**Alessandro Nocera**
**Dynamic 1-on-1**

Loved the introduction. Made it very clear why he coaches and what the reasons are for being a youth coach? What's the purpose and reason for why you coach? Can you give this in a concise answer like Alessandro?

Didn't want to control players at a young age where they were looking very nice on the court, running sets etc. Wanted to develop players but wasn't sure what the right way of doing this was.

At Stella Azzurra, wasn't completely satisfied with what he was producing with the team. Players had decent off-ball awareness but dribbled too much. After studying Kinder Virtus Bologna in the early 2000's with a young Ettore Messina, it changed the way basketball was played in basketball. Virtus had great systems but their off-ball and dynamic reads were incredible. Alessandro spent time with Messina's assistant to learn about this off-ball movement.

Static 1-on-1 = 1 player create an advantage using the dribble while 4 other players watch. Alessandro wants to limit these situations, unless it is a post-up, a player is in lots of space (e.g. double gaps), last 8 seconds of the shot clock or in a fast break.

Dynamic 1-on-1 = Situation whereby moving players and the ball, we create an advantage for a player inside their shooting range.

**Dynamic 1-on-1 Keys:**

• Catch the ball not looking only at the passer, but having peripheral vision of the floor. Read the defense while getting the ball: looking on the catch is too late.

• When catching the ball if the defense is not on good balance or arriving late, use a dribble to attack the basket.

• If you catch out of shooting range or a teammate is more open than you, pass the ball.

• If a dynamic 1-on-1 starts, we must play with 0.5 secs on the ball (this now becomes our dominoes concept), Ale considers this part of dynamic 1v1 concepts.

**Why is this so important for youth players?**

• If you play dynamic, you have to know how to shoot, pass, drive, cut. This is everything you need for the senior game.

• Once they finish with your youth program, they can play for any professional team or coach.

**Drills:**

• Script It (On-Air):
    • Curl Cut when you have space. KPIs:
        • Show hungry hands into a lead hand
        • Sprint the cut
        • Take the fastest route, not the long route (e.g. avoiding a banana cut).

    • Back door cut vs a defender overplaying. KPIs:
        • Plant foot and explode. Avoid two feet on the ground at the same time = too slow.
        • 10 eyes on the rim (each toe is an eye) during the change of direction
        • As they pass, immediately sprint the blast cut. Operate lag free into next action!

    • Dynamic Drive. KPIs:
        • Dynamic Curl or Dynamic Cross. Keep moving without a pause on the curl.

• Pass must arrive while offensive player is moving. Can't wait for the ball!

**Hi-5 1v1**
• Allowing the back-cut develops the habit of players reading their defender vs just focussing on the ball.