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Two Way Teaching in the P&R

- With limited practice time, have to teach in the two-way as much as possible.
- 60% more P&R now in youth basketball than 10 years ago. 10 years ago, maybe 15 P&R each team per game. Now 50 - 60 P&R per game - youth basketball.
- Enormous increase in using it but not increasing in teaching it and showing how we do it.
- Lots of problems where guys melt in to the P&R. First thing bad defenders do is take the contact.
- Coaches have a lot of P&R schemes/ coverages, but that doesn't work if on-ball defender doesn't have awareness and agility.
- **Drill** = 2v1. On clap sprint and screen. Defender cannot get screened. Whatever it takes do not get screened! Constraint led to defender doing an ice to avoid getting screened.
- **Load** = constraint have to go into the direction of the screen can't ice. Do not get screened! Damian Martin uses the arm chop to get through.
- Learn through exploration instead of going into P&R coverages straight away. Just said don't get screened. Didn't go into any technical detail and prescribe what was happening.
- **Drill** = 2v1 no ball. Player in middle is being screened. Have to try and avoid the screen. Use as warm-up for agility. Once player using screen gets to end, rotate.
- **Load** = add the ball. Defend three screens and then rotate. Deliberately not a lot of detail. Give them action words such as the three A's below.
- Teach the three A's before coverages! Awareness, Avoidance and Agility. Agility is most underrated element of P&R.
- KPI = slice the hip (use hand to slice hip and get over) = get hand, heel and hip through OR knife the shoulder = if you have a physical advantage. Knife the shoulder with outside elbow through first.
- Offensively vs knife the shoulder "bump him up"
- Roll and run (open the hips) when you melt into the screen. Hand, heel and hip the other way. Told shoulder into armpit and roll over. On the roll 'bump and done'. Done = back in front of the ball.
- The schemes don't interest me. The skills and concepts do!
- **Drill** = 2v2. Ball handler starts with two scissor dribbles. On second one sprint to screen. Offensively = See (the coverage), Smart (execute the solution) & Separate (get out of action).
- **Load** = introduce some strategies. E.g. blitz everything, switch everything.
- **Load** = 3v2. Only roller or ball handler can score in the paint. If no paint score, skip to corner for three.

- Corner - check if it's empty or loaded, as if it's empty can use it and separate into. If it's loaded and defender is in deep support skip to corner immediately.
- Middle - where the help defenders are - second line of coverages.
- Corner (weaksides) - where shooters are. Or a player open because their defender is tagging.
- Great point guards have heads on a swivel. They look at these three things immediately.
- Ask questions during this - e.g. to offense - how did they guard that?
- Best time for a float or shift dribble is when you get a switch on a P&R.
- **Load** = 3v3. Move offense from corner to 45. Add help defender onto weakside player.
- See it, hear it, smell it, taste it = where you stand as a coach. Set it up and then leave.
- Coaching is providing information and intervening with detail. Stop the drill when you want to give detail.
- Pushing information or pulling information. Pushing is giving instructions implicitly and hierarchical style - pulling is taking it out of what they learn in the game.
- "Stop, why'd you do that?" Difference of tone saying this in angry style or curious style.
- **Load** = 3v3. Ice coverage. Help defender must sprint and hi-5 coach at 45 before playing D.
- **Load** = 2v2 off pindown. Passer at top to pass to player coming off pin. After pin-down, screener slides up and picks towards empty or sprints and picks towards short corner. Same concepts apply, do not get screened off pindown!
- **Load** = 3v3 with passer defender. Create double gap after.
- **Drill** = 2v2 mush (CoE) with ball handler KOB defender. Defender in drop has to choose to "hold the farm" (dropping and guarding both ball handler and picker), switch or stay.
- **Load** = 3v3. Defender of corner out of bounds. Can only enter when ball handler comes off pick.
- **Load** = 3v3 but no KOB start. Defender is in wedge position with corner (support).
- Counter to always constraining the defense and giving offense an advantage. Job is to advance skill of offense and have defense react to that with increased skill level.
- **Drill** = Hornets 3v2. Momentary 2v1 advantage. On clap of ball, screener sprints to set while screener defender has to touch baseline wall twice (or hi-5 coach). Play off temporary 2v1 (2v1s on both sides). See and exploit the 2v1. Come to line of screen to reduce advantage.
- **Load** = 4v3 with both corners.
- "An advantage is only an advantage if you see the advantage."
- Gets = stationary hand-off (SHO = stationary hand-off). Gets as a pressure release.
- Must widen the catch on Gets. Torso and hips to the ball. Strong arm, long arm. Get ball in long arm to widen the catch.

- Gets typically die at the point of the pivot. Can look for bling pig action with same side 45 if in elbow.
- Load, lift, look, late on Gets Keep It (Bogut).
- **Drill** = 4v3 gets. Use get when chugged on pick and too much pressure / defender is re-routing you on the pick. Pop out for the get above elbow. Offense in 45 looks for blind pig and then cuts to weakside.
- WWW = what worked well.