

REWARD YOUR POST IN A PERIMETER-FOCUSED OFFENSE

BASKETBALL COACH WEEKLY

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SCORE LIKE VILLANOVA!

TRY THE 4-OUT MOTION WITH YOUR TEAM

BETTER SPACING

SCREEN DEEP

OPEN THE FLOOR'S MIDDLE

STICK WITH YOUR LATE-GAME PLAN

ADDRESS YOUR TEAM AFTER A TOUGH LOSS

4 STRATEGIES TO HELP PLAYERS GROW

< JAY WRIGHT
HAS VILLANOVA IN TITLE CONTENTION



IS WINNING 161-2 UNSPORTSMANLIKE? YES!

Trust Your Preparation



Basketball Coach Weekly
Issue 70

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Sideline Stories

We all make mistakes. It's part of life and part of coaching. You can't coach a perfect game. There are so many decisions to be made, it's impossible not to botch some.

But, as a coach, it's your job to be prepared and hopefully not botch too many of the major decisions you make in a game.

The intent here is not to pick on a coaching peer, but to learn from a bad mistake made by Sacramento's Tyrone



Learn from Sacramento's Tyrone Corbin's mistake and stick with your end-game plan

“Don't allow the pressure of the moment to alter your thinking ...”

Corbin at the end of the Kings game against Dallas earlier this month.

Trailing by one point with 19 seconds on the game clock and 15 on the shot clock, and the opposition having the ball, Corbin had an opportunity to place his team in a better position to win.

An immediate foul would have sent Dallas to the line for a pair of free throws with plenty of time remaining in the contest for Sacramento to tie the game (regardless of what Dallas did at the line). Or, Corbin could have rolled the dice, defended until the end of the shot clock and hoped for an offensive rebound, quick timeout

and a final set out-of-bounds play.

Corbin instead allowed Dallas to kill 10 seconds, then he called for his team to foul. What was his thinking? Sean Cunningham, a reporter for Sacramento Kings radio, tweeted out that Corbin waited to see how Dallas was going to approach the situation. When the Mavs were in no rush to shoot (why would they be when leading by a point), then Corbin wanted the foul.

I don't like this explanation. As a coach, you constantly are thinking about and preparing for end-game situations. You know what you want to do. Go with your preparation and stick with it. If you want to foul, then foul right away.

Dallas ended up hitting the free throws, and opted to foul Sacramento to keep the Kings from shooting a game-tying 3-pointer. The strategy worked to perfection, Dallas won by

four and Corbin was left to answer questions about his strategy.

Again, the point isn't to single out Corbin, but it is a useful scenario for all coaches. Know what you want to do in end-game situations, then stick with it. Don't allow the pressure of the moment to alter your thinking.

You've logged the film hours, studied the opposition, spent numerous hours preparing for this moment — trust your preparation.



Michael Austin
Michael Austin
Editor-in-chief

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Find offensive freedom all while utilizing proper spacing, timely cuts and attacking drives

4 DEEP BALL SCREEN OPENS THE FLOOR'S MIDDLE

The 4-Out Motion works when players are constantly moving, screening and clearing space — just like in this set of actions

5 GET A 1-ON-1 POST LOOK IN 4-OUT MOTION

Reverse the ball, clear space and set up an isolation situation on the block to reward your post player

6 REGROUP AFTER A TOUGH LOSS

The pre-game, motivational speeches get all the glory, but the words you choose following a defeat are more critical

QUICK HITTER WHERE'S THE SPORTSMANSHIP?

It's happened again. A mismatch on paper materialized into a disaster on the court earlier this month as the Arroyo Valley High School (Calif.) girls beat Bloomington High, 161-2.

I'm all for playing your hardest and making the other team stop you, but there also is an expectation of sportsmanship in high school athletics. This game crossed the line.

Typically I'd say in a game like this, you run your starters, your offense and defense for the first half, then back off. But, the game was 104-1 at half. There had to be a point earlier in the game to stop this nonsense.

Also, don't give me the idea that reserves needed to work on things in a game situation. When your team can score 161, then the competition in your practices

is much better than this game situation.

Arroyo Valley's coach told the *San Bernardino County Sun* the game got away from him and he didn't expect one of his bench players to hit eight of nine 3-pointers. Here's an idea ... don't shoot 3s when you are up by more than 100 points.

What do you think? **Email michael.austin@basketballcoachweekly.com**

- Michael Austin

Despite having four players on the perimeter, the 4-Out Motion relies upon attacking with the dribble



Villanova Dominates With 4-Out Motion

Based upon proper spacing, timely cuts, attacking drives and teaching players how to play, the 4-Out Motion offers offensive freedom

Year-in, year-out, the Villanova men's basketball team runs the 4-Out Motion. Since 2001, when Jay Wright was named head coach, the Wildcats have been running this offensive system ... and winning a lot of games with it.

This year, Villanova has cracked into the top 5 of the national rankings for myriad reasons, but a major one is its offensive philosophy.

The 4-Out Motion starts with two players (your 2 and 3) slightly off the baseline in opposite corners. There are two "slots" on the perimeter, which are occupied by 1 and 4 and are located a few feet behind the 3-point line on opposite wings. A good rule of thumb is

all perimeter players are spaced 18 feet from each other. A post (5) is positioned slightly higher than the low block on the lane line.

1, 2 and 3 fill any perimeter spots during motion. 4 and 5 fill either slot position or the block. 4 and 5 always should be located diagonally from one another (if 5 is on the right block, then 4 is in the left slot).

There is a lot of movement in this offense. Wright doesn't want people standing still on the perimeter. After making a pass, the passer either screens, receives a screen or makes a basket cut.

When a player has the ball, the goal is to receive a ball screen to set up a scoring drive, or to hit the post open on the block (both actions are diagrammed on

the following two pages from Villanova's game against Butler earlier this year).

One thing the ball handler is not to do is simply dribble for the sake of bouncing the ball. Every movement has a purpose. Dribbling is utilized to get to the rim or create a better passing lane.

All of this has led to Villanova scoring 77.1 points (26th in the country) and dishing out 16.0 assists per game (also 26th in the country) as of this writing. Despite just having one player inside the 3-point line, the squad manages to stay strong on the offensive glass due to sending three players (the 3, 4 and 5) to the boards on every shot.

It adds up to success at Villanova ... and it could in your program too.

Words & Activities by:
Michael Austin

Perimeter Passing Sets Up Post

Get your big man into the action by reversing the ball, clearing space and setting up an isolation on the block

WHY USE IT

A lot of the focus in the 4-Out Motion is on the perimeter players but reward your post for all his or her hard work by an opportunity to go 1-on-1 on the block without help defenders available.

SET UP

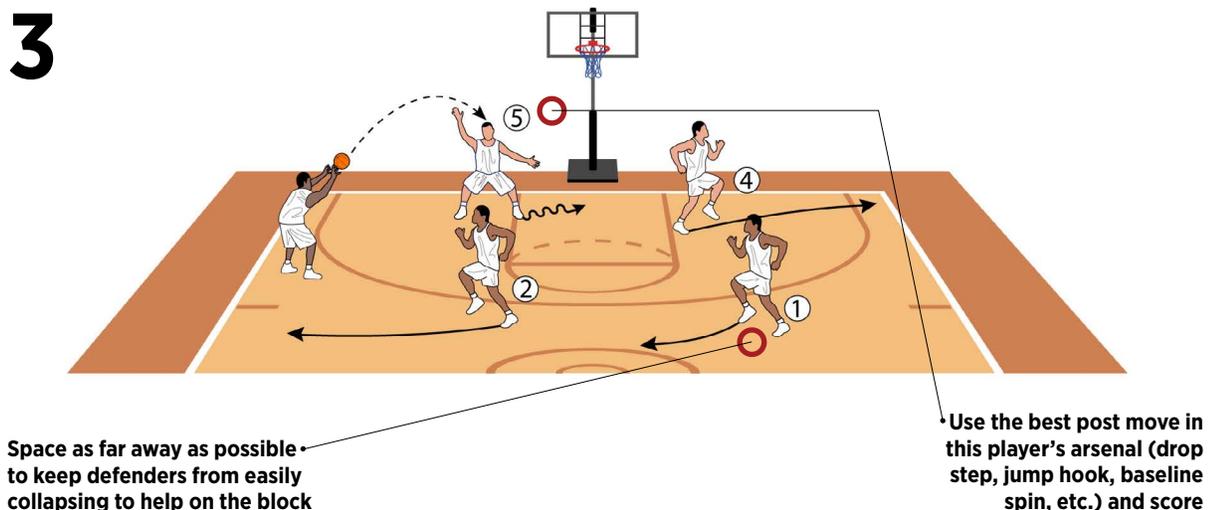
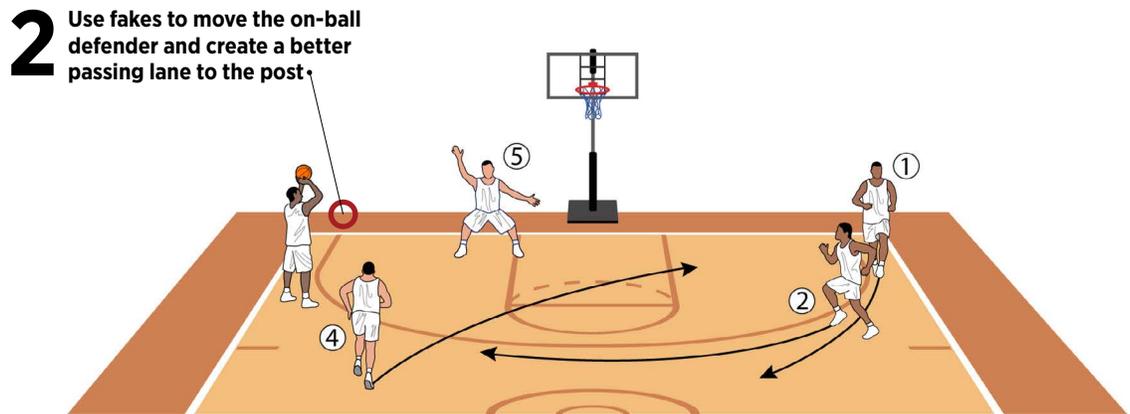
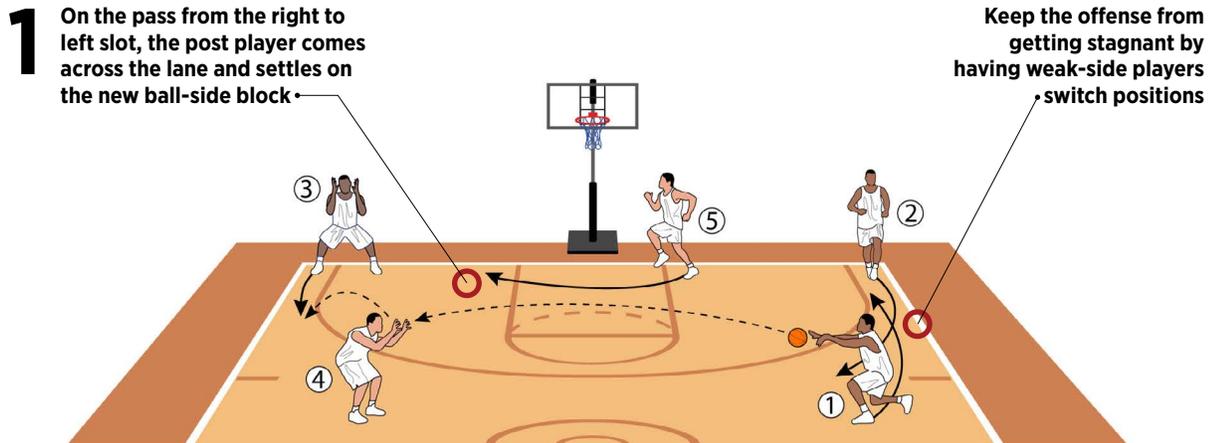
The ball starts on the right wing and the post (5) is located on the right block as the remaining players are spaced around the perimeter. 3 and 2 begin on the wings (slightly higher than the corner) with 4 in the slot opposite 1.

HOW TO PLAY

Send a pass from 1 to 4. This pass indicates for 5 to relocate to the new ball-side block. 3 steps and catches the ball. 1 and 2 exchange positions [1]. After passing to the corner, 4 cuts through the lane. 2 moves to the ball-side wing as 1 shifts toward the top of the set. 5 posts up the defender [2]. 4 clears to the corner. 2 moves farther on the ball-side wing with 1 shifting high. 3 feeds 5 in the post and 5 completes his or her best post move to score [3].

TECHNIQUE

Teach players to get as far and wide as possible. This pulls defenders away from the block. If the defenders do collapse, then the perimeter players are in perfect positions to receive a pass and shoot.



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

Deep Ball Screen Opens The Middle

The 4-Out Motion only works when the players are constantly moving, screening and clearing space — all of which happens in this set of actions

WHY USE IT

The 4-Out Motion is about much more than play on the perimeter. It's about spacing and creating attacking opportunities at the rim.

SET UP

The ball is on the right wing with the only player inside the 3-point line located on the left block (5). The "wing" positions are occupied by 3 and 2 slightly higher than the corners. 4 is in the "slot" opposite 1.

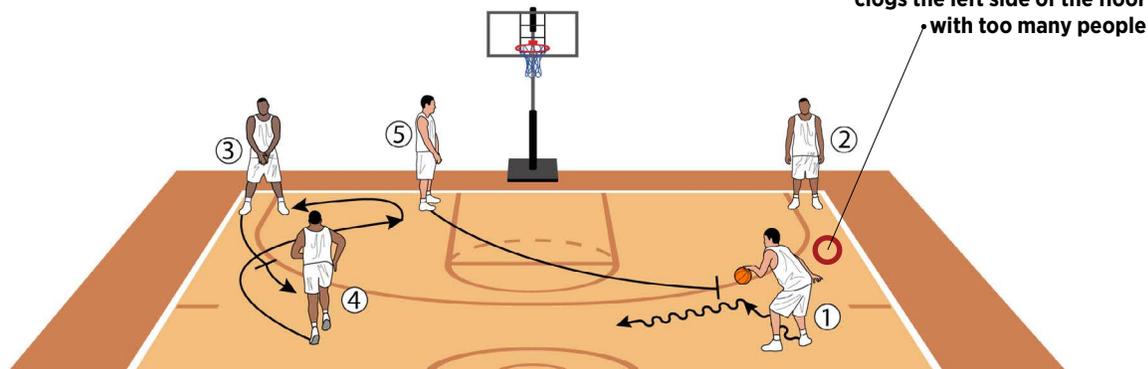
HOW TO PLAY

The post comes across the set and sets a high ball screen. The ball handler (1) dribbles left off the screen. 3 comes high and screens for 4. 4 uses the screen, cuts hard to the corner then flares back to the corner [1]. 1 passes across to 3. 3 takes a dribble and fires a pass to 4 in the corner. 5 downscreens for 2 who comes higher into the set [2]. 3 follows the pass to the corner and sets the ball screen. 1 and 2 switch spots on the perimeter. 4 attacks the lane and the right side of the rim as 5 curls underneath [3].

TECHNIQUE

The deep ball screen in the corner creates a great deal of space in floor's middle. Be sure 5 stays out of the way but by relocating to the opposite block, it causes the defender to make a choice on 4's dribble drive.

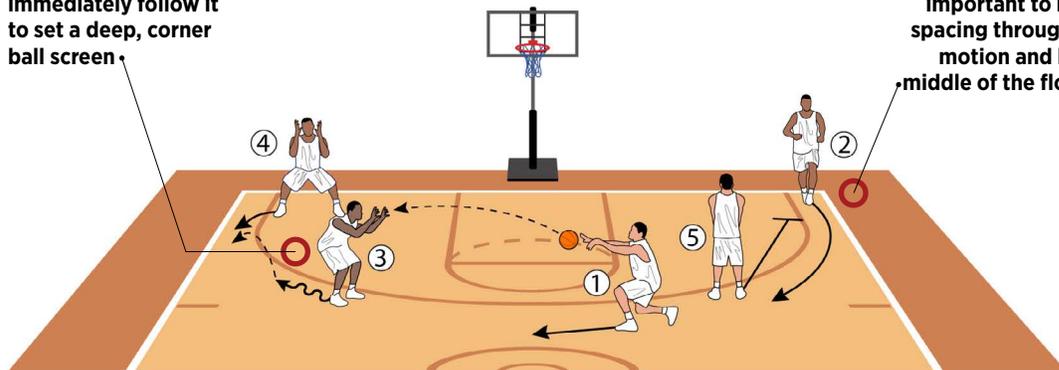
1



Wait for the ball screen, otherwise the ball handler clogs the left side of the floor with too many people

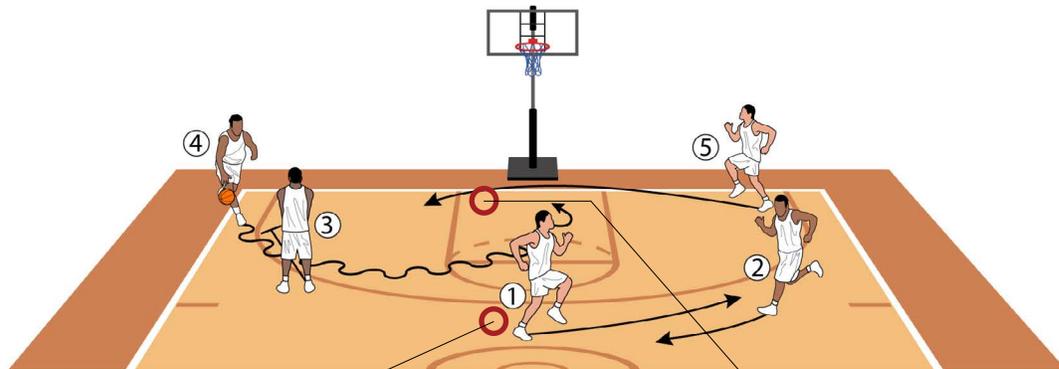
2

Make this pass and immediately follow it to set a deep, corner ball screen



Deep screens are important to maintain spacing throughout the motion and keep the middle of the floor open

3



This is an attacking dribble with the purpose of getting to the rim and scoring

Cutting to the opposite block forces 5's defender into a choice — help on 4s dribble and leave 5 open, or stick with 5 and potentially give up the layup





Regroup After A Tough Loss

The locker room is silent, heads are hung low and the players are waiting for you to address them — follow these 4 strategies

Pre-game motivational speeches are legendary in our culture. Everyone remembers giving or hearing an epic pre-game speech, which helped fire up the team.

These speeches, however, are far and few between and are more suited for Hollywood than anything else.

More importantly for your team, what should you say to them after a heartbreaking loss or close defeat?

I have had the opportunity to grow as a coach because of some devastating losses. Here are four ways to move on.

1. OWN IT.

Be accountable to your players. If coaches don't admit to poor preparation or game planning, then you can't expect your players to hold themselves accountable either. More importantly, if you make an emotional mistake (getting a technical foul called in a close game), apologize to your

players. If not, then players consider this acceptable behavior.

2. STAY THE COURSE.

Reinforce your philosophy, game plan and decision making process after a loss. Communicating these aspects during the scouting report, pre-game and post-game, student-athletes become aware of the how and the why of what you're doing. If they understand the why, they are more likely to buy-in.

In addition, remind players that, "one loss does not define us" as coaches or players. Reiterate this concept so student-athletes don't lose personal or team value after a close defeat. Sometimes, the opposition is red hot from the field or your team goes cold at the foul line. It happens. Do not allow players to get discouraged due to game trends or anomalies. Basketball is a game of statistics and usually they shake down to the law of averages.

3. 24-HOUR RULE.

The hectic moments after a loss sometimes cloud our judgements. Look at game film first before you criticize your team or turn to drastic measures. Watch the game tape and address the team about their mistakes at practice the following day when emotions have cooled.

There are a couple exceptions: if your team was not prepared when leaving a timeout huddle in a critical, end-of-game situation or if they were not playing hard. Address these situations immediately after the game. You define the culture of your program and what is/is not acceptable.

4. LIMIT YOUR WORDS.

To go along with the 24-Hour Rule, limit your words after a close defeat. This lets you be coherent, keeps you from saying something you regret, and allows time for you to meet with assistants and gain their perspective on the outcome.

Words by:

By Bert DeSalvo, head women's coach, Southern Connecticut University, New Haven, Conn.

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