

## I. Intro - The Cycle of a Coach

### Cycle of a Coach -

- A. X & O's - We're initially drawn to this area first
- B. Skill Development - How do we do this?
- C. Practice Planning - Learn hoe to effective plan practice
- D. Importance of Culture - Finally realize this

#### A. X's & O's -

- Coaches tend to Coach what they know
- Coaches tend to Coach what's trending
  - Talked about his affinity for Motion originally
  - Then the attraction of the Derrick Rose DDM craze
  - Many Coaches then try to marry certain concepts
- He finds it difficult to do "both" and have an identity
- Identity (Good/Bad) will take you to the Next Level

→ Coach's "**Ah-Ha Moment**" when he was conducting a Shell Drill in practice. He noticed how free his offensive players were playing by just driving and attacking and shooting 3's etc.

→ He talked about how he was probably hesitant to adopt this approach overall because he did not not how to blend the offense and the player development for this. Fear of "**Not Teaching the Game**".

#### B. Skill Development

- They would do "Finishing Drills" - Cones & Chairs
- They would do "Dribbling Drills" - 2 Ball Dribbling & Tennis Balls
- They would do "Attack Moves" - Different dribble attack moves

→ The rub was that they were a Motion Team and those things rarely happened in the games unless they were down late and just attacking. (**It Lacked Game Context**)

→ Skills = Technique & Game Context

#### C. Practice

##### Coach's Practices of the Past -

- Block vs Random - he thought his practices were too block heavy
- Zoo vs Jungle Tiger Analogy
  - Thought his teams struggled vs teams that thrived in unscripted moments
  - That that was a Coach Failing

## Coach's Practices Today - \*\* Key Element to the Presentation

- Have a Heavy Dedication to **Skills**
  - Place a Heavy Emphasis on **Shooting**
    - Try to incorporate Shooting into everything they do
  - Mentioned the idea of blending Rebounding into their Shooting Drills
  - Takes a More **Games Based Approach**
    - Increases Engagement
    - Increases Time on Task
    - Increases Transfer to Games
    - Increases Creativity
  - **Dedicated to Player/Skill Development**
- Build their **Defense through Small Sided Games**. Does not do a ton of defense specific drills in practice.... Uses the SSG's to do this.
- Place an **Emphasis on Competition**
    - Work Harder / Intensity
    - Accountability
    - Intrinsic Motivation
    - Competition Cauldron - Gives them Objective Data

### D. Culture

- Eventually you want to get to the point where you are incorporating your **Culture into your Practices**.
- These are not things that you talk about in meetings, and practices and then in the Games it's solely about the X's & O's. Coach thinks he was guilty of this as a younger coach.
- Standards and Behaviors that you want > Your Practices

## II. Developing an Identity

- How are you going to attack the rim? (*For them it's creating space & straight line Drives*)
- Put Pressure on the rim with the catch (*Get to Later*)
- How are you going to create Shots? Advantages? Closeouts?
  - Not all closeouts are created equal
  - Long closeouts, closeout angles are far better
  - Not all 3's are created equal, Stationary 3's are analytically better

### Catholic High School Identity:

1. Create Space
2. Straight Line Drives
3. Deep Paint Touches, Lay Ups, Stationary 3's, Post Ups
4. Create Added Value for our Players

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**OFFENSIVE PRINCIPLES**

Offensively, our goal is to play with pace and space in the full court with seamless flow into our half court attack. We are always hunting great shots before the defense's philosophy sets in.

We want to make simple plays multiple times within a possession. We circulate players and the ball at an accelerated pace. When we attack with rhythm and pace, we find big advantage shots.

**FIND THE BIG ADVANTAGE**

- Same pace off makes and misses
- Spacing and Positioning
- Ball and Player Circulation
- Sequence and Timing
- Application of Skills
- Shot Selection

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Implementing -

- Combine Skills and Concepts as much as possible
- They view Offense as an **APPLICATION** of skills

### III. Anatomy of a Possession

**Anatomy of a Possession**

**SPACING**      Width then Depth      Maximize Space      Arrive Organized

**ACTIONS**      Ball and Player Movement      Create Advantages      Force Rotation

**DECISION MAKING**      Small Advantage to Big Advantage      Apply Skills      Shot Selection

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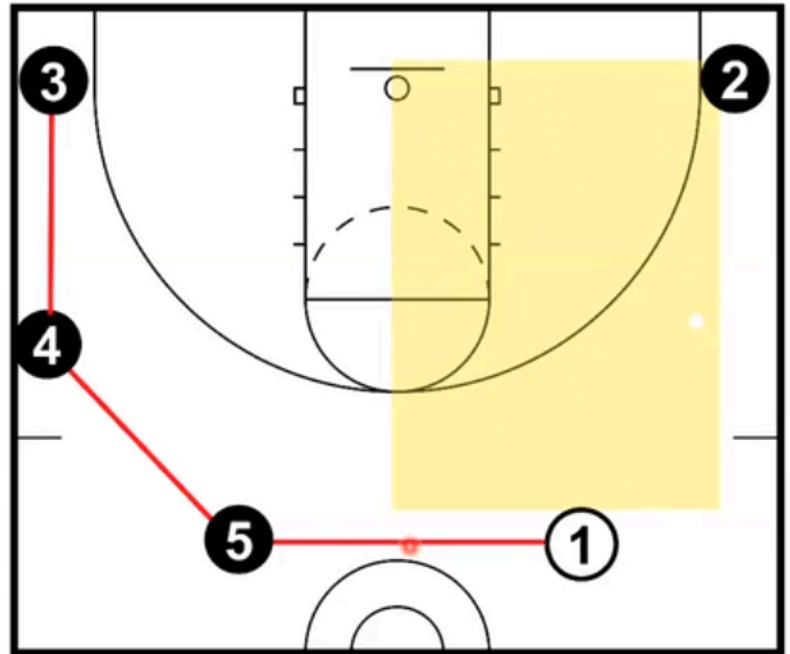
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**Spacing -**

- One of the first things we would teach is the spacing of the offensive system you are going to run.
- Explain the concepts of Gap to your players and what those look like on the floor.
  - Single Gap

- Double Gap
- Triple Gaps
- Explained how he eventually evolved to the points where he did not have post players.
  - No Post Players
  - They were not in Top 8
- Their philosophy is now to be positionless and treat everyone as “Basketball Players”.
- This is their Current 5 Out Spacing, with the Squared Top along the Volleyball Lines. >
- Everything they want to do is about Maximizing space.



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### ***Pace and Space -***

- The Slower you play, the more actions you need to create advantages.
- They view their Pace and Space as their **Create Action**.
- In Many Cases their **Ball Movement** and **Ball Speed** can Create the Advantage.

### ***Thoughts on Actions -***

- Showed some NBA Clips off *Floppy and Off Ball Action* and argued that these players are the best in the world and are incredible shot makers. Not to mention they are Professionals who do this for a living - so the counters, etc come more naturally.
- The More Intricate your Create Actions are....
  - The More Practice Time is spent on teaching, reading, counters, etc.
  - The Less Time is Spent on Shooting or Skill Development
- We don't want to keep players off the floor because they don't excel in this area
  - The Offense is too intricate
- There are trade off between create actions and spacing

### Comments on the Benefits of their Spacing -

- The Spacing behind the 3 Point Line makes the Defense choose between Rim & 3 Pt Line
- They only have to Read Perimeter Help **\*\*Interesting Point**
  - Eliminate the Center Help
  - Don't have to worry about the Jump Skip Read
- Stationary 3's (Its coming Inside Out, Shoulders are Square)

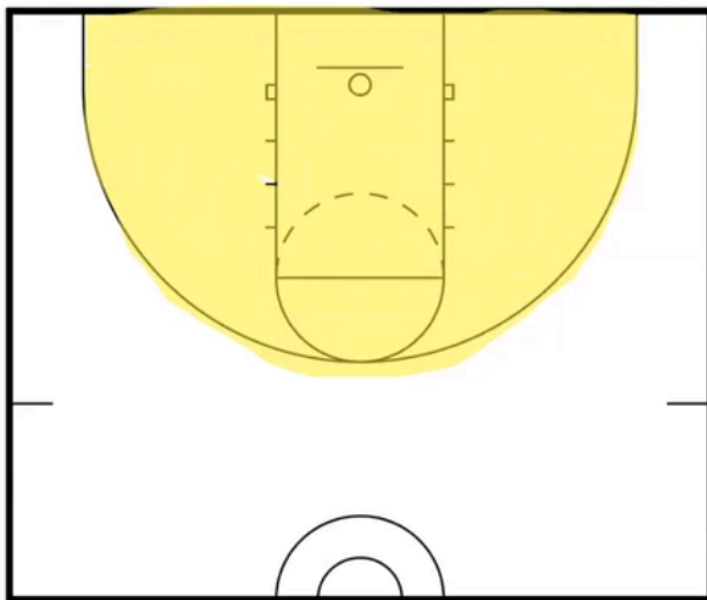
### Decision Making -

- Small Advantage - Big Advantage
  - Applying Skills
  - Applying Concepts
  - Shot Selection
- They spend most of their time on what to do when the ball is in the **Yellow Area (Inside the 3 Point Line)**.

### Things to Work On On This Area:

- Maintain Spacing
- Small Advantages - Big Advantages
- Keep Big Advantages
- Ball Speed
- 1 Count Decisions

## CONCEPTS



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### Skills Concepts that they working on -

- Rim Attack & Finishes
- Protection Plans - (Nash, Barkley, Bounce Out, etc.)
- Quick Pitch & Stride Stops
- PPP
- 2 Out
- Blind
- Second Cutting

→ **PRACTICE / GAME TRANSFER** - Our Skills and Offense are directly aligned. In theory whether it is 1/1 or 2/2 or on air it is something that is a direct piece of their offense.

→ **Penetrate - Pass - Pass Concept** - This is key in combating Pack Style Defenses. That second pass now creates a longer closeout for the offense to attack.

→ **Blind Cuts** - thinks the blind cut (backdoor cut) from corner is great on a Slot Drive.

## Drills to Work on Ball Speed (Penetrate - Pass -Pass) Moment -

### 3/4 Closeouts -

- 3 Defensive Players
- 4 Offensive Players
- Defensive Players slide in a circle in the paint, Coach Pass initiates the Drill
- Offensive Players move the ball until they get a Big Advantage Shot

→ This is working on **DECISION MAKING**..... Also saw they worked on **CRASHING** the Off Boards here too.

### 2/1 Shooting -

- Player under the Rim with a Ball
- Shooters in Corner and Wing
- Pass goes out to one guy, then they try to get a Big Advantage Shot.

→ Tells the Defensive Player to try and trick the OFFENSE - again can also end this Drill with a Crash from the Non Shooting Player

### Coach Thoughts on Keeping the Advantage -

- 0.5 Second Decision Making -
- Show a clip of the San Antonio Spurs Ball Movement

→ **FIGHT FOR YOUR FEET** - on every catch fighting to get your feet squared to the rim ready to be a threat offensively. This is a big Point of Emphasis for them.

## III. Skill Development

- What do we need to excel in to run our offense at an elite level?
  - *Passing & Catching*
  - *Balance & Vision*
  - *Footwork*
  - *Attacks & Finishing*
  - *Shooting*
  - *Reads and Decision Making*
  - *Shooting*
  - *Reads & Decision Making*

→ These are the things that are going to happen 1,000 times in a game.

- Be good at things that happen a lot.
- Cut Deep
  - They are going to be really good at the simple things

## **Implementing Your System -**

Things he would teach First

- Spacing
- Skills
- Decision Making / Concepts

→ Coach suggested he would **wait on teaching the Create Actions**. Thinks the process of improving the Spacing, Skills & Decision Making will make implementing the actions so much more powerful.

## **Skills at Practice -**

Some Drills they use to Implement Skills / Offensive Concepts:

- HC Italian
- Cycle
- Zero
- Team 3's, 2 Line 3 Ball, Fan Shooting, SW100
- DUO
- Gulf Coast
- Flow

Gulf Coast - 4/0 Drill that is working on everything that is done inside the 3 Point Arc.

- Working on Starts & Stops
- "Fighting for their Feet" on each catch
- Working on Protection Plans
- Working on "Perfect Passes"

Team 3's - Half Court Shooting Drill to just get a ton of reps into practice.

- 4 Lines
- 4 Balls
- Shooters get their own rebounds
- They have to pas it out to any line except for where they came from
- COACHING POINT - watch the guys rebounding, pivot & pass to the next line

3/0 Breakdown (Italian?)- On air drill working on offensive actions (which of course are their skills development)

- Work on a Specific initial action
- Guys are working on skills
- Fighting for their feet, Stops, Protection Plans, etc.
- COACHES get a shot for each player T

3 Ball 2 Line - Off the Rail - Two line drill set up in the corners where they are working on drives to get off the rail or shooting

- 2 Lines (Corner), will have 3 balls in the drill
- Again there is a lot of focus on REBOUNDING TECH, PIVOTS, PERFECT PASSING
- Offensive PLayers are "Fighting for their Feet" & getting shots or driving middle to the rim

→ Teaching Concept - Count Method (1 Count Shot, 2 Count Drive, 3 Count Pass)

- Teaching Concept - “Get it Out of the Corners” unless we are shooting the ball we want to get the ball out of the corner.
  
- Teaching Concept - In transition offense he is teaching the basketball to “Get off the Rail” then attack the middle of the floor.