

PRACTISING AND IMPROVING THE 1 VS: 1 SITUATIONS

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The rules of 1on1

Every basketball system requires discipline, execution, reading, creativity, and individual responsibility. Whatever we set on offence for our players, at the very end, we are all looking for easy layups, spot-up shots, three-pointers or free throws. To achieve this goal, our players must always attack the rim; therefore, they should be good 1-on-1 players. In terms of discipline and execution of the play, one of our rules is only to break the execution of the play if there is a clear opportunity to score. A clear chance in our system means a layup or an open spot up shot. Regardless of this rule, our players must be ready to punish any defensive mistake with a good 1-on-1 offence. We try to create situations when the ball is moving, and we have an advantage: the point when the ball player must attack without hesitation. With a good read and drive, the ball player can create several options for every player on the floor. Not every player can play high quality 1on1, but our philosophy is that the players must know their limits and work on them to reach a higher level.

Challenging the players

At any level, the players' first idea is to shoot the ball when they have it in their hands because it is challenging. Every player loves these situations, so our goal is to create as many challenging drills or parts of the practice as we can. Giving specific goals to the shooting or 1on1 drills is also an effective method. The most important part of our methodology is to make practice both challenging and fun for the players. Players need to learn how to enjoy defence just as much as offence.

Building up the practice

When we talk about 1on1, we also talk about the offensive and the defensive sides. In the first part of the practice, we run some 1-on-0 drills for offence and defence. These drills

are not only for warmup but also for preparing the players for the main part and developing individual skills. First, we start with the defensive stance and defensive slides. After that, we add multiple directional changes, speed changes, closeouts and more specific defensive elements. On offence, we use a lot of ball handling, driving and finishing drills from certain court areas. In the second phase, we work on live 1on1 from all parts of the court. We use this part to develop the skills we worked on in the previous part. At the end of the practice, the game-like situations have priority, where the coaches can play a role as the first attacking option of the offence, or we create rotations on defence with handicap situations, and at last, we play 2on0 and 3on3 small sided games, emphasizing the 1on1 from different entries.

Phases of 1on1 practice

1. 1on0 individual skills
2. 1on1 live
3. 2on2 and 3on3

First phase

This part is a more didactical teaching part of the practice. The drills depend on what we want to develop the most and what kind of 1-on-1 drills we will work on within the next phase. For example, when our main part includes attacking from a kick out pass, we must work on the close out footwork before. When we teach the closeout, our teaching points are 1. long first two-three steps, the short final step, 2. nose on the shoulder (depending on the channelling side). We use individual development drills, but we stick to the primary phase.

Second phase

We place this phase before the main break at the practice. In this part, we give specific goals like channelling, full court

defence, or half court defence. When we work with kids, this is an essential part of our job because we can develop individual offensive and defensive skills during game-like situations.

Teaching points on defense

1. Attack the ball player on the close out
2. Read the body language
3. Active hands

Teaching points on offense

1. Vision
2. Long first step
3. Read the react before the catch

Figure

Third phase

The third part is at the end of the practice, which is the challenging part where we give limits of time, limits of space, or limits of dribble. Our primary goal in offence is to punish any defensive reaction. We do not want to waste any advantage that our offence creates. The first Situation, when the defence has to punish, is the stunt. Therefore, players should react to the stunt, move with the ball, and, after the receive, immediately attack the recovery. The concept is not to waste any of the advantages that our teammate creates with a good drive. The idea is that we teach the players to recognize a shooting, a driving, or an extra pass option.

The player's vision is essential because the defence can read our body language. Therefore, the ball player should always look at the rim to be a threat and to see the other players on the court. The second situation we add is receiving the ball back after the extra pass. The teaching point is to move right after the low post pass, thereby, we teach the offence to move without the ball and the defence to react quickly and deny the off ball player. We always emphasize the defensive stance, the active hands, and the footwork, but we also emphasize not stopping too far from the ball player during a closeout. The individual defensive responsibility will give us the competitiveness that helps to raise the offensive and defensive skills to a higher level. As we created the offensive and defensive habits, we moved forward and used the same concept from two pass aways, like drive from the wing and stunt from the other wing. The next part is a more game realistic situation where we move the defence more. Coaches can create several ball and defensive positions based on what they would like to work on. To continue this system,

we add more offensive players to the drill. Therefore, the defence has to decide quickly where to rotate.

Regarding our playbook or what we want to teach, we work out of off ball screen, hand off, or pick and roll situations. For example, we can introduce reading the defence after a zipper entry. Defence can go over, under, or top lock. Therefore, the off-ball screen player makes a quick decision. After receiving the ball, our principles are the same on both sides. When focusing on the details and teaching points, we always have to remember that players must maintain focus and the joy of the game. Therefore, as we discussed before, we give them limits and make all drills a competition. We switch sides, stations and drills but with the same rules and principles regarding our coaching philosophy.