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Reading List

- 1) **Switch** – Dan Heath
- 2) **Why People Fail** – Siimon Reynolds
- 3) **The Rise** – Sarah Lewis
- 4) **The Leadership Playbook** – Nathan Jamail
- 5) **The Win Within** – Bert Mandelbaum
- 6) **Crash The Chatterbox** – Steven Furtick
- 7) **Relentless** – Tim Grover
- 8) **The Energy Bus** – Jon Gordon
- 9) **You Are Not Special** – David McCullough Jr.
- 10) **Earl The Pearl : My Story** – Earl Monroe

Individual Development:

- 1) Skill Work
- 2) Conceptual Work

Definition: Player improvement involves both skill and conceptual work done over and over at game speed.

NBA: The coaches are experts at teaching their players. How? They "chunk" their workouts into small skill development pieces and then attach those building blocks to the whole. For example, they will work on shooting off slides to the corner in volume that has a specific field goal percentage, make it a contest, and go at game speed with great energy. After competition, they will play 3 on 3 by dry running slide to corner and go live on catch.

Drills:

- One transition drill = P/R (D'Antoni)
- One half court drill = P/R (Thibodeau)
- One skill drill = Greatest need (Newell)

All Quality Drills Include:

- 1) Time
- 2) Score
- 3) Competition
- 4) Rotation
- 5) Element of Confusion
- 6) Winner / Loser (Validation = Made Free Throw)
- 7) Rebounding (Always)

The NBA Offensive Game:

- 1) E/O – Made / Miss
- 2) Secondary Action
- 3) P/R
- 4) Set plays – Screens away from the ball.
- 5) Post
- 6) Situation Play (Under OB, Side OB, Time and score)

The NBA Defensive Game:

- 1) D Trans
- 2) Defending secondary action
- 3) P/R

MP/R

- a) Hedge
- b) Contact Show
- c) Switch
- d) Push / Squeeze
- e) Blitz
- f) Zone
- g) Laker Red

SP/R

- a) Hedge (Middle)
- b) Contact Show (Middle)
- c) Ice (Baseline)
- d) Black (Baseline)
- e) Blitz
- f) Switch
- g) Push
- h) Laker Red

- 4) Defending set plays – Screens away from the ball.
- 5) Post defense
- 6) Situation defense (Under OB, Side OB, Time and score)

Conclusion:

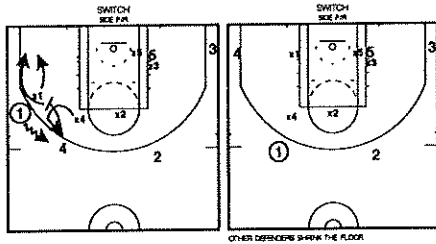
Whatever you do with player development make it:

- 1) Repetitive
- 2) Target Specific
- 3) Competitive
- 4) Terminal
- 5) Reward Effort / Praise Result
- 6) Drill must be linked to whole
- 7) Build in element of fun, which comes from achievement

PICK AND ROLL DEFENSIVE SCHEMES –

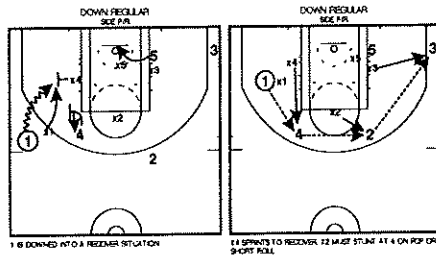
THERE ARE MULTIPLE SCHEMES AND STRATEGIES USED TO DEFEND THE MOST PREVALENT ACTION IN TODAY'S GAME. THE SCHEME WE EMPLOY DEPENDS ON THE STARTING SPOT AND THE OFFENSIVE PERSONNEL. HERE ARE JUST SIX.

SWITCH



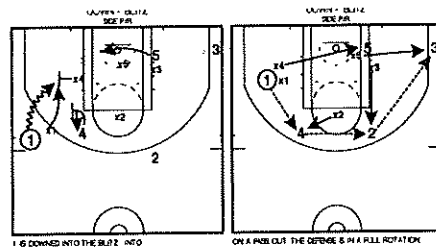
AS THE BALL HANDLER ENTERS THE ACTION, THE SCREENER'S DEFENDER AND THE BALL HANDLER'S DEFENDER SWITCH DEFENSIVE ASSIGNMENTS. WHEN YOU SWITCH, **TALK IT, TOUCH IT, DENY IT.**

DOWN-REGULAR



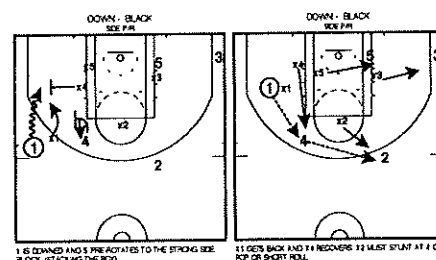
GET ON THE HIGH HIP OF THE BALL HANDLER AND FORCE THE BALL TO THE BASELINE. FORCE THE BALL AWAY FROM THE SCREEN. X2 MUST STUNT AT 4 ON POP OR SHORT ROLL. GET BACK TO OWN MEN...NO ROTATION.

DOWN -BLITZ



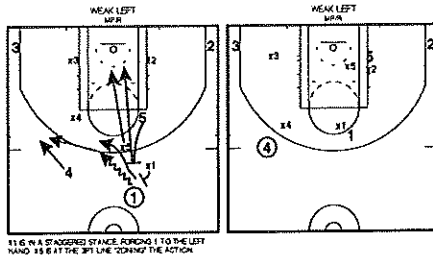
GET ON THE HIGH HIP OF THE BALL HANDLER AND FORCE THE BALL TO THE BASELINE INTO A TRAP. PRE-ROTATING THE WEAKSIDE DEFENDER TO THE BLOCK.

DOWN-BLACK



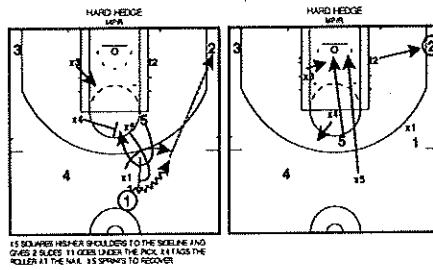
GET ON THE HIGH HIP OF THE BALL HANDLER AND FORCE THE BALL TO THE BASELINE AND PRE-ROTATE THE WEAKSIDE DEFENDER TO THE BLOCK. X2 MUST STUNT AT 4 ON POP OR SHORT ROLL. GET BACK TO OWN MEN...NO ROTATION.

WEAK LEFT - MP/R



BALL HANDLER'S DEFENDER IS IN A STAGGERED STANCE, FORCING THE BALL LEFT. THE SCREENER'S DEFENDER MUST BE AT THE 3PT LINE "ZONING" THE ACTION. THE OTHER DEFENDERS ARE STUNTING THE PLAY. **WHY?** = GREAT WAY TO KEEP FROM ROTATING.

HARD HEDGE - MP/R



THE SCREENER'S MAN GETS ON TOP OF THE SCREEN (SHOULDER'S FACING THE SIDELINE) AND SLIDES TWICE WITH THE BALL HANDLER. THE BALL DEFENDER SPRINTS UNDER THE SCREEN AND ESTABLISHES POSITION IN FRONT OF THE BALL HANDLER. WEAKSIDE DEFENDER MUST TAG ROLLER.

"@CoachMikeDunlap would love to see blog on off. teaching points of PNR. Specifically interested in techniques/ideas to improve decision making"

"@CoachMikeDunlap why do NBA teams not - even occasionally - utilize an extended defense to shorten shot clock

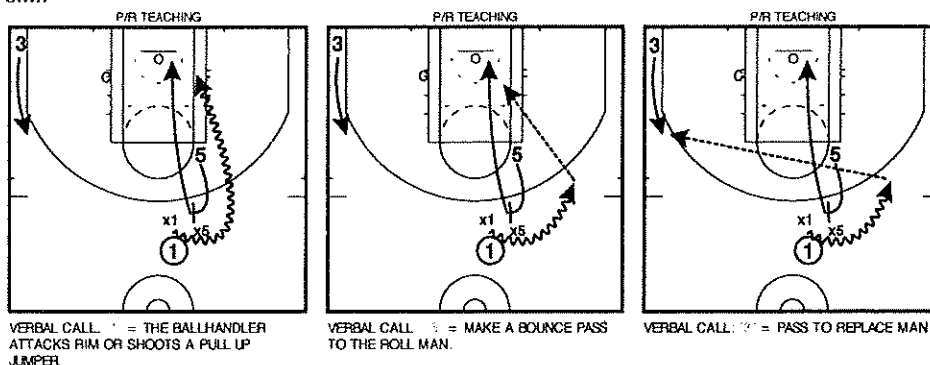
Second things first:

There was nobody in the NBA who utilized the press better than Hubie Brown; he would tell you to use the press 4 minutes per quarter; he would confirm that the press does shorten the shot clock; he would also warn you to be careful as the culture of the NBA does not welcome a pressing coach. Why? Simply put, an 82 game schedule makes it a difficult sell. The older players feel it hurts their longevity and they ultimately control the locker room. There are exceptions to the aforementioned but not many. Coach Pitino was the last pressing coach in the NBA and eventually succumbed. The press could have been part of the reason.

Finally, I still believe you can discretely press yet it has to be a coach with a strong reputation, or as they say about martyrs, ".....life was good from the neck down."

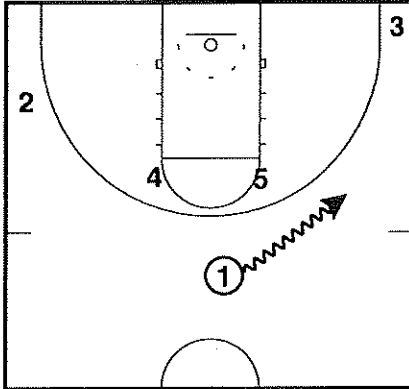
Now, first things second:

The development and decision making process of the pick and roll game covers a lot of ground. I will give you a couple ideas and leave it there. One of the most important points that I can make is **teaching to the advantage of the drill**. For example, play 3 offensive men versus 2 defenders. You can guard the ball and the screen, while putting a coach on the replace or fill man; the coach is there to instruct only while giving the ballhandler different verbal cues as he takes his second dribble off the screener, like pass to replace man using the verbal "3"or making a bounce pass to the roll man using the verbal "5" or calling out "1" which means the ballhandler attacks rim or shoots a pull up jumper. The set would be: ballhandler in middle alley, screener on either elbow, and replace man in the corner opposite side ballhandler dribbles for throwback pass. The idea here is to give all 3 offensive men verbal cues and use different types of situations so they must read and react. Offensive basketball is nothing more than move and countermove. We teach different situations or types of p/r defenses and show the offense how to attack that particular scheme. For instance, if the defense is using a traditional hard hedge against the ballhandler, we tell him use at least 2/3 dribbles to get separation from screener so that passing windows are much bigger. Additionally, we tell the point guard that there is an order to our progressions: "you attack rim first, look for roll man second, and find replace man third." We also know that people remember things in threes so we tell the ballhandler to be aware of the 3 S's: **start point, set up** (fake opposite the screen) and the **separation** rule of at least 2 dribbles before passing ball. The biggest problem I continually see with the p/r game is that the ballhandler leaves before the screener gets to his defender.....WAIT.....fake away.....and once the ballhandler hears both feet of the screener hit the ground, he takes off.....The next most prevalent mistake lies with the screener because he does not sprint his pick.....**sprint, sit, separate**.....there it is again, the 3 S's.....



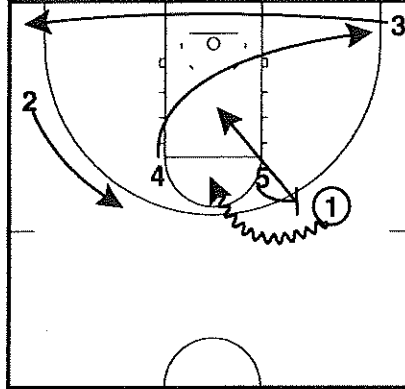
The devil is in the detail....
stay at it, stay with it, stay on it....

Shakes
Zone Sets



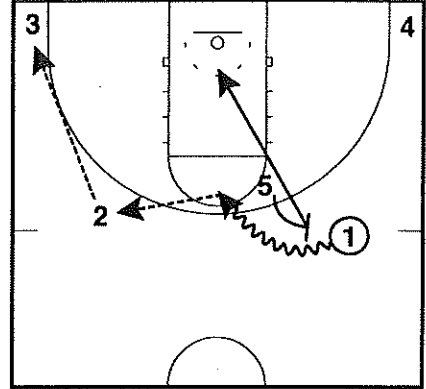
1 dribbles to one side (to the edge of the volleyball court)

Shakes
Zone Sets



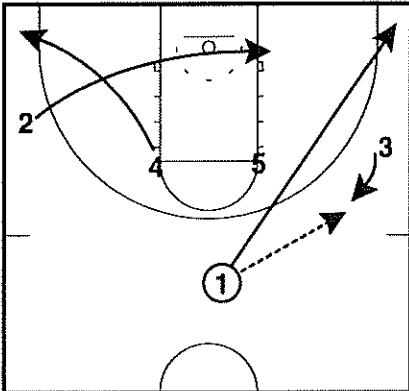
5 is setting the ball screen
4 is in the corner on the side the ball screen is taking place
2 in the pro slot
3 is in the weakside corner

Shakes
Zone Sets

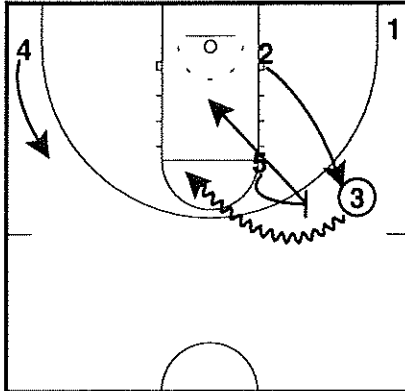


1 comes off the screen to make the other guard take him. As soon as that takes place the ball is passed to the 2 looking for a shot. If 2 doesn't shoot it he passes to the 3
5 is rolling to the middle of the zone

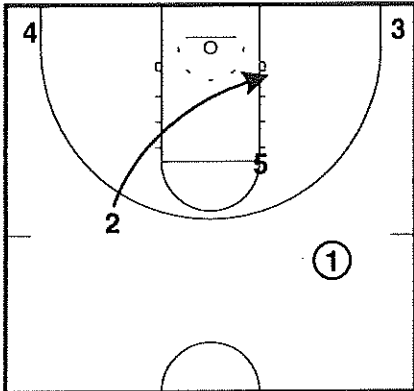
Counter
Zone Sets



Counter
Zone Sets

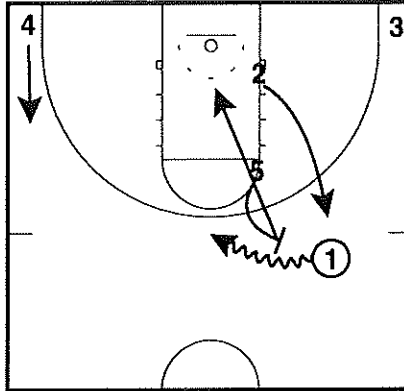


Shakes - Again
Zone Sets



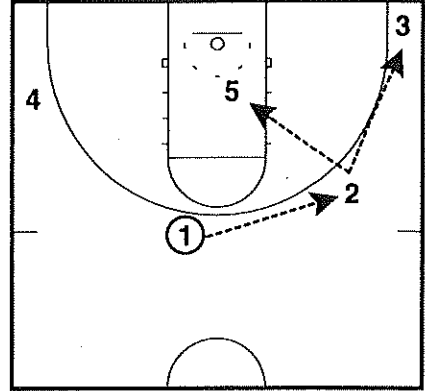
1 has the ball just inside the volleyball court.
2 is pro slot starting to cut to strong side mid post area.
4 or non shooter is weakside corner

Shakes - Again
Zone Sets



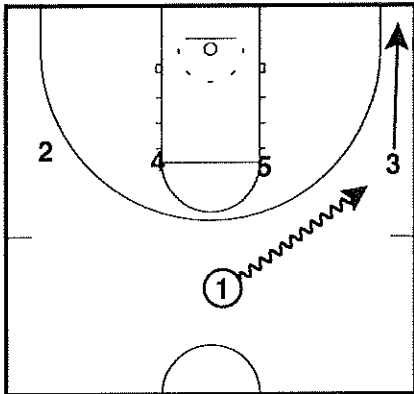
5 sets PNR and rolls to the middle of the zone
1 uses the PNR
2 lifts right behind the ball screen

Shakes - Again
Zone Sets



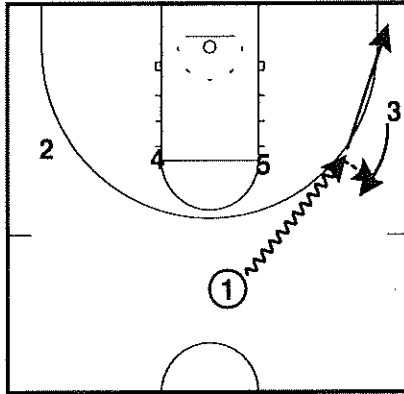
1 looks (can't dribble to far over has to be able to throw it back to the 2)
2 open behind him
if 2 doesn't shoot if the 3 is wide open
2 can look at the 5 sealing on the rim
4 open on the wing for a 3

Option - Dribble Entry
Zone Sets



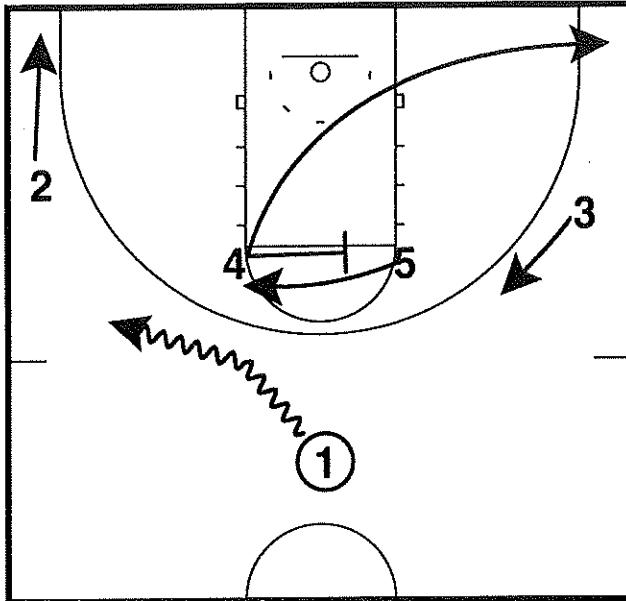
1 dribbles the 3 into the corner
everything else stays the same

Option - Dribble hand off
Zone Sets



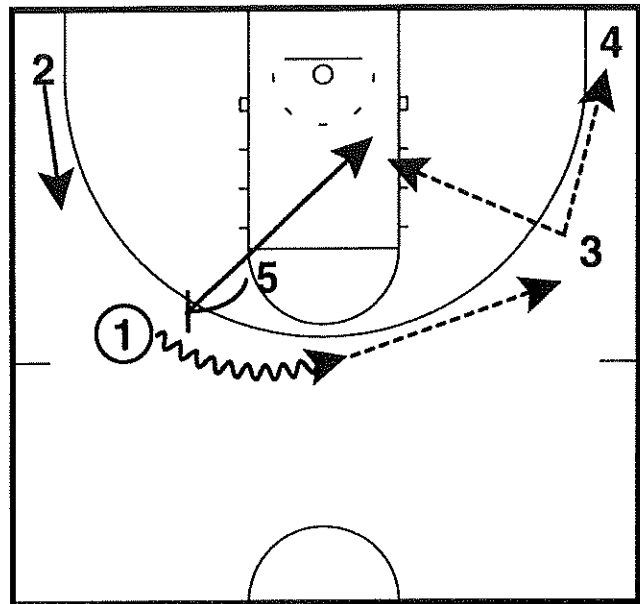
1 runs a dribble hand off with the 3 and we are into the action again

End of Clock #2
Zone Sets



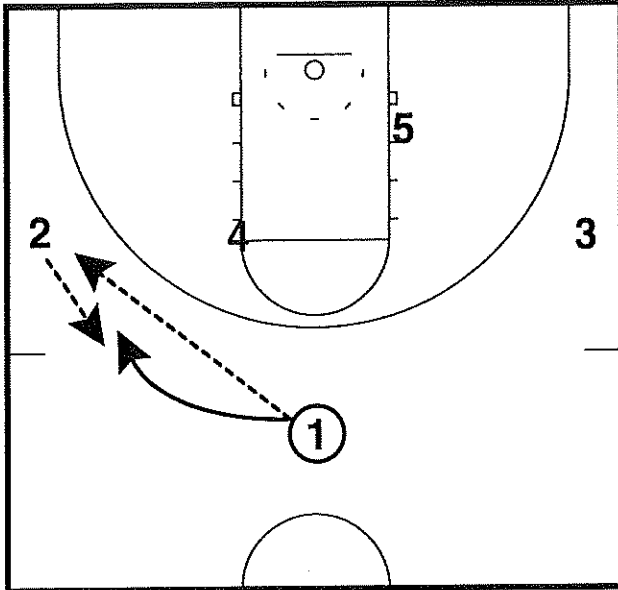
- 1 dribble enters to the wing
- 2 pushes to the corner
- 4 goes to the weak side corner, can screen for 5 or just cut
- 3 sits in open window

End of Clock #2
Zone Sets



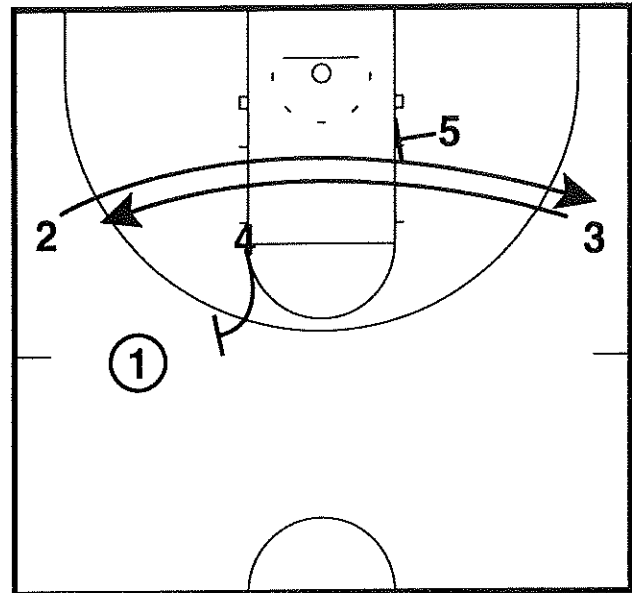
- 5 set PNR for the 1
- 5 rolls to the middle
- 1 comes off once the next guard picks you up must move the ball
- 3 either shoots it or looks for the 5 or 4

Shakes - Cross
Zone Sets



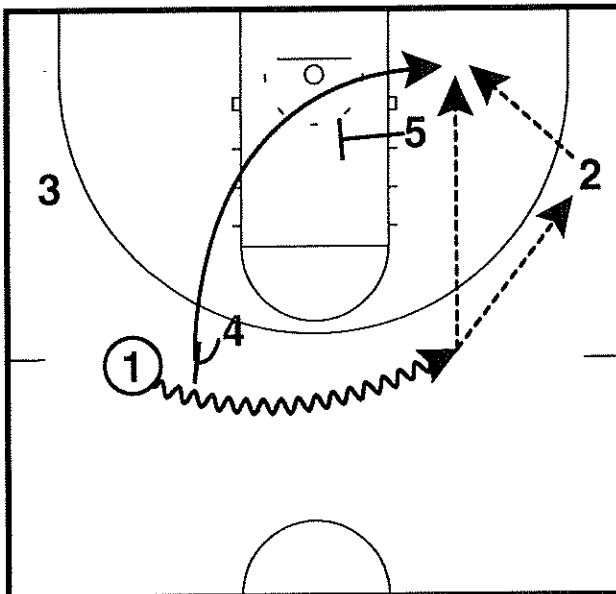
1 passes to the 2 and goes and gets it right back

Shakes - Cross
Zone Sets



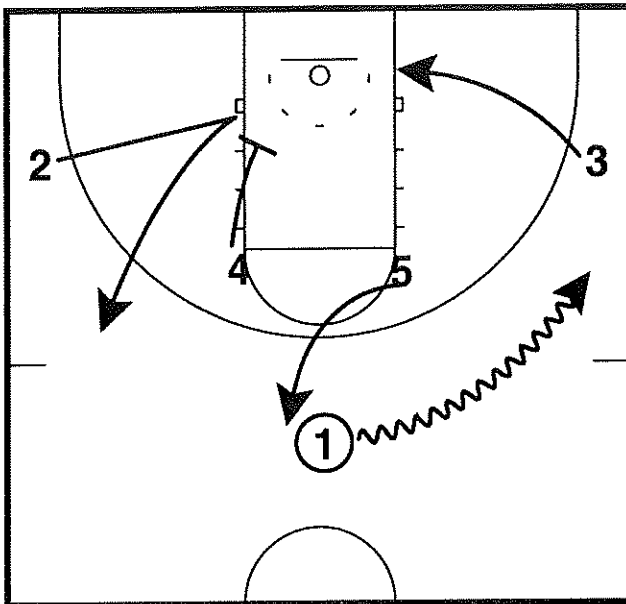
2 & 3 cross
5 sets a screen on the outside of the zone for the 2 coming through
4 steps out and set a screen for the 1

Shakes - Cross
Zone Sets



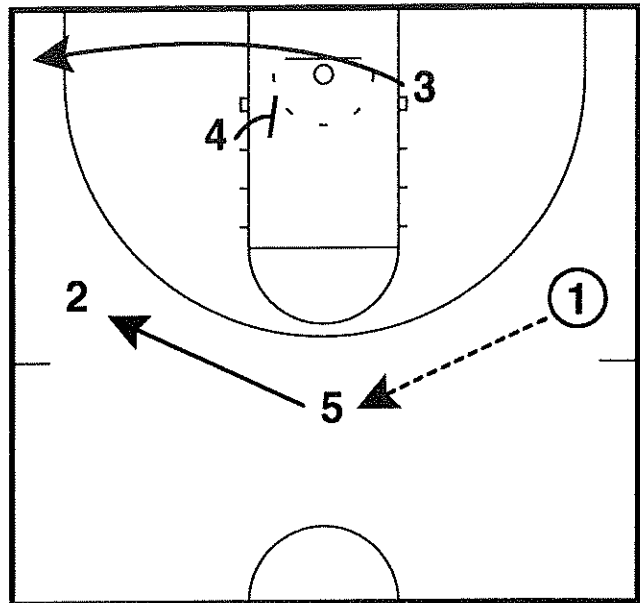
1 uses the screen and dribbles over to pro slot at least
4 rolls under the rim going to short corner.
5 steps in and screen or seals the middle guy in the zone.
1 can pass it to the 4 or the 2
2 can pass to the 4
can also look at the 5

Push
Zone Sets



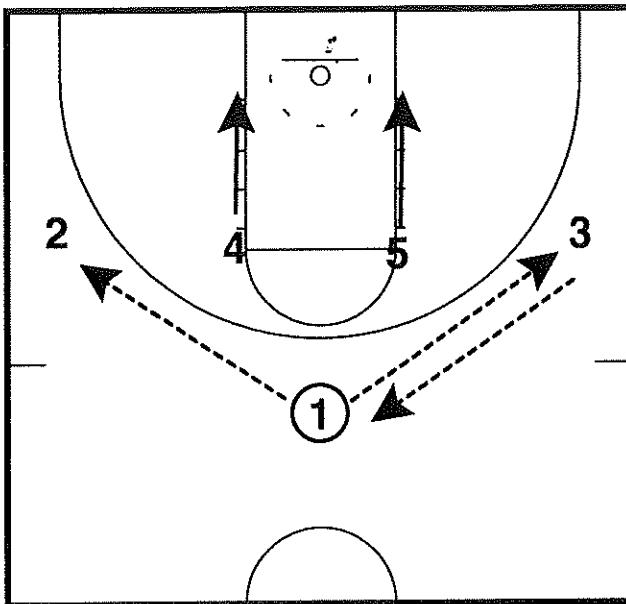
- 1 dribbles to the wing
- 3 goes to the strong side block
- 5 pops out to the top
- 4 down screens for the 2
- 2 goes off the screen and goes to the wing

Push
Zone Sets



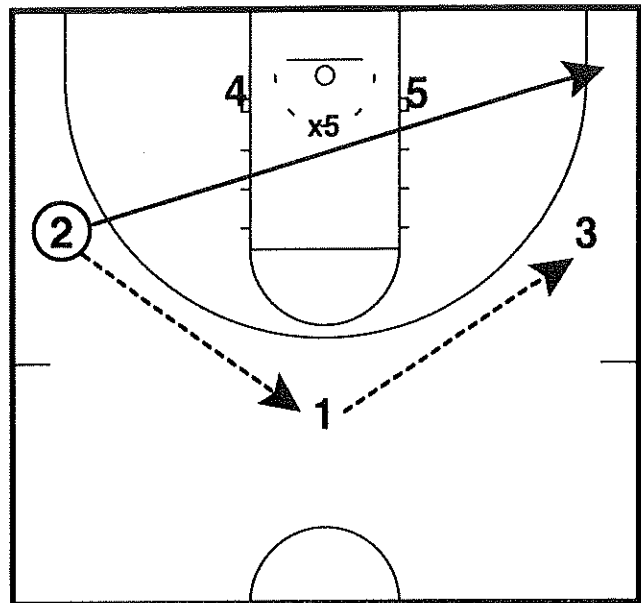
- 1 reverses it to the 5
- 5 swings it to the 2
- 4 set screen for the 3
- 3 goes to the corner
- 4 seats after screening

2 Over
Zone Sets



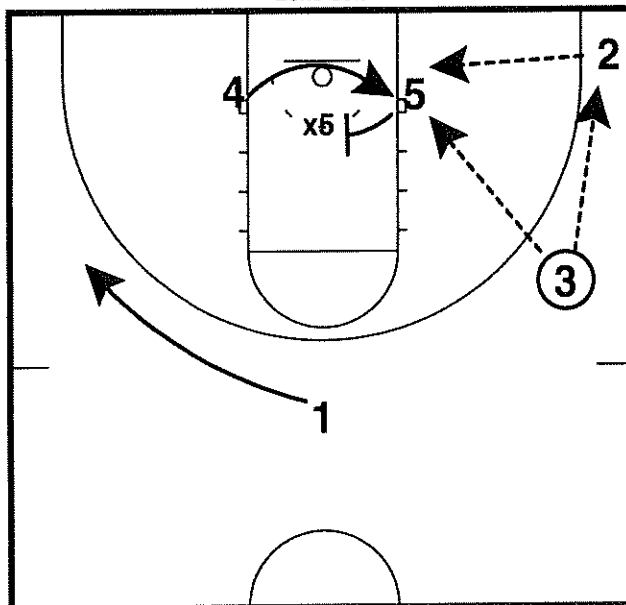
1 passes to the 3
3 passes to the 1
1 passes to the 2
All of this is false motion

2 Over
Zone Sets

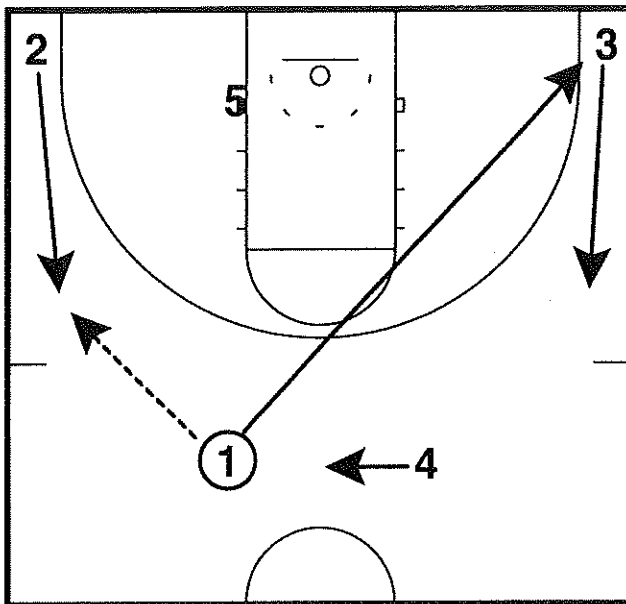


2 passes back to the 1 and cut thru the middle to the corner
1 passes to the 3 and spaces away
5 screens the middle guy in the zone
4 comes under the screen looking for the ball
3 passes to the 4 or can pass to the 2 and the 2 can pass to the 4

2 Over
Zone Sets

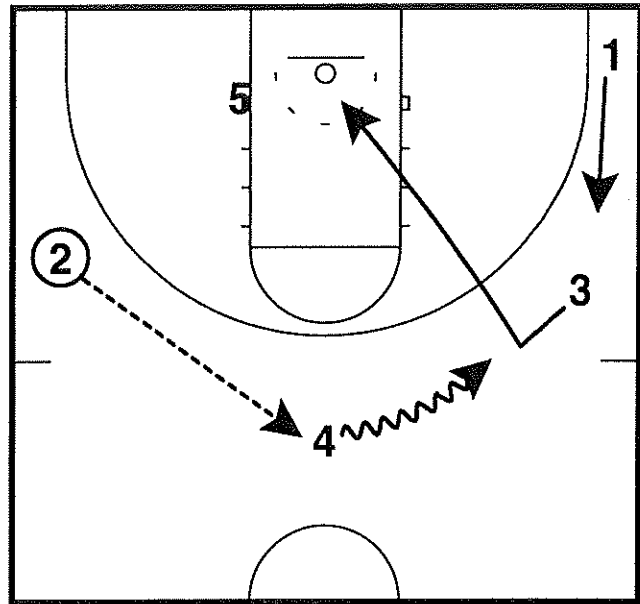


Early-Corner
Transition



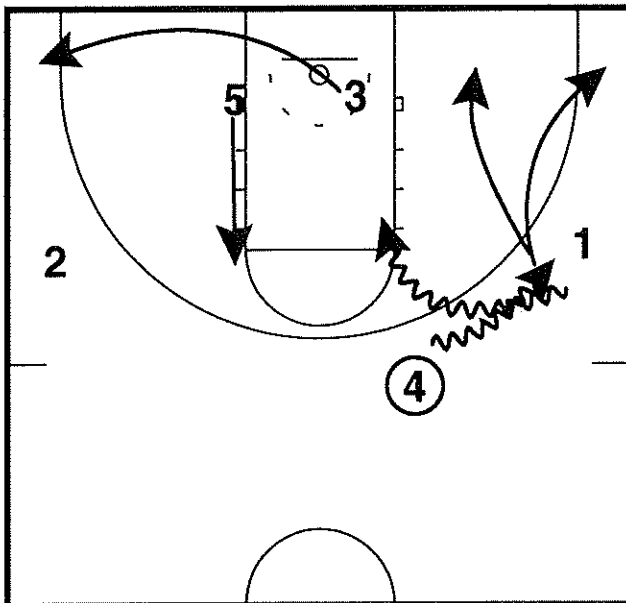
1 passes to the 2 and cut to opposite corner
3 moves up to the wing
4 moves to the middle

Early-Corner
Transition



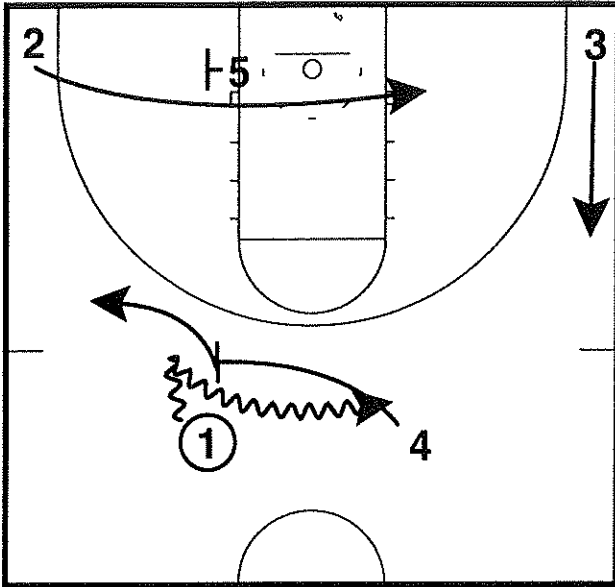
2 swings to the 4
4 dribbles at the 3 who back cuts automatically
1 lifts and get ready to come off the dribble hand off
when 3 backcuts he need to try and run into the 1's defender

Early-Corner
Transition



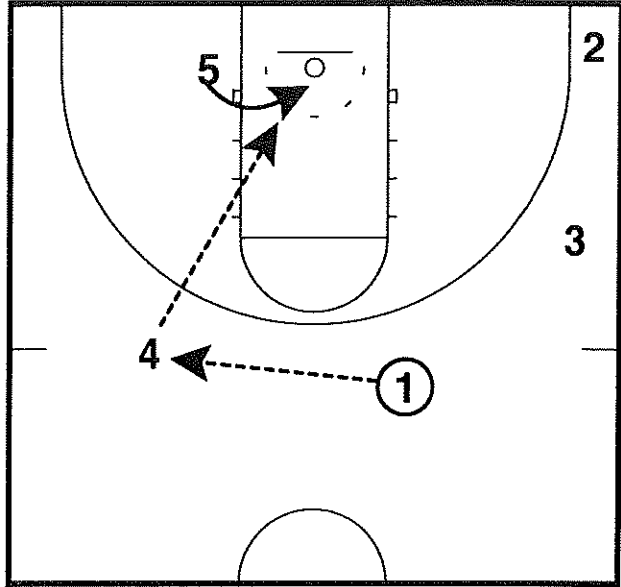
4 runs a dribble hand off with the 1
4 can pop or dive into the post
3 goes out to weak side corner
5 lifts to the elbow

Early-Push
Transition



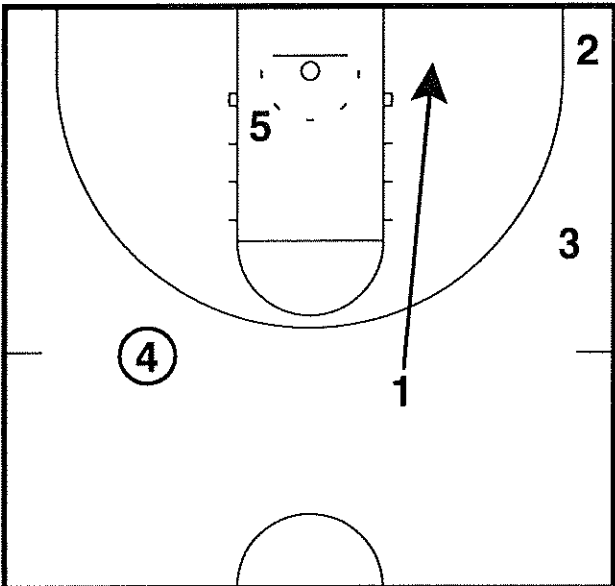
1 dribbles down to set the PNR up
 4 comes in to set mid PNR with the 1
 as the 1 is coming off the PNR,
 5 set screen for the 2 along the baseline
 1 1st. option is to hit the 2 coming off the screen
 4 man pop after screening

Early-Push
Transition

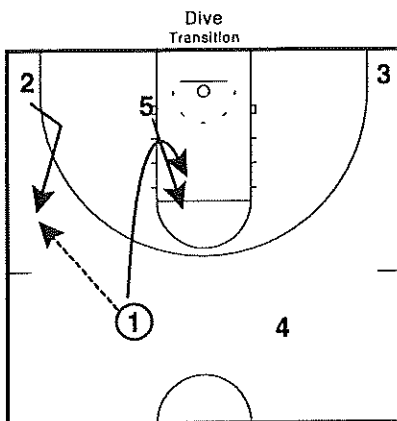


If 2 is not open
 1 can pass back to the 4 on pop
 5 steps in and post after screening (both feet in paint)

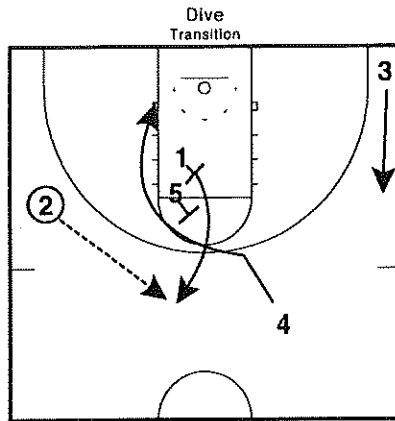
Early-Push
Transition



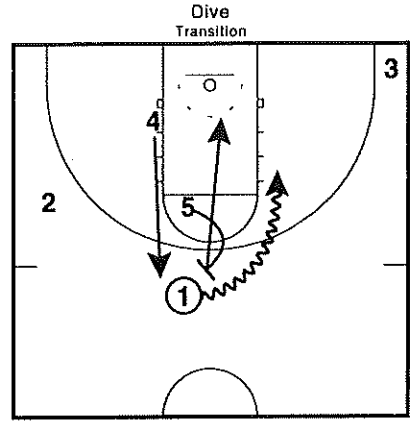
If 4 doesn't shoot it or pass to the 5
 1 cuts to short corner and we are into our motion.



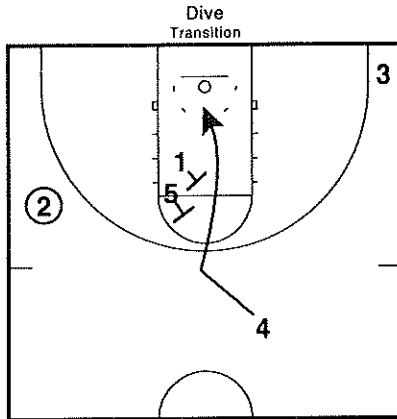
1 passes to the 2
5 lifts to the elbow area
1 cuts below the 5



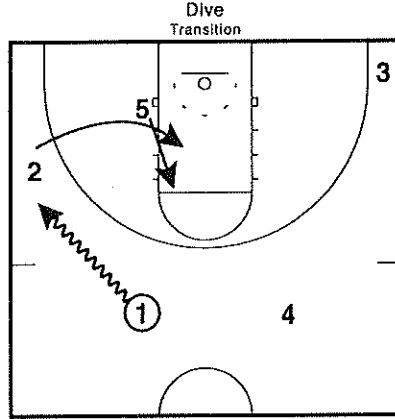
5 & 1 set a screen for the 4 ...



If the 1 doesn't shoot it
5 sets out and sets a ball screen going away from where
the pass came from
5 rolls
4 replaces

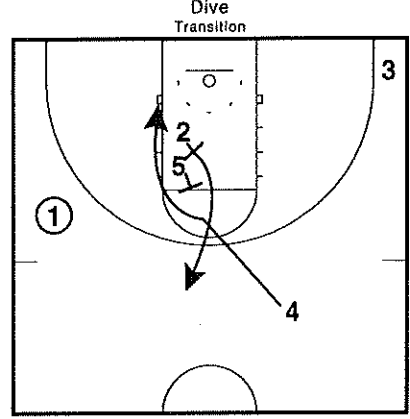


4 does not have to go ball side can go to the outside and
look for the lob. If the lob is not there 4 goes to strong
side block looking for a catch then gets ready to replace.

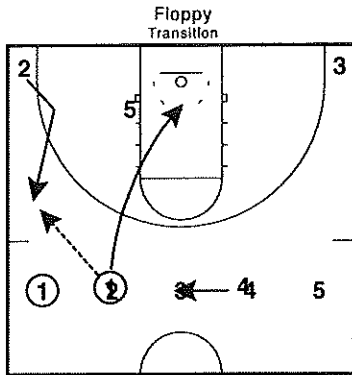


Dribble Entry

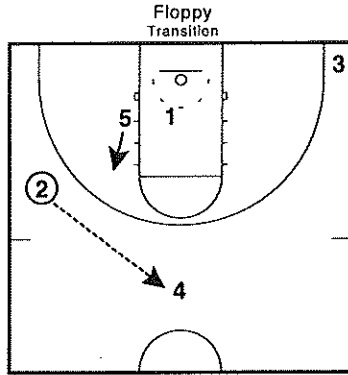
1 dribbles the 2 into the screening the position
5 screens for the 4
2 is screening the 5's defender



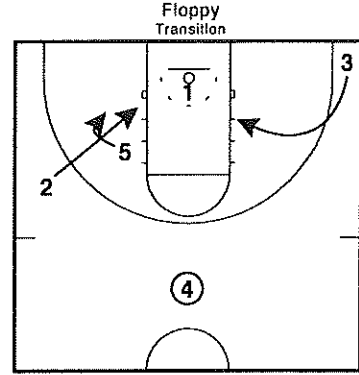
Dribble Entry ...



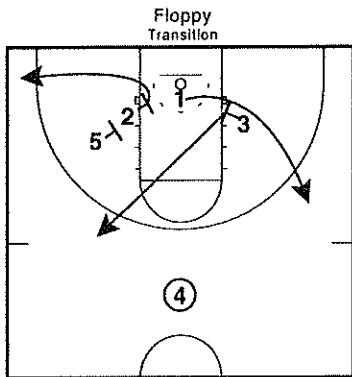
1 passes to the 2 and cuts under the rim
4 fills over



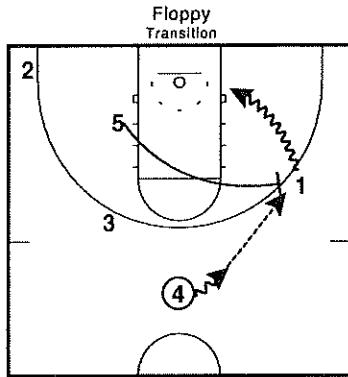
2 swings to the 4
5 lifts up



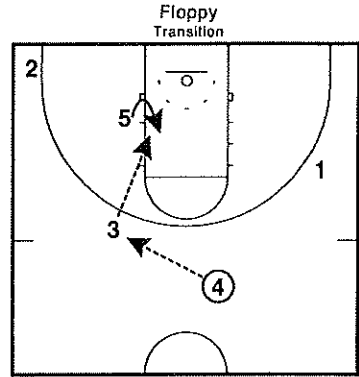
2 cuts below the 5 to be the first screener
3 cuts to the block area to screen



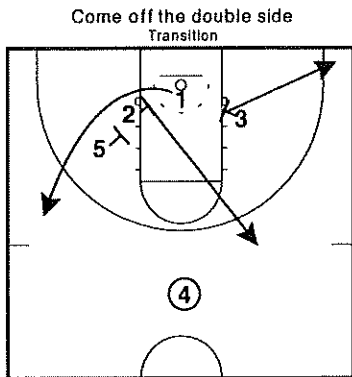
1 has option to use single side or double side.
1 comes off the 3 (single side)
as soon as the 1 passes the 3
3 cuts to the opposite pro slot above elbow
2 goes out opposite the 1



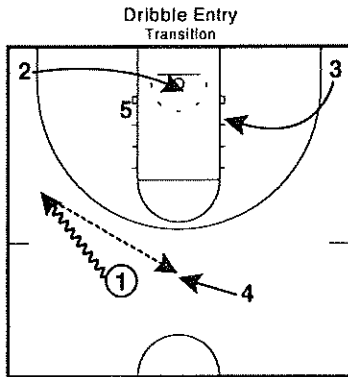
If 1 catches he is trying to rip it and go baseline
5 or 4 can come set a side pnr.
4 is reading the defenders if only one guys goes with
the 1 the passes to the 1
if both defenders go with the 1 looking for the 3 popping
out.



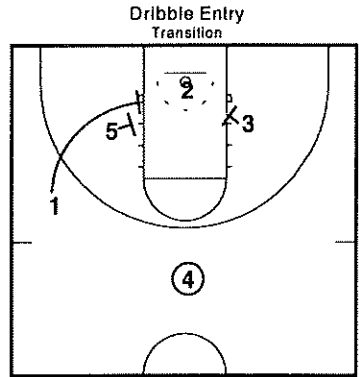
If the 3 catches and doesn't have a shot the 5 seals and
is looking for post pass



If 1 comes off the double side
2 then goes up to pro slot area
3 goes to corner
5 can come set a ball screen or post



1 dribbles at the 2 pushing them into the middle
2 swings it to the 4
We are now in floppy



2 can go either direction and we a running floppy as
normal