

THE REVERSE PIVOT

SIX WAYS TO SCRIMMAGE

I have always wrestled with how much to let players play in practice and how much to stop and instruct. Obviously, they have to learn to play through mistakes in games. But, if we take the time to teach how to play, hopefully they won't make as many mistakes.

It is a difficult balance to strike. These six ideas can help provide some structure to your five on five segments in practice so that your players will be used to game like transition and still allow your coaches the opportunity to teach.

There are 6 ideas altogether.

OFFENSIVE EFFICIENCY— Maximize the Scrimmage Situations

1) 4 Minute Games:

Playing 4 minute mini games allows for a number of aspects of the team to improve. For college programs, the mini games simulate the game time between media time-outs allowing players to maximize their effort between time-out rest time. Also, resetting the score after each session trains players to win the current 4 minute segment they are playing which helps in focusing them on each possession.

2) Score...Stop...Score:

Calls for teams to execute scoring and defending for 3 consecutive possessions. Drill is blown dead as soon as a team doesn't complete one of the 3 possessions effectively. We score the ability to have executed all 3 phases. We have found through our own research if a team can execute more than 5 of these per game they win. If you consider than 5 or more (4-0) runs is like being up 20.

3) Stop.....Score...Stop:

Calls for teams to execute defending and scoring for 3 consecutive possessions. Drill is blown dead as soon as a team doesn't complete one of the 3 possessions effectively. We score the team's ability to have executed all 3 phases. Emphasis in the drill is turn your defense into points then create a second stop. Use this concept to start your games to set the tone of the game to be hard on your opponents.

This drill is best introduced as a 3-on-3 situation. As the sequence of a STOP-SCORESTOP is repeated and as the season progresses making it a 4-on-4 and ultimately a 5-on-5-on-5 situation will maximize the time and also create the most game like scenario possible.

With a large team you can have this going on both ends with winning teams advancing to play each other as needed. Divide into two 3-on-3 colored teams. Blue starts on offense. White on defense.

The main idea to communicate is that each possession either finishes in a STOP or a SCORE. It is each team's goal to complete a 3 possession sequence of a STOP-SCORE-STOP. SCORE is anytime the offensive team scores a basket or draws a foul. STOP is anytime the defensive team secures a defensive rebound, forces TO, or tie-ball. When a team comes up with a STOP they then must follow that with a SCORE to keep their sequence going. If that team completes the nextpossession with a defensive STOP they EARN a point.

4) Situational Scrimmaging:

Allows for teams to practice specific time and score situations. Increases players awareness and intelligence with game situations. See what players can handle different situations.

5) From a Free Throw:

Utilize your Free Throw situation to set up your full court defenses and press offenses. Players must come to the line and convert FT's in order for team to be able to set up the full court defense or half court trap action. Offenses must respond in kind to the defensive pressure. Play 1 possession on a offensive score but allow the defense to convert their stop before blowing the drill dead. Converting to defense off a missed free throw is something that teams do not do well without practicing.

6) BLOB and SLOB Sets:

Start your scrimmages with a BLOB or SLOB set. Having teams execute a offensive set versus a live defense is great simulation to games. If the offense score blow it dead. Allow the defense to convert their stop before blowing it dead.