



National Intensive Training Centre Program

Coaches Study Tour 2007

USA-Spain-France

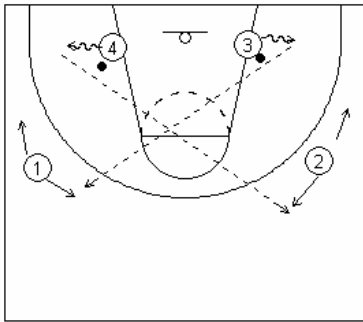
International Offensive Drills & Plays

with Patrick Hunt, NITCP Head Coach

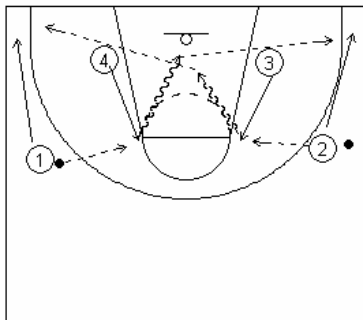


Patrick Hunt has coached over 350 games representing Australia and was head coach of the Canberra Cannons in 1981. He is also a former head coach of the AIS men's basketball program and National Junior Men's team (the Emus) and was an assistant coach to the Boomers from 1989 – 1992 including the Barcelona Olympic Games. Hunt is currently Basketball Australia's Manager of National Player and Coach Development, Head Coach of the National Intensive Training Centre Program and serves as an Executive Member of the FIBA World Association of Basketball Coaches (WABC) and President of FIBA Oceania WABC.

FC Barcelona Under 16 Boys

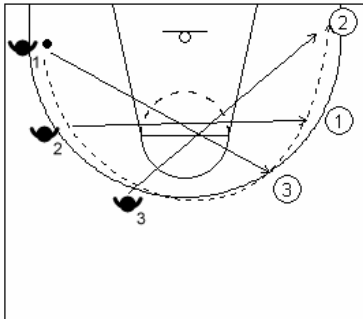


- Players 4 and 3 have a ball each, take one dribble off the block then pass diagonally opposite to players 1 and 2



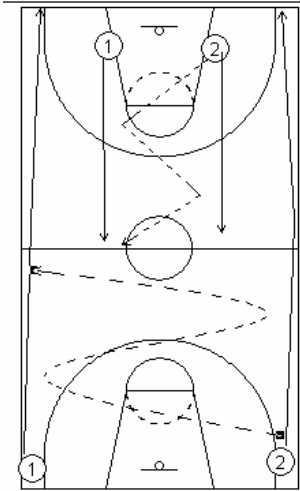
- Players 4 and 3 now flash to the elbow.
- Player 1 passes to 4, player 2 passes to 3
- Players 4 and 3 make an offensive move to the basket
- After passing to 4 and 3 players 1 and 2 relocate on the perimeter
- Players 4 and 5 can finish their offensive moves or pass opposite to players 1 and 2

FC Barcelona Under 16 Boys



- Ball is reversed around the perimeter.
- Defence 1 closes out to 3, defence 2 closes straight over and defence 3 closes out 2 play 3 v 3
- Player 2 shoots the ball defensive players 1, 2, 3 block out
- If defence gets rebound they fast break to the other end
- If offence gets it they stay and play 3 v 3

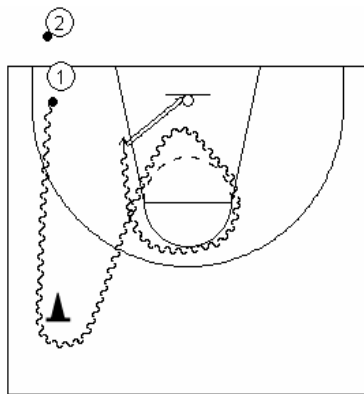
Pau, France (Espoirs men) Under 21



- Players 1 and 2 pass back and forth while running full court using the width of the key
- On the way back players 1 and 2 lob pass to each other using the full width of the court.

****Variation:** passers can be varied on the way up from chest passes, bounce passes, behind the back passes, passing off the dribble

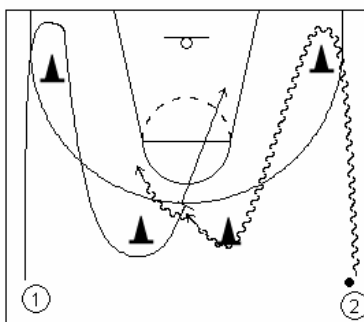
Pau, France (Espoirs men) Under 21



- Player 1 speed dribbles around the cone at half way and makes a layup.
- 1 gets the ball out of the basket then dribbles around the circle at the top of the key then takes a jump shot from the block.
- Player 2 starts as soon as 1 begins to dribble the circle

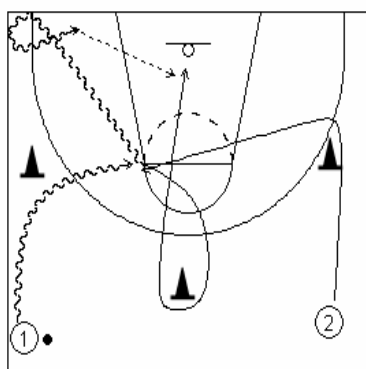
****Variation:** instead of taking the jump shot a second layup can be made

Vichy, France Pro A Men



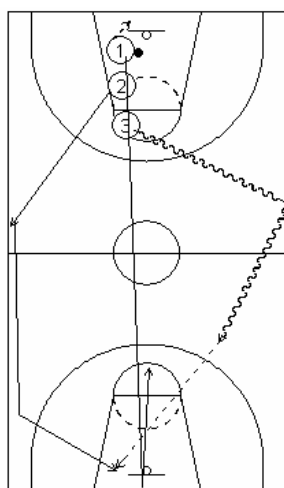
- Player 1 (without a ball) starts at half way then runs around a cone at the base line and cone at the three point line
- After running around the cone at the three point line player 1 sets an on ball screen at the three point line middle
- At the same time, player 2 dribbles around a cone at the baseline and at the three point line then dribbles off the on ball screen set by 1

Vichy, France Pro A Men



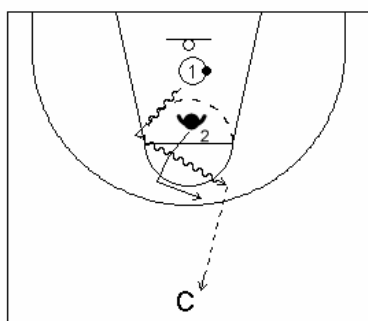
- Player 1 dribbles from half way to the cone at the wing. 1 makes a cross over dribble and comes to a jump stop at the elbow.
- Player 2 runs around the cone at the wing then heads for the elbow receiving a hand off from 1
- Player 2 then dribbles to the corner, makes a spin move then passes to 1 for a layup
- After making the hand off player 1 runs around the cone at the three point line, top, then cuts to the basket to receive a pass from 2

Vichy, France Pro A Men



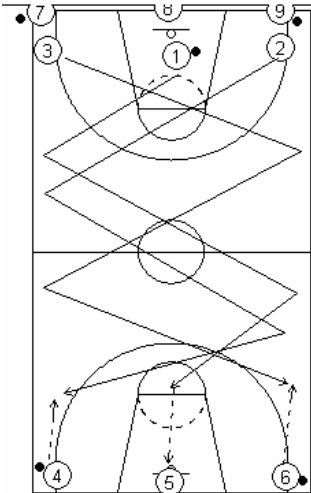
- Player 1 tosses ball up on the backboard twice then runs to the opposite end touching the base line
- Player 2 catches the ball off the backboard from player 1, tosses the ball on to the backboard once then goes left running down the court
- Player 3 catches the ball off the backboard from player 2 then dribbles down court joining with player 2 to play 2 v 1 against player 1 who is the defence

Bourges, France Pro A Women



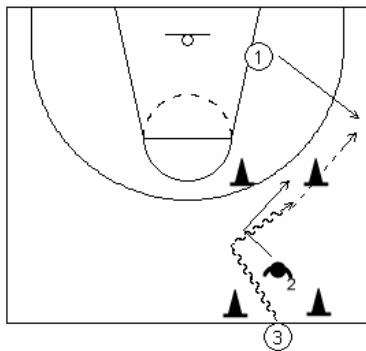
- Players 1 and defence 2 play 1 v 1 in the middle corridor.
- A coach at half way signals with either the right or left hand
- The offensive player must pass to the coach on the signal with the correct hand ie. coach signals with right hand ball handler passes with left hand off the dribble and vice versa

Bourges, France Pro A Women



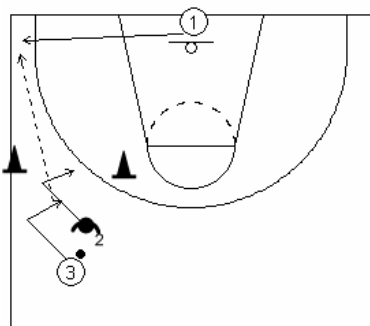
- Players 1, 2 and 3 run a three man weave down the floor
- Players 4 and 5 have a ball and set up on the opposite baseline.
- At the completion of the three man weave player 1 makes a pass to player 5, player 4 and 5 pass to players 3 and 2 respectively who take jump shots
- Players 4, 5, 6 now continue up court running a three man weave with player 5 passing to player 8 and player 7 and 9 making a pass to players 4 and 6.
- The drill continues

French Institute of Sport (INSEP) 15 year old girls



- Players 3 and defence 2 play 1 v 1 within the width of the cones
- Player 1 sets up on the block
- Once players 3 and 2 reach the second set of cones player 1 leads to the wing
- Player 2 passes to player 3 and cuts to the basket, player 2 defends the pass and cut

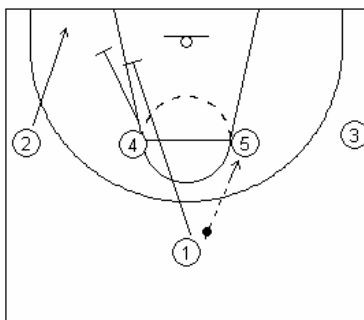
****Variation:** player 1 may also cut under the basket and player 3 then flares to the perimeter for the jump shot



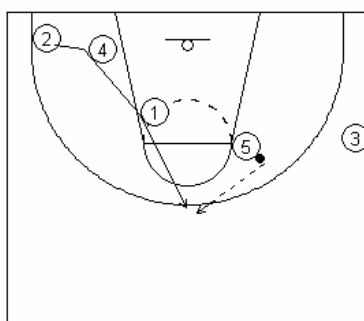
- Players 3 and defence 2 play 1 v 1 within the width of the cones from the forward spot
- Player 1 sets up under the basket on the baseline
- Once players 3 and 2 reach the cones player 1 leads to the corner
- Player 3 passes to 1 and cuts to the basket and player 2 defends the pass and cut

****Variation:** player 1 may also cut under the basket and player 3 then flares to the perimeter for the jump shot

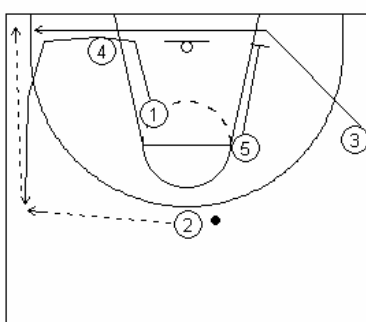
Vichy, France Pro A Men



- Player 1 passes to player 5 and joins with 4 to set a staggered double screen for 2

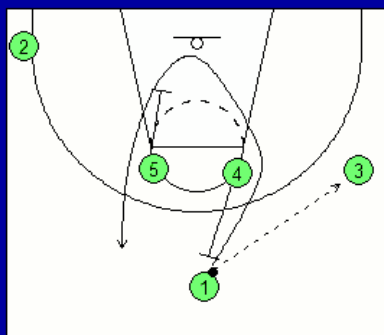


- 2 cuts off 4 and 1's staggered double screen and 5 passes to 2



- 1 turns out off 4 cutting to the wing spot
- 5, after passing to 2, goes to the block
- 2 passes to 1
- 3 turn out cuts off 5 and 4
- 1 passes to 3

CLERMONT



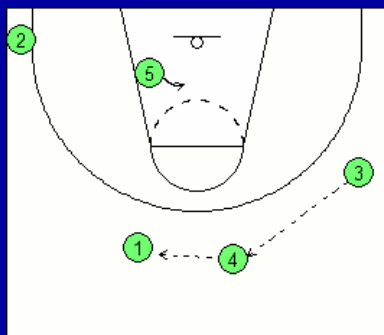
Clermont Ferrand Pro A Men's Team

Offensive Play "Shirt Rub"

01 passes to 03 & cuts to the rim off the up screen set by 04.

01 continues to the top of the key coming off a down screen by 05.

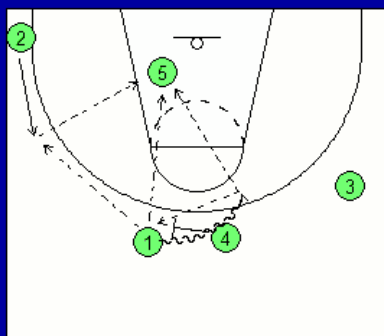
CLERMONT



The ball is now reversed from 03 to 04 to 01.

05 looks to post hard.

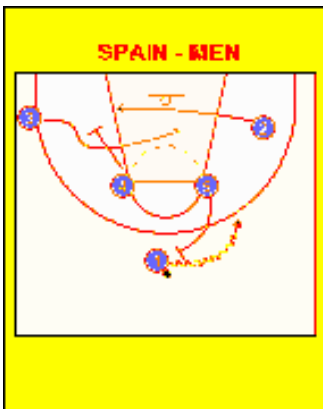
CLERMONT



04 sets an on-ball screen for 01.

01 comes off this screen looking for the drive or passing options but is especially looking to 05.

If the pass can not be made to 05 it can be reversed through 04 & 02 who both look to 05.



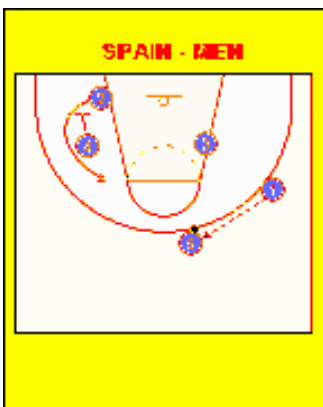
Spanish Men's National Team

Offensive Play for the Point Guard

05 sets an on ball screen for 01

04 sets a down screen for 03

02 cuts across the baseline

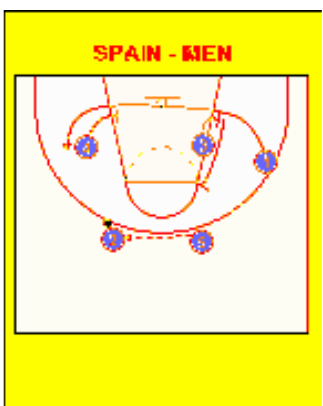


03 posts up on the ball side block

01 passes to 05 (who has flared)

After setting a screen for 03, 04 now screens for 02

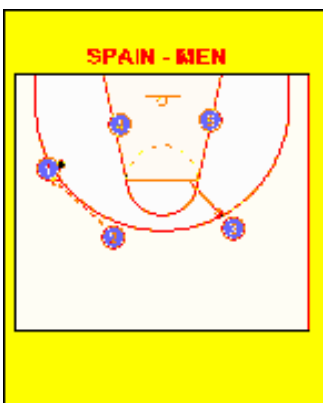
02 cuts off 04's down screen



05 passes to 02

01 "turnout" cuts off 03 and 04's screens

03 sets a back screen for 05



05 cuts to the block

03 flares to the help side guard spot

02 passes to 01, the point guard

