

# MAX DEVELOPMENT

## Week 1 and 2

Points of Emphasis: Paint and Rim Decisions

1. Can you score?
  - a. Recognize & Attack space
  - b. Types of Finishes
    - i. Outside - Inside Footwork
    - ii. Extension
    - iii. Inside Hand
    - iv. Pivots
    - v. Hips Across
    - vi. Push Shot/Floater
2. If space closes, what's next?
  - a. Early Help, Early Kick
  - b. No Help, No Scoring Chance = Protection Plan
    - i. Stride Stop with Pivots
    - ii. Barkley
    - iii. Dribble Through
    - iv. Late kick out / Drop pass to big

How?

- Reactionary 1 on 1
- Rip 1 on 1
- Downhill/Transition 1 on 1 with constraints
- Blind 1 on 1 with gap help
- 1 on 0 finishing to work on different footwork patterns
- 2 on 0 / 3 on 0 Conceptual Shooting with protection plan
- 2 on 2 / 3 on 3 - Start live play out of protection plan

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## Week 3 and 4

Points of Emphasis: Playing on the catch / Playing off your shot

1. When you have space, you have to shoot the ball
2. When you have no space on the catch, what are your options?
  - a. Quick Swing
    - i. This keeps the defense in scramble mode
  - b. See space, Drive it
    - i. Likely opposite direction where the ball came from
3. If you end up making a swing pass, what to do next?
  - a. Hold Space
  - b. Immediate action
    - i. Cut - Away or Thru
    - ii. On-Ball Action
      1. Ball screen
      2. Ghost
    - iii. Screen Away (Motion Offense)

How?

- 21 / 43 / 54 Shooting
- Offensive Advantage Drills
  - Defense starts at disadvantage
  - Chase Drill in Half Court
  - 4 on 4 / 5 on 5 Scramble
  - Blitz Drill
  - Transition Chaser
- 3 on 0 / 4 on 0 Conceptual Shooting
  - Emphasis on Paint, Kick, Swing
  - Add Immediate Action with 4 on 0

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## Week 5 and 6

Points of emphasis: Decision making out of on-ball actions

1. Basic
  - a. Dribble hand-off
  - b. Pick-n-roll or pick-n-pop
2. Intermediate
  - a. Keep dribble hand-off
  - b. Ghost or slip out of a screen (To Rim or Perimeter)
  - c. Rescreen (If defender goes under)
3. Advanced
  - a. Twist ballscreen
  - b. Pass and Chase
  - c. Twist dribble hand-off

How?

- Introduce actions 2 on 0 with the different options
- 1 on 1 out of actions with coaches facilitating the action
  - Defender mixes up coverage to help offensive player make decision
- 2 on 2 while defender allows entry pass to action take place
- 2 on 2 live immediately
- 3 on 3 / 4 on 4 where each possession needs to start with an action or slight advantage into an action

**\*\*Week 1 - 4 are constantly being taught and emphasized as skills and decisions after the action takes place\*\***

# MAX DEVELOPMENT

## Week 7 and 8

Points of Emphasis: Decision making out of off-ball actions

1. Basic
  - a. Set up and timing of cuts
    - i. Screener pops their feet
    - ii. Decisive decision made by teammate
  - b. Curl Cut
  - c. Straight Cut
2. Intermediate
  - a. Reject
  - b. Flare / Pop Back
3. Advanced
  - a. Slip (As the screener)
  - b. Stagger Options
    - i. Curl the 1st screen
    - ii. Reject the 1st screen
    - iii. Pop back on the 2nd screen

**\*\*Emphasis on saving your dribble and owning your space while you're the passer**

How?

- 1 on 0 / 2 on 0 conceptual shooting with different footwork patterns
- 1 on 1 / 2 on 2 pin downs, flares while coach passes
- 3 on 3 with staggers while coach passes
- 4 on 4 / 5 on 5 live, needs to start with and continue with off-ball screening action

**\*\*Week 1 - 4 are constantly being taught and emphasized as skills and decisions after the action takes place\*\***



### **General Defensive Principles**

1. Keep the ball in front of you
  - a. Force tough shots each possession and limit the amount of help defense
2. Decision-making when you're in help and gap positioning
  - a. Big advantage = Help
  - b. Small advantage = Early stunt
  - c. No Advantage = Hold Position
3. Defeat screening actions
  - a. No need to switch on or off the ball, we are getting through every action
4. Pursue the basketball
  - a. Finish the possession with a rebound → Start transition offense