

TUSCULUM BASKETBALL



Perimeter Play: Development Ideas & Drills

Defensive Ideas

- Principles of Play:
 - 1) All five defenders set and ready to defend, get back on defense
 - 2) Pressure the ball
 - 3) Contest every shot, no rhythm shots
 - 4) Vision and anticipation
 - 5) Wrap-up the defensive possession

- Defensive stance: Wider is better, take up space, hands up and active, feet active, head up and back straight.
- Key to successfully defending the dribble is two quick push steps. We want quick 6 inch push steps, no heel clicking, and keep your feet wide.
- When you get beat, do not slide to recover, sprint to recover.
- Vision is of paramount importance. We must maintain vision with both the ball and our man at all times. Constantly adjust your gap position to maintain vision.
- Talking is the glue to our defense. Great perimeter defenders talk their game and they talk it loud.

- Defending the Post:
 - 1) Dive on the Post
Turn your back and immediately sprint to the post and come in low with both hands.
 - 2) Dig the Post
Open to the middle of the floor to maintain vision, extend a hand into the post to take away the dribble or turn around jumper.

- Defending the Three:
 - 1) Never give a three to a three.
 - 2) Pick-up the three at half court, know where he is in transition.
 - 3) Chase the three, be physical and force to use the double screen when a choice is available. Chase on outside hip to avoid being screened. Force the three to use the dribble.
 - 4) High Hands on all closeouts, closeout into the three to force the dribble.
 - 5) Straddle the lane on help-side, anticipate the skip, cheat step when the ball is brought overhead.

- Defending Screens: **Help-side Screening**

- 1) Cutter defender must avoid the screen.
- 2) Screener defender jump to ball to create a lane.
- 3) Hold and release on reverse side, must protect the basket.

Ball-side Screening

- 1) Screener defender must extend his help one step into the passing lane and talk our cutter defender through the screen.
- 2) Screener defender is responsible to bump the cutter on all curl cuts.
- 3) Screener defender is responsible to absorb cuts to the basket.
- 4) Cutter defender must tag his man as soon as screen occurs, or chase his man (hug his hip).

- A screen is not an excuse, the key to screen defense is recovery.

Handling the Basketball

Dribbling

There are four reasons to dribble:

- 1) To advance the ball to the basket
- 2) To improve your passing angle
- 3) To maintain spacing and floor balance
- 4) To escape trouble (ie: to get out of a trap, to relieve pressure, to avoid a 5 second count, etc.)

- We prescribe to the following dribbles:

Control Dribble: The ball is dribbled close to the body, no higher than the knee in a protective manner.

Speed Dribble: The speed dribble is used in the open court to advance the ball as quickly as possible. Players who change and vary their speeds are the most effective.

Power Dribble: The dribbler push steps up the floor with extreme caution. The power dribble allows us to handle the ball safely vs. a quicker more athletic player.

Pull Back Cross Over: The most effective dribble that a perimeter player can have, it allows us to change directions without turning our back to the defense. We utilize this dribble to avoid traps, to feed the post, to change sides of the floor, etc.
We also teach the following dribble moves:

Cross Over Dribble:

Hesitation Dribble:	The ball rises, but your body stays low, stay on a straight line. We want to hear your shoes squeaking. Great move to set-up at the three point line.
In & Out Dribble:	Head, shoulder, and ball fake to fake a cross over dribble, but player remains in same plane of attack with same hand.

One of the most important aspects of great guard play is to handle the ball at different speeds, do not be a one gear guard.

Perimeter Footwork

- The effective perimeter player has the ability to drive the defense and finish with a score or a pass to a teammate that leads to a score. We employ two basic live ball moves:

1) Direct Drive: A drive with the dominate hand. The key teaching points are as follows:

- Every effort should be made to point the toe of your dominate foot to the rim so as to play in a north-south fashion.
- We want the drivers foot, shoulders, and head to get past the defense on the first step, go by the defender hip to hip allowing no room for the defense to recover.
- We must take a long, low, quick first step, take the ball to the outside of your dominate leg and push it out as far as possible while maintaining control.

2) Cross Over: The cross over is executed with our weak or off hand to counter the direct drive. The key teaching points are as follows:

- The ball is quickly transferred from the dominate side to the off side of the offensive player, we do this by sweeping or ripping the ball.
- Take a long, low, quick step across the defenders body directly at his outside foot.
- Just as in the direct drive, we want to go hip to hip to prevent the defense any opportunity to recover.

- We incorporate the shot fake into our live ball moves, we feel it is the simplest yet most

effective offensive weapon we have. Our key teaching points are:

- a. Step into your shot, 6" jab step to increase explosion.
- b. Use same shot motion, show your shot, sell the defense on your shot.
- c. Keep your butt down, the ball goes up but the rear stays down.
- d. Explode off your non-shooting foot to take the ball hip to hip by the defender.
- e. Lastly, make your dribble take you somewhere, escape the defense.

Passing and Receiving

- Pass and catch with two hands, run your hands to the ball.
- Catch and sweep (aggressively and quickly move the ball below your knee caps), or rip it (aggressively taking the ball from shoulder to shoulder) to change sides of the body in squaring-up.
- We utilize a permanent pivot foot, our weak hand foot, to avoid traveling.
- Square-up and face the basket on every catch, control the neutral zone.
- We like to square in the air when possible. To accomplish this fundamental, simply hop on your foot closest to the lane as the ball is in flight and turn in the air. As you receive the ball you have squared up to the basket by jump stopping into a balanced triple threat position.
- Play compact, tighten-up your game, there should be no daylight between the ball and your chest when in triple threat position.
- Maintain economy of motion, eliminate negative movement, keep it simple.
- Take the ball to the action, take the ball to where the screening is occurring.
- Step into your pass. Throw every pass as hard as you can with touch.
- Pass away from the defense. Do not pass to the offensive receiver, pass away from his defender.
- Every pass does not have to lead to a score. Just like the quarterback that tries to throw a touchdown pass every play, a great number of interceptions will be inevitable. Play the percentages and make the easy play.
- Two of the most effective offensive moves available are the pass fake and the shot fake.
- Understand passing angles, for example we must take the ball below the level of the elbow post to feed.

**The greatest key in passing,
is to simply throw the ball away from the defense!**

Feeding the Post

- There are three keys in feeding the post:
 - 1) Where is the post being defended
 - 2) How are you being defended

3) Where is the help-side defender
This may be the most important!

- Teaching Points:
 - a. Use the dribble to improve your passing angle, get to the level of the post.
 - b. Prefer the bounce pass on a baseline feed and an air pass to the middle.
 - c. To feed from the wing, place your chest over your thigh to make the pass.
 - d. Deliver the baseline feed perpendicular to the post seal, do not give-up ground.
 - e. Fake a pass to make a pass.

- Cuts to make after feeding the post:
 - a. Slide to the top or to the baseline, follow the sight line of the post.
 - c. Cut to the rim, maintain a 6' distance between your cut and the low post.

Moving without the Basketball

- Our entire offensive philosophy is predicated on the ability of our players to move without the basketball by reading the defense. We constantly stress to our players that they must be hard to guard.
- The most basic element of our screening and cutting is the v-cut. We teach the following principles:
 - a. We use two step set-ups to initiate our v-cut.
 - b. Plant and push to accelerate out of the v-cut. Two key teaching points are to sink your hips as you pivot, and to explode out of the cut.
 - c. There must be a distinct change in direction and speed.
 - d. Read the defense, absolutely do not fight pressure. If the defense is high take him higher and cut low, conversely, if the defender is low, take him lower and cut high.

Two additional cuts that are very important to the proper execution of our perimeter offense:

1) **The basket cut** is the foundation of Motion Offense. Upon passing the basketball the passer can become the most dangerous receiver on the floor. We can take the defense away two steps and cut in front of the defender to the basket, and if the defender does not jump to the ball we can immediately cut in front of him to the basket.

2) **The back cut** is used to relieve pressure when the defense is contesting the passing lanes. We take our defender higher by cutting in the direction of the ball and then immediately cut behind him directly to the rim.

Screening and Cutting

- We employ four types of screens in our offense and four different cuts to get open. Our cuts off of our screening are predicated by how the defense is playing us.
- Screeners must head hunt the cutters defender, screen a man.
- Sprint to screen, and then jump stop into the screen with your knees flexed, a wide base, and your non shooting hand over your shooting wrist in front of your body.
- The screener is also our second cutter, after screening he is the most likely man to be open.
- The cutter must wait for the screen, it's better to be a little late than too early on offense.
- Our cutters are instructed to set-up all cuts prior to receiving a screen. Walk into your cut and sprint into the screen. Get a piece of the screener by cutting shoulder to hip off the screen.
- Read the defense by watching your man. The ball has eyes it will find you, play your man and make the appropriate cut.
- Four screens: Down Screen, Back Screen, Cross Screen, and the Flare Screen.
- Cuts off of our screens: Straight Cut, Pop-out, Curl, and Back Cut.

Executing in the Transition Game

- Receive the outlet pass facing the biggest part of the floor to allow greater vision. If you do not catch facing execute the following fundamentals: Turn, Look, and Go.
- Attack the middle third of the floor, if you have an opportunity to pitch ahead do so.
- When bringing the ball into the scrimmage area, make the decision to pass or shoot no later than the top of the key. If you penetrate the key you should be thinking shot first.
- Make every break that we have numerical superiority into a 2/1 situation.
- Take the ball to your best finisher and away from your best shooters.

Zone Offensive Thoughts

- Recognize the zone type and where the attack gaps are located.
- Know who is guarding you and take them out of position.
- Shallow cut to relieve pressure, to set-up reversal, and to get both guards on the same side of the floor.
- Always have your hands and feet ready to catch and shoot, toes and shoulders are in alignment with the basket not the passer.
- Do not play into the strength of the zone, quick perimeter shots, penetrate the zone with dribble penetration and passing.

Thoughts on Shooting

- Key teaching points in shooting:
 - a. Get the ball up, shoot the ball up with a high finish.

- b. Keep the ball on line, keep your elbow under the ball.
 - c. Hold a high one second follow through, this is most important.
 - d. Land closer than where you initiated the shot, we like 6" closer.
- Foot work is critical to the success of the shot. We employ the one-two step method of setting-up our shot. Have the non-shooting foot slightly ahead of your shooting foot (heel to toe relationship). Meet the pass with a short step toward the basket with the non-shooting foot and then step into the shot (hence, one-two step approach) with the shooting foot. Keep your knees bent in preparing to shoot, we want our legs in the shot and we want to shoot the same shot, with the same footwork, and same shot motion for every shot.
- Maintain vision with the target, do not lose sight, concentration and focus is imperative.
- Do not shoot fast, but rather get ready fast to shoot.
- Great shooters fight for their feet.
- Do not take the shot that the defense gives you, take the shot that we want.
- You must have an intermediate game.
- Thoughts on shooting the three point shot:
 - a. Shoot the three on the way up to shoot, do not hang.
 - b. Use your legs to set-up shot, legs are critical.
 - c. One-two step into the shot, gets your legs in the shot.
 - d. Practice the NBA three to develop range.
- Methods of acquiring the three point shot:
 - a. Transition, basic rule is that we only shoot the transition three off reversal. Exception is the green light three.
 - b. Receiving the pass off a teammates penetration: baseline drift, pro spot, or crack back.
 - c. Screening, for example the fare screen or double staggered.

**Plays do not win championships
Players who can make play do!**

*Tusculum Basketball
Individual Development*

Summer Perimeter Workout: 60 Minutes

- Players are made they are not born.
- There comes a time when winter asks, what have you done all summer.
- Key to effective productive practice is to replicate the game.

- Produce pressure situations by competing against yourself, create a time or number to compete against. Imagination is the greatest gift you can have as a player.
- A quick, fast paced, focused workout is better than randomly practicing for hours.
- Know what your game is and what you have to do to improve.

Warm-up and Agility (5 drills for 5 minutes)

- Speed Rope
- Ball handling Routine
- Mikan Drill
- X-Out Lay-up Drill
- Two Ball Dribbling
- Form Shooting

Shooting

We will spend 30-40 minutes on shooting each workout. Repetition and going 100% are the keys to success. Shoot and work at game speed, replicate the game. If you have a partner to work with great, if you have a shoot-a-way to work with great, if not you can still get in a great shooting workout. The drills we have put together for this work-out are designed to be done on your own.

1. Square-up Series: 8 Shots

Spin the ball out and cut to receive, square-up, execute 2 direct drive and 2 cross over moves from each side of the floor. Drive it hard to score, get there in one dribble if possible, but no more than two. We want all clean lay-ups off the glass.

2. Intermediate Jump Shot: 8 Shots

Spin the ball out and catch to shoot jumper in 12-17' area. Follow all misses with power lay-ups.

3. Three Point Shot: 8 Shots

Concentrate on shooting the three from the guard spots and wing areas, finish all misses with power lay-ups.

4. Free Throws (1+1) Do something to penalize misses.

5. Shot Fake Series 8 Shots

Spin out the ball, catch and execute the shot fake, one dribble and pull-up jump shot. Execute 4 made shots from each side, 2 going in each direction.

6. Shooting off Screens (Chair) 8 Shots

Place the ball in a chair, make a two step set-up and cut off the chair while picking up the ball to shoot. You are replicating the movement involved in shooting off screens. Place the chair in different positions as per the screens you are working on.

7. Shooting off Screens - Shot Fake 8 Shots

8. Free Throws (3's and 2's)

This is the end of our shooting portion of the workout, we will complete the workout with a game of 32 and our defensive slide drills.

9. 32 Shooting

Each shot is initiated from the three point arc at the top, each wing, and each corner. The player spins the ball out and executes a shot fake and drive for a lay-up (1 point), a shot fake and pull-up jumper (2 points), and a three point shot (3points). You are working to achieve the highest score possible under a pre-determined time limit. If you make every shot you receive 30 points, plus two free throws to end on worth one point each for a perfect total of 32.

10. Free Throws 10 in a Row

There are no secrets, there is nothing magical. It's just hard work and repetition at game speed that develops your perimeter skills. Chart your shots and keep a journal of your improvement. Work on becoming quicker and quicker as you progress daily through the workouts. The faster you can go without sacrificing technique, the easier it will become in the game.

Every morning in Africa, a Gazelle wakes up. It knows it must run faster than the fastest Lion or it will be killed....Every morning a Lion wakes up. It knows it must run faster than the slowest Gazelle or it will starve to death.

**It doesn't matter whether you are a Lion or a Gazelle
when the sun comes up, you'd better be running!**