

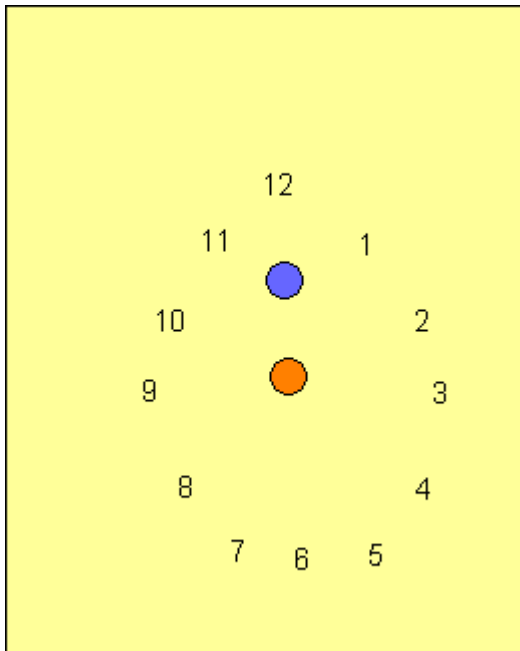


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Use the clock

I have been using the analogy of the clock to help players on both offense and defense to understand details. We find that the most important thing that players need to add to practice is the quality of their reps. They need to have a plan.

The clock is always at the offensive basket. If on offense the player faces 12 o'clock. On defense the players back is to the 12 o'clock.

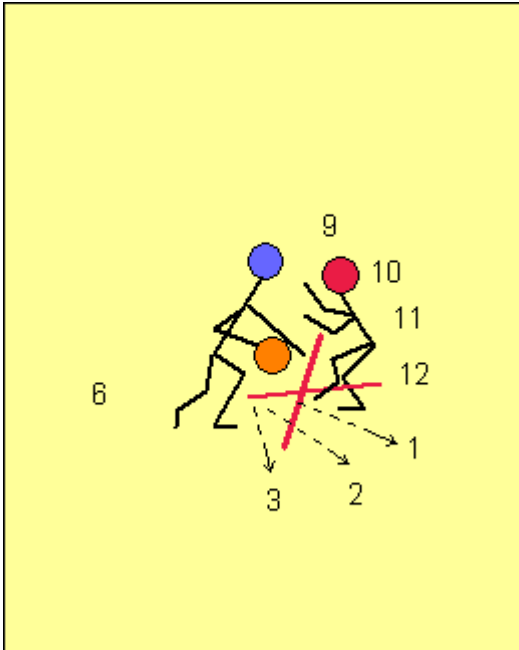


Attack dribble

When dribbling to attack the basket players must learn to dribble at 1 or 11 o'clock. This is especially true in break out dribbles and when going to the basket to score.

I have found the games approach works very well here. If the player dribbles at 3 or 9 it is a turn over. As the players improve you could include any attack dribble not at 1 or 11.

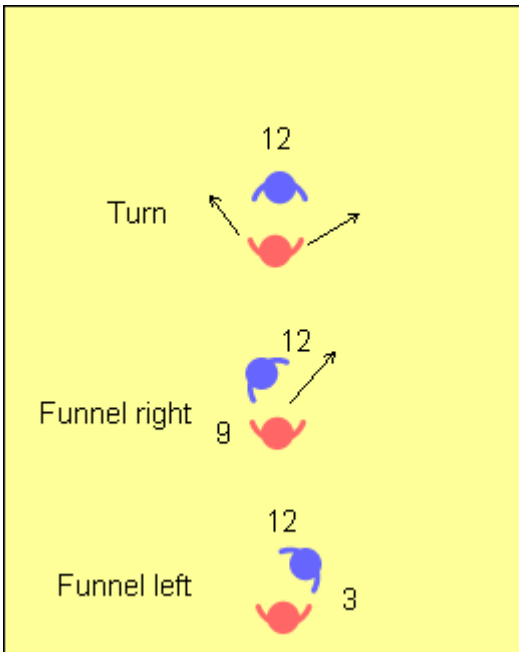
If using crab dribbles or step backs players must learn not to dribble between 10 and 2. The dribble should be between 4 and 8 to protect the ball.



Defensive positioning

I have found the clock also helps players understand positioning on defense.

- To turn the offensive player the player has his/her back to the 12.
- Funnel to the right play with the left foot on the 12 and the right foot on the 9.
- Funnel to the left play with the left foot on the 3 and the right foot on the 12.



Passing

I have also found the clock helps give detail when passing. Too many players just throw the ball in the direction of their teammate. The clock gives a specific target.

With older players I emphasize two clocks. One tight to the body that circles the perimeter of the frame. The wider clock is when you want to lead the person to move to get the ball.

