

Jerry Petitgoue Dribble Motion Offense

Notes by Scott Bullock

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Introduction

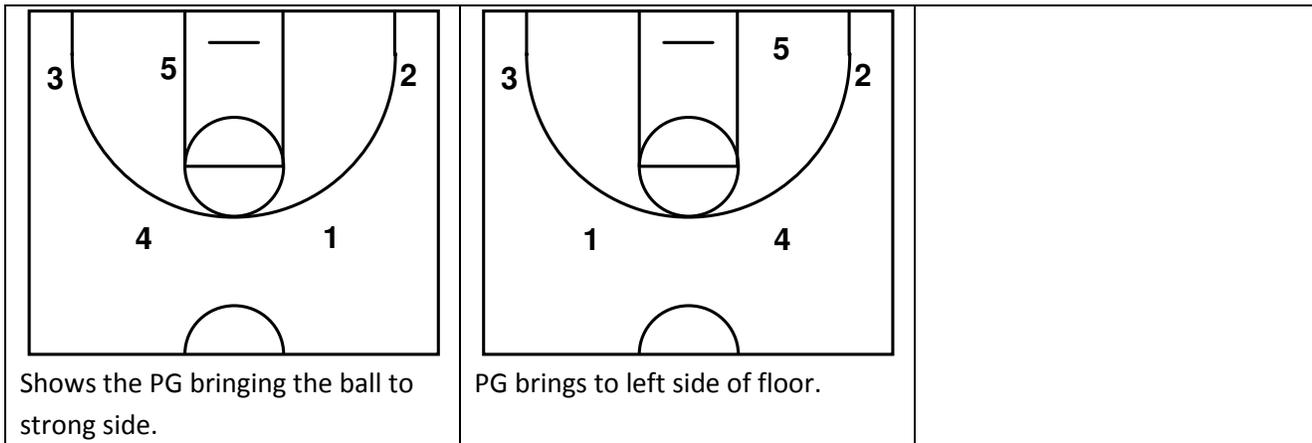
Jerry Petitgoue has coached at Cuba City High School in Wisconsin for the past 37 years. He has coached high school basketball for the past 41 years. He has won 726 games and lost 190. He is most proud of the fact that in 27 out of the last 28 years he has won 15 or more games. He coaches at a school with 300 students. He believes that good teams need to be multi-faceted offensively. He runs a few different offenses including the stack, the swing, and 5-man motion. This video contains his version of the Dribble Drive Motion offense originated by Vance Walberg who started at Pepperdine. He loves this offense primarily because it gets his team to the free throw line.

Penny – Dribble Drive Motion

For some reason Coach Petitgoue calls this offense Penny. It is based on the mentality of attack, attack, attack. Take the ball to the rack.

Player Positioning

The 4 man is actually a step behind the 1 man here. This spacing is nice because it falls right out of most fast break spacing. Your 1 man is your main penetrator in this offense and he usually needs to at least be able to get to one of the two elbows.

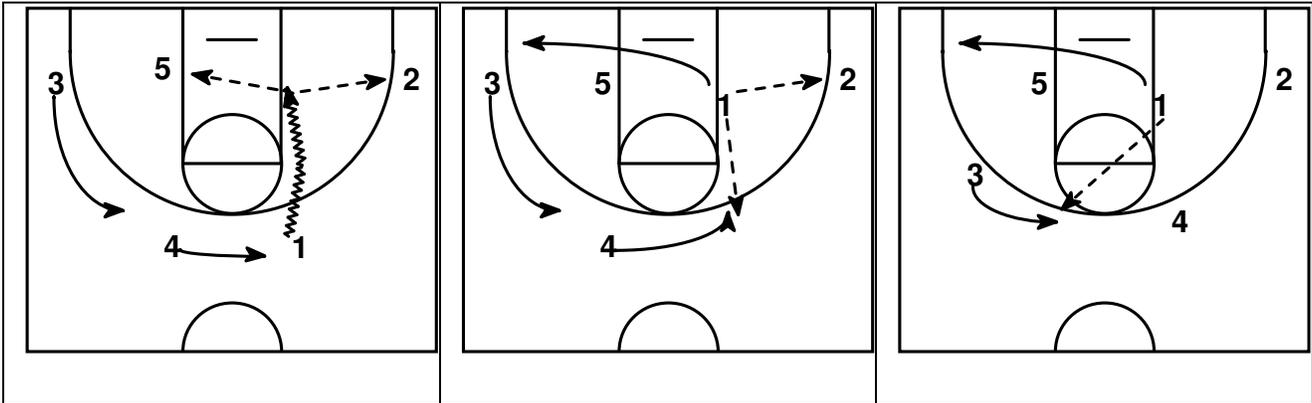


- #1 – is the catalyst to the offense. He is the main drive and kick penetrator in the offense. He picks the side in which he is going to attack. He needs to at least be able to penetrate to the elbows.
- #2 – is their best shooter and in the deep right corner. He is also a good slasher and penetrator.
- #3 – Can be your big forward or second guard. They are in the deep left corner.
- #4 – This is their next best driver. Also a good three point shooter. He plays opposite the 1.
- #5 – starts on the weak side block and plays off the penetration of the 1 man. He usually stays opposite the ball. He plays on the weak side box or weak side short corner.

Rack Option

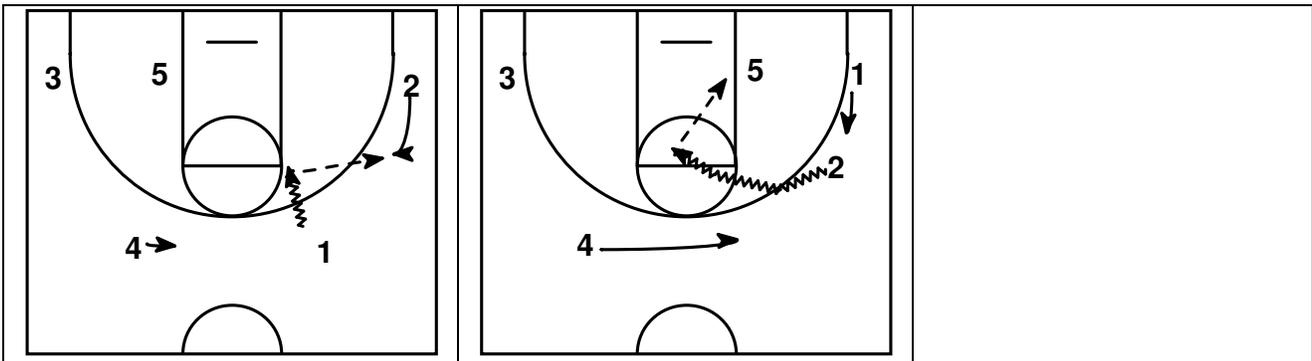
First option in the offense is for the point guard or any player with the ball to take it to the rack. Penetrate as deep as you can and look to score. The post player always locates opposite the ball and is ready for an

easy dump pass or in perfect position to rebound. As one player penetrates another player always fills behind on the perimeter.



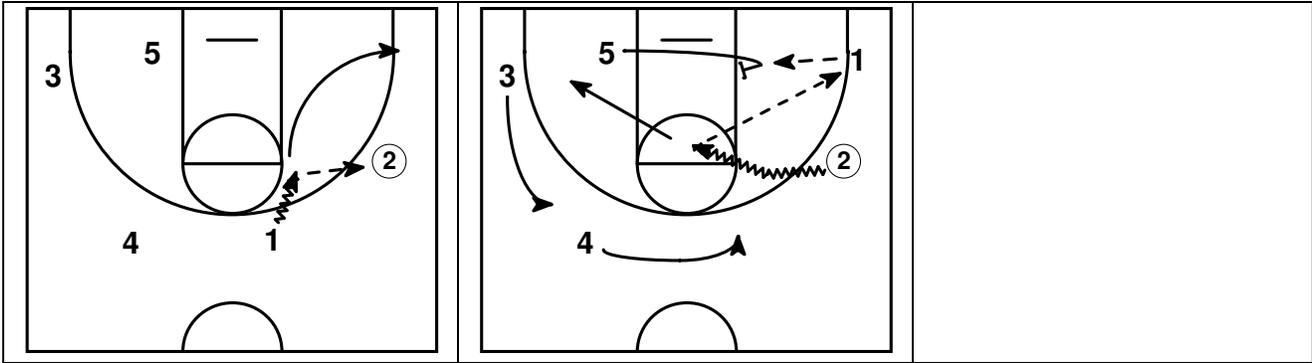
Dump Option

This is the action where the point guard penetrates to the elbow area and dumps off to the rising wing. That wing player then looks to take it to the rack. He can get all the way to the rim or again dump to the post who locates opposite as he drives. The 4 man out top stays opposite initially to allow for penetration; but then locates behind the penetrator and eventually opposite. He locates behind to always give the penetrator an option for a kick out.



Loop Option

This is action off the dump option. After the point guard penetrates and dumps to the wing he fills out to the corner. The wing tries to penetrate middle but pulls up near the elbow area and kicks to the corner. He may have a corner jumper but the post player down low should also have a good seal and post opportunity. The wing that penetrated and kicked then fills out to the opposite side.

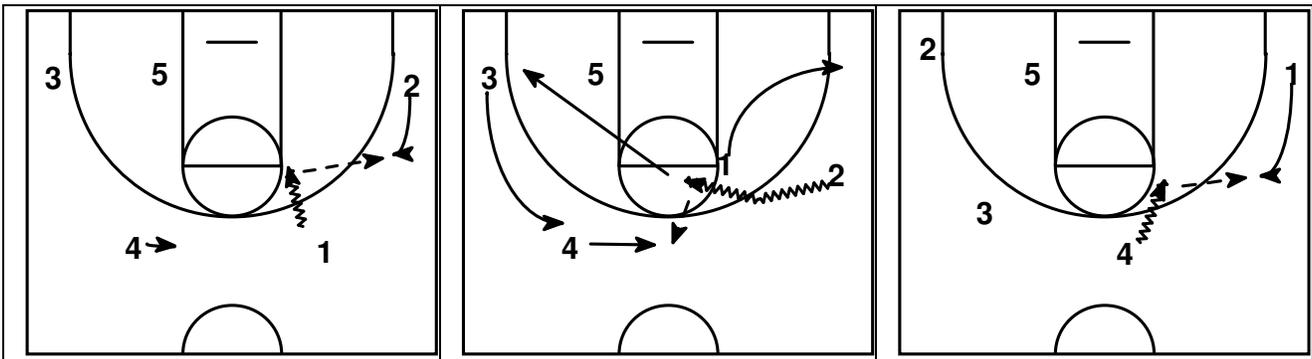


Drag Option

He uses drag to refer to the action of the wings rising up as penetration occurs. In this case he uses it to apply to the 3 man when the 2 man is driving middle after a dump from 1. 3 drags and looks to locate for a 3 point shot. The 5 man looks to pin and seal quickly before going opposite.

Kickback Option

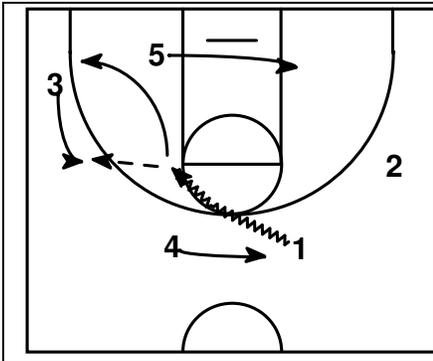
The player out top always makes them self available for a kick back option. If the wing penetrator gets stuck in the middle they can pivot and look out top. The top player should always position themselves so they are behind the penetrator for a kick out. If they get the kick out then they look to penetrate back the opposite. The player kicking the ball out continues on and fills opposite corner.



Opposite

In opposite the 1 man just passes to the 4 man and then let's him look to exploit the left side of the floor. Same type of action happens on that side of the floor. Coach P makes a note that in this dribble motion offense we always try to keep a man behind the dribbling penetrator as a kick out.

Drive Left or Middle



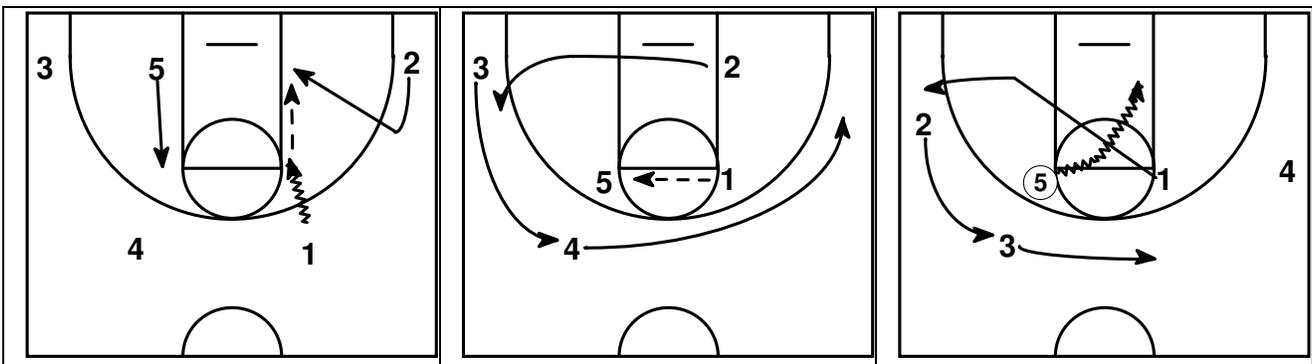
This refers to having the point guard drive to the middle and eventually left side of the floor to start the action over there. Similar to opposite but the point guard goes left instead of passing to the 4 and letting him go left. When one kicks to the 3 man the post player looks to pin and seal before going opposite.

Continuity

He refers to the continuity here is to do consecutive handoffs until someone has the opportunity to get it to the rack.

Drop (backdoor action)

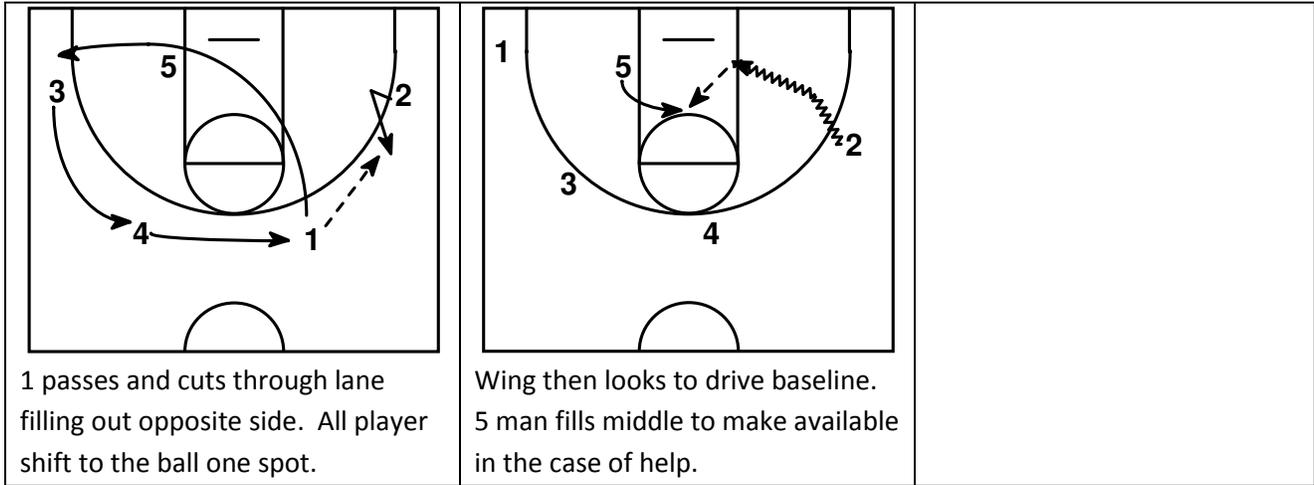
This is the backdoor option. As one penetrates and 2 rises or drags he has the option to cut back door if closely guarded. This should result in some easy lay-ups. If the back door pass does not happen then the wing continues on and fills out opposite corner. The post player simultaneously rises to the opposite elbow here. He does this to help clear basket area for the back door cut but also to give a passing option to the point guard if the back door is not there. On the pass, one cuts through the lane and fills opposite corner. The post player then looks to drive and get to the rack. Perimeter players continue to circle and fill here. He notes that they very seldom drive the baseline in this offense. There are a couple of sets where they do look for this but as a general rule they do not.



Through (Isolation)

This is their option that provides a baseline drive opportunity. They normally don't encourage baseline drives. In this scenario, the one penetrates to the right elbow area and dumps to the 2 wing as normal. Instead of filling out to the strong side corner though he continues through on out the other side. Wing then looks to drive baseline. On the drive the post player locates to the middle top area of the key as a

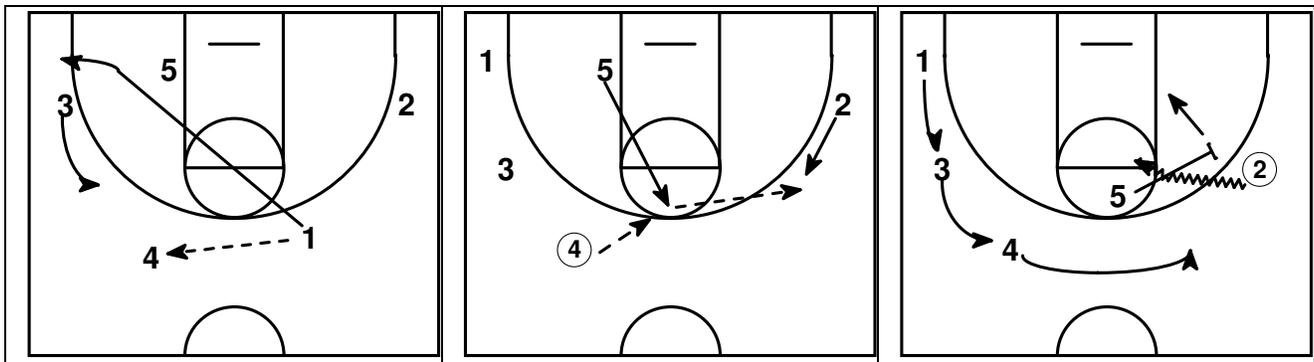
passing option. Perimeter players cycle and fill behind. If wing player gets stuck driving they should have someone behind to pass to.



Note : Had an idea for a nice post up opportunity with some related action. The 1 man instead of going through could set a cross screen for the post player. In this case for it to be most effective the post player would probably want to start in the opposite short corner or maybe come to high elbow area to keep the post defense from getting too much in help position. It is a little on big screen which is good.

High : Screen and Roll

If your guards are having trouble getting to the hoop all the time then HIGH is a good option. In this case 1 kicks to 4 and then cuts quickly to the opposite (left) corner causing the 3 wing to drag slightly up. 4 may have to take one dribble left to open up the court a little. 5 flashes high to the top of the key area and looks for a pass from 4. 2 then drags high to the wing area looking for a pass from 5. 5 then sets a running pick and roll with 2. Perimeter players then cycle and fill behind to give kick out options.



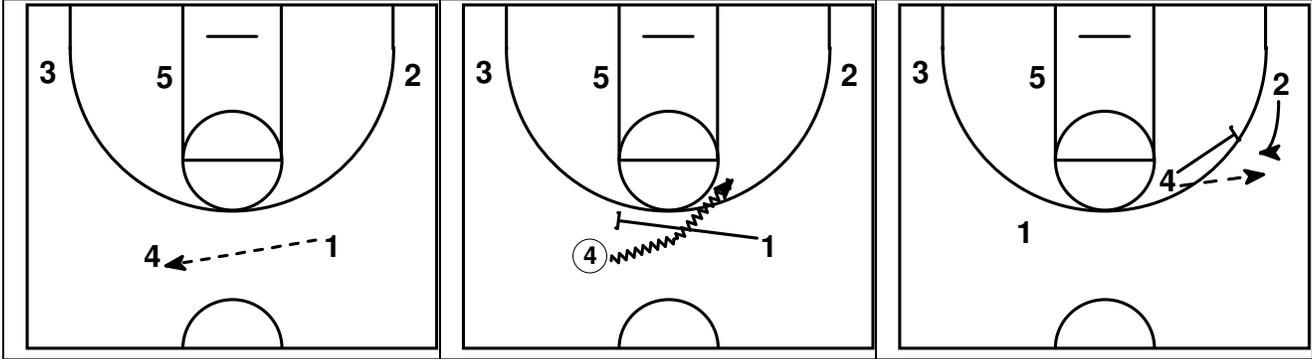
Philosophy

The disciples of the dribble drive motion offense believe in getting to the rack or looking for the 3 ball. They don't believe in much in between. Coach Petitgoue disagrees with this philosophy and likes the 15 foot jumper as well. This offense is always great against pressure. It has its difficulties if the defense sags.

Note: Another idea I had for some X action for 2. 1 dribbles left and 4 empties out and goes to right corner. 1 then reverses direction with a spin dribble back to the right while 2 is coming and creates some X action with 2. We could do something similar with 3 as well. In this case the 4 would empty out to the same corner.

Over

1 passes to 4 man and then sets a running pick allowing 4 man to penetrate.

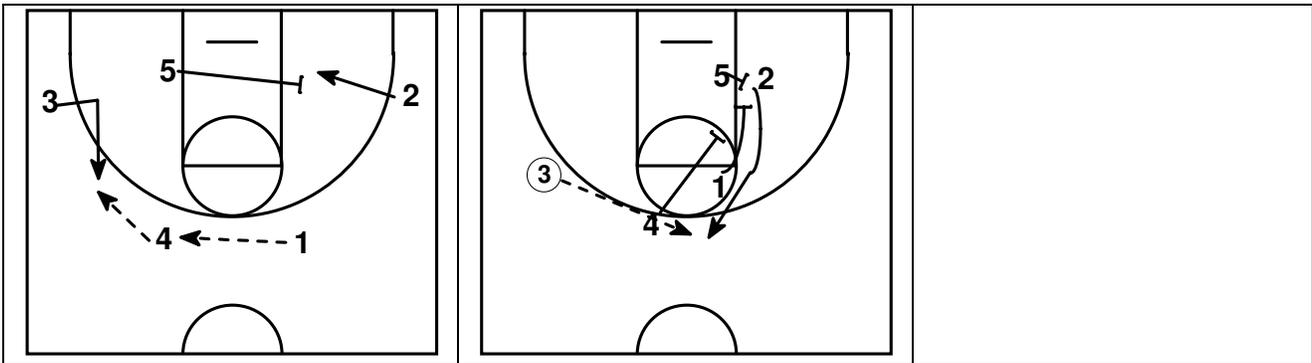


Dribble Hand Off

Signal is both hands up like and H. 1 dribbles straight at 2 and does a dribble hand off. Opposite H would be the 4 man dribbling the left side of the floor and handing off to the 3 man. 1 would then fill out to the corner.

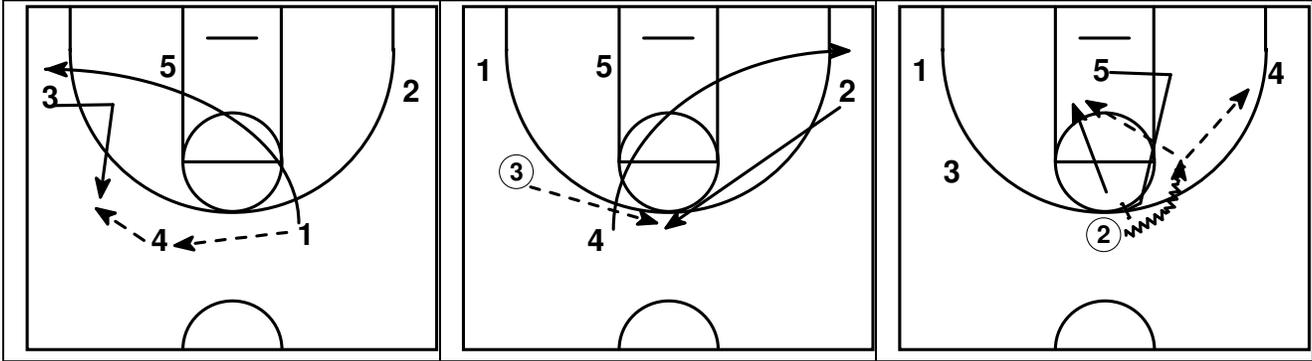
Rotate (3 point Shot)

Here the 1 man passes to the 4 who passes to the 3 on the left wing. 5 goes to weak side block like he is going to set a flex screen for 2. 2 comes down to the block then comes off a double stagger set by 1 and 4. If 4's defender shows then he slips so the hoop.



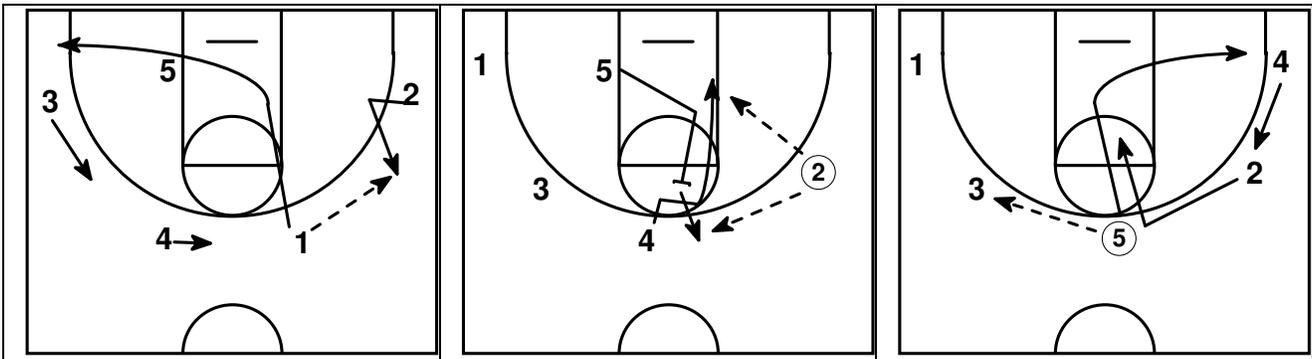
MOVE

1 passes to 4 and then goes to left corner. The 4 man then passes to the 3 and moves to opposite corner. 2 flashes high and receives pass from 3 near top of circle. 5 who had moved to the right block as the ball went left now comes and sets a back screen for 2 (pick and roll type action). It's called move though because everyone moves 100 miles an hour. Ball screen should be there just after the catch. It all needs to happen very fast. Ball screen on the left side could be effective as well; the 2 man could fake to use the ball screen and drive left. If penetration is stopped the 4 man could rise as normal dribble motion action.



Quick (Cutters)

1 passes to 2 and makes a basket cut. 1 goes out opposite corner if he doesn't get it. 5 then sets a back screen for 4 who basket cuts as well. If he doesn't get it then he fills out strong side corner. They keep reversing it with 2 cutters and 3rd guy popping for the reversal. Move and quick are both sets to run to get players moving. Once you get the defense spread you still need to look for opportunities to penetrate.



Drills

Post Drill – Pin and seal drill

3 on 0 Options – This drill is done with the 1, 2, and 5 players. 1 penetrates to drop zone and kicks to 2. 2 then drives and kicks to corner, drives and finishes, or drives and dumps to post.

Backdoor Drill – This is a 3-on-0 drill with 1, 2, and 5 again. Focus is on back door action. If guard doesn't throw back door pass he goes to post at elbow and then flashes through key allowing post to drive.

Rack Drill – This is a 2-on-0 drill with 1 and 5. 1 penetrates to 5's side forcing him to go across lane. 1 dumps to 5 and he finishes twice. Each repetition is done one right after another.

Push Dribble Drill – All players on the baseline with a basketball. One goes after another. As soon as one is near mid court another starts. Goal is to go length of the floor in 3 dribbles. They do this from both the right and left sides of the basket.

3 Man Weave Layup – They go up and back in groups of 3 and finish with a lay-in. The ball does not touch the floor even on the made layups. If your group touches the floor then you get off to the side and do 10 pushups each. They do this with layups then they do this with 3's.

Jump Stop Drill – This is a two line layup drill with balls in each line. Lines alternate with front person dribbling in and doing a jump stop in the lane and finishing. After a while he sticks a coach with a blocking pad in the lane giving them a slight bump as they finish. They work on these every day.

Hook Shot Drill – They do the same drill as above but now jump stop in the middle of the lane in front of the basket and shoot a little jump hook.

3 Point Drill - It's our basic 3-man-2 ball drill where you rebound your own shot and then relocate on the perimeter. They do this for a time limit and then losers have some punishment. They use his shooting drill from different places. They use it in practice almost every day.

Around the World Shooting Competition – They break up into two teams of 6 at each end of the floor. Each group has 3 balls. They shoot together at 5 different spots on the floor behind the 3 point line. They need to make 5 at each spot before advancing to next spot. Each player will rebound their own basketball. With 3 balls you have enough to keep things going.

Shot Builder - They get in lines of 2 or 3 at each basket. They shoot one handed with one hand behind the back. They start in at 5 feet and when they make 2 they step back to 10 feet and then later to 15 feet. Focus is on getting and keeping the elbow under the ball.

5 Man Circle Drill - It's called 5 man circle because they circle under the hoop until the coach throws up a lay-in. Closest post player grabs the ball out of the hoop and starts transition. They transition into dribble drive offense and run either MOVE or QUICK.

Conclusion

He leaves his phone number and email address and encourages you to contact him if you have questions about dribble drive or any of his drills. Email is Tristate@mhtc.net

Villanova Wildcats – Four-Out Motion Offense

Featured Offense March 14, 2016

By Randy Sherman



Credit Image: © Duncan Williams/CSM via ZUMA Wire

The Villanova Wildcats enter the NCAA Tournament as the #2 seed in the South Region because of the beautiful spacing and symmetry of their four-out ball screen motion offense.

The Villanova Wildcats (29-5, #2 [South Region](#)) have long been known for their immaculate spacing, ball movement and Jay Wright's affinity for "small ball" and four-guard lineups. The Wildcats' offense ranks 11th in the nation in [adjusted offensive efficiency](#) and 'Nova fans hope it can lead the team all the way to Houston.

The spacing and balance is easy to see. The Wildcats are almost always beautifully spaced creating horizontal and vertical stretch of the defense.



There are simple rules for spacing and cuts that help Wright's offense maintain its floor balance throughout the possession. Let's take a look at [Villanova's four-out motion concepts](#).

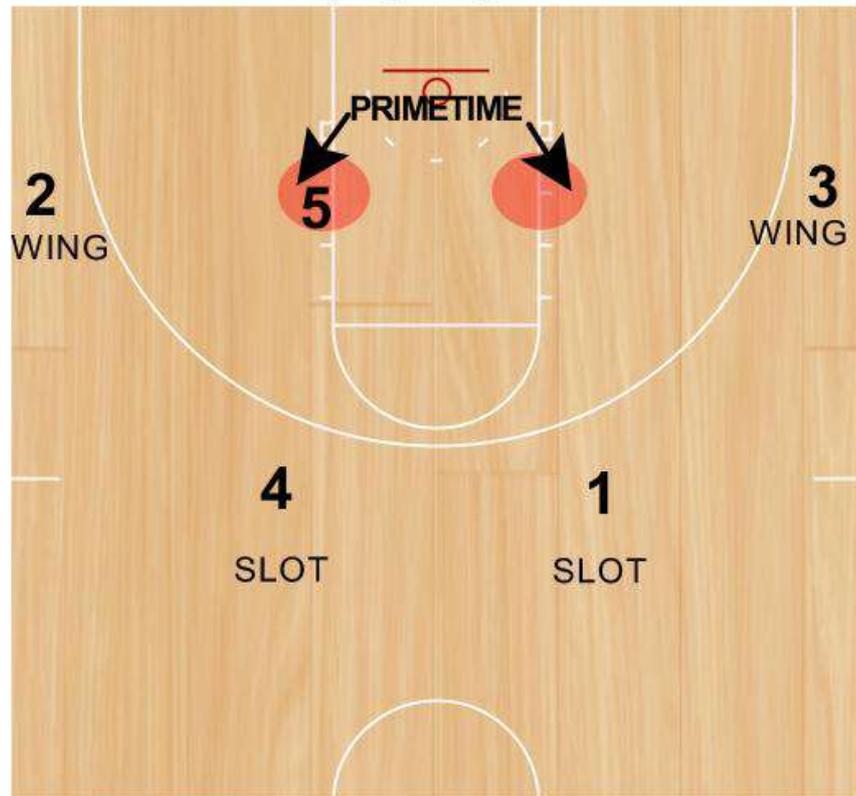
Spacing & Alignment

In the diagram below we see the basic setup of the Villanova offense. Wings fill the corners at abc "block extended."

The post can fill either of the post areas which Wright calls "primetime." The remaining players fill slots.

Villanova Wildcats

Spacing and Alignment



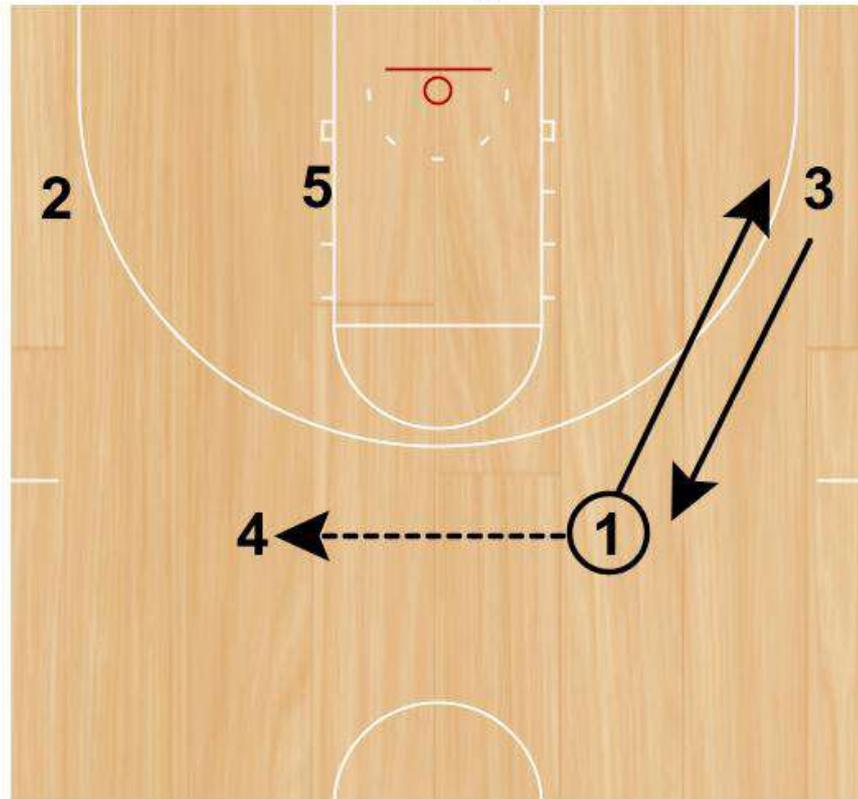
SPACING

- Two baseline spots (wings), first mark above the block extended
- Two slot perimeter spots, two to three feet off the 3pt line
- 18 feet between spots
- Two post positions (one on each side) - Straddle the first marker above the block = primetime; can make baseline moves and moves to the middle; also allows for cutting opportunities for feeder (to cut baseline = speed cut)

As the ball moves, there are various rules for cuts based on where the ball is passed. For example, **on any reversal pass from slot-to-slot there is an interchange** with the player below. The top player runs on the inside to the corner and the wing fills hard to the top.

Villanova Wildcats

Interchange



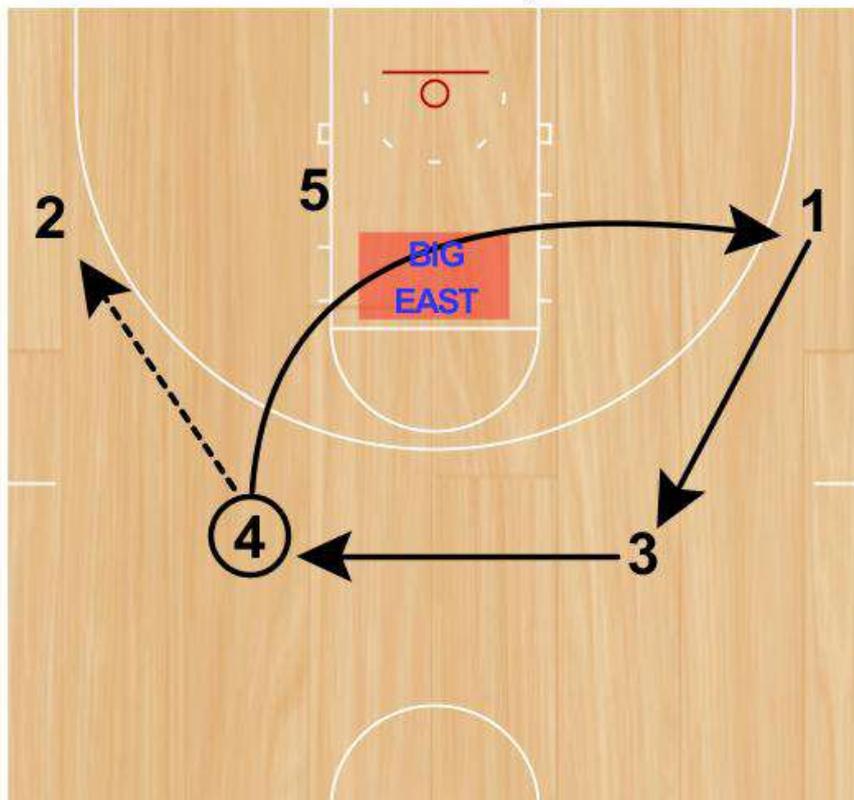
On any **SLOT TO SLOT** pass = interchange
1 sprints to corner, 3 sprints to slot

If we follow the ball, more rules are made clear. **On any pass from slot to wing there is a shall cut through the “logo” away to the weakside.** It is important for the cutter to stay shallow. Do n cut too deep and crowd the post player.

The other players **fill to the ball to “square the top” and maintain spacing and floor balance.**

Villanova Wildcats

Shallow Cut Away



SLOT TO WING pass = shallow cut away
Other players *square the top* by filling to the ball
Don't cut too deep. Cut through the "logo"

The ball can swing and reverse throughout the possession and the four perimeter players follow the rules of the offense:

- **Any slot-to-slot pass = interchange with player below you**
- **Any slot-to-wing pass = shallow cut away and fill**

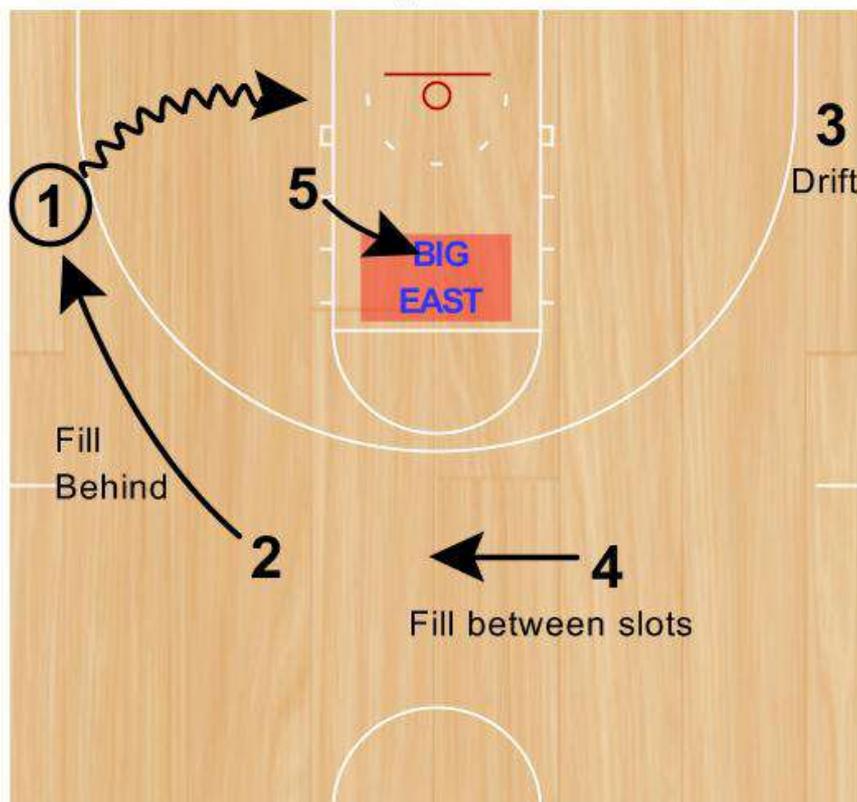
The wide spacing and double gaps leave room for dribble penetration. Drives put the Wildcats into their "drive and space" rules.

On baseline penetration there is **always a "drift" player in the opposite corner**. There is also a player behind the drive and a player centered up at the top of the circle.

The low post makes a "logo cut" inviting their defender to help on the drive and countering with the ball to the logo even with the front of the rim.

Villanova Wildcats

Drive & Space - Baseline

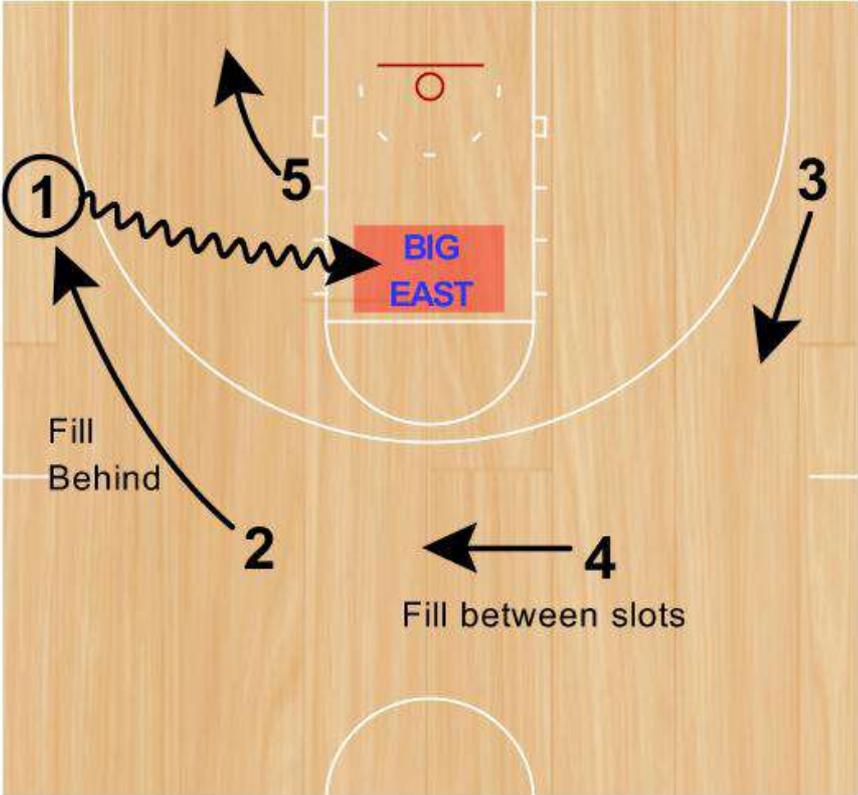


Drive & Space - Baseline
Post "logo cuts"

Below are diagrams of other drive and space adjustments.

Villanova Wildcats

Drive & Space - Middle

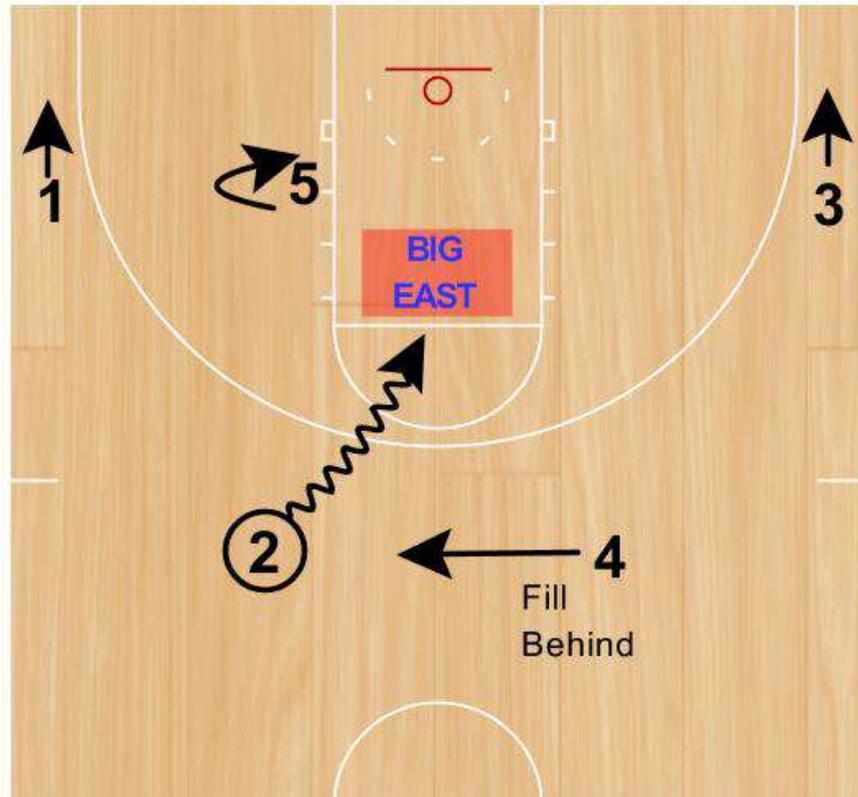


Drive & Space - Middle

If you cannot get to the rim, jumpstop on the "logo"

Villanova Wildcats

Drive & Space - Slot Drive



Drive & Space - Slot

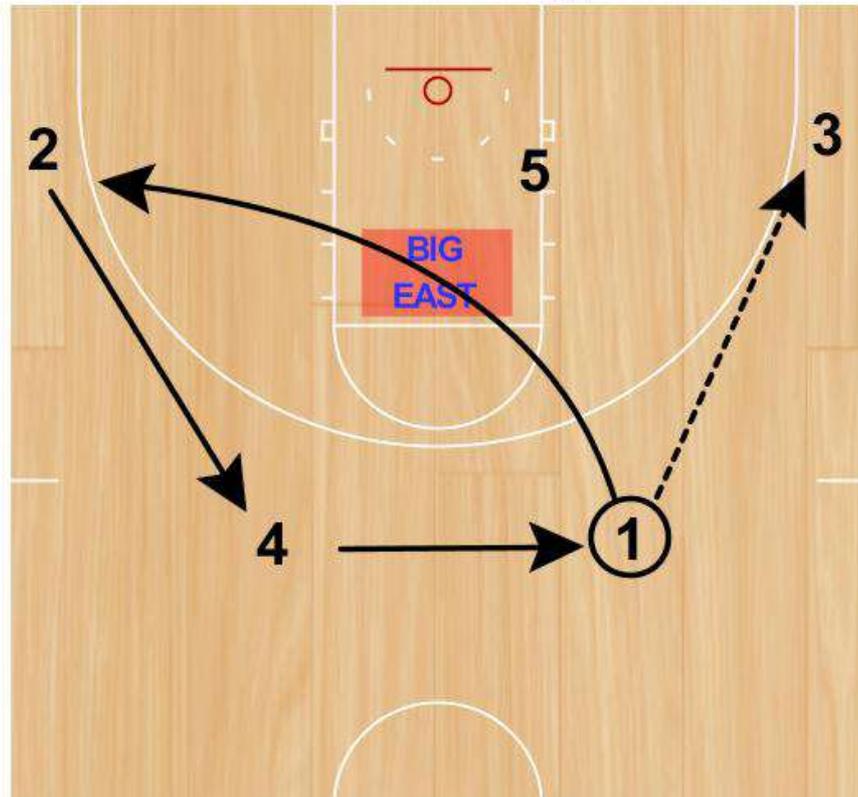
Aside from the ball movement and player movement generated from passes, cutting rules and dribble penetration, Villanova uses ball screens to puncture the defense. The “bigs” set ball screens in the slot and on the wings for the guards throughout the offense.

Often the low post player will sprint out of the block and follow the ball reversal and set an inside ball screen for a guard in the slot.

First the guard makes the pass ahead to the wing and, by rule, shallow cuts through the logo to the weakside. The other players fill to the ball and square the top.

Villanova Wildcats

Ball Screen On Reverse (1)



Reverse into high inside ball screen

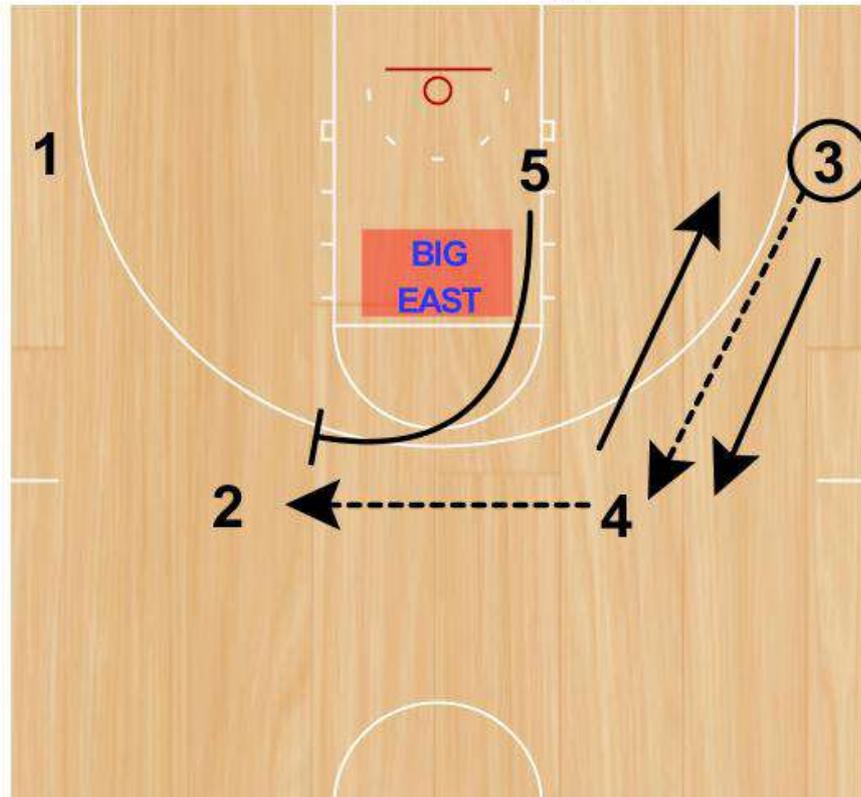
1 passes to wing (by rule they shall cut away through the logo)

Other players fill towards the ball

If the wing (3) does not enter the post, the ball reverses. On the slot-to-slot pass there is, by rule, a interchange. Often you will see the Villanova bigs, [Daniel Ochefu](#) or [Darryl Reynolds](#), follow the ball into the the inside slot ball screen.

Villanova Wildcats

Ball Screen On Reverse (2)



3 changes it to 4 who reverses
By rule, on the slot to slot pass there is an interchange
On 2's catch, 5 sprints into the inside slot ball screen

This concept is featured in the video below. [Ryan Arcidiacono](#) initiates the offense with the pass from slot to wing thus triggering the shallow cut away. His teammates fill to the ball to square the top.

[Josh Hart](#) reverses the ball and interchanges with the player below him. On that catch the low post sprints into the high inside ball screen. The roll prompts the wing defender to “tag the roll man” and Arcidiacono rises out of the corner and makes the defense pay.

[iframe id="https://www.youtube.com/embed/WOC1DH_NOIs"]

In the late clock situation below, Villanova demonstrates the rules of the four-out motion again. The time the cuts and movements by the perimeter players occupy the help and make for an easy one inside for Ochefu.

[iframe id="https://www.youtube.com/embed/XRvec4X1jY"]

Wright and Villanova fans are hoping the Wildcats can space and spread their way back to their first Final Four since 2009. The four-out attack was potent then and is potent now due to these simple principles.

Continue the motion offense conversation:

For help with practice planning and implementation of a motion offense attack, check out the [RAM program](#).

Explore and use the Twitter hashtag [#MotionOffenseTips](#) as well!

Any questions: [Contact me](#). Happy to talk hoops any time day or night! If you would like to be added to the motion offense mailing list, email and let me know!

Bio	Latest Posts
 	<p>Randy Sherman</p> <p>Randy Sherman is the owner and founder of Radius Athletics - a basketball coaching consulting firm - where he consults with basketball coaches at all levels on coaching philosophy, practice planning, Xs & Os and teaching a conceptual style of basketball. While a head basketball coach at the interscholastic level, Sherman's teams won 197 games in nine seasons.</p>

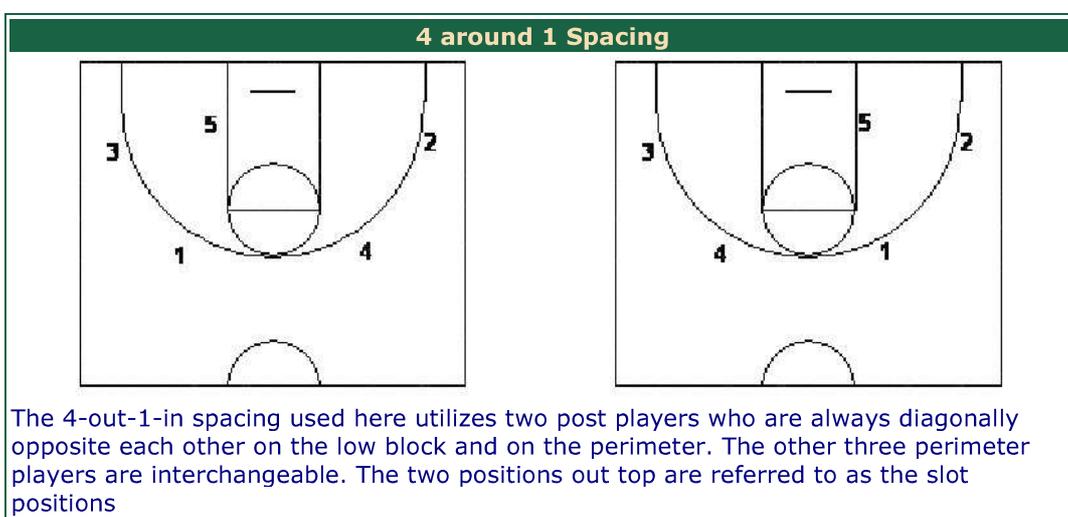
March 12, 2016 – New York, New York, U.S. – Villanova Wildcats’ guard Ryan Arcidiacono (15) penetrates toward the basket as Providence Friars’ guard Drew Edwards (25) tries to defend in the first half during semifinals at the Big East Tournament at Madison Square Garden in New York City. Villanova defeated Providence 76-68. Duncan Williams/CSM(Credit Image:  Duncan Williams/C via ZUMA Wire)

Villanova - 4 out 1 in Motion

Jay Wright

Spacing

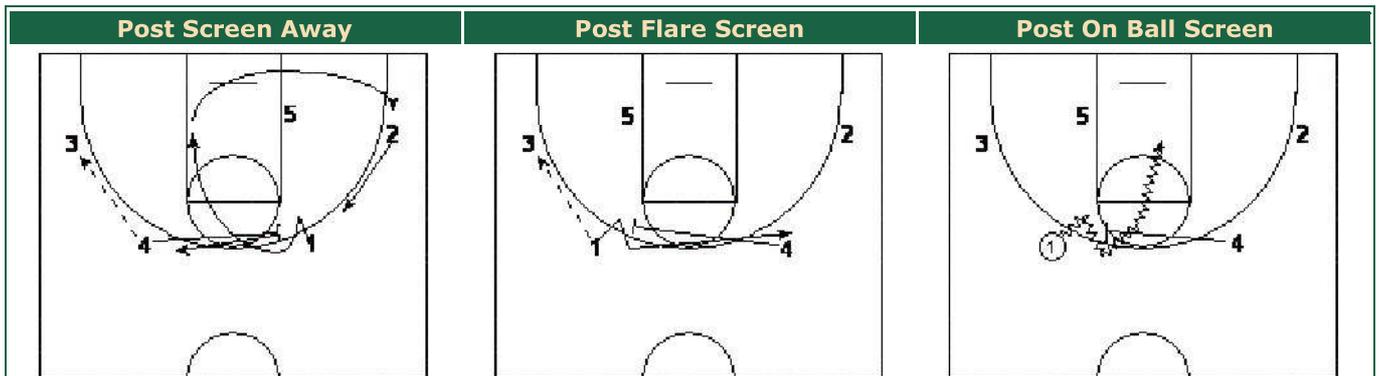
The 4-out-1 in motion offense used by Jay Wright of Villanova and formerly Hofstra University utilizes 3 perimeter players and 2 post players. One on the post players is always stationed on either of the low blocks. The other post player is on the perimeter diagonally opposite the low post player (in one of the slot positions). The three perimeter players are interchangeable occupying the two wings (near the baselines) and one of the slot positions out top



Basic Rules for Post Players

1. The high and low posts are always opposite each other with one on the low block and the other opposite in one of the slot positions.
2. The high post player always screens for the other slot man. This means screening away on a pass, setting a flare screens, and setting on ball screens. He does not screen for the wing players and he never receives a screen from a perimeter player.
3. Whenever the post player in the slot has the ball out top the low post player ducks in and looks for the ball.

Post Player Options



Here are some examples of different kinds of screening action that should take place in the slot with the perimeter post player.

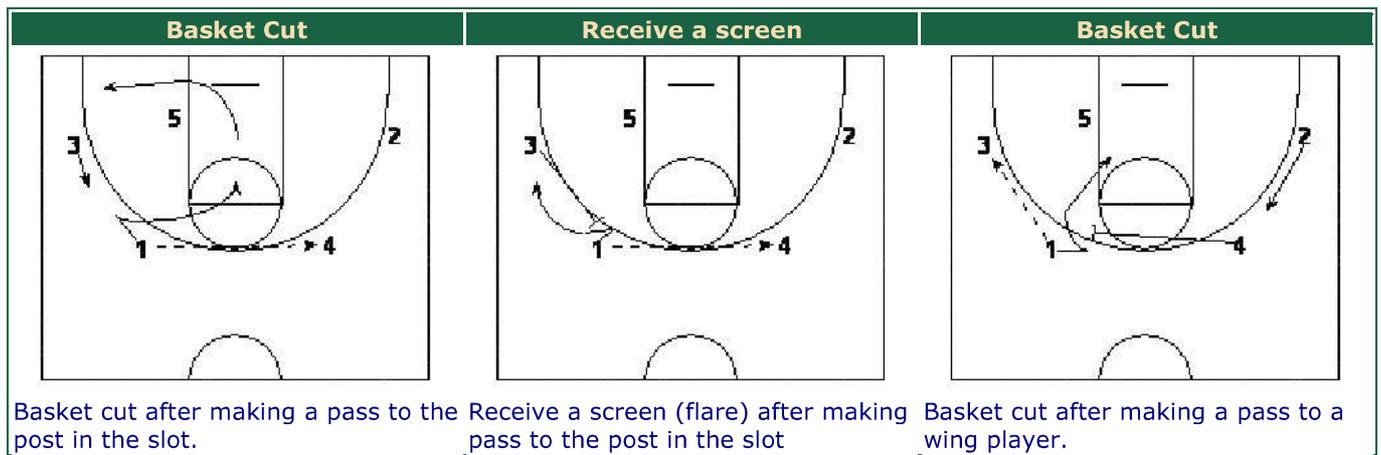


Every time the post player in the slot receives the ball he should look for the duck in with the low post.

Basic Rules for Perimeter Players

1. After making a pass, you have three options : a) basket cut b) set a screen or c) receive a screen (from post player in the slot).
2. Only screen for each other on the perimeter; They do not set screens for the post player in the slot position.
3. Use dribble to drive to the hoop or create and easier passing opportunity.

Perimeter Player Options

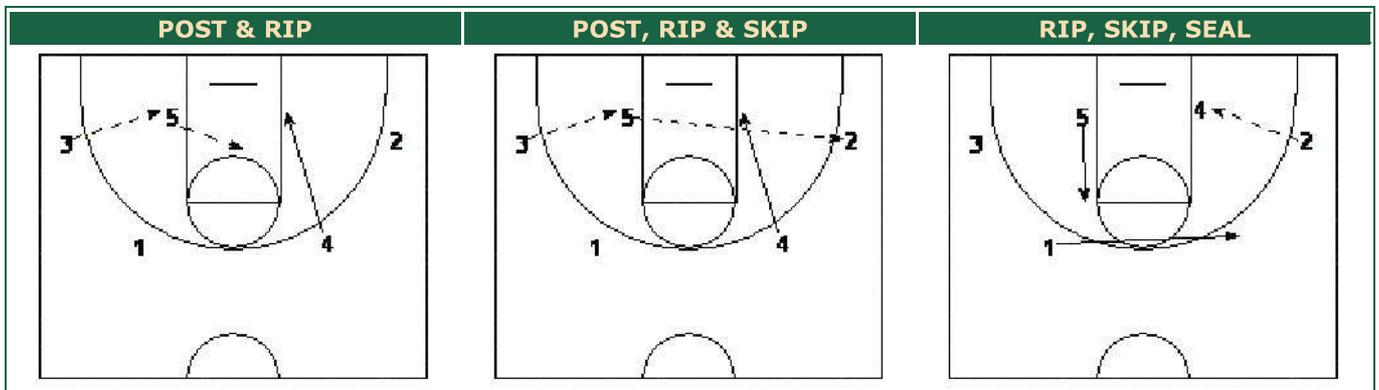


Key Teaching Points

1. Post ups and ball screens are primary looks.
2. Perimeter players look to catch and shoot; then reverse the ball
3. Read the defense - take the lanes they give
4. Good shot selection
5. Good communication
6. Read Opposite

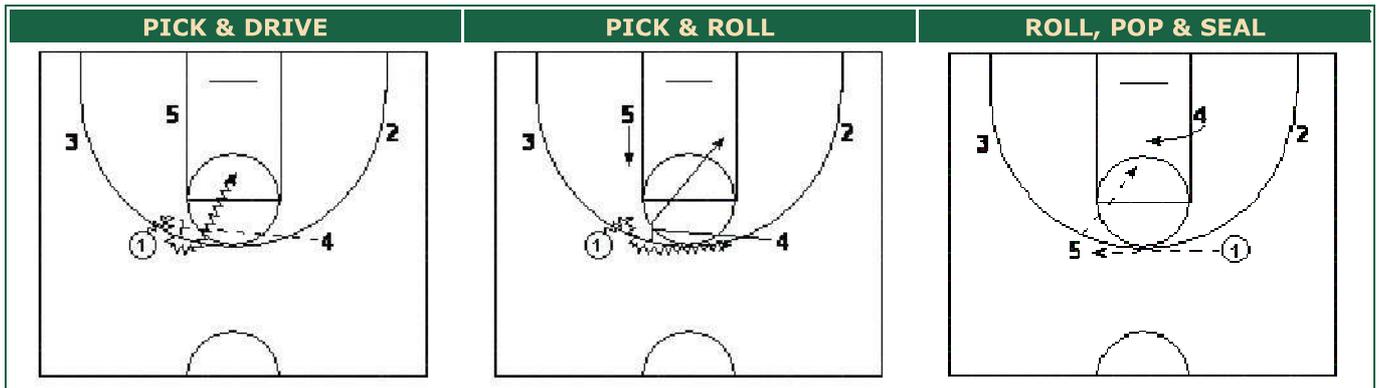
Scoring Opportunities

1. **POST & RIP** – We always look to enter the ball to the low post. This creates several scoring opportunities. The are as follows:
 1. Look to score immediately in post.
 2. **RIPPER** - Look for opposite post player who after a slight hesitation then rips to the weak side block. If this post player does not receive the ball he is in perfect weak side rebounding position.
 3. **RIP / SKIP / SEAL** - Look for skip pass to weak side corner. After the skip pass if the wing does not shoot he has ideal post action with the ripper who has just sealed his defender.
 4. Look to kick back to the wing who entered the ball after slight relocation (this is ideal if the wing doubles down on the post).



2. HIGH BALL SCREENS

1. **PICK AND DRIVE** - immediate driving opportunities to the hoop.
2. **PICK AND ROLL** - Drag dribble implies roll to the hoop (opposite post fills out and replaces).
3. **ROLL, POP, & SEAL** - As the opposite post pops out if he receives then he looks for the roller who has now sealed on the low post.



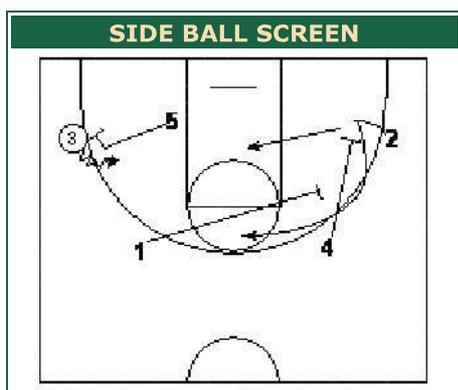
3. SCREENER & CUTTER Opportunities

1. Flares or curls with the two players in the slot positions; post player always screening for the perimeter player
2. Post player who sets the screen can slip the screen and cut to the basket as an additional scoring opportunity.
3. If perimeter players uses screen to curl then post player pops back to the ball.

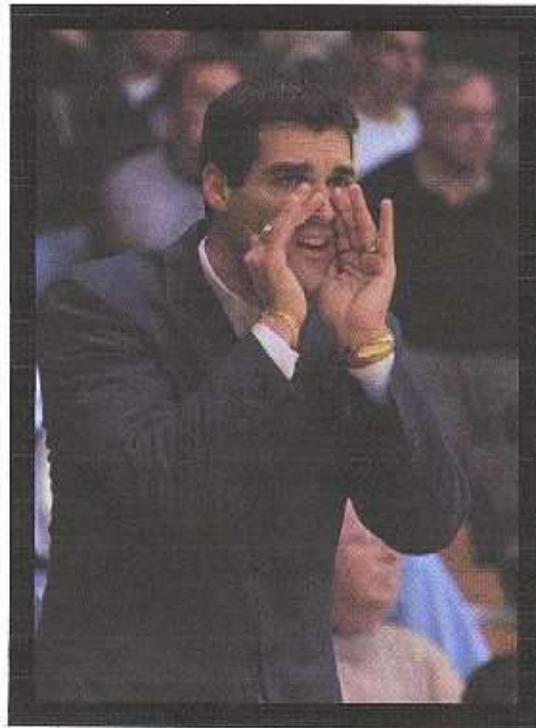


4. **SIDE BALL SCREENS** (ball goes to the corner)

1. Look first to low post
2. Low post sets on ball screen in the corner
3. At the same time two slot players set a staggered screen for weakside wing to curl or get a good perimeter look.



Villanova's Motion Offense



BASIC RULES OF MOTION

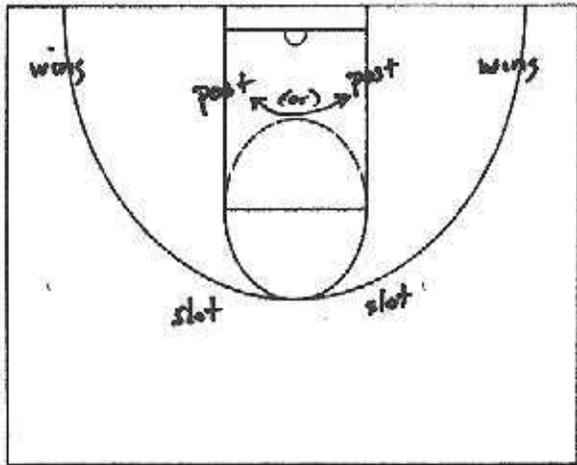
(4 & 5 men)

1. HIGH LOW OPPOSITE EACH OTHER.
2. SCREEN FOR 1, 2 & 3 AT SLOT
3. IF BALL IS HIGH - DUCK IN
IF BALL IS IN POST - RIP

(1, 2, 3 men)

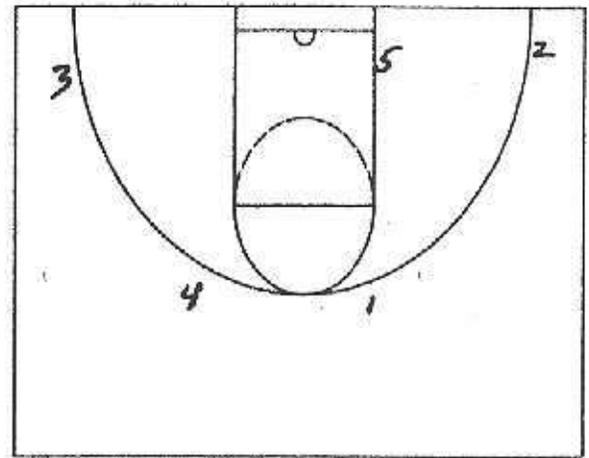
1. AFTER PASS: BASKET CUT, SCREEN, OR
RECEIVE A SCREEN
2. 3 IS A SCREENER FOR 2 & 1; 2 & 1 ARE
CUTTERS.
3. DRIBBLE TO DRIVE OR MAKE EASY PASS.

VILLANOVA BASKETBALL



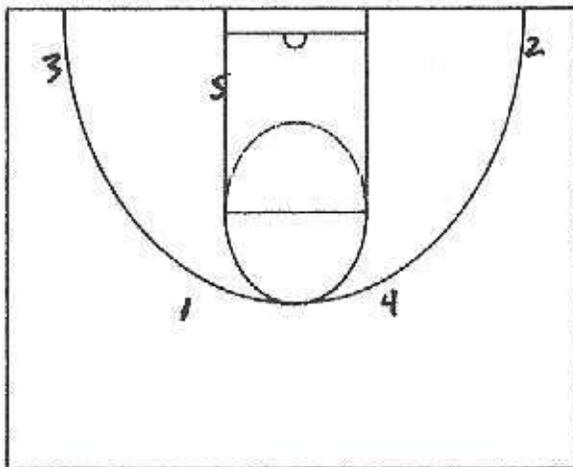
Positions (2 wing spots, 2 slot spots,

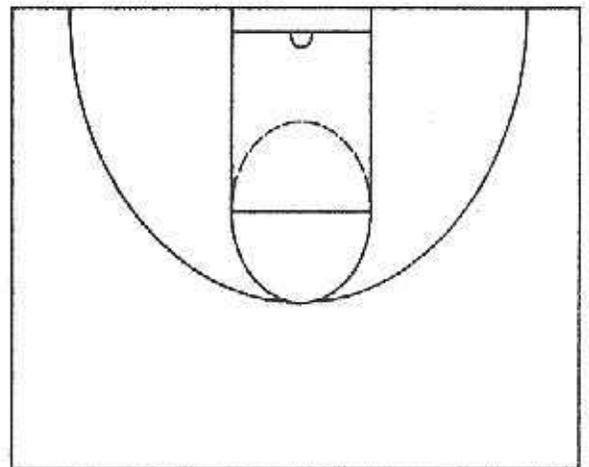
1 post spot)



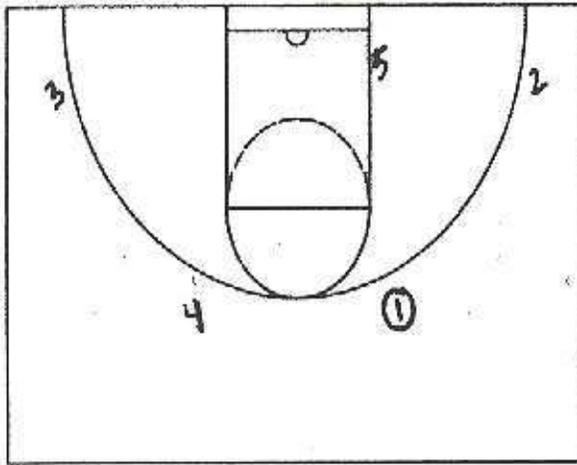
Forwards are hi/lo opposite each

other; Guards fill other 3 spots

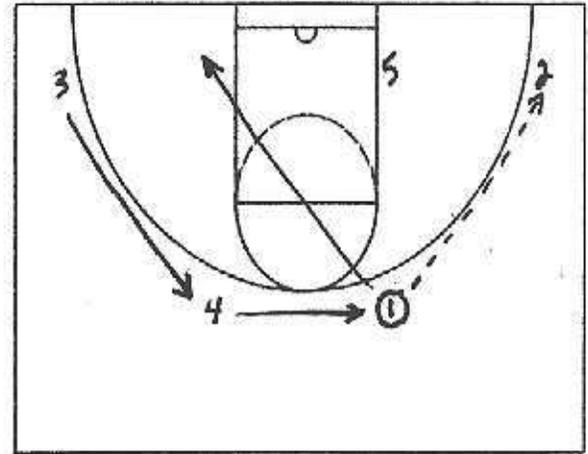




VILLANOVA BASKETBALL



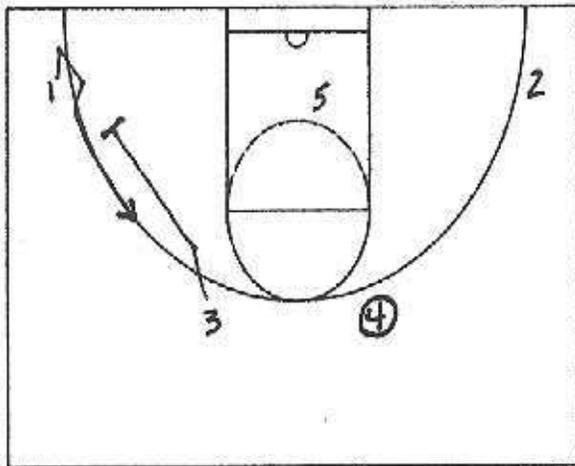
Option 1 - Pass and Basket Cut



Option 1 (cont'd)

4 fills to the slot, can look for hi/lo

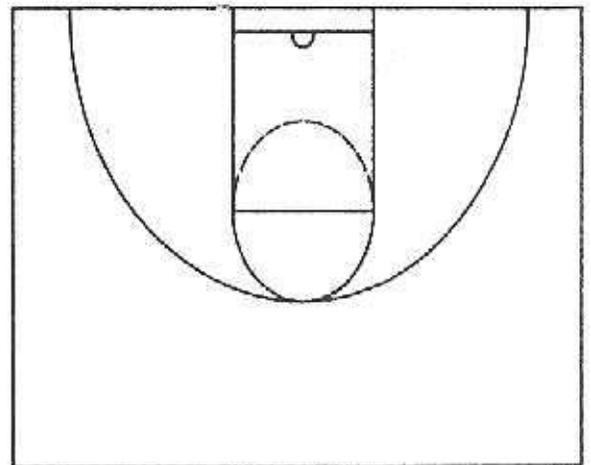
3 fills to other slot



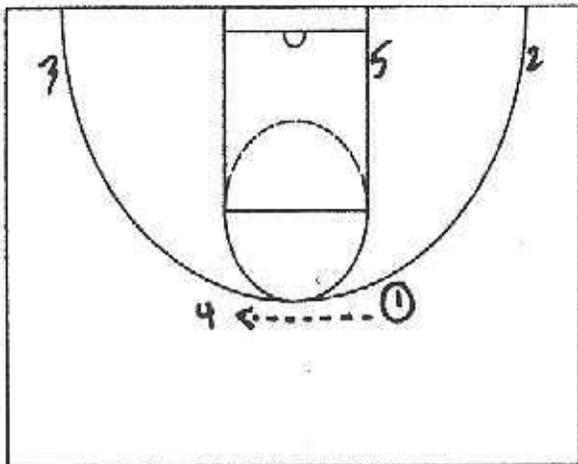
Option 1 (cont'd)

3 then screens for 1

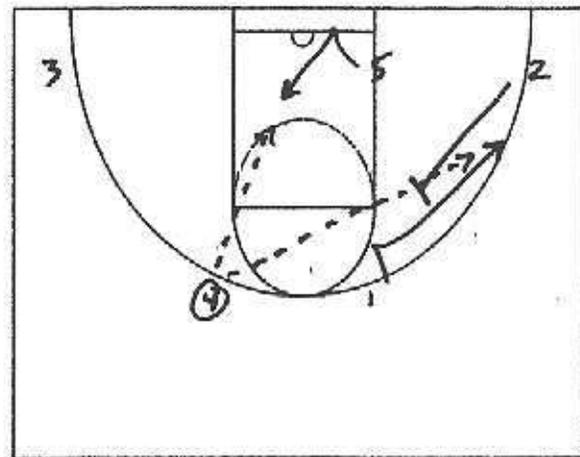
5 gets opposite 4



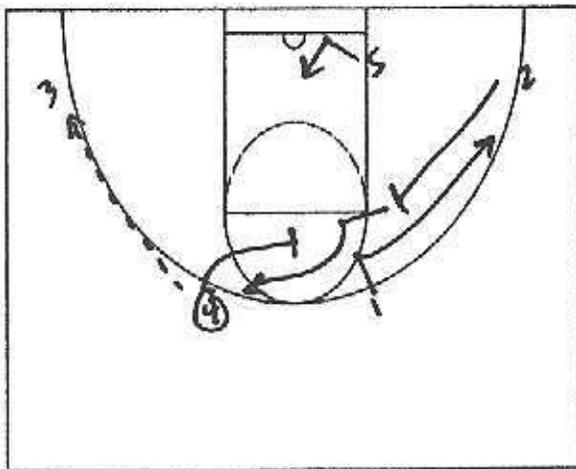
VILLANOVA BASKETBALL



Option 2 - Pass and Receive Screen

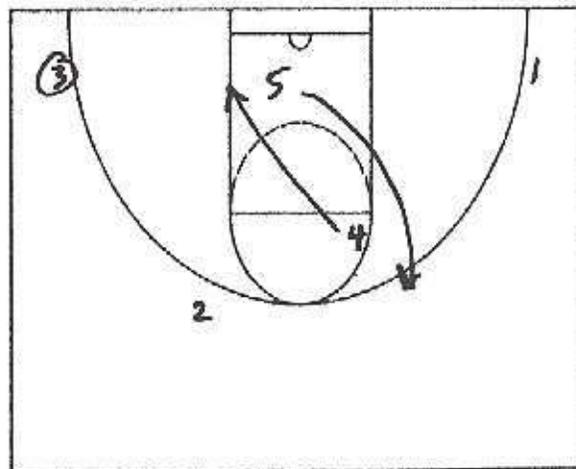


Option 2 (cont'd)

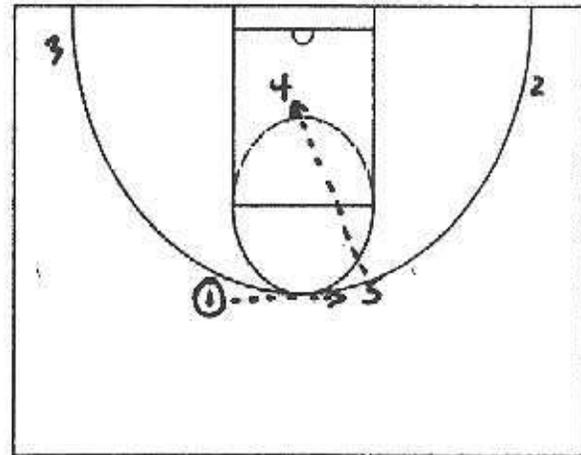
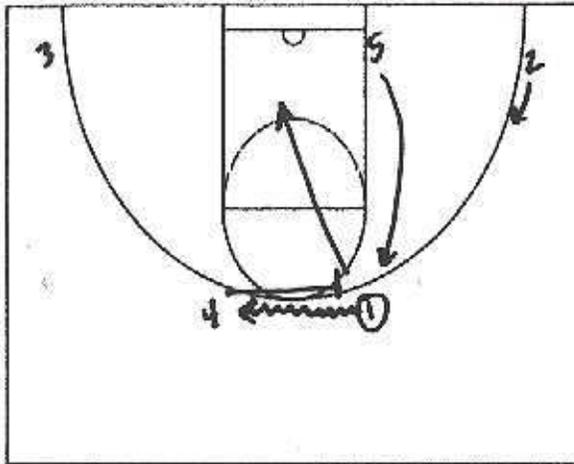


Option 2 (cont'd)

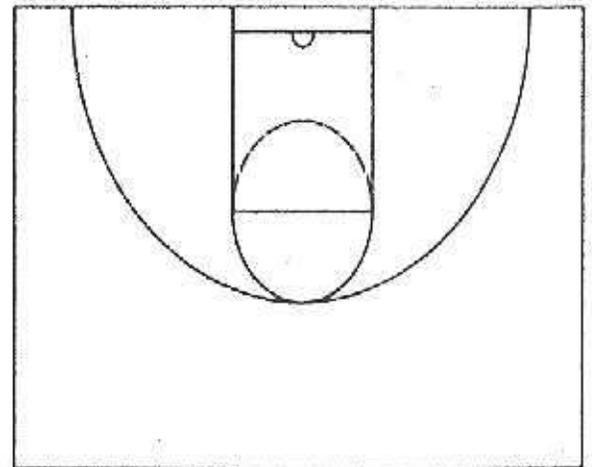
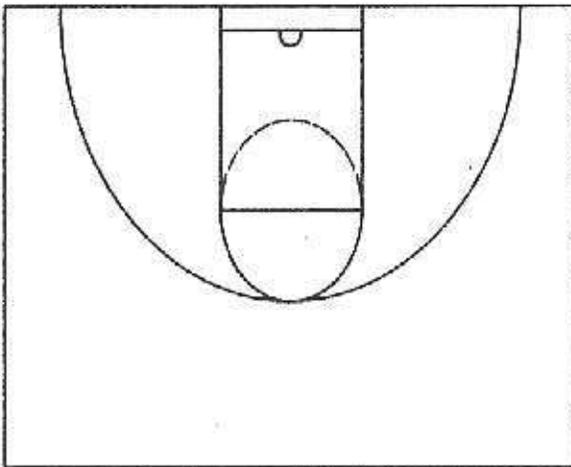
4 reverses ball to 3, then screens for 2



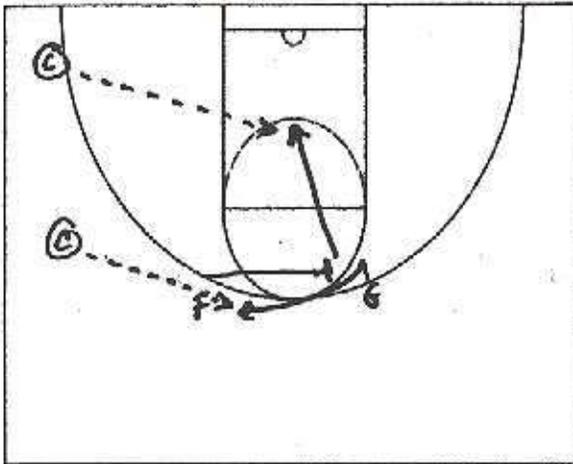
VILLANOVA BASKETBALL



Option 3 - Ballscreen (Roll & Pop)

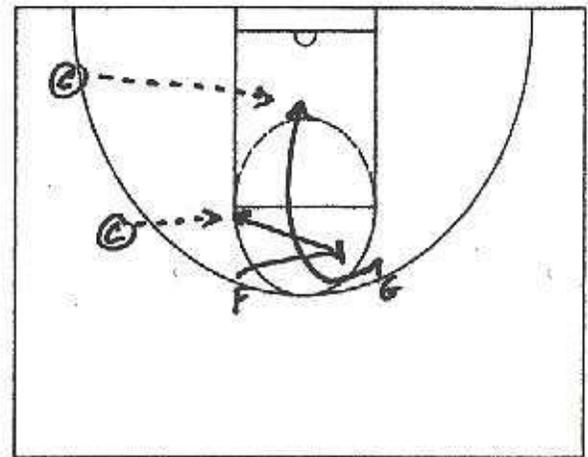


VILLANOVA BASKETBALL

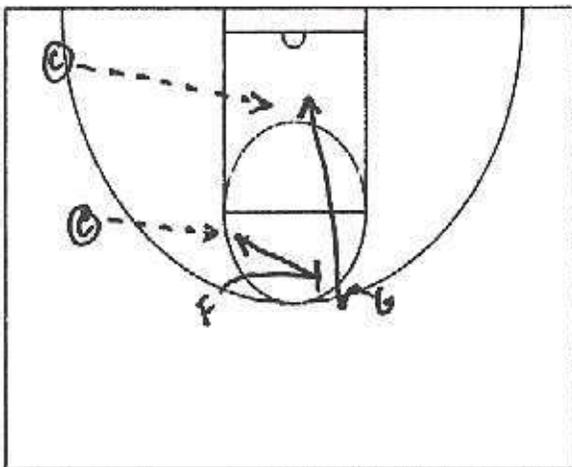


Motion Breakdown Shooting Drills

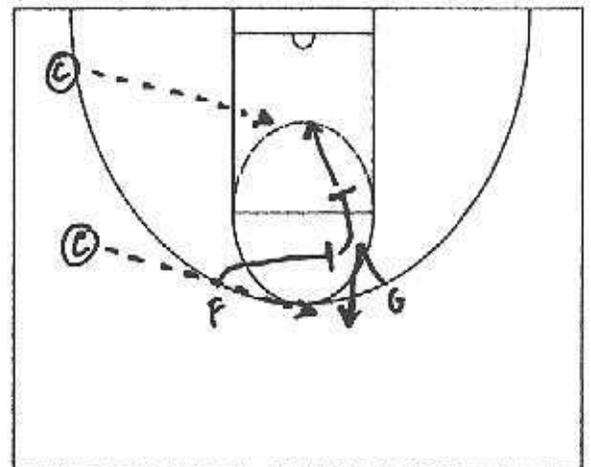
1.) straight cut



2.) curl and pop

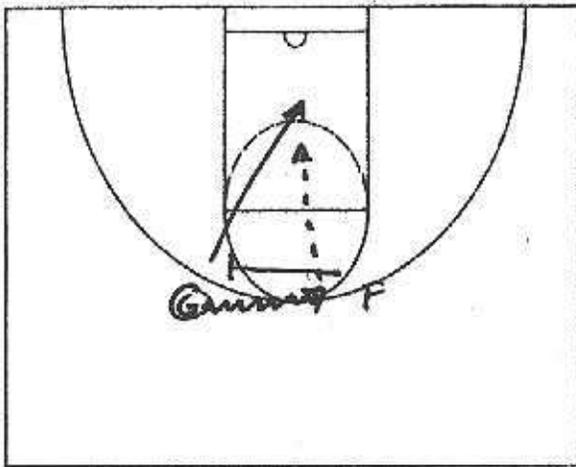


3.) back cut and pop



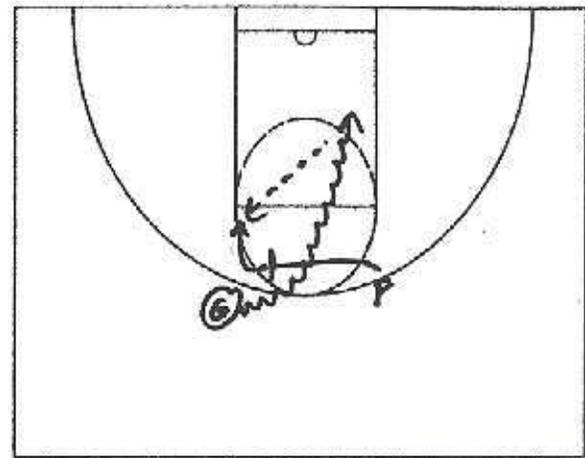
4.) outcut

VILLANOVA BASKETBALL

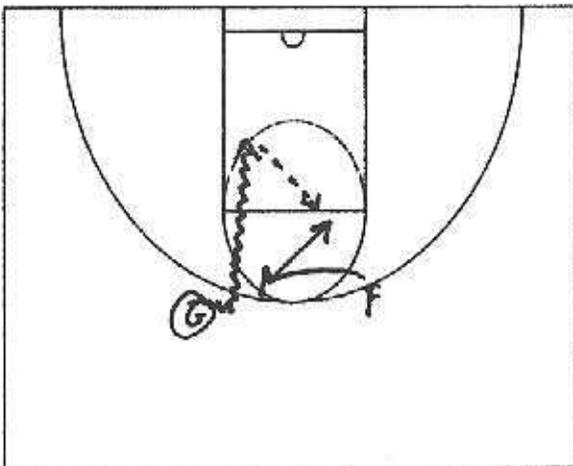


Motion Breakdown Shooting Drills

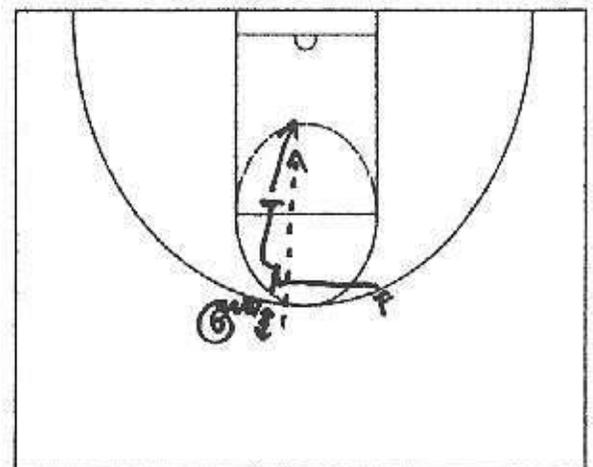
1.) straight cut



2.) curl and pop



3.) back cut and pop



4.) outcut

Jay Wright Villanova Offense

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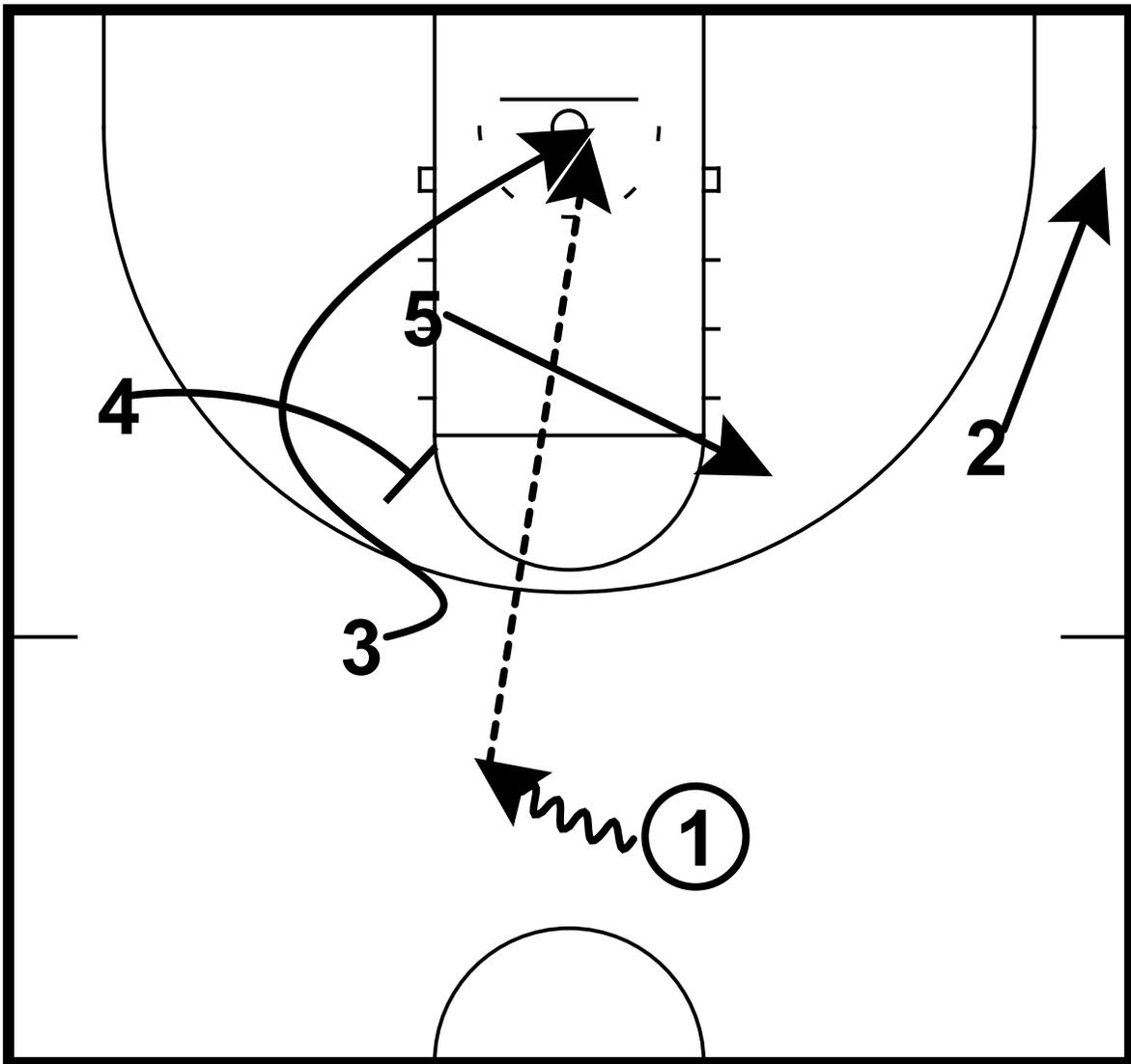
1.	Offense - Man 2 Man	2
1.1	Quick Lob	2
1.2	Nova 2 Man	3

Jay Wright Villanova Offense

Quick Lob

Frame 1

Offense - Man 2 Man



1 dribbles left as 4 sets a flare-screen for 3.

5 moves to the ball-side elbow.

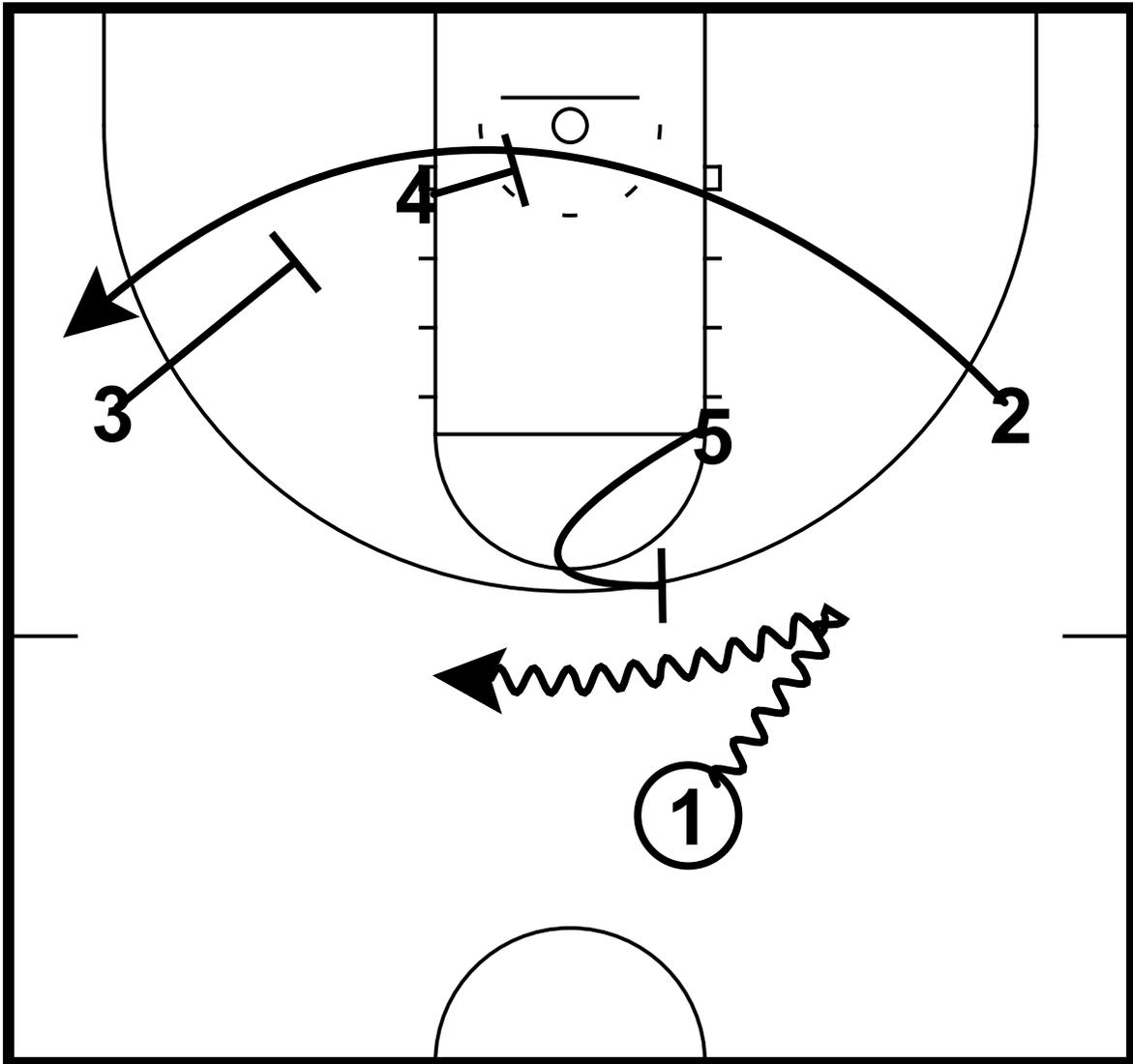
1 makes the lob pass to 3 at the basket.

Jay Wright Villanova Offense

Nova 2 Man

Frame 1

Offense - Man 2 Man



2 cuts across the floor off of a staggered screen from 4 and 3.

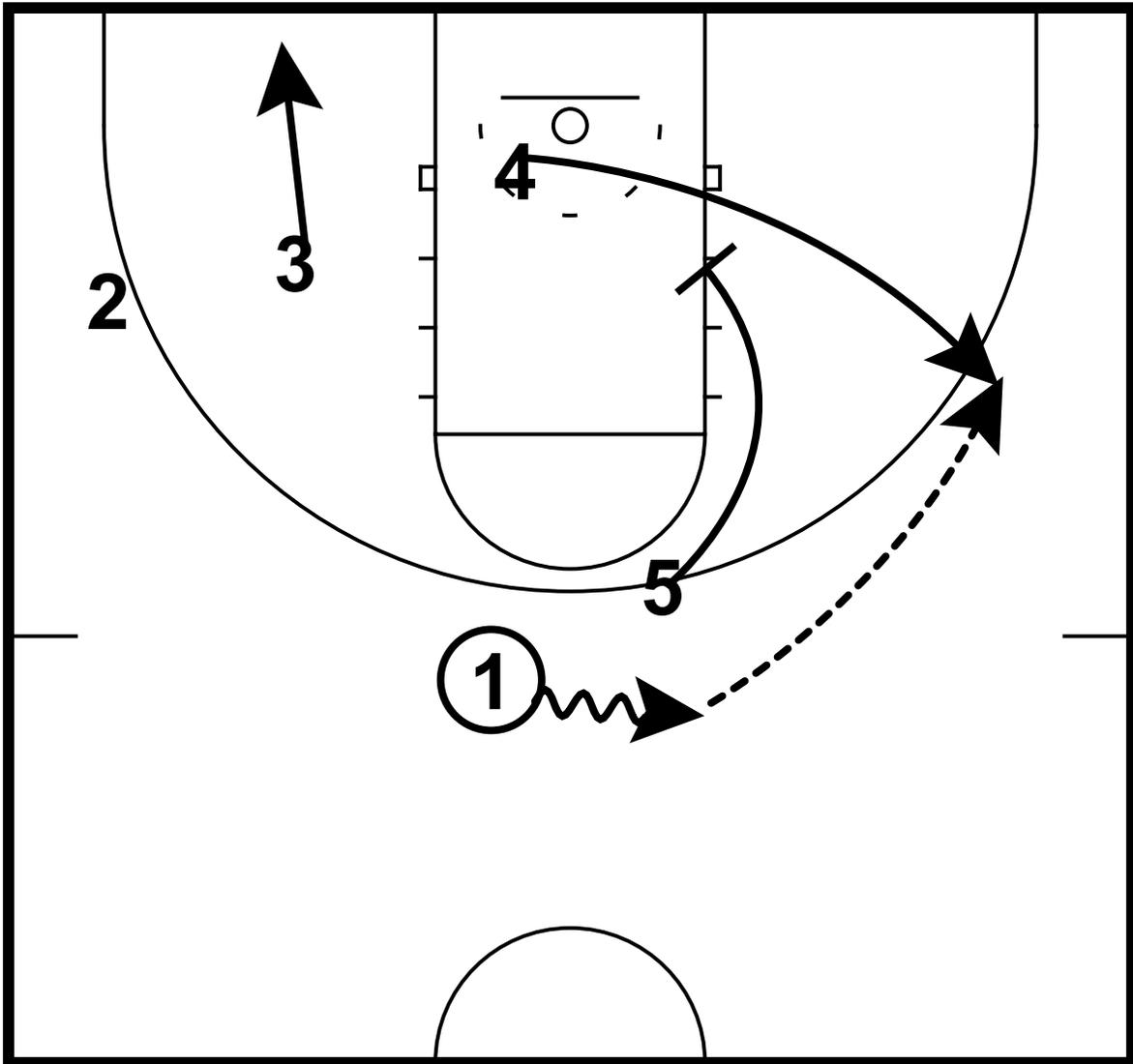
5 sets a ball-screen for 1.

Jay Wright Villanova Offense

Nova 2 Man

Frame 2

Offense - Man 2 Man



5 rolls off of the screen into a down-screen for 4.

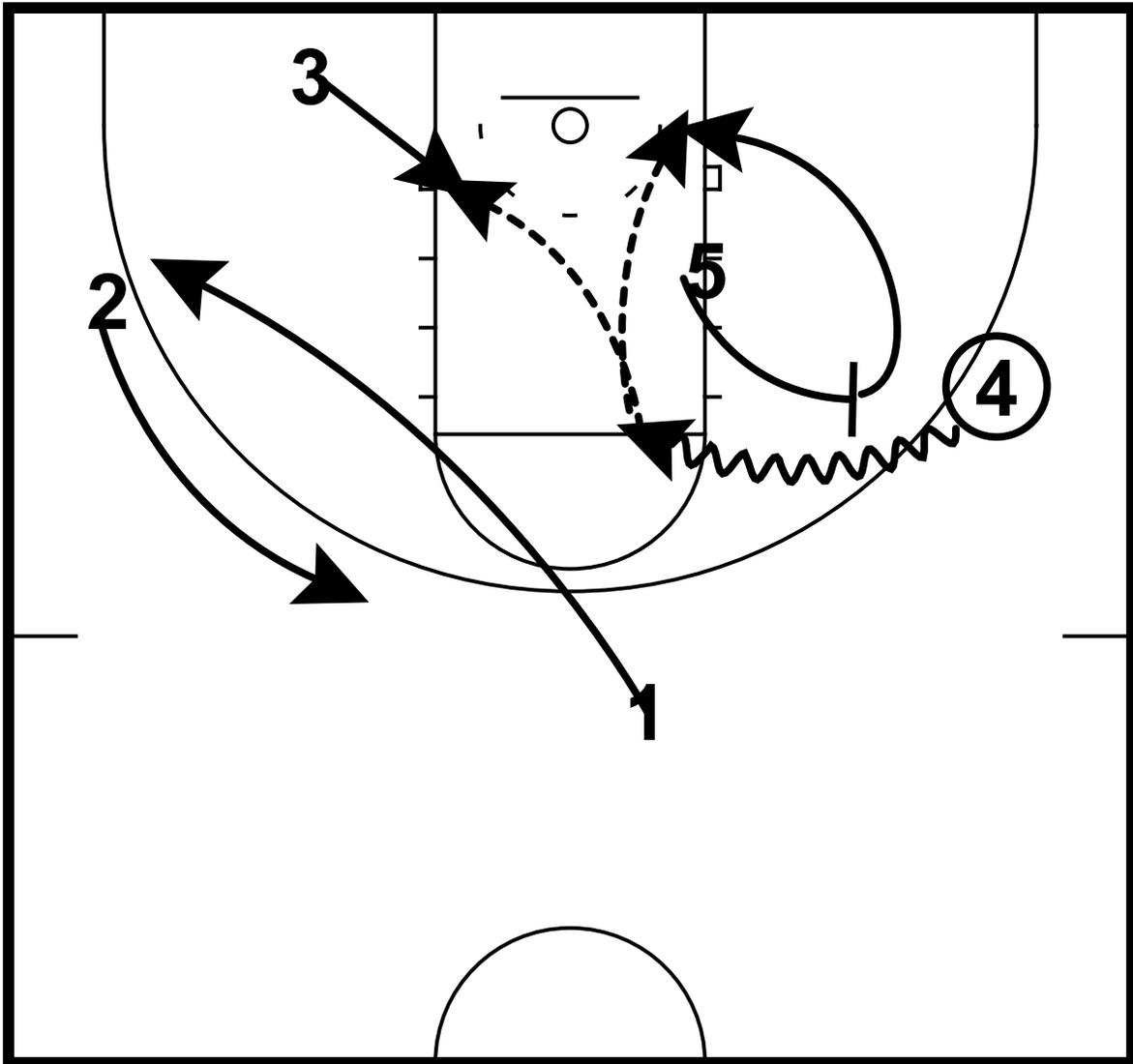
1 passes to 4.

Jay Wright Villanova Offense

Nova 2 Man

Frame 3

Offense - Man 2 Man



5 sets a ball-screen for 4.

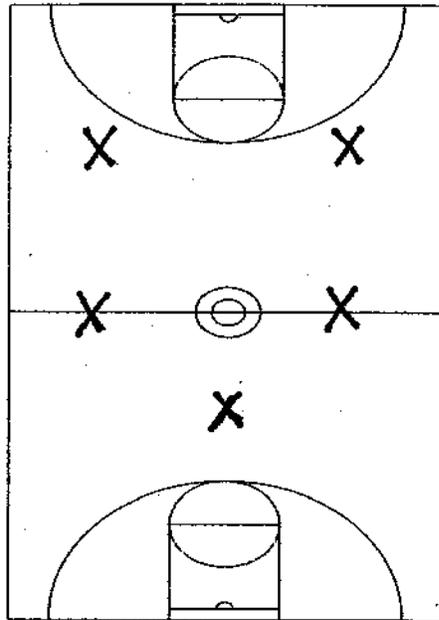
4 drives middle as 5 rolls and 3 steps in from the short corner.

Villanova Basketball

1-2-2
3/4 Court Trap

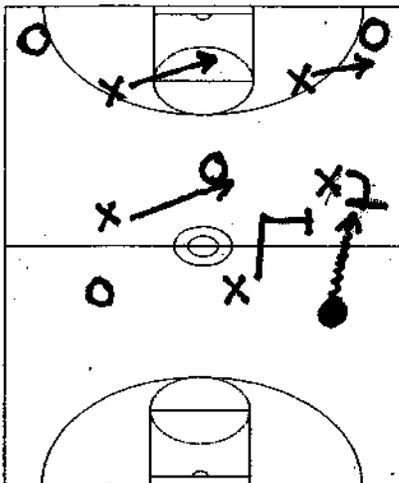


"1" Defense (1-2-2 3/4 Court Trap)

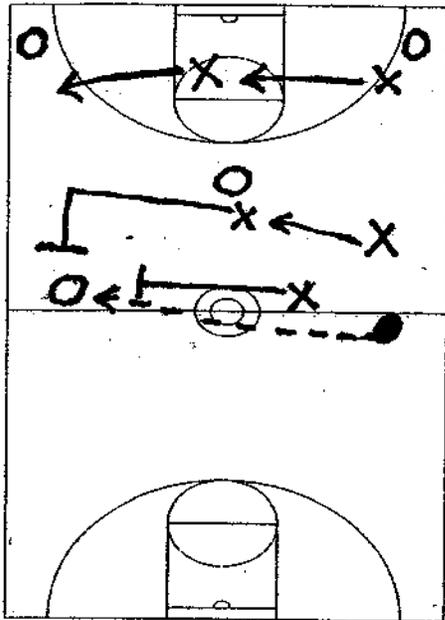


Teaching Points

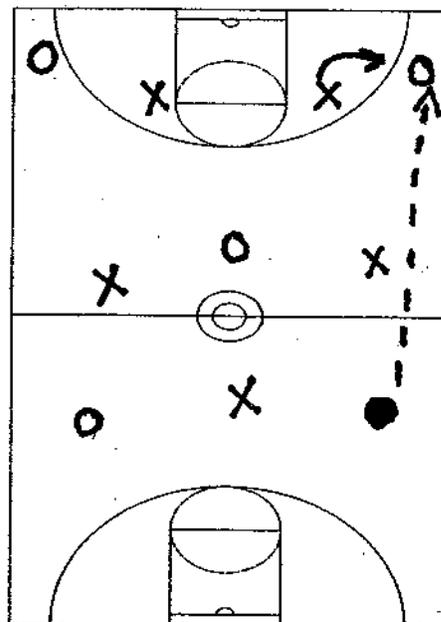
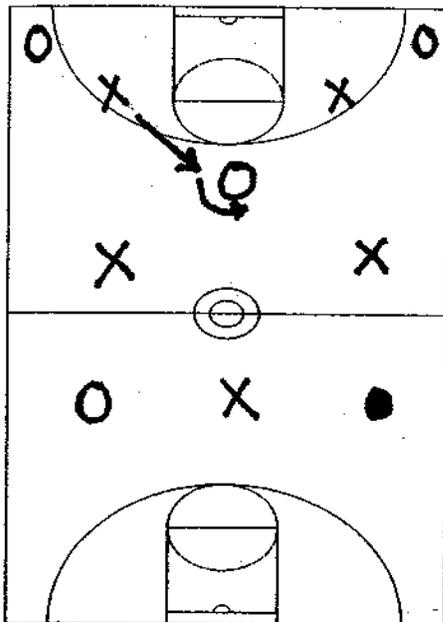
- Top man tries to force ball to a side
- Initially, top 3 defenders want to “fake small, retreat big” at the ball – make the offensive player with the ball think that you’re coming to trap, then retreat back to try and steal the pass
- We look to get a trap right over 1/2 court; so, whatever side the ball is forced to, the top man and that side wing defender look to trap; other wing defender takes away middle – a pass to the middle cannot be allowed



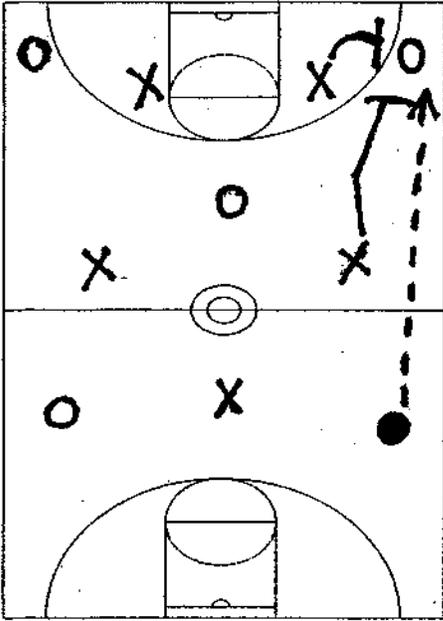
- If the ball is reversed, wing defender that was taking away middle now must sprint out and look to trap with top man; wing defender that was looking to trap must now sprint to the middle and not allow pass to come to the middle



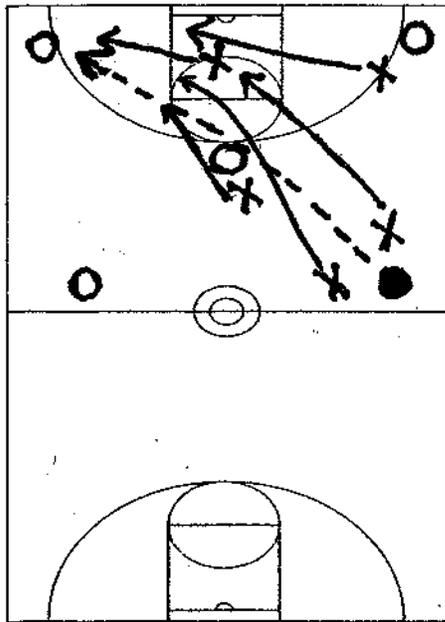
- Back men can cheat up and look to help on denying middle; they also must be ready to wack out if pass is made up the sideline



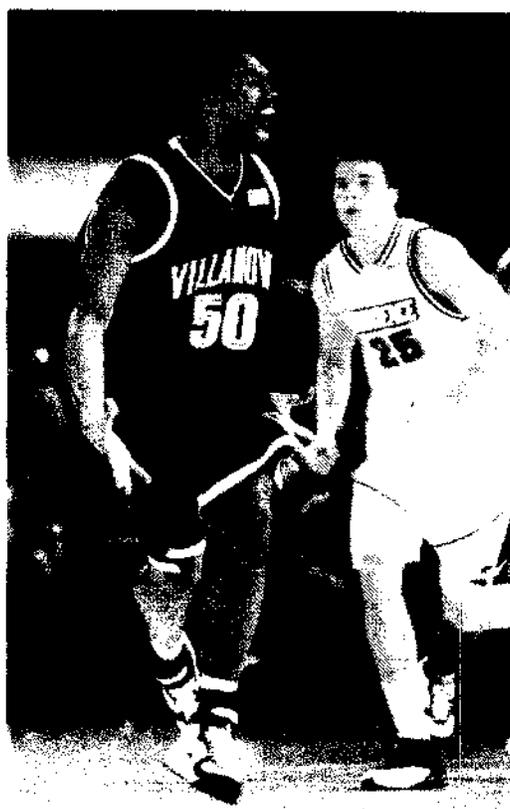
- If pass is made up the sideline, back man and wing defender on same side can look to get trap



- Once a pass is made out of the trap, all defenders sprint back the paint and load to the ball



VILLANOVA BASKETBALL



DEFENSIVE TECHNIQUES

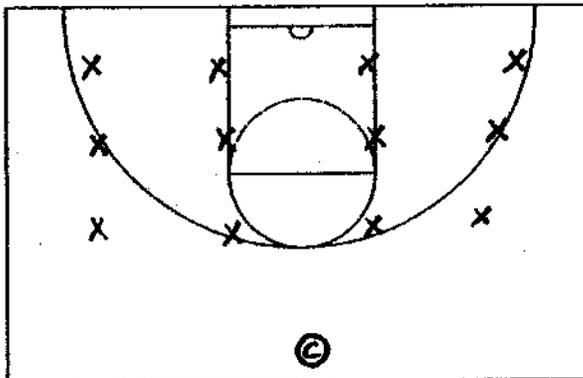
Villanova Basketball

Breakdown of Defensive Philosophy

- 1. Stance, Step Slide**
- 2. Slide-Run-Slide**
- 3. Wackouts**
- 4. Denials & Backcuts**
- 5. Post Defense**
- 6. Attack & Swim**

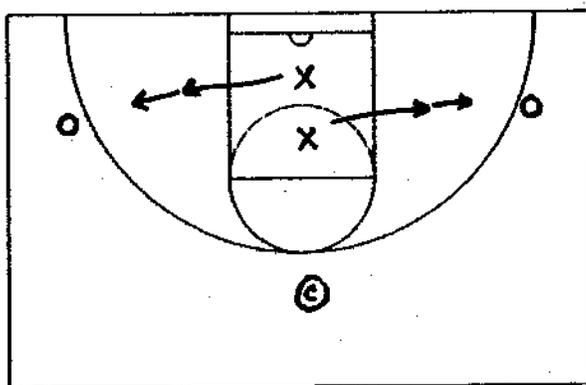
Stance, Step-Slide

- **Low & wide, knees bent, butt down**
- **Back straight, head up, arms length away**
- **Feet parallel, switch, feet stay parallel**
- **Don't come out of your stance**
- **Hand and head on ball; give space, take away space**
- **Ball over head – “ball, ball, ball” – stay in stance**
- **Long 1st step, short 2nd; stay wide**
- **Point your toe in direction that you are sliding**
- **Take 1st step with foot closest to direction you are sliding**
- **Once dribble is picked up – “dead, dead, dead”**



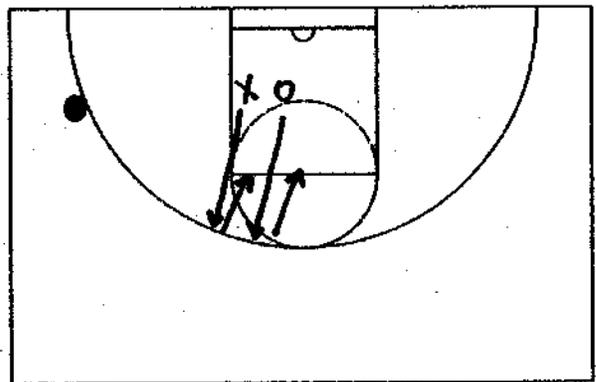
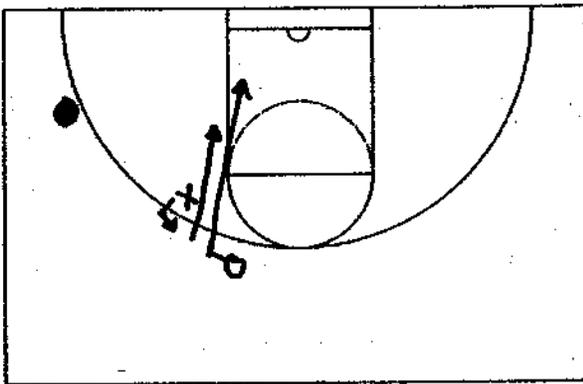
Wackouts

- **Point toe & step with foot closest to ball**
- **Cross low – long strides**
- **Stop 2/3 of distance, throw head back as you sit in stance**
- **Contain 1st, crow hop to offense, expect to step-slide**
- **Contest after shooter leaves feet**
- **“Touch” and “Space” (wackout close enough to “touch” shooter, and give more “space” to penetrator)**



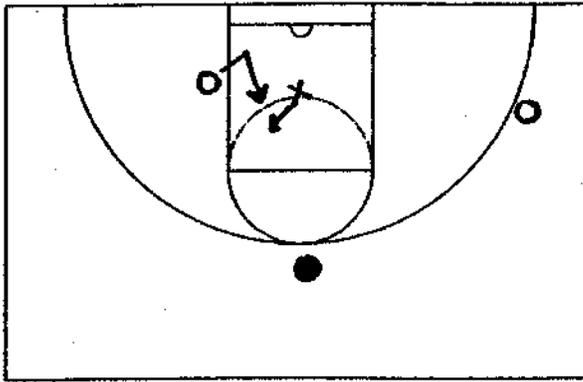
Denials and Backcuts

- **Defense: Near hand and near foot up; as offense steps to ball, stay ball-you-man; on back cut throw down back hand and snap head**
- **On 1st pop, pass is made, D knocks away**
- **On last backcut, pass is made, D knocks away**
- **Near hand knocks away pass**
- **“Head turn” – to see both man and ball**
- **Contain 1st, Deny 2nd – “Play ball 1st”**
- **At any time, offense can drive**
- **Contain and wack or fake and wack**

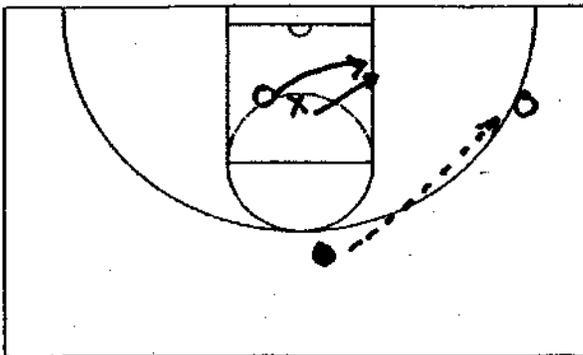


Post Defense

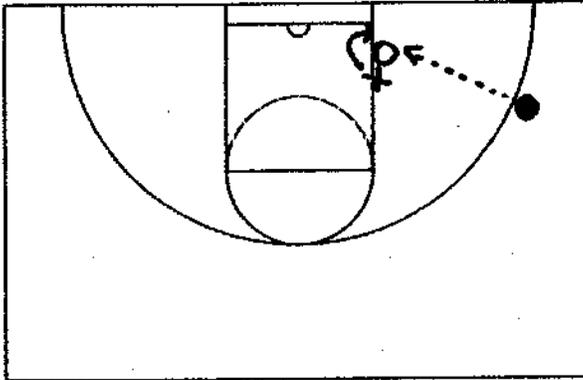
- **Hands above shoulders, move feet**
- **Ball-You-Man**
- **Back to middle (with ball in slot area)**
- **Take away duck-in with ball at top of key**



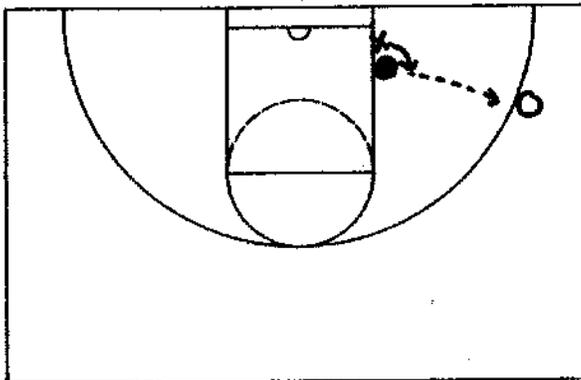
- **Back to Baseline (with ball on wing)**
- **Hard & High, Discourage pass, Don't steal pass**
- **Forwards: "Hard and High;" Guards: "Red Post"**



- **On pass, forwards jump behind and take away baseline**
- **Offense pivots, defense moves feet**

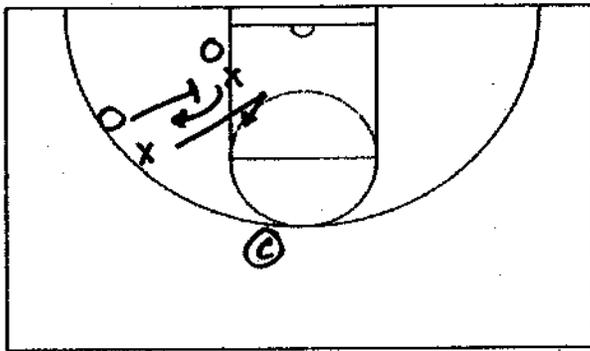


- **On kickout, defense “reds” the re-post, then gets hard and high after he forces offensive player to step out**

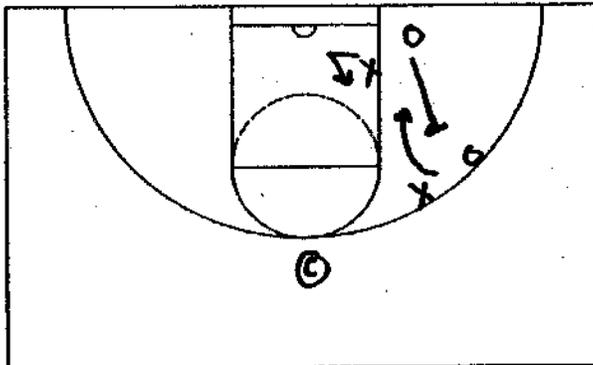


Attack-and-Swim

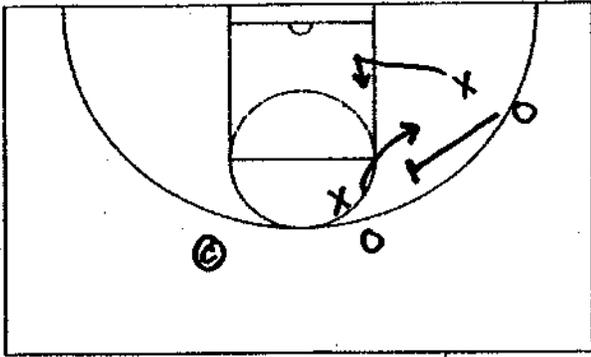
- **Screeners man yells out "screen," then helps low and steps up**
- **Defender being screened must first turn and face screen; Attack the screen, don't wait for it; Forget about your man, beat him to the spot (force outcut)**
- **Attack - Swim - Deny**



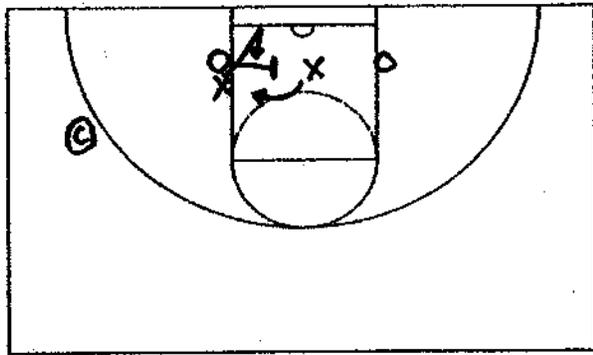
(Downscreen)



(Backscreen)



(Flair Screen)



(Cross Screen)

JAY WRIGHT SHOOTING DRILLS

- 70% of rebounds come to the weak side
- create good habits in all drills
- in all drills, what is important is what you emphasize
- most drills are competitive
- all loose balls are picked up with two hands, chinned to a jump stop

1) SET LIFTS technique shooting, 5 feet from rim, out to FT line

10 minutes: lift & follow through, perfect form, catch hi/keep hi,

“teach the exaggerated good habits”

catch→shoot→catch 10 toes every time

2) BRADLEY DRILL “elbow under the ball”

5 spot shooting, 5 feet from the hoop

closer you are to the rim, higher you shoot the ball

catch, 3 bounce, then shot

hold follow through

3) MIKAN DRILL “catch high, keep high”

10 Mikan shots, off two feet, alternate left & right

10 Reverse Mikan shots, off two feet, alternate left & right

4) 1-2 STEP SHOOTING

stepping with inside foot (foot closest to inside of court/midline)

alternate feet

habits created in practice

1-2 → lift → follow through

5) 3 MAN, 2 BALL SHOOTING create good habits

A) baseline/wing

B) wing/point

C) point/opposite wing

Rebounders keep hands up through drill

6) 3 MAN, 2 BALL SHOOTING RIP JUMPERS

v cut → rip → 1 dribble jumper

catch at 3, 1 hard dribble, catch on wing, alternate baseline and middle attack

7) OLYMPIC SHOOTING 3 man, 2 ball shooting

“set up quick, shoot slow” first guy shots, follows shot, kicks out, relocates

Round 1: 15 foot shooting, MUST have good spacing,

Break → make 1 FT each

Free Throw thoughts: teach, repetition, confidence

Free Throw thoughts: build confidence, create game situations, combine two

8) SLIDE THREES JJ Redick style (pump fake, slide line, shoot 3)

30 seconds, 3 man-2 ball, rotate spots

BIGS: Lane Jumpers 15 feet, good spacing, good passes, 3 man 2 balls rotate spots

9) 2 BALL SHOOTING

Teaching Points: to simulate game shots and situations

forwards are screeners, guards are cutters

“you must think shot before you get shot”

“screener must hold screen until cutter passes him”

Screener becomes second cutter

Cutter ALWAYS looks back to screener

Players MUST talk throughout all drills

Shooting Drills without ball: 2 passers, 2 offensive players in two lines,

A) Wide-Pin screen (from high elbow to opposite wing)

Player 1 Screen, relocate, Player 2 set up and use screen, catch at top of key, hit player 1, then receive pass from second coach/manager for second shot

B) Curl-Cut, Pop Behind (from high elbow to opposite wing)

Player 1 Screen, relocate, Player 2 set up and use screen CURLING off the screen, catch from coach, pivot turn and hit player 1, then receive pass from second coach/manager for second shot after flashing to elbow

C) Back Cut & Pop

Player 1 Screen, relocate, Player 2 set up and rejects screen using a back door cut then catching from coach on back door, pivot turn and hit player 1, then receive pass from second coach/manager for second shot after flashing to elbow

D) Flare & Pop

Player 1 Screen, relocate, Player 2 set up and rejects screen using a back door cut then catching from coach on back door, pivot turn and hit player 1, then receive pass from second coach/manager for second shot after flashing to elbow

On Flare: push screener in back, tell screener to “change his angle”

10) 2 ball shooting, BALL SCREEN ACTION

“hold screen until cutter clears shoulder”

A) Straight cut to elbow/pop 4 trails and screens for 2 man

guard: middle drive attack elbow, jump stop, turn and pass to forward who pop’s following ball screen, then guard will relocate and catch pass from coach

B) Straight cut to elbow/pop level 2 finish 4 trails and screens for 2 man

guard: middle drive attack elbow, jump stop, turn and pass to forward who pop’s following ball screen, forward will catch and score at level 2, then guard will relocate and catch pass from coach

C) FLOW action

Teaching Point: don't pitch ball, "put it on a plate" and let guard take it

4 man dribbles at 2 spot, handing ball to guard

guard will attack elbow on middle drive, 4 man will bump screen following hand off, then pop open for pass back

4 Ways to use EVERY SCREEN off the ball

- 1) pop/straight cut
- 2) curl
- 3) back cut
- 4) fade (out cut)

11) DRIVE & SPACE (3 v 0)

movement with and without dribble, "shorten the pass, lengthen the defensive run"

A) Baseline drive

Guard drives baseline, guard on opposite wing drifts to the baseline, top guards either float behind shooter (on ball side) or slide the line to the open spot on the opposite wing)

Must pass twice before shot, 2 coaches/managers with balls, 3 shots

12) POST & RIP (3 on 0)

1 post, 2 perimeter players

post entry, rip → kick out to relocating guards

movement off post entry, 3 shots

13) LEFTY DRILL

all players start on left side, at high elbow, with a ball

- 1) Attack coach at elbow with in/out dribble, score with 1 dribble on power layup.
Dribble out baseline, along sideline, back to ½ court with weak hand
- 2) Attack coach at elbow with in/out dribble, score with A.I. finish at block (must be off glass)
Dribble out baseline, along sideline, back to ½ court with weak hand

3) Pass to coach, catch back at high elbow, lefty jab step, attack with weak hand for level 2 pull up jumper. Dribble out baseline, along sideline, back to $\frac{1}{2}$ court with weak hand.

13) TWENTY

game to 20, compete against men at your basket

1 ball, any shot inside 3 pt line is worth 1 point. Any shot beyond the three point line is worth 2 pts. Can't shoot in same spot twice. Shoot till you miss...then rotate.

14) 3-2-1&1-1 FT

2 guys at a goal, each guy shoots, 3 shots, then 2, then 1&1, then 1

all free throw scenarios that could occur in game, best score is 8 pts

keep total makes, add up score at one goal, compete against other baskets

15) WIN THE GAME 70-70 is score at beginning of drill

FT game situations, your team surrounds the foul line

Make a free throw= +1 miss a FT= -2

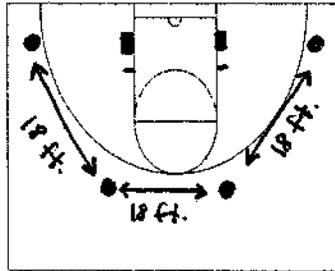
Everyone on the team shoots 1 shot

Condition or celebrate

4-Out, 1-in Motion

* Spacing

- 2 baseline spots, block extended
- 2 slot perimeter spots, 2 to 3 feet off the 3pt line
- 18 feet between spots
- 2 post positions (1 on each side) – straddle the first marker above the block = primetime; can make baseline moves and moves to the middle; also allows for cutting opportunities for feeder (to cut baseline)

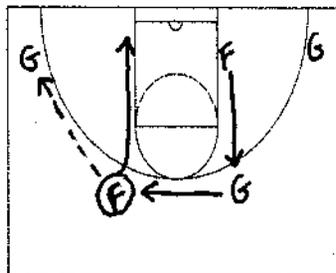


* Positions

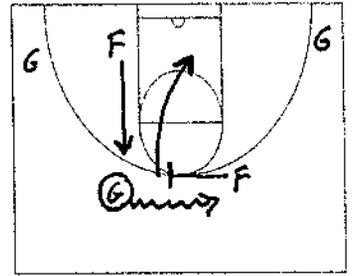
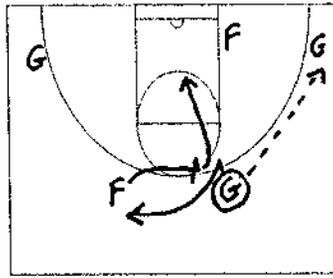
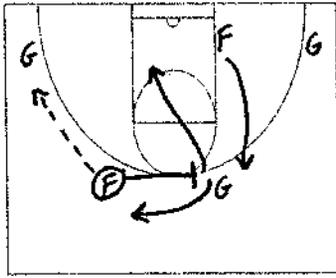
- 3 perimeter players (1-man, 2-man, 3-man) can fill any of the 4 perimeter spots
- 2 post players can fill either post positions or either slot positions (always want to maintain positions diagonal from each other)
- Never want two post players to fill both post positions at the same time – one is always in the slot, and one is always in the post

* Basic Rules for Post Players

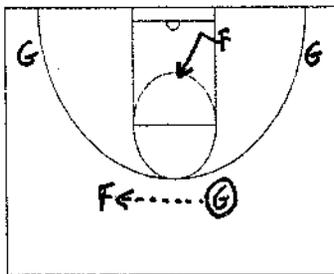
- High/Low opposite each other



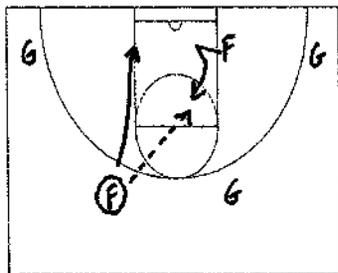
Always screen in the slot



When ball is in the slot with forward, other forward will duck-in

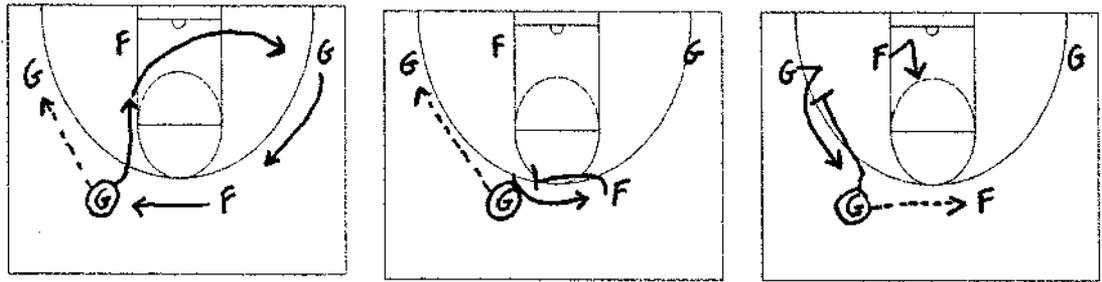


If ball goes into post, other post player will Rip to opposite elbow/opposite block

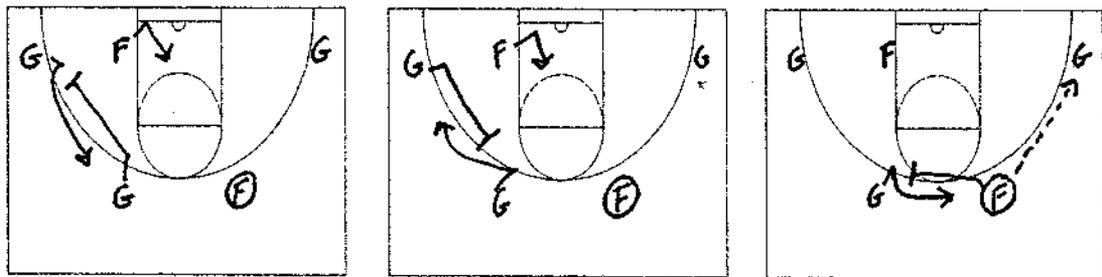


* **Basic Rules for Perimeter Players**

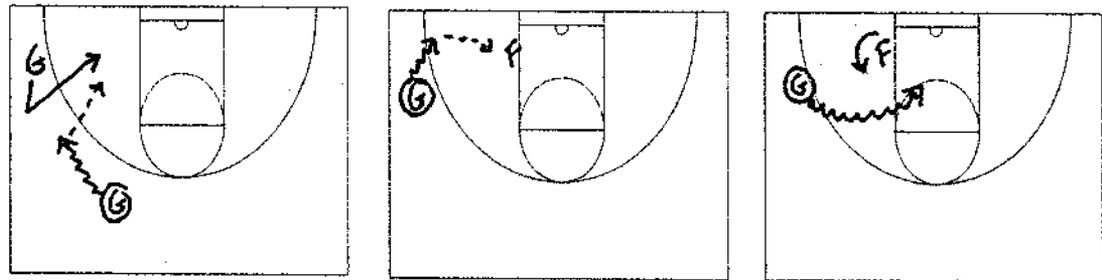
- After any pass: can basket cut, screen, or receive a screen; never pass and stand



- Perimeter Players only screen for each other



- Only use your dribble to drive or make an easy pass



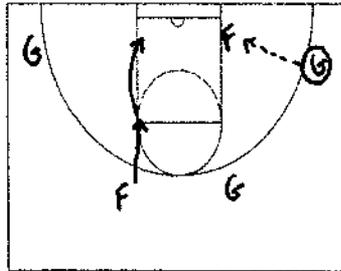
* **Key Teaching Points**

- Post ups and Ballscreens are primary looks (always looking to score first)
- Perimeter players must catch to shoot then look to reverse the ball (eyes on the rim, see post, reversal)
- Use good shot selection (easy shots, define for each player)
- Be "solid" – solid passes, solid screens, solid 2nd cuts; make the proper fundamental play

- Take lanes – don't fight the defense – take the lane the defense gives you
- Communication – talk to each other when screening, cutting, 2nd cutting, reversals
- “Read Opposite” – post players, screener-cutter action

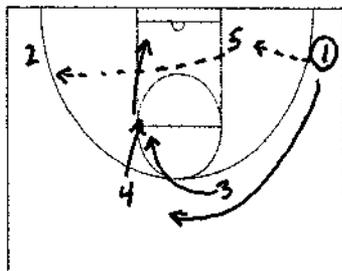
* **Scoring Opportunities**

- **Post up and Rip**

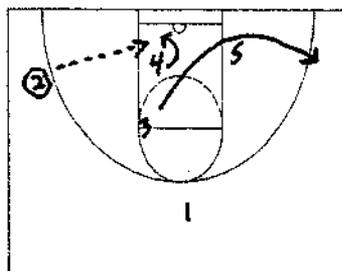


- any time ball goes into the post
- good opportunity to feed the post off ball reversal
- catch pass and go “baseline to score”
- if post player can't do that, go middle to explore
- if post player goes middle, that initiates cutting action (Rip)
- Opposite post man: rip to opposite block, get weakside rebounding position
- 3-man goes to opposite elbow for jumper; if not, rip to basket
- the two perimeter players rip to the top of the key and the weakside wing

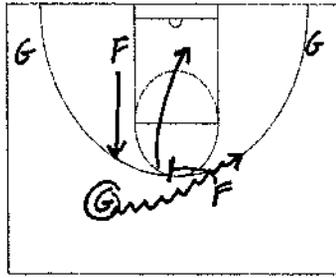
- **Post-Rip-Skip**



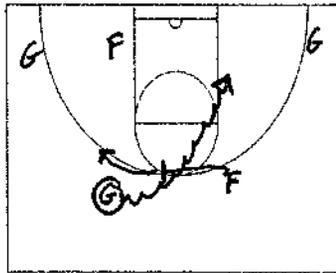
- **Post-Rip-Skip-Seal**



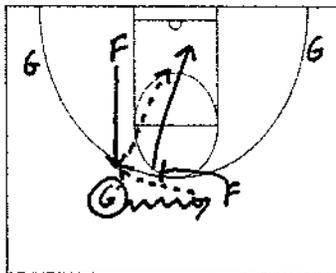
- High Ballscreen (screener reads opposite)



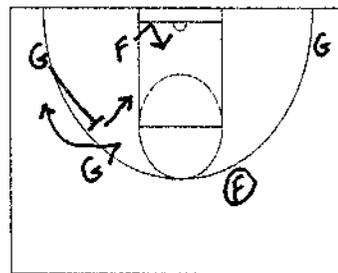
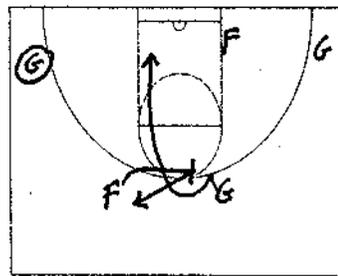
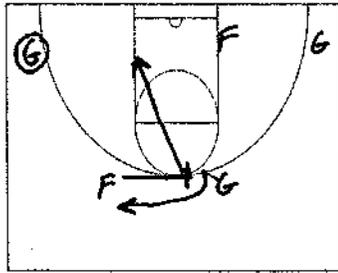
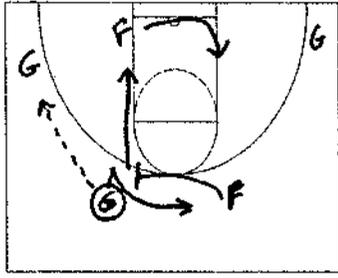
(Curl and Pop)



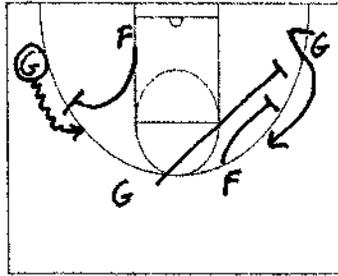
(Roll, Pop and Seal)



Screener/Cutter Action



- Side Ballscreen



* Conclusion

- Our 4-out, 1-in motion works hand-in-hand with our individual instruction
- It enables us to use ballscreens and post ups, which are difficult to defend -- so we get to practice against that every day
- Keeps pressure on the defenses we play against (to have to defend our motion)
- Keeps a continuity in our program -- each year we run the motion offense, but as our players change and their abilities change, we can make adjustments within our motion offense

Jay Wright

Villanova University



“SKILL DEVELOPMENT FOR GUARDS AND POSTS”

-Teach your players skills to use when the game slows down (transition opportunities decrease in the tournament).

» “Players play too fast. Slow the game down for them.”

-It’s interesting to note that 4 out of the 5 HOF inductees this year were really old school basketball people (Jordan, Stockton, Sloan and Vivian Stringer). All 4 stood for passion, commitment and respect for the game (all 3 are things missing from many of today’s players).

-Teach your players habits to make them the most successful in the most difficult of situations.

» "What kind of habits will make us successful on the road at Uconn?"

-Ask your players, especially your scorers, "What can you do to help us win if your shots aren't falling?"

-"The most open you're going to be is when you first catch the ball"

» Catch and think shot.

-"I'd rather have my guys catching like a shooter and maybe some ill-advised threes than having my guys scared to shoot."

-New practice facility's walls read ATTITUDE on both ends. On one side, it reads "Defend Rebound Run Execute" while the other side reads "Play Hard, Play Together, Play Smart, Play with Pride"

-Don't be afraid to work on your player's free throw shooting. It takes a lot of shots to really improve as a three point shooter, but players can improve significantly in a short time in terms of their free throws.

» "Sell your players on how quickly they can improve in this department and what it can do for their scoring average and for the team."

-The last 2 years Villanova has adopted a concept Wright picked up from the European teams while coaching USA Basketball in Argentina. All European teams go twice a day with the morning practice being strictly a shooting workout and the afternoon practice being the team work. Wright credits the morning shootings for his team leading the country in free throw percentage.

-"Attitude is a huge emphasis for us. The only thing we can control sometimes is our attitude."

» Every team Wright has ever had has ended their huddles with "1-2-3-ATTITUDE"

- "Your individual workouts should be your offense broken down into several different segments. Each drill should be a different part of what your players can come to expect in the offense. It's important that your players understand how the drills you do in these individuals translate to the game."

» Show them in your offense where the skillwork comes in.

-To get the players comfortable in the 4-out/1-in alignment and thinking catch on each shot, Villanova starts all individuals with 4 players around the perimeter passing and cutting at game speed. Wright emphasizes looking to shot on each catch.

-Players have to be able to use both feet as their pivot foot just because that there are so many times in a game where you can't dictate your pivot foot.

-“Wing Catch Sequence” A line of players start on each wing, the first player in the line makes a v-cut to the block before popping back to the wing area to use an inside foot pivot on the catch (a 1-2 step; stepping with the right foot first and then the left foot on the right wing rather than jumping behind the ball) thrown by a coach at the top of the key.

»Sequence: 1. Catch & shot fake 2. Catch & shot 3. Catch & shot fake, rip baseline 4. Catch & shot fake, long step in same direction. Player goes on right wing then switches over to the left wing.

-Finishes:

“Bully” land on a 2 foot jump stop and extend to rim.

“Hop Jumper” land on 2 foot jump stop and extend high to shoot jumper. Really emphasize the high release way above their head. They have so much momentum coming down on the drive and jump stop that they shouldn't need any legs to shoot this shot and it should be all wrist.

-“Bradley Jumpers” A good warmup drill with one shooter taking short jump shots around the paint. The shooter starts with the ball extended above his head at his release level. The player jumps three time, firing hard off his toes, while finally shooting on the third jump. Rebounder passes him the ball and he goes again, jumping 3 times (shooting again on the 3rd jump).

-Continuous 2-on-2: A coach stands at the top of the key with an offensive player at each wing and 2 defensive players in the lane (aligned in I information). The defensive players are matched up with one of the wings and when the ball is thrown to the left wing, his defender moves to closeout on the catch while the other defender assumes a help position in the lane. They play live 2-on-2 and on a make, the offense throws the ball out to the coach and assumes the offensive positions again. On a miss, the defense grabs the rebound, throws it out to the coach, and steps beyond the three for a catch to play live 2-on-2.

YOU WALK IN THE GYM AND DO ONE OF TWO THINGS: YOU EITHER CREATE GOOD HABITS OR YOU CREATE BAD HABITS

- "Pick apart everything your kids do in practice by holding them accountable for every little thing then give them freedom during games and you'll be satisfied with the results."

-Posts: seal by stepping across the defensive player's top foot while keeping chest squared to pass.

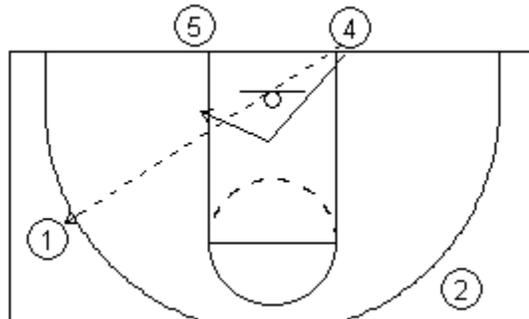
-Posts: You're not posting on a spot, you're posting in front of the defender. Find the contact!

-Postup Drill:

Posts start off the baseline and throw to the coach on the opposite wing before making a hard v-cut to the block.

Establish a go-to move and a counter move for each of your post players.

Variation: High post flash.



-Posts: "Baseline to score, middle to explore."

-Work with your posts on their ability to change direction with the ball on their roll off a ball screen. Good teams will not give up a straight roll and dunk so work with your posts to catch on a jump stop. Work with them on pivoting to the middle of the floor off this jump stop and putting it on the floor once to finish on the other side of the rim.

Jay Wright Coaching Clinic

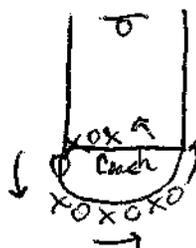
Practice #1

General Observations

- The assistant coaches are very loud and encouraging to the players. For lack of a better term they are cheerleaders for the players.
- The practice is never quiet in the sense that coaches are always encouraging or instructing. The players are talking on defense and the coach to player and player to coach communication is fantastic.
- Stretching is even up tempo and loud with encouragement and enthusiasm.
- Players never walk when on the court. There is a sense of urgency in everything they do.
- The player's attitudes are fantastic and it starts with Jay Wright and trickles down. The players never complain and always accepted coaching and were very selfless.
- Jay Wright is constantly teaching and when correcting and there is very little yelling at players; he even instructs (correcting mistakes) in a positive way.
- When a player falls on the floor, every single player runs over to help him up; this happened frequently and each time every player ran over to pick up a teammate.
- The defensive pressure is so intense!!! There is hardly, if ever an easy shot.
- They keep score in every drill with the loser(s) doing push-ups.
- To finish practice they circled up at mid court with encouraging words from the coaches and broke down 1, 2, 3 attitude.

Basketball Notes

- Started with a basic layup drill making one move at a coach who was on the wing.
- Performed rip drills from the baseline mixing in a crossover dribble
- Every pass has a name; if I am passing to Cheek, I yell "Cheek."
- **Circle Rebounding Drill**, a coach holds ball at the free throw line with players running around him in a circle until a free throw is shot and it becomes a battle for the rebound. The team that rebounds can transition and try to score. The score is kept with the losing team doing push ups.



- They sprint back every time on defense and the most important thing is to pick up a man even if it isn't your man; just pick up!
- When blitzing (trapping) a screen if your man slips you must stay with him.
- On the blitz get in front of the screener and let him bring you into a trap.

- **3 on 3 and 4 on 4 blitz the ball screen drill**, blitz and recover drills with offense trying to score.

- **4 on 4 middle screen drill** with players not in drill doing **Olympic Shooting Drill**

- Most drills were done 4 on 4
- When playing help defense you are facing your man, seeing man and ball (feet pointing to your man) “in the triangle.” Coach Wright emphasized staying in the triangle seeing ball and man. Always play the ball first and up the line.

- Two men always back on transition.

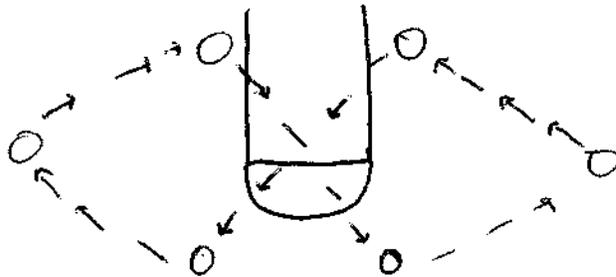
Practice #2

- Warmed up dribbling at a coach on wing make a move then jump stop into the lane and jump shot.

- Next was form shooting (progression) the assistant coaches were loud and encouraging, mikan drill, jump shot and finished with free throws.
- “When at practice we don’t care about the past or the future; it’s all about the present and getting better today.”
- They prepare like they are on the road (starters wear blue) at Syracuse. They come to practice to create habits (of playing hard) in order to be successful in

tough situations when you aren't making your shots or all of the refs calls are going against you.

- They do not prepare like they are at home and things are going well; that's easy. Their practices are tough, scrappy, up tempo and they try not to stop too much, but when they do they treat it like a 30 sec or 1:15 TO.
- **Four Ways to Feed Post Drill:** quick pass, fake pass to make pass, baseline bounce pass and second look. Post chins ball and skips to opposite slot.

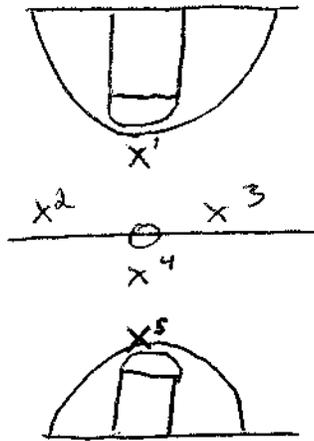


- Pass to wing
- Wing feeds post in one of four ways
- Post chins ball and skips opposite slot

- When a player makes a mistake over and over, he doesn't yell and cuss but puts the entire team on the line and makes them run. He does explain to the player what they were doing wrong and how to do it right. Dominic Cheek kept messing up the "ice" call however Cheek told an assistant coach, "Coach Wright told me to never run ice" and when the assistant coach told Coach Wright he acknowledged that Cheek was correct in a game situation but for the purposes of the drill I want you to run ice.
- Coach Wright doesn't care about looking pretty in practice; just be effective and each year can be different even if the players are the same.
- Take advantage of mismatches and change your play based on how teams defend us.
- "It's not what we know; it's what the players know."
- "Player's roles may be different but everyone's status is the same."
- "Character and work ethic are what we look for first."
- On defense you have to talk; "see it and say it."
- Come off screens very tight, shoulder to hip.
- His players never walk and never talk back. There is a sense of respect from coaches to players, players to players and players to coaches.
- The players were very unselfish and even took blame for things that was not their fault.

Villanova $\frac{3}{4}$ Court Zone Press

Set up



- X^1 & X^4 are the most important players
- X^4 Quickest & most aggressive. Responsible for pass up sideline and discourage pass to middle.
- X^2 and X^3 are trappers
- X^5 Sets up on rim line and can steal diagonal skip pass as he gets better. Contain ball on diagonal skip pass to corner so remaining players can load and recover.
- Uses the press to slow teams down with equal or greater talent. When playing a team of less talent use it to speed them up so they can't hold the ball.
- No MIDDLE, Wants the ball advanced up the sideline and blitz right over the half court line, baseline corner (unless from a diagonal skip pass) and right before half court line if they are close to a 10 second call.
- Have to blitz in the back court some to keep teams honest so you can "fake small and retreat big."
- If the ball goes to the middle it is an "automatic convert" and everyone turns and sprints to the paint. The man behind the ball chases to try and get the ball out of the middle
- Why $\frac{3}{4}$ court press? Full court is too much ground to cover and can lead to giving up easy shots. What hurts the most is giving up an easy 3.
- On a skip pass up top, the defender guarding man in the middle must hold the middle so X^3 can recover and then X^2 will release.



- On a blitz (trap): We never want blitzers to foul. Not the blitzers job to get a steal. Trace the ball and try to get a deflection. Leave farthest man from the ball open. If they beat the trap convert and load to ball side.
- Convert is sprinting to the paint and loading ball side. Not necessarily guarding a man but point to the closest man to you and than pick up as the ball moves.

Mike Dunleavy

- 5 slots on the court: 2 outside, 2 inside and 1 middle
- 3 on 2 break you at least want an open jump shot
- 2 on 1 fast break you want a lay up or foul
- Never want 3 on 1 because so many guys mess it up
- The point of a pick and roll is separation of picker and pickee and the picker opens up to ball and roll/pops.
- Give your defender love taps on his shooting arm throughout the game and by the 4th quarter his arm will be heavy.
- Toughest SLOB play to defend late game is man going from top of key to the corner. Throw to outside shoulder of offensive player moving away from ball.
- Offense is about reads- counter what the defense is trying to do to you.

VILLANOVA- Practice #3

- Warm up drill (defensive slides)
- Olympic Shooting Drill
- Olympic Shooting Drill outside three point line, pump fake, one dribble shot
- Each player then shot one free throw a piece
- Olympic Shooting Drill with three's
- Free throws
- Olympic Shooting Drill jump stop (hop) jump shot in the lane
- Offensive transition with 1 and 2 always back
- Stack 2 breakdown
- Free throw situation into 5 on 5
- Stack 2, 5 on 0
- 5 on 5 keeping score, losers run
- Win The Game Drill; Puts 70-70 on scoreboard visitor @ Syracuse. Each player shots F.T. and whatever the score is (if they can win the game) they play 5 on 5

with 7 seconds left. If the score is such where they can't win the game they shoot 1 and 1 to see if they run.

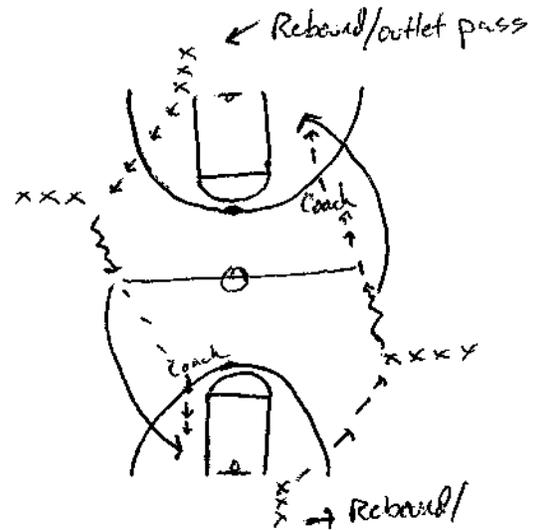
St. Joe's Practice Sunday October 17th, 2010

- Give your teammates courage by talking on defense, "Downscreen Justin."
- To a player with his hands on his knees after a drill: "I only deal with warriors; warriors don't bend and grab knees, that's a sign of weakness or defeat, I want warriors."
- Never inbound the ball with a bounce pass. We had UMASS and Camby beat and inbounded the ball with a bounce pass, it went off our guy's knee and we lost the game.
- Martelli was very involved and enthused and authoritative.
- On defense you guard the basketball first
- Dribble at the defense on a dribble exchange.
- They start 5 on 5 with a free throw and Martelli asks random players, "When can you rebound?" Asks guards, "how many fouls do we have, timeouts, the other team's fouls, and timeouts?" Very simple but things that players need to know.
- At the end of practice he talks about the quote of the day. He asks questions to a few players like, "who is the best player at your position in our league and why?" Justin, tell us your strength and weakness academically. John, tell us your strength as a teammate.

Drills

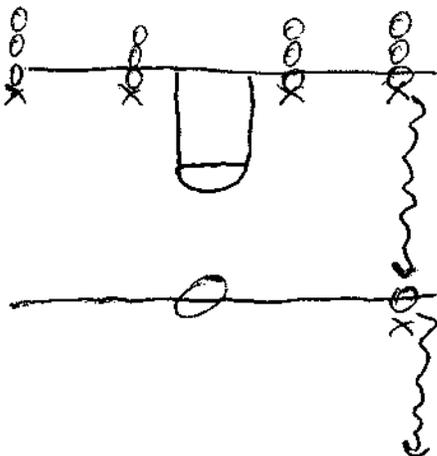
Vanderbilt Layup Drill

- Outlet pass, two dribbles, pass to coach who passes back for layup.
- Player who shoots layup goes to back of rebound/outlet line.



Full Court Alley Drill

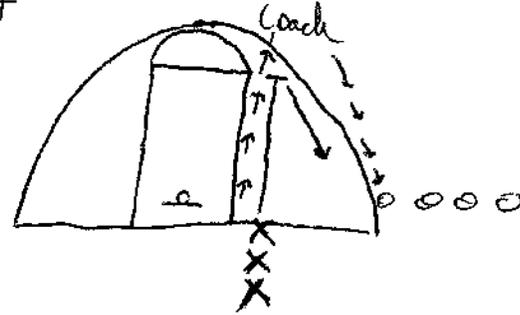
- O → Offense starts baseline w/ BB and pivots, jab steps etc. while "x" defender holds two weighted balls in each hand and traces basketball.
- offensive player dribbles to halfcourt while defender tries to turn ballhandler as many times as he can.
- ⊙ Halfcourt start over w/ jab steps etc



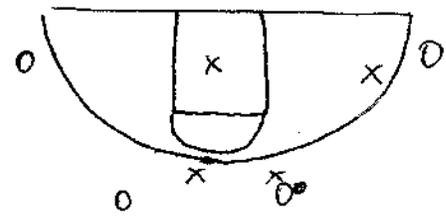
Georgia 1 on 1 Drill

X - passes to Coach and closes out
 Coach passes to "O" where
 X and O play 1 on 1

- Keep score of how many
 stops you get



Shell Defense Drill



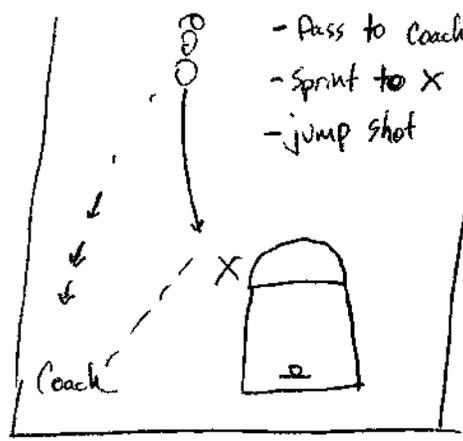
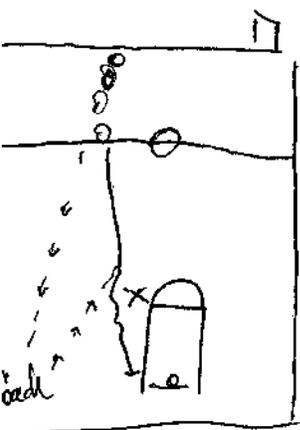
- 4 on 4
 - Focus is teaching
 defenders how to guard
 and rotate against
 penetration.



Rapid Fire Competition

- Split into teams
- The goal is to make (7) shots from each of (7) spots
- First team to (7) wins and then every team moves to next spot.
- Make 6 and 7 must be made consecutively.
- The team that wins most stations wins with losers running or pushups.

Individual Work (Guards)



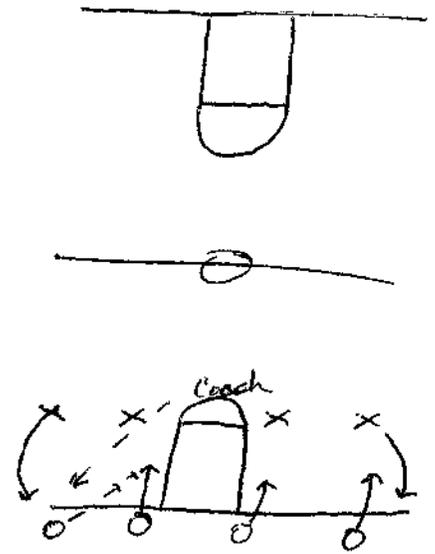
- Pass to Coach
- Sprint to X
- Jump shot

→ Third time through one
 dribble to the right - jump shot
 → Start over and go to the
 left.
 * Never looks @ the ground.
 Keep head up, butt down and
 explode.

Pass to Coach
 Sprint to "X" (another coach or player w/ hands up)
 Pump fake, one or two dribbles - layup

4 on 4 Transition Drill
Coach passes to a post player who passes to a guard.

- The two post defenders must touch baseline creating 4 on 2 breaks.
- Offense needs to get quality shot before post defenders recover.



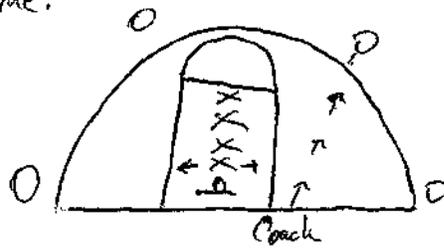
Northern Iowa Drill

(back to ball)

X - Defenders get in defensive stance and slide paint line to paint line.

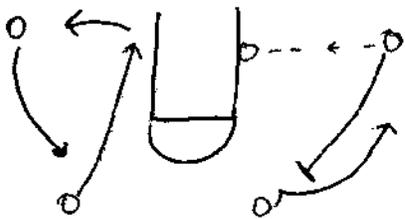
Coach will pass to offense with offense trying to score.

Offense has to get ball to paint before they can shoot.



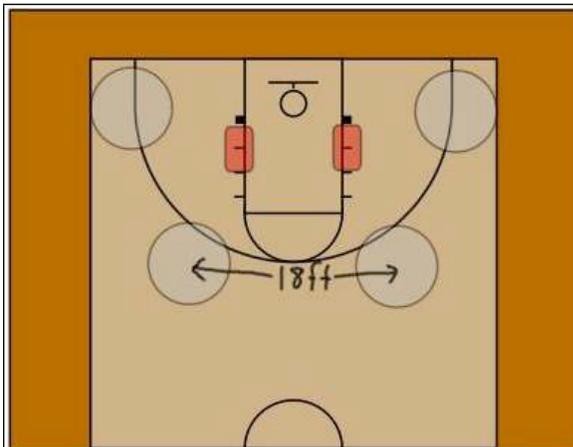
Low Post Movement

→ They feed the post and work on spacing, screening and cutting of perimeter players specific to their offense.



Reasons to run the 4 out 1 in:

- Players learn the game
- Coaches teach the game
- Defines the roles and adjusts to the players strengths
- Gets the ball to players in areas where they can score
- Forces great spacing (helps encourage timing)

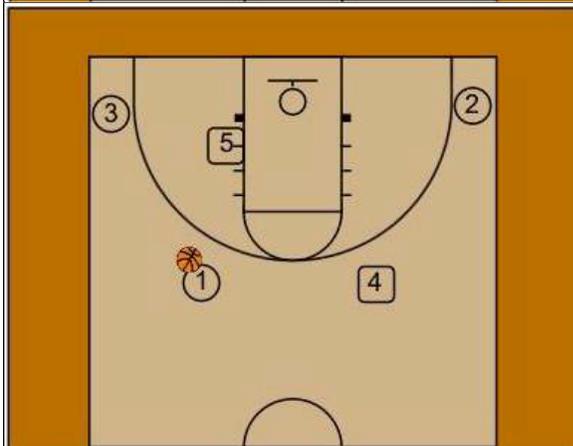


Positions and spacing

- 4 perimeter spots
 - two baseline spots (directly in line with the block)
 - two “slot” perimeter positions - two/three feet off the line.

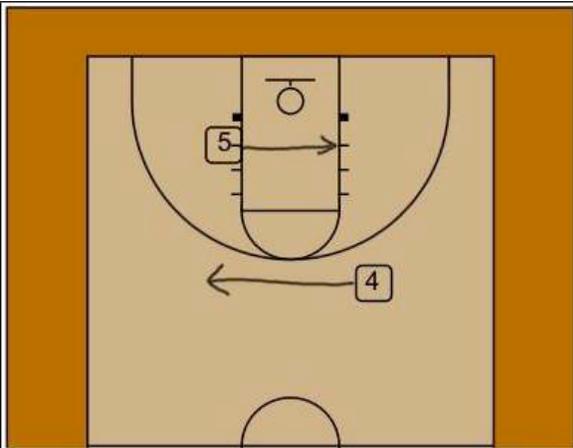
18 foot spacing

- 2 “Prime Time” Post spots
 - straddle the first marker above the block.
 - Enables cutting and driving spaces.

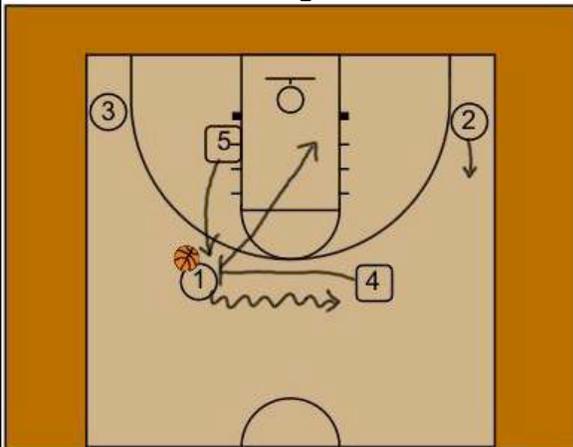


Movement:

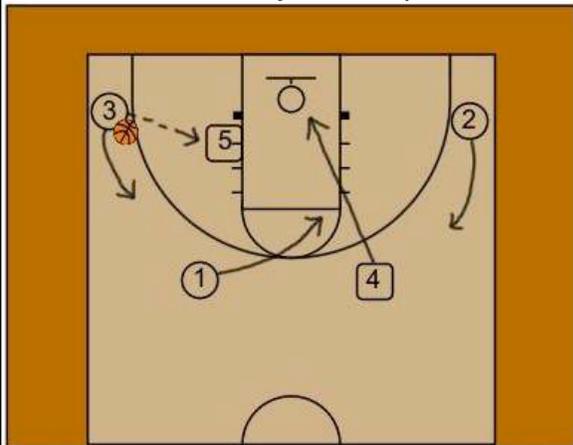
- Three perimeter positions can fill any four perimeter spots
- two post players can fill either post or either slot position
 - always need to be diagonal from one another.
- One post player in the slot position and one post player in the post.



Post Screening for the Slot



Post Entry and "Rip"



Basic Rules - Post Players:

1. Should always be high/lo and opposite one another.

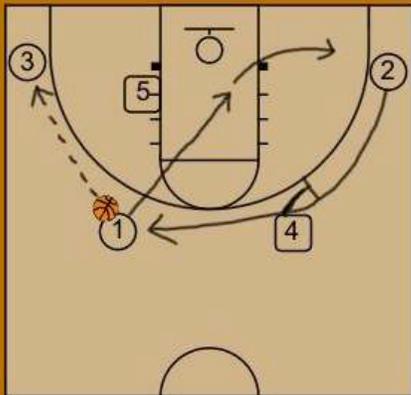
2. Posts always screen the man in the slot.

1. After screening, always make a second cut towards the basket.

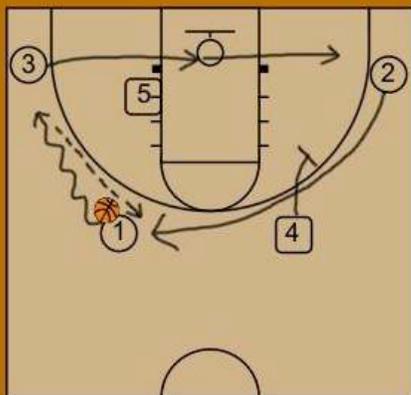
3. When the ball is in the slot, the low post will always duck in.

1. When the ball gets into the post, the high post 'rips' to the basket

Guard Pass, Cut, and Fill



Guard Dribble at



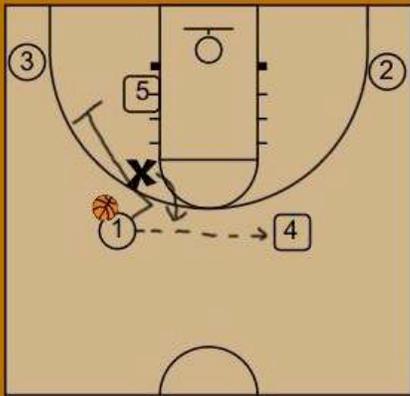
Basic Rules - Perimeter players

1. After Every pass we can:
 1. Basket cut
 2. Screen
 3. Receive a screen
2. Only screen for other perimeter players
3. Use our dribble to drive or to make an easy pass.

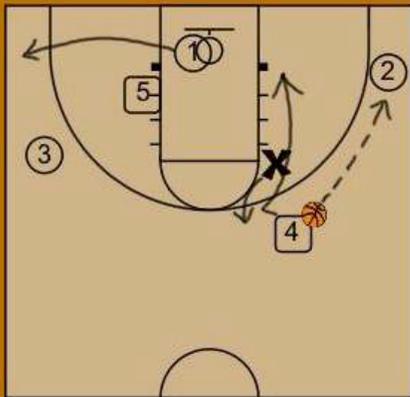
Key Teaching Points:

- Post ups and ball screens are our primary looks.
 - Anytime a guard gets the ball in the slot, he's looking to score, post-entry, or get the ball screen.
 - If post entry isn't available, low post must set a ball screen.
- All perimeter players must catch the ball to shoot, then reverse the ball.
 - catch and put your eyes on the rim (see the post and the reverse opportunity)
 - don't allow the defense to play you like a passer.
- Use good shot selection ("Easy shots")
 - comes from defining player roles.
- Be "solid"
 - On screens, good solid base, solid second screen.
 - "solid" means make the proper fundamental play (the "perfect play")

Taking Lanes - Guard



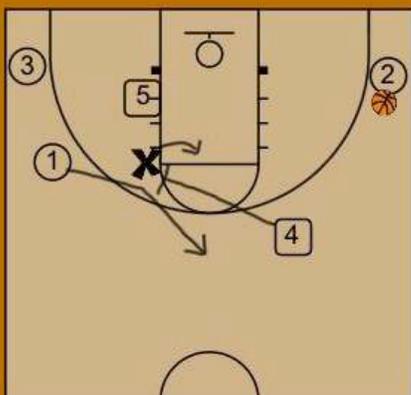
Taking Lanes - Forward



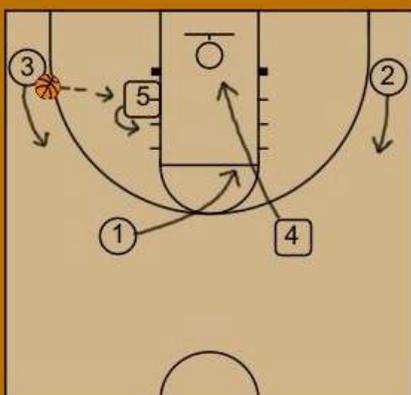
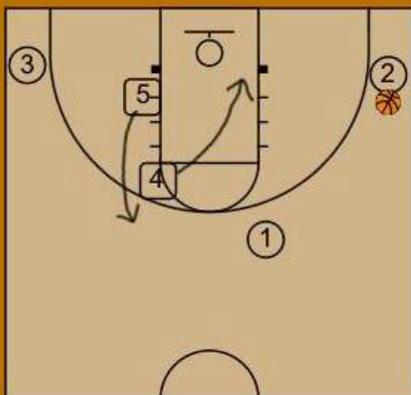
Teaching Points - cont.

- Take lanes
 - Don't fight the defense, take the lane that the defense gives you.
- Communication
 - Call screens, call for passes or reverses, and posts tell one another when to move.

Reading Opposite - Guard



Reading Opposite - Forward



Teaching Points - cont.

- Read opposite - On any screen there are two reads:
 - Guard - reads the defense and goes opposite their defender.
 - If defender goes under, then the cutter pops up.
 - If the defender trails, then the cutter curls.
 - Forward - reads the cutter.
 - If the cutter pops, then the screener dives to the hoop.
 - If the cutter curls, then the screener pops to the high post.

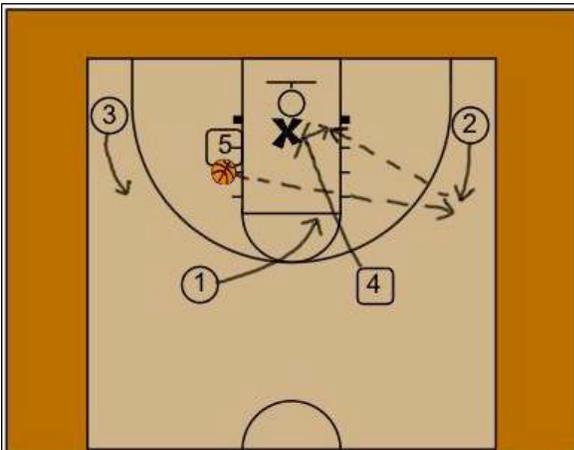
** The second cutter is the most dangerous cutter (in this case it's the forward screening).*

Scoring opportunities in our Motion Offense.

1. Post up and rip
 - a. Give opportunities for the post entry passer and the opposite post to rip.
 - Baseline to score
 - Middle to explore

On the post entry

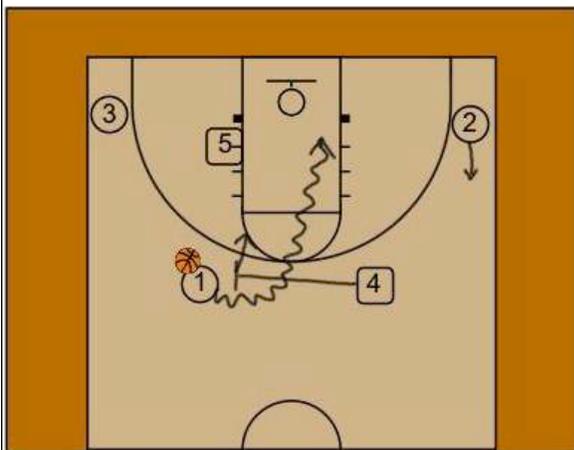
- Opposite forward 'rips' to the weakside of the hoop.
- slot perimeter player (or next to fill the slot) cuts to the opposite junction.
- the two baseline perimeter players fill up towards the slots (taking away post doubling opportunities).



Rip/Skip/Seal

- If the ripping post dives and is denied by their defender, we can skip the ball to the opposite wing and get an immediate seal.
- If we skip, but don't enter:
 - 1 and 5 fill the slot spots and we're right back into our motion spots.

Guard Curl



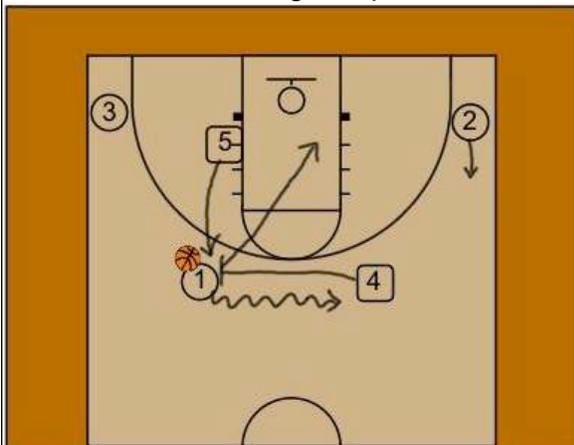
2. High Ball Screen

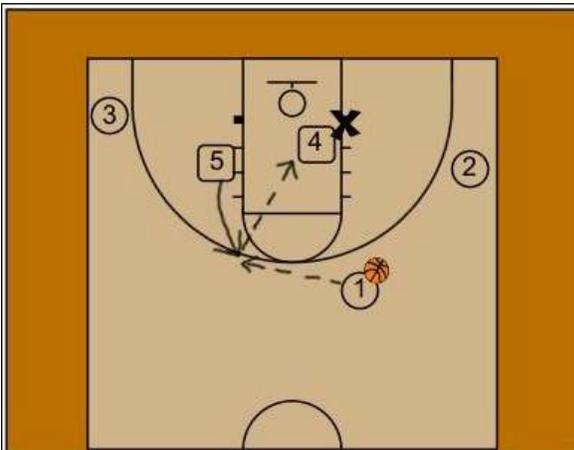
- As soon as the low post sees the high ball screen, he gets to the ball side of the floor.
- Guard reads opposite the defense and post reads opposite the guard.
- Wings both slide to the baseline.

Two options:

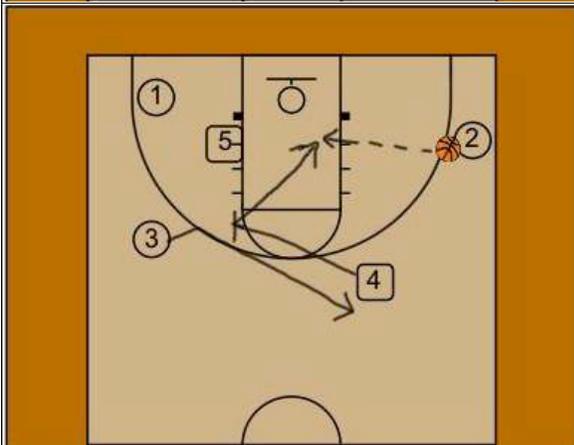
1. Guard curls/drives
2. Guard drags from slot spot to slot spot.

Guard Drag to Space

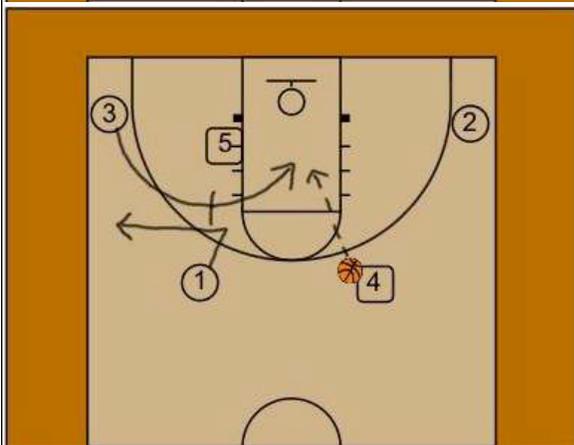




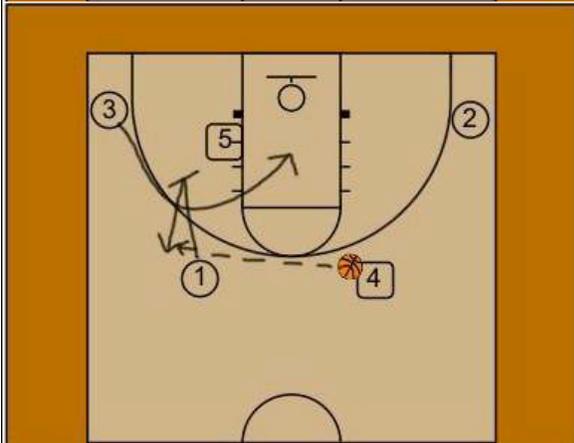
- Roll/Pop/seal
- If the defense fights under (or switches), the ball is reversed to the forward popping up.
 - We then look inside to the roller, who is now sealing.

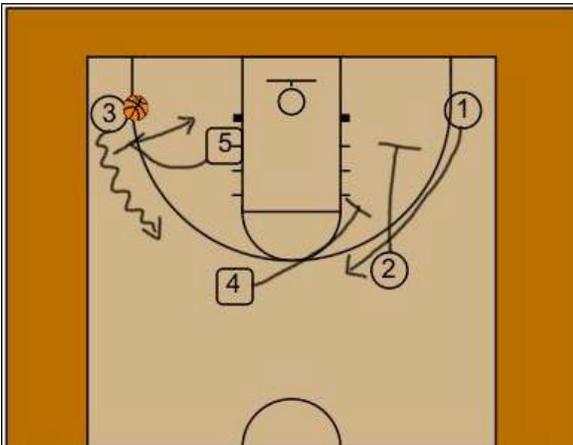


3. Screener/Cutter situations
- the screeners become 2nd cutter
 - 2nd cutter is the most dangerous cutter in the offense.
 - On the screen away, the forward reads the guards cut and goes opposite.



- On the guard/guard screen, the screener looks to make themselves available with either a basket cut or by popping up for a jumpshot.





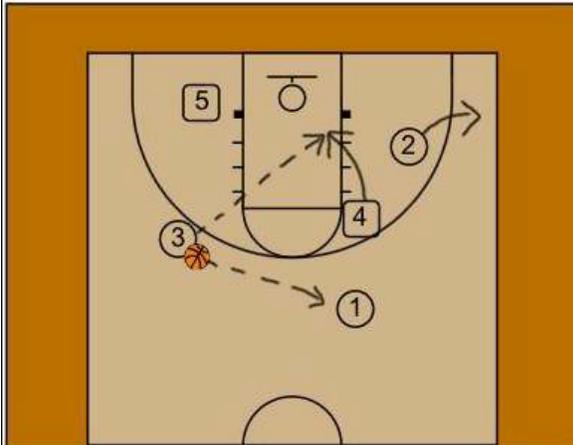
4. Side Ball Screen

- Anytime we can't get the ball into the post from the wing, we can ball screen

On the wing ball screen:

- we have a double screen (staggered) away.
 - Post should look for 2nd cutter opportunities.
 - Guard should space to the perimeter.

Side ball screen is a great opportunity for the guard to get into the lane (turn the corner)



- Once the staggered screen has been cleared, there is an excellent opportunity for the forward to be a weak side second cutter.
 - The guard finds space on the weak side.
 - There is also an opportunity for the a quick post up for the weak forward.

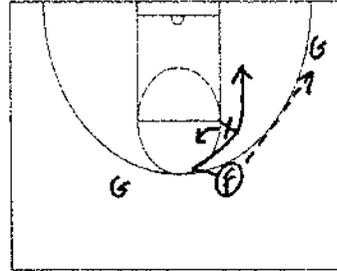
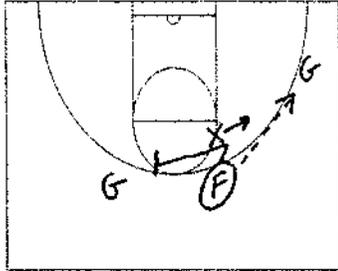
How to Teach the Motion Offense System

* Offensive Philosophy

- True motion team runs motion with the game on the line
- Motion teaches kids how to play, not just how to run plays
- Can learn the basic concepts of offense: cutting, timing, spacing, passing
- It's then easy to learn any set or play if you understand the basics
- Run offense to score, not just to run offense
- If you can get a good shot after one pass, take the shot
- Only time that changes is in time and score situations/end of the game situations
- Every cut and screen should be made to score
- Timing and spacing are key to good offense
- Spacing is offense, offense is spacing – just having good spacing is good offense – give guys space to make plays
- Play to your strengths
- Offseason – work on your weaknesses, improve your skills
- Inseason – play to your strengths
- Play together – screen assist, extra pass, quick outlet
- Take pride in doing the little things that help your team win
- Players play for their teammates and coaches, actors play for the crowd
- Paint catches, paint passes
- “Solid” – everything fundamental that a player does: passing, pivoting, catch the ball to shoot, etc.

* **Fundamentals**

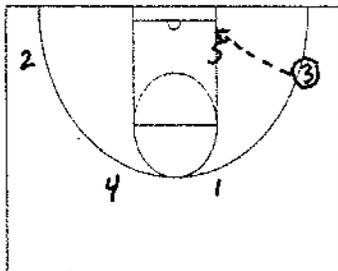
- NBA players are the most fundamentally sound players
- Take Lanes (read what the defense is giving you)



- Options after passing: screen or basket cut
- Catch to shoot every time
- The most open you'll ever be is when you first catch it
- Put your eyes on the rim (every play)
- Standing in one position is not bad as long as we have good spacing and we're ready to shoot

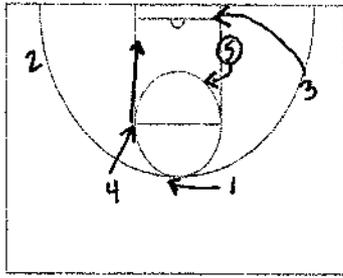
* **Post and Rip**

- Anytime we feed the post, we want to throw it to the inside shoulder of the player so he can maintain the seal



- Always look to seal first, not make a post move
- If no seal, and post player gets pushed out – chin the ball and go “baseline to score” or “middle to explore”

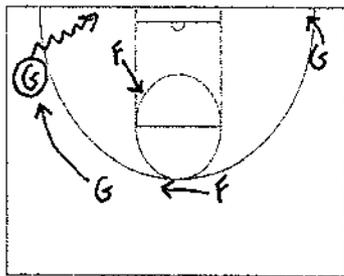
- If you go “middle to explore” – initiates “rip series”



- 4-man goes to weakside elbow and rips down the lane
- 3-man can rip baseline or go to weakside elbow and rip down the lane
- 1-man and 2-man fill top of key and weakside wing to give room for 5-man to work

* **Drive and Space**

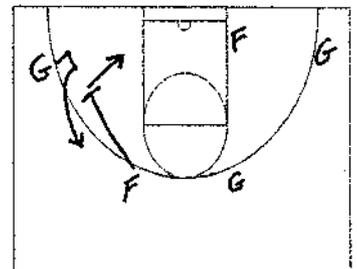
- As soon as we drive the ball, we’re in our “drive and space” action



- Each player has to get off his defender’s line
- We want to throw a baseline bounce pass
- Once we go to “drive and space,” we’re out of motion

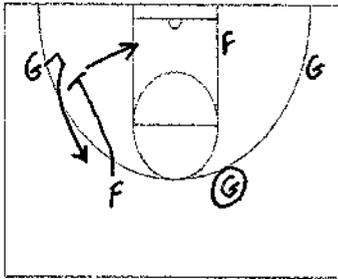
* **Screener/Cutter**

- Screener: “head-hunt waist, solid base”
- Cutter: “V-away, eyeball-to-eyeball, shoulder-to-shoulder”
- Screener becomes 2nd cutter
- Screener always goes opposite the cutter

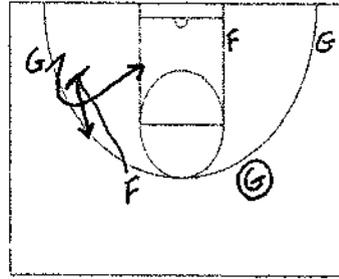


- Screener/Cutter action on a downscreen

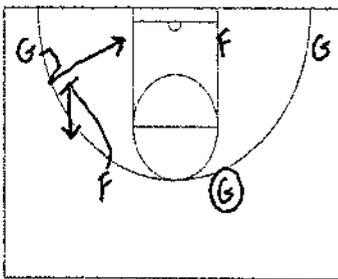
(straight cut and dive)



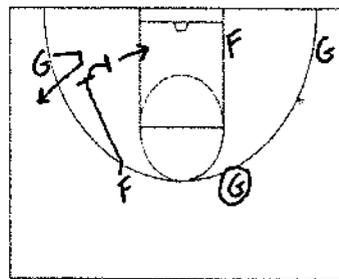
(curl and pop)



(back cut and pop)

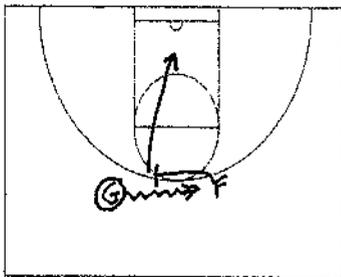


(outcut/re-screen and dive)

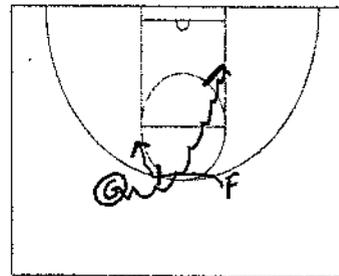


- Screener/Cutter action on a ballscreen (same action except you have the ball)

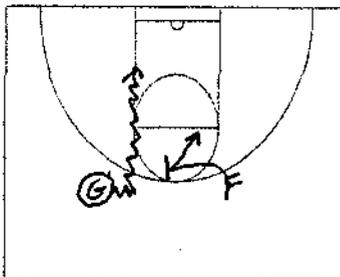
(straight cut and dive)



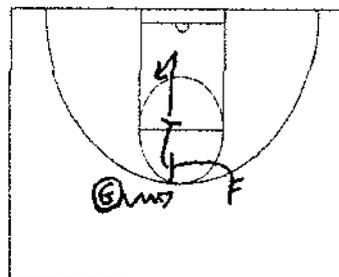
(curl and pop)



(back cut and pop)

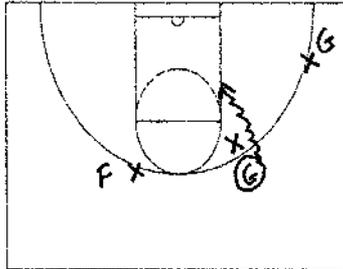


(outcut/re-screen and dive)

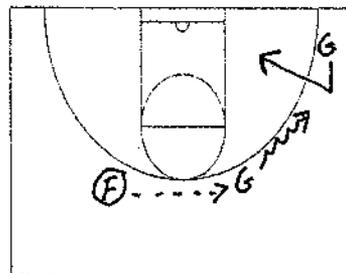


* **Using the dribble**

- Dribble should be used to drive to the basket, use a ballscreen, or make an easy pass
- Players often dribble without accomplishing anything
- Picking up your dribble is a killer
- Good time to drive is when you see a defender's back



- You can force containment or create an easier pass or shot
- Dribble at if reversal is denied = backcut



- Better to keep your dribble than dribble to a spot and pick up your dribble

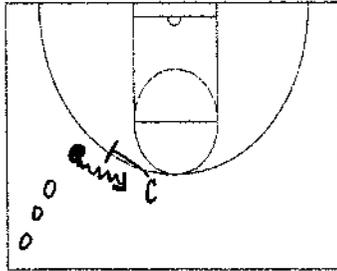
* **Review: Key components in motion**

- Spacing
- Hard Cuts
- Drive and Space
- Post and Rip

- Screener/Cutter
- Motion is a great thing to defend against in practice – all different types of screens
- We're always working on our motion, even if we're working on our defense
- No matter what wrinkle we put in, our players will know how to read the defense

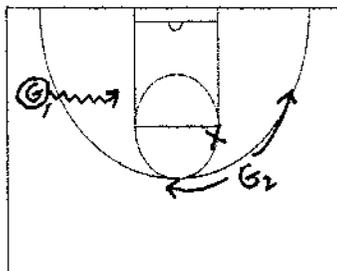
* **Breakdown Drills**

- **Ballscreen Jumpers**



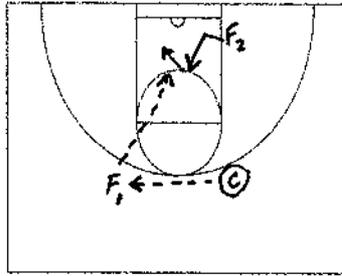
- all different shots off of a ballscreen
- straight/curl/back/out
- take them from all four motion spots
- going left/going right
- coach can dictate cut, or they have to read the defense

- **2-on-0 Drive and Space Drill**



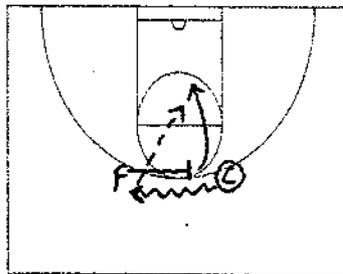
- guard #1: drives the ball, stops, pivots under control
- guard #2: wants to get off the line of his defender; 1-2 steps into jumper
- practice pivoting off both feet

- **Forward Hi/Low Drill**



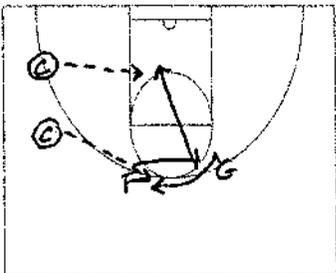
- Forward #1: first looks to catch and shoot
- Forward #2: then looks to beat his man on duck-in; if defender takes it away – seal, reverse pivot, maintain contact-until ball is over head
- Timing is important
- Passer is the eyes of the receiver – if passer puts the ball high, he’s telling the receiver to keep the ball high
- Catch it up, keep it up – catch the ball high and keep it above your chin

- **Weak Hand/Weak Foot Drill**

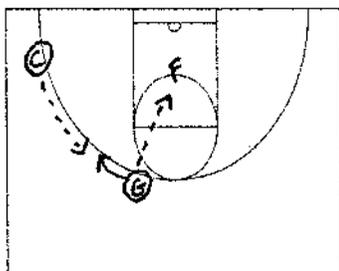


- Forward sets a screen and makes a 2nd cut
- Coach throws poor pass
- 2nd cutter has to chase ball down
- Chin the ball
- Pivot on weak foot
- Extend to the rim without a dribble
- Layup using their weak hand

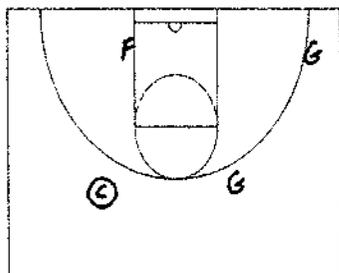
Screener/Cutter Drill



- Guards and Forwards
- Forward is screener and then becomes 2nd cutter
- Guard is the cutter
- One coach is responsible for cutter, one for the 2nd cutter
- Screener calls cutter's name; "head hunt waist, solid base;" "hard and late on 2nd cut"
- Cutter calls the cut – mix up the cuts: straight, curl, back, out
- also can do drill where cutter passes to 2nd cutter, then pops back out for shot

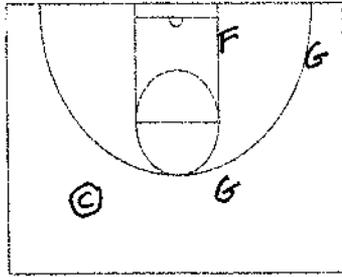


3-on-3 Weakside

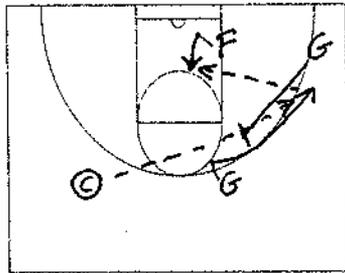


- teach them what they can do on the weakside vs. what they can do on the strongside
- weakside events: screener/cutter action, post flashes, ball screens
- weakside players can: slip the screen, curl into the lane, make 2nd cuts to the basket
- weakside post looks for: ball to be reversed, offensive rebound, space on drive – catch and finish when post defender helps
- on missed shot, kick it out to coach and fill spots

3-on-3 Strongside

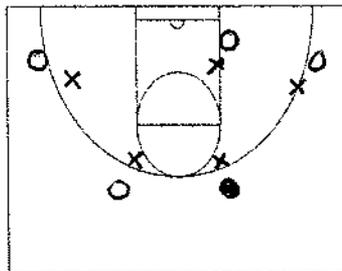


- Hard for perimeter players to make basket cuts when post player is on their side
- Post player can get baseline seals (step to defender and seal, not to the ball)



- Skip pass recipient must recognize seal
- Skip passer must know to skip it
- Post must know not to duck-in

*** 5-on-5 (No Dribble)**



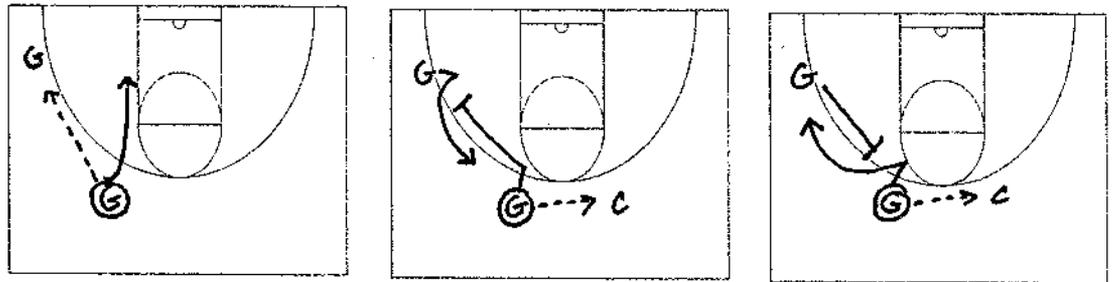
- Have to catch and shoot – a good shooter not catching to shoot is worse than a bad shooter taking an open shot
- Have your eyes on the rim – see everything
- If perimeter pass are denied, post feed is a good option/outlet (great spacing because everyone is denying and can't help)
- You can also put on other motion restrictions – give them things they're only allowed to do
- What are we trying to teach in this drill?
- For example: have to score off a post touch, have to score off screener/cutter

Breakdown Drills for the 4-Out, 1-in Motion Offense

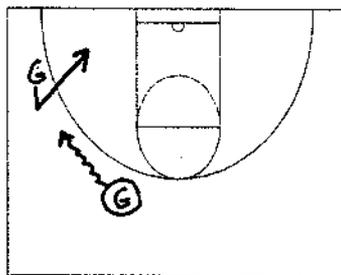
- * Simulate game situations
- * Repeat necessary footwork
- * Want to make sure:
 - Guards work well together
 - Forwards work well together
 - Team executes together under pressure situations
- * Drills: Guards Drills, Forward Drills, Combined Drills, Live Drills, 2-Ball Shooting Drills

* Guard Drills

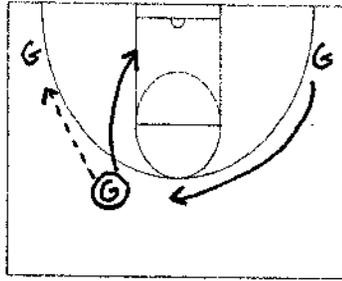
- Every time a perimeter player makes a pass, he can basket cut, screen or receive a screen



- If a pass is denied, dribble at teammate to tell him to basket cut

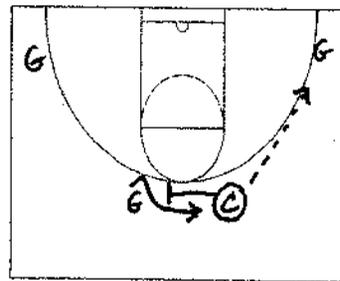
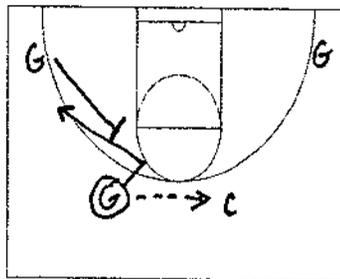


- 3-on-0 Pass and Cut



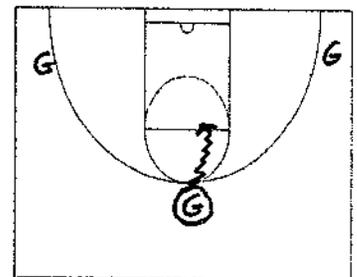
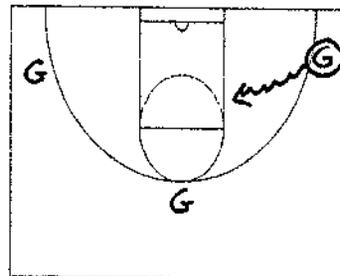
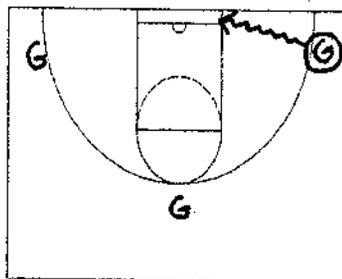
- Catch to shoot
- Make hard cuts
- Reverse the ball
- Dribble thru vs. denial
- Fill motion spots
- Keep proper spacing

- 3-on-0 with a Coach



- Coach is post player/screener
- Score off high cross screen, flare screen, or ball screen; can hit 2nd cutter
- Coach calls out which cut

- Go moves/Rip moves/Spacing off the ball

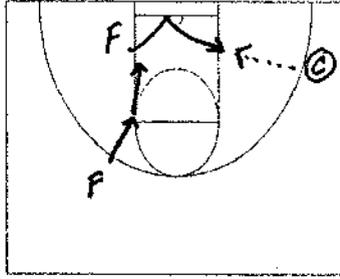


- On baseline drive, opposite perimeter player – flood the baseline – bounce pass
 - On drive to middle, read defense
 - On drive from top, read defense

*

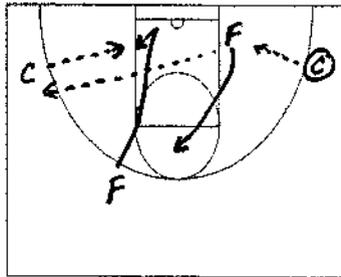
Forward Drills (2-on-0)

Rip Drill



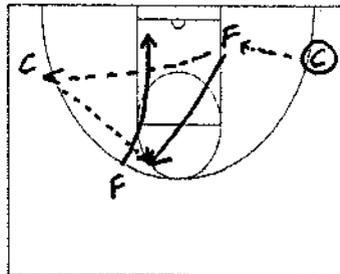
- Hit the post, go middle to explore
- Opposite post man rips down the lane

Rip/Skip/Seal Drill



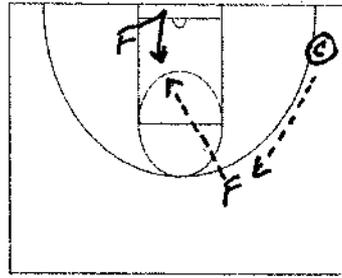
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man sealing
- Other forward flashes high

Rip/Skip/Flash



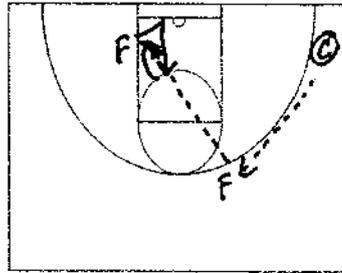
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man who flashes
- Inside foot jumper, go-move or rip-move

- High/Low Duck-in Drill



- Any time ball is high, low post man ducks-in
- First option is always to go baseline to score

- High/Low Duck-in/Lob Drill

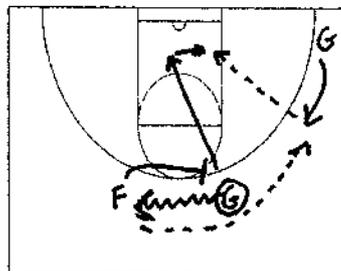


- On duck-in, if defense fronts, reverse pivot for lob

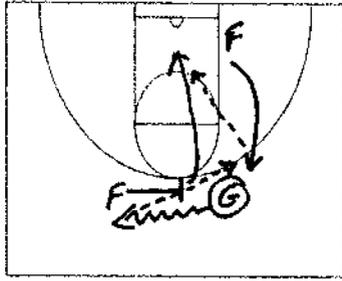
* On all these drills, work together, get footwork down, get passing angles down

* Combo Drills – High Ball Screen

- High Ballscreen/ Skip/Seal

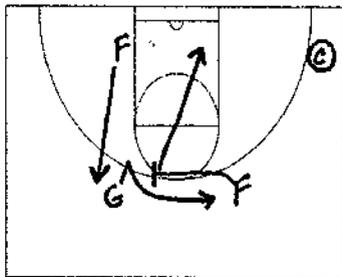


- High Ballscreen/ Roll and Pop/ Seal

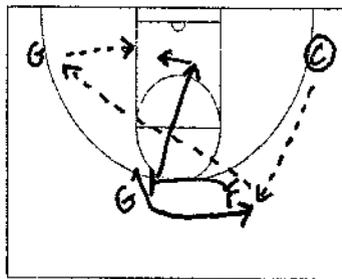


* Combo Drills – High Cross Screen

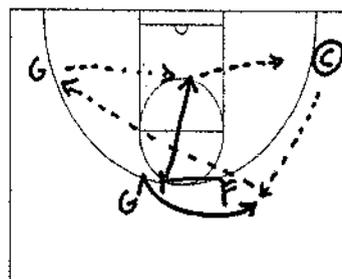
- High Cross Screen/ Pop/ Seal



- High Cross Screen/ Skip/ Seal

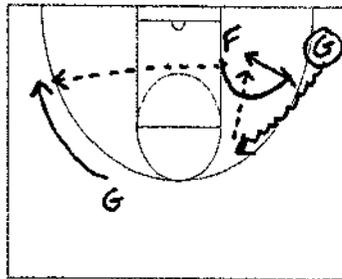


- High Cross Screen/ Skip/ Seal/ Extra Pass

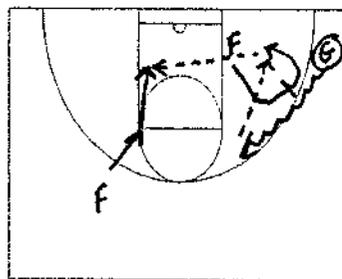


* **Combo Drills – Side Ball Screen**

- Side Ball Screen/ Roll/ Kick Opposite

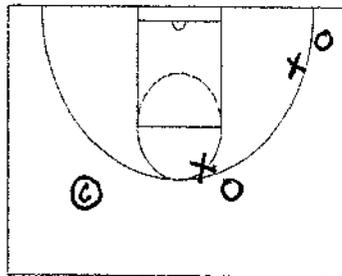


- Side Ball Screen/ Roll/ Rip



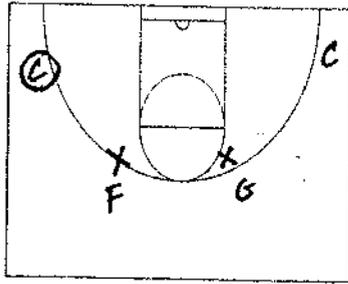
* **Live Competitive Drills**

- Guards: 2-on-2 with a coach



- Have to score on your ½ of the floor
- Can basket cut, screen, or receive a screen
- Screen and 2nd cut

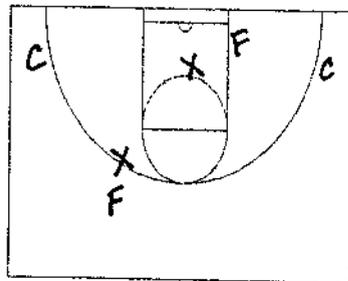
- Guard/Forward: 2-on-2 with a coach



- Forward is always the screener, Guard is always the cutter
- Forward can set a cross screen, flare screen or ball screen
- Screener becomes 2nd cutter
- Can use both coaches as outlets

* Live situations when players get a lot of touches – this is when they learn how to play together – even though they make mistakes

- Forwards: 2-on-2 with a coach



- Scoring opportunities: go moves and rip moves on perimeter; go-to's and counter-moves in the post, skips/rips
- Can add a 3rd coach as a perimeter player in the slot

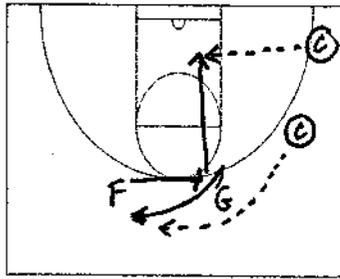
* Forwards should: get a lot of movement, work together, stay high/low opposite each other

*

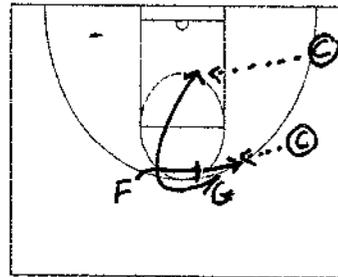
2-Ball Shooting Drills

- We want to practice taking the shots we will get out of our offense
- Cutter calls the cut, screener makes 2nd cut
- 4 different cuts: straight and flash, curl and pop, out cut/re-screen/flash, back cut and pop
- High Flare Screen

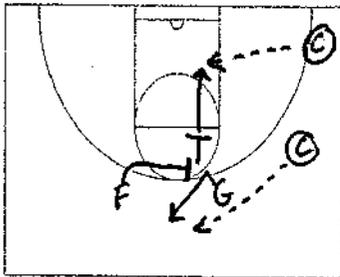
(Straight)



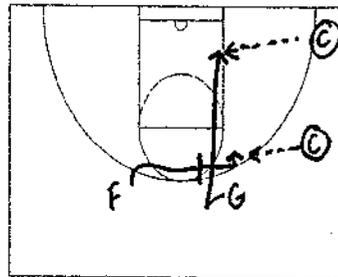
(Curl)



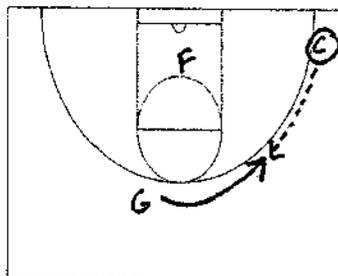
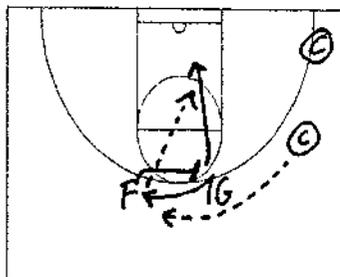
(Out)



(Back)

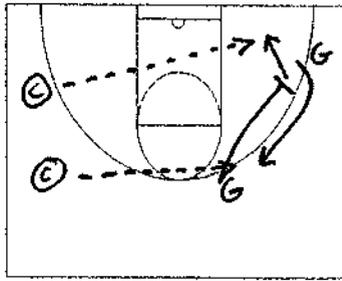


- You can add making an extra pass as well

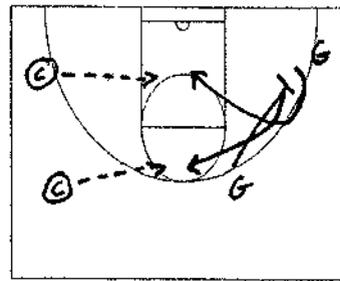


- Down Screen

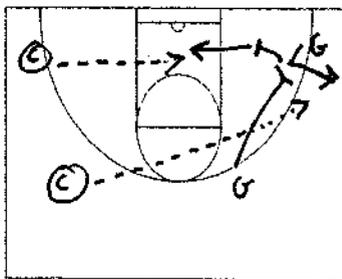
(Straight)



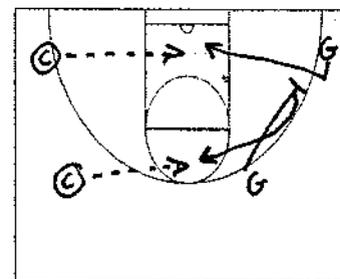
(Curl)



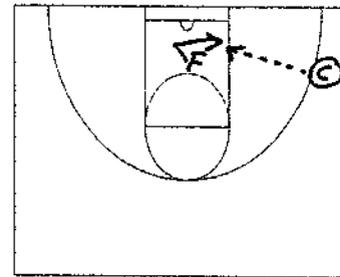
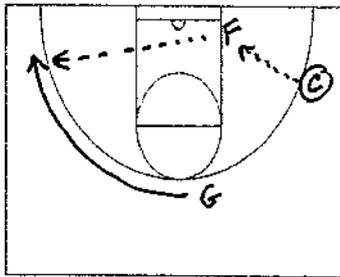
(Out)



(Back)



- Rip/Skip/Re-Post



- Feed the post, go middle to explore
- Guards rips to opposite wing
- Forwards re-posts, can go baseline to score or use go-to/counter move

VILLANOVA MOTION OFFENSE

Coach Harry Perretta

Numbering System for Cuts in the Motion Offense

1. Basket Cut
2. Curl Cut
3. Backdoor Cut
4. Slip
5. Back Screen/Flare Screen

Numbering System for Options in the Motion Offense

6. Pick and Roll with the 4 and 5 Players (designated post players)
7. Dribble Handoffs

Offensive Concepts of the Motion Offense

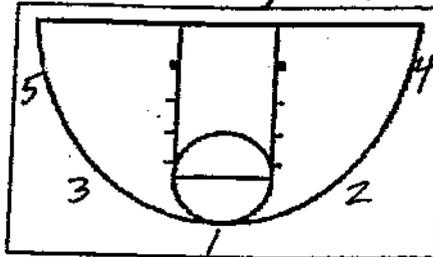
1. To initiate the offense, the ball is on the top (middle) of the floor. With the ball on top, action begins on both sides.
2. There are NO mistakes in this offense. Players play through any spots of confusion or uncertainty.
3. After making a basket cut, you will always fill an open spot. (You must read if the opening is on the ball side or the weak side.)
4. When ball is caught in the middle of floor, always look back to the side of floor from which it was passed.
5. Whenever ball is passed on top, both sides of the floor create action.
6. Whenever you are overplayed and are 1 pass away from the ball, execute an automatic backdoor cut (#3).
7. Slips (#4) can be utilized at any time. (Based on player reads.)
(Exception: when cutter is executing a #2 or #3 cut.)
8. When 2 players screen for one another, the screener can execute a #4 cut into a post up if the defenders switch and the match-up is advantageous.
(How long post player stays is personnel/philosophy driven.)
9. "Option" call: players play basketball using any of the 5 cuts and 2 options.
(We strongly prefer big on small screens and handoffs. Therefore a heavy emphasis is placed on the 4 and 5 players executing #6 and #7 options.)

10. On handoffs and pick and rolls, no action takes place off the ball.
(Read your defender and move appropriately.)
11. On verbal calls such as "25," the call describes 2 types of cuts and actions to be executed on a particular possession. (The first number, in this case "2," would refer to curl cuts. The second number, "5," would refer to back screens. The first number is always executed after the first 2 passes; the second number is executed for the remainder of the possession.)
12. There are occasions when the ball is in the corner, 2 passes will be necessary to continue the offense efficiently. (Get ball back on top/middle of floor.)

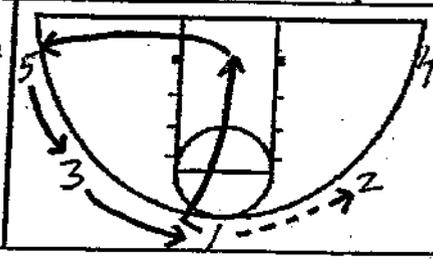
Note: An extra pass may be required in certain situations, in order to create better spacing opportunities. This happens most frequently when the ball is in the corner. Your philosophy must determine when to make extra passes or run specific cuts and actions. (This offense is not a perfect science; it is intended to flow as opposed to follow dictated or pre-determined movement.)

MOTION OFFENSE: INITIAL ALIGNMENT AND NUMBERED CUTS

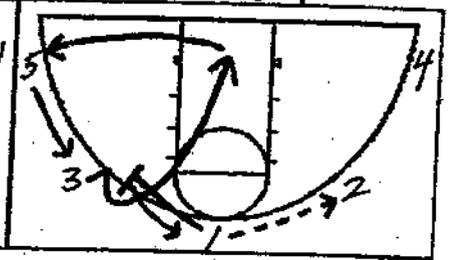
Initial Alignment



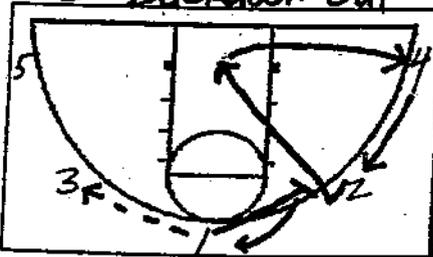
#1 - Basket Cut



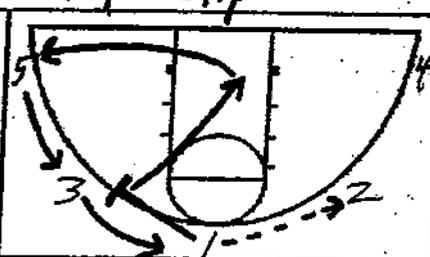
#2 - Curl Cut



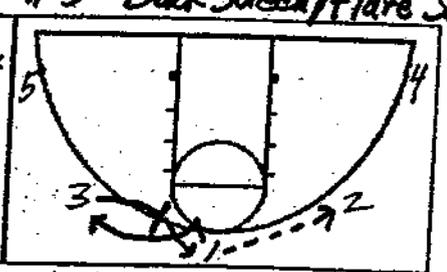
#3 - Backdoor Cut



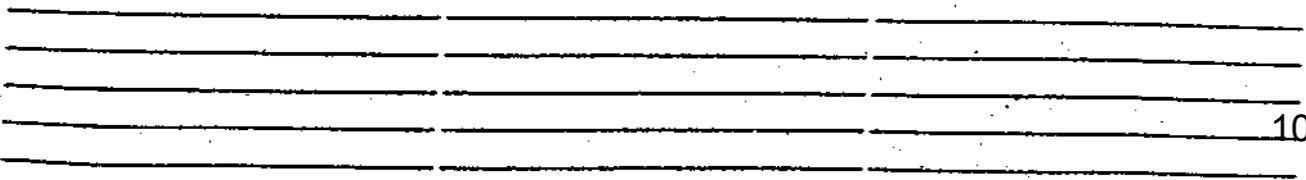
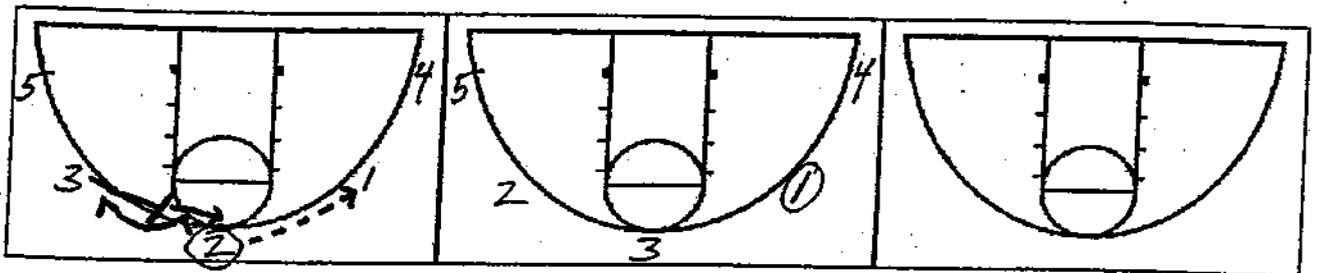
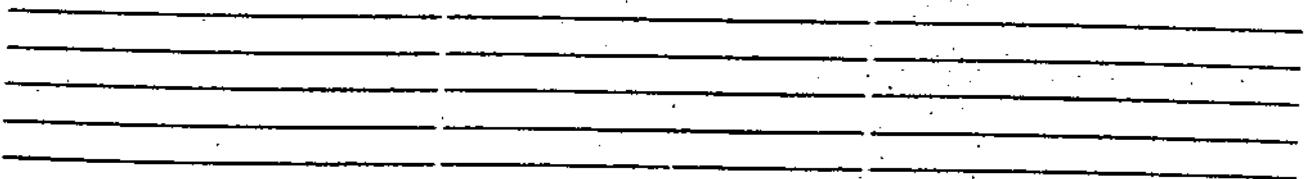
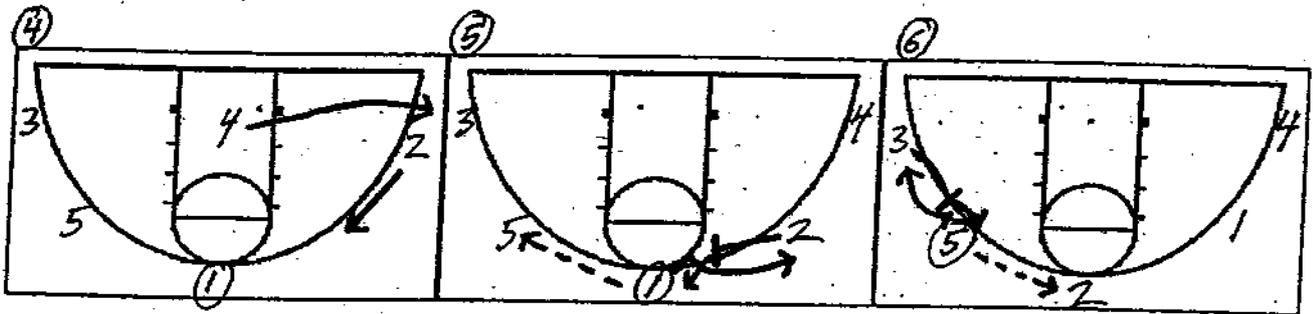
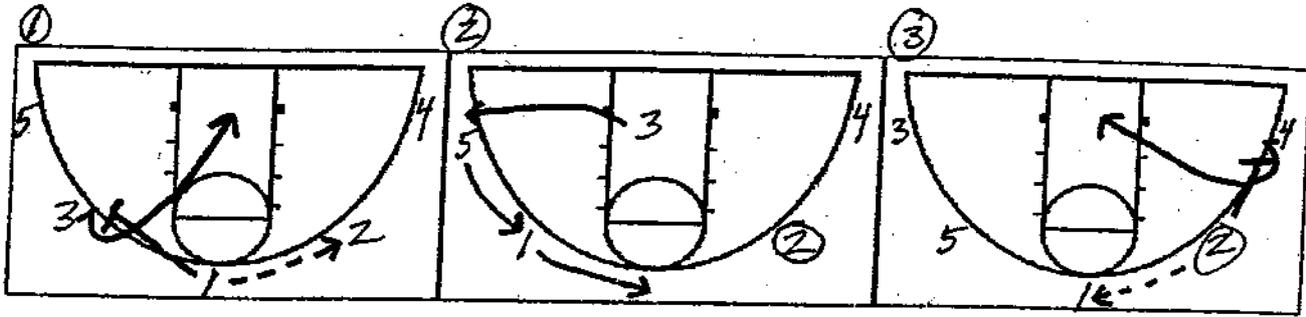
#4 - Slip



#5 - Back Screen / Flare Screen



MOTION OFFENSE: DIAGRAM OF A "25" CALL
 (The first 2 cuts are curl cuts, the remainder of cuts in possession are off back screens.)



The High Powered Dribble Drive Motion Offense

By Don Kelbick

594 SHARES

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Unless you've been hiding under a rock, you've probably heard about the NEW HIGH powered Dribble Drive Motion that is sweeping the basketball nation!!

So what's the scoop on this basketball offense?

In all honesty, it's just a fashionable new name for something that has been played for years. So don't go jumping on the band wagon (just yet)...

With that said, the Dribble Drive is a POWERFUL offense and you can probably learn something from it. But you need to understand what it's really all about.

Every few years a new variation on an old theme hits the college basketball world. This year it is the "Dribble-Drive Motion"!!

Where did it come from?

The nexus of the fascination has been the enormous success of John Calipari's University of Memphis team. Coach "Cal" is one of the most innovative coaches I have ever met and this offense fits his personnel like a glove. Vance Walberg, former Head Coach at Pepperdine and a speaker very much in demand is also an innovator and has brought this style back to the forefront of basketball thinkers. Though not credited, Jay Wright of Villanova used many of these concepts to take his four guard one post offense to great success in the Big East and the NCAA Tournament. The "Dribble-Drive" term hadn't been coined yet but Wright surely should be considered one of the innovators as well.

The roots of the Dribble-Drive Motion go back to the roots of the motion offense itself. Dean Smith, former coach at North Carolina, used the drive and kick aspect of his "[passing game](#)" with great success. It did not get great notoriety at the time because Smith coached much of his career without the 3-point shot. Rick Pitino used many of the concepts, beginning at Providence College with point guard Billy Donovan, and was at the forefront of effective use of the 3-point shot in college basketball. Pitino brought to his great Kentucky teams and while he doesn't use this motion at Louisville, he still incorporates many of the same concepts.

Just as an observation, both Coach Pitino and Coach Calipari used the 3-point shot to much greater effectiveness upon returning to the college game after years in the NBA. The NBA used the 3-point shot for several years before it was added to the college game. I think that their NBA experience sent them ahead of the pack in regard to using the 3 and the rest of us are still trying

to catch up.

What is the Dribble Drive Motion Offense?

The [Dribble-Drive Motion](#) is first and foremost a motion offense, complete with its own discipline, rules and philosophy. The basic philosophy is the ballhandler tries to push the ball for a layup. If there is no help he continues for a layup. If there is help, he finds the open man for either a shot if on the perimeter or a dump-off to the post. Driving lanes are created by great spacing and constant hunting of open areas for kick-outs.

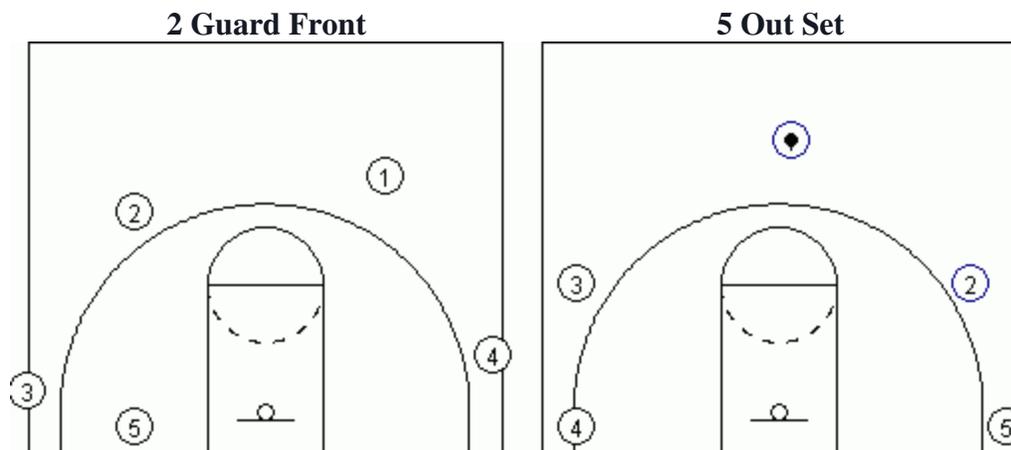
Personnel Needs

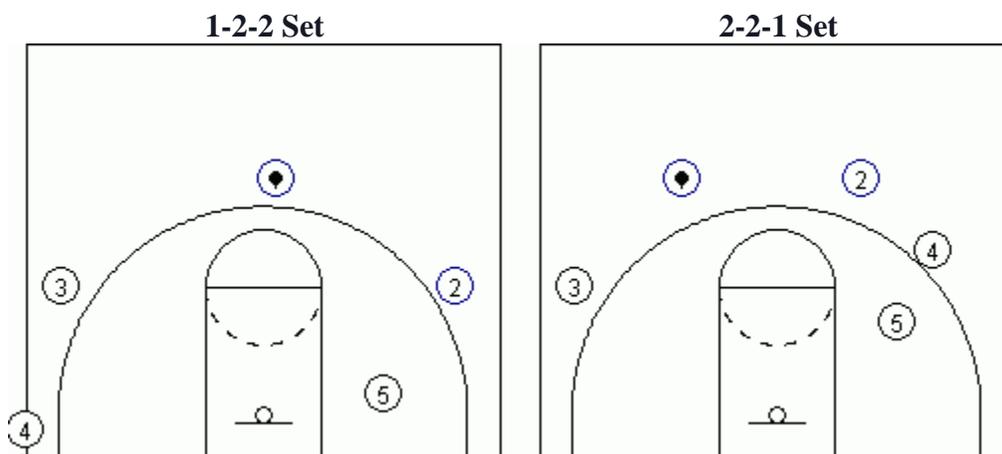
The Dribble-Drive is not for everyone. You need to have very specialized personnel. Your perimeter players must be equally adept at [taking the ball to the basket](#) and shooting from beyond the 3-point line. Your post players have to be comfortable catching the ball on the move. If he can shoot the ball a little, that will make you better. If he can put the ball on the floor, you'll have the whole package.

Athletic ability helps, as it does in most aspects of basketball. The Dribble Drive produces a lot of rebounds. If you are able to control the offensive glass, it is difficult for opponents to recover. You also have to be in great shape. The Dribble Drive, because of its aggressiveness tends to wear down its opponents.

The offense can start from any set. The one requirement is that the middle be open. If you are going to have a post player, he should be off the block, opposite the ballhandler and my preference is to put him on the baseline.

Here are some sample sets.....





Below are some sample actions in the Dribble-Drive Motion. These are just examples. They are not meant to be the only actions of the offense. In fact, you might not like any of the actions. As with any motion offense, the only limitation is your imagination. If you are a coach who likes to control movement, this is not the offense for you.

For this offense to be effective, it has to be free-wheeling and active. Encourage your players to let go.

Here are some of the basic rules of the Dribble-Drive Motion. Some of the rules are notated in the diagrams. Remember, different coaches have different rules. It doesn't make them wrong and doesn't make it a different offense; it just makes them different than this one.

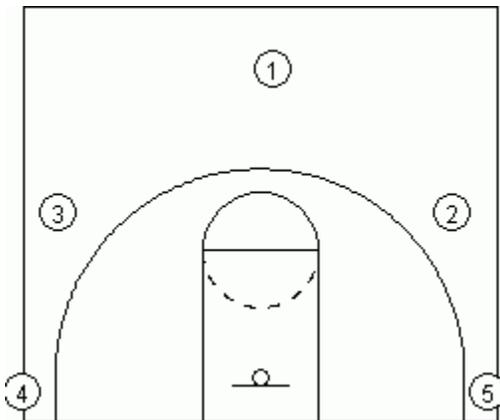
Perimeter Player Rules

- Player with the ball first tries to penetrate, on the dribble. First choice is a layup.
- Perimeter players step to openings, beyond the 3-point line, making passing angles and preparing for shot.
- If penetrator meets defensive help, he kicks to the open man on the perimeter for a shot. If help comes from the post, he looks to dump to the post.
- After passing, penetrator cuts out of the middle to an open spot beyond the 3 point line.
- Player who receives the pass, if he has no shot, will attempt to dribble penetrate and repeats the process. He can also pass to reverse the ball and cut through the middle to clear it out for the next ball handler.
- All cutters vacate the middle as soon as possible and find a spot beyond the 3-point line.
- If player can't dribble penetrate take ball to middle for spacing
- Ball goes to high post, open-side wing cuts backdoor. All players bump up to maintain spacing.
- If the ball is dribbled at you, either go backdoor or take dribble handoff.

Post Player Rules

- Post player set opposite the ball, off the lane.
- Post player can ball screen on the open wing or high.
- Post player looks to pop or roll after setting ball screen.
- If ball stalls on top, weakside forward posts to the top.

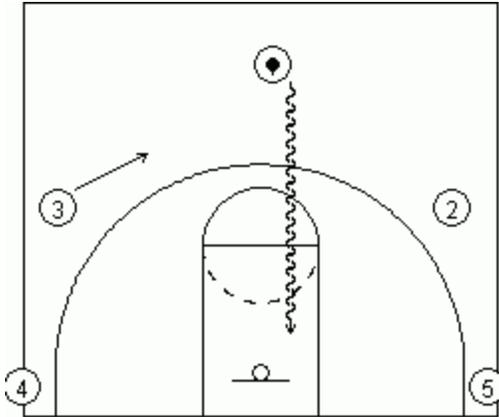
Options off a 1-2-2 Set



1,2,3 - Guards

4,5 - Front Court

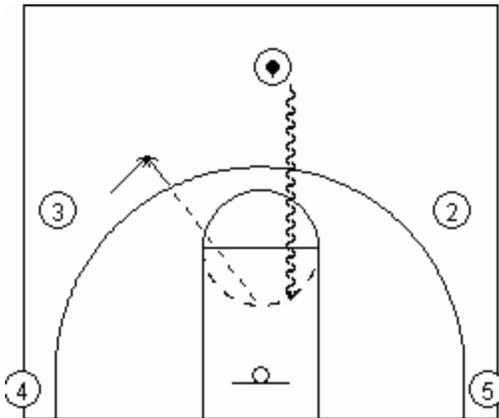
All players can shoot and are comfortable putting the ball on the floor.



Rule: Ballhandler penetrates and looks for layup. Weakside wing fills to top

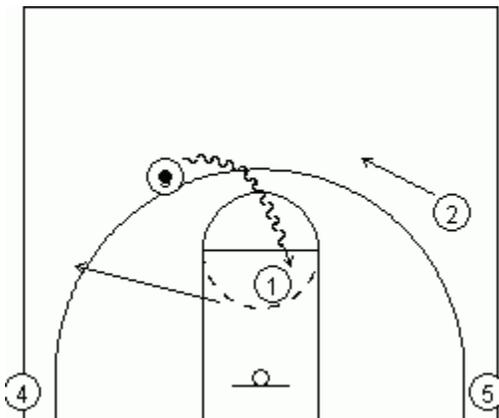
1 penetrates and looks to score

3 creates passing angle to the top



1 throws pass back to the top to 3.

3 looks for shot

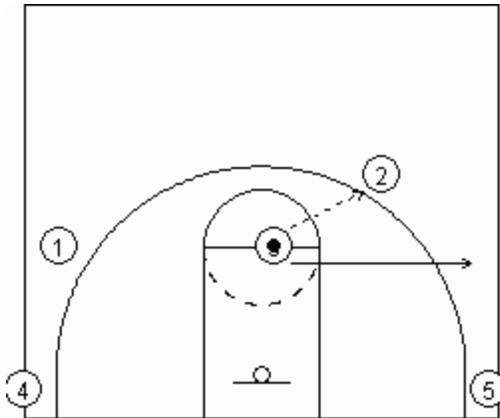


Rule: On pass off, passer clears to the open side.

1 cuts to the right

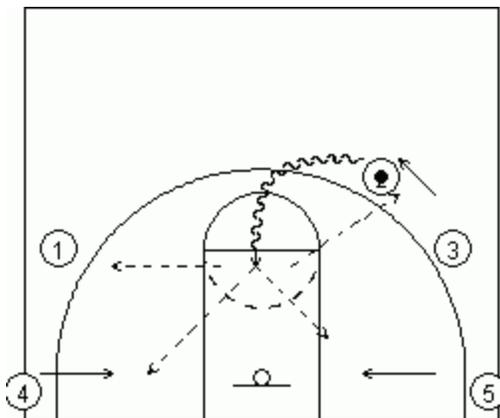
3 dribble penetrates and looks to score

2 creates passing angle to the top.



3 passes to 2 for shot.

3 clears to the left side



2 has no shot

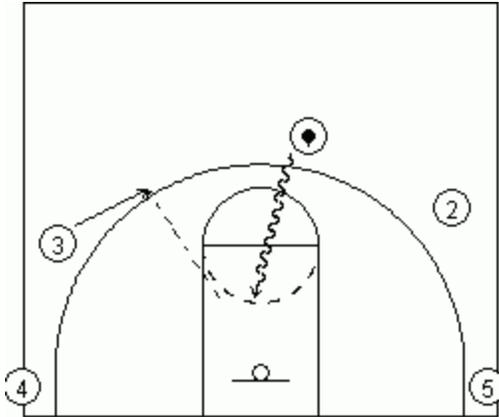
2 dribble penetrates looking to score

3 creates passing angle to the top

1 spots up for shot

4 & 5 step in

2 can shoot, kick to 1 or 3, or dump off to 4 or 5

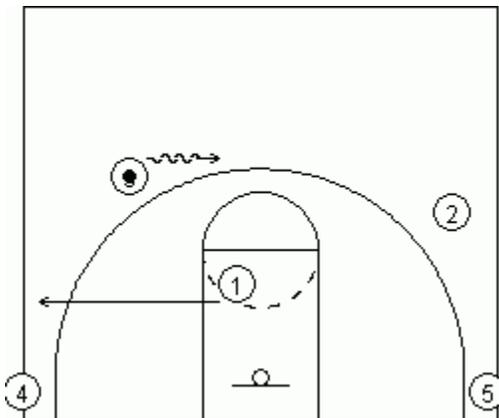


Next Rotation

1 dribble penetrates looking to score (following the rules)

3 spots up and creates passing angle back (following the rule)

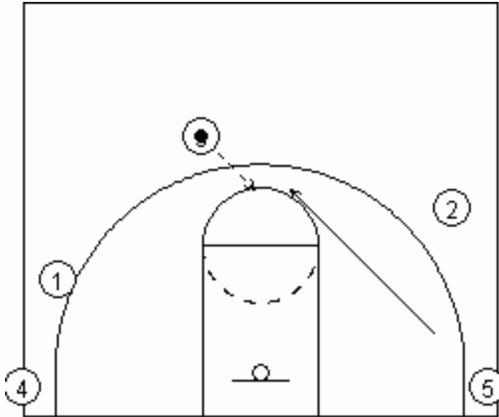
1 kick to 3



Rule: If you can't dribble penetrate take ball to middle for spacing

1 clears to the side (following the rule)

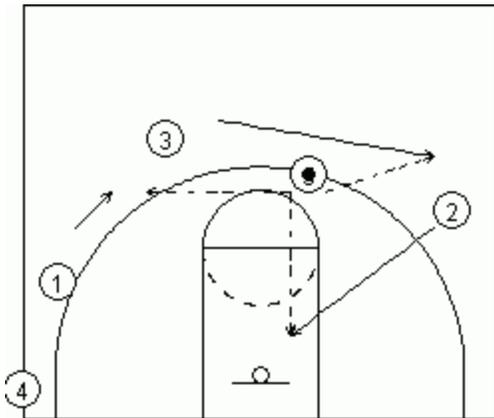
3 dribble to middle (following the rule)



Rule: If ball stalls on top, weakside forward posts to the top.

5 posts to the top (following the rule)

3 passes to 5



Rule: Ball goes to high post, open-side wing cuts backdoor. All players bump up to maintain spacing.

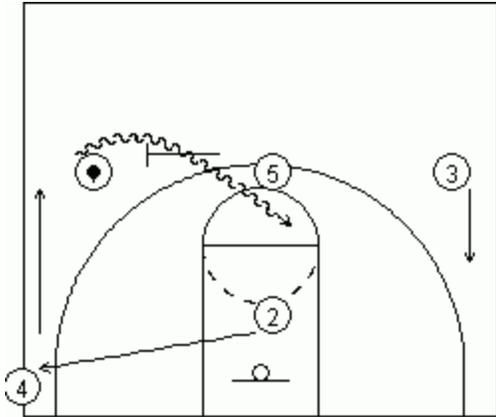
2 goes backdoor (following the rule)

3 cuts to open wing (following the rule)

1 fills spot for 3 (following the rule)

5 looks backdoor to 2, kicks to 3 for shot

5 kicks to 1 for shot.



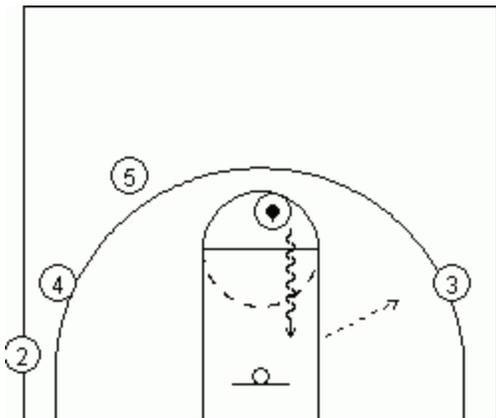
5 ball screens for 1

2 clears to corner

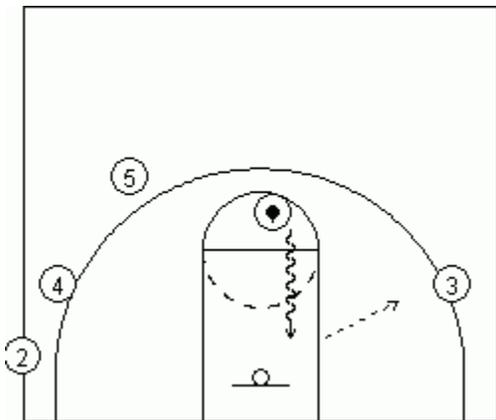
4 bumps ups

1 dribbles off screen looking to penetrate

3 spots up



1 kicks to 3 for shot.



1 clears to side (following the rule)

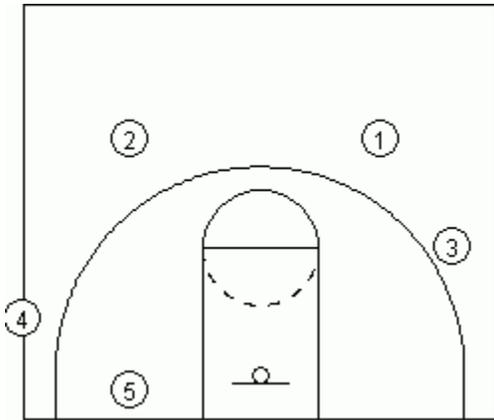
5 bumps up

4 bumps up

3 dribble penetrates and looks to score.

3 can kick to any of the perimeter players.

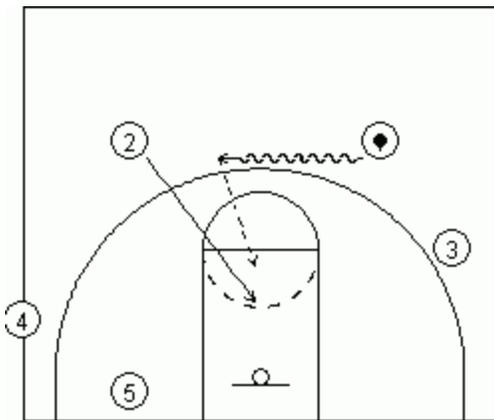
Options off a 2-2-1 Set



1,2 Guards

3,4 Forwards

5 Post

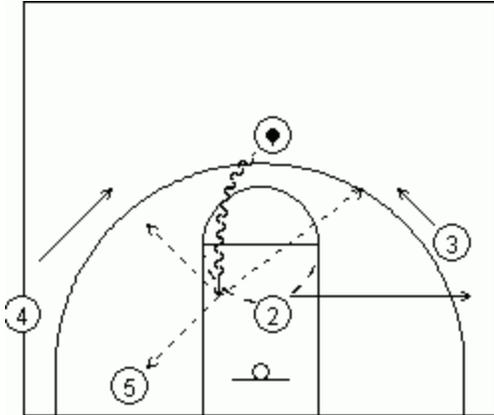


Rule: Ball is dribbled at you, either go backdoor or take dribble handoff.

1 dribbles at 2

2 goes backdoor (following the rule)

1 passes to 2 for layup.



1 does not pass to 2

2 clears to open side (following the rule)

3 spots up (following the rule)

4 spots up (following the rule)

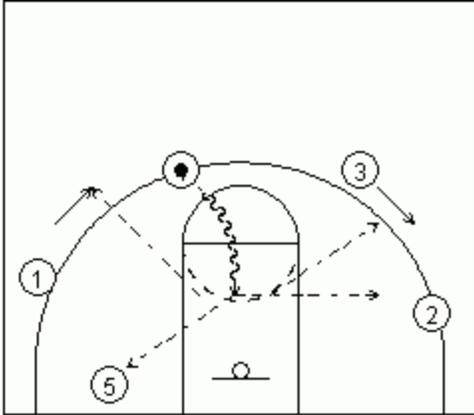
1 dribble penetrates looking to score

1 shoots or kicks to 3 or 4, or dumps to 5



1 kicks out to 4

1 clears to open side (following the rule)

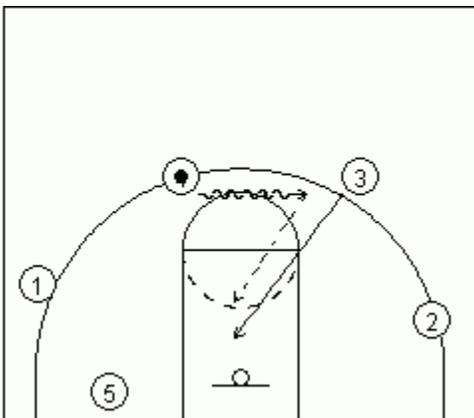


4 looks to dribble penetrate

1 spots up

3 spots up

4 can shoot, kick to 1, 2 or 3 or dump to 5

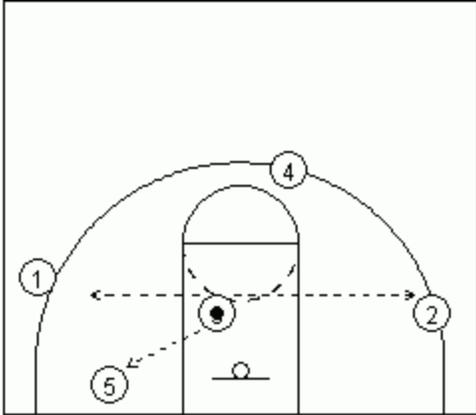


4 does not penetrate

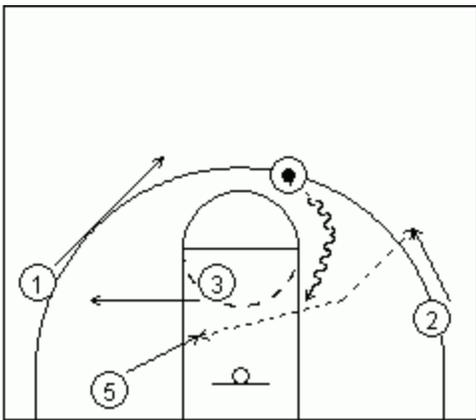
4 dribbles at 3

3 goes backdoor (following the rule)

4 passes to 3 for score



3 can shoot, kick to 1 or 2 or dump to 5



4 does not pass to 3

3 clears to side

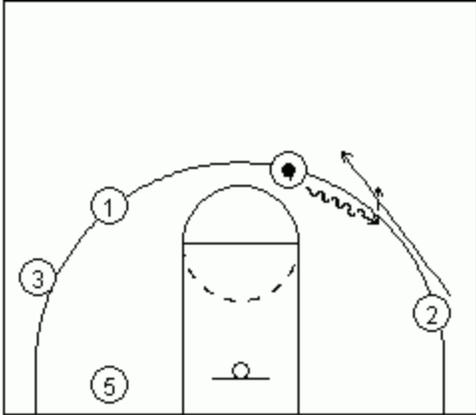
1 bumps up

4 tries to dribble penetrate

2 spots up

5 ducks in

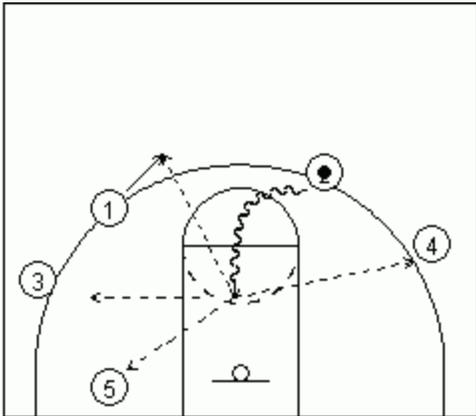
4 looks to score, kick to 2 or dumps to 5



4 does not penetrate

4 continues his dribble and dribbles at 2

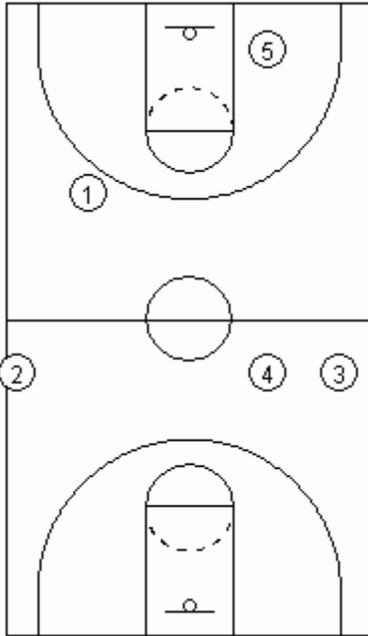
2 cuts at 4 and takes handoff (following the rule)



2 turns the corner and looks to penetrate

2 looks to score, kick to the perimeter or dumps to 5.

Dribble Drive Motion in Transition



In transition, players run the lanes.

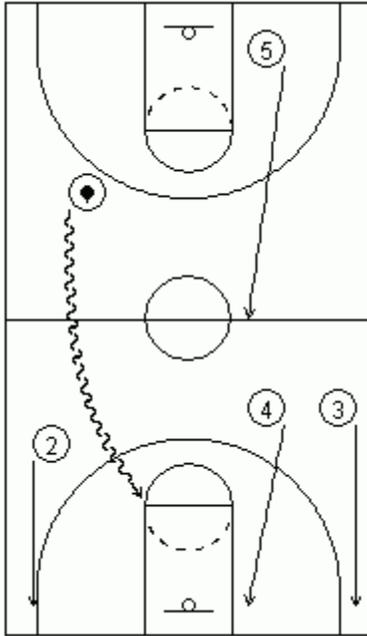
1 handles the ball on the side

2 runs right lane

3 runs left lane

4 (first post) run middle, opposite the ball

5 (trailer) runs behind, opposite the ball

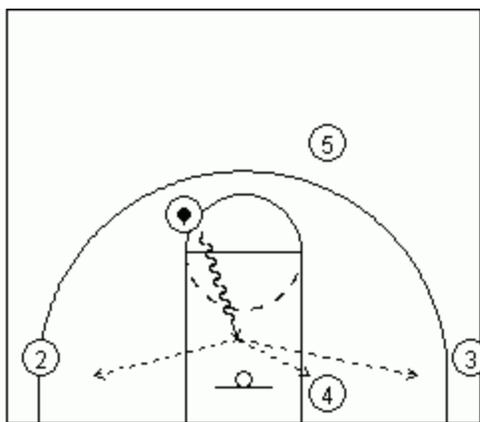


2 and 3 run to corner, outside the 3-point line.

4 runs to the baseline, outside the lane

1 dribbles up the floor

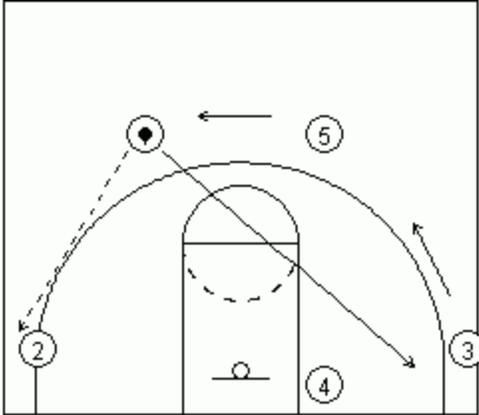
5 trails opposite



1 dribble penetrates, looking to score

1 can kick to 2 or 3 or dump to 4 for shots.

Rotation now runs as if it were a half court Dribble-Drive Motion.



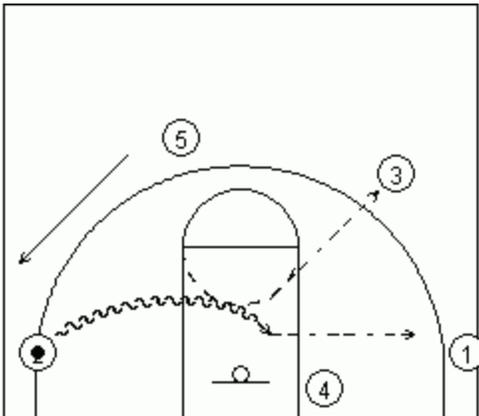
If 1 cannot penetrate

1 "head-mans" to 2

1 cut through and comes out opposite

5 fills for 1 (following the rule)

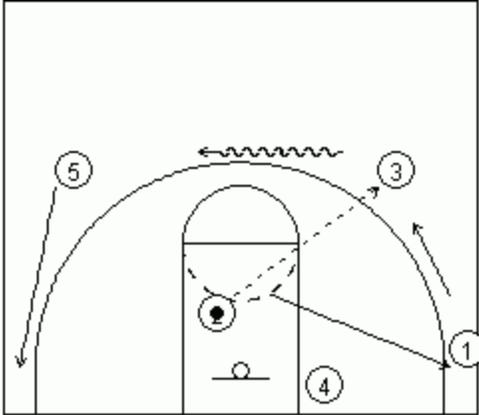
3 bumps up for 5 (following the rule).



2 dribble penetrates looking to score

2 can kick to 1 or 3 or dump to 4

5 spots behind ball



2 kicks to 3 for shot.

If no shot, 3 dribble middle for spacing

1 bumps up for 3

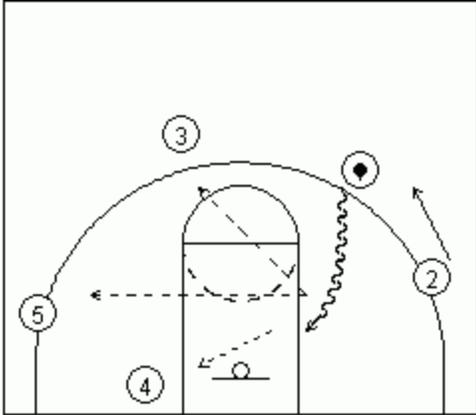
2 comes out and replaces 1

5 spaces



3 passes to 1

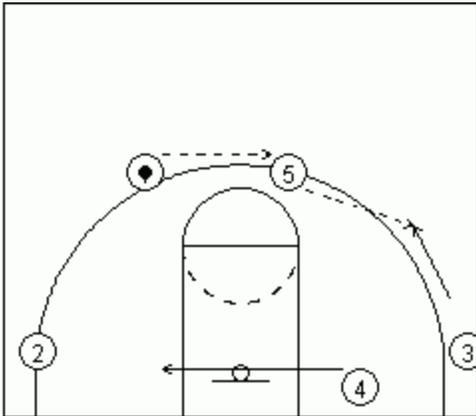
4 cuts opposite the ball (following the rule)



1 looks to dribble penetrate to score

1 can kick to 5 or 3 for shot or dump to 4.

2 spots behind.

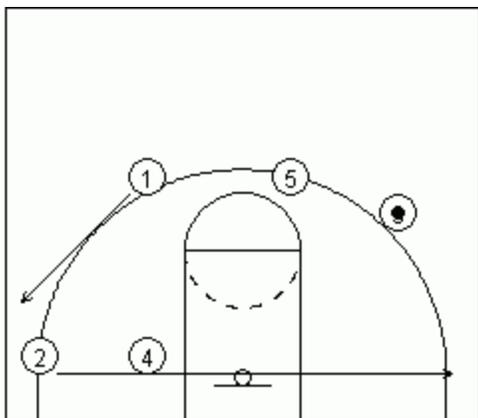


If 1 does not headman to 2

1 passes to 5

3 pops to wing

4 cuts opposite the ball (following the rule)



2 cuts to fill corner

1 spots to wing

5 spaces out



3 looks to dribble penetrate and look to score

3 can shoot, kick to 1, 2, 5 for shot or dump to 4.

Offense then proceeds as if it was a half court set.

I hope this give you a little insight into the en vogue offense of 2008, "The Dribble Dive Motion." This is not the be-all and end-all thesis on the offense, just my experience with it. A [Motion Offense](#) is a constantly changing and evolving entity. The more you play it, the more you will see. The only limitation is your imagination and the imagination of your players. Teach the concepts (penetration and kick, spot up, space the court), don't teach the offense and your team will handle every adjustment made against you.

If you have the players, it will certainly be an effective offense for you. If not, wait 'til next year and there will be a new "en vogue" offense that might fit your personnel.

Coach M. Olesen

THE DRIBBLE DRIVE OFFENSE

A Complete Instruction Manual

The Drills, the X's & O's and the Strategies



The Dribble Drive Offense

A Complete Instruction Manual

The Drills, the X's & O's and the Strategies

By Coach M. Olesen

www.coachdribbledrive.com

SAMPLE

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INTRO

In the spring of 2008 Sports Illustrated ran an article on the Memphis Dribble Drive motion offense as invented by Vance Walberg and popularized by John Calipari at Memphis. I read the article and so did my Director of Basketball. We pretty much immediately decided to go with coach Walberg's offense as the main offense for the entire basketball club, from under 14's to men, as we felt it provided not just tactical advantages, but also clear advantages when it comes to player development.

The club runs National League teams for men, under 18's, under 16's, and under 14's and we were looking for an offense that would not only get us wins on the court, but also promote long term player development and basketball IQ. We believe we've found it in the Dribble Drive Offense, but it hasn't been easy to get to a point where it's easily run across all the teams.

Implementing the Dribble Drive as our base club offense has been made harder by the lack of availability of good information on how to 1) run the offense, 2) how to teach the offense to maximize skills and tactical development in players. Back then, in the summer of 2008, only a few sources were available on how to run the offense; notes from clinics available from the internet, notes available in PDF-format, and Herb Welling's DVD's on how to run the offense.

None of the sources offered a complete package on how to run and teach the offense, and none of it was of very high quality, so we kept searching while learning on the fly. To be honest, as an offense, it wasn't a very good at this point, and it really bore very little resemblance to Walberg's dribble drive offense. Player development was already happening, though.

I kept searching and eventually both Walberg and Calipari came out with their DVD's and suddenly the pieces started coming together. Still, though, there is no one resource that puts together everything on the dribble drive motion offense, from X's and O's, to teaching methods, drills, and game strategy. And that's my goal with this book.

Building a house

Building an offense is like building a house. The X's and O's are the blueprint - but however great the blueprint is, it doesn't guarantee you a good house. You need quality building materials to build a quality house, you need an organized contractor to plan the labor and you need skilled builders to put the house together.

You can build a house with bad materials, an unorganized contractor and poor laborers - you can even build a beautiful house that way. But if the house isn't built right, cracks will soon start to appear. The same goes for offenses.

You can come out to games and run a beautiful offense, but practice is where you decide which build quality your offense is going to have. The coach is the contractor; he needs to come in with a plan for how to teach the X's and O's and a plan for how to avoid trouble. The drills are the building materials and the tools needed to shape them; the breakdown drills teaches the little reads, the controlled full method drills teaches the teamwork needed, the shooting drills gets players shooting the pressure shots of games.

This book is an attempt at providing the coach with not only a blue print of the dribble drive offense, but the entire package that will make him a good contractor; the drills, the reads, the pitfalls and the advantages.

One of the advantages of the offense and the drills that go with it is that the players - your builders - will become better basketball players. They are not just

taught to run from A to B and set a screen at C, they're taught to read the game and make decisions with the ball in their hands.

Teams can excel for a season or two if they get great individual talent, but the teams which excel year after year put a premium on teaching the players how to play the game, not run the system. Phil Jackson's LA Lakers, Popovich's San Antonio Spurs and Sloans' Utah Jazz comes to mind in the NBA, and Duke, North Carolina and Kansas in the NCAA's share the same traits. Talent level may dip some years, but the solid foundation these teams have build means that even if talent is low the teams never really fall off the charts. They're still pretty good when they're bad because of the premium on teaching the game.

I believe that knowing the X's and O's of how to run an offense is only 30-40% responsible for succeeding with an offense. Real success only comes from practicing the offense in a way that develops the players' basketball IQ and skills level every day. You want the players to be better players in March than in November, and better next year than this year.

I think the dribble drive motion offers an excellent tool for this, and this book is attempt to give everybody the full package of tools to take advantage of what the offense offers.

Resources and Inspiration

Although I've tried to get around all corners of the Dribble Drive Offense, there are other resources out there - some good and some not so good.

DVD-sets on the Dribble Drive

The best way to learn about basketball X's and O's, apart from meeting up with coaches in person or at clinics, is watching DVDs. There are now quite a few DVDs out there, and below a few of them are reviewed.

Walberg DVD-sets

Vance Walberg obviously created the offense, and his DVD's and FIBA Assist Magazine article are excellent. The *Mastering the Dribble Drive Attack Offense* DVD's are very good. In my opinion this is the only DVD set that covers the entire basics of the Dribble Drive Offense.

On the first DVD Walberg builds the offense from scratch with a group of players who haven't played it before. He gives great insight into the details of how the offense works, and how you teach it.

The second DVD covers the drills that make the offense run, including the Blood Drills and the full court attack drills. Again, if you're new to the offense, or you are not sure how to drill it this is a great DVD.

One thing that's really good about this DVD set is that it includes a full game from Walberg's tenure at Fresno JC, giving great insight into how the offense is played in real life. Incidentally they play against zone defense much of the time, and Walberg's zone offense is actually very good too.

More than any other DVD-set this one gives coaches new to the offense a chance to understand it in detail. You get the X's and O's, and the drills. If you're starting out with the Dribble Drive, this is the one to get.

Walberg also has two newer DVD-sets out, which are also very good, but is for more experienced Dribble Drive coaches. The *Advanced Dribble Drive Offense: Zone & Transition Game* set contains three DVDs, and there are some interesting things on there, especially as Walberg greatly expands the transition game and explains his Motion Offense.

The Walberg Zone offense is truly brilliant, in my opinion. I've published a short eBook about it (see www.coachdribbledrive.com), but if you're interested I recommend the DVD set.

However, for pure Dribble Drive value the companion DVD set *100 Drills & Sets for Implementing the Dribble Drive Offense* is actually better value. The 2-disc set isn't very well named, as there are nowhere near 100 drills and no traditional 5-man sets on the DVDs. There are, however, some good post drills, and a few perimeter drills teaching 2 and 3-man reads of the offense, and if you count the reads there are easily 100 drills and reads and variations to pick up. In fact the drills and the reads in them have been one of the most inspirational things I've seen researching this book. Just be aware that for coaches who are just starting out with the Dribble Drive getting much out of these drills and reads might be difficult.

John Calipari DVD-sets

John Calipari popularized the offense, and has some very good DVD's out. Coach Calipari's name is the second you'll have to mention when talking about the Dribble Drive. The Kentucky coach popularized the offense to an extent where some people call it "The Memphis Offense" after his previous employer.

Calipari has several DVD-sets out, to the extent where it becomes pretty clear that he's cashing in big-time on his position as Memphis/Kentucky coach. In fact some drills are on several DVDs, which some might see as a bit of a rip-off. That doesn't mean that they're not very good videos though.

Calipari's *Dribble Drive 3-Pack* and *All Access Kentucky Basketball Practice with John Calipari* are both great for coaches who already know the offense, but I wouldn't recommend either for coaches who are just starting out.

The *3-Pack* covers Calipari's version of the Dribble Drive, and it has some very good details. The problem is that it doesn't explain the basics very well, especially on the X's and O's disc. Calipari's version of the Dribble Drive is slightly different than Walberg's, and it seems like the producers expect coaches to know the basics before watching this video, as it doesn't cover these. However, a lot of time is spent on expanding the Dribble Drive with the things Calipari has added, including how to use the post.

The drills DVD's of the set are useful too. Some of the drills are the classic Walberg drills, but often with a twist that changes them for the better. There are also several new drills on there, some of which are great (like the Perfection Running Drills), some of which are ordinary. One thing you have to realize is that Calipari has several assistant and maybe 10 managers on the floor when coaching, which enables him to run some drills lots of coaches can't run.

If you already know the offense, you'll pick up five or six things from the 3-Pack which really makes huge a difference to your program, but if you're new to it you're likely to end up a little confused.

All Access Kentucky Basketball Practice with John Calipari is a great 3 DVD set. It tracks two of the first Kentucky practices of the 2009/10 season when Calipari first started out there. It's great because the players are new to the system, and make the same mistakes that yours and my players make when they're learning (although at a level slightly closer to the rim).

Calipari constantly have to remind the players about how they want to play, and he's really teaching his players here. I picked up some really good things from these DVDs, including some X's and O's I really have to think about, as they're very different from Walberg. I'll explain these differences in the book.

Also included are several Q&A sessions with both Calipari and his assistants and some great ball handling drills with Rod Strickland.

The All Access Set comes highly recommended, and if I was you I'd definitely get that before the 3-Pack, being on a budget.

The Calipari DVDs I haven't bothered with are, among others, The John Calipari 6-Pack, which is the 3-Pack with discs on defense, inspiring players and "How to become an All Star" added. I also haven't seen his Skill Development 4-Pack, which actually looks rather good, though I'm not convinced it adds lots of new stuff.

Dave Smart DVD-set

There are very few coaches out there who are better than *Dave Smart* of Carleton University in Canada at developing and getting the best out of players. Coach Smart's teams have won five straight Canadian University Championships, and have performed very well against US Division 1 schools with far better athletes. Coach Smart has turned down several offers to coach Division 1 in the US and I rate him as one of the best teachers in the game.

I'll recommend his individual development and screening DVD's to anyone looking to develop players. Especially his individual development DVD is excellent, and it has been a big inspiration for the fundamentals of the Dribble Drive in this book (p. 17), although he doesn't use the Dribble Drive himself.

Other Info on the Dribble Drive

As far as written material, there are two kinds; notes from clinics and practices published online and regular books.

As for regular books *Brian McCormick's BLITZ BASKETBALL, A Strategic Method for Youth Basketball Skill Development* contains a lot of material useful for teachers of the Dribble Drive and is highly recommended. The offense presented in the book is not the Dribble Drive, but the skills set and the drills presented fit perfectly into teaching the Dribble Drive, and some drills are contained in this book.

Early on, while there was a "Dribble Drive craze" going on, Coach Duane Silver wrote a small book called *The Memphis Dribble Drive Motion Offense*". It's basically a playbook without any information on how to teach or properly run the offense, and I haven't used it much to be honest.

There are also lots of notes (from clinics and practices) on the Dribble Drive out there. I bought some notes from Coach Peterman at mensbasketballhoopscoop.blogspot.com, but found that it was maybe 40 sets of individual notes that were mostly available elsewhere. I see he's published some e-books since then, but I haven't explored them further.

Changes to 2nd Edition

The 2nd edition of the book has seen extensive corrections and expansions to the X's and O's section. A full 60 pages of X's and O's have been added, including lots of entries and reads.

The drills section also has been expanded greatly. It contains several new drills, including how to run several of the core Dribble Drive drills if you don't have several assistant coaches, like the big college programs do. Most importantly a lot of drills with the reads of the Dribble Drive have been added.

STYLE OF PLAY

According to its creator Vance Walberg, the Dribble Drive Motion is built on the foundation of a few little details. The offense is about getting to the rim every time down the floor. That can only happen if players are spacing properly and create gaps for the penetrators to get through. The "Big Three" of the offense would then be:

- Mentality to get to the basket.
- Open the gaps.
- Keep great spacing.

Underlying those three concepts is in my opinion the most important part of modern offensive basketball: the close-out.

As basketball progresses, and as defenses are getting better, we're seeing at the international level that to create a scoring situation you need to create a close-out situation. A situation where a defender is running towards a player with the ball and the player with the ball has a real chance of beating the defense with the dribble or the shot.

Any time there is a close-out situation the offense should take advantage by either shooting the ball or use the defenders momentum to beat him off the dribble. It's a situation where the offense has all the advantages as the defense must hustle out to stop the shot, which opens up for the drive. Once the ball is driven into the heart of the defense help is required and now the defense is out of shape and the offense has the advantage.

The aim of the Dribble Drive Offense is to create close-outs several times on every single possession to eventually take advantage and score a layup. Every player movement is designed to create space for a drive into the middle that will draw the help and create a close-out situation for the defense to take advantage of.

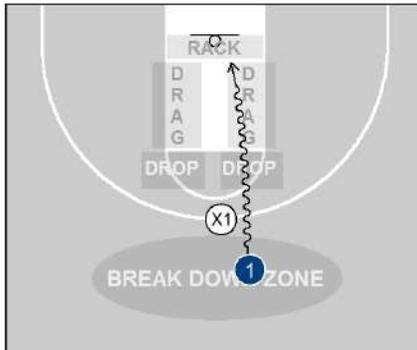
To fully take advantage of the close-out situations players need to be able to make decisions on the fly - to be able to read the game as it develops. If the coach tries to rein them in, to make them run a few pre-set options, he won't reap the full rewards of the offense. In other words; if you're a control-type coach either change or go with another offense. I'd advise changing, as allowing players to make decisions just flat out creates better players.

What is the Dribble Drive?

The Dribble Drive in essence is an offense based on creating drives to the basket and exploiting the help.

Everything in the offense is centers around creating drives down the middle and exploiting any help to get open layups or open three pointers.

Let's take a quick look at how one situation from the offense is built, and how it's designed so that every time the defense takes an option away a new option opens up.



Building Blocks of the Offense: The Layout

The goal of the offense is beating the immediate defender and going for the layup.

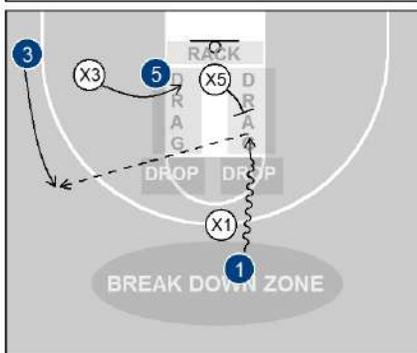
There are a lot of entries that will help players beat their man, but a lot of the time the reality is that all players can expect is to have their shoulders past the man, and they must learn to make reads and score in this situation



Building Blocks: The Post Player

The post player, O5, is the next building block. When X5 steps in to help on penetration this leaves O5 open for a layup.

X5 must give up a layup to O1 or leave his man and give up a layup to him.



Building Blocks: The Weak side Corner Shooter

Adding a shooter in the weak side corner gives the defense a chance to step in and cover the O5 with X3.

This way O1's drive is stopped by X5, and the pass for the immediate layup by O5 can only be covered by X3.

However this leaves O3 wide open for the skip pass and the three pointers (or another drive).

This means X3 must choose between a layup for O5 and a 3-pointer for O3. This is the pass that is the most essential in the entire offense.



Building Blocks of the Offense: The Ballside Corner Shooter

By placing another shooter in the ballside corner the offense prevents help from that side.

If the defense were to tell X3 and X5 to stay true to their men, and X2 were to be the one to step in and try to take away the layup, it would leave your shooter wide open in the corner.

This means that the only real way of helping on the drive is the rotation of X5 and X3.

FUNDAMENTALS

Before you can start exploring the X's and O's of any offense, you will need to make yourself clear that no team is great without great fundamentals.

As mentioned the Dribble Drive has an advantage in that it promotes the development of fundamentals through the sheer aggressiveness of the offense and the drills needed to learn it. However, it is important to be aware of which fundamentals you need to teach your players.

In this chapter we will explore ball handling, shooting and finishing, as taught by coach Walberg, coach Calipari, and the coach Dave Smart of Carleton University in Canada.

Developing Shooting Fundamentals

We don't have enough time in practice to develop great shooters, but there are some simple things players can do in their own time. One of the most important things to develop technically is develop a good shooting stroke, and they don't need to be in a gym to do that. Have your players shoot 50-100 shots a day lying down. Focus is:

- Important that they extend - almost hyper extend - the elbow on every shot. Adjusting shot should come from the legs, not varying elbow extension.
- Ball must come down in same place every time
- 90 percent of shots must be within three inches as ball comes down or punishment.

Squaring Up to the Rim

Two of the most important fundamentals to teach players are to have their heads up and square their shoulders to the rim when dribbling.

Eyes

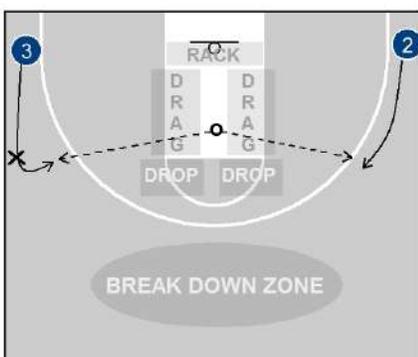
Keeping your head up seems obvious to most coaches, and indeed most players. However watching video of players you will find that in both drills and actual games even good players will often look at the floor in front of them instead or raising their head and looking at the rim or at the other players. This is even true of 1-on-0 layup drills. Great players keep their heads up all the time, but for all the others you will need to remind them constantly.

Shooters Squaring Shoulders to the Rim

Only very special players can manage to come at a dead sprint catching the ball with shoulders facing away from the rim, stop on a dime and make a shot. As only very few coaches are privileged enough to coach the likes of Reggie Miller, in the Dribble Drive you must ensure that your shooters have their shoulders squared to the rim.

This is a two-fold issue. You can tell your shooters to have their shoulders squared all you want, but as a coach it's important that you put them in situations where they can do this. In the diagram O2 is cutting along the three point line, and when he catches the ball his shoulders will be facing the middle of the court, and he will have to rotate before he can shoot.

Looking at O3, he's cutting along the sideline, then turning his shoulders towards the rim before he steps in to catch the ball.



DRIBBLE DRIVE BASICS

The way you teach the Dribble Drive offense is probably as important as the actual X's and O's, but without knowing how the offense works, there can be no teaching. What follows are the basics and the concepts used in the Dribble Drive.

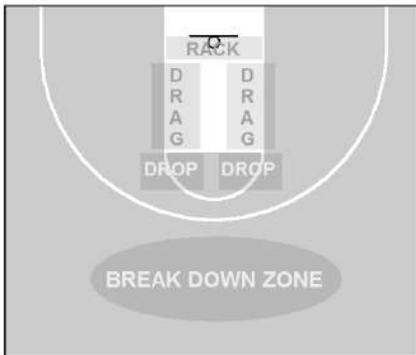
I recommend reading through the X's and O's to get a good understanding of the offense, then move on to the in-depth discussion of teaching methods, progression and drills that will follow in the chapter, Teaching the Dribble Drive (p. 104).

Shooting in the Dribble Drive

In this offense a shot is either 1) a layup shot or 2) a three pointer. The layup shot is the preferred option, but if it is left open shoot the 3-ball.

Zones

To make the reads in the Dribble Drive easier the court is divided into four zones



Break Down Zone: Where guards look to break down defense to the middle of the floor.

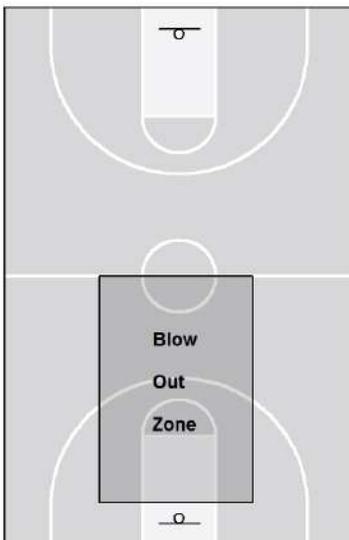
Drop Zone: above the foul line. If you can't beat your own man, and get to the rim, you're looking to stop in the Drop Zone and let play develop for someone else.

Drag Zone: Between foul line and Rack Zone. If you make a bad read and break the Drop Zone, but can't get to the rack, you'll stop in Drag Zone and look to skip the ball to the weak side or behind you.

Rack Zone: Take the ball to the rim or give the post player a dunk!

The Fifth Zone

The Blow Out Zone is the fifth zone of the offense. It features in the fast break, and the goal is to clear it as fast as possible by passing up the court. The second best option is dribbling it past the Blow Out Zone.



RACK, DROP AND DRAG AND WING OFFENSE

Below follows the reads of the Drop, Drag and Rack zones along with how to run wing offense. The reads made here are what makes the offense succeed or fail.

After this chapter follows the specifics of how to initiate offense.

Rack Zone



The goal of the offense is to get to the rim - the rack - for a layup. Most teams shoot 60% from layups, so getting to the rack zone is a primary goal.

The rack zone in itself doesn't create a lot of movement. Once players get in there with the ball it's a case of shooting the ball. It's important that players learn to read when they have the lane to the basket, and when they don't. If they commit to the rack zone but do not have the shot, the offense is often in trouble.

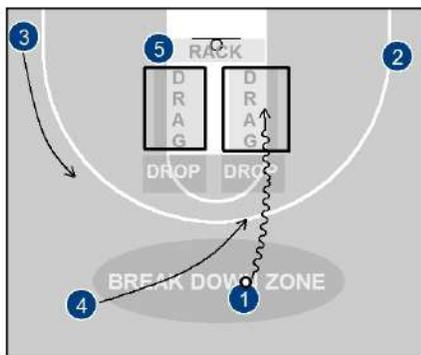
Once a player gets to the rack zone he is committed to it. However, if for some reason he doesn't succeed in getting an open layup or dunk he must still get a shot off - he can't get blocked. If he has to throw the ball off the backboard that's better than getting blocked, as the big man O5 must be in the clean-up position.

Rack Zone: Movement Off The Ball

Anytime a perimeter player drives to the rack zone O5 must be in clean-up position, on the opposite side of the basket. O5 must anticipate the miss or the pass from the player with the ball.

As such there is no other movement originating from the rack zone. Once it the rack zone it's all about getting the ball in the basket.

The Drag Zone

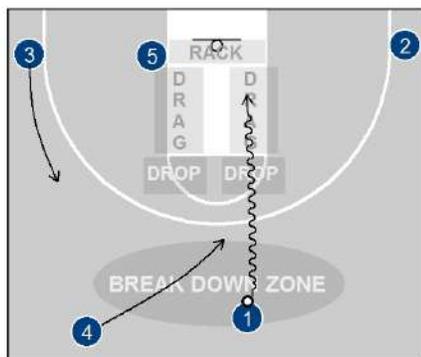


The name drag zone refers to players "dragging behind" penetration. The drag zone is where the guards really show if they can read the defense, as they must read the defense of X2, X3 and X5 to decide their actions.

There are good passing options from the drag zone, but **the drag zone is the least desirable zone to stop in, as on a stop the passing options aren't great.** If there is a choice the player should stop in the drop zone or shoot in the rack zone. It's important to teach the players to recognize when they can get a shot off in the rack zone and when they will get caught in the drag zone. No player should ever stop in the drag zone, and they should only go there if they have beaten their man and are looking to draw the help.

Note: You might want to make it an automatic turnover to stop in the drag zone in practice, to force the players to make the read early. This for a **stop** only, not a pass from the drag zone.

Reads of the Drag Zone

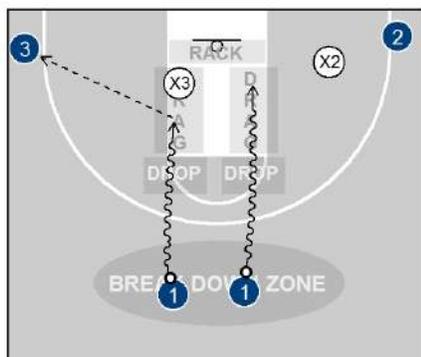


The first read O1 must make is if he's likely to get all the way to the rack, or if he should stop in the drop zone. Both are preferred to the drag zone.

Once the ball handler has committed he has got two passing options in the drag zone.

When O1 passes the Drop Zone he must really start reading the defense, especially X3 and X5. O5 must make the read depending on how his defender plays him.

Ballside Wing



Most teams adhere to the defensive rule of never leaving a shooter in the strong side which the offense exploits. And if you play against a team which doesn't use that rule you will get no end of open corner shots.

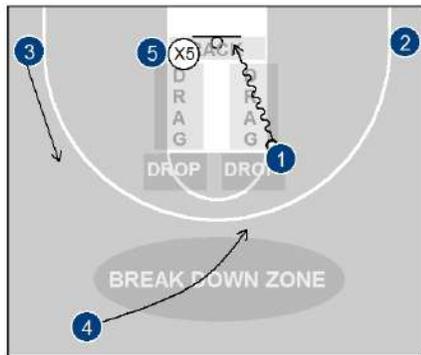
It is very important that the wings stay in their corners on any deep drive to their side.

In the diagram X2 stays with O2, which opens up the lane for O1.

X3 helps on penetration, leaving O3 open for a shot.

The rule of thumb is: 2's and 3's must be patient.

Rack Zone Penetration - O5 is Hugged



The best situation for the offense is if X5 is hugging and fighting with O5.

This leaves the lane to the rack wide open, and all O5 has to do is look to get around X5 for the rebound.

THE DRIBBLE DRIVE FAST BREAK

In many ways the dribble drive fast break is the dribble drive offense.

John Robic, assistant coach with the University of Kentucky expresses it this way:

"I think a set transition game is pretty overrated. I think we as coaches spend too much time on it, and if you're worth anything on defense you're not going to run it very much. When I was a head coach I spent way too much time on Carolina Break, Double Away, whatever it may be [...]. But unless you're running that on misses and makes I think it's a big waste of your time."

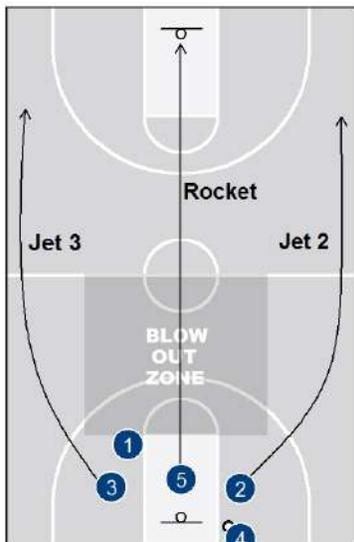
John Robic, Kentucky All Access DVD #2, 1:50 minutes

In other words: Don't waste time teaching a primary break, a secondary break and an offense, when you can combine the three. That is exactly what the Dribble Drive break does.

You want to keep the defense under pressure at all times. If the defense has time to organize itself it becomes much more difficult creating gaps for penetration. That can be achieved by having a break which uses the each same attack mentality and exact same options as the main offense.

The break is basically all about getting into offense as quickly as possible. Options off the fast break are no different than any other part of the offense, which is why the break is also a great teaching tool for the general offense.

Fast Break Basics



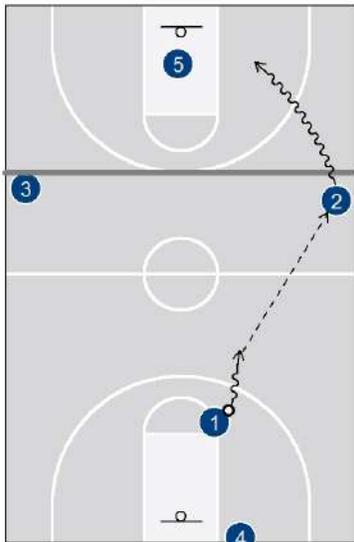
O1 and O4 handle the ball (O4 inbounds 80% of the time). The guard that is not handling the ball must trail the other one to a) open up the floor and b) be open for a pass.

We call O5 "the Rocket" and O2, O3 "Jets", to emphasize the speed those players need to use - it's just a great name for the players to identify with getting up the court quickly.

O5, the middle Rocket, must dead sprint up the court to the front of the rim. He must sprint to be a threat in the key, drawing in the other defenders, opening up the passing lanes. See Using the Post in the Early Break, p. 57.

O2 is the right Jet, and he runs the right wing, while the left Jet O3 runs the left wing. While they need to be quick, O2 and O3 must also look to receive the ball at any time coming up the court.

The Early Pass Up the Court



If the O1 can pass the ball straight up the court to O2 or O3 without dribbling he will do so. If not he might take one **blow-out dribble** to get up the court a little or create a passing lane before passing.

For younger guards who do not yet have the strength to throw the long pass immediately off the catch, or the ability to read the game as quickly, having them perform the blow-out dribble is a good idea.

Jet Positioning

When ball is in the back court, the Jets O2 and O3 can go no deeper than the top of the three point line extended, for a couple of reasons.

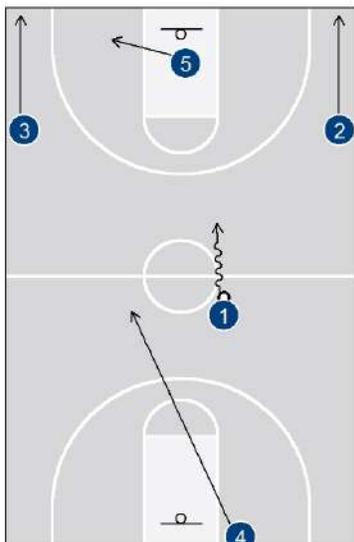
First off if they go any deeper than that it is very hard to get them the ball. It becomes a very long pass which is easily intercepted.



Secondly, if the Jets get too low one defender may guard two offensive players. In the diagram X2 can intercept passes to both O2 and O5, leaving both passing lanes covered.

If the Jets were at the three point line extended the defenders would have to choose between guarding the post or the wing.

Transition to Half Court Offense

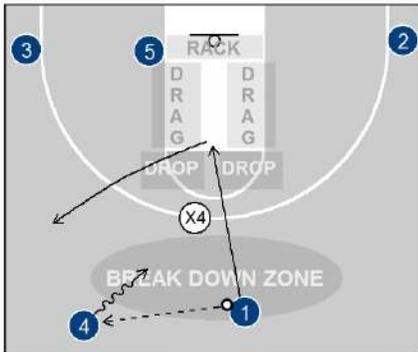


If the ball can't be passed up the court to the Jets or the Rocket, point guard O1 will attack up the middle.

Once O1 passes half court the Jets will drop to their bottom x's, and O1 will attack using normal offense rules and reads.

Note: There is **NO** setting up the offense. O1 must be in attacking mode looking to get to the rim and his teammates must move around him.

O2 and O3 have to be ready to react quickly if O1 stops in the drop or drag zone.



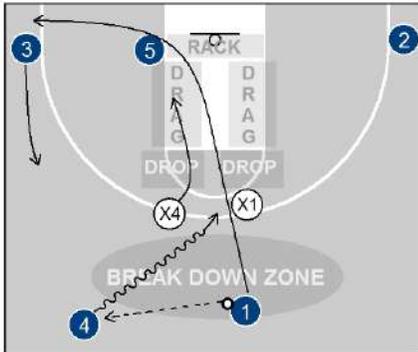
Pass and Cut to Create the 1-guard Front

It's also possible to pass and cut to create the 1-guard front.

This has the added side-effect of opening up a triple gap for O4 to attack.

T-cut Against Sagging Defenses

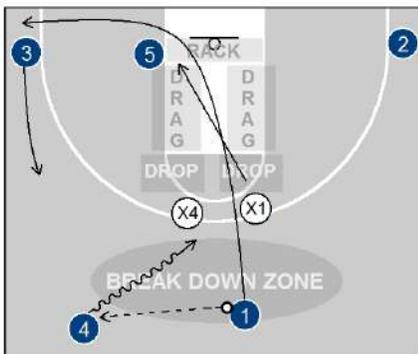
Use T-cut against sagging defenses to create space. With X4 sagging to help on O1, he would pass to O4, then T-cut to open up the gap. The T-cut ensures that X1 can't help on O4 without giving up an open shot for O1. O4 will now be able to attack X4 at speed, and should be able to beat him.



Though Cut Against Switching Defenses

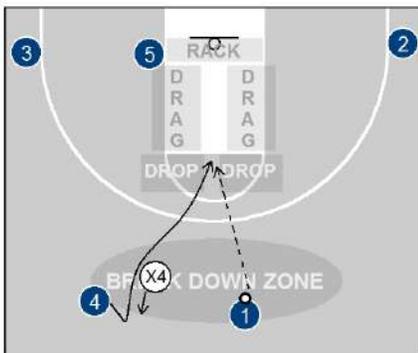
With the dribble drive you will encounter defenses that will pretty much just zone the top.

X1 and X4 will just switch on any penetration, with both being interchangeable. X1 will pick up O4 on the drive and X4 will pick up O1 on the cut.



When you encounter switching like that, O1 must pass to O4, then cut through to either corner. This forces the defense to stay honest.

X1 must now stay with O1 to prevent him getting an open corner shot of the swing.

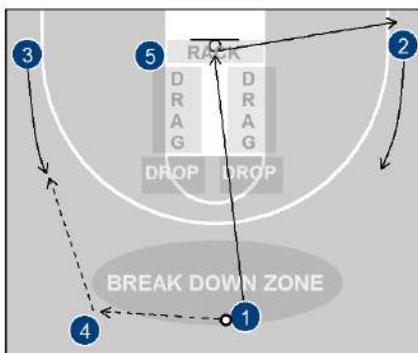


Pass is Denied - Back Door Cut to Create Space

If X4 is denying the pass O4 will back door. He must step high and call for the ball, then cut hard to the basket.

It's important that he cuts towards the middle of the key, not just straight down the lane. If he were to cut straight down the lane the pass is more difficult to make, and O5 would be in the way.

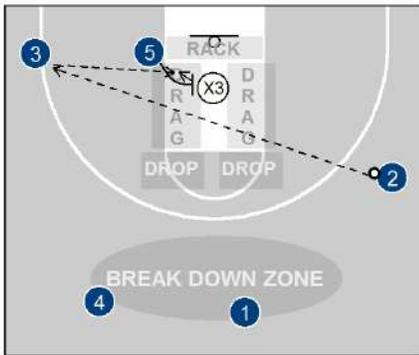
With a cut to the middle of the key O4 has the option of passing to both O5 and O2 if help is coming.



If O4 swings the ball O1 must recognize this and cut to the weak side, anticipating a post pass.

One T-Cut Only

Walberg has a rule that the T-cut must only be used once per offense. Once the guards have T-cut once they must use the through cut instead. This prevents the guards endlessly playing each other up top, and involves the O2 and O3 in the offense.



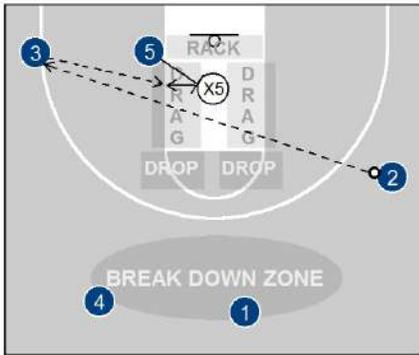
Skip to the Post

With both the Quick and drop zone kick-up options look to shoot/attack first and skip second.

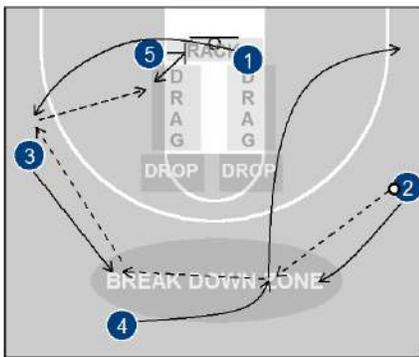
The skip will cause the whole defense to shift which will often leave gaps for the offense to attack.

When X3 plays aggressive help side defense O5 screens the back side and O2 looks to skip the ball.

O5 spins and looks for the ball.



On any skip O5 must headhunt his man, then spin, looking for the ball.



Swing Back to the Top

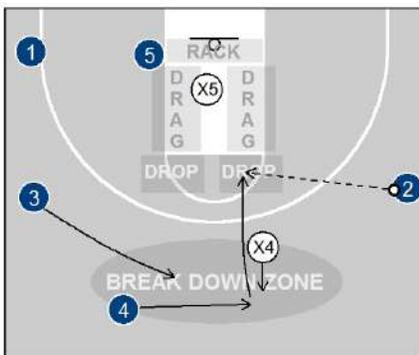
With both the elevate and drop zone kick-up options look to shoot/attack first, skip second and the pass back to the top is only the last option. However, when the offense finds itself in that situation it still has some very good options.

In the Quick when O2 decides not to attack O4 will come over to get the ball. This is a great opportunity to swing the ball all the way around to the post.

As per the when-you-pass-you-must-cut rule O4 cuts when he swings the ball. As the 1-man and the post are in the 3-corner, O4 cuts to the 2-corner.

O1 is coming around O5's low screen, and if the ball is whipped around the perimeter O1 will come straight off the screen to catch the ball. When O5 spins off the screen to post up he's often wide open. From here you run the normal action on post entries (p. 31).

If the ball doesn't get all the way to the post any of O4, O3 and O1 can just play from there.



X4 Denying the Pass

If X4 is denying the swing pass to the 4-man, O4 must back door.

O4 must take X4 higher than where he would normally catch the ball. This is to create enough space to catch the ball in the drop zone rather than the drag zone where he wouldn't have enough space to play.

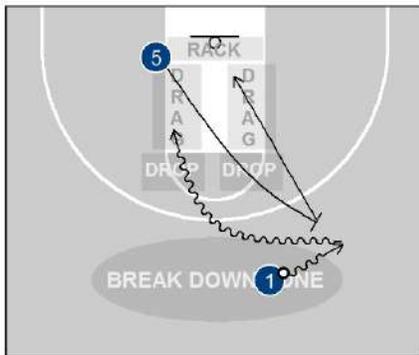
To set up the back door cut O4 cuts straight to his spot, calling for the ball. As X4 steps up to deny, O4 cuts straight back door.

On the catch O4 is now in a two man game with O5, as X5 will probably step in to help.

If O2 doesn't pass the ball to O4, O3 will now rotate over to catch the ball. If he's denied he will back door too, and O1 must rotate up.

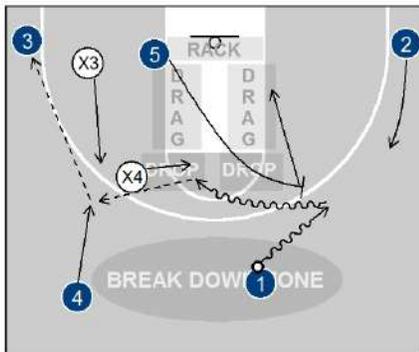
Note: If the defense is denying hard enough for O3 to back door too it should leave plenty of space for O2 to attack, and you should look to exploit that.

Fist Pick & Roll



Any time the point guard calls fist it's a sign for the big to sprint up to set the pick on the ball.

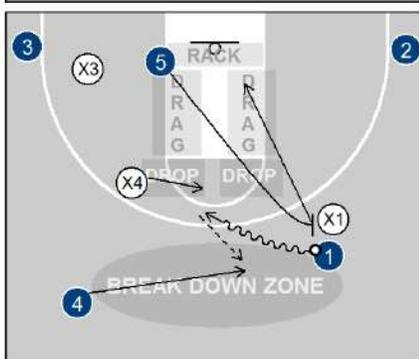
The big may use redirections like the shake screen misdirection.



The action off the pick & roll may be the exact same as in the normal dribble drive - i.e. the O4 kicking back - but to force the defense to rotate off the help you could just have O4 spot up.

Now when X4 help on the penetration X3 has to rotate to O4, leaving O3, one of your best shooters, open in the corner.

O3 may look inside for O5 or shoot the ball.

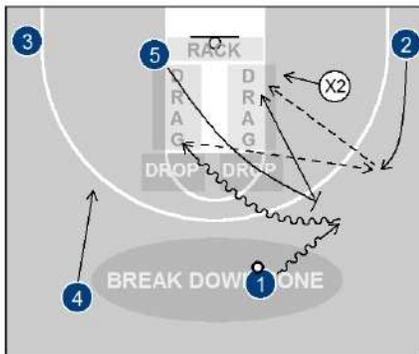


If O4 does kick back he will receive the ball in an area where there's a lot of traffic. He may, however, be able to swing the ball to O2 who can then hit O5 inside.

Fist Pick & Roll to Drag 25

Hitting O2 on the drag is a good option. X2 may step in to help on the roll, leaving O2 open for a shot.

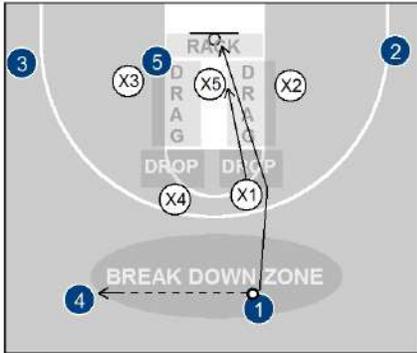
If O2 doesn't shoot he may feed O5 inside (Drag 25).



SWITCHING AND SAGGING DEFENSES

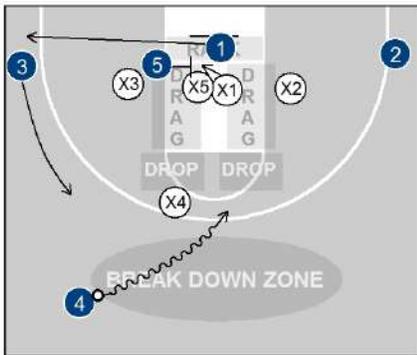
Switching and sagging defenses are some of the best weapons against the Dribble Drive (apart from avoiding playing against the Dribble Drive and go straight zone). Here we will take a look at the tactics deployed against switching and sagging man-to-man.

Playing Against Sagging Defenses

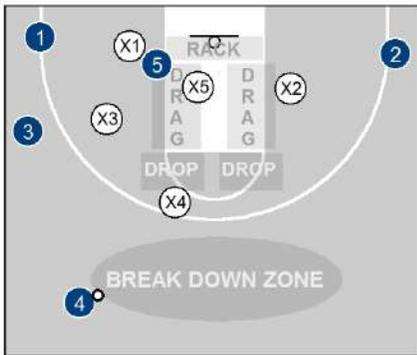


Against teams that sag a lot patience is key. You will not be able to penetrate the defense on the first or second attempt, but with repeated cuts, passes and penetrations you will.

The rule of only one short cut (T-cut or Rub cut) per offense is designed with sagging defenses in mind. With the short cuts a sagging defender doesn't move a lot, but with a through cut the whole defense shifts.

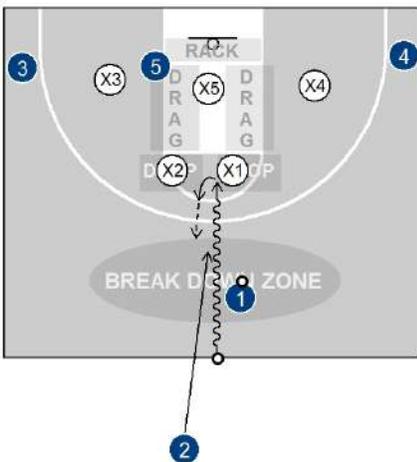


Against sagging defenses the 5-man should also make sure he screens out any cuts coming around him, opening up the swing or skip passes.



One advantage for the offense against sagging defenses is that the defense allows the guards to get up to speed.

If you create a one-guard front the guard should beat his man if he gets up to speed, creating an outnumbered situation.



Carolina 3

Against teams who sag deep have best shooter inbound the ball. O1 then penetrates hard to the foul line where he jump stops, pivots, turns around and feeds the trailing shooter for a three point shot.

The Dominant Post Player

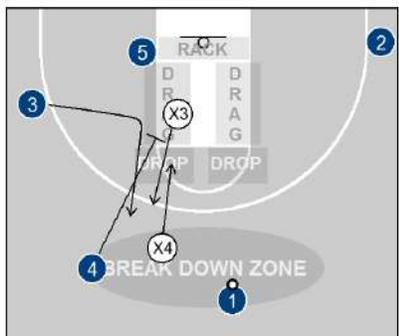
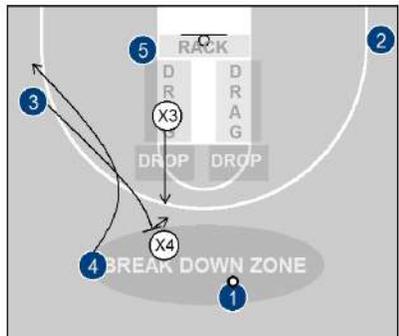
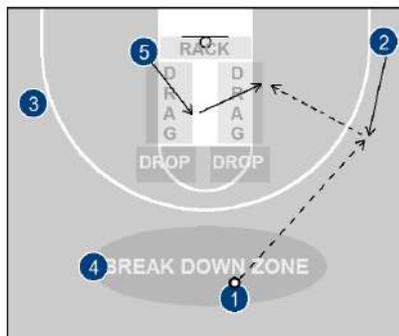
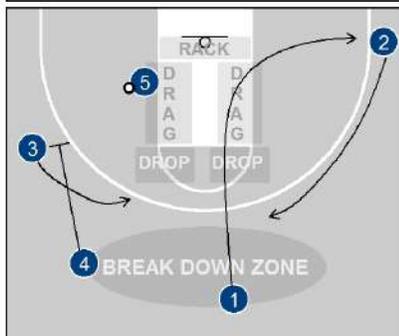
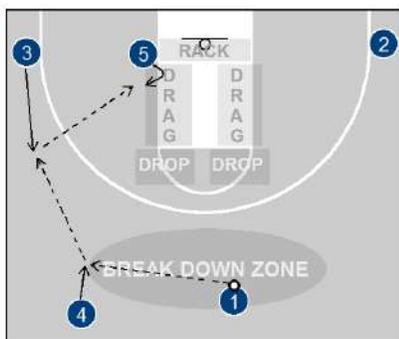
There are ways of getting the great post player the ball, which we look at here.

Middle rule

The first rule you can insert to get the ball to the post player is the *middle rule*.

With this rule the offense stays the same if O1 penetrates, but when he passes to O4 he will not cut as he normally does in the offense (to create space for O4's penetration).

Every time the ball is passed across the middle of the court it's a signal for O5 to go to work. O3 will come up to catch the ball and look to enter it to O5.



On the entry pass the movement is still the same basic movement off post entry passes (see p. 31)

Five

Another option with the dominant post is to call "Five".

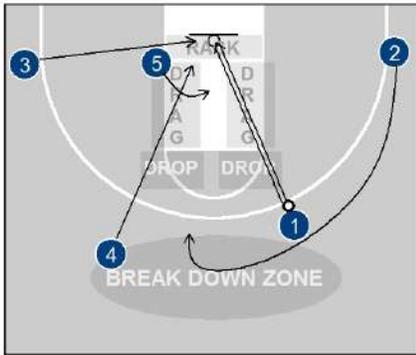
In "Five" the wings go a little higher, and all the perimeter players stay on the outside while O5 is free to roam the key looking for the ball.

Running "Five" the perimeter players must be able to pass between themselves, so if the passing lanes are covered they must screen away or back screen.

I personally feel that the back screen is normally the better choice since it forces the defenders to stay close to both attacking players or give up an open outside shot.

Against good defense the screen away will take place in the middle of the key, and it's extremely easy for the defense to either switch it or for X3 to just step around the screen.

Back Responsibility

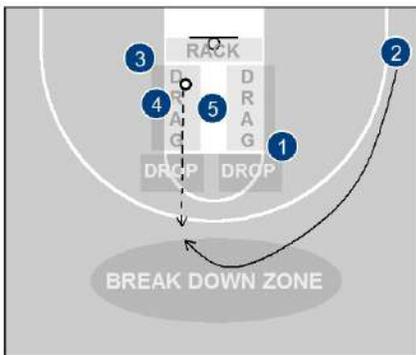


When designing an offensive rebounding scheme it's important to delegate back responsibility, and be clear about whom to send back, how far they should go back, and why.

Designated Player

Naturally you would designate one of your smaller players for back responsibility, as height is an advantage when rebounding. A lot of coaches designate point guard as the back-man, but in the Dribble Drive this is not always practical. Guards O1 and O4 are often the ones driving to the basket, racking the ball, distributing, which leaves them in poor position to be the back men.

A better option will be the O2, as he will be on the perimeter more often. Also he's a shooter, and with an aggressive rebounding philosophy you can get him open shots off of offensive rebounds.



With an aggressive philosophy on the offensive boards you can put the back-man right at the top of the key, at the NBA 3-point line distance.

This is a bit of a gamble as sometimes a long rebound may get the other team an easy layup at the other end, or they may succeed in releasing a player early and hit him with the long pass. If the back-man is looking out for this, the advantages of doing this may outweigh the disadvantages.

The main advantage of having the back man at the top of the key is that he is available for tip-backs or passes off of rebounds.

When the rebounders can't quite grab the rebound, they try to tip the ball back to the back-man at the top of the key.

In this situation the 2-man - your best shooter - may get a few open shots every game. Usually the defense will be keyed in on him when running offense, but not many defenses will be geared towards staying with the back-man, or indeed see him as a threat.

Communication

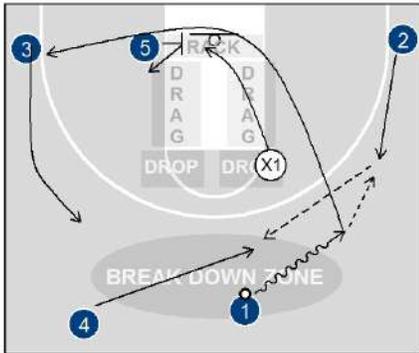
It's important that the back-man communicates. He must tell the other players that he's got back, but must also make sure he shouts at everybody else to rebound.

Whenever your team secures the rebound the back man must call out where he is - on the left side it would be "Drag 4", on the right side it would be "Drag1".

DRIBBLE DRIVE SET PLAYS & ENTRIES

What follows are set plays, quick hitters and entries for the Dribble Drive. Some are not set plays, like the Wheel Entry, but are reads you should work into the offense as reads once you feel comfortable that the players can run the rest of the offense.

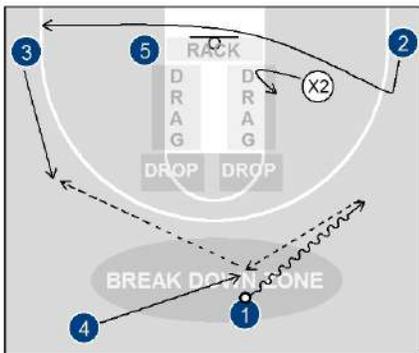
Wheel - Zone Check



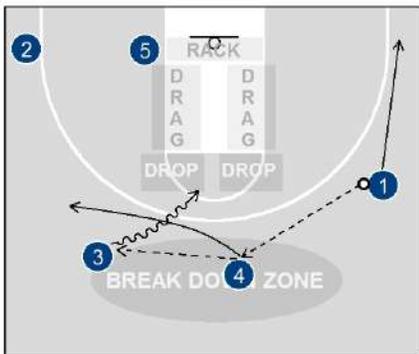
The Wheel entry can be used against man (to get the post the ball) or against Zone (the 4-out push entry), and it's great to use when trying to determine if the defense are playing man or zone.

You can run it with O1 quicking O2. O1 cuts through.

Here you check if X1 follows the cutter or not. Out of the cut flow straight into man or zone offense.



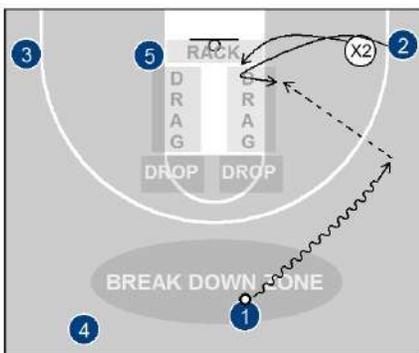
O1 can also dribble out O2, and the options of checking if X2 stays or goes.



From the initial Wheel entry you can run your normal offense.

Here it flows into a 414.

Perimeter Mismatch Post-up



On any mismatch on the perimeter have the ball handler dribble the mismatch out.

Instead of cutting through, the mismatch player spins and posts his man in the low post, looking for a post entry.

TEACHING THE DRIBBLE DRIVE

There are a lot of innovative drills developed specifically for running the Dribble Drive offense, but before you can start running drills you'll need a strategy for teaching the basics of the offense.

The traditional strategy for teaching the motion offense is the "Whole-Part-Whole" method advocated by, among others, Bob Knight. You show the team the principles of the offense and then you break it down to parts in drills, and then put together the parts to a whole 5-on-5 offense.

With the Dribble Drive I advocate a partial whole-part-whole method, as I feel that some options are better left out at first. You would then teach the basics of the offense, and put options on as the players' understanding of the principles progress.

I'd like to note that teaching the offense is an on-going process. As offensive success is as much based on skills development and players learning how to read the game, as on running from spot to spot on the floor, you'll never stop improving your players. In the beginning you'll find that players make a lot of reads and decisions that aren't as good as they should be, but with time and coaching the reads, decisions and skills will improve greatly.

Teaching

As noted above, I advocate a partial Whole-Part-Whole approach to teaching the Dribble Drive. Show the players the basic principles and reads, and then get into detail using the drills in the next chapter.

X's Mark the Spot

For the initial sessions you should mark the spots on the floor to mark the positions we want the players to set up at or cut to, as well as the Drop Zone. This will also help showing them when we have single, double and triple gaps.

Depending on which philosophy you go with as far as setting up the 2 and 3 you put the corner X's where appropriate.

The wing X's at the foul line extended must be near the sideline. These X's are not where the player will set up, but where he will put his foot before turning in towards the three point line. This ensures that the player always has his chest towards the basket.

The X's also helps the players understand single, double and triple gaps.

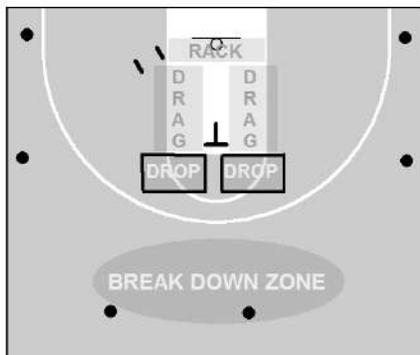
Also put two tape marks on the floor just outside and under the left-side low block, to mark where the post player should have his feet most of the time.

You may also want to mark the T-up position (see The T-Up, p. 28).

Basics

I would advocate showing the team the offense in one session, starting with the Dribble Drive Basics (p. 23), focusing on:

- Personnel/positions
- Spacing
- Gaps
- Player cuts



Rack/Drag Zone

Understanding how the offense can work for you is key for the players. Show them the drag zone movement, starting with only the point guard, then add one player at a time. This is great for creating the understanding of how everybody moves for each other.

At this point it's extremely important that you stress that it's an attacking offense where the ball handler tries to get to the rack, **not** to pass. If players look to pass first, the offense will break down, as you will not force proper breakdowns in the defense, and then not cause the close-outs that are key to getting good shots.

Teach the Drop Zone Back Door Reads

After going over the Drag Zone, you present the Drop Zone. Initially you can show it 5-on-0, but to teach the reads of the ball handler you would bring on dummy defenders, to show how an action by the defense leaves an opening to the offense.

The way I would teach the offense is leaving out the Drop Zone Kick-up until we know the rest of the basic reads pretty well, as there is a tendency to rely far too much on the kick-up, when there are lots of other options, especially the back door reads.

The Drop Zone backdoor works very well as the only option – at least initially. Basically the wing will back door every time. Mostly it will not be open, but it forces the offense to use the other options and make reads.

Drill the Zones

At this point the players will know enough of the X's and O's to be able to run the Blood Drills. Keep it simple, and start with Blood 22, then move onto Blood 32 and Blood 33.

The Break

Now I would move onto positioning, starting with the early break (p.53) to let the players get a sense of positioning and how to create space for each other. Include simple wing penetration here, but leave out penetration with occupied post (p.51).

Once you have gone over the early break, move straight onto the secondary break, and have the wings move down to their bottom positions, opening up the penetration lane to the primary penetrating guard.

Middle Penetration and the Kick-Back

Now it's time to teach middle penetration (p.36) and the kick-back (p.66), which is the primary option of middle penetration is cut off. This entry is an essential part of the offense, but you should leave the other entries for later as to not confuse the players.

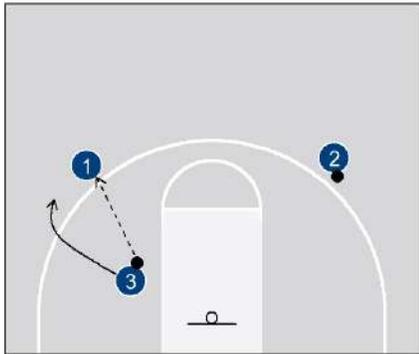
Again, here it's important to stress that we're looking at attacking, and stress how the O2's and 3's must be patient to keep the gaps open. This is also a good time to stress to the 5 how important his movement is to keep the offense running smoothly.

Drill the Habits

At this point you will have a functioning offense, and the players will have had as much as they can take in a single session – and in some cases more.

Now you start drilling the fundamentals and reads into the players using the drills in the next chapter.

Olympic Shooting Drill



Purpose

- Excellent shooting warm-up drill
- This is where we focus on working on our 3-pointers

Instructions

- 3 players per hoop
- 2-4 minutes to loosen up as a warm-up drill - 1-2 games to 15 makes.
- 2 balls per basket
- Shooter gets their own rebound and passes to the next player without the ball
- Positive passes only!
- Next shooter must call "**Ball!**"

Players

- 3 players per hoop

Tips

- Players should be constantly moving and relocating
- You determine what shots you want
- Concentrate on hitting shooter in the shot pocket and on a positive pass.
- Focus on stepping into the shot
- Spacing is key! Teach players to space 3-6 feet from the three point line and then step into the shot - be at NBA three and **don't step on the line!**

Bird Drill

2 minute three point shooting drill x 3 shooters, two balls per shooter.

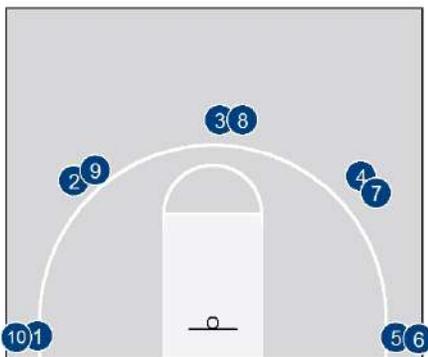
You start in the corner. You must shoot at that spot until you make 2 in a row. Then you move to the wing and repeat. Point, wing, other corner, until you've went "around" the world (5 spots). In the last corner, you make 2 in a row, then you must make another 2 in a row at the same spot. After that, you run the drill backward.

If you make it all the way back to the start and there is still time left, shoot top-of-the-key 3's until the time is up.

This is all done with a rebounder and a passer (get good passing angle).

Scoring

- Record the number of completed spots - or if completed all a plus score.



3-on-0 Dummy Breakdown - 1, 2 and 5

This example shows the reads of the station with the 1, 2 and 5 positions. Notice that the options here includes the 2 going to the back responsibility position.

<p><u>Rack Series: Rack to Score</u> O1 attacks to score. O5 goes to clean-up position O2 has back responsibility when the shot goes up. Must be patient, not leave until shot goes up</p>	<p><u>Rack Series: Rack to lob</u> O1 attacks to score, then lobs it to O5 early (as X5 would come out to help). O5 goes to clean-up position, then catches the lob and scores. O2 has back responsibility when the shot goes up.</p>	<p><u>Rack Series: Rack Cleanup</u> O1 attacks to score, help arrives, so throws it off the backboard O5 goes to clean-up position then scores the rebound O2 has back responsibility when the shot goes up.</p>
<p><u>Drop Series: Drop 2 Backdoor to the 5</u> O1 attacks, stops in the drop zone. O5 steps higher to clear space. O2 goes back door (straight or off the fake) and gets the ball for the basket. O1 must drag behind O2 to be an outlet O5 steps in to clean up O1 has back responsibility.</p>	<p><u>Drop Series: Drop 2 Backdoor to the 5</u> Same as previous, but O2 passes to O5 stepping down from the T-position. O5 scores O1 has back responsibility.</p>	<p><u>Drop Series: Drop 2 Backdoor - Drag for O1</u> Same as previous but on the back door O2 is stopped by the big defender X5, and has to pass to O1 who is dragging behind the penetration. O1 shoots. O5 steps in to clean up O2 sprints out to have back responsibility.</p>

2-ball Shooting Drills

The advantage of running 2-ball shooting drills is that it allows you to run game-like shooting drills where you get player to pass, then cut like in the live offense.

The disadvantage can be that players will not get as many shots up as they might in other shooting drills.

The 2-ball shooting drills can be run at the same time as the post development drills at different ends of the gym.

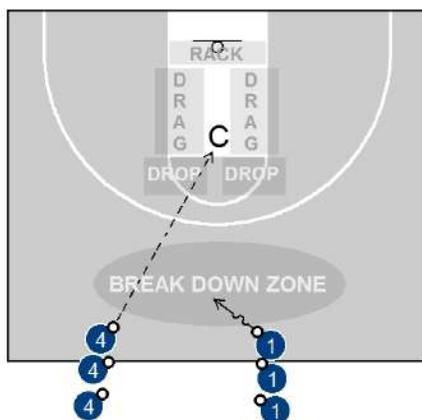
Instructions

The 2-ball shooting drills are designed to teach the perimeter players how to get shots from the spots they play in during games, and how to play together. Both players will get a shot, with one ball being passed by a coach/manager.

The easiest way to get the ball to the coach is to have one of the lines pass the ball to the coach to start the drill. Both players rebound their own ball.

If you don't have enough managers or coaches to man both ends of the floor have the following rotation:

- Balls only with one of the lines.
- A player is one of the passers.
- Shooters rebound their ball.
- 4-side rebounder step to the middle of the key to be the next passer. This happens while the next ball is in the air.
- Next team goes



Range

If some players don't have the range for three pointers they can shoot a pull-up at their range.

Variation

The variations of this drill only stop when the possibilities of the Dribble Drive are exhausted. You can devise all the different combinations the offense contains.

Communication

It's important that the players communicate what they do - if O4 drags, he shouts "Drag!", and so on.

Introduction

When starting out you might want to do these drills with one ball only, until players learn the terminology and reads, then add the second ball.

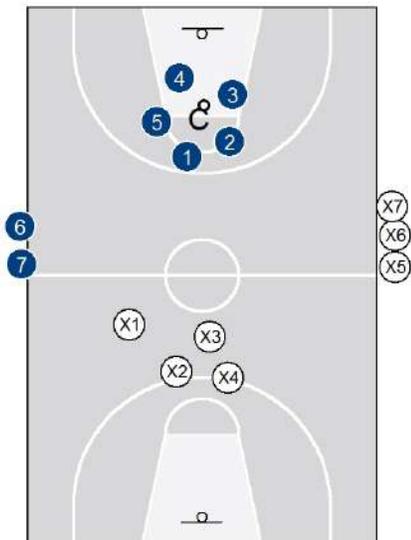
Coaches Calls

This is a Calipari drill, but Walberg uses much the same drill to teach players how to move off each other, but only with one ball. I feel the two balls keeps both players on their feet and interested, but Walberg's way of giving the players options is very useful.

Walberg will make a simple call, and then the players are free to use the options out of that:

- **Kickback** - O1 runs a kickback, and the players react off it.
- **Rack** - O1 can rack it either middle or lane, O4 moves off him

Break Breakdown



This is a break recognition drill working on and against numbers. Another continuous fast paced drill to also help in conditioning

Instructions

Team O is running circle on their half of the court until shot goes up from manager

- Team O takes rebound and starts break against team X
- Team O stays on offense until they are stopped twice in a row, turn it over, or are stopped with only 4 players

Team X can put 4, 5, 6, or 7 players on defense on their half of the court

Team O must recognize defensive numbers and do the following:

- against 4 players - must attack quickly
- against 5 players - run your offense
- against 6 or 7 players - use spacing rules to get your shot

Any offensive team must sprint back and run the circle to start the next sequence

Scoring

- All games are played to 11
- 2-pointer worth 2, 3-pointer worth 3
- Any score against 6 players you add a bonus point
- Any score against 7 players you automatically win game

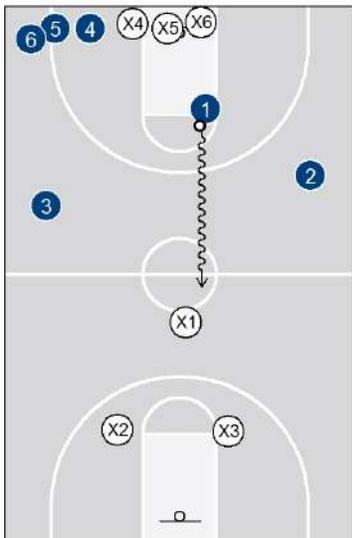
Players

- 5 on offense at all times against 4, 5, 6, or 7 defenders
- Minimum 14 players to complete this drill

Tips

- Offensive team must challenge shot by manager and go to boards or they automatically become the defense
- Defensive team must wait until half court to pick up
- Later on you may let them pick up full court
- You may only use 7 players on defense one time during the game.
- You cannot use the same defense twice in a row (on each change of possession)
- If you are stopped with 4 players you automatically become the defense
- The same is true for any turnover against any number of defenders
- After each offensive possession, offensive team must sprint back and run the circle again or they lose the ball for lack of hustle

Full Court Kings of the Court



Fast moving drill which combines defensive scoring with full court attacking basketball.

Instructions

The defenders stay if they win, and points are scored on defense for each stop. This promotes defensive pride.

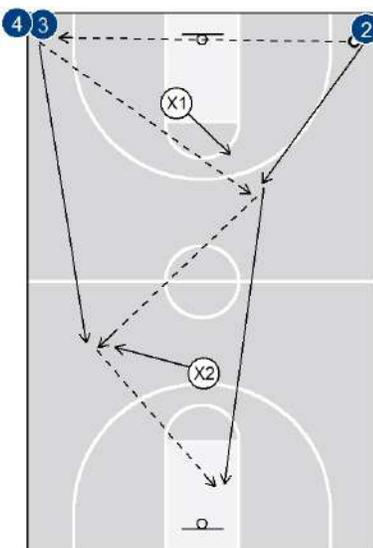
Offense must score to get on defense. Next team goes immediately on basket/stop. This keeps the pressure on the defense.

From 2-on-2 to 5-on-5 possible.

Scoring

First to 4-8 stops.

Spain 2-on-2 Full Court Competitive Passing



Passing and defense drill that's more difficult than it looks.

O3 and O2 must try to pass the ball up the floor and score while X1 and X2 are defending. They have unlimited passes.

Rotations

- Defender who forces turnover switches with attacker who caused it.
- Note: Can be run in teams, so both defenders rotate out.

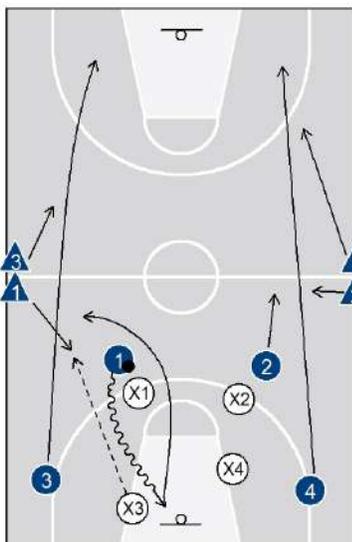
Notes

- Use the one-fake-pass technique.

Defenders must learn to read attackers to get out of defense.

No skip passes when they get good.

4-on-4-on-4 Italy



A good drill for teaching defensive balance is the four-on-four with continuity.

The team is divided into three squads: squad A on offense, squad B on defense, and squad C, off the floor at mid court.

After the shot, team A guards team C (the outlet pass must be made on the front half court), while team B goes to midcourt.

Primary 1-on-1 Basic Teaching – With Swim

1) Grab and Go



Players pair up and line up around the basket. Defender is static and offensive player goes by him by reaching, grabbing and going to the basket with one dribble.

2) Primary Move to Jump Stop

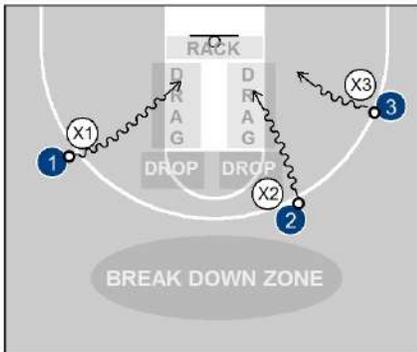


Performing primary moves away from the basket in pairs or threes. Offense goes to defense. Possible to run with two or three players.

Go through all options left, right and upfake.

- Jab right, go right (Sit in V, get low, quick jab, get shoulder and arms forward (swim) to take quickness out of the game.
- Rocker and go right
- Jab right, sweep and go left
- Sweep left, hesitate, go left
- Upfake, go right ("C")
- Upfake, go left ("J")

1-on-1 Primary



Offense has one dribble, must reach and swim (pull) and get to rim. Begin by having defense give space one side.

Keep defense honest by awarding 1 point for missed 3-pointers, 2 points for made 3-pointers and 3 points for layups.

Winners ball.

Make harder by allowing hard defense

Coaching Points

- Selling opposite is key.
- Players must reach out and pull themselves around the defender.

Primary - Primary/Secondary Dribble Lines

Players pair up and dribble across the court and back.

Three different moves:

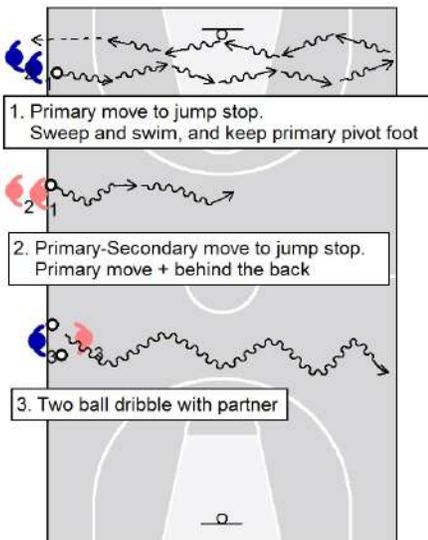
1) Primary move to jump stop:

- Sweep and swim.
- Keep primary pivot foot.

2) Primary/Secondary move to jump stop

- Primary move + behind the back
- 45-90-90 degrees

3) 2-ball dribble with partner as defender



Foul Drill

Player O1 must dribble the basketball and keep control of it while player O2 tries to get off him. Player O2 is allowed to foul.

Best results if player O2 is behind player O1, fouling with body.

1-on-1 Foul Sideline

Offense must try to stay within two narrow lines - defense must try to push him out.

Teaches leaning against defender to create space.

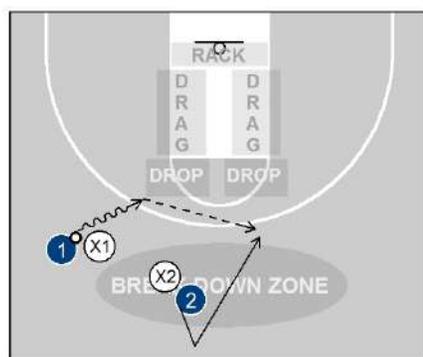


2-on-2 Foul

O1 and O2 must dribble exactly X number of dribbles and then pass to each other. X1 and X2 may do anything to get the ball off them, including fouling.

Works with 1, 2 or 3 dribbles.

If a team gets 5 passes opposition gets 5 pushups, then change around.



3 Forward - 2 Back

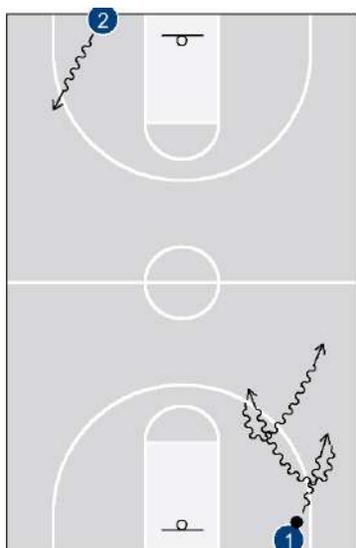
Ball handling drill, teaching both fundamental ball handling and the specific skill of backing out of a trap.

Players line up at both ends of the court.

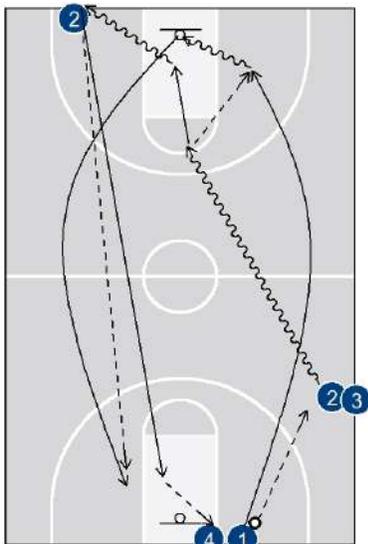
A player dribbles up the sideline then stops and pulls back for one dribble, and makes a move sideways for one dribble before exploding up the court.

Moves:

- Crossover
- behind the back
- Roll
- Inside Out
- Between the legs



Air It Out



Conditioning drill that teaches fast break fundamentals and long baseball passes.

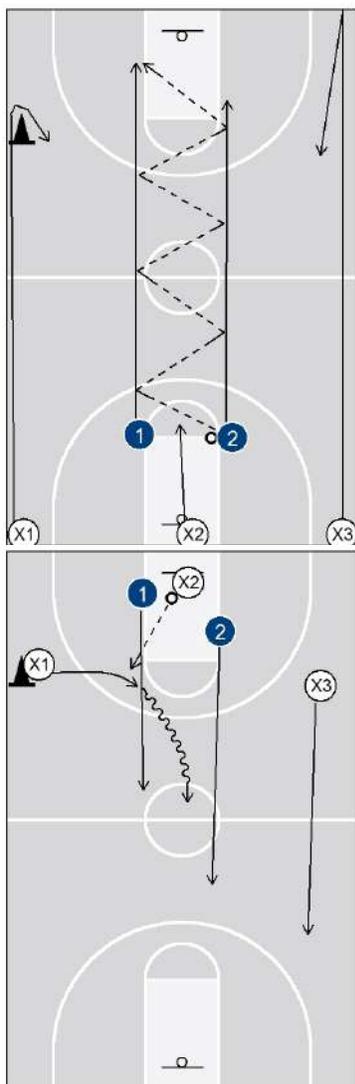
Instructions

- Players are lined up one end at foul line extended and baseline on the edge of the key with balls on the baseline.
- Two balls are used for the drill.
- O1 passes to O2, who speed dribbles up the court and jump stops inside the three point line.
- O2 sprints up the sideline and gets a pass for a no-dribble layup. As soon as O2 has shot the ball he sprints to the other end.
- O1 takes the ball out (out of bounds after a basket) and throws it long for O2. O1 can't dribble for the layup.
- O2 **must** sprint the court and rebound O1's shot and pass it to the next in line (**don't** let the shooter or next man in line rebound the ball, O2 must sprint for that rebound).

Tips

- Teach players to pass the long pass early and high, so the receiver doesn't have to slow down.

Chase The Dribbler



Chase the Dribbler teaches both high speed ball handling, general offense and defensive transition effort.

Instructions

Two O's just inside the foul line, three X's, one in each corner, one under basket.

Middle X passes to O at foul line, O's pass the ball up the court, trying to get a layup (no dribbles allowed). Middle X chases.

Left side outside X sprints around cone to be outlet, right side X sprints to baseline.

After the shot (no offensive rebounds allowed either end, as it's an advantage situation) defense takes the ball out (on a make) and passes to the player cutting around cone.

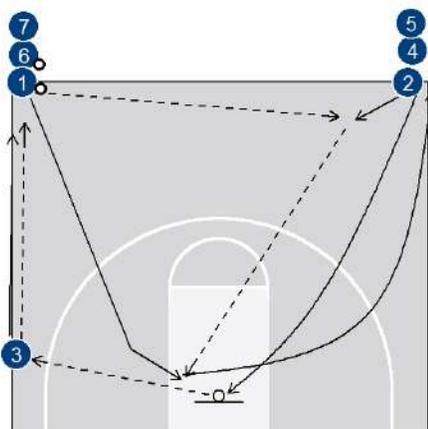
On 3-on-2 limited it to three passes, as we need to attack in the fast break, not set up.

Any turnovers/out-of-bounds are defense ball.

Scoring

2 and 3 pointers to 11.

Passing Layups



The passing layups drill is excellent for teaching how to lead passes to the shooter and teaching tip-in rebounding.

It's also good for consistency in layups and just the mechanics of layups at high speed.

Instructions

O1 passes to O2 and runs towards the basket. O2 takes one or two dribbles towards the basket and leads O1 with the pass.

O2 rebounds. Count a miss by O1 as a make if O2 can tip it in. On a make only count it as a make if the ball is rebounded before the ball hits the floor.

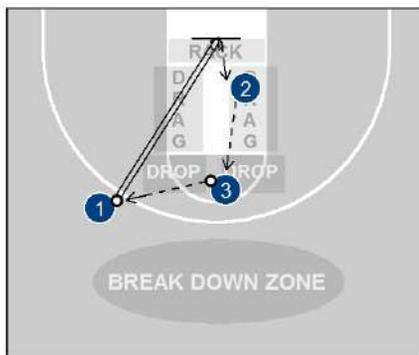
O2 passes to O3 then follows the ball. O3 passes to the next in line, then follows the ball.

O1 runs through to the other line.

Scoring

- It can be timed, with the team having to make more than the previous time.
- It can be a certain number of layups in a row, with a penalty if it isn't reached within a certain timeframe.
- It can be first goal is 20 in a row. If they miss its 19, then 18. For every miss they run one leg of a suicide. If they hit 19 in a row they'd run one leg (one miss), if they hit 16 in a row, a full suicide (4 misses), 12=2 suicides (8 misses).

50 Threes Drill



In groups of three, with two balls. One shooter, two feeders. There can be 2-3 teams per basket.

Each player shoots 50 3's and counts their makes, then the next player goes.

Two ways of doing it:

- 50 threes from same position
- 10 threes from each of 5 positions

Weekly progress is recorded by the coach.

For good teams players must reach 40 makes to not run after the drill. That goal should be adjusted to team ability.

6 Position 3-Point Shooting

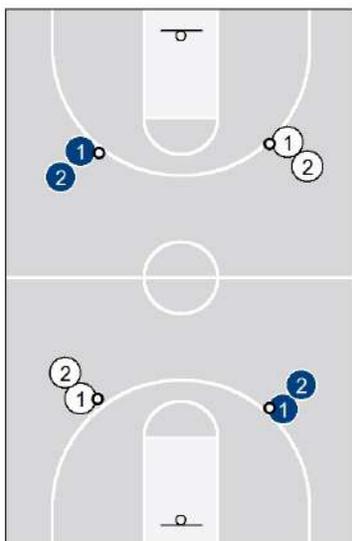


Players are divided into teams of 2-3.

Shooting from six positions, one minute from each position plus 5 seconds to change position.

Each team must make 30 shots (more for advanced level) or must run, and the teams as a whole must average 30 points.

7-up Shooting Drill



Competitive shooting drill.

Instructions

- Any number of teams of two players shooting on as many baskets as possible.
- One ball per team, shooter rebounding own shot, passing back to next person.
- Coach can choose any shot, typically 15 footers, 3's or "Layup, pull-up, 3".

Scoring

- All teams are trying to get to three baskets first.
- When first team gets to three all scores are reset.
- Team who reached goal is now going for four, rest of teams still going for three.
- First team to get to seven baskets win.

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The Dribble Drive Offense

The offense for a new generation

University of Kentucky coach John Calipari called it Princeton on steroids, and nearly got crucified for it, but as it has taken his teams to the Final Four time and again people have had to take notice.

It was labelled as a street-ball offense, but as people have gotten to know the X's and O's of the offense Vance Walberg worked on for 15 years it has become clear that this is a great invention that won't go away any time soon.

Players love to play and coaches love to teach this high-paced offense. Just a few of the advantages of the offense is that it is renowned for developing players and that players love to play in it because of the freedom it provides. This obviously makes the coach's life easier.

This book deals with the strengths and weaknesses of the Dribble Drive:

- The fundamentals needed to run the offense
- The basics needed to run it
- The reads and X's and O's
- How to enter into it, off the break or from a half court set,
- How to teach it.
- 90 pages of drills, including the best of Vance Walberg's and John Calipari's drills.
- Plays, entries and quick hitters
- Playing against sagging and switching defences

The book is for both coaches who are new to the Dribble Drive, and coaches who have a lot of experience with it, but need an easy-to-use reference book for all the finer details of the offense.

Coach Olesen has coached basketball since 1995, in three different European countries and on American camps. He's a professional basketball coach, coaching both children and adults.

www.coachdribbledrive.com

Notes on the Dribble-Drive Motion Offense - the Basics

From the Coach's Clipboard [Basketball Playbook](http://www.coachesclipboard.net), @ <http://www.coachesclipboard.net>

The "dribble-drive motion offense" is one of the latest, popular offenses seen at the college, pro, and high school levels. The original innovator is Vance Walberg of Fresno City College and Pepperdine, and now assistant coach at UMass, and he called it his "AASAA" offense... meaning "attack, attack, skip, attack, attack". At the college level, coach John Calipari has popularized it, modified it, and renamed it the "dribble-drive motion offense". Guard dribble-penetration is the key, and dribble-penetration is one of the most difficult things for a defense to stop... plus it exposes the defenders to picking up fouls, and gets us to the free-throw line. Keys are:

- spacing
- creating gaps
- attacking with the dribble-drive.



Vance Walberg

This is a guard-oriented offense that features spreading the floor and dribble-penetration to the rim for lay-ups or kick-out three-point shots. Coach Walberg uses the term "key or 3" meaning either a layup, or a 3-point shot. This offense uses a 4-out set.

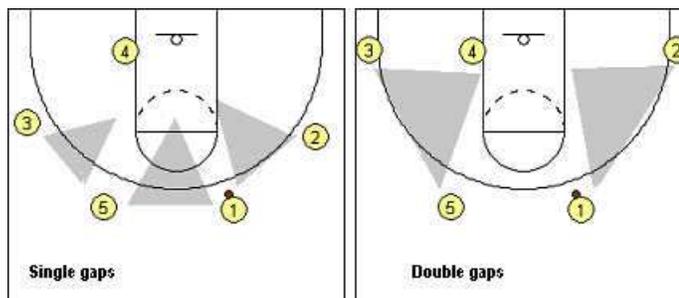


O1 and O5 are like double point guards, and their mentality is to attack with the dribble first, and are outside shooters secondly. O2 and O3 are set deep in the corners (and must be patient) and they are shooters first and dribble-attackers secondly. The post player does not look to post-up, but rather plays on the opposite block, elbow or short corner... as this creates more open lanes for dribble-penetration. The post player looks for lobs, or dump passes from penetrating perimeter players, and looks to "clean up" inside with offensive rebounding.

Spacing and Creating Gaps

Let's discuss these together as they are related. In order to be able to drive to the hoop, we must have good spacing and gaps to penetrate. Important rules for spacing for perimeter players are to rotate to their correct positions as the ball moves (discussed below), and to keep outside the 3-point arc. If a perimeter player dribble-penetrates and then passes back outside, he/she must clear out and get back to the 3-point arc. The same is true if he/she should cut inside... get back out to the arc if you don't get the pass. The post player O4 must be constantly moving as the ball moves, always to the weakside, so that he/she is not in the way of the dribble-penetrator. At other times, O4 must "T-up" (slide up into the middle of the lane), as on baseline dribble-penetration (discussed below).

Look at the diagram. On the left, we see "single gaps". These are difficult to dribble-penetrate because help defenders are in good position.

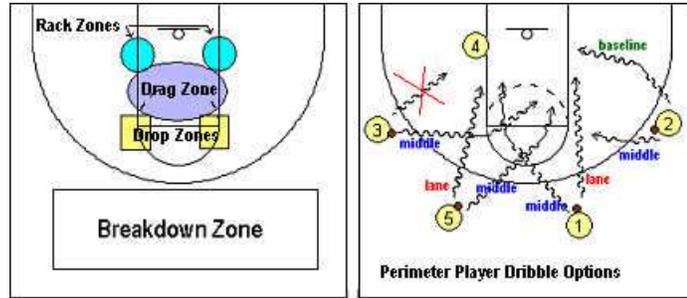


By moving O2 and O3 deep into the corners, as seen in the right diagram, we create "double gaps", which are much easier to attack. Further below, we will even discuss how to create a "triple gap".

Definitions, Zones

First, we need to define some important terms, our various "zones".

- **Break-down Zone**... where perimeter players will try to break-down the defender 1-on-1.
- **Rack Zones**... where the attacker finishes with the lay-up.
- **Drop Zones**... certain options if the dribble-penetrator stops here.
- **Drag Zone**... certain options if the dribble-penetrator is stopped here, without shooting.



Attack with the Dribble

You need four perimeter players who can handle the ball and attack the seams 1-on-1 with dribble-penetration and then finish, and who can also catch-and-shoot the 3-point shot effectively. On dribble-penetration, the ball-handler has several options including... (1) finishing the lay-up, (2) dumping it to the post player on the opposite block, (3) passing to a back-cutter inside, or (4) passing it back out to the three point arc for the outside shot. The main thought process however, should always be "get to the rack"... the other options are there if the player with the ball is stopped by the defense.

The diagram to the right above shows the dribble lane options for each perimeter spot. O1 and O5 have two dribble-lane options... lane penetration (up the lane line) and middle penetration. O2 has two dribble options... middle and baseline. O3 has one dribble option... just middle penetration. We don't want O3 to dribble baseline, as the options are not good here with O4 often on that side.

Next, we'll discuss these dribble-options.

O1 Dribble-Penetration

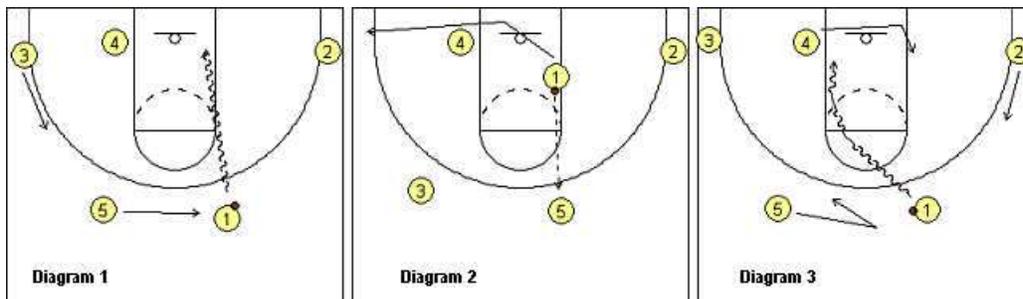
O1 has two dribble-penetration options... (1) up the lane and (2) to the middle.

O1 lane-penetration

Diagram 1 shows O1 lane-penetration. His/her thought is "get to the rack" and score. O5 slides behind O1, and might get the return pass from O1 (diagram 2), if O1 stops in the "drag zone"... here O1 makes a reverse pivot and passes back to O5. Notice that O3 rotates up to the high wing area. O3 must find the "open window" here, open for a pass from the dribbler. O4 stays on the weakside and looks to rebound and "clean-up" a miss. O1 could also pass to O4 if the X4 defender moves over to stop O1. Also in diagram 2, once O1 passes, he/she clears out quickly to the opposite corner.

O1 middle-penetration

Diagram 3 shows O1 middle-penetration. Often the X1 defender will try to deny lane penetration, and overplay O1's right side. So O1 simply makes the cross-over and dribble-penetrates the middle. O4 relocates to the right side of the lane. O5 initially moves right (to accept a possible kick-back from O1), and then moves back to the lane line once O1 attacks. O2 rotates up and O3 stays deep in the corner.



O5 Dribble-Penetration

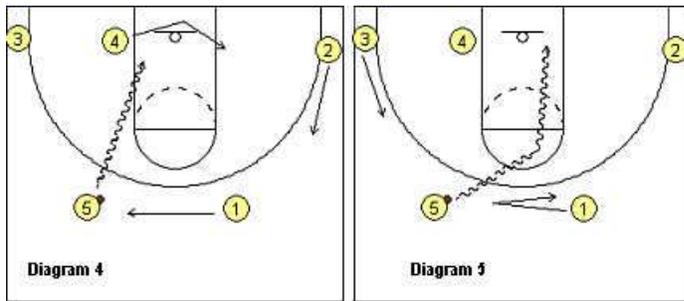
O5 has two dribble-penetration options... (1) up the lane and (2) to the middle.

O5 lane-penetration

Diagram 4 shows O5 lane-penetration. His/her thought is "get to the rack" and score. O1 slides behind O5, and might get the return pass from O5. O4 re-locates to the right block. O2 slides up to the high wing spot. It's very important for O2 (and O3 above) to find and move to the "open window" for an open pass from the dribbler.

O5 middle-penetration

Diagram 5 shows O5 middle-penetration. O1 initially moves left (to accept a possible kick-back from O5), and then moves back to the lane line once O5 attacks. O3 rotates up and O2 stays deep in the corner.



O2 Dribble-Penetration - from Transition

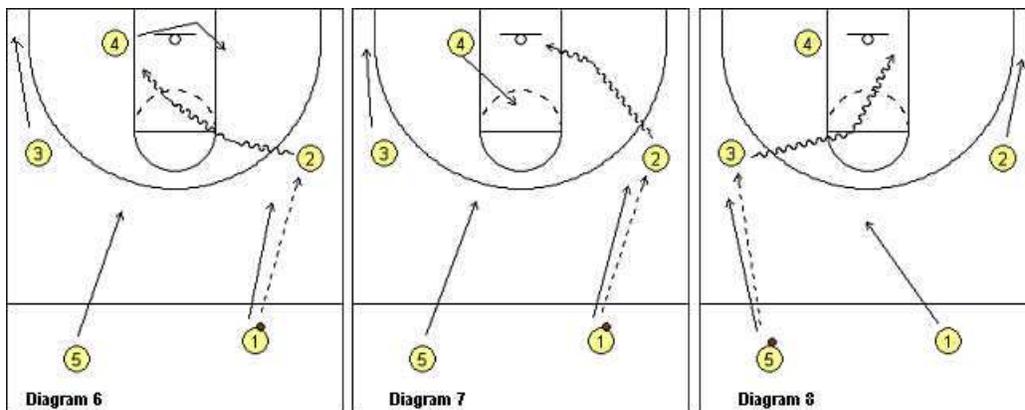
O2 has two dribble-penetration options... (1) middle and (2) baseline. Diagram 6 below shows transition. Notice that O2 and O3 are high on the wing when the ball is still in the back-court, as we always want O1 (and O5) to try to pass quickly up the court to either O2 or O3. If the ball is not passed up the floor, once it crosses half-court O2 and O3 move down to the corners.

O2 middle-penetration

In diagram 6, we see O2 middle penetration. O2 gets the pass and immediately attacks the middle. O4 re-locates to the right block. O1 fills in the spot vacated by O2. If O2 gets stopped inside, he/she could always reverse pivot and pass back to O1 or O5. O5 fills in his/her usual top left spot.

O2 baseline-penetration

Diagram 7 shows O2 baseline dribble-penetration. O4 "T's-up"... i.e. slides up into the middle of the paint for a possible dump or lob pass from O2. O3 goes to the corner for a possible pass there from O2. If O2 gets stopped inside, he/she could always reverse pivot and pass back to O1. O1 fills O2's spot and O5 goes to his/her usual spot on top.



O3 Dribble-Penetration - from Transition

O3 has only one dribble-penetration option... to the middle. We don't want O3 to dribble baseline, as the options usually are not good here.

O3 middle-penetration

In diagram 8 above, we see O3 middle penetration. O3 gets the pass and immediately attacks the middle. O2 slides to the corner for a possible pass from O3. O5 fills O3's spot and O1 goes to his/her usual spot on top.

The diagram also points out another important rule: anytime a wing player has the ball, the opposite wing should be on a diagonal... so here, O2 goes to the corner diagonally opposite from O3 on the wing.

Using the "Drop Zones"

There are times when the dribbler will not get to the rack, but will stop in one of the two "drop zones" (see diagram below). These are the options from the drop zones.

"Drop 2"

Diagram 9 below. O1 attacks the lane and stops in the drop zone. Now we play a "1-2 game" with O1 and O2. O2 takes a step up high, calls for the ball, and suddenly back-cuts to the rack for the pass from O1. O4 T's-up. Diagram 10 shows that O2 can look to (1) score on a layup, (2) dump it to O4, or (3) pass out to O3 in the left corner. If O2 passes, he/she must quickly cut out to the opposite corner, as O3 would rotate up. After passing from the drop zone, O1 also gets out to fill O2's spot and O5 has rotated over on O1's initial dribble inside.

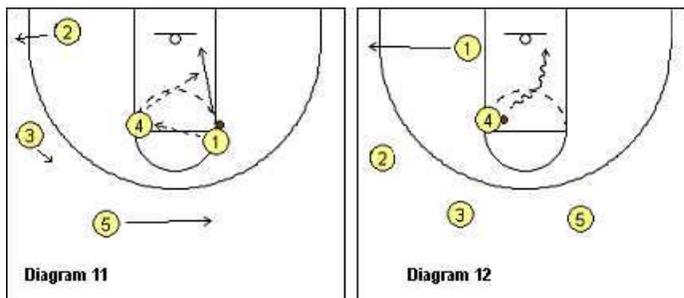


"Drop 2, 1-4 Give and Go"

Diagram 11. If the pass to O2 back-cutting is not there, O2 moves all the way through to the opposite corner. O1 could have faked a pass to O2 and passes instead to O4. O1 then cuts through hard for a "give and go" pass from O4 for the layup.

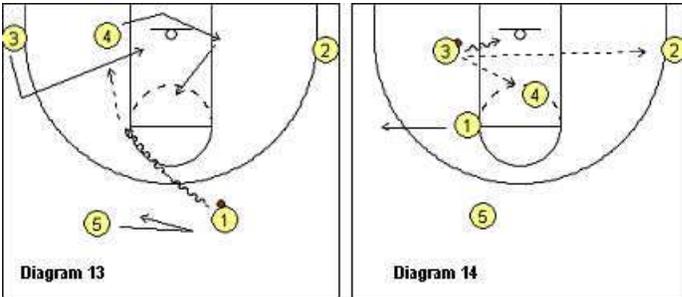
Drop 2, O4 Clear-Out

Diagram 12. If the pass from O4 to O1 is not open, this leaves a "clear-out" situation for O4 with the right side of the lane wide-open for the dribble-drive to the hoop.



"Drop 3"

Diagram 13. O1 attacks with the middle drive and stops in the left drop zone. O4 re-locates to the right block. O3 back-cuts to the hoop for the pass from O1. O4 T's-up when O3 cuts. O3 can (1) score with a layup, (2) pass to O4, or (3) pass to O2 in the right corner (diagram 14).

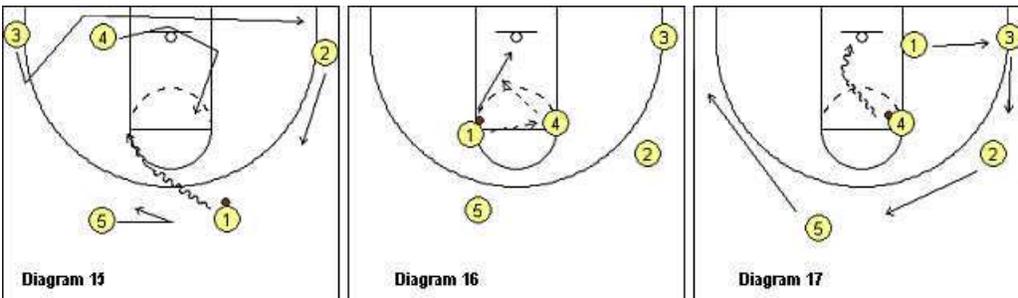


"Drop 3, 1-4 Give and Go"

Diagram 15. As we have just seen, O1 stops in the left drop zone, O3 back-cuts but is not open for the pass. O4 initially moves to the right block and the T's-up. O1 now passes to O4 (diagram 16), and cuts through for a "give and go" pass from O4.

Drop 3, O4 Clear-Out

Diagram 17. If the pass from O4 to O1 is not open, this again leaves a "clear-out" situation for O4 with the left side of the lane wide-open for the dribble-drive to the hoop.

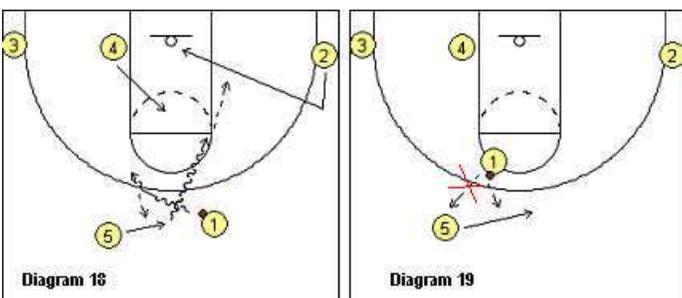


Kick-Backs

A kick-back occurs when a perimeter player attacks with the dribble, and tosses back to the adjacent perimeter player cutting above and around him/her... this player can then attack with the dribble. A kick-back is not the same as a weave-screen or a hand-off, as we want about 6-8 feet of spacing between the two players. Diagram 18 shows O1 starting a middle penetration. He instead makes a kick-back pass to O5. O5 then attacks. Here we see a kick-back followed by a drop-2. O5 stops in the drop zone and passes to the back-cutting O2 for the layup, as O4 T's-up.

"Positive" and "Negative" Kick-backs

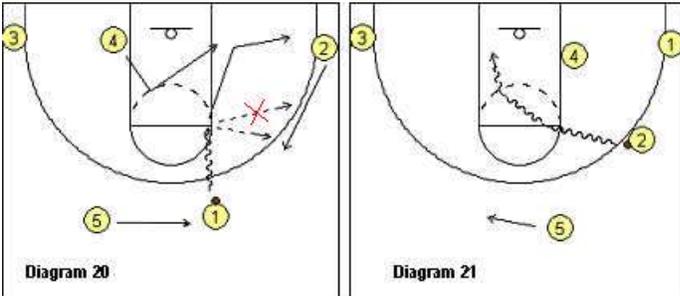
Don't make the kick-back pass too soon (a "negative" kick-back)... the receiver should be even or just past the ball so that he/she can immediately turn and attack the gap (a "positive" kick-back). If O5 gets the kick-back too soon (see diagram 19 - the red X), we haven't gained anything and the gap will not be open.



Kick-Ups

Kick-Up to O2

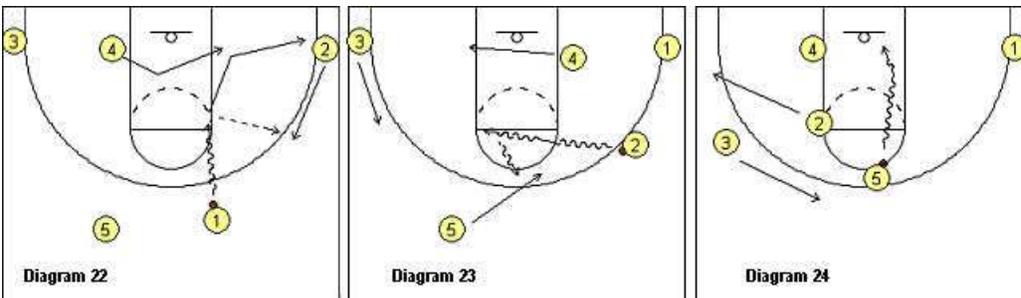
See diagram 20. O1 attacks the lane and stops in the drop zone. Ordinarily, we look for a "drop-2" here with O2 back-cutting. But if the X2 defender is sagging inside, O2 comes up to the wing and gets a "kick-up" pass from O1, and O1 goes to the corner. Like the kick-back pass, the kick-up pass should not be made too early (red X in diagram 20) when O2 is still coming up... we want O2 to get it right at the apex of the cut (a "positive" kick-up) so he/she can immediately turn and attack, as seen in diagram 21. O4 re-locates to the right block. On O2's middle drive, O5 slides across toward the left lane line.



Kick-Up followed by a Kick-back

Diagram 22 shows the O2 kick-up as previously seen. O1 attacks the lane and stops in the drop zone. After the kick-up to O2, O1 moves out to the corner. O4 re-locates to the right block. On O2's middle drive, O5 slides across in line with the right lane line.

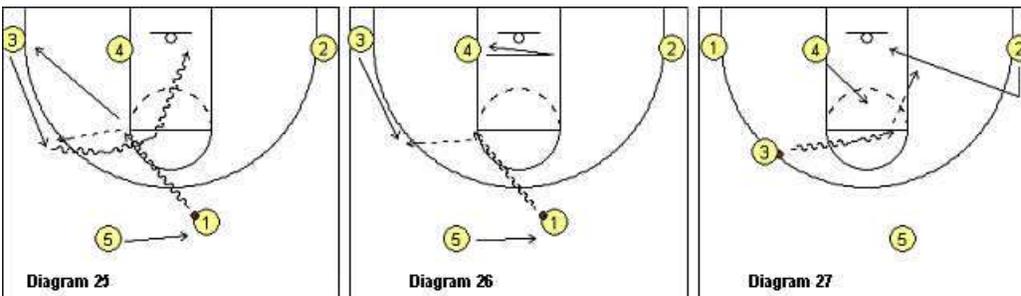
Diagram 23 now shows O2 making a kick-back to O5. O5 then attacks up the right lane line (diagram 24). O4 has re-located to the left block and O2 cuts out to the left corner as O3 rotates up top. Oftentimes in a game, it's not the first dribble attack that results in a basket, but the second, third or fourth attack.



Kick-Up to O3

In diagram 25, O1 makes a middle dribble-penetration and stops in the drop zone. O3, instead of back-cutting, comes up for the kick-up from O1. O3 attacks the middle as O1 moves to the left corner.

Diagrams 26 and 27 show a kick-back to O3 followed by a drop-2. O1 attacks middle and stops in the drop zone. O4 initially moves to the right block on O1's dribble, but will move back to the left block on the kick-up to O3. O3 gets the kick-up pass and dribbles middle. O3 stops in the right drop zone as O4 T's-up and O2 back-cuts for the pass and lay-up. O2 could pass to O4 or O1 deep in the right corner.

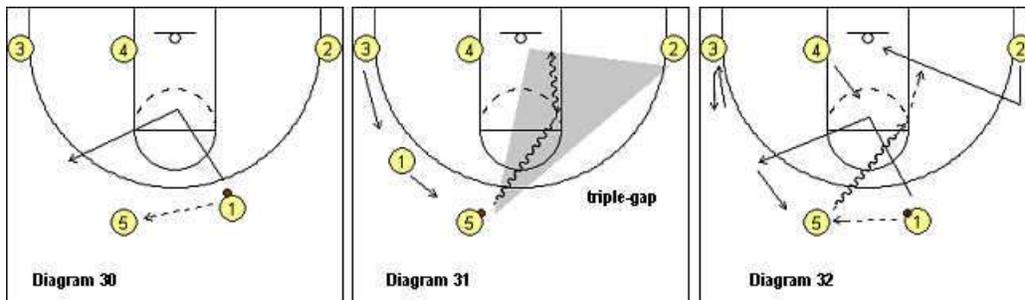


Playing in the Gaps

"415" play

The "415" stands for our 4-set, with a pass from 1 to 5. We saw at the top of this article, [a diagram showing single and double gaps](#). We like to attack double-gaps, but here we will also show how to create a "triple-gap".

In diagram 30, O1 passes to O5. O1 cuts inside ("T's-up") and cuts back out to the left wing. Now O5 has a triple-gap to attack (diagram 31). O1 circles behind O5. O3 moves up to the wing. Diagram 32 shows the "415" play, triple-gap with a drop-2. O1 passes to O5, cuts inside, out to the left wing and circles around to O5's spot. O5 attacks the triple-gap. O3 rotates up. O5 stops in the drop zone, and O2 back-cuts for the pass from O5. O4 T's-up, and O3 moves back down to the corner for a possible pass from O2.

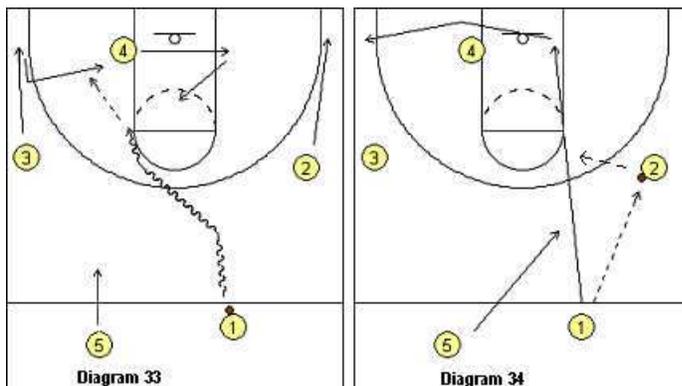


Transition

We have [already learned above](#) that in transition, when the ball is in the back-court, O2 and O3 are at the high wing areas and don't go to the corners until after the ball advances across half-court. We have also seen how O2 and O3 can attack in transition from the pass up the court.

O1 can also bring the ball up the court and attack either the lane slot (gap/seam) or the middle seam right from the start as additional options in transition. Diagram 33 below shows O1 attacking the middle seam followed by a drop-3. O1 stops in the left drop zone, while O3 back-cuts for the pass from O1. O4, already on the right block because of O1 middle drive, now T's-up and O2 goes to the corner for a possible pass.

Diagram 34 shows another option. O1 passes up to O2. If O2 hesitates and does not attack with the dribble, O1 cuts through for a possible give and go pass from O2. O5 then fills O1's usual spot, as O1 cuts out to the opposite corner and O3 rotates up.



Drag-Zone Options

If O1 (or another perimeter attacker) stops in the drag-zone, he/she looks to pass the ball back out to the perimeter, usually with a reverse pivot for a pass right back to where he/she started from.

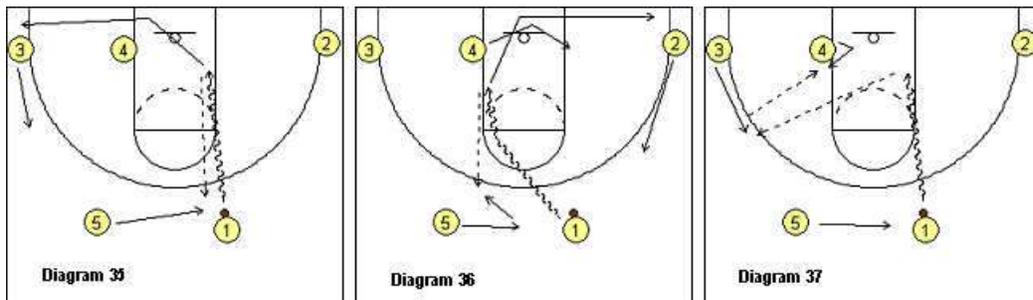
"Drag-5"

Diagram 35 shows O1 lane-penetration to a drag-5. O1 gets stopped in the drag-zone, reverse pivots and passes back to O5. O1 clears out to the opposite corner, as O3 rotates up. O5 can now attack either the lane or the middle seam.

Diagram 36 shows O1 middle-penetration to a drag-5. O1 attacks the middle and stops in the drag-zone. O4 has re-located to the right block. O5 initially goes right (for a possible kick-back) and then moves left directly in line with the left lane line. O1 reverse pivots and passes back out to O5. O1 moves out to the right corner, as O2 rotates up.

"Drag-3"

Diagram 37 shows O1 lane-penetration to a drag-3. O1 gets stopped in the drag-zone, and this time finds O3 open on the wing for the pass. This is what we were talking about earlier when we said that O3 has to find the "open window" for this pass. This is also a great opportunity for O4 to post up, as often the X4 defender has moved over in the lane to stop O1.



Additional Rules

- Pass and cut... whenever a perimeter player passes, he makes a basket cut and re-locates out to the perimeter.
- Dribble at, back-cut... on the perimeter, if someone is sideways dribbling toward you (not attacking the rim), then you must back-cut through to the rim and re-locate opposite on the 3-point arc.
- Fake pass at me, I back-cut... if the player fakes a pass to me, I then back-cut through to the opposite side.
- Wing-to-point pass, the wing slides down to the corner.

Here are a few examples.

Pass and cut

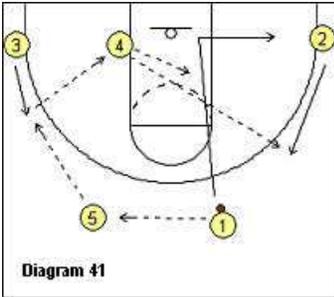
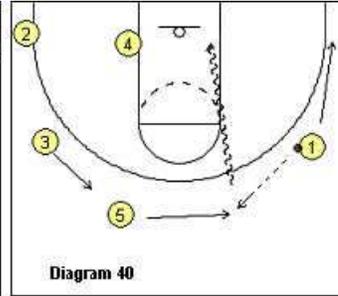
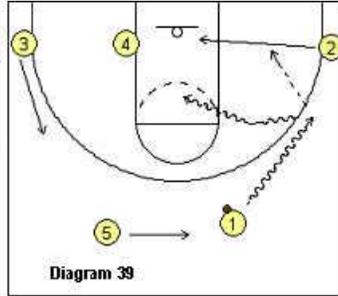
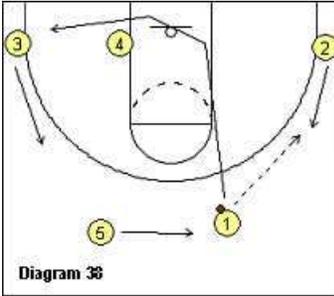
Diagram 38. Sometimes the X1 defender is tough to beat. Here, O1 passes to O2 on the wing, and in accordance with our "pass and cut" rule, O1 cuts through for a possible give and go pass back from O2. O1 re-locates to the opposite corner, as O3 rotates up, and O5 rotates over to O1's vacated spot.

Dribble at, back-cut

Diagram 39. This time O1 dribbles to the right wing. In accordance with our "dribble at, back-cut" rule, O2 back-cuts and could get the pass from O1. O2 would cut through to the opposite corner as O3 rotates up and O5 rotates over to O1's spot. Before rotating, O5 actually waits a "2-count", giving O1 a chance to dribble-attack the middle. Notice that O1 could back-dribble and then attack the middle seam here.

Wing-to-point pass, wing goes to the corner

Diagram 40. In continuation from diagram 39, instead of attacking, O1 passes back to O5. In accordance with our "wing-to-point pass" rule, O1 moves to the corner. This creates a double-gap for O5 to attack the lane.



Getting the ball inside to O4 posting up

Some years O4 may be one of your best players and you want to get the ball into him/her from time-to-time. In diagram 41, O1 passes to O5, and O5 passes to O3. O4 posts up and O3 passes in to O4.

O1 times this post entry pass so that as the pass goes inside, O1 basket cuts for a possible pass from O4. O4 also looks to make a post move and score, or can skip pass out to O2 in the open-window.

Point Guard Options

In summary... after crossing the half-court line, our point-guard O1 can:

- "Rack it" -- drive either the lane or middle seam and score.
- Dribble middle and kick back to O5.
- Dribble to either drop-zone, with drop-2 and drop-3 options, and kick-up 2 and kick-up 3 options.
- Pass O1 to O5 and create the triple-gap ("415" play).
- Pass to O2 and cut through for a give and go.
- Dribble at O2, as O2 goes back-door.
- Get it inside to O4... passes O1 to O5, O5 to O3, O3 to O4.

You can see how players must keep moving with this offense, maintain their spacing, create double and triple gaps, and think "attack" at all times. To counteract this offense, defenses may use a sagging man-to-man, or "pack-line" defense, or may use a zone defense to clog things up inside. So you will also need to practice your zone offense as well!

You will notice that there is no screening in this offense. So you avoid moving screens and having to spend time teaching players how to screen correctly. You can of course work in some screening, some simple pick-and-roll and pick-and-pop plays.

See: [Dribble-Drive Motion Offense - More!](#) and [Dribble-Drive Motion Offense Drills...](#) breakdown drills for teaching the dribble-drive motion offense.

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Michael Lynch

Dribble Drive Motion Offense

Keys to Designing a Dribble Drive Motion Practice Plan

September 20, 2018

By Michael Lynch



A comprehensive approach to creating a practice plan that simultaneously focuses on skill development and game-like situations.

The Craft of Practice Planning

Practice planning is one of the great obsessions of basketball coaches at all levels. There is probably no aspect of their job that coaches spend more time on than designing the perfect practice plan. As a coach, this is perhaps the area where you can have the greatest impact on your team. Practice is where you improve their skills, implement your schemes, and shape the decision-making process for your players. It should go without saying that making sure you are prepared and organized before every practice should be a priority.

My personal approach to practice planning is centered around four main themes: Skill Acquisition, Transition Development, Short Sided Games, and 5v5 Live Play. The vast majority of our practices will fall within the timeframe of 1:30 to 2:00 hours. While the specific drills and time dedicated to them may differ between practices the four main themes will be present in them all. We believe that the combination of skill development, short sided games, and realistic five on five play will leave our players well prepared for game day.

The more our practices resemble the way our games will be played, the more transfer we will see. In designing our overarching playing style we were inspired by Fergus Connolly's *Game Changer*. So this summer we created our own *Game Model* that defines how we want the game to look like in all four phases: Transition Offense, Offense, Transition Defense, and Defense. When it comes to designing our practices we are using the Game Model as our guide.

Leicester Basketball Game Model



General Practice Plan Structure

- 20 Min – Skill Building
- 30 Min – Transition System Development
- 30 Min – Short Sided Game Play
- 40 Min – 5v5 Half Court and Full Court Play

Theme

Skill Building

Transition Development

Short Sided Games

5v5 Live Play

Goal

Develop players' skill sets with the ball in their hands, define the decision making process on the catch, the basketball.

Establish Running Lanes, a Read Progression, emphasize finding Early Advantages and teach how to S

Using 2/2, 3/3, & 4/4 Play teach players how to attack space, how to create Double Gaps, react to penet

Create game like scenarios in the Half Court, Full Court, and out of Special Situations, using Advantag

Sample Practice Plan
2:00 Hour Timeframe
Early Season - Installation



Theme	Drills / Concepts	Notes
Skill Development (20 Mins)	<ul style="list-style-type: none"> • Four Square: Stride Stops & Bounce Outs • 1/0 Dribble Attacks • 2/0 Rose Finishing • 1/1 Russian • 2/0 Chair Drill (Drive & Kick Shooting) 	<ul style="list-style-type: none"> • Extended Arm, Stride Stop, "Barkley" finish on 2/0 Rose Finishing
Transition Development (30 Mins)	<ul style="list-style-type: none"> • 2.0 trips • 5 v 3 Find the Advantage • BC 4 v 4 Staggered Start • 5/4 Flow 	<ul style="list-style-type: none"> • Split into two teams for all of the Transition Segment.
SSG's or Blood Drills (30 Mins)	<ul style="list-style-type: none"> • 3/3 Slot to Wing DHO • 4/4 Rose & Wave • 4/4 Swing • 4/4 Drive the Nail • 4/4 Bounce Out (Skeleton 5 Man) 	<ul style="list-style-type: none"> • Create 3 teams for these sessions. • Chop down to 2 when we add the 4/4 Bounce Out
5/5 Action (40 Mins)	<ul style="list-style-type: none"> • 5/0 DDM Options (5 Min) • 5/5 "Elbow Action" • 5/5 Sideout into Live Play • 5/5 BLOB "Even" into Live Play • 5/5 Start with FT Attempt into Fist Press 	<ul style="list-style-type: none"> • Strong Emphasis on Shot Selection. (Lay-Up, FT's & Catch and Shoot 3's only).

Developing a DDM Skill Set

It is crucial to make sure we include a meaningful amount of [skill development](#) into our practices. We would like to craft this skill development to fit our [Game Model](#). As a Dribble Drive Motion team, we want to tailor our skill development to fit what our players are going to need to be skilled at. Our focus is on [dribble attacks](#), [dribble stops](#), shooting, [finishing at the rim](#), and 1/1 play in this portion of practice. When addressing skill building we use a progression of drills to teach the technique, [spacing](#), and [decision-making](#) involved in each skill. We want to use 1v0 and 2v0 drills initially to introduce the technique and footwork involved in the skill. Then eventually introduce guided defenders, and finally use 1v1 and 2v2 scenarios to teach decision-making within these skills. In season, there is never enough time to approach skills in a singular fashion, so a great way to work on skill development in a reduced time frame is to combine multiple skills into a single drill, aka [dynamic drills](#).

A good way to address skill development in each practice but also keep things diverse for your players is to develop an every other day approach. Every practice take a few targeted skills and create 2-3 combination drills that players will use to refine those skills. For example, on Monday we conduct drills that address our “(A)” Day skills, and then on Tuesday we address skill development in the “(B)” Day areas.

Targeted Skills (A Day):

- Dribble Attacks
- Dribble Stops
- Finishing

Targeted Skills (B Day):

- Shooting
- Ball Handling
- 1/1 Play

As part of [#PlayerDevelopmentWeek](#) I had a chance to write about the topic of **Skill Building for the Dribble Drive Motion Offense** more extensively this Summer.

Developing Your Transition System

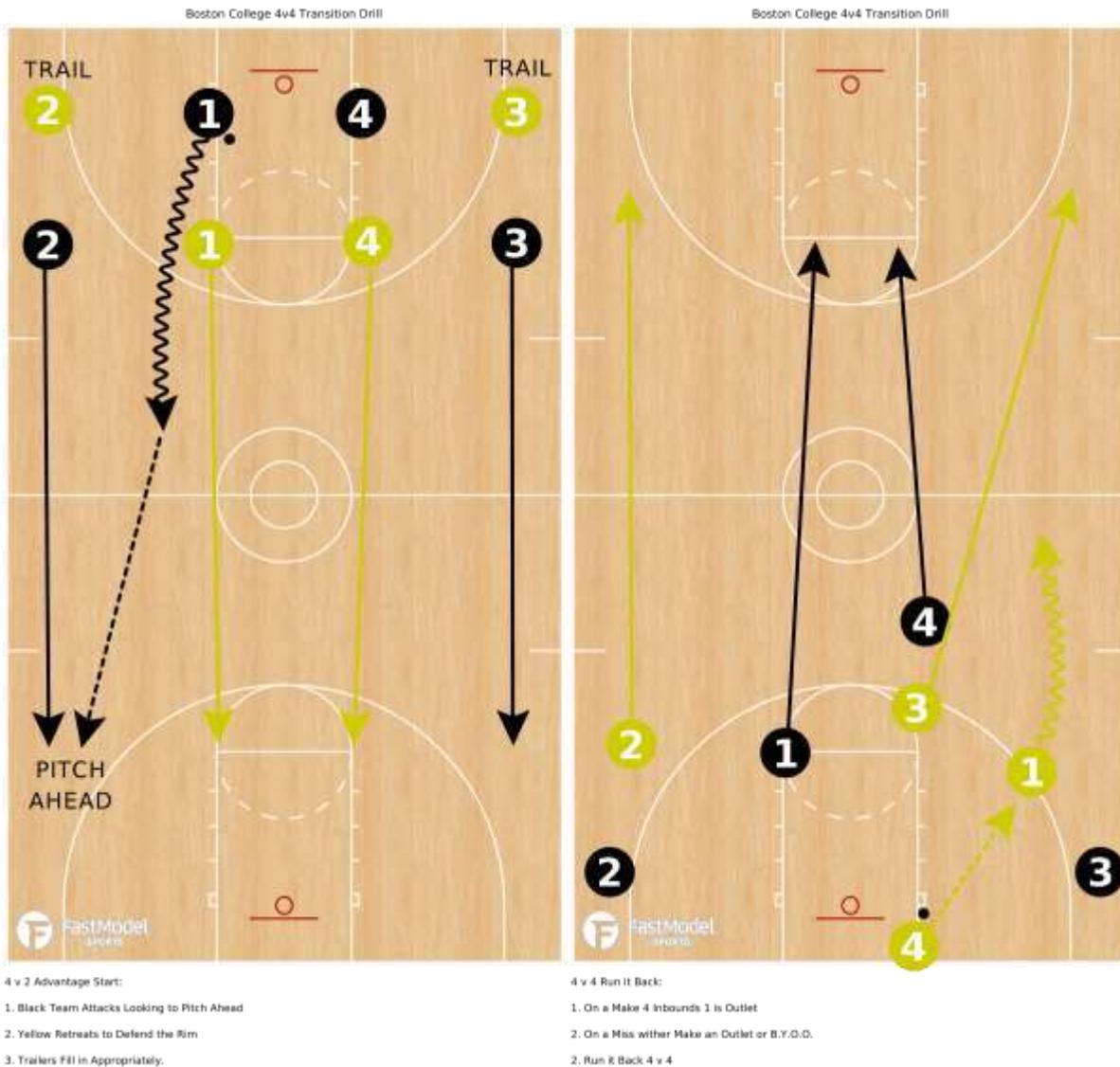
Dribble Drive Motion teams generally have an attack mentality built into their half court play, and we want the to extend to the full court as well. We view the Transition Development portion of our practice as a critical element to our success. In a typical practice, we carve out at least 20-30 minutes to be dedicated to fine tuning our Transition System.

The typical progression for this block begins with 5v0 work where players are learning their running lanes and working their way through our transition options. From there, we will progress to 5v2 or 5v3 work where the offense is working on their read progression and finding the advantage as quickly as possible. The rest of this session will be focused on 1) Advancing the basketball with speed, and 2) Seamlessly flowing into Half Court Offense. The goal is to work towards becoming completely seamless from transition to half court offense. We will often use drills that give the offense a slight advantage, which they can use to score or to flow into offense.

2.0 Trips – Transition Development

<p>2.0 Trips: Organization of Drill</p> <ol style="list-style-type: none"> 1. Create Two Teams 2. First Five Men Start in the Paint 3. On Whistle the 4 Man will Lay the Ball in. 	<p>2.0 Trips: The Pitch Ahead</p> <ol style="list-style-type: none"> 1. 1 Receives the Outlet & Take 2 Hard Dribbles 2. He Chooses to Pitch Ahead to 2 or 5 3. Enter the Ball to the 3 	<p>2.0 Trips: Pitch Ahead (Again)</p> <ol style="list-style-type: none"> 1. 1 Takes 2 Hard Dribbles & Pitches Ahead to 3 or 5 2. Score the Basketball 3. 4 Sprints Ahead to take the Inbound 	<p>2.0 Trips: Cross the Rimline</p> <ol style="list-style-type: none"> 1. 1 Takes Two Hard Dribbles & Crosses the Rimline 2. He should Attack & Drop to 5 3. (Option) To Conduct DHO with 3 	<p>2.0 Trips: Live Possession</p> <ol style="list-style-type: none"> 1. Ball in Inbounced & 2nd Team Steps On 2. Play one Live Possession to End it. 3. Original Team Steps Off After

Boston College 4/4 Stagger – Transition Drill



Multiplayer Concepts in Short Sided Games

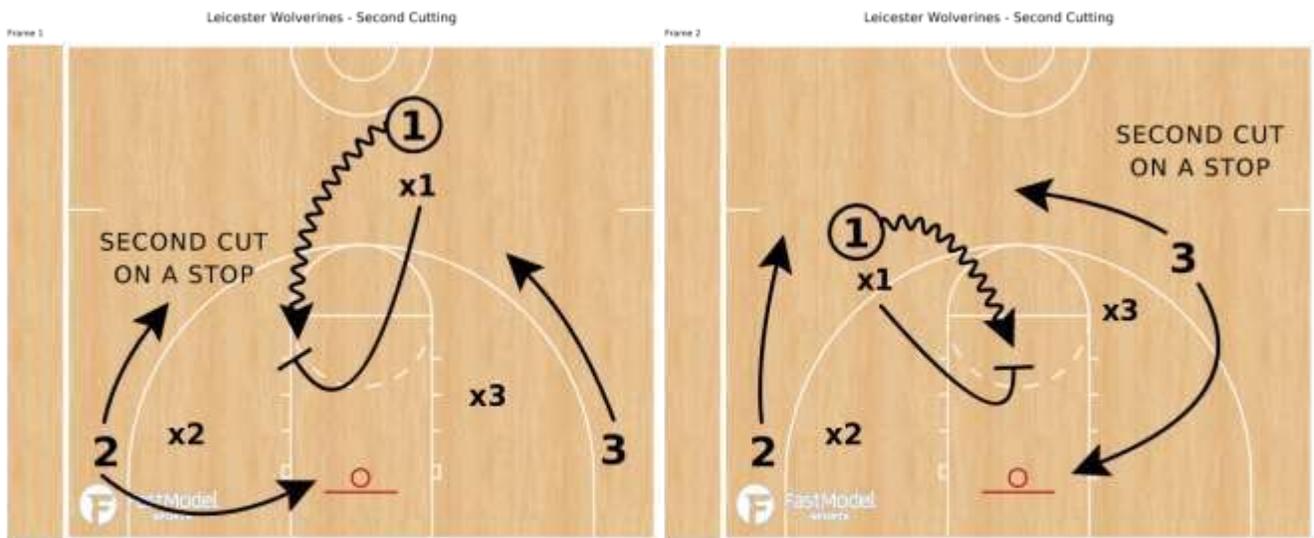
Using Short Sided Games has become an integral part of our practice plans in recent years. So we typically use various **2v2**, **3v3**, and **4v4** games to allow our players to get more touches and opportunities to apply the skills we've worked on in practice. Naturally, in this section of practice we are trying to create game like scenarios in a smaller setting. There are three key Drizzle Drive Motion concepts we want to address here: 1) Second Cutting, 2) Penetration Reactions, and 3) the Creation of Double Gaps.

These are all concepts that we want our players to be able to execute in the games without our help, so we must provide the opportunity within our practices to problem solve and read the defense on their own. Coaches familiar with Vance Wahlberg’s “Blood Drills” could use that series in this portion of practice as well. The Blood Drills are a great way to apply dribble attack and finishing skills, while also training your center to appropriately react to penetration.

Dribble Drive Motion Concepts Addressed with SSGs:

1. **Second Cutting** – How to read the defender and know where to cut on a dribble stop.
2. **Penetration Reactions** – How to maximize spacing and create a scoring opportunity.
3. **Creating Double Gaps** – How to pass and cut to create double gaps to drive into.

3v3 Second Cutting Drill



- 3 v 3 Drive the Slot:
- A. X1 Starts on the Offensive Player's hip.
 - B. X1 Drives & Attempts to stop the ball
 - C. 1 Reads the Ball Side help defense, 2 makes either a Back Door Cut or a Kick Up Cut
 - D. 3 Back Fills to the Slot

- 3 v 3 Wing Drive:
- A. X1 starts on the hip of the ball
 - B. 1 Drives the Nail, with X1 attempting to stop the drive
 - C. 1 Reads the Ball Side help defense, 3 makes either a Back Door Cut or a Kick Up Cut
 - D. 2 Back Fills the Slot

Work on Creating Double Gap with 4v4 Neutral Restrictions.

Drive the Nail



Drive the Nail:

Player 1 Attacks his Defender 1/1 setting up a "Nail Drive" to start the possession. Generally player 4 needs to space a step or two wider to start the possession.

Coaching Point of Emphasis:

- Are they properly reading the help defense?

Slot to Slot Pass



Slot to Slot Blur (Rose):

Player 1 makes the slot to slot pass and then makes his 45 cut to the ball side corner. 4 should drive the basketball off of the back of 1's cut.

Coaching Point of Emphasis:

- The timing of the cut and the drive.
- The reading of the help defense.

Wave



Wave:

Player 1 chooses to "wave through" 4. 4 makes his 45 cut to the ball side corner. 1 Drives the basketball off the back of 4's cut.

Coaching Point of Emphasis:

- The timing of the cut and the drive.
- The reading of the help defense.

Slot to Slot Flip



Slot to Slot Flip:

Player 1 starts to attack the nail and then flips the basketball to 4. 4 Now catches the basketball and attack the double gap created by the flip.

Coaching Point of Emphasis:

- The use of Protection Plans on failed drives.
- The reading of help defense.

Creating Game Like Scenarios in Practice

Ultimately, the game is played 5-on-5, so we must find an appropriate amount of time to work on live action. In this period we like to see our players put everything together. Set up 5v5 action that allows players to apply what we have worked on in the skill development, transition, and short sided game sections already. We prefer to start each 5v5 session in a realistic deadball scenario, such as a **SLOB**, **BLOB**, or a free throw attempt. From there, the goal would be for the players to execute that particular situation and then flow into our Dribble Drive Motion. In these sessions we need to make the environment competitive and place emphasis on the aspect of the game you want to see improvement in.

My final thought for this part of practice is for coaches to make **spacing** their number one priority. Players will thrive in the DDM offense with great floor spacing and the creation of driving gaps on the perimeter. As the players scrimmage, focus your attention on those aspects. The more that you can help your players see proper **spacing** and ways to create double gaps, the more prepared for games they will be.

DDM Practice Design

Updated: Dec 17, 2020

What goes into planning a typical dribble drive motion practice plan? We'll take a look at a sample plan and discuss the concepts, time allotment, and drill selection.

Practice planning is one of the great obsessions of basketball coaches at all levels. There is probably no aspect of their job that coaches spend more time on than designing the perfect practice plan. To me, this is the area where you can have the greatest impact on your team. So it should go without saying that your practices should be designed with player development in mind.

My personal approach to practice planning is centered around four main themes: *Skill Acquisition, Transition Development, Short Sided Games, and 5v5 Live Play*. As I said in the [Identifying DDM Skills](#) blog post we want to identify the skills that are necessary to succeed in our schemes and then embed those skills in every aspect of the practice. We believe that the combination of skill development, small-sided games, and realistic five on five play will leave our players well prepared for game day.



Sample Practice Plan -

The vast majority of our practices are going to be either 1:30 or 2:00 hours long. During this timeframe we want to make sure that we work on all four phases of the game; half-court offense, transition offense, half-court defense, and transition defense. As we mentioned in the introduction we also want to embed skill development into as much of the practice as possible. Some practices may lean more heavily on one of these categories, but we are going to build almost every practice plan with these practice concepts.

Practice Time Allotments:

- 15-20 Min – Skill Building
- 20-30 Min – Transition Systems
- 20-30 Min – Small-Sided Games
- 30-40 Min – 5/5 Live Play

I - Skill Building

Here we want to develop players' skill sets with the ball in their hands, define the decision-making process on the catch, and establish the spacing-related decisions needed off the basketball.

II - Transition

We're working on establishing Running Lanes, our Read Progression, emphasizing finding Early Advantages, and teaching how to Seamlessly Flow into your Half Court Offense.

III - Small-Sided Games:

In this part of the practice, we are Using 2/2, 3/3, & 4/4 Play to teach players how to attack space, how to create Double Gaps, how to react to penetration, and how to properly second-cut.

IV - 5/5 Live Play:

In general, we are trying to recreate game-like 5/5 scenarios in the Half Court, Full Court, and Special Situations. I also like the idea of mixing up how we start the 5/5 segments; using *Small Advantage*, *Disadvantage*, and *Neutral Starts* to a possession.

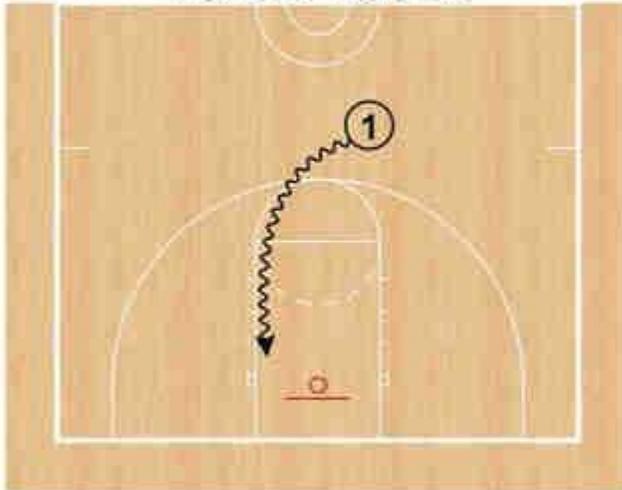


I - Skill Development

As a Dribble Drive Motion team, we want to tailor our skill development to what our players are going to need to excel in the games. As we discussed in our, [Identifying DDM Skills](#) blog post, we have determined that dribble attacks, dribble stops, finishing at the rim, drive & kick shooting, and help defense decision making are essential skills for our players. We typically start with 1/0 and 2/0 drills to introduce the technique and footwork involved in a particular skill. Then we will eventually introduce guided defense and live play so players can apply the skills in real-time.

1/0 Finishing

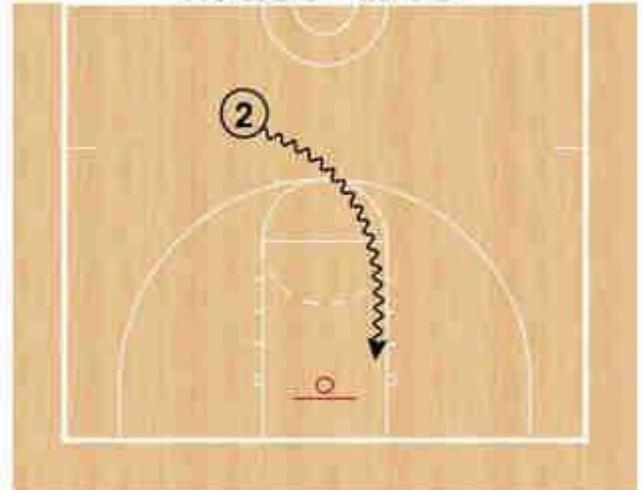
1. Slot Drive - Right Hand



Perimeter Attack - Spot #1 (Right Slot):

1. Extended Arm
2. Scoop
3. Stride Stop
4. Stride Stop Reverse Pivot
5. Barkley

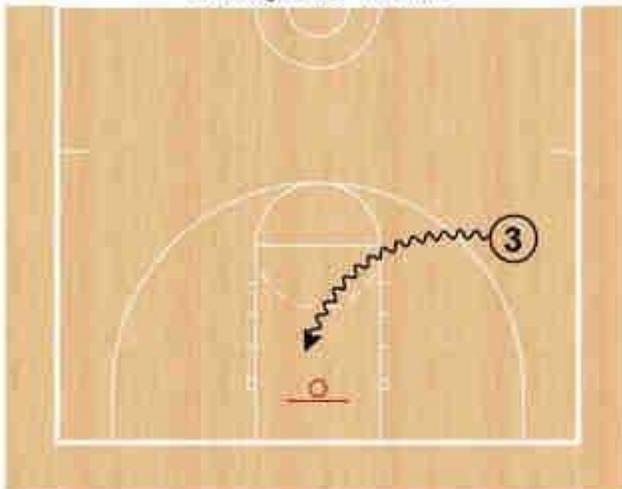
2. Slot Drive -- Left Hand



Perimeter Attack - Spot #2 (Left Slot):

1. Extended Arm (Weak Hand)
2. Inside Hand
3. Jump Stop Power Finish
4. Stride Stop Reverse Pivot
5. Barkley

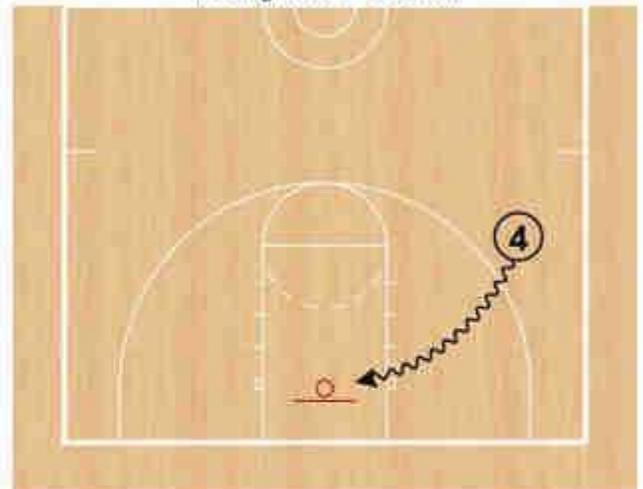
3. Wing Drive - Middle



Perimeter Attack - Spot #1 (Wing Middle):

1. Extended Arm
2. Scoop
2. Stride Stop
3. Stride Stop Reverse Pivot
5. Change Direction at Elbow

4. Wing Drive - Baseline



Perimeter Attack - Spot #1 (Right Slot):

1. Inside Hand
2. Two Foot Power Finish
3. Reverse (Nash)
4. Barkley



Finishing Practice Concept:

"1/0 Finishing School" -

This is more of an introductory practice concept to work on finishing technique. As we are playing in a four-out alignment we want to work on the most common attacking angles:

- Slot Drives
- Wing Drives

Once our players are comfortable with the finishing technique we will then add guided defense and live 1/1 finishing.

"Finishing School" -

There are a number of finishes that are working on in this portion of practice. If you are interested in a more detailed explanation of this aspect of practice I would encourage you to check out our Finishing School Series:

- [I - Game Finishes](#)
- [II - Practice Drills](#)
- [III - Drill Progressions](#)

Video - various clips of 1/0 Finishing being executed, using four hoops preferred.

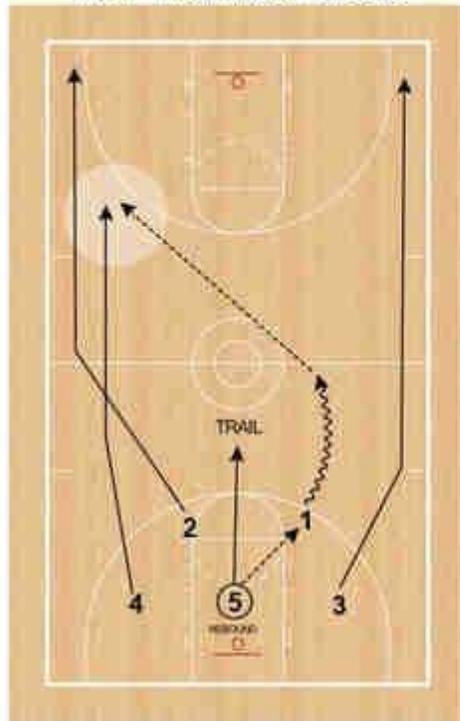
II - Transition

Dribble Drive Motion teams generally have an attack mentality built into their half-court play, and we want them to extend that mindset into the full court as well. We view the *transition development* portion of our practice as a critical element to our success. In a typical practice, we carve out at least 20-30 minutes to be dedicated to fine-tuning our [Transition System](#).

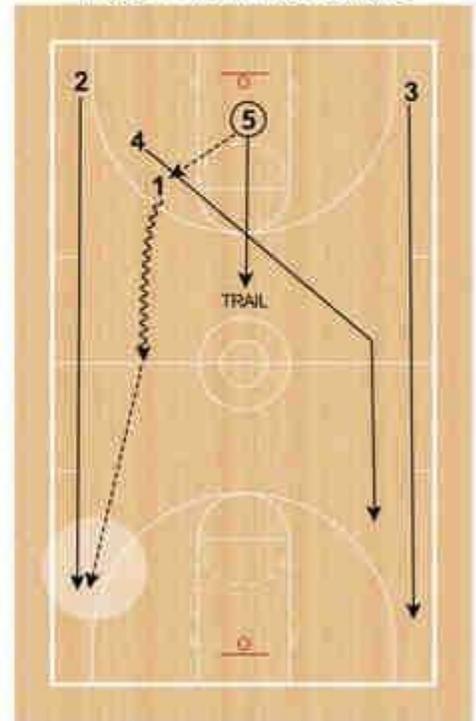
The progression for this block begins with 5/0 work where players are learning their running lanes and working their way through our transition options. From there, we will progress to 5/3 where the offense is working on finding the advantage as quickly as possible. Finally, we will work 5/5 with the goal of becoming completely seamless from transition to half-court offense. We will often use drills that give the offense a slight advantage, which they can use to score or to flow into the half-court offense.

2.0 Trips

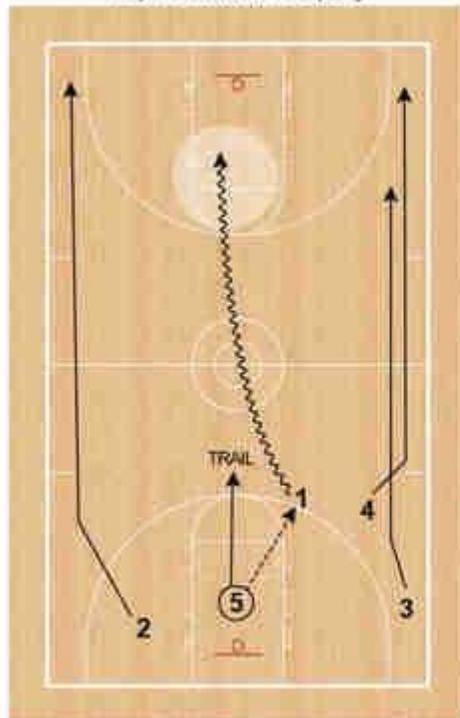
Trip 1 - Pitch Ahead Opposite



Trip 2 - Pitch Ahead Ballside



Trip 3 - Attack & Spray



Trip 4 - 5/5 Live Play



Transition Practice Concept:

"2.0 Trips" -

This is one of our core practice concepts in which we are working on perfecting our Running Lanes and Read Progressions.

We split our team into two groups and ask that they get up and down the floor two times, executing a transition option on each trip. Obviously, this is something that you can tailor to fit your own transition system.

Drill Progression:

- Trip .5 - Pitch Opposite
- Trip 1.0 - Pitch Ball Side
- Trip 1.5 - Attack the Rim
- Trip 2.0 - Trailer Entry

For the last five seasons, we have used a [Rim Runner](#) in our transition break. In the video clip below you will notice that we are pitching ahead and then entering the ball into the post. If you have assistant coaches I would recommend adding them under the basket so that your post player has a body to work against. I also wanted to note that in the diagram above I have drawn the drill up for a [Two-Sided Break](#) system. We are moving towards a more open transition system and so this is how I would adapt the drill for that change. You may also choose to add defense to the last possession of the drill - which we will oftentimes do.

III - Small-Sided Games

Using *Small-Sided Games* has become an integral part of our practice plans in recent years. We typically use various 2/2, 3/3, and 4/4 games to allow our players to get more touches and opportunities to apply the skills we've worked on in our skill development portions of practice. In this section of practice, we are trying to create game-like scenarios and decision-making moments.

There are three key *Dribble Drive Motion* concepts we want to address here:

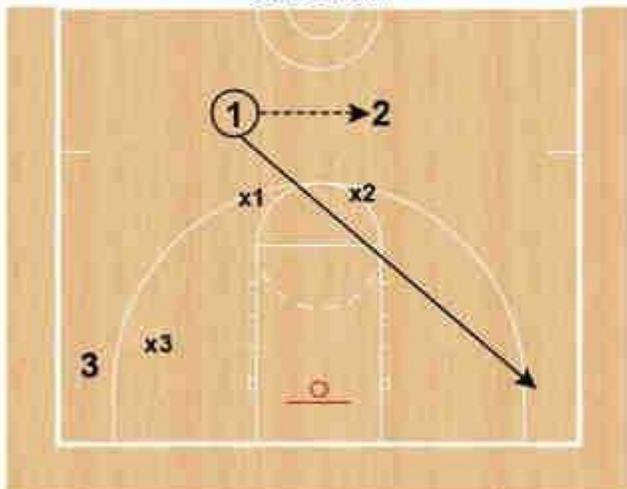
- **Second Cutting** – Knowing where to cut while anticipating a dribble stop.
- **Penetration Reactions** – How to maximize spacing off the basketball.

- ***Creating Double Gaps*** – How to pass and cut to create the double gaps we need to drive the basketball into.

These are concepts that we need our players to be able to execute in the games, so we must provide them with problem-solving opportunities in our practices. Most coaches who are familiar with Vance Wahlberg's *Blood Drills* can easily use those concepts in this portion of practice as well. Whether you create your own practice concepts or use Wahlberg's *Blood Drills* we need to make sure that we are finding time to work on these decision-making skills; second cutting, penetration reaction, and creating double (or triple gaps).

3/3 Blur Screen

Blur Screen



3/3 Double Gaps (Blur)

- A. Play starts with a Slot to Slot Pass
- B. The Passer then 45 cuts to the Ballside Corner

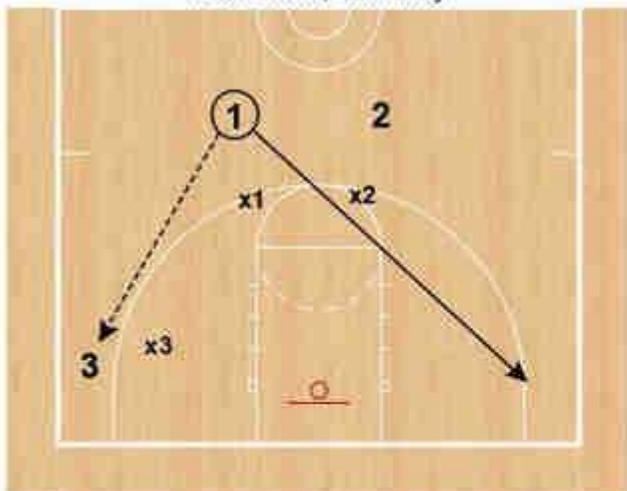
Blur Screen



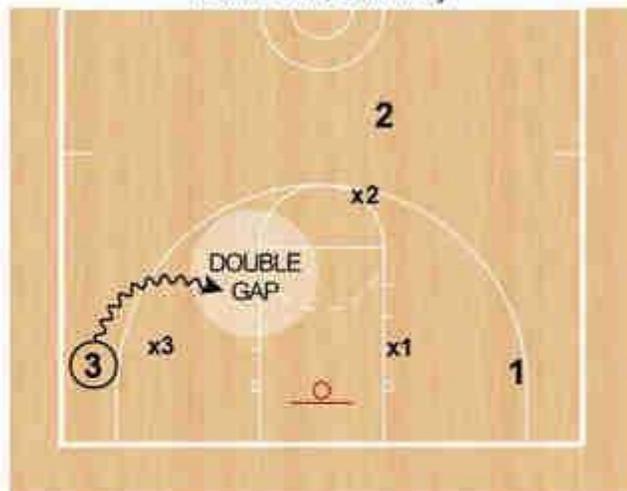
3/3 Double Gaps (Blur)

- A. Once the Double Gap is opened, the Ball Handler attacks it off the dribble.

Pass Down, Cut Away



Pass Down, Cut Away



SSG Practice Concept:

"3/3 Blur Screen" -

In our half-court offense, we place a lot of emphasis on hunting the slot to slot pass, followed by a Blur Screen. We are trying to create confusion, while also opening up a double gap for the basketball to drive into.

So with *3/3 Blur* we are trying to recreate a few of our playing rules surrounding this concept.

Pass & Cut Rules:

- Slot to Slot, Blur Cut
- Pass Down, Cut Away

Players will be simply playing 3/3 with *Cutthroat Rules* (You Score, you Stay) working on all aspects of our half-court offense; pass & cut, driving double gaps, second cutting, etc.

Video - these are just short clips of our players working on 3/3 Blur.

IV - 5/5 Live Play

Ultimately, the game is played 5/5, so we must find an appropriate amount of time to work in this manner. Over the years, one thing that I have really tried to stop doing is constantly interrupting live play. Trying to find a balance between "letting them play" and stopping to make corrections is one of the most difficult aspects of coaching 5/5 play. One way I try to find that balance in practice is to set a clear end to a live play segment. I will often use a *"Here, There, & Back"* concepts to allow players to get 3 uninterrupted possessions, while also giving me a chance to make any appropriate corrections at its conclusion.

One example of this concept being executed would be starting the possession in a BLOB or SLOB opportunity. The team on offense would get an opportunity to work on a special situation, then is forced to defend in transition, followed by a transition opportunity of their own. Perhaps we simply start the possession with a small advantage and then allow it to play out in the half-court, followed by the *"There & Back"* possessions.

5/5 Practice Concept:

"Here, There, & Back" -

As discussed above we will ask our offense to execute our SLOB action.

- Back Screen Entry
- DHO to Inbounder
- Blur Screen Action

From here the offense will work until they get a good shot.

"There & Back" -

Once the ball is scored, or the defense gains possession, play will continue down the other end and back again.

These possessions should be uninterrupted and coaches should hold their critiques until the end of the possession.

Video Clips - here are a few practice clips paired with similar game usage.



Concluding Thoughts

The sample practice plan that was shared in the tweet is one that includes all four of these elements; *Skill Development, Transition, Small-Sided Games & 5/5 Play*. To some extent, these four elements are going to be included in every single practice plan. Whether we are discussing *Dribble Drive Motion* or any other type of offense my approach is to [Identify what the Essential Skills](#) are and then embed them into every element of practice.

Improving our players' skills and then providing them with the space to apply those skills is at the heart of a dribble-drive offense. Players will thrive in the DDM offense with great floor spacing and the creation of driving gaps on the perimeter. The more that we

can help our players learn how to create and attack that space, the more prepared for games they will be.

If you liked this post and want to be notified of future ones be sure to subscribe to our website in the Coaches Corner: www.coachlynchbasketball.com/coachescorner.

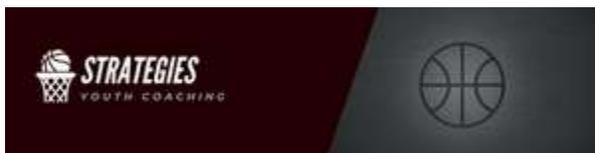
Practice Strategies in Youth Coaching

What are some practice strategies that you use with older players that you can bring to your youth practices?

Things are finally back to normal for kids' outdoor sports this Fall. Due to the pandemic and all the uncertainty that surrounded it I had almost a two-year break from coaching my kids' sports teams. Despite how hectic it usually makes the week I really did miss the energy kids bring to those practices. Luckily, I had the opportunity to coach one of my kids' U8 Soccer teams and it's been fun. Now that we are a few weeks into the season and I've had to brainstorm a few practice plans I started thinking about what practice elements I use with High School athletes that I could employ with the young kids.

There are certainly *lots* of things that you probably do differently with young kids than high school athletes. Anyone who has coached their kids' youth teams knows that you need to bring the energy, be insanely positive, and have a ton of patience with their silliness. If you're going to get kids to respond to you I thought that kind of advice was sort of common sense. What I wanted to focus on in this article was more of the strategic element of designing practices. As experienced coaches (or not) with older athletes what are the strategies we can bring to practice that will help players better understand the game.

I threw the idea out on Twitter, there were a few great ideas in there. Check it Out:



1. Recreate Game Conditions -

We need to find ways to recreate game scenarios, even if that means doing it in *small-sided* fashion. If we want them to recognize these opportunities on gameday then we need to work on them in practice. I will also think that practices filled with these kinds of scenarios will be better than 1/0 drills done with no context.

- Short on Players? Then Reduce the Scenario
- If they don't execute well, then Play it Again

2. Use Multiple Players Whenever Possible -

If we are going to use a concept that does not involve defense then let's try to get multiple players involved in the action. Even if it is something as simple as a player with the ball with a partner, it will be more game like than just the single player with the ball.

- Have players get used to using their teammates
- Have players get used to working versus defense

3. Simplify Game Theory -

As the season moves on we need to weave in simple strategic concepts. These can be something as simple if/then statements for them to comprehend. I think sometimes we underestimate kids' ability to comprehend concepts. The example that came to mind is getting players to pass the ball to one another. We have to recreate that situation in practice over and over - and as we weave in the game situation aspect we can help them recognize those opportunities.

- Players on Offense: One has Ball, Other Cut Towards Goal
- Players on Defense: One Defends the Ball, Other Drops Towards Goal

4. Pause, Ask Questions, Play it Again! -

As your players are competing in practice don't be afraid to stop play and ask questions. We're not talking about an extended conversation, but a simple, "what do you see?", "what else could you have done?", "where should your teammate be?" Once that quick Q & A session is done, let's play it live again. This approach allows them to keep playing and also have a chance to recognize an option they did not choose.

- Perhaps they missed an open teammate, replay it
- Or made a fixable strategic error, replay it

5 - Build Throughout the Year -

Let's make sure that we are building throughout the season. We shouldn't be doing the same drills in week 8 that we were doing in week 1. We need to continually add to their cognitive load each week. These additions do not have to do large, but simply building on the skills and concepts that we started the season with.

- Passing (Week 1) - Stationary
- Passing (Week 2) - Pass & Move
- Passing (Week 3) - Receive the Pass, Dribble then Pass
- Passing (Week 4) - Give & Go Towards the Goal



Concluding Thoughts -

These are all strategies that good coaches use with the older athletes, but are equally as important to bring to the practice setting with younger ones. Ultimately, the goal with younger athletes is to have fun, have a good experience, and develop a love for the game. Coaches play a critical role in making that happen. If we can accomplish that first goal and also find creative ways to improve the players' skills and understanding of the game then we are creating the right kind of environment.

If you liked this post and want to be notified of future ones be sure to subscribe to our website in the Coaches Corner: www.coachlynchbasketball.com/coachescorner.

Core Elements of Dribble Drive Motion

Updated: Oct 30, 2020

Incorporate the core elements of the Dribble Drive Motion into your practices.

In designing a *Dribble Drive Motion* practice you must make sure to place an emphasis on the core elements of the offense. This is an offense that is looking to create double and triple gaps with its passing and cutting, and then attack those gaps with the dribble. So, from a player development perspective, we have to design our practice to reflect the types of skills needed to succeed with this style of play.

DDM Core Elements:

1. Dribble Attacks - Simple attacks techniques like hesitation, in & out & crossovers.
2. Dribble Stops - Techniques to stop on failed drives; stride stops, jump stops, & bounce out dribbles.
3. Second Cutting - Reads & Rules for players when the ball has been stopped.
4. Help Defense Reads - Teach offensive players to read & react to help defense.
5. Drive & Space Reactions - Teach players to maximize their spacing when players are driving to the rim.
6. Finishing - Give players options to use while finishing at the rim.

Many of these core elements can be combined into the drills and concepts we use in practice - but in order for us to succeed in this offense we must master these skills. As a *Dribble Drive Motion* team you must address these skills to some extent every day.

Breaking Down the Elements

Dribble Attacks

The Dribble Attack moves that we choose to teach are simple, subtle, and keep our players on a straight line to the basket. We do not want to give up any offensive advantage that our passing & cutting has given the offensive player by dribbling east and west. In theory all three of these dribble attacks are ways to create a *small advantage* vs a neutral defender.

1. Hesitation - Use a change of pace to allow the defender to relax, then re-attack.
2. In & Out - Get a defender to reaction to a potential crossover, then continue on your direct path to the rim.

3. **Crossover** - Use to punish a defender who has over committed to your drive.

Dribble Stops

Teaching players *Dribble Stop Techniques* is a crucial element to avoid turnovers and allow for extra opportunities within the offense. Not all of our drives will successfully get to the rim, so teaching players to stop cleanly becomes a must within this system. Being able to stop cleanly also unlocks the next level of the Dribble Drive Offense, second cutting opportunities.

(Second Cutting is a concept we will address in a future blog post.)



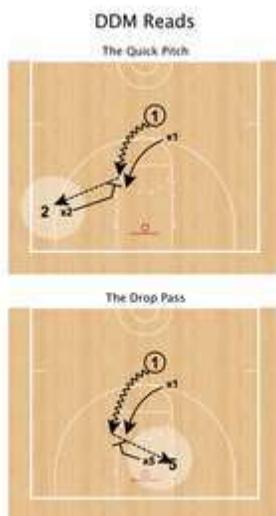
Stride Stops - This would be our preferred stopping method in the drop zone. We are landing back foot, front foot. Ready to deliver a pass or pivot.

Jump Stops - This is our main stopping method when we are in the rack zone & when finishing. We land with two feet at the same time.

Bounce Out Dribble - Players keep their dribble alive by turning their back to the defense and 'bouncing out' their dribble towards half court. This is mainly a Drop Zone technique.

The Drop Pass & Quick Pitch Reads

Another critical element to Dribble Drive Offenses is teaching your players to make the two most basic passes against help defenses. *The Drop Pass* versus center help and *The Quick Pitch* versus corner help are critical in providing non-drivers with scoring opportunities. Finding ways to drill these concepts into our daily practice plans is a must to get the most out of the offense.



The Quick Pitch:

The Quick Pitch, or kick out pass, will be made when a driver recognizes a player helping off of the corner.

Offensively, we want to maintain any advantage that we have until we have a scoring opportunity. So recognizing a help defender that would neutralize an advantage requires us to make the next pass.

The Drop Pass:

The Drop Pass will be made when the center (or any player in the paint) slides over to stop the ball.

Wanting to maintain our advantage with the basketball, we need to recognize the help and create an easy score for our 5 man. At the college level this is probably a lob or dunk, but at the high school level this is more likely to be a bounce pass of some kind.

Concluding Thoughts

No matter offensive system you employ, recognizing the core elements needed to succeed is an area of importance. As coaches, we then take those core elements and constantly replicate those concepts in practice. Taking these pieces of the game and making them more recognizable for our players will only make our system more efficient.

If you liked this post and want to be notified of future ones be sure to subscribe to our website in the coaches corner: www.coachlynchbasketball.com/coachescorner.



Michael Lynch

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- Apr 5, 2019
-
- 7 min read

DDM Practice Design

Updated: Dec 17, 2020

What goes into planning a typical dribble drive motion practice plan? We'll take a look at a sample plan and discuss the concepts, time allotment, and drill selection.

Practice planning is one of the great obsessions of basketball coaches at all levels. There is probably no aspect of their job that coaches spend more time on than designing the perfect practice plan. To me, this is the area where you can have the greatest impact on your team. So it should go without saying that your practices should be designed with player development in mind.

My personal approach to practice planning is centered around four main themes: *Skill Acquisition, Transition Development, Short Sided Games, and 5v5 Live Play*. As I said in the [Identifying DDM Skills](#) blog post we want to identify the skills that are necessary to succeed in our schemes and then embed those skills in every aspect of the practice. We believe that the combination of skill development, small-sided games, and realistic five on five play will leave our players well prepared for game day.



Sample Practice Plan -

The vast majority of our practices are going to be either 1:30 or 2:00 hours long. During this timeframe we want to make sure that we work on all four phases of the game; half-court offense, transition offense, half-court defense, and transition defense. As we mentioned in the introduction we also want to embed skill development into as much of the practice as possible. Some practices may lean more heavily on one of these categories, but we are going to build almost every practice plan with these practice concepts.

Practice Time Allotments:

- 15-20 Min – Skill Building
- 20-30 Min – Transition Systems
- 20-30 Min – Small-Sided Games
- 30-40 Min – 5/5 Live Play

I - Skill Building

Here we want to develop players' skill sets with the ball in their hands, define the decision-making process on the catch, and establish the spacing-related decisions needed off the basketball.

II - Transition

We're working on establishing Running Lanes, our Read Progression, emphasizing finding Early Advantages, and teaching how to Seamlessly Flow into your Half Court Offense.

III - Small-Sided Games:

In this part of the practice, we are Using 2/2, 3/3, & 4/4 Play to teach players how to attack space, how to create Double Gaps, how to react to penetration, and how to properly second-cut.

IV - 5/5 Live Play:

In general, we are trying to recreate game-like 5/5 scenarios in the Half Court, Full Court, and Special Situations. I also like the idea of mixing up how we start the 5/5 segments; using *Small Advantage*, *Disadvantage*, and *Neutral Starts* to a possession.



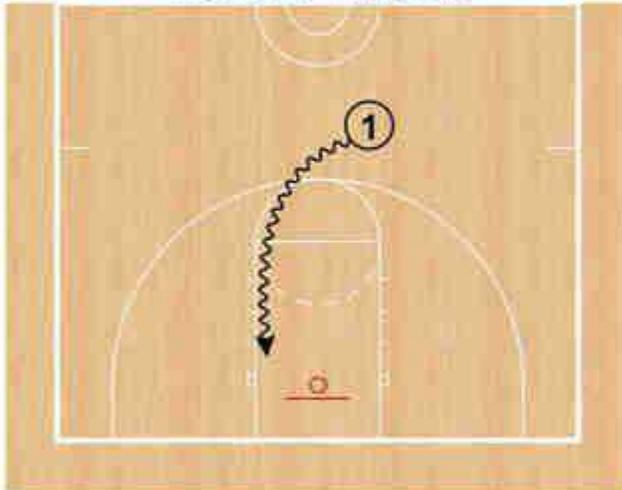
I - Skill Development

As a Dribble Drive Motion team, we want to tailor our skill development to what our players are going to need to excel in the games. As we discussed in our, [Identifying DDM Skills](#) blog post, we have determined that dribble attacks, dribble stops, finishing

at the rim, drive & kick shooting, and help defense decision making are essential skills for our players. We typically start with 1/0 and 2/0 drills to introduce the technique and footwork involved in a particular skill. Then we will eventually introduce guided defense and live play so players can apply the skills in real-time.

1/0 Finishing

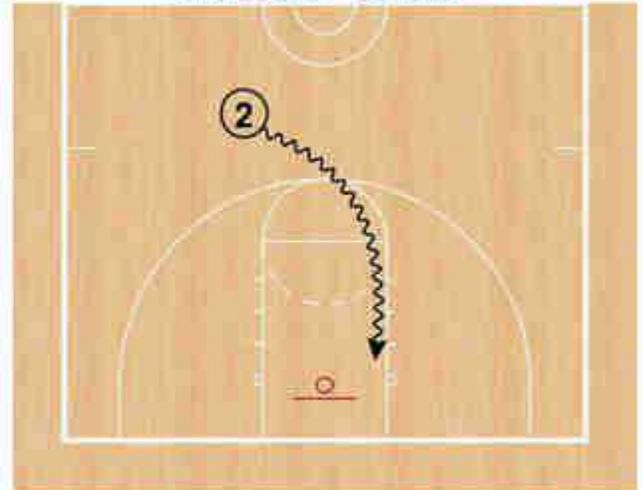
1. Slot Drive - Right Hand



Perimeter Attack - Spot #1 (Right Slot):

1. Extended Arm
2. Scoop
3. Stride Stop
4. Stride Stop Reverse Pivot
5. Barkley

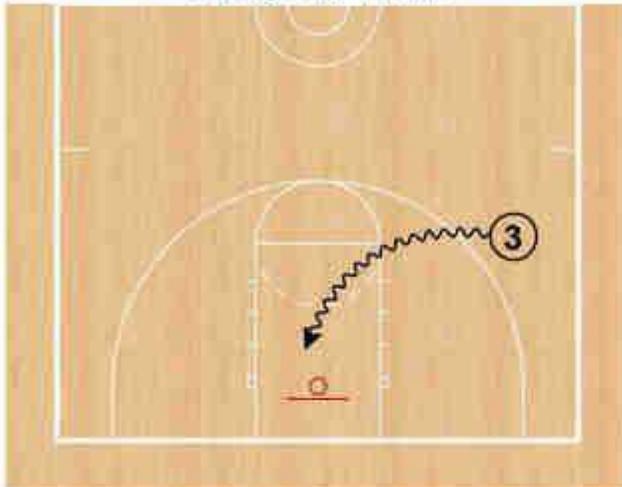
2. Slot Drive -- Left Hand



Perimeter Attack - Spot #2 (Left Slot):

1. Extended Arm (Weak Hand)
2. Inside Hand
3. Jump Stop Power Finish
4. Stride Stop Reverse Pivot
5. Barkley

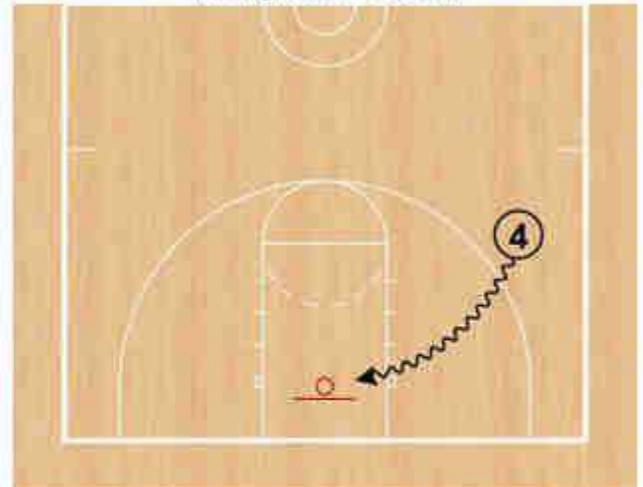
3. Wing Drive - Middle



Perimeter Attack - Spot #1 (Wing Middle):

1. Extended Arm
2. Scoop
2. Stride Stop
3. Stride Stop Reverse Pivot
5. Change Direction at Elbow

4. Wing Drive - Baseline



Perimeter Attack - Spot #1 (Right Slot):

1. Inside Hand
2. Two Foot Power Finish
3. Reverse (Nash)
4. Barkley



Finishing Practice Concept:

"1/0 Finishing School" -

This is more of an introductory practice concept to work on finishing technique. As we are playing in a four-out alignment we want to work on the most common attacking angles:

- Slot Drives
- Wing Drives

Once our players are comfortable with the finishing technique we will then add guided defense and live 1/1 finishing.

"Finishing School" -

There are a number of finishes that are working on in this portion of practice. If you are interested in a more detailed explanation of this aspect of practice I would encourage you to check out our Finishing School Series:

- [I - Game Finishes](#)
- [II - Practice Drills](#)
- [III - Drill Progressions](#)

Video - various clips of 1/0 Finishing being executed, using four hoops preferred.

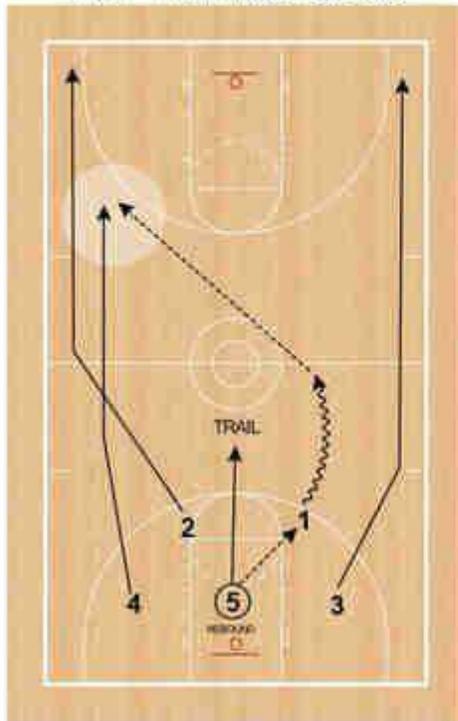
II - Transition

Dribble Drive Motion teams generally have an attack mentality built into their half-court play, and we want them to extend that mindset into the full court as well. We view the *transition development* portion of our practice as a critical element to our success. In a typical practice, we carve out at least 20-30 minutes to be dedicated to fine-tuning our [Transition System](#).

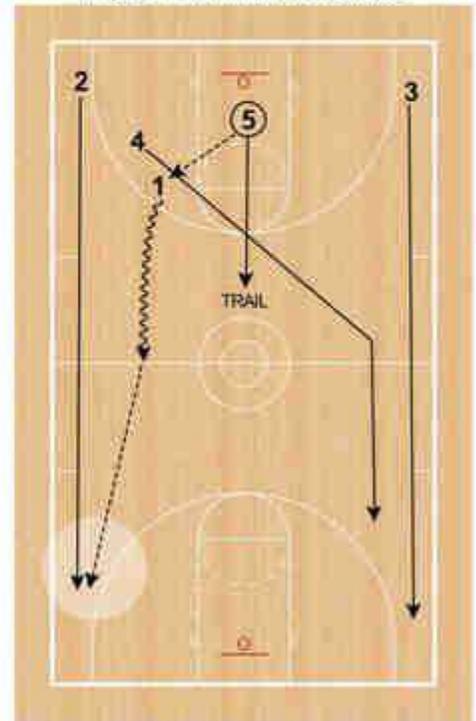
The progression for this block begins with 5/0 work where players are learning their running lanes and working their way through our transition options. From there, we will progress to 5/3 where the offense is working on finding the advantage as quickly as possible. Finally, we will work 5/5 with the goal of becoming completely seamless from transition to half-court offense. We will often use drills that give the offense a slight advantage, which they can use to score or to flow into the half-court offense.

2.0 Trips

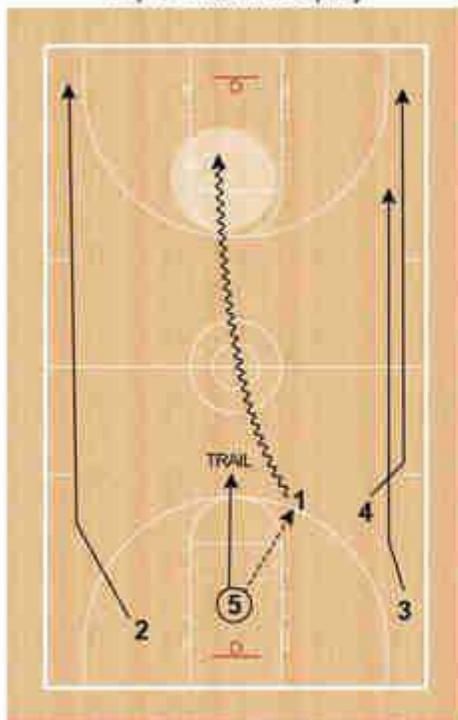
Trip 1 - Pitch Ahead Opposite



Trip 2 - Pitch Ahead Ballside



Trip 3 - Attack & Spray



Trip 4 - 5/5 Live Play



Transition Practice Concept:

"2.0 Trips" -

This is one of our core practice concepts in which we are working on perfecting our Running Lanes and Read Progressions.

We split our team into two groups and ask that they get up and down the floor two times, executing a transition option on each trip. Obviously, this is something that you can tailor to fit your own transition system.

Drill Progression:

- Trip .5 - Pitch Opposite
- Trip 1.0 - Pitch Ball Side
- Trip 1.5 - Attack the Rim
- Trip 2.0 - Trailer Entry

For the last five seasons, we have used a [*Rim Runner*](#) in our transition break. In the video clip below you will notice that we are pitching ahead and then entering the ball into the post. If you have assistant coaches I would recommend adding them under the basket so that your post player has a body to work against. I also wanted to note that in the diagram above I have drawn the drill up for a [*Two-Sided Break*](#) system. We are moving towards a more open transition system and so this is how I would adapt the drill for that change. You may also choose to add defense to the last possession of the drill - which we will oftentimes do.

III - Small-Sided Games

Using *Small-Sided Games* has become an integral part of our practice plans in recent years. We typically use various 2/2, 3/3, and 4/4 games to allow our players to get more touches and opportunities to apply the skills we've worked on in our skill development portions of practice. In this section of practice, we are trying to create game-like scenarios and decision-making moments.

There are three key *Dribble Drive Motion* concepts we want to address here:

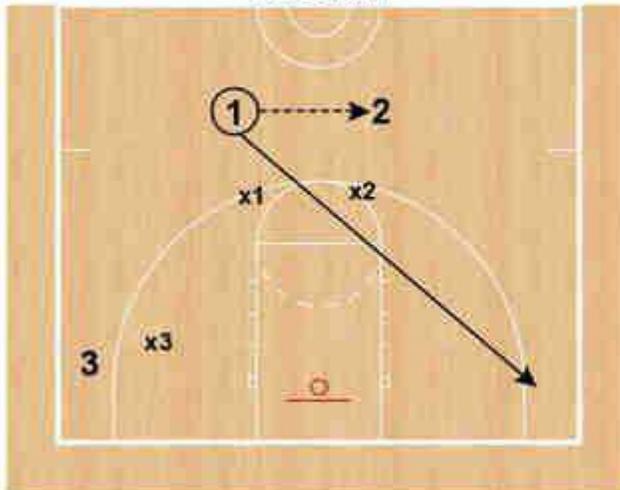
- ***Second Cutting*** – Knowing where to cut while anticipating a dribble stop.
- ***Penetration Reactions*** – How to maximize spacing off the basketball.

- ***Creating Double Gaps*** – How to pass and cut to create the double gaps we need to drive the basketball into.

These are concepts that we need our players to be able to execute in the games, so we must provide them with problem-solving opportunities in our practices. Most coaches who are familiar with Vance Wahlberg's *Blood Drills* can easily use those concepts in this portion of practice as well. Whether you create your own practice concepts or use Wahlberg's *Blood Drills* we need to make sure that we are finding time to work on these decision-making skills; second cutting, penetration reaction, and creating double (or triple gaps).

3/3 Blur Screen

Blur Screen



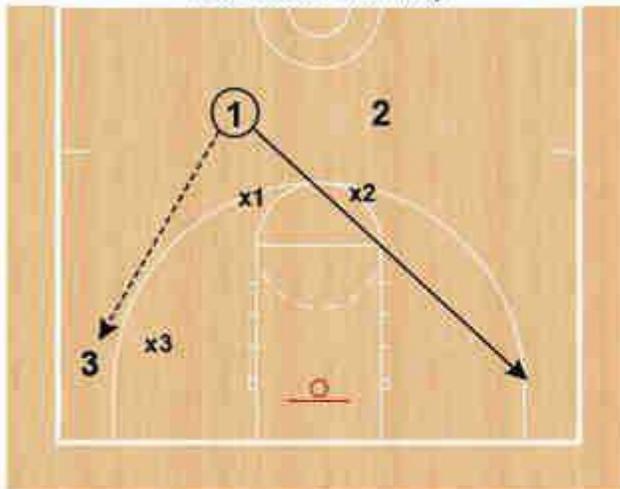
3/3 Double Gaps (Rflur):
 A. Play starts with a Slot to Slot Pass
 B. The Passer then 45 cuts to the Ballside Corner

Blur Screen



3/3 Double Gaps (Rflur):
 A. Once the Double Gap is opened, the Ball Handler attacks it off the dribble.

Pass Down, Cut Away



Pass Down, Cut Away



SSG Practice Concept:

"3/3 Blur Screen" -

In our half-court offense, we place a lot of emphasis on hunting the slot to slot pass, followed by a Blur Screen. We are trying to create confusion, while also opening up a double gap for the basketball to drive into.

So with *3/3 Blur* we are trying to recreate a few of our playing rules surrounding this concept.

Pass & Cut Rules:

- Slot to Slot, Blur Cut
- Pass Down, Cut Away

Players will be simply playing 3/3 with *Cutthroat Rules* (You Score, you Stay) working on all aspects of our half-court offense; pass & cut, driving double gaps, second cutting, etc.

Video - these are just short clips of our players working on 3/3 Blur.

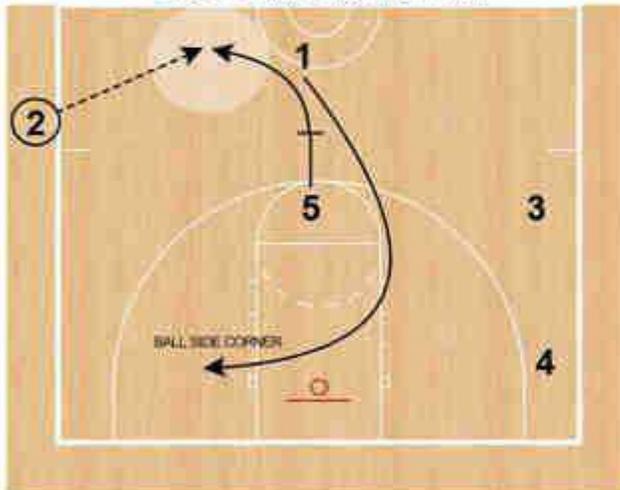
IV - 5/5 Live Play

Ultimately, the game is played 5/5, so we must find an appropriate amount of time to work in this manner. Over the years, one thing that I have really tried to stop doing is constantly interrupting live play. Trying to find a balance between "letting them play" and stopping to make corrections is one of the most difficult aspects of coaching 5/5 play. One way I try to find that balance in practice is to set a clear end to a live play segment. I will often use a *"Here, There, & Back"* concepts to allow players to get 3 uninterrupted possessions, while also giving me a chance to make any appropriate corrections at its conclusion.

One example of this concept being executed would be starting the possession in a BLOB or SLOB opportunity. The team on offense would get an opportunity to work on a special situation, then is forced to defend in transition, followed by a transition opportunity of their own. Perhaps we simply start the possession with a small advantage and then allow it to play out in the half-court, followed by the *"There & Back"* possessions.

Here, There, & Back

SLOB - Back Screen & Flash

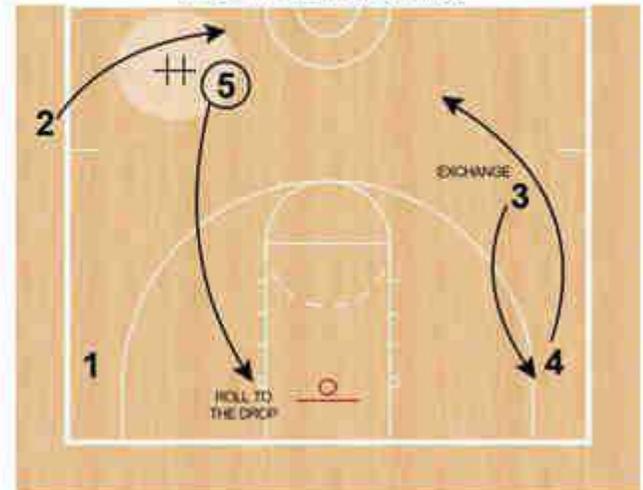


SLOB - Backs Screen & Flash:

To enter the ball we want to back screen for our PG cutting hard to the rim. Our 5 Man then flashes to the ball.

1. 5 Sets Back Screen
2. 1 Flashes to the Rim
3. Ball is Entered to 5

2. DHO to the Inbounder

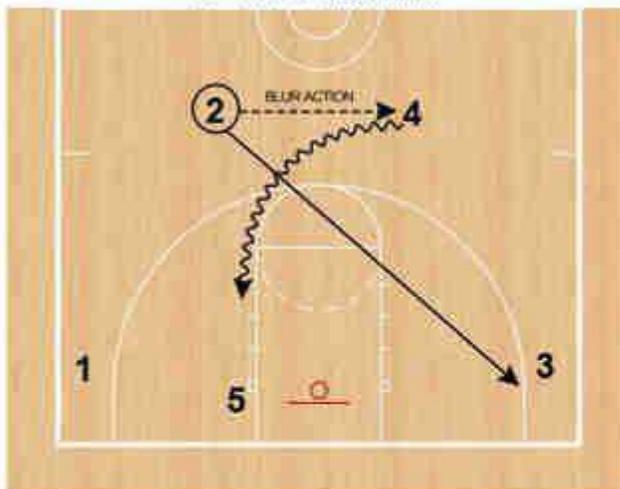


SLOB - Here, There, & Back -

Once the initial SLOB action is conducted we are now ready for Half Court Action and the "Here" possession.

1. DHO with Inbounder is Conducted
2. 5 Man Rolls to the Drop Spot
3. 3/4 Exchange on the Backside

3. "Here" Possession

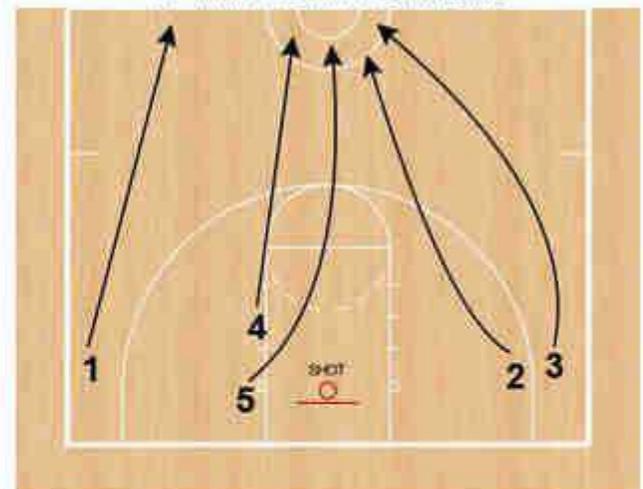


SLOB - "Here, There, & Back" -

Typically we would flow right into our Blur Action with the Slot to Slot pass and Dribble Drive attack from the Slot.

We would play this out 5/5 Live in the Half Court.

4. "There & Back" Possessions



SLOB - "Here, There, & Back" -

From this point are playing live down & back for both teams. This gives us the chance to work on:

1. Offensive Rebounding Strategy
2. Get Back Strategy
3. Transition Offense



5/5 Practice Concept:

"Here, There, & Back" -

As discussed above we will ask our offense to execute our SLOB action.

- Back Screen Entry
- DHO to Inbounder
- Blur Screen Action

From here the offense will work until they get a good shot.

"There & Back" -

Once the ball is scored, or the defense gains possession, play will continue down the other end and back again.

These possessions should be uninterrupted and coaches should hold their critiques until the end of the possession.

Video Clips - here are a few practice clips paired with similar game usage.



Concluding Thoughts

The sample practice plan that was shared in the tweet is one that includes all four of these elements; *Skill Development, Transition, Small-Sided Games & 5/5 Play*. To some extent, these four elements are going to be included in every single practice plan. Whether we are discussing *Dribble Drive Motion* or any other type of offense my approach is to [Identify what the Essential Skills](#) are and then embed them into every element of practice.

Improving our players' skills and then providing them with the space to apply those skills is at the heart of a dribble-drive offense. Players will thrive in the DDM offense with great floor spacing and the creation of driving gaps on the perimeter. The more that we

can help our players learn how to create and attack that space, the more prepared for games they will be.

If you liked this post and want to be notified of future ones be sure to subscribe to our website in the Coaches Corner: www.coachlynchbasketball.com/coachescorner.

Identifying DDM Skills

Updated: Dec 17, 2020

Identify the skills necessary to excel in your offensive system and incorporate them into your skill development portions of practice.

Developing the *skills* necessary to excel within your offensive system is perhaps the most important thing coaches will accomplish on the practice floor. If our goal is to make our practices as efficient as possible then we should probably start by digging into game film and determining what skills are essential to improving our performance. Then we must make time in our practice plans to develop those skills. Once that is done we can plan our practices around building those skills.

During the 2016-2018 seasons we moved away from a more traditional motion offense to more of a dribble-drive motion style offense. We placed a heavy emphasis on the use of dribble handoffs, blur screens, and creating double gaps to attack. After adjusting our scheme we then had to identify which skills were essential to succeed in that type of system. The skills that we decided to invest in heavily were:

- Dribble Attack Technique
- Dribble Stop & Retreat Technique
- Finishing at the Rim
- Quick Pitch Passing & Shooting

These skills would become a key component of our practice plans and were typically used in a progression format. They would be introduced on-air, then applied with guided defense and small-sided games. In the end, the hope was that players would be able to recognize, apply, and then execute those skills in the game environment.



I - Dribble Attacks

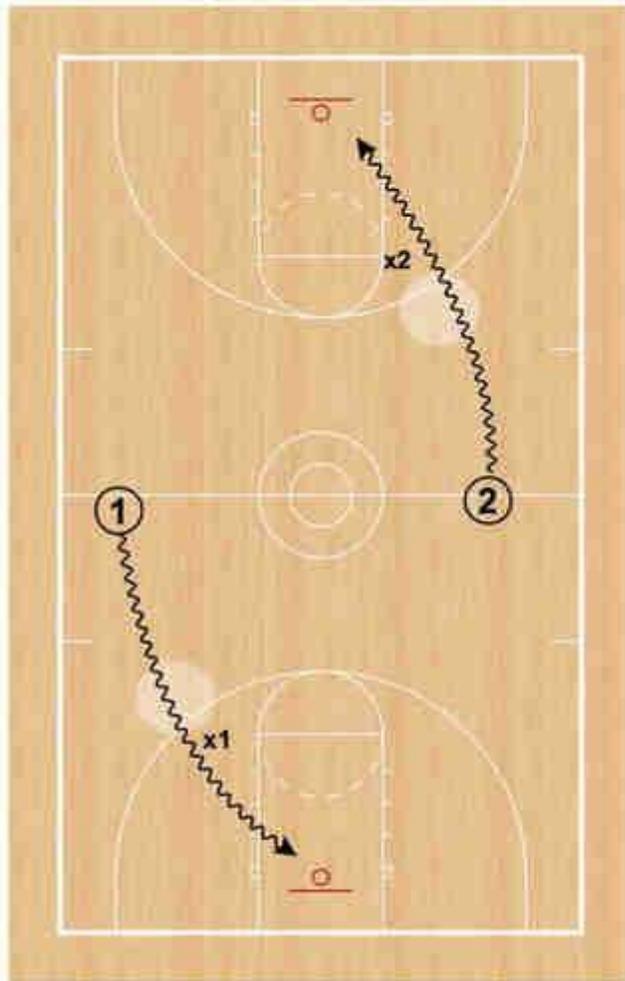
Being able to execute simply attacking moves off the dribble is an essential skill for scoring in dribble drive motion. Whether we are in transition or in the half-court we are trying to create double gaps for the basketball to attack into. Whenever we have a defender that is isolated in the middle of the floor we want players to use a simple dribble attack to collapse the defense. The three *Dribble Attacks* we are teaching:

1. In & Out Dribble

2. Hesitation Dribble
3. Crossover

1/1 Dribble Attacks

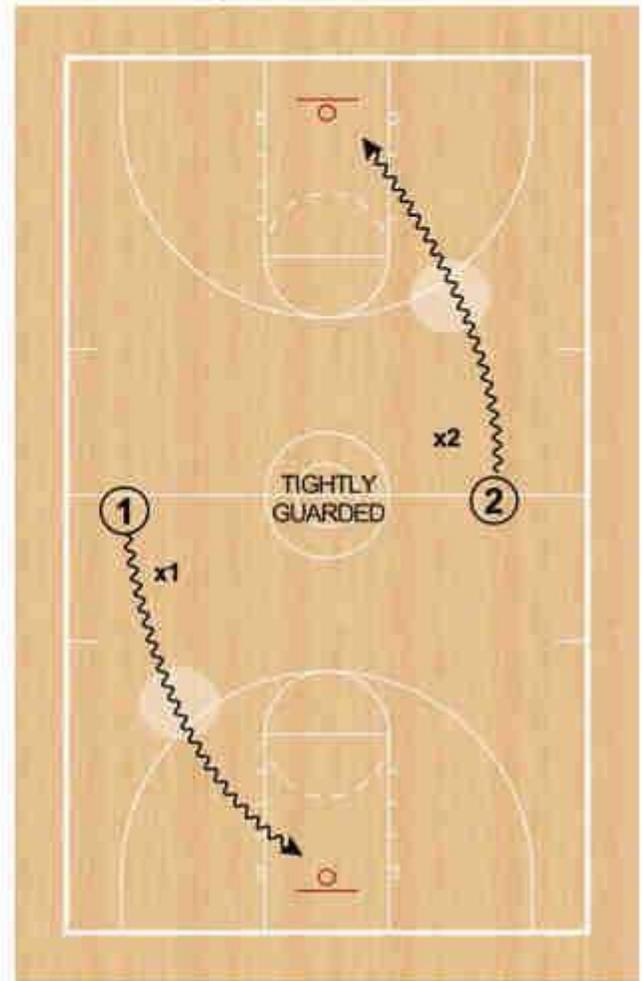
1/1 Dribble Attacks



1/1 Dribble Attack:

- A. Team Gets in 2 Lines
- B. Drill is Rotated Offense to Defense then to the Opposite Line
- C. Offense is Attacking the Rim from Half Court with a Single Hard Move (Hesitation, Crossover, or In & Out)
- D. Defense defends the move without Fouling

1/1 Dribble Attacks



1/1 Dribble Attack (Tightly Guarded):

Drill is Run the Same but the Basketball is tightly guarded from Half Court to the Rim. Ball Handlers Must:

- A. Create Space
- B. Then Attack the Rim



Practice Drill -

"1/1 Dribble Attacks":

Here is a simple drill that combines Dribble Attacks and Finishing at the Rim. The two versions represent two common scenarios:

- Isolated Defender
- Aggressive Defender

In the drill, we are working on dribble attacks and then finishing at the rim. Coaches can either dictate which dribble attack is used, or they can allow the players to execute which one they will use.

- Work Right/Left Side

Video Clips - Examples of applying Dribble Attacks in Games.

II - Dribble Stops

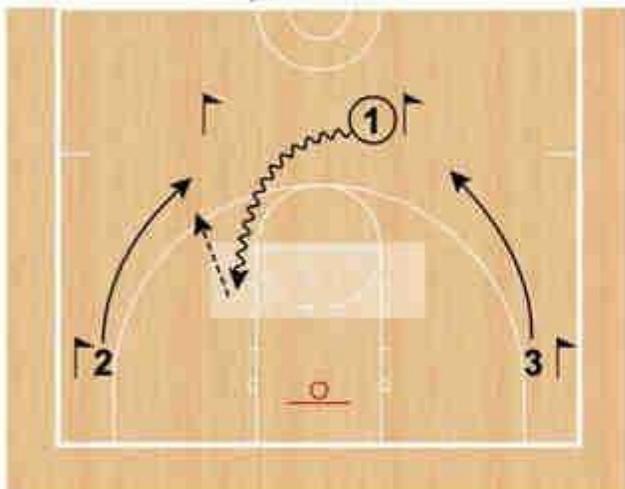
Clean *dribble stops* are an essential part of a dribble-drive offense skill set. The majority of drives are not going to get all the way to the rim, and in order to keep the pressure on the defense, we need to conduct clean stops to keep the ball moving. From a technique perspective, we place heavy emphasis on the use of:

- Stride Stops
- Two Foot Jump Stops
- The use of the Bounce Out Dribble

These three dribble stops allow you to make plays after a failed drive, and in the case of the *Bounce Out Dribble*, allow players to keep the basketball moving.

3/0 Stride Stops

3/0 Slot Drive



3/0 Stride Stops (Slot Attack):
Yellow Area = DDM "Drop Zone"

- A. 1 Attacks from the Slot, and lands a Perfect Stride Stop.
- B. On the Stop, 2 Makes the Kick Up Cut.
- C. 3 Fills From the Back Side

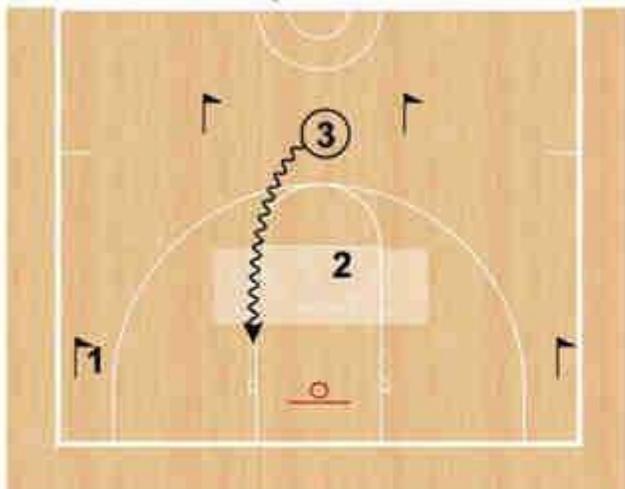
3/0 Wing Drive



3/0 Stride Stops (Wing Attack):

- A. 1 Attacks from the Wing, and lands a Perfect Stride Stop.
- B. On the Stop, 3 Makes the Euro Cut.
- C. 1 Fills to the Corner

3/0 Finish



3/0 Stride Stops (Stride Stop Finish):

- A. 1 Attacks from the Slot, and lands a Perfect Stride Stop for a Finish at the Rim.

3/3 Loaded Version



3/3 Stride Stops (Loaded w/Defense):

Drill Technique Remains the Same except we are executing vs a Live Defense.

Remember we are trying to Score First, then land Stride Stops if we are cut off.



Practice Drill -

"3/0 Stride Stops":

Here is a three-man progression drill in which players land perfect *Stride Stops*, followed by Second Cuts. Once players have moved beyond the 3v0 portion of the drill, we can load the drill with defense.

Drill Progression:

- Slot Drive & Stop
- Euro Cut from Corner
- Left Hand Drive & Stop
- Euro Cut to Point
- Slot Drive & Finish

Video Clips: Examples of players applying dribble stops techniques in games.

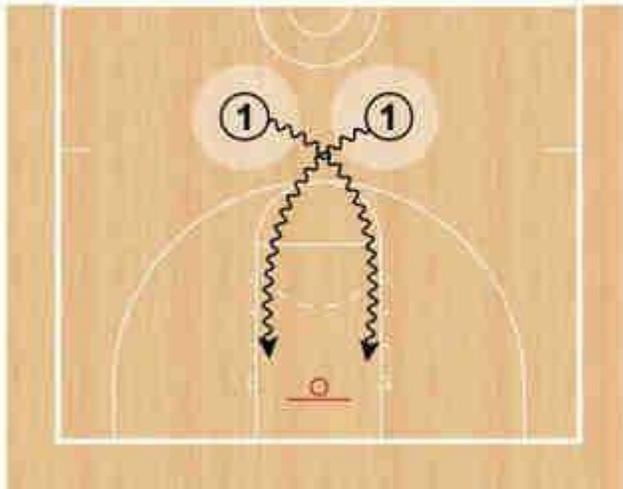


III - Finishing at the Rim

What we are hoping for our players is that they can finish at the rim from multiple angles, and with a variety of finishes. The 1v0 Technique Drill below makes our players finish from the three most common angles within our offense: 1) The Slot Drive, 2) The Wing Drive from the Corner, and the 3) Baseline Drive. We want our players to feel comfortable finishing with at least 1-2 different techniques, from both their strong and weak hand. Over the course of the season, we will emphasize these finishes: 1) Extended Arm, 2) Scoop, 3) Inside Hand, 4) Stride Stop, 5) Jump Stops, and 6) Reverse Pivots.

Finishing School

SKILL DEVELOPMENT



Finishing School: Slot Perimeter Attack
1/0 Finishing from both the Right and Left Slots. Each Player has a ball and one player attacks after the man before finishes his shot.

- Extended Arm
- Stride Stop (Outside Hand)
- Stride Stop (Reverse Pivot)
- Scoop
- Two Foot Power Finish
- Barkley



Finishing School: Wing Perimeter Attack
1/0 Finishing from the Middle Wing Drive and the Baseline Wing Drive areas. Players work on a number of finishing options.

- Two Foot Power Finish
- Stride Stop (Outside Hand)
- Stride Stop (Reverse Pivot)
- Inside Hand
- Reverse (Nash)
- Barkley (Baseline Drive Only)



Finishing School: Technique Finishes
1/0 Drill where players receive a pass then have 1/2 dribbles to make the correct footwork into a given finish.

- Stride Stops (Outside Hand)
- Stride Stops (Reverse Hand)
- Two Foot Power Finish
- Inside Hand
- Scoop



Practice Drills -

1/0 Finishing:

We will use a simple 1.0 finishing drill in the early parts of the season to work on the technique of various finishes.

I would recommend keeping lines short and using as many baskets as possible in order to increase the reps.

Finish Types:

- Extended Arm
- Stride Stops
- Stride Stops, Reverse Pivots
- Scoop
- Two Foot Jump Stop
- Barkley

1/1 Russian:

1/1 Russian is a drill that we typically do from the top of the key, and on occasion from the wing. Here we have moved on to *Guided & Live Defenses* while working on finishing technique.

IV - Drive & Kick Shooting

On top of developing our players' ability to attack, finish, and come to clean stops, we want our players to be able to make the *Quick Pitch* pass versus help defense. A good dribble drive offense is going to be constantly collapsing the defense, so working on drive and kick opportunities becomes an essential skill. We are not only working on the passer but the timing of the off-the-ball players as well.

General Points of Emphasis:

- Develop a Catch to Shoot Mentality
- Finding the Passing Window
- Both Quick & Late Pitch Passes

Chair Drill

SKILL DEVELOPMENT



Chair Drill – (Quick Pitch)

- Ball Handler Drill the Slot
- Passer Kicks it to the Corner Man

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – (Kick Up)

- Ball Handler Drill the Slot
- Passer Stride Stops & Makes the Kick Up Pass
- Shooter Shoots

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – (Nash)

- Ball Handler Drill the Slot
- Passer Dribble Through the Paint
- Passer Kick to the Corner Man for the Shot

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – "One More" (Quick Pitch)

- Ball Handler Drill the Slot
- Passer Kicks it to the Corner Man

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – "One More" (Kick Up)

- Ball Handler Drill the Slot
- Passer Stride Stops & Makes the Kick Up Pass
- Shooter Shoots

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – "One More" (Nash)

- Ball Handler Drill the Slot
- Passer Dribble Through the Paint
- Passer Kick to the Corner Man for the Shot

* Passer become Shooter, Shooter gets Rebound.



Practice Drill -

Chair Drill Shooting -

Here is a staple 2v0 Shooting Drill that is designed to shoot the three most common Drive & Kick opportunities that our players get.

Players get 2-3 shots at each of the three locations, and then the same is repeated on the opposite end of the floor.

Drill Addition:

- Add a Coach as Defender

That coach can help *Early or Late* to help the passer make the right read.

Video Clips: Examples of players executing Drive & kick opportunities.



Concluding Thoughts -

This post is centered around the essential skills that we identified for our dribble drive offense, but coaches could apply this logic to whatever offensive system they employ. Once we identify the essential skills we need to find ways to embed those skills into as much of our practice plan as possible. These skills can be worked on in not only skill development portions of practice but in small-sided games and eventually 5/5 advantage situations. I think the last piece of the puzzle is making sure we can find examples of these skills being applied in gameplay.

If you liked this post and want to be notified of future ones be sure to subscribe to our website in the Coaches Corner: www.coachlynchbasketball.com/coachescorner.

Finishing School (II) - Practice Drills

Updated: Oct 30, 2020

Part II of the Finishing School series is going to focus on the single player and 1/1 drills that we use to work on finishing at practice.

Our Finishing School segment of practice is a 15-20 minute window in which we will present a progression of drills to work on finishing at the rim. We will use a combination of 1/0 Technique Finishes, 1/1 Guided Defense, and then 1/1 Live Play to allow players the opportunity to work on finishing in a progressive format. I think in general it is worthwhile to cut down on the total number of "different drills" you use in these segments, and focus your efforts on improving the technique of the finishes.



1/0 Finishing

1/0 Finishing is something we are doing at the start of practice. This is a drill segment focused on the footwork and technique required in various finishes that we want our players to use. We want the attacks to come from the most common driving areas in our offense. That being said the majority of them will begin with a drive from the slot or the wing. Since we generally like to build with a progression of drills the most common 'starting drill' we use is what we call *1/0 Finishing*.

Some Thoughts About Organization:

1. Create Groups of 3-4 Players, Utilize as Many Baskets as Possible.
2. Pick a *Few Finishes* each Day & Focus in on them.
3. Make it Competitive, Award "Wins" to the group with the Fewest Misses.

Finishing School

SKILL DEVELOPMENT



Finishing School: Slot Perimeter Attack
1/0 Finishing from both the Right and Left Slots. Each Player has a ball and one player attacks after the man before finishes his shot.

- Extended Arm
- Stride Stop (Outside Hand)
- Stride Stop (Reverse Pivot)
- Scoop
- Two Foot Power Finish
- Barkley



Finishing School: Wing Perimeter Attack
1/0 Finishing from the Middle Wing Drive and the Baseline Wing Drive areas. Players work on a number of finishing options.

- Two Foot Power Finish
- Stride Stop (Outside Hand)
- Stride Stop (Reverse Pivot)
- Inside Hand
- Reverse (Nash)
- Barkley (Baseline Drive Only)



Finishing School: Technique Finishes
1/0 Drill where players receive a pass then have 1/2 dribbles to make the correct footwork into a given finish.

- Stride Stops (Outside Hand)
- Stride Stops (Reverse Hand)
- Two Foot Power Finish
- Inside Hand
- Scoop

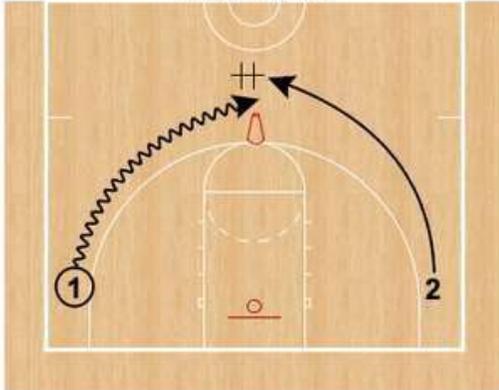
Russian Series

The *Russian Series* of Finishing Drills is something that we have come to use a lot in practice. It is a simple drill that is really easy to load and unload. The Drill will always begin with a Dribble Handoff at the Point (*Although Sometimes We will start at the Wing*), and then transform into a 1/1 or 2/2 opportunity. After Finishing at the rim players switch lines and play the other side of the ball.

The Russian Series is simulating a Slot Drive and then the two most common reads that you will encounter vs help defense. In most cases we will start the Russian Series with a 'Guided Defense Instruction' (*Examples Listed Below*). After a few repetitions we will then move to a Live Session in which the defense is just trying to get a stop or contest the finish.

1/1 or 2/2 Russian (Reads)

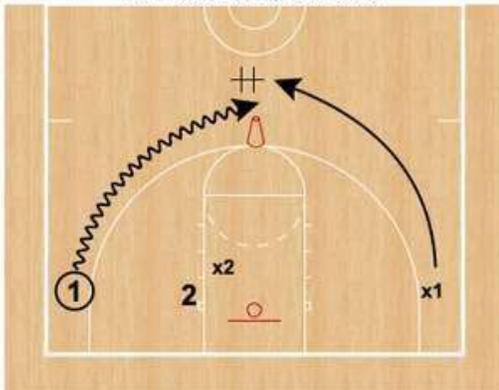
1/1 Russian (Rack)



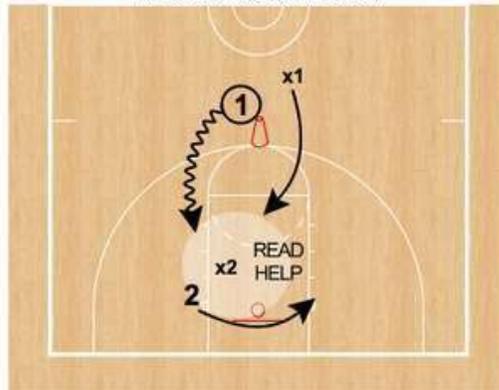
1/1 Russian (Rack)



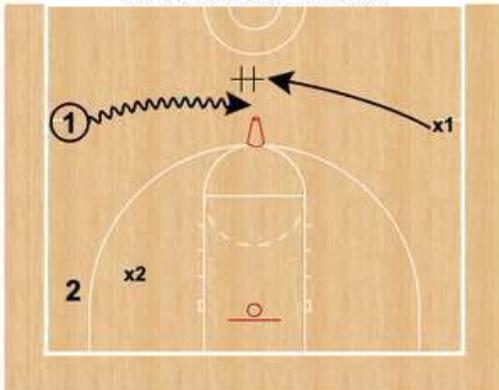
2/2 Russian (Drop Pass Read)



2/2 Russian (Drop Pass Read)



2/2 Russian (Quick Pitch Read)



2/2 Russian (Quick Pitch Read)



1/1 Guided Defense:

Generally we like starting the Drill with "Guided Defense". In a segment like this we are telling the defense what to do. This does not involve much decision making, but will put a little more stress on the offense to finish. This can help to give players a more realistic context for the "why?" in the game setting.

Examples of Guided Defense Instructions:

1. Extended Arm or Scoop = Try to Block from Behind
2. Stride Stop, or Inside Hand = Meet them at the Rim for a Block
3. Stride Stop, Reverse Pivot = Defense Cuts them off, forcing the stop
4. Jump Stop = Defense Slaps at the ball, to Simulate "Going Through Arms"

2/2 Session Guided Defense Instructions:

1. 2/2 Drop - Tell Center to Attack the Ball every 3rd Rep
2. 2/2 Drop - Tell Center to Stay with his man every other Rep
3. 2/2 Drop - Tell the Defender to Switch, Forcing a Barkley or Stride Stop
4. 2/2 Quick Pitch - Tell the Corner Help to Attack the Ball Every 3rd Rep
5. 2/2 Quick Pitch - Tell the Defender to Stunt Everytime

Live Sessions

The *Live Sessions* would ultimately involve the most decision making and would be scenarios where coaches would back off and allow the players to choose which option applies.

3/3 Double Gaps

Obviously Finishing does not always happen in neat 1/1 or 2/2 scenarios, so having a few drills in your Finishing School segments that present players with Double Gaps to attack off the dribble will add value to the session. We like to use a drill called *3/3 Double Gap* which allows us to explore three different Dribble Attack options. We like this segment a lot because 1) they are rules within our offense, and 2) they both create Double Gaps for our offensive players to apply decision making.

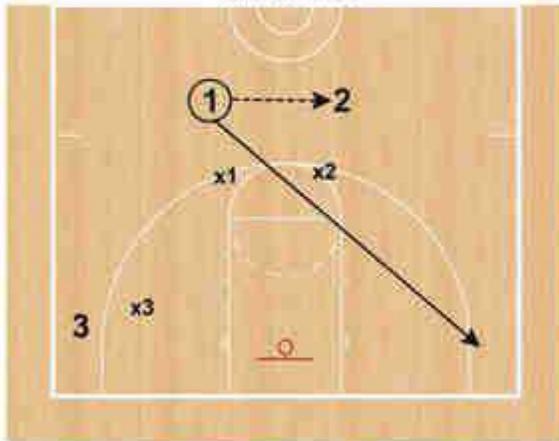
3/3 Double Gap Options:

- A. Slot to Slot Pass = The Passer Automatically Cuts to the Ball Side Corner (Blur)
- B. Slot to Wing Pass = Passer Automatically Cuts Away
- C. Swing/Snap = Ball Gets Doubled & Passed Down



3/3 Double Gaps SKILL DEVELOPMENT

Blur Screen



Blur Screen



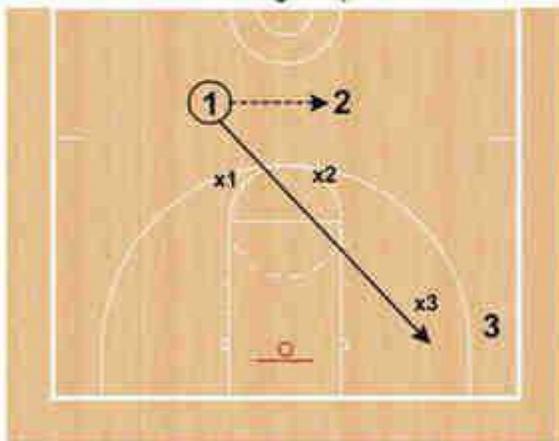
Pass Down, Cut Away



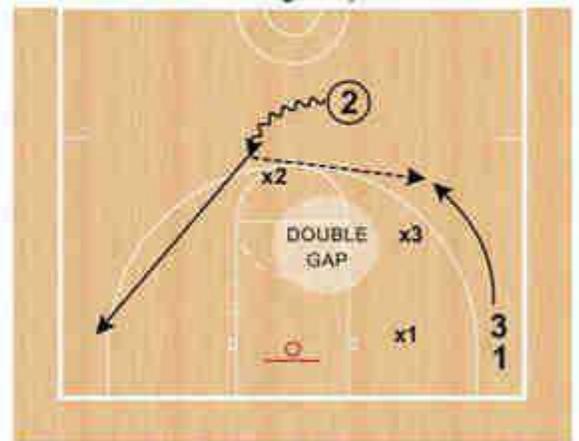
Pass Down, Cut Away



Swing/Snap



Swing/Snap



Resource on Finishing Technique:

Check Out Doug Novak's 'Point of Attack' Video & Webpage (Bethel College):
<https://twitter.com/LeicBasketball/status/1136439159701286913>

Resources for Creating Double Gaps:

Check Out @RadiusAthletics's articles for more info on 'Double Gaps':
<http://team.fastmodelsports.com/2018/11/08/gap-creating-cuts/>
<https://www.patreon.com/posts/double-gap-22278268>

Concluding Thoughts

Regardless of what your team does on the offensive end scheme wise, having a Finishing School segment in your practice plans can pay dividends. I believe that showing players different finishes, when to use them, and then giving them opportunities to apply them at practice is an effective way to present it. The drills that you use do not have to be overly complex or involved, but simply present the players will opportunity to learn the technique, and then add context to it.

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Michael Lynch

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- Jul 9
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- 9 min read

Skill Development Practice Concepts

Updated: Oct 12

We are going to try and incorporate Skill Development into every single practice plan we make. Here are some of the practice concepts that we commonly use.

In this post, we are taking a look at offensive *Skill Development* and how we incorporate it into our practices. I am looking at Skill Development as the fundamentals that are going to help us succeed in the offensive system we are running. These are not going to be things that change year to year because these fundamental skills; *ball-handling, finishing, shooting, & decision making* are going to be necessary regardless of what system you are running. Perhaps we may lean more heavily on one particular skill if it is weak or if it is a bigger component of your offensive system, but for the most part, these are universal fundamental skills.

I wanted to make a few points about practice planning before we dive into the practice concepts. My first point is that from a practice design standpoint, we want to incorporate *Skill Development* into every practice plan. If we get lost in the schematic part of coaching and ignore the Skill Development aspect, then we won't see the improvement that is necessary for us to succeed. My second point was that we have to make sure that our practice concepts are evolving over the course of the season. We need to add appropriate layers of decision-making and complexity to our practice concepts as we move through the season.

Here are some other Skill Development Posts to Check out:

- [Designing a DDM Practice Plan](#)
- [Finishing School Deep Dive Page](#)
- [Motion Offense Shooting Drills](#)



Passing & Ball Handling -

Passing & Ball Handling are two of the core fundamentals that we are going to incorporate into our practices. The ability to handle the basketball without turning it over is essential for the guards in our program. Creating space and finding ways to attack the rim from neutral situations are things we must work on. Being able to pass the basketball on time and on target is a skill that is essential to nearly any offense. We are going to make sure that we find ways to incorporate that in practice one way or another.

Skills – Five Spot Passing



A. Initial Pass

Five Spot Passing - This is a drill focusing on passing, communication & finishing. We like to do this at the start of practice or to end a Pregame Practice.

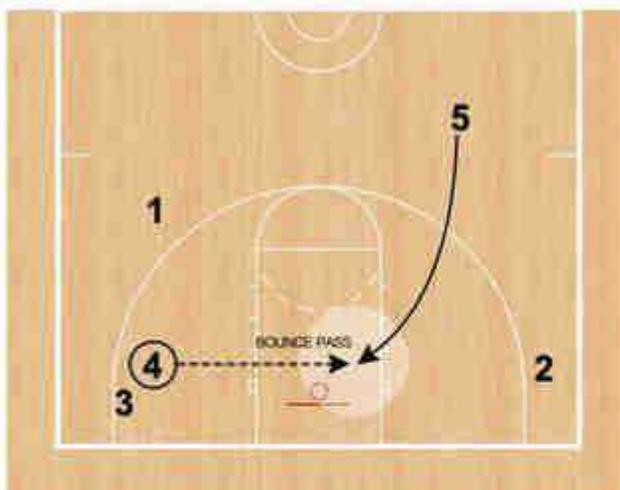
1. Ball Starts on Baseline (1)
2. Pass is Made to the Opposite Wing (2)
3. Always Follow your Pass



B. Pass Opposite & Follow

Five Spot Passing - This is a drill focusing on passing, communication & finishing. We like to do this at the start of practice or to end a Pregame Practice.

1. You always Pass to the Player Opposite You
 - Baseline to Opposite Wing
 - Opposite Wing to Corner
 - Corner to Corner
2. All these Passes should be Chest Passes



C. Finish

Five Spot Passing - This is a drill focusing on passing, communication & finishing. We like to do this at the start of practice or to end a Pregame Practice.

1. The Last Pass in the Rep is made from 4>5
2. 5 is Sprinting in for Lay-Up
3. 4 Hits him with a Bounce Pass



Five Spot Passing -

Concept:

The main concept is that you make an on-target pass and then rotate to the line that you passed to.

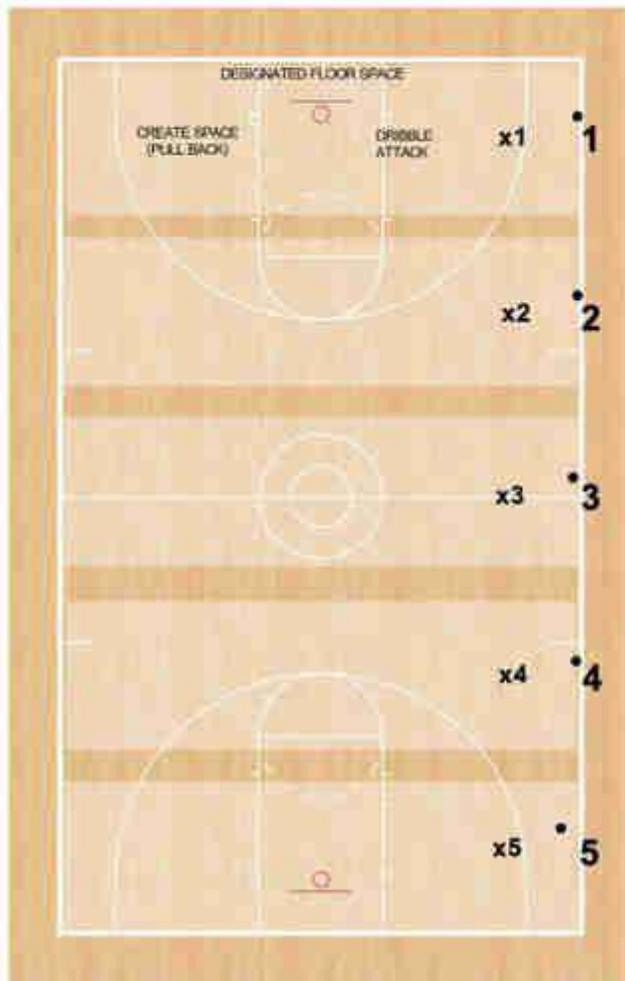
In the top-left diagram, you can see the rotation that a player would make from spot to spot.

Passing:

Coaches can demand any pass that they want, but we typically require every pass to be an on-target chest pass, except the last one.

The last pass from 4-5 should be a timed bounce pass for a layup.

Skills – 1/1 Sideline



A. 1/1 Sideline

1/1 Sideline – This is a skill development drill working on ball handling and the ability to create space.

- Player Pair has a designated area to work
- Off Player Executes on Dribble Attack
- Off Player Executes Space Creation
- Defensive Player maintains 'Arm's Length'
- Players Switch Off to Def on the Comeback



A. Rep Details

1/1 Sideline – This is a skill development drill working on ball handling and the ability to create space.

Note:

The idea is perform the specific Dribble Attack and then work on creating separation.

- Rep 1 – In & Out
- Rep 2 – Hesitation
- Rep 3 – Crossover
- Rep 4 – Spin Dribble
- Rep 5 – Turn Your Back & Go



1/1 Sideline -

Organization:

Players are paired up with someone of a similar skill set. We are generally going to get 5 lines across the court to maximize the number of players involved.

Goals:

We have two basic goals with this concept:

- Work on Dribble Attack Moves
- Work on Creating Space

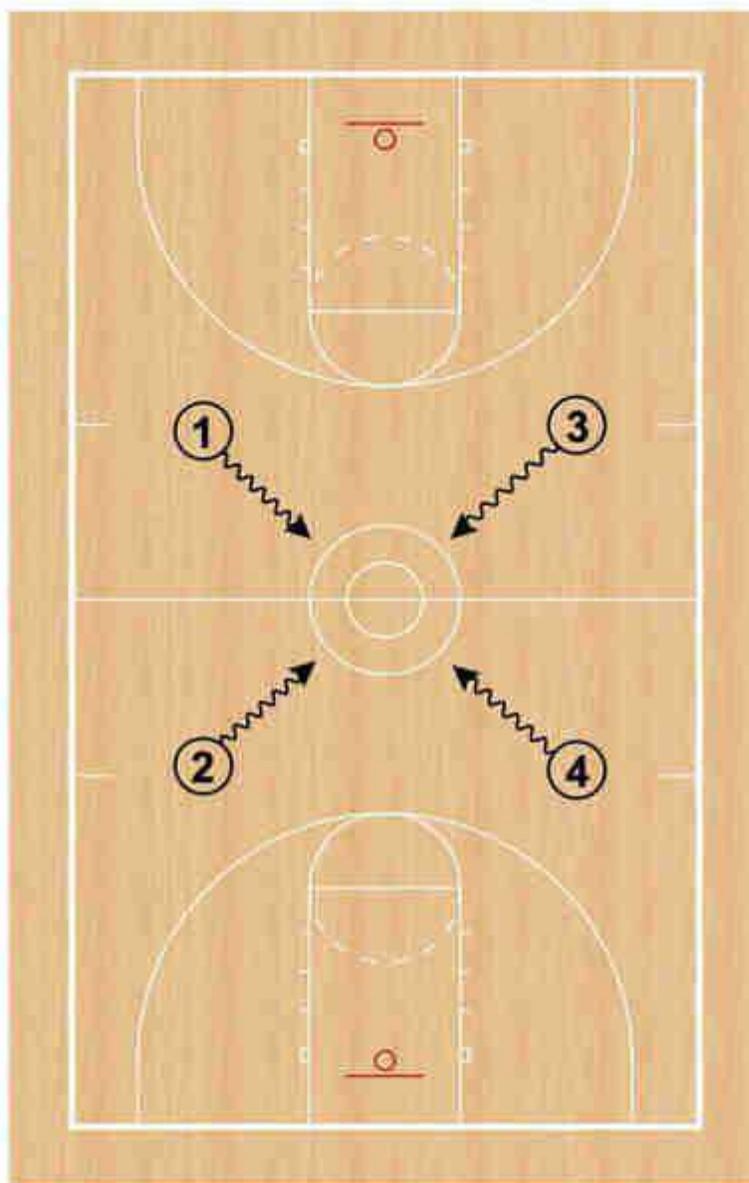
How it Works:

One each trip down the court we want to get players to work on 1) *The Dribble Move*, and 2) *Creating Space*.

As you can see in the left-hand diagram we would like the move to be made about a third of the way down the court, and then again about 2/3 of the way down the court. After the second move we are asking the offensive player to create space from his defender using a pull-back dribble.

- Make Sure to change Off to Def at each end of the Court

Four Square



Four Square:

Players get into Four Lines facing mid court. Players then perform the Dribble Starts, Dribble Stops, Protection Plans, and Passes performed within the offense.

- Perfect Catch "Swing Pass"
- Snap
- Jump Skip Pass
- Stride Stop (Back Fill)
- Stride Stop (Reverse Pivot)
- Bounce Out
- Nash
- Barkley



Four Square -

Organization:

Players are going to get in four lines facing the half-court circle. We want to keep the groups small and only have about 3-4 players in each line.

Goals:

The goal of this practice concept is to work on our Dribble Stops.

- Passing
- Stride Stops
- Pivoting
- Escape Plans

How it Works:

We want all four lines attacking at the same time, using the center circle line as our stopping point. Essentially we are working on various aspects of our ball handling, Dribble Stops, and Escape Plans. On almost every aspect we are conducting our move and then passing to the next person in our line.

- This is Mostly an Early Season Practice Concept



Finishing -

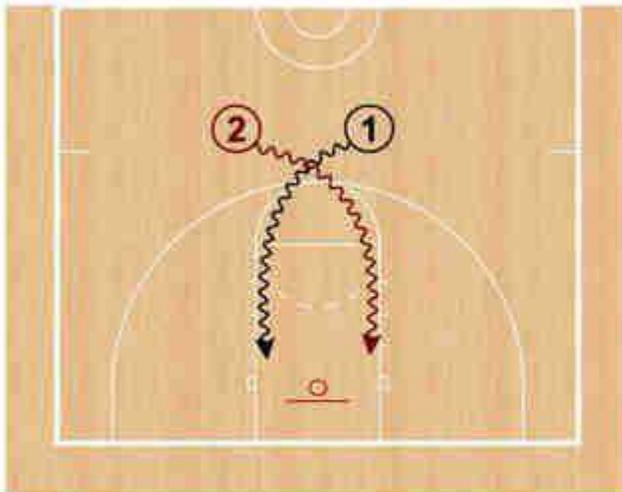
The most efficient shot in the game is a layup, but realistically very few layups come uncontested. So if we want to maximize our offensive efficiency we need to make *finishing* a high-priority skill in our practices. The options to work on finishing in practice are virtually endless, but there are few things that I think coaches should take into consideration when choosing which concept to employ.

- Where do the majority of your scoring drives come from?
- How can we add Guided or Live Defense?
- What finishing techniques will we teach?

Check Out our Finishing School Deep Dive Page:

- [Finishing School Deep Dive](#)

Skills – 1/0 Finishing School



A. Slot Drives

1/0 Finishing – This is a drill in which we are working on the technique of finishing at the rim. This is a drill we will typically do in the Skill Development portion of practice.

Finishes:

- Basic: Ext Arm, Jump Stop, Inside Hand, Scoop
- Advanced: Stride Stop, Reverse, Barkley

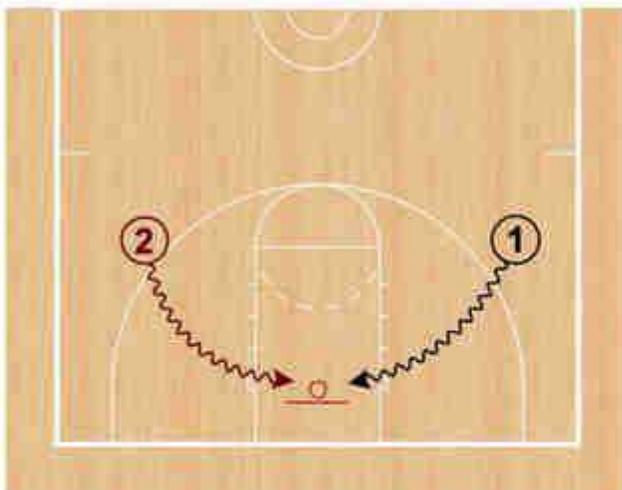


B. Drive the Elbow

1/0 Finishing – This is a drill in which we are working on the technique of finishing at the rim. This is a drill we will typically do in the Skill Development portion of practice.

Finishes:

- Basic: Extended Arm, Jump Stop, Stride Stop
- Advanced: Stride Stop, Reverse, Spin, & Barkley



C. Baseline Drive

1/0 Finishing – This is a drill in which we are working on the technique of finishing at the rim. This is a drill we will typically do in the Skill Development portion of practice.

Finishes:

- Basic: Extended Arm, Inside Hand, Inside Hand
- Advanced: Nash, Barkley



D. Two Foot Technique

1/0 Finishing – This is a drill in which we are working on the technique of finishing at the rim. This is a drill we will typically do in the Skill Development portion of practice.

Spot #4 (In Close Technique):

- Stride Stop (Outside Hand)
- Stride Stop (Reverse Pivot)
- Scoop
- Two Foot Power Finish
- Barkley



1/0 Finishing -

Organization:

Ideally, we want to use as many baskets as possible to increase reps. In most cases, we are using the four side hoops in groups of three.

From a spacing perspective we are going to be attacking from the most common scoring areas :

- The Slot
- The Wing

Goals:

This is probably a concept that we are using early in the season as we are teaching guys the technique of the finishes.

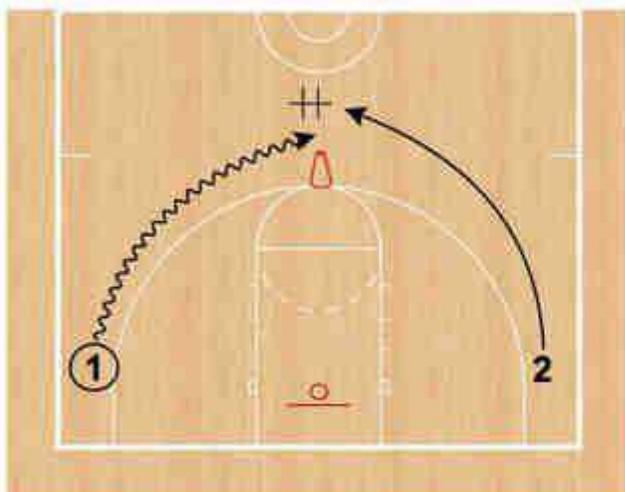
Our Goals are:

- Perfect Technique
- Then Apply Decision-Making

How it Works:

We are simply creating small groups (2-3 Players) and working on attacking the rim with the intent to finish in a certain way. Once a player finishes at the rim, he returns to the end of the line, and the next player attacks the rim.

Skills – 1/1 Russian



A. DHO Entry

1/1 Russian – This is a finishing drill that uses either guided or live defense. This Drill can be done from the Point or the Wing.

1. Two Lines
2. Line "1" Dribble to the Top of the Key
3. Line "2" Runs to the Top of the Key
4. Conduct a DHO & Play Live

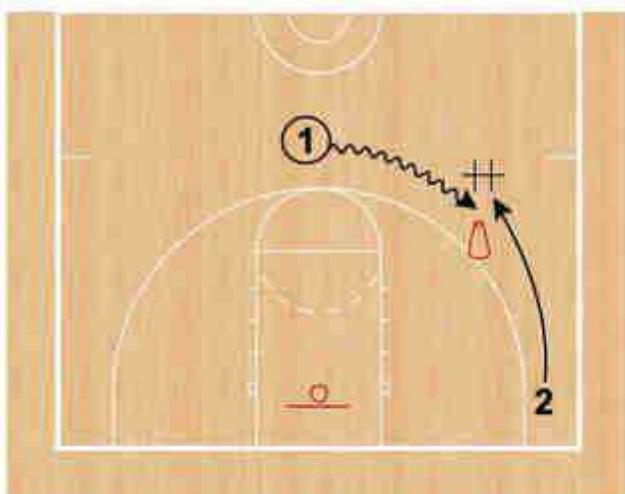


B. Attack Rim & Defend

1/1 Russian – This is a finishing drill that uses either guided or live defense. This Drill can be done from the Point or the Wing.

1. 2 is Attacking the Rim
2. 1 is Defending

Coaches can dictate the finish they want, or allow players to score with any number of finishes.



C. Wing DHO Entry

1/1 Russian – This is a finishing drill that uses either guided or live defense. This Drill can be done from the Point or the Wing.

1. Two Lines
2. Line "1" Starts at the Top of the Key
3. Line "2" Starts in the Corner
4. Conduct a DHO & Play Live



D. Attack the Rim

1/1 Russian – This is a finishing drill that uses either guided or live defense. This Drill can be done from the Point or the Wing.

1. 2 Attacks the Rim
2. 1 Recovers to defend
3. Switch Lines



1/1 Russian -

Organization:

Players get in two lines, each one starting on the baseline, near the three-point line.

If coaches want to reduce lines I recommend splitting into two groups and then using an *Assistant Coach* at the other end of the court.

Goals:

The goal is to work on finishing at the rim with some form of resistance by the defense.

We are typically going to use two phases to the concept:

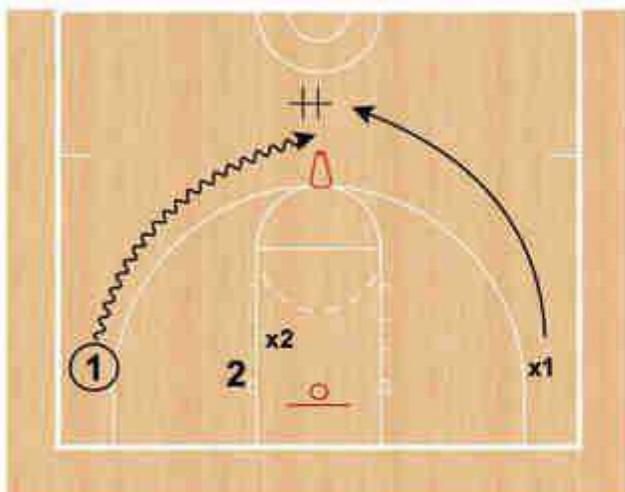
- **Guided** - Prescribed Defensive Action
- **Live** - Player Determined Defensive Reaction

How it Works:

Essentially the player with the basketball conducts a DHO with the other player who is circling the three-point line. Once the handoff is conducted, the player with the ball attacks the rim, and the other scrambles to defend the drive.

- Once the shot is taken the next two players go.

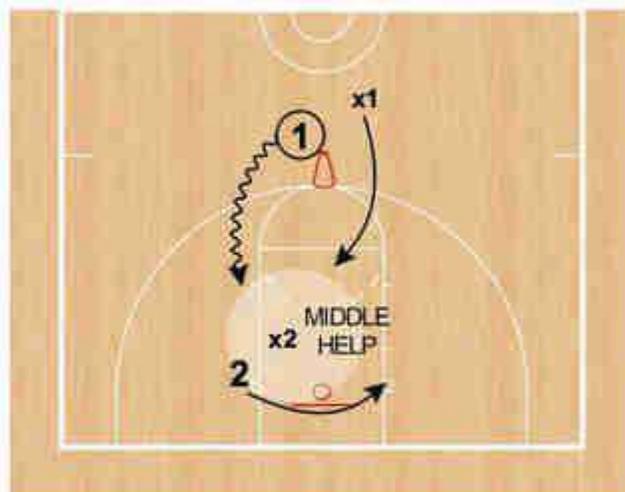
Skills – 2/2 Russian



A. DHO Entry

2/2 Russian – This is a skill development drill used to work on extending a small advantage into a shot. The help can come from the middle or perimeter.

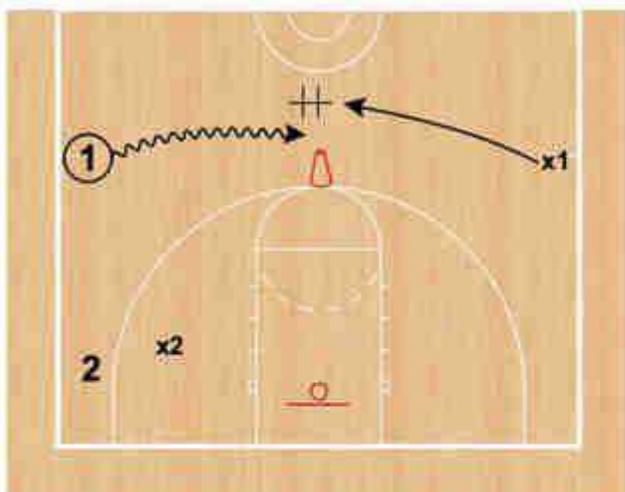
1. Same DHO Entry as 1/1 Russian
2. A "5 Man" and an Extra Defender now await the ball.



B. Drop Pass Read

2/2 Russian – This is a skill development drill used to work on extending a small advantage into a shot. The help can come from the middle or perimeter.

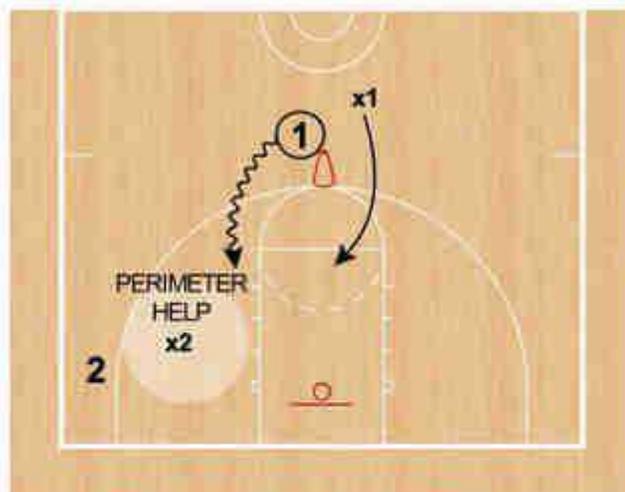
1. 1 is Looking to Score First
2. 2 Slides Away from the Drive



C. Sideline Entry

2/2 Russian – This is a skill development drill used to work on extending a small advantage into a shot. The help can come from the middle or perimeter.

1. Sideline Entry into a DHO
2. A Wing Player & a Defender Await in the Corner



D. Quick Pitch Read

2/2 Russian – This is a skill development drill used to work on extending a small advantage into a shot. The help can come from the middle or perimeter.

1. 1 is Looking to Score First...
2. 1 is Looking for the Kick Out Pass Second

2/2 Russian -

Organization:

Here we are building off of the previous concept by preloading the help defense.

Again, we are getting into two lines with a pair of players designated as either our interior help or perimeter help.

Goals:

We are trying to work on two concepts that are seen in nearly every offense:

- The Drop Pass
- The Quick Pitch

How it Works:

Just as in the above concept we are conducting our DHO and then attacking the rim. This time we have some quick decisions to make with our help defense.

- **Drop Pass** - vs Center Help do we Finish to Drop it Down
- **Quick Pitch** - vs Perimeter Help do we Finish or Kick Out



Shooting -

Like most teams, we are placing a priority on getting shots up in our practices. As a general rule of thumb, we are trying to make these shots as game-like as possible. By "game-like" we are talking about getting guys' shots in the most common locations, as well providing a passer/driver in each scenario. Incorporating some form of decision-making into these concepts is something that we need to keep in mind as we progress the season as well.

Skills – Chair Drill



A. Shot #1 – Slot Drive

Chair Drill – This is a Skill Development drill in which we are working on Drive & Kick opportunities as they emerge in the game.

1. 1 Attacks the Slot with a Drive
2. Player Two "Helps on the Ball"
3. 1 Delivers the Pass to 3
4. 3 Catches & Shoots

Rotations:

1 > 2 > 3 > 4



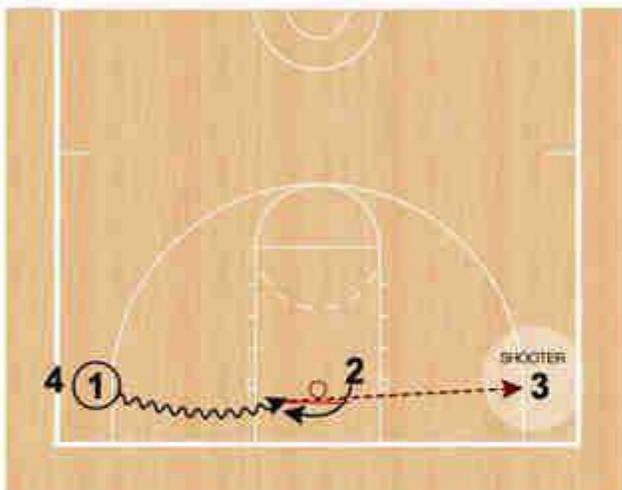
B. Shot #2 – Drive the Elbow

Chair Drill – This is a Skill Development drill in which we are working on Drive & Kick opportunities as they emerge in the game.

1. 1 Attacks the Elbow with the Drive
2. Player Two "Helps to the Ball"
3. 1 Delivers the Pass to 3
4. 3 Catches & Shoots

Rotations:

1 > 2 > 3 > 4



C. Shot #3 – Baseline Drift

Chair Drill – This is a Skill Development drill in which we are working on Drive & Kick opportunities as they emerge in the game.

1. 1 Attacks the Baseline with a Drive
2. Player Two "Helps to the Ball"
3. 1 Delivers the Pass to 3
4. 3 Catches & Shoots

Rotations:

1 > 2 > 3 > 4



Chair Drill -

Organization:

Essentially we want a line at the point with two basketballs with the first two players.

Then we want a shooter ready on the wing. Players will ultimately rotate from passer to shooter to the end of the line.

Ideally, we want the team split in half using both ends of the court.

Goals:

We are working on the most common type of perimeter shot, the [*Quick Pitch*](#). We are simulating a defensive player helping on the drive and us getting a kick-out shot.

How it Works:

We are basically working on the most common two-man drive and kick actions. There are essentially three shows we are taking on each side of the floor. The three shots are:

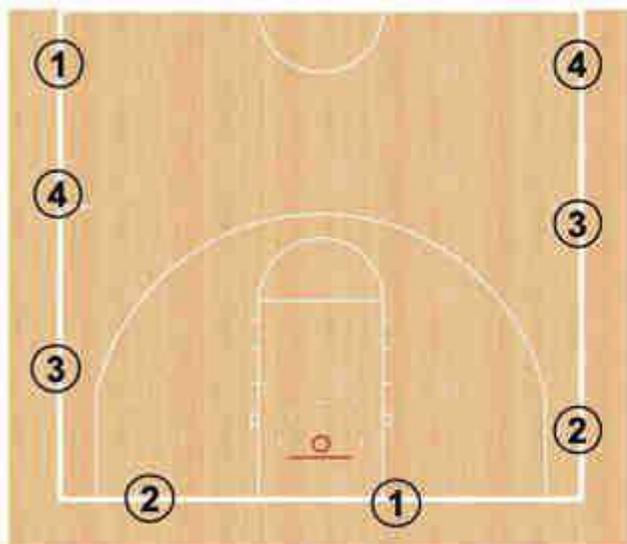
- Slot Drive & Kick
- Wing Drive & Kick
- Baseline Drive & Kick

Form Shooting -

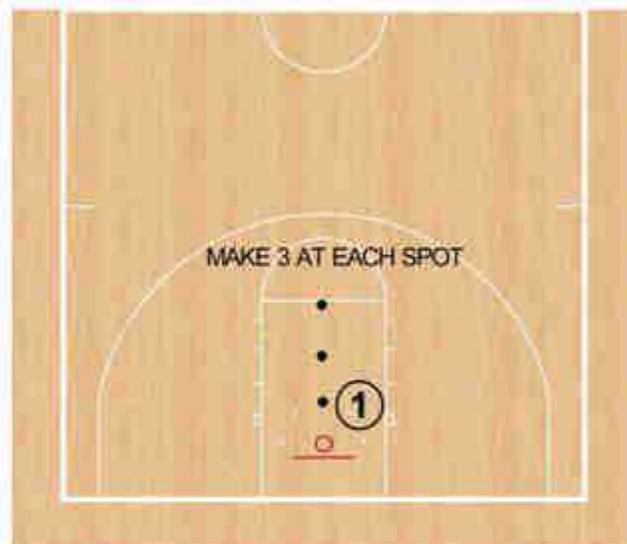
There are certainly detractors of *Form Shooting*, but as a High School Coach, I think this is something worth investing in. Most years we are getting players with seriously flawed shooting strokes, and because of this, it makes sense to spend time on the basics.

When you add in the limitations on offseason coaching in Massachusetts it makes it a no-brainer to make form shooting part of your routine.

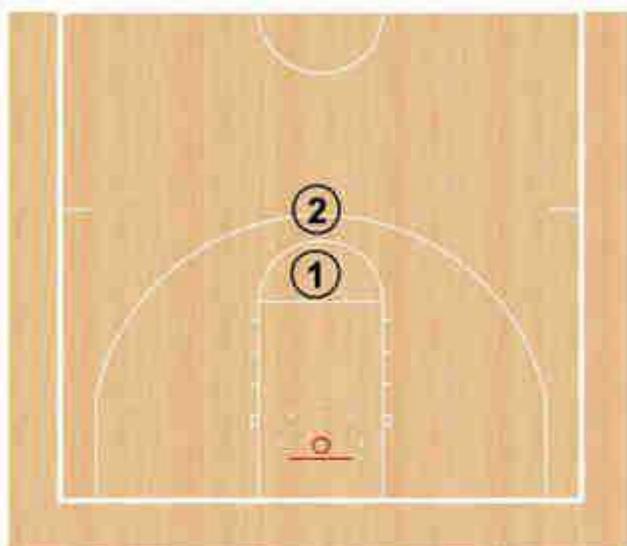
Form Shooting



1 - Straight Line Warm Up



2 - Paint Build Up



3 - One Dribble Free Throws

Form Shooting Concepts -

Straight Line Warm-Up:

Players spread out all over the gym and find a straight line somewhere on the court.

- Work on Elbow In
- Follow Through
- One Motion Shot

Paint Build Up:

Players get into small groups of 2-3 players. The goal is to make 3 clean makes from each spot in the paint.

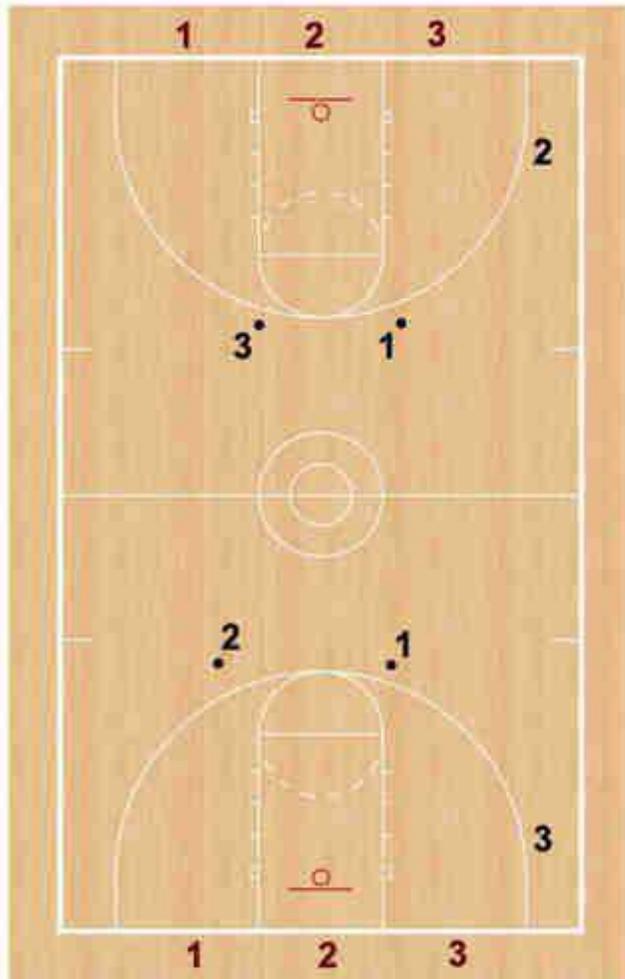
- Take 1 Shot
- Rotate Through

One Dribble Free Throws:

Players get in pairs and take turns taking free throw line shots. Players can not go through a routine, they can only take one dribble, get into their one motion shot & follow through.

- Coaches Set a Number of Makes and Establish a Time Frame (2 Minutes)

Skills – Olympic Shooting



A. Setup

Olympic Shooting – This is a three man shooting drill focused on passing and relocating outside the three point arc. This will typically be done during the Skill Development Period.

- :45 second Timed Shooting
- 3 Players at a Time
- Two Balls in the Drill
- Players can take Shots from Slots/Corners
- After Shooting Players Must Pass
- After Passing Players Must Relocate

1. 1 Shoots, Rebounds & Passes to 3
2. 2 Shoots, Rebounds & Passes to 1
3. 3 Shoots, Rebounds, & Passes to 2



B. Shoot, Pass, & Relocate

Olympic Shooting – This is a three man shooting drill focused on passing and relocating outside the three point arc. This will typically be done during the Skill Development Period.

- Drill Progression:**
- Shoot, Pass, & Relocate
 - Always Pass to the Same Player
 - Relocate to an Open Spot



Olympic Shooting -

Organization:

We are going to split the team in half and then ask that they split themselves into two groups.

We are typically setting a timer for 30 seconds and charting how many makes each group makes.

Goals:

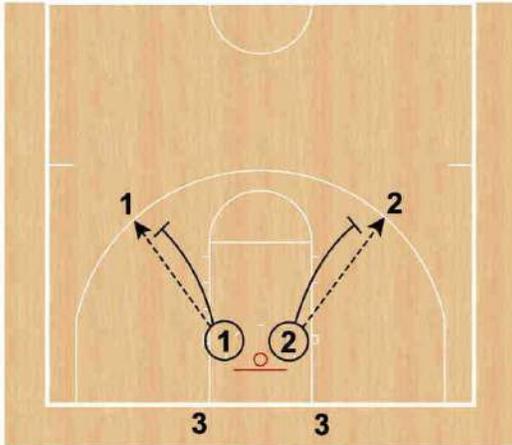
The goal is to get the groups to challenge each other to make the most shots in a prescribed time.

How it Works:

The first player takes his shot, as soon as he does the second player with the basketball takes his. After rebounding the ball the player who had shot the ball passes to the only player without the ball. After passing the player should sprint to one of the four designated spots on the floor (we choose the slots and corners).

- We Really Emphasize Perfect Passes
- Encourage Players to Shorten Passes
- The Players Count Out Made Shots

Closeout Shooting



L - Pass, Closeout, & Contest

Closeout Shooting -

Goal & Organization:

We're trying to get a shooting drill that includes a defender contesting the shot.

We are going to create two lines, with a shooter & and a line of closeout players.

How it Works:

The Closeout Player starts with the ball, makes a pass out to the shooter, and then closes out on the ball.

The Shooter is preparing to shot and needs to be ready to catch and shoot off the pass. One element we will work on is using the shot fake and attack sequence against the closeout.

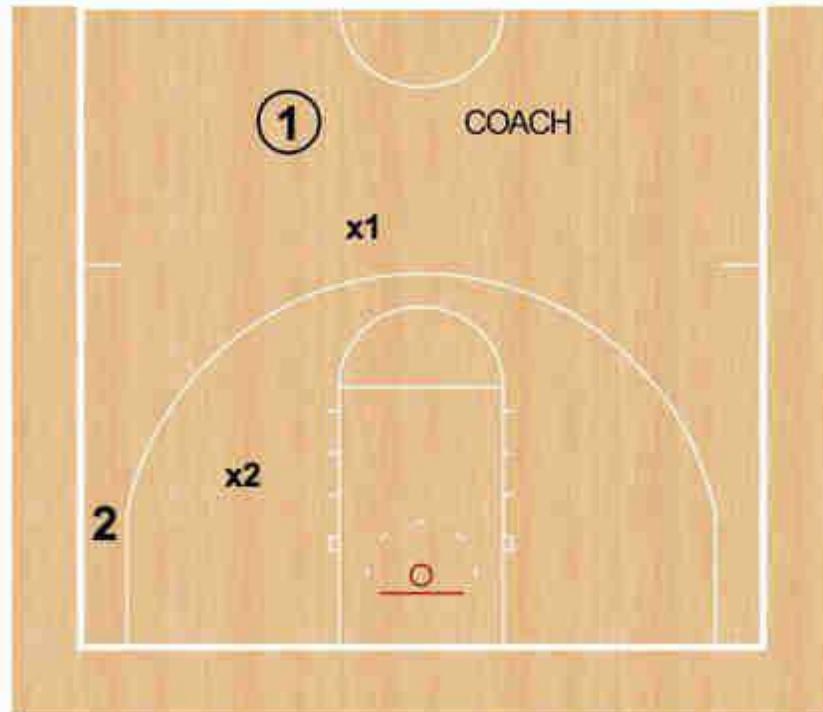
Once the passer contests the shot he now becomes the shooter, and a new closeout player prepares to enter the concept.



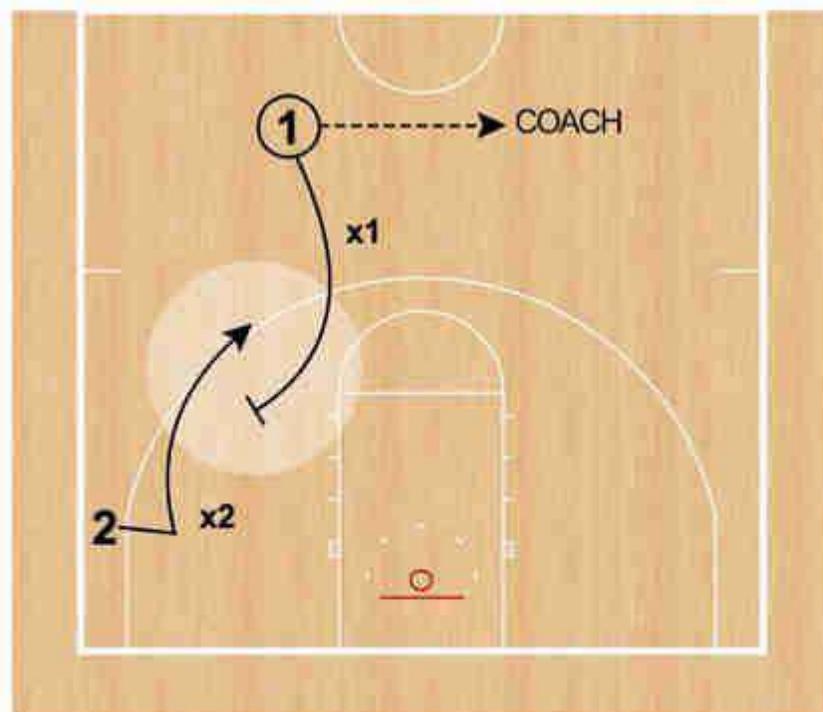
Decision Making -

In this day and age, it is essential to incorporate some form of decision-making into your practices. One concept I have become a big believer in is taking your main *create actions* and blending them into your small-sided games. This presents us with an opportunity to let players play freely while also letting us teach our system. Regardless of what system we are running this is a method that we can employ to strengthen our offense.

2/2 Down Screen



1 - Alignment



2 - Read & React



2/2 Down Screen -

Organization:

We are encouraging players to pair up and face one another. Players of equal skill should face up against each other in the slot and on the wing.

Goals:

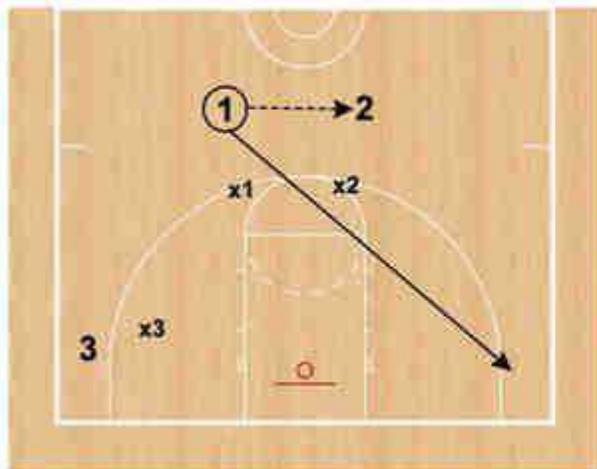
The goal here would be to work on the Down Screen Reads in a Motion Offense.

How it Works:

The concept starts with the slot to slot pass and ends with the correct read by the cutter. Based on the defense's decision the cutter can make a number of choices.

- Trail - Curl
- Fight Through - Back Door
- Get Caught - Straight Cut
- Go Under - Back

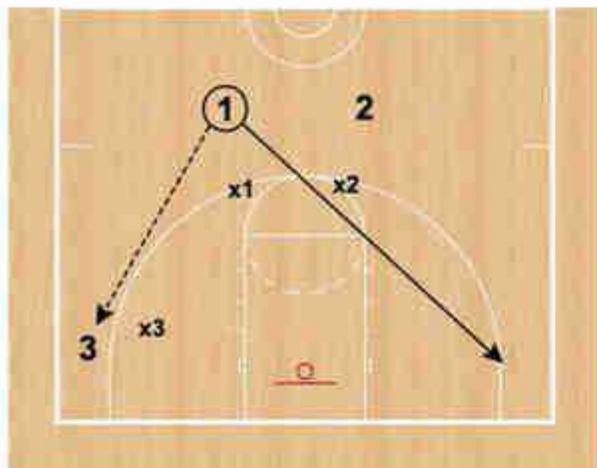
3/3 Double Gaps



1 - Blur Screen



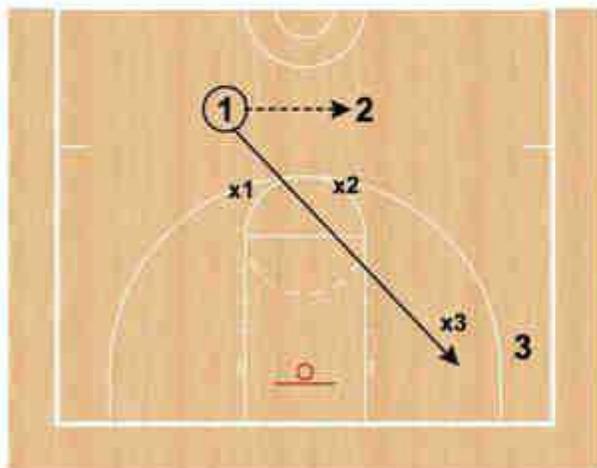
1 - Blur Screen



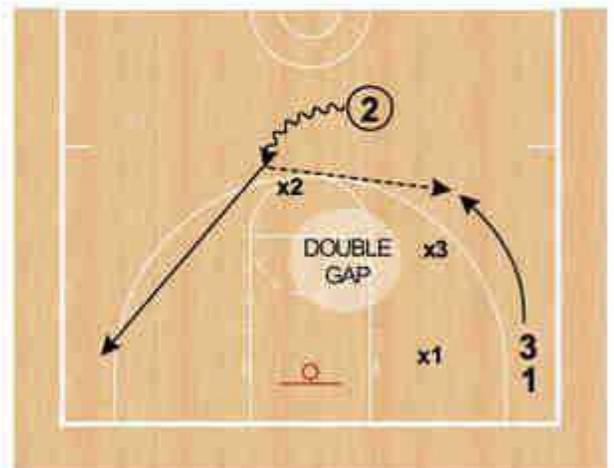
2 - Pass Down, Cut Away



2 - Pass Down, Cut away



3 - Swing/Snap



3 - Swing/Snap



3/3 Double Gaps -

Organization:

We are setting this up as a 3/3 Cut Throat game. We will split the teams up into 3-4 teams of 3 players.

Goals:

The goal is to work on the concept of creating gaps and then attacking them.

- Pass & Cut
- Dribble Attacks

How it Works:

Two teams play live until there is a score. The team that scores will stay on offense, and a new defense steps on the court.

The two most common offensive concepts we are working on are:

1. Pass Down, Cut Away
2. Slot to Slot Pass = 45 Cut

Each offensive possession will start with one of those two actions, and if no shot emerges players are simply hunting a shot with our drive & space principles.

3/3 Snapback - is the same concept, except we are working on passing the ball down vs a crowded lane.



Concluding Thoughts -

Perhaps no subject is covered more frequently than skill development, so I appreciate readers even entertaining the practice concepts I have presented. I am someone who believes that we need to gear our entire practice towards the kind of actions that will

take place during the course of a game, so I hope that was reflected in the concepts that I presented. I really don't think we should overthink the skill development portion of practice and simple put our players in the positions that they will be presented with most often.

If you liked this post and want to be notified of future ones be sure to subscribe to our website in the Coaches Corner: www.coachlynchbasketball.com/coachescorner.

Finishing School (III) - Progressions

Updated: May 25, 2021

In our final installment of the *Finishing School* series will we examine a potential progression of drills that can fine-tune a single finishing method. With each finish, we will follow an unguarded, guided defense, SSG, & Game Footage progression.

Sometimes during the course of a season, it makes sense to zero in on one particular finishing method in practice. You can use all of the practice drills that we discussed in "Finishing School (II) - Practice Drills", but simply narrow your focus on one finishing technique. In your 'Finishing School' session create a 1/0, Guided Defense, and a Live 1/1 scenarios for your players to work on the technique. Hopefully, we will see scenarios later in practice where players will apply the technique in live play.

In part three of our *Finishing School Series*, we are going to look at potential ways in which to achieve this progression on the practice floor. Using some practice footage from this past season we'll look at practice progressions for using the Jump Stop, Stride Stop - Reverse Pivot, Extended Arm Finishes & Barkleys (Dribble Post Ups).

FINISHING SCHOOL
PART III - PROGRESSIONS

SINGLE FINISH DRILL PROGRESSIONS:

- JUMP STOPS
- STRIDE STOP - REVERSE PIVOT
- EXTENDED ARM
- BARKLEY

Barkleys

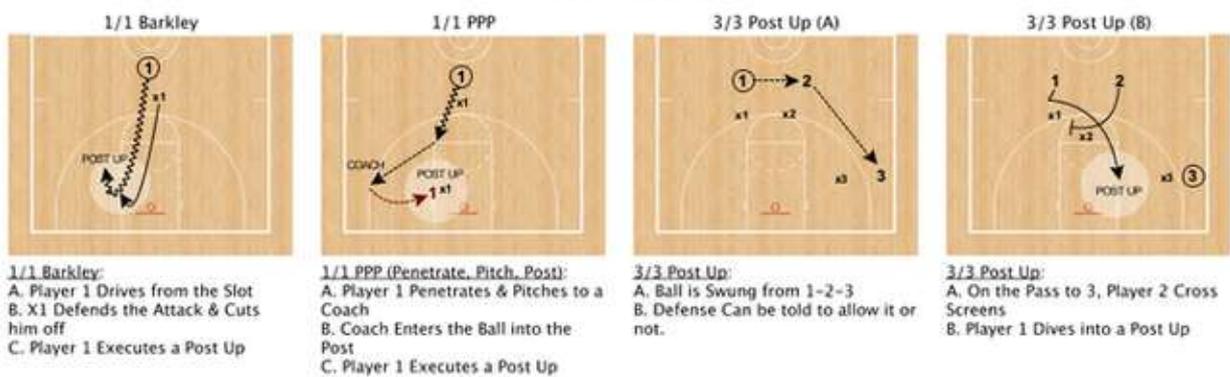
In a perfect world players would be able to get all the way to the basket on every dribble attack. In reality though good defensive teams will be able to shut off dribble penetration before it gets to the rim. On those occasions we are encouraging players to use a **Barkley**, as a finishing option. These are essentially a dribble penetration that turns into a post up opportunity. When a player is *cut off right before the paint*, the offensive player keeps his dribble alive, turns his back to his defender, and either scores or makes a pass.

Teaching Points for "Barkleys":

- Get Your Back Turned Quickly
- Ball is Your Outside Hand
- Eyes to the Inside
- Attack Middle, or Spin/Turn Baseline

Finishing School III – Progressions

Barkleys



Jump Stops

The two foot **Jump Stop** is probably the most common finish that we practice. It has a number of benefits in game scenarios, and it gives players the option to stop & pivot if they don't shoot it. We are encouraging our players to use two foot jump stops in crowded areas, when going up through arms, when the advantage is "small", and when penetrating zone offenses.

Teaching Points for "Two Foot Jump Stops":

- *Cover Ground with your Jump*
- *Ball Secured in Chest*
- *Land with Balance*
- *Finish with Power, or Pivot Away from the Defense*

Jump Stop - Step Through - This was a live rep I caught one of our players executing in one of our Summer League games. In this case he sticks the landing of the jump stop, and then "steps through" to get back to his strong hand.

Extended Arm

The **Extended Arm** finish is probably the most commonly used finish by players in games. Players are extending their arm out to the basket and attempting to get the basketball "on the backboard" before any shot blocker to get to it. Game Scenarios where you would often see this type of finish would be 1) In Transition and 2) on a Slot Drive where the Center comes off his man to challenge to shot late. As this is a finish that players are more likely to be comfortable with, we are mostly trying to maximize their technique and provide context for the finish.

Teaching Points for the "Extended Arm Finish":

- *Open Your Chest to the Middle*
- *Cut off the Defender with your Angle*
- *Get Your Arm Extended*
- *Start Your Jump (Steps) Early*

**Check Out "Finishing School (II) - Practice Drills" for Fast Draw Diagrams of 1/0 Finishing, 1/1 Russian, and 3/3 Double Gaps.*

Stride Stop, Reverse Pivot

The **Stride Stop** and the **Stride Stop - Reverse Pivot** are a dribble stop and counter that we practice quite often. As we have incorporated many DDM concepts into our offense over the last few seasons the Stride Stop has become an integral part of our skill development. We introduce this within our offense as the preferred method of stopping our dribble when a drive has failed to get to the rack. So teaching our players to also use this same footwork in a finishing scenario has been made easier because of that.

We are telling our players to use this finish when a defender has cut us off late in the drive, or when a defender is charging hard to size up a shot block.

Teaching Points for the "Stride Stop - Reverse Pivot":

- *Back Foot, Front Foot Stopping Order*
- *Back to the Basket, protecting the ball*
- *Reverse Pivot & Step Through*
- *Momentum is Towards the Rim*

*Check Out "Finishing School (II) - Practice Drills" for Fast Draw Diagrams of 1/0 Finishing, 1/1 Russian, and 3/3 Double Gaps.

Recommended Resources:

Finishing Videos featuring Villanova Basketball

Variety of Finishes (Mike Shaughnessy) - <https://youtu.be/TkPhKqWdlkg>

Josh Hart Jump Stops (@RadiusAthletics) - <https://youtu.be/VuBkZFKOt2w>

Jump Stops, Pump Fakes, Pivots (@HalfCourtHoops) - <https://youtu.be/rSoeilZsmK4>

Further Info on "Barkleys":

@RadiusAthletics featuring Jalen Brunson - <https://youtu.be/HJSm3xNu4qU>

@PositionlessBb featuring Jalen Brunson - <https://youtu.be/MlaaiGrBH5k>

Concluding Thoughts

Practice is the perfect place to show players a variety of finishes they can use in games, and also give the context in which they would use them. Most players will not be adapt at every single kind of finish, but the more 'tools' that we give them the more likely they will be able to problem solve in game scenarios. Find time three days a week to put your players through your own version of Finishing School. Give them *1/0 technique* opportunities, *1/1 Guided Defense* reps, and then let them apply it in *Live Scenarios* - and I predict it will pay dividends.

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Michael Lynch

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-
- Oct 9
-
- 7 min read

4/4 Cut Throat

4/4 Cut Throat is my favorite practice concept to work on half-court offense. We are getting all 12 players involved and combining our 'create actions' with free play.

One of my favorite practice concepts to work on half-court offense is to play *4/4 Cut Throat*. The 4/4 element lets us get every player into the action, while also adding a competitive edge to practice. What we are trying to do with this concept is work on a specific aspect of our offense, while also allowing players to play freely if no advantage emerges. Regardless of what offensive system you use, you can easily shape this drill to fit your team's needs. Over the past five years, I have used this concept with both *Motion Screening* and *Dribble Drive* actions - and will most likely be incorporating some *Princeton* [Point Action](#) this season.

We use this drill almost daily as a way to work on our *Core Concepts*; things like drive & space reactions, pass and cut movement, and post-entry spacing. We're also going to use this as a way to teach players how to create and extend advantages through our offensive actions. In this post, we're going to give a detailed explanation of how I use the *4/4 Cut Throat* concept in practice and then provide some examples of how you can incorporate it into whatever offensive system you use.

You might also be interested in:

- Incorporating the [Princeton Point Series](#)
- Building Your Own Practice [Drill Library](#)



Setting It Up -

A typical [Varsity or JV team](#) is made up of about 12 players. So we are going to set up the *4/4 Cut Throat* concept by splitting the team into three groups of four players. As a general rule of thumb, I am going to make the teams as even as possible to make sure that we are getting good reps, and that players are evenly matched up. Before we get into the setup of the concept I wanted to stress the importance of finding a way to make it competitive. I typically set a certain number of baskets made to win the drill, but you can certainly make the focus on defensive stops as well.



4/4 Cut Throat Alignment -

On the Floor:

We are going to start the concept with four players on offense and four players on defense. Even our post players will be working as perimeter players in this segment.

- Check the Ball in
- Play it Live
- Half Court Play Only
- Must Clear it to the Slot

Off the Floor:

The players who are off the floor will enter the drill when:

1. There is a Score
2. The Ball Goes Out of Bounds

Once the new defense enters they check the ball in with the slot and play live. The team that was scored upon, or who lost the ball out of bounds now becomes the team *off the floor*.



Working on Core Concepts -

Regardless of which create actions we happen to be using, there are a few *Core Offensive Concepts* that we need to work on annually. These *Core Concepts* are the key offensive movements and reactions that allow us to maintain optimum spacing throughout a possession. All three of these concepts are designed to give the player will the basketball room to operate or options to pass to. Just like the *System Based* actions, we'll discuss later in the post we are starting play with a particular movement and then playing free from there.

Pass & Cut

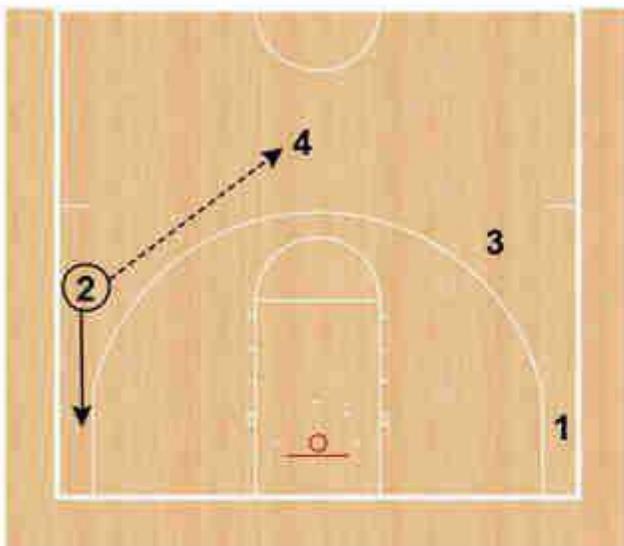
4/4 Cut Throat



1 - Pass Down, Cut Away



2 - Slot to Slot, Brush



3 - Pass Up, Respace



Concept #1 Pass & Cut Rules -

Goal:

The goal of our pass and cut rules is to create a perimeter double gap that we can attack with a flash or a dribble drive.

1. Pass Down, Cut-Away:

On any pass down to the wing, we are asking the passer to cut away to the opposite corner. This allows the basketball to have room to [drive the elbow](#), enter to the post, or drive baseline.

2. Slot to Slot Pass, Brush:

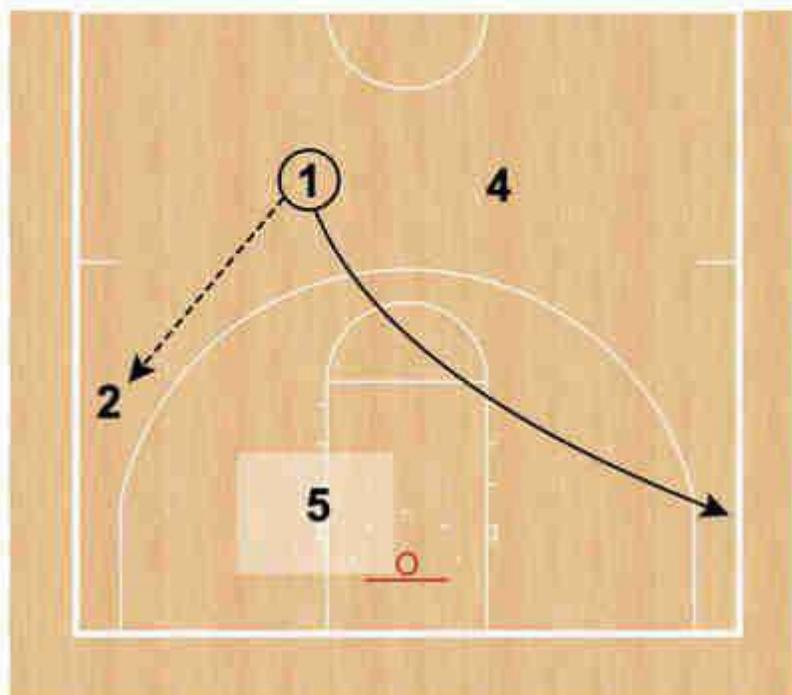
On a slot-to-slot pass, we are asking the passer to make a brush cut inside the paint and then exit to the opposite corner. This gives us a double gap to work with.

3. Pass Up, Respace:

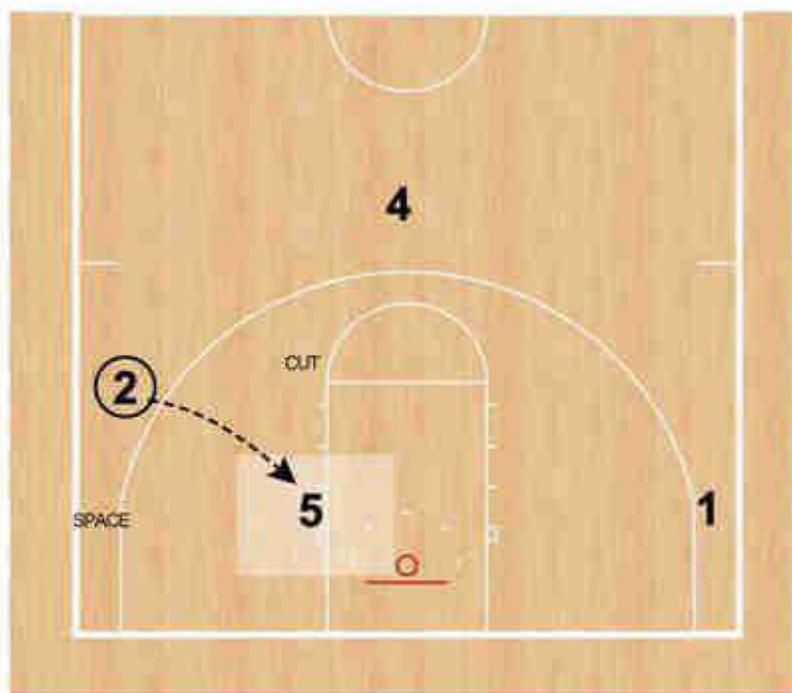
On a space from the wing up to the point, we are simply asking our passer to respace back to the corner. Ideally, this gives us space to drive or enter the ball into the post.

4/4 Post Entry

4/4 Cut Throat



1 - Pass Down, Cut Away



2 - Entry, Reaction



Concept #2 Post Entry -

Goal:

The goal of our Post Entry concept is to give the post player room to work or give him a passing option if he's doubled.

1. Pass Down, Cut-Away:

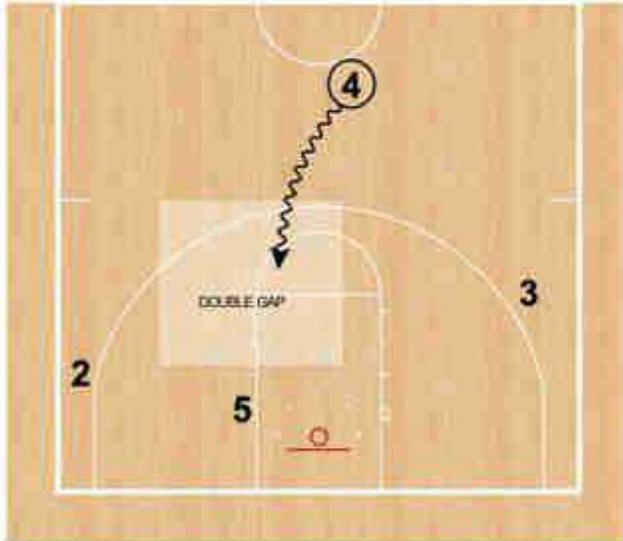
Following our pass & cut rules, we are asking the passer to cut away when he passes down to the wing. In this case, we are creating room for a post entry pass.

2. Cut or Space Options:

We are giving the passer two options after making the post entry pass. They can either make a basket cut through the paint, or they can respace to the corner. It is then up to the post player to make a pass or get to work on a scoring move.

4/4 Drive & Space

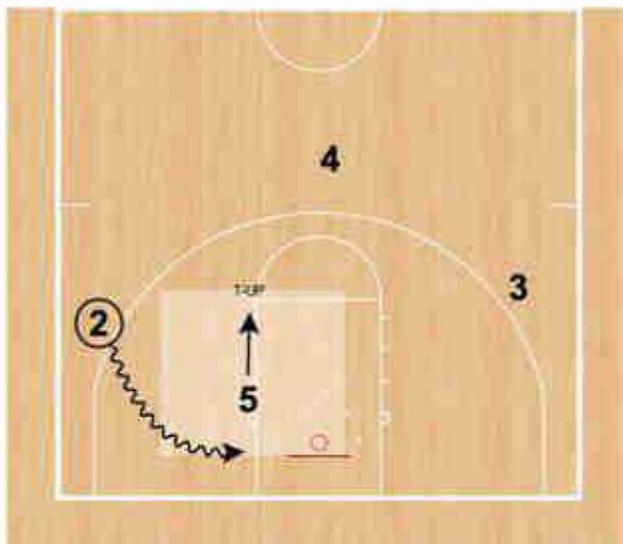
4/4 Cut Throat



1 - Slot Drive



2 - Drive & Space Reactions



1 - Baseline Drive



2 - Backside Spacing



Concept #3 Drive & Space -

Goal:

Our drive and space reactions are designed to give the driver passing options if help defense commits the drive.

1. Slot Drives:

Slot drives are ones that originate from one of the two slot areas. These drives are made along the lane lines and as a reaction, we are asking players to:

- Ballside Wing = Kick Up
- Post = Drop
- Backside = Fill Up

2. Baseline Drives:

Baseline drives are going to elicit a slightly different reaction from the perimeter players. The ultimate goal with these movements is to make sure that you are visible to the driver.

- Post = T-Up
- Backside Corner = Fade
- Backside Wing = 45 Window
- Point = Fill Behind

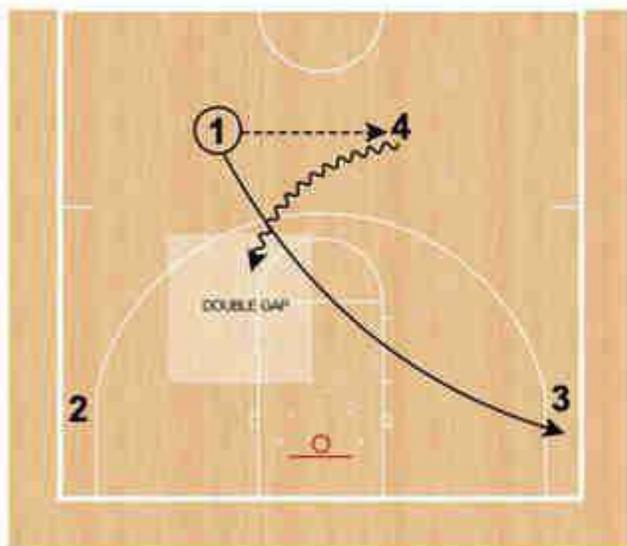


Using 4/4 Cut Throat with your System -

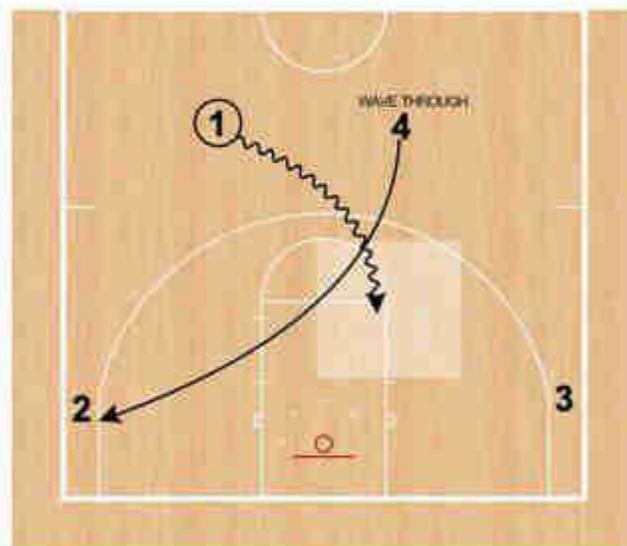
In addition to the *Core Concepts*, we want to work on the create actions we are going to use when we have no advantage. As I said in the intro the beauty of using this concept is that it truly does not matter what system we employ. Whether we are a DDM team, a Princeton team, or we use Motion-Style Concepts we can find ways to incorporate the actions. I wanted to give a few examples of how I have used this concept with different create actions.

4/4 DDM

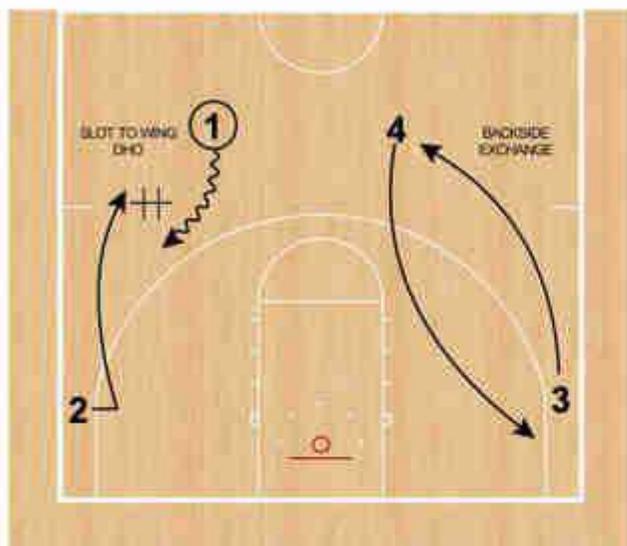
4/4 Cut Throat



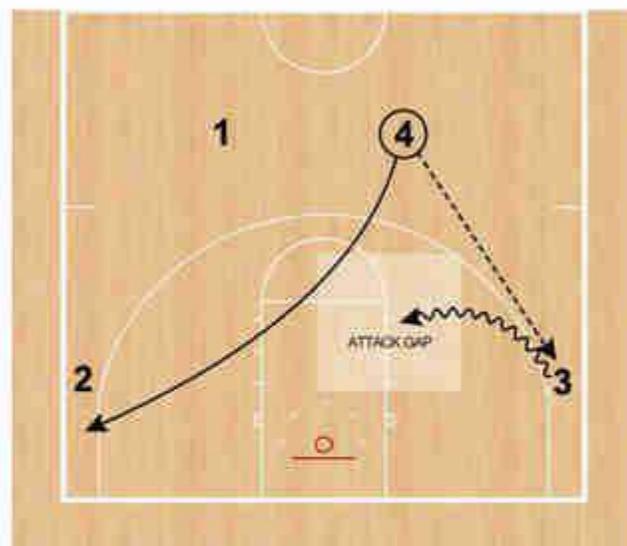
1 - Slot to Slot Blur Screen



2 - Wave Through



3 - DHO



4 - Pass Down, Cut Away

4/4 DDM Concepts -

Goal:

With each concept, we are trying to create double gaps with our cutting, and then attack them with the dribble.

1. Slot to Slot, Blur Screen:

On any slot-to-slot pass, we are asking our passer to cut through the upper paint to the opposite corner. This creates a double gap to attack along the lane line.

2. Wave Through, Attack:

One option for the ball handler is to simply wave the slot player through. With a hand signal, he cuts through the upper paint to the opposite corner. This creates room to attack a gap.

3. Slot to Wing DHO:

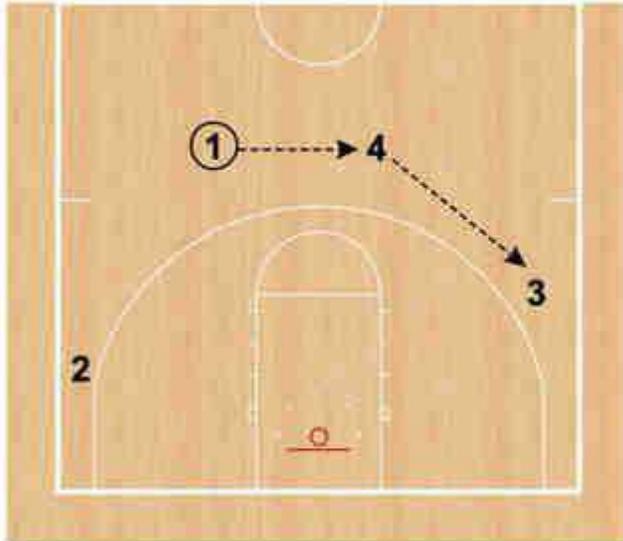
As an option to relieve defensive pressure we work on the slot to wing DHO. To occupy the help defenders we are asking the backside players to exchange when this occurs. From there, players can attack the rim or make the slot-to-slot pass and follow the previously discussed rules.

4. Pass Down, Cut-Away:

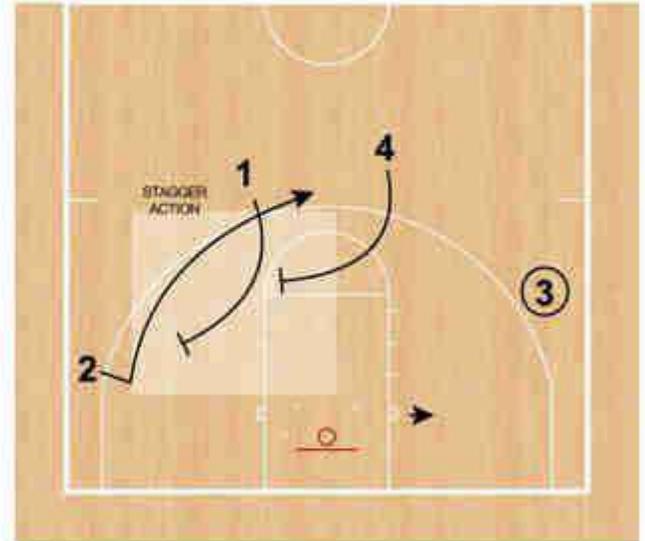
As we discussed in the Core Concepts portion of the post we are going to cut away when we make a pass from the slot to the wing. In a DDM system, this will allow us to Drive the Elbow and put pressure on the rim.

4/4 Motion Strong

4/4 Cut Throat



1 - Slot to Slot Swing



2 - Stagger Action



1 - Slot to Slot Swing



2 - Curl & Second Cut Action

Motion Strong Action -

Goal:

As with all motion concepts we are going to be working on screening and cutting action. With Motion Strong action the main create action is the staggered screen.

1 - Stagger Action:

When a slot to slot pass is made we are asking that the ball continues to swing to the wing, and then for the passers to set the staggered screen for the corner player.

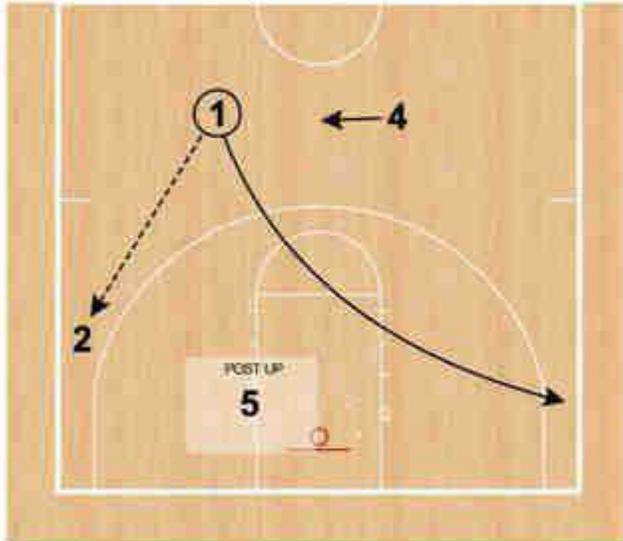
- Work on Cutting Options
- Work on Reads
- Work on Screening Details

2. Second Cutting:

One aspect of the staggered screen that we want to work on is the cutter curling or back door cutting to the rim. Whenever this choice is made it is up to the second screener to then second cut (or pop out) to the perimeter. From here we are letting our drive and space reactions take over.

4/4 Princeton

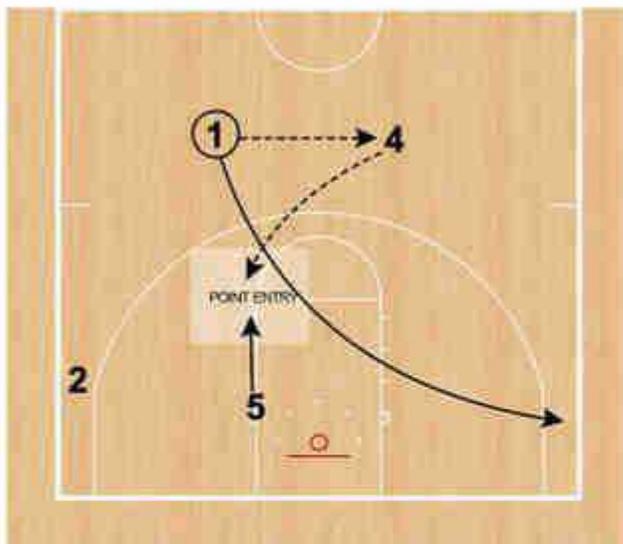
4/4 Cut Throat



1 - (LOW) Pass Down, Cut Away



2 - (LOW) Pass Up, High Post Flash



1 - (POINT) Slot to Slot Pass, Brush, Point Entry



2 - (POINT) Wave Through, Brush, Point Entry

Princeton Concepts -

Goal:

One thing I am looking to flow into a bit more this season are the *Low Post* and *Point* Princeton concepts. The in this *4/4 Cut Throat* concept the goal would be 2) to find ways to enter the ball to our 5 Man at the low and high post and 2) work on off-the-ball screening action.

1. Low Post Action:

Staying in line with our Core Concepts we are asking our passer to cut away when he makes a pass from the slot to the wing.

From here we can enter the ball into the post and work on our Post Entry concept or pass the ball to the point and look to make a high post entry to the 5 Man.

2. Point Action:

We can work on both ways to enter the ball into Princeton Point Action in our 4/4 Cut Throat concept as well. In the third diagram, we are making a slot to slot pass followed by a brush cut, flowing directly into Point Action from there. In diagram four we are getting into Point Action by simply waving through the slot player and initiating the flash to the high post. From there we are working on the cutter options available to the passer.



Concluding Thoughts -

In general, I am a big fan of keeping your practice concept simple and directly connected to game actions. Four on four works especially well for us because that is the spacing we are going to use in our half-court offense. There are really three benefits to using this as a core practice concept; 1) it allows us to work on the create actions we will use in the game, 2) It lets players learn how to play when our create action does not produce an advantage, and 3) it gets all twelve players involved in the action with very little wait time. Whether you are working on your core concepts or a system-specific action you can tailor this to fit your approach.

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Motion Curls

Updated: Oct 30, 2020

Using curl cuts in your offense is a great way to put pressure on the rim without the use of the dribble.

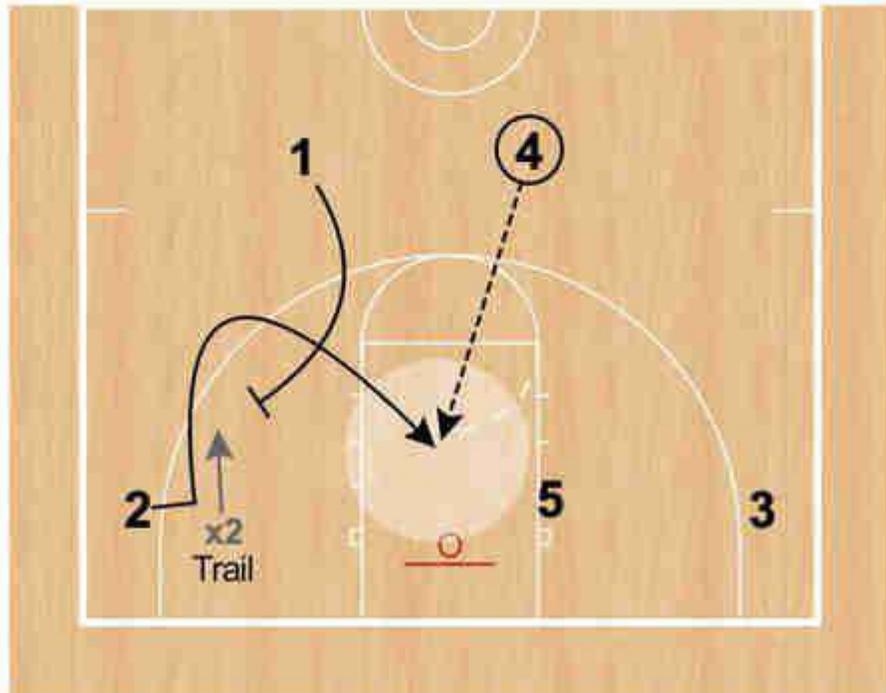
The use of ball screens and dribble drive attacks seem to be the preferred tactics when coaches are designing ways to attack the rim these days. However, tried and true methods like off the ball curl cuts remain a great option to accomplish this task without having to rely on the use of dribble drives. At all levels you can find the use of down screens, flare screens or staggered screens in trying to find creative ways to get to the basket.

Incorporating Curl Cuts into your Offense not only give you chances to score at the rim, but also help with a number of other issues as well. For Example:

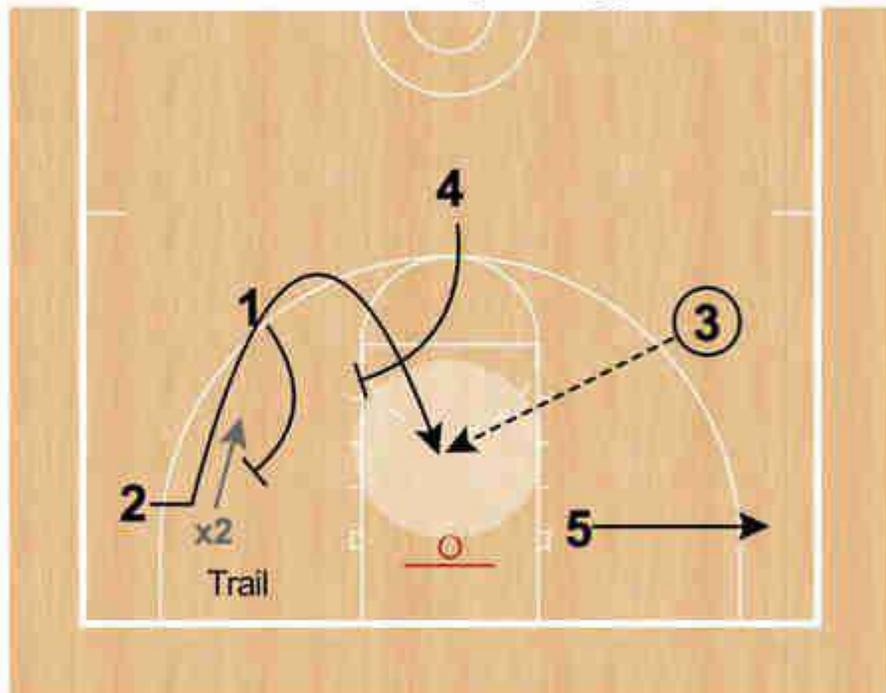
1. A Talented Player Being Denied
2. A Way to Combat Aggressive Switching
3. Helping Players with "Lesser Ball Skills"

Curl Cuts

4 Out Motion



Motion Strong - Stagger



Curl Cuts can be something that is predetermined or it can be an option within your offense. Flex Cuts, or Short Curls in a Staggered Screen (ex. Davidson) are both examples of predetermined curl cuts.

Read the Cut

In the videos below we employed curls as an option that players could read. Over the years we have used both the single down screen and the staggered screen to allow the curl cut to occur.

Whether a single down screen or the staggered screen is being employed the teaching point remains the same:

If the Defender Trails, you Curl.

Single Down Screens -

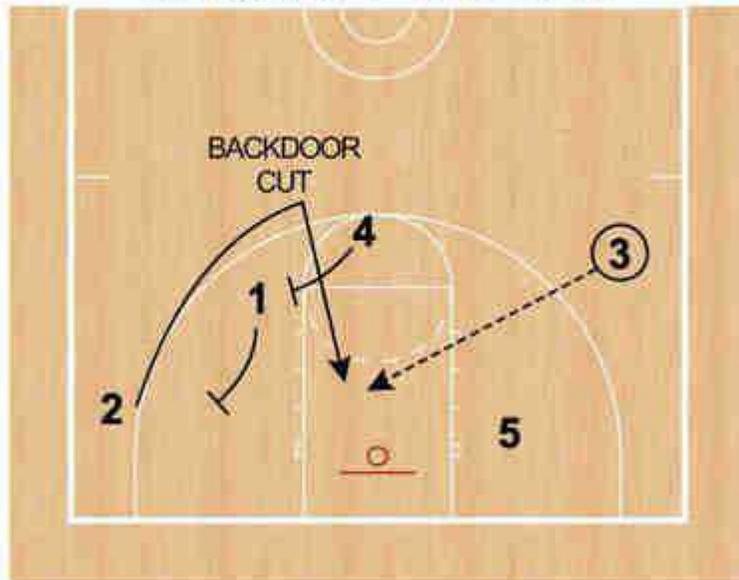
Let's take a look at three different ways for players to Score off of the Single Down Curl.

1. The Cutter Scores
2. Cutter Curls & Makes Drop Pass
3. Cutters Curls & the Screener Second Cuts

Staggered Down Screens -

Curls & Backdoors

Cutting Options – Backdoor Cut

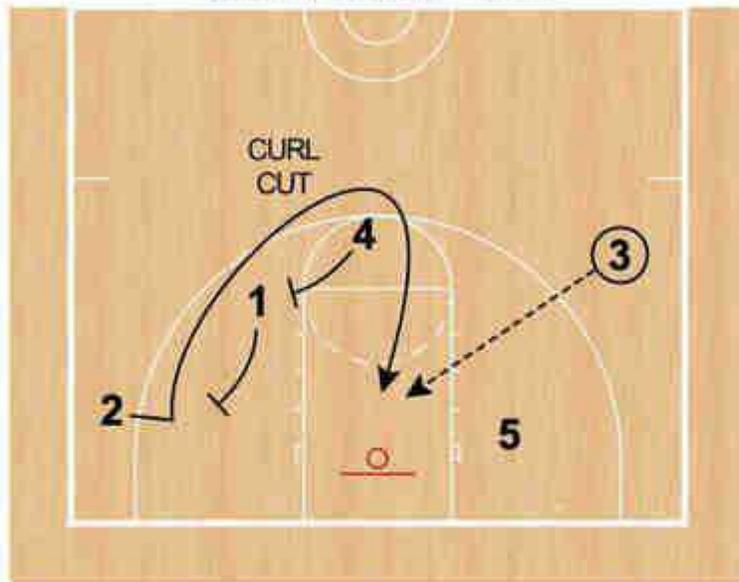


Motion Strong Options – Backdoor Cut

The Defender gets aggressive and tries to cut off the Straight Cut (or it gets Switched).

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Cutting Options – Curls



Motion Strong Options – Backdoor Cut

The Defender is trailing the offensive player and no switch is made.

1. The Cutter Curls either on the Screens and heads toward the rim.
2. The Passer must be ready to deliver.
3. The Screener must be ready to Pop Out.

This past season we employed the use of staggered screen as part of our Motion Strong action. The curl cut was simply an option that the cutter could take if the defense trailed and there was no aggressive switch.

Back Door Cuts

In a lot of ways the back door cut is similar to the curl. Both of these cuts put pressure on the defense by attacking the rim.

From a teaching perspective we are telling players to cut to the rim when they sense:

1. A Trailing Defender
2. An Aggressive Switch Out

Concluding Thoughts

There are lots of reasons why a team might choose to lean on curl cuts as opposed to dribble drives or ball screens to attack the rim. Whether it is personnel based, or perhaps scheme based (ex. a more athletic opponent) using curls can be a great way to get pressure on the rim.

If you haven't subscribed to the blog yet you can go right to the Coaches Corner homepage; www.coachlynchbasketball.com/coachescorner in order to get alerts when new posts are made. Please give us a thumbs up at the bottom of the article if you enjoyed the post and want to see more like it in the future.

Coach Lynch Contact Info:

Email - mflynch21@yahoo.com

Twitter - [@CoachLynch_21](https://twitter.com/CoachLynch_21)

Notes -

My Notes from the Coaches Clinic Series:

@RadiusAthletics does great detailed breakdowns of Down Screens & Curl Options.

Randy Sherman | Screening & Cutting P1 - <https://bit.ly/2UyQ1nG>

Randy Sherman | Screening & Cutting P2 - <https://bit.ly/2RL4xlz>

- Motion
- Offense
- Down Screens
- Game Film

Motion Offense Curl Cuts

Updated: Nov 16, 2021

Using curl cuts in your offense is a great way to put pressure on the rim without the use of the dribble.

In an earlier post I wrote called, [The Rim is King](#), I zeroed in on a quote from Ben Falk that stated, "*The Rim is King. The whole thing is still figuring out how to get shots at the rim.*" In today's basketball world most coaches prefer to create these opportunities at the rim through ball screens and dribble-drive attacks. The expanded use of shot clocks, the influence of the NBA, and the simplicity of those actions have all contributed to its popularity. One unique thing about coaching at the high school level is that the skill sets of teams can vary wildly from year to year. For teams that do not have dynamic ball handlers who can adeptly make decisions off the ball screen or break down their man off the dribble, you may have to find other ways to create those shots at the rim.

One option that coaches in that situation have is to use the combination of off-the-ball screening and Curl Cuts to create those same high-value shots. Those teams whose skill set is better suited for this style can now rely on their strengths to put pressure on the rim. Having employed both strategies I can say that there is definitely a bit more of a learning curve in learning to set and read screens appropriately. If we are willing to put the practice time into developing the ability to read those screens we will be able to allow our Cutters to attack the rim with the *Curl Cut*, but we can provide *Second Cutting* opportunities for our screeners as well. In this post, we are going to dig into a few ways that you can Curl Cuts in your offense as a way to create scores at the rim.

Some Four Out Motion Posts you might be interested in:

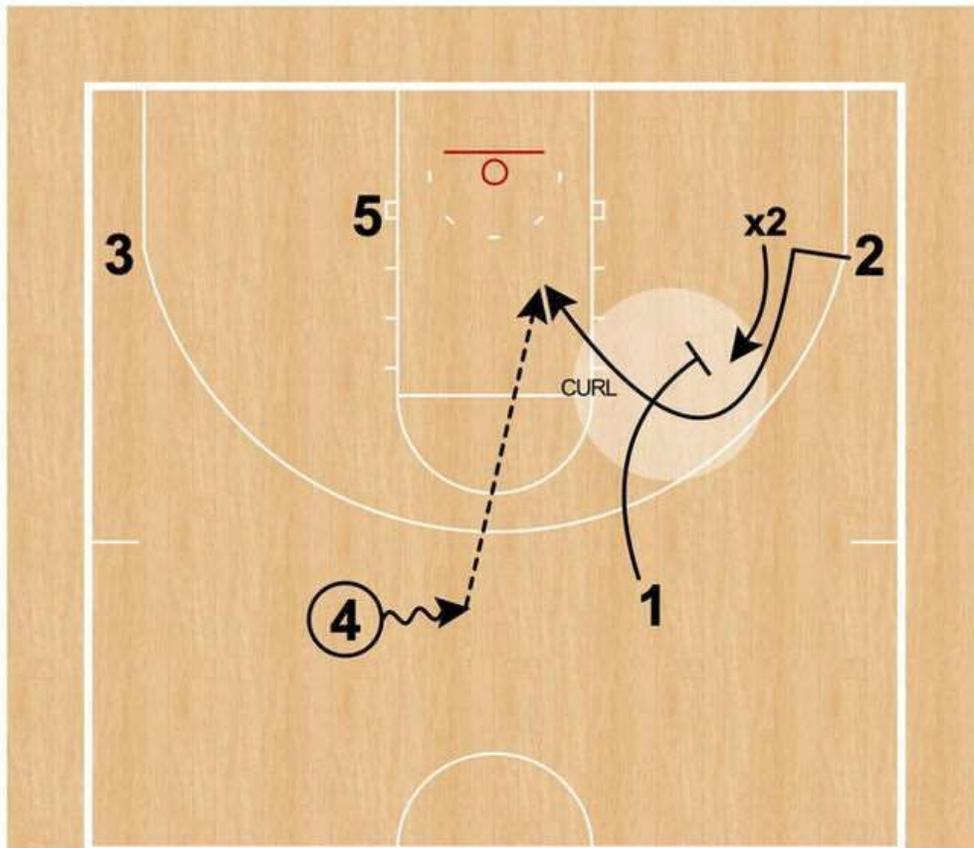
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The Single Down Screen -

The *Single Down Screen* is one of the most common screening actions and can provide the cutter with a simple read to get a hard cut at the rim. In some offensive systems this Curl Cut can be predetermined. Some *Flex Offenses* and Bob McKillop's offense at Davidson both employ the forced curl within their systems. When we incorporated the Single Down Screen within our [Motion Offense](#) we taught it as a true read for the cutter.

Curl Cuts Four Out Motion



1 - Down Screen, Curl Cut

Single Down Screen -

The read for a Single Down Screen is a fairly simple one:

If he trails then you curl.

Teaching Points for Cutters:

We really tried to drive home two teaching points that might help the cutters get the opportunity to curl to the rim:

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By making contact with the defender we can keep him close to us and hopefully drag him over the screen. If the cutter rushes into his cut the defense will likely go under the screen and take away the curl as an option.

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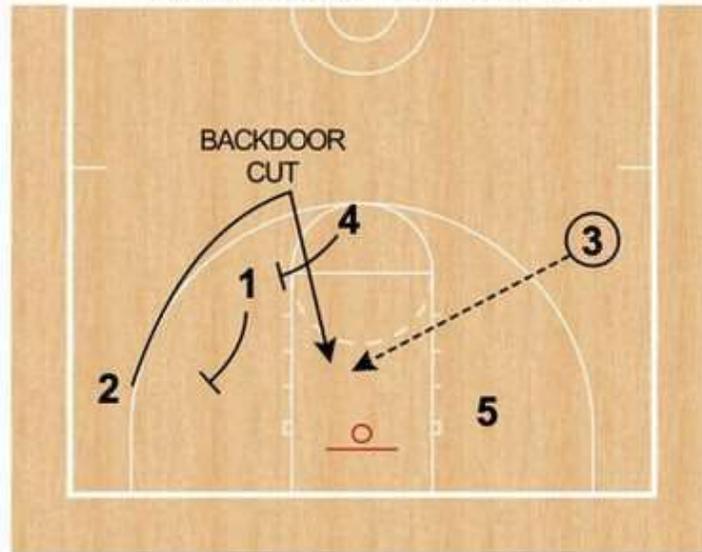


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Using a *Staggered Down Screen* is a really interesting way to create opportunities to *Curl* for your cutters. This screening action actually provides two different options to curl to the rim and also provides a back door cut which essentially serves as a Curl Cut. As I mentioned in the last section there are certainly offensive systems that force their cutters to curl the first screen in the stagger but similar to our approach to the *Single Down Screen* we wanted the cutter to read this option.

Curls & Backdoors

Cutting Options - Backdoor Cut

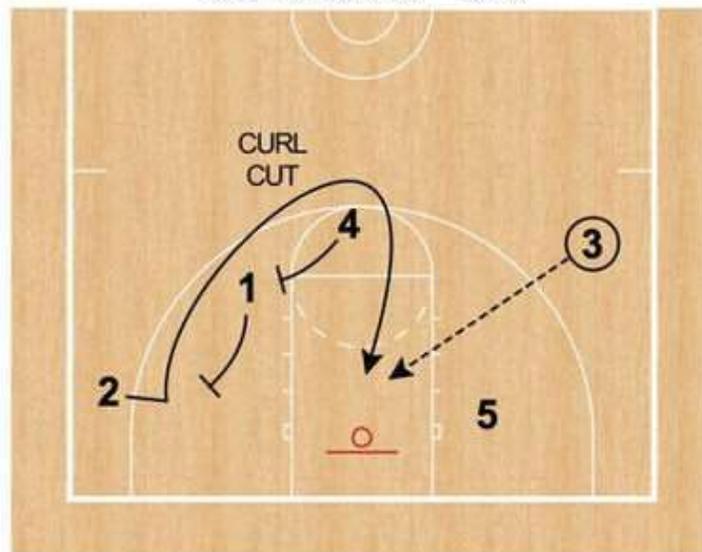


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At the high school level we want as many shots at the rim as possible, and its our job as coaches to make sure that we are designing offense that get these opportunities. I've also always been a believer in playing to the strengths of your roster and finding the right create actions to match your players' skill sets. If our roster does not have the type of players that can put pressure on the rim with their ball handling ability, but using *Down Screen & Curl Cut* action is a great option. Undoubtedly, we will need to put in the front end work on teaching the reads and screening/cutting details, but if done well we can counter nearly any defensive approach.

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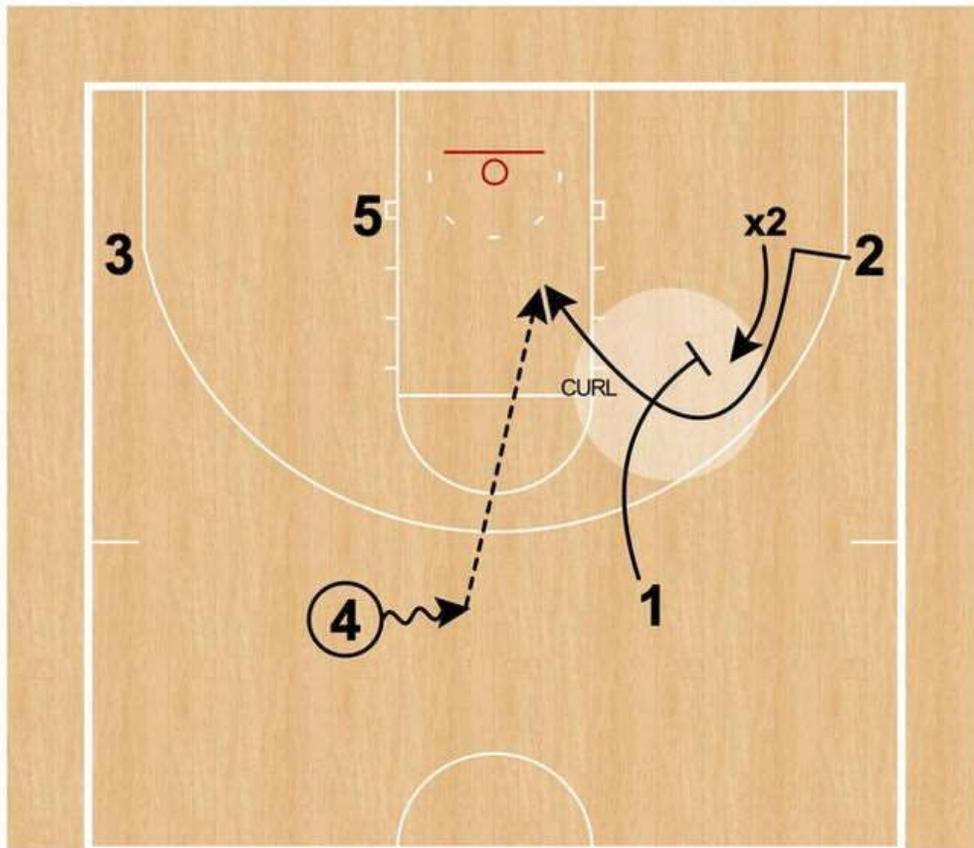
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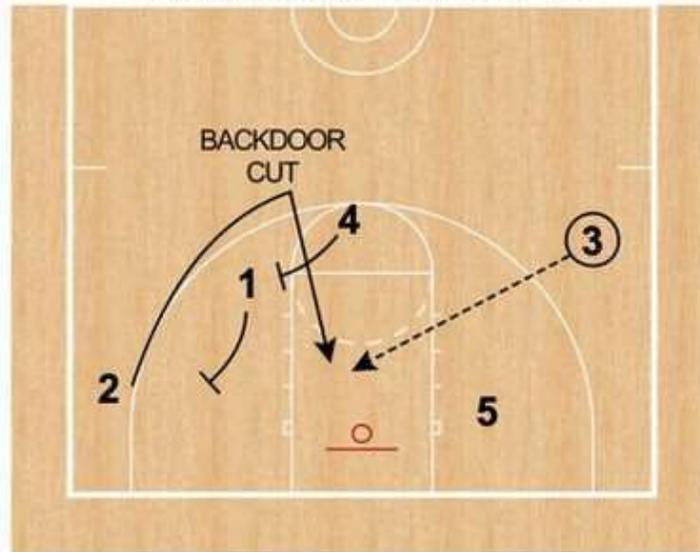


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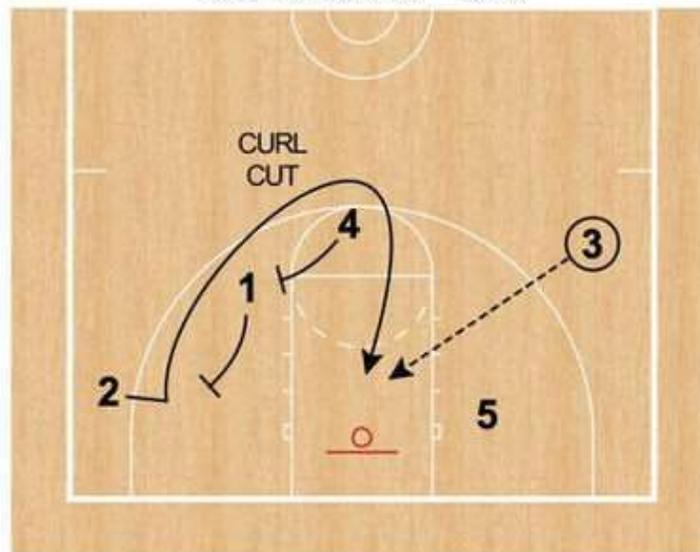


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Playing Through the Trailer

Updated: Apr 1

When the Pitch Ahead Pass or Attack the Middle Third phases do not produce a shot we look to the last option in our transition attack, *The Trailer*.

The goal of a transition opportunity is to create a high-efficiency shot before the defense can get set. Theoretically, we want players to take the path of least resistance to get that shot. So in teaching our transition system we want to give players simple reads that allow them to make decisions quickly. The decision that will look at in this post comes when a [Pitch Ahead Pass](#) is not available and a player's [Attack of the Middle Third](#) does not create a shot. At this point, we are flowing into the last layer of transition offense, playing through The Trailer.

The trailer serves the dual purpose of taking advantage of a collapsed defense and being the trigger to flow from transition to half-court offense. Against a collapsed defense the trailer is often presented with open catch and shoot threes or chances to attack long closeouts. If those [Attack](#) opportunities are available then we would encourage the trailer to take them. If no scoring opportunities present themselves for the trailer he simply completes the next action that triggers our half-court offense.

- Read More: [Pitch Ahead Passes](#)
- Read More: [Attacking the Middle Third](#)



Establishing the Trailer -

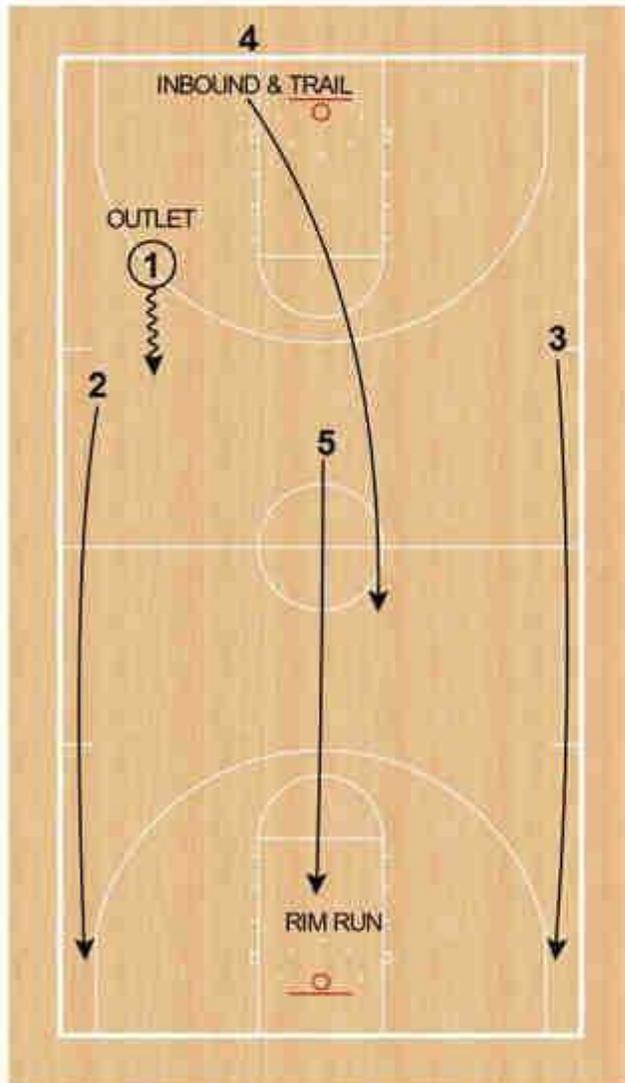
One teaching point that can be helpful to transition design is establishing defined roles for players. If players know exactly what they are responsible for in transition we can hopefully increase the speed at which we operate. Determining how the ball will be inbounded on made shots, which players will [Rim Run](#) or sprint to the sidelines, and who becomes the trailer are all aspects we could choose to define for our players. In preparation for this post, I put this question out to Twitter to see how other coaches establish their trailer.

Trailer Design -

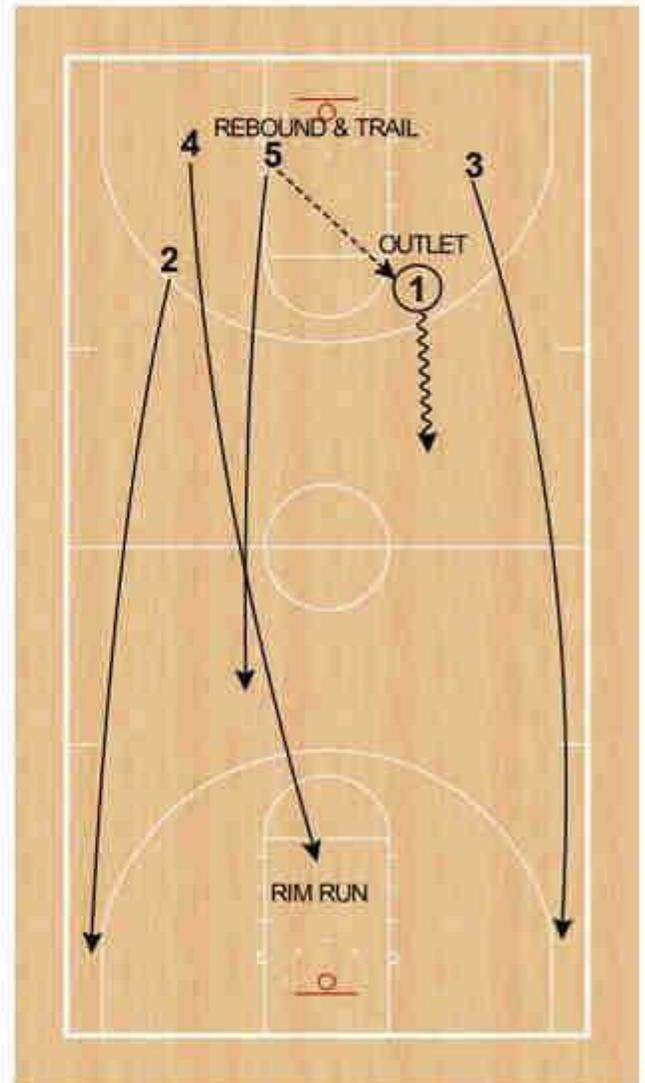
There are many ways to determine who becomes the trailer in transition. What I have taught over the last four years could be called a combination "Two Man Trailer" system. On the vast majority of possessions, it will either be the 4 or 5 man that arrives in the trailer position. We are not going to micromanage every transition opportunity, but we want to have a few simple rules that help our 4/5 men know who should be the [Rim Runner](#) and who should be the Trailer. In a back and forth game like basketball, we are not going to be able to perfectly control every possession, but if we establish a few clear principles we can make our decision making on the floor cleaner.

Establishing the Trailer

Transition Trailer



1 - Made Shot or Dead Ball



2 - Missed Shot or Turnover

Establishing the Trailer -

On Made Shots:

If a shot is made or if there is a dead ball we have a predetermined role for all five players.

Roles & Responsibility -

- 4 is the Inbounder
- 5 is the Rim Runner
- 1 is the Outlet
- 2/3 run the Sideline

On Missed Shots:

If a shot is missed or if there is a live ball turnover then we have to be more flexible with our responsibility.

The main difference on missed shots is that we are asking whoever is ahead of the ball to become the Rim Runner. This means the 4 or the 5 can take on that responsibility.

Roles & Responsibility -

- First to Cross Half Court (4/5) is the Rim Runner
- Second to Cross Half Court (4/5) is the Trailer
- 1 is the Outlet
- 2/3 run the Sidelines

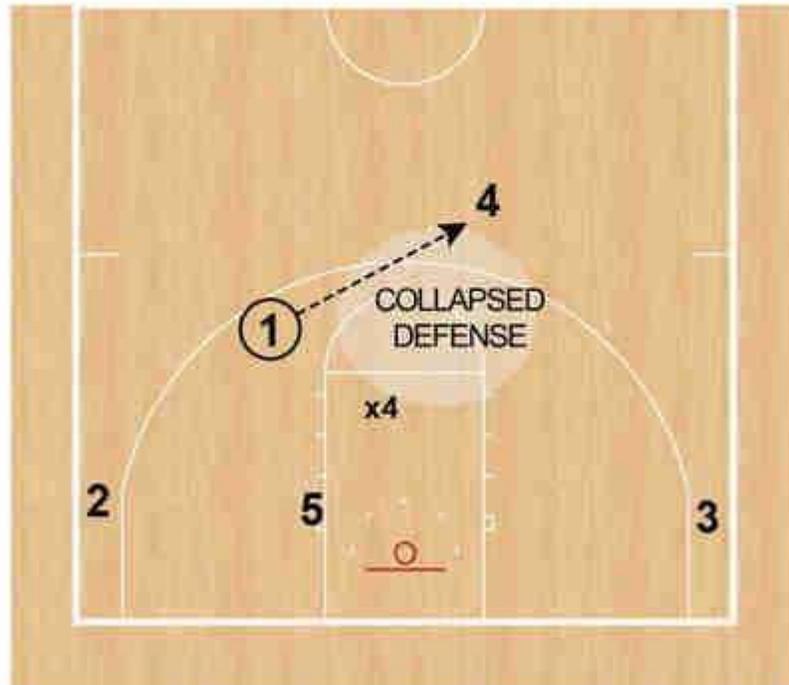


The Trailer as an Attacker

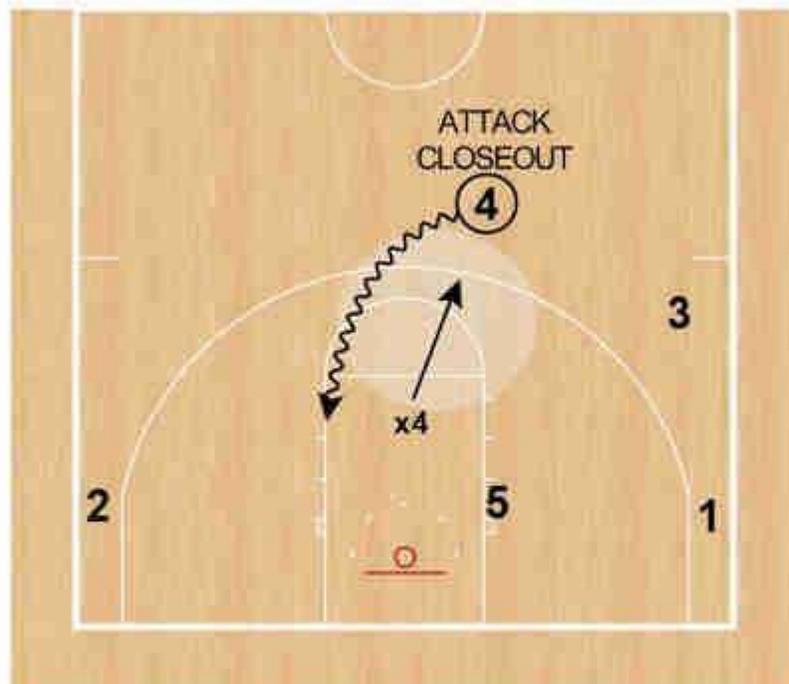
There are a number of scoring opportunities that present themselves to trailers in transition. Assuming that the defense has been collapsed as a result of our initial transition push the trailer will be presented with chances to get open catch and shoot threes or chances to attack long closeout off the dribble. In my experience, the skills and aggressiveness of your trailer determine how effective this layer of transition can be. If I have a choice I would generally prefer to have a more skilled player in the Trailer position so we can take advantage of collapsed defenses.

Trailer - Attack

Transition Trailer



1 - Catch & Shoot vs Collapsed Defense



2 - Attack the Long Closeout



Trailer - Attack -

Collapsed Defense:

Often times when a player has [Attacked the Middle Third](#) with aggression we are going to get a collapsed defense.

On occasions where our defender has moved to help guard the basketball, we should be preparing ourselves to catch & shoot.

Attacking Long Closeouts:

If your trailer is not a confident shooter or if the defender closes out aggressively on the ball then we should be looking to attack.

Players who are positioned off the ball should be reacting to the attack with our Drive & Space rules. At this point, we would not be looking to get into any half-court action, but simply trying to leverage the small advantage created by the drive into a big advantage shot.



The Trailer as a Trigger into Half Court Offense -

I prefer a more conceptual style of offense where the players have more control over what takes place possession by possession. Because of that the Trailer generally has a lot of decision-making power. Ultimately it will be up to him to decide whether he will attack off the catch or whether he will make the next pass that triggers our half-court action. We are actively trying to avoid the "set it up" moment in the half-court, so that pass to the trailer is our uncalled signal that we are now into our half-court offense.

Trailer - Action (Zone)

Whether we are playing man-to-man defense or zone defense we want to arrive in the half-court with the same four-out spacing. As we discussed above the trailer is looking for scoring opportunities when he is delivered the ball. If those don't emerge then we would like to make a quick swing pass and then enter into our half-court offense. Versus zone defenses, we typically like to flow into a [131 alignment](#) and play in the gaps of the defense.

Trailer – Action (Zone)

Transition – Trailer



1 – Arrive in Four Out



2 – Flow into 131 Alignment



Trailer - Action (Zone) -

Flow into the Action:

Like our man-to-man offense, we should be able to flow right into our [Zone Offense](#) with a simple slot to slot pass.

We will arrive in four out spacing at least until the ball is moved through the Trailer.

Teaching Points:

Once the ball has been passed to the trailer he will have the option to attack or simply move the ball.

If he chooses to make a pass then he will slip to the interior of the defense giving up a traditional 131 look versus the zone.

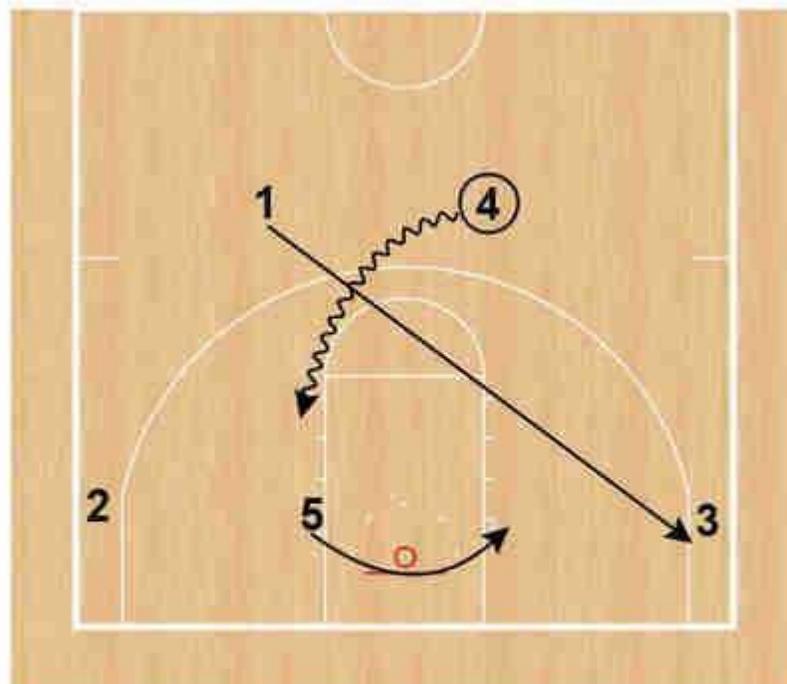
Trailer - Action (Rose)

One of the offensive concepts that we have used successfully over the past three years is the slot-to-slot blur screen. Starting in 2017-18 we began to get really guard-heavy rosters and made the switch to more of a [DDM style offensive system](#). We did not shift from the four-out alignment and Rim Runner break and so we maintained that slot-to-slot pass as our entry into half-court offense. With this concept, we would simply make the slot to slot pass and then get a 45 cut by the passer resulting in a double gap that we would attack with the dribble.

Trailer - Action Transition Trailer



1 - Slot to Slot Pass



2 - 45 Cut & Slot Drive (Blur Screen)



Trailer - Action (Blur):

Flow into the Action:

The goal of the [Blur Screen Action](#) is to open up a perimeter double gap that we can attack with the dribble.

We should be able to flow freely into this action with a simple slot to slot pass to the Trailer.

Teaching Points:

There are only a few simple teaching points to this action.

After making the slot-to-slot pass the passer should sprint his 45 Cut to the ball side corner, opening our double gap. From there the Trailer can [Attack the Gap](#) or pass the ball down to the next player.

Trailer - Action (Motion)

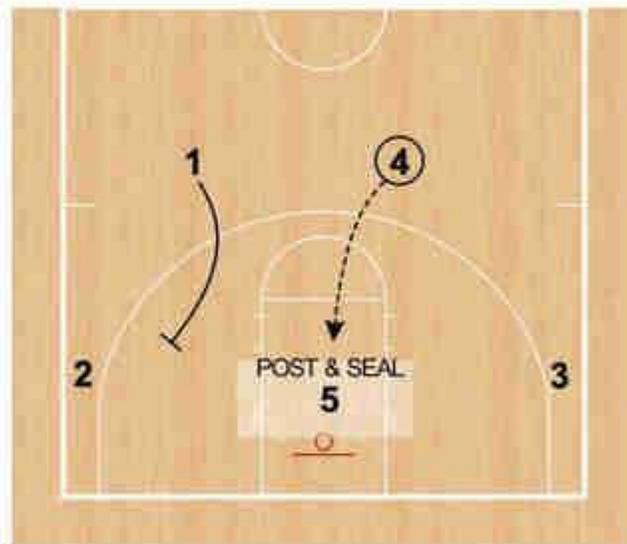
Over the course of the last four years, we have also used a number of Motion Offense Concepts that have generally been player-driven. A conceptual [Motion Offense](#) has always been my preferred style of offense and my use of it has evolved a bit over the years. In 2016-17 we had a dominant post player who made a living on the simple act of hitting the trailer and then entering the ball to the deep post area. Along with the Post Entry, we used quite a bit of single-down screening to provide our other players with scoring opportunities. During the 2019-20 season, we encountered quite a bit of face guarding versus our best perimeter player, so we made use of [Motion Strong Action](#) as a way to combat that defensive approach.

Trailer – Action (Motion)

Transition – Trailer



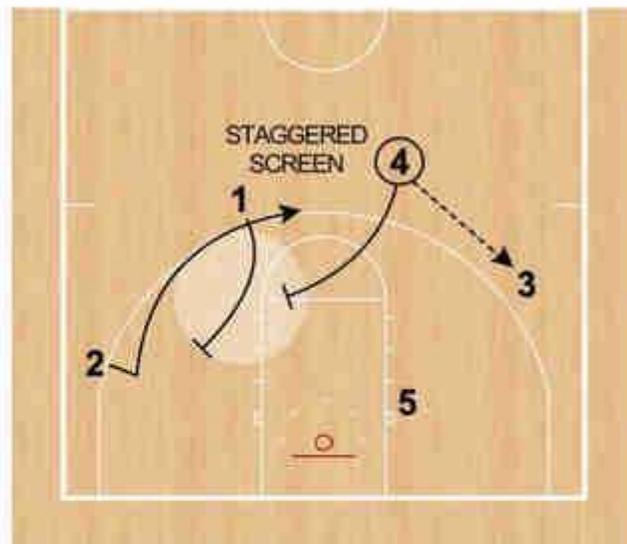
1 - Slot to Slot Pass



2 - Post Entry from the Top



3 - Single Down Screen



4 - Motion Strong Action



Trailer - Action (Motion) -

Post Entry:

Four Out spacing creates the maximum amount of space for the post player. Getting a deep post touch can be as easy as a Rim Run, Seal, & Entry from the Slot.

We would teach our Post Player to follow the basketball as it is passed from slot to slot.

Single Down Screen:

After the slot-to-slot pass, the passer was required to down screen for the corner player. From there the cutter had many scoring options, including:

- [Curls](#)
- Back Door Cuts
- Straight Cuts
- Out Cuts

Motion Strong Action:

[Motion Strong Action](#) is a unique action that we used in 2019-20 to combat our best player being face guarded all over the court. It is an action that uses a staggered screen and simultaneous post-up action as options in a motion offense system. We found it to be successful in helping our denied player get touches as well as find other players off the ball scoring opportunities.

Like our other Motion Offense options it would be initiated by that slot-to-slot pass, and then a 'one more' pass down to the wing.



Concluding Thoughts -

Using the Trailer as both a scoring threat and as a way to flow into half-court offense has become a staple in my own offensive philosophy. I believe you can really empower players by simply giving them simple transition concepts and letting them apply them to what they see in games. On those occasions where the defense has done its job and neutralized the transition threat, we can make that slot-to-slot pass simply flow into half-

court offense. Regardless of the system, I believe that you can flow into virtually any offensive system with four-out spacing and the slot-to-slot entry pass.

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Motion Offense - Post Player

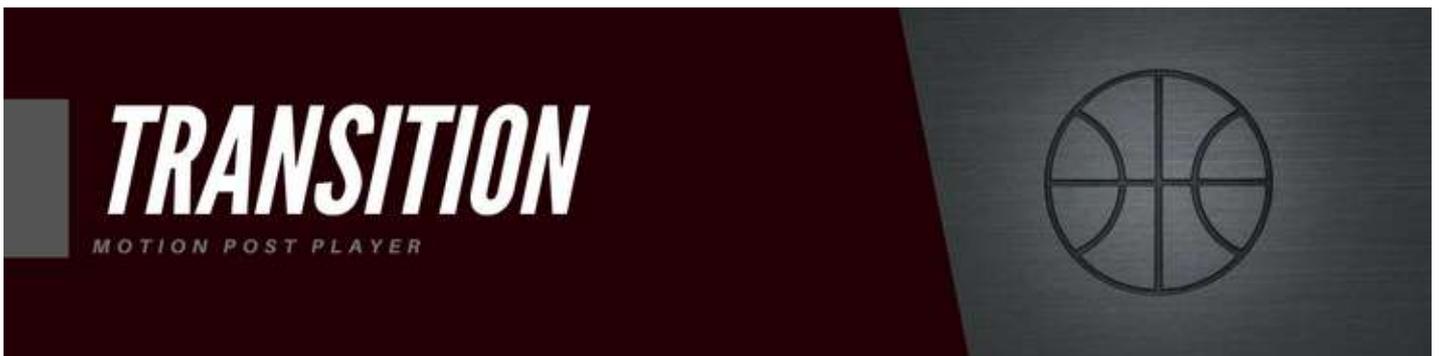
At the high school level the name of the game is still finding a way to dominate the battle for points in the paint - and developing a dominant post player remains the best way to accomplish that.

Developing a good post player can allow your team to control the paint - and in high school basketball that is the name of the game. There is no doubt that at the college and professional levels there has been a movement away from the post, but at the high school level, I'm convinced that a good post player is as important as its ever been. Whether it's making a post move, sprinting ahead in transition, or attacking the offensive glass there are numerous ways that a good post player can influence the game.

I titled this post "*Motion Offense - Post Player*" and in doing so I wanted to emphasize the role of a post player in an offense that places a priority on screening and entering the ball to the high and low post. In this style of offense, we are going to get our paint touches through timely cutting and entries to those post players. Naturally, the post players take on central roles in the offense and we need to be prepared to develop the skills of those players on the practice floor.

Post Player Posts:

- [Rim Runner Scores](#)
- [Be Your Own Outlet](#)
- [Three Out Motion Offense](#)



Post Play in Transition -

The logical place to start a post on Post Players is in transition. There is a ton of scoring potential for the 5 Man in transition if he plays with energy and force. By simply running the floor hard the post player can feed off of pitch ahead passes and early post entries and if he has some ball-handling skills the opportunity to "be your own outlet" is an added opportunity to score the ball.

Transition Scores -

In all of these three scenarios, we are employing a single rim runner system. The 5 Man (post player) is the one who is solely responsible for rim running and getting to the low post.

Rim Runner:

If the 5 Man does not rebound the basketball we are expecting him to sprint to the rim. In diagram 1 we are looking at opportunities to sprint to the rim and receive a pitch ahead from whichever player is advancing the basketball.

Pitch Ahead, Post Entry:

On the occasion that the initial Rim Run does not elicit a pitch ahead pass we want the 5 Man to begin looking to establish post position on the ball side right away. The sideline pitch ahead pass followed by an entry into the low post is another prime transition scoring opportunity.

BYOO:

Those 5 Men who have ball-handling skills and free range to rebound the ball and attack have an additional scoring opportunity. We refer to this concept as "Being your own outlet" or BYOO for short. In this scenario, we have four perimeter players stretching the defense with our 5 Man now attacking off the dribble towards an open lane.

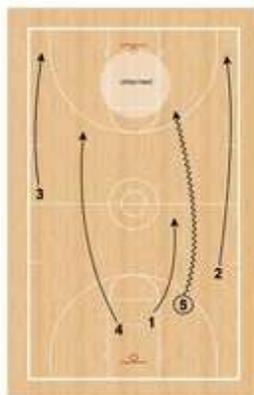
**Transition
Motion Post Player**



1 - Hit the Rim Runner



2 - Sideline Pitch, Early Post



3 - BYOO



Low Post Scoring -

In the half-court, we are trying to get our post player to be an effective scorer on the inside. I am a firm believer that we do not need our post player to have an endless amount of post moves in order to be effective. In fact, I think we can get our post players to master four basic concepts we can build post players that can truly impact the game in our favor.

Low Post Scoring -

We want to train our post players to really master four concepts in order to be impactful threats with the ball.

Strong Hand:

We are looking for players to simply make a move to their strong hand first. This can end in a variety of ways including a baby jump hook, finish at the rim, jump stop finish, etc.

Counter:

If the defense wants to take away the strong hand then we need to develop something as a counter. I generally teach our post players to use a spin move in the post that allows them to turn away from the defense and be able to finish the ball at the rim as a counter move.

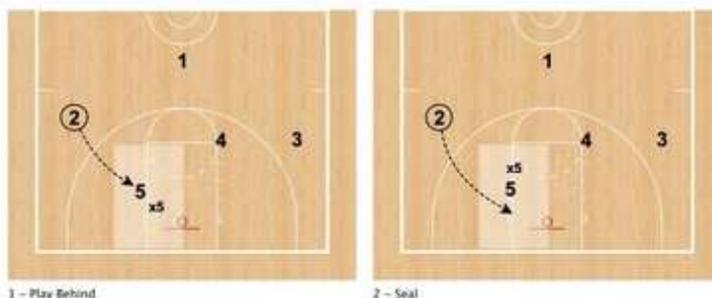
Turn & Rip:

On the occasion that the post player gets pushed off of the block we want him to be able to turn and face the rim. From here we are looking to employ some guard skills and rip the basketball across their defender's face and finish with two feet at the rim. The turn and rip concept is something that we practice program-wide and the 5 Man is no exception.

Seal:

If the defense decides to front the post or 3/4 front the post we need to prepare the post player to counter this by using their legs to seal their defender while leaving a passing window open for the perimeter players. Post seals can come in the form of lob passes or bounce passes, but both depend on the post player moving the defender up the lane and giving the passer a window to enter the pass.

3 Out Motion – Low Post Motion Post Player



Low Post Passing -

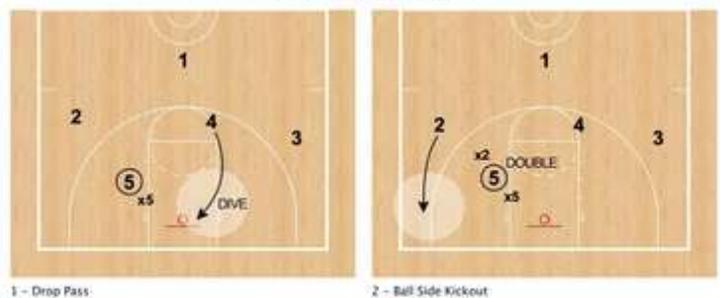
Passing from the Low Post is the "Next Level" for the post players in motion offenses. If we can develop post players that can score the basketball and pass the basketball then we are in really good shape. Depending on what kind of offense we are running (3 or 4 out) the passing options might be slightly different on post touches. For example, if we are running our 3 Out Offense then there are going to be more drop pass opportunities, but if we are working with four out spacing then the kick out or skip passes are going to be more prevalent.

Low Post Passing -

One of the biggest teaching points we can give to post players is to immediately look to the middle of the court on every post touch.

Looking to the middle will allow us to take advantage of any dive or high/low opportunities that might be present on the post entry.

3 Out Motion – Low Post Passing Motion Post Player



Drop Pass:

One rule that we establish with post entries is that the 4 Man immediately dives on any entry pass. That little drop pass to a cutting 4 is a great scoring opportunity from this moment.

Ball Side Kick & Kick Opposite:

If that drop pass is not open then our post player has a number of other opportunities on the ball side and backside. If the ball is doubled then he can kick it out to the shooter on the ball side. If defenses are a bit more complex then perhaps the openings are on the backside. Utilizing the skip pass to the opposite slot and corner are great ways to find open shooters out of the post.



OFF REBOUNDED

MOTION POST PLAYER



Offensive Rebounding -

Maybe the most underrated part of post-play is the ability to rebound the basketball offensively. For Post Players, this should be a focal point to create points without being the coach having plays drawn up for them. Although some of these tips are things that also apply to any crashing perimeter player they are extremely important to the post players.

Getting to the High Side -

One of the most important offensive rebounding concepts is the idea of "Getting to the High Side". Whether you are crashing from the corner or moving from the dunker spot "getting to the high side" is a must to put yourself in a good position to rebound.

Corner Players:

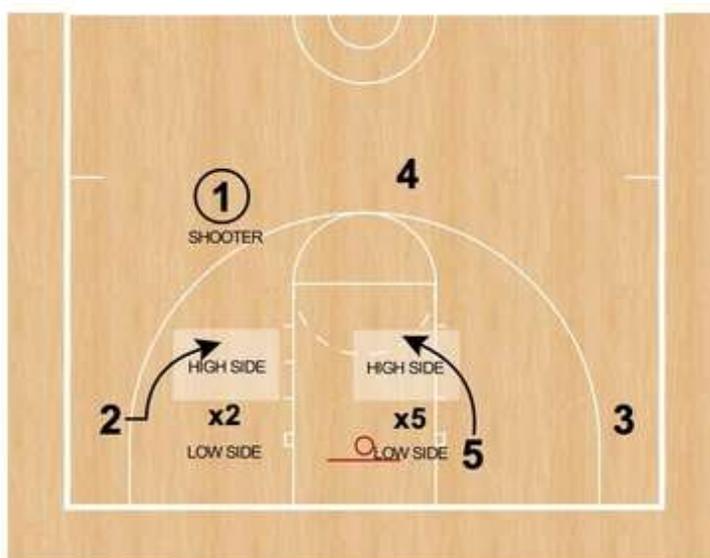
For players crashing from the perimeter, we are simply asking them to crash towards the elbow as opposed to crashing along the baseline.

Theoretically, we are going to be able to tip out more long shots and create more offensive rebounding opportunities.

Post Players:

For players in the post or along the baseline, we are also asking them to "get to the high side". Just as with the perimeter players we are looking to maximize our chance to get an offensive rebound or at least tip the basketball out to our teammates on the perimeter.

Offensive Rebounding Motion Post Player



"Getting to the High Side" - We are defining the high side as the path around our defender that is closest to half court. The benefit of this path is that we remain in guarding position if we don't get the rebound.

Teaching Points:

1. Fake Baseline, Head to the High Side
2. Keep an arm free for Tip Outs
3. Maintain Contact with our Defender
4. Post Players, "Get to the Front of the Rim"

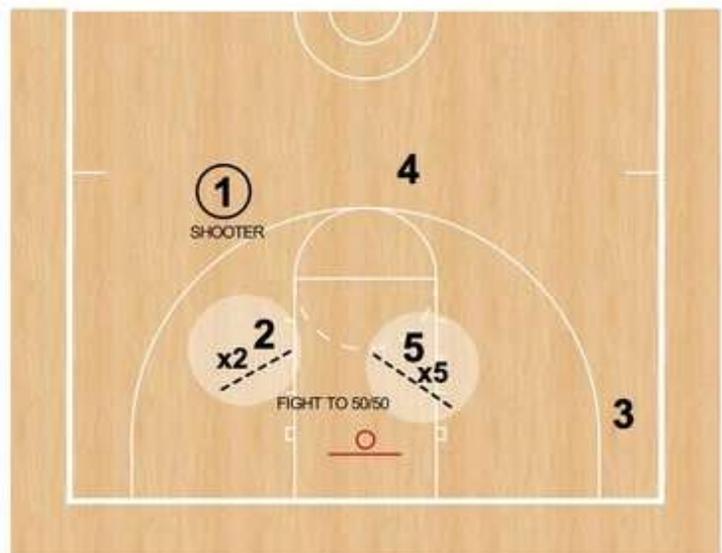
Fighting to 50/50 -

The concept of fighting to 50/50 is also one that should be employed by any player crashing the glass. For the post player, this means they can not settle for standing behind the player defending them.

Technique:

When we use the phrase "Get to 50/50" we are referring to the positioning of offensive rebounders in relation to their defender. We want the offensive rebounder to be shoulder to shoulder with his defender in order to give him a chance to tip the ball out or get the rebound. This is especially important for players along the baseline (post players, and corner players).

Offensive Rebounding Motion Post Player



"Fight to 50/50" -

The basic concept is that we do not want players to simply sit behind their defender. We want them to fight to a shoulder to shoulder position.

Teaching Points:

1. Keep a Hand Free to Tip Out
2. Maintain Contact with Defender
3. We still would like to Get to the High Side of our Defender as well



Concluding Thoughts -

Developing a good post player is essential in creating an efficient motion offense. Their role as a transition threat, inside scorer, and interior passer is critical to the effectiveness of the offense. As defenses focus more of their attention on the post player it will open up opportunities for the perimeter players. Ideally, we want to develop our post players so that they are a threat to sprint ahead in transition, a threat to score in the paint, and a force to be reckoned with on the offensive glass. If this style of player is one that you are looking to make the focal point of your offense I would encourage you to check out my 3 Out Motion Offense.

- ***Deep Dive Breakdown of Three Out Motion offense***

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Michael Lynch

-
-
-
- Feb 7
-
- 6 min read

The Rim is King

Updated: Oct 12

To have an efficient offense we must be able to find a way to get shots at the rim in a Half Court setting.

Listening to Jordan Sperber's [Solving Basketball Podcast](#) I came across a sound bite that got me thinking. The guest on the episode, [Ben Falk](#) from *Cleaning the Glass*, was talking about his experience as a High School coach. While discussing his own offensive philosophy Falk commented, "The Rim is King. The whole thing is still figuring out how to get shots at the rim." In the course of the conversation they touched a common dilemma for high school coaches; how do you get shots at the rim when your shooting is subpar and teams are willing to sag off?

At this point, it would seem to be common knowledge that the most efficient shots in basketball are shots at the rim, shots from the three-point line, and free throws. Amongst those three shots getting to the rim is not only the *most* efficient, but has the added benefit of commonly earning trips to the free-throw line as well. Like many programs, we have made a concerted effort over the last four seasons to create an offensive approach that provides our players with opportunities for these high-efficiency shots. For the sake of this blog post, we are going to focus specifically on getting those shots at the rim in the Half Court.

"The Rim is King. The Whole thing is still figuring out how to get shots at the rim." - Ben Falk



A Closer Look at the Numbers -

In preparation for this blog post, I put together some shot chart data from the past four seasons. 2016-17 was the first season that we began using Hudl, and thus the first season where we have detailed statistical shot chart analysis. I wanted to take a look at a few specific stats like shot location and the PPS (Points Per Shot) that was earned in those locations. Just to be clear about the statistics, I wanted to keep the focus of this post solely on creating shots at the rim in the half-court but due to limitations in charting these numbers do not make any distinction between transition and half-court offense.

Before diving into the results of the statistics I wanted to mention that we have made a concerted effort over the past four seasons to increase the percentage of our shots that come from the deep paint and three-point line areas of the floor. The use of four out spacing and specific actions emphasizing our players' strengths; such as post-ups, driving lanes, and scoring cuts, have been the vehicles by which we have done this. In general, I think our players have really bought into this concept and the statistical evidence has supported this belief.

Diagram 1: *Visual representation of a Hudl Shot Chart, the basis on how the statistical table below was organized.*

- *Deep Paint - the two boxes closest to the rim.*
- *Upper Paint - the two boxes just inside the free-throw line.*
- *Mid Range - the five boxes outside of the paint, but inside the three-point line.*
- *Three-Point - the five boxes outside of the three-point line.*

Overall



Diagram 2: Statistical data for the last four season organized by A) Shot Location, B) Percentage of Shots Per Location, and C) Points Per Shot.

Shot Location					
	Games	Deep Paint	Upper Paint	Mid Range	Three Point
2016-17	22	624	151	184	377
2017-18	21	552	105	65	427
2018-19	18	474	91	48	377
2019-20	18	398	100	83	443
Totals:	79	2048	447	380	1624

Percentage of Shots Per Location					
	Games	Deep Paint	Upper Paint	Mid Range	Three Point
2016-17	22	46.7%	11.3%	13.8%	28.2%
2017-18	21	48.0%	9.1%	5.7%	37.2%
2018-19	18	47.9%	9.2%	4.8%	38.1%
2019-20	18	38.9%	9.8%	8.1%	43.3%
Shot Location %	79	45.5%	9.9%	8.4%	36.1%

Points Per Shot					
	Games	Deep Paint	Upper Paint	Mid Range	Three Point
2016-17	22	1.14	0.89	0.59	0.88
2017-18	21	1.01	0.46	0.74	0.80
2018-19	18	1.05	0.67	0.33	0.64
2019-20	18	1.04	0.74	0.75	0.83
Points Per Shot	79	1.06	0.69	0.60	0.79

Shot Location & Percentage of Shot -

The *Shot Location* and *Percentage of Shots Per Location* charts display our consistent efforts to get more of our shots in these high-efficiency locations. I attribute some of the slight variations year to year on personnel and X & O based changes, but overall I do see evidence that we are getting the shots that we are preaching in practice.

- *3FGA* - Our 3 FGA has increased in volume and percentage for four years
- *Mid Range* - Less than (20%) of our shots are in the Upper Paint & Mid Range
- *Mid Range* - The 2016-17 percentage are mostly post-ups outside the deep paint
- *Deep Paint* - The goal is to be close to (50%) in this area, we took a dip in 2019-20

Points Per Shot -

The results of the *Points Per Shot* diagram is the driving force behind this entire blog post. The results show that there is a clear pecking order in the value of shot location. The numbers show that the three-point shot is more valuable than the midrange, but shots at the rim remain "the king".

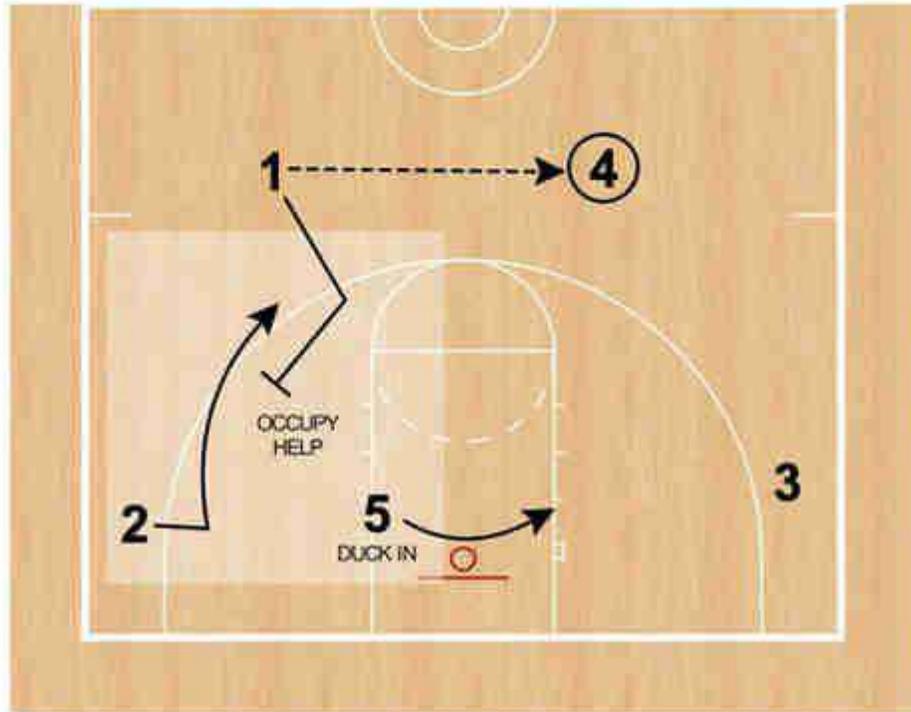
1. *PPS* - Deep Paint (1.06), Upper Paint (.69), Mid Range (.60), Three-Point Line (.79)
2. *3FG* - The 2018-19 was a bit of an outlier from the Three-Point Line
3. *Mid Range* - Consistently represent the lowest value shot in the game



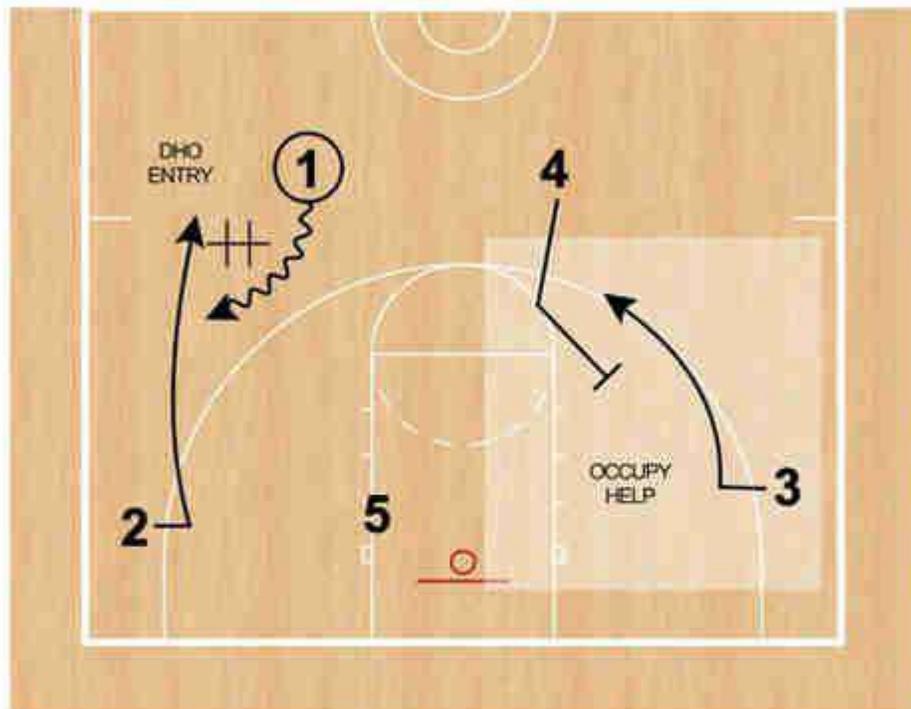
Using the Post Up -

One great way to get shots at the rim is to find ways to get deep post touches for a skilled big man. Heading into the 2016-17 season we had an especially talented post player returning for his senior season. One of the things I wanted to do in that offseason was to investigate how to give him even more space in the post by using a 4 Out,1 In alignment. I thought using a *Four Out Motion System* would allow him to get cleaner looks at the rim, while also allowing our perimeter players to take advantage of other high-efficiency shots at the three-point line.

Motion - Post Up



Change Entry



DHO Entry



Motion - Post Up -

Duck In:

The key for the post player is timing his "duck in" as the ball changes sides of the floor.

- Front - Look for Lob
- Behind - Duck In

Occupy Help:

When any slot to slot pass is made the passer initiates a down screen. This action can be a scoring action - or simply a way to occupy the help defense.

DHO Entry:

One pressure release we used quite often is the slot to wing DHO. For the post player, this often gave the receiver of the pass (2) a clean entry in the post.

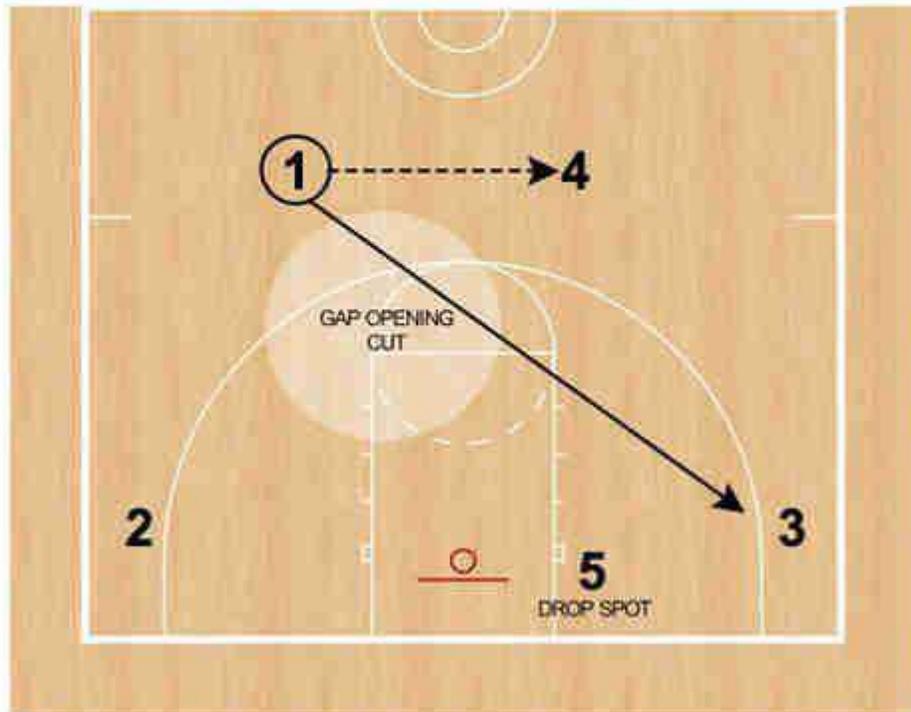
- [Incorporate the Post into your Transition Offense, Check Out our RIm Runner Post.](#)



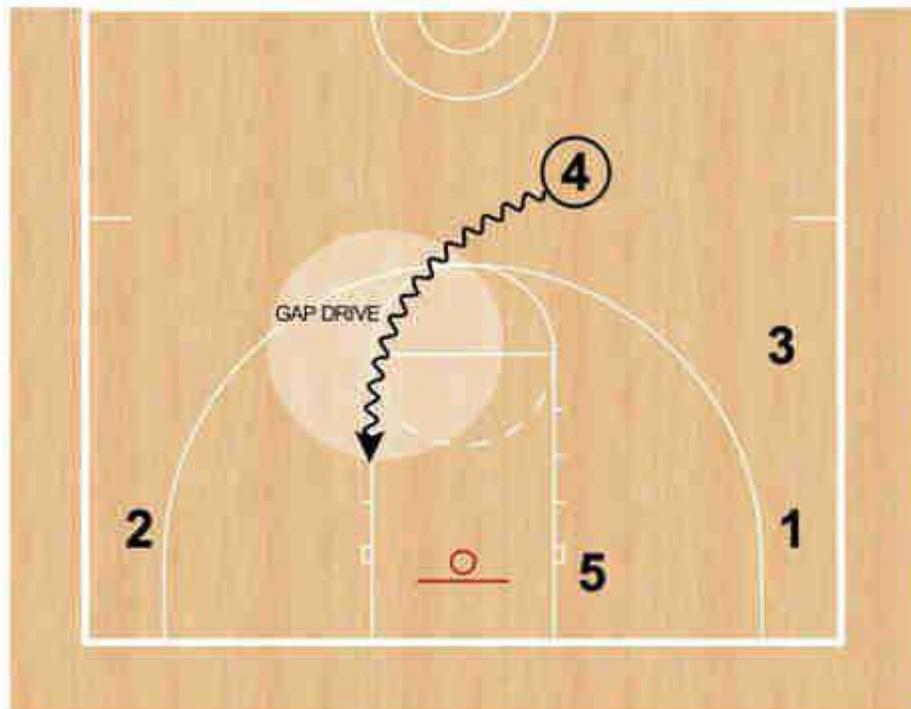
Creating Driving Lanes -

For those teams without the advantage of a dominant post player creating driving lanes for your perimeter players to get shots at the rim is the next best thing. As we graduated our dominant post player after the 2016-17 season I thought we had to make an adjustment that shifted the shots at the rim towards our guards. Trying to take advantage of our personnel's strengths we kept our four out spacing but moved away from the screening based Motion System and towards a dribble-drive oriented attack. The most common action we used to get shots at the rim was a [Blur Screen](#) on slot to slot passes.

Motion – Blur Screen



Pass & Blur Screen



Gap Drive



Motion - Blur Screen -

Blur Screen Action:

Our basic rule was that after every slot to slot pass the passer would make a "45 Cut" (or Blur Screen) to the ball side corner.

- [Slot Blur Screens](#)

Driving Gaps:

We taught our corner players (2) to hold their position in order to allow the basketball to attack the newly opened gap.

In this scenario we now have two opportunities to create shots at the rim:

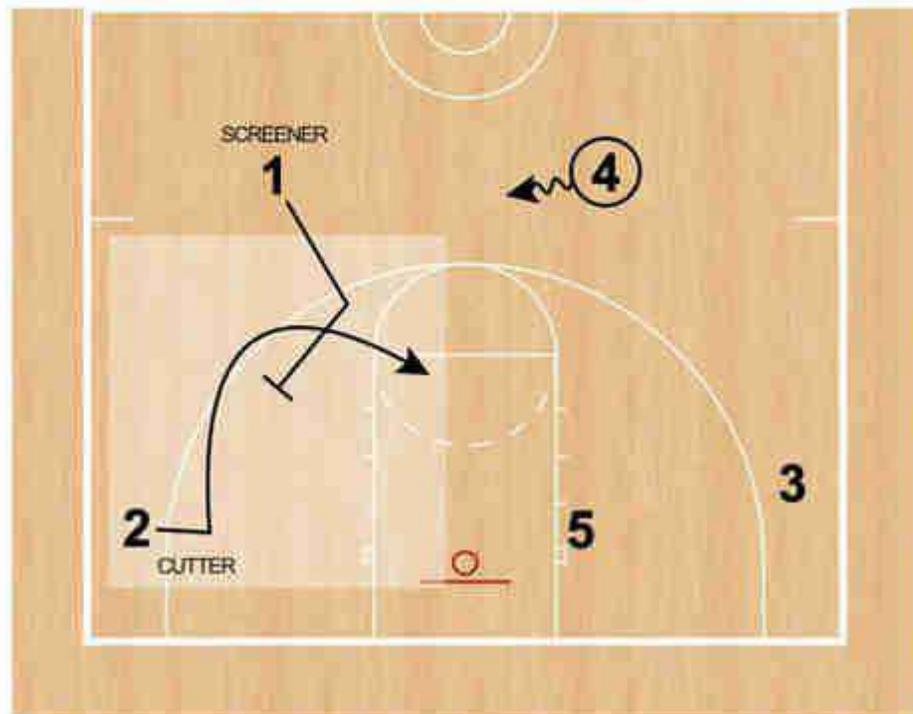
- 1 - For the Driver
- 2 - For the 5 Man on Drop Passes



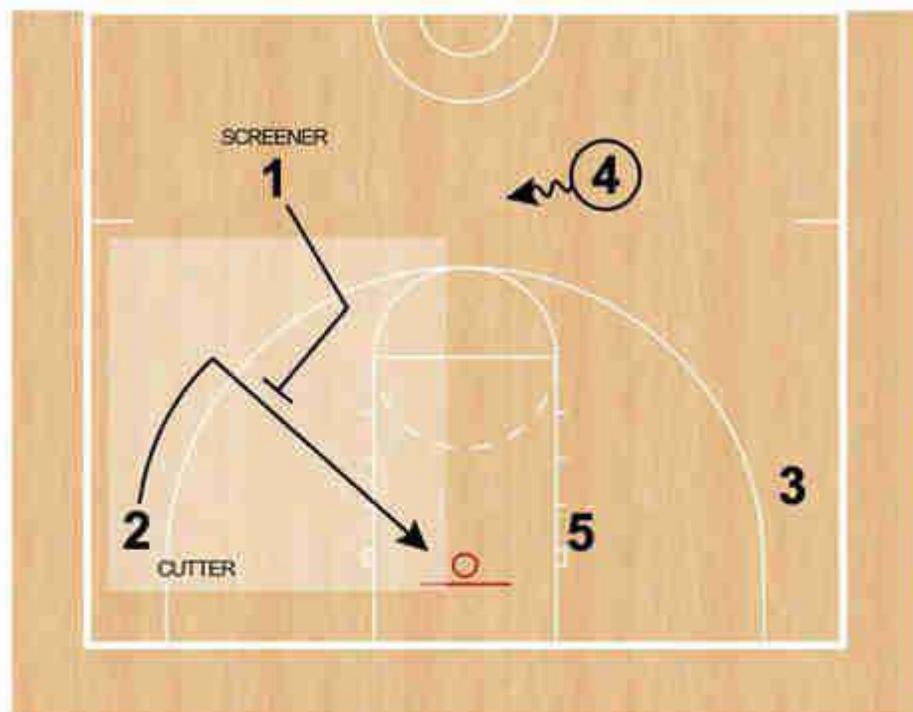
Motion Curls & Backdoors -

Another great way to get shots at the rim is to incorporate the use of curls and backdoors in your offense. In the 2016-17 season, we incorporated [Curls and Backdoors](#) into our Four Out Motion system, and in 2019-20 we did this as part of our [Motion Strong Action](#). In both scenarios, we used the curl and back door cuts as options that cutters could use off of down screens.

Motion – Curls & Backdoors



Curl Cut



Back Door Cut



Curls & Back Door Cuts -

Set-Up:

The curl and back door cuts generally came off of down screens.

- 1 - Slot to Slot Pass is Made
- 2 - Passer Sets Down Screen
- 3 - Cutter Sets Up his Cut

Reads:

For each cut, there needs to be a *teaching point* that players are using to determine their cut.

Curl -

- If the defender is following your cut over the screen(s).

Back Door -

- If the defender acts aggressively to cut you off from your cut.



Concluding Thoughts -

In a perfect world, we would get out in transition and score baskets at the rim before the defense was ever set. On those occasions in which we are forced to play in the half-court, we need to design opportunities for our players to get shots at the rim. As we saw in the data tables those shots at the rim (1.06 average) are so much more valuable than any other shot that we should probably be building our offense around how we will get them. There are many ways to do this, but factors like personnel, skill sets, and spacing always seem to be the things that I take into account.

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Slot to Slot Flow

Updated: Jun 17

One of my favorite ways to enter into half-court offense is to use the slot to slot pass as a trigger to cleanly signal 1) the end of transition offense and 2) the start of half-court offense.

My general preference when it comes to offense is not to have to make play calls every possession down the floor. I want the majority of our points to be scored with players executing the read-based create actions that we work on at practice every day. One of the concepts I have adopted to help facilitate this style of offense is the idea of establishing a trigger. To me, a trigger is essentially an unspoken action in your offense that serves as the clear transition from one phase of the game to the next. It does not require a call from a player or a coach.

When this trigger takes place we will build in an automatic cut or screen that then brings us into our main create action. The specific trigger that we will dig into in this post is a simple slot to slot pass. This is my preferred action because of its ability to blend naturally with almost any four-out offense. Regardless of whether I have employed dribble drive or screening-based actions I have been able to incorporate the use of this trigger. As soon as we cross the half-court line we are training our guys to maintain perfect four-out spacing and then hunt that slot to slot pass across the top to initiate our action.



What is a Trigger? -

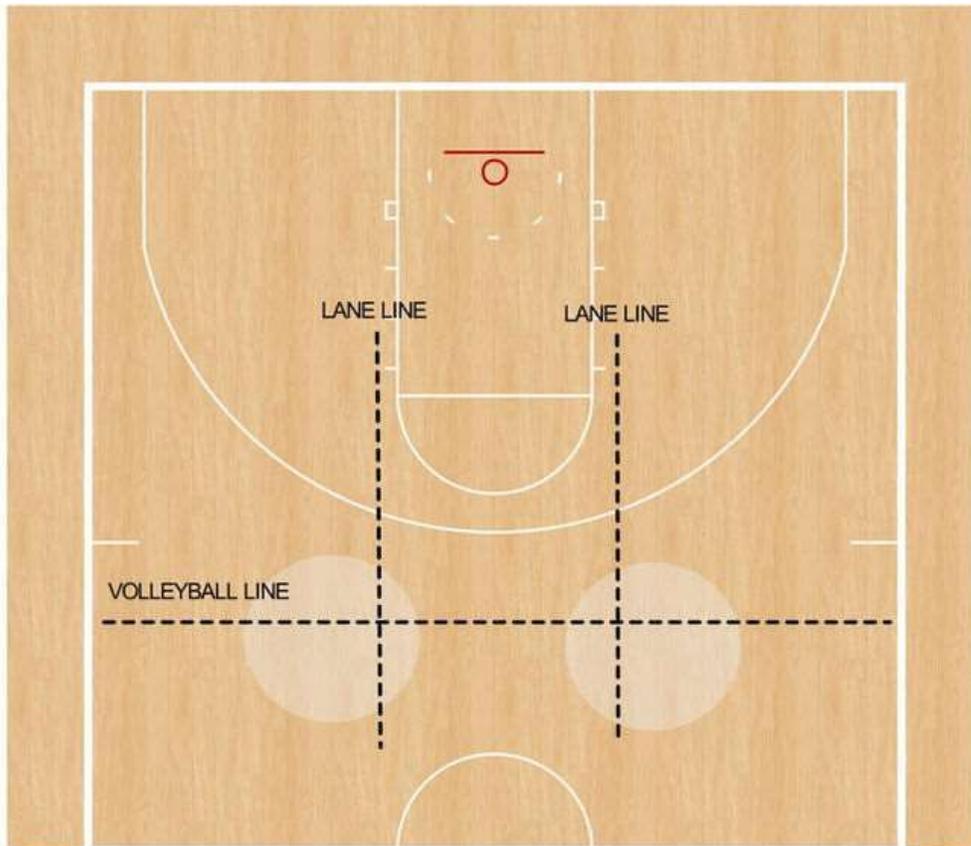
When I use the term trigger I am describing an action that signals to the players that we have now ended transition offense and begun half-court offense. The trigger is not something that a coach or player calls but is simply a dribble entry or pass that is made. Once this designated pass (or dribble) is made, we are immediately flowing into our half-court action.

The trigger that we will dive into in this post is a simple *slot to slot pass* made across the top of the key. This is my preferred trigger because:

- Simple
- Can be used with many concepts
- Combined with a Cut or a Pass

The Slot to Slot Pass

Slot to Slot Geography



Slot to Slot Geography -

The Slot is going to be defined as the area at the intersection of the "Volleyball Line" and the "Lane Lines".

- NBA Three Point Line Spacing
- Pull the Defense Out
- Shorten the Slot to Slot Pass



The Slot to Slot Pass -

This concept fits best with *Four Out Offenses* which will utilize slot and corner spacing with their perimeter players.

Geography:

We define the slot areas as the intersection of the lane lines and the "volleyball line". For courts that do not have a volleyball line, we use the NBA three-point line as the descriptor.

High & Wide:

We want these two players in the slot to be "high & wide" so that a hard, crisp slot to slot pass will be able to maximize our cutting/screening once it is completed. The more that we can drag the defenders outside of the three-point line the more of an advantage we will create with our initial action.



Pass & Cut Options -

Making the slot to slot pass followed by a "gap creating cut" is a great way to segway into dribble drive action. Coaches can choose to make this an automatic cut or give players a number of options to choose from once the pass is made. Either option can work, but we want to train players that once that pass is made, and the cut is completed we are then looking to attack the gap that was created.

Slot to Slot "Pass & Cut" - DDM DDM Options



1 - Slot to Slot Pass - "45 Cut"

After making the Slot to Slot pass the player makes a hard 45 Cut to the opposite corner.

Ideally this move opens up a gap with the defender to attack.

The "45 Cut" -

The trigger here is that every time a slot to slot pass is made the passer makes a 45 cut to the ball side corner.

The Cut:

This cut should be made through the FT Line. I typically say that the cut needs to be made just inside of the paint.

- "Get a Piece of Paint"

The other teaching point is that the cut needs to be made below the X4 defender. You do not want to let that defender get underneath your cut.

Attacking the Gap:

This cut has now created a nice double gap that the basketball can attack. Timing is the name of the game, and we want to get our defender to hesitate with dealing with the cut and defending our dribble attack from the slot.

Slot to Slot "Pass & Cut" - DDM

DDM Options



2 - Slot to Slot Pass - "Post"

After making the Slot to Slot pass the player makes a hard cut to the ball side corner, pushing the player occupying the corner through.

Once again we have created a gap to attack with the dribble.

"Fan Action" -

The trigger option here is that once the slot to slot pass is made the passer cuts to the strong side corner - pushing the player occupying the corner (2) to the opposite side of the floor.

The Cut:

The only real teaching point I would mention here is that this is a great option to help combat switching. If defenders are switching that "45 Cut" we mentioned above, then we can mix in this option as a way to keep defenses honest. I would also encourage players to have a hand signal to wave that corner player through.

The Gap:

Once again we have created a nice double gap to attack. We are looking to drive the slot and get to the rim, but if help comes we want to teach players the Drop and Quick Pitch options that they will have in those scenarios.

Pass & Cut into Point Series -

For those people who are looking to incorporate Princeton style movements than using the slot to slot trigger to Point Series is a great option. Just like above, we are getting the slot to slot pass to initiate,, then conducting a "Rub Cut" into the center of the lane. This cut is going to create an opening for the 5 Man to flash to the elbow to get us into Point Action.

- *Check Out my plan on how to incorporate **Princeton Point Series**.*

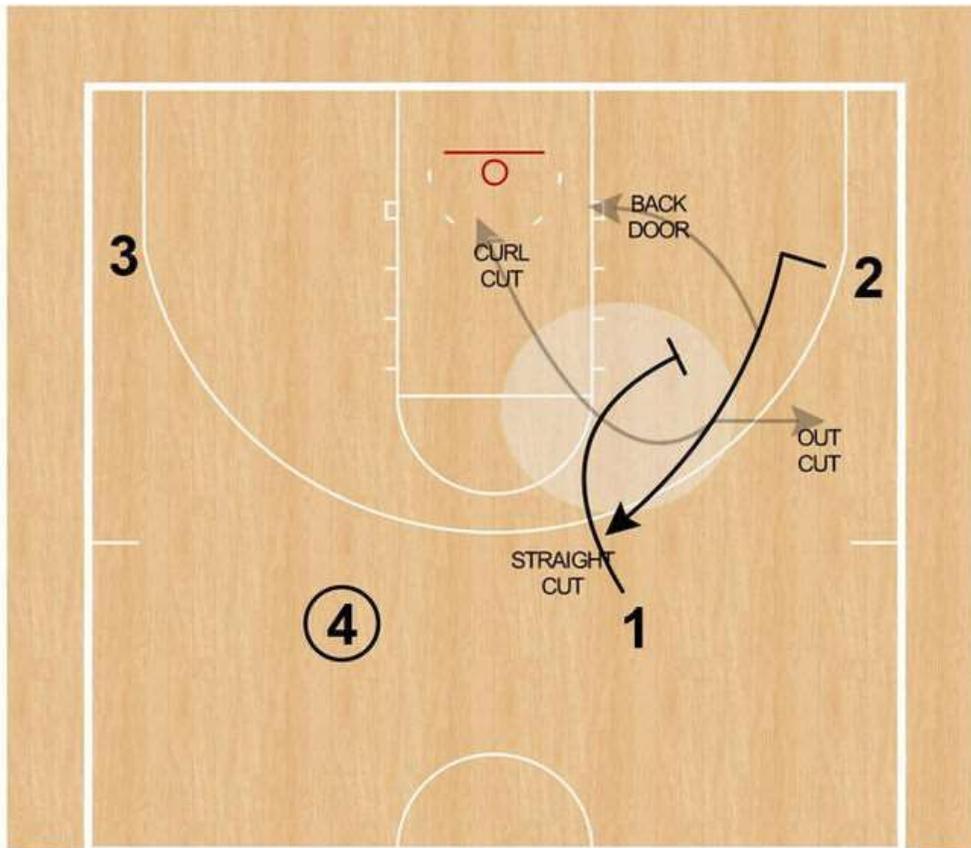
If you are interested in the options available here take a look at this thread:



Pass & Screen Options -

If you are more of a pass and screen coach there are a number of options that you can flow into out of the slot to slot trigger. Through the use of single-down screens, flare screens, and staggered screens you can build an effective motion offense with the use of the slot to slot trigger. I do not recommend that you try to incorporate all of these elements or give players all of these options at once, but choosing one of these options can be an effective way to flow into offense.

Slot to Slot "Pass & Screen" - Single Down Single Down Screen



2 - Single Down "Cut Options"

Once the Down Screen is set the Cutter has a number of options that he can choose from. Based on the defense they can cut to these destination points

- Straight Cut
- Out Cut
- Back Door Cut
- Curl Cut



A. Single Down Screen -

In this action, we are hunting the slot to slot pass and then requiring the passer to conduct a single down screen on the same side of the floor.

Screener & Cutter:

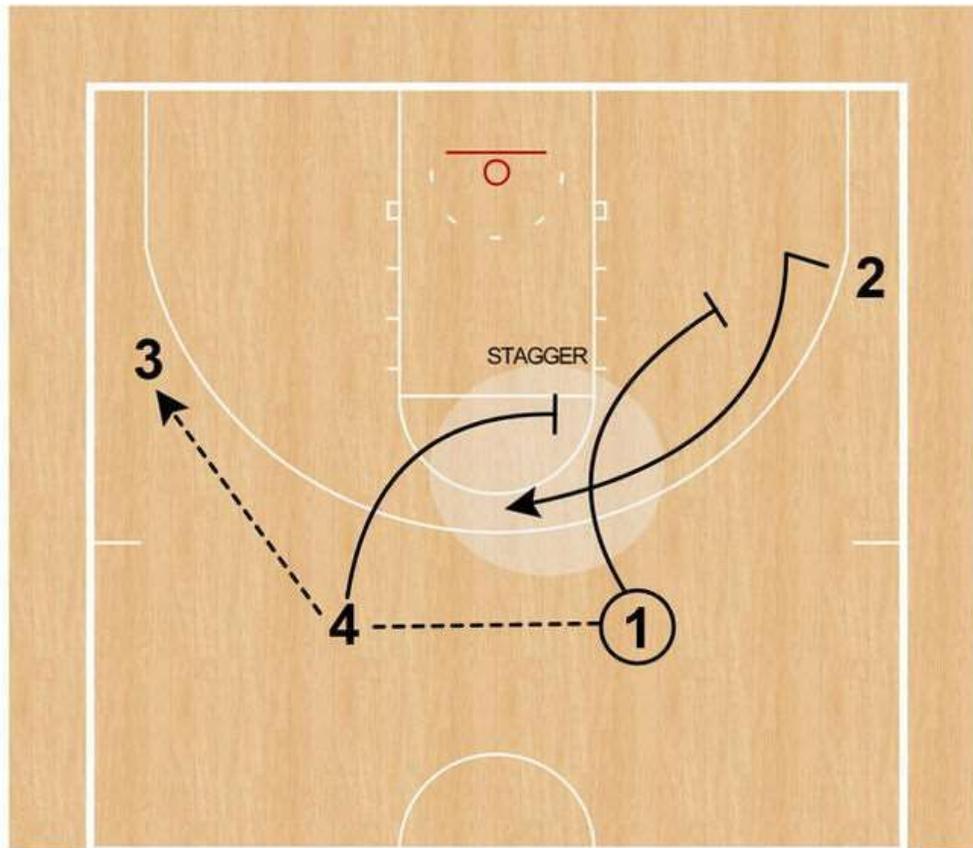
We would like our screener to position himself around the elbow and have his feet positioned to face the corner.

Once the screener is in position it is up to the cutter to make the appropriate cut. Based on the actions of his defender he can cut the rim (curl, back door) or cut towards the ball (straight, out).

Whichever choice the cutter makes the screener should make the opposite. We often refer to this action as "second cutting". For example, if the cutter curls to the rim then the screener should pop out towards the ball. If the cutter goes to the ball then the screener should dive to the rim.

- *If you're interested in this action check out our [Four Out Motion Post](#).*

Slot to Slot "Pass & Screen" - Stagger Motion Strong Action



1 - Slot to Slot Pass - "Staggered Screen"

In this case we are looking to extend our Slot to Slot pass to become a Slot-Slot-Wing swing. After each successive pass we are asking the passers to set their down screen.

The cutter can now use both screens coming from the corner.



B. Staggered Screen -

To use the staggered screen we are actually seeking a slot-slot-wing swing as opposed to the simple slot to slot pass.

For both of the slot players, we are asking them to perform a single down screen after their pass. The result is that we have a staggered screen set for a cutter coming from the corner.

Screener:

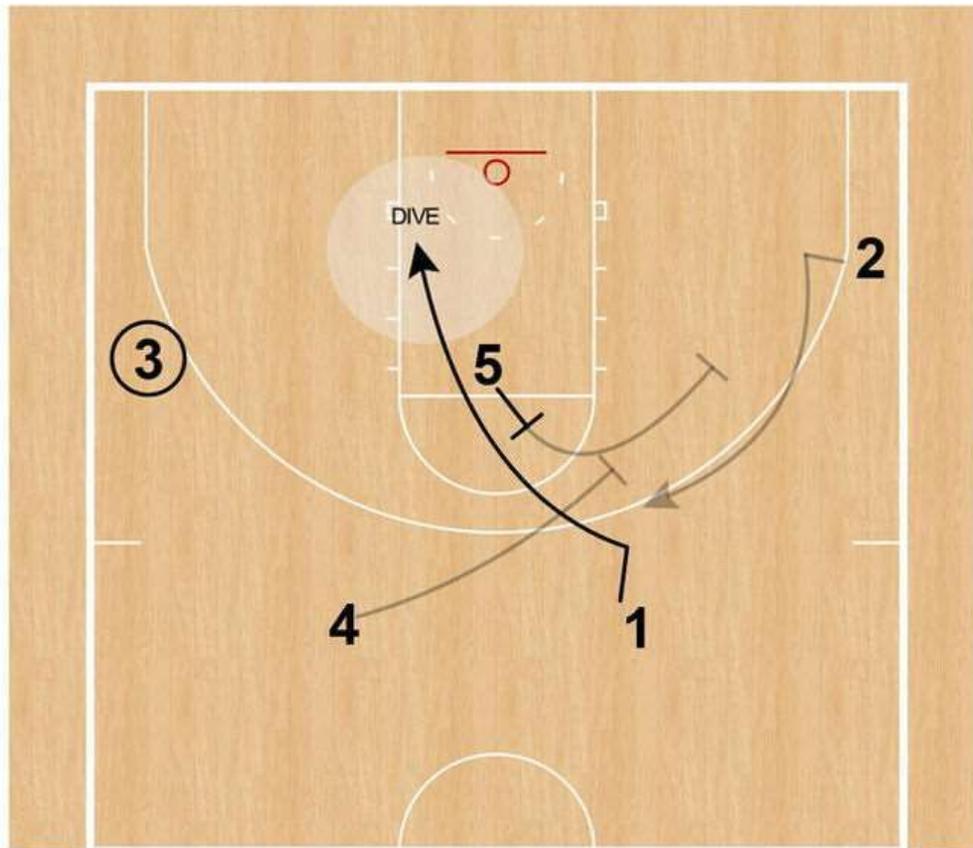
Just as with the single down screen we are looking for the passers to set a down screen around the elbow and FT Line area. They should be facing the corner, preparing themselves to second cut off of the cutter's decision.

Cutter:

In general, I am a fan of reducing the cutter's options a bit. For example, instead of giving the cutter four different options to choose from I decided to allow them two; straight cut or basket cut. If the defender goes under the screens then we are straight cutting for the ball. If the defender fights through the screen then we are breaking it off towards the rim. Just as we discussed with the *Single Down Screen* we are looking for our screeners to "Second Cut" after the cutter makes his choice.

- ***If you are interested in this action check out Motion Strong Action Post.***

Slot to Slot "Pass & Screen" - Chin Chin Action



2 - Back Screen Dive

Once the back screen is set the original passer dives to the rim looking for easy basket.

On the backside we are flowing right into a staggered screen for the cutter in the corner.

- Dive
- Stagger
- Flow to Four out



Chin Action -

This is an action I used as more of a set play than a base offense. I liked it as a counter to the slot-slot-wing swing pass that we used with motion strong action.

However, for those coaches who like the Princeton actions the slot to slot pass is a way to trigger Chin Action.

Swing:

Just as with the stagger action we are looking for the slot-slot-wing swing pass. In this case, there is no automatic cut or screen immediately - it is more of a fake screen and dive cut.

Dive & Backside Action:

The primary scoring option with Chin Action is the dive from the original passer. If that dive is not open for a score then we looking to set a backside staggered screen to occupy the help defenders.

- *If you are interested in this action then check out our [Motion Strong Variations](#) post.*



Concluding Thoughts -

The focus of this post was on developing a "trigger" concept that helps your players transition seamlessly into half-court offense. If you are a team that uses a lot of set plays then perhaps this is something that you don't really need. However, for those coaches who want to play more conceptually and have fewer moments where the coach is micromanaging movement then this is an excellent addition. Whether your team is dribble-drive-centric or more screening and cutting centric the slot to slot pass is an entry that can trigger that initial create action.

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Slot Blur Screens

Updated: May 26

Let's take a look at a simple Four Out DDM Entry that can open up great attacking opportunities into double gaps.

After an extremely successful 2016-17 season, we graduated six seniors, including our 6'8" Center whom we had built our offense around. The previous three seasons our offense was a more traditional motion offense centered around getting the basketball into the post. The roster we had returning was much different. They were more guard-oriented, and I thought, better suited for a dribble drive style offense. So after observing our 2017-18 team perform in Summer League I made the decision that we would move away from traditional motion and towards a dribble-drive style offense.

There is an endless amount of information on the dribble drive offense, and we incorporated many of the basic concepts; double gaps, loop action, the drop zone, rack zone, etc. However, one wrinkle that I was really intrigued by was the concept of incorporating a blur screen on any slot to slot pass. Mark Cascio ([@coachcascio](#)), the boys' basketball coach at Catholic High School in Baton Rouge, LA was the first person I observed using this concept. Coach Cascio's offensive system is much more in-depth than this simple action, but I wanted to take that particular element and incorporate it into the dribble drive system we were employing.

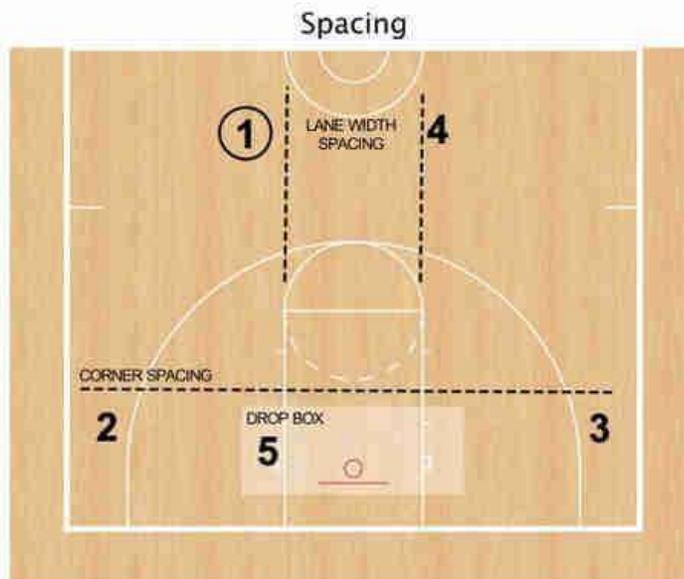
Check Out of Other DDM Related Posts:

- [Identifying DDM Skills](#)
- [Planning a DDM Practice](#)
- [Driving the Elbow](#)

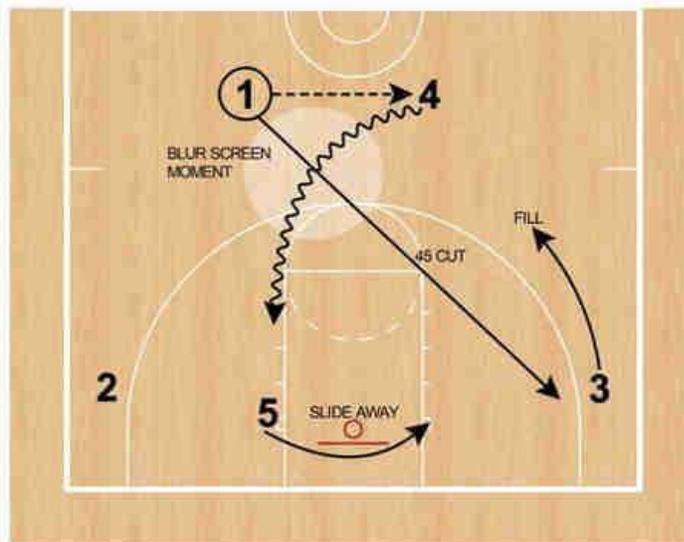


I - Spacing & Reactions

Spacing & Reactions



Slot or Slot Pass Reactions



Spacing -

Our version of dribble-drive motion was done with four out spacing. We wanted to provide our players with a few basic court markings in order to guide our spacing.

The Drop Box - after an initial post up in transition our 5 man would attempt to position himself opposite of the basketball with 2-3 feet of the block.

Lane Width Spacing - we wanted our two players in the slot to positioned about lane width apart when the ball is passed.

- Helps Creates Confusion
- Helps Cutter Get Through

Corner Spacing - the two corner players should position themselves no higher than the second lane marker.

- This Creates a Longer Closeout
- Makes Quick Decision Easier to See

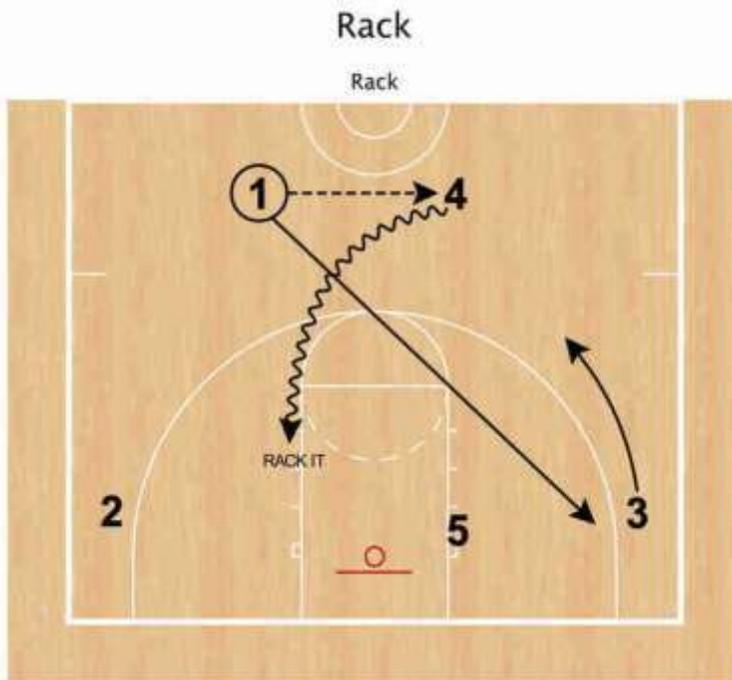
Reactions -

These are the basic rules that we would set on any Slot to Slot pass.

1. The Passer makes a '45 Cut' to the Ball Side Corner
2. The Backside Corner Player fills to the Slot
3. The 5 Man Slides Away from any Drive



II - Read Progressions



A. "Rack-It" -

What we really want to do is create confusion at the point of attack which will allow the driver to get all the way to the basket.

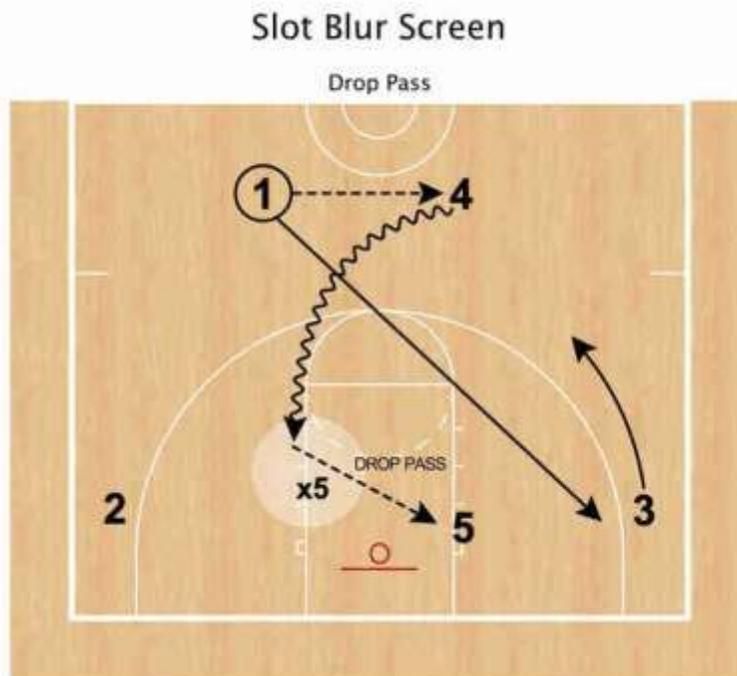
Rack-It - this is just a simple term to describe the driver being able to get all the way to the rim

Teaching Points:

- Timing is Everything
- Drive off the Cutter's Back
- Use the Cheat Dribble
- Angle to the Rim is Important, try to cut defender off

- Work on Finishing Technique

One of my first blog post series two years ago was on different finishes when attacking the rim. The *Finishing School* series included three posts on [Game Finishes](#), [Practice Drills](#), and [Practice Progressions](#). You certainly do not need to be employing DDM principles in order to work on finishing, but in order to be efficient, you need to work on attacking finishes and decision making.



B. "Drop Pass" -

The #1 priority with this action is to rack the basketball. However, if that can not be done then the driver has to see where the help is coming from. The help can only come from two places; the Middle or the Corner.

The Drop Pass - is a quick pass to the post player located in the drop zone around the rim.

If the driver sees help coming from the middle then he should make the Drop Pass to the big.

Teaching Points:

- Big Slides Away from the Drive
- The Earlier, the Better
- Bigs Have Hands Ready
- *Key* Big needs to Seal Out any help from X3 (Opposite Corner)

Slot Blur Screen

Quick Pitch



C. "Quick Pitch" -

The most common form of help on this action is going to be from the corner. If that one pass away helper is coming off the corner then the driver makes the *Quick Pitch* pass.

Quick Pitch - a kick-out pass made when perimeter players help on the drive.

Teaching Points:

- The Earlier, The Better
- Be Shot Ready
- Hold Your Corner Spacing
- Back Cut or Loop if Help Comes Late

One concept that we would work on quite a bit is the idea of [Driving the Elbow](#) off of a Quick Pitch pass. In these clips you will see players either A) "Being Shot Ready" and taking the three-point shot, or B) "Driving the Elbow" and attacking the basket. We always encourage players to drive through the elbow area if they are not going to shoot off of the *Quick Pitch* pass. We feel as though this drive allowed the driver a clean exit out of the paint, opened up a great driving lane for the ball, and allowed the backside to be available for catch and shoot opportunities.



Concluding Thoughts -

The beauty of this action is in its simplicity. A simple slot-to-slot pass with a 45 cut underneath the ball defender can create a small advantage that ends in a shot at the rim or a chance for great scoring opportunities off of the help defense. We spent a ton of our practice time working on reading the help options, finishing at the rim, and how to seamlessly flow into the action without stopping. The goal was to become great at those things and allow our guys to play freely and aggressively when attacking the basket.

Similar Posts you Might Like:

- [Identifying DDM Skills](#)
- [Designing a DDM Practice](#)

If you liked this post and want to be notified of future ones be sure to subscribe to our website on the Coaches Corner: www.coachlynchbasketball.com/coachescorner.

21 Series

Updated: Oct 30, 2020

Use the 21 Series as an ATO or Change of Pace set to compliment your 4 out Motion Offense.

The 21 Series has become extremely popular amongst NBA teams, most notably by Mike D'antoni's Houston Rockets teams. The action consists of a simple wing entry pass followed by a cut towards the basketball and then a drag screen from the trailing big. The creativity and possibilities with the action are endless and some of the recommended research I included at the end of the blog post will show that.

Back in 2016-17 we used 21 Series as an ATO, or change of pace action to compliment our four out Motion Offense. We thought that the action would allow our Point Guard to make plays out of the Drag Screen & Roll - and if that was not open swing it to the backside to post up our dominant big man.

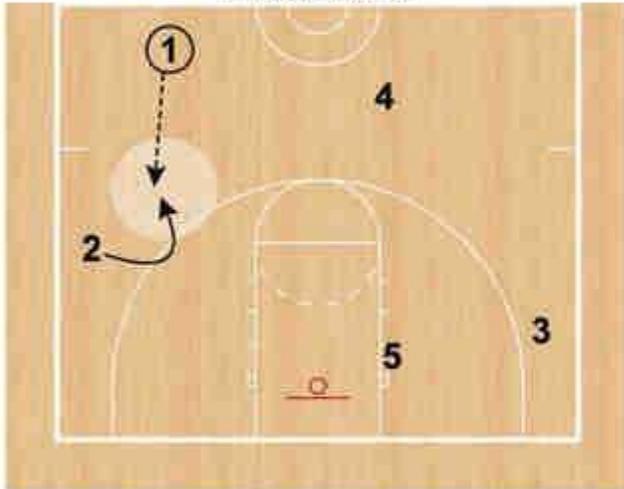
Initial Action - "Give or Keep"

The initial action in 21 Series is an entry pass to the wing. It is the job of the wing player to "buttonhook" cut in order to open up space for the passer to cut behind him. This entry is then followed by a cut towards the basketball. The wing player then has the option to "Give" the ball back to the point guard or to "Keep" it.

Teaching Point - the key teaching point would be to determine if the defender aggressively denied the passer the ball back to the cutter or not. If he did then you would "keep" it. If the defender is lagging behind you would "give" it to the passer and get ready to receive your flare screen.

Give or Keep

21 Entry
Half Court Offense



21 Entry - Follow the Ball Cut
Half Court Offense



21 Give - Flare, Drag Screen
Half Court Offense



21 Keep - Drag Screen
Half Court Offense



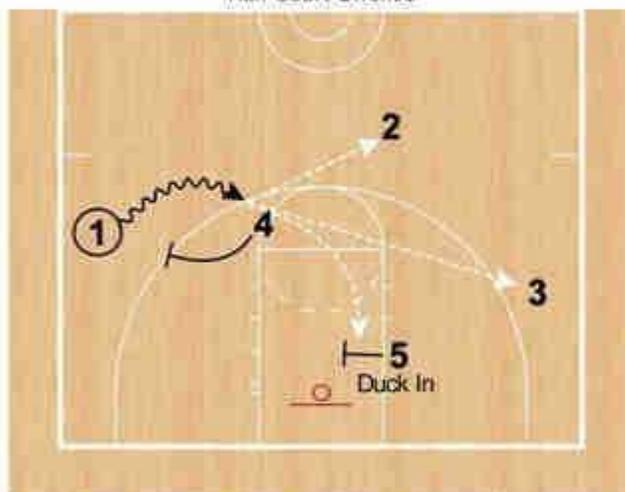
Secondary Action: "Drag Screen & Backside Action"

What you choose to do from here could probably be endless (See Further Research Section at End of Article). For us, once the Ball was "Given or Taken" the players on the backside would position themselves to receive the basketball. Our approach back in 2016-17 was to find a way to get our 5 Man a 'Duck In' for a touch in the paint. Regardless of whether we "Kept" or "Gave" the basketball he should have been getting ready to hammer his man in the paint to get a deep touch.

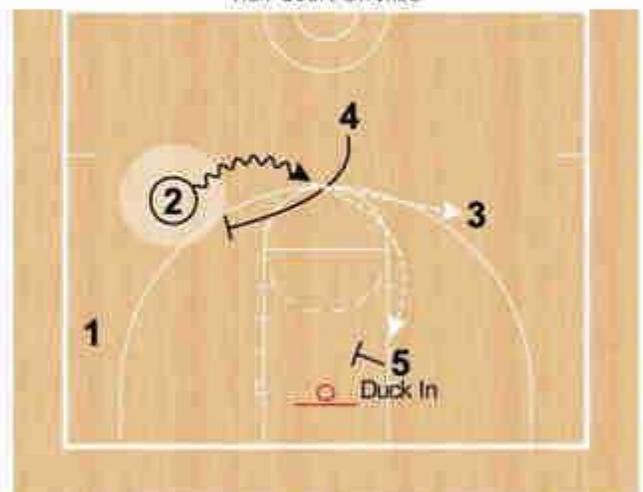
Regardless of whether the ball was "kept" or "given" the backside players would have to fill the slot opposite of the basketball. In some cases this was done by the 2 receiving the Flare Screen, and on other occasions it was a blast cut made by the backside 3 man. Either way the goal was to get the basketball into the post if it was not shot/driven on the catch.

Backside Action

21 Give - Ball Screen Options
Half Court Offense



21 Keep - Drag Screen
Half Court Offense



21 Series: Give, Keep, Ball Screen, etc.

Further Reading & Study:

These are some of my favorite YouTube Videos that show NBA teams executing their own version of 21 Series. We wanted something simple to either get a score out of the Drag Screen or to get our 5 Man a Duck In Post Up on the backside - but the possibilities are endless.

Zak Boisvert, Mike D'Antoni 21 Specials - <https://youtu.be/RN3ywZOMFu>

Dave Feinstein, 21 Series - <https://youtu.be/UaBVYtqviDQ>

Ryan Nguyen, 21 Nash - <https://youtu.be/gHaOT3GRwxU>

Half Court Hoops, 2019 Playoffs 21 Series - <https://youtu.be/r72xkQ7qemc>

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Practice Concepts for Motion Strong

Updated: Oct 30, 2020

I wanted to share one Practice Concepts from various aspects of the game to help you build Motion Strong action into your offense. We will cover Shooting, Transition, Small Sided Games & 5/5 Concepts.

I put together a post that I think will really benefit your Practice Drill Library. These are the practice concepts that we use almost daily in teaching the habits, reads, and options available in our Motion Offense.

I'm a big believer in keeping your practice drills simple and focusing in on the details (footwork, skills, reads) that will truly benefit your players in the game. Even if you don't use Motion Strong action in your offense I think you can take these practice concepts and adjust them to your specific actions.

Shooting

"2/0 Straight Cut Shooting"

There are number of 2/0 and 3/0 drills we use to open practice that emphasize the shots players will be presented with in Motion Strong action. In the video we are taking turns working on 2/0 shooting and 3/0 Straight Cut, Drive & Space Kickouts.

- Far Side - 2/0 Straight Cut Shooting
- Near Side - 3/0 Straight Cut, Drive & Kick Shooting

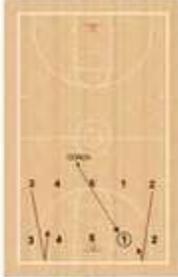
Transition

"5/3 Touch"

This is a fairly common transition drill for teams to conduct. When we use it the intent is on both transition defense and flow offense.

5/3 Touch

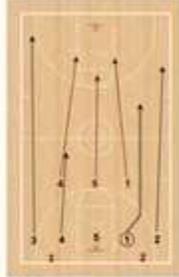
5/3 Touch the Baseline



5/3 Touch the Baseline: (With Start)

1. 5 Players Line Up Above the Key.
2. 3 Opposing Players on the Baseline.
3. Coach Passes it In & Calls 2 Numbers.
4. Offense Attacks & the #1 TOUCH the Baseline & Sprint Back.

5/3 Touch the Baseline



Tip #1: 5 on 3 Advantage.

1. Offense Attacks 3 on 3 with an Advantage.
2. On a Miss = Run it Back.
3. On a Make = Inbound the Ball.

5/3 Touch the Baseline



Tip #2: Run it Back.

1. On a Make the Offense Should Sprint to their "Roles".
2. The Defense is Sprinting Back to Protect the Rim.
3. Play it Back Live.



10/11

Defensively we are selling out to take away the basket. Offensively that presents an opportunity to pitch the ball ahead (hopefully thwarted by the Defense). This now creates the moment that we want..... the offense being forced to "flow" into their half court offense.

I prefer to simply "take notes" on that possession and let them play it live down the other end & back before I will chime in with my opinion.

Small Sided Games

"4/4 Cut Throat - Stagger"

"Cut Throat" is a common practice concepts that many coaches use.

In our practice environment we are going to be splitting our team into three groups of four. From there we will compete with the winning team staying on the court and the losing team rotating out. One constraint that may place on the action is that on every dead ball the offense must start with a certain action.

This gives use the chance to work on an action as well as let the players play.

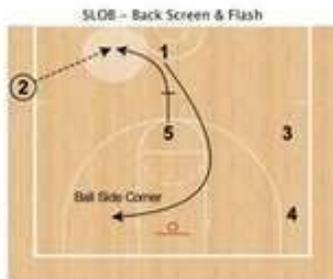
- Here is 4/4 Stagger

5/5 Concepts

"SLOB - Here, There & Back"

One practice concept I like is blending your Special Situation (BLOB & SLOB) into live play.

SLOB – Here, There, & Back



SLOB - Back Screen & Flash:
To enter the ball we want to back screen for our PG cutting hard to the rim. Our 1 Man then flashes to the ball.

- 1 Sets Back Screen
- 1 Flashes to the Rim
- Ball is Entered to 5



SLOB - Exchange & Swing:
The ball is swung to the opposite wing by the 5 man. We generally screen or exchange those backside players.

- 5 Swings the Ball
- 2/4 Exchange to get open



SLOB - Motion Strong Action:
Once the ball is swung the Motion Strong action is initiated.

- 2/5 Set the Stagger
- 1 Uses the Stagger
- 1 Awaits a DHO if needed



This is not a complicated practice concept at all - but this is a great way to combine formal offense with "Flow Concepts". In this practice scenario we would:

- Execute the SLOB
- Flow into Motion Strong
- Play it Down & Back

For Coaches the challenge would be with determining whether players we flowing from the SLOB moment to the Half Court Moment seamlessly.

Concluding Thoughts

Hopefully there were some thoughts in this thread that made you think about how you approached practice - even if you do not conduct Motion Strong action.

If you haven't subscribed to the blog yet you can go right to the Coaches Corner homepage; www.leicesterbasketball.com/coachescorner in order to get alerts when new posts are made. Please give us a thumbs up at the bottom of the article if you enjoyed the post and want to see more like it in the future.

Motion Strong Action

Updated: Apr 2

Motion Strong Action is a commonly used offensive action that can be easily tweaked to help support your team's strengths and weaknesses.

Countless teams at all levels have used the Motion Strong concept as a staple of their offense. Gregg Popovich's San Antonio Spurs have used the action throughout their Championship years, and in recent seasons the Atlanta Hawks, Brooklyn Nets, Milwaukee Bucks, and others have adopted their own unique versions of the action. At the College Level programs such as Davidson, Tennessee, and many other Bob McKillop influenced coaches have found success implementing their own version of the staggered screen and Motion Strong Action.

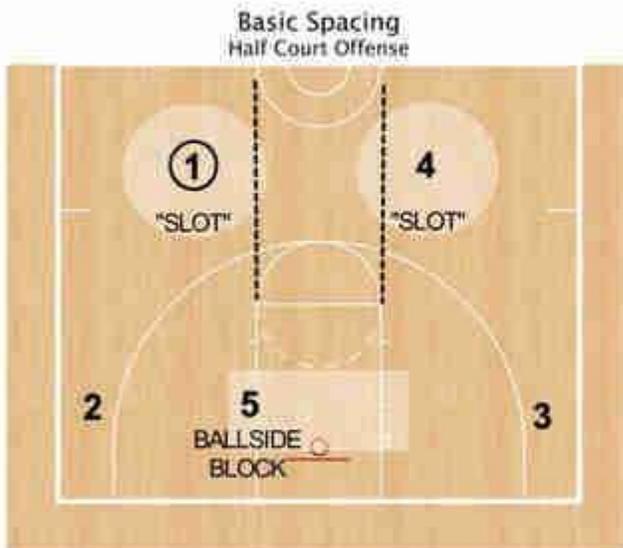
As I went into the 2019-20 offseason I had a few team-specific issues that I thought Motion Strong Action might help solve. The main two issues I was concerned about were:

1. The Constant Face Guarding of Our Best Scorer
2. Finding a Way to Get our 5 Man More Actively Involved

The version of Motion Strong that I was most interested in used 4 Out 1 In spacing and initiated the staggered screen when the ball was swung from slot to slot to wing. When it came to solving the first problem mentioned above I thought that using the staggered screening action would not only free up our best player from face guarding but open up more varied scoring opportunities for our other players as well. The second issue of getting our Post Player more involved would be solved by giving them post up and flare screening opportunities within the action.

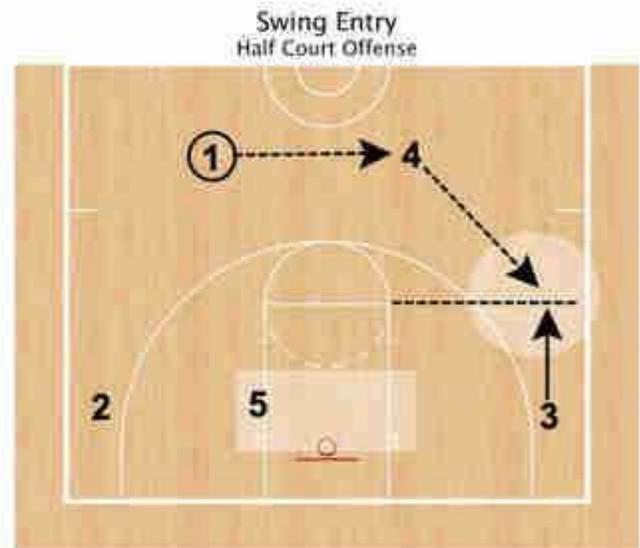
- [Coaches Clinic Presentation on our Motion Strong Action.](#)

Motion Strong Basics



Motion Strong Basics – Spacing

1. **Fill the Corners** – The first two players down the fill the corners at the level of the Rim.
2. **Settle into the Slots** – The last two players settle into the "Slot", lane line spacing above the NBA three point line is taught.
3. **Ballside Post** – After Rim Running the post player follows the ball looking for a touch.

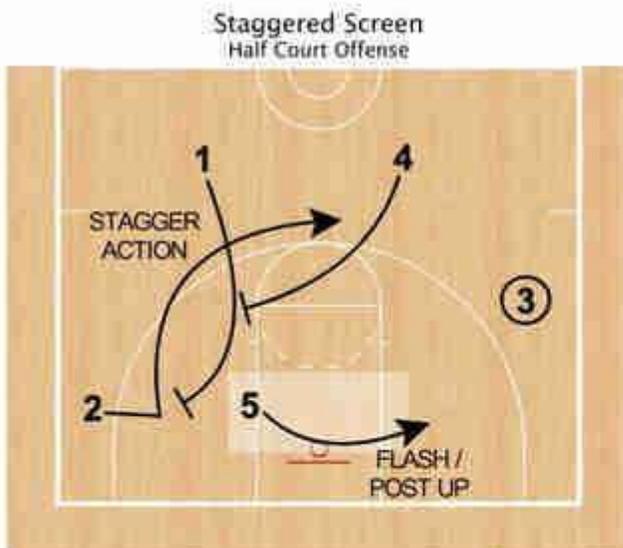


Motion Strong Basics – Swing Entry

Motion Strong begins with a Slot to Slot Pass, then a Slot to Wing Entry.

Teaching Points:

1. Get to Foul Line Extended for Wing Entry.
2. Be Prepared for teams that deny Slot to Slot.
3. Teach the "Cutter" to be patient.



Motion Strong Basics – Staggered Screen

The Staggered Screen Action is the main offensive action in this concept. The Swing Pass triggers this action.

Teaching Points:

1. Screeners – Make the defense go over you.
2. Cutters – Be Patient, Set it Up
3. Passers – Be Ready to Deliver Passes (Clean Catch)

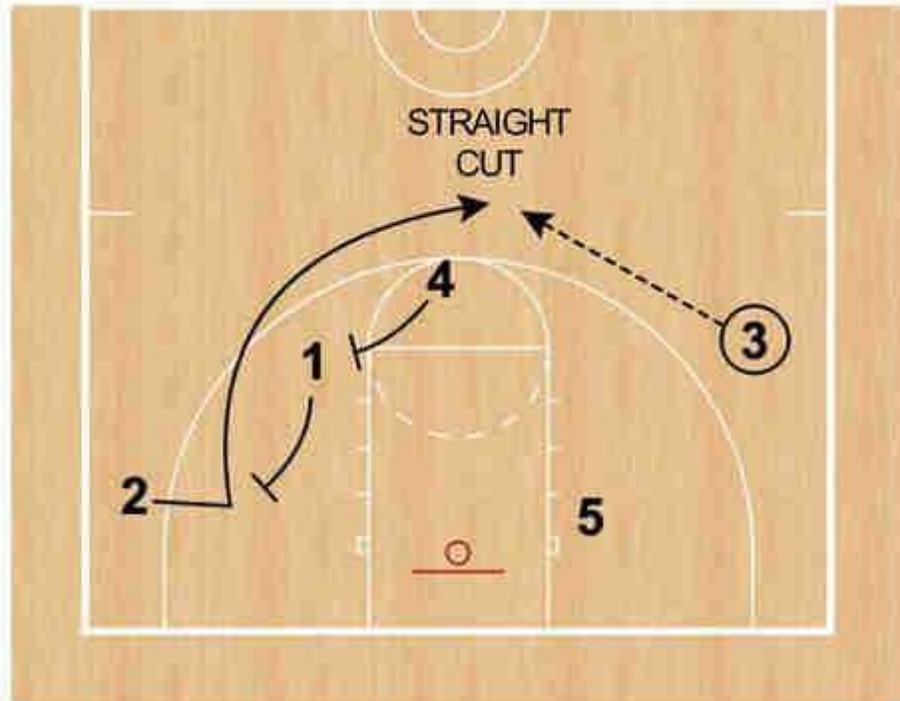


The Straight Cut

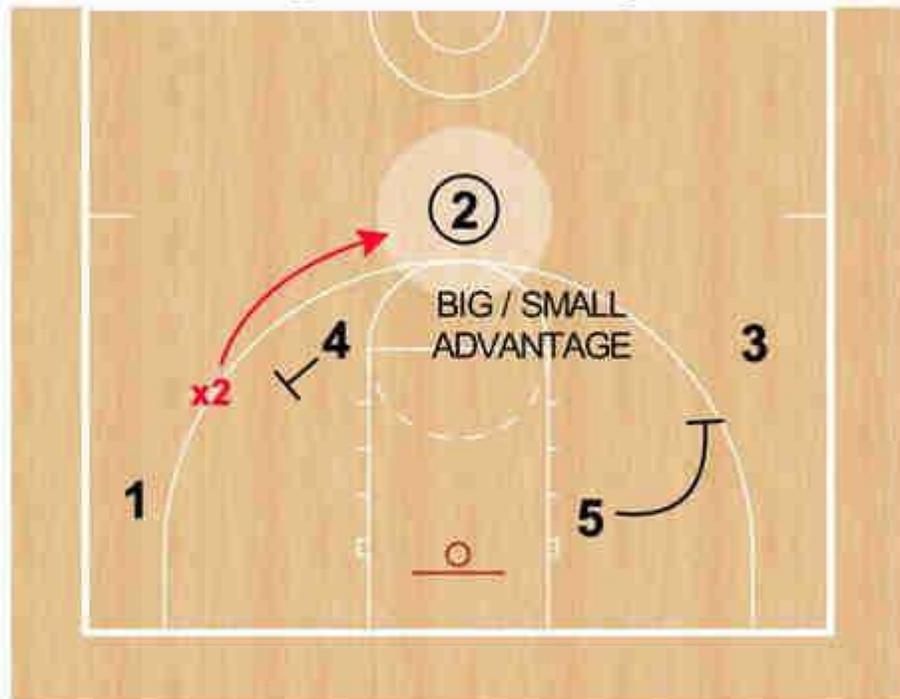
The most common cut off of the staggered screen is the straight cut. The straight cut uses both of the staggered down screens and looks to get a touch at the top of the key. If there is no denial or switching from the defense then the cutter will make the straight cut and look to get a touch. On the catch, players will need to either use their advantage for a shot/drive decision or move the basketball to the backside.

Straight Cuts

Straight Cut – Shoot or Drive



Big & Small Advantage



Straight Cuts -

Shots & Drives:

The first thing that players are looking for on the catch is an opportunity to catch & shoot or drive to the rim.

The progression on the catch should be:

1. Shoot It
2. Drive It
3. Move it

Small & Big Advantage:

A *big advantage* on the catch would typically result in a catch & shoot opportunity for the cutter.

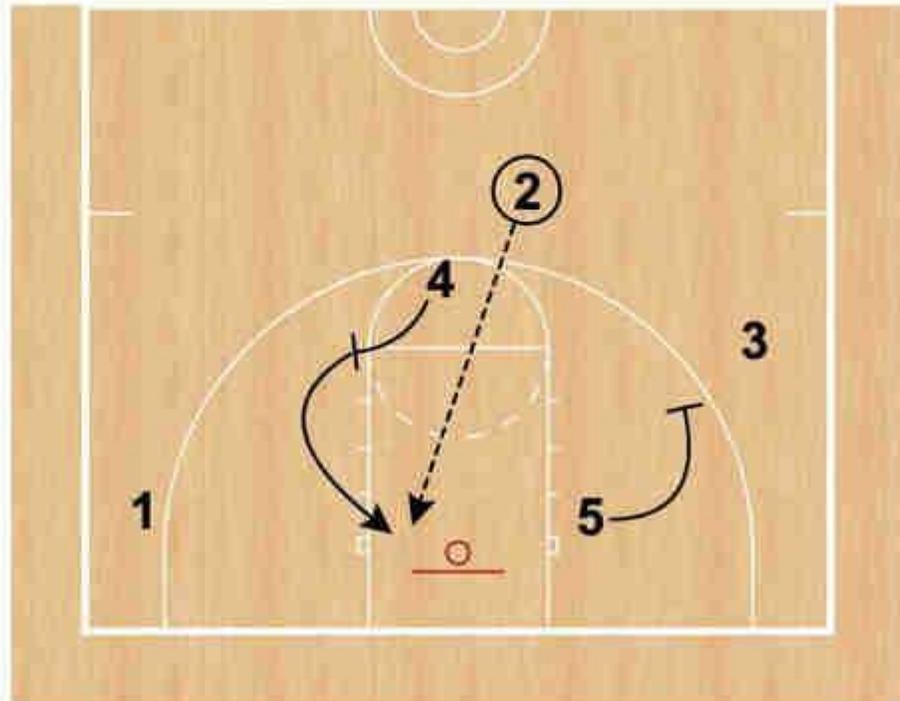
A *small advantage* on the catch would usually elicit a drive to the basket or a pass to the backside of the action.

Roll Man & Backside -

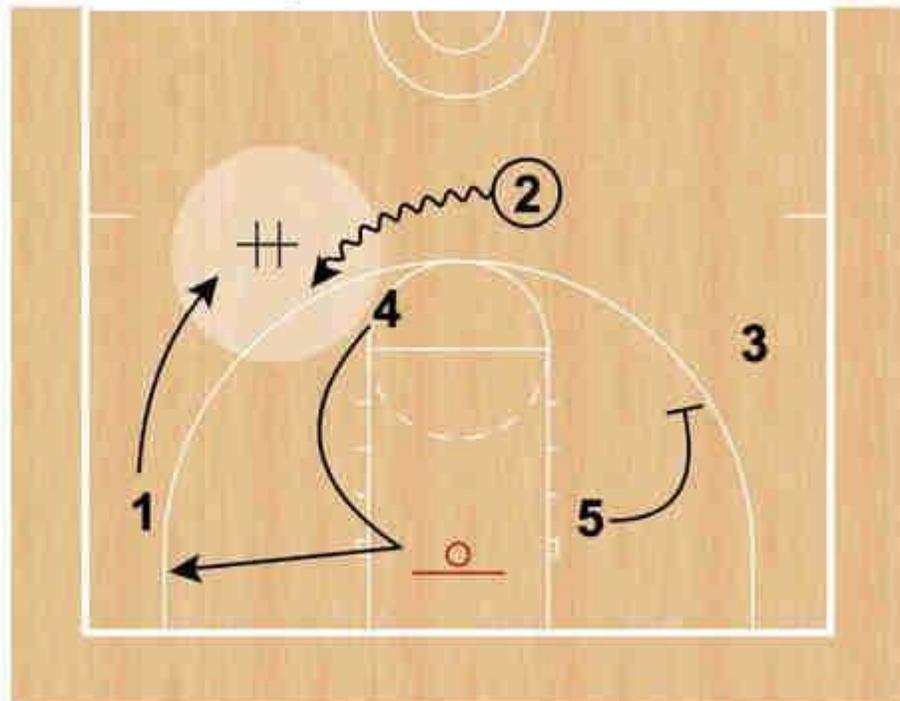
If a straight cut results in a shot or drive then we will be looking to attack the offensive glass and clean up any missed shots. If there was no immediate shot or drive that occurred on the straight cut touch then the ball should be heading to the backside via the pass. We did not incorporate any type of continuity to the action once the ball gets to the backside of the action. Once the ball gets to the backside of the action players are going to use our drive and space concepts to get a shot.

Roll Man & Backside

Straight Cut - Hit the Roll Man



Straight Cut - Backside DHO



Roll Man & Backside -

Roll Man:

On a straight cut, the second screener in the stagger will automatically dive to the basket.

Roll Man Opportunities:

- Hit for a Roll Pass Layup
- Roller Stops & Posts Up

Backside:

If the roll man is covered then the man with the ball will look to the player on the backside of the action.

- Pass & Cut Option
- Conduct a DHO



Curls & Backdoors -

One of the options that players have when coming off of the staggered screen is to make a cut towards the rim. Instead of making a straight cut, the player could curl around one of the screens or even stop on a dime and back door cut to the rim. We would teach these options in scenarios where the defense reacts aggressively to the staggered screen.

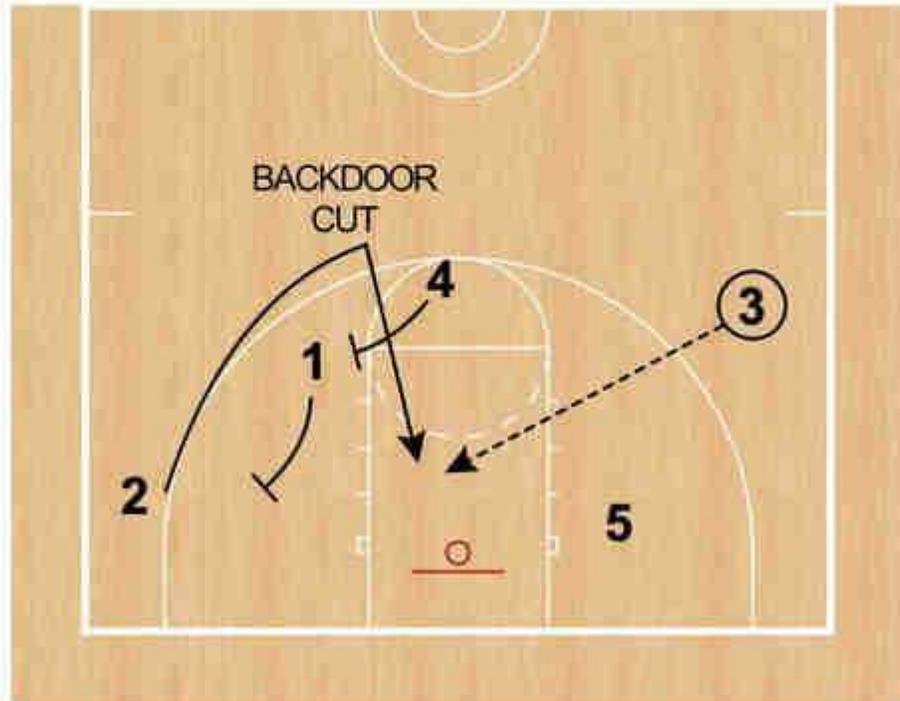
One common tactic we encountered was physical play against the cutter. To counter this we encouraged back door cuts whenever:

- A Player was Denied a Straight Cut
- A Perimeter Switch was Made

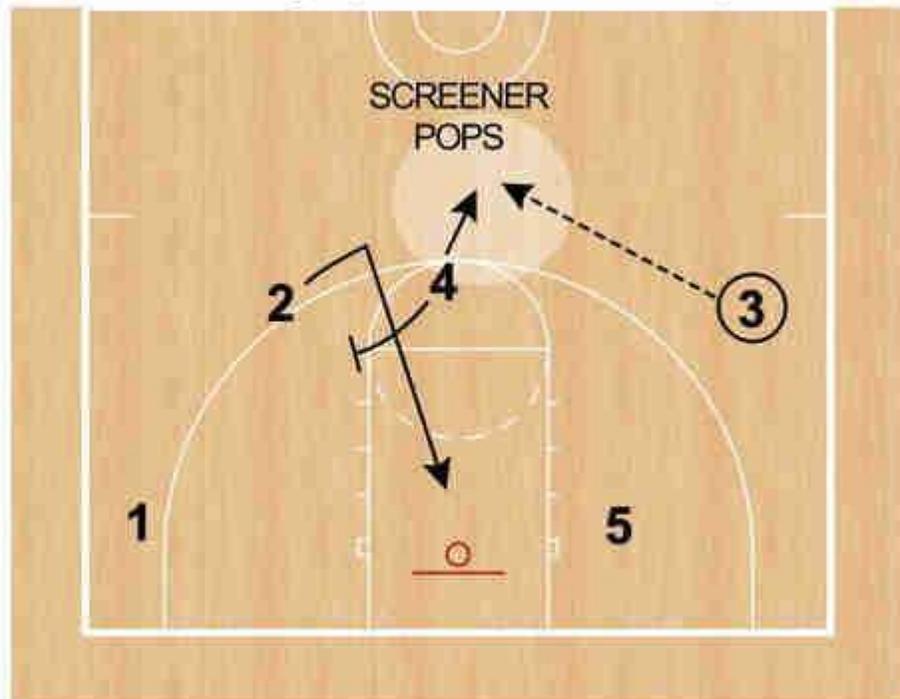
Working on these options allowed our cutters to make reads in the game based on how they are being defended.

Curls & Backdoors

Cutting Options - Backdoor Cut



Cutting Options - Screener Pop



Curls & Backdoors -

Cutter:

The cutter has decision-making ability in this scenario.

- If he feels any denial pressure from the defense he should put his foot in the ground and cut towards the rim.
- If his defender trails the cut he may curl to the rim.

Second Cut:

The screener should always counter the cutter's movement.

- If the Cutter cuts to the Rim, the Screener should Pop Out.
- If the Cutter Straight Cuts, then the Screener should dive to the rim.

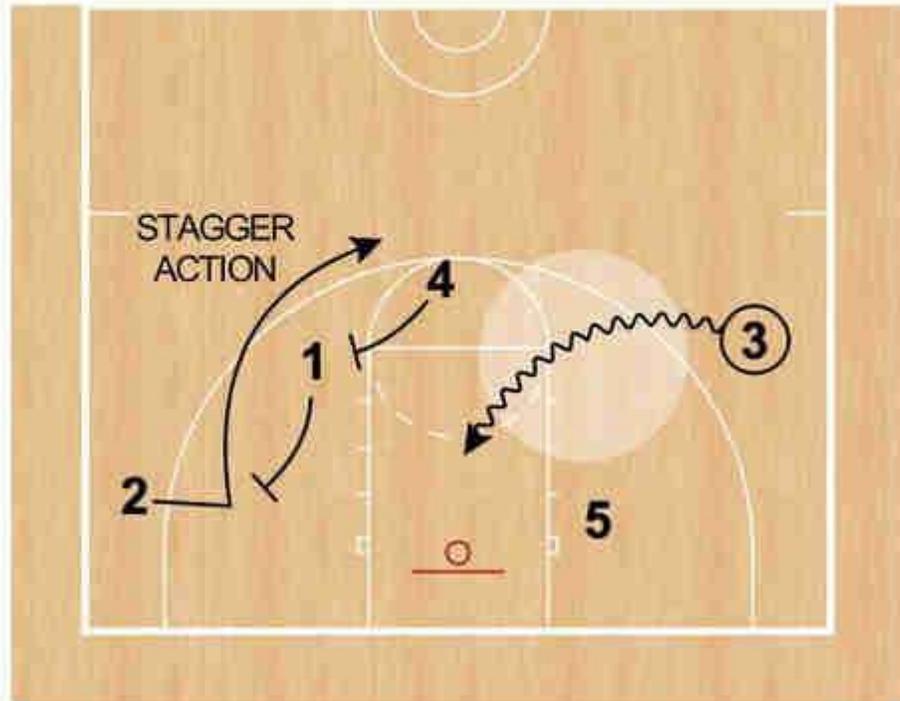


Wing Drives -

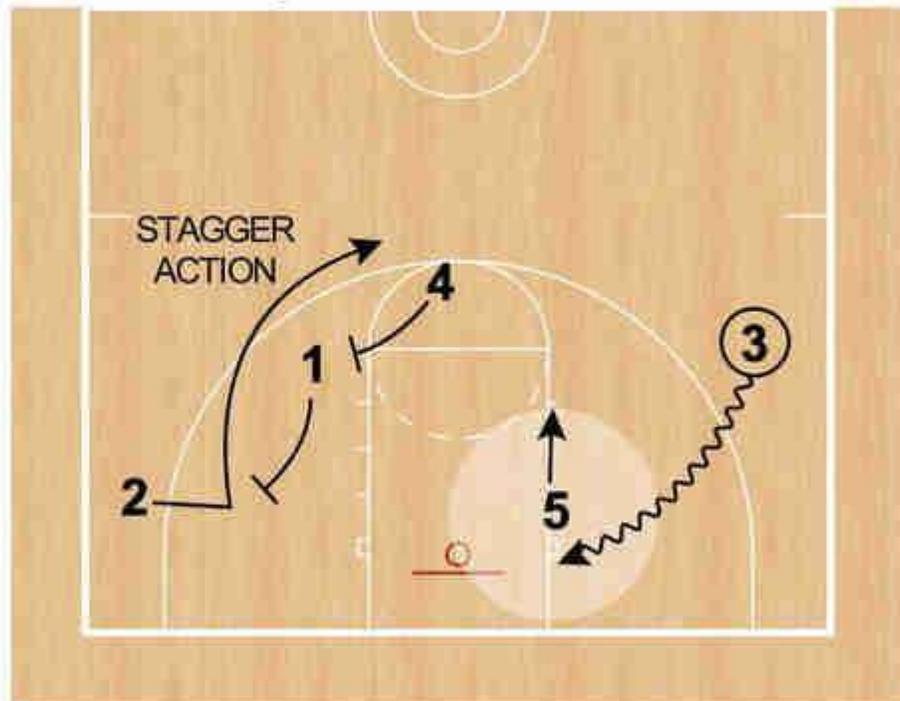
There are scoring opportunities that exist for players who are not involved in the staggered screen. One of those examples exists when the ball is swung from the slot to the wing. In theory, there are three defenders who are involved in defending the staggered screen, and on occasion, this presents a driving opportunity for the basketball. The ball handler can either [Drive the Elbow](#) or Drive the Baseline, additionally, both of these drives can present [Drop Pass](#) scoring opportunities for our 5 Man.

Wing Drives

Wing Drives - Drive the Elbow



Wing Drives - Baseline Drive



Wing Drives -

Attack the Elbow:

The player with the basketball is following our shot progression:

- Shoot It
- Drive It
- or Move It

If the player (3) decides to Drive the Basketball the 5 Man should sink the Drop Spot and anticipate a pass.

Baseline Drive:

If the basketball (3) decides to drive the baseline we would initiate typical drive and space reactions.

In this case, the 5 Man would slide up the lane line looking for a Drop Pass.



Post Play -

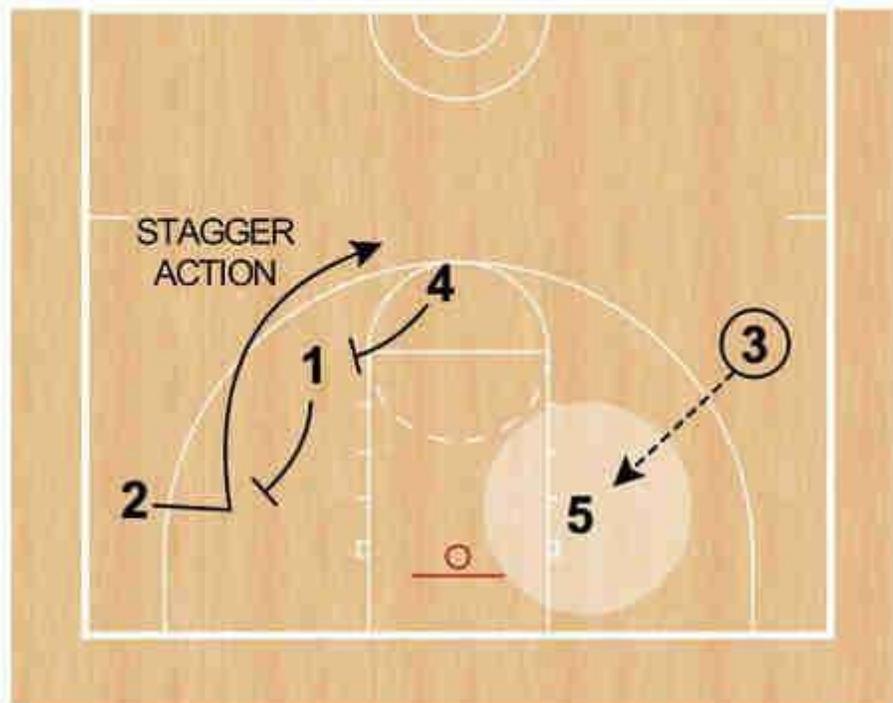
Earlier I mentioned that one of the reasons I was interested in Motion Strong Action was that it gave our 5 Man a more active role in the offense. In previous seasons we had adopted more of a [DDM approach](#) with our 5 Man typically occupying the Drop Spot. I really wanted to find ways to occupy X5 by providing post up and screening opportunities within the action.

The two main ways in which we attempted to occupy the X5 within our Motion Strong Action were:

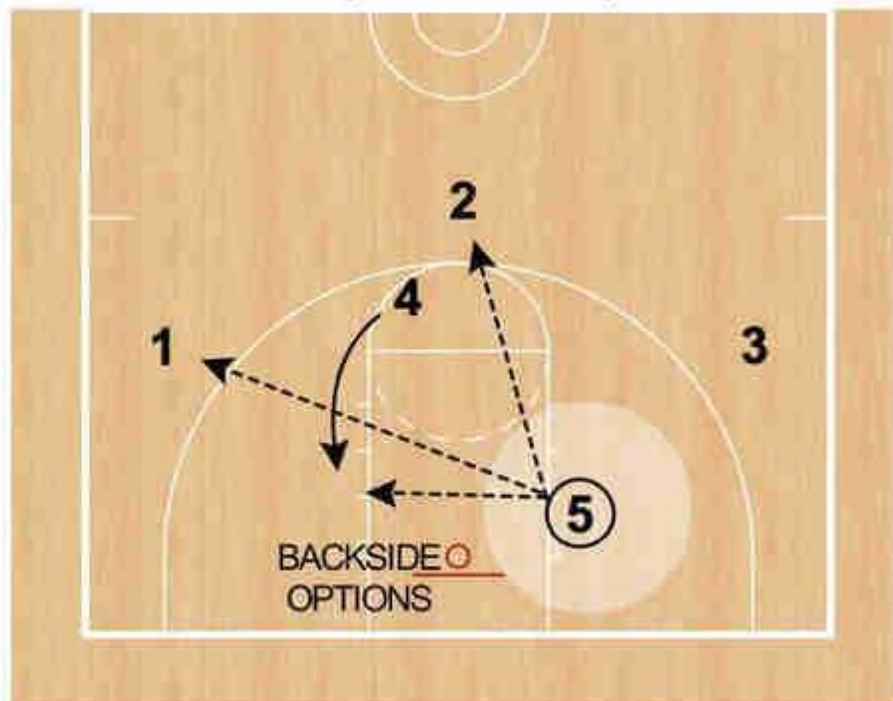
- Posting Up as the ball is Initially Swung to the Wing
- The Flare Screen & Roll off of a Straight Cut

Post Up

Post Play - Post Entry



Post Play - Backside Options



Post Play - Entry -*Entry:*

The expectation for the 5 Man is to follow the basketball as it is swung from slot to slot to wing.

The 5 Man should be digging for a deep Post Touch as the ball is swung.

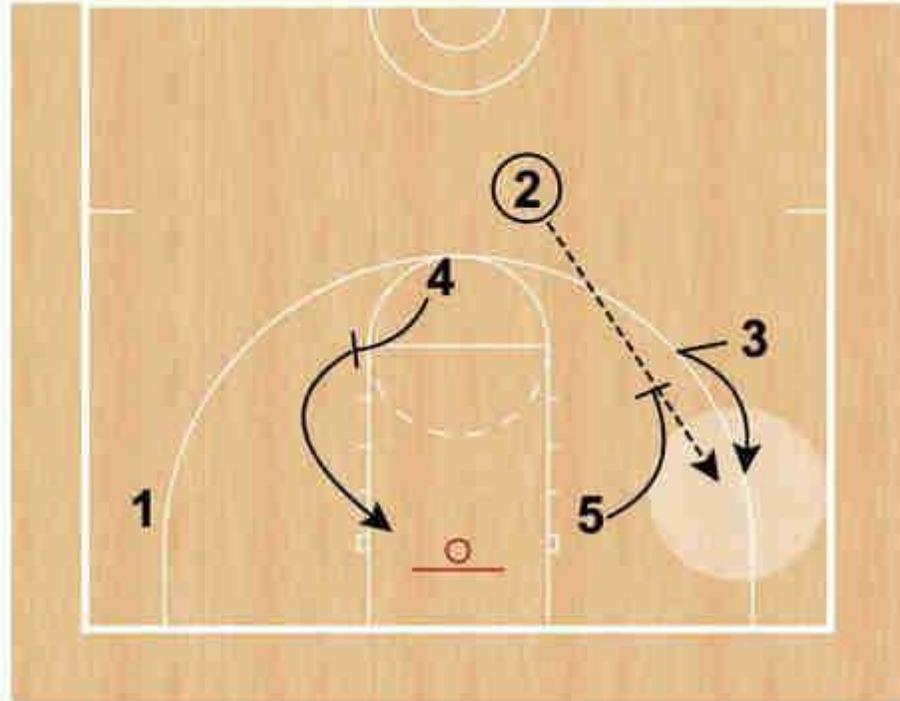
Shot Progression:

- 1 - Score First!
- 2 - Eyes on the Backside Second

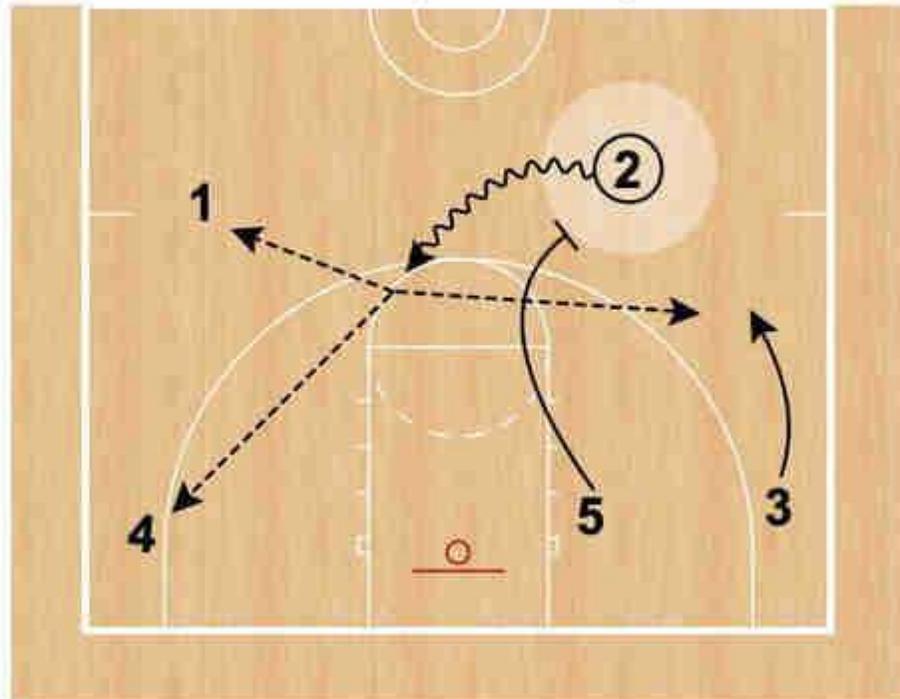
On the backside, we should have two shooters (1,2 in the diagram), and the second screener diving to the rim.

Flare Screens

Post Play – Flare Screens



Post Play – Head Tap



Post Play - (Flare Screen) -

Flare Screen:

If there is a straight cut the expectation is that the 5 Man releases his Post Up and sets a Flare Screen for the passer.

Scoring Opportunities:

- 1 - Catch & Shoot (3)
- 2 - Slip from Screener (5)

I will say what to do with the post player on a Straight Cut touch was one of the things that I debated the most in the offseason. I finally arrived at the mindset that the Flare Screen would provide scoring on occasion and at the very least occupy defenders if the ball went back to the backside.

Head Tap Option:

As we did not run this action as a continuity, and Massachusetts is a shot clock state, we embedded a call for the 5 Man to set a Spread Ball Screen if needed. So on-demand the 5 Man had to be prepared to sprint out and set a Ball Screen if other options had failed. I would caution coaches to be careful about implementing this option as we don't want to stray too far from what we are trying to get with this off the ball action - on occasion I had to remind our guys of this as well.



Concluding Thoughts

Our returning roster for the 2019-20 season was one that I thought was far better suited for a motion style system that would allow them to use screening and second cutting to create scoring opportunities rather than the dribble drive. We also had some unique issues like the face guarding and post play that I thought had to be addressed as well. To me, this 4 Out Motion Strong Action helped reinforce those team-specific needs. Numbers do not tell the entire story but our PPP, eFG%, 3FG%, and 3FGM all made significant increases from the previous season. Part of that is maturity and personnel-related, but I also think the scoring opportunities embedded into the action helped emphasize our players' strengths.

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YouTube - Check out My Channel <https://bit.ly/3lfbvSp>

Videos & Further Reading:

1. Davidson flow from Transition into Motion Strong - <https://youtu.be/RJYKu1HKPMs>
2. San Antonio Spurs Motion Strong - <https://youtu.be/HKibl6nf1Ew>
3. Five Out Motion Strong from Brooklyn Nets - <https://youtu.be/ADzwOuz4kYY>
4. Radius Athletics on the Milwaukee Bucks - <https://youtu.be/sVXQOEZETeY>
5. Half Court Hoops on 2013-16 Atlanta Hawks - <https://youtu.be/JiQlq8uhk6g>
6. Rick Barnes & Tennessee Volunteers Half Court Offense - <https://youtu.be/jinJE85osSk>

Radius Athletics FastModel Article:

<http://team.fastmodelsports.com/2019/03/11/motion-strong-entries-options/>

Reddit thread on the Mike Budenholzer led Atlanta Hawks' Offense:

https://www.reddit.com/r/AtlantaHawks/comments/3j8ari/how_the_hawks_motion_offense_works_megapost_gifs/

Motion Strong Variations

Updated: Oct 30, 2020

Use variations of Motion Strong Action to combat troublesome defensive tactics or to get specific players touches in preferred locations.

At some point over the course of thirty two minutes of game play the defense will begin to get a read on your most common half court actions. Perhaps the defense is denying a key pass, sagging off of a non shooter, or maybe switching to prevent a certain player from touching the ball. Although I would not advocate for continually "adding more" to your players' plates, I do think that having a few wrinkles that seamlessly blend with your offensive concepts will benefit your offensive efficiency. They will also give you a way to combat common problems you see in case your players struggle to recognize it quickly.

One of the benefits of [Motion Strong Action](#) is that it can be easily tweaked to combat various defensive strategies, and get specific players touches in preferred locations. The actions that are presented in this blog post present a slight variation in Motion Strong action, each of which are designed to force the defense to defend a new wrinkle.

The Actions Presented were used to:

1. Get a Perimeter Player into the Post
2. Get a Two Man Action on the Weak Side
3. Open the Middle for Curls (vs. a Sagging X5 defender)

Chin Action

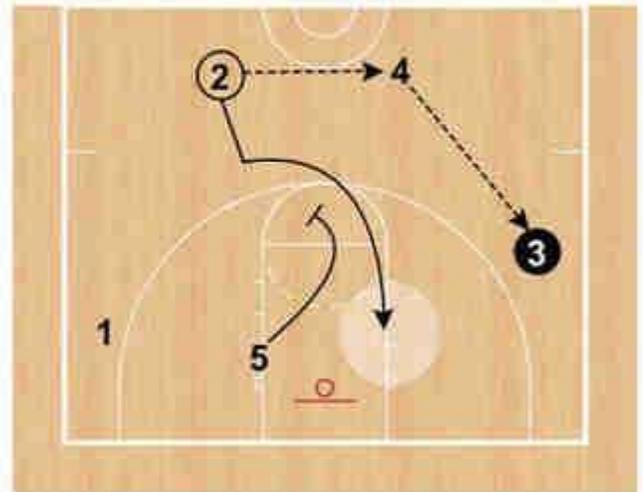
Chin Action, as we called it, would start with getting your key perimeter player the basketball. What we are trying to do is get our isolate our best player in the post with a Back Screen, Staggered Screen combo. In the video clips below we used Chin Action off of a dead ball. We simply inbounded the basketball to the key player and then executed the Back Screen, Stagger Screen Action. In the diagram pictured below I presented a scenario where you could simply get a Slot to Wing DHO to then flow into that same concept.

Chin

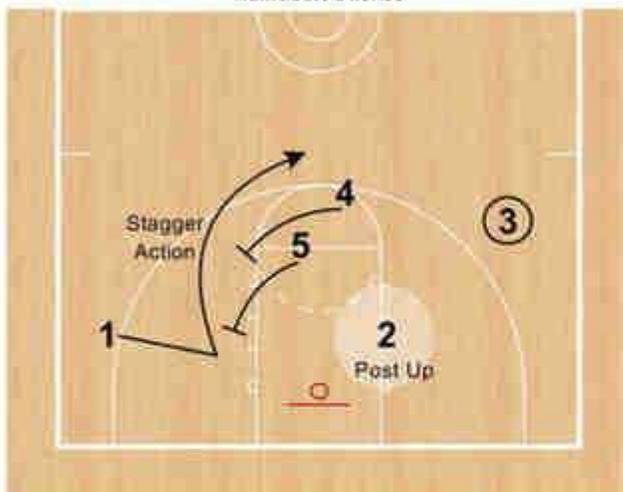
1. Slot to Wing DHO
Half Court Offense



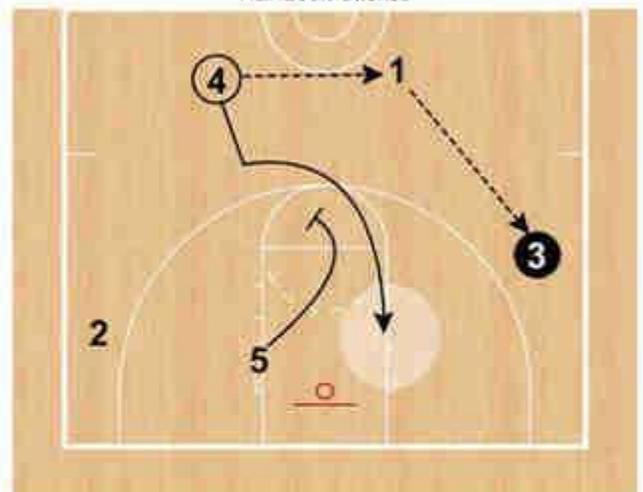
2. Swing & Backscreen
Half Court Offense



3. Motion Strong Action
Half Court Offense



Option B - The 4 Man Initiates the Action
Half Court Offense



Single Down Screen Action

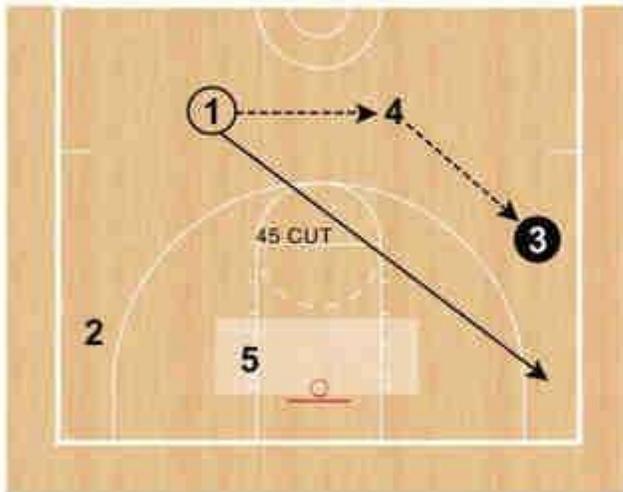
Single Down Screen Action, is an action that can be called by the coach or one that can be given to players as an option. In the video clips below the player who makes the slot to slot pass, which typically initiates the Motion Strong Action, decides to make a 45 cut instead. There are a few benefits to this as it now opens up the weak side more than normal.

What Opens Up?

1. Better Driving Gap off a Straight Cut
2. Opens up the Slip to the Rim for the Roller.
3. Chance to Post Up your 2nd Screener (Not Shown in Video)

Single

1. Swing & 45 Cut
Half Court Offense



2. 4 Initiates the Single Down Screen
Half Court Offense



3. Read the Action
Half Court Offense



Horns Entry

Using a *Horns Entry* to get into Motion Strong is a great way to open up the middle of the floor for those teams that are typically using a 5 Man on the block. If the center's man is sagging off of him and disrupting action heading to the rim, this could be used to extend him outside of the paint and get action underneath him. Although we did not use this action this year (*We focused on using the [Flare Screen Action](#) to combat this*), it was something that we worked on in practice last season.

Action Sequence:

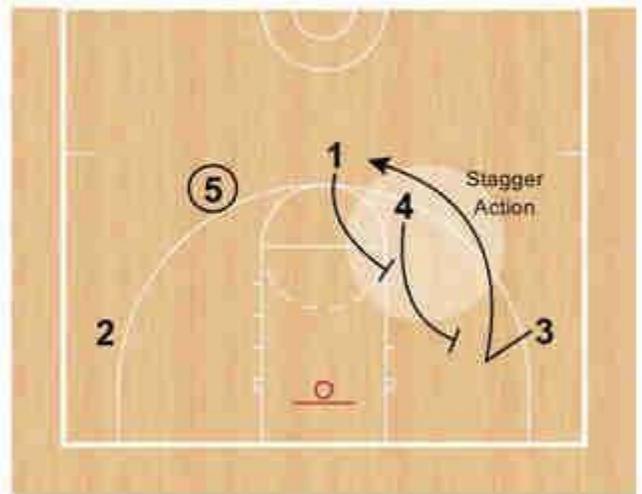
1. 5 & 4 Position Themselves at the Elbows
2. The Ball is Entered to the 5 or 4
3. The Stagger is Set by 1 & whoever does not get the entry pass
4. Motion Strong Reads are Executed (Curl, Back Door, Straight Cut)
5. ****RULE**** 2nd Screener always Rolls on Straight Cuts.

Horns

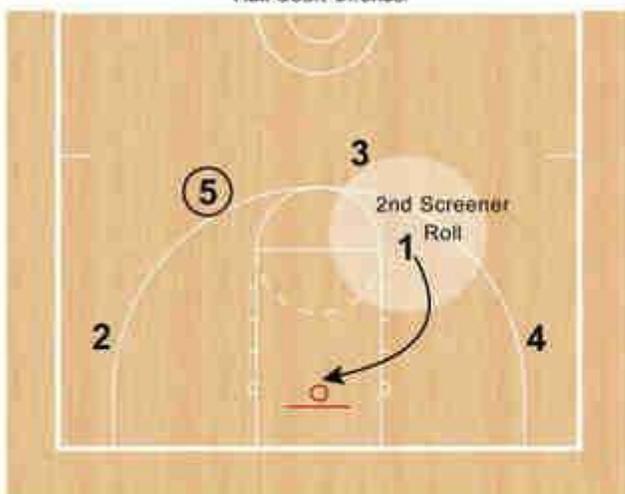
1. Horns Entry
Half Court Offense



2. Stagger Action
Half Court Offense



3. Spacing After the Stagger
Half Court Offense



Concluding Thoughts

For a number of reasons I think having a few wrinkles for your offensive system is a must. Although the goal is to teach our players to be able to read defenses and make appropriate decisions based off of it, the reality is that they sometimes need help in seeing it. Using a few simple, seamless wrinkles will allow you to help them solve problems that arise in games.

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