



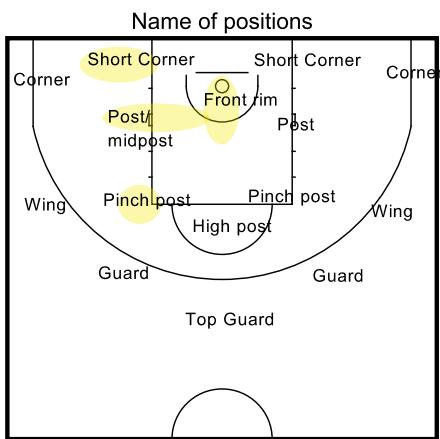
NBBF Trener 1 kurs



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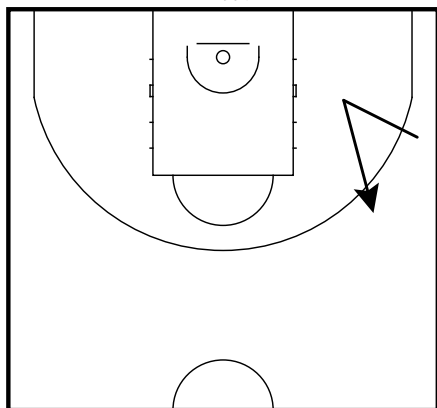
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Terminologi



Terminologi

V cut



1. V-Cut:

The V-cut is a common cut that is used by a wing player to get open against man-to-man defenses.

There are two basic V-cuts a player can use to get open: a quick or short V-Cut and a Jam-Down, V-Cut.

When using the short V-cut...

Start with a few medium speed steps toward the middle of court - go no lower than the third hash mark in the lane -- and then cut hard (in a shape of a V) back to the ball.

When making the final leg of the cut, plant your inside foot hard, and step off quickly with your other foot to your foot.

Prior to the making final cut, you want your hands in tight to your body but already set to catch the ball so you push-off your defender (legally) in order to help create space. If you extend your hands, it is an offensive foul.

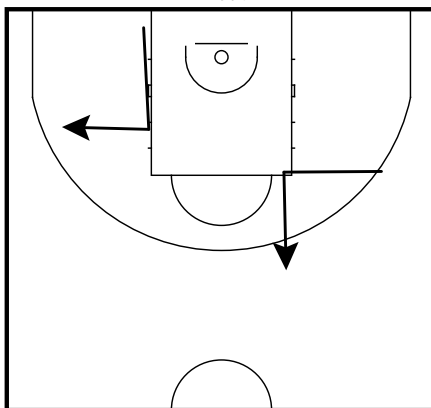
Once you catch the ball, rip-the-ball through and read what the defense does. If the defender backs off and you are in your range take the jumper.

If the defender is still in your grill after the rip-through, attack the defender's front leg by getting your front foot past the defender with a low-quick, explosive first step. You can either go-to-the basket or pull-up for a J.

In the Jam-Down V-Cut, walk your defender down to the block. Then plant your inside and quickly make the V-Cut back to the ball.

Both V-cuts are best used on the weak-side of the offense for an isolation situation.

L cut



2. L- Cut (up-and-out):

The L-cut is a great way to get open on the perimeter when starting on the low block. It is called an L-Cut because the cut looks like an L.

When making this cut, you don't need to be quick but you need exquisite footwork and use your body to hold off the defender.

Take your defender up the lane - may go to elbow or cut it off short.

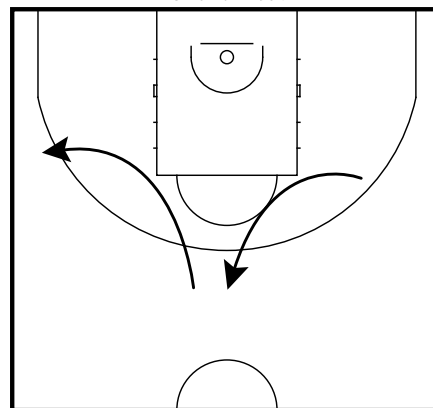
Once you are ready to make the cut, get your top foot over the defender's foot and then use your body to nudge the defender a slight nudge to create space.

Have your hands ready as you cut out to the wing.

Rip-the-ball through after catching the ball, if you created enough space through your cut get ready to step into your shot for a jumper.

You can also use the cut when starting in the high-post by going down the lane and then out.

Shallow cut



3. Shallow Cut:

A shallow cut is a perimeter cut that is used when you are exchanging positions. It also can be used when replacing a player, who has vacated his position by dribbling or passing and cutting. You can use this type of cut versus man or zone defenses.

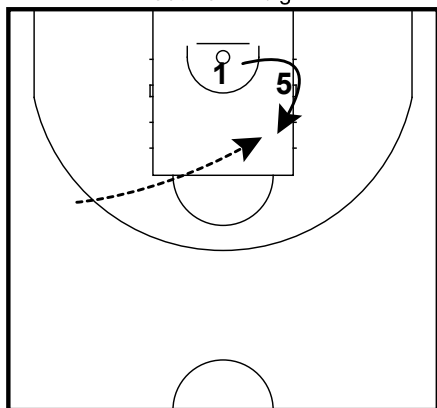
When using a shallow cut, you make an underneath cut and then popping out to where the player was previously located.

You can also use a shallow cut to relocate on the other side of the floor. For example, you are on the right wing and the point guard from top of the circle dribbles toward you. You make an underneath cut (through the lane) and pop out on the left side of the floor

Scoring options off a shallow cut are the same as if you used a V-cut or L-Cut.

Terminologi

Cut Terminolgi

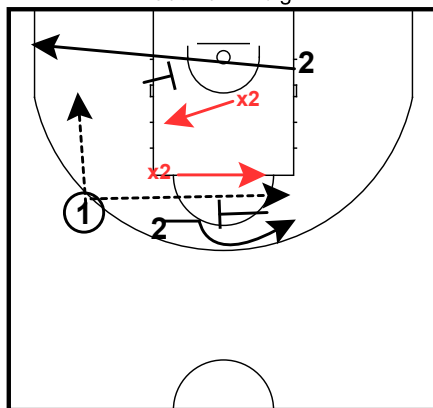


4. Curl Cut

The curl cut is executing a curl around a screen.

This cut relies on the offensive player reading his defender. If the defense follows around the screen, then a curl cut is the best option to receive an open lay-up. But if the defense cheats on the screen and goes over it, then the best cut would be the next one on the list, the flare cut.

Cut Terminolgi



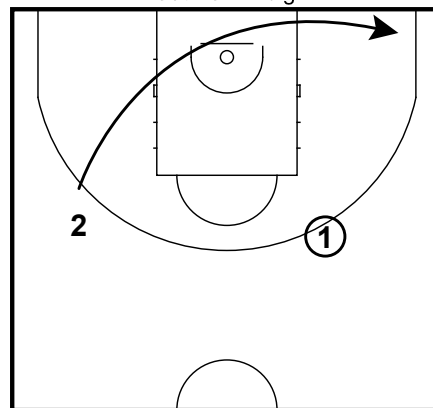
5. Flare Cut

Definition, cut away from basket

The curl cut and flare cut go hand-in-hand.

When the defender cheats on a curl and tries to cut it off, players should flare out to the corner.

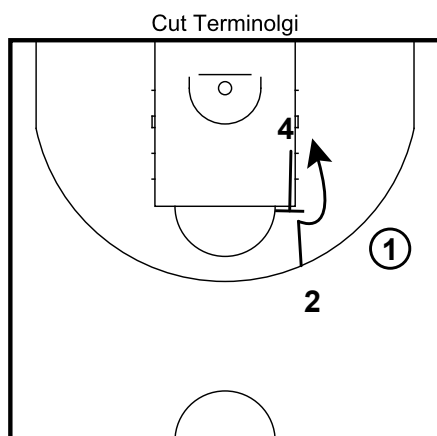
Cut Terminolgi



6. Deep Cut

A deep cut involves the player on one side of the floor to cut baseline behind everyone and to the other side. This cut is used a lot against zone defenses because often the defense doesn't see the player cutting if they're pre-occupied with the ball and other players.

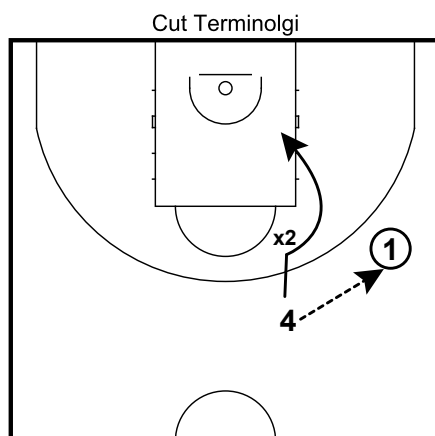
Terminologi



7. UCLA Cut

The UCLA cut got its name because it was popularized by UCLA legendary coach John Wooden.

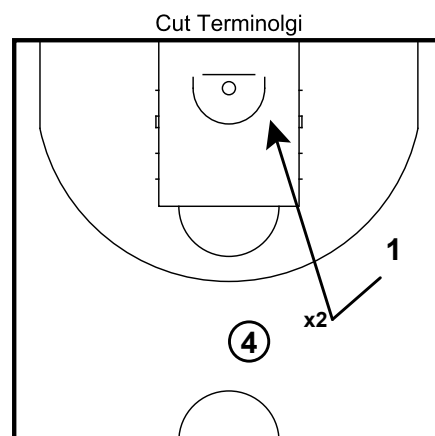
It involves a player at the top of the key making a pass to a perimeter player and then cutting directly to the block off a high post screen. If performed properly, this cut often leads to an open lay-up for the cutter



8. Front Cut

The front cut involves getting on the ball-side of your opponent.

Usually this is executed by performing a jab step or a small cut behind the defense to get them to move back. Once they do, you cut in front of them closest to the ball.



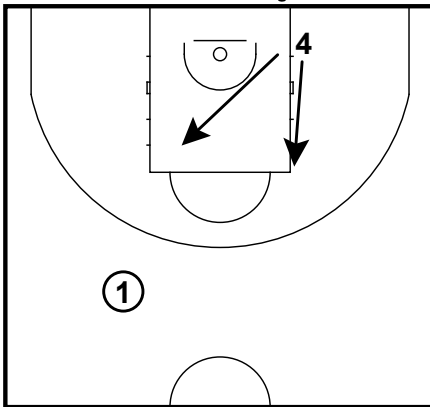
1. Backdoor Cut

The backdoor cut is used when the defender is over-playing in the passing lane denying the pass. Depending on your offence, this will leave a big hole to cut into between. If you are being denied the pass you will be able to backdoor cut.

For the backdoor cut to be most effective your players must set their defender up and have a quick change-of-direction and explode towards the basket.

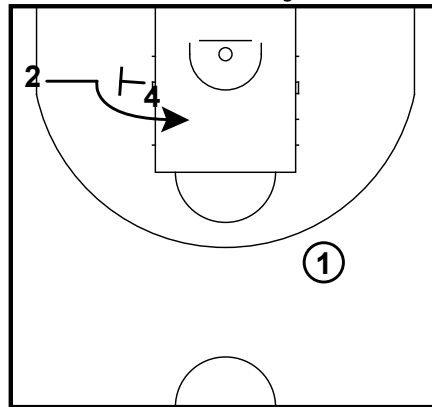
Terminologi

Cut Terminolgi



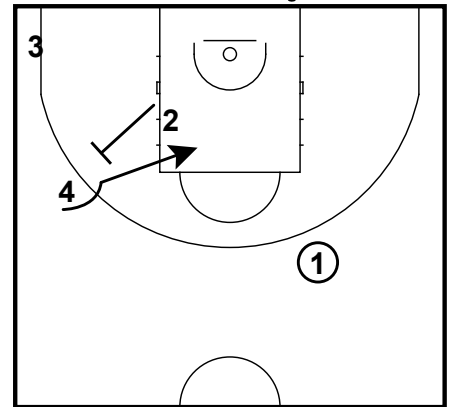
10. Flash Cut
A flash cut is a quick, explosive cut made by a post player to the high post. very useful if wing player is denied

Cut Terminolgi



Flex cut
"base line screen for weakside player

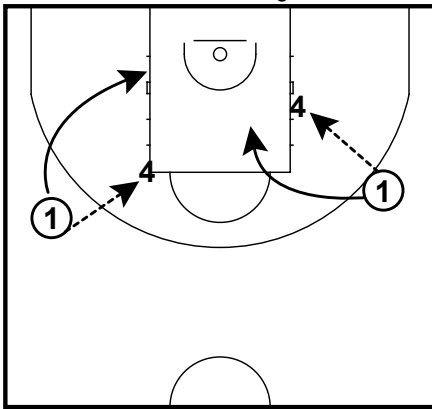
Cut Terminolgi



Shuffle cut
same as flex screen but the cut is more diagonal through the paint. screen for wing player. on either side of screen

Terminologi

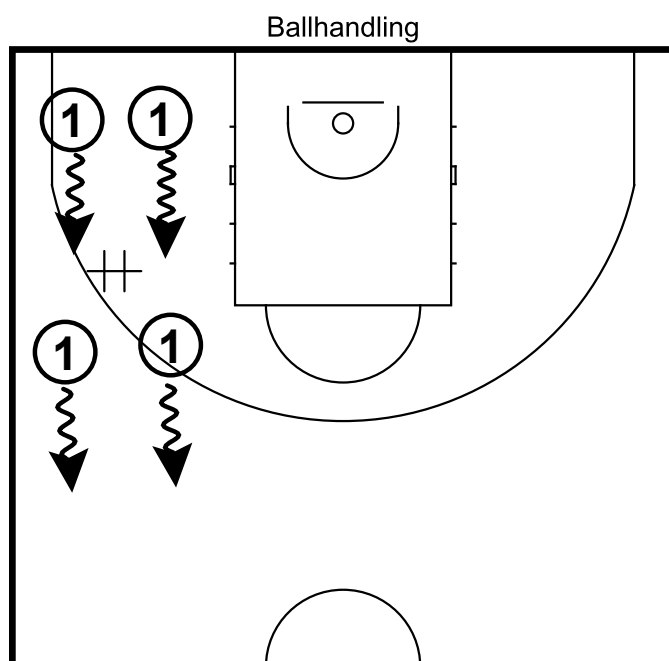
Cut Terminolgi



Post cut/ Laker cut

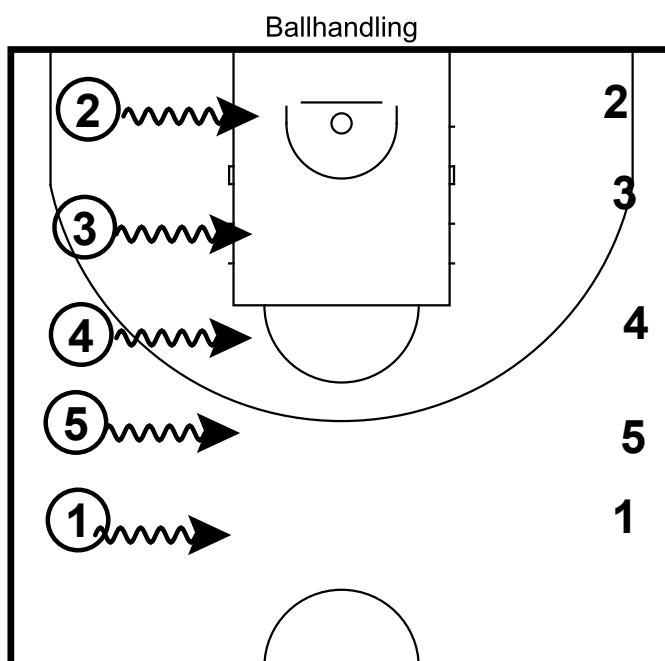
After a pas to post player, cut of him, high or low

Ballbehandlig 2 (1.5.1)



Par øvelser

- sprett ballen med bakerste hånd, spillerene speiler hverandre. 3 sprett og klink ballen mot hverandre over hodet. repeter
- sprett ballen med forestehånd, spillerene speiler hverandre. 3 sprett og klink ballen mot hverandre over hodet. repeter
- skulder mot skulder, sprett ballen med ytterste hånd, presshverandre ut av retning
- rygg mot rygg,
- en spiller har to baller, den andre holder fast i hofter og er brems



Single øvelser

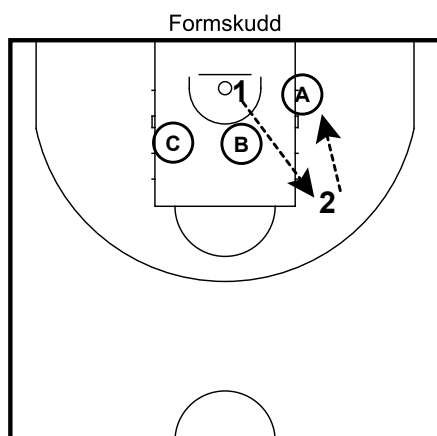
stasjonær øvelser

- sprett ballen :
 - rundt benet
 - i 8-tall
 - frem og tilbake på siden av kroppen , foran kroppen osv
 - hardt høyt
 - raske lave
 - 3 harde lave sprett og lås ballen "flat" i gulvet
 - edderkoppen
 - samme øvelser med to baller

Retningsforandringer på tvers av banen

- Crossover foran bena, (skøyte steg)
- Crossover mellom bena
- Bak ryggen
- Reverse/spinn move
- Hesitation / shuffle steg m retningforandring
- ballen har fast retning, men kroppen gjør retningsforandring uten at ballen spretter

Å skåre (1.5.2)

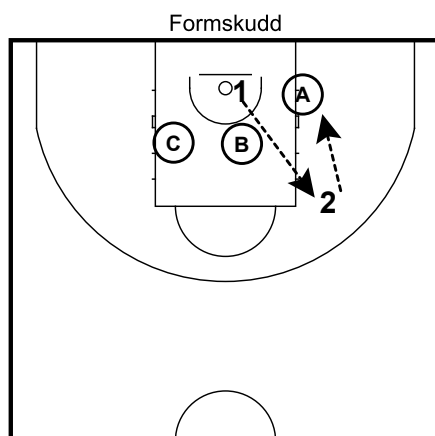


Formskudd BEEF

hold ballen med en hånd, strekk armen rett ut fra kroppen og dreii hånden under ballen opp for skudd

Svikt i knær, god balanse
strekk ut skudd arm, høy bue, bøyy håndledd, backspinn

Ballen treffer bare nett



Formskudd

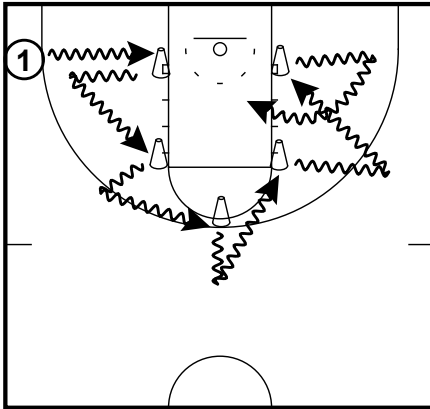
Skyter 10 treff

1 tar retur, 2 sender passning 1

Alle skyter ferdig en spot før rotering til neste spot

Å skåre (1.5.2)

Cone Attack

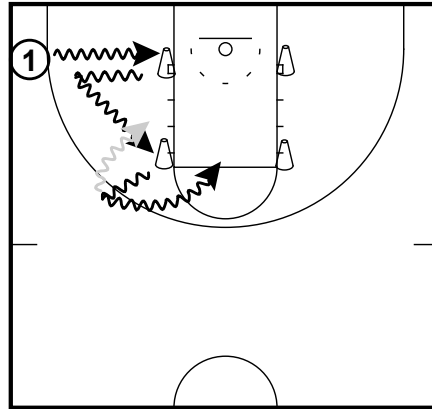


Drive left attacking the cone, left hand 2 dribble pull back & quickly cross-over. Righty drive to the cone at elbow, righty 2 dribble pull back. Righty drive to the cone at the top of the key, righty 2 dribble pull back. Right drive to the cone on the elbow, righty 2 dribble pull back. Righty drive to the cone at block, righty 2 dribble pull back, quick cross-over and finish at rim. Mix up the finishes:

- Stronside
- Weakside
- Reverse
- Floater
- Rondo's

(Make sure you repeat on both sides.)

Cone Attack

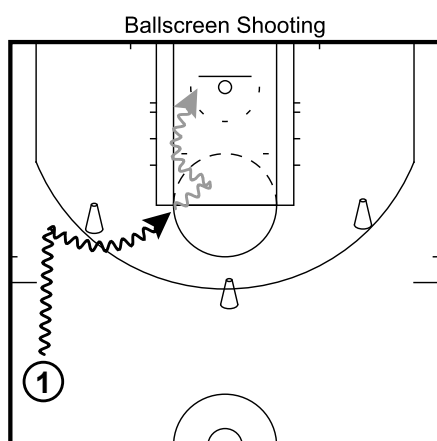


Once you go through the lay-ups a series of times on both sides.

Mix in some jump-shots. Have your players attack two cones and then dribble into 15 ft. jumpers. (Mix in cross-over's at last cone into a jumper as well).

(Make sure you repeat on both sides)

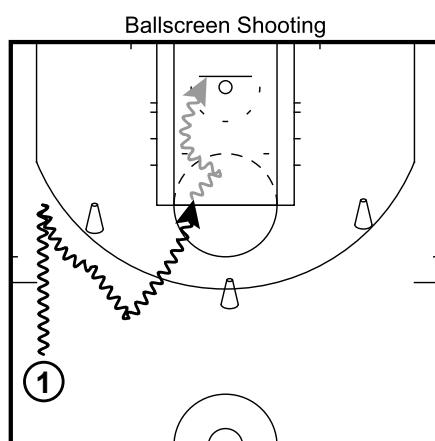
Å skåre (1.5.2)



Dribble at cone and use it as a screen and use the ball screen or split it. (Repeat each frame at all 3 spots on the floor)

Moves:

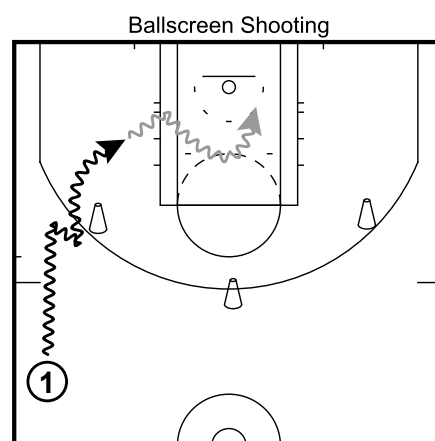
- Pull up jumpers
- Strong side rim finishes (both hands)
- Change direction finishes (both hands)
- Lane floaters
- Step back jumpers
- Step back cross-overs
- Hop thru finishes



Use the screen as if the defense hard hedged.

Moves:

- Pull up jumpers (3 pointers)
- Strong side rim finishes (both hands)
- Change direction finishes (both hands)
- Lane floaters
- Step back jumpers
- Step back cross-overs
- Hop thru finishes

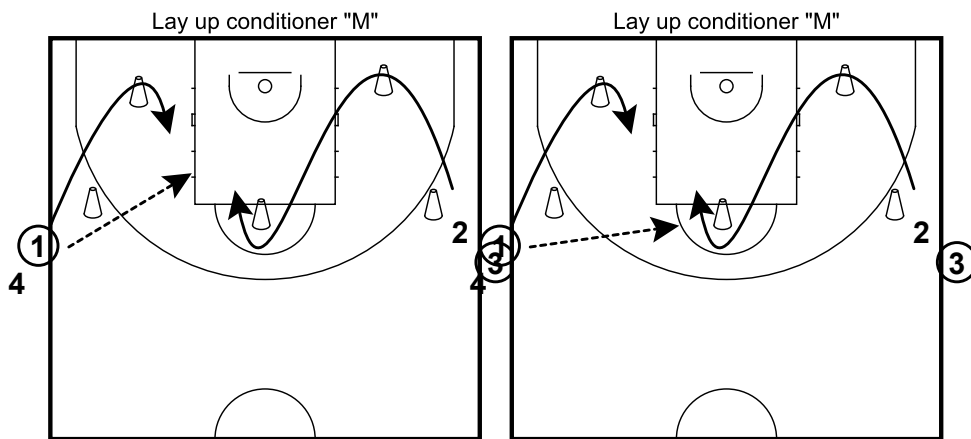


Use the screen as a turn down.

Moves:

- Pull up jumpers
- Strong side rim finishes (both hands)
- Change direction finishes (both hands)
- Lane floaters
- Step back jumpers
- Step back cross-overs
- Hop thru finishes

Å skåre (1.5.2)

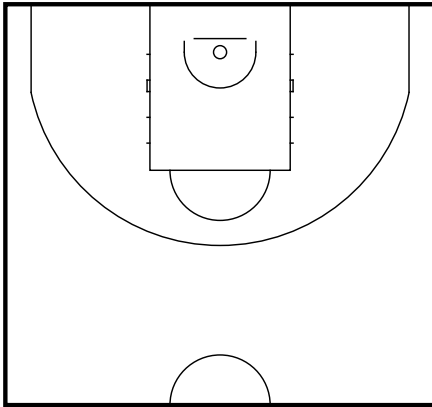


2 løper fra wing til baseline cone og opp mot FT cone får passning fra 1 og 2 avslutte rmed lay up
 1 løper samme løype og får passning fra 3
 Varier med avslutning med
 lay up
 power lay up
 spin
 kast i plata og putback
 mm
 Husk regler for pas`n cut gjelder og korte steg rundt kjepler

2 løper fra wing til baseline cone og opp mot FT cone får passning fra 1 og 2 avslutte rmed skudd fra straffe
 1 løper samme løype og får passning fra 3
 Varier med avslutning med
 Stride stop
 Jump stop
 Finte og dribble og jumpstop
 Finte og dribble og stride stop
 mm
 Husk regler for pas`n cut gjelder og korte steg rundt kjepler(close out)

Å skåre (1.5.2)

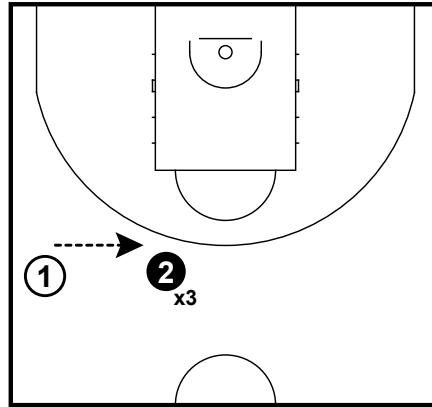
Post play developing



Post play

Balanse
Breie føtter
Stå og gå "utenfor skuldre"
Usynlig stol
Armbar, for å skape separasjon
Mottaker arm opp og klar
Ta i mot med en hånd "chine" ballen med to

Post play developing

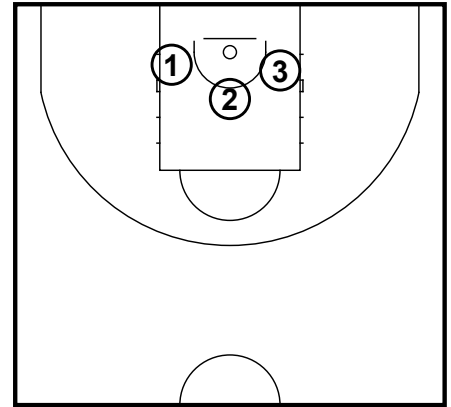


Pas n recive, one hand

1 sender til 2, 2 tar imot med en hånd, finner balanse og sender tilbake
1 sender til 2, 2 tar imot med en hånd, finner balanse og chinner ballen og sender tilbake

og sett inn en 3 person som spiller def på post, dytter og presser. Husk å pivotere og dropstep

Post play developing

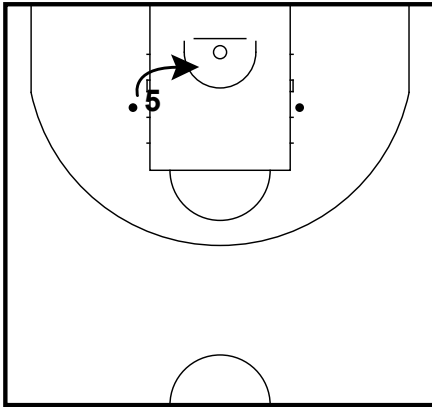


"Formhook"

Stå med skulder mot kurven og hook inn swish fra punkter

Å skåre (1.5.2)

Post play developing



Drop step

Ballen ligger på gulvet v blokka, et ben på hver side av ballen,

Reverse pivot /dropstep med beinet nærmest baseline, hold ballen med to hender og stuss ballen i gulvet.

(i drillen kan spiller holde ballen uten å sprette ballen men ballen må treffe gulvet samtidig som ballen holdes med to hender.)

få beina parallellt med baseline og avslutt sterkt med "outside hånd"

Løp over til andre siden og repeter.

Variasjon

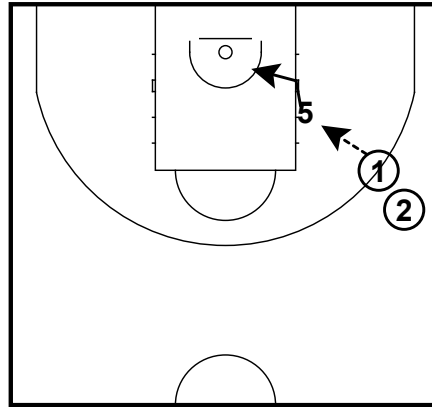
Powerlay up

Finte

dropstep opp mot midten, hook

up'n under

Post play developing

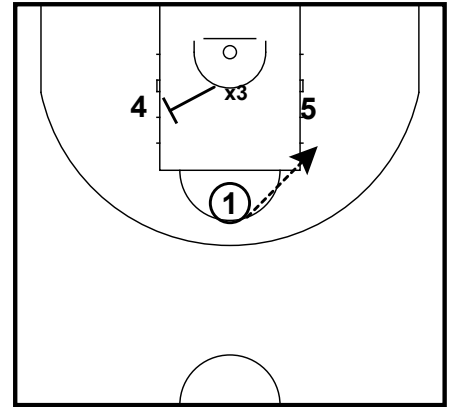


Dropstep

pasning til post, dropstep avslutning

1 blir ny post

Post play developing



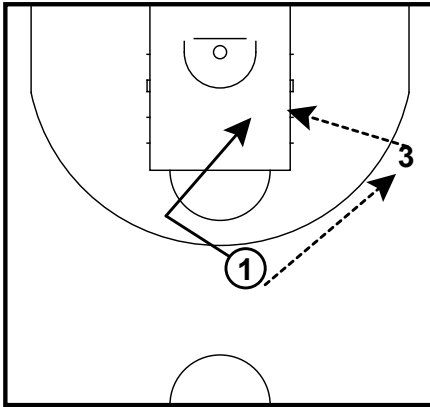
1 sender til valgr post x3 må spille forsvar post må lese hvilket pivot/dropstep som er best rotasjon

1 går til samme side som pasning går til.

Angrep til forsvar, forsvar blir ny 1

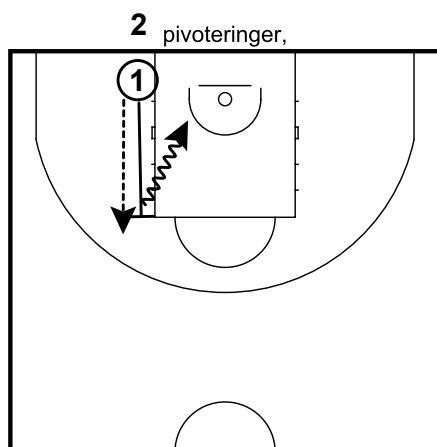
Å skåre (1.5.2)

Post play developing

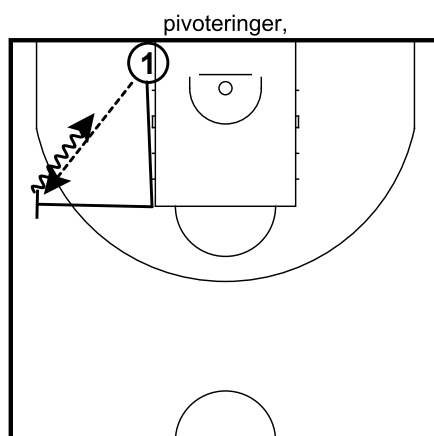


PG pas, cut to post
poster og finter motsatt dropstep
Variasjon
frontpivot til midten, skudd finte, up`n under
powerlay up

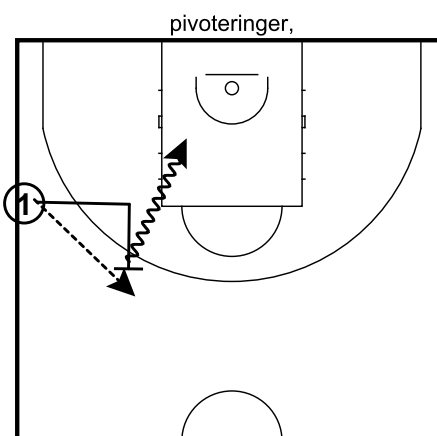
Angrep 1v1 (1.5.3)



Kast ballen med backspinn til albue
Lande i Jump stop,
Back pivot utover, crossover
Back pivot utover, openstep
Reverse pivot/droppstep innover
Reverse pivot droppstep utover,
front pivot, crossover
Front pivot openstep
Varier med avslutninger
Lay up-
power layup med skuddfinte
jump stop
stride stop(1,2)
stepback

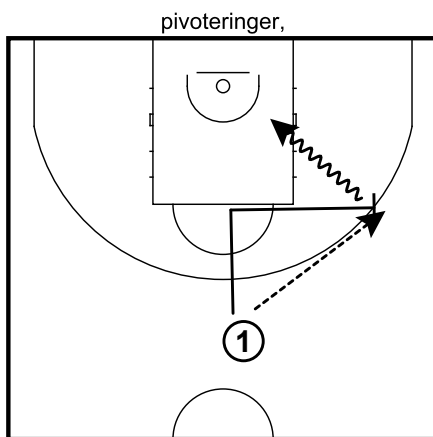


Kast ballen med backspinn til forlengelse av albue
løp til albue, skøyte steg ut mot ball(L-cut)
Lande i Jump stop,
Variasjon
Back pivot utover, crossover
Back pivot utover, openstep
Reverse pivot/droppstep inoover
Reverse pivot droppstep utover,
Front pivot, crossover
Front pivot openstep
Varier med avslutninger
Lay up-
power layup med skuddfinte
jump stopp
stride stop(1,2)
Stepback



Kast ballen med backspinn til mot topp løp til albue, skøyte steg ut mot ball(L-cut)
Lande i Jump stop,
Variasjon:
Back pivot utover, crossover
Back pivot utover, openstep
Reverse pivot/droppstep inoover
Reverse pivot droppstep utover,
Front pivot, crossover
Front pivot openstep
Varier med avslutninger
Lay up-
power layup med skuddfinte
jump stop
stride stop(1,2)
Stepback

Angrep 1v1 (1.5.3)



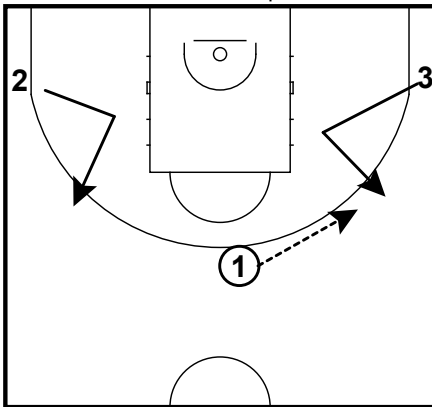
Kast ballen med backspinn til mot wing
 løp til albue, skøyte steg ut mot ball(L-cut)
 Lande i Jump stop,

Variasjon:

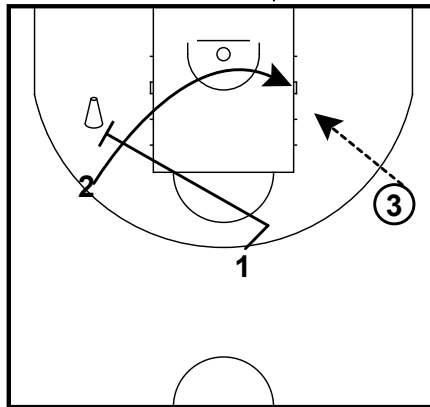
Back pivot utover, crossover
 Back pivot utover, openstep
 Reverse pivot/droppstep inoover
 Reverse pivot droppstep utover,
 Front pivot, crossover
 Front pivot openstep
 Varier med avslutninger
 Lay up-
 power layup med skuddfinte
 jump stop
 stride stop(1,2)
 Stepback

Angrep 1v1 (1.5.3)

3 man shuffle-cut post drill



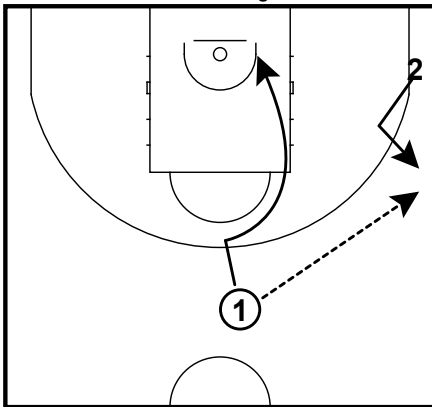
3 man shuffle-cut post drill



2 og 3 må frigjøre, L-cut
Når ballen swings til en side skal motsatt wing
cutte til post.
(autoamatisk løsning)

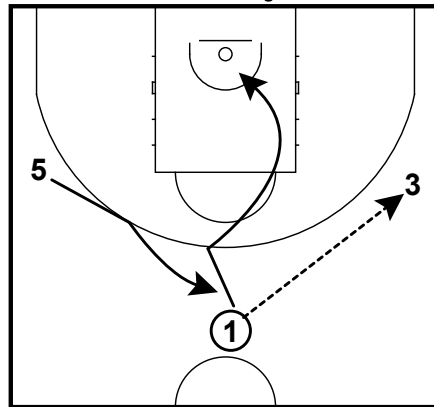
Pass & Kutt (1.6.1)

3 mans building block



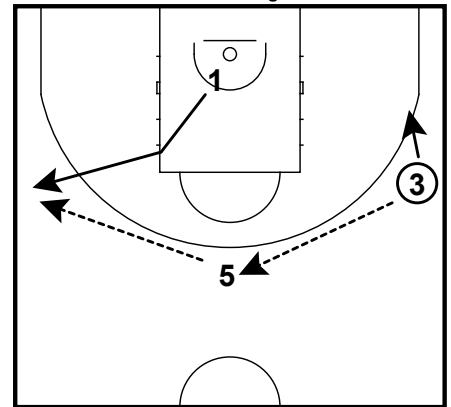
Basic Two lines Give & Go

3 mans building block

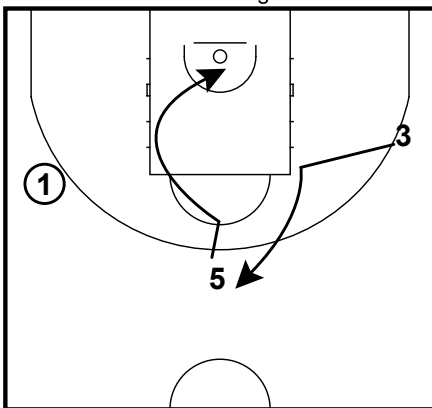


Pops 3 man Cuts

3 mans building block

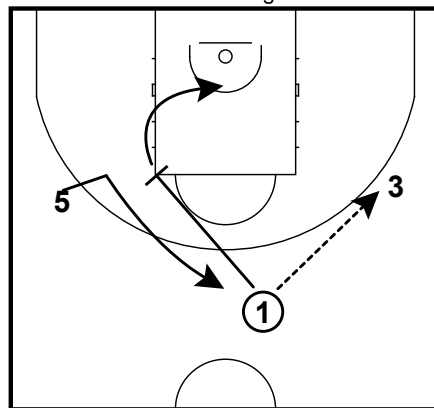


3 mans building block



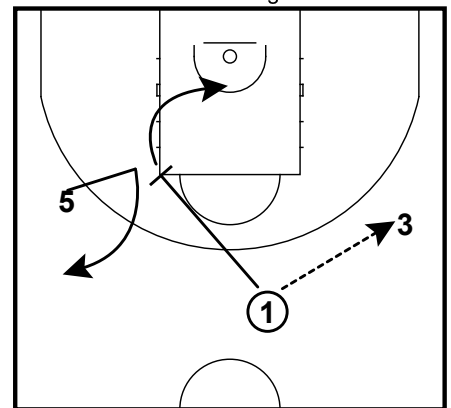
Pops Screen opposite & Read

3 mans building block



Popping & opposite actions

3 mans building block

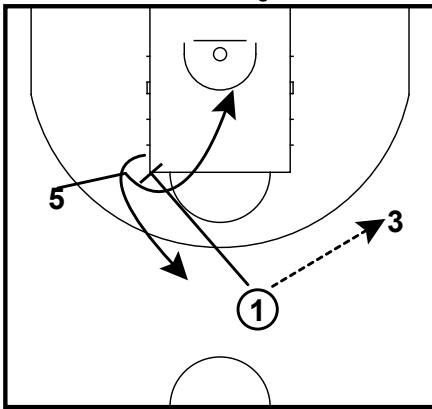


Pops Screen opposite & Read

Fading & opposite actions

Pass & Kutt (1.6.1)

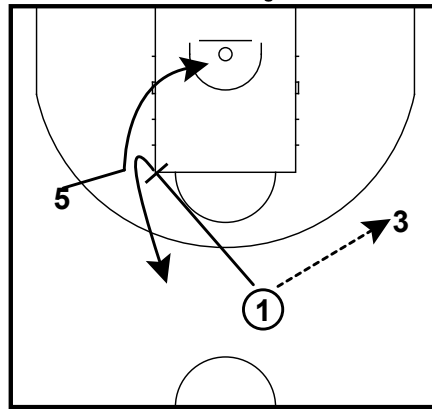
3 mans building block



Pops Screen opposite & Read

Curling when defense tucks & tails and opposite actions

3 mans building block

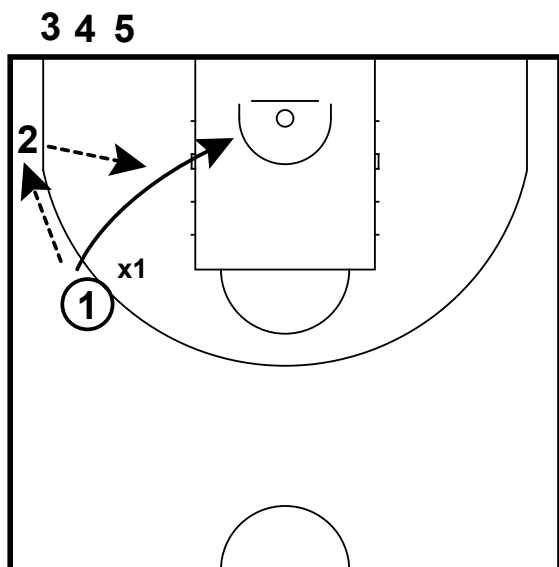


Pops Screen opposite & Read

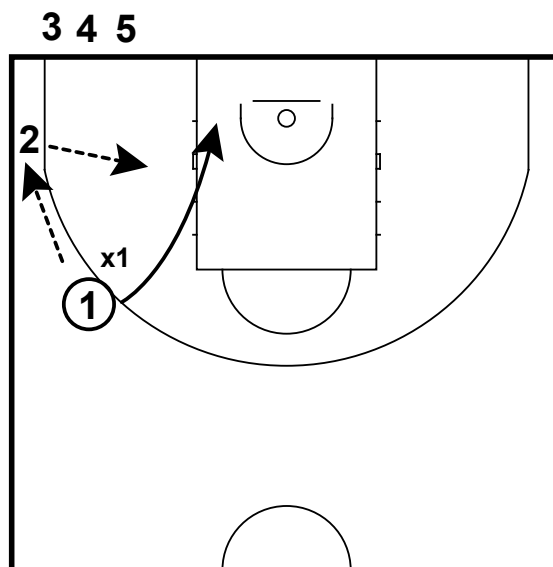
Backdoor when defense shoots the gap and opposite actions

Pass & Kutt (1.6.1)

Layer 01 Front cut



Layer 01 Rear cut



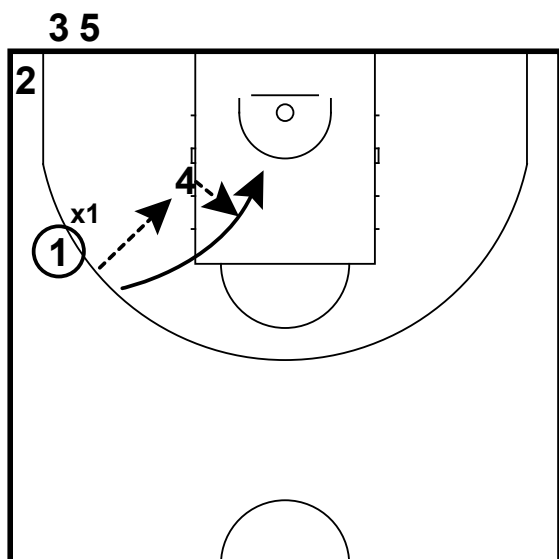
Front cut

1 passer til 2 og front cutter på x1 til curven
 2 passer til 1 for lay up
 (giv'n go')
 x1 spiller dummy defense

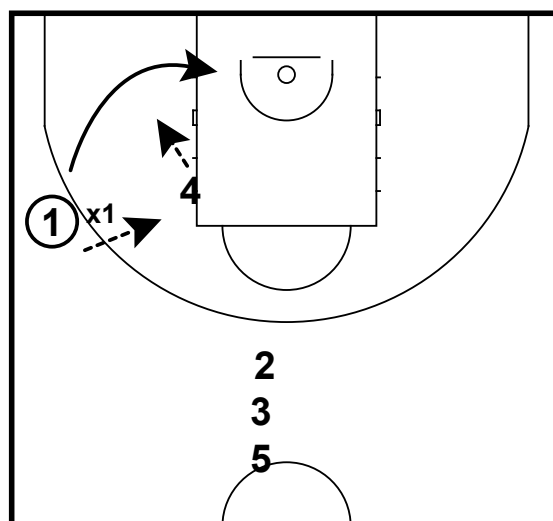
Rear cut

1 passer til 2 og rear cutter på x1 til curven
 2 passer til 1 for lay up
 (backdoor cut')
 x1 spiller dummy defense

Layer 02 Laker cut High



Layer 02 Laker cut low



Laker cut High

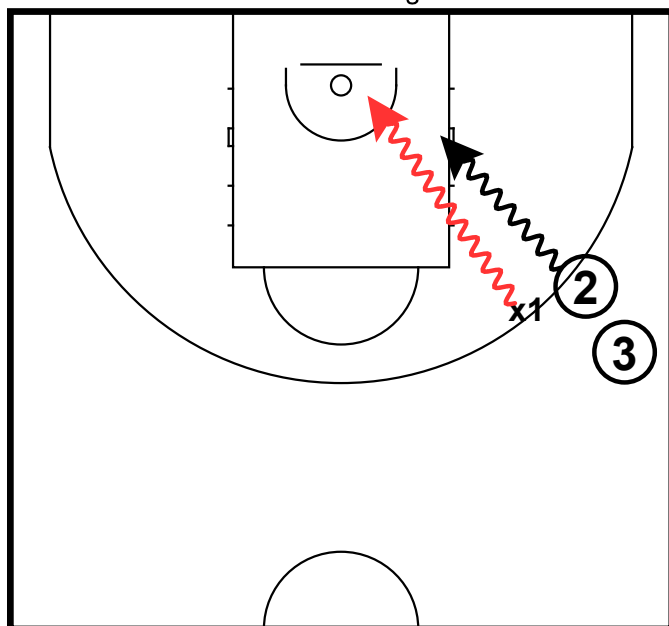
1 passer til 4 og cutter mot 4
 4 passer med stus pasning til 1 og ruller til short corner.
 2 fylder spot til 1, x1 blir post og 4 går bakerst i kø

Laker cut low

1 passer til 4 og cutter mot 4 via short corner
 4 passer med stus pasning til 1 og ruller til high post.
 2 fylder spot til 1, x1 blir post og 4 går bakerst i kø

Forsvar 1v1 (1.8.1)

Sideline defense Building block 1 vs 1



Diktere retning 1vs1

X1 skal overspille høyt nok slik at det er helt umulig for 2 å dribble mot midten.

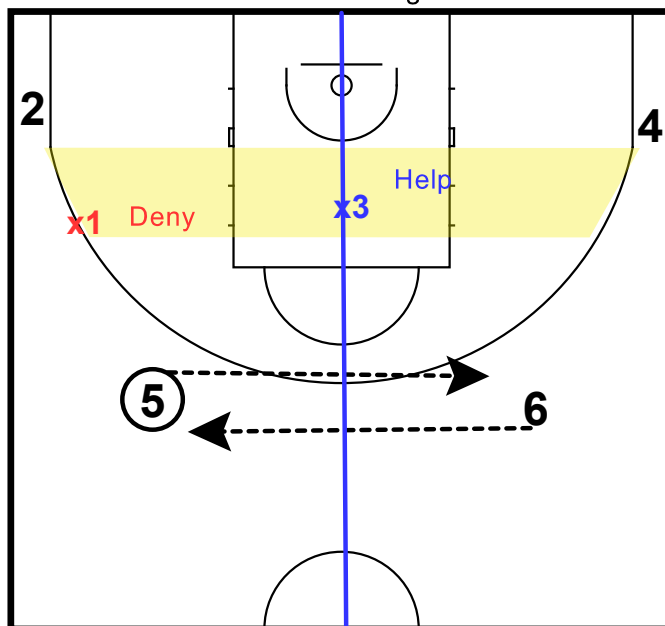
2 skal dribble så hard som mulig mot kurven, gjerne prøve midten, slik at def må spille ærlig

Det vil kanskje åpne for Lay up, men den åpningen skal hjelpesiden tette.

RotasjonAngrep blir defense

defens tar retur/outlet

Sideline defense Building block 1 vs 1



Deny -Hjelpside

1 pasning unna er skal ta bort passning linja

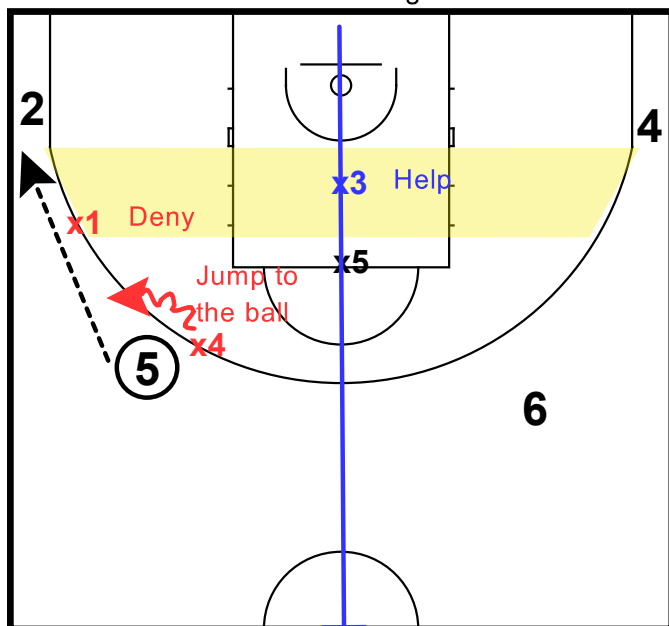
Tør å løpe litt høyerer og nærmere ballen enn så spiller blir det kortere å løpe

Hjelpside skal komme helt til splitt line(blå)

5 og 6 sender ballen frem og tilbake i ca 20 sec, finte skudd to ganger før passning

Forsvar 1v1 (1.8.1)

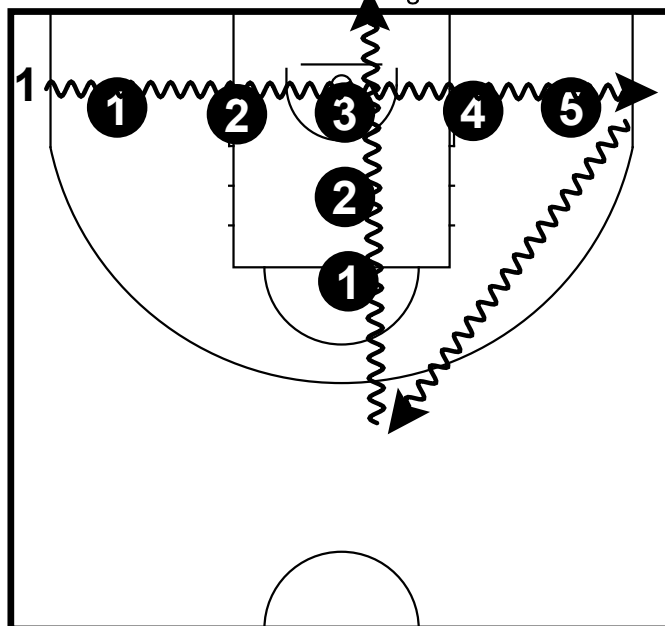
Sideline defense Building block 1 vs 1



Shelldrill

1 pasning unna er skal ta bort passning linja
 Tør vi løpe litt høyerer og nærmere ballen, enn vi skal dekke
 spiller blir det kortere å løpe, og vi minsker Spacing til angrep.
 Helpside skal komme helt til splittline(blå)
 1,2,5 og 6 sender ballen frem og tilbake i ca 20 sec, finte skudd
 to ganger før passning
 Prøv å drive for å få hjelpeside til å reagere

Sideline defense Building block 1 vs 1

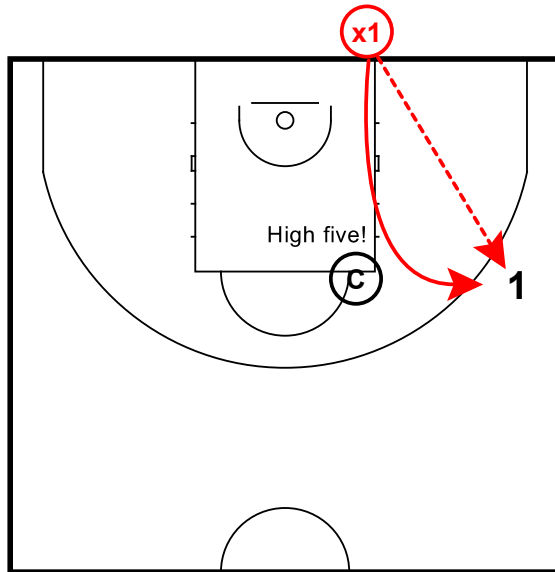


Bumpe

svart lag i def, skal bumpe kutter hele veien, ingen armbar, eller
 hender. bumpe bryst kasse mot hverandre
 2 runder og roter

Forsvar 1v1 (1.8.1)

Closeout progression



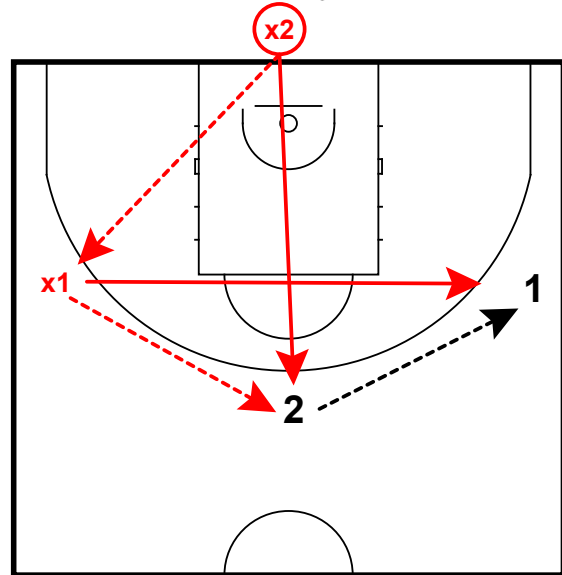
1 on 1 closeout (high five drill)

X1 rolls the ball to O1. X1 will close out in a banana, giving the coach (or player) at the elbow a high five. It's now 1 on 1.

Key points are:

- 1) Take away the middle
- 2) Stay on the ground
- 3) Box out on the shot

Closeout progression



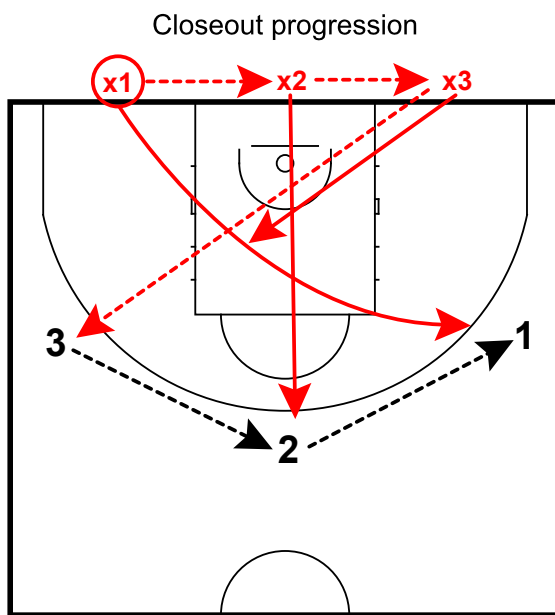
2 on 2 closeout

Pass the ball as illustrated above. The defenders close out on their own pass. When O1 has the ball, the game is live.

Key points are:

- 1) Take away the middle
- 2) Communicate (ball, deny & help)
- 3) Box out

Forsvar 1v1 (1.8.1)



3 on 3 closeout

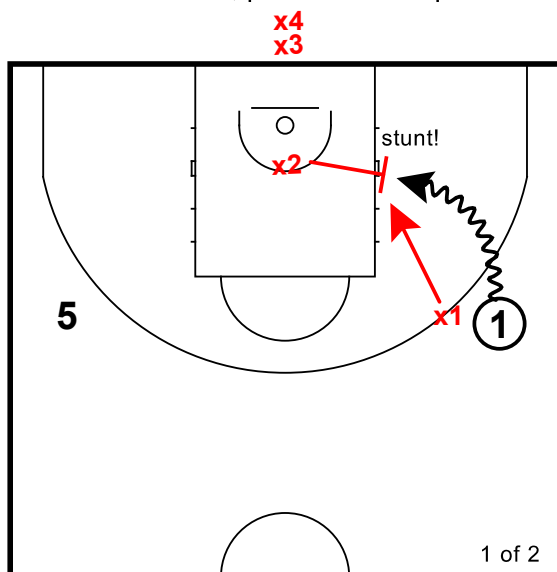
Defenders along the baseline passes the ball from one side to the other. When X3 passes the diagonal pass to O3, every defender closes out in the pattern illustrated above. The offense will reverse the ball one time, and then the game is live.

Key points are:

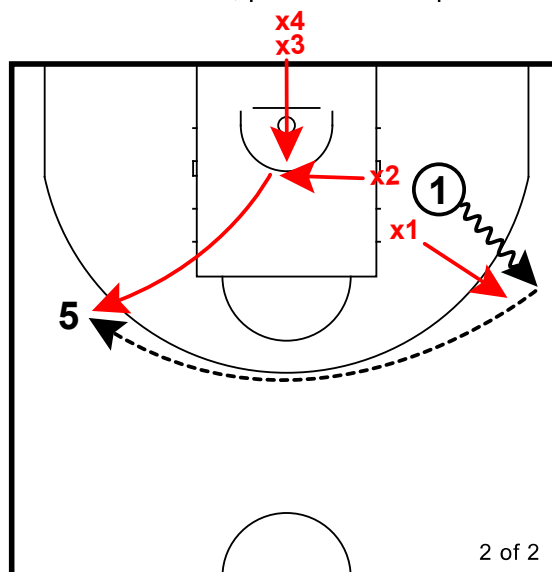
- 1) Take away the middle
- 2) Help if necessary (remember rotations)
- 3) Communicate
- 4) Box out

Forsvar 1v1 (1.8.1)

Closeout, penetrate & skip



Closeout, penetrate & skip



Penetrate & skip #1

Purpose: Work on correct closeouts with angles and footwork (take away the middle!). Helping from low hole by stunt and recover.

The drill starts with O1 driving towards the baseline and X2 stunting.

The drill is continuous, and goes from side to side. Run at least two times for each player = stop when X2 is in low hole for the third time.

When we have control over the drive, X2 is recovering to his position, and X1 is keeping pressure on the ball when O1 is dribbling out.

Rotation:

When recovered, X2 must close out on O5 on the skip pass.

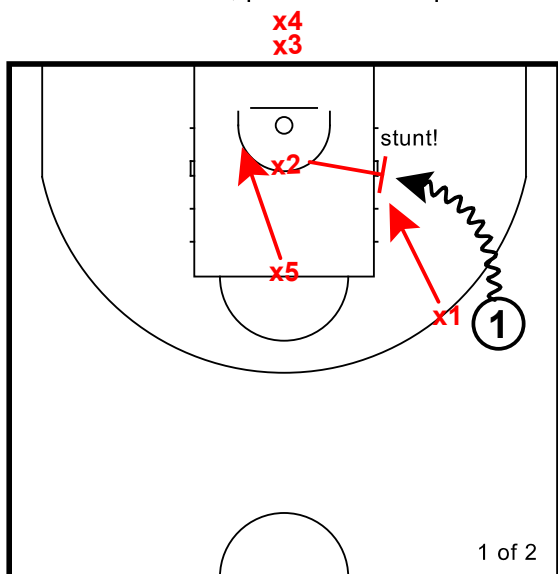
X1 becomes offensive player.

O1 steps out.

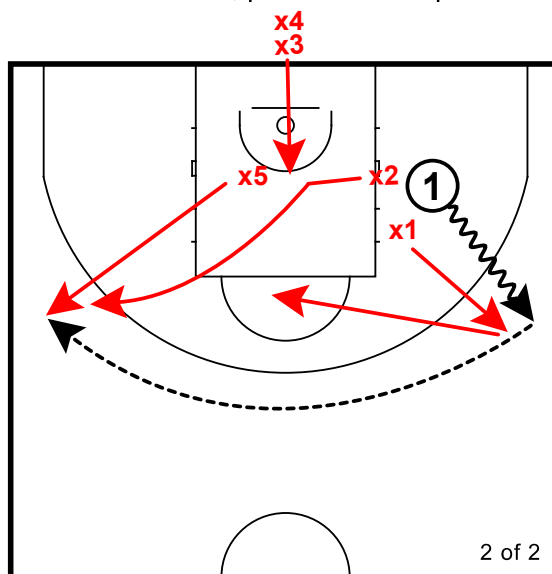
X3 becomes low hole on the skip pass.

Forsvar 1v1 (1.8.1)

Closeout, penetrate & skip



Closeout, penetrate & skip



Penetrate & skip #2

Purpose: Same as the previous drill, but with emphasis on sinking to the level of the ball on drives, and sprinting to help.

The drill starts with O1 driving, X2 stunting and X5 sinking to the level of the ball.

The only difference from the previous drill is that X5 becomes offense after sinking from high to low hole, and X1 must sprint to help on the skip pass.

Rotation:

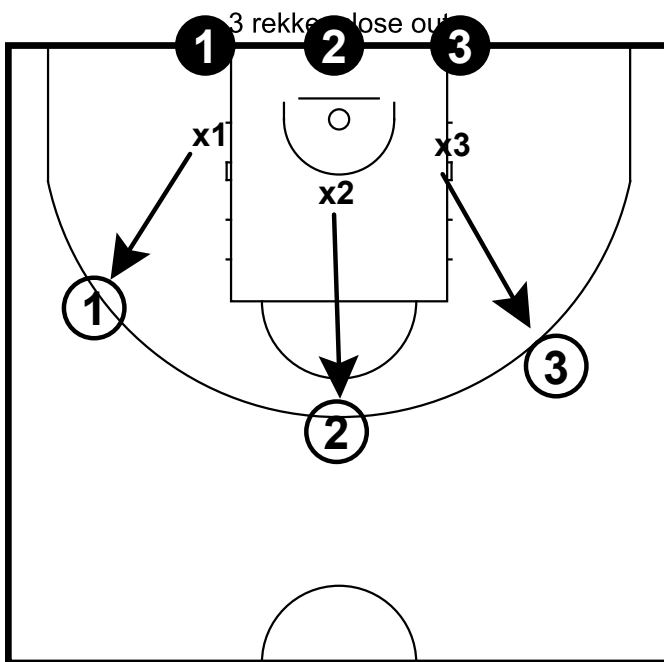
X5 becomes offense.

X1 sprints to high hole.

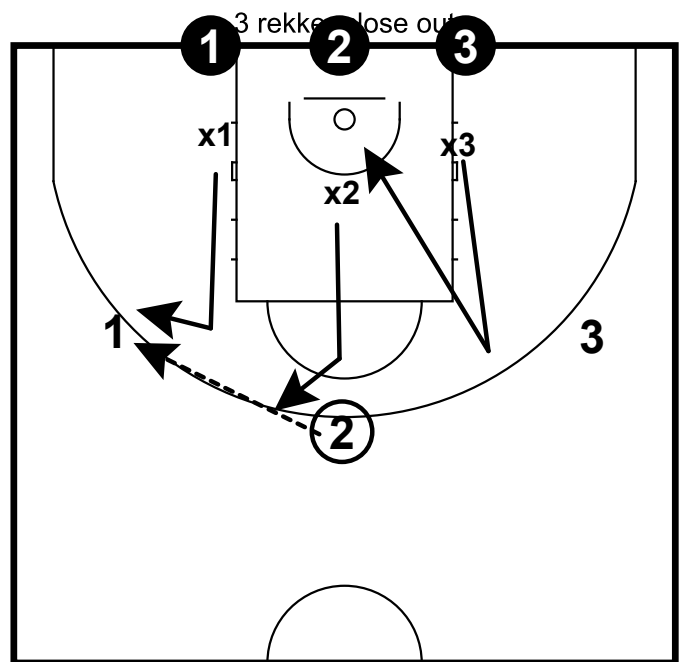
X2 close out on the ball.

O1 rotates out, and X3 in as low hole on the skip pass.

Forsvar 1v1 (1.8.1)

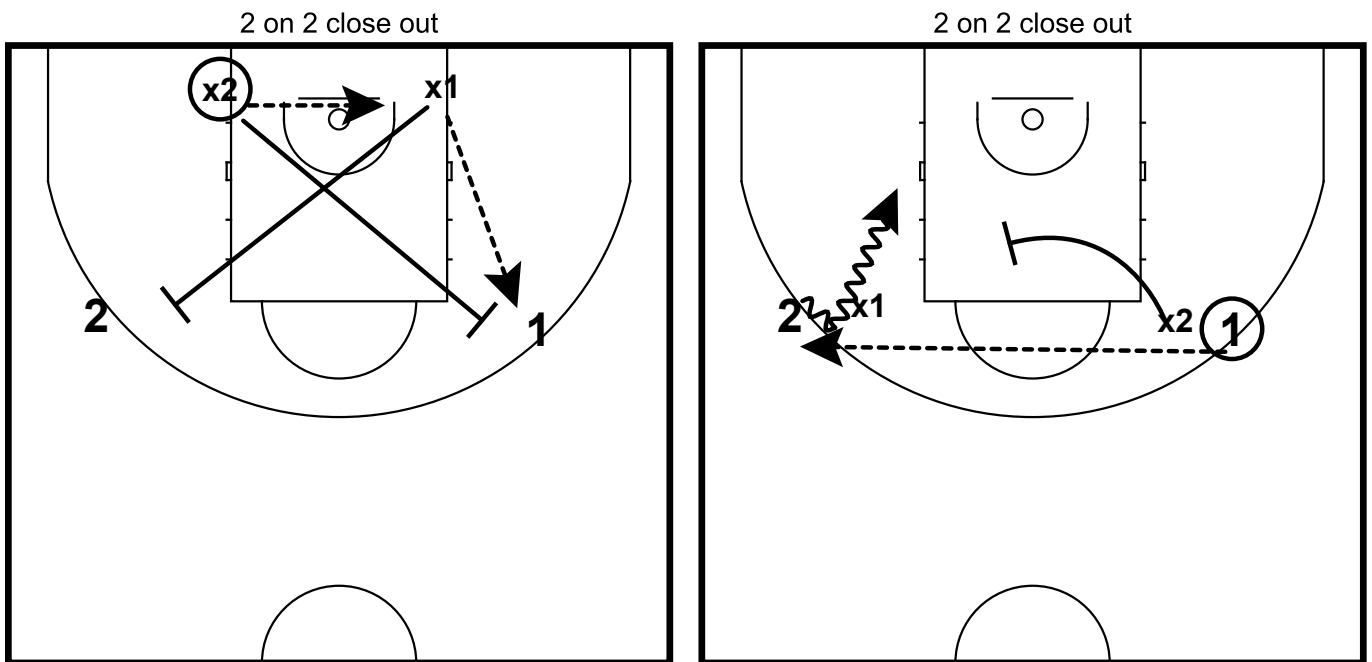


alt 1
 alle 3 spillere har ball - forsvar closer ut på ball.
 pivots
 evt 1 sprett med H og V



alt 2
 spiller i midt hallen ballen.
 forsvar closer ut på ball og pasningsbane.
 pasning til en av sidene, forsvar finner ny posisjon.
 pasning ut til coach, coach passer til ny angrepsspiller på TOC
 angrep-> ut
 Forsvar -> angrep
 nytt forsvar inn

Forsvar 1v1 (1.8.1)

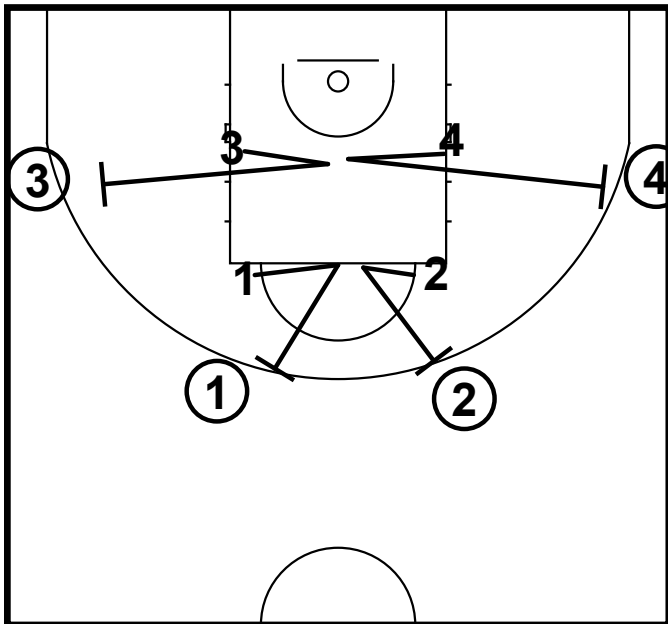


x2 pas til x1 x1 pas to o1, close out diagonal,
 offense can drive with ball, offens without ball who is stationery

NO midle,

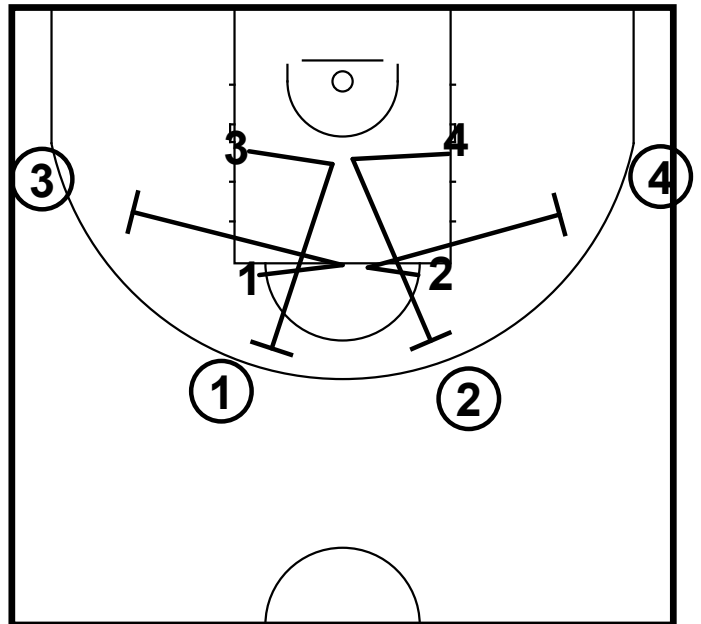
Forsvar 1v1 (1.8.1)

4m NBA close out



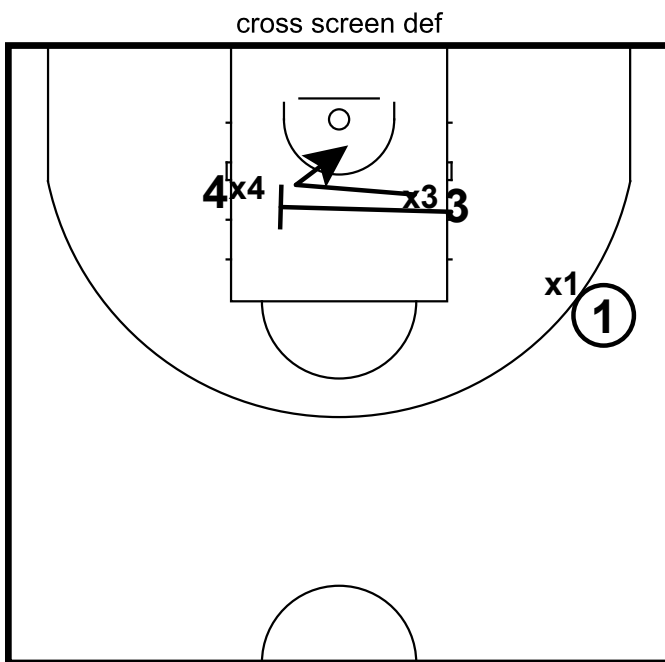
på signal - slider mot partner og gi hverandre en hi 5 (holder armen høy på close out).. close out med en plan (hi hip - armlengde)... D på pivotering... forsøk 2 D på 1 dri midt, og 1 dri siden...

4m NBA close out



på signal - kryss close out.. hi guy = fly guy - som closer ut først.... første gang = kun pivotering, andre gang = 1 pakk midt og 1 pakk siden..

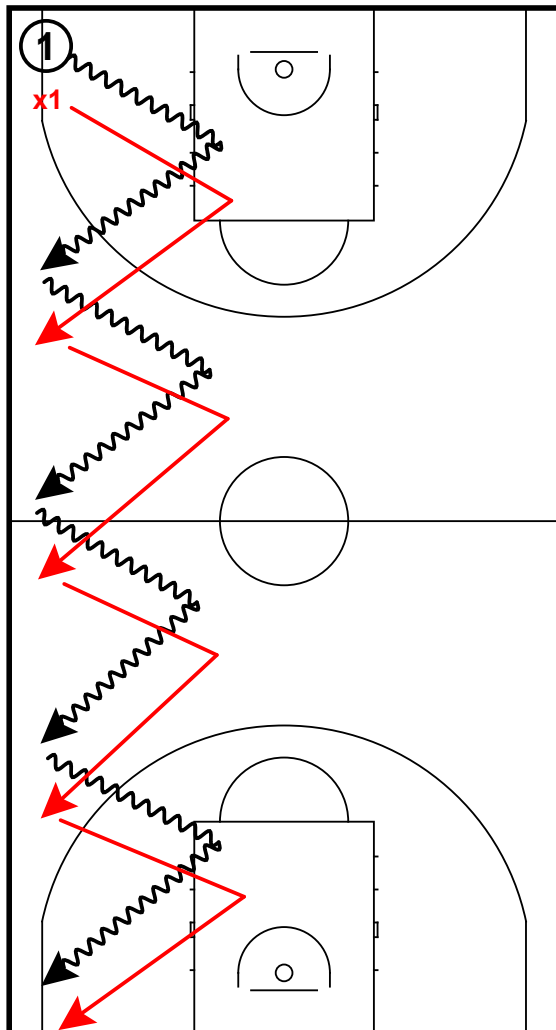
Forsvar 1v1 (1.8.1)



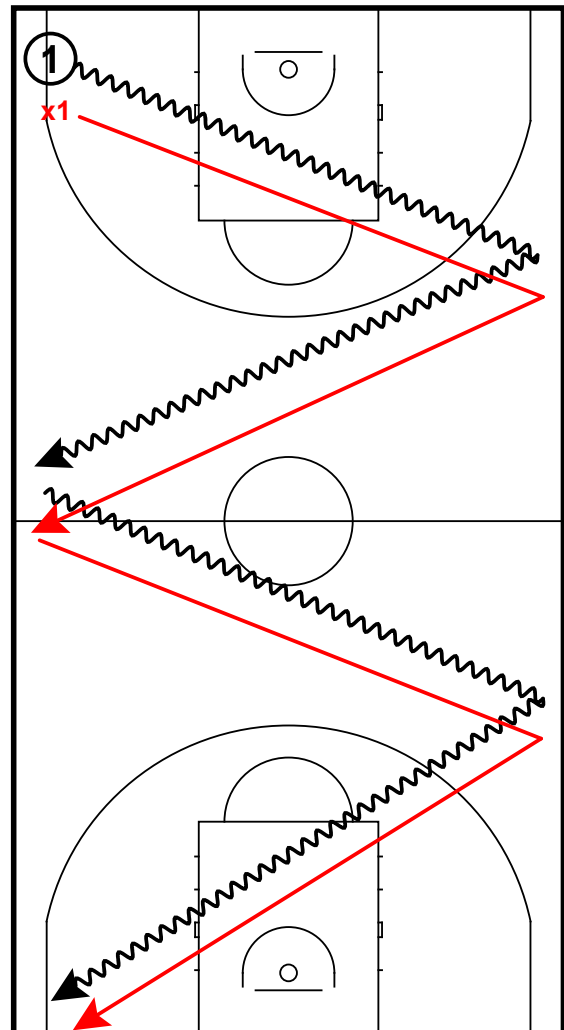
Cross screen x4 presser o4 mott straffe
x3 åpner og dekker baseline og er baseline help fra wing
ballside

Forsvar 1v1 (1.8.1)

Slide progression



Slide progression



Slide & turn drill.

Purpose: Work on sliding, ball pressure, positioning and conditioning.

O1 zig zag dribbles.

X1 slides, keeping touching distance, and turns the ball. Keep eyes on the opposite shoulder. Hand on hip.

Slide, sprint & slide drill.

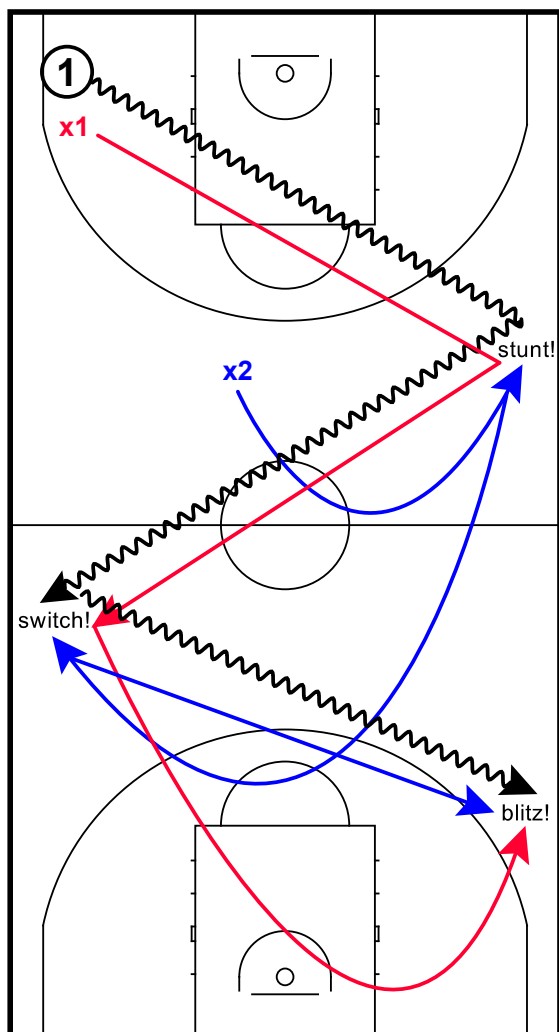
Purpose: When playing real defense, the defender sometimes must alternate between sliding and sprinting, depending on speed.

O1 zig zag dribbles from sideline to sideline with high tempo.

X1 slides when possible, and sprints to catch up. We turn the offensive player by bumping (forearm) and attacking the ball.

Forsvar 1v1 (1.8.1)

Slide progression



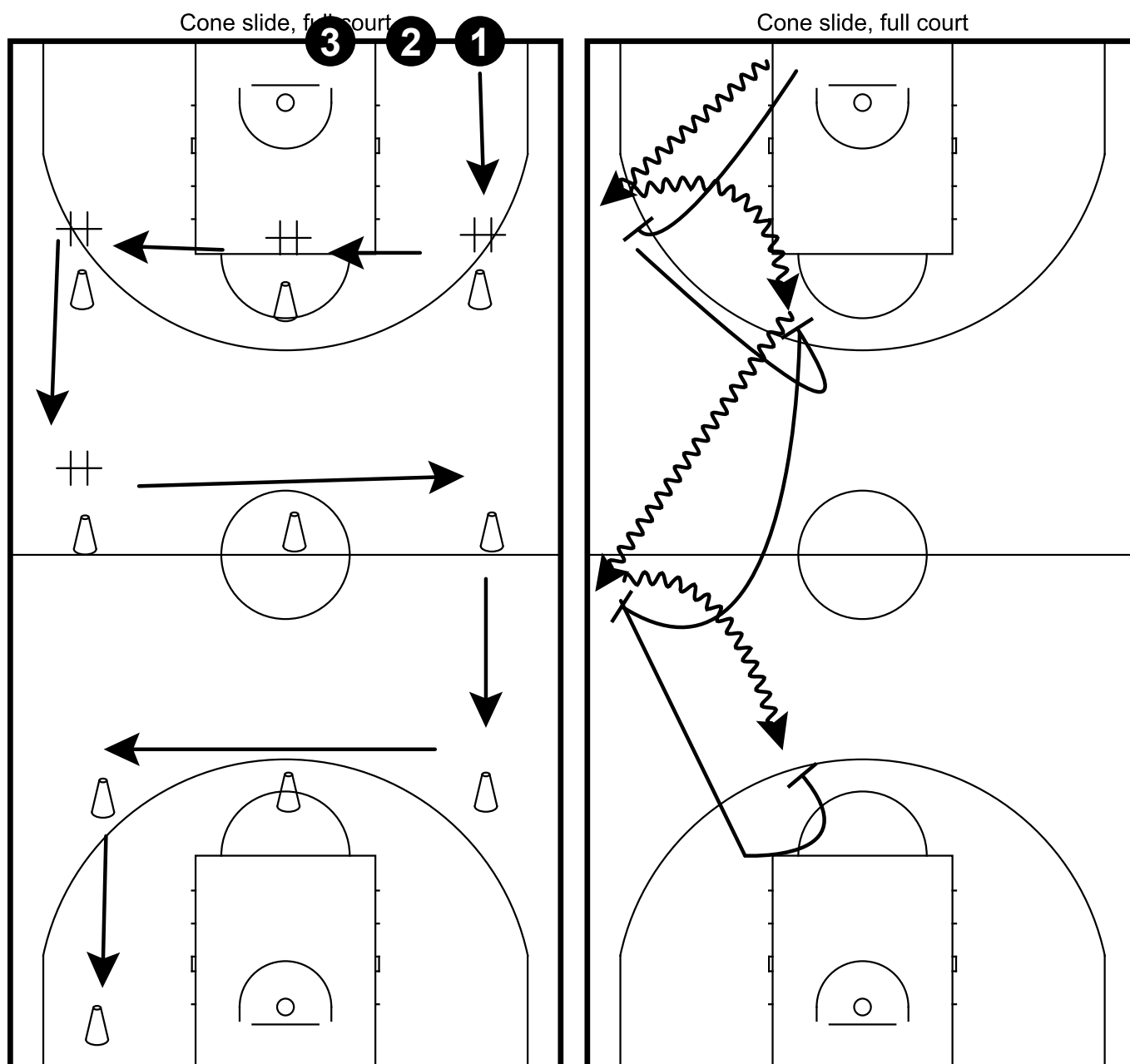
1 on 2 stunt/switch/blitz drill.

Purpose: Work on interaction between two players in the full court. Understanding angles and how to use the depth of the floor.

The drill is the same as "slide, sprint & slide", but with a second defender X2.

X2 will work backwards, time a attack on the ball. He will either stunt, switch or blitz into a double team. The key for the second defender is understanding depth. Sprint back, give space and angles to time the attack.

Forsvar 1v1 (1.8.1)



På flyøtesignal spurter 1 til kjeglen og tripper..3sec
nytt signal 1 slider til neste kjegle og tripper, 2 spurter til første
kjegle.

Osv

en runde skyt straffer og repeter

ZikkZakk slide

Angrep skal skjemme ballen, tempoveksling i vendingene, se på kurven,

Forsvar skal guide ut mot siden. NO middle

idet angriper vender og dribler mot midten, må forsvarer: snu, spurte og hente høyde forbi angriper og på nytt og guide mot sideline

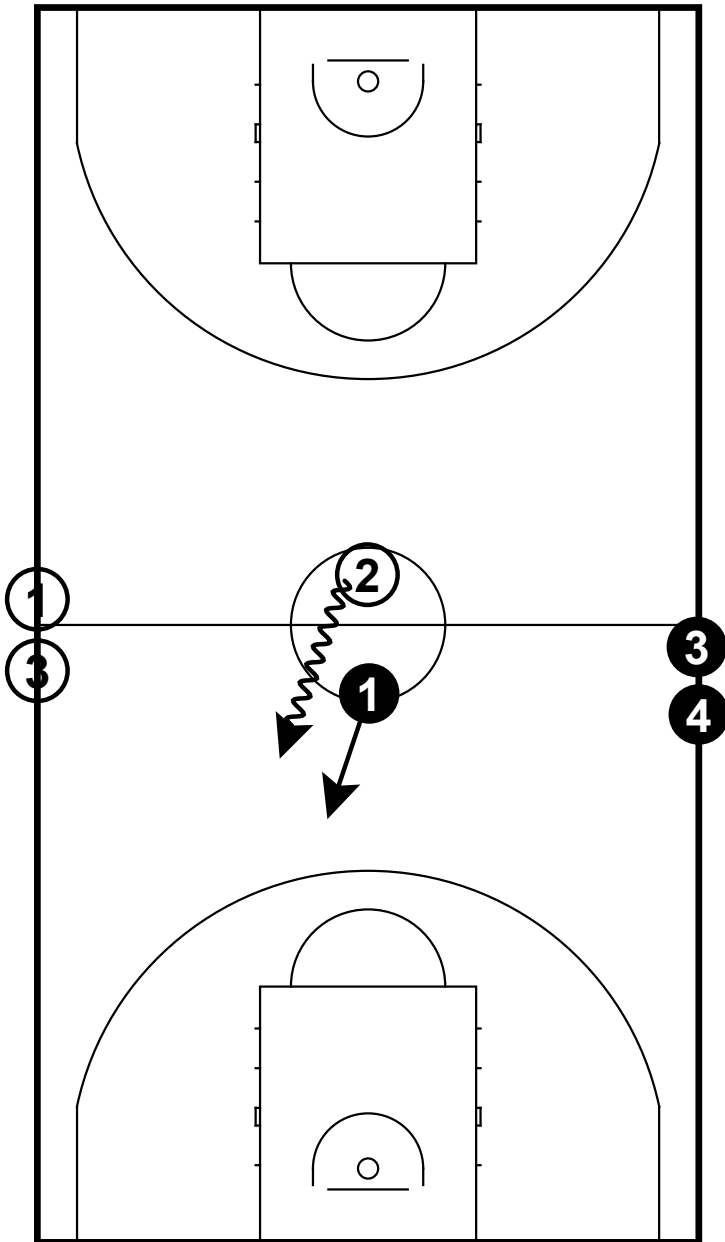
v 3 p er det Live. angrep kan score og forsvar kan ta ballen

Variasjon:

legg til en ekstra forsvarer som dobler,blitser/støter og veksler på å slide

Forsvar 1v1 (1.8.1)

1v1 fullcourt

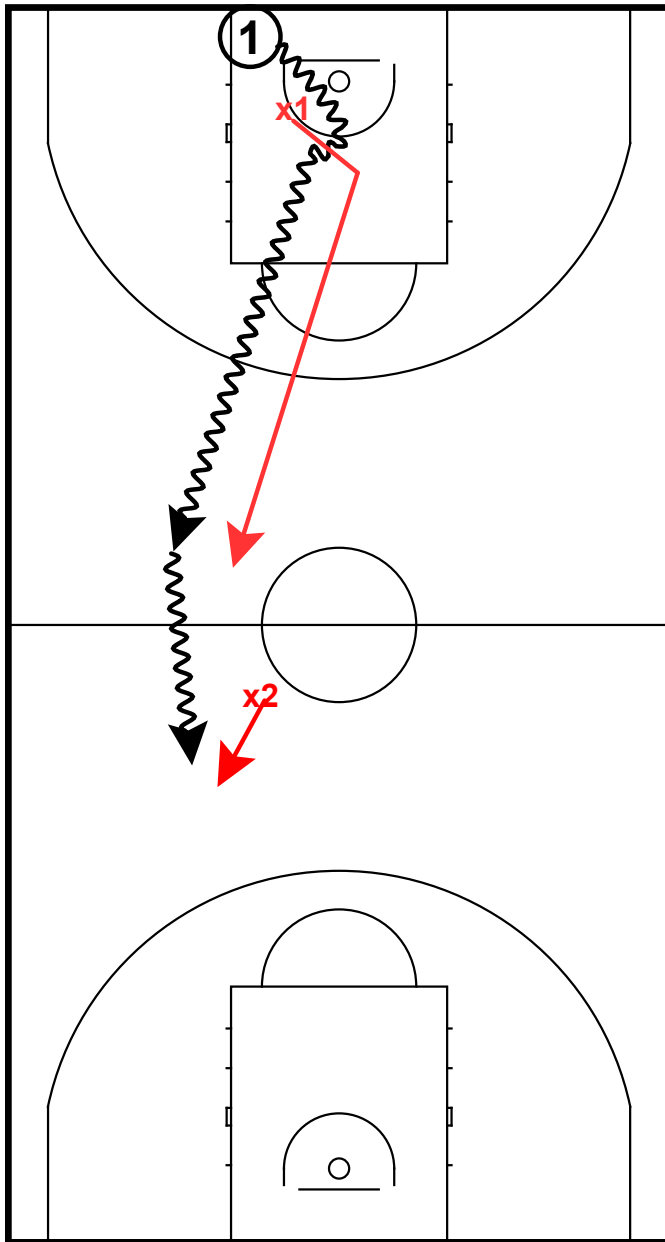


Start 1v1 at midt cirkle, defender give ball to offender to start the 1v1. play to score or defense get ball, or one shot and the rebounder can dribble to score on other side. next group in

count score as team or as personal

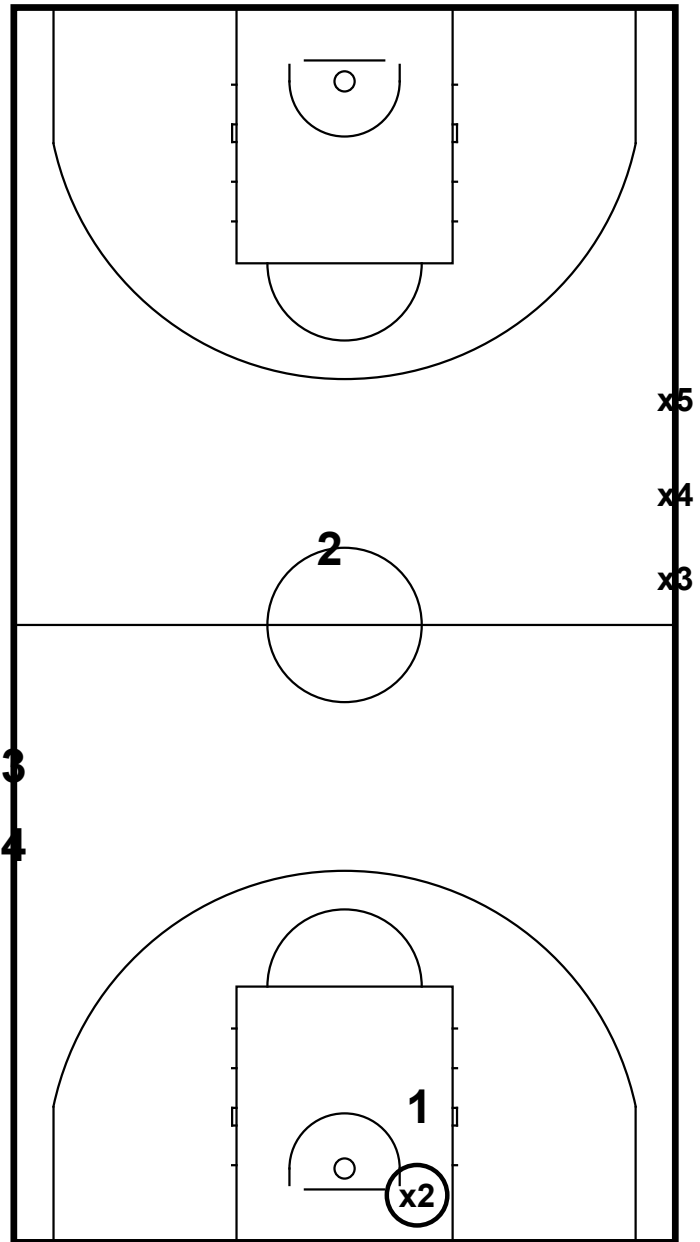
Forsvar 1v1 (1.8.1)

Transition defense 1v1



o1 has to start with dribble, X1 has guide the dribbler to one side and keep him there. keep dribbler on one side of splittline
x1 and x2 has to communicate and x2 takes over the defens from half court

Transition defense 1v1

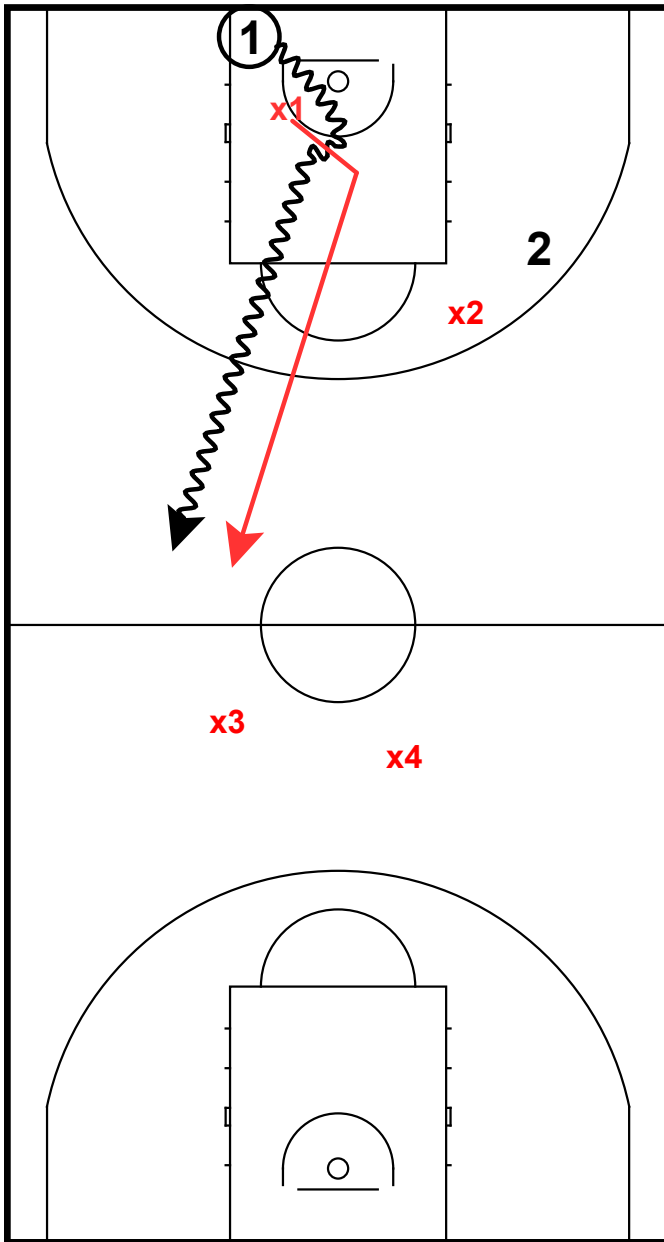


X2 start over as offense, 01 become defense after finishing strong to the basket. next in line start defense from halfcourt
First team to " 10 p or 4 min"

- no middle
- keep on one side
- kommunikations
- swich and scramble

Forsvar 1v1 (1.8.1)

Transition defense 1v1



Drill can also do 2v2v2 and 3v3v3and 4v4v4.