

ENERGIZE PLAYERS — ENCOURAGE MULTI-SPORT PARTICIPATION

# BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

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## ADJUST ON THE FLY

TRY NEW OFFENSIVE  
WRINKLES

**A VETERAN COACH  
ARGUES AGAINST  
A SHOT CLOCK**

< KANSAS' BILL SELF IS  
WORKING WELL WITH  
CURRENT TALENT

DOUBLE SCREEN

**BUILD A WALL,  
NAIL A 3-POINTER**

**HIGH-PERCENTAGE  
SHOT AT THE RIM**

REVERSE THE BALL LEFT, SET UP  
RIGHT-SIDE LOB

**'2-MAN GAME' WITH SUCCESSFUL INBOUND PLAY**



# Encourage Multi-Sport Participation



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## Sideline Stories

There is a chart recently circulating around Twitter. It's from @ohiovarsity and shows an easy-to-read look into the mindset of Ohio State football coach, Urban Meyer, whose team won the national title last month.

The chart shows that of Meyer's 47 recruits, 42 played multiple sports in high school, leaving just five football-only players.

So, at the highest levels of collegiate play, in arguably one of the most

### “An athlete who specializes has an injury risk 70 to 93 percent greater than those who don't ...”

physically demanding sports, the coach of the national champions wants athletically diverse players. That certainly helps back up what I already had thought.

Being in the high-school-athletics industry as a newspaper reporter and magazine editor for the better part of the last 17 years, I've personally noticed the best players spend their entire year competing in various athletics.

I've seen the starting basketball center also leading the football team to a deep playoff run (which can be problematic for scheduling but great for competitiveness). I've seen successful guards switch gears and sprint around the track come spring. The examples go on and on.



**NBAer Nate Robinson also played football at the University of Washington**

What I love about multi-sport athletes is they are competing year-round. Sure, a high school basketball player has plenty of opportunities to pick up a ball and play in the fall or spring. But, nothing is going to recreate the level of intensity of grinding through workouts day after day for a payoff on the field.

You want leaders on your team? Be sure your leaders are participating in multiple sports. I'd rather see a basketball player in a football huddle with 10 other teammates attempting to accomplish a singular goal in the cool fall months rather than just having him shooting around after school.

Then, maybe that same athlete is a fast enough sprinter to compete at the state level in spring track. Think about having your hoops star lining up against the best area athletes in a challenge to see who's fastest. That level of competition simply can't be recreated in off-season workouts.

And while basketball coaches worry about their star athletes getting injured firing a baseball 250 feet from right

field to home plate or taking a huge hit as he runs an over-the-middle crossing pattern, the fact is, according to a study of 1,200 athletes by Dr. Neeru Jayanthi of Loyola University (Chicago), an athlete who specializes has an injury risk 70 to 93 percent greater than those who don't (this according to a quote in a piece written by Brooke De Lench on [momsteam.com](#)).

Your focus now is on closing the season strong ... but by late March, let's hope you are watching your hoops players on the diamond, tennis courts or the track.



*Michael Austin*

**Michael Austin**  
Editor-in-chief

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Run by many teams this season, your big man sets a pair of screens for the same shooter to set up an open mid-range shot

## QUICK HITTER MORE SHOT-CLOCK DEBATE

A few issues ago I drove home my belief about a high-school need for a national shot clock. My premise is that shot clocks reward defense and simply make teams play toward the end of games rather than standing waiting to be fouled.

Dan Hewins, a high school basketball coach in Maryland, who has more than 35 years in this business, disagrees.

“Basketball is a sport that involves strategy — not a movie-house thriller,” Hewins told me. “The greatness of high school basketball is you can play/coach the game to fit your talent level. If you go to a shot clock, teams with little athletic and basketball talent have no chance, because a shot clock weighs heavily in favor of quick, fast, athletic, highly skilled and deep teams.”

Hewins says adding a shot clock just for the sake of entertaining fans in the stands isn't reason enough to alter the game. He says he embraces debate in our game and appreciates the chance to share his side.

Where do you fall in this debate? Email [michael.austin@basketballcoachweekly.com](#).  
— Michael Austin

Post-game celebrations are a regular occurrence for Kansas, as coach Bill Self adjusts his offensive strategy this season



# Adjust On The Fly

Bill Self has the Kansas men's team atop the Big 12 standings yet again ... but it's not due to the typical pound-the-post mentality of years past

Coaches know Bill Self of Kansas runs a 3-out, 2-in, high-low motion offense. It has secured 10 straight Big 12 Conference titles for Self and his Jayhawks.

Fueled by active, dominant big players (think Tarik Black, Thomas Robinson, Marcus and Markieff Morris, and Cole Aldrich), Self's offenses rack up points by pounding the ball into the post.

This season, however, Self has shifted his philosophy ever so slightly. No one ever will mistake Kansas for long-range shooting teams such as Indiana or Notre Dame, but the Jayhawks are shooting a much higher percentage from behind the arc this season, which has translated into more 3-pointers made. The team doesn't have a true inside presence and is struggling to score from in close.

Check out these numbers from the last three seasons broken down by 3-pointers made/game, 3-point field-goal percentage and overall field-goal percentage:

**2012-13: 6.0, 36.7%, 48.0%**

**2013-14: 5.6, 34.5%, 49.5%**

**2014-15: 6.6, 39.4%, 43.5%**

Clearly, this season is a bit of an anomaly for Kansas. The Jayhawks, after finishing 14th and 6th in the country in overall field-goal percentage for the last two seasons, just aren't getting the clean looks near the hoop as in years past with dominant post players. Kansas is 179th nationally in field-goal percentage as of this writing.

But, Kansas is scoring more from behind the arc as Self's personnel consists of better shooting guards.

You'd think in a season when an established coach's offense isn't quite

working the way he wants, the team would struggle. Self, however, is one of the best in the game because he's adjusting on the fly. If he can do it at the highest levels of college basketball, then you can too. Don't be so stubborn to think your style of play is more important than the talent running it.

Check out the following two plays from Kansas' Jan. 19 victory over Oklahoma. The first is a designed lob, which certainly helps improve a team's field-goal percentage. The second is an orchestrated 3-pointer set up by two players near the block creating a wall to provide separation for an outside shooter.

These plays aren't as characteristic of Self's typical high-low motion offense, but they still are successful.

Adjust. Play to your players' strengths. And keep winning.

**Words & Activities by:**  
Michael Austin

# Downscreens, Ball Reversal & Lob

Shift the defense with downscreens, then work the ball across the top of the set to clear space for a well-timed backscreen leading to a lob

## WHY USE IT

The best time to catch a defense off-guard for a backdoor scoring opportunity is when you are moving the ball from one side of the court to the other.

## SET UP

Start in a box formation, then send the elbow players low to set screens for the players on the post.

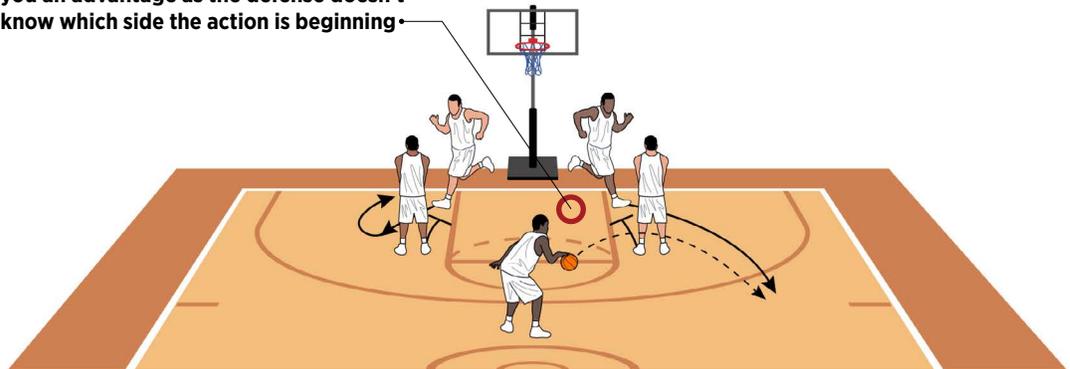
## HOW TO PLAY

The right-side player flashes hard to the wing and receives a pass as the left-side player fakes high, then curls back low [1]. Begin ball reversal by dribbling from right to left. The point guard flares to the left wing coming off a screen and receives a pass. The lowest two players switch sides with the player on the left block curling into the middle [2]. The curling player then sets a backdoor screen for the left-elbow player who jumps toward the rim as the point guard tosses a lob over the defense [3].

## TECHNIQUE

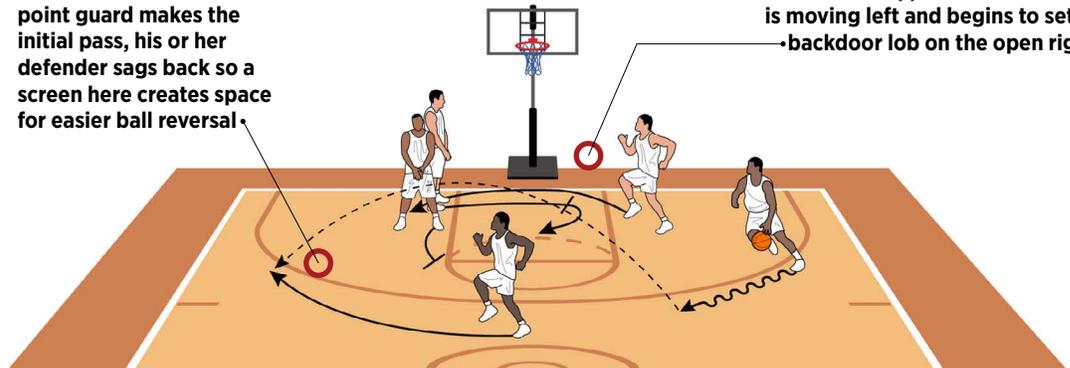
With so much action going toward the left, there is plenty of room on the right side for a well-placed lob. Be sure this pass is made high over the defense so only your player has the ability to secure the ball. The scorer shoots before landing to maintain his or her advantage.

**1** Having both elbow players come low to screen adds an initial deception and gains you an advantage as the defense doesn't know which side the action is beginning

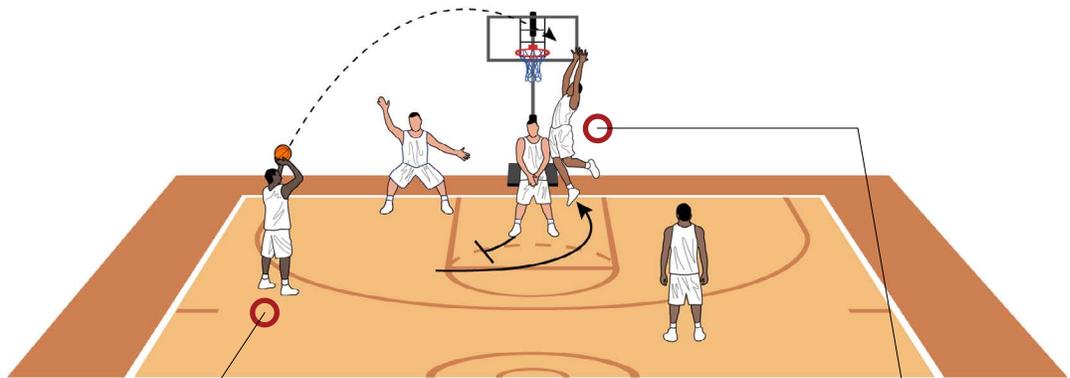


**2** Many times, after the point guard makes the initial pass, his or her defender sags back so a screen here creates space for easier ball reversal

Action at the top, and here down low, all is moving left and begins to set up the backdoor lob on the open right side



**3**



Loft this pass over the defenders and don't allow them an opportunity to slow down the play

Jump up, catch the ball and shoot before hitting the floor to maintain advantage and have an easy shot at the rim



# Wall Off A 3-Pointer

The initial action pushes the ball left before setting up a low wall for a shooter to slip through en route to an open 3-pointer on the right wing

## WHY USE IT

Utilizing two screens to force defenders to go high or low when attempting to guard a potential shooter is a fantastic way to create space.

## SET UP

The ball is on the right side of the set with a player at each elbow, one on the ball-side wing and another on the weak-side block.

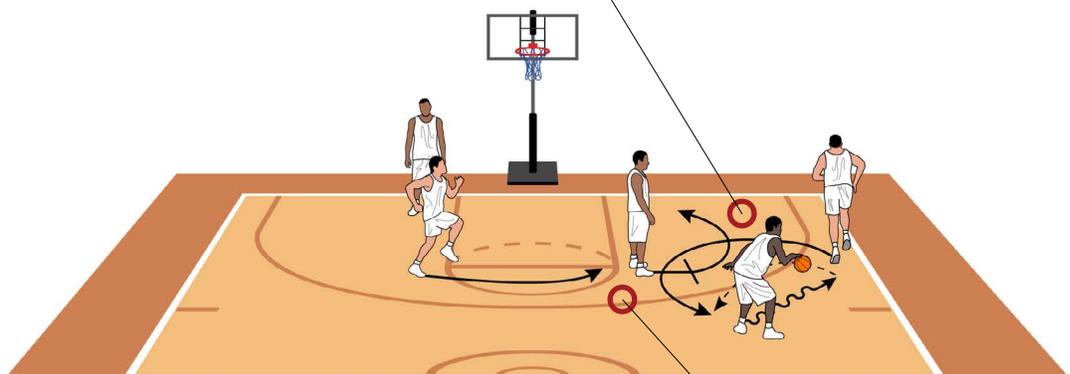
## HOW TO PLAY

The ball handler dribbles at the right wing, who curls around a high screen and receives the ball. The screener rolls to the hoop as the opposite elbow shifts to the ball-side elbow [1]. The new ball handler starts shifting the defense left as he dribbles in that direction off a ball screen. The player on the right wing hustles to the left side [2]. After setting the ball screen, that player rolls low and works with the right post on a double screen just as the player on the left block sprints between them. The screeners close the wall. The pass is made and an open 3-pointer is taken [3].

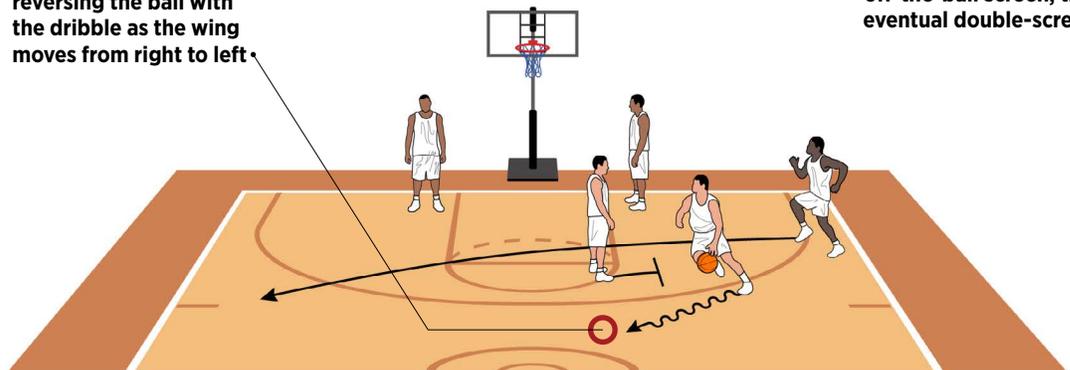
## TECHNIQUE

The wall is the critical point of the play. These players stand side by side and do not allow a defender to split them. The wall provides the shooter enough time to set his or her feet and make it a quality shot.

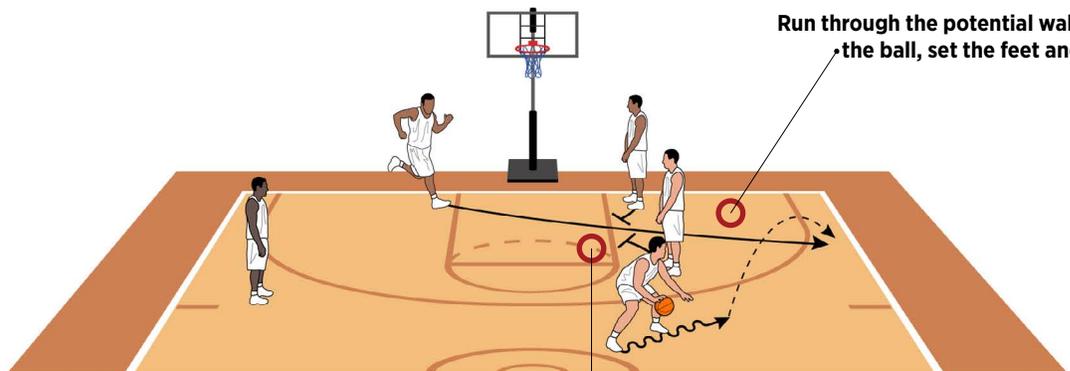
**1** This action keeps your offense moving and doesn't allow players to remain stagnant



**2** Move the defense left by reversing the ball with the dribble as the wing moves from right to left



**3**



The left elbow starts moving right as he is involved in an off-the-ball screen, then the eventual double-screen wall

Run through the potential wall, catch the ball, set the feet and shoot

Close the wall the instant the shooter is through safely — defenders cannot be allowed to split and follow the shooter

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

# Different 2-Man Game Nets Jumper

Your big man sets a pair of screens for the same player to set up an open mid-range jumper coming off an underneath inbound play

## WHY USE IT

This is a play run by many college teams this year. The term “two-man game” usually means pick-and-roll, but here it describes how one player sets two screens for the same teammate.

## SET UP

With the ball out of bounds underneath the hoop, align two players on the ball-side elbow (5 and 3) with the other two players in opposition corners.

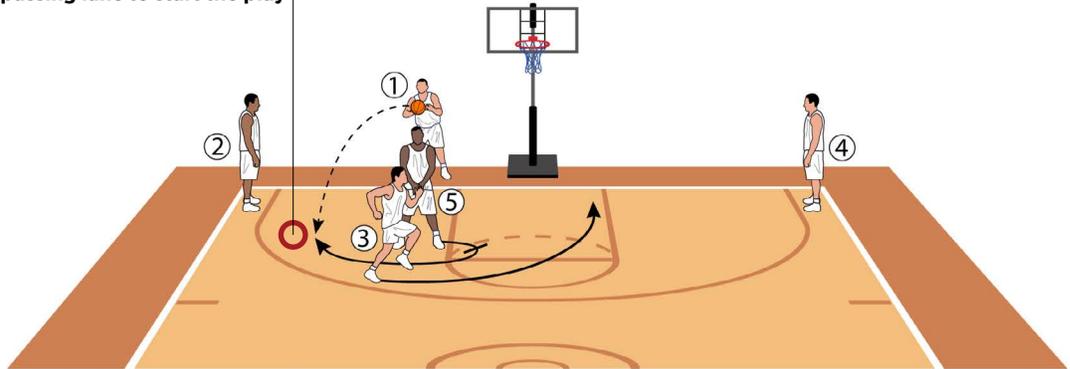
## HOW TO PLAY

5 takes a step high and screens for 3. 3 moves toward the opposite block. 5 rolls off the screen and receives the inbound pass from 1 [1]. 5 dribbles toward 2, who moves high from the corner and receives either a handoff or short pass from 5. 1 steps into play and screens for 3, who moves toward the ball-side block [2]. Here is where 5 sets the second screen for 3. After the handoff, 5 moves low and screens for 3. 2 dribbles toward the top, stops and fires a pass back to the left. 3 catches the pass and shoots in rhythm [3].

## TECHNIQUE

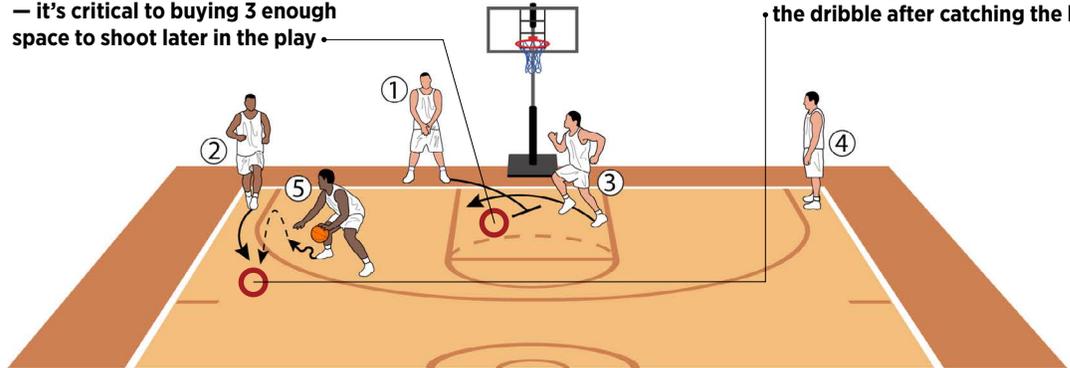
Quick hitters such as this one rely upon a lot of screens. Practice executing how you want your players to screen and make sure they don't leave the screen too early.

**1** Curl hard after setting this screen so the inbounder has a clear passing lane to start the play

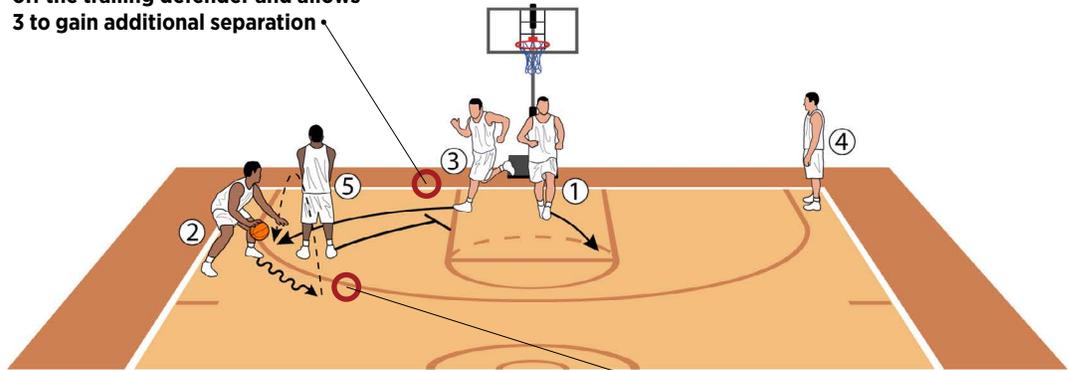


**2** The inbounder starts to create separation for 3 with this screen — it's critical to buying 3 enough space to shoot later in the play

Place a strong ball handler in the ball-side corner as this player reverses the ball using the dribble after catching the handoff



**3** This second screen by 5 for 3 picks off the trailing defender and allows 3 to gain additional separation



Catch and shoot this shot in rhythm, if teammates do their jobs properly, then this shooter has enough time to square up to create a higher-percentage shot



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