



Stretch 4/5 Development

MIKE PROCOPIO

MIKE@HOOPCONSULTANTS.COM

617-329-9037

OPENING

With the 3-Point shot being an everyday staple in our game today the position of Stretch 4/5 is one that is getting more popular by the minute. Players like Dirk Nowitzki, Kevin Love, Channing Frye, Joel Embiid, and Brook Lopez have transcended the position into what it is today.

Having the option of one of your post players spaced out on the perimeter past the three-point line gives you an advantage. It takes another defender outside the paint area, opening up more space to drive to the paint area. The game is all about maximizing mismatches in your favor. Having more space to operate with the combination of an extra shooter on the floor can always help.

This book isn't about a bunch of drills for your post-up player(s) jack up three-point shots. It is an understanding on building your post players from a back to the basket player to a stretch big. Taking advantage of their size, ability to shoot, and their brain. The stretch big position gives their team the ability to stretch the floor, making it harder for defenses to clog the paint on drives to the basket. It also makes it tougher for help defenders to help on drives and rotate back to the big who's spaced behind the line.

I want you to be able to turn your big into not only a deep ball threat, but also have the ability to lift players on fakes and drive the ball to the rim. You will learn how to not only have them be rim attacking threats, but also make drives to the paint force two defenders on the ball and kick to open teammates.

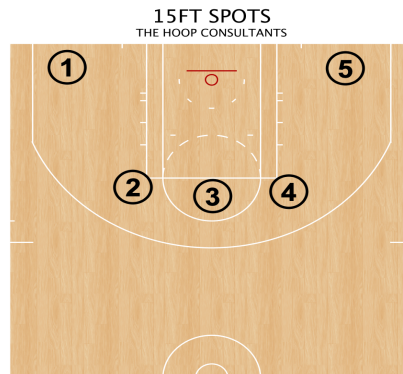
If you have ever spent anytime not only working with a player, but changing their position you understand it's not an easy journey. Taking anyone out of their comfort zone is one of the toughest things to do in the world. When working with a post player that for the most part have spent their careers only around the basket, pulling them away needs to be a slow process. Remember, the two biggest assets a player can have is being confident and being comfortable.

This book will give you some guidelines on what skill sets need to be developed and the progression of their implementation. There will be nothing ground breaking just some simple ideas and things to think about. There will be plenty of drills and skill-sets covered. Hope you enjoy it.

Mike

Part 1 Comfort.

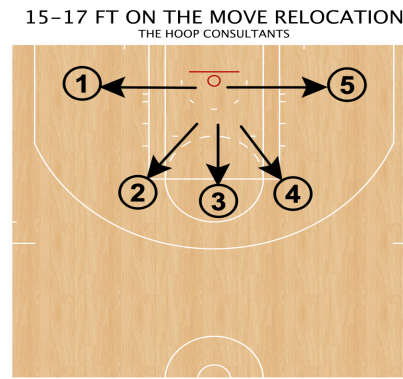
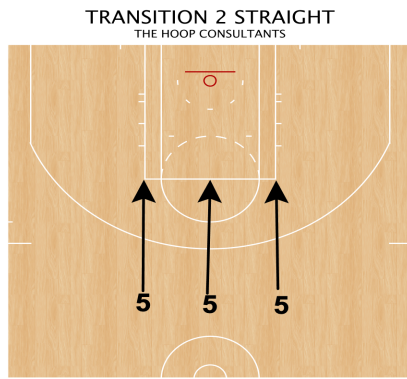
As previously mentioned, taking your post players from the paint to the perimeter in some cases can be a monumental task. Step one would be to be comfortable taking perimeter shots. Covering the footwork needed to step into shots from an added distance. What I would do is get them comfortable taking 15-17 foot shots from the main 5 spots (2 corners, 2 elbows, straight away). Even if its sprinkling it in at the end of their normal workout. Have them shoot 10 5 spots , don't worry about makes at first worry about them isolating the shot and get used to the footwork, power, distance, etc.



The 15-17 foot shot is the foundation for your big to be able to stretch out and be comfortable on the perimeter. I tend not to get right into pick and pops, 3-point shots and a lot of movement before they are comfortable stepping into a 15-17 foot mid-range jump shot.

Once they are comfortable shooting the stationary jumper, I want them to get used to shooting on the move. This is a different animal because they have to get their timing down on their footwork stepping into the shot whether it is a 1-2 or jumps top as well as timing on their jump as well on their shot. Shot-prep on a movement shot is just something that a player needs to get used to.

As usual, this isn't going to blow your mind(or any other drill that I use here) as far as the preparation on shooting off the move. There are two simple drills that we use. The first is a simple transition pull up from 15-17 coming straight down to the spot for a shot. This is work on getting forward momentum and shooting off straight movement. The second will start the player in the paint and relocate to the 5 spots that we originally used. This will work on shooting off of different movements going away from the basket instead of going towards it. You are training their brain to shoot in two different directions so they can understand footwork and timing of the movement shot.



Once they are comfortable and confident shooting with a little distance on the catch as well as the move it's time to now finish the mid-range progression. Shooting is the prerequisite for being a stretch big, but to really be a player at that position you will need to be able to put the ball on the floor.

The reason for developing range on the shot is to be able to stretch the defense out and open up driving lanes for others as well as to add another dimension to a player's game. The key to being a good offensive team is to force defenders to scramble as well as long close outs. When a defender is out of control on the closeout you want to be able to put the ball on the floor to make a basketball play. Before we get all complicated with situations let's have them comfortable putting the ball on the floor.

The first step of teaching any position to go off of the dribble is to have them in a triple threat stance and keep their front foot free. In a perfect world a righty should always have their right foot free and a lefty their left foot. In laymen's terms you always want your front foot free. Always be low and put the ball slightly in front of you. When they gather for the layup keep the ball at chest level or higher to keep from getting stripped.

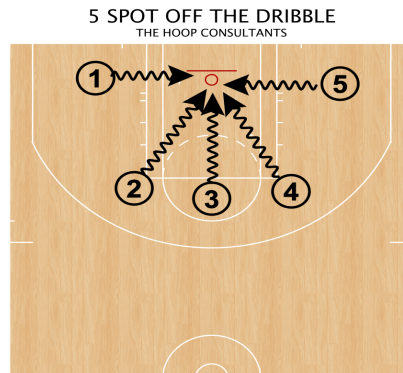
P.O.E. FOR OFF THE DRIBBLE

The most important thing that I emphasize on almost any drive that any player takes is to keep the back foot down on the drive. **Splitting feet** is a big problem at EVERY level. Meaning the front foot goes forward and back goes backwards at the same time before the ball gets to the floor on the dribble. Make sure the front foot hits the floor on the first step as the ball hits the floor on the dribble. Make it a point to the player that they have to be disciplined with their feet every time to make sure they don't travel.

When we drill off the dribble it will be the same thing. Do it from stationary 5 spots 15-17 feet. Get them comfortable staying low on the catch putting the ball on the floor without traveling and finish. I don't care if they just want to finish with their strong hand. Again, comfort and confidence is what we are building for. **NO SPLIT FEET!!**

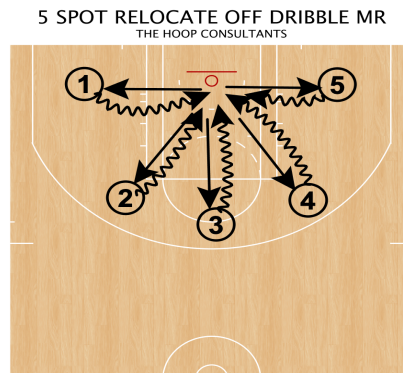
MID RANGE DRIVES

Simply have them catch and go. Emphasize footwork with no traveling, staying low, and keeping the ball high on the gather



MOVEMENT MID RANGE DRIVES

Same concept, but on this they will relocate from the paint to 15-17 feet catch and drive. Emphasize sprinting on the relocation and keeping their back foot down no splitting feet.



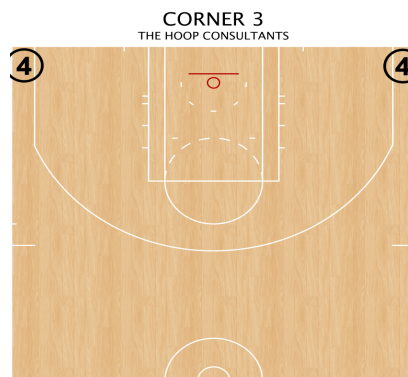
NOTE:

This is the first step in developing your back to the basket post player to stepping out to become a stretch big. Like anything else in development, small steps first. We are trying to reprogram a player's mentality so getting a good foundation is so important.

3PT LINE

The main reason that you want your bigs to space to the 3 point line at times is to pull the defense out and encourage drives to the rim putting two defenders on the ball and opening up a play for someone else. I'll continue to repeat that being a space big isn't about just jacking up 3's. Its adding a skill to a big being able to shoot the ball but also systematically trying to give your team an advantage of having more space to operate and get to the paint.

First step in developing your bigs to be able to shoot the ball from 3pt is to have them comfortable with the distance. Like the mid-range it's still a new shot. Start with the corner 3. Have them shoot 15 in each corner. In the corner there isn't a lot of room to step in to the shot. I would spend at least a week on corners only

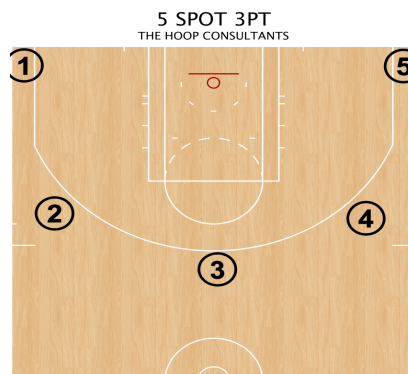


P.O.E. FOR CORNER 3PT SHOT

Emphasize power, shooting the ball straight, and rhythm. Corner 3pt shot is a good starting point as it's the closest 3pt shot distance wise. I watch a lot of big men start from the corner when they are changing from a prototypical big to stretch. Be patient and spend time on it.

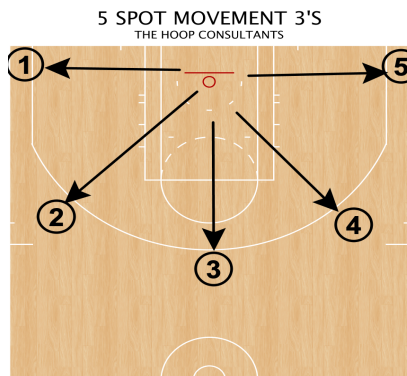
SPOT UP 3 POINT SHOTS

Get them comfortable with the 3PT distance. I am using the NBA 3PT line in the diagram, obviously use the line that goes with your rules. Corners there is very limited room, with the other 3 spots make sure they are stepping into their 3's. I like the 1-2 step, but use what you like.



MOVEMENT 3 POINT SHOTS FROM THE PAINT

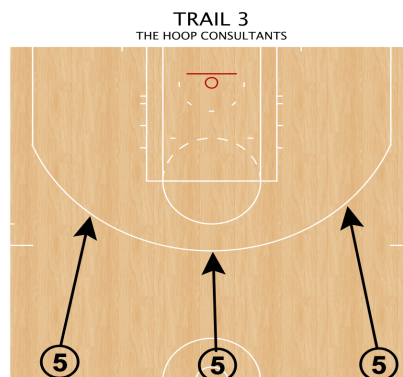
Add movement. Have them sprint out of the paint to the 3-point line. The key to this to have balance, try to be as consistent with the feet on the catch as possible. If you want to teach the 1-2 or the hop it is totally up to you. Whatever you choose, be consistent.



Even though you aren't having your player come off pick and pops they are going to prepare to be god pick and pop players because of learning how to shoot on the move. They are forcing themselves to go on the move at a fast pace and set their feet. They are working on timing and shooting the ball from distance. We eventually will cover pick and pops on the side as well as step-ups.

TRANSITION 3'S

TRAIL 3 Point Shots off the sprint. Just another chance to develop their ability to shoot on the move and get them out of their comfort zone. This shot is a big shot today for post players. Being able to come from the trail position. Work them slow first, but should be able to develop into a shoot off the sprint trail 3 point shooter. Develop the consistency of their footwork as well as their power and accuracy on their shot.

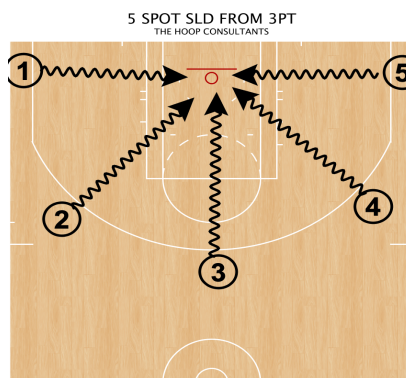


As we are developing stretch big, we must continue to communicate about the responsibility of putting the time in to work on their shooting range. Explain the importance of space and what it will mean to your team for them to be able to shoot the 3 Point Shot.

The off season is the time and place to develop this position. Next we will cover putting the ball on the floor from the 3 Point Line.

STRAIGHT LINE DRIVES FROM THE 3 POINT LINE

We want the player to get comfortable take the ball and finishing from the 3PT line. It is much further than they are used to driving so be aware. Make sure they stay low on the catch and dribble. Make sure their back foot is on the ground solid and that they don't split their feet. Make sure they keep the ball high on the gather. Let them drive from the 5 spots for finishes. Make sure they stay inbounds.

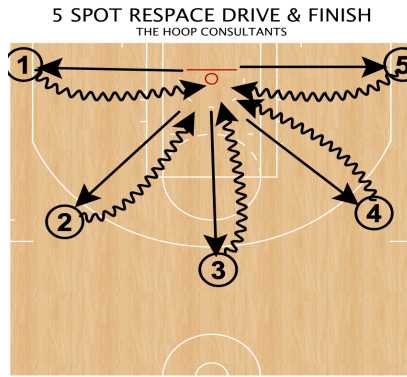


Even if the player that you are working with isn't very fast or great with the ball, they need to be able to put the ball on the floor to try to get the ball in the paint and make a play whether it be a floater, a pass for someone else, finish at the rim, draw a foul, etc.. They need to understand the technique of putting the ball on the floor without splitting their feet and to have control of the dribble...

Not every player that you will work with will be quick with the ball that in my opinion is something that a player has or they don't. Every player can be a strong ball handler where they can put the ball on the floor without causing many turnovers. Make sure that you have at least 5-6 minutes of stationary ball handling to strengthen and increase a player's ball handling in your developmental session.

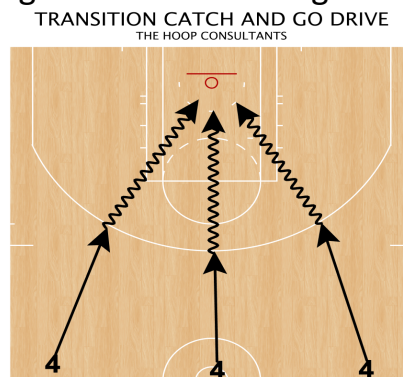
RE-SPACE DRIVES FROM THE 3 POINT LINE

With pick & pops being such a big part of a stretch big's repertoire, having the ability to cover space from catching the ball on the move past the 3PT line and driving it without traveling is a big skill to have. Before we cover that situation, drilling the respace to a catch and drive will be a great foundation drill for the player. From the paint have them respace to the 3 PT line and drive it.



TRANSITION DRIVES FROM THE CATCH

The last drill that we will cover before getting into pick & pops and other situations is the transition drive. Earlier in Drill 3, we covered sprinting into the catch in transition and shooting the ball. Now we will cover catching it low either faking or not and driving the ball.



P.O.E. ON DRIVES

If you haven't picked up on it yet I am very basic and like repeating things over and over. On the drives make sure they are keeping their back foot down and driving with their front foot until the ball hits the floor. I know some coaches like to teach throwing the ball out in front on the drives, but you don't want them to do that every time as it leaves them open to defenders stealing and/or deflecting the ball. Work on them being low and being consistent with their feet.

PICK & POPS

SIDE PICK AND POP

This is where we start to put everything together. Pick & Pops are the lifeblood of a stretch big. The training we've given our players thus far is to shoot mid-range and deep jumper as well on the catch as well as on the move. I'm a big believer in getting player reps and correcting them to the point where they are learning through osmosis. Some of the main teaching points on pick and pops from any distance are as follows"

- **GETTING A HIT ON THE SCREEN**

The reason we set screen and roll/pop is to give the ball handler an advantage. Setting a solid screen and getting a hit on the ball handler's defender starts the whole process. Get a hit force the defense to have to switch or rotate and for the ball handler to get a head of steam towards the basket

- **CLEAR SPACE**

Once the screen happens and the screener gets a hit it forces the screener's defender to make a play on the ball, what the screener needs to do is sprint pop and maximize as much space from the ball handler as possible. This way if the pass gets to the screener popping it's harder for a defender to make a play on the ball and get back to the pop big

- **SHOT PREPARATION**

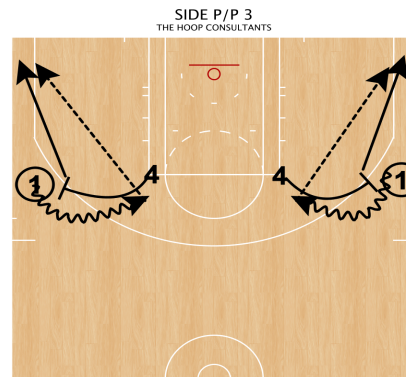
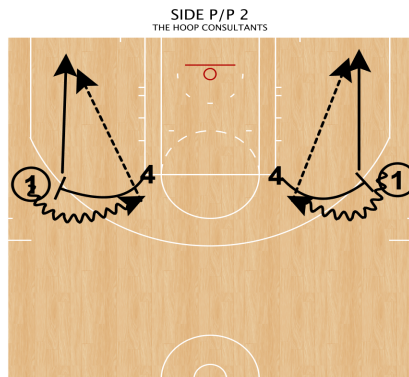
After the second step into the pop the shooter needs to start getting ready to receive the pass getting low, having hands up to catch the ball, and preparing their rhythm for their footwork to catch and shoot

In this section I will touch upon each of the pick and pop situations to put your player in. I will discuss the prep for it for the 3PT shot, the catch and drive, the situation itself, as well as passes that will open up on the drives on pick and pops. I hope you enjoy it.

SIDE PICK & POP

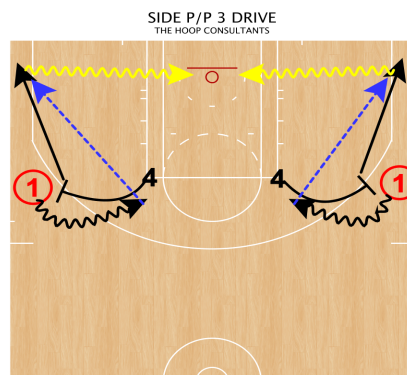
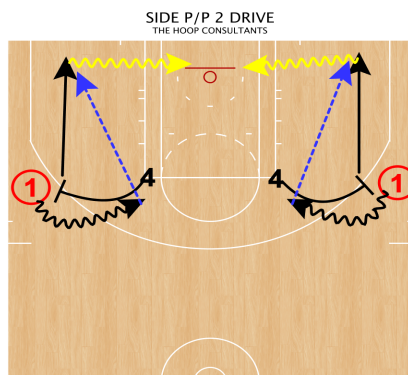
On the side pick and pop for obvious reasons the corner will be vacated with the 5 usually being in the dunker on the weakside to keep the defense spaced as well as the 2 and 3 being spaced somewhere on the perimeter. The goal here is to give the ball handler the advantage on a good screen, but also to spread the 4 in the corner to make it tough to rotate over to them. Here we will show the setup of the Side Pick & Pop

PREP



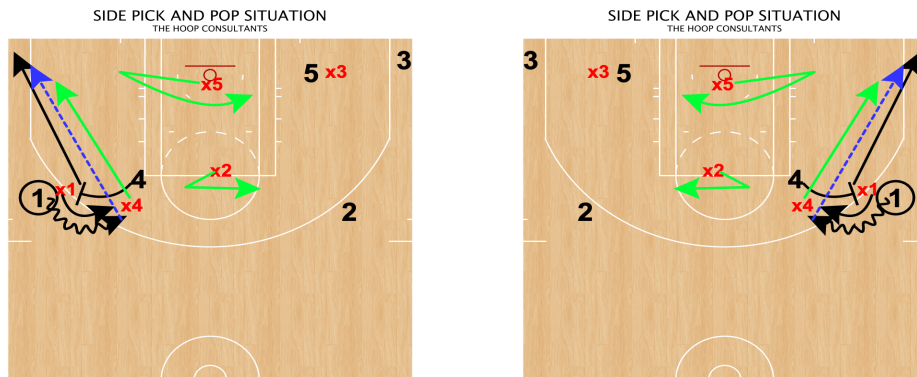
DRIVE

The drive on any pick and pop situation you want to make sure that both feet are set and they don't have happy feet and shuffle/split on the catch. Driving out of the corner is tricky because they are so close to the sideline. Make sure they get there early and make a straight line aggressive drive. When they gather for the lay up make sure they don't bring the ball down to get stripped. Here is what it looks like for both mid range and 3 point catches.



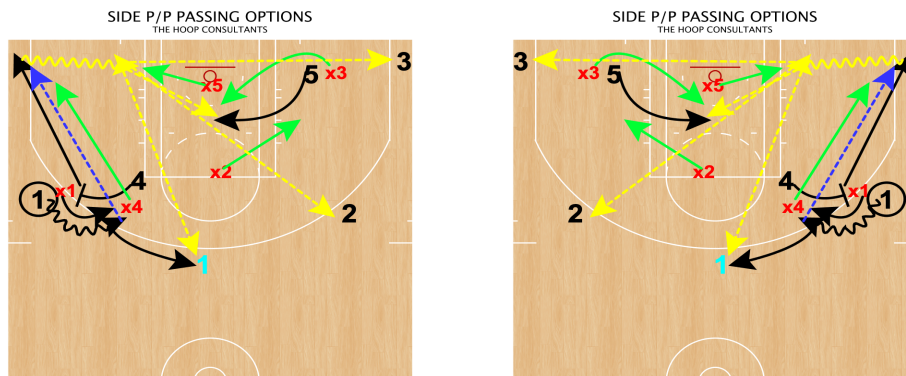
SITUATION

It's always important to explain what happens on certain situations to your players. As a stretch big that will pick and pop more often than they roll, they should know for the most part how do pick and pops impact the defense as well as how their opponent will rotate against it. I'll cover one type of coverage only for you to see. In this situation X4 makes a play on the ball to help 1 and then fires back to 4 in the corner. X1 will fight through the screen to get back to 1. X5 will stay in the paint pulled over and will stunt at 4 in the deep corner to give X4 time to get back. In some cases X5 will rotate all the way out and X4 will sprint back to the paint to take 5. X2 stays at the nail to help on 1's penetration and X3 is helping off of 3 to give coverage to sit on 5's legs if X5 fully rotates out.



PASSING

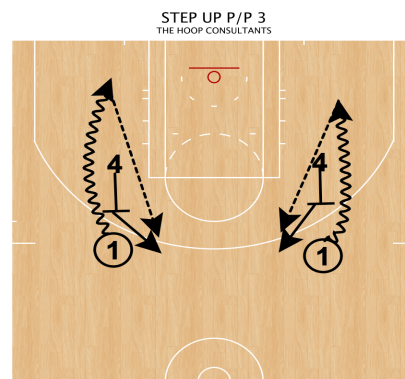
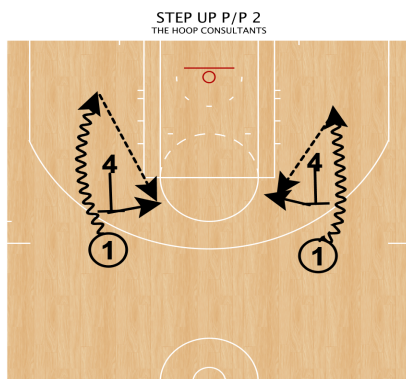
On the drive, there will be many passing options for the stretch big. Anytime there is an aggressive drive you will get the defense to react. In this situation on 4's drive from the corner X5 rotates over to help on the drive, X3 now has to get in front of 5 who cuts in from the dunker to get into 4's vision. X2 drops to get the next pass to either 2 or 3. X1 is on the nail and helping in the paint. 4 has 5 in the dunker, 1 who is spaced up top, 3 who is in the corner spotted up (can also basket cut), and 2 who is spotted up on the weakside wing.



STEP UP PICK & POP

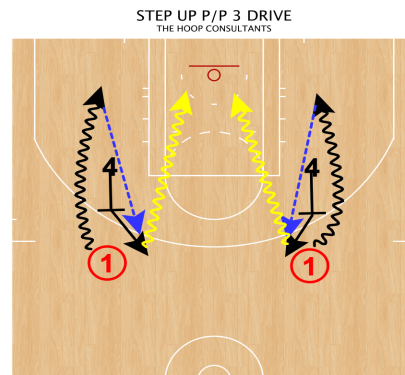
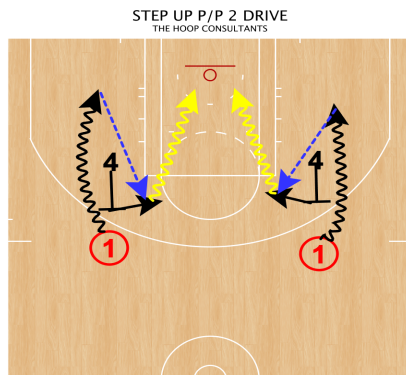
The step up screen is a flat ball screen is one of the toughest screen's guard because the player defending the ball handler is almost to go under on almost ensuring a hit/clip on a screen. With a stretch big setting the screen and popping instead of the roll this will make it hard for X4 to drop in their coverage because of 4's ability to shoot. If they do drop that means the nail defender will have to fully rotate. On the pop itself the screener can stay where they are or can move away from the ball handler to make it tougher for his man to get to him on the pass back. Here is how we will develop our stretch bigs on the step up pick and pop.

PREP



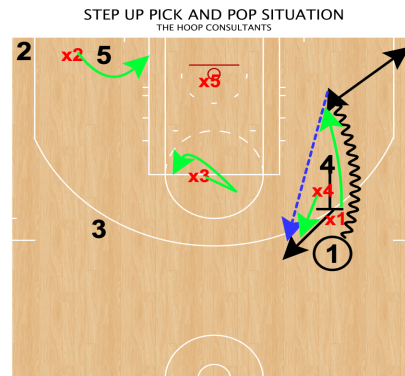
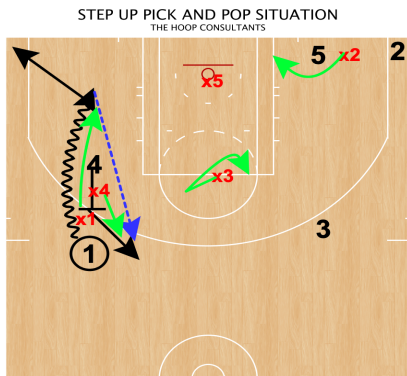
DRIVE

Usually if your screener can shoot the defender guarding them wont be in a drop coverage to help on 1's drive. On the drive it will be more to the middle because of X4's angle coming back to 4. The drive has to be in a straight line because there will be nail help stunting at the ball. Make sure the feet don't split and it's a hard and aggressive straight line drive.



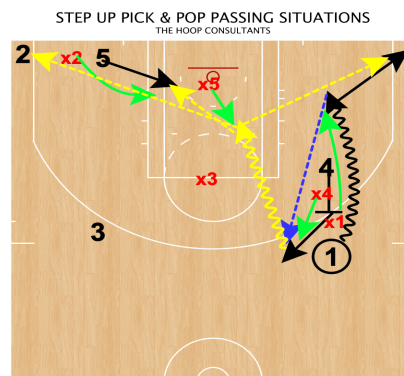
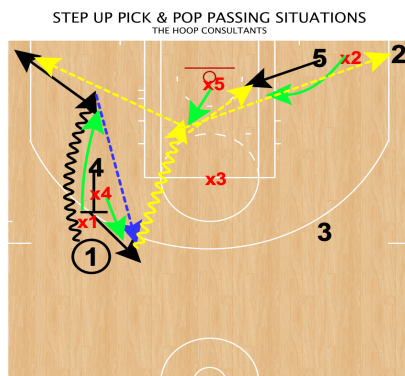
SITUATION

The step up pick and pop will be setup differently than the pick and roll as the strong side corner will not be filled giving the stretch big the option of catching the pass from 1 and then DHOing (will cover later in the book) with 1 to pop to the empty corner. X5 will pull over to the middle to help on 1's drive. X4 wont help on the drive and drop as they will stay pretty much connected to 4. Since X5 is pulled over X2 will occupy the paint to keep 5 from ducking in unguarded, and X3 is at the nail and will stunt/full rotate based on what X4 does.



PASSING

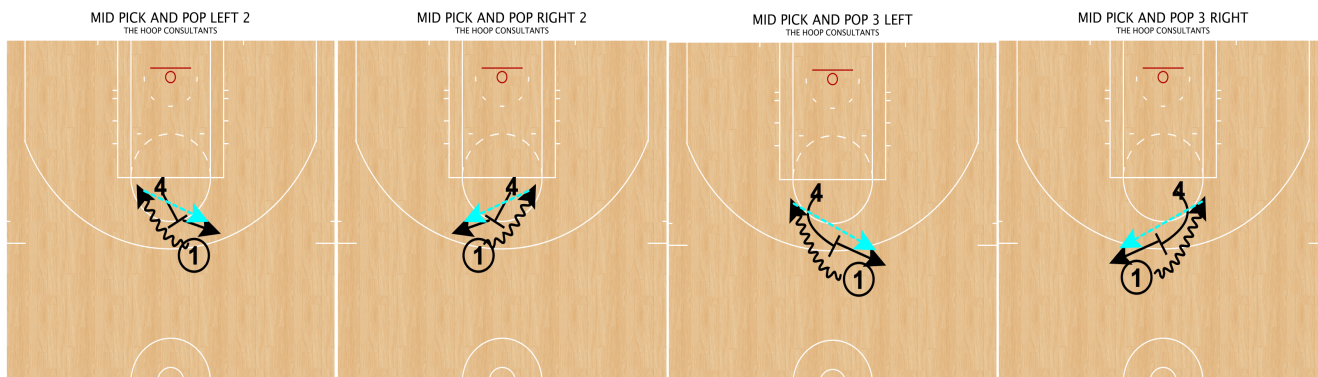
Your stretch big has a lot of options on this. First they can DHO with 1 right after receiving the pass. On the drive X5 will most likely help up the lane which will open 5 on the cut/lob. X2 is trying to get there to cut that play off, which leaves 2 in the corner. 1 is also an option spaced out in the corner. 4 can also DHO with 3 in the slot on the initial catch or pitch to 3 for a pick and pop situation as well.



MID PICK & POP

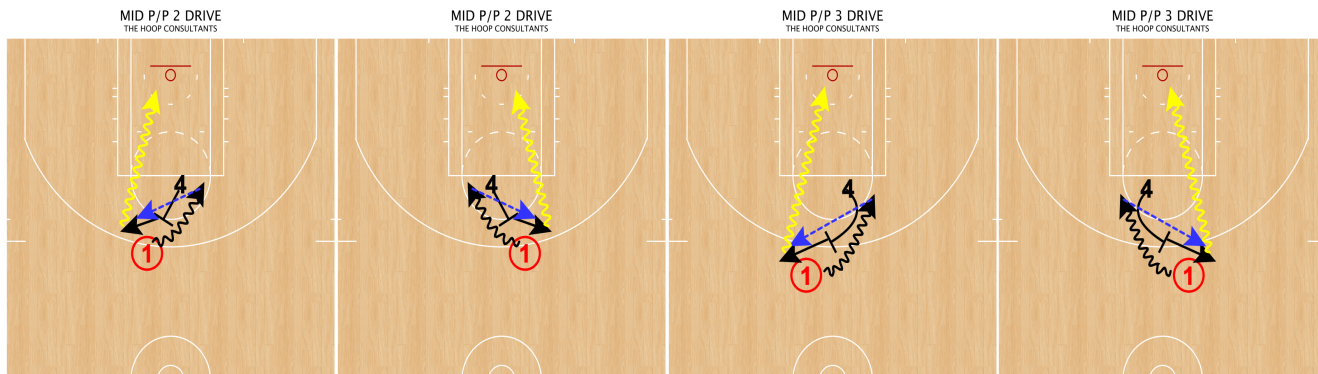
On the Mid Pick & Pop the stretch big needs to create as much separation after the screen to make it difficult for X4 to get back to them. Also with both corners being filled and the 5 in the dunker a good screen can a great advantage in the possession. After the screen , the stretch big needs to move away from the ball handler, not just step backwards. Either X4 will rotate back on the catch or the defender guarding the corner closest to the stretch big will full rotate over.

PREP



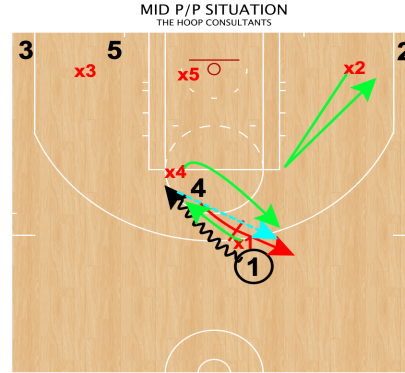
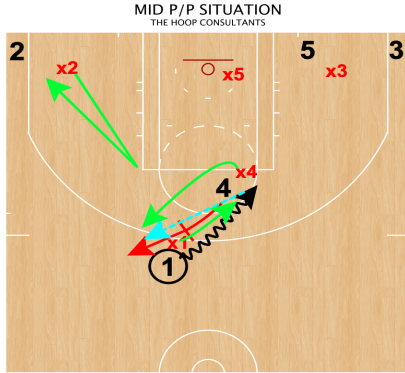
DRIVE

Assuming X4 is the rotate man here they will get back on the hip of the stretch big. On the catch 4 needs to Straight line drive to the outside. We won't cover the corner rotation defender, but obviously that would change the angle of the drive.



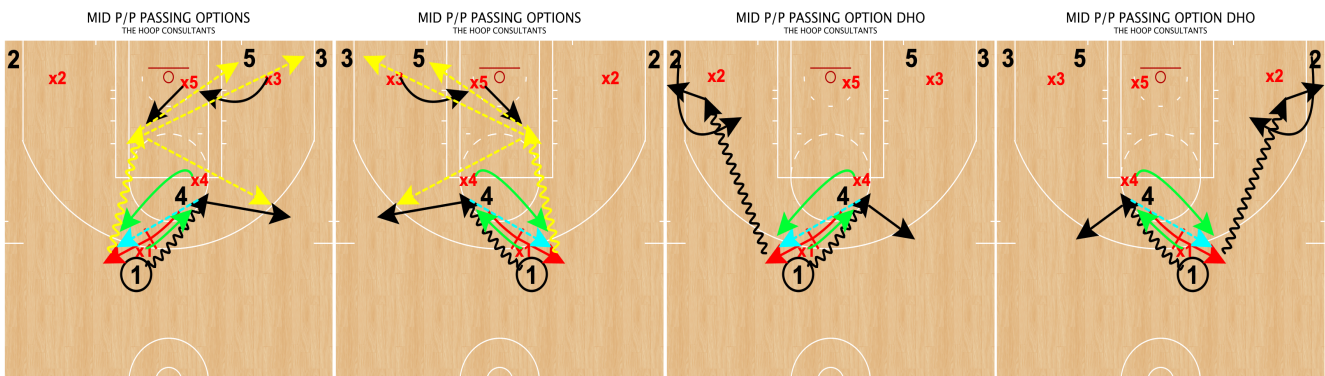
SITUATION

1 & 4 will be in the mid pick and pop. 1 stretches the defense out and 4 sets their screen and creates separation from 1. 2/3 are spaced in the corners and 5 is in the dunker. X4 makes a play on 1 and closes out to 4 on the catch. X2 stunts to 4 and comes back to 2.



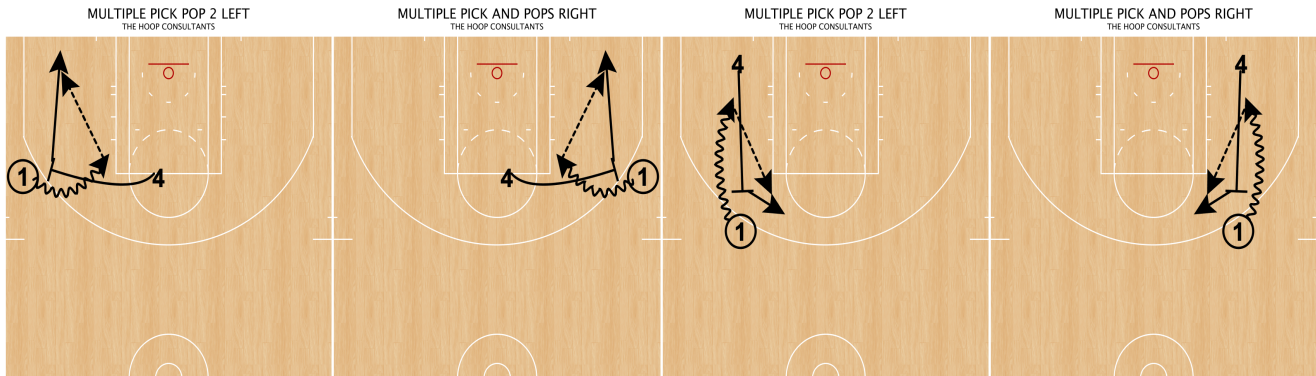
PASSING

On the catch and X4 closing to their hip, 4 straight line drives. X2 will stay in the corner, X5 will help up the lane and X3 will rotate in the lane to get in front of 5.

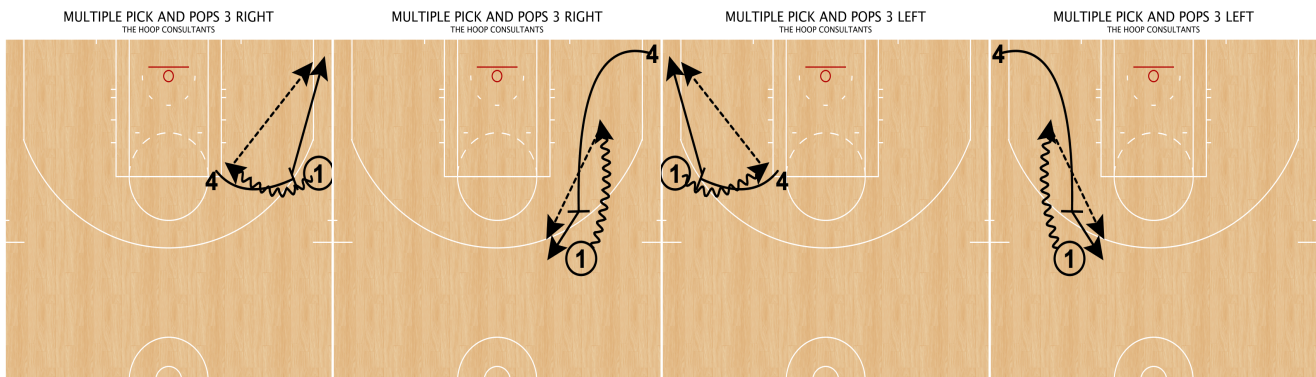


CONDITIONING PICK & POP DRILLS

Here are simple pick and pop drills that you can do to add conditioning to your workouts. You will work 1 side at a time. You start with a side pick and pop 15-17 feet. The first shot will be a side pick and pop, after the shot regardless of the result the player then sets a step up pick and pop and then continues to repeat it for **1 MINUTE STRAIGHT**. After the minute have the player shoot free throws and then repeat the drill on the other side. Repeat the drill from 3 Point

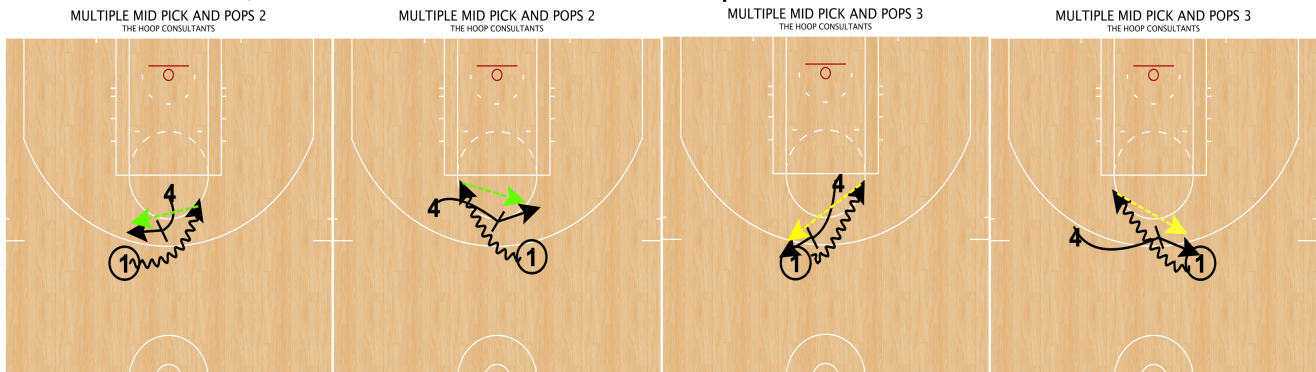


CONTINUOUS SIDE AND STEP UP PICK AND POP 3PT



CONTINUOUS MID PICK AND POP 2PT & 3PT

This drill works on multiple mid pick and pops. Same format shoot continuous mid pick and pop 2's for 1 minute, shoot free throws and then repeat the drill from 3PT

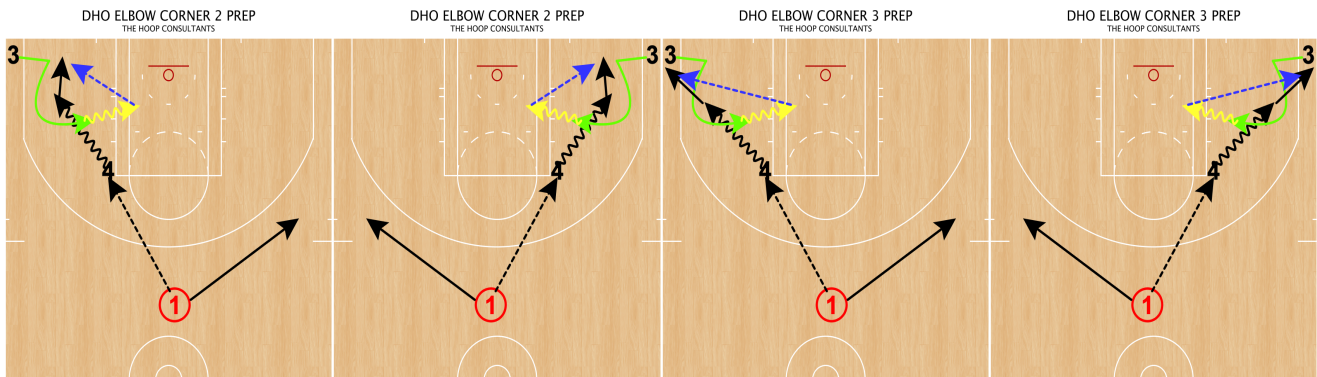


DRIBBLE HAND OFF

A lot like the pick and pop, the dribble hand off is used to first give an advantage to the ball handler. The second phase to it forces defenders to put 2 on the ball giving an opportunity to the hand off player to either roll or pop just like a pick and roll/pop situation. We are going to assume that there is a 5 occupying the dunker spot and will work on the hand off player popping/spacing. The DHO will take place in two different regions. The first region will have our stretch big dribble from the elbow to the corner, the second will have the DHO from the top of the key to the wing area. We will cover both mid range and 3pt shots on this. Remember, use what's best for your player's skill level.

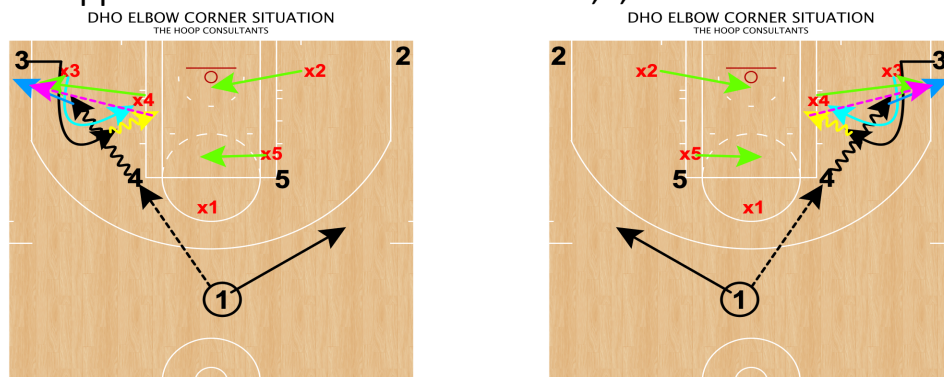
DHO ELBOW CORNER

PREP



SITUATION

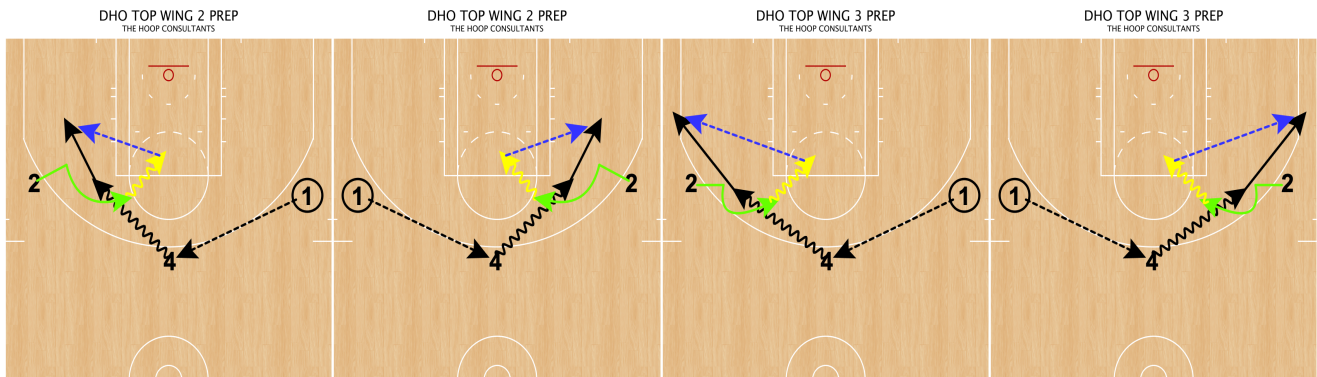
In a DHO to the corner, the objective is to enable 3 to turn the corner on the hand off have X4 & X3 on the ball long enough for 4 to space to the 3PT line. With X2 and X5 pulling over from the weakside there are opportunities to drive and kick to 2,1, and 5 as well



DHO TOP WING

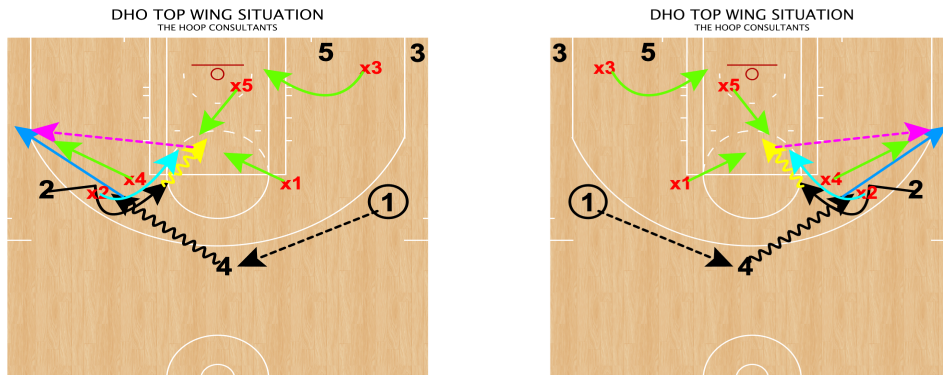
A lot of times your stretch big (anyone getting sick of that phrase yet?? I'm starting to) will find themselves at the top of the key with the ball. There are a few options that they have besides shooting it right away. The most common two is to pass the ball to one of the wings and set a screen on the ball and either roll/pop or to DHO with one of the wings and either roll/pop. I will cover the DHO on top now. Same objective of trying to give an advantage with the player that you are handing off with to put 2 on the ball as well as space out for an open jumper/drive. The player accepting the hand off needs to make a penetrating dribble towards the rim to force weakside defenders to suck in opening up more opportunities to make plays for teammates

PREP



SITUATION

The big up top will DHO with 2 and space to anywhere in the corner region. They want to separate themselves as much as they can from the ball handler. With the corner being vacant they have the whole side to operate with. 2 Makes a penetrating dribble to stretch X2 and X4 out as well as bring X5 up the lane to help opening up passes to 4, 5 in the dunker, 3 on the weakside as well as 1 spotting up.



MOVING WITHOUT THE BALL

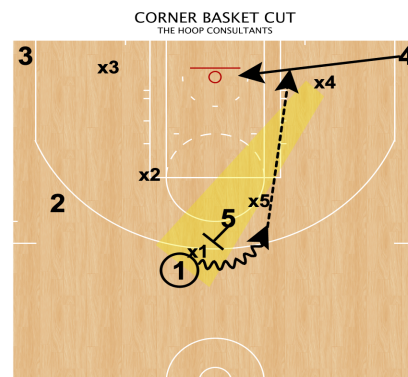
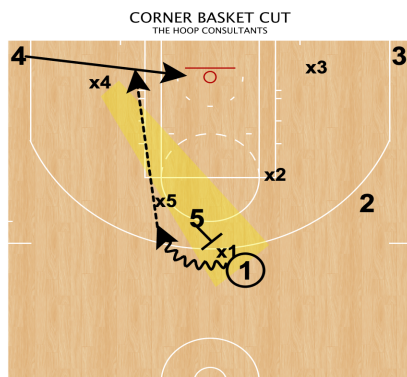
Like any other player that plays on the perimeter, the stretch big needs to be able to cut off the ball to give their team an advantage. This could be reading their defender's eyes and cutting back door to relocating to get in their teammate's vision to shoot the ball. When working with a stretch big in their transformation phase I want them to think like a small forward in their approach to playing on the perimeter. Most of their actions will come from pick and pops, but if you watch some of the better stretch bigs in the NBA you see them playing behind the 3 on non-screen roll actions to be bale to spot up, drive, and cut. IN this section we will cover the actions that I think are important with developing your stretch big to be able to effectively move off the ball further taking advantage of the extra space that they create by being able to be a threat in multiple ways on the perimeter.

BASKET CUT

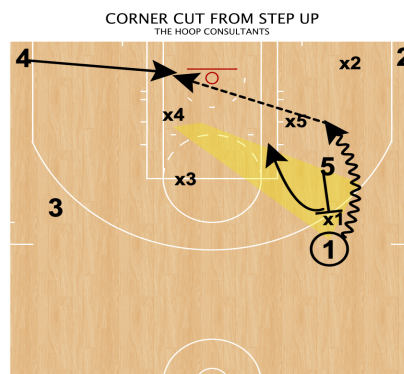
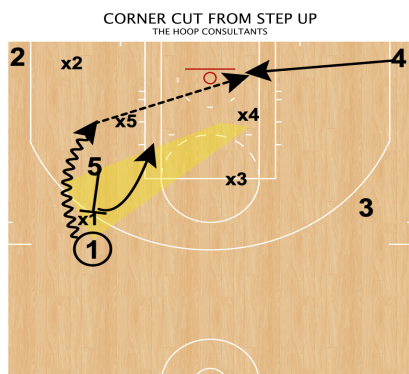
You have to build your stretch big like you would a small forward. They have to have the same mentality on their ability to shoot the ball on wing, but also be able to straight line drive as well as cut. We will work on 2 cuts that are very important for a stretch big to have. They must be able to make defenders pay for taking their eye off of them.

CORNER BASKET CUT

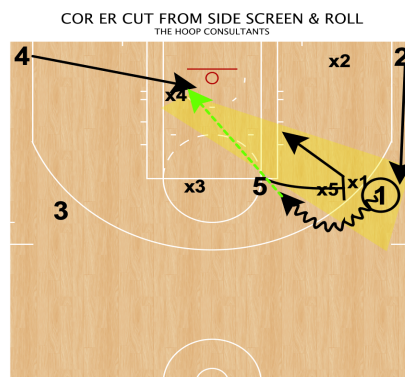
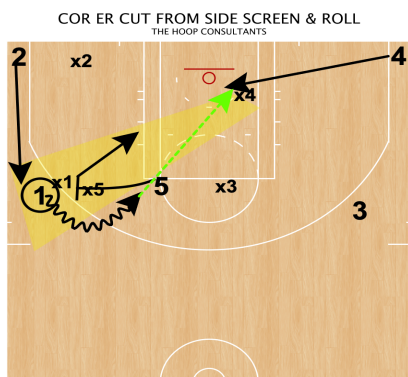
When you have your big in the corner on mid or side pick and roll they need to always have their eyes focused not only the ball handler , but also how their own man is guarding them. A lot of the time that corner defender, especially opposite of where the action is going will have their eyes fixated on the ball. When this happens that corner player needs to basket cut. They need to read their defender's eyes and when they turn their head automatic basket cut.



It is so important to read your defenders eyes and vision. Most weakside defenders are going to fixate on the ball on screen and roll situations, so many good opportunities to cut for easy baskets. On the next two watch the corner cutter and their defender watching the action on the roll and not paying attention to their man in the corner.



Identical situation happens on the side screen and roll. As usual the weakside defenders that are sucked in are looking at the screen roll on ball action and not paying attention to their man behind them.

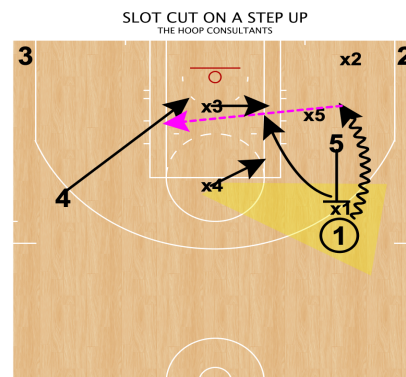
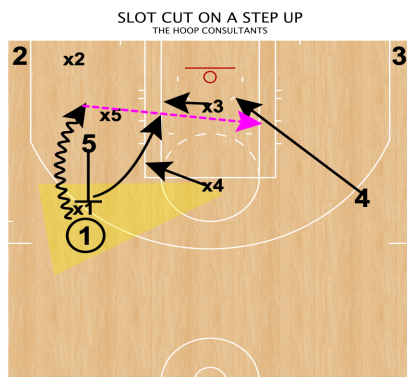


SLOT CUT

Stretch bigs usually end up as the trail man or in the slot. When they are not involved in screen roll plays you will see them usually spread out in the slot area. Besides spotting up or pulling over, being able to basket cut is a good way to generate movement on offense and force scrambles by your opponent. Cutting is such a big part of a player's game because it generates movement as well as it forces defenders on the weakside to focus on them opening up opportunities

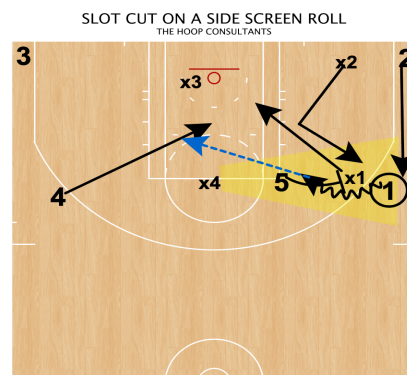
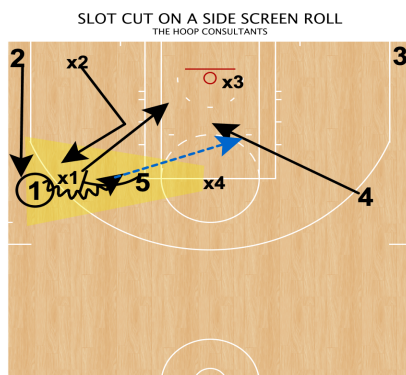
SLOT CUT ON A STEP UP PICK AND ROLL

This is a simple slot cut on a step up pick and roll. Don't ever take for granted how much that weakside defenders ball watch. Anytime there is action more times than not everyone on the floor cant help but look at the ball. Once they see their defender's focus shift that is when they have to make a cut.. Here is the cut on the step up.



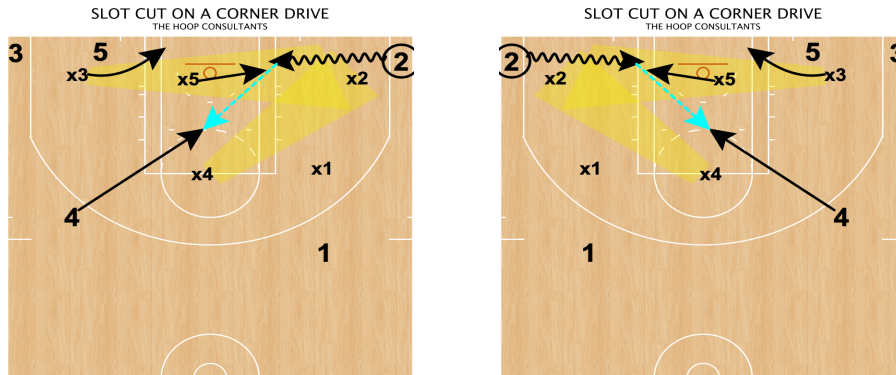
SLOT CUT ON A SIDE PICK AND ROLL

Here is the same concept on the side screen and roll. Keep in mind if another defender bumps the stretch big's cut that it will open up an opportunity for someone else to get an open shot. This is why cutting and movement is so important off of the ball. It opens up more options for the offense.



SLOT CUT ON A CORNER DRIVE

On this action, the ball is in the corner and the floor is spread. Anytime you can have your team aggressively attack the paint with drives things will open up. When your big is spaced out they need to pay attention to where the ball is at all times as well as where the off the ball defenders focus is. Cuts to the basket opens up a lot of opportunities. Cut hard with a purpose.



MOVEMENT ON PERIMETER

In today's game of maximizing space, the stretch big needs to not only space the floor with their ability to shoot, but also think as well as play like a small forward. When you prepare and develop them keep in mind that movement off the ball and the ability to put the ball on the floor will be key skills for them. In this section we will cover some simple reads for them to get into the ball handler's vision on paint attacks.

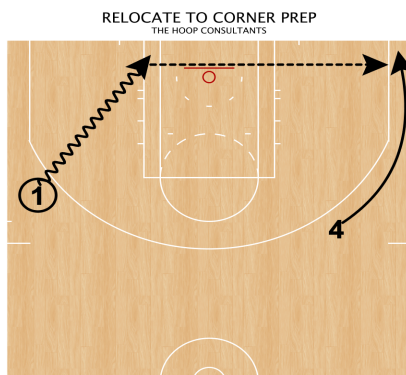
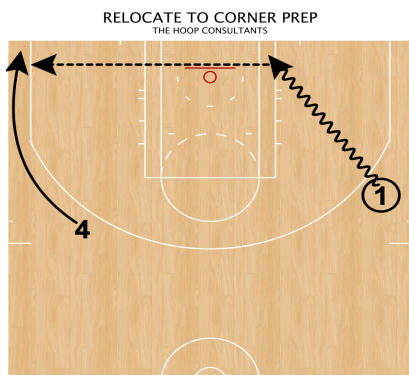
In this section I will give you the development 1 on 0 drill part of it to explain the movement and footwork part of it and then show you the game situation of it. I think its important to be able to teach your player in a developmental environment and then simulate it and educate them on how defenders react to certain things and how they can maximize the moment.

Your stretch big needs to be able to focus on the ball handler as well as the other defenders on the floor. The spacing they create because they don't have to be clogged up around the basket helps their team tremendously. They have to understand that spacing as well as move into open spots on the floor where they can be the most efficient. Most of these open spots on the floor are created because of their ball handler's ability to put 2 defenders on the ball as well as the roller's ability to suck other defenders into bump their roll and fire out to their man.

FILLING THE CORNER ON A WEAKSIDE CORNER DRIVE

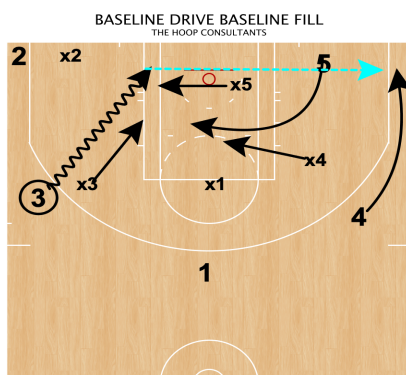
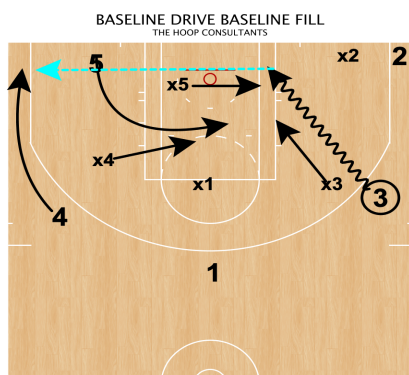
In this situation there will be a baseline drive from the wing on the weakside of the floor. The stretch big's job when the corner is vacant is to move into the ball handler's vision. This is a situation that they need to be aware of. We will drill this first. Moving to the corner is always a tough thing because the lack of space. We want the big to sprint get there early and do their shot prep leading into the shot.

PREP



LIVE SITUATION

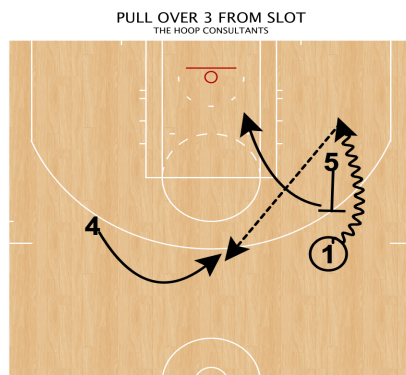
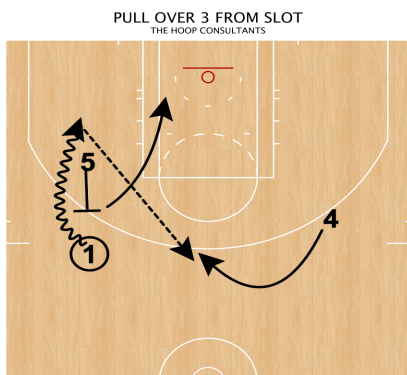
In this situation the stretch big is in the slot on the weakside. 3 is driving baseline aggressively as he has X3 on his hip. X2 is staying on their man in the corner, X5 comes to help on the drive and 5 is occupying the paint with the relocation from the dunker spot. X4 comes to help as they do that 4 relocates to the corner to get in 3's vision for the open shot.



PULLING OVER FROM THE SLOT TO THE TOP ON STEP UP SCREEN ROLL

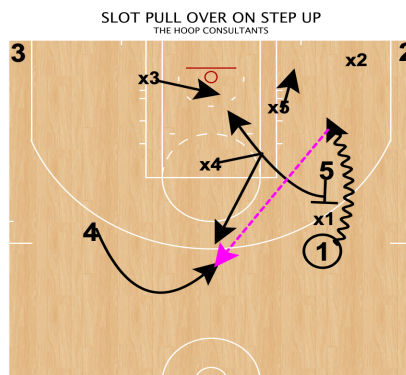
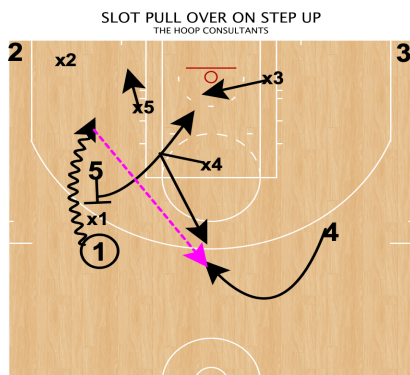
The stretch big's responsibility when in the slot on step up pick and roll situations is to provide an outlet for the ball handler just in case they get boxed in. Since they are on the weakside of the floor and defender's from their side will be pulled over and focused on the ball handler and roller. They need to read if they will be able to cut, space, or catch and drive. Again, it is all about getting into the ball handler's vision. When pulling over its best to take a wider cut and try to come into the catch on a 1-2 step if possible.

PREP



LIVE SITUATION

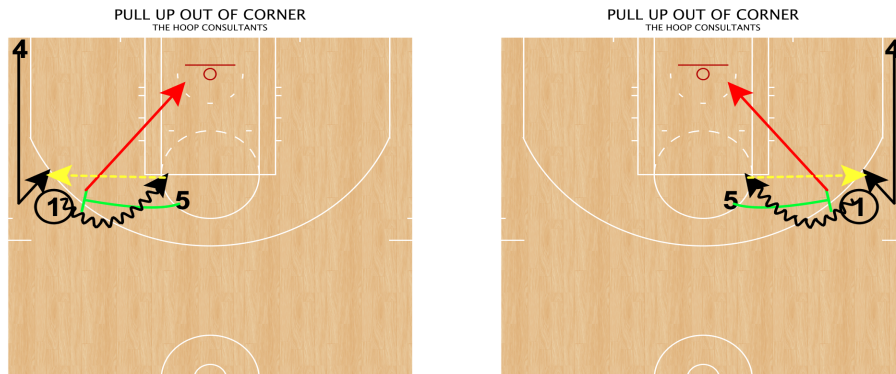
1 and 5 are in the step up pick and roll. 5 does their job and sets a good screen on X1 and then rolls hard to the rim. X2 can't help off their man so X5 is in a drop to contain the ball handler. X4 is on the nail in help and must bump the roller and get back to 4. X3 is pulled over on the weakside to provide help. Once 1 turns the corner on their screen roll, 4 pulls over to the top to get in 1's vision.



PULLING UP OUT OF THE CORNER ON SIDE SCREEN AND ROLL

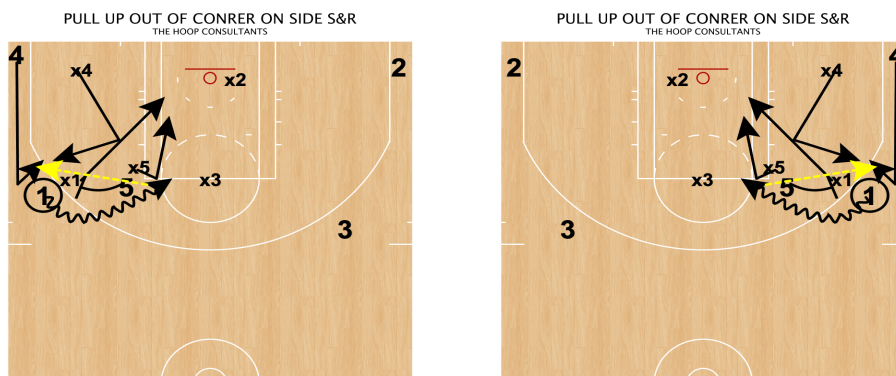
As I mentioned repeatedly in this book already, you have to prepare and develop your stretch big like you would a small forward. Besides being involved as a screener in pick and pops the 3 and stretch 4 are almost the same. They play out of space on the perimeter and look to shoot, cut or drive. When pulling up from the corner, I like for them to sprint straight up from the corner to try to get to their 1-2 footwork on the catch. So on the prep have them not catch it like they are coming off a pin down on their inside foot. They should have plenty of time to gather and catch because of the PG having to come off the screen and look for their options.

PREP



LIVE SITUATION

Like in most Screen Roll situation the action is created because of 5's ability to get a hit on X1 as well as get a hard roll to the rim to suck defenders in on them. X4 has to leave 4 and bump 5's roll to the basket. X2 and X3 are pulled over on the weak side. 4 pulls up out of the corner and gives 1 an outlet just in case they cant make a play on the drive to give an extra option.

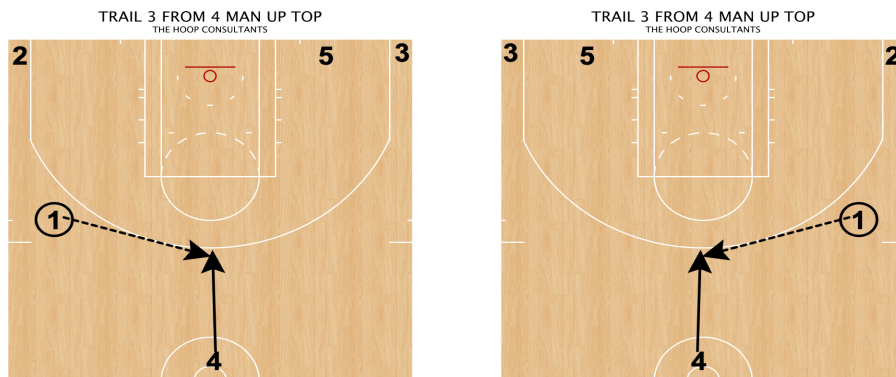


TRANSITION OFFENSE

In transition a stretch big is usually the trail man. In this section I will go through the progression of offense that you should be working with them on. Besides shooting trail shots there are other ways that stretch bigs can stay relevant.

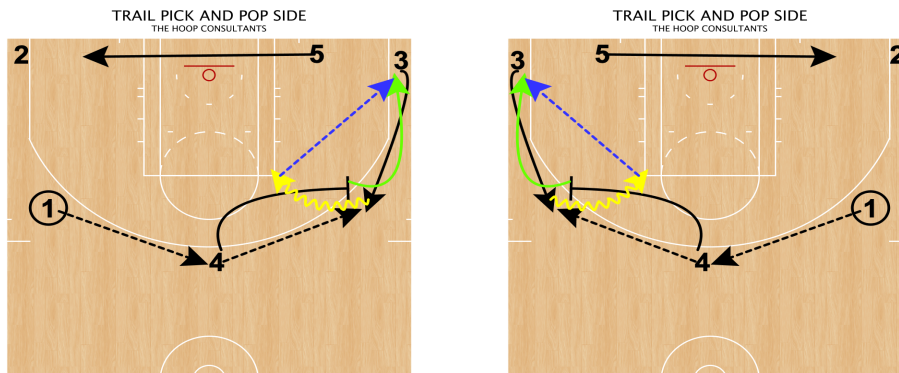
OPTION #1 TRAIL THREE

Transition if done correctly forces defenses into confusion and cross matching. In this section we will assume that the wings will sprint to the corner, the 5 will be the first big back and get to the dunker on the weakside. The PG dribbles it up the sideline and the 4 man trails. In the first option the 4 will sprint in the trail spot for a spot up 3. Its not the only option that a stretch big should do in transition, but it needs to be something that they can do on a regular basis to force defenders to be honest. Here is how it looks.



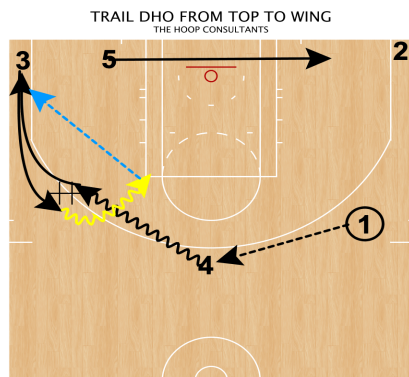
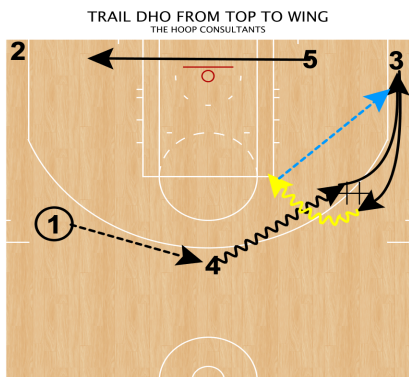
OPTION #2 REVERSAL SIDE PICK & POP

After taking the 3 point shot away on the trail, the 4 looks to the other side. 3 cuts to the wing and 5 clears to other side dunker. 4 Follows the pass with a pick and pop with 3.



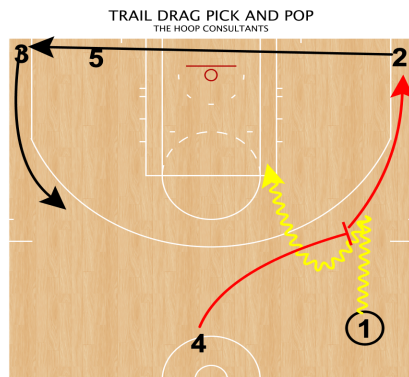
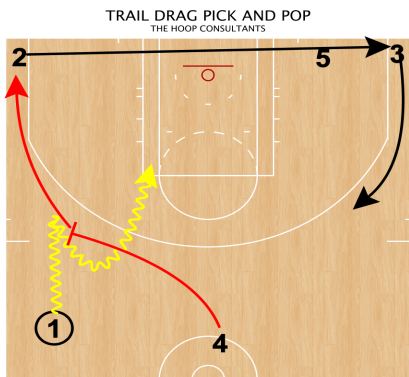
OPTION #3 REVERSAL ON DHO POP

This is almost the same as the pick and pop in Option #2. 4 catches up top, 3 cuts from the corner to the wing. 4 DHO's with 3 and then spaces/pops to the corner. 4 can also DHO back to where the pass came from. Only difference is 2 is occupying the corner so unless 2 relocates 4 would have to roll in that situation.



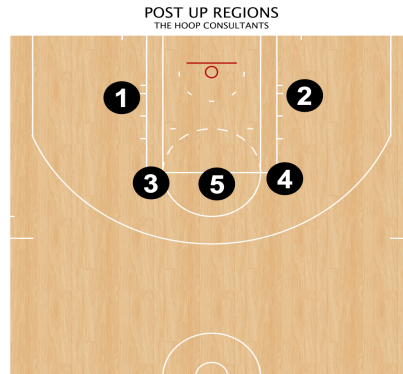
OPTION #4 DRAG PICK AND POP

One of the toughest situations to guard is a screen and roll in transition when the defense doesn't get a chance to setup. The last option that we will talk about is the drag pick and pop. 2 clears to other corner and 3 pulls up to the wing. 4 can set a solid screen or slip out.



POSTING UP

I Want to touch upon posting up. In today's game posting up is something that is a little frowned upon. With everything swinging towards the 3 point line posting up is becoming something of the past. I believe that there is a place for good post ups when there are matchups that favor the post player. With today's defenses are switching more and more these days big men see a lot of smaller players switching on to them. When that happens there should be a package of post shots that post players should have in their repertoire. Below are the best regions to post up. Blocks, Elbows, and the High Post.



Here are the following things that Big Men Should Develop

Jump Hooks Off Two Feet
Face Up Jump Shot
Face Up Drive
Jab Jump Shot
Spin Move
Running Hook

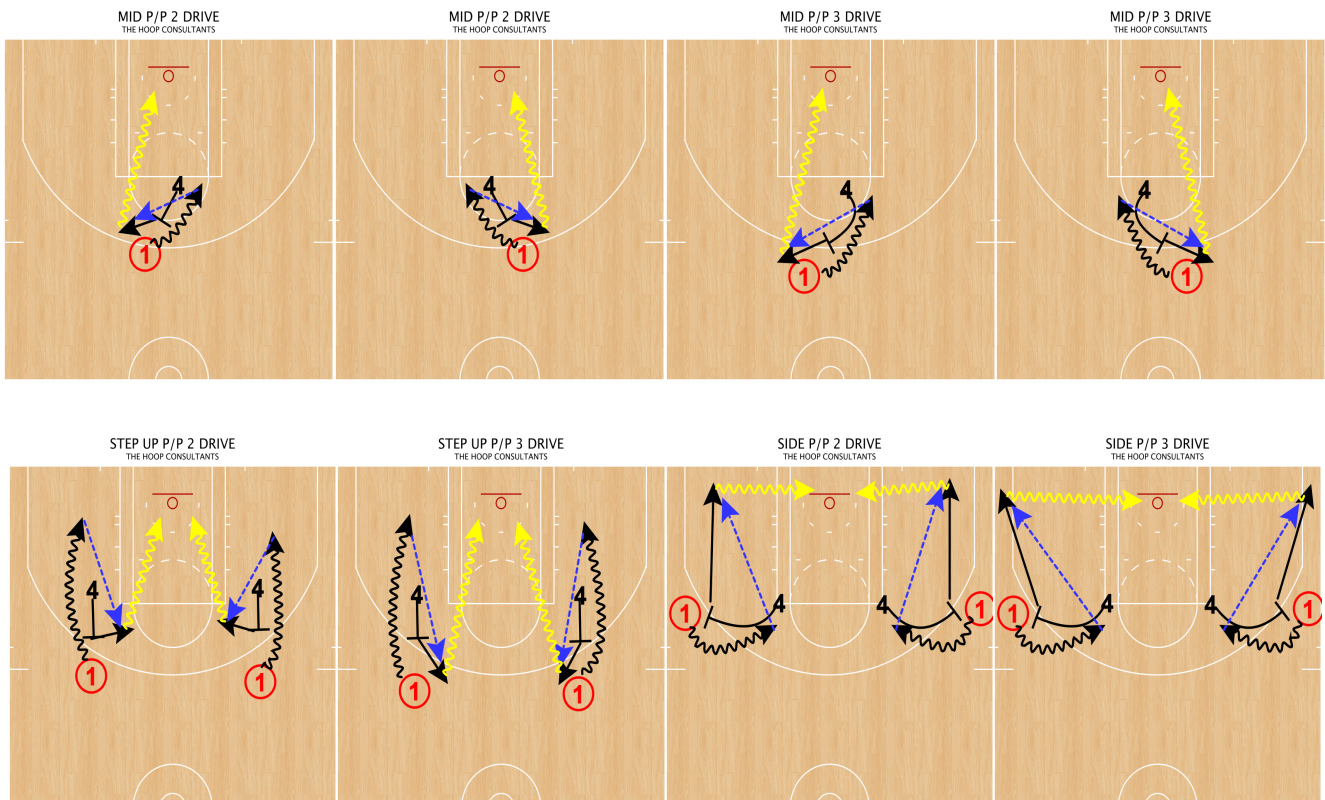
Analytics tells us that to grind out and work hard to get tough contested 2 point shots aren't efficient shots that players and teams should live on. Spend time on being simple in the post. Spend time developing great touch with hooks and glass shots close to the basket. Being able to face up and read the defender to be able to shoot or drive by them. Even with stretch bigmen being able to be effective inside when needed is a good skill to develop. Posting up gives a player the ability to get a shot deep in the paint as well as a chance to get to the free throw line. Posting up is a great option for a player that can create space and get efficient shots.

FLOATER

A floater is a very important shot to develop . When you are developing your player to straight line drive from the perimeter or drive on pick & pops being able to shoot that 7 foot floater is essential in today's game. A lot of times on those drives there will be size and length waiting at the rim, that shot will be a big help. All of your straight line drives off the pick and pops you can add floaters to all of those situations.

The 3 things that I like to focus on when teaching the floater are these

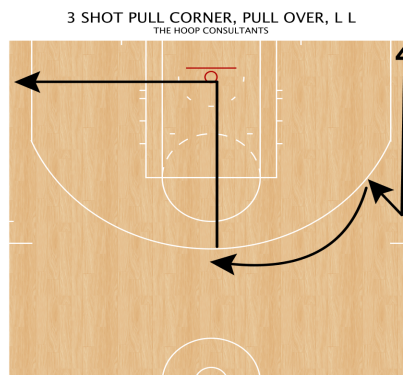
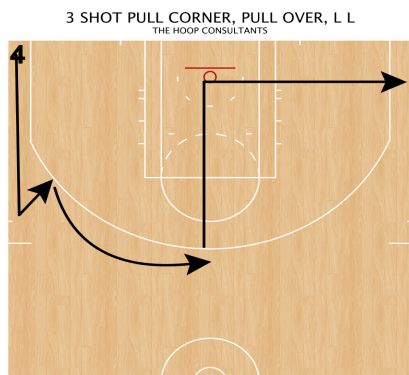
- **Trajectory** – Soft shot coming straight up in the air out of the hand
- **Clean Release**-Don't shoot the ball on the way down let it go!!
- **Body Control**- Don't lunge forward or lean back. Straight up or slightly forward



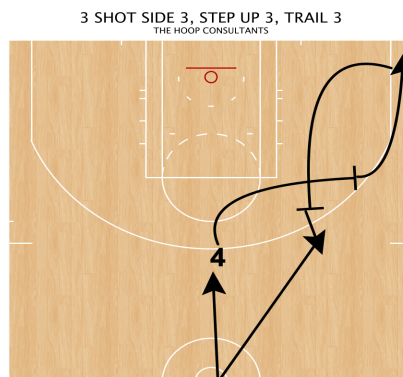
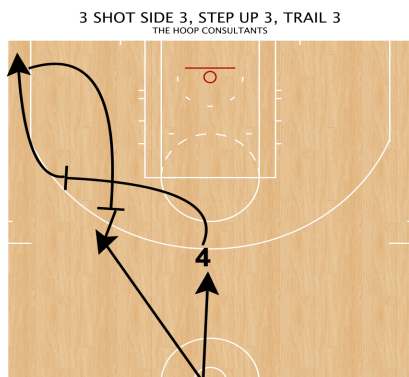
DRILLS

Here are some drills to put your players through to get some reps in multiple shot types. Drills are very much irrelevant in my eyes as the only thing relevant is the ability to teach and correct. Repetitions are very important as well as drills that have multiple shot types to work on technique as well as conditioning.

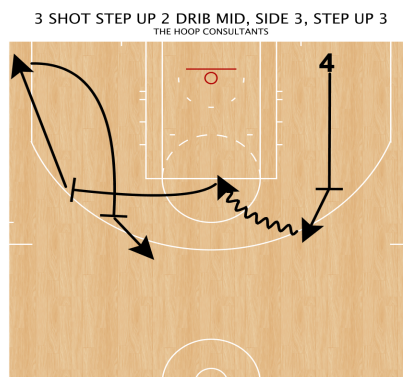
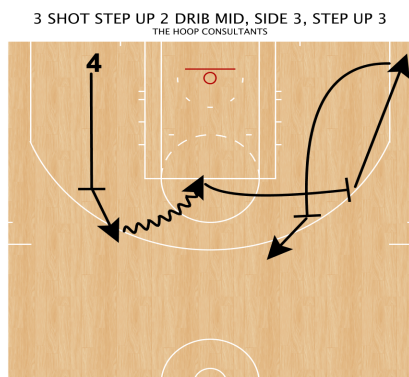
DRILL #1 PULL UP FROM CORNER, PULL OVER, L TO OPPOSITE CORNER



DRILL #2 SIDE POP 3, STEP UP POP 3, TRAIL 3

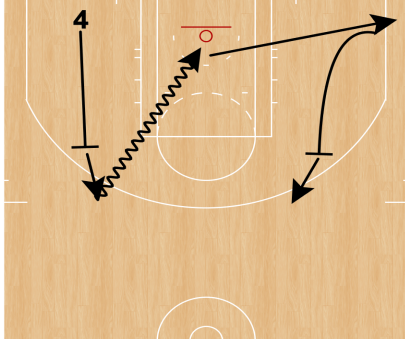


DRILL #3 STEP UP POP 2 DRIBBLE PULL UP, SIDE POP 3, STEP UP POP 3

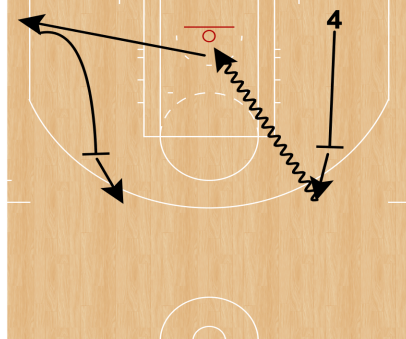


DRILL # 4 STEP UP POP STRAIGHT LINE DRIVE, SPACE CORNER, STEP UP POP 3

3 SHOT STEP UP DRIVE FINISH, CORNER 3, STEP UP 3
THE HOOP CONSULTANTS

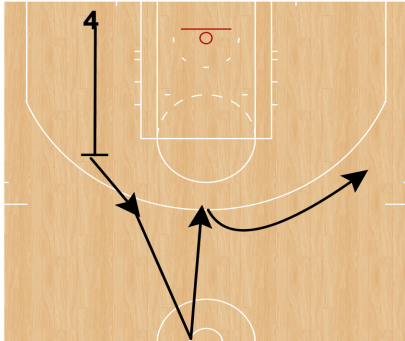


3 SHOT STEP UP DRIVE FINISH, CORNER 3, STEP UP 3
THE HOOP CONSULTANTS

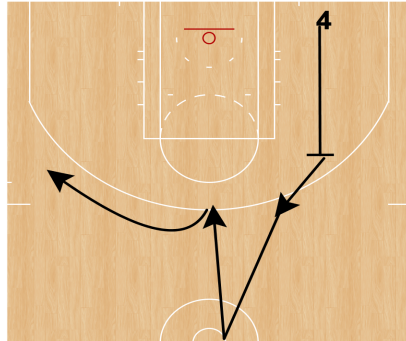


DRILL #5 STEP UP POP 3, TRAIL 3, FLARE TO OPPOSITE WING

3 SHOT STEP UP, TRAIL, FLARE
THE HOOP CONSULTANTS

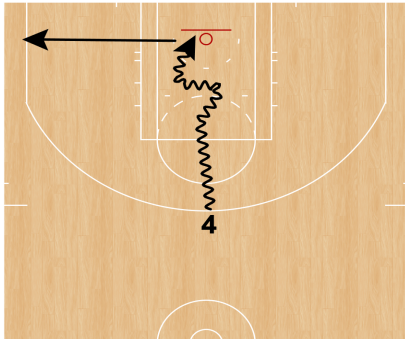


3 SHOT STEP UP, TRAIL, FLARE
THE HOOP CONSULTANTS

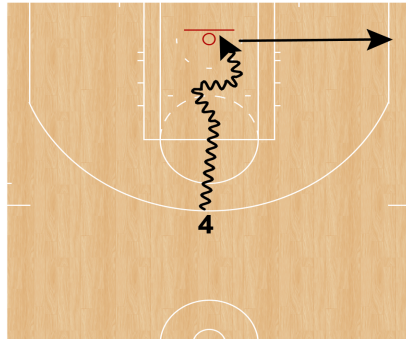


DRILL # 6 SPOT UP 3 UP TOP, STRAIGHT LINE DRIVE(EURO STEP), SPACE TO CORNER 3

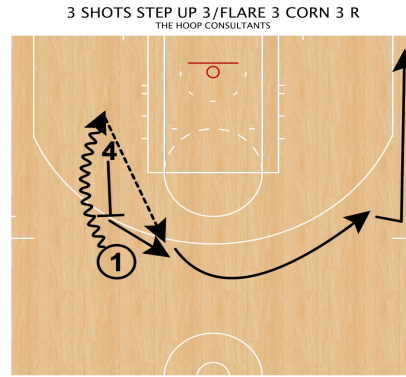
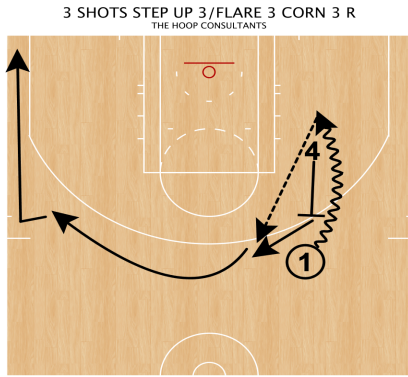
3 SHOT TOP 3, SLD EURO, CORNER 3
THE HOOP CONSULTANTS



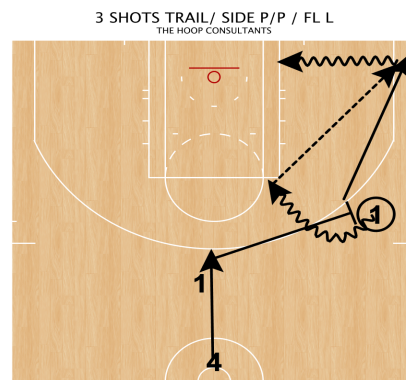
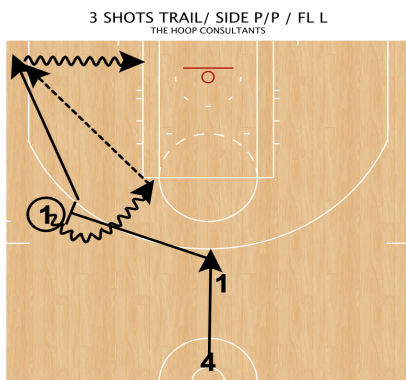
3 SHOT TOP 3, SLD EURO, CORNER 3
THE HOOP CONSULTANTS



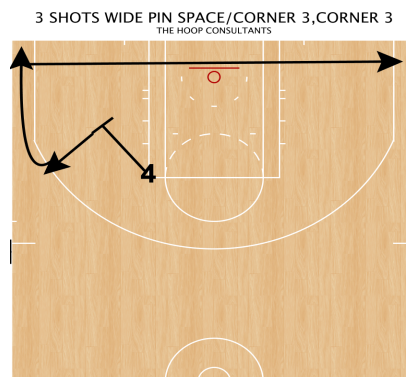
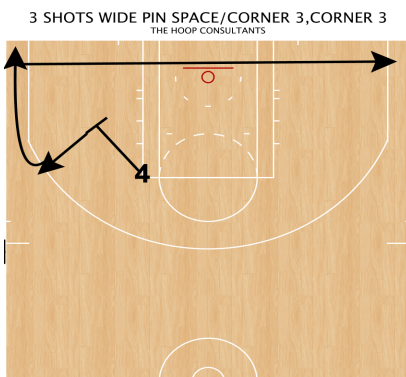
DRILL # 7 STEP UP POP 3, FLARE WING 3, CORNER 3



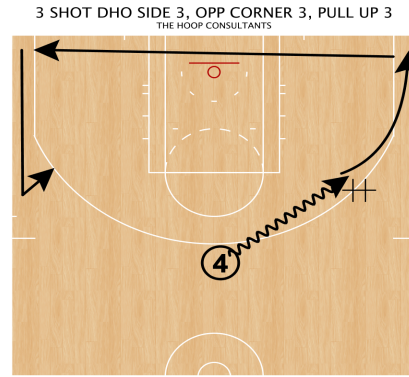
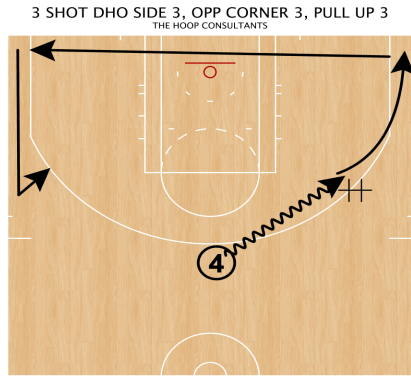
DRILL # 8 TRAIL 3, SIDE POP 3, STRAIGHT LINE DRIVE FINISH



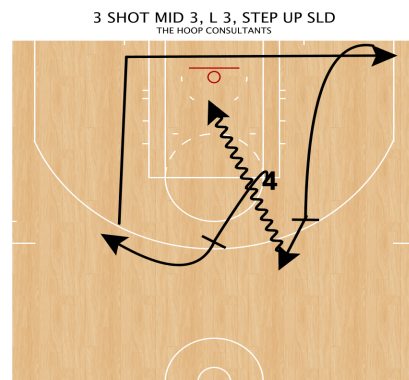
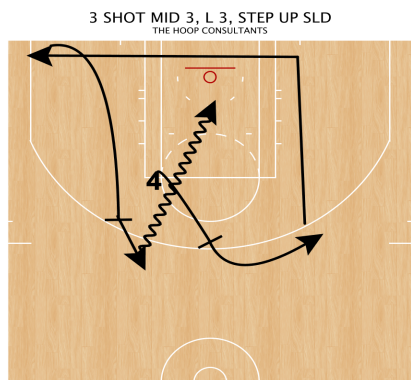
DRILL # 9 WIDE PIN SPACE 3 WING, CORNER 3, OPPOSITE CORNER 3



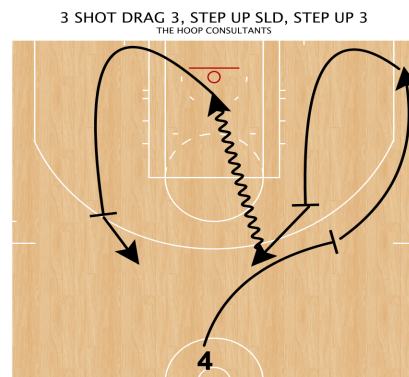
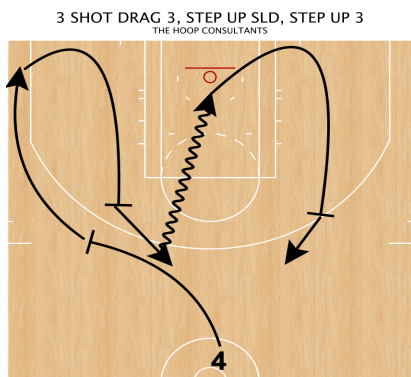
DRILL # 10 DHO WING CORNER 3, OPPOSITE CORNER 3, PULL UP FROM CORNER 3



DRILL # 11 MID POP 3, L CORNER 3, STEP UP POP STRAIGHT LINE DRIVE FINISH



DRILL # 12 DRAG 3, STEP UP POP STRAIGHT LINE DRIVE, STEP UP POP 3



CLOSING

The “Stretch Big” is a term that has changed the game in the last decade. We used to play with two prototypical bigs that played off one another around the basket. With today’s game being so much about spacing the floor the stretch big is someone that can make it much easier for a team to drive the ball and make plays for other players. The stretch big can be your 4 or 5. With Dirk Nowitzki thanks to Don Nelson started the revolution with the 4 man playing on the perimeter, that has morphed into now centers doing the same thing. It is not uncommon to see teams play with 5 players on the perimeter to maximize the space on the floor.

However you want to use your stretch big men it is up to you. That’s what makes this game so great, is that you can fit players into your system the way that you feel fit. It is important educate your big men on the use of space and how to maximize their skill level and DNA to develop into the best player that they can be. Like I said many times in this book, the stretch big isn’t just about jacking up 3 point shots. It is developing a perimeter threat that can not only shoot, but drive, cut, and make plays for others. Posting up is another great option to not only score in the paint , but also pass, as well as get to the free throw line.

The game offensively is about maximizing space, forcing defenses to put two on the ball, making plays, and getting great shots. The stretch big can impact the game with their shooting, but also finding other ways to force two defenders on the ball (screening,cutting,driving) can make them so much more relevant. The game is evolving at a rapid rate with the offensive skill sets of all of its players, especially the big men. The teachers of the game have to stay ahead of the curve finding ways for their players to be effective.

There are plenty of players to research that play these positions.

Dirk Nowitzki, Kevin Love, Karl Anthony Townes, Anthony Davis, Joel Embiid, Brook Lopez, Kristaps Porzingas, and Lauri Markkanen are all players that you can learn from of how to teach the stretch big position. All of which can impact the game with their shooting, but there are so many other attributes to their games that make them great players.

When teaching any position, the three things that I always have in mind are how to keep them relevant, how can I make them simple, how can I teach them to be efficient. Those three things can make a player impact winning at a high level. Developing winning players will improve our game in doing so the skills that we teach must embody winning. I hope this book helped you in any way. Good luck and get to work!!