

Shot Clock Phases Defining the Action

Phase One – 6 seconds

- Look to create an "early"
- Emphasis on sprinting the lanes hard & wide
- Guards should be encouraged to enter the ball into the front court via the pass – the ball should cross the time-line "in the air"
- 1st "big" down the floor hard to the front of the rim in transition – "deep catch"
- Perimeter players can shoot the open shot, but we MUST have rebounding coverage on the "long side" of the basket
- Reward the hard running "big" – attack the basket on post/lane catches in this phase
- Any time we can get 2 feet in the paint on penetration, take it

Phase Two – 10 Seconds

- Very hard to get good action in this phase on the "1st side"
- Need to establish rhythm in this phase after the "hectic" pace of the first phase
- Re-establish spacing quickly – spacing may be poor after the 1st phase
- Unless we have opportunity for a lane catch, get it swung
- Ball-side guard catch and swing – key to ball reversal in this phase
- As the ball leaves the "1st side", key screening action immediately
- Emphasis on penetration at the end of the reversal – dribble, pass or post entry

Phase Three – 8 Seconds

- Where possible, Phase 3 should not be too removed from Phase 2 (time can be lost if it is vastly different in style & takes a long time to "set up" action)
- Important not to "bail out" on Phase Two too early (the 24 second clock is a lot different to the 30 second clock)
- Emphasis on getting something going at the basket and creating opportunities for shooters
- Post feed through – 1. Direct feed 2. High post pressure release (elbow) 3. Low post pressure release (short corner)
- Drive and kick game
- Use on on-ball screens
- Offensive rebounding vital in this phase – get us a 2nd shot
- Defensive balance – who's back?

Phase one –

DO

- ✓ Sprint the lanes
- ✓ Advance the ball by the pass
- ✓ Have an "attack" mentality
- ✓ Think "open shot", not necessarily "lay-up"
- ✓ Execute principles of fast break

DONT

- Take forced shots
- Take shots with no "long side" rebounding coverage
- Force the issue on the "1st side"

Phase Two –

DO

- ✓ Establish high and wide spacing
- ✓ Get the ball swung early
- ✓ Create screening action immediately as the ball leaves the "1st side"
- ✓ Continue to explore a lane/post catch
- ✓ Take the ball to the action

DON'T

- Continue to explore the "1st side" unless deep lane/post catch available
- Send the ball to the corner (unless part of the offence)
- Over use the dribble
- Take jump shots too early in the phase

Phase Three –

DO

- ✓ Create penetration
- ✓ Move shooters into open areas opposite the ball
- ✓ Know who the "go to" players are in this situation
- ✓ Get to the offensive boards
- ✓ Establish defensive balance/safety

DON'T

- Take a long time to establish the action
- Have people standing around
- Fail to get to the glass and then convert