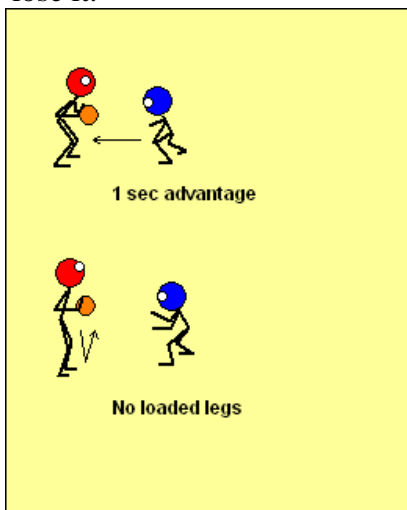


## 1 and 1.5

This past summer Coach Leo Rautins made use of the following two numbers to help his players in their quest to qualify for the 2010 World Championships in Turkey. These simple two numbers, 1 and 1.5, help convey key components of their entire offensive and defensive philosophies to the players. I was fortunate enough to attend some of the training sessions and to see the implementation of these numbers. Watching the FIBA America Qualifiers you could see when the team played well the numbers were applicable. When they strayed from the concepts the team struggled.

### One

This number represents the offensive concept. Good offense comes from creating a one-second advantage over the defence. This 1 sec advantage allows for the offensive player to have an uncontested or easier shot attempt at the basket. Once this advantage is created, do not lose it.

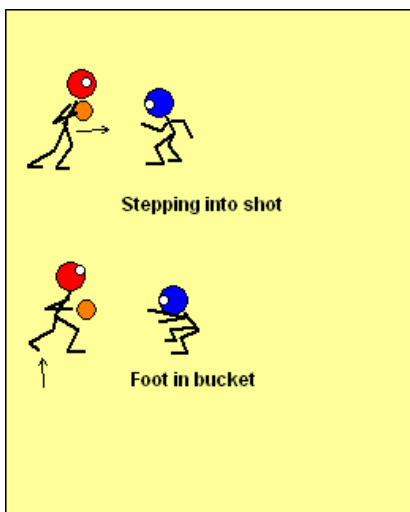


#### Shooters one second advantage

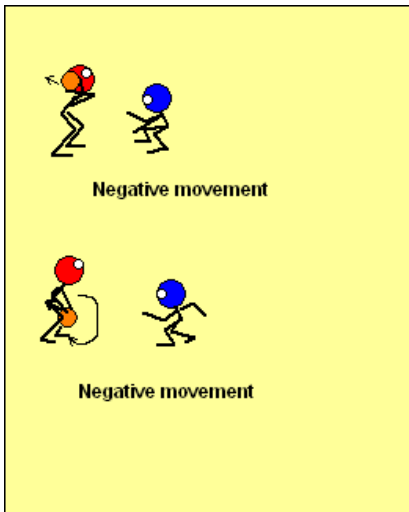
Shooters create a one second advantage by being loaded (hips down, knees, elbow and wrist bent), on balance and ready to shoot in one continuous motion. This should be a jump shot with the power being generated by both legs in an upward motion.

Shooters lose their one second advantage by:

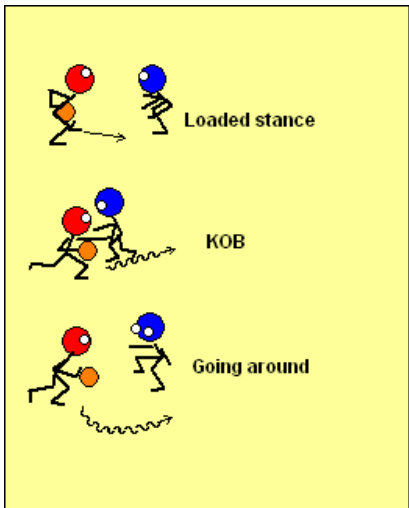
- Not loading their legs - they need to lower their centre of gravity first before they can push up to shoot.



- Stepping into the shot – This is slow because the player is moving closer to the defender. Players who use a set shot and look over the ball at release, usually step to generate their power.
- Foot in the bucket – when catching the ball one foot is usually behind the player. He/she must now pivot into the shot. This again gives the defense time to contest the shot.



- Negative movement backward – here the player swings the ball back behind the head as part of the shooting motion. This tipping the ball back allows the defense a chance to contest the shot.
- Negative movement downward – here the player dips the ball downward upon catching the ball. Many players will swing the ball in a circular motion before shooting. This delay increases the advantage of contesting the shot by the defensive player



### Drivers one second advantage

The player driving to the basket creates a one second advantage by starting in a loaded position. If the player must go down first before driving he/she loses the advantage.

When catching the ball the player can create the advantage by quickly attacking a defender who is out of position. This quick attacking style of play also has a tendency to catch the help defense out of position. The other way is by faking to move the defender out of position.

The driver wants to KOB (keep on the body) the defender. This requires the driver to brush by the hip of the defender. It is important that players learn how to take or even create this

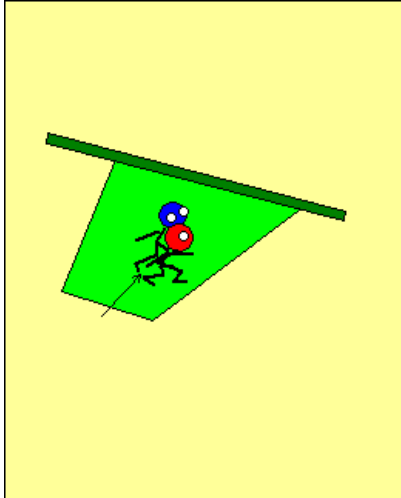
contact. By using the non-dribbling hand to move the defenders arm out of the way, the driver creates a more direct drive to the basket. Going around a defender in a circular motion is a major way that the driver loses the advantage.

Wasted dribbles is one of the main disruptors of flow. Too often when receiving a pass, the receiver takes a dribble that goes nowhere. This action allows the defense to recover. The advantage has been lost.

### Passers/ receiver one second advantage

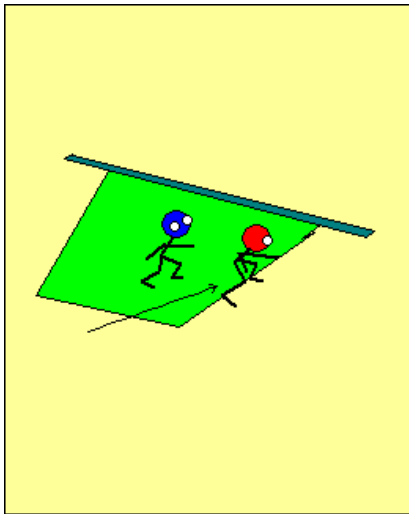
A bad pass and catch causes the loss of advantage for an offensive player. Passes that are:

- To slow – the receiver must be waiting for the pass. This gives time for the defense to recover.
- To hard – the receiver usually cannot catch the ball cleanly. This often leads to a fumble or bobbled pass.
- Off target – the receiver is put out of his/her loaded position.
- Wrong time – freezing the ball or passing before the receiver is ready

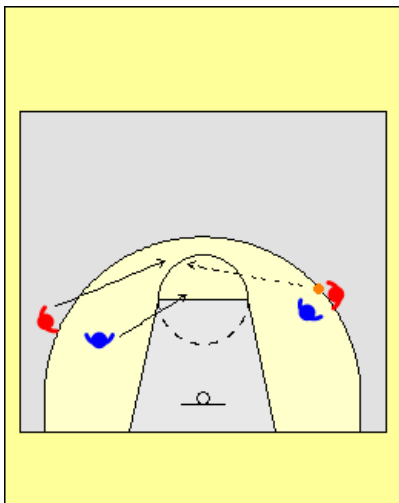


### Cutters one second advantage

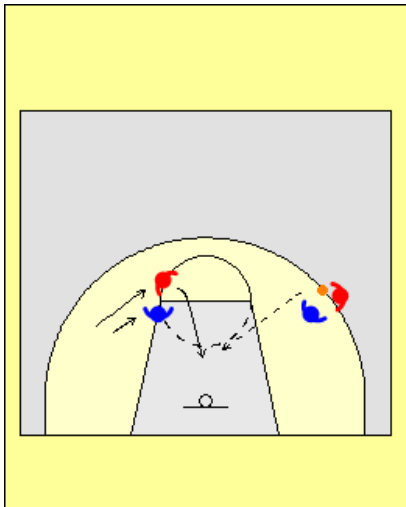
When cutting to the basket, players gain an advantage by KOBing (keeping on the body) of the defender. Sealing means there is a brief moment when the defender is out of position. The 1 sec advantage is created because the offensive player can use the width of his/her body to prevent the contested shot.



Too often players run to a spot. This allows the defender to move. Also the offensive player has given up a shot closer to the basket. On the turn the player must take time to locate the defense and the basket. The defender is free to move.

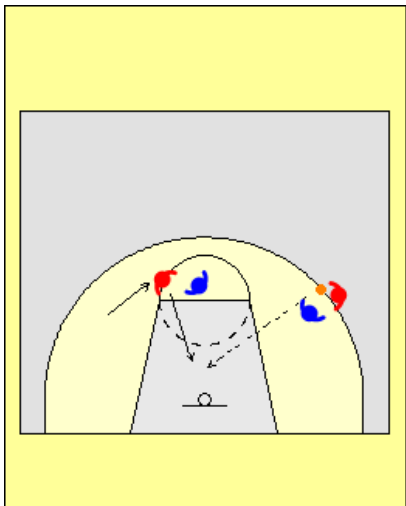


Too often when cutting to fill an open space players are not thinking about creating a one-second advantage. Their thoughts are often about keeping the pattern of the offence going. When there was no shot clock this was not as big a problem because you could continue until the defense made a mistake. With a short shot clock teams need to know how to create or maintain the 1 sec advantage.



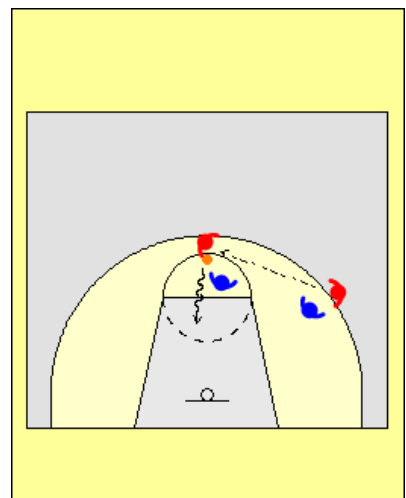
### **Curl cut**

If the defense trails the cutter, a curl is one way to create an advantage. The defense is out of position and the basket is open.



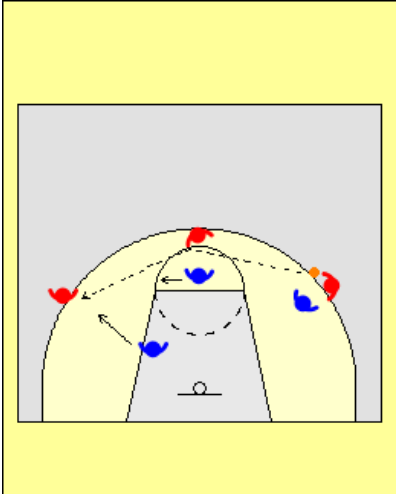
### **Back cut**

If the defense is aggressive and denies the cut, a back cut is a way to create an advantage.



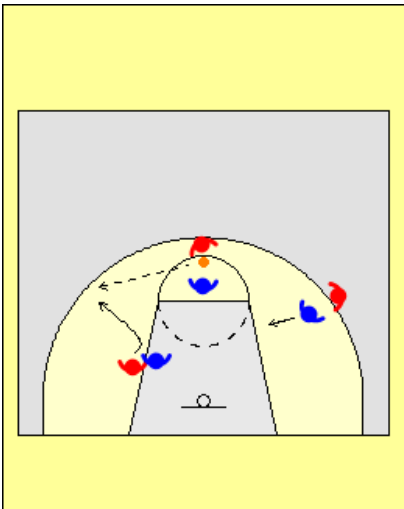
### **Attacking drive**

Upon receiving the pass the offensive player can create the advantage by quickly attacking a poor close out by the defense.



### Reverse the ball

Upon receiving the pass the receiver can also quickly reverse the ball. This makes it difficult for the defense to go from being a ball to help defender. When the ball is frozen this advantage is lost. Players must anticipate the next pass.



### Next pass

Often it is the positioning of the next pass receiver that disrupts the one-second advantage. When the player at the top receives the pass, he/she wants to reverse the ball, but must wait for the player to cut to get open on the wing. The defense has the chance to recover.

The other way we create the one-second advantage is by penetration (off the drive and the pass to a post) and screening. Players who read the defence properly when setting a screen have created a one-second advantage to score. The same is true with penetration. When the defence rotates to help someone is open. If the proper pass is made at the right time, the one-second advantage is created. If the proper spacing and ball movement is maintained throughout the entire shot clock, the one –second advantage survives leading to an uncontested shot.

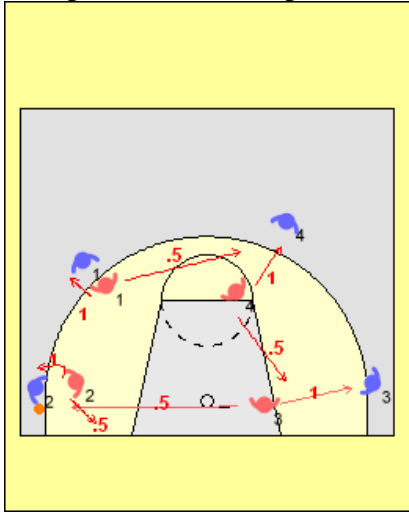
If the flow of the offence is lost and the defence is allowed to recover, the offence must now attempt to create another one-second advantage. The later in the shot clock the disruption occurs, the more difficult it can become to get the best shot you can as a team. The defence has the ability to dictate who gets the shot. Teams that consistently rely on late clock ending plays, such as ball screens and isolations (1-4 low), struggle to win late in the season and in the big games. The defence gets very good at doubling and denying the best shooters the shots you want.

We need to practice offence with flow in mind. When we break up the phases of the shot clock (fast break, transition , mid-clock and end of clock) into distinct segments it is the flow

between the segments that players fail to develop.

### 1.5

This number represents the defensive concept. In good team defence, a player needs to be responsible for guarding one man plus a half of another. Offenses are constantly trying to disrupt this defensive positioning.



At any point of a defensive possession, the players must know whom they are guarding and whom they are rotating to or helping. The player guarding the ball must know who is the next helper if the ball is put on the floor.