

PREPARE FOR THE PLAYS YOU MAY NEVER SEE

BASKETBALL COACH WEEKLY

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February 12, 2015

Issue 72

\$5.99

KEEP YOUR DRIBBLE

2 DRILLS TO BUILD BETTER BALL HANDLERS

BETTER OFF THE BOUNCE

GIVE GAME OF 'TAG' A BASKETBALL SPIN

PRACTICE DRILL

TEMPER THE TERROR OF TRAPS

DRIBBLE WITH PURPOSE OR DON'T DO IT AT ALL

< **KYRIE IRVING**
CREATES OFFENSE FOR THE CAVS WITH HIS DRIBBLE



UP BY 30? USE THESE METHODS TO MAINTAIN SPORTSMANSHIP

Minimize Blowouts, Preserve Integrity



Basketball Coach Weekly
Issue 72

Basketball Coach Weekly
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Sideline Stories

A couple issues ago I discussed the major national story of a high school basketball team winning a game 161-2. The story resonated with some coaches and they provided details about how they handle blowouts while preserving the integrity of the game.

Daniel Free, a basketball coach in Eureka, Calif., told me once his team leads by 30 points or more, his offense and defense substantially slow down. He reduces any pressure and only

“Just standing around can be just as embarrassing for the other team ...”

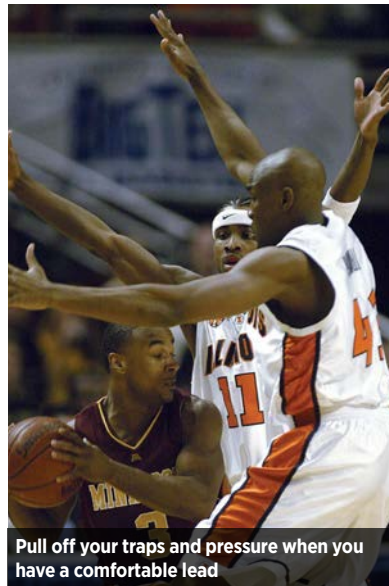
attacks for baskets if the other team has netted points at the other end.

“At some point, you come to the conclusion that it’s no longer necessary to score to win the game,” Free says.

Arthan Gilder, the head coach of Kings Basketball, a youth program in Irving, Texas, says when a lead climbs to the 25- to 30-point range, he does four things:

- Remove starters
- His offense doesn’t score on fast breaks
- Run difficult-to-master sets on offense to give your players extra reps in attempting to understand them
- If an open shot is not created from a set, reset the ball at the top and rerun it again

“Like any coach, I love to blow out a team and leave no doubt to



Pull off your traps and pressure when you have a comfortable lead

my team’s superiority. But, there is a point when you know there is no way the other team can compete,” Gilder says. “If you are playing a very bad or unskilled team, you are probably scoring off turnovers and fast breaks.”

He says by instituting the four steps, you slow down your offense to a crawl but not to the point where you simply are holding the ball. Just standing around can be just as embarrassing for the other team.

Frequent **Basketball Coach Weekly** contributor, Kurt Guelsdorf, head girls coach at Oregon City High School, has told me in the past he calls off his vaunted full-court pressure once a lead grows to 30.

In a blowout, your players aren’t getting good reps anyway, and actually can develop bad habits. When you are pressing against a

struggling team, your players are rewarded for taking more chances.

Sure, it’s fun to see the press work the way you draw it up, but the reality is against better competition, your over-extended defenders are going to be beat by ball fakes, talented ball handlers and precise passing. When you’ve already shown in a blowout the other team isn’t capable of doing those things, you are best served of slowing down the game, speeding up the clock and getting back to practice.



Michael Austin
Michael Austin
Editor-in-chief

In this issue...

3 KEEP YOUR DRIBBLE
Cleveland’s Kyrie Irving has established himself as one of the point best guards in the league by keeping his dribble

4 ATTACK & MAKE A MOVE
Do more than bouncing the ball — teach players how to attack, use dribble moves and score at the rim

5 ‘CHASE’ DRILLS FOCUS, SPEED DRIBBLING
Similar to a game of tag, every player in the half-court area is dribbling a basketball, including the “it” person

6 ‘TRAP DRILL’ FORCES QUICK, SMART DECISIONS
Prepare your players for the chaos and frustration of facing a double team by having them execute smart passes

QUICK HITTER PREP FOR EVERYTHING

It’s a great reminder for our readers — the New England Patriots won the Super Bowl because of preparation. Yes, there were many other factors involved, but on the final, substantive play of the game, their undrafted rookie cornerback was prepared.

Malcolm Butler said the Patriots practice squad ran through the exact goal-line pass play Seattle opted for in the game’s closing moments. Butler was

beaten on the play in practice during the week and head coach Bill Belichick told him he needed to be on the pass.

What are the chances Seattle would be in that position to run that play in the Super Bowl? Hard to tell. But, the Patriots and Butler were prepared and are champions because of it.

For you, maybe it’s a side inbound play resulting in an open corner 3-pointer that

your upcoming opponent runs once in awhile. Maybe it’s the tendency of the opposition’s backup point guard to go left more than right with the dribble.

Study it. Prepare for it. Tell your players how the preparation for a single play, which never may be run against you, can be the difference between winning and losing.

— *Michael Austin*

Kyrie Irving works hard to maintain his dribble, which opens up Cleveland's offense



Keep Your Dribble

There is a fine line for a point guard who dribbles to create offense and one who simply pounds the ball into the ground — coach up the former

Point guards make your offense go. The ball is in this player's hands more than anyone else's. Technically, though, you want the ball bouncing off this player's hands more than anyone as well.

This isn't to say you want an over-dribbling point guard. You've seen them. The player stands at the top of the set, pounding the ball into the ground with no purpose as teammates mindlessly move around the floor.

What you want is a floor general who dribbles with purpose and attacks off the bounce. A prime example is Cleveland's Kyrie Irving. Irving has grown up a lot this year as the Cavaliers' roster has changed and his duties have shifted with LeBron James in town.

Irving still knows how to score,

especially when you consider his 55-point outburst against Portland on Jan. 28 with James sidelined. But, where Irving has excelled has been utilizing his dribble to create offense for the Cavaliers.

Check out this video from the NBA.

Irving pump-fakes, breaks down the initial defender with the dribble, garners attention from two more defenders, crosses over, then crosses over again to split the double team and buries a floater in the lane.

If Irving hadn't shot the floater in this sequence, he had James open in the right corner. Anderson Varejao also had no one around him at the foul line. This type of aggressive, attacking dribbling from your point guard opens up the offense all over the floor.

Even if your point guard doesn't have the ability to cross over twice in the same play, simply working to maintain his or her dribble is critical in your offense's effectiveness. A point guard who picks up the ball at the moment of crisis ends any hope of that particular offensive possession culminating how you want it. You design sets and plays to create open shots ... not to bail out a stuck ball handler. Teach your players to keep the dribble active as much as possible.

The drills on the following two pages help your point guards (and all players for that matter) improve their dribbling skills. They are designed to maintain the dribble all while attacking (whether it be a chair or the rim in the first drill, and teammates in the second).

Words & Activities by:
Michael Austin

Attack & Make A Move

Teach players how to go strong with the dribble, execute a move and attack the rim for a high-percentage shot, then finish with another dribble move

WHY USE IT

Dribbling without purpose simply is bouncing the ball. Players need to practice attacking with the dribble, so when they are in a game they become a more multi-dimensional weapon.

SET UP

A line of players with basketballs are facing the left-side hoop situated near mid-court with another line facing the opposite direction on the opposite side. A cone is positioned just behind the 3-point line and another is in the open space on the opposite side of the floor (do this on both ends of the court).

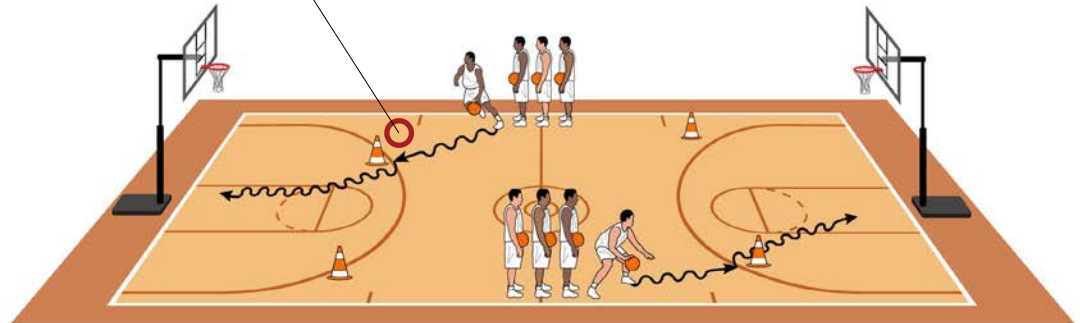
HOW TO PLAY

The first player in each line dribbles hard at the cone in front of him or her. The player then makes a move (around the back, between the legs, crossover, etc.) at the cone and attacks the basket [1]. Score the power layup, grab the ball out of the net and attack-dribble at the opposite-side cone [2]. Execute another dribble move at this cone and settle into the back of the line as the new first player in line starts his or her movements [3].

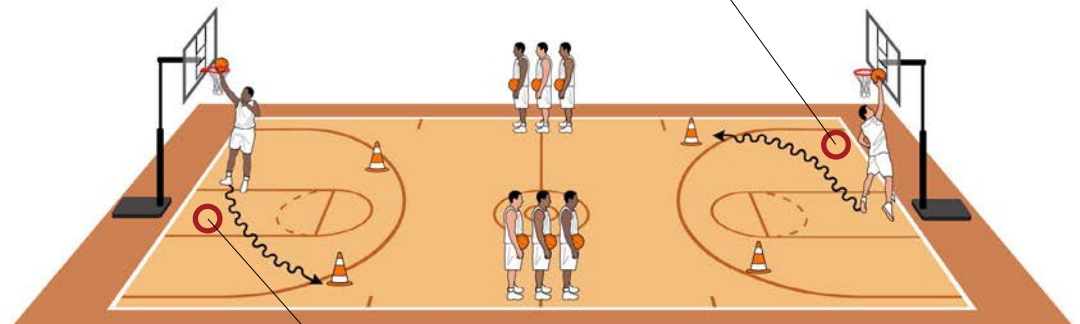
TECHNIQUE

If there are certain moves you want players to develop, tell them ahead of time.

1 This is an attacking dribble at the cone immediately followed by a dribble move (crossover, behind the back, through the legs, etc.)

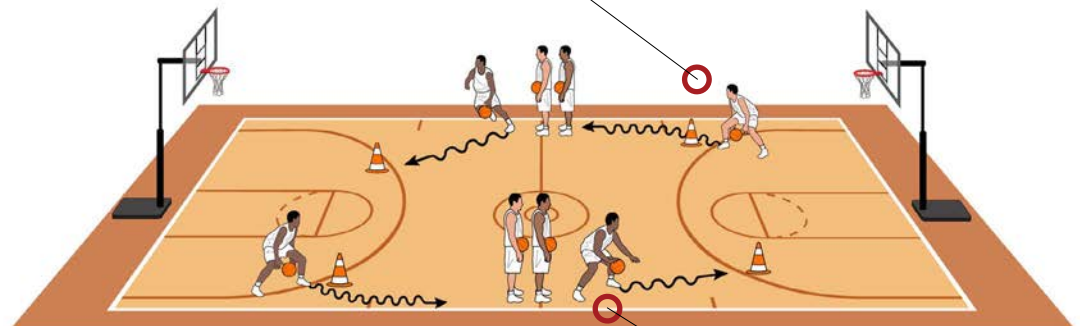


2 Go hard at the rim — make all components of this drill game-like so you want players going up strong.

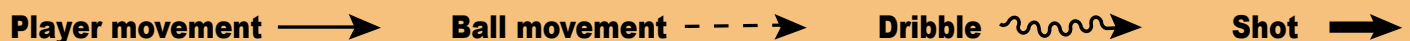


3 Execute a different dribble move at the second cone to get reps completing a different action.

Grab the ball before it hits the ground and dribble hard (and with purpose) at the opposite-side cone



As soon as the first player approaches the second cone, the next person in line begins his or her attacking dribble



'Chase' Drills Focus, Speed Dribbling

It's a game of tag but players must dribble the entire time — see who has the speed and ability to shift direction quickly in this competitive drill

WHY USE IT

Drive home the point about purposeful dribbling with the Chase Drill where players must go fast or get knocked out of the game.

SET UP

In the half-court, one player is in the middle and is "it." Decide how many other players you want to participate and spread them around the court. Every player has a ball. You stand out of bounds.

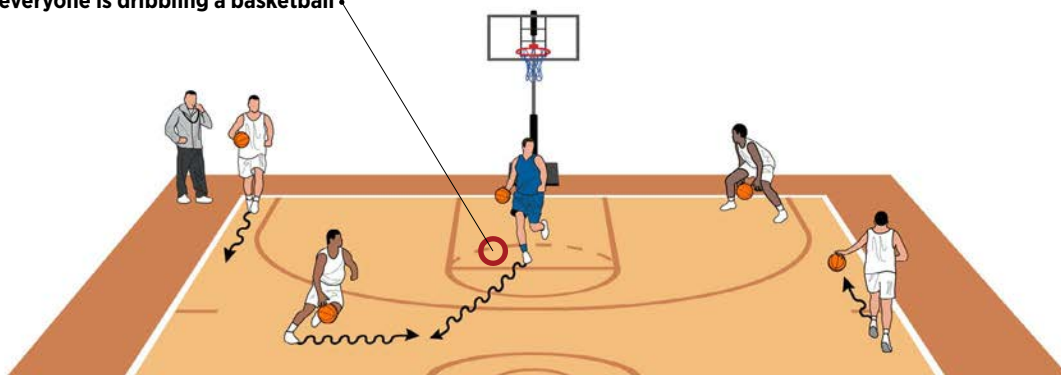
HOW TO PLAY

On your whistle, everyone starts dribbling. The "it" player is trying to chase down a teammate and tag him/her. As that is happening, the other players are dribbling to avoid the tagger [1]. Once a player is tagged, he/she exits the game. The "it" player continues tagging opponents while everyone continues dribbling [2]. Simply end the game when the "it" player tags everyone. Or, if it goes quickly and you want to keep the game going, blow the whistle and allow one player back into the game [3].

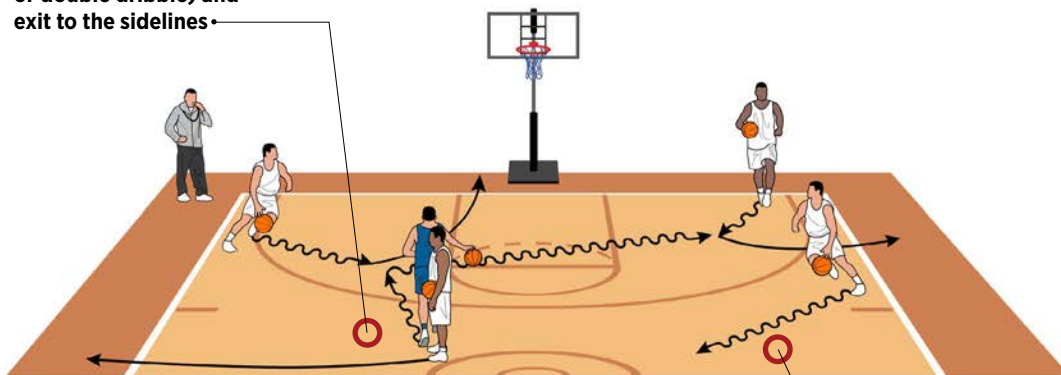
TECHNIQUE

Consider ahead of time if you want the "it" player to go after opponents for a certain amount of time (so you'd whistle back in "out" players), or if the contest simply is to tag everyone, then start fresh with a new "it" player.

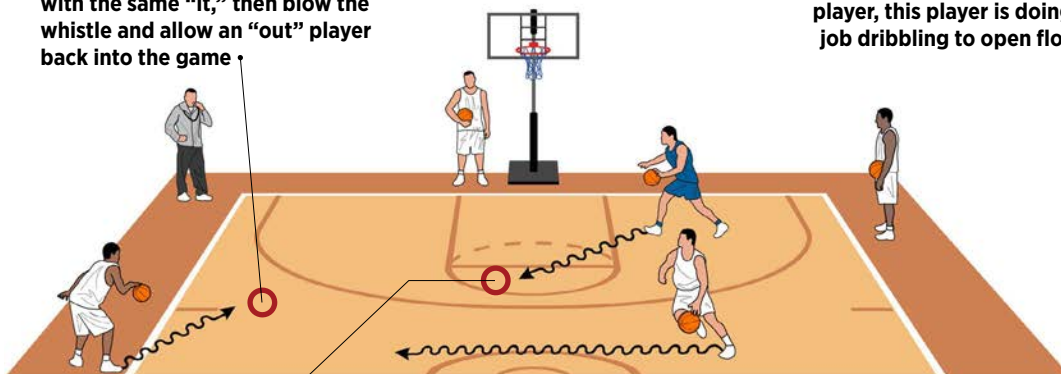
1 The player in the middle is "it" and chases down teammates while everyone is dribbling a basketball



2 Get tagged (or travel or double dribble) and exit to the sidelines



3 If you want the game to continue with the same "it," then blow the whistle and allow an "out" player back into the game



As other players are unsuccessfully avoiding the "it" player, this player is doing a good job dribbling to open floor space

It takes focus and patience for the "it" player to eliminate all the opponents, especially if some are allowed back into the game



'Trap Drill' Forces Fast Decisions

Prepare your players for the chaos and frustration of facing a double team by having them execute smart passes, which lead to fast breaks

WHY USE IT

Double teams frustrate ball handlers. Give them the confidence to break them by drilling the importance of smart decision making.

SET UP

One offensive player with a ball is at one end of the floor. There are two defenders close. At the other end of the court are two offensive players spaced on opposite sides with a defender between them.

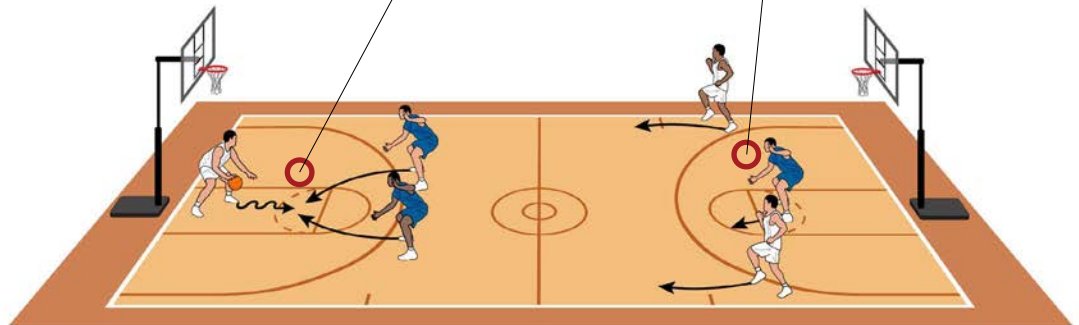
HOW TO PLAY

The ball handler dribbles toward the two defenders, who attack and trap. The opposite-side offensive player starts sprinting up the floor. The single defender chooses which wing to guard [1]. Spying the opposite defender, the ball handler fires a pass to the uncovered wing [2]. On the catch, the new ball handler dribbles fast into the front court. The single defender retreats as the other wing moves into the front court for a 2-on-1 break. The trapping defenders spread out and prepare for the return trip, when they turn into offensive wing players [3].

TECHNIQUE

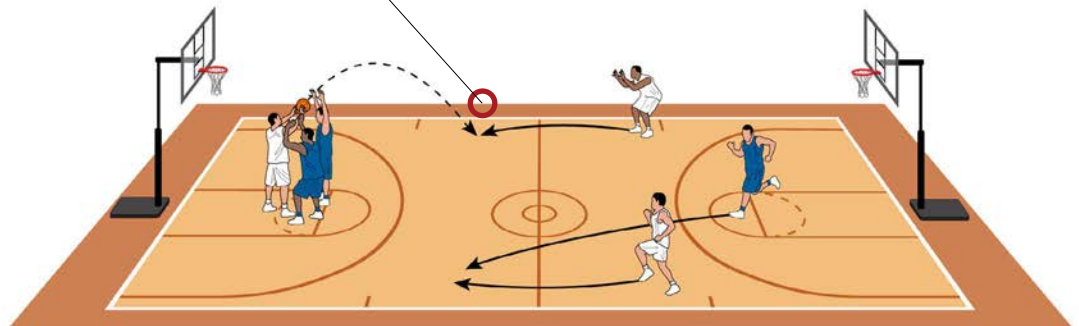
The single defender must pick a side to guard as soon as the two wings sprint up the court. The ball handler wastes no time in passing to the open player or risks having the trap eliminate all passing lanes.

- 1 Dribble at the trapping defenders — the offensive player must keep his or her head up to spot the open teammate.**

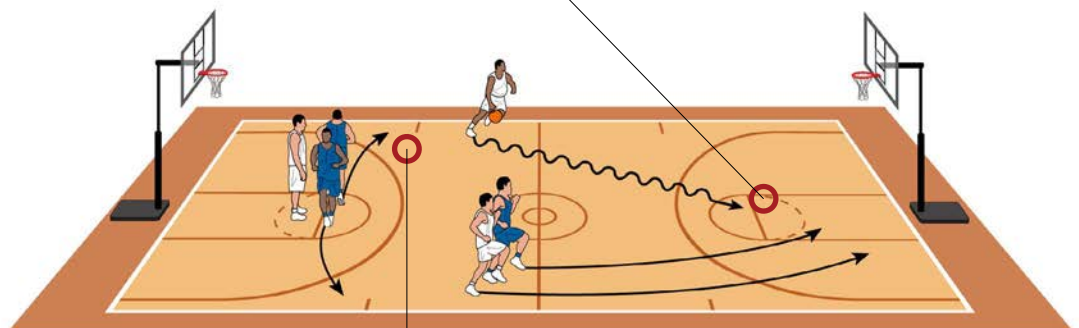


The opposite-side defender immediately selects which side to guard and eliminates that wing as a potential pass receiver

- 2 Snap off this pass as soon as possible before the trap has an opportunity to disrupt and close the passing lanes.**



- 3 Once the pass is secured, the original far-end players move back into the front court and play 2-on-1.**



The original trapping defenders space to opposite sides in preparation for becoming the new offensive wing players

By Mike Costello, Pure Sweat Basketball Skills Coach, PureSweatPortland.com

