

# STYLE OF PLAY

## Coach Education



## Establishing Style of Play

### Concepts, Actions & Decisions

Mark Hogan, ChPC

ABA Manager of Coach Development, Southern Alberta

# Understanding Context

NOVICE

VS

EXPERT



# 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 2<sup>nd</sup> Defender

# C4

See Your Four (4) Teammates

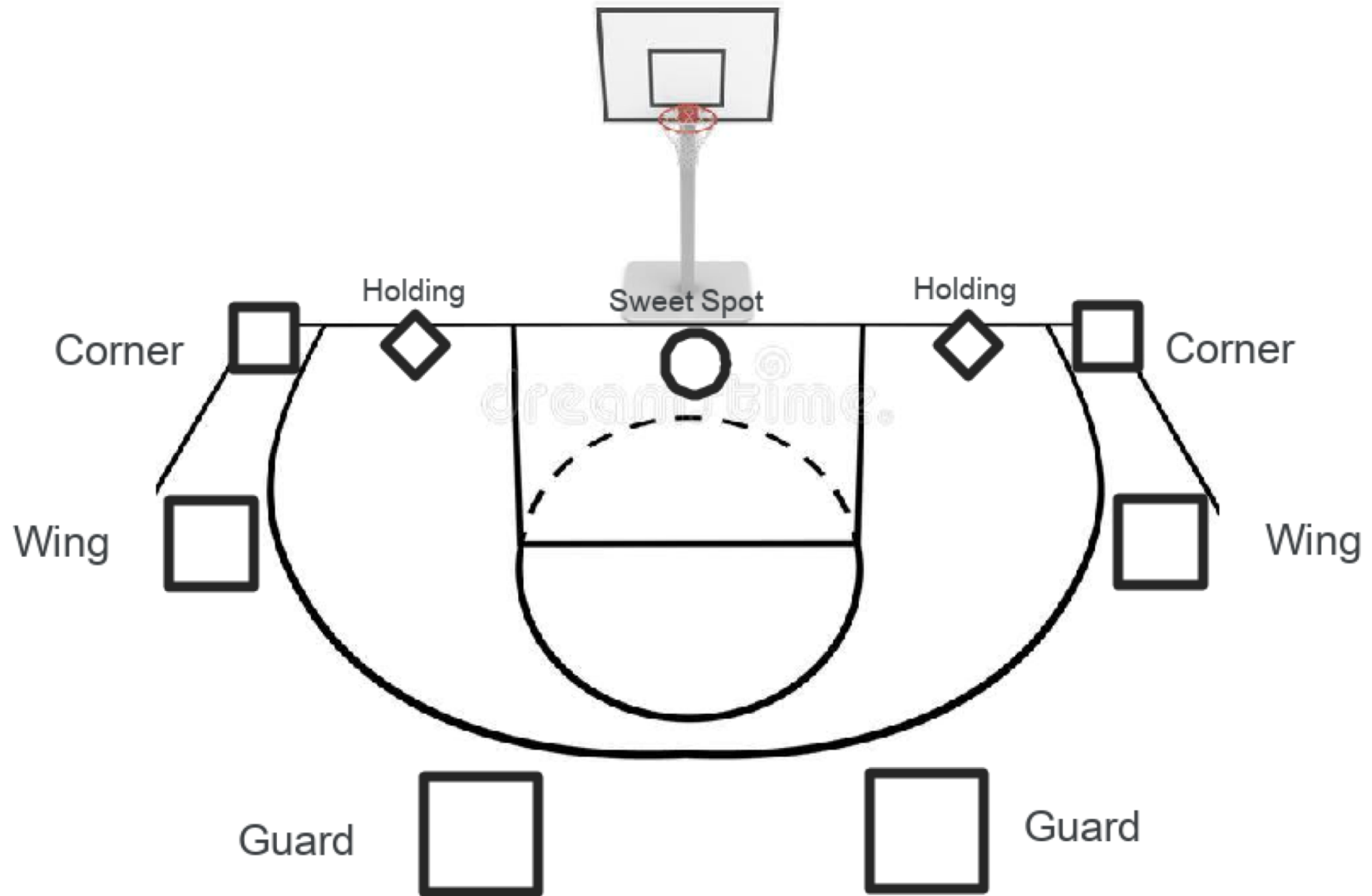
# POSITIONS & SPACING

Six (6) Primary Perimeter Positions

High Post & Low Post can be added

Single Gap & Double Gap Awareness

# POSITIONS & SPACING





# What is an ACTION?

Example: Pick & Roll

Give & Go (Pass & Cut)

Post-up & Post Play

Dribble Drive & Dribble Hand Off

Drive & Kick

## ACTIONS & DOMINOES

# 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

# Positions & Spacing

Single Gap Actions & Double Gap Actions

Actions & Dominoes

Neutral–Small Advantages–Big Advantages

Single Actions & Multiple Actions

# Multiple Actions

Consecutive Actions  
or  
3 Player Actions

1. Combo
2. GDP
3. Curry



# Establishing a Solid FOUNDATION

EXPLODE

EXPLORE

EXECUTE

# Explode

(Immediately)

Pace

Rebound & Go

Rebounder Dribbles (B1)

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, GDP, Pass-Cut-Delay-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

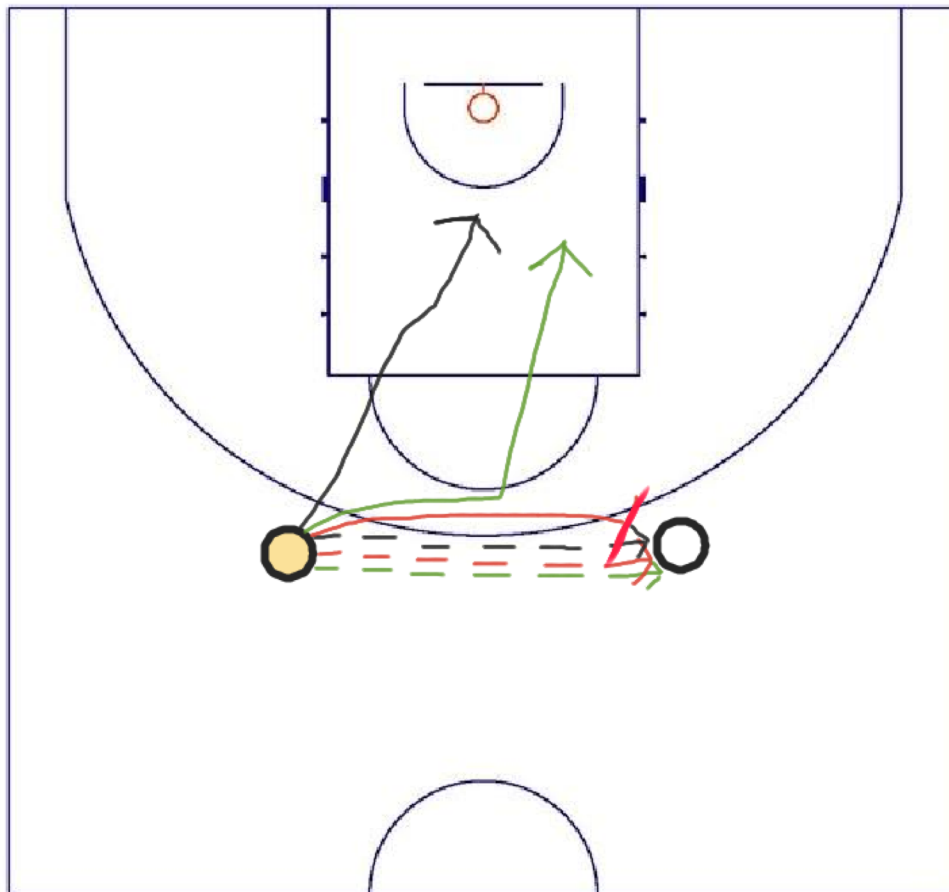
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Provide Reminders that Reinforce **Action Choices**





# Single Gap Actions

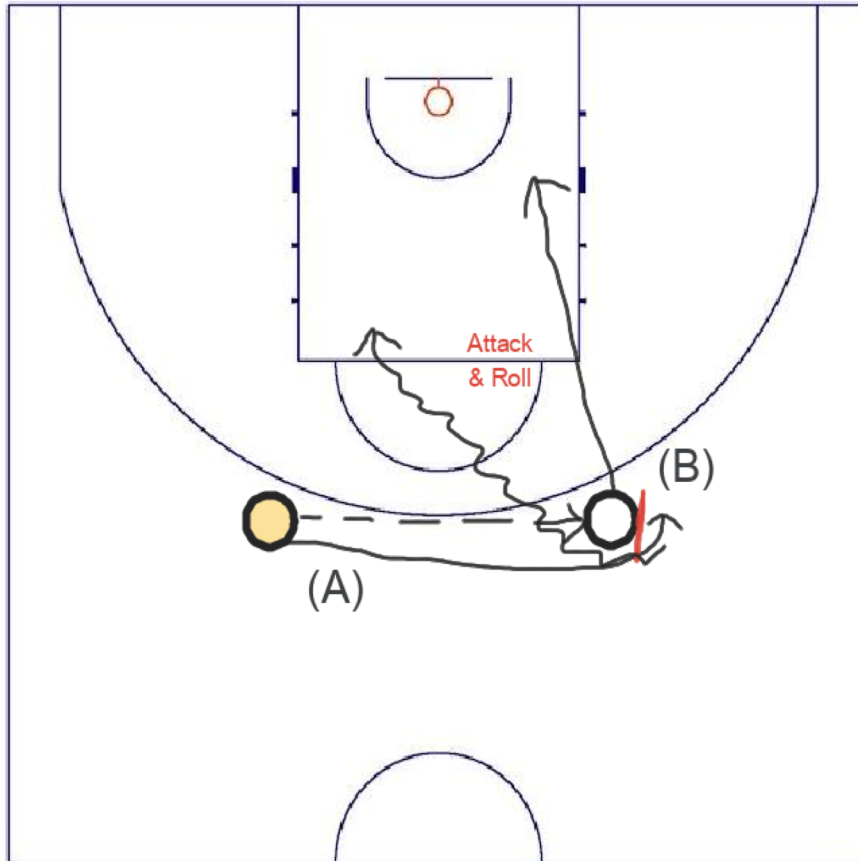


Pass & Cut

Pass & Pick

Pass & Slip

# Single Gap Actions

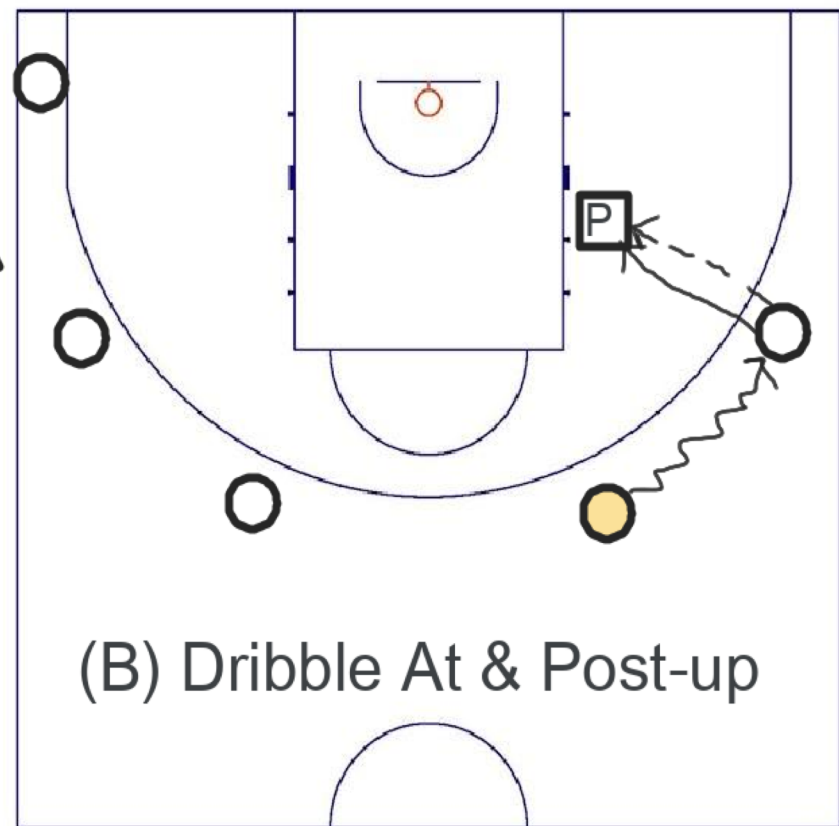
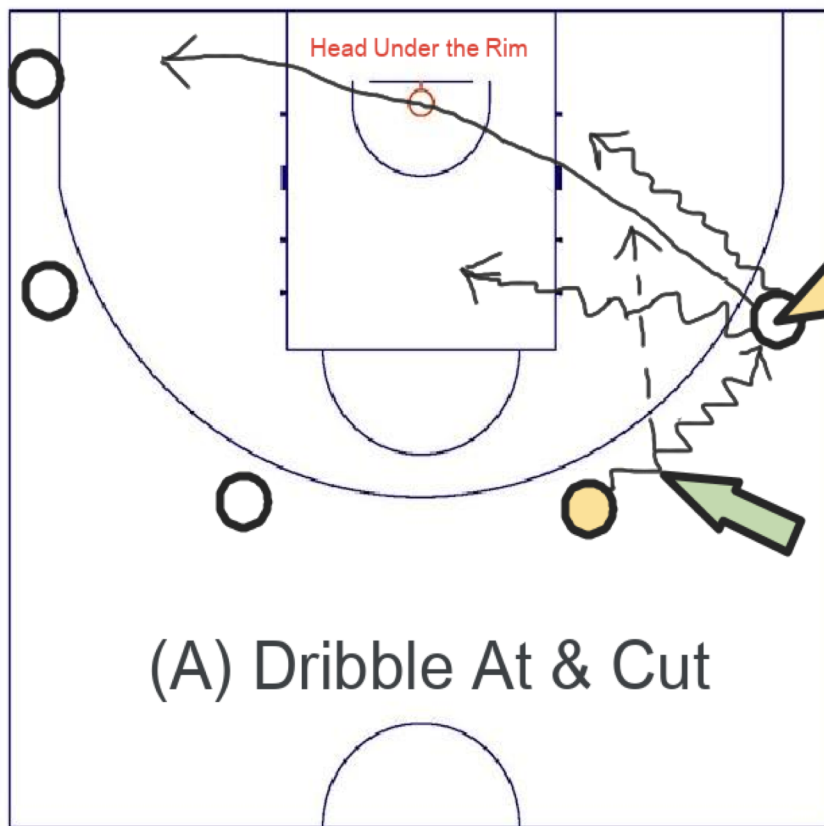


## Pass & Get

- 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

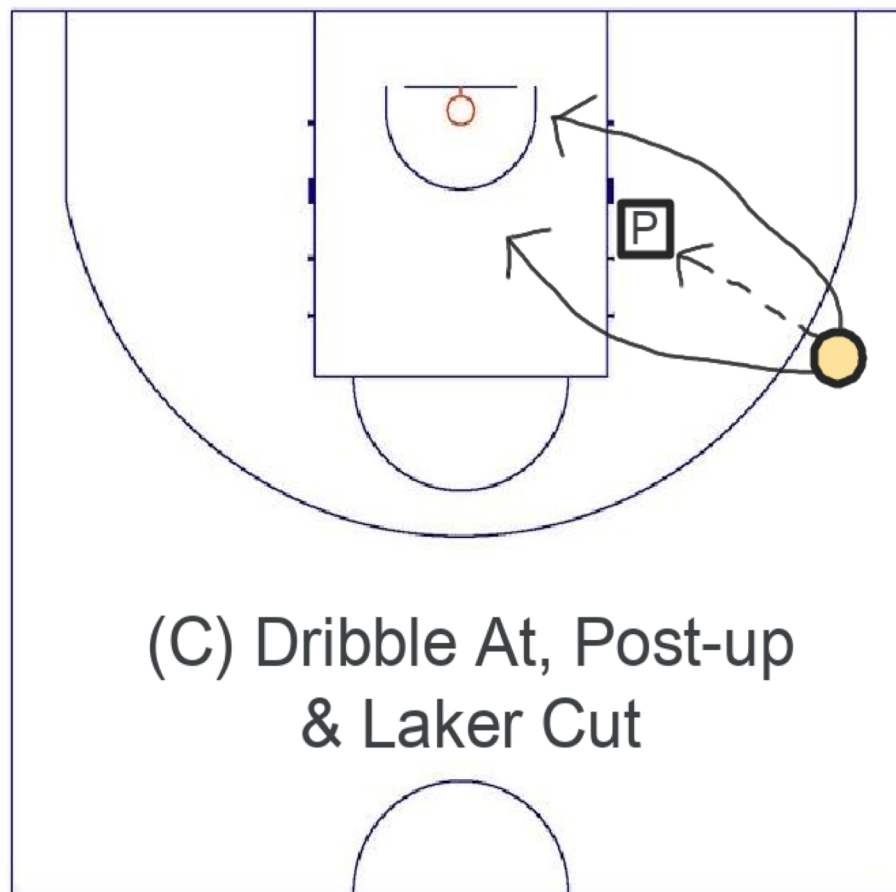
# Single Gap Actions

## Dribble At Options



# Single Gap Actions

## Dribble At Options



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



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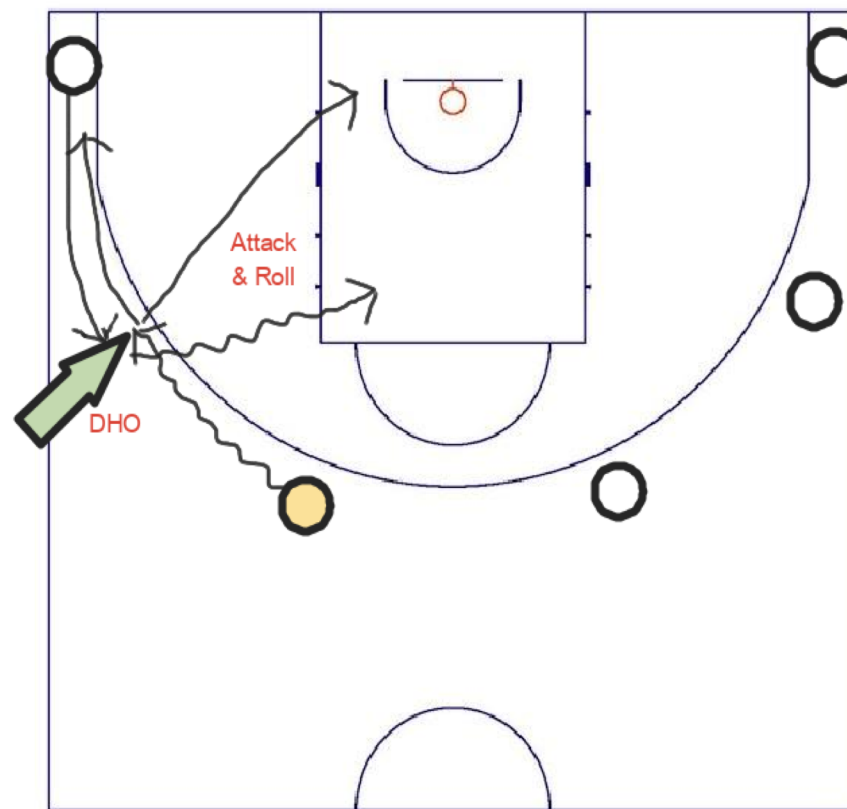
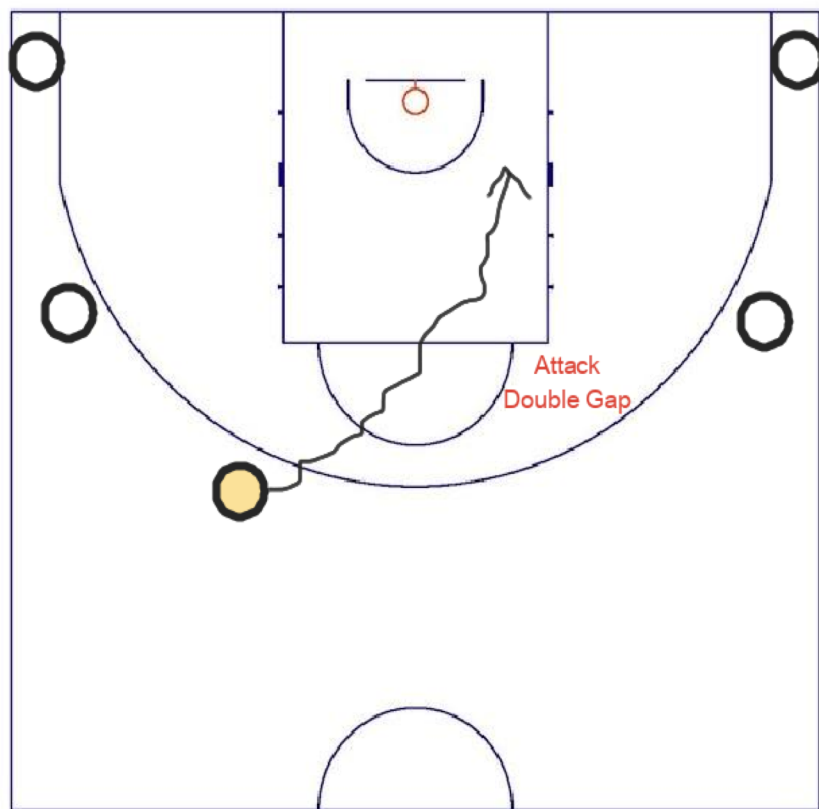
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# Double Gap Actions

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)

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

Verbal Cue: (non-negotiable)

2.0 = Reverse the Ball

2.3 =

2.4 =

2.5 =

# 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



# Decision Making Model



# 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

Train Ugly

It Happens in D Phase

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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

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**Train Ugly**

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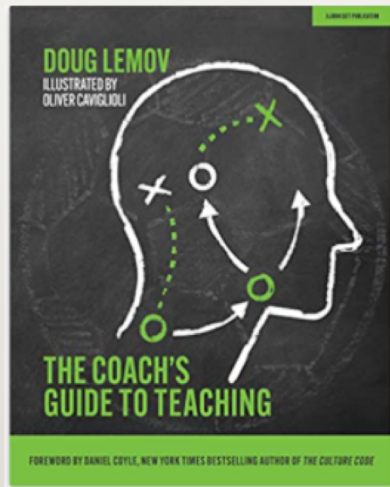
# FEEDBACK

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
- Amazon \$9.99 on Kindle



# Technical Skill Specific

## 101

Focused Feedback

Use Stoppages & Apply

Feedback to 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

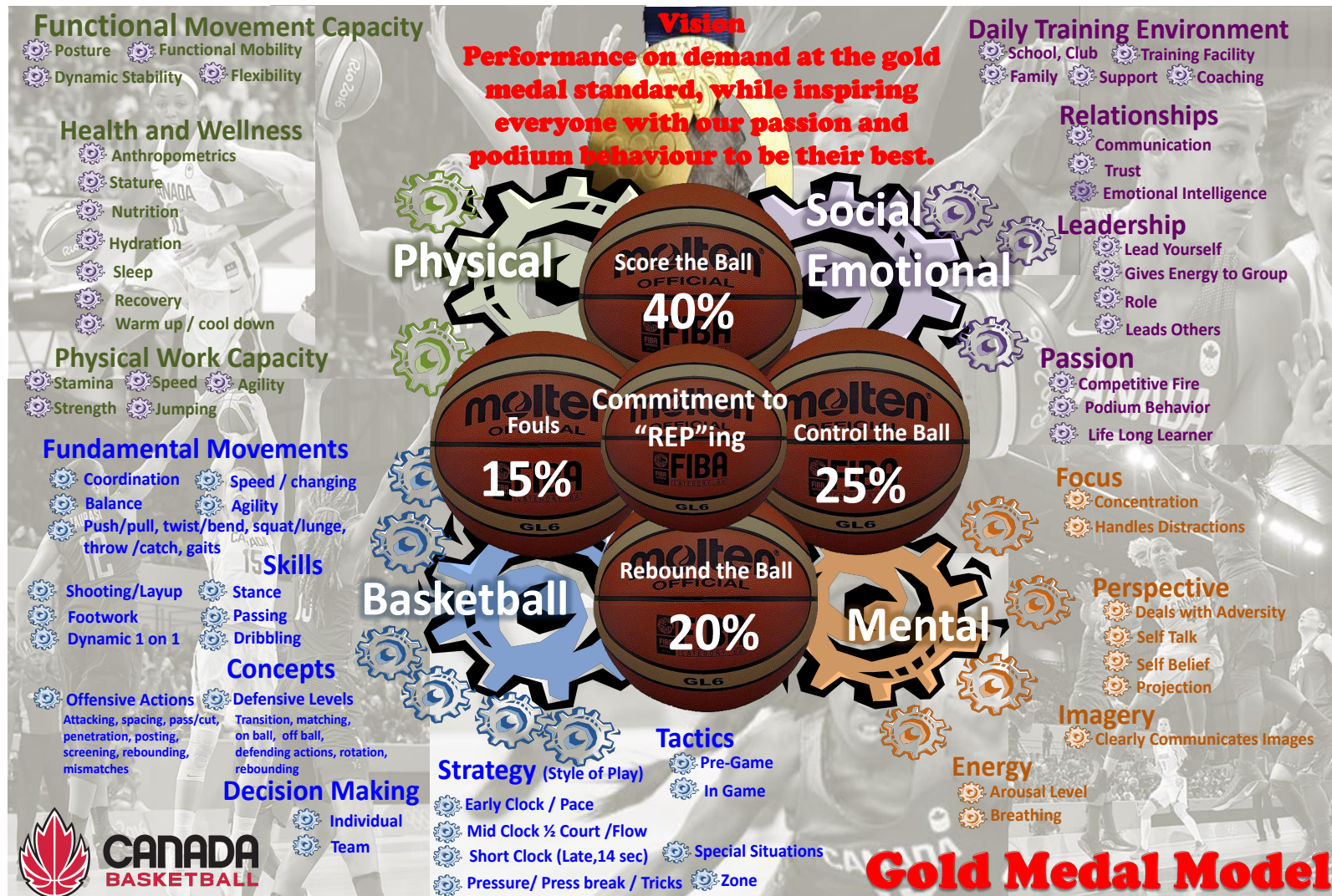
**E** Emotional/Social Considerations

**M** Mental Considerations

**P** Physical Considerations

# Gold Medal Model – Canada Basketball

## 4 Pillars of Player Development





# 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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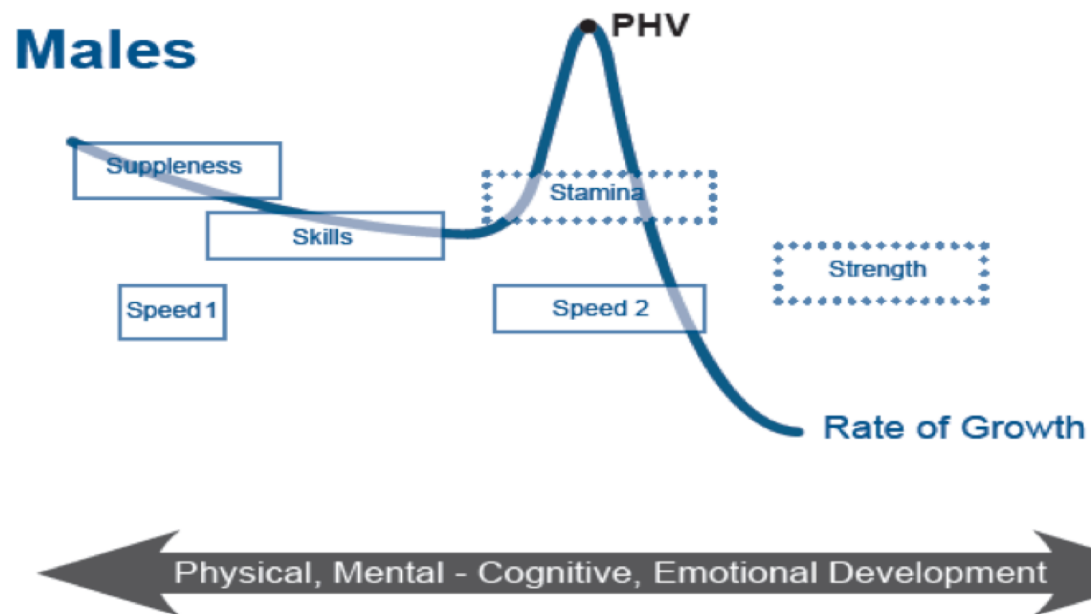
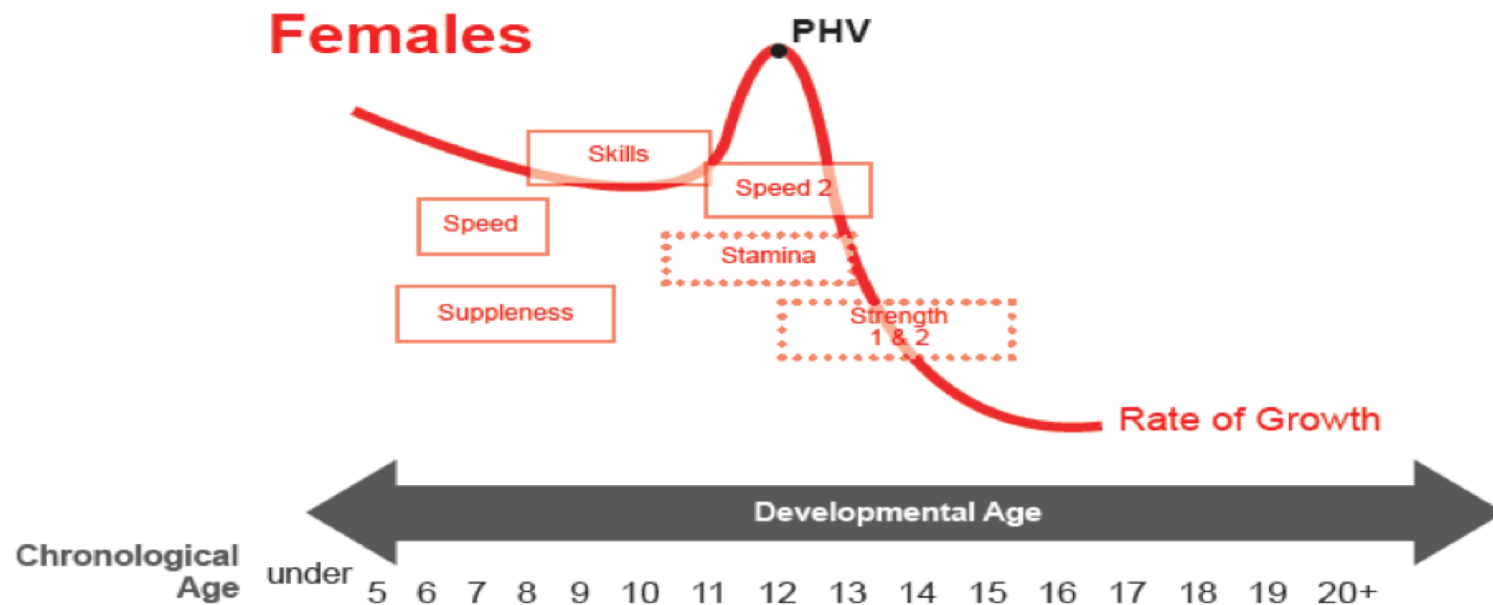
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# The Concept of FLOW

## 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 (Picks)
- 4 = 4 Down QH – Best 1 on 1 Player on Top, Other 4 on Baseline
- 5 = Drive (5 rhymes with Drive) – Attack the Rim



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

## Verbal Cues:

2.0 = \_\_\_\_\_

- reverse the ball

2.3 = \_\_\_\_\_

- reverse the ball & Set a Pick (guard to set a Ball Screen for wing)

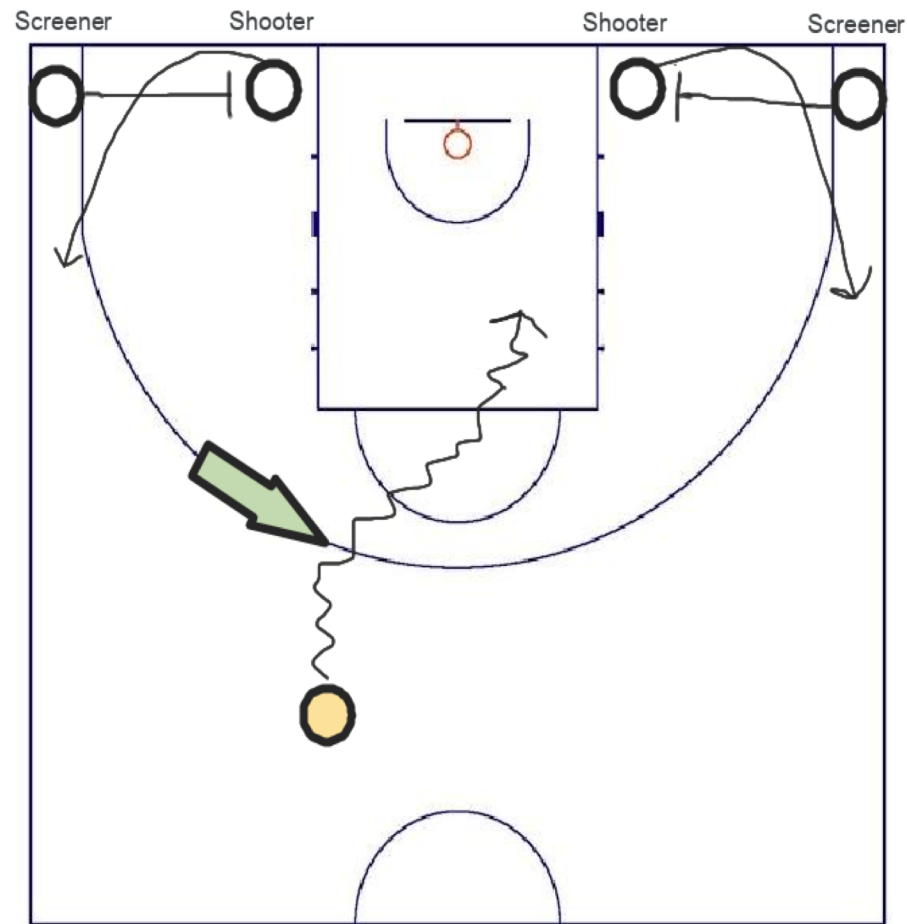
2.4 = \_\_\_\_\_

- reverse the ball and execute 4 Down

2.5 = \_\_\_\_\_

- reverse the ball and Drive

# 4 Down or Baseline



# 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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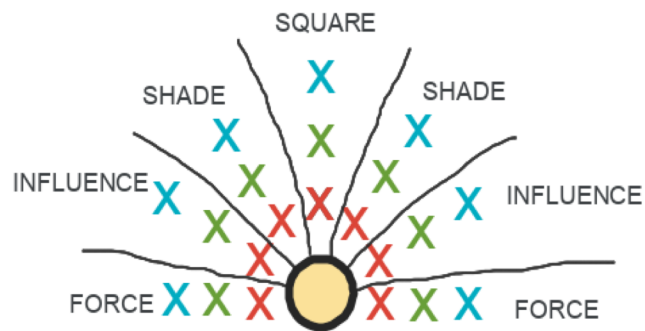
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# Ball Pressure Actions

## D21

7 Angles  
3 Distances

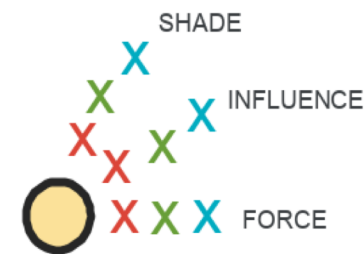


Red = Body  
Green = Arm's Length  
Blue = Sag or Gap

## 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

ABA Manager of Coach Development, Southern Alberta



# STYLE OF PLAY

## Coach Education



# OVERTIME

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

# REPinG

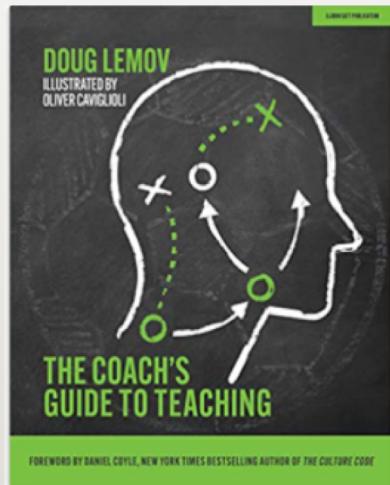
Reminders \* Encouragement \* Praise

# Team Culture

## Daily Habits

Intentional & Unintentional

Culture is a Multiplier



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# Team Culture

TASK Cohesion

vs.

SOCIAL Cohesion

*Too many coaches die on the hill for the wrong reasons!*





# Every Practice Needs a Little

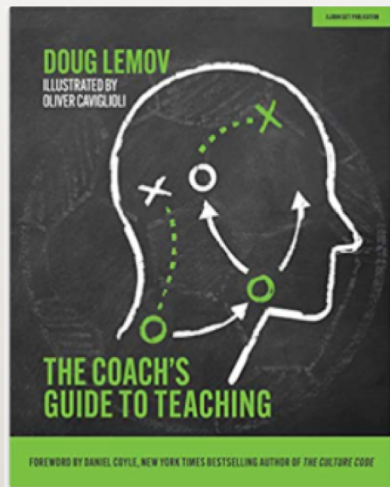
# T L C

Teaching  
Learning  
Competition

# Teaching vs. Learning

*There is a difference between*

*Teaching & Learning*



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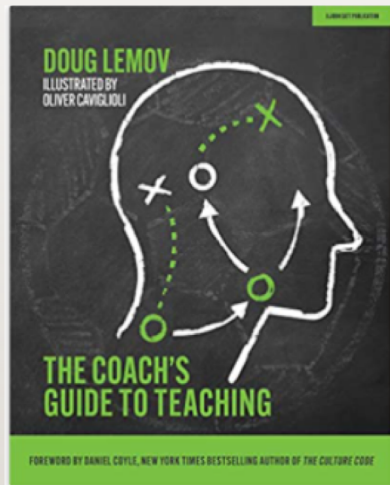
# Performance Learning

Working Memory

Long-term Memory

Forgetting

Retrieval Techniques



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