

OBA STYLE OF PLAY

Coach Education



Establishing Style of Play

Concepts, Actions & Decisions

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Explode Explore Execute (E3)

(Mike MacKay Article—Canada Basketball)

Pace

BI-E2-C4

Single Gap Actions

Double Gap Actions

Decision Making Model

BI

Beat One (1) Defender

E2

Engage a 2nd Defender

C4

See Your Four (4) Teammates

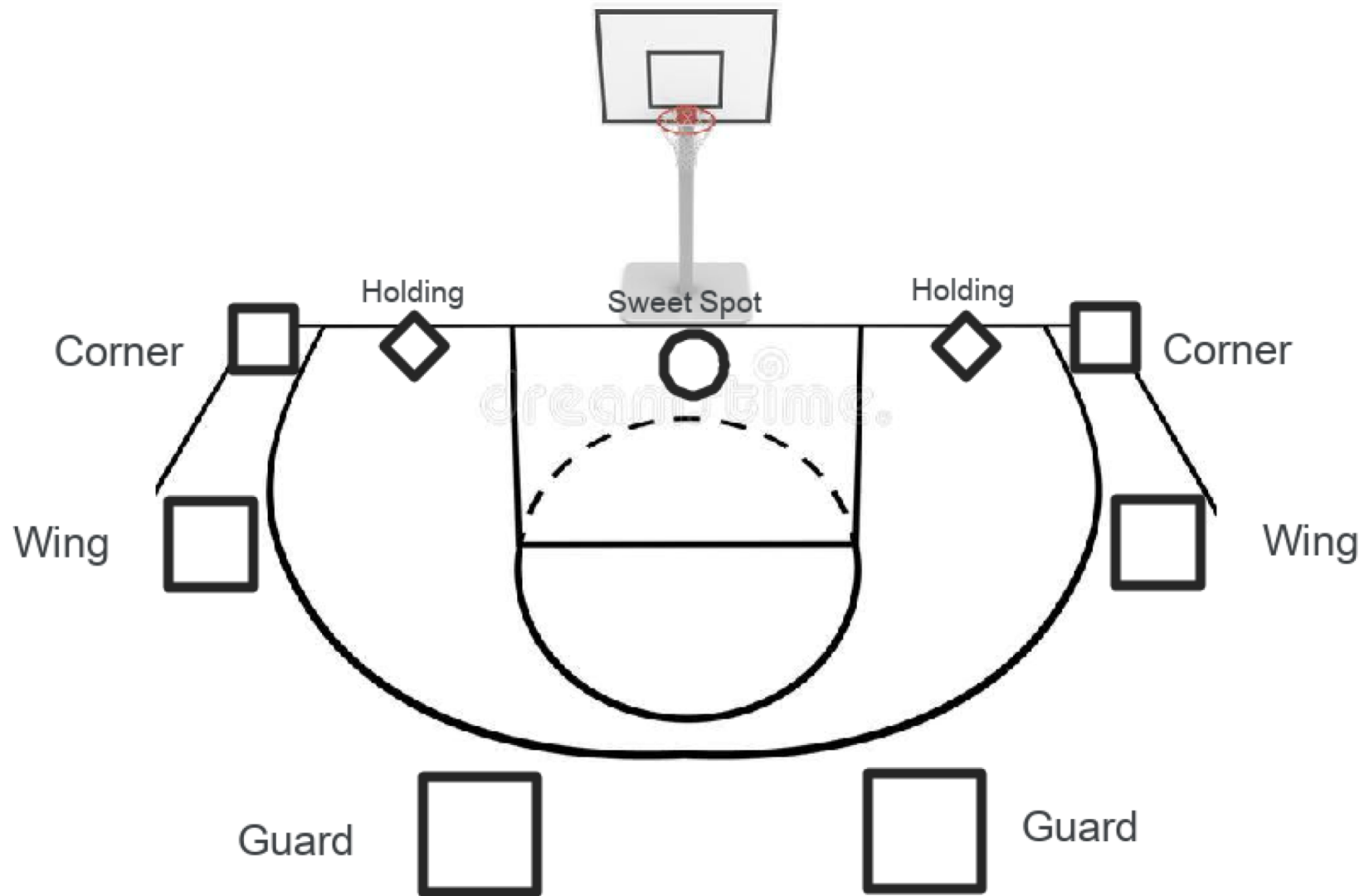
POSITIONS & SPACING

Six (6) Primary Perimeter Positions

High Post & Low Post can be added

Single Gap & Double Gap Awareness

POSITIONS & SPACING



ACTIONS & DOMINOES

Single Gap Actions & Double Gap Actions

Actions Create Advantages (vs. Defense)

- Small Advantages to Big Advantages
- Neutral requires an Action to get to an Advantage State
- Actions are to fell the Defense (Dominoes to Fall)

Multiple Actions Create Big Advantages

- once Defense starts to Scramble (Dominoes Fall),
Small to Big Advantages are gained

Multiple Actions

Consecutive Actions
or
3 Player Actions

1. Combo
2. GDP
3. Curry

Establishing a Solid **FOUNDATION**

EXPLODE

EXPLORE

EXECUTE

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, GDP, Pass-Cut-Delay-Fill,...

KPI's (non-traditional stats)

- Key Performance Indicators, Ball Reversal, **P7R** Post-up (U of M), Attack Rim/Key, Two Foot Stop,...

2nd Side Series

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

Provide Reminders that Reinforce **Action Choices**



KPI's – Key Performance Indicators

KPI Starts with a Hunch

Attacking the Key | One Foot Take-off vs. Two Foot Stop
Canada vs. China Series 2016
P7R

2nd Side & Inside Efficiency | KPI Statistics
(U of M practice)

TRACK your own Hunch for a KPI to improve your game!
(BCS Free Throw example—**Tracking**)



TOP 4 SCORING LOOKS

1. Attack the Rim
2. 3 point shot
3. Free Throws
4. Mid-Range shot

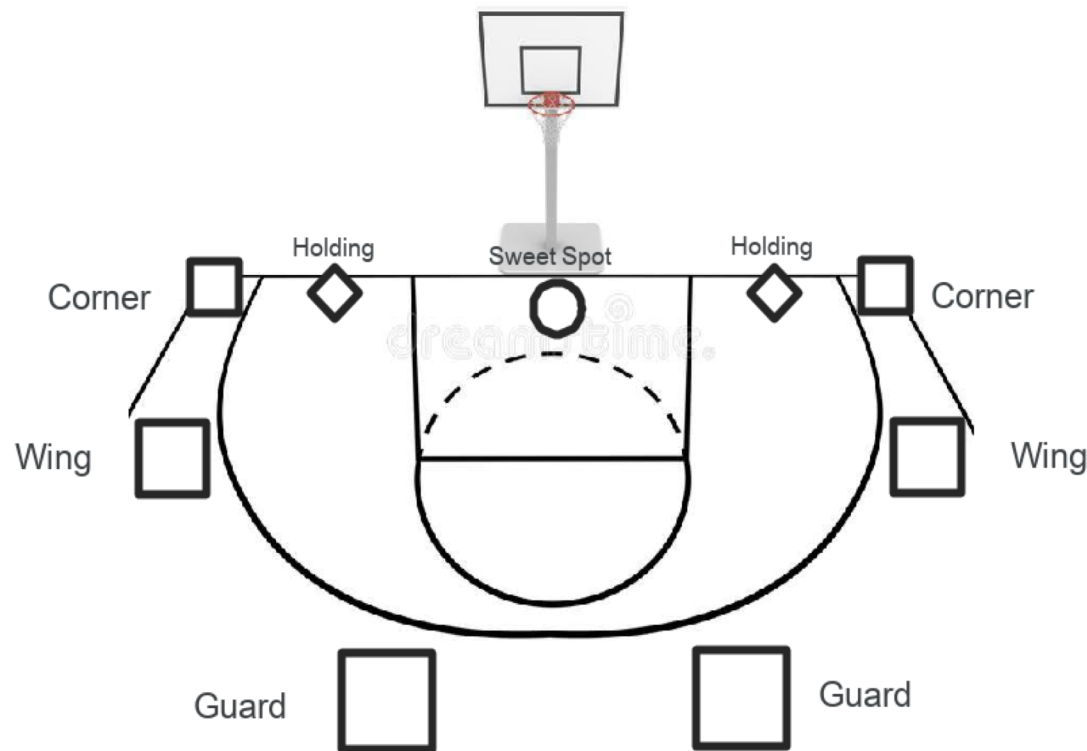
'NEW' TOP 5 SCORING LOOKS

(Analytics & KPI's)

1. Free Throws
2. Corner 3 point shot
3. Attack the Rim
4. Top 3 point shot (men)
Attack the Paint (women)
5. Mid-Range shot

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

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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 Defense

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

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Shooting Drills

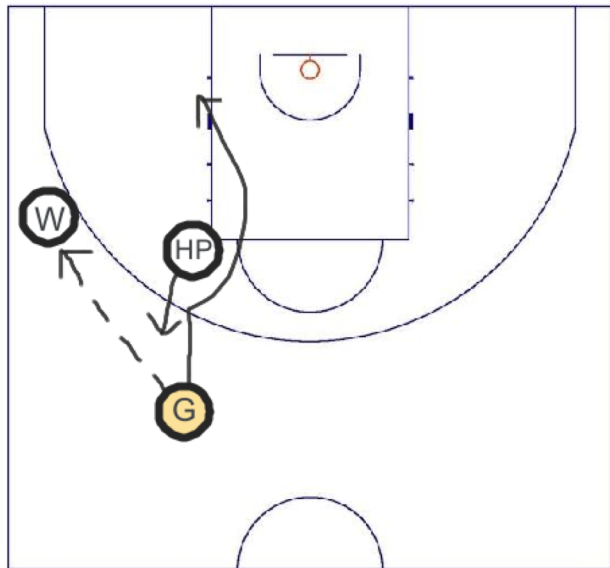
Mirror Shooting & Competitions

Shoot in practice from
where you would in a game

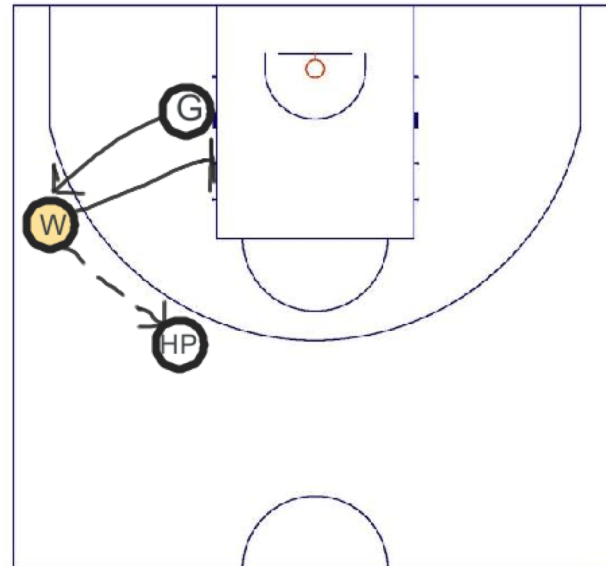
Competitions make for greater intensity

Shooting Drills

Curry Action



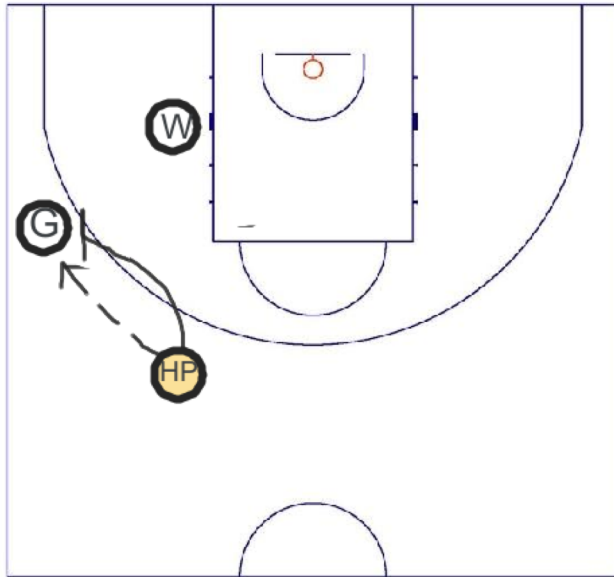
G passes to W
G cuts off HP
HP pops out (3 pt)



W passes to HP
W downscreens for G
HP can shoot the 3, or...

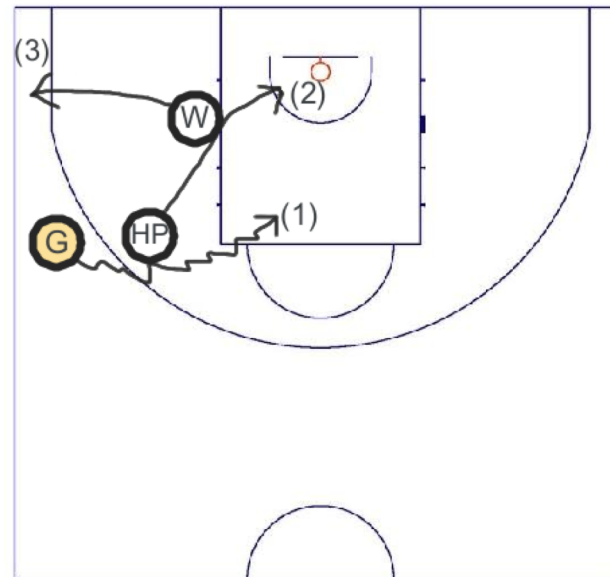
Shooting Drills

Curry Action



HP passes to G

HP sets pick for G



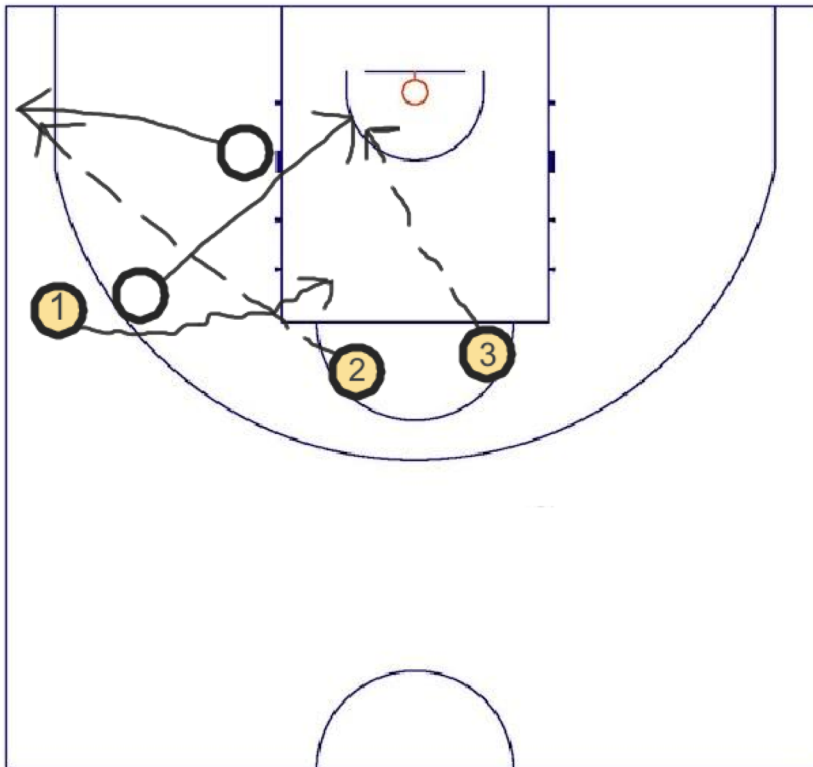
"At the same time"

G & HP pick & roll
W cuts to 3 pt line

G can take own shot
G can pass to HP (roll)
G can pass to W for 3

Shooting Drills

Curry Shooting



At the conclusion of Curry Action, the G can shoot or pass to the HP (roller) or pass to the W for a corner 3

In Curry Shooting, we start from the conclusion and execute a Pick & Roll while the low post (W) cuts to the 3 point line

The G takes an elbow shot (or can drive)

2 passes to the W for a corner 3

3 passes to the HP (roller) for a layup

All 3 players get a shot they would likely take in a game

We 'mirror' a Game Action with the shots taken

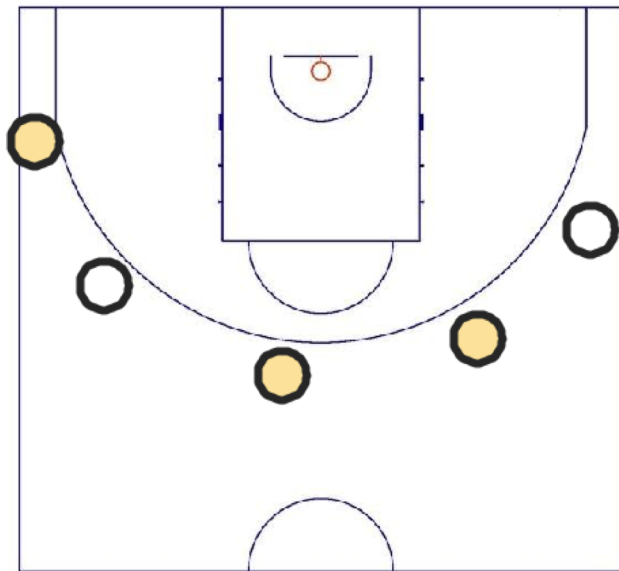
You can go through all of the Curry Actions before the 3 shots are taken, however, players will put up less shots

We Maximize the number of game-like shots by starting at the conclusion of Curry Actions

Shooting Drills

Competitive Shooting

31 Shooting



Half the team at one end, half at the other end.

In this scenario, 5 players & 3 b-balls. Could be 4 players, 3 b-balls, etc. More players than b-balls.

Player shoots and follows own shot - pass to an open teammate when they get the ball (make or a miss). On a made basket, count out loud until the entire team gets to 3 made 3's.

After 3 made 3's, one player shoots a Free Throw (FT) - if they make it, that player is done shooting a FT - if missed, that player must make a FT when it is their turn again.

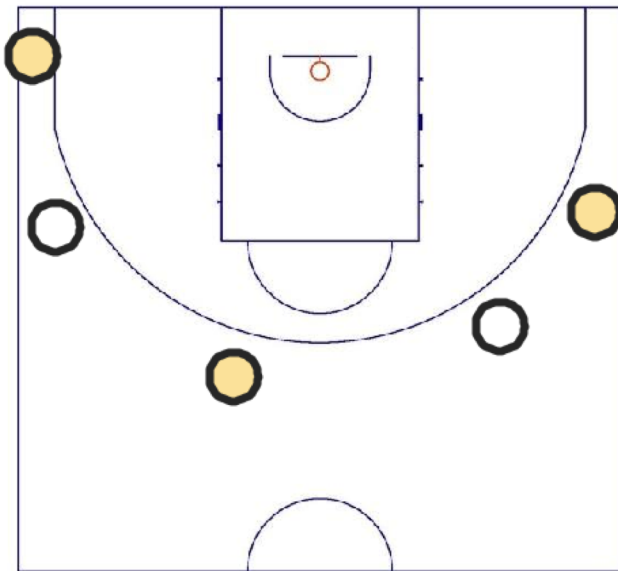
After the FT (made or missed), the entire team must make 3 3's again before the next player attempts a FT.

Every time the team makes 3 3's, one player shoots a FT. After a FT is shot, back to making 3's. This continues until every player (in this case, 5) makes their 1 FT. First team to finish WINS.

Shooting Drills

Competitive Shooting

52 Shooting



Same as 31 Shooting only players are to make 5 3's before a player shoots Free Throws (FT). Every player must make 2 consecutive FT's on just 2 FT attempts to complete their portion of FT's.

If they miss one of their FT's, they must wait their turn to shoot FT's again.

Everyone shoots 3's for the entire drill - make 5 3's and then one player shoots FT's.

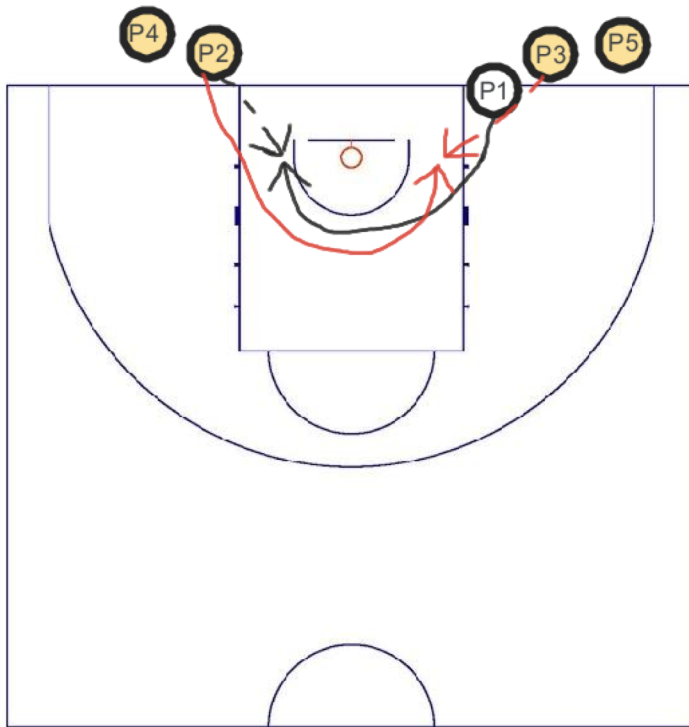
First team to have all players make 2 consecutive FT's WINS.

Variation:

Step-back 3's worth 2 points, regular 3 worth 1 point

Shooting Drills

Curl Shots - Warm-up



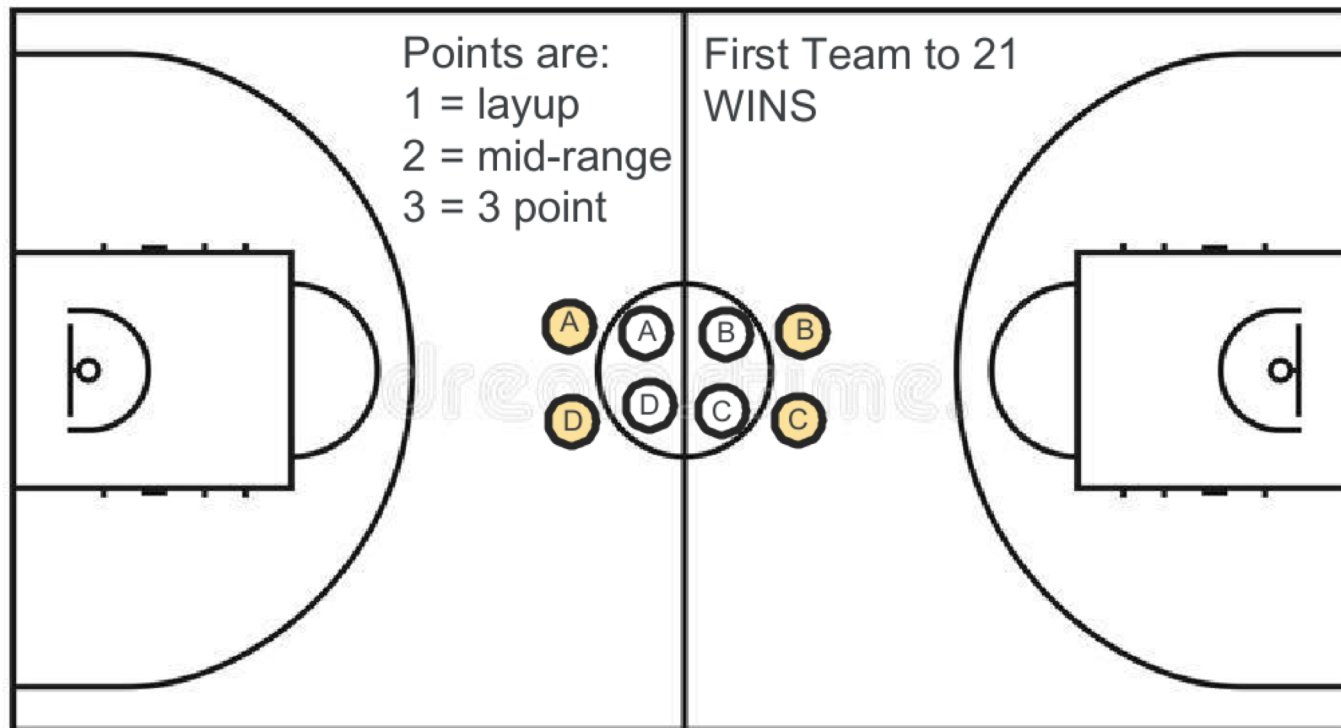
P1 Curls - P2 Pass & Curl
P3 Pass to P2, etc.,
P1 Gets Own Shot & Switches Lines
Continuous Motion & Rotation

'Competition'

Make 20 Layups
Make 15 Mid-range
Make 15 Elbow
Make 10 3's
Make 10 step-back 3's

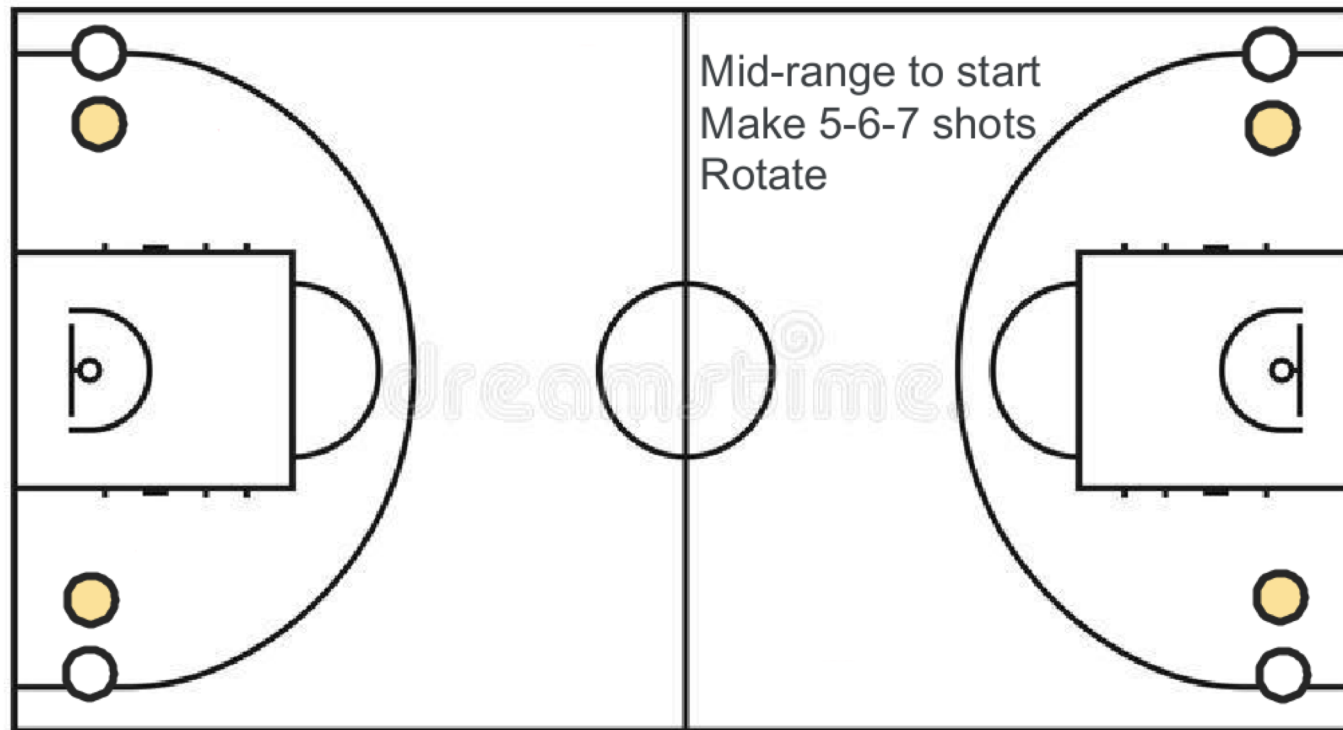
Shooting Drills

Partner Half Court



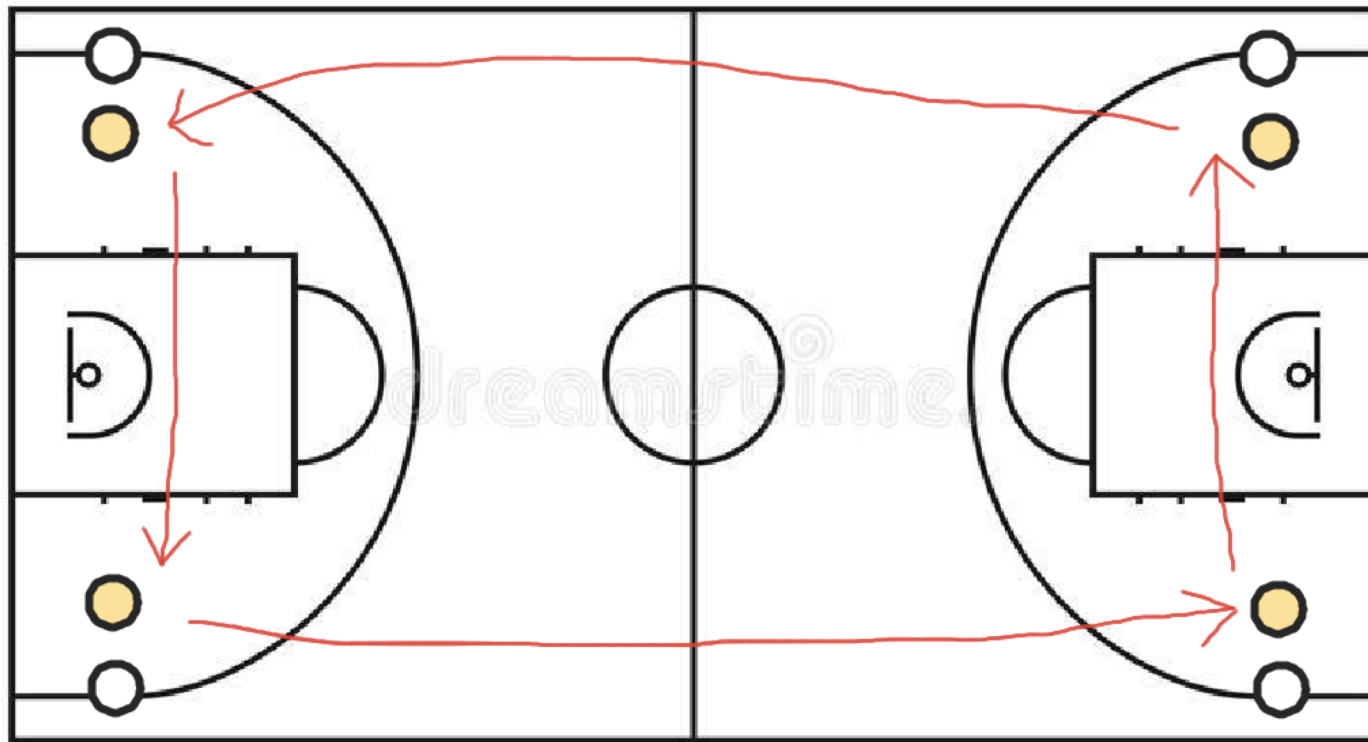
Shooting Drills

4 Corner Competition



Shooting Drills

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Shooting Drills

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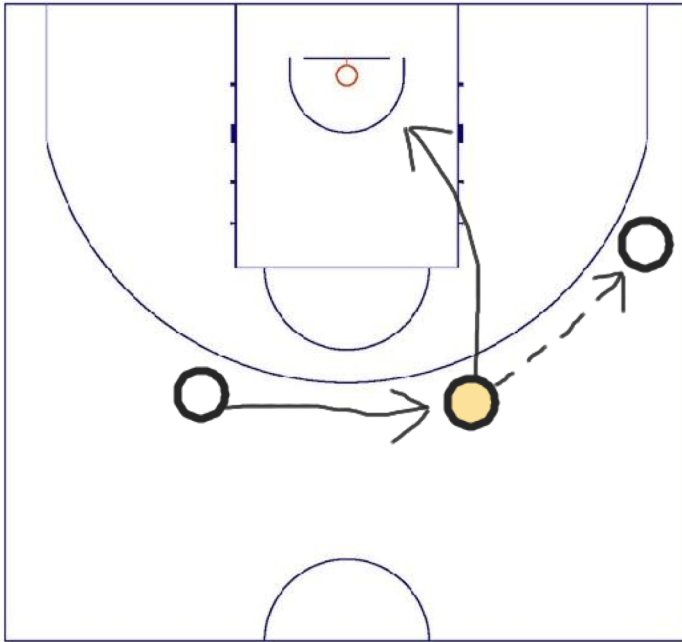
1. Mid-range Shot
2. 3 Point Shot
3. Step-back 3

Shot Locations (Mirror)

1. Corner Spot
2. Wing Spot
3. Guard Spot

Shooting Drills

Pass - Cut - Fill

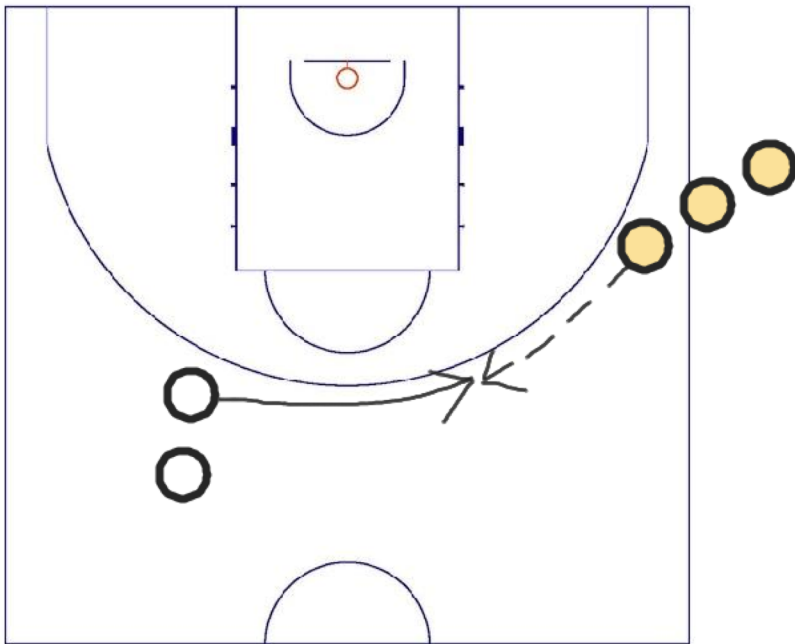


Pass - Cut - Fill Action

Shooting Drills

Pass - Cut - Fill

Mirror Shooting



2 Lines
Guard Fills
Wing Pass to Guard (filler)
- on time & on target

Variety of Shots can be taken
- 3, Step-back; Dynamic 1on1;
Sweep & Go; Reverse Pivot...

Utilize multiple perimeter positions
- Corner; Guard; Wing Shots

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THANK YOU!

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OVERTIME

BONUS MATERIALS

Defensive Considerations

Defensive Considerations

10 Commandments of Defense (Hand Out)

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)



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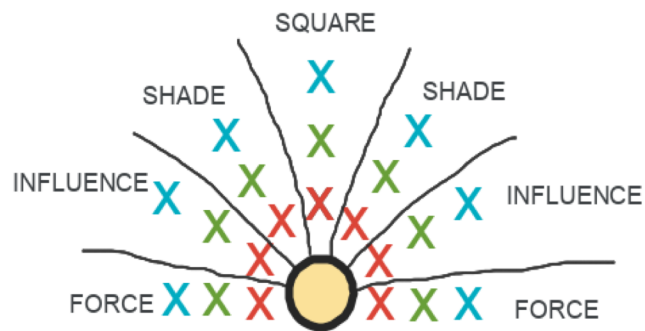
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Ball Pressure Actions

D21

7 Angles
3 Distances

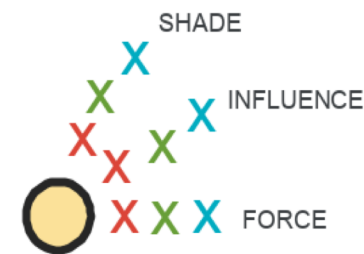


Red = Body
Green = Arm's Length
Blue = Sag or Gap

D9

3 Angles
3 Distances

Send to Weak Hand



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

OBA STYLE OF PLAY

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DOUBLE OVERTIME

MORE BONUS MATERIALS

Two Types of Shots

ROB Shot

Range

Open

Balanced

BRAD Shot

Back

Rim

And

Down

MISTAKES

are

Expected

Respected

Inspected

Mistakes should be studied rather than punished!

Think Before You Speak

WAIT

What Am I Thinking?

The Journey of 1,000 miles
begins with the first step.

ALL STEPS COUNT!

Team Culture

Canada Basketball

REPin

Reminders * Encouragement * Praise

Team Culture

Daily Habits

Culture is a Multiplier

Intentional & Unintentional

Task Cohesion & Social Cohesion

You can get a lot wrong when you get Culture right!

