

Stockholms Basketdistriktsförbund presents

#BARTONCLINIC16

ENSKEDEHALLEN 10-12 JUNE 2016



For more information, visit:

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Luca Banchi

Head Speaker #BARTONCLINIC16

It is with great pleasure and anticipation that we announce Luca Banchi as head speaker for #bartonclinic16. One of the major goals from #bartonclinic is to address all levels of development and to show how they relate to each other. For the first time we have a head speaker that has been successful at the top level of youth basketball and the top of the elite level (Montepaschi Siena, EA7 Milano etc.).

I met Luca while coaching in Maccabi Tel Aviv and I immediately recognized his ability to coordinate the use of individual skills in offensive team concepts. It will be exciting to have him share his views on youth development, elite basketball while at the same time sharing his thoughts from "The Italian School of Basketball".

- Charles Barton

Registration will open april 15th!



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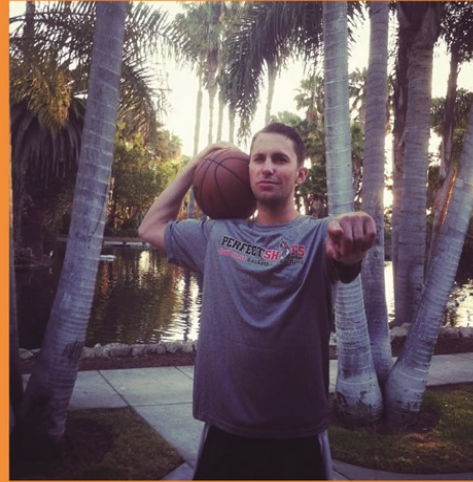


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David Nurse

Speaker, #BARTONCLINIC16

Shooting is becoming perhaps the most important skill in today's game. A player's ability to shoot can not only determine how well he or she plays, but how much time they get to be on the court and in many cases how far their career will advance.

In my opinion a modern day clinic should if possible include a deep examination of this very important skill. This year #BARTONCLINIC16 will have as it's shooting coach David Nurse currently the skills and shooting coach with the Brooklyn Nets of the NBA. He is the CEO of "Perfect Shot Basketball" and has conducted clinics worldwide. He personally beat the world record of 81 made 3 point shots in 5 minutes in 2014. His client list is extensive and includes Aron Gordon and CJ Watson just to name a couple. Coach Nurse will address all levels from beginners to elite and will also participate in our panel discussion. We are very fortunate to have this top level shooting coach share his teaching methods and drills with us during this upcoming clinic.

- Charles Barton

Registration will open april 15th!



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Foto: Anders Tillgren



Foto: Anders Tillgren

James Scott

Speaker, #BARTONCLINIC16

The demands on the modernday athlete are three fold. Understanding of the game (IQ), the use and development of skills and the development of the body (your physic). All three parts are very important. So, for the third summer in a row, we are truly fortunate to have James Scott as our "Physical Development Coach".

He share his experience and knowlegde and address in season/off season training methods. He will also address injury prevention and performance enhancement methods of training.

James Scott has been our most popluar coach throughout #BARTONCLINIC and besides his extensive knowlegde, we are having him back by "popular demand".

- Charles Barton

Registration will open april 15th!



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Friday 2016-06-10

16.30-17.00 Registration

17.00-18.00 James Scott

18.15-19.15 David Nurse

19.30-21.00 Luca Banchi

Changing Shapes to improve athletic performance

Development of guards

Transition offense

Saturday 2016-06-11

10.00-11.30 James Scott

11.45-13.15 David Nurse

13.15-14.45 Lunch

14.45-15.45 Panel discussion

16.00-17.30 David Nurse

17.45-19.15 Luca Banchi

19.15-19.30 Finish

20.00-

On-Court: In-Game Strength

Development of big players

3-3, 4-4, p'n'r

4 out, 1 in offense

Dinner (Quality Globe Hotel)

Sunday 2016-06-12

10.00-11.30 James Scott

11.45-13.15 David Nurse

13.15-14.30 Lunch

14.30-16.00 Luca Banchi

*Bulletproofing your athletes through Eating Clean,
recovering completely & Mindfulness*

Shooting

Switching man to man



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James Scott

Changing shapes to improve athletic performance

1. Stand up with your arms straight above your head, make with your hand a fist and back open. Do this as fast as possible for 1 minute. (strengthens the forearm)
2. The same drill as #1 but your arms are straight in front of you, bring your arms in a straight position so far as possible behind you (strengthens the shoulder)
3. Low squat stance, your butt is almost touching the ground. (**sit squat**) Alternating your knees down to the ground. (hip rotation)



4. Low squat stance, your butt is almost touching the ground. Take your right ankle with left hand and right hand on your left shoulder. This is the start position! Right hand from shoulder straight up in the air and back to shoulder. Switch hands. (strengthens the shoulder)



5. Low squat stance, your butt is almost touching the ground. In this position, dropping forward, support only on hands and toes. (**crawl position**) Almost the same position as on hands and knees but support on the toes instead of the knees. From your position, dropping forward and back in your start position. Arms are straight before you meanwhile do a drop and back.



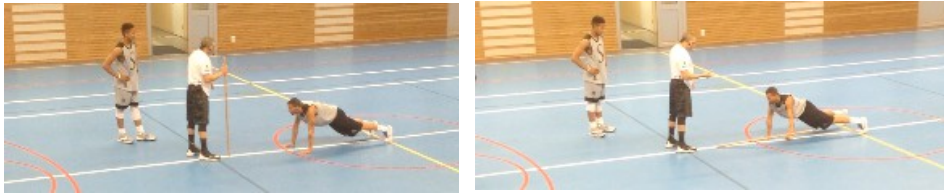
6. By 2, player 1 holds a stick straight on the floor and dropping the stick in a 360°. Player 2 stance after the stick (0,5m) and don't let the stick touching the floor or touches the body, only hands. He's picking up the stick underhands on different options:

This is a great drill to performance your first step!!!

- only right hand
- only left hand
- 2 hands
- move only the right foot
- move only the left foot
- player 1 says what player 2 must do on the previous options



7. By 2, player 1 holds a stick straight on the floor and dropping the stick sideways and player 2 in pushup position. Player drops stick left or right and player 2 picks up the stick just above the floor.



8. By 2, player 1 holds a stick straight on the floor and dropping the stick sideways and player 2 has a ball, dribble options before picking up the stick:
- right hand dribble and left hand picking up the stick (all directions)
 - left hand dribble and right hand picking up the stick (all directions)
 - cross-over dribble (right dribble to left hand and back, pick the stick with the left hand)
 - cross-over dribble (left dribble to right hand and back, pick the stick with the right hand)
 - behind the back dribble (same as cross-over but behind the back)



9. By 2, player 1 holds a stick straight on the floor and dropping the stick frontwards (backwards for player 2) and player 2 stance 1m behind the stick without the ball. Player 2 does a close out, 2x 2 feet jump backwards and take the stick with 2 hands underhands.



10. By 2, player 1 holds a stick straight on the floor and dropping the stick sideways and player 2 stance with his back to the stick and looks over his shoulder to pick up the stick.



11. By 2, player 1 holds a stick straight on the floor and dropping the stick sideways and player 2 stance in defensive position and when the stick is dropped player 2 slide and pick up the stick with both hands. (quick slides)



On court: in-game strength

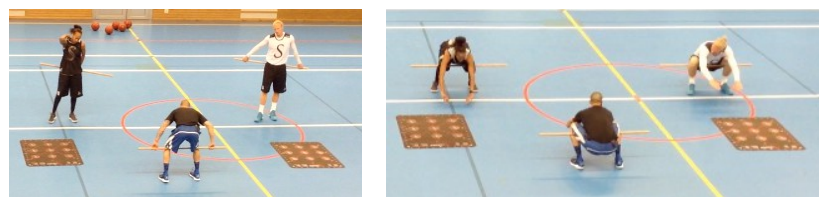
1. Stand up, feet are shoulder width. Hold a stick parallel to your hip with your wrists and the arms are width on the stick. Bend over with straight legs and when you feel that the stick is clamped between belly and hip let loose your wrists and touch your hands on the floor. Repeat when you get back straight up.



2. Stand up, feet are shoulder width. Hold a stick parallel to your hip with your wrists and the arms are width on the stick. Bend over with straight legs and when you feel that the stick is clamped between belly and hip let loose your wrists and go in squat position. Hands straight in front of you.



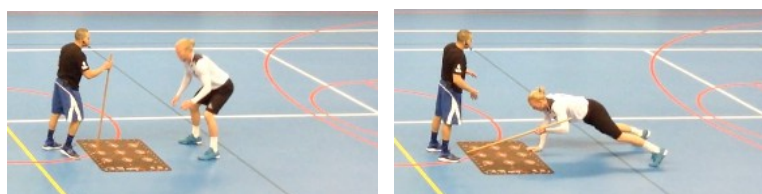
3. Low squat position and clamp the stick between lower leg and upper leg. Move slowly sideways Left and Right without dropping the stick.



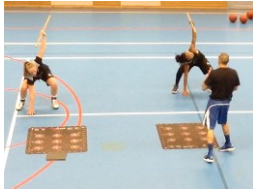
4. Low squat position and clamp the stick between lower leg and upper leg. From this position bring your both hands straight up above your head and back without dropping the stick.



5. By 2, player 1 holds a stick straight on the floor and player 2 stand in a defensive position behind the stick. Player drops the stick and player 2 goes from stance in a pushup position (legs shoulder width) and picks the stick up above the floor. Switch hands to pick up the stick.



- Stand up, legs shoulder width and the stick in the right hand above your head. Bring your left hand on the floor in a squat position meanwhile you hold the stick above your head. Get back in stand stance, repeat several times and then switch hands. (hip trunk rotation)



- Stand up, legs shoulder width and the stick in the right hand above your head. Touch your left hand on your left foot with your legs straight meanwhile you hold the stick above your head. (move little sideways to get down) Get back in stand position, repeat several times and then switch hands. (hip trunk rotation)



- Stand up, legs shoulder width and take the stick with both hands above your head. From this position bend over 90° and the stick is in front of you, go back in stand position. (your back is not bowed but in a straight line when you bend over)



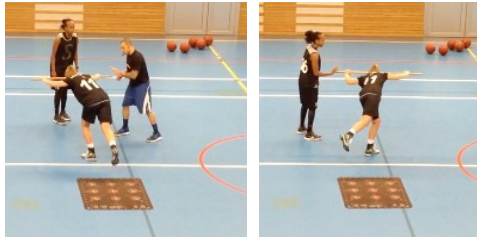
- Stand up, legs shoulder width and take the stick with both hands above your head. From this position bend over 90° and the stick is in front of you, but now you have 1 leg off the floor straight with your back. Go back in stand position. Alternate legs (your back is not bowed but in a straight line with your leg that's off the floor when you bend over)



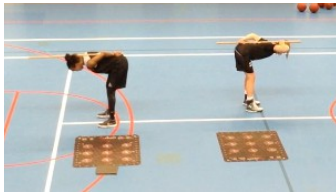
- Stand up, legs shoulder width and take the stick with both hands above your head. From this position bend over 90° and the stick is in front of you, when player 1 is bend shall player 2 give little resistance on the stick in all directions then go back in stand position. (the same drill as #8 but player 2 gives resistance on the stick)



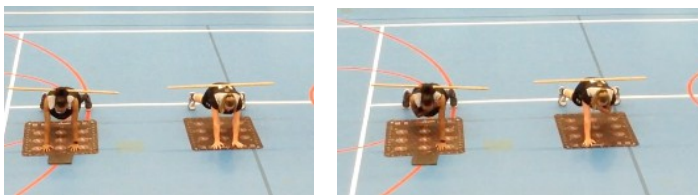
11. Stand up, legs shoulder width and take the stick with both hands above your head. From this position bend over 90° and the stick is in front of you, but now you have 1 leg off the floor straight with your back. when player 1 is bend shall player 2 give little resistance on the stick in all directions then go back in stand position. (the same drill as #9 but player 2 gives resistance on the stick) Alternate legs



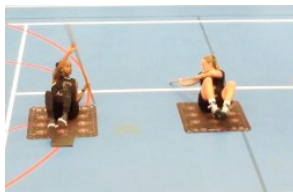
12. Stand up, legs shoulder width and hold the stick on your back. 1 hand above the shoulder and the other hand on low back. Now bend over and hold the stick on your back. (there's only space in the middle of the stick not on the shoulders or butt)



13. By 2, player 1 in pushup position and player 2 lie down the stick between low back and butt in balance. Player 1 hold 1 hand on his shoulder for 5 seconds meanwhile the stick is in balance. Switch hand (player lie down the stick back on player 1 if its dropped)



14. “kayak” movement, sit down, legs bend, feet of the floor. Hold the stick with 2 hands and now paddle but your stick is touching the floor with 1 side and then the same side with a kayak move up in the air. Do the same side for X number and then switch sides.



15. Squat position, (without the stick) both fists on the floor and then “walk” you between 2 lines



16. Squat position, (without the stick) both arms are straight in front of you and then “walk” you between 2 lines



NRG

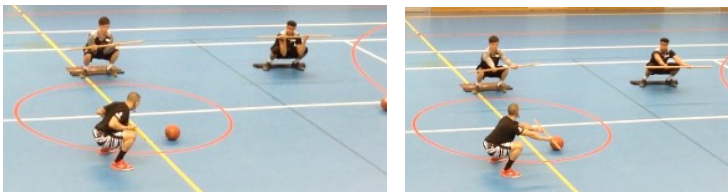
1. Crawl position, balance on right hand/left foot. Now turning that your back is pointing to the floor, turn back in front crawl. Switch hand/foot.



2. Sit squat position, hold the stick with both hands above the head. (weightlifter) Bring the stick down to your chest and back up.



3. Sit squat position, hold the stick underhands with both hands to your chest. Bring the stick from your chest to straight in front of your body and back.



4. Lunge position with stick above the head. If the right foot is in front lean sideways left and back. Switch foot.



5. Lie down on your chest, stick with both hands in front of you. On the sign of the coach, hands and feet off the ground for x seconds. Then roll over from chest to back without touching feet and hands on the floor.



6. Crawl position, move slowly on 2 balance points (R hand/L foot - L hand/R foot) keep your balance and your back stays flat. Crawl between 2 lines and then backwards crawl.



7. Player 1 in defensive stance, hold the stick with both hands on 1 side on shoulder width. Player 1 slides with short steps between 2 lines. (ex baseline to free throw line) Player 2 pulls slightly to the stick to resistance while Player 1 slides.



8. Player 1 defensive stance, hold the stick with both hands. (The same drill as #7) but you will take small steps backwards. Player 2 pulls slightly to the stick to give resistance.



9. Player 1 hold the stick with both hands above and in front of the head. Player 1 moves forward and player 2 gives resistance.



10. Player 1 in defensive stance on the 3-point line. The coach conducts which side player 1 slides, coach conducts also rebound and charging. (tough drill) work between 15-30 seconds



SHOOTING

DAVID NURSE

Youth

Form shooting

- Standing in a good balance, move the ball from shooting pocket to 90° L-form elbow. Repeat X times.

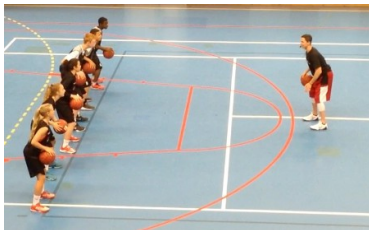


- Every player with a ball on a line, the coach says and does the exercise. He goes through several important points:

- FEET (shoulder width)



- SHOOTING HAND (your shooting hand on the ball)



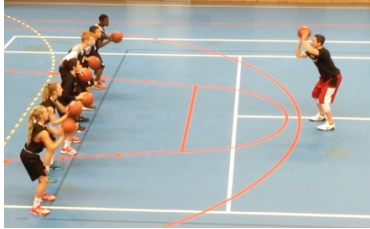
- GUIDE HAND (second hand touches the ball)



- POCKET LOCKED (the ball is in start position to your hip)



- ELBOW (90°)



- SIT BACK (butt down)



- SHOOT (follow through)



- Form shooting on the basket. When you shoot say 3 words:
 - UP (shooting arm is straight)
 - SLAP (your wrist is making a slap move)
 - HOLD (your hand is pointing the basket = follow through)



- Form shooting two teams. Two teams each on a basket, made 2 shots on 3 spots and then switch basket. Total of 6 spots and 2 shots made on every spot.



Step in the ball

- Teaching the basics of step in the ball (without ball)
 - 1 foot in front, then jump and balance on your front foot.



- 1 foot in front, 1-2 quick stop and shoot out



- Step in the ball shooting
 - By 3, receive the pass and step in the ball + shot



- Step in the ball shooting 2 teams
 - 2 teams on each basket playing against each other, made 2 shots on 3 spots then switch sides.



Seniors

Form shooting

- Standing 2m in front of the basket
 - correct shot and hold the “follow through” arm up until the ball is touching the floor.



- By 3, Rebounder-Passer-Shooter. Shooter takes a FT shot



- By 3, Rebounder-Passer-Shooter. Shooter takes a 3pt shot after receiving the ball.



- 1 hand shot, high block range in front of the basket.
 - Before shot: 2 dribbles and then take the shot



- By 2, Passer gives a handoff to the Shooter. He give the ball in any direction, Shooter receives the ball and bring the ball first to his shooting pocket and then he shoots.



- Quick decision shooting on the FT line. The shooter stands 1m after the FT line. Passer gives the ball a little to the right or left of the shooter. Shooter have to react a quick decision and jumps to the ball and shoots.



- Shooter with ball on the FT line, before he shoots does he a dribble serie:

- 2 hard dribbles right + shot
- 2 hard dribbles left + shot
- 2 dribbles between the legs + shot
- 1st dribble between legs and 2nd dribble behind the back + shot
- 2 dribbles behind the back



- By 2, start on the 3pt line on wing/corner. Passer gives a handoff pass to the Shooter and the Shooter goes shoulder on shoulder with 1 cross-over dribble, 1-2 stop + shot.



- By 2, start on the 3pt line on wing/corner. Shooter stands with his back to the passer and the Passer yells "GO" Shooter turns with a 180° jump, he rips the ball and goes shoulder on shoulder with 1 cross-over dribble, 1-2 stop + shot.



- 3pt form shooting, 2 made shots on each spot, 5 spots.





Barton Clinic 2016



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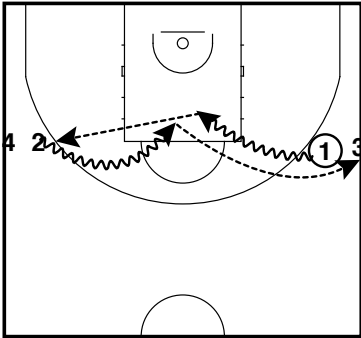
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Development of guard players

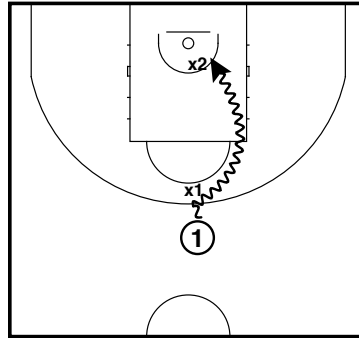
#1: Attack the paint



Attack the paint

attack the paint and pass out with your outside hand

#2: Change peace

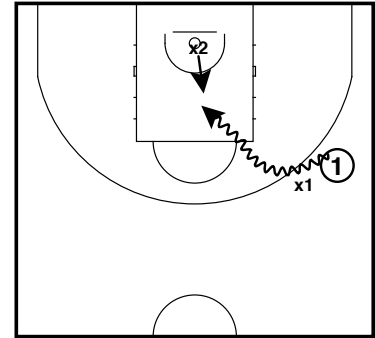


Change peace

O1 does a crossover dribble or a dribble between the legs and go past X1 that's defending static.

O1 try to make his lay-up and X2 makes contact and plays harder defense on O1

#3: Hop step and floater shot



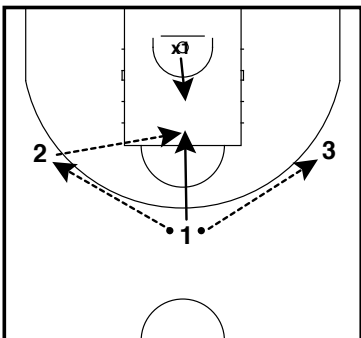
Hop step and floater shot

O1 dribbles before X1 to cut him off, X1 passive defense.

O1 does a hop step and floater shot

X2 passive defense

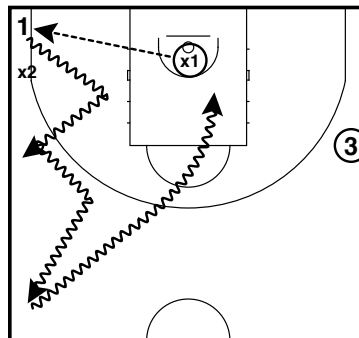
#4: Shooting spots A



1st shot = floater

- O1 with 2 balls on the top and pass each ball to a wing
- rear cut and receive the ball from O2 = floater shot

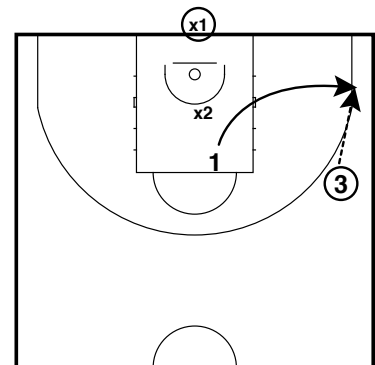
#4: Shooting spots A



2nd shot = 1on1 with X2

- O1 runs to the corner and receive the ball from X1 (rebound)
- O2 becomes X2 and plays defense from the corner to the midline (zigzag)
- from the midline play 1on1 live

#4: Shooting spots A

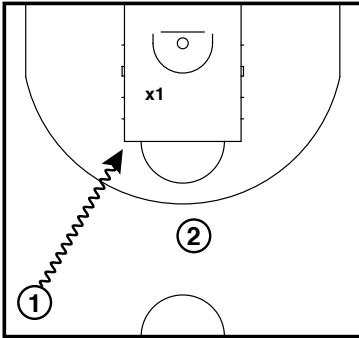


3rd shot = 3 point shot

- O1 runs to the corner and received the ball from O3 and takes the 3 point shot

Development of guard players

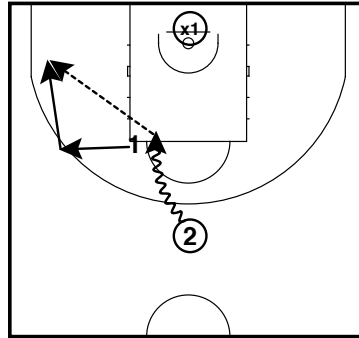
#5: Shooting spots B



Elbow shot

- O1 dribbles from the midline/sideline corner to the elbow and take the shot

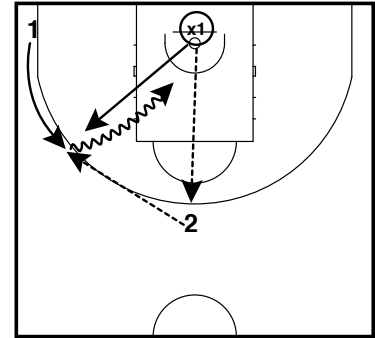
#5: Shooting spots B



Corner shot

- after elbow shot, back paddle wing and when O2 makes a dribble to the basket, shall O1 go to the corner for the shot. (circle move read and react)

#5: Shooting spots B

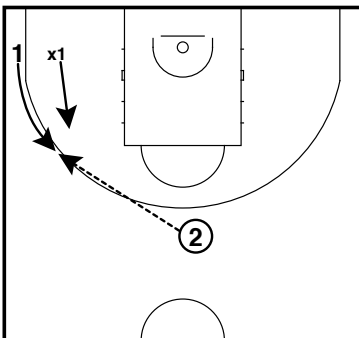


1on1 from the wing

- After O1 shot from the corner, he sprint to the wing and received the ball from X1 to O2 to O1.

- X1 plays defense on O1

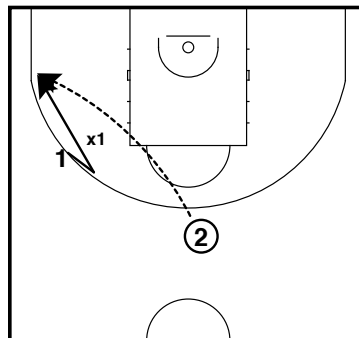
#6: Shooting spots C



Wing shot

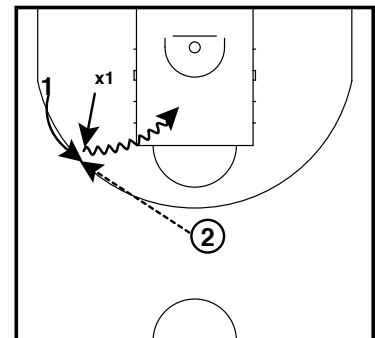
O1 from corner to wing spot shot
X1 passive defense

#6: Shooting spots C



Flare shot

#6: Shooting spots C

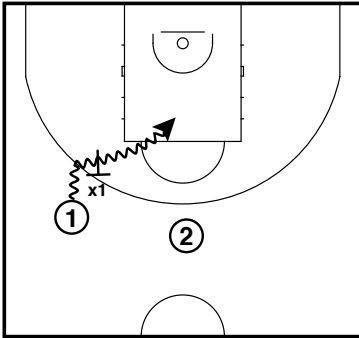


1on1 live

from the wing play 1on1 hard

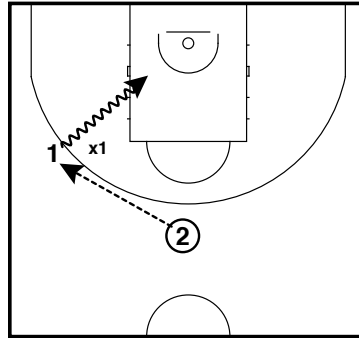
Development of guard players

#7: Using the screen A



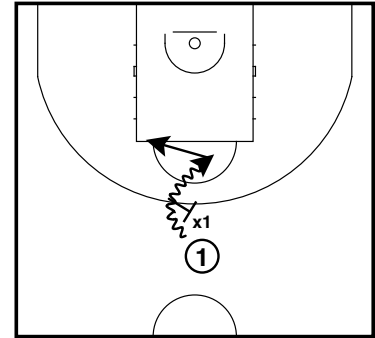
O1 using the screen and takes the floater

#7: Using the screen A



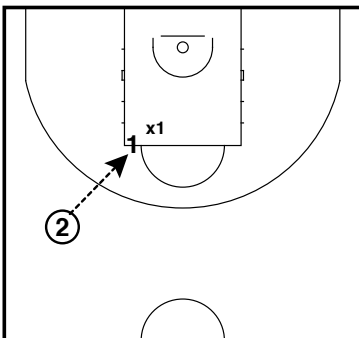
after the floater goes O1 to the wing and received the ball from O2

#8: Using the screen B



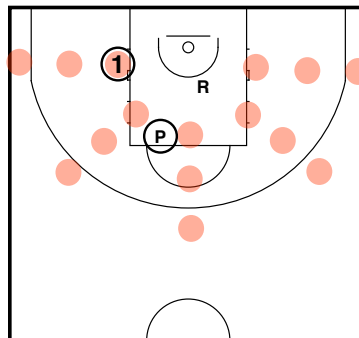
dribble curl after the screen and shot

#8: Using the screen B



after the shot will O1 to the elbow and receive the ball from O2: play 1on1 from the elbow (shot or drive)

#9: Team shooting



3 red spots= shooting spots

A team is maximum 3 players (shooter, passer, rebounder)

each spot can you make:
- 1 shot / 2 shots / 2 shots in a row / ...

each player can shoot:
- 15" / 30" / 45" / 60"
Shoot with 2 balls

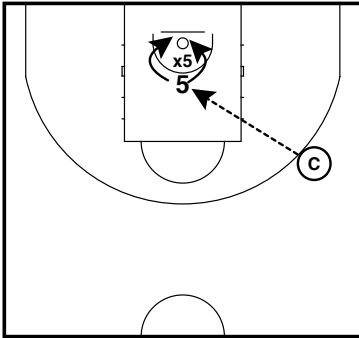
When the time is up, the next player shoots from where the previous player has finished.

The team that has the most spots or completed the circle is the winner.

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Development of big players

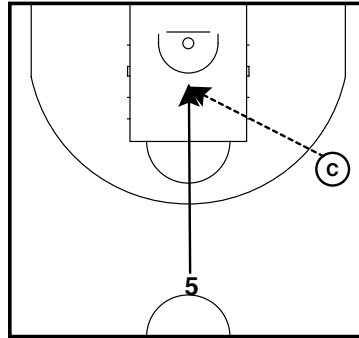
#1: Inside hookshot



Hook shot

- O5 post up in the middle on the semi circle
- X5 passive defense
- C gives inside pass to O5
- O5 chooses left or right hook shot without a dribble

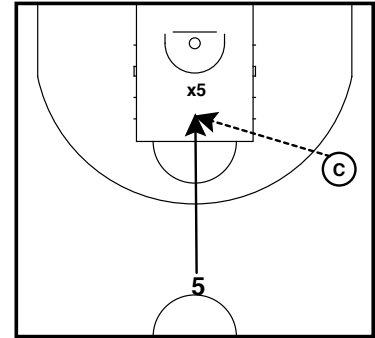
#2: Trailer and finish hard



Slam dunk or lay-up

- O5 is trailer, he comes very hard in
- C passes to O5 and O5 finishes very hard
- * slam dunk (if you can dunk)
- * high lay up (if you not can dunk)

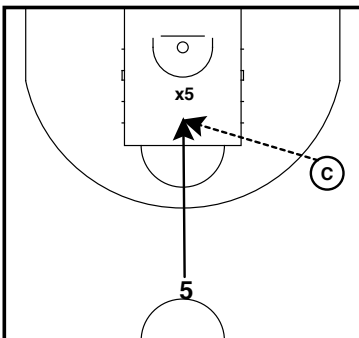
#3: Trailer and floater



Floater shot

- O5 is trailer, he comes very hard in
- C passes to O5 and O5 does a floater shot on X5
- X5 passive defense

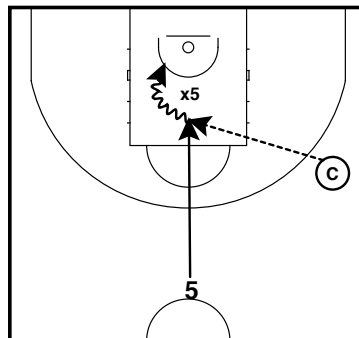
#4: Trailer and spin dribble



Spin dribble

- O5 is trailer, he comes very hard in
- C passes to O5 and O5 does a spin dribble on X5
- X5 passive defense

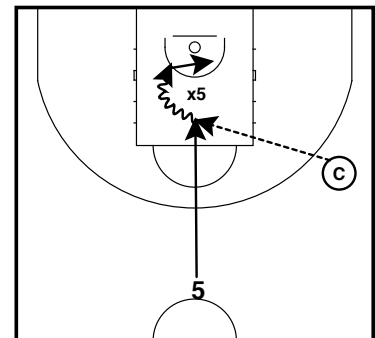
#5: Trailer and crossover jump



Cross-over 1 - 2 jump

- O5 is trailer, he comes very hard in
- C passes to O5 and O5 does a: jump stop in the lane, cross-over dribble with 1 - 2 jump on X5 and lay up
- X5 passive defense

#6: Trailer, crossover +overstep

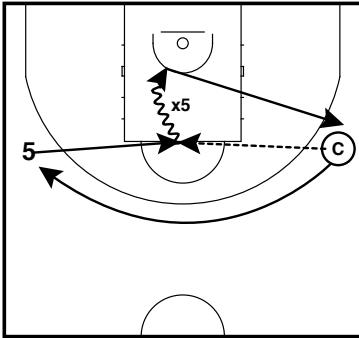


Cross-over + overstep

- O5 is trailer, he comes very hard in
- C passes to O5 and O5 does a: jump stop in the lane, cross-over dribble jumpstop on X5 + 1 overstep and finish
- X5 passive defense

Development of big players

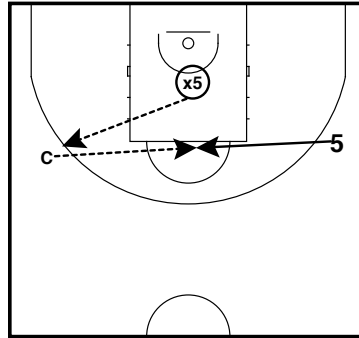
#7: 5 spots 1on1



1on1

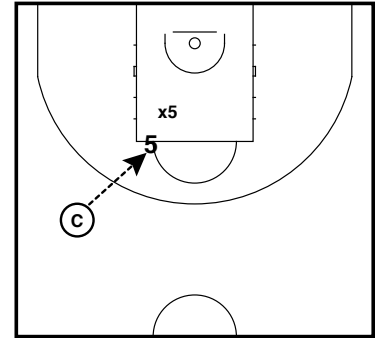
- O5 starts on the left wing and comes to the FT line
- C passes the ball
- O5 plays 1on1 live with X5

#7: 5 spots 1on1



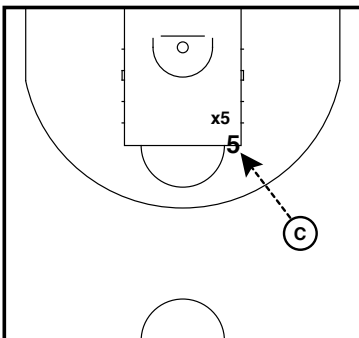
After 1on1 switch O5 and coach from sides and they are doing the same drill, X5 rebounds and gives the ball to the coach.

#7: 5 spots 1on1



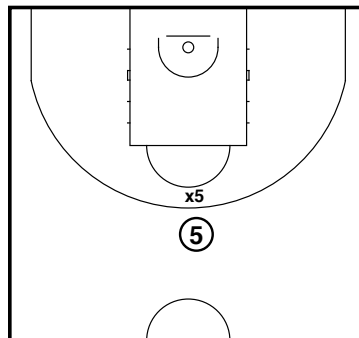
Left high post 1on1

#7: 5 spots 1on1



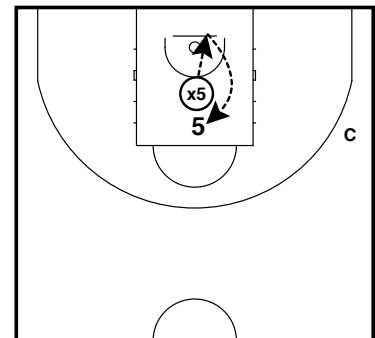
Right high post 1on1

#7: 5 spots 1on1



1on1 from top

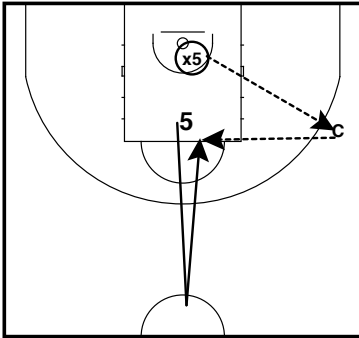
#8: 3 spots 1on1



X5 throws the ball against the board, O5 rebounds and plays 1on1 live

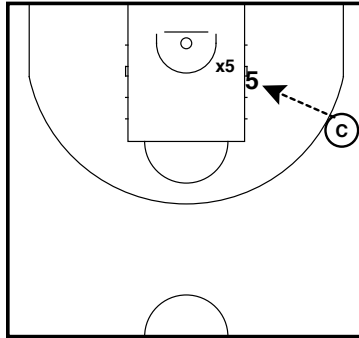
Development of big players

#8: 3 spots 1on1



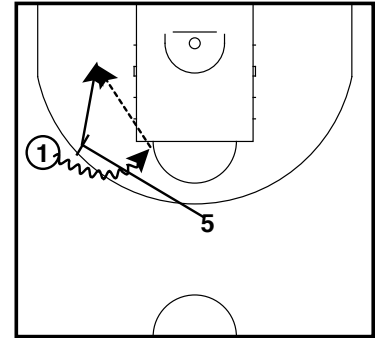
O5 back paddle into the mid circle and sprints back to FT line, 1on1 live

#8: 3 spots 1on1



O5 post up low block and play 1on1 live

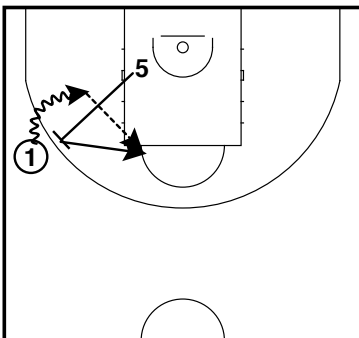
#9: 5 shots in a row



O5 sets a screen for O1 = P&R

O5 shoots 45° off the glass

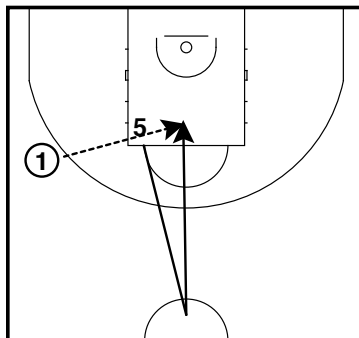
#9: 5 shots in a row



O5 sets a screen for O1 and pops out = P&P

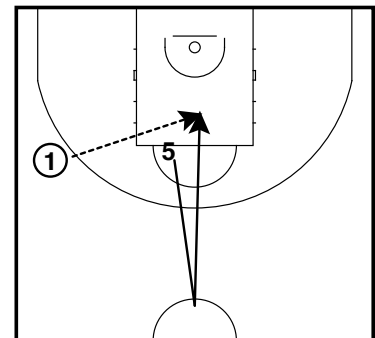
O5 shoots from the elbow

#9: 5 shots in a row



Back paddle and sprint back = FT line shot

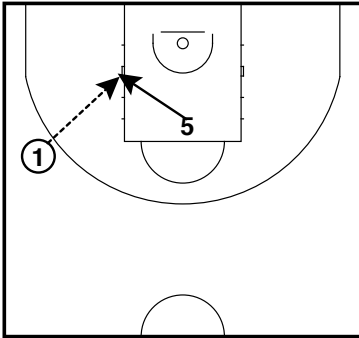
#9: 5 shots in a row



Back paddle and sprint back = floater shot

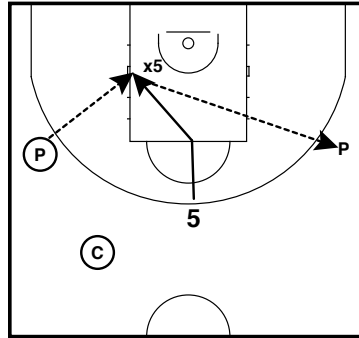
Development of big players

#9: 5 shots in a row



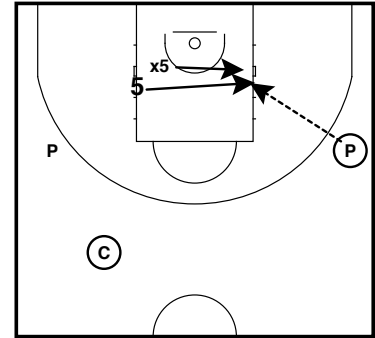
low post shot = turnaround shot

#10: Lowpost 1on1



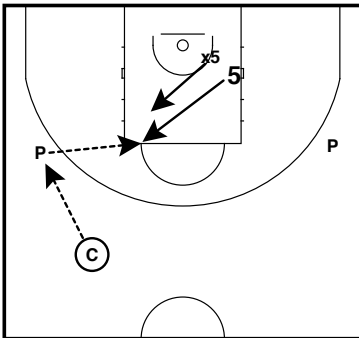
- O5 on top and come in as trailer, ball side low post
- O5 passes to the other wing

#10: Lowpost 1on1



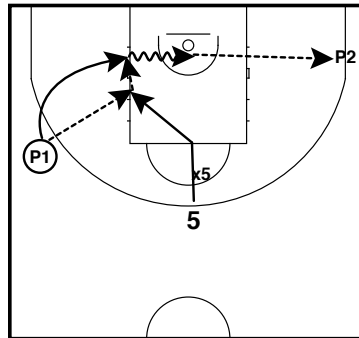
- O5 goes hard opposite low block and receives the ball, play 1on1 live

#10: Lowpost 1on1



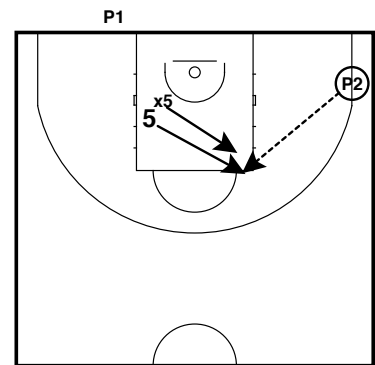
- O5 goes to the high post on the ball side (2nd ball)
- play 1on1 live

#11: High post play



- O5 on top and come in as trailer, ball side low post
- O5 passes to P1 that curls baseline and then passes to P2

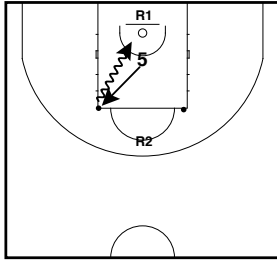
#11: High post play



- O5 cuts to the high post and plays 1on1 live

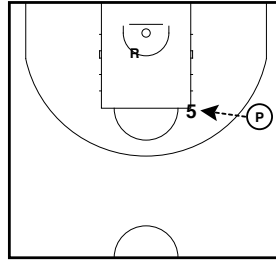
Development of big players

#12: 2 ball elbow



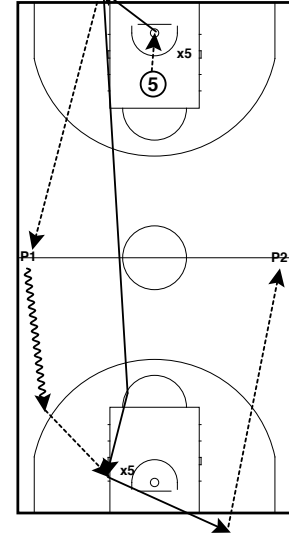
- 2 balls, 1 on each elbow
- O5 take a ball and takes maximum 1 dribble
- * slam dunk (if you can dunk off 1 dribble)(high level)
- * lay-up (youth level)

#13: Elbow shooting



- O5 shoots from the elbow
- P is always the passer to O5
- R is rebounder and passes to P
- * if O5 misses the shot must R tip in the ball

#14: FC lowpost



FC lowpost 1on1

- O5 start before the basket and he makes a score
- rebound, sprint after baseline, baseball pass to P1 on the midline
- after passing he sprints to the other side on lowpost block
- P1 dribbles to wing and give pass inside
- O5 plays 1on1 with X5

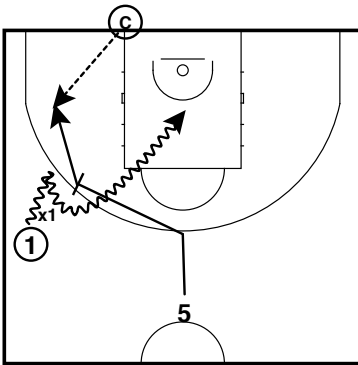
- * after score he does the same drill to the other side
- * 2 passers (P1/P2)
- * 2 defenders (X5/X4)

drill is finished when he makes 3 scores, otherwise he keep running

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P&R/3on3/4on4

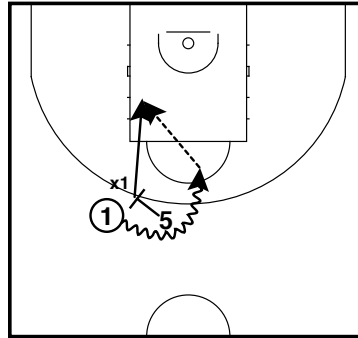
#1: Pick & Pop



Pick & Pop

- O5 sets a screen on O1 and pop out after the screen
- O1 drives to the basket and finishes with a lay-up
- O5 receives a second ball from C and shoots

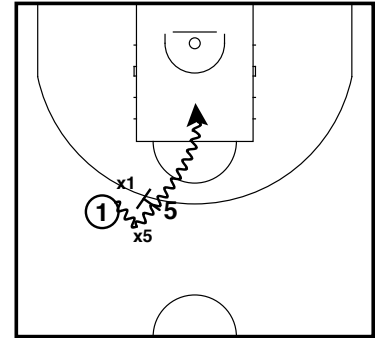
#2: Pick & Roll



Pick & Roll

- O5 sets ball screen on O1 and rolls or step in to the basket
- O1 gives pass to O5

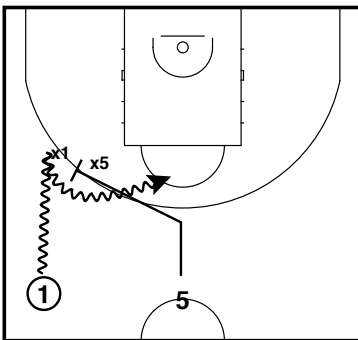
#3: Split through



Split through

- O5 sets a ball screen on O1
- X5 hedges hard
- O1 split through X5 and O5

#4: 2on2 live

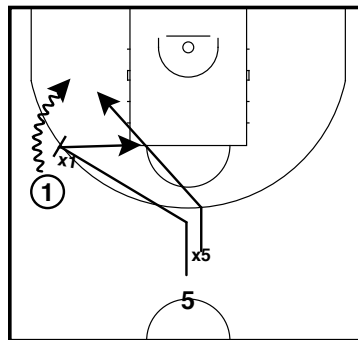


2on2 live

- offense plays ifo defense

- * P&R
- * P&P
- * split through

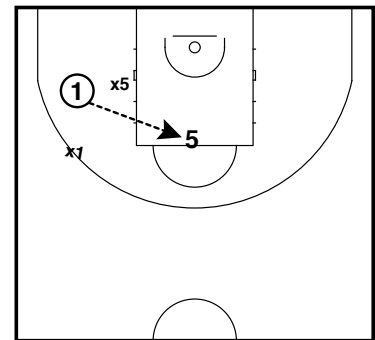
#5: Ice defense



Ice defense

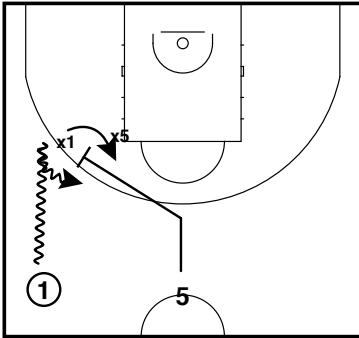
- X5 plays "ice defense"
- O5 sets a butt screen on X1
- O1 take the screen and O5 steps in to the basket
- O1 and O5 has advantage on X5

#5: Ice defense



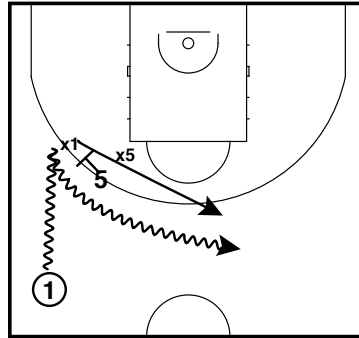
P&R/3on3/4on4

#6: 3pt shot



If X1 goes under the screen then O1 shoot the 3pt shot

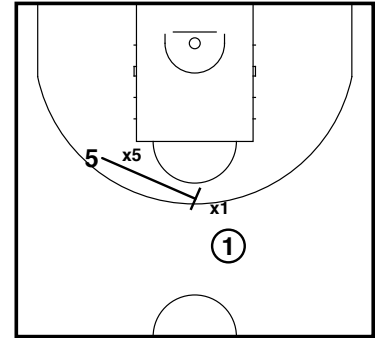
#7: Rescreen



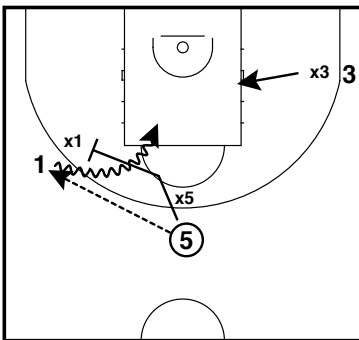
Rescreen

- If X1 stay close on O1 after ball screen then O5 rescreen

#7: Rescreen



#8: 3on3



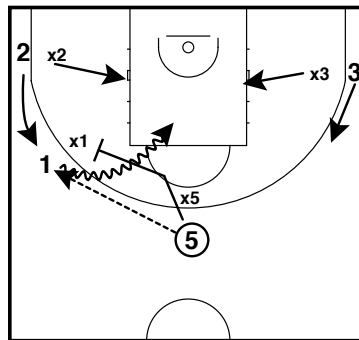
3on3

- O5 with ball on top, pass to O1 and set a ball screen
- O3 is standing in weakside corner

* play 3on3 live with 10 seconds on the clock:

- ice defense
- 3 pt shot
- rescreen

#9: 4on4



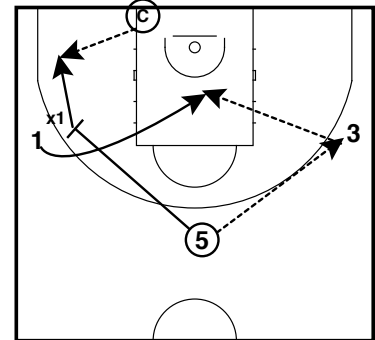
4on4

- O5 with ball on top, pass to O1 and set a ball screen
- O2 is standing in ballside corner
- O3 is standing in weakside corner

* play 4on4 live with 10 seconds on the clock:

- ice defense
- 3 pt shot
- rescreen

#10: Pindown

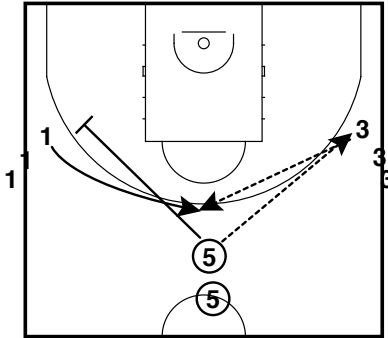


Pindown

- X1 is defending tight on O1 = O1 curl to the basket
- O5 pops out and receives a second ball from C and shoots

P&R/3on3/4on4

#11: Shooting 3s out the screen



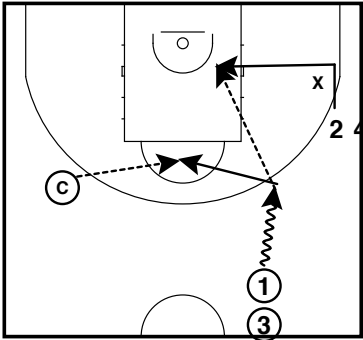
Shooting 3s

- O5 pass to O3 + pindown on O1
- O1 over the screen and shoots a 3pt

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Transition offense

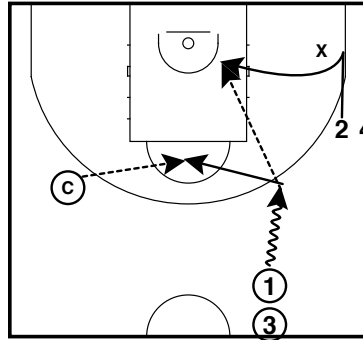
#1: 2on0 Backdoor cut



Backdoor cut option

- O1 dribbles with right hand and O2 does a backdoor cut
- O1 passes to O2 with RIGHT HAND
- O2 finish with a lay-up/powermove
- O1 after his pass to the FT spot and receives a second ball from a coach = shot

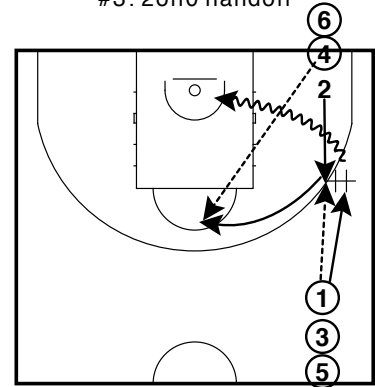
#2: 2on0 Curl cut



Curl cut option

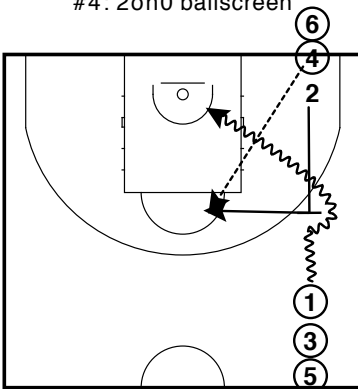
- O1 dribbles with right hand and O2 does a curl cut before his defender
- O1 passes to O2 with RIGHT HAND
- O2 finish with a lay-up/powermove
- O1 after his pass to the FT spot and receives a second ball from a coach = shot

#3: 2on0 handoff



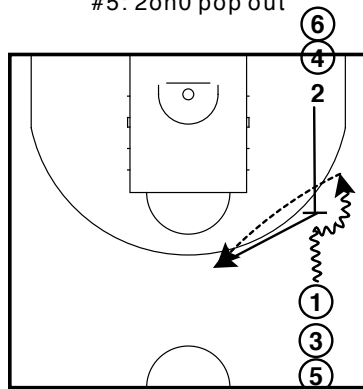
- O2 from corner to wing, receive ball from O1
- O1 and O2 handoff pass
- O1 lay-up
- O2 receive 2nd ball from O4 for a shot

#4: 2on0 ballscreen



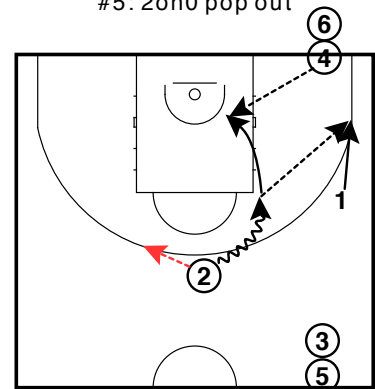
- O2 ballscreen on wing
- O1 takes screen and make a lay-up
- O2 rolls of and receives ball from O4 for a highpost shot

#5: 2on0 pop out



- O2 ballscreen on wing
- O1 takes screen and but staus on the wing
- O2 pops out to top and receive the bal from O1

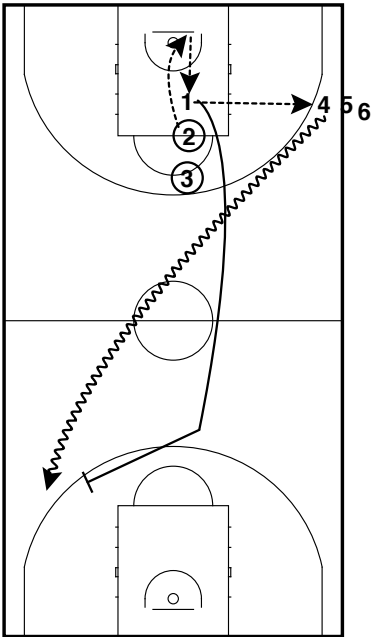
#5: 2on0 pop out



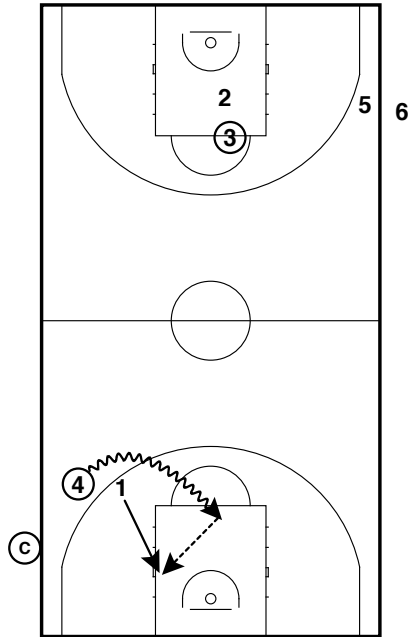
- O2 "FAKE PASS" to left
- O2 dribbles O1 side (circle move) + pass
- O1 shoots
- O2 runs towards the basket and receive the ball from O4

Transition offense

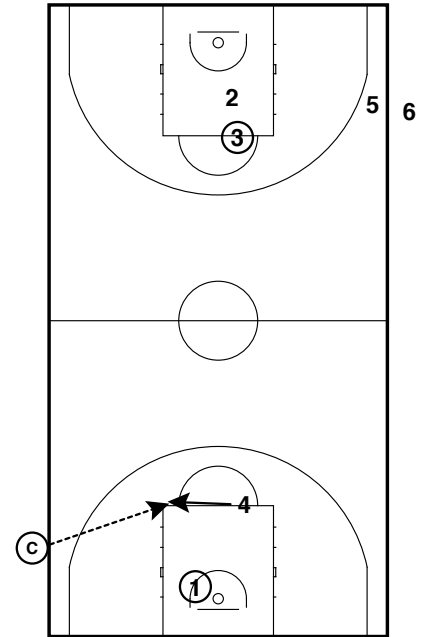
#6: FC "pick & roll" option



#6: FC "pick & roll" option



#6: FC "pick & roll" option



Pick & Roll

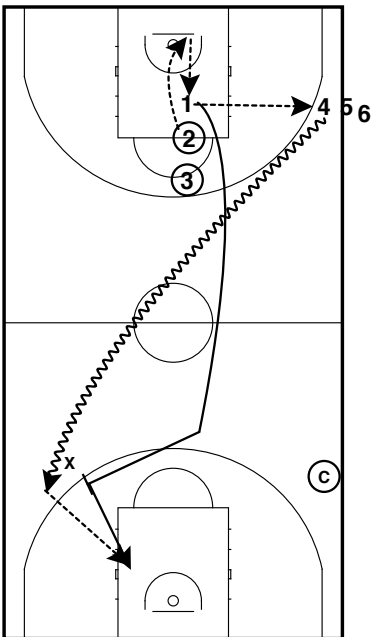
- 1 line in front of the board and 1 line on the wing
- first player (O1) in the middle line has no ball
- 2nd player (O2) throws the ball against the board and O1 rebounds, outletpass to O4
- O4 dribbles the opposite wing, O1 ball screen

pick and roll

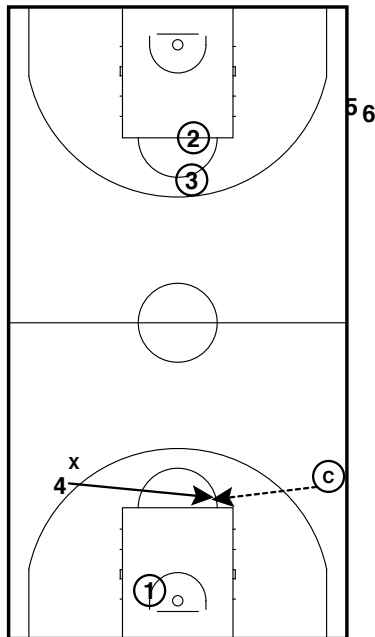
- O1 scores inside

O4 after pass to O1 = receive 2nd ball on high post for shot from coach

#7: FC "Dive" option



#7: FC "Dive" option

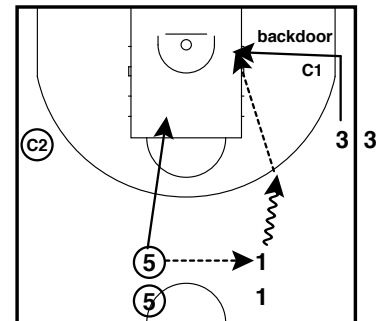


Dive

- 1 line in front of the board and 1 line on the wing
- first player (O1) in the middle line has no ball
- 2nd player (O2) throws the ball against the board and O1 rebounds, outlet pass to O4
- O4 dribbles the opposite wing, O1 goes for a ball screen but defender X plays hard over on O4 = dive to the basket

after pass O4 to O1 = receive 2nd ball on opposite high post for shot from coach

#8: 3on0 Circle move

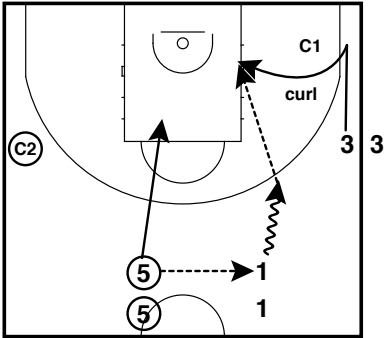


3on0

- the same drill as #1/#2 but now with a trailer (O5)
- C1 programmes the cut on O3
- backdoor cut

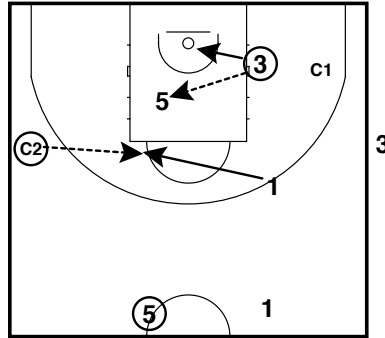
Transition offense

#8: 3on0 Circle move



curl cut

#8: 3on0 Circle move

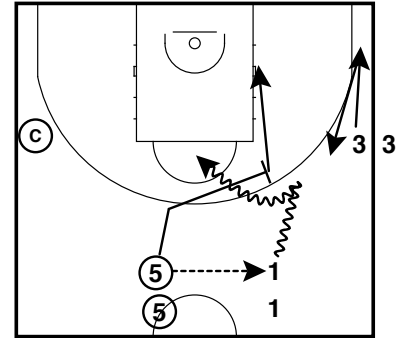


O3 has 2 options:

- he scores or he passes to O5 that comes in as trailer

O1 weakside highpost to receive ball from C2 for the shot

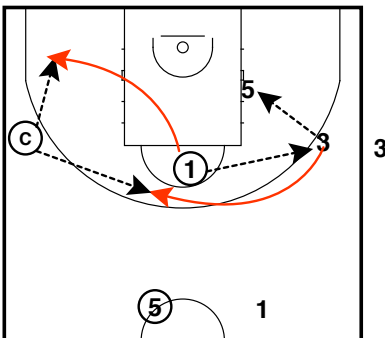
#9: 3on0 Ballscreen



3on0 ballscreen

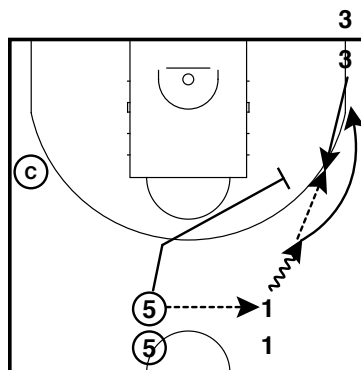
- O5 screen on O1
- O1 over screen to FT line (attack basket)
- O5 rolls of and goes to lowblock
- O3 sees the screen and relocate back to the wing

#9: 3on0 Ballscreen



O1 pass to O3 to O5 inside, O5 finishes
 - O1 runs to the corner, O3 to highpost after pass inside, C chooses a shooter: corner or highpost

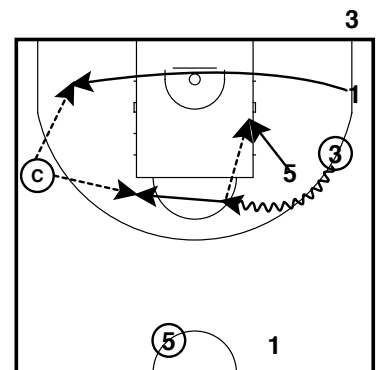
#10: 3on0 interchange/ballscreen



3on0 interchange/ballscreen

- O1 pass or handoff to O3 on wing and go to the corner
- O5 ballscreen on O3

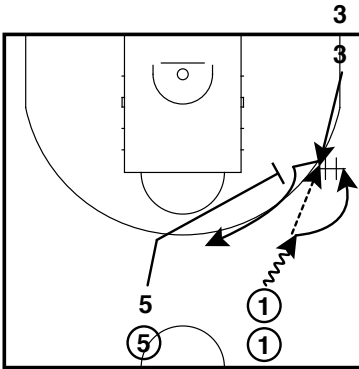
#10: 3on0 interchange/ballscreen



- O3 & O5 P&R, O5 finishes
- when O3 takes the screen must O1 sprint backdoor to opposite corner and O3 goes to other highpost
- C can choose a pass between corner shot (O1) or highpost shot (O3)

Transition offense

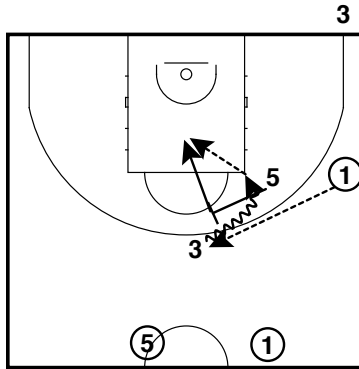
#11: 3on0 handoff/flare cut



3on0 handoff/flare cut

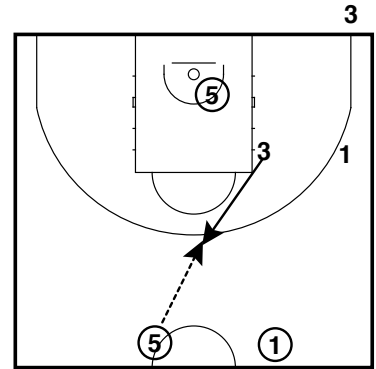
- O1 pass to O3 and handoff again
- O5 flare screen on O3 & O3 to top

#11: 3on0 handoff/flare cut



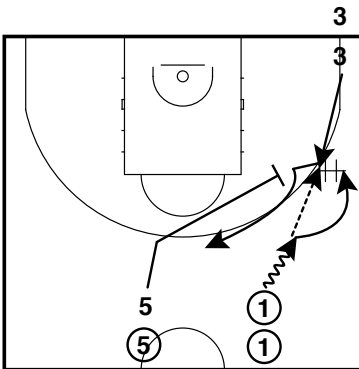
- O1 pass to O3
- O5 rescreen on O3 + P&R

#11: 3on0 handoff/flare cut



- O3 goes to the top for a 3 point shot, he received the ball from the next center in line

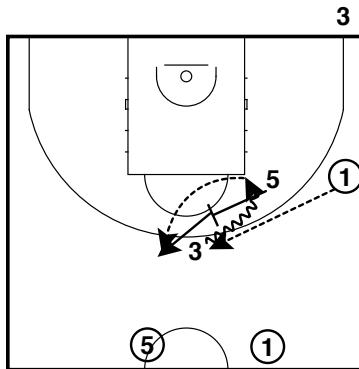
#12: 3on0 Pop out 3pt shot



3on0 Pop out 3pt shot

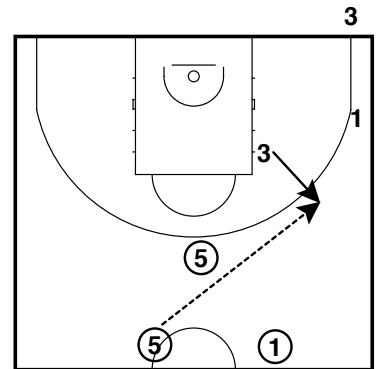
- O1 pass to O3 and handoff again
- O5 flare screen on O3 & O3 to top

#12: 3on0 Pop out 3pt shot



- O1 pass to O3
- O5 rescreen on O3 + Pop out 3pt shot

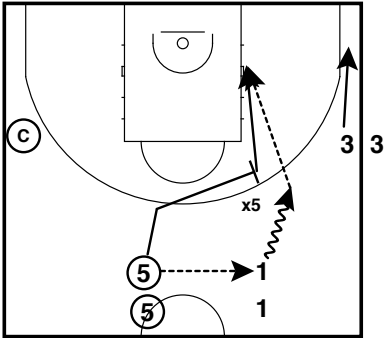
#12: 3on0 Pop out 3pt shot



- O3 pops out for a 3 point shot on wing, he received the ball from the next center in line
- O5 shoots 3pt shot

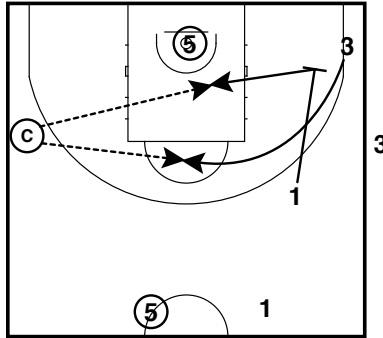
Transition offense

#13: 3on0 Dive/pindown



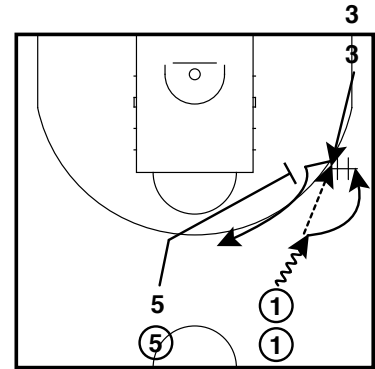
X5 hedges hard = O5 dive and receive pass from O1

#13: 3on0 Dive/pindown



- O1 pindown to O3 and rolls off to the basket
- O3 curls around the pindown and comes to FT line
- C has 2 options for passing

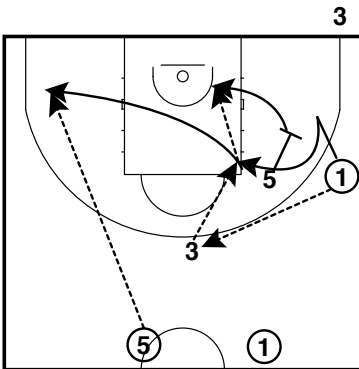
#14: 3on0 Handoff/flare cut/pindown



3on0 handoff/flare cut/pindown

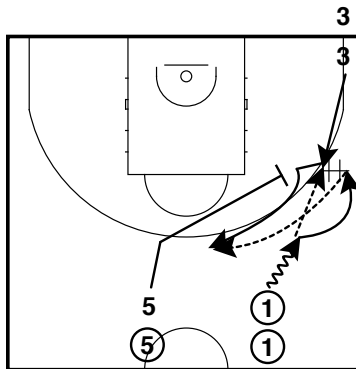
- O1 pass to O3 and handoff again
- O5 flare screen for O3 & O3 to top

#14: 3on0 Handoff/flare cut/pindown



- O1 pass to O3
- O5 pindown on O1
- O3 pass to O1 that comes over the pindown + pocket pass to O5
- O1 runs to the corner for the second ball shot

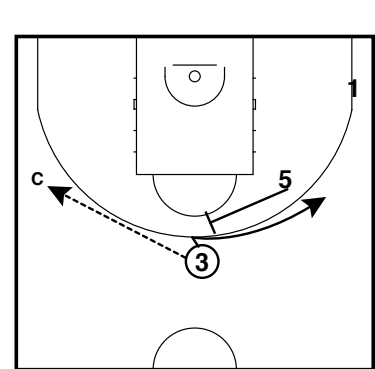
#15: 3on0 Handoff/rescreen/P&R



3on0 Handoff/rescreen/P&R

- O1 pass to O3 and handoff again
- O5 flare screen for O3 & O3 to top

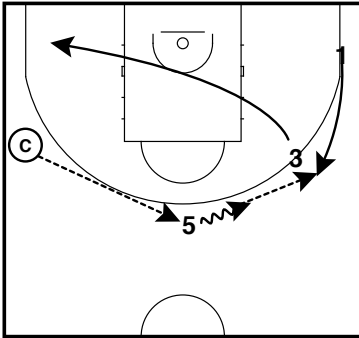
#15: 3on0 Handoff/rescreen/P&R



- O3 pass to C
- O5 rescreen/flare screen for O3

Transition offense

#15: 3on0 Handoff/rescreen/P&R



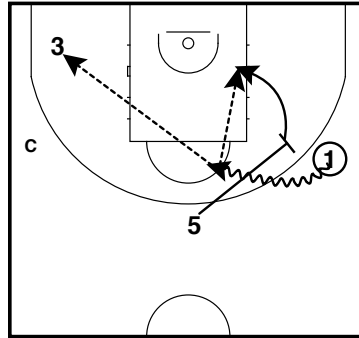
- O5 pops out on top and receive d ball from C

* IMPORTANT!

- When O5 dribbles towards O3 goes O3 backdoor and comes O1 to the wing + pass

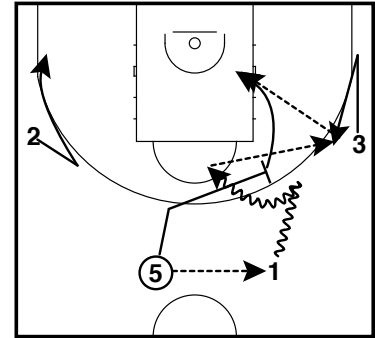
!!! IT'S THE SIGN FOR A BACKDOOR CUT !!!

#15: 3on0 Handoff/rescreen/P&R



- O5 screen for O1
- O1 has 2 options for passing

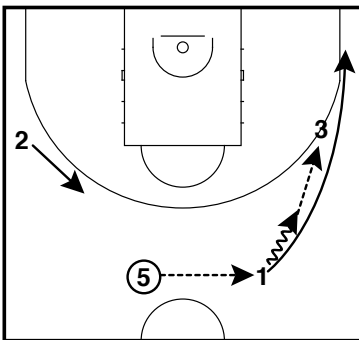
#16: 4on0 ballscreen option



4on0 ballscreen

- O5 screen on O1
- O1 over screen to FT line (attack basket)
- O5 rolls of and goes to lowblock
- O3 sees the screen and relocate back to the wing
- O1 pass to O3 on the wing and O3 pass inside
- O2 circle move

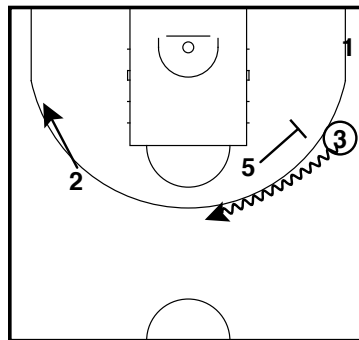
#17: 4on0 handoff option



4on0 ballscreen

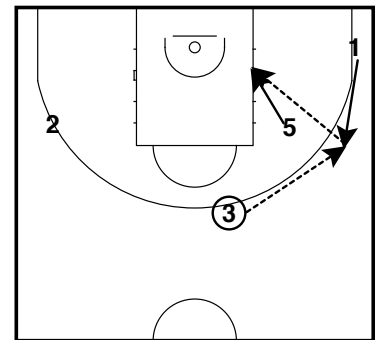
- O5 pass to O1
- O1 pass to O3 and go to ballside corner

#17: 4on0 handoff option



- O5 ballscreen on O3
- O3 dribbles over the screen and fake attack basket
- O2 circle move

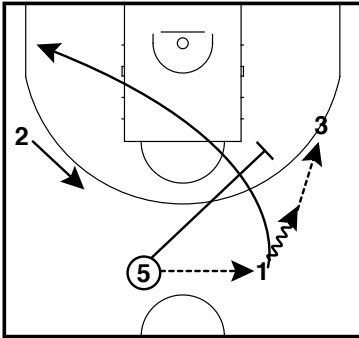
#17: 4on0 handoff option



- O1 comes back to the wing (circle move)
- pass O3 to O1 to O5 inside

Transition offense

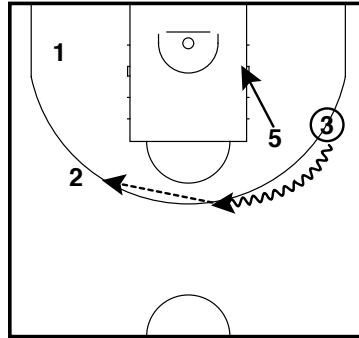
#18: 4on0 switch side



4on0 switch side and score inside

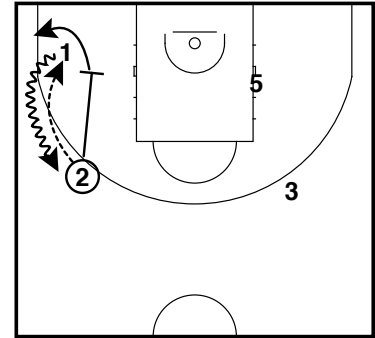
- O5 pass to O1
- O1 pass to O3 and go to weakside corner
- O5 ballscreen on O3

#18: 4on0 switch side



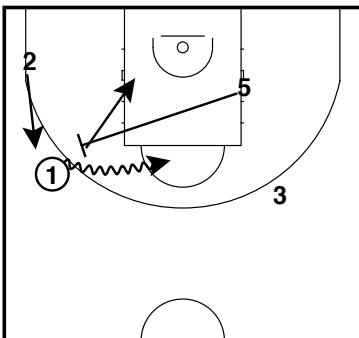
- O3 over screen and pass to O2
- O5 lowblock

#18: 4on0 switch side



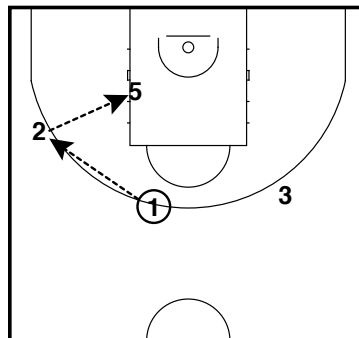
- O2 pass to O1 in the corner and screen
- O1 & O2 switch position

#18: 4on0 switch side



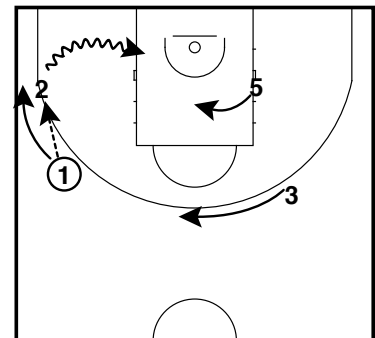
- When O1 is on the wing comes O5 setting a ballscreen on O1 and go to the lowpost
- O2 repositioning to the wing

#18: 4on0 switch side



- O1 pass to O2 to O5

#18: 4on0 switch side

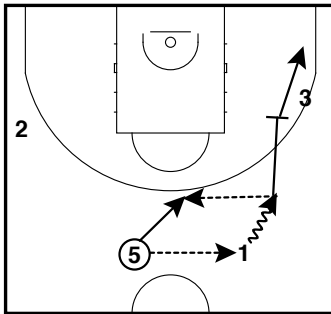


VARIATION OF THE END PHASE

- O1 give the ball back to O2
- O2 decides to dribble baseline and O1/O3/O5 rotates circle move
- O2 has many options for passing or goes for the shot

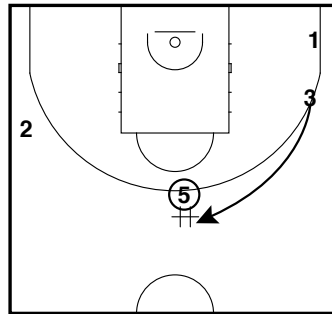
Transition offense

#19: 4on0 handoff top/pindown



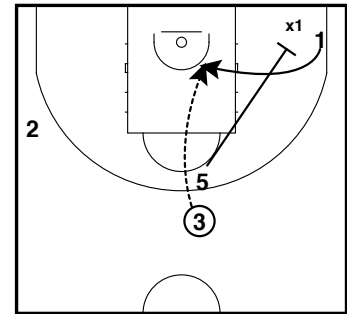
- O5 pass to O1 and O1 passes back to O5 on top
- O1 pindown on O3 and pops out

#19: 4on0 handoff top/pindown



- O3 handoff with O5 on top

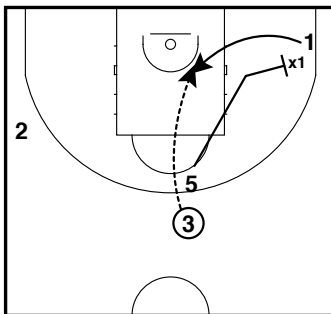
#19: 4on0 handoff top/pindown



- O5 pindown on O1

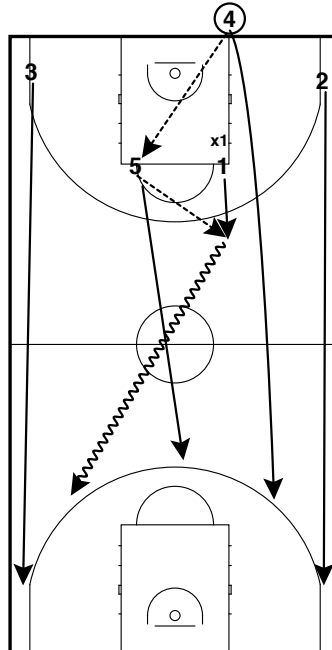
1st option: X1 defending tight and goes after the screen with O1 = CURL O1

#19: 4on0 handoff top/pindown

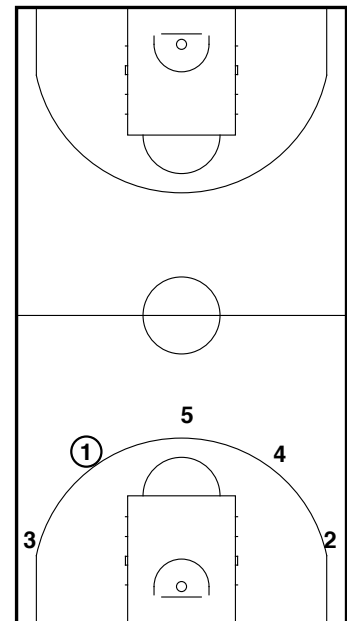


2nd option: X1 plays hard deny = O1 BACKDOOR

#20: 5on0 full transition



#20: 5on0 full transition



5on0 full court transition offense

5on0 start position, always start transition after a score from the other team

* if O1 is overplaying, then give the pass to O5 and O1 sprints away from his defender = fast transition

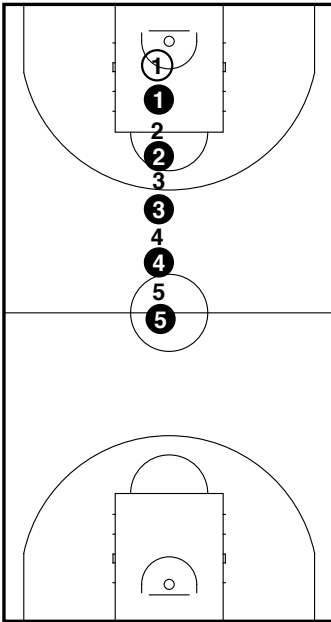
From this position in offense have we a lot of options to make a score out of the previous drills.

* run a few times 5on0 with different options

* play 5on5 live

Transition offense

#21: 5on5 full court live



2 teams of 5 alternating on 1 line

O1 has the ball and throws the ball against the board, then X1 and so alternating.

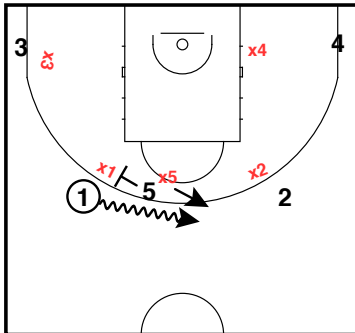
When the coach says "GO" goes the team that have the ball in a offensive transition

* play 5on5 live

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Man To Man switch

Build up MTM switch



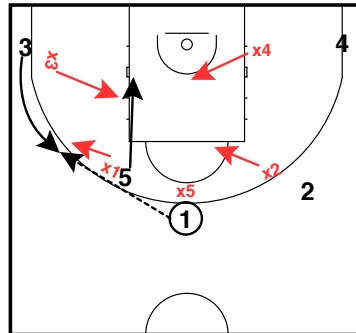
4 out 1 in set up

Step 1

O5 ballscreen on X1

switch X5 on O1 & X1 on O5

Build up MTM switch



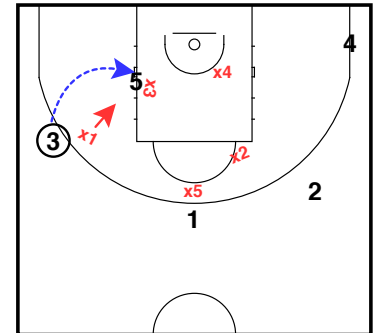
Step 2

- O3 runs to the wing and receives ball from O1
- O5 rolls off to lowpost block

* IMPORTANT!

- X3 switch with X1 and X3 to defense on O5, X3 shall first defends behind O5 but he must him relocate to full body overplay on O5, otherwise it's a mismatch when O5 receives the ball!!!

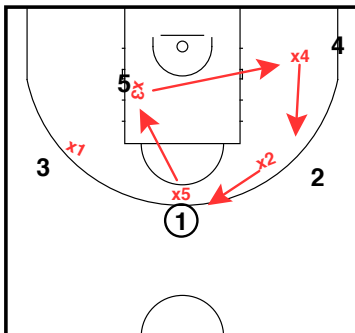
Build up MTM switch



Step 3

- If O3 can pass to O5 gives X1 little cover down

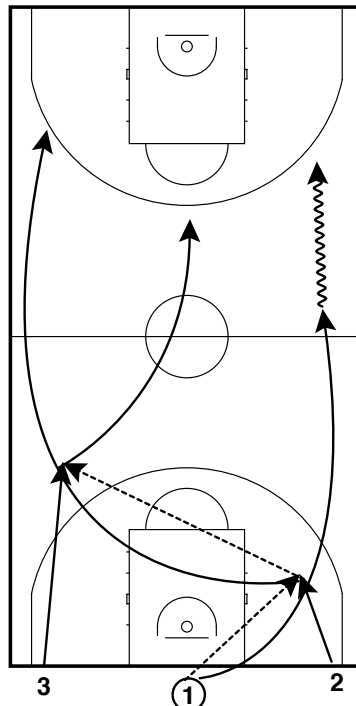
Build up MTM switch



Step 4

- If X2 double teams with X5 on O1 then rotate X5 to O5 = big-big
- X2 to O1
- X4 to O2
- X3 to O4
- X1 stays with O3 and don't rotate, otherwise is it a mismatch (X1-O5)

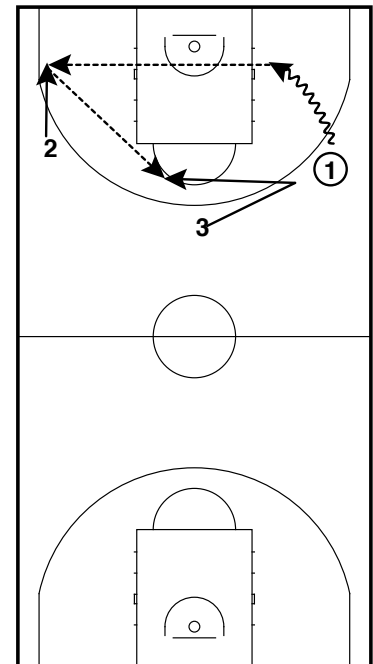
#1: shooting



Start baseline full court in 3 lines, play half court criss-cross to start

- middleman (O1) receives ball around midline and dribbles toward wing (keep alive the ball)

#1: shooting

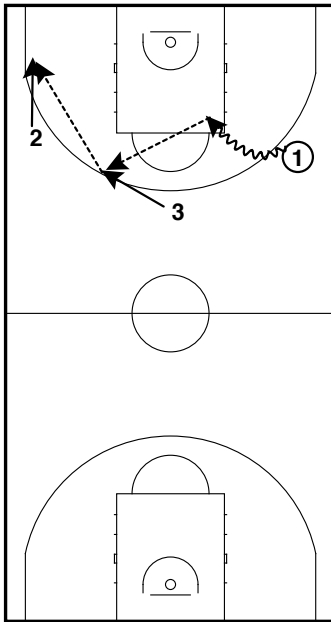


Option 1:

- O1 dribbles towards baseline = O3 fill spot O1
- O1 passes to opposite corner O2 = O3 meet O2 for a shot

Man To Man switch

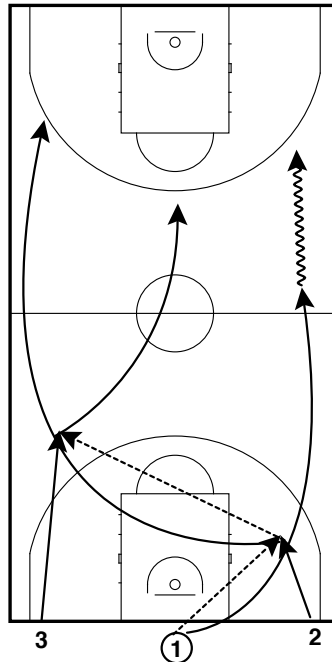
#1: shooting



Option 2:

- O1 dribbles attacks middle = O3 and O2 reacts on the ball
- O1 pass to O3 to O2 for the shot

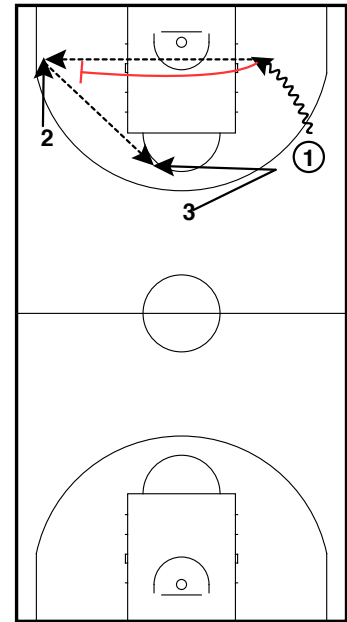
#2: Box out



Start baseline full court in 3 lines, play half court criss-cross to start

- middleman (O1) receives ball around midline and dribbles toward wing (keep alive the ball)

#2: Box out

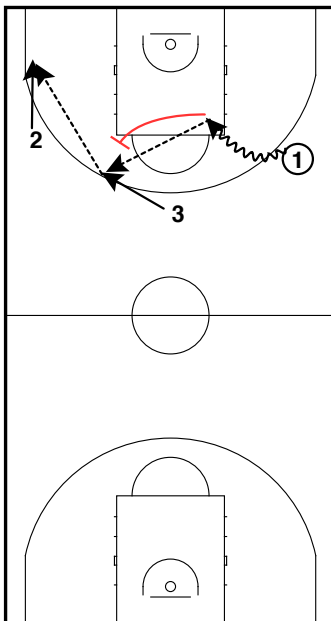


Option 1:

- O1 dribbles towards baseline = O3 fill spot O1
- O1 passes to opposite corner O2 = O3 meet O2 for a shot

* O1 after pass = BOX OUT on O2

#2: Box out

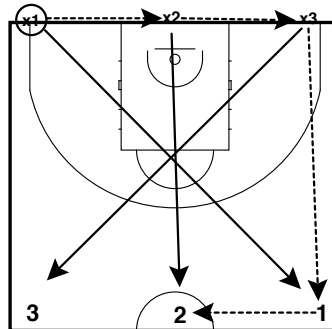


Option 2:

- O1 dribbles attacks middle = O3 and O2 reacts on the ball
- O1 pass to O3 to O2 for the shot

* O1 BOX OUT on O3

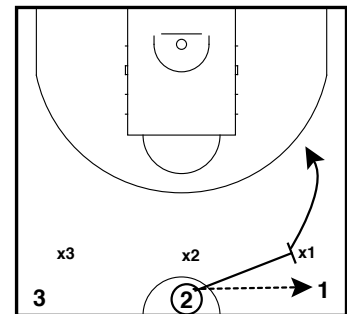
#3: 3on3 live



This is the start position

- X1 begins with the ball and give the ball to the next player, so the ball ends by O2 in the middle

#3: 3on3 live



- From the middle can you play several options to attack the basket
- In this example have we a ballscreen
- more options are:
 - * screen away (O2 screen on X3)
 - * flare screen (O3 screen on X2)
 - * O2 cut and post up ball side
 - * ...

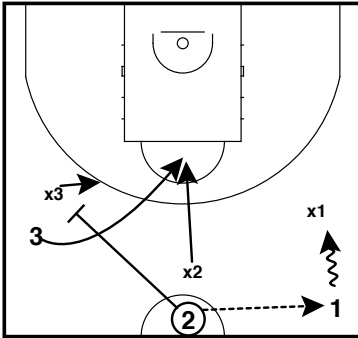
* every screen: SWITCH IN DEFENSE

DURATION OF EVERY OFFENSE IS 10 SECONDS!

PLAY HARD!!!

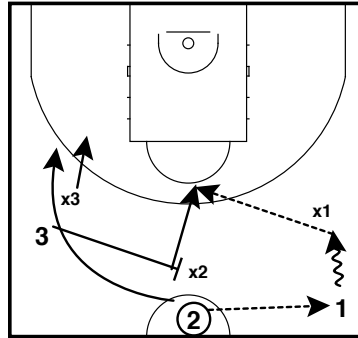
Man To Man switch

#3: 3on3 live



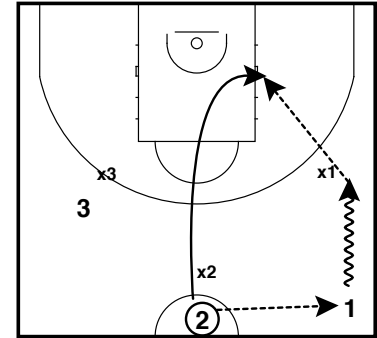
- * screen away (O2 screen on X3)
- X2 switch defense with X3

#3: 3on3 live



- * Flare screen (O3 screen on X2)
- O3 steps in to basket if defense switch!

#3: 3on3 live



- * postup
- after pass inside can O1 set a screen away for O3
- after pass inside can O3 set a flare screen for O1