

MCA Coaching Clinic

Practice with Purpose: Building Offensive Drills for Your System

Half Court Man Defense

Presented by: Brodie Kelly, Head Boys Basketball Coach at Butte Central High School

Part I – Building Practice Habits

Practice with purpose. Build skillsets and establish habits through repetition. Create situations that consistently appear in games.

To build effective breakdown drills, answer these questions:

- What game situation are we preparing for?
- What skillsets are required?
- Who will most often be in this situation?
- What decision will they have to make?

Example:

How many corner catches will your team get against a 1-3-1 or 3-2 zone? If that situation happens 10–15 times each game, are you practicing it every day? What scenarios can you present?

Skill Progression

Teach every skill using a progression.

1. Technique (no defense)
 2. Add defender – token then live
 3. Add complexity – help defender, additional offensive player
 4. Establish competition – continue focus on habits. Limit free play.
-

Example Skill Development

Fundamental Skills

Focus on playing on **two feet**. Useful skills vs man & zone.

- Example daily drills include:
 - Nova Drill
 - Two-Man Passing
 - Closeout Post Passing
 - Motion cut & fill
- (these drills should be fast reps, get in & get out)
-

Zone Offense Development Examples

Create repetitions around situations your players actually see.

Inside Zone

- Inside zone scoring moves
- One-on-one scoring
- Include short corner if that is a spot you attack

Corner Catch

- Prepared catch, then drive into scoring skills
- Add help defender
- Add cutter

Corner Screen/Slip

- Slip to score, big flash
- Corner catch, post entry

Corner traps

- Strong catch, on balance, rip – require offense to wait for trap
- Split, ball fake, make decision

Wing seals

- Skill required in our zone offense
 - Pass vs pressure
-

Man Offense Development Examples

Continue playing on 2 feet vs pressure.

Drive or back cut vs pressure

- Score vs help
- Add cutter and make live decision

2-on-2 Cutthroat

Coach specifies coverages: (switch, under, over, double, etc)

Actions:

- Ball screens
- Flares
- DHO
- Split action

3-on-3 Cutthroat

Same concepts with additional spacing and decision making.

Press Offense Habits

Teach habits before teaching plays. Emphasize playing in space.

Daily emphasis:

- Big flash
- Reverse pivot
- Retreat dribble
- Ball fake

Create scenarios:

- Middle flash
- Reverse pivot
- 2-on-1 decisions

Variable scenarios with competition

- 3 on 2 Blitz drill
- Add extra defender

Players become comfortable facing variations of pressure and traps. Rely on fundamentals.

Part II – Half-Court Man Defense

Defensive Philosophy

- There are no secrets. The opponent can know exactly what you're trying to do—and still struggle to score.
 - Built on accountability. There is an exact right way to do everything.
 - Simple systems executed at a high level beat complicated systems executed inconsistently. Avoid overcoaching.
 - Best man defense looks like zone (and best zone defense looks like man)
 - Systematic principles. Collectively taking away the threat. Forcing players into their weakness. Dictate what they do. On-ball defense is key,
 - Crowd the threat. Crowd the ball. Crowd the action. Crowd the post.
-

Defensive rules provided in separate handout

Things to emphasize

- Key is to anticipate. Can go from good to bad very quickly. Fine line.
 - Ball-man vision every second. Keep head moving.
 - Active hands, especially on ball. Butt down.
 - Arrive on the catch. Cannot react.
 - Furthest defender is most important. Watch his posture and demeanor.
 - Be on a string. Help the helper. Be connected. Rotate on time. Recover together.
-

Personnel

- Successful man defense is not reserved for great athletes.
- We've had success with teams that were frequently undersized.

Most valuable traits: Length, Agility, Toughness, Focus

The biggest challenges: Slow feet or inability to concentrate

Defensive Teaching Progression

Basics

- Stance
- Slides

- Closeouts
 - Baseline closeouts (feet and technique)
 - 5 line closeouts (active hands, communication, concentration, box outs)
 - 2 on 2 closeouts (live & competitive)
-

Crowd & Recover

Most difficult skill to execute in our system.

Teaching points:

- Inside foot to the ball.
 - Stop ball with foot.
 - Challenge & slow the pass.
 - Adjust based on personnel. May stunt at times.
-

Post Defense

- 1-on-1
- 2-on-2

Focus on:

- Own the box (3ft by 3ft around block). Establish position first.
 - Feet
 - Leverage
 - Toughness & grit
-

3-on-3 Cutthroat Competitions

Use Cutthroat games emphasizing:

- Closeouts (may require 2 reversals, then live)
 - Down screens (may require 2 reversals, then live)
 - Ball screens (mix high-ball and wing)
 - DHO (mix under over based on personnel)
 - Other common actions flex, UCLA pin down, angle/flare, Utah wing ball screen, etc
-

Shell Drill with rules

Progress from simple to complex.

- Stationary shell
- Flash in / flash out
- 3-Out 1-In, low or high post
- 4-Out
- Flex
- Double screens
- Blocker high-low with coach entry
- Any specified actions to start possession

Adjust scoring for emphasis – deflections, offensive boards, charges, etc

Final Coaching Thoughts

Fix what you do before changing what you do.

Keep teaching simple.

Demand accountability.

Players don't rise to the occasion. They sink to the level of their training
