

2009 EMUS SQUAD
TUESDAY 23rd JANUARY – PRACTICE SESSION 1
9.00am – 11.30am

9.00 – 9.15am Warm up and stretch

9.15 – 9.20am 3 on 2 to 2 on 1

9.20 – 9.30am Mass defense

- hand pressure
- gap
- dead
- drop step and slide
- 1 on 1 no dribble
- 1 on 1 (2 dribble)

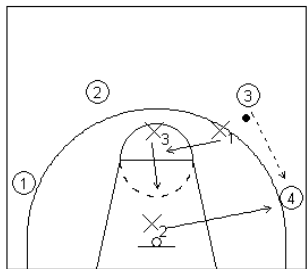
9.30 – 9.40am 1 on 1 (wing and point)

9.45 – 9.52am 1 on 1 lead denial

9.52 – 10.00am 2 on 2 close out

10.00 – 10.07am 3 on 3 pass and cut

10.07 – 10.30am 4 on 3 Top/Bottom I

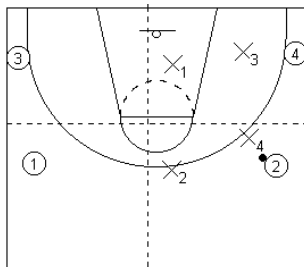


High/Low Split

Ball is reversed by the offence. Defence rotates according to the “closest player” rule whilst maintaining a high split and low split at all times. Athletes must communicate with one of the following calls “ball” (when guarding the ball) “help high” when at the high help position or “help low” when at low help position. When coach says play 3 v 4 with one dribble

10.30 – 10.50am 4 on 4 Shell drill

- skips
- pass and cut
- live

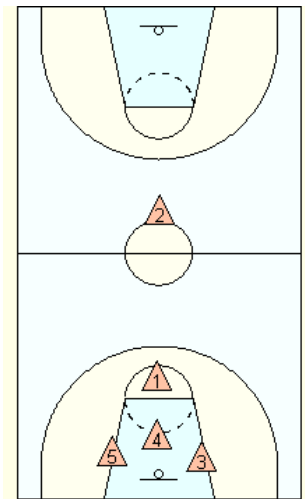


Defensive Positioning

Ball is reversed around the perimeter with defensive players adjusting according to correct team defence positions
 Offence one pass away from the ball – Denial stance
 Offence two passes away from the ball – Help high
 Offence three passes away from the ball – Help low

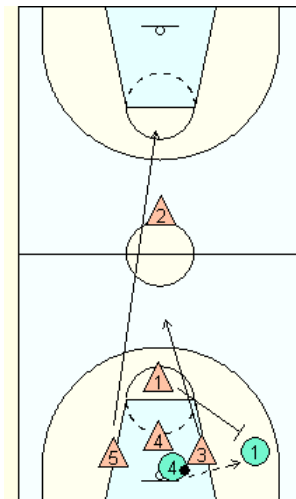
10.50 – 11.05am

Transition Defense



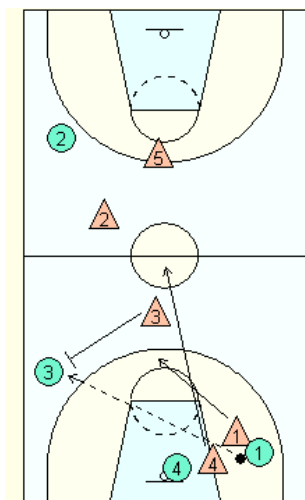
Positions to be filled on every shot

- 1 = dog
- 2 = safety
- 3 = wing
- 4 = ball man
- 5 = basket man



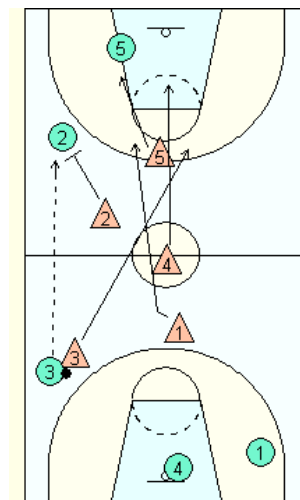
First pass

- Ball man** pressures rebounder/inbounder
- Basket man** and **rebounding wing** sprint on loss of possession
- Dog** gets to first pass to pressure ball
- Ball man** plugs the middle behind the dog
- Basket man** sprint to opposite end foul line
- Safety** man needs to cover any runners



Second pass

- Rebounding wing** gets to pass receiver
- Ball man** must be in the hole
- Dog** sprints to line of the ball
- Safety** adjusts according to offensive spacing
- Basket man** sees the floor and communicates



Third pass

- Safety** gets to pass receiver
- Dog, rebounding wing** and **basket man** recover to line of the ball
- Everyone must be matched up on a player when the ball crosses half court

11.05 – 11.20am

5 on 5 up and back

11.20 – 11.30am

Stretch

TUESDAY 23rd JANUARY – PRACTICE SESSION 2

3.00 – 5.00pm

3.00 – 3.15pm Warm up and stretch

3.15 – 3.20pm Full court passing, catching, dribbling, shooting

3.20 – 3.35pm 1 on 0 Offensive perimeter moves (from a pass)

Lead, inside foot, catch and shoot

Lead, outside foot, catch and rip baseline

Lead, outside foot, catch and drive at the elbow

Lead, outside foot, catch and drive to basket

Lead, outside foot, shot fake 1 dribble pull up

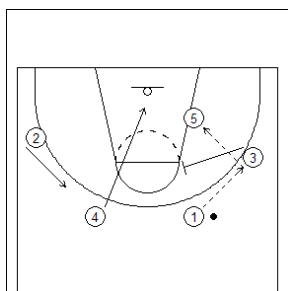
3.35 – 3.45pm 1 on 1 from forward lead

3.45 – 4.00pm 1 on 0 Post moves from low post

- Drop step baseline power lay up
- Drop step middle hook shot
- Drop step base / middle and counter move
- Catch, face and shoot
- Catch, face, and rip baseline
- Catch, face, drive fake base and drive middle

4.00 – 4.10pm 3 on 3 from low post (off a turnout/screen etc)

4.10 – 4.20pm Post entry and cutting rules

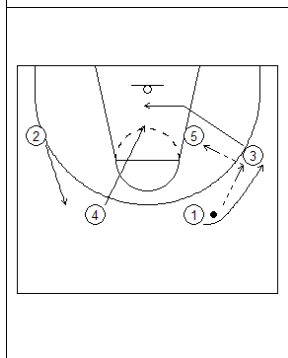


If post is below the block:

Wing pass to post and screen elbow

Trail big 4 cut hard to ring

Opposite wing 2 lift up



If post is above the block:

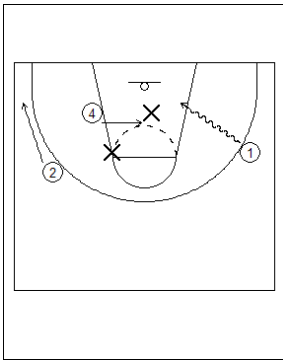
Wing pass to post and cut baseline

1 wraps and fills in around 3

Trail big 4 cuts hard to ring

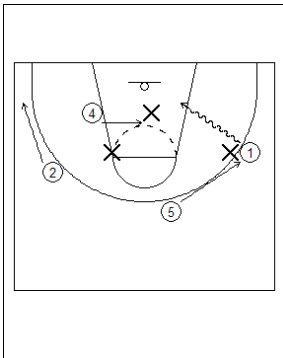
Opposite wing 2 lift up

4.20 – 4.35pm Receivers – baseline and middle penetration



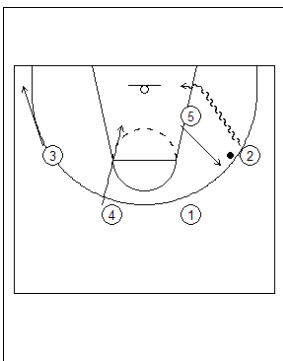
Baseline penetration 3 on 2

- 1 penetrates baseline to score
- 4 fills dotted circle "dunker" spot
- 2 drops to "short corner"



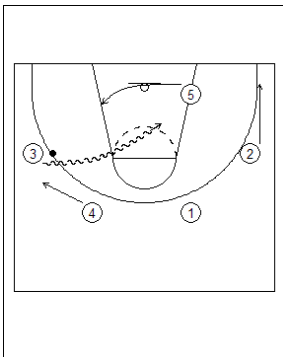
Baseline penetration 4 on 3

- 1 penetrates baseline to score
- 4 fills dotted circle "dunker" spot
- 2 drops to "short corner"
- 5 man "wraps" behind 1 for pass



Baseline penetration with post

- 2 drives baseline at post
- 5 "wraps" around 2
- 4 cuts to the ring
- 3 drops to short corner



Middle penetration

- 3 drives middle
- 5 cuts under ring
- 4 drops behind 3
- 2 fills to short corner
- 1 spots up for 3 point shot

4.35 – 4.55pm 5 on 5 up and back

4.55pm

Stretch

5.00pm

Skinfold – AIS Physiology

2009 EMUS SQUAD
TUESDAY 23rd JANUARY – PRACTICE SESSION 3 7.30 – 9.30pm

7.30 – 7.45pm Warm up and stretch

7.45 – 7.50pm Wake Forest fast break drill 1on 1 to 5 on 5

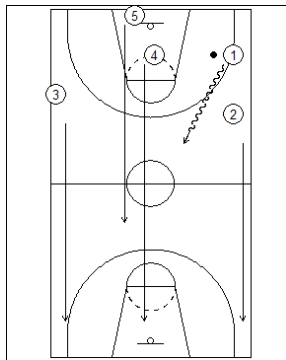
7.50 – 8.05pm Transition Offense breakdown

2 on 0

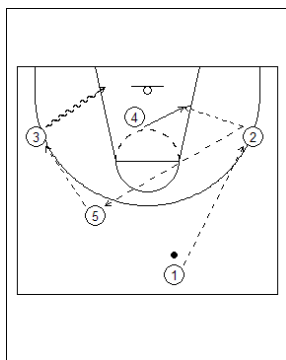
3 on 0

4 on 0

5 on 0 / 4



2 and 3 sprint lanes
1st big sprint & get head on ring
1 pass ahead of push ball
2nd big trail to 3 point line



On kick ahead pass to 2:
4 man trace to ball side block

If no pass to post ball reverse and
penetrate – receivers spots

1 man can cut ball side corner or
weak side corner into Loops/Circles

8.05 – 8.10pm Mass defense

8.10 – 8.15pm 4 on 3 Top & Bottom I

8.15 – 8.30pm 5 on 5 Shell

Front post

8.30 – 8.40pm 5 on 5 Transition Offense into Transition defense spots

8.40 – 9.05pm Motion (no screens)

9.00 – 9.25pm Scrimmage

3 x 7 mins games

9.25pm Stretch

2009 EMUS
WEDNESDAY 24th JANUARY – PRACTICE SESSION 4
9.00 – 11.30am

9.00 – 9.15am Warm up and stretch

9.15 – 9.20am Full court passing, catching, dribbling, shooting

9.20 – 9.30am WAR – rebounding/blocking out drill

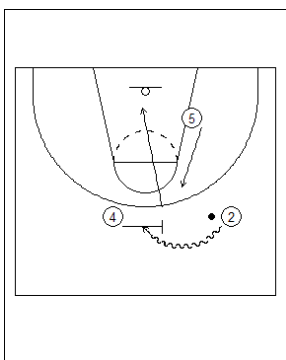
9.30 – 9.40am Revise Transition Offense and Defense

9.50 – 10.00am Post entry 5 on 0/5 and cutting rules

10.00 – 10.10am Revise Motion offense and half court defense

10.10 – 10.30am On ball screens offense 3 on 3 and 4 on 4

- On ball screen middle corridor with low post
- On ball screen side corridor with short corner
- On ball screen side corridor with weak side wing

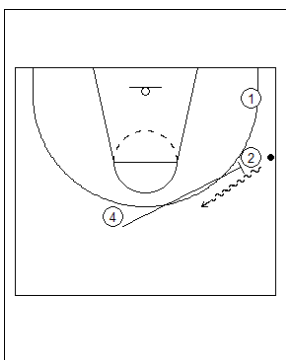


On ball screen middle corridor with post

2 drives off 4

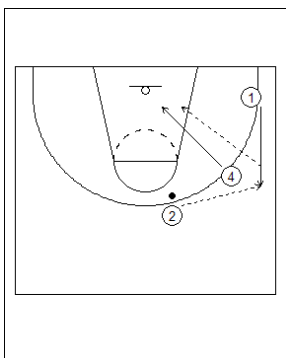
4 dives to the ring

5 lifts up



On ball screen side corridor with short corner

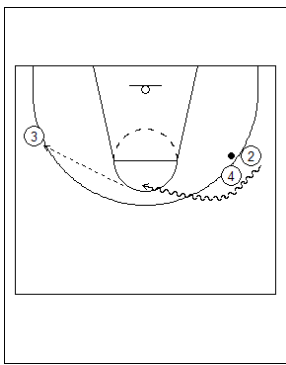
2 drives off on ball screen set by 4



4 slips the ball

1 fills out of corner

2 passes back to 1 and baseline feed to 4



On ball screen on side corridor with weakside wing

2 drives off on ball screen looking to draw 3's defender

10.30 – 10.50am

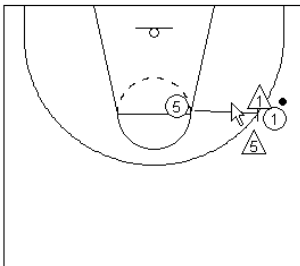
On ball screens defense 2 on 2

YELLOW – show and go over

RED – trap

BLUE – switch

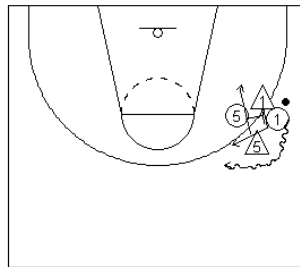
Show and Over



Offensive player 5 sets an on ball screen for offensive player 1 at the wing.

Defensive player 1 takes away the base line drive from offensive player number 1 forcing them into the screen.

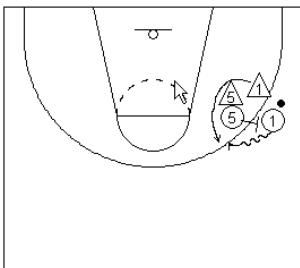
Defensive player 5 steps out wide with toes to the side line forcing offensive player 1 to dribble wide.



Defensive player 1 now goes over the top of the screen quickly, getting to offensive player 1, through the space created by defensive player 5 stepping out and forcing the dribbler to go wide.

Defensive player 5 recovers to the ball side of offensive player 5.

Under

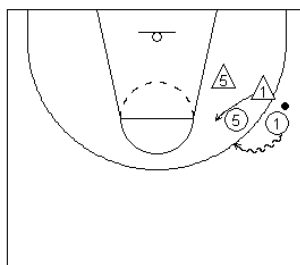


Offensive player 5 sets an on ball screen for offensive player 1 at the wing.

Defensive player 5 now plays offensive player 5 very tightly making, contact by playing behind them.

Offensive player 1 dribbles over the top of the screen and now defensive player goes behind the screen and defensive player 5 recovering to player 1.

Through

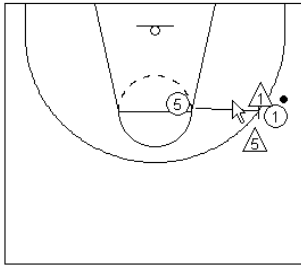


Offensive player 5 sets an on ball screen for offensive player 1 at the wing.

Defensive player 5 now steps back creating a gap through which defensive player 1 slides through recovering to offensive player 1.

Defensive player 5 recovers quickly to the ball side of offensive player 5

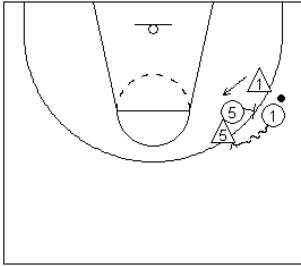
Show and Switch



Offensive player 5 sets an on ball screen for offensive player 1 at the wing.

Defensive player 1 takes away the base line drive from offensive player number 1 forcing them into the screen.

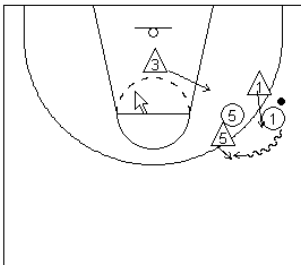
Defensive player 5 steps out wide with toes to the side line forcing offensive player 1 to dribble wide.



Defensive player 5 now switches on to offensive player 1.

Defensive player 5 switches quickly getting to the ball side of player 5.

Doubles



Offensive player 5 sets an on ball screen for offensive player 1 at the wing.

Defensive player 1 takes away the base line drive from offensive player number 1 forcing them into the screen.

Defensive player 5 steps out wide with toes to the side line forcing offensive player 1 to dribble wide.

Defensive player 5 now jumps out taking player 1 while defensive player 1 follows offensive player 1 hard forming the double team with defensive player 5.

In this case when offensive player 5 either rolls to the basket or flares the defensive player 3 on the split line will take offensive player 5.

10.50 – 11.00am 5 on 4 to 4 on 3 to 3 on 2

11.00 – 11.20am 5 on 5 up and back

11.20am Stretch

2009 EMUS SQUAD
WEDNESDAY 24th JANUARY – PRACTICE SESSION 5
2.30 – 4.00pm

2.30 – 2.45pm Warm Up and stretch

2.45 – 2.50pm Individual defense – bigs and small

2.50 – 3.05pm Cutting off screens – straight, back, curl, flare

2 v 0 into 3 v 3 Screening Drills With Two Passers

- coaches use this method to build up screening techniques for all screens

Down Screen



3 v 0 – Screener and Cutter Score

O1 will reverse the ball to the wing following which they will set a screen, in this case a down screen. O4 will cut to the screen, catch fake and wait for the screener to say “wait, wait, cut”. After this command O4 cuts off screen (calling name of cut) and O1 fills basket. Both the cutter and the screener will receive a pass



3 v 1 – Defence on Cutter

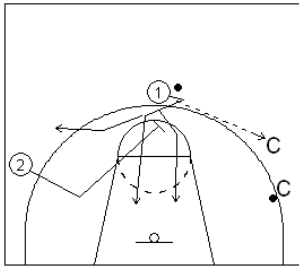
O1 will reverse the ball to the wing following which they will set a screen, in this case a down screen. O4 will cut to the screen, catch fake and wait for the screener to say “wait, wait, cut”. They must read their defender and make the appropriate cut to score. O1 must read this cut and also make the correct read, based on O4's cut.



3 v 3 – Play

Offence will now play as per normal

Up Screen



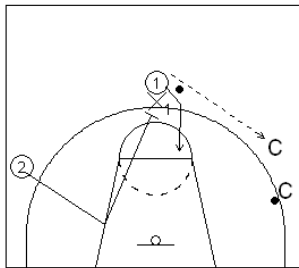
2 v 0 – Screener and Cutter Score

O1 will reverse the ball to the wing. They will give a strong catch fake to the ball.

O2 will move up to set an up screen for O1, the screener will call “wait, wait, cut” to the cutter. O1 and O2 will make the following read:

- O1 uses straight/back cut O2 calls “pop” and clears to the three point line
- O1 flares to the wing then O2 will dive to the basket

Both players will then receive passes to score

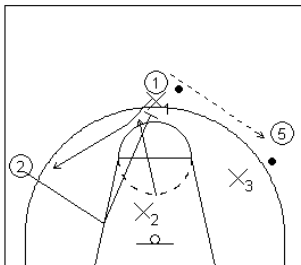


2 v 1 – Defence on Cutter

O1, who is be defended by X1 will reverse the ball to the wing. They will give a strong catch fake to the ball.

O2 will move up to set an up screen for O1, the screener will call “wait, wait, cut” to the cutter.

O1 now must make the appropriate read based upon how the defense is playing. Also O2, the screener must read and cut correctly. Both players will then receive passes to score



3 v 3 – Play

3.05 – 3.30pm Screening technique – down, up, back

Screening Technique

Screening is a difficult part of teaching offence. However for motion offence to be successfully executed it is important that a variety of different screening techniques must be performed.

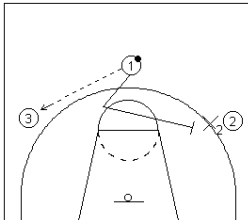
Important teaching points for setting effective screens include:

- **Visual and Verbal cue** (name and fist)
- **Jump Stop** (indicates movement has finished)
- **Wide and Strong base** (for balance)
- **Hand positions** (for protection)
- **Opening** (to be a second scoring target)

There are five screening types- Down, Up, Back, Across and On Ball.

DOWN SCREEN

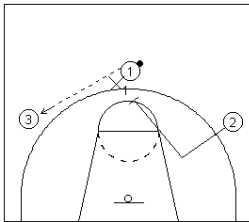
COMMUNICATE “Down screen”



Screen angle: Back to the ball

UP SCREEN

COMMUNICATE “Up screen”

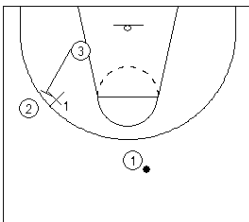


Screening Angle: Back to the baseline corner of the court.

When the screen is set #1 should "Catch Fake" (show hands high) to make the defense play him then cut.

BACK SCREEN

COMMUNICATE “Back Screen”



Screen Angle: Back to the basket.

A back screen is any screen with the screener starts from the key and is set on the perimeter

However when teaching screening it is often overlooked the role of the cutter is often of greater importance than that of the person setting the actual screen!

3.30 – 3.40pm Turn out cuts – offense and defense 3 on 3

3.40 – 3.55pm 5 on 5 scrimmage – 4 out 1 in

3.55pm Warm down and stretch

2009 EMUS SQUAD
WEDNESDAY 24th JANUARY – PRACTICE SESSION 6
7.30 – 9.30pm

7.30 – 7.45pm Warm Up and stretch

7.45 – 7.55pm 3 on 2 to 2 on 1

7.55 – 8.05pm Revise 5 on 5 motion (4 out 1 in) on ball screens

8.05 – 8.15pm Transition Defense and Offense

8.15 – 8.50pm Full court man to man defense breakdowns 1 on 1 to 4 on 4

1. Match up quickly

- straight away transfer from offence to defence. Identify your opponent and pick them up

2. Put pressure on the ball

- the person guarding the ball handler must apply a great amount of intensity to the player

3. Rotation occurs when the ball handler uses a spin dribble

- on these actions we jump every time. The other time rotation occurs is if the ball handler is out of control. However the ball handler shouldn't be able to read if the defence is hedging or rotating

5. Use your imagination and anticipate

- take smart, calculated gambles based on good decisions

7. Avoid fouling

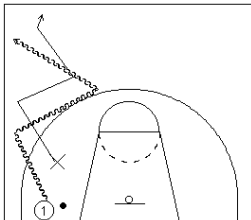
- this releases the pressure and destroys the hard work done earlier

8. Have players in front of the line of the ball and not “hugging” the player

- ensure all players are in front of the line of the ball. Also ensure that players that are off the ball are on split or hedged towards the ball, this ensures quicker rotations

9. Communicate

- always, always, always, always, always talk

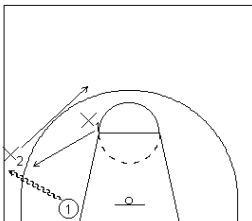


1 on 1 in corridors

Defender is to turn the dribbler in the backcourt and from the half line to channel out of the corridor (away from the centre)

Dribbler is not to blow past the defender

Emphasis on footwork and hand pressure



2 on 2 in corridors

The offensive player off the ball is to stay within 5 meters of the dribbler (we are drilling defense, NOT full court pass & lay-ups)

On ball

- same as drill one

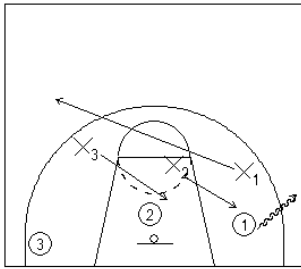
- when opponent passes, get to the line of ball

2 pass away - open stance

- stay forward of the line of the ball

- hedge on the dribbler under control

- run and jump on dribbler not under control



3 on 3 Run and Jump Rotation

Again, we are drilling defense so offensive players off the ball must stay within five meters of the dribbler

On ball – same as drill one

1 pass away – same as drill two

2 passes away – open stance

– see the ball

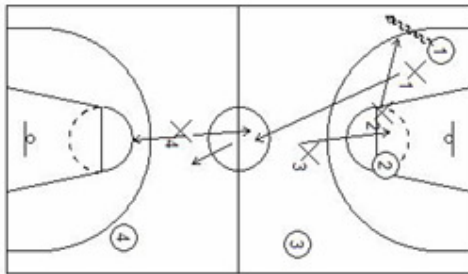
– read the passer

– floor position towards the split line

On a call of go the rotation is as follows.

- X2 will call go and pick up O1
- X3 moves to the middle part of the floor into denial
- X1 has the long run and picks up O3

4 on 4 stay and go



On ball – same as drill one

1 pass away – same as drill two

2 passes away

- open stance
- see the ball
- read the passer
- floor position towards the split line

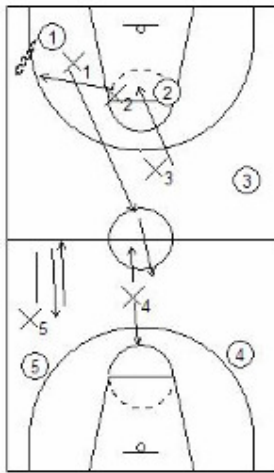
3 passes away

- open stance
- 2/3 towards the ball 1/3 towards their player

On a call of jump the rotation is as follows.

- X2 will call go and pick up O1, communication “ball”
- X3 moves to the middle part of the floor into denial, communication “I am up”
- X1 has the long run and picks up O3,, communication “I am back
- X4 can rotate up to take O3, if this occurs then X1 will take O4

5 on 5 Run and Jump – Four Player Rotation



Now with the inclusion of the final player they will play ball side. They will fake trap up and back, maintaining the principle of 2/3 towards the ball 1/3 towards their player

8.50 – 9.00pm Pressbreaker – full court

9.00 – 9.25pm Scrimmage

9.25pm Stretch

2009 EMUS SQUAD
THURSDAY 25th JANUARY – PRACTICE SESSION 7
9.00 – 11.30am

9.00 – 9.45am Warm Up and stretch

9.45 – 9.50am Full court drill

9.50 – 10.05am 3 on 3 on ball screens Offense and Defense

10.05 – 10.20am 5 on 5 (4 out 1 in) Motion ½ court into transition defense

10.20 – 10.45am Shooting technique

10.45 – 10.55am Revision full court defense vs Pressbreaker

10.55 – 11.15am Scrimmage

11.15 – 11.25am Shooting games

11.25am Stretch

2009 EMUS SQUAD
THURSDAY 25th JANUARY – PRACTICE SESSION 8
2.00 – 3.30pm

| | |
|---------------|--------------------------------|
| 2.00 – 2.15pm | Warm up and stretch |
| 2.15 – 2.20pm | Full court drill |
| 2.20 – 2.40pm | Shooting technique |
| 2.40 – 3.10pm | Motion offense vs Zone defense |

The principles of motion offence can be applied to work effectively against zone defense .

Principles coaches and athletes need to always be aware of:

1. Gap the Zone
2. Place posts behind the Zone
3. Dribbling against the Zone
4. Flashing from behind the Zone
5. Screening the Zone

Also be aware of:

- Ball reversal
- Have a player opposite the ball on the 3 point line
- Before passing the ball back to a player on the same side the ball should cross split line
- Take the ball away from your best shooter then bring it back
- Dribble the ball one way then pass it the other
- Use pass fakes to shift the Zone

1. GAPPING THE ZONE

This principle sees the offence aligning itself into the gaps created by the zone where the defense aligns itself.

- 2 – 1 – 2 Zone
- 2 – 3 Zone (3 out 2 in)
- 3 – 2 Zone (3 deep)
- 1 – 3 – 1 Zone (3 deep)

2. PLACING POSTS BEHIND THE ZONE

This principle forces the defense to stretch further, thereby creating more space for the offence to operate in

- Level with the backboard
- Short corner
- Long corner

3. FLASHING POST FROM BEHIND THE ZONE

We flash posts into the key from behind the zone as it creates increased scoring opportunities

- Low to dotted line
- Low to high
- Slash arm to seal
- Wing to foul line flash
- Short corner
- Rules for post players – one gets the ball other goes to basket

1. DRIBBLING AGAINST THE ZONE

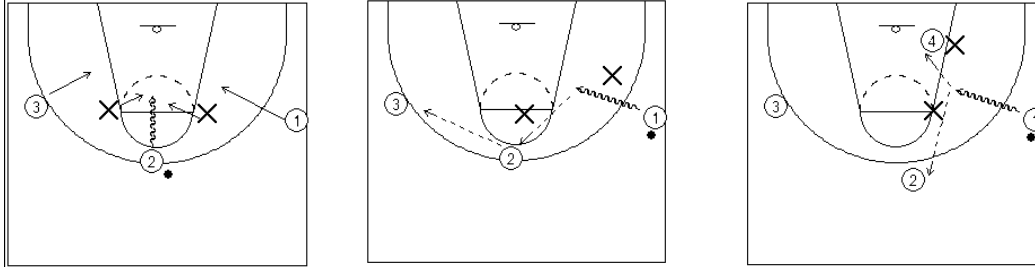
- Gap – into the gap between two players
- Freeze – at the defensive players inside shoulder
- Entry to move ball to the wing/point

PERIMETER DRILLS

Gap Dribble

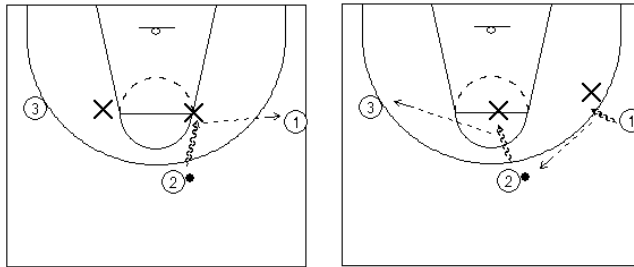
Using a dribble offence will attempt to get two feet into paint by dribbling hard into the gap of the zone. This forces two defenders to play one offence, allowing other players to step into gap.

Examples are below



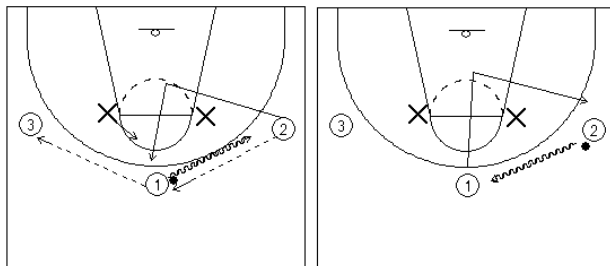
Freeze dribbling

This sees the offence dribbling hard at the inside leg of the defense, thereby "freezing" the defense and allowing a pass. Examples are below

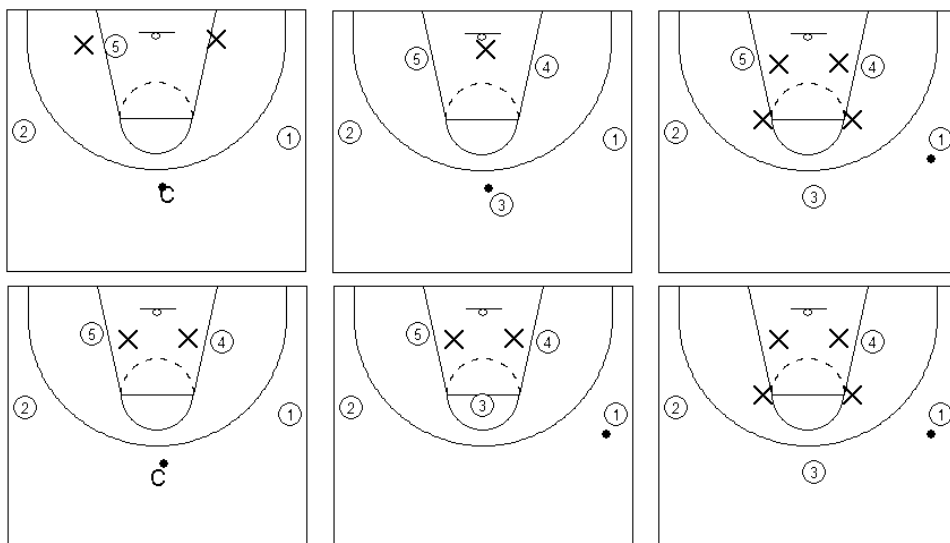


Entry dribble

An entry dribble is a very effective way of forcing the defense to move and thereby creating a space for the offence to work within. Entry dribbles can begin at either the point or wing.

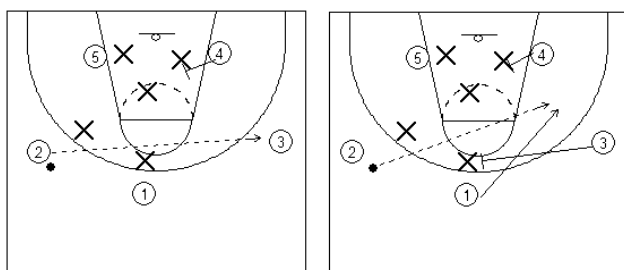


POST DRILLS



1) SCREENING THE ZONE

The use of screens when playing against zone defense is a very effective way of creating open perimeter and post opportunity for players.



3.10 – 3.25pm Scrimmage vs zone (up and back)

3.25pm Stretch