



**IDENTITY AND COHESION:
USING TRAINING TO
UNITE THE TEAM**

**PICK
&
ROLL**



Index

Introduction	03
Why Cohesion Must Be Trained	04
Principles to Train Collective Identity	05
Drills to Unite and Compete	06
Common Mistakes When Trying to Build Cohesion	07
How to Integrate It into Your Planning	08
Applying It with bcoach Basket	09
Conclusion	10

Introduction

A team does not become united through motivational talks alone.

Real cohesion is built in practice.

Chemistry doesn't magically appear in the locker room.

It develops on the court — in how players communicate, how they react to mistakes, how they help defensively, and how they share the ball offensively.

This Pick & Roll proposes a clear methodology: **train tactical and emotional aspects at the same time**, without separating performance from cohesion.

Why Cohesion Must Be Trained

Many coaches talk about:

- Confidence
- Leadership
- Commitment
- Communication

But few design drills that truly force these behaviors to emerge.

Cohesion cannot simply be demanded.

It must be provoked through the right training context.



Principles to Train Collective Identity

1. Mandatory Communication

Design drills where:

- Defenders must call out switches.
- The point guard must verbally organize sets.
- Weak-side players must announce help rotations.

Without communication, the drill does not count.

2. Shared Responsibility

Avoid drills where only one player makes decisions.

Create dynamics where:

- Success depends on cooperation.
- Mistakes are collective, not individual.
- Assists are valued more than forced shots.

3. Rotational Leadership

Do not allow the same player to lead every time.

Design drills where:

- Each possession has a different leader.
- Communication roles are assigned.
- The team must organize without constant coach intervention.

4. Emotional Management in Real Context

Simulate scenarios such as:

- Tight scorelines.
- Being down in the final minute.
- Consecutive mistakes.

The collective reaction is part of the training process.

Drills to Unite and Compete

Drill 1 – 4v4 with Rotating Captain

Each possession has a different captain who must organize offense and defense. If they do not communicate, the possession does not count.

Focus: leadership and shared responsibility.

Drill 2 – Assist-Conditioned Game

A basket only counts after an extra pass or clear assist. Unassisted shots do not count.

Focus: offensive cooperation.

Drill 3 – Mandatory Defensive Help

In 5v5, every correct defensive help action adds bonus points. Individual mistakes are not penalized if collective help is present.

Focus: trust and defensive solidarity.

Common Mistakes When Trying to Build Cohesion

- ❌ Separating emotional dynamics from tactical work.
- ❌ Rewarding only the top scorer.
- ❌ Publicly over-correcting individual mistakes.
- ❌ Not allowing natural leaders to emerge.

Cohesion is not imposed. It is designed.



How to Integrate It into Your Planning

Suggested progression:

- 1** Introduce communication rules in small-sided games.
- 2** Work on rotational leadership in 3v3 and 4v4.
- 3** Add emotional game scenarios in 5v5.
- 4** Evaluate collective behaviors, not just statistics.

Identity is not only tactical. It is repeated shared behavior.

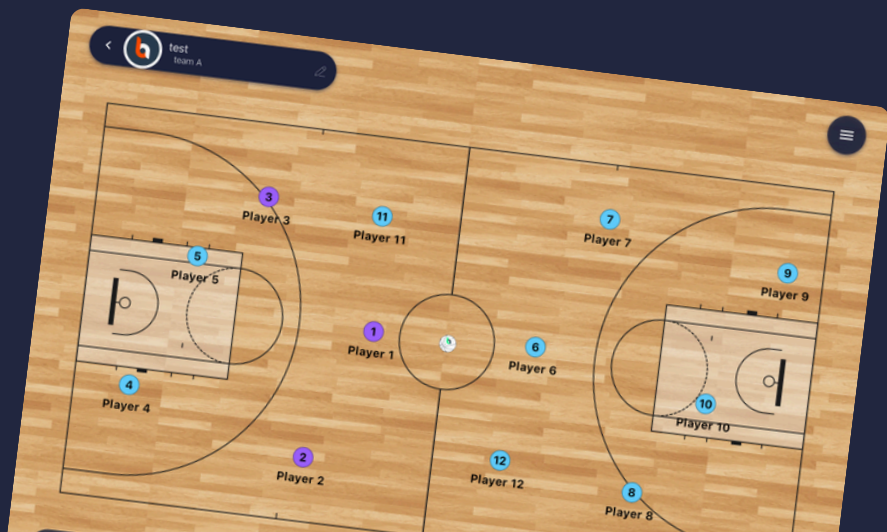


Applying It with bcoach Basket

With bcoach, you can:

- **Tag drills as “leadership,”** “communication,” “cohesion.”
- **Record emotional and behavioral** observations.
- **Evaluate role evolution** within the team.
- **Design microcycles** integrating tactical and emotional objectives.
- **Share collective goals** with your coaching staff.

Team chemistry can also be planned.



CONCLUSION

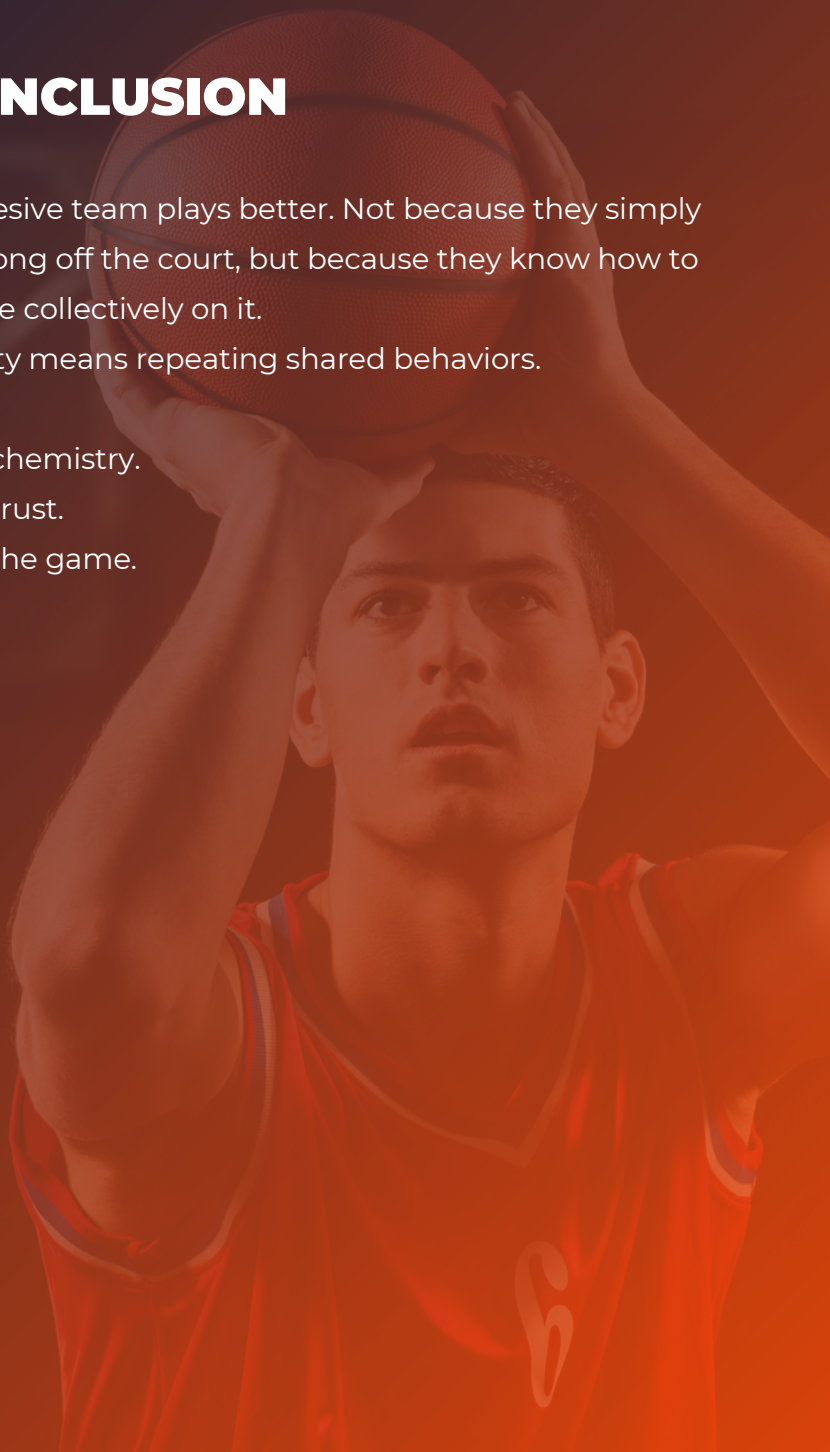
A cohesive team plays better. Not because they simply get along off the court, but because they know how to behave collectively on it.

Identity means repeating shared behaviors.

Train chemistry.

Train trust.

Train the game.



bcoach



BCOACH.APP