

Isolations

Isolations are mostly used when the offence has an advantage over a defensive match up (size and speed). The recommendation for this concept at this stage of development is to use it sparingly. The player isolated is still playing one-on-one with the five players on the floor. If help comes, the one-second advantage is passed to the open player. If the ball is frozen it allows the defence to build its help and therefore flow of the offence is very important. The exception is when the ball is isolated in the post as the player with the ball can slow play down and read the defence.

ADDITIONAL POINTS TO CONSIDER

Exploit the One Second Advantage

Anticipating the action is better than reacting to the action. The player without the ball must take a look at their defender by putting their chin on the shoulder as they prepare to receive a pass. This allows the offensive player to know what the defence is doing before catching the ball. This also creates a one-second advantage for the offensive player and puts the defence in a situation where they are trying to recover.

Teaching 2vs1

Once the offensive player beats their check and creates the one-second advantage, they must read the next defender. This creates a two-on-one situation for the offence. The offensive player must make the decision to shoot or to deliver the one-second advantage to a teammate. This is done in the half-court as well as in the full-court. The player with the ball should not take a shot with a defender on them but rather find the open player. The player without the ball must move to be available for the pass and to force a long recovery by the defence.

One-on-one with Five Players

Traditionally, with NBA one-on-one, isolation basketball is played. One player competes against their defender and often ignores their teammates. This often leads to forced shots and therefore is a tactic to stay away from all one-on-one should be done within the context of the five players on the floor as players need to learn to play with their teammates. When an offensive player creates a one-second advantage, the one-second advantage is transferred to a teammate when the player with the ball passes to an open teammate (when the defence helps).

When a player forces a shot while a teammate is open it sends a message of lack of trust to the open teammate. Passing the ball is one of the most important ways a team builds a positive relationship with each other. By delivering an accurate pass to a teammate they become a better player.

Do Not Stop the Ball

When a player holds or freezes the ball for four seconds or constantly dribbles (while stationary) the pass that is delivered after this situation is often not a good pass. An inaccurate pass forces the receiver to move out of an effective scoring position by being too low, high, low, soft or hard. It forces the offence to create a brand new one-second advantage because the defence has a chance to fully recover. By keeping the ball moving, once the one-second advantage is maintained, the defence is always in a scramble mode.

Ball in the Paint with a Pass or a Dribble

From the beginning of teaching, players must have instilled in them the mentality of bringing the ball into the key with penetration, while maintaining good spacing. This is especially true when players do not have open teammates to pass the ball to (if somebody is cutting through the key or posting up).