

2022 BASKETBALL QUEBEC COACHES CONFERENCE

by Nico Loureiro, Basketball Operations Lead @ NBA Latam

1-SETTING UP A HOLLISTIC PROFESSIONAL ENVIRONMENT

Inductions <ul style="list-style-type: none"> Buddy system Athlete Monitor System setup Icalendar setup Diaries 	Whiteboard in Gym <ul style="list-style-type: none"> Shooting chart Emphasis of week Player of week 	Player Diaries <ul style="list-style-type: none"> Daily use pre and post practice calendar/goal setting 	Player of the week <ul style="list-style-type: none"> Every Monday Based in compliance (Basketball, AMS, recovery, academic, residence, etc.)
Athlete Monitor System (AMS) App <ul style="list-style-type: none"> Wellbeing/injuries/shots Helps coaches plan according 	Weekly Staff Meeting <ul style="list-style-type: none"> Review players and plan week ahead Coaches, Physio, Doctor, Academic, etc 	Technical <ul style="list-style-type: none"> 4 team practices / min. of 2 individuals/week During team practice, 90% contested play Volume shooting (once/week) Extra shots requirement (1500/week) 	Locker Room <ul style="list-style-type: none"> Hang AMS status Hang quotes Hang player of the week tally Hang volumen shooting results
Study Hall <ul style="list-style-type: none"> Couple of sessions per week (depending on Academic load each time of the year) 	Well being Staff <ul style="list-style-type: none"> Helps gives support of the court to the players Helps with player pathway (Basketball, or academic) 	Receivers Spots	

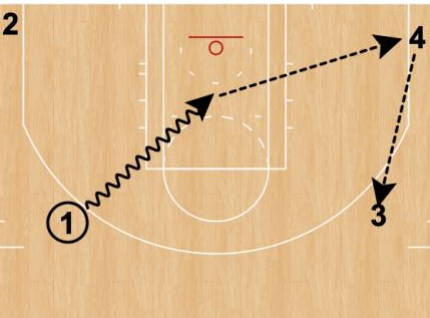
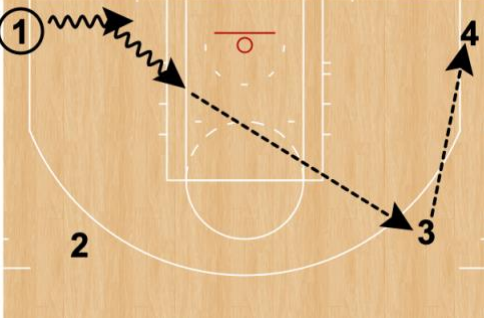
WHITE BOARD EXAMPLE TO PLACE IN GYM

HEALTH	FT M	FT A	SPOT 25	LEFT FLARE	STAR 15	SHOTS	3 MIN (R)	5 MIN (MR)	VAL	7 OF 9	3 X 3 MIN	10' FT	EXTRA	IV1	WEEKLY GOAL
✓	447	500			17								200	135	
✓	50	55	22									93	190		Stab in front of Ball
✗	50	61													Return to sPost
✓	519	559	(23)	(18)	17	(22)	73	39	(4.4)	2:08	(20)	99	165	90	Finish high off glass
✗	394	500	11	8	27		52						140	40	Free throw / ball handling
✓	436	500	21	(18)	18	21	65	(41)	0		63	94	190	30	Give to the team
✓	412	550	16	16	19	18	44		20	4:00	40	80	195	120	Crash the glass
✓	468	500	21	(18)	18	(22)	65	39	3.6	2:29	63	93	170	180	Rebound hard
✓			18	(18)	20	21	64	48	1.4		49				
✗	447	500	(23)	17	(16)	(77/27)	(84/40)		4			96	180		Rehab FT's

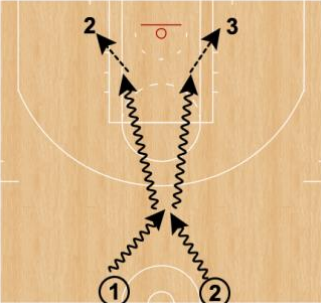
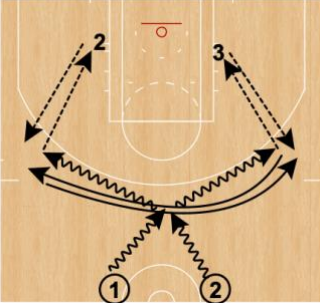

2-IQ DRIBBLING	3-IQ PASSING
<ol style="list-style-type: none"> 1) Touch random hand 2) Shadow lead (movement, add hands) 3) Circle 1v1 (10") 4) Circle ball handling with 3 plaers (10") 5) Full court trios – shadow front player 6) Ball handing with basket – read coach direction 7) Corridor 1v1 from half court 8) 1v1 from 3pt line (coach gives 1,2 or 3 sign) <ol style="list-style-type: none"> a. 1=layup, 2=pullup, 3=3pt 	<ol style="list-style-type: none"> 1) Contested post entry (A, no dribble B. off drib) 2) 4x0 split-kick-extra (A. wing drive, B. Corner drive) 3) 2x0 Wing drive-corner drift (2 shots) <ol style="list-style-type: none"> a. Hands = shot, no hands = layup 4) 2x0 mid drive away-corner lift (2 shots) <ol style="list-style-type: none"> a. Hands = shot, no hands = layup 5) 2 guards at half – 2 bigs on blocks <ol style="list-style-type: none"> a. Attack + pocket pass off dribble to “drops” b. Passing angle – post entry – Exchange – kick out – take 3 c. Repeat b + drive right d. Repeat b + drive left e. Big skips + chase pass + SPR f. Post entry – 1 big drives right or left + corner kick out and wing kick out + chase + PNR
4-CONTESTED FINISHING	5-READ AND REACT BUILDUP
<ol style="list-style-type: none"> 1) Out of a side pick and roll (roller contests) <ol style="list-style-type: none"> a. Going base b. Going middle 2) Out of a pass (coach passes – live play when ball is in the air) <ol style="list-style-type: none"> a. Going base b. Going middle 	<ol style="list-style-type: none"> 1) Push pass + kick out + 0.5" rea don the catch 2) Pull pass + kick out. + 0.5" rea don the catch 3) Fill spot read + front cuto or back door cut 4) Trans drib + read at 3pt line + 2nd read at basket 5) Retreat drib + read at 3 pt line 6) Side drib + read
6- HEALTH SHOOTING ROUTINE (6 minutes)	7-SMALL SIDED GAMES (games to 3 points/winner keeps)
<ol style="list-style-type: none"> 1) 1 hand 2) 1 footed 3) 180 degree turns 4) 2 single hops + turn 5) Single leg balance + hop balance <ol style="list-style-type: none"> a. Side-middle-side-middle b. Front-middle-back-middle 6) Front Toss + 1-2 shot 7) Angle toss + 1-2 shot 8) Angle toss + 1-2 + throw down pull up 9) Run ins from half to 3 	<ol style="list-style-type: none"> 1) Elbow swing chase down catch & shoot 2) Wing mid range pull up 3) Corner chase down 3s 4) Slot chase down 3s 5) 2x1 3's (2 passes) 6) MPR chase 3 action 7) Pin down user vs. Chase action (elbow shot) 8) Turnout user 1x1 (straight or flare) – 3s only
8-SMALL SIDED GAMES	9-FLOW OFFENSE
<ol style="list-style-type: none"> 1) Elbows 2x1 2) 2x2 DHO start mid drive and corner player 3) 2x2 mid-wing start / push drib / back door / skip (strong to weak side change) 4) 3x3 - same as 3 with 3 players 5) 4x4 – wings Exchange and corners Exchange + wing drive with no corner help into rotations – live on 2nd kick out pass 6) 3x2 + 1 – guards start at block – get open to wings + drive + Split kick extra (3s only) – 3rd defender comes in to box out 	<ol style="list-style-type: none"> 1) Flow 2) Flow shallow 3) Flow 5 4) Flow 5 denied 5) Flow double

DRILLS REFERENCES

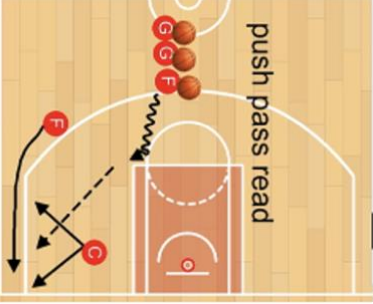
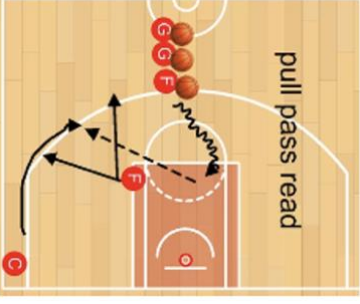
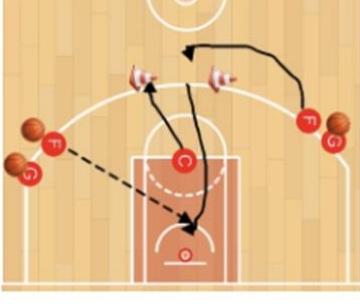
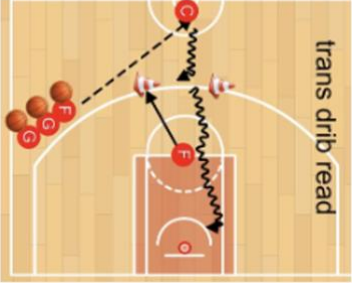
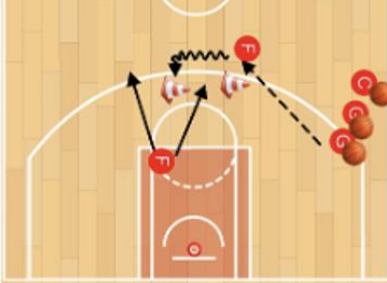

SPLIT-KICK-EXTRA

4x0 SPLIT KICK EXTRA WING DRIVE	4x0 SPLIT KICK EXTRA CORNER DRIVE
	

BIG-GUARD RELATIONSHIP

SETUP 1	SETUP 2	SETUP 3
		

READ & REACT LAYERS

SETUP 1	SETUP 2	SETUP 3
		
		

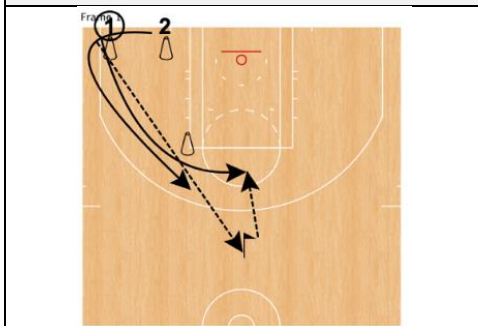
CONTESTED FINISHING

<p>OFF DRIBB – DEF ON BACK</p>	<p>OFF DRIB – DEF IN FRONT</p>	<p>OFF A PASS GOING BASE</p>
<p>OFF A PASS GOING MID</p>		

CONTESTED SHOOTING

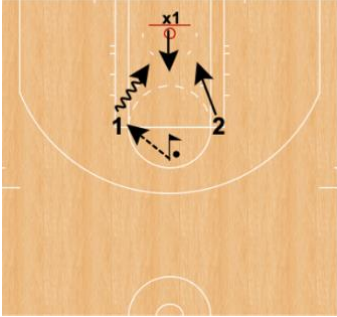
<p>ELBOW CHASE (MID)</p>	<p>OFF DRIBBLE (PULLUP)</p>	<p>CORNER CHASE DOWN 3</p>
	<p>BETWEEN LEGS + CROSS OVER Start Defense moves at cross over Defense has to tag 3 line and chase</p>	<p>No dribbles allowed</p>
<p>SLOT CHASE DOWN 3</p>	<p>2 PASS MAX</p>	<p>MPR V. CHASE 3s ONLY</p>
<p>No dribbles allowed</p>	<p>7' to score 4 pass max Deflection = turnover</p>	

PIN DOWN USER VS. CHASE

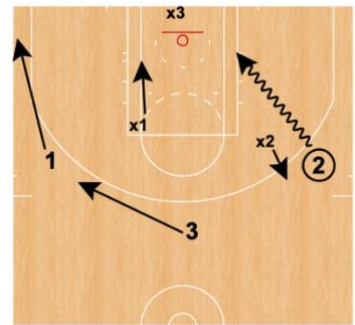
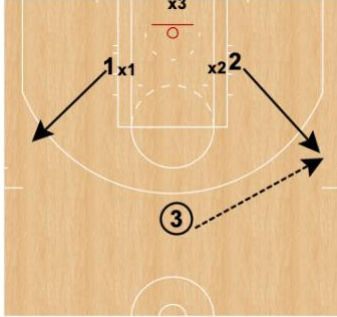


SMALL SIDED GAMES

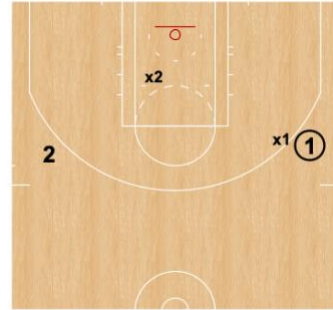
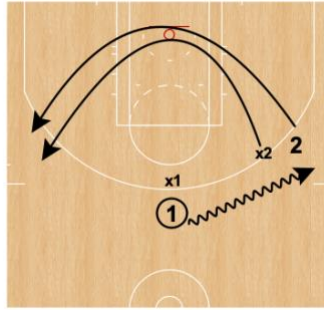
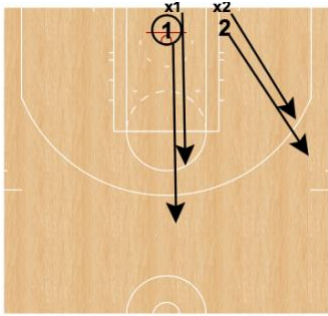
WINGS 2x1`



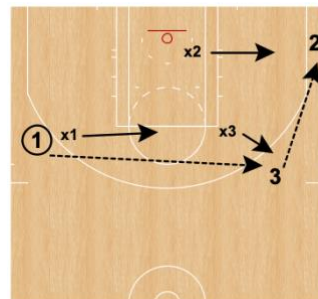
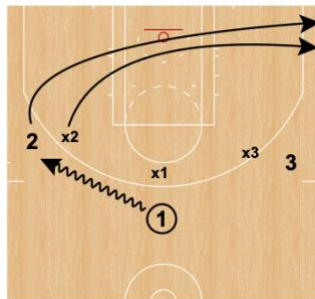
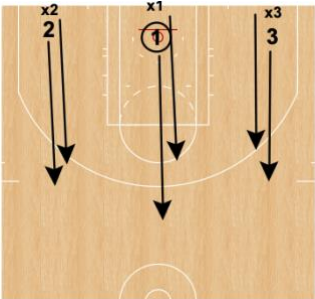
3x3 – WINGS GET OPEN + SPLIT KICK EXTRA



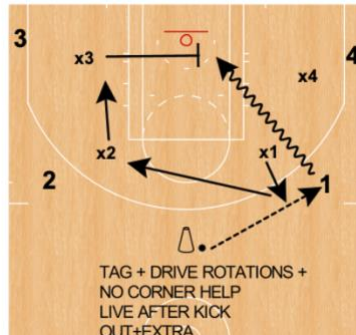
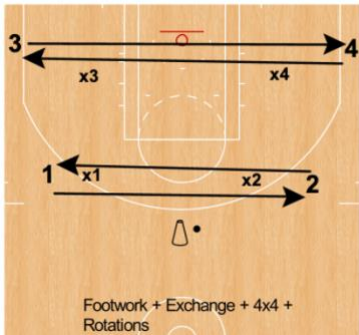
2x2 / DENY / BACK DOOR / STRONG & WEAK SIDE



3x3 / DENY / BACK DOOR / STRONG & WEAK SIDE

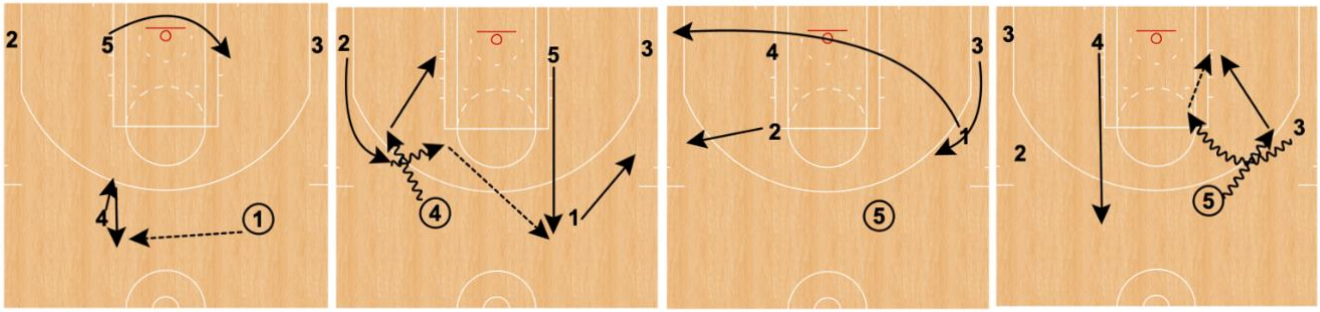


4x4 / WING DRIVE ROTATIONS WITH NO CORNER HELP

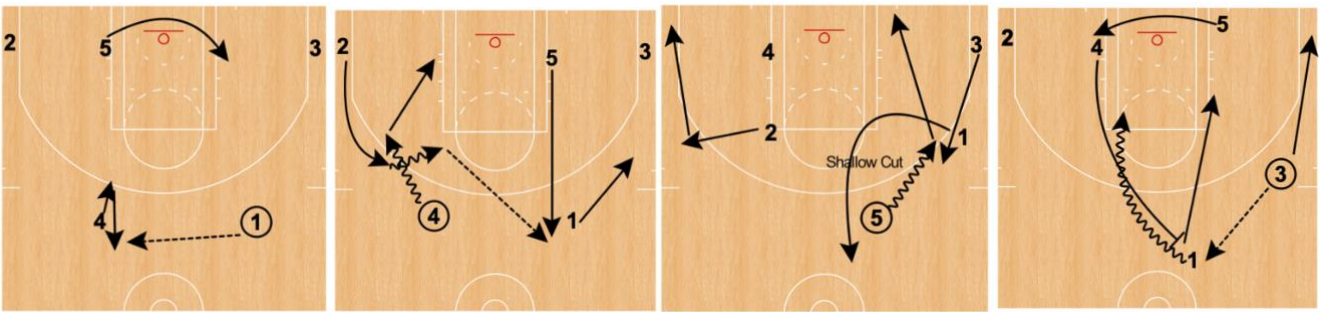


FLOW OFFENSE

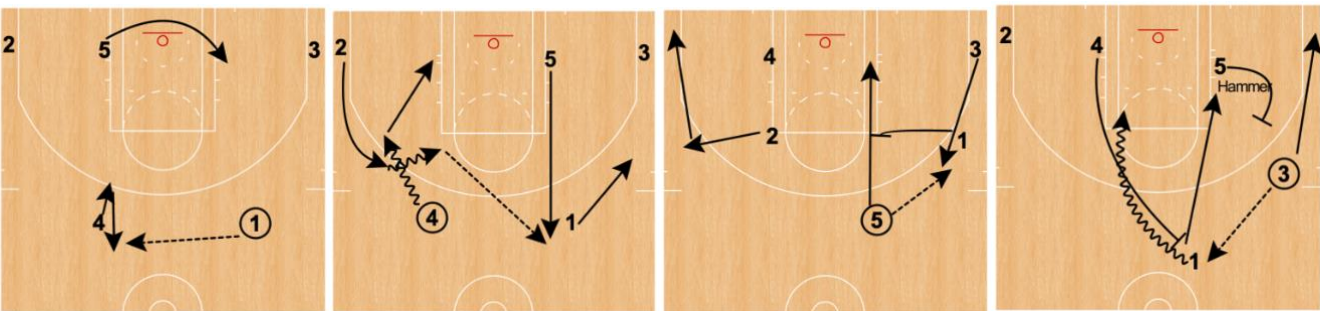
FLOW



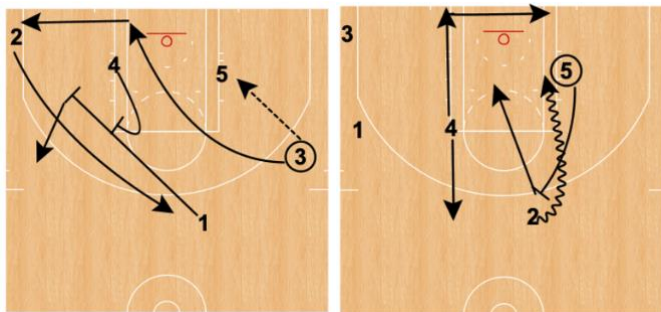
FLOW SHALLOW



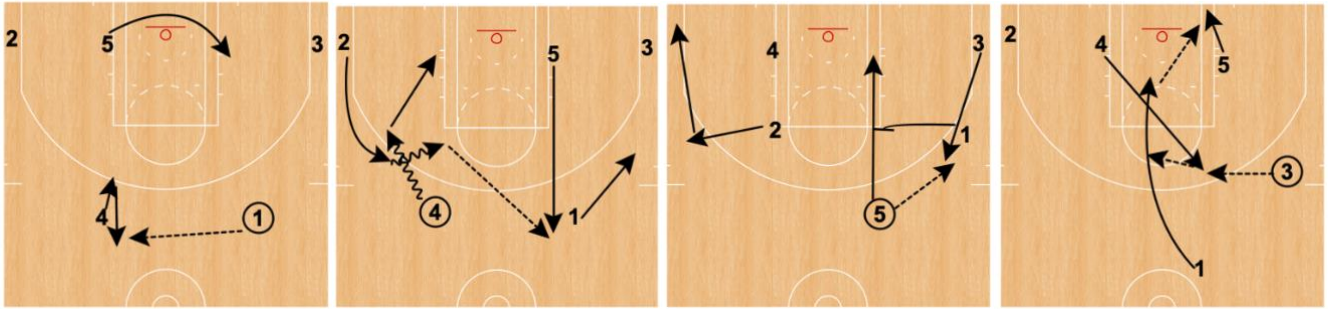
FLOW 5



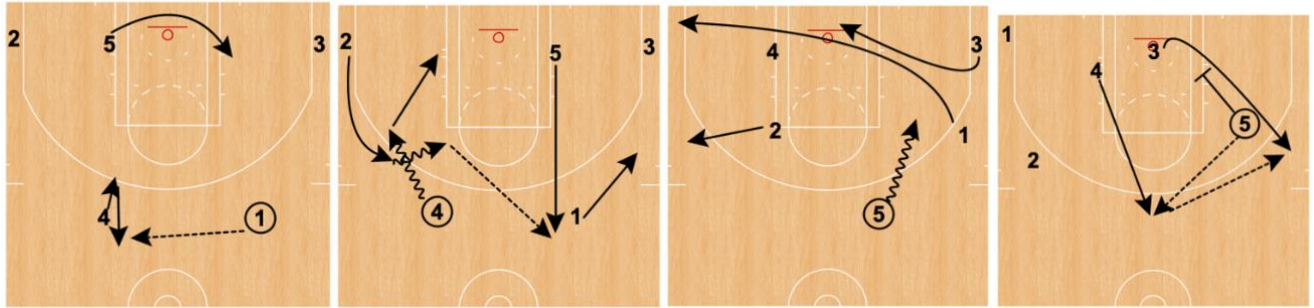
IF POST ENTRY = POST ACTION



FLOW 5 DENIED



FLOW DOUBLE



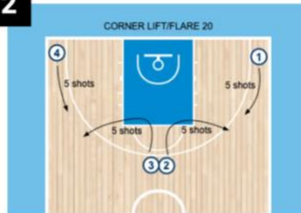
VOLUME SHOOTING TESTING (ALL 3's)

- Once a week
- Coach tracks scores
- Keep stats on file

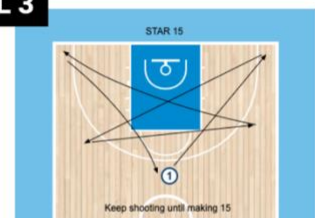
DRILL 1



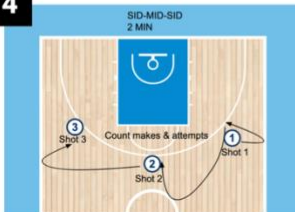
DRILL 2



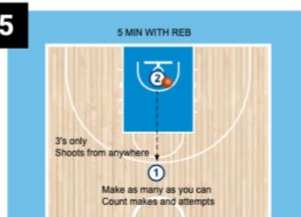
DRILL 3



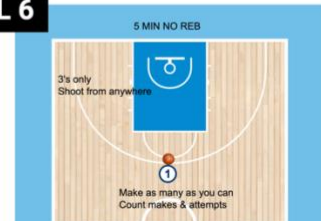
DRILL 4



DRILL 5



DRILL 6



VOLUME SHOOTING TRACKING CHART

VOLUME SHOOTING TESTING																					
TEAM NAME	DATE	Spot 25				Cnr Lift/Flare 20		Star M15		S-Mid-S		2 min		5min[R]		5min [NR]		Total			
		M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	M	A	%	
	P1																		0	0	0
P2																		0	0	0	
P3																		0	0	0	
P4																		0	0	0	
P5																		0	0	0	
P6																		0	0	0	
P7																		0	0	0	
P8																		0	0	0	
P9																		0	0	0	
P10																		0	0	0	
P11																		0	0	0	
																		AVERAGE	#REF!	#REF!	0

- Create an Excel document
 - Keep track of scores weekly
 - Make term and year averages (use for individual goal setting)
- Share the scores with players on locker room by printing weekly and sticking on wall
- Have players keep their highest score on shooting white board to increase competitiveness