

Taylor Allan Elite Skills 2.0 - Notes

Dribbling

- You can get away with being a shooter if you can be a slasher
- Handle the ball with your whole hand, break the floor, always shift speeds
- Attacking on the perimeter, the lowest man wins, get low and tight, almost shoulder to hip, Kobe – almost touch the floor with the off hand
- Turn the corner, cut off your defender completely, cross to the other hand so he doesn't poke it away; once you get even with him (foot to foot), get as tight and low as you can in order to turn the corner
- Changing the lead foot – you control your defender or he controls you, if he has a lead foot, change his stance, make him react (e.g. to a crossover step), jab at his lead foot
- He moves first, or you move fast – make him move first (out of triple threat), or catch and go fast if you see a gap before catching, and before he can react
- Second line of defence – pull up and shoot (not a floater or spin or Euro-step), or go by if he closes the gap – go around him if you are moving quicker, change direction if he is moving quicker
- Euro-step – about 5-10 foot range, help defender is moving quickly in one direction (e.g. outside), fake that direction (step outside), then around him (inside)
- Spin – fake in the direction he is moving (displace), spin opposite (attack baseline spin middle, attack middle spin baseline)
- Push-cross – when the help defender is a little further from the hoop, you need an extra step, head fake in the direction he is moving, push it through (crossover), may not need another dribble; almost like you are splitting two defenders
- See
 - www.hoopsplaybook.ca/footwork/dave_smart_first_step.html
 - www.hoopsplaybook.ca/dribbling/5star_triple_b.html

Shooting

- Power-line method (line of power) –straight line up from big toe to index finger, right toe one inch in front of left toe, ten toes to the hoop, balanced on the balls of your feet, knee always over toes
 - Hips break then knees (hips down, knees down), about 45 degrees
 - Shoulders on top of hips, square to the hoop
 - Elbow – a C, 90 degrees and 90 degrees, at the rim (a little bit off)
 - Release – ball comes off index and middle fingers, fingers and pads on the ball, two fingers can go between ball and palm
 - Off-hand is only a guide, forms a T
 - Eyes – focus on the cylinder in the middle, the empty space, not front or back rim
- b)

- Release speed – determines whether you get your shot off or get it blocked against good defence, it can be broken down into a) ball to pocket speed – how quickly can you efficiently and fluidly catch the ball and bring it into the shooting pocket without any hitch, then b) move swiftly through the shooting pocket without stopping and losing all momentum (catch, one fluid movement into the shooting pocket, then transition through the pocket)
- The drop – your feet don't elevate, they separate from the ground only long enough for your hips to drop (the faster you drop, the faster you rebound off the floor)
- With a 1-2 step it's pretty much the same thing, drop into it, your feet don't jump, your hips drop
- Swing patterns – you're going to want to go across your body into the shot, e.g. you're always going to shoot better when the ball is in your left hand coming into your right hand if you're right-handed.
- If the defender is in the way, you want to be able to catch and shoot without bringing it down
- Footwork – 1-2 or hop step – all quick-release principles apply, drop, ball to pocket speed, left to right
- 1-2 step – inside-outside, drop into your shot (quick hip drop)
- You want to go inside-outside so there's no angle for the defender to cut off, and if you go outside-inside you lose all momentum
- Hop step (you're going to need both) – inside-hop, the hop is a drop
- Change of pace – off the dribble, off a screen (slow then fast, walk him down, explode out); you can't attack on one line at one speed.
- See
 - www.hoopsplaybook.ca/notes/shooting_keys.htm
 - www.hoopsplaybook.ca/shooting/frankston_step-up.html

Defence

- Stance, suffocation (close the gap, make him give in to pressure), reversal (how to take advantage of him giving in to pressure)
- Pride – most important part of defence
- Stance on the ball – the lowest man wins, your angle can't give up any attack angle, when he catches the ball, it's got to be a neutral stance, no attack angles [square], not leaving too much room, not too close so he can blow by, one hand shadowing the ball, one hand off
- Things change once he starts to make his move.
- The only way to force somebody in one direction is to suffocate them.
- Stance off the ball – one pass away, one hand in the passing lane, one hand towards your check (should have some sort of contact, can give him more space if he's not dangerous), head on a swivel, get into on-ball stance if there is a pass

- 2 passes away – be ready to play help defence, not glued to your guy, guns, point to man and ball, be ready to get back on a skip pass, exception – if you are guarding a shooter b)
- You have to put a body on him before he gets the ball
- Once he gets the ball, the key is that he goes first, you can't jump the gun, then he's going to beat you, the defender has to wait and react
- If he steps backward (pivots away), close the gap – suffocation
- If he puts the ball overhead, close it to suffocate him, staying lower, waiting for him to come back down to drive because he can't shoot from that position
- Once he puts the ball on the floor, close the gap on him, keep a body on him, play him with your chest not your hands
- If he picks up the ball, close the gap hard and fast
- Neutral defence – not putting yourself in dangerous positions, you don't want to be moving too fast in any one direction, e.g. if you are out of control trying to block a shot, he's just going to go by; if he puts the ball on the floor and you jump too hard and too fast, he just changes directions and goes right by
- Your job as a suffocator is to play him with your chest, but don't move too fast in that direction and don't bite too hard
- Let him make his move then react to it, don't try to anticipate what he's going to do
- Reversal – how to put the ball back in your own hands, be open to a steal, the first basic principle is have your hand in the line of the ball (where the ball is going) e.g. if he tries to rip the ball through (from one side to the other in triple threat), or crossover on the dribble
- The cheater – if the attacker does turn the corner on you but doesn't change hands, you come through and poke it from behind, the best time to do it is when he is driving middle, poke it right into the hands of the big man.
- Reversal through blocking shots – first principle is that you are usually not going to get the block, your goal should be to distract and make him change his course, put yourself between him and the rim and go up vertically (with the baseline hand)
- It's harder to block in the air than on the ground, so when he comes in for the layup, go for the block before goes up, put your hand on the ball
- Off-the-ball reversal (steal the ball) – a) skip pick – from 2-3 passes away, pick off a skip pass, b) you're playing help defence on a baseline drive, drop back and pick off the baseline pass, or c) on ballside try to pick off the reverse pass back out (to the fill behind).
- See www.hoopsplaybook.ca/defending/nash_wave_drill.html.

Scoring

- Kobe – get the most out of the skills you have (to put numbers on the board)
- Scoring science

- a) 50/30/20 percent of points come from shooting, mid-range or slashing e.g. 50/30/20, or 30/50/20, or 20/30/50, know your skill set to get the most out of it
- b) shifting speed – you can't attack at the same speed all the time; change of pace, defender is always on his heels, play at multiple speeds
- c) shifting attacks – go from jumper to mid-range to slashing (within your game)
- the first attack – shoot a jumper right away, make or miss, get the defender guessing
- 2)
- Defender control – you control him, or he controls you
- You want to make him move – change his lead foot, jab right at it to open him up, then you can attack the other lead foot, or come back into a jump shot. Change his stance in some way so that you take control back and he is reacting to you.
- Make him move fast – then attack opposite his momentum
- Macro-level defender control – it comes down to what he thinks you are going to do, he starts to anticipate, then you shift attacks
- The arsenal – a) the jumper is the first option, it stretches the defence, b) every time you attack, you are lower than he is, the lowest man wins, c) turn the corner and attack in a straight line (don't zig-zag)

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