

“Post Player Development”

Bill Bayno, Toronto Raptors

-Working 1-on-1 with your players develops a bond.

-Posts need to be able to change speeds (changing speeds isn't just for the guards).

-All players must play with their eyes up. Eyes are weapons, they create angles

-On using pads in workouts: they teach guys to use their body

- Great players go through
- Inside shoulder hit/outside hand finish
- Doesn't like football pads because it's just one hit. Prefers the MMA style pads that you wear on your arms

-Start with scripted moves and build up a player's repertoire. From here, go to live play with a coach “dummy” guarding and the player reacting to what the coach is taking away.

-Swim move to get open: shoulder hit, swim to get over.

Warmup drill: 2 bigs facing each other dummying a swim move against each other.



Reads

Catch Out of Paint: Slow
Catch In Paint: Quick/Fast

Thoughts on cutting off a post feed

-Why don't more college teams have the passer cut baseline off a post entry? On this: don't be too quick to pull the guy from the opposite slot to the ball side (crowds the post player's dribble)

-You don't see the passer cutting to the middle off a post entry often in the NBA because defense at that level is so good at having the cutter's defender stay right on the lane line (not following the cutter) and having the D zone up behind him (or the cutter's defender can go for a quick, hard double).

-On your backdown dribble, it should be your butt bumping against your defender. If it's your shoulder, it's too easy of a charge call.

-Loves the 2-hand pass fake to TOK/the middle of the floor on a block catch. Slows the player down and gets the dig guy away from him a bit.

What is Development?

1. Game Situation
2. Game Speed

- Swim to seal: forearms, hips and ass
- High jump on your finish, don't long jump (takes you out of the play).
- Refs play the yell. You get hit by the D, yell!
- There's teaching and there's maintenance. Both are important
- The most physical + the most conditioned players win the game. You *can* teach physicality.
- If the D is taking away your favorite shoulder, square to face the rim because now the D needs to square up.
- Straight line to the rim with eyes up and initiating contact—that's your job.

Contesting Shots

- Huge emphasis in the NBA on contesting shots
- The differential in shooting percentage between contested and uncontested shots is mind-blowing.
- Because of the difference, Bayno is a strong believer in contesting shots at the shooter's release point (even though this will mean you occasionally foul a jump shooter). "Late jump" // "Be the second one off the floor"

- 2 hand rebounding! Pound this point, it's crucial.
- 1 on 1 Rebound: 2 players stand shoulder-to-shoulder about 5 feet away from the rim. A coach stands at the free throw line shoots and the two players fight to rebound. Whoever gets the rebound tries to score. On any long rebound, the player throws the ball back to the coach and ducks in for a catch.

-NBA is far ahead of college in counters to the hard hedge. NBA has the "short roll" down. Don't roll all the way to the rim, settle between the two layers of defense.

-If a kid isn't comfortable turning back baseline to his weak hand, have them turn back and go up with the ball with two hands. He should jump into the D and push his weak hand through the ball to shoot ("It's amazing. Even in the NBA, we get these guys.")

