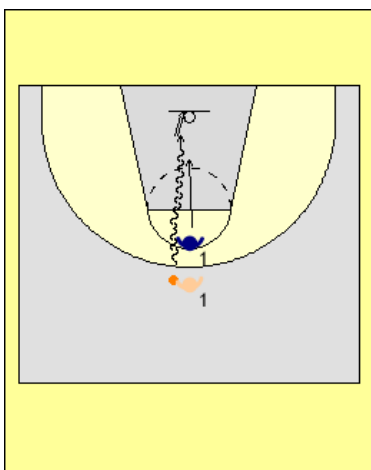


Create and maintain the one second advantage.

I want to share some drills and concepts used by our Senior Men's team. Coach Leo Rautins and his staff did a wonderful job of preparing the players to play international basketball. This led to the eventual qualification for the World Championships this summer in Turkey. These are some of the drills used to prepare the players. The attention to detail was very refreshing. Each day as part of the skill break down, Coach Renato Pasquali did these drills to work on creating the one second advantage. Also, because they were competitive and a little different they sparked the interest of the players. As usual for me, I have already loaded some various other components into the drills. They are drills that can be used at the Learn to Train through Train to Win stages of our LTAD.

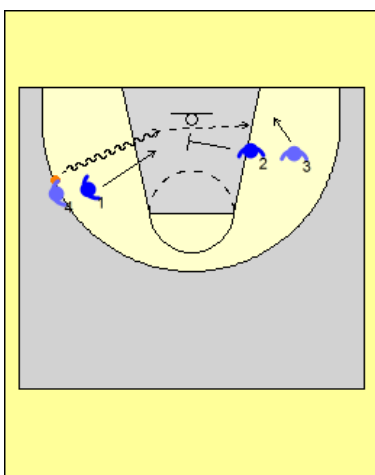


Explosive layups

The defensive player starts facing the basket somewhere inside the three point line. As a coach you can vary the distance and spots based on the player's abilities. The offensive player lines up behind the defender with a basketball. The offensive player starts in a good triple threat stance with the ball. The offensive player drives to score a layup. The defender plays defense when he/she detects the offensive player with his/her peripheral vision. This gives the offensive player a distinct advantage if he/she:

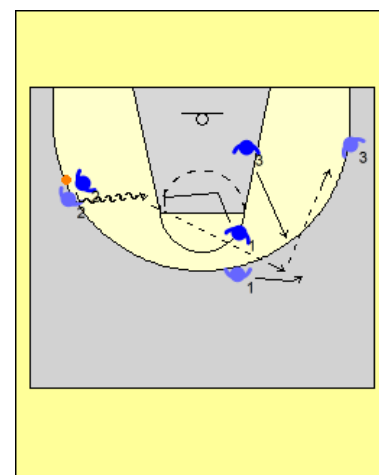
- Makes use of proper footwork,
- Goes by the hip of the defender,
- Cuts the defender off so he/she cannot recover and force a contested shot.

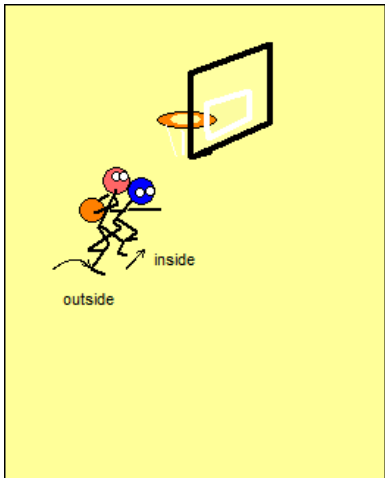
The defender may start to peak. As a coach you must decide if you want to allow this to happen. It does mean the offense has to be quicker and work on a fake first. The development men were working on using a crossover step to start their drive. When playing internationally North American players very often get called for traveling when taking the long first step. The ball and foot must hit at the same time. As a coach you must be a stickler on the little details in these sort of drills. Allowing them to travel now means they will travel in the game.



Loading the drill

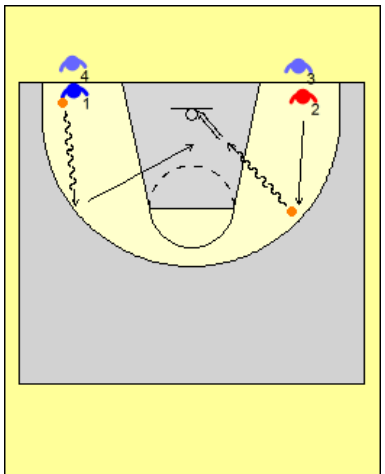
This is also a great way to start a 2 on 2 drill where you are working on help defense or penetration principles. The driver has the one second advantage and must now make the right decision; continue for the 1, 2 power layup or to make the pass. It also works for 3 on 3. The offense can choose to go middle or baseline, the defense cannot anticipate.





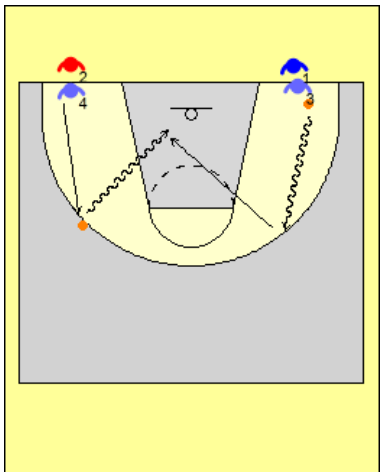
Outside , inside power lay up

A lot of emphasis is placed on using the outside, inside power layup. It puts the defender on the back of the offensive player. It also helps the offensive player be on balance and strong when there is contact around the rim. By back pivoting the player can make space to operate for a pass or an up and under counter move.



Contested lay ups

The players start in two lines on the baseline. One player has a ball the other has a ball sitting on the floor at a designated spot in front of him/her. The player with the ball starts by dribbling the ball out and setting it on the floor (it is the same spot as the other ball, except on the other side of the floor). Once setting the ball down this player sprints to recover and play defense. The player without the ball runs out when he/she sees the dribble by the other player. Picking up the ball this player is on offense and attacks the basket to score. The offensive player has a brief one second advantage



The players switch lines. The player with the ball on the floor is on offense, the player who dribbles out will be on defense.

Key points:

- The players must work on proper footwork to change direction after picking up or setting down the ball. Watch out for travels.
- The offensive player must decide what type of finishing move to use; pull up jump shot, power layup etc.
- The defense must attempt to recover, but not foul.



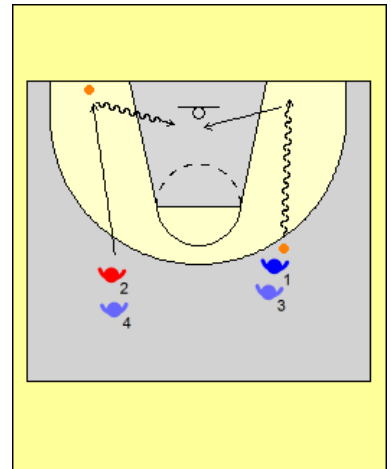
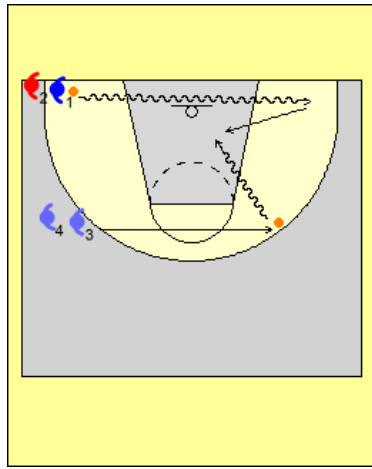
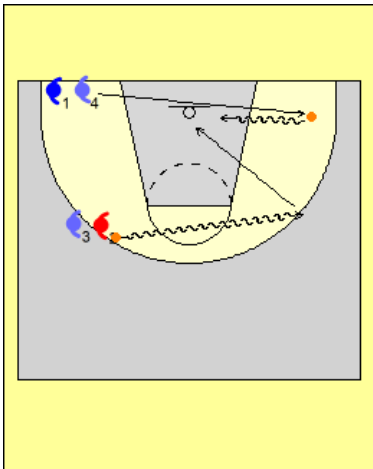
Being unprotected

The coach must observe how the players are positioned when stopping. Many players will have their shoulders perpendicular to the backboard. This means that the ball is exposed to the defense. To compound the problem, the player may also stop with the ball extended. This can make it difficult to raise the ball for the shot. A good defender can jam the offensive player with his/her body. This forces the offensive player to turn away.

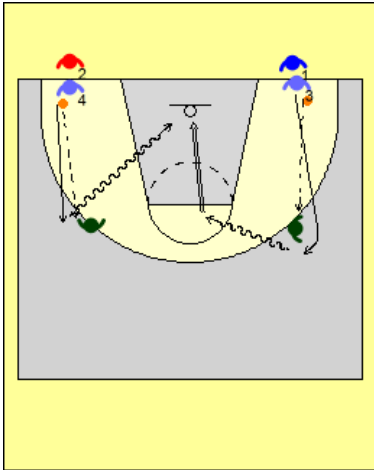


Stopping protected

The offensive player wants to stop with his/her body parallel to the backboard. Use the width of the body to shield the defender from the ball.



Use different starting positions. It works on scoring and defensive recovery from different angles.



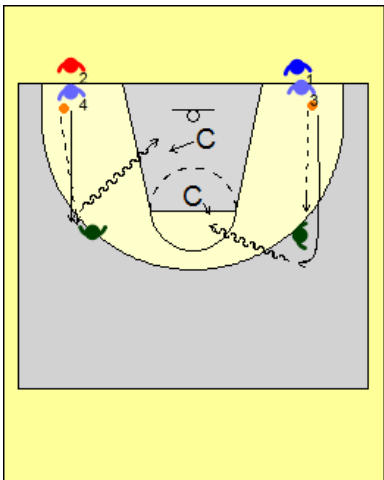
Dynamic 1 on 1

There are two lines on the baseline with a ball at the front of each line. A coach (eventually this can be another player once they learn how to do the drill) stands on the wing. The player with the ball passes the ball to the coach and sprints out like making a blast cut out of the corner. If the coach holds the ball out to the side, the player (#4) takes the ball from the coach and sweeps and goes baseline for the 1, 2 power layup.

If the coach holds the ball behind his body the player (#3) curls behind the coach, taking a dribble jump shot at the foul line.

The coach as always must pay attention to details:

- Proper footwork on the sweep baseline. The ball and foot must hit at the same time.
- Ideally the player needs to plant the outside foot when taking the ball on the curl. This allows for the next inside step to be attacking and not drifting away.
- Two dribble maximum. Over dribbling makes the player slow.



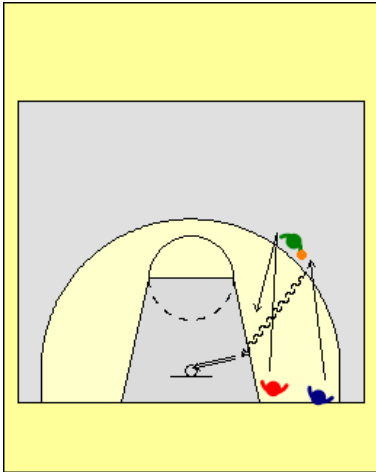
Load the drill

As the player's confidence grows add in a guided defender. This ensures that the player is protecting the ball properly, coming under control and not floating on his/her shot.

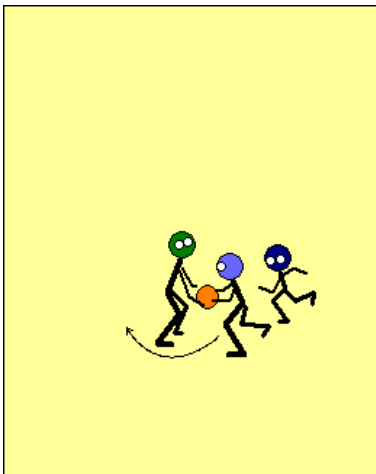
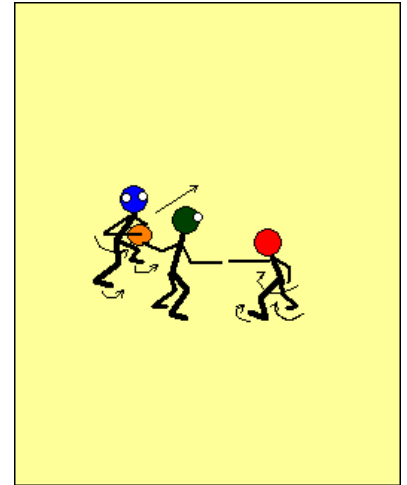
The coach controls the read by the manner in which he/she holds the ball.

Loading in defense

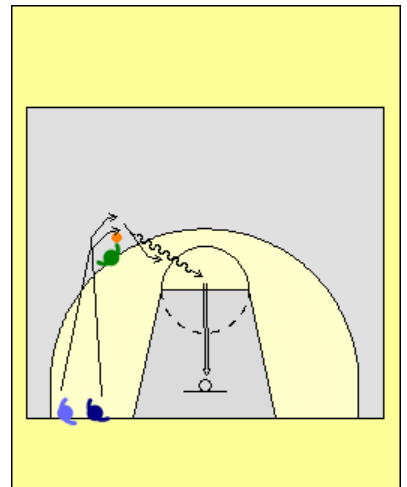
We now make the drill competitive. The coach (or another player) stands at the three point line. The offensive and defensive players line up beside each other on the baseline. The defender is closest to the basket. The offensive player has a ball. The offensive player passes the ball to the coach when the coach shows "ten fingers". The offensive player runs out and reads:



- If the ball is to the side (blue) the offensive player takes the ball from the coach, rips it across his/her body and attacks the basket for a score. The defender (red) must come out and slap the hand of the coach before recovering to play defence.



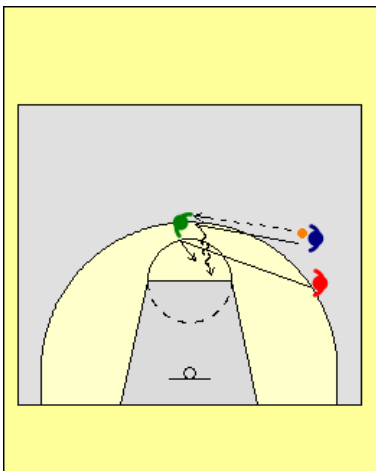
- If the ball is held behind the coach (green), the offensive player (light blue) will curl for the dribble jump shot at the foul line. The defender (dark blue) will trail to contest the shot.



This drill is great for:

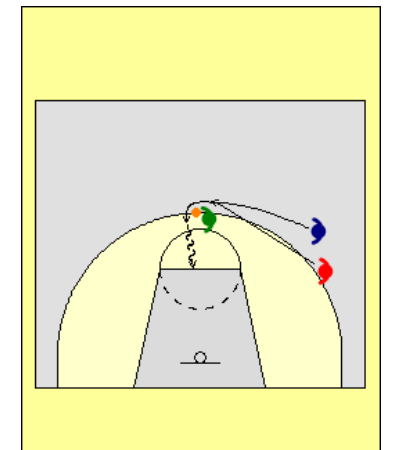
- Making a quick cut to get the ball,
- Changing direction under control with proper footwork,
- Ripping the ball hard with a cross over step,
- Driving to the basket and cutting off the defender.

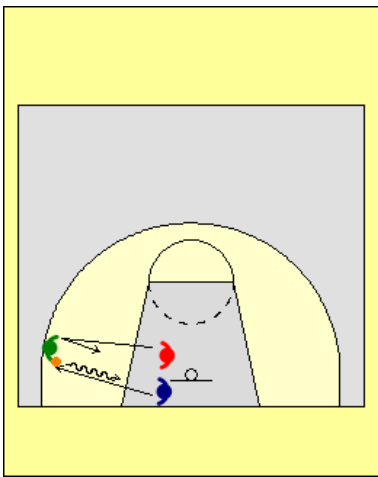
The defence is working on a quick change of direction and choosing an angle in which he/she can cut off the driver or at best contest the shot without fouling.



Different angles

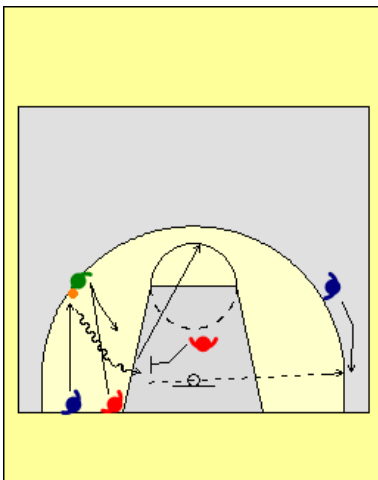
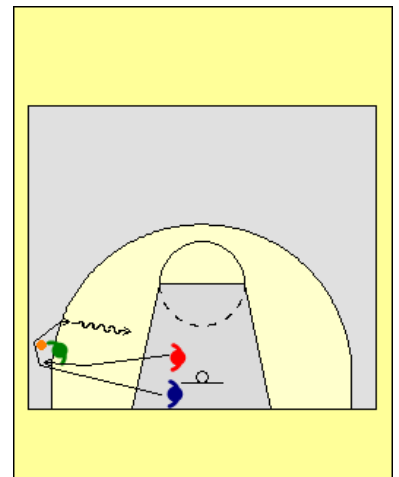
The drill is also effective for practicing the one second advantage from different positions on the floor. Here the players are working on the cut from the wing to the top.





Baseline

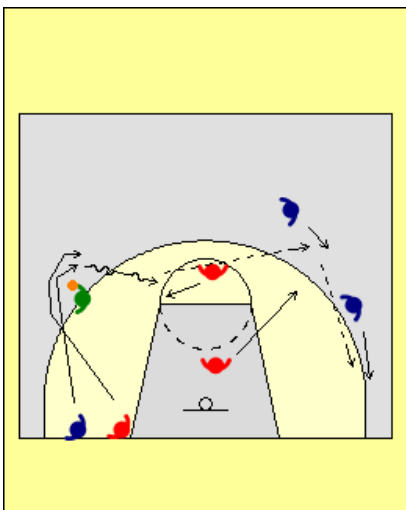
Here the players are working on the cut to the baseline corner.



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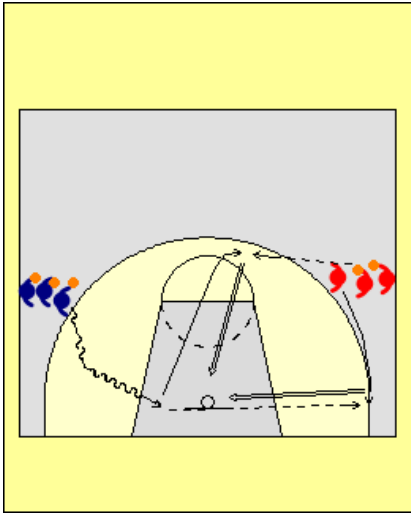
This drill is excellent to teach help defence and penetration principles. The coach can create the type of penetration by calling for the sweep or the curl. Here is a dynamic start into 2 on 2.

Notice that the player who penetrates and passes escapes the point after passing. It is crucial that we teach players to move after passing. Too often the players will treat this as drill and stop moving to create space.



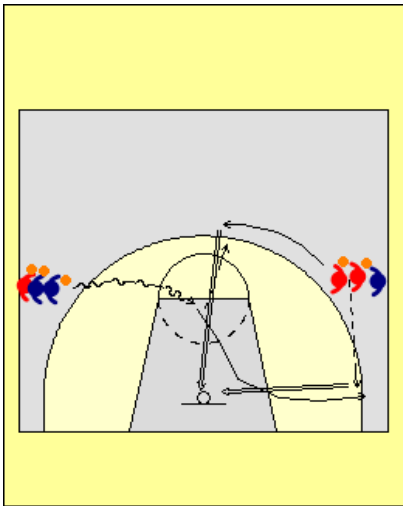
Dynamic start into 3 on 3

Here the coach calls for the middle penetration to start the drill. These are excellent drills to focus on defence and offence vs. penetration.



Penetration shooting

As mentioned above one of my pet peeves in penetration shooting drills is players who stand after penetration. This is an excellent drill to teach the concept of moving after passing. Every player has a ball except the one player in front of the red line. The first player in the blue line drives baseline. The opposite red player moves in conjunction to the penetration. A pass is made for the shot. Immediately after passing the blue player who penetrated moves to receive a pass and shot from the second player in the red line.



The players who shot get their own rebounds and go to the end of the opposite lines. The second player in the blue line now starts the drill by penetrating middle. Again the opposite red player moves off penetration. The pass is made and a shot is taken. The passers cuts to space to receive a pass and shot.