

IT'S 2015 — A NATIONWIDE SHOT CLOCK IS NEEDED

BASKETBALL COACH WEEKLY

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COLLAPSE A ZONE DEFENSE

ATTACK RIM,
CREATE OPEN
SHOOTERS

TEAM BUILDING

SIT YOUR
BAD SEED

0.3 ON THE CLOCK,
SIDELINE INBOUND

... NOW WHAT?

ATTACK BASELINE

TO CREATE TOP-OF-KEY
3-POINTER

< JOHN
CALIPARI'S
KENTUCKY
SQUAD KNOWS
HOW TO BEAT
A ZONE



DRIVE TO THE RIM, DRIFT TO THE CORNER & KNOCK DOWN A 3

Push For A High School Shot Clock



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Sideline Stories

I sat there in the gym and knew it was coming. The favorite — and at the time — No. 1 team in the state was down on the road by five points. It was going to be time to foul and the smattering of fans in attendance would be treated to free throw after free throw.

It's fine. It's part of our game. Sometimes the last minute of a game can seem like an eternity as a trailing team continues to subtly but intentionally foul the opposition to stop the clock.

“A game not featuring a lot of flow anyway, eventually grinded to a halt ...”

But, this wasn't the final minute of the game. Or the final two minutes, or even three minutes. I noticed it with 3:30 remaining on the clock. In a game controlled by missed shots and hustle plays (the home team shot 13 of 45 while the road team finished 15 of 53 from the field), the air seemingly came out of the ball with 3:30 showing on the clock as the home underdogs clung to a five-point advantage.

With no shot clock here in my home state of Oregon, trailing coaches have to make a decision as when is the best time to foul. It comes down to knowing the opposition's shooting abilities, and also includes some existential thinking —



Shot clocks force teams to take tough shots and reward defenses

remember, this is a home team trying to knock off No. 1, so nerves come into play.

I still was surprised to see the fouling extravaganza begin so early (the home underdogs shook off the nerves, knocked down enough free throws and won). A game featuring not a lot of flow to it anyway, eventually grinded to a halt. I spoke to both coaches about it.

“I would love a shot clock,” the losing coach told me. “I think the national federation needs to mandate the shot clock and create some uniformity nationally.”

On the flip side, the winning coach said her strategy wasn't to have players stand 30 feet from the basket with the ball on their hips. She told me, “It wasn't so much a make-them-foul mindset but rather we just wanted to be very patent in looks we were getting, and make sure we were putting ourselves in position to be successful.”

Both coaches absolutely approached the end of this game as best they could

under the rules. With a lead, good free throw shooters and a chance to beat No. 1, why not slow down the game? And, when trailing, why not start the free-throw procession early if the opposition isn't exactly attacking the rim?

The problem is ... this game deserved better. Both defenses played their hearts out, but were not rewarded as, for all intents and purposes, shots never had to be taken. It's unfortunate. Our game needs to evolve. It's time for a nationwide, high school shot clock.



Michael Austin

Michael Austin
Editor-in-chief

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QUICK HITTER SIT BAD SEED

Coaches hate sitting their perceived “stars.” But what's happening with this Josh Smith situation in the NBA should serve as a lesson to coaches at our level.

Not everything is Smith's fault, but consider the 5-23 Pistons simply cut Smith, then went on to win seven straight. The Rockets, contenders in the West, picked up Smith, went 2-3

in his first five games and removed him from the starting lineup.

At our level, your job is to teach, instruct and build a team. If you have a player who doesn't fit into your philosophy, work with him or her. If the player gives push back and is unwilling to work in your team culture, then you must remove the player from

your lineup, even, such was the case in Detroit, if this person is perceived to be your best scoring option.

You know your team. You know how to build camaraderie. Don't let one player drag everyone down. Take a stand but forcing a contentious player to sit.

— Michael Austin

Tyler Ulis has been a deadly 3-point shooter in Kentucky's offense as John Calipari creates situations for him to excel



Make Defenders Collapse, Reap The Rewards

Zones are effective when offenses become stagnant and stay away from the rim — don't be intimidated by all those lane defenders, attack with the dribble and kick out for 3s

The Louisville/Kentucky game lived up to its billing last month. Sure, it wasn't an offensive thing of beauty, but it wasn't expected to be. These are two of the better defensive teams in the country. Add in the excitement of an in-state rivalry and points were at a premium.

For Kentucky, the team's young core had to figure out how to stay aggressive against Louisville's tenacious defense, in which head coach Rick Pitino utilizes quite a bit of zone.

Watch enough basketball games and you realize younger players tend to hold the ball more and become passive when a top-notch zone is thrown at them.

Kentucky's John Calipari dialed up the right mix of dribble penetration and kick-out passes to deflate Louisville's defense (ranked 13th in the country in points

allowed as of this writing at just 55.7) en route to a 58-50 victory.

As the game was reaching its pinnacle, Jay Bilas, who was part of the team calling the game for ESPN, knew exactly what Kentucky had to do to ensure victory.

With slightly more than 10 minutes remaining in the contest, Bilas said, "Kentucky has to continue to get the ball to the rim," just after the play diagrammed on the next page occurred. He followed with, "That drive got everything to collapse and you kick to an open shooter."

Just a few minutes later with Kentucky needing a basket to keep momentum on its side, Bilas offered this take about the set diagrammed on page 5: "Just because you are playing against an outstanding defensive team, doesn't mean you

shouldn't continue to put pressure on the rim."

Take these words to heart, coaches. Prepare your players to be even more aggressive when facing a zone, especially a tenacious zone that doesn't leave a lot of openings, such as Louisville's.

While both of the plays on the following two pages resulted in Tyler Ulis 3-pointers, instruct your players they are designed for any perimeter player with a shooting touch. Plus, they also place post players in position to snag offensive rebounds in case of a miss.

Zone defenses, especially ones that just have collapsed on a ball handler and now are scrambling to challenge a shooter, are susceptible to offensive rebounds as defenders don't have a specific body to box out.

Words by:
Michael Austin

Drive & Drift For 3

Penetrate a zone with the dribble, then move a hot shooter into the opposite corner for a wide-open look at a long-distance shot

WHY USE IT

Zones defenses rely upon you tossing the ball around the perimeter and taking a contested, long shot. But, not all perimeter shots against a zone are bad — draw the defense and kick out for an open look.

SET UP

Leading by four points with slightly more than 10 minutes remaining against Louisville's stifling zone defense, Kentucky has the ball on the right side of the floor with the potential shooter on the opposite wing.

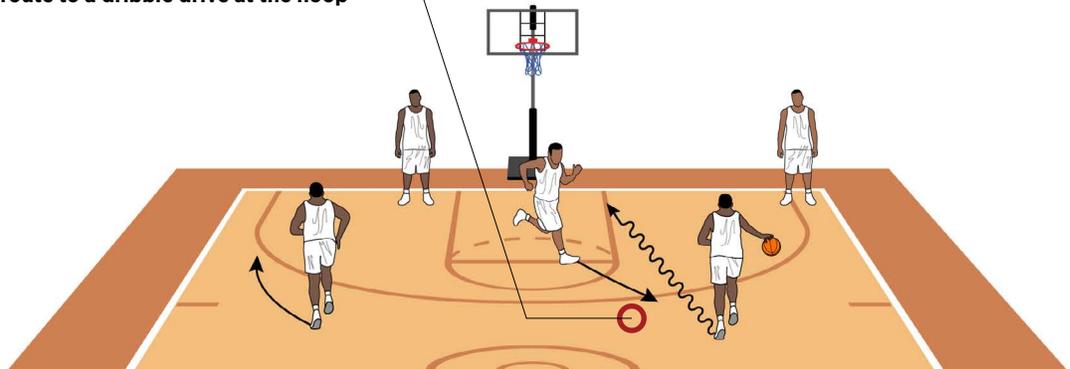
HOW TO PLAY

The post player at the foul line comes high. In this instance, the ball handler doesn't need a screen and attacks the zone off the dribble [1]. Now almost behind the basket, the ball handler sneaks a peek at the opposite corner where the left-side wing player has relocated. The opposite post circles toward the front of the rim. The pass is made to the far corner [2]. The closest defender to the shooter is high at the elbow. Everyone has packed the lane on the dribble drive. It's an easy spot-up-and-shoot situation [3].

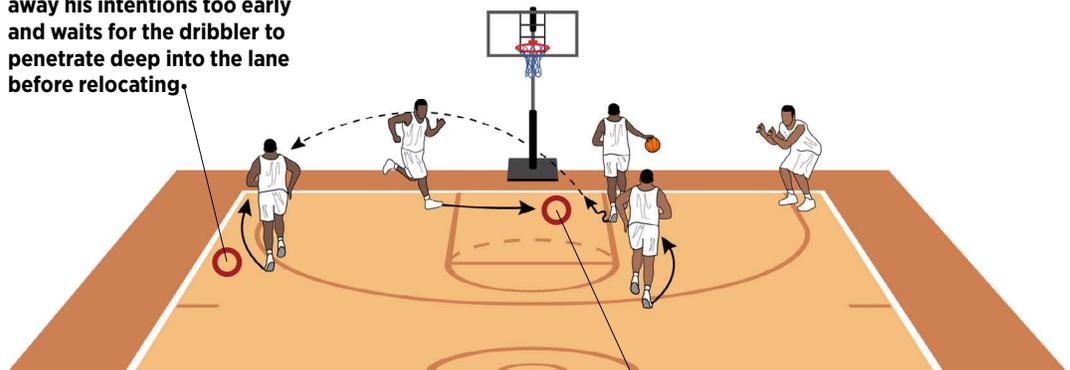
TECHNIQUE

The opposite post player circling in front of the rim pulls the defenders off the baseline and creates an open passing lane to the far corner.

1 The ball handler has the option to use a screen here or simply bypass it en route to a dribble drive at the hoop.

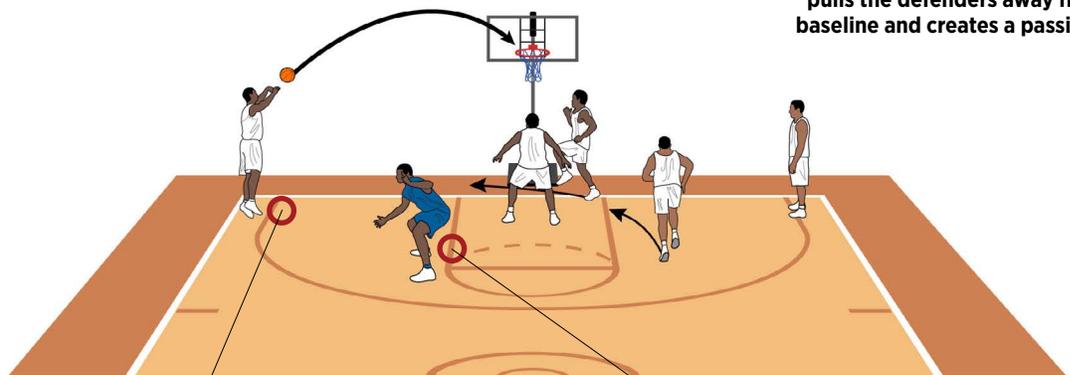


2 The shooter doesn't give away his intentions too early and waits for the dribbler to penetrate deep into the lane before relocating.



• Have the opposite post player circle to the front of the rim — this pulls the defenders away from the baseline and creates a passing lane

3



Catch the ball and shoot before the defense recovers — have confidence there is time to catch and go through a proper shooting motion

• With the other four defenders in the lane collapsing on the drive, this defender has no chance to recover and challenge the shot in time



Draw & Dish For A Top 3

Start with middle dribble penetration, then kick a pass to the corner, attack the baseline and watch the top of the set open

WHY USE IT

Successfully attacking the baseline against a zone pulls multiple defenders out of position and doesn't leave anyone available to guard against a top-of-the-key 3-pointer.

SET UP

Three minutes after the previous play and clinging to a five-point lead, Kentucky dials up another strong set to free up Tyler Ulis for a 3-pointer. Ulis begins with the ball on the right wing.

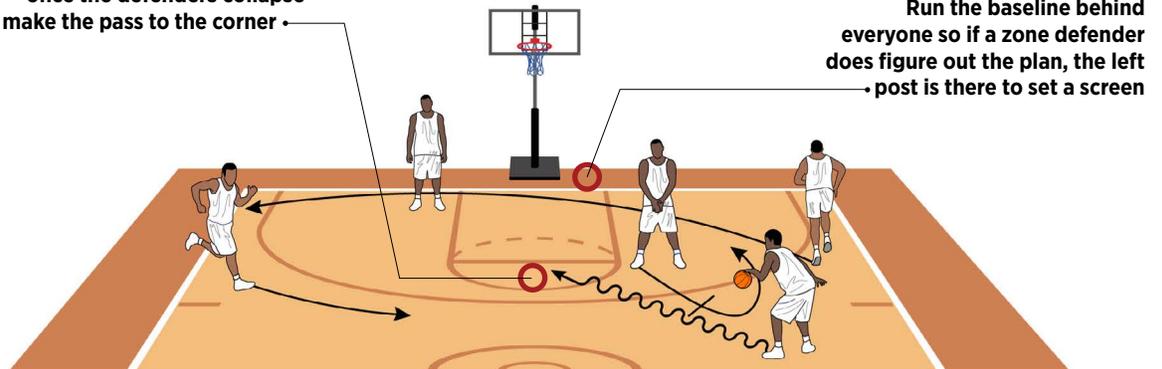
HOW TO PLAY

Ulis receives a high ball screen and attacks the middle while the screener rolls toward the hoop on the right side. The player on the deep right wing runs the baseline and relocates to the left corner [1]. The pass is made to the left corner as the ball handler approaches the free-throw line. The left-side forward posts up as the passer steps back to the top [2]. The new ball handler attacks the baseline, draws multiple defenders and fires a pass to the top. Ulis shoots the 3-pointer in rhythm as the closet defender is at the left elbow [3].

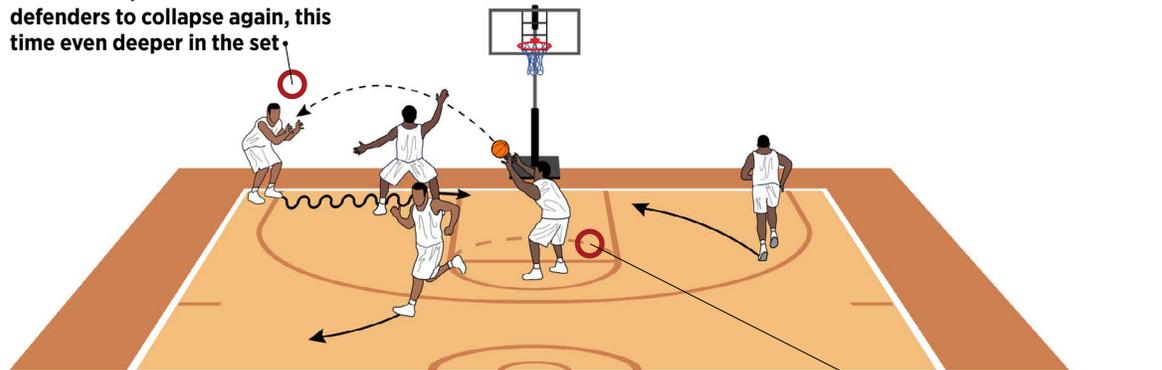
TECHNIQUE

Four defenders have at least a foot in the lane during the pass to the top. There isn't enough time to contest the shot.

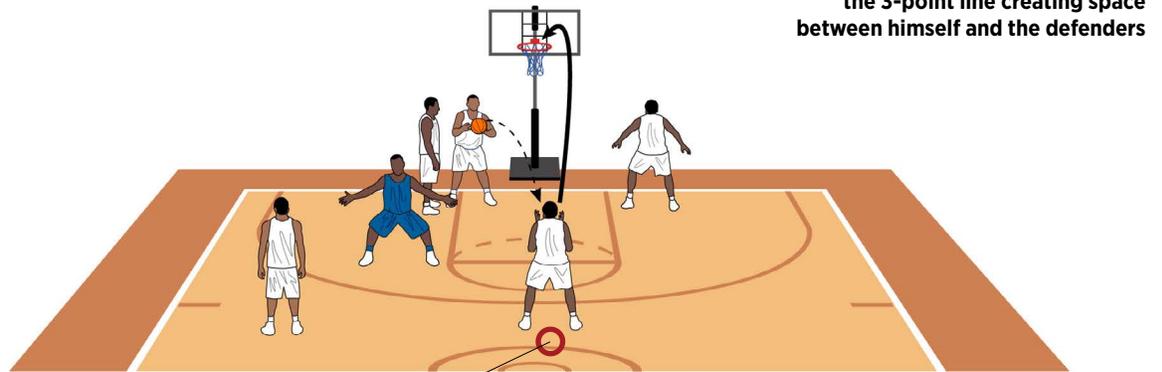
1 Zones crumble when ball handlers get into the lane with the dribble — once the defenders collapse make the pass to the corner



2 On the catch immediately attack the baseline, which causes defenders to collapse again, this time even deeper in the set



3



Catch the ball and shoot before the defense recovers — if the left-wing defender does step out in time simply put the ball on the ground and pull up for a mid-range jumper



0.3 On The Clock – Backdoor Score

There isn't a lot you can do from a sideline out-of-bounds situation when only 0.3 seconds remain on the clock but take this play from Memphis and win your game

WHY USE IT

When less than a second remains on the clock and you need a bucket while inbound from the sideline, your options are limited. Dribbling, an extra pass and pump faking are not in play. You need a quick hitter.

SET UP

Memphis ran this play to beat Sacramento earlier this NBA season with the eventual scorer, Courtney Lee, positioned near the weak block, farthest from the ball.

HOW TO PLAY

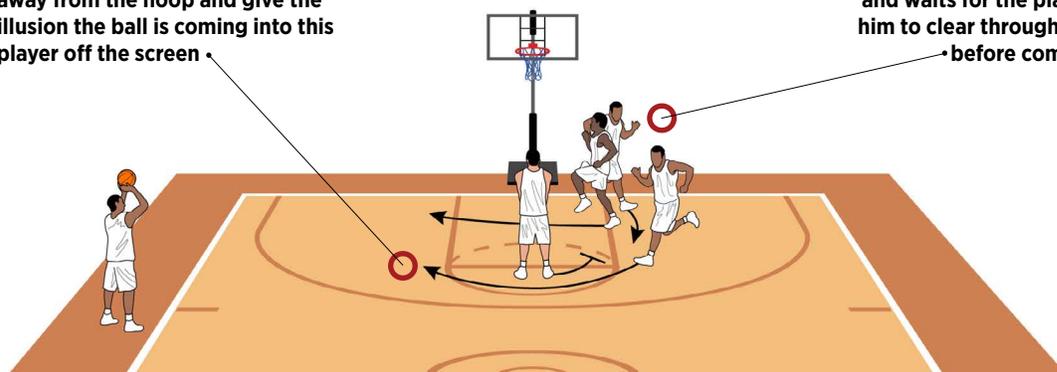
Use your screener at the free-throw line to create some dummy movement. He screens and frees a player coming toward the ball. A second player cuts hard to the ball-side block. The eventual shooter starts to come high [1]. The screener now moves low off a screen from the eventual shooter as they create a bit of congestion near the lane line. Both ball-side players space to the sideline [2]. The initial screener now sets a screen for the shooter, who cuts to the hoop, receives an alley-oop pass and scores before landing on the ground [3].

TECHNIQUE

The shooter gives a half-step toward the top before coming hard off the screen for the pass at the hoop. This step tricks the defender and makes it easier to pick him off.

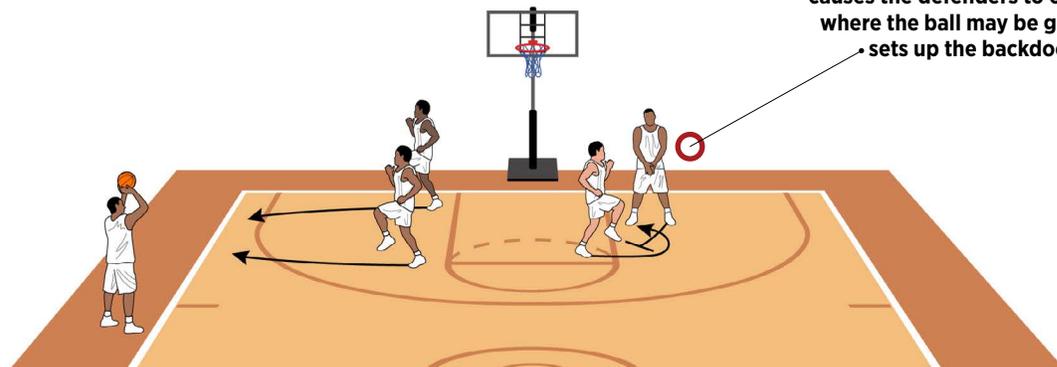
1 The action coming toward the ball simply is used to bring defenders away from the hoop and give the illusion the ball is coming into this player off the screen.

The scorer begins as the farthest player from the ball and waits for the player near him to clear through the lane before coming high.



2

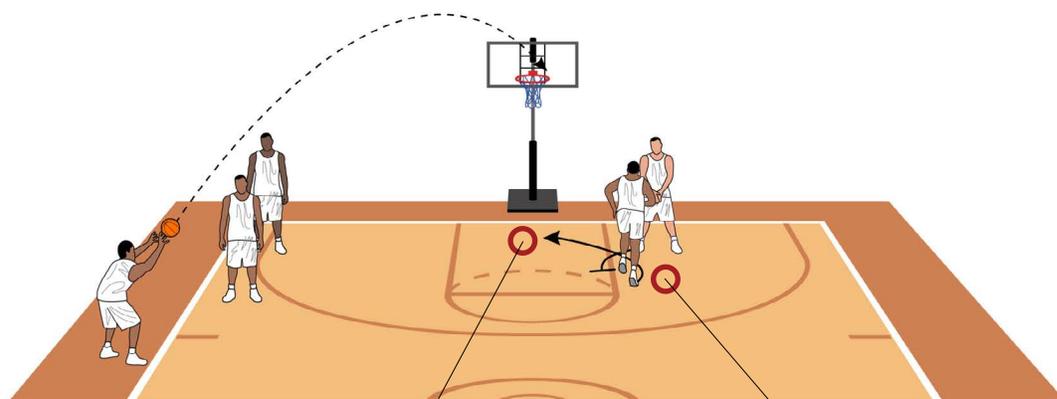
This action along the lane line causes the defenders to overthink where the ball may be going and sets up the backdoor action.



3

The pass should meet the receiver as he jumps into the air at the far side of the rim although the Memphis pass was short (possibly tipped) and an acrobatic reverse layup netted the victory.

Take one half-step high before coming toward the hoop off the screen to freeze the defender.



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

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