

GEORGE RAVELING-DEVELOPING BIG MEN
Factors for having a effective center-

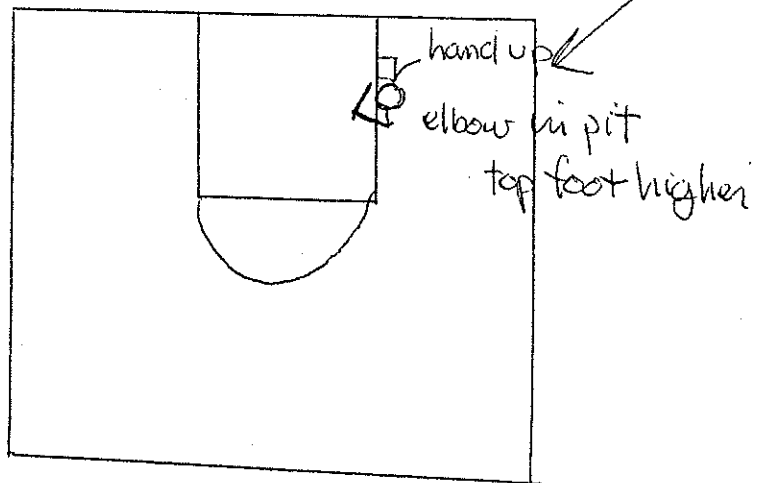
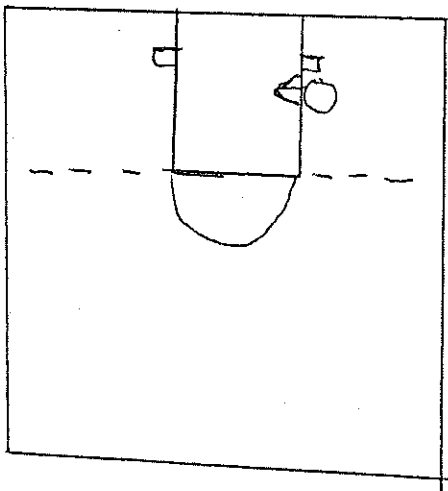
1. Feels the game is won in the paint. The best friend for the defense is the sideline and baseline. So offense must focus on getting the ball in the paint. Be a 3 pt. player!! Focus on scoring the max. number of points. Attack hoop and defense Don't go away from pressure. Teach to be aggressive offensively.
2. Mental Coaching- sell kids on your philosophy and program.
3. Attitude Development-
 - a. Be patient and aware of late developers.
 - b. Don't put up against better players, don't let them get frustrated.
 - c. Be positive-praise at least once a day.
 - d. Work daily with him. 30 minutes a day off season. Summer camp books, films, summer league.
 - e. Weight and running program.
 - e. Build offense around him. Doesn't mean make him your scorer, utilize the skills he has.
 - f. Teach him to; shoot with both hands, make moves left and right play either side of the lane, how to receive ball, pass ball and pivot. Teach him to play high, medium and low post.
 - g. Prepare others to play with post by:
Selling them on a big man, reading defenses, how to feed post, move to open spot, pick and roll.
4. Thoughts- You win with centers, 1 point out of 3 times the ball goes in, center should be in top 3 in foul shots attempted, teach by progression, use videotape replay.
5. Most Important Physical Development- Feet and hands-how to catch and head position.
6. Instruction Areas- Strength, endurance, coordination, reactions, offensive movement.

7. Fundamentals of Post Attack- Position, target, pass, catch move and shoot.

Position- must fight for it. Start at above box, looking in.

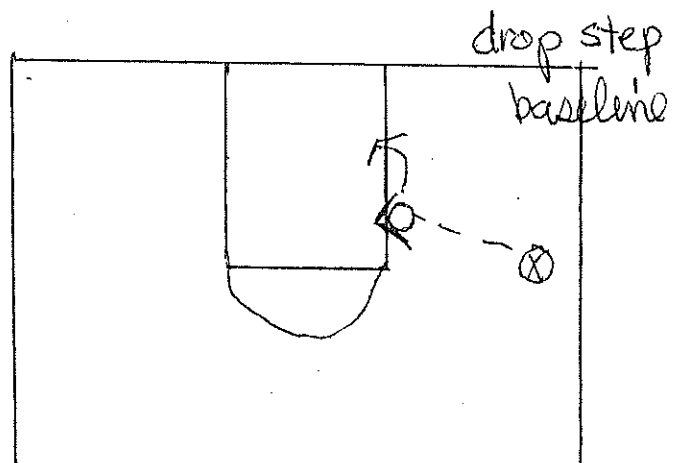
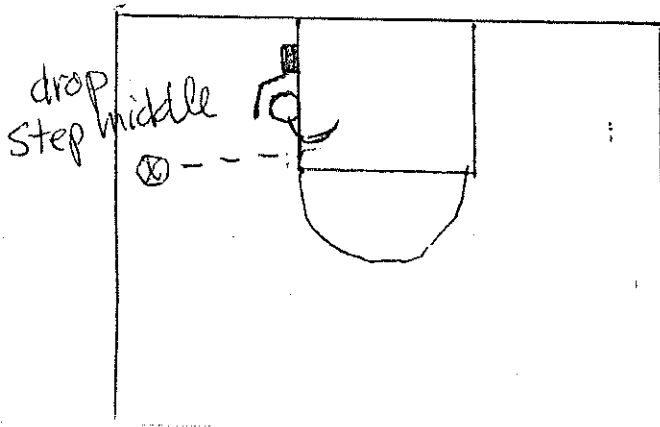
This makes the defense decide how to defend. Follow the ball with your head. Let the defense dictate your movement. Wait until the ball penetrates the F.T. line extended before you make your move.

On a side front- elbow in their are pit, top foot higher than defense, butt low, off arm calling. If defense keeps playing high move up the lane to set up, this gives you more room to receive the ball.



Front- Turn and face lane Bring arm closest to defense to shoulder level, Arm up. Concentrate on passer. Hold spot until ball is almost there, then bend hip and get ball. Bring feet together get stable and protect ball. Catch ball and inside pivot.

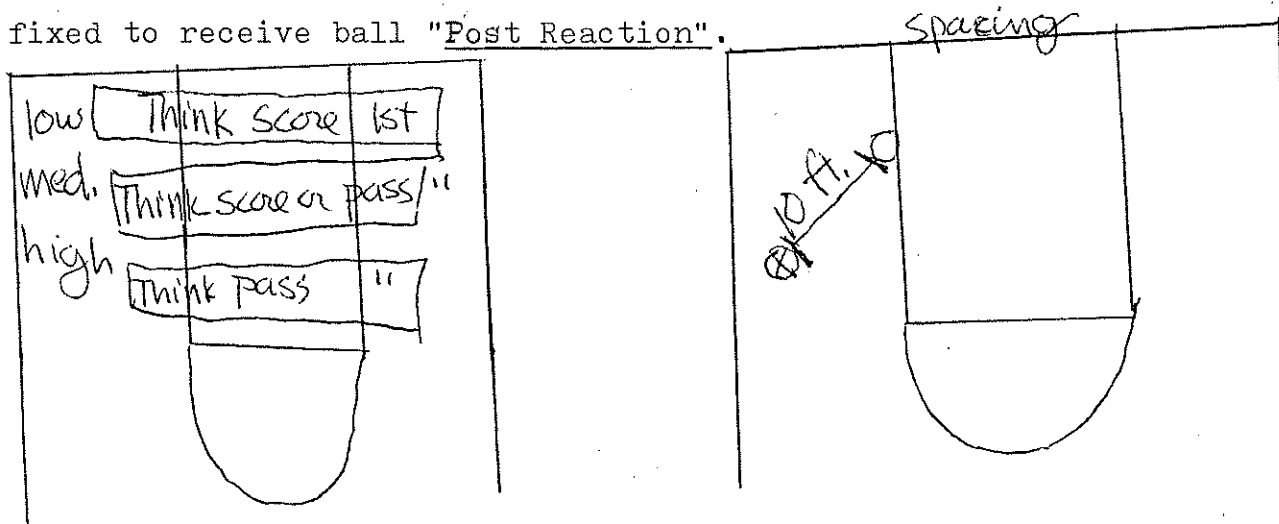
Slide-Step-Attack-Make Move!!!



Reading Defense- passer must read defense-pass ball to receivers outside hand or shoulder.

Target-target hand is one furthest from defense. Don't pass ball if no target.

Pass- get wing to inside pivot. Guards 3 way pivot, put ball opposite defense. Bounce pass from baseline. Ideal spacing between wing/post is 10 feet. Get wing to watch his defenders head after he passes ball to post. Never stand still. Have hands fixed to receive ball "Post Reaction".



Catch- catch it with your eyes. Look it into your hands. Palms facing ball, not fingers. Block and Tuck!! Bend for ball-don't reach. At point of impact the arms should be extended. Then bring it to chest.

Move- Depends on defense. 3 shots; power layup-hook-turnaround jumper. Try to let defense block your first shot. Direct all movement to hoop with a dropstep. If they dribble have them dribble between legs. Pivot on balls of feet.

4 BASIC RESPONSIBILITIES ARE SCORE PASS SCREEN AND REBOUND
 BASELINE IS FIRST LINE OF ATTACK.