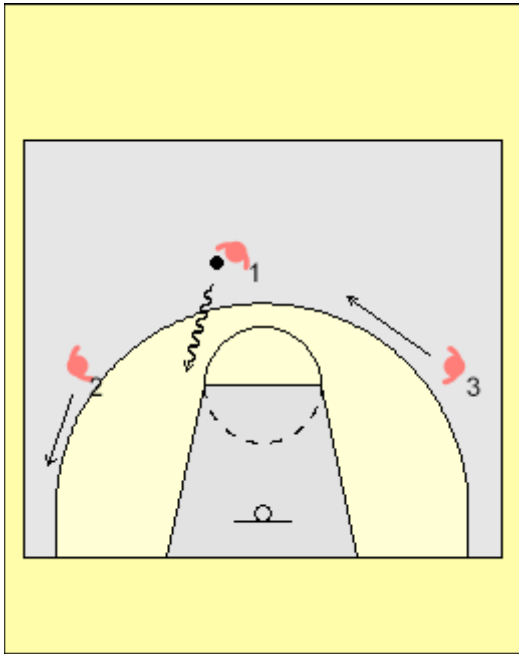


Mike MacKay - Manager of Coach Education and Development

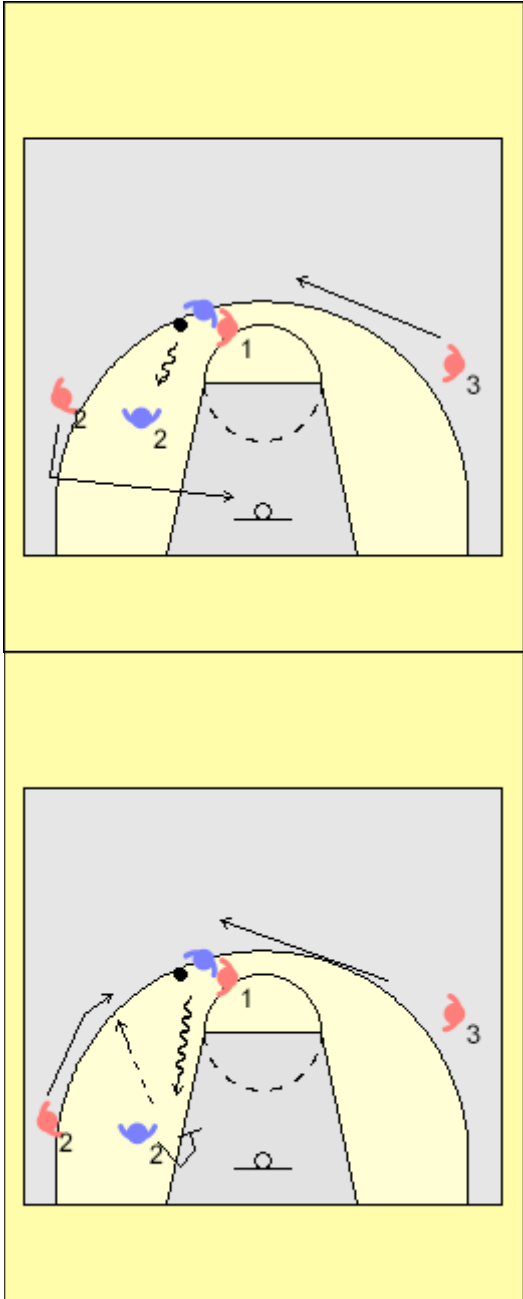


Here is another situation where pushing and pulling apply. Dribble penetration. A basic principle that all players need to learn is movement off penetration. Many coaches have different ideas on this concept and have turned it into a strategy that may only apply for a certain team. What I want to present here is a basic concept for coaches who want to help players with simple decisions that can be applied in all situations. This will only look at basic movement decisions for three perimeter players.



The basic concept is the idea of pushing and pulling. If the player dribbling the ball attacks the basket in your direction your first natural movement is to be pushed in that same direction. If the movement is away you are pulled in that same direction.

The key is to watch the action of your teammates with the ball first.



Once movement has occurred the focus shifts to the reaction of your defender to your initial movement or to the movement of your team-mate with the ball.

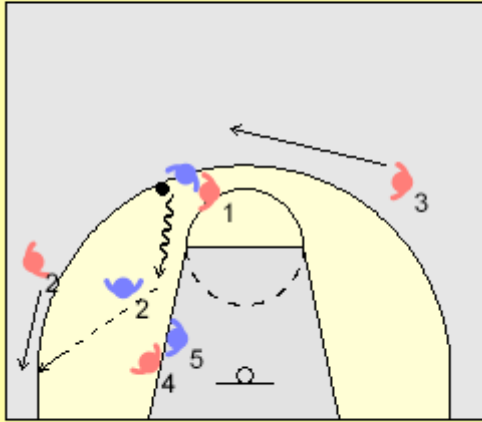
The player with out the ball must change focus:

1. Action by team-mate - dribble - is it at me or away
2. Reaction by players - pushed if at me, pulled if away
3. Action by my defender - reaction by player

If your player shows his/her back and an open basket appears cut to the rim.

If the defence helps over the player can cut to the area of greatest space (this is a term Mano Watson uses with the Point Guard Academy).

If the defence helps up the player can slide to space. No back cut is available because the rim is covered by posted players.



If your defender hugs you, stay tight, you may need to cut back behind the ball. This is especially true if the ball handler picks up the dribble.

