

# Style of Play Coach Education



## Establishing Style of Play

Concepts, Actions & Decision-Making

Mark Hogan, ChPC

# Explode—Explore—Execute

(Canada Basketball Article)

Pace

BI-E2-C4

Single Gap Actions

Double Gap Actions

Decision Making Model



# Style of Play Coach Education

Actions

vs.

Quick Hitters

&

Set Plays

# What is an ACTION?

Example: Pick & Roll

Pass & Cut (Give & Go)

Post Play

Dribble Hand-off (DHO)

Wave Actions—concurrent Actions (GDP)

## ACTIONS & DOMINOES

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## Single Gap Actions & Double Gap Actions

### Actions create offensive Advantages

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

### Wave Actions designed to create Advantages

- once Defense scrambles (Dominoes Fall), Advantages result

# POSITIONS & SPACING

Six (6) Perimeter Positions

Use of Single Gaps & Double Gaps

Five (5) Out Offensive Spacing to Execute

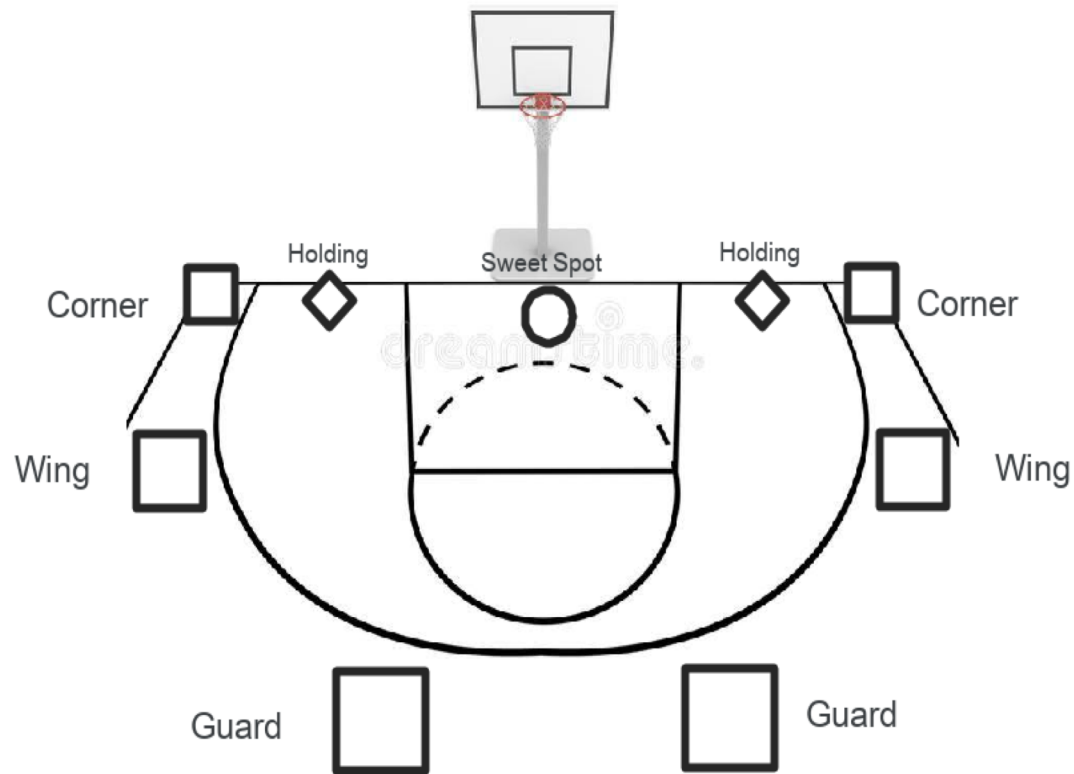


# Style of Play Coach Education

Good Offense Starts with Good Spacing

## SPACING—a vital Concept

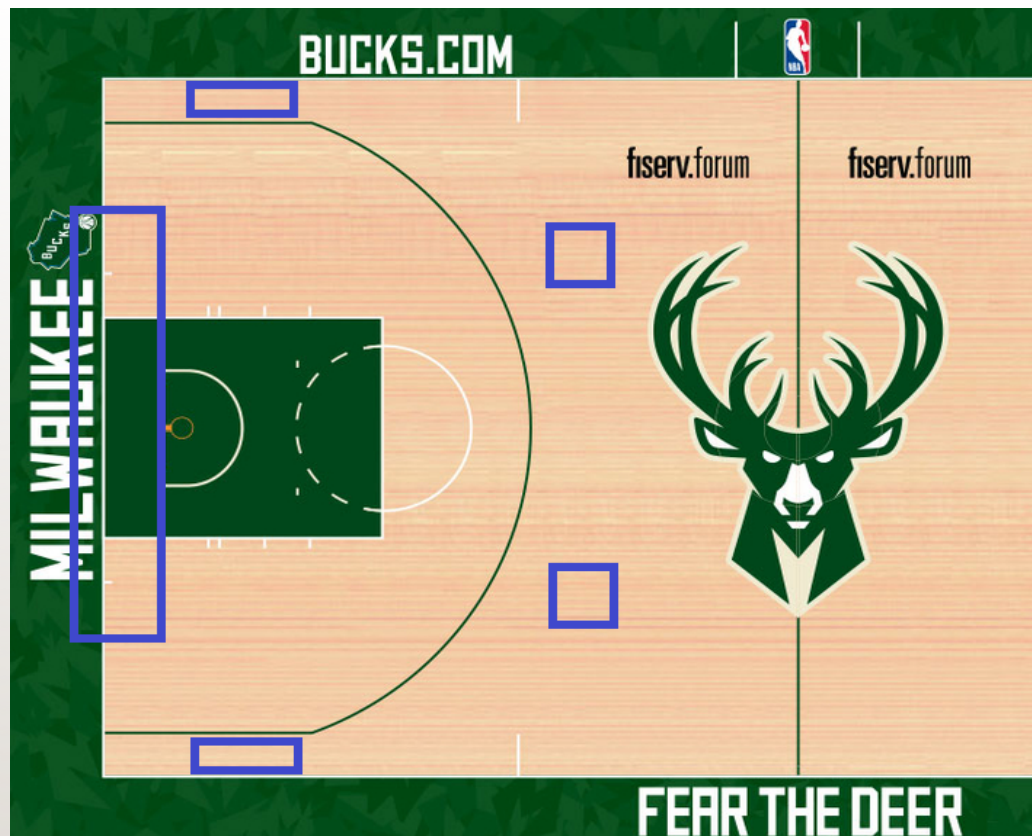
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# Style of Play Coach Education

## Good Offense Starts with Good Spacing

# SPACING—a vital Concept



# Decision Making Model



# Style of Play Coach Education

## Umbrella Style of Play

Explode

Explore

Execute



# Good to Great

## Shot Spectrum / Shot Priorities (after 2012)

1. Attack the Rim
2. 3 Point Shot
3. Free Throw
4. Mid-Range Shot

# Good to Great

## Shot Spectrum / Shot Priorities (after 2016)

1. Attack the Rim
2. Attack the Paint
3. Free Throw
4. 3 Point Shot from Corner
5. 3 Point Shot from Top
6. Mid-Range Shot

# Two Types of Shots

## ROB Shot (Decision)

Range

Open

Balanced

## BRAD Shot (Technical)

Back

Rim

And

Down

# Explode

(Immediately)

Pace (FB)

Rebound & Go

Rebounder Dribbles (BI)

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-Pause-Fill,...

## KPI's (non-traditional stats)

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

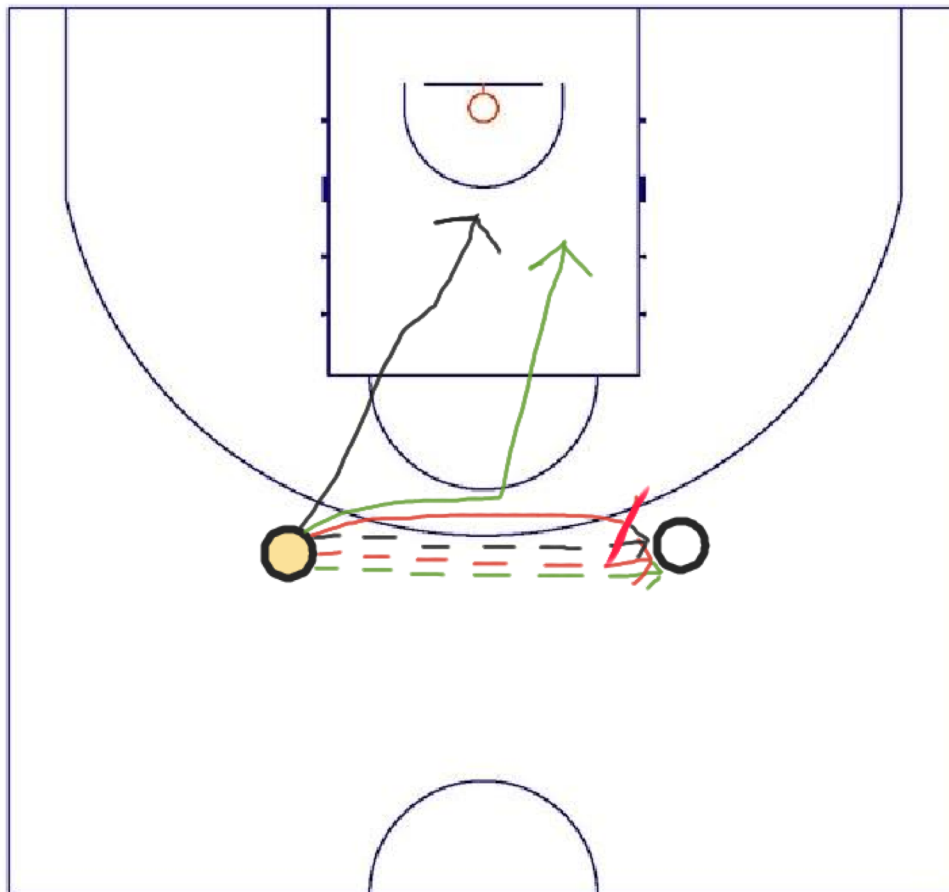
## 2<sup>nd</sup> Side Series

- Reverse Ball to 2<sup>nd</sup> Side (Why?), 2<sup>nd</sup> Side + Post Play (Why?)  
Verbal Cues: 2 = \_\_\_\_ / 2.3 = \_\_\_\_ / 2.4 = \_\_\_\_ / 2.5 = \_\_\_\_

Provide Reminders that Reinforce **Action Choices**



# Single Gap Actions

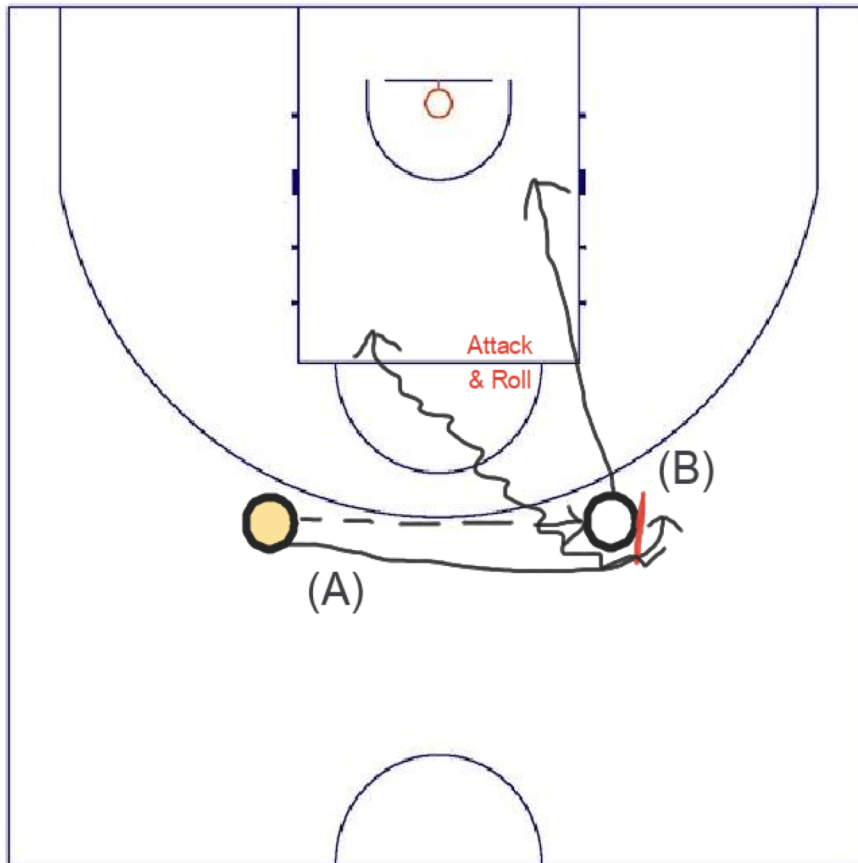


Pass & Cut

Pass & Pick

Pass & Slip

# Single Gap Actions



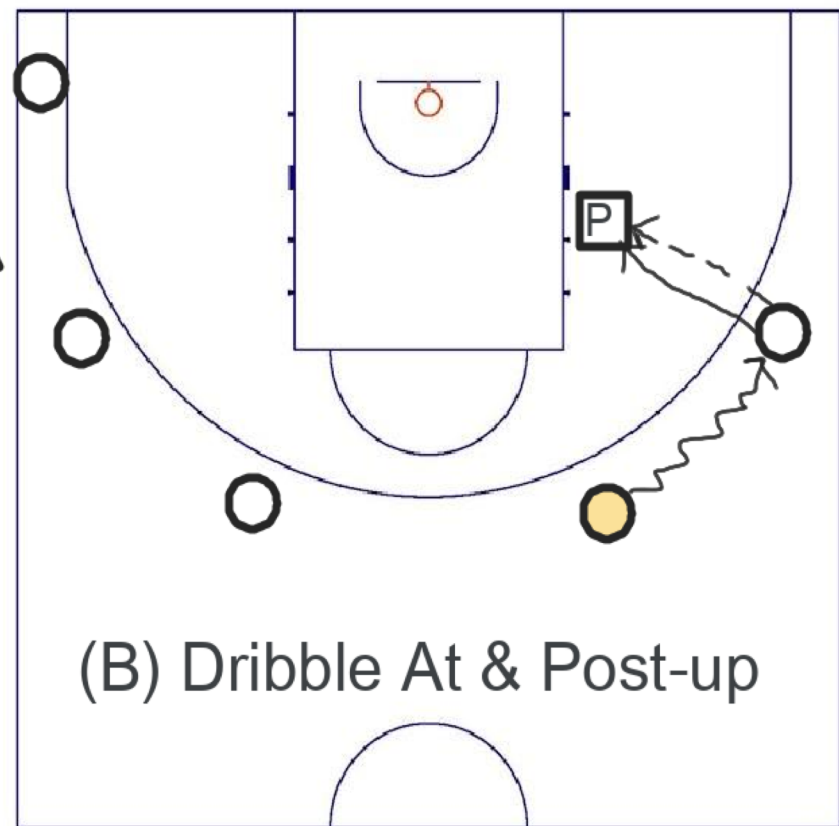
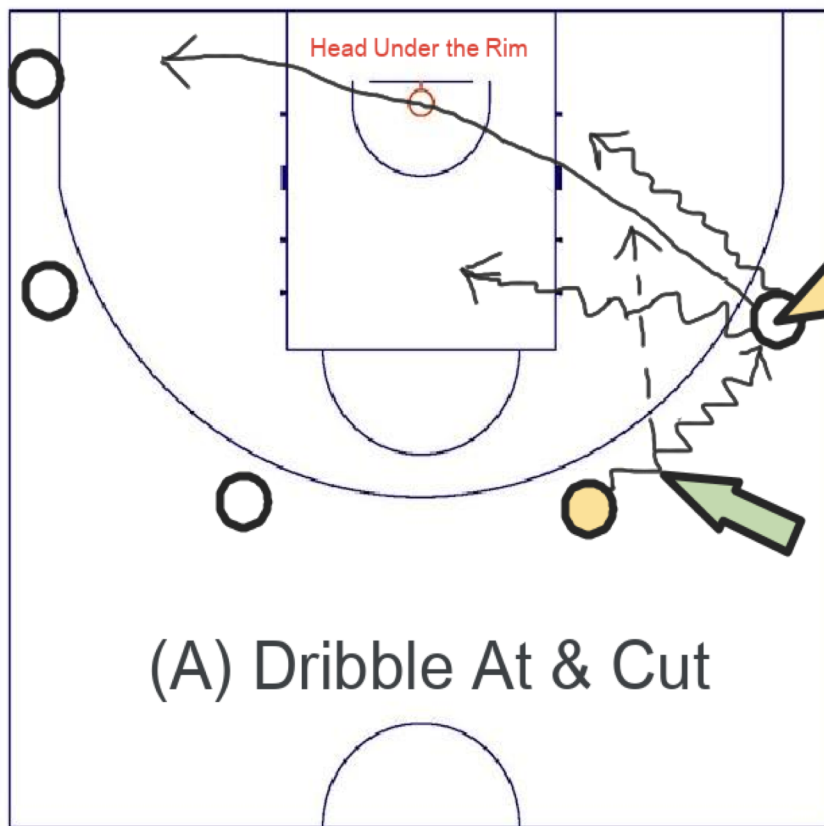
## Pass & Get

- 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



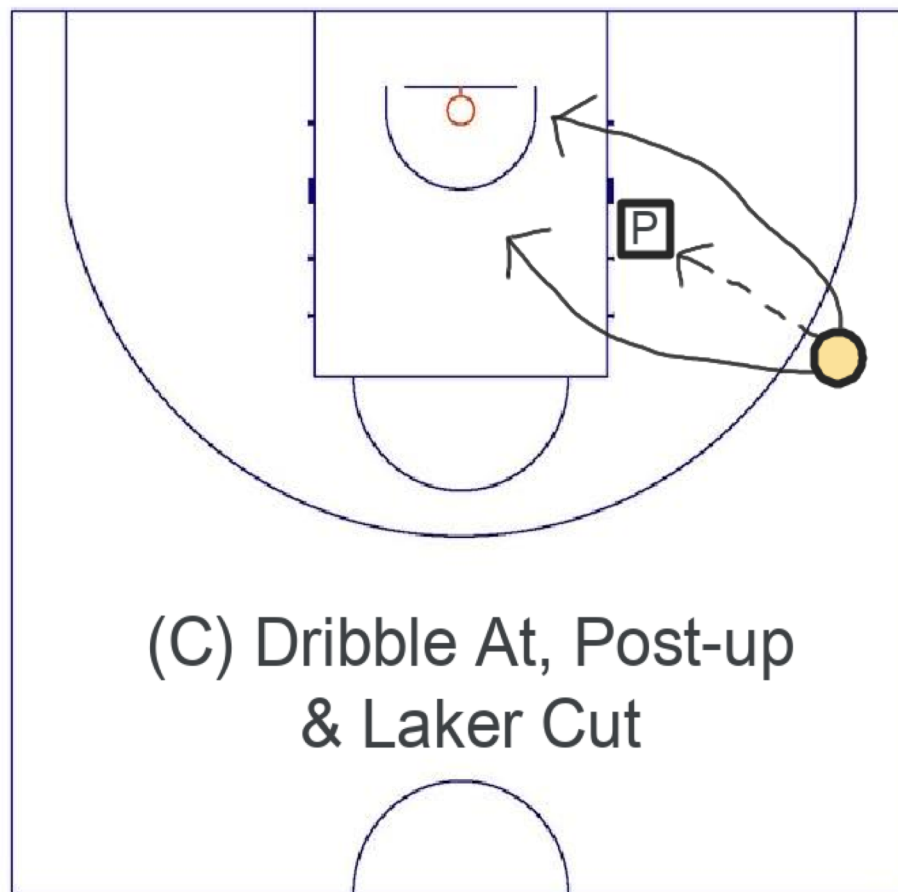
# Single Gap Actions

## Dribble At Options



# Single Gap Actions

## Dribble At Options



(C) Dribble At, Post-up  
& Laker Cut

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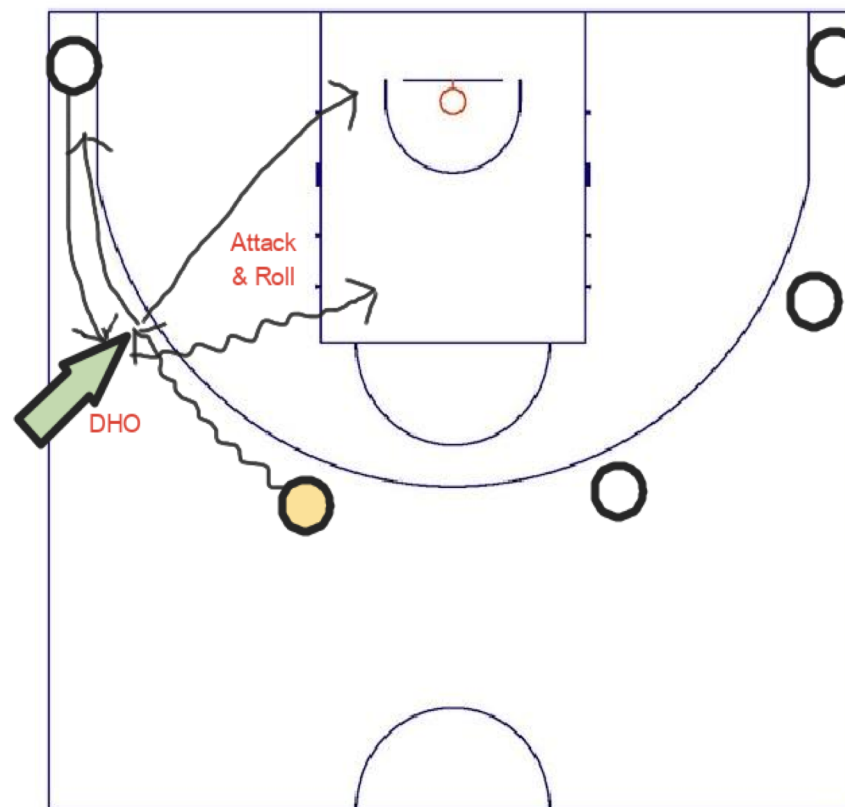
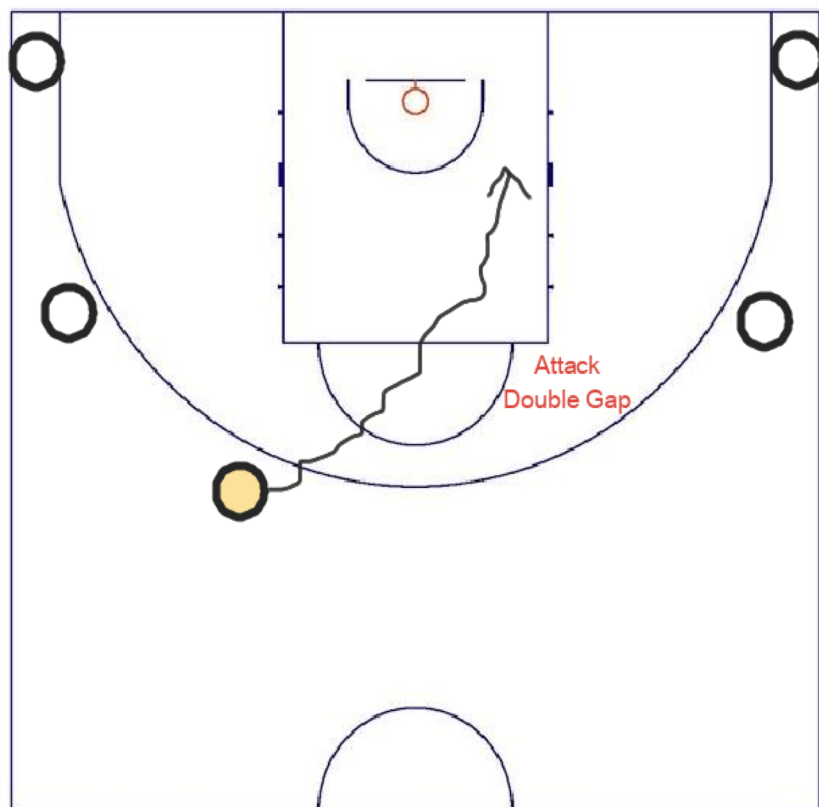
Pass—Cut—Fill  
(old approach)

Pass, Cut, *Pause*, Fill  
(new approach—why?)



# Double Gap Actions

Attack the Double Gap or Execute a DHO



# Execute

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# 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

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

Create your own Hunch for a KPI to improve your game!  
(BCS Free Throw example)



# Execute

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

## Single Gap Actions

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Provide Cues/Reminders to Reinforce **Actions**





## 2<sup>nd</sup> Side Series (KPI)

Verbal Cue:

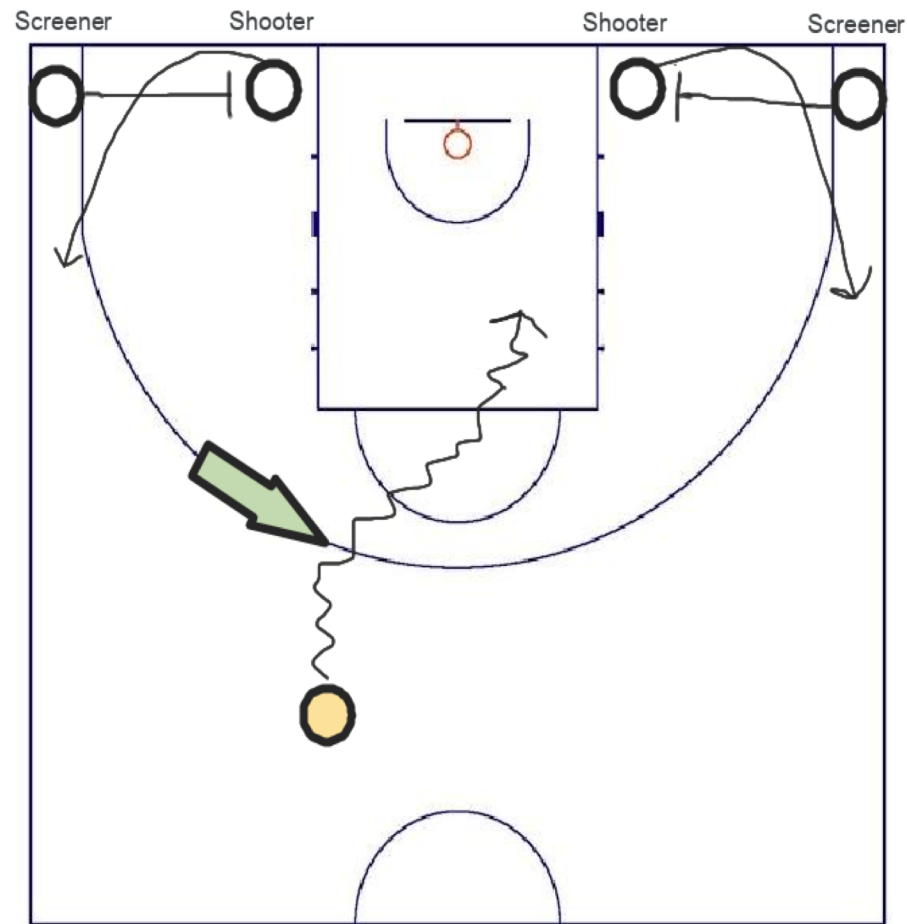
2.0 = Reverse Ball

2.3 = Reverse Ball + Screen

2.4 = Reverse Ball + 4 Down

2.5 = Reverse Ball + Drive

# 4 Down or Baseline



# 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 to Fix it!

**D** Deeper—usually for the coach



# Pre-brief Technique

Once players become accustomed to **debriefs**, the next step is to incorporate **pre-briefs**...

Before each D Phase, allow players time to determine which Action they want to execute...

**Debriefs & Pre-briefs** are arguably the number one decision-making tools coaches can utilize to enhance player development & effectiveness...

# Decision Making Technique

ABCD Debrief

## ABCD Teaching Phases

Practice the Way you Play—D Phase

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# 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

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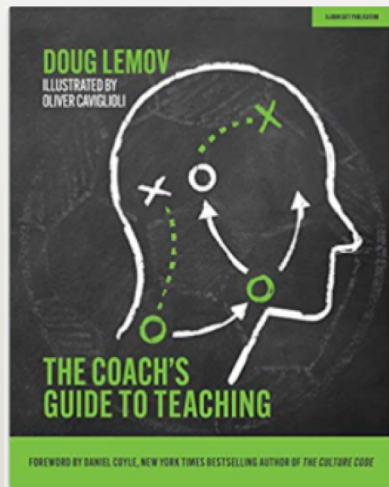
# FEEDBACK

101 | 201 | 301

101 Technical Skill Specific Feedback

201 What Happens after the Feedback

301 Decision-making & Problem-solving Feedback



**The Coach's Guide to Teaching**  
- Doug Lemov

# Technical Skill Specific

## 101

Focused Feedback

Use Stoppages & Apply

Feedback then Apply Matters (speed)

Economy of Language—Less is More

Distinguish the Person from the Action

# What Happens after the Feedback

## 201

Be Attentive to Progress

Feedback must be Timely

Correct instead of Critique

Manage the After—Shorten the Loop

Taking Feedback is different from Using Feedback



# Decision-making & Problem-solving

## 301

Athletes to Make Decisions without being Told

Rhetorical Questions are disruptive & waste time

Focus to be on “What do you see?”

Stoppages and Showing the Problem

Questions & Showing the Problem Synergy

# Gold Medal Model – Canada Basketball

## 4 Pillars of Player Development



# Take a TEMPerature Reading

(EDC – Error Detection Correction)

**T** Technical & Tactical Considerations

**E** Emotional/Social Considerations

**M** Mental Considerations

**P** Physical Considerations

# Individual Performance Plan

## Creating IPP's for Your Players

- ☐ Gold Medal Model
- ☐ Planning Your Trip
- ☐ IPP Worksheet
- ☐ IPP Instructions
- ☐ Baseline Meeting / Follow-up Meeting



# Fundamental Movement Skills

ABC'S<sub>5</sub> – Agility, Balance, Coordination

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

SAQ Training & SEC Training

## Peak Height Velocity (PHV)

Know the Windows of Athletic Development

## Combine Skill & Athletic Development

Every Skill Includes Fundamental Movements



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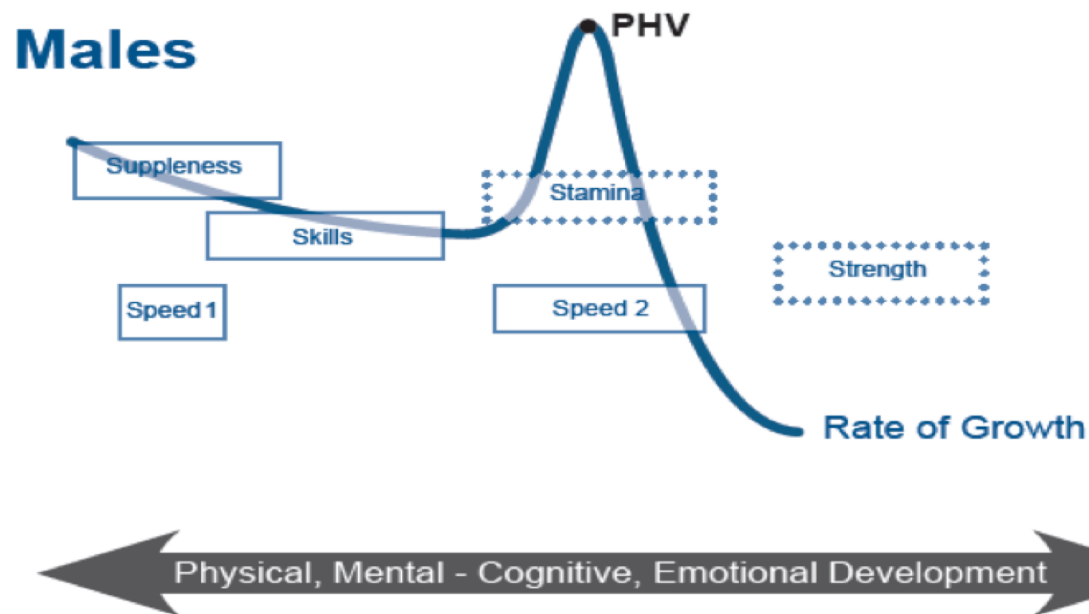
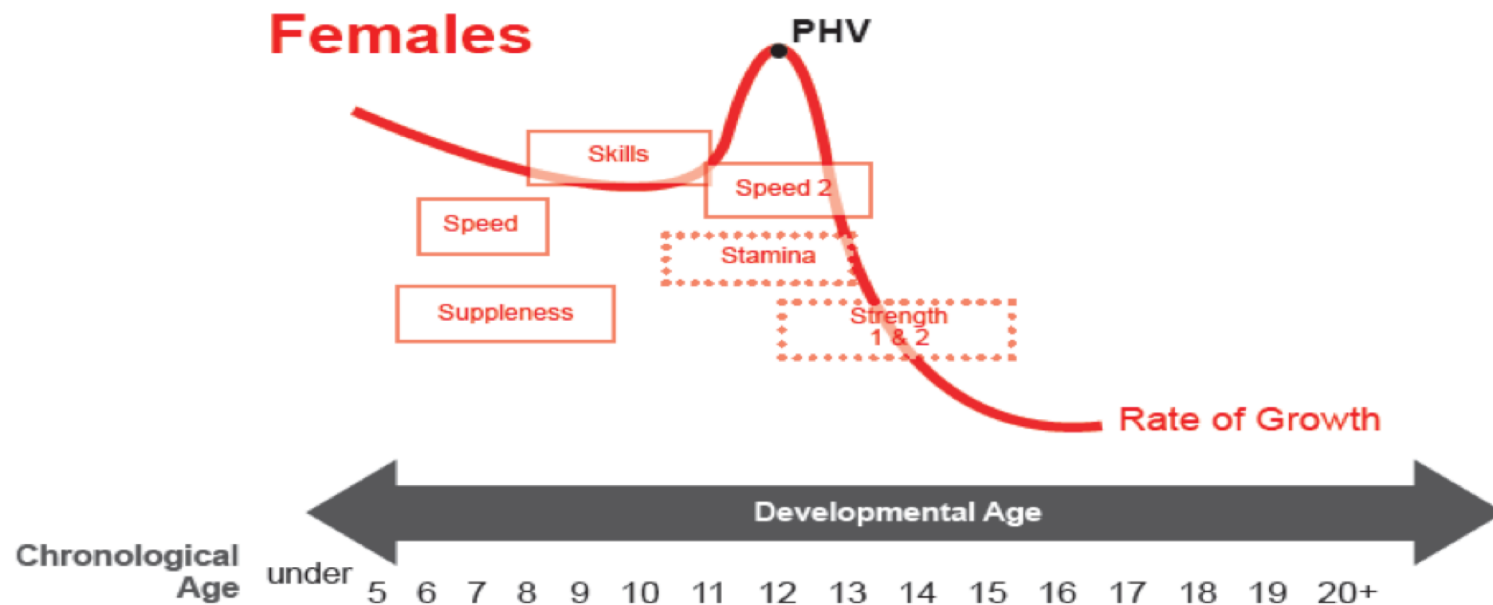
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# The Concept of FLOW

All Coaches Yearn for FLOW

Effective FLOW Technique

1-2-3-4-5

- 1 = Run Our Regular Stuff – Players to Decide Actions (SG & DG)
- 2 = 2<sup>nd</sup> Side Series – Must Reverse the Ball (KPI)
- 3 = Screen – two E's in Three, two E's in Screen (more Picks)
- 4 = 4 Down Iso – Best 1 on 1 Player on Top, Other 4 on Baseline
- 5 = Drive – 5 Rhymes with Drive – Attack the Rim/Paint



# 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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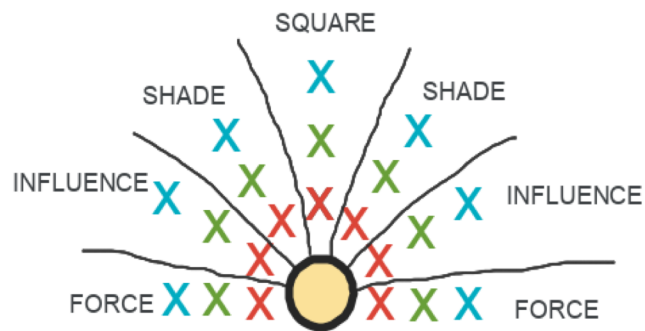
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# Ball Pressure Actions

## D21

7 Angles  
3 Distances

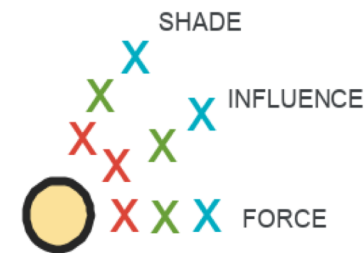


Red = Body  
Green = Arm's Length  
Blue = Sag or Gap

## D9

3 Angles  
3 Distances

Send to Weak Hand



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

# Style of Play Coach Education



THANK YOU!

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Mark Hogan, ChPC

# Style of Play Coach Education



## OVERTIME

### BONUS MATERIALS



# MISTAKES

are

Expected

Respected

Inspected

# 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

# REPinG

Reminders \* Encouragement \* Praise



# Every Practice Needs a Little

# T L C

Teaching  
Learning  
Competition