

Notes by Jon Giesbrecht -- Winnipeg, MB, Canada -- CoachGiesbrecht@gmail.com

Lawrence Frank (Indy) - Breakdown Offenses: The Importance of the Play After the Play

"Under pressure you don't rise the occasion you sink to the level of your training, that's why we train so hard." Navy Seal

"To be a good player on your team, you have to effect someone else on the team. You have to cause them to play better by the way you play. You effect other players with the character and attitude. To be a great player you have to effect your entire unit. If you are a great player, every player on that unit plays better when you are on the field. The number 1 thing on any team that will keep your players from being selfish is respect for the other players. Having respect leads to trust and from that they begin to believe in each other. That is the way it works and that is the way it has to be." Nick Saban

"Play the Game" Principles - It impacts everyone of your offensive possessions-What you do at the end of every single possession-continuous flow (you are not running a set and then resetting). It gives your players a guide/roadmap of how we play out of pick and rolls, how we play out of drive and kick, how we maintain our spacing, how we play out of catch and shoot situations, how we play out of post up situations.

Do you players not just your core values, do they know your defensive musts, do they know your offensive musts.

5 Offensive Musts:

1. We play attack basketball. -- We own the paint, we are relentless in our attack, we want to shoot free throws, lay-ups and open jumpers, we sprint the floor to get easy baskets, we make advance passes to attack, we attack inside out, we do our work early to get paint catches, we attack the rim on direct line drives and get to the free throw line, we attack rotations and closeouts, we have precise spacing to open up driving lanes, we have a multiple pick and roll mentality, we play through bumps, we drive draw help and kick to open shooters.
2. We play with pace at a high energy level.
3. Move the ball unselfishly and make quick decisions.
4. Value the basketball.
5. Execution = Be committed to making the plan work.

With signage, we would post our 5 offensive and defensive musts. Within each point you go into depth. If you are limited to three things for each side, what would they be? What do you stand for? What are your shot selection priorities?

Our shot selection priorities...

1. Lay-ups, Dunks, Deep Paint Shots, Free Throws
2. Corner Threes
3. Non-corner threes

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Pass and follow



Pass back and follow



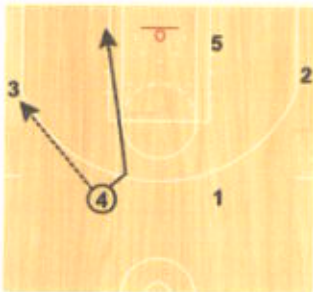
Dribble Handoff at Opposite



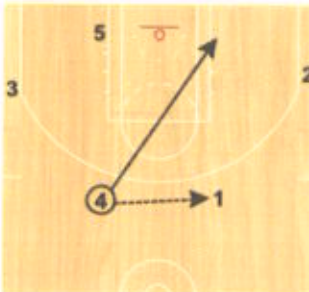
Dribble Handoff at Same



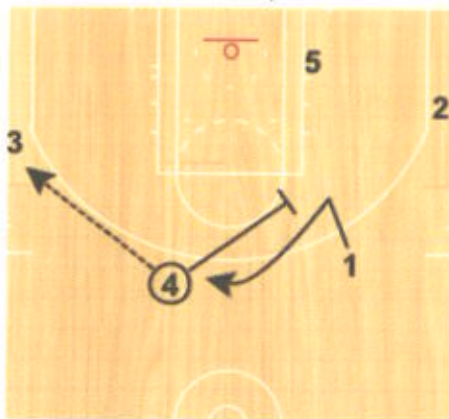
Pass and Cut



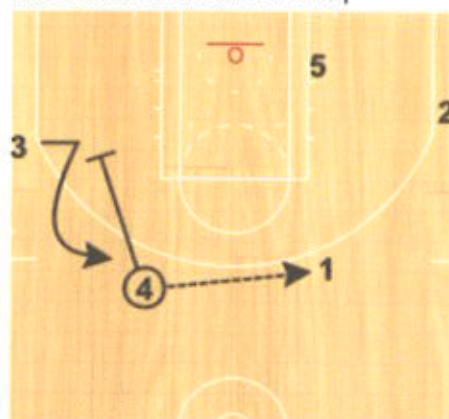
Pass and Cut



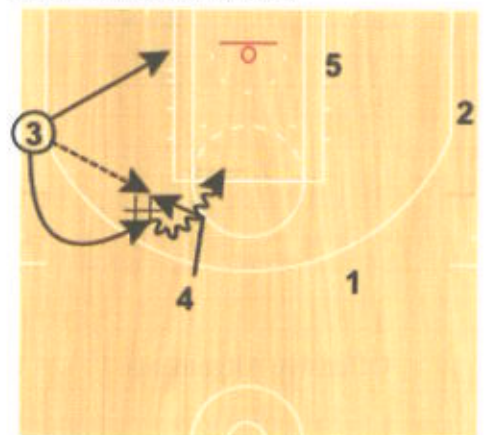
Pass and screen away



Pass back and screen away



Pass and Show Hands



The 4 & 5 have 9 Options after passing the ball to a guard in a "big above" situation.

***Lawrence Frank refers to the bigs as the "Motion Men"... They determine the action...

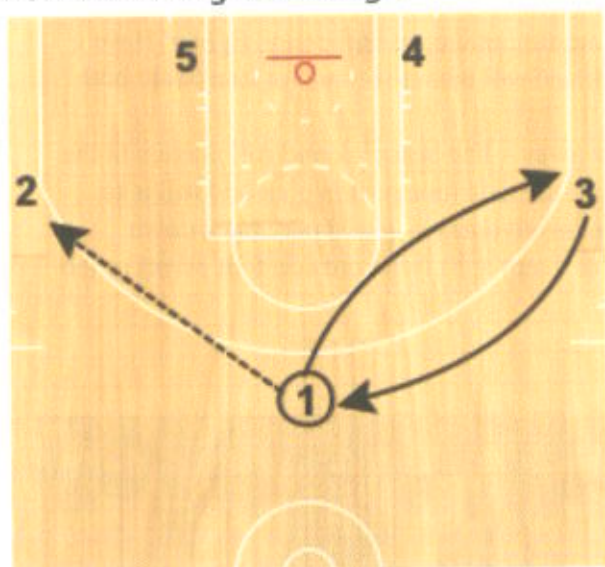
- 1.Pass and follow with pick on the ball
- 2.Pass back and follow with pick on the ball
- 3.Dribble handoff
- 4.Dribble handoff in same direction received pass
- 5.Pass and screen away
- 6.Pass to same side and screen away
- 7.Pass and cut to an open post
- 8.Pass and show your hands - Back cut/Hand back (Effective against teams that Ice)
- 9.Pass to same side and show your hands

After passing to 3, 4 makes short cut to the ball and shows hands. 3 passes to 4. Depending on 3's defender's positioning he may back cut or come get handoff. This is effective for poor pick and roll players (guards).

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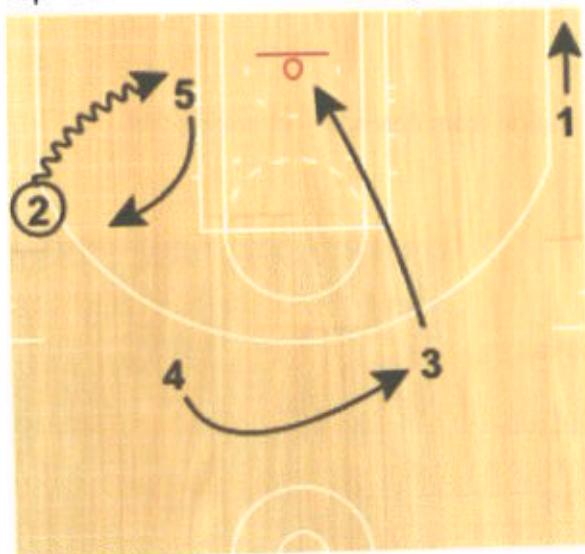
Spacing Rules...

Point to Wing Exchange



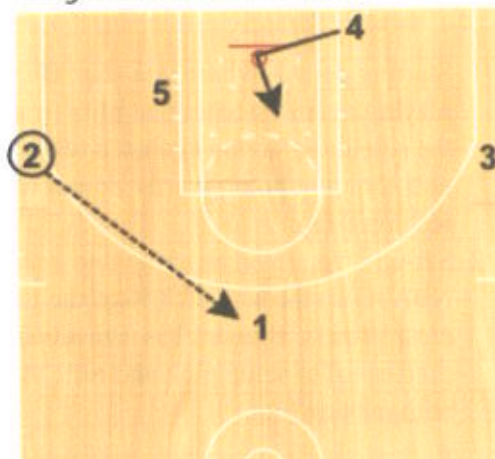
Point to wing pass, 1 and 3 exchange.

"Spread" Baseline Drive Spacing



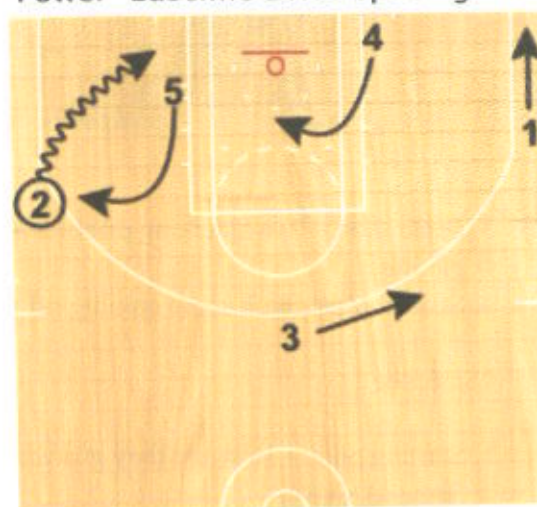
Whoever is in the slot - on drive we dive (3). Must readjust spacing on 3's

Wing to Point Duck-in



Wing to point pass, weak-side big ducks in. Important in 3out 2in alignment, when ball is on the wing, 4 and 5 are never in a line.

"Power" Baseline Drive Spacing



Ball side big (5) replaces behind ball in shooting range. Weak-side big (4) is "Ting it up to the dots". Weak side wing (1), baseline drive-baseline

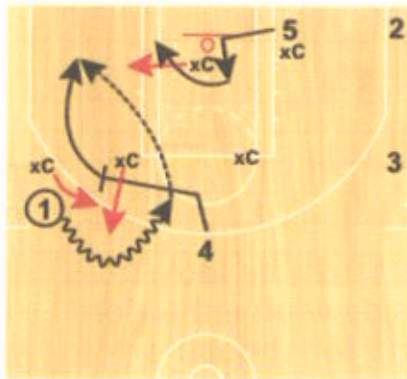


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angled with feet pointing to the sideline.

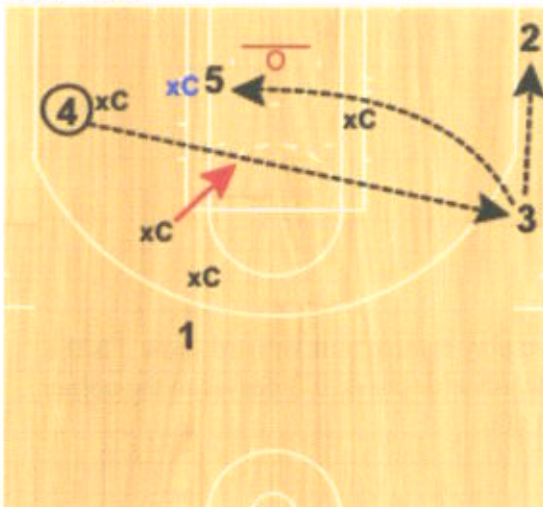
4. Separation - For us... It is the quicker roll - not the traditional roll (opening up to the ball). It's about getting there as quick as possible.

Show Drill: Duck-in to Flood



If the low man takes the roller... 5 goes from ducking-in to flooding (flashing across the lane).
 *If low man is cheating over to take roller - 5 high seam flashes (mid-key) instead of ducking-in.

Skip Pass



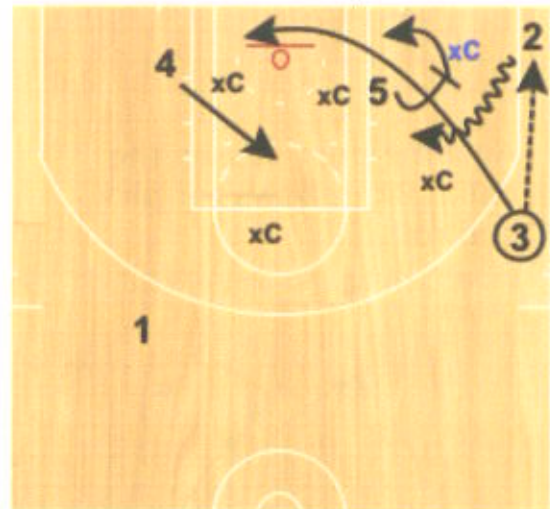
If 5 is not available for the high-low... 4 skips to 3. On 2's catch, he immediately

Show Drill:

- 1.Reject
- 2.Two attacking dribbles throw to the pop. Types of passes:
 - a.Reverse pivot to push pass.
 - b.Hook pass (bigger guards).
 - c.Step back to overhead pass.

We start every practice with different concepts. If we know the team shows, we will rehearse against show. If we know the team ices, we rehearse against ice. In practice, coaches will play defense.

Throw to Corner - "Step-out Get"



If 3 cannot high-low pass or quick touch pass to the corner, he throws down to the corner and slot cuts. 5 sprints over and sets

3on2 along the baseline... 4 may get a lob (if shooter may stretch to weak side corner)... 5 ducks-in hard... 2 stays strong side corner.

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Countering Ice... We first teach 2on0...

- We want to start higher and tighter.
- 1st look... Don't buy what defense is selling right away. Try to use screen and get to the middle..
- 2nd look... "Playing in the window" - We call "half dive"... Ball-handler uses the pocket pass to deliver the ball. Don't wind up when throwing pocket pass, should be done right off the bounce-can be done with inside hand or outside hand.
- 3rd look... Re-screen crossover split (snake)... After the ball-handler gets to the middle of the floor-the screener rolls wide.
- 4th look... Beat the big baseline-use in and out. Screener dives to the rim.
- 5th look... Pop back to dribble screen (dribble handoff)... The ball handler makes two guard him... The screener pops to shooting range... The ball-handler throws back to the big, the big dribble screens (dribble handoffs).

1st Counter - Use Screen



Start higher and tighter... Spin back and use screen. Get to the middle create 4on3.

2nd Counter - Playing in the window - Half dive



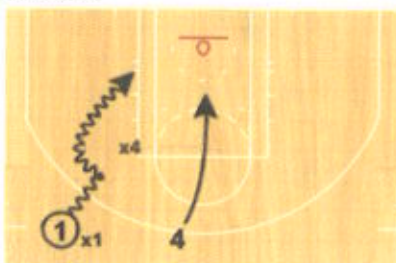
On 4's catch... He's either 1 bounce to the rim for a finish or throwing lob to 5 is 5's defender steps up. 4 does not want to catch ball too high-will be easy for weak-side wing to tag/help.

3rd Counter - Re-screen Snake

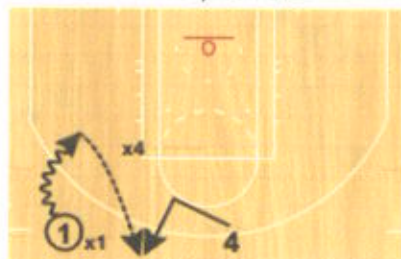


4 changes the angle of the screen-rescreens. To get to the middle of the floor the ball handler wraps tight to the rescreen. 4 rolls wide.

4th Counter - Beat the big with In and Out



5th Counter - Pop to DHO



5th Counter - Pop to DHO



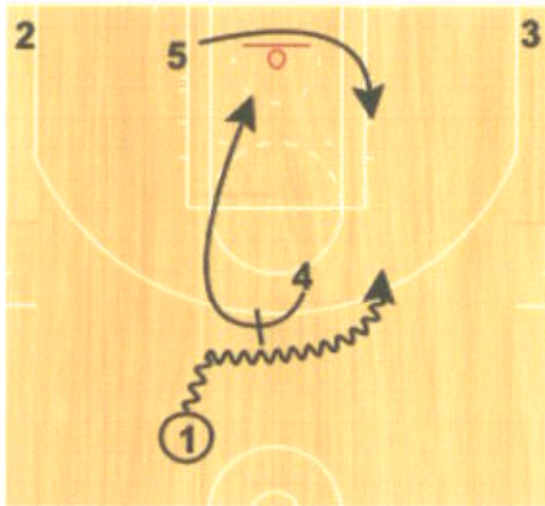
1 drags out trap... Throw ball to roller... If roller is bumped by x2, 1 throws to lifting 2. Should have lay-up or catch and shoot three.

If 1 cannot make pass to 2 or 5, he kick passes to 3. 3 either looks inside or skips to 2.

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Also effective against blitz or hard show...

Roll and Slide Action (Or Short Action)





1 uses in and out to get to the rim... 4 dives.



1 attacks x4 - makes two defenders guard him... 4 pops back into shooting range.



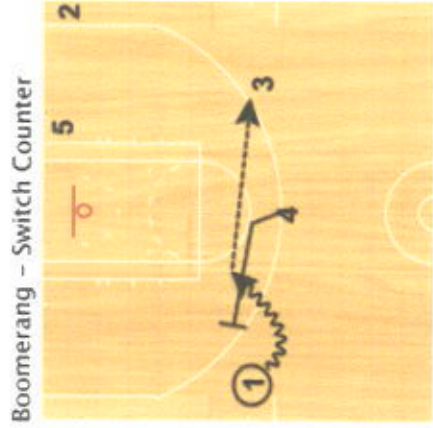
4 dribbles at 1's defender for a dribble screen.

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Here is the 2on0 breakdown we use (in the demonstration Lawrence Frank uses the 5th counter - Pop to DHO)...

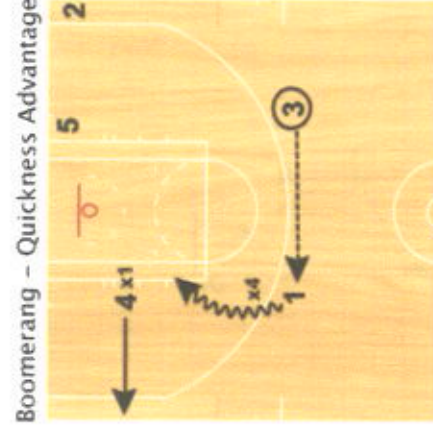
- a) Ball-handler attacks off dribble handoff and pulls up at the elbow.
 - b) Ball-handler attacks off dribble handoff and gives pocket pass to rolling screener.
 - c) Ball-handler ... etc
- *Can add player in the slot - Ball-handler attacks big, throws back to the pop, the pop reverses the ball and then sets wide pin-down.

Against switch in pick and roll...



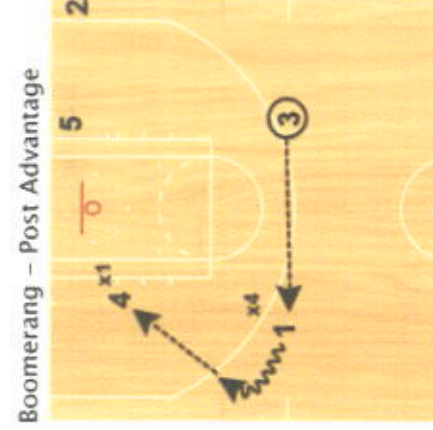
Boomerang - Switch Counter

1 uses screen and kick passes to 3 in the slot.



Boomerang - Quickness Advantage

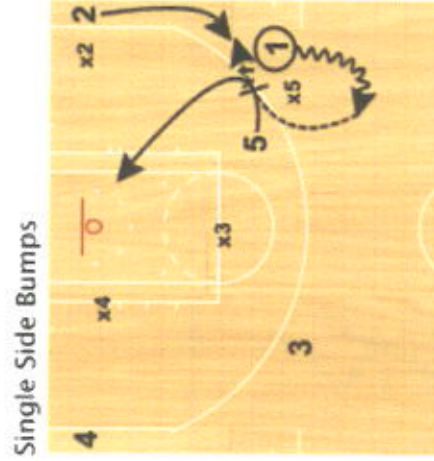
On swing back, 4 cuts out to the perimeter - opening gap for 1. 1 looks to beat x4 off the dribble.



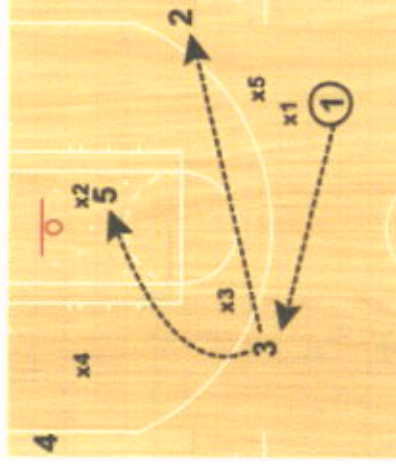
Boomerang - Post Advantage

On swing back, 1 dribbles to improve passing angle and feeds the post. If 4 is fronted, 5 flashes high to look high low.

Effective against blitz or hard show...



Single Side Bumps



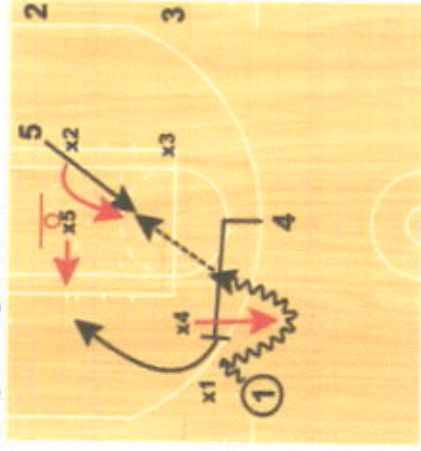
Kick Pass

3. Catch, the immediately looks inside to sealing 5 or makes quick touch pass to 2.

step-out get. 4 can either duck-in or high seam flash.

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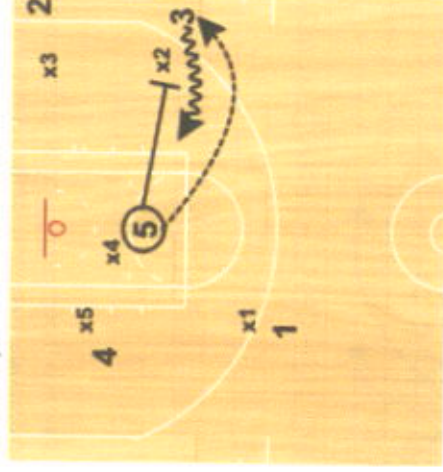
Drag to High Seam



High Seam Catch (Slow Defensive Recovery)



High Seam Catch (Quick Defensive Recovery)

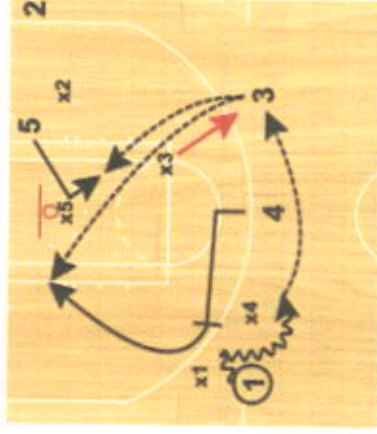


On 5's catch, he looks to weak side wing either for corner 3 for shooter or back-cut for cutter.

At the highest level (playoff basketball), it's very hard to score off your initial actions-you have to work the set. *Lawrence Frank noting the importance of multiple pick and rolls/multiple actions.

Anytime post passes the ball... Big follows for pick and roll.

Kick-pass against blitz or hard show



Very effective play against blitz or hard show... Is the kick-pass (the advance pass). If 3 passes to the corner... becomes slot cut.

drive... 4 fills slot. 1 drifts to the corner.

drift. High guard (s) is going to the weak side pro-lane.

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Four S's in Pick and Roll Play:

*Ball-Handler

1. Starting point - Where you start the play... Depends on how the defense is guarding. If we are playing against a team that blitz (trap) or hard shows - important that we try to stay away from the sideline. Playing against a team that ices - important that we are higher and tighter. Have a non-shooting point guard - do not want to start pick and roll outside of the 3pt line (want both feet inside 3).
2. Set-up - You must be a threat to beat your defender away - The best pick and roll players in the NBA reject the screen 50% of the time. At the end of the day your goal in pick and roll is to create 4on3s. If guard has size advantage vs quickness advantage - guard may back down (half-spin) to setup pick and roll. May use crossover (step) split (with outside foot pivot) or jab with outside foot.



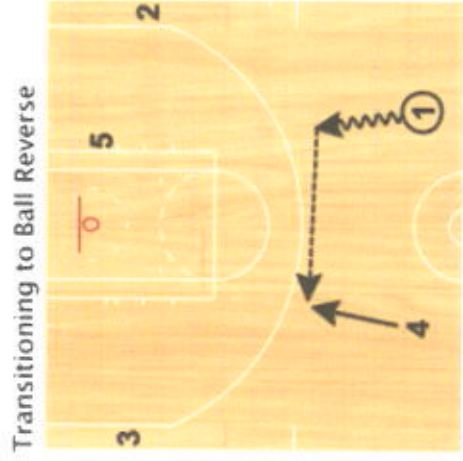
3. Separation - Two attacking dribbles and create separation from defender - attacking the elbows.
4. Score - Must think score coming off pick and roll.

*Screener

1. Starting point - How are they guarding the pick and roll - Same as above.
2. Sprint into it - Screener must sprint into the pick and roll-jump-stop when setting.
3. Screening Angle - Force on-ball defender over the top... Screener is screening the bottom part of the on-ball defender's body. For side pick and roll, the screen is



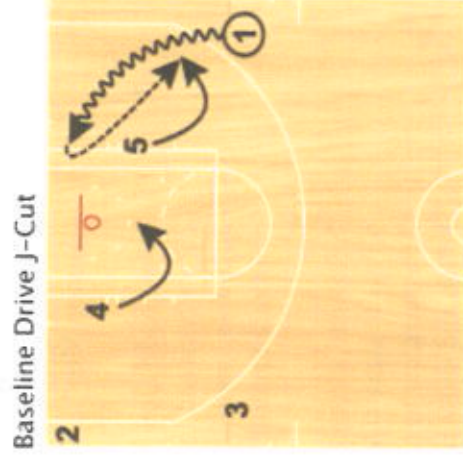
“Big Above-Play the Game” Situations...



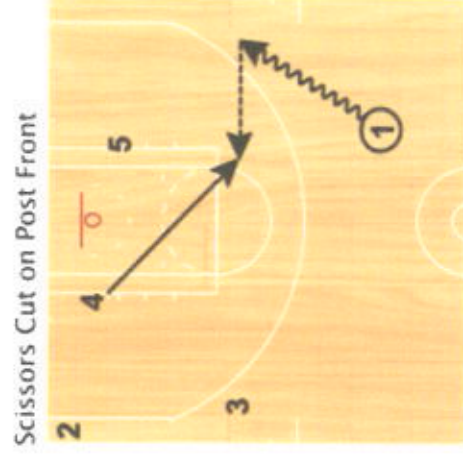
Transitioning to Ball Reverse



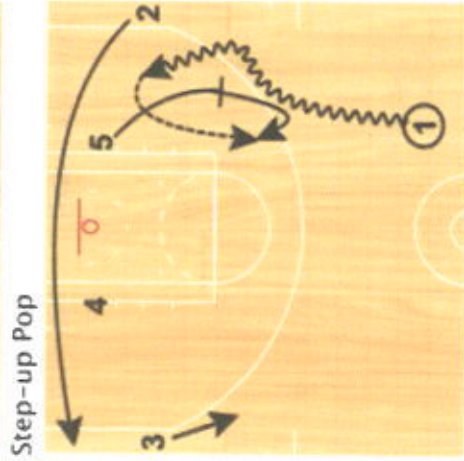
Step-up Pop



Baseline Drive J-Cut



Scissors Cut on Post Front



Throw Back Against Ice PnR Coverage



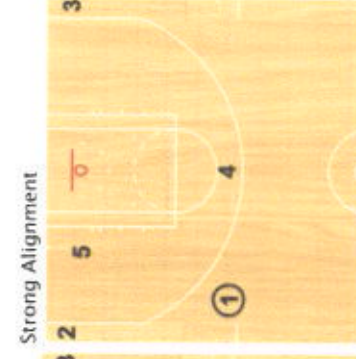
Offensive Alignments:



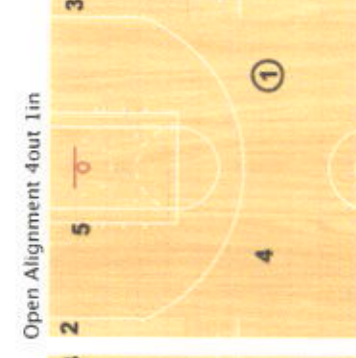
Power Alignment 3out 2in



Spread Alignment 4out 1in



Strong Alignment



Open Alignment 4out 1in

Anytime team is fronting or trapping the post.

Teams will use at the end of quarters. Different people will play in 4's position (we call this the delay and away count)

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4. Outside the paint two (Anything outside of the restricted area to inside the three point line is virtually the same percentage).

Doc Rivers - Shoot your shot whatever that shot may be.

In determining your offensive philosophy, write it down. Everything you consider doing, write it down. Everybody has heard about the Pat Riley speeches... He would write them down and practice them for hours. As much as you have to adjust to the game, be there before you get there with your preparation.

Components of our offense:

1. Quick Strike - First six seconds of the possession we are looking to score on our primary break (lay-ups, deep paint shots, open jumpers)... Always the first thing we want to accomplish- whether on a make or a miss. We're not going to play reckless, but we do want to be able to attack before the defense can get set- You will notice, that in playoff basketball even teams that traditionally play at a slower pace, they will push the ball more in the playoffs- defenses are too good in the playoffs to play slower and always play against a set defense.
2. Play the Game - We are not going to pull out and run set play on misses... The buzz word over the past 3-4 years it became popularized when Dallas beat Miami in the NBA finals... Playing out of "flow"... Flow is very much what "Play the Game" is... It is principles of playing out of all the different offensive situations that you encounter in the course of the game. It's the play after the play- I call two-up... They have taken away our primary options, we do we do? Play the game. Gives players structure, but also plays to their strengths giving them freedom within structure.
3. The Speed Game - Off made baskets, we have assigned lanes. The 4 man will always take the ball out on the right side of the floor. We give our point guard 5 or 6 different audibles.
4. Specific Sets - You want to make sure you sets get your primary scorers in their spots to get their shots. You're not running sets to get randomness... You can get plenty of random play out of your "Play the Game" principles.
5. End of offense mentality -

For the purpose of teaching and clarity - anytime one of our bigs catches the ball above the free throw line extended- we refer to this as a "big above" situation.

On big catch three options: 1. Shot or drive 2. Look low 3. Pass to perimeter teammate