

PNR - 2 WAY TEACHING FOR YOUTH



MIKE DE KRAKER
29/12/2020

WEBINAR AIMS

- 1. Coaches mindset**
- 2. PNR Breakdown + Drills / SSG to develop understanding**

COACHES MINDSET



“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

Martin Luther King Jr.



COACHES MINDSET



**“Ninety-five percent of performance is physical, five percent is mental.
However, the five percent that is mental rules the other ninety-five percent.”**

Dr. Keith Henschen



COACHES MINDSET



“Yet few people put any time into developing their thought processes. Many of us go to school to learn a skill or a trade, but what about learning to think the right way? Does this not come first? What’s the point in learning a skill if we don’t have control over our mindset.”

Dr. Craig L. Manning



COACHES MINDSET



Developing > Winning

Feedback > Pointless shouting - don't lose credibility

Question > Command

COACHES MINDSET



Constraints led approach in drills

Create an environment in which players can learn - fail - improve by using constraints

PNR BREAKDOWN



Answer these questions on PNR



PNR BREAKDOWN



Answer these questions on PNR

Who?

+

Why?

=

What?

+

How?

Mike Mackay

PNR BREAKDOWN



Player feedback on PNR

Did you ever asked your players:

Why do we play a PNR in offense?

PNR BREAKDOWN



Quote

"Teach Concepts before Precision"

Liam Flynn

PNR BREAKDOWN



On ball defender

3 options to defend a PNR:

1. Over
2. Under
3. Switch

Extra loads:

1. Down them (ICE)
2. Don't let them into the pick (Cancel)

PNR BREAKDOWN



On ball defender

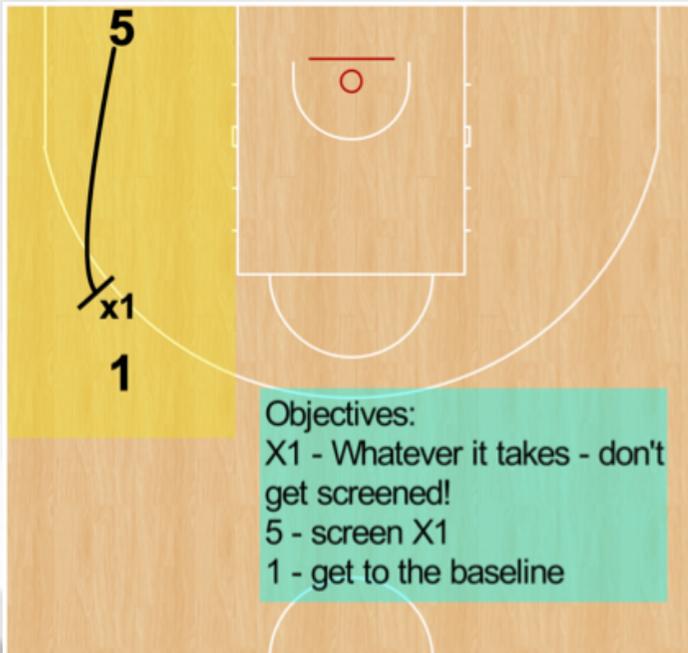
Ask your players:

Why are you going over/under/switch?

PNR BREAKDOWN



On ball defender



2v1 No ball

What do we train:

Offensive awareness for Screener (5) / "Ball handler" (1)

Defensively Triple A's:

-
-
-

Awareness

Avoidance

Agility

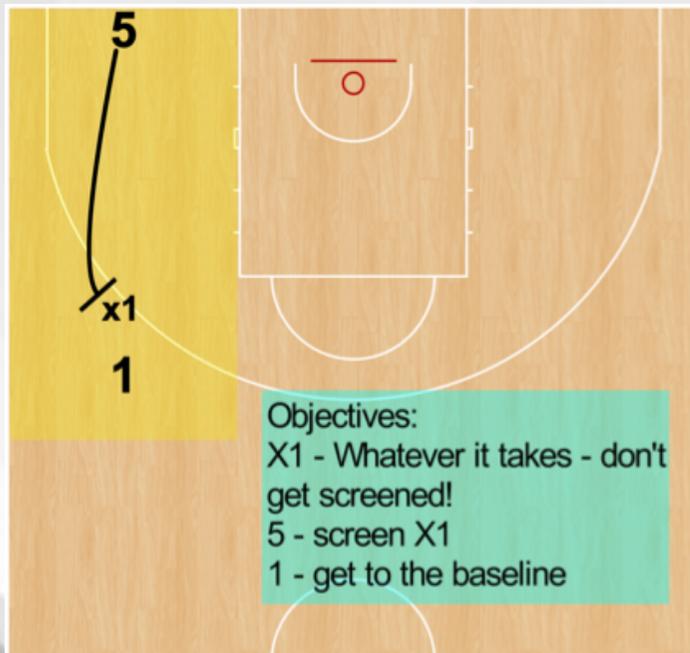
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Peter Lonergan

PNR BREAKDOWN



On ball defender



Loads:

1. Add a ball - same objectives
2. Divert the angle to play towards te rim

When playing to score, ask your player:

X1 - Why do you go over or under?

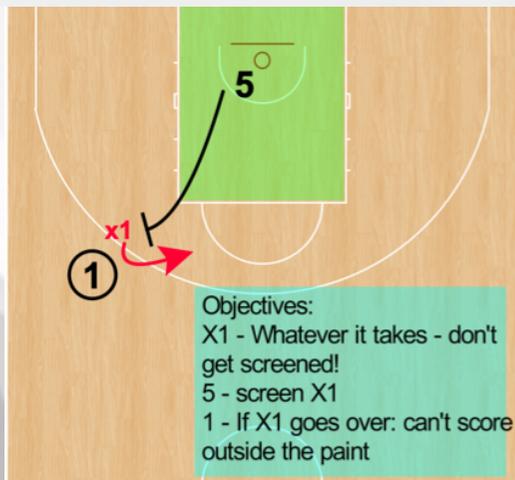
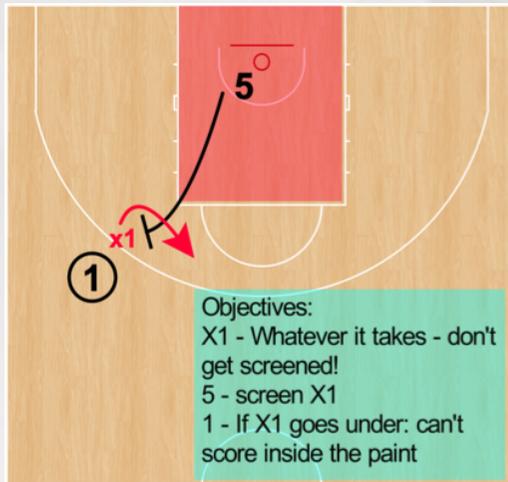
05 - How can you be more deceptive in screening? (communicate - verbally/signs)

01 - How can you get a bigger advantage?

PNR BREAKDOWN



On ball defender



Loads:

1. Add a ball - same objectives
2. Divert the angle to play towards the rim

When playing to score, ask your player:

Why do you go over or under?

Giving constraints helps to recognize advantages:

1. If X1 goes under - must score from outside the paint
2. If X1 goes over - must score from inside the paint

PNR BREAKDOWN

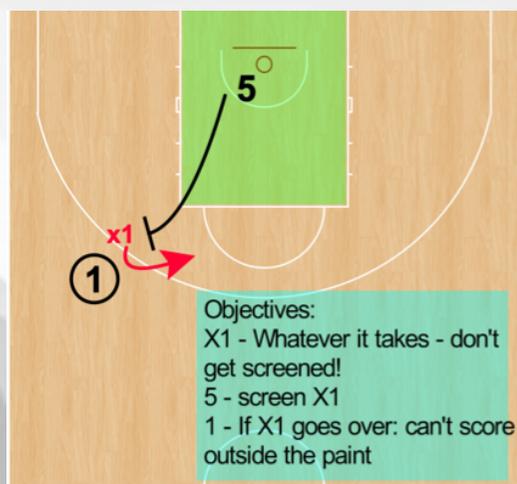
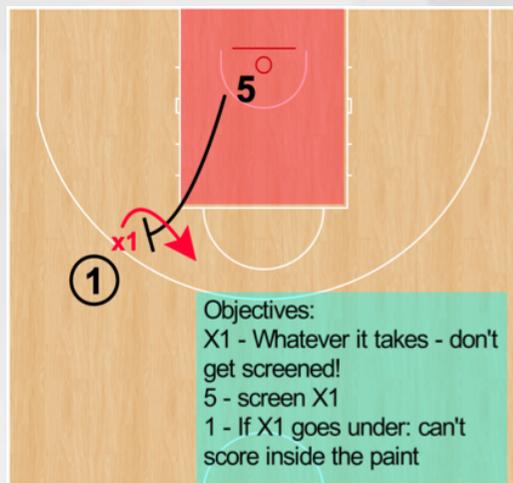


On ball defender

Loads:

If X1 goes under - no advantage created - what can you (05) do?

This way we teach offense to rescreen



Tools for X1 to go over:

1. Slice the hip
2. Knife the shoulder
3. Bump' and done

-

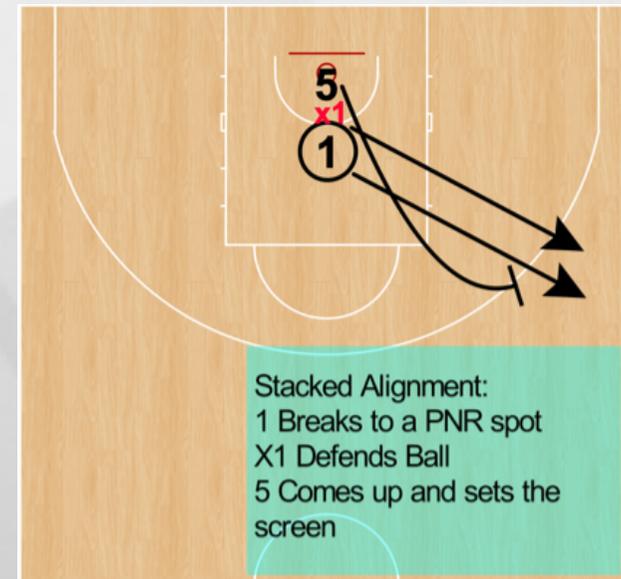
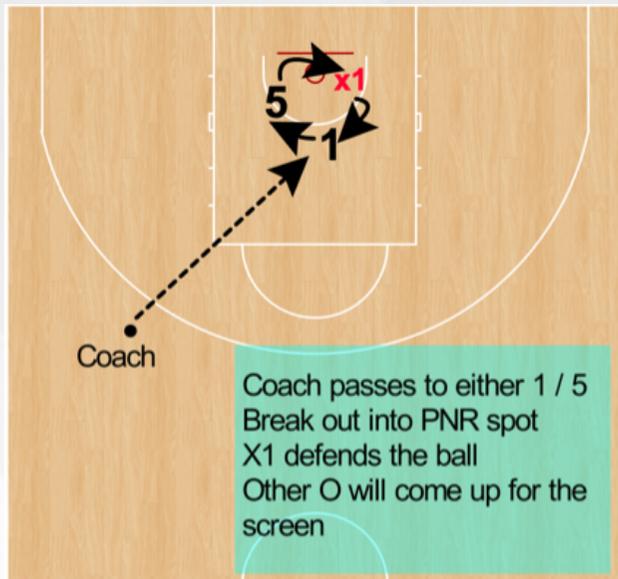
Peter Lonergan

PNR BREAKDOWN



On ball defender

Loads:



PNR BREAKDOWN



Screener defender

3 options to defend a PNR:

- 1. Drop**
- 2. Push up behind (squeeze)**
- 3. Hedge (hard / flat)**

Extra loads:

- 1. Switch = not lazy, requires communication and connections. As well as knowing how to defend other players**

PNR BREAKDOWN



Screener defender

2v2 Questions for your player:

What does O have when you play in a drop?

What does O have when you squeeze under?

What does O have when you hedge?

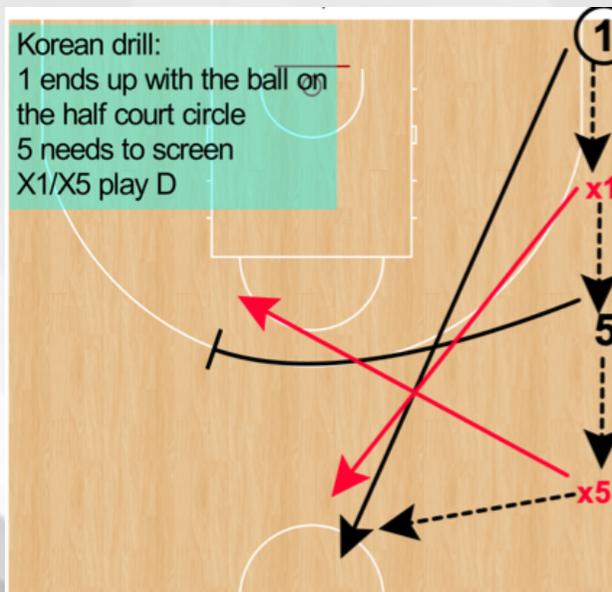
Or

What do you take away when ..

PNR BREAKDOWN



On ball & Screener defender



Mike Mackay

Loads:

- 3 reps - must be different defense all the time
- First team to get a stop on all the different defenses wins it

SSG's:

Menu game (Alex Sarama)

Coach writes down multiple Defense schemes on the board (both for X1/X5 combo's

Defense must pick and play these concepts

PNR BREAKDOWN



Defensive Communication



PNR BREAKDOWN



Ball handler - Offense

Options to attack a PNR:

1. Reject
2. Go over

PNR BREAKDOWN



Quote

“We never want to be a prisoner of the defensive coverage”

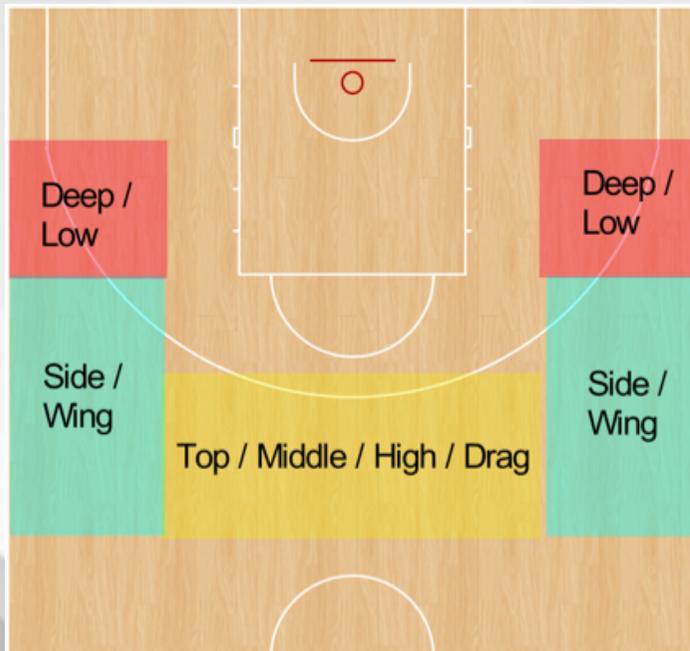
Ross McMains

PNR BREAKDOWN



Ball handler - Offense

Locations to play PNR at



How many different types of set up do your players know:

-
-
-
-

Crab dribble

Float dribble

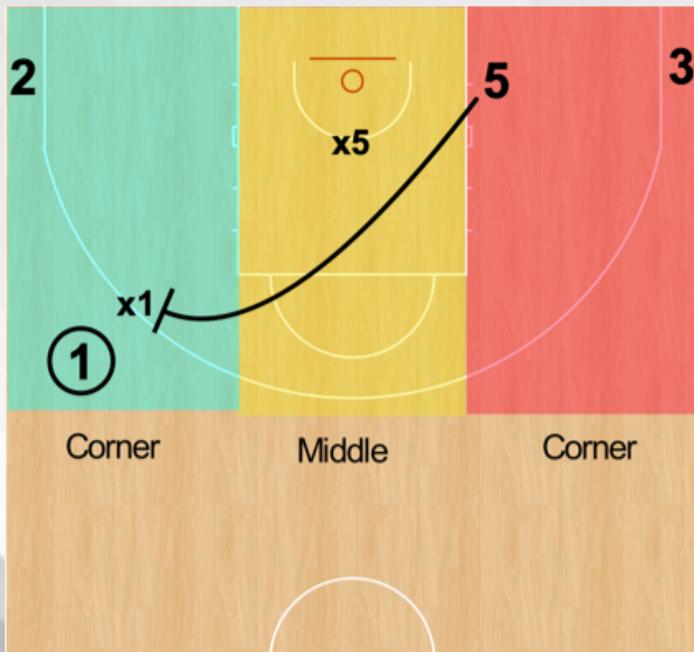
Hip swiffle

...

PNR BREAKDOWN



Ball handler - Offense



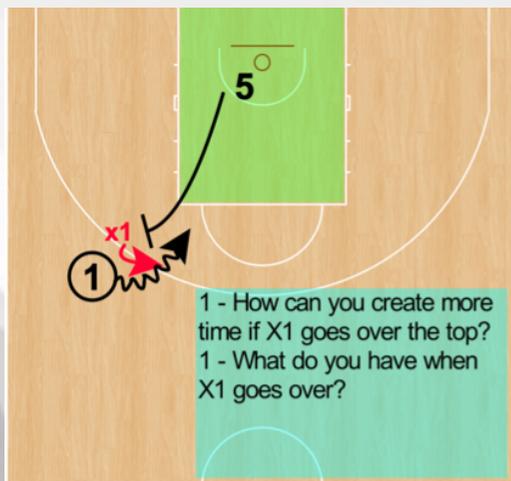
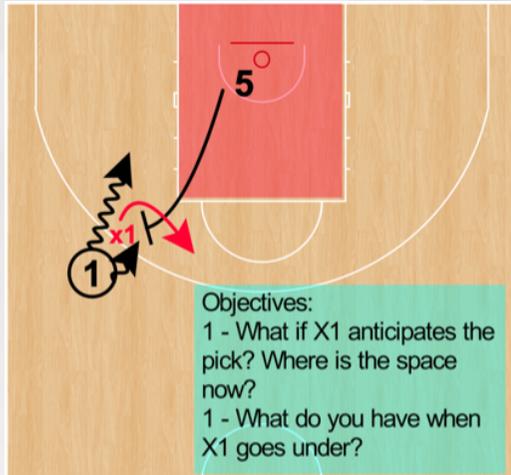
Vision on the PNR

- Corner (strong side): Whip it pass if too much help
- Middle: Reading PNR coverage and 3rd/4th D
- Corner (weak side): early tag / too deep = pass

PNR BREAKDOWN



Ball handler - Offense



Same drill as for Defense:

1. If going under what do you have?
2. If going over what do you have?

- Reject is Nr 1

- Teaching the KOB dribble when going over is a key element of playing PNR

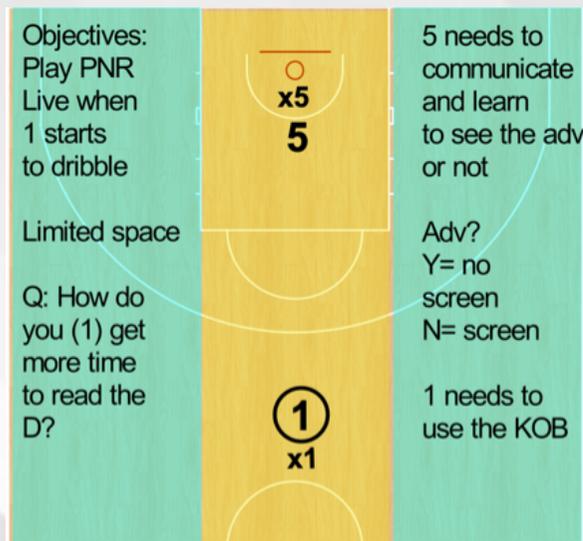
Giving constraints helps to recognize advantages:

1. If X1 goes under - must score from outside the paint
2. If X1 goes over - must score from inside the paint

PNR BREAKDOWN



Ball handler - Offense



Peter Lonergan

2v2 can be done in the same drills as shown before. Just add 1 to the circle or stack alignments

As well as learning to KOB in a limited space - now we get 5 in the game as well.

How can 1 buy time for 5 to come up and set a screen will be your main Q to the ball handler

PNR BREAKDOWN



Screener - Offense

Screening in the PNR

1. Roll
2. Pop

PNR BREAKDOWN



Screener - Offense

Where do you want your ball handler to go to?



Angle at the feet /
Screen back pocket /
Bait under - twist

What is the coverage your Defender is playing?



What counter do you know?
Where is the open space for you?

What does the ball handlers Defender do



Hips open up when coming up for the screen = adv created = no screen needed

PNR BREAKDOWN



Screener - Offense

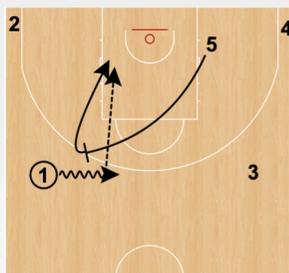
Before contact

Aggressive coverages:

Switch - Hedge - Blitz - High Flat

Conservative coverages:

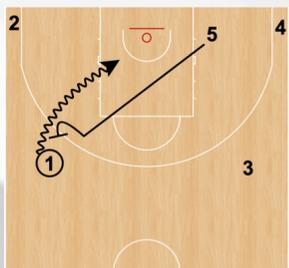
Drop - Ice - (Low)Flat



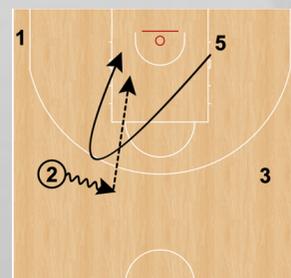
Cov: A - Counter: Slip



Cov: A/C - Counter: Veer



Cov: A/C - Counter: Flip



Cov: A - Counter: Ghost

PNR BREAKDOWN



Screener - Offense

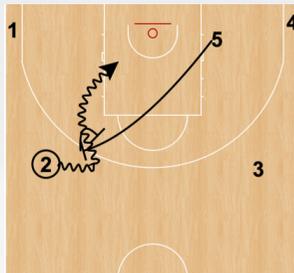
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Aggressive coverages:

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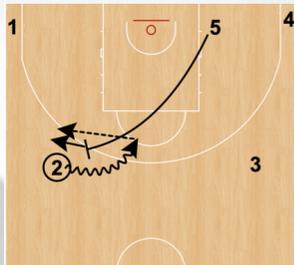
Drop - Ice - (Low)Flat



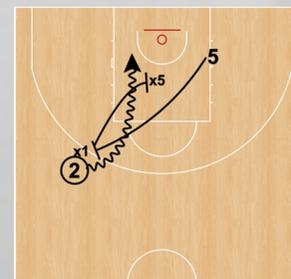
Cov: A/C - Counter: Twist



Cov: A - Counter: Short roll



Cov: C - Counter: Pop

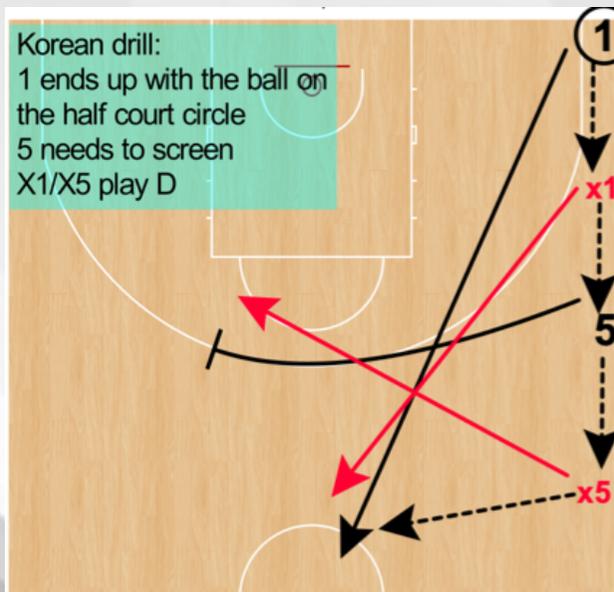


Cov: C - Counter: Screen the Drop

PNR BREAKDOWN



Ball Handler & Screener



Mike Mackay

Loads:

- 3 reps - must react on Defensive coverage
- First team to score out of 3 different PNR set ups
- Learn to read the 2nd Defender

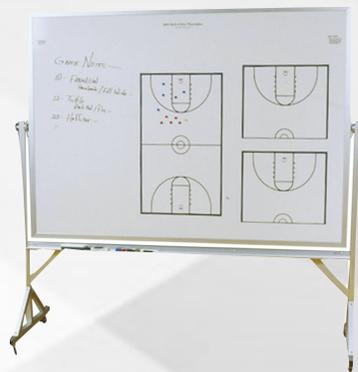
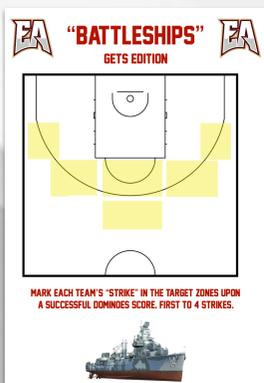
Loads:

- 3v3 with stack or circle movement (can also be at half court circle)
- Make sure 3rd O is always in a different spot (Corner/Middle/Corner)
- Learn to read the 2nd & 3rd Defender

PNR BREAKDOWN



SSG's - Alex Sarama



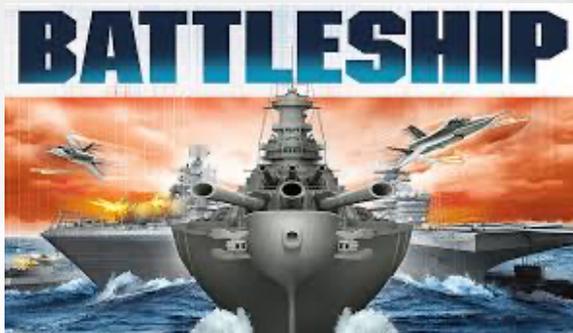
PNR BREAKDOWN



SSG's - Alex Sarama

Objectives:

First team to 'sink' all spots from the opponent



Play 3v3 / 4v4

Highlight spots you want to play PNR in

Sub is calling out which areas to score (can be coded)

Opponent can't see this

PNR BREAKDOWN



SSG's

Objectives:

Coaches make pre practice carts with different assignments to achieve:

i.e. different PNR actions (O/D)

Players keep track of scores (or of the opp. scores and how they scored)

-

Golden snitch goes to first team scoring from all assigned options.

OR

Golden snitch goes to team that discovers AND names all opponent assigned tasks before opponent scores on them all

-

Play time based to keep it up to speed and keep live scores

-

Sub must communicate (in code) which ones they are missing



THANK YOU



Alex Sarama	Peter Lonergan	Brent Tipton
Mike Mackay	Paul Kelleher	Jack Fleming
Ryan Pannone	Troy Culley	Francesco Nanni
Liam Flynn	Alan Keane	Diogo Cunha
Stefan Grassegger	Zico Coronel	Kyle Brown
Brianna Finch	Kostas Kalougeropoulos	Connor Harr

EA TEAM & Many more

THANKS FOR WATCHING

EA



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