

# DIAMOND PREP LEAGUE



**PREP League**

Decision Making Model



# Canada Style of Play

Playing the Game vs. Running Plays | Decision Making

- Global Player Approach
- Rebound & Go
- Hot Spot Rebounding
- Spacing | Double Gaps – Single Gaps
- Set/use more ball screens (picks) | Set/use more off-ball screens
- Shot Selection (Top 4): 1. Attack the Rim | 2. 3 Point Shot | 3. Free Throw | 4. Mid-Range
- PACE & FLOW



# Explode Explore Execute

The team that wins the game is the team that scores the most points. Through analytics we know that the team that takes the most ROB shots (in **range, open** and on **balance**) scores the most points. We also know that it is easier to produce ROB shots when the defence is not set. Defence is set when the three rules of defence are in place:

1. The basket is protected
2. The ball is being pressured / contained
3. The players are matched up or in position

Therefore, offensively, we want to find ways:

1. to attack the defense before it gets set – **explode**
2. to keep the defence scrambling once we have it at a disadvantage – **explore**
3. to break it down once it has been set – **execute**

**Explode** – When the offence gains possession of the ball. Attacking quickly to score before the defence is set. This can be off a made basket, defensive rebound, steal or inbounds. Our goal is to find a big advantage (ROB) shot early. How do we make it more difficult for the defence to:

Protect the basket	Pressure the ball	Get matched up
Attack the rim with speed	Use small advantages	Keep good dynamic spacing (adjust spacing as the players and ball moves)
- PVAD – be in position to see the basket	- Find open players who have an advantage	- Move the ball – find open players
- Throwing the ball ahead, or to outlets moving down the floor	- Attack bad close out with dynamic 1 on 1	- Move players – back cut, pass and cut, find open windows off penetration
- Vertically sprint the lanes and alleys	- Use break out dribbles to avoid being jammed	- Confuse the defence with screens or picks in flow
- Horizontally stretch the floor to take defenders away from the rim	- Back cut and blast cut to relieve pressure	
- Seal flat defenders or mismatches at the rim		

**Explore** – Once the defence is in a scramble the goal is to keep them scrambling. Don't freeze the ball until a big advantage shot is produced. How do we make it more difficult for the defence to:

Protect the basket	Pressure the ball	Get matched up
Keep pressure on the rim	Use small advantages	Keep good dynamic spacing
PVAD – be in position to see the basket	- Find open players, don't freeze the ball	- Double, single gaps
- Finish cuts at the rim	- Attack bad close outs, dynamic 1 on 1	- Pass cut fill / penetration principles
- Sprint exit cuts to keep the basket open	- Back cut and blast cut to relieve pressure	- Confuse the defence with screens or picks in flow
- Seal flat defenders or mismatches at the rim	- Use dribble centres	- Know the shots you want
- Maintain dynamic spacing		

**Execute** – Once the defence is set they have neutralized the offence. Shots taken vs set defence are either, not in range, contested or off balance; therefore will be at a lower percentage than a ROB shot. In order to create a ROB shot the offence must run an action(s) to create a big advantage shot or a small advantage that the offence can use immediately or maintain in order to create a ROB shot. Some teams or players are very good at producing a shot immediately from the action. For example: 1) The team sets a screen and the player comes off the screen to shoot the open shot 2) The player uses a 1 on 1 move to create a shot for herself. Other teams use the action to create a small advantage. For example: The team uses the screen to give a player a small advantage. This player uses her dynamic 1 on 1 to draw help. The ball is moved until the desired shot is found. . How do we make it more difficult for the defence to:

<b>Protect the basket</b>	<b>Pressure the ball</b>	<b>Get matched up</b>
Break down the help defender(s)	Pressure releases	Control the match ups
- Spacing	- Space pivots	- Recognize mismatches
- Movement	- Back cuts / blast cuts	- Run action to achieve the match ups we want
- Distracting	- Hand offs	- Play our best vs their weakest
- Secondary moves	- Control who is pressuring the ball	- Hide our weakest
- Control who is the help defender (make it a small or weakest defender)		- Put their best in a position where she has the least influence

In summary

The great offensive teams are the ones that break down set defence. They do this by exploding (beat them down the floor) exploring (maintain small advantages) and executing (using actions to disturb the defence). When we build or teach offence it is important to consider what the defence is trying to do. We need to ask ourselves:

1. Who is protecting the basket and how can we break her down?
2. How are they pressuring the ball and how can we relieve this pressure?
3. How and who do they match up with and where can we find the best advantages or ways to disturb them from matching up?

**This is the next great evolution on offence!** We are starting to see more teams use different ways to break down the help and run decoy actions to create mismatches. We can be on the leading edge of this trend.

# PACE | Explode & Explore

- B1 BEAT ONE Defender
- attack the defender
  - read the angle
- E2 ENGAGE a SECOND Defender
- pass to a teammate
  - pass before double team or trap
- C4 SEE your FOUR Teammates
- know where your teammates are
  - decision-making



# Canada Style of Play

## Playing the Game vs. Running Plays

- Action – Small Advantage – Big Advantage
- Action leads to another action which leads to another action
- What is your Next Best Action (NBA)?
- Concept of Making Reads | Read & React
- Who am I, Who are You?



# Hot Spot Rebounding

- a) Hot Spot
- b) Short Spot
- c) Clean-up
- d) Short Safety
- e) Long Safety

Action = Small Advantage – Big Advantage

- a) Immediate put-back
- b) Quick Move – eg. up & under, shot fake, baby hook,...
- c) Kick Out
- d) Shot / One More Pass / Dynamic  
1-on-1 (Decision Making)





# A-B-C-D Debrief Technique

## Canada Basketball

A – Agree

B – Build

C – Challenge

D – Deeper



# REP'ing — Canada Basketball

**R**eminders — be constant & consistent

**E**ncourage — lift your teammates

**P**raise — positive works better than negative

Condition yourself to REP'ing...



# ROB Shots – Canada Basketball

**R**ange - take shots within your Range

**O**pen – take shots if you are Open

**B**alance – take shots if you are on Balance

Know your ROB Shot & commit to it...



PVAD:      your Positioning influences  
                 your Vision which influences  
                 your Anticipation which influences  
                 your Decision Making

A new priority for Canada Basketball is to teach this skill to players & coaches.

- Positioning & Vision are critical to individual & team success
- Positioning & Vision are critical to coaching success
- How can you implement PVAD into your tool box – practices and/or games?
- Look at a drill you like to run – where is the best place(s) for you to stand?

Provide examples of how you will implement PVAD into your practices and/or games:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

# Defensive Philosophy

1. Guard the Basket
2. Pick-up the Ball (D-21)
3. Defend 1.5 Players

## Defending the Ball in 21 Positions

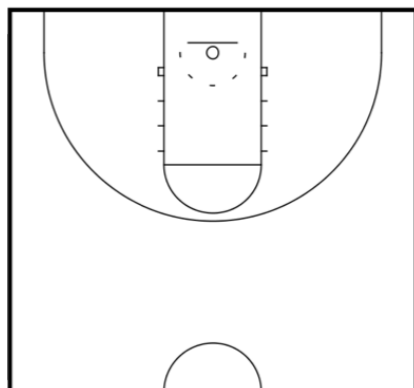
- 7 Angles x 3 Distances (D-21)

Square	Body, Arm's Length, Gap
Shade Left	Body, Arm's Length, Gap
Shade Right	Body, Arm's Length, Gap
Influence Left	Body, Arm's Length, Gap
Influence Right	Body, Arm's Length, Gap
Force Left	Body, Arm's Length, Gap
Force Right	Body, Arm's Length, Gap

Force to Weak Hand at all Times!



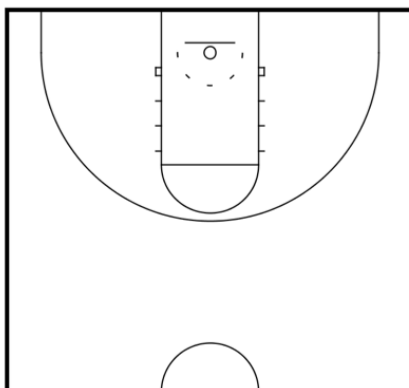
# Diamond Prep League - Notes




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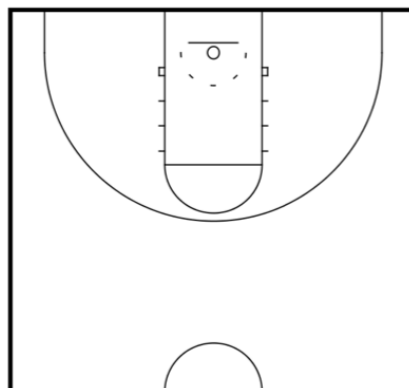
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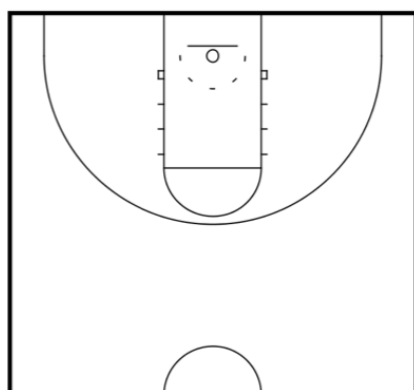
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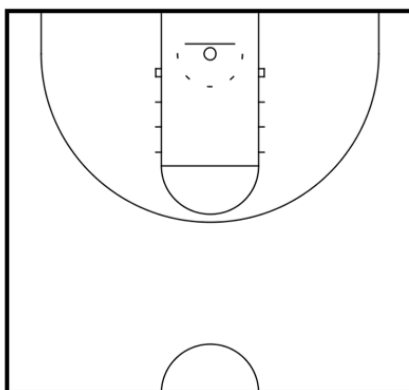
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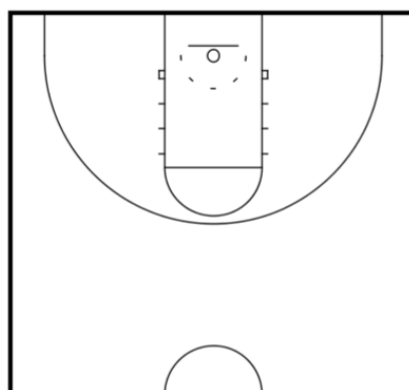
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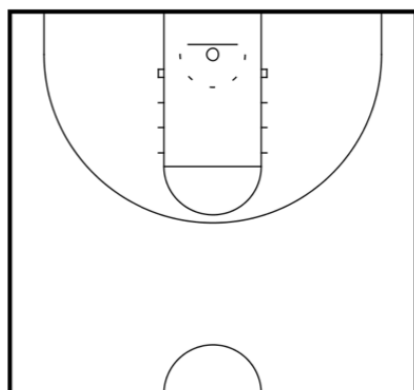
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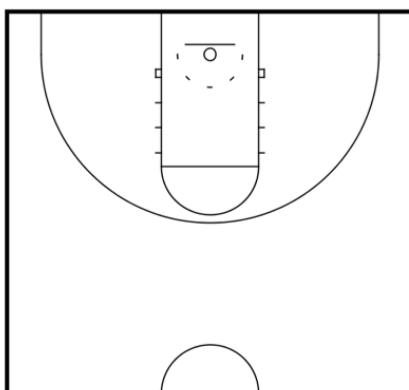
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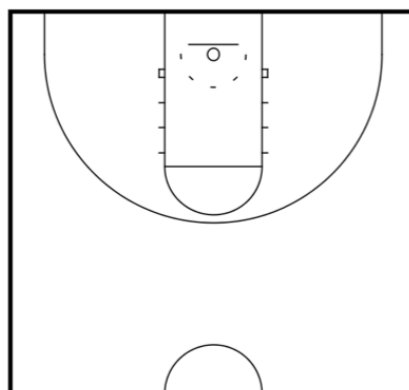
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