

## Mike MacKay Block vs Random Practice

- Only way to safety stop at full speed is a hockey stop (1-2).
- Curl footwork - use a heel pivot on 1-2 step. Less friction and safer.
- Foul Shot - don't be rigid like Ben Simmons. Good to have a little bounce for elasticity.
- 4 biomechanics in every shot - ready position, back swing to generate force, high release point and follow-through.

### Canada D Terminology:

- Bump = defensive terminally used at the high level to dislodge the ball. Often seen in ball screen coverage.
- **Square** = defender's feet parallel to 3PT line
- **Shade** = square but feet split. Defender's outside foot is in the middle of the offense to force them baseline.
- **Influence** = 45 degree angle to hip. Feet facing sideline.
- **Force** = defender on attacker's hip but giving up a straight-line to the basket. Only used in the backcourt or when icing a screen.
- Shade/ square left or right allows for consist terminology to be used which is easy for players to understand how you want the opposing player guarded.
- ED Drills = every day
- Short cut-offs = know the drive is coming. Big power-step and show hands to protect driving lane. Cut off close to the perimeter.
- Long cut-offs = hip turn, sprint and beat at block. Don't slide as will be too slow.
- When contesting shots, don't have your hands go across your body (foul). Use inside or outside hand based on what is opposite to the offense. Play 1v1 from the post with no dribble to teach this.
- MacKay never teaches from static HC positions as it doesn't happen in the game where you have perfect positions.
- Holding area = short corner. Use to create double-gaps. Also allows player more time to react to penetration and read what their defender is doing. Extra second can be useful especially at T2T.
- Off a score, inbounder and holding area player are on the same side (i.e. inbounder in left wing) which creates a double gap for the ball handler both middle and on the baseline if they dribble to the swing.

### 5 things that can happen on a blast cut from corner to wing:

1. Catch and curl
2. Catch, cross-step and baseline drive
3. Catch and shoot (on sag)
4. Backdoor if denied (creates another double gap for dribbler)

5. No advantage so become another passer.

- If no advantage, players become passers.
- Very important players delay the fill. Must see if teammate uses the double gap before taking it away.
- Weakside players should exchange/ screen if stood still for more than one pass. This breaks the eye of the defense and disorganises them.
- Anyone can cut to the holding area (short corner). In this case the short corner clears out to the corner.