



Creation of a Style of Play



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.

Canada then began to develop their unique *Style of Play*

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

Style of Play (SOP) Concepts:

1. Increased **Pace & Flow** | initially moved 6 shots from the Danger Zone to the Early Shot Clock (Pace)
2. **Rebound & Go** to initiate Pace (defensive rebounding) | Hot Spot Rebounding (offensive rebounding)
3. **Double Gaps** were introduced | Attack Double Gaps & Pass in Single Gaps
4. **Dynamic 1on1** introduced
5. More **Picks & Screens** were incorporated into the offense
6. Attacking the Basket became a Number One Priority! (**Attack the Rim & Attack the Paint**)
7. **Read & React** Concepts | Passing (4)— Dribble-at (4)—more Ball Screens (Picks) | **B1-E2-C4** (PGC)
8. KPI’s – **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)
9. Create Advantages with **Actions** | Small Advantage – Big Advantage – Neutral – Disadvantage
10. **Gold Medal Profile** Established | 4 Pillars of Athlete Development
11. Established 4-6 **Shot Priorities**
 1. Attack the Rim & Paint, 2. Corner 3 Point Shots & Top 3’s, 3. Free Throws, 4. Mid-range Shot
12. Actions Create Efficiencies & Actions Create Disruptors | has since evolved into **Actions & Dominoes**
13. Understanding the **Sequencing of Athletic Development** | Windows & Daily Training Environment
14. **Defensive Priorities:** a) Protect the Basket, b) Pressure the Ball (D21 & D9), c) Guard 1.5
15. Building Team Culture | **REP’ing** – Reminders, Encouragement, Praise
16. More **Random Decision-making** activities vs. the traditional **Block Decision-making** method
17. **ABCD Teaching** Phases (new coaching methodology): A = no D, B = guided D, C = Live drills, D = 5v5 Live
18. **ABCD Debrief & Pre-brief** (new Technique): A = Agree, B = Build, C = Challenge/Correct, D = Deeper (for coach)
19. **PVAD**—Positioning, Vision, Anticipation, Decision-making
20. **Explode—Explore—Execute** (the foundation of **Style of Play**)



Coaching Style of Play Outline



Practice Plan Outline

Introduction	Welcome & Introductions	Style of Play & Expectations (making mistakes are growth)	
Warm-up	Warm-up Games Warm-up Technical	Big Island-Small Island, Rock-Paper-Scissors Football Curl Shooting, P7R—fundamental movement with technical skill	
Main Part	B1-E2-C4	Live Breakdown	C Phase
	Live 5on5	Half-Full-Full	D Phase
	Spacing	Demonstration	A Phase
	Single Gap	Demonstration	A Phase
	Double Gap	Demonstration	A Phase
	Live 5on5	Half-Full-Full	D Phase
	Debrief (<i>teach method</i>)	A-B-C-D	45 seconds
	Pass & Cut / Pass & Pick	2on0	A Phase
	Pass & Slip / Pass & GET	2on0	A Phase
	Passing Actions (4)	2on2 or 3on3 Live (optional)	C Phase
	Pass, Cut, Fill	Pass, Cut, <i>Delay</i> , Fill (2 second double gap)	A Phase
	Live 5on5	Half-Full-Full	D Phase
	Debrief	A-B-C-D	45 seconds
	Dribble-At Backdoor	2on0	A Phase
	D-At Draft Drive or COD	2on0	A Phase
	D-At Post-up / Laker Cut	2on0	A Phase
	D-At Post, Drift & Kick-out	2on0	A Phase
	Dribble-At Actions	2on2 or 3on3 Live (optional)	C Phase
	Live 5on5	Half-Full-Full or Games to 3	D Phase
	Debrief	A-B-C-D	45 seconds
	5on0 Cycles	Multiple Actions with Exit & Fill	A Phase
	DHO	2on2 Live	C Phase
	DHO Combo	3on3 Live	C Phase
	GDP Actions	Demo	A Phase
	Live 5on5	Games to 3-5-7 (points for Actions)	D Phase
	Debrief	A-B-C-D	45 seconds
	Explode-Explore-Execute	Concept Discussion	A Phase
	Live 5on5	Games to 3-5-7 (points for Actions)	D Phase
	Debrief	A-B-C-D	45 seconds
Cool Down	Cool Down	Gym Walk—ABCD Debrief by Players	
Conclusion	Conclusion	Group Debrief with coach—at centre of gym	