

NBBA Coaches Clinic 27/04/19

Dean Petridis on Carleton Ravens Basketball – Culture, Defence, Transition

Culture

- Competition, and competitors.
- “Play to infinity” – don’t just play to win a drill or game, play until the opposition wants to quit.
- As coach, have your culture in mind but be able to adapt based on the team you get.
- Coaches value a player who is competitive and trains hard, as opposed to someone with raw ability who is lazy.
- The Ravens don’t do dry-land training, conditioning is on the court. If the team is doing drills correctly, they will be in shape (drills don’t work if you don’t).
- See [Basketball Immersion – Dave Smart on Practices, NCCP Super Clinic 2018](#) (Saturday – Dave Smart).

Defence

- On-ball defence is forcing left, righties can’t pass as well with their left hand.
- [Larmand closeout drill](#) (part a).
- 3 on 3 no-dribble – all defenders jump to the ball on every pass (see [Cutters](#), also [Spurs shift & close](#)).
- Promote the ball to the offensive left wing, then lock it in (deny a pass back out), force a left-hand baseline drive, trap that with the post defender.
- General rule – if you help you stay, the beaten defender rotates to find the open attacker (has leftovers).
- On middle penetration from the wing, there is a three-man rotation.
- On a drive from the top, help from low weakside (not ballside), leave open a left-hand hook pass.
- Don’t let a lazy on-ball defender call for a switch. On a dribble hand-off, go under (the on-ball defender leaves a gap), see [Woodley 4 on 4](#).
- See Ravens Defence (attached), also Defence – [Dave Smart weak-hand](#), Defending – [Forcing-left shell](#).

Offensive transition

- Get the ball to the 3-point line in 3 seconds – 3 in 3.
- Identify attackers who have a match-up versus the opposition, e.g. “25” means 2 and 5 are matchups, “24” means 2 and 4 are matchups.
- The right-hand lane in transition is the matchup lane; on an advance pass to a matchup, they need to make a play - shoot or drive (e.g. right-hand baseline drive).
- If the ball is advanced up the left side to 3 (a non-matchup), 3 has to pass, can't shoot or drive, get into a high-low situation with matchups in the low post and far corner. If the trail big is the inside matchup, the first big will backscreen the matchup into the low post.
- See Ravens Fast Break (attached), also Offence – [High-low basics](#).

Individual offence keys

- If a corner matchup is two passes away from the ball and gets a skip pass, attack the closeout with an up-fake – shoot, or shot fake and drive.
- If a corner matchup is one pass away from the ball and gets a pass, attack off the sweep – don't stall the ball, catch and sweep baseline, or jab baseline and attack middle.
- Use post-guard splits in practice to work on these closeout situations, and post play.

Post play

- Get to your spot, e.g., catch and crab dribble to the front of the rim.
- On both sides, righties use a reverse pivot on the right foot to get into a natural shooting position, with the left foot slightly behind.
- If no shot, can attack with the right hand (crossover step) into a jump hook.
- If that's taken away, drop step and spin into a left-hand finish.
- Options from the Russian spot (short corner) - 21 position (butt to the baseline) outside the 3-second area, options – face-up shot, no-dribble finish (front pivot), reverse power layup on the other side (see [Calipari crab score](#)).

1 on 1

- Use a point system, e.g. 3 points for a strong-hand layup, 1 point for a weak-hand layup, 0 points for a pull-up jump shot.
- [Machine-gun 1 on 1](#) – live on a hip touch.

- [1 on 1 at both ends](#) – limit of 3 dribbles inside the 3-point line.
- [1 on 1 zig-zag](#) - if the on-ball defender gets beat, turn and sprint to recover (see [Spurs fullcourt 1 on 1](#) and [Slide and run](#)).

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