



THREE OF A KIND

Course 03: Coach Zeljko Obradovic

Lesson 10: Using the Shot Clock 2

Language: English

USING THE SHOT CLOCK 2

Following the first part of the lesson, we can divide the shots that are taken by the team three different groups:

1. Shots you are looking for in the 24-16 second range
2. Shots you are looking for in the 15-8 second range
3. Shots you are looking for in the 7-0 second range

The most important things before discussing each one is to take into consideration the game circumstances: time & score etc. The defense that the opponents are playing also affect the shots that we look for e.g. 24-16 second range, whether the defense is pressing full court or playing half court creates two very different situations.

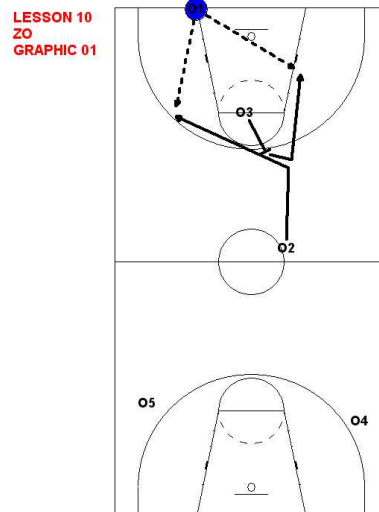
Another crucial aspect is to apply the correct rhythm for your team. It is essential to understand that the shots you are looking for in a concrete moment of the game must be dependant upon the rhythm that you are playing at that moment. If your defense is soft and you are playing with no aggressiveness it will be impossible for your team to steal the ball and run the fastbreak.

SHOTS YOU ARE LOOKING FOR IN THE 24-16 SECOND RANGE

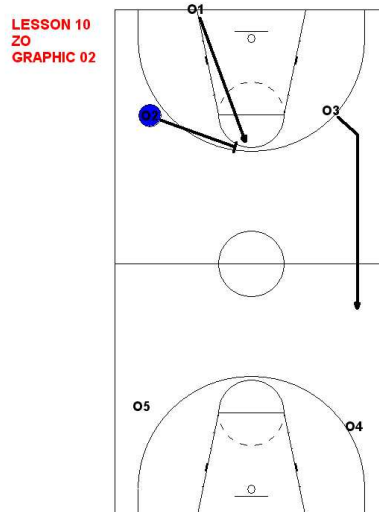
e.g. If you are working hard on defense, the opponent is pressing full court and we have the ball under our basket we must be ready to break the press and score an EASY basket because your players are playing with a high tempo and you have an opportunity to break their defense with great transition.

BREAK THE FULL COURT MAN PRESS - EARLY SCREEN

Graphic 01: O3 sets a screen for O2 and rolls to the opposite side where O2 goes, O1 has two options to pass to.

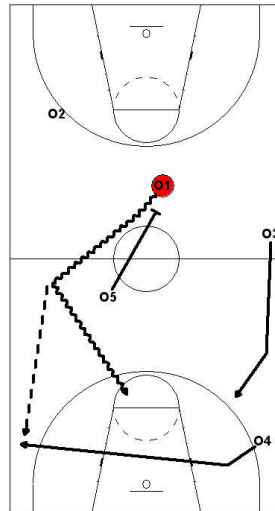


Graphic 02: The ball is passed to O2.



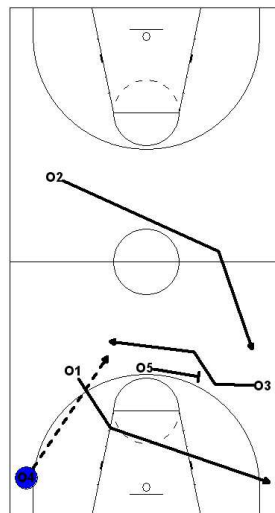
Graphic 03: O5 sets an early screen for O1. At the same time O4 cuts through the paint and receives the ball or if the defense switch we must attack the mismatch.

L10
ZO
GRAPHIC 03



Graphic 04: We begin running our transition offense.

L10
ZO
GRAPHIC 04



Generally in this situation what we ask from our players is in the 24-16 second range to look to surprise the opponent with an early drive, drag or back screen. This is the best moment, because most defenses are not organized, especially if we inbound the ball quickly or if we make a quick outlet pass. Again, we are talking about the importance of the quick link between your defense and offense.

If your opponent is in a half court defense perhaps you cannot finish with an easy basket in the first seconds of the possession but you can put pressure on the defense with a quick transition and get the ball immediately into the frontcourt. If you do this continually the opponents defense will be broken down giving you a great advantage.

SHOTS YOU ARE LOOKING FOR IN THE 15-8 SECOND RANGE

This is the "heart" of the offense. At this time your players tend to feel most "protected" by the offensive sets, but they are only guidelines rather than a solution. The coaches must offer possibilities to the players but it is these who must decide the time and correct option for the final execution.

This final decision or execution must take into account if the path to the basket that has been created is good and we have the possibility to attack or we must move the defense a little more!!! This is in our opinion essential because the correct moment at which we must take advantage is the crucial element.

THIS IS THE TIME WHERE WE MUST CREATE SOMETHING.

Each coach has in his hands the decision to play with different plays, movements, systems and using these create the basic offensive philosophy of his team. This is also the time for cuts, passes, screens, pick & rolls and many different options that we will discuss in future lessons. In any case, the coach has the responsibility to offer a basic guidance for his players.

SHOTS YOU ARE LOOKING FOR IN THE 7-0 SECOND RANGE

In our opinion, the correct messages for the players in these situations are:

- We have plenty of time.
- Do not panic.
- Read the defense and create.

In this scenario we tell our players TO DRIVE: **Pick & Roll dribble drive, Isolation drive or Screen action drive.** The reasons for this preference are:

- If the ball is in the hands of one of your best offensive players and he starts to drive he will draw attention from the other defenders and maybe create an advantage for a teammate.
- It is easier to draw fouls with dribble penetration.
- The defense can collapse inside the paint and following this it is much easier to obtain an open outside shot.
- Players have more options to "create something different".