

## Aaron Fearne – Sending 5 Players to the Offensive Glass

### Introduction

- Sick of being beaten on the offensive glass – decided to send all 5.
- Sat with assistants and came up with rules – don't want it to be reckless and random.
- Wanted his players to be matched up as their opposition secured the defensive rebound.
  - This was to control the pace of the game.
- The feedback from players is that it is the easiest thing they have done anywhere they have been.
  - Get on the front foot, contest the O-Board and Match up, then guard full court.
- In video review, emphasise whether players are on the front foot, or standing and watching (not doing anything)
- Even if we don't get the rebound, at least our player is there to immediately pick up the ball.
- Want to create extra possessions and impose physicality on the opposition
  - What Perth and NZ did for a long time to the rest of the league.
- Wants to get 4 offensive rebounds per quarter.

### Rules on Tag Up

- Cannot turn the ball over (no one to guard the opposition)
  - Very hard to execute D-Trans off a turnover.
- Must take fantastic shots (predictable shots) – No one on your team should be surprised that a shot is going up. Otherwise it delays the players reaction time by half a second and decreases their aggression on trying to tag up.
- We want all our players on the front foot on the shot.
  - Most guards either stand and watch, or move backwards.
- Must get on the 'high side' of your defender in 'scrumming' your defender into the paint.
  - All players want to try to rebound to the middle of the floor, not to the baseline side.
  - We want to drive everybody to the middle of the floor.
  - On "scrumming" – you cant push them in the back (foul), you want to get even with them and then use your hips and an arm bar in the side of them, with the other hand up.
- We must Compete!
  - If we can get 5 defenders into the paint, we are going to try and compete to get offensive rebounds.
  - We want extra possessions.
- Whoever is defending you, that is your matchup on your D-Trans.
  - If our 5 man is defending their point guard, that is our matchup right there.
  - Once we get into our half court, we then want to switch back to get into similar type match-ups.
- What happens on a 'flyby'?
  - *Flyby*: when the defender jumps to contest a 3pt shot, and then proceeds to run down the court in transition.
  - Rule: you must go with that player and defend him.

### Walk-Throughs:

- 5 v 5, roll the ball to imitate the shot as to explain to players.
- Offensive Rebounders want to position themselves to have a great opportunity to compete for an offensive rebound.
  - Step to the baseline/outside and then come over the top/middle.
  - Offense then needs to be aggressive and look to push all the defenders into the paint.
- On the rebound, we are just into our full court man principles:
  - One pass away gap/plugger
  - Two passes away split/safety
  - No pass down the line.
  - Load to the ball.
- The opposition can't just sprint in transition or leak out if they have to box us out.

### Drill 1: 2 v 2 Breakdowns:

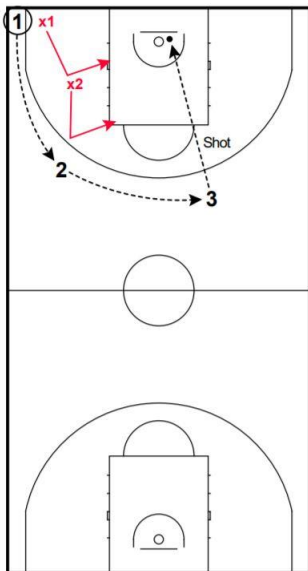
#### Drill:

- Drill Starts with offense in the corner and half way between the wing and the seam, and on the weakside seam.
- Ball Starts in the Corner.
- Defence guard the first two positions
- Ball is reversed to the seam who shoots it. The players with defence will crash the glass.

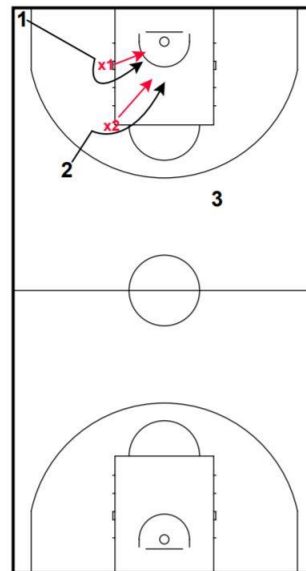
#### Teaching Points:

- Must crash high side.
- Get physical.
- Can't scrum with your hands in their back, must use hips with hands high.
- Game pace on everything.

Tagging Up - Breakdown Drills  
Practice Drills



Tagging Up - Breakdown Drills  
Practice Drills



## Drill 2: 4 v 4 Breakdowns:

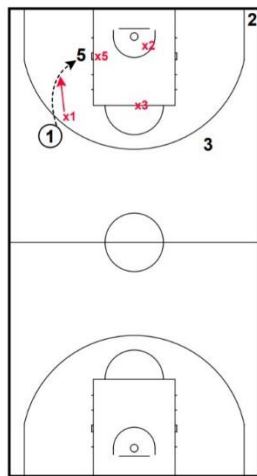
### Drill:

- Offense on wing, strong-side post, opposite seam and opposite corner.
- Wing feeds to the big, big must pass out.
- Initial receiver of the pass from the big must make the extra pass for the shot.
- Then Tag up.

### Teaching Points:

- Same as above.

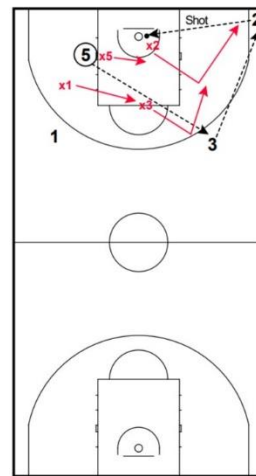
Tagging Up - Breakdown Drills  
Practice Drills



4 v 4

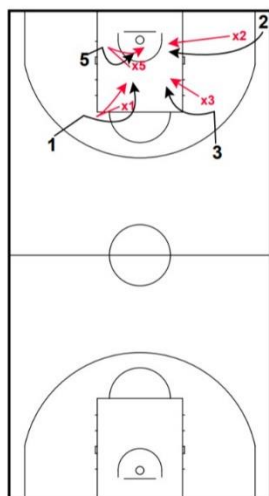
- 1 feeds the ball to the post.
- x1 must get baseline side of the ball, butt to the corner.

Tagging Up - Breakdown Drills  
Practice Drills



- 5 must pass the ball. Can pass it to anyone.
- Whoever receives the initial pass must make an extra pass for the shot.

Tagging Up - Breakdown Drills  
Practice Drills



On the shot everyone 'tags up'

### Drill 3: 5 v 5 Offense

*Drill:*

- Introduced a set he runs (can be any set)
- On the shot, tag up and play down and back.

*Teaching Points:*

- Immediate pick up.
- Emphasise the full court man principles.
- No spectators, everyone needs to do something.

### Drill 4: 5 v 5 Ring a Rosie

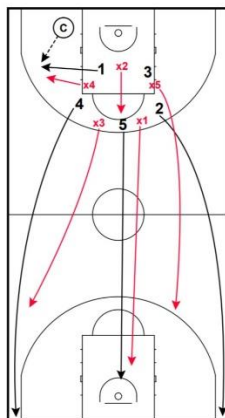
*Drill:*

- Offense and Defence running around the top of the key.
- Coach drops the ball near the baseline and just calls a colour; or calls a colour and tells them they need to take it out.
- That colour is on offense, defence must pick up the closest player and the play down and back.

*Emphasis:*

- Guard the closest player, not your player.
- Immediately get to full court man spots.

Tagging Up - Breakdown Drills  
Practice Drills



- Coach either calls out a color and drops the ball, or calls out a color and tells the team to inbound the ball.
- Closest defender then picks up the closest player and we play full court man.