

Mike McKay - Manager of Coach Education and Development



## Canada Basketball Coaching Clinic

**Gord Herbert** is native of British Columbia who played and was an assistant coach with our National team. He is the first Canadian to be a head coach in the top division of European basketball. He has recently been appointed an assistant coach with the Toronto Raptors in charge of basketball development.

### Why European Basketball is so successful at this time

1. When coaching in Europe it takes four years to get your B licences. The coach education system is outstanding and demanding in the top countries.
2. Coaches are held accountable for how they work. You have to be able to teach and develop the players, especially when working with players between the ages of 14-16. Your job is to develop the players.
3. The practice to game ratio is overwhelming in favour of practice. Practice twice a day. The first practice is on individual development. The second practice 50% of the time is on individual work and the other 50% on team play. One game on the weekend.
4. Individual player development takes precedent over developing systems.

### Philosophy of Coaching

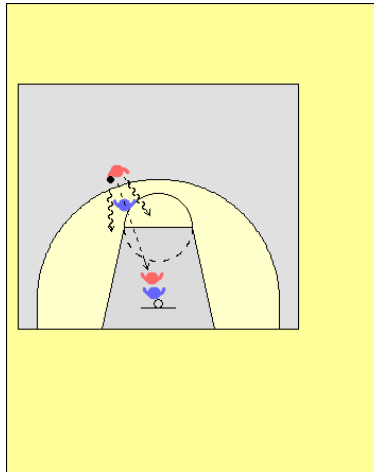
1. Behaviours
  - Professionalism
  - Trust
  - Respect
2. Coaching staff sets the example
3. Teach
4. Practice is the foundation – this is where we build the habits
  - Offence – develop the habits to allow the players to play with purpose
    - Communication
    - See and read
    - Body to body contact
    - Play down
    - Sprint
    - Energy/emotion
5. Develop the individual /develop the team
6. How we play is based on the coach's beliefs and personnel
  - Dictate Tempo with defence and transition
  - Control tempo with offence and rebounding
7. Defence
  - Defence is made up of your system + attitude (40% system, 60 % attitude).

**Teach the system. demand the attitude**

Players must be able to guard and rebound their position. If not they will get exposed. Teach players to **Defend Actions** in practice (cuts, penetration, post action, screens picks etc.) **Adjustments** are made in the game to the actions, players and situations.

- Want to have our **defence set**
  - If we score pick up by  $\frac{3}{4}$  court

- On the miss pick up by the three point line – build the defensive “I”. (1<sup>st</sup> big fills the bottom of the “I”, 2<sup>nd</sup> big fills the top of the “I”. Perimeters protect the “I”).
  - Do not jam the basketball, leaves you vulnerable to mismatches and disadvantage situations at the other end.
  - Foul the fast break – do not give up the easy basket
- **Pressure vs. Contain the ball**  
 Players must know on what spots on the floor where we will play **pressure /contain** or **contain / pressure**. When the ball is on the wing with a post fronted on the same side we must play pressure /contain on the ball. When defending a good guard in the middle of the floor you must play contain / pressure.  
 Contain 1<sup>st</sup> step – cannot get beat by the first step of the offensive player. No “blow byes”. This will limit the number of defensive rotations your defence requires.
- **No stand and catch** with nose facing the basket. We want to force the offensive player to be moving away from the basket on the catch. This means we deny, now make them turn. No limit on how far we deny out.
  - **No middle team**. Toughest spot to defend is the elbow. Player has great drive angles in either directions and also makes it tough to defend the post at the front of the rim.



- **What do we give up?**
  - Contested shot off the dribble from perimeter. Have the hand and body in front of the shooter.
  - Post – turn around jump shot
- **Defensive transition** – five back, don’t screw around get back!

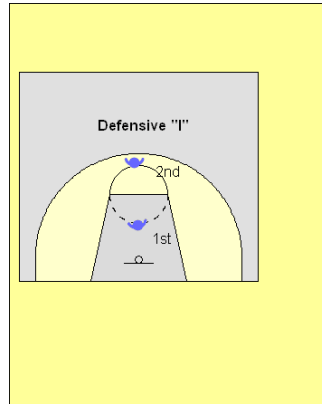
### 8. Offensive transition

- Point guard fast break.
- Wings sprint the floor and bounce the baseline.
- Want to attack from the elbows
- No secondary action – fast break attack or set up.
- If under 8 seconds on clock attack; if over 16 seconds set up and run offence (control)
- Primary attack
  - 1<sup>st</sup> post spots at the front of the rim
  - 2<sup>nd</sup> post drag high pick
- Control
  - Ball movement side to side

- We decide what we will get out of the offence. We control what happens before and after the shot. We stay organized throughout the entire shot clock.
- Take care of the ball
- Want three things in our offence
  - Inside presences
  - Attack the rim
  - Uncontested shots

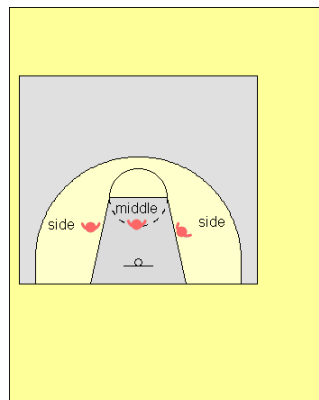
### 9. Defensive transition

- 1<sup>st</sup> Big takes away the post up. Keep them from getting to preferred spot at the front of the rim.
- 2<sup>nd</sup> Big plays the high “I” responsible for:
  - Giving support to the guard
  - Move up to assist on a “brush pick”
  - Take away ball reversal

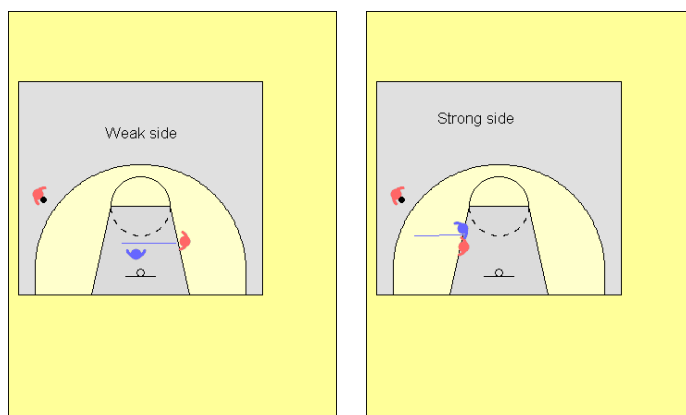


- Perimeters support the “I”. Also must be prepared to deny the ball. We want no noses to the front rim on the catch. Extend the catch.

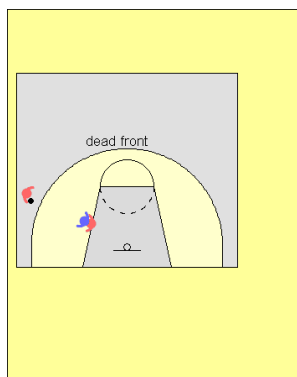
### 10. Post defence



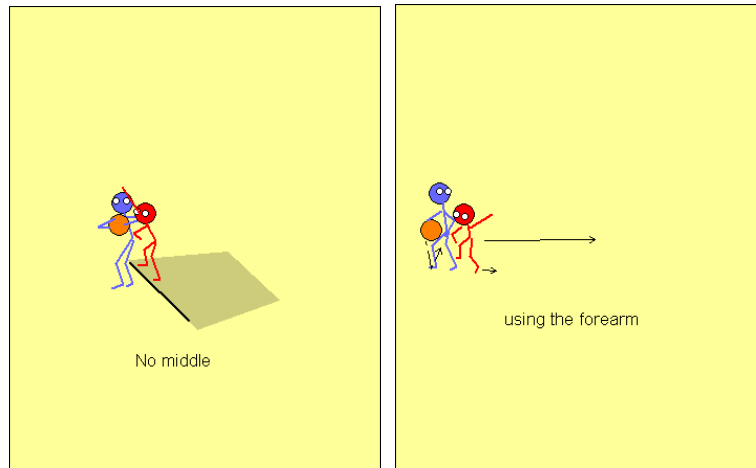
When offensive player is in the **middle post** you must react to his/her movements. Deny this spot, it is war. When the offensive player has the ball you must gap them so you do not get sealed. Anticipate the favourite move of the player.



When in the **side post** you will play below the offensive post player when on the weak side. Play above the side post when he/she is on the strong side. Note: there is the slip point where you play below, when the offensive players moves up the lane and now becomes a high post. Never be on the same level. Forearm the cutter to prevent the offensive player from getting to your feet.

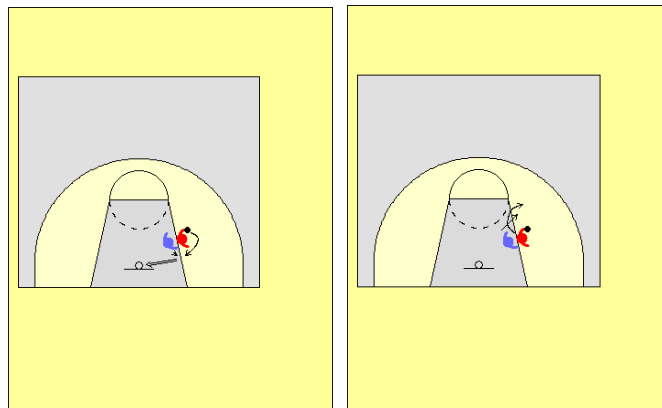


Dead front the side post when the offensive player is on the 45° angle. Yell front three times. **Coaching point:** this is one place where you demand attitude. Hold the player accountable for calling “front” three times. Two is not acceptable. This is where the perimeter player uses pressure / contain. Pressure takes higher precedence. If the player drives the defensive post is in perfect position to help. If the wing defender sags, it is easier to make the accurate lob pass.



When the offensive post player has the ball in the side post the defender must not allow a quick move to the middle, but prevent the drop step at the same time. The defender spreads his/her feet and places a forearm on the hip to control the centre of gravity of the offensive player. The inside arm is up to dissuade a diagonal pass. Note: Post defenders especially must develop the use of the forearm on the dribble. The crab dribble is a popular move by the offensive post player. Keep your stance wide with the forearm on the hip.

Give the offensive player the turn around jump shot. When this occurs stay in stance and change hands to challenge the shot. On the step back move or reverse pivot the defender brings his/her feet to the offensive player. Take away their space by jamming him/her.

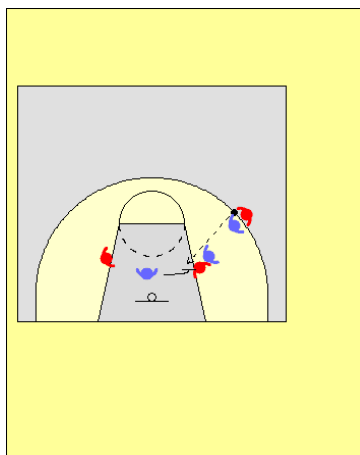


### **Take the charge**

When the offensive player is using an aggressive back down dribble, release the forearm, lock your feet and take the contact on the chest. Get into the rhythm of the dribble, 1 bang, 2 bang, 3 release forearm and take the charge.

### **Trap the lob pass**

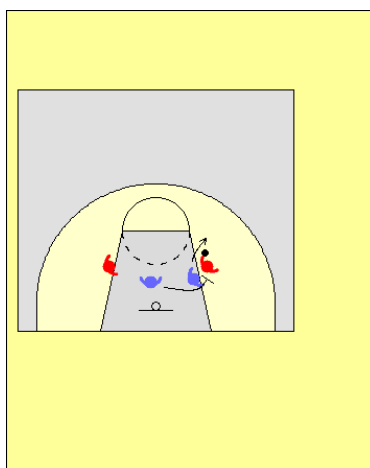
The defensive player calls 'front' three times. The defender on the ball puts pressure to make the pass more difficult. The low defender in the defensive 'I' comes to trap the pass.



### Post traps

There are two situations when we will trap the post:

1. Good offensive player n
2. Mismatch



The player guarding the ball calls “side” three times. The player shifts to guard the top side of the post player while the bottom of the defensive “I” comes to form the bottom of the trap.