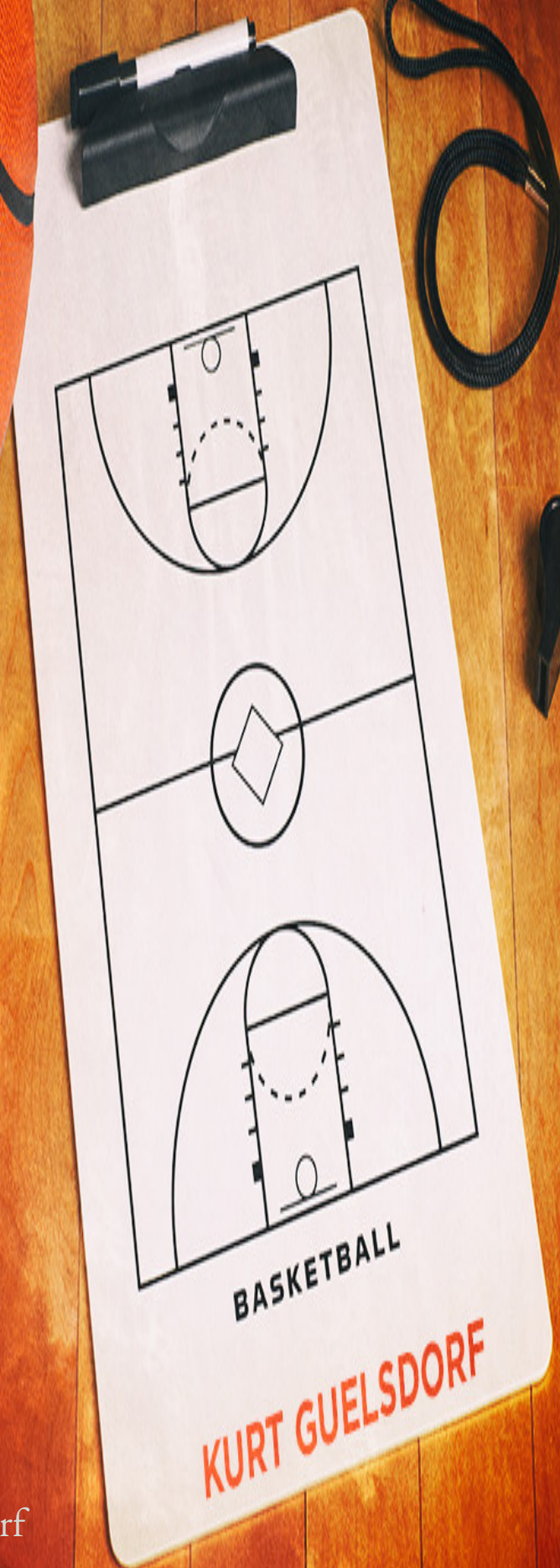


60 SECONDS

WITH **KG**

Learn everything related to the
Dribble Drive Offense, Multiple
Pressing system, and much more...

Kurt Guelsdorf





EPISODES 1-25

BY KURT GUELSDORF

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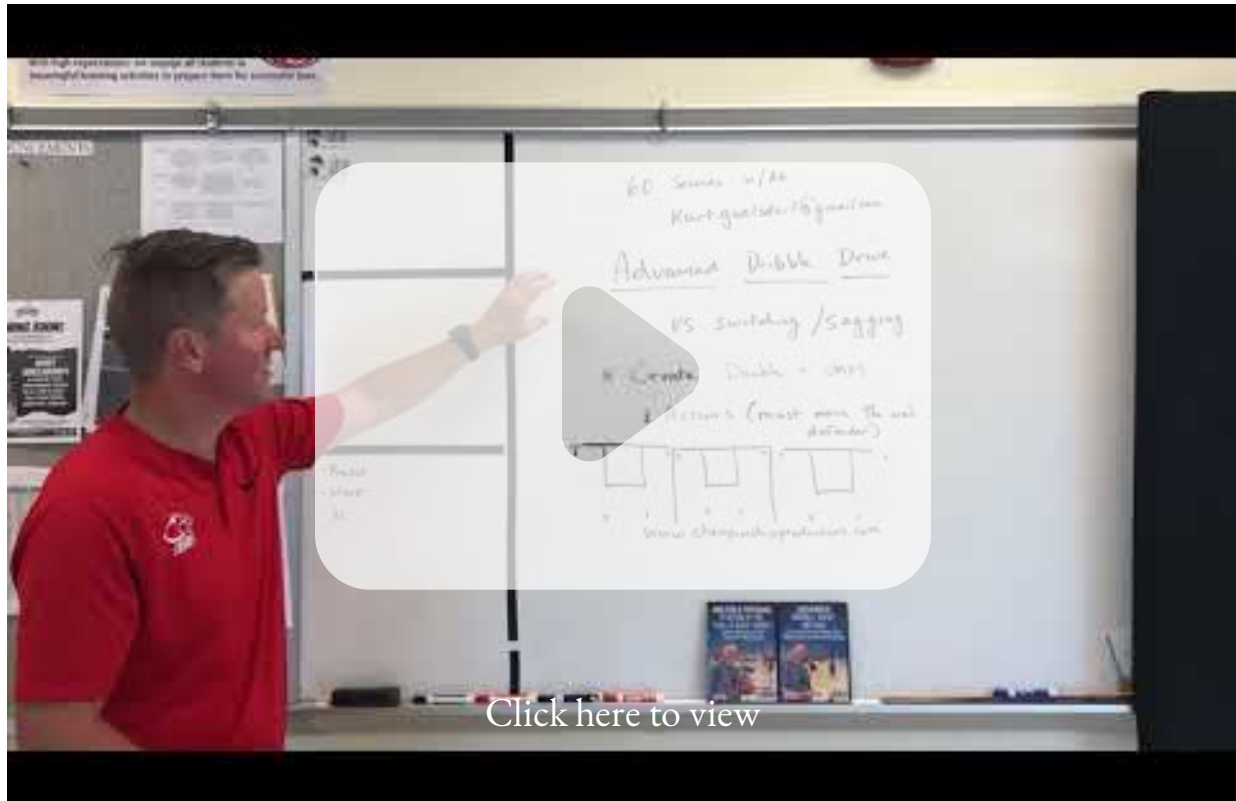
EPISODE 22: Zone Busters

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EPISODE 24: Adjustments for league/RED ZONE/3 sets

EPISODE 25: Full court press breaks.

EPISODE 1: 60 Seconds with KG! Attacking the sag and switch vs. DDM.



Topic: Advanced Dribble Drive

Attaching the switching and sagging defense in Dribble Drive Motion.

- vs Dribble Drive offense many teams sag and switch.
- 3 actions to run to flatten the defense and create gaps.
- Very important to move the NAIL defender in any offense, especially if middle penetration is a part of your action.

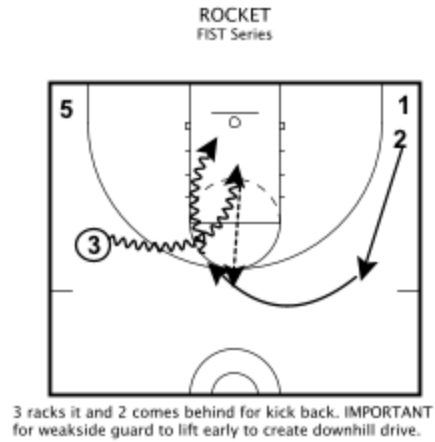
KEY TEACHING POINTS: Sprint cuts create gaps for drives. Slow, jog cuts create RUB or BRUSH actions. Rocket, wave, and corner throw backs are all sprint cuts to occupy the defense.

Diagram 1: Rocket action: Ball reversal to deep cuts. Clears middle gap for 2 and 3.

EPISODE 1: 60 Seconds with KG! Attacking the sag and switch vs. DDM.

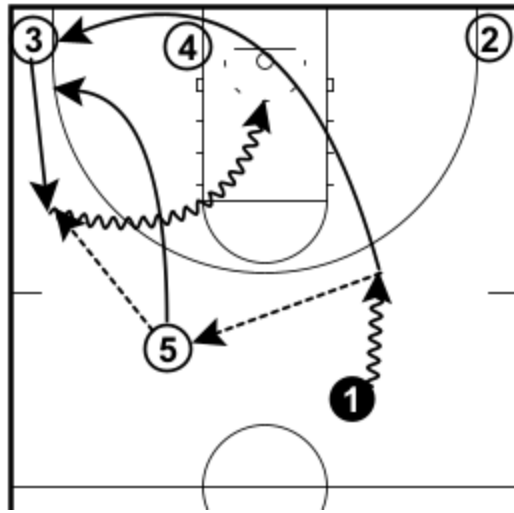
Diagram 2: Wave action: Ball reversal to overload of strong side corner to create gap for 2 or 3 with corner shooter.

Diagram 3: Reverse action to create driving gap by 1 to attack the middle.



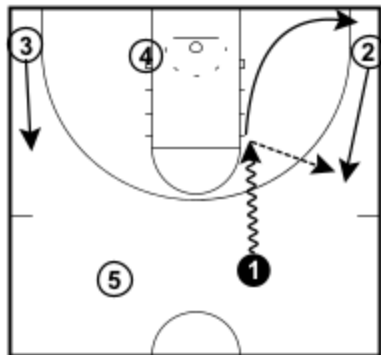
EPISODE 1: 60 Seconds with KG! Attacking the sag and switch vs. DDM.

WAVE FIST Series

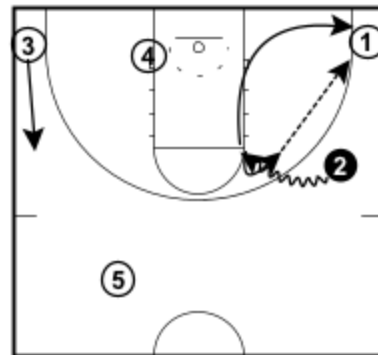


200-200 Reverse
FIST Series

200-200 Reverse
FIST Series



200/300 Reverse is a throwback to the 1 in the corner to start FIST.

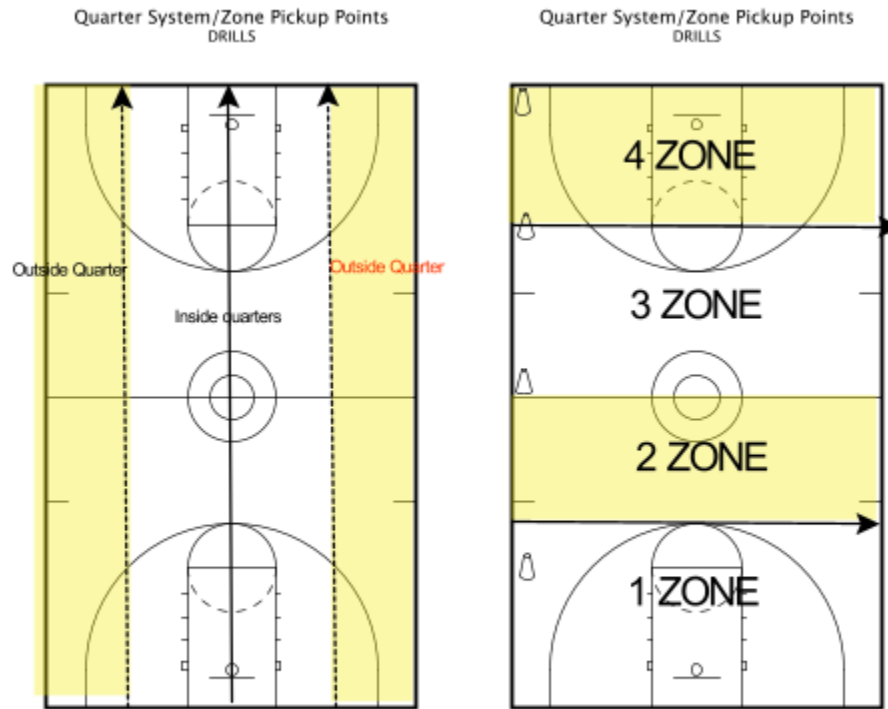


200/300 Reverse is a throwback to the 1 in the corner to start FIST.

EPISODE 3: 60 Seconds with KG! More advanced dribble drive

Diagram 1: Quarter systems for positioning

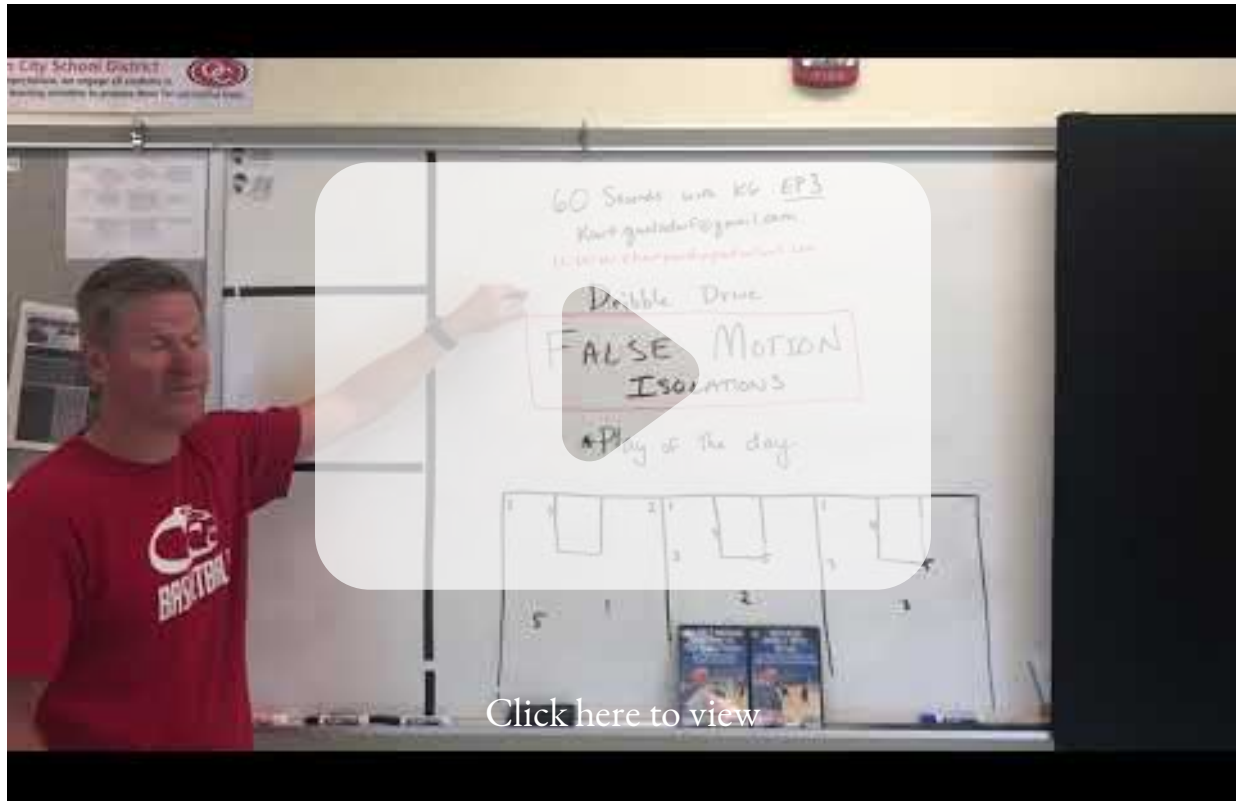
Diagram 2: Zone numbering systems for pick up points



Quarters: Use volleyball lines if using HS floor. Ball outside all 5 players on that half the court. Inside quarters all 5 players inside quarters.

Pick up points/zones.

EPISODE 3: 60 Seconds with KG! More advanced dribble drive



Topic: False motions and Isolations

False motion is action that precedes the main action of offense. Great stuff to move the defense prior to an isolation set, a 3-pt set, or whatever your favorite action is to get a great look.

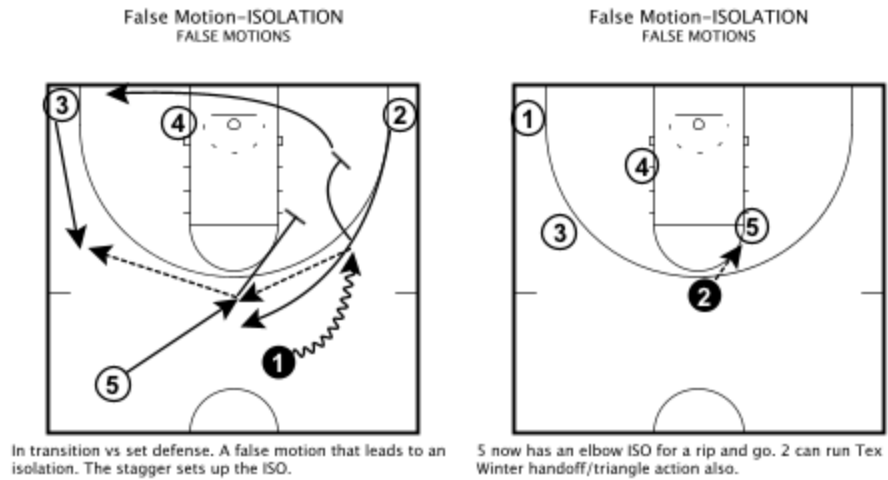
KEY TEACHING POINTS: Any movement of screens, cuts, weaves can be considered a “false” motion. Be creative in your offense to disguise the action you are trying to get to. Isolations are a great way to get your best player, driver an opportunity to score the basketball.

- vs a set defense using “false motion” to start you play can help move the defense.
- The stagger action here sets up the ISO for the 5.
- Another option is handoff to the 2.

EPISODE 3: 60 Seconds with KG! More advanced dribble drive

Diagram 1: Action starts with the stagger

Diagram 2: Ending is the ISO for the 5.



EPISODE 4: 60 Seconds with KG! Improving your press defense.



Topic: Trap areas = “hot zone”, press rules, and “panic mode”

KEY TEACHING POINTS: Traps almost always occur on the outside quarters. Push the ball to those hot zones and flood over taking away sideline and middle. The trappers must sprint out of trap quickly without hesitation.

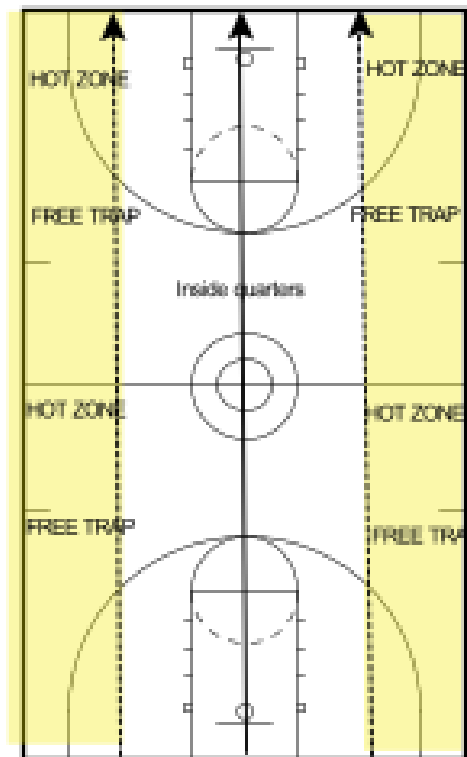
Press defense

EPISODE 4: 60 Seconds with KG! Improving your press defense.

- Trap areas are deep corners and across half court. “HOT ZONES”
- “Free” traps can happen vs non-aggressive press break.
- Press rules: 1. No splits 2. No vision for ballhandler in hard traps 3. No fouls 4. Influence ballhandler to “hot zone” 5. NO MIDDLE!!
- Pitino thoughts: Pass backwards we can “zone up” and get another trap. Pass forward “trail and tip” and look for free trap sideline vs non-aggressive ballhandler.
- 45 degree sprints out of traps to next level.
- Panic mode happens on middle pass or “bad beat” with 3 behind the ball. Sprint and trail – tip while back defenders buy time.

Diagram 1: HOT Zones

Quarter System/Zone Pickup Points
DRILLS



Deep corners are HOT. Just across half court is HOT. Free traps happen in non-aggressive press breaks.
© Columbus Hoops

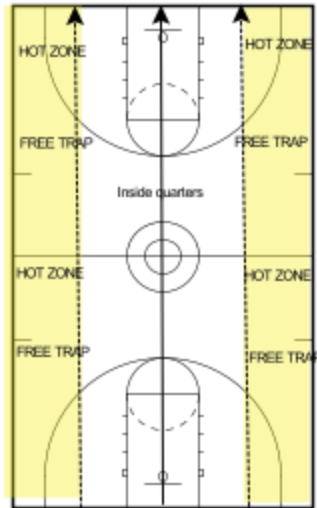
EPISODE 4: 60 Seconds with KG! Improving your press defense.

Diagram 2: 45 degree rotations out of traps

60 Seconds with KG! pg. 9

Episode 4

Quarter System/Zone Pickup Points EP 4 (one play)
FastDraw User Submission



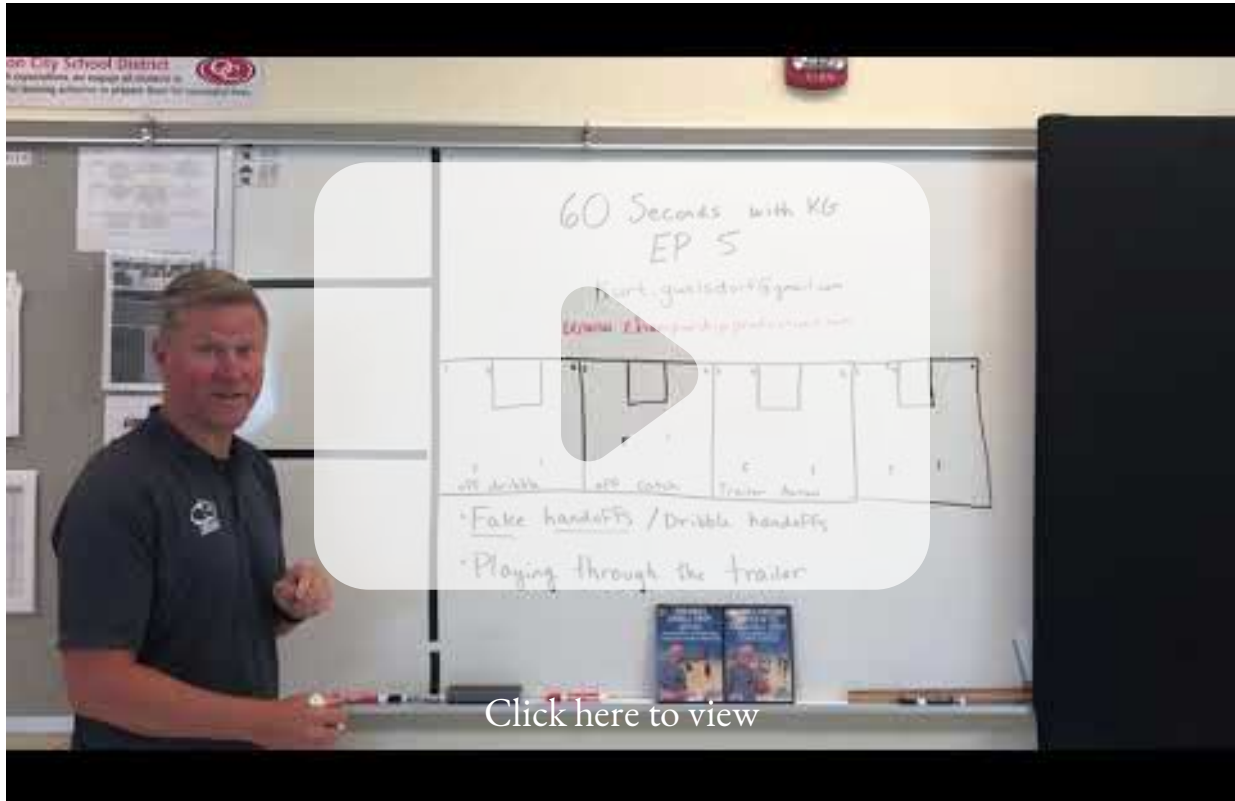
Deep corners are HOT. Just across half court is HOT. Free traps happen vs non-aggressive press break.

Quarter System/Zone Pickup Points EP 4 (one play)
FastDraw User Submission



45 degree hard sprint out of traps. 3 strides and evaluate. Zone up or sprint to tip/trap. vs reversal we can sprint to next level and look for next HOT zone trap.

EPISODE 5: 60 Seconds with KG! Multiple actions/entries into 4-out



Topic: Entries for 4 out or Dribble Drive Motion Offenses.

Sometimes your base offense gets stagnant or has a hard time getting into the gaps vs. a pack line style defense. False motions, isolations, or simple entries can give a player a quick advantage.

KEY TEACHING POINTS: On any fake catch and go handoff, the player should post up, showing numbers to the passer. On a fake handoff of the dribble, a small shoulder turn and a teammate calling for the ball makes the action harder to guard.

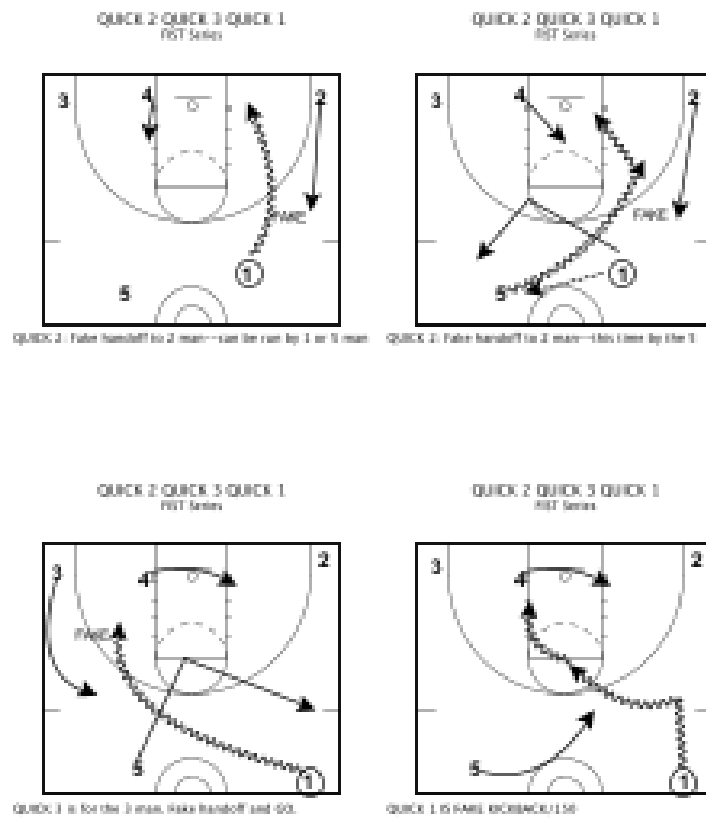
EPISODE 5: 60 Seconds with KG! Multiple actions/entries into 4-out

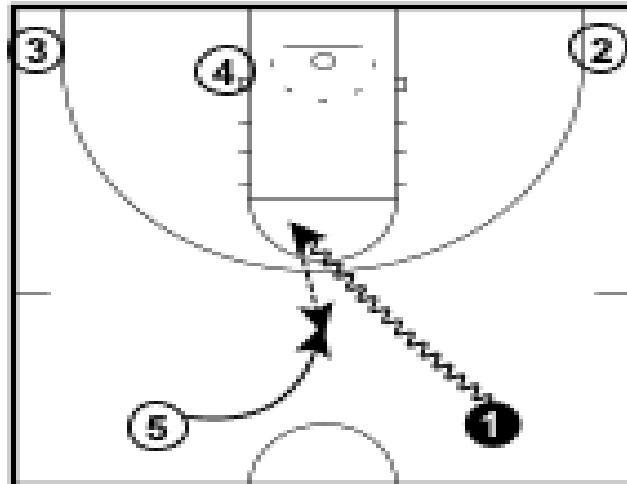
- Fake handoffs: 1. Off the dribble. 2. Off the catch
- Playing through the trailer: 1. Pick pop for downhill drive. 2. Ball reversal to flare x action.

Diagram 1: Fake handoffs off the dribble , fake handoffs off the catch

“QUICKS”

Diagram 2: Playing through the trailer: Kick backs and ball screen pop

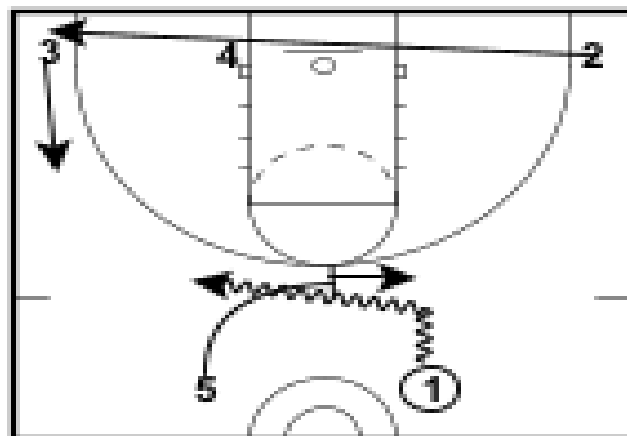




Hard dribble into
kick back action.

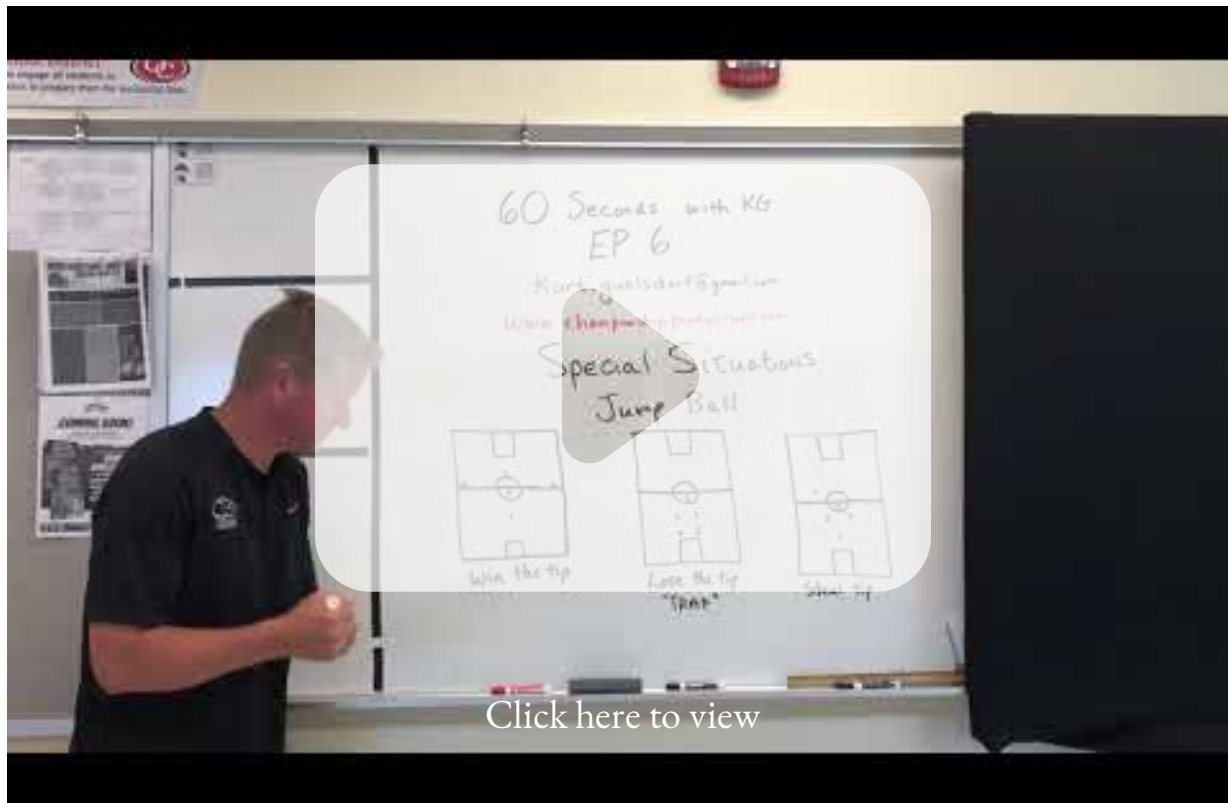


Frame 3



Clear by the 2
creates an isolation
on the right side of
the floor.

EPISODE 6: 60 Seconds with KG! Special Situations JUMP BALL PLAYS



Topic: The jump ball can be a set play opportunity to score. 3 options to score or win the tip.

KEY TEACHING POINTS: Teach your players the jump ball rules. As long as you are not ON the circle, you can move on the ball leaving the referees hands. This can give you a huge advantage.

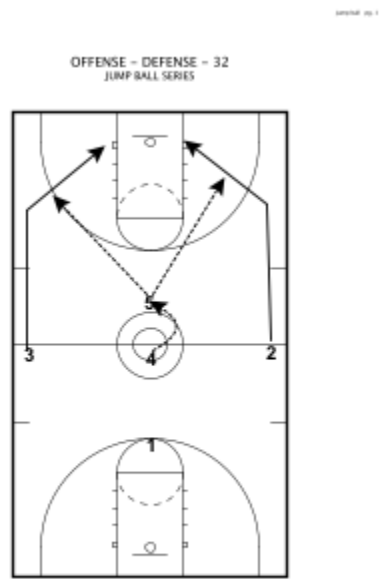
- Win the tip: Tip to the circle and sprint your wings for a layin.
- Lose the tip: Align in a 1-2-2 and get into a half court trap.
- Lose the tip: Align defensively and “send” a player on the toss to anticipate the location of the tip and “steal” it.

Diagram 1: Win the tip to score

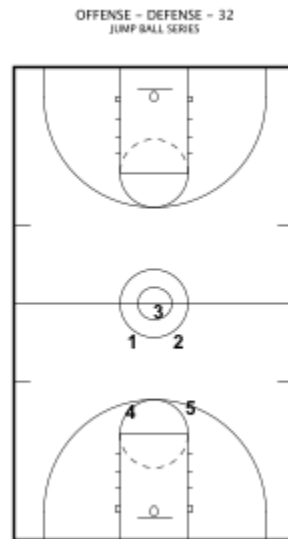
Diagram 2: Lose the tip and get into trap defense.

EPISODE 6: 60 Seconds with KG! Special Situations JUMP BALL PLAYS

Diagram 3: Anticipate the direction of the tip “steal” it.



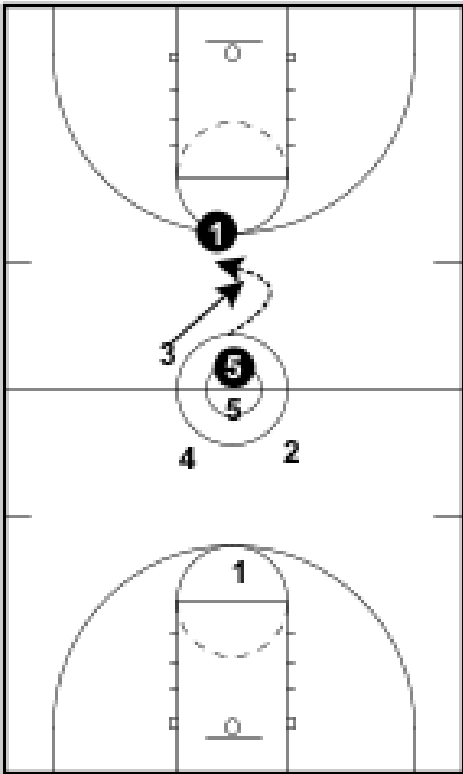
Offensive tip: Play to score...2-3 move on loss of ball. 5 hits open player, has hand up away from defense at tip.
©Carmelo Proffman



32 tip: 1,2 at loss off the jump ball

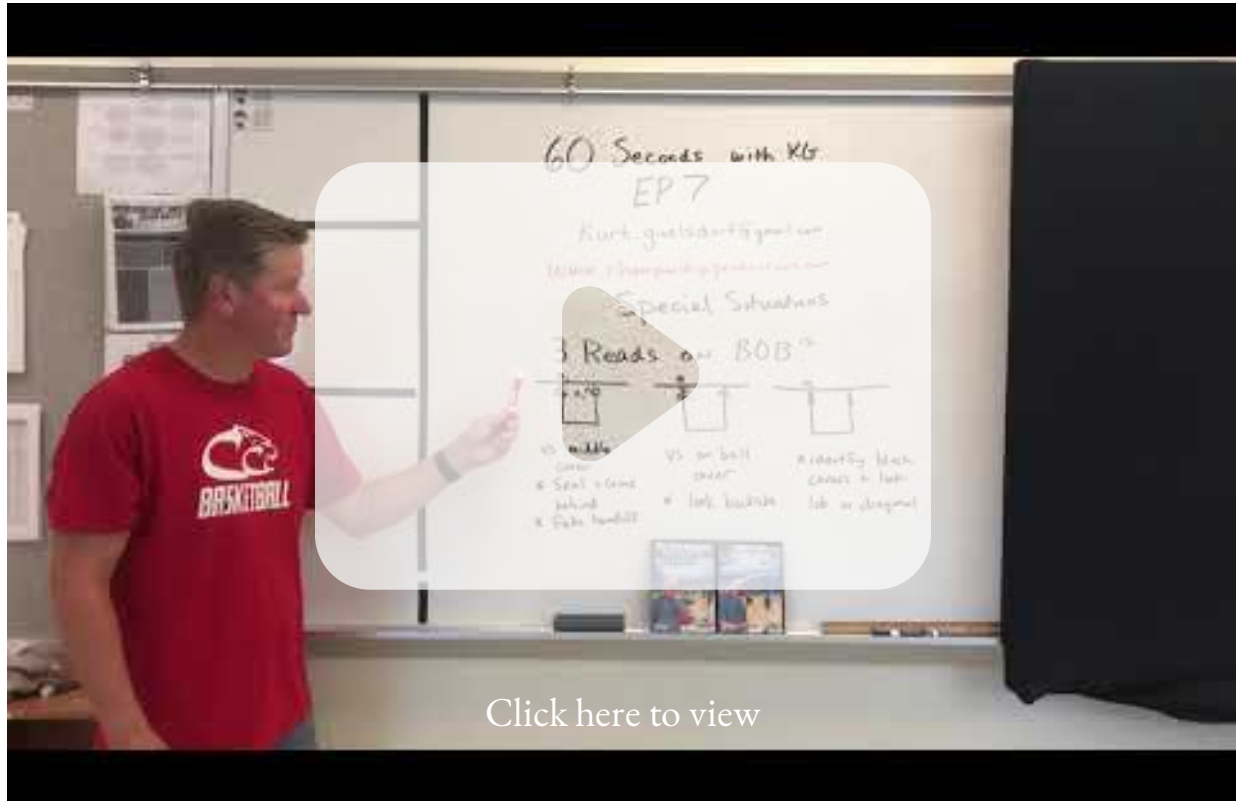
EPISODE 6: 60 Seconds with KG! Special Situations JUMP BALL PLAYS

JUMP BALL SERIES



DEFENSE: 1/2/3 (best athlete) tries to steal the tip.

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[Click here to view](#)

Topic: Winning the baseline out of bounds game can get you 8-10 points every game. These aren't SETS just reads to make before your action starts.

KEY TEACHING POINT: These are not set plays, and the other two offensive players can be placed anywhere you like to create your favorite action. These "reads" create easy opportunities to score based on the defense and how they are playing.

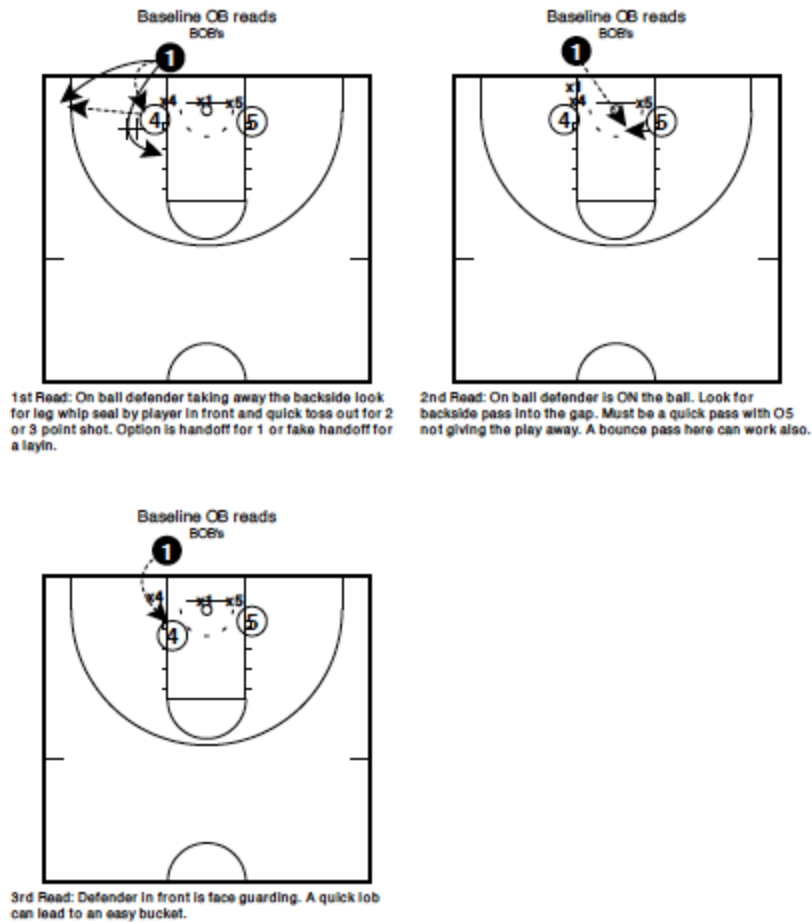
- 1st read: On ball defender is taking away the backside. Look for quick inbound to player in front while OB passer comes behind for 3 or quick handoff.
- 2nd read: On ball defender is pressuring the ball straight on. Look for backside pass to weakside block player in front of the rim.
- 3rd read: Defender in front is in FACE guard position. Look for quick lob to player in front.

EPISODE 7: 60 Seconds with KGI Special Situations BASELINE OB READS

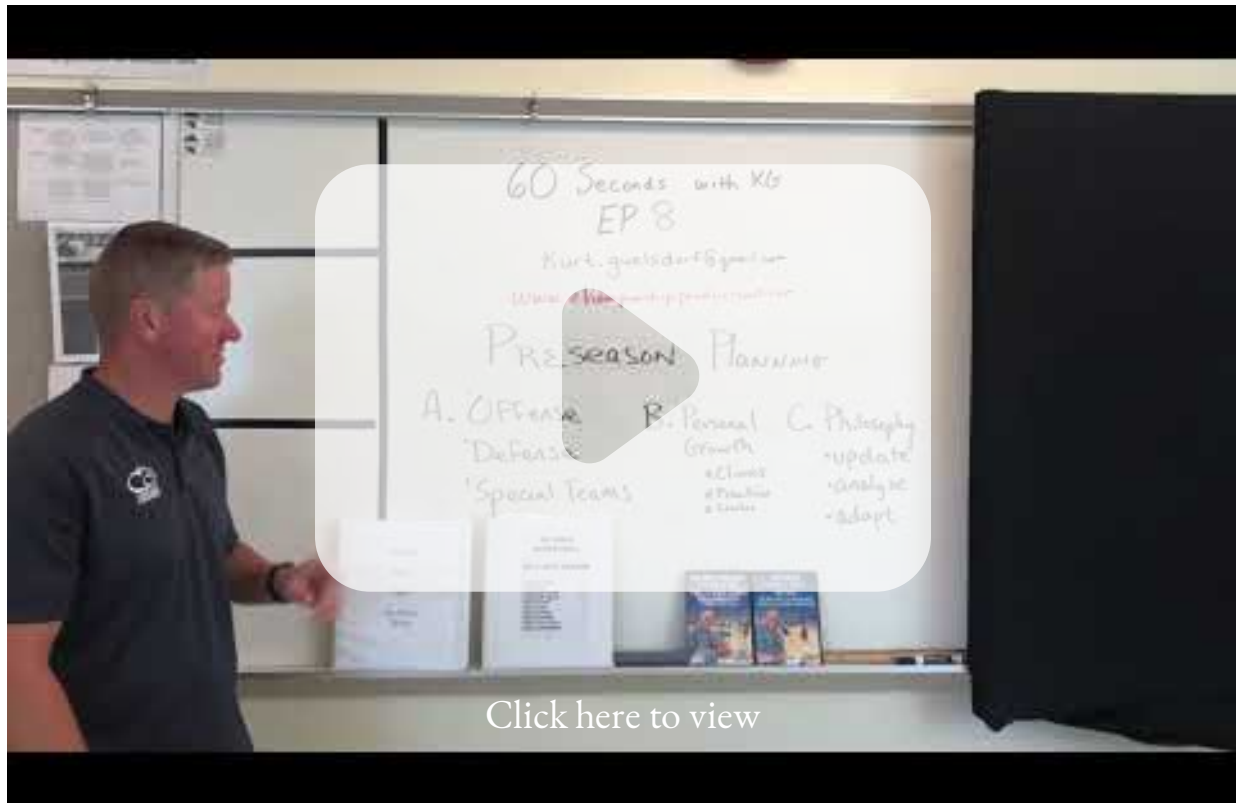
Diagram 1: Read #1

Diagram 2: Read #2

Diagram 3: Read #3



EPISODE 8: 60 Seconds with KG! PRESEASON PLANNING



Topic: Preparing you, your staff, and your team for the upcoming season.

Three areas of growth:

KEY TEACHING POINT: I always believe basketball coaching and installing offenses and defense are like a jelly bean jar. It can only hold so many beans. Get rid of all the fluff and get right to the things that will make your team better.

- The “on the floor” aspects of your team. Offense, defense and special teams.
- Personal growth for you as a coach/staff.
- Your basketball philosophy.

I. Basketball X’s and O’s.

EPISODE 8: 60 Seconds with KG! PRESEASON PLANNING

A. Offense

1. Man offense
2. Zone offense
3. Transition
4. Automatics

B. Defense

1. Man D: pack vs denial
2. To press or not to press: Half or full? Speed up, slow down?
3. Post defense philosophy: Front, behind, $\frac{3}{4}$, scout?
4. Double teams inside
5. Zone defense: 2-3, 1-2-2, 1-3-1, match up, ?
6. On ball stance
7. Off ball stance

C. Special Teams

EPISODE 8: 60 Seconds with KG! PRESEASON PLANNING

1. Baseline out of bounds
2. Sideline out of bounds
3. Full court plays
4. Press breaks
5. Jump ball plays

II. Personal growth

A. Coaching clinics

1. Live clinics
2. Online research
3. Videos for purchase

B. College practices

1. Attend college practices locally or travel

C. Coaches groups

1. Local HS or college coaches to touch base with

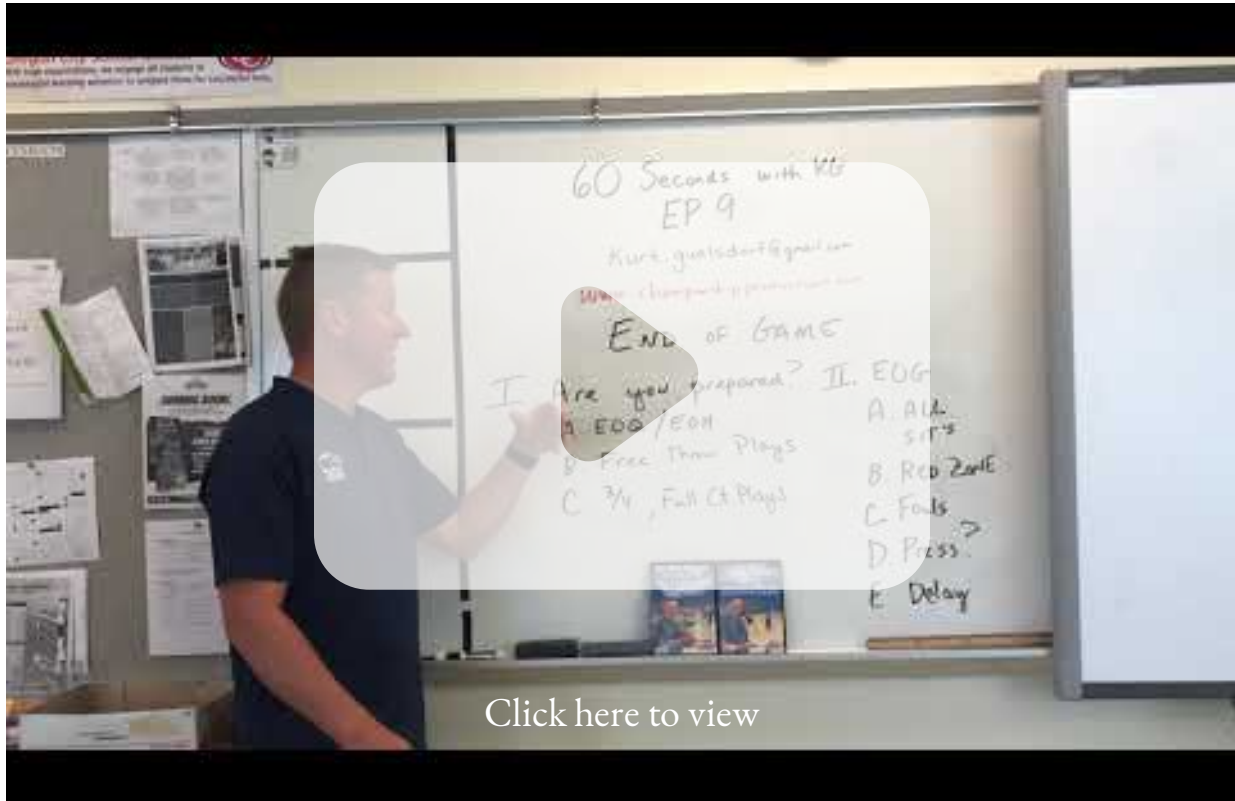
EPISODE 8: 60 Seconds with KG! PRESEASON PLANNING

2. Through social media/email make contacts

III. Philosophy

- A. Update your personal philosophy
 - B. Analyze trends/ideas and see how they apply to your style
 - C. Adapt ideas/concepts that fit or even something radically new that help your team be better.
-

EPISODE 9: 60 Seconds with KGI End of Quarter, End of Half, End of Game!



Topic: Time and score situations to consider heading into every season and to consider working on each day.

KEY TEACHING POINT: Find time each practice, or every other practice, or 3 times a week to work your special situations. The time commitment is small, and the benefits can be enormous. You must be ready for all situations.

- Do you have EOQ or EOG set plays? Plays for 3? Plays for time/score?
- Do you have jump ball plays? $\frac{3}{4}$ plays? Full court plays?
- Have you covered end of game time and score situations with your team? To foul or not foul? Foul or defend up 3? When to press if behind late?

Checklist 1: End of Game, End of Quarter

EPISODE 9: 60 Seconds with KGI End of Quarter, End of Half, End of Game!

1. Set plays for a 3.
2. Set plays for a quick 2.
3. Time/score. Do you have plays timed out? 4 seconds or less? 2 seconds or less.
4. Do you manage the shot clock for getting a 2 for 1 opportunity? (if you have the shot clock)

Checklist 2:

1. Special dead ball plays. Jump ball. 3/4 and full court.

Checklist 3:

1. End of game checklist.
2. Create a game sheet for all end-of-game situations. Play them 3x per week.

Mike Neighbors at Arkansas has a great set of end of game cards to play. You can Google his Xavier Newsletter for a great PDF or email me and I'll send them your way.

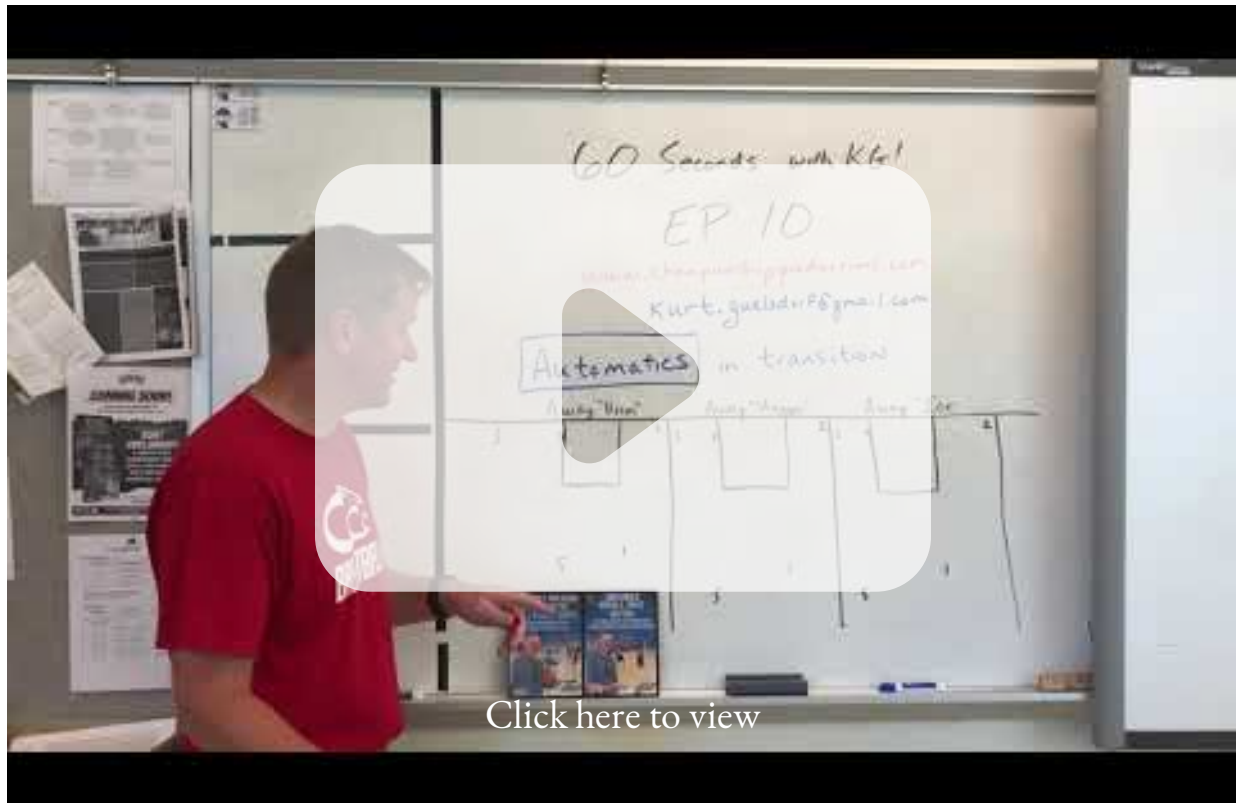
60-60 score. 2 minutes on the clock. First team to score 64 then clock rolls. Could be up 4, up 3, down 4 etc.

Great scrimmage drill for practicing end of game situations.

EPISODE 9: 60 Seconds with KGI End of Quarter, End of Half, End of Game!

- Set clock to 2:00. Or whatever time you think works for your group.
 - Set score to 60-60. Home Away.
 - When the first team gets to 64 (or 63 or 65) start the clock.
 - This will simulate different endings that could occur.
 - Talk the FT shot as a time to teach/discuss/strategize what the “right” next play would be.
 - As the season moves one, allow more freedom for players.
 - At one point I just observed as our starting group navigated numerous different situations.
 - Early in the year I would have two even teams. Later we might have the top 7 on one team to create a cohesive unit. Coaches must decide what is best for their group.
-

EPISODE 10: 60 Seconds with KG! Transition Automatics



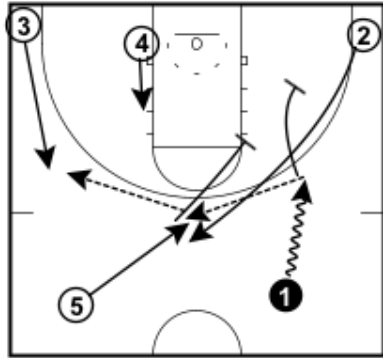
Topic: Ideas for “automatic” plays in your transition game. Some simple actions to get ball reversals and your players into spots to make plays.

KEY TEACHING POINT: Automatics can be simple actions vs. a set defense. These can be player calls, coach calls, or just something your team does anytime they don’t have a primary scoring opportunity.

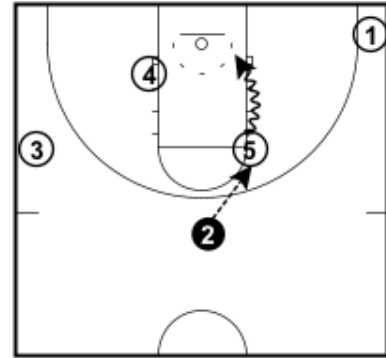
- BAM = elbow ISO
- STAGGER = stagger screens for 2 man to get a 3.
- ICE = Forced curl off the double to create space for trailer 5 to get downhill

EPISODE 10: 60 Seconds with KG! Transition Automatics

BAM

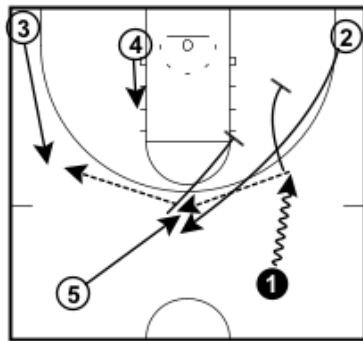


TRANSITION AUTOMATICS: Bam action

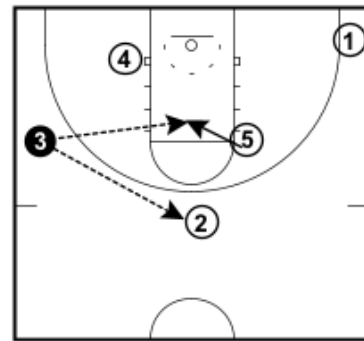


Elbow ISO for your best driver.

STAGGER



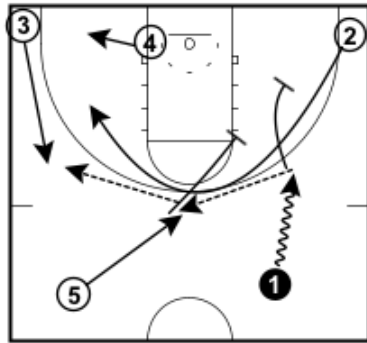
TRANSITION AUTOMATICS: Stagger 3



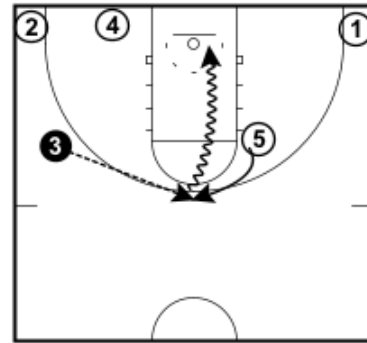
5 looks to slip vs an aggressive switch. 2 comes to the top for a 3.

EPISODE 11: 60 Seconds with KG! Analyzing Your Offense!

ICE



TRANSITION AUTOMATICS: Ice--forced curl by 2 to create space for 5.



5 turns after the screen to catch-rip-go with 1 spaced in the corner.

EPISODE 11: 60 Seconds with KG! Analyzing Your Offense!



[Click here to view](#)

Topic: What shots does your offense get your players? Work on those shots daily. Continue to expand and grow your players beyond the scope of just your offense, but BE SURE to get those “part of your offense” shots every day. Diagrams 1 and 2 show areas where coaches should analyze shot their teams gets in the flow of their offense.

KEY TEACHING POINTS: Create a system of player development that fits your offense.

- Guard Finishing Series
- Bigs Finishing Series
- Combo Series – Help your guards grow and be able to post up, help your bigs work inside and out.

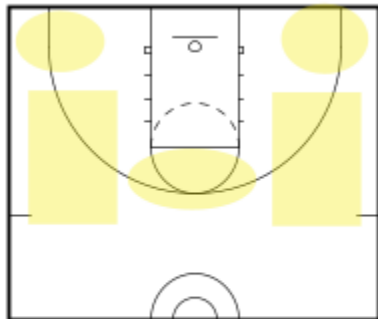
EPISODE 11: 60 Seconds with KG! Analyzing Your Offense!

GUARD FINISHING SERIES: Diagram 3: Russian Finishes

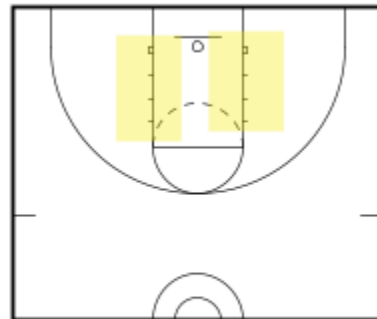
1. Reach layins. Long layins from the wing, top, different angles. Players extend out to clear the defense. Left and right side.
2. Two foot layins. Power with ten toes square to the baseline.
3. Inside hand layins. A left hand reach layin on the right side. A right hand reach layin on the left side. COUNTER MOVE: "RONDO" fake the inside hand layin, reverse pivot , two foot shot.
4. Floater series: 1 and 2 foot floaters. 1 foot floaters MUST be as vertical as possible as the running 1 footer is a very hard shot. 2 foot floaters with a short quick release from wing to middle angles.

BIGS FINISHING SERIES: Diagram 4: Post entry series

1. Chin and check
2. Elbows out
3. Middle attack/peak middle
4. MOVES: drop step, up and under, baby hook, jump hook, pound
pound drop move

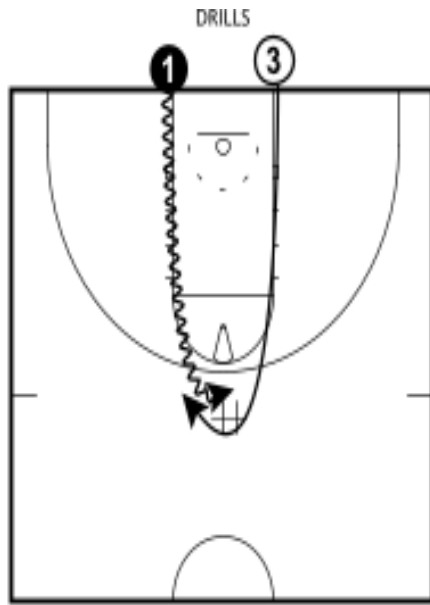


Shot chart: Where are you getting shots in your offense.
GUARDS

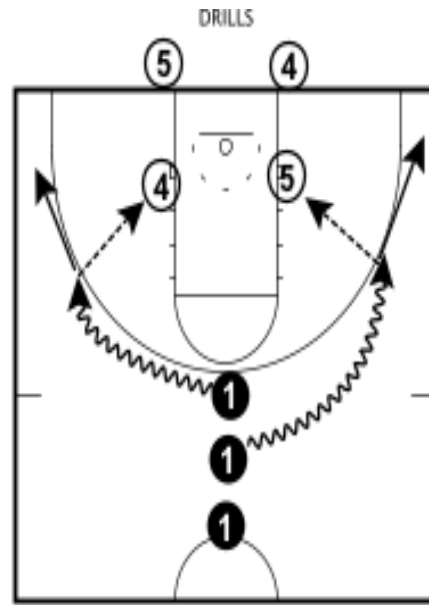


Shot chart: Where are you getting shots in your offense.
BIGS.

EPISODE 12: 60 Seconds with KG! Early season practice planning.



FINISHING SERIES: Russian Layins. 1 starts with ball, handoff happens behind cone, chair, or coach. 03 works on move of the day, series of moves, coaches choice.



FEED THE POST: teaches entries and post moves. Adjust to fit your team/offense. Drop step on one side, middle hook on the other. Both sides up and under, both sides pound pound drop step.

EPISODE 12: 60 Seconds with KG! Early season practice planning.



KEY TEACHING POINT: Practice is the coaches classroom Use it to TEACH the game, teach important lessons, and create an environment that allows your players to grow both in basketball and as people.

- 00-10 Footwork-teaching x step, heavy ball passing: chest, pistol, and skip.
- 10-30 Finishing School: Guards and Bigs plus combo. Working on individual skills
- 30-50 Transition Drills: Speed passing drill, Cardinal 2 v 1 drill, Blitz 2 on 1 and 3 on 2 continuous, 2 v 2 to 4 v 4 full court, 11 man scramble
- 50-70 Shooting series
- 70-90 5 v 0 to 5 v 3/4/5 teaching transition actions, zone and man
- 90-110 Transition D to O 5 v 5: Free throw lineup to transition, 60-60 games, change drill.
- 110-120 End of practice competition, talk, communication, team circle.

EPISODE 13: 60 Seconds with KG! Shot Selection.

I use the grid below to fill in our master list of practice drills and games.

Pre Practice	Finishing School	Transition Series	Shooting Drills	Actions- Automatics	Special Situations/End of Game
-------------------------	-----------------------------	------------------------------	----------------------------	--------------------------------	---

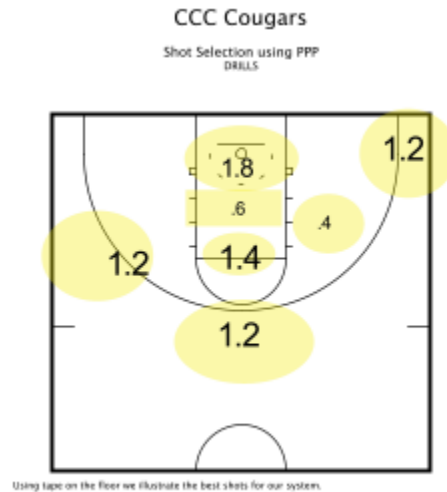
EPISODE 13: 60 Seconds with KG! Shot Selection.



Topic: Teaching shot selection to your team. I look to use tape on the floor during the first week to help players understand the analytics of points per possession.

KEY TEACHING POINT: Tape of the floor gives a great visual of what shots are poor, good, and great.

EPISODE 14: 60 Seconds with KGI Improving your transition defense



Wide open uncontested layins: 1.8 PPP

Contested layins: 1.2 PPP

Free throws at 70%: 1.4 PPP

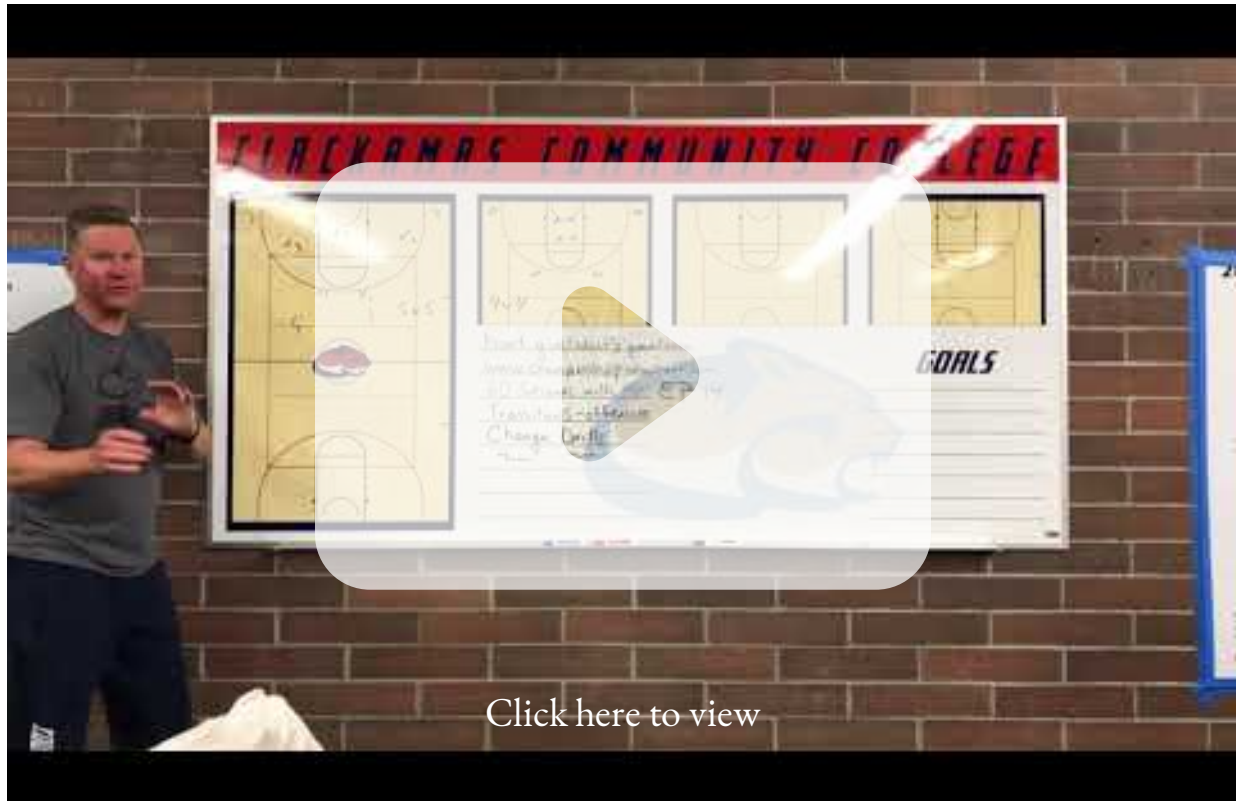
Mid lane floater: .6 PPP

Mid range jumper: .4 PPP

Certain players get more freedom based on their efficiency.

In practice we are constantly talking about what makes a good shot, knowing your own game, and how it all fits together to build on our offensive philosophy.

EPISODE 14: 60 Seconds with KGI Improving your transition defense



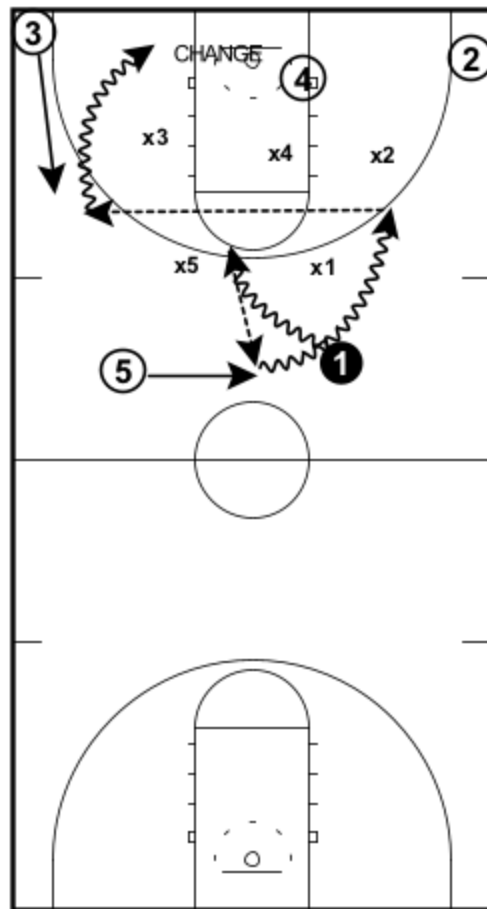
Topic: Improving your transition defense with 5 v 5 and 4 v 4 change drills. Drills are full court and half court. Offense can run for certain number of passes, on WHISTLE “Change” and ball is dropped. X’s return 5 v 5 vs O’s.

You can put constraints on the drill: A. cannot guard who guarded you. B. offense must make 3 passes, on third pass is when “change” occurs.

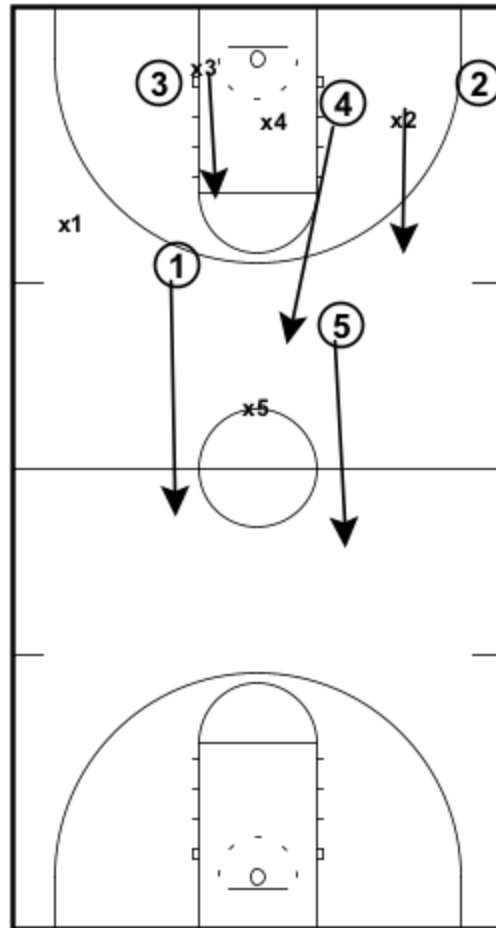
KEY TEACHING POINT: Transition defense should be immediate and include 3 sprint steps to recover. Change drills create transitions in your players brains that build and grow and make them better at the quick changes that occur in basketball.

Diagrams 1 and 2: 5 v 5 Change

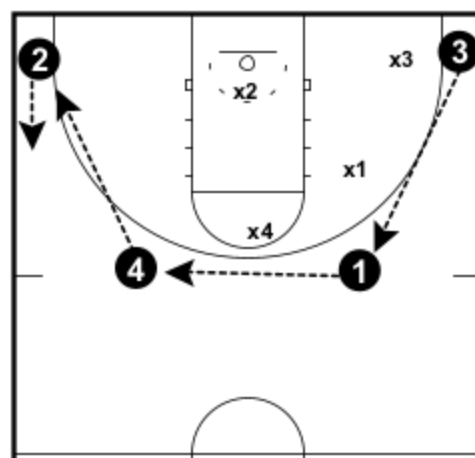
EPISODE 14: 60 Seconds with KGI Improving your transition defense



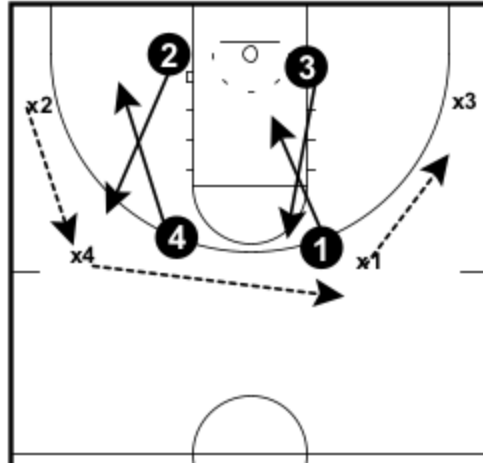
EPISODE 14: 60 Seconds with KGI Improving your transition defense



Diagrams 3 and 4: 4 v 4 half court Change --- ball is dropped as coach calls “change”, x’s become offense



EPISODE 15: 60 Seconds with KG! Non-negotiables in your program.



EPISODE 15: 60 Seconds with KG! Non-negotiables in your program.



Topic: Establishing your identity as a program both on and off the floor.

KEY TEACHING POINT: These non-negotiables are unique to your program. You can be a “rules” based team, or a standards based team, or a combination of both. These should be unique to you and your program.

On the floor:

What will be your team identity?

Fast break?

Press?

EPISODE 15: 60 Seconds with KG! Non-negotiables in your program.

Half court defense?

Rebounding?

You can only be great at so many things. Figure out what your philosophy is and strive to be great at those things.

Off the floor:

Team Expectations for the classroom

The community

Teaching the life lessons each young person needs.

I BELIEVE

COACHES MUST USE THESE WORDS AND IDEAS:

"I BELIEVE IN YOU!"

GIVE PLAYERS UNCONDITIONAL SUPPORT

***PLAYERS AND COACHES MUST TRUST EACH OTHER AND ALWAYS TELL
THE TRUTH***

COMMUNICATION IS THE KEY TO EVERYTHING WE DO

EPISODE 16: 60 Seconds with KG! Strategies for Tryouts!

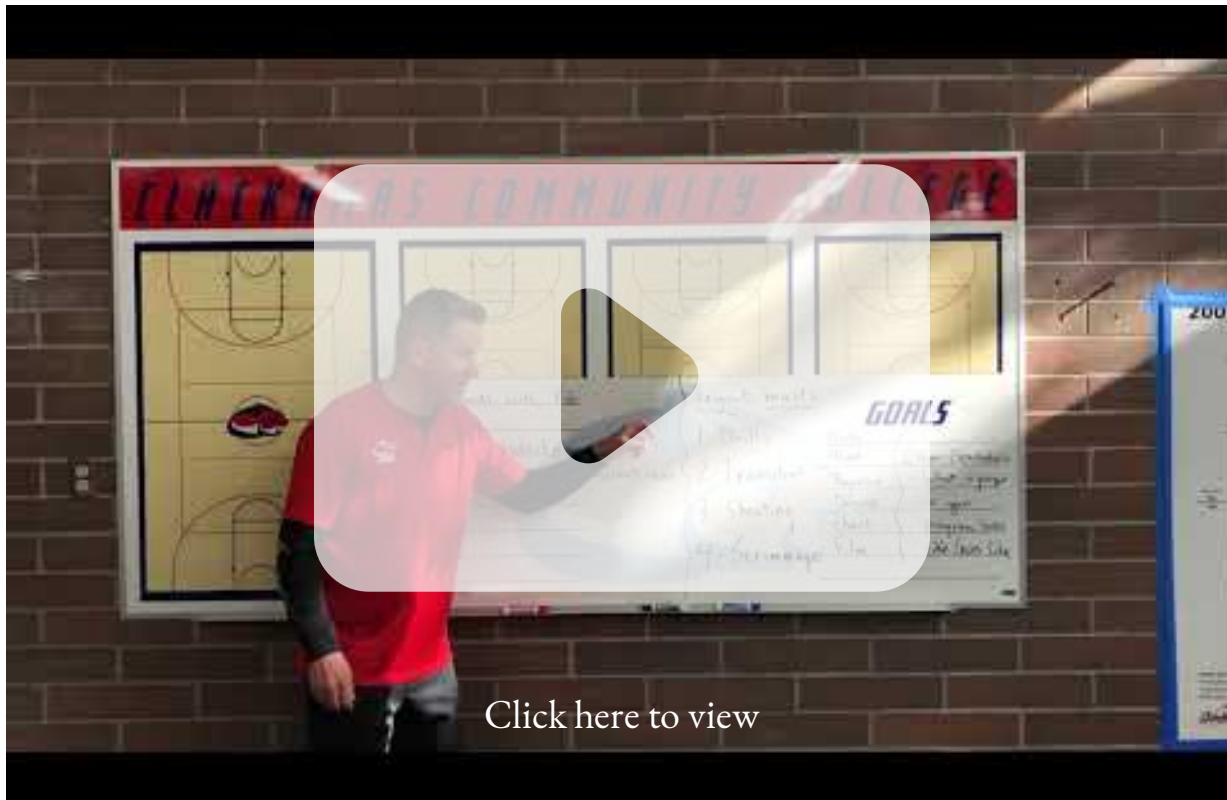
LOOK EACH OTHER IN THE EYES WHEN SPEAKING AND LISTENING

REPRESENT OUR COLLEGE WITH PRIDE AND RESPECT IN EVERYTHING

YOU DO: THAT MEANS IN THE CLASSROOM AND ON THE COURT

*WE MUST BE “TRUTH” TELLERS. GIVE EACH OTHER THE STRAIGHT
FROM THE HEART TRUTH SO WE CAN LEARN, GROW, AND PURSUE
EXCELLENCE WITH NO HIDDEN AGENDAS OR ANY SELFISH ATTITUDES.*

EPISODE 16: 60 Seconds with KG! Strategies for Tryouts!



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Topic: Drills, games, and evaluation tools to help coaches evaluate players in tryout situations.

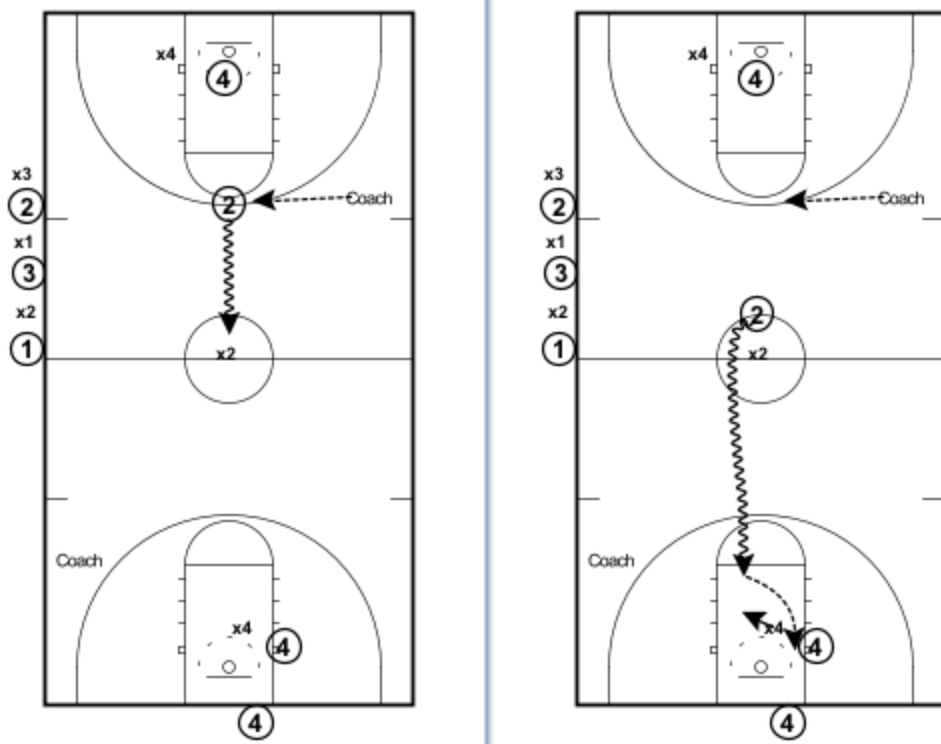
KEY TEACHING POINTS: Use a combination of individual and team drills to give players opportunities to show their skills. Use of shooting statistics and film breakdowns can give you some back up when making tough decisions.

- Vance Walberg Blood Drills: 2 v 2 to 4 v 4
- Progressive Break: 2 v 1 to 5 v 5
- Shooting drills: 5 spot, 4 spot, 3 man 2 ball
- Scrimmage (FILM 10 minutes if possible)

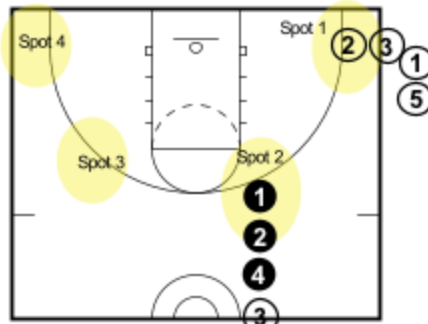
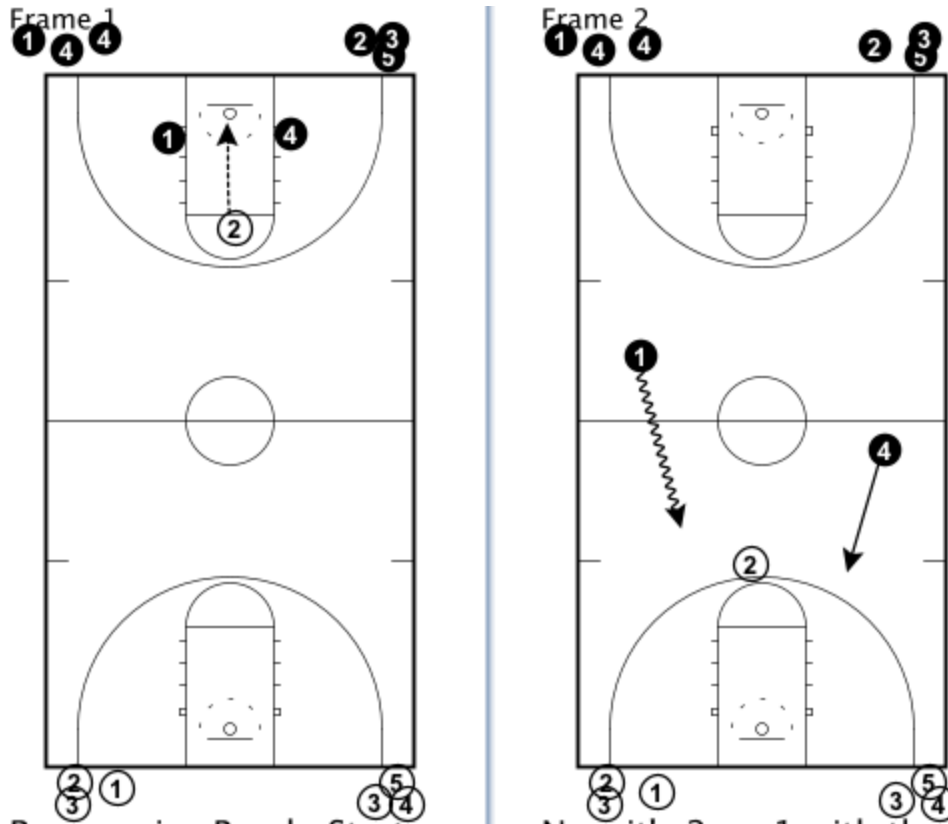
EPISODE 16: 60 Seconds with KG! Strategies for Tryouts!

Program Expectations: Must have clear expectations of what a player in your program looks like in the classroom and the community. Allowing each player to be an individual and yet have that collective and greater desire to be a great teammate was something I tried to push each player to become.

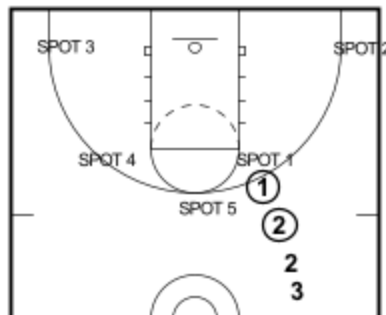
Blood 22



EPISODE 16: 60 Seconds with KG! Strategies for Tryouts!

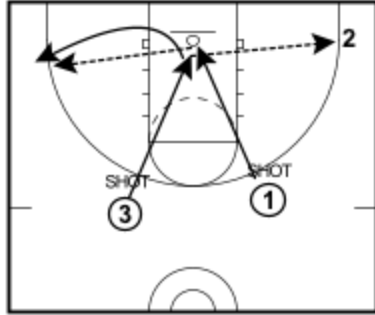


4 Spot Shooting: 2 lines--4 spots--Passing line, shooting line, go for 1 minute or 2 minutes, can be 4/8 minute drill.



5 SPOT SHOOTING:
PLAYERS SHOOT 3'S

EPISODE 17: 60 Seconds with KG! Practice drills for defense



3 MAN 2 BALL- 2 players
with the ball, one player
gets ready to relocate.
Player shoots and follows

EPISODE 17: 60 Seconds with KG! Practice drills for defense



Topic: Practice breakdowns for defense. We like to use our Laker series to teach all of our defensive concepts including:

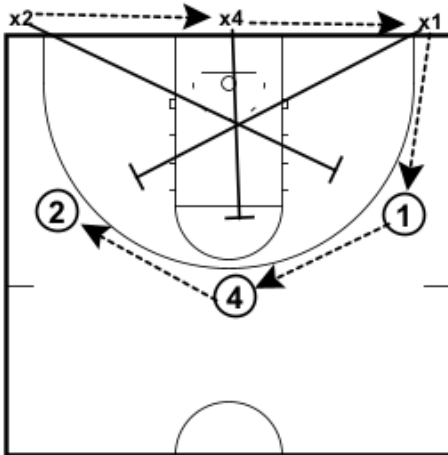
- Pick and Roll defense
- Defense vs screening action
- Pass cut action
- Flare screen defense
- Flex defense

KEY TEACHING POINTS: Use these series to teach the details of your defense. Technique, vocabulary, positioning can all be taught in this series.

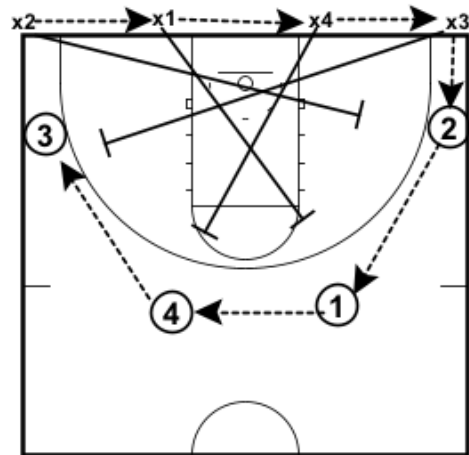
Create a **master list** of what you need to guard in your conference, state, etc.

Breakdowns:

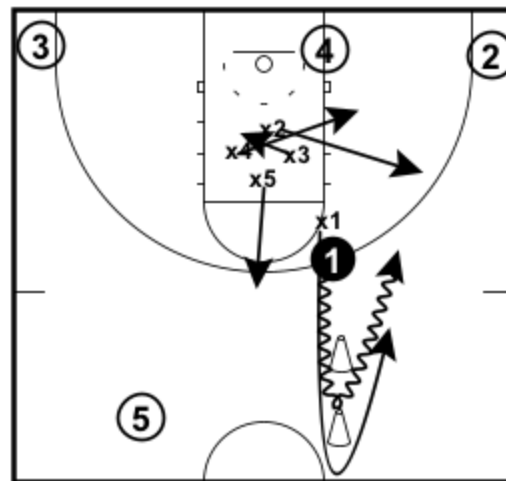
EPISODE 17: 60 Seconds with KG! Practice drills for defense



Laker 3 v 3: Ball is moved along the baseline. Players sprint to closeout. Action can be dictated or play LIVE.



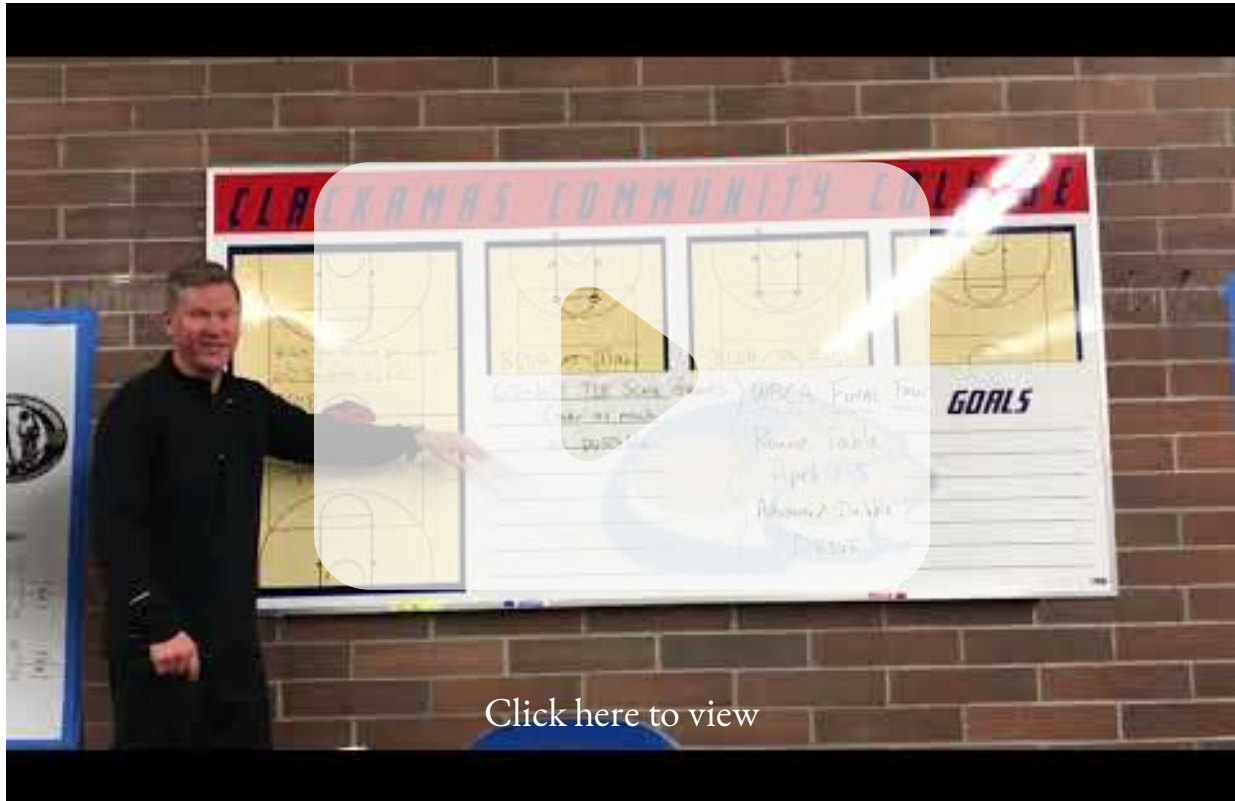
Laker 4 v 4: Same action as 3 vs 3. Work all actions and rotations.



5 vs 4 disadvantage: 4 players in the paint, x1 and O1 go on a whistle, "go" call. x1 goes around the far cone while O1 goes around the closer cone. Defense is at a temporary disadvantage.

5 v 4 to 5 v 5 disadvantage can also be created with ball on the back of top defender and a "go" call. We can also go full court with 5 on the baseline and 5 at the FT line and have 1 player touch the baseline on the "go" call to create the temporary disadvantage. Goal is to put the defense at a temporary disadvantage and talk through the rotations.

EPISODE 18: 60 Seconds with KG! Practicing Special Situations + BLOB's to score.



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Topics:

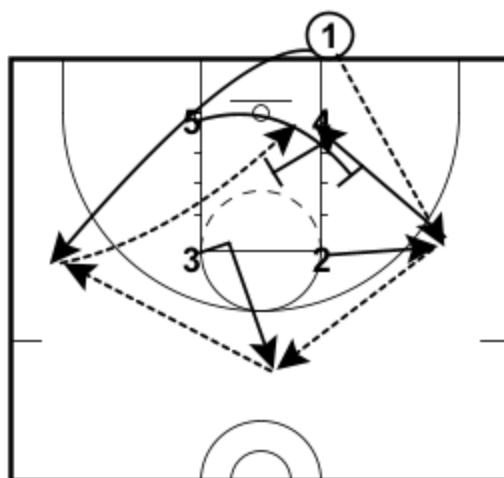
- Special situation “game”
- BLOB vs man: ISO for your best driver
- BLOB vs zone: LOB play vs 2-3

KEY TEACHING POINTS: Have a set of plays for your late game situations. An assistant might have a book, list, 3 x 5 card, whatever works for you and your staff. Save something for late in the game.

EPISODE 18: 60 Seconds with KG! Practicing Special Situations + BLOB's to score.

60-60 Tie Game: Score is tied up on the scoreboard, 2 minutes (or whatever time you want) on the clock. As soon as a team scores 64, the clock starts. You can work on being ahead, behind, etc. You can vary this situation to create bigger leads/deficits and talk to your team about how to play up 8, down 3, and so forth.

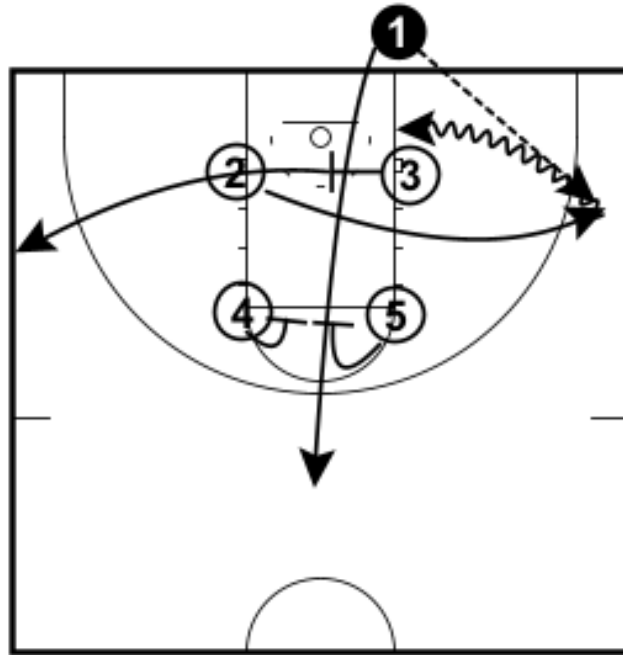
BLOB vs Zone Defense



LOB vs 2-3 Zone: Box set. Elbow pops out and ball is reversed quickly to 1. 4 screens the middle of the zone, 5 circles under and screens the back of zone.

BLOB vs Man Defense

EPISODE 19: 60 Seconds with KG! Team Shooting Drills.



Fake Elevator: ISO for 2, 1 is decoy elevator action

EPISODE 19: 60 Seconds with KG! Team Shooting Drills.



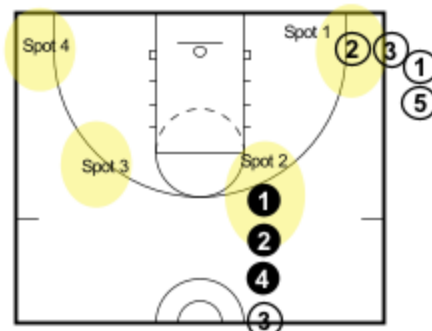
Topics: 3 Team Shooting Drills

5 Spot Shooting: Designate a certain amount of makes, move to the next spot, 4 minutes on the clock. Minus total if not all shots are made, + total for shots made over the goal. Example: make 10 at each spot, made 13 at the last spot, that is +3. Make 10 at each spot, made 4 at the last spot, that is -6.

EPISODE 19: 60 Seconds with KG! Team Shooting Drills.

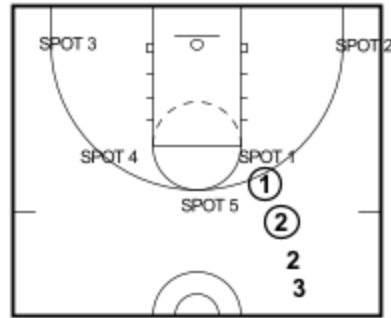
- **4 spot shooting:** Shoot off the catch. 2 lines simulating the “one more” pass. Shooter gets their own rebound. Passer rotates to shooter line. 4 minutes or 8 minutes. 1 minute or 2 minutes per spot. Goal is 85 working your way up to 115-120 depending on your level. You can add 4 in a row bonus points, 5 in a row bonus, etc.
- **3 man 2 ball series:** A. Shoot-rebound-pass and move. 4 minutes, goal is 50 total makes. B. One shooter, one rebounder, one passer. Make 1 and rotate, make 2 in a row and move to next spot. 30-60-90 seconds at a time. Great drill to get a rhythm in your shooting drills. C. 10 minute shooting. Groups of 3, 5 spots, each player must make 5 three's at each spot, then rotate. Same spot rotations as 5 spot shooting, finish at the top and keep shooting after the 5 makes by each player in one player one shot rotation.

KEY TEACHING POINTS: Use this time to teach your technique. 1-2 footwork, hop step, inside foot etc.

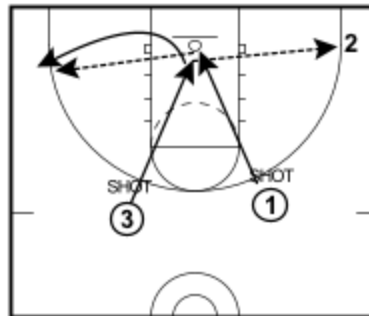


4 Spot Shooting: 2 lines--4 spots--Passing line, shooting line, go for 1 minute or 2 minutes, can be 4/8 minute drill.

EPISODE 20: 60 Seconds with KG! Expanding your playbook..



5 SPOT SHOOTING:
PLAYERS SHOOT 3'S



3 MAN 2 BALL- 2 players
with the ball, one player
gets ready to relocate.
Player shoots and follows...

EPISODE 20: 60 Seconds with KG! Expanding your playbook.



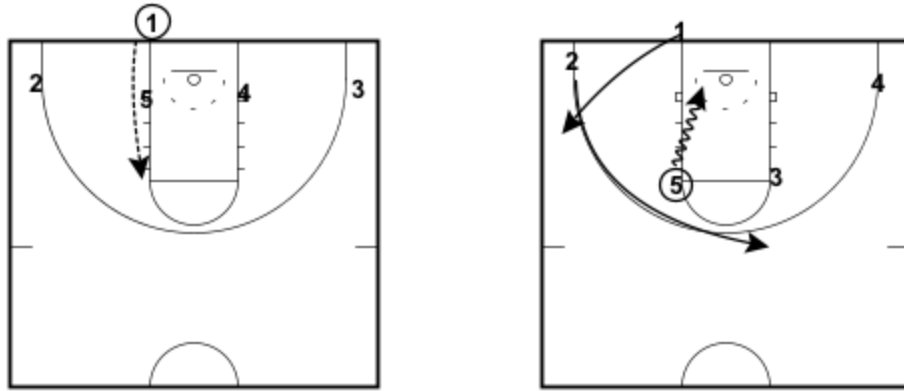
Topics: Using concepts you already use to fit needs in your playbook

- Use your favorite actions for BLOB's and SLOB's
- Use different alignments for the same set play
- Transition sets can be hard to guard, turn your favorite play into something you can flow into in transition
- Scouting: Install your toughest opponents favorite set. It will save time in the scout and take away something your opponent loves to run.

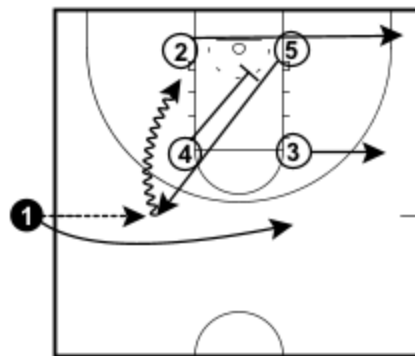
KEY TEACHING POINT: By using similar concepts into your entire offensive package, the carry over and ease of teaching is increased.

Favorite action: Fake handoff: Install into BLOB/SLOB package

EPISODE 20: 60 Seconds with KG! Expanding your playbook.



SLOB Fake handoff action.

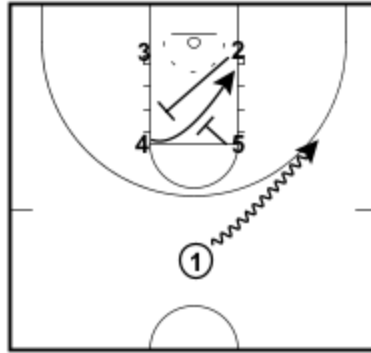


Alignment:

Take your favorite box set and turn it into a 1-4 low, 1-4 high, 1-2-2, 2-3 high set..



EPISODE 20: 60 Seconds with KG! Expanding your playbook.

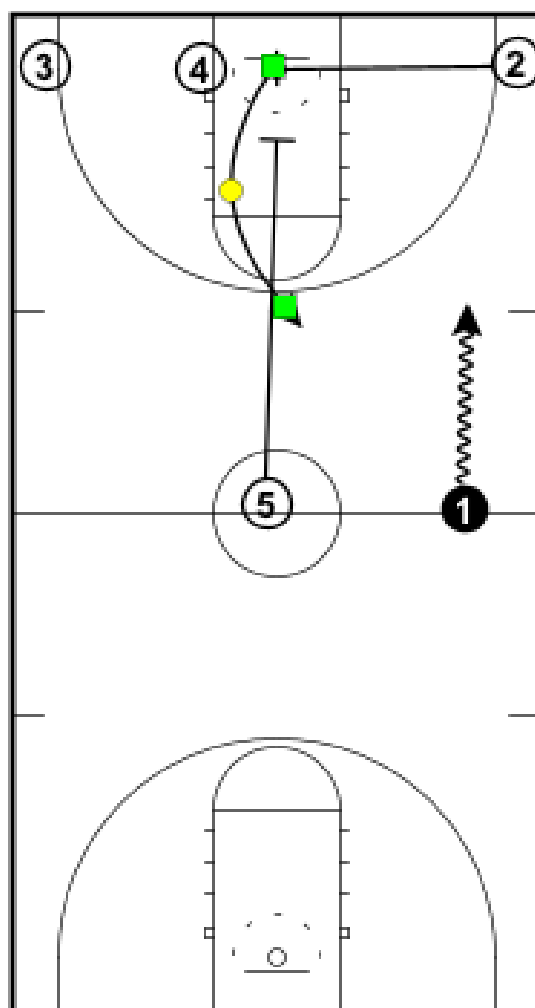


Transition Sets: Screen the screener in transition

Scouting:

- Install your toughest opponents favorite set, BLOB, SLOB, whatever you think you benefit your team the most.
- Saves scout time
- Takes away something from the team you need to beat to win a League, City, or maybe even State Title.
- Good luck Coaches!

EPISODE 21: 60 Seconds with KG! Drills for trapping in the full and half court.



EPISODE 21: 60 Seconds with KG! Drills for trapping in the full and half court.



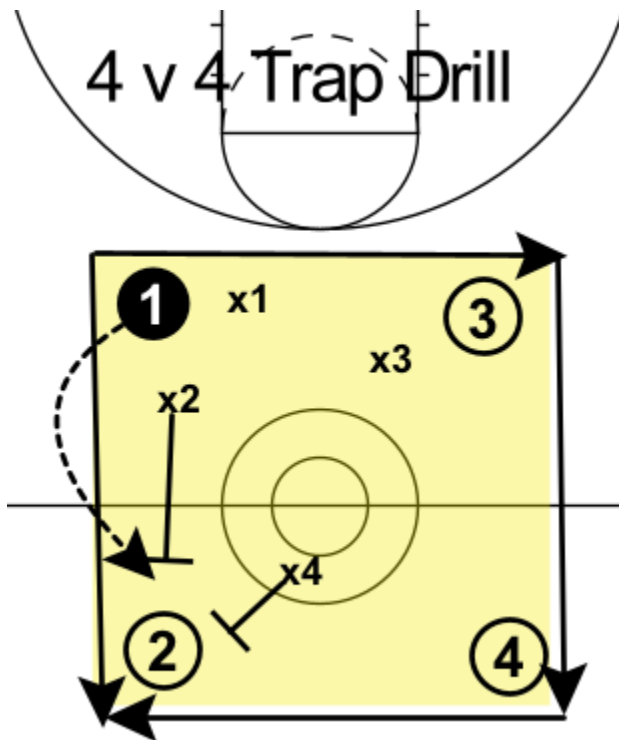
Topic: Drill to improve trapping in the full and half court

- Corner trap drill
- Circle trap drill
- 3 v 4 Full to Half: Disadvantage for the offense. Encourages defense to exert max pressure and gamble.

KEY TEACHING POINTS: Teach your rotations first, then get the players to live as soon as possible. In order to be great in the press, maximum effort is needed.

EPISODE 21: 60 Seconds with KG! Drills for trapping in the full and half court.

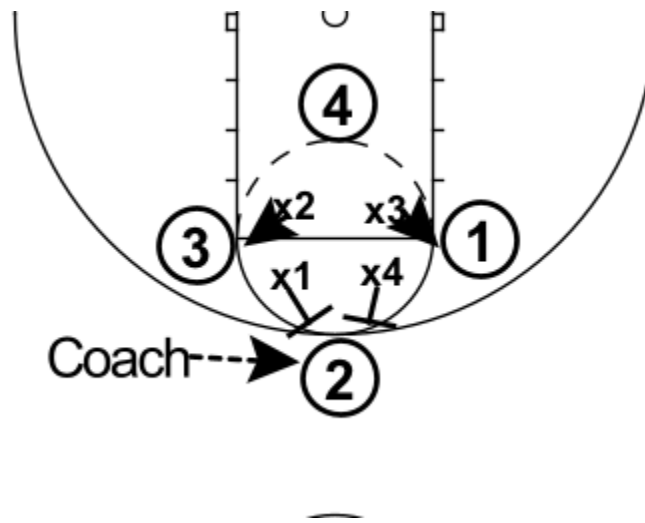
3 v 4 Trap Drill



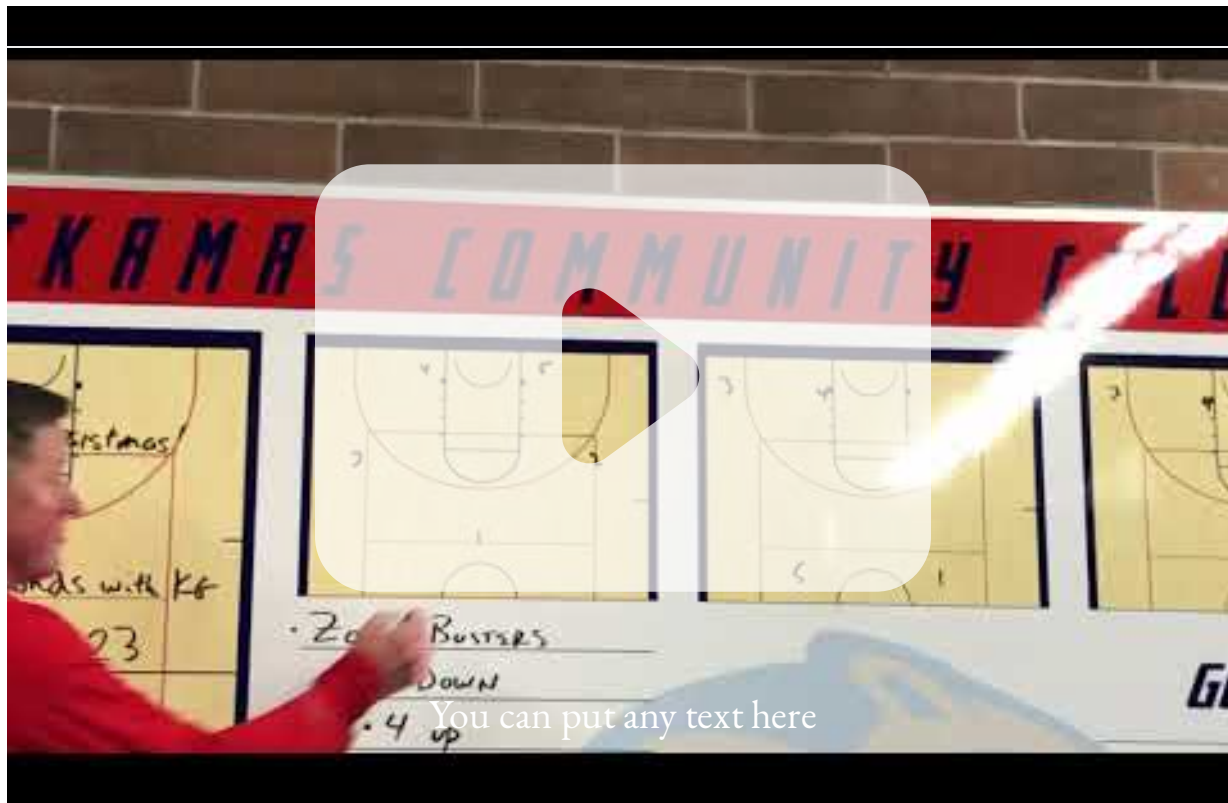
Corner Trap (volleyball lines)



Circle Trap



EPISODE 22: 60 Seconds with KGI Zone Busters



Topic: Set Plays to score against a 2-3 zone

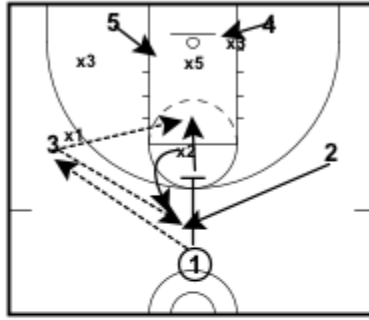
- Screen and slip action
- Ballscreen overload
- 4 flat middle screen

KEY TEACHING POINTS: On any set play action, teach your players to be deceptive, give the impression some other action is happening, especially on slip plays and on sets that require a gap to attack.

Screen and slip action:

Ball screen overload

EPISODE 22: 60 Seconds with KGI Zone Busters



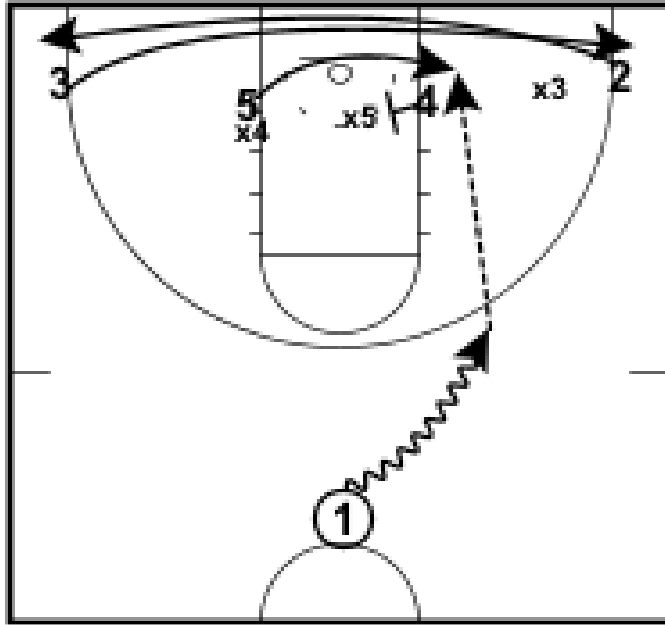
1 hits either wing then screens top guard for shooter O2. If x2 gets over then slip and play. If screen works shooter O2 gets a 3.



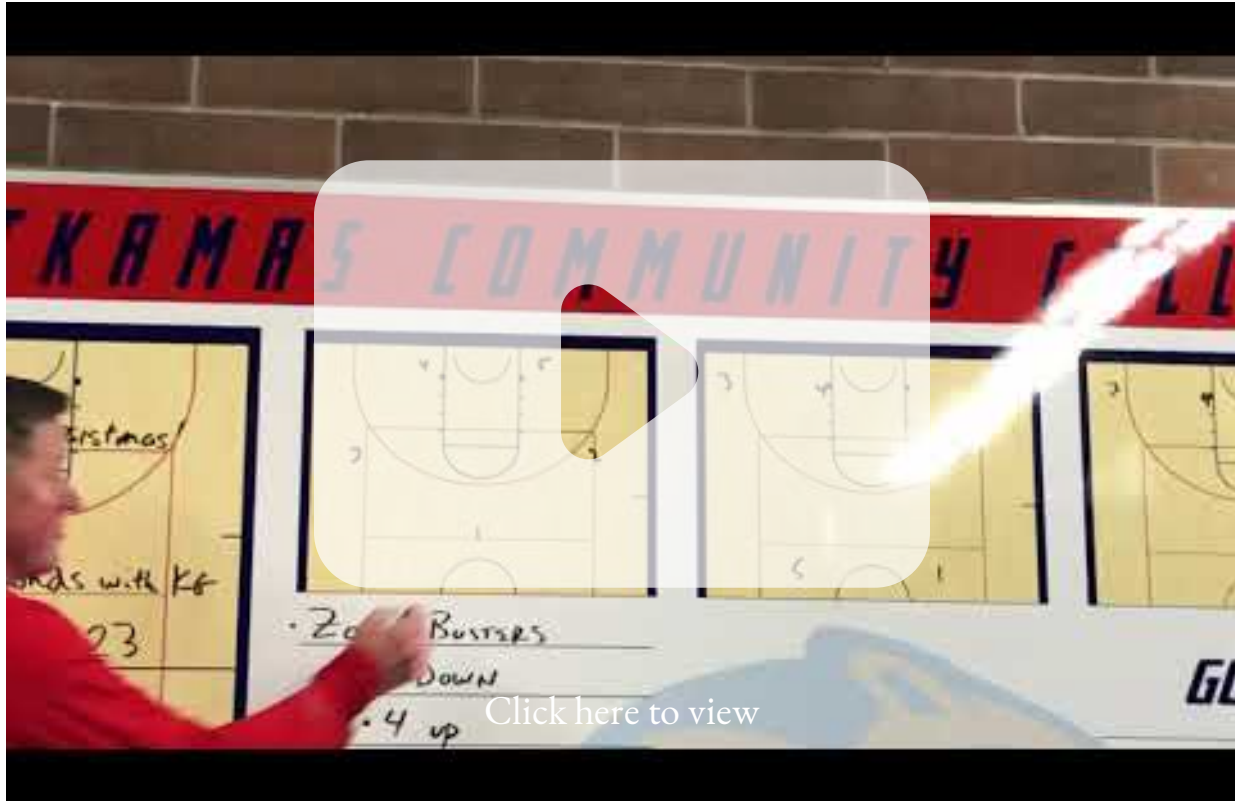
1 hits 2 to spread the bottom of the zone. Snap pass back to 1 who gets a ballscreen from 4. 1 attacks to create 2 on 1 vs x4.

EPISODE 23: 60 Seconds with KGI! Backdoor sets!

4 flat vs 2-3 zone



EPISODE 23: 60 Seconds with KGI! Backdoor sets!

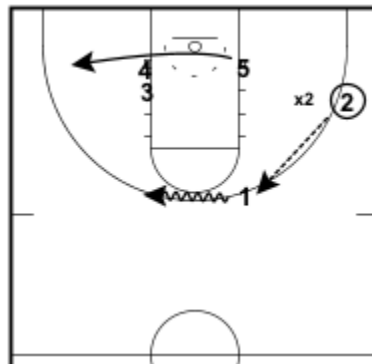
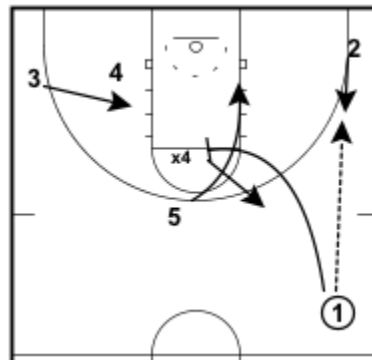
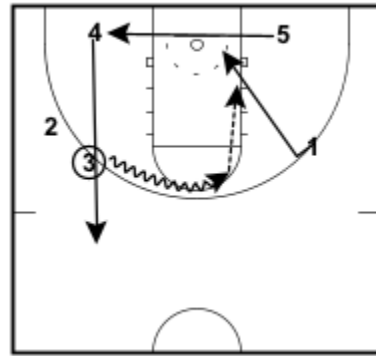


Topic: Backdoor sets ATO, in transition, vs pressure.

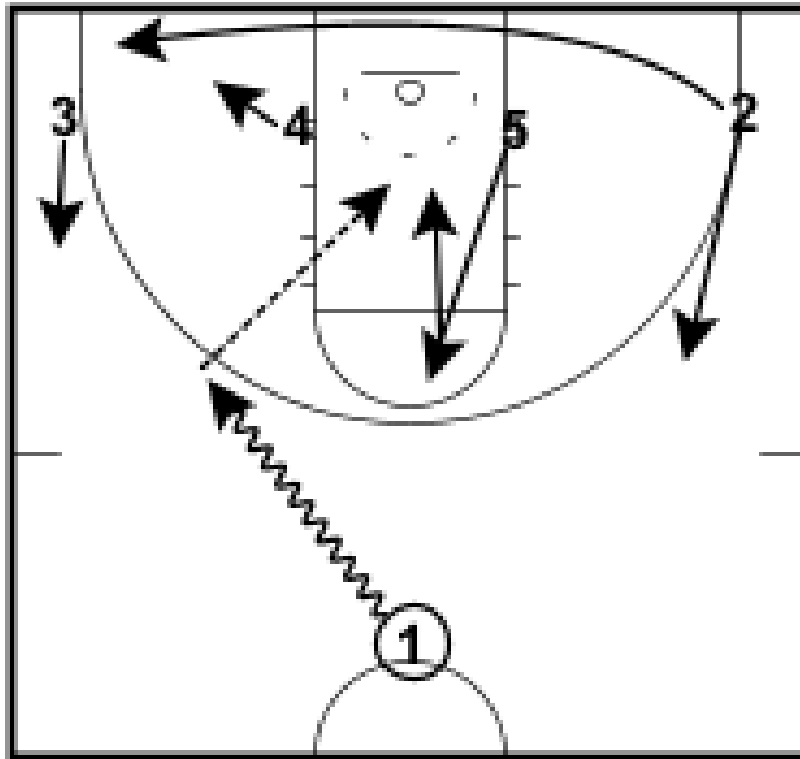
- False motion dribble weave to backdoor
- Transition set into backdoor
- 4 flat pump fake go

KEY TEACHING POINT: Backdoors sets require some deception. We teach our players to make eye contact before the backdoor cut occurs. This prevents a player from going to early. Better to be late than early on any action.

EPISODE 23: 60 Seconds with KGI! Backdoor sets!



EPISODE 24: 60 Seconds with KG! Adjustments in league, RED ZONE offense, and 3 quick hitters to score.



EPISODE 24: 60 Seconds with KG! Adjustments in league, RED ZONE offense, and 3 quick hitters to score.



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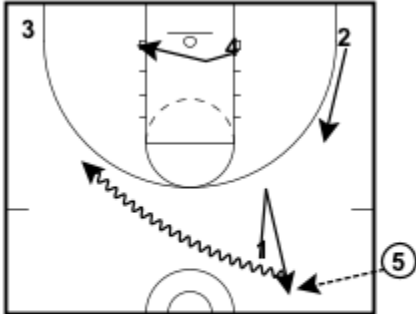
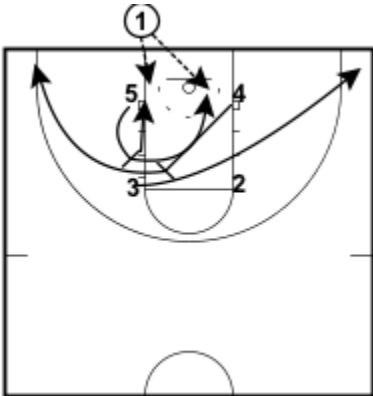
Topics: Adjustments heading into league PLUS a BLOB vs 2-3 zone, a sideline stagger for 3, and a 5 out flare for a late clock 3.

- As you head into league coming out of December, are there adjustments, refinements, tweaks you can make going into the part of the season where you need to be your best. Was your zone effective ATO? Did your full court pressure turn people over? Or was it better as tempo control.
 - Analyze your preseason and put your best foot forward. Adjust to give your best player another look or tweak an existing set to create another option.
 - RED ZONE is the term we use for set we use for the last four minutes to win a game.
-

EPISODE 25: 60 Seconds with KG! Press break entries, late game gets.

KEY TEACHING POINT: Adjustments should be made on an analysis of your preseason. Don't just change for the sake of change.

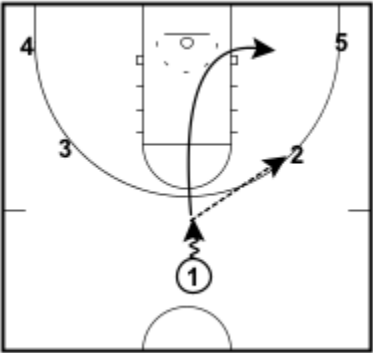
+ 3 Quick Hitters to score UNDER, SIDE, an LATE CLOCK.



Inbound to 1. 1 can play backdoor game with 3 vs overplay.



Stagger for 3 man off ball reversal.



EPISODE 25: 60 Seconds with KG! Press break entries, late game gets.



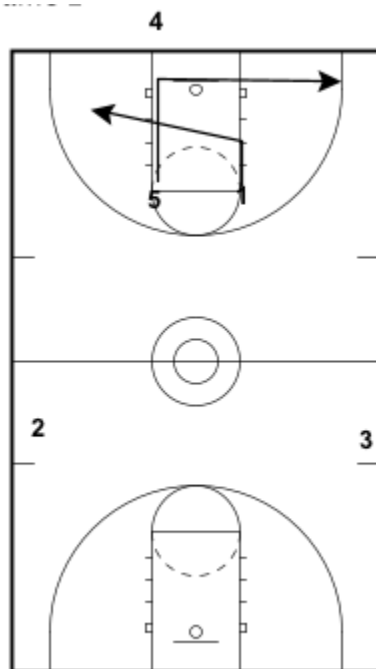
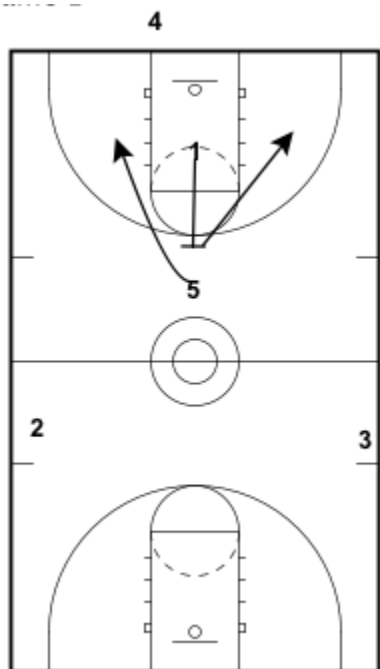
Topics: 4 actions to get the ball in vs. full court pressure. We all need "get" the ball in plays late, these press breaks can help.

- An I-formation set to create space to get the ball inbounds.
- A two up two back set to create space for an athletic guard to get the ball inbounds.
- Inside-outside. Two 4-across sets to create homerun opportunities or "gets" to get the ball inbounds late game, vs. pressure.

KEY TEACHING POINTS: Players must play slow to fast, or fast to slow to set up certain actions. In press break, deception and hard cuts are a must when you need to inbound the ball late game.

Speed series: I-Formation and elbow sets

EPISODE 25: 60 Seconds with KG! Press break entries, late game gets.



1-4 Across Series: Outside and Inside: Homerun and gets vs pressure.

