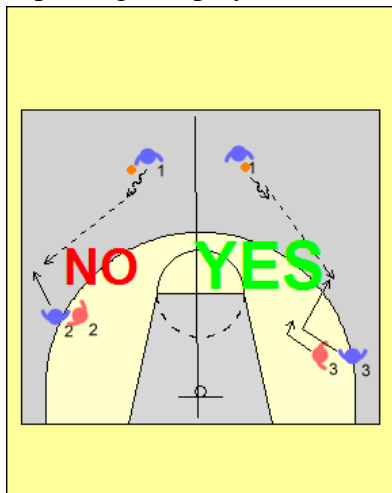


SEALING AND POSTING

ALL players must learn how to use their body to seal a defender. The interior player must create a target that the perimeter players can pass to. Players learn how to pass the ball to a person in the post position— pass high, bounce pass, triangle pass and lob. Players also position themselves so that the defence cannot defend the ball in the post and the perimeter player at the same time. The key in the post is to move in relation with the basketball.

Passing Inside

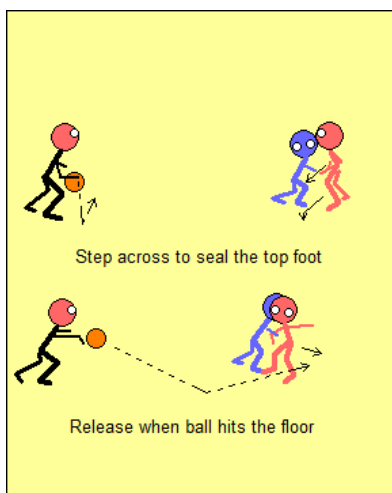
It is difficult to create a one-second advantage on every pass that is made, especially as individual and team defence improves. When encountering teams that can play excellent denial defence, and prevent back-door passes, players will have to learn how to seal to get open for passes. These seals will occur on the perimeter and when players start to take advantage inside. Players need to learn the side pass and circular pass against a defender and how to keep their appointment before moving on to passing to a player who is sealing.



Passing to the Sealed Perimeter Player

It is important to know to get the ball at the attack spot where there is an ideal angle to pass the ball. Catching the ball too high and near the sideline limits the options the offence has in attacking the defence.

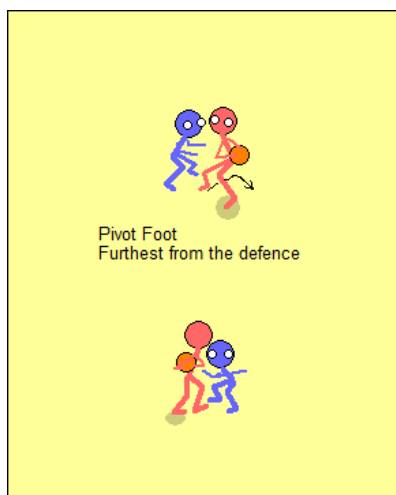
The offensive player must walk their check closer to the basket to seal. When the player breaks to receive the pass they will have the proper spacing.



The offensive player steps across the top foot of defender and seals with their forearm and shoulder. Eye contact must be made with the passer. It is easier for players to catch a bounce pass in this situation. The receiver releases to the ball when the ball hits the floor.

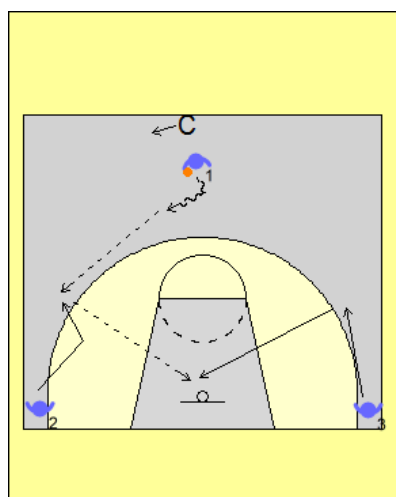
Note: This is different than when not sealing the defender. When sealing, the ball moves first, then the receiver. When cutting, the receiver moves first, followed by the ball.

When the pass is an air pass it is difficult to know when to release. The passer knows that they are not passing to the receiver but to a spot outside body of the receiver.



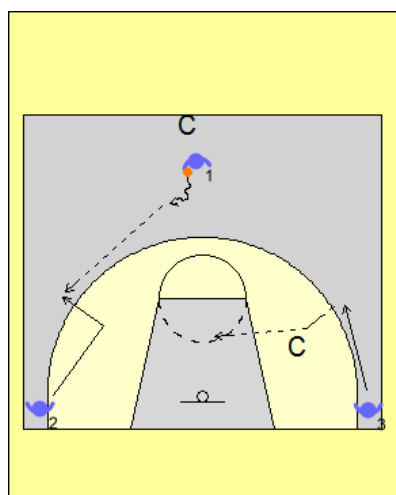
In this situation the offensive player has been designated as a passer. On catching the ball, the player uses the pivot foot furthest from the defender (drop pivot). The player looks to make a quality pass to someone who can create the one-second advantage as this player should not be playing static one-on-one. It is important to note that while the player is shot faking and jabbing they will likely miss the player who is open for the pass.

To have the team play one-on-one inside five players need to anticipate when they can create a one-second advantage and when they need to be a quality passer who makes the pass that creates the one-second advantage for another player. The intent should be to have the ball in a position where players can look to pass to inside players who are sealing or cutting the basket.



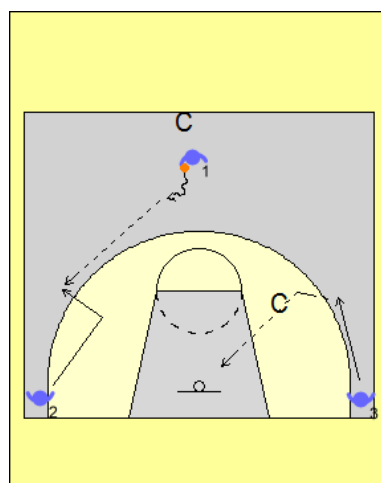
Passing to the Inside Cutter

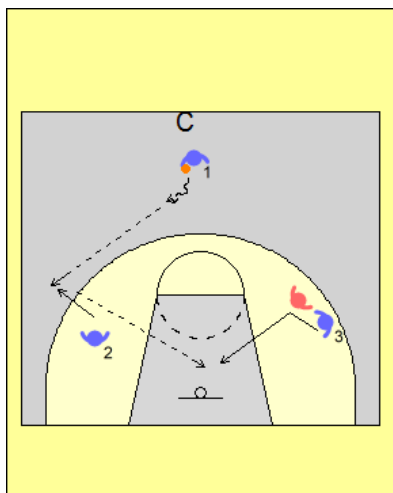
This drill is the same as when passing to the wing player on the perimeter. The ball-handler must scan to see which wing player is open (the coach signals from behind the ball-handler). This player executes a seal and pop to catch the ball at the attack spot. The opposite wing cuts up to the wing for spacing when they see the pass has been made. When the player on the wing drop pivots and has made eye contact the player cuts to the basket to receive a pass. Once the players have mastered the concepts they can move to the next phase of skill development.



Coach Guided Defence

In this drill the coach guides the cutter on what type of cut to make. If the defence is low, take the defender lower; if the defence is high take the defender higher (enlarge the space).

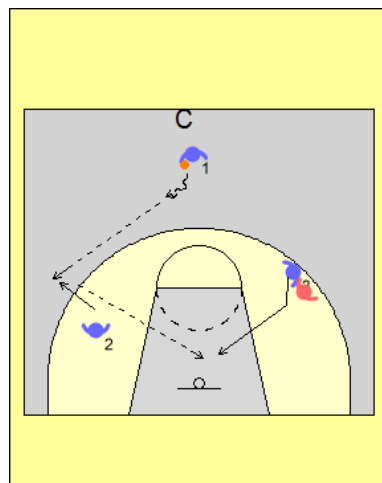




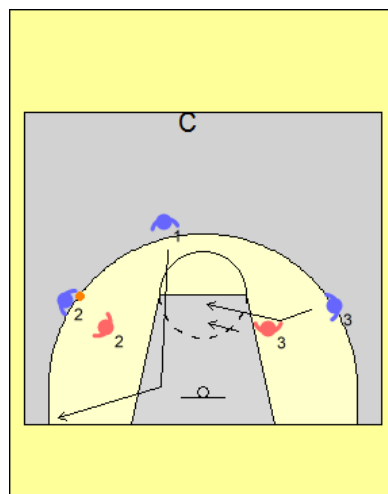
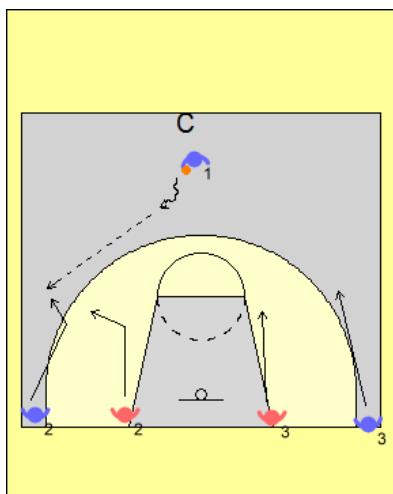
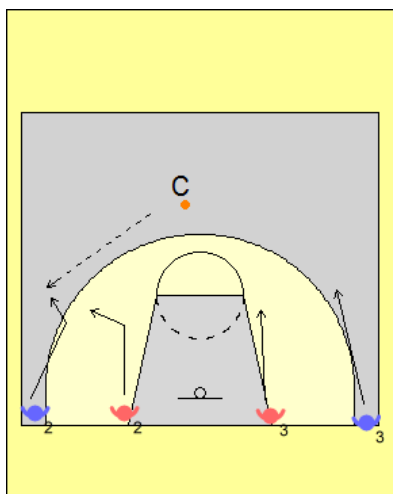
Guided Defence

With this drill the offence is given a one-second advantage. In the first example, the defender is above the offensive cutter. In the second example, the defender has been placed below the offensive player.

The intent is to work on the timing of the cut, the quality of the pass and keeping the player behind (Keep on Back).

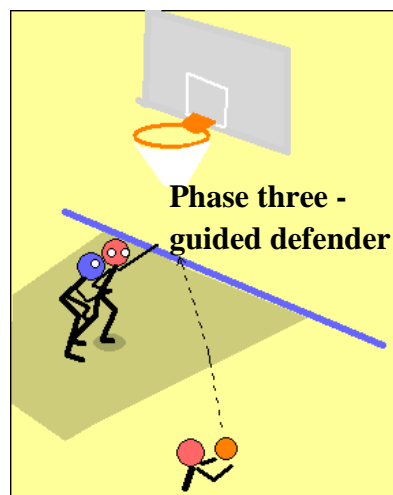
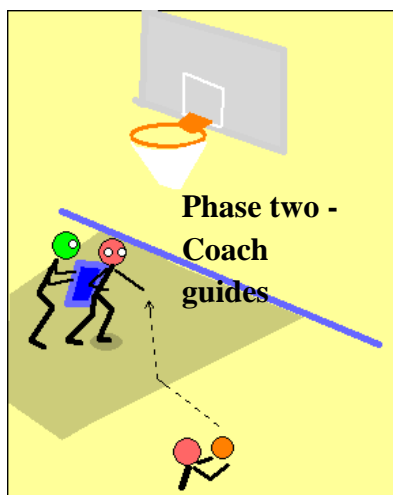
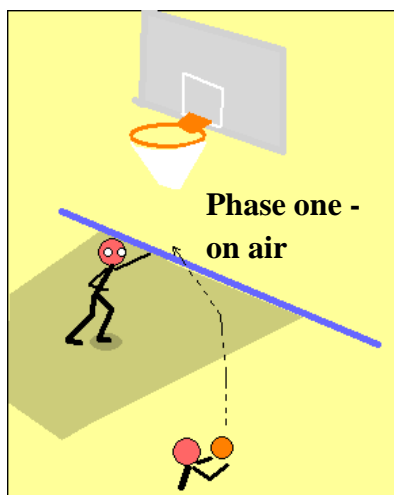


Based on the level of players, the coach knows will know how much of an advantage to give the offensive players. It is important to give the offence a slight advantage and eventually let the defence play live.



Two-on-two

In this drill two-on-two is played with two defenders on the wing players. They are given a one-second advantage by having the defence start away from the wing players. The coach decides which wing player to pass the ball to. In the second version the ball-handler who makes the pass and then cuts is used. After the cut they play two-on-two. For three-on-three a defender can be placed on the ball-handler.

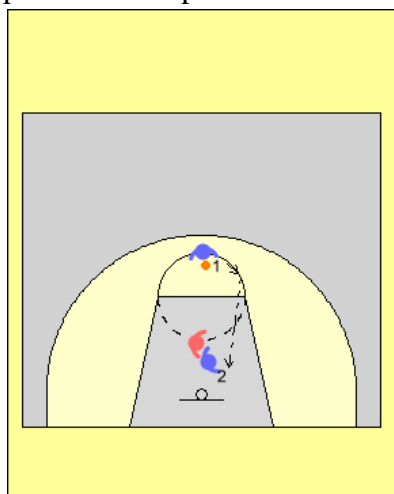


Passing to a Sealed Player

In this drill players are working on passing to a player who has a seal inside and three phases of teaching skill development are used. In phase one the posted player is working on presenting a target and holding position against an imaginary defender. After catching the ball, the player uses the pivot furthest from the defender. The passer is working on an air pass or a bounce pass depending on the target.

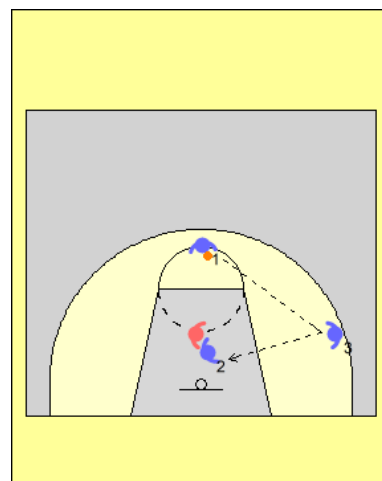
In phase two, the coach plays guided defence. The player gets to work on holding their seal, releasing to catch the ball and the use of the proper pivot foot (furthest from the defence)

In phase three, the players go one-on-one against a guided defender. The first intent is to score but the key is to work on sealing and being able to pass into this player. To load the drill defence can be placed on the passer.



It is important to work on these passes from different positions around the key with the emphasis on sealing and making the right pass. The defence is fighting for position while the offence is holding their seal.

To load the drill a perimeter player with a relay pass can be added.



DEVELOPMENT OF THE INSIDE PLAYER

The following are the clinic notes from a presentation by Ettore Messina, a well-known international basketball coach.

The more information you receive the harder it is to implement.

More is not always better. The art of coaching is in picking the right information to use at the right time. It is important to make the selection of what information to use. Today it is even harder because people are exposed to so much information. You cannot teach them everything. The key is to know what to absolutely teach *now*. What comes next? What comes last?

A good teacher knows where to start and where he wants to progress to in the end. What is the endpoint? You need to help players grow. They need to walk on their own.

Define the system – it is what I feel comfortable with in an organized way. It begins with an organized method of teaching. Start with the basics. The coach must create steps that lead somewhere. These steps cannot be too small and not challenge the athlete or be too big to create frustration. An appropriate step will assist the athlete in learning how to handle frustration.

You want players to learn from mistakes. Are you willing to accept mistakes? As a coach, you must decide what levels of mistakes you are willing to accept from the players. The more complex the more mistakes. The coach must think these things through before he works with the athlete.

Prepare in order to prepare the athlete.

When teaching there can be wide range of interpretations. Keep it simple; players need to read and react? This is a long process. Limit the options. It is difficult to see and react with large numbers of people when first learning. The player must read themselves before they can read their opponent. As the player grows, more freedom is allowed. This requires self-discipline and aggressiveness in reaction to the read. This is what is required at a higher level of play. It also requires unselfishness. It is a simple game when we limit the options. Allow the players to interpret the game – read and react.

What the player sees is not always the same as the coach.

Players improve:

- Mentally – self-confidence, play simple and play under pressure
- Physically – faster, stronger, jumps, balance
- Technically – move, execution of the shot, where and when to go

There is an interaction between each element.

For example; when executing a low post move on air, with no defence, the player may be fine in their execution. Add defence and a problem has been created. They need to learn to absorb contact. Need to emphasize the physical and the technical.

Example: If fitness improves, the player has more confidence and they may be willing to try something they may not have previously. It is not just about technical repetitions. The coach must be like the great chef.

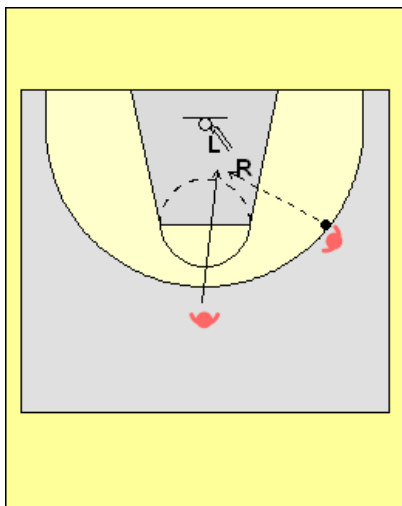
The Player with Size

Players need to understand how to become better and know the importance of doing something for the team. The shorter, faster players dominate at younger ages. It takes longer for the young, “big” player to develop. Eventually with patience, they will dominate the game. Many coaches will not put the young, “big” player on the court because they may hurt the team’s performance. For this reason, it is crucial to find ways to assist the young, “big” player in developing certain key skills. This growth in confidence to play sends a strong signal to his teammates who will also have confidence in his abilities.

Can the young inside player

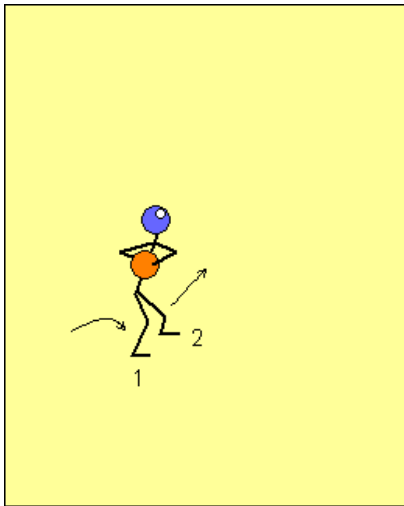
1. Score in the fast break?
2. Control his body balance on an offensive rebound?
3. Make his foul shots?
4. Handle contact?
5. Be in the right position on defence?

If they can accomplish these skills, they can stay in the game and be a positive contributor to the team.



Scoring on the Fast Break

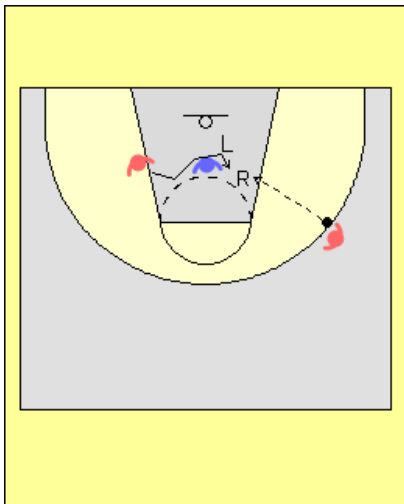
The player needs to come to a jump stop so they do not travel. It is recommended that the player use a reverse jump stop. The footwork is outside–inside. This concept allows the player to gain control of their body, have their momentum towards the basket, cut off the defender and protect the ball from the defender.



On the right side of the floor the player will generally land right foot/left foot. On the left side of the floor, it is the left foot then right foot. By landing on the outside foot first, the player can push off the outside foot and generate momentum to the basket. The player does not have to think about coordinating their feet; which leads to a travel often. This is especially difficult when trying to make a catch in traffic.

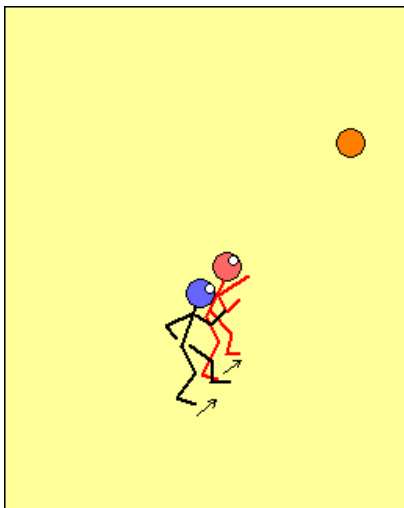
When practicing, the coach should pass the ball in different ways (regular pass, bad pass high, bad pass low, etc.).

The player will get accustomed to do a reverse jump stop automatically. It is much easier for a player to catch a bounce pass as it does not extend them. The coordination between the arms and the legs is crucial. The eyes need to watch the ball on the catch and then quickly find the target.



Reverse Jump Stop on Finishing a Cut

When the offensive player cuts across the lane they are likely to be misdirected in setting up the defender. To finish the cut, the player uses the same outside/inside step to cut off and seal the defender. The tendency is to finish the cut by running all the way to the block. It cannot be stressed enough – the importance of planting the outside foot first as it allows the player to generate power back into the defender. This is so important in maintaining balance and assisting the player in dealing with contact.

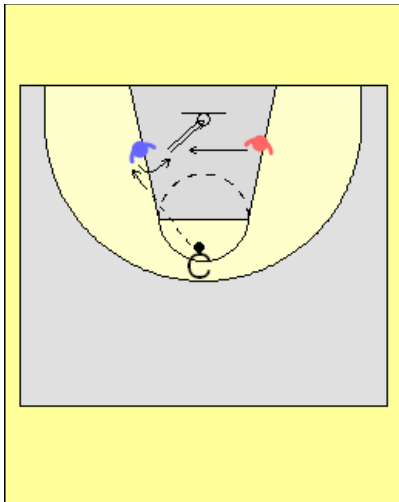


Offensive Rebounding

The same footwork is used when offensive rebounding. The player moves forward, plants the outside foot past the defender who is attempting to block out and then cuts in front of the defender with the inside leg. Too many players plant the inside foot first. This means the second step is the outside foot. If contact occurs during this action, the natural momentum of the player is away from the basket. The player is knocked off balance.

In all of these situations the player, once they have the ball, want to drop their inside shoulder and

lean to the basket. It is important to protect the ball and for fakes to be used to gather the body for an explosive move to the basket.

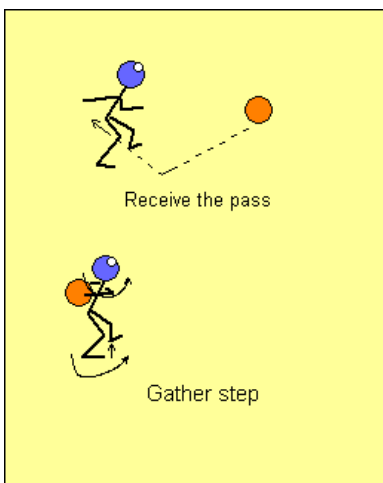


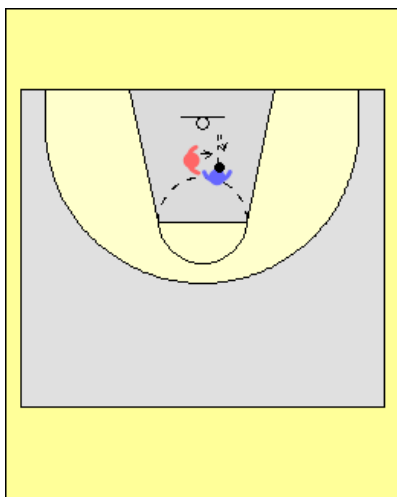
Scoring off Penetration

Two players line up on either bloc but their feet are not parallel to the baseline as this would require a 180 degree pivot to score. The players are slightly turned in with their heel closest to the basket, planted and ready. The coach passes to the outside hand of one of the players. This player must catch the ball, pivot and attempt a shot. The other player comes to contest the shot. This is done to create game-like situations and build confidence of the “big” player.

Key points to consider:

- Jump in the air
- No dribble
- Do not be afraid of contact
- Gather step when receiving the pass. The player uses the inside heel plant to convert his momentum to vertical power (this is the same footwork used by volleyball players and high jumpers)
- Rip the ball to the inside shoulder. This will become the outside shoulder once the pivot is complete. It protects the ball from the defender and also aids in a quick pivot
- Drop the inside shoulder
- Do not release the ball at the same time as the contact. Contact first then the shot release.

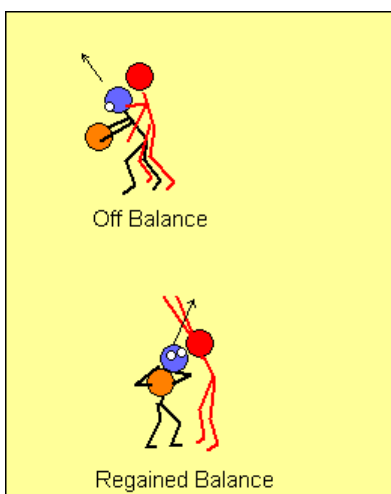




How to Absorb Physical Contact on an Offensive Rebound

In this drill the offensive player tosses the ball off the backboard and catches their rebound. As soon as both their feet hit the floor the defensive player pushes with their chest to force the player off balance. It is crucial that players land properly on two feet as the defensive player crowds the rebounder, trying to get them to lean away from the basket.

Players with poor core strength will often land off balance. The purpose of the drill is for the player to regain their balance before attempting to score.



When landing, the player's bodyline will generally be pointing away from the basket. To gain their balance they are not throwing elbows or pushing off but rather using their gather-step and pivot to get their body facing the basket.

It cannot be emphasized enough that balance must be taught before quickness. Once the player learns to find their balance they can start to move faster.

Teaching

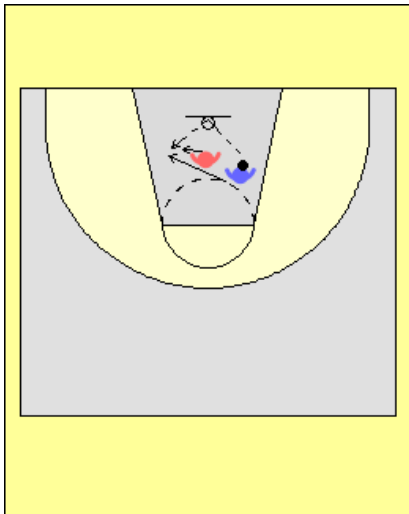
There is tendency when teaching to go too fast.

Three parts:

- Explaining – slow motion
- Repetition – repeat the move until the player can do the move without thinking
- Provide the players with goals
 - 10 reps in 30 second
 - 10 in a row, no misses
 - Add guided defence

Another way of saying this is:

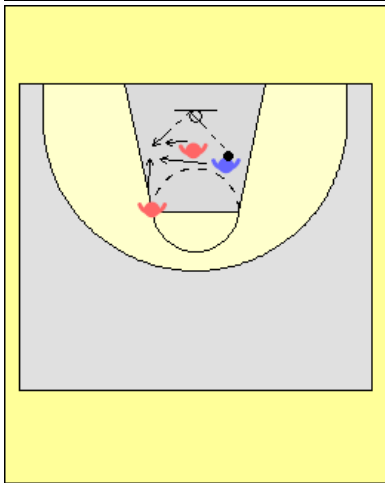
- Slow motion – learning
- Normal speed – repetition
- Added speed – to stress



Loading the Drill

In this drill the offensive player tosses the ball on an angle towards the backboard and must run across the lane to catch the rebound. The defender crowds them when the rebounder's feet hit the floor. The player must regain their balance and direct momentum back to the basket.

A short fake move can be used to regain balance as long as it does not raise the player's centre of gravity. If the opposing player jumps on the fake the offensive player can draw a foul by creating contact.



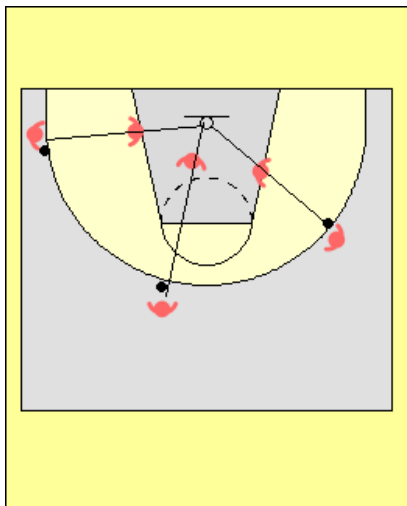
Add a Double Team

In this version of the drill, a second defender comes to double team the post player but they cannot double team until contact occurs.

Foul Shooting

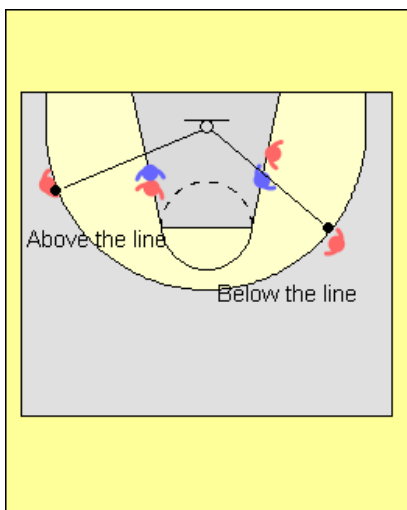
It is important to teach young, "big" players how to be a consistent foul shooter. The recommendation is to work on this before developing a repertoire of back-to-the-basket post moves. The player will get fouled and shoot foul shots due to the nature of their position.

There is no pressure of time or defence when learning the foul shot. The player has to set their feet and acquire a routine. If they learn to make one out of two to start they are making a positive contribution to the team.

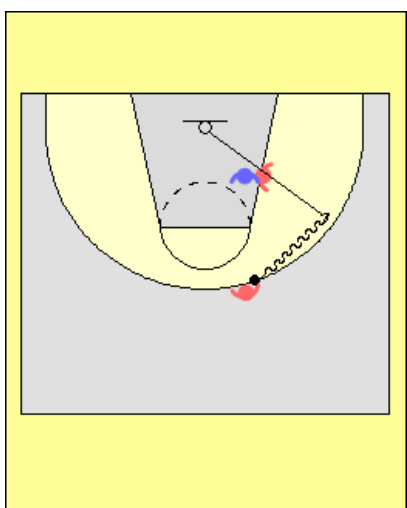


Be on the Line

When posting players must learn that it is not just a spot on the floor but rather a line – between the basket and the passes is the post player.

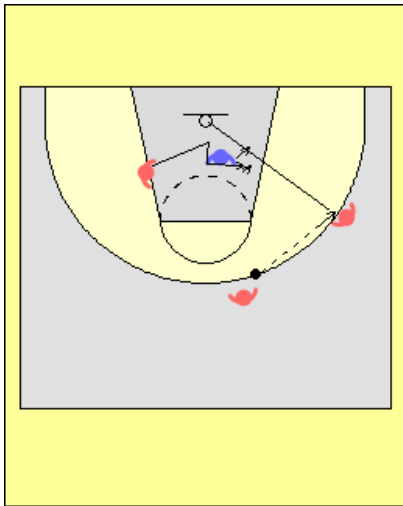


If the player is above or below the line, the defender has a great opportunity to defend the post player.

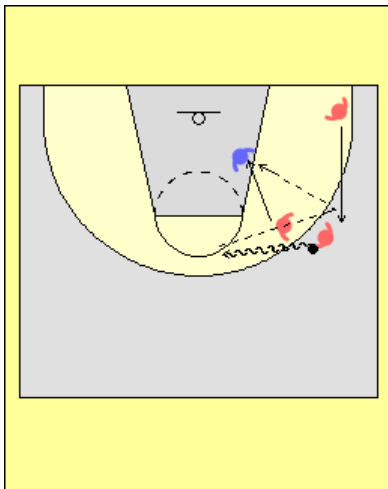


Learning How to Post

The simplest way for a novice post player to learn about the line is to have a perimeter player bring the ball to the line while the post stays still (no seal) as this helps the perimeter player understand angles.

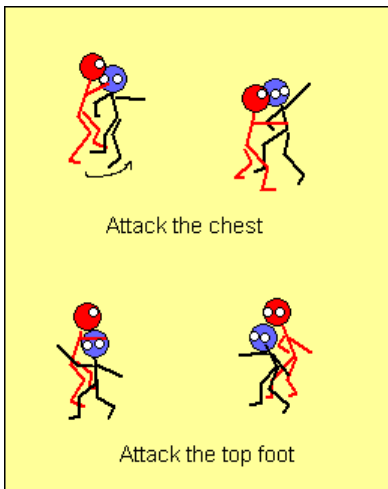


The other important concept to consider is having the ball passed to the wing while the post cuts and posts up. If the ball and the player are moving at the same time, it increases the difficulty of having a good post on the line.



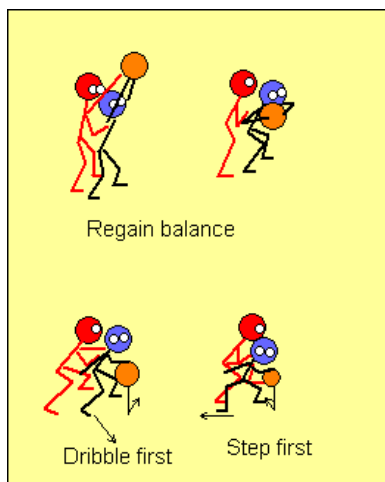
Complex Posting

When actions before the post up are added the difficulty to create the proper line increases. In this drill the posting player sets a ball screen and then rolls into the post looking for the relay pass from the wing. The key is to simplify the action for younger players and repeat this drill for increased familiarity.



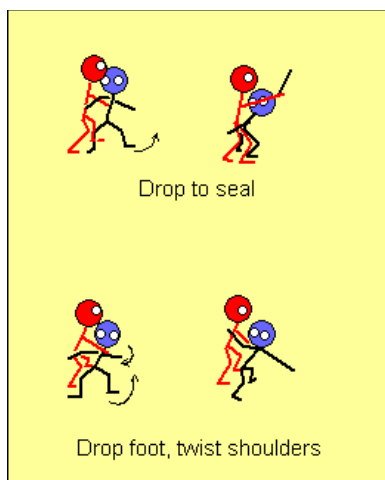
How to Seal a Defender

When executing the reverse jump stop at the end of the cut to post up, players often make the mistake of attacking the chest of the opposing player. When this occurs, the defender can easily circle around the offensive post player and establish good defensive position. The key for the offensive player is to attack the top foot by using power from the outside step (to step over the top foot of the defender). Players must learn to go through the arm of the opposing player with a rip or a swim action (attack the elbow where the arm will bend; but not excessively).



Ball on the Block

The key for getting the ball on the block is regaining balance after catching the ball. Generally, the player will receive a little push on the back from the opposing player and this gets their back heel off the floor and has their bodyline going away from the basket. If the player is using a dribble move, they must be sure to step first before the dribble. If the dribble comes first, the defensive player can often drive the player away from the basket. By stepping first, the player can use a strong gather step.



Post Move Progression

The first move to teach the inside player is an attacking move directly on the catch (when they have the player sealed on the high side). If they are right handed they should start on the left block. The player catches the ball and uses the foot furthest from the defender to pivot.

When the player drops the foot to seal the defender they generally drop their upper torso and this gives the perimeter player no target. When the foot drops the same shoulder must twist back in the opposite direction towards the ball as this allows the player to show a target and also shortens the distance on the catch. It is important to stay away from teaching the next move until players have mastered other areas.

Move #2

Drop step and shot

Move #3

Drop step – dribble middle – jump hook

Move #4

Drop step - dribble middle – spin back – layup

When dribbling in the key, the dribble needs to be started with two hands to protect the ball. It is not the same dribble that is used on the perimeter.