Read & React Clinic Notes
May 2011

Opening Statements
1. This offense makes it possible to develop the offense and your players at the same time.
2. Understanding defense is the key to running good offense.
3. Defense wants the ball out of the middle 1/3 of the floor.
   - Weakside Help
   - Can you guard situations.
   - Force Switches, Help and Recover, Double Post, Ball Screens
4. Why does pass and cut work against one team but not another?
5. North/South movement is harder to guard then East/West.
6. You will get more scoring opportunities if you get the defense moving.
7. If a team can attack, get stopped then attack again, they will get more scoring opportunities
8. Two levels of the R&R
   - Players without the ball reading the ball handler and reacting with one reaction to the ball.
   - Offense reading the defense
9. Accountability and Freedom are possible with the R&R
   - Freedom for the ball handler. Other four don’t have as much freedom.
   - Sweet Combination of Structure/Accountability and Freedom
10. We want to train our players to be a highly organized group of hunting dogs. We do not want trick dogs that can only learn plays.

Partner Line Shooting Drill
- Partners straddle a line and shoot the ball back and forth
- Let the ball ounce before you catch it. If the ball hits the line, you are shooting it straight.
- Do this drill every day for 3-5 minutes

High Skips Drill
- ½ court and back
- Superman’s
- This is practice for shooting lay-ups
Three Person Front/Rear Cuts Drill (Layer 1)

- Pass to the corner and cut for a lay-up
- Shooter will then take the ball to the corner. Corner will pass the ball to the wing and cut. Shooter will take the ball to the wing.
- Do not jab away and fake, just go
- Work both side of the goal
- Work on close-outs off of this
- Work on defensive stance.
- Use shot fakes as well.
- Change up your finishes.
- Cuts by have having defenders jump to the ball.
- Give them the ball early.

Three Person Back Cut Drill (Layer 1)
Passer to defense, defense to offense, shooter to passer
Work both sides of the basket.

Three Person Laker Cuts Drill (Layer 2)

Shooter goes to the post, post to the top, top to the wing.
Post should have 3 point contact with the ball. Two hands and chest.

*** Doing these drills creates muscle memory. We want the players to react to the ball just as quickly as you would react when you put your hand by a hot stove.

Three Player Dribble At Drill (Layer 3)
If the offense is being denied, but they do not cut, the passer can’t pass. “Dribble At” to force the cut to the basket.

Move the post around. Elbow, short corner (cutter must cut high)

**Every level of the R&R attacks the basket.

**

**Draft Drive**

- Dribble at the wing, wing goes to the block. Feed the post and then Laker Cut.
- Leg whip when you post up.

**Combo Drill – Dribble At/Laker Cut**

- Drive right off the cutters tail
- Help is occupied
- Weak side help will be late
- Make a drill out of this

**Front Cut The Chaser**

- If you are filling one pass away and the defender is chasing you, curl it to the basket.
- Read the defense on your cuts.
5 on 0 – All Cuts Drill

- NBA Spacing
- Coach is the one defender. Deny someone the ball. They must back cut.
- If they do not cut correctly, you need to go back to the 3 person drills.
- Star with no posting then add someone posting. Feed the post and Laker Cut. Do not give it to the cutter initially. Kick it out and fill out.
- Someone new must now post.
- Designate a poster if that is easier

Dribble At/Pass and Cut Combo

* Alternate dribble at and pass and cut
* 30 seconds
* On every catch, you will dribble at then pass and cut.

Dribble At/Pass and Cut/Laker Cut Combo

- After you pass and cut, you will post.

*** 10 Year Olds will only learn Pass and Cut, Dribble At, and Laker Cuts

5 on 5

- Pass and cut, no dribble
- Defense is not allowed to touch the ball.
- Offense no shots.
- Get your defense work in at the same time. If you have an assistant, they watch the defense.
- Passers need to read the cutters defender as well.
- Start no posting then let them post eventually.
- Add Dribble At’s

Posting Up
Poster make goal posts with hands

Feed the ball to the posts hands

If you post with your arms wide you can’t reach out for a bad pass.

Rotations after the Laker Cut

- The Laker Cut high will pull the corner person to fill the spot.

** Each one of the 3 person drills only needs to be done for 1-1.5 minutes.

- The Laker Cut low will pull the top person to fill the spot.

5 on 5 Points Drill
- Defense gets two point for a deflection
- Offense gets 1 point for a lay-up
- Score on dribble at, laker cut or back cut
- Eventually let them drive to the basket
and score on drive and kick.

*** Introduce the draft drive before circle movement.

- Youth teams might not get circle movement but you can teach them how to drive intelligently
- Pass and cut creates a distraction for intelligent drives.

*** When teaching 5 Out, do not tell them to fill out opposite the pass. Tell them to fill out to the open spot. Eventually when you teach 4 out, they will have the option to fill out to either side.

*** 4 Out spots are set just below FT line extended. NBA 3 Spacing

**Full Court Trips Drill**

- One Coach
- Pass and Cut initially. The coach will step over the read line. Score then transition to the other end
- Three Trips Total
  1\textsuperscript{st} Trip – Score on Pass and Cut
  2\textsuperscript{nd} Trip – Score on a Laker Cut (after pass and cut for at least 5 passes).
  3\textsuperscript{rd} Trip – Score on Dribble At

**Full Court Transition**

- 5 cones spaced out at ½ court.
- Point Dribble
- All four fill lanes and all cross under the basket and fill spots
Transition into 3 on 2
- The two outside runners will cross under the basket. The two inside runners will protect the paint.
- When the point comes down the floor with the ball, They play 3 on 2 with the two wings.

Three Trips, Two Groups Transition

Drill
- The last trip, the second group steps in and it is 5 on 5.
- The first trip need to go to the basket that the second team is standing.
*** V-Cuts – We never teach them. We really do not want to catch the ball on the top. We want to cut to the top then cut to the basket for a lay-up. If we want to get the ball to the top, we will just dribble it there.

*** When we make the wing to top cut and then back cut, the defense is moving backwards. If the offense is going forward, it is a race to the basket and the offense is going to win.

Partner Shooting On A Line Drill

- The time off the pass and catch.
- Hands ready, feet ready
- 5 passes then switch
- Good passes lead to good shots

Full Court Dribbling Warm-Up

- Control, Speed, Backward(Retreat)
- Coach Calls

Front and Rear Cuts Drill

- This time have the defense change how they react to the pass. Do they stay or do they jump to the ball.
- Four person drill rotation

- Shooter #1 goes out
- Defender #x3 goes to cutter
- Passer #2 to defender
- #4 rebounds, passes to shooter and goes to the corner.
Wing To Win Read Line Cuts Drill (4 Person)

- #4 passes to #1 and cuts
- #2 will fill up. X3 jumps over the read line.
- #2 rear cuts for a basket.

Laker Cuts Drill

- This time, put a defender on the cutter.
- Defender get body to body on the cut.
- Cutter must choose opposite side to cut when this happens. If they choose a low cut, they must switch to a high cut.

Three Lines Dribble At Drill

- First person in line #1 dribble to the right,
- Second person line #1 dribble to the left.
- Give the group in front of you time to clear before you start your dribble at.

Three Person Natural Pitch Drill (Layer 4)
- Defense stop the ball and close out.
- One dribble then kick it out.
- Add shot fake and go as well. Rip and to the Hip (Tight Circle)

Three Person Safety Valve Drill

Three Line Safety or Natural Drill
Person with the ball, chooses which way to drive.

If you are crunched for time, this is a great drill to do.

Additions

a. Wing/Wing/Opposite Corner – Middle drive and baseline drive
b. Post Drifts – Ball at wing, ball in corner, ball on top

5 Out Circle Movement Trainer Drill

Coach passes the ball and becomes the defender

Players must react on the first dribble

Rebounding spots are filled naturally on circle movement.

a. Weak, Strong and front of rim
b. If you are above the FT line you are back on defense
c. 5th person goes to the closest elbow and looks for long rebounds
d. Make them call out weakside, back, elbow, middle, back

4 out Circle Movement Trainer
Post opposite the ball slide to the short corner but do not go too far out. You will block the vision of the corner person.

Dive/Retreat/Pass and Cut Drill

- 5 out
- Every time you catch the ball, you will attack and retreat to the empty spot. You will then pass and cut.
- You will always have any empty spot on your side of the floor.
- Do this 4 out as well. Add laker cuts and dribble at's

5 on 5

- No shots
- 5 out spots
- Pass and cut, laker cuts, bounce off, dribble at

** This may look chaotic at times. That is OK. Just fill out to spots and work it out.

**Baseline Adjustment Out Of 41 Spots**

The baseline drive adjustment is a layer onto itself.

- #2 will stay home, they are the 45 degree pass
- #4 will move to the corner, they are the natural pitch.

- #5 is the 90 degree
- #3 is the Safety Valve

**Press Break**
- This is just an extension of the pass and cut layer.
- Have your best ball handler take the ball OOB
- Pass it is and cut middle. The shaded area is the basket. Cut there.
- Hold the middle until the next pass.
- If the ball is skipped, #2 cut middle, #4 fill up, #1 clears and goes out opposite.
- On a Run and Jump Press, Back Up dribble. Designate a middle flasher who will come to the ball

**Zone Adjustments**

- Pass and Cut but now Hook and Look. Hold your spot until the next pass is made then clear out. You could also have them stay in but go to a second inside spot then get out on next pass.
- 41 Motion you will not move to the second spot, you will just get out after second pass.
In 41, have the post work short corner to short corner or have them work one side and be a pin screener.

** 20% of scoring happens on set plays. 80% of scoring happens on busted plays. Why run sets?**

** Not much 3 on 2 or 2 on 1 scoring opportunities either in games. Why do we practice it so much?**

** In a 2 on 1 situation, dribbler should keep the ball on their inside hand. This way they can push pass then drift away to avoid the charge. It is also quicker. Ball handler must read the defender and decide to pass or pull up for a jump shot.

2 on 1, 3 on 2, 5 on 0 Drill

- Set up in “V” formation to start.
- #2 will be back on defense
- #1 and #3 bring it down vs #2
- #4 and #5 stop at the Hash Marks
- 1,2,3 vs 4,5 back
- 5 on 0 back. Score on coaches call.
5 on 0 into 5 on 5 Dummy/Live Drill

- Dummy 5 on 0 down. When they come back, it is 5 on 5.
- Other team goes after a score or a T.O.

** The dribbler has freedom, the cutter has freedom. The people without the ball have no freedom. They must react to the ball. The R&R is the perfect combination of freedom and structure.

** When you put in the pin and skip layer, now you are giving the choice to a player without the ball

Layers 9-16: You can pick and choose which of these layers you put in.

Partner Shooring Straddle The Line

- Step back with your right foot and take a dribble. Bring that foot back. Shoot the ball to your partner.
Right hand dribble and left hand dribble.
Now we are working on shooting off the dribble.

Three Person. Choose Wing Or Corner Drill

Dribbler can choose to pass to the wing or the corner

Pin and Skip Drill

Bottom person is the screener. Call Out “Pin”
Skip it for a Jump Shot.
Shooter must move to get in line with the screen. This way the defender will have to fight over the screen.
Variation – Skip it and screener post. Hit the post.
Change it up so that the corner is the screener.

Rotation: Passer to shooter, shooter to screener, screener to def., def to passer.

** Every Zone is set up to have two weak side defenders begging to be Pin screened.

** Hook and Look along with Pin Screens can attack any zone.

** Circle Reverse

- This is not a planned action. It is used to get us out of trouble.
- If the circle reverse is not open, that person who is in the safety spot should laker cut.

** The person making the basket cut can stop and set a pin screen. Chances are, they did not get the ball on the pass and cut because of great help side defense. Make them pay for this by setting a pin screen.

** The cutter can receive a pin screen as well as they cut out.

** 5 out is the toughest to set pin screens. I might be easier to designate pin screeners on this. 4 and 3 out are easier because you have natural pin screeners on the lanes.

** In 3 out, the posts can cross screen.

a. Have one post set pin screens then automatically set a cross screen for the other post.

- Use this if you have two posts but only one is a good scorer.

** Post Screening (Layer 9)

- Screen and then shape up to the ball
- Post can move lane to lane or designate them to a side
- If you want the post to get open, have them set screen then shape up. Their defender will hedge on the screen.

** Back Screens (Layer 10)

- Pass and Cut then set a back screen
- Give the cutter another choice
- If you get one, give one
- Hold the ball longer on the top and let the screens happen
- Don’t hold the ball in the corners
- You can also set back screens for the post.
  These are actually cross screens but we still call them backs.

### Delay Game

- 5 out higher and wider
- At 15 seconds run a play
- At 8 seconds left, use a back out dribble.
  Post will sprint to set the screen. Screen and roll for last shot. Other three widen out and be ready to circle move.

### Delay Game (Sprint)

#1 will back dribble, 5 will sprint to the screen.
In this situation, 4 slides, 3 slides, 2 will be the safety

“At”
- Call the dribble could make on the dribble at
- Make sure your chest is pointed at the person you are dribbling at.
- Iowa women wave them to go.

**Zone Offense**

- When the second person hooks and looks, they should not stop at a spot right next to where the first person is posting up. This is bad spacing.

**Laker Cuts**

- When the post catches, wait for the cutter. Fake to the cutter and make your move in the opposite direction of the fake.

**4th – 8th Grade layers 1-8**

**Short Corner Rip and Finish – Kiss My Butt**

**Free Throw Routine**

- Blocks out distractions
- Focus on the routine not outside things
- Visual, Auditory and Mental Distractions
- Same routine every time puts you in a rhythm

**4 Out Cut and Backscreen Drill**

1 will pass to 3 and cut. 1 will set a BS for 2
- 4 will fill. 3 will hit 4. 3 will pass and cut and BS for 2
- 4 will hit 2 for a shot. Could be a JS or a lay-up.
- Could hit the screener for a shot as well.

**3 Person Backscreen Drill**

- Top will pass to the wing, cut and set a BS for the corner. Hit the corner for a shot.
- Hit the screener on the pop.
- Hit the pop then the cutter will post. Feed the post.

**Use Backscreens as a way to keeps spots filled when you make the wrong cut after a basket cut.**

**Back Up Dribble**

- Trigger for the post to sprint out and set a ball screen
- High ball screen and roll
- Good late in the quarter for a last shot
- Drill: 30 seconds of R&R then with 8 seconds left whoever has the ball back dribble. Post will sprint and set the screen. If you are playing 5 out, designate a screener.

**Quick Hitter – Screen the Screener Out Of 32**
4 comes up to set screen for 1
5 comes up and sets screen for 4 on the roll
5 will pop after the screen

** 5 on 0 Work
Pass and Cut for 20 seconds then coach will call what he wants to score out of.
Back screen, pin and skip, Laker cut,

dribble at

** Dribble At & Back Cut Drill

1 will dribble at 2 forcing the basket cut
3 will fill up
X3 will jump over the read line. 3 will back cut for a lay-up
Give them a bounce pass at the FT line
sooner then later.
**Pin and Skip/Post/Laker Cut Combo Drill**

- Pin and Skip
- Hit the screener on the post
- Laker cut for basket
- 5 out, who sets the pin screen? Offensive players who’s defender is the farthest in the lane receives the screen.

**Three rules for using a screen. Wait, Wait, Wait**

**Alternate Currents when passing the ball on offense.**

- Try not to do this: pass-hold-pass-hold
- This is better: pass-pass-hold, pass-pass-

**Relocate Drill or “X” Cut Drill**

- Left frame is relocate to corner. Right
- Both sides alternating

When do you choose the Laker Cut or the “X” Cut?

- After the pass to the post, if the defender stays tight, then Laker Cut. This is usually early in the game.
- If your defender doubles the post, then relocate
- If your defender backs off a bit to play the Laker Cut then “X” Cut.

Corner
- This is a counter to teams that really block the basket cut and stand you up. It is basically a screen away or an “X” Cut

Power Dribble
- This is an untraditional pick and roll.
- Great to be used when you have a post with the ball on the perimeter.
- Post can backscreen, pop, catch then Power Dribble

Advanced Post Slides
- These start with a regular post slide.
- The dribble is stopped and can’t make the pass to the post. The post will then circle move to the safely valve spot
- If you have a post that can shoot 3’s, they can slide all the way to the 3 point line for a shot (Safety Valve). This is called a Euro 3.
Attacking a 1-3-1 Zone

- 4 Out 1 In
- Post will work short corners and mid post
- Post could stay on a side or go side to side
- When you hook and look, hook into the elbows and the front of the rim.
- Don’t be afraid to shoot from the corners
- Use your dribble to attack gaps.
- Pin and Skip
- Pin screen the bottom person in the zone

Crystal Lake Trips Drill

- Two trips 5 on 0, each trip after that, add one defender (guard who you want). Last trip is 5 on 5
- Coach calls out how they score on each end.
- Wings run wide. If you get to the FT line extended and you do not get the ball, cross under the basket
- Seven Trips Total
1. Pitch ahead to the 5 (5 runs rim to rim) (5 on 0)
2. Pitch ahead and feed the post (5 on 0)
3. Back up dribble and screen and roll (5 on 1)
4. Pass and Cut 7 passes (5 on 2)
5. Laker Cut (5 on 3)
6. Dribble At (5 on 4)
7. 5 on 5 score on anything (5 on 5)

Drill Set Up

- Have the three defenders on the end where the offense is going for the first trip.
- Keep score then have the other group go and try to beat the score.

2-3 Zone Offense

- 3 OUT vs a 2-3 Zone
- 1 permanent post and on post who can come in and go on perimeter
Could play 5 OUT vs 2-3 as well.

1-2-2 Zone Offense

- Crystal Lake matches up with this zone initially in 3 OUT.
- This makes the defense match up initially like man to man.
- When you dribble vs a zone, date the gaps but do not get married to them. This will lead to traps.
- Vs 1-2-2 zone weak side post needs to look to pin the zone.
- Central tells their players to never just skip the ball. You must hear “PIN” before you can make a skip pass.
- The movement created by the offense vs a zone is the thing that is the most confusing.

Circle Movement Shooting Drill
- After you pass, you will close out and bother the shooter
- Teach Rip and Go
- Have two groups shooter at opposite ends of the gym but on opposite sides of the rim.
- After 5 minutes, both groups will run to other end of the floor and it begins again but now they are shooting from the other side of the rim.

Progression
1. 1:30 of SF and Rim Finish
2. 1:30 of SF and One Dribble
3. 2 minutes Catch and Shoot

- Defense call out shot and call out box on box out
- Play with the spots as well. You could work wing to wing

**Offensive Color Code**

GREEN = Pass and Cut. No screening
   a. They can pass and cut, dribble at, and Laker cut
   b. Try not to touch anyone
BLUE = Screening along with Pass and Cut
   a. Ball Screens, Back Screens, Pins, Post Screening

** When you are in a 4 OUT formation, if you “X” Cut on the post side and Pin Screen on the weak side, it will occupy defenders so your post can play 1 on 1.
** If you have a great post, play 4 OUT and have them work the short corners away from the ball. After a player passes and cuts, they can set cross screen for the post to get open.