

Ross McMains Immersion Masterclass

- The aim of offense is to start dominoes. This could change game-to-game based on players available, the match-up advantages presented etc.
- The best way to get into dominoes is how your offensive should be built. Could differ year to year based on the team and players you have.
- Human Dominoes Creators: James Harden, LeBron James etc. Put the ball in their hands in a certain space and see dominoes created! EA = players like Osa etc.
- Others need a little bit of action to occur: E.g. Korver, Robinson, Redick. Still draw a lot of attention but need to use to get into dominoes better. E.g. Max.
- Offensive Pie Chart: Defensive Personnel, Offensive System, Offensive Personnel. Defensive Coverages. Use these to start dominoes!
- Where do we weigh things on the pie chart to get into dominoes? E.g. if there is a turtle, weight it heavily towards defensive personnel. E.g. if they hard show, hit them on the short roll and play 4v3 dominoes. What coverage do we want to prey on?
- Can use set plays to pick out weak links defensive personnel wise.
- Automatics = things we do without play-calls.

On a String 3v0 = one player dribbles the ball, other players have to space. (Corner drift, other player wraps behind or both players drift). Focus is on sprinting first few steps then sliding to get chest to the ball. Footwork on catch should be moving to the ball for a momentum rip or a shift catch catching with wide feet where you can move in either direction. We want to avoid scissor stance landings especially out of the corner. When passer hits a player, drive and kick, get out to space, and both get a shot.

- Our strength in the offense comes from the ability we have to leverage the advantages we create.
- Stay with your spacing to give the ball handler a clear map of the floor. This also presents and expands the advantages by playing lag free.
- Aim is to get 35+ defense to offense bolts per game
- Transition Key Recognition Areas: 1. Outnumbered, 2. Mismatched, 3. Matched Up (Triggers)
- Break spacing for an opportunity to get behind the defense, a mismatch, drive or trigger action.
- Into and out of space on screening action.

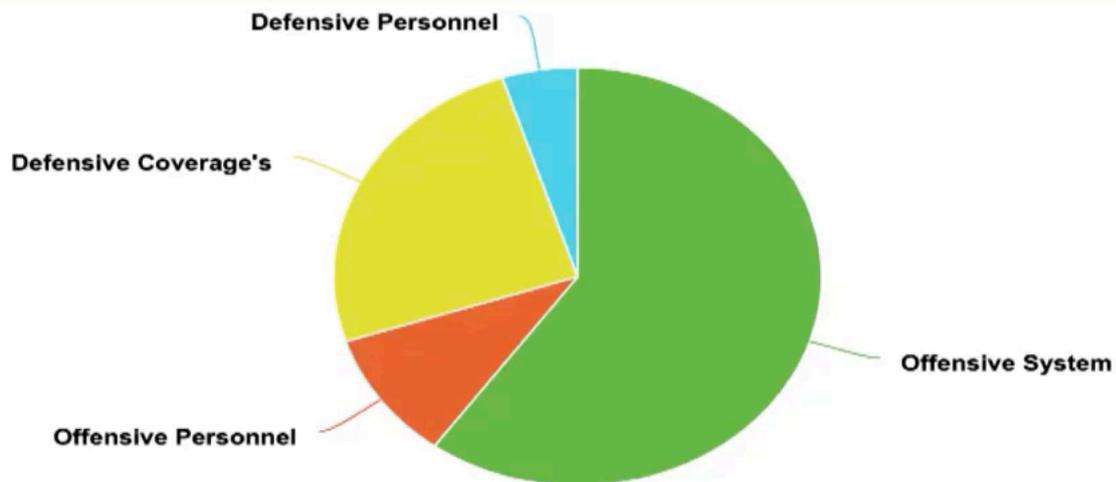
Army Drill - line touch. Player's name that gets called out has to touch the baseline.

3/4 Trigger Drill. Align players up based on spacing. E.g. Trail in middle, empty spread etc. 4 possessions in 60 seconds, 12 sec shot clock. 3pts for 3 or paint finish, 1pt for mid-range.

- Spoon-feed the spacing. What triggers work well out of different spacing?

Offensive Pie Chart Tall Blacks 2020

Sarama



•Ball

handler must not sell the zoom early. Sell an attack downhill then veer off for the zoom. Make the corner defender shrink instead of denying the hand-off. This softens the coverage if you sell the drive first.

- If there's a good bolt show footage of Usain Bolt in the video recap! Make it fun in the film session with Bolt winning the gold medal!