

ABA Holiday Hoops Hangouts



Establishing Style of Play

Concepts & Decisions

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Explode Explore Execute (E3)

(Mike MacKay Article)

Pace

BI - E2 - C4

Single Gap Actions

Double Gap Actions

Decision Making Model

Explode

(Immediately)

Pace

Rebound & Go

Rebounder Dribbles (B1)

Attack the Alley (Spacing & Seams)

Pass Up-court to an Open Teammate (E2)

Non-rebounders are to **Explode & Create Actions**

Rim Runner, Corner Three, Wing Three, Trailer,
Bounce Baseline, Slash to Hoop, Create Double Gaps,
Avoid Single Gaps, Screen/Pick for a Teammate, **CHOICES...**

Explore

(up to 6 seconds)

Read the Defense

What is the Best Early Shot?

Players to Make Explore Decisions

Players to Communicate Available Actions

Provide Reminders that Reinforce **Action Choices**



Execute

(next 12 seconds—avoid the Danger Zone—last 6 seconds)

Single Gap Actions

- Pass & Cut, Pass & Pick, Pass & Slip, Gets, Dribble At, Dribble At to Post-up, Dribble At Post-up to Laker Cut, Dribble At to Draft Drive, Live Ball Screen (Pick),...

Double Gap Actions

- Attack the Rim, Dribble Hand-off (DHO), DHO Slip, DHO Pick, Combo, Pass-Cut-Delay-Fill,...

2nd Side Series

- Reverse Ball to 2nd Side (Why?), 2nd Side + Post Play (Why?)
Verbal Cues: 2 = ____ / 2.3 = ____ / 2.4 = ____ / 2.5 = ____

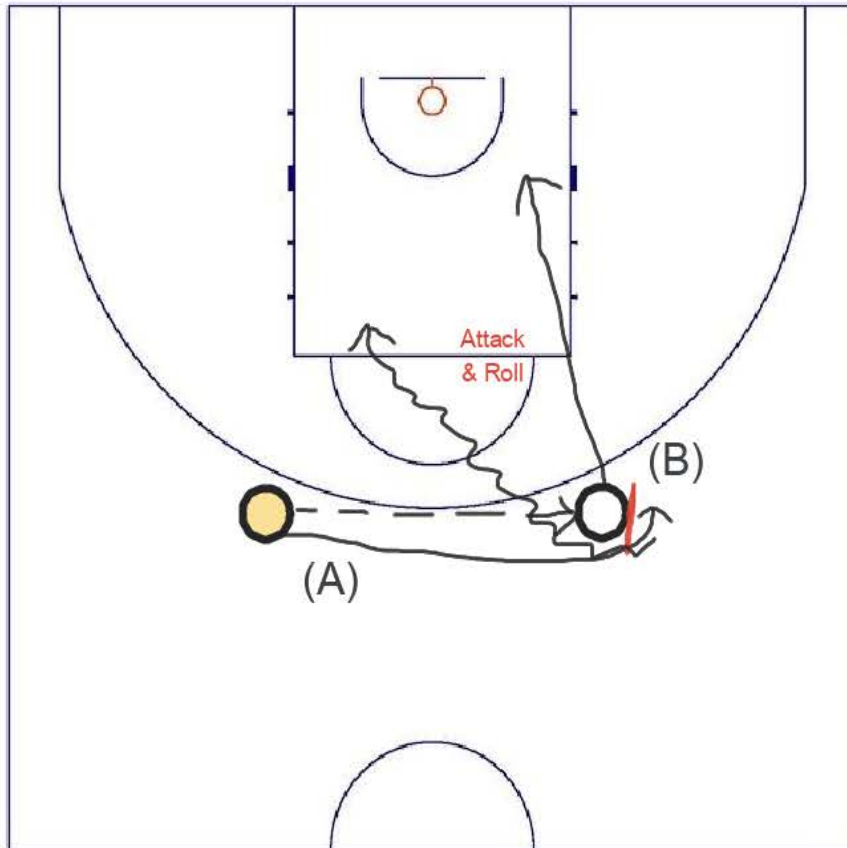
KPI's

- Key Performance Indicators (KPI), Ball Reversal, Post-up, Attack the Key, Two Foot Stop in the Key,...

Provide Reminders that Reinforce **Action Choices**



Single Gap Actions

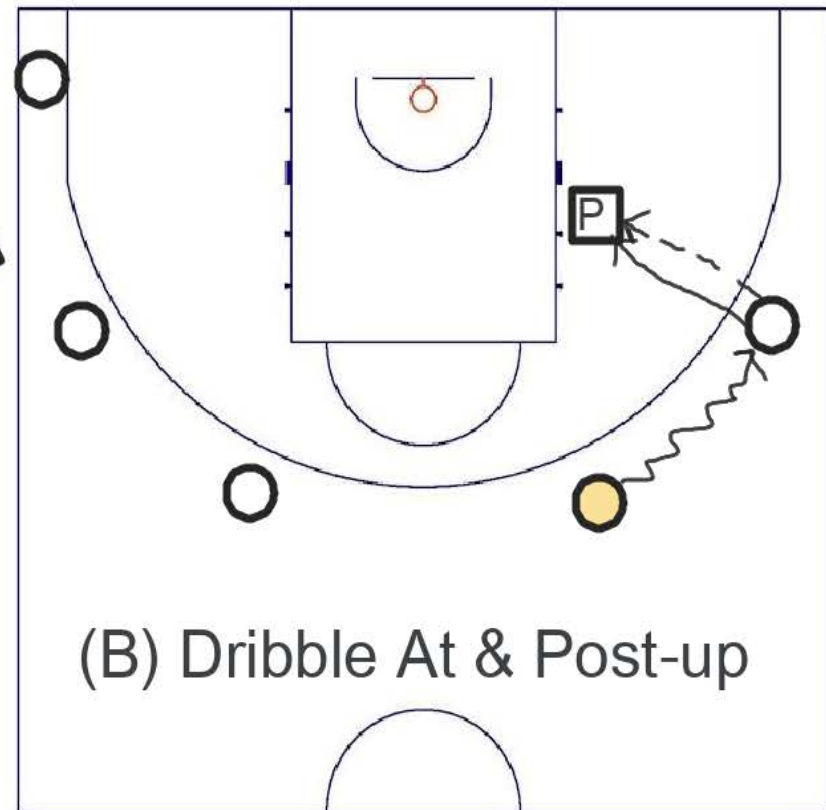
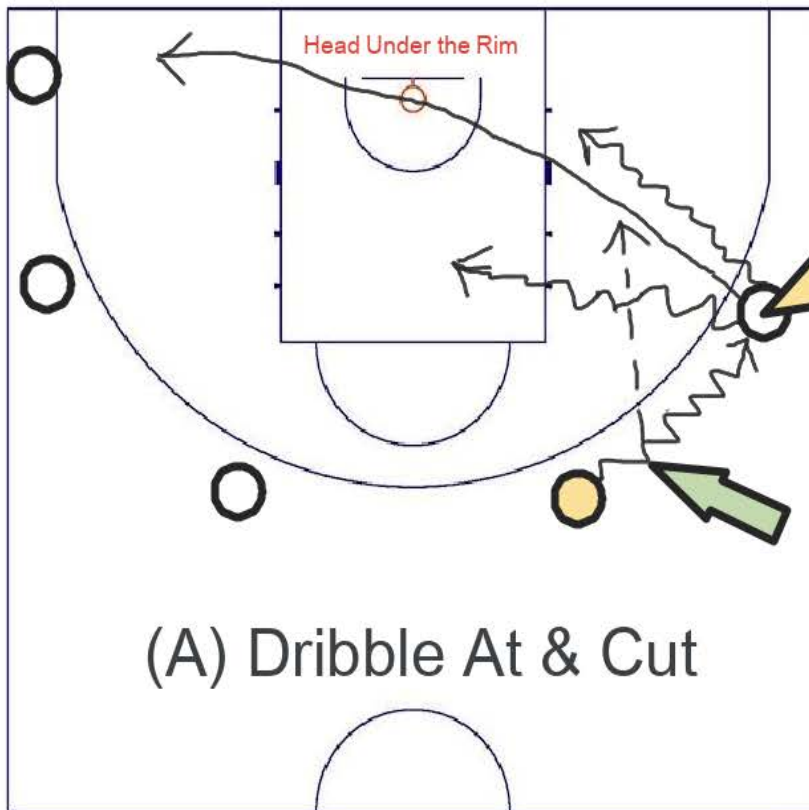


Pass & Get

- pass to teammate (A)
- go get the ball back
- a double gap has been created
- teammate hands off to passer
- teammate picks for dribbler (B)
- dribbler attacks the double gap
- Pick & Roll or Pick & Pop

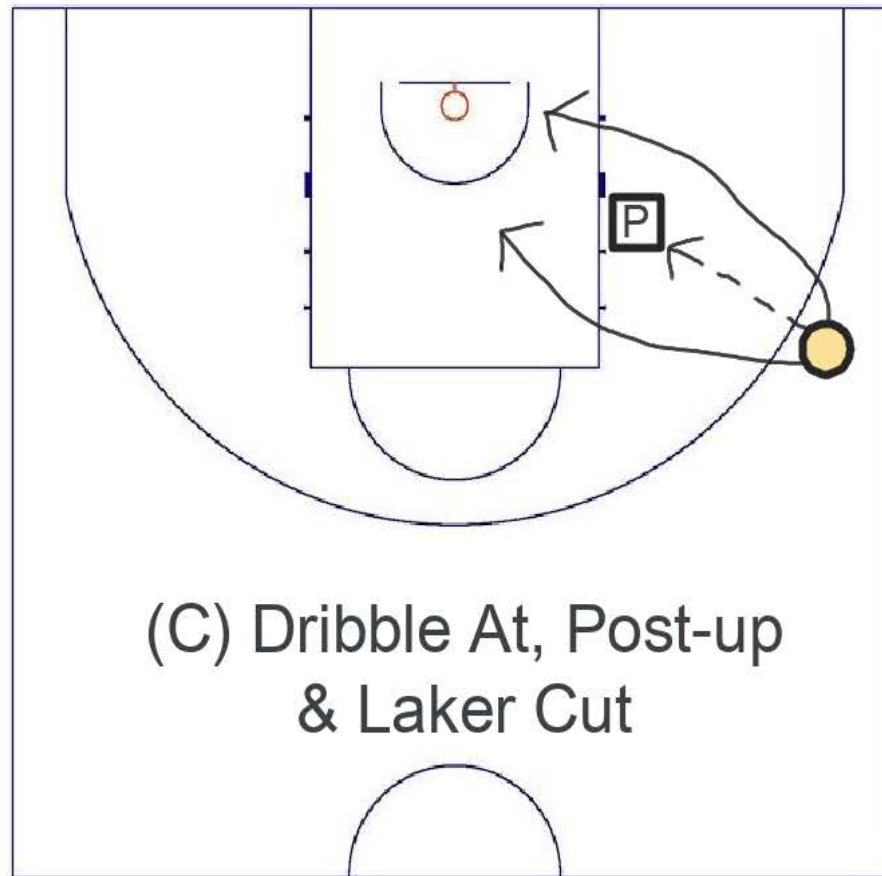
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Dribble At Options



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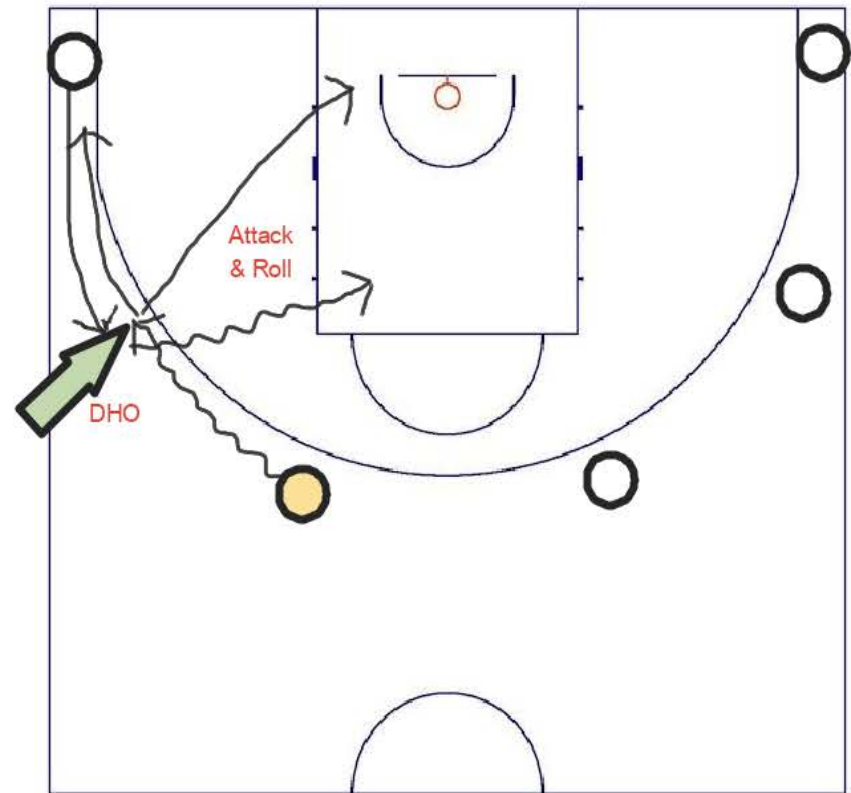
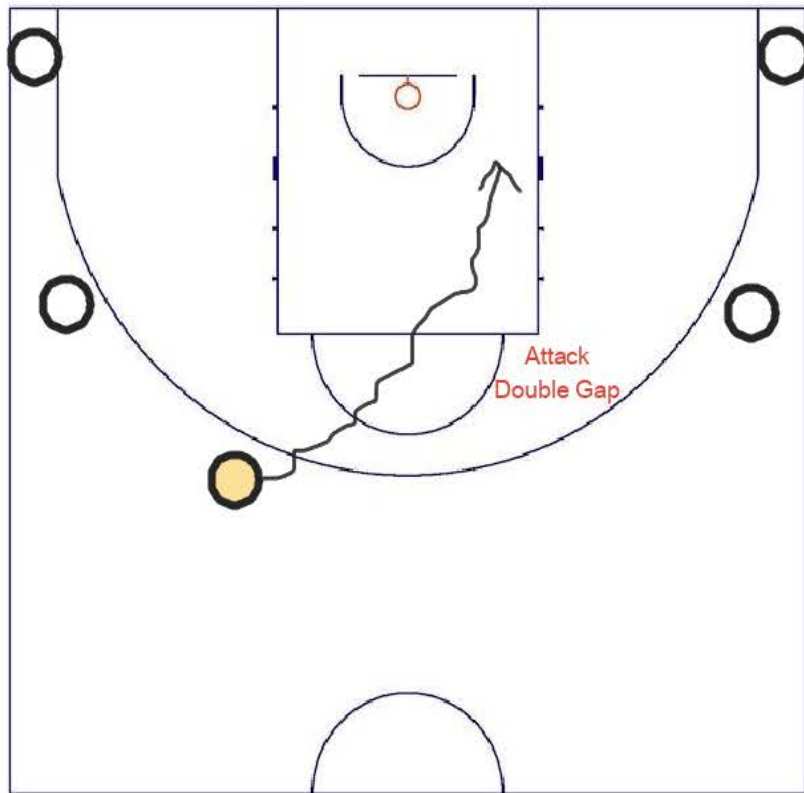
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Double Gap Actions

Attack the Double Gap or Execute a DHO



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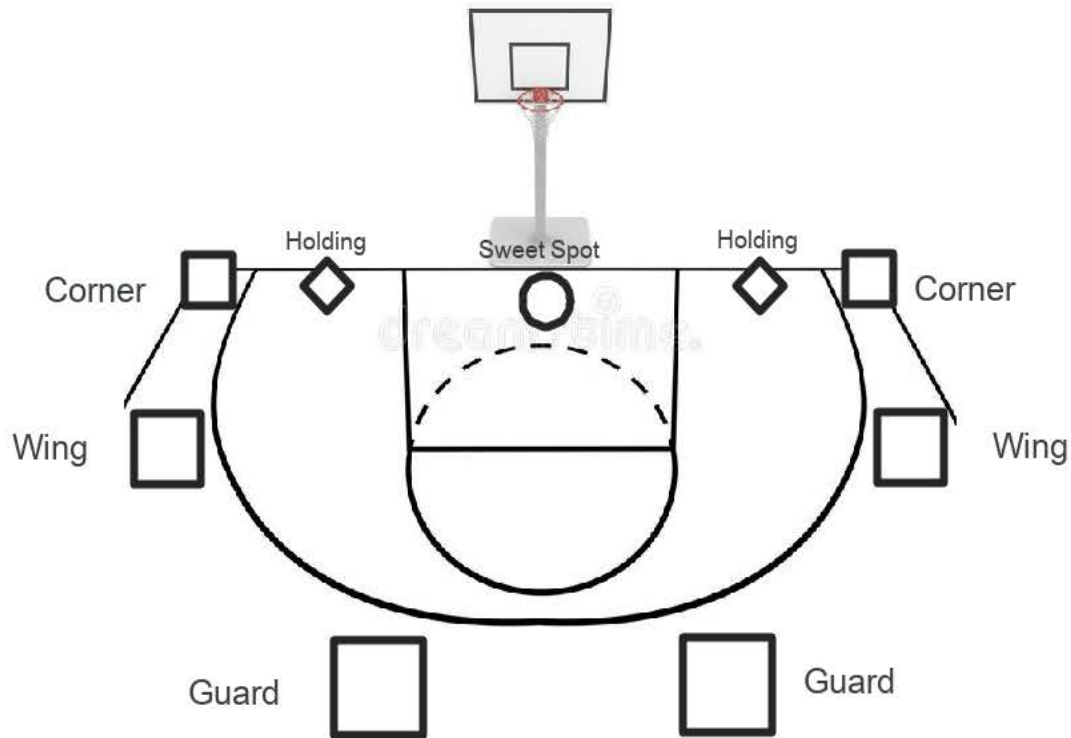
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Concepts – Actions – Decisions

Decision Making Model



Spacing & Positions

Explode-Explore-Execute

Single Gap Actions

Double Gap Actions

2nd Side Series

KPI's

Post Presence

Decision Making Technique

ABCD Debrief

ABCD Teaching Phases

Practice the Way you Play—D Phase

Train Ugly

It Happens in D Phase

Suggestions vs. Requirements

Non-negotiables

ABCD Debrief

A Agree—What worked well?

- has to be something positive

B Build—teammates discuss **A**

- most often Why did something go well

C Challenge—What went wrong?

- What needs to be corrected & How / Fix it!

D Deeper—usually for the coach

Decision Making Technique

ABCD Debrief

ABCD Teaching Phases
Practice the Way you Play—D Phase

Train Ugly
It Happens in D Phase

Suggestions vs. Requirements
Non-negotiables

ABCD Teaching Phases

Practice the Way you Play—D Phase

A Phase On Air—No Defence

B Phase Guided Defense

C Phase Live Breakdowns

D Phase 5on5 / Game-like Play

- Let play go for duration / do not interrupt
- **Train Ugly** / Manage the Chaos

Decision Making Technique

ABCD Debrief

ABCD Teaching Phases

Practice the Way you Play—D Phase

Train Ugly
It Happens in D Phase

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Take a TEMPerature Reading

(EDC – Error Detection Correction)

T Technical & Tactical Considerations

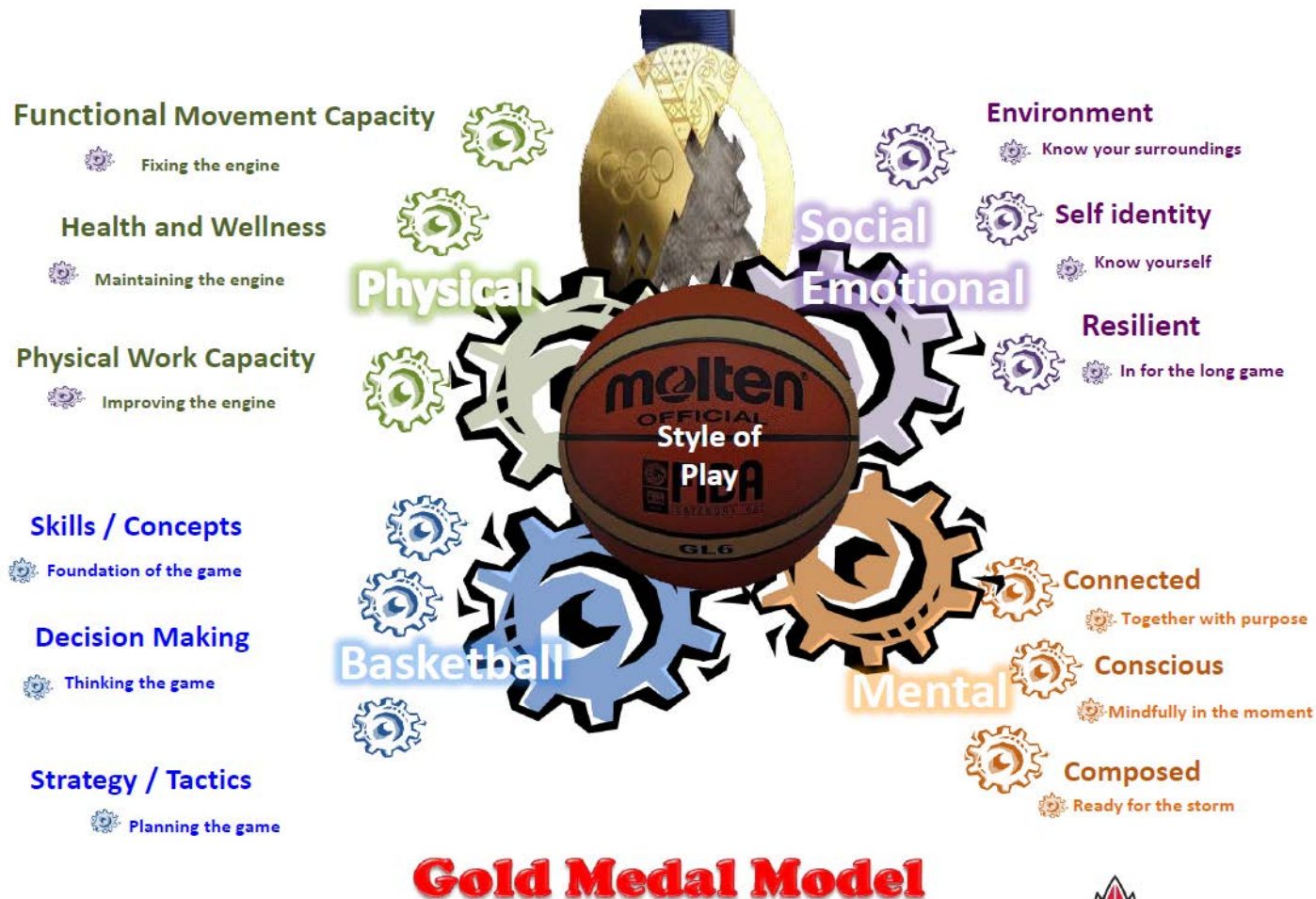
E Emotional/Social Considerations

M Mental Considerations

P Physical Considerations

Gold Medal Model – Canada Basketball

4 Pillars of Player Development



Fundamental Movement Skills

ABC's – Agility, Balance, Coordination, Speed

5 S's – Strength, Speed, Stamina, Suppleness, Skills

Peak Height Velocity (PHV)

Know the Windows of Athletic Development

Combine Skill & Athletic Development

Every Skill Includes Fundamental Movements

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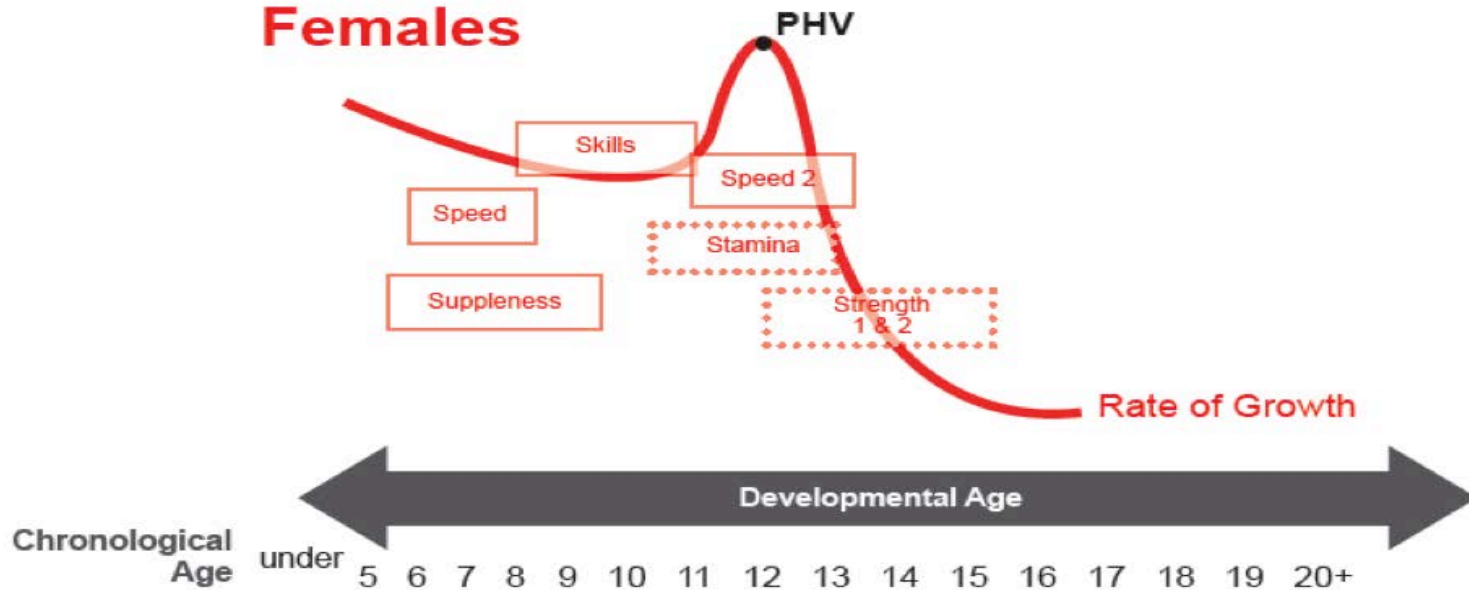
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Know the Windows of Athletic Development

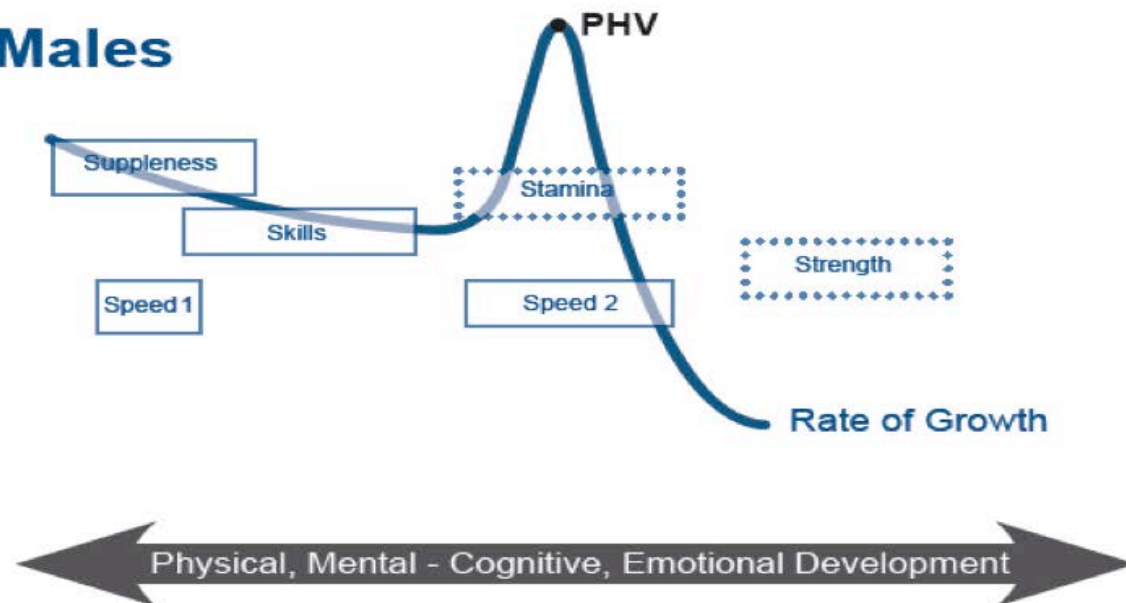
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Every Skill Includes Fundamental Movements

Females



Males



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The Concept of FLOW

All Coaches Yearn for FLOW

Effective FLOW Technique 1-2-3-4-5

- 1 = Run Our Regular Stuff – Players to Decide Actions
- 2 = 2nd Side Series – Must Reverse the Ball
- 3 = Screen – two E's in Three, two E's in Screen (Picks)
- 4 = 4 Down QH – Best 1 on 1 Player on Top, Other 4 on Baseline
- 5 = Drive (5 rhymes with drive) – Attack the Rim

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2nd Side Series

Verbal Cues:

2.0 = _____ - reverse the ball

2.3 = _____ - reverse the ball & Set a Ball Screen (guard pick for wing)

2.4 = _____ - reverse the ball and execute 4 Down

2.5 = _____ - reverse the ball and Drive

Defensive Considerations

10 Commandments of Defense

Defense to be Committed to Solving Problems

Preventer, Fixer, Eraser

3 Defensive Priorities

- 1) Protect the Rim
- 2) Pressure the Ball
- 3) Guard 1.5

Pressure the Ball with **D21** or **D9**

7 Angles x 3 Distances = 21 ways to Pressure the Ball (D21)

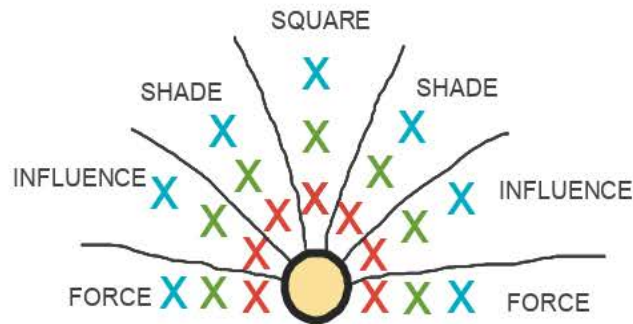
3 Angles x 3 Distances = 9 ways to send the ball to a **Weak Hand** (D9)



Ball Pressure Actions

D21

7 Angles
3 Distances

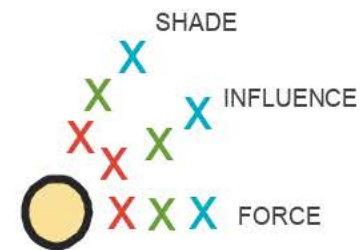


Red = Body
Green = Arm's Length
Blue = Sag or Gap

D9

3 Angles
3 Distances

Send to Weak Hand



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THANK YOU!

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