



Dave Odom

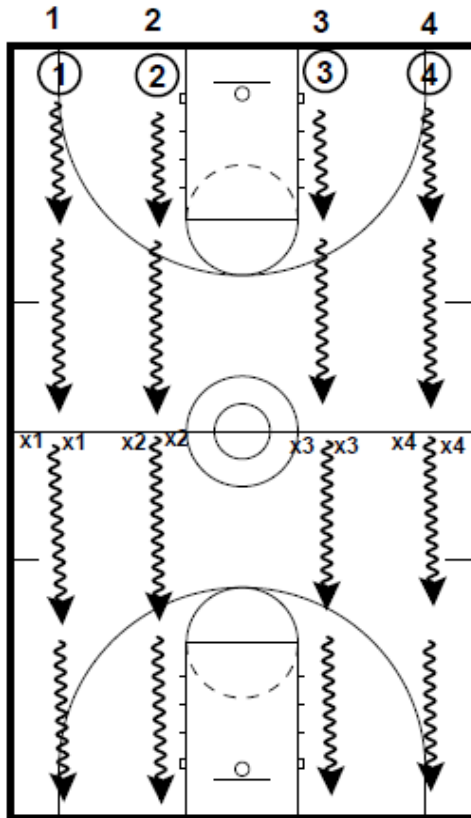
Playing Against Pressure
Clinic to End All Clinics IV

Manhattan College

4/16/11

- Philosophically you have to sell how to beat pressure to your team.
- Keys for Attacking Pressure
 1. Safely getting the ball up the floor
 2. Passing and catching
 3. Ability to play against pressure spontaneously
- He runs Power Basketball as a warmup drill to work on footwork for attacking pressure

Power Basketball	
Diagrams	Notes
The diagram shows a basketball court layout with four lanes labeled 1, 2, 3, and 4. Lane 1 is on the left, lane 2 is the second from left, lane 3 is the second from right, and lane 4 is on the right. Each lane shows a path of a zigzag line with arrows pointing down, representing a dribbling drill. At the top of each lane, there is a circle with a number (1, 2, 3, or 4) and a vertical arrow pointing down, indicating a jump stop. The court lines, including the three-point arc, key, and center circle, are also shown.	<ul style="list-style-type: none">• Dribble to the foul line and jump stop• Imagine being double teamed• Pivot with elbows out• Look through the double team, not at it• Eyes up• Face the double team, don't turn your back to it• After 3 to 5 seconds – dribble to half-court and repeat, dribble to the opposite foul line and repeat, and dribble to the opposite baseline• Go down the court with the right hand• Come back with the left hand

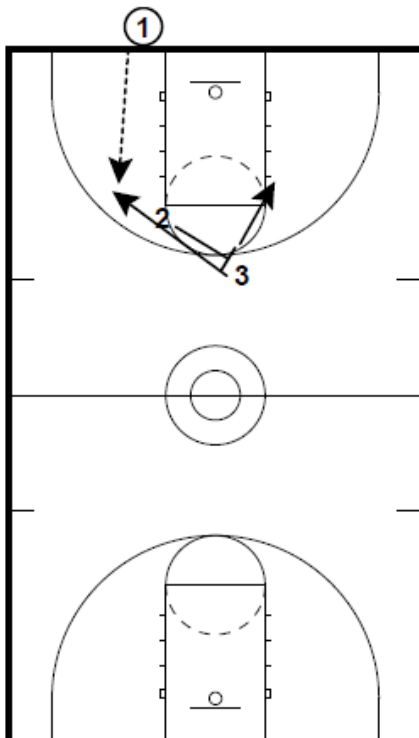


Enhancement

- Run the same drill, but add 2 defenders at half-court for each line

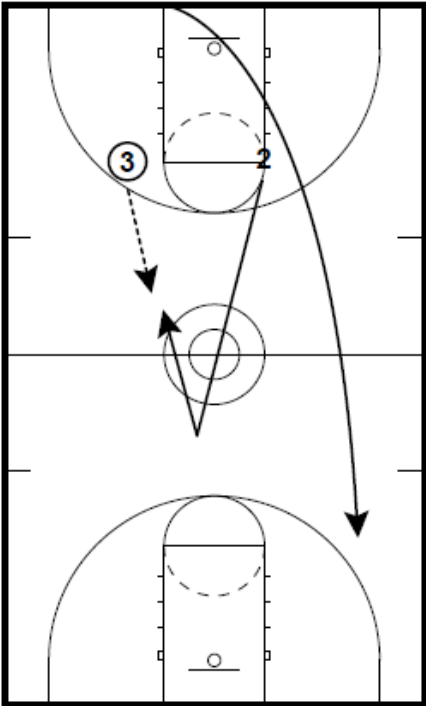
3-on-0

Diagrams



Notes

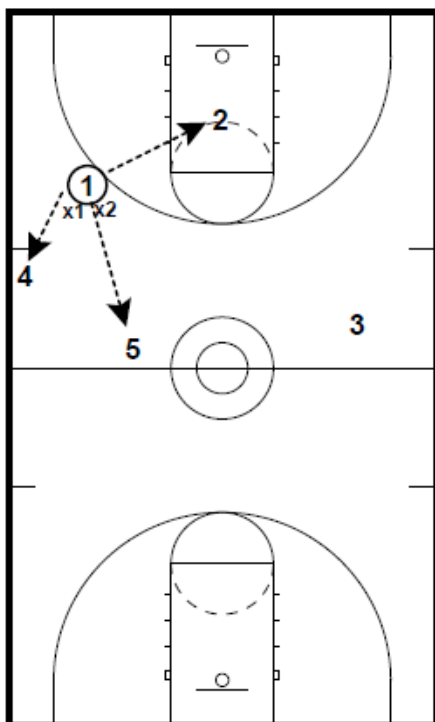
- 1 inbounds to 2
- 3 sprints to the line of the ball to the basket and comes back to the ball with a big target
- 1 comes in opposite the ball and sprints up the floor

	<ul style="list-style-type: none">• 3 passes the ball to 2• 1 sprints to the line of the ball to the basket and comes back to the ball with a big target• 3 sprints up the opposite side of the floor <p>* Repeat this pattern until a catch is made at the rim and the receiver finishes the drill with a layup.</p> <p>Enhancement Add defense to make the offense work harder on their cuts to get open.</p>
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- Doesn't like it when players throw bounce passes in the back court because they are slower and easier to deflect or steal
- Feels that all 5 guys need to know what everyone is supposed to do
- Whether the trap is expected or not, we need 3 players one pass away and an attacker
 - 1 player should be on the line of the ball to the basket
 - 1 player should be behind the trap
 - 1 player should be outside the trap
 - The attacker should be on the backside
- He drills this into his players by having them run a classic 5-on-0 fast break or their press breaker.
 - While they are running the drill, he will randomly call out trap.
 - On the trap call, the other players must get into position for 3 passes at once.
 - This gets players used to being trapped and responding to it with a plan of attack.

3 Passes at Once

Diagrams



Notes

- 1 is trapped
- 5 is on the line of the ball to the basket
- 2 is behind the trap
- 4 is outside of the trap
- 3 is the attacker on the backside