

Modern Basketball

Dominoes

Dominoes can be defined as the moment an advantage appears and we shoot, drive and kick or move the ball to get a great shot.

- (1) .5 seconds to shoot, drive, or pass
- (2) Create 2 on 1
- (3) Inside the 3-point line is lava (sprint out)

Spacing on both 50 and 41

At least 10-15 feet between players

2 slots (#1 & #2) beyond 3-point line, 2 corners (#3 & #4), and post (#5) if

41 or,

#5 - 15 feet up from corner or high post if 50

*Post start opposite the ball in 41, other 4 spots interchangeable

**All spots are interchangeable in 50

Expect the ball if cutting in the lane, but get out quick if no catch

When in doubt, sprint out

Filling the spots

Lift when player cuts to corner

Drift (to corner) if player drives middle

Post goes up the lane or out to 3-point line if player drives to him

Cuts after passing

Basket Cut (cut to score or create help)

Screen away - Shoulder (cutter) to Hip (screener)

Screen ball - Every ball screen should be an ambush

Inside Cut - from both slots

Get hand-off - (Zoom)

On the catch

Think shot first

If open, shoot (if you are a good shooter and time/situation allows)

But, NO contested shots

On long closeout, drive

On good closeout, pass

Drives

45 cut on baseline drive - read defense (defense helps or turns head to ball) -

Baseline cut on middle drive - read defense (defense helps or turns head to ball) -

or keep corners occupied - hold - if your man doesn't help or turn head

Screens

Ball

Down

Flare

Back

Drag/Ghost

*back screen your way out of the post

Cuts off Screens

Read the Defense

Curl/Circle if defense is trailing

Flare if defense goes ball-side

Blast if defense gets caught in screen

Back door if defense gets high early

Screener is the 2nd cutter - read defense and cutter

Ball Reversal

Drive, Kick, Swing (drive-pass-pass)

Side-Top-Side

Drive opposite where you received the ball

Playing Fast

.5 seconds to decide after catching the ball

Read defense on close-out

Small shot fake if no shot and driving — big shot fake inside

Barkley on failed drive from middle

Short rolls from screener on ball

Every drive must try to get to paint (down hill)

Transition

Get the ball out of the net before it hits the floor

Get the ball to half-court a.s.a.p.

Fill Corner spots a.s.a.p.

Have a rim runner

Starting out: better to go fast, correct sureness later

Actions

Zoom (dribble hand-off, after down screen)

Get (other dribble hand-offs)

Rose (Inside cut/ Ghost screen)

Whatever else?