

## NBBA Coaches Clinic 10-11-19

### Warmup

- [DeMatha slides](#) - part a

### Transition defence

- First priority is to get back on loss of possession
  - [DeMatha slides](#) - parts b and c
  - [Nash cup in the lane](#) – we added a coach upcourt
  - [Recovery](#) – also works on the fast break, filling lanes
- [4 on 4 recover](#) (can do [5 on 5](#)) – temporary disadvantage, a sideline attacker will be open if his defender takes the ball.
- [Disadvantage](#) – 5 on 5, adds tactical options, e.g. long and short safeties, jamming the defensive rebounder, picking up the ball early, finding checks or matching up (see [Transition basics](#)).
- [DeMatha 2 on 2](#) (8 players), [Swiss 3 on 3](#) (10 players; also 2 on 2 or 4 on 4), [Lemanis 3 on 3](#) (12 players).
- Other good drills (didn't do) - [Oakland blood](#) (11, 22), [5 on 5 transition](#).

### Defending

- [Face cuts](#) – jump to the ball drill, added a dummy first pass to a gap position.
- Progression - [1 on 1 with passers](#) – both versions, live a) on pass from the top, b) on a pass to the top.
- [Vegas closeouts](#) – used both wings, worked on “high-school” closeouts (take away shot and drive), cold closeouts (can't shoot), hot closeouts on a shooter, and a fly-by if late (then recover).
- Progression - [UConn 1 on 1](#)
- (See [Packline closeouts](#), [Beat the closeout shooting](#) - progress from closeouts to shooting then 1-on-1)
- Did not get to [4 on 4 shell drill](#) – e.g. positions, cutters (jump to the ball), help and recover on dribble penetration.

### Motion offence

- A teaching progression for motion offence is pass-cut-fill then add dribble penetration (for dribble-drive motion, start with dribble penetration, add passing). See [Teaching 4-out motion](#), [Dribble-drive progression](#), and [Dribble-drive drills](#).

- Today was a progression from the clinic of Sept. 29, which covered guard-to-wing passes, i.e. give-and-go layups then 4-on-0 pass-cut-fill, including spacing out to the corner, blast cut on reversal.
- 4 on 0 swing pass – guard-to-guard (swing) pass, basket cut and exchange weakside, continue.
  - 1-4 give and go layups.
- Progression – on a swing pass, basket cut, read the play, if the ballhandler attacks the triple gap, exit opposite.
  - 1-4 swing pass, basket cut, 4 attacks the triple gap (see [1-4 swing](#))
- Dribble penetration – a) if 1 attacks middle, 4 rotates behind (Euro cut) for a “pitch”, b) if 1 attacks outside, options for 2 in the corner are backdoor cut, stay for a corner kick-out, or lift out of the corner (kick up). See [5star dribble-drive shooting](#).
  - 1-4 pitch – 1 attacks middle, 4 rotates behind for a pass, attacks downhill
  - 1-2 shooting – 1 attacks outside, 2 can backcut, stay, or lift (then 1 goes to the corner)
  - 1-4 pitch, 4 drives, 2 can backcut, stay, lift (see [1-4 kickback to drop 2](#))
  - 1-4 swing pass, 4 drives, 2 can backcut, stay, lift (see [1-4 swing to drop 2](#))
- Add player 5, who starts weakside, stays opposite the ball on dribble penetration.
  - 1-5 layups – 5 cleans up if 1 drives outside, relocates if drives middle, puts back any misses; progression - 1 can shoot or dish to 5 (see [1-5 series](#)).

For 5-out motion, pass-cut-fill is fairly straight-forward, you also need rules on dribble penetration, e.g. see [5-out youth drive and kick](#). The read-and-react offence uses a “circle movement” rule – all players rotate right on a drive right, and rotate left on a drive left, except on a baseline drive, when the opposite corner stays home.

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