



STYLE OF PLAY



THE SEASON PLAN

The season plan is a resource to help keep track off when to teach each concept in every age categorie.

OVERALL STYLE OF PLAY:

CREATIVE MOTION:

Jazz VS Classical

RULES OF DOMINOES:

1. First touch decisions
2. One can't guard two
3. In and out of space

WHAT TYPE OF SHOTS DO WE VALUE?:

- LOVE lay ups, LIKE threes
- ROB shots

SHOT CLOCK STAGES:

- Pace (first 8 sec)
- Poise (8-16 sec)
- Penetration (Last 8 sec)

EASIEST WAYS TO CREATE ADVANTAGES?:

- Transition offense
- Long close outs
- Mismatches
- Triggers

THINGS TO LOOK OUT FOR?:

- Size mismatches
- Weak defenders
- Screen coverages (U15+)
- Men to men or zone defense

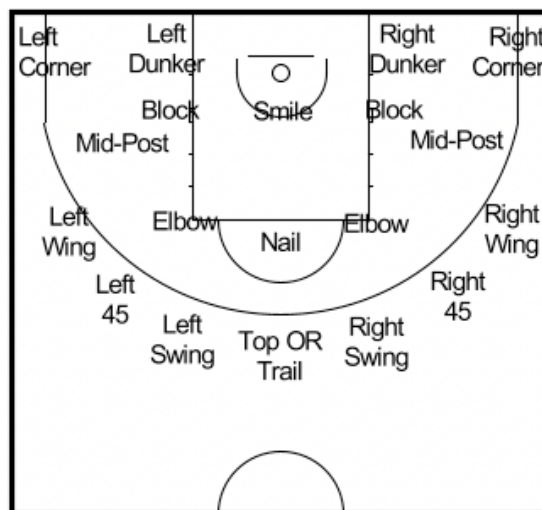
HOW WILL WE RUN THE FLOOR?:

- Great pace & space
- Lag free - Bolts
- Two side transition

BASIC RULES FOR DECISION MAKING:

- 1 on 0 - Have some fun
- 1 on 1 - Get it done
- 1 on 2 - Not for you
- 1 on 3 - Sit with me
- 1 on 4 - Play no more

SPACING SPOTS:



TRANSITION ROUTES:



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OFFENSE:

TRANSITION OFFENSE:

- Lane (left & right)
- Alley (left & right)
- Middle
- Box out
- Land like a quarterback
- Seek the sideline
- Runner
- Bolt
- Win the first three steps
- C-cut
- Go long
- Dribble push
- Break-out dribble
- Deep outlet
- Dominoes
- Keep the highway clear
- Wing take-on
- Two side
- Bump through

HALF COURT POSITIONING:

- Corner (left & right)
- Wing (left & right)
- 45 (left & right)
- Swing (left & right)
- Top
- Short corner (left & right)
- Smile
- Nail
- Paint
- Single gap
- Double gap ★
- Triple gap ★
- Half gap ★

PENETRATION REACTIONS

- Find a window
- Push & Pull
- Drift
- Lift
- Hold the corner
- Wheel under/circle under
- Sprinting the exit
- Airborne receiver

CUTS:

- Blast cut
- Ghost cut
- Backdoor cut
- Front cut
- Shallow cut
- Secondary cut
- Exchange/Interchange

OFFENSIVE ACTIONS / TRIGGERS:

- Static 1v1 (turtle & mouse)
- Dynamic 1v1
- Zoom
- Get ★
- Pitch
- Euro/Rub cut ★
- Post up ★
- Give and go
- Iso

OFFENSIVE TERMINOLOGY

- Rules of Dominoes
- ROB shot
- Sprint to space
- Motion offense
- 5 out
- 4 Out 1 In ★
- BLOB (baseline out of bounce)
- SLOB (sideline out of bounce)
- Shot clock stages (Pace, Poise, penetration)



DEFENSE:

TRANSITION DEFENSE:

- Goalie
- Director
- Interceptor
- Stunt
- Tagging up
- Scrum under

HALF-COURT DEFENSE:

- Active footwork
- Shuffle
- Cross-Over step
- Hip turn
- Square
- Shade
- Influence
- Wall up
- Chest blow
- Rondo Close-out
- LeBron Close-out
- Curry Close-out
- Top Lock
- Wedge/Agressive denial



SKILLS:

FINISHING:

- Normal lay up
- Euro step
- Layback
- Reverse lay up
- Cross-over step lay up
- Behind the back lay up
- Finger-roll
- Same foot, same hand scoop
- Rondo fake
- Pass fake
- Veer finish
- Basic Floater
- Floater variations ★
- Teardrop variations ★

PICK UPS:

- Over the top gather
- Low pick up
- Cradle/tuck gather
- Straight arm extended pick up
- Elbow out pick up
- Fake pass lay up

BALLHANDLING:

- Crossover
- Between the legs crossover
- Behind the back crossover
- Hesitation
- In & out
- In & out crossover
- Crossjab ★
- Handslap

FOOTWORK:

- Front & reverse pivots
- Jab step
- Open step
- Cross step
- Jump stop
- Hop step
- Stride stop
- 1-2 step catch

PASSING:

- 1 Hand push pass
- 2 Hand pass
- Extra pass
- 1 hand off the dribble pass
- 1 Hand bounce pass
- Overhead pass
- Behind the back pass
- No look pass
- Behind the head pass
- Baseball pass
- Skip pass

SHOOTING ON THE CATCH:

- Hop
- 1-2 step
- Lift
- Drift
- Transition
- Re-locate

SHOOTING OF THE DRIBBLE:

- 1-2 step pull up
- Hop off the dribble
- Float
- Shift
- Setup dribble
- In & out
- Hesitation
- Second move

