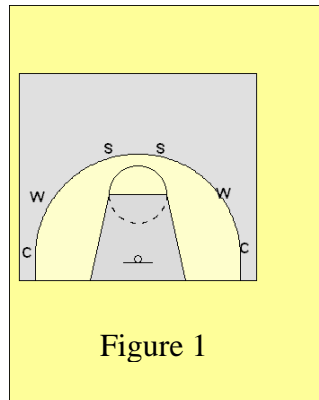


Canada Basketball Coaching Clinic

Gord Herbert – Offensive spacing and angles

Basic offensive concepts:

- Sprint cuts and fill with a purpose
- Bring speed to a screen
- Use six perimeter spots: two swing, two wings and two corners (Figure 1)



- Roll and dive the front rim when there is no help
- Post up above the block on the ball side
- Post low, parallel to the backboard on the weak side
- Use the elbows
- On penetration and ball screens 4 people are moving, no one stands. You must create angles for passes.

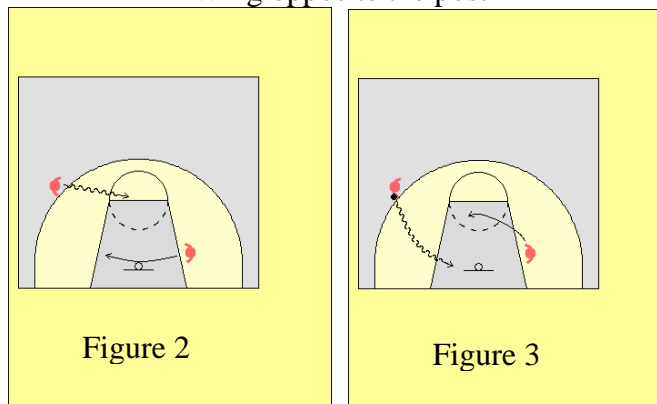
Building the drive and kick game

In all good offensives you do not want to allow one defender to guard two offensive players on the weak side. You need to create angles for passers.

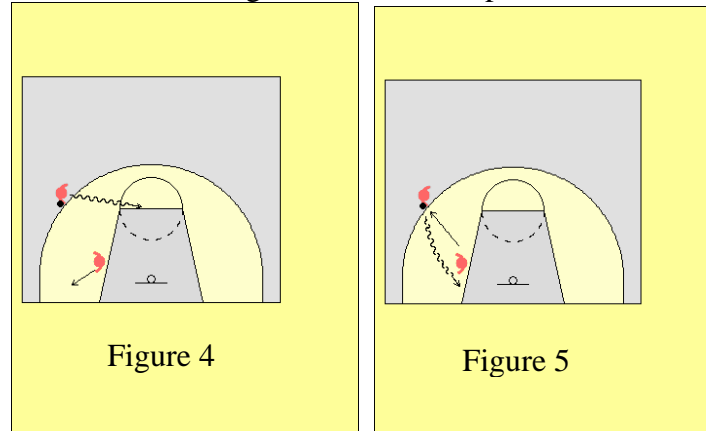
The ball must see you

2 on 0 (wing and a post)

Wing opposite the post



Wing same side as the post



It is tough for the big to catch a bounce pass on a cut to the rim. When you cut have both hands up ready to receive the ball. When the big is moving away from the basket (short corner) a bounce pass is acceptable.

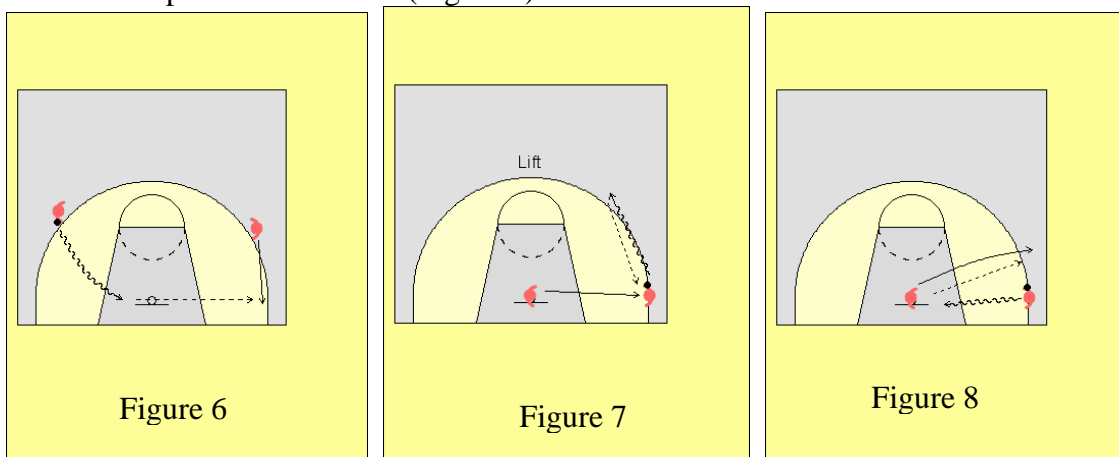
Roll with hands; cut with hands

Teaching points: When the perimeter passes the ball we want a jump stop pivot, by putting your back to the defence. Talk, call names. Freeze the defender on the drive.

Load these actions by adding guided defence and then live.

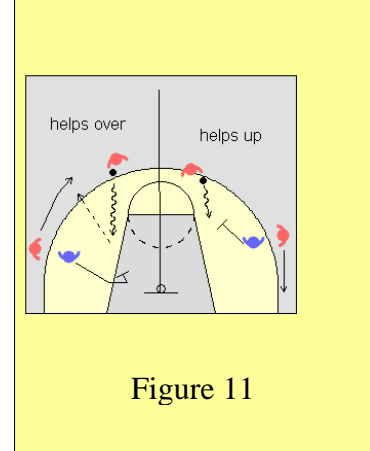
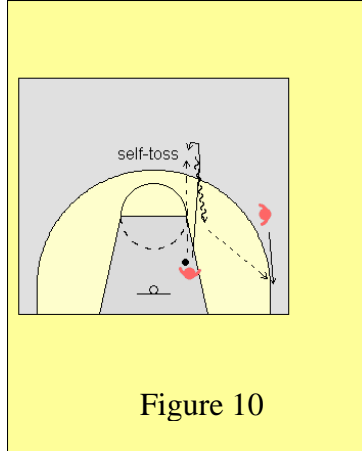
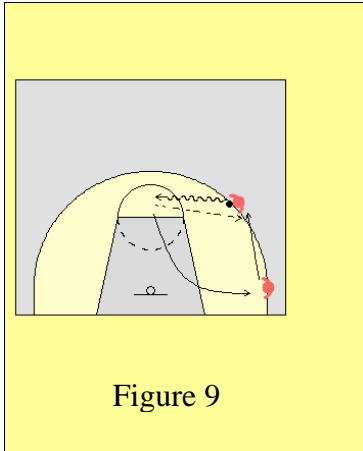
2 on 0 (two perimeters)

Baseline drive and drift (Figure 6). After the pass the corner player lifts the ball by dribbling up to the wing. The passer fills the corner (Figure 7). If the corner player drives baseline the passer fills behind (Figure 8).



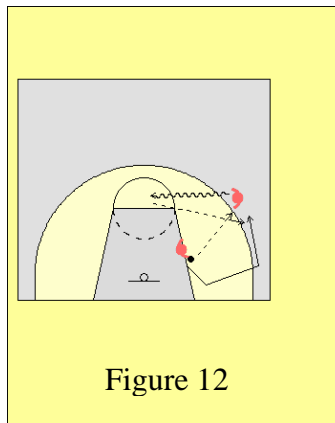
Two Kicks

One of the tendencies when practicing penetration principles is that we always make one drive, one pass and a shot. Players need to work on maintaining their spacing throughout the entire shot clock. In drills players often make the pass and stand. This is why we vary the number of drives and kicks to monitor the spacing and sprinting to fill spots after passing. Have the player lift and pass back and then sprint to fill the corner (Figure 9). It is important that the passer does not stare down his/her pass. The dribbler will have a tendency to look at the receiver when he or she has the ball. Scan the floor and attack the basket with your eyes.



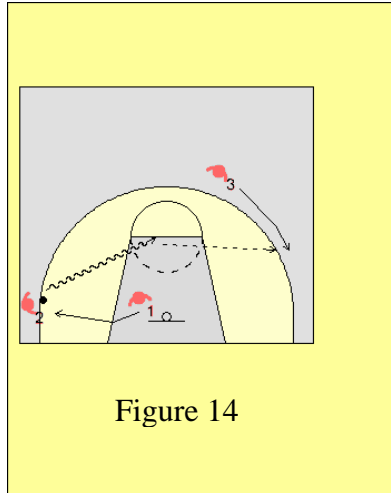
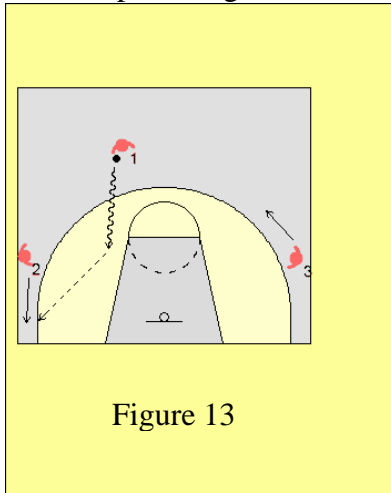
Self-toss to wing penetration

The player starts with the ball in the key, makes a self toss to the swing spot and pivots to attack the basket (Figure 10). On the top penetration the wing player reacts to the penetration by sliding to the corner. The dribbler does a jump stop and pivots with his/her back to the ball to make the pass. If the defence helps up, the wing player cuts to space. If the defender helps over, the wing player rotates up and behind the ball (Figure 11). Also work on two kicks where the passer must fill space and react to the second penetration. It cannot be emphasized enough the ability of the players to maintain their spacing and movement throughout the entire shot clock. By increasing the number of kicks before the shot you will quickly find out if the players understand and can execute the concepts. Finish by playing 2 on 2 from various positions.



3 on 0

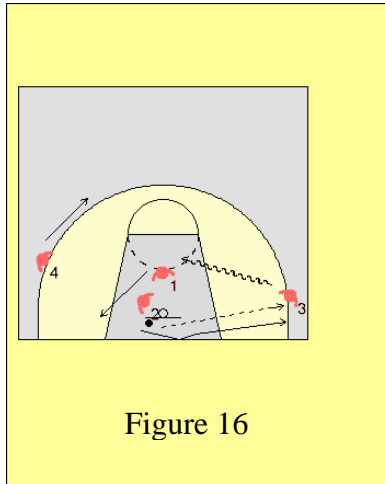
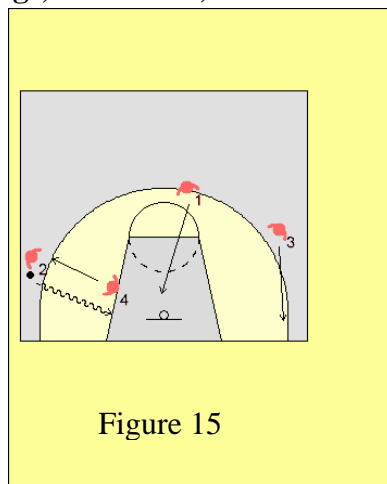
Using three perimeter players increases the movement opportunities for the players without the ball. It is best to start with two kick when using three players as it is the movement you are emphasizing.



#1 penetrates from the top. #2 is pushed to the corner and #3 is pulled to the swing spot (Figure 13) Note: when the player on the weak side, #2, does not move there is no opportunity for a pass pass. The ball will often get stuck after the initiate penetration. When #2 penetrates to the middle out of the corner #3 slides to the wing, getting in the dribblers eyes. #1 is pulled out replacing #2. (Figure 14). It is important that the players change lines. Do not let them run this as a pattern. They need to react to the penetration not memorize their movements. Load the drill by adding three kicks and then four kicks. It is also suggested that you add in pass passes. Before a second, third or fourth kick.

You also need to start to emphasize rebounding. When the shot is taken the other two perimeter player cover the two elbows. The shooter gets back as a long safety. You need to build in your defensive transition to our drills. Remember this was being done with three perimeter players.

4 on 0 (two bigs, two smalls)



When #2 drives baseline the ball side post, #4, steps out behind. #1 the second post, dives to the front of the rim and #3 the opposite wing drifts to the corner. When #2 passes to #3 in the corner the players must react to the middle penetration by #3. #1 goes to the weak side, #4 gets in the eyes of the dribbler and #2 fills the corner behind #3's penetration. Note: this is the movement for teaching purposes. All players play all positions. When there is a designated 5 man, he/she screens in after filling behind on penetration (Figure 17).

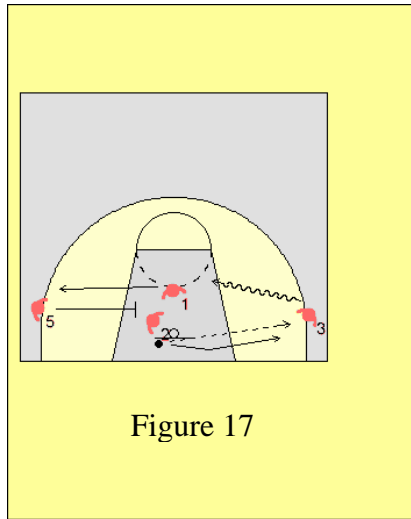


Figure 17

3 on 3

Use a games approach by modifying the rules:

- No pots ups
- No contested shots

It is important that the players understand why they are using these rules. It forces them to learn to move without the ball and increase the shooting percentage of the team. Coaches must adjust the rules of the competition to emphasize the skills that you are working on. If not players will revert back to the old habits.