

## NIPP Camp Basketball Australia Session led by Peter Lonergan

### Coaches' Brief - Pete Lonergan

- Don't be the and/ also guy. There will be stuff we miss but blend it on the fly if it's important.
- Celebrate the small wins, particularly good decisions regardless of actions. Praise these!
- Be ruthless dictators on footwork.
- When reviewing decisions, some good cues are what did you see there/ what were you looking at?
- Coaches try and pair up with different coaches on a basket: work with people you haven't coached with before.

### The Session:

- Working on first 6-8 seconds of offense.
- 'Spots' is a bad word for dunker's spot. Player needs to run to a window where he's ready for the next action. Nice external cue is to keep the highway clear.
- Wheel is same. Use wheel but aren't rigid with where the end spot is.

### 2v2 Advantage:

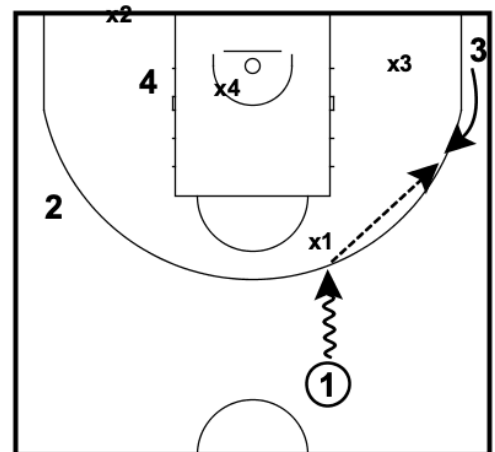
- Wing and Post. Defender starts guiding the baseline or middle read randomly off a self-toss.
- The decision precedes the technique.

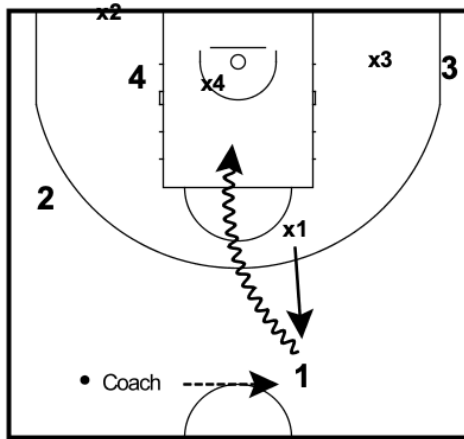
### 3v3 Advantage:

- Same as before, load in corner. Weakside corner tries to break the three in a row.
- Use the bibs to make sure offense and defense are the same colour.
- Load = increase randomness and go from any spot on the strong side (including corner)
- Pete demonstrated the 2v2 and then the 3v3 together, showing the 3v3 as the next load. If it's simple, can easily show two things at once, and save time by not having to bring all the groups in. Then the coaches can just load up when they're ready.
- "If there's nothing there for you when you arrive, go to the next action. That's what being hard to guard is."

### 4v4:

- Drive from swing, strong side corner, weak side post, weak side wing.
- Lono worked on the drive from the swing, pass to the strong side corner lifting. Then 'slice the elbow' and shallow cut to the strong side corner, ready for catch and shoot.
- 3 defenders can't guard 4 unless there's a bad decision or poor execution of technique. The former dictates the latter.
- The defender of the weak side wing starts in the corner on the baseline. Can't enter the action until the ball handler grabs a piece of the paint on the drive.





- Load = dynamic start. Start with a close-out and pass to ball handler. Defender tries to contain. If offense doesn't blow by, pass to wing lifting. Otherwise it's live off the blow-by.
- Strongside corner keeps the defender 'locked.' If the defender isn't locked it's an open 3.

- Load = start with punch (flat) screen from weak side post. Probably in drop coverage as it's high, but players can decide. If the screen is inside the 3PT line, strong side corner can cut through to clear space for the ball handler. This creates room for the 2 man game. If the screen is high, ball handler can come off it both ways. FastDraw colours show just some of the different options.
- Aim is to create two downhill environments on the punch screen. Screener sprinting on the separation (Sprint, Set, Separate), and the guard attacking. This is hard to defend.
- Use the ball screens as part of the offense and not as a crutch (e.g. resorting to calling it with a fist).
- Load in 4v4 transition, two or three trips. Play with an 8 second shot clock, start with no screens. Then allow screening actions after a few possessions.

