

ABA Holiday Hoops Hangout – Dec 17<sup>th</sup> -2020

# Style of Play for Youth Basketball

Building Fundamental Skills,  
while developing a Style of Play  
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# STYLE OF PLAY FOR YOUTH BASKETBALL

- How do you build a Style of Play?
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1. The offensive style of play has really changed in the past five years. You need to be open to a very new style of play
  2. You must give up control of running plays or sets in your half court offense. In today's game, establishing a Style of Play is a more successful approach
  3. You need to see the big picture of developing players over the long term and helping them build a player based decision-making foundation (players of all heights need to handle and bring up the ball)
  4. This doesn't mean there isn't structure, there are rules and guiding principles to a Style of Play that you as a coach and your players need to follow
  5. You will be able to incorporate fundamental skill development into your Style of Play

# PRIORITIES OF PLAYER SKILL DEVELOPMENT (BOTH PHYSICAL AND MENTAL)

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\*1. Ball handling / dribbling

\*2. Decision Making (B1-E2 playing concept)

3. Shooting (new shooting techniques i.e.; the dip) video clip

<https://www.youtube.com/watch?v=KrJ3JaT-K7I>

4. Passing <https://www.youtube.com/watch?v=IY5jGV2ujv8>

\*5. Body contact drills (KOB, Severing the angle, Block out drills, Space pivots with defender on body of offensive player).

<https://sites.google.com/cmba.ab.ca/cmbacsp/execute/space-pivots?authuser=0>

# BALLHANDLING FAMILIARIZATION

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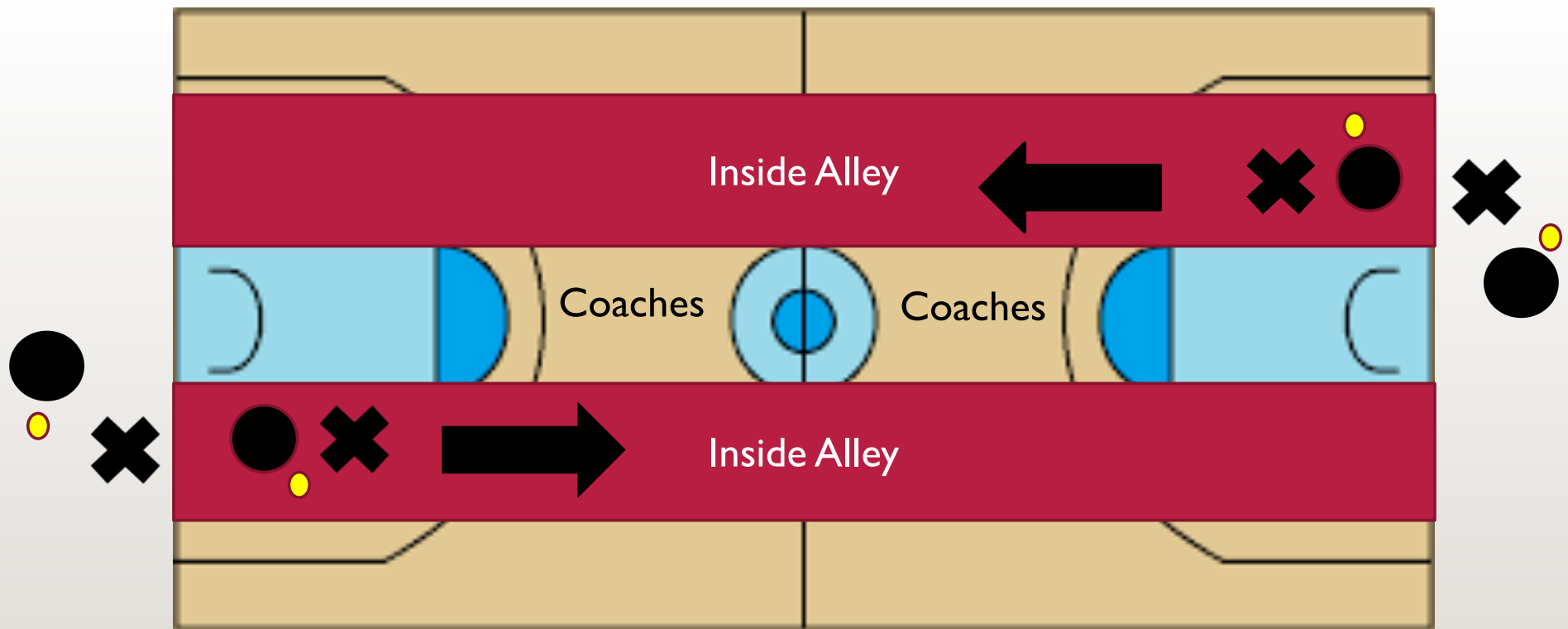
- Dribbling in three phases;
- A phase: on air (one ball, two ball, with a tennis ball, bean bag, balloon).
- B phase: guided by defender, coach, or prop (cone or chair)
- C phase: one on one live!
- \*\*\*Player dribbling improvement comes in C phase with live defense on the ballhandler\*\*\*
- You can allow stealing or not

# DRIBBLING IN C PHASE: ONE ON ONE FULL COURT

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- Full court one on one is a great opportunity to introduce the concept BI
- **What is BI?** Anytime a player has the ball it is their responsibility to “Beat one defender” if the player’s drive line is open attack the rim
- When a player is going BI and beating that one defender they need to...
- Turn the corner or sever the angle of the defender's recovery and put that defender on their back as they go to the rim. Essentially cutting off the defender's path of recovery, in their attempt to get back in front. This allows a clear path to the rim.

# BI – INSIDE ALLEYS



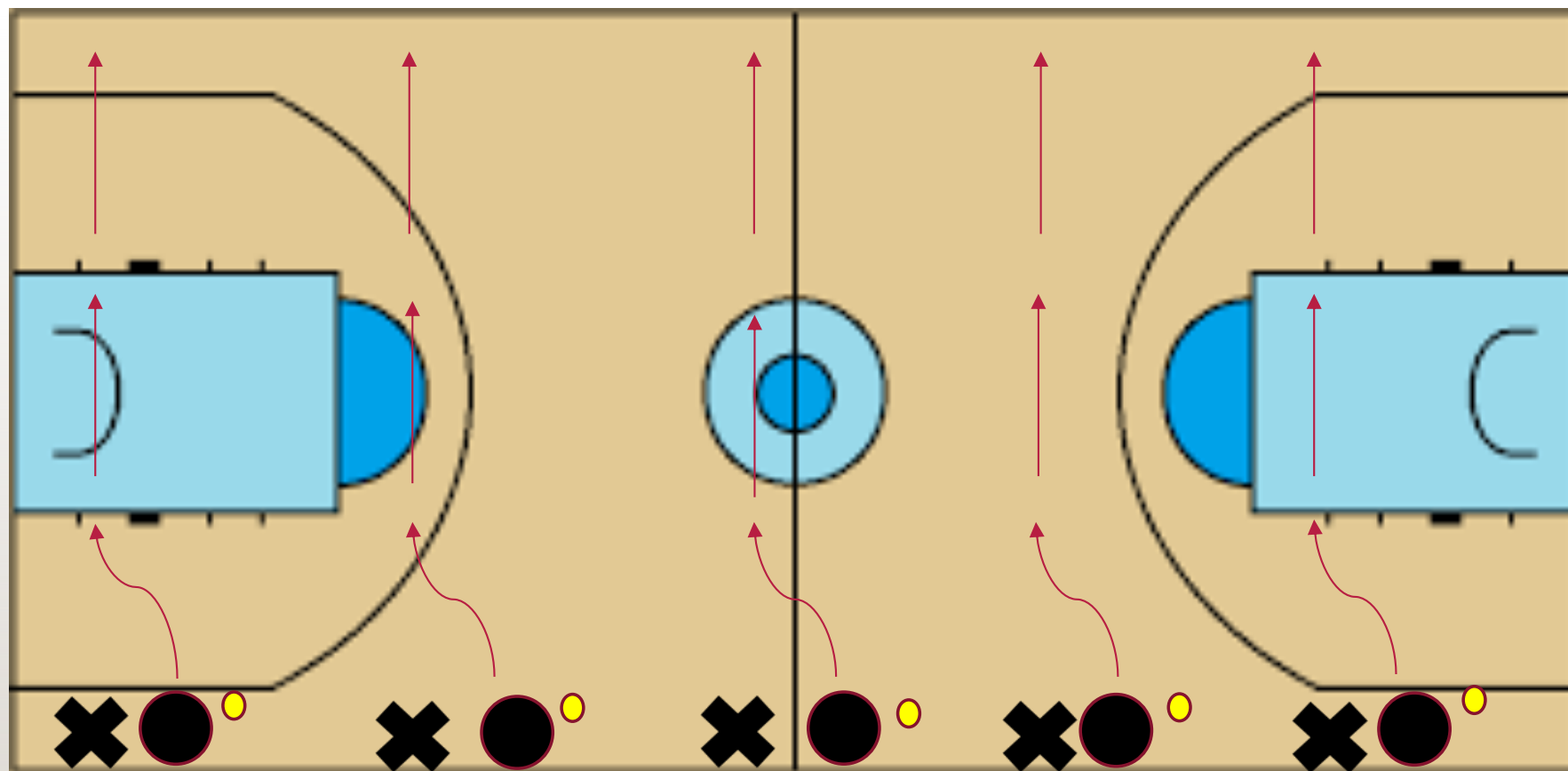


# KOB – KEEP ON BODY

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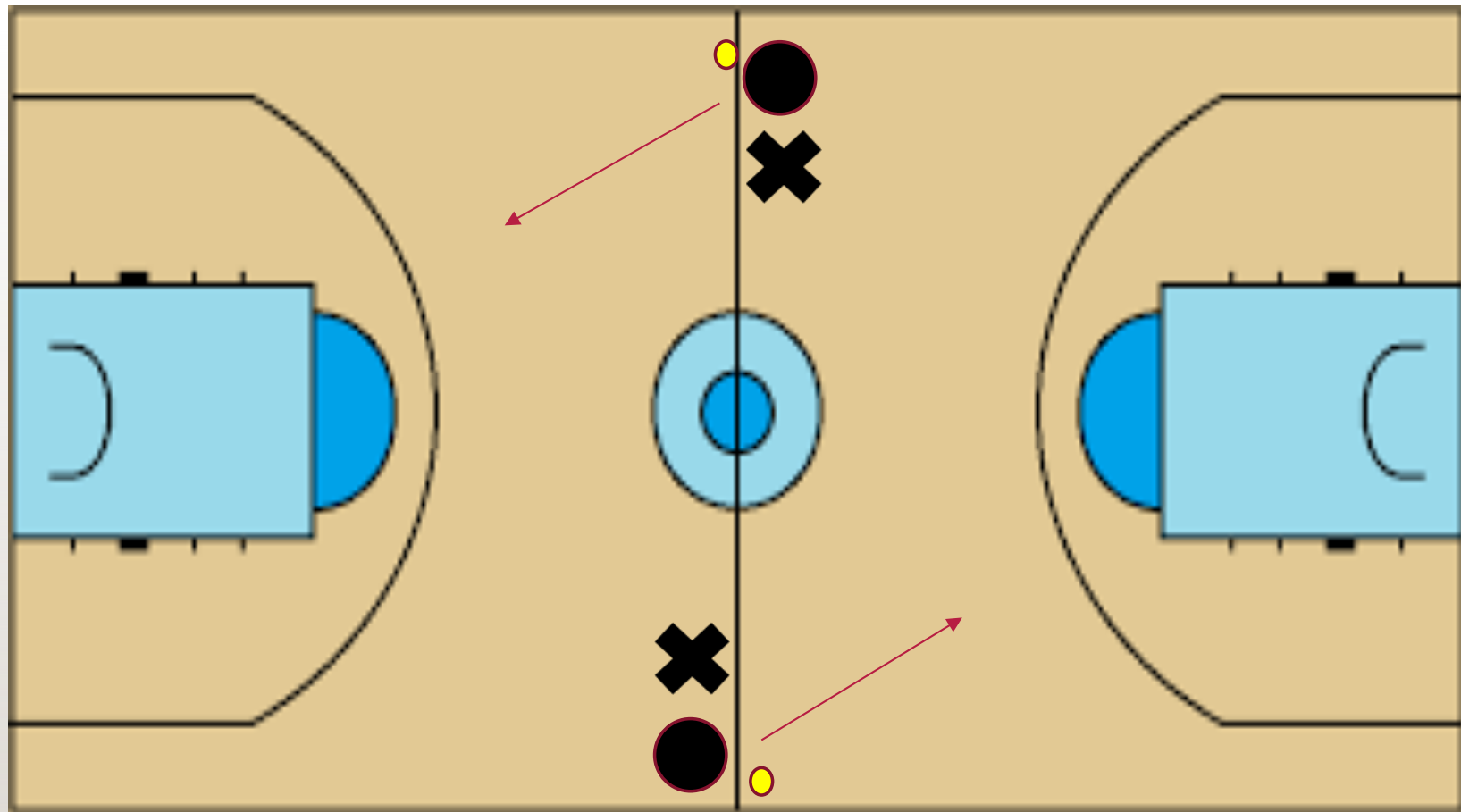
- Sometimes when dribbling to the basket players going B1 are unable to turn the corner.
- Offensive players need to initiate contact with the defender or keep body contact and lean into the defender
- This keeps the defender from getting back in front, and unable to stop the drive
- KOB teaches offensive players to play with contact
- <https://sites.google.com/cmiba.ab.ca/cmbacsp/explore/b1-e2?authuser=0> (on the website...please scroll down the page to find 3 KOB training videos)

## KOB – DRIBBLING SIDELINE TO SIDELINE





# KOB – FROM CENTER TO THE HOOP



# WHAT IS E2?

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1. When a player is going B1, they might engage a 2nd defender.

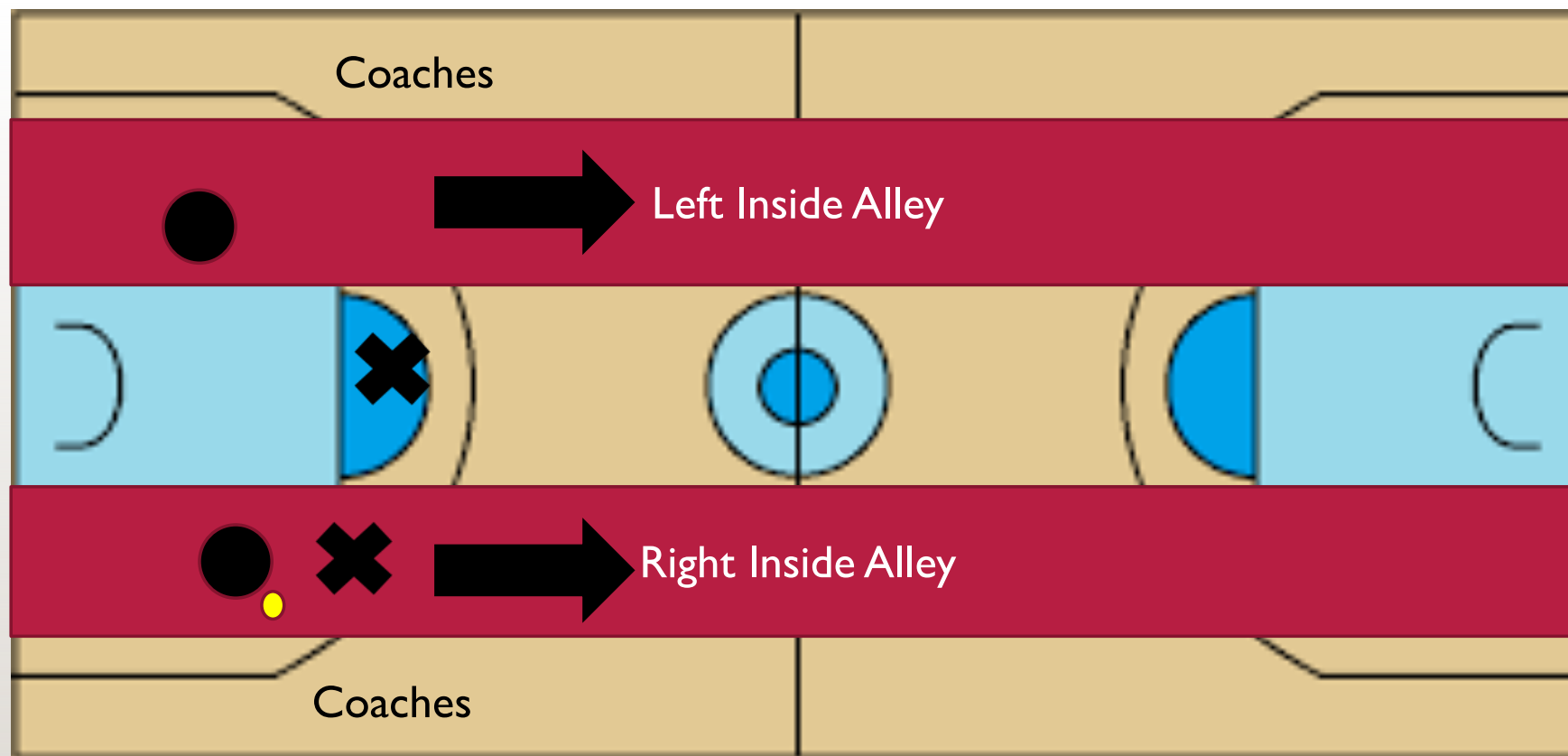
2. "If a player with the ball engages a 2nd defender they become a passer" and pass to the offensive player where the defender came from. This is called E2.

3. E2 creates a team that shares the ball and makes the pass to the open teammate who then would go B1 on a recovering defender

Link below for B1-E2 training videos

<https://sites.google.com/cmba.ab.ca/cmbacsp/explore/b1-e2?authuser=0>

# BI – E2 : USING BOTH ALLEYS

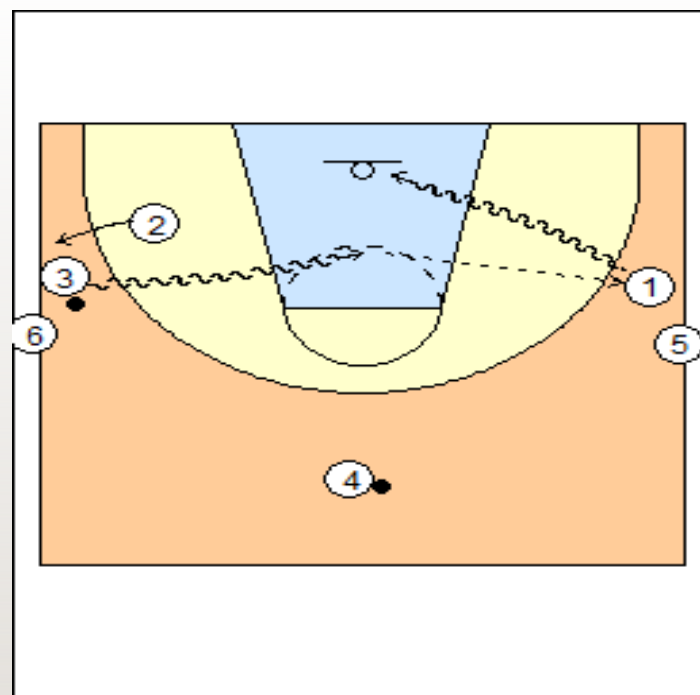
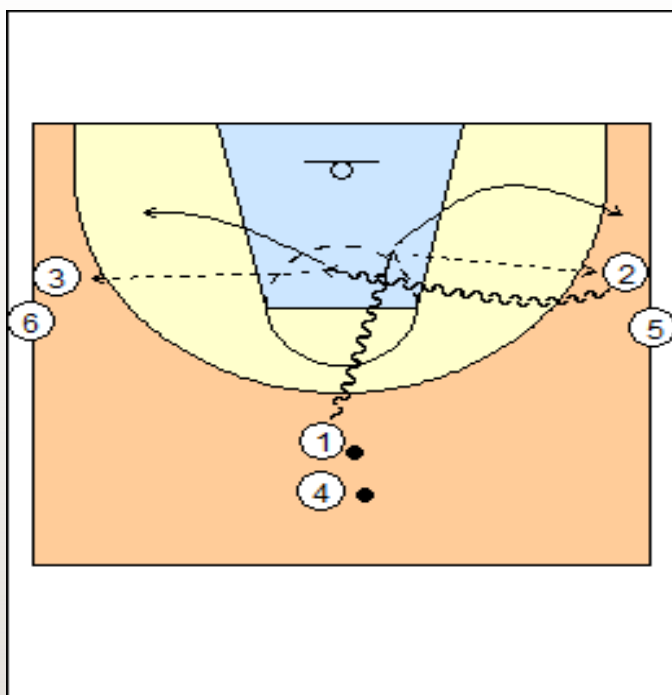


# DEVELOPING A BI MENTALITY IN YOUR PLAYERS

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- Links below for BI-E2 training videos
- <https://sites.google.com/cmba.ab.ca/cmbacsp/explore/bi-e2?authuser=0>
- Spurs 3 pass – San Antonio Spurs' Basic Offensive Concepts - James Borrego - Basketball Fundamentals (link below at bottom of page after BI-E2 and KOB videos)
- <https://sites.google.com/cmba.ab.ca/cmbacsp/explore/bi-e2?authuser=0>
- [http://www.hoopsplaybook.ca/layups/spurs\\_3-pass.html](http://www.hoopsplaybook.ca/layups/spurs_3-pass.html)
- Spurs three pass is shown in the video 3 on 0 in A phase, you can add 3 defenders and go 3 on 3 live in C phase

# SPURS 3-PASS



# REBOUND, PEEK, AND GO

## CANADA BASKETBALL CALLS THIS REBOUND AND GO

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### Rebound, Peek, and Go

Toss and Turn – player starts with their back to their partner then tosses the ball in the air, while catching it in mid air they quarter turn their body at the same time, to now peek at the rim their team is scoring on and then make a baseball pass to their partner

The quarter turn in mid air is called...

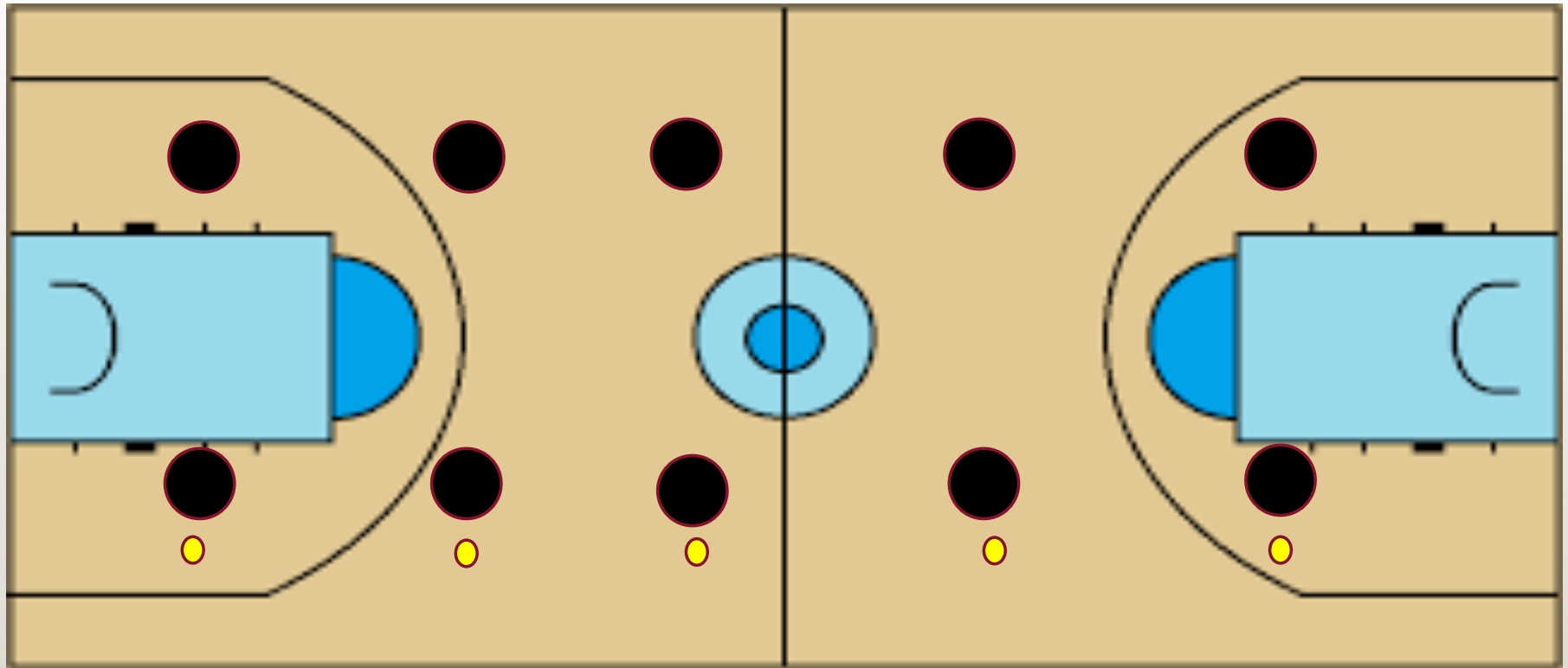
**“Land Like a Quarterback”**

<https://sites.google.com/cmba.ab.ca/cmbacsp/explode/rebound-peek-go?authuser=0>



# TOSS AND TURN PARTNER PASSING DRILL

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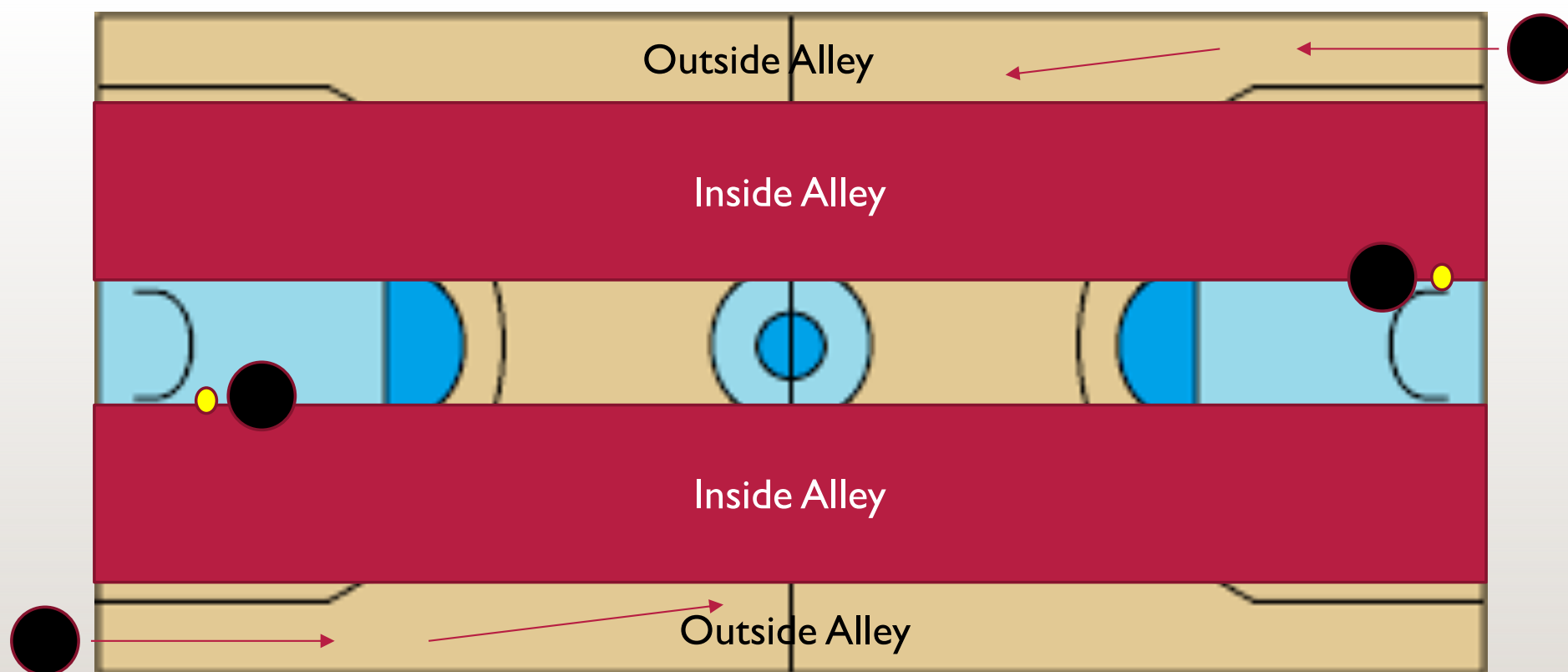


# REBOUND, PEEK, AND GO

1. PLAYER ON THE BASELINE BEGINS TO RUN WHEN THE PLAYER WITH THE BALL HAS RECEIVED IT OFF THE BACKBOARD INTO THEIR HANDS. THIS WILL CREATE THE TIMING NEEDED TO START THE DRILL.

2. THE PLAYER THAT GETS THE REBOUND TAKES ONE OR TWO DRIBBLES BEFORE PASSING THE BALL UP! TO THE PLAYER RUNNING IN THE OUTSIDE ALLEY

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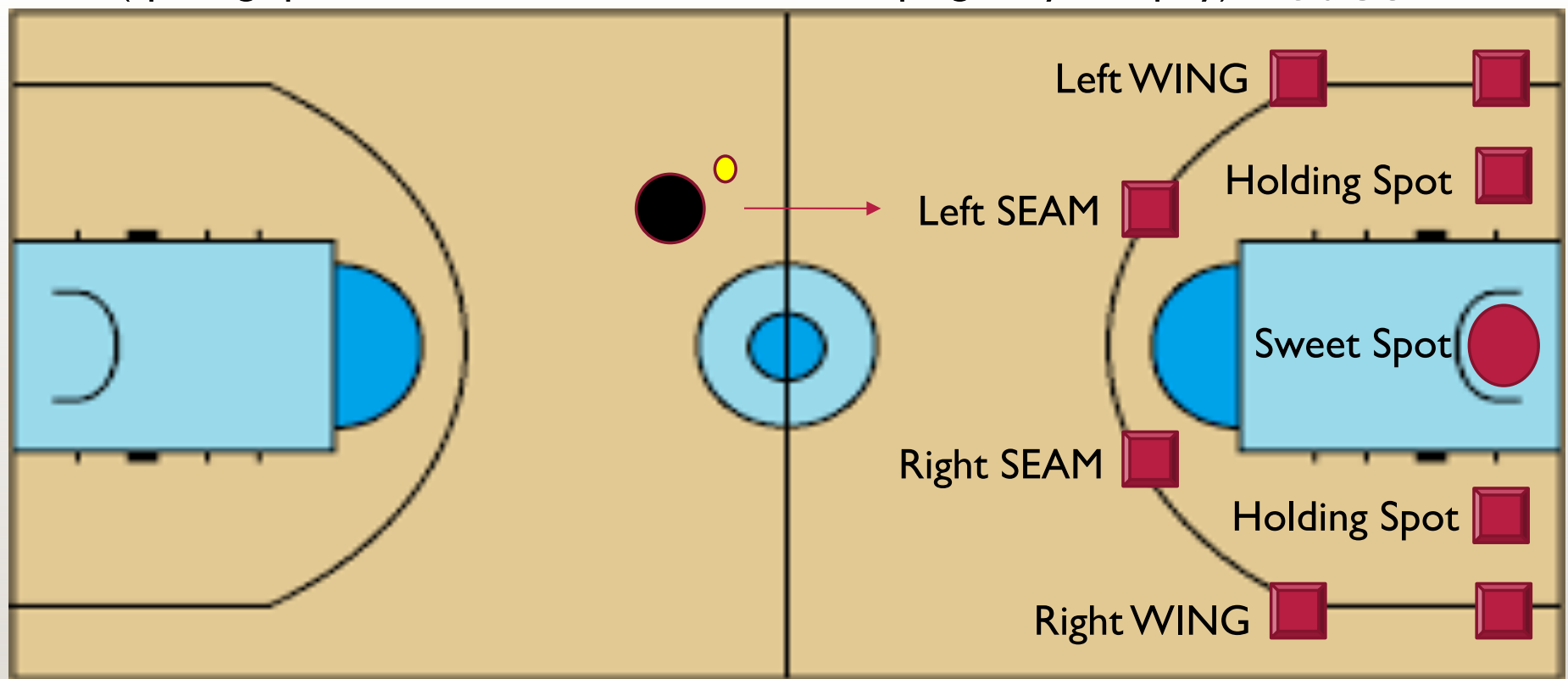
# SPACING SPOTS

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- Players have 8 essential spacing spots on the floor they can use for great offensive spacing
- As a great coach once said, “**Spacing is offense and offense is spacing.**”
- There is a 9<sup>th</sup> spot it is not a player positional spot but rather a player action spot

# SPACING SPOTS LOCATIONS AND NAMES

(spacing spots are critical structure in developing a Style of play) Left CORNER



Right CORNER

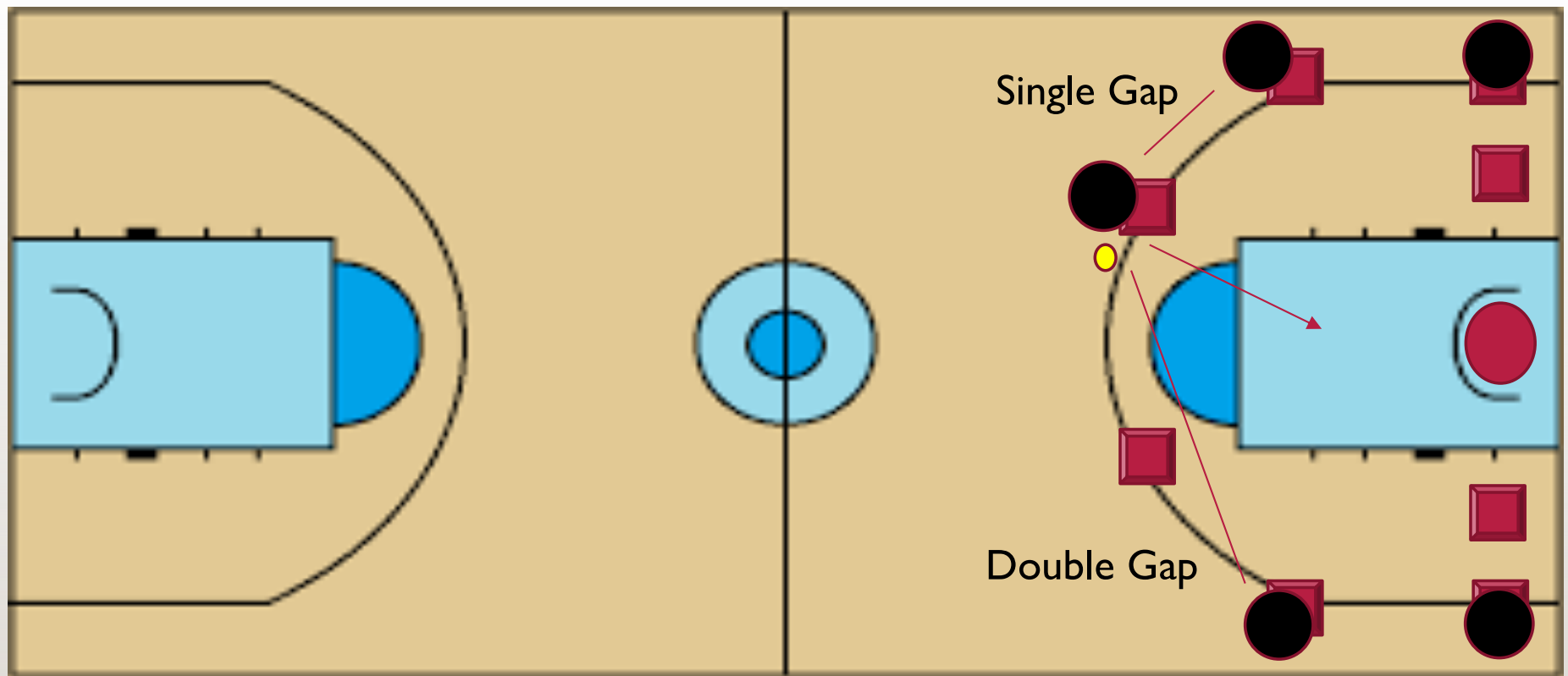
# SPACING GAPS

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1. What is a **Single Gap**? If an offensive player with the ball is one space away from another offensive player, this is considered a single gap. Offensive players must “**pass in a single gap**”
2. What are **Double Gaps**? If an offensive player without the ball is two spaces away from a player with the ball. This is a double gap. The player with the ball can “**drive to the basket in double gaps**”

# SINGLE GAP AND DOUBLE GAPS

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# OFFENSIVE MOVEMENT - PASS AND CUT

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- The “Golden Rule” of creating offensive movement
  1. Any time a player with the ball passes to another teammate they must cut to the basket.
  2. Coaches often ask how should they cut? Front cut? Back cut? Keep it simple... **“Just cut”** quoted from Rick Torbett’s Better Basketball “Read and React Offensive DVD’s.”
  3. For young players teaching...PASS, CUT, FILL, get’s players moving with purpose
  4. Video Link <https://sites.google.com/cmba.ab.ca/cmbacsp/explore/pass-cut-fill?authuser=0>
  5. Teaching progression...Pass, Cut, DELAY, Fill



# DRAFT DRIVE OFF THE CUTTER

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- A teaching progression from PASS, CUT, FILL to... PASS, CUT, DELAY, FILL
- By having players DELAY before filling spots on the perimeter will allow double gaps for the ball handler to go BI and attack the basket
- \*Please note if a player is closely guarded/denied the ball in a single gap. When the player with the ball looks at them, they immediately cut back to door to the rim. This also creates a double gap for the player with the ball\*
- For an example let's look at the diagram on the next page...



# RECAP

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1. By using principles B1- E2 and Rebound-Peek-and-Go, all players get the ability to handle the ball and make decisions
2. Create Offensive Movement with Pass-Cut-Fill then building up to Pass-Cut-Delay-Fill to create double gaps for the player with the ball
3. Keep working on fundamental skills in A phase on Air and get to C – phase with live defense

# THANK YOU FOR ALLOWING ME TO PRESENT...ANY QUESTIONS?

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- Please contact me at [mgr\\_gen@cmba.ab.ca](mailto:mgr_gen@cmba.ab.ca) if you have any questions or need further resources
- More information and videos on this topic can be found on the CMBA CSP web-site link at...
- <https://sites.google.com/cmba.ab.ca/cmbacsp/home?authuser=0>
- Thank you again Coaches! All the best in 2021 to you and your teams!