

Ross McMains - Concepts/Philosophies and Terminology

Notes compiled by George Robinson, Canterbury Rams Assistant Coach and Development Manager North Canterbury Basketball

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Offensive Concepts/Philosophy:

Offensive habits is the start of your offence - "Habits Package"

- Transition
- Dominoes
 - First dominoes has been tipped over - how do we keep them falling
 - Dont want the dominoes to stop by someone catching and holding
 - Rules:
 - Ball doesn't stop
 - 1 cant guard 2
 - Cut from wing when rotator
 - Into space out of space
 - Dont assume they are going to shoot it - space to maintain advantage
 - Ball screen reactions
 - Post/Elbows reactions
 - Different Actions - eg zooms/gets/pins/flares that become habits

5 guys working together to create an advantage

- Mismatch or closeout
- Triggers = what can you do to create an advantage

5 guys working together to turn advantage in to a great shot

"What is measured, matters"

Present Advantages and Explore Advantages

"Script Spacing Not Triggers"

Designing Offence:

- How can we get in to dominoes each possession of any given game/season!?!?
- Review following things in your offensive pie chart:
 - Your System/Actions
 - Your Personal
 - Opponent Coverages
 - Opponent Personal
- What is a great shot for your group?
- What is your unique handshake that you imprint on your opponents?
- What does a mismatch look like

Transition:

Rules

1. Sprint
 - Lag Free
 - Moving seamlessly from one action to the next with pace and urgency
2. Find nearest sideline
3. Stay with your spacing
 - Give your ball handler the clearest snapshot of the floor and the spacing they have
 - Want the paint to be the freeway not the street
 - Stay flat on the floor
 - Get to baseline

Transition Priorities

- How many out number situations can you create
- How many mismatches can you create
- If not, find a quick trigger in matched up situations
 - Trigger depending on spacing

Bolts:

- Tall Blacks goal was 25+ full out sprints per game (BOLTS)
- If it is something you value you need to track
- Rate your sprinting out of 3 per game
- Trying to get "BOLTS" - usain bolt

Bustout Dribbles can help with Lag-Free concept

- Player must be someone you trust, and is willing to make a kick ahead pass.

5 out in transition

- Even with non shooters as long as they are good/quick decision making

Reasons you can break spacing

1. Driving
2. Or behind defender on trans or backcut
3. Anytime had a mismatch
 - Top of charge circle
4. **Outside of these 3 - stay spaced or create a trigger**

Transition Spacing:

- Filled Ahead
 - Filled Spread
 - Empty Ahead
 - Empty Spread
-
- On 2 sided strong side, if recognizes before halfway, 45 cuts through to the other side

Tracking Transition “If it is something you value, it is something you should track”

- How many BOLTS per Game
- 5 guys check marks on first 3 steps
- Paint by 7
- 5 guys over half by 21
- Below FT in 7
- Reaction time from ball through net to outlet received
- Clapbacks - Scores after a make → next best thing you can do
- Coaches Clap
 - Process orientated mindset
 - Clap the decision

Nearest guy takes the ball out - avoid delay on inbound

Want an open freeway for guards to attack (snapshot)

Dominoes:

- Advantage Offense
 - 5 guys working together to create an advantage - anytime defense is in a closeout/rotation/outnumbered situation the 5 guys must now space the floor and move the ball to expand the advantage until a great shot develops.
 - The moment when an advantage is triggered offensively, and the offense then must drive kick space and move the ball until a great shot appears
 - One More- An extra pass made on the perimeter that keeps the defense rotating and finds an open shooter... GOOD to GREAT
 - Spacing Concept- NEVER LET 1 GUARD 2
 - This means that anytime a player is off the ball and his defender is in a position to guard him and impact the ball, or guard him and another off ball player... a reaction must immediately happen... Cut, Perimeter Slide, Pin Away, Flare
- **Dominoes Rules**
 1. The ball does not stop (0.5 sec)
 - Keeping the ball moving at speed through the possession, and once Dominoes is triggered not allowing the ball to stop to allow the defense to reset/catchup
 - "First Touch" on the catch (soccer concept)
 2. 1 cannot guard 2
 - 1 defender cannot guard two offensive players in advantage situation
 - Dribble Relocation Principles
 - We want on a string slides
 - Stretching the defence
 3. Get out to space as fast as you get into space
 - When a player cuts or drives into the paint and then immediately relocates out to space on the perimeter and gains an advantage
 - Do not assume they are going to shoot
- Trigger
 - Any offensive action that can be used to ignite Dominoes and put the defense at a disadvantage
 - Motion Maker
 - A player that gets the ball moving in multiple actions
 - Can help trigger advantages by moving into next action quickly
- Culture Concepts

- Lag Free
 - Moving seamlessly from one action to the next with pace and urgency
- Share the love
- Play for each other
- What we want
 - Attack the paint, and look for open 3s, draw fouls
 - Don't allow the defence to catch up and reset

Avoid Killing Space of Teammate on Offence

Need everyone on the same page to realize and see when dominoes is triggered and not have someone still trying to trigger it.

- Train your team to seek out dominoes moments where you can trigger that advantage

Perimeter Slides on Penetration

- Sprint for 1 step and then get your chest to the ball
 - Gets you away from the ball and then ready to shoot, pass, drive

TRIGGERS

Searching out Triggers

Zooms

- Get chest at the rim, selling attack, make decision below 3pt line.
- Reads:
 - Deny = Backdoor
 - Body + Chase = Drive + Screen ¼ turn to expand advantage
 - Under = shot
 - stop behind the exchange

Gets:

- Reads:
 - Deny = Backdoor
 - Body = Downhill
 - Under = Shot or Twist

Wide Pin

- Head at the rim, till hitting the 3pt line then break off into the pin
-

Ball Screen Offensive Reactions

1. Must build basic automatic reads for team vs coverages that apply to any random pick and roll...
2. then next layer is to have in your back pocket as a coach, 2 plays for each Coverage, one that will beat the coverage (meaning it will not allow that defense to get to the coverage they want), and one that will punish the coverage (it will invite the coverage and have action/spacing that combats the defense).
3. I think if you see a specific coverage often enough it is worth having certain ones of those that your team knows as a set that can be called, but otherwise can just have them ready as ATOs and in game adjustments

Miscellaneous

Cut the Pop

- A player spaced on the perimeter that when seeing a screener pop in his direction he back cuts to clear the stunt/rotate help

Marcin

- As a player is running to set a screen and see's the defense shift into their ball screen defense coverage, that player screens his own man opening up a downhill drive for the ball handler

Peel Dive

- When a guard peels back on a big on the perimeter, the big immediately dives to the paint to create an advantage

Early

- As a big runs to set a ball screen and recognizes the defense already shifting into a defensive coverage he exits out Early to get behind his defender and engage weakside help defense

Dive

- A great read for when the defense hard shows or blitzes the ball screen. The screener dives on the rim and the closest teammate to the ball flashes to receive a quick pass. That player immediately looks to the roller or to make a skip pass to the weakside

Switching D

Boomerang

- Vs a Switch the ball handler immediately passes the ball, then backs up off the three point line and receives the ball back to attack the big on a closeout

Team Time Big

- Vs a switch the big immediately dives to the front of the rim. The ball handler ideally passes the ball to the nearest player on the side with two players, and that player looks to pass into the big on the rim. The presence of the mismatch in the center of the paint attracts multiple defenders and opens up advantages all over the floor

Wash

- How warriors handled most switches until Durant arrived... basically ignore the switch and just keep moving the ball and moving bodies and let the mismatched defender on big or guard expose itself in wash of movement
- They have done it recently by having the guard that got the big switched on them enter ball to a random player in post and then immediately go into a split action with a teammate that the big defender will often fuck up guarding
- The ball handler immediately passes the ball and then stays in movement, letting the big get lost in the wash

Duck Duck goose

- what houston often does... find a way to keep screening through switches until worst player on floor is guarding harden and then iso. So they may not be switching zaza initially, but if they get draymond to switch into harden then he will switch with zaza on the next screen most of the time since teams done really drill guarding high ball screens with 4 and 5

Blur

- Slip Outs for pops or rolls
- A player that goes to set a ball screen and then before setting the screen sprints out of it popping to space never making contact (great for confusing switching defense or creating separation vs a hard show)

Post Hi Lo

- Big has good feel in the post and you trust him so run him into post once he gets switch, opposite big flashes high ready for hi Lo if front

Nail Switch Attack

- Vs a Switch, the screener goes to the nail and posts up in an area where the defense cannot front or double team easily. Best for big wings and shooting bigs!!

Drop Defense

- Pocket
 - Screening in a way that allows ball handler to get in the pocket behind screen with defender chasing over
- Twist
 - When a defender goes under a ball screen or handoff the screener immediately rescreens at a lower angle

Show Defense

- Short Roll
 - Big Short roll for catch in the window and then play 4v3
 - A great read for when the defense hard shows or blitzes the ball screen. The screener short rolls into a pocket where the ball handler can pass to him. Now the screener receiving the ball has the decision to score or pass to an open teammate vs a scrambling defense
- Dive
 - Big dives on rim, while closest player on side with two players flashes for immediate pass as show is engaged, that players looks to roller or to the skip

Push/Ice Defense

- Flip
 - Big flips angle of screen to allow ball handler to snake back in original direction

- Stop
 - Screener stops as defense gets into coverage early, either stops and dives to engage weakside defenders, stops and holds in pocket for pocket pass or stops and pops for quick throw and go or shot
- Push Swing
 - Vs a Push Coverage the ball is quickly moved to the second side to beat an overloaded defense

Post Defence

Sandwich- Vs a mismatch in the post

- the defender gets to a full front and the lowest defender on the weakside comes all the way over to a touch... this should force a turnover on the skip pass or encourage the skip pass

Deniers Dance

- A defender that moves around a player posting up to deny him the catch

Post Line Defense

- When defending a post player with the ball, being parallel to the sideline, taking away the middle and then ready to slide and cut off the baseline drive

Transition Defence:

Live Ball Turnover Philosophy

- Player that turns ball over immediately run to rim... no stabs at the ball or trying to get a steal back
- Next player back can address the ball either slowing it or taking the foul if fouls are available
- All five players on red alert treating this as an emergency situation sprinting back to crowd the floor

Load to Ball

- in Transition when the ball handler is attacking with speed the trail defender gets below the level of the ball to show a body in the gap

General Defence:

- Defence is the shrink spot is thinking about being a "basestealer" - think about getting 2nd (ball) but still need to consider 1st (your man)
- Defensively need to get to the body on Zooms/Pins etc, if space = O adv

Ball Screen Defence

Gaucha

- When a defender steps in and hits the rolling big to stop their momentum completely.
- Why Gaucha?
 - This is a term that Quin Snyder of the Jazz uses. A Gaucha is a South American cowboy. Like a Gaucha would stop a bull, a defender must stop a rolling big.

Peel

- When the ball handler gets downhill off a ball screen his defender late switches back to the screener popping and the big defender takes the attacking guard
- Vs a great pick and pop shooter when a ball handler creates so much separation that a big will not have time to recover, the guard peels back for a late switch, taking the screener on the pop

Slide

- When a defender goes under a ball screen or a handoff

Flat Blitz

- A ball screen coverage where the screeners defender arrives connected to the screener and shows out flat, staying on the ball handler until it is passed.

Strong

- As a ball screen arrives the defender on the ball adjusts their stance to force the ball to the Right, no matter what angle the screen is set at. The screeners defender must communicate this before the screen arrives Early and Loud!!

Deep Drop

- A ball screen coverage term used to describe how the screeners defender guards the ball screen. In this case the defender drops back deep at the foul line or below. While this may leave the pull up jump shot open, it makes it harder for the guard to drive, and vs a great three point shooting team, the other defenders don't have to help because the ball screen can be defended 2v2

Push Hot

- A ball screen coverage where the defender on the ball forces the ball side line and the defender on the screener comes up to the level of the screen to take away any space to shoot or attack downhill

Up to Touch

- In a ball screen coverage when the defender of the screener is up enough on the screen to have a hand on the screener, and by doing this takes away the initial image of open space to attack

Hard Show

- A ball screen coverage where the screener's defender explodes out above the level of the screen to reroute the ball handler uphill and give the ball handler's defender time to recover on the other side of the show

Push Rotate Coverage

- A ball screen coverage used to eliminate a great pick and pop threat. A normal Push Coverage, but with the defender at the Nail taking responsibility to rotate to the pop. The big containing the dribble would then rotate out to the weakside as the ball is moved

Weak Hot Coverage

- As a ball screen arrives the defender on the ball forces the ball to the Left, and the defender on the screener comes up to the level of the screen to take away any space to shoot or attack downhill

Squeeze

- When a defender plays body tight on a potential screener or player making a handoff. This is done to force the handoff or screen to happen higher on the floor to allow the defender to go under both. Often used vs a pick and pop player

Push Slide

- A Push ball screen coverage where the defender on the ball forces the ball handler to the sideline and then goes under the screen to take away any snake back to the middle

Push Coverage

- When the on ball defender adjusts their stance to send the ball to the sideline away from the middle as a ball screen arrives... also called "Ice" or "Down"

Flat Show

- A ball screen coverage, where the defender guarding the screener explodes out at the level of the screen angled parallel to half court. This is done to take away any downhill attack from the ball handler and force the ball towards the sideline

Weak

- As a ball screen arrives the defender on the ball forces the ball to the Left, and the screener's defender shifts over to protect the left hand drive

Offensive Terminology

GET

- A throw and go where a player passes to a teammate and immediately follows the pass for a handoff or quick cut

Chase

- A player passes or quick pitches the ball to a teammate and immediately follows the pass into a ball screen

Delay

- A five out offensive set. The 4 or 5 man is given the ball at the top of the key and then has a choice to dribble either direction to initiate a screening action into a handoff

Weakside Shrink Movement

- When players on the weakside create movement to occupy help defenders that could clog up the paint for cutters/rollers or an attacking ball handler (A Backside Breaker is a version of this)
 - Backside Breaker
 - When players are spaced at the wing and corner on the weakside as another action is going on... the wing player makes a hard cut on the rim, and the corner player makes a short lift to the break... this either will force their defenders to shift or create an advantage on the weakside to attack

Separate

- When a defender is in a take two position on the weakside and the wing player lifts to the slot to expand the space the defender must cover

Motion Maker

- A player that gets the ball moving in multiple actions

Breaker Action

- A player that catches the ball at the top of the key with the wing and corner filled. The player with the ball dribbles towards the corner. The wing player makes a hard backdoor and the corner player cuts for the handoff

Wing Lift

- A player off the ball that relocates from the corner to the wing. Most often done when the ball is dribbled away from them, and their defender shifts in towards the paint to help

Wing Drift

- When a player moves from the top to the wing to receive a pass or open up space for a teammate to drive

Wing Follow Cut

- On baseline penetration the wing dives on the rim as his defender turns to provide help

- On a baseline drive the player defending the weakside wing often turns their head to watch the ball or cover both the wing and corner player while their teammate provides help. This is the perfect time for the wing player to sprint cut to the rim

Corner Face Cut

- A cut from the corner over the top of the defender

Corner Drift

- When a player moves from the wing to the corner to receive a pass or open up space for a teammate to drive

Elbow At

- Action where the ball is passed to a player at the elbow. The passer then cuts over the top of the elbow player with the ball for a basket cut or screening action with a teammate in the corner

Warrior Screen

- A Player spaced on the perimeter that recognizes a teammate relocating out to the perimeter and pins in for that player

Wedge

- An action where the ball handler first dribbles to the wing. The player in the corner runs up to set a Wedge Screen on a teammate at the top of the key. That teammate can then use the screen to cut to the rim or run into a ball screen

Dunker to Dots

- A movement that a player spaced in the dunker or post spot must make as a teammate makes a hard baseline drive. They relocate to the dots in the middle of the paint to create driving space putting their defender in a Never Let 1Guard2situation and also opening up passing angles to the weak side

Brazil Action

- An action where a player receives a pass and then immediately hands the ball back to the passer before cutting off a flare or into another action

Mash Action

- An off ball screen immediately followed by a handoff

Pistol Action

- An offensive action where a ball handler makes a kick ahead pass to a teammate or dribbles off a teammate positioned between the wing and the elbow. The ball handler immediately sprints off for a quick handoff and attack baseline. Generally a big will follow to flare the passer and then ball screen for the guard. The passer or first screener can also roll and clear out

First Touch

- A term often used in Soccer for the decision making speed that must happen the moment the ball hits the foot... In basketball... the ability to drive pass or shoot efficiently and quickly upon the first touch of the ball

Butler Big

- A selfless big that is willing to consistently run into multiple screens to trigger an offensive advantage. They are not driven by the reward of receiving the ball, but instead lost in the process of serving the team the best way they can in any given moment

Single Tag Situation

- When the offense creates a situation where the ball handler attacks off a ball screen or handoff with only one perimeter player spaced behind the ball. This is difficult to guard because if the ball handler engages the bigs defender there is only one defender in position to tag the roller.

Sacrifice Handoff

- A player with the ball that hands off the ball to a teammate while clearing out the defender at the same time to create an advantage for his teammate. Often dropping the ball between the legs or behind the back allows for the best screening angle after the handoff

Random Flare

- When the defense is loaded to the ball a player sets a flare on the help defender to get a teammate open and give the ball more space

Fill Behind

- When the ball is driven baseline the nearest player behind the ball fills behind where the ball was driven from as a possible receiver

Whip It

- The player with the ball recognizes a defender loaded to help too early or not in a stance and whips an early pass to teammate for a closeout read
- Example:
 - When ball screen coverage is being called W/S nail defender starts to move to nail. Ball Handler “WHIPS” it to their man and can attack the closeout.

Other:

- Gap closeouts are an arrival, closeouts are from paint to a shooter
 - Must sprint step then get chest to ball to stretch the defence on arrivals.
- Catches v closeouts
 - Shift catch
 - Defender/Pass coming straight out to you
 - Cross step either direction, ball fake other direction
 - Ball in air, feet in air, ball in middle
 - Momentum rip
 - Flat line pass
 - Moving in to catch down hill
 - Be skinny to help create driving angle
 - Roadrunner
 - Run through the catch v an over recovery
 - Sprinting through the ball
 - "Go and catch"
- Passing:
 - Vision - decision - precision
 - See - make the right read - Throw it on the money -

Fans, Fouls, = Fucked ** Missed this if anyone can add?

Drills:

2v0 String Slides:

- Coach dribbles and players must react to dribble movement
- Coach kicks to play who must drive, other player keeps relocating → kickout
- Into space out of space applies, player re attacks and kicks for shot
- That player then into space out of space and gets a pass from coach for shot
- Can simulate losing advantage, giving back to coach and going again
- Coach can extend dribble explore and force CoD on shifts

2 Man Passing

- Pair up - loose dribbling or really tight
- Face each other front on Teammate shows tight hand = bullet pass, wide hand = wrap pass
- Encourage outside the body passes and to push themselves
- Get feet active when you pass
 - step with it
 - Step wide on wrap pass

-Progression

- Face each other side on
- Hand low = pocket pass
 - Wrist flick
- High hand = hook
 - Over hand coming down with pace
- Other hand low behind = behind back pass
- Can progress to controller moving to challenge them more on precision

Transition

- Line Touch
 - Touch the Line Drill 3v3
 - First one down - no dribbles, must maintain advantage
 - Making quick decisions with the pass
 - Get behind the defence if you can
 - Coming back - can dribble
 - Touch Line Drill 5v5
 - Create situations with they have to evaluate
 - Put 1 or 2 on the defensive line - who should be off to the races
 - Can dribble push this time
 - Find nearest sideline unless you have chance to get behind the defence
- 5v5 $\frac{3}{4}$ Court Transition
 - Working on against soft trans D
 - Script spacing not triggers

- Change position of big in the 5 out spacing which creates different trigger possibilities
 - Have players explore/figure these out
- Note: George ran this 3v3 working on the triggers in smaller sided game before going 5v5.

Golden Snitch:

- Player is identified as Golden Snitch, other team doesn't know who.
- A score by them in under 2x dribbles = 4 points.

Constraints/Scoring:

- 3 for 3, 3 for charge circle, 1 for Midrange
- Want to use Time limits vs Dribble limits
 - Forces quick decisions and limited dribbles to score within time limit.
 - Used 6s - actually long time

Ball Screen Drills:

- 1v1 + Screen
 - Reads/Options
 - Reject = Can score at Rim
 - Under = Shoot or Twist
 - Over = Pull Up or Floater
 - Split before Screen = Rim
 - Progression → 1v2 + Screen
 - 2nd Defender starts on baseline
 - Live on offence calling for screen
 - No offensive scoring restrictions
 - Could add scoring constraints
- 3v3 + Screen - working on passing/decision making
 - Double Back Side - Low Man is Tagger
 - Must get 2 feet in charge circle to simulate tag
 - Tagger can only release on pass to either backside player
 - Initial Ball handler can't score off screen but can with into space out of space concept
 - Initial ball handler can pass early, or pass late after Piggy backing defender.

3v3 Dominoes

- Different Adv starts
 - Dribble start - sternum to high shoulder
 - Dribble start - sternum to high shoulder w coach initiation
 - Defender perpendicular to Offence - hands spread touching sternum

- Working on Dominoes concept and transferring/maintaining advantage to teammate if on initial small advantage drive you cant get great shot.