



Team Tactics: Golden Arches

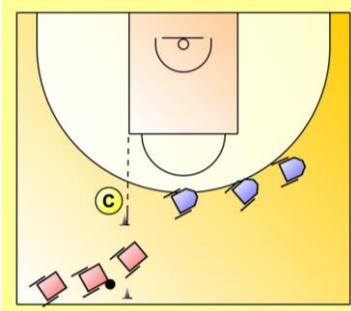


FIGURE 1

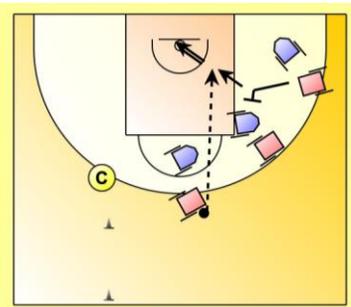


FIGURE 2

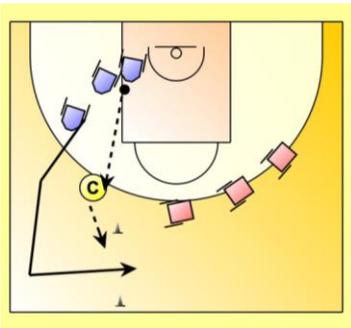


FIGURE 3

OBJECTIVE: To read cuts, mismatch picks, seals or screen options and react on attack & defense.

Setup: Can play 2 on 2 (with or without coach as passer), 3 on 3 or 4 on 4.

Instructions:

1. Attackers start at centre and cross through the pylon arch into the attack location. (Figure 1)
2. Defenders start their set up outside the 3-point line in a flat formation. (Figure 1)
3. Play out the set for a certain amount of time.
4. On a defensive rebound or make, outlet the ball to the coach and head out and around to go through the pylon arch. The attacking team now sets up flat for defense.
5. Coach passes to attackers and changes which player in line has the ball (lead, middle, trail).
6. Activity then continues at high speed and intensity.

Activity Rules / Games Approach:

- This is a high paced activity. As soon as the defense gets a rebound, they outlet to the coach and transition quickly through the arch.
- Defenders must commit to aggressive player to player defensive position.
- Attackers must transition quickly to get above the 3pt line for flat defense and to recognize matchups.
- Scoring: award points for baskets made and for desired processes (e.g. setting a pick with POP, cut through double gap).

Coaches Key Points:

- Players should fake first to turn check.
- Players should recognize player furthest from hoop and their back and communicate it.
- Players should use a J-cut to create double gap spacing.
- Players should be in a position of power on picks and seals.

Variations/Loading:

- Play possession (make it, keep it) or play turnover (make it, play defence).
- Play offensive rebounds and keep score. Can be used for one type of attack at a time if desired (e.g. picking only allowed, etc.).

Mental:

- Use imagery on the way back to plan next fake.
- Use broad external imagery to see gaps.
- Players should communicate their intentions.