Kevin Eastman, Nike Skills Development Director

General thoughts

• There is a correlation between ball reversal and defensive breakdowns
• The closer the offense is run to the rim, the more physical your screens can be – i.e., officials are much more likely to call illegal screens on the perimeter than on a flex cut on the lane.
• Mismatches don’t hurt you as much as open shots do – do not be afraid to switch screens
• Coaches are, in reality, often the Director of Ego Management, Attitude Adjustment, and Parent Control
• Repetition is not a form of punishment… it is a part of all successful players’ make-up
• Have Big Eyes, Big Ears, and a small mouth

Attributes of winning teams (relationships) – winning teams will have 3 of the 4.

• Do the players like the coaches?
• Do the coaches like the players?
• Do the players like each other?
• Do the coaches like each other?

Six components to effective skill development

• Practice at a rate faster than or equal to a game
• Understand that improvement is a process
  o Need effective practice and must be in condition
• Eliminate work-out killers: fatigue & boredom
• Have a written work-out plan
• Work on 3 areas everyday: conditioning, dribbling, shooting
• Theory of “2”
  o Coach can show any skill in 2 minutes
  o 2 weeks before player is comfortable with the skill (working every day)
  o 2 months before player is ready to use skill in competition (working every day)

4 MUST-haves in a workout

• Weak hand development
• Footwork & Balance: “eyes make lay-ups” / “feet make jump shots” *(I disagree with the latter)*
• Practice playing through contact
• Practice shooting while contested – work on concentration / focus on rim and release
  o Simple hand-up contest
  o Foul just after or on release
  o “Anything goes”

6 Fundamentals of a Shooting Work-out

• Catch & shoot
• Cut, catch & shoot
• Shots off the dribble

www.mensbasketballhoopscoop.blogspot.com
- Perfect form in all shooting drills – feet / keep follow thorough until ball hits the rim
- Contesting shots
- Game shots from game spots at game speed

9 teaching points
- Basketball is a game of inches – footwork is VERY important
- “Pound the basketball.” – the ball is in your hand more and players can do more with the ball because it is in their hands more
- It’s a shoulders game – get your shoulder below his and you’ll be quicker and more explosive
- Play the game “low to high” – the only time a player should be “high” is on his release or rebound. Don’t play high-low-high.
- Going past a defender – shoulders should be at the defender’s hip level
  - Foot first, ball second. The feet give the advantage, the ball creates the separation
- Find your feet on every shot (*I don’t really know what he means by this...?*)
- Use your eyes more – shot fakes, jab steps
- If your shoulders are even with the defenders – be a cutter not a screener. As soon as you see the back of a defender’s head, go to the basket.
- Be ready for the next play – always be in the ready position when you don’t have the ball

Series of Chair drills for individual improvement

Hard crossovers to lay-ups
- Lines on both sides of the floor
- Hard dribble past the 1st chair, hard cross-over and drive to the basket – work in different finishing variations
- 2nd time, cross-over after the 2nd chair and then move to the other side of the floor

Intensity lay-ups
- Chairs are placed at the elbows with a ball in each
- Shooter starts under the basket, he sprints around a chair grabbing the ball (taking a dribble if necessary) and making a lay-up
- Player then moves around the 2nd chair while his partner replaces the ball in the 1st chair
- Players can also go around the chairs from the outside and work on making lay-ups on the opposite side of the rim

1-on-1 warm-up drill
- Player in the outside line starts with the ball, the player in the inside line is the defender
- Both players sprint around the chair (offensive player dribbling) and then play 1-on-1
- Defender is focusing on closing out after defensive transition; goal is to stop the offense before the 3-pt line
- Offensive player on penetration and finishing at the rim
- Chairs can be put as close or as far away to include full-court.
- Put the defender in the middle with two offensive players on the
wings and 3 chairs at half-court and this can easily be expanded to a 2-1 transition drill.

2-Chair jump shooting drill
- Ball on each chair
- Player begins at top of the key, takes a jab step away and then cut to the opposite chair (angle the chairs slightly away), pick up the ball (focus on staying low) and shoot at full speed.
- Sprint back to the top of the key and repeat to the other side
- Partner rebounds an replaces the ball in the chair

Work on wheel footwork
- Same drill as above; however have player cut past the chair and then spin or “wheel” into the middle of the lane for a 12 foot full speed jump shot
- To add difficulty to either drill, have the coach grab and push the shooter so he has to fight through contact to get to the ball.

Quick post drill
- From closer chairs (1), players shoot continuous baseline or middle jump hooks
- From the outer chairs (2), players execute continuous drop step power lay-ups
- Partners keep putting balls back on the next chair
Vivian Stringer, Rutgers University, “55 Press” – the press is basically a Diamond or 1-2-1-1 press with some match-up principles

“55” Rules
- Do not trap in the middle of the floor
- Must allow the opposite team to give you the ball
- Do not steal in traps; steal in flight
- Team must understand what the press will yield. Forces other teams to have 2-3 good ball handlers; won’t always get steal – often looking to apply pressure and force bad shot selection by the opponent
- Must be able to contain/control the dribbler to force action
- Must be able to set traps correctly

Roles
- 5-man is aggressive on the ball; objective is a deflection, steal, lob entry pass, or bounce entry pass – do NOT allow direct chest pass – trap the first pass inbounds
- PG immediately retreats to half-court for defensive floor balance and picks up deepest person running back in the middle of the floor; he will become the back man (or thief) in the diamond after 4 recovers
- 2 denies the closest player to the left of 5; deny, deflect, intercept
- 3 works from inside of his zone out looking for offensive players; 3 does not allow a pass into the lane and he does NOT go outside of the lane; he is responsible for anyone flashing to the ball from half court
  - As the inbounds count gets to 4, 2 & 3 should move harder into denial efforts looking for a 5-count
- 4 sprints back as the deep safety; as 4 gets into defensive position, 1 moves forward as the back of the diamond press.
- 1 becomes the “thief” – always behind the trap; 1 never gets in front of the 2 & 3 players
- In a 1-4 offensive alignment or if a player flashes ball side from half court; 1 will deny through the middle up to the top of the key and then bump off to 2 (or 3); 1 does not ever get in front of 2 or 3.
- If the in-bounder runs the baseline then 2 & 3’s responsibilities switch.
- After the first trap, “55” works the same as most normal 1-2-1-1 or Diamond full-court presses.
- If ball is passed up the court or a trap is broken with the dribble then the press is beaten … “House is on fire!”… 1 / 2 / 3 all sprint to the top of the key and match up – one of them (likely the 1) must stop the ball; 4-player (safety) will move to defend the ball side block; 5-player defends the weak-side block as he/she recovers in defensive transition

Drills: Stress exactness of footwork

Basic Defensive Zig-zag drill:
- 1st - hands behind back, key: keep the head on the ball and not on the middle of the ball handlers body.
- 2nd - dig with “close” hand to challenge the cross-over dribble
- Focus on the angle of the drop step so as to not offer the ball handler a lane down the floor; also don’t stand up on the drop-step
• Touch the floor on change of direction to reinforce staying low

Trapping drill (variation on 2-1 trapping)

• 3 players line up along the mid-post, coach rolls/passes ball to one of the players, the other two must sprint, control the ball handler and trap him once he picks up his dribble
• Teaching point – when the ball is in the middle of the floor two defenders should play it “FLAT” and look to close out the pressure and trap as the ball handler moves toward the sideline. Do not trap in the middle of the floor…
• As ball moves to the sideline, defenders look to “seal” the ball.
• Top player closes off the sideline
• Backside player closes off the backside so player with the ball can’t reverse pivot effectively
• Trappers mirror the ball, they should not move their bodies once the trap is set – do NOT REACH
  o Don’t close the floor until you reach the sideline

2-on-1 Warm up Drill: Lines under the basket and on each sideline. 3-man passing drill out to half-court (don’t short change the drill); middle man must get above the top of the key and then 2-1 coming back – same drill we use in our pre-game warm-up.
1-on-1 drill – same as the Kevin Eastman drill using chairs
  • Sprint, recover, defend
  • Offensive finishing drill as well
  • Objective: pick up the ball handler BEFORE the 3-pt line and then control his/her penetration (great try-out drill…)

www.mensbasketballhoopscoop.blogspot.com
**Jim Les, Bradley University** – Transition Offense – runs a point-driven break

- Transition teams must be able to create a separation advantage in their 1st two steps
- Focus on transition from the rebound to the transition offense
- If you want to run, must get buy-in during pre-season conditioning
- “If you defend, contest, & rebound, I’ll let you run…”
- Always tells each individual on his team the 3 most important things that individual can do to help the team reach its collective goals.
- Team goals – keep them to a limited number. Try to give them a visual component/reminder within the gym / locker room.
- Motion principle – never want the two post players on the same side or on the same plane (both hi or both low)

On the rebound

- 2, 3, and 4/5 are in a dead sprint to **half-court**… then find the ball
- PG to the ball side outlet; PG looks to hit open player on other side of half court
- Non-rebounding post player (“Rim Runner”) sprints directly to the front of the rim and posts in the lane
  - At Bradley, the Rim Runner has been the leading scorer 4 years in a row
- If the wings are on the same side of the floor, they both sprint that lane and the 2nd player communicates and pushes the 1st player through to the opposite wing
  - 2nd wing often open for a jump shot

- If the PG pushes the ball with the dribble he must change sides of the floor – right. (Quin Snyder uses the term “Cross Main Street”)
- Should a wing get the rebound (not pictured)
  - Other wing runs the side of the floor he is on
  - PG to the ball-side outlet – if the player running the wing is opposite the PG, the PG will usually “cross main street”
  - Pre-designate with the 4 & 5 who is the Rim Runner and trailer

**Secondary break:** series of read & react options
• 1st option is always the Rim Runner working for post position in the lane (above left) – otherwise look for ball reversal through the trailer
  o Wing (2 in the example above) should move toward the baseline after hitting the trailer to set up next cut
• On ball reversal – 2 primary options
  • 1) trailer and point guard set a staggered screen for the wing (above middle)
    o Post player reads the action and moves ball side for 2-man game
  • 2) trailer follow his pass for screen & roll (above right)
    o Post player reads the action and moves to the opposite block for spacing and passing angles
    o PG still screens away to occupy defenders and free up possible kick out for a 3-point shot

• Skip pass – if the wing skips the ball to the other wing, the trailer and the PG should move directly to the staggered screen rather than the trailer attempting to set up screen & roll action.

• On wing baseline penetration
  o Rim runner moves to ball side elbow to create space for the penetration and a possible short jump shot on a pass
  o Opposite wing drops to the baseline for “3” shot – this is great option
  o PG follows to serve as a safety valve
  o Trailer dives opposite looking for offensive rebound

• On wing middle penetration
  o Rim runner pops to short corner looking for short jumper or a catch and 1 dribble power move
  o 3 reads his defender and spaces opposite for a penetration and kick
  o Trailer, especially if he’s a shooter, also looks to create a penetrate & kick passing angle

• Advanced option on ball reversal – “Baseline” call
  o Trailer and PG set the staggered screen for the wing as the Rim Runner posts ball side
  o After screening, the PG sprints off the post player to the ball side corner for possible jump shot
  o Creates a strong side triangle and a variety of Motion-type options
• Bradley looks to push the ball in transition on both misses and makes
  o On misses, the best action is the Rim Runner
  o On makes the best action is to push and probe with dribble penetration
  o If the defense attempts to pressure the PG (right) the 4 serves as a pressure release (that is always the 4s first look before continuing as the Rim Runner)
  o 5 in bounds to 4 who looks to hit the PG on the run looking for a 3-2 situation or opportunities for the PG / wings to dribble attack
Dave Leitao, University of Virginia – 3-out / 2-In Offense. His Motion offense is really a series of plays that all end in a 3-out / 2-in alignment allowing the Motion to run another play/cut

- Offense has 5 base cuts (Away, Corner, Chase, Swing, & Shuffle)
- All three perimeter players must be able to initiate the offense so that the Motion can move directly from one play/cut to the next
- Coaches have more control in this offense than a true 3-out Motion
- Players have the freedom to “read and react” but the coach controls the Action
- Must teach the players how to read defenses
- Within the 5 “cuts” the coach can incorporate flare, flex, screen/roll, down screens, hi-lo and post isolation options.

**Away**

Cuts must be executed at full speed / sprint
- Gain momentum in the offense and force the defense to move a faster rate
- Post isolation as the 1st option (above left) as the opposite post flashes high
- Rapid ball reversal (middle) offers great post up opportunity for the wing
- Following “shuffle cut”, staggered screen for shooter coming to the point (above right)

If jump shot on point not available, wing player comes off a second series of staggered screens to the corner (above left)
- Both post screeners can look for duck-in opportunities after screen (3 could also pass the ball back to 1 for a post up option for 4)
- Block to block screen for final low post option (middle)

Away with “Push” – for a good perimeter shooting post player (above right)
- On ball reversal, instead of 2 coming off the back screen by 4, 4 steps out to set the screen and then changes direction and flashes to the ball while the wing player (2) becomes the first screener in the staggered screen for 3 coming to the top of the key
- 4 will then become the shooter off the next set of staggered screens to the corner
Corner (great play for point guard coming off of a screen)

- 4 has jump shot / 1-on-1 opportunity or hi-lo action to 5 cutting in front of the rim (middle)
- 2-man post game on ball reversal (right)
- Staggered screen for PG – point needs to read 2nd screen (curl, bump, or straight cut)
  - catch the ball as a player
- 4 can “slip” the 2nd screen looking for a back-side lob or skip pass

Swing

- Starts with a pass to the wing, UCLA cut and a post up opportunity for the PG (above left)
  - Opposite wing moves to the opposite block below the post player
- Screener (5) then steps out and sets an on-ball screen & roll with the wing while the point guard comes off a double screen to the other wing (above middle)
  - PG reads defender to determine if he straight, bump, or curl cuts
  - 4-man could also duck in if his defender helps over the screen
- If there is no shot opportunity, ball handler (3) MUST keep his dribble alive
- 2 comes off of the roll man’s screen looking for a jump shot or a post duck-in (above right)
- If nothing, the offense has been reset for the next cut/action

Options on swing (not shown – but assume action begins to right as shown above)

- You can also begin “Swing” with a dribble push entry so that the PG runs the screen & roll with the post player who cuts to the elbow and then steps out – 3 would come off the double screen opposite (timing of his cut is very important to coincide with the screen & roll)
- If you are having difficulty getting the screen set because the defense is pushing the screener too high, start with a block-to-block screen (5 screening 4) on the pass to the wing to loosen up the defense. PG will simply cut (post player won’t be there in time) and the post player (4) moves directly to the screen & roll action
- “Pop” option for a 3-pt shooting post player (really a whole new play). Dribble push entry with 3 cutting to the opposite corner: ball side post player (5) cuts to the top of the key while opposite
post player (4) set the screen & roll. Trying to force 5’s defender into an uncomfortable help position… if he helps on 1’s penetration off the screen, 5 should be open for the 3-pt shot.
  o If 1 passes to the shooter, hi-lo option for 4 and an automatic backdoor by opposite wing (2) with 3 replacing from the corner to the wing
  o On ball reversal, you get the interior triangle (screen the screener) action: 2 screens for 4 coming to the post and 5 screens the screener for 2 coming to the foul line / 3-pt line

Chase

- PG starts in one direction then reverses direction to hit wing cutting to the foul lane extended
  o Teach the point guard to keep his dribble alive
  o To keep defense honest, have PG occasionally look to penetrate on the reverse dribble
  o 1 or 2 dribbles max – don’t get too wide
- On pass, 3 comes off of the low post screen reading his defender -- curl, straight, fade cut
- 4 reads 3 -- ducks in if he straight or fade cuts; fades to the short corner if the wing curls
- Opposite post player (5) steps up and sets a flare screen for the PG cutting to the wing
  o If 5’s defender plays too high, 5 can slip the screen and dive to the block area
- Generally, 2 is looking at the flare screen 1st (PG or 5-man need to be WIDE open) then looks for 3 coming off of the low post screen
  - If nothing occurs, 5 turns and re-screens for 1 looking for an elbow jump shot or 4 diving to the low block.
  - If no scoring options is created, 2 calls the next cut (all 3 perimeter players must be able to initiate the offense) and the motion offense continues

Shuffle

- Basically, this is a flex-cut offensive option
• 5 flashes for entry pass from the PG (left)
• 5 look sot hit the flex cut (2) or the screener ducking-in (4) – especially if the cutter goes below the screen (middle)
  o Post players must be able to pass under pressure
• Action can continue in the normal flex action with 1 setting a down screen for 4
• Different option is to pass directly back to the PG while the post player (4) looks to establish great low post position (right); on the pass 5 down screens to bring 2 to the foul line / top of the key for jump shot or next Motion cut/action
  o It is important to teach both the post and perimeter players how to read the defense and react to each other
Geno Auriemma, UCONN, Hi-Post Offense… You could not run his offense after listening to his session. Didn’t really give you an intro to the high post offense, rather simply hit on several points and talked about certain cuts, actions, and plays within his high post offense that coaches may be able to incorporate into their offenses.

- Auriemma emphasized focusing on 3-person or 3-on-3 breakdown situations
- Strong proponent (difficult to guard effectively) of dribble hand-offs
- Basketball is a 1-on-1 game – “Can I beat my man whether I have the ball or not…”

![Diagram of cutting angles](image)

- Screening angle – screener’s back should be to the ball
- Screen a spot not a player
- Cutters read the defense – curl, bump, backdoor, straight (see left)
  - On a curl cut – cutter can grab the shirt of the screener to make a tighter curl
- Screener should also look for opportunities to “slip” the screen if his/her defender helps out

Set play --

![Diagram of set play](image)

- First look is 3 cutting backdoor (top right), if backdoor isn’t there opposite wing (2) cuts through to the ball side corner while 1 screens down for 4
- On pass between the post players (middle) 3 steps up to set a back screen for 5 who reads the defense to decide whether to cut in front or behind the screen
- If 4 swings the ball to the wing, screen-the-screener action as 4 screens down for 3
  - 3 can cut hard to the point for a 3 or bump the cut for a skip pass and jump shot
  - 5 looks for strong post isolation in the low block
  - 4 can slip the screen and dive to the weak side block for a skip/lob; if the defense switches, 4 should roll to the low side block and the ball reversed to post up the mismatch

Zipper shooting drill

- 3-player shooting drill; coach or 2nd player will also have a ball
- After screening, 4 posts strong for one pass
- Coach or player will hit the wing for the jump shot
- Could also add a next step: 1 passes to 2 an d4 steps out for a back screen and pop (Coach should be near the elbow); player hits the cutter and coach hits the pick and pop for the jumper

www.mensbasketballhoopscoop.blogspot.com
40 Series Entry

- Above left: UCLA screen and pop out for possible jump shot or guard post up
- Middle: UCLA screen followed by an immediate re-screen for guard coming back out for jump shot; after 2nd screen the post player dives to the low block
- Right: UCLAS cut, then the guard turns around and screens for post player rolling to the low-block and the guard pops out for possible jump shot
- 4th option to discussed – Guard can bump the initial screen for a jump shot and the post player dives to the block (similar to middle above but quicker hitting)
- This is very similar to the “Princeton” openings I ran last year out of a 2-3 high set.

- The whole series above can also be entered after a dribble hand-off
- A great way to create a post up opportunity for a wing on the UCLA cut to the right

- Back-door counters – through the high post
- Wing cuts backdoor before the dribble hand-off (far right)
- PG cuts back-door after the dribble hand-off (near right)

3-man transition drill:
- Player in the middle (1) passes to the wing (3); 3 takes 1 dribble and makes a diagonal full court pass ahead to the other wing (2) sprinting the lane for a lay-up
- 1 sprints the floor and catches the ball before it hits the ground and outlets to the shooter
- After his pass; 3 sprints around a chair/cone in the opposite corner
- 2 takes 1 dribble and hits 3 running the opposite lane for a lay-up at the other end.
Sylvia Hatchell, UNC – Basically, a waste of an hour. She did make three interesting teaching points and demonstrated one drill that might be worth trying.

- When a ball handler is dribbling under pressure or looking to attack, the player’s hand should always be below their elbows. (Concept goes hand in hand with “Pound the Ball”)
- In passing drills, focus on getting rid of the wind up when passing. Work on quick ball movement. Partner passing drill to the right works well but most 3-man passing drills (such as 3-man weave) will also work. Highlight the same teaching point. – keep the ball out in front of you, don’t bring it all the way back to the chest before making the next pass
- In stationary partner passing drills – really focus on staying in a low/athletic stance and extending on the pass (the rear knee should almost be touching the floor)
- Execute our 3-man / 2-ball Rotation shooting drill but have the players stay within the lane – works on elevation, a quick release and touch on the short and often difficult 8-10 foot shots in a game

Joe Scott, Princeton Offense – talked a great deal about the amount of time Princeton spends practicing lay-ups and how to read the defender on perimeter screens, but very little about the intricacies, and especially teaching fundamentals, of the Princeton offense.

Concepts:
- Sprint to set up screens
- Princeton preference for back-cuts not front cuts as they are more likely to draw help defense
- Fundamentals are the great equalizer… Your team only has to be athletic enough.
- Ask each player – are you selfish or selfless…
- Princeton spends more time working on lay-ups (all types of lay-ups: reverse, floaters, runners, hook shots, etc.) than any team in the country.

Star Passing Drill
- 2 minutes every practice
- Works on 2-handed snap passes (quickness with the ball – don’t wind up)
- Passer follows his pass to the end of that line
- Receivers should be moving toward the ball as they catch it.
- Possible to do the drill with 2 balls (communication)