

DYNAMIC ONE-ON-ONE PROGRESSION TEACHING (WITH BALL)

- Pivot foot: crossover step and catch and go
 - Read the defence:
 - Decision making
 - a) Catch and shot
 - b) Pass
 - c) Drive to the basket
 - Dynamic ne-on-one
 - Play with only two dribbles (maximum)
-
- Slow – quick: teach two different rhythms
 - Power jump stop if the defender is beside the offensive player while shooting
 - Lay-ups if the defender is behind the ball
 - Jump stop and jump shot if the defence is in front of the offensive player

HALF-COURT OFFENCE

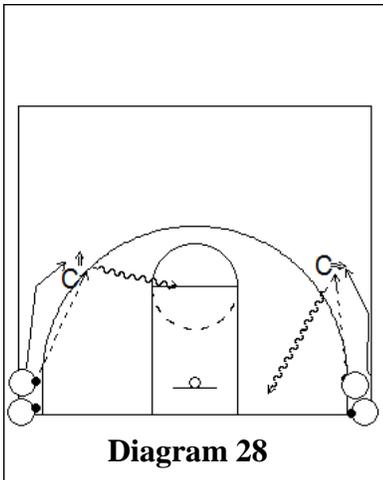
FULL-COURT OFFENCE

PLAY ONE-ON-ONE ONLY IF THERE IS A ONE SECOND ADVANTAGE

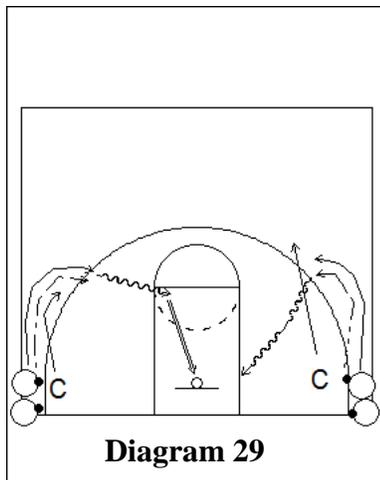
Dribble Starts

Coaches will need to spend time on the proper footwork for starting the dribble – especially off of a crossover step and taking the ball immediately off a catch and dribbling. Strict attention to detail on this point cannot be overemphasized enough.

1vs0 curl or crossover step



1vs1 read the defence



One-on-one live. Read the defence

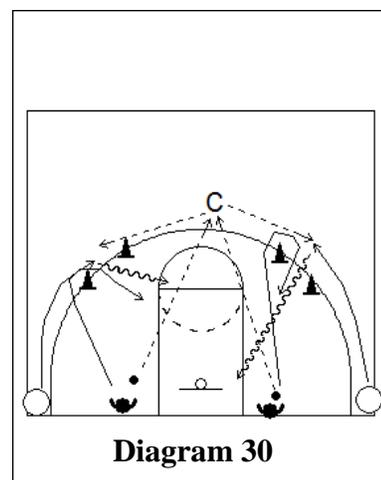


Diagram 28 (right side of diagram) Phase A – Players line up at baseline, pass to the coach (C), run with hands prepared, and take ball from the coach. Sweep the ball and go baseline using a crossover step in front of the coach, finish with an outside inside power layup.

Diagram 28 (left side of diagram) Phase A – Players line up at baseline, pass to the coach, run with hands prepared, cut around behind the coach, take ball while stepping with top foot, keep going with a dribble (top hand) to the middle and shoot pull-up jumper.

Diagram 29 Phase B – coach plays guided defence. Players self-toss to the attack spot, run to get ball. Coach gives them a read of either middle or baseline. Players must anticipate by shoulder checking (sneak a peek) where the coach is playing.

Diagram 30 Phase C – Offence lines up at three-point line and baseline. Defence lines up with ball at the baseline and key. There are two cones spaced about six-feet apart at the three-point line. The defensive player passes to the coach, the offence runs to receive pass from the coach. Offence must look to see which way the defence is going. If the defence runs to the top cone then the offence must sweep and go to the basket. If the defence chases behind the lowest cone, the offence keeps moving towards middle for a pull up jumper.

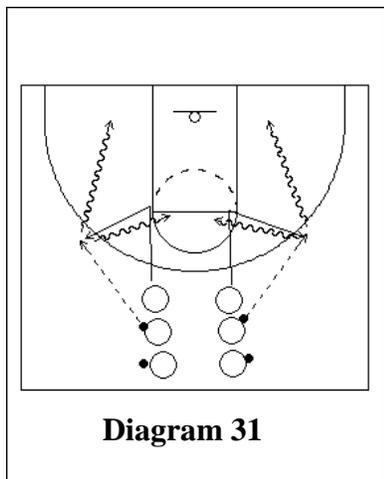
Dribble Start (Player getting open from the wing spot)

Diagram 31 Phase A – The first player in line, without a ball, runs to the elbow, bumps out (jump stops, reverse pivots and cuts) on the foul line extended. Catch the ball with a two-foot jump stop facing the basket (pass has to be on time and on target) and drives to the basket: Sweep the ball and go baseline with a crossover step, finish with an outside/inside power layup or take the ball with a crossover step to the middle and shoot a pull-up jumper.

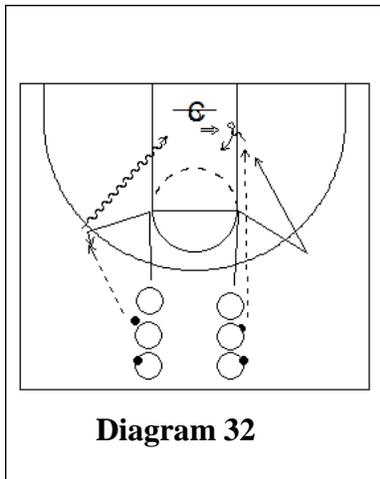
Diagram 32 Phase A – The player executes a back-door cut if denied. The coach will stay under the basket: when the player goes to the basket (driving or with a back-door cut), if the coach (C) raises up their arms, the player will take a power jump stop with a shot fake, then turns back on the pivot foot for a jump shot. If the coach keeps his arms down the player have to finish with a power layup.

Diagram 33 Phase B – the concept is the same as in **Diagram 32** but the coach guides the defence: 1) forcing to base line 2) forcing to the middle 3) deny and force them to a back-door cut.

1vs0 Two-foot jump stop / back-door



1vs0 read the defence



1vs1 read the defence

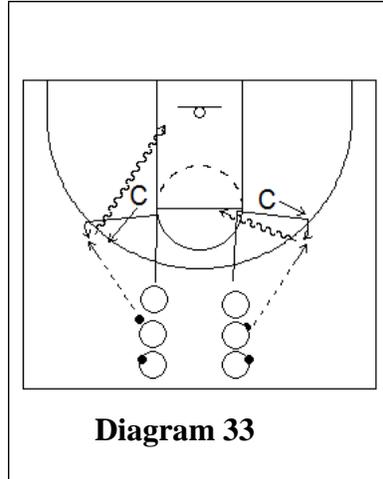
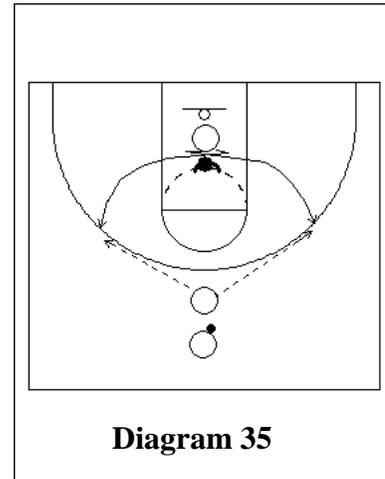
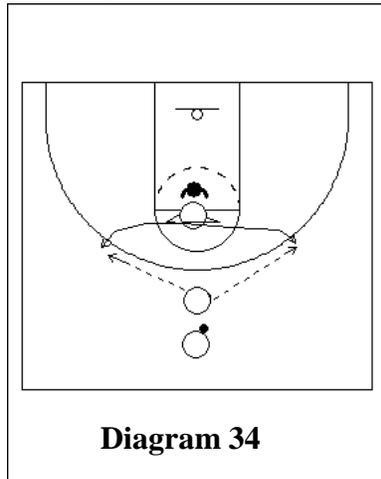


Diagram 34 Phase C – one-on-one live. The offensive player tries to get open and receive the ball on the wing spot. Read the defence before catching the ball and playing one-on-zero with a maximum of two dribbles.

Diagram 35 Phase C – Like the previous diagram. The offensive player starts from under the basket. The players have to use fakes and changes of speed. Read the defence before catching the ball and playing one-on-one with a maximum of two dribbles. On both diagrams (with different timing and spacing) the offensive player has to learn how to exploit the one-second advantage.



One-on-one Reading the Defence

Diagram 36 - Protect the ball: The offensive player with the ball. The defensive player faces the basket. As soon as the ball-handler decides to drive to the basket, the defender will start to defend the penetration:

- If the defence remains behind; finish with a quick layup.
- If defence is beside; power layup (one-foot jump stop and power shot or turn on pivot foot for a jump shot).

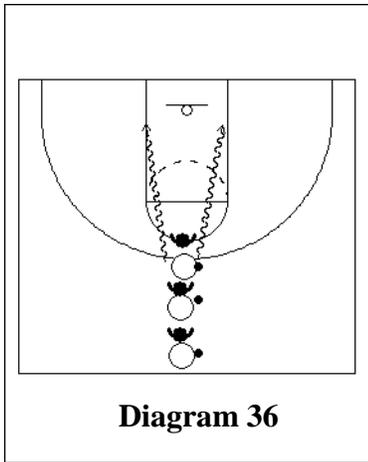
Diagram 37 - Teaching the two speeds (slow-quick): The offensive player start dribbling slowly-slowly towards the basket. The defender goes backward staying on the offensive player's side. When the ball-handler changes speed, the defence will be active and will try to stop the penetration:

- If defence remains behind; finish with a quick layup.
- If defence is beside; power layup (one foot jump stop) and power shot or turn on pivot foot for a jump shot.
- If the defence gets in front, jump stop with a jump shot.

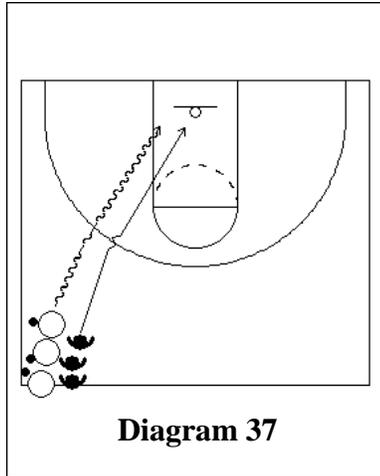
Diagram 38 - Read the defence. When the player with the ball starts to dribble towards the basket, the defensive player runs to touch the hand of the coach, before recovering to stop the penetration.

- If the defence remains behind, finish with a quick layup.
- If the defence is beside; power layup (one-foot jump stop and power shot or turn on pivot foot for a jump shot).
- If the defence is in front; jump stop with a jump shot.

1vs1 protect the ball



1vs1 two speeds (slow-quick)



1vs1 read the defence

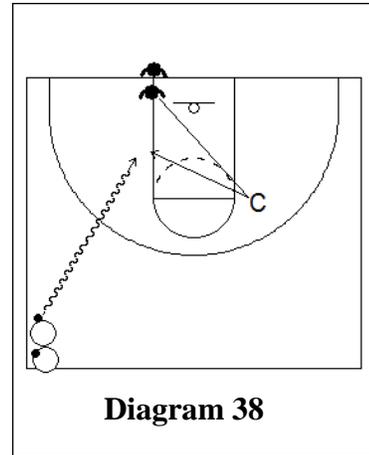


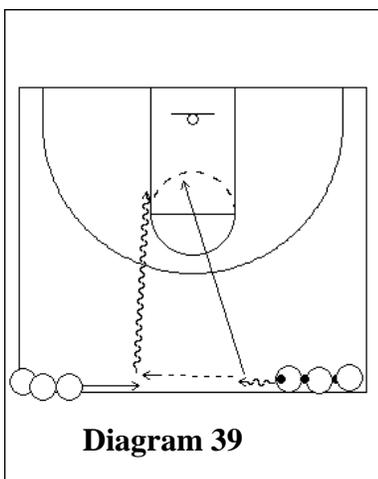
Diagram 39 – One-on-one from half-court: the player with the ball passes the ball to the player in the line in front of them and plays defence. The receiver goes to the basket reading the distance of the defence.

- If the defence remains behind, finish with a quick layup.
- If the defence is beside, power layup (one foot jump stop) and power shot or turn on pivot foot for a jump shot.
- If the defence is in front, jump stop with a jump shot.

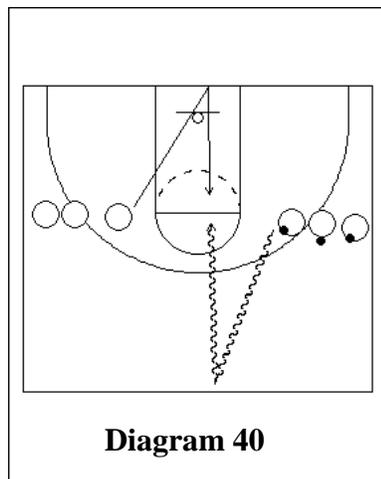
Diagram 40 – The player with the ball dribbles to the half-court line, changes direction and attacks the defender recovering from the base line. The ball-handler has to attack the defence on one of their shoulders. If they move to close on the penetration the ball-handler has to change direction and beat them on the other side.

Diagram 41 – The ball-handler dribbles and sets the ball down at the attack spot and runs to play the defence on the opposite side on the player attacking from the attack spot. The offensive player runs to pick up the ball from the opposite attack spot and dribbles to the basket, reading the position of the defender.

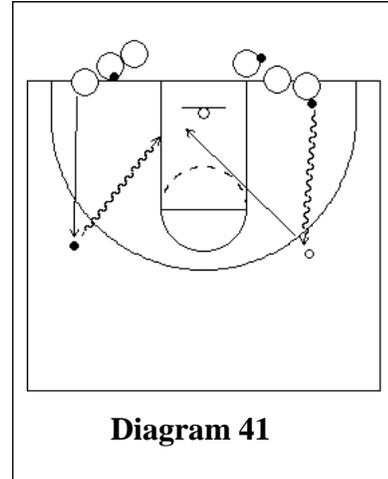
Read the defence (full-court)



Attack the shoulder of the D.



Power lay-up or jump shot

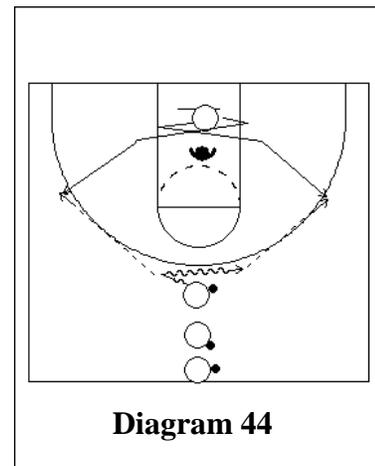
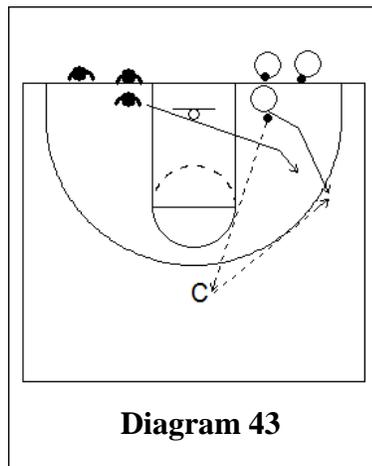
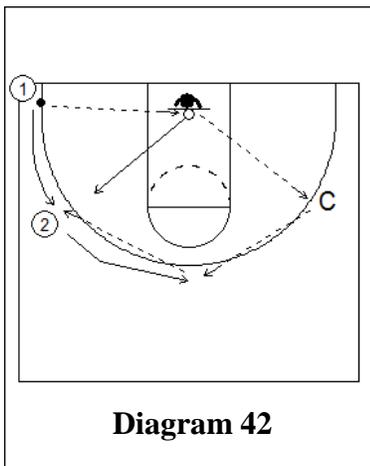


Drills to Create a One Second Advantage and Dynamic One-on-one

Diagram 42 – *Player One* starts with the ball and passes the ball to the defender, under the basket and runs to the foul line extended. The defender passes to the coach and anticipates defending *Player One*. In the meantime *Player Two* runs to the top of the key. When *Player Two* receives the ball they quickly pass the ball to *Player One* who has filled the open space. The defence starts to play defence on *Player One*. There is a two dribble maximum. Dynamic one-on-one; do not freeze the ball.

Diagram 43 – The offensive player passes the ball to the coach and runs out the three-point line to receive the pass. The defender moves only when the coach has the ball in their hands. Now, they play dynamic one-on-one.

Diagram 44 – The player at the top is dribbling the ball. The offensive player under the basket decides to run and receive a pass outside the three-point line. The defender is facing the offensive player which drastically reduces the one-second advantage and they have to use fakes and change of speed.



Note: The offensive player should always be supported (another coach or player). This means if the player does not have an uncontested shot, the ball should be passed to the player in support. The offensive player has to understand when they are taking a good shot or a bad shot. In case of bad one-on-one they must avoid taking a bad shot and pass the ball back to the support and get open again to receive the ball and try to play one-on-one one more time.

PVAD

“Position improves Vision;
Vision improves Anticipation;
Anticipation improves Decision.”

There are **two** types of coaches:

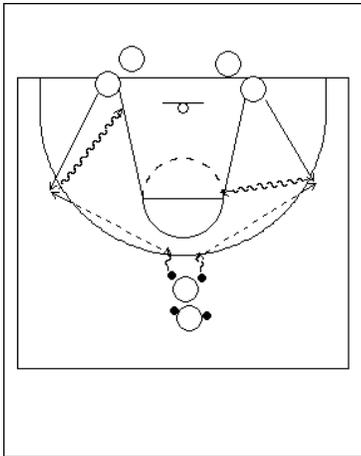
The first coach makes the players the number one priority by placing the players in front of them. This coach pushes the players to succeed and ensures they are the focus.

The second coach puts themselves before the players. They use the players to boost their status in order to place the spotlight on the coach.

What kind of coach do you want to be?

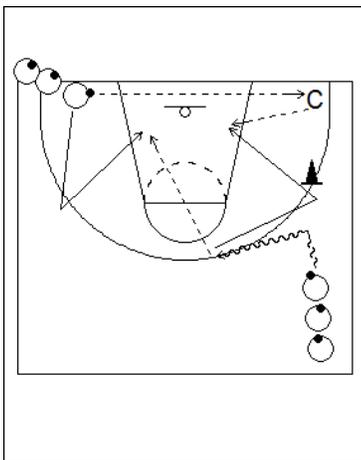
Coach Pasquali

COMBINATION OF DRIBBLING, PASSING AND SHOOTING DRILLS



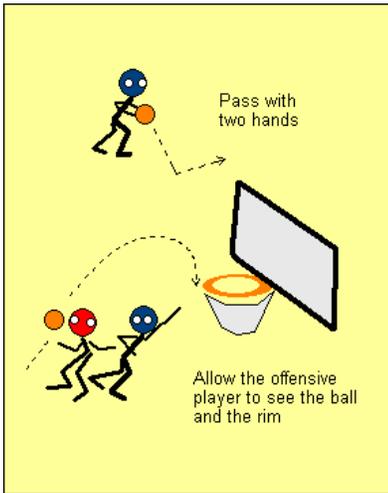
Two Ball Wing Entry Pass

The players form three lines. The players along the top line need two basketballs each. The players on the baseline must establish who goes first. The idea is to alternate lines. The passer must learn to scan who is open first. The rhythm of the pass is crucial. The ball should be delivered to the cutter when they arrive at the attack spot. The wing players then will either drive baseline or to the middle. To take the drill to Phase B, add guides to the passer and to the wing players.



Back-door Pass

The players form two lines and each player has a ball. The player in the corner starts by throwing a skip pass to the coach in the corner. For younger players, they may need to shorten the pass by dribbling (pretending it is baseline penetration). The player at the top centres the ball by taking it to the middle. The player in the corner must time their cut to arrive at the attack spot at the same time the player at the top is ready to make a wing entry pass. The wing player makes a change of speed and cuts back-door to the basket. The passer either delivers a bounce pass in the key or a lob to the corner of the square. It is important that this pass is made on the same side of the court as the receiver. Throwing a back-door pass from ball-side to help side often leads to a turnover. After making the pass, the player turns and cuts to the wing and then cuts back-door to receive a pass from the coach. It is best to have a pylon or a coach there so the player will keep the spacing before going back-door.



This back-door pass should be made with two hands. Fake the wing entry pass to put the defender out of position.

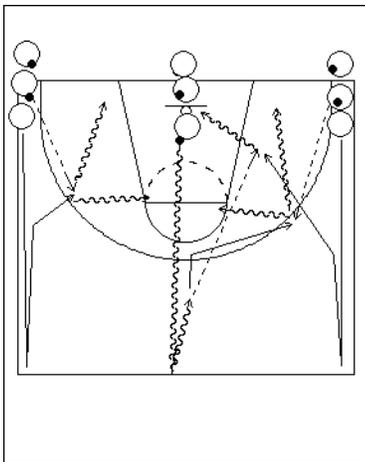
If throwing the lob, make the pass to the corner (of the back-door). This allows the receiver to see the ball and the basket at the same time and helps anticipate their next action.

As in all of the other drills the coach can go through the various phases:

Phase B - add a guided defender

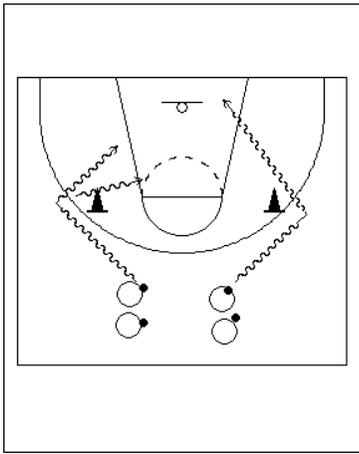
Phase C - add live defence. In this drill, the passing players should not go back-door. The offence can either catch the ball on the wing and play one-on-one or go back-door. It is important to encourage the defence to mix-up the defensive formations.

Phase D - use the centring dribble to start a game-like situation. With this scenario the passers and the receiver also have to read the help defence.



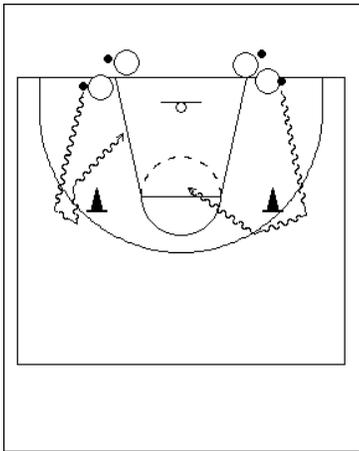
Three Line Entry Pass

Form three lines along the baseline. Everyone has a ball except the two players in the front of the outside lines. The player in the middle has the ball and initiates the drill by starting a speed dribble to half-court. The two outside players sprint to half and return; running along the outside lanes. The player in the middle makes a pass to the player who before them. This player performs a layup as if in transition. The wing player who does not receive the pass will get a pass from the next player in the corner. When they are at the attack spot the passer in the middle makes a change of direction cut to receive a pass from the other corner at the attack spot. The timing of the pass is very important. There should be a pass to players between the key and three-point line as they need to receive this pass in space. The players receiving passes from the corner can attack middle or baseline.



See What Teammates are Doing? (shooting drill)

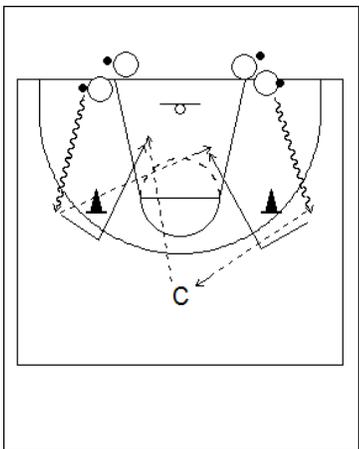
Form two lines at the top and each player has a ball. Two pylons are placed at the attack spot. The first two players dribble at the pylons and make a change of direction. The player who arrives first to the pylons chooses to go baseline or to the middle. The other player must read what the first player does and do the opposite. This forces the player to dribble with their eyes up and be aware of their teammates.



Baseline

This version of the drill is exactly the same as the previous one except that the players dribble out from the baseline. The player that reaches the pylon has the choice to go around the pylon or crossover. The second player must do the opposite.

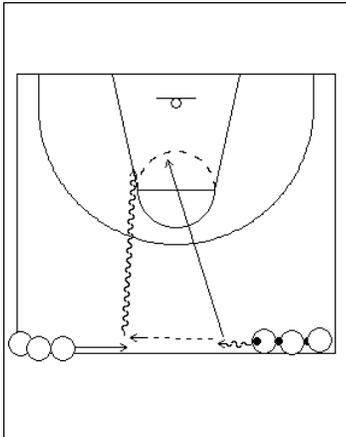
During this drill, the emphasis is on dribble jump shots and outside/inside power layups.



Pass to the coach

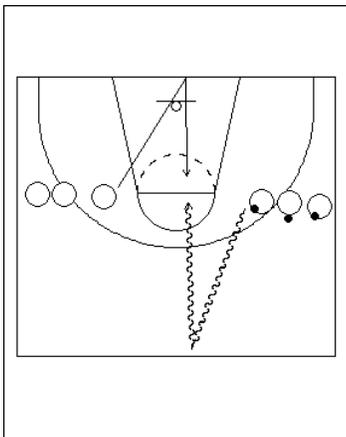
The coach positions themselves at the top of the three-point line. When the players are dribbling the coach will show their hands to one of the two players. That player will pass the ball to the coach and cut to the basket. The opposite player makes a pass to the cutter. After passing the player cuts to the basket and receives a return pass from the coach. This drill makes the players keep their head up.

1V1 READ THE DEFENCE



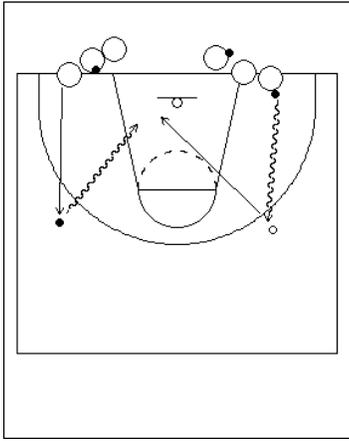
1vs1 Check the Distance

Form two lines of players at half-court. One line has balls, the other line does not. The first player with the ball takes two dribbles to the middle. At the same time the player without the ball is cutting to the middle showing target hands. A crisp accurate pass is delivered to the player without the ball who immediately turns and attacks the basket. The passer becomes the defender. The offence has a one-second advantage and they must learn how to maintain their advantage and create a scoring opportunity. Once established this drill can be completed in the full-court where the passer can decide to go to either basket.



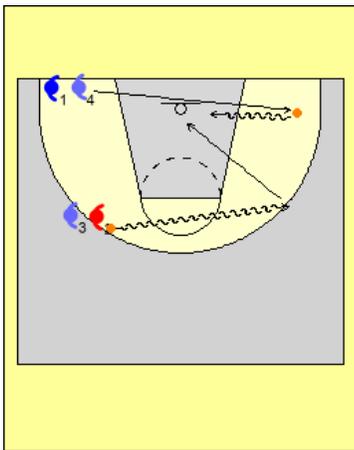
Body Fakes

This is a good drill for learning how to attack a lone defender who is protecting the basket. Two lines are formed at the foul line extended. One line has basketballs, the other line does not. The player with the ball starts the drill by dribbling to half-court. At the same time the defender runs to touch the baseline. The two players play one-on-one. Encourage the defender to escape the paint to play defence.



Jump Shot or Layup

The players form two lines on the baseline. The first player in one line has a ball while the first player in the other does not. The rest of the players alternate with and without a ball. One ball is placed on the floor at the attack spot in front of the player who does not have a ball. The player with the ball dribbles out to the attack spot and sets the ball down on the floor. At the same time the player without the ball sprints to pick up the ball on the floor in front of them. This player is now on offence. The player who set the ball down is on defence. The offensive player must read the defence. If the defence shows a chest, shoot the jump shot. If just an arm, use outside/inside power layup. If there is no defender, use speed layup.



The drill can be done from various angles on the floor. This creates different reads for both the offensive and defensive players.

