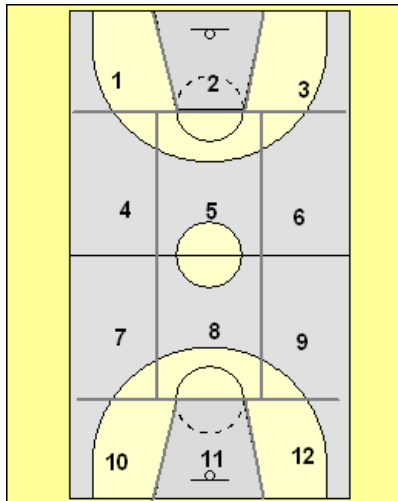


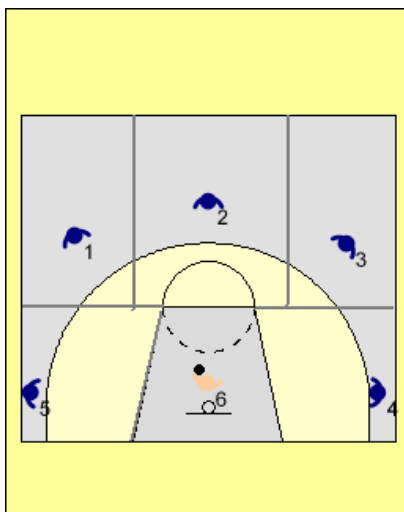
Teaching Conceptual Offence

In working with athletes at the Learn to Train and early Train to Train stages we need to continually review the basic offensive concepts. I have found through repetition that the use of a grid has been very helpful in teaching court spacing. I like it better than a spot marker since it is not an absolute. The court is divided into 12 spaces. They are not of equal size.



Use of the grid for spacing

I have found that when doing drills with these younger players they need to be able to quickly react to what the ball is doing. What follows are a number of drills that enhance the players ability to read the ball first and then their teammates and the defenders. At first the drills start in a static positioning. Once the players have mastered this we would quickly move into flowing into these spots from a non-static start. For easy of presentation I am starting all of the drills statically.

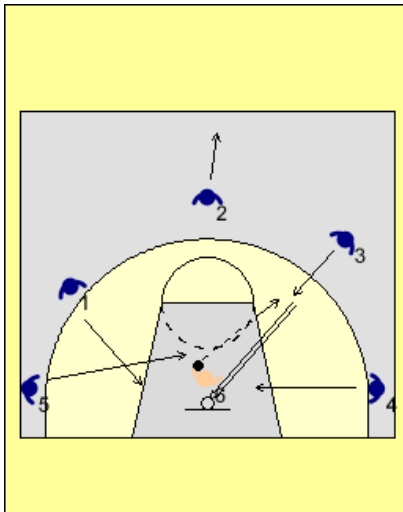


1/2 court teaching drill

Two different groups of 6 players each can be working at both ends of the floor. The players fill the six spaces with the player under the basket having a ball.

It is this players turn to lead. He/she must use a strong leadership voice to communicate to his/her teammates the action of the drill.

For this drill I am using a group of boys.

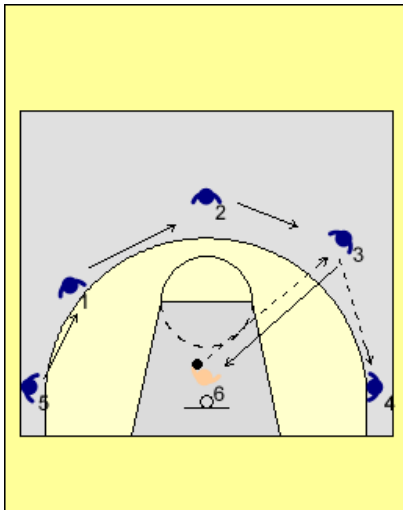


Shot

In this example, the player with the ball (player #6) would call out; "Bill, shot! (I am assuming player #3's name is Bill). Bill steps into his shooting range to receive the pass. The other players must react to what the ball does. Those below the foul line extended go for the rebound, those above become safeties.

Note: in the diagram I have shown player #2 going for a rebound. I have tried to teach players at Train to Train that we want duck and dive on the weak side for a rebound. #3, the shooter would go back as safety.

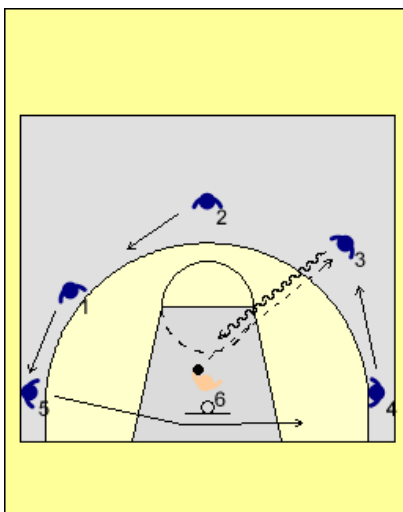
The players rotate to different spots. You can also have the players make a number of passes before the shot occurs.



Pass cut fill

Here the player with the ball would call out; "Bill, pass and cut." Upon receiving the ball Bill makes an immediate pass and cuts to the basket. The other players must read this action and move appropriately.

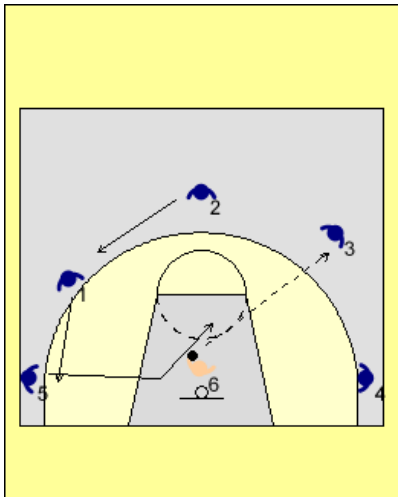
The original passer, #6 can act as a guided defender. When Bill cuts he must decide if he has an advantage and stay with a good seal or should he exit to open space. We do not want to freeze the ball.



Dribble penetration

Here the call is; "Bill, drive!" Player #3 drives the ball and the other players work on their penetration principles.

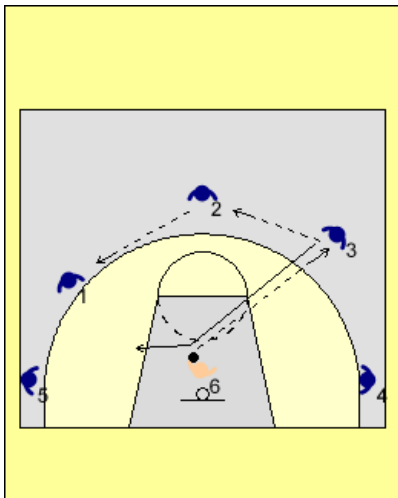
Again #6 can act as a guided defender. If he steps into a drive line the dribbler should think pass. You can also encourage multiple passes off the penetration.



Diagonal cuts

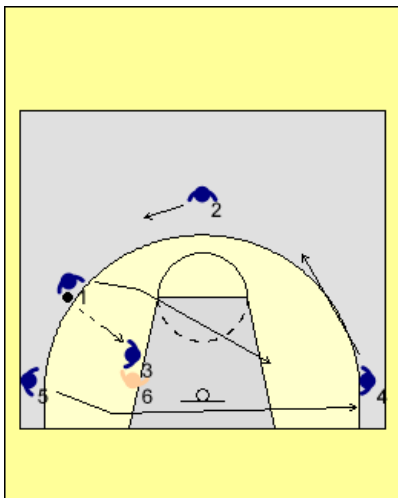
Another load is diagonal cuts. I would never add these all at once. I would start with the first three only. The call here is "Diagonal Cuts". player #5 must realize that he has an open basket and cut to the front of the rim. Notice that player #1 and #2 are moving into the open spaces. This is especially effective if the pass is made to #5 on the cut. The other reason is that #5 can exit to the open space at the top vacated by #2 if no pass is made.

Load in #6 as a defender.



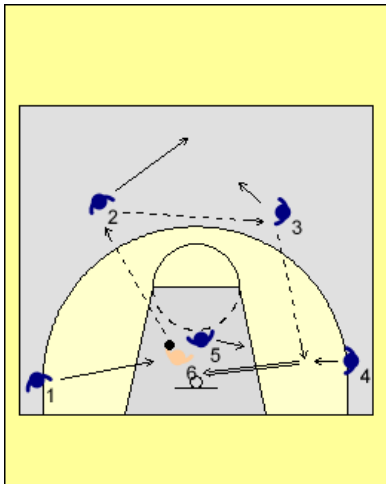
Pass cut fill to post up

At the Train to Train stage we add in a post up. The call is; "Bill, pass and cut to post up!" After passing Bill precedes to post on the other side. The remaining players must get the ball inside. They are learning who has the best angle for the pass.



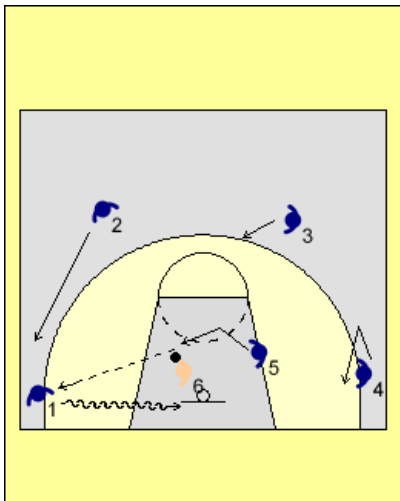
Movement off pass to a post

This allows us to work on our penetration movement off a post pass. The players must vacate the corner on the side of the post up.



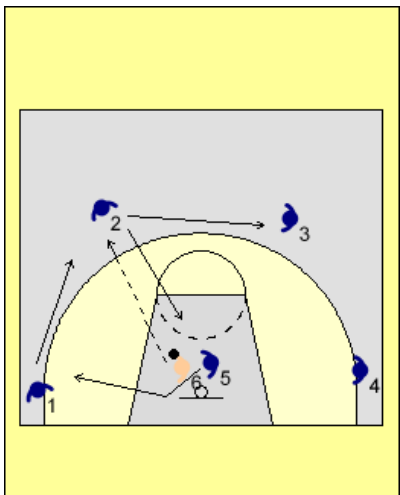
Four around one

The same concepts can be practiced from a four around one. Player #5 starts at the rim. Here the call was; "Tom (#2)two passes for a perimeter shot!". The players move the ball for the shot and work on movement for rebounding coverage.



Penetration

Here the call was for penetration. Since we have an interior player he gets to work on his circle movement in the post on penetration.



Pass cut fill none permanent post

The call was for pass cut fill. Since we are not having a permanent post player, #5 exits to the perimeter as the new cutter goes to the rim.

Load the drills

- No verbal call. The player who receives the pass can do what he/she wants. This means the other players must react to the action of the ball .

- Add in guided defenders. I have the defenders start in a line down the middle of the key. At first we play advantage where the offence has one open player. Eventually we play 5 on 5.
- Flow into the spaces
- Transition the other way. This is important because you want to see if the players can replicate the concepts done at one end to the other.