

2019 NBL Blitz Coaches Clinic Hobart

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<https://www.youtube.com/watch?v=fwKgjBtFI8U&feature=youtu.be> (1:06 to 1:39)

- Passing - playing Greece in WC, their ability to deliver precision passes stood out.
- Vision - decision - precision. Link this to PVAD concept. Must have position to have the vision. Coach the PVAD. Freeze the player, "review your PVAD."

Passing Warm-Up

One player has a ball dribbling on the spot, facing partner a few metres away. Player throws pass with same hand when connection is made by partner, e.g. partner puts right hand up, player throws bullet pass with left hand. Change after x6 passes.

Load = connection close to body is bullet pass. Connection with hand out wide is wrap pass outside the body.

Load = stand side on. High outside hand connection is a hook, low outside hand connection is an outside hand pocket, inside hand connection is a behind the back.

KPI = avoid being stuck in cement

Other Load Ideas:

- **Load** = Dribbling player stands still, but partner making connection moves constantly in a frontal plane to make passing direction and distance more random & variable. Player passing can't twist, develops ability to pass quicker without having to take the step or pivot (needed especially in P&R).
- **Load** = Partner now moves behind or side on to partner. Player has to give hook, extra or behind the back passes. Can never repeat the same pass twice.
- **Load** = Passer now dribbles to mirror movement of connecting player. Has to make the pass off the dribble on the move.
- **Load** = More random movements (diagonal, retreat, lateral etc). Passer follows movement of connecting player (e.g. connecting player moves left, passer dribbles right).

Offensive Habits:

Offense starts with offensive habits.

- 1 = Transition
- 2 = Dominoes
- 3 = Ball Screen Reactions (vs diff coverages e.g. under, blitz, switch)
- 4 = Post Reactions

Definition of Offense = 5 guys working together to create an adv (e.g. close-out or mis-match). At the point of adv, all 5 guys have to work together to turn that advantage into a great shot for the team.

With NZ, biggest focus was using transition to seek out the advantage. NZ rules:

- 1 = Sprint
- 2 = Seek the Sideline (don't cross lanes)
- 3 = Flatten the Floor
- 4 = Stay with your Spacing

KPI = Keep the traffic off the free-way.

Trans Army Drill:

3 on baseline, 3 on FT extended. Player who receives pass touches baseline. No dribble on trans up, can dribble on way back.

NZ triggers were hand-off, pin away or ball screen.

Dominoes is the point of creating advantage. First dominoes has been tipped over. How do we keep them falling? Work for 10 secs to create adv, and then one person catches and holds and have to re-start offense to create the advantage.

Load = 5v5. Two offense start on line with defense. Can dribble push. Middle players have to find nearest sideline unless they have opportunity to get behind the defense.

Charted sprints. How many times did someone burst out into full speed sprints.

Don't need trigger if you have advantage.

Dive to front of smile on mismatch.

Three Dominoes Rules:

- Ball doesn't stop until you find the great shot
- Can never let one defender guard two offensive players (take two coverage on weakside. In this scenario, top player can left to stretch the defender out or ghost cut).
- Get into and then out of space. Can't be a creep!

Attacking Close-Outs:

1. Shift catch on straight close-out vs defender coming straight at you. Hard ball fake and cross-step opposite. Ball in the air, feet in the air.
2. Momentum rip. Moving into catch and attack downhill. Good for players in Pac or standing in the gap.
3. Roadrunner. Moving into catch but other direction moving into pass as away from the pass (like momentum rip).