

7/30/25

- Overview
 - Culture Nuggets
 - Player Development
 - Secondary Offense

Culture Nuggets

- Tobin Anderson: Iron Man Club, make every session.
- Chris Beard: Golden Bucket
- Winning plays/ losing play film session after each game

Player Development

- O Rebounding
 - Easiest way to improve a non skilled player
 - Teams fear giving up offensive rebounds
 - If they can't rebound they can't run
 - Way to survive an off shooting night.
- Dave Klatsky – Florida asst and Michael Lynch Study
 - Both found that the more crashers you had
 - the higher your OREB%
 - The higher your PPP climbed on successful rebounds
 - The lower percentage of our opponents possessions turned into transition
 - The lower our opponents PPP were on those possessions

Quick Table #1	LEICESTER						OPPONENTS			
	POSS	CRASHERS	OREB	SCORE	oT - OPP	oSCORE	OREB%	PPP	oTRAN%	oPPP
0 Crashers	61	-	0	0	30	43	0.0%	0.000	49.2%	1.433
1 Crasher	209	-	54	50	70	63	25.8%	0.926	33.5%	0.900
2 Crashers	211	-	83	85	62	58	39.3%	1.024	29.4%	0.935
3 Crashers	65	-	32	39	19	12	49.2%	1.219	29.2%	0.632
4 Crashers	10	-	4	6	5	0	40.0%	1.500	50.0%	0.000

Link to Article: <https://www.coachlynchbasketball.com/post/a-case-for-offensive-rebounding>

- How to develop rebounding for players.
 - Emphasize it as much as possible
 - Drills

- Teaching
- Technique
 - Spin Out from post up
 - Weakside Wedge- Go find someone
 - Run in rebounds w/ swim move
 - Get Back guy through the elbow area
- Free Throw Situation
 - Odd number = X
 - Even = Regular crash
- 35 Shooting
 - 135 in 5 minutes
 - First o- rebound is kickout
 - 2nd one you score it for 1 point

- Passing
 - Most underdeveloped skill
 - Why NBA guys are such good shooters.
 - Pass makes the shot

Drills

- Partner Passing
 - Pocket, inside hand pocket, Hook Pass
- Drive Passes
- 4 Line Passing
- Dunk Zone Finishing
 - Footwork – Step Ins
 - Progression w/ pump fakes, reverses, o Rebounds
 - Floaters
- Offensive/Defensive Finishing Drills
 - Trying to get offensive players to finish w/ contact and play off 2 feet
 - Trying to get defense guys to wall up and go vertical without fouling.
 - Keep Score
 - Drills
 - Ride the Dribble from 3 point Line
 - Elbow Rip Through
 - Start at elbow
 - Defensive player top foot even with ball.
 - Offensive player rips the ball to start it.

Secondary Offense

- Hit Man and Money Man
- After a play breaks down these are the concepts we want to utilize
- Never want to drive a drive but this simplifies it a little in my mind
- Hit Man
 - First pass after a drive
 - Shoot or next it
- Money Man
 - Second pass
 - Has the ability to create/ drive
 - Follow ghost or DHO
- Go through 5 on 0 showing it
 - Flip/ Flare into ball screen
 - Flip/ Opposite Pin
 - Get to drive with hit man money man action out of each
 - Go over hit man/ money man to a 5 flashing