



# NORTHPINE

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# BASKETBALL

*Style of Play*



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# INTRODUCTION

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The Northpine Christian College Style of Play is a vision for how we want to play and is guidance to our coaches to help develop their players for playing within the Northpine teams and develop players for more elite pathways. I hope it leads to a greater appreciation of the need for better technical skill development rather than relying on gameplay for athlete development.

Further, I'd like to take this opportunity to highlight what is often misunderstood by coaches.

- A coach cannot be tactically focused, if the athletes you are coaching don't have the technical skills.
- Tactics break down because of poor technical execution.
- Coaches who understand the Style of Play will coach the necessary technical skills that underpin the Style of Play and dedicate the appropriate practice time to develop those skills, rather than systems and tactics.

Northpine coaches should not be seduced by the scorecard for each game and use that as the sole definition of success in youth coaching. Educated coaches who keep the Style of Play in mind will control practice time more effectively to ensure skills are learned.

A coach's primary role is to encourage and provide a good training environment which promotes effort and learning of skills (with mistakes) in game-like practice. Effective training sessions of skills will lead to successful implementation of the Style of Play and, more importantly, their coaching.

# **1. STYLE OF PLAY OVERVIEW**

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Style of Play is a framework used to give direction to Northpine players and coaches on the areas we believe are most important when preparing a team for competition. It sits above ‘offence’ & ‘defence’ – it is the fundamental concepts of play and our collective objective on how we want to play. It is further reinforced by key principles and skills.

The Northpine Style of Play aligns with the main core concepts of the Basketball Australia Style of Play.

### **Why do we need a style of play?**

The Style of Play framework offers concepts and principles to guide our coaches, lifting them and our athletes to National standards. By understanding the Style of Play and its underpinning technical, tactical, physical and behavioural elements, we allow them to reach the dream of representing their school, and work towards representing their region.

### **How does Northpine’s Style of Play compare to Basketball Australia’s?**

Northpine supports the Basketball Australia Style of Play, which was designed to enhance and improve our competitiveness on the international stage.

The Basketball Australia Style of Play framework is best summarised as:

#### **OFFENSIVE CONCEPTS**

1. Pace
2. Poise
3. Penetration

#### **DEFENSIVE CONCEPTS**

4. Defensive Transition
5. Disruption
6. Box Outs

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Northpine values the importance of defence as a key factor of success at all tournaments, particularly defensive transition and our team's ability to limit opposition transition scores. As such, Northpine's preferred method of defensive transition is 'Tagging Up'. Northpine also stresses the value of Containing the ball as a precursor to Disruption as a key technical skill for the emerging youth player.

The Northpine Style of Play mandated team defence in the half & quarter court is Battle Defence. Battle Defence encompasses the key fundamentals of traditional pack defence with added enhancements such as disrupting the first entry pass. Further information surrounding the individual components of the Northpine Style of Play can be found.



## 2. OFFENCE

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### PACE PHASE

“Pace” is the first phase of offence. Here, we want our teams to push the ball. We encourage high outlets and bust outs from our rebounders, we expect our wings to sprint lanes to get in front of the ball, and we encourage kick aheads and rim runs from our posts (if they have an advantage).

In this stage of offence, we are looking for layups, free throws and kick out uncontested threes. We want to get heat on the rim and pressure the opposition’s defensive transition through quick ball and player movement. On the kick ahead, we encourage our athletes to attack the rim and make a play at the basket and/or draw a foul. This is the most efficient offensive play we can make and has beneficial flow on effects through the accumulation of bonus free throws at the end of quarters. Getting to the foul line also assists in reducing defensive points per possession as it is easier to establish defensive transition from a foul shot.

#### Early 3-point shots

If the ball has entered the paint (through a post touch or penetration) or reversed, and is kicked out to an open and capable 3-point shooter, we will accept this 3-point shot in the pace phase.

#### Maintaining Pace

It is very difficult to keep consistent pace in a game. Kick aheads are a key component in achieving this, as well as conditioning and use of the bench.

#### Measuring Pace Phase success

Basketball Australia measures pace by time, opportunity and success. Effectively, that is fast break opportunities resulting in desired open shots off the back of stops, and speedy ball movement after a score against us (although this may be influenced periodically by the game, time and score). Apart from the eye test it will generally be measured by the number of shots attempted per game/100. By way of example, the Boomers set a target of taking 3 shots within the pace phase per quarter (12 for game) to consider themselves an effective pace team. Northpine Teams look to instigate the pace phase through proactive, disruptive and effective man-to-man defence. They are encouraged to attack the rim for the purpose of creating lay ups, foul shots or uncontested kick out 3-point shots.

***“Northpine teams play aggressively in the pace phase.”***

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#### **POISE PHASE**

“Poise” is patience and composure. This involves the concept of Space. Space goes with pace. In this phase, we encourage good player spacing including a post threat, with all other players taking up the best space offered by the defence outside the 3-point line.

In this phase, Northpine teams look to move the ball through hands, set great screens, cut with purpose and make the defence work as hard as possible, whilst also looking to capitalise on any scoring opportunities created. Layups and uncontested kick out 3’s generated by great ball movement or penetration – either off the dribble, with a post feed or by hitting a cutter in the key – are to be taken. Northpine teams are also expected to understand the value of spacing as it relates to receiver principles off of dribble penetration; our players must look to move on penetration whilst also maintaining good offensive spacing outside the 3-point line. This will place their defender in a situation where they have to make decision to either help on the penetration, or stay with the shooter, resulting in either an open lay up or an uncontested 3-point shot.

#### **Uncontested Shots**

For Northpine Teams, an uncontested shot is considered a good shot option, especially for those who have demonstrated that same range through good training habits and shooting success. If we can get an open shot as a direct result of an organized offensive set, at any time in our Space or Create phases, then our athletes are encouraged to shoot that shot, even if the ball has not yet penetrated into the key. Why? Because it has come out of a structure that the entire team is comfortable with and there is a reasonable expectation that, given the action we just executed to get that player open worked, we should take advantage and shoot the open shot. Taking predictable uncontested shots that are within the offence in the space phase and which fit an individual’s strengths is to be encouraged.

***“Northpine teams understand and play with great POISE.”***

#### **PENETRATION PHASE**

The Basketball Queensland Style of Play refers to this phase as the CREATE phase, and refers to the penetration stage or the last 8 seconds of the shot clock. Whilst we don’t play with a shot clock, and we should be looking to get penetration throughout the entire offensive set, it is especially necessary to be able to create an effective uncontested shot via penetration. Penetration can come via pass penetration – post entries, hitting cutters etc or dribble penetration, 1v1 iso plays, or via an on-ball screen to get two feet in the paint with the ball. Effective penetration causes the defence to rotate or to “split”. Appropriate player movement and spacing off the ball (receiver principles) must then follow to allow the driver to either score or make a kick out pass. The recipient of the “kick” must quickly make the decision to shoot the ball or to make an extra pass if a secondary defensive rotation has occurred (they should never drive back into the traffic). This is known in the Basketball Australia Style of Play as “split, kick, extra”.

Northpine teams view the create phase as an opportunity to score, rather than a time to panic, resulting in a greater opportunity for success. As such the create phase is planned for and practiced by Northpine teams with the view to apply pressure to opposition defence that is fatigued and weakened from defending multiple actions for an extended period of time.

The research is very clear that open shots go in more than contested ones, so having the discipline and

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strategy to give ourselves the best opportunity to generate open shots is critical. The Northpine approach to this stage is aligned with the Basketball Australia penetration stage, however, extends this phase to include the need for players to be able to create shots for themselves and others through basic receiver principles as well as effective team offensive systems.

**"Northpine teams can *CREATE* uncontested shots effectively at the end of the shot clock."**

Phase of Offence	Key Points	Column Head
<b>Pace</b>  <b>What is the PACE phase?</b>  How we quickly transition on stops	<ul style="list-style-type: none"><li>• Apply pressure early to the defensive transition</li><li>• Running responsibilities</li><li>• Attack the rim looking for lay ups or point shot</li><li>• 5 D's receivers' principles on penetration</li></ul>	<ul style="list-style-type: none"><li>• Get going quickly after stops</li><li>• Kick a head - both sides</li><li>• Speed dribble/crossovers; play the inside quarters</li><li>• Fast &amp; wide lane running</li><li>• Rebound &amp; bust out</li><li>• Kick aheads - both sides of the floor</li><li>• Early post touches on deep seals or back seals</li></ul>
<b>Space</b>  <b>What is the SPACE phase?</b>  It is the floor spots we transition to and then respace to relative to ball movement	<ul style="list-style-type: none"><li>• Beyond the 3 point line &amp; short corner as our guide for spacing</li><li>• Players must react to any ball movement</li><li>• Cutters &amp; screeners create space</li><li>• Distort space by creating single or double gaps to stretch the defence</li></ul>	<ul style="list-style-type: none"><li>• Hot hands - reverse ball to find the open man in space quickly</li><li>• Short corner post to open driving lanes</li><li>• Movement through screening action - Sprint, Smash &amp; Separate</li><li>• Use the dribble to create space - Drive into space, 'dribble at' or 'dribble off'</li></ul>
<b>Create</b>  <b>What is the CREATE phase?</b>  Opportunity to break the defence down to create for ourselves & our team mates	<ul style="list-style-type: none"><li>• Efficient and quick decisions out of planned and organised actions - quick decisions</li><li>• We like open 3's but we LOVE 2's in the paint</li><li>• Draw fouls and get to free throw line</li><li>• 5 D's receivers' principles on penetration</li><li>• Get a shot every possession (no turnovers)</li><li>• Force rotations to create advantage</li></ul>	<ul style="list-style-type: none"><li>• Attack, attack, skip, attack again</li><li>• Dribble penetration - probe &amp; get two feet in the paint</li><li>• Split kick extra</li><li>• Catch ready to shoot with eyes on the rim</li><li>• On ball screens - side &amp; middle action</li><li>• Post actions - Flex screens, little big screens, T game, cross picks, up screens</li><li>• Uncontested 2s &amp; 3s - shot selection</li></ul>

## **Northpine Basketball**

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## **3. DEFENCE**

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### **Tag Up, Contain, Disrupt, Box out**

#### **Defensive Style of Play**

The three key concepts of defence within the Basketball Australia Style of Play are Defensive Transitions, Disruption and Box Outs. Both Basketball Australia and Basketball Queensland place high value on being disruptive defensively to take the opposition out of their natural rhythm and comfort level.

The priority within the Northpine Style of Play is to first and foremost contain the ball and the ball handler, whether in defensive transition or in the half or quarter court. This is both a tactical imperative and an individual technical necessity. The Northpine Style of Play emphasises that in order to be disruptive, ball containment must first be achieved. Disruption does not come at the expense of technical or tactical containment.

#### **Tagging Up and Defensive Transition**

Tagging Up is the defensive transition scheme preferred by Northpine teams to encourage proactive and early containment of the ball. Tagging Up works on the premise of moving forward and “tagging” the player that guards you when a shot is taken, in an effort to be matched up quickly and force your opponent to box you out, thereby slowing their transition offence.

### **Defensive Transition Technical & Tactical Considerations**

Once a shot has been taken and a possession change has been established, we must look to neutralise early threats as quickly as possible i.e., pick up, slow down and contain the ball, deny any strong side kick ahead passes to lane and rim runners, and flood the floor by getting to plunger positions on weakside runners to discourage the ball from penetrating the middle of the floor.

#### **Ball pick up:**

The person guarding the ball has the responsibility to meet it as quickly as possible and impede immediate straight line forward movement, and to channel the ball to a sideline so as not to allow middle penetration in the open court. We must avoid getting blown by, but at the same time we cannot let the ball advance easily – the dribbler must ‘feel’ a defensive presence and a certain level of discomfort.

#### **Deny Kick Aheads:**

Most modern teams look to advance the ball early in transition either through the dribble or the kick ahead pass. By applying immediate ball pressure, we are enticing the ball handler to move the ball on, which is usually via a pass down the sideline. Best case scenario is we deny or deflect any attempted pass down the line, whilst the next best option is to be there on the catch taking away a rip to the rim. We must avoid any passes overhead that allow a straight-line drive to the rim.

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**Plugger:** Once the kick ahead pass is taken away, we must also ensure that the ball is not dribbled down the middle of the floor. We must encourage those that are guarding runners on the weakside to “flood the floor” and take up plugger positions instead of buddy running, thereby narrowing the amount of court space the on-ball defender has to defend. This also encourages neutral or negative passes to non-ball handlers in the back court, creating opportunities for turnovers, traps etc.

#### **Safety:**

A safety is triggered in the event of a rim runner. We must then get the basket or home position covered. The home defender must be vocal and direct traffic, telling each of the other players where the threats are.

#### **Containment**

The key to an effective man to man defensive system is ultimate containment. This means no blow byes or threatening penetration by the opposition.

### **Defensive Containment Technical & Tactical Considerations**

When our defence is in position, the on-ball defenders must first contain, and then disrupt. Our on-ball defenders have a responsibility to stay in front of the ball, take away straight line drives by sending the ball away from the basket to push points, without relying on help from their teammates. Our on-ball defenders must also take away any rhythm jump shots by defending the ball at all times.

Our off-ball defenders must not create opportunities for our opponent by over helping and making poor defensive reads. This means our off-ball defenders must trust their teammate to be able to get the job done and contain, then disrupt, their man. It is the responsibility of our off-ball defenders to present a crowd to the ball handler by getting to correct pack positions to take up driving lanes on the flight of the pass. Our off-ball defenders use their position as their help – “show help, don’t provide help”.

#### **Disruption**

It is important to note that disruption is not to be confused with aggressive risk-taking type pressure. Disruption can be both passive and aggressive, depending on the opposition you are playing and the personnel of the defensive team. The aim of disruption is to keep the opposition out of rhythm, under time pressure to execute their offence, and/or to use their less preferred counter offences. Basketball Queensland prescribes Battle Defence in the half and quarter court, using pack positions to disrupt dribble penetration. Northpine teams use Pack-line defence to disrupt the offensive team. The caveat to this is that on the initial entry pass, we are out of pack positions and looking to disrupt the pass and put opposition players in unfamiliar or less effectual positions within their offence. In scouting situations, there is scope for the coach to adjust Pack Line for the purpose of disruption such as denying reversal passes, trapping screens, etc. It is also important to coach and emphasise effective tactics to defend and pressure the 3-point attempt within Pack Line.

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Minimising uncontested 3-point attempts is an important technical and tactical requirement of Northpine's Pack Line defence. Therefore, minimising over help situations, appropriate off ball positioning relative to three-point shooters, and specifically defending the weakside perimeter against 3-point attempts is most important to defending the offensive team's "EFG" or effective field goal %. Finally, we must be smart with our fouls. On ball defenders must be able to keep players in front of them without fouling, challenging our opponents to make a contested shot late in their offensive set without bailing them out and sending them to the foul line.

#### **Disciplined Defenders:**

As mentioned above, the foul count and bonus is a key determiner in the outcome of games – so we have to be smart with our fouling and eliminate the unnecessary fouls from our style of play. Too often, a player will bail out a driver in the act of shooting by fouling them in an attempt to block the shot, instead of walling up and creating a contested shot. These types of fouls hurt the team over the course of a quarter/game – putting you closer to the bonus for no advantageous reason to the team – so that when we must use a foul to stop a play for the good of the team, it may not be applicable as we are in the bonus and the advantage we would gain by doing so is negated.

#### **Box Out:**

Northpine teams have to be more committed to box out situations. When the shot goes up, we have to initiate contact with our man, no matter where they are on the floor. We must take away the space from our opponent, not allowing them freedom of movement. Northpine subscribes to the three C's in box out situations:

**Contest** – contest the shot if guarding the ball, or contest forward movement if not.

**Contact** – create contact, take up space and freedom of movement of opposition.

**Compete** – compete for the rebound; be prepared to wrestle and do whatever it takes to stop your opponent from getting in the contest.

Once we are sure that our opponent is no longer advancing to the ring, we can turn and look for the ball whilst still maintaining contact with our opponent. Offensive rebounds are a key part of the possession game, and we will lose games if we don't win the possession game. The traditional hit, spin & sit box out technique is not always practical or effective, therefore we need to be less concerned about technique and place more emphasis on getting the outcome we desire. Often, facing the player and body checking them, or using a forearm to the chest as they start to move forward are the most effective ways of boxing out.

## **Pack Defence**

### **Pack Line Defence**

'Pack Defence' is Northpine's branding of our preferred half and quarter court defensive philosophy. 'Pack Defence' is indicative of the 'wolf pack' attitude our athletes and teams are encouraged to play with. Pack Defence encourages tough and physical yet disciplined defence from our teams and players. It requires both individual and collective team effort and commitment to be successful.

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Pack Defence is a relentless and connected team defence, where containment, pressure and ultimately disruption is achieved by effectively defending straight line drives, while also emphasising defending the 3-point line. Three-point defensive tactics are an important focus of Pack Defence; Northpine teams do not concede uncontested 3-point attempts. Pack Defence demands discipline from its defenders. Discipline relates to our ability to defend in line with our standard rules, execute the individual and team principles, defend without fouling and finish possessions by boxing out and rebounding. In many respects, this is the PACK component of our defence; the ability to be physically and intellectually engaged for the duration of defensive possessions, building momentum and pressure through consecutive defensive stops.

### Tactical Key Points of Pack Defence

Pack Defence includes an emphasis on 3-point defensive tactics as well as defending the drive. Pack Defence gives our teams the ability to contest and pressure the 3-point shot and influence its impact to any game result by not over helping to allow for better perimeter coverage. Pack Defence is smart disciplined defence which doesn't give advantage to the opposition by fouling and sending opponents to the line (i.e., defending the 1-point game). Pack Defence incorporates the key basics of defending the pick 'n' roll, defending screens as well as defending dribble, drive, kick motion and/or any such tactics which may vary from game to game. Pack Defence is a disciplined, persistent, principled approach to team defence to best contain then disrupt and finally **Box Out**. As Pack Defence encourages containing the drive and discourages over helping, a traditional "split line" defender is not necessary. Rather, our help presence can be located closer to our man, more on the seam and in proximity to the offensive spacing. At worst, the help line is at the edge of backboard, but no deeper when the ball is above the free throw line or where there is no post catch. Pack Defence has the same key concepts and principles of traditional man-to-man defence, including an element of targeted pass disruption and effective off ball positioning to both avoid overhelping and defend help side, perimeter, and penetration threats. This is achieved by appropriate positioning (2/3 gap distance or less to perimeter spacing particularly against for the deep corner 3).

### Team Defence – Points of Emphasis

#### Pack Defence starts with on ball containment then pressure

Pack Defence asks the on-ball defenders to contain first, and then disrupt the ball handler by establishing an athletic defence square position two steps off in the half & quarter court then closing the on ball spacing with active hands & feet ("spear hand" above the ball)

Our on-ball defenders have a responsibility to stay in front of the ball, take away straight line drives by sending the ball away from the basket to push points without relying on help from their teammates. Whilst we value the need to disrupt the offence, this doesn't come at the expense of ball containment.

On threatening drives on our ball defenders ride the driver to the rim and rotate to top of the key or plunger position if first help rotation occurs.

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Pack Defence doesn't allow baseline penetration. The wording is vital for the understanding of our players and coaches. Not allowing baseline penetration does not mean we are sending the ball middle. It simply means that our priority is to contain the basketball from straight line drives and avoid getting beat to the baseline side, as it immediately activates defensive rotations which we would prefer to avoid.

### Pack Defence avoids overhelping by showing help

Whilst helping and rotating have good intentions, it creates an urgent chaos that we don't need. Our off-ball defenders must not create opportunities for our opponent by over helping on non-threatening penetration, or by making poor defensive reads.

Off ball defenders must trust their teammates ability to contain 1v1 and are responsible for presenting a crowd to the ball by flooding the gaps and taking up driving and cutting lanes with their body position.

**"Show help; Don't provide help".**

### Pack Defence encourages disruption

Pack Defence attempts to disrupt all middle to wing passes. This is not through contact denial, but rather, a denial hand in the passing lane whilst still maintaining gap positioning. Whilst we would love to deflect the pass and force a turnover, we accept disruption as forcing a catch further away from the basket and into a position where offence is less effective, or as forcing our opponent to have to work at making a catch.

## Individual Defence – Point of Emphasis

### On Ball Defence

Pack Defence requires our on-ball defenders to play in an active stance, with a spear hand above the basketball. The job of our on-ball defender is to contain by giving the offence a 2-step gap and forcing any penetration towards our help. We do not give up straight line drives and we don't allow the ball to beat us to the baseline. Our on-ball defenders must not rely on help. Pack Defence asks us to show our hands, take all contact through our chest, wall up at end of penetration and/or contest shots without fouling through verticality - "Leave the floor second".

### Closeouts

The closeout technique is to give us an opportunity to shorten the closeout by our initial floor position off the ball. Where help is not required to the ball defender, Pack Defence asks us to be concerned with off ball shooters. We don't prescribe footwork technique on the closeout, but instead, coach the need to move on flight time, arrive on the catch and be able to disrupt the catch and shoot rhythm with an early-high hand. We show a single hand on closeouts and communicate 'Ball' – "Early and high hand; Single call of ball". Once we have the catch and shoot threat under control, we settle into our stance and defend with containment spacing and in line with our on-ball priorities **"contest & contain closeouts"**

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### Off Ball Defence

Pack Defence off-ball stance is halfway between your player and the ball, at the shallow point of the triangle, providing support in the gap to any driving or cutting lane. Our off-ball stance asks us to point pistols at both ball and man. Positive Passes - Pack Defence rules advise that when in an off-ball position, we show our hip to the basketball and chest to the player we are guarding, allowing for efficient one-way closeouts. This stance also allows us to effectively disrupt when defending middle to wing passes.

Neutral/Negative Passes – When defending a non-positive pass, our off-ball stance is more open, with our chest showing to the 3point line/passing lane, offering the illusion of help to the ball handler “present a crowd to the ball”.

### Individual Disruption

An individual player can disrupt their opponent by applying pressure through hands and space and good use of their body on defence. Depending on team rules, on ball defenders can overplay, play up and in, or even sag off to disrupt an opponent or work to a tactic like “icing” the ball handler and forcing them away from the ball screen. An individual defender can also disrupt timing and space of cutters and screeners by using their body and legal contact to stop, slow and bump off ball movement. Any defender can position themselves for denial of any pass to their man. These are all ways of being disruptive.

### Tactical Disruption

The following are concepts for tactical disruption success:

- Trapping the ball in position or in any sequence (e.g., first pass over halfway to initiate an offence)
- Switching on screens, and screen the screener actions
- Playing zone or switching zone defence and man defence in line with made and missed baskets
- Extended defences; man to man and zone, full court dead ball, free throws etc.
- Not guarding inbounding passer but double teaming or quarter back position to trap

### Tagging Up and Defensive Transition

**Tagging Up** is the defensive transition scheme preferred by Basketball Queensland to encourage proactive and early containment of the ball. Tagging Up works on the premise of moving forward and “tagging” the player that guards you when a shot is taken, in an effort to be matched up quickly and force your opponent to box you out, thereby slowing their transition offence.

Stylistically, Basketball Queensland believes that Tagging Up suits our defensive identity by allowing our teams to defend full court, control the tempo of games and build pressure by taking away an opposition’s transition, and run down the shot clock. It also offers a point of difference to traditional defensive transition which could prove a competitive advantage at Australian Junior Championships.

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### **How does Tagging Up work?**

Tagging Up is characterised by the “tagging” action of the offensive team, which is initiated when a shot is taken. On the rise of the shot, the offence gets high side of their opponent, getting between them and their basket and taking away any leak outs or “cherry pickers”. Once high side has been established, the offence must then “tag” or make contact with their opponent and “scrum” them into an offensive rebounding position, forcing the opposition to box us out, thereby slowing down their transition offence. Your immediate matchup is the player that was guarding you when a shot is taken: “Guard who guards you”. You can switch back in the quarter court, when it is safe to do so and after all urgent early threats have been dealt with. Players remain on the defensive side of their direct matchup (between player and basket). You can rebound in a 50/50 contest, if the ball bounces your way, from the defensive side of your opponent. We are not pursuing offensive rebounds at the exclusion of sound defensive principles – defensive transition must trump chasing offensive rebounds.

The caveat for a great offensive rebounder is that they make appropriate reads and if opting to pursue an offensive rebound beyond a 50/50 contest from the defensive side, must make sure they come up with the basketball so as not to give up a breakaway lay-up. Traditional transition defensive positioning is still applicable (Dog, Plucker, Kick Ahead Denial) but who fills those responsibilities is determined by who ends up in those areas of the floor i.e., we don’t mandate our 2 as the dog, because

the dog will become whoever is tagged up on the person carrying the basketball. Likewise, the plucker becomes whoever is tagged up on the opposition trailer, which may or may not necessarily be our 4-man. We coach to ensure those roles are being filled, but we don’t control who fills them all the time. The role of ‘Safety’ is filled if it is required to be filled. By that we mean, if there is a lane runner or a rim runner, then they will have someone tagged up on them and then that person fills the role of safety. If there is no lane runner or rim runner, there is no need for a safety.

### **Why Tagging Up?**

Tagging up allows a team to:

- Create a front foot mentality
- Generates opportunistic pressure & trapping opportunities
- Wears opposition down – forced to defend and box out
- Increases shot clock pressure on opposition
- Improved Offensive Rebounding % - more likely to be in a rebounding position
- Improved Defensive Rebounding - forces our athletes to practice boxing out
- Provokes Decision Making by Opposition Teams

***“Northpine teams TAG UP in defensive transition.”***

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Phase of Defence	Key Points	Teaching Points
<b>Tag Up</b> <b>Defensive Transition Philosophy</b>	<ul style="list-style-type: none"> <li>Front foot mentality</li> <li>Generate opportunistic pressure &amp; trapping opportunities</li> <li>Slow down opposition by forcing them to defend and box out</li> <li>Increase shot clock pressure</li> <li>Offensive Rebounding % - more likely to be in rebounding position</li> <li>Provoke decision making by opposition teams</li> <li>Take care of early threats: ball, deny, kickheads, flood the floor</li> </ul>	<ul style="list-style-type: none"> <li>On the rise of the shot, get on high side of person guarding you</li> <li>"Guard who guards you"</li> <li>Scrum man deep into keyway</li> <li>Stay between man and rim</li> <li>D trans roles still apply, Dogger(ball defender), Plucker (first line of help), Kick ahead (ball side), Safety (rim protector)</li> <li>Weak side shooter/driver</li> </ul>
<b>Contain</b> <b>Establish Pack Defence</b>	<ul style="list-style-type: none"> <li>Defend and contain the ball</li> <li>Slow the ball down, make it take the longest direction</li> <li>Push points/use of sideline</li> <li>Foul Discipline - don't negate pressure by fouling</li> <li>No blow bys/Straight line drives</li> <li>Threatening vs non threatening drives</li> </ul>	<ul style="list-style-type: none"> <li>Defend the rim from the easy 2</li> <li>Use of chest blows, appropriate gap and hand pressure</li> <li>"Show help dont provide help"</li> <li>Resist over helping and creating offence</li> <li>Rim drive is the responsibility of the on ball defender - "trust your team mate"</li> <li>Push the ball sideline and baseline away from the rim</li> </ul>

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Phase of Defence	Key Points	Teaching Points
<b>Disrupt</b> <b>Pack Defence</b>	<ul style="list-style-type: none"><li>• Pickup points/extended defense, Zone/Man</li><li>• Denial - dribble or catch</li><li>• Situational denial (tactical denial)</li><li>• Switching late clock (hustle)</li><li>• Trapping/Double team</li><li>• Zones (tactical changeups)</li><li>• OFF/ON changeups</li></ul>	<ul style="list-style-type: none"><li>• Pressure &amp; help rotations</li><li>• Off ball disruption of cutters &amp; screeners</li><li>• Post defensive tactics</li><li>• Defensive tactics including helpside: Ice/Push, Drops, Trap, Soft/Hard show, Switch, Wall</li><li>• Like for like Switches</li></ul>
<b>Box Out</b> <b>The 3 C's</b>	<ul style="list-style-type: none"><li>• Contest</li><li>• Contact</li><li>• Compete</li><li>• One and Done mentality</li><li>• Understand the value of the possession game</li><li>• Foul Discipline</li><li>• Outcome focus - do whatever it takes!</li></ul>	<ul style="list-style-type: none"><li>• Make contact with offensive player</li><li>• Impede forward movement</li><li>• Use of traditional box may not be the most effective</li><li>• Do whatever it takes (without fouling) to contest the rebound and come up with the ball</li><li>• Physicality</li></ul>

## **Northpine Basketball**

### *Style of Play*

## **4. NORTHPINE BASKETBALL BASICS**

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### **What are the Northpine Basics?**

Northpine Basics are the fundamental skills that our players practice and our coach's coach. Northpine Basics provide the foundation for the Northpine player to play our Style of Play. These are the key physical and technical points for coaching the basics which underpin our Style of Play.

**1. Athletic Stance.** Our athletes are taught from a young age and are always able to get into an athletic stance to shoot, pass, rebound and defend. Our stance allows us to play strong on ball defence and we can make effective closeouts running and getting into stance to contest shots drives. We can take chest bumps on defence whilst keeping correct shape and can move laterally but maintain an athletic stance.

**2. Sprint.** We always play with pace. We run hard in the full court on offense and defence. We are fit and train at maximal capacity. We move quickly running to set screens and blast at full speed with our cuts to get the ball. To execute we must operate at speed against the shot clock.

**3. Pass Variety.** We share the ball with "hot hands" to create opportunity and our passes are always on time and on target. We have passing capabilities on both sides of our body, and can make one handed outside hand passes. We can pass high (hook, overhead, baseball) and pass low (bounce pass). We recognise passing is an art to create advantage and as such will be best done through various practice scenarios and through a game sense approach and passing practice in game situations at training.

**4. Shooter Mentality.** We always catch to shoot first, and train to improve our shooting. We practice shooting and improve our range. We are brave shooters, honouring our responsibility to take, make and finish off plays. Our coaches encourage shooting, and we earn the right through practice to take the right shot for the individual and team. Coaches encourage all catches into a "shot pocket" position for quick release.

**5. Northpine students are hard to guard.** We are always moving, cutting, screening without the ball, and can use efficient counter moves with the ball with footwork & crossovers to break a defender down. Great players create for themselves and for their teammates. We can break our man down one on one and create an advantage.

## **Northpine Basketball**

### *Style of Play*

## **5. NORTHPINE COACHES**

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### **Northpine Coaches:**

1. Build the coach/player relationship. Our coaches are empathetic, honest, and are effective communicators. We care about basketball and our athletes at Northpine.
2. Understand how to best coach their group without over coaching. We listen, watch and empower athletes by asking open ended questions and provide constructive feedback.
3. Are process focused. We talk, explain, diagram, and demonstrate, then seek best effort in execution. We understand that the result will take care of itself if the process and effort is correct.
4. Know how to coach on the run with specific vocabulary. As coaches we teach well verbally and visually with clear, short, and concise messages with positive intent.
5. Are well planned, scout well, and work collaboratively with others to best lead the group.
6. Build and lead team culture and are true to those same values. If we forget, we regroup quickly and always acknowledge our mistakes. We lead by example.
7. Trust our bench. We play our bigs and provide opportunity to all players. Specifically, we understand how to coach to performance, not to reputation.
8. Preach and teach defence as the key to winning margins. We understand that we don't actually score (or lead) unless we stop our opponent in the next possession.
9. Always remain positive. We always encourage and reward effort.
10. Present as basketball coaches and wear appropriate attire. What we expect of our athletes we must expect of ourselves.

***"Tell me and I will forget; show me and I might remember; involve me and I will understand."***