

Guard Development (Quicks)

Our guard development is based on our team philosophy. We do not want to turn the ball over. We want possession of the ball. Teach simplicity with detail. We focus on developing the skills needed to be an offensive threat every time you catch the basketball.

Concentrate on the simplicity of the square up, passing and catching, and the ball movement to get a great shot.

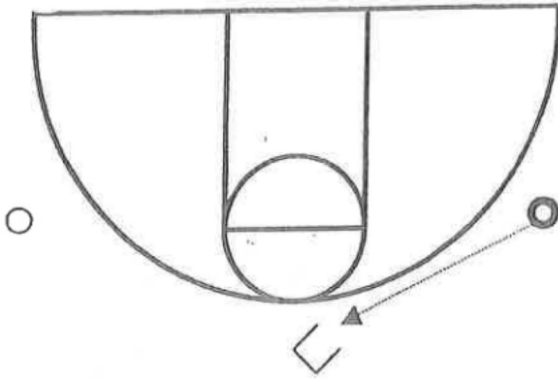
Put players in a position to be successful.

Offensive Development

- *Passing*
 - Outside Hand. Chest passes – no bounce passes. No pass across the split line.
- *Catching*
 - Jump Stop / Square Up / Front Pivot.
- *Screens*
 - Sprint your screens...Sprint your cuts.
- *Cuts*
 - Change pace. Art of Peek-a-boo. Using the elbows.
- *Post Feeds*
 - When? Use of pivots and long dribble.
- *Ball Movement*
 - Why? Shot selection. Time spent not playing defense. Wear out opponent.
 - Square Ups
 - Deep Reversals
 - Rip Pivots
 - Playing in the last 10 seconds of the Shot Clock
- *Shooting*
 - Footwork – Balance
 - Pivot Foot – Ability to use both feet
 - “Shooting the line” – Lock the Snap – Cut the rim in half – High Elbow
 - Over the top
 - Practice shot - Getting enough shots up - Quality vs. Quantity - Shooting from the chair
- *Ball Handling*
 - Separation
 - Head up
 - Change Pace

DUNLAP MIKE 100
@LOVOLA.COM

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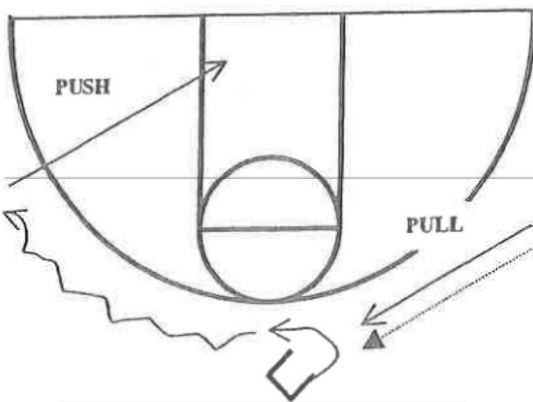
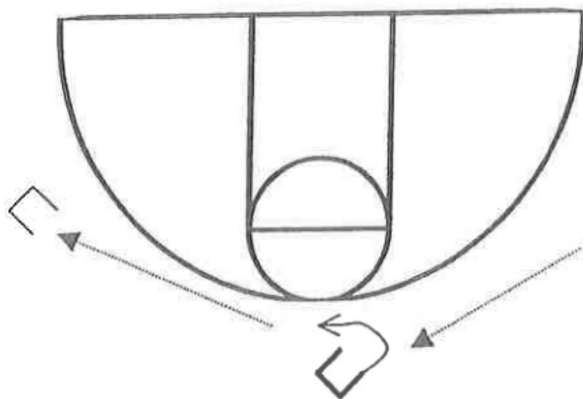


3) Rip Pivot & Push-Pull How?

- a. Top of key receiver jumps through the pass, rips his right foot across the defender's face, and passes the ball to opposite wing position.
- b. Or, he rips the pivot and dribbles the wing out & pulls the other wing. We call this the "push-pull" concept.

Why?

- a. Jumping to the pass shortens the pass, establishes a solid base (balance), and sets up the rip pivot, which allows the offensive man to protect the ball and get more snap on the pass.
- b. Push-pull concept emphasizes the cut-n-replace action, or when one moves, we all move.



Emphasis:

Long dribbles off strong pivots after you jump stop to catch the ball. This is a big piece of our offense so the concept must be understood by all.

5) Screen on ball dribble

How?

c. Receiver fakes away from screen when both feet hit the ground by screener.

1. Dribbler comes off screen "shoulder to hip," throws the ball out & chases it: we want a long & low dribble.

2. Should the screener sprint his screen the hedge or trap becomes very difficult to execute.

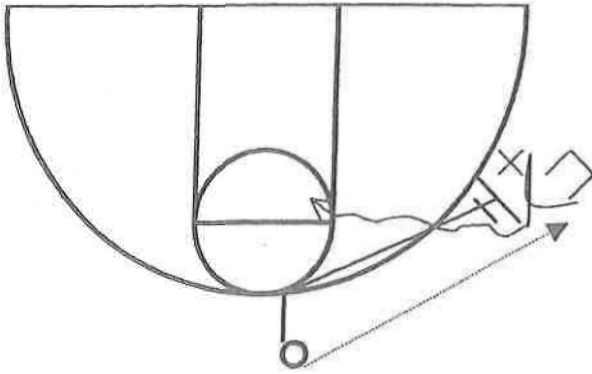
3. The other dribble technique we use is a short dribble & long dribble as this is most effective versus traps or hedges. *Splitting the hedge/trap takes a special guard. Hence we do not work on this.

Why?

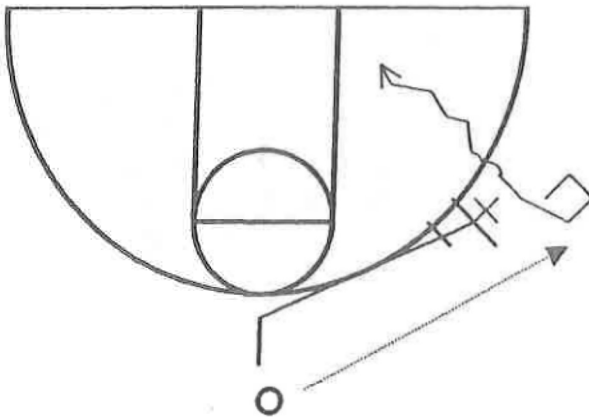
a. This action is usually executed poorly because the dribbler abuses the dribble by using short dribbles or not setting his defender up with a ball fake away from direction that screen will be set.

Emphasis:

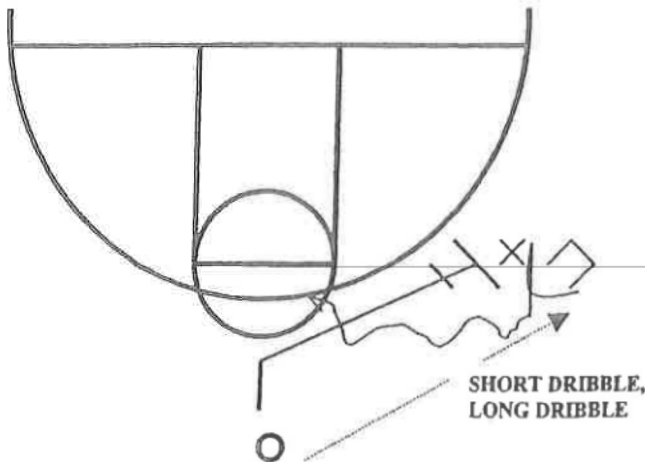
Be late not early with long dribble & taking what the defense gives you- screen and roll action, for example.



OR



OR



7) 2 Balls

How?

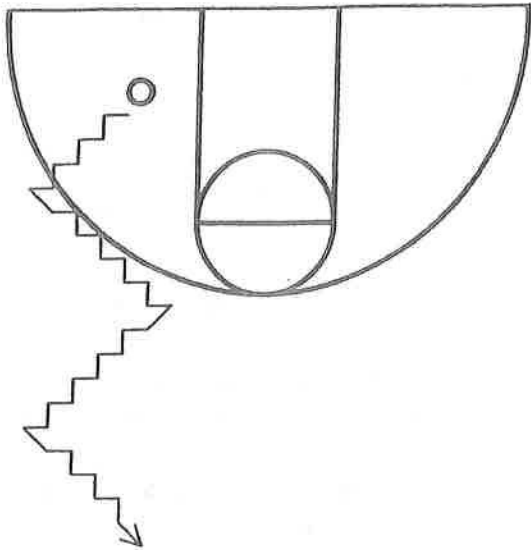
- f. Simply dribble the balls in your right and left hand. This forces the dribbler to concentrate.
- g. You can use the zig-zag pattern, or the V back pattern.

Why?

- a. Forces dribbler to use both hands and will help develop ballhandling skills with either hand.

Emphasis:

Controlling the balls as you move down the floor, with head & eyes up, in a quality defensive stance position.



2. Keeping your position is more difficult than getting your position.
3. Body balance is the key. Wide feet, low butt, showing "big hands" are a must.
4. If you just told the post player to get position, go catch the ball, and take it to the rim quickly, you would have something special. **DO NOT** take the aggression away from this position.
5. Sequence your teaching. In other words, teach a few moves and slowly introduce competition when teaching basics. However, you can do just the opposite. Put the player in a competitive situation for a certain time so you can see his favorite move under pressure and then break it down from there.
6. The most difficult post players to defend are the ones who just get-it-and-go no questions. Think about it, Why? Never suffer fool's doubt and they are not thinking five different things when they get the ball. A player can't do this each time, yet there is a point being made here.
7. The post position must be able to catch the ball. The perimeter player will not pass him the ball otherwise. No matter what the coach says. The law of the jungle. Hence, teach the bigs how to catch a ball – this is an art.
8. *Passing.* If the big cannot make the easy pass back out he will not play. We work too hard for the ball and we must teach him the easiest way/read first and work from there. We work off a "look" system (e.g. "Look A"= back out to passer; "Look B"= ballside elbow; "Look C"= opposite elbow; "Look D"= net).
9. *Dribbling.* One or two dribbles - that is it. If they are bad at it we **DO NOT** let them dribble at all. Why? Freedom and responsibility are twins.

C. Defense

1. *Smarts and guts.* If we get beat down there – we lose. We teach one on one denial, in one form or another. Also, we help by trapping from different spots.
 2. *Hands and feet.* The hands must be out at all times. This allows the post defender to ward off screens, or the advances of the offensive man he is guarding.
 3. *Vision.* The post defender is on night watch. There are snakes out there and we must be on the lookout constantly. My hands and feet have eyes. My feet put my eyes in position to see and my hands help me see what I cannot.
 4. *Cut across your face.* This is bad. We make you go behind us. We do not let you cut across our face – this is bad as it breaks the "Ball – You – Man" principal. Think about this.
 5. *Jump to pass.* All Problems with defense start with this area as basketball is getting or taking position. If I let the ball guide me (e.g. jump to all passes) I can prevent many accidents.
 6. *Fouling.* This is a fact. Do it hard and we do not accept three point plays.
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