

Chapter 1 : Motion Offense - Reverse Action

Pete Newell is widely considered and respected as one of the greatest coaches in the history of the game. His contributions to basketball span almost six decades.

The moves are either on the catch or created through solid footwork. **Baseline Power Move 1** When looking over the inside shoulder, the post player sees that the defender is playing close and on the high side. The post player reads that the baseline is open. With the back vertical and a low center of gravity, the player makes the pivot and takes a long step directly toward the area immediately beside the rim but not under the backboard ; the lead foot is point to the hoop. The first step the drop step toward the rim is accompanied by a simultaneous two-handed dribble. This dribble is performed close to the floor so that it almost appears as if the player has simply touched the floor with the ball without releasing it. After the dribble, the player springs off the lead foot and comes to a jump stop in the spot just beside the rim. As a general rule, contact works in favor of the offensive player; it seals the defense and disallows defensive reaction and countermovement. When a player is making the baseline power move, contact is even more important because it ensures that the offensive player maintains inside position. And when executing the following hop and jump stop, the player moves into the defender to maintain that contact. **Baseline Power Move 2 Pump Fake** When a player is making a power move to the baseline, the defender may sometimes recover enough to be able to put pressure on the direct layup. If so, a pump fake is needed to either freeze the defender or cause that defender to leave the feet. The idea of a fake implies that the offensive player is deceiving the defender into thinking the shot will be taken. That means the fake must be convincing. Any action other than what is involved in the actual shot will hinder that deception. Therefore, when faking the layup, the player flexes the knees, moves the upper body slightly upward, and moves the ball up to, but no higher than, the eyebrows. After a fake of any kind " in any situation and from any area of the floor " immediate counteraction is necessary. For that reason, especially when under the basket with the ball, the pump fake should be executed with no change in the center of gravity; the legs remain bent so that the shot can immediately follow the fake. In other words, for the actual shot, there is no need to lower the center of gravity again to coil the knees. After the fake of a direct layup, the appropriate counteraction is the reverse layup. To avoid the traveling call, the player must jump off both feet without moving either one to reverse the ball. However, the defender slides back and over to cut off the path. The offensive player counters with a step back, creating space for the jump shot. **Middle Sweep and Drive** After faking the drop step and squaring up, the offensive player reads that the defender is reacting quickly and is coming out to put pressure on the jump shot. The player fakes the jump shot, sweeps the ball from right to left " with the ball very close to the floor " and drives to the middle for the layup. **Middle Kiki 1** As the offensive player drives toward the middle, the defender retreats to cut off the driving lane. The player reacts by planting the right foot and springing back to create space for the jump shot. When springing back, the player must turn to square up to the basket when landing. This will help ensure high-percentage shooting. **Middle Kiki 2** If the defender reacts well when the offensive player springs back for the Kiki 1 move, this triggers the countermove, the Kiki 2. The offensive post player reads that the defender is reacting and closing the gap created by the Kiki 1 move. To counter, the offensive player raises up the head as if beginning the jump shot and then dives low toward the basket for the layup. The entire move requires two dribbles: The first dribble takes the player back away from the defender, and the second dribble should be past the defender and toward the basket. **Baseline Step Hook Shot** If the defense is giving the baseline but is not playing tight, the baseline step hook is available. The step directly toward the baseline creates the space necessary to get this shot off. The accuracy of this shot is dependent on some very important details. Turning the stepping foot in the intended direction in order to release the hips is of great importance. This allows the hips to rotate, freeing the upper body to rotate as well. The upper rotation permits the head to turn and look at the target. It also frees the shooting arm to follow through in the direction of the basket. In other words, a chain reaction is initiated with proper footwork " the rotation of the stepping foot. At the completion of the shot, if all is done right, the shooter will be facing the target, ready to move to the offensive rebound. **Baseline Jump Hook** Some

players seem to be very effective with the jump hook, which is executed off two feet rather than one foot as required for the hook shot used in the previous move. The player begins in the crouched position, looking across the key toward the play. After reading that the baseline is open, the player steps toward the baseline, again releasing the hip to rotate, hops off that foot into a two-footed jump stop, and releases the jump hook. The ending position is identical to that of the hook shot in the previous move; the player is facing the basket and should move toward the possible rebound. Baseline Spin Move As mentioned, the post player should look at the play when receiving the basketball; however, there is one exception – when the defender is playing very aggressively, physically pushing the back of the offensive player on the high side. In this situation, the offensive player must keep the back vertical and the center of gravity low. The idea is to make the defensive pressure work against the defender by releasing it. The offensive player spins the body degrees and literally falls toward the basket with the upper body, while dribbling the ball with the hand away from the defender. The baseline foot is used as the pivot foot, and the outside foot comes completely around to step toward the hoop. The dribble is made with the outside hand away from the defender in order to protect the ball and is immediately picked up with both hands. This action is followed by a hop off the lead foot and a jump stop beside the basket.

Chapter 2 : Pete Newell's 9 Baseline Post Moves against Tight Defense | Hoops U. Basketball

Comprehensive basketball insight from one of the all-time best! Pete Newell's Defensive Basketball: Winning Techniques and Strategies covers history, assigned individual defense, situational defense, zone defenses, rebounding, offense completing defense, transitional defense, press defense, and other defensive topics.

Six perimeter moves for reading the defense By Pete Newell and Swen Nater Reading the Defense for Perimeter Moves Beginning at the low-post block on the right side of the floor, the player steps in front of the defender with the right foot, pushes off with that foot, and accelerates toward the intersection of the free throw line extended and the three-point circle, creating space. The player receives the basketball from the point. Because the defender has left space, the player uses a front pivot and faces the defender. Basketball is a game of counters. If a team offense is not designed to use counterstrategy against defensive tactics, that offense will be stopped. On the contrary, the team that is trained to read and react quickly will be unstoppable. Reading and reacting in the one-on-one situation is no different. Players must learn to recognize what the defense is taking away-and thereby read what the defense is giving away so that the offensive player can take quick advantage. The following moves are all based on read-and-react strategy. Move 1-Front Pivot and Drive Baseline With the offensive player facing the basket, the defender moves in and leaves room on the baseline side for the drive. The player crosses over with the left foot, swings the basketball to the right hip for protection, and takes a long step past the defender and toward the basket see figure 7. In most cases, in order to take the straight path to the basket, slight contact between the players occurs. The offensive player should brush the opponent, though not too much. The offensive driver must be aggressive. Contact favors the offense. Move 2-Front Pivot and Drive Over the Top This move is made in the same situation as the previous one, but the defender is shading toward the baseline side, leaving just enough room for the offensive player to drive toward the middle see figure 7. Footwork is a little tricky here because when initiating the drive, some players are tempted to pick up the right foot, or pivot foot, and cross over with it, using it for the first step of the drive. This should be avoided because it welcomes a traveling violation. The first step of the drive should be made with the nonpivot foot-the left foot in this case-and the dribble should occur just before the right foot hits the floor. The move should end with a layup on the opposite side of the basket a left-handed layup, jumping with the right foot. In games, a player may seldom be able to drive that far without encountering defenders along the way, but for training, ending with a layup is good footwork practice.

Chapter 3 : Bill McClintock's Frontline Basketball Camp

A coaching legend himself, Bobby Knight has often been quoted as describing Pete Newell as one of the best basketball minds there ever was. Newell certainly lives up to that standard in this book. It is an excellent summary of the defensive side of the game of basketball.

Tall for his age, Johnson played on the B-team in the 7th and 8th grade. He finished his senior year averaging 27.1 points, 10 rebounds, and 1.4 blocks. Considered a four-star recruit by Rivals. He helped the Boilermakers to a second straight NCAA Tournament appearance, including a game against Baylor in the first round, where he scored 10 points, grabbed 8 rebounds and blocked 2 shots in 20 minutes. He also led the conference shooting 54 percent from the field. Johnson opened conference play with a 15 rebound effort against Illinois on December 30, 1990. On February 3, 1991, he recorded a career high 30 points at Ohio State and had his career 7 blocks in a game at Northwestern on January 15, 1991. He recorded five double-doubles on the season, all coming in conference play. In the second-round game in the NCAA Tournament against Washington in the last seconds, he blocked back-to-back shots to seal the win while adding 22 points and a total of 4 blocks. Finishing with a 27.1 record, he is one of four Boilermakers to share the school record for most games played in a season. He also moved amongst Joe Barry Carroll in the Purdue records with the third most blocks in a season with 17. In the season, he recorded nine double-doubles, while leading Purdue to its best start in 16 years 14-0. On February 9, 1991, Johnson recorded his 1,000th career point in a road game win against 10 ranked Michigan State. Finishing with a 14.4 record in conference play, Johnson led Purdue to its first Big Ten title in fourteen years, climaxing with a road win against Penn State, where he had 21 points, 10 rebounds, 3 blocks, and shot 11-14 at the line. In an average of 27.1 points, 10 rebounds, and 1.4 blocks a game, Johnson shot 72 percent at the line, while leading the top ten ranked Purdue squad with 2 blocks a game and shooting 51 percent from the floor. In his final game of his junior season, Johnson had team highs with 23 points, making 10 of 17 attempts, while tallying 5 rebounds and 4 blocks in a losing effort against Duke. Johnson held the third highest average in school history with 1.4 blocks. He spent the following summer practicing with Team USA. On February 27, 1991, Johnson achieved career highs with 17 rebounds and 7 blocks against Michigan State. In his senior season, JaJuan was the only player in the nation with career numbers of more than 1,000 points, rebounds, and blocks. In his last game as a Boilermaker, JaJuan had 25 points and 14 rebounds against Virginia Commonwealth in an overtime point loss. He shares school records with games in a season 37, total games 1,000, and games won 1,000. He finished 2nd in school history in career blocks with 17, as well as tallying rebounds. On November 29, 1991, Johnson appeared in dedication of the eleventh number-banner to be displayed at Mackey Arena, which displayed his last name and jersey 25 for being named a consensus All-American his senior season. On February 12, 1991, in a 95-91 win over the Chicago Bulls, Johnson shot 6-of-12 for a season-high 12 points to go along with four rebounds, two steals and a block. While the team was bounced from the playoffs by eventual champion Milan, Johnson led the team in scoring in one playoff game and twice led them in rebounding. Johnson, who shot 51 percent from the field, led his team in scoring and rebounding as a starting power forward. However, his team ultimately fell, 71-77. In a home game vs the Slovenian club KK Olimpija, he scored a game-high 20 points and ended with 8 rebounds and 5 steals. He went for 21 points and a game-high 12 rebounds in 39 minutes of playing time at Sibur Arena in Saint Petersburg, Russia. In 52 games played during the 1991-92 season both in the EuroCup and all Turkish competitions, Johnson averaged 18.5 points, 10.5 rebounds, and 1.4 blocks. Lokomotiv Kuban present [edit] On July 11, 1992, Johnson officially signed with the Russian team Lokomotiv Kuban for the 1992-93 season.

Chapter 4 : JaJuan Johnson - Wikipedia

The following 9 post moves are designed to take advantage of the open baseline when the defender is playing close and to the middle. The moves are either on the catch or created through solid footwork.

Get Position Before you can make a move on the low post, you have to be able to get the ball first. You want to post-up, or receive the ball, along the free throw lane, between the center hash marks, above the low block. If you get the ball down too low, you will not have a good angle for the baseline drop-step move. And you do not want to post up in the lane, or you may get the three-second call. You may have to fight hard to get into position to receive a safe pass. Get strong, feet wide apart, butt out, back straight. Seal the defender off. When the pass comes, move toward it, to meet it. After receiving the ball, keep it up at forehead level with elbows out, to protect it. Do not actually throw an elbow, just keep them out to ward off the defender. When receiving the pass, it is advantageous to meet the ball with a jump stop. When you jump stop, you have the option of either foot becoming your pivot foot, so you can make a move either way, to the lane or to the baseline. Fake with your upper body, but keep the feet planted until you are ready to make your move. With a one-two foot landing, you have already established your pivot foot and your options are more limited. Playing the post is tough and requires a lot of hard work, quickness, strength, footwork, determination and savvy to get open to receive the pass. Be persistent and unrelenting. Here are some things you can do to help get open. Master as many as you can and vary them in the game.

Vs Man-to-Man Defense 1. Move away off the low post a few steps, then quickly come right back. If the defender plays in front of you, "step-around" or "step-over" to get position to receive the pass. If the defender keeps moving around in front of you, keep moving the defender outside or up to the high post at the elbow. Then seal on the inside, give the passer a hand signal, and quickly cut back-door for the lob pass to the hoop. Screen away for the opposite post player and then seal and roll. Fake a screen-away and V-cut sharply back to re-post up. Flash cut from the block to the elbow or high post. Ball on the wing with the defender full-fronting Ball at the top, you at the elbow or just below with the defender fronting Or reverse pivot and seal the defender outside, and signal for the ball to be passed to the corner. Then you are in perfect position for a pass from the corner and the layup.

Versus Zone Defense 1. Find the open gaps in the zone. Vs a zone, find the horizontal gap between the top and low defenders, usually about two-thirds of the way up the lane, just below the elbow. Vs a zone, find the vertical seams in the zone. Get below the zone along the baseline where the defenders lose sight of you. Use the short corner Seal the center defender just before the zone shifts and then post up and come to the ball.

Low post moves 1. Drop step to baseline. After receiving the ball, feel where the defender is. If on the lane side, or high side, give a fake toward the lane. Then extend your inside baseline foot backward, pivot on it quickly to the baseline and to the hoop. Keep your body between the defender and the ball, and extend your arms forward toward the hoop. This way, the defender can only block your shot by going over your back Drop step to lane jump hook. If on your baseline side, fake to the baseline, and drop your lane-side foot backward. Pivot quickly on that foot, and jump hook and shoot with the hand opposite the defender. Turn and face defender and jab step. If directly behind you, and not toward either the lane or the baseline, pivot and face the defender, while protecting the ball. Up and under move. The defender, once straightened up, or in the air, is easily beaten. Quickly duck under the defender on a straight line to the hoop. If a foul is called, it usually will be called on the defender, who was caught up in the air and obviously not planted. This move is a spin move in the paint. The low post player with the ball fakes to the baseline and then makes a power dribble into the lane and fakes a jump-hook. With the defender in the air, he now makes a spin move back to the baseline and finishes with the lay-up. This move is often effective after the post player has just scored off the jump-hook to the lane. With the defender looking for that move, the spin to the baseline is now effective. This move is good when you are under-sized against a taller post player and shot-blocker. Here you are trying to create some separation from the defender. Start just above the block as usual, but then as the ball is passed to the wing, quickly step out away from the block toward the passer to receive the pass, quickly reverse pivot facing the basket and shoot the short ranged jump-shot. When making the reverse pivot, instead of dropping the ball into the usual shooting pocket, keep it

chest or shoulder high, ready to go right up with it. Flash to the elbow or free throw line. Cut up to the free throw line get out of the lane to avoid a 3-second call. Receive the ball, pivot and face the defender. You can now either fake a shot, and drive around the defender to the hoop, or jab step and fake the drive, and shoot the easy shot from the free throw line area. This move is especially useful if the player guarding you is much taller, and not as quick. You go high post to get the defender away from the basket. While the defender is still fronting you, take inside position and seal, and give the guard with the ball a signal. Cut back door to the hoop, receiving the lob pass from your teammate. Learn to read the defense. See the low post information on the Basic Concepts of Motion Offense page. These moves are not easy at first. They require a lot of practice, first to perfect the moves themselves, and then to learn by experience which move to use in which situation. Just the opposite, if you have already made a couple baby jumpers, you can drop step either to the baseline or lane, or do the up and under move, since the defender will be looking for your jumper. Be sure to see the video clips of the moves described above. Another real bonus is that frequently these moves will get the defender into foul trouble when trying to defend you. This is also very important

Chapter 5 : Pete Newell (Author of Basketball Post Play)

Comprehensive insight from one of the best. Covers history, assigned individual defense, situational defense, zone defenses, rebounding, offense completing defense, transitional defense, press defense, and other defensive topics. "synopsis" may belong to another edition of this title. About the.

This offense would later be run by Bob Knight at the United States Military Academy with great success in part because of a point guard named Mike Krzyzewski. This offense is known as the Reverse Action offense. Advantages of the Reverse Action Offense The Reverse Action can lend itself to post-ups and lay-ups thanks to the basic movement. The parts of the offense from the Triangle offense will allow the offense to enter the ball into the post for a post move and a high-percentage shot. The parts of the offense that come from the Shuffle offense will lead to lay-ups off of back screens. With many offense like it, the Reverse Action offense has several counters that will catch a defense if they try to take away certain aspects of the offense. This can include sideline pick-and-roll plays and backdoors in the basic movement. The guards can also take advantage with the handoffs by either attacking the basket or shooting perimeter jump shots off of the handoff. Finally, the Reverse Action offense is a great offense when a team has three post players capable of posting up and handling the ball on the perimeter. Post players in the offense need to be capable of making solid cuts off of back screens, shooting perimeter jump shots, and posting up against the defense. Disadvantages of the Reverse Action Offense Because the Reverse Action offense is a patterned offense, the defense can easily scout the offense and start taking away the basic movement in the offense. If this happens, the players running the offense must be able to run the counters successfully. In addition, the players may become so narrowed on running the basic continuity of the offense that the players may not realize the options available to them. If this happens, mistakes can be made and turnovers will develop. It might also result in ill-advised shots in the offense. Also, the Reverse Action offense requires that the three post players be capable of handling the ball on the perimeter, being capable of making the shuffle cut, and posting up in the low post area. It is very difficult to put together a team running this offense if you have players who are not capable of doing all three things. Basic Movement of the Reverse Action Offense In starting the basic movement in the offense, we start the offense from a look Diagram 1. The ball-side forward will pop to the wing to catch the pass from the point guard. When this happens, we will look to run a dribble handoff and get the post up ready with the center and the opposite guard at the point Diagram 2. Diagram 1 Diagram 2 Diagrams illustrate the basic movement in the Reverse Action offense when the ball is swung from one side of the floor to the other. Meanwhile, the action on the help-side takes place with the low post stepping out to set a back screen for the forward at the help-side wing to get the action of the shuffle cut. The other guard will cut along the three-point line from the corner to the point to look for the basketball if the forward cannot enter the ball on the shuffle cut.

Chapter 6 : Books by Pete Newell (Author of Basketball Post Play)

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Chapter 7 : Six perimeter moves for reading the defense

The Art and Science of Coaching: Pete Newell's Defensive Basketball: Winning Techniques and Strategies by Pete Newell (, Paperback) Be the first to write a review.

Chapter 8 : Basketball Post Play and Moves, Coach's Clipboard Basketball Coaching and Playbook

His son, Pete Newell Jr., coached the Santa Cruz High School boys' basketball team to the California state championship in Another son, Tom Newell, is a longtime NBA scout and assistant coach who has recently worked on

international basketball projects in China and Russia.

Chapter 9 : Pete Newell - Wikipedia

*Pete Newells Defensive Basketball: Winning Techniques and Strategies it was ok avg rating " 1 rating " published
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