Advanced Individual Skill Development

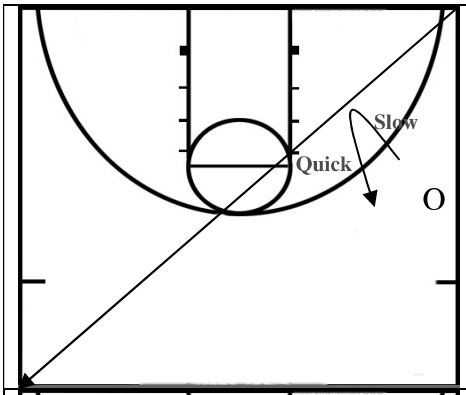
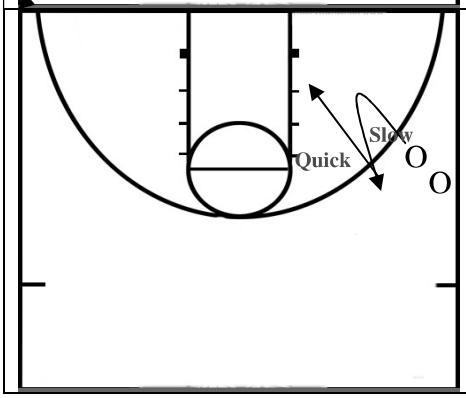
Dave Thorson

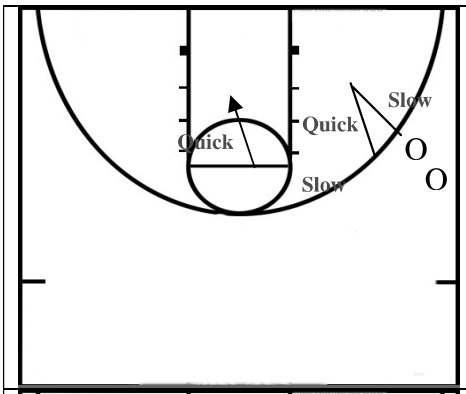
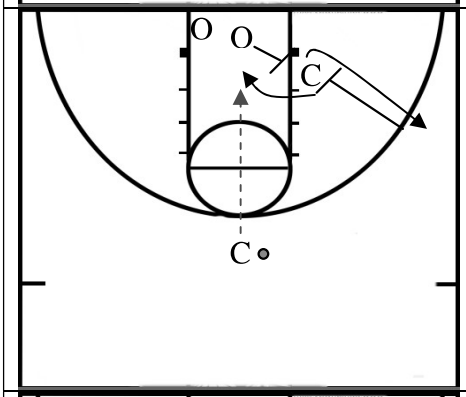
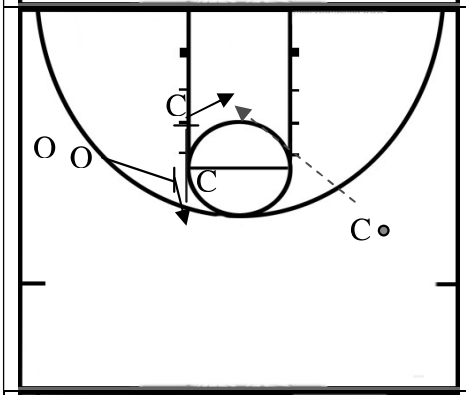
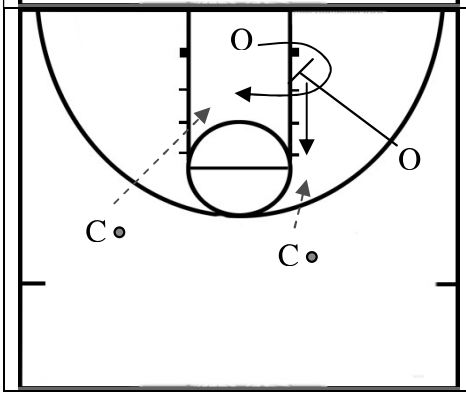
General Notes

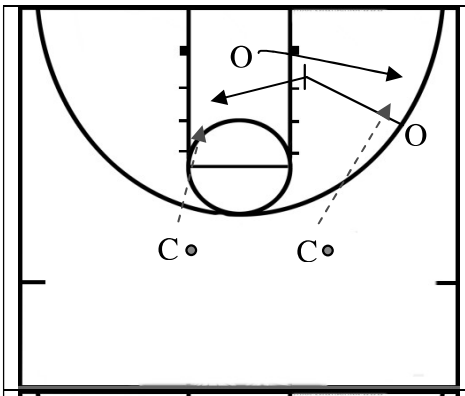
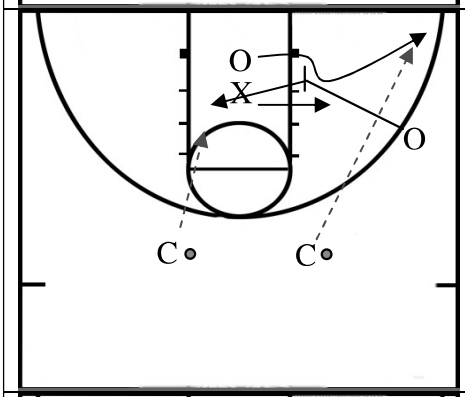
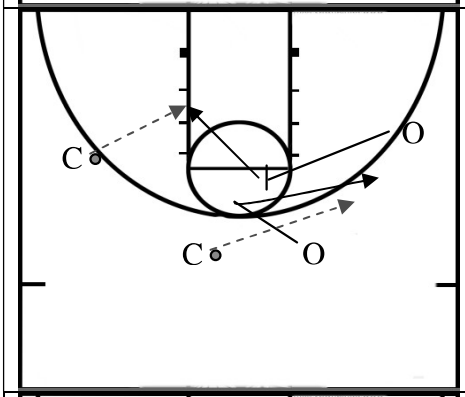
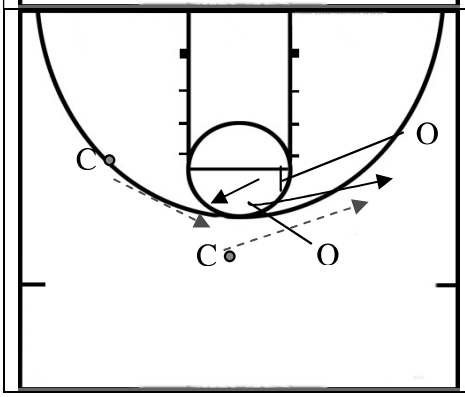
- 2 types of Intensity
    1. Physical Intensity (Effort)
    2. Mental Intensity (Focus, listening)

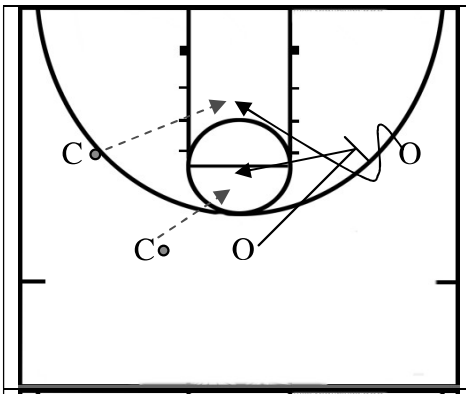
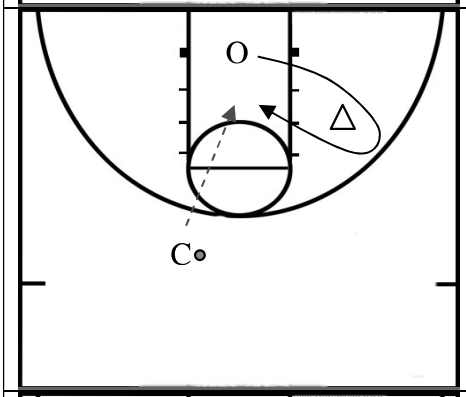
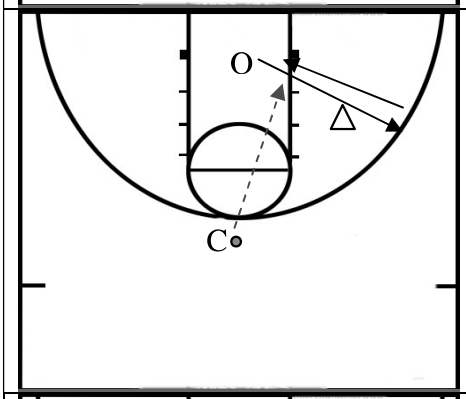
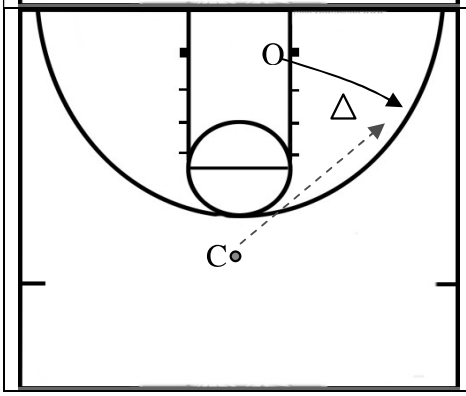
- Like to use an "inside" pivot foot for shot footwork

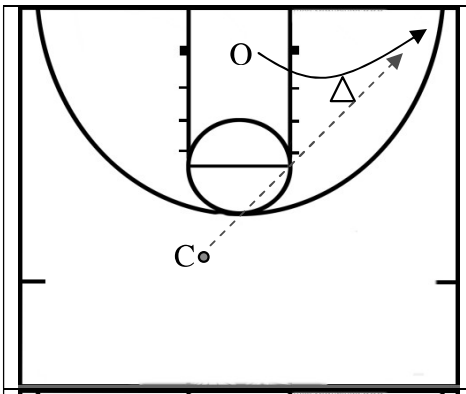
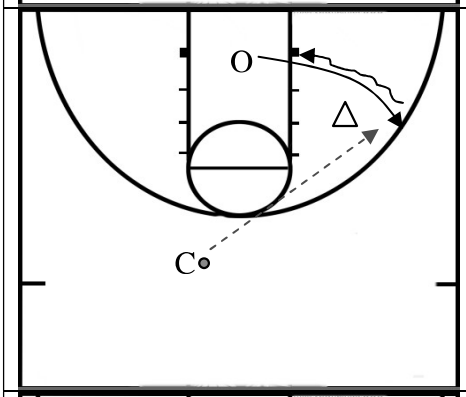
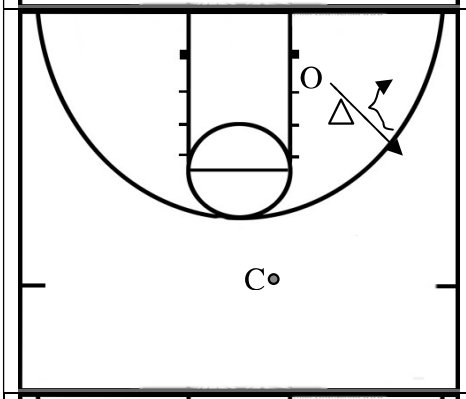
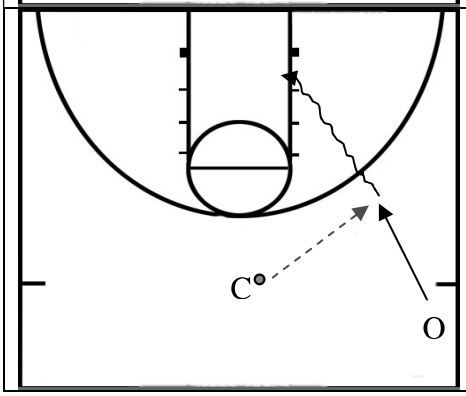
<u>Reasons to play motion offense</u>
- "Teach players how to play not how to run a play"
- "Motion offense evolves with player's talents"
- "Mistakes are OK, if you are going hard"
- "Freedom of players to play"
- "Unpredictable"

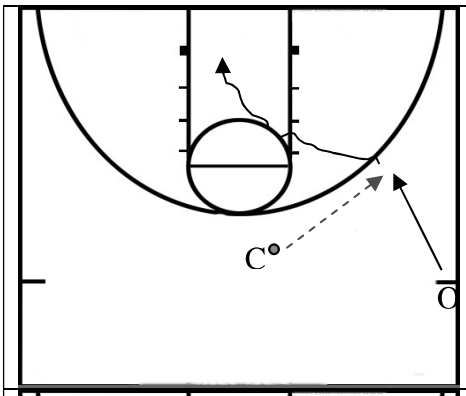
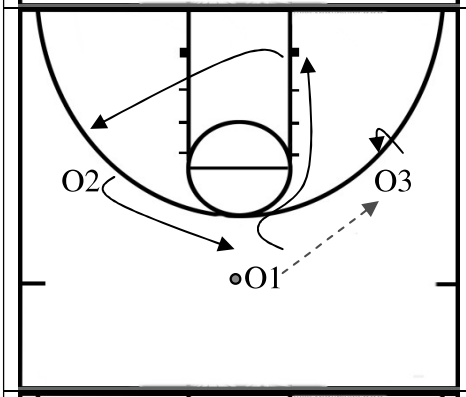
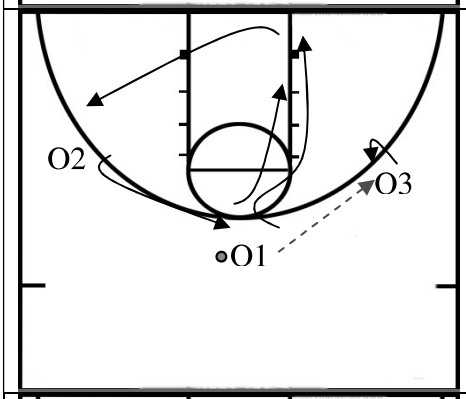
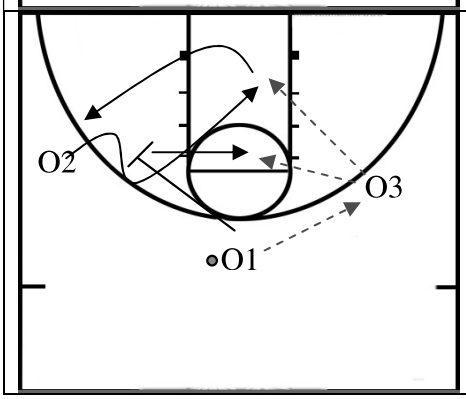
	**Getting Open 1 on 0 with NO Ball – V Cut** - Catch and sweep * Use V cut or L cut * Catch the ball and sweep it through * Change of pace and direction on the cut **Option**: add the ball **Approx Time**: 1 min
	**V Cut Back Cut 1 on 0 with NO Ball** - Get the defense outside the 3 point line to set up the Back Cut - Go slow to quick - Use a "low fist" hand signal to let the passer know you are back cutting - Give a BIG target for the passer **Option**: Add a ball **Approx Time**: 1 min

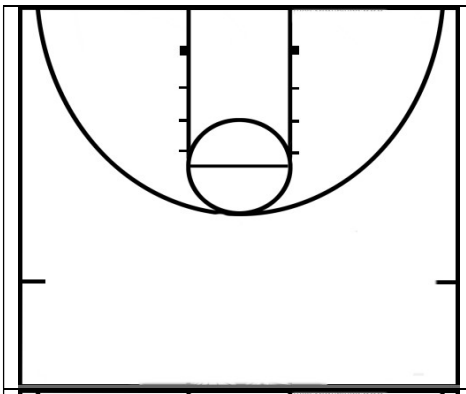
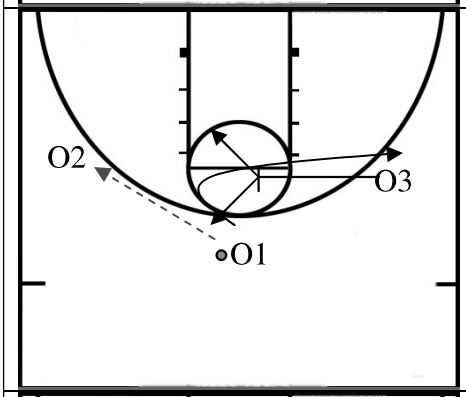
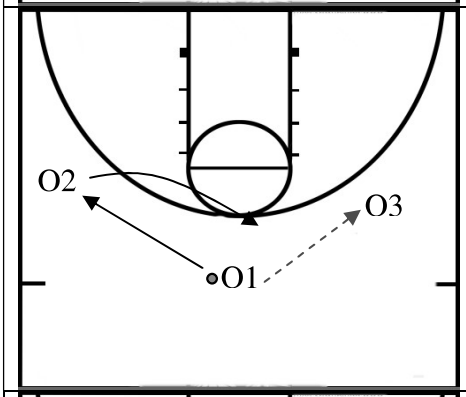
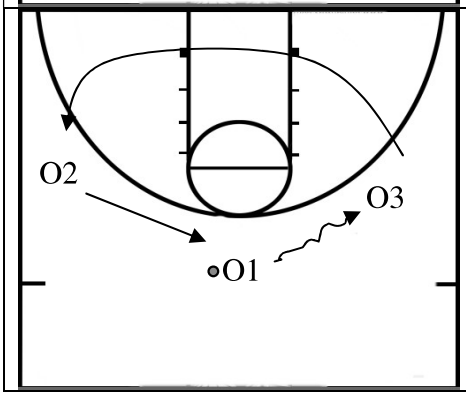
	**High Post Flash Back Cut** - Slow to quick - Work both sides **Option**: Add a ball
	**1 on 0 Screening Back Screen Down Screen** - Back screen and separate - Use a blocking pad - Get outside the 3 point line - Down screen and then show to the ball
	**1 on 0 Screening Flare Screen Down Screen** - Separate out after flare - Slip to the ball after down screen
	**2 on 0 Screen Cuts (1)** - Need 2 balls and 2 passers - Screener comes back up the lane to look for shot - Curl cut down screen **Option**: Can catch and rip and drive instead of jump shot.

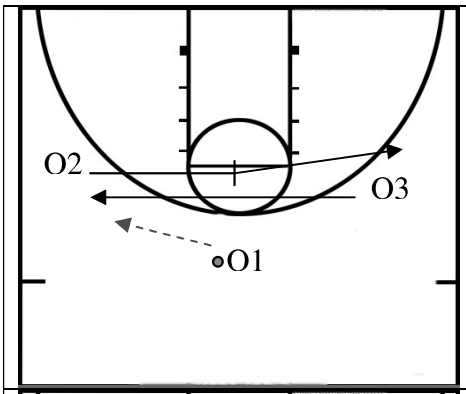
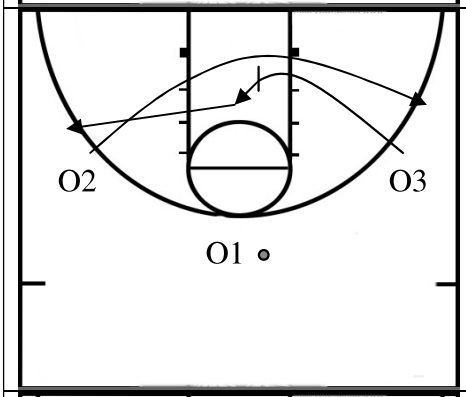
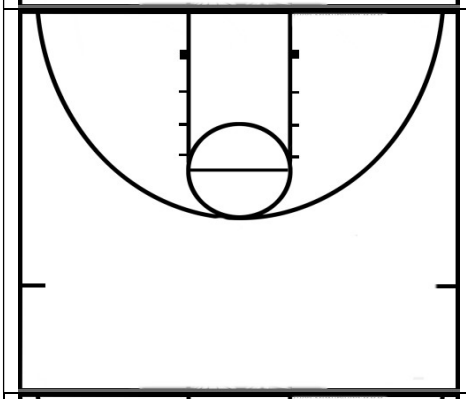
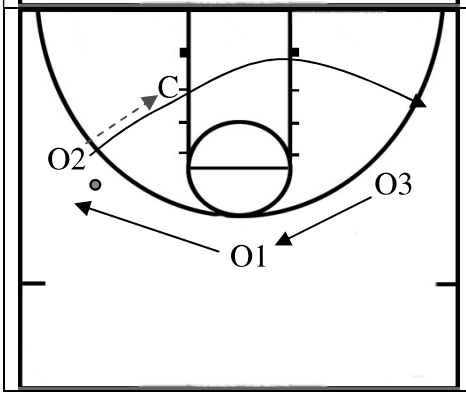
	**Down Screen and Pop (2)** - Screener shapes up to the bal after screen
	**Down Screen and Flare (3)** - If defense goes over the top of the screen, flare to the corner - Don't fade away on flare, maintain balance - Screener shapes up to the ball – big target
	**Flare Screen and Slip (4)** - Set man up on flare cut - Screener dives after screen
	**Flare Screen and Pop** - Screener can "pop" out for the jumper rather than slipping to the basket

	**Screen Away and Curl (5)** - Must curl on screen away - Screener comes back to the ball - Add the Catch and Rip option with the person flashing to the ball after the screen – mix up your finishes
	**Motion Shooting – Curl Cut and Down Screen** - △ = Chair - Show big target - Curl cut down screens - Add curl jump shot variation - Add curl 1 dribble pull up / rim finish
	**Motion Shooting – Back Cut** - Get into the screen - Use low fist as hand signal
	**Motion Shooting – Straight or Pop Cut** - Use inside pivot foot - Don't fade – stay in balance

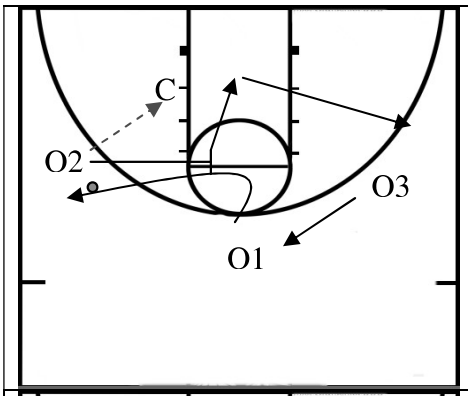
	**Motion Shooting – Flare Cut** - Catch inside foot - Don't fade – stay in balance - Read the screen and get into the screen **Option**: you can add a defender who goes over the top of the screen
	**Motion Shooting – Catch and Rip to Rim** - Mix up finishes (pull ups, lay-ups, reverse lay-ups) - Add a shot fake
	**Motion Shooting – Step Back Move** - Catch with inside foot - Shot fake - Cross over step - Drive defender off with inside foot - Stay in balance and don't fade **Step Back Counter**: - Crossover dribble, between legs, behind back - Utilize when defender closes out when you have created space on the step back
	**Wing Attack – Catch and Rip and Score** - Mix up finishes - Pound the dribble - Use either 1 dribble or 2 dribbles to get where you need to go - Make cut at 45 degree angles - Add a shot fake

	**Wing Attack – Catch and Rip and Score** - Shot fake - Cross step - Inside pivot foot - Can throw in the step back move as well the counters with the step back (between the legs, crossover, behind the back)
	**Building a Motion Offense 3-0: Action 1 Basket Cuts** - Slow to Quick - Fill to reverse - Add a back cut action
	**Building a Motion Offense 3-0: Action 1 Cont.** - Add the back cut - Use a low fist to signal a back cut is being made - Need constant talk
	**Building a Motion Offense 3-0: Action 2 Screen Away and Curl Cut** - Screener always comes back to the ball - Curl all screen aways - Fill spots

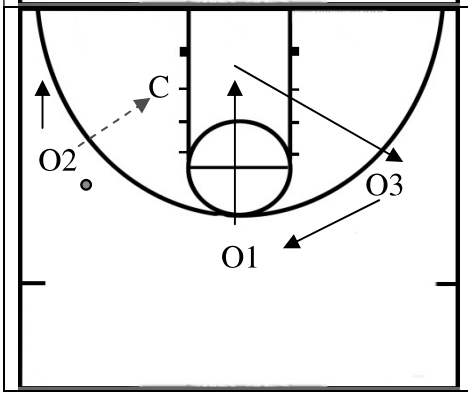
	**Building a Motion Offense 3-0: Actions 1 and 2** - Players can use any of the cuts used in Actions 1 and 2 - Need to always fill and communicate
	**Building a Motion Offense 3-0: Action 3 Flare Screen and Slip / Pop** - Slip on switches - Dribble at the flare - Fill vacant spots **Action 4: Flare Screen and Pop** - Screener can also POP for a 3
	**Building a Motion Offense 3-0: Action 5 Shallow Cut / Baseline Cut**
	**Building a Motion Offense 3-0: Action 5 Baseline Cut** - Can back cut on dribble entries

	**Building a Motion Offense 3-0: Action 6 Loop Screening** - Cutter can go high or low - Fill spots
	**Building a Motion Offense 3-0: Action 6 Baseline Screening** - Screener should SHAPE UP after setting the screen and then fill
	**Building a Motion Offense 3-0: All Actions** - Combine all Actions for complete development - Need to constantly be talking
	**Adding a Post Player: Basket Cut on Post Entry** - Basket cut on post entry and fill spots

O



Adding a Post Player: Flare Screen Dive
- Dive to basket after screen



Adding a Post Player: Weak side Dive

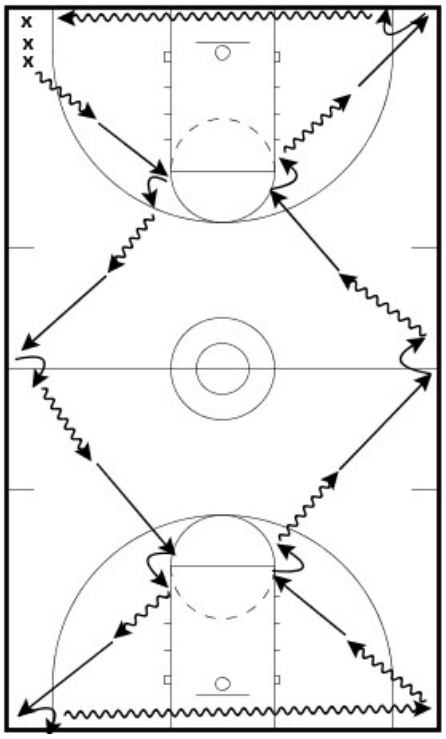
Ben Jacobson
Competitive Drills For Man To Man

Defensive Philosophy

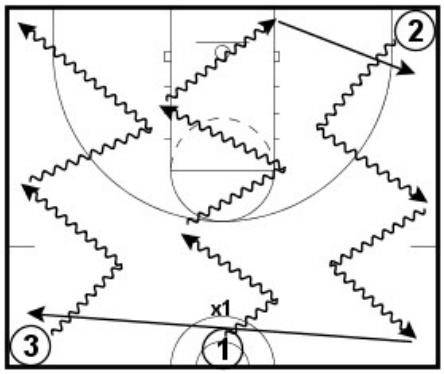
1. Create an identity for you program- ¼ court defense
2. Charges and Loose balls- you must finish possessions
    a. These are two things that your guys can rally around
3. 80% Dick Bennett Pack Defense…15% pressure…5% their own concepts
4. Offensively push the ball and give their players freedom with ball screens and then set plays
5. Communication
    a. Must be part of everything
6. 4 Key Areas of Defensive Play
    a. Guard the basketball- with a certain level of pressure and limited rotation…build a wall
    b. Don't take yourself out of position to guard…shot fake…jab…closouts…jump the passing lane
    c. Be part of our team defense- you are not guarding a guy
    d. Finish every play- charges, loose balls, defensive rebounds…talk about every day in practice, you cannot give in at the end of defensive possession. You need consequences, competitive drills

Drill: Slide, Run, Pivot

1. Helps builds a mindset
2. First drill he runs
3. Take three defensive slides, turn and sprint....jump stop at elbow…reverse pivot, three slides, turn and sprint…jump stop at ½…defensive slide across the ½ court line…3 slides, turn and sprint to elbow, reverse pivot…jump stop…reverse pivot, 3 slides, turn and sprint to corner…jump stop, reverse pivot, slice across the baseline (showed this way…with his team they do it the length of the floor)
4. Defensive slide…do not bounce…widen your hands
5. Have balance with your jump stop
6. On jump stop make sure you are low and wide
7. "Push, push, push" any time you make a slide…players will make a verbal call…"push, push, push"
8. You must talk
9. When drill is finished…don't cut corners…finish from corner to corner

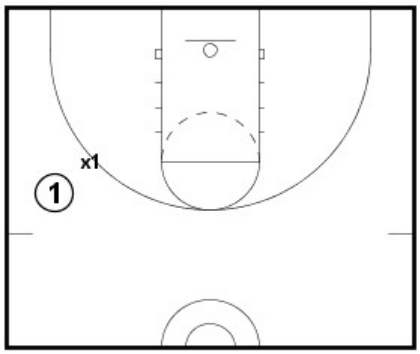


Drill: Alley Drill



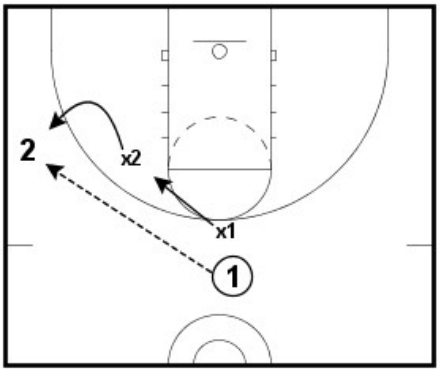
1. Start at ½…get the ball to the end line between the FL extended…he is not trying to score
2. Defense is working on technique and avoiding the foul…you cannot be fouling team
3. Offense starts with a live dribble
4. Defense starts with a "ball" call
5. You do not want a hop in your stance…keep your feet on the ground, do not let both feet come off the ground
6. Will often run with three offensive players and one defensive players…the defense must defend three different guys…and then he rotates out
7. How many times can you turn him
8. Do not reach…don't foul
9. If the ball is loose on the floor…players must be diving on the floor
10. Add a Purdue concept…the most physical defensive team
    a. After alley drill, he runs to the corner and guards a second offensive players on the outside third of the court…then runs to the ½ court sideline corner and defends a third player to the baseline

Drill: One-On-One Live From the Wing



1. If you want to get better guarding the ball…you must play live one on one
2. Head up on the ball…square
3. You cannot get beat baseline…if he goes middle you must level the dribble off going toward the top of key
4. Ball pressure is scouting based…pressure to your ability…if you can dominate the ball, dominate the ball
5. When the ball is in the middle, you level off the dribble both directions
6. Trace the ball with one hand…as it moves your hand will change…start with a ball call
7. Hand the ball to the offense…end the possession
8. Offense has three dribbles
9. When the dribble is picked up…chest up with your knees bent…both feet on the floor…finish plays in this position…shooters are bothered more this way
10. When starting on the wing the ball must be leveled off above the elbow

Drill: Two on Two Angle of Approach-



1. When the ball is at the top…level it off above the elbow
2. On the wing…don't get beat baseline
3. Use the elbow as the pack line
4. When off the ball you are in a closed stance…gives you a better opportunity for a short close out when the ball goes to your man
5. As your man moves down the floor you must stay up in the gap…if you get flat in the gap it kills this defense…even with your man…when the ball is dribbled right on top of you, you can never get to the corner
6. Angle of approach- get underneath opponent to approach head on when closing out to your man when he received the ball…puts you in a position to cut off baseline

7. Take the same angle on the wing and at the top
8. Communicate in the drill…Talk to each other…Talk to each other by name
9. Close out…weight back, chop your steps, throw both hands high
10. Do not bounce when you guard the ball…you cant bounce
11. When you throw up both hands…take his vision away

Drill: Three on Three Angle of Approach

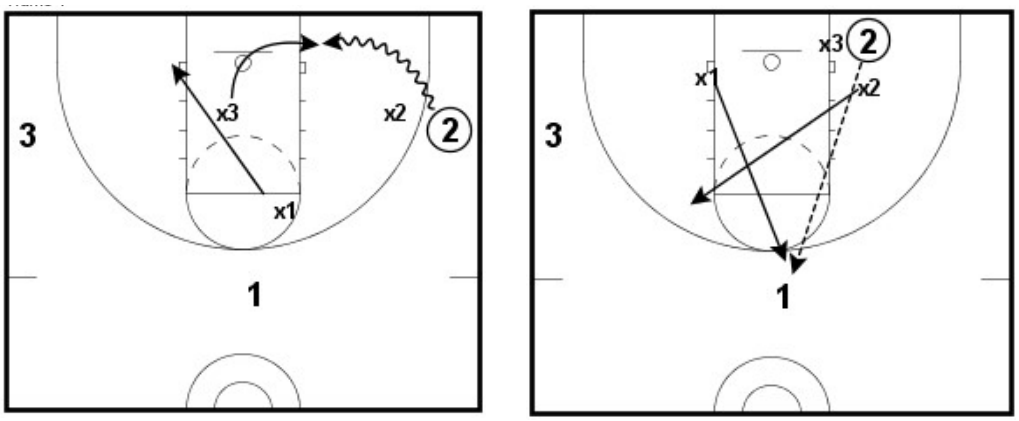
1. New position is the midline defender
2. Ball side foot must be on the mid line…much better position to be in to be part of team defense
3. Same emphasis on angle of approach and close outs

Drill: Paint Touch Drill

1. 3 on 3. .offense is trying to touch the paint as many times as they can…or beat them baseline…coach counts
2. When you get loose ball recovery every sprints to help him up…rally around it
3. Make competitive…Defense has an up and back for each paint touch or baseline drive
4. Any time an offensive player is on the move and they leave their feet it has to be charge

Drill: Rotation (3 on 3)

1. Why do you work on rotation if it violates the rules? They are not supposed to get beat but they do
2. Teaches your players how to play…teaches them to play as a team…get stops as a team
3. When the ball goes baseline…mid line defender gets outside of lane line…top man covers down outside the land…butt to the baseline…below the offensive player
4. When the bal comes out...Cover down guys takes first pass…ball defender rotates with his momentum to the mid line
5. Get two good rotations…any more than that and you are just running around
6. Long close out sprint half way first

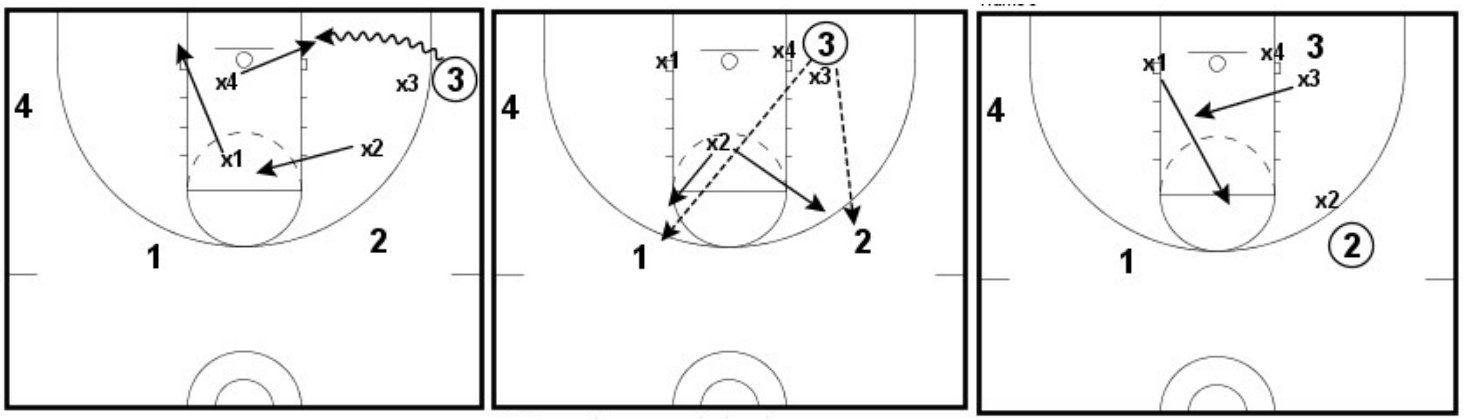


Drill: 3 on 3 Live

1. Defense gets perfect possession they are out…or get three stops in a row

Drill: Four on Four Shell Drill

1. When your are two passes away from the ball you are one step off the line of the ball in a slightly closed position
2. Progression
    a. Position- get to your position while the ball is in the air…your positioning has to be the help…there is no help and recovery in this defense
    b. Front the cutter…jump to the ball and move on air time…entire defense jumps to the ball
        - When you front the cut…stay at the mid line
        - Only cut on pass from the slot to the wing
    c. Rotation- ball is driven baseline…4th defender is center fielder…one step below the line of the ball to the next player (not your own)
        - When ball is passed out the man who rotated to the ball stays…they guy who got beat rotates out
        - When you come out of rotations you must talk
        - Center fielder takes any pass to the top of the floor…skip pass is taken by the cover down guy



Drill: Four on Four Scramble

1. Promotes communication
2. Great Daily Drill
3. Offense starts with ball…when coach says go…they scramble to a defensive position…defense then becomes the offense…the new defense must cross the midline and sprint to defensive spots
4. Don't run to a man…sprint to your position
5. As soon as the defense picks the ball up they are trying to drive and score
6. Get to ball…get is covered
7. Give the offense 18 seconds to score…that is good defensive possession
8. To give the defense more time…require offense to complete one pass (start with this, then go to the dribble)

Drill: Seven Point Game 5 on 5

1. Defense gets two points for a loose ball recovery or charge taken
2. Defense gets one point for a stop
3. Offense gets two points for an offense rebound…and the points for their score…if they get fouled they get a point
4. The first team to 7 wins…losers run…must have a consequence
5. Defense is at a distinct disadvantage…when you are on the road you are at a disadvantage

Finals

"Pack" Questions:

1. General Transition Defense Philosophy?
   a. Where do you stop basketball?
   b. Man responsibilities in transition: Match-up? Sprint Back?
   c. Terminology – "we stop ball?", "get back, then stop ball?"
   d. Offensive rebounding philosophy?
      a. How many guys are you sending to glass?

2. Screens – how do you defend
   a. Cross screen – big to big and small to big
   b. Staggered double – shortcut 1st, chase 2nd
   c. Down screen
   d. Away screen
   e. Flare screen – good shooter (post) → jam

3. Ball Screens
   a. Do you have 2-3 primary ways that you defend ball screens?

4. Against KU, how did you defend the ball reversal through the high post to the 2-guard side of the floor? Giving up a quick three is common on the reversal, how did you defend against this?

5. What are the weaknesses of your defense? How do you compensate for them? Do you have problems with guys playing passively within the "Pack"? Do you use a pack-line taped on the floor in practice?

6. Do you look to trap out of the "Pack"? Dribble penetration? Can you explain your rotation used in video (defending baseline penetration).

7. Post Defense
   a. What is your philosophy in the post?
      i. Against KU – saw some of the following
         1. Double from weakside post (KU had trouble)
         2. Cover down from guard
         3. Some front on 4 man
         4. Seemed to play behind or ¾ high on 5 man
      ii. How do you defend the high/low pass?

8. What defense(s) do you run to complement the "Pack"? Do you use any zone (full court or ¼ court) ie.1-2-1-1? What do you run in late game situations when behind?

2 passes - no closed stance

3 passes - straddle rim

9. Is your help defense in a closed stance or an open stance? One pass away? Two passes away? How does this stance allow you to get through screens? What is on-the-floor positioning (one pass away, two passes away, three passes away)?

10. How do you tweak defense to defend the following? What is your terminology/teaching with this? In KU game you denied some shooters and sagged off some players on the perimeter.
    a. Shooter
    b. Non-shooter
    c. More or less ball pressure
    d. More or less help (deny)

11. Can you take us through a normal defensive progression of a practice?
    a. Shell
    b. Transition Defense
    c. Closeouts
    d. Live

General Questions:

1. What is your offensive philosophy?
2. What do you do to keep your players fresh at half-time?
3. What type of motivational things do you do with your team? Team Building Activities?

Toughness Board
1. Loose balls
2. Charges

Def. Phil

1. Contested shots
2. No gamble
3. Finish Possessions
4. Toughness Plays-
   Straight Up- Head Up & Square Up

- Protect/Own Paint. - nothing 15'
- Not leaving feet

Guarding Ball

1 arm length - make them feel you
- active hands
- hands off guarding ball

1st month - same rules

Transition Def.

2 back - top of key area

5 on 4
4 on 3

PG always back

stop ball- 25' or in, still have to dictate
-sprint back to gap help

"Fire" - automatic double
get on big- automatic front
If you feel like you could go get it, go get it. -O-board
Getting back- 1st 2 steps
Funnel them off
Get to Gap Help

Bigs - coral, get back to foul line

Packline - 16'

- How often - def transition - down / back & stop.

- Closed stance

Film - Def. Trans in practice - watch it.

Defending Screens

Big to Big - Switch

- 3/4 in post - hand or foot around, keep space
- front if offense has 2 ft in paint - wing entry
- slide behind - when ball goes into post
- on catch - chest between ball & rim, don't let them get angle

Post double - post to post "Fire"

Post Def Drill - 3 out, 1 in

Cover down → go once he dribbles

Gd on Post - auto double & auto front

Air time

Approach?
Sprint to gap (help)

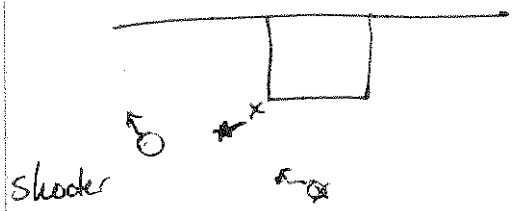
Who is shooter -
Can't rotate to non-shooter
If shooter - bluff!

Angle of Approach - 1st step underneath
Protect the elbows

On ball - level dribble off - keep outside elbow
Gotta guard 2-3 dribbles

- 1-on-1 - from gap help - long + short (different positions on floor)
- 1on1 on block
- 1on1
- 2on2
- 3on3
- 4on4
- 4 Rotations 3on3 + 4on4
- Trans

- Late Breakdown or No Breakdown on Shooter
  Close Short



Gap help, ◆ as dribble, move with dribble

1. Full ct defense
2. 3-2

Change

Double ball screens – switch up 2 possessions, trap out of TO

Double post

Run & Jump

Trap 1st pass - pt to wing

1-2-2 → back 3-2

1-2-1-1 →

Creighton - trap 1st pass, let big get it back,

Ball Screens

1. Ball Screen - 2 dribble trap
   - big to ½ ct, gd under
2. Flat Show -
3. Jam (if stationary)
4. Switch - 1-4
5. NBA - jump high & force baseline

Freedom or Off -

70% Defense

Watch our practices

Hales
1. TO's
2. Not into Post

Less than :08 - switch it - "Red"

PACK-LINE DEFENSE

Dick Bennett

Brad Soderberg

"PACK-LINE"

- 16-17 feet from basket
- GOLDEN RULE: No one but the defender guarding the ball goes outside the PL except for "dead" situations – NO EXCEPTIONS
    - If at any time there are not four inside the PL, 1 out there is a problem

This defense is NOT for every team –

- However, it is a great way to neutralize high-powered offenses
- It will keep you competitive against teams with superior talent

The 6 Points:

1. Transition Defense** (1 and 2 back every time, other three players offensive rebound)
2. Low Post Defense
3. Contain the Ball
4. Defend Screens
5. Practice game-like defensive situations as often as possible (4o4 Drills)
6. Defensive Rebounding**

** Most Important

You want to force your opponent to shoot over you on every possession

- This will allow you to be a better defensive rebounding team (especially if you're undersized)

A Coach has 2 responsibilities on defense:

1. Transition Defense (no easy transition baskets)
2. Defending the Post (do not get beat by a post player)

Defense is 4 Things:

1. Recognition
2. Anticipation
3. Reaction
4. Communication

In general, within this defense you must work to prevent:

1. Shot Fakes
2. Reaching
3. Hands Down
4. Silence
5. Over helping in the lane
    - Mainly by post defenders looking to stop penetration – the help must come from perimeter
6. Lateness on trap or choke
7. Soft Play/ Lack of Physicality

TRANSITION DEFENSE

DRILL: 3o2o1

- Emphasize getting back on "defense" just as much as anything else
- The "1" must be in two places at once – jab step and recover
- If a player isn't converting fast enough (homerun trot), give them a timed sprint goal

DRILL: 4o4 Switch

- Improves Alertness
- Set up like 4o4 Shell Drill
- Defense starts inside the PL
- Offense swings the ball in a stationary position
- When "switch" is called, the 4 offensive players must touch the lane with a foot and defend a different player (the defense assumes an offensive spot)
  - YOU MUST TALK ON DEFENSE!
  - Make sure the Ball is picked up!!
- You can also add that the ball is not allowed to enter the lane either through pass or dribble

POST DEFENSE

- The way you defend the post dictates the way you defend everywhere else
  - You start building your defense from the inside out
- Guarding the post has nothing to do with speed, it has everything to do with recognition and quickness
- This only concerns the low-post
  - Treat the high post the same way you would treat a perimeter player
- *** Absolutely no feeds from the top – NO EXCUSES
- Guard the post from a 3 qr. position, back facing the top, top arm out in front
  - As the pass is in flight, the defender slides behind the post's back – NOT BEFORE
  - Resist the urge to go for a steal on the pass unless it is obvious
- If you are trapping the post, the opposite defender must close the door hard and high trapping at a 90 degree angle
  - HANDS UP!
- However, you don't want to trap the post all of the time
  - Just when defending good post players
  - It's difficult enough to shot over the top of the defense

DRILL: Post Trap Drill

- 3 offensive players around the perimeter (top and two wings), 2 low post players
- 2 defenders guarding the posts
- Offensive players swing the ball looking to enter the post, defense does not allow feeds from the top

- Once ball enters the post, post defenders work on hard/high 90 degree trap
- Once post passes ball back out, post defenders recover and reset
- Next, allow post players to exchange, cross, screen for one another, etc.

DRILL: Post Trap Drill – Perimeter Rotation

- 3 offensive players (top, wing, wing), 2 low post players (coaches or managers)
- 3 defenders guarding perimeter players
- When ball enters post from wing –
  - Ball-side wing defender must lock up man
    - DO NOT ALLOW QUICK PASS BACK OUT, even if he cuts through
  - Other two defensive players must TALK!
    - One must drop and guard the rim
    - One must guard the top
- 3 perimeter offensive players are allowed to move, pass, and cut
  - Posts stay still

- Conduct both of these drills simultaneously for five minutes every practice
- If you choose not to trap in the post, then you must CHOKE with the ball-side wing defender and top defender
  - Jab step back and forth if offensive wing/top is good shooter, crash down harder if not

BALL PRESSURE

DRILL: 1o1 Close-Outs

- c/o high-handed – defender does not have to be so close this way
- You must take away the rhythm shot
- NO BASELINE DRIVES!! NO EXCEPTIONS
- You must "level off" dribbler if he drives middle – force him to the side at an angle
  - DRILL: Full Court Zig-Zags
    - Will work on leveling off dribblers
    - The defender wants to force the offensive player to change directions as many times as possible

- You must bother the shooter, hand in face, take away vision
  - With this defense, defenders cannot buy ball fakes!

- For good ball pressure defense, you must be able to
  1. Close-out
  2. Take away baseline
  3. Take away rhythm shots
  4. Level off

5. Bother shooters
6. Jump to the ball (Make sure to emphasize no Face Cuts!)

DRILL: 3o3 Jump to the Ball
- 3 offensive perimeter players (top, wing, wing), 3 defenders
- Offensive players can pass/cut, defensive players must jump to the ball every time
- Offensive players must pass to a cutter if he successfully completes a face cut

OFF THE BALL PRESSURE

- In the PL Defense, there is NO help and recover
  - When guarding off the ball, you are already in the help position (because you're inside the PL and closer to the ball than your man)
  - You only have to recover on close-outs

DRILL: 3o3 Close-Outs ** This is the best drill to work on the PL Defense
- Conduct this drill EVERY PRACTICE!
- 3 offensive perimeter players (top, wing, wing), 3 defenders start underneath the basket
- 1 defender closes out on ball (see ball pressure), the other two defenders close out INSIDE THE PL in a closed-stance *help position*, not denying passing lanes
- Do not look to intercept passes, rather react to the pass and close out quickly
- Offense can pass/cut/move
- Defense must "close gaps" on dribble penetration
- Off ball defenders must be INSIDE the PL at all times!
  - The coach should be able to yell "freeze" and see two defenders out, 1 in at any point
- Every possession must end with a block out, penalty for offensive rebounds
- Progression:
  - 1st Time – No dribble or shots
  - 2nd Time – 2 gap dribbles only
  - 3rd Time – Only dribble penetration
  - 4th Time – 3 Pointers only
  - 5th Time – Live
  - 6th Time – Add Post Player (now 4o4 drill)

SCREENS

- Defensive player must stay within touching distance of offensive player as he uses screens
  - Defensive player chases (except outside the PL)
  - He has NO HELP duties

- If you are guarding the screener, you help anyway you can – just make sure you stay within touching distance of screener
    - Give the helper some freedom
    - You don't have to worry about screener slipping because there are three other defenders inside the PL to stop this
- For cross screens in the post, defender being screened does a "V" move – step over the top of the screener (even if post being screened for goes underneath) and close hard back on man

DRILL: Chasing Off Screens

- 1 coach/manager stand at top to pass
- Arrange multiple stationary screeners/chairs randomly within the PL
- Offensive player must run off screens however he can, the defensive player must chase (stay within touching distance)
- Only rule for offensive player: he cannot curl
    - The defender guarding the screener will take this away

UNIVERSITY BASKETBALL

Pack-Line Defense

General Rules:

- We must get back defensively (2 players have the hole)
- We want to pack it in (15 feet) and make teams shoot over us
- We must defend the post
- We must contain the basketball
- We must learn how to defend and fight through screens
- We must rebound !!!

On-the-ball Defense:

- Close-out with two hands high = (you don't have to get as close if you do this)
- No Rhythm Jump Shots
- Defend the ball as hard as you can with what your ability allows
- DO NOT allow baseline drives
- "Level" the dribbler off = Do not allow direct line drives to the basket (force an angle or sideways)
- Box out and rebound or "hit and go get it" !!!

Off-the-ball Defense:

- *BE IN THE PACK* = No one except the player guarding the ball goes outside the pack-line
  - ➢ Except on dead ball = everyone denies on ball side
- Be closer to the ball than your man
- See the ball = Ball-You-Man
- The key is to be able to get to the ball = *the Recovery*
- Take Charges
- Box out and rebound or "hit and go get it" !!!

Defending the Post:

- No feeds from the top
  - On a feed from the top, everyone collapse = "crisis"
- ¾ front on top – slide or move behind on pass
  - You must move quickly while the ball is in the air!
- On the catch, stay one step off the player and get down in a stance
  - If he can touch you, he can beat you
- Stunting
- Trapping

Defending Screens:

General:

- Fight Through
- Chase screens on the perimeter
- If you are guarding the screener, help any way you can

Specific Screens:

Ball, Cross, Down, Back, Stagger, Double, etc.