

TLC SKILLS 14

Section Fourteen

Topic 1 Cut Fake Technique

- 1 Sleep Fake
- 2 Step-Away Fake
- 3 Step-Behind Fake
- 4 Pass-Response Fake

Topic 2 Timing

- 1 Cut to Ball
- 2 Flash to Ball

Topic 3 Communication

- 1 Catcher Directs
- 2 Passer Directs

Topic 4 Pass Pivot & Follow

- 1 Pass Pivot
- 2 Fake Pass Pivot

Topic 5 Pass Off Dribble

- 1 Pass On The Run
- 2 Pass Back

The TLC skills are the key to your offense. They are the most difficult skills to learn for several reasons. One, only instants of time are involved. A pass, cut or look that is one tenth of a second late can spoil the play. Two, TLC skills involve more than one player. Two or more players must coordinate movements. Three, TLC skills depend on passing, catching, cutting, and faking ability. Even properly performing TLC lessons without defense is difficult.

Topic 1, Cut Fake Technique, presents four basic fakes used before any cut. Topic 2, Timing, involves passing, cutting, and catching routines. Topic 3, Communication, improves communication between catcher and passer. Topic 4, Pass Pivot & Follow, involves an important give-and-go type situation. Topic 5, Pass Off Dribble, involves making a pass while dribbling. Note that many lessons throughout the book also involve TLC skills.

1 Cut Fake Technique

Briefs

In Lesson 1, each player relaxes then sprints to the ball.

In Lesson 2, each player walks away from the passer before sprinting to the ball.

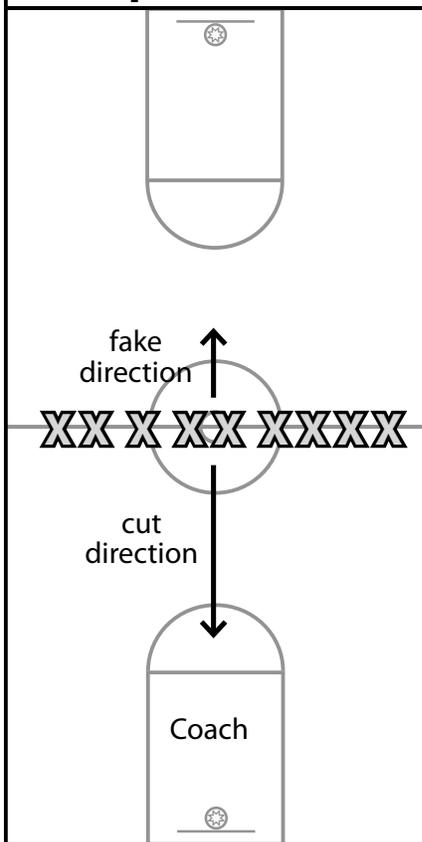
In Lesson 3, each player steps behind the defense, then sprints to the ball.

In Lesson 4, the catcher reacts to a fake from the passer before sprinting to the ball.

FOR EACH LESSON

- individual
- 5-10 minute intro
- 5 minutes daily
- do 3-10 times

Setup Lessons 1-4



Fundamental Notes

Faking without the ball is a crucial offensive skill that is often overlooked by coaches. Faking before cuts frees up closely-covered players, allowing the offense to function properly. Every second on offense, off-ball players should be misdirecting the defense in some way. It is hard to think of an offensive situation where a player would not fake. Overtly faking a cut is used to keep the defense close. This move allows other players to operate more freely.

Remember that the key to all faking is that it be slow enough for the defense to react. Fast fakes are counterproductive. After completing these lessons require players to fake before each cut in each and every lesson in practice.

1 The Sleep Fake

Setup

Players line up, side-by-side, on the midcourt line. The coach stands at the free-throw line. *See the diagram Setup Lessons 1-4.*

Directions For Players

1. The first fake is one that is accomplished only too readily. It is the sleep fake. Relax. Appear to be uninvolved. Turn away from the action slowly. Actually, pay close attention to everything. You are waiting for the right moment to cut.
2. Do this fake while I am talking to you. When I hold up three fingers, sprint forward to the top of the key.
 - Start the fake lesson by saying, "Ready, go!" In a sense this is funny, because "go" in this case means sleep.
 - Do not make it easy for the players to see your fingers. Hold up two and then four as many times as needed before holding up three.
 - Alternately, tell players to count to two slowly— one thousand one, one thousand two—then sprint forward.
3. Sprint forward with arms extended for the pass until I pass the ball to one cutter.
 - The fake is slow, the sprint is fast.

- Pass only after the players sprint 10-15 yards.
- Watch each player's fake. Instruct players how to make it more convincing.
- Repeat this fake 5-10 times.
- This is one of the few lessons that needs to be repeated only one additional day. However, from this point onward, require players to fake slowly before every cut in every lesson.

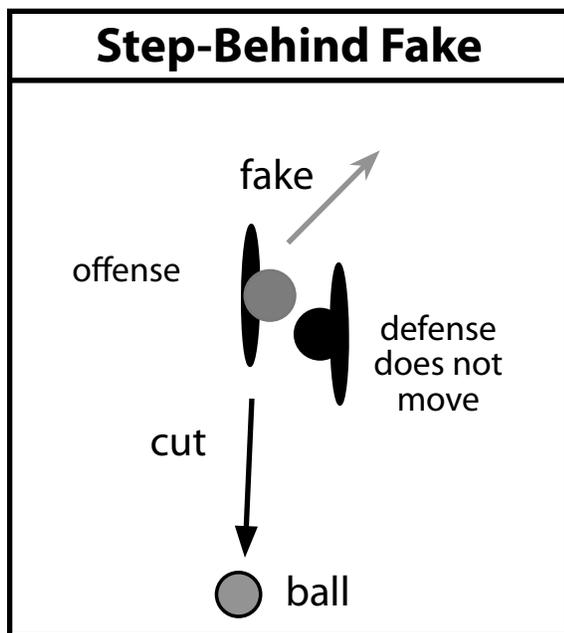
2 Step-Away Fake

Setup

Same as the previous lesson. *See the diagram Setup Lessons 1-4.*

Directions For Players

- Most directions are the same as the previous lesson.
1. Take several lazy steps in the opposite direction that you plan to cut.
 2. Slowly count, "one thousand one, one thousand two" before sprinting forward with arms extended. Stop when I throw a pass.
- Alternately you can continue to hold up fingers for the sprint signal.
 - The step-away fake works well with the sleep fake. Players will naturally combine these on their own without any additional practice.
 - Repeat 5-10 times.



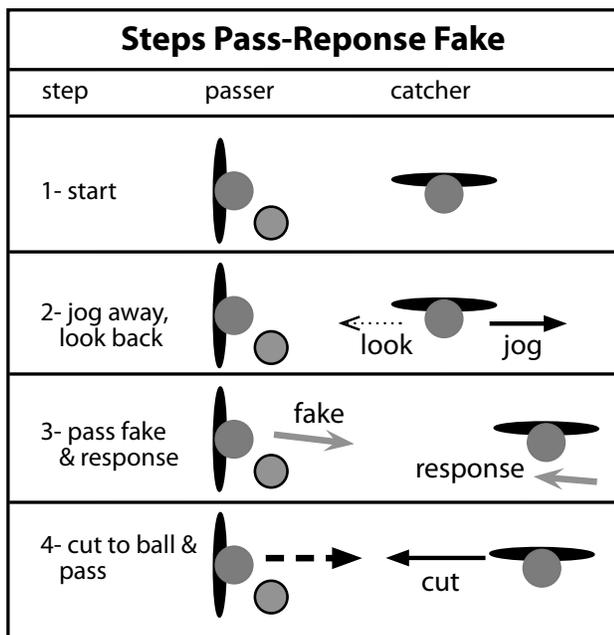
3 Step-Behind Fake

Setup

Same as the first lesson. Designate every other player a defender. *See the diagram Setup Lessons 1-4.*

Directions For Players

1. The defender is in the half-down position and lines up sideways 1 foot closer to the ball than the offense. *See the diagram Step-Behind Fake.* Defenders do not move an inch in this drill! Stay in position!
- You will have to position defenders initially. Don't bother with any explanation since they are just motionless dummies in this drill.
2. The best way to perform this fake involves sleep-



ily stepping behind the defense away from the ball. You want the defense to be in the position where he/she must look one way to see you and the other way to see the ball. You do not want the defense to see both you and the ball at the same time. If they can't see the ball, they can't help-out. If they can't see you, then you can more easily make a successful cut.

3. The offense starts beside the defense. Sleepily step behind. When the defense turns to look sprint forward.

4. The defense slowly counts to two, then turns to look at the offense. This look is the signal for the offense to cut.

5. Start when I say "Go."

- Pass to one of the cutters.

6. Offense and defense switch roles after each cut.

- Repeat 5-10 times.

4 Pass-Response Fake

Setup

Same as the first lesson with the coach or manager with a ball 15 yards downcourt near the free-throw line. *See the diagrams Setup Lessons 1-4 and Steps Pass-Response Fake.*

Directions For Players

1. Each cutter looks at the passer (the coach or manager) while jogging away. Ask for the ball using your arms. This looks like a football player asking for a pass. *Step 2 in the diagram Steps Pass-Response Fake.*

- Demonstrate this move.

2. When the passer (coach or manager) fakes a pass to you, act like you are going to catch it, *Step 3 in the diagram*, then pivot around and sprint forward. *Step 4 in the diagram*. Ask for the ball again using arms and hands while sprinting forward. (The fake arrow next to the cutter *in Step 3 in the diagram* is towards the passer to show communication. The actual fake for the cutter involves two parts: one, looking back towards the passer; two, asking for a pass over the head in a direction away from the passer.)

3. Start on "Go."

- The players jog away asking for the pass. After 1-3 seconds, fake a pass. Each player should pivot, then sprint forward, asking for the pass with the arms. Pass to one player to end the lesson.

4. Sprint until one player catches a pass.

- Players have a tendency to slow down before the pass and/or catch. Tell them to continue running until one player catches the pass.

- Repeat this 10 times.