travel, keep stats or track playing time. The last two intrigue me the most.

Most teams have someone, whether it be an assistant coach or even a team manager, who keeps track of stats. He or she logs points, assists, rebounds, fouls, steals, turnovers, game flow and shot charts.

But, do you have someone tallying



Develop a role for an intrusive parent, such as tracking hustle stats

tipped passes, 50/50 balls, cutting off the baseline or any other “hustle” plays? Sure, some teams have this luxury, but many do not. Approach your problem parent and ask him to help in this regard.

Explain the job as something you haven't done before but know will benefit the team as a whole, as well as individual players. Get this person invested in this role.

The idea of tracking playing time is a perfect one for a problem parent as well, especially for the dad (or mom) who insists their child deserves more time on the floor.

“Tell that parent, ‘I'm trying to coach and teach, and I lose track of playing time, so why don't you hit a stopwatch every time I make subs, so I know I'm getting everyone enough time,’” O'Sullivan suggests.

As a further role, if the parent constantly is trying to showcase his basketball knowledge, have him track playing time but also +/- for each player. It's a little more of an advanced stat than you'd want a parent without basketball smarts to track.

But, if this parent knows the game a bit, +/- is a fantastic stat to have at your fingertips. Plus, depending on how the

numbers play out, it can provide the parent your justification as to why his son or daughter maybe isn't getting the playing time he thinks is deserved.

No matter what, inclusion can help diffuse the situation in the right circumstances.

“It takes the focus off their own child and places it on the entire team. It gives them an attachment to the good of the whole culture and group, and not just turning on when their child is in and turning off when their child is out,” O'Sullivan concludes.



Michael Austin
Michael Austin
Editor-in-chief

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In a tie game with time running out, take a chance on getting the ball to your least-likely scorer for a perfect, in-close shooting opportunity

QUICK HITTER VALIDATE YOUR DRILLS

I receive a lot of submitted drills from coaches who stress validating a drill with a made free throw. This is an idea all coaches should be using as often as they can.

The idea of validation is that the winning player/team/group doesn't technically win the game or drill until sinking a free throw. At this point, the pressure is on.

Consider: players have busted their butts to run, jump, pass, rebound, shoot and hustle in a drill. Now, to have all that work count, a single, pressure-packed free throw needs to be made.

If the free throw is good, then the winning team reaps its expected rewards. If it's a miss, then restart the drill, possibly with the winning team receiving some sort of penalty to give the losing

team a competitive shot at winning.

Most games tend to be validated by late free throws as trailing teams do all they can to stop the clock. Protect leads by creating pressure-packed situations at practice. Validate your drills and consequently learn how to protect late leads.

— Michael Austin

Wisconsin's Frank Kaminsky has reason to smile — he's dominating the interior and perimeter for a hot Badgers team



Big Man, Long Shots

Pull your post player off the block and open your offense, especially if this player is a threat to knock down consistent long-range jumpers

Frank Kaminsky is a marvel. A 7-footer, he has the touch, power, size and poise to dominate the interior for the University of Wisconsin men's team, but also possesses a deadly outside jump shot making him impossible to guard with one player.

Teams have tried zones, double-teaming and sometimes sending three players at Kaminsky. No matter. He continues to dominate. After shooting 52.8 percent from the field including an impressive 37.8 percent from behind the arc, Kaminsky has improved both numbers so far this year, making Wisconsin a legit national title contender.

Your teams, from time to time, will feature a matchup nightmare like Kaminsky. As a coach, don't fall into the trap of sticking him or her on the block

every possession and look to score all your buckets close to the hoop.

Sure, it may work for quite awhile, but the better teams eventually will figure you out or there always is the chance another school has a player with similar build.

Take better advantage of your gifted post player by developing his or her outside skills as well. When defenses have to respect the outside shot of a post player, the entire floor opens. Typically, this pulls the tallest defender away from the hoop and creates numerous opportunities for guards to penetrate and score, or drive and kick out for an open jumper.

Plus, it allows your talented post to develop into a true star, capable of playing anywhere on the floor and possibly leading to a hoops career after

he or she graduates from your program.

Today's two plays come directly from the Wisconsin playbook and take advantage of Kaminsky's size and shooting touch.

The first forces the post player's defender to make a choice: cover the backdoor cutter coming off the post's screen or come high and defend the post's jump shot.

The second is a classic pick-and-pop play where a ball handler runs his defender off the post's ball screen, dribbles hard toward the hoop and then kicks out a pass when the bigger defender stays low to stop the drive. This sets up a wide-open 3-pointer.

Run these plays a couple times, then set up your post on the block and watch the defense scramble to catch up.

Words by:
Michael Austin

Pick & Pop For 3

When your big man has outside-shooting ability, use simple off-ball, high-screen action followed by a pop by the screener to set up a 3-pointer

WHY USE IT

This play pulls a big defender away from the hoop, sends a backdoor cutter as a distraction and sets up an open 3-pointer.

SET UP

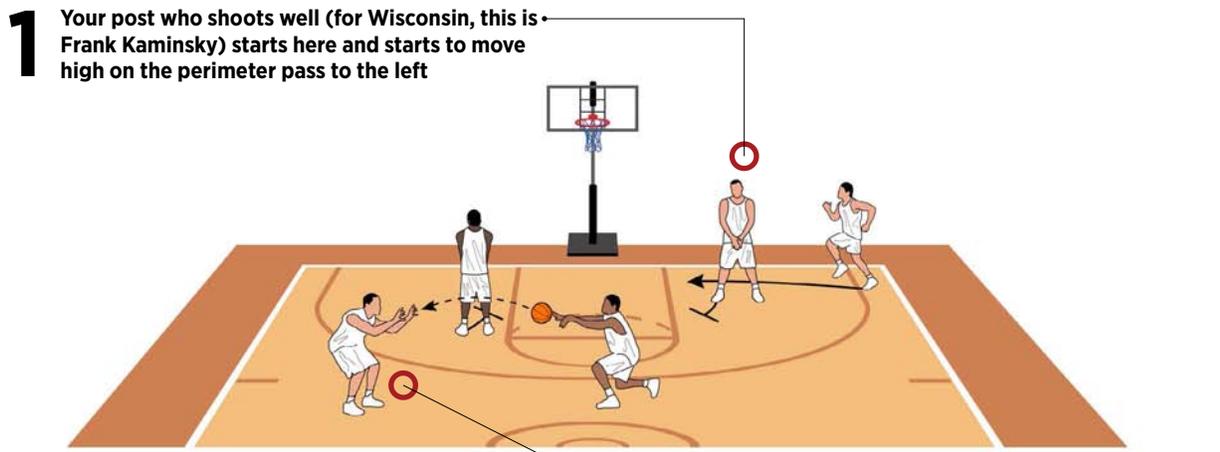
Wisconsin runs this play for talented post player Frank Kaminsky, who begins outside the lane but low on the right side.

HOW TO PLAY

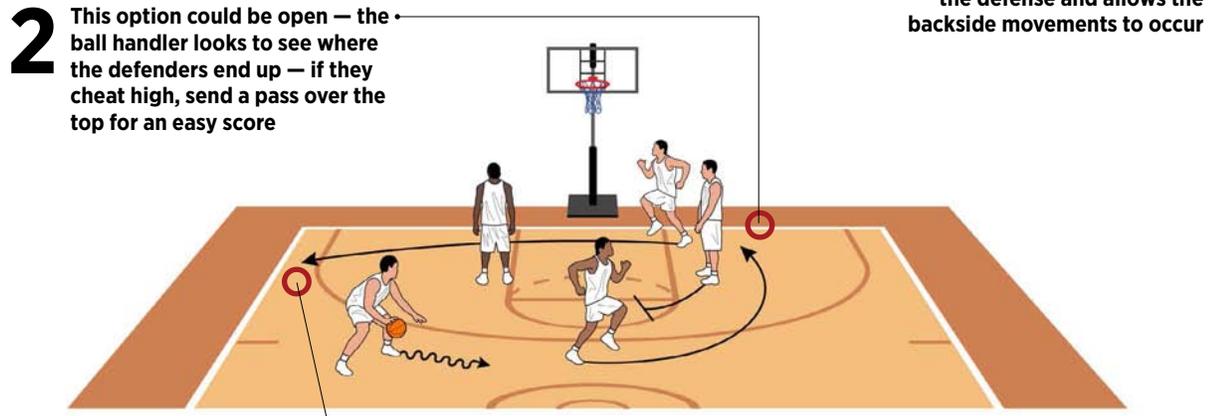
Move the defense left with a perimeter pass in that direction. The left-elbow player screens his defender to keep the defense from double-teaming the new ball handler. The right corner starts running baseline [1]. Kaminsky comes high and sets a backdoor screen for the initial ball handler, who now curls around the back of the set. The baseline runner moves to the left corner, which opens that side even more. The ball handler dribbles right and looks at the cutter [2]. Kaminsky pops after setting the screen. His defender stayed low to guard against the backdoor pass. He receives the pass and shoots the open 3-pointer [3].

TECHNIQUE

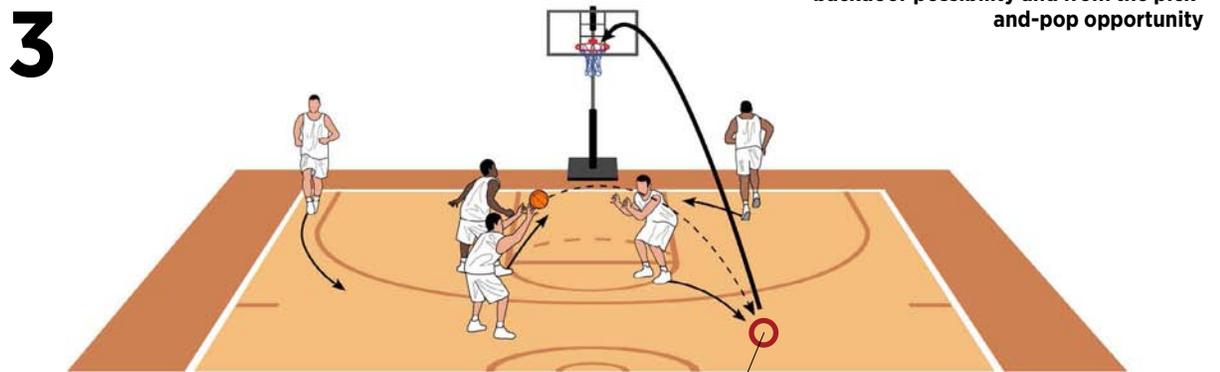
Due to the backside action, there are no defenders above the free-throw line. This allows an easy catch-and-shoot opportunity for the post player.



This perimeter pass shifts the defense and allows the backside movements to occur



Complete this baseline run to the left corner pulling attention away from the backdoor possibility and from the pick-and-pop opportunity



If the defense stays low guarding against the backdoor cut, make this pass, catch it and shoot it before the defense recovers



Dribble Drive, Kick Out For 3

Use your outside-shooting big man to set a high screen to create space for a dribbling teammate, then pop to the perimeter for an open 3-pointer

WHY USE IT

Posts and forwards don't like defending on the perimeter. Dribble penetration brings those defenders closer to the rim as your shooting big man creates an open 3-point opportunity.

SET UP

Overload the left side. The ball is at the top with your shooting big man (Kaminsky for Wisconsin) at the right elbow.

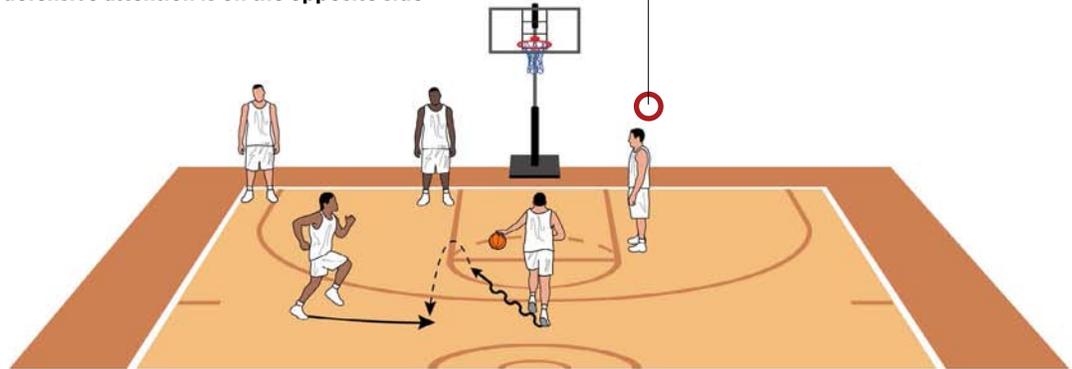
HOW TO PLAY

Take a couple dribbles into the set then pass out to the left-perimeter player circling behind the initial action [1]. On the catch, the new ball handler dribbles right. Kaminsky comes higher into the set and executes a ball screen. This frees the ball handler to gain the edge and penetrate deeper into the set. Kaminsky pops high. Both players along the baseline are relocating higher as well [2]. Just as the defense collapses, the ball handler kicks out a pass to the screener on the perimeter. Just like in the previous play, there is no defender higher than the free-throw line on the catch. It's an open shot [3].

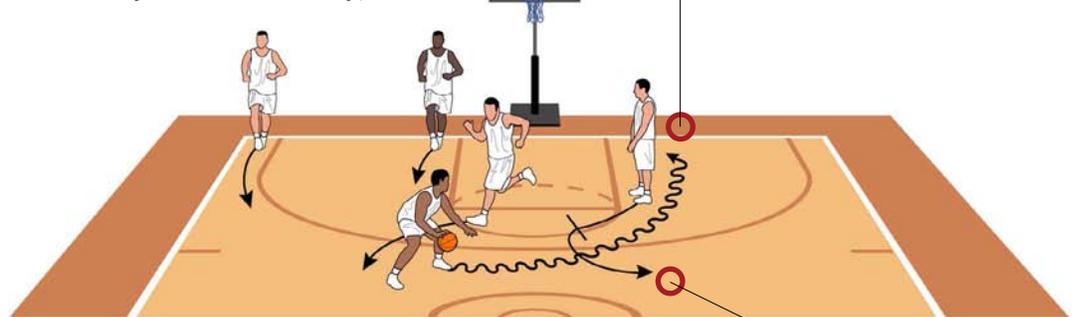
TECHNIQUE

Having the weak-side baseline players come high pulls their defenders away from the dribbling action and sets up other kick-out options.

1 The post who shoots well (Kaminsky) begins alone on the right side at the elbow as defensive attention is on the opposite side

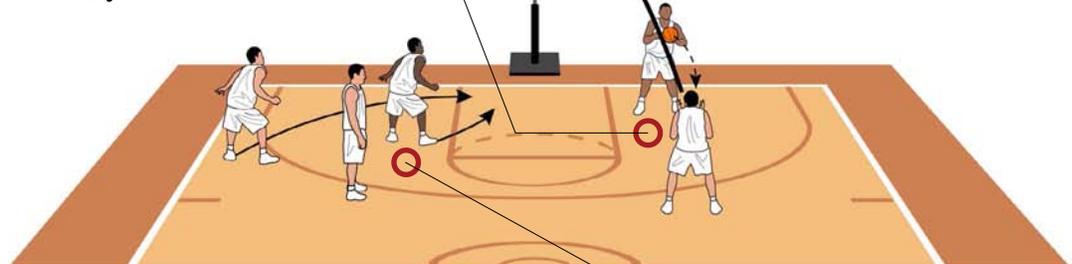


2 The dribbler comes hard off the screen and gives the illusion of attacking the lane (if the lane is open, the dribbler just scores at the hoop)



On the screen, the post pops into a shooting window on the perimeter and readies for the kick-out pass

3 The shooter is wide open on the perimeter as the defense collapses on the dribbler — take the shot before anyone recovers



Both weak-side players are kick-out-pass options as well but as soon as they don't receive the pass, they crash the offensive glass

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

Use Least-Likely Scorer

When only seconds remain in a tie game and the ball is to be inbounded on the baseline, defenses focus on the big-time scorers — go the other way and win the game

WHY USE IT

This is a great play to use in a tie game with just a few seconds remaining. The set is designed for your least-likely scorer and catches the defense off-guard. The Portland Trail Blazers used it to defeat Denver last month with Robin Lopez scoring the bucket.

SET UP

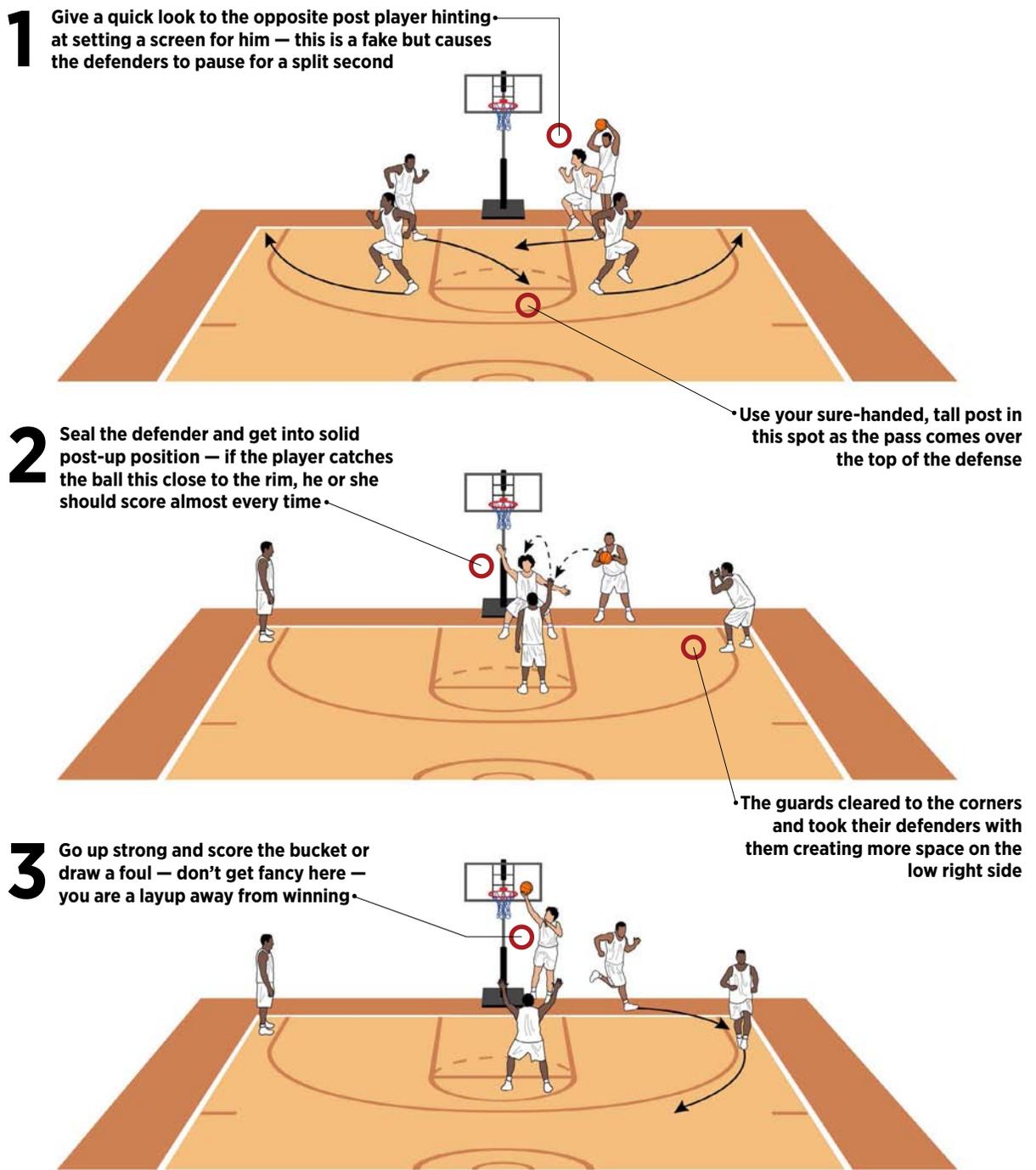
With the ball coming into play on the baseline, set up in a box. Portland had Nicolas Batum inbounding with LaMarcus Aldridge on the weak block, Wesley Matthews on the weak elbow and Damian Lillard at the strong elbow — all better scoring options than Lopez.

HOW TO PLAY

Aldridge pops high up the lane as Matthews clears to the far corner. Lillard flashes toward the ball-side corner as Lopez looks at the opposite block as if he's going to set a screen, then begins sealing his defender [1]. Batum throws over the top to Aldridge. Lopez now has sealed his defender and is posting up in the lane. Aldridge makes the high-low pass [2]. Lopez powers up the in-close shot [3].

TECHNIQUE

The quick glance by Lopez is important as defenders expect a lot of screens from a box set. This set doesn't use any screens but giving the impression it does fools a defense.



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