



Canadian Style of Play (CSP)



Where it all Began – General Summary

2012 – London Olympics Observations

What were the best teams in the world doing that Canada was not doing?

1. The best teams shot the ball approximately 100 times per game.
Canada shot the ball approximately 80 times per game.
2. The best teams took more early shots in the shot clock than the lower seeded teams.
3. Late shot clock is considered shooting in the “Danger Zone” – last 6-8 seconds.
Canada took more shots in the danger zone than most other teams.
4. The best teams rebounded the ball very well – Canada was one of the weaker rebounding teams.
5. All of the best teams shot more free throws than the lower seeded teams.
6. The best teams took care of the ball. Canada had too many turnovers.

Canadian Style of Play was Developed

Canada’s success since 2012 has not been an accident!

CSP Concepts:

1. Increased Pace & Flow | initially moved 6 shots from the Danger Zone to the Early Shot Clock (Pace)
2. Hot Spot Rebounding | Rebound & Go to initiate Pace
3. Double Gaps were introduced | Attack Double Gaps & Pass Single Gaps
4. Dynamic 1on1 introduced | More Picks & Screens were incorporated into the offense
5. Attacking the Basket became a Number One Priority
6. Read & React Concepts | Dribble At – Pass & Cut – Ball Screens (Picks)
7. KPI – Key Performance Indicators | starts with a hunch, then a performance factor is measured, then it is implemented if the measurement proves to be significant (Analytics)
8. One Second Advantage | Small Advantage – Big Advantage – Neutral – Disadvantage
9. Gold Medal Profile Established | 4 Pillars of Athlete Development
10. Established 4 Priority Shots | Attack the Rim – 3 Point Shots – Free Throws – Mid-range Shot
11. Actions Create Efficiencies & Actions Create Disruptors
12. Understanding Sequencing of Athletic Development | Windows & Daily Training Environment
13. Defensive Priorities: a) Protect the Basket, b) Pressure the Ball, c) Guard 1.5
14. Building Team Culture | REPing – Remind, Encourage, Praise
15. More Random Decision Making vs. the traditional Block Decision Making approach

2015 FIBA Americas & Pan Am Games

Canada Wins Gold!

1. Canada lead both tournaments in field goal percentage.
2. Canada took more shots per game than their opponents.
3. Canada attacked the basket consistently in every game.
4. Canada took more early shot clock shots than their opponents.
5. Canada took more free throws than their opponents.
6. Canada rebounded both the offensively & defensively.

2016 – Rio Olympics Observations – by Patrick Hunt (President, World Association of Basketball Coaches)

DEFENCE

1. All teams employed man-to-man as their primary defence.
2. Most teams used a 2-3 zone sparingly.
3. The common type of full court zone press was a 2-2-1 with a 1-2-2 being used as a half court trapping defence.
4. Preferred method of defending Pick & Roll and Pick & Pop was a hard show by the screeners defender with the on-ball defender going over the screen. The next method was under the screen.
5. For perimeter screens away from the ball, trailing the cutter was the preferred method with the hard show help from the screeners defender.
6. The standard of the help side defence and rotations was definitely higher for the first 6 placed teams.
7. General team man-to-man defence was challenged to contain 1-on-1 dribble penetration after closing out from ball reversal.
8. Fouling to prevent Fast Break situations was prevalent. This will be remedied with a rule change in 2017.

OFFENCE

1. Multi skilled players in all positions continues to be a significant trend.
2. Positions 1, 2, 3 and 4 all had 3-point scoring range and beyond.
3. The first 6 placed teams 5's also had 3-point scoring range.
4. Guards and wings could all operate outside and inside.
5. Generally, offensive skills are ahead of defence.
6. Most team's preference was to look for early transition offence.
7. The two most common offensive alignments were 4 out-1 in and 3 out-2 in.
8. "Horns" was also a popular set.
9. Pick & Roll and Pick & Pop are still common actions particularly as late shot clock options.
10. Dribble hand-offs (DHO) on the perimeter and between perimeter and "big" was prevalent.
11. DHO was used to counter defensive pressure and to also create Pick & Roll and Pick & Pop opportunities.
12. Turn out cuts, Staggered Double Down Screens and Single Up Screens were used by most teams.
13. Against zones, the common action was ball reversal, High/Low action and dribble penetration to open up scoring opportunities at the wing and the corner. Also, a high Pick & Roll to go inside from an extra pass or go to the perimeter from a skip pass.

2017 FIBA Americas & World Championships – The Golden Age of Canadian Basketball

1. Canada Wins Back-to-Back FIBA Americas (SWNT)
2. U19 men win Gold at FIBA World Cup (first time ever) | U16 men win Silver at FIBA Americas
3. U19 women win Bronze at FIBA World Cup (highest women's finish ever) | U16 women win Silver at FIBA Americas

Additional Considerations and Concepts

A-B-C-D Teaching Phases

- A = No Defense (air)
- B = Guided Defense
- C = Live Drills (breakdown drills)
- D = Live 5on5

A-B-C-D Debriefing Technique

- A = Agree
- B = Build
- C = Challenge
- D = Deeper

PVAD

- Positioning
- Vision
- Anticipation
- Decision Making

Read & React Principles

- Pass & Cut | Pass & Pick
- Post Entry – north/south cutting action & east/west cutting action
- Dribble At for the Cutter | Dribble At to Create a Double Gap
- Penetration Principles – Circle Movement
- Picks (ball screens) | Off Ball Screens | Back Screen your way out

More Concepts

- Dribble Hand Off (DHO) – Attack Double Gaps | Combo
- Explore – Explode – Execute | Canada Basketball Terminology
- Flow | 1-2-3-4-5 | Technique to get your team to play with more Flow
- Getting players to know their NBA (Next Best Action)
- Every practice requires a little TLC | Teaching – Learning – Competition
- Competition in Practice is critical | Measure your Drills



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Presentation Outline

Introduction	Welcome & Introductions	
B1-E2-C4	Live Breakdown	C Phase
Live 5on5	Half-Full-Full	D Phase
Spacing	Demonstration	A Phase
Double Gap	Demonstration	A Phase
Live 5on5 Debrief	Half-Full-Full A-B-C-D	D Phase 45 seconds
Pass & Cut	2on0	A Phase
Pass & Pick	2on0 to 2on2 Live	A & C Phase
Live 5on5 Debrief	Half-Full-Full A-B-C-D	D Phase 45 seconds
Dribble At	2on0	A Phase
Dribble At to Attack	2on0	A Phase
Dribble At to Post-up	2on0	A Phase
Dribble At Looks	3on3 Live	C Phase
Live 5on5 Debrief	Half-Full-Full A-B-C-D	D Phase 45 seconds
DHO	2on2 Live	C Phase
DHO Combo	3on3 Live	C Phase
Live 5on5 Debrief	Half-Full-Full A-B-C-D	D Phase 45 seconds
Flow	1-2-3-4-5	A Phase
Live 5on5 Debrief	Half-Full-Full A-B-C-D	D Phase 45 seconds