

Technical Director @ NBBA Team Practices 2017-18

Practices covered or attended by the Technical Director in 2017-18. The main areas requested by coaches were ballscreens, motion, fast break, rebounding, and defence.

Candice Brian (U16 girls rec)

- Motion, dribbling, partner shooting...

Oct. 23 – Dave Madden (U14 boys rec)

- Included 5-out motion (e.g., wing v-cuts, blast cuts from the corner). I don't use it, but see [Youth offence](#), and [5-out youth motion](#) (which has links to other 5-out offences, e.g. Bob Huggins). [Teaching 4-out motion](#) can be adapted to 5-out motion.
- Warmup – [figure-8](#)
- Defending – [Nash wave](#)
- Dribbling – stationary (1 ball), up and back, zig-zag
- Passing - [Laker, Carolina](#)
- Footwork – wing v-cuts (2 balls, coach as passer)
- 5-out offence – a) fast break, b) pass and cut (open up), fill (read spot), c) v- cut & backdoor, d) corners, dribble-at
- Breakdown – wing v-cut (then stepover), corner blast cuts & backdoor, misdirection
- Shooting – [fill cut](#) (with v-cuts), partner form – waiter, set, shot pocket, step-up, drop (see [Keys to shooting](#))
- 3 on 3 on 3 halfcourt (2-minute games), then 2-dribble, then fullcourt

Oct. 25 – Peter Harrison (U15 boys)

- Worked on [early ballscreens](#), which are hard to guard. Like these to be random or reads in transition, rather than slowing up to call a play. The reads were a) loop, butler, pistol, b) fist inverted, dive, c) gator (the trailer ballscreens); we also did drag, a random screen. My preference is first to just run motion so we get player and ball movement. On this, there is an interesting [YouTube interview with Steve Kerr](#), who says "If

you run pick and roll over and over, the other three guys who are just standing there kind of lose some juice, it affects your defence and morale".

Nov. 15 - Talia Rosenberg (U16 boys rec)

- Worked on 4-out 1-in motion, starting with conventional motion (see [Teaching 4-out motion](#)),
 - give and go layups (face cut or backcut, read your defender)
 - pass-cut-fill, using guard and wing spots (basket cut on a guard to wing pass)
 - straight blast cuts from the corner, then misdirection (vee) cuts, backcuts, Steve Nash circle cuts
 - 1 on 1 from the corner
 - pass-cut-fill, cut and space out to the corner, blast cut on ball reversal, added coach who can deny passes.
 - Next step was an intro to [dribble-drive motion](#), then some breakdown [shooting drills](#),
 - 2-on-0 - 1-2 and 1-3 spots (backcut, kickup, kickup-throwback), 1-4 spots (kickback, corner cut)
 - 3-on-0 - 1-2-4 spots (kickup-kickback, kickback to backcut or kickup).
 - Also see [Dribble-drive drills](#).

Nov. 20 - Joe Ivison (U14 girls rec)

- Covered rebounding plus fast break (with rebounding) and defensive transition.

Rebounding

- [Butt wars](#) (with passers)
- [Circle block-out](#) (3 on 3, turn and block out on "shot", live on "go")
- [Nash 3 on 3 circle rebounding](#)
- [Hanlen](#) - War rebounding (drill 7)
- [Michigan State 2 on 2](#)
- [Izzo 1 on 0](#) (part 1, defensive rebounding)

Fast break

- [Transition finishing](#) (added an escape dribble)
- [Pangos 2 on 0 layups](#)
- [Outlet and go](#) (2 on 0 one way, not around the world)
- [Nash 3 on 0 cutting](#)
- [Triano first big](#) (one way, not up and back)
- [5 on 0 cycles](#) (1-2-3-4-5, one way, repeat other end, scoring sequences - 1 (layup), 1-2, 1-3, 1-2-5, 1-5)

Transition

- [4 on 4 recover](#)
- [Dematha 2 on 2](#) (we did teams, and no advance pass up the sideline; also see [Swiss 3 on 3](#), [Lemanis 3 on 3](#))
- [2 on 2 delay](#)

Dec. 13 - Chris Stone (U16 boys rec)

- Warmup - [backcourt zig-zag dribbling to transition layups](#) - primary moves (inside-out, hesitation - next add dribble-jabs), then primary to secondary moves (change of direction)
- [turn the corner](#) finishing - part a) reverse layup, one-hand pickup, inside hand, part b) half reverse, slice pro hop (to face the baseline)
- [diamond drill](#) - finishing, pull-up jump shots, spin (or spin-dribble) jump shots
- [spin moves](#) - the progression, make a triple-move then attack the middle cone
- [partner shooting](#) - a) alternate shooting, b) shooter with rebounder, then switch
- [7-up](#) shooting - great drill, get lots of shots off, high compete level
- [motion offence](#)
 - [give and go layups](#) - coach defends, backcut if he jumps to the ball, face cut if he doesn't
 - [4 on 0 pass-cut-fill](#) - a) basket cut out to the weakside wing on a guard-wing pass, players fill behind to arrive at the same time as the ball, b) basket cut to the weakside corner, [blast cut](#) on ball

reversal (next step would be cutting to create space on a guard-to-guard swing pass, see [Dribble-drive offence](#))

- [blast cut layups](#) (coach passes) - blast cut, v-cut from corner (misdirection), backdoor cut, Steve Nash circle cut
- 1 on 1 blast cuts
- Other 1 on 1 - [Calipari 11](#) (love this drill), [UConn stops](#)

Dec. 20 – Tanvir Minhas (U14 girls rec)

- Focus on defence (individual and team) and rebounding (boxing out).

Warmup

- [Canon Baker partner passing](#) - a) chest passes, jogging in place, b) right-hand push passes, X footwork, c) left-hand push passes, side to side two-foot jumps
- [Duke mirror](#) - Jim Boylen partner warmup

Defending

- [Duke mirror](#) - a) both players running, b) both players using defensive slides, b) one player dribbling, the other using defensive slides (switch the leader each time)
- [Nash wave](#) - hot feet, quick turns, defensive slides, contest a shot and box out
- [Duke form slides](#)
- [Slide and run](#) - the variation, partners slide together, crossover step and sprint out, added hot feet and "go"
- [DeMatha zig-zag](#) - with 1 on 1
- [Vegas closeouts](#) - did not do the progressions, showed hot closeouts (on a shooter) and cold closeouts (on a driver)
- [UConn 1 on 1 stops](#)
- [Husky closeouts](#) - 3 on 3 shell, basic positions (force left on the ball, gap, help), into 3 on 2 fullcourt, 2 on 3 coming back, flip flop; added help and recover by gap defender on dribble penetration, showed help on baseline drive (but did not do help rotations)
- [2 on 2 shell](#) - basic positions on passes, coach can drive a gap from the top, then "live" on a pass, halfcourt

Rebounding

- [Butt wars](#) - with passing
- [Circle blackout](#) - 2 on 2, "shot" (box out) then "go" (attackers try to touch the ball)
- [Nash circle](#) - 2 on 2 up and back
- [Hanlen](#) - war rebounding
- [2 on 2 low posts](#) - no outlet players, a) play to a stop or score (option not used - defenders must get two rebounds in a row to get out), b) attackers can score, rebound, and keep scoring (play until defenders get the ball), c) defenders can score, take the ball out on a defensive rebound

Shooting

- [UBC](#) - 3 balls, shoot from the baseline (0 degrees), the wings (45 degrees), and the elbows.

Jan. 10 – Chris Stone - ballscreens, post play

- Warmup – [partner zig-zag](#)

Ballscreens

- Started with 1 on 0 ballscreens on the wing, progressions were - reject the screen, split, come off for a pull-up jump shot, and use a pullback dribble to drag a hard hedge then attack. (Dribbling down to the wing, we started using the outside hand and going between the legs, then a backdown dribble with the inside hand.)
- See [Hanlen ballscreens](#), also [Procopio sidescreen](#), [Dave Smart 1 on 0 sidescreen](#)
- Next step was 2 on 0 sidescreens with the screener coming up from the block, progressions were pick and roll (reverse pivot), dive (front pivot, the European way), pop, and slip, with the screener always getting the ball (progression we didn't use - re-screen, e.g., if the on-ball defender goes under the screen). After that, we competed 2 on 2 out of the same format.
- See [MacKay ballscreens](#)

- Last step was 3 on 3 using [early dribble-drive ballscreens](#), a) from the 1-4-5 positions, we did [Loop](#), [Drag](#), [Fist inverted](#) and [Fist](#), b) from the 1-3-5 positions, we did [Quick-Fist](#), [Pistol](#), and [Ravens](#).

Post Play

- After reviewing post positions on the floor (low post, extended post, high post, short corner), we did high-post flashes and turnaround jump shots using all four pivots (front and reverse, both feet). Then we moved to the low post and did a drop-step series (power move, then drop step and hop), doing this on the right in order to finish with the strong hand (i.e., using a pivot to the strong-side). Finished with strong-shoulder turnaround jump shots, adding a baseline shoulder-fake (shimmy) and a shot fake, one-dribble up and under move (with the strong hand).
- See [Procopio game shots](#), Post play - [Bill Self](#), [Duke low-post moves](#), also [Post moves and shots](#), and the [Coaches Handbook - Post Play](#).

Jan 17 – Brian Burns (U14 boys)

- Covered ballscreens, very much like the week before, but we also used a 2-ball shooting drill, added ballscreen defence (gapping, and switching within shooting range), and did 5 on 5 fullcourt, starting with a ballscreen coming up from the ballside block on a wing entry pass. We also did pass-and-screen-away shooting, with curl and pop cuts, and rejecting the screen (showed fade cut too). See
 - Shooting - [Jenkins pick and roll](#), Defending - [Messina ballscreens](#), Attack/defend - [UCLA-ballscreens](#) (5 on 5, we didn't do the UCLA screens).
 - Shooting - [Use the pick](#) (pass from the top), [Gonzaga screening](#) (3 on 0 pass and screen away)

Jan 17 – Chris Stone

- Skill development (e.g. [7-up shooting](#), [Turn the corner](#) finishing - the Billy Donovan option), but also some defensive breakdown drills - [Machine-gun 1 on 1](#) (off a skip pass, need a stop to get out), [1 on 1 with passers](#) (live on a pass from the top, then live on a pass to the top), and [2 on 2 closeouts](#) (including helping on a baseline drive by coach).

- Shooting - [alternates](#), partner form shooting, [7-up](#)

Jan. 24 - Bob Atkinson (U16 boys rec) – ballscreens and fast break

- Covered ballscreens and fast break. On ballscreens we added a shoot or cat-and-mouse option if the on-ball defender goes under the screen, and a re-screen option, e.g., if the on-ball defender goes under or easily goes over.
 - Ballscreens – 1 on 0, 2 on 0, 2 on 2 defence then live, 4 on 4 motion (fist, drag, loop, pistol)

Fast break

- Started 1 on 0 then worked up to 5 on 5
- 1 on 0 - [DeMatha transition](#) (we just did option 1a, adding backcourt and frontcourt moves, but I like it all; [Transition finishing](#) is another good drill, also [Outlet series](#))
- 2 on 0 - [Outlet and go](#) - classic drill, we did around the world from one end (with younger players I use [Pangos layups](#)). [Chaser layups](#) is a good progression we didn't get to.
- 3 on 0 - [Nash cutting](#) - good drill even with younger players ([Kevin O'Neill 3-man](#) is a good but tough progression), [Tennessee point-guard push](#) (the progression is [Tennessee 3-man passing](#)).
- 5 on 0 - [6 cycles](#) - we started with 2 cycles (up and back), with scorers 1-2 then 3-4 then 5-5, put it together for 6 cycles.
- [4 on 4 transition](#) - outlet on a make or miss, any ball out of bounds goes to the defence, a defensive rebounder can't pass to a teammate who is in the backcourt (become the point guard, position-less transition, can headman the ball).

Feb. 14 – Bob Atkinson

- Warm-up - [Chicken](#)
- Shooting - [Alternates](#), [Sevens](#)
- 3 on 3 [cut-throat](#) (no subs, winners ball)

Ballscreens

- [Hanlen ballscreens](#) - 1 on 0 against drop coverage (screen defender zones up), dribble down to the wing, progressions - reject, pocket jump shot, snake, fake the snake (inside-out)
- [Schepp ballscreens](#) - 2 on 0, pick and roll, pick and dive (front pivot)
- [Jenkins pick and roll](#) - 2-ball shooting - pick and roll, dive, pop; also slip
- [4 on 4 defending ballscreens](#) - we did 3 on 3, using gap coverage
- 3 on 3 live ballscreens - started with the screener coming up from the block, then a player at the top would pass and follow to ballscreen

Fast break

- [Dematha transition shooting](#) - option 1(b), headman the ball to coach
- [Outlet series](#) - part (a)
- [5star outlet pass](#) - 2 on 0 fullcourt shooting
- [Two minutes of hell](#) - we used one ball with 6 players
- 2 cycles then 6 cycles

Feb. 28 – Bob Atkinson

- Warm-up - give and go passing - [Kevin O'Neill handoffs](#) (both), [Pasquali reaction](#) (option c)
- [Turn the corner finishing](#) - a) one-hand pickup, reverse layup, inside hand finish, b) baby hook, half reverse

Ballscreens

- [Oakland pick and roll](#) - pick and roll, pick and dive
- [Jenkins pick and roll](#) - used the Canada Basketball version (4 ballscreens for 1 on the wing), then a guard to guard "drag" ballscreen (see [Early dribble-drive ballscreens](#))
- [Messina ballscreens](#) - 3 on 3

Fast break

- [Transition finishing](#) - rebound and outlet, then with an escape dribble
- [Running outside](#) - 2 balls with 6 players
- [3 on 0 fast break](#) - up and back using positions 4-1-2, then 4-1-5
- [Nash cutting](#)
- [Tennessee 3-man passing](#)
- [Swiss transition](#) - 2 on 2 continuous fullcourt

Pressing

- Showed quick trap (on the inbounds pass), then trapping a dribbler from the front, trapping from the side (turn and trap), see [Fullcourt man-to-man defence basics](#)
- [Oakland blood series](#) - blood 11, blood 22 (or use [Duke rush to 2 on 1](#))
- [Porter 1 on 2](#) - part (b)
- 3 on 3 [dead-ball pressing](#) - fullcourt, alternate possessions, press on a made basket or defensive rebound, attack on a steal
- Inbounding against pressure – post and pop

Other

- Shooting – [team alternates](#)
- Finishing – [turn the corner](#) a) one hand, reverse, inside hand, b) baby hook, half reverse
- 3 on 3 [cut-throat](#)

March 10 – Ian Aldous (U14 girls) - rebounding, defence

- Defence (based on [Forcing-left pack](#))
 - [Dematha partner zig-gag](#) - then 1 on 1
 - [Jump to the ball](#) - good drill that combines closeouts, jumping to the ball, and layups (new drill for me, see [Jr. NBA](#))
 - [Face cuts](#) - just jump to the ball
 - [Pack-line closeouts](#) - forcing left (split right shoulder), did hot closeouts (on a shooter), cold closeouts (on a driver), "high-school" closeouts (take away both)
 - [Beat the closeout](#) - shooting, then 1 on 1
 - 4 on 4 shell - see [Woodley 4 on 4](#) and [4 on 4 help rotations](#)
 - Basic positions ("ball" or "left", "gap", "sight" (help), and "bottom" for the low help defender), attackers pass and hold (coach calls "pass" each time to start), then move the ball but hold for 1001 before passing
 - Next step is help and recover by gap defenders on a left-hand drive (on a right-hand drive, take it on the chest)
 - Progression - attackers can pass, or take one dribble left or right then pass (I use this a lot)

- 4 on 4 live - Dean Smith - 5 possessions each, defence gets 2 points if the offence does not get off a shot, 1 point for a defensive rebound, 0 points otherwise
- Help rotation on a left-hand baseline drive - four-man rotation, "bottom" helps and stays, calls switch
- 4 on 4 live on baseline drive - pass to coach on the baseline, who passes to any attacker, live (see [Oakland closeout](#), a new rebounding drill, yesterday I did not require a shot when coach passed, and it was 4 on 4)
- Did not do 4 on 4 with cutting (jump to the ball), ballscreens, off-ball screens
- 5 on 5 shell - with low post, see [Forcing-left pack](#) for details, e.g., choke then dig on a post entry
 - 5 on 5 live
 - For post defence shell drills, see [Green shell](#) (I use it a lot), also [Woodley post](#), [Raptors 5 on 5 post entry](#)

Rebounding (defensive) - not a lot of time on this

- 5 on 5 shell - showed tag and pursue the ball on the perimeter, box-out inside (hit and stick)
- [Butt wars](#) - with coach passing to players
- [No-ball box-out](#) - another new [Jr. NBA](#) drill (also see [Tag and pursue](#), and [Oakland closeout](#) rebounding, above)
- [Hanlen post play](#) - War rebounding (drill 7)
- [Florida circle the wagons](#) - 4 on 4

Eric Johannsen

Technical Director