Clinic Leuven: 29/5/2019
Individuele tactiek in verschillende basketbalsituaties

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1. ***Doel van clinic***

* Filosofie en visie / bruikbaarheid
* Ideeën, meedenken over basketbal.
* Efficiënter opleiden van spelers / snelle evoluties in basketbal

2. ***Probleemstelling individuele tactiek***

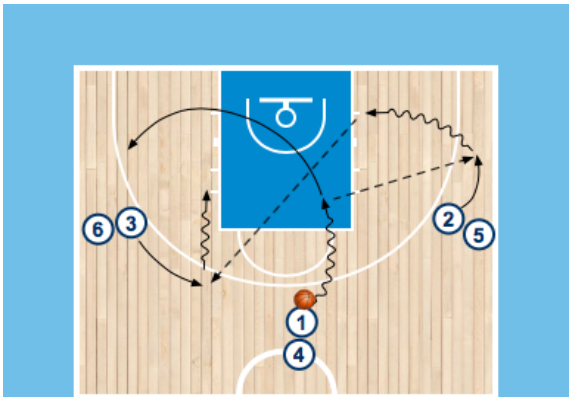
* Basketbal is teamsport gebaseerd op fundamentals
  technisch en tactisch
* Coach is teacher van deze fundamentals
* Logische opbouw ifv niveau.
  Spelers opleiden tot HUN maximale niveau
* Coach verbetert mistakes, leer spelers probleemoplossend trainen,
  Naarmate niveau stijgt: intensiteit & leren omgaan met mentale druk.

* Individuele techniek : HOE? Groepstactiek 2on2/5on5
  Individuele tactiek: WAAR en WANNEER?

3. ***Concept & drills: offensief***

A. Floorbalance

Drills: three lanes drill….. two lanes / one lane ….. 4 of 5
Games: paint touches / 7points drill



B.Spacing & timing

*Plaatsing ifv floorbalance. Ploegmaats moeten hun acties kunnen maken. Gebruik alle ruimte op veld en nooit 1 verdediger die 2 aanvallers kan controleren

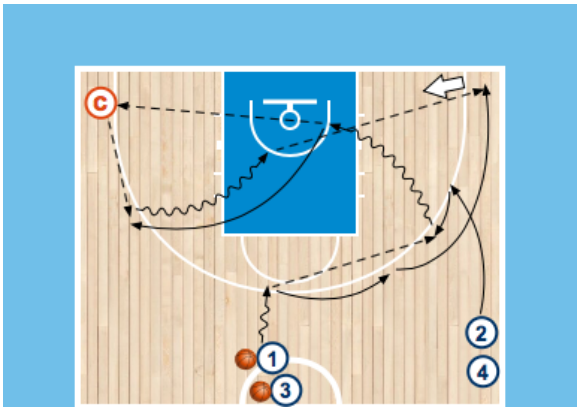
*Anticipeer / als team gelijktijdige acties
Doe iets terwijl iets anders nog aan het gebeuren is

*ritme / aanspeelbaar zijn: beweeg tijdens air time.
Bal- en spelersbeweging: cuts, second moves, actie-reactie……

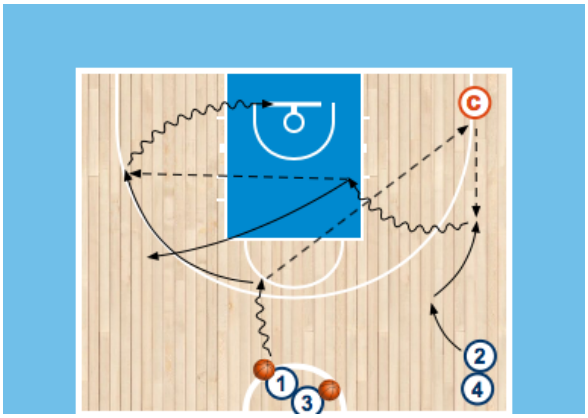
* als coach …. correcties toepassen op spacing & timing

B.1. penetratie ifv spacing: **“attack opposite”**

*Drill: two lanes + coach

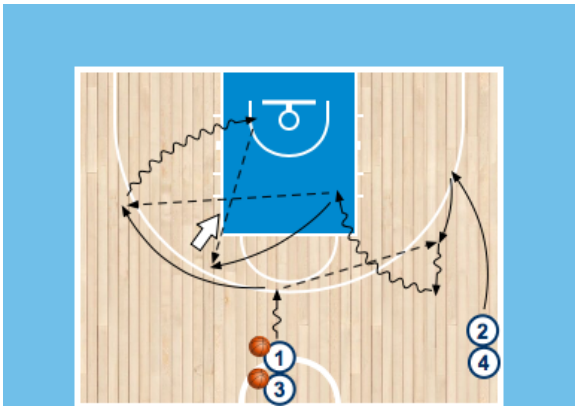


*Drill: Penetratie, creëer grootste voordeel ifv spacing

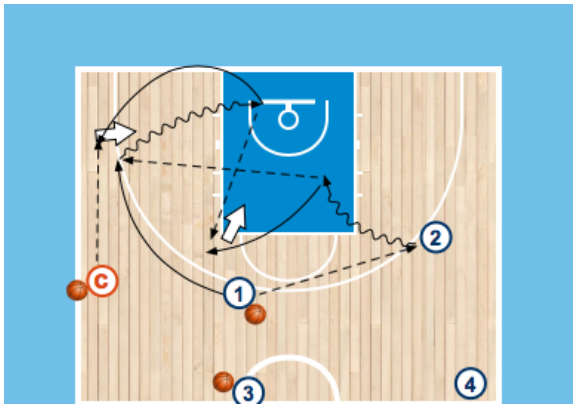


B.2. Isolation plays ifv spacing (lees defensieve situatie)

*Drill: isolation play into attack opposite

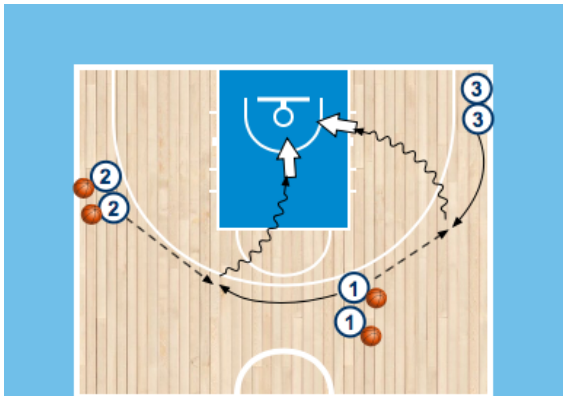


*Drill: isolation met coach als passer



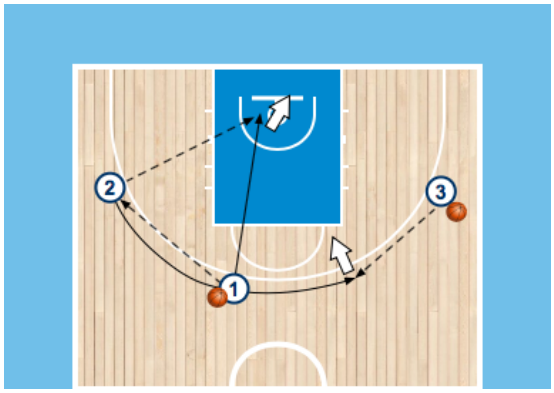
***Two ball drills**

*Drill: Two balls: attack opposite: 3 lanes



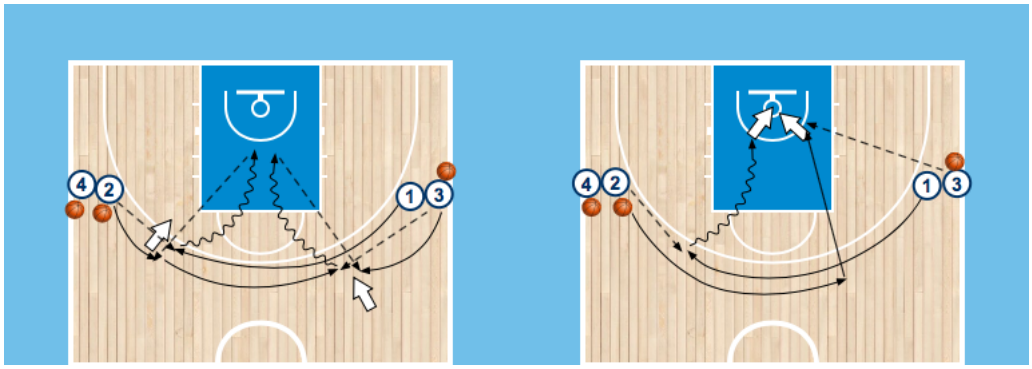
C.Timing en ritme

* Pas & Go naar Give & Go acties: read defense
: contact?
Pasgever: waar en wanneer pas?

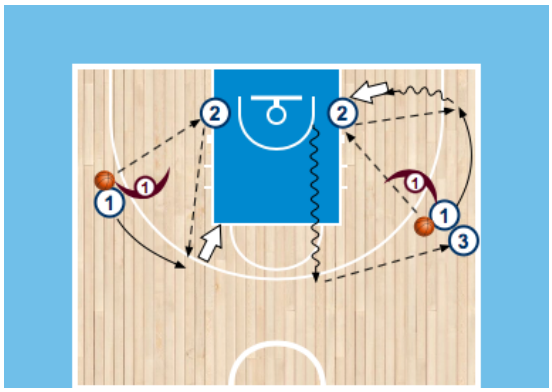


* Aanspeelbaar zijn: fill the spot / verlengde elbow line
Read the defense: circle of L cut
Gevolg: Inside foot of sikma pivot?
Attack opposite / gebruik ruimte

Drill: Two lanes / be available

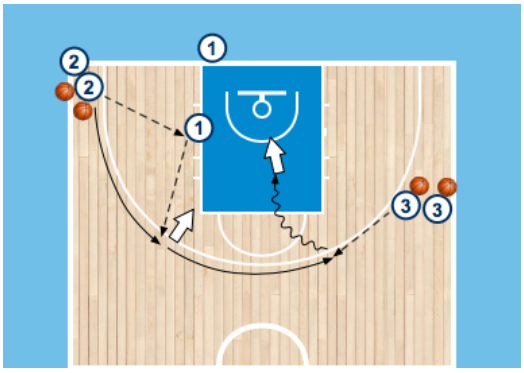


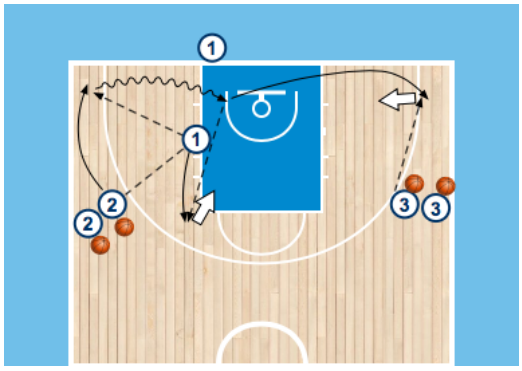
* Inside passing: reaction outside: attack back defense



Wanneer relocate? In teamoffense: weakside action?
(cfr special situations)

*** Two ball drills**





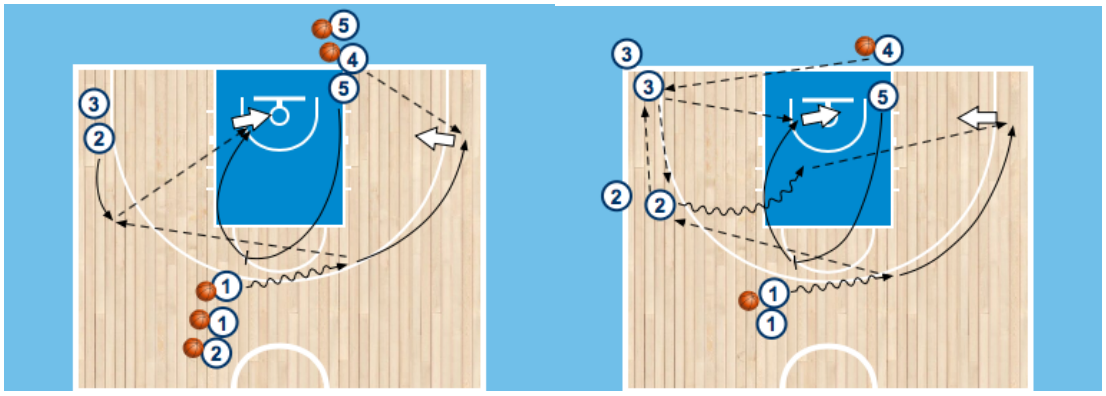
D. Screening

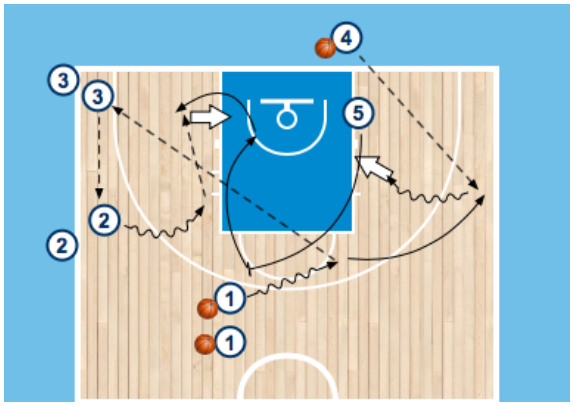
*Maak driehoeken, aanspeelbaar zijn.
*Pasgever: waar geef ik pas om grootste voordeel voor ploeg te behouden? Pas voorwaarts of opposite?

Ifv defense: bvb over the top & flat hedge
over the top & hard hedge
switching defense

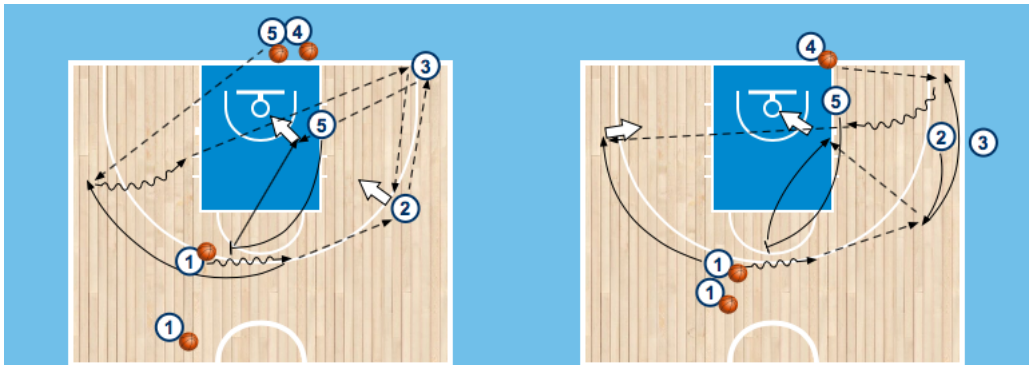
*** Two ball drills**

vs flat hedge



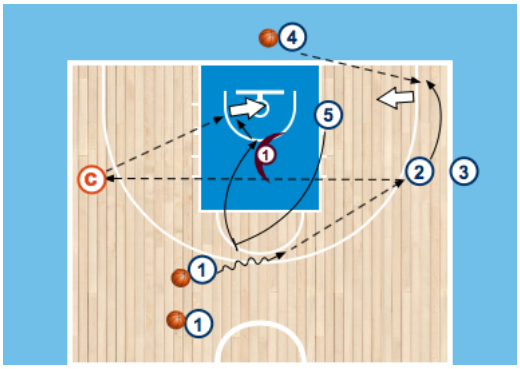


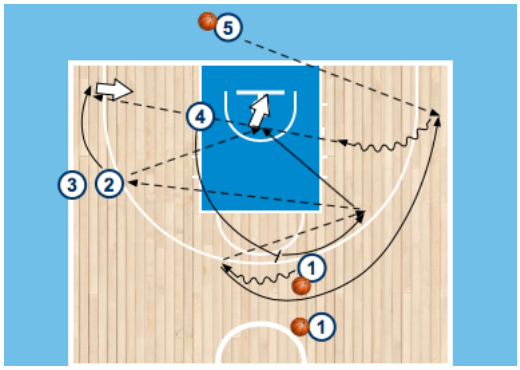
vs hard hedge

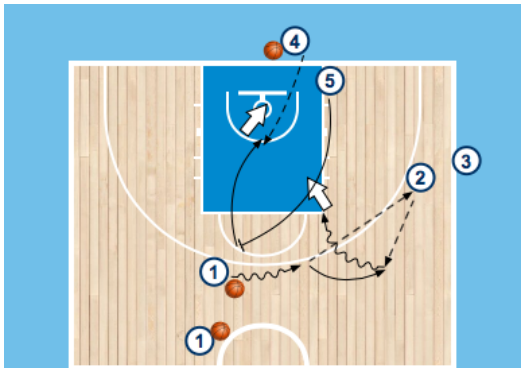


vs switching

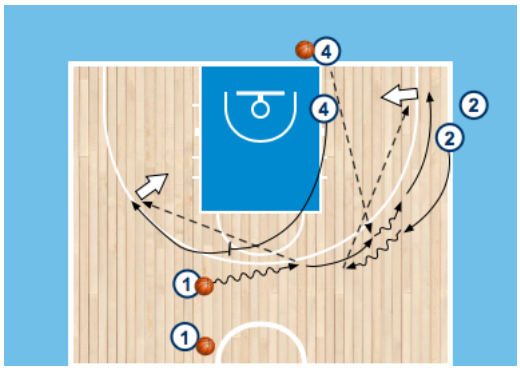
2 opties ifv shotclock: mismatch big vs small
mismatch small vs big

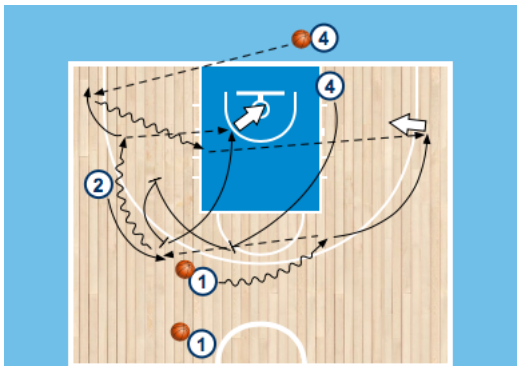




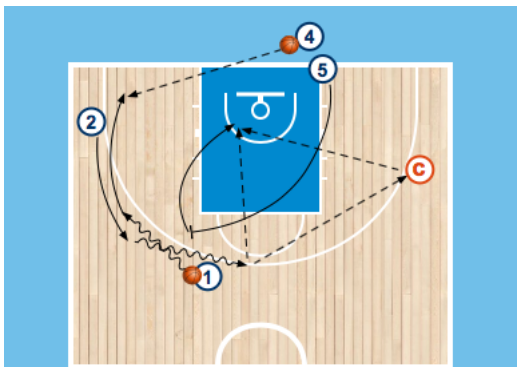


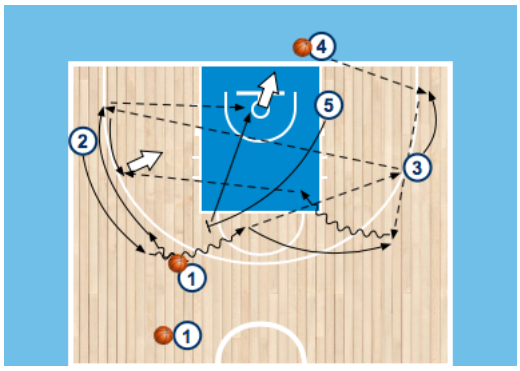
Extra voorbeelden





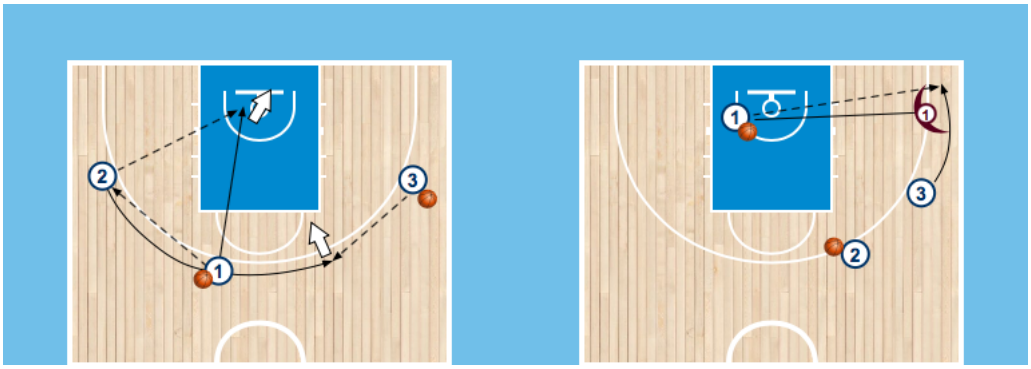
DHO into ballscreen





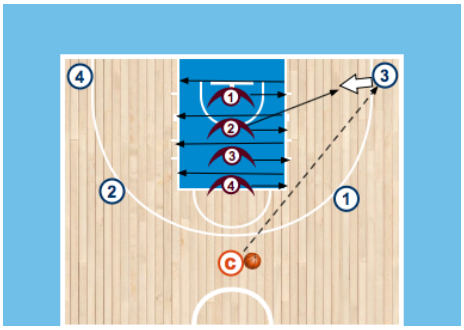
4. Concept & drills: defensief

* Individuele defense 1on1:
  open the chest / stop driving lane/ neem contact.
  Don't open the feet/hip ! Lateral explosion !
  No middle concept / Make dribble change
* Close out: technisch: Hoe?
  Individuele tactiek: close out to contest
  close out to contain/control
* Close out: in welke zone op het veld?
* Close out: shotter? driver?

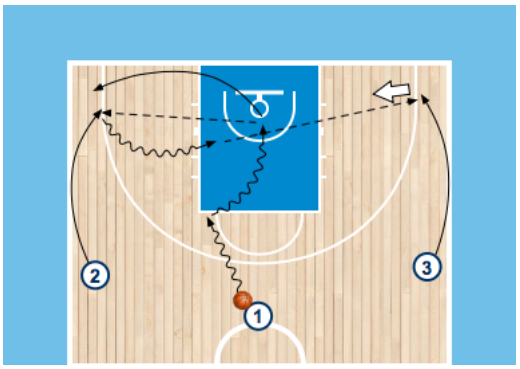


* Close out into contact / into box out ….. front
  Facing court, klaar voor offensieve transitie
  Maak contact met voorarm

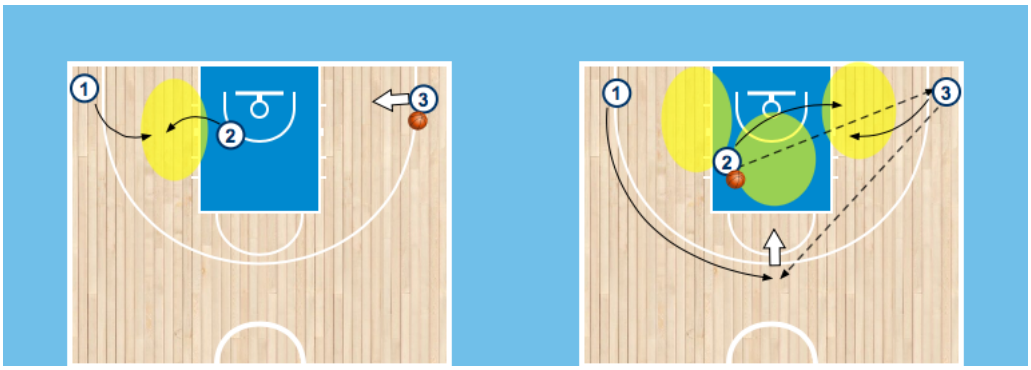
* Rebounding: weak side 80%
  : long shot ….. long rebound
  : overhead oriëntatie / timing
* classic rebound drill: rebounding / defensive slides /
  close out & communicatie



Drill: Three lanes drill. Penetration, kick out opposite

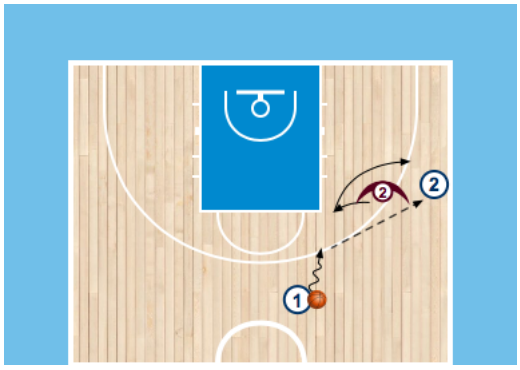


Rebounding situations



Rebound into full court transition 2on2: overhead orientation
Variaties: passing naar coach ….. hoe verder spelen??

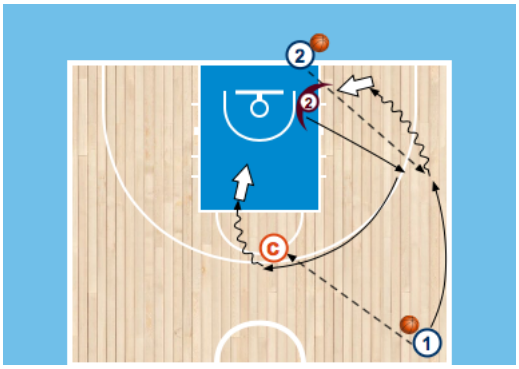
Drill: 7sec / 3sec: Verschil tussen close out to CONTAIN of close out to CONTEST. No stupid fouls / Vertical arms
Situatiedrills: Defense is out balance, op einde van shot clock
: Close out is zeer belangrijk / no middle drive !

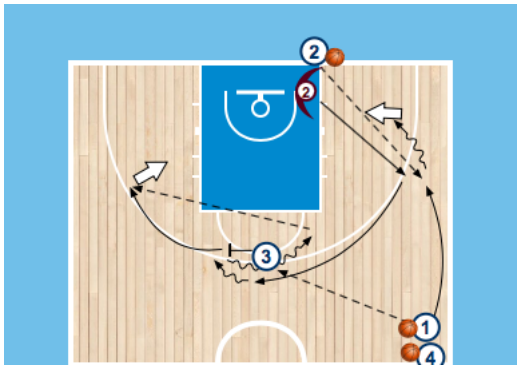


Defense light feet, armen zijn wapens: stunting into close out
Stunting: help vanaf strongside, 1-2 steps

***Two ball drills**

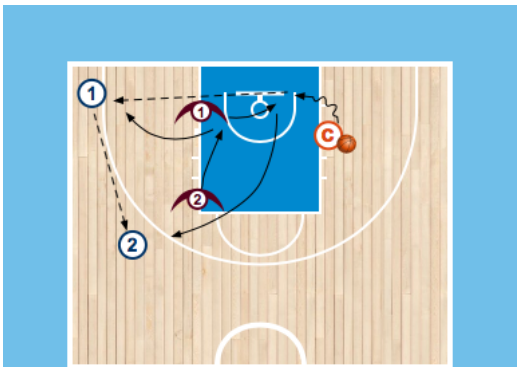
Drill: close out & shooting
close out & screening situations





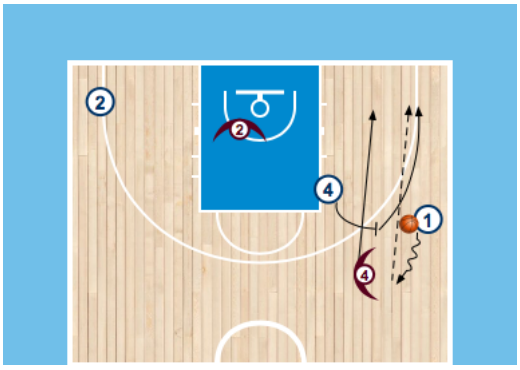
***Build up: close out situations & rebounding**

Drill: “Weak side rotation” into close out
Helpside top-speler: rotatie into overplay, tracht deflectie

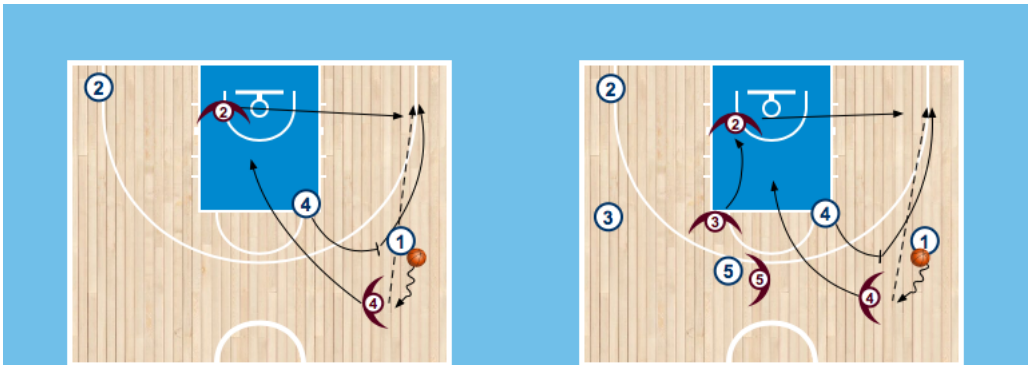


Tactische fout bij close out maken? Hoe?

Drill: Situatie 3on3: side ballscreen: big men rotatie to contain of contest

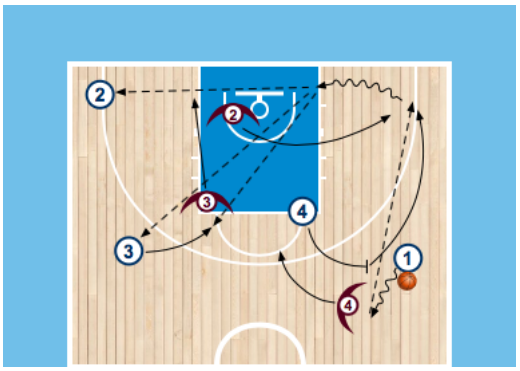


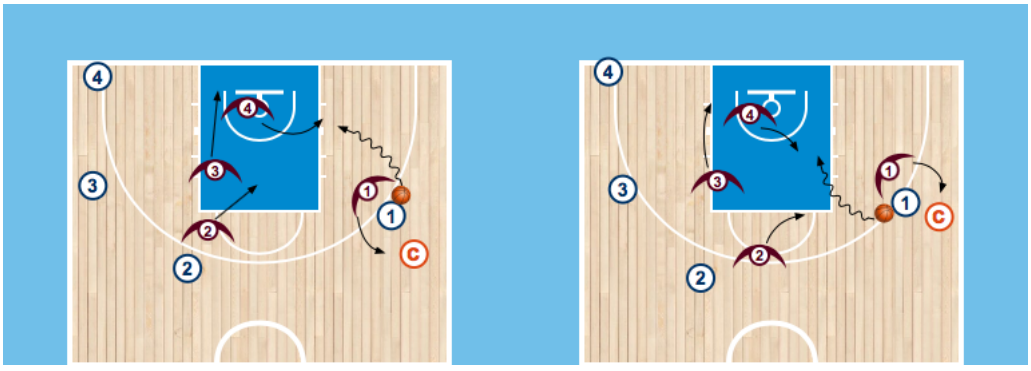
Big man te laat: weak side rotation : small vs big
HOE speelt small defense vs big man?



Offensieve reactie??

Drill: 4on4: help the helper drill
Weak side rotation ….. verder spelen.





5. Special situations

* Inside passing: weakside action wing?

* Individuele tactiek bij shooting: individuele vs team pressure
  Shooting drills: per 2 / per 3

* Passing vs zone defense

* Defensieve transitie: onsportieve fout

* Offensieve transitie: bouncing

Tenslotte gaat mijn dank uit naar vele van mijn vroegere trainers en leermeesters, alsook naar de vele collega-coaches waarmee we uren over basketbal gesproken hebben.

In het bijzonder wil ik de groep trainers uit het basketbalkamp te Leuven bedanken olv Jan Boutmans, Pol Rowe en Roger De Koster. Mario, Dirk(x2), Gerrit, Fré, Yves, Bert, Jo, Bieke, Niels, Yannick, Pieter, ...

Ook dank aan het demonstratieteam!

Nog veel basketvreugde !!

Dank voor uw aandacht en interesse !

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