

Dribble Motion Offense Jerry Petitgoue	1
Villanova Wildcats – Four-Out Motion Offense.....	11
Villanova 4-Out 1 in Motion Jay Wright.....	22
The High Powered Dribble Drive Motion Offense	78
The Dribble Drive Zone Offense System.....	98
5 Out Motion Offense.....	164
The Dribble Drive Motion Offense Walberg.....	181
Dribble Drive Motion Offense Lynch	190
Dribble Drive Motion Set Plays.K.J.Smith.....	411
Implementing Dribble Motion Offense Angeli.....	440

Jerry Petitgoue Dribble Motion Offense

Notes by Scott Bullock

Contents

Introduction	2
Penny – Dribble Drive Motion	2
Player Positioning	2
Rack Option	2
Dump Option	3
Loop Option	3
Drag Option	4
Kickback Option	4
Opposite	4
Drive Left or Middle.....	5
Continuity	5
Drop (backdoor action).....	5
Through (Isolation)	5
High : Screen and Roll.....	6
Philosophy	6
Over	7
Dribble Hand Off.....	7
Rotate (3 point Shot)	7
MOVE.....	8
Quick (Cutters).....	8
Drills.....	9
Post Drill.....	9
3 on 0 Options	9
Backdoor Drill	9
Rack Drill	9
Push Dribble Drill	9
3 Man Weave Layup	9
Jump Stop Drill.....	9
Hook Shot Drill.....	9
3 Point Drill	9
Around the World Shooting Competition	9
Shot Builder	9
5 Man Circle Drill	10
Conclusion	10

Introduction

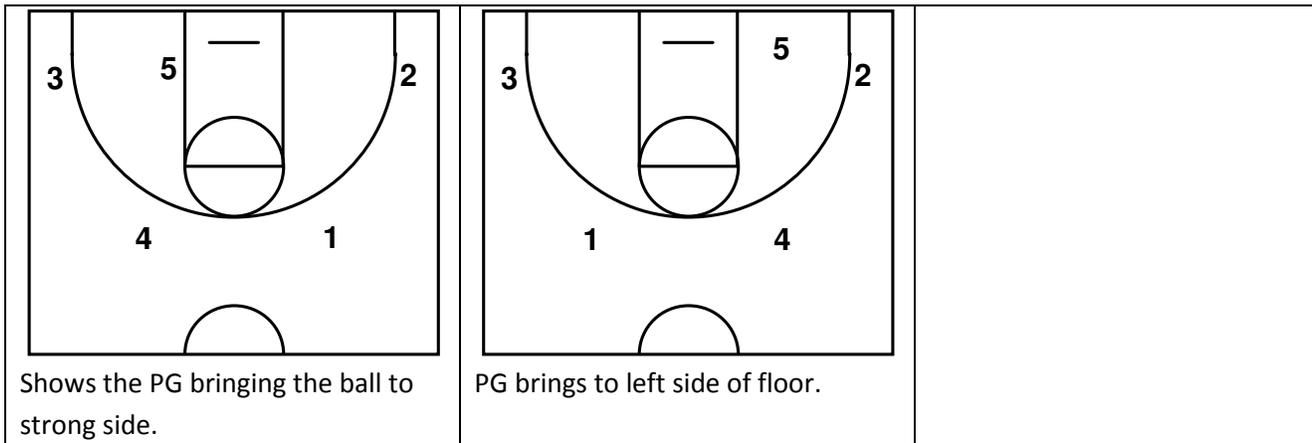
Jerry Petitgoue has coached at Cuba City High School in Wisconsin for the past 37 years. He has coached high school basketball for the past 41 years. He has won 726 games and lost 190. He is most proud of the fact that in 27 out of the last 28 years he has won 15 or more games. He coaches at a school 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.

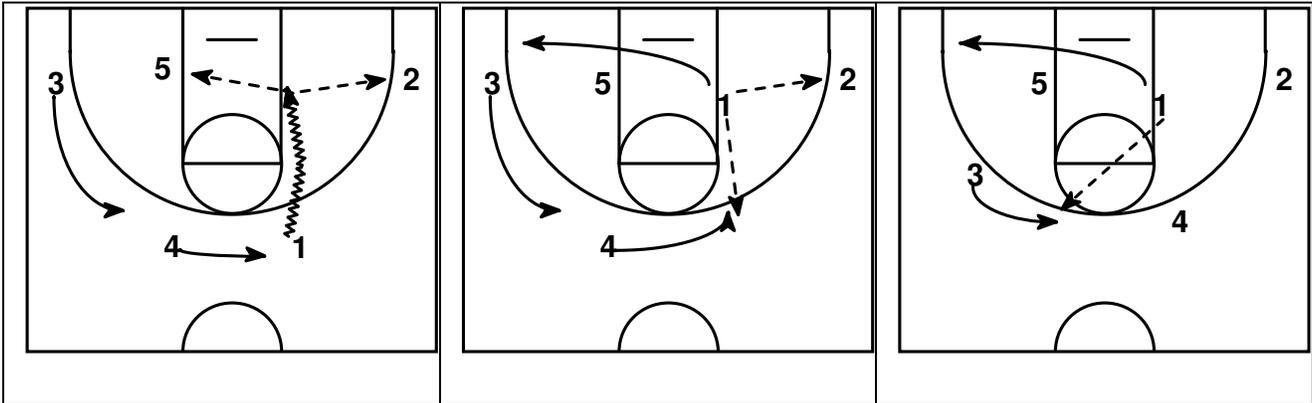
#4 – This is their next best driver. Also a good three point shooter. He plays opposite the 1.

#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

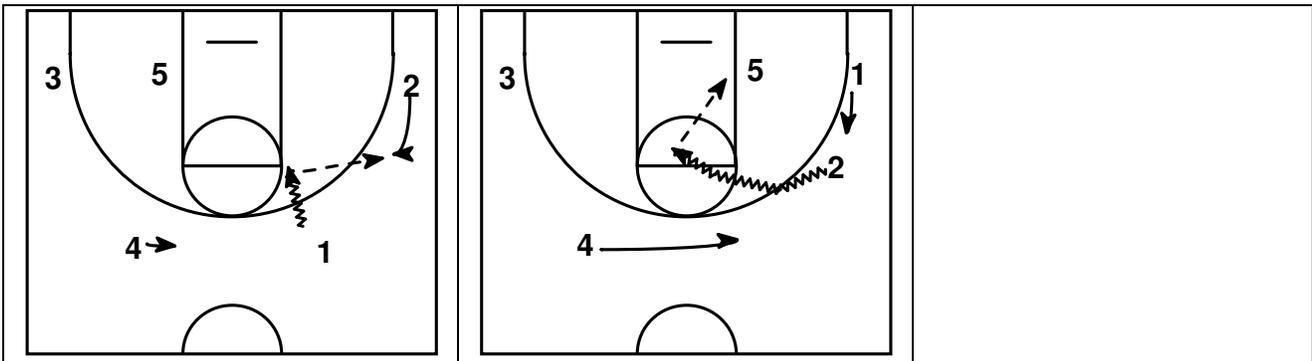
First option in the offense is for the point guard or any player with the ball to take it to the rack. Penetrate as deep as you can and look to score. The post player always locates opposite the ball and is ready for an

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



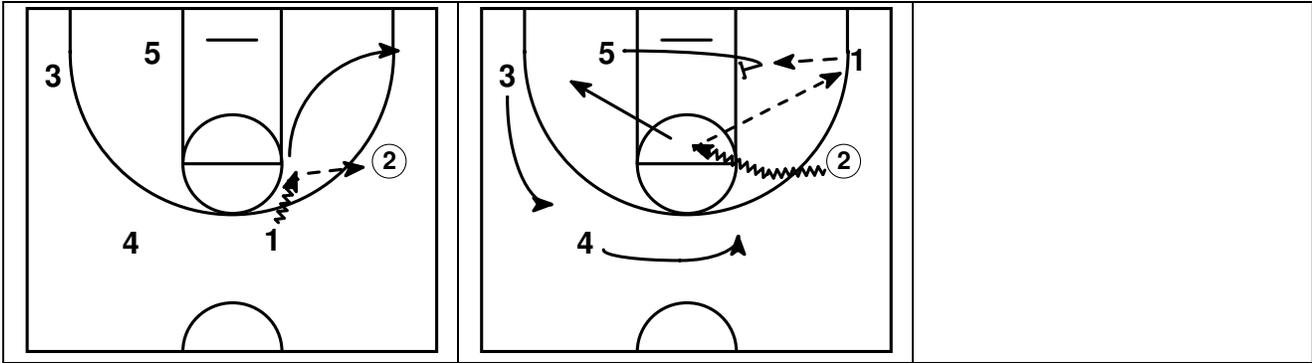
Dump Option

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.

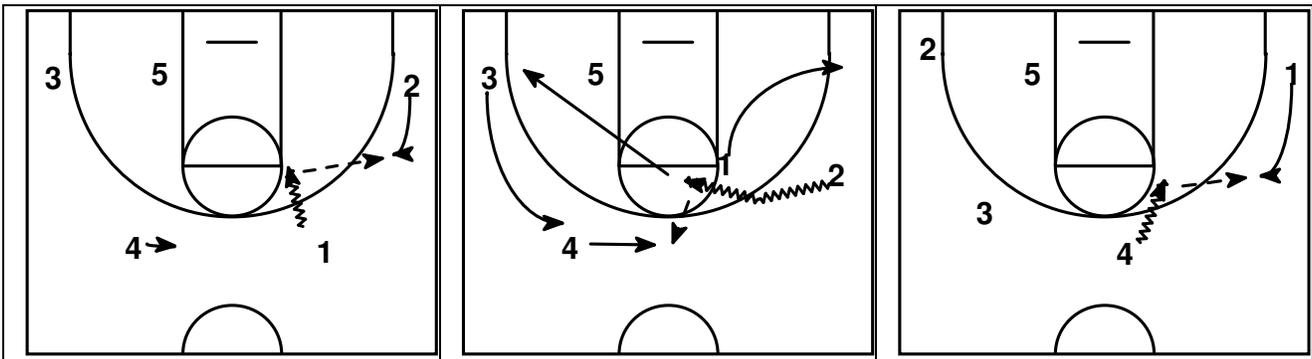


Drag Option

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

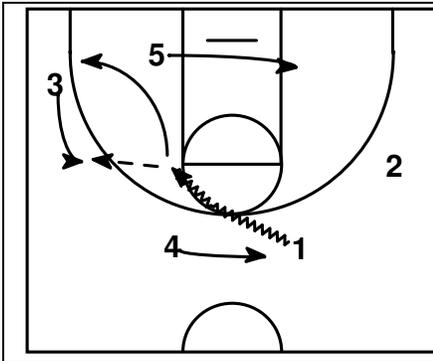
The player out top always makes them self available for a kick back option. If the wing penetrator gets stuck in the middle they can pivot and look out top. The top player should always position themselves so they are behind the penetrator for a kick out. If they get the kick out then they look to penetrate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



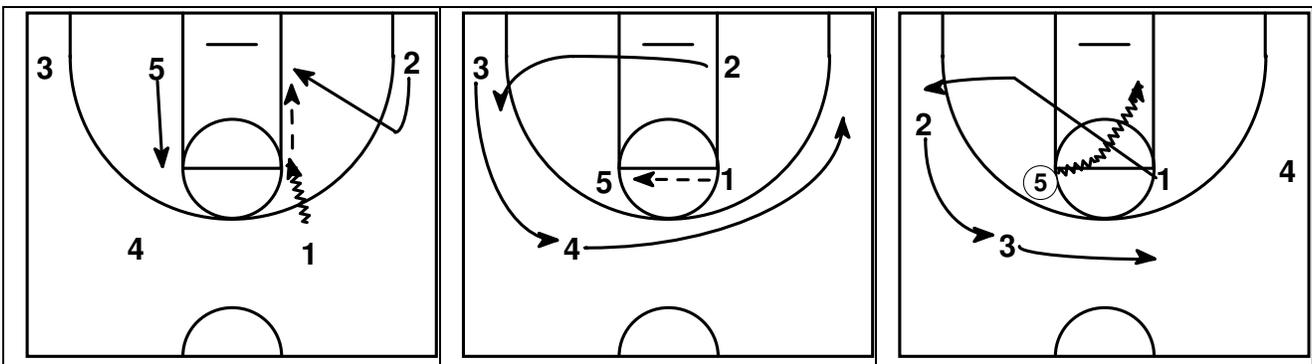
This refers to having the point guard drive to the middle and eventually left side of the floor to start the action over there. Similar to opposite but the point guard goes left instead of passing to the 4 and letting him go left. When one kicks to the 3 man the post player looks to pin and seal before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

<p>1 passes and cuts through lane filling out opposite side. All player shift to the ball one spot.</p>	<p>Wing then looks to drive baseline. 5 man fills middle to make available in the case of help.</p>	

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.

--	--	--

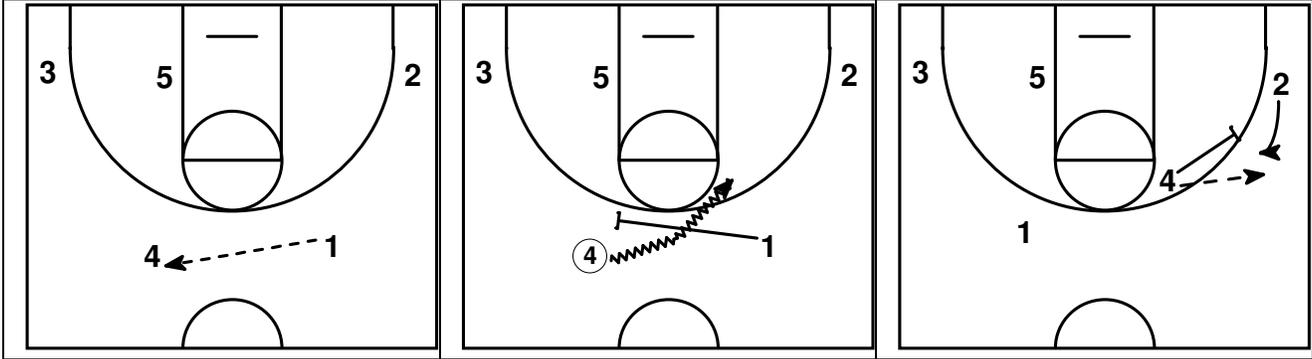
Philosophy

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.

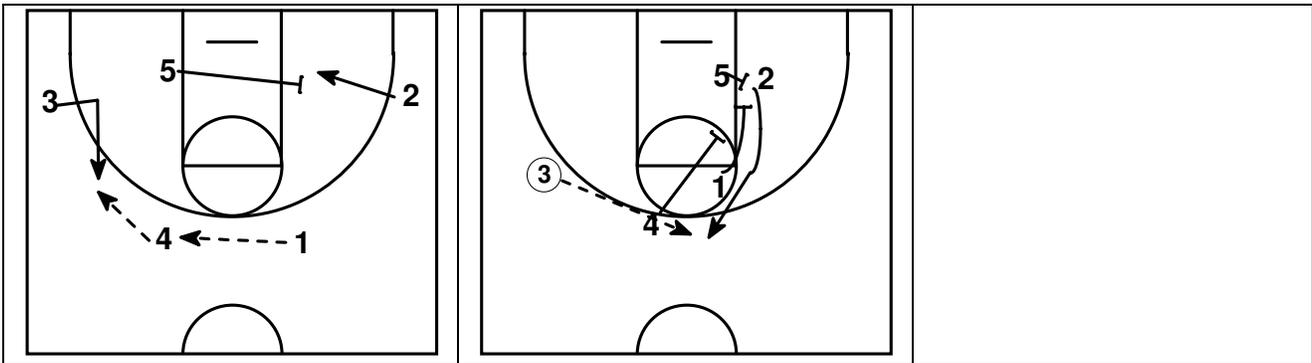


Dribble Hand Off

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.

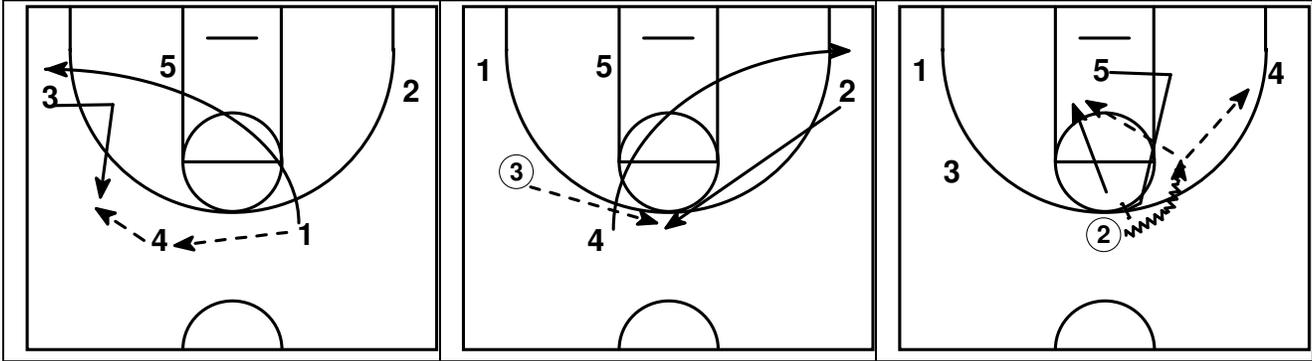
Rotate (3 point Shot)

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.



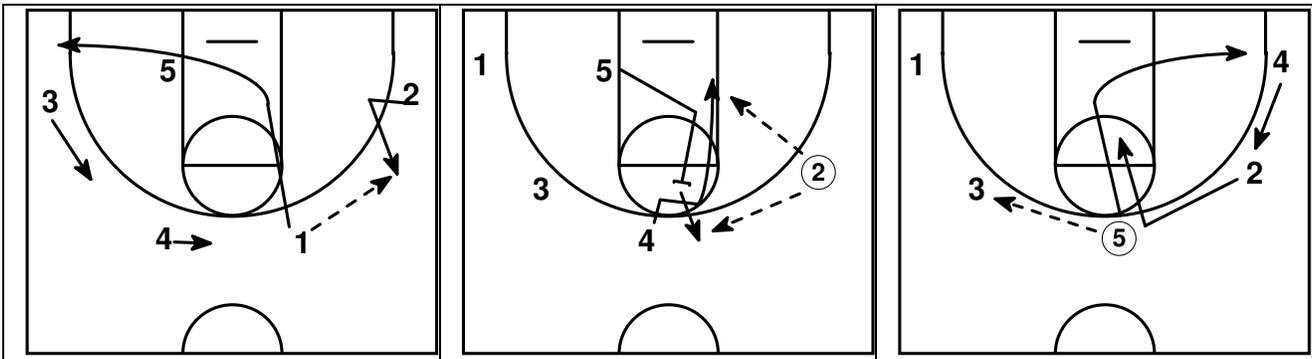
MOVE

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](#).

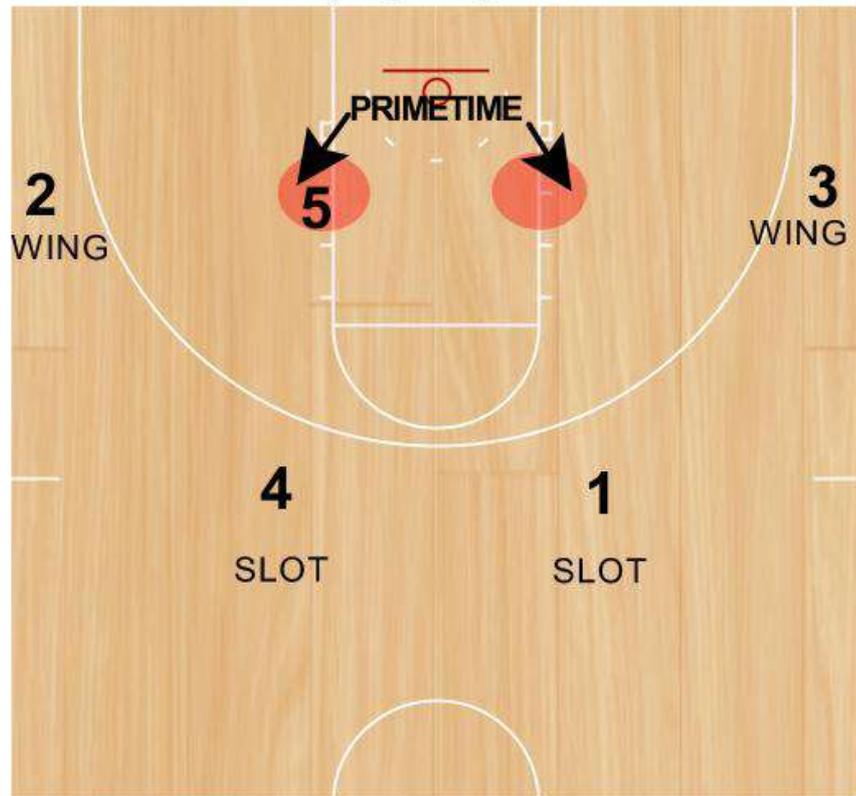
Spacing & Alignment

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



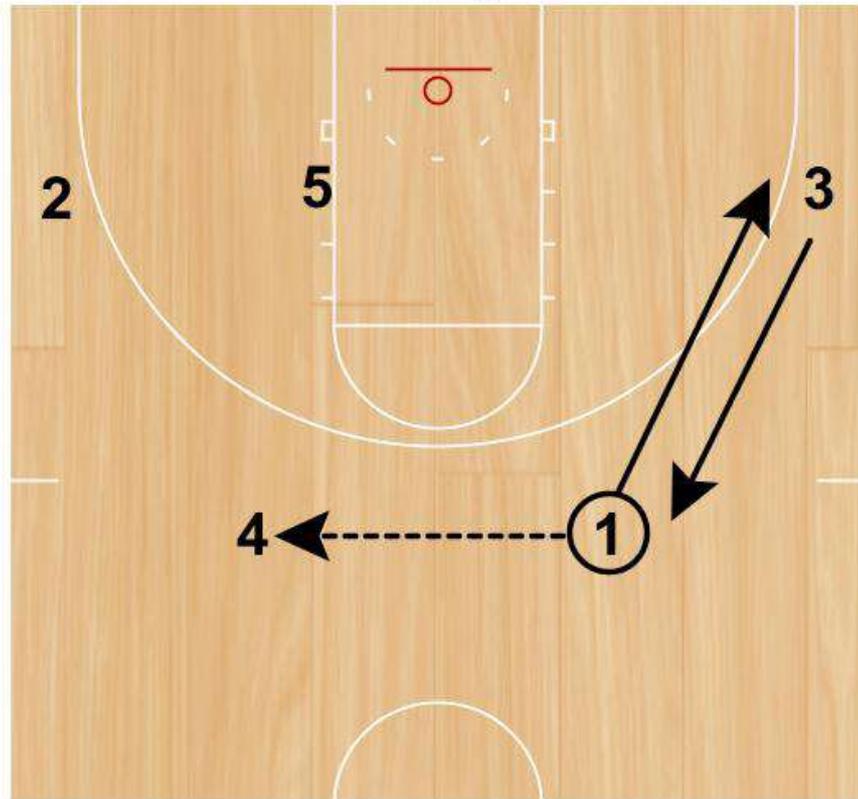
SPACING

- 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



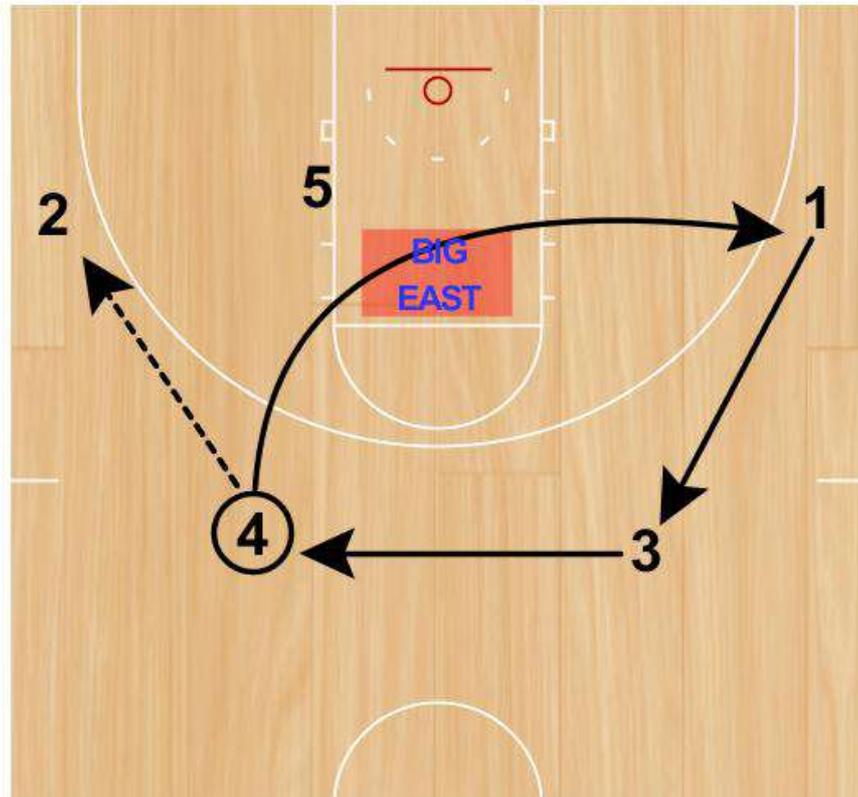
On any **SLOT TO SLOT** pass = interchange
1 sprints to corner, 3 sprints to slot

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**

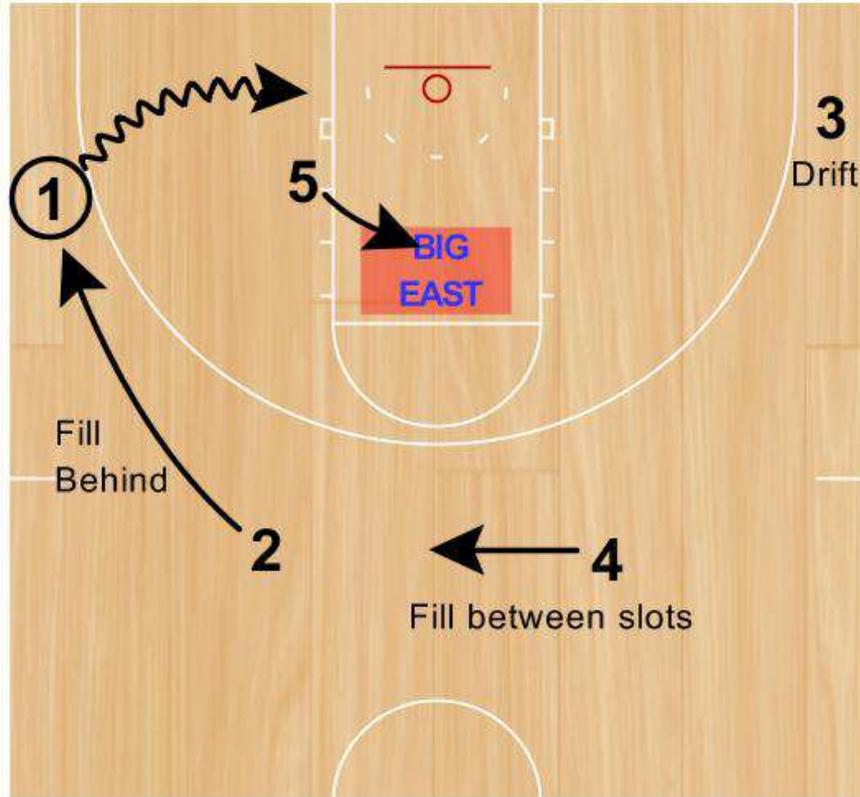
The wide spacing and double gaps leave room for dribble penetration. Drives put the Wildcats into their "drive and space" rules.

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

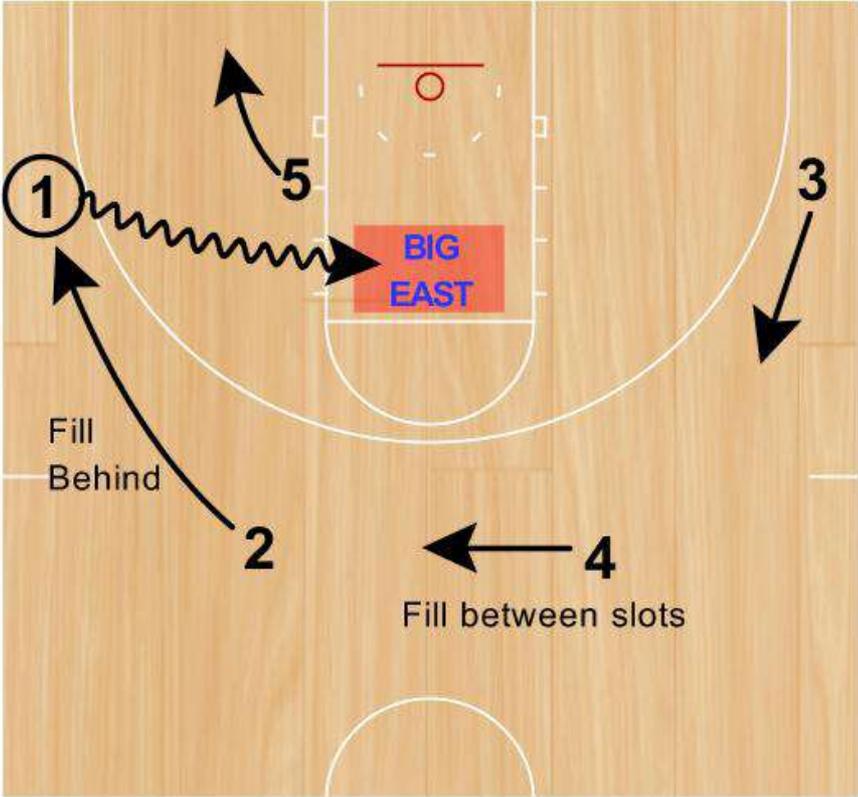


Drive & Space - Baseline
Post "logo cuts"

Below are diagrams of other drive and space adjustments.

Villanova Wildcats

Drive & Space - Middle

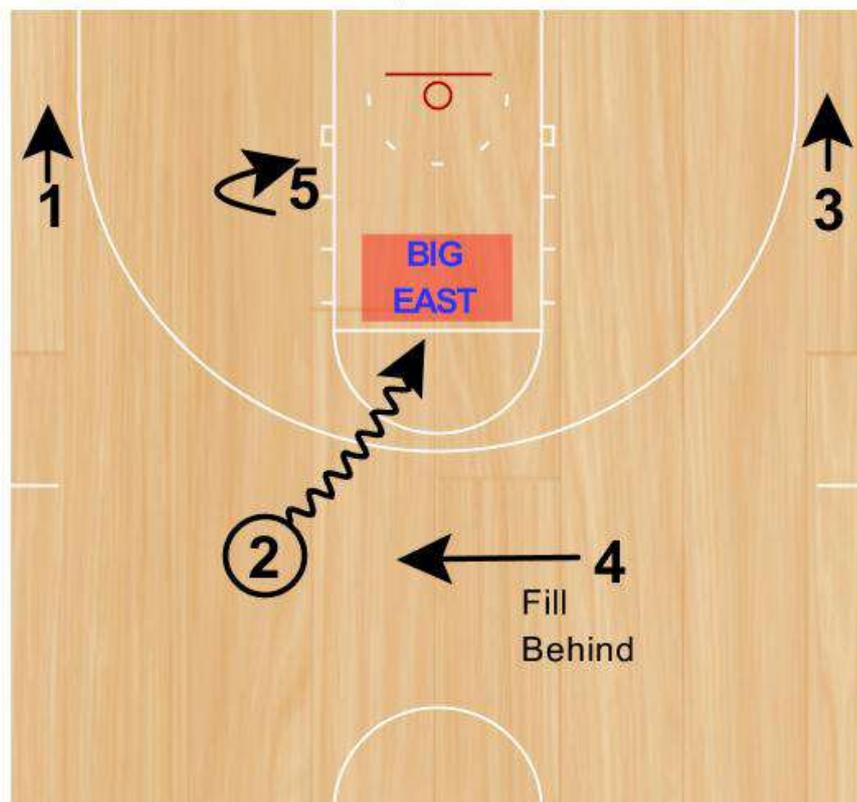


Drive & Space - Middle

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

Villanova Wildcats

Drive & Space - Slot Drive



Drive & Space - Slot

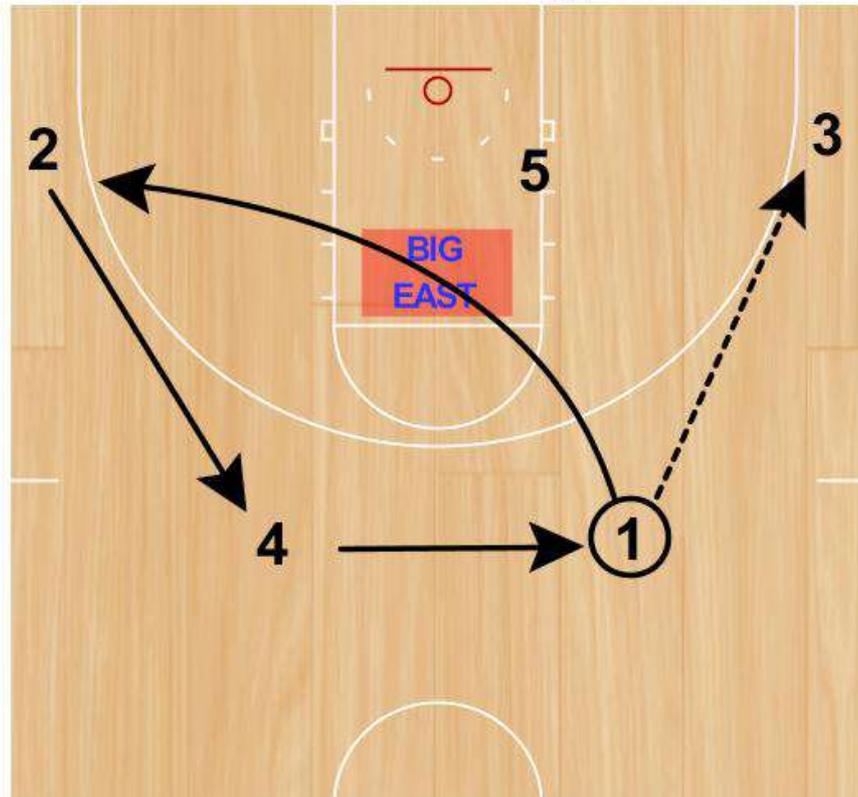
Aside from the ball movement and player movement generated from passes, cutting rules and dribble penetration, Villanova uses ball screens to puncture the defense. The “big” set ball screens in the slot and on the wings for the guards throughout the offense.

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

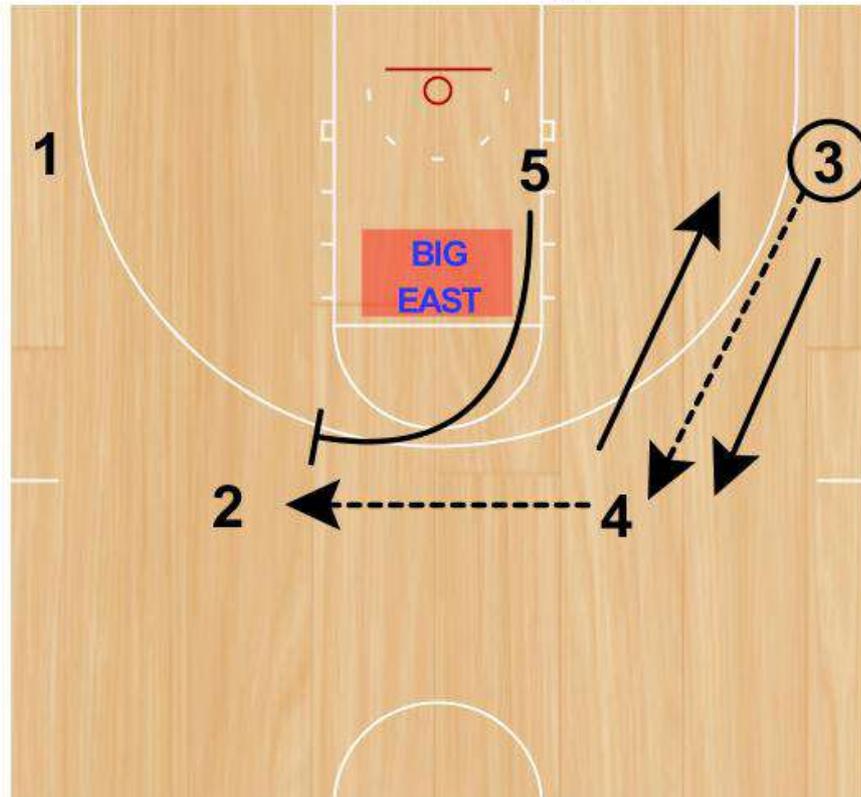
1 passes to wing (by rule they shall cut away through the logo)

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 screen. 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>

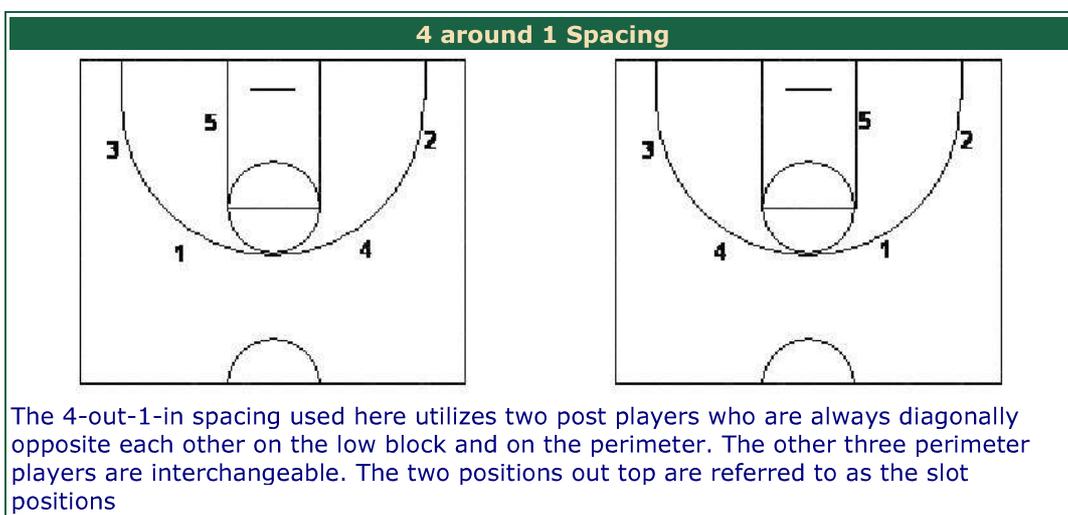
March 12, 2016 – New York, New York, U.S. – Villanova Wildcats’ guard Ryan Arcidiacono (15) penetrates toward the basket as Providence Friars’ guard Drew Edwards (25) tries to defend in the first half during semifinals at the Big East Tournament at Madison Square Garden in New York City. Villanova defeated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

Villanova - 4 out 1 in Motion

Jay Wright

Spacing

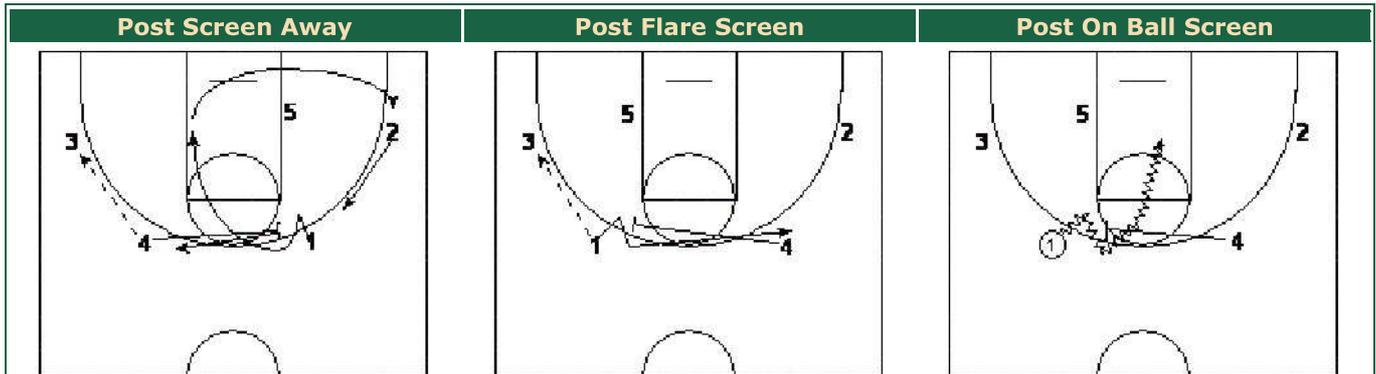
The 4-out-1 in motion offense used by Jay Wright of Villanova and formerly Hofstra University utilizes 3 perimeter players and 2 post players. One on the post players is always stationed on either of the low blocks. The other post player is on the perimeter diagonally opposite the low post player (in 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.

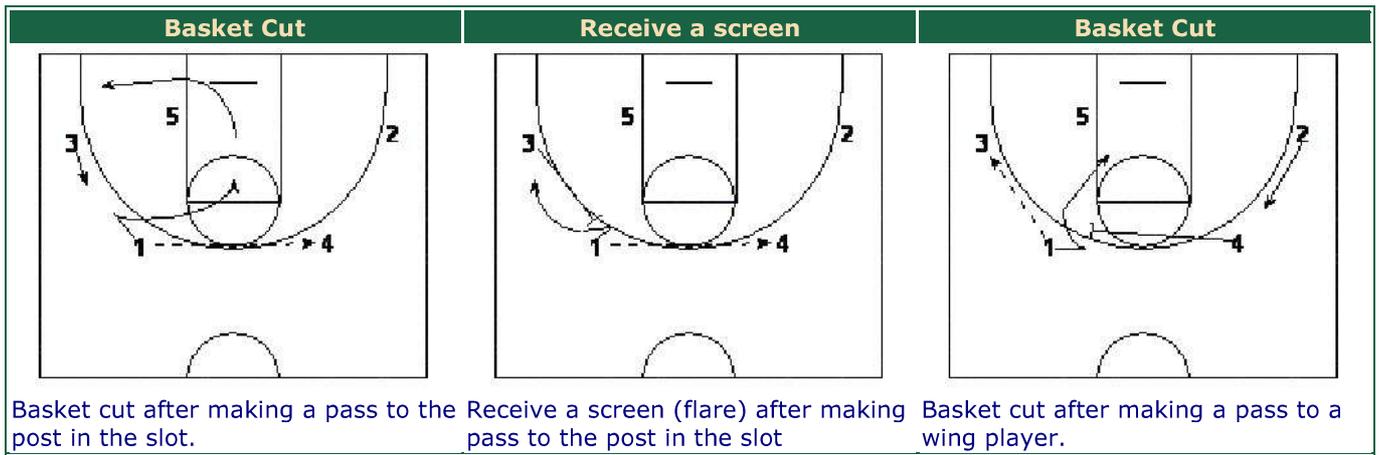


Every time the post player in the slot receives the ball he should look for the duck in with the low post.

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

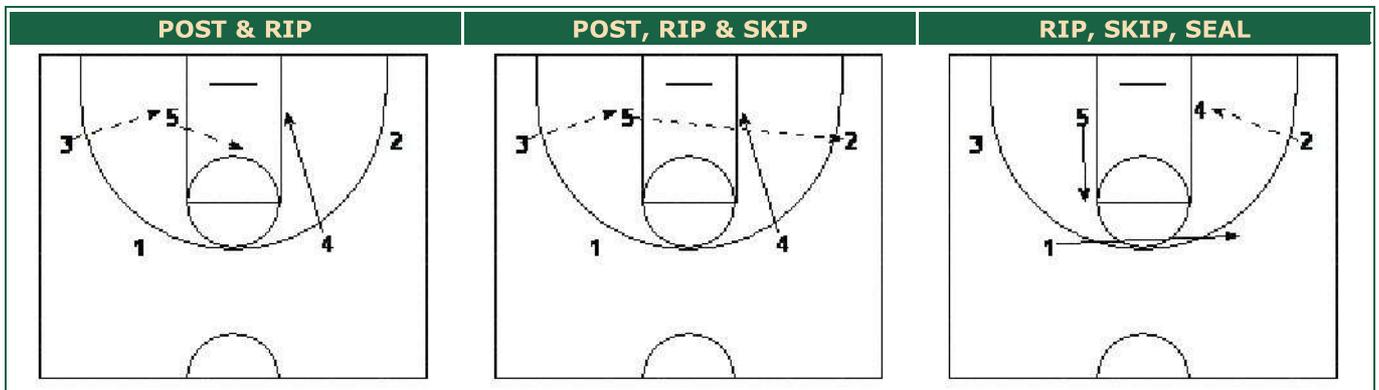


Key Teaching Points

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

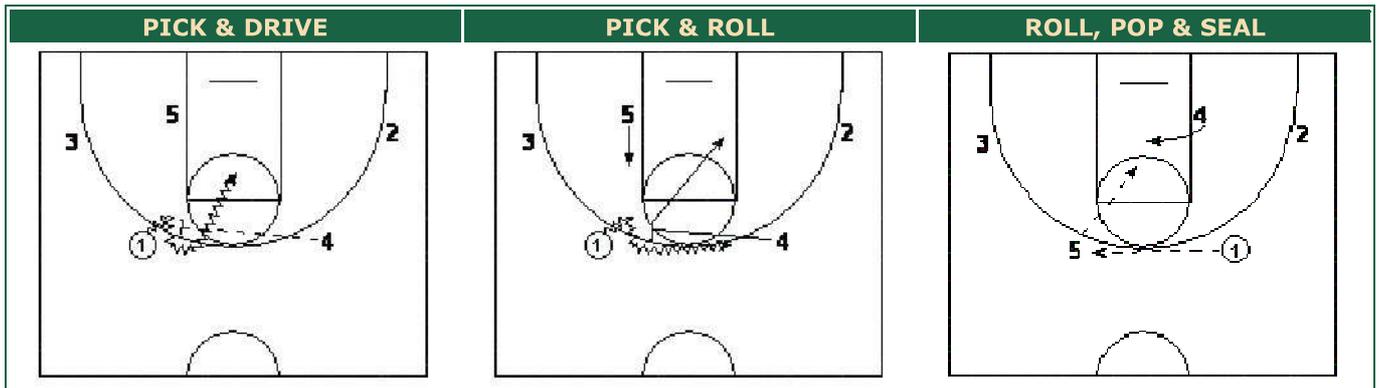
Scoring Opportunities

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.



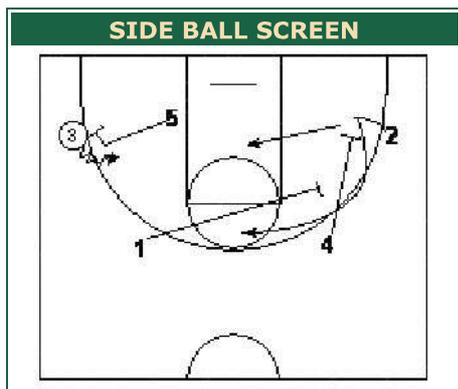
3. SCREENER & CUTTER Opportunities

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.

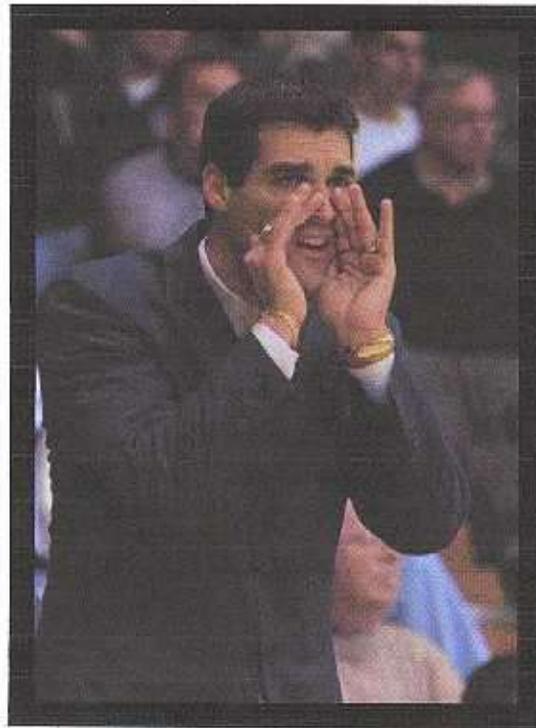


4. **SIDE BALL SCREENS** (ball goes to the corner)

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

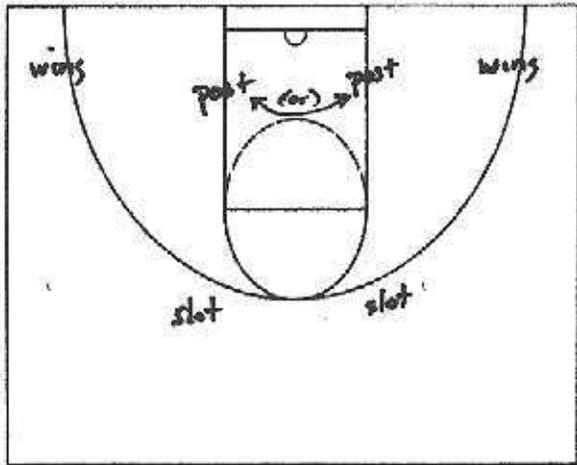
(4 & 5 men)

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)

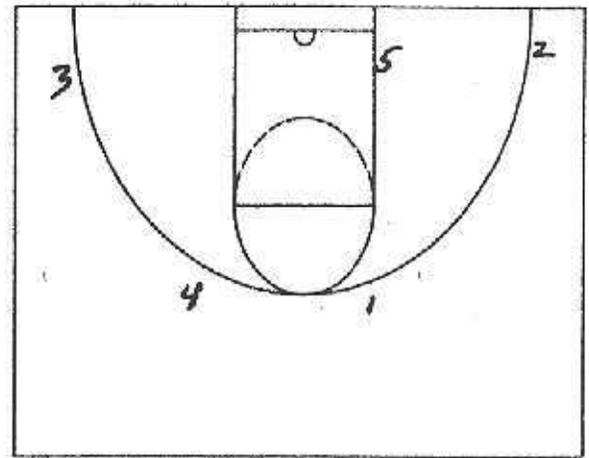
1. AFTER PASS: BASKET CUT, SCREEN, OR
RECEIVE A SCREEN
2. 3 IS A SCREENER FOR 2 & 1; 2 & 1 ARE
CUTTERS.
3. DRIBBLE TO DRIVE OR MAKE EASY PASS.

VILLANOVA BASKETBALL



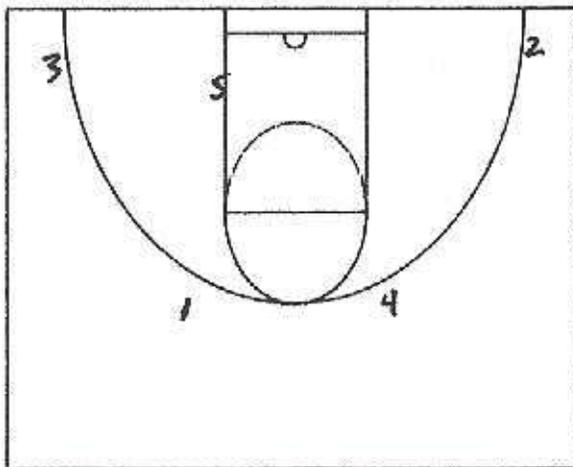
Positions (2 wing spots, 2 slot spots,

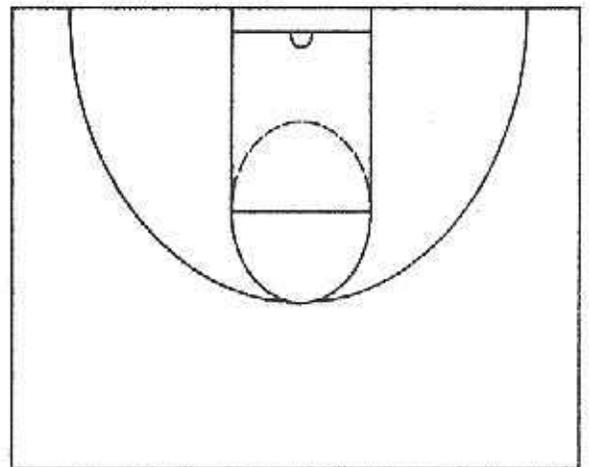
1 post spot)



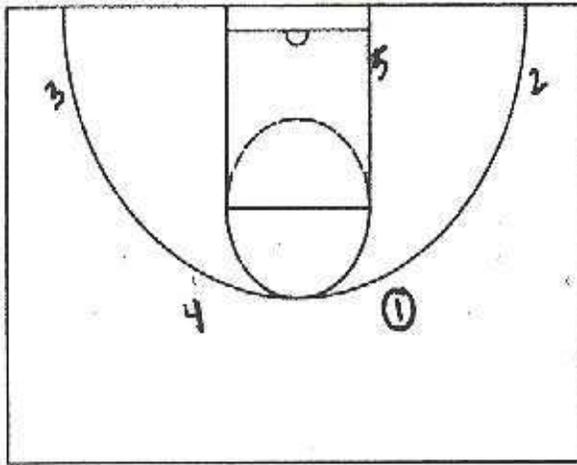
Forwards are hi/lo opposite each

other; Guards fill other 3 spots

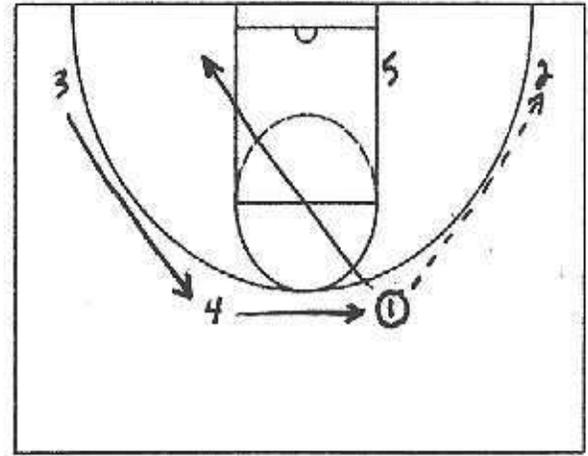




VILLANOVA BASKETBALL



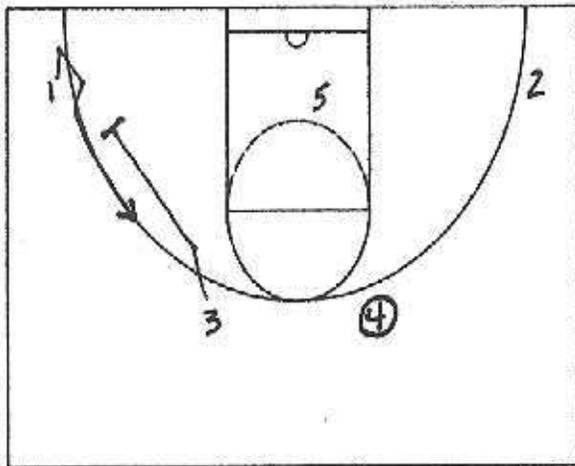
Option 1 - Pass and Basket Cut



Option 1 (cont'd)

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

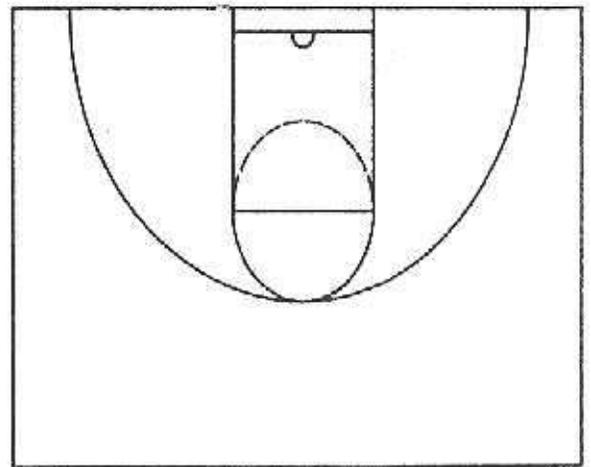
3 fills to other slot



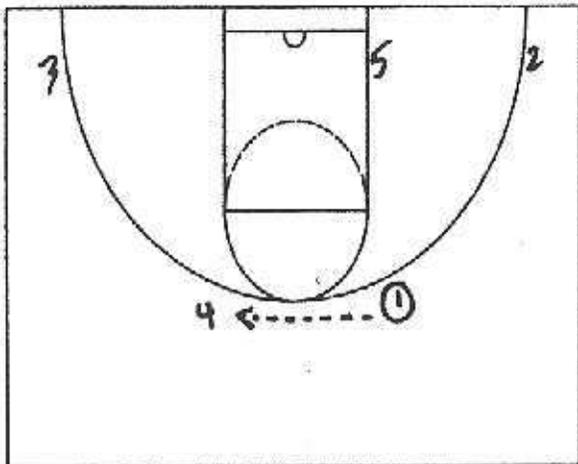
Option 1 (cont'd)

3 then screens for 1

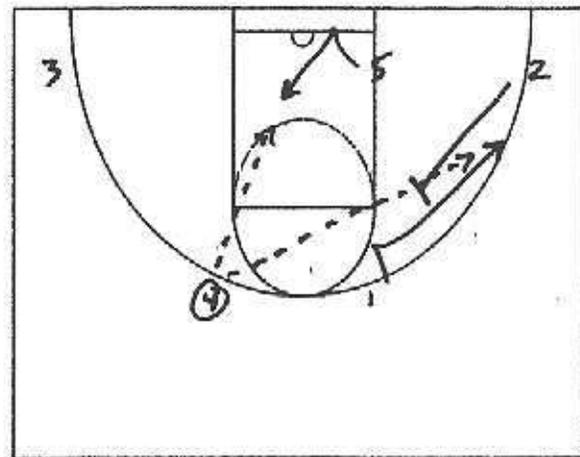
5 gets opposite 4



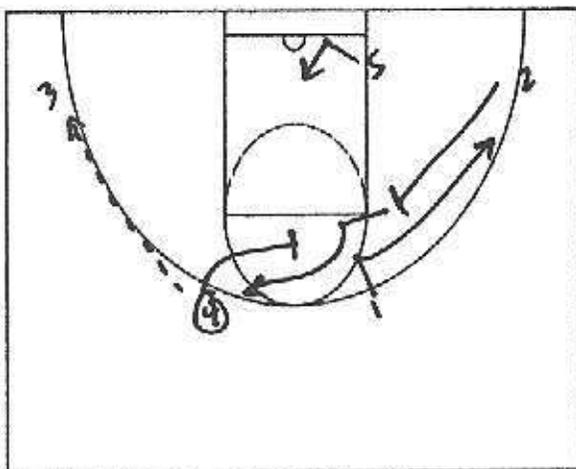
VILLANOVA BASKETBALL



Option 2 - Pass and Receive Screen

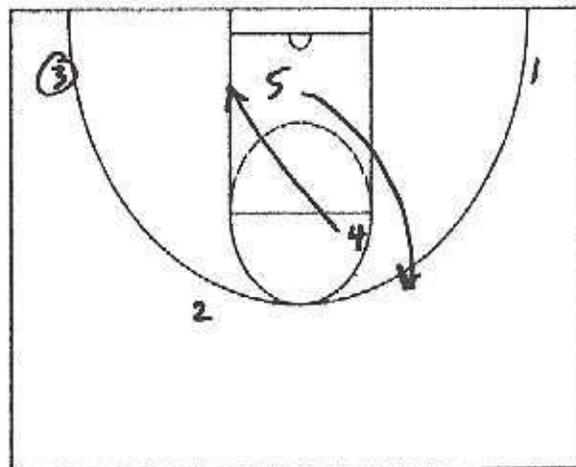


Option 2 (cont'd)

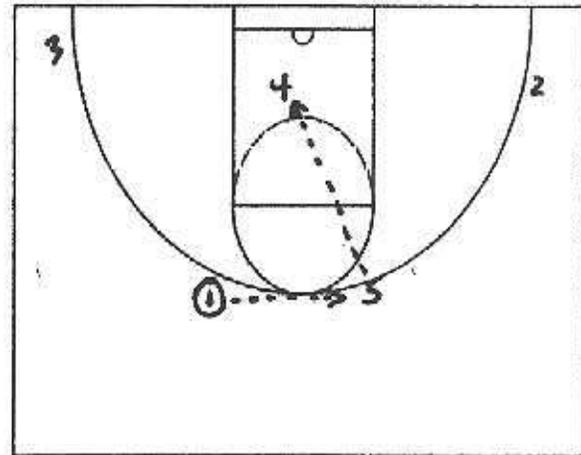
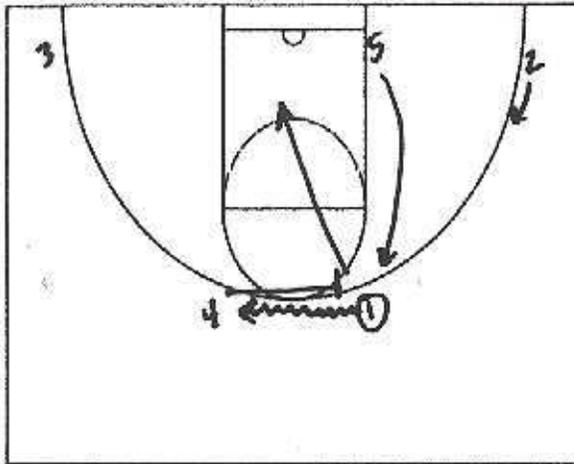


Option 2 (cont'd)

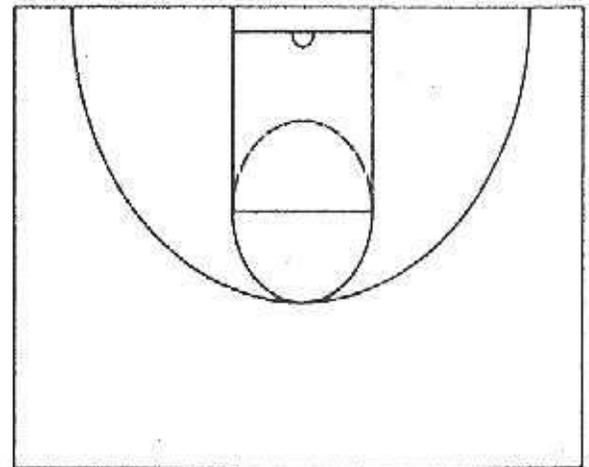
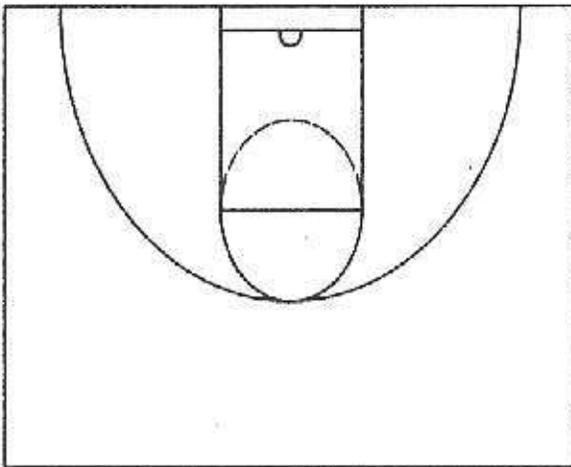
4 reverses ball to 3, then screens for 2



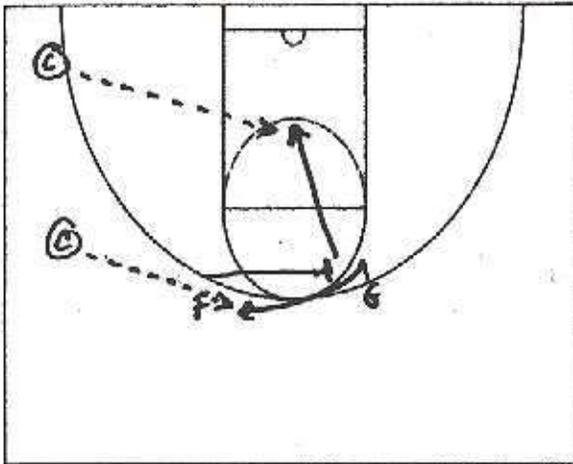
VILLANOVA BASKETBALL



Option 3 - Ballscreen (Roll & Pop)

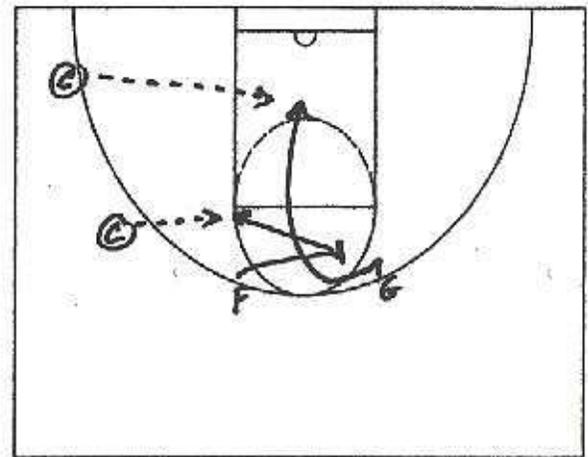


VILLANOVA BASKETBALL

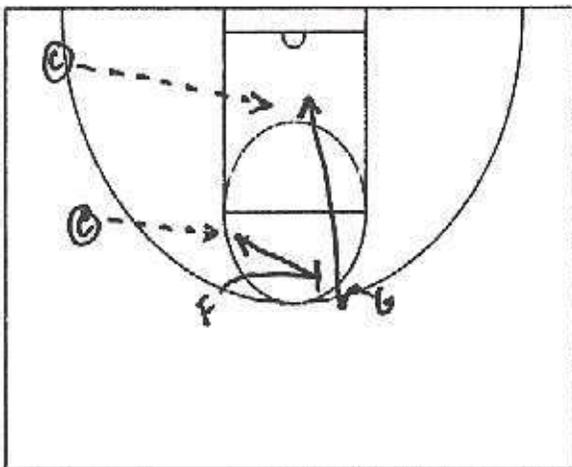


Motion Breakdown Shooting Drills

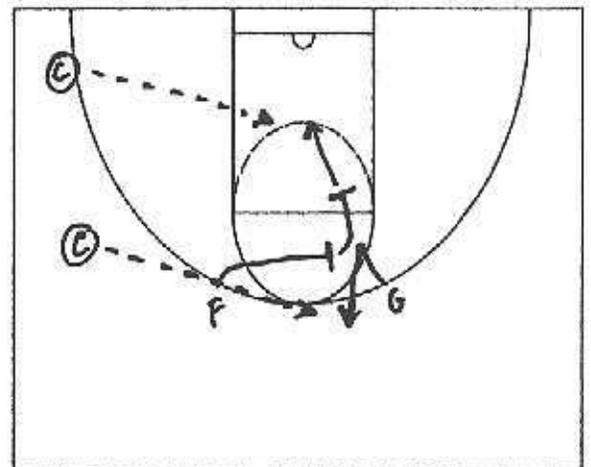
1.) straight cut



2.) curl and pop

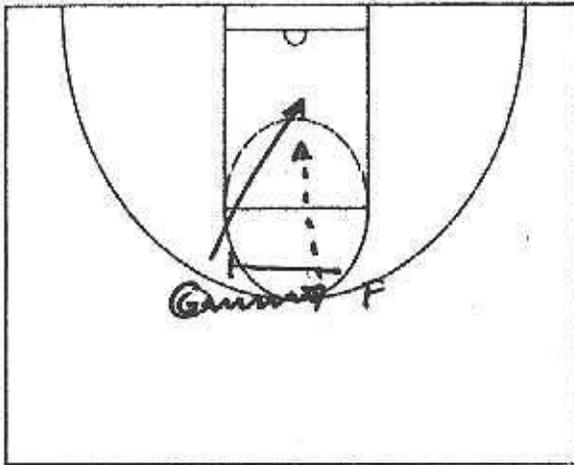


3.) back cut and pop



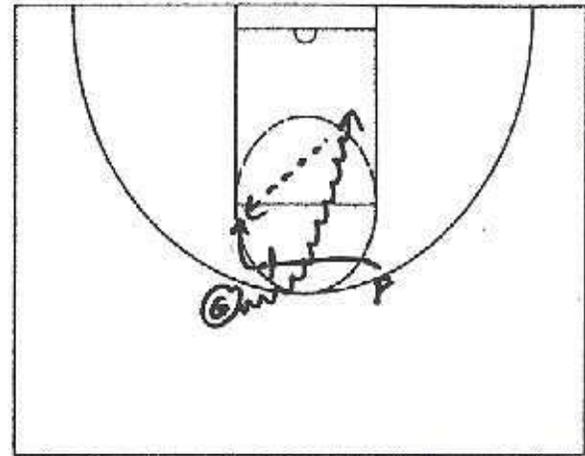
4.) outcut

VILLANOVA BASKETBALL

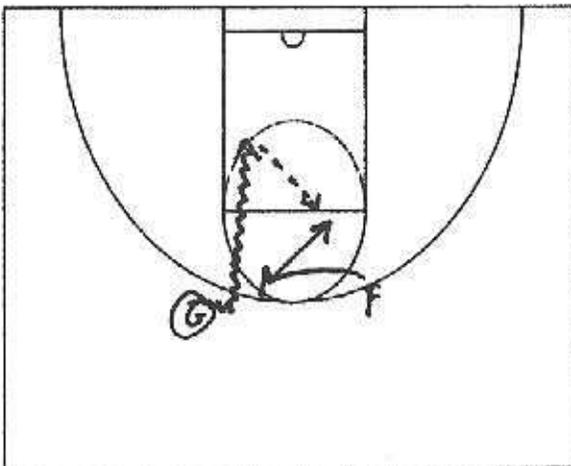


Motion Breakdown Shooting Drills

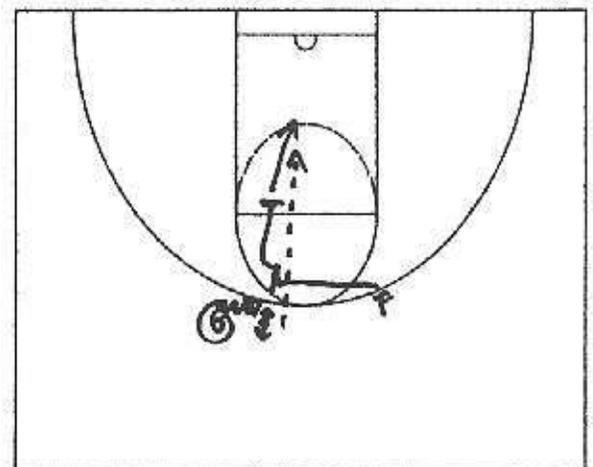
1.) straight cut



2.) curl and pop



3.) back cut and pop



4.) outcut

Jay Wright Villanova Offense

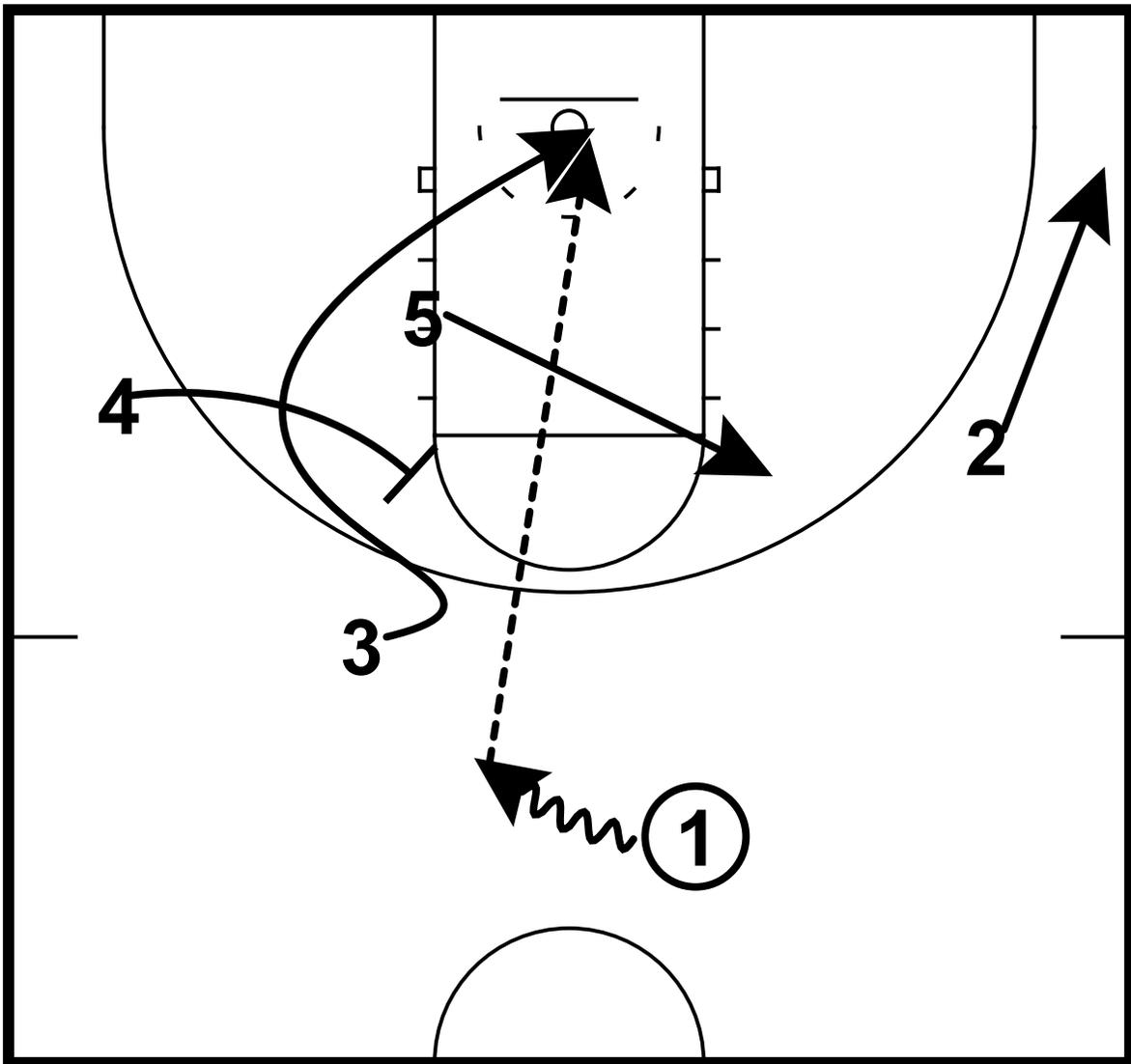
Table of Contents

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.

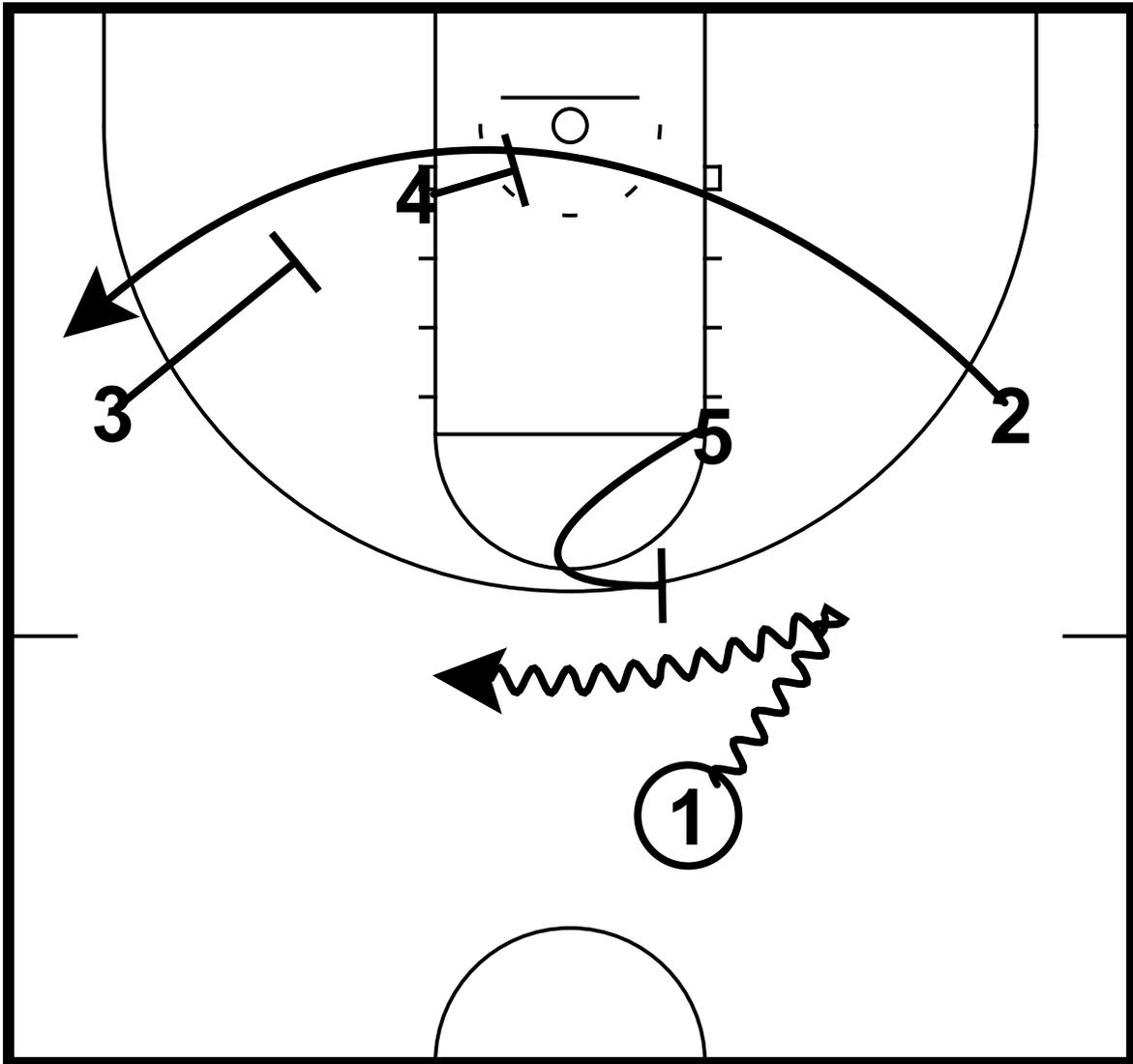
1 makes the lob pass to 3 at the basket.

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.

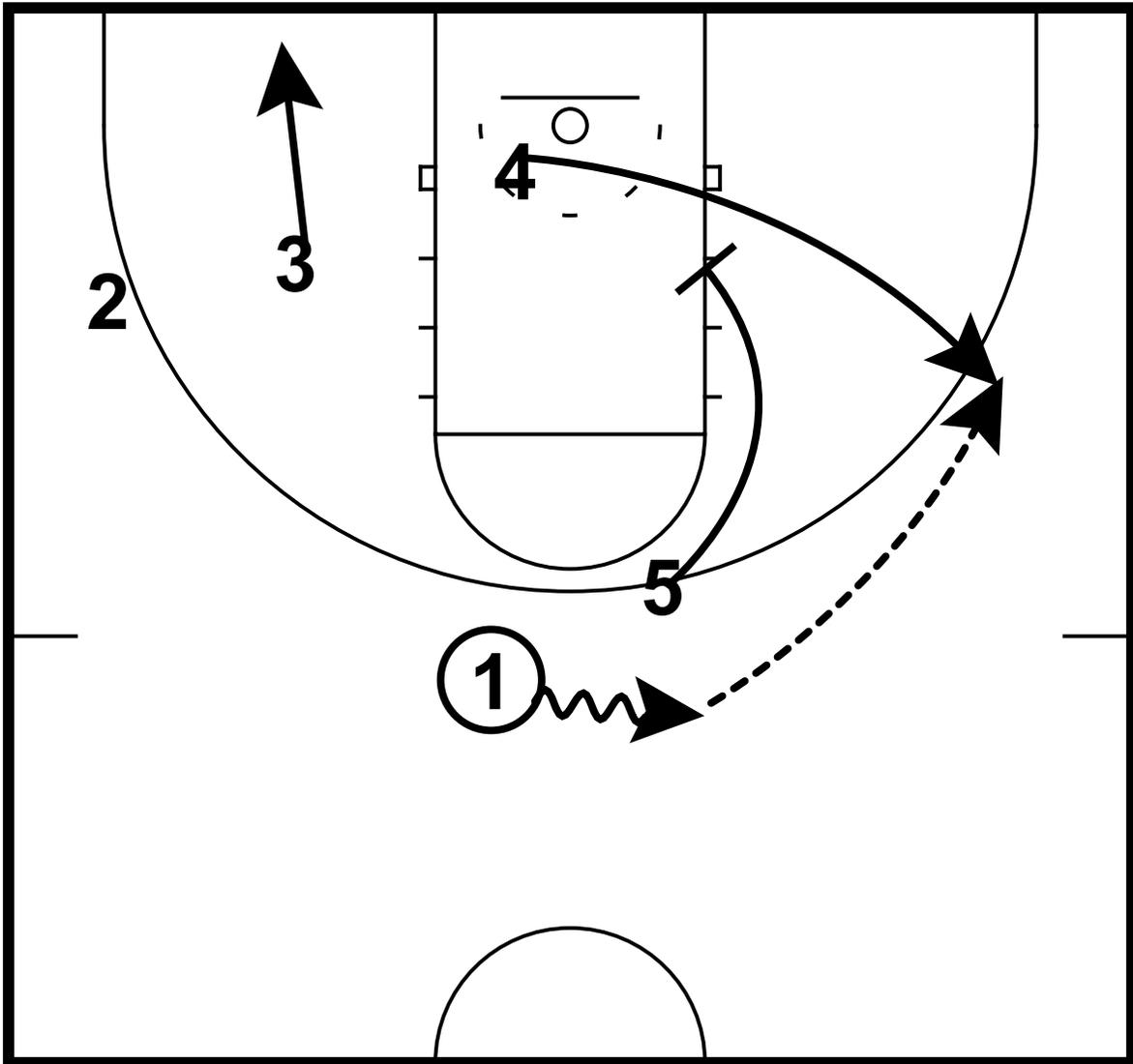
5 sets a ball-screen for 1.

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.

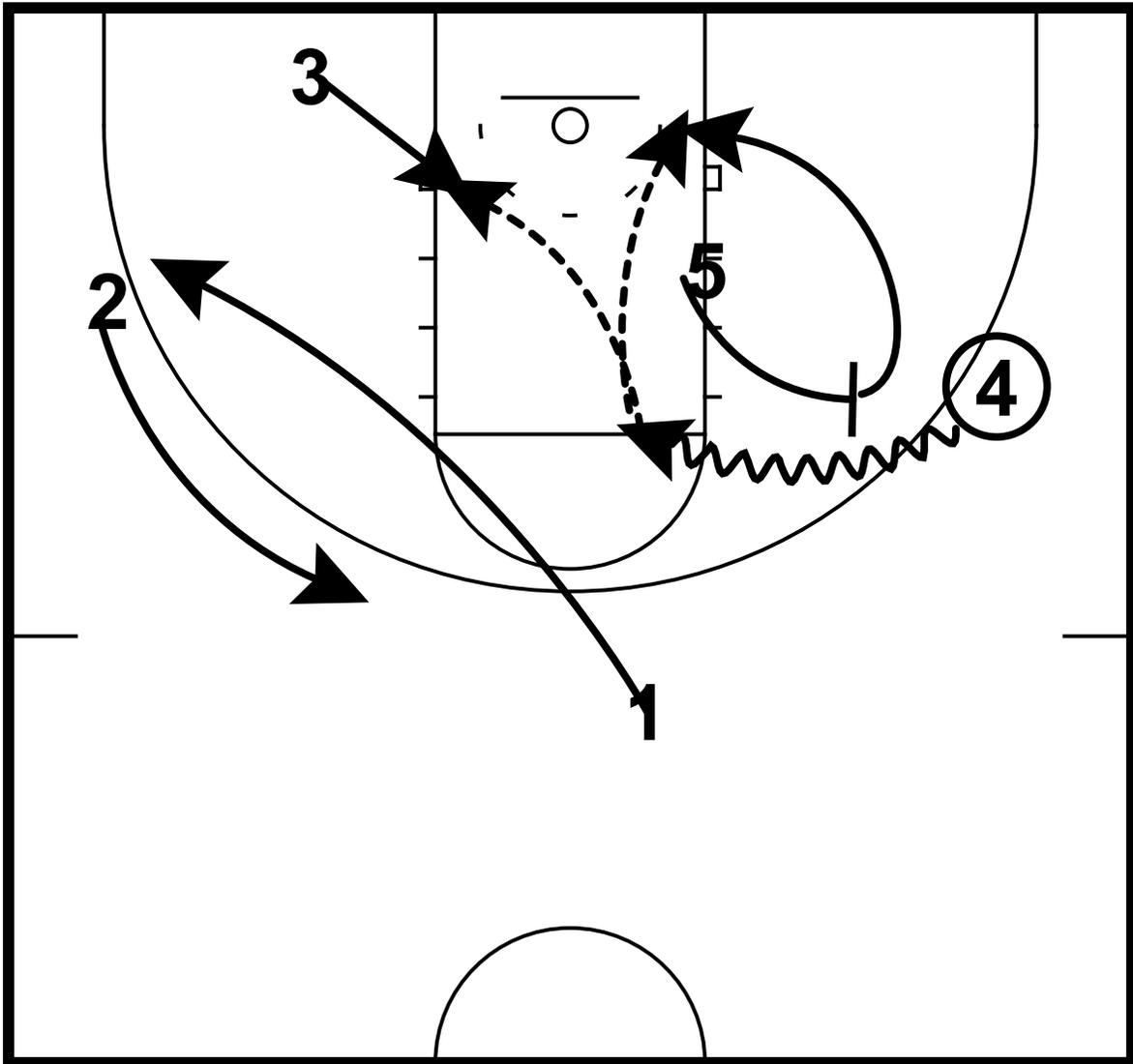
1 passes to 4.

Jay Wright Villanova Offense

Nova 2 Man

Frame 3

Offense - Man 2 Man



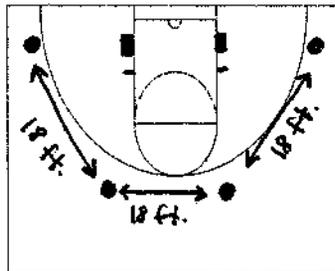
5 sets a ball-screen for 4.

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

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)

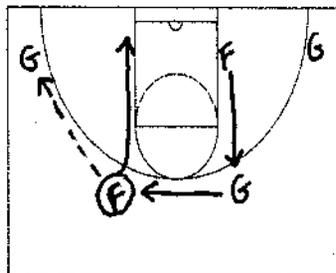


* Positions

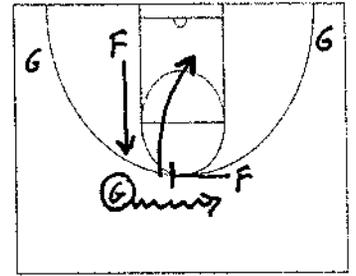
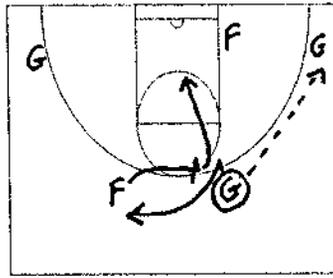
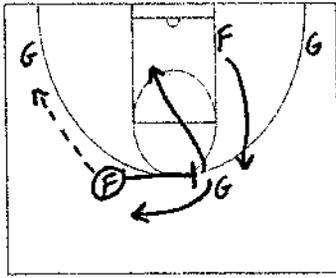
- 3 perimeter players (1-man, 2-man, 3-man) can fill any of the 4 perimeter spots
- 2 post players can fill either post positions or either slot positions (always want to maintain positions diagonal from each other)
- Never want two post players to fill both post positions at the same time – one is always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

* Basic Rules for Post Players

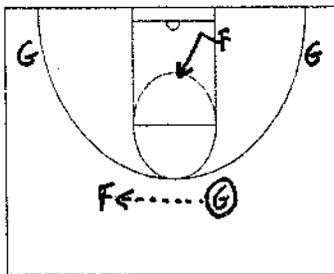
- High/Low opposite each other



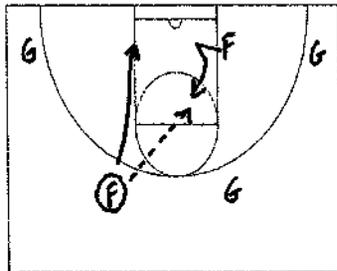
Always screen in the slot



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

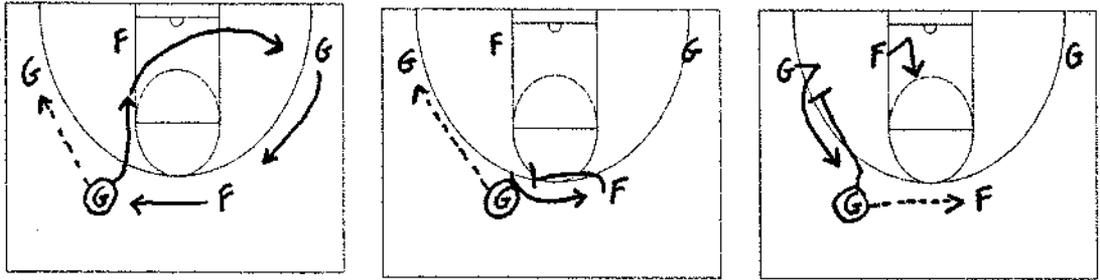


If ball goes into post, other post player will Rip to opposite elbow/opposite block

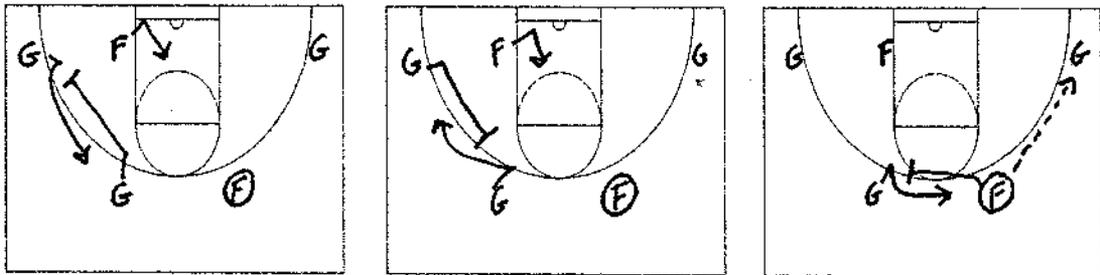


* **Basic Rules for Perimeter Players**

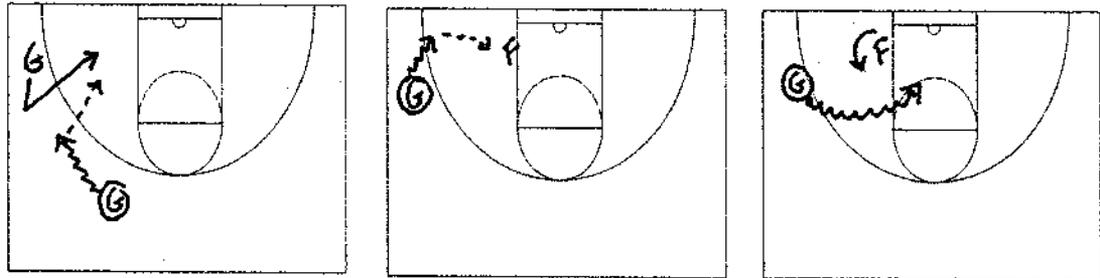
- After any pass: can basket cut, screen, or receive a screen; never pass and stand



- Perimeter Players only screen for each other



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



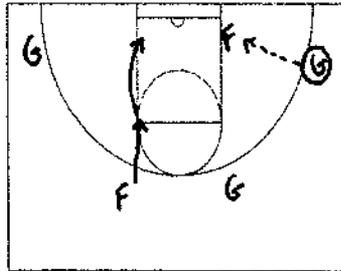
* **Key Teaching Points**

- 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

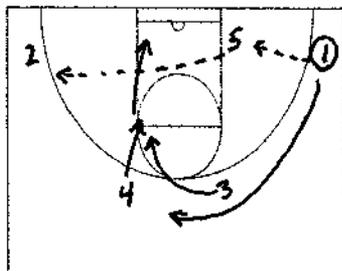
* Scoring Opportunities

- Post up and Rip

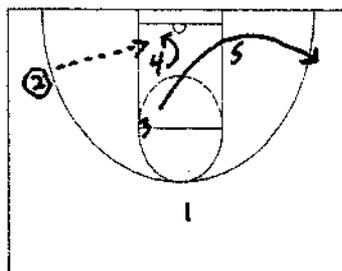


- any time ball goes into the post
- good opportunity to feed the post off ball reversal
- catch pass and go “baseline to score”
- if post player can't do that, go middle to explore
- if post player goes middle, that initiates cutting action (Rip)
- Opposite post man: rip to opposite block, get weakside 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

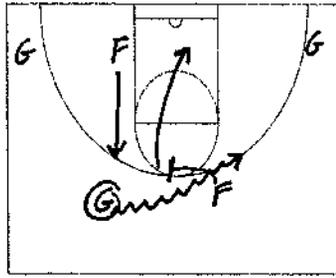
- Post-Rip-Skip



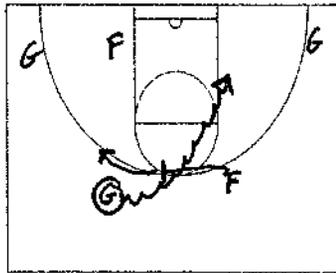
- Post-Rip-Skip-Seal



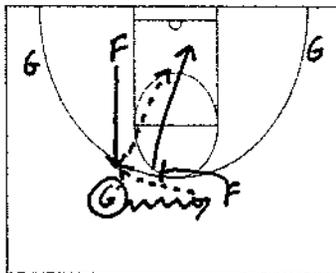
- High Ballscreen (screener reads opposite)



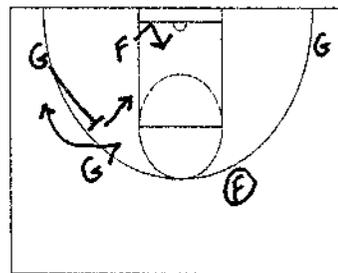
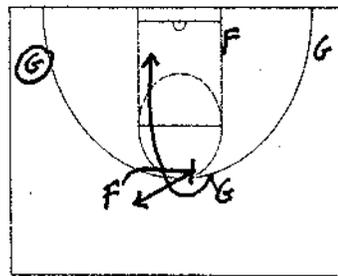
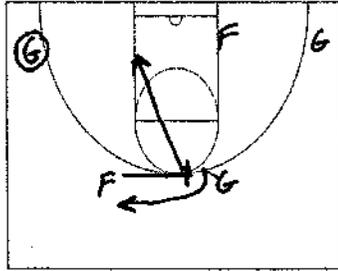
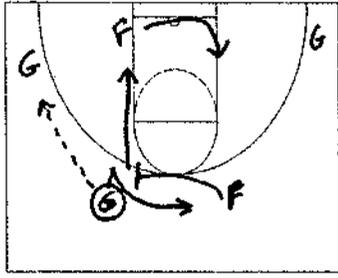
(Curl and Pop)



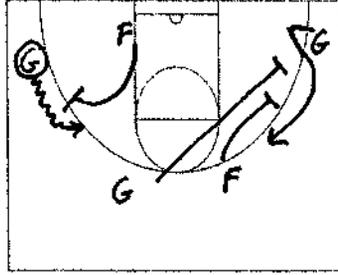
(Roll, Pop and Seal)



Screener/Cutter Action



- Side Ballscreen

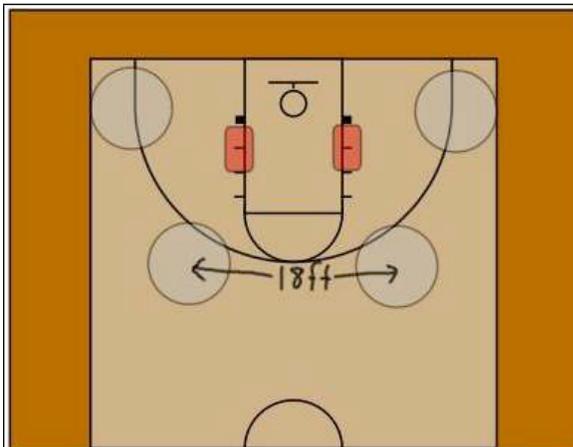


* Conclusion

- 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

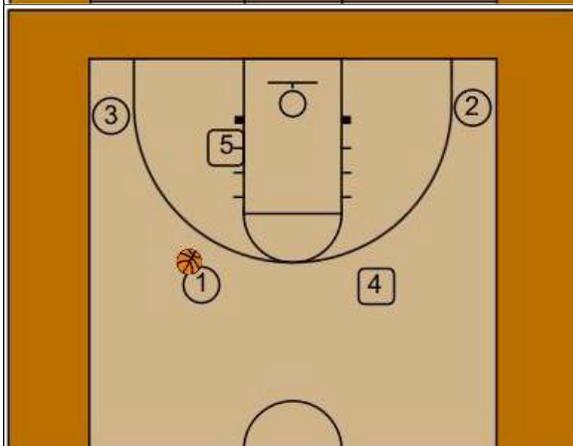
Reasons to run the 4 out 1 in:

- 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)



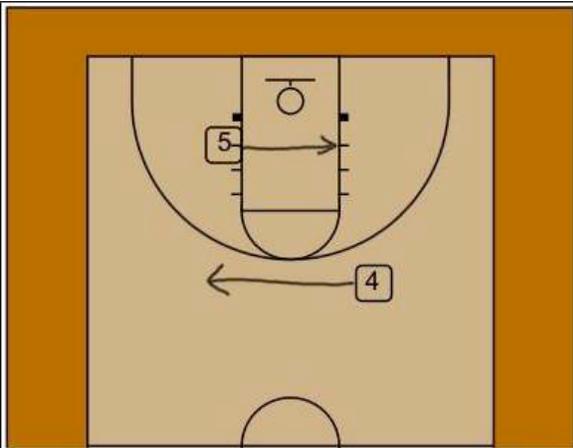
Positions and spacing

- 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.

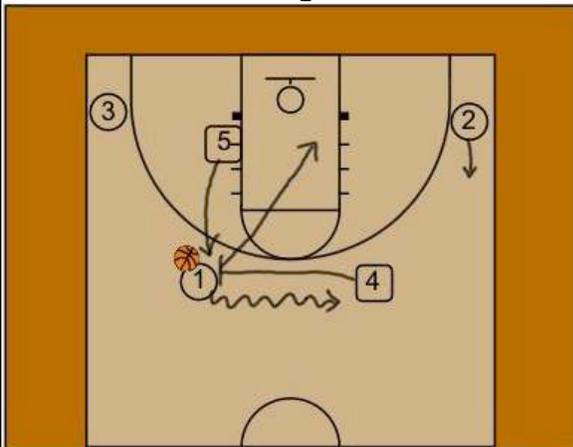


Movement:

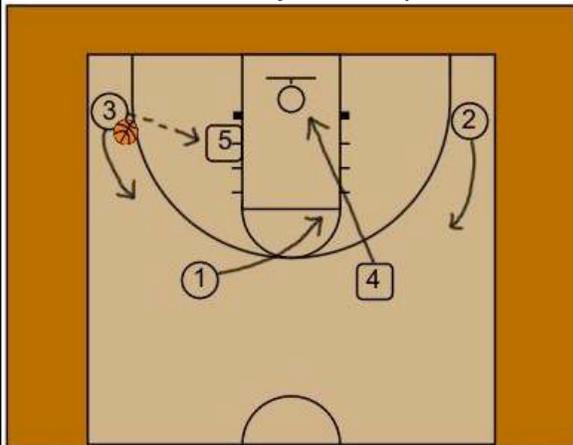
- Three perimeter positions can fill any four perimeter spots
- two post players can fill either post or either slot position
 - always need to be diagonal from one another.
- One post player in the slot position and one post player in the post.



Post Screening for the Slot



Post Entry and "Rip"



Basic Rules - Post Players:

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

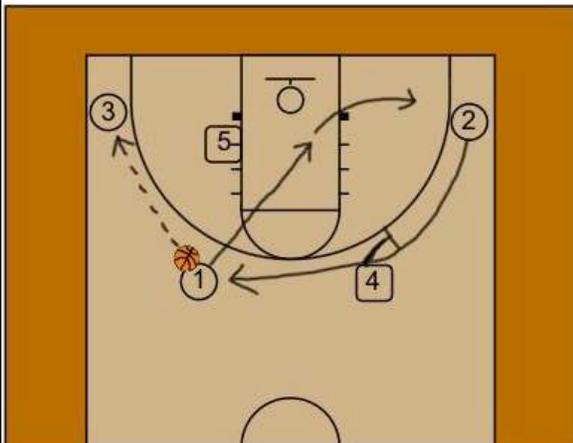
2. Posts always screen the man in the slot.

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

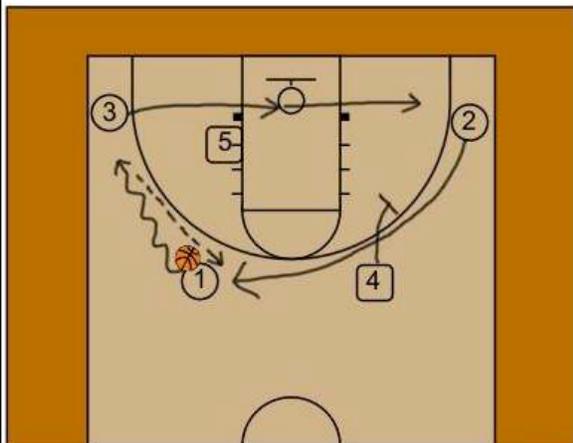
3. When the ball is in the slot, the low post will always duck in.

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

Guard Pass, Cut, and Fill



Guard Dribble at



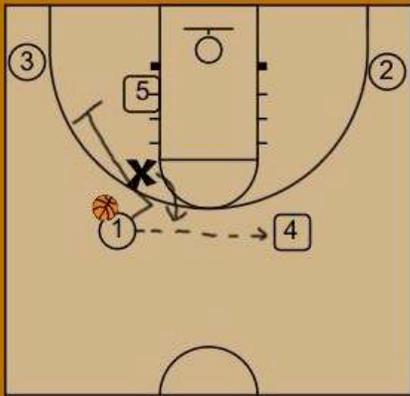
Basic Rules - Perimeter players

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.

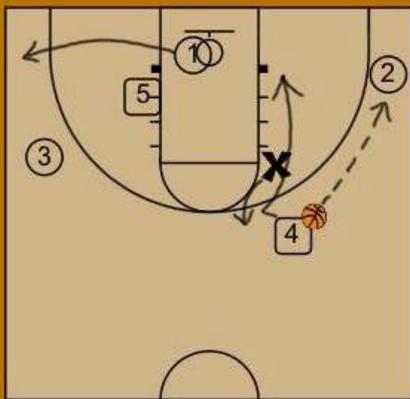
Key Teaching Points:

- 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



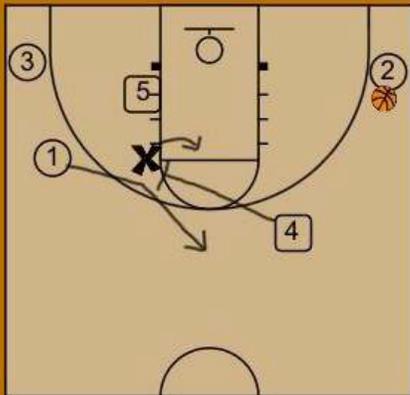
Taking Lanes - Forward



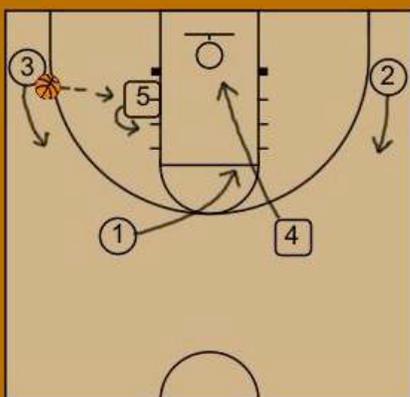
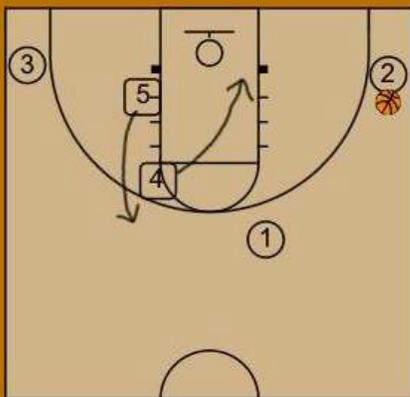
Teaching Points - cont.

- 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.

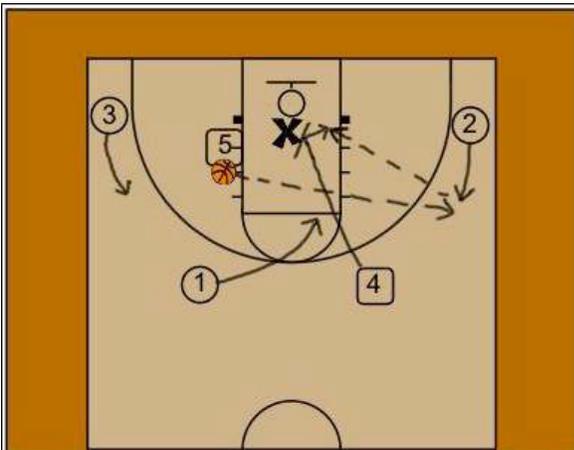
** The second cutter is the most dangerous cutter (in this case it's the forward screening).*

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

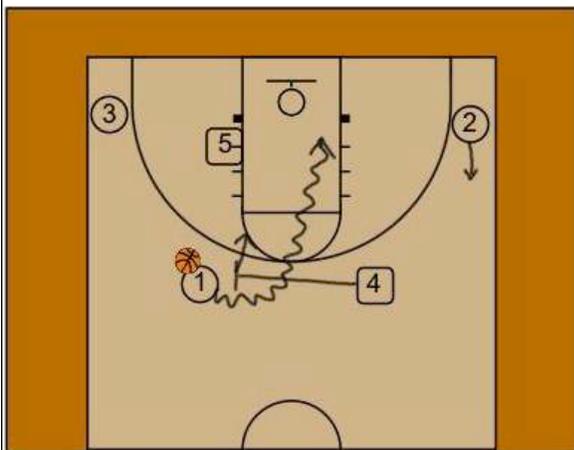
- Opposite forward 'rips' to the weakside of the hoop.
- slot perimeter player (or next to fill the slot) cuts to the opposite junction.
- the two baseline perimeter players fill up towards the slots (taking away post doubling opportunities).



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



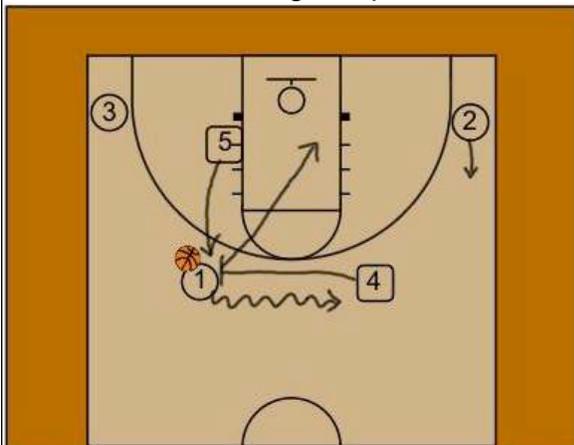
2. High Ball Screen

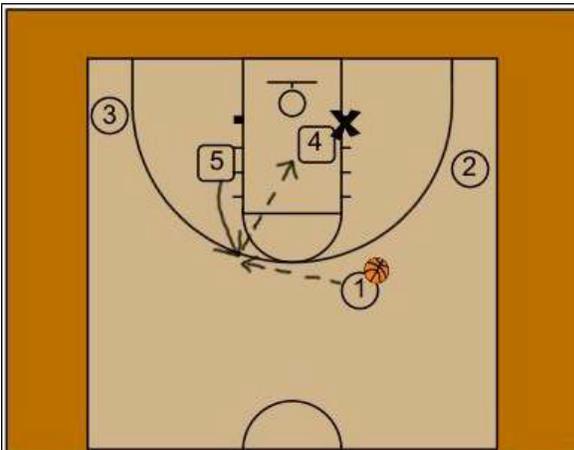
- As soon as the low post sees the high ball screen, he gets to the ball side of the floor.
- Guard reads opposite the defense and post reads opposite the guard.
- Wings both slide to the baseline.

Two options:

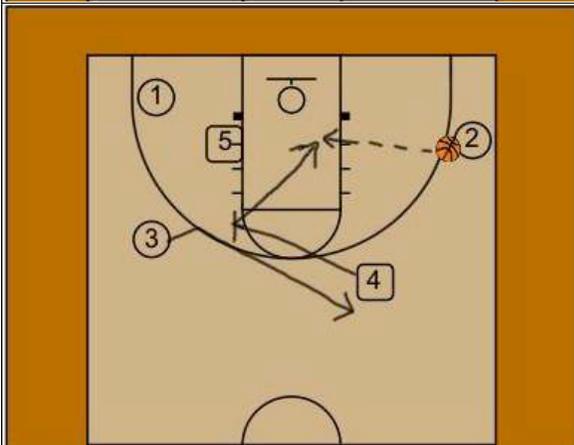
1. Guard curls/drives
2. Guard drags from slot spot to slot spot.

Guard Drag to Space

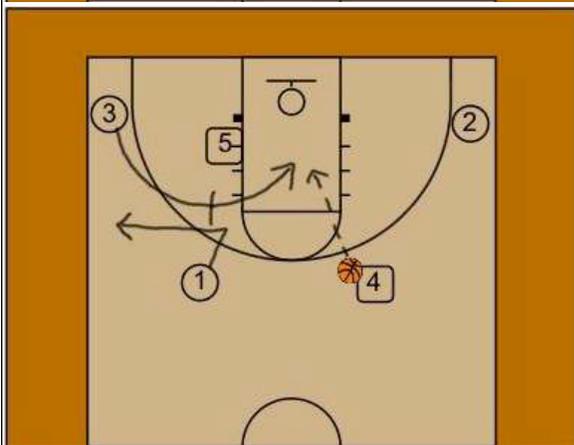




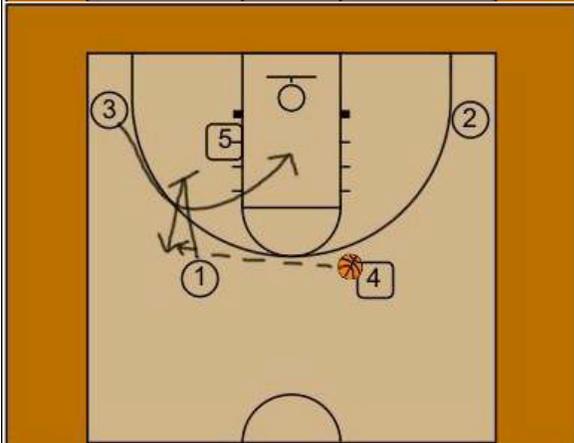
- Roll/Pop/seal
- If the defense fights under (or switches), the ball is reversed to the forward popping up.
 - We then look inside to the roller, who is now sealing.

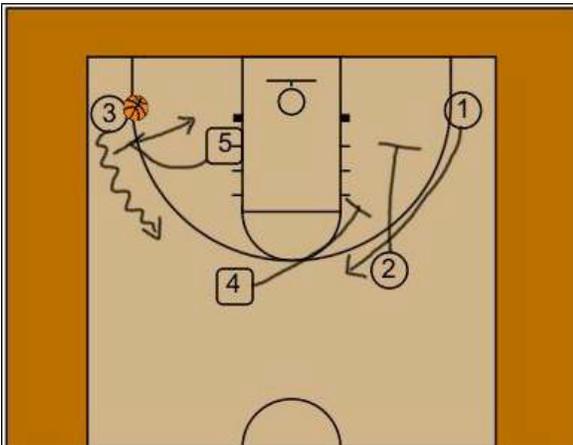


3. Screener/Cutter situations
- the screeners become 2nd cutter
 - 2nd cutter is the most dangerous cutter in the offense.
 - On the screen away, the forward reads the guards cut and goes opposite.



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





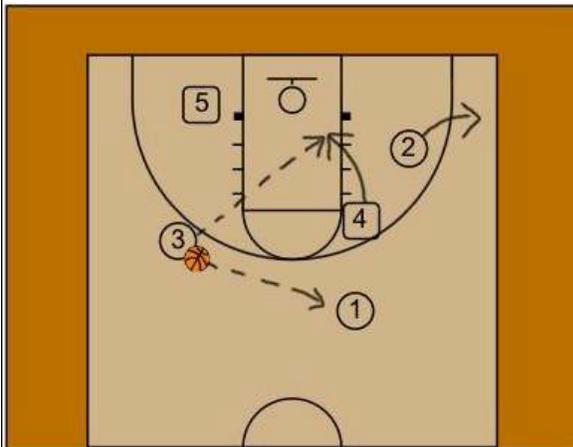
4. Side Ball Screen

- 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.

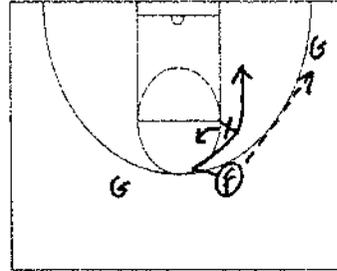
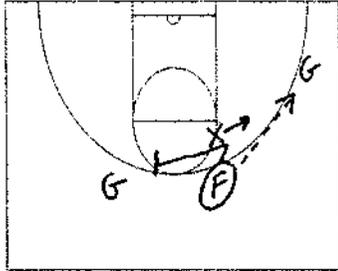
How to Teach the Motion Offense System

* 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**

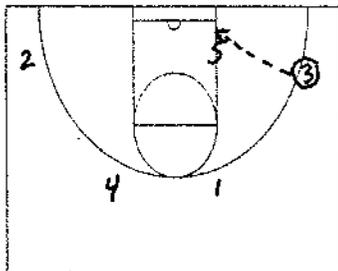
- NBA players are the most fundamentally sound players
- Take Lanes (read what the defense is giving you)



- 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

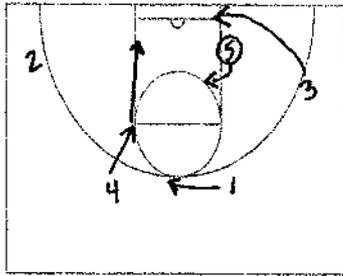
* **Post and Rip**

- 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”

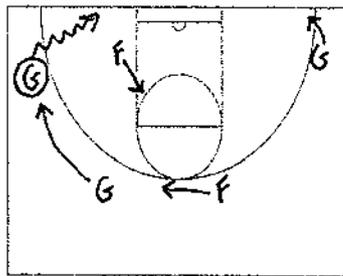
- If you go “middle to explore” – initiates “rip series”



- 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**

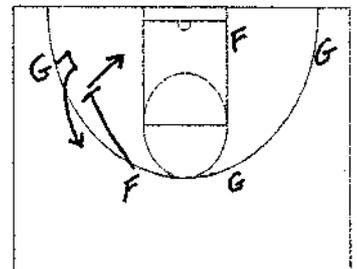
- As soon as we drive the ball, we’re in our “drive and space” action



- 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

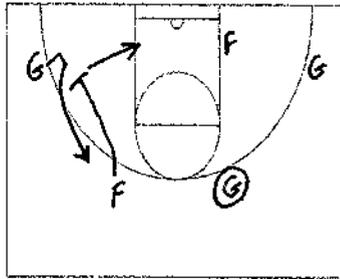
* **Screener/Cutter**

- 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

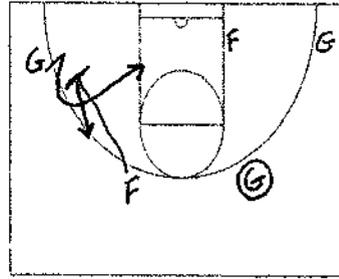


- Screener/Cutter action on a downscreen

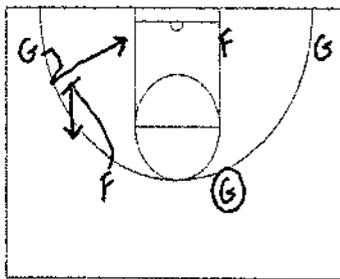
(straight cut and dive)



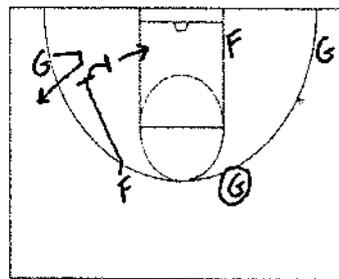
(curl and pop)



(back cut and pop)

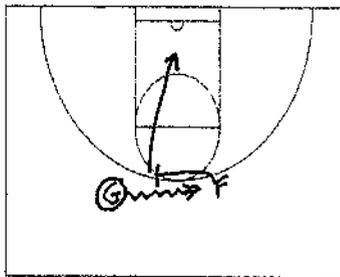


(outcut/re-screen and dive)

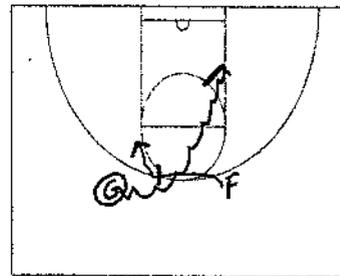


- Screener/Cutter action on a ballscreen (same action except you have the ball)

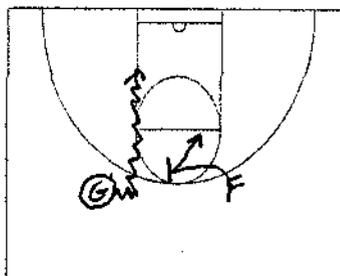
(straight cut and dive)



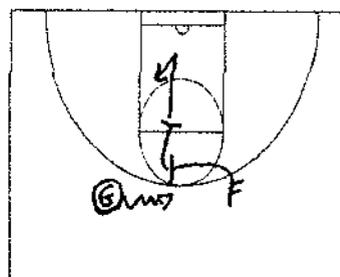
(curl and pop)



(back cut and pop)

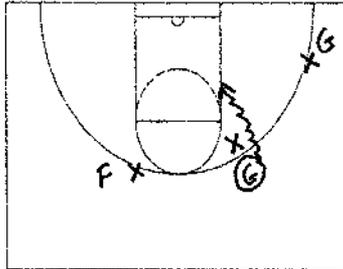


(outcut/re-screen and dive)

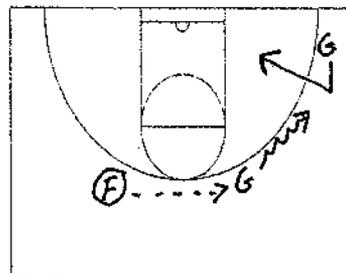


* **Using the dribble**

- 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

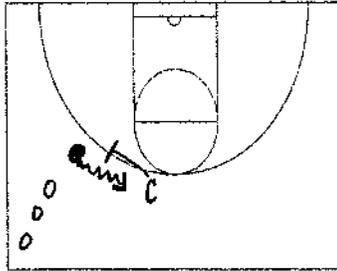
* **Review: Key components in motion**

- 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

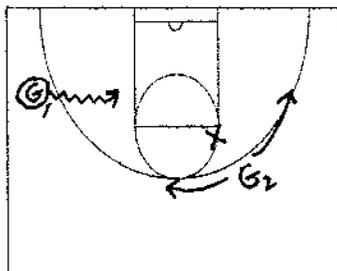
* **Breakdown Drills**

- **Ballscreen Jumpers**



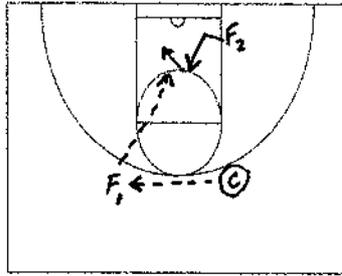
- all different shots off of a ballscreen
- straight/curl/back/out
- take them from all four motion spots
- going left/going right
- coach can dictate cut, or they have to read the defense

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



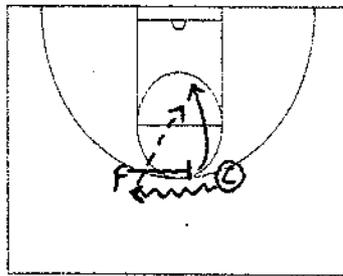
- guard #1: drives the ball, stops, pivots under control
- guard #2: wants to get off the line of his defender; 1-2 steps into jumper
- practice pivoting off both feet

- **Forward Hi/Low Drill**



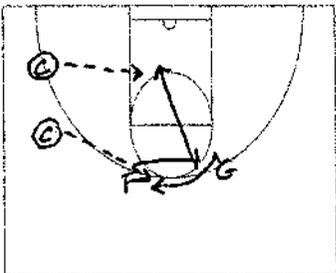
- Forward #1: first looks to catch and shoot
- Forward #2: then looks to beat his man on duck-in; if defender takes it away – seal, reverse pivot, maintain contact-until ball is over head
- Timing is important
- Passer is the eyes of the receiver – if passer puts the ball high, he’s telling the receiver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

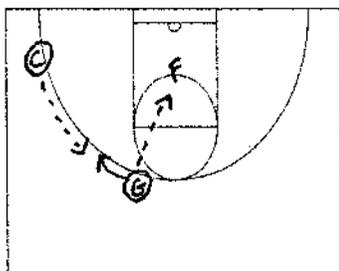


- Forward sets a screen and makes a 2nd cut
- Coach throws poor pass
- 2nd cutter has to chase ball down
- Chin the ball
- Pivot on weak foot
- Extend to the rim without a dribble
- Layup using their weak hand

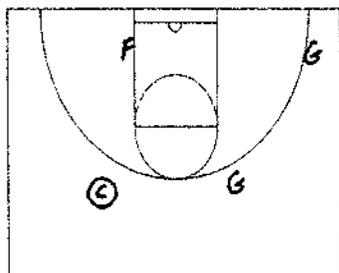
Screener/Cutter Drill



- 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

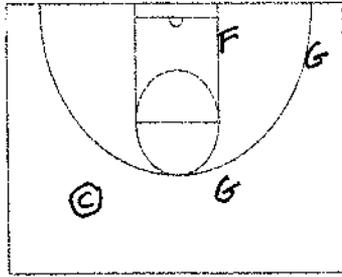


3-on-3 Weakside

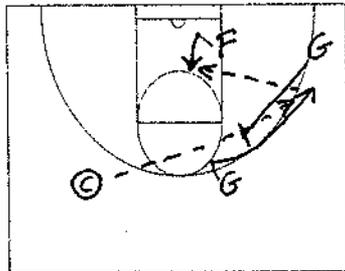


- teach them what they can do on the weakside vs. what they can do on the strongside
- weakside events: screener/cutter action, post flashes, ball screens
- weakside players can: slip the screen, curl into the lane, make 2nd cuts to the basket
- weakside post looks for: ball to be reversed, offensive 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

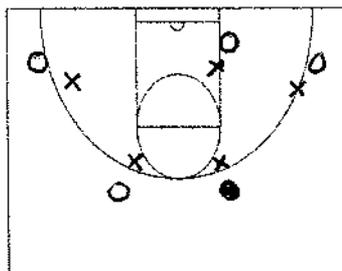


- Hard for perimeter players to make basket cuts when post player is on their side
- Post player can get baseline seals (step to defender and seal, not to the ball)



- 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)**



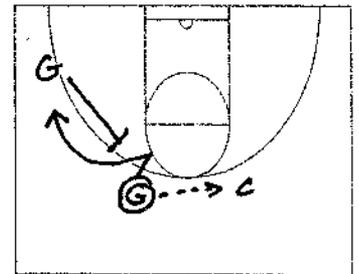
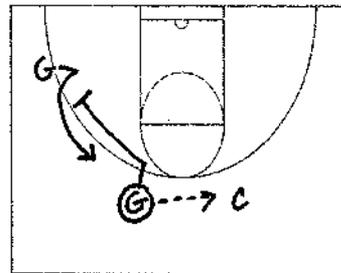
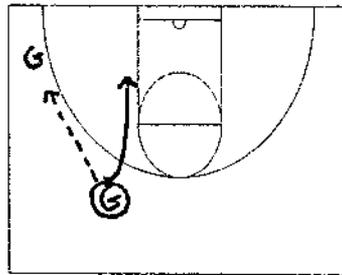
- Have to catch and shoot – a good shooter not catching to shoot is worse than a bad shooter taking an open shot
- Have your eyes on the rim – see everything
- If perimeter pass are denied, post feed is a good option/outlet (great spacing because everyone is denying and can't help)
- You can also put 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

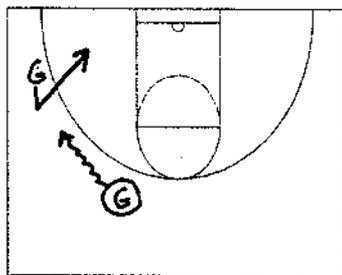
- * Simulate game situations
- * Repeat necessary footwork
- * Want to make sure:
 - Guards work well together
 - Forwards work well together
 - Team executes together under pressure situations
- * Drills: Guards Drills, Forward Drills, Combined Drills, Live Drills, 2-Ball Shooting Drills

* Guard Drills

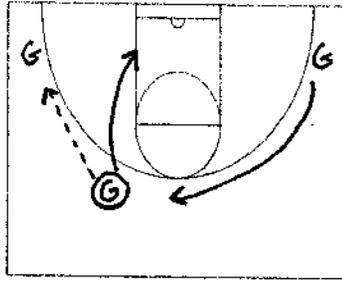
- Every time a perimeter player makes a pass, he can basket cut, screen or receive a screen



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

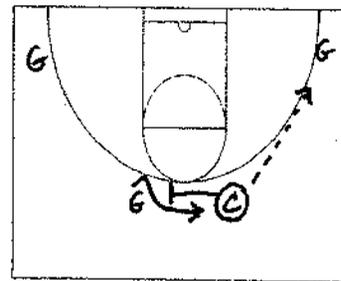
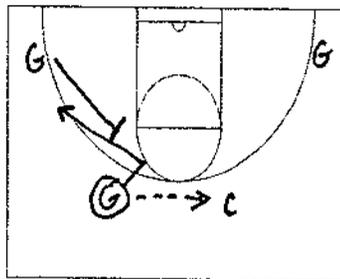


- 3-on-0 Pass and Cut



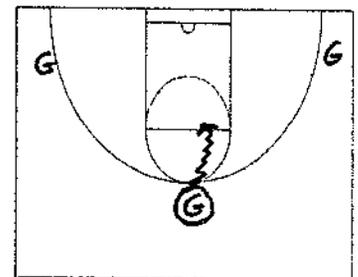
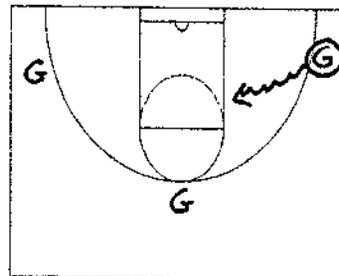
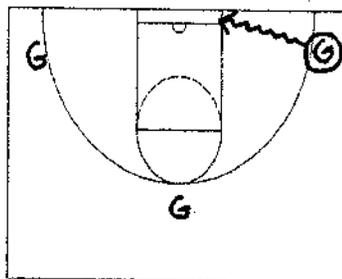
- Catch to shoot
- Make hard cuts
- Reverse the ball
- Dribble thru vs. denial
- Fill motion spots
- Keep proper spacing

- 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

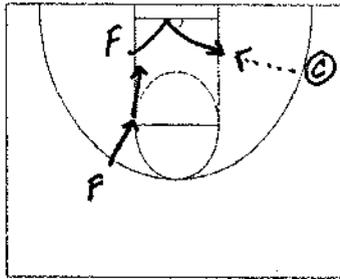
- Go moves/Rip moves/Spacing off the ball



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

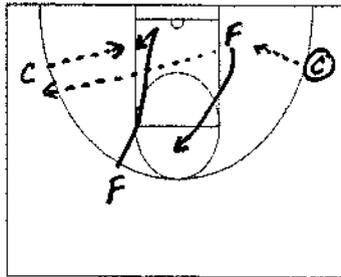
* **Forward Drills (2-on-0)**

- **Rip Drill**



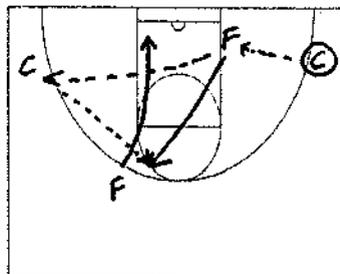
- Hit the post, go middle to explore
- Opposite post man rips down the lane

- **Rip/Skip/Seal Drill**



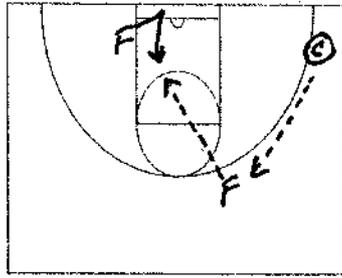
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man sealing
- Other forward flashes high

- **Rip/Skip/Flash**



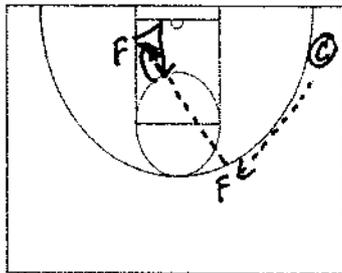
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man who flashes
- Inside foot jumper, go-move or rip-move

- 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

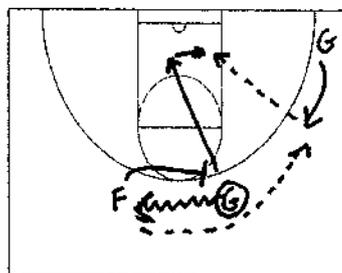


- On duck-in, if defense fronts, reverse pivot for lob

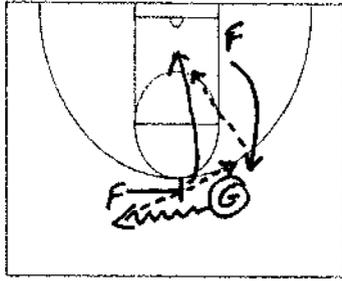
* On all these drills, work together, get footwork down, get passing angles down

* Combo Drills – High Ball Screen

- High Ballscreen/ Skip/Seal

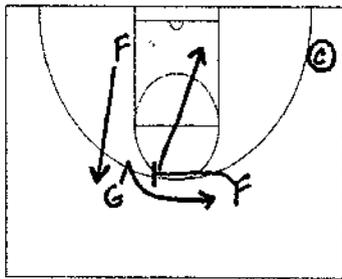


- High Ballscreen/ Roll and Pop/ Seal

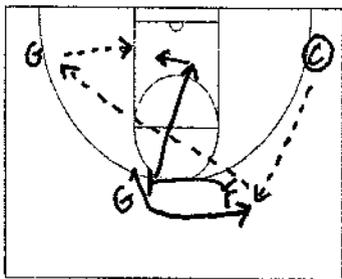


* Combo Drills – High Cross Screen

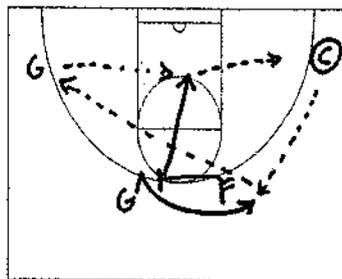
- High Cross Screen/ Pop/ Seal



- High Cross Screen/ Skip/ Seal

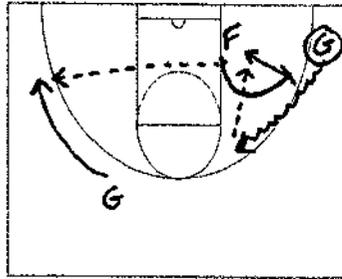


- High Cross Screen/ Skip/ Seal/ Extra Pass

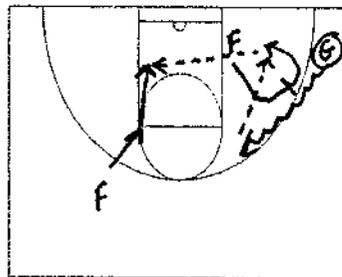


* **Combo Drills – Side Ball Screen**

- Side Ball Screen/ Roll/ Kick Opposite

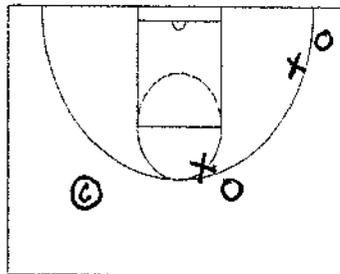


- Side Ball Screen/ Roll/ Rip



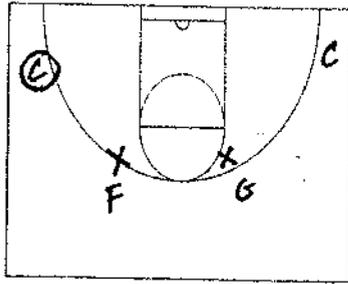
* **Live Competitive Drills**

- 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

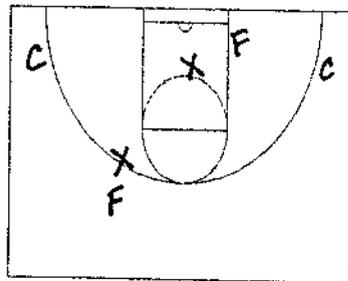
- Guard/Forward: 2-on-2 with a coach



- 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

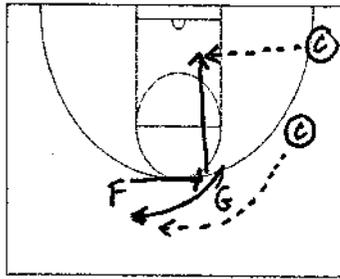
* Forwards should: get a lot of movement, work together, stay high/low opposite each other

*

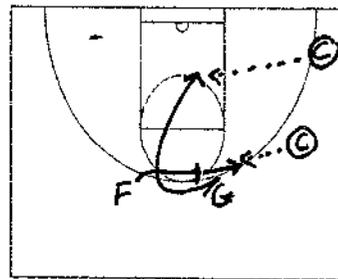
2-Ball Shooting Drills

- 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

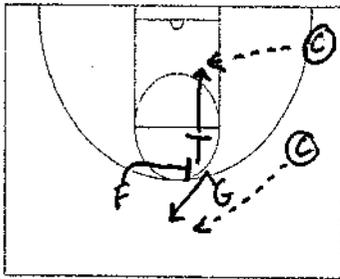
(Straight)



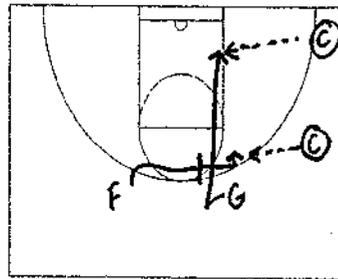
(Curl)



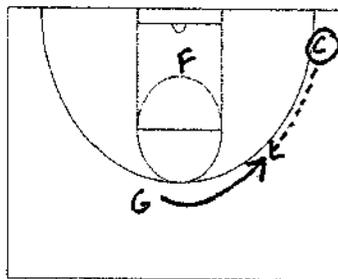
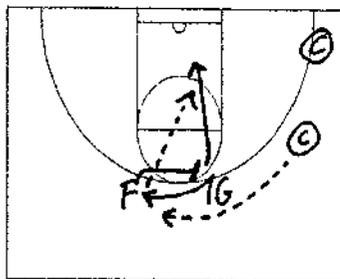
(Out)



(Back)

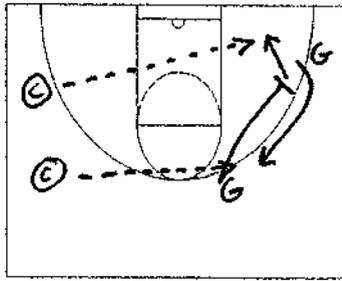


- You can add making an extra pass as well

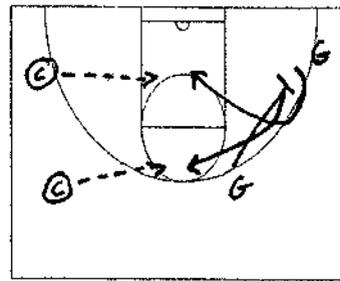


- Down Screen

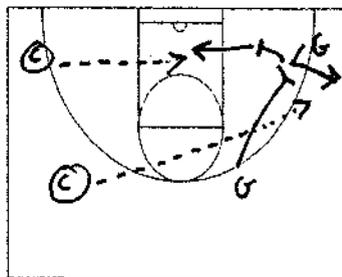
(Straight)



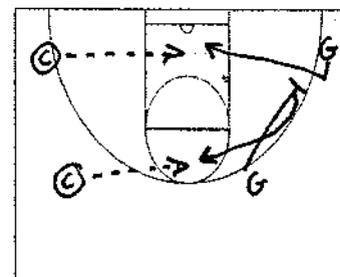
(Curl)



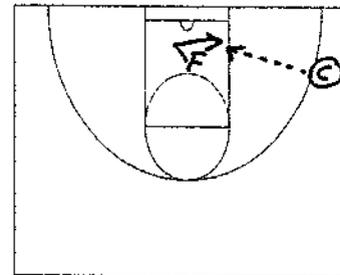
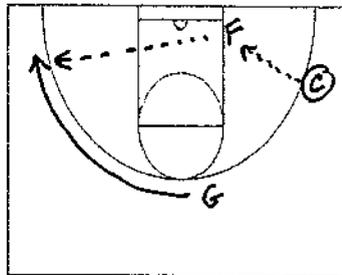
(Out)



(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

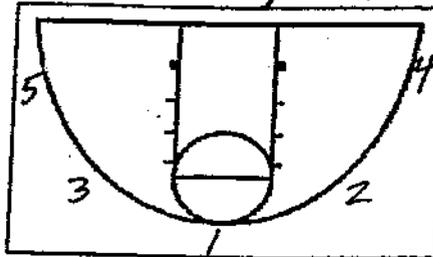
1. To initiate the offense, the ball is on the top (middle) of the floor. With the ball on top, action begins on both sides.
2. There are NO mistakes in this offense. Players play through any spots of confusion or uncertainty.
3. After making a basket cut, you will always fill an open spot. (You must 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.)

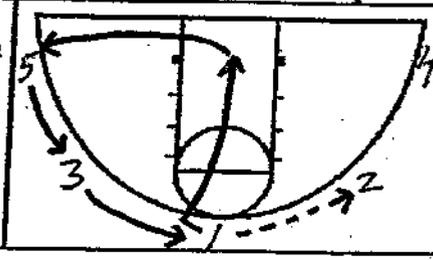
Note: An extra pass may be required in certain situations, in order to create better spacing opportunities. This happens most frequently when the ball is in the corner. Your philosophy must determine when to make extra passes or run specific cuts and actions. (This offense is not a perfect science; it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

MOTION OFFENSE: INITIAL ALIGNMENT AND NUMBERED CUTS

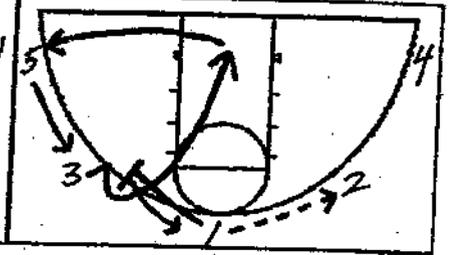
Initial Alignment



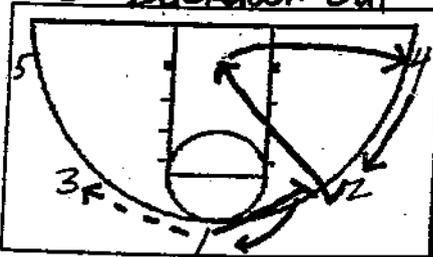
#1 - Basket Cut



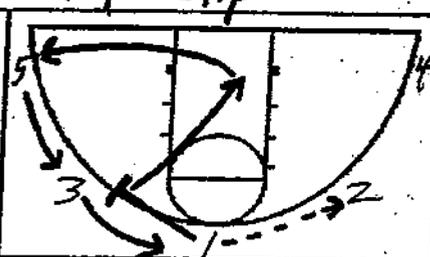
#2 - Curl Cut



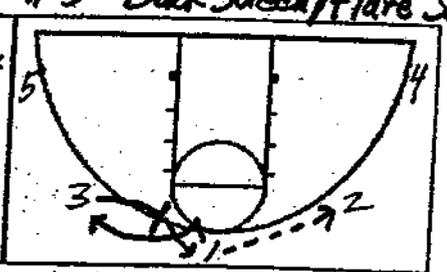
#3 - Backdoor Cut



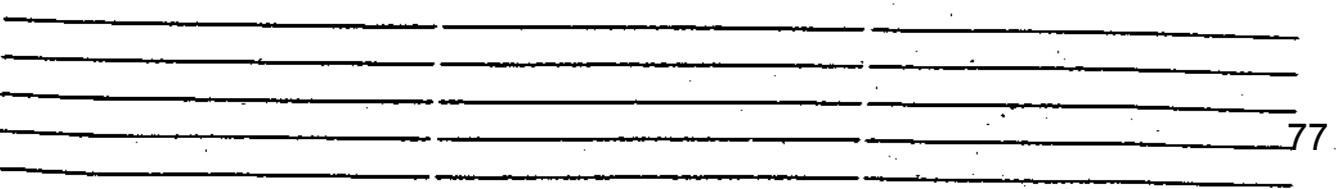
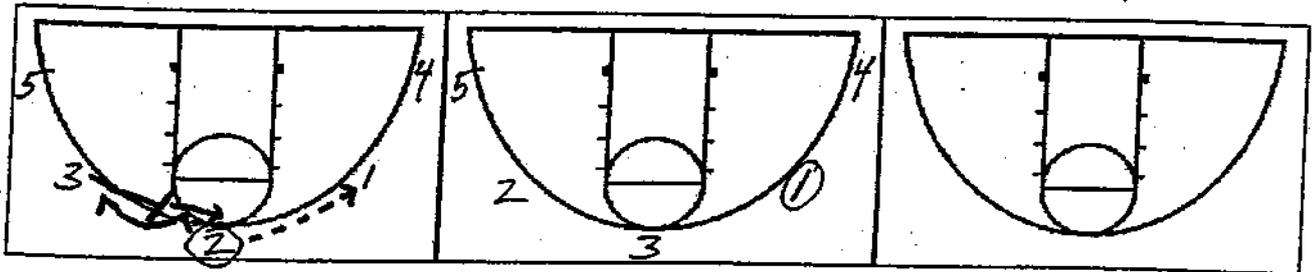
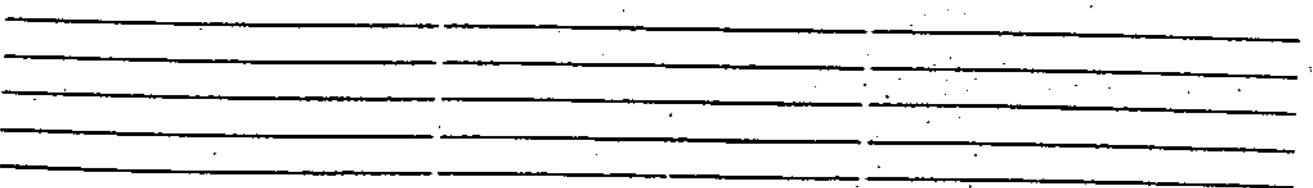
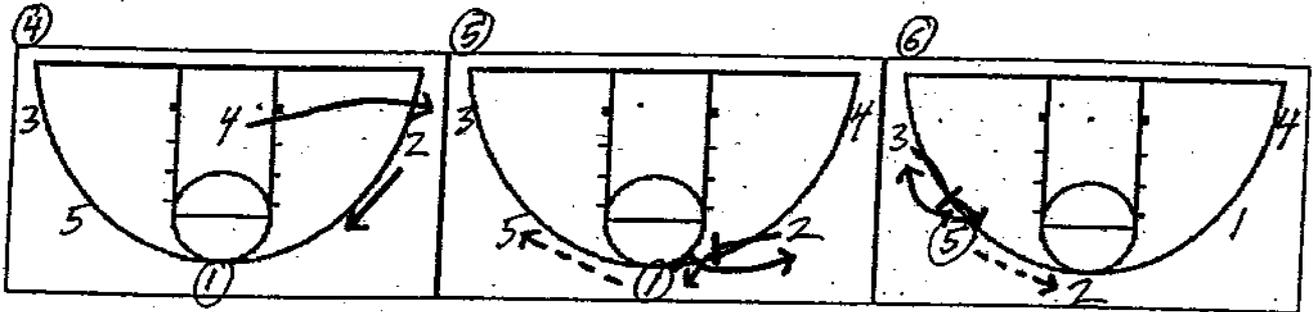
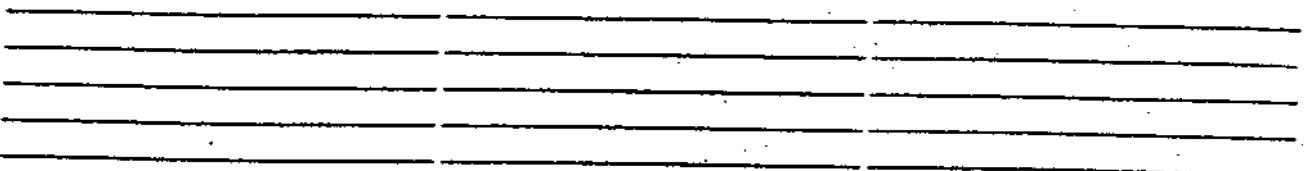
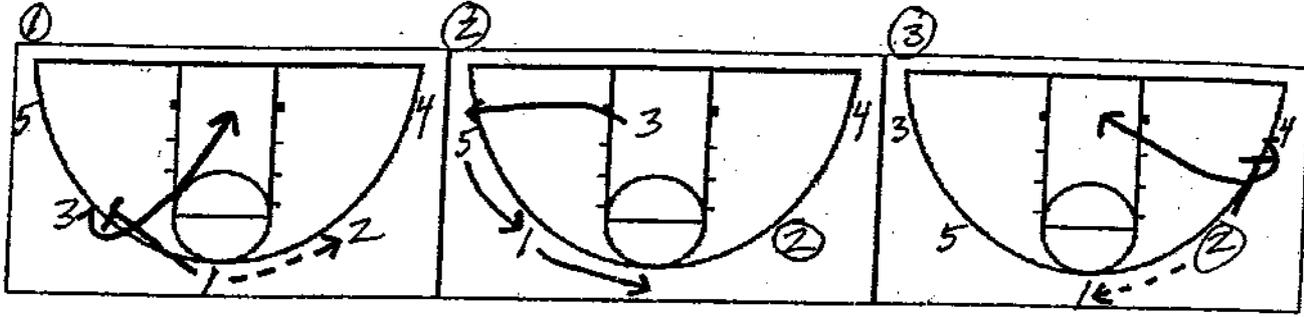
#4 - Slip



#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

[Share on Facebook](#) [Tweet This](#) [Share on LinkedIn](#) [Share via Email](#) [Print](#)

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.

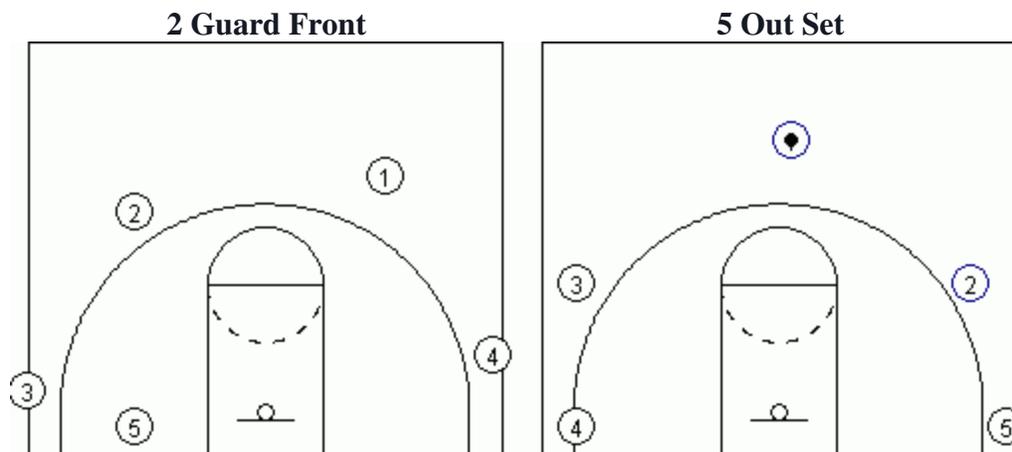
Personnel Needs

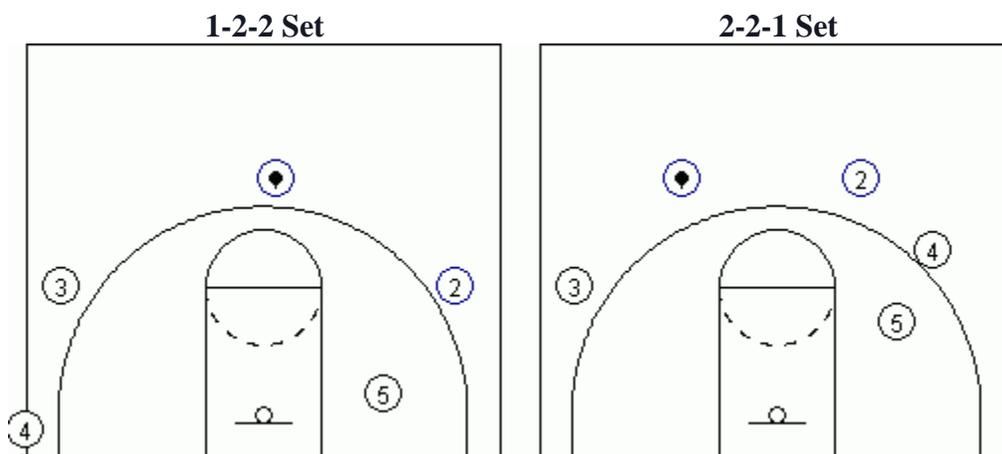
The Dribble-Drive is not for everyone. You need to have very specialized personnel. Your perimeter players must be equally adept at [taking the ball to the basket](#) and shooting from beyond the 3-point line. Your post players have to be comfortable catching the ball on the move. If he can shoot the 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.

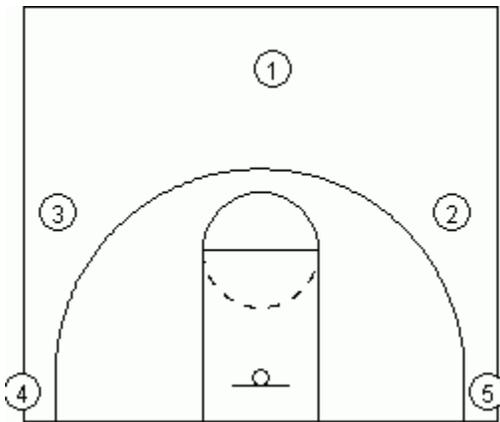
Perimeter Player Rules

- 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.

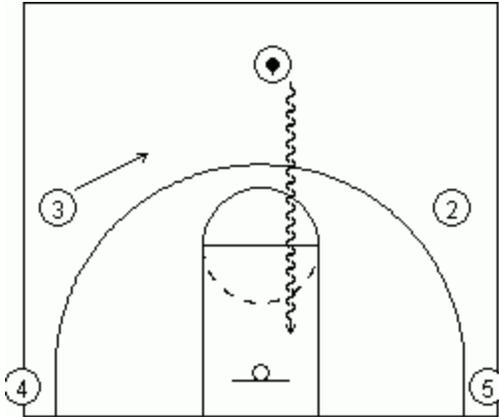
Options off a 1-2-2 Set



1,2,3 - Guards

4,5 - Front Court

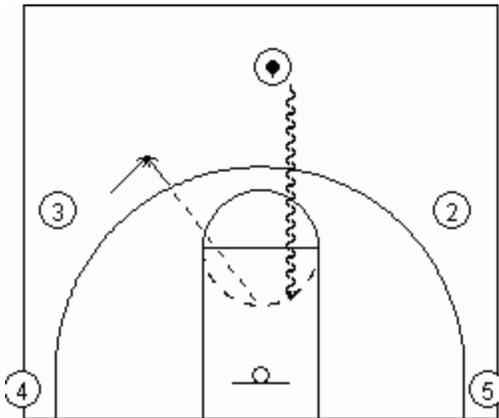
All players can shoot and are comfortable putting the ball on the floor.



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

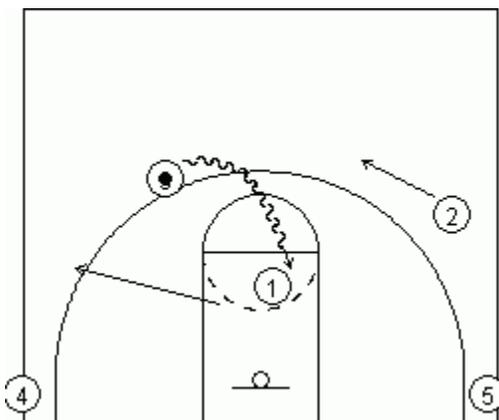
1 penetrates and looks to score

3 creates passing angle to the top



1 throws pass back to the top to 3.

3 looks for shot

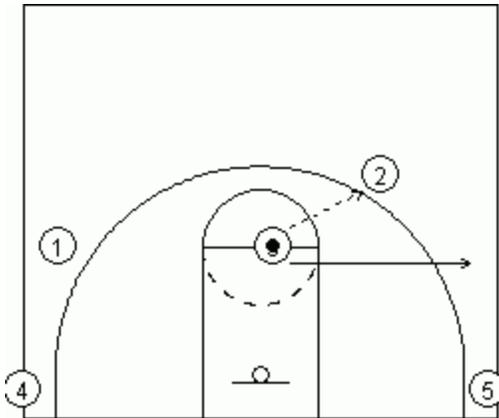


Rule: On pass off, passer clears to the open side.

1 cuts to the right

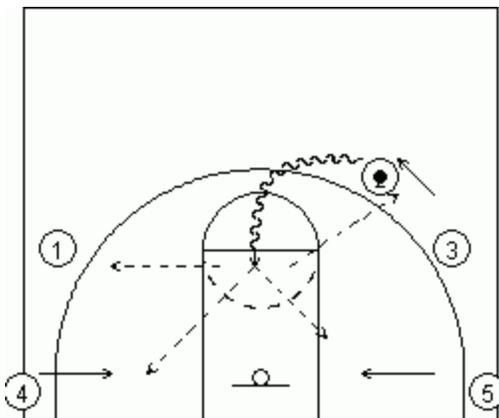
3 dribble penetrates and looks to score

2 creates passing angle to the top.



3 passes to 2 for shot.

3 clears to the left side



2 has no shot

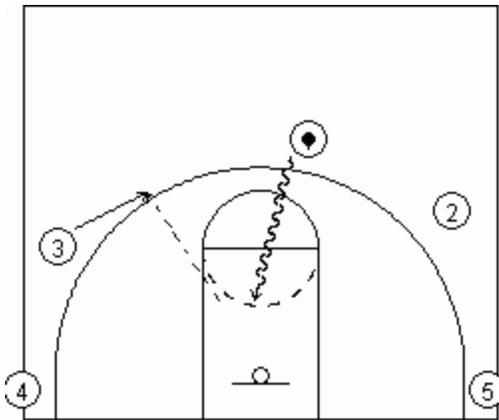
2 dribble penetrates looking to score

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)

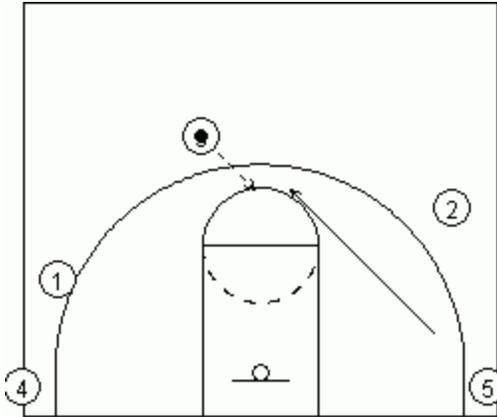
1 kick to 3



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

1 clears to the side (following the rule)

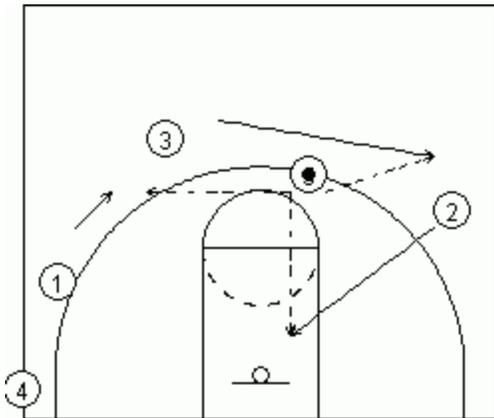
3 dribble to middle (following the rule)



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.

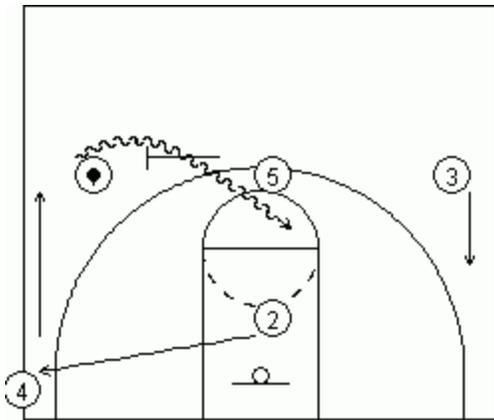
2 goes backdoor (following the rule)

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.



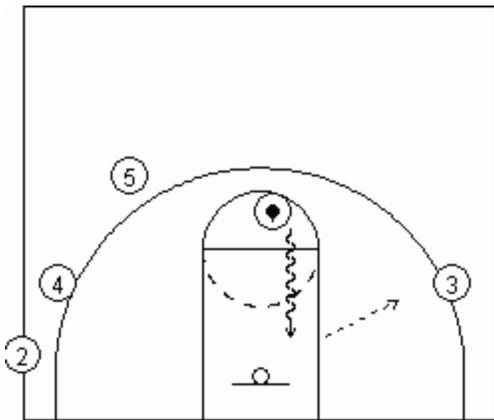
5 ball screens for 1

2 clears to corner

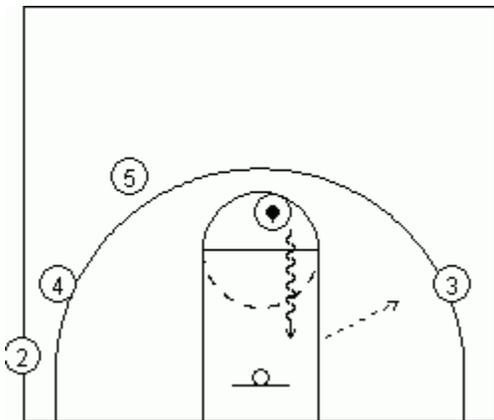
4 bumps ups

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

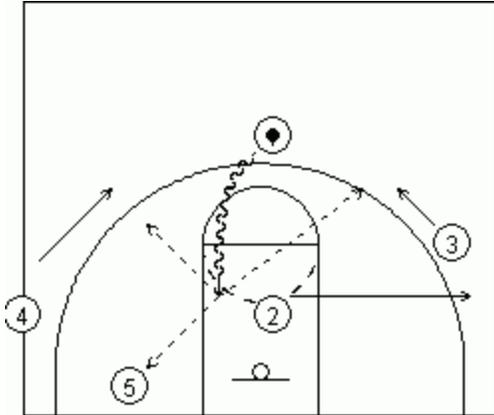


Rule: Ball is dribbled at you, either go backdoor or take dribble handoff.

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)

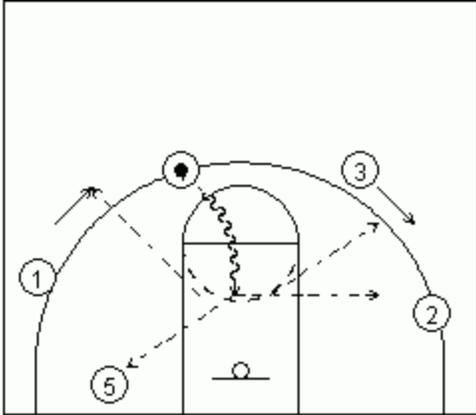
1 dribble penetrates looking to score

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)

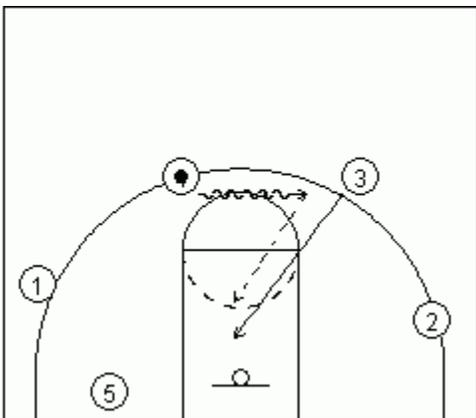


4 looks to dribble penetrate

1 spots up

3 spots up

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

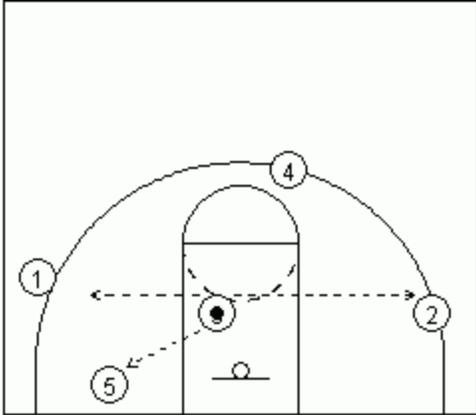


4 does not penetrate

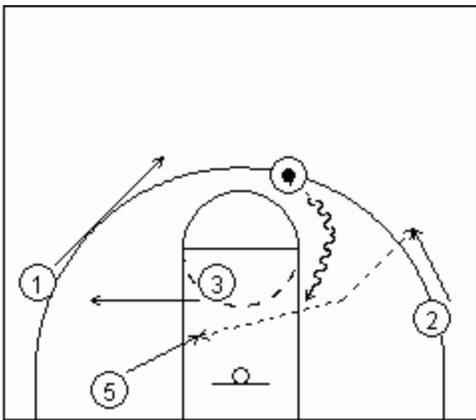
4 dribbles at 3

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

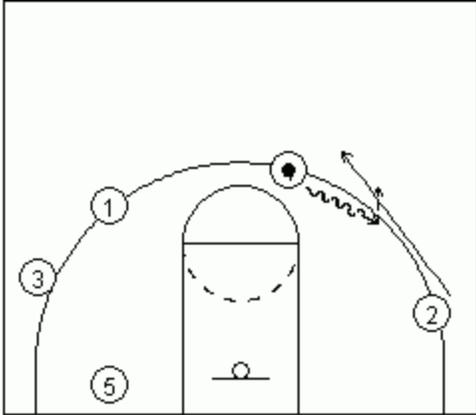
1 bumps up

4 tries to dribble penetrate

2 spots up

5 ducks in

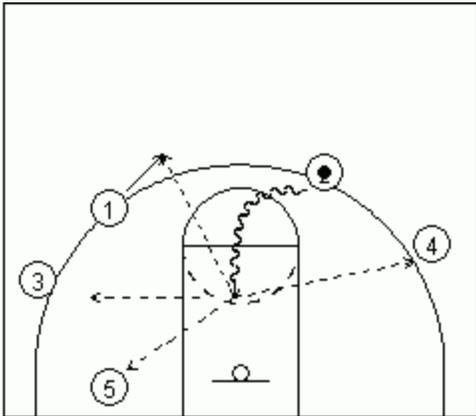
4 looks to score, kick to 2 or dumps to 5



4 does not penetrate

4 continues his dribble and dribbles at 2

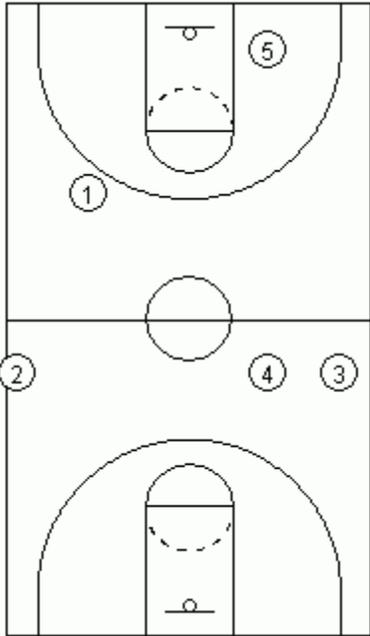
2 cuts at 4 and takes handoff (following the rule)



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.

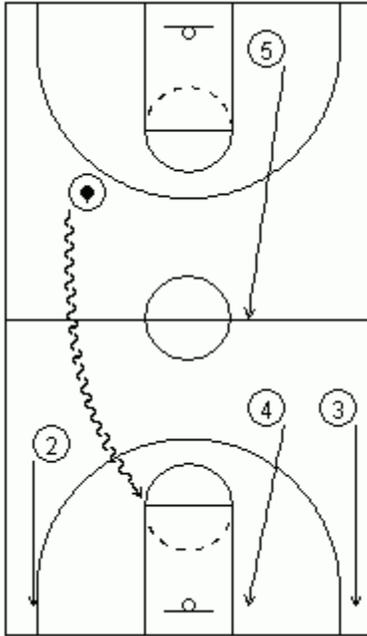
1 handles the ball on the side

2 runs right lane

3 runs left lane

4 (first post) run middle, opposite the ball

5 (trailer) runs behind, opposite the ball

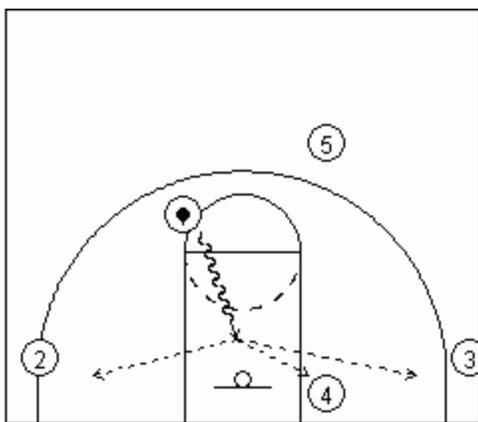


2 and 3 run to corner, outside the 3-point line.

4 runs to the baseline, outside the lane

1 dribbles up the floor

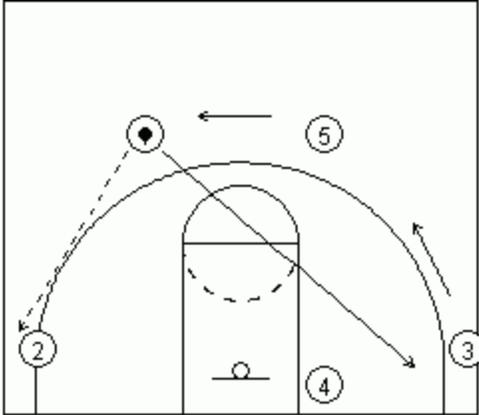
5 trails opposite



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.



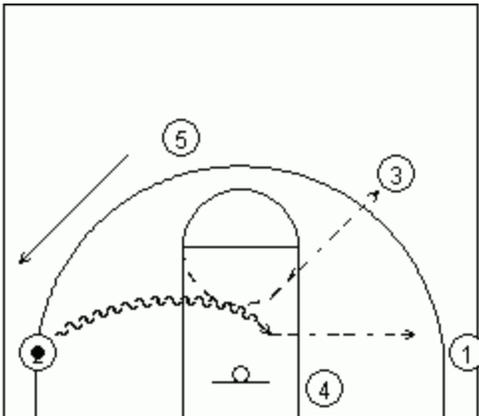
If 1 cannot penetrate

1 "head-mans" to 2

1 cut through and comes out opposite

5 fills for 1 (following the rule)

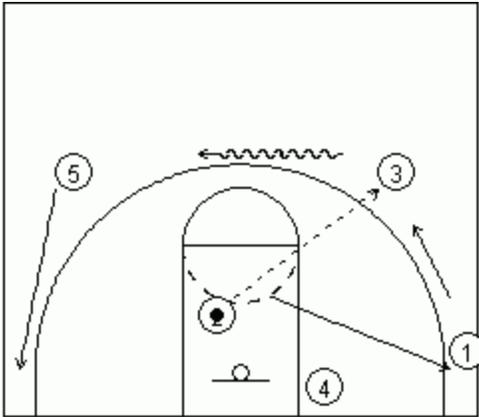
3 bumps up for 5 (following the rule).



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

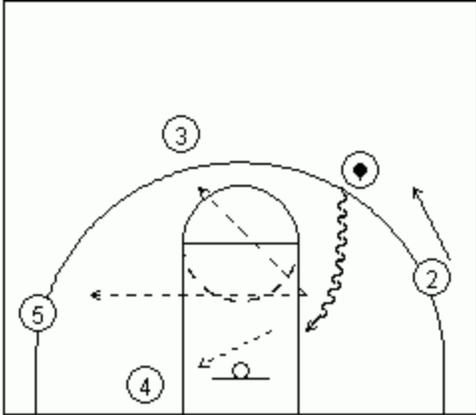
2 comes out and replaces 1

5 spaces



3 passes to 1

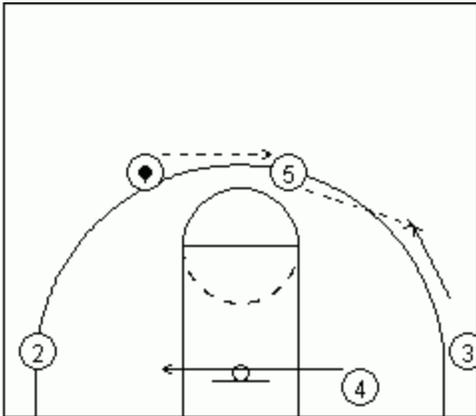
4 cuts opposite the ball (following the rule)



1 looks to dribble penetrate to score

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

2 spots behind.

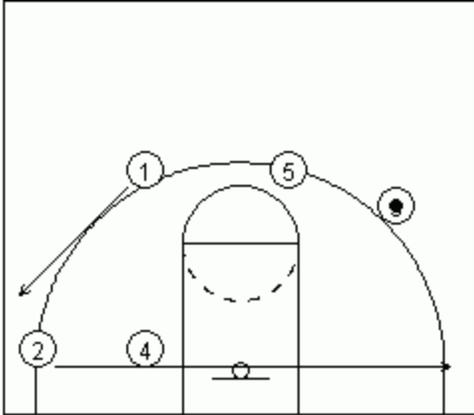


If 1 does not headman to 2

1 passes to 5

3 pops to wing

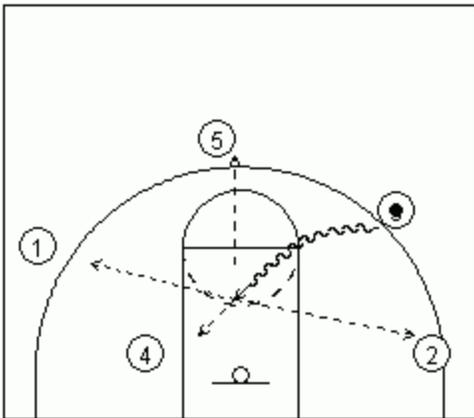
4 cuts opposite the ball (following the rule)



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.

The Dribble Drive Zone Offense System

A Complete Zone Attack System e-Book

Coach Olesen



The Dribble Drive Zone Offenses

By Coach Olesen

www.coachdribbledrive.com

Cover photo: Sarah Pegg-Bagshaw

ISBN: 978-1-4461-1119-2

Copyright 2010 Coach M. All rights reserved

Including the right of reproduction

In whole or in part in any form

CONTENTS

Intro – the Fresno System	4
Fresno 4-out push.....	5
Skip	6
Rebounding position	7
Push Entries.....	8
Push Kick-back entry	8
Push Fist Entry	8
Push pass entry	8
Get Middle Entry	8
From Push to 2-Game	9
2-game when post is fronted	9
Transition to X-offense off bump	9
Bump off the pass.....	9
Drag Option	10
Straight Entry to 2-game	10
Fresno 3-out 2-Game Zone Offense.....	11
Pass to short corner.....	13
Moving the ball from side to side	14
Penetration	15
Set Zone Plays	16
Fresno 20-series set plays	17
Fresno 20-series initiation	17
Fresno 22/23	17
Fresno 21	18
Fresno 24	18
Fresno 40-series and 50-series set plays	19
Fresno 40 series – vs. even-front zones	20
Fresno 50 Series – vs. odd-front zones.....	21

INTRO - THE FRESNO SYSTEM

I first saw the Fresno Zone Offense System in the bonus game which was bundled with Vance Walberg's first Dribble Drive videos. It showed his Fresno City College team playing the Dribble Drive – only they played against a zone most of the time. And they killed it. They just kept getting open shot after open shot.

What I saw impressed me a lot, and I decided to scout it from that one bonus game and put it in my book "The Dribble Drive Motion Offense - an Instruction Manual" as an appendix.

I also used what I had scouted with the team I was coaching at the time, with some success. We would get wide open shots early in games from what we called the Fresno Zone Offense - which is the Push offense presented in this book.

It wasn't perfect, however. We'd have success with it early in games, but as the defence figured out what we were doing they would have a pretty easy time stopping it, as we ran it as an endless reversal of the same play.

When Walberg's new Advanced Dribble Drive videos came out they offered a new insight into how Walberg runs his zone offense. In this book you'll find two simple zone offenses which combine into a single offence that's very hard for the defence to counter.

Contents

The book covers the 4-out Push play, and its various entries. The Push play leads right into the 3-out 2-game offense which offers very different looks. The 2-game can of course be run by itself too.

Also you will find some set plays. The 20-series is Vance Walberg's. It gives you open shots for all your perimeter players and a lob to the rim.

The other set play series – the 40-series – is taken from a play which has been used across the world for years. I first saw it in a photocopied article from an American 70's or 80's coaching magazine called *Screen the Zone to Pieces*, but I've also seen it used in Europe. It has been modified for the 4-out Push setup and flows into the 2-game.

FRESNO 4-OUT PUSH

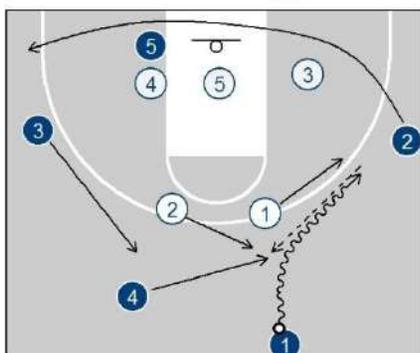


Fresno Push is the first part of the Fresno Zone Offense. Push is a 4-out system which looks to generate open three pointers or a shot for the big guy in the key.

In Push the wings, 2 and 3, start higher than in the Dribble Drive against man, so they're available for passes against the zone.

Make sure you run the offense both ways to mix it up and keep the defence on it's toes.

Note: In this play the post player (raises a fist whenever he thinks he can screen the back of the defence for the lob pass.

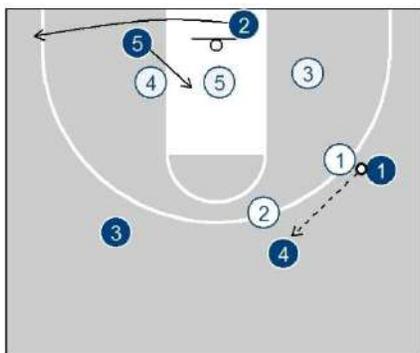


1 penetrates hard towards X1, then veers off to the 2-side to draw X1 with him.

1 dribbles right at 2, the clue for 2 to go back door.

The ball is then swung to 4. At the same time 2 runs the baseline.

X2 must now match up with 4 or give up the open shot.



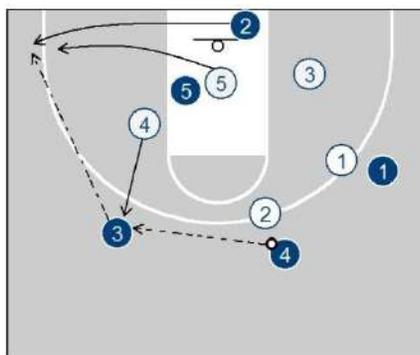
This is where the most important read of the offense takes place.

The whole team must read whether 1 is picked up by the top of the zone (Xor the bottom of the zone (X3).

If X1 is picked up by the top of the zone you should always get an open three pointer in the Push play.

If X1 is picked up by the bottom of the zone the offense flows into the Fresno 2-Game Offense, which must be recognized by all players.

On the swing to 4 the big man 5 must step into the key and start looking for the ball to occupy X5.

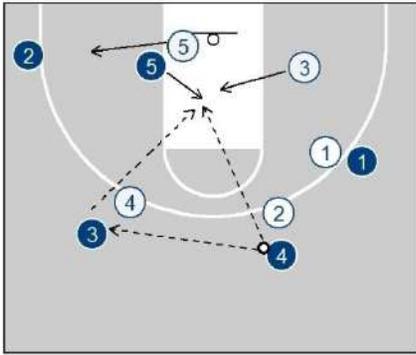


The top of the zone matched up with 1, and the ball is swung to 3, which forces the bottom of the zone, X4, to cover a guard spot, or give up the easy three.

At this point the zone is totally out of shape.

On the swing to 2 in the corner the big defender X5 is the only option to cover the shot.

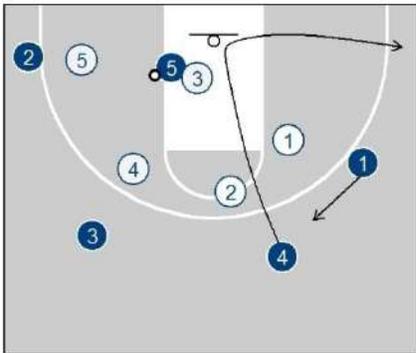
If X5 does get to 2's shot, this usually leaves 5 open in the key.



After a while X4 and X5 will usually start cheating out, leaving 5 open inside for a pass. Even if they don't cheat, 5 should be open inside, as the only available option to front him is X3, all the way from the other side of the zone.

The inside pass can come from either 4 or 3 on the swing. The inside pass from 3 will be open a lot if he fakes the pass to the corner first, causing X5 to sprint out.

Getting the ball inside a couple of times will keep the defence honest.

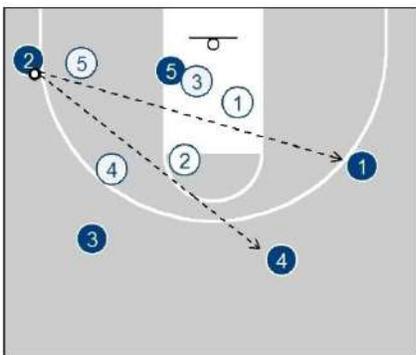


On any pass inside to 5 the weak side action is exactly the same as in the normal Dribble Drive Motion.

4 dives and 1 finds the open window.

Note: 4 and 1 may repeat the action if nothing is open - now 1 would dive and 4 find the open window.

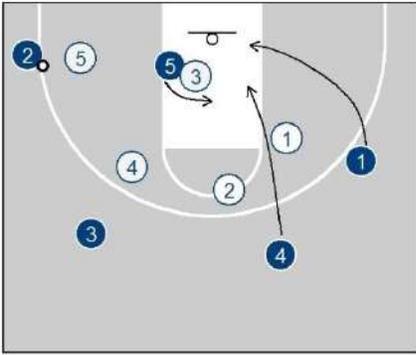
Skip



It's important that the offense keeps looking to skip the ball over the zone, especially from the corner.

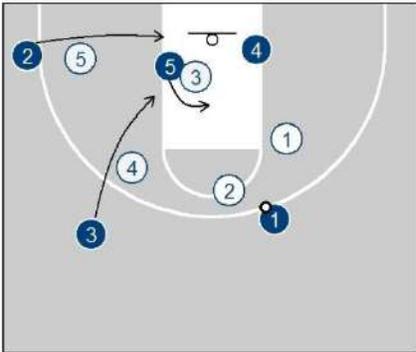
The reversal pass to 3 is not a good option, as it doesn't move the zone, or gets it out of shape.

Rebounding position



On shots the offensive rebounding out of Push is the same principle as in the Dribble Drive Motion.

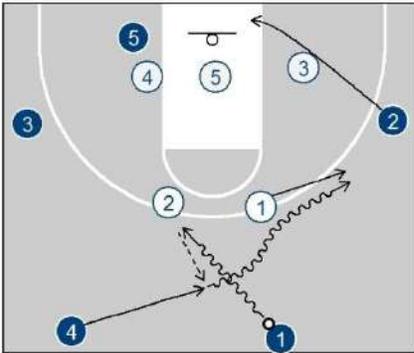
The post covers the front of the rim, the weak side wing (covers the base line, and the weak side guard (crashes the boards between them.



After the kick out from the post to the diagonal shooter, the rebounding principles remain the same.

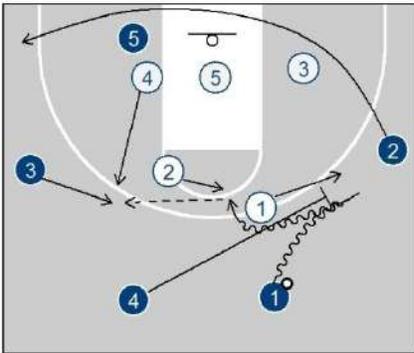
Push Entries

There are several different ways to enter into the Push play.



Push Kick-back entry

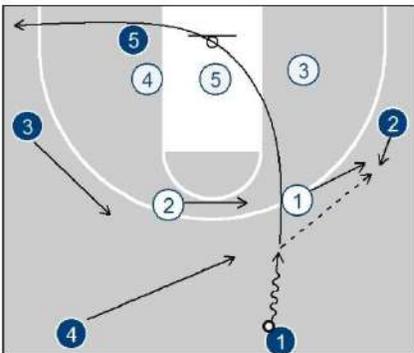
The kick back entry is great for changing up the offense. It effectively disguises that it's the same offense, and will give the play a little more life.



Push Fist Entry

In the Fist entry 4 comes over as if to swing the ball, but instead he sets an on-ball screen for 1.

Now 1 attacks the ball screen, drawing in X2, opening up the swing to 3, drawing X4 out.

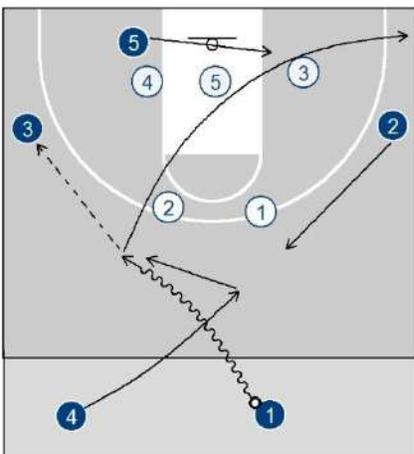


Push pass entry

To enter into Push off the pass just run 1 through as the shooter instead.

Run this entry if 1 is a good shooter, or reverse it if 4 is a great shooter.

Note: On the pass entry, if 2 is picked up by X3, you revert into the 2-game by 1 making the read and cutting to the short corner instead.

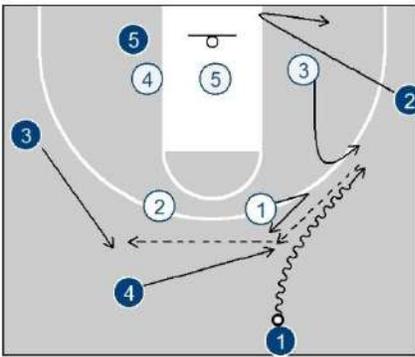


Get Middle Entry

A more aggressive entry for the great shooting point guard is the attack dribble entry. 1 conquers the middle of the floor, then dribbles to the left wing where he passes to 3 and cuts straight through. The ball is now swung after the Pass Push.

This will also work with a Dribble Push.

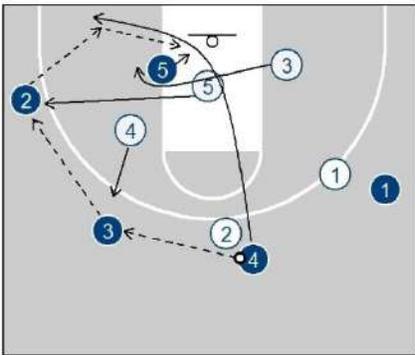
FROM PUSH TO 2-GAME



Eventually any good zone defence will adjust by having X3 step up bump X1 back to the top by leaving the defence their normal, easy rotations, or by fronting the post, leaving the pass inside impossible.

This is when the offense goes from Push offense to 2-Game offense.

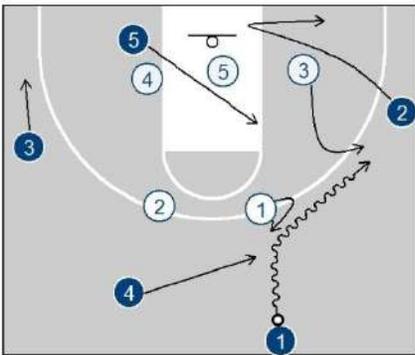
2-game when post is fronted



When the defence starts fronting the post off the push (when not bumping) 4 sprints to the ball side short corner

Now look to hit the short corner - who in turn hits the post at the rim, as there is no big defenders to pick up behind.

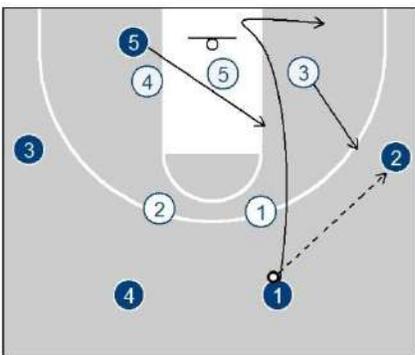
Transition to X-offense off bump



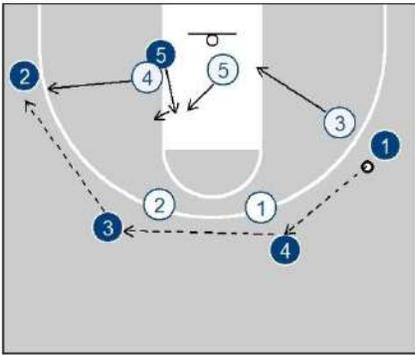
When 2 recognizes that X3 is bumping up to stop 1's penetration, run the Bump option into 2-game.

On his cut through 2 reverses and goes to the short corner, 5 flashes hard to the mid post strong side, 3 goes to the diagonal and 4 comes to the strong side to be the release.

Bump off the pass

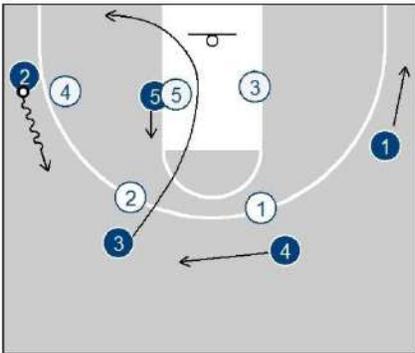


When running Push off the pass and 1 makes the read that the wing pass is picked up by X3 it means that 1 will enter into the 2-game cutting back to the short corner.



Drag Option

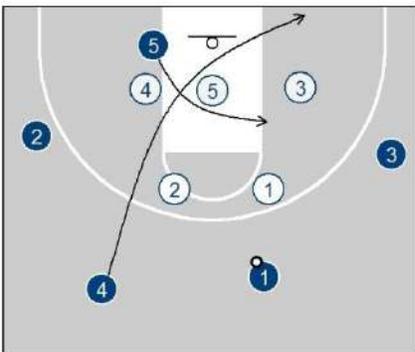
When the defence is doing a good job of everybody matching up with a man on the swing, go to the Drag option.



As the swing is completed and the defence has matched up nicely, 2 dribble-drags up, and 5 drags up the key.

As 3 now cuts behind X2 and the post players X3 is now the only defender who can cover him.

X3 must make the choice between covering 3 or covering the skip to 1.



Straight Entry to 2-game

It's also possible to enter straight into 2-game by just running 4 through to the short corner.

This will be a coaches or guard call.

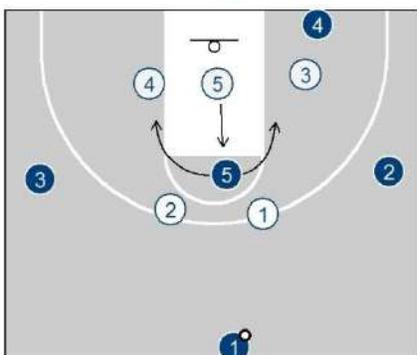
FRESNO 3-OUT 2-GAME ZONE OFFENSE



The Fresno 2-Game offense is the secondary zone offense, run when the bottom of the zone matches up well with Fresno Push.

Setting up for the 2-Game the post 5 will occupy the mid to high post, while the second guard will be in the short corner, close enough to the key that he can pivot and score.

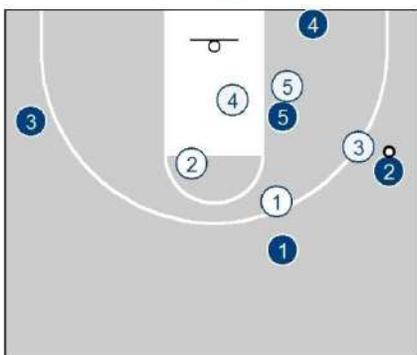
Shooters 2 and 3 will be on the wings, and point guard 1 will also be on the perimeter.



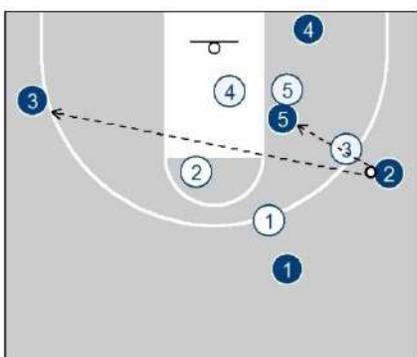
5 is the key to making the 2 game work.

Whenever the ball is with 1, 2 or 3 the post 5 follows it around in a half moon shape between the mid post and the high post.

It's important that 5 gets all the way to the high post, to draw up X5



The wing--mid post--short corner triangle poses some match-up problems for the zone, forcing it to almost match up man-to-man.

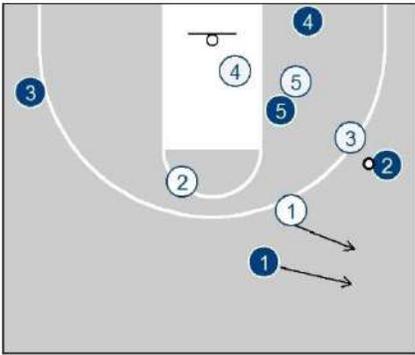


When the ball is on the wing, the options are:

- Shot
- Inside
- Skip

As in the man offense the 3 will be on the diagonal when the ball is on the opposite wing. He will wave his hands to show when he's open for the skip.

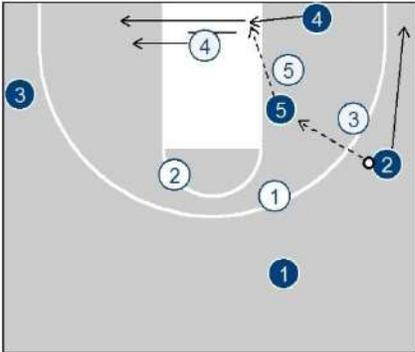
1-man available



Also **the 1-man must always be available for a pass** to relieve pressure, even if he has to go to mid court.

If the defender at the top of the zone follows him it also opens up a penetration lane to the middle of the court.

Also 1 must attempt to take X2 away from a position where he can cover the pass to both 1 and 5 at the same time.



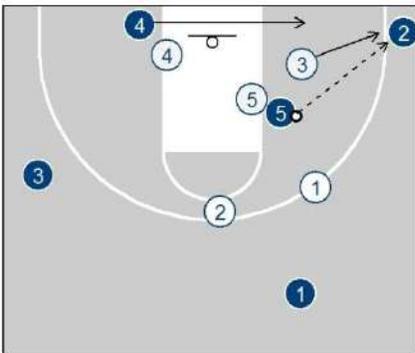
On the pass to the mid post 4 must go back door while the ball is in the air.

4 is looking for the inside pass, but **must carry on through** to the opposite short corner without stopping.

After passing to the mid post 2 relocates to the corner.

The options are:

- Look backdoor for short corner man
- Look corner for wing who just passed inside
- Look to rack it if both the above are covered
- Look to skip opposite
- Look up top (last choice).

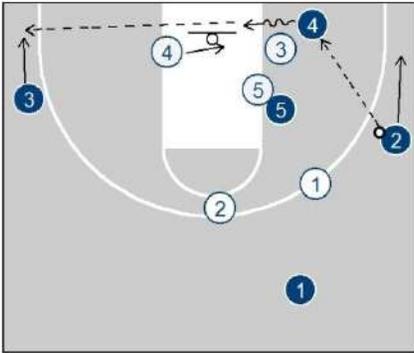


If X3 turns his head to the ball, 5 will pass to 2 in the corner.

On the pass to the corner 4 immediately dives back to the ball side short corner, to the area X3 has just vacated.

3 on the opposite wing is again on the diagonal

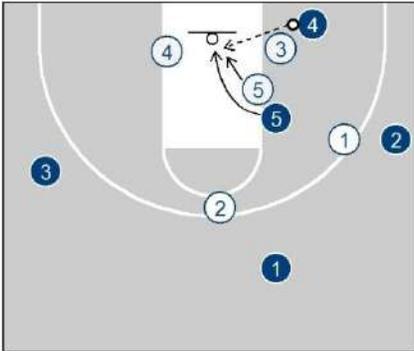
Pass to short corner



On the pass to the short corner the first look is rip and go through to the basket.

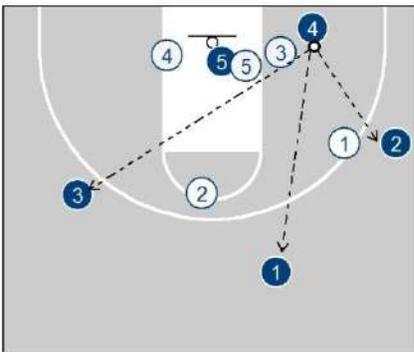
More than likely X4 will be able to stop 4 from scoring, but the move will leave shooter 3 open for a 3-point shot on the opposite base line.

2 drags behind so 4 has a release behind.



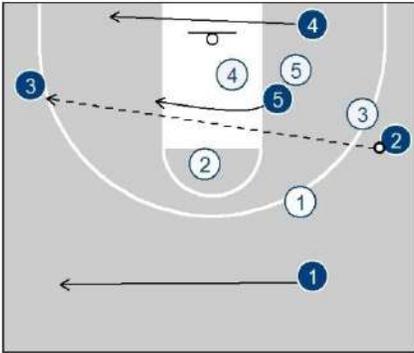
Next look for the short corner is the 5 diving to the basket. To dive 5 steps behind X5, looking for the clear lane instead of fighting with him.

It likely won't be open, but it drags X5 away from the mid post.



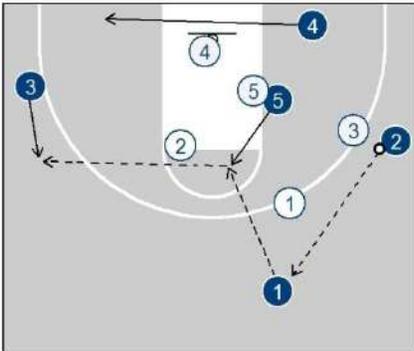
Now 4 looks for the open window on the perimeter.

Moving the ball from side to side



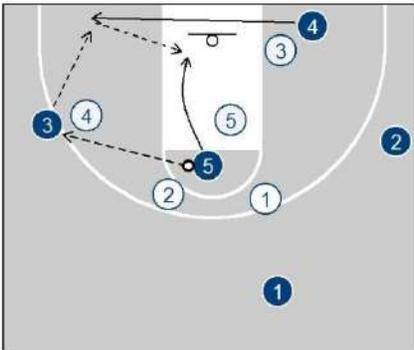
Moving the ball from side to side with passes and skips will make the offense much more successful.

On the skip all players sprint to their new positions on the other side of the court.

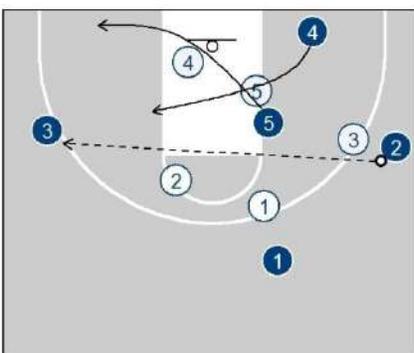


Often the swing through the post will be open.

On the swing from 2 to 1 the big man 5 jumps to the high post, gets the ball and reverses it.



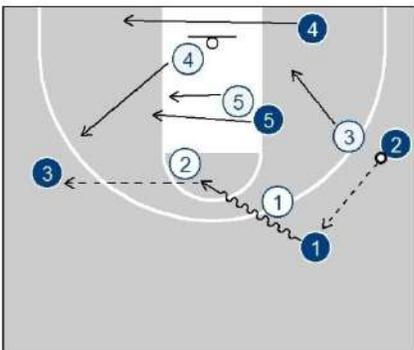
On the swing from the high post, if 3 is able to hit the short corner, 4, it will often lead to a wide open layup for the diving 5.



4X Option

When both 4 and 5 are active and can move run 4X.

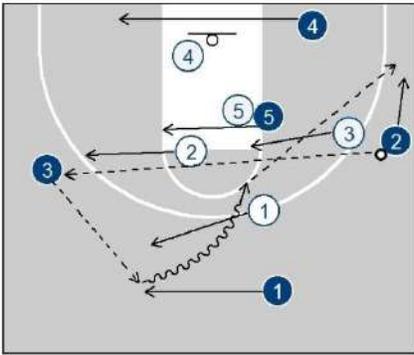
With that kind of personnel always have 4 and 5 X-cut on a skip (and possibly any ball reversal)



Freeze Dribble on swing

If on the swing 1 freeze dribbles the opposite top defender X2 before passing to 3 it forces X4 to cover 3, leaving either the post or the short corner open.

Penetration



It's important to remember that it's not just a passing offense.

Penetration from the top will often be open on ball reversal or skips, when the whole defence is moving in the other direction.

SET ZONE PLAYS

There are two sets of plays attached to the Dribble Drive Zone Offenses, with them all being quick hitters that flow right into the 2-game offense.



The Fresno 20-Series is a series of quick hitters out of the 2-game.



The 40- and 50-series plays are run from the Fresno Push setup. They are essentially the same but they're run slightly differently against even and odd zones.

The 40-series is used against even zones (2-3, 2-1-2) and 50 series against odd zones (1-2-2, 3-2, 1-3-1).

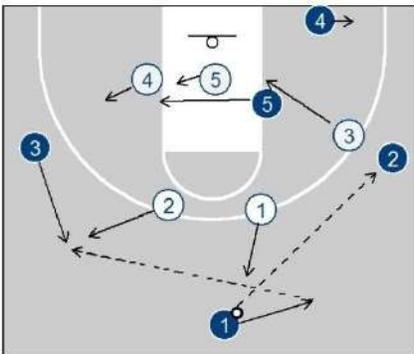
Fresno 20-series set plays



The Fresno 20-Series is a series of quick hitters out of the 2-game.

The 20-series designates that it's run out of the 2-game, while the last number which player it's run for; 21 would be run for the 1, 22 for the 2 and so on.

Fresno 20-series initiation



All the plays in the 20-series share the same initiating action - though it might be run to different sides.

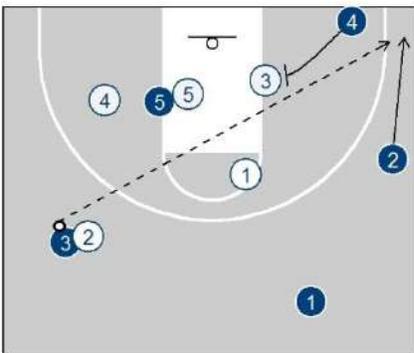
4 starts a little further towards the corner than in the normal 2-game setup in the short corner.

The play starts with a pass to 2, then 1 steps over to receive the return pass.

3 steps up a little higher to receive the quick swing pass.

5 cuts to the mid post.

Fresno 22/23



Fresno 22 and 23 are the same plays - only 22 is run to the 2-side while 23 is run to the 3-side. This will confuse the defence, but it's the same play.

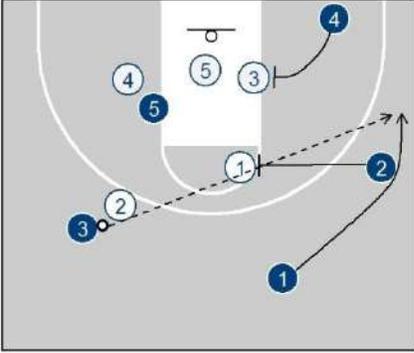
Fresno 22/23 is a quick hitter to get an open three-point shot out of the 2-game setup.

Instead of cutting to the short corner 4 sets a blind back screen on X3 and shooter 2 cuts to the corner to receive the skip pass.

This should leave 2 with the wide open corner shot.

If 2 doesn't have a shot 5 X-cuts to the short corner and 4 goes mid pst.

Fresno 21

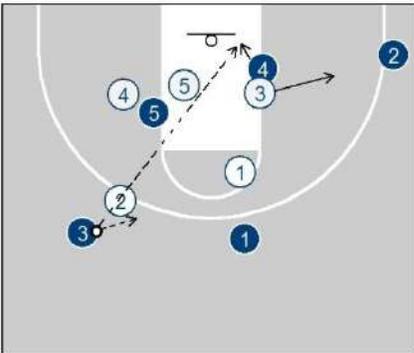


Fresno 21 is the 22/23 play run for the 1-man.

As in 22 and 23 the 4-man screens the bottom back man of the zone.

Instead of 2 receiving a pass he will now screen the top back of the zone while 1 cuts behind it for the skip pass.

Fresno 24



24 is only run once the defence has been burned by 22 or 23 several times.

To avoid being beaten by 22/23 X3 will adjust and step up higher and be on the top side of 4, getting ready to intercept the skip or contest the three.

Once 3 makes that read he will fake the skip, sending X3 scrambling towards the corner, then pass the ball to the rim for 4 to catch and score.

Fresno 40-series and 50-series set plays



The 40- and 50-series plays are run from the Fresno Push setup. They are essentially the same but they're run slightly differently against even and odd zones, though either will work with some success against odd and even zones alike.

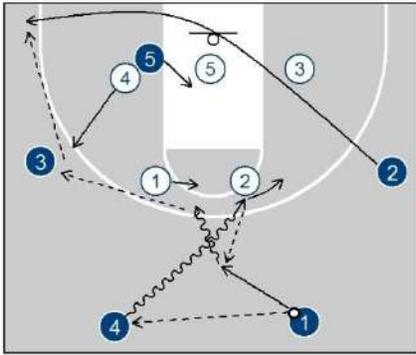
The 40-series is used against even zones (2-3, 2-1-2) and 50 series against odd zones (1-2-2, 3-2, 1-3-1).

The aim of the both series is to get an easy inside shot. If unsuccessful the plays flow into the 2-game.

For both plays we set up in the same set-up as in the Push play, 4 out and a post weak side. The movement of the off-ball players at the start of the play is also the exact same as for Push, disguising the play.

Fresno 40 series – vs. even-front zones

The 40-series can be run both to the 2-side and the 3-side. The numbering is 42 for the 2-side, when 2 cuts through, and 43 for the 3-side. Below is 42.

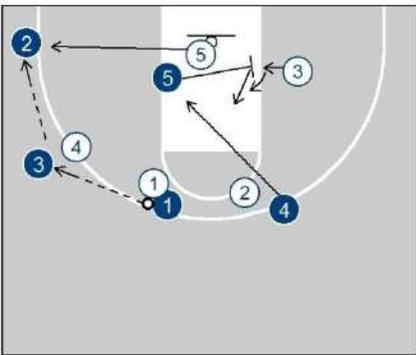


1 passes the ball to 4 who freeze dribbles the opposite top defender X2 by dribbling hard straight at him. 1 then kicks back and freeze dribbles the other top defender X1.

The ball is kicked to 3, forcing bottom defender X4 to pick up the ball.

Then the ball is swung to 2 who has cut to the corner.

Note: This works as an entry into Push



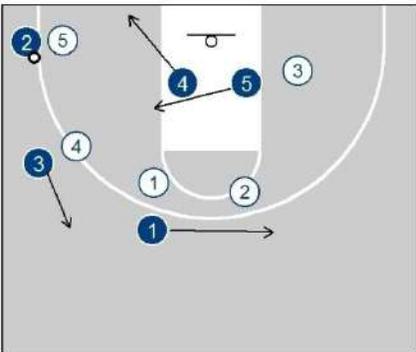
The difference from Push is that as the ball is swung from 1 to 3 to 2 the big man 5 cuts across the key setting a screen on the last bottom defender X3. This can be a post up.

4 now cuts hard to the front of the rim from behind X2.

5 shapes up looking for the ball high.

Note: Getting the timing of the screen right takes some tinkering. It's important that the screen is set early and that 4 cuts at the right time.

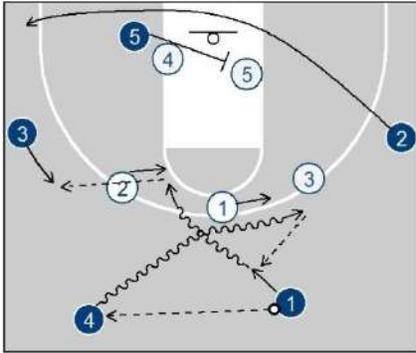
Also 5 rolling to post up is important. 5 needs to open up in the direction X3 is trying to get around him, effectively making it an illegal screen. This is why it's important that he makes it look like he's just putting his body on the defender and pivoting to post up. If he comes across with his hands in the screening position and rolls to cut off 3 it will be called as a foul.



If neither 4 nor 5 gets the ball they cut to the short corner and mid post and the team goes straight into 2-game. Fresno 40-series - odd

Fresno 50 Series - vs. odd-front zones

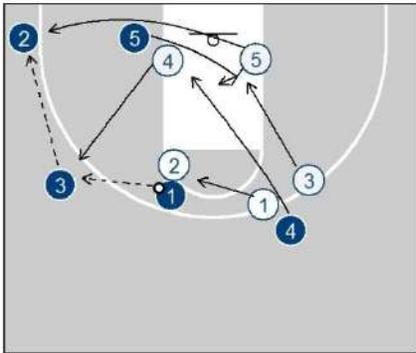
The 50-series can be run both to the 2-side and the 3-side. The numbering is 52 for the 2-side, where 2 cuts through, and 53 for the 3-side. Below 42 is shown.



Against a zone with an number of players on top (1-3-1, 3-2, 1-2-the play is slightly different.

Off 1's pass 4 must now drag X1 over as far as possible before kicking back.

1 attacks the gap between X1 and X2, dragging X2 in.



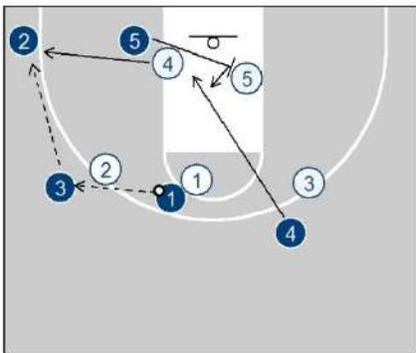
5 must now read how the zone moves.

If the offense is successful in making X2 match up with 2 on the drive it forces X4 to match up with 3 on the swing.

This forces X5 to either give up the open 3-pointer or match up with 2 in the corner.

5 must read which defender drops to the bottom of the zone and screen him (X3 in the example shown here).

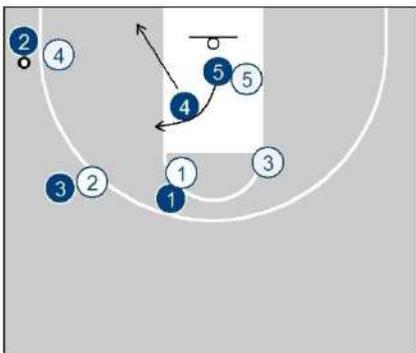
It's also possible to have 5 screen for X5 early, opening up the corner 3-pointer for 2 and the cut by 4. If X5 gets by the screen 5 looks for the next defender to screen.



If the defence manages to match up with X2 on the swing to 3 big man 5 must screen inside for X5.

4 now flashes hard to the ball.

This screen must be set early.



If neither 4 nor 5 gets the ball they cut to the short corner and mid post and the team goes straight into 2-game.

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

Copyright 2011 Coach M. Olesen. All rights reserved
Including the right of reproduction
In whole or in part in any form

ISBN 978-1-4477-4444-3

CONTENTS

Intro	5
Building a house	5
Resources and Inspiration	6
Changes to 2 nd Edition	8
Style of play	9
What is the Dribble Drive?	10
Shooting Percentages	11
Player Development	13
Weaknesses	14
Strengths	16
Fundamentals	17
Developing Shooting Fundamentals	17
Squaring Up to the Rim	17
Learning to Swim – the Swim Move	18
Primary/Secondary Dribble Moves	18
Six Foot Finishing	21
Post Fundamentals	22
Dribble Drive Basics	23
Personnel	24
Player Cuts and Spacing	26
Dribble Drive Penetration	28
Back Doors	30
Post Movement	31
Play and Option Calling in the Dribble Drive	32
Rack, Drop and Drag and Wing Offense	33
Rack Zone	33
The Drag Zone	34
The Drop Zone	39
Wing Offense	44
Getting into Offense	52
The Dribble Drive Fast Break	53
Fast Break Basics	53
Fast Break Specifics	55
Using the Post in the Early Break	57
Early Wing Offense	58
Fast Break Automatics	59
Advanced Break Automatic	63
Break Down Zone	64
The One-Man Two Guard Front	64
Moves and Entries in the Break Down Zone	66

Passing and Cutting in the Dribble Drive	69
Skipping the Ball	69
The Pick & Roll in the Dribble Drive	72
Fist Pick & Roll	73
Screen Situations and Reads Flowing From the Dribble Drive	74
Pick & Roll Options in Plays and Entries	75
Called Pick & Roll Plays	76
Side Pick & Roll Reads	77
The S-Gap	78
Switching and Sagging Defenses	79
Playing Against Sagging Defenses	79
Countering Switching Defenses	80
Post Play in the Dribble Drive	82
The Dominant Post Player	83
Playing Two Bigs in the Normal Dribble Drive	87
Rebounding in the Dribble Drive	92
Rebounding Philosophy	92
Dribble Drive Set Plays & Entries	95
The Dribble Drive Zone Offense	103
Teaching the Dribble Drive	104
Teaching	104
Drilling the Offense	106
Daily 45	108
Dribble Drive Breakdown Drills	127
Dribble Drive Perimeter Shooting & Reads	147
Dribble Drive Post Shooting & Reads	156
Dribble Drive Whole Method Drills	167
Full Court Development Drills	173
Fundamentals Drills	177
Ball Handling Drills	182
Passing Drills	185
Layup Drills	188
General Shooting Drills	190
Index	193

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.

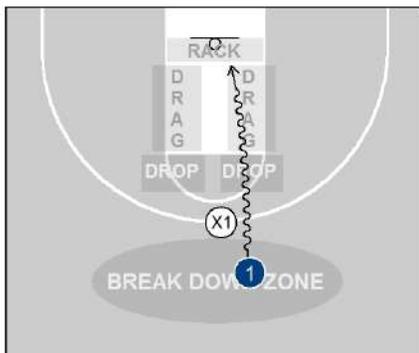
To fully take advantage of the close-out situations players need to be able to make decisions on the fly - to be able to read the game as it develops. If the coach tries to rein them in, to make them run a few pre-set options, he won't reap the full rewards of the offense. In other words; if you're a 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

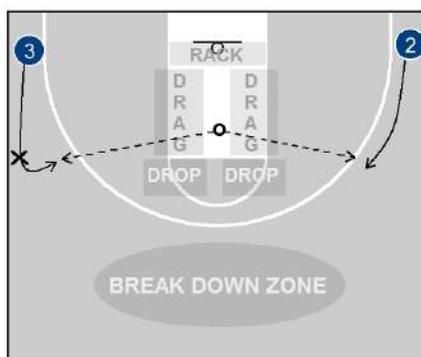
Keeping your head up seems obvious to most coaches, and indeed most players. However watching video of players you will find that in both drills and actual games even good players will often look at the floor in front of them instead or raising their head and looking at the rim or at the other players. 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.

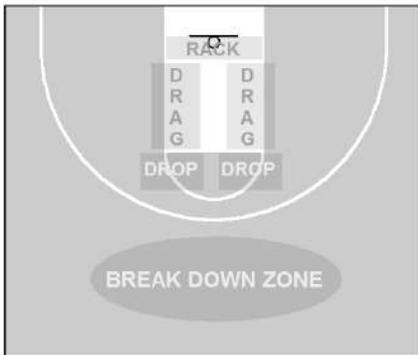
I recommend reading through the X's and O's to get a good understanding of the offense, then move on to the in-depth discussion of teaching methods, progression and drills that will follow in the chapter, Teaching the Dribble Drive (p. 104).

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.

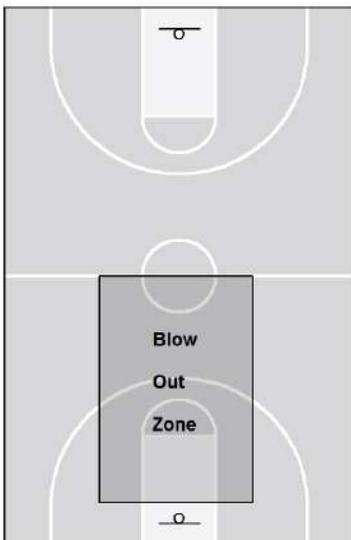
Drop Zone: above the foul line. If you can't beat your own man, and get to the rim, you're looking to stop in the Drop Zone and let play develop for someone else.

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.

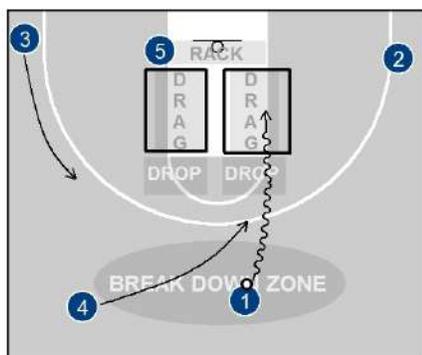
Once a player gets to the rack zone he is committed to it. However, if for some reason he doesn't succeed in getting an open layup or dunk he must still get a shot off - he can't get blocked. If he has to throw the ball off the backboard that's better than getting blocked, as the big man O5 must be in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

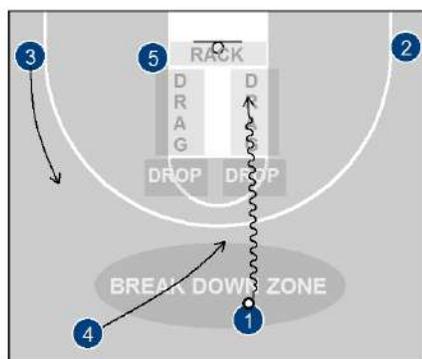


The name drag zone refers to players "dragging behind" penetration. The drag zone is where the guards really show if they can read the defense, as they must read the defense of X2, X3 and X5 to decide their actions.

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.

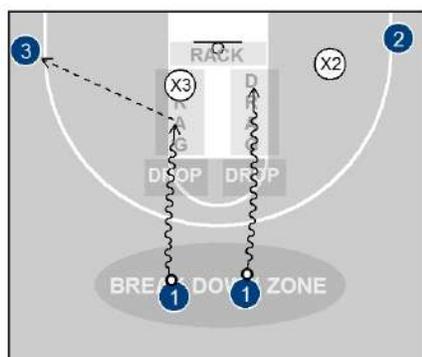
Reads of the Drag Zone



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

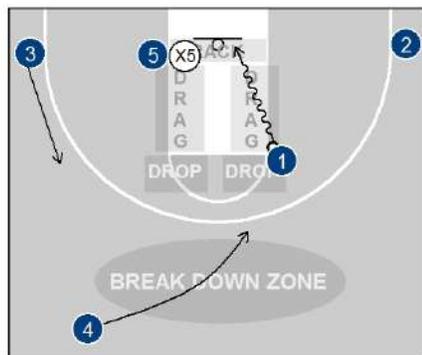
Most teams adhere to the defensive rule of never leaving a shooter in the strong side which the offense exploits. And if you play against a team which doesn't use that rule you will get no end of open corner shots.

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."

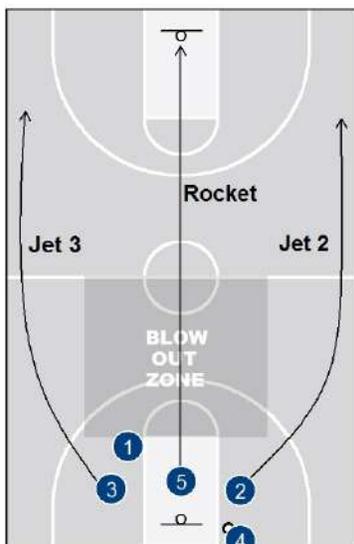
John Robic, Kentucky All Access DVD #2, 1:50 minutes

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



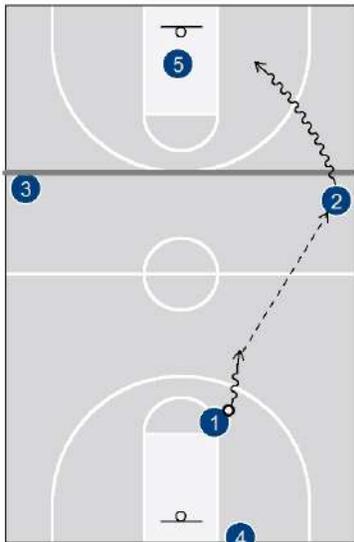
O1 and O4 handle the ball (O4 inbounds 80% of the time). The guard that is not handling the ball must trail the other one to a) open up the floor and b) be open for a pass.

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.

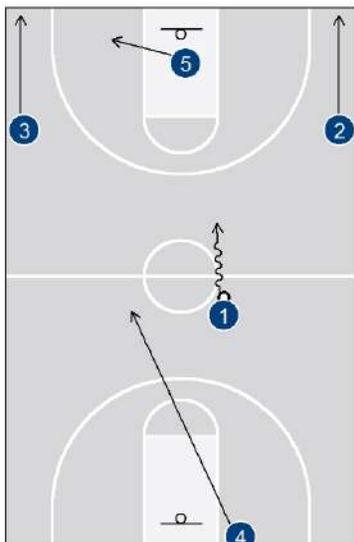
First off if they go any deeper than that it is very hard to get them the ball. It becomes a very long pass which is easily intercepted.



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

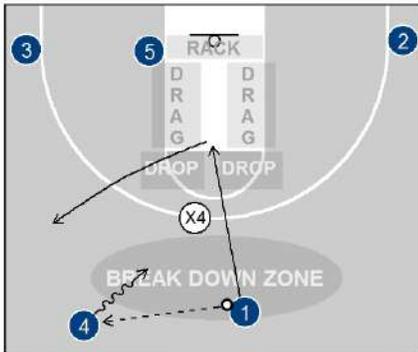


If the ball can't be passed up the court to the Jets or the Rocket, point guard O1 will attack up the middle.

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.



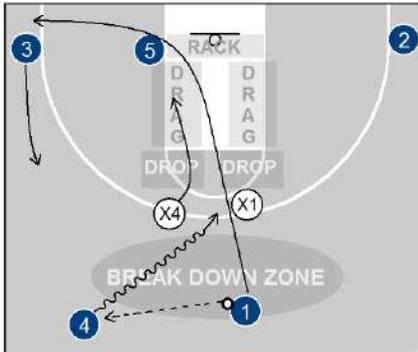
Pass and Cut to Create the 1-guard Front

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

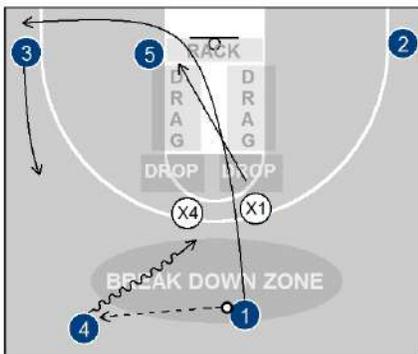
Use T-cut against sagging defenses to create space. With X4 sagging to help on O1, he would pass to O4, then T-cut to open up the gap. The T-cut ensures that X1 can't help on O4 without giving up an open shot for O1. O4 will now be able to attack X4 at speed, and should be able to beat him.



Though Cut Against Switching Defenses

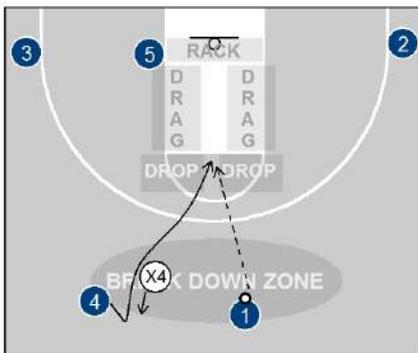
With the dribble drive you will encounter defenses that will pretty much just zone the top.

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.

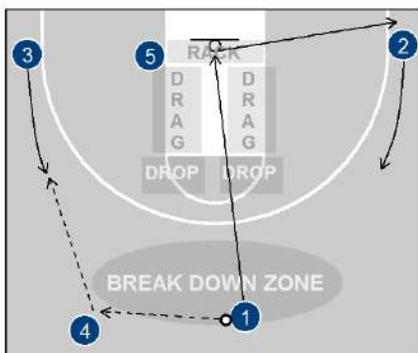


Pass is Denied - Back Door Cut to Create Space

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.

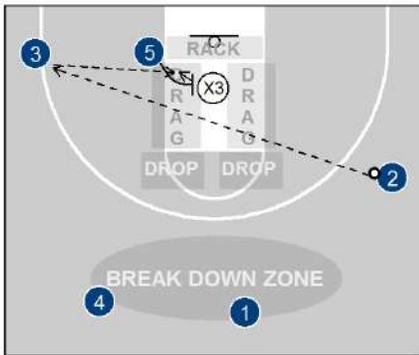
With a cut to the middle of the key O4 has the option of passing to both O5 and O2 if help is coming.



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.



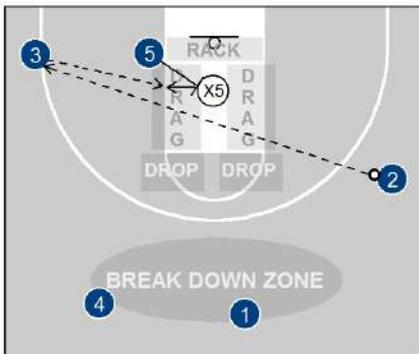
Skip to the Post

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

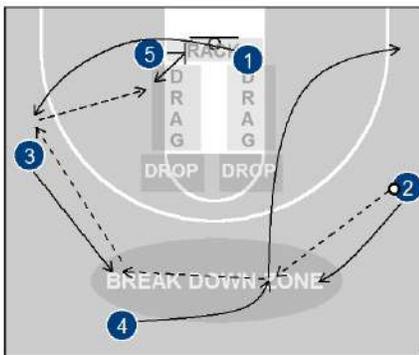
The skip will cause the whole defense to shift which will often leave gaps for the offense to attack.

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

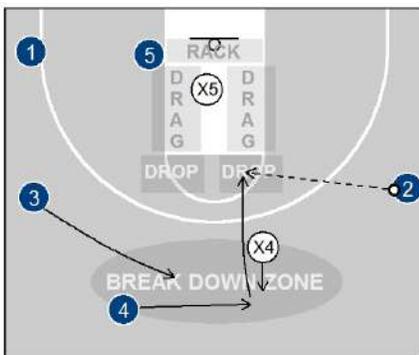
With both the elevate and drop zone kick-up options look to shoot/attack first, skip second and the pass back to the top is only the last option. However, when the offense finds itself in that situation it still has some very good options.

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.

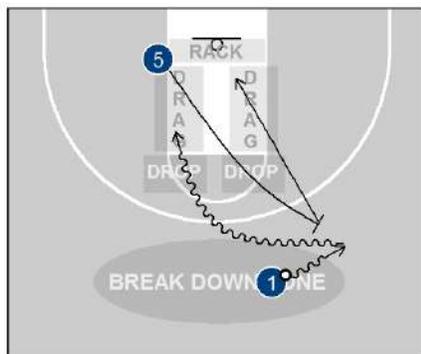
To set up the back door cut O4 cuts straight to his spot, calling for the ball. As X4 steps up to deny, O4 cuts straight back door.

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.

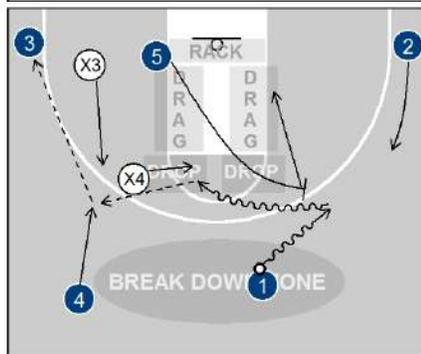
Note: If the defense is denying hard enough for O3 to back door too it should leave plenty of space for O2 to attack, and you should look to exploit that.

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.

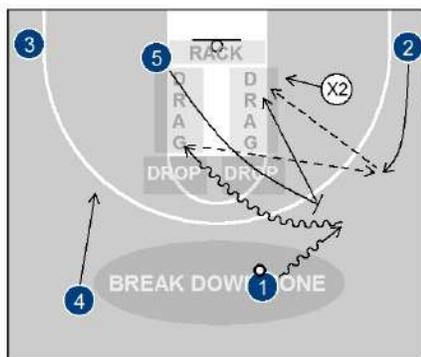


If O4 does kick back he will receive the ball in an area where there's a lot of traffic. He may, however, be able to swing the ball to O2 who can then hit O5 inside.

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.

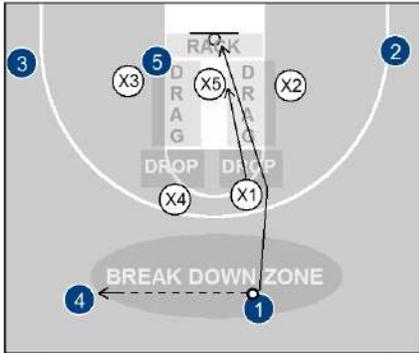
If O2 doesn't shoot he may feed O5 inside (Drag 25).



SWITCHING AND SAGGING DEFENSES

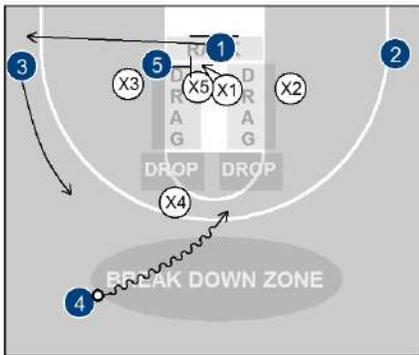
Switching and sagging defenses are some of the best weapons against the Dribble Drive (apart from avoiding playing against the Dribble Drive and go straight zone). Here we will take a look at the tactics deployed against switching and sagging man-to-man.

Playing Against Sagging Defenses

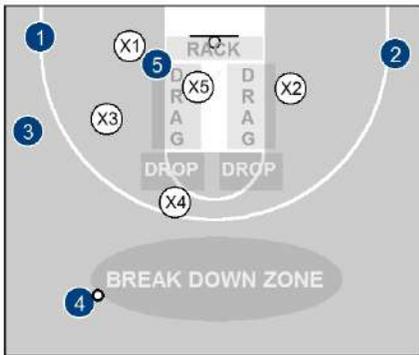


Against teams that sag a lot patience is key. You will not be able to penetrate the defense on the first or second attempt, but with repeated cuts, passes and penetrations you will.

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.

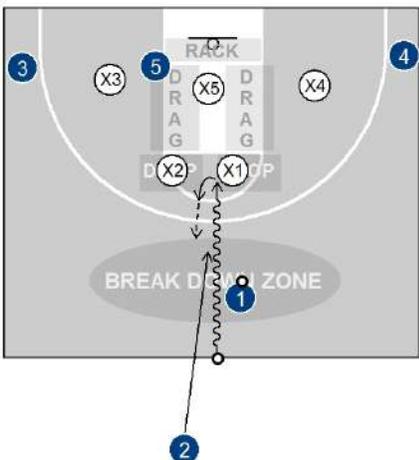


Against sagging defenses the 5-man should also make sure he screens out any cuts coming around him, opening up the swing or skip passes.



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

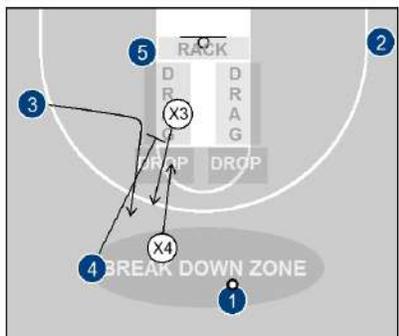
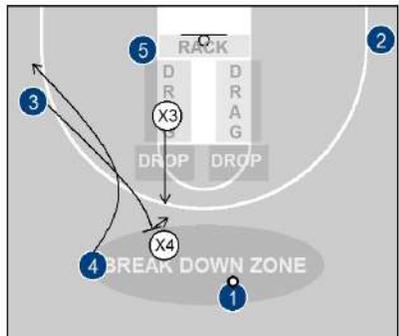
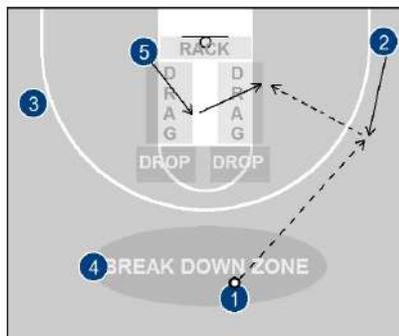
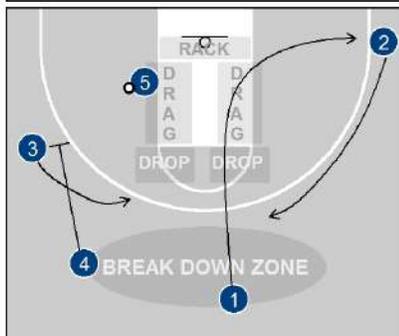
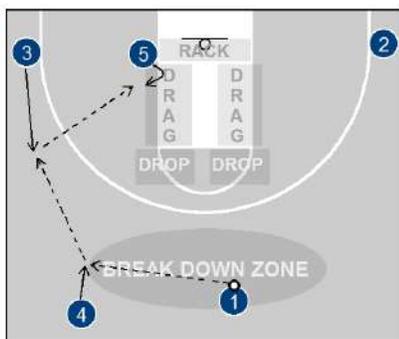
There are ways of getting the great post player the ball, which we look at here.

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".

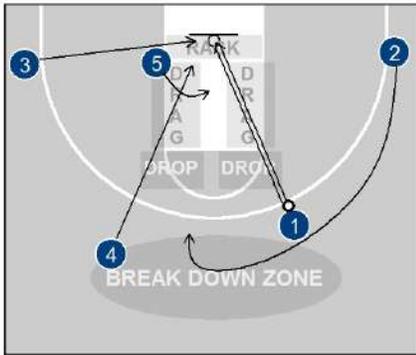
In "Five" the wings go a little higher, and all the perimeter players stay on the outside while O5 is free to roam the key looking for the ball.

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

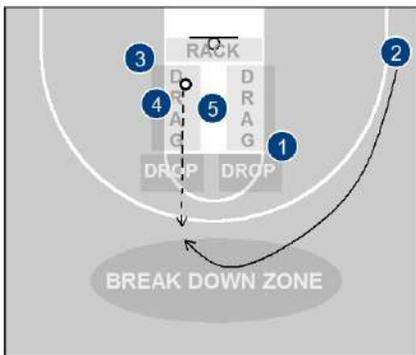


When designing an offensive rebounding scheme it's important to delegate back responsibility, and be clear about whom to send back, how far they should go back, and why.

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

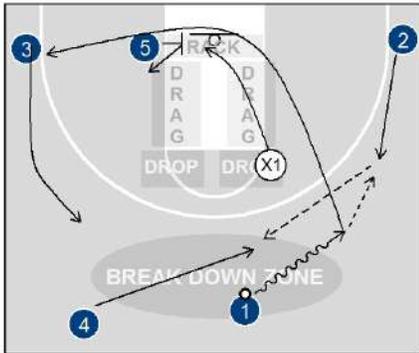
It's important that the back-man communicates. He must tell the other players that he's got back, but must also make sure he shouts at everybody else to rebound.

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.

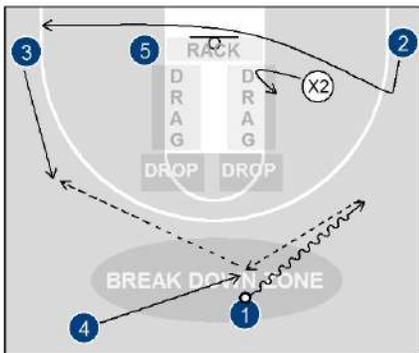
Wheel - Zone Check



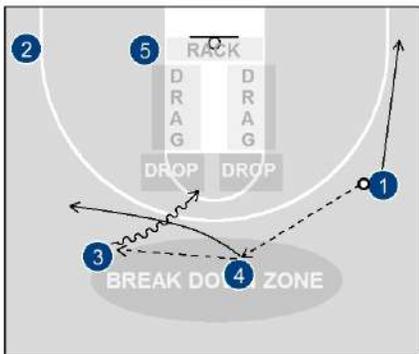
The Wheel entry can be used against man (to get the post the ball) or against Zone (the 4-out push entry), and it's great to use when trying to determine if the defense are playing man or zone.

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.



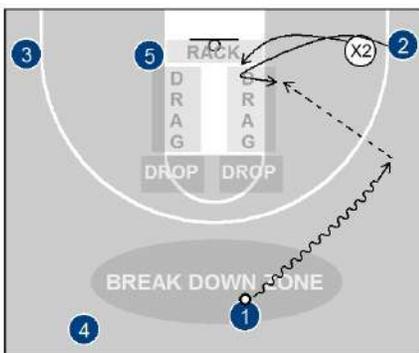
O1 can also dribble out O2, and the options of checking if X2 stays or goes.



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.

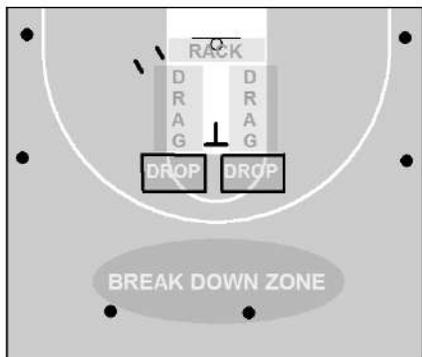
Also put two tape marks on the floor just outside and under the left-side low block, to mark where the post player should have his feet most of the time.

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).

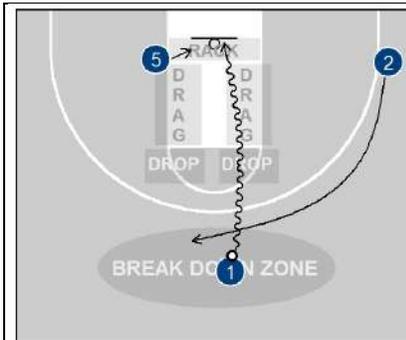
Scoring

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



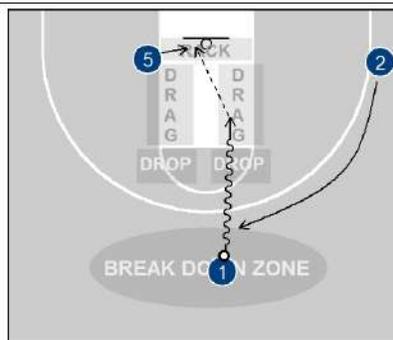
3-on-0 Dummy Breakdown - 1, 2 and 5

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.



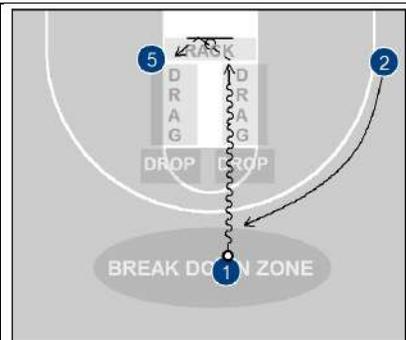
Rack Series: Rack to Score

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



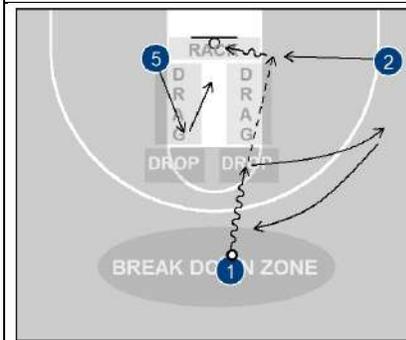
Rack Series: Rack to lob

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.



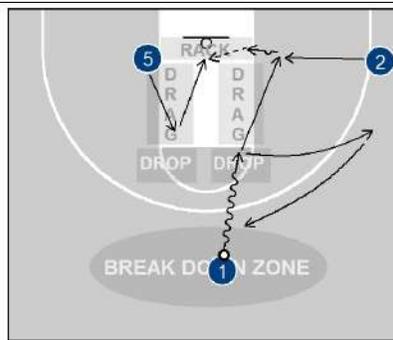
Rack Series: Rack Cleanup

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.



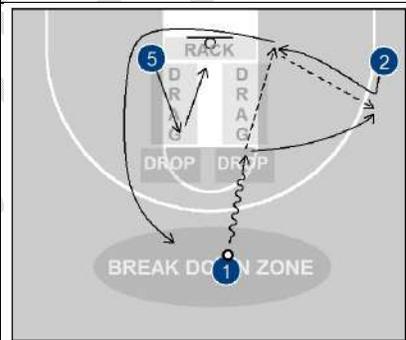
Drop Series: Drop 2 Backdoor to the 5

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.



Drop Series: Drop 2 Backdoor to the 5

Same as previous, but O2 passes to O5 stepping down from the T-position.
O5 scores
O1 has back responsibility.



Drop Series: Drop 2 Backdoor - Drag for O1

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.

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.

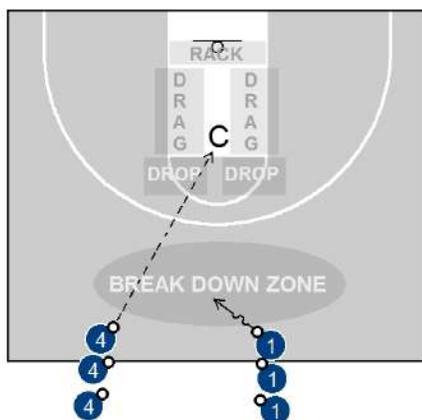
Instructions

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

Walberg Post Series

The following drills are drills coach Walberg developed to teach his players how to finish around the basket in the Dribble Drive. This is all focused on quick finishes.

You should run a few of these drills every day, but be able to get through the ones you choose in 10 minutes once the players know their reads and fundamentals.

Passing can be done by a coach, a manager or a couple of perimeter players.

Walberg Quick-Ups Drill



The Quick-ups drill is designed to teach the post player to release the ball quickly.

Purpose

To teach the post player to not bring the ball down before he shoots it - the reason of most blocks in the post area.

Instructions

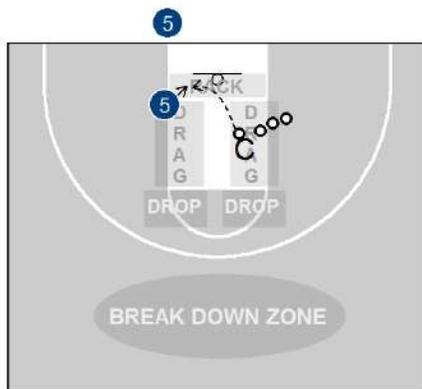
The coach has four balls and fires them at the post player super quickly (you might want to start with three balls, to ease them into it).

Post must catch and bring the ball up, then catch the next ball immediately.

Coaching Points

You can go half speed, then speed it up, to focus on the technique, but they will only really get it at full speed.

Walberg Lobs Drill



The Lobs drill is designed to teach the post player to finish on a guard lob pass, both off a straight pass and off the backboard (shot or pass).

The drill is much the same as the quick-ups drill.

Purpose

To teach the post player to finish in the air and to time their jump reading where the ball will go (straight lob, or off the backboard).

To teach the post player to jump-jump (see p. Post Fundamentals p. 22)

Instructions

The coach lobs four balls to the post player, one by one (you might want to start with three balls, to ease them into it).

Post must catch and finish in the air. If he doesn't dunk the ball he must jump-jump.

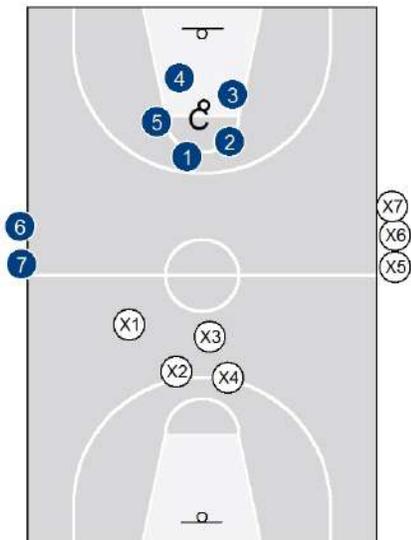
O4 passes then rotate.

Coaching Points

Keep the player guessing on where the pass will come - straight or backboard.

The jump-jump will get the player 2-3 easy baskets per game.

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

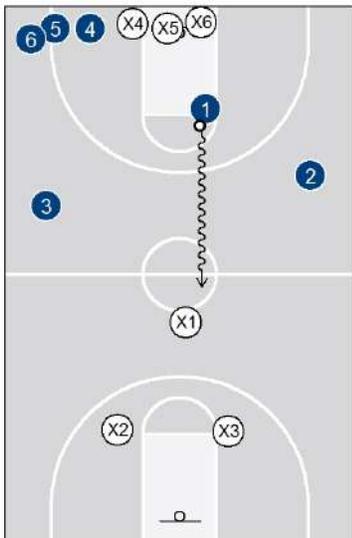
Players

- 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.

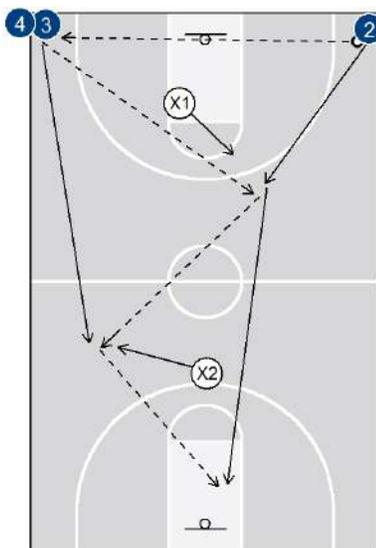
Offense must score to get on defense. Next team goes immediately on basket/stop. This keeps the pressure on the defense.

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.

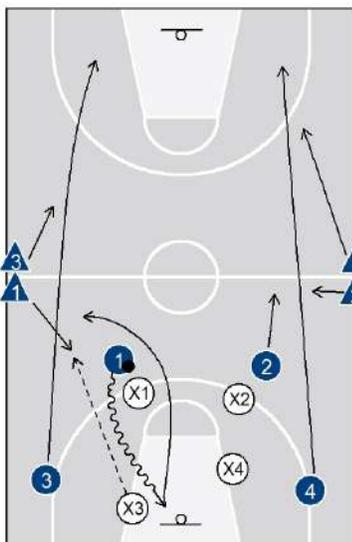
Notes

- 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



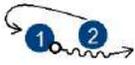
A good drill for teaching defensive balance is the four-on-four with continuity.

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

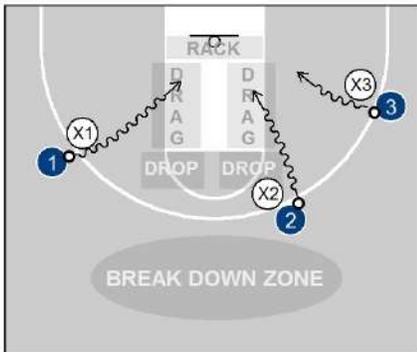


Performing primary moves away from the basket in pairs or threes. Offense goes to defense. Possible to run with two or three players.

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:

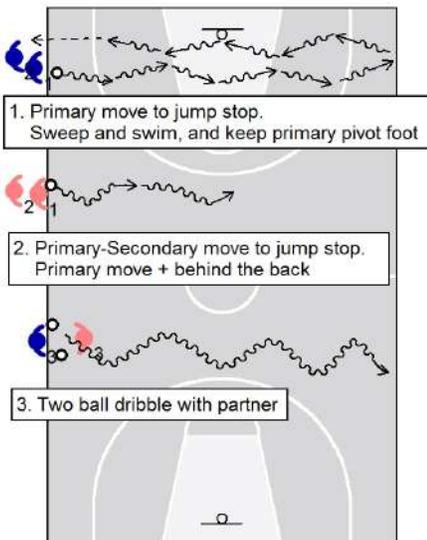
1) Primary move to jump stop:

- 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.

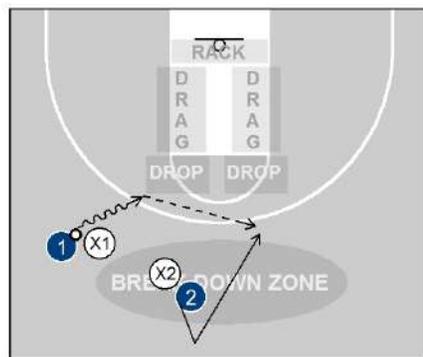


2-on-2 Foul

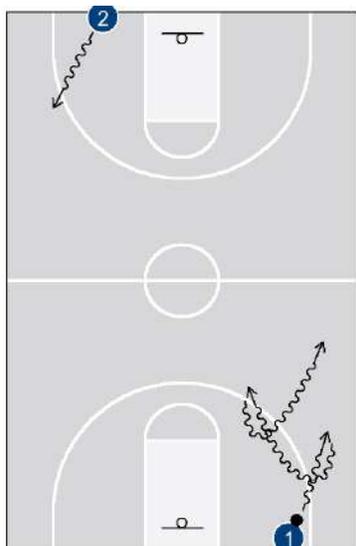
O1 and O2 must dribble exactly X number of dribbles and then pass to each other. X1 and X2 may do anything to get the ball off them, including fouling.

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.

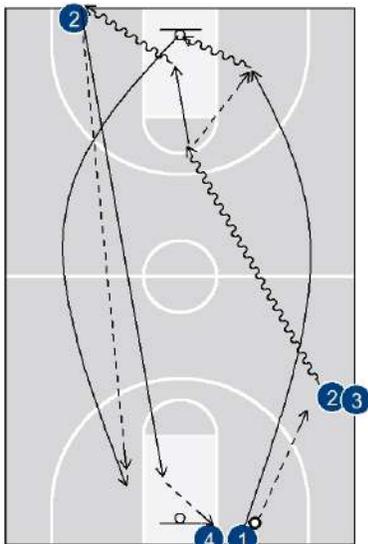
Players line up at both ends of the court.

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.

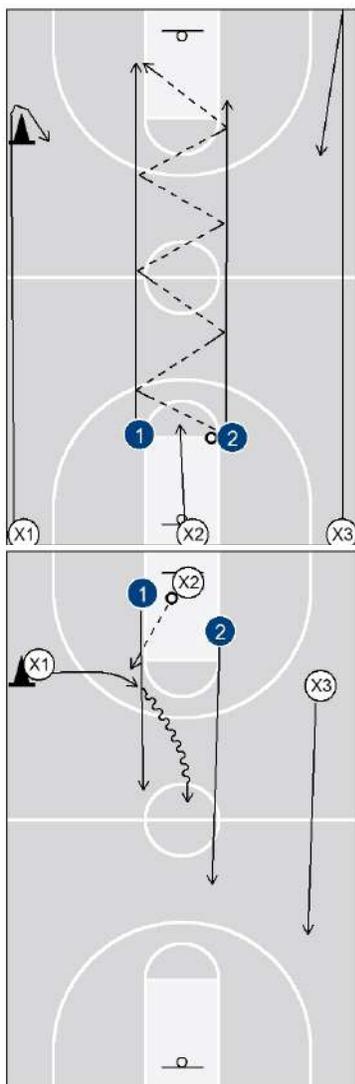
Instructions

- 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.

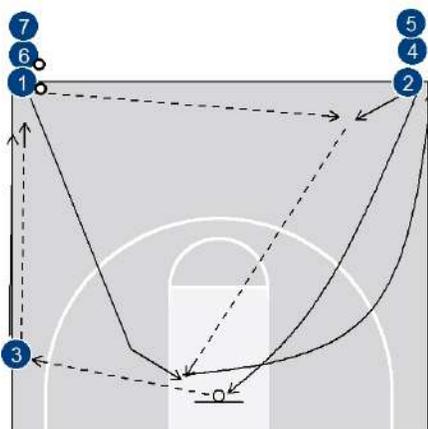
On 3-on-2 limited it to three passes, as we need to attack in the fast break, not set up.

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.

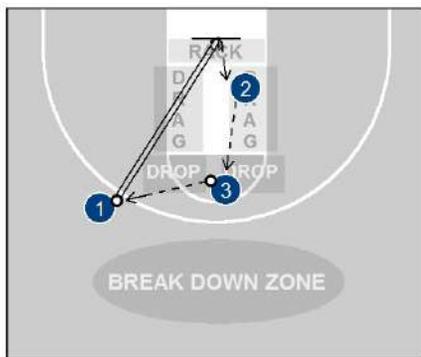
O2 passes to O3 then follows the ball. O3 passes to the next in line, then follows the ball.

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

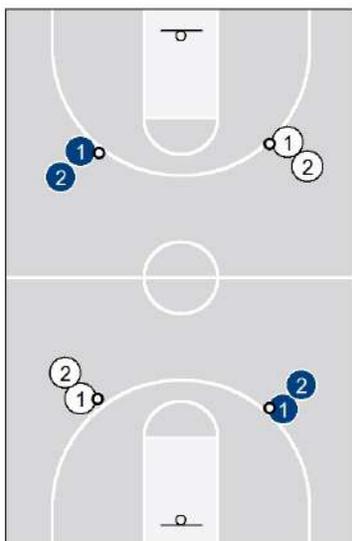


Players are divided into teams of 2-3.

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.

INDEX

3

3 or Key..... 11

4

414 Entry See Break Down Zone

A

Attacking at Speed 20

B

Back Door .. 30, 32, 39, 40, 41, 42, 43, 45, 46, 47, 48, 65, 70, 71, 74, 82, 84, 87, 96, 98, 99, 105, 113, 128, 129, 131, 141, 146, 152, 154, 160, 163, 186

Ball Handling Drills..... 183

Ball Side Shooter 34

Baseline Penetration 29, 58

Left Side..... 51

Basketball IQ 5, 6, 13

Blow Out Zone 23

Break Down Drills..... 127

Break Down Zone 23, 28, 64, 69, 106, 120

414 Entry 67

Entries..... 66

Kick-Back 66

One Guard Front 64

C

Calipari, John... 5, 7, 8, 11, 15, 16, 17, 24, 36, 39, 42, 59, 69, 71, 72, 77, 87, 92, 111, 146, 148

Close-Out 9, 19, 21, 66, 72, 120

Close-Outs 9, 14, 105

D

Daily 45..... 108

Dominant Post Player 49, 74, 82

Double Drag See Dragging Behind, Dragging Up

Double Gap See Gaps

Drag Zone .. 23, 28, 34, 35, 36, 37, 54, 64, 70, 105, 113, 124, 126, 135, 145, 150, 186

Drag 3..... 35, 91, 129

Drag 4..... 36, 136, 137

Getting Out..... 37

Lane Drive..... 35

Dragging Behind.... 29, 34, 35, 36, 64, 128, 131, 137, 145

Dragging Up .. 29, 35, 39, 61, 129, 134, 140

Double Drag..... 35

Drag 2..... 29, 113, 131, 134, 142

Drag 3..... 29, 129, 141, 142, 150

Timing 36

Drilling the Dribble Drive 106

Drop Zone.. 23, 24, 28, 34, 35, 36, 39, 42, 44, 66, 74, 82, 104, 105, 106, 124

Back Door 39, 40

Drop 2 39

Give & Go 41

Hit 5 High..... 40

Kick Down Cut..... 41

Kick Up Post Movement 42

Kick-Up..... 42

Pick & Roll..... 41

Scouting..... 43

DVD Sets..... 6

Calipari DVDs..... 7

Smart DVDs..... 8

Walberg DVDs..... 6

E

Entries See Set Plays & Entries

F

Fast Break.. 23, 44, 45, 47, 52, 53, 58, 59, 69, 108, 123, 140, 146, 173, 175, 187, 189

Automatics 59

C-Cut 55

Conquering the Middle 55

Early Pass..... 54

Early Wing Offense..... 58

Hold..... 61

Inbounder..... 55

Post Drag..... 62

Post Player..... 57

Quick..... 59

Swing..... 63

Transition to Half Court..... 54

Floater 13, 38, 111

Full Court Development Drills..... 174

Fundamentals 17, 106

Fundamentals Drills..... 178

G

Gaps 26, 27, 32, 36, 42, 43, 45, 46, 47, 50, 56, 59, 65, 67, 68, 71, 78, 80, 81, 89, 90, 92, 140, 142

Double Gaps 26

Special Gap..... 27

Triple Gaps 26

Guards..... 24

H

Hesitation .. 19, 21, 35, 37, 42, 43, 47, 48, 49, 66, 178, 179

J

Jets..... 53, 54

Jump-Jump See Post Play

K

Kick-Back ... 21, 27, 36, 43, 45, 47, 48, 60, 66, 78, 80, 84, 90, 91, 96, 99, 105, 146, 147, 149, 150

Kick-up..... 27, 44, 105

Kick-Up..... 42

L

Lane Penetration..... 28

Layup Drills 189

M

Mastering the Dribble Drive Attack Offense..... 6

Middle Penetration 29, 36, 47, 48, 58, 68, 80, 105, 138

P

Passing 69

Skip Pass..... 69

Skip to the Post..... 70

Passing Drills	186
Perimeter Drills	147
Permanent Pivot Foot.....	18
Pick & Roll..41, 49, 51, 62, 72, 73, 74, 75, 76, 77, 85, 88, 98, 132, 134, 164, 165	
Player Development	13
Playing Two Bigs.....	See Post Play
Points Per Possession	11
Positive and Negative Cuts and Passes.....	27
Positive Pass.....	27, 42, 109, 113, 151
Post Development Drills	156
Post Movement.....	31
Post Play	22, 82
53 Series	86
Dominant Post Player.....	83
Drop 5	84
Jump-Jump	157, 158, 159
Placement Drills	161
Playing Two Bigs.....	87
Post Players	25
Quick Release.....	22
Tip-Ins.....	22
Two Bigs Inside	89
Walberg Drills	157
Primary Move	Primary/Secondary
Primary/Secondary.....	18
Primary Move.....	18, 19, 20, 107, 178, 181
Primary Move Drills.....	178
Primary Move From The Dribble.....	20
Secondary Move	20, 112, 181
Secondary Move Drills.....	181

Q

Quick ...	10, 19, 20, 21, 38, 42, 44, 45, 53, 59, 60, 87, 95, 101, 102, 106, 111, 123, 127, 140, 157, 166, 170, 175, 177, 178, 179, 180, 186
Back Door	46
Dominant Post Player.....	49
Kick-Back	47
Middle Penetration	47
Open Corner	45
Pass to Wing	47
Replace Cut.....	49
X-Cut	50

R

Rack Zone ..	23, 28, 33, 34, 38, 39, 64, 91, 124, 126, 135, 136, 144, 149
Rebounding	16, 92
Robic, John.....	53

S

Sagging Defenses ..	14, 21, 39, 43, 65, 66, 67, 79, 100, 139
Selling Opposite	19, 72
Set Plays & Entries.....	95
414 Entry.....	67
46 Flight.....	96
53 - 5 post entry.....	86
Chin Pick & Roll.....	76
Dive	96
Drop 5	84
Fist Pick & Roll	73, 76
Hold - Fast Break.....	61
Memphis	97
Miller.....	98
Pistol	98
Pop.....	99
Post Drag - Fast Break	62
Quick	45
Quick - Fast Break	59
Swing - Fast Break.....	63
Thumbs-Up.....	100
Wheel.....	95
X4101	
X5102	
X-Cut	50
S-Gap.....	78
Shooters	12, 13, 14, 15, 17, 19, 24, 31, 73, 80, 88, 109, 110, 153, 191
Shooting	23
Competitive Drills.....	191
Shooting Drills	
Daily 45 Shooting Drills.....	109
Shooting Fundamentals.....	17
Shot Selection	11, 188
We like three pointers, but we love layups.....	11
Six Foot Finishing.....	21, 182
Drills	182
Skip Pass.....	See Passing

Smart, Dave	8, 12, 17, 18, 21
Special Gap	See Gaps
Square Shoulders to the Rim	17
Squaring Shoulders to the Rim Drivers.....	18
Shooters.....	17
Strengths of the Dribble Drive	16
Strickland, Rod.....	183
Swim Move.....	18
Switching Defenses	80

T

T-cut	See T-up
Teaching the Dribble Drive	104
Teardrop.....	38, See Floater
The Big Three.....	9
Triple Gap	See Gaps
T-up.....	25, 28, 44, 60, 104, 130, 133, 140

W

Walberg, Vance..	5, 6, 7, 9, 11, 12, 13, 17, 22, 24, 26, 27, 32, 36, 42, 58, 65, 69, 71, 72, 89, 92, 103, 106, 107, 108, 110, 111, 112, 122, 146, 147, 148, 153, 157, 168, 182
Weaknesses	14
Welling, Herb.....	5, 106
Whole/Part Method.....	104, 146
Full Court Development Drills..	174
Whole Methos Drills	168
Wing Offense	44
Closed Corner	44
Quick.....	See Quick

X

X-Cut	50
-------------	----

Z

Zone Offense	103
--------------------	-----

DRILLS INDEX

Daily 45	108
Daily 45 Shooting Drills	109
Olympic Shooting Drill	109
Bird Drill	109
5-Spot Shooting	110
Daily 45 Layups	111
Regular Dribble Drive Lay-Ups	111
Drop-and-Drag Layup Series	113
Memphis Running Drills	114
Daily 45 Game-type Drills	116
Attack Drills	116
Texas 11	117
Texas 22	118
Cardinal 2-on-1	119
Cardinal 32 -- 3-on-2	120
Scramble - 11 Man Break	121
3-on-3 Transition Drill	123
Daily 45 Blood Series Drills	124
Blood Drills	124
Dribble Drive Breakdown Drills	127
3-on-0 Dummy Breakdown Stations	127
3-on-0 Dummy Breakdown - 1, 2 and 5	128
3-on-0 Dummy Breakdown - 1, 2 and 5	135
3-on-0 Dummy Breakdown - 2, 3 and 5	140
Two Pass 3-on-3 Breakdown Drills	143
Whole Method Drills	146
5-on-0 Full Court Warm-up	146
Walberg 1, 2, 3, 4, 5 and an Option Drill	146
Dribble Drive Perimeter Shooting & Reads	147
Calipari Guards Shooting Drills	147
The Kick-Back Shooting Drill	147
The Kick-Up Shooting Drill	147
2-ball Shooting Drills	148
2-ball: Guards Shooting	149
2 Ball: Drag 1-to-3 skip	150
2-Ball: Drop Zone Shooting	151
20 Minute Threes Drill	153
Backdoor Read Drills	154
Step-back Ball Handling Drill	155
4-on-4 Direction Drill	155
Dribble Drive Post Shooting & Reads	156
Catch Drill	156
Walberg Post Series	157
Walberg Quick-Ups Drill	157
Walberg Lobs Drill	157
Walberg Relocations	158

Walberg Clean-Ups _____	158
Walberg Combinations/Reads _____	159
Walberg Wing Drives _____	159
Walberg Drop Series _____	160
Post Placement Shooting Drills _____	161
Post Skip Drill _____	161
Post Drop Zone Drill _____	161
Post Pull-back Drill _____	161
Post Pull-back Drill - from top _____	161
Post flash middle drill: Hooks _____	162
Post flash middle drill: Up-and-under _____	162
Post flash mid post drill: Hooks _____	162
Post flash mid post drill: Up-and-Under _____	162
Drop 5 Series Drills _____	163
Drop 53 Series Drills _____	164
Bigs Pick & Roll Drill _____	165
DDM Low Post Shooting Drill _____	166
Superman 2X20, Superman + dunk 2X20 _____	166
Three Tips Drill _____	166
Dribble Drive Whole Method Drills _____	167
Two Stops or One Turnover Drill _____	167
Break Breakdown _____	168
Conversion: Up/Back _____	169
Cricket Drill _____	169
Progression Fast Break Drill _____	170
Dean Smith Secondary Break Drill _____	172
3 Possessions Fast Break _____	172
Full Court Development Drills _____	173
2-on-2 Rugby Rules _____	173
3-on-3 Hockey Rules _____	173
Knick drill – 4-on-3 with a Defensive Trailer in 3 teams _____	174
Knick Drill - Two Teams _____	174
Full Court Kings of the Court _____	175
Spain 2-on-2 Full Court Competitive Passing _____	175
4-on-4-on-4 Italy _____	175
Three Thirds Press/Break Drill _____	176
Fundamentals Drills _____	177
Primary Move Fundamentals _____	177
Primary 1-on-0 _____	177
Primary 1-on-1 Basic Teaching – With Swim _____	178
1-on-1 Primary _____	178
Primary - Primary/Secondary Dribble Lines _____	178
Non-Closeout Offense Drills _____	179
Secondary Move Fundamentals _____	180
Six Foot Finishing Drills _____	181
Ball Handling Drills _____	182
Walking Ball Handling (Strickland Series) _____	182

Foul Drill _____	183
3 Forward - 2 Back _____	183
The One-Hand Passing Drill _____	184
Passing Drills _____	185
Threes Numbered Passing Drill _____	185
Air It Out _____	186
Chase The Dribbler _____	186
Princeton Drill _____	187
3-on-3 Football with No Dribble _____	187
4-on-3 no Dribble, Max 3 Passes _____	187
Layup Drills _____	188
Dunk Drill: 20, 15, 8, 4, 2, lob _____	188
Outlet Layups _____	188
Passing Layups _____	189
General Shooting Drills _____	190
3-in-3 _____	190
5 Up _____	190
50 Threes Drill _____	191
6 Position 3-Point Shooting _____	191
7-up Shooting Drill _____	191
8 Minute Shooting Drill _____	192
Corners Zone O Shooting Drill _____	192
Pressure Shooting _____	192

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

5 Out Motion Offense *Complete Coaching Guide*



C O A C H M A C

basketballforcoaches.com

5 Out Motion Offense – Complete Coaching Guide



The 5 out motion offense is a fantastic primary offense for basketball teams at any level, but especially youth basketball teams.

It's a positionless offense that relies on spacing the floor and a set of rules that assists players to determine their movements and actions.

Due to players making decisions and reading the play of their teammates and defenders, the 5 out motion is great for teaching players how to play basketball.

Who Should Run the 5 Out Motion Offense?

As a positionless offense, I highly recommend the 5 out motion for all youth basketball teams since it allows all players on the team to develop into well-rounded basketball players.

This is important because it's impossible to know which players will grow in height and which players won't.

Countless times I've seen players who have matured and grown early in life get assigned to the post position only to have their teammates who developed at a later time quickly catch up to them.

When this happens the player who developed early has had barely any practice at dribbling, shooting from the outside, etc.

So it's imperative that all youth coaches use a positionless offense like the 5 out motion.

But with that said (sorry for the rant), it's especially a great offense for teams that lack height and want to run a fast offense with a lot of movement.

Strengths:

- **Creates positionless players** – All 5 players on the court are required to pass, cut, dribble, shoot, screen, etc. This is imperative for a great youth basketball offense.
- **Can be used as a delay offense** – If your league doesn't have a shot clock and you want to hold up the basketball, the 5 out motion will provide movement and keep the defense honest while not looking at scoring options.
- **Players learn how to play basketball** – Don't overlook this benefit. Players learn to read their teammates and defenders and make decisions accordingly. This is an important process that players won't learn from running set plays all game.
- **Every player contributes** – When running this offense, one or two players can't dominate the basketball. All players will be involved and must contribute to the team's offense.
- **Requires great spacing** – If players are all in the correct positions, your team will always have great spacing at all times. This opens up driving lanes and makes it difficult for defenders to help each other.
- **Difficult for opposition teams to scout** – Since there are no 'set' passes or actions, teams won't be able to work out a specific action they can stop to disrupt the offense.
- **The opposition can't crowd the key area** – All defenders on the opposition team will be required to guard all areas of the floor. This prevents them from keeping their biggest players on the inside.
- **Easy to teach due to progressions** – One of the best things about the 5 out motion offense is that it can be taught in progressions. Players aren't forced to learn the complete offense all at once which will overwhelm them.

Weaknesses:

- **Not great for teams with one dominant player** – If you have one or two dominant players that contribute the bulk of your team's scoring, this might not be the offense for you if you want your team to continue to play that way. All players must contribute in the 5 out offense. Even the weaker players.
- **Players can get stuck in the motions of the offense** – When you first implement this offense with your team, you'll find that they're so focused on running the offense properly, that they forget to look for scoring opportunities.
- **Sometimes difficult with a shot clock** – Similarly to the above point, if your players aren't constantly searching for scoring opportunities, the shot clock can play a factor and force your team to rush a shot with a few seconds left.
- **Can take some time for players to master** – While your players can quickly pick up the actions and movements of the 5 out, it does take time for players to learn how to quickly read the game and make smart decisions on the court.

5 Out Motion Rules

The 5 out motion offense is governed by 5 rules that players must follow at all times for the offense to run smoothly.

1. If your being denied and the player with the ball looks at you, back cut immediately – Never hesitate. This assumes you're only being denied one pass away from the basketball.

2. If you believe you can attack the basket and score on your defender, do it – Players must understand their own abilities and the abilities of their defender. If a player thinks they can attack, they should do it immediately on the catch.

3. Players must square up to the rim when they have the basketball – A player can't telegraph what they're going to do by facing a certain direction. By squaring up, players can shoot, pass, or dribble.

4. Every action must be performed with purpose – If you cut, cut hard. If you're screening, focus on setting a great screen. Never pass and stand still.

5. Spacing is always on the NBA three-point line – The NBA three-point line is about 2 feet behind the normal three-point line.

Setting Up the 5 Out Motion Offense

'5 out' simply means that all offensive players on the floor are starting outside the three-point line.

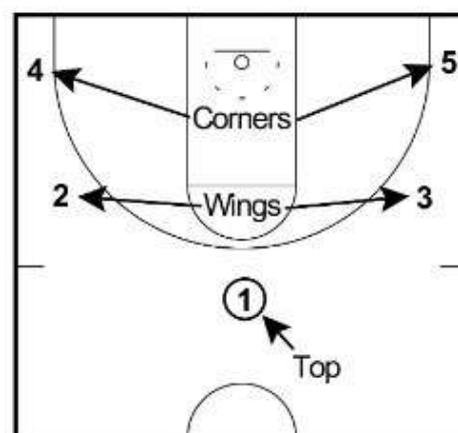
There are 5 spots that must always be filled unless players are performing an action like screening or cutting.

5 out setupThe five spots are:

1. Left corner
2. Left wing
3. Top
4. Right wing
5. Right corner

These spots should be on the NBA three-point line which is about 2 feet behind the regular three-point line used by all other levels.

When teaching the 5 out motion to your team for the first time, I highly recommend you use cones to mark these 5 spots on the floor to allow players to get used to where each position is.



How to Run the 5 Out Motion Offense

There are 4 progressions that you gradually introduce one by one into the continuity of your 5 out motion offense.

All coaches must make sure they start with progression one and move up without skipping steps.

This allows the players to gradually learn the concepts of the 5 out motion without being overwhelmed with the entire offense all at once.

These are the 4 progressions:

Progression 1: Basic cutting

Progression 2: Screening away

Progression 3: On-ball screen

Progression 4: Dribble at

Let's go through each of the progressions in more detail...

Progression #1 – Basic cutting

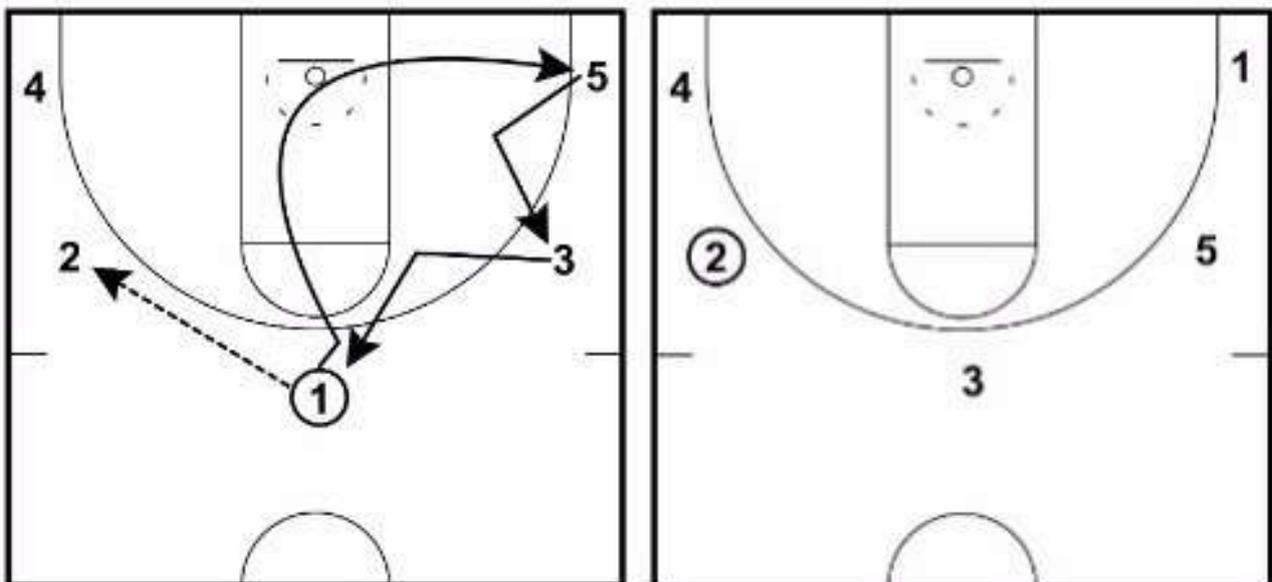
The easiest way to begin teaching your team the 5 out offense is to start with the basic movements of passing and cutting in a 5-0 situation.

Start by setting out 5 cones at the 5 fill spots on the court. Let your team know that when they're not cutting, they must be in one of these 5 positions.

Now it's time to teach the cuts...

There are 4 passes and cuts that can be made during progression 1.

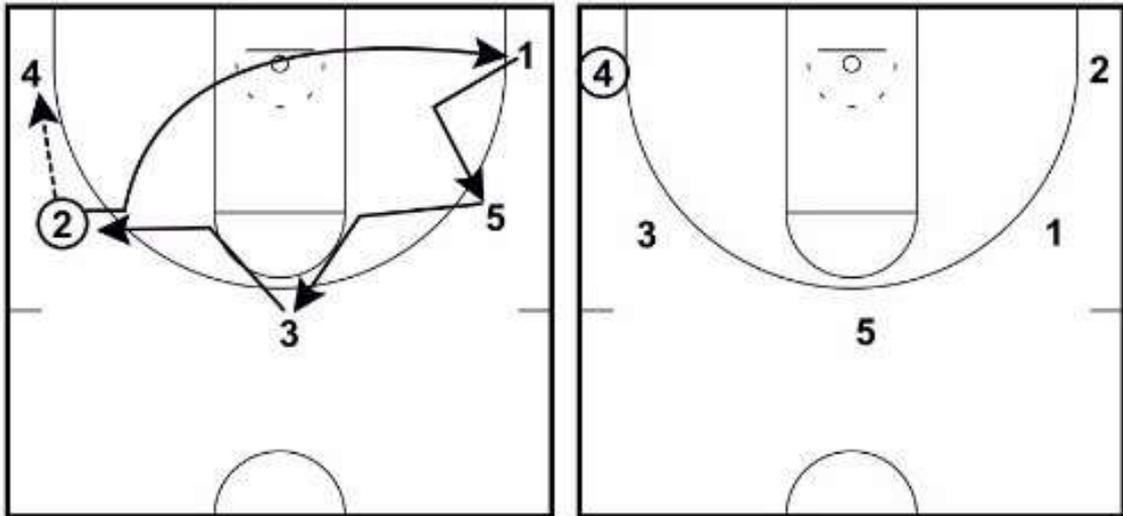
1. Top to Wing Pass



On a top to wing pass, the passer basket cuts all the way through the key and fills the opposite corner.

Once 1 has cut, 3 and 5 must fill up the positions closer to the basketball.

2. Wing to Corner Pass



On a wing to corner pass, the passer also basket cuts all the way through the key and fills the opposite corner.

Once 2 has cut through, 3, 5, and 1 must all fill up the positions closer to the basketball.

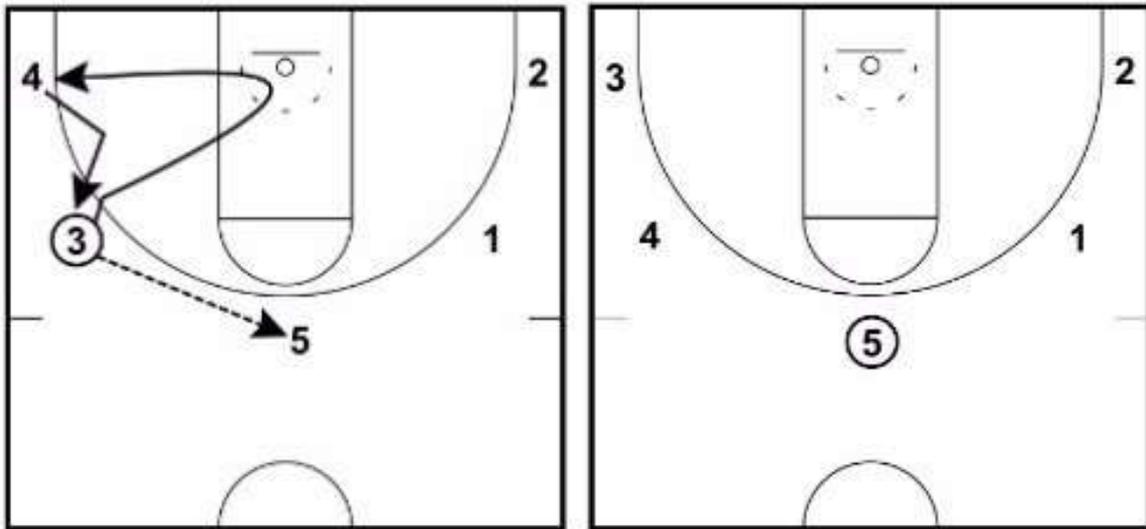
3. Corner to Wing Pass



On a corner to wing pass, the passer basket cuts and replaces themselves.

The other 4 players wait in the same spot for the next action.

4. Wing to Top Pass



On a wing to top pass, the passer basket cuts and then fills the corner of the same side they cut from.

On 3's cut, 4 fills up closer to the basketball and then 3 replaces them in the corner. The other 3 players wait for the next action.

Progression Practice:

Have your players practice this progression until they're comfortable with the passes and cuts.

This simple progression can be a great offense for a youth basketball team by itself. It will provide great spacing and get your players reading the play and making decisions.

Coaching points when teaching progression #1:

- Remind your players that if they're being overplayed, they must back cut immediately when the player with the basketball is looking at them.
- To set up the defender and get open on a front cut, after passing the player should take one step away from the ball and then explode to the ball-side of their defender on the cut to the rim looking for the basketball.
- If the defender 'jumps to the basketball' taking away the front cut, the passer should back cut and try to step in front of their defender to open up the passing angle.
- Always watch the basketball on cuts. If a shot is put up, they need to know immediately to establish rebounding position.
- Cut hard on all cuts to the rim. Doing so will make the cutter a threat to score which will force weak side defense to help.

Progression #2 – Screen Away

Once your team is comfortable with the cutting phase (making the correct cut 80% – 90% of the time), it's time to introduce the action of screening away after a pass instead of cutting.

This action can be performed on any top to wing, wing to corner, or wing to top pass. The only pass it can't be performed on is the corner to wing pass.

Before implementing this action, you must decide whether you want the player being screened to always curl, or whether you'll give them the option of cutting to the top or curling.

I recommend all youth basketball teams (below high school) get this player to curl off the screen every time so that there's no confusion.

For high school teams and higher, you can allow them to read the defense and perform the most appropriate option.

Option 1 – Screened player always curls off the screen

Here's how it works on a top to wing pass...

1. 1 makes the pass to 2 on the wing. Instead of cutting, 1 decides to set an away screen.

Note – It's important that 2 waits while this screen is being set so that the curling option is not missed due to passing to 4 too quickly.

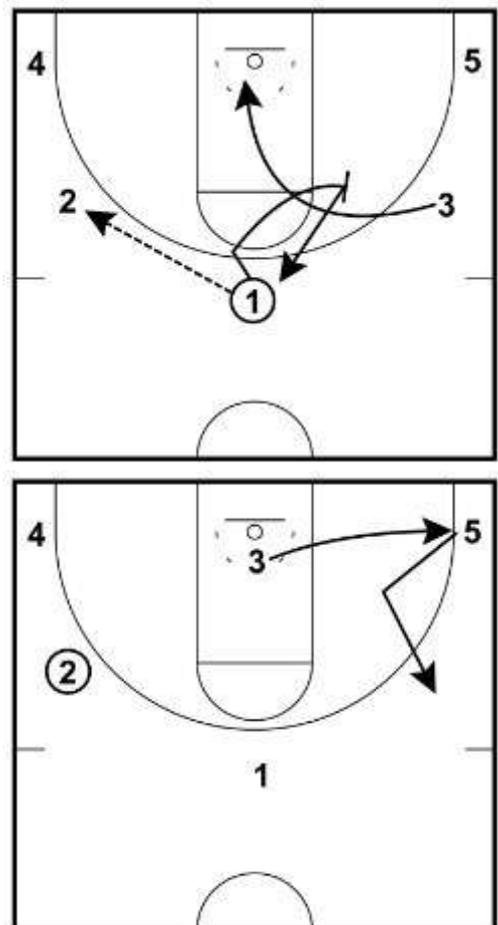
2. 1 screens for 3 making sure that they set the screen at an angle that allows the 3 to cut to the rim.

3. 3 can either front cut or back cut towards the rim depending on how quickly the defense reacts to the screen. **But they must cut to the rim since they were screened.**

4. After 3 has used the screen, **1 pops back out to the same spot that they set a screen from.** If 1's defender attempts to help on the cut from 3, you'll find that 1 will often get an open shot from the top of the key.

5. After the cut, 3 fills the weak side corner position since 5 has filled 3's previous position on the wing.

Then all players are back in position for the next action to be made.



Option 2 – Screened player has the choice of curling or popping out

If you're coaching an experienced basketball team, you can give the player being screened the option to curl or to pop out to the perimeter and receive the pass.

The difference when using this option is that **the screener must go the opposite direction to the cutter.**

If the cutter decides to pop out to the perimeter, the screener will cut to the rim and then fill the corner.

If the cutter decides to curl, the screener will pop out to their original position.

Here's an example of a top to wing pass using option 2...

1. 1 makes the pass to 2 on the wing. Instead of cutting, 1 decides to set an away screen.

Note – It's important that 2 waits while this screen is being set so that the curling option is not missed due to passing to 4 too quickly.

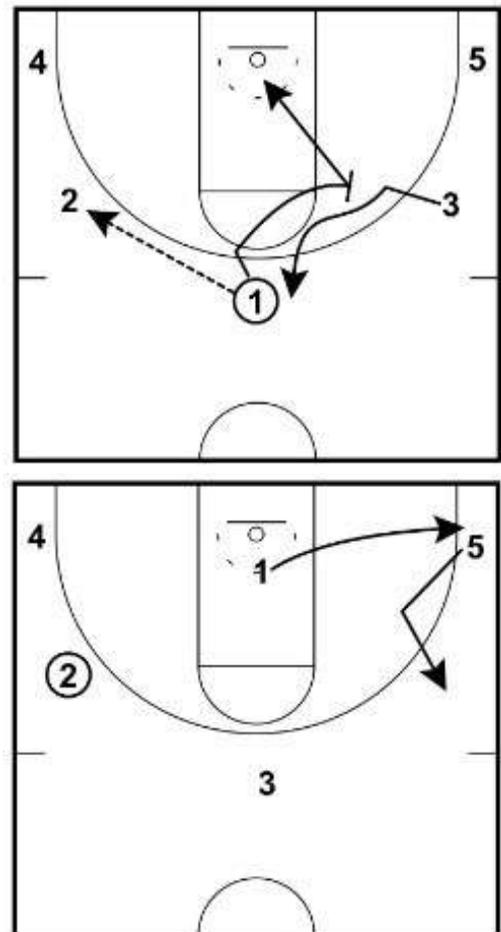
2. 1 screens for 3 making sure that they set the screen at an angle that allows the 3 to cut to the rim.

3. 3's defender cheats and goes under the screen so 3 pops out to the top perimeter position to catch and look for the open shot.

4. Reading this, 1 cuts to the rim because they must go the opposite direction of the cutter.

5. 1 then fills the corner position as 5 has filled 3's previous spot on the wing.

I've found that inexperienced teams can struggle with option 2 so I recommend starting with option 1 and then progressing to option 2 if you think your players are capable.



Coaching points when teaching progression #2:

- Players must be setting screens on the correct angle. This means the screener's bum should be facing somewhere between the player with the basketball or the basket. Too often youth players will set screens too high that allow the defender to quickly slip under it.
- The player setting the screen must make the player being screened aware with a verbal cue and a visual sign. I recommend you teach the screener to hold their arm up in a fist and call out the player's name before setting the screen.

Progression #3 – On-Ball Screen

Once your players are comfortable with cutting and screening away, next up is the action of setting on-ball screens.

This action of the pick and roll is often very effective because the offensive players are spaced out well.

The on-ball screen can be used after any pass in the offense.

Here are two examples of setting an on-ball screen in the 5 out motion offense:

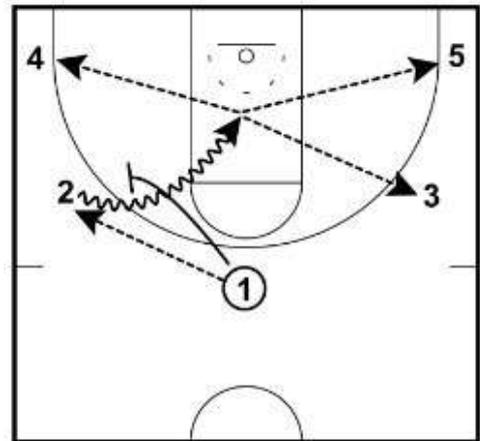
Example #1 – Top to Wing Pass On-Ball Screen

1. 1 passes from the top to 2 on the wing and then sets an on-ball screen on their defender.

2. 2 uses the on-ball screen and drives hard to the rim surveying the options that are presented.

3. Depending on how the defense reacts, 2 can pass to any of the perimeter players or make the shot in the key.

If the basketball is kicked out and the shot isn't immediately taken, all players must find one of the 5 fill spots and the 5 out motion offense starts again.



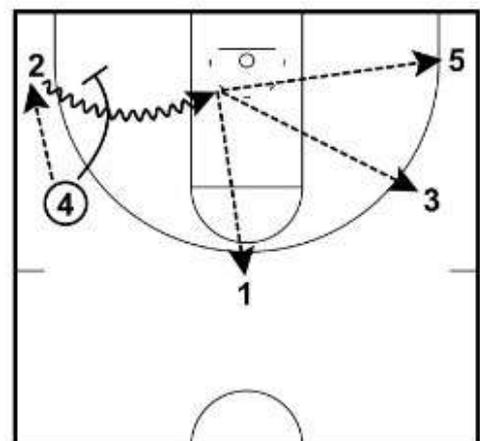
Example #2 – Wing to Corner Pass On-Ball Screen

1. 4 passes to 2 in the corner and then sets an on-ball screen on their defender.

2. 2 uses the on-ball screen and drives hard to the rim surveying the options that are presented.

3. Depending on how the defense reacts, 2 can pass to any of the perimeter players or make the shot in the key.

A lot of coaches who run the 5 out motion make it a rule that on each pass to the corner the passer sets an on-ball screen. So if it works for you, consider incorporating it as a rule into your offense!



Coaching points when teaching progression #3:

- As with the previous progression, it's super important that players are setting the on-ball screen at the correct angle that allows the player with the basketball to attack the rim.
- The three players not involved in the pick and roll should do their best to move into open positions where they can catch and shoot or catch and drive.

- Start to introduce to the players that they must take into account each player's skill set before making an action. For example. Your team should not set an on-ball screen for player that can't dribble the basketball well.
- Just like in the screening away progression, players must be giving a visual and verbal cue to the player they're about to set an on-ball screen for by saying their name and holding up a fist.

Progression #4 – Dribble At

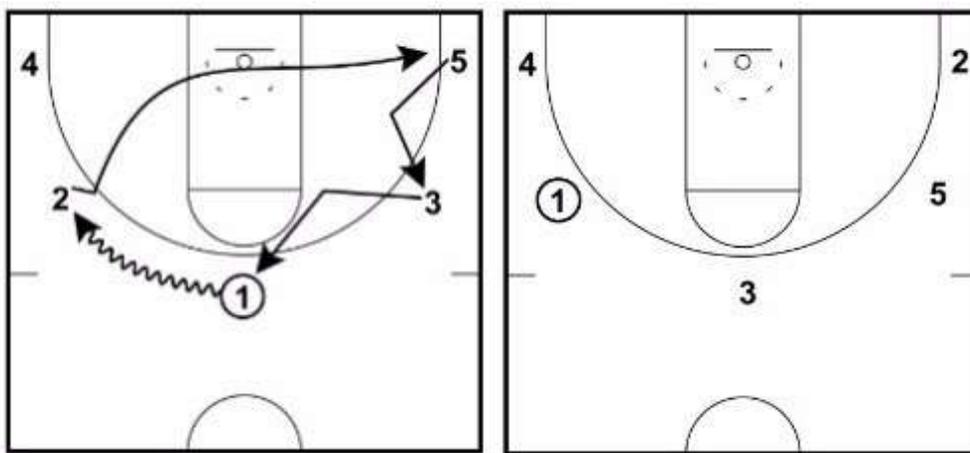
Another action to add to this continuity offense is the 'dribble at' action.

This can be used when a player with the basketball is being heavily pressured and the only options to pass are being denied well by the off-ball defenders.

In this scenario, the player with the basketball may decide to dribble towards another player at a different spot.

When this happens, the two offensive players involved (the dribbler and the player they're dribbling towards) have two options.

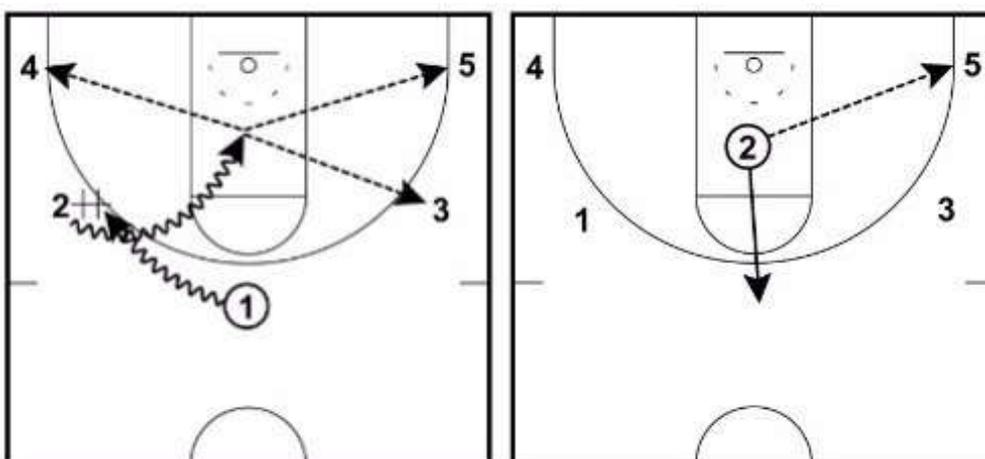
1. Backcut



If the player without the basketball is being denied, they can make a hard back cut looking to receive the basketball for a layup.

If they don't receive the pass, they fill the weak side corner, the other players rotate towards the basketball, and the next action begins.

2. Hand-off



The other option is to perform a hand-off between the two players.

This is similar to the pick and roll where the other 3 players on the court should hold their positions and wait.

The player that receives the hand-off should attack the rim and kick out to shooters if the defense slides over to help.

Coaching points when teaching progression #4:

- When performing hand-offs, the player with the basketball should rotate their hands so that they're on the top and bottom of the basketball. This allows the player receiving the hand-off to grab the basketball on the sides.
- In my opinion, I don't like hand-offs for youth basketball. For my youth teams, I have them automatically back cut on a dribble at.

Piecing the 5 Out Motion Together

Once your players have learned the basic 4 progressions of 5 out motion offense, you've established a fantastic primary offense that will teach them how to read and play the game of basketball.

Now that they can confidently perform all the actions, the next important step is for players to work out what actions work the best for them and their teammates.

For example:

- Players will work out that the best players to set on-ball screens for are the quick guards who make great decisions.
- The best players to away screen for are those that cut hard to the rim and can finish the layup or close shot.
- The best shooters on the team should primarily set away screens so that they're cutting back out to the basketball for the open shot.

While a lot of this knowledge will develop with experience, I believe it's important for the coach to talk to the team and each player individually about what they're good at and what they need to improve on.

Doing so will help their decisions when running the 5 out motion during the game.

Advanced

Flex Action Progression

Once your team has mastered the basic progressions of the 5 out motion offense, you can choose to add a more advanced flex cut progression.

This is best used on a pass from the wing to the top of the key and can potentially give you an open layup off the flex cut or an open jump shot off a down screen.

Here's how it works:



1. 2 makes the pass to 1 at the top of the key.

2. After making the pass, 2 will basket cut as usual. But instead of filling to the same side, 2 sets a flex screen for 5.

3. 5 uses the flex screen and cuts through looking to receive the pass for the layup. If 5 isn't open, they simply cut all the way through to the corner as 4 has moved up the wing to replace 2's spot.

4. 3 then sets a down screen for 2.

5. 2 uses the down screen and pops out to the perimeter looking to receive the basketball for the jump shot.

6. 3 can reverse pivot and seal 2's defender if they have a mismatch inside. If not, 3 fills the closest corner.

Even if the offense doesn't get a great look from the flex option, you will notice now that all five spots are now filled and the team can move on to the next action of the offense.

Variation – Cutting Through the Nail

Another variation of this offense I wanted to share with you is the option to 'cut through the nail' every time a player cuts to the top of the key.

This is most commonly seen in Bob Huggins' Open Post Motion offense.

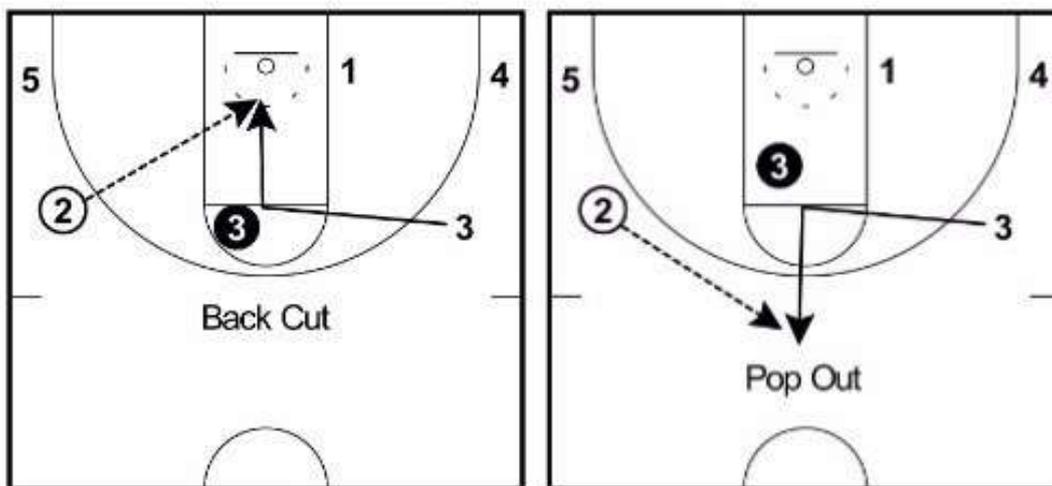
Instead of filling to the top spot just like any of the other 4 spots, players are required to L-cut through the nail.

Note – The 'nail' is the spot at the very middle of the free-throw line.



When players cut through the nail, they're required to decide whether to back cut or to pop out to the top spot depending on how their defender is playing them.

If the defender is denying them from receiving the basketball, the player must immediately back cut and then fill the weak side corner.



If the defender is playing off them, the player cuts out to the top spot to receive the pass.

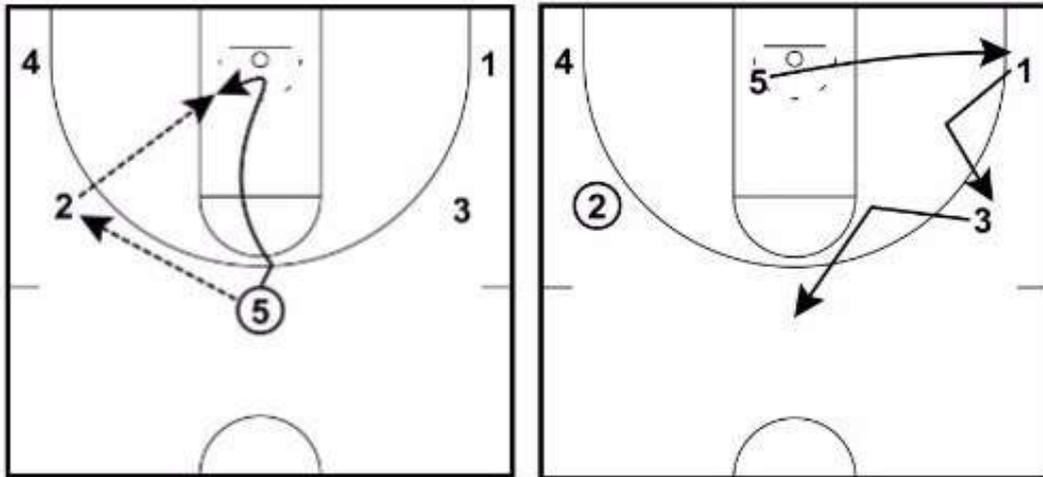
By implementing this variation to the 5 out motion you will achieve two things...

1. It will take away the defenders ability to get a deflection which leads to the opponent's fast break.
2. It can lead to some easy scores off the back cuts.

Getting the Basketball to the Post

The best way to get the basketball inside to players who have a mismatch is to allow those players to establish quick post up position after every through the key.

The player posting up is only allowed to hold this position for 1 – 2 seconds before clearing out if they don't receive the pass.



This ensures that the 5 out motion offense continues to run smoothly.

To take advantage of this mismatch, it's important that players with the basketball are looking at cutters to take advantage of the 1 – 2 seconds that they secure inside position.

Posting up isn't restricted to your biggest players. Any match up on the floor with an advantage in the post can use this technique.

Transition Defense and Rebounding

One thing a lot of coaches will find confusing is that since all our players are standing outside the three-point line, who's going to rebound!?

The answer to this question will depend more on the personnel on your team and how aggressive you want to be rebounding the basketball.

I'll give you three options. Pick the one you like the most depending on your coaching style and players on your team.

- 1. The point guard always plays safety. The other four players crash the boards.**
- 2. The point guard and shooting guard always play safety. The other three players crash the boards.**
- 3. Everyone below the free throw line rebounds. Everyone above the free throw line plays safety.**

What you'll quickly realize is that the 5 out motion can lead to a lot of offensive rebounds as long as your designated players are willing to work hard for them.

By starting on the perimeter when a shot is put up, it's incredibly difficult for the defense to box out an offensive player with a running start.

If you have any tough and athletic players on your team, expect them to grab a lot of offensive rebounds!

Conclusion

The 5 out motion offense is a great offense for any basketball coach to learn and implement with their team.

Being a very common offense, even if you don't use it with your own team, it's important for all coaches to learn about so that they know how to defend when playing against it.

It allows players to practice all skills, gets the whole team involved, and can be easy to teach as long as you're using the right progressions and not trying to implement the whole offense at once.

Any basketball coach who uses this offense will know they're improving their players!

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.

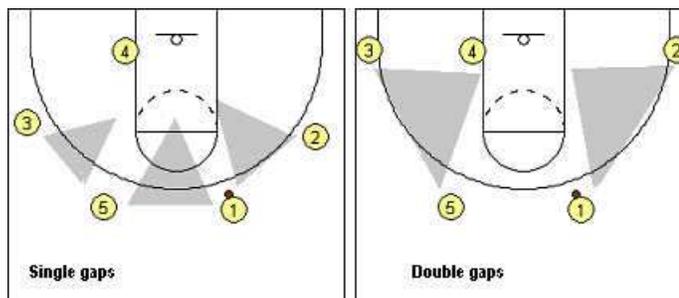


Spacing and Creating Gaps

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.

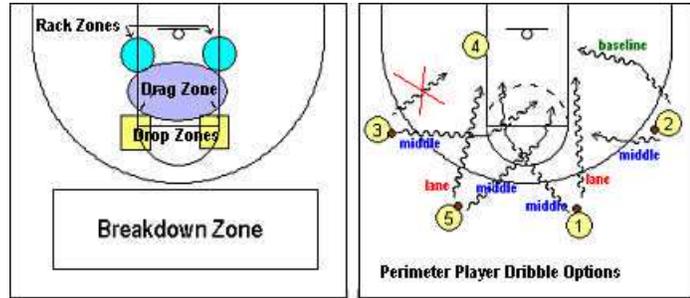
By moving O2 and O3 deep into the corners, as seen in the right diagram, we create "double gaps", which are much easier to attack. Further below, we will even discuss how to create a "triple gap".



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

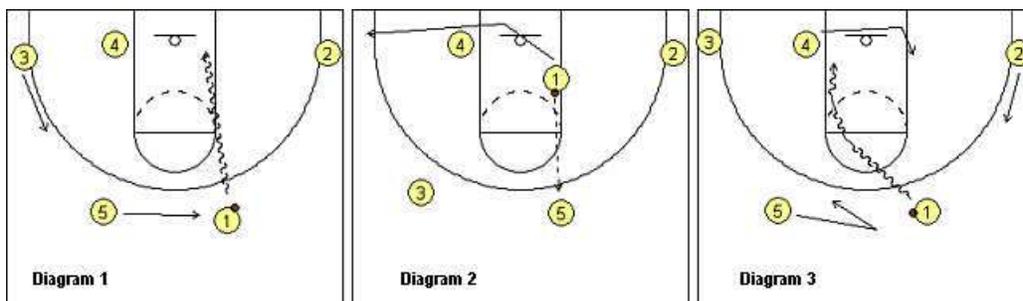
O1 has two dribble-penetration options... (1) up the lane and (2) to the middle.

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

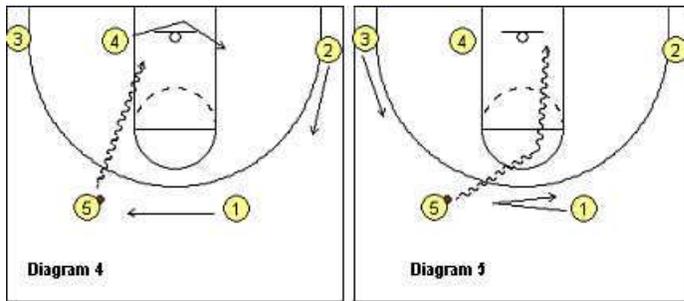
O5 has two dribble-penetration options... (1) up the lane and (2) to the middle.

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

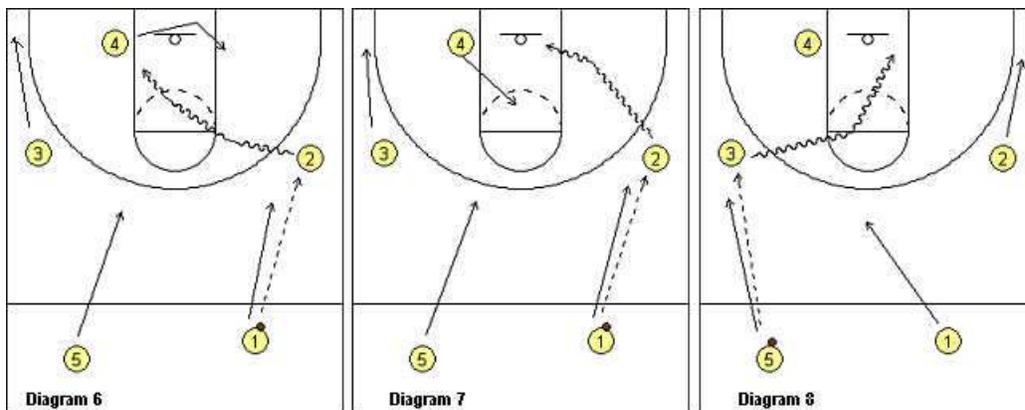
O2 has two dribble-penetration options... (1) middle and (2) baseline. Diagram 6 below shows transition. Notice that O2 and O3 are high on the wing when the ball is still in the back-court, as we always want O1 (and O5) to try to pass quickly up the court to either O2 or O3. If the ball is not passed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

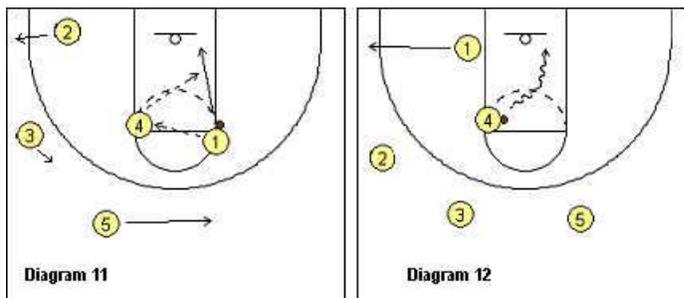


"Drop 2, 1-4 Give and Go"

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.

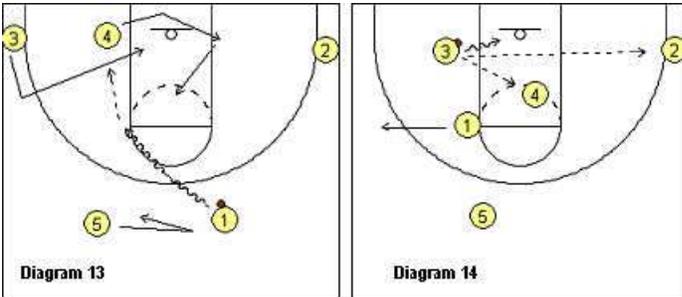
Drop 2, O4 Clear-Out

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).

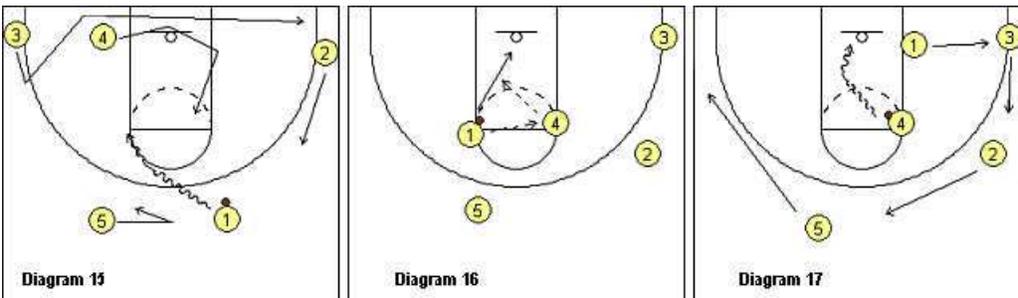


"Drop 3, 1-4 Give and Go"

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.

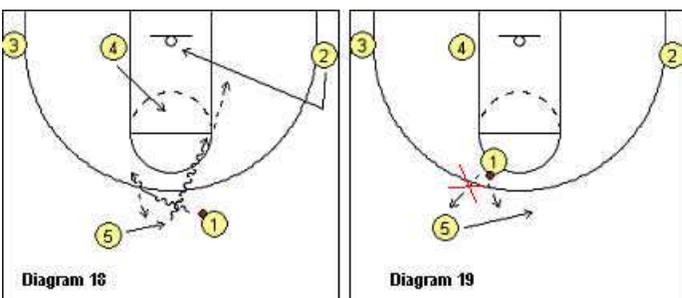


Kick-Backs

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

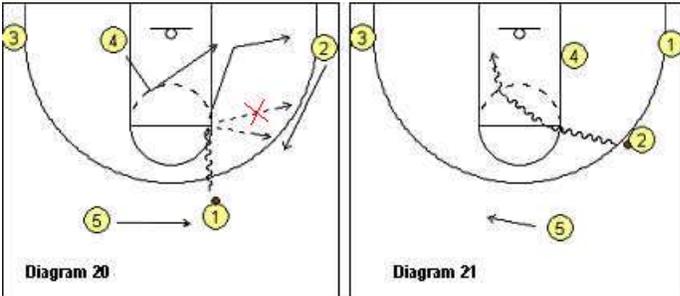
Don't make the kick-back pass too soon (a "negative" kick-back)... the receiver should be even or just past the ball so that he/she can immediately turn and attack the gap (a "positive" kick-back). If O5 gets the kick-back too soon (see diagram 19 - the red X), we haven't gained anything and the gap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



Kick-Ups

Kick-Up to O2

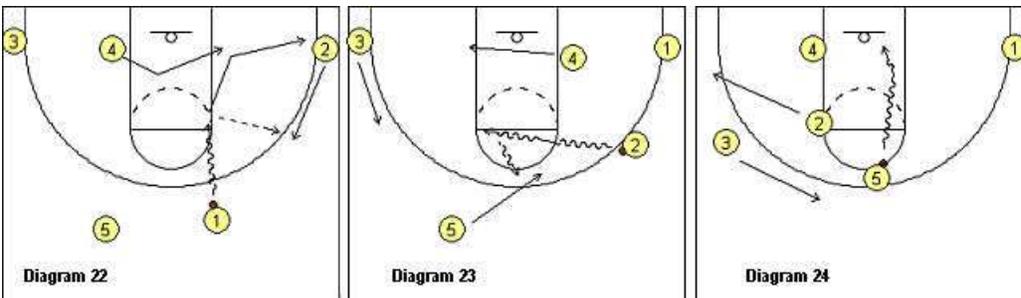
See diagram 20. O1 attacks the lane and stops in the drop zone. Ordinarily, we look for a "drop-2" here with O2 back-cutting. But if the X2 defender is sagging inside, O2 comes up to the wing and gets a "kick-up" pass from O1, and O1 goes to the corner. Like the kick-back pass, the kick-up pass should 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.

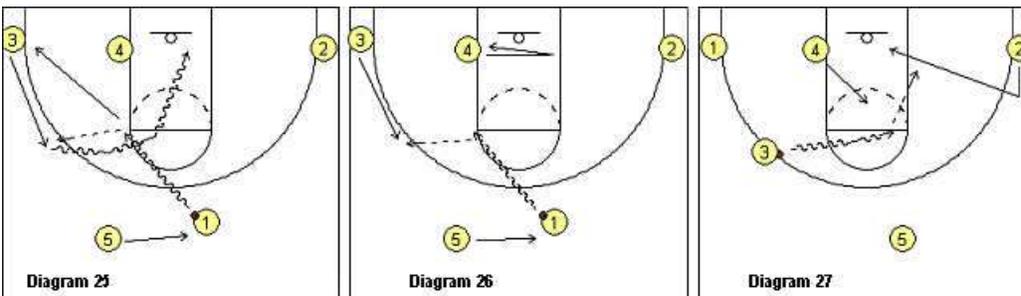
Diagram 23 now shows O2 making a kick-back to O5. O5 then attacks up the right lane line (diagram 24). O4 has re-located to the left block and O2 cuts out to the left corner as O3 rotates up top. Oftentimes in a game, it's not the first dribble attack that results in a basket, but the second, third or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

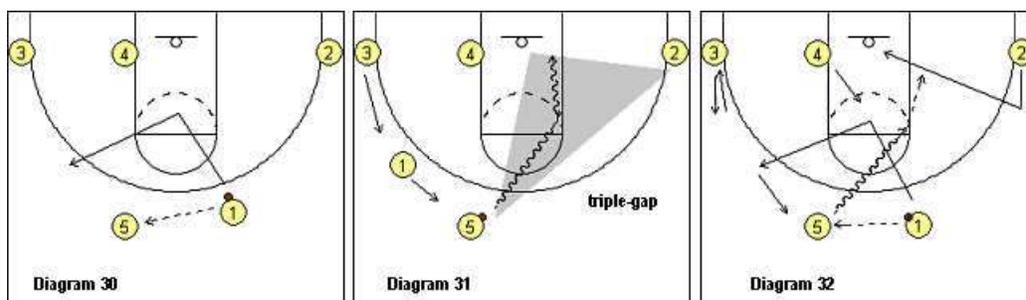


Playing in the Gaps

"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.

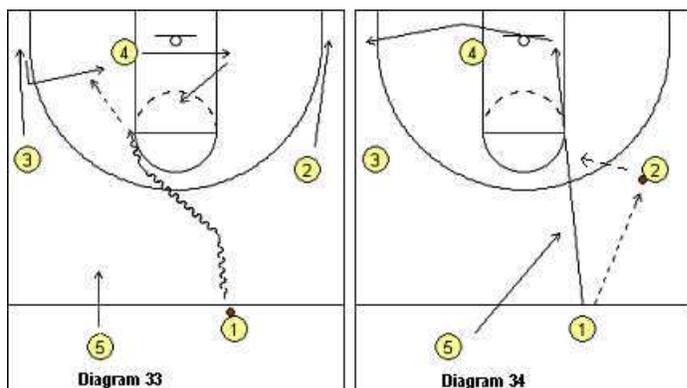


Transition

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.

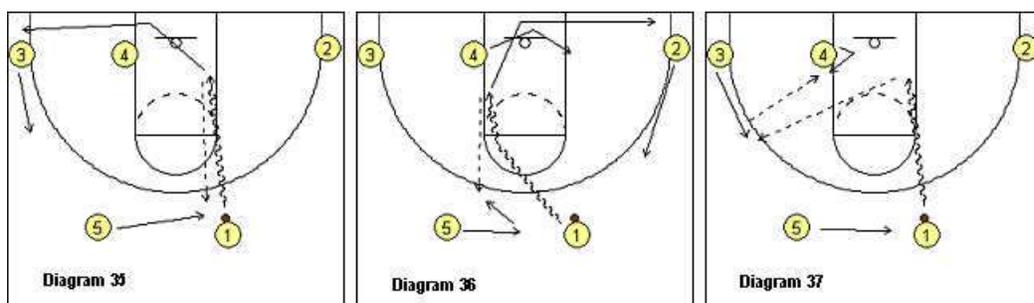
"Drag-5"

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

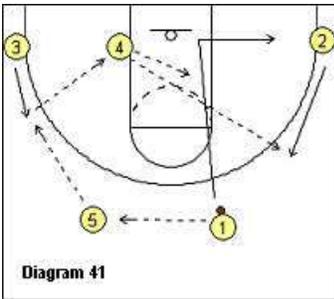
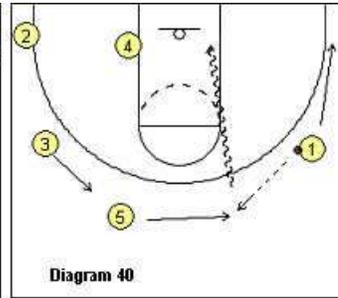
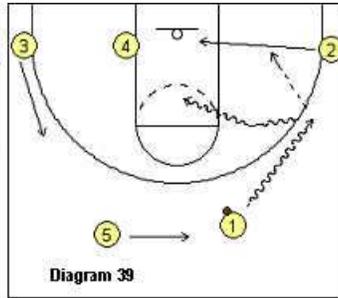
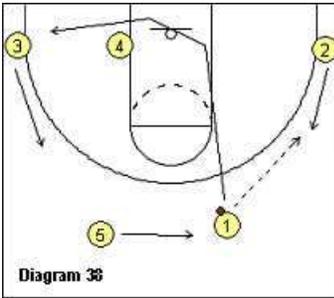
Diagram 38. Sometimes the X1 defender is tough to beat. Here, O1 passes to O2 on the wing, and in accordance with our "pass and cut" rule, O1 cuts through for a possible give and go pass back from O2. O1 re-locates to the opposite corner, as O3 rotates up, and O5 rotates over to O1's vacated spot.

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.

Copyright © 2001-2010, James A. Gels, all rights reserved.

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

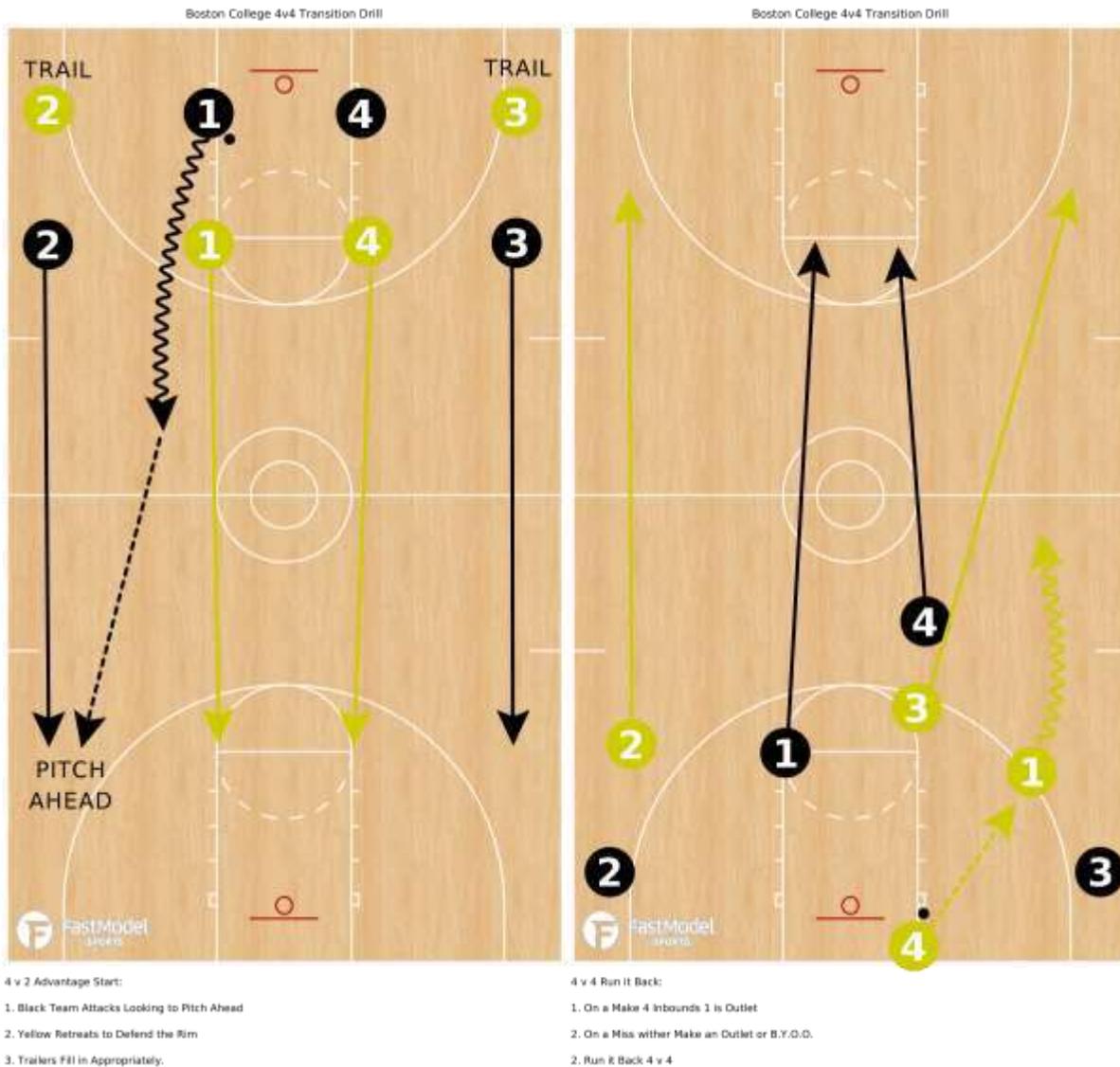
Dribble Drive Motion teams generally have an attack mentality built into their half court play, and we want the to extend to the full court as well. We view the Transition Development portion of our practice as a critical element to our success. In a typical practice, we carve out at least 20-30 minutes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

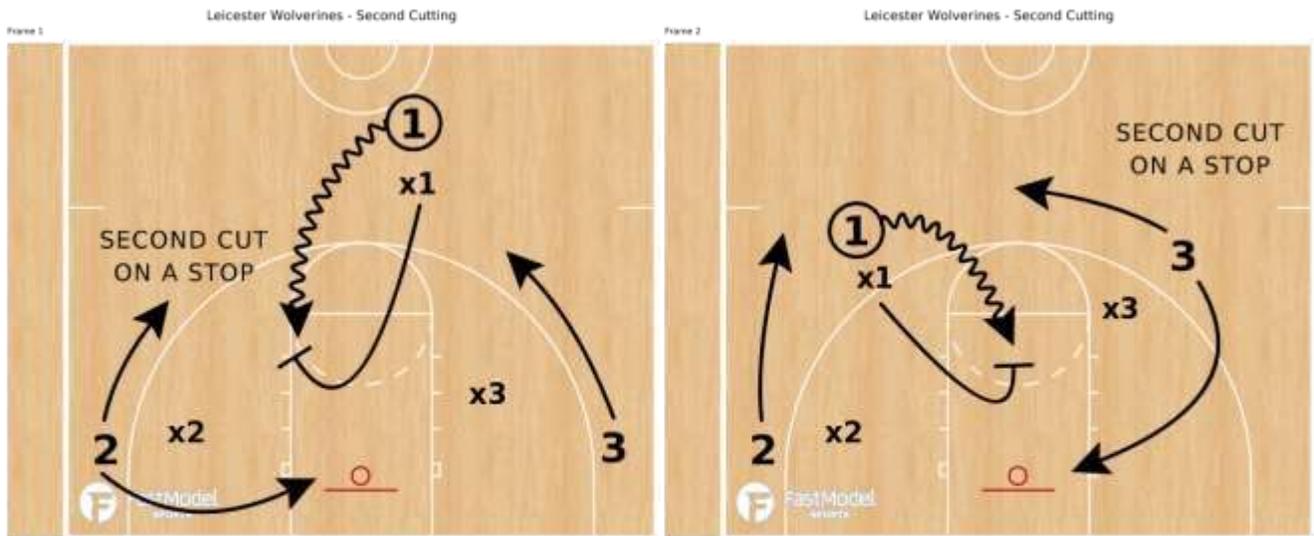
Using Short Sided Games has become an integral part of our practice plans in recent years. So we typically use various **2v2**, **3v3**, and **4v4** games to allow our players to get more touches and opportunities to apply the skills we've worked on in practice. Naturally, in this section of practice 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.

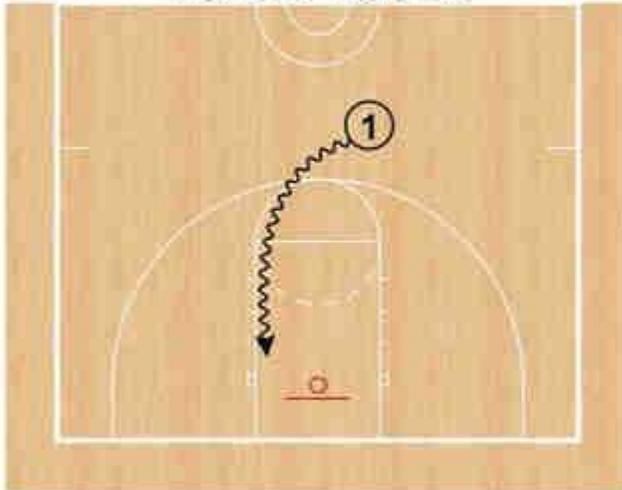


I - Skill Development

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

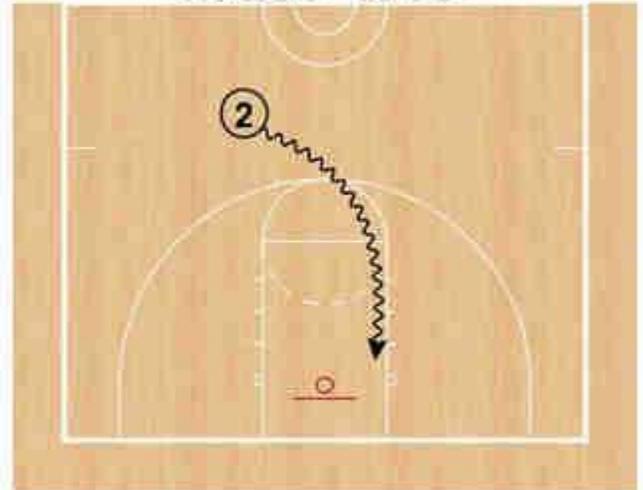
1. Slot Drive - Right Hand



Perimeter Attack - Spot #1 (Right Slot):

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

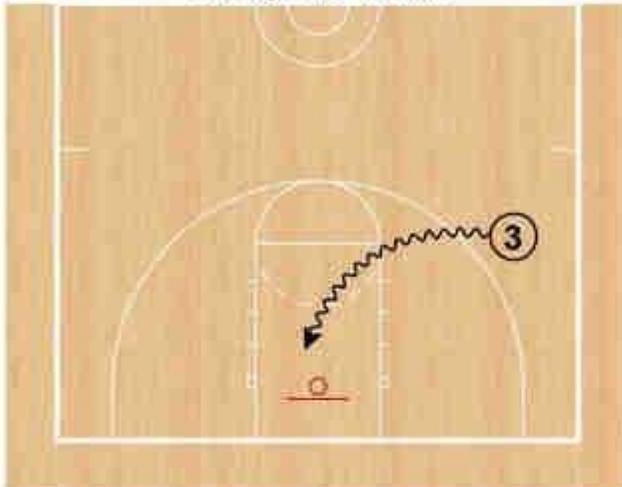
2. Slot Drive -- Left Hand



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

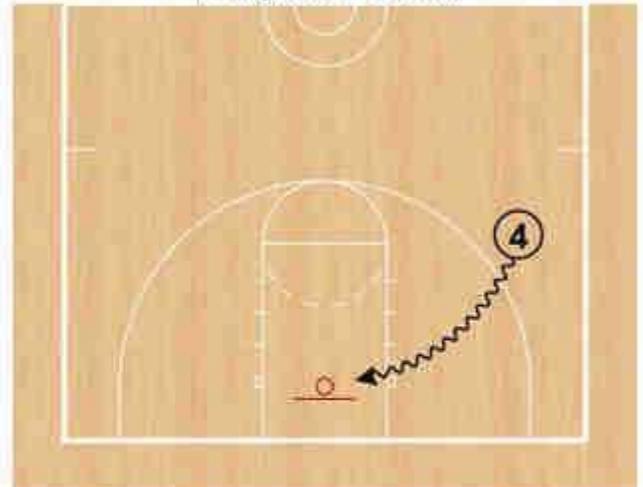
3. Wing Drive - Middle



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.

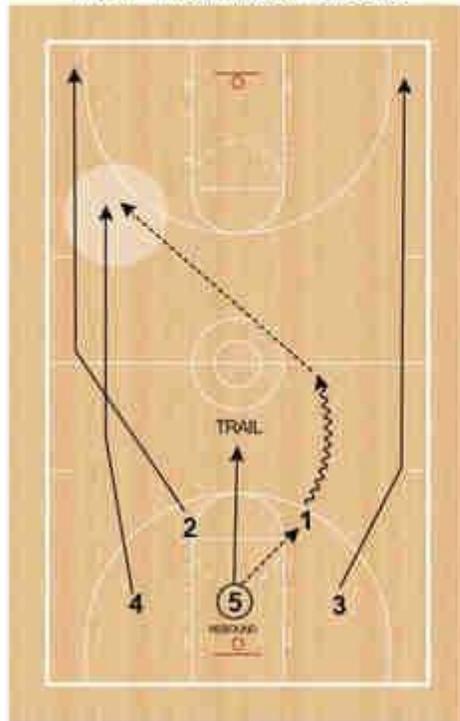
II - Transition

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](#).

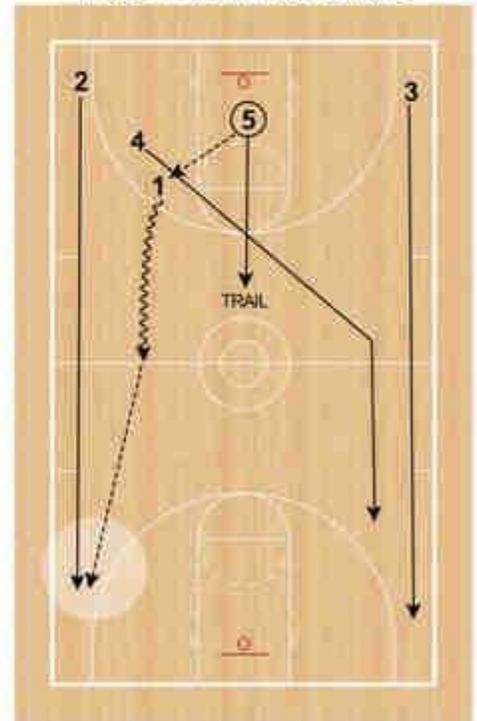
The progression for this block begins with 5/0 work where players are learning their running lanes and working their way through our transition options. From there, we will progress to 5/3 where the offense is working on finding the advantage as quickly as possible. Finally, we will work 5/5 with the 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

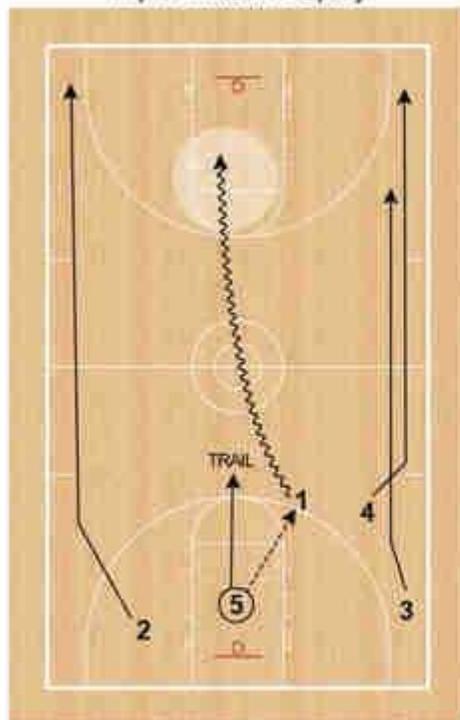
Trip 1 - Pitch Ahead Opposite



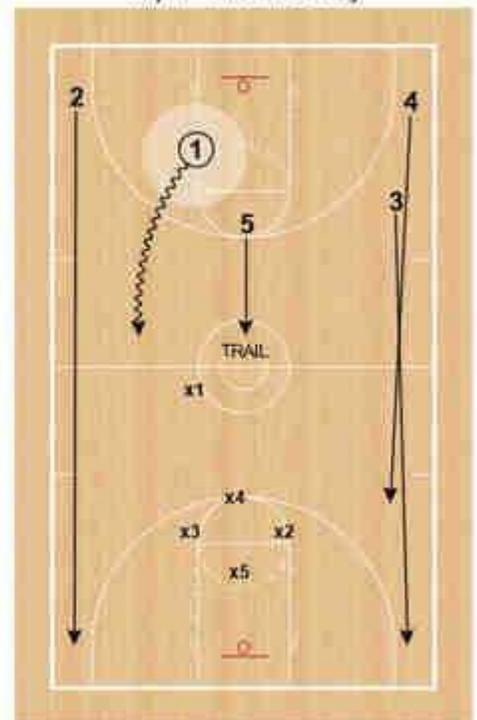
Trip 2 - Pitch Ahead Ballside



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:

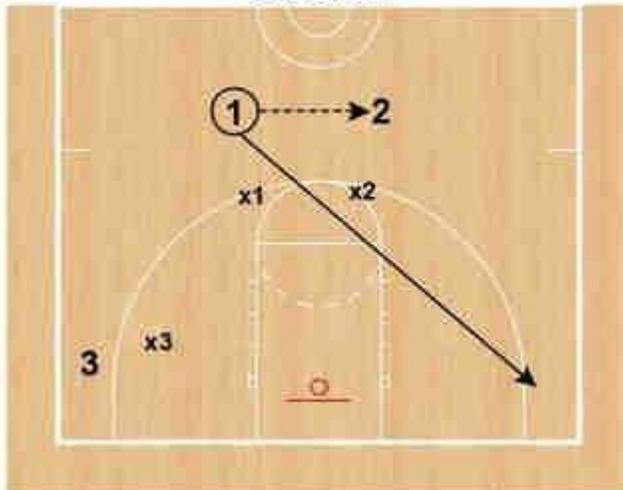
- ***Second Cutting*** – Knowing where to cut while anticipating a dribble stop.
- ***Penetration Reactions*** – How to maximize spacing off the basketball.

- ***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

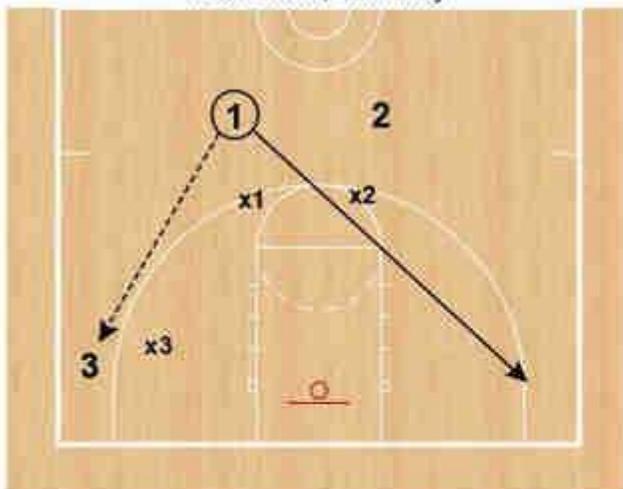
Blur Screen



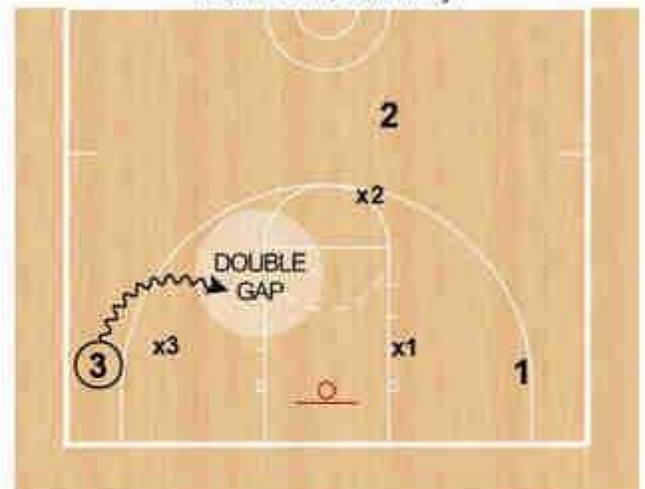
3/3 Double Gaps (Blur)

- 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.

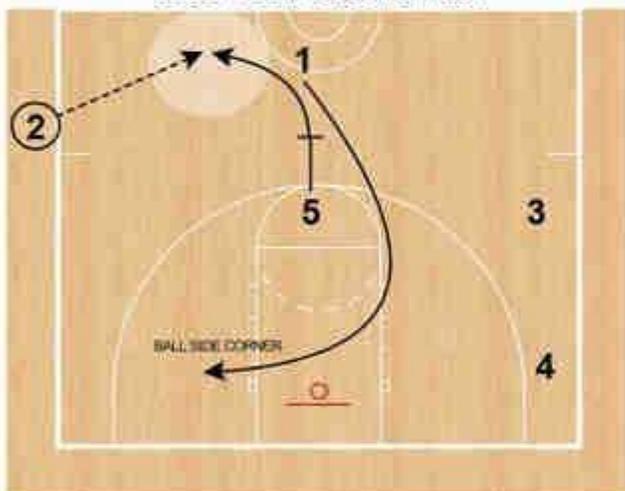
IV - 5/5 Live Play

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.

Here, There, & Back

SLOB - Back Screen & Flash

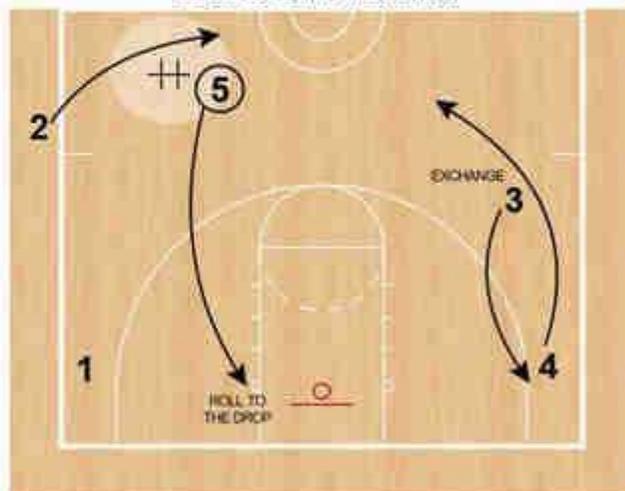


SLOB - Backs Screen & Flash:

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

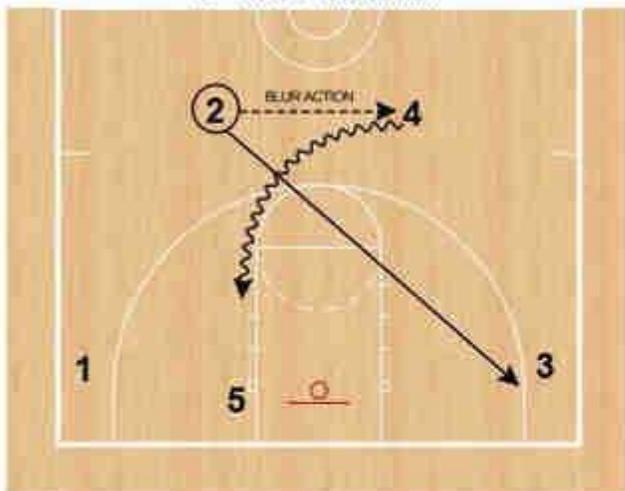


SLOB - Here, There, & Back -

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

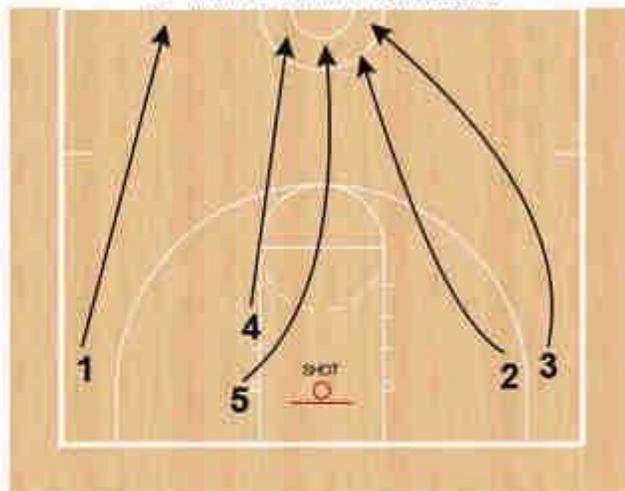


SLOB - "Here, There, & Back" -

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.

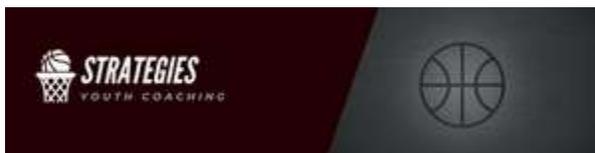
Practice Strategies in Youth Coaching

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.)



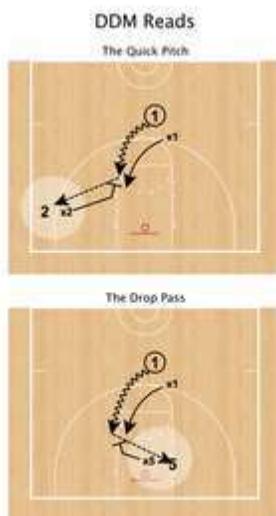
Stride Stops - This would be our preferred stopping method in the drop zone. We are landing back foot, front foot. Ready to deliver a pass or pivot.

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

-
-
-
- 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

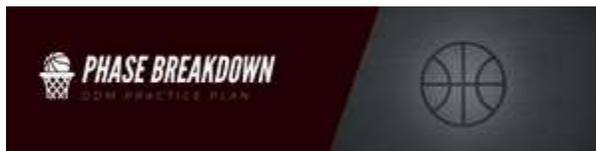
We're working on establishing Running Lanes, our Read Progression, emphasizing finding Early Advantages, and teaching how to Seamlessly Flow into your Half Court Offense.

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.



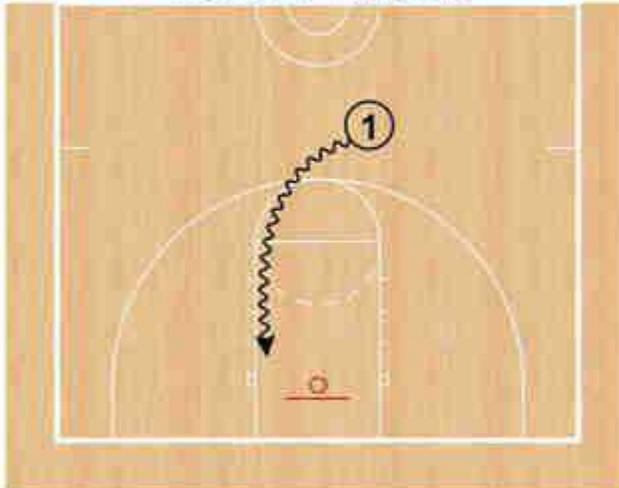
I - Skill Development

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

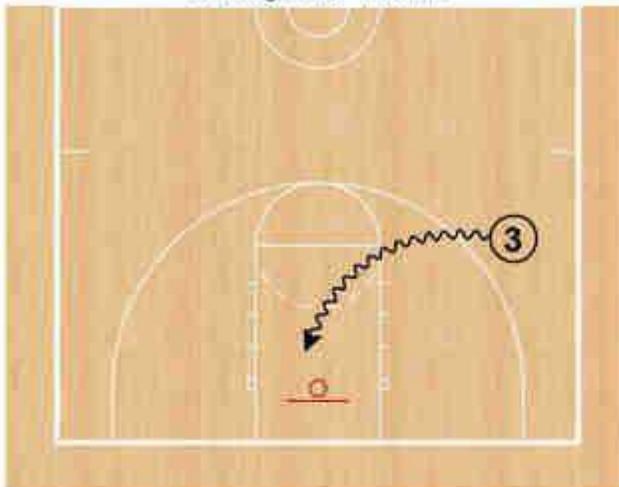
2. Slot Drive -- Left Hand



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

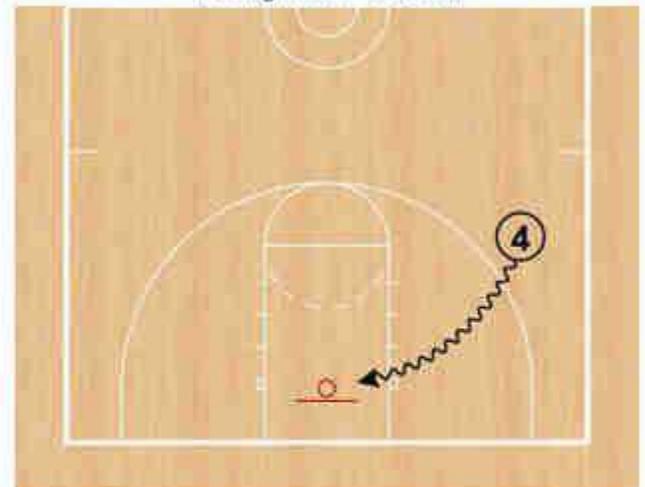
3. Wing Drive - Middle



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.

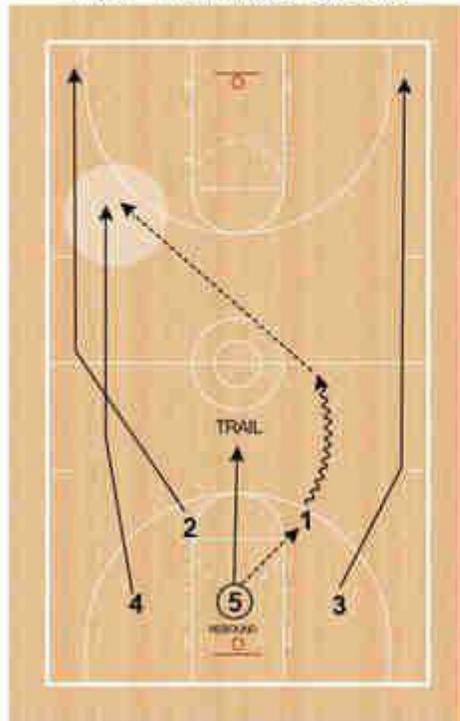
II - Transition

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](#).

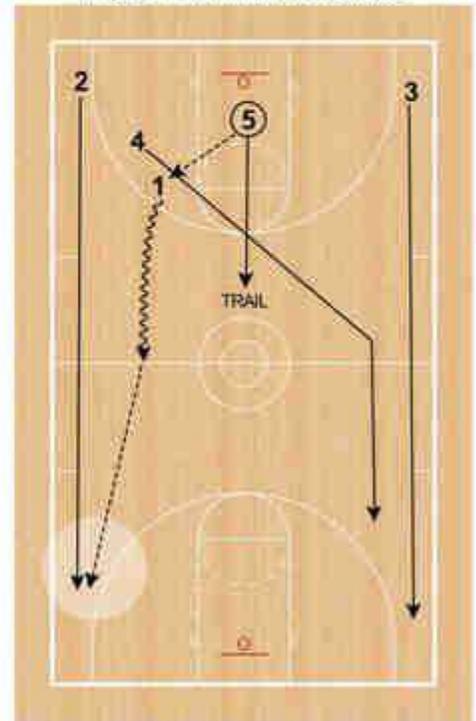
The progression for this block begins with 5/0 work where players are learning their running lanes and working their way through our transition options. From there, we will progress to 5/3 where the offense is working on finding the advantage as quickly as possible. Finally, we will work 5/5 with the 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

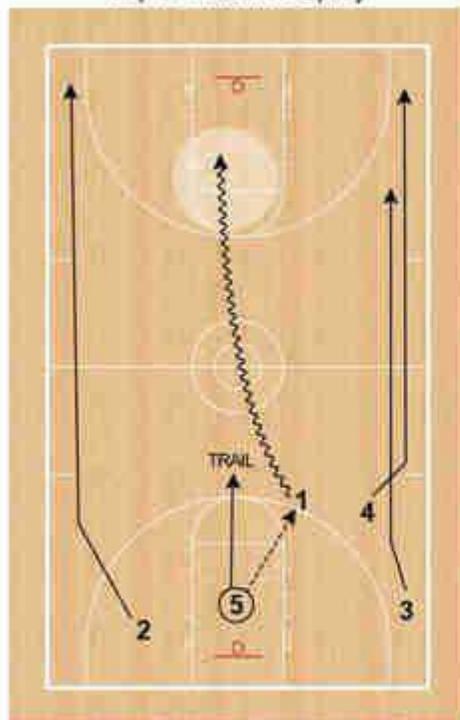
Trip 1 - Pitch Ahead Opposite



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:

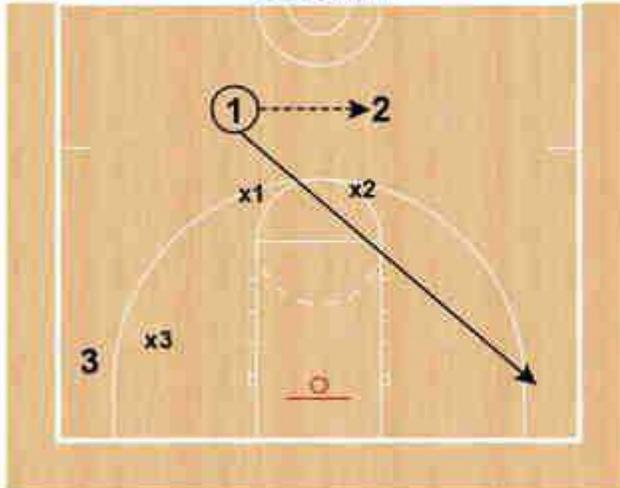
- ***Second Cutting*** – Knowing where to cut while anticipating a dribble stop.
- ***Penetration Reactions*** – How to maximize spacing off the basketball.

- ***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

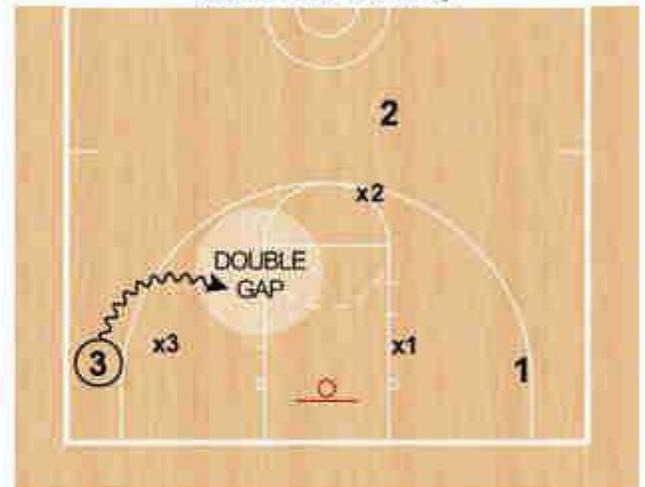


3/3 Double Gaps (Rflur):
 A. Once the Double Gap is opened, the Ball Handler attacks it off the dribble.

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.

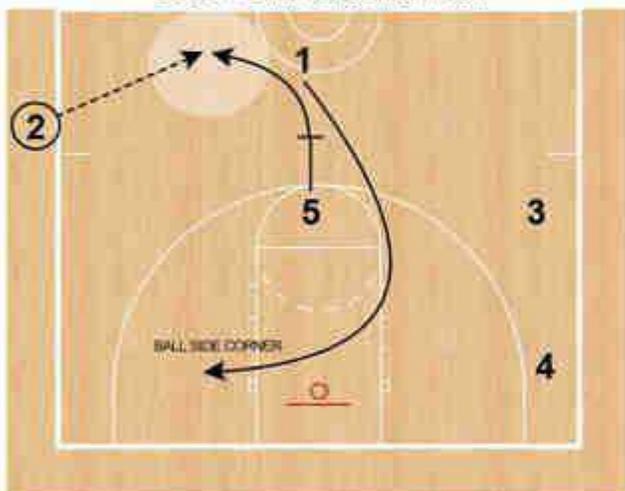
IV - 5/5 Live Play

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

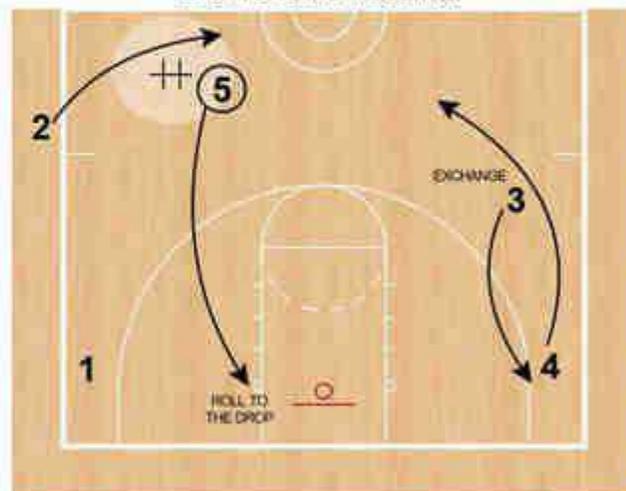


SLOB - Backs Screen & Flash:

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

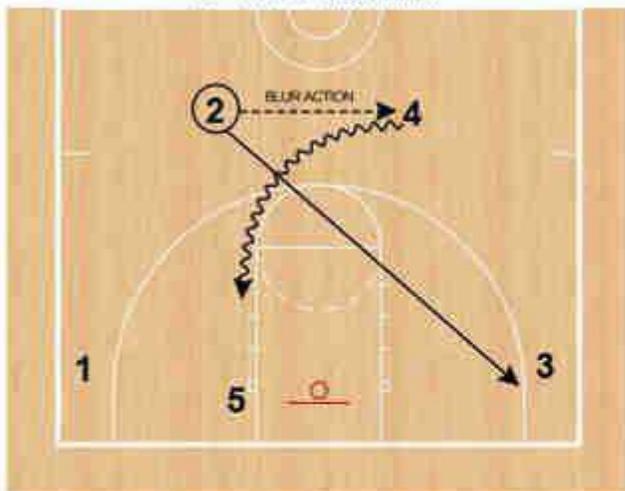


SLOB - Here, There, & Back -

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

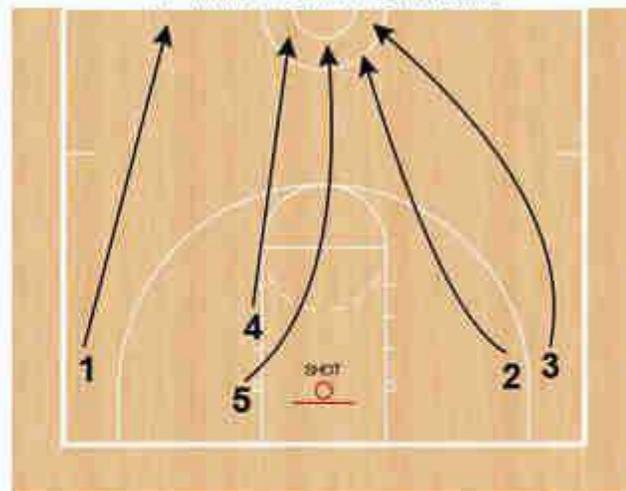


SLOB - "Here, There, & Back" -

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

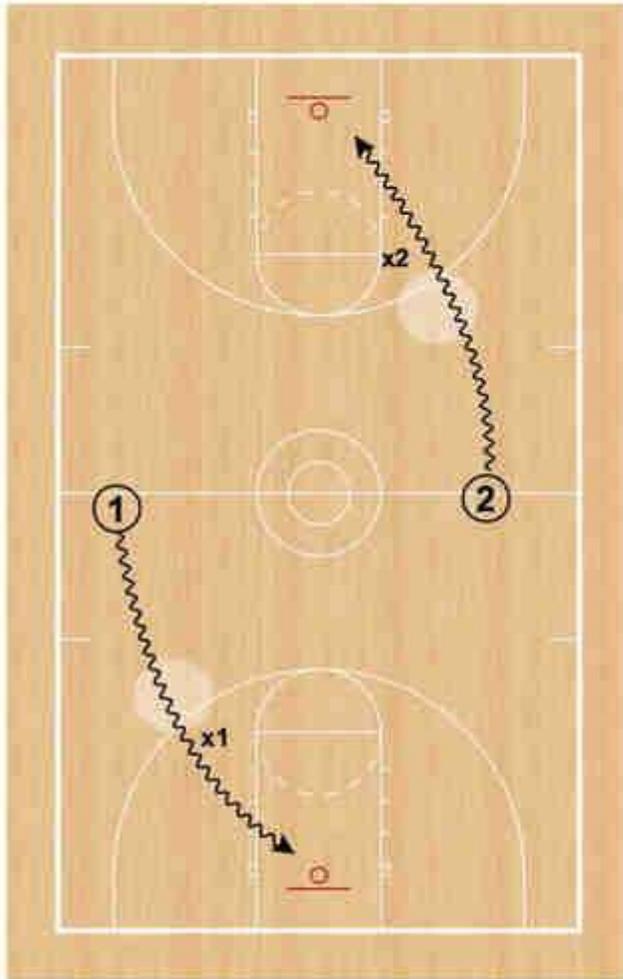
Being able to execute simply attacking moves off the dribble is an essential skill for scoring in dribble drive motion. Whether we are in transition or in the half-court we are trying to create double gaps for the basketball to attack into. Whenever we have a defender that is isolated in the middle of 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

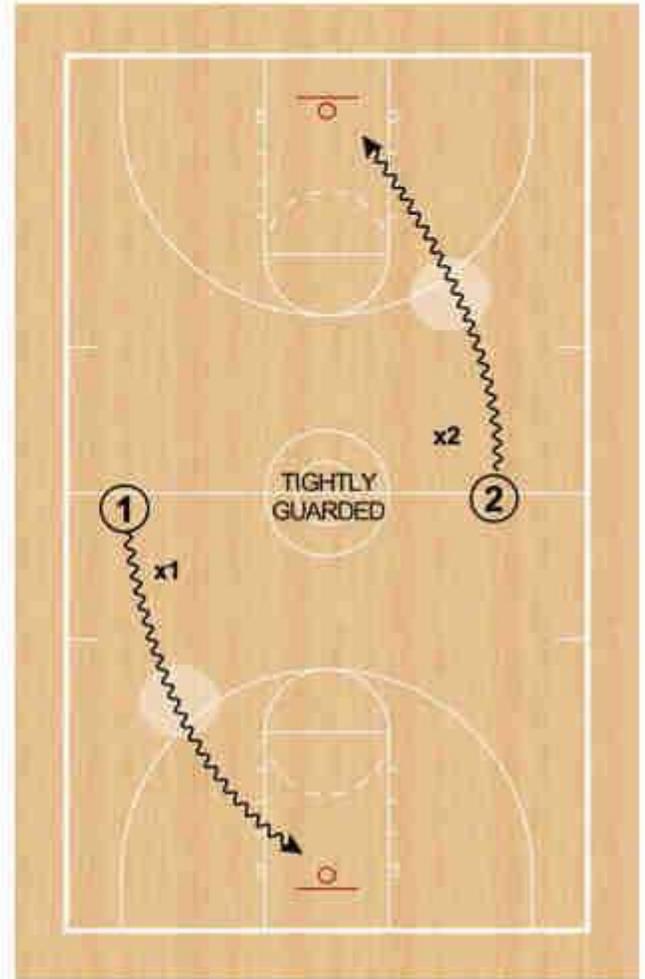
1/1 Dribble Attacks



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

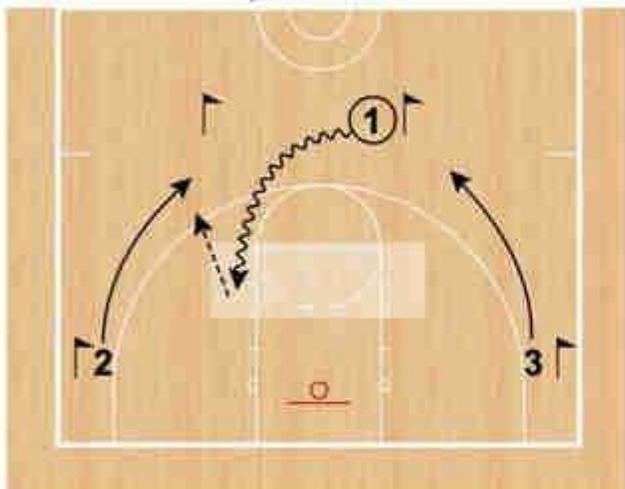
Clean *dribble stops* are an essential part of a dribble-drive offense skill set. The majority of drives are not going to get all the way to the rim, and in order to keep the pressure on the defense, we need to conduct clean stops to keep the ball moving. From a technique perspective, we place heavy 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

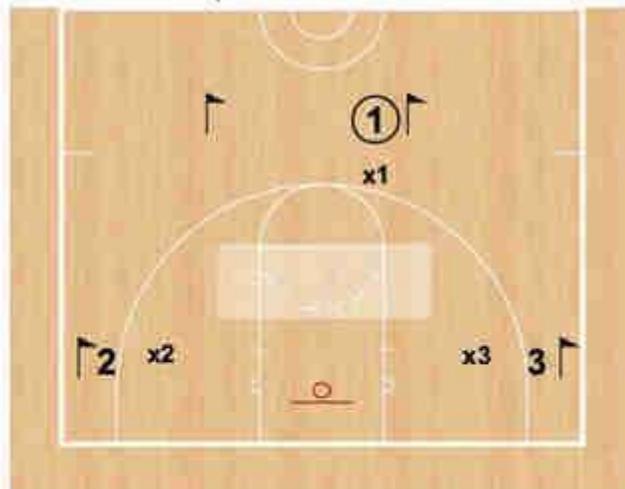
3/0 Finish



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.

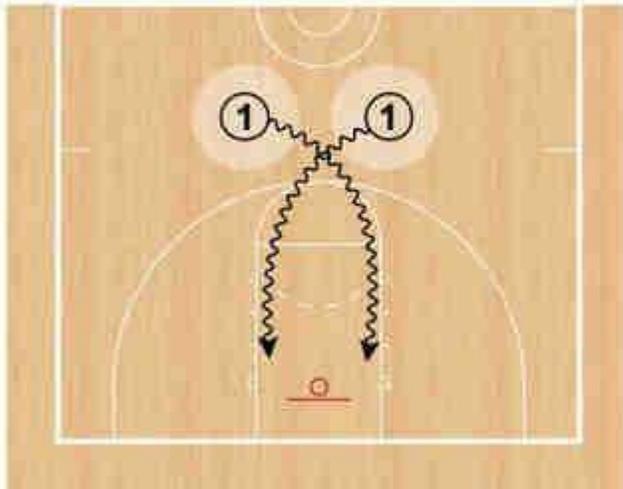


III - Finishing at the Rim

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.

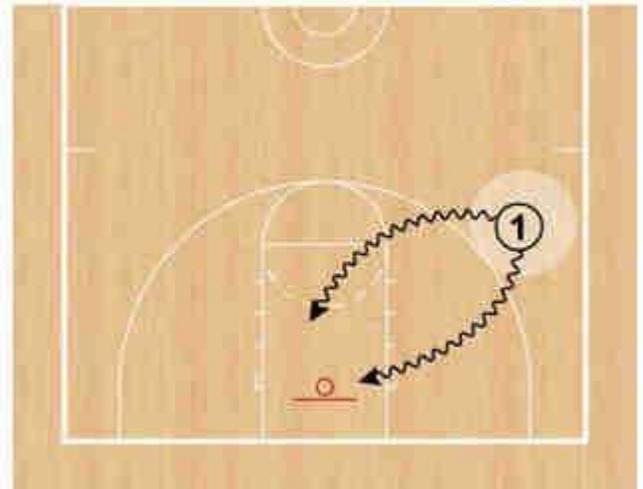
Finishing School

SKILL DEVELOPMENT



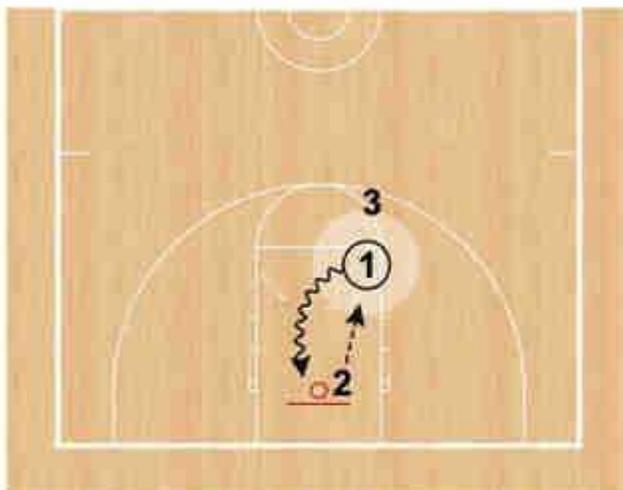
Finishing School: (Slot Perimeter Attack)
1/0 Finishing from both the Right and Left Slots. Each Player has a ball and one player attacks after the man before finishes his shot.

- 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

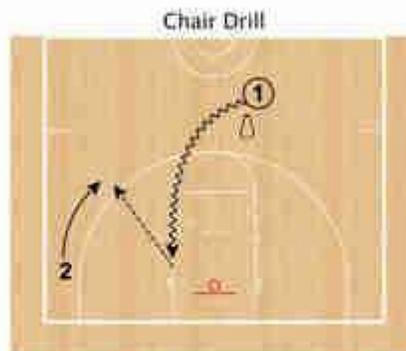
SKILL DEVELOPMENT



Chair Drill – (Quick Pitch):

- A. Ball Handler Drill the Slot
- B. Passer Kicks it to the Corner Man

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – (Kick Up):

- A. Ball Handler Drill the Slot
- B. Passer Stride Stops & Makes the Kick Up Pass
- C. Shooter Shoots

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – (Nash):

- A. Ball Handler Drill the Slot
- B. Passer Dribble Through the Paint
- C. Passer Kick to the Corner Man for the Shot

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – "One More": (Quick Pitch)

- A. Ball Handler Drill the Slot
- B. Passer Kicks it to the Corner Man

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – "One More": (Kick Up)

- A. Ball Handler Drill the Slot
- B. Passer Stride Stops & Makes the Kick Up Pass
- C. Shooter Shoots

* Passer become Shooter, Shooter gets Rebound.



Chair Drill – "One More": (Nash)

- A. Ball Handler Drill the Slot
- B. Passer Dribble Through the Paint
- C. 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

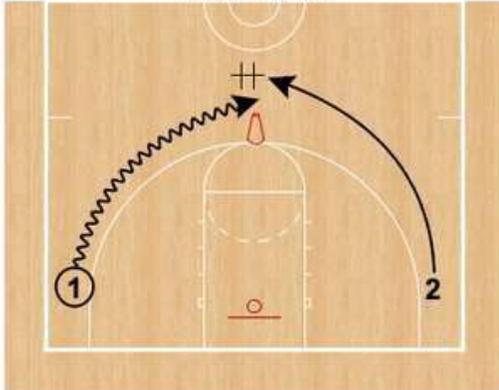
Russian Series

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.

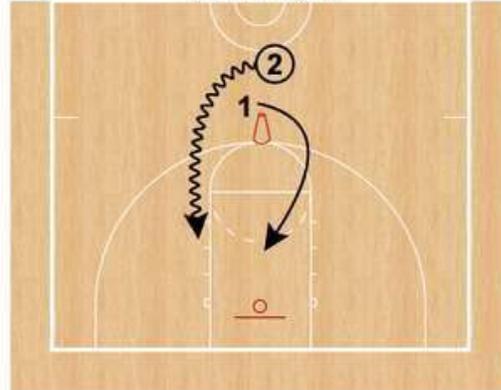
The Russian Series is simulating a Slot Drive and then the two most common reads that you will encounter vs help defense. In most cases we will start the Russian Series with a 'Guided Defense Instruction' (*Examples Listed Below*). After a few repetitions we will then move to a Live Session in which the defense is just trying to get a stop or contest the finish.

1/1 or 2/2 Russian (Reads)

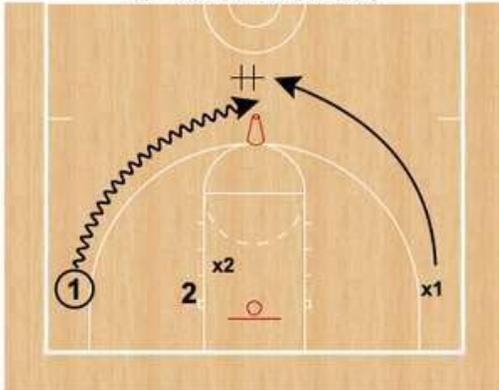
1/1 Russian (Rack)



1/1 Russian (Rack)



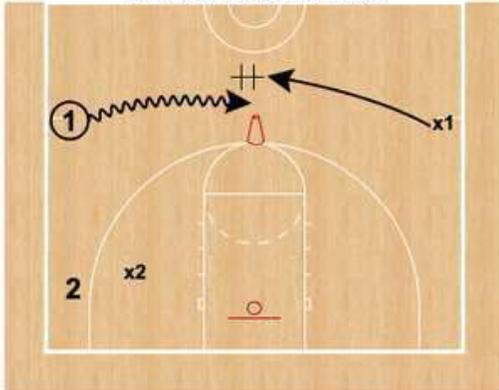
2/2 Russian (Drop Pass Read)



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.

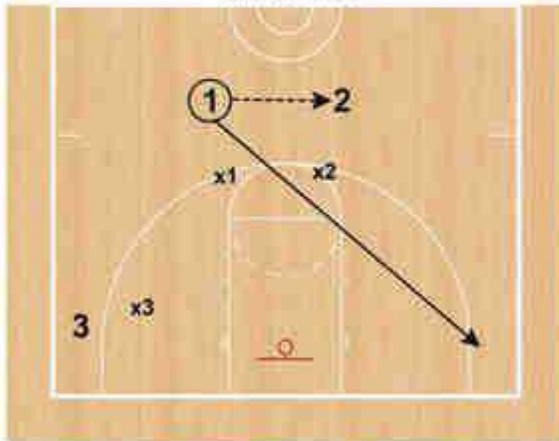
3/3 Double Gap Options:

- 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



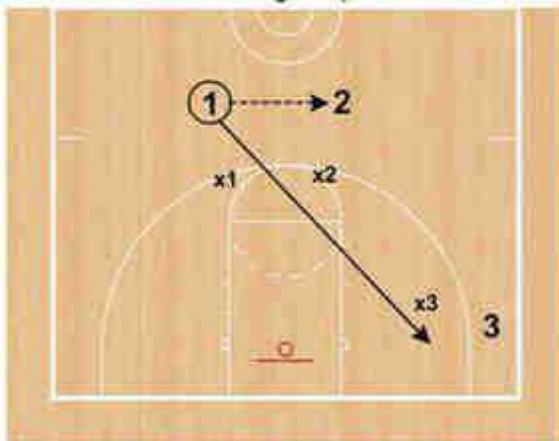
Pass Down, Cut Away



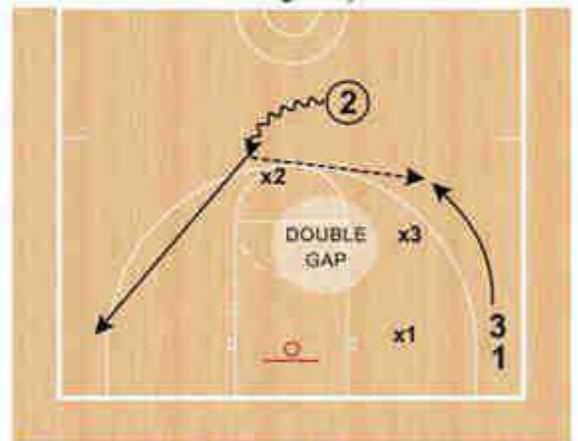
Pass Down, Cut Away



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.

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.

Coach Lynch Contact Info:

Email - mflynch21@yahoo.com

Twitter - [@CoachLynch_21](https://twitter.com/CoachLynch_21)

You Tube - Check out My Channel <https://bit.ly/3lfbvSp>

- [Practice](#)
- [Finishing](#)
- [DDM](#)
- [Skill Development](#)
- [Practice Film](#)
- [OFFENSE](#)
- •
- [PRACTICE](#)
- •
- [FINISHING SCHOOL](#)

4,608 views0 comments

15 likes. Post not marked as liked15



Michael Lynch

-
-
-
- Jul 9
-
- 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:

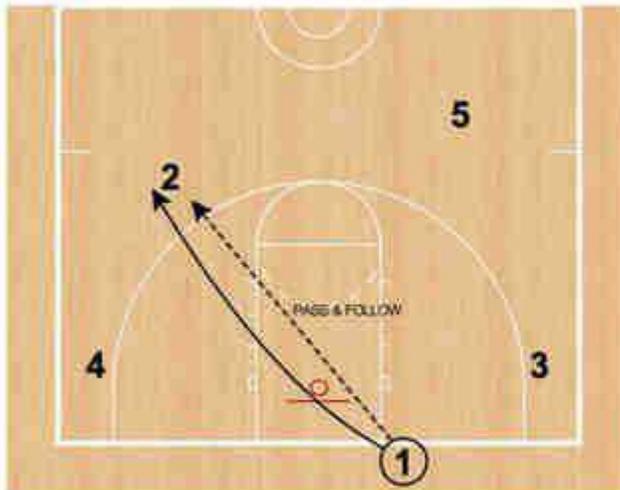
- [Designing a DDM Practice Plan](#)
- [Finishing School Deep Dive Page](#)
- [Motion Offense Shooting Drills](#)



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.

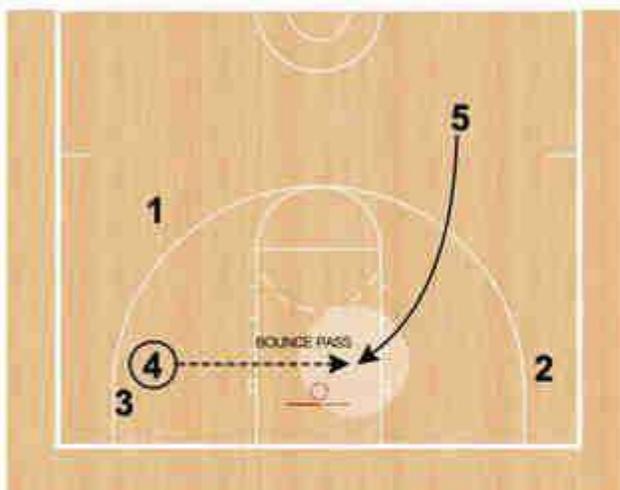
1. Ball Starts on Baseline (1)
2. Pass is Made to the Opposite Wing (2)
3. Always Follow your Pass



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.

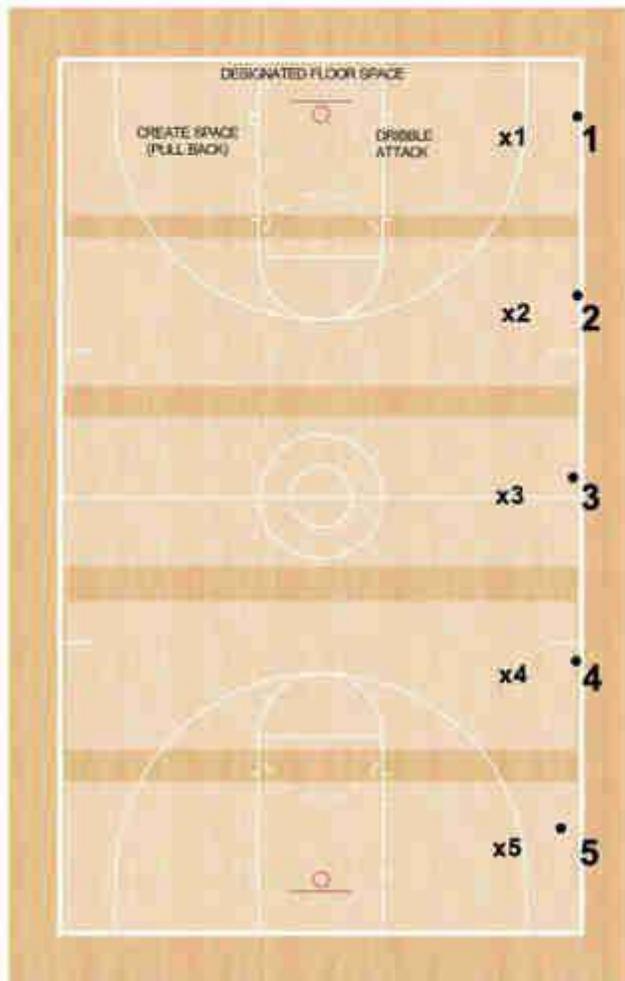
In the top-left diagram, you can see the rotation that a player would make from spot to spot.

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

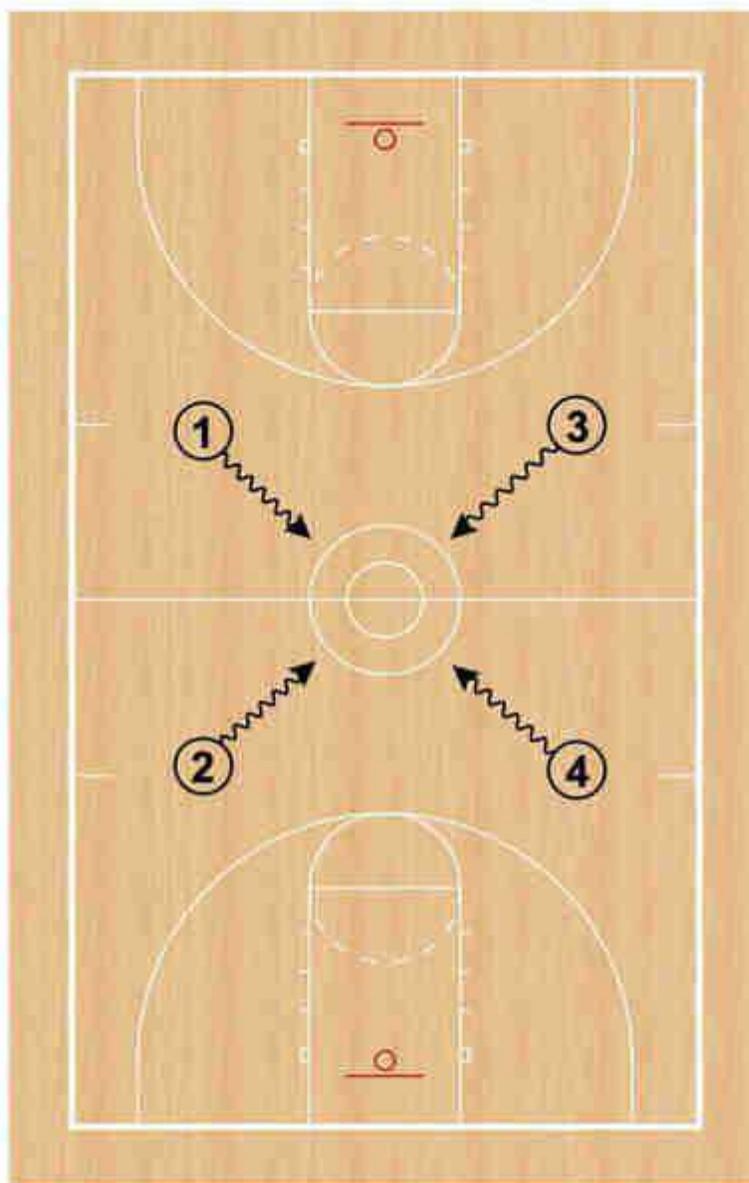
How it Works:

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 -

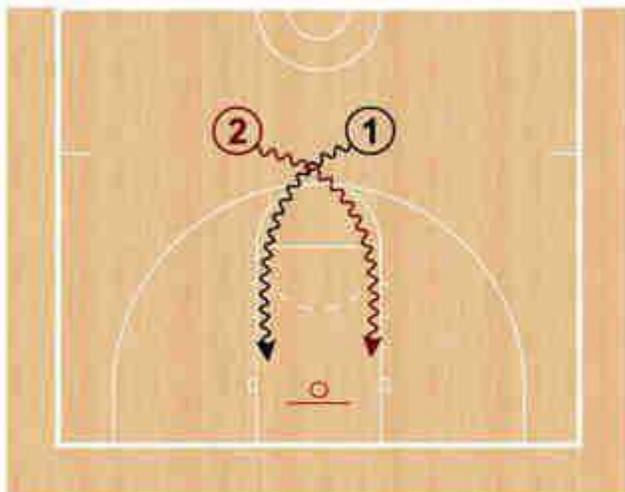
The most efficient shot in the game is a layup, but realistically very few layups come uncontested. So if we want to maximize our offensive efficiency we need to make *finishing* a high-priority skill in our practices. The options to work on finishing in practice are virtually endless, but there are 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

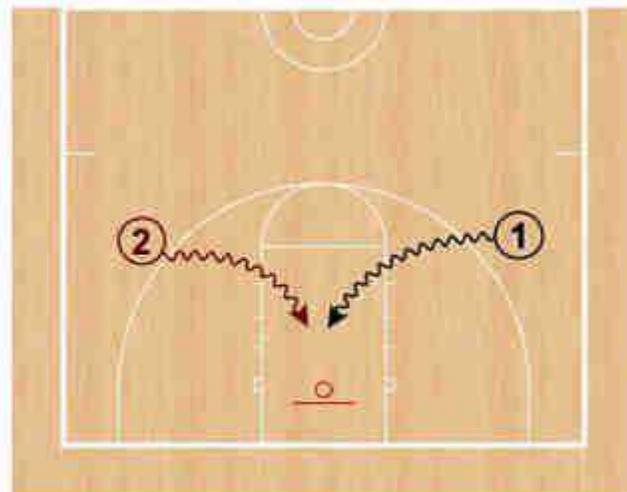


A. Slot Drives

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

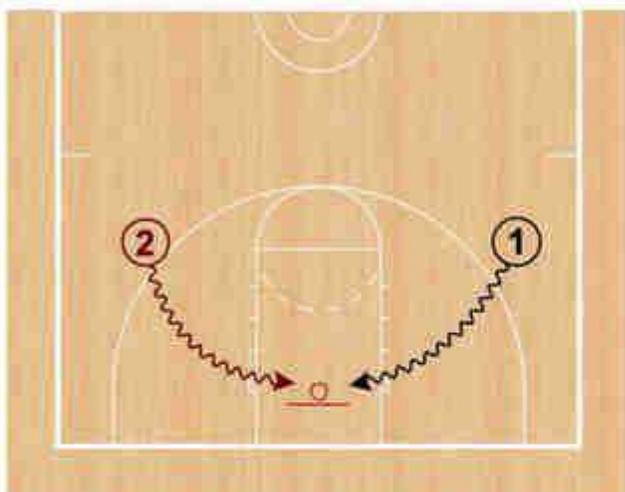


B. Drive the Elbow

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

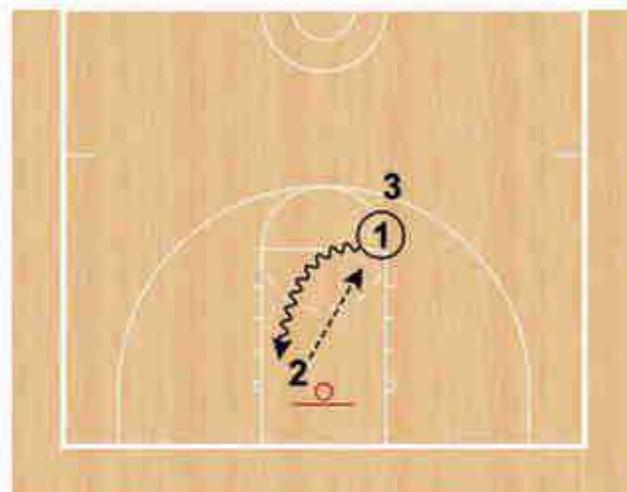


C. Baseline Drive

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.

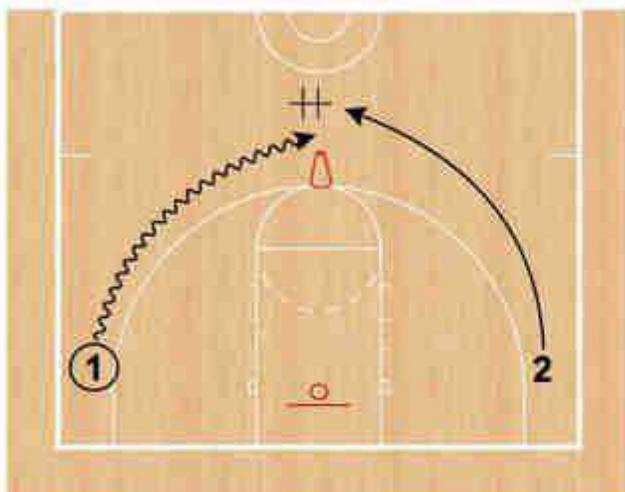
Our Goals are:

- 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

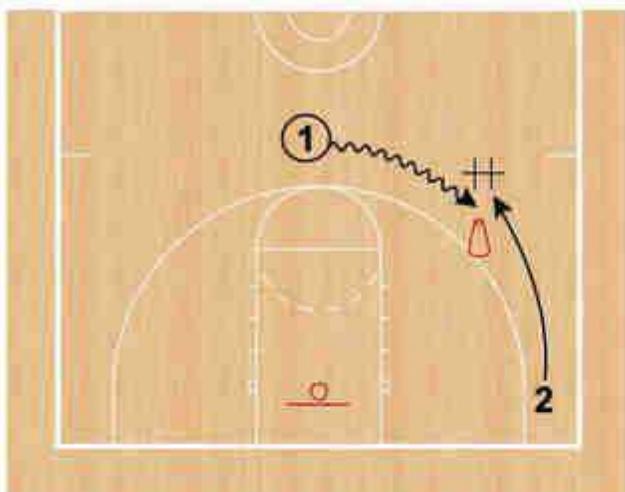


B. Attack Rim & Defend

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

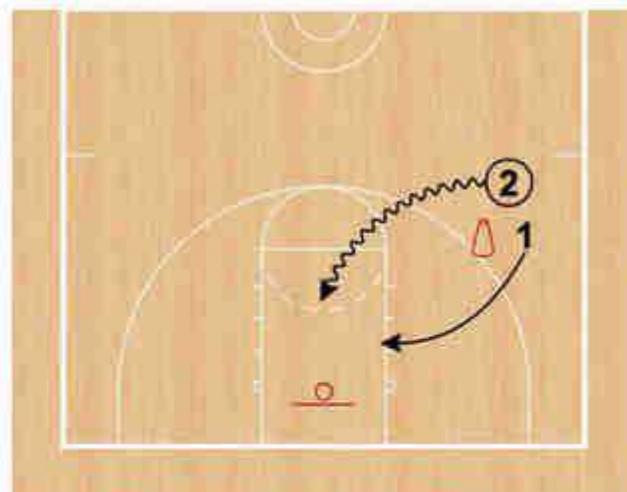
Coaches can dictate the finish they want, or allow players to score with any number of finishes.



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:

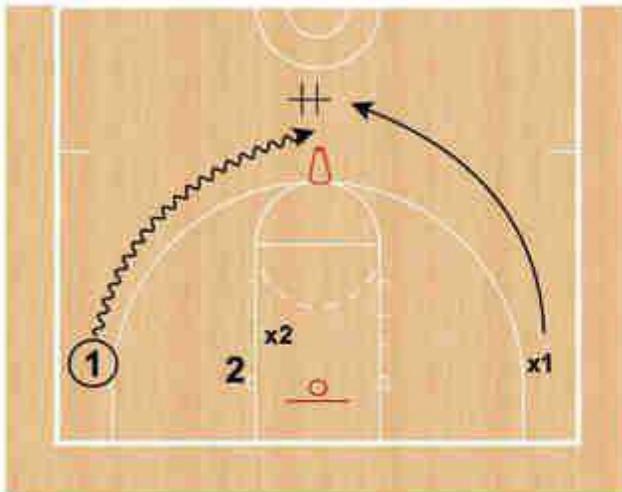
- **Guided** - Prescribed Defensive Action
- **Live** - Player Determined Defensive Reaction

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.

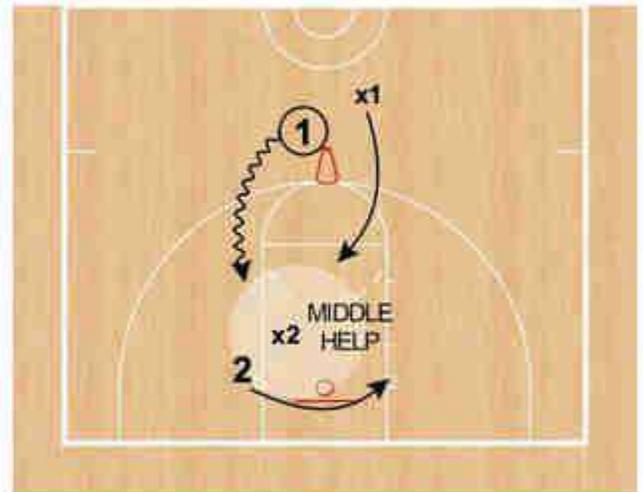
Skills – 2/2 Russian



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.

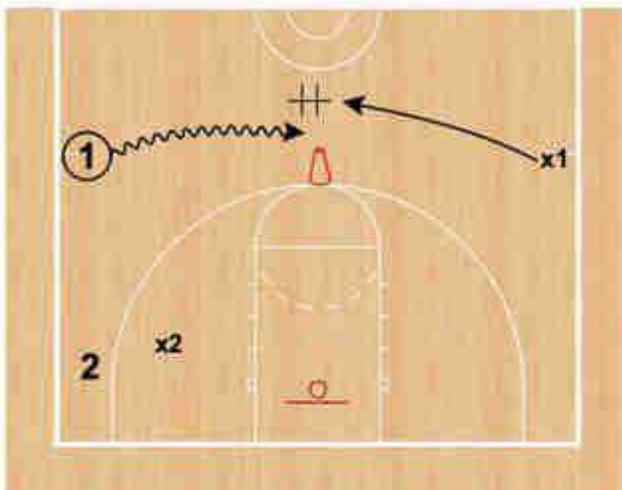
1. Same DHO Entry as 1/1 Russian
2. A "5 Man" and an Extra Defender now await the ball.



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.

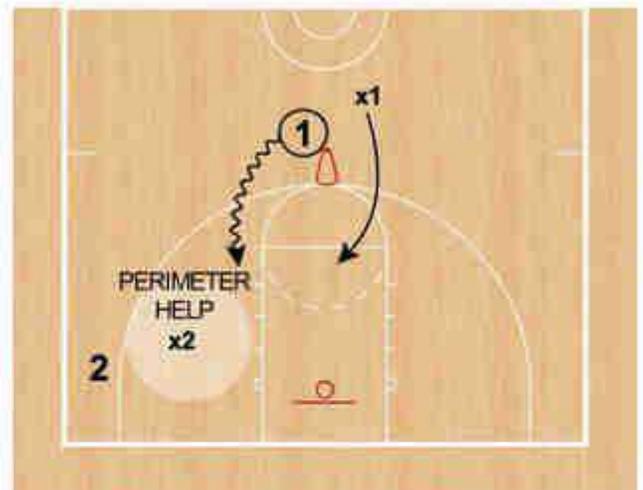
1. 1 is Looking to Score First
2. 2 Slides Away from the Drive



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



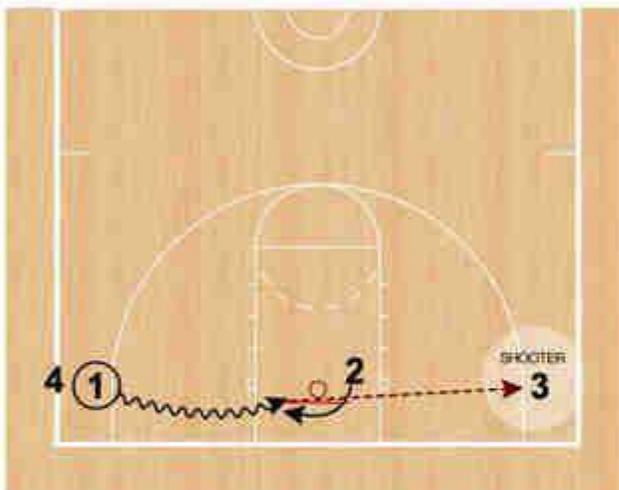
B. Shot #2 – Drive the Elbow

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:

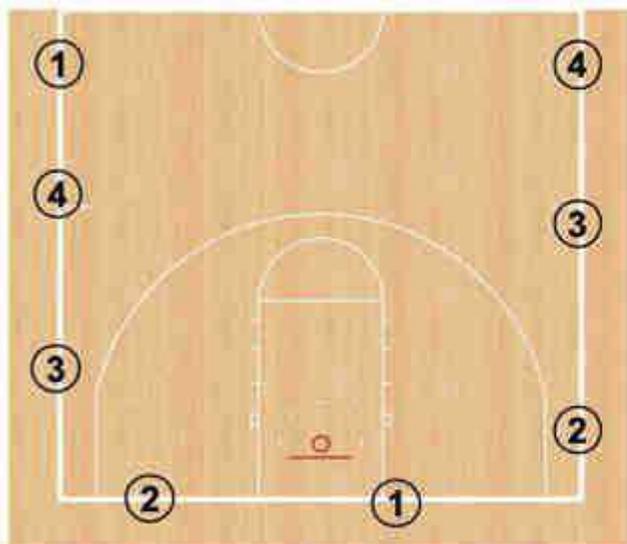
- Slot Drive & Kick
- Wing Drive & Kick
- Baseline Drive & Kick

Form Shooting -

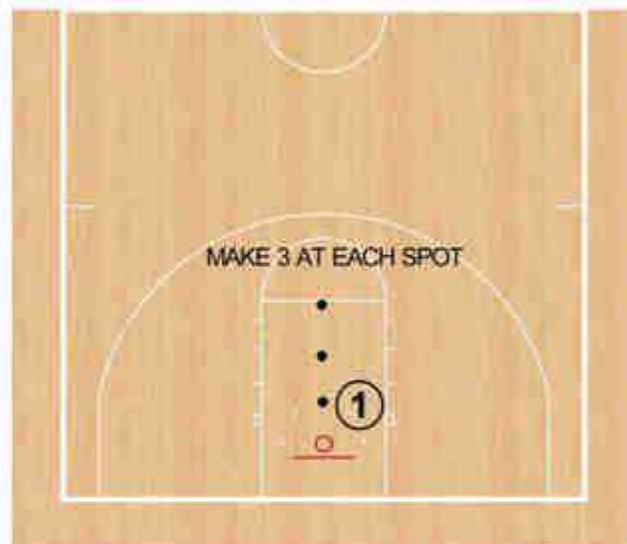
There are certainly detractors of *Form Shooting*, but as a High School Coach, I think this is something worth investing in. Most years we are getting players with seriously flawed shooting strokes, and because of this, it makes sense to spend time on the basics.

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.

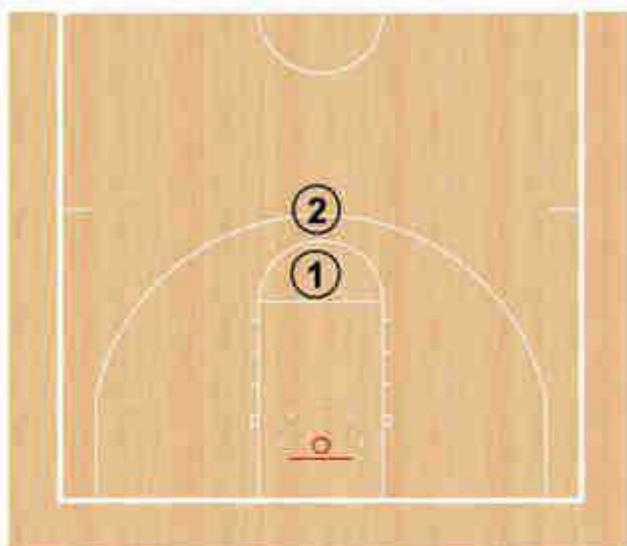
Form Shooting



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.

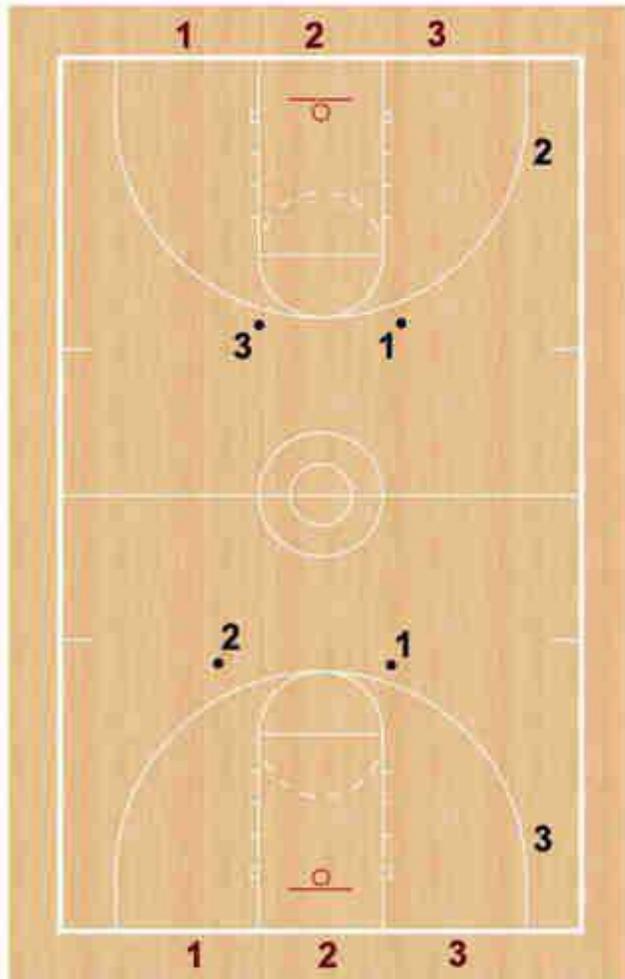
- Take 1 Shot
- Rotate Through

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:

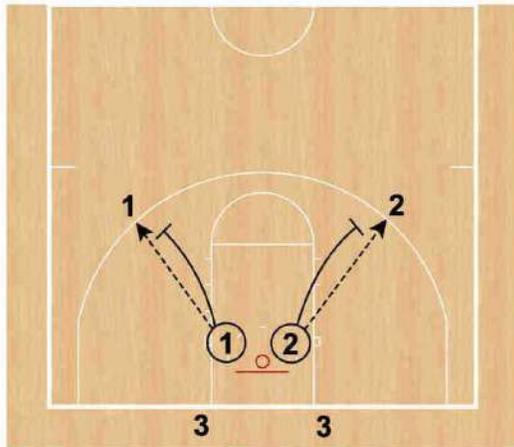
The goal is to get the groups to challenge each other to make the most shots in a prescribed time.

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.

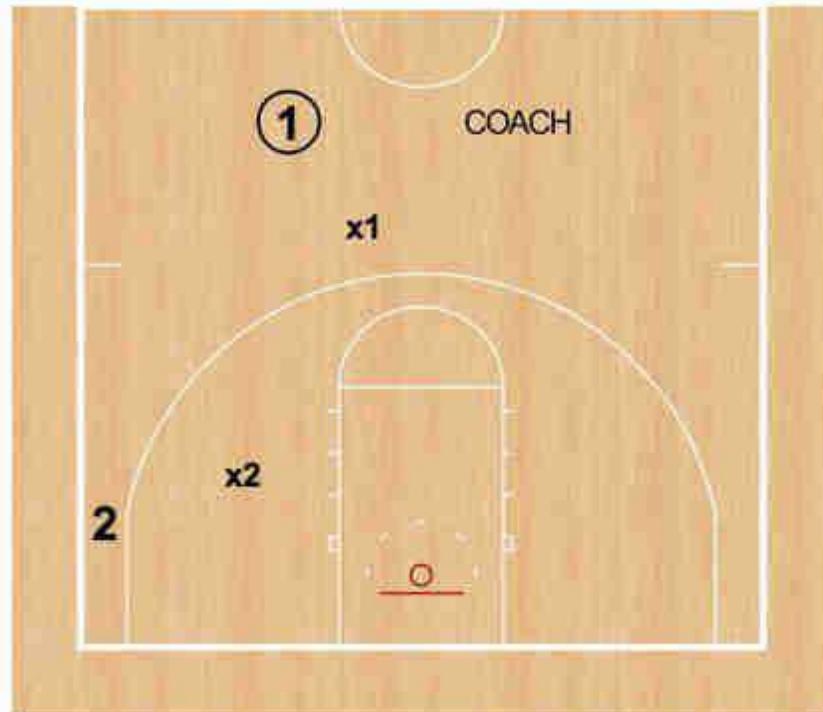
Once the passer contests the shot he now becomes the shooter, and a new closeout player prepares to enter the concept.



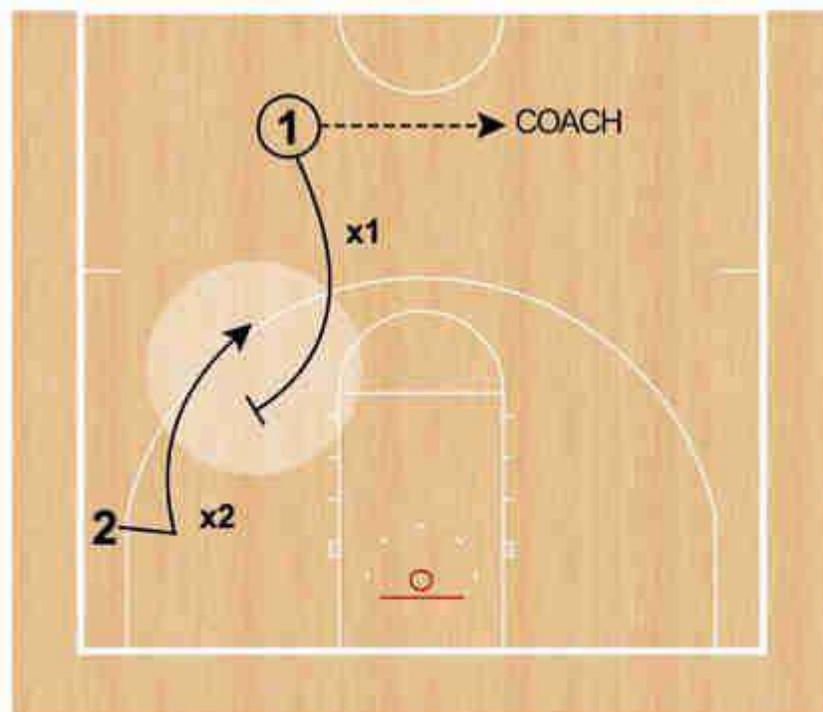
Decision Making -

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:

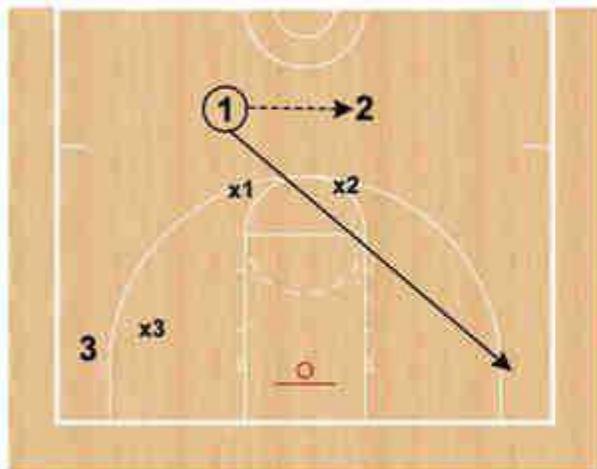
The goal here would be to work on the Down Screen Reads in a Motion Offense.

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

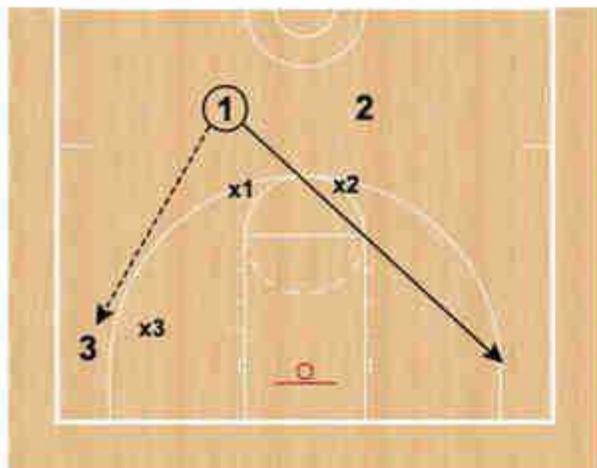
3/3 Double Gaps



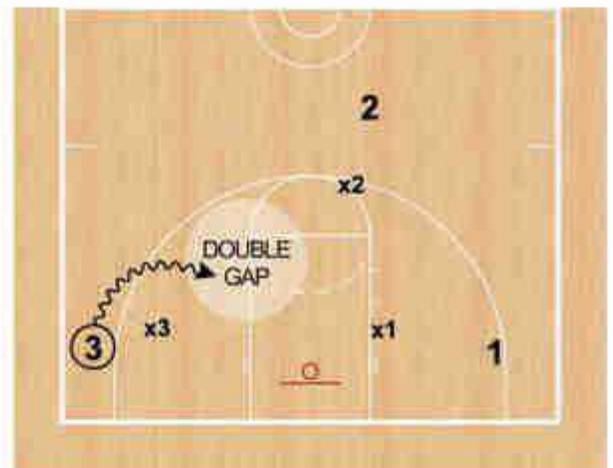
1 - Blur Screen



1- Blur Screen



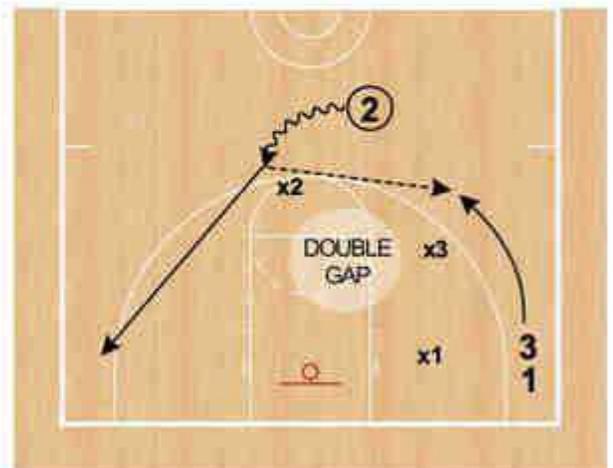
2 - Pass Down, Cut Away



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).

LEICESTER WOLVERINES

FINISHING SCHOOL PART III - PROGRESSIONS

SINGLE FINISH DRILL PROGRESSIONS:

- JUMP STOPS
- STRIDE STOP - REVERSE PIVOT
- EXTENDED ARM
- BARKLEY

Barkleys

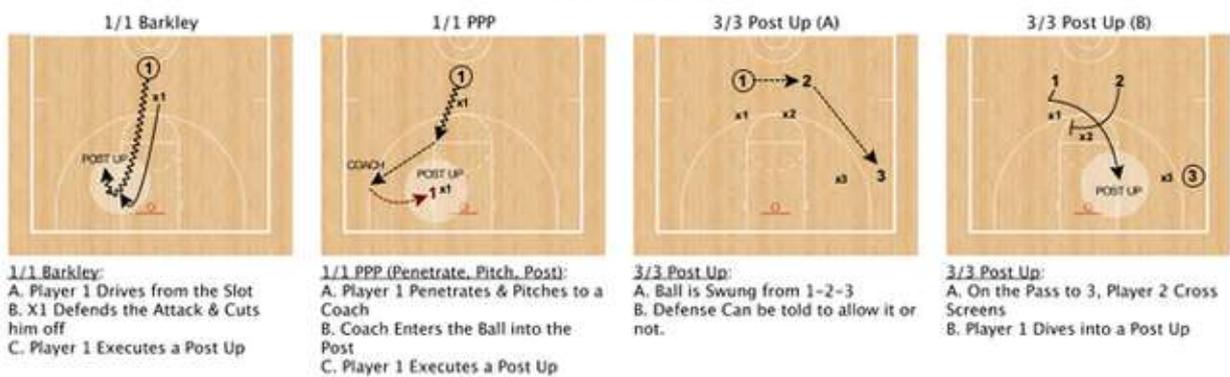
In a perfect world players would be able to get all the way to the basket on every dribble attack. In reality though good defensive teams will be able to shut off dribble penetration before it gets to the rim. On those occasions we are encouraging players to use a **Barkley**, as a finishing option. 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.

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.

Coach Lynch Contact Info:



Michael Lynch

-
-
-
- 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*.

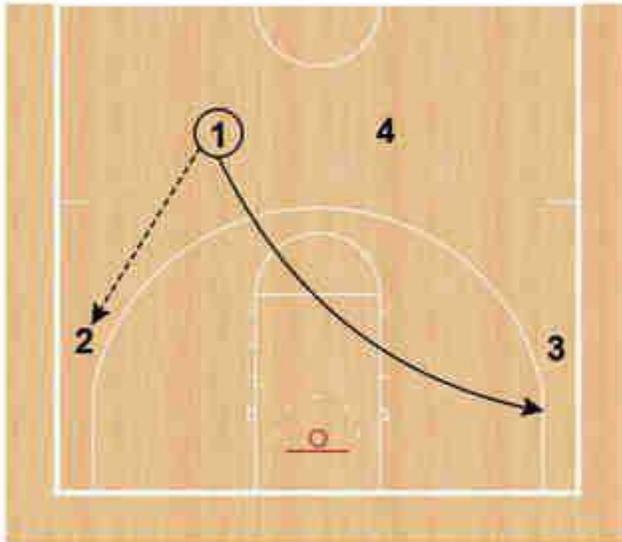


Working on Core Concepts -

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

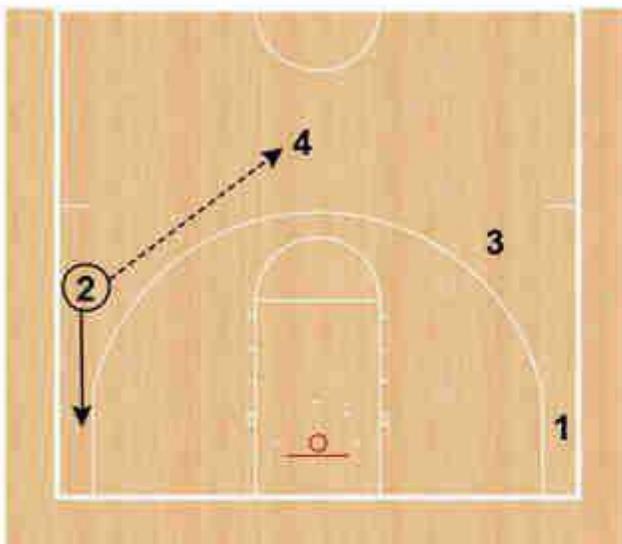
4/4 Cut Throat



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.

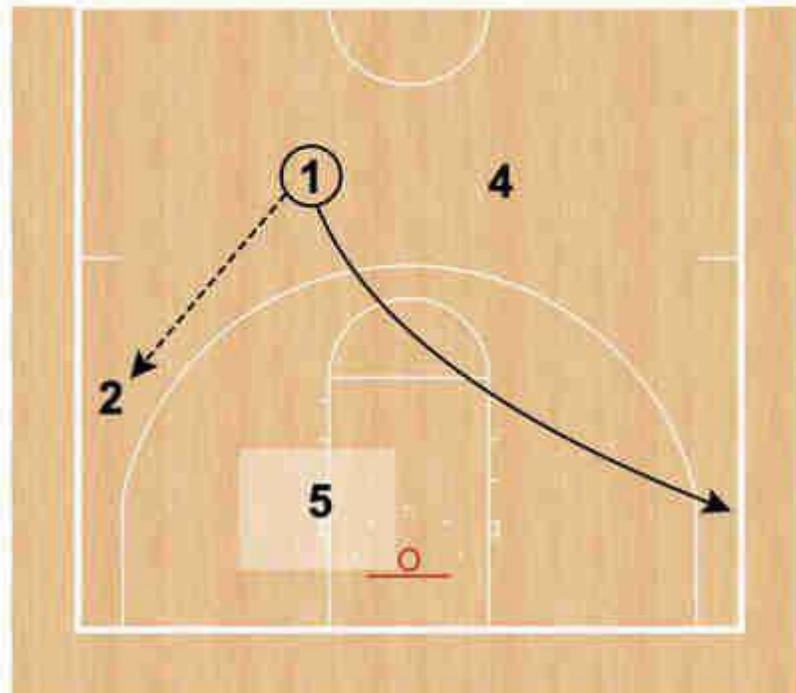
2. Slot to Slot Pass, Brush:

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.

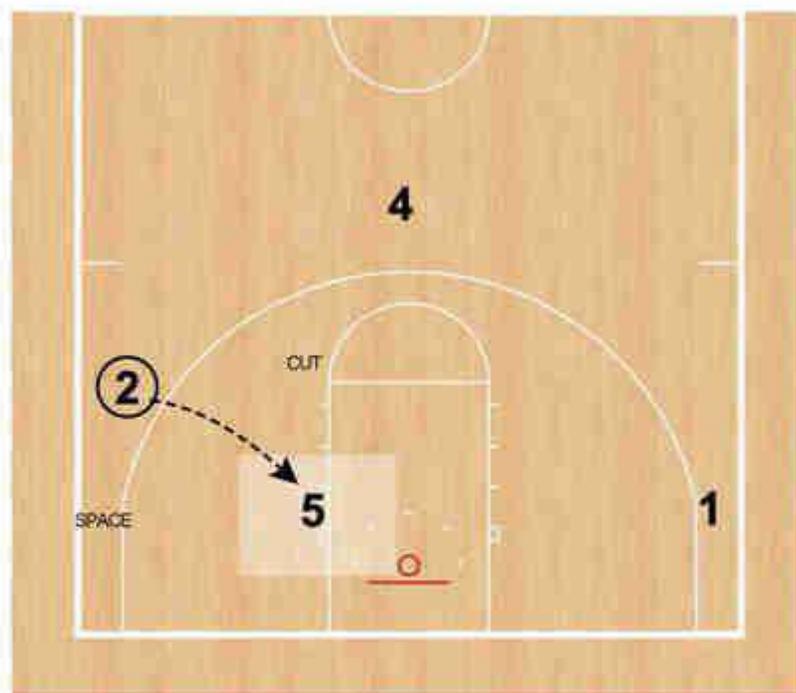
3. Pass Up, Respace:

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:

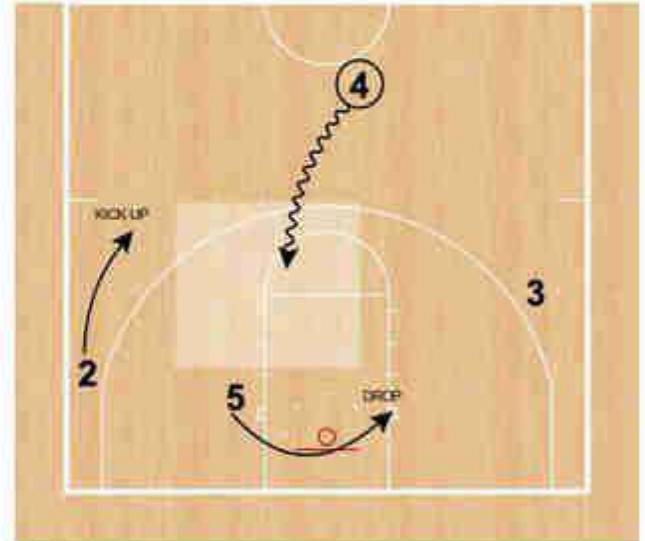
We are giving the passer two options after making the post entry pass. They can either make a basket cut through the paint, or they can respace to the corner. It is then up to the post player to make a pass or get to work on a scoring move.

4/4 Drive & Space

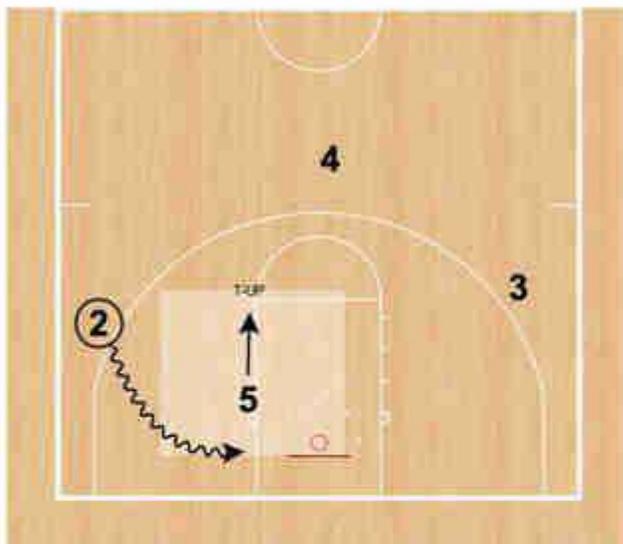
4/4 Cut Throat



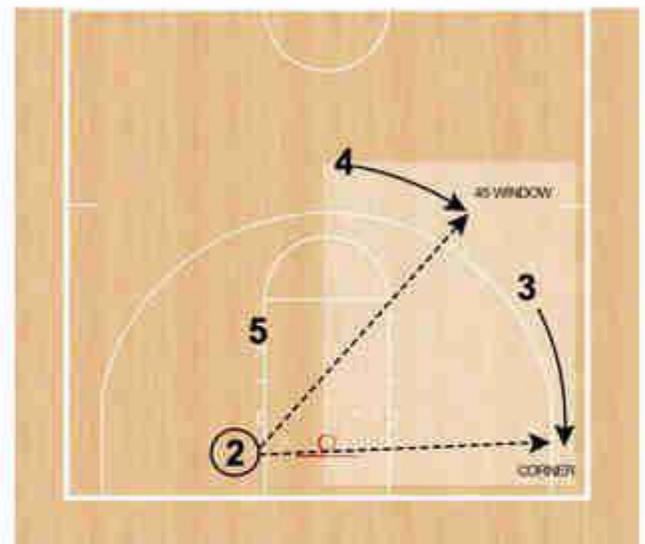
1 - Slot Drive



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

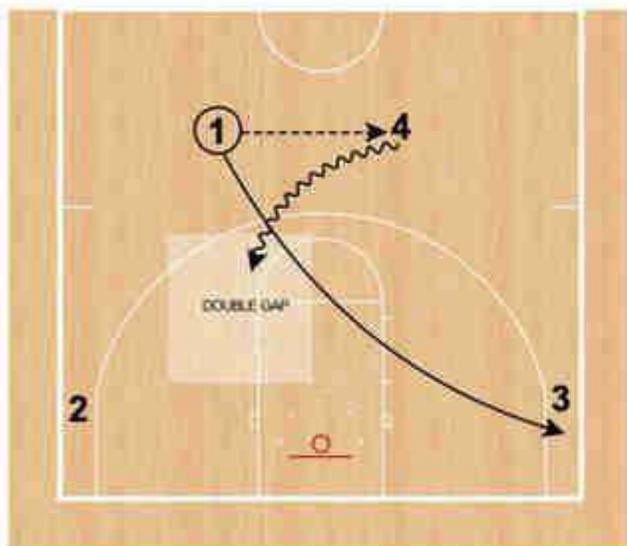


Using 4/4 Cut Throat with your System -

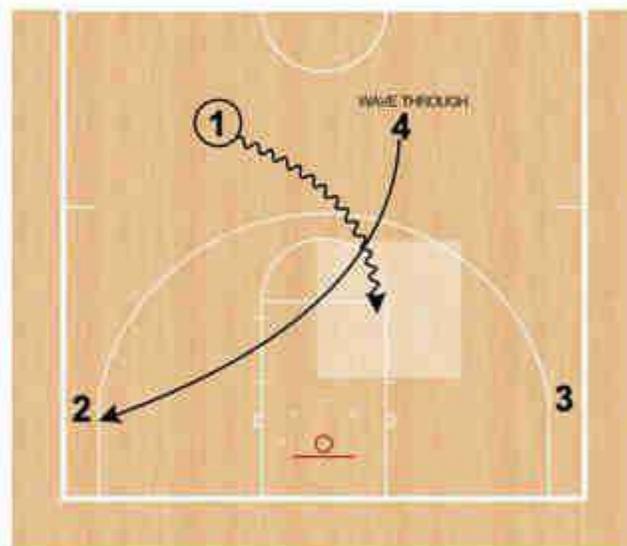
In addition to the *Core Concepts*, we want to work on the create actions we are going to use when we have no advantage. As I said in the intro the beauty of using this concept is that it truly does not matter what system we employ. Whether we are a DDM team, a Princeton team, or we use Motion-Style 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

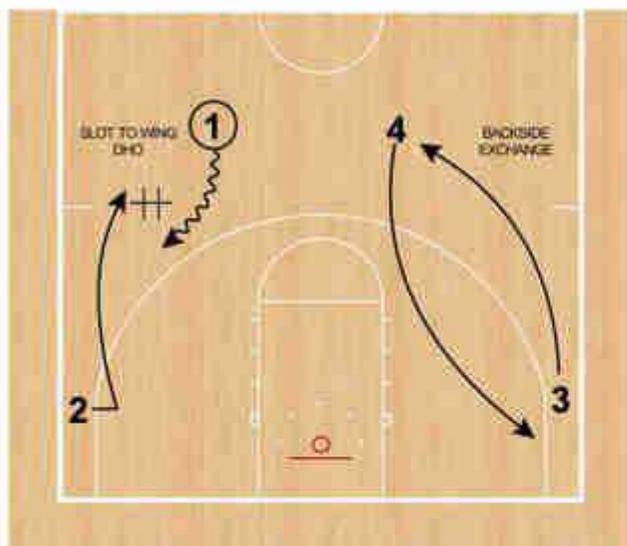
4/4 Cut Throat



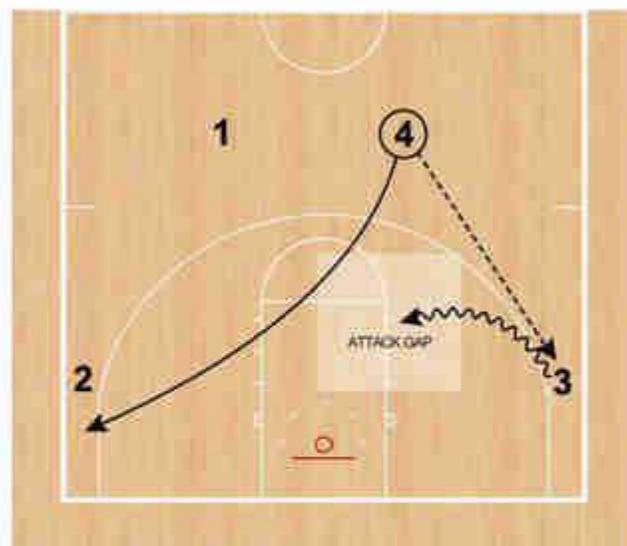
1 - Slot to Slot Blur Screen



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:

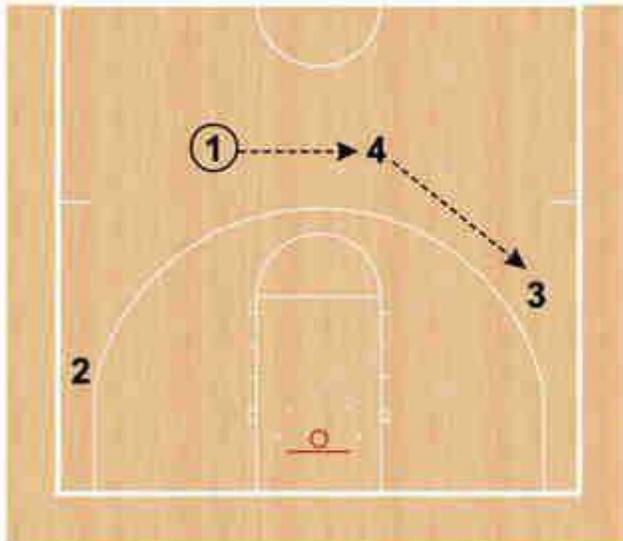
As an option to relieve defensive pressure we work on the slot to wing DHO. To occupy the help defenders we are asking the backside players to exchange when this occurs. From there, players can attack the rim or make the slot-to-slot pass and follow the previously discussed rules.

4. Pass Down, Cut-Away:

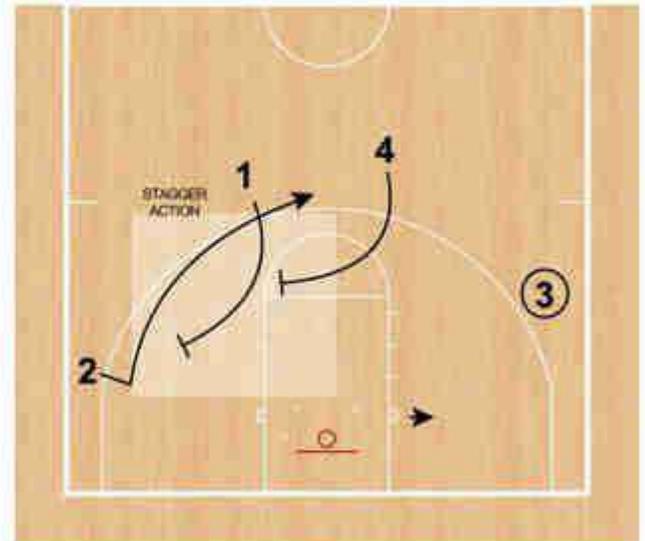
As we discussed in the Core Concepts portion of the post we are going to cut away when we make a pass from the slot to the wing. In a DDM system, this will allow us to Drive the Elbow and put pressure on the rim.

4/4 Motion Strong

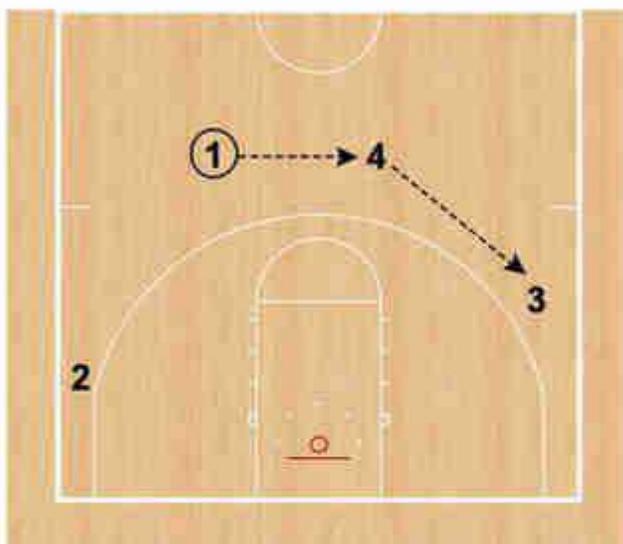
4/4 Cut Throat



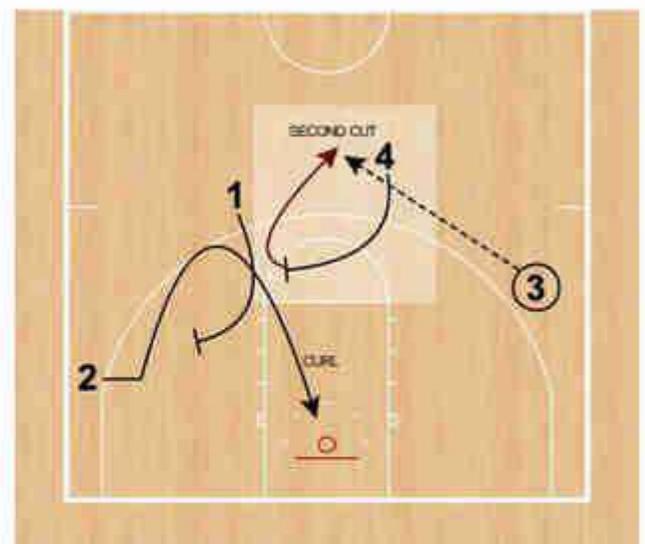
1 - Slot to Slot Swing



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.

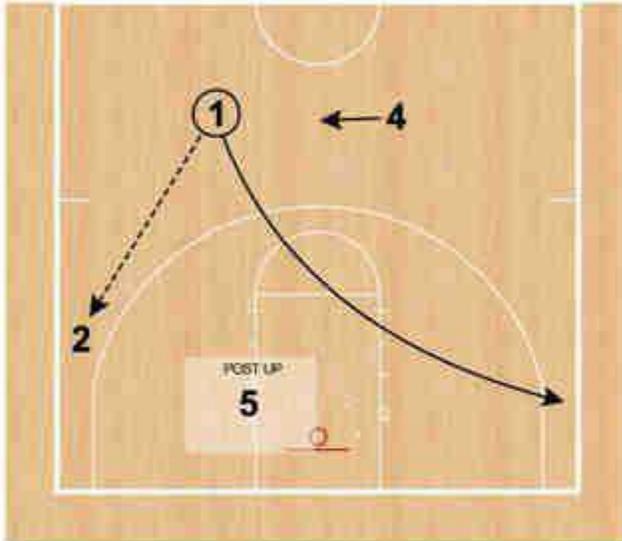
- Work on Cutting Options
- Work on Reads
- Work on Screening Details

2. Second Cutting:

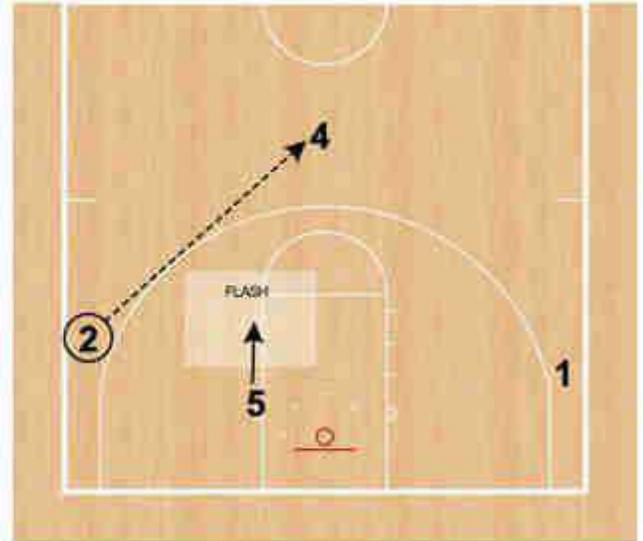
One aspect of the staggered screen that we want to work on is the cutter curling or back door cutting to the rim. Whenever this choice is made it is up to the second screener to then second cut (or pop out) to the perimeter. From here we are letting our drive and space reactions take over.

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.

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.

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 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 -

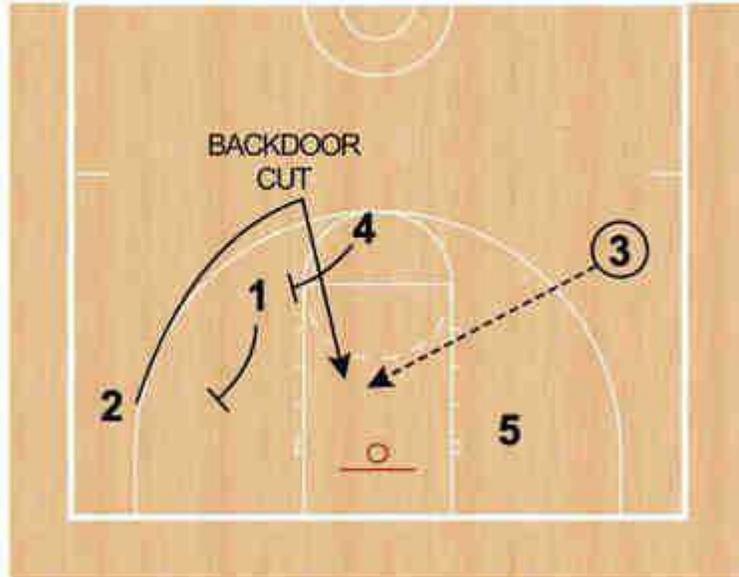
Let's take a look at three different ways for players to Score off of the Single Down Curl.

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

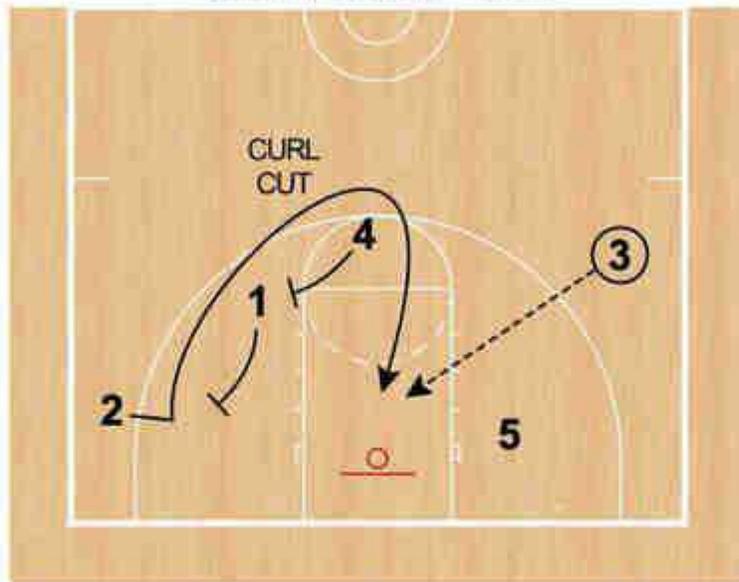


Motion Strong Options – Backdoor Cut

The Defender gets aggressive and tries to cut off the Straight Cut (or it gets Switched).

1. At any point the Cutter can read this and Backdoor Cut to the Rim.
2. The Passer must be ready to deliver.

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:

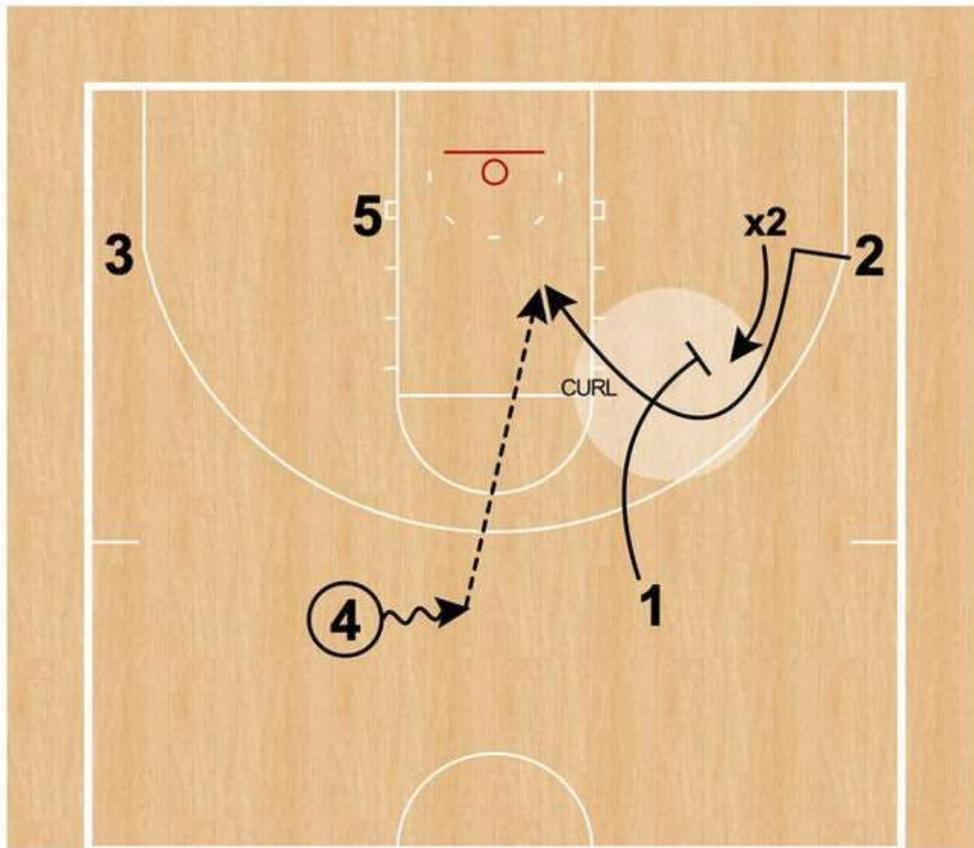
- Looking at the Spacing, Roles & Structure of a *Four Out Motion System*
- Teaching *Drive & Space Rules* within your Four Out Motion System



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:

1. Make Contact with your defender.
2. Don't Rush the Cut

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.

Teaching Points for Screeners:

The one big teaching point for the screener is to make sure that they are attempting to screen the back leg of the defender. The better the screener's angle is the more likely he is to get the defender to go over the top of the screen and trail the cut.

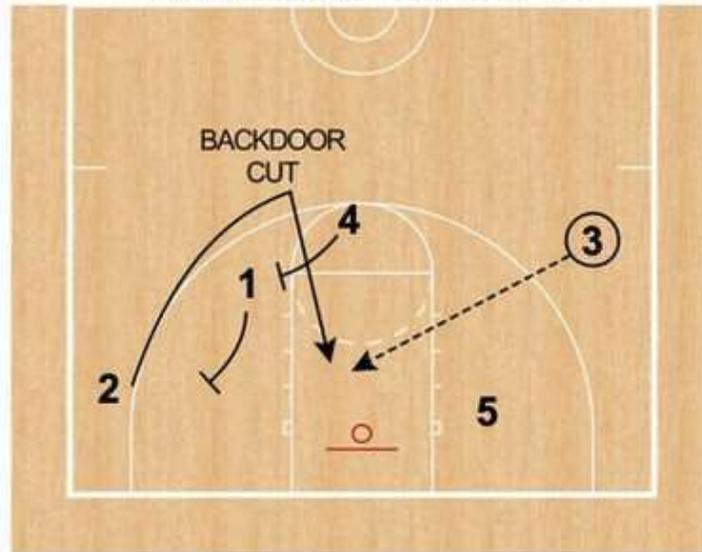


The Staggered Down Screen -

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

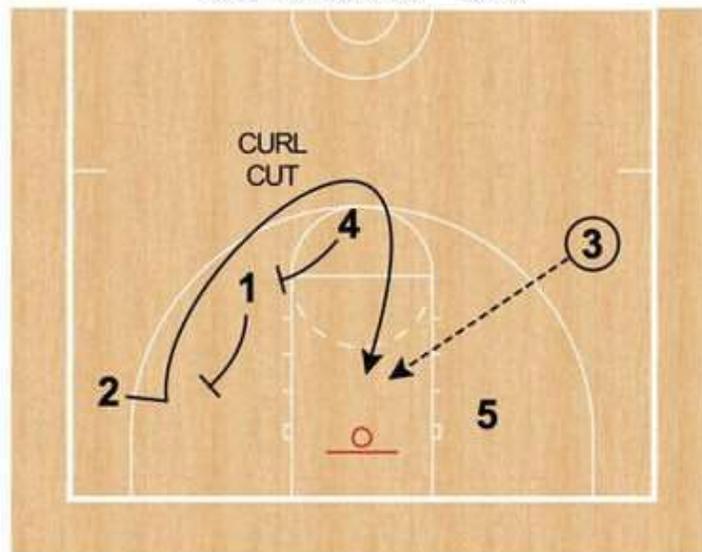


Motion Strong Options - Backdoor Cut

The Defender gets aggressive and tries to cut off the Straight Cut (or it gets Switched).

1. At any point the Cutter can read this and Backdoor Cut to the Rim.
2. The Passer must be ready to deliver.

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 or the Screens and heads toward the rim.
2. The Passer must be ready to deliver.
3. The Screener must be ready to Pop Out.



Staggered Down Screens -

During the 2019-20 season we employed the use of the staggered screen as part of our [Motion Strong Action](#). Similar to the Single Down Screen the *Curl* was an option for the cutter.

Teaching Points:

Our teaching point for the *Curl Cut* off the Staggered Screen was the same as the Single Down Screen:

If he trails then you Curl.

For us, the curl cut was generally only going to be made off of the second screen. If the defense was not switching and simply allowing the defender to trail the screens then our cutter should have been looking to curl hard to the rim off the second screen.

Back Door Cut Option:

Another option that Cutters would have coming off of the Staggered Screen was the back door cut. Although this post is focused on Curl Cuts, in a lot of ways it served the same purpose as the curl. In these scenarios the defender is aggressively trying to beat the cutter to the second screen. When this occurs we encouraged our cutters to put their foot in the ground and cut to the rim.



Concluding Thoughts -

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.

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.

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:

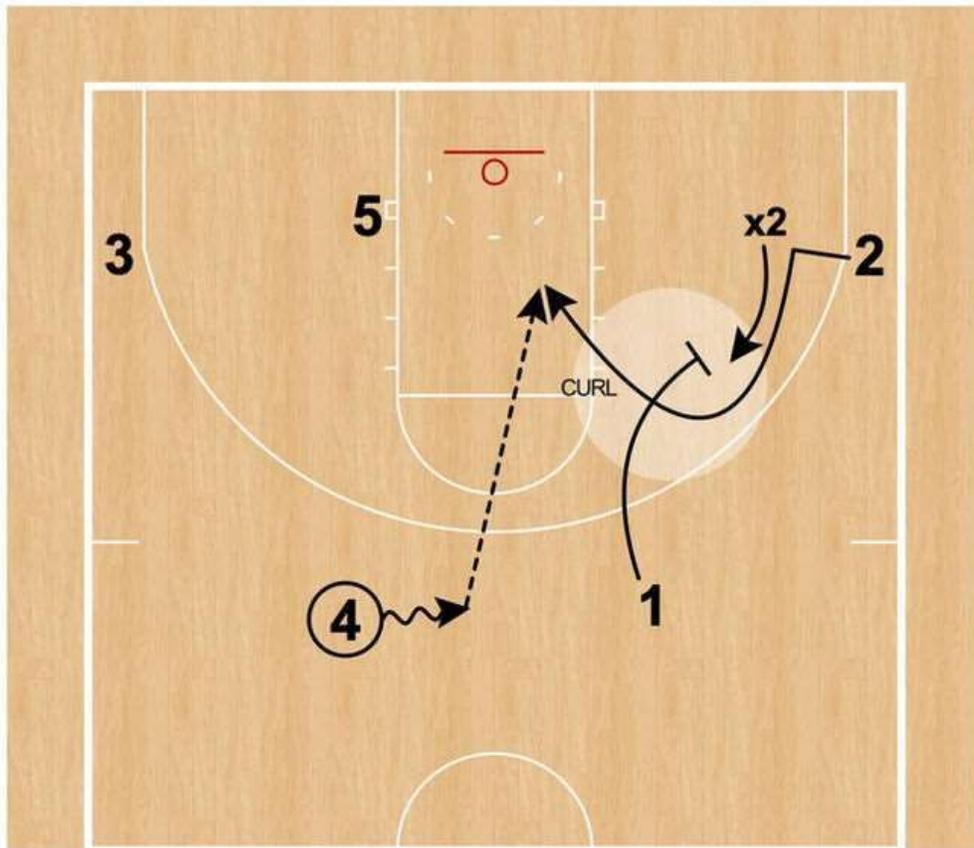
- Looking at the Spacing, Roles & Structure of a *Four Out Motion System*
- Teaching *Drive & Space Rules* within your Four Out Motion System



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:

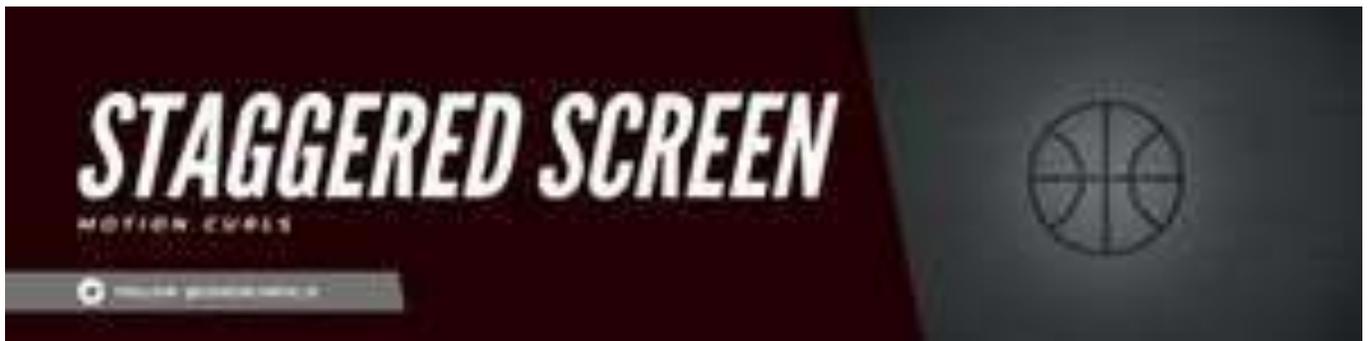
We really tried to drive home two teaching points that might help the cutters get the opportunity to curl to the rim:

1. Make Contact with your defender.
2. Don't Rush the Cut

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.

Teaching Points for Screeners:

The one big teaching point for the screener is to make sure that they are attempting to screen the back leg of the defender. The better the screener's angle is the more likely he is to get the defender to go over the top of the screen and trail the cut.

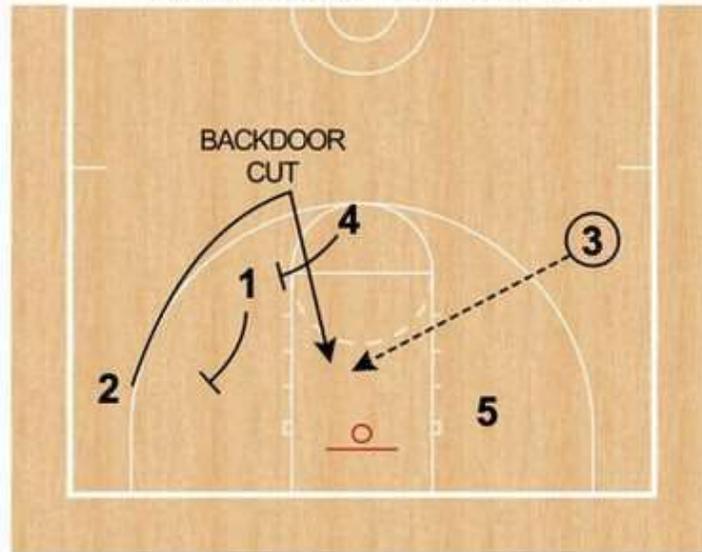


The Staggered Down Screen -

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

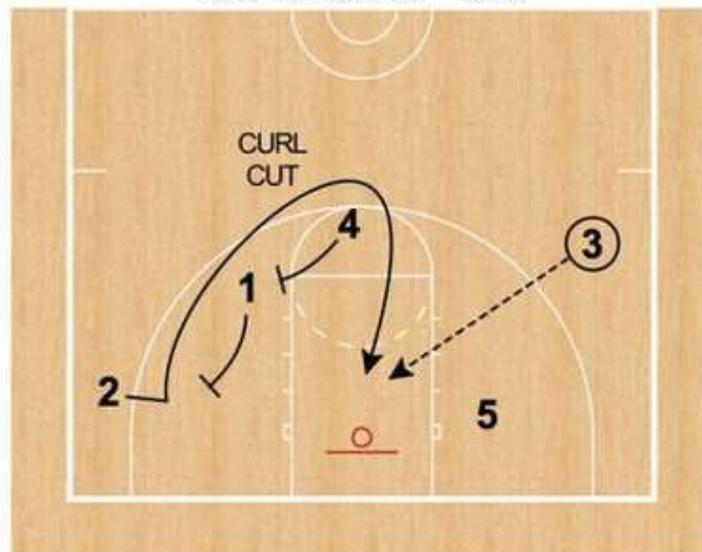


Motion Strong Options - Backdoor Cut

The Defender gets aggressive and tries to cut off the Straight Cut (or it gets Switched).

1. At any point the Cutter can read this and Backdoor Cut to the Rim.
2. The Passer must be ready to deliver.

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 or the Screens and heads toward the rim.
2. The Passer must be ready to deliver.
3. The Screener must be ready to Pop Out.



Staggered Down Screens -

During the 2019-20 season we employed the use of the staggered screen as part of our [Motion Strong Action](#). Similar to the Single Down Screen the *Curl* was an option for the cutter.

Teaching Points:

Our teaching point for the *Curl Cut* off the Staggered Screen was the same as the Single Down Screen:

If he trails then you Curl.

For us, the curl cut was generally only going to be made off of the second screen. If the defense was not switching and simply allowing the defender to trail the screens then our cutter should have been looking to curl hard to the rim off the second screen.

Back Door Cut Option:

Another option that Cutters would have coming off of the Staggered Screen was the back door cut. Although this post is focused on Curl Cuts, in a lot of ways it served the same purpose as the curl. In these scenarios the defender is aggressively trying to beat the cutter to the second screen. When this occurs we encouraged our cutters to put their foot in the ground and cut to the rim.



Concluding Thoughts -

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.

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.

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 -

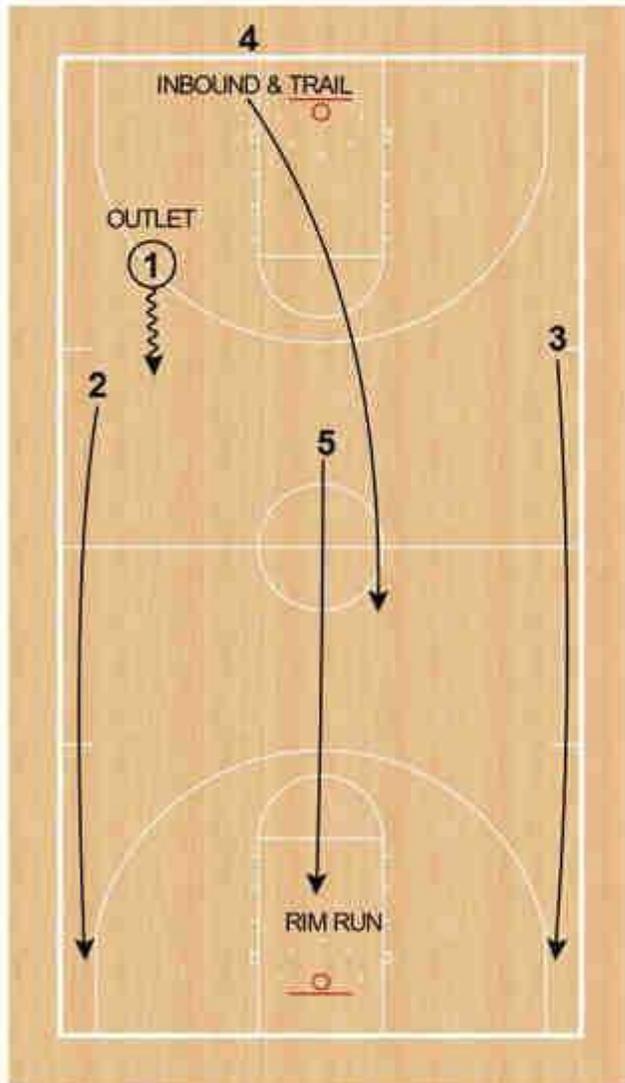
One teaching point that can be helpful to transition design is establishing defined roles for players. If players know exactly what they are responsible for in transition we can hopefully increase the speed at which we operate. Determining how the ball will be inbounded on made shots, which players will [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 -

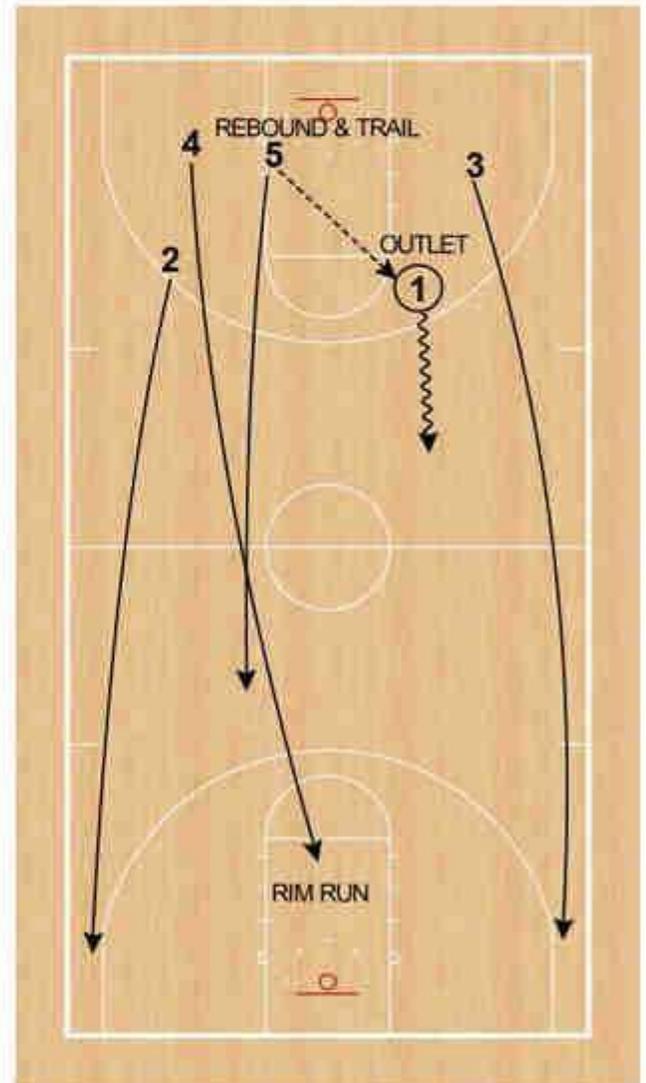
There are many ways to determine who becomes the trailer in transition. What I have taught over the last four years could be called a combination "Two Man Trailer" system. On the vast majority of possessions, it will either be the 4 or 5 man that arrives in the trailer position. We are not going to micromanage 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

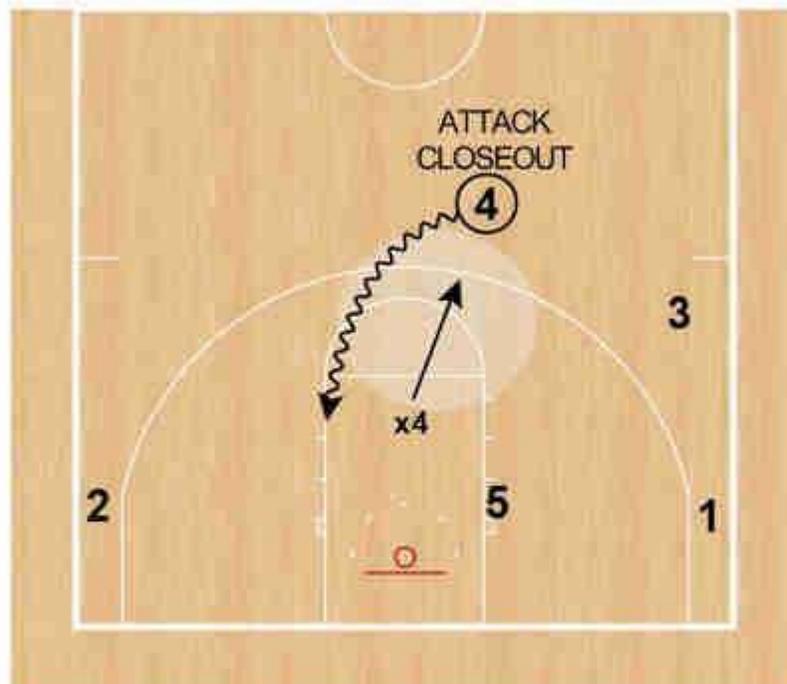
There are a number of scoring opportunities that present themselves to trailers in transition. Assuming that the defense has been collapsed as a result of our initial transition push the trailer will be presented with chances to get open catch and shoot threes or chances to attack long closeout off the 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 -

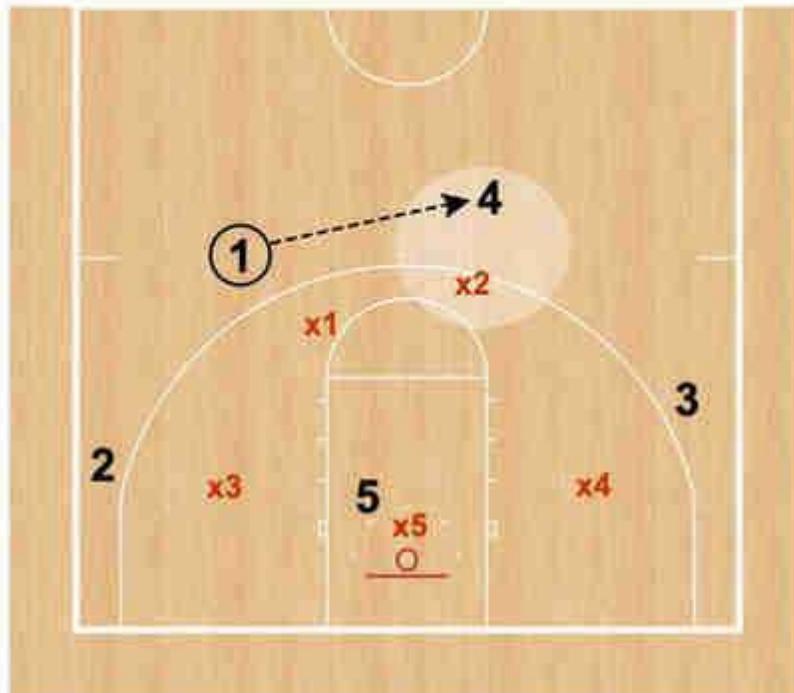
I prefer a more conceptual style of offense where the players have more control over what takes place possession by possession. Because of that the Trailer generally has a lot of decision-making power. Ultimately it will be up to him to decide whether he will attack off the catch or whether he will make 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)

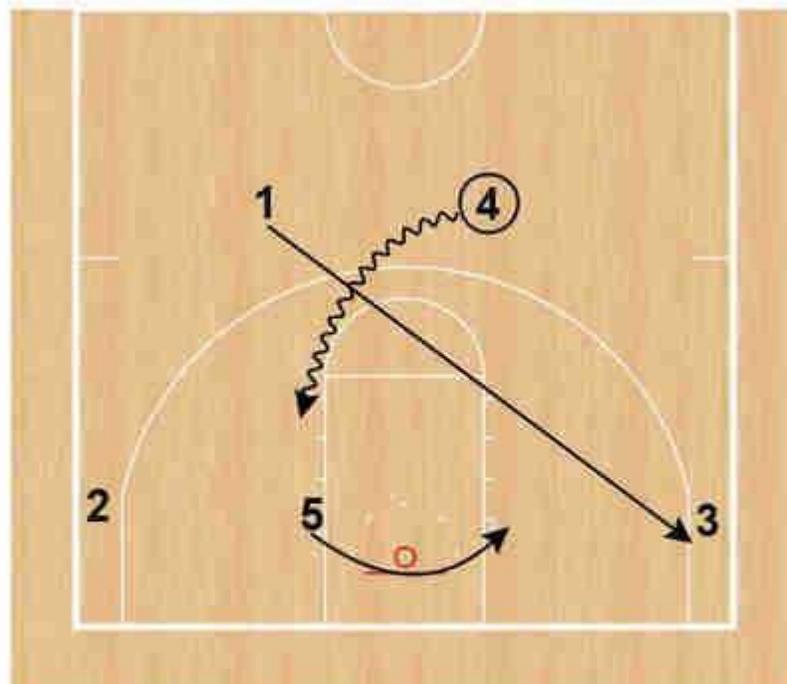
One of the offensive concepts that we have used successfully over the past three years is the slot-to-slot blur screen. Starting in 2017-18 we began to get really guard-heavy rosters and made the switch to more of a [DDM style offensive system](#). We did not shift from the four-out alignment and Rim 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.

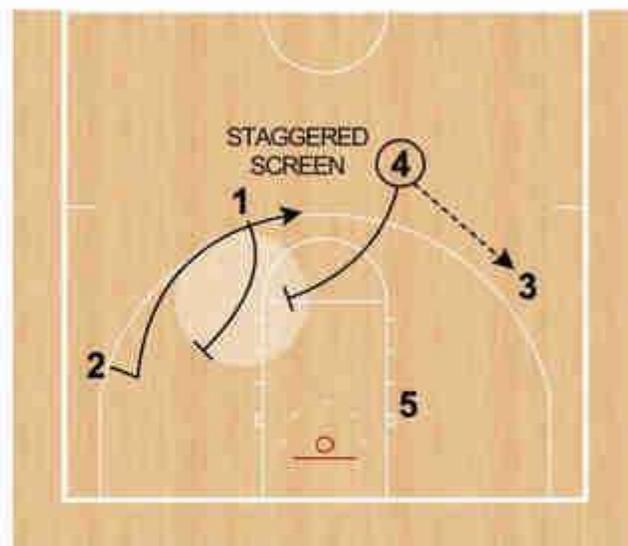
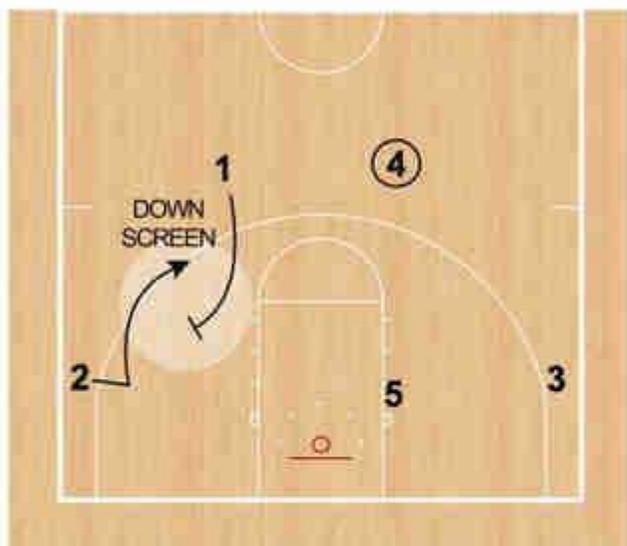
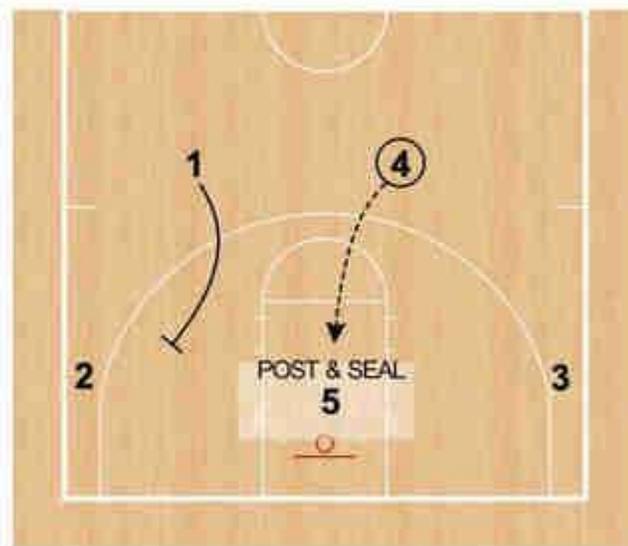
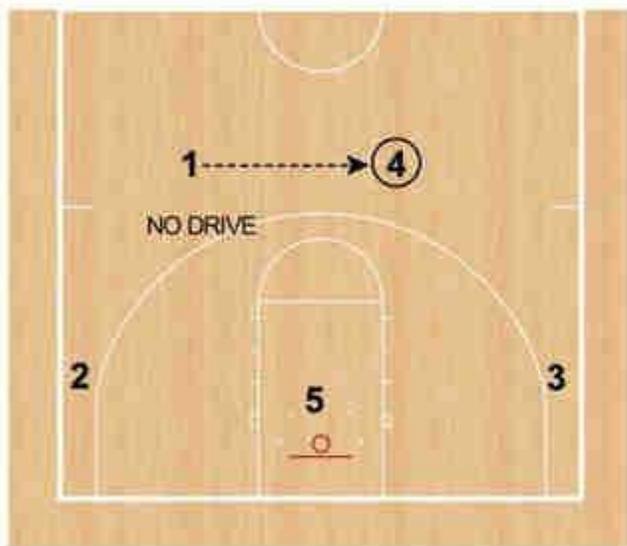
After making the slot-to-slot pass the passer should sprint his 45 Cut to the ball side corner, opening our double gap. From there the Trailer can [Attack the Gap](#) or pass the ball down to the next player.

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



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.

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.

Motion Offense - Post Player

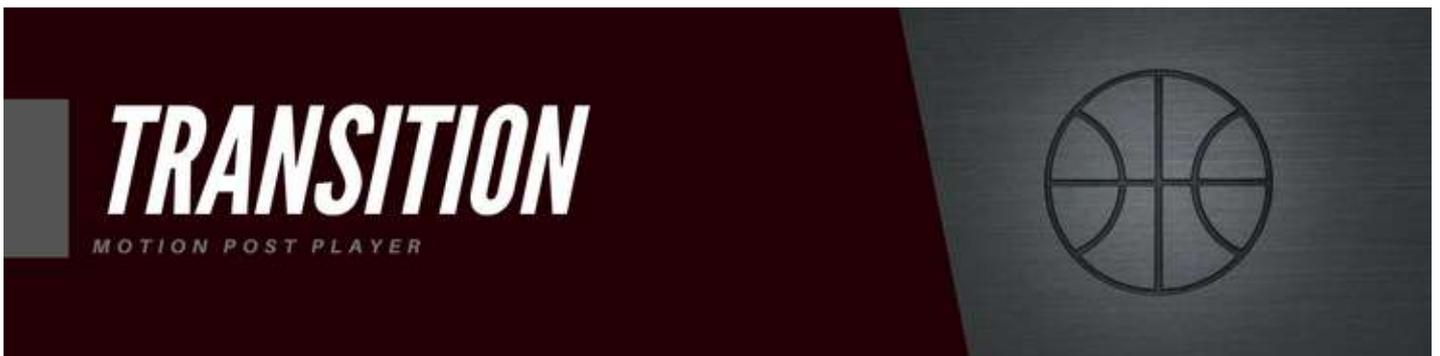
At the high school level the name of the game is still finding a way to dominate the battle for points in the paint - and developing a dominant post player remains the best way to accomplish that.

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.

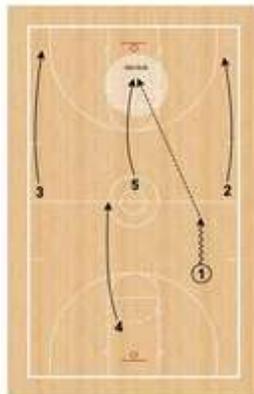
Pitch Ahead, Post Entry:

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.

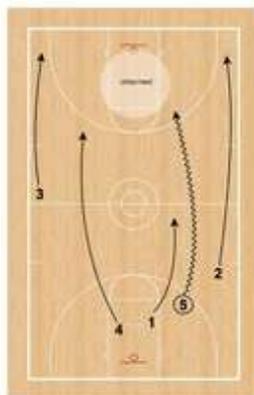
**Transition
Motion Post Player**



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.

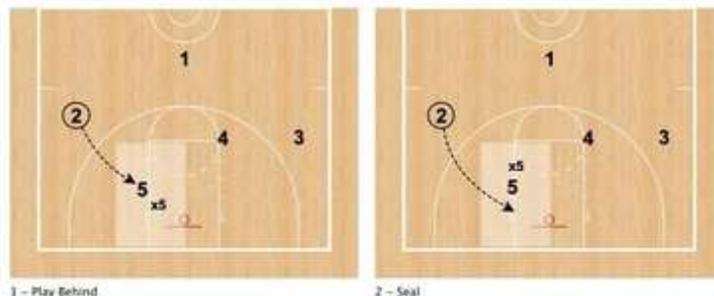
Turn & Rip:

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 -

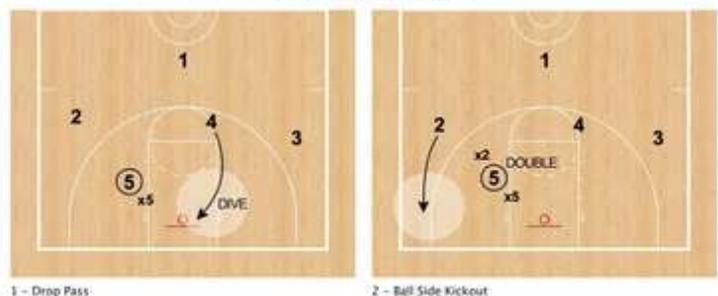
Passing from the Low Post is the "Next Level" for the post players in motion offenses. If we can develop post players that can score the basketball and pass the basketball then we are in really good shape. Depending on what kind of offense we are running (3 or 4 out) the passing options might be slightly 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.

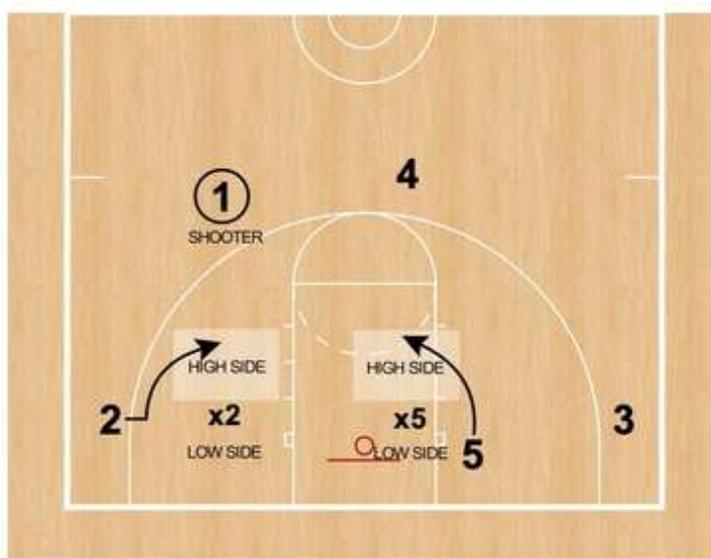
Theoretically, we are going to be able to tip out more long shots and create more offensive rebounding opportunities.

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"

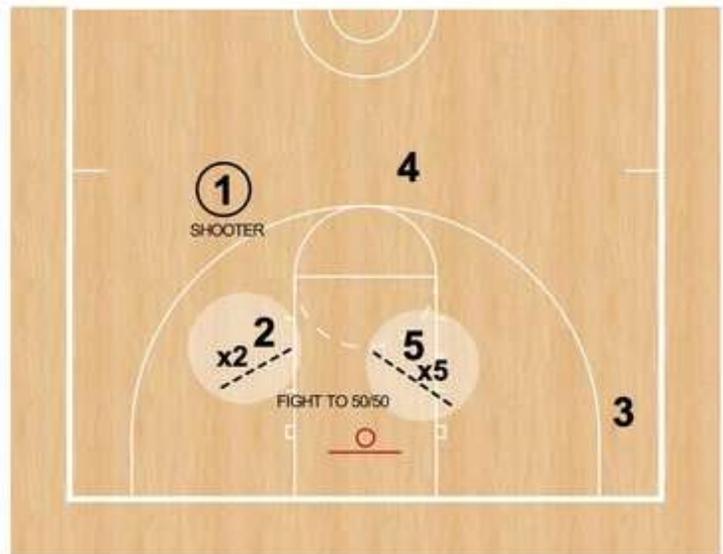
Fighting to 50/50 -

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***

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

-
-
-
- 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".

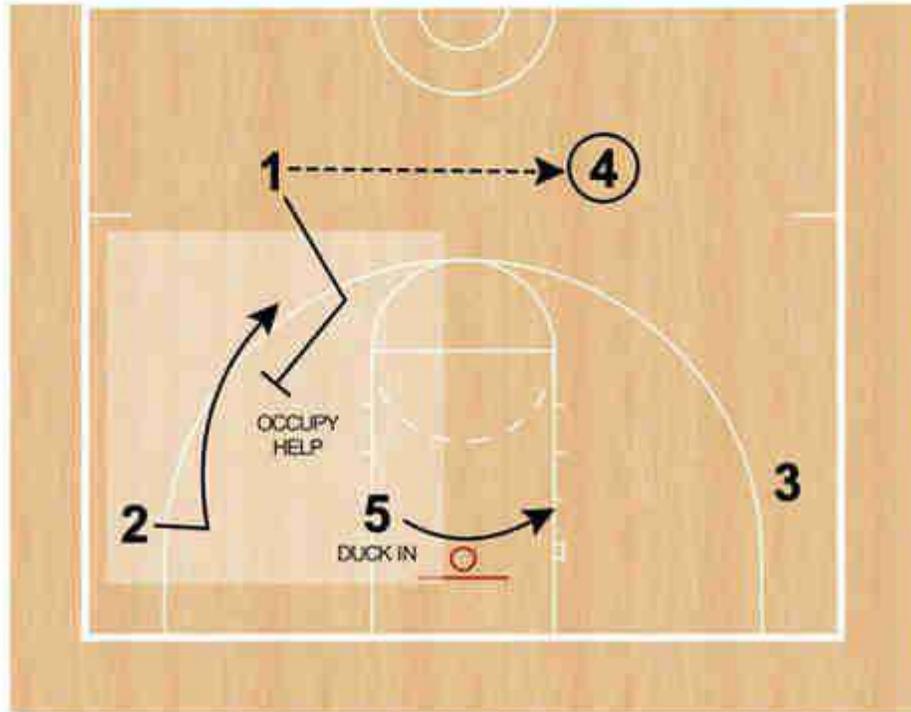
1. *PPS* - Deep Paint (1.06), Upper Paint (.69), Mid Range (.60), Three-Point Line (.79)
2. *3FG* - The 2018-19 was a bit of an outlier from the Three-Point Line
3. *Mid Range* - Consistently represent the lowest value shot in the game



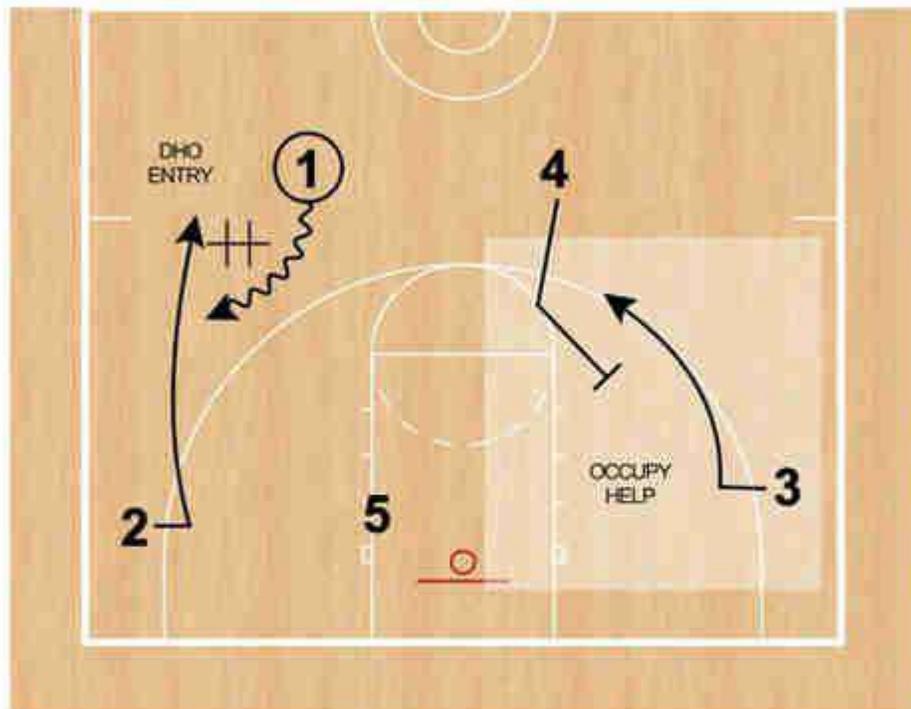
Using the Post Up -

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.

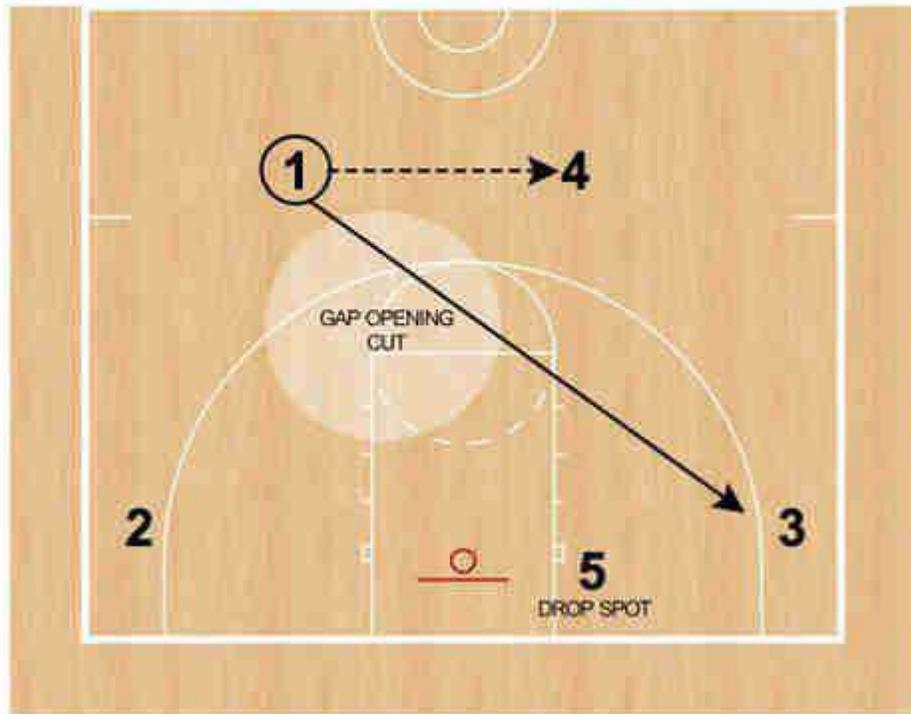
- [Incorporate the Post into your Transition Offense, Check Out our RIm Runner Post.](#)



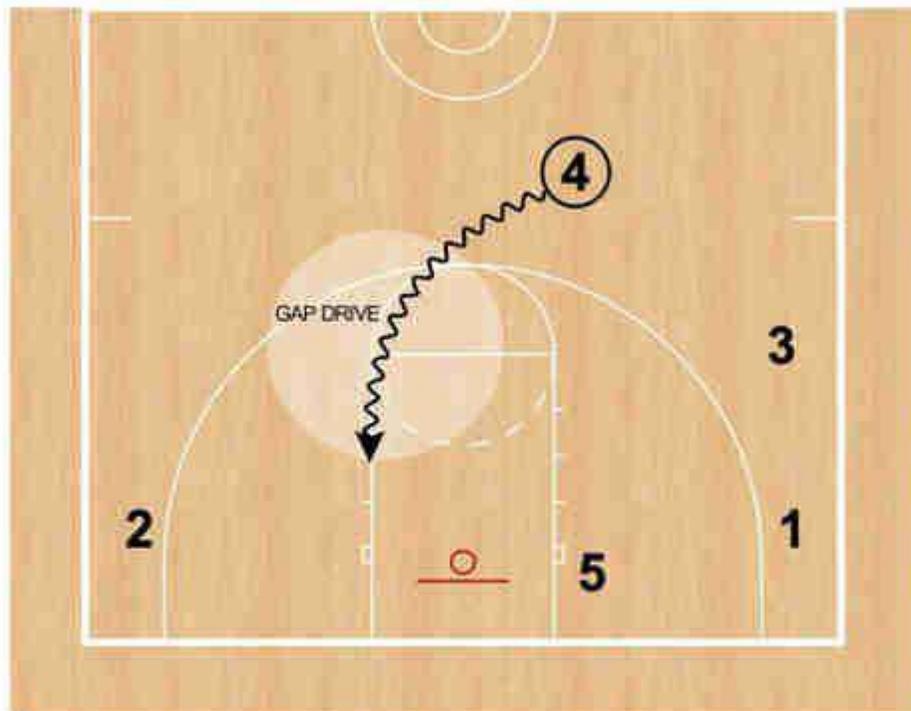
Creating Driving Lanes -

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:

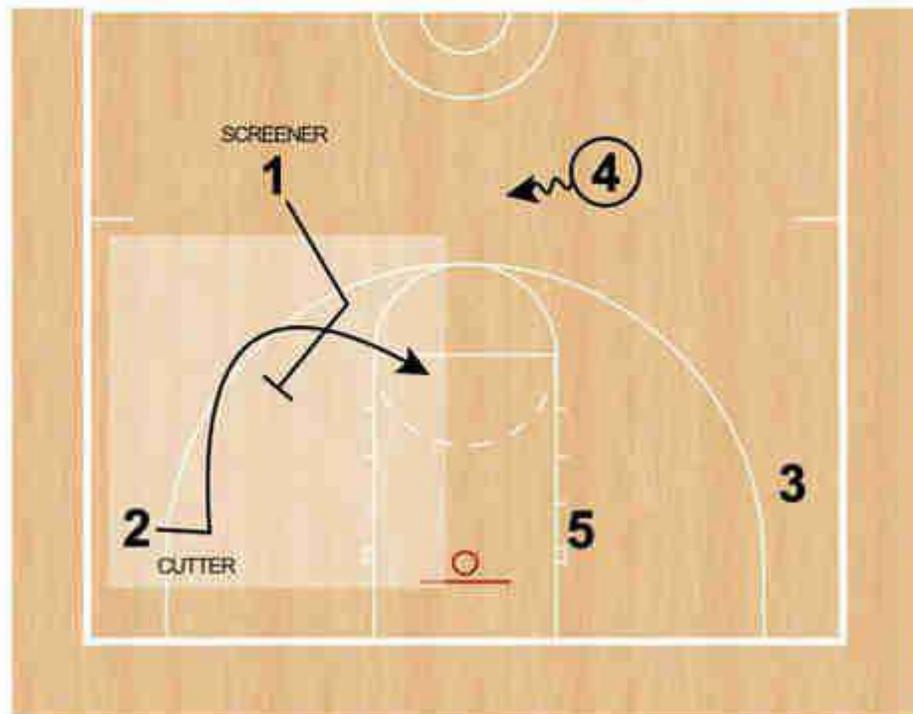
- 1 - For the Driver
- 2 - For the 5 Man on Drop Passes



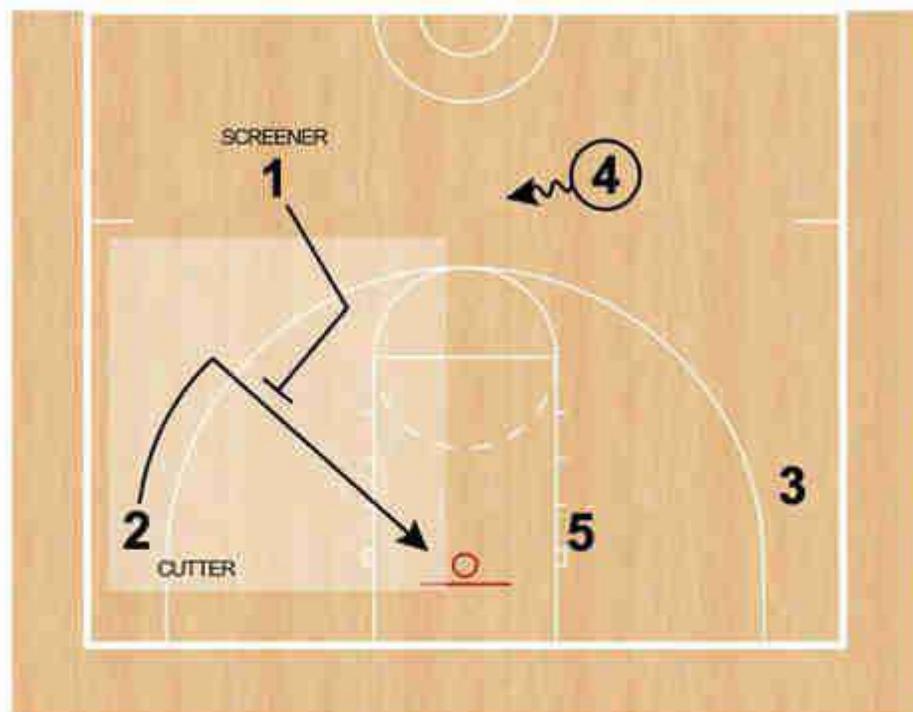
Motion Curls & Backdoors -

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.

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.

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? -

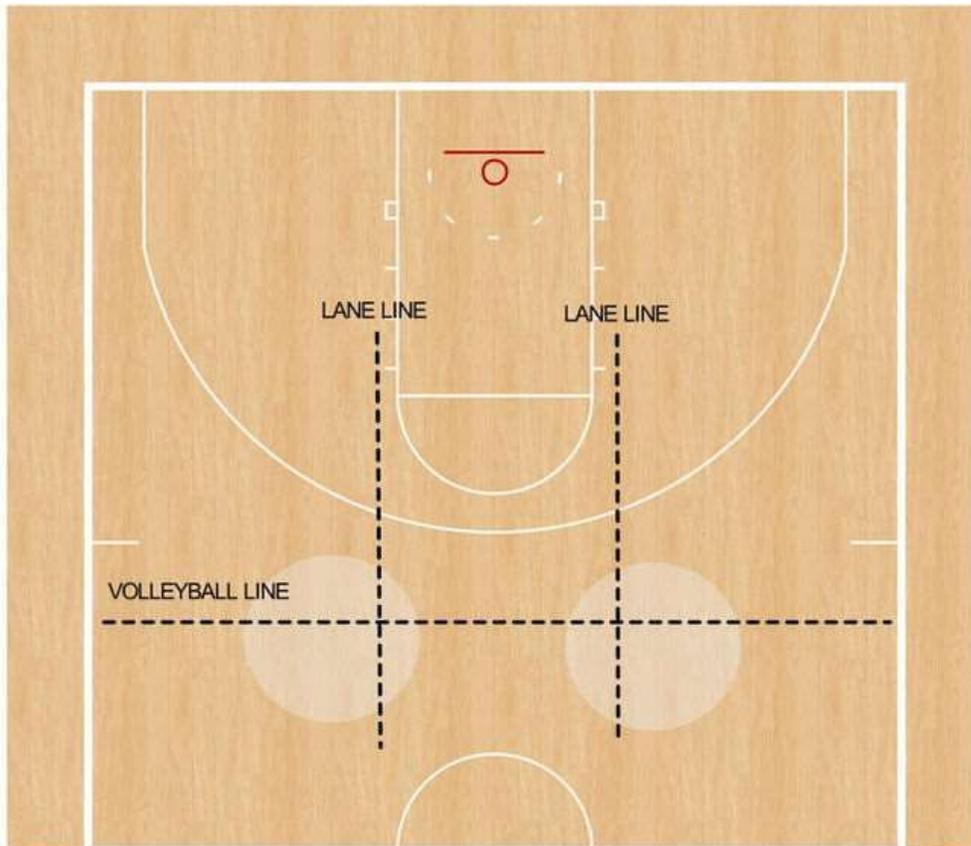
When I use the term trigger I am describing an action that signals to the players that we have now ended transition offense and begun half-court offense. The trigger is not something that a coach or player calls but is simply a dribble entry or pass that is made. Once this designated pass (or dribble) 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 basketball 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**.*

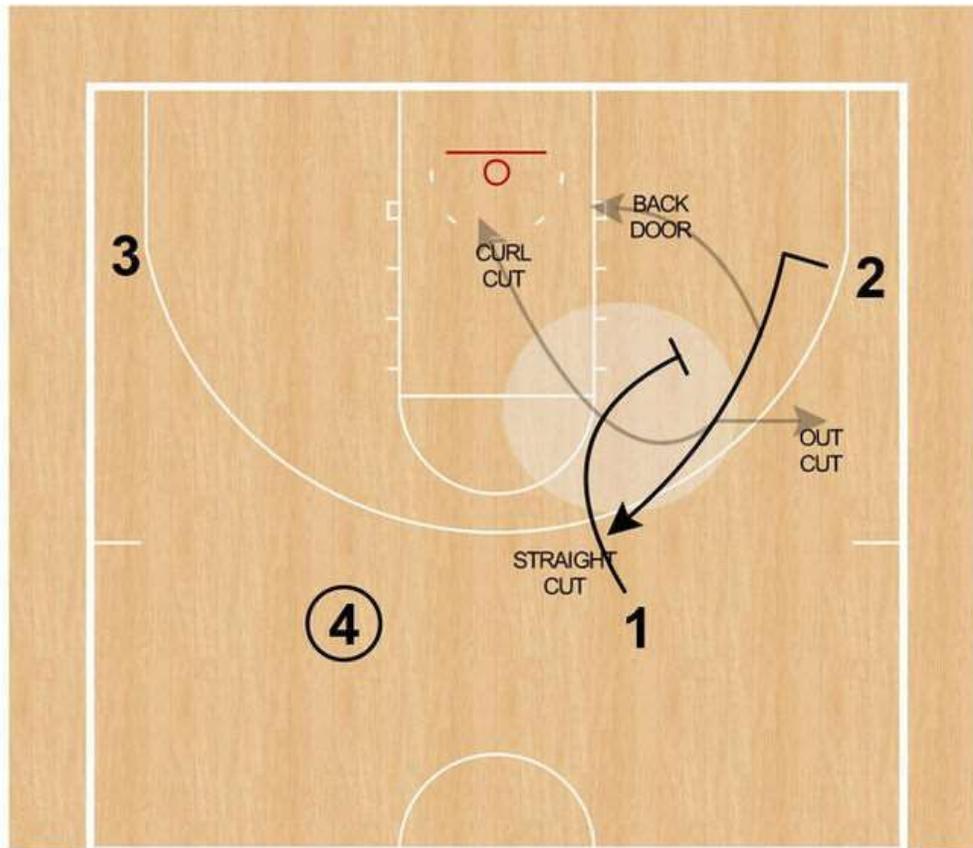
If you are interested in the options available here take a look at this thread:



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:

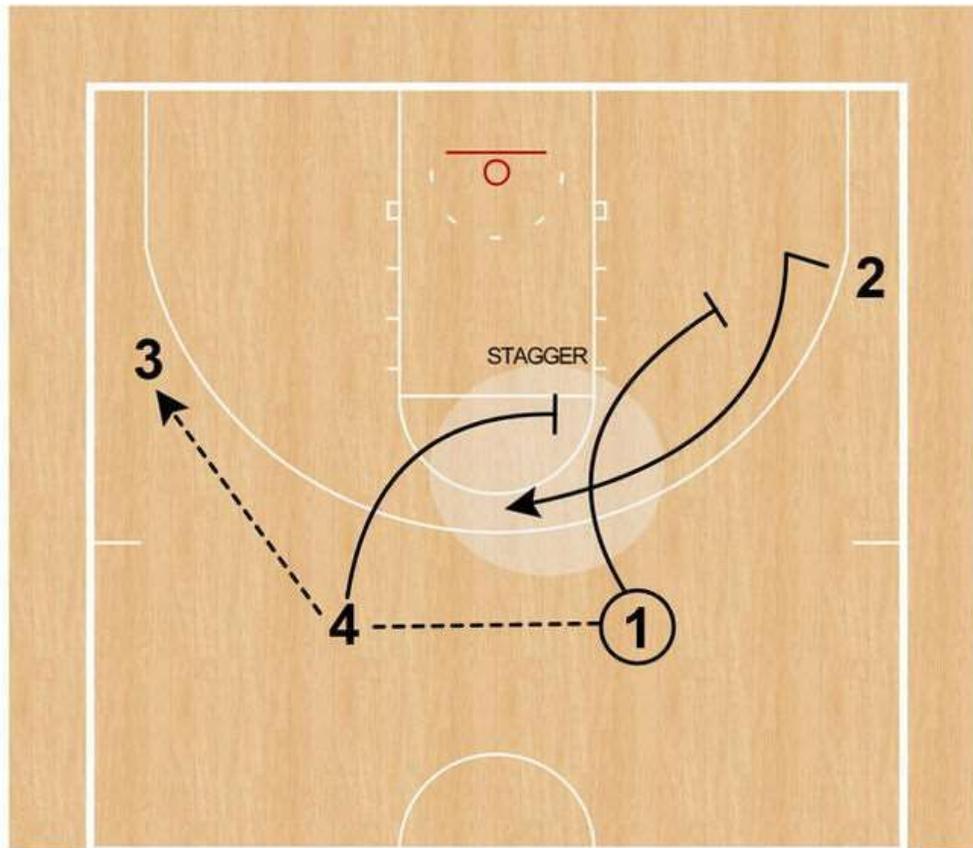
We would like our screener to position himself around the elbow and have his feet positioned to face the corner.

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:

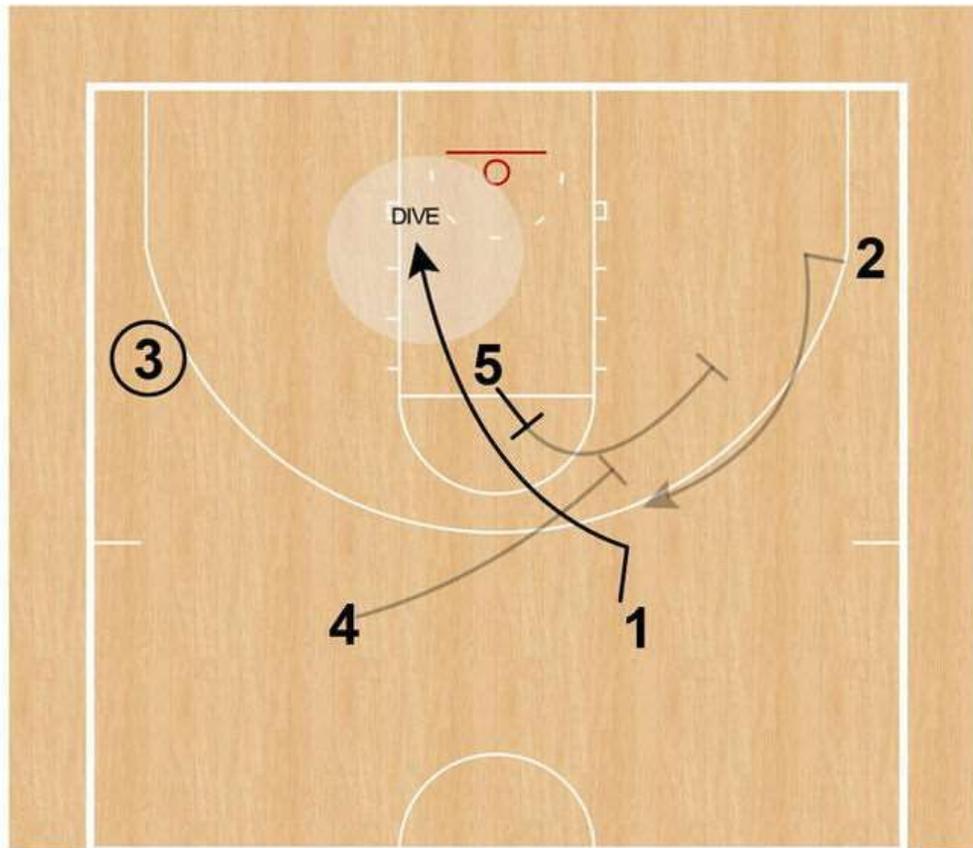
Just as with the single down screen we are looking for the passers to set a down screen around the elbow and FT Line area. They should be facing the corner, preparing themselves to second cut off of the cutter's decision.

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.

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.

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:

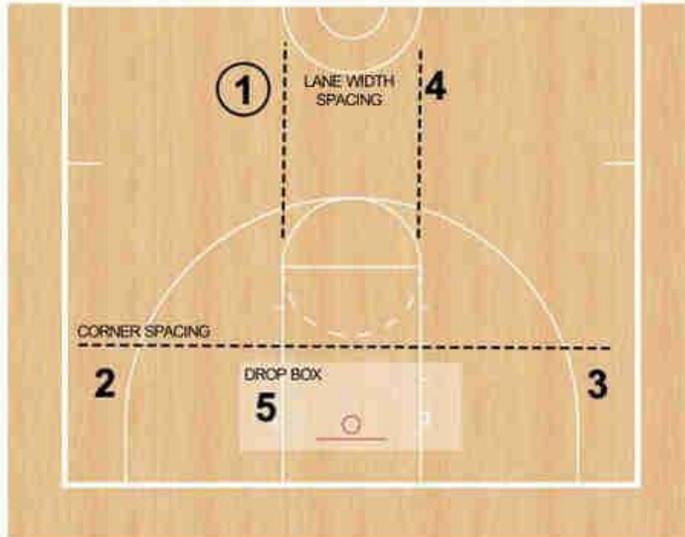
- [Identifying DDM Skills](#)
- [Planning a DDM Practice](#)
- [Driving the Elbow](#)



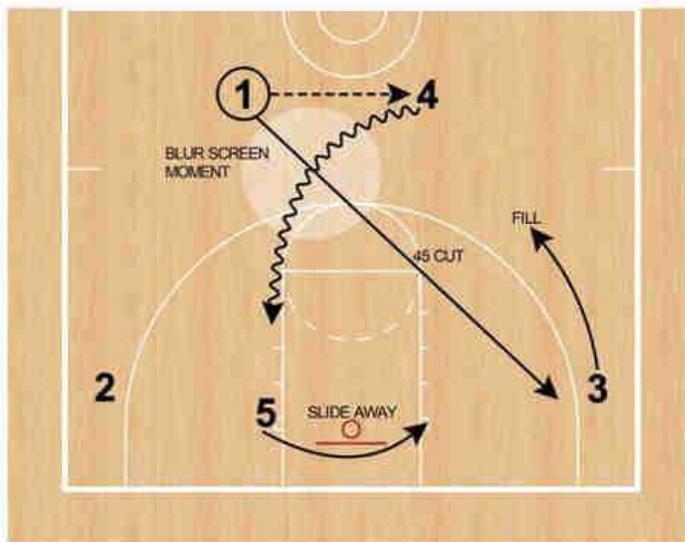
I - Spacing & Reactions

Spacing & Reactions

Spacing



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

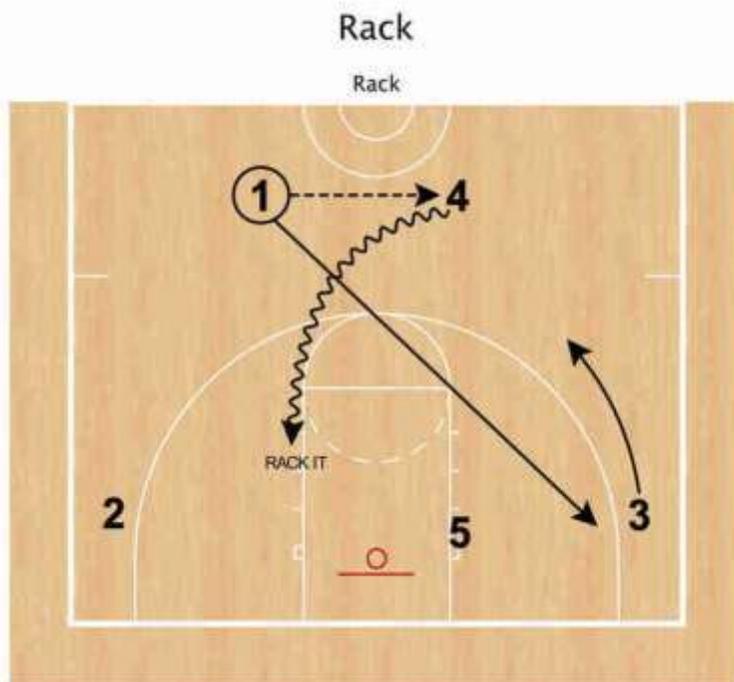
Reactions -

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.

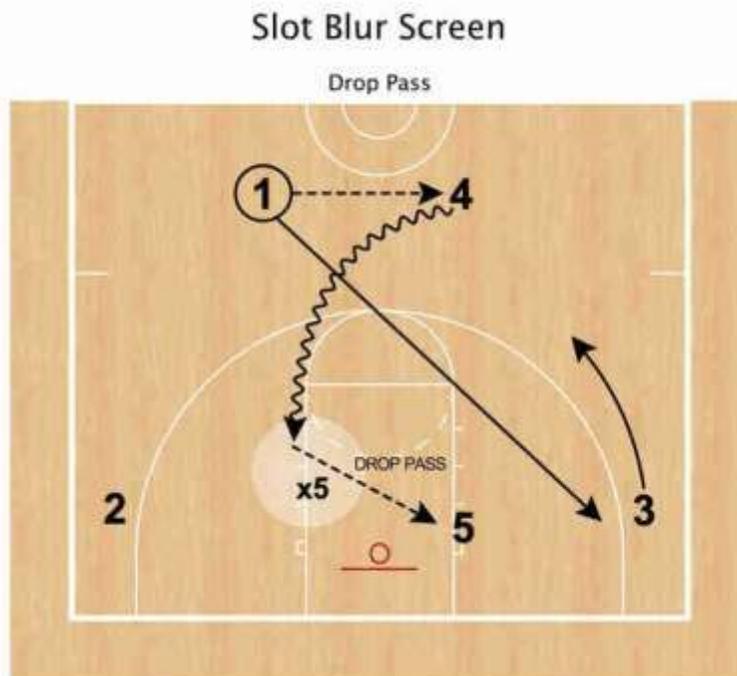
Rack-It - this is just a simple term to describe the driver being able to get all the way to the rim

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.

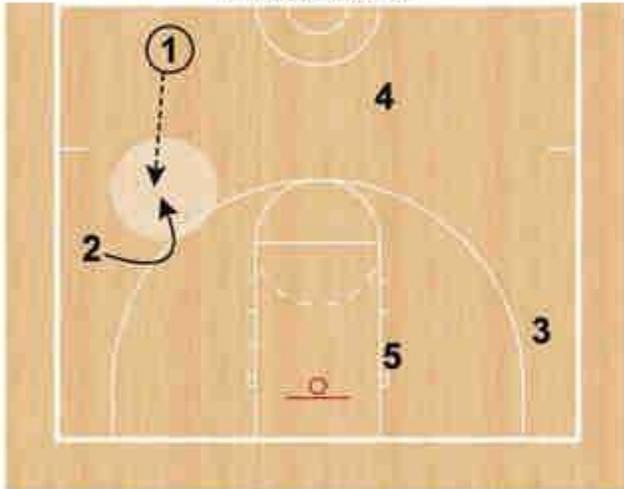
Initial Action - "Give or Keep"

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.

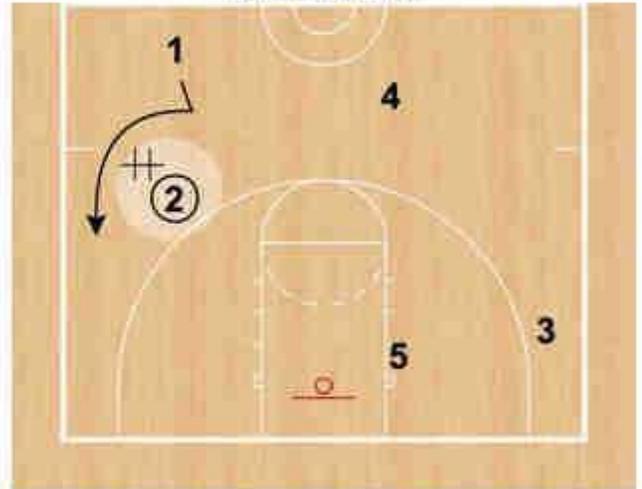
Teaching Point - the key teaching point would be to determine if the defender aggressively denied the passer the ball back to the cutter or not. If he did then you would "keep" it. If the defender is lagging behind you would "give" it to the passer and get ready to receive your flare screen.

Give or Keep

21 Entry
Half Court Offense



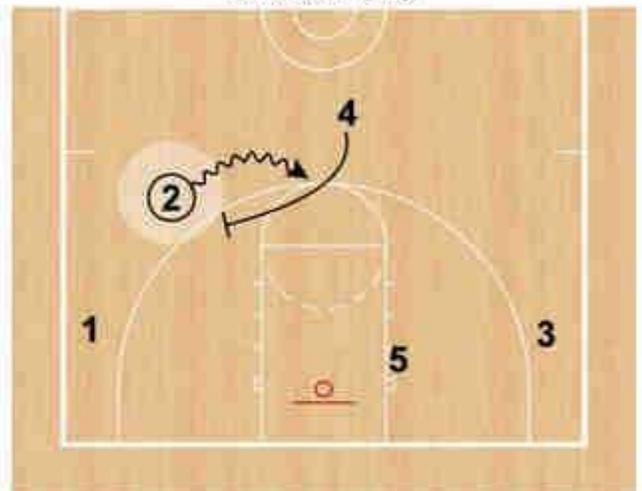
21 Entry - Follow the Ball Cut
Half Court Offense



21 Give - Flare, Drag Screen
Half Court Offense



21 Keep - Drag Screen
Half Court Offense



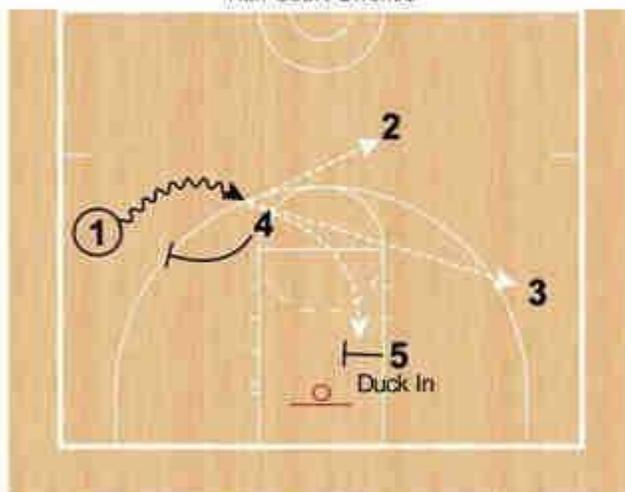
Secondary Action: "Drag Screen & Backside Action"

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.

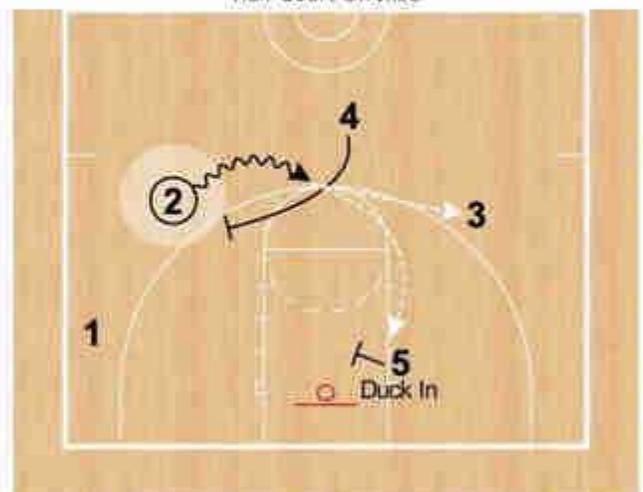
Regardless of whether the ball was "kept" or "given" the backside players would have to fill the slot opposite of the basketball. In some cases this was done by the 2 receiving the Flare Screen, and on other occasions it was a blast cut made by the backside 3 man. Either way the goal was to get the basketball 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>

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 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

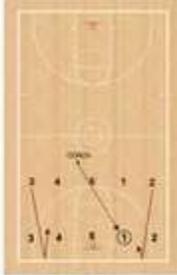
Transition

"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

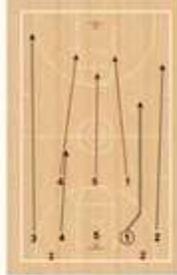
5/3 Touch the Baseline



5/3 Touch the Baseline: (With Start)

1. 5 Players Line Up Above the Key.
2. 5 Opposing Players on the Baseline.
3. Coach Passes it In & Calls 2 Numbers.
4. Offense Attacks & the #s TOUCH the Baseline & Sprint Back.

5/3 Touch the Baseline



Tip #1: 5 on 3 Advantage.

1. Offense Attacks 5 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

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
- 2 Flashes to the Rim
- Ball is Entered to 5

SLOB – Exchange & Swing

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
- 2/3 Exchange to get open

SLOB – Motion Strong

SLOB – Motion Strong Action:
Once the ball is swung the Motion Strong action is initiated.

- 2/5 Set the Stagger
- 2 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.

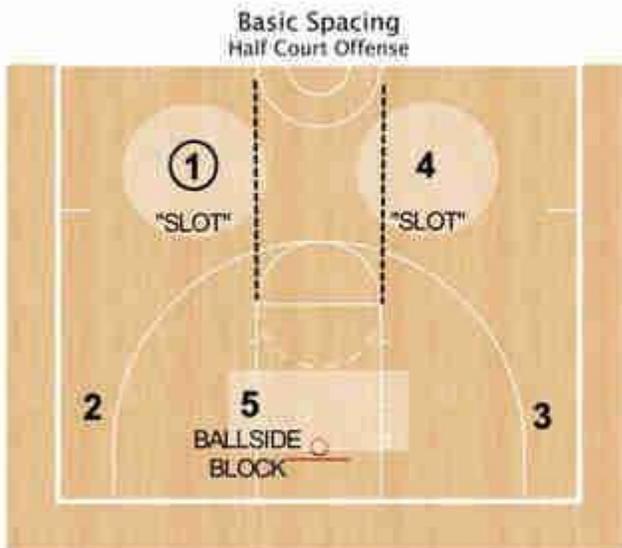
As I went into the 2019-20 offseason I had a few team-specific issues that I thought Motion Strong Action might help solve. The main two issues I was concerned about were:

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.

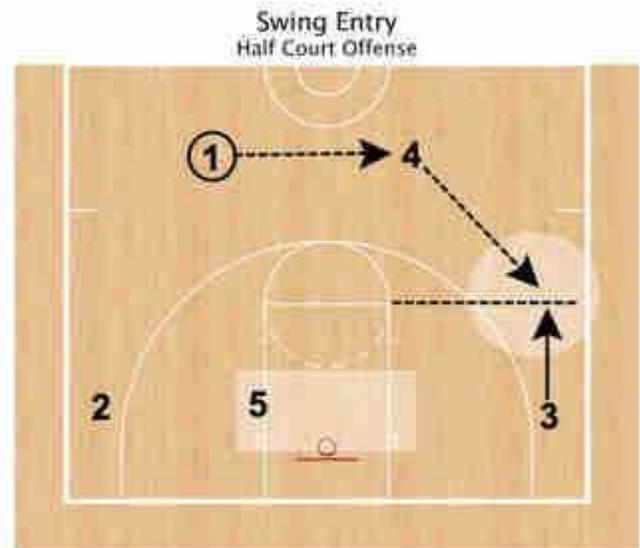
- [Coaches Clinic Presentation on our Motion Strong Action.](#)

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.

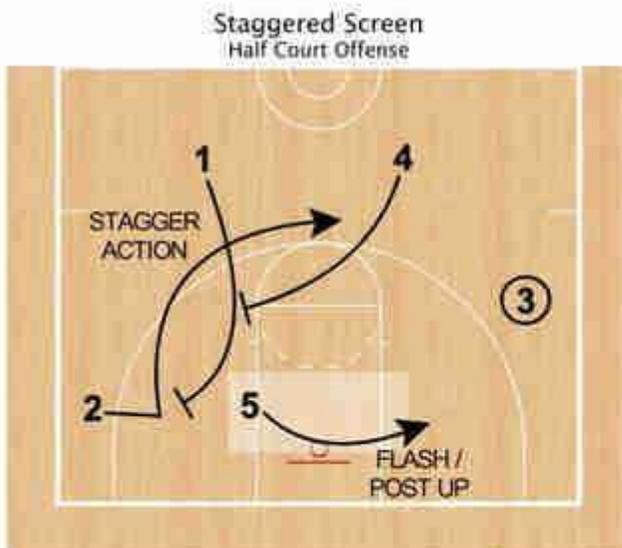


Motion Strong Basics – Swing Entry

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)

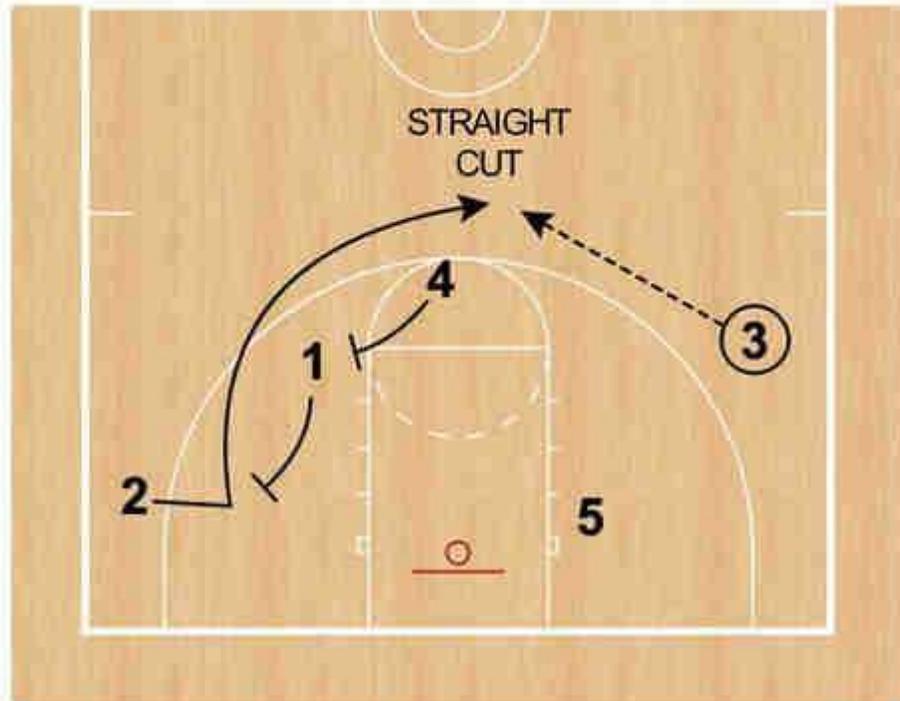


The Straight Cut

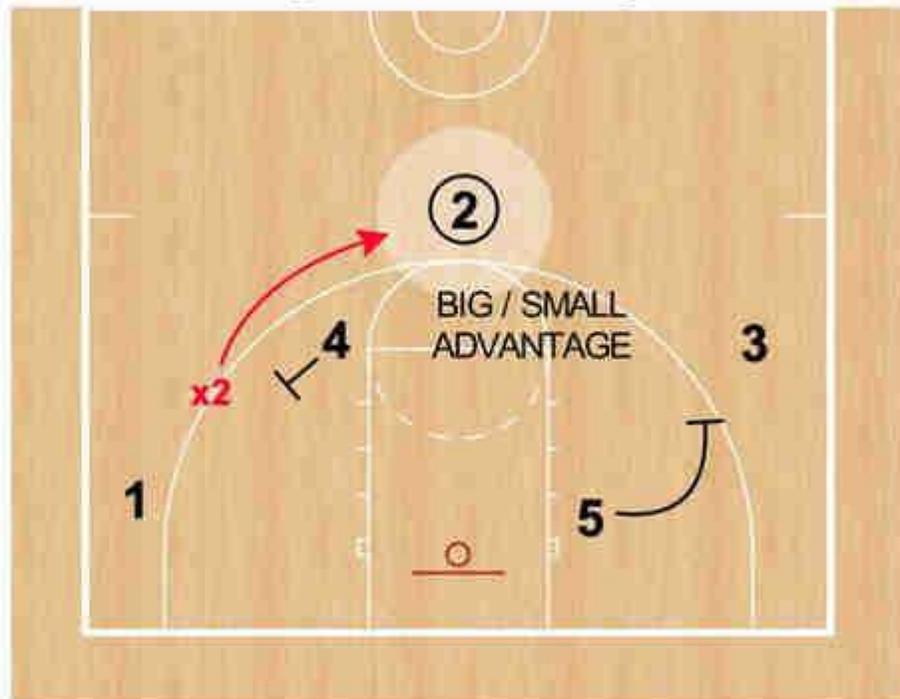
The most common cut off of the staggered screen is the straight cut. The straight cut uses both of the staggered down screens and looks to get a touch at the top of the key. If there is no denial or switching from the defense then the cutter will make the straight cut and look to get a touch. On the 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.

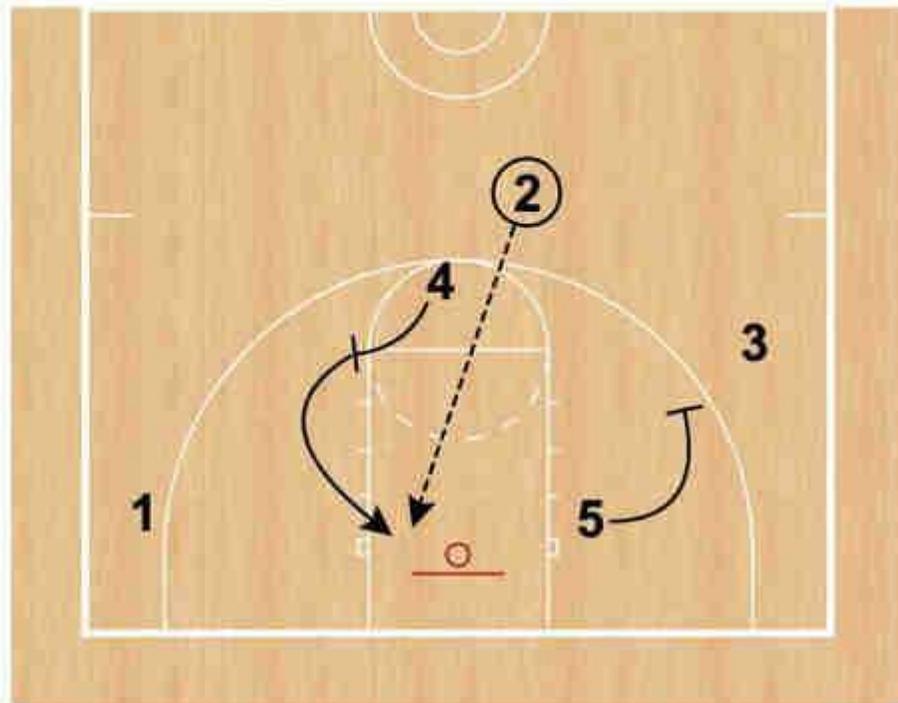
A *small advantage* on the catch would usually elicit a drive to the basket or a pass to the backside of the action.

Roll Man & Backside -

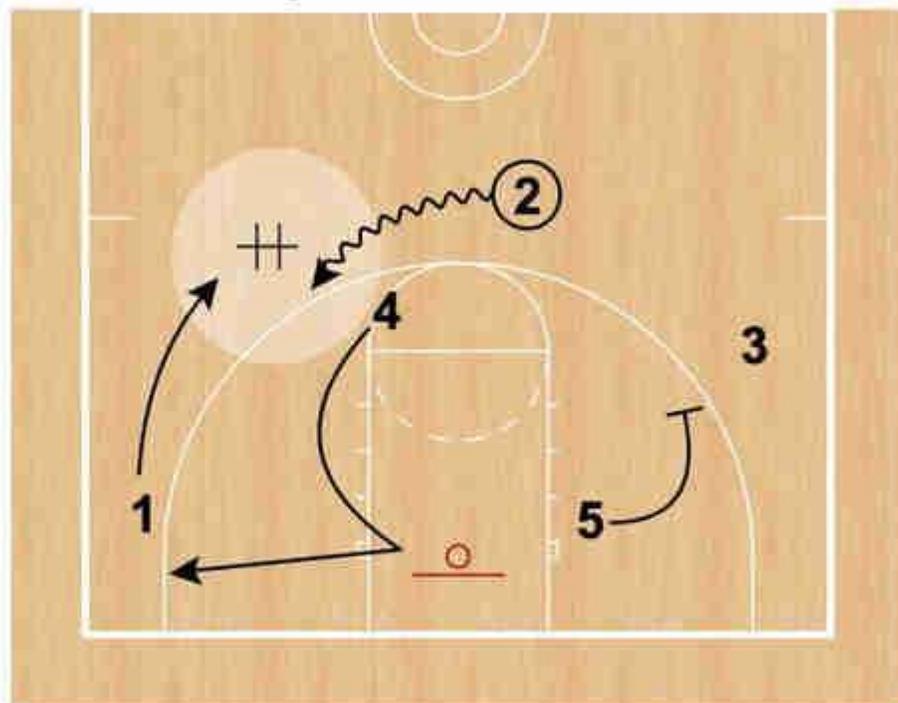
If a straight cut results in a shot or drive then we will be looking to attack the offensive glass and clean up any missed shots. If there was no immediate shot or drive that occurred on the straight cut touch then the ball should be heading to the backside via the pass. We did not incorporate any type 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.

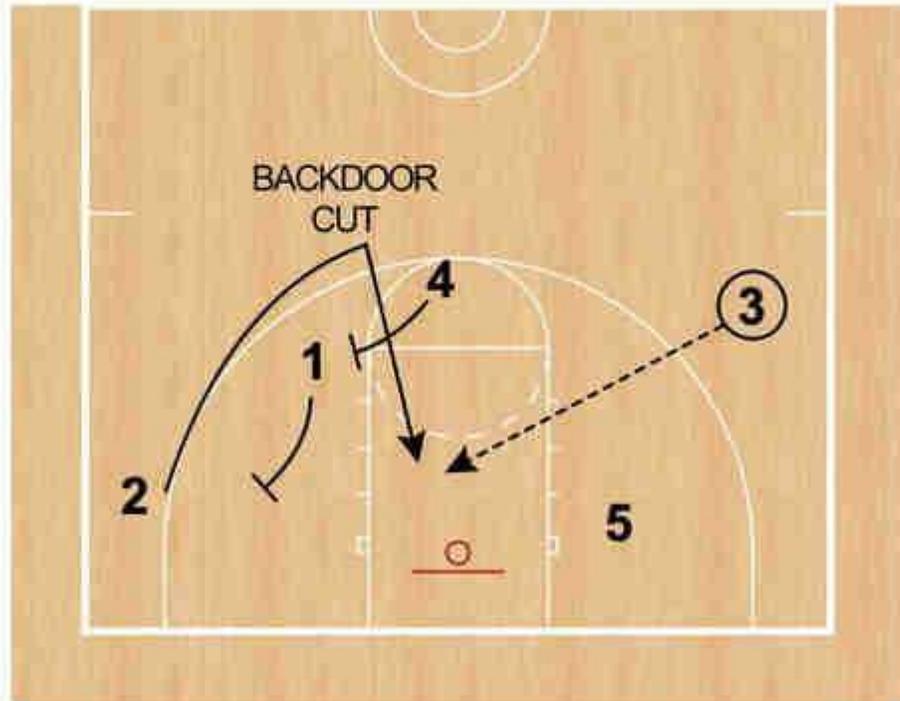
One common tactic we encountered was physical play against the cutter. To counter this we encouraged back door cuts whenever:

- A Player was Denied a Straight Cut
- A Perimeter Switch was Made

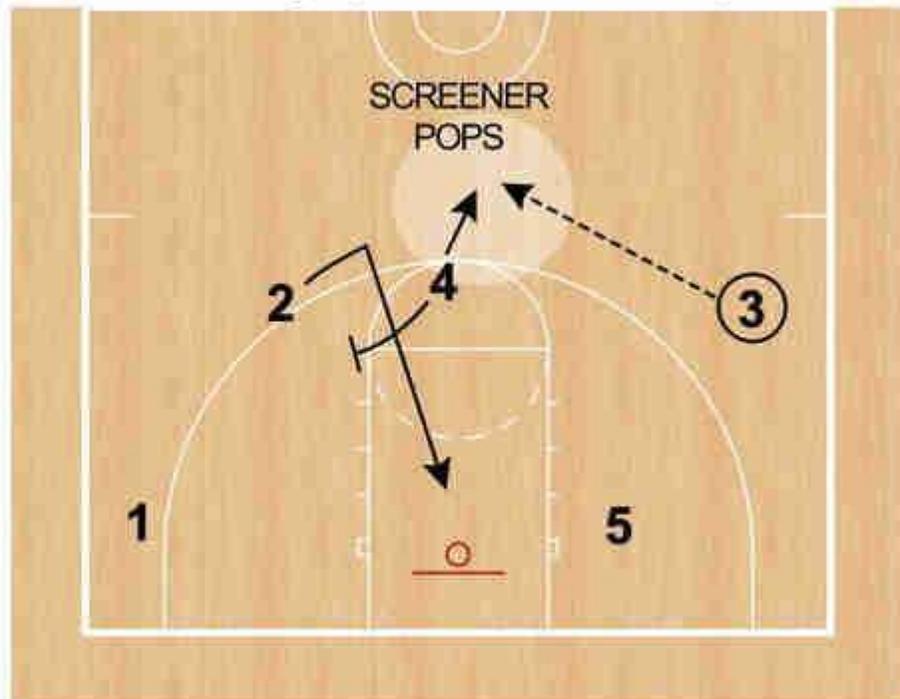
Working on these options allowed our cutters to make reads in the game based on how they are being defended.

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.

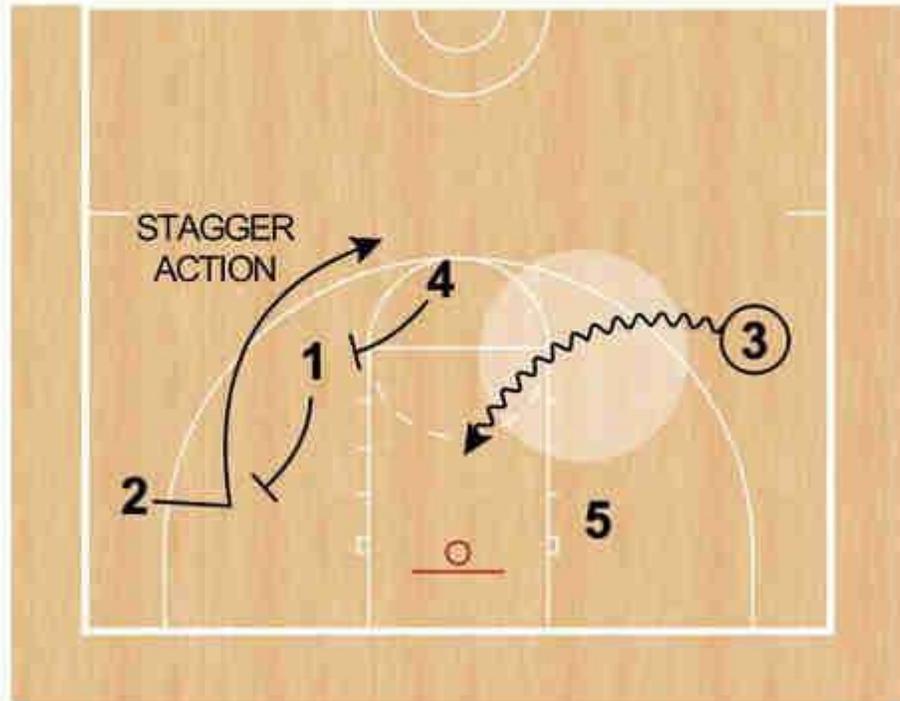


Wing Drives -

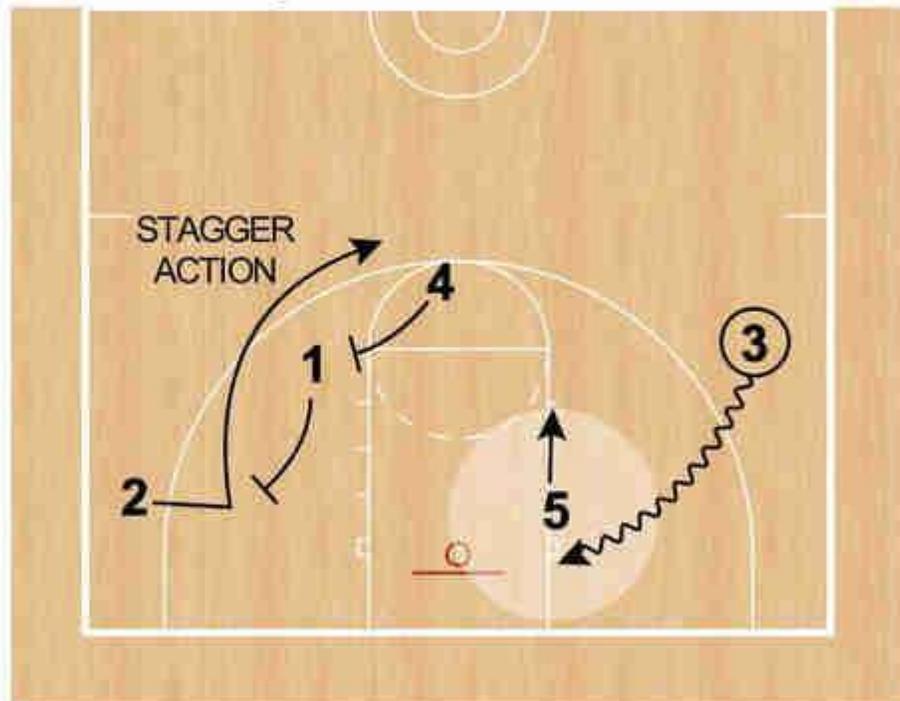
There are scoring opportunities that exist for players who are not involved in the staggered screen. One of those examples exists when the ball is swung from the slot to the wing. In theory, there are three defenders who are involved in defending the staggered screen, and on occasion, this presents a 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 -

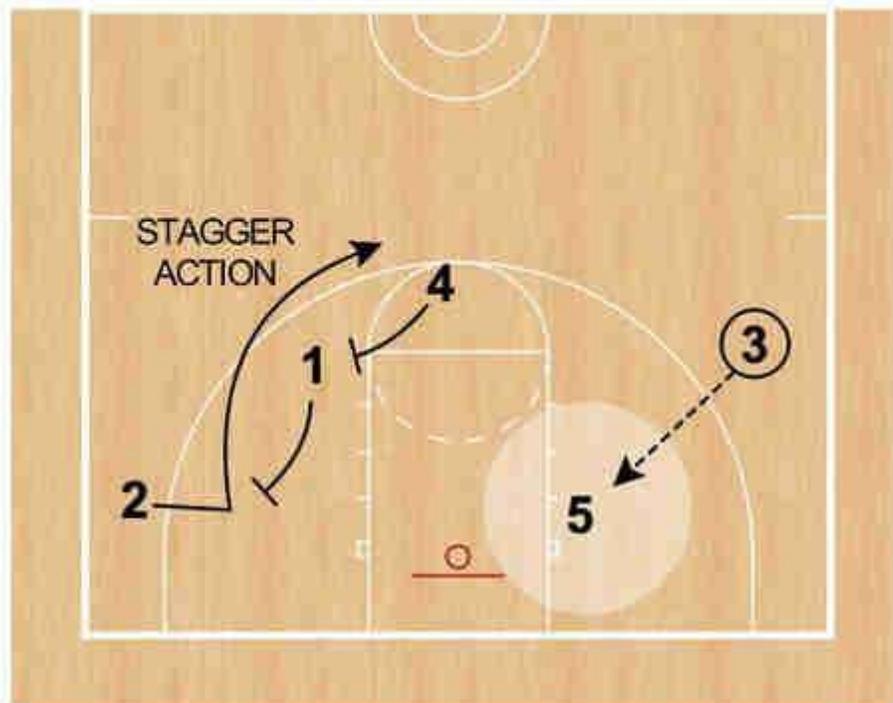
Earlier I mentioned that one of the reasons I was interested in Motion Strong Action was that it gave our 5 Man a more active role in the offense. In previous seasons we had adopted more of a [DDM approach](#) with our 5 Man typically occupying the Drop Spot. I really wanted to find ways to occupy X5 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:

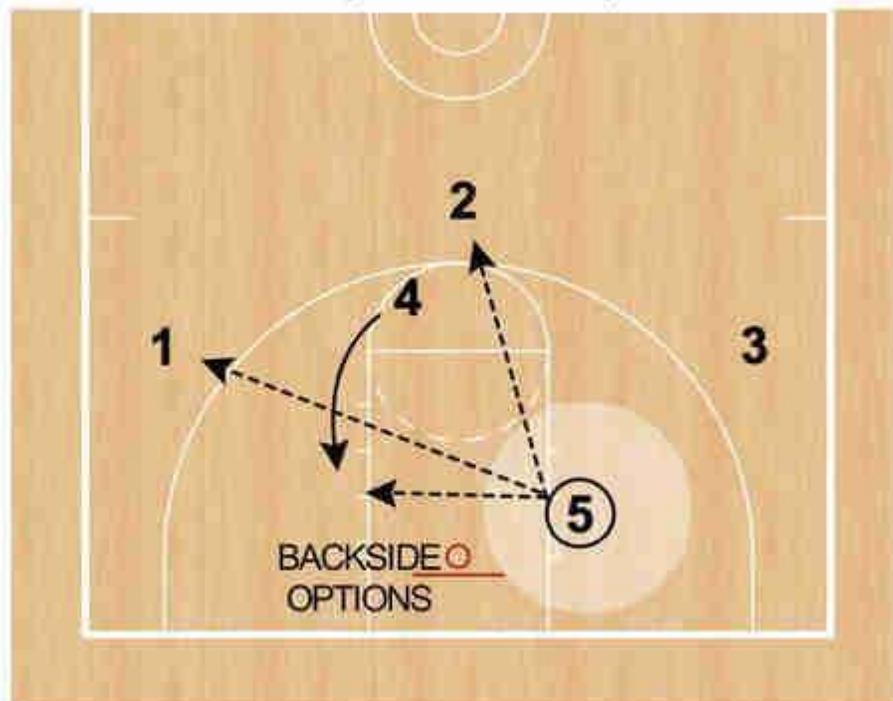
- Posting Up as the ball is Initially Swung to the Wing
- The Flare Screen & Roll off of a Straight Cut

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.

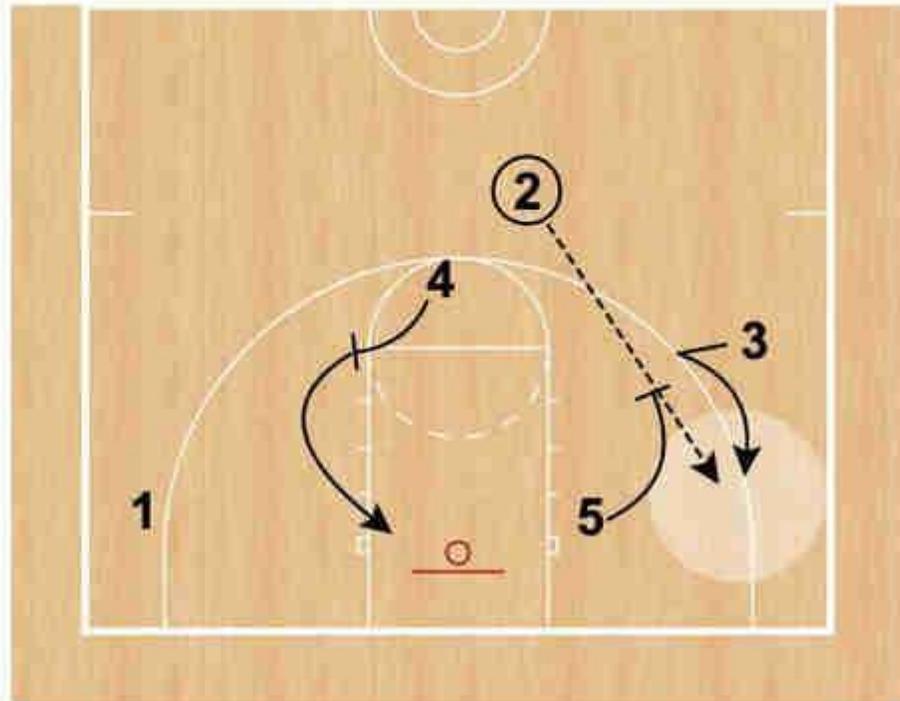
Shot Progression:

- 1 - Score First!
- 2 - Eyes on the Backside Second

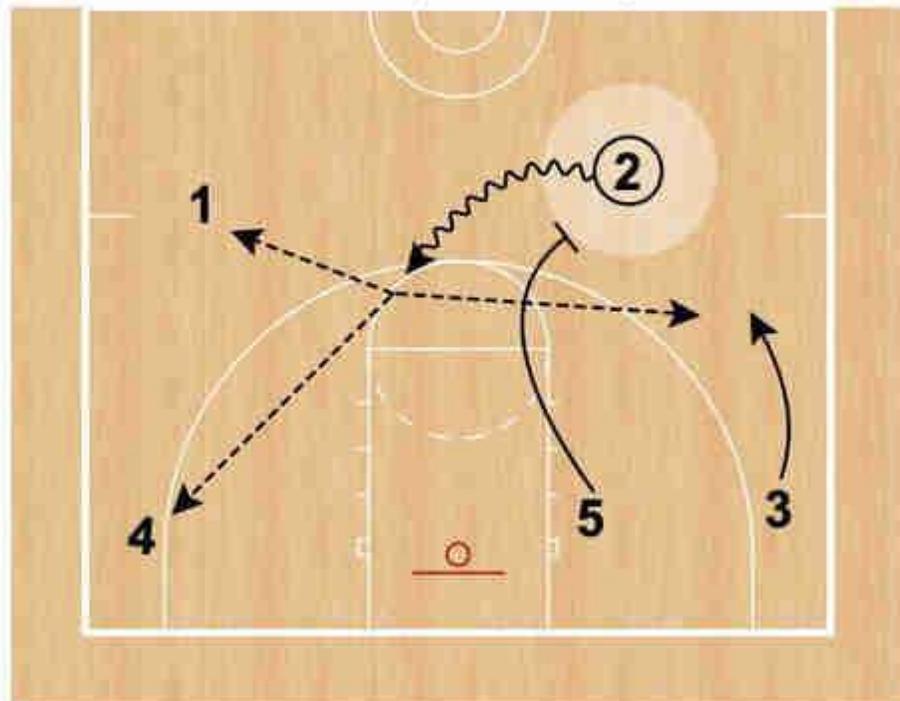
On the backside, we should have two shooters (1,2 in the diagram), and the second screener diving to the rim.

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.

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.

Coach Lynch Contact Info:

Email - [mflynch21@yahoo.com](mailto:mflynych21@yahoo.com)

Twitter - [@CoachLynch_21](https://twitter.com/CoachLynch_21)

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:

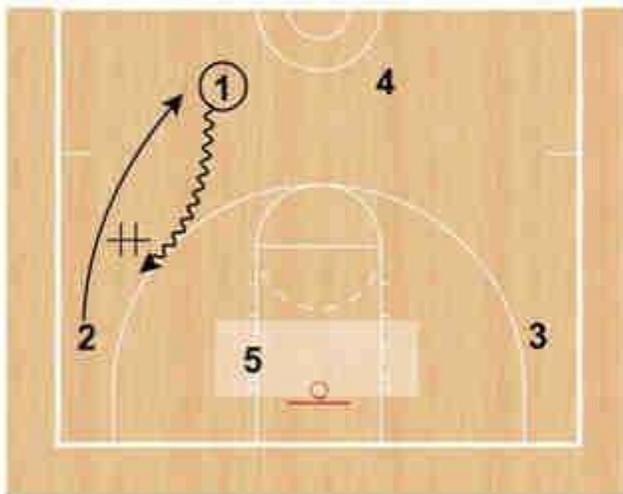
1. Get a Perimeter Player into the Post
2. Get a Two Man Action on the Weak Side
3. Open the Middle for Curls (vs. a Sagging X5 defender)

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



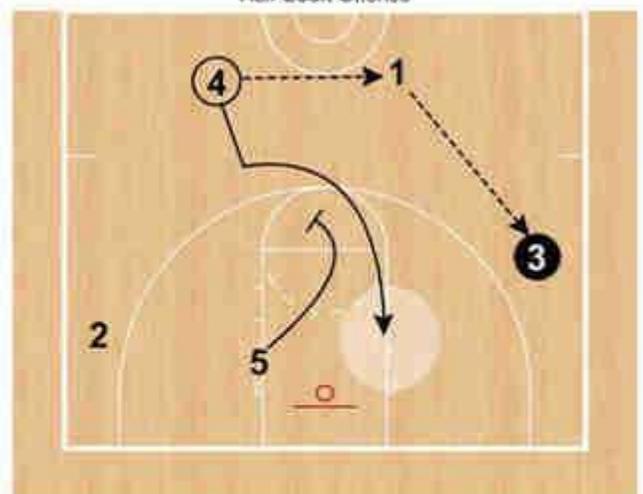
2. Swing & Backscreen
Half Court Offense



3. Motion Strong Action
Half Court Offense



Option B - The 4 Man Initiates the Action
Half Court Offense



Single Down Screen Action

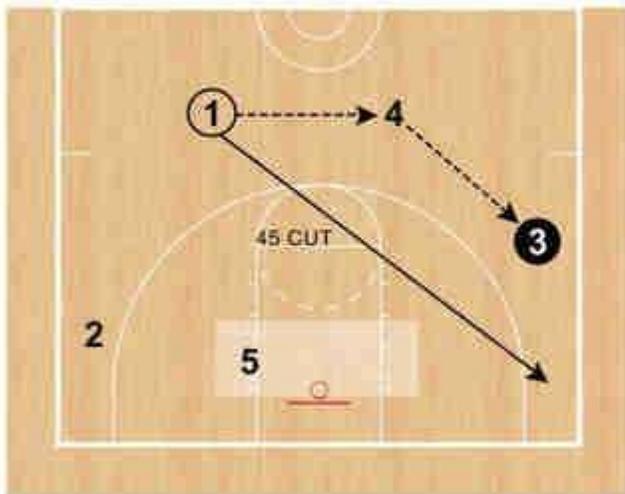
Single Down Screen Action, is an action that can be called by the coach or one that can be given to players as an option. In the video clips below the player who makes the slot to slot pass, which typically initiates the Motion Strong Action, decides to make a 45 cut instead. There are a few benefits to this as it now opens up the weak side more than normal.

What Opens Up?

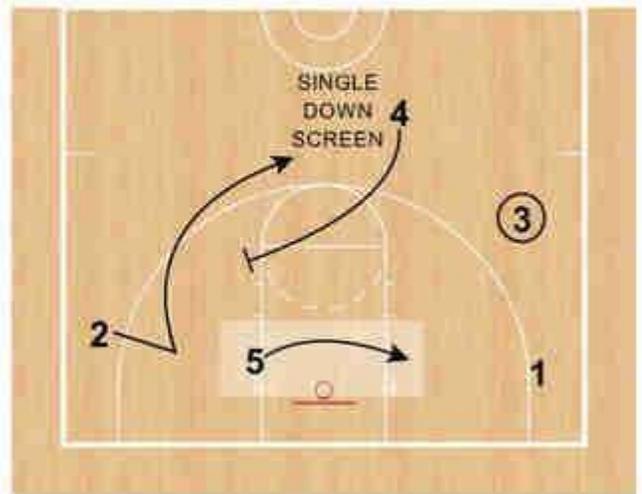
1. Better Driving Gap off a Straight Cut
2. Opens up the Slip to the Rim for the Roller.
3. Chance to Post Up your 2nd Screener (Not Shown in Video)

Single

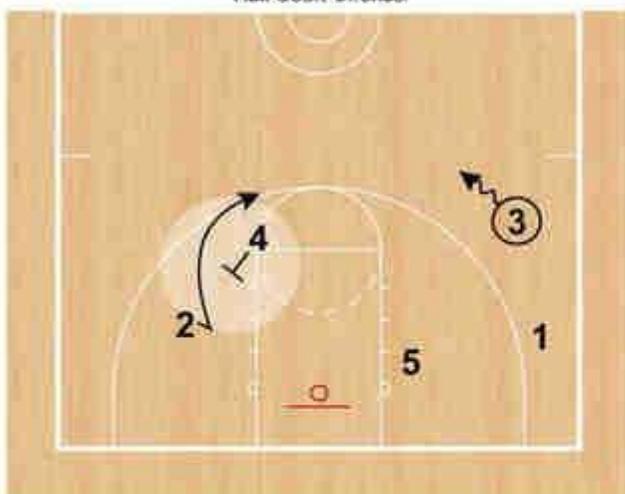
1. Swing & 45 Cut
Half Court Offense



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:

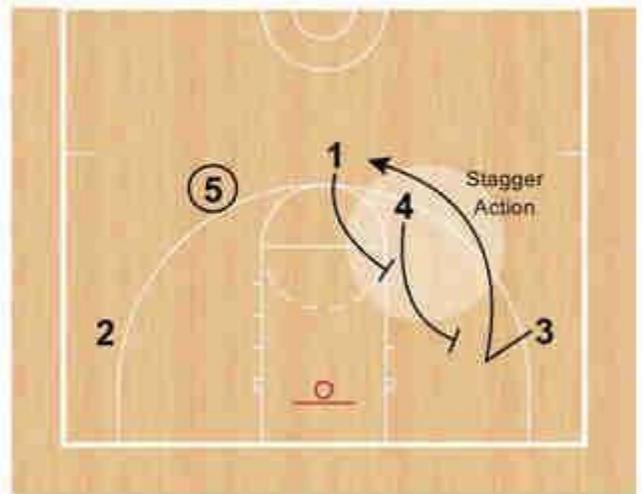
1. 5 & 4 Position Themselves at the Elbows
2. The Ball is Entered to the 5 or 4
3. The Stagger is Set by 1 & whoever does not get the entry pass
4. Motion Strong Reads are Executed (Curl, Back Door, Straight Cut)
5. ****RULE**** 2nd Screener always Rolls on Straight Cuts.

Horns

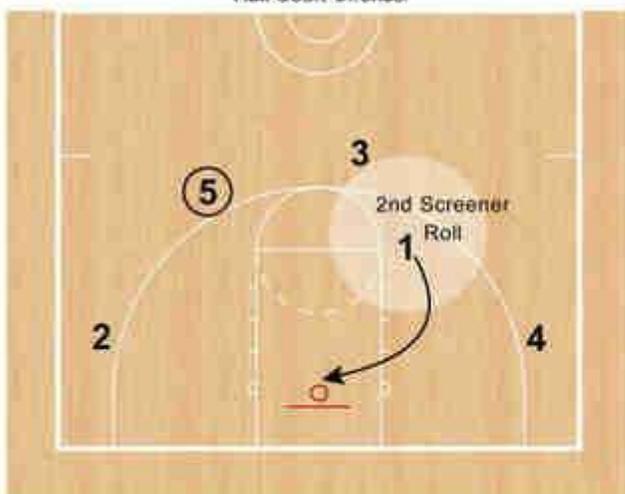
1. Horns Entry
Half Court Offense



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.

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.



Dribble Drive Offense



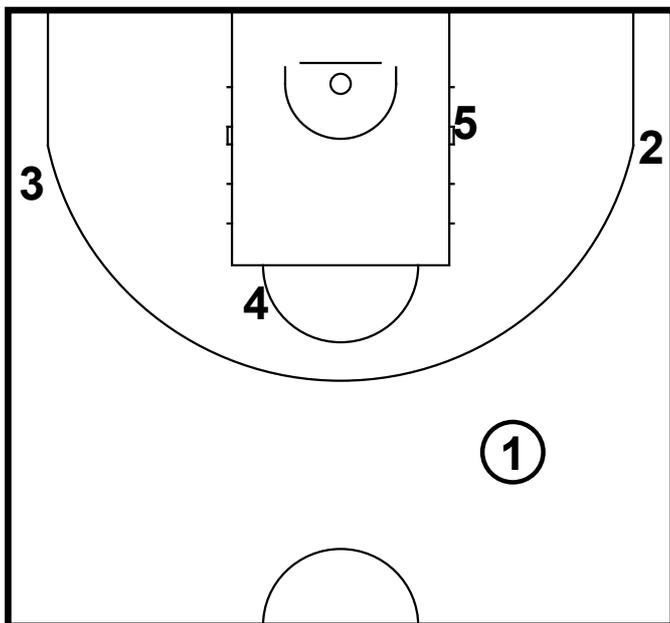
Table of Contents

1.	Set-Up	2
2.	Gaps & Spaziature	3
3.	Concetti Chiave	4
4.	Collaborazioni Drag Zone	5
5.	Collaborazioni Drop Zone	6
6.	Contropiede	7
7.	Giochi a termine	8

Dribble Drive Offense

Set-up

#1 - Schieramento tradizionale anni 90

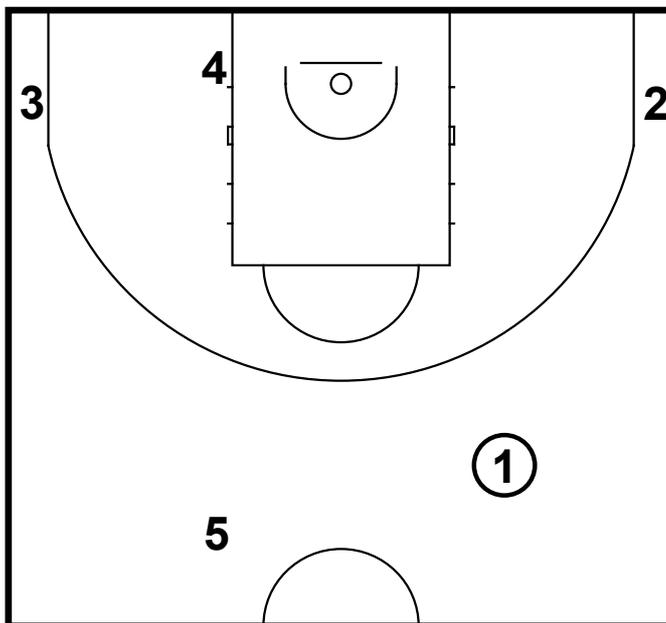


Schieramento canonico attacco pre Dribble Drive Motion:

- 1 in guardia
- 2 e 3 in ala/angolo
- 5 post basso lato forte
- 4 post alto lato debole

Poco spazio per penetrazioni di 1.

#2 - Schieramento iniziale DDM



Schieramento standard Dribble Drive Motion:

- 1 e 5 in guardia (Ball Handlers)
- 2 e 3 in angolo (Wings)
- 4 in post basso lato debole (Bigman)

Indicazione: "Corner, Corner, Post Opposite, Man in Motion".

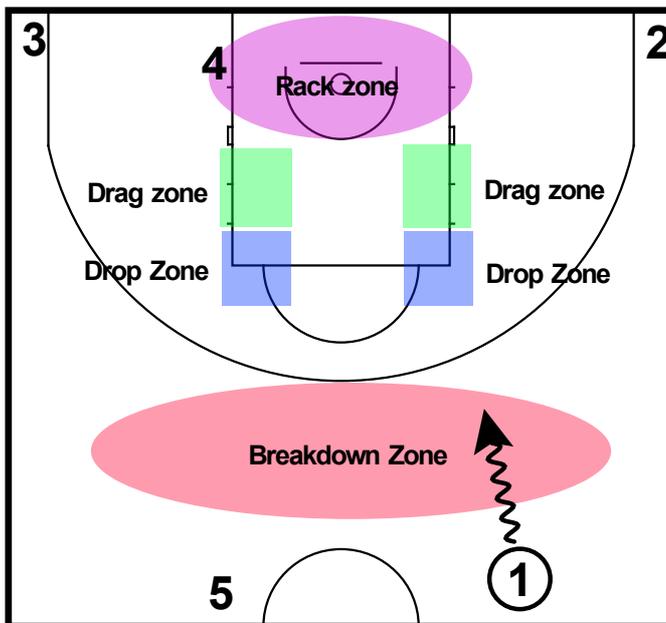
#3 - Posizioni



Posizioni del campo occupabili dell'attacco:

- Angolo. Posizione di partenza della Wings.
- Guardia. Posizione di partenza dei ballhandlers.
- Post bassi. Posizione di partenza del bigman, opposto alla palla.
- Ala. Posizione da riempire a seguito di penetrazioni nella drag zone.
- Gomiti: Posizioni in cui far passare la palla in penetrazione, o da riempire dal bigman in certe opzioni.

#4 - Zone



Breakdown zone. Zona in cui "rompere" la difesa per creare vantaggio.

Drop zone. Il riferimento due gomiti alti della zona, il punto da attaccare ed in cui iniziano le prime collaborazioni offensive dopo aver riconosciuto vantaggio.

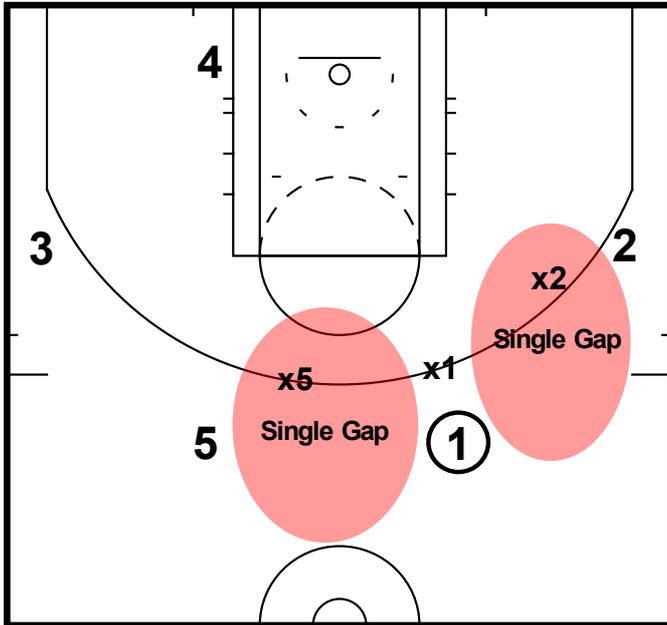
Drag zone. Lettura della difesa per proseguire 1c1 o scaricare. Zona in cui vengono innescate la maggior parte delle collaborazioni offensive.

Rack zone. La zona in cui generare tiri ad alta percentuale in appoggio o guadagnarsi viaggi in lunetta.

Dribble Drive Offense

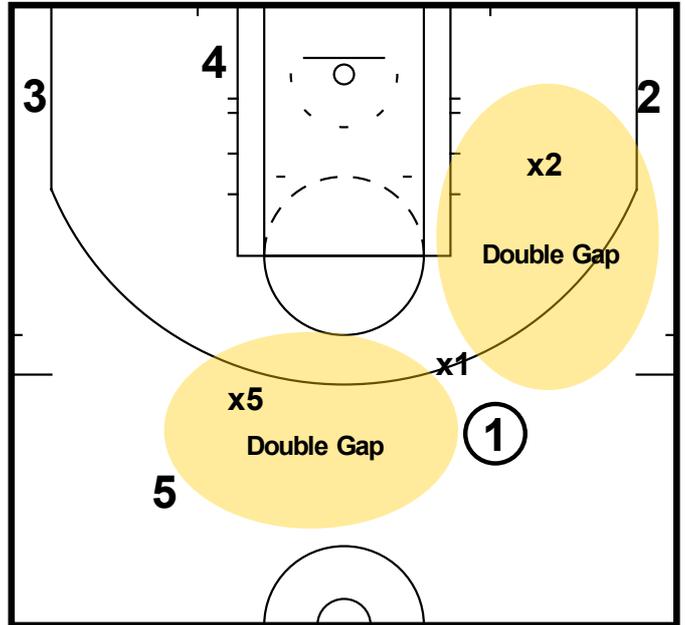
Gap e Spaziature

#5 - Single Gap



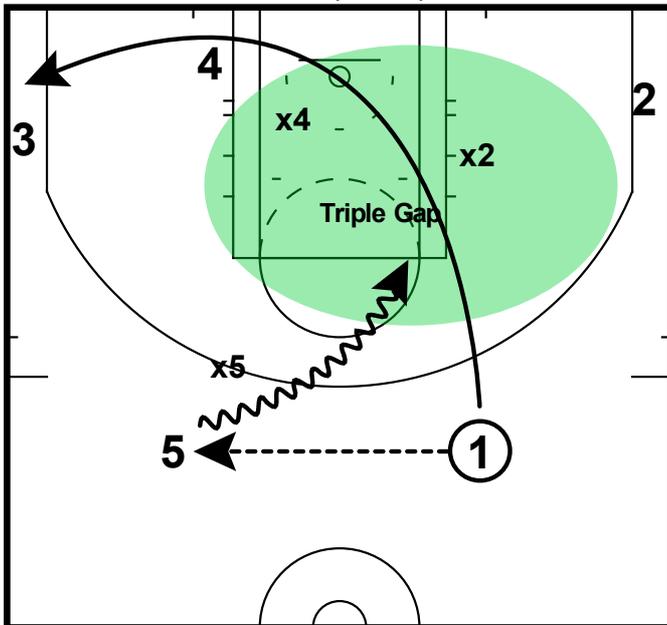
Spazio ristretto difficile da attaccare in penetrazione con difesa posizionata e pronta, meglio passare il pallone e tagliare.

#6 - Double Gap



Spazio che permette di trovare linee di penetrazioni a canestro, difesa che deve fare una scelta.

#7 - Triple Gap

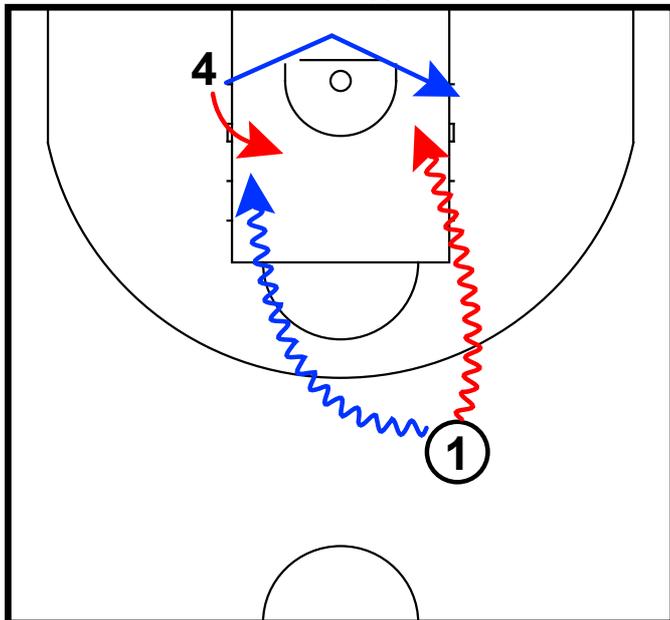


Massimo spazio da attaccare in penetrazione, generato con tagli o in contropiede, difesa in difficoltà.

Dribble Drive Offense

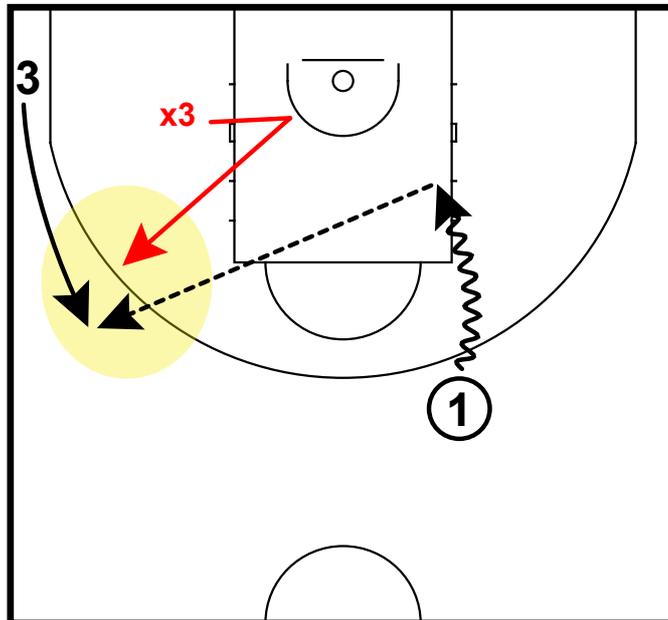
Concetti chiave

#8 - Movimento in opposizione di 4



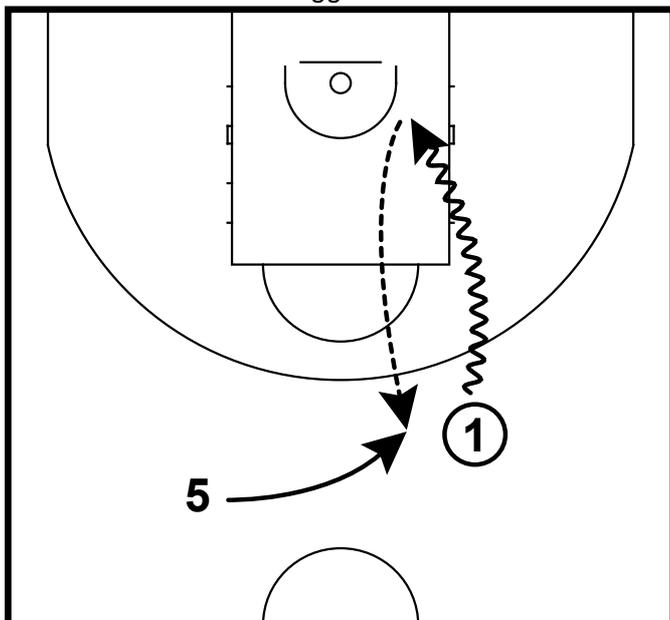
4 si muove in opposizione alla palla aprendo spazio alle penetrazioni usando massimo 3 passi per rilocarsi, tenendo alte le braccia per prepararsi a scarico, lob, o correggere l'errore al tiro.

#9 Attaccare il closeout difensivo



Con palla che esce a seguito di una penetrazione, il giocatore che riceve è pronto per tirare o attaccare il closeout difensivo per creare un'altra penetrazione.

#10 - Passaggio in sicurezza



Il giocatore in guardia opposta alla palla buttandosi dietro di essa offre un passaggio in sicurezza, utile per disimpegnarsi, per riaprire e per tirare o riattaccare il closeout.

Dribble Drive Offense

Collaborazioni Drag zone

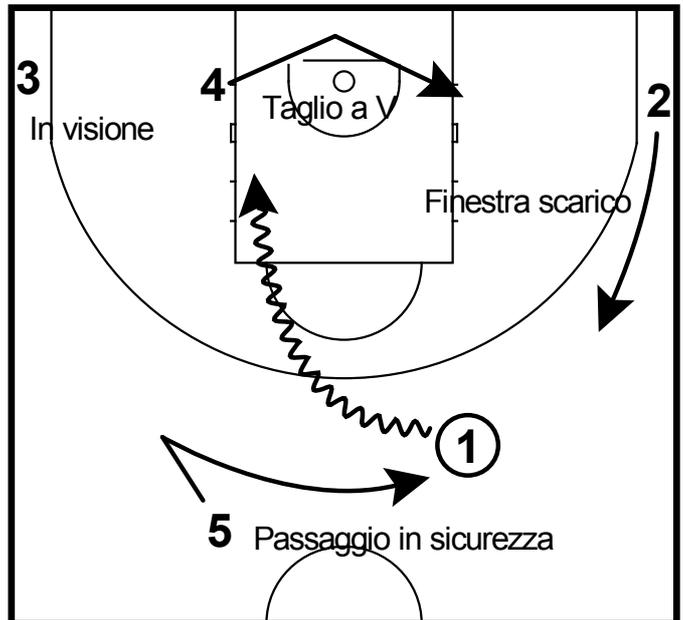
#11 - Lane Penetration



La linea di penetrazione più efficace da attaccare in palleggio.

- 1 attacca la drop zone opposta a 4.
- 4 si muove in modalità "clean up" verso il centro.
- 5 da passaggio in sicurezza.
- 2 resta spaziato in angolo in visione per scarico.
- 3 sale in ala cercando "finestra di scarico".

#12 - Middle Penetration



La linea di penetrazione da usare se la Lane Penetration è chiusa dalla difesa.

- 1 attacca la drop zone verso 4.
- 4 si muove in opposizione con un "taglio a v" su post basso lato debole.
- 5 da passaggio in sicurezza dietro la palla.
- 3 resta spaziato in angolo in visione per scarico.
- 2 sale in ala cercando "finestra di scarico".

#13 - Baseline Penetration



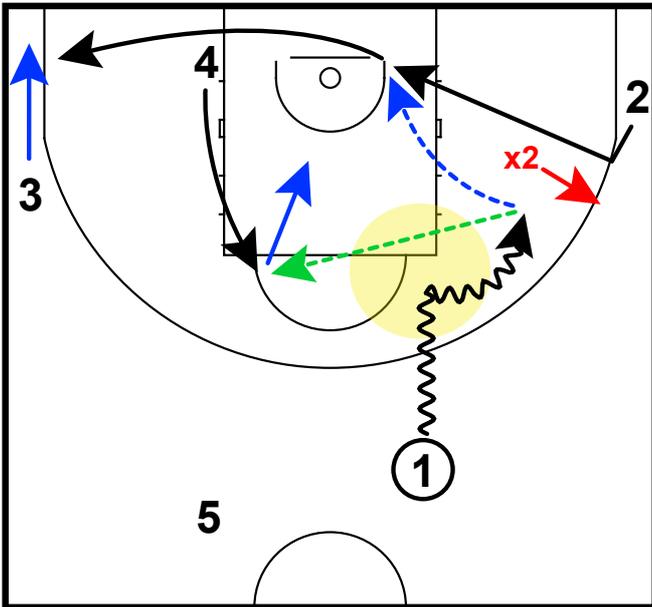
La linea di penetrazione più efficace in contropiede oppure opzione per attaccare il closeout difensivo dopo scarico.

- 2 attacca il fondo.
- 4 si muove in opposizione per con "taglio a T" in area.
- 1 da passaggio in sicurezza dietro la palla.
- 3 si schiaccia in angolo in visione per scarico.
- 5 si muove dietro la difesa cercando "finestra di scarico".

Dribble Drive Offense

Collaborazioni Drop Zone

#14 - Backdoor



- 1 raggiunta la drop zone si sposta in palleggio verso 2 che fa un passo verso la palla e taglia backdoor con cambio di velocità.
- 4 sale al gomito lato debole mentre parte il backdoor.

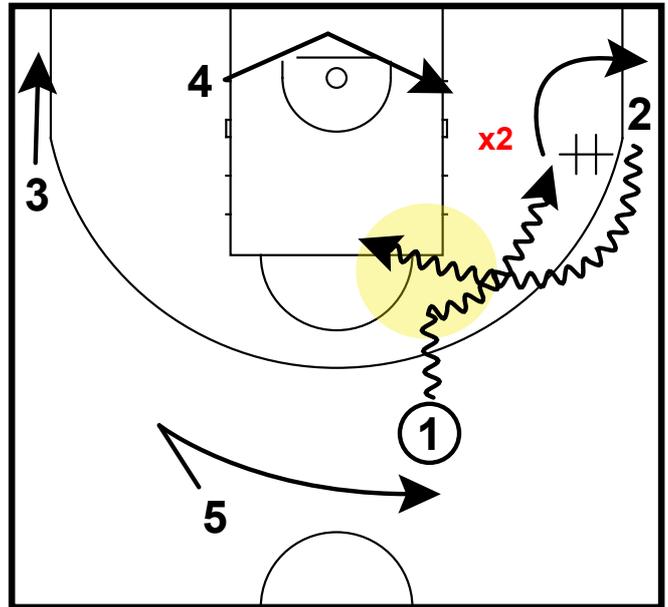
Se la palla arriva a 2:

- 4 taglia a canestro
- 3 si schiaccia in angolo.

Se il backdoor è anticipato:

- 1 passa a 4 al gomito che può partire in palleggio, tirare o ribaltare per iniziare a muoversi in opposizione.

#15 - Handoff

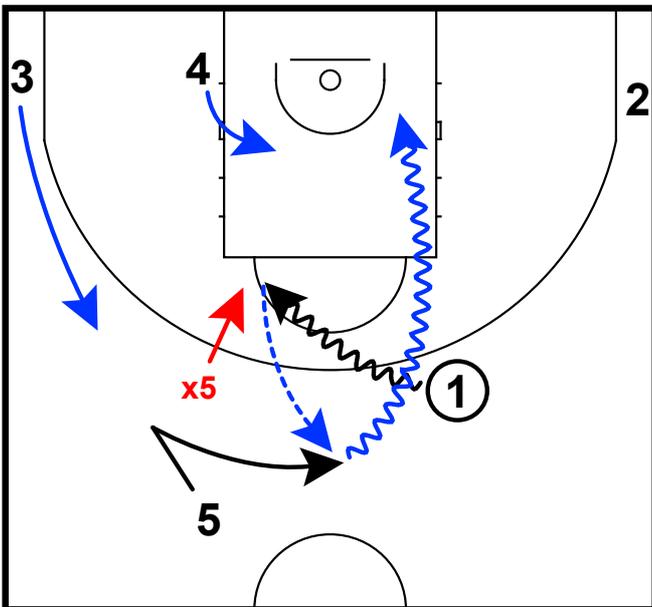


- 1 raggiunta la drop zone si sposta in palleggio verso 2 che corre verso la palla per giocare un handoff e riattaccare la drop zone.

Mentre 2 attacca dopo l'handoff:

- 4 si muove in opposizione con un "taglio a v"
- 5 da passaggio in sicurezza
- 3 si schiaccia in angolo per passaggio in visione.

#16 - Kick Back



- 1 raggiunge la drop zone verso 4.

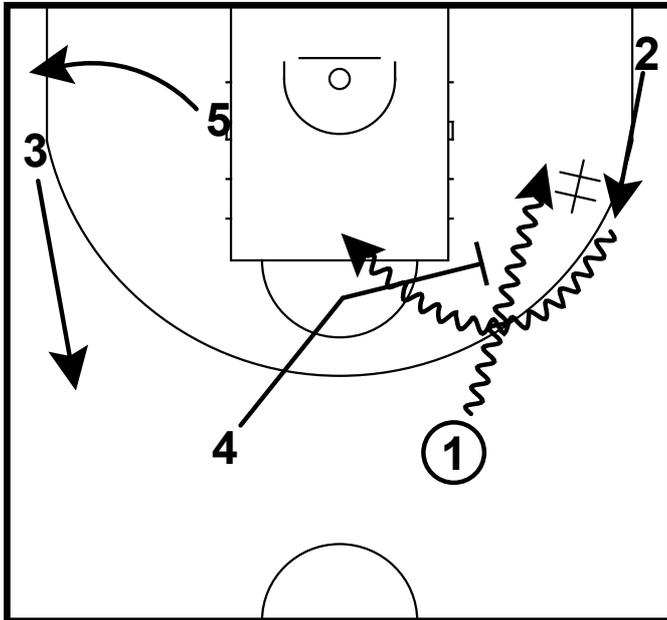
Se il difensore di 5 aiuta:

- 5 fa drag verso la palla per ricevere e ettaccare il centro.
- 4 si muove verso il centro in modalità "clean up".
- 2 resta spaziato per passaggio in visione.
- 3 sale in ala cercando "finestra di scarico".

Dribble Drive Offense

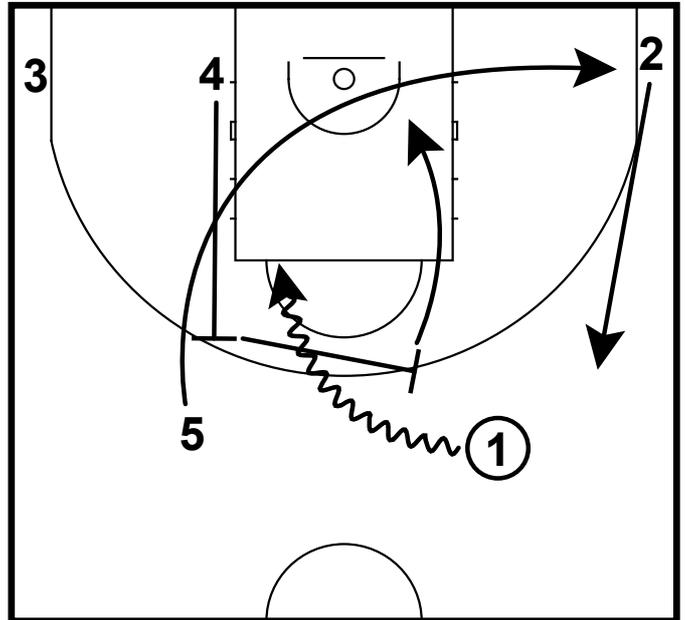
Set

#19 - "Pistol"



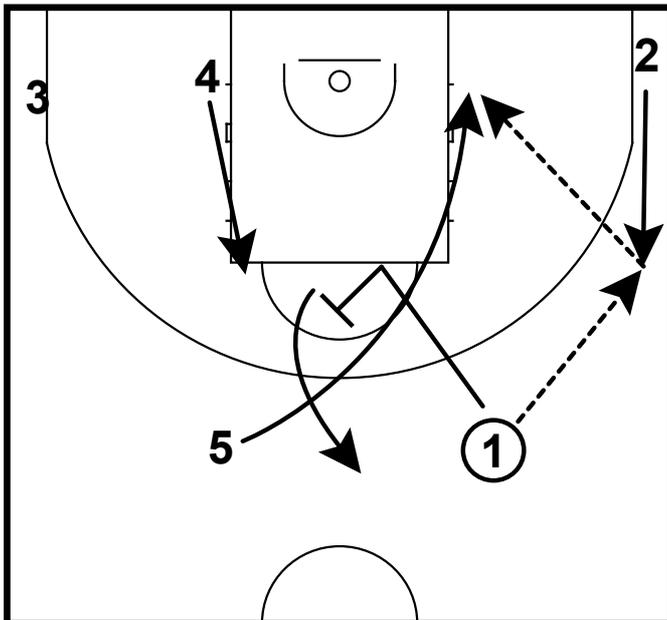
1 gioca handoff laterale con 2.
2 sfrutta handoff più pick & roll di 4 a rimorchio mentre 3 e 5 si spaziano lato debole.

#20 - "Chin"



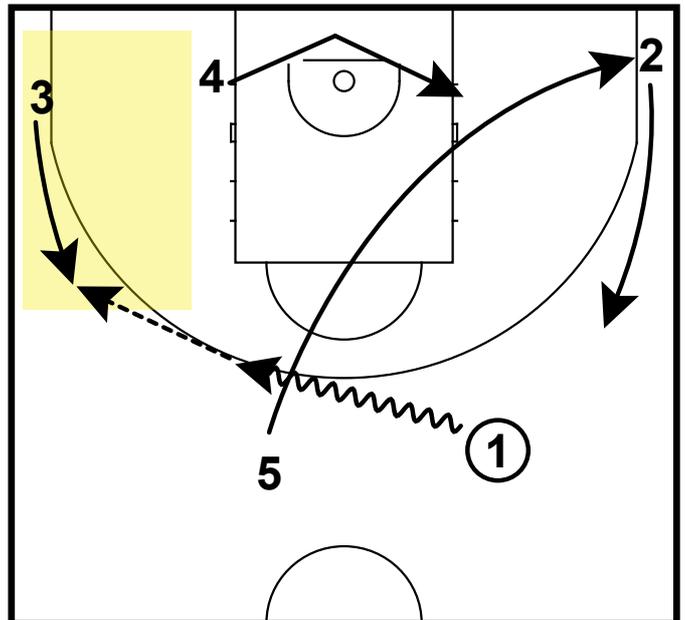
4 blocca cieco per 5 poi sprints a giocare un pick & roll con 1.
5 dopo il taglio esce in angolo lato su lato della palla mentre 2 sale in ala.

#21 - "Hawk"



1 passa a 2 che sale in ala, taglia fino alla lunetta, poi si gira e blocca a scendere per 4 che scivola a canestro fino in post basso.
Mentre la palla si muove verso 5, 4 sale al gomito lato debole.

#22 - "Iso 3"



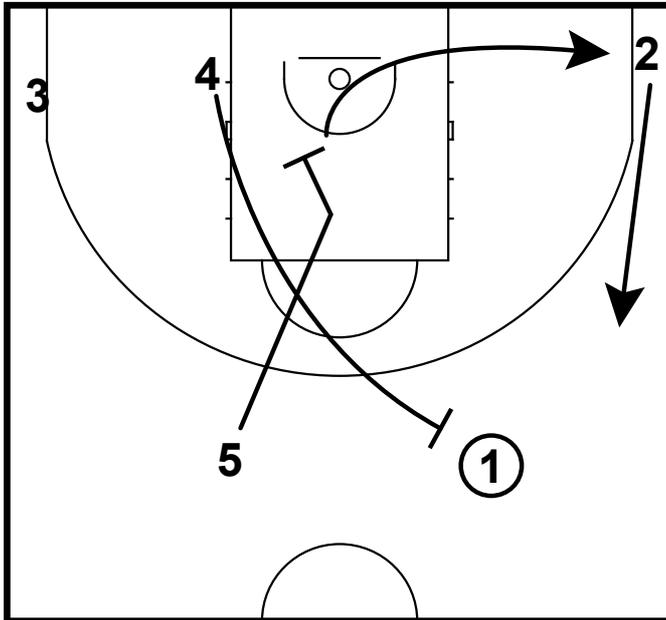
5 taglia a canestro, mentre 1 inizia ad attaccare il centro.
4 si muove in opposizione liberando un quarto di campo per l'isolamento di 3.



Dribble Drive Offense

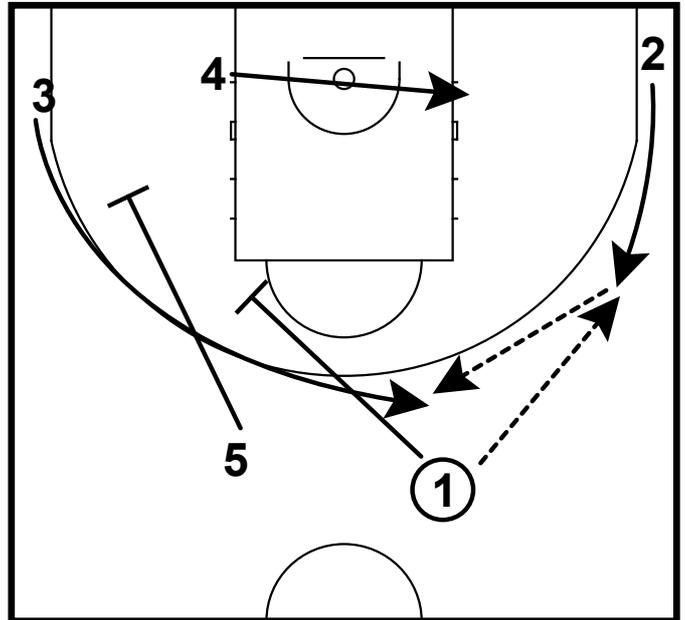
Set

#23 - "Phoenix"



5 blocca per 4 che sprinta a giocare un pick & roll con 1.
5 dopo il blocco esce in angolo sul lato della palla, 2 sale in ala.

#24 - "Stagger"



1 passa a 2 ed insieme a 5 portano un blocco stagger per 3
mentre 4 segue la palla in post basso lato forte.

Dribble Drive Motion Set Plays



More and more teams at all levels are transitioning towards a scheme that constantly puts pressure on the defense with an emphasis on layups and three point shooting. One such team that uses aspects of the Dribble Drive Motion are the Philadelphia 76ers who have surrounded their giant point guard and freakishly skilled center with an army of athletic slashers and lights out snipers. We will quickly go over several of the 76ers set plays as well as sets that i've used myself to amplify our dribble drive attack.

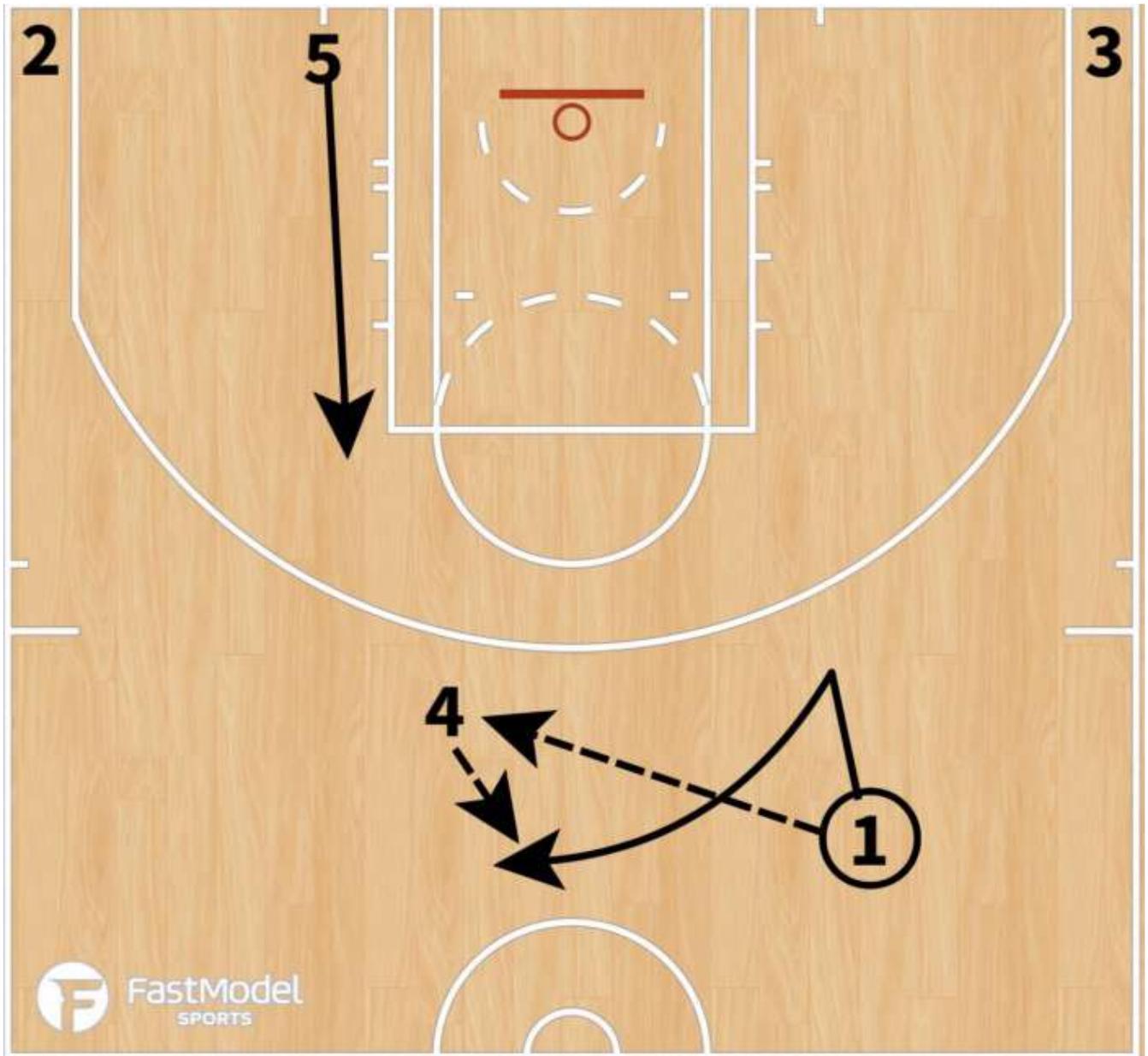
76ers Pistol Cross

After hitting ahead towards the wing, our guard will sprint around their teammate looking for a quick handoff. Assuming that isn't an option, our trail will set a ballscreen on the wing. As the trailer rolls to the rim and our corner player lifts behind looking for a shot, our post will sprint out towards the wing to receive the pass. Meanwhile our guard in the corner will cross screen for the roll man to get deep post position. From here we will use a split action which involves the post passer to screen away for a teammate in the slot before slipping to the rim. This is a great way to create space for your post to operate while being surrounded by cutters.



76ers Snap

Our next option involves pitching ahead to the trailer who will hand it back to the guard as the five lifts up to the elbow. This is a modified version of the Princeton actions known as over and away except both of these options will flow into a spread pick and roll to continue our dribble drive attack. Of course we can always look for cutters at anytime during the screening action such as curl or backdoor.



Over Entry



Away Entry



Dribble

Here is a quick action that lets us dribble towards the wing looking for a backdoor cut. If the player isn't open, they will sprint to set a backscreen on the trailer to dive to the rim. Meanwhile the five is lifting towards the elbow. Our shooter will get a flare screen to the corner while our other wing will sprint off of a downscreen on the other side of the floor. Since both sides of the floor are involved in screening actions, it makes it difficult to help defensively. The end of the play is a simple spread ballscreen after the defense has been loosened up. It's also very effective against a 2–3 zone defense.



Leak Hammer

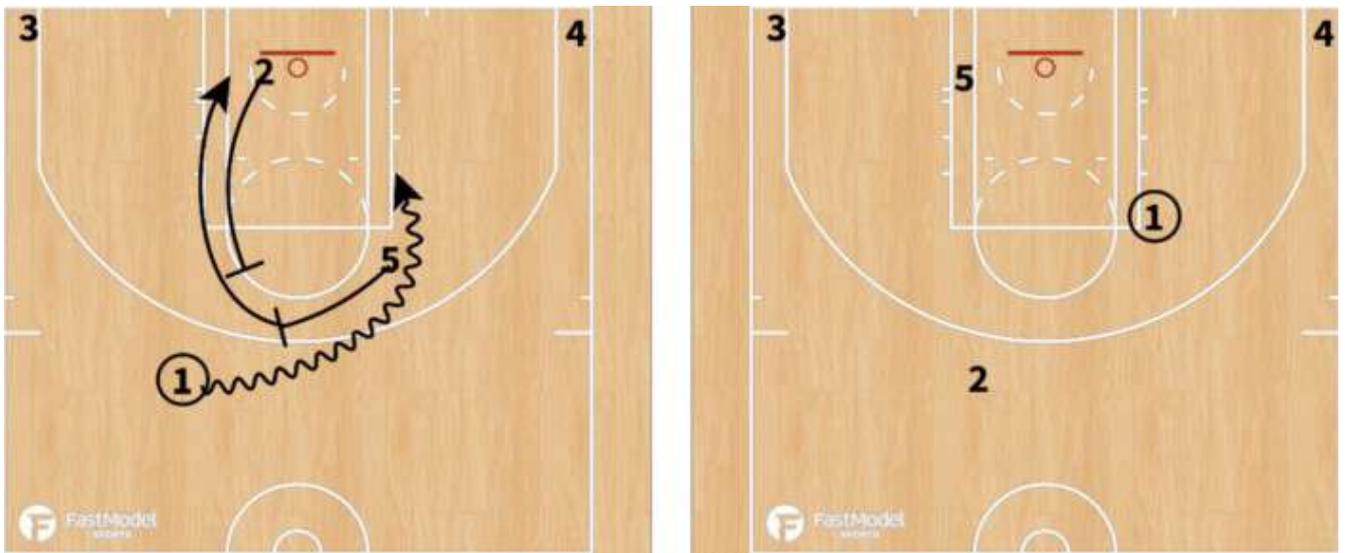
After reversing the ball to the trailer, our guard in the corner will set a backscreen for the trailer to get a lob towards the rim. Next our five will set a flare screen at the elbow as we try to get a corner three. If this portion were to breakdown poorly, our five can simply set a ballscreen. However, if done properly we should be able to drive baseline where our four will set a backscreen for our shooter to catch in the corner. As teams tend to stare at the ball often, this is a fun set to have in your pocket.



Fist Up

This one can be an absolute nightmare to defend and most of the NBA is running some variation of this play. Our lead guard will hit the trail and sprint to the weakside corner. Our guard will sprint for a dribble handoff before the five shifts to the other short corner. Our original lead guard will lift for the final handoff as the guard on the wing cuts backdoor. When five screens the ball, the backdoor cutter will set a backscreen on the roll man's defender.





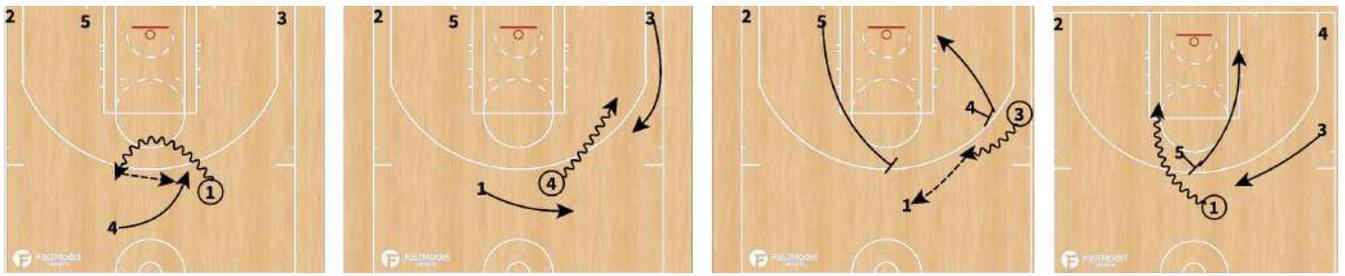
76ers Slice A.k.a Chop

After passing to the trailer, the point will sprint off of a shuffle screen from the five towards the post. Once the ball gets inside and the passer cuts through, a stagger screen is set for a shooter while the defense is sinking in. However what the 76ers do is use the gravity of their shooter to turn and pin screen for the shooting forward unless the curl cut is obviously open.



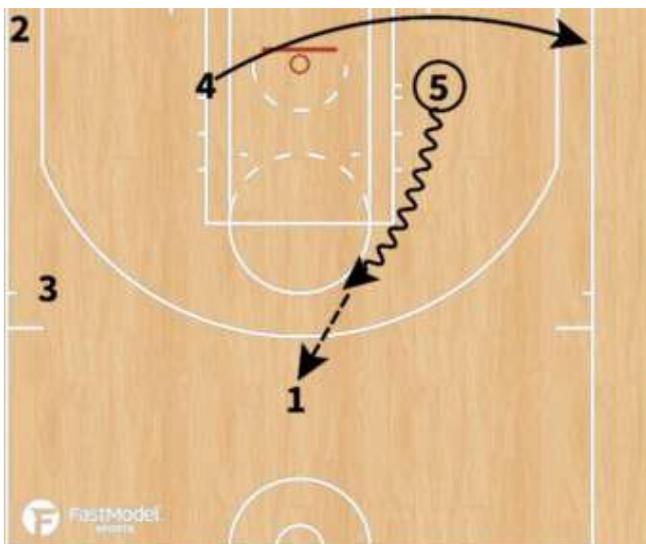
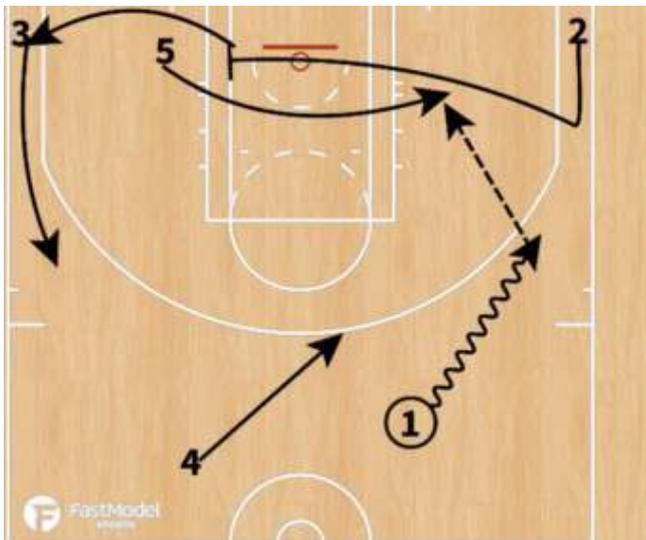
Snap Five

As we dribble towards the trailer for a handoff, the trailer will then handoff with the wing. Once that ballscreen takes place we will hit ahead to the point who gets a step up screen from the five to attack downhill. This is great for using the defenses help position against them by having them literally run into a screen where they are taught to stand defensively.



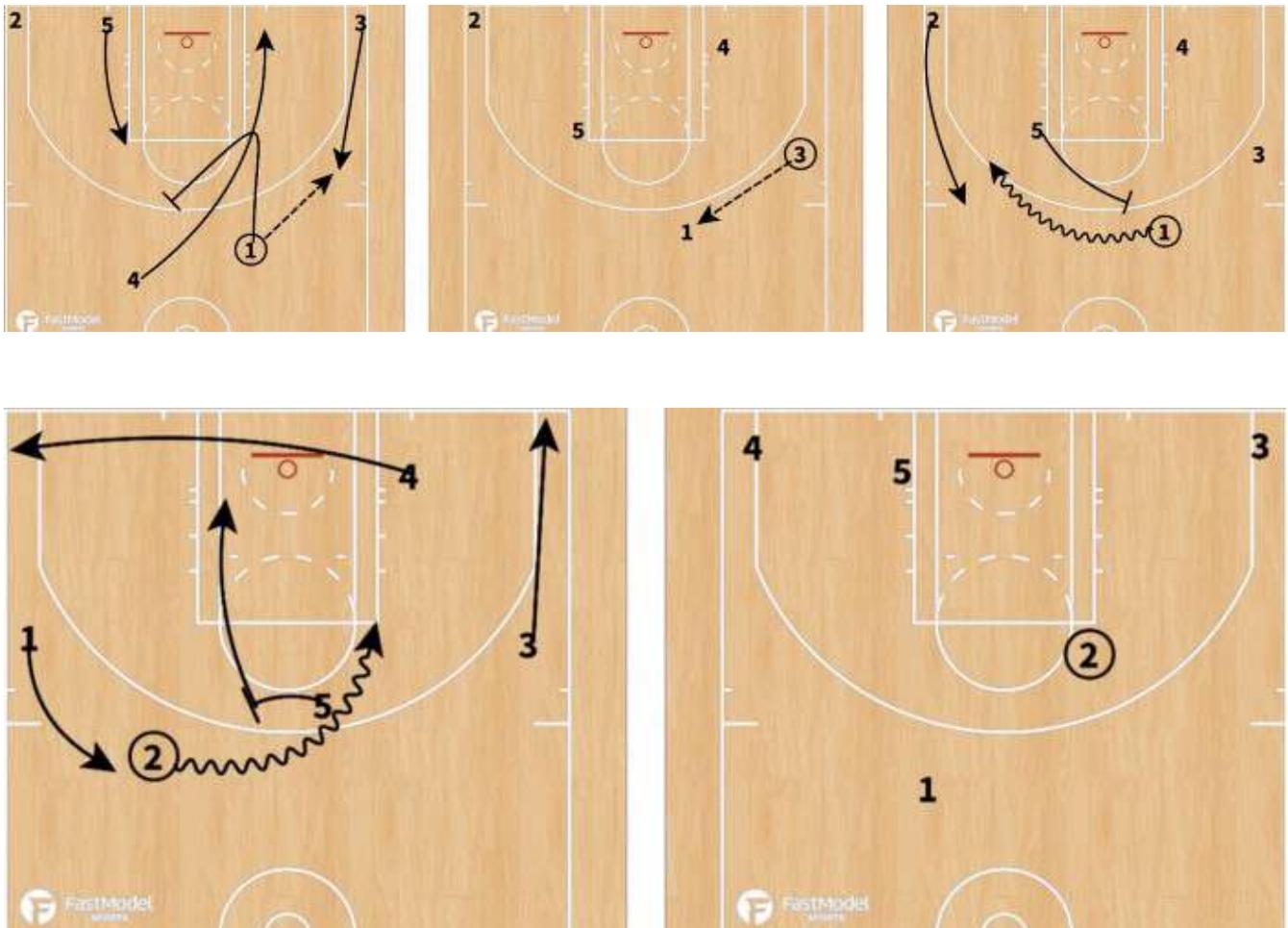
Punch

An NBA term for a post up, this is a great set to use after timeouts for a quick score. The backdoor cutter will cross screen for our post. Once inside the post entry passer will receive a flare screen from the trailer who will slip to the basket. If neither pass is open, the post has room to score or is able to handoff with our shooter before rolling to the rim.



Fist Down

Our final set starts by hitting ahead and setting a curl screen for the trailer while the five lifts up. After the ball is caught, five will screen the ball and stay on the perimeter while we handoff with two. As the trailer empties out to the corner, five will screen the ball and roll to the rim.



For more sets or details on the dribble drive motion scheme feel free to email me at KJthescout@outlook.com or via twitter [@KJ_THE_SCOUT](https://twitter.com/KJ_THE_SCOUT).

You can also find more of my basketball content for sale at the link below:

<https://coachtube.com/users/kjsmith>

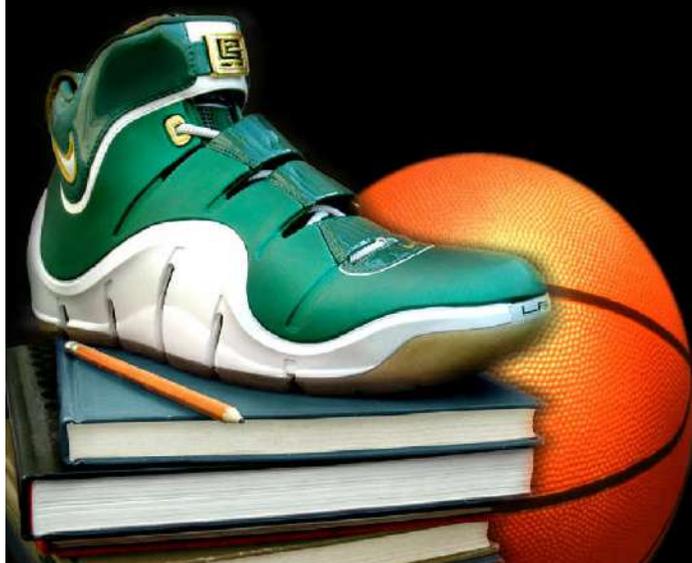
Implementing *The Dribble Motion* Offense



with Jamie Angeli

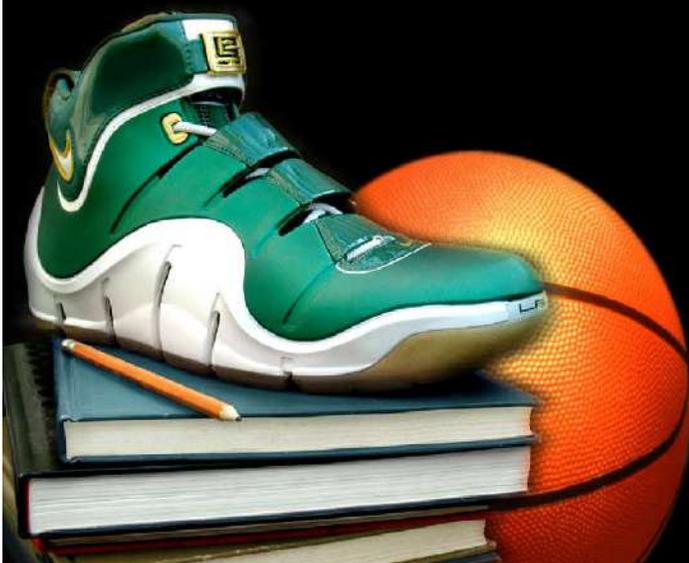
Table of Contents

Introduction	Pages 3 — 6
Training Aids	Pages 7 — 12
Warming Up	Pages 13 — 15
Offensive Alignment and Rules	Pages 16 — 22
Specials	Pages 23 — 35
Half Court Breakdown Drills	Pages 36 — 47
Full Court Breakdown Drills	Pages 48 — 67
Notes from the Web	Pages 68 — 143



Implementing *The Dribble Motion* Offense

Introduction



Like many of you, when a new offensive system comes along, I make every effort to gather as much information as I can before making a decision on whether or not to make a change in my current offensive arsenal. When you hear coaches talk about the *Dribble Motion Offense*, you hear them make rather bold statements like, "This offense will revolutionize the game, much like the spread or motion offense did when it was introduced."

Those kinds of statements certainly get your attention. It got mine. And I set out to learn all I could about this offense, knowing full well that if this is going to revolutionize the game, than I better learn all I can about it, because I'm going to face it eventually. That is exactly how I came across this offense. Not necessarily with the intention of using it, but rather to learn the intricacies of the system so that I would be better equipped to defend it. Plain and simple.

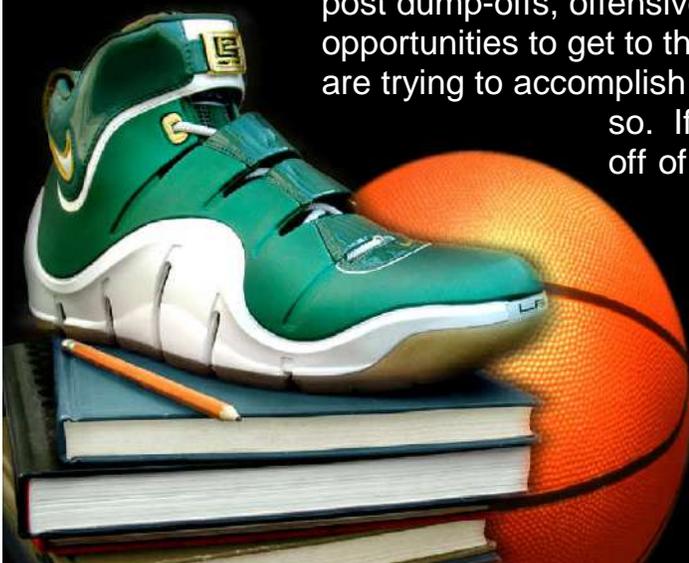
By explaining to you why I like this system, I think it would be best to look at what others feel may be the weaknesses of this system, and then give you my opinion and how I hope to counter some of the real and perceived "drawbacks" of this system. Let's take a look at some of the negative feedback so far regarding this system:

1) "It is one-on-one, clear out, selfish basketball at its worst".

I have learned early on in this profession working with and around so many great coaches, that you will get what you teach...or emphasize each night in practice. If you emphasize that this is a one-on-one system, than that is certainly what you will get. I choose to emphasize each night in practice what opportunities *effective* dribble penetration will create for our team. We place a premium on creating lay-ups and help situations through aggressive attack penetration aimed at getting to the free throw line first, in the paint second, and then the "3" point shot (and in that order).

2) "How can you have an effective offensive system WITHOUT screening?"

This one is usually the deal breaker for most coaches. "What, no screening, just penetration?" All I have noticed so far is this offense gets you plenty of lay-ups, post dump-offs, offensive rebounds, spot-up "3" point shots, and opportunities to get to the free throw line. Now, isn't that what you are trying to accomplish by setting screens in your offense? I think so. If we can get the same scoring opportunities off of penetration, than why would it be necessary to set screens? I don't know about you, but I have always thought the toughest teams to defend were the teams that liked to penetrate. I believe it has always been the consensus in our profession that the dribbler is always the most difficult player to defend simply because you don't know what he is going to do with the ball, so you are constantly in a reactionary mindset.



3) “Sure, if you have the players Memphis has, than any system will look good”.

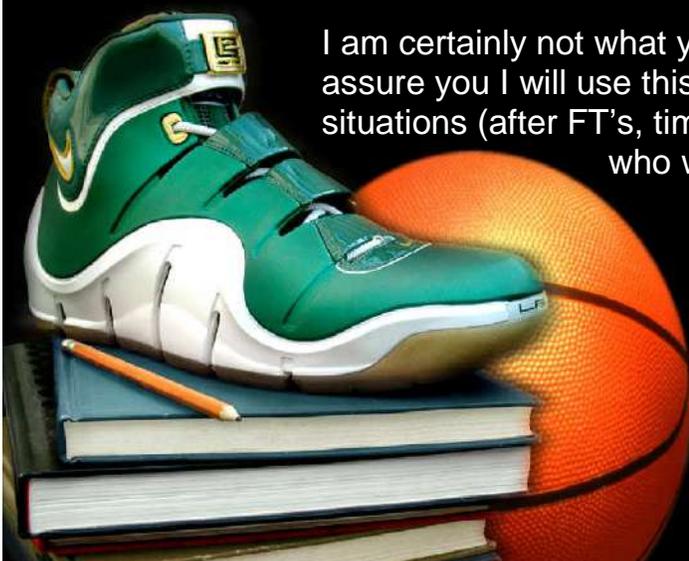
Can't argue with that rationale. But I do have an argument for those who feel they do not have the talent to run this system. Now if you are going to tell me that you have slow players who can't dribble and can't shoot....well than good luck. Let me know what system is effective with that group! Truth is there are not many offensive systems on the planet that will hide key basketball deficiencies like ball handling and shooting. This system is just another reason to start developing your ball handlers and shooters at a very young age! Let's not forget why you are wearing the whistle in practice. It is your job as head coach to develop these players. I am excited to show you in this book the basketball aids and drills we use each night to help our players improve their skill level with the basketball.

4) “I am interested in the Dribble Motion, but I also like the _____” (insert your favorite offense here)

Another misconception about this system is that you have to use it exclusively in order for it to be successful. Not true. I love the Triangle Offense and I have incorporated it with the Dribble Motion. Not hard to move from one to the other. If our point guard breaks the three point line with ball penetration as he brings the ball into the half court, than we will run Dribble Motion the rest of the possession. If the point guard decides to make one of our secondary pass entries (to the wing, trailer, or use a pick and roll with the trailer), instead of penetrating, than we will run our Triangle Offense after our secondary options. I think it would be just as easy for you to plug in your favorite continuity offense in the same manner. We will also use a handful of set plays in conjunction with the Dribble Motion and Triangle Offense. It will be my determination, based on our opponent and match-ups, what percentage of each of the above offensive options we will use.

5) “I've read where one of the creators, Vance Walberg, says for this system to be truly effective you should press the entire game while trying to attempt at least (25) 3's while making (8) of them (32%).”

I am certainly not what you would call a pressing coach, so I can assure you I will use this system while pressing only on certain situations (after FT's, time-outs, etc.) I know many other coaches who will use it effectively doing the same. So if you are not a pressing coach, don't worry. You can still take advantage of this great system. Come to think of it, I don't remember Memphis pressing all that much throughout the NCAA Tournament. I could be wrong. You as the coach should determine how many 3's you will shoot and who should be shooting them. Enough said.



6) “I am a disciplined defensive orientated coach and I feel I will send mixed messages to my players with this wide-open system”.

From the first practice I talk to my players about valuing each possession, whether on offense or defense. On offense, my players know how important it is to take care of the basketball. I assure you, our players are not throwing the ball all over the gym. We drill exclusively each night on taking care of the basketball, learning to penetrate under control and with balance and strength while using your body to protect the ball. It goes back to my original point. Your players will give you what you emphasize in practice, so be careful and thoughtful when putting together your practice plan. Limiting our turnovers is a constant theme throughout our practices.

In the next chapter you will see some of the basketball aids we use each night to develop quickness and strength with the basketball. These aids, along with your clear and concise drill work, send a great message about what you value as a coach, as a team, and as a program, each night you step on the floor.

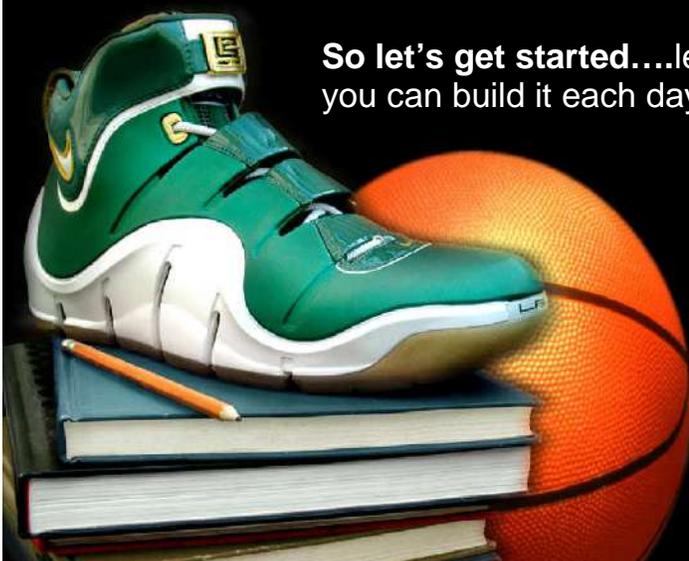
Remember, I emphasize each practice our three main goals, and in this order:

- 1) Get to the Free Throw Line
- 2) Get in the Paint or Key Area for Lay-ups and Dump-offs
- 3) Spot-up for Three Point Shots

Or “FREE” - “KEY” - “THREE”

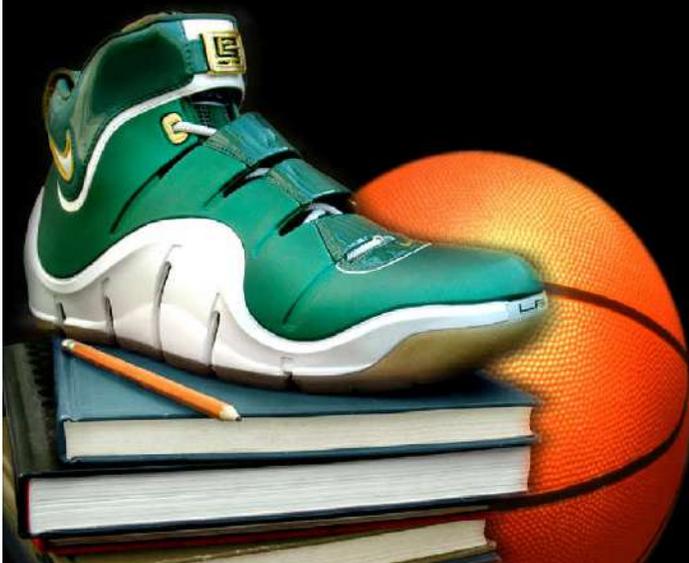
I love Wisconsin Coach Bo Ryan’s philosophy...“we want to **MAKE** more FT’s than our opponent **ATTEMPTS**”. Easier said than done, but again, it gives your players a clear and concise message about what is important and what you want to accomplish.

So let’s get started....let’s take a look at this new system and how you can build it each day into an offensive powerhouse!



Implementing *The Dribble Motion* Offense

Training Aids



I use a handful of basketball teaching aids each night in practice that I think are extremely important to our success as a basketball team and program. I will outline these aids below and, additionally, I will provide pictures and information in the following pages on how you can purchase them if you are interested. I promise you I am not getting any “kickbacks” from these companies and you need not mention who recommended their products.

1) The “Quarterback T”

I first came across this little teaching tool while visiting Dee Brown, the former Celtic and NBA Dunk Champion’s workout facility in Orlando, Florida. The device was originally created for football quarterbacks and is used to help them with their timing in regards to the drop back and release of the football. They make an EXCELLENT teaching tool for basketball. We use them each night in practice to develop quickness with the basketball. By setting the timer to a predetermined amount, our players know they must get to the rim before the “beeper” goes off. This conditions their mind and body to become more explosive with the basketball, especially with their first step. Some coaches ask their players to “have the shot off before the timer goes off”.

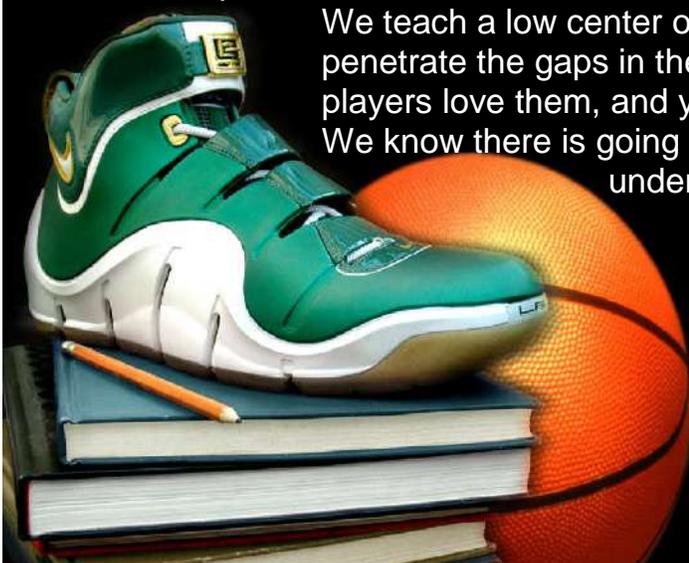
I STRONGLY discourage you to stay away from this practice. I firmly believe this will lead to your players “rushing” their shots, usually ending up with them flipping it up too quickly just to beat the buzzer. We are not teaching quick or rushed shots, only quickness getting to the basket. What I believe, and what we teach, is that the player needs to come to a two-foot power jump stop at the basket before or as the beeper goes off. We feel this will teach and develop the ability to get to the basket quickly without having them rush the shot.

2) Blocking Pads

Ok, so we’ve stolen another one from the football coaches. In keeping with our daily goal of taking care of the basketball, we firmly believe our players need to learn proper body balance and footwork when attacking the rim out front. We want to avoid offensive fouls and ball handling mistakes due mainly to improper body balance and positioning. We use the pads to simulate defensive bumping and pressure as they attack the rim.

We teach a low center of gravity with a proper foot base as they penetrate the gaps in the defense. I HATE JUMP PASSES. Most players love them, and you will need to wean them off this “need”.

We know there is going to be contact, and we want our players to understand that as well. Having a solid base while getting “bumped”, will allow our players to maintain control of the basketball and get to the rim. We will also use these pads at the basket area, encouraging them to “take the hit” and get the “and one”, as the kids would say. Remember, our number one goal is getting to the FT line.



3) Everlast Punch Mitts

Similar to the blocking pads, we use the Punch Mitts to simulate defensive pressure while catching and handling the basketball. We will have a coach swipe hard at the ball with these punch mitts on the catch and drive, simulating reaching and fouling. We don't want our players to fear fouling or contact, and never want them to look for an official to "bail them out" with a whistle. We expect contact and teach our players to prepare for it, by holding the ball strong on the catch and on the "rip across" below the knees as we get the defense off of our body. These punch mitts really help. We have included a phone number for the Sports Authority on the following pages.

4) Heavy Balls

As you will see in a minute we do some one and two-ball dribbling as well as passing and catching to start practice as part of our warm-up. Often times we will replace the normal balls with the weighted basketballs. There is no set rule when we use them, we just try to use them periodically throughout our practice or throughout the week, when we see an area that needs strength development with the basketball.

5) Roll-a-Way Playmaker Grease Board

I am and will always be a "Whole — Part — Whole" teaching coach. I believe it is very important to show the big picture to your players — give them a sense of what it is supposed to look like. After that, then it is time to break it down and teach, teach, teach through smart, intense and concise drill work. Then you bring it all back together again. In keeping with this philosophy, I have found it so advantageous to have a grease board on the floor during practice. Some drills and concepts need a visual aid. Bringing them in quickly to draw it up on the board will pay huge dividends in the development of your drill work and team development.

I am quite certain you can find these grease boards, as well as many of the products listed in our Training Aids section at:
www.kbacoach.com





OFFENSE-DEFENSE SPORTS



Category

Special Offer
Football Camp Store
Football Books & Videos

More Info

View our main website

CHECKOUT

[\[View Cart Details\]](#)



843-903-1888

Ask for Donna or Randy

(2) @ \$39.99 = \$80.00

[Email this to a friend](#)

Quarterback Tee

In Stock	List	Price	Qty
Y	\$69.99	\$39.99	1



Detailed Description

- * Effective for all levels of athletic competition
- * Eliminates the need for a stopwatch
- * Buzzer is audible even during the heat of play
- * Allows Quarterback to
- * Develop a sense of timing
- * Concentrate on footwork
- * Develop speed
- * Leaves coaches free to focus on the player's proper execution
- * Prepares players to deal with the pressures of executing quick, precise, and controlled plays.
- * Allows QB to develop internal clack
- * Ideal for group training
- * Light weight, highly mobile
- * Made from rugged helmet grade plastic
- * Players can take the QB-Tee® out in the off season to work on routes and defensive coverage without the presence of a coaching staff.



Offense-Defense

"America's
#1 Football
Camp"
As seen in
**Sports
Illustrated**

Don't miss out,
sign up Today!



Newsletter Signup!

All information, descriptions, and graphics copyright 2007 Offense-Defense Sports. Click [HERE](#) for our Refunds & Returns policy.



OFFENSE-DEFENSE SPORTS



Category

Special Offer
Football Camp Store
Football Books & Videos

More Info

View our main website

Store | Log In

Football Camp Store > Field Equipment >

CHECKOUT →

[\[View Cart Details\]](#)



Email this to a friend

Blocking Shields

Made by Fisher for O-D Sports. Our quality, hand-held blocking shields come in two colors: Red & Black w/white print!

In Stock	List	Price	Qty	
Y	\$45.00	\$35.99	1	Buy



Offense-Defense

"America's #1 Football Camp"
As seen in **Sports Illustrated**

Don't miss out, sign up Today!



Newsletter Signup!

Football Camp Store > Field Equipment >

All information, descriptions, and graphics copyright 2007 Offense-Defense Sports. Click [HERE](#) for our Refunds & Returns policy.

843-903-1888

Ask for Donna or Randy
(2) @ \$35.99 = \$72.00

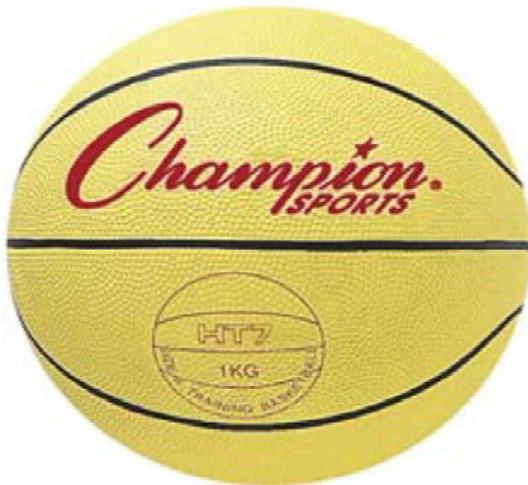


Everlast Punch Mitts
Item #2826449

(2) @ \$19.99 = \$40.00

Customer Service 888-801-9164

Champion Sports Weight Training Basketball
Item #1210265



(4) @ \$19.99 = \$80.00

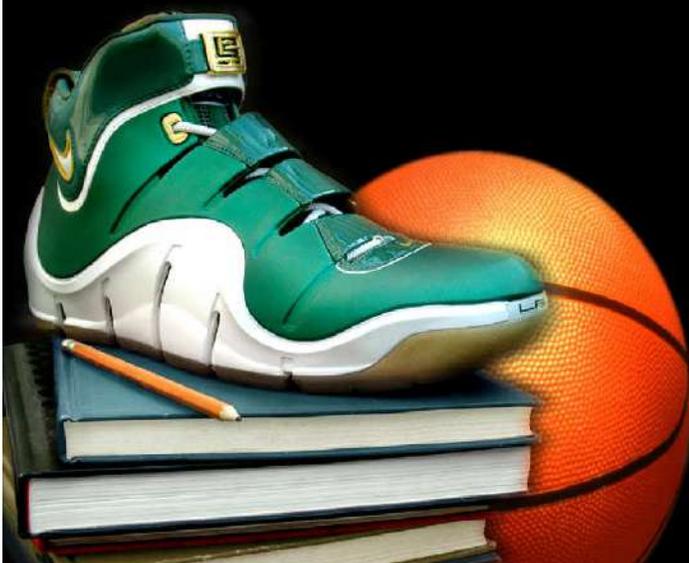
Customer Service 888-801-9164



Roll-a-Way
Playmaker
Grease Board

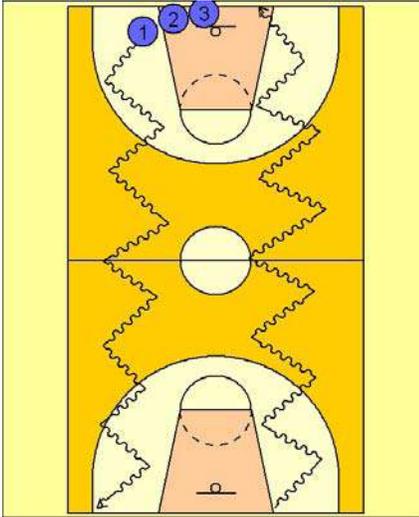
Implementing *The Dribble Motion* Offense

Warming Up





Warm-up



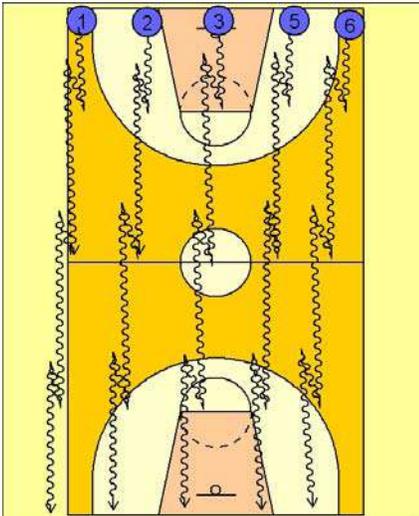
Two Ball Dribble

Zig-Zag dribble down and back.

First Trip Down and Back: Two Ball Pound. Pound both basketballs at same time.

Second Trip Down and Back: Two Ball Alternate.

Third Trip Down and Back: Two Ball Alternate with behind the back dribble with one of the two balls on each zig-zag turn.



One Ball Attack / Retreat Dribble

Divide Team into Two Groups. Spread first group out along baseline with second group right behind. Each player has a ball.

First Trip Down and Back:

On the whistle, first group attacks FT line extended with a speed dribble. When they reach FT line extended, they break down in a protective stance, bring the off arm up in front and bring the ball back (as if to simulate dribbling up into a defensive trap). Retreat dribble back THREE dribbles while in a stance and front arm up protecting.

After three retreat dribbles, attack half court line and repeat same action. Then attack other FT line extended and repeat action. Then dribble sprint off the court. As first group begins their dribble sprint to half court, next group behind

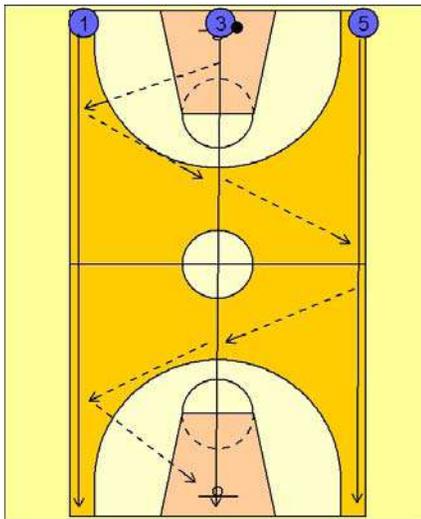
them begins same action.

Right hand down....left hand back.

Second Trip Down and Back:

Repeat same action as in First Trip Down and Back, but now add crossover dribble at the end of third retreat dribble and then attack next line with opposite hand.

Teaching Points: Make sure crossover dribble is quick and below the knees. Players should come out of there retreat stance when attacking next line with speed dribble.



Three Line Passing (Heavy Ball)

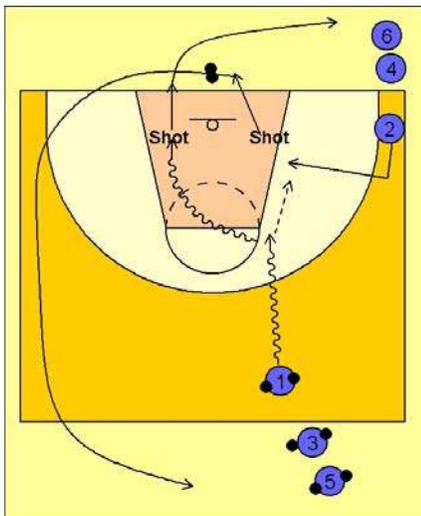
You will need to adjust this drill depending on how many heavy basketballs you have in your program.

Here we see the ball starting in the middle with #3 passing to #1 and then getting the ball right back. #3 then turns and passes to #5 on the opposite side of the floor. The ball is caught and thrown quickly without traveling.

Up and back and then next group starts. If you have enough heavy balls, you could have the next group start when the first group reaches half court and then only go down the court and not return until the entire team has finished.

Progression:

- Chest Passes
- Bounce Passes
- Over the Head Passes



Two Ball / Back Door / Power Lay-up

This is a great warm-up drill because it helps not only develop our ballhandling skills, but also develops skills necessary at executing the backdoor lay-up in our Dribble Motion Offense.

Each player on top has two basketballs. #1 attacks the "Drop Zone" of the Dribble Motion Offense (FT Line Elbow Area). As he gets to the Drop Zone, #2 slides up and into the shot on the wing.

#2 now steps at the ballhandler and cuts backdoor and receives the one hand bounce pass (or skip pass) under the imaginary defense.

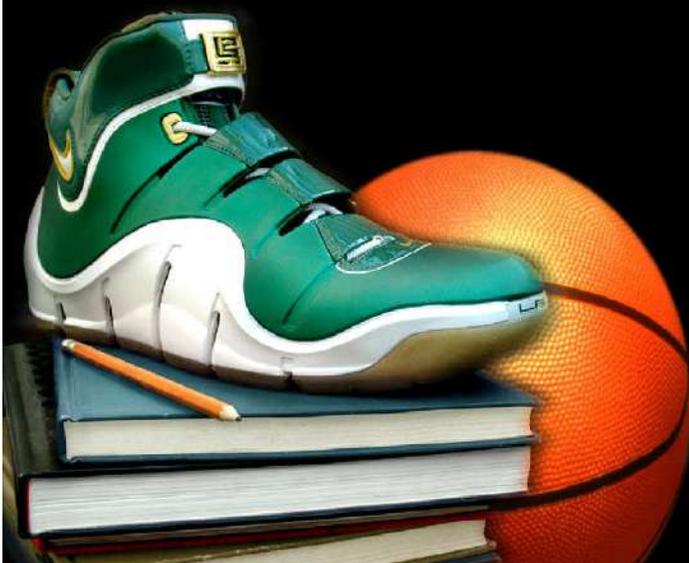
As soon as #1 makes the pass, #1 continues his dribble with the other basketball in the left hand and attacks the opposite side of the rim for the two foot power lay-up. The ballhandler goes to the end of the backdoor lay-up line

while the person who shot the backdoor lay-up will gather both balls and get to the end of the line at half court.

After a few reps for each person, move the lines to the left side of the floor.

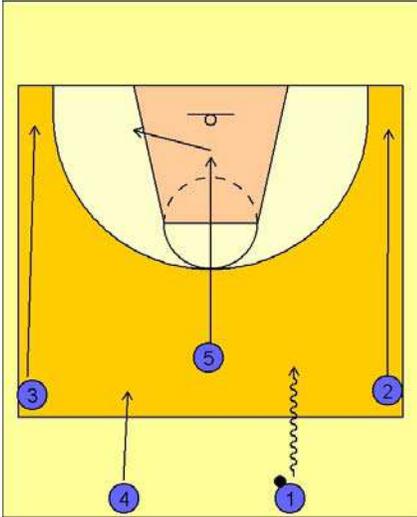
Implementing *The Dribble Motion* Offense

Basic Offense and Rules





Alignment and rules



Dribble Motion Alignment and Rules

The Dribble Motion utilizes a sideline break into the basic alignments.

#1: This is your point guard and best ballhandler. Most likely your quickest player on the perimeter. He will bring the ball up either sideline.

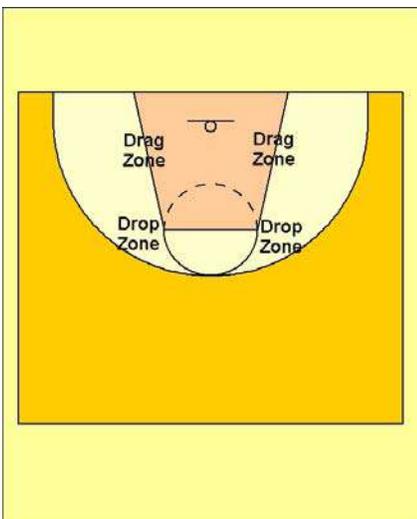
#2: Runs to the right corner. Your best 3 point shooter perimeter player.

#3: Runs to your left corner. This is a spot you may want to put your other post player or your athletic wing.

#4: Inbounds the ball and trails opposite the #1 man. Your second best ballhandler behind #1.

#5: Runs down the middle of the floor. Will locate block opposite the ball.

Your post player with the ability to finish inside.



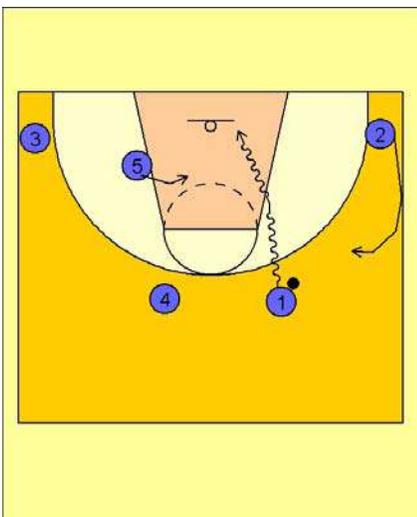
Dribble Motion Alignment and Rules

There are two areas of the floor on each side of the floor that are important to note.

The DROP ZONE: This is the attack area at the FT line elbows. It is called the "drop" zone because the penetrator stops here he will drop passes to either the wing, player behind him, or the post player.

The DRAG ZONE: This is the attack area at the basket. The drag refers to "dragging" the defense to the basket looking to draw helpside defense from the post or wing making the drop-off or kick-out pass available.

Please Note: Some Dribble Motion systems include the **Rack Zone** as well. We have eliminated this zone as our players know what to do when at the RACK. Score or Draw Fouls! There is no other option!



Dribble Motion Alignment and Rules

Let's take a look at the areas to penetrate in this system.

#1 can look to attack the rim or the "Drag Zone", making a good, quick move out front on his defender. With **#2** spaced to the corner, you should have a gap available to you on most occasions.

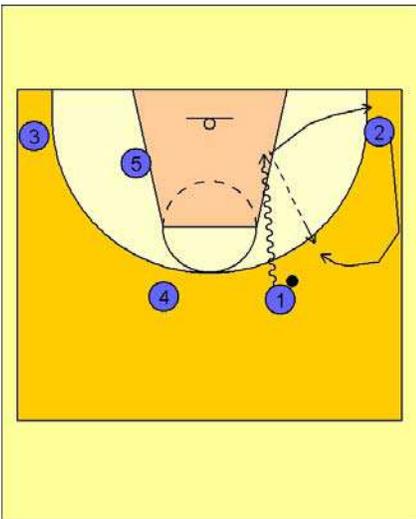
When **#1** penetrates PAST the drop zone, the ballside corner player, **#2**, is SPRINTING up to the wing.

#5 is stepping into the lane looking for the offensive rebound or the dump-off pass from **#1**.

#4 stays back for defensive transition (along with **#3** and **#2** on the shot from **#1** or **#5**).



Dribble Motion Alignment and Rules

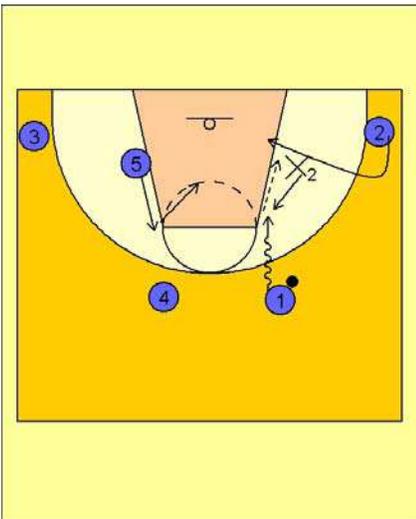


When #1 does not get a shot off while attacking the Drag Zone area, he will come to a jump stop with his inside foot forward, pivot back and make a pass to #2 who is sprinting up and into the pass from #1 on the wing.

It is VERY IMPORTANT that the wing player be facing the basket on the catch and ready to attack. We call this a "positive pass" where the player catching the ball is heading "downhill" on the catch. They should not be facing the opposite sideline on the catch.

#1 passes and then loops down and out to the ballside corner.

Dribble Motion Alignment and Rules



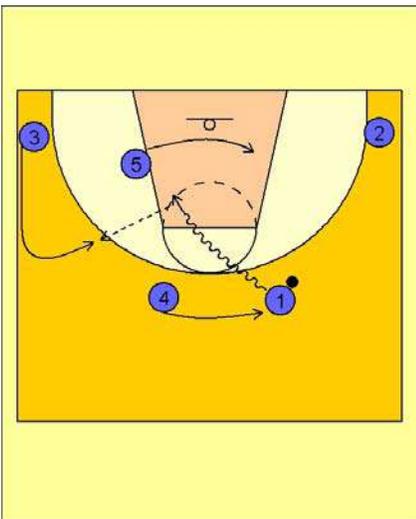
Anytime the ball is picked up in the "Drop Zone", it is most likely because of help from the wing.

In this diagram we see #1 driving the gap, picking up his dribble because of help defense from #2's defender. #2 reads the help and makes a quick back door cut to the basket for the lay-up.

On all dribble pick-ups in the Drop Zone, the post player opposite the ball, will always slide up the lane to the opposite elbow area. This action will clear the backdoor lane for #2.

#5 will attack the rim if the ball is passed to the back door cutter as he may receive the ball back if his man helps on the back door cut.

Dribble Motion Alignment and Rules



#1 also has the option to attack the opposite side of the lane and get to the rim.

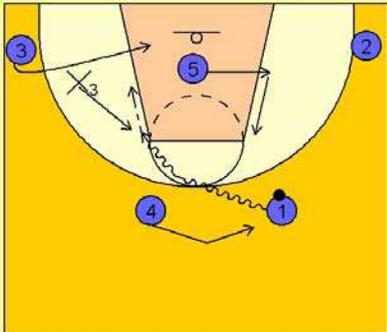
When this happens, #5 stays consistent with his rule, cuts across the lane and stays opposite the ball.

As #1 penetrates, #4 moves in behind the ball and replaces #1's original starting position.

As #1 penetrates to the opposite wing, as with all penetration past the Drop Zone, #3 begins to sprint up the sideline looking to receive the kick-out pass from #1.



Dribble Motion Alignment and Rules

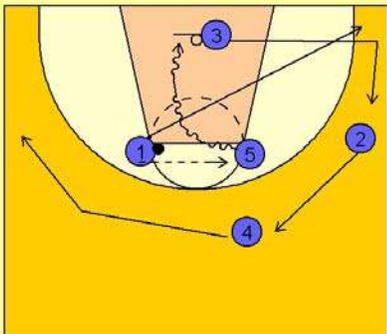


As we just mentioned in a previous diagram, anytime there is a dribble pickup at the "Drop Zone" or the FT Line elbow area, the post who is now opposite the ball, flashes to the FT line elbow.

This action opens up the basket for a potential backdoor cut by the wing player.

You can see in this diagram, #3 was either overplayed on the wing, or his man helped up on the penetration from #1. #1 makes a good pass fake at #3, who cuts to the rim for the lay-up.

Dribble Motion Alignment and Rules



If #3 did not get the pass on the backdoor cut, he will continue his cut out to the opposite corner.

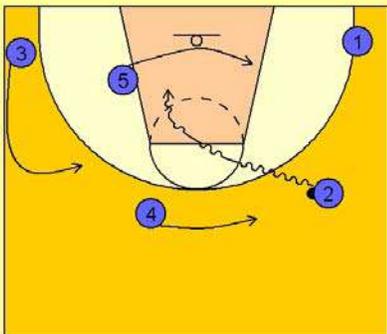
#1 would enter the ball to #5 on the FT line elbow on the opposite side.

As soon as #1 made the pass to #5, he will cut to the opposite corner area.

#5 is now driving off the back of #1, looking to get to the basket and score or draw the foul.

On #1's pass to #5 - #4, #2 and #3 are all rotating over on the perimeter.

Dribble Motion Alignment and Rules

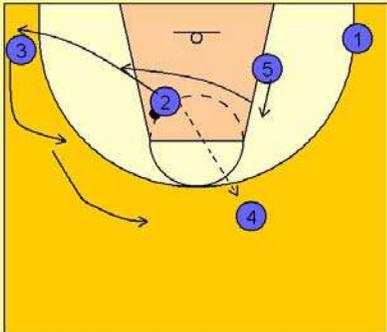


You can see the action here when there is penetration from the wing into the lane. The penetrator, #2, is trying to get to the opposite side of the rim for a power lay-up.

As this action is taking place, #5 is clearing out and #4 is sliding over on top. This action will give #2 a better opportunity to get to the rim and will also give #4 an opportunity to spot up for the 3 point shot if his defender helps on the penetration.



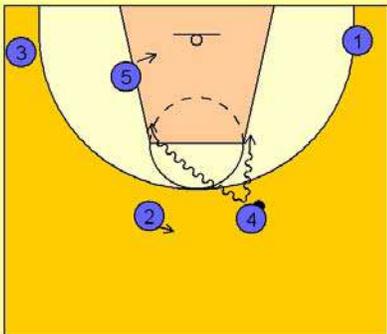
Dribble Motion Alignment and Rules



If the penetrator #2 passes back behind him to #4, he will loop out to the opposite corner and now #3 will take the top spot along side #4.

#5 cuts opposite the ball again on #2's pass out to #4.

Dribble Motion Alignment and Rules

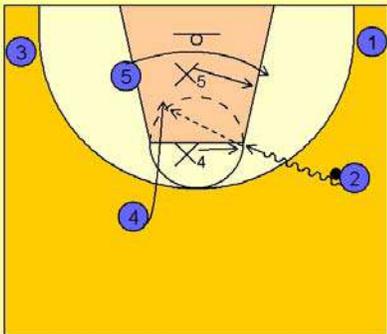


As you can see we are back in our original alignment with #4 having the opportunity to attack either Drop or Draz Zone.

The big key for success in this offense that I have not heard mentioned by many coaches who use this system is "**patience**". Don't allow the aggressive nature of this offense stop you from demanding "**discipline**".

What you will find is that if your players continue to be aggressive, BUT UNDER CONTROL, on all dribble drives, you will eventually run into a defender who is late, has a bad close-out, or is just too slow to guard the player with the ball.

Believe me, with patience and discipline, the opening for a great shot or drive will develop.



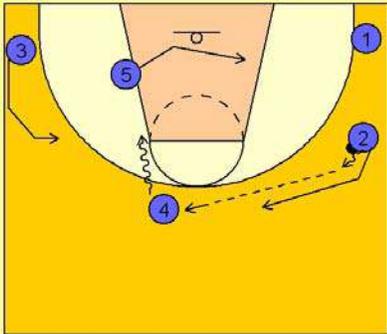


Dribble Motion Alignment and Rules

It should be noted that PASSING is allowed in this offense....it is not all DRIBBLE PENETRATION.

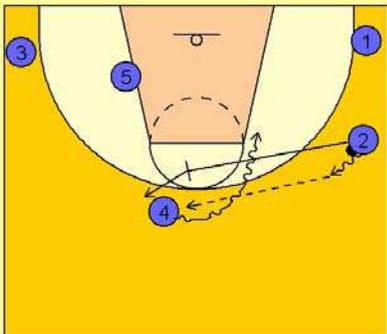
Here we see #2 catching the ball of the dribble penetration and kick-out from #1. Instead of penetrating, #2 passes the ball to #4 on top. There is a GREAT chance #4 is open, since his man is most likely in the FT line area to stop your penetration from the wing. If #4 is denied, I hope #2 attempts to get to the basket.

In any event, #2 passes and then takes the new #4 spot on top while #4 attacks the gap on the other side.



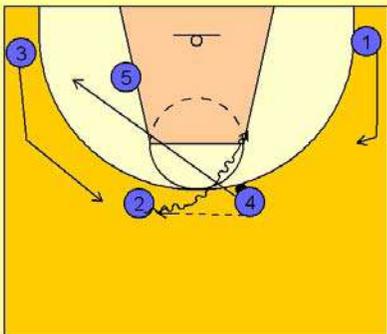
Dribble Motion Alignment and Rules

#2 can also pass to #4 on top and run a blur screen at #4. #4 drives the ball off the back of #2 into the gap.



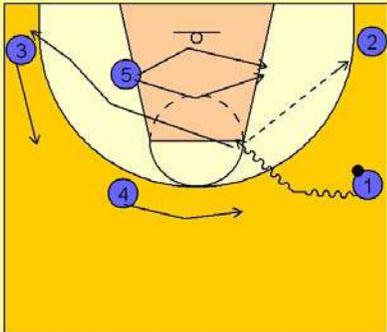
Dribble Motion Alignment and Rules

Another great option, and Memphis likes to do this, is after #4 drives off the back of #2 he turns back and throws the ball back to #2 and then runs a "4 clear" play and clears out while #2 now drives off his back. Great action when combined with the movement from the last diagram!





Dribble Motion Alignment and Rules

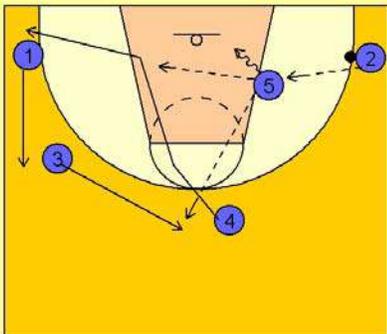


Anytime the wing player drives to the FT line elbow and passes back to the corner, we will bring out post player to the ball side low block.

#1 will pass and cut away to the opposite corner while #4 makes his usual cut to the top right hand side on ball penetration to the FT line.

#3 cuts up to the opposite FT line elbow to make room for #1 cutting to the corner.

Dribble Motion Alignment and Rules



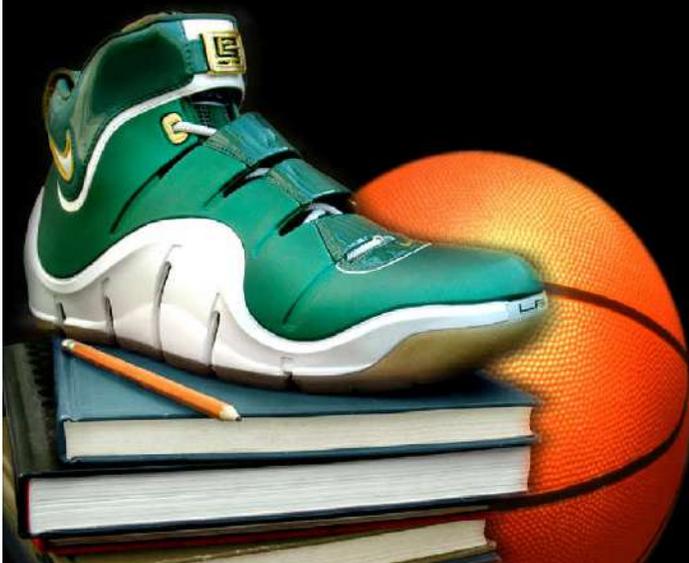
On the pass to #5 inside, the top man #4 will cut to the opposite block while #3 fills the top spot.

#1 is also sliding up on the pass to the post.

#5 looks to score or dump the ball to #4 or kick it out to #3 on top.

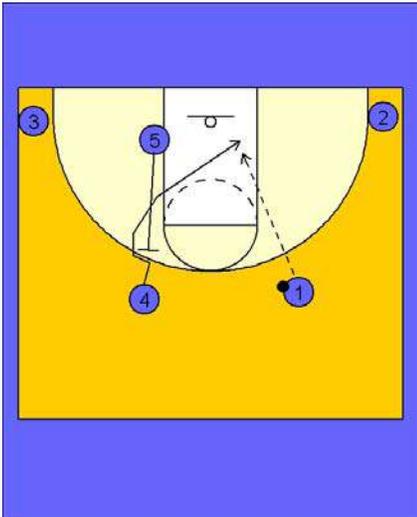
Implementing *The Dribble Motion* Offense

Specials



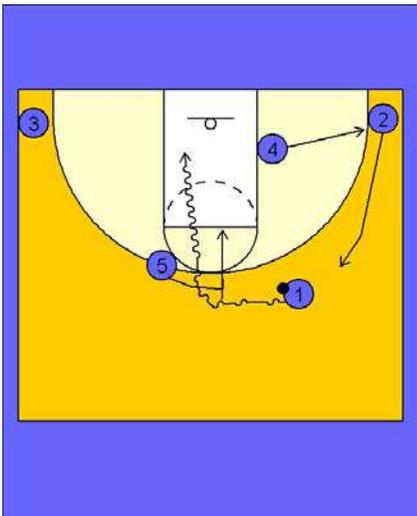


Specials



Dribble Motion Special (Chin)

As the ball is brought up over half court, #5 moves up the lane and back screens for #4. The first option of this play is to look for #4 cutting down and across the lane for the layup.

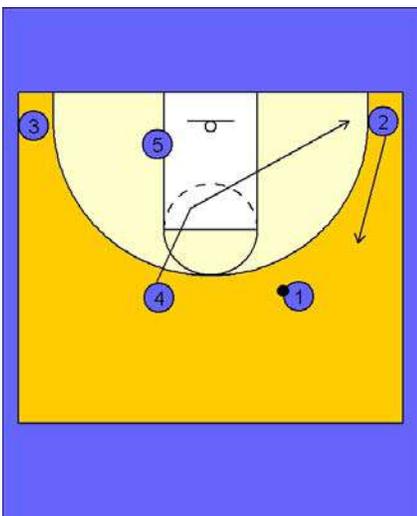


Dribble Motion Special Chin)

If #4 is not open, #5 steps out and ball screens for #1 at the top of the key area.

#4 clears out to the corner and #2 slides up to the wing area.

#1 "turns the corner" off the ball screen from #5 and tries to get to the basket. #5 waits for two dribbles past the screen and then either rolls to the basket or "picks and pops" out if he can shoot the "3".



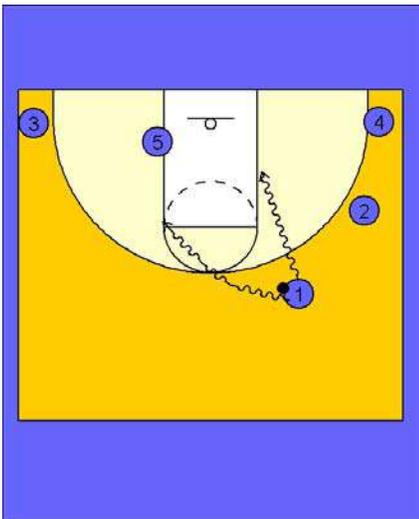
Dribble Motion Special (4 Through)

In this set, #4 cuts through the lane and out to the ball side corner area. #2 recognizes this action and slides up to the ball side wing area.



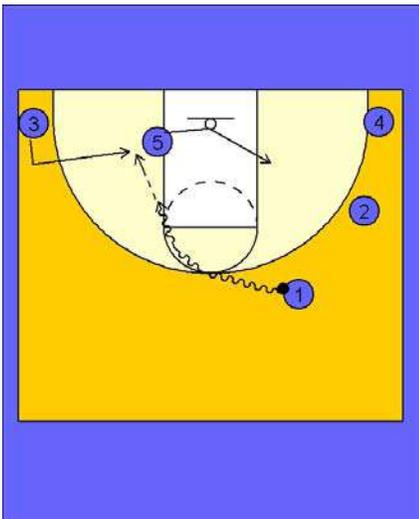
Dribble Motion Special (4 Through)

#1 now has the option to drive the ball down the right or left lane area.



Dribble Motion Special (4 Through)

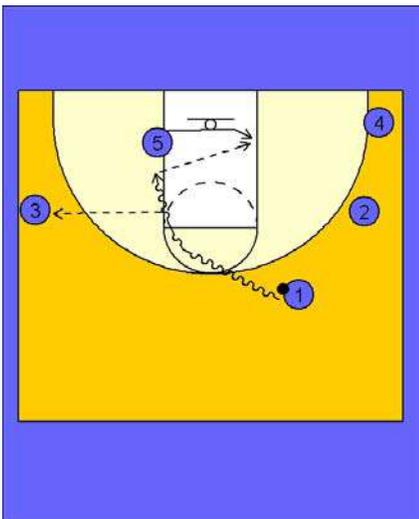
If he drives right he will look to score or kick out to any of the perimeter shooters.



If he drives to the left, #5 will clear out and up a bit while #3 follows the Dribble Motion rules by recognizing either pressure from his defender or his defender helping up on penetration from #1 and then cuts back door looking for the pass from #1 and then layup.

Dribble Motion Special (4 Through)

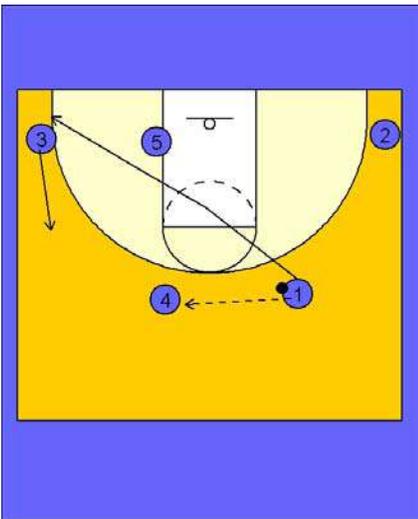
Another option is for #3 to stay on the wing while #5 clears across looking for the dump off pass from #1, if #5's defender comes over to help. If #3's defender helps, #1 will kick out to #3.



Of course the option for #1 to take the ball to the basket to score is ALWAYS the #1 option.

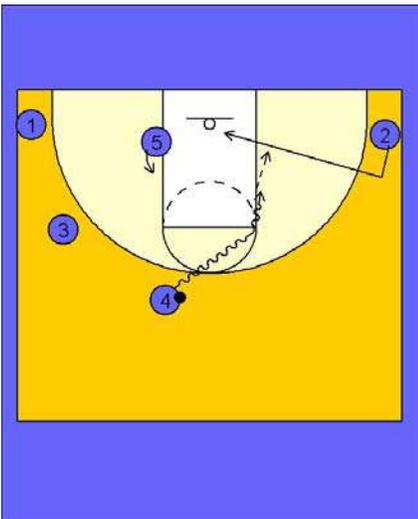


Dribble Motion Special (1 Through)



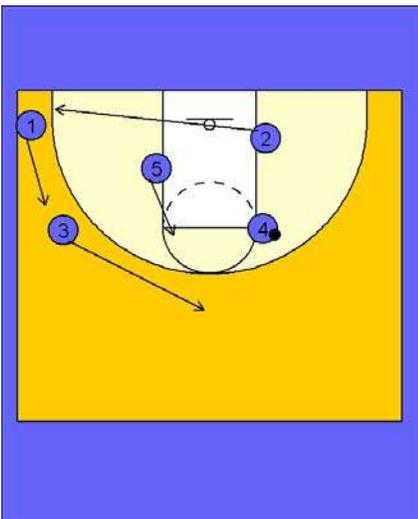
#1 passes across the top to #4 and then cuts to the ball side corner area. #3 recognizes and slides up to the wing spot.

Dribble Motion Special (1 Through)



Now #4 has the same options as before. He can look to drive the right side of the lane line while #2 sets his man up and cuts back door for the pass and layup. #5 starts to slide up a bit as this action is taking place.

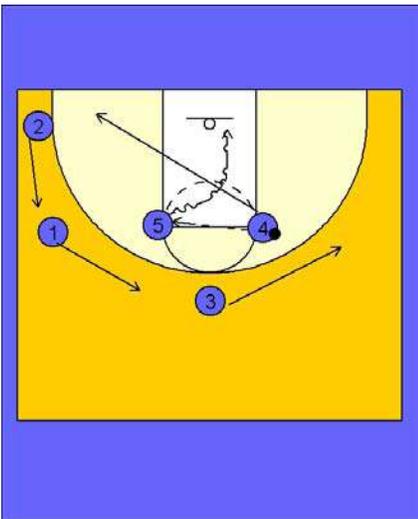
Dribble Motion Special (1 Through)



If #2 does not get the ball, #5 continues his cut up to the opposite elbow area. #2 clears out to the opposite corner while #3 and #1 slide up and over to keep proper spacing.



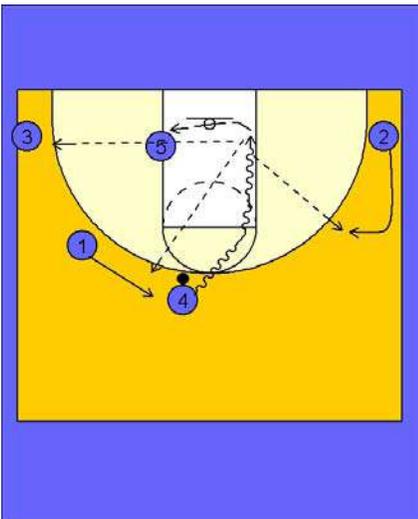
Dribble Motion Special (1 Through)



#4 passes to #5 on the left elbow and then clears out to the opposite corner. Again, keeping proper spacing rules, #2, #1 and #3 slide up and over accordingly.

#5 now looks to drive off the cutting back of #4 for the layup on the right side of the rim.

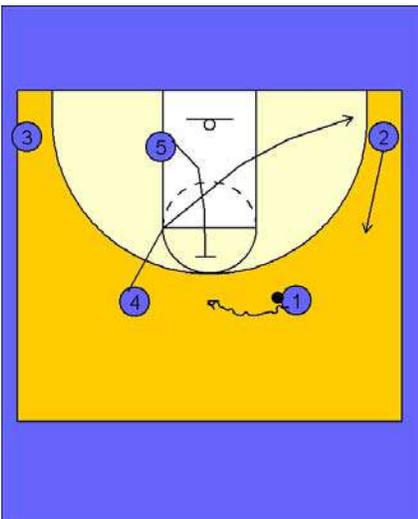
Dribble Motion Special (1 Through)



To back up a few steps in this play now, #4 may drive the ball himself looking to get to the basket while #2 slides up and into the wing shot.

Now #4 looks to get to the basket or draw help from either #5 or #2's defender....or score himself. If he draws help, the dump off pass to #5 will be available or the kick out pass to either perimeter player will also be available.

Dribble Motion Special (Phoenix)

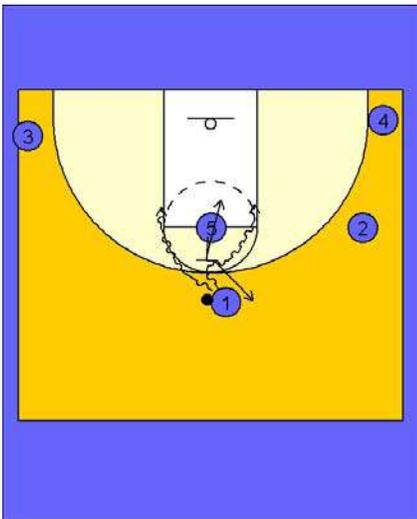


On this play, #4 clears out to the ball side corner area while #2 slides up to the wing.

#5 is then following right behind #4's cut and setting a "flat" screen for #1 in the middle of the top of the key area.



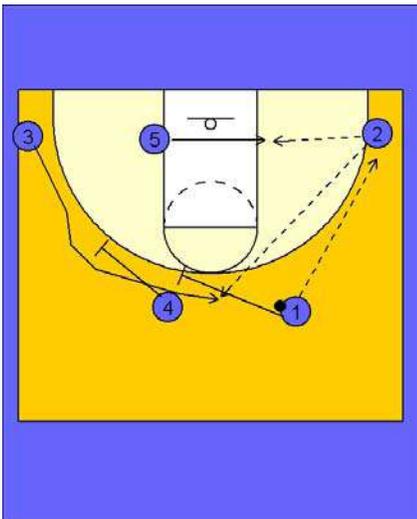
Dribble Motion Special (Phoenix)



After #1 centers the ball, he can either drive right or left around #5's flat screen, depending on how he is being defended.

#5 can either roll to the basket after a two dribble count or "pick and pop" out if he has the shooting range.

Dribble Motion Special (Double Screen Shooters)



This is a standard play that most teams will run in transition to get shooters open.

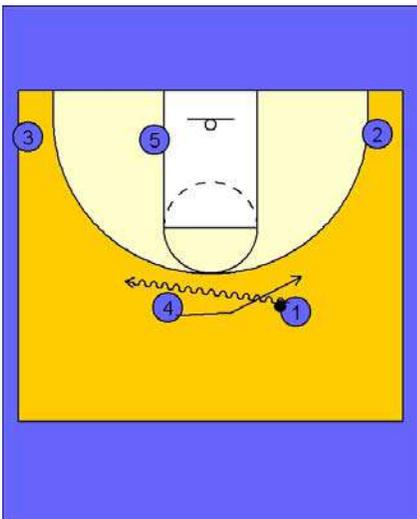
Here we see how the double staggered screen for shooters are developed out of the Dribble Motion Offense set.

If you are looking to get #3 a shot, #1 passes to #2 in the right corner.

#5 follows the ball across looking to post up.

#1 and #4 set a double staggered screen for the shooter, #3, coming to the top.

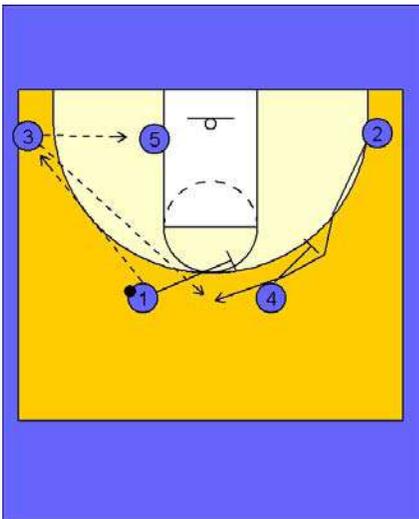
Dribble Motion Special (Double Screen Shooters)



If you are looking to get #2 a shot, #1 drives the ball across the top while #4 cuts behind and takes his place.



Dribble Motion Special (Double Screen Shooters)

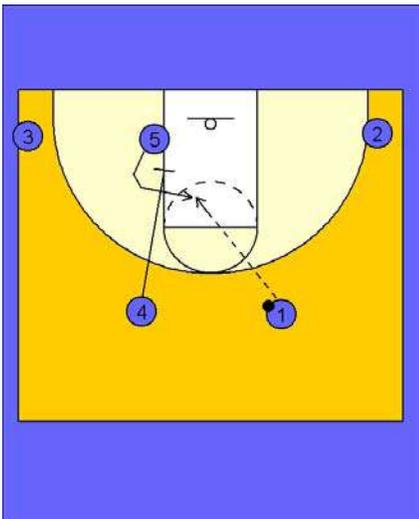


#1 now passes to #3 in the left corner.

#5 stays and looks to post up.

#1 and #4 set a double staggered screen for the shooter, #2, coming to the top.

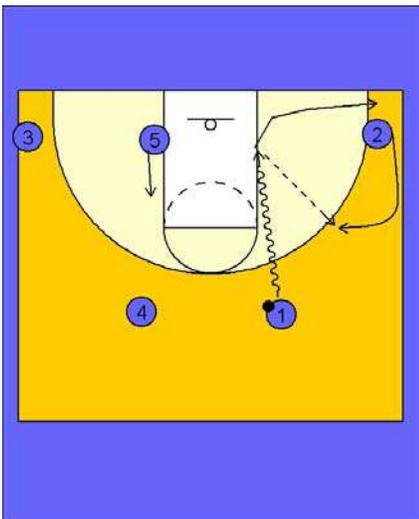
Dribble Motion Special (Friar)



This is a quick hitting play, as all of these are, with the #4 man running the floor and down into the lane to set a screen for #5.

#5 cuts over the top of the screen looking for the pass from #1 and the mid-lane jump shot.

Dribble Motion Special Special (Drop 23)

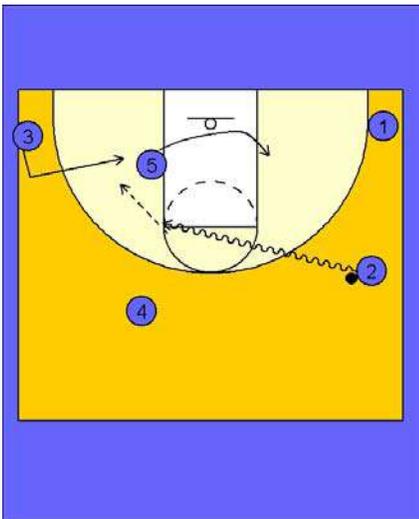


#1 drives to the Drag Zone on the right side. #2 sprints up and into his wing position to receive the pass.

#1 passes to #2 and loops down and out to the ball side corner.



Dribble Motion Special Special (Drop 23)

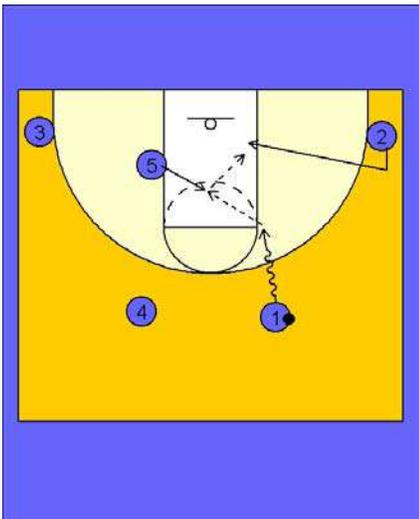


On the catch, #2 looks to attack the lane area and get to the opposite side of the basket, stopping with the ball at the opposite Drop Zone.

#5 follows his rules and clears across the lane.

#3 slides up and into the shot on the left wing. #2 fakes at #3 who then plants his outside foot and cuts back door for the lay-up.

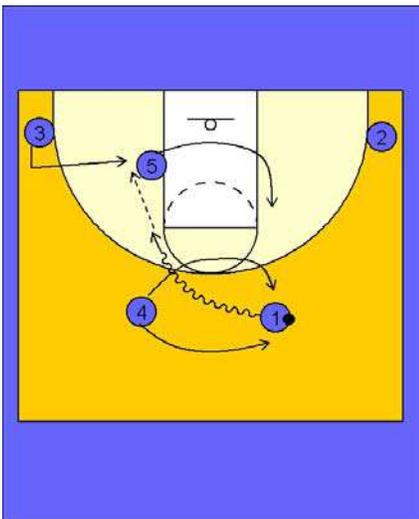
Dribble Motion Special Special (Drop 2)



#1 penetrates to the Drop Zone area on the right side.

#4 flashes into the middle of the court to receive the pass from #1. On the pass, #2 is cutting back door looking for the quick "touch pass" from #5.

Dribble Motion Special Special (Drop 3)



Same result as the "Drop 2" play, but now we set it up on the other side of the court.

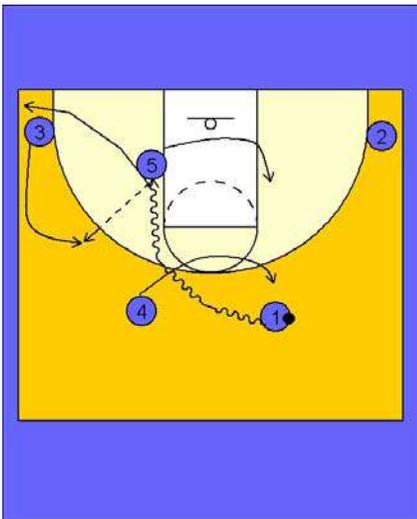
#1 crosses his dribble and attacks the Drop Zone on the left side of the court. #4 loops under #1 just before he penetrates. This action can free #1 at times when his defender runs into #4's defender. #4 can also follow behind on this penetration.

#3 take a few steps up while #5 is clearing across the lane.

#1 fakes at #3 who then plants his outside foot and cuts back door for the lay-up.



Dribble Motion Special Special (Drop 32)

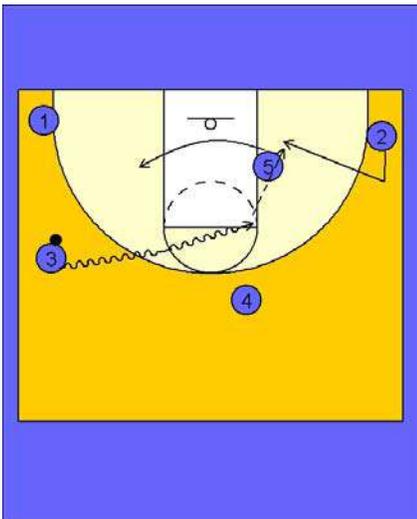


Drop 32 is exactly what you would think it would be. We are trying to setup a back door lay-up by using both the "2" side and the "3" side of the floor.

#1 again penetrates to the opposite Drag Zone. #4 clears across on top while #5 does the same under the basket.

#1 enters the ball to #3 on the left wing. #1 then loops down and out to the ballside corner.

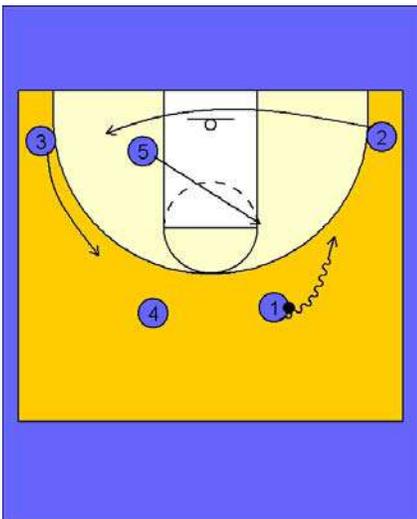
Dribble Motion Special Special (Drop 32)



#3 now attacks the lane area looking to score on the opposite side of the basket. #5 clears out as #2 sets up his man on the right wing.

#3 fakes at #2 who then sets up his man for the back door cut and lay-up.

Dribble Motion Special Special (Pop 5)



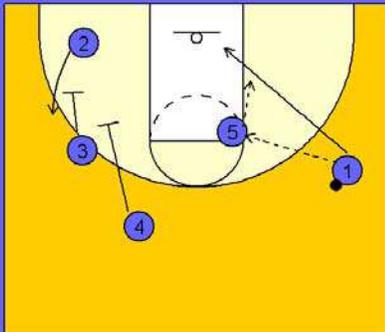
Without question, my favorite of all the specials.

#1 drives the ball to the right wing while #2 clears out to the opposite side. At the same time, #5 is flashing to the ball side elbow area.

#3 slides up to make room for #2 cutting across to the opposite corner area.

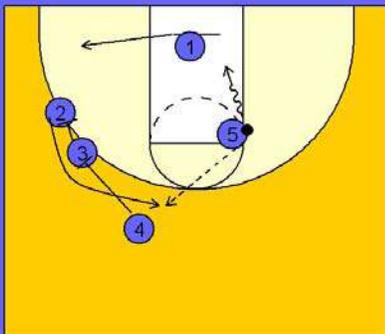


Dribble Motion Special Special (Pop 5)



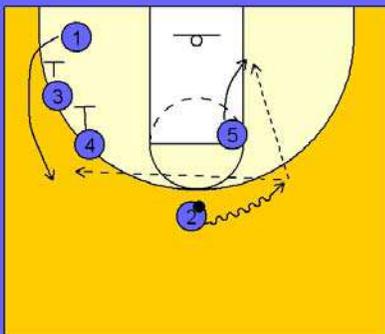
#1 now hits #5 at the high post and executes a quick "give and go" action cutting to the basket.
If #1 is open, #5 dumps the ball to him.
While this is going on, #3 and #4 are setting a double staggered screen for #2 in the left corner area.

Dribble Motion Special Special (Pop 5)



If #1 does not get the ball, #5 has two options. Attack the basket or look for #2 coming off the double staggered screen.

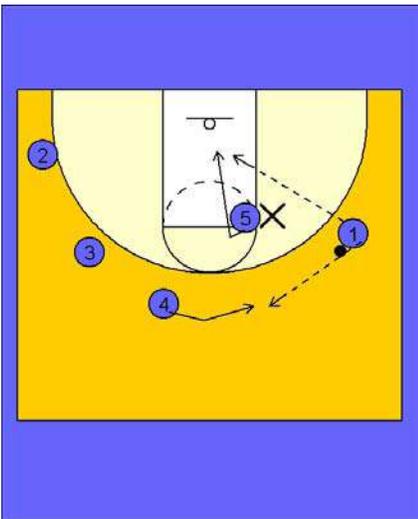
Dribble Motion Special Special (Pop 5)



If #2 gets the ball and does not have a shot, he will take the ball to the right wing area while #5 posts on the ball side low block.
#3 and #4 are now setting a double staggered screen for #1.



Dribble Motion Special Special (Pop 5)

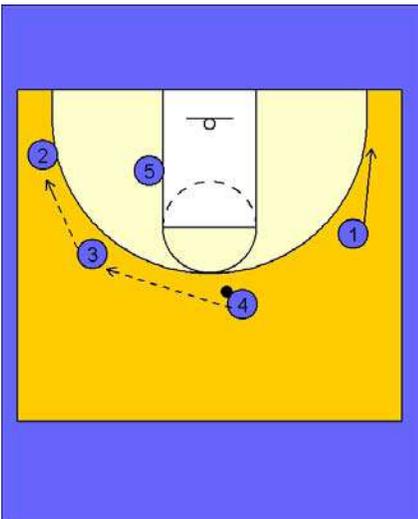


Another "counter" we will use on this play happens when #5 is denied at the high post, or feels pressure.

#5 will execute a spin move and cut to the rim. When #4 sees this action, he will cut to the ball.

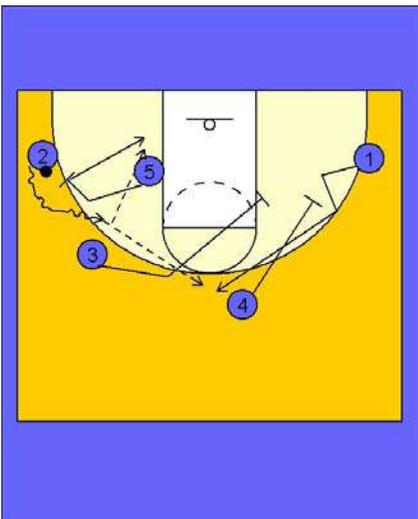
If #1 cannot make the pass to #5, he will pass to #4 on top.

Dribble Motion Special Special (Pop 5)



#4 will then reverse the ball to #3 who will pass to #2 in the corner.

Dribble Motion Special Special (Pop 5)

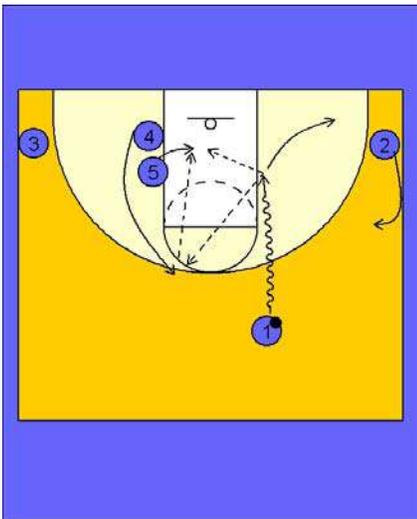


From here #5 will step out and ball screen for #2.

While the pick and roll is taking place, #3 and #4 are setting a screen for #1, who breaks to the top for the open jump shot.

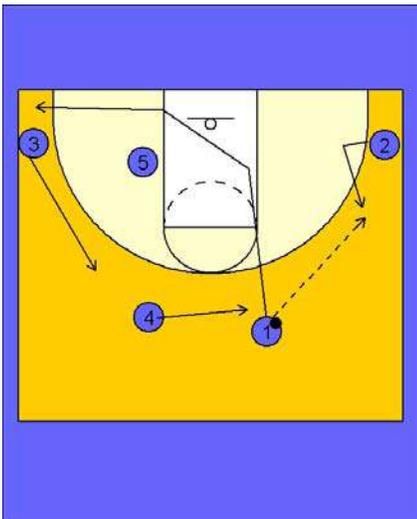


Dribble Motion Special Special (Kick Back Attack)



#4 and #5 setup in a stack on the block away from the ball on top.
#1 penetrates to the Drop Zone area while #2 slides up and spots up on the right wing.
As #1 drives into the Drop Zone, #5 ducks in the lane while #4 flashes out on top.
From here, #1 will look to score, dump the ball to #5, or kick the ball out to #4 on top for the shot or the quick post entry pass to #5 sealing inside.

Dribble Motion Special Special (Cutters)



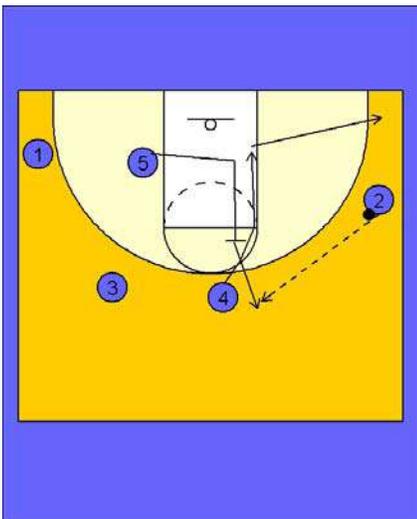
Stole this from Jerry Petitgoue from Cuba City. Good movement to break up the Dribble Motion at times - gets your players and defenders moving, which in turn will create an eventual driving opportunity.

The basic rule is that we will have (2) cutters and the third player will receive the ball on top and then start cutter series again.

Here we see #1 bringing the ball up and entering to #2, who has set his man up and cut up for the ball on the right wing.

#1 is the FIRST cutter and he always cuts through and to the opposite corner. #4 is filling the spot vacated by #1. #3 is sliding up to fill #4's spot.

Dribble Motion Special Special (Cutters)



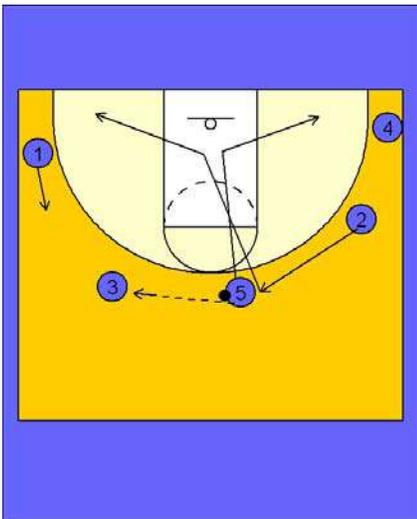
#5 now has to get into the cutting action. As #1 is cutting through the lane and #4 is filling on top, #5 is cutting up to the FT line area to set a back screen on the SECOND cutter #4.

#4 is the SECOND cutter so he will always go ball side corner after his cut. The FIRST cutter always goes opposite, as #1 did on the initial cut to the start the offense.

After back screening, #5 will step out on the perimeter and receive the next pass from #2.



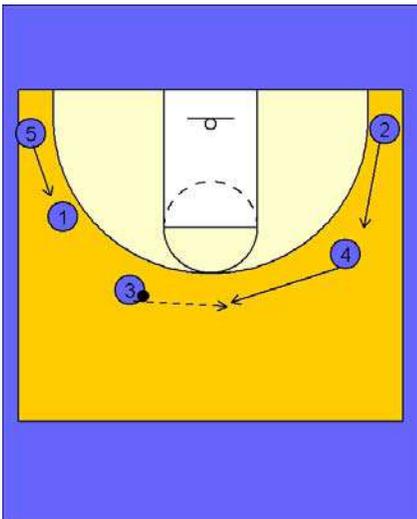
Dribble Motion Special Special (Cutters)



On the catch, #5 quickly turns and reverses the ball to #3 and then will be the FIRST cutter down the lane and out to the opposite corner.

#2 is the SECOND cutter and will bring his man up to the ball and then back cut to the basket and out to the ball side corner.

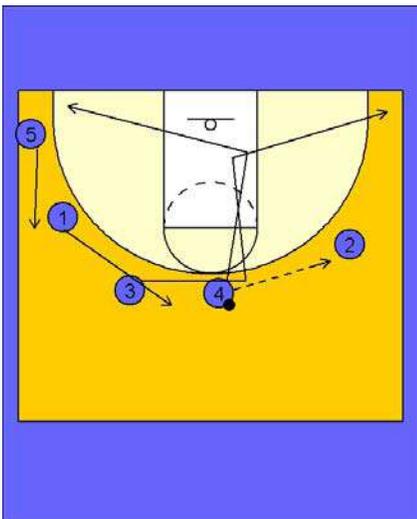
Dribble Motion Special Special (Cutters)



#4 is the THIRD cutter so he will cut up and receive the pass from #3.

#2 slides up as well to keep spacing.

Dribble Motion Special Special (Cutters)



#4 now has caught the pass from #3 and reverses to #2 on the right side of the floor.

The action repeats with #4 being the FIRST cutter through the lane and out to the opposite corner.

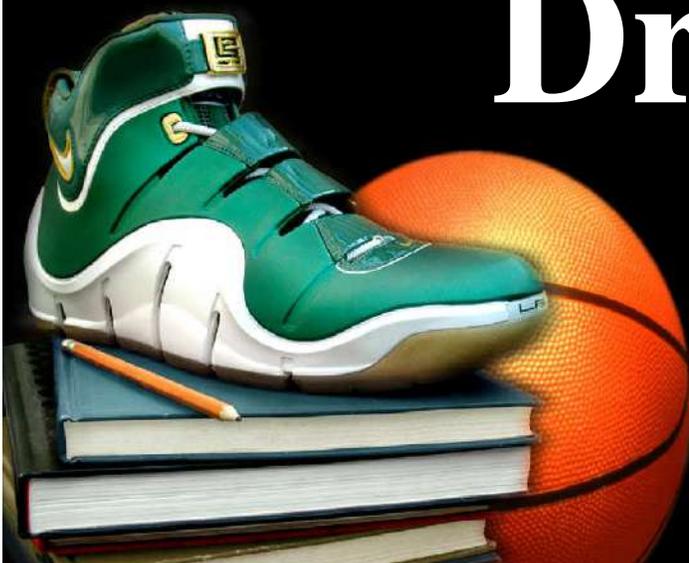
#3 is the SECOND cutter and cuts to the ball and then back cuts in the lane and out to the ball side corner.

#1 is now the THIRD cutter and will break to the top to receive the pass.

Each player who receives the ball on top should catch, face and look to penetrate when available. The cutting action will provide gaps and lanes to drive.

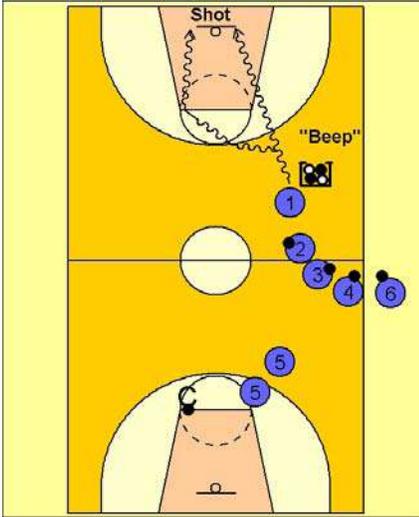
Implementing *The Dribble Motion* Offense

Half Court Break Down Drills





Dribble motion 1/2 ct. brkdown



Dribble Motion Half Court Breakdown

Rack Zone Attack for Two-Foot Power Lay-up(Perimeter) USING THE QUARTERBACK TEE

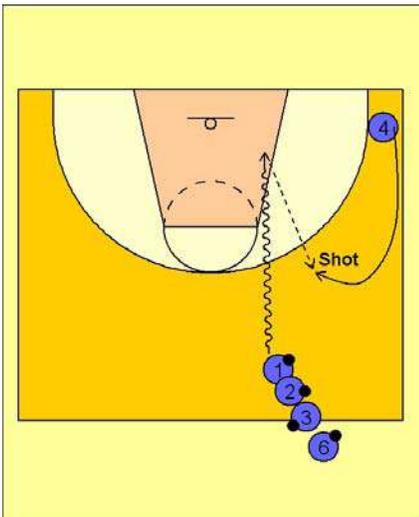
Offensive Rebounding (Post)

Both baskets working now with a coach at each end.

Let's describe the PERIMETER BASKET section first.

Each player in line has a ball. As they step up they place the ball on the Quarterback T, pick it up and attack the basket. Players work on a stutter-step and crossover move out front before getting to the rim. Player must reach the basket on a two-foot power jump stop as or before the "beep" from the Quarterback Tee.

Teaching Point: You may have the Quarterback Tee on either side of the player. Have each player take the ball off the "T" and then quickly rip the ball across below the knees before attacking. You determine the "timer" speed for this drill. Start slower and work your way up!



Dribble Motion Half Court Breakdown

Drag Zone Attack and Kick for Shot (Perimeter)

Each player in line has a ball while one player in the corner does not.

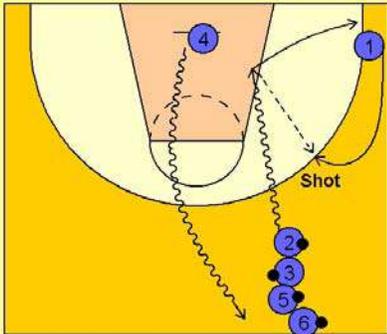
#1 attacks the "Drag Zone" area of the floor (FT line elbow). As he reaches the Drag Zone area, #4 is sprinting up the side and turning into the shot on the 3 pt. line extended wing area. #1 SHOULD NOT come to a jump stop, rather he should stop with his INSIDE FOOT FORWARD, so that he can protect the ball from the defense. #1 turns back and makes the pass to #4. #4 takes the 3 point shot. #1 must loop down and out to the corner area once occupied by #4.

Teaching Point: #4 MUST sprint up and TURN INTO the shot. He MUST be facing the basket as he catches the ball from #1. It is #1's responsibility to

WAIT until #4 is in this position before passing him the ball.



Dribble Motion Half Court Breakdown



#4 shoots the "3" and rebounds his own shot. He then dribbles back to the end of the ball line on top.

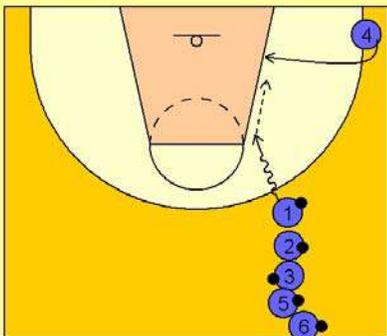
As #4 sprints to his rebound, #2 is now attacking the "drag zone" area of the court. #1 is waiting...he will slide up and INTO the next shot as #2 reaches the "drag zone" area. #2 passes to #1 for the "3" point shot.

#1 follows his shot, gets his own rebound and dribbles the ball back to the end of the ball line on top.

#2, immediately after passing to #1 for the shot, loops down and out to the ball side corner, ready to start the next repetition.

You may repeat this drill on the left side of the floor or save it for the next day.

Dribble Motion Half Court Breakdown



Back Door Lay-up.

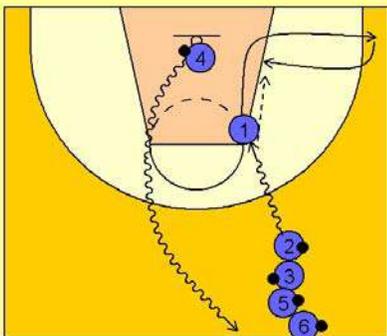
The next progression in this series involves the back door lay-up from the wing player.

Again, #1 will attack the "drop zone" area of the floor while #4 sprints up and into the shot on the right wing. #1 recognizes that #4 is being played aggressively and pass fakes towards him. #4 plants his outside foot and cuts to the basket while #1 slides a one-hand bounce pass under the (imaginary) defense for the lay-up.

As a coach, you may want to be the corner man's defender and simulate the "help up" action on the drive from #1. This will allow the corner man, #4, to visualize where the help comes from in order for him to read and make the

back door cut.

Dribble Motion Half Court Breakdown



The same rotations apply. #4 follows his lay-up and dribbles back out to the ball line on top. #1 quickly loops down and out to the ball side corner area.

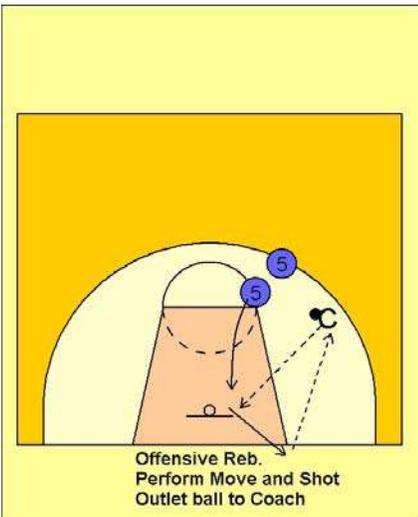
#2 begins the next rotation by attacking the "drop zone" area. #1 sprints up and into the "3" point shot, recognizes defensive pressure, uses the pass fake from #2 and cuts back door for the lay-up.

You may repeat this drill on the left side of the floor or save it for the next day.



Dribble Motion Half Court Breakdown

Post Basket Offensive Rebounding



Let's describe what the post players will be doing while the perimeter players are working on breaking down the Dribble Motion penetration and / or pass options.

The coach will have the ball while one post player is on top and ready to step into the drill. The coach will throw the ball off the glass while the post player moves into the basket to catch the offensive rebound.

The post will work on FOUR moves at this end with the coach. Each player must make each move FIVE TIMES before going to the next move. Each post player makes the move once and then the next post player steps in and duplicates.

FIRST MOVE: (Tip-in) Tip the ball in the basket when the ball comes off the glass.

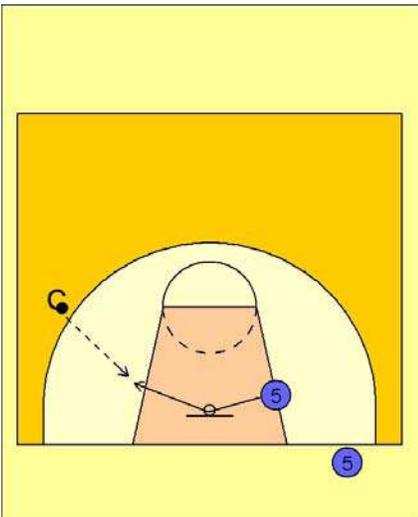
SECOND MOVE: (Ball up / Power Up) Rebound and come down with ball. Keep ball up above shoulders and power the ball back up for the lay-up on the same side of the basket.

THIRD MOVE: (Fake and Power Up) Same move as second move, but now player must make a shot fake before powering up for the shot on the same side of the basket.

FOURTH MOVE: (Fake, Slide Step and Power) Player gets the rebound, shot fakes, and then takes one power dribble as he slides under the basket and scores a power lay-up on the opposite side of the basket.

Dribble Motion Half Court Breakdown

Post Basket Low Block Moves



After you have completed the offensive rebounding section of your workout, the post players will now work on back to the basket low post moves. This action duplicates the "pass back" option in the dribble motion, as the 5 man flashes to the ball side block.

The drill starts with the post player cutting across the lane, under the basket, and then simulating the "swim move" in order to get good post position above the block but still sealing in the lane. As the pass is thrown, the player will "hop" to the ball just above the low block.

Each player will catch and execute one of FIVE post moves. They must complete the move FIVE times before moving on to the next. Post players will

alternate on catches in the post from the coach.



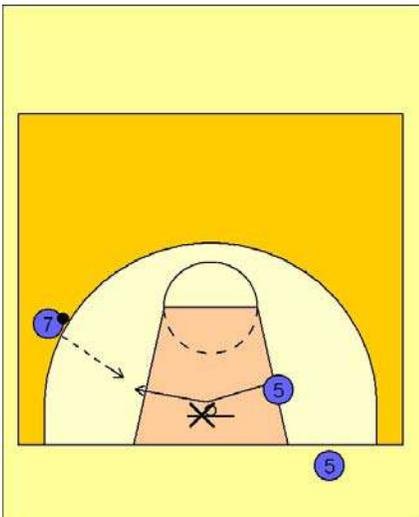
Dribble Motion Half Court Breakdown

Post Basket Low Block Moves

Here is an opportunity for you as a coach to introduce the **BLOCKING PADS**. Teach post players to expect contact and to use their lower body and "swim move" technique to get good post position above the block.

The FIVE post moves to be executed FIVE times by each player are:

- Drop Step
- Turn around jumper
- Jump hook
- Up and Under
- Reverse pivot and attack



Again, one post player will catch, make the first move, score, rebound the ball and throw the ball back out to the coach while the next post player is coming across the lane. Each post move indicated above should be executed FIVE times by each player in the group before moving on to the next move.

Dribble Motion Half Court Breakdown

Penetrate Middle From the Wing

The post players continue to work on their offensive rebounding and post moves while the perimeter players progress in their series.

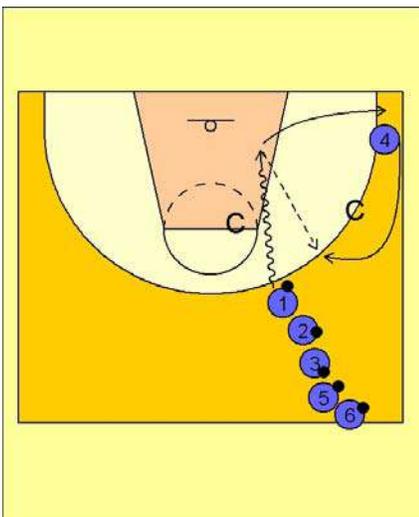
The next series begins in the same manner as the previous drills.

#1 attacks the "drap zone" area of the floor while #4 sprints up and into the "3" point shot.

#1 passes and loops down and out to the ball side corner area.

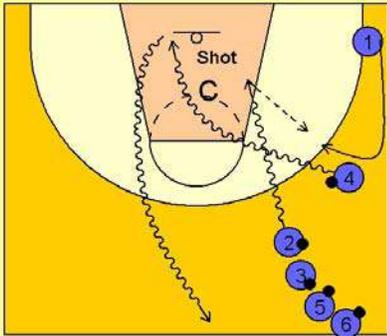
Teaching Point: This is a good opportunity to use your **PUNCH MITTS** and swipe at the ball as the dribbler picks up the ball in the Drop Zone or when the

wing player makes the catch on the wing. Your choice - mix it up.





Dribble Motion Half Court Breakdown



This time, #4 will catch and attack the FT line elbow area and look to score a lay-up on the opposite side of the rim.

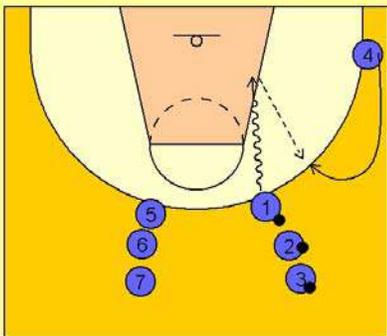
#4 rebounds his own shot and dribbles back to the ball line on top. The next rotation begins as #4 clears the FT line elbow area on penetration.

#2 is now attacking the "drag zone" area and #1 is sliding up and into the "3" point shot, ready to attack the FT line elbow area and complete the lay-up on the opposite side of the rim.

Here is another great opportunity to introduce the **BLOCKING PADS**. Bump the player as he reaches the rack area.

You may repeat this drill on the left side of the floor or save it for the next day.

Dribble Motion Half Court Breakdown



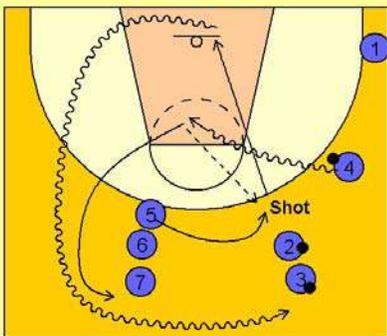
Drive Middle and Replace On Top

Our next series adds a line on the opposite top side of the floor, from the FT lane line extended.

Each player in the right line has a ball while each player on the left line does not have a ball.

#1 attacks the "drag zone" area. #4 sprints up and into the "3" point shot. #1 makes the pass to #4 and loops down and out to the ball side corner area of the floor.

Dribble Motion Half Court Breakdown



Once #4 has the ball in his hands, he again attacks the FT line elbow area as if he is trying to score on the opposite side of the rim. As he is penetrating in the lane, the first man in the top line without a ball slides over to the first position in the ball right line.

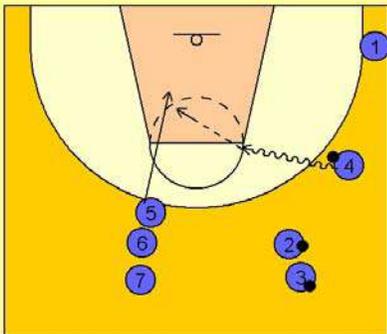
#4 stops again with his INSIDE foot forward and makes the pass back to #5 spotting up for the "3" point shot. #4 passes and hustles to the back of the left line on top. #5 shoots the "3", gets his own rebound and dribbles back out to the end of the ball line on the right side.

The players are now in position to begin the next series with #1 in the right corner while #2 attacks the "drop zone". #6 is ready to slide over on penetration from #1 on the right wing.

You may repeat this drill on the left side of the floor or save it for the next day.



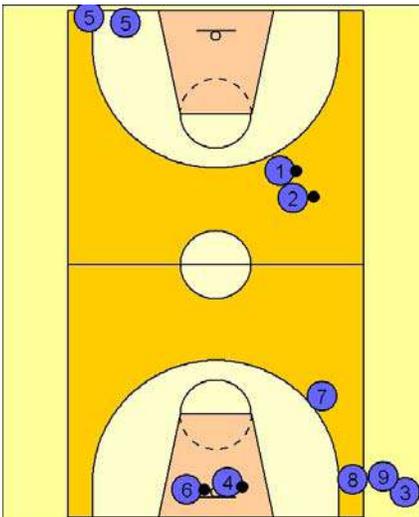
Dribble Motion Half Court Breakdown



You can continue this same drill by now adding the back door cut from #5. This action simulates when #5's defender helps over on the penetration from #4.

#5 reads the early help on the drive and cuts back door for the lay-up.

Dribble Motion Half Court Breakdown



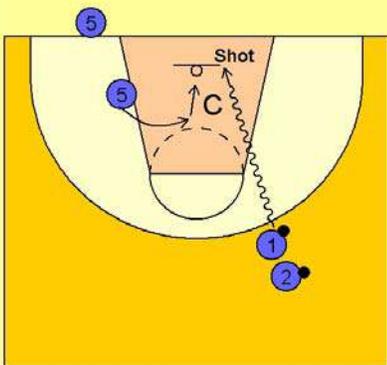
Our LAST series in this Dribble Motion Half Court break down involves use of both baskets, although it is not a full court drill. Both baskets will be working at the same time.

You will have two perimeter players on the right driving line on top (#1 and #2 shown in the diagram). Your Post Players, #5, will be in a line under the basket with this group.

The rest of the players will be at the other basket. Two players should be underneath this basket with a ball (#4 and #6 shown in the diagram). One player, #7 here, is FT line extended just beyond the "3" point line.

The remaining players on your team are lined up in the corner, with #8 shown here first in line.

Dribble Motion Half Court Breakdown



Let's first look at the Post / Perimeter side of the floor and describe the action.

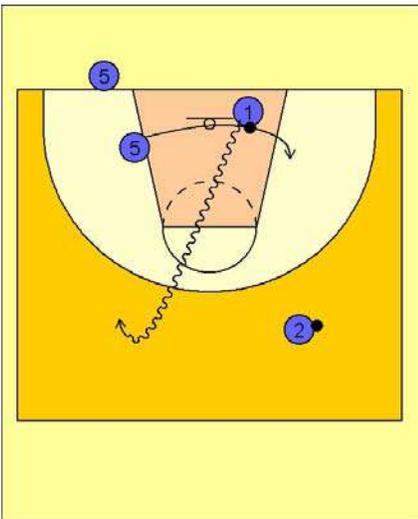
#5, your post player, will step out opposite the ball on top and on the block.

#1 attacks the rim quickly and shoots the lay-up. #5 steps in the middle of the lane in front of the basket looking to tip-in any potential miss from #1.

Again we would bring out the **BLOCKING PADS**, being sure to make contact as the perimeter player prepares to power up for the shot or dump-off pass. You can also make contact with the post as he catches and looks to score from the dump-off pass.

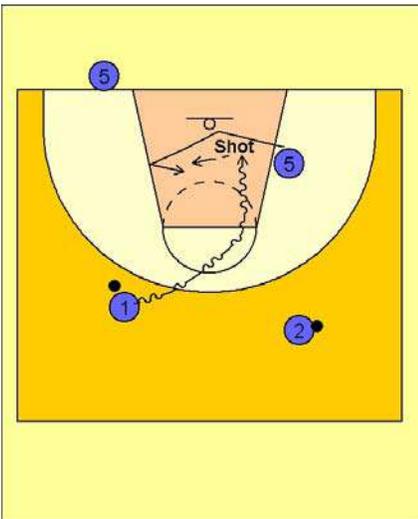


Dribble Motion Half Court Breakdown



#1 quickly gets the ball out of the basket and dribbles up to the left top of the floor. As #1 is dribbling up to the left side, #5 clears across the lane to just above the right block.

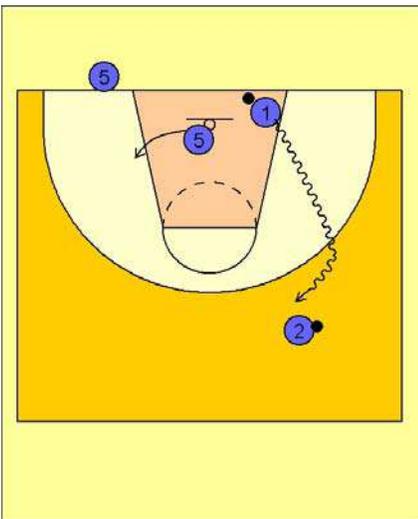
Dribble Motion Half Court Breakdown



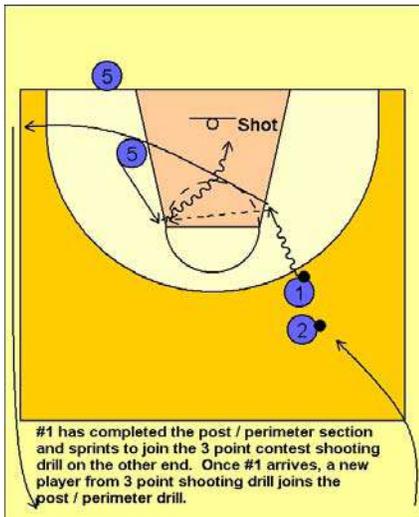
#1 now quickly attacks the opposite side of the lane looking to score another lay-up. Again, #5 will step to the middle of the lane. This time #1 will dump the ball off to #5 in the middle of the lane for the lay-up. #1 may make the pass while in the air for the lay-up or just before taking off. This is to anticipate and simulate when #1 might receive weakside help on his penetration.

#5 makes the shot while #1 gets the ball out of the basket.

Dribble Motion Half Court Breakdown



#1 now dribbles up to the right top side of the floor while #5 loops out to the opposite side of the floor, remaining consistent with the Dribble Motion Offense rules (post player is always opposite the ball on top).



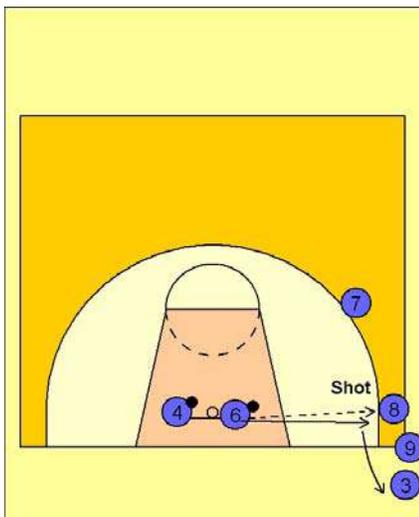
Dribble Motion Half Court Breakdown

#1 now attacks the "drop zone" area of the floor and picks up his dribble. He could even attack the opposite elbow "drop zone" on this drive (#5 would then relocate to the other side of the lane and slide up on the dribble pick up in the drop zone).

#5 recognizes the dribble pick up and slides up the lane. This action is to clear the back side basket area for the back door lay-up you have already worked on in this series.

Once #5 has reached the opposite elbow area, #1 will square around (remember he stopped with his INSIDE FOOT FORWARD) and pass the ball to #5. After passing, #1 will quickly cut across the lane and out to the opposite corner area of the floor. #5 must drive hard off the back of the cutting #1 man. #5 looks to score the lay-up on the opposite side of the rim.

This completes the Post / Perimeter series and two more players (post and perimeter) will step in and begin. You may repeat this drill on the left side of the floor or save it for the next day. The player who finished the drill (#1) will sprint to the "3" point contest shooting drill on the other end of the floor and will join the end of the line in the corner.



Dribble Motion Half Court Breakdown

Three Point Contest Shooting Drill

Just in case you did not know, that is "Contest" as in defend the shot, not "Contest" as in trying to win a prize!

Now let's look at what is going on while the Post / Perimeter action is taking place on the other end of the floor.

#4 and #6 will have a ball in their hands. #7 is FT line extended past the three point line in a ready position to catch and shoot the three point shot.

#8, #9 and #3 are in a single file line. #8 is in a ready position to catch and shoot the three point shot.

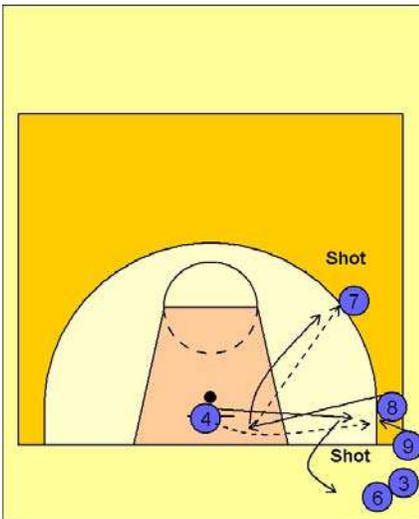
The drill starts with #6 passing the ball out to #8 in the corner. As #6 passes, he sprints out to "contest" the three point shot from #8. Have him try to block the shot if he can!

#8 shoots the ball with #6 closing out on the shot. #6 "contests" and then gets to the end of the shooting line.



Dribble Motion Half Court Breakdown

Follow this action now.



#8 shoots the ball and follows his own shot. He will get his rebound and pass immediately out to #7 on the FT line extended wing. #8 will sprint out and "contest" the three point shot from #7.

As this is happening, #4 is now passing to #9, the next player in line at the corner. #4 sprints out and "contests" the three point shot from #9.

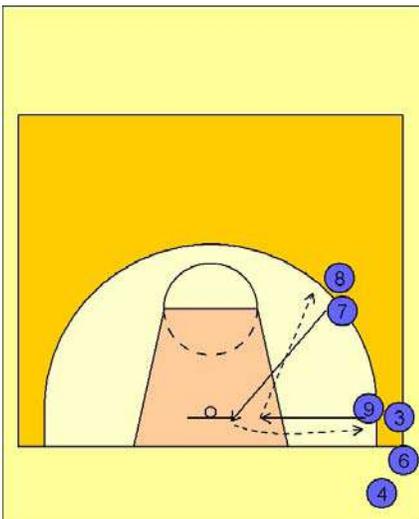
The rotations continue as expected. #7 follows his shot and then passes to the next corner shooter and sprints out to contest his shot.

#8, who just passed the ball out to #7, turns around and gets in his best ready position and awaits the next pass out for the three point shot.

Dribble Motion Half Court Breakdown

The rotations continue as expected. #7 follows his shot and then passes to the next corner shooter #3 and sprints out to contest his shot.

#8, who just passed the ball out to #7, turns around and gets in his best ready position and awaits the next pass out for the three point shot.



Important: The next day (or even during the same drill) have the players move to two different spots on the floor.

Your other options are:

- Opposite corner and wing
- Two top spots lane line extended out

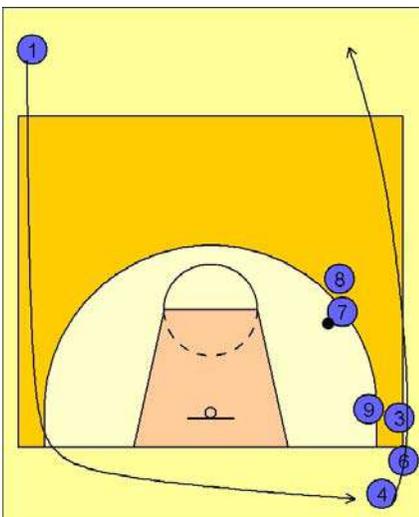
This will give you good practice in all the three point shot areas found in the Dribble Motion Offense.

Dribble Motion Half Court Breakdown

As we described in the Post / Perimeter section of this drill, when the perimeter player is finished with his series on the other end of the basket, he will sprint to the end of the shooting line in the corner.

Here we see #1 sprinting in to the end of the shooting line. The LAST PERSON in the corner shooting line WHO HAS NOT YET BEEN IN THE POST / PERIMETER DRILL ON THE OTHER END, will sprint to join that drill.

The series completes when everyone has competed in the Post / Perimeter section of the drill.





Dribble Motion Olympics

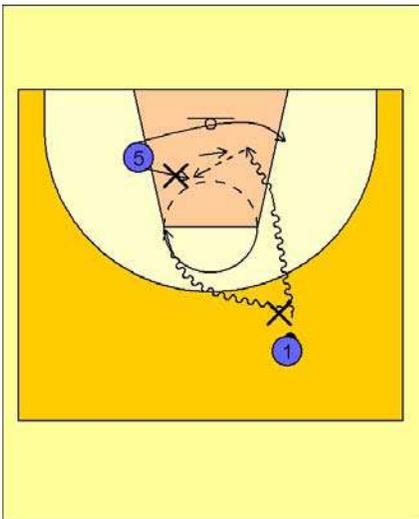
(2 on 2; 3 on 3; 4 on 4) The entire series should take you about 45 minutes.

First Event: 2 on 2 Dribble Motion (12 minutes running time)

Perimeter Player and Post Player vs. Defense. Use Drop and Drag Zone options to both sides of the rim. Post player ready to relocate on penetration. If ball is picked up in the Drop Zone, post player must slide up to opposite elbow.

First team to score (3) baskets wins. Winner Stays, losers move to another basket to compete against other 2 on 2 teams.

Medal Winners - Top 3 Teams (Gold, Silver & Bronze) Excused From Running
- Rest of Teams Run Sprints

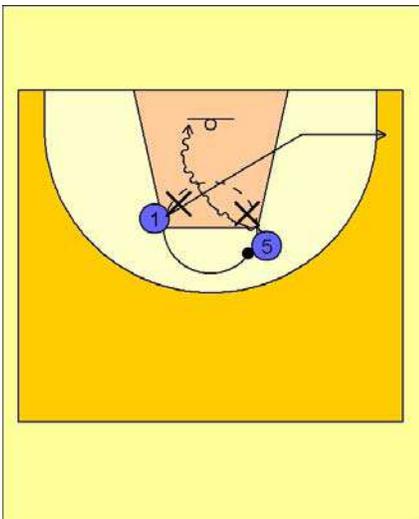


Rest for 3 minutes

Dribble Motion Olympics

2 on 2 Dribble Motion (con't)

This is a good time to work on the Post Entry at the opposite elbow. Guard must remember to pass and cut away while #5 dribbles hard off the back of the cutter for the power lay-up on the other side of the rim.



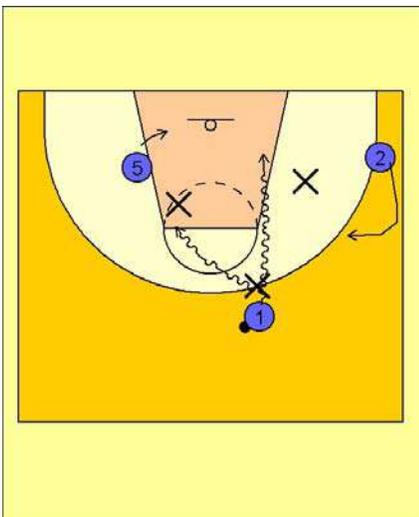
Dribble Motion Olympics

3 on 3 Dribble Motion (12 minutes running time)

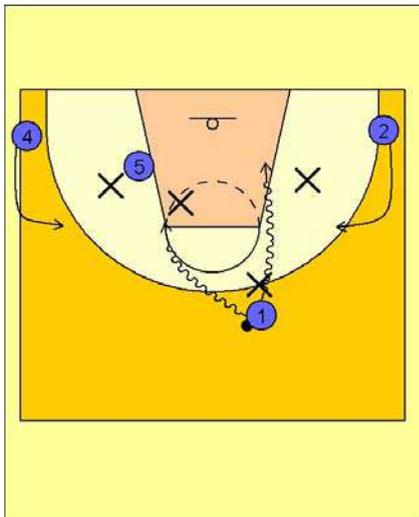
Point Guard, Wing Player and Post Player vs. Defense. Use Drop and Drag Zone options to both sides of the rim.

First team to score (2) baskets wins. Winner Stays, losers move to another basket to compete against other 3 on 3 teams.

Medal Winners - Top 2 Teams Only (Gold and Silver) Excused From Running
- Rest of Teams Run Sprints



Rest for 3 minutes



Dribble Motion Olympics

4 on 4 Dribble Motion (12 minutes running time)

Point Guard, Two Wing Players and Post Player (no #4 man) vs. Defense. Use Drop and Drag Zone options to both sides of the rim.

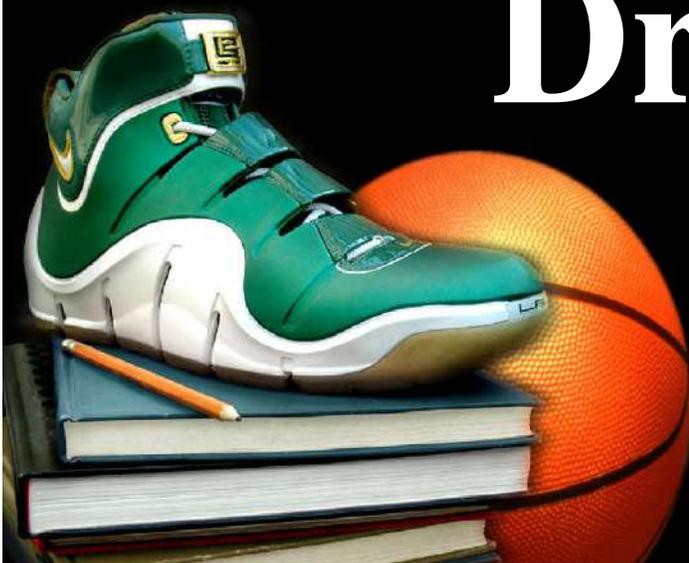
First team to score (2) baskets wins. Winner Stays, losers move to another basket to compete against other 4 on 4 teams.

Medal Winners - Top Team Only (Gold) Excused From Running - Rest of Teams Run Sprints

3 minute rest

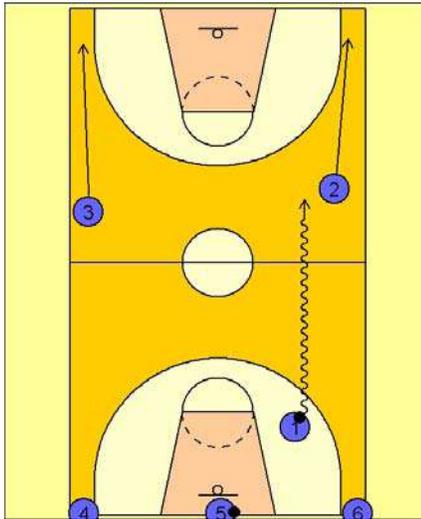
Implementing *The Dribble Motion* Offense

Full Court Break Down Drills





Dribble motion full ct brkdown



Dribble Motion Full Court Breakdown

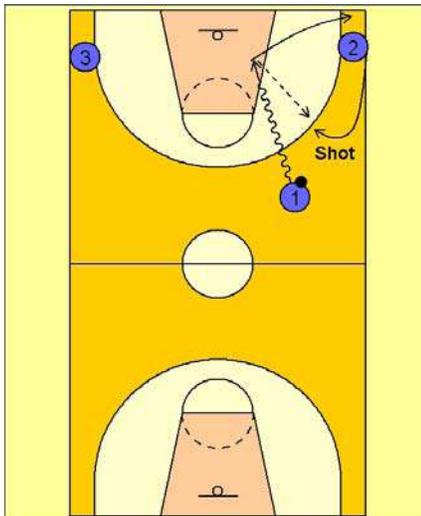
3 on 0 Three Trips (Drop Zone Three Pointer)

Now we will take you through our series of 3 on 0 Full Court as we break down the Dribble Motion Offense.

Our first series involves the "Drop Zone" penetration with a kick out for the three point shot.

It does not matter who begins in the middle as each player will get one repetition on this drill.

#1 brings the ball up the sideline while #2 and #3 sprint to their respective corners. Make sure that each corner player is extended straight out from the rim, and not "dead corner" on the end line.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

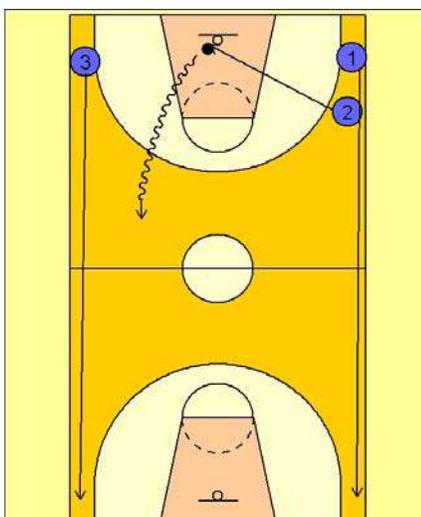
#1 attacks the "Drag Zone" area of the floor (FT line elbow area).

As #1 reaches the Drag Zone, #2 is sprinting up and then turns into the shot. It is VERY IMPORTANT that #2 get his feet squared to the basket BEFORE #1 makes the pass. It is #1's responsibility to WAIT until #2 is ready before delivering the pass.

Whomever penetrates in this offense MUST ALWAYS come to a stop with their INSIDE FOOT forward. We do not teach a jump stop on this drive as it allows the defense an angle at reaching the next pass.

#1 passes to #2 for the three point shot. #1 will pass and loop down and out

to the ball side corner.



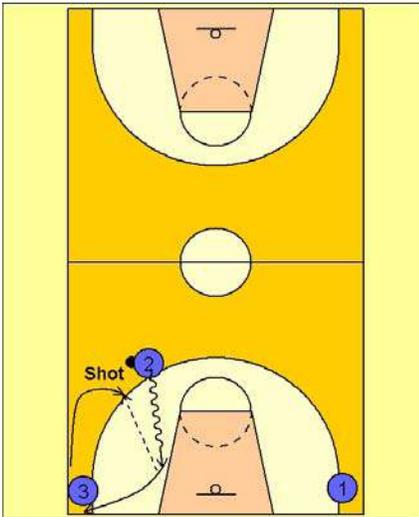
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

#2 will shoot the three and rebound his own shot.

The SHOOTER in this series becomes the NEXT MIDDLE MAN and will push the ball up the opposite sideline on the next trip.

#1 and #3 run the sidelines now to their respective corners.

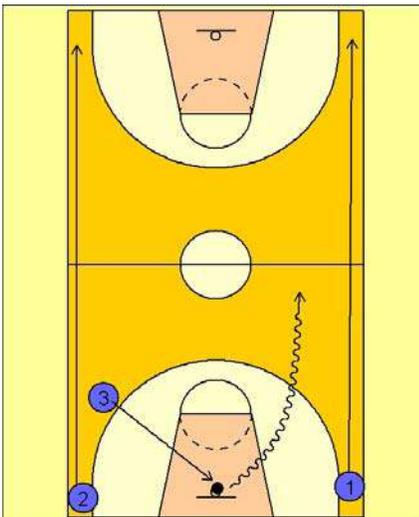


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

The action is now repeated with #2 driving into the Drag Zone while #3 slides up and into the shot.

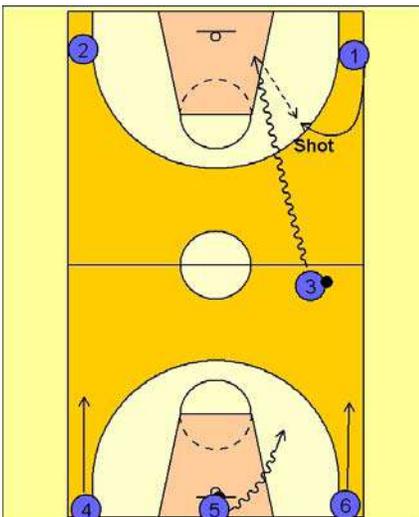
#2 again loops down and out to the ball side corner.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

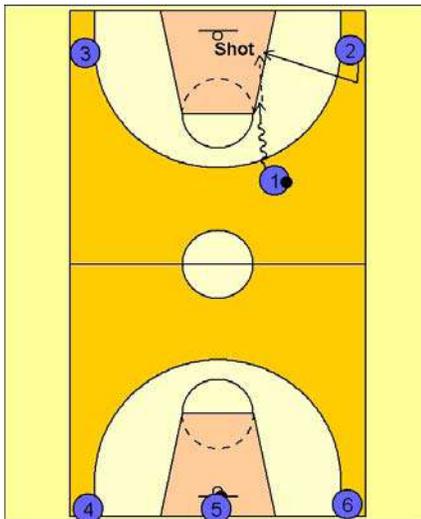
#3 shot the ball and will rebound his own shot and attack up the opposite sideline with #1 and #2 running their respective lanes.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drag Zone Three Pointer)

This is the last trip in the three trips so as the BALL REACHES HALF COURT, the next group of three players begins.



Dribble Motion Full Court Breakdown

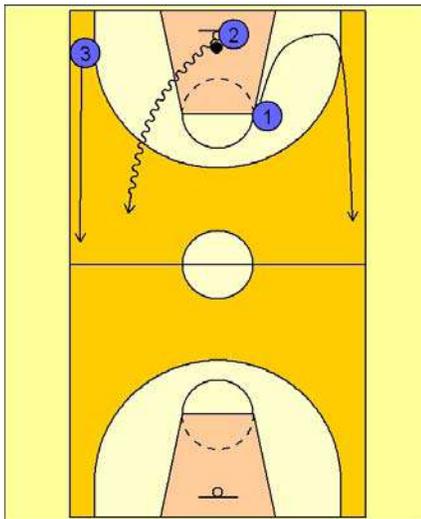
3 on 0 Three Trips (Drop Zone Back Door)

Our next three trip series involves setting up the back door cut on the wing.

#1 again attacks the Drop Zone area of the floor while #2 slides up and into the right wing looking for the three point shot.

#1 recognizes that #2 is being played aggressively on defense so he pass fakes at #2 who steps hard toward the ball and then plants his outside foot and cuts back door to the basket.

#1 delivers a one hand bounce pass underneath the imaginary defense for the back door lay-up.



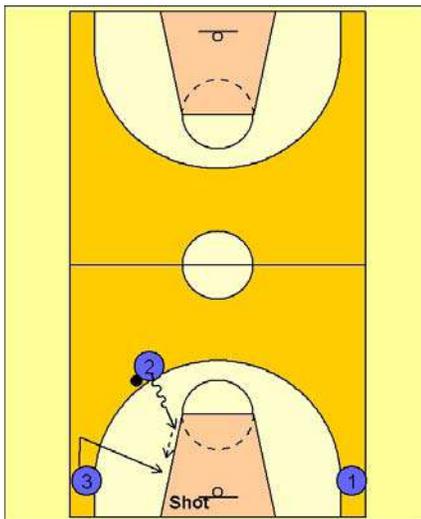
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

The SHOOTER again is the NEXT MIDDLE MAN.

#2 shot the lay-up, gets his own rebound out of the net and attacks up the opposite sideline.

#1 and #3 run their respective outside lanes.



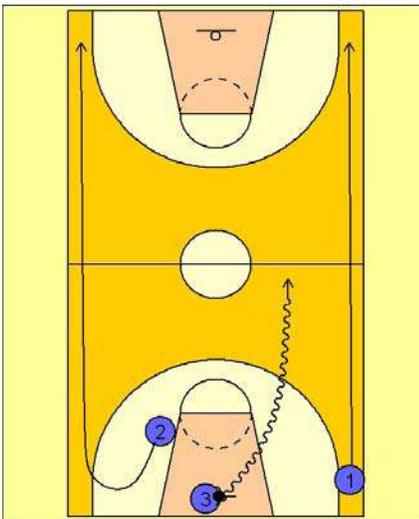
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

Our next three trip series involves setting up the back door cut on the wing.

The same action is repeated on the other end of the floor.

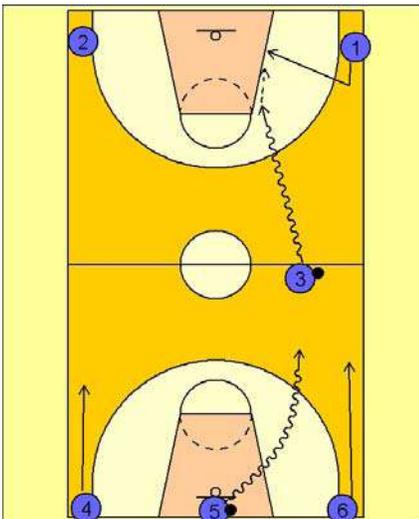
The shooter for the lay-up is now #3, so he will rebound his own lay-up and attack up the opposite sideline for the third and final trip in this series.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

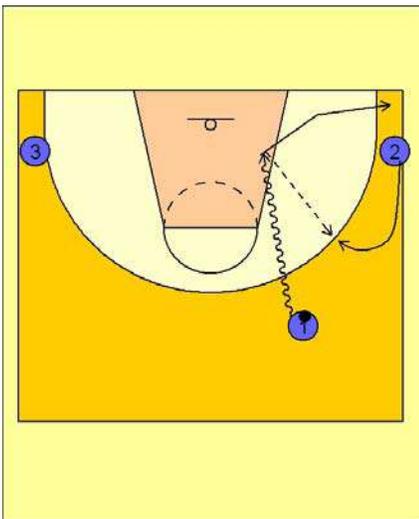
The shooter for the lay-up is now #3, so he will rebound his own lay-up and attack up the opposite sideline for the third and final trip in this series.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Drop Zone Back Door)

As the BALL CROSSES HALF COURT, the next group waiting begins their session.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

Our next three trip series involves setting up the three point shot on the opposite side of the floor.

#1 penetrates into the Drag Zone area of the floor while #2 slides up and into the three point shot.

#1 delivers the pass and then loops down and out to the ball side corner.



Dribble Motion Full Court Breakdown

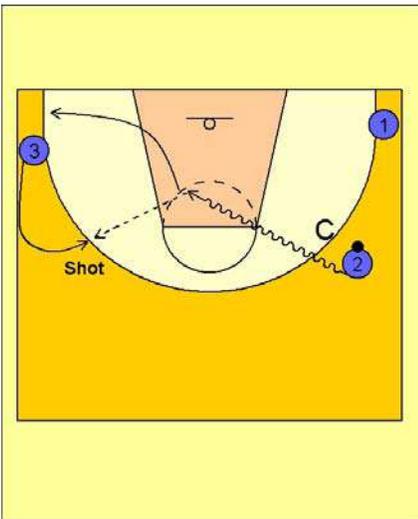
3 on 0 Three Trips (Wing Penetration and Kick for Three)

#2 now attacks the FT line elbow area looking to score a lay-up on the opposite side of the basket.

We are assuming that #2 cannot get to the rim and instead stops near the Drop Zone area of the floor and kicks the ball out to #3 who is sliding up and into the three point shot.

#2 passes to #3 who shoots the three pointer. After the pass, #2's rule is the same as he loops down and out to the ball side corner.

On each end of the court, we will add the **BLOCKING PADS** here and make contact with the wing player driving to the mid-lane area.

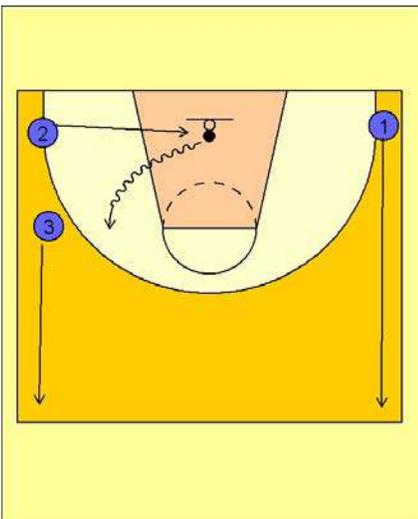


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

The PASSER is now the NEXT MIDDLE MAN in this series.

#2 made the pass for the shot so he sprints in to rebound the shot and attacks up the opposite sideline with #3 and #1 running their respective lanes.



Dribble Motion Full Court Breakdown

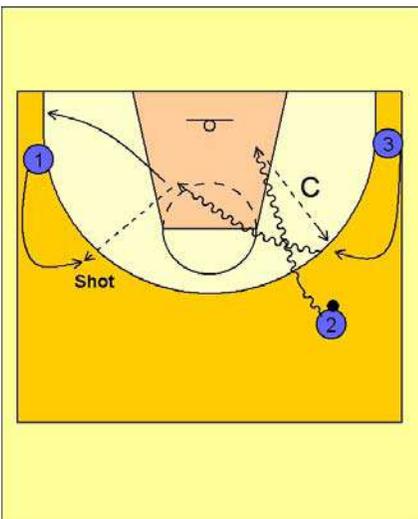
3 on 0 Three Trips (Wing Penetration and Kick for Three)

The same action is now duplicated on the other end of the floor with #2 driving into the Drag Zone area and kicking out to #3.

#3 then drives the elbow area of the floor looking to score on the opposite side of the basket.

#3 stops in the opposite Drag Zone area and kicks out to #1 sliding up and into the shot. #1 takes the three point shot while #3 loops down and out to the corner.

Again, we will look to make contact with the **BLOCKING PADS** on this penetration from the wing.

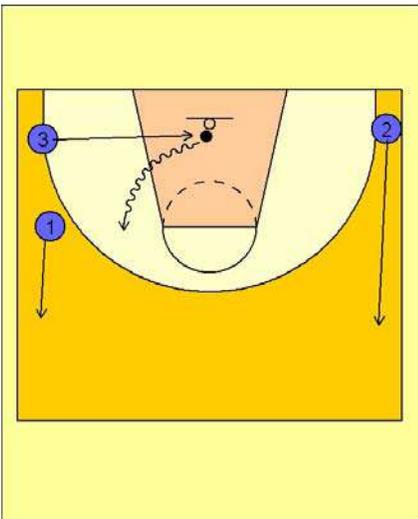




Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

The passer is the next middle man so #3 sprints in to rebound and attacks up the opposite sideline.

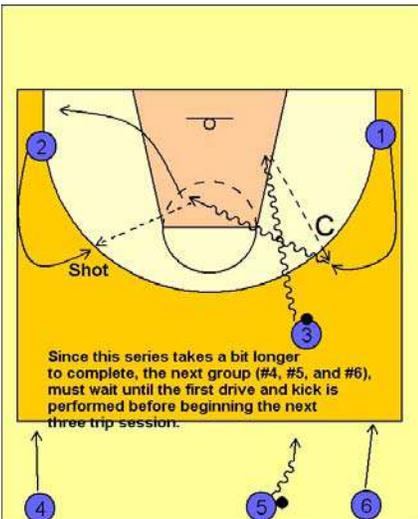


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Wing Penetration and Kick for Three)

#3, #1 and #2 complete their third and final trip in this series while the next group is ready to start the next three trip session.

Coach is present on each basket with **BLOCKING PADS** ready to make contact on penetration.



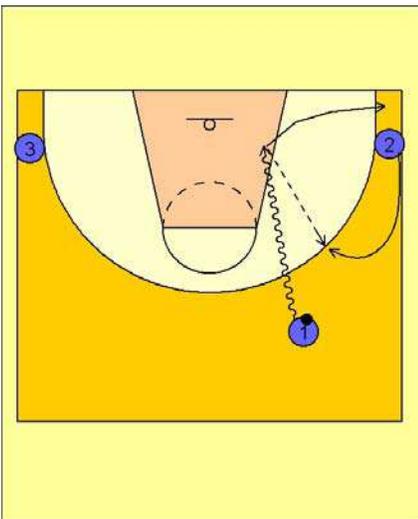
Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

Our next three trip series involves setting up the back door lay-up after moving the ball to one side of the floor and back again.

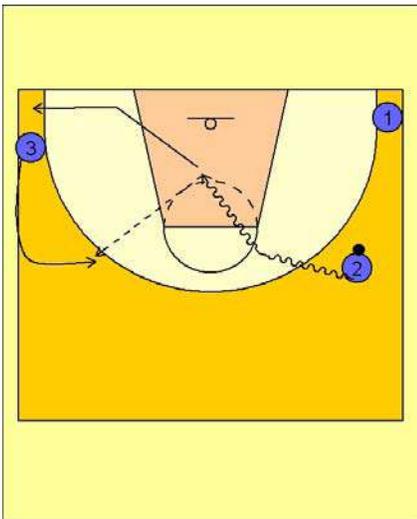
#1 drives into the Drag Zone area of the floor while #2 slides up and into the three point shot.

#1 passes to #2 and then loops down and out to the ball side corner.





Dribble Motion Full Court Breakdown

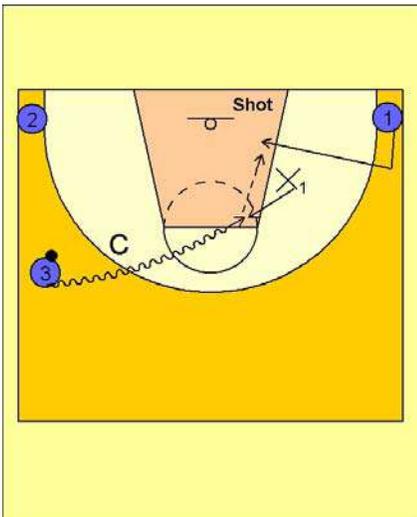


3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#2 drives in the lane looking to score on the opposite side of the basket. He pulls up in the opposite Drag Zone area while #3 is sliding up and into the shot.

#2 passes to #3 and then loops down and out to the ball side corner area.

Dribble Motion Full Court Breakdown



3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

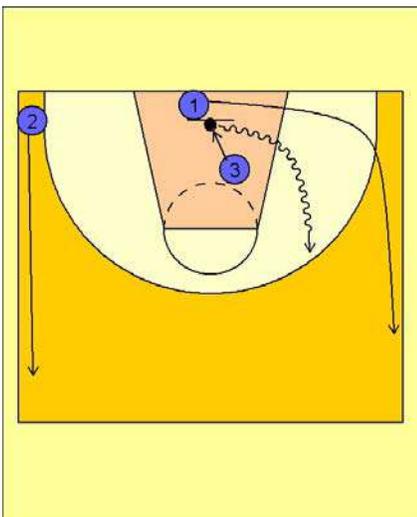
#3 now drives to the FT line elbow (or Drop Zone area) looking to score on the opposite side of the rim.

#3 pulls up in the opposite Drop Zone area, pretending to receive pressure from #1's defender.

#1 reads the help up action from his imaginary defender, X1, and makes the basket cut looking for the back door pass from #3. #3 delivers the one hand bounce pass to #1 under the defense for the lay-up.

Coach is armed and ready with the **BLOCKING PADS** to make contact with the dribble penetration from the wing.

Dribble Motion Full Court Breakdown



3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The PASSER is the NEXT MIDDLE MAN so #3 would rebound the shot and take the ball up the opposite side line.

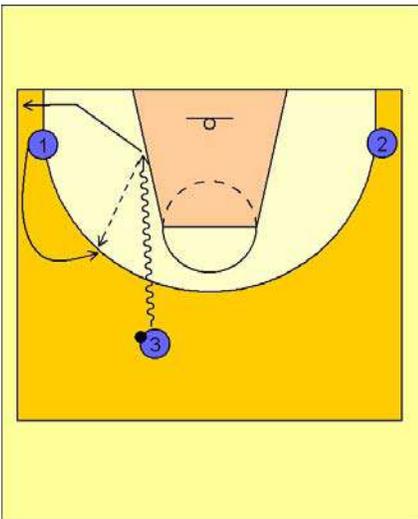
#1 and #2 will run their respective lanes.



Dribble Motion Full Court Breakdown

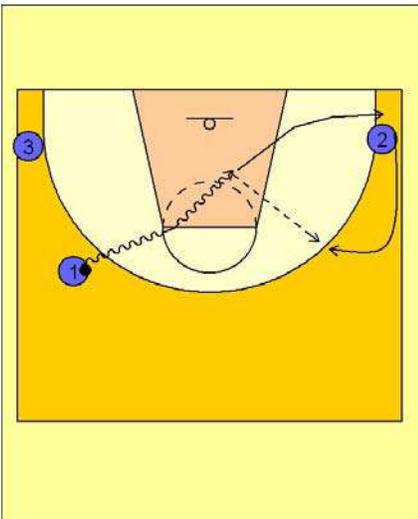
3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The action is repeated on the other basket.



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

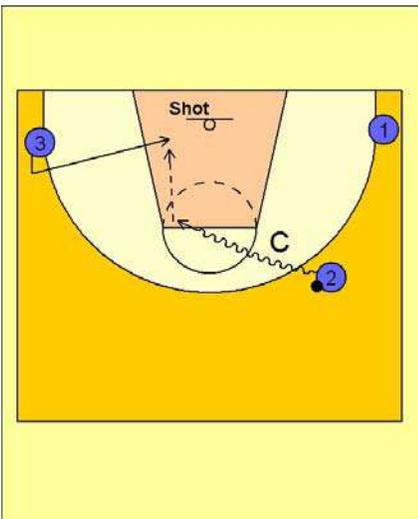


Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

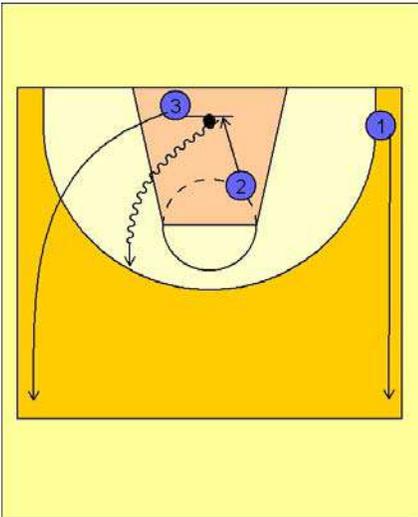
A reminder that on all dribble stops, the driver must stop with his inside foot forward in order to protect the basket from the defense while making the next pass.

Coach is again armed and ready at each end with the **BLOCKING PADS**, making contact with the dribble penetration from the wing. Hopefully by now, your players learn to have a low center of gravity, a solid base when penetrating, so these "bumps" from the coach will not take off-balance.





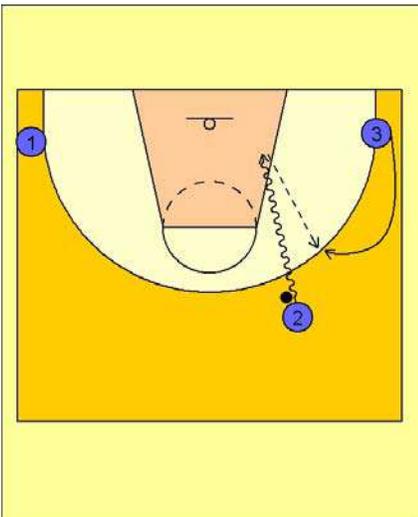
Dribble Motion Full Court Breakdown



3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

#1 made the pass to #3 so he will get the rebound and begin the third and final trip up the opposite sideline.

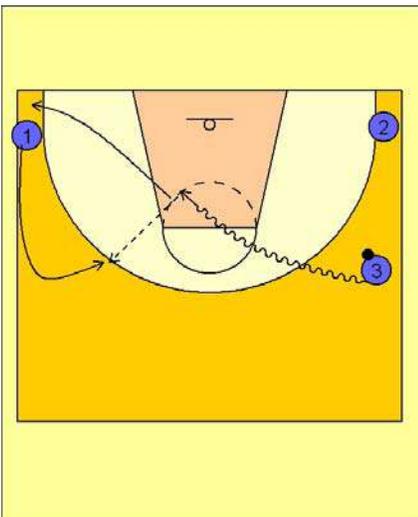
Dribble Motion Full Court Breakdown



3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The action is repeated on their final trip down the floor.

Dribble Motion Full Court Breakdown



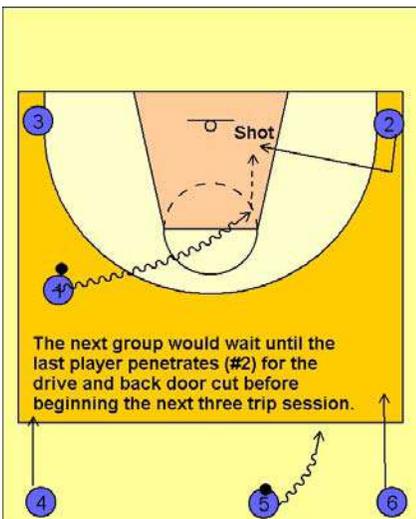
3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)



Dribble Motion Full Court Breakdown

3 on 0 Three Trips (Two Wing Penetrations and for back door lay-up)

The next group of three are waiting to begin their next three trips in this series.



Dribble Motion Full Court Breakdown

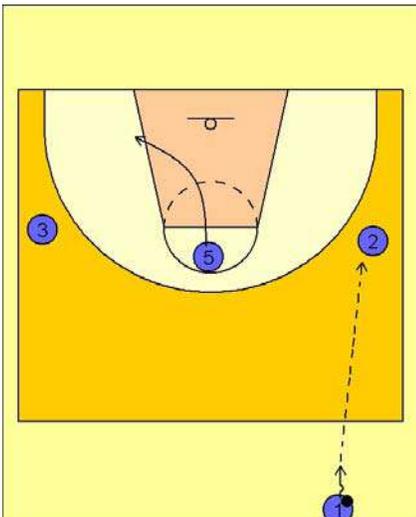
4 on 0 Four Trips (Pass Ahead)

Our next series involves a 4 on 0 FOUR TRIP break looking at the options should the point guard notice that either wing player or the center have an advantage down the floor. If so, the point guard passes ahead to either player.

The first three passes up the floor will enter to the wing and attack the rim.

Here #1 passes the ball ahead to #2.

#5's rules is always to SPRINT THE CENTER OF THE FLOOR INTO THE MID-LANE AREA AND THEN FIND THE OPPOSITE LOW BLOCK.



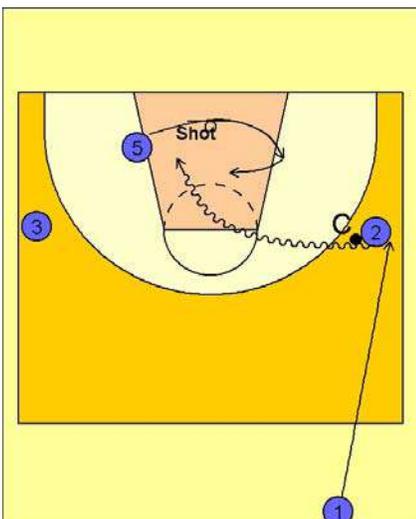
Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

Once #2 has the ball he has two options in attacking the rim. He can attack the FT line elbow area and score on the opposite side of the rim with his left hand. If so, #1 will always sprint and fill the wing just vacated by #2.

#5's rule is always to STAY OPPOSITE THE BALL, so #5 loops under the basket and up to the opposite block while #2 is making his #5 is penetration. #2 shoots the lay-up while #5 is ready to tip-in the miss shot.

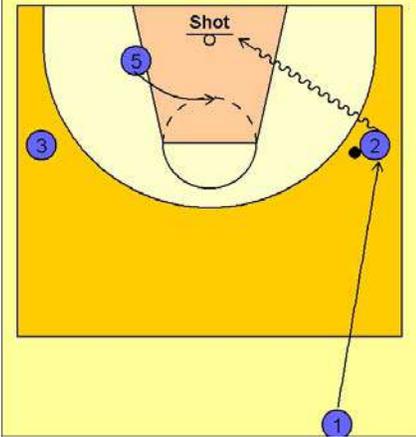
Coach is armed and ready with the PUNCH MITTS as #2 makes the catch on the wing. Coach swipes at the ball while ballhandler learns to be strong on the catch and "rip" before and during the attack dribble.





Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

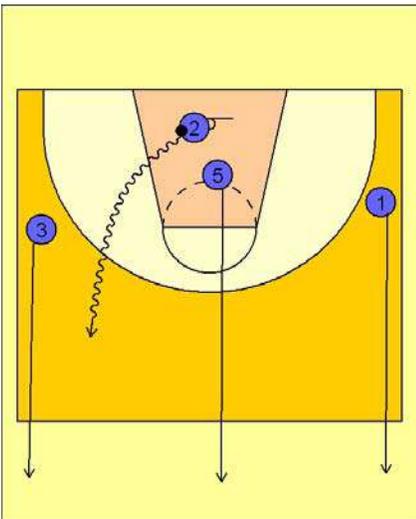


#2 SECOND scoring option in this series is to attack the ball side of the rim, the right side in this diagram, if it is open.

#5 will stay opposite the ball and step into the middle of the lane in front of the rim while #1 drives in for the lay-up. #5 will tip in any miss shots.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

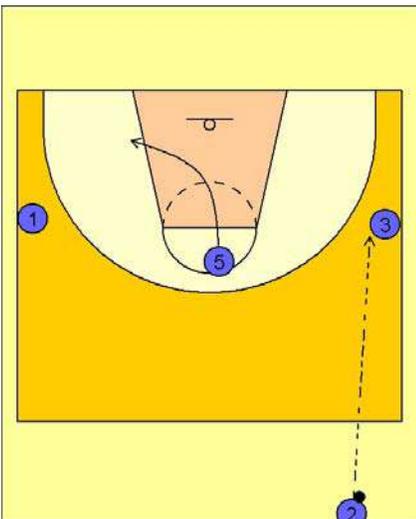


The SHOOTER is the NEXT MIDDLE MAN in this series.

#2 gets the ball out of the basket and attacks up the opposite sideline with #3, #5 and #1 running their respective lanes.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

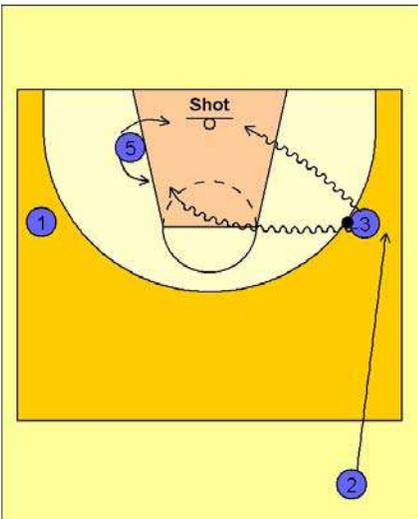


#2 passes ahead to #3 while #5 runs down the center of the lane and then to the opposite low block area.



Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

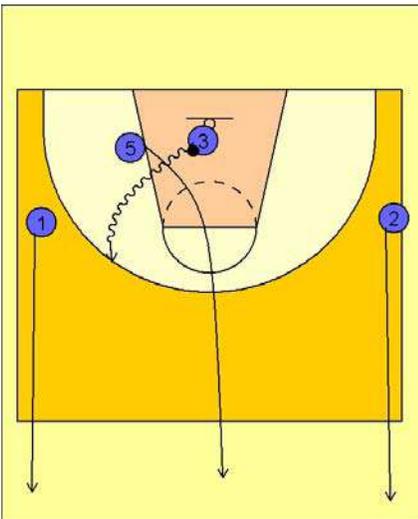


#3 now attacks the rim in either direction as described in the previous trip while #5 looks to either loop under and out to the opposite low block or flash to the middle, depending on which angle #3 attacks.

#2 is sprinting to fill the spot vacated by #3.

Dribble Motion Full Court Breakdown

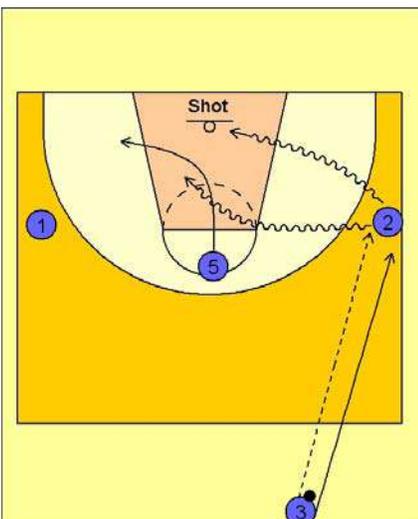
4 on 0 Four Trips (Pass Ahead)



#3 is now the next middle man and attacks up the opposite sideline.

Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)



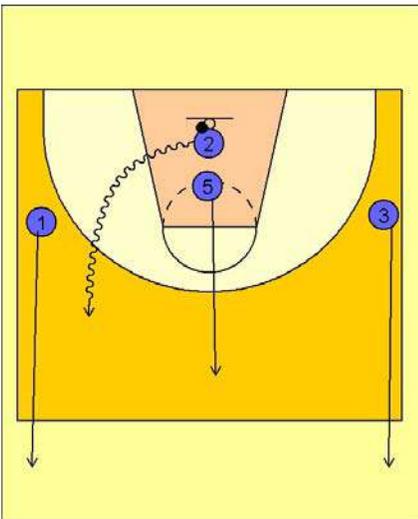
The action is repeated on their third trip in this four trip series.



Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

#2 was the shooter so he will rebound and attack up the opposite sideline for the fourth and final trip in this series.



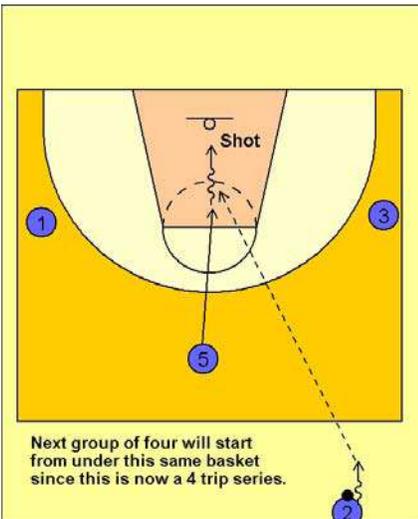
Dribble Motion Full Court Breakdown

4 on 0 Four Trips (Pass Ahead)

On the FOURTH and final trip in this series the guard will look to make the OVER THE TOP pass to #5 sprinting down the middle of the floor.

#5 will catch and make the lay-up while all of the remaining players in the series sprint off the floor.

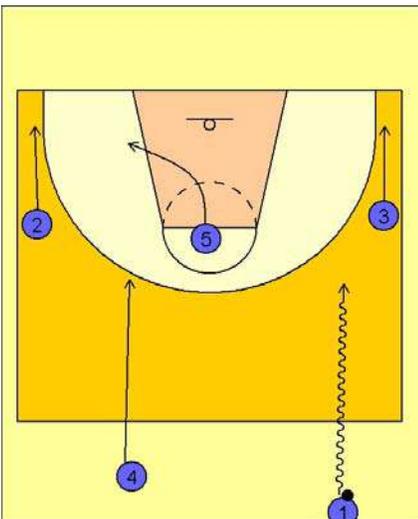
The next group of FOUR will begin as the ball crosses half court.



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

Our next series involves a 5 on 0 THREE TRIP break looking at the options involved when the point guard attacks the lane down the DRAG Zone area of the floor. This is the area from the FT line elbow all the way to the rim.



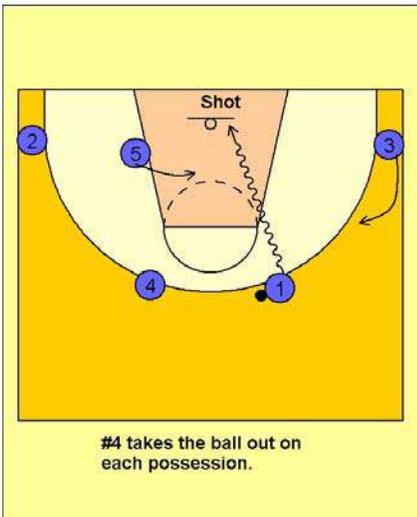


Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The first trip #1 will SHOOT THE LAY-UP with #5 stepping into the middle of the lane in front of the rim looking to tip-in any miss shots.

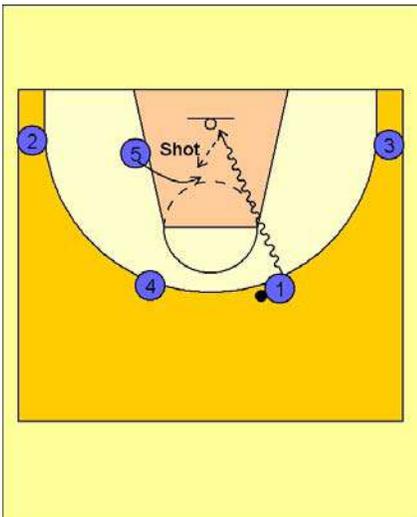
#3 is sliding up and into his three point shot as his rule when #1 enters the DROP Zone area (FT elbow area).



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The SECOND TRIP #1 will penetrate to the rim and look to dump the ball off to #5 for the lay-up.



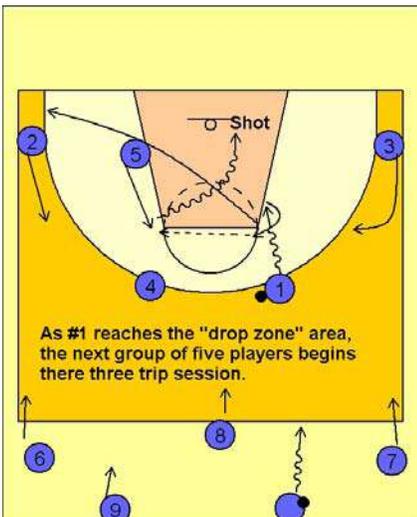
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Drag Zone)

The THIRD AND FINAL TRIP in this series involves #1 pulling up at the DROP ZONE area. And it can be EITHER elbow.

When this happens it is #5's rule to always slide up to the opposite FT line elbow. #3 again is sliding up and into his three point shot. #2 makes a reverse pivot and instead of throwing the ball to #3, he makes a pass to #5 on the opposite elbow.

#5 catches and attacks the rim on the opposite side while driving off the back of #1, who has made the pass and cut to the opposite corner. #2 now slides up to make room for the cutting #1 man.





The next group of 5 is ready to attack as #1 reached the DROP ZONE area.

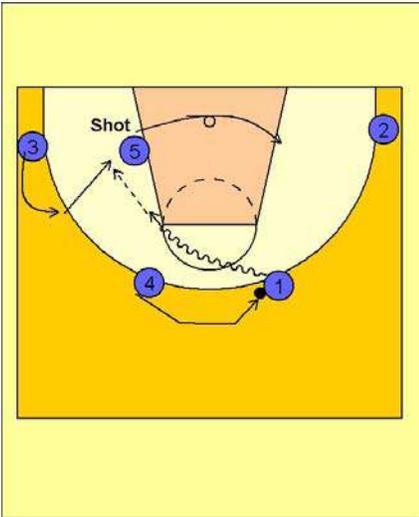
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

In this three trip series #1 is looking to cross over his dribble and attack the opposite FT line elbow, or more commonly know as the DROP Zone.

#4 and #5 have the rule of staying opposite the basketball, so the diagram indicates their movement away from the ball.

As #1 enters the opposite drop zone area, #3 as in his rule, is sliding up and into the three point shot. #1 recognizes good defensive pressure on #3. #1 makes a pass fake while #3 sets up his man for the back door cut and lay-up.



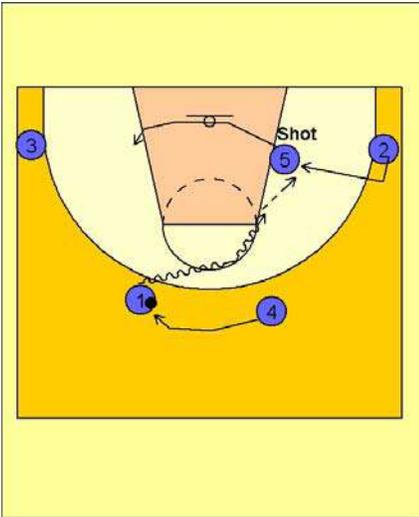
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

#4 takes the ball out and the group now attacks the left sideline in the other direction.

Here we see #1 crossing over and into the opposite drop zone while #5 and #4 slide over opposite the ball.

#1 delivers the back door pass to #2 setting up his man.



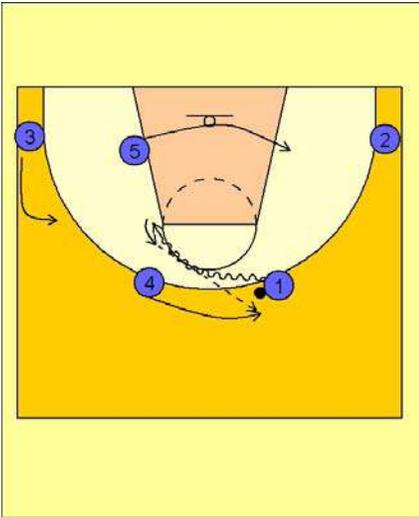
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)

On our THIRD and FINAL TRIP in this series, #1 will stop and reverse pivot making the pass back to #4. #4 is now ready to catch and shoot the "3" or attack the rim on the drive.

You could also work in the back door option here with #4. Have #1 drive to the ball side elbow and pick up his dribble. #4 would read and make the basket cut, receive the pass from #1 and shoot the lay-up.

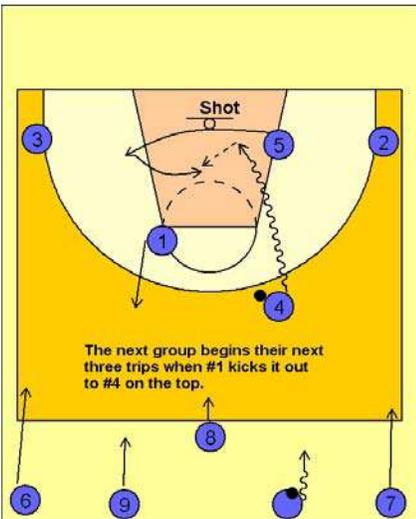
The back door lane is open as #5's rule is to clear across the lane as soon as #1 starts his penetration from the wing.





Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Point Guard Penetration in the Opposite Drop Zone)



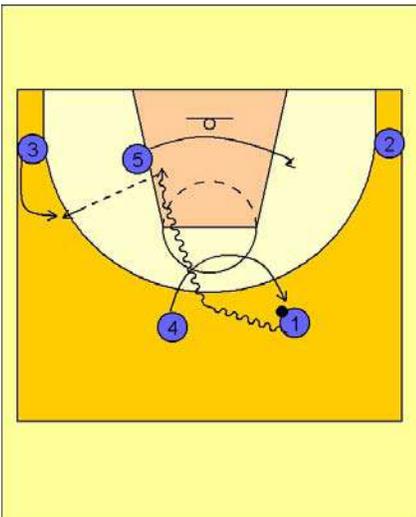
Once #4 has the ball it is #5's rule to stay opposite the ball, so he will loop back to the opposite side of the lane.

On the catch #4 will attack the drag zone area of the right side and look to score. Give #4 the option to either shoot the lay-up here or dump the ball off to #4 stepping into the mid-lane area.

The next group begins when #1 kicks the ball out to #4.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)



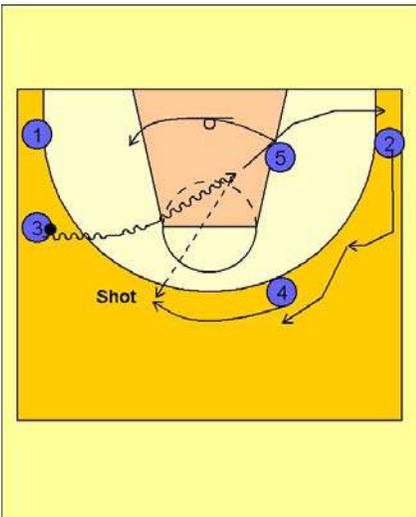
In this series we will look at the loop action that #4 has the option of making each time down the floor. You must work on good communication from #1 and #4 to execute this action...or you may call the "loop" while in transition.

This is NOT the same action as in the previous series. #1 is driving the same angle, BUT, the difference now is that #4 is looping down and up creating an angle for #1 to drive OFF THE BACK of #4. In the previous series, #1 drove in front of #4 while #4 slid over to replace.

On this trip #1 will drive to the opposite DRAG Zone and make the pass out to #3 sprinting up and into the three point shot. #5 has cleared out and #1 has made the pass and looped down and out to the ball side corner area.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)



#3 now drives the FT line elbow area to the opposite side of the rim.

#5 loops under the basket opposite the ball as his rule states.

#2 is now sliding up and into the three point shot while #4 stays opposite the ball and slides across on top.

#3 stops with his inside foot forward, reverse pivots and passes the ball out to #4 for the three point shot.

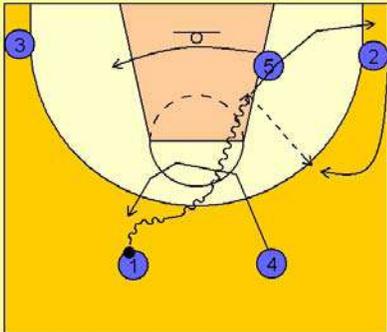
#2 fills up to the top on the pass while #3 loops down and out to the corner.



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

On our second trip the action is repeated with #1 and #4 executing the loop action in front while #1 delivers the pass to #2 on the right wing.



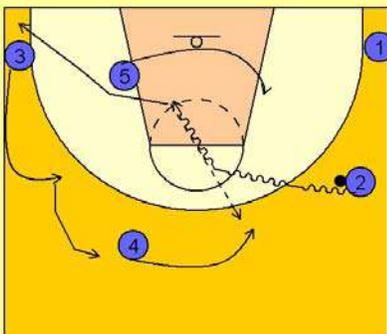
Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

#2 again attacks the lane looking to score a lay-up on the opposite side of the rim.

As in previous trips he will plant his inside foot forward and pass the ball back to #4 sliding over and behind the basketball.

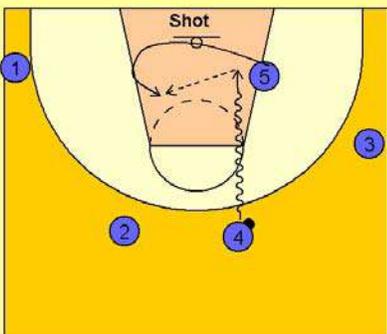
#3 sprints up to receive the potential kick-out from #2. When #2 passes to #4 behind him, #3 fills the top spot next to #4 and #2 loops down and out to the corner.



Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)

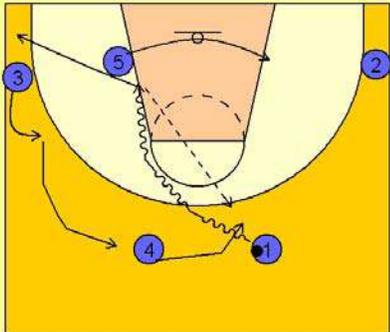
On this second trip, #4 will not shoot the three, but rather attack the rim looking to score. He has the option to score the lay-up or dump the ball off to #5 who has already looped under the basket when #4 received the ball on his side.





Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)



On the THIRD and FINAL TRIP, the setup action remains the same with #1 passing the ball back to #4.

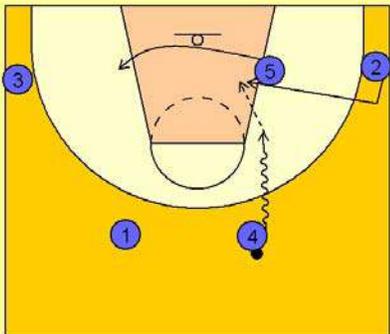
As a reminder, #5 has cleared out as the ball is driven into his area and #3 has sprinted up and into his three point shot stance on the wing.

On the pass back to #4, #3 fills the spot next to #4 on top while #2 loops down and out to the corner.

If #2 did not get deep in his penetration, you may have him step back on top and fill the top spot alongside #4 when he passes back.

Dribble Motion Full Court Breakdown

5 on 0 Three Trips (Trailer Loop Cut Action)



#4 on the catch will look to attack the DROP ZONE area of the floor.

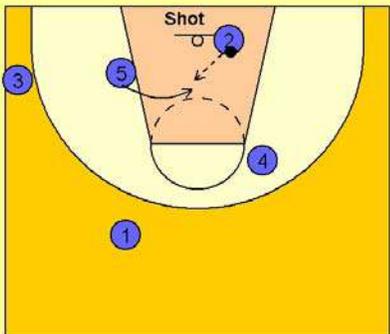
#5 clears out when #4 catches the ball on top.

On the drive #2 is sliding up and into the three point shot as is his rule.

#4 picks the ball up in the DROP ZONE and both players (#4 and #2) recognize either great defensive pressure on the wing player or that #2's defender has helped up on penetration. #4 makes the back door pass to #2.

Dribble Motion Full Court Breakdown

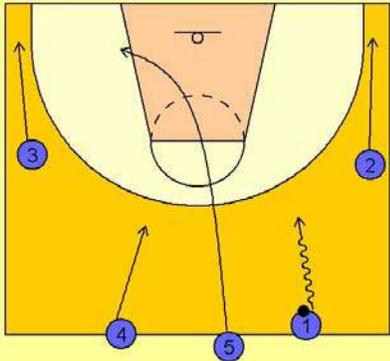
5 on 0 Three Trips (Trailer Loop Cut Action)



#2 has the option to finish this series with the lay-up or he can dump the ball off to #5 stepping into the middle of the lane in front of the rim.



Anything goes! Only rule is that you have to make 5 passes before you can shoot. You as the coach or the players sitting out should count out passes.



Dribble Motion Full Court Breakdown

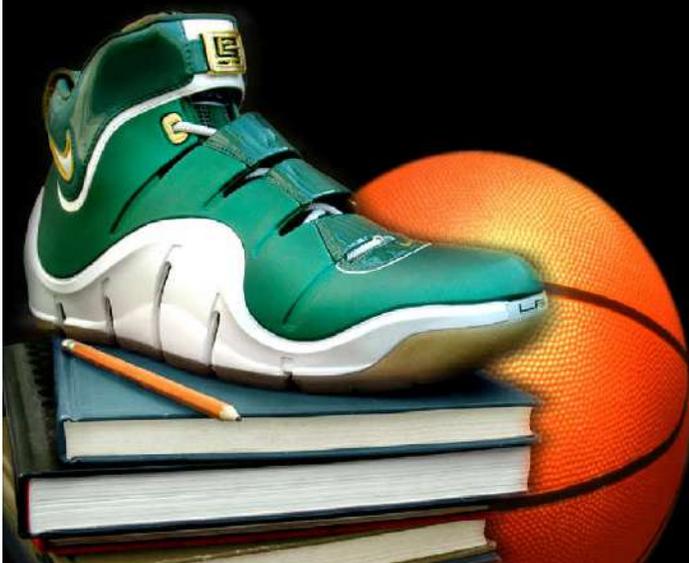
5 on 0 Three Trips (Anything Goes!)

Our final 5 on 0 three trip series gives the offense freedom to execute all of the Dribble Motion Offense options.

They only have one rule here. They must make **5 PASSES** before taking a shot. Coach or waiting group should count out the passes LOUD so that each team knows where the count is at before shooting.

Implementing *The Dribble Motion* Offense

Notes from the Web



Our Formula for Success:

Shoot 75 shots a game.

1/3 of our shot attempts should be 3 pointers.

Shoot 24 free throws, make 66% of them.

The above would give you the following:

On our 75 shots:

We want to shoot 25 3's, make 8 of them, this is 32%

On your other 50 shots, a lot of which should come from around the basket, make 20 out of 50, this is only 40%. Given that a lot of these will be lay-ups, that is not a very high percentage.

If we get our 24 free throws, we want to make 16 of them, which is 66%.

The points that we generate are broken down below.

Eight 3's = 24 points

Twenty 2's = 40 points

Sixteen FT's = 16 points

Total = 80 points

We generate 80 points on a night where we shoot 37% from the field, (28 of 75) and 66% percent from the foul line. These are very attainable goals for our team.

Even on a night where we shoot 33% from the field (25 of 75), and 50% from the free throw line, (12 of 24), you can still generate 67 points. (Assuming you hit 20 2's and 5 3's.) At the high school level, 67 points will still win you a lot of games.

A real key is to get those shot attempt numbers up around 75. We do this through pushing the ball for 32 minutes, getting to the offensive boards, and most importantly using our defensive pressure to get turnovers and increase the tempo of the game.

PHILOSOPHY

Go watch a good program for a week.

All good programs play hard.

“No Excuses” overriding philosophy of their program.

If you don't have a good shooting night, what are you going to do to win?

We have taken 35 3's a game last three years (40 minute JUCO games)

We have an Attack Philosophy.

We will wear you down.

We speed up the tempo with our “D”.

We fool people into thinking our bench is deeper than it really is.

Never start my best five.

Start 6th and 8th men, and they will play their tails off.

Always want three of my best five players on the floor at one time.

Get your average kids in and out quickly, it hides their weaknesses.

“Streak” call only my best two players will shoot, unless someone else has a lay-up.

Up tempo makes high school game more like 37 minutes due to number of trips JC like 50 minutes.

Eliminate excuses by your players, and your practices will be a lot better.

On and off the court, sweat the little stuff.

Thank you and please from your players.

Best player needs to be your hardest worker, and hopefully your best kid.

* Real Secret...to our offense Threes or Key, **no mid range shots.**

You need passion to play this game.

How hard do your players really play the game?

Reality, get your best kids 2-2 ½ minutes then a 30 second rest.

Time Out... hustle and get it organized, get them in front of you...eye contact.

Scout tendencies and personnel, they will not run their offense if you work hard enough.

Two fouls in first half, sit them down for rest of half, they will learn not to foul.

Saturday four to five hour practices, all offense no conditioning.

Kids have to believe that fatigue will set in with their opponent.

Not “my team” it’s “their team”.

Take away excuses why they can’t be successful.

Shoot selection #1 thing for good offense.

You make the extra pass; your teammate will make the extra pass.

Take your shot unless someone has a better shot.

In summer don’t run any plays, let them learn to score on their own.

Why do you press? You better believe in it, can you live with the lay-ups and dunks?

Toughest thing...ballhandling versus intense pressure

Can’t have it both ways, you are going to give up some things with intense pressure.

Your opponents need to ask themselves, do we want to run with these guys?

You need to work hard every day for this, or any system, to work.

You need to define their roles.

Blame yourself if they don’t play hard.

Do you always sub on the negative?

Bench stands when a kid comes out, and they give him high fives.

Get your bench to help with responsibilities.

Gave stickers for team and individual stuff, big play of the game, etc,

Scrapbook for players.

Make them proud to be a part of the program.

Virtually everything we do will 4 on 4, or 5 on 5, with our defense we want the team “D” concept
Do they have passion?
Adversity hits, how do they handle it?
Do everything quick and hard.

DEFENSIVE PRINCIPLES

We will wear people down with our defense.

Our D speeds up the game tempo.

Don’t foul.

Don’t let them split you.

Fly out on their shooters on the 3 point line, close out on their non shooters.

Don’t screen out an outside shooter, possible foul situation.

In practice we defend 5 players versus 6 players some of the time.

Press...#1 thing... GUY WITH BALL MUST NOT BE ABLE TO SURVEY THE FLOOR....GET UP ON HIM

Just run and get there, we virtually never work on slides.

Press spots...

On ball “controller” get a turn in the backcourt.

Weakside up spot “Gapper” don’t let ball split, look to blindside ball with double.

Strongside up floor “Taker” take away pass down the floor.

Weakside up the floor “Reader” Shoot the gap or stay needs to understand stuff.

Back guy “Key” man. Deepest guy responsibility.

Use volley ball court to put the court in four lanes outside, inside, inside, outside.

Ball in outside lane you are on mid-line. Ball in inside lane, all five men in inside lanes.

Don’t worry about middle or sideline in regard to which way the ball goes, just pressure.

You see the back of a dribbler, you go.

With the press, a huge key is “see it, and fix it”.

Get your players to move defensively on the pivot, not on the pass

Gapper to a trapper on the dribble, the “D” really starts with the dribble

Team really needs three good controllers, keep on the point guard and wear him out.

This can be out of a man to man or 2-2-1 match up set
You need to chase ball and punch it from behind
We execute the press correctly about 15-20% of the time, or pressure on the ball hides or mistakes.
You better have your D Trans responsibility worked out.
Loose ball or long rebound, chin it, look up and see what you have
We want the ball dribbled up the floor against us, we do not want the ball passed ahead.

OFFENSIVE PRINCIPLES

3'S or Key with shot selection no exceptions 260-20 in last 8 years with this philosophy

1&5 are your points 2&3 are Shooters 4 is your post

Your 4 must bust his tail up and down the court, have three 4 man

If your d-trans safety is a shooter, you can get some easy threes from O board kick outs

On a drive if you get bumped, attack him and go for more bumps

Attack, Attack, Skip, Attack, Attack (AASAA)

Shot Selection #1 in our offense

You make the extra pass, your teammate will make extra pass

In practice shoot a free throw to validate wins

Best guys play 2-2 ½ minutes then 30 second breathers 7 starters,

8,9,10, get three 1st half chances,

11, 12 get one or two chances.

Last 4 minutes your top guys need to be on the floor.

Use 5 spot as leaner spot for future 1, make sure at least one of your top points (1 or 5)
and one of your best shooters (2 and 3) are on the floor.

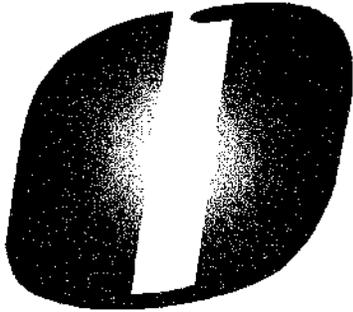
Dribble at someone, it's an automatic backdoor, with rotations to the ball from weak side.

5-3 or 1-2 pass 5 or 1 run short loop to the ball side corner, or cut to weak side wing

Lay-ups during warm-ups high fives on way back to line 2 balls work both baskets run out to ½ line.

Never pass it to a guy coming out from basket in no mans land i.e. 12-19 feet

Get point to lane extended at the three point line for return pass from 2 on a kick a head
fast break.



Oceanside Basketball

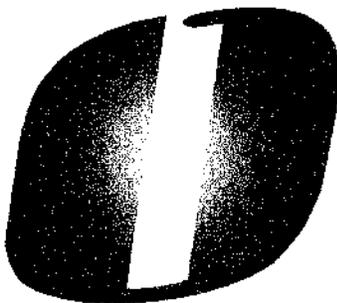
1 Pirates Cove
Oceanside, CA 92054
760-722-8201 ext. 2437
www.oceansidehoops.com

Offensive Notes

"Black" Offense - 4 out 1 In Rules

- Attack - means penetration
- Player Positions and numbers - 1 and 5 are pg and driver. 2 and 3 are wings, 4 is the post.
- Use the numbers in everything - offense spots, defensive lanes, out of bound plays, etc.
- Basic Thoughts - we want to Attack, Attack, Three, Attack, Attack
- The offense starts upon penetration of the 3 point line - the strongside wing STAYS in the corner to read how his defender plus the dribbler. If he plays deny defense and stays on you - "sucker" cut, if he helps on the drive- come up 2 slides for kick pass - advanced option is dribble handoff to the wing
- All the areas and "boxes" that you want the players are the same for every level. ("Drop Box", "Drive Box", "Dead Corner Box",)
- Everything is a 2 man game on dribble penetration - use a clearing option - loop, dribble hand-off, dribble out then attack on that movement. The "4" or post is opposite of the ball always.
- The wings elevate up 2 slides on dribble penetration, after a pass to a wing player, the passer cuts away to open up the floor for a drive - "Give the ball space". Cutters ONLY concern is to open up the floor, period! Always create a driving lane at every opportunity - always!
- When the ball gets to the Drop Box, = wings drop to the dead corner - Read the defender from there..
- Upon penetration - use the "shoot it or drive it" - NO STANDING dribbles, NO pass and go screen away. Always use the dribble to attack the defender - get to the drop box then decide next option. All passes from the drop box are off of a "Jump Stop" - better decisions are made.
- Upon dribble penetration inside the 3 point line, the driver has to make the decision. If you have you defender beat, attack and get a lay up. If you drive and the post helps, throw a HIGH pass. NO STRAIGHT Line passes across the lane! If the driver cannot get to the drive box, jump stop and read the wing defender. The post will also come up to the elbow opposite of the ball on a jump stop. The wings come up 2 slides and read from here also. If the driver cannot get past his defender, he can use the back up square up to re attack the defender.
- The first option is to get to the drop box, get your head and shoulders past the defender. try to "angle out" the defender. The driver must bump, re bump the defender and keep going. Get used to contact seek the 2nd hit and get to the foul line (this must be drilled in practice) - if not get the ball to the 5 and loop cut to let the 5 get to the drop box.





Oceanside Basketball

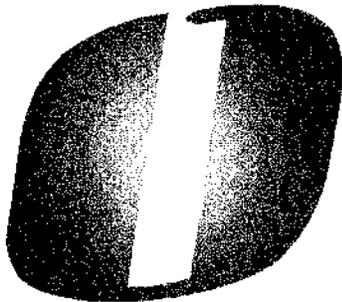
1 Pirates Cove
Oceanside, CA 92054
760-722-8201 ext. 2437
www.oceansidehoops.com

Offensive Notes

"Black" Offense - 4 out 1 In Rules

- Upon penetration by the ball - past the drop box, the wings must come up to get behind the ball. "positive pass". The driver must attack with the intent to get all the way to the rim - Drive IT, be strong, dont "rock the ball" and show the ball to the defender, keep it close.
- Upon penetration of the 3 pt line, the wings must WAIT until the decision is made. If the driver continues, the wings elevate 2 or more depending on penetration. If the driver jump stops at the drop box, the wings ONLY come UP 2 slides and the 4 comes up to the elbow opposite of the driver.
- The options go from there - put pressure on the wings defensive man. This KEYS our whole offense
- To initiate the penetration, wings can use pick and roll, loop, handoffs, dribble outs, "sucker cuts".
- Any spot - dont drift to the ball - give it space, only come up for a positive pass on drop box jump stop or trouble. Be ready to drive or shoot if you are a shooter on the perimeter.
- Create space by moving away from the ball. Pass and cut to dead corner box or loop up high.
- If you can beat your defender in the first 2 steps, it will lead to lay ups and over the top passes - to the 4 and skips, drill it and demand - NO straight line passes in the lane.
- Get 3 players on offense to the free throw line/baseline faster than the other team.
- Run only one play a day - work on offense. Have 3 or 4 set plays total. Pressure is our game until the last 4 minutes, then win it.
- Use dribbling drills full court, or from half court line with speed. Correctly use a cross over, a in and out "shoulder drop" and the "hesitation dribble" a lot. The hesitation dribble, switching the dribble to the left hand then cross back over to the right hand will lead the dribbler forward. These all look the same to the defender and will get you past your man, with correct "push" of ball and attack mentality. In a half court offensive setting, work on catch and head fake drives, or power drives to get by your man.
- The 4 man needs 3 lay ups a half to keep the defense honest - 1 and 5 dribble with head up.
- Get team to believe in HHH - heart, hustle and (play) hard.
- Not shooting well is not an excuse for a loss - the offense and defense and HHH should overcome that.
- Spot up 3's only, no contested shots or contested lay ups. In this offense if there are 2 on you, someone has a great shot. find them.
- Posts - get the ball up quick, work on this, very few power moves.





Oceanside Basketball

1 Pirates Cove
Oceanside, CA 92054
760-722-8201 ext. 2437
www.oceansidehoops.com

Offensive Notes

"Black" Offense - 4 out 1 In Rules

- 4 or post does NOT follow the ball. Post entry only comes from the wing or corner spots.
- the 4 only flashes when the driver STOPS in the "drop box".
- On the break, the wings go to the "Dead corner Box" if they haven't been passed to by the hash mark, then they can work their way back up.
- On a pass ahead to the wing - or a "transition pass", the passer makes a basket cut and then goes to the opposite "dead corner box"
- Avoid one and done possessions - 1 3pt shot and a miss, this lets the other team run and control game.
- Everyday Fundamentals - jump stops - with pivots in the drop zone. Driving with left and right hands - finishing with the 8 lay ups, catch and shoot (100 3's a day), back up and square up dribble, penetrate and kick, passing, full court 3 dribbles -
- 60-65 % of practice is full court - for reads and conditioning.
- Dribble rules - if there is a ball fake - "sucker cut" (backdoor) Dribble at a player - go behind for a hand off.
- Run your sets with dribbles or passes to certain sides. Make these your keys rather than call plays.
- "black down" - key that we want layups only - pass until we get them - NO Threes.
- Have a set play that has a "key" for late in the half, end of game, or under 7 sec on the shot clock.
- "dive and diagonal" On any pass into the post, the weakside guard "dives" to the rim and the weakside wing replaces him for the "diagonal" pass. (234) the 2 man gets a 3 from a pass from the 4.
- After a score - get to your press "boxes" and IN FRONT of your man.
- Remember - if you can turn the corner, go to to attack the rim, want a mind set of score first and create for your team by passing and getting the defense to help.
- 3 on 2 or number advantage, pass ahead - give the ball up.
- A contested shot or lay up is not a good one -
- On baseline penetration - the post MUST T the ball - move to the middle of the key. The driver must look to the opposite corner, the post, or the diagonal spot up 3. .



Vance Walberg

Pepperdine University

San Jose City College Coaching Clinic

5/19/07

Topics: General Philosophy and Offense

#1 suggestion: Talked about going and visiting a college coach and watching practice every October. Spent 1 week watching practice as he learned more by watching practice, instead of going to clinics. Started with Bobby Knight and saw various coaches throughout the years.

Dean Smith was the only coach not to give him great access.

Best way to improve as a Coach, suggested it to all in attendance.

Talked about his general philosophy on offense, said that his whole goal is to create space and open gaps. Entire offense is based on drive/shoot.

Need to have shooters to run the system. Shooters can spread the gaps and force teams to man you. He always tried to have at least 2 shooters on the court. Mistake by Calipari is that he recruits only athletes, not shooters.

Was playing 4 out, 1 In motion at Clovis West High, decided to tinker with his system as he had Chris Hernandez as his point guard. Decided to go away from screening and focus on penetration and pitch. He did not have a great post player, wanted posts to catch ball with shoulders facing the basket

Numbering system for his offense is as follows

4= Big, Runs to the rim in transition, plays opposite the penetration

1 and 5= Two point guards

5 is the inbounder and the second point guard, usually Walberg's younger point guard, trailer

1 is your point guard

2= Shooter, sprints to the corners

3= 2nd Big who can shoot it, sprints to the corners

ASAA- Attack, Skip, Attack, Attack

Wants to attack closeouts and get to the rim

3's or Layups- Called it "3 or the Key"

Coach Walberg made the point that 3 out is easier for dribble penetration than 4 out.

Tries to teach "Clipping the Hip" with penetration as he wants his players to get their shoulders facing the rim. Take a bump and create a bump.

Talked about points per possession and their analysis of this stat.

Shoot 3's at 38%= 1.14 point per possession

Shoot 2's- 1.2 point per possession

Shot FT's at 70%=1.4 possession

Made the point that free throws result in the highest points per possession. This is the key to the Offense: You must attack the rim.

Tried to make the game as simple as possible for his players.

Never starts his 5 best players. 5 best players all want to score must have role players. He loves to bring in some of his best players off the bench.

High intensity shooting drills are the key. At Clovis, he had players in from 6:30 to 7:30 in the morning. Tried to make it as fun as possible.

Open Gym in the Spring/Summer/Fall- Have the games go to 8, playing by 2's and 3's. Teaches his players to play hard and makes each possession important.

In practice, he uses "Validation." Each drill is win or lose. To truly win a drill, team must make a free throw to get a victory. If they miss the free throw, 5 pushups for winning team. Validate the win. He suggested that you do this in your open gym. Have them make a free throw to win in Open Gym.

General thoughts:

We talk angles defensively, don't worry about slides, just get there.

Starting no big deal, start different kids, finish with the right ones.

Start 3 skill kids, and your 2 toughest ones.

With this system we don't care how the ref calls it. Tight or loose, it is to our advantage.

Morning open gym, started with 2 or 3 ended with 35, how important is it to them.

Get a good staff.

Be a hard working staff.

Be effective with your time, it's not just about logging hours.

Coaches, off the floor, be there for your players, on the floor, be their coach.

Find good kids who are willing to give you everything.

Does your player's passion match yours?

You need to create a family atmosphere, even if its' dysfunctional.

Weight room, get them in there.

Best players have to be your hardest workers.

Do not be afraid to sit down your best player.

Treat them all the same in regard to your standards of behavior.

After something is done, write down what went well, and what was a hot spot.

Remember it's about relationships; thank people, be humble, etc. treat people the right way.

* How do you want to play, and why do you want to play that way.

Offensive efficiency, shot selection #1. it will make or break your team.

You need to get the extra effort, and the extra pass.

Last 9 years we have been 3 or key with our shot selection; record has been 292-29.

We like 3's, we love lay-ups.

Space them so you can drive the gaps, the bigger the gaps the better.

4 man should shot 60% in this offense.

Keep track of your points per possession.

FT line is the best place to be for a high points per possession.

No pull up J's from the mid-range. We will run them in practice, and sub for them in the game.

With this system they need to prepare for you, you do not really need to prepare for them.

We just try to get better.

How are going to rebound the 3, we like 2 or 3 players to the weak side.

Don't really like pull up 3's off dribble, like catch and shoot 3's with no hand in the face.

Don't break the arc, unless you have back cut to the rim.

Bust out of back court, then breakdown as you approach the offensive end.

No negative steps, stay outside the arc. We will run in practice if we see it.

FT to validate every win.

What do you ignore that you shouldn't?

What you accept in victory, you will have to accept in defeat.

If they don't play hard it is your fault.

If they don't play hard, take them out immediately, every time.

Don't ignore the "little stuff" there is no "little stuff".

Use 5 on 0 in the ½ court to run your sets, do this on both ends at the same time.

Your players have to understand the drop, drag, and rack zones.

Opposite top must dive on post pass, with wing filling up behind the dive.
2 on 1 defensively, never step to the ball.
Fix problems now.
They need to learn to not react to their mistakes, faces, sulking etc.
High School; wear them out first 28-29 minutes, then do whatever the last 3-4 minutes.
Streak call, lay-ups by anyone, or selected players only to shoot the 3.
Wing to guard pass, wing breaks down to corner.
Your 4 needs to flash on ½ court double teams.
Your 2 and 3 need to be patient.
No matter what system you run , you better understand the little things that make it work.
It's about learning principles, not plays.
Your players need to become students of the game
Will they play through fatigue?
Coaches job is to get them to play hard, play smart, play together, their job is to make plays.
We want to take a lot of shots, but they need to be good shots.
During games, #1 thing, handle your substitutions correctly.

Ball handling and Shooting

Attack mentality.
Plant and go on moves.
Change of pace is the key.
Phil Fords.
Hesitations.
Crossovers.
Pull back crossovers
We are going to get to the rim mentality.
*On the move, attack from 6-8 feet away from defender, and blow by his hip.
Look by your defender, and figure out where the help will have to come from.
Plant and go on your moves, then blow by his hip.
Don't let them rock the ball on their lay-ups.
Pound the crossover, elbow in, throw wrist into it, hand over ball, keep it tight to the body.
Open the court by using left hand dribble while on the right side of floor, and vice versa.
Cones at elbows, ½ court, and far elbows, 3 moves, then work on different finishes.
Dribble short and quick.
Work one handed pull backs working the 3 point arc, in, out, in, out etc.
Attack arc, pull back, freeze, attack.
Get rid of the standing dribble, attack dribbles only, get somewhere with it.
Good ball handlers handle getting bumped, and actually encourage it.
Catch and square up philosophy, throw that 1st dribble and chase it, beat some one.
Throw the ball, and bust the hand, on the square up moves.
Keep the ball up, and body down on shot fakes, ball stays below eyes on shot fake.
In regard to shooting the basketball, for us biggest deal is, balance, and hold the follow through.
Get rid of the ball dip on their shots, get their bodies lower.
Get forehead going towards the rim, so shoulders don't go backwards.
We do a lot of 3 players 2 balls shooting with a lot of movement at the arc.
Sharp passes, and call their names in practice on passes.

SPARTAN BASKETBALL
OFFENSIVE PHILOSOPHY AND TERMS

2 CRITICAL ELEMENTS

1. Attitude - NO ECUSES - fight thru adversity - be vocal - fight thru fouls - heads up
2. Hard Work - never stop - never take easy way out.

OFFENSIVE PHILOSOPHY

RUN, RUN, RUN!

- we want to get the ball up the floor as fast as possible - we ALWAYS push the ball in transition - we want to force the pace - off a made OR a miss - we get the ball up the floor as fast as we can - pass first dribble second
- " WE Like 3's but WE Love lay-ups"
- spacing is critical
- if you want to make an impression - buy in - if you go half way you will be eliminated
- if we get scored on - 2 man must get the ball out of the hoop before the ball touches the ground - rip it out of the hoop

POSITIONS

Point Guard (1 man) - pass first mentality is critical

Goes to outlet ballside 3 point line extended and calls for the ball - rebounder (on a missed shot) must put the ball on the ground if the outlet pass is jammed - point guard MUST advance the ball up the floor with the pass as fast as he can - we do not want to dribble the ball up the floor - it is too slow -

Shooting Guard (2 man) - best perimeter shooter/scorer

Takes ball out after a score - rips it out of the net and inbounds fast - we want to score in transition before our opponent gets back on defense

Plays the trail spot opposite the point guard - is an immediate threat when he catches the ball to penetrate and shoot

Small Forward (3 man) - 2nd best perimeter shooter/scorer - crashes the offensive boards hard

Runs the right hand lane wide (outside the yellow line from baseline 3 to baseline 3) and as fast as he can to opponents 3 point line extended - wants to create space for the pass
When he catches he must be in an attack mode - we want a lay-up or a 3 pointer

Power Forward (4 man) - must be a good 3 point shooter and able to penetrate - we will look to create mismatches - crashes the offensive boards hard

Runs the left hand lane wide (outside the yellow line from baseline 3 to baseline 3) and as fast as he can to opponents 3 point line FT line extended - wants to create space for the pass - When he catches he must be in an attack mode - we want a lay-up or a 3 pointer

SPARTAN BASKETBALL

Low Post (5 man) – must read penetrations and create space – ready to catch and score – crashes the offensive boards hard

Sprints the middle of the floor, to the front of the rim, as fast as you can – in transition looking to go front rim seal then weak side (opposite ball) low block

Locate and relocate opposite ball penetration – if ball is penetrated at low post (anytime) he must relocate to opposite block – in such a position to catch and score without a dribble or bringing the ball down low (below chin) – looking for quick lay-up or close in jump hook

AASAA (Attack, Attack, Skip, Attack, Attack)

If we get nothing in transition then we move into our half court offense

– wing players work in unison with the point guard on penetrations – wing players keep the floor spaced Free Shot line extended out past the 3 pt. line - read their defensive man off of 1 man's penetration

When 1 man crosses over the volleyball attack line (in the front court)

- he must read and create attack situations
 - o attack all the way to the hoop (wing man is being denied) – score a lay-up – jump stop and find the post or open perimeter in open passing lane
 - o attack and jump stop at elbow to set up wing player for
 - Kick down – defense turns body to help on penetration
 - Kick back – defense slides to double penetration – wing circles around for hand off from 1 and looks to pull up for a 3 behind the screen set by 1 on his penetration –looks to penetrate middle to the rack
 - kickback Backdoor – defense denies pass for a kickback and wing man steps into their defender and cuts backdoor
 - o pass to the wing and X-cut (wing man is open)
 - if wing man attacks baseline we want our perimeter players to fill three passing lanes
 - drift (weak side baseline corner)
 - skip (weak side top)
 - pitch (strong side corner)
 - we also want the post to reposition to the front of the rim looking for a dump off pass inside
 - if the wing man attacks the elbow – we want him to be able to execute the reverse dribble
 - if the defense is trying to force us middle we will have the 1 man L-cut to the strong side corner so that when the wing penetrates to the elbow – we can run kickback – kickback backdoor with the wing and 1 man
 - o reverse pass to trailer and make a deep shallow cut to weak side corner and the fill up – this creates spacing for the trailer to attack the hoop and work with the wing on the open side

SPARTAN BASKETBALL

- skip to weak side wing player – looking for post seal on low block OR Russian square up and Utah cut – give and go

On the second side of the floor – after 1 ball reversal – we look for –

- Post seal above the low block – if we enter the ball into the post from the wing:
 - Weakside top spot – dives to the hoop
 - Wing passer reads his defender
 - slides to the corner if his defender doubles down on the post
 - if passer's defender stays on passer (does not help) he makes a Utah cut off the top side of the post looking for a give and go OR
 - sets a flare screen for strongside top player and slips to the hoop
- if we cannot enter the ball into the post we will reverse the ball back to the top and the low post will post flash to the elbow and higher
 - the player with the ball looks to first - backdoor lob with the wing - then enter the ball to the post flashing to the elbow – passer then cuts off post to open wing – post looks for give and goes and then squares to the hoop – he can attack – pass to the open wing – or skip to the weak side

The whole offense is based on the premise that WE LIKE 3'S BUT WE LOVE LAY-UPS – always looking to use spacing and gap penetration to draw 2 defenders and create open scoring opportunities for scorers – never force a shot out of a double team - we have a teammate open

Starters

5 players that have worked the hardest and had the best attitudes in practice start – need 1 very good ball handler and 1 very good shooter on the floor at all times

Finishers

5 best players are always on the floor in the last 2 minutes of every game

Fouls

2 fouls in the first half and you sit the rest of the half – eliminate the dumb foul – learn to be aggressive without clutching and grabbing – remember conditioning and depth are our advantage

Time outs

We do not want to call time outs in the 1st half – we do not want to give our opponents a chance to catch their breath – we must understand that in our game we will have runs and that our advantage is in our conditioning and depth – runs will happen against us as well - thus if we fall behind in the first half we will call “streak” – which means that the only players shooting 3's are those that have earned the green light and we want to get lay-ups, draw fouls, and knock down open three's after we have made the defense collapse

SPARTAN BASKETBALL

Shooters earn their role – you must consistently show us that you have earned the right to shoot the ball when you are open – thus – we have created the 20 minute shooting series (must be completed minimum 2's a week in the pre-season – 1 a week during the season)

- a. Must hit over 60 3's to shoot a 3 in the game – otherwise you have the 2 miss limit in games
- b. Green light – for those that hit 90+ 3's – Green Light Shooters (90+ three's) are the only ones that can shoot anytime they are open (other than lay-ups – we love lay-ups) and they are the only players allowed to shoot during a called “streak” – which is calling a time out without calling a time out – slow things down just a bit and get the ball to our “green light” shooters
- c. 20 minute shooting
 - i. 20 Mikan
 - ii. Around the world – block – block – mid-lane – mid-lane – elbow – elbow – FT
If you miss ball can not hit the floor – if you catch the ball before it hits the floor you keep moving on to the next spot – if you miss and the ball hits the floor you go back to the start (block)
 - iii. Elbow lay-ups (x-out) – make 20 – 1 dribble in 1 dribble out – must use proper hand and footwork
 - iv. Around the world
 - v. 5 in a row from 1 elbow – rebound your own shot
 - vi. 3's until time is finished – rebound your own shot
 1. less than 60 3's – 2 miss limit in games
 2. 60-89 – can shoot open 3's – great shot selection
 3. 90+ - green light (can shot anytime you are open and when we are in streak

General Offensive Principles and Rules of the offense:

1. **Jump stops!!** Do not pass the ball off the dribble.
2. Square up, and get into a triple threat position, every time you catch the ball
3. Learn to drift the perimeter, and get to an open spot when the ball is being driven to the basket.
4. **Lay-up mentality** when you put the ball on the floor, try to get to the rack.
5. On the break, if someone is open, get them the ball.
6. Push the ball for 32 minutes; **run them early, to wear them out late.**
7. Use our depth. Play at least 10 players. Some guys are 26 minute a game players, some guys are 2 minute a game players. Get them to understand their roles, and they can help you.
8. Don't always start our best five players. Start our 7th and 8th men for a couple of minutes. They will bust their tails, and on our first sub, we are bringing in some firepower.
9. Get our best players 2 ½ to 3 minutes, then a 30 second rest. Your top seven get the majority of the minutes. Get your 8th, 9th, and 10th men three chances in the first half. Get your 11th, and 12th, men one or two chances in the first half. If a sub doesn't perform well in the 1st half, give his minutes to some one else in the 2nd half. In the last four minutes of the game, get your best team on the floor.
10. You always want one of your top two guards, and one of your top two shooters on the floor.
11. Work on our ball handling and footwork everyday. Teach them to be an attack type player.
12. If the ball is being dribbled at you and the dribbler comes to a jump stop in the drop zone, there is a message on the jump stop.... back cut.
13. **Three's or Key** with shot selection. Get rid of the mid range jumper. We run them in practice when this rule is violated. We tell our players we like 3's, but we love lay-ups.
14. Never it pass it to a guy coming away from the basket in no mans land, i.e. 12-19 feet.
15. Make the extra pass, and your teammates will make the extra pass.
16. **Always have three of our best five players on the floor.**
17. Have some depth at the 4 spot; the 4's hustle is vital to the success of the offense.
18. Your drivers need to be able to drive, create contact, and then create some more contact. Teach them to be aggressive with the ball.
19. Take your shot, unless someone else has a better shot.
20. The offense is about spacing; our players must at all times be cognizant of their court spacing. We want to create gaps in the defense, and then have the ability to drive those gaps

Terminology:

Primary ball handler: A player or players who you designate as an acceptable man to start your fast break, etc. He, or they will be running your attack.

Pitch a head pass: A quick pass up the floor, usually from our 1 man to an open receiver during the early part of our break.

Drop Zone: The area from just inside the top of the key down to the free line extended, and then out towards the side line. We will almost always come to a jump stop in the drop zone, which signals a read by the player in front of the ball. The drop zone jump stop also signals the post to get to the weak side elbow.

Drag Zone: The area just inside the free throw line, down to just above the low lane box. It also extends toward the side line. A drag zone drive will cause a drift at the arc by the weak side wing. We call this the drag zone because we believe that defenders, especially from the weak side, will get “dragged” into the key area, thus opening up our shooters. As a rule we do not like passes from the drag zone to a wing player on the ball side. We feel that the spacing and passing angles are not real good for passes from the drag zone to the ball side wing man, however if the ball side wing is wide open, we will throw him ball from the drag zone.

Rack Zone: The area from the low block into the bucket, we would like our penetrator to “rack”, or score the lay-up from this position when ever possible. The jump stop in the rack zone allows players to pivot, shot fake, and pass the ball to an open teammate out at the arc if the lay-up is not available.

Notes concerning the drop, drag, and rack zone;

On any dribble penetration to the drag, drop, or rack zone, the jump stop is almost always the way we go.

In the drop zone, the jump stop signals a back cut or a kick out pass, the jump stop in the drop zone also tells the 4 man to get to the weak side elbow.

In the drag zone the jump stop allows you to pivot away from the defense and find an open teammate.

In the rack zone, you will usually be in traffic, so we feel that the jump stop and power lay-up is the way to go.

The use of the shot fake, pass fake, and pivot, used in conjunction with the jump stop, is also a vital part of the offense.

Kick out pass: A pass from the drop zone out to a player on the ball side usually a 1-2, pass, or 5-3 pass, etc. The kick out pass will be followed by a blur screen.

Blur screen: A very quick “cut” that is executed after a kick out pass from guard to wing, or guard to guard has been executed. The player who passed the ball runs the blur screen right off the tail of the man guarding the player who he just threw the ball to, kind of like a running screen, only done legally. That is why we call it a blur “screen”, as opposed to blur “cut”. The player executing the blur screen will always end up his “cut” outside of the 3 point arc.

Relocate: Only used in regard to our 4 man. He has rules to follow in regard to relocating as the ball is being moved via the pass or the dribble.

Euro: This is where we get a player behind a fellow teammates dribble penetration. He moves to an area at the arc as a teammate is dribble penetrating. We are looking for catch and shoot three pointers on our euros.

Drift: Usually performed by the wing on the weak side, as a dribble penetration into the drag zone is occurring on the ball side. When drifting up the floor we ask the weak side wing to take at least two full steps, or however many steps it takes to get to an area on the arc where there is no defender in a direct line between them and the basketball. Easy teaching point for your players to remember; when a dribbler, enters the **drag** zone, our weak side wing should be **drifting**.

Wave through: The player with the ball can wave through the player in front of him; this usually involves our 1 man waving out our 2 man. The waved out man will proceed to the weak side of the floor, and we will usually get a weak side rotation to the ball at this point.

Bust out zone: This is the back court area; our players need to be **busting** their tails out of the back court to get our offensive attack moving.

Control Zone: This is the front court area, our players need to be an attack mode, but in a **controlled** manner. It is important to be quick, but under control, in this, or in whatever offensive system you run.

Dribble hand-off: Usually a called play with us now, but it is simply one player coming behind the dribbler and receiving a hand-off, or 6 inch pass. This is not a euro; they are completely different from one another.

Positions:

1 Man: Your best ball handler and decision maker. Needs to be a tough kid who doesn't let little bumps have an effect on his driving ability. His ability to shot the three pointer is a nice luxury, but not a necessity for this system to work.

5 Man: Your second best ball handler, like another point guard if you are that fortunate with your personnel. Your 5 man needs to be some one who can break down defenders. It is nice if the 5 man can also shoot three pointers.

2 & 3 Men: They need to be your best shooters: Your 2 man will probably get more touches, especially if your 1 man is right handed, so sometimes it is better to put the more accomplished player in the 2 spot. However some years we also seem to get a lot of three pointers out of the 2 spot. So you might want your best shooter here even if other parts of his offensive game, driving, etc. are not as strong as your other top wing player. Experiment in your 2 and 3 spots using your practices to determine if most of your open three pointers are coming out of the 2 man spot, or the 3 man spot, etc. Once you have figured it out, get your best shooter in the spot where most of open looks from the arc are being generated from.

4 Man: Needs to be a tough kid, size is nice, but don't put a soft kid in this spot. The 4 man needs to really run the floor to wear out the other teams big men, so it is nice to have some depth at this spot.

Diagrams:

Basic look and spacing of the offense. (Diagram 1)

Phases of the Attack:

After gaining possession of the ball; in this case we are using a defensive rebound as our example. (With all five players getting to the defensive boards).

We will outlet the ball to a primary ball handler, (As a coach you can determine if the 5 man is an acceptable man to outlet the ball to, if he is not, then only outlet to your 1 man.)

With the ball in the hands of our primary ball handler(s) we are now in our "pitch a head" phase.

In our "pitch a head" phase, our primary ball handler(s) are looking to hit 4, then 2, then 3, in that order. With the "pitch a head" pass to our 4 man, be sure to throw him the ball where it is a catch, and lay-up, or a catch, one dribble lay-up. We do not want our 4 man catching at ½ court and having to dribble in at full speed to make the lay-up.

With the 2 and 3 men if they are in front of you, and open, get them the ball regardless how far from the basket they are. (Diagram 2)

Our "pitch a head" phase evolves into our ball reversal and post up phase. (Diagram 3)

Our reversal and post up phase evolves into our attack phase. (Diagram 4)

The above doesn't always happen, but it is a good way to attack the defense, and it gives your kids an idea of what they should be looking for

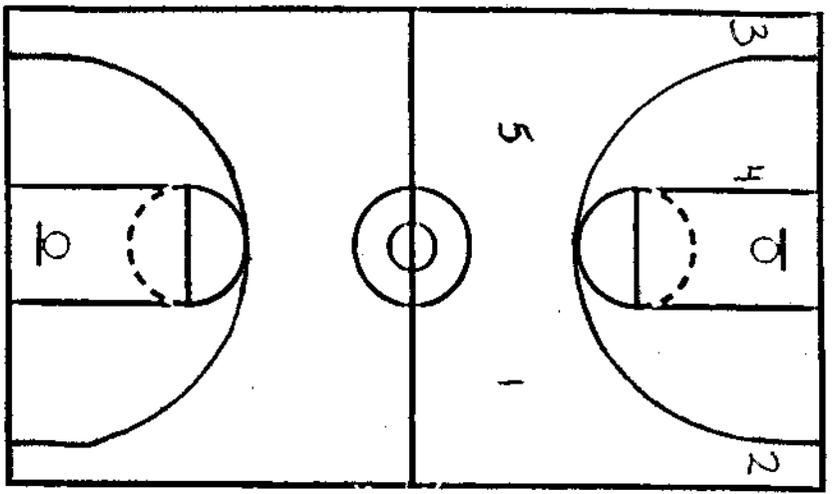


Diagram 1

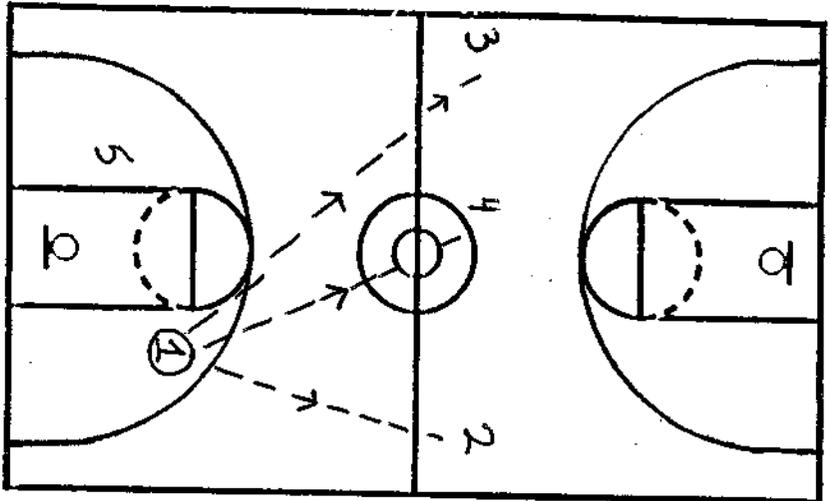


Diagram 2

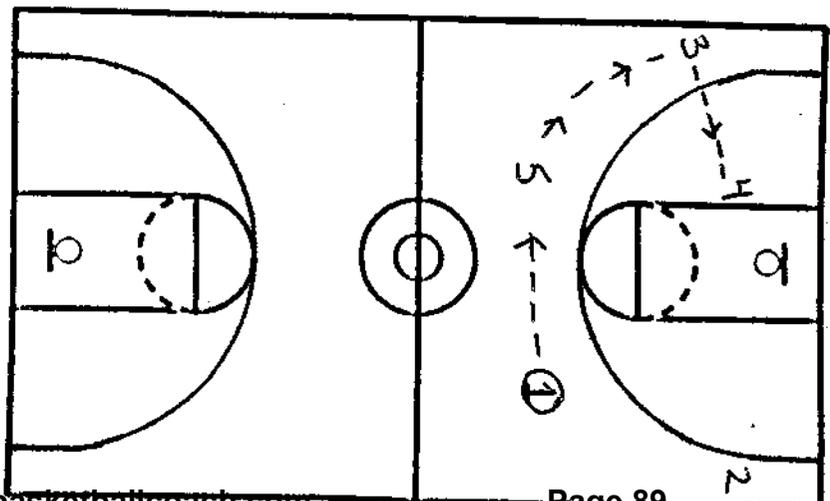


Diagram 3

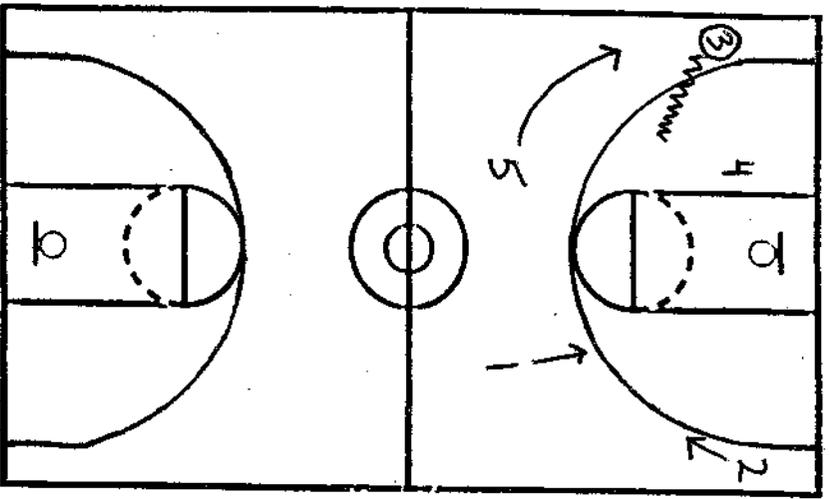


Diagram 4

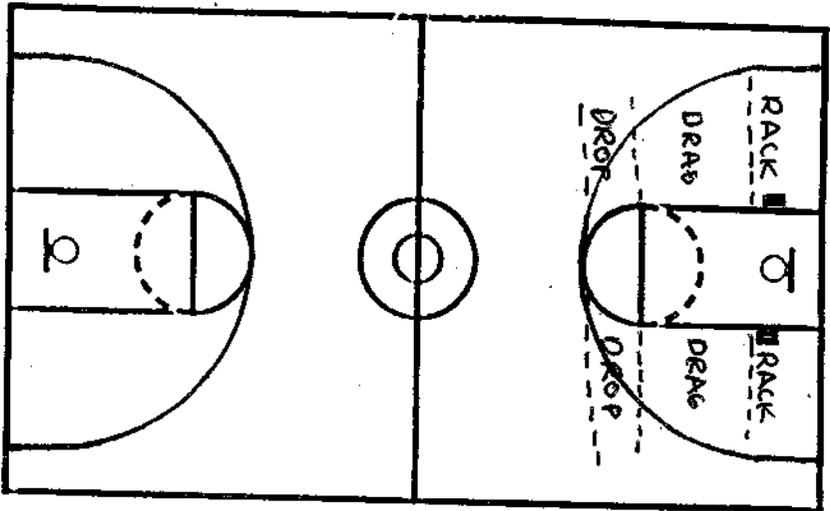


Diagram 5

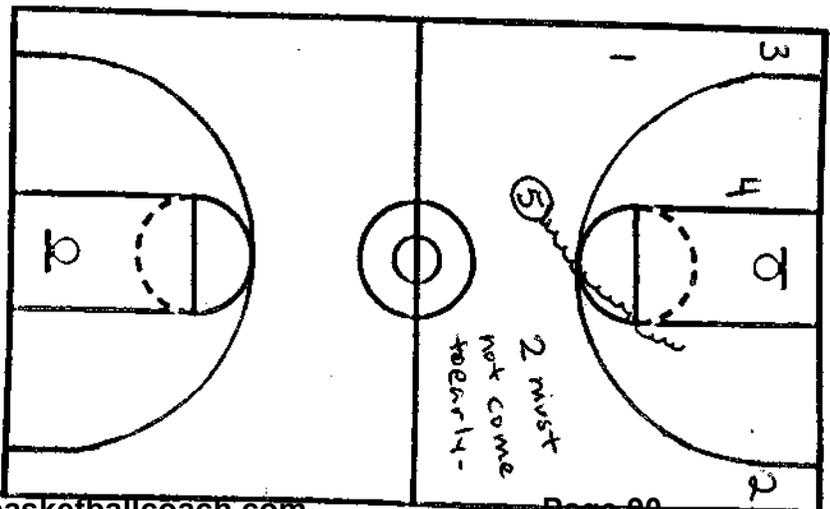


Diagram 6

On our penetrations from the top we have a drop zone, a drag zone and a rack zone.
(Diagram 5)

The 2 and 3 must be patient, and do their best to stay out of the driver's way. (Diagram 6)

The 4 man must know where to relocate on ball movement. (Diagrams 7, 8, 9, 10)

Run blur screens on guard to wing, or guard to guard passes. (Diagrams 11, 12)

On our wing to guard pass, our wing needs to get to the corner after his pass. (Diagram 13)

In transition, our wings need to run their lanes wide, and look to be in control as they approach the area just below the FT line extended, and a couple of feet behind the three point arc. If the wings are unguarded, they stay there, and ask for the ball. If the wings are being defended, they run their lanes all the way down the floor to the corner, about even with the basket, and a couple of feet behind the three point arc. (Diagram 14, 15)

Anytime a teammate dribbles at you, and comes to a jump stop, in the drop zone, your first thought should be back cut. If the defender is playing soft, and the back cut is not there, then break toward the ball, staying behind the arc, and be prepared to catch a kick out pass, square up, and look for the attack possibilities.
(Diagram 16, 17)

In a guard to wing situation involving a jump stop in the drop zone, we will either get a back cut, or a kick out pass to the wing, followed by a blur screen. (Diagrams 18, 19)

In a guard to guard situation, the drop zone jump stop will result in either be a back door cut, a kick out pass followed by a blur screen, or a euro, if the 1 man really gets a deep penetration.
(Diagrams 20, 21, 22)

The post, upon seeing a drop zone jump stop by a perimeter player, needs to relocate to the weak side elbow, away from the man who the drop is being run for; this really helps open up the back cut possibilities. (Diagrams 23, 24, 25)

If the back cut is not open, the player needs to take the back cut to the far side three point line.
(Diagrams 26, 27)

If the 1 man, after coming to a jump stop in the drop zone, can not hit the 2 man on a back cut, the 1 man can hit the 4 man at the elbow. The 1 man will then run a basket cut, and open a driving lane for the 4 man. (Diagram 28)

If you have a large or athletic 2 man, on a wave through, have him stop in the post and post up, once again we would want 4 to get to the off elbow. (Diagram 29)

With a small 2, and a strong 4, cut the 2 through on a wave through, and bring the 4 man to the post.
(Diagram 30)

Diagram 7

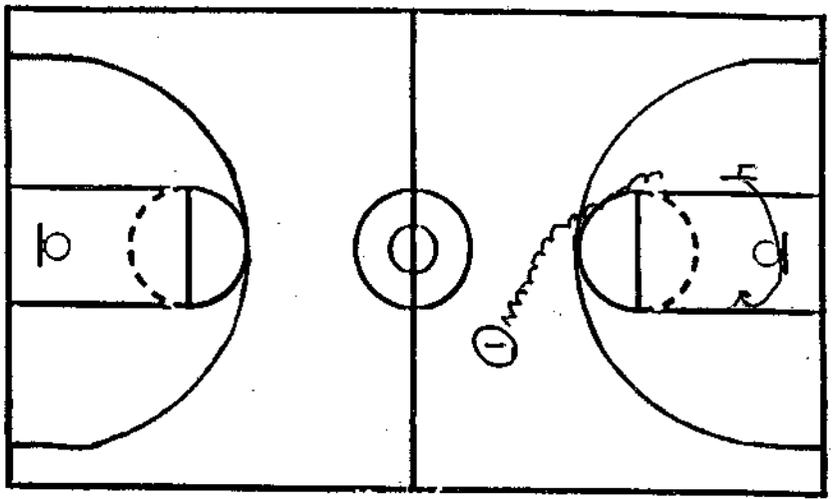


Diagram 8

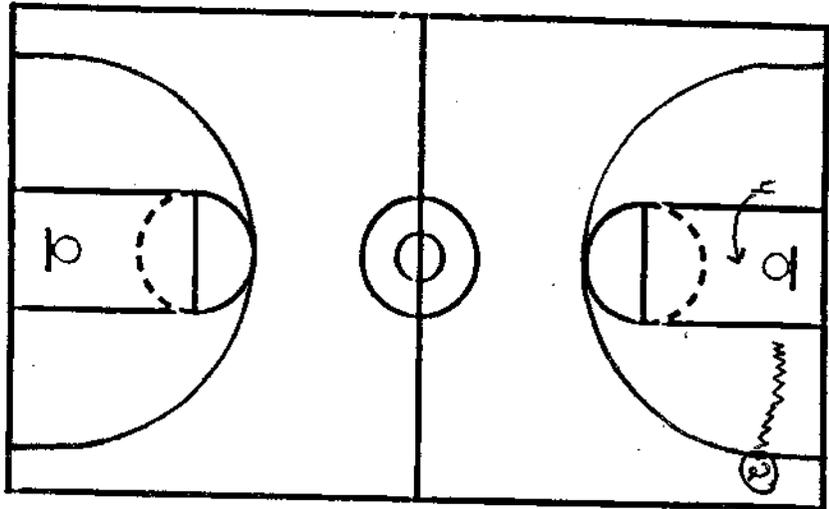
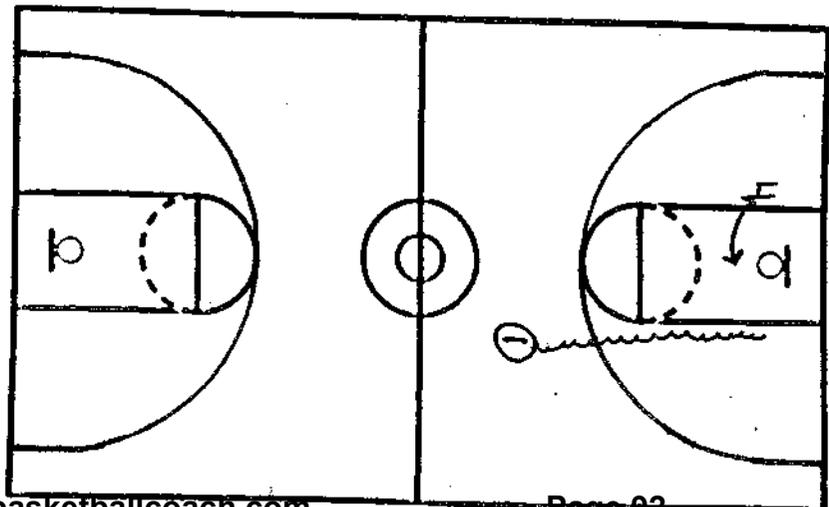


Diagram 9



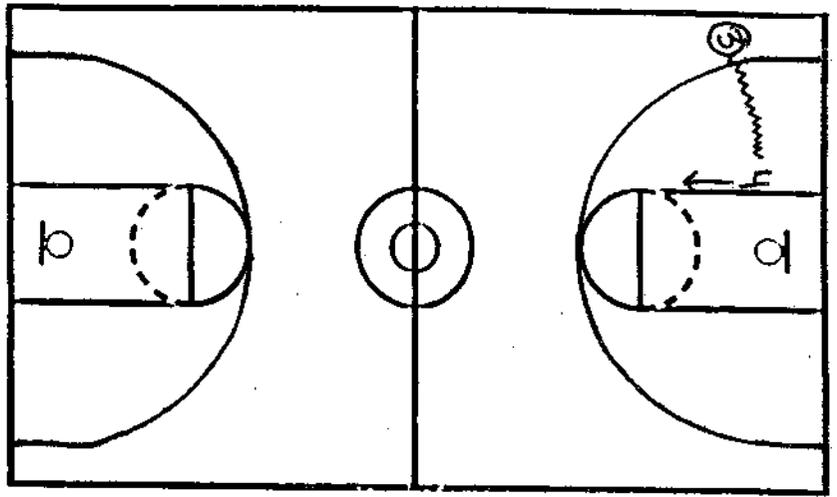


Diagram 10

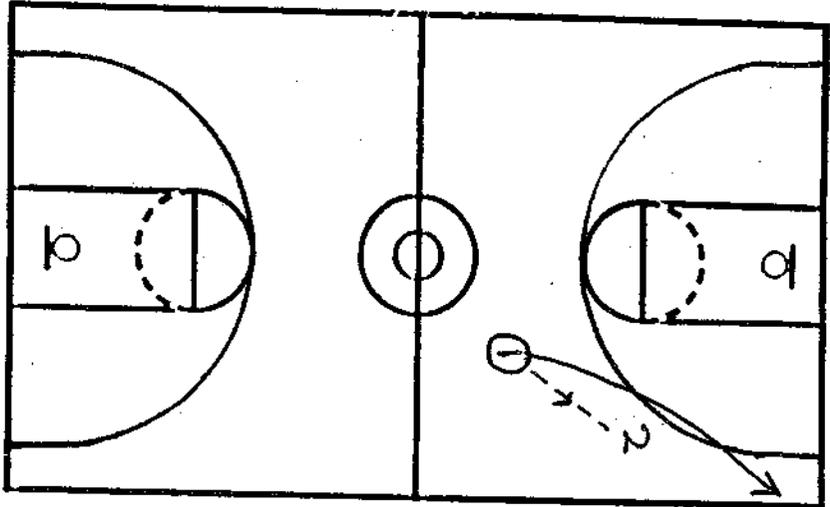


Diagram 11

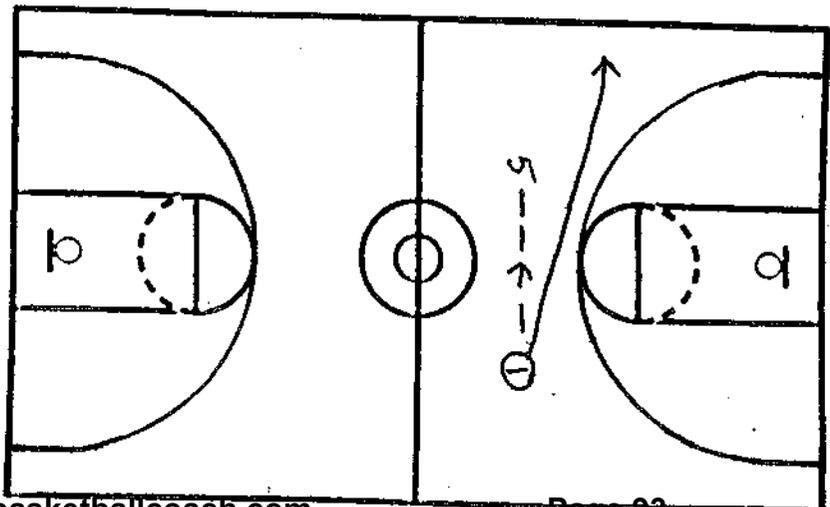


Diagram 12

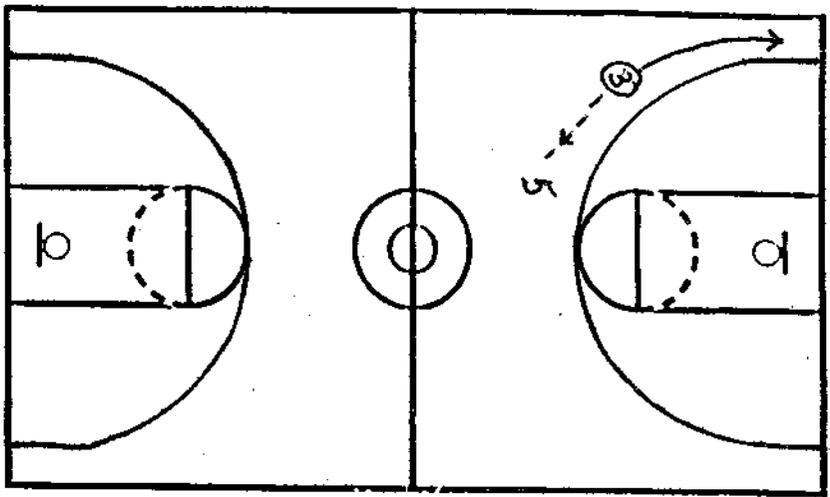


Diagram 13

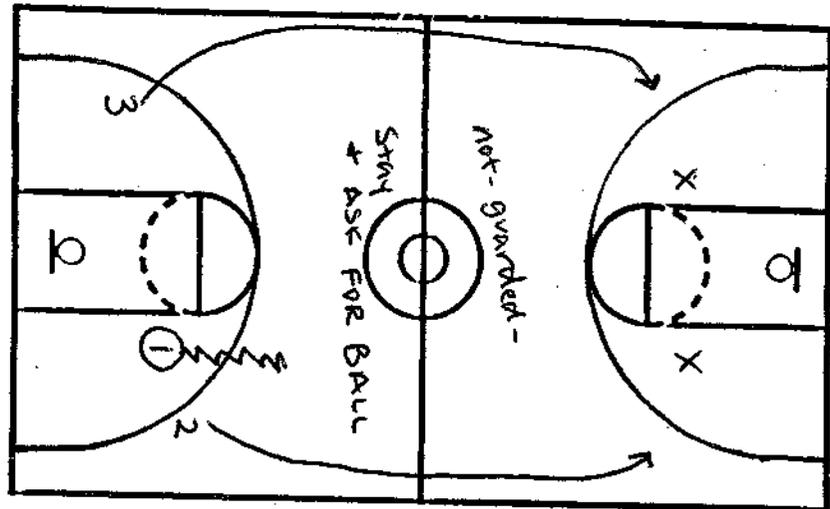


Diagram 14

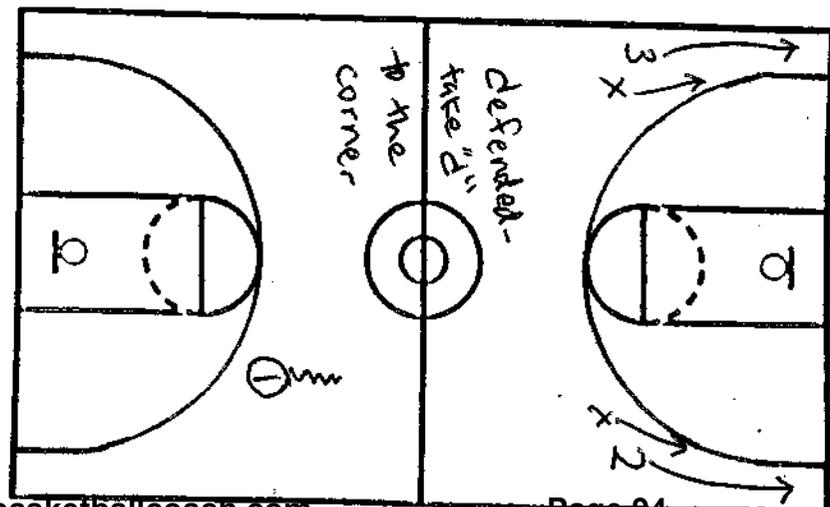


Diagram 15

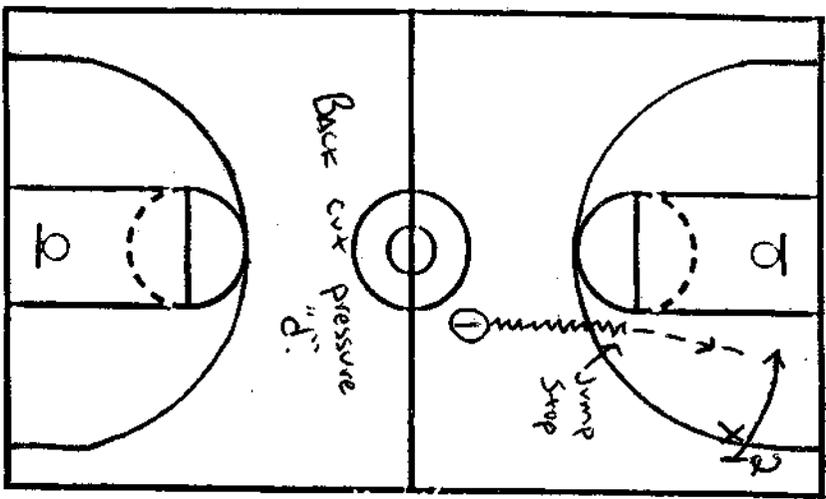


Diagram 16

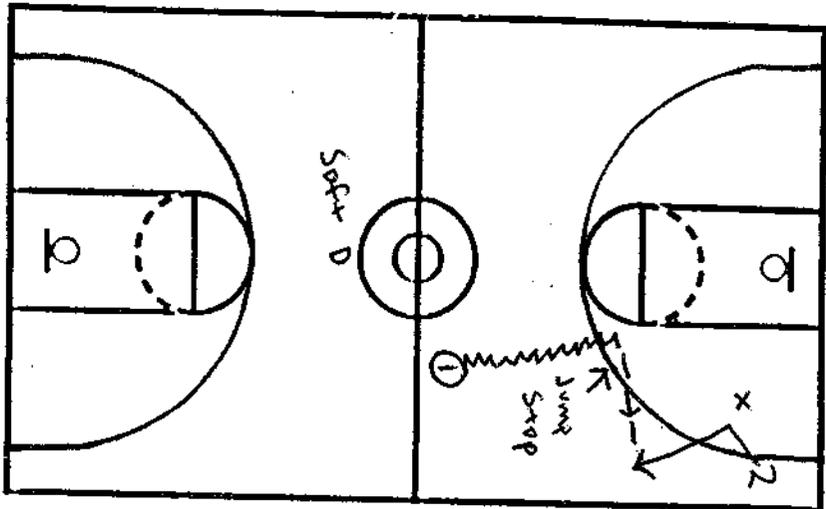


Diagram 17

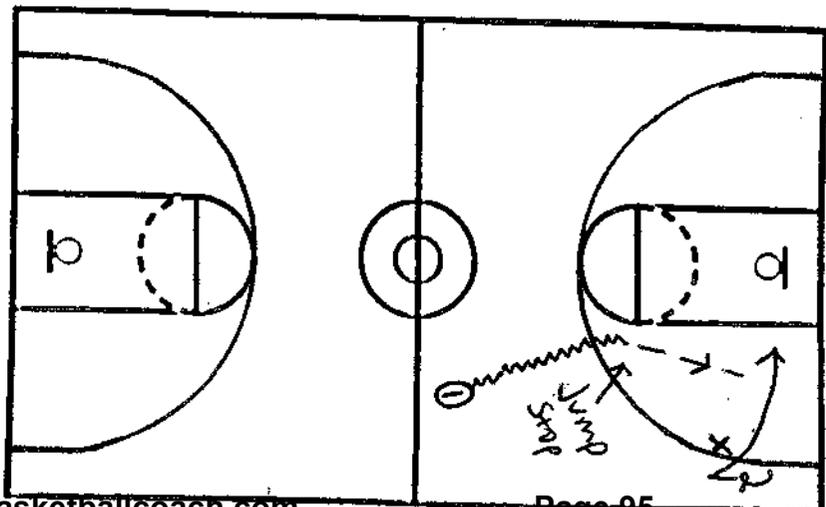


Diagram 18

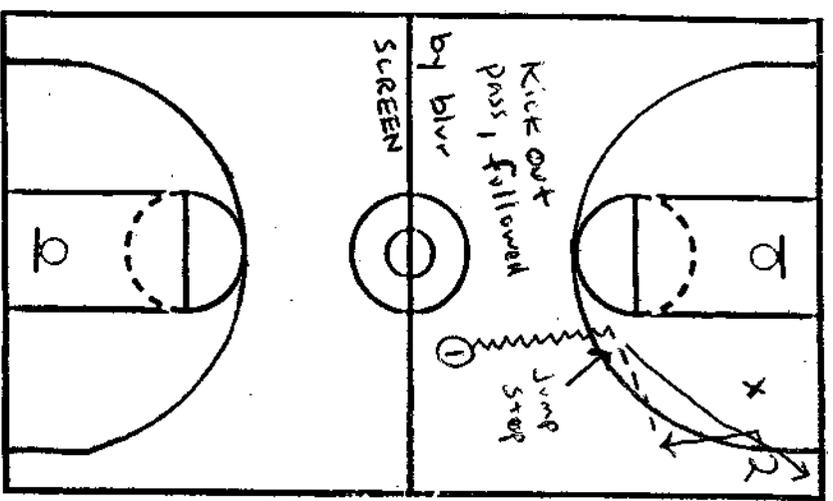


Diagram 19

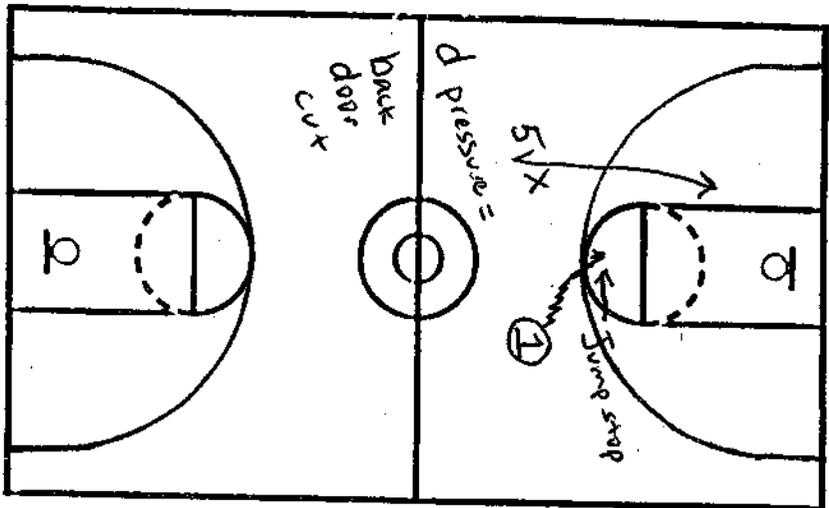


Diagram 20

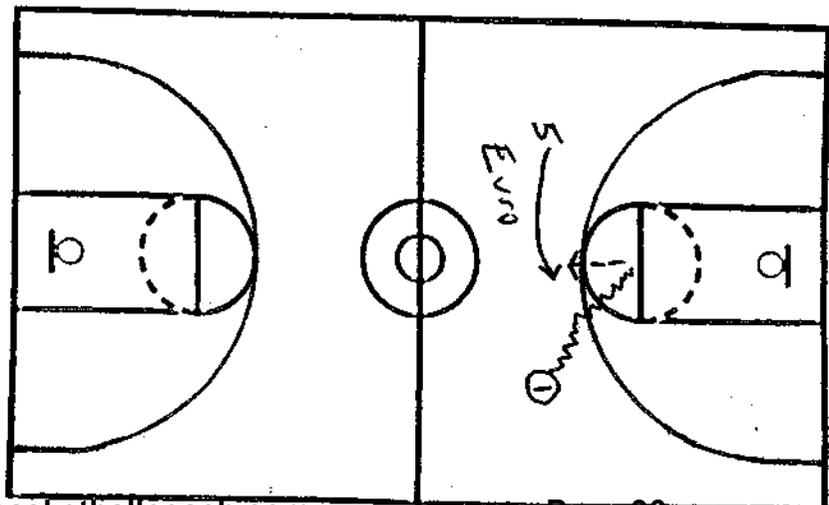


Diagram 21

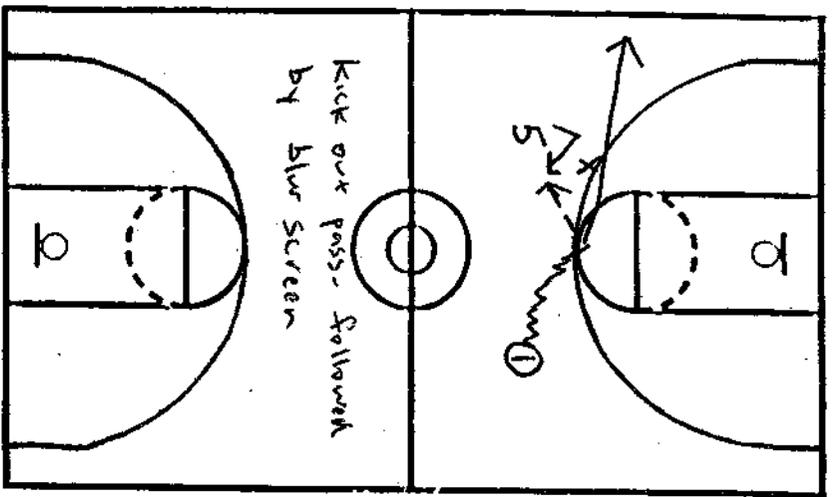


Diagram 22

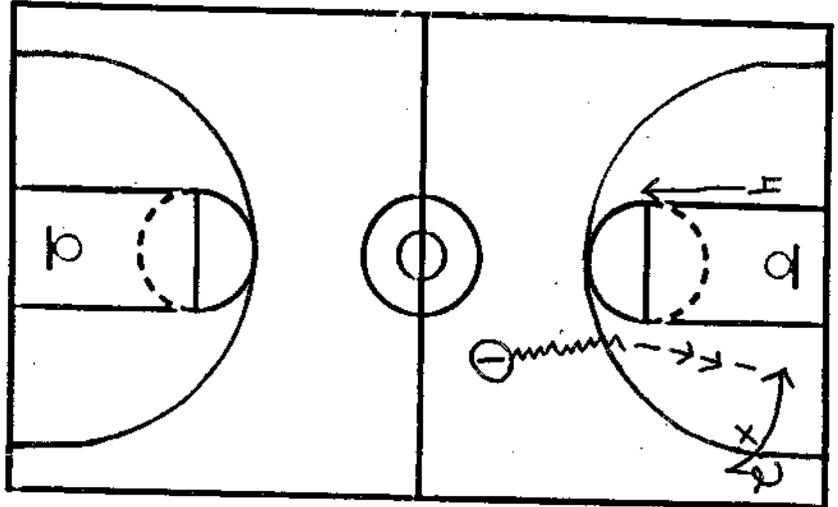


Diagram 23

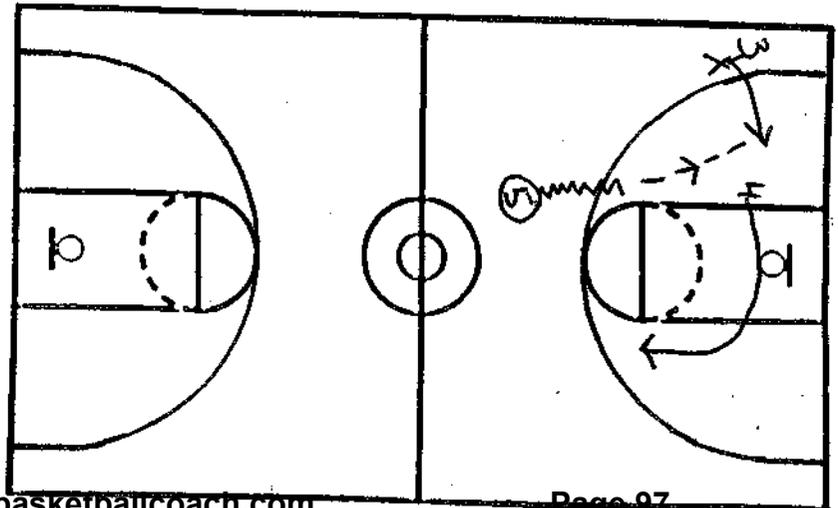


Diagram 24

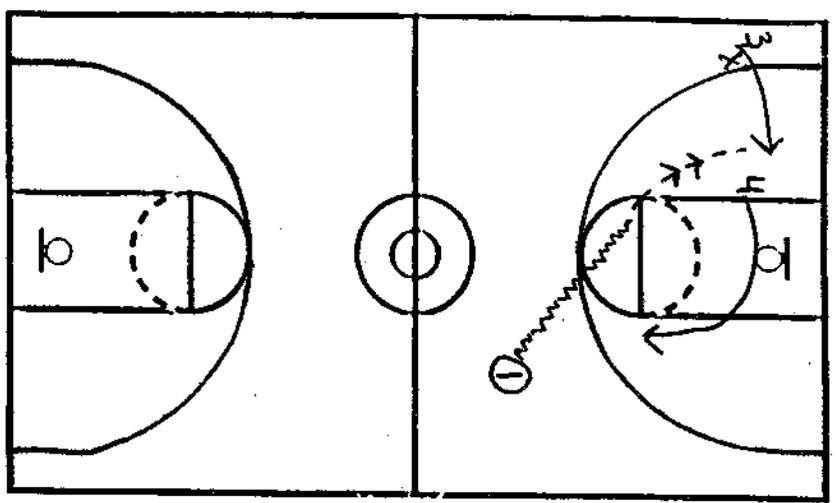


Diagram 25

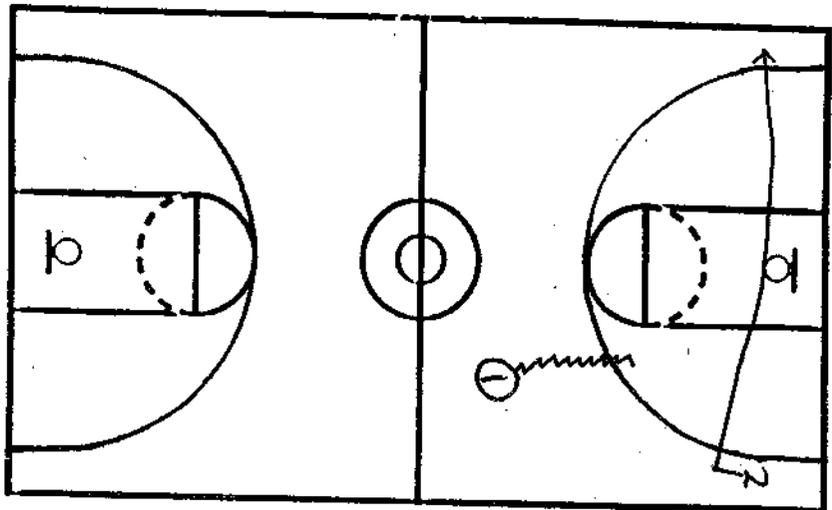


Diagram 26

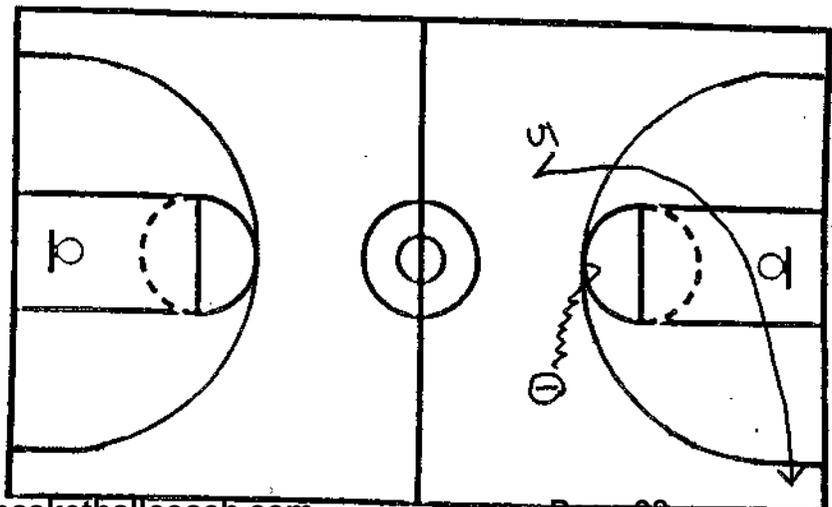


Diagram 27

Diagram 28

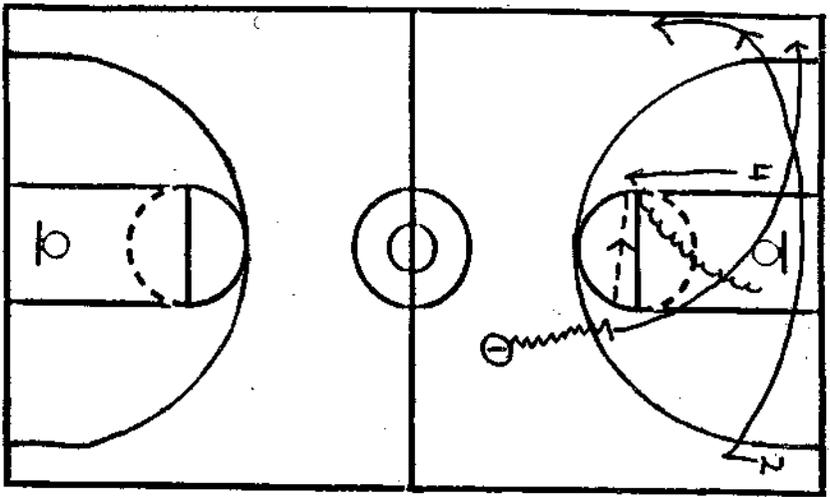


Diagram 29

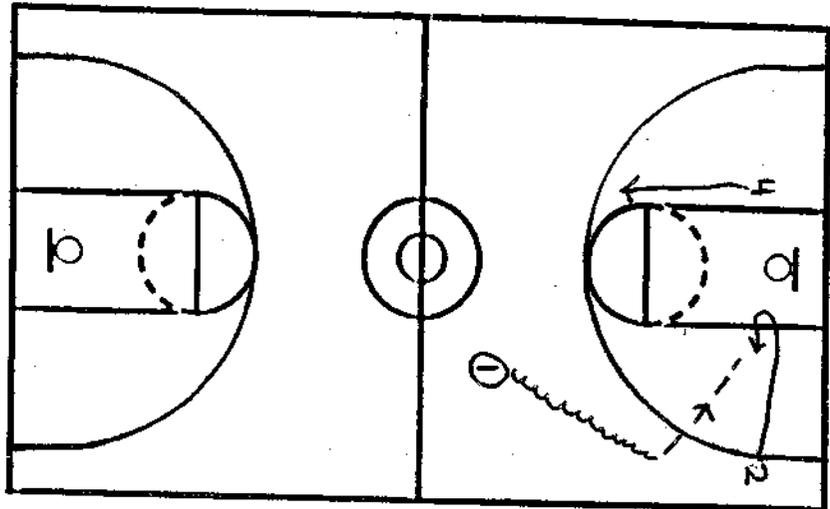
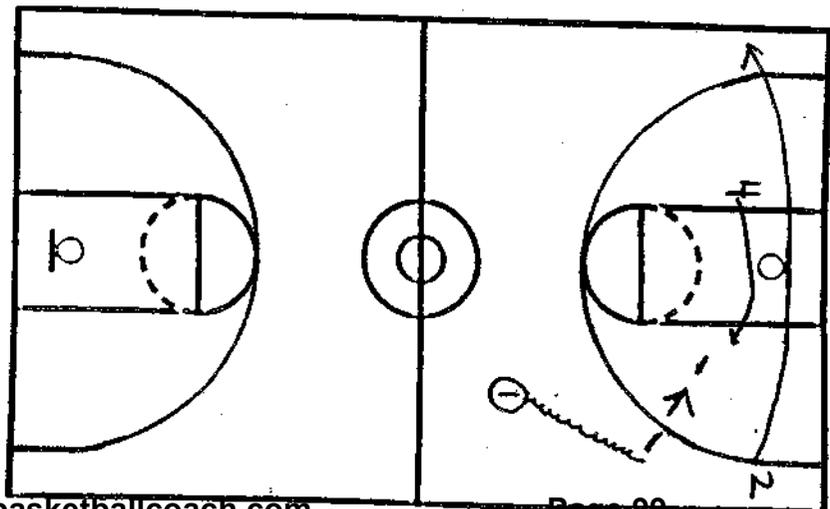


Diagram 30



Against Zones, we like a 1-2 pass followed by a basket cut by 1 to the far side corner, every one else rotates to the ball, and we are looking for a quick ball reversal back toward the 1 man, and possible post up with the 4 man. (Diagram 31)

When a player penetrates into the drag zone, the offside wing needs to drift the arc taking at least two big steps up the arc. For example, if the 1 man comes to stop in the drag zone, the 3 man drifts up the arc to a spot where his defender is no longer in a direct line between him and the ball. When in the drag zone the player with the ball keeps his eyes on the post, but is looking at the offside wing out of the corner of his eye. The pass to the offside wing needs to be a sharp pass thrown at the receivers head. (Diagram 32)

On a pass to the post, we automatically run our dive play. The offside top dives to the basket, and we run the offside wing up behind the dive. It is not shown in the diagram, however if the 2's man drops to help with the post, the 1 needs to run his cut right at the 2's defender. Therefore when our 2 man drifts to the top area, his defender is pinned by our 1 man's cut. This will lead to a lot of open looks for your 2 man. If the 2's defender hug's his man, there is a good chance that a fast cut by our 1 man will lead to a pass from the post for an open lay-up. (Diagram 33)

Against a set defense, after dead balls, etc, an early blur screen by the 5 man will usually give our 1 man a good opportunity to drive the gap. The 4 man will be relocating, the 3 man will be reading for a drop or drag situation. The 5 man should be circling back for a euro behind the ball, and the 2 man is drifting on the back side. (Diagram 34)

On a baseline drive by the 2 man, usually happening after a pitch ahead pass, the 4 man needs to relocate, the 3 man drifts to the corner, the 1 man runs a euro behind the ball, and the 5 man drifts an open area on the arc. (Diagram 35)

On a 2 man drive to the middle, (usually coming off a kick out pass, and blur screen by the 1) The 4 man will relocate to the weak side as the 2 turns the corner, the 3 man reads the drop options, the 5 man looks to run a euro behind the ball, and the 1 man is drifting on the backside. (Diagram 36)

If the 2 man is able to turn the corner down the strong side, the 4 stays away looking to relocate, the 3 man is drifting the weak side the 5 is looking to run a euro behind the ball, and the 1 man who has most likely just run a blur cut for the 2, stays in the corner area at the arc, (Diagram 37)

Our perimeters, if they do not have the ball, need to stay behind the arc. Any time they break the arc, it should be because they have an open back door cut to the bucket. They need to run their cut all the way to the bucket, then cut out to the arc, usually to the ball side. (Diagram 38)

No stationary dribbles in this offense, attack dribble, or don't dribble at all. (Diagram 39)

The back court to the bust out zone, the front court is the control zone. (Diagram 40)

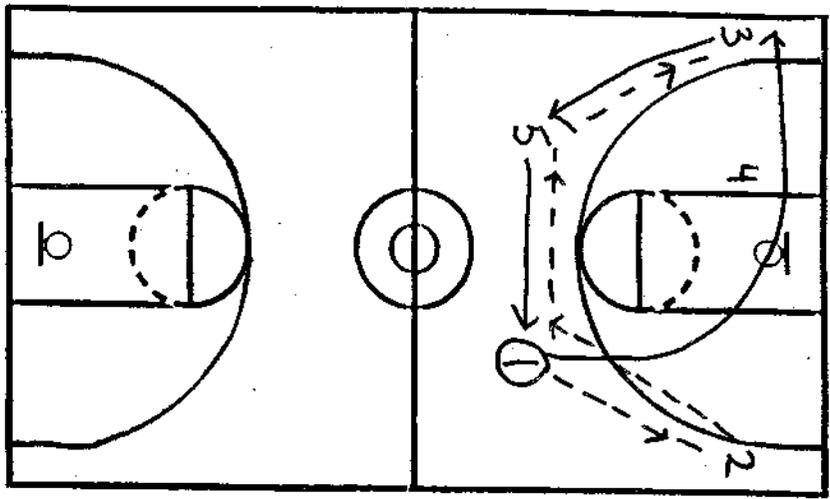


Diagram 31

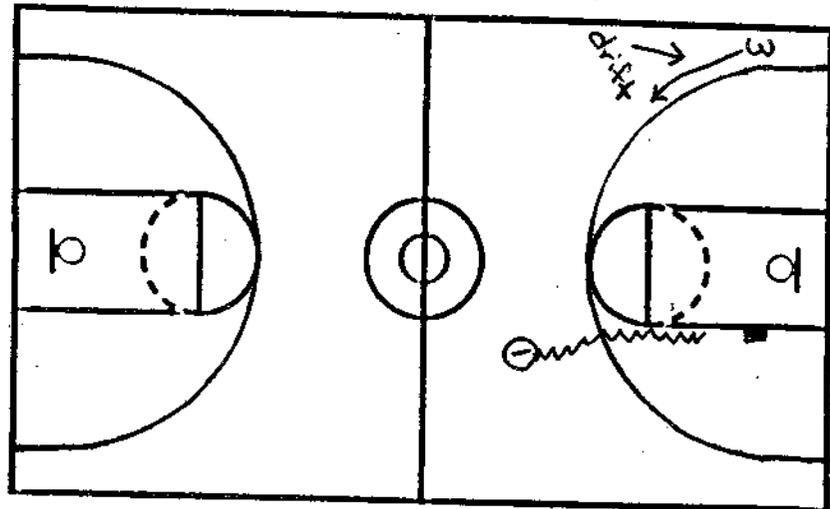


Diagram 32

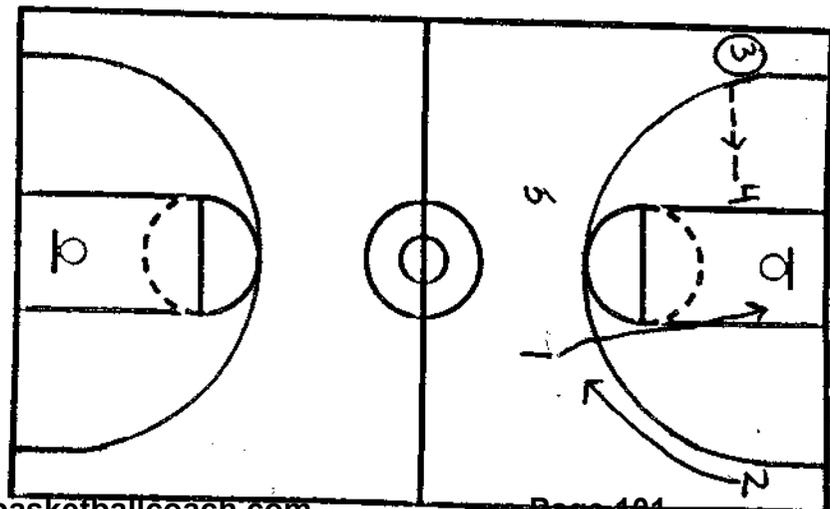


Diagram 33

Diagram 34

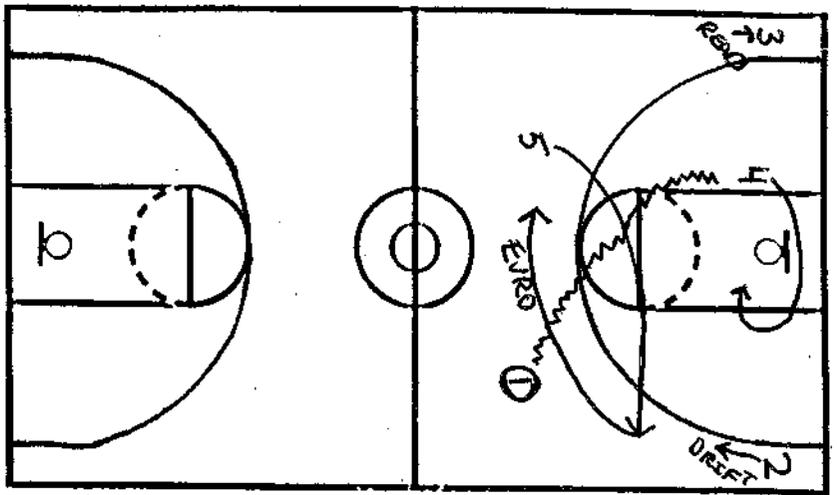


Diagram 35

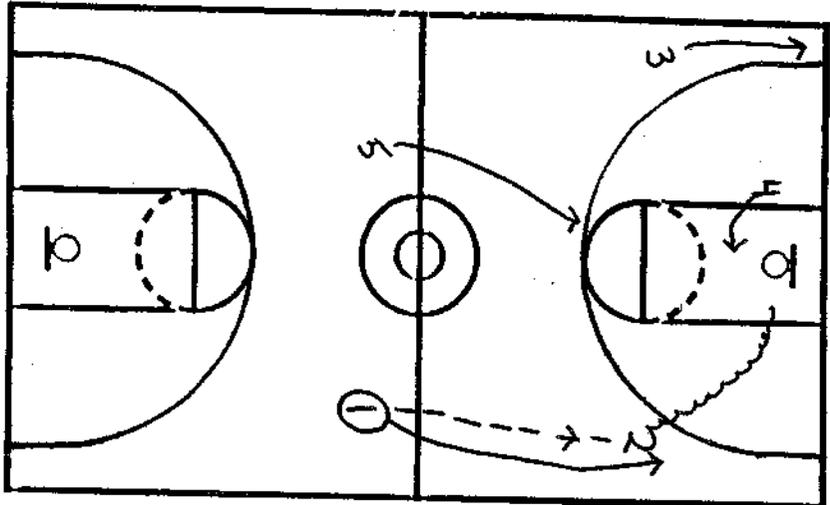
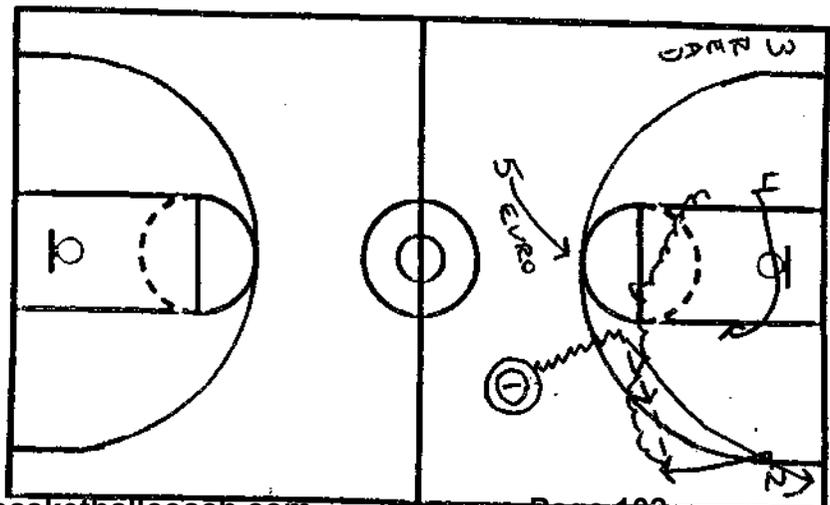


Diagram 36



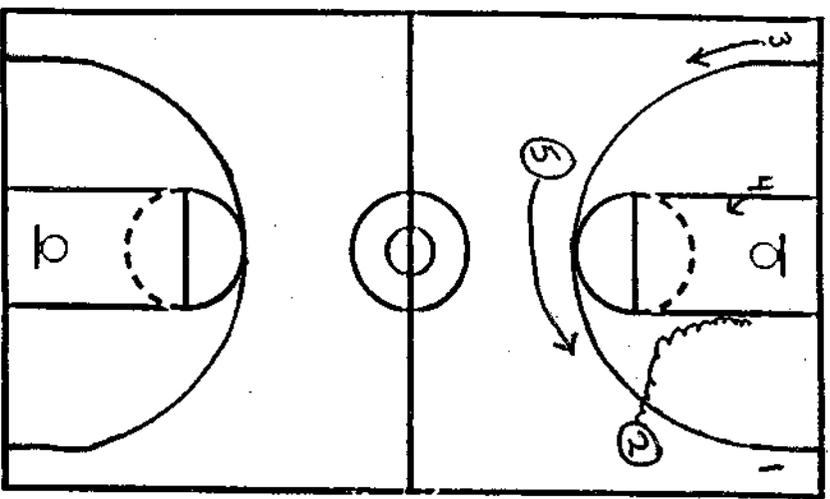


Diagram 37

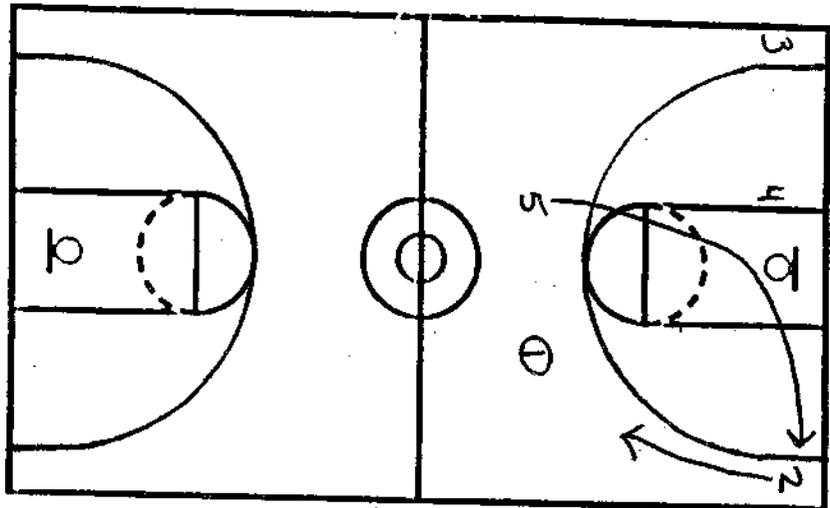


Diagram 38

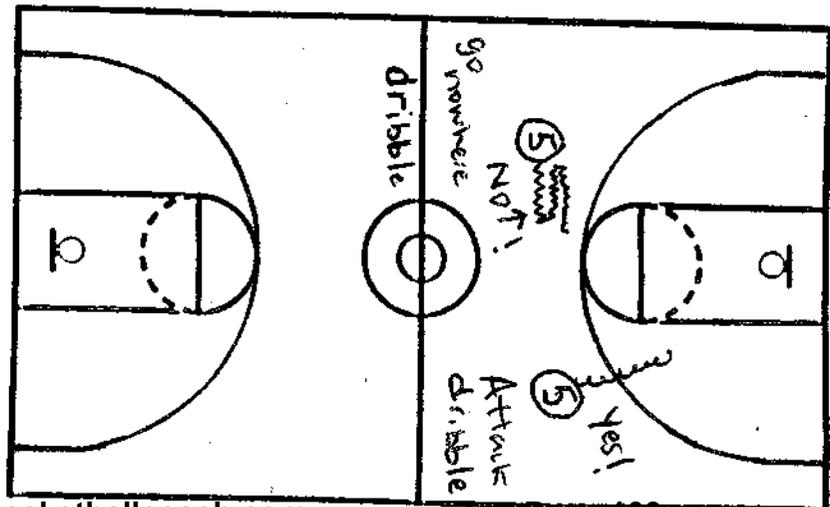


Diagram 39

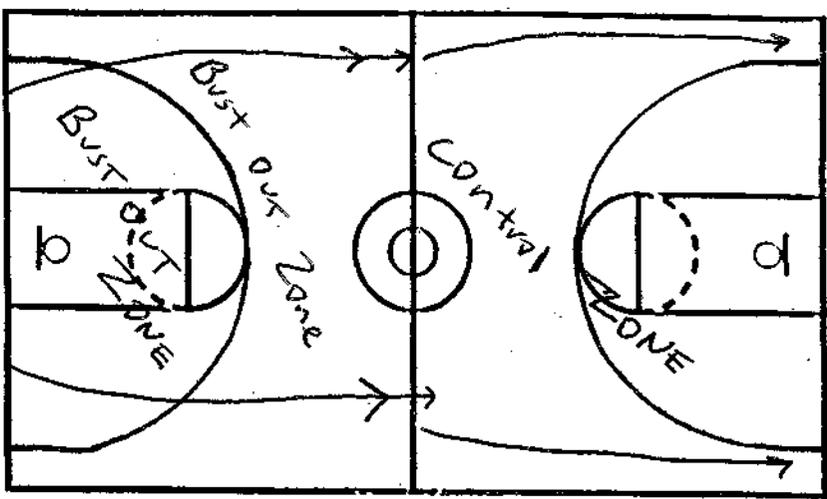


Diagram 40

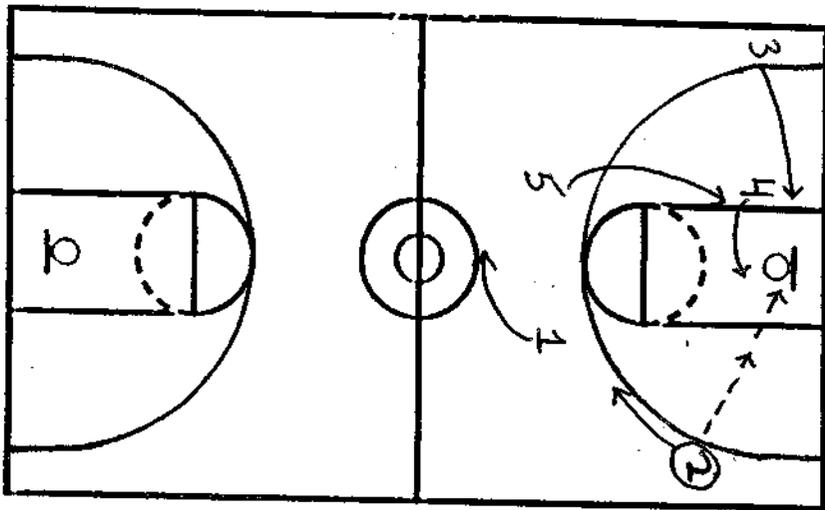


Diagram 41

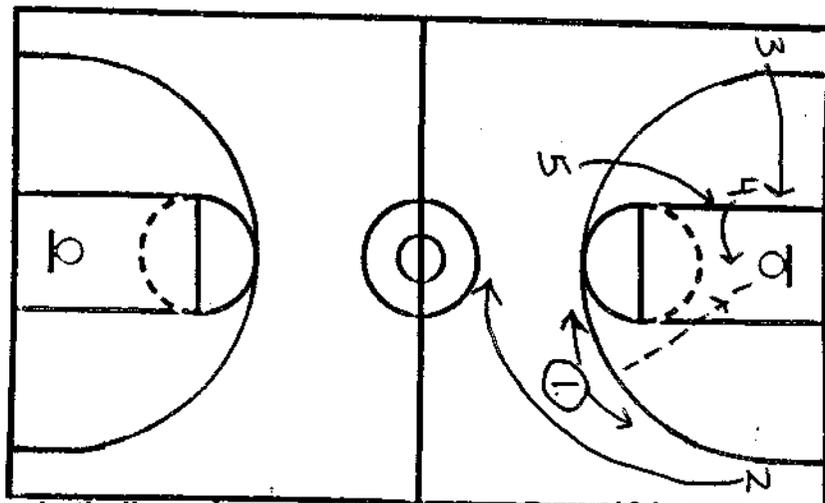


Diagram 42

Rebounding rules:

As a three pointer is being taken, 4 man to middle of the key, weak side corner to weak side block area, weak side top splits his two teammates. The shooter and ball side perimeter start to drift back for court balance, the shooter drifting the arc, and the non shooter getting back towards the ½ court area. On lay-ups only post and weak side corner go to the boards. (Diagrams 41, 42, 43, 44)

On a pitch ahead pass, to the 2 man, the 1 man needs to get to the arc at the lane line extended for a possible return pass and three point shot. (Diagram 45)

On kick out pass, and blur screen, many times a quick attack by the 2 man, will result in both defenders becoming involved with the 2 man, and the 1 man will be wide open for a three pointer. (Diagram 46)

We can also run dribble hand-offs in this offense, but that is usually a set call now such as 1-5-2 etc. The dribble hand-off has much of the same effect as the blur screen, but the chance of a quick double team can be an issue. (Diagram 47)

Transition Rules:

On misses:

Our 4 man will always runs to the front of the bucket, even when he has rebounded the ball. (Diagram 48)

If the 1 man or 5 man gets the rebound, they just explode out with the ball and, their partner is the trail. (Diagram 49)

If the 2 man or 3 man rebounds the ball, they will verbalize “I got trail” at which time the 5 man needs to know that he will sprinting to either the 2 man or 3 man spot depending on who got the rebound. (Diagram 50, 51)

When the 2 man or 3 man gets the rebound, they run to the trail, or 5 man spot. (Diagram 52, 53)

On Makes:

Our 5 man is the take out man. Our 2, 3, and 4 men, sprint to their spots. The 1 man pushes the ball quickly up the floor, and the 5 man hustles as a trail man to his spot. (Diagram 54)

Press break alignment 1 man in front, the 3 man buried in corner, the 2 man down the floor, the 4 man at left hand block. The 2 man will only come back if there are issues. (Diagram 55)

Dead ball press situations; stack the 1 and 3 men. (Diagram 56)

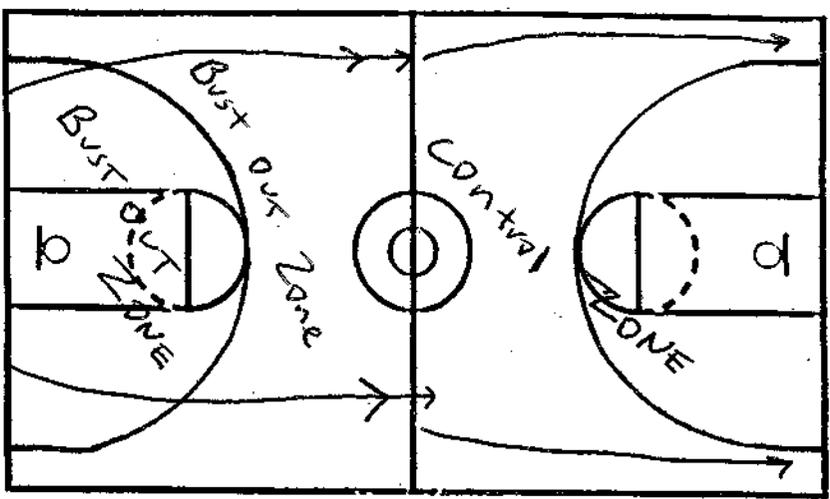


Diagram 40

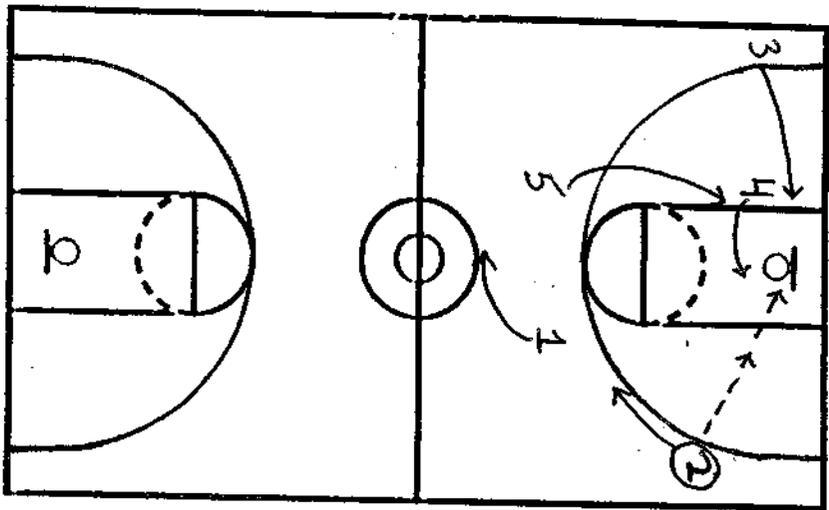


Diagram 41

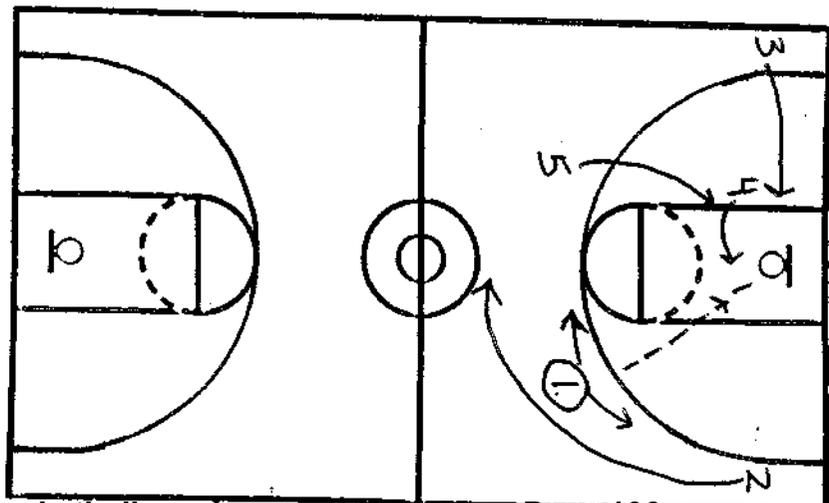


Diagram 42

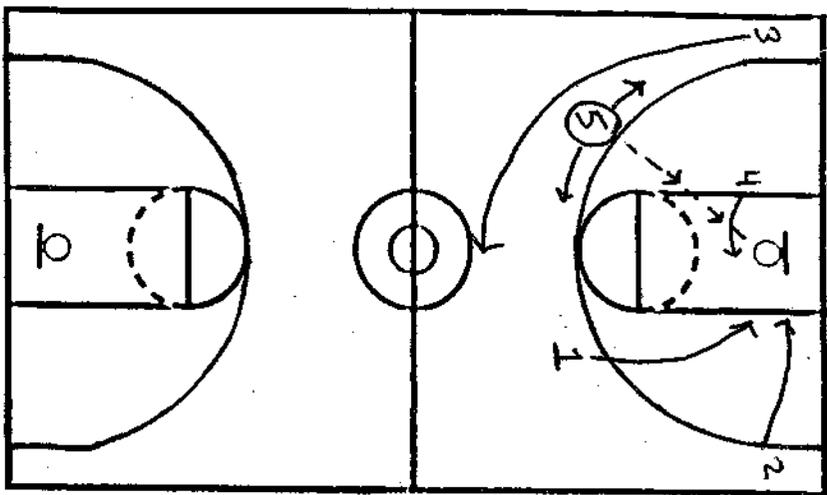


Diagram 43

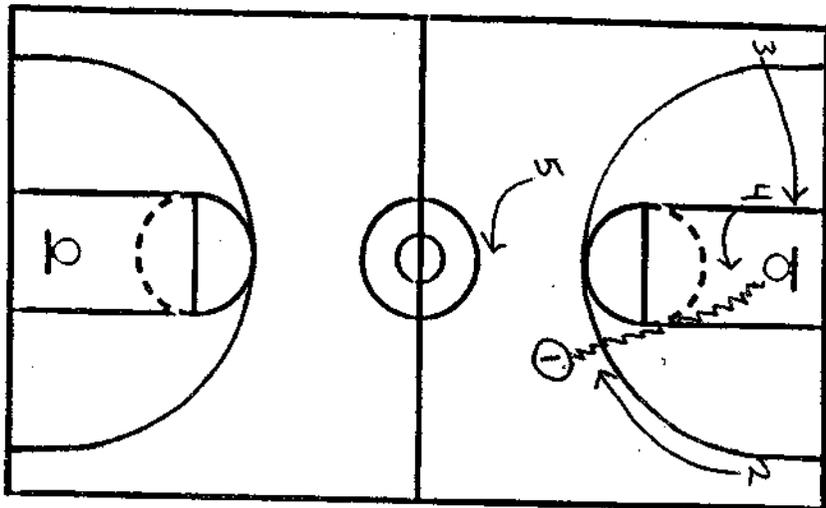


Diagram 44

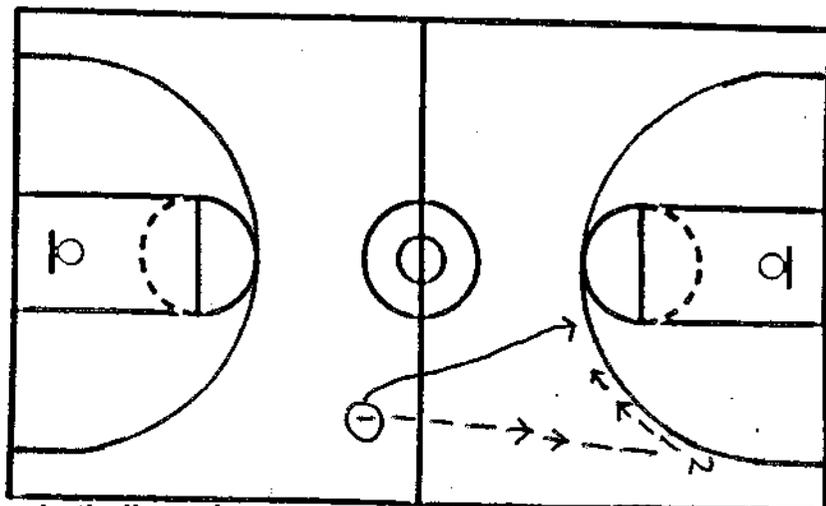


Diagram 45

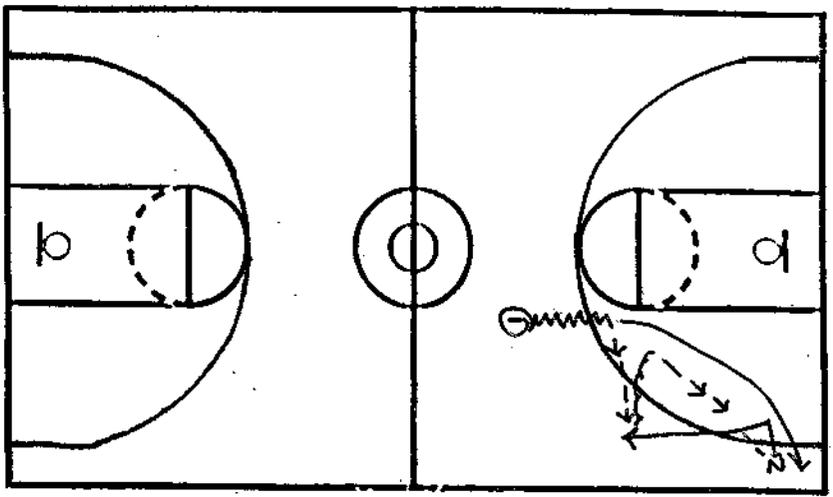


Diagram 46

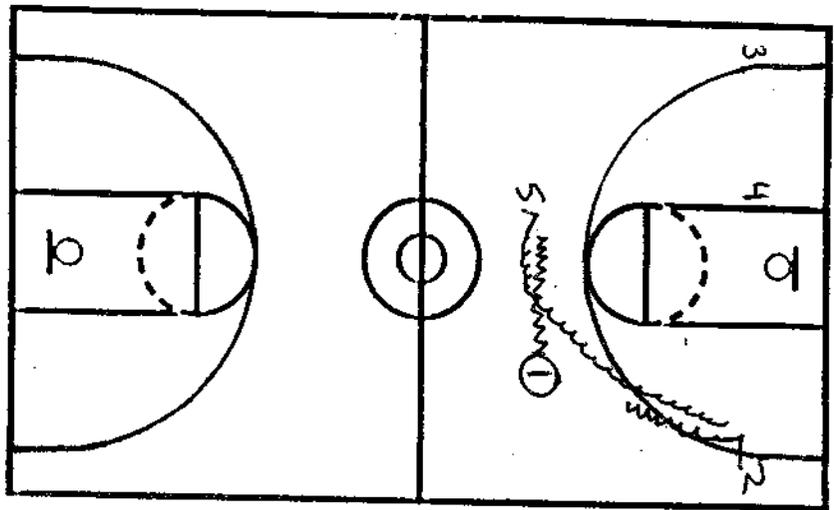


Diagram 47

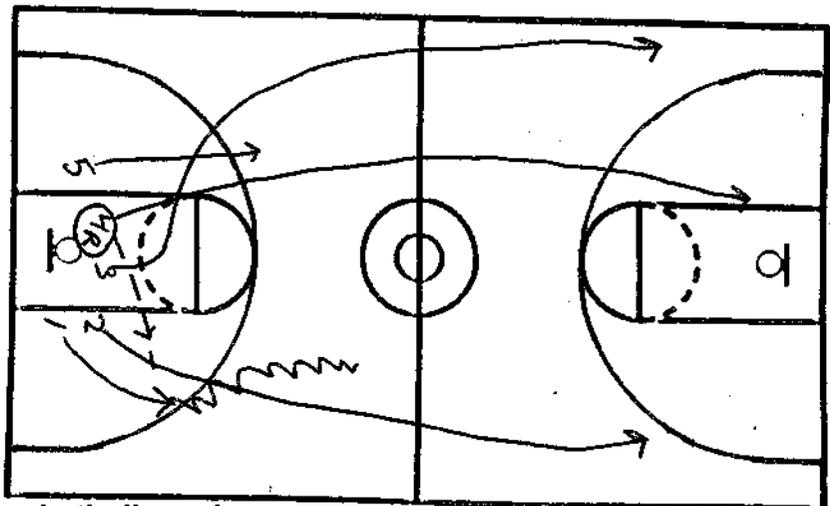


Diagram 48

Diagram 49

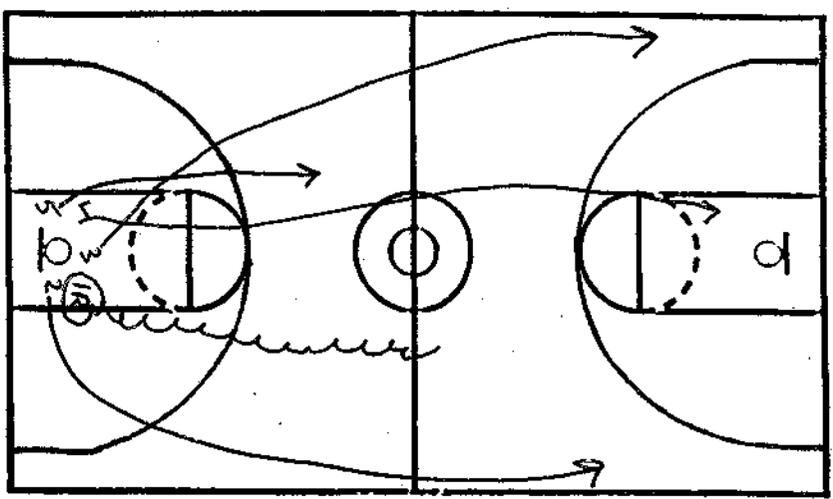


Diagram 50

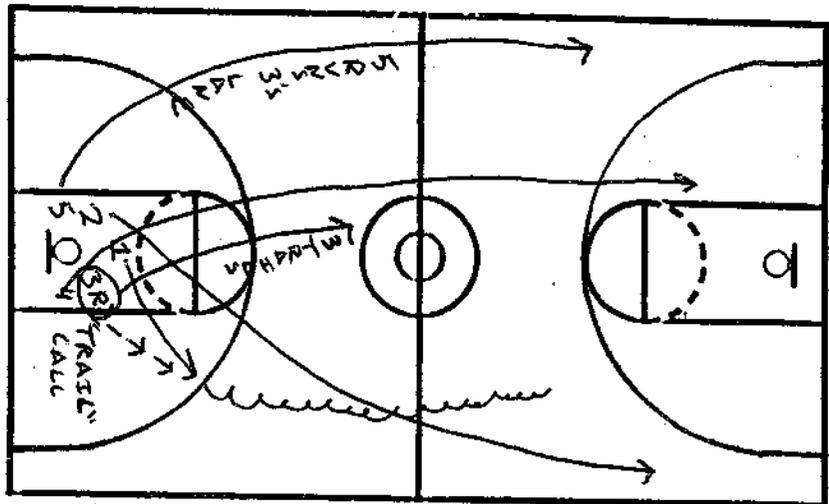
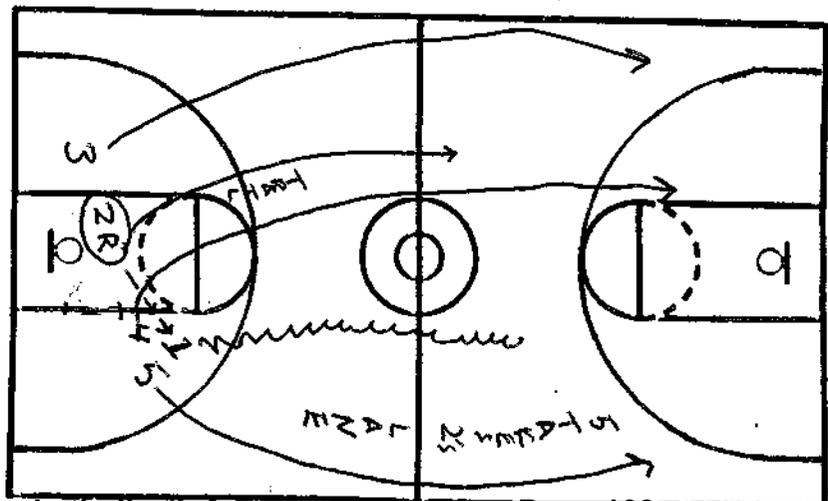


Diagram 51



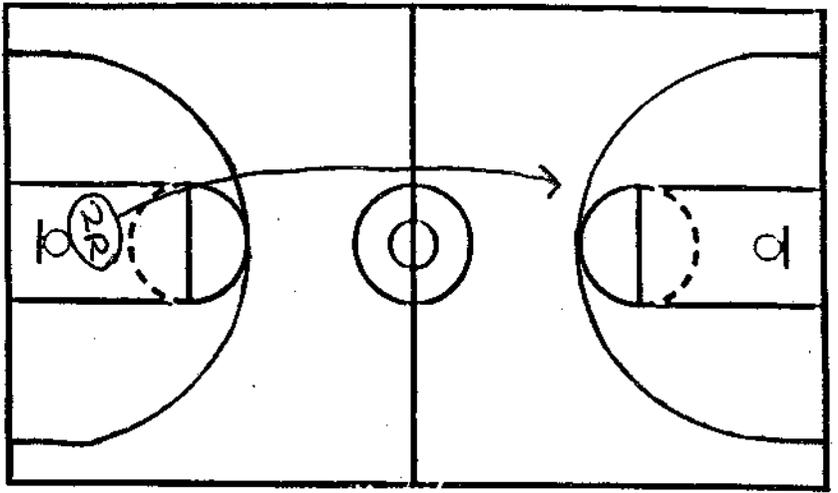


Diagram 52

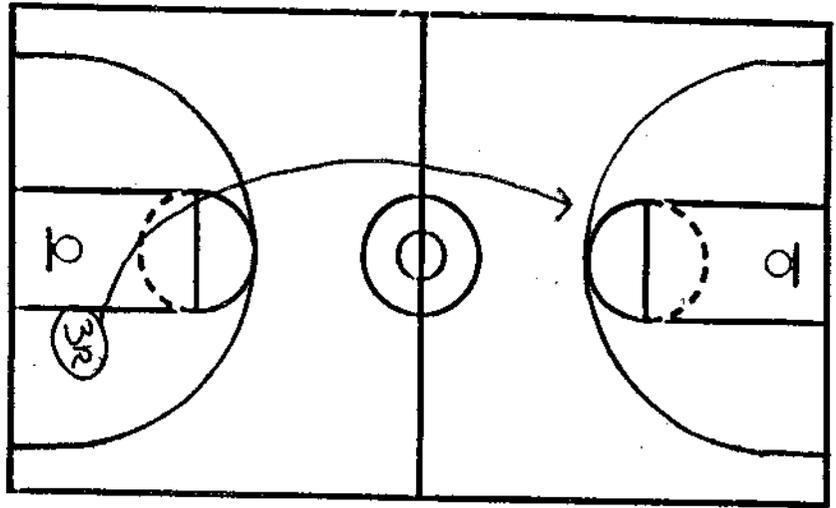


Diagram 53

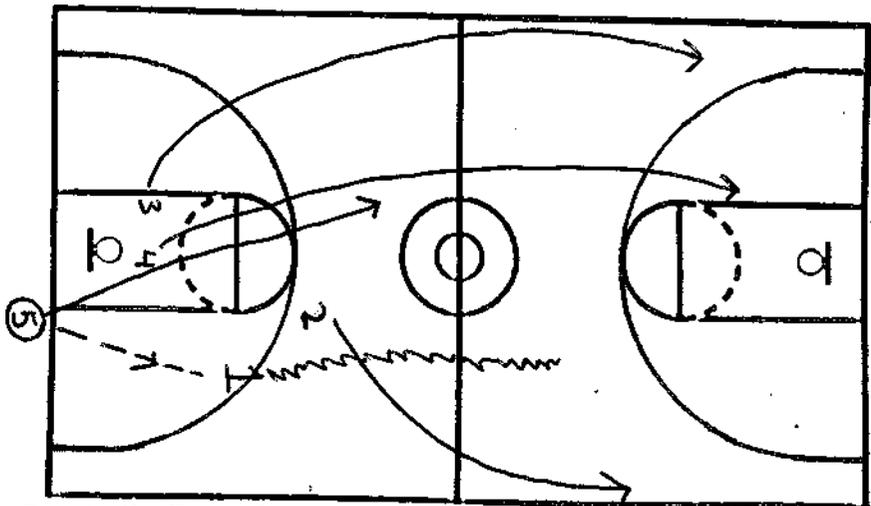


Diagram 54

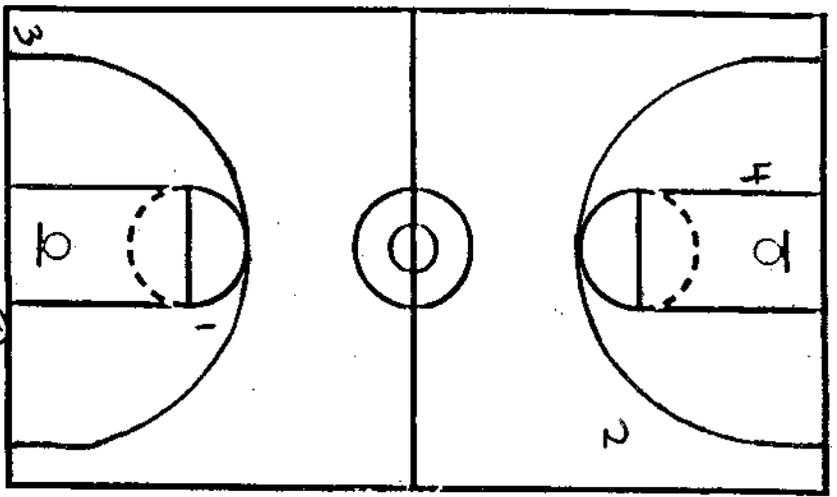


Diagram 55

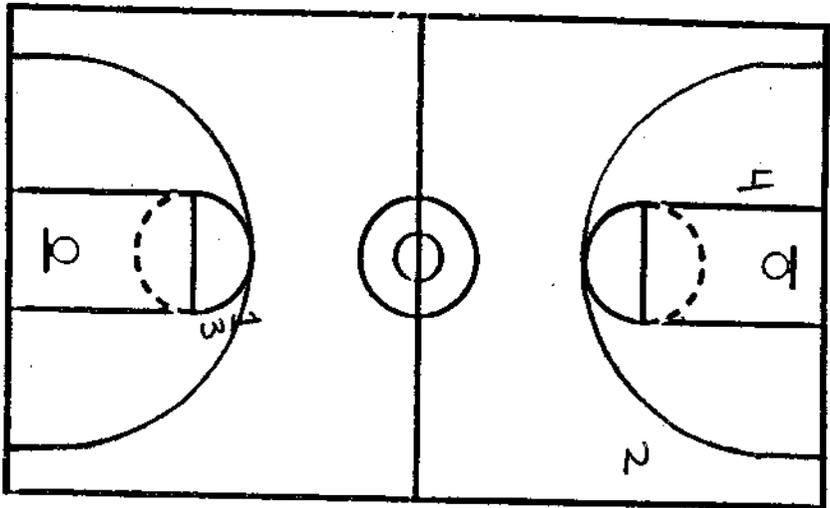
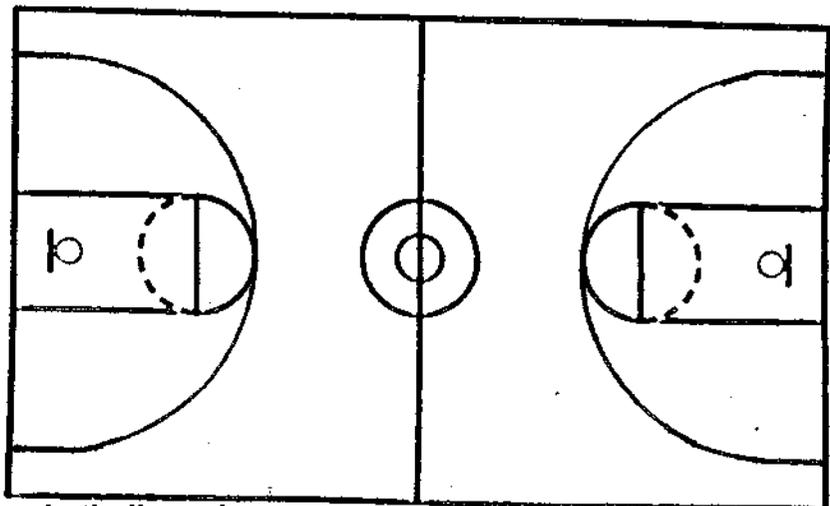
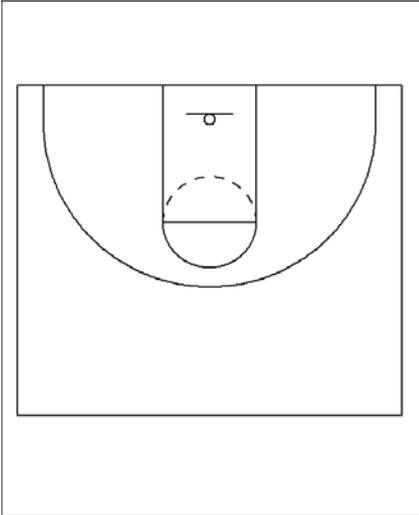


Diagram 56

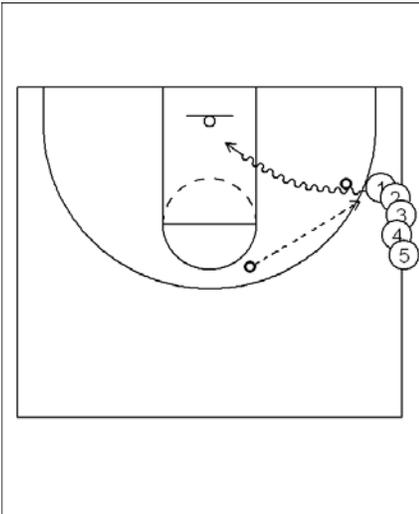




Memphis breakdown



To install this offense we are working a lot on dribble penetration, and getting kids in the habit of explosive first steps. Our goal here is to get to the rim for a lay up, a foul, or to create a help situation for a kick out, or dump into the post. With that in mind, footwork is a big thing we are working on to better our players. In the next few pages you will see some breakdown drills that we are working on. Some are individual, some are team. I hope they can help you.



Rip Drill

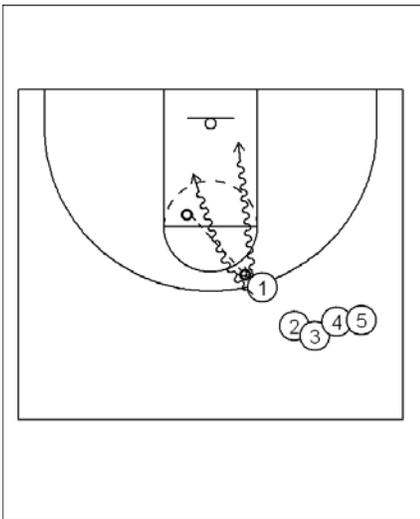
Rip drill is something we will do daily in order to get the kids used to attacking the rim. During this drill things you will need are a ball, a passer, and a chair.

Here the circle near the top of the key is a coach who will be our passer. The circle near the seam is where the chair needs to be.

We start this drill with the passer, passing down the floor to the first person in line. We make sure the receiver has their hands in ready position to catch and shoot, or in this case drive over the top. We will work three footwork moves on this side of the floor. 1) Rip over, 2) Rip Under 3) Jab Cross Over.

On the catch we work in that order. First time through catch rip over the top, big first cross over step, and attack the rim for the layup. After all have gone, we will go to the rip under, and then the Jab Cross Over.

Usually try to speed up the pace by telling the passer to get the next pass moving when the 1st person starts their dribble. We want a layup here Make sure the guards are attacking hard, and getting to the rim in as few dribbles as possible



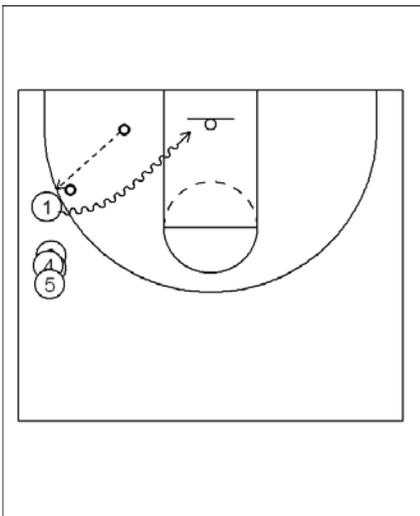
As we move up the floor, we will work the right slot a little bit. We will work two moves up here. The drawing might be a bit confusing so I will try to explain a little better. I have done a better job with filming practices this year, so if you need to see anything, just let me know.

Here we move the coach to the left elbow, and tell them to do the same thing give a pretty hard pass that isnt perfect for the guard to catch.

The first time through we will rip and drive over the right side of the floor, just making a one step move to attack the rim. Same thing, to keep pace, we will tell the passer to hit the second person as soon as the first takes their first dribble towards the rim.

The second time through we will just work a catch and cross over to attack the left side of the floor.

Make sure footwork is good, and that your kids are attacking full speed. Get to the rim for the layup.

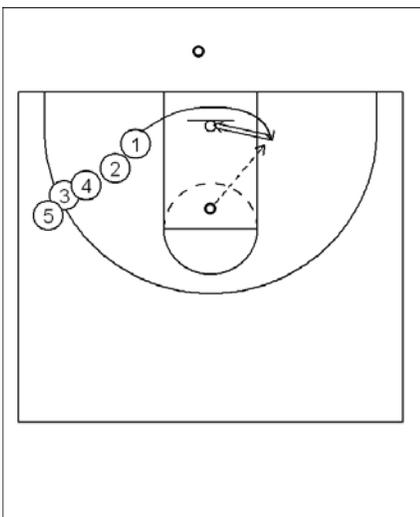


The third and final place we will work is the left seam. Just two moves from here.

Same sequence as earlier. Coach as a passer, and a line behind the chair.

The first time through we will just work a one step off of the catch, with a right hand dribble to the rim. we are simulating a kick out and a drive back over the top while the defender is recovering. We will tell them either to go around the rim and work on a lay back, or cross over after the first dribble and left hand lay up.

The second time through we work on a sweep fake baseline side, then drive right back over the top following the same rules as above with the one step.



Circle Shooting

Circle shooting is a post drill, and the first one that we work on. We try to work on our kids getting used to looping under or over to get used to penetration rules for posts.

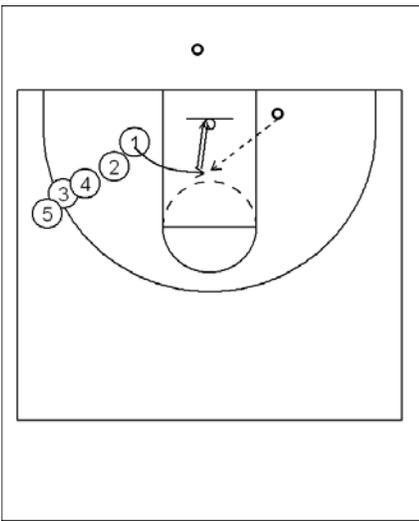
The first few mins we will work on looping under the basket, as we tell them this is what they will do in the case of a guard penetrating over the top.

The passer will be right below the free throw line where the guard should be, and will just dump the ball to the post. In this case we will give them all kind of passes. Bounce, direct, and lobs. This is just so they can get used to catching in different surroundings.

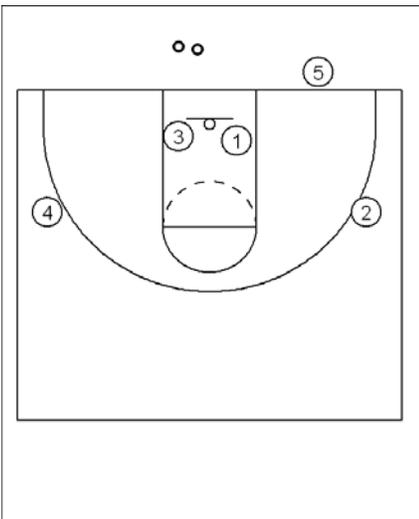
To speed up we tell second perso to go as soon as the pass is in the air to the person in front of them. We will usually do this for about 5 mins, working both



the left and right side of the floor

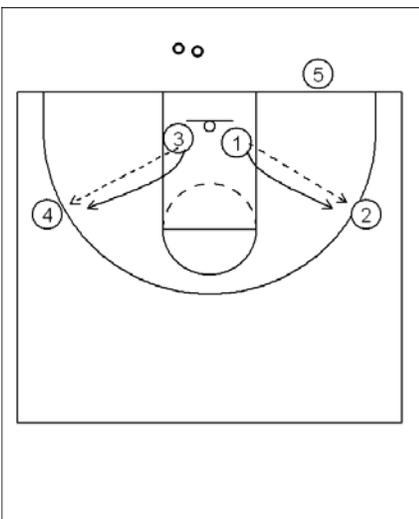


In this case after the first five mins we will switch and work shooting as if there were a baseline penetration, and the post is looping to the bottom of the dots. Same thing here just the passer is moved to the short corner. We work several things as far as passes just in case, but we want a high pass thrown here. We will work both the left and right side of the floor. Tell second person in line to go as soon as the pass is in the air for the person in front of them

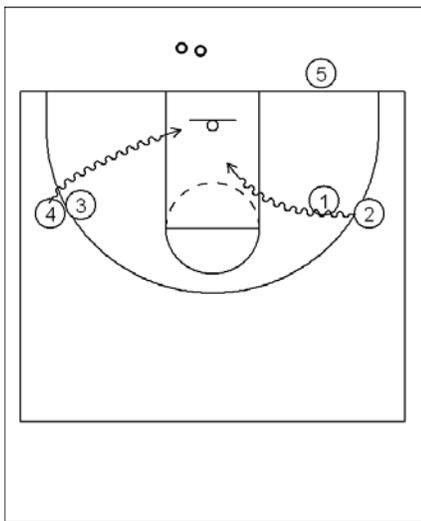


1 on 1 Closeout

We will work this drill with everyone but the 5's. All we are working on here is dribble penetration 1 on 1 with a closeout coming at them. We will run this on both sides of the floor. here 1 would be working with the 2, while 3 would be working with 4.

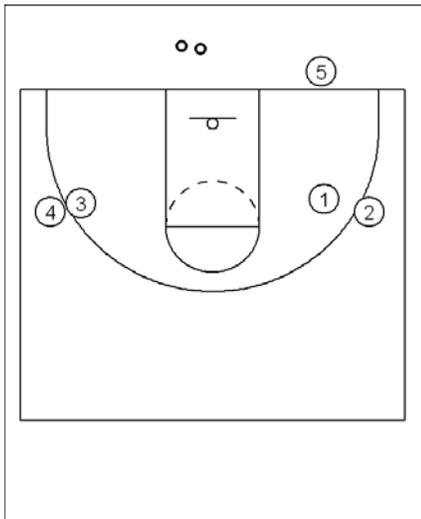


What we will start with is to tell the defender, in this case the 1 to pass the ball out to the 2, and then close out hard. When the season gets here we will try to do what the opponents do on closeouts. (Are they aggressive, do they lay off, do they run and jump to block the shot), but early we just work on getting the defender out there and putting a lot of pressure on the ball. Early we will tell the defender to handcheck, foul slap, and body up so we can get into the mindset of attacking through physical play.



Once the guard on the perimeter catches the ball in this we tell them to attack the rim. Dont wait on the closeout to get there. This does two things. A it works on our offense, we want to go on the catch. B it works on our defense as we work closeouts, and recovering to defened penetration.

As you can see here we show two different types of penetration. The 2 is driving over the top, while the 4 is utilizing baseline penetration. I dont care what they do, but I do tell them dont do the same thing every time. Switch it up, and get to the rim. They can go at the same time. Have defense go to offense, and offense step off. New person rotating in will be a defender.



Things to look for in 1 on 1 Closeout

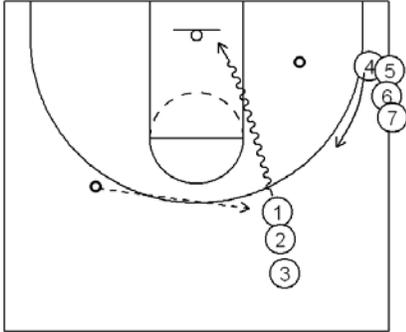
- Make your guards take an explosive first step, always beat your defender with this step.
- When they feel pressure dont let them dribble spin, just get lower than the pressure, and keep attacking. Stay lower than the defender.
- Get to the rim, either take a lay up or get fouled. As a coach get excited, when they get fouled if they miss the layup just reconfirm "good now go beat them from the line" if they get the And 1, let them know. Kids will do what they think pleases you
- Dont stop until you get there. This will look ugly at first but let them know they are getting better



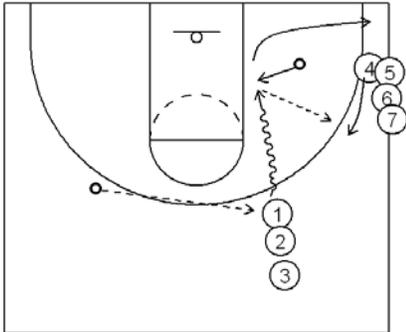
Memphis breakdown 2

Just to help ease the downloading, I am just breaking this down so the PDF files wont be so big.

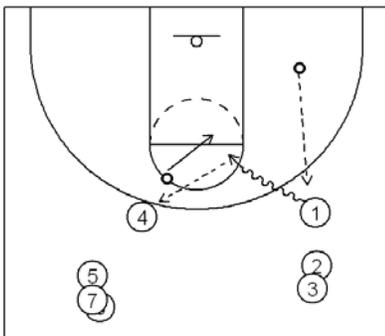
2-0 Penetrate and Kick Shooting



Put a line at the slot, and a line at the seam. Here the two circles represent the following. The one on the perimeter is a coach who will be the passer. The one inside the perimeter near the lane is another coach serving as a helpside defender. Here we are going to receive the pass in the slot, and they are to attack the rim with the dribble looking for the layup. I tell the help defender sometimes go, sometimes stay, make the guard read this. The person in the slot will follow our penetration rules, as the nearest guard will rotate over the top.



Here the helpside defender went to help, and we tell them get to where they are about to run you over. In this case there will be a pitch out to the person looping over the ball. We tell the person receiving the pass as soon as you catch it attack the rim just as in rip drill for a lay up. Once your kids get the hang of attacking the rim hard, you can allow your better shooters to spot up on the kick out and hit the three. The 1 here on the kick out would work on looping out to the playside corner

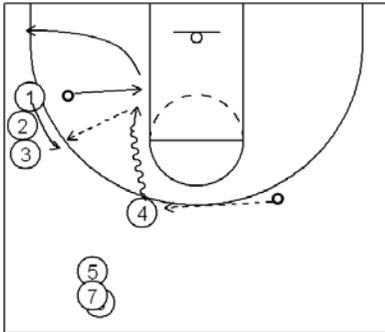


We will work this drill in different areas of the floor to make sure that we are understanding the concept.

As you see here we are slot to slot. Still a passer and a help defender. On the catch, we will tell the receiver to drive the ball either towards the midline, or towards the sideline, but get to the rim. On the kick out, the 1 would cycle out either playside or weakside. We usually call this Guard/Trail 2-0 Penetrate and Kick Shooting. Once again as you get better at this allow your shooters to spot up every once in a while

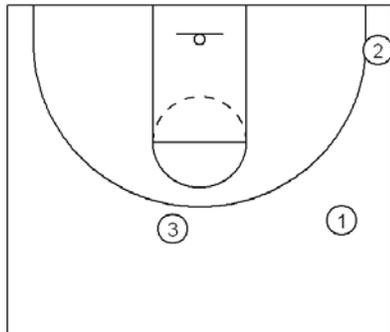


Here the same as before just moving to a different set of spots.



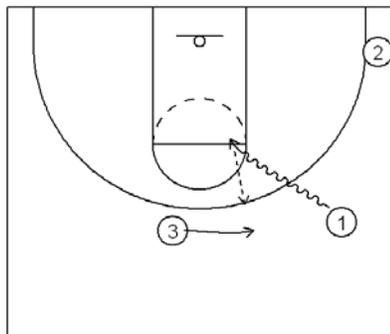


Memphis breakdown 3



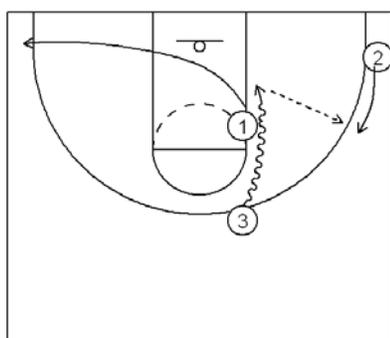
3-0 Penetrate and Kick Shooting. 2 passes.

Here we just work the same drill we just did with 2 on 0 P&K shooting, but just start adding people to it. We also make sure that we add a pass. We still want to make sure that we are following our rules, and that we are attacking the rim. Nothing but layups the first part of the year.



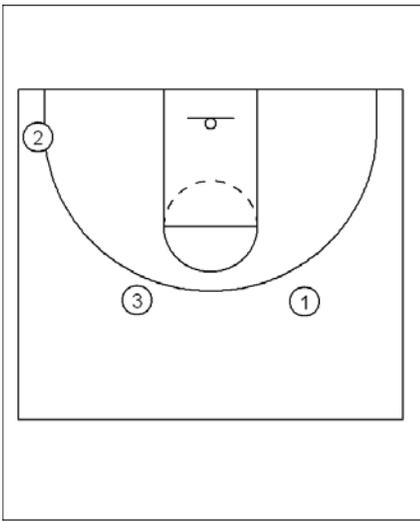
We tell the guard we dont care which side they penetrate to but we dont want to get into a habit of penetrating to the same side everytime.

Here the 1 chose to penetrate over the top, makin the 3 the nearest guard. Thus 3 will loop over the top of the 1 to recieve the kick out.



After 1 has kicked out they will sprint out to a side. I dont care if it is playside, or weakside, but they must get there in a hurry.

On the kick out that 3 recieves, tell them to attack the rim hard as soon as they catch the ball. 2 being the nearest guard will loop over the top ready to recieve the second pass. As soon as they catch the second kick out, the 2 will drive back over the top to get the layup at the rim. The 3 will loop out to a side on the kick out. As your kids get better you can allow the last person to catch to shoot the three. We tell the person who started in the 1 position to get safety on the shot, and the other two to crash the boards hard

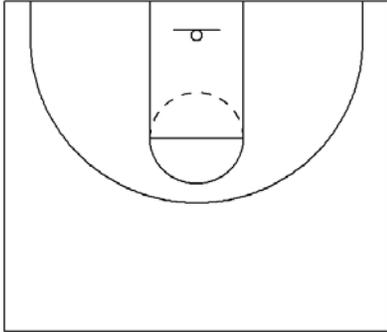


Just another variation of this with guards. Here same things are involved, penetration with a kick and a drive. We still want two passes so that we get in a rhythm of moving the ball side to side, and getting to the rim.

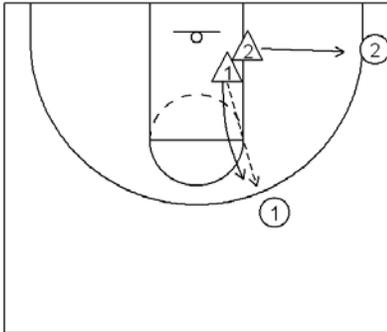


Memphis breakdown 4

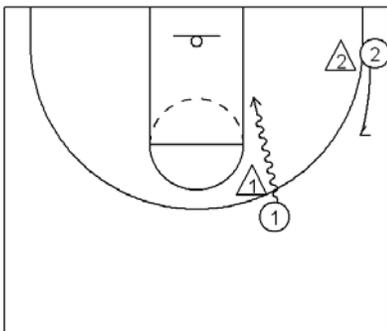
2 on 2 Closeout.



▪ This is a drill we will work in order to get a lot of live action where we have to read. We will tell the defense to pick what they are going to do. Either play tight and physical. Heavy help or little help. Switch on interchanges or stay. Or sag off and make them attack you. Whatever you do have them be physical at the rim.



Here we are working just 2 on 2 with slot and seam for our guards. Two defenders start in the paint and pitch out to one of the guards, it doesn't matter who. As soon as they pitch out, close out hard.

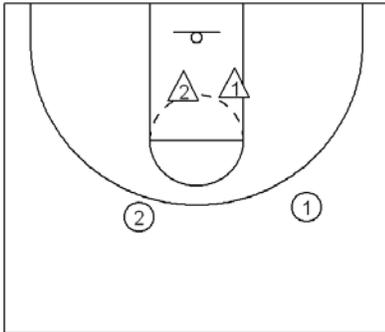


After the closeout we are live until we either get a score, or foul, or the defense has the ball. We really enforce the ideas of getting to the rim. If you have the ball get your teammate open. It is not their job to get open with a v cut or l cut. If the defense doesn't help get to the rim and get fouled. Point A to Point B as quick as possible. Try not to dribble spin.

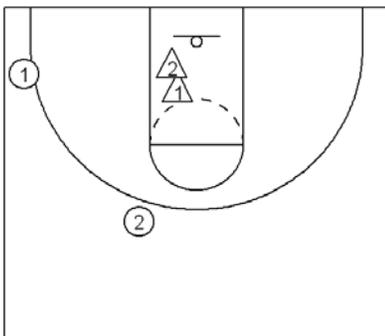
On any pitch out we are live. Early in the year I tell my guards to attack the rim, we will shoot later. Also on the pitch out tell the 1 to get to the corner either playside or weakside.



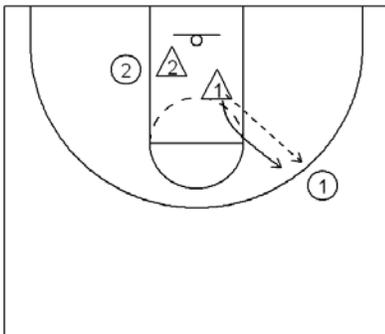
Here we will go slot to slot 2 on 2. We can work our blur screen stuff here, as well as just regular penetrate and kick.



Here you see that we just moved this to a side



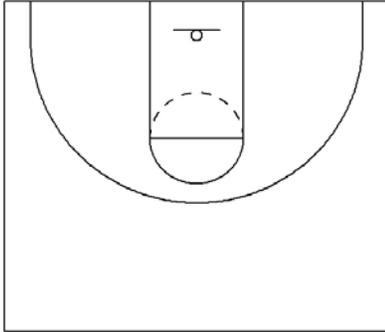
We will also work this with our posts from different areas. Here we are working from the slot area with the post backside. We will switch up areas on the floor to get them different looks



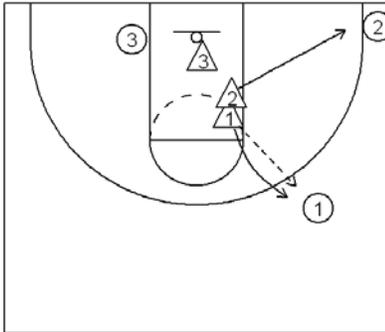


Memphis breakdown 5

3 on 3 Closeout



This is the exact same as 2 on 2 closeout but we will make sure that we work with the post every time here.



Here you can see where we work slot seam, with backside posts. You can use your imagination and put people anywhere you would like to work different areas on the floor. We always tell our kids early in the year we don't want a 3 yet. Get to the rim at all costs.

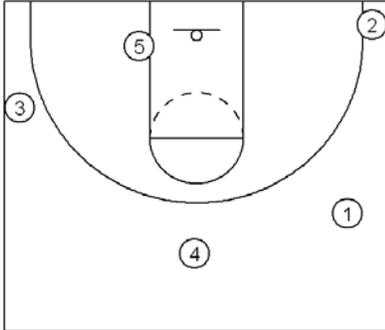
We will tell our kids to not be afraid to make mistakes. Don't be timid, attack attack attack.

We will also work up in sequences of 4-4 where we work just perimeter kids. 4-4 where we will put a post in, and 5 on 5 work later in the year.



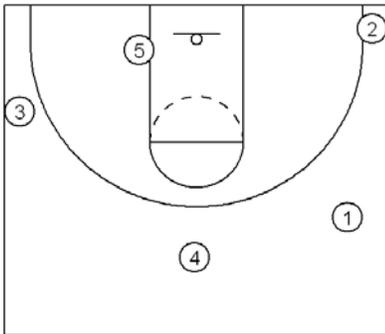
Memphis trouble shooting

Many times we will run into problems as we did last spring, and here are some things we have done to correct those problems. IF you have any questions feel free to pm call or email me at any time.



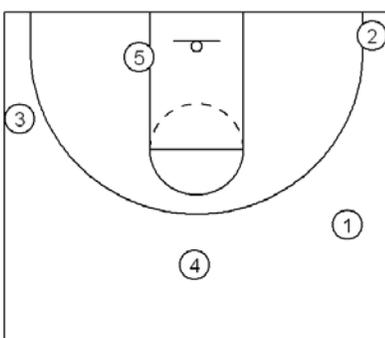
Too much pressure and we can't get around them!

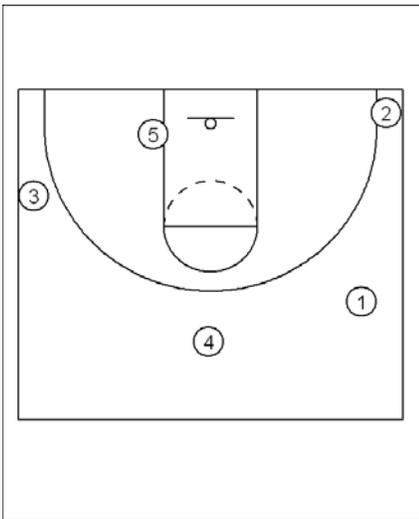
- This came up a few times last spring and we would work a few things. Either allow the ball screen, or dribble hand off.
- In the dribble handoff, let the receiver catch the pass off of the bounce. Don't jump stop to hand off. Try not to work on this early, as your kids will want to do this all of the time.
- If the defenders jump the handoff, we will back cut to the rim. We have an open lane to the basket, so we will be ok.



My kids are too quick to pitch out!

- Drill, Drill, Drill them on attacking the rim on 1 on 1 work. We emphasize this so much, my kids probably think these are the only words that I can speak.
- Work a lot of 1-0 situations to where they are attacking the rim, and you are watching their footwork.
- Have a pad during 1-0 work where you bump them when they get into the lane. Make them take the layup while getting fouled.





We seem to be in too big of a rush.

- Work with them during 2 on 2 to work out timing and spacing issues. Make them understand that they have to keep spacing to make this effective.
- Dont worry too much, being in a big rush is better than being too slow.
- Make them keep their heads up to see the help and where it is coming from

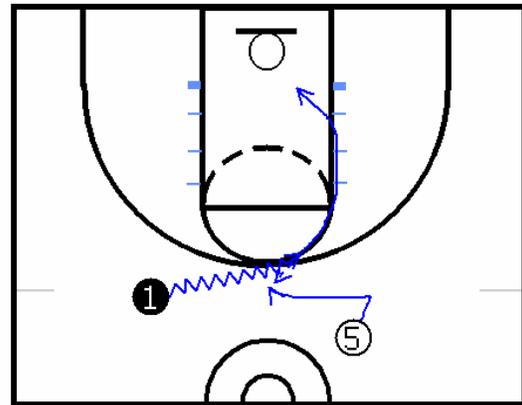
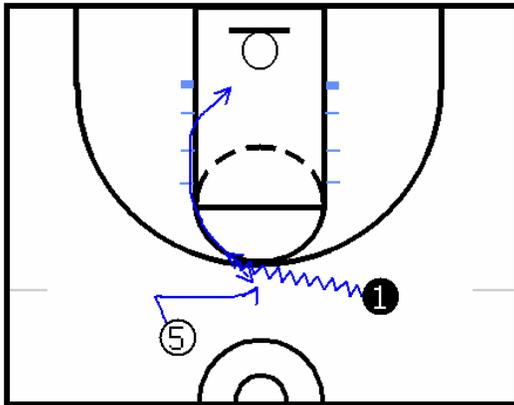


**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

GUARD DAILY DOZEN DRILLS

1. **ELEVEN WEAVE 3 point shot – Right (make 20) / Left (make 20)**
 - a. The two point guards work together in the “drop off weave” option in the offense.
 - a. The BALL point guard (on the right) drives middle left and “drops off” the ball for the OFF point guard.
 - b. The OFF point guard receives the ball and shoots the three in the middle of the court.
 - c. Opp. Guard rebounds the ball.
 - d. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.

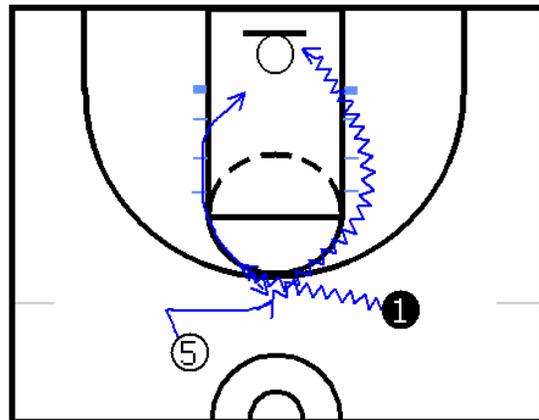
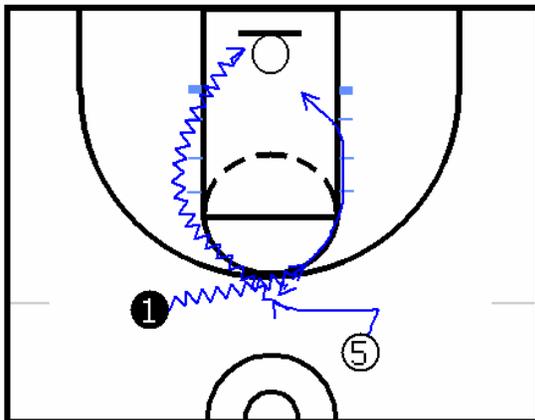
(1)
(2)
(3)
(4)



(1)
(2)
(3)
(4)

2. **ELEVEN WEAVE DRIVE LAYUPS – Right (make 20) / Left (make 20)**
 - a. The two point guards work together in the “drop off weave” option in the offense.
 - b. The BALL point guard (on the right) drives middle left and “drops off” the ball for the OFF point guard.
 - c. The OFF point guard receives the ball and drives to the RIM on the right side.
 - d. Opp. Guard rebounds the ball.
 - e. SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.

(1)
(2)
(3)
(4)

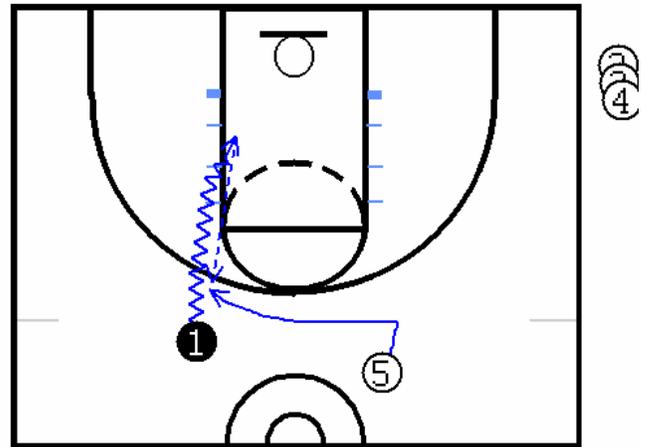
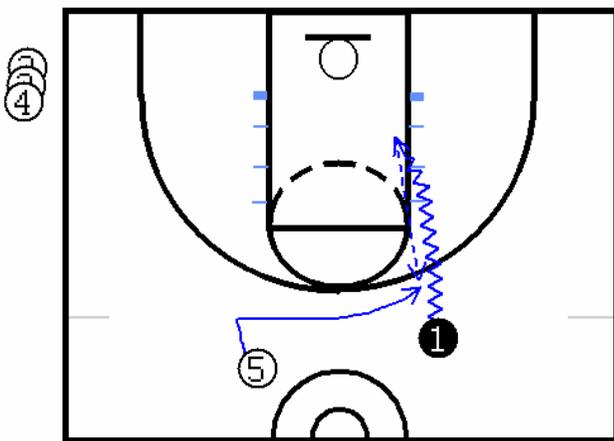




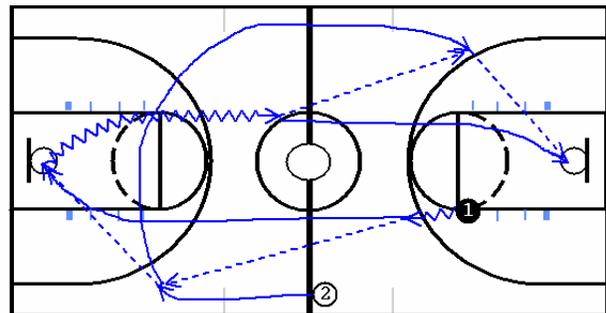
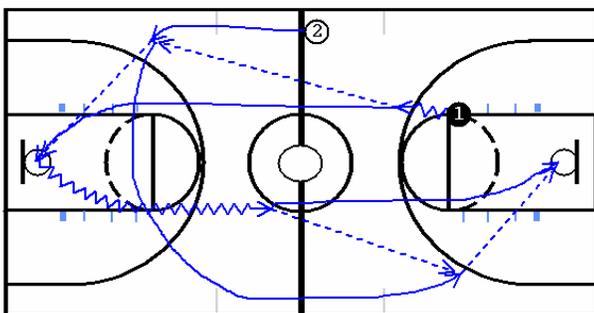
**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

GUARD DAILY DOZEN DRILLS

3. **ELEVEN DRAG 3 point shot - Right (make 20) / Left (make 20)**
- The BALL point guard drives to the "Drop Zone" while the OFF point guard "DRAGS" in behind.
 - The BALL point guard passes back to the OFF point guard for a three.
 - Ball Point Guard rebounds the ball.
 - SAME DRILL OPPOSITE SIDE. 40 total makes for each point guard = 80 total makes.



4. **TWELVE / THIRTEEN AHEAD 3 point shot - Right (make 10) / Left (make 10)**
- BALL point guard passes ahead to the WING for a 3 point shot.
 - BALL point guard rebounds while the WING fills the opp. Lane to repeat.
 - REPEAT in the FULL court. 20 total makes for the WING.



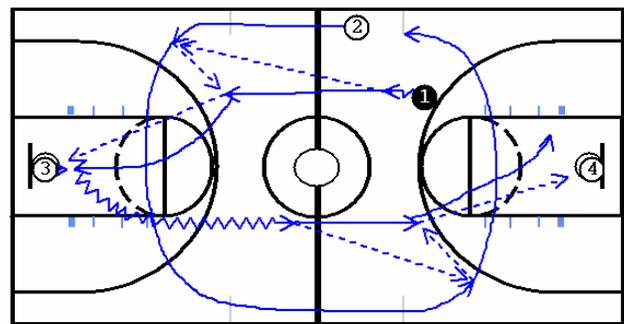
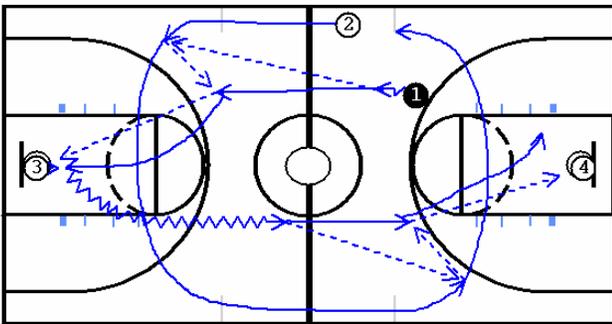
ONE...
Team, game, goal, direction...
TOGETHER!
www.virtualbasketballcoach.com



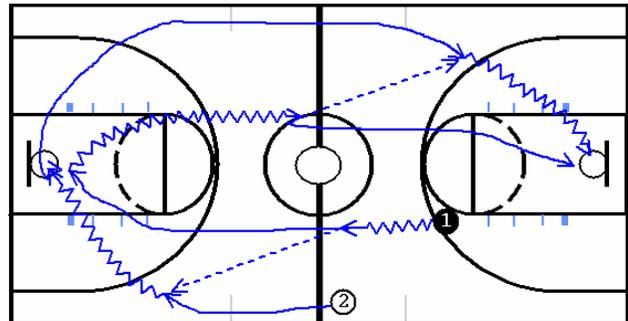
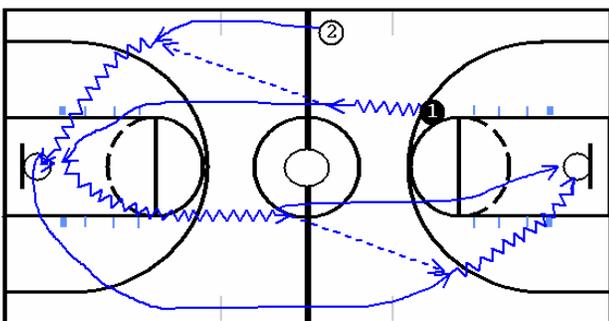
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

5. **TWELVE / THIRTEEN AHEAD BALL REVERSAL 3 point shot - Right (make 10) / Left (make 10)**
- BALL** point guard passes ahead to the **WING** as the **BALL** point guard “Drags” behind in his lane.
 - Wing** passes back to the **BALL** point guard for a 3 point shot.
 - BALL** point guard rebounds own shot / wing fills lane and **REPEAT** in the **FULL** court. 20 total makes for the **BALL** point guard.



6. **TWELVE / THIRTEEN AHEAD WING LAYUP - Right (make 20) / Left (make 20)**
- BALL** point guard passes ahead to the **WING** for a **DRIVING LAYUP** to the **RIM**.
 - BALL** point guard rebounds while the **WING** fills the opp. Lane to repeat.
 - REPEAT** in the **FULL** court. 40 total makes for the **WING**.



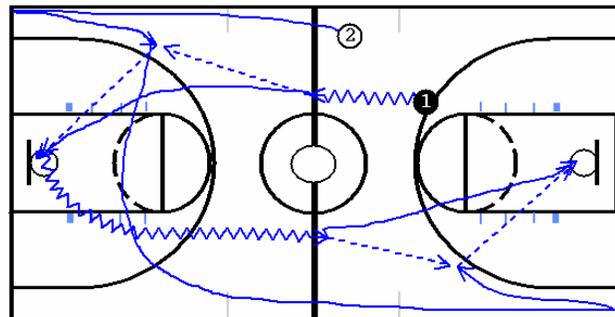
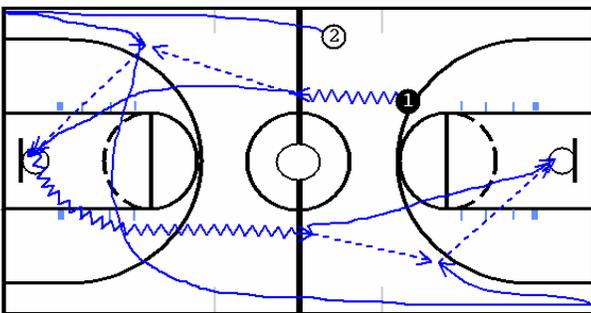
ONE...
Team, game, goal, direction...
TOGETHER!



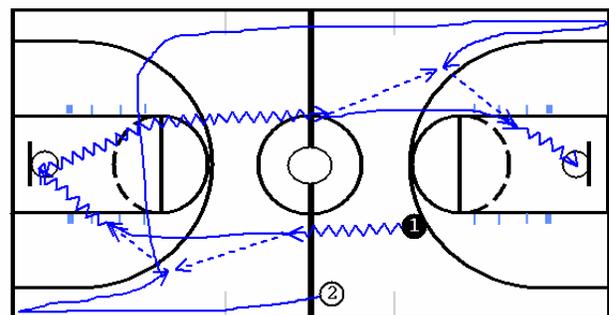
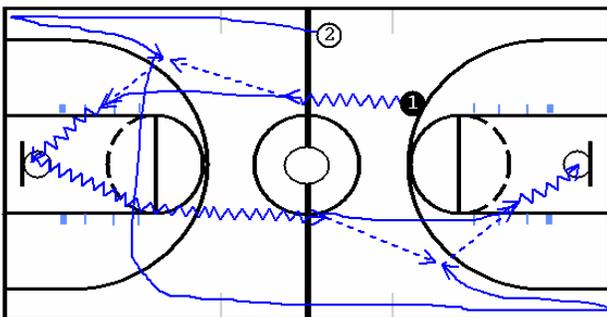
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

GUARD DAILY DOZEN DRILLS

7. **TWELVE / THIRTEEN BOUNCE BACK 3 point shot - Right (make 10) / Left (make 10)**
- BALL** point guard passes ahead to the **WING** after he **BOUNCES BACK** off the base line to the wing for a 3 pt shot.
 - BALL** point guard rebounds while the **WING** fills the opp. Lane to repeat.
 - REPEAT** in the **FULL** court. 20 total makes for the **WING**.



8. **TWELVE / THIRTEEN BOUNCE BACK Give and GO - Right (make 10) / Left (make 10)**
- BALL** point guard passes ahead to the **WING** after he **BOUNCES BACK** off the base line to the wing.
 - BALL** point guard makes a **HARD** basket cut for a return pass and **LAYUP** to the **RIM**.
 - BALL** point guard rebounds own shot / wing fills lane and **REPEAT** in the **FULL** court. 20 total makes for the **BALL** point guard.



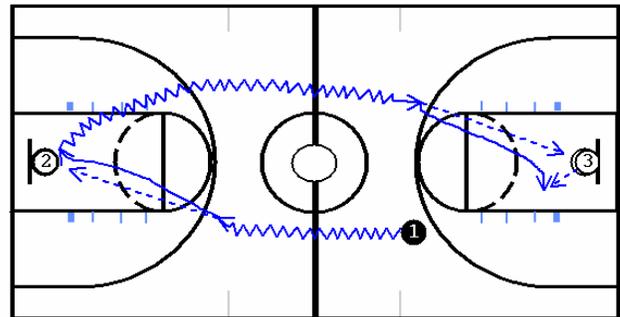
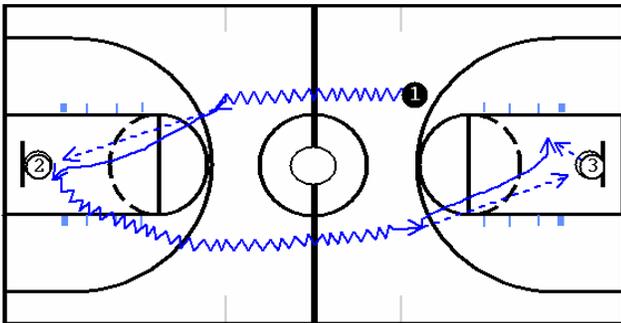
ONE...
Team, game, goal, direction...
TOGETHER!



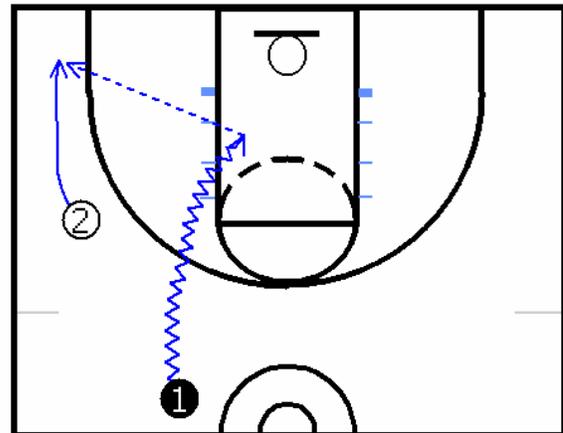
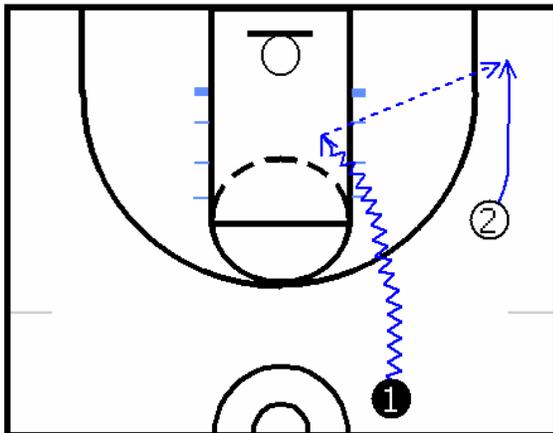
**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

GUARD DAILY DOZEN DRILLS

9. **POINT GUARD PULL UP 3 pt. shot - Right (make 10) / Left (make 10)**
- BALL** point guard dribbles up court and pulls up for three point shot.
 - BALL** point guard retrieves his own rebound and repeats down court.
 - 20 total makes for the **BALL** point guard.



10. **TWELVE / THIRTEEN FADE 3 point shot - Right (make 20) / Left (make 20)**
- BALL** point guard penetrates his LANE and ball side wing fades to corner for a pass from the **BALL** point guard.
 - Wing shoots three point shot and rebounds his own shot to REPEAT.
 - BALL** point guard stays back for defensive balance and then resets drill to repeat.
- a. **SAME DRILL OPPOSITE SIDE.** 40 total makes.



ONE...

Team, game, goal, direction...

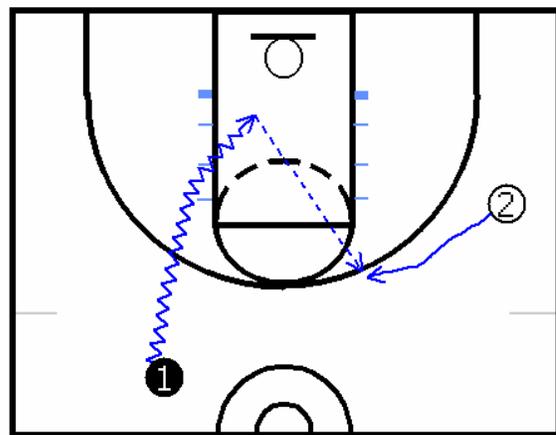
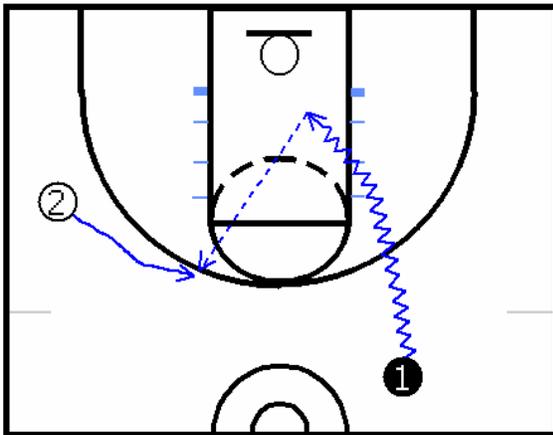
TOGETHER!



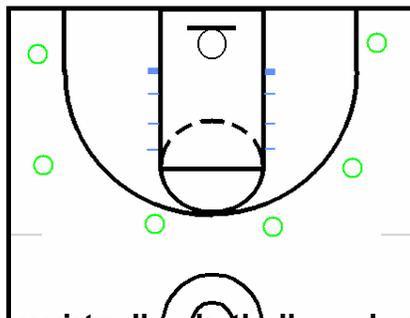
**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

GUARD DAILY DOZEN DRILLS

11. **TWELVE / THIRTEEN HIGH 3 point shot - Right (make 20) / Left (make 20)**
- BALL** point guard penetrates his **LANE** and weak side wing comes high for a “kick out” 3 point shot.
 - Wing shoots three point shot and rebounds his own shot to **REPEAT**.
 - BALL** point guard stays back for defensive balance and then resets drill to repeat.
 - SAME DRILL OPPOSITE SIDE.** 40 total makes.



12. **FOUR on the Move (3 pt. shooting) – 20 MAKES**
- Rt. Corner to Rt. Wing**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Rt. Wing to Rt. Lane Line extended**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Rt. Lane Line extended to Left Lane Line extended**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Left Lane Line extended to Left Wing**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Left Wing to Left Corner**
 - MUST** sprint from spot to spot
 - MUST** make six baskets

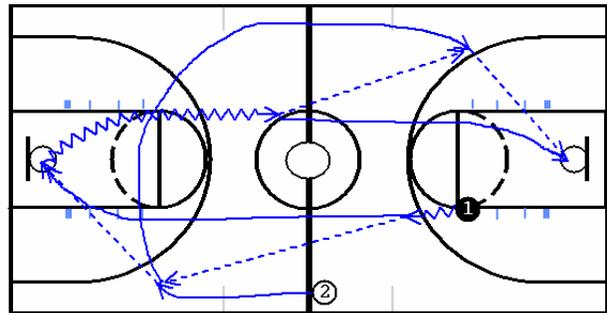
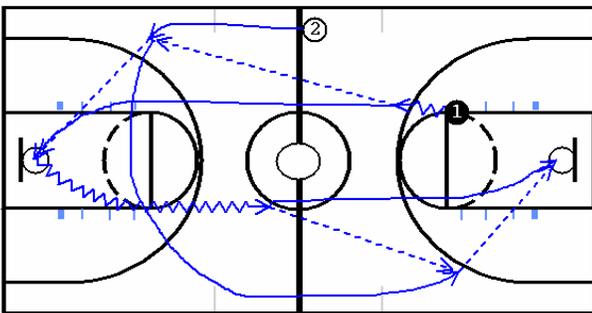




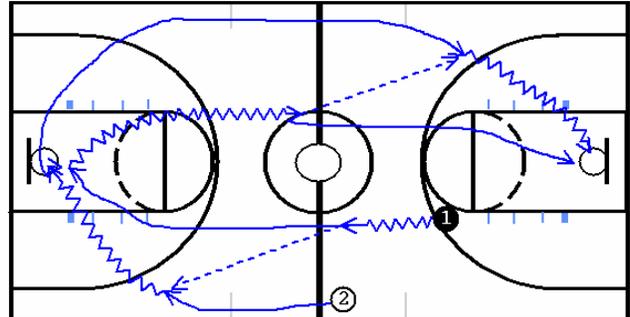
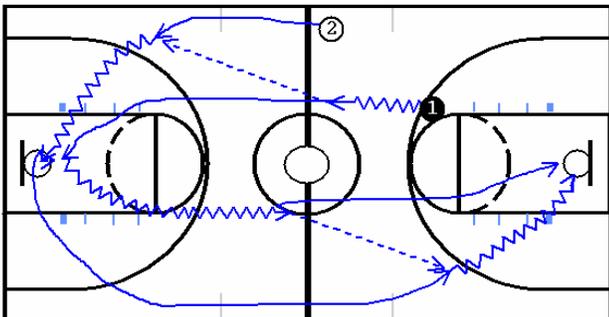
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

1. **TWELVE / THIRTEEN AHEAD 3 point shot - Right (make 20) / Left (make 20)**
 - a. **BALL** point guard passes ahead to the WING for a 3 point shot.
 - b. **BALL** point guard rebounds while the WING fills the opp. Lane to repeat.
 - c. **REPEAT** in the FULL court. 20 total makes for the WING.



2. **TWELVE / THIRTEEN AHEAD WING LAYUP - Right (make 10) / Left (make 10)**
 - a. **BALL** point guard passes ahead to the WING for a DRIVING LAYUP to the RIM.
 - b. **BALL** point guard rebounds while the WING fills the opp. Lane to repeat.
 - c. **REPEAT** in the FULL court. 40 total makes for the WING.



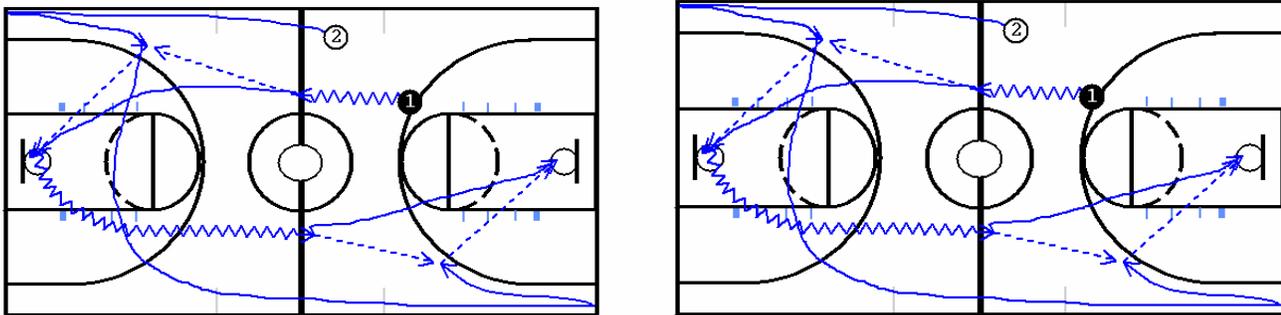
ONE...
Team, game, goal, direction...
TOGETHER!



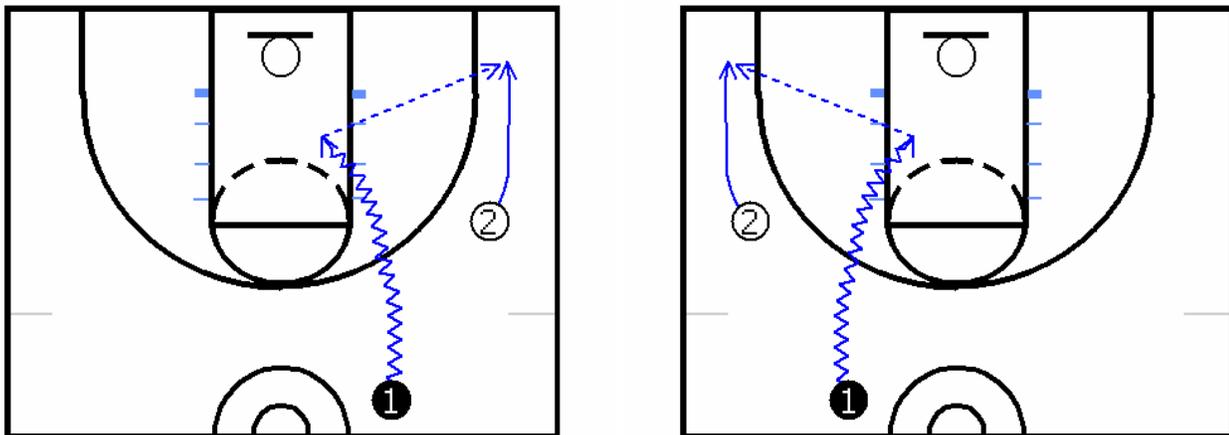
**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

WING / POST BIG TEN DRILLS

3. **TWELVE / THIRTEEN BOUNCE BACK 3 point shot - Right (make 20) / Left (make 20)**
- BALL point guard passes ahead to the WING after he BOUNCES BACK off the base line to the wing for a 3 pt shot.
 - BALL point guard rebounds while the WING fills the opp. Lane to repeat.
 - REPEAT in the FULL court. 20 total makes for the WING.



4. **TWELVE / THIRTEEN FADE 3 point shot - Right (make 20) / Left (make 20)**
- BALL point guard penetrates his LANE and ball side wing fades to corner for a pass from the BALL point guard.
 - Wing shoots three point shot and rebounds his own shot to REPEAT.
 - BALL point guard stays back for defensive balance and then resets drill to repeat.
 - SAME DRILL OPPOSITE SIDE. 40 total makes.



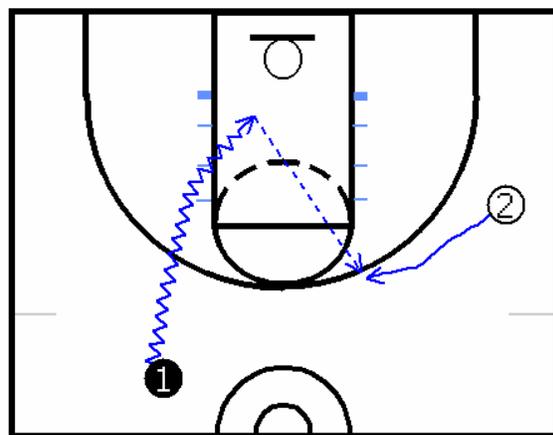
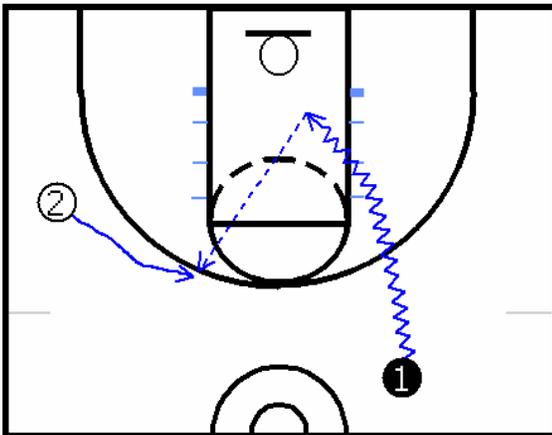
ONE...
Team, game, goal, direction...
TOGETHER!



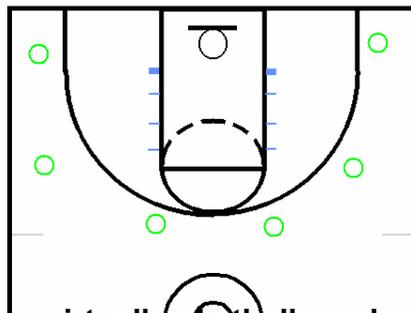
PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

WING / POST BIG TEN DRILLS

5. **TWELVE / THIRTEEN HIGH 3 point shot - Right (make 20) / Left (make 20)**
- BALL** point guard penetrates his **LANE** and weak side wing comes high for a “kick out” 3 point shot.
 - Wing shoots three point shot and rebounds his own shot to **REPEAT**.
 - BALL** point guard stays back for defensive balance and then resets drill to repeat.
 - SAME DRILL OPPOSITE SIDE.** 40 total makes.



6. **EIGHT on the Move (3 pt. shooting) – 40 MAKES**
- Rt. Corner to Rt. Wing**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Rt. Wing to Rt. Lane Line extended**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Rt. Lane Line extended to Left Lane Line extended**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Left Lane Line extended to Left Wing**
 - MUST** sprint from spot to spot
 - MUST** make six baskets
 - Left Wing to Left Corner**
 - MUST** sprint from spot to spot
 - MUST** make six baskets



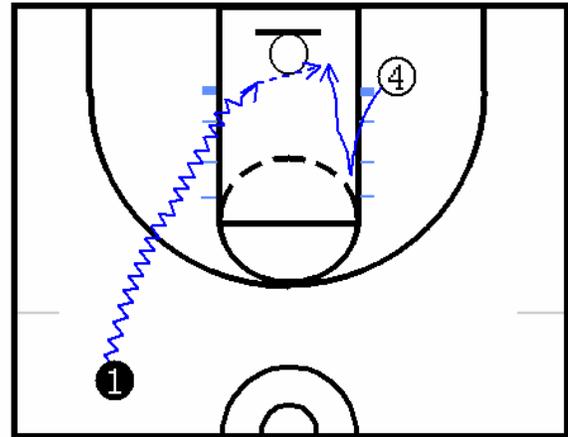
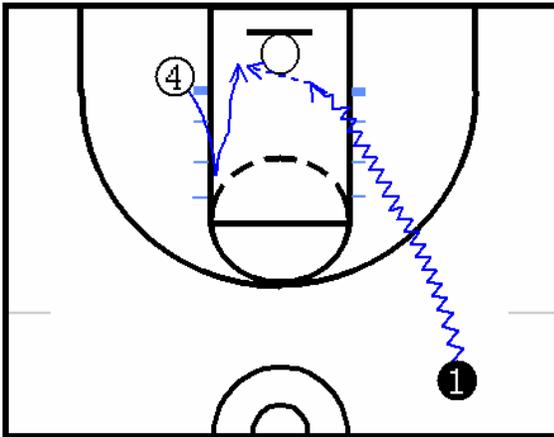


**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

WING / POST BIG TEN DRILLS

7. **FOURTEEN V-UP LAYUP (10 right / 10 left)**
 a. Each player **MAKES 20**

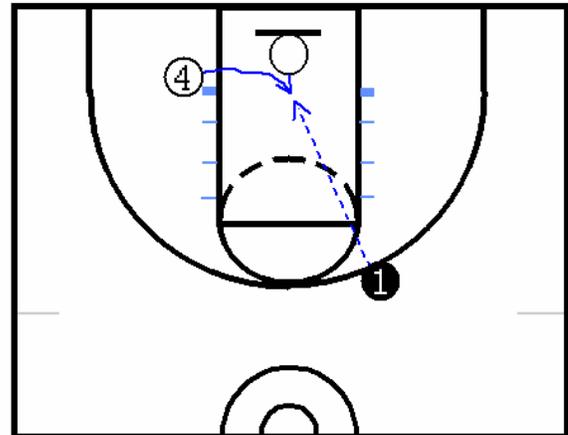
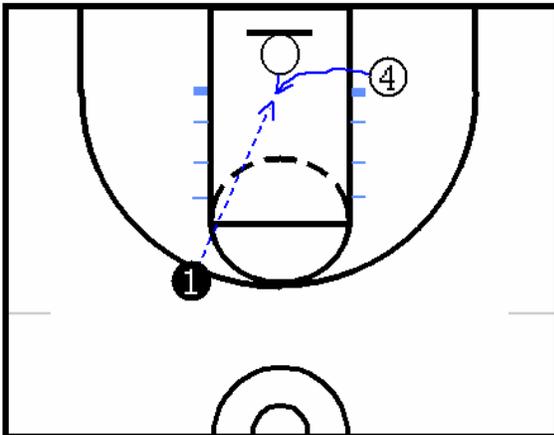
(2)
(3)



(2)
(3)

8. **“14” FLASH PIN LAYUP (10 right / 10 left)**
 a. Each player **MAKES 20**

(2)
(3)
(3)



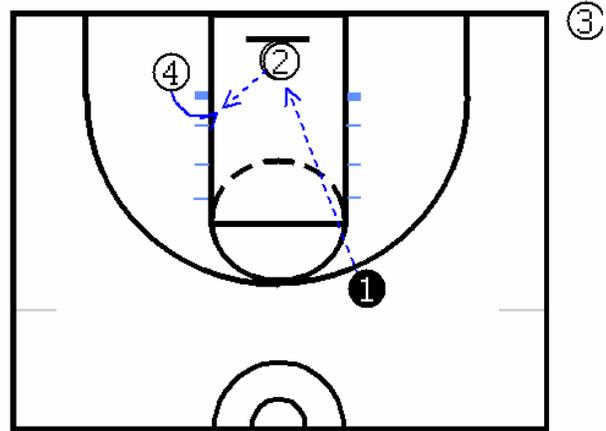
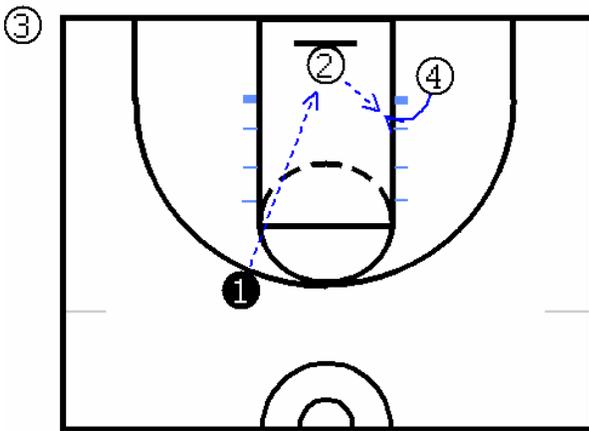
ONE...
Team, game, goal, direction...
TOGETHER!



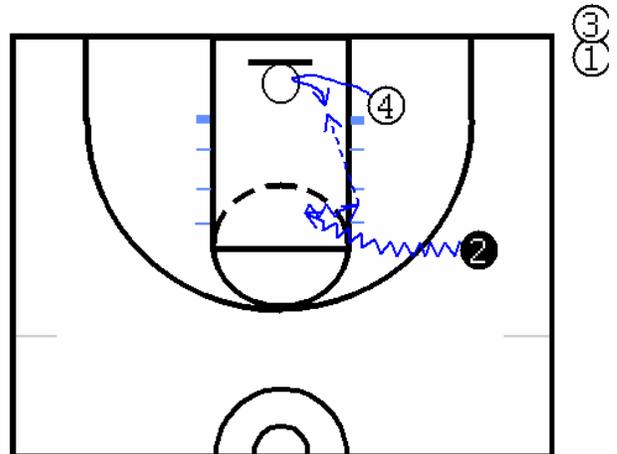
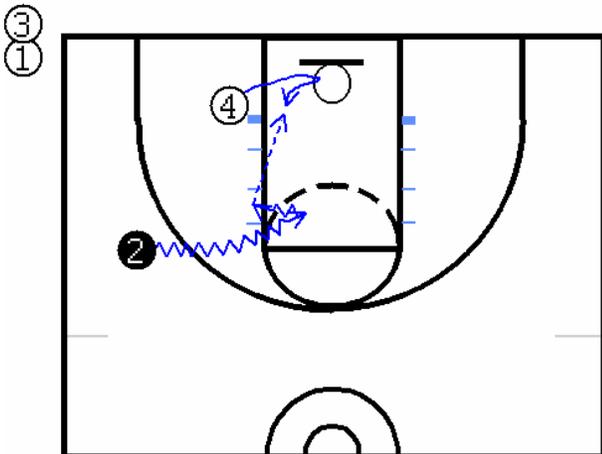
**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

WING / POST BIG TEN DRILLS

9. "14" MISSED 3 pt. PULLUP REBOUND LAYUP (10 right / 10 left)
a. Each player MAKES 20



10. "24 / 34" LEG WHIP PIN LAYUP (10 right / 10 left)
a. Each player MAKES 20



ONE...
Team, Game, Goal, Direction...
TOGETHER!

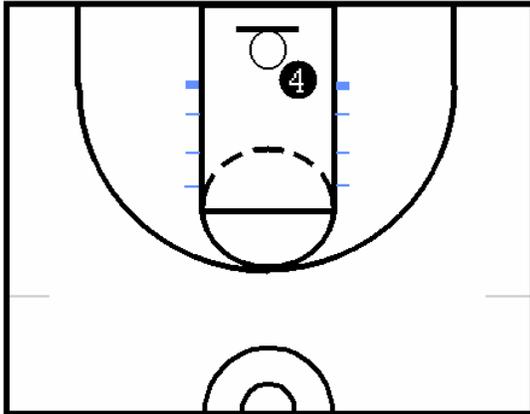


PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...

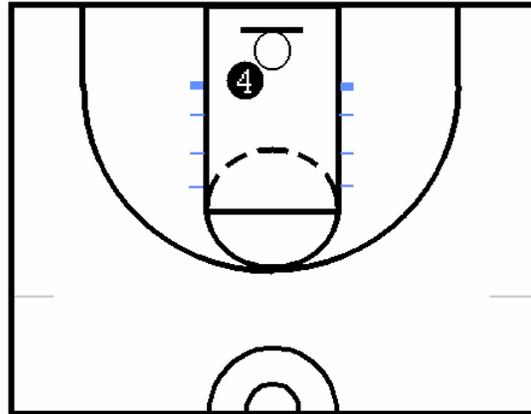
POST HALF DOZEN DRILLS

1. **REBOUND EXPLOSION LAYUP DRILL (10 right / 10 left)**
a. Each player **MAKES 20**

1
2
3

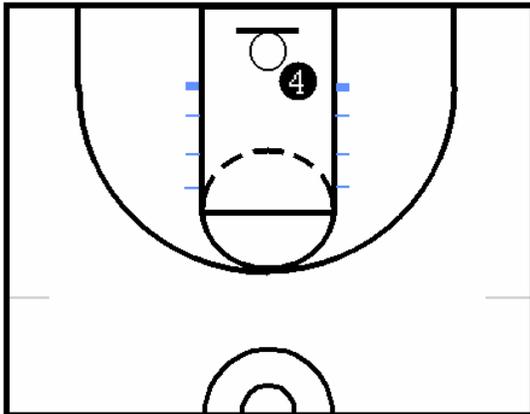


1
2
3

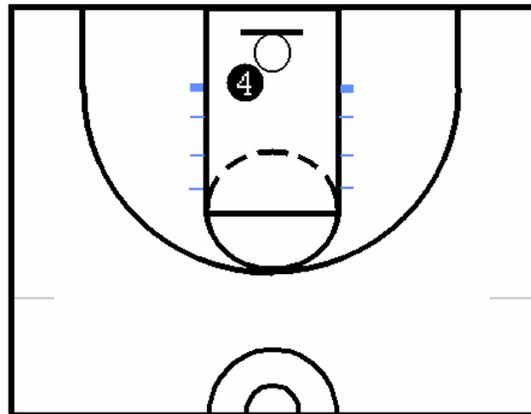


2. **REBOUND SHOT FAKE EXPLOSION LAYUP DRILL (10 right / 10 left)**
a. Each player **MAKES 20**

1
2
3



1
2
3



ONE...
Team, game, goal, direction...
TOGETHER!

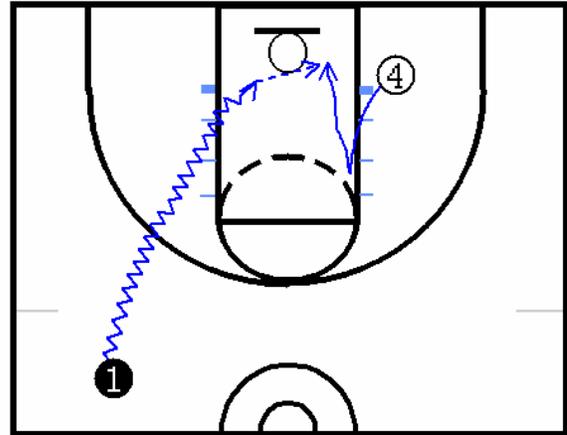
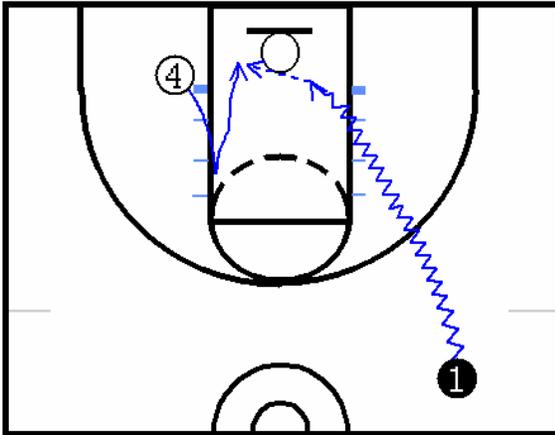


**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

POST HALF DOZEN DRILLS

3. **FOURTEEN V-UP LAYUP (20 right / 20 left)**
 a. Each player **MAKES 40**

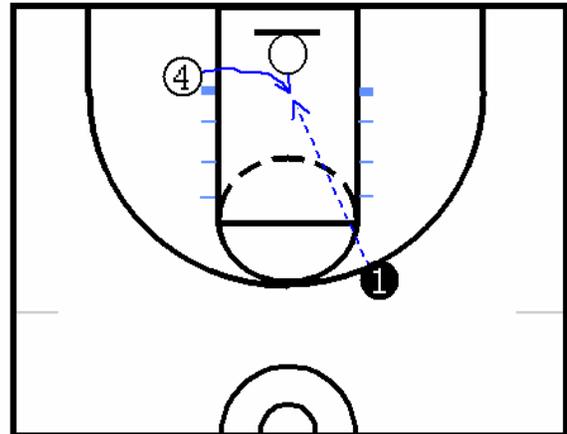
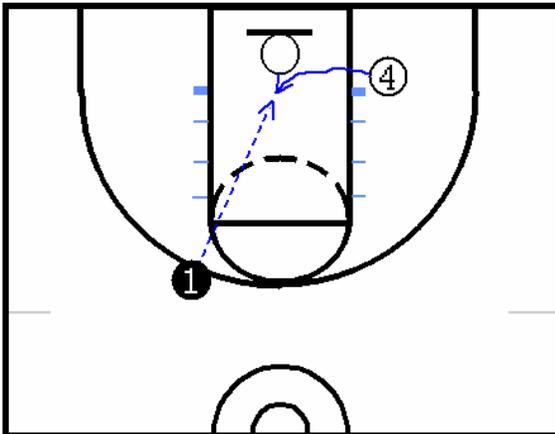
(C)



(C)

4. **“14” FLASH PIN LAYUP (20 right / 20 left)**
 a. Each player **MAKES 40**

(C)
(C)



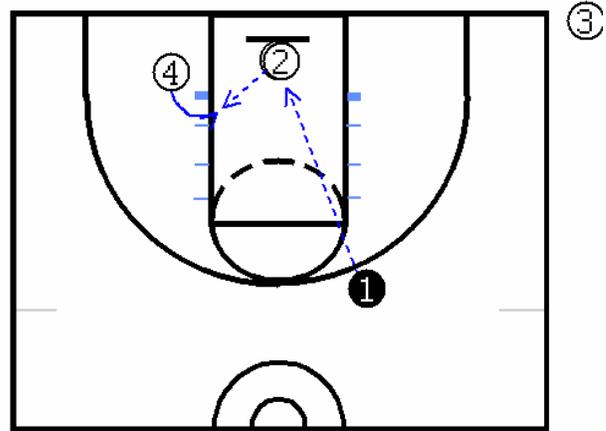
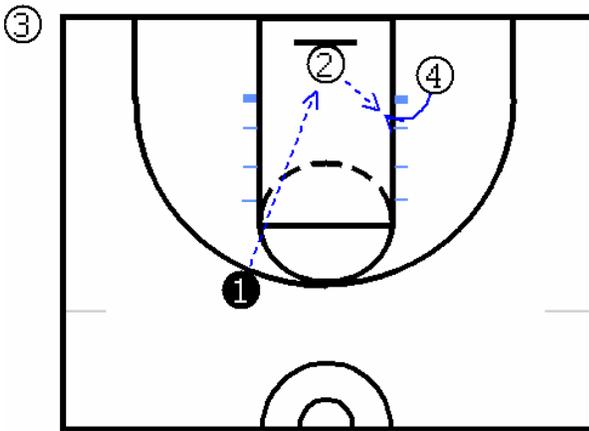
ONE...
Team, game, goal, direction...
TOGETHER!



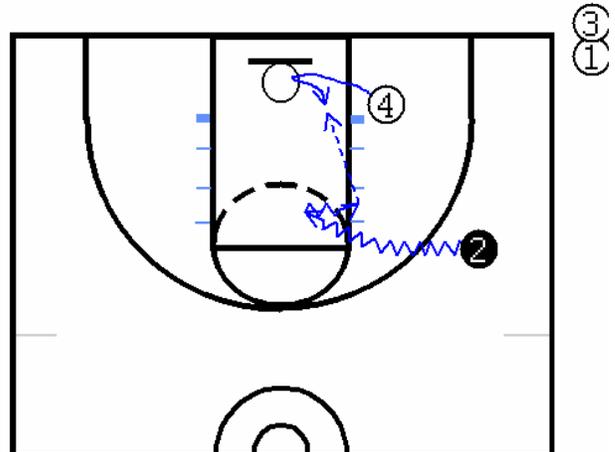
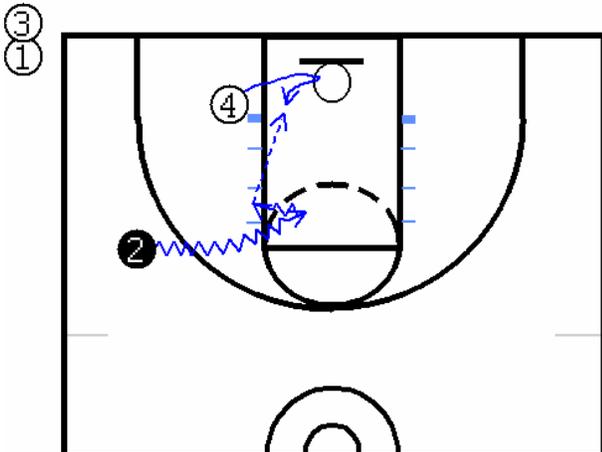
**PRE-SEASON
PARTNER SHOOTING WORKOUT CONT...**

POST HALF DOZEN DRILLS

5. "14" MISSED 3 pt. PULLUP REBOUND LAYUP (20 right / 20 left)
a. Each player MAKES 40



6. "24 / 34" LEG WHIP PIN LAYUP (20 right / 20 left)
a. Each player MAKES 40



ONE...
Team, game, goal, direction...
TOGETHER!

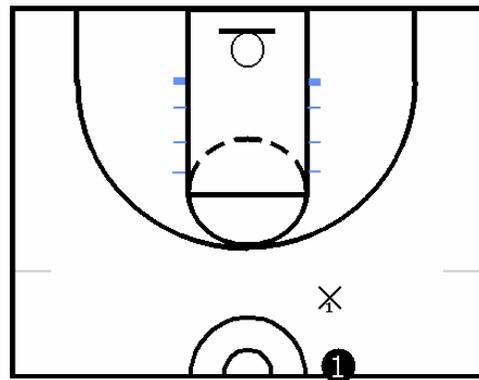
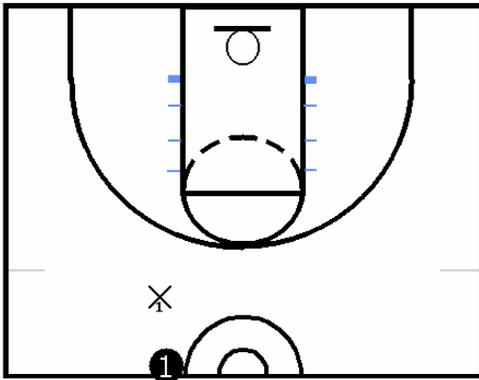


PARTNER WORKOUT
FRESNO BLOOD DRILLS

1. ONE on ONE DRILLS

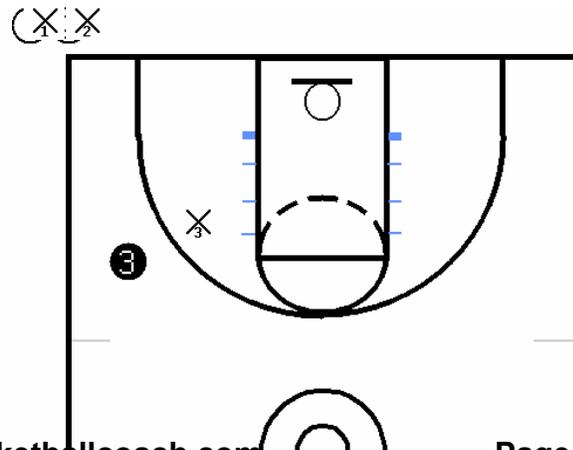
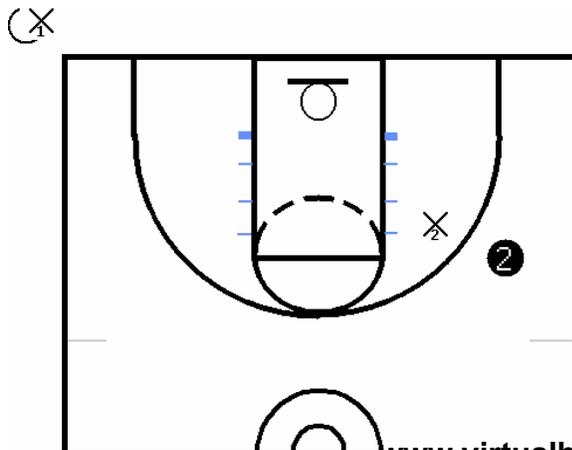
e. **Blood ONE (1): Point Guard one on one from the Point Guard LANE (Lane line extended above the 3 point line)**

- (1) 5 dribbles MAX (from the three point line down) – start at half court (4 dribbles to get to three pt. line)
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



f. **Blood TWO / THREE (2 or 3): Wing one on one from the Wing LANE (Free throw line extended above the 3 pt line)**

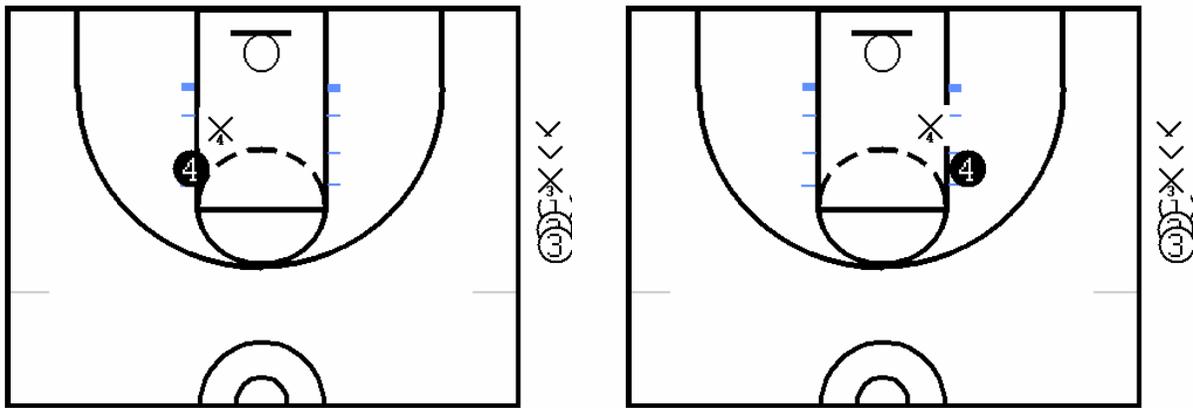
- (1) 4 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE





PARTNER WORKOUT
FRESNO BLOOD DRILLS

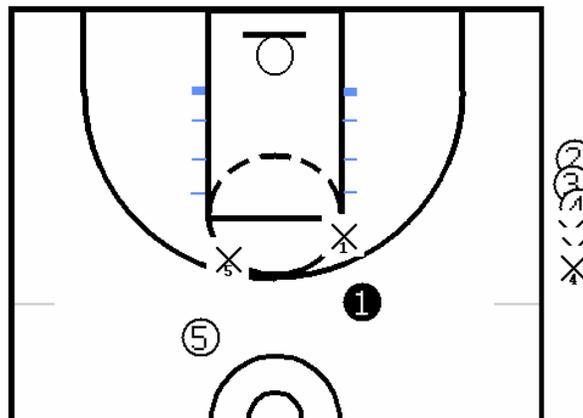
- g. **Blood FOUR (4):** Post one on one from the Post LANE (third FT lane line) – **MUST FACE UP**
- (1) 3 dribbles MAX
 - (2) **MUST** stay within your LANE
 - (3) **LAYUPS (TO THE RIM)** – no mid-range jumpers
 - (4) Turnover if mid-range jumpers are taken
 - (5) **NO FOULS** called – **NO flagrant fouls MADE**



2. **TWO on TWO DRILLS**

- a. **Blood ELEVEN (11):** Two on two with **BOTH** point guards from the Point Guard LANES (Lane line extended above the 3 point line)

- (1) 5 dribbles MAX
- (2) **MUST** stay within your LANE
- (3) 3's or **LAYUPS (TO THE RIM)** – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) **NO FOULS** called – **NO flagrant fouls MADE**

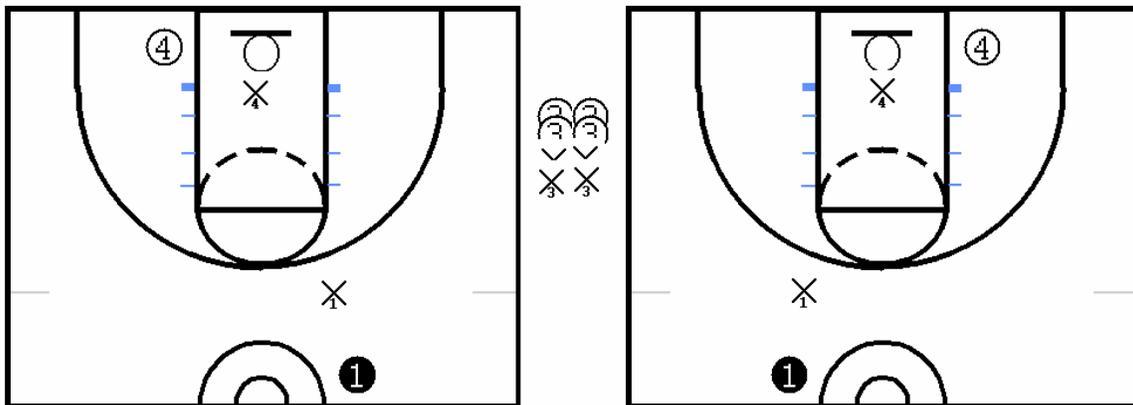




PARTNER WORKOUT
FRESNO BLOOD DRILLS

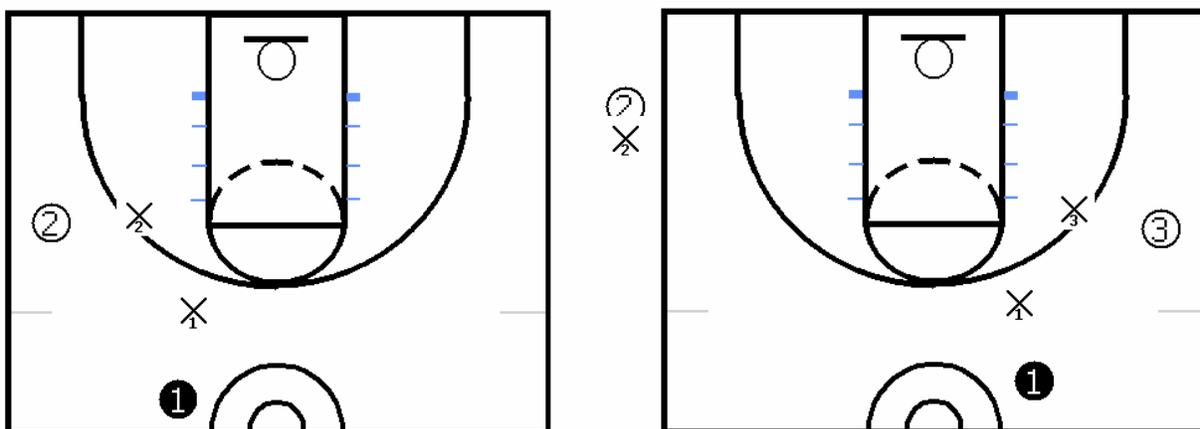
b. **Blood FOURTEEN (14):** Point Guard / POST two on two from the Point Guard LANES (Lane line extended above the 3 point line) and Post LANE (Weak side soft spot to 3rd FT lane line)

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



c. **Blood TWELVE / THIRTEEN (12 or 13):** Point Guard / Wing two on two from the Point Guard LANE (Lane line extended above the 3 point line) and the Wing LANE (Free throw line extended above the 3 point line)

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



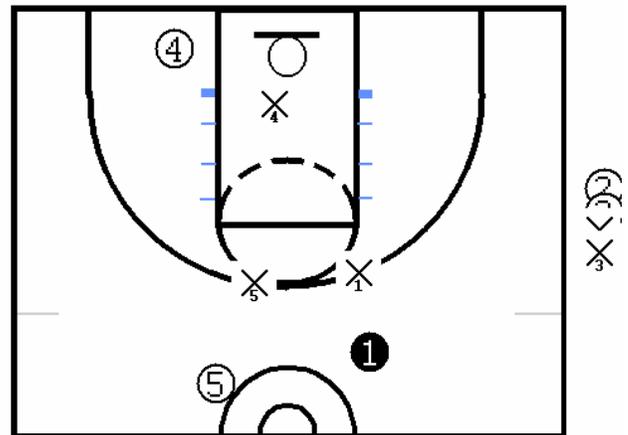
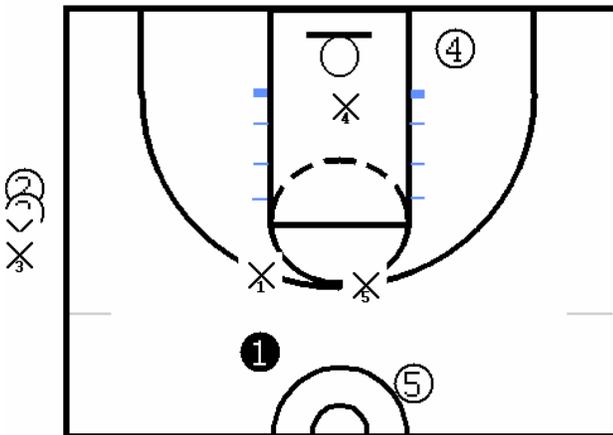


PARTNER WORKOUT
FRESNO BLOOD DRILLS

3. **THREE on THREE DRILLS**

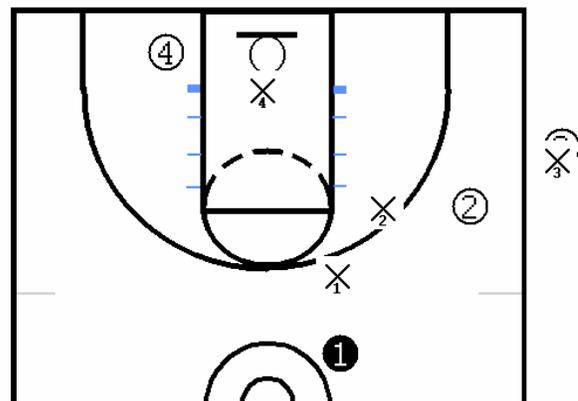
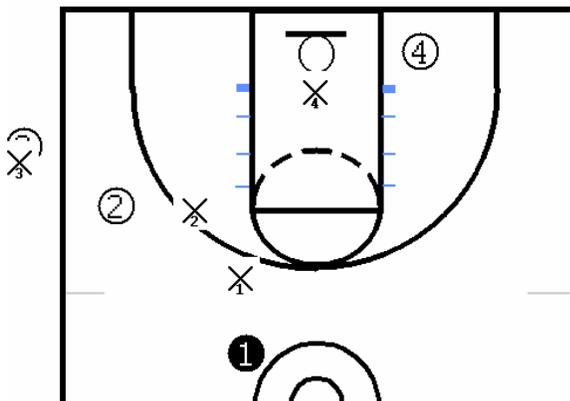
a. **Blood ONE FOURTEEN (114): Point Guard / Point Guard / POST three on three from the position LANES**

- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE



b. **Blood ONE TWENTY FOUR / ONE THIRTY FOUR (124 or 134); Point Guard / Wing / Post three on three from the position LANES**

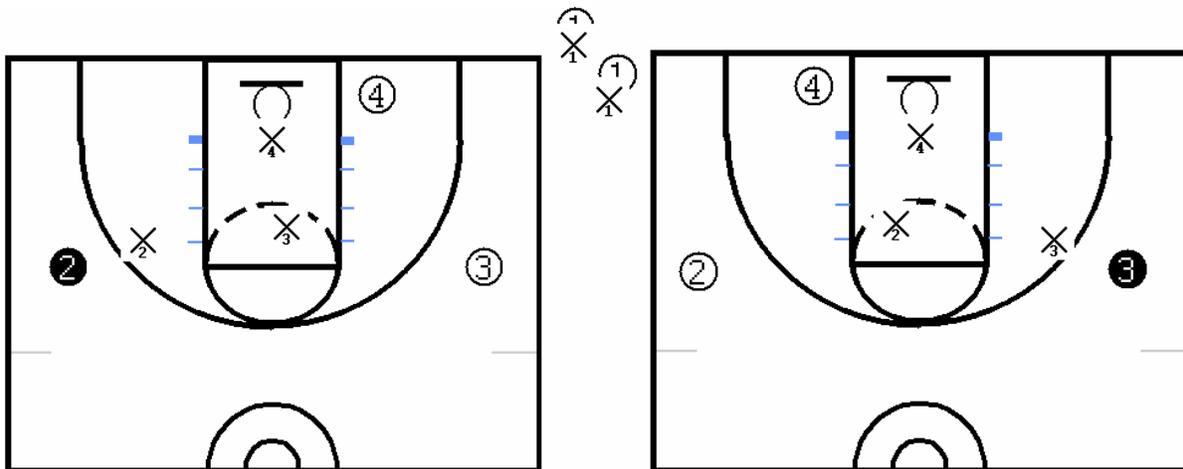
- (1) 5 dribbles MAX
- (2) MUST stay within your LANE
- (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
- (4) Turnover if mid-range jumpers are taken
- (5) NO FOULS called – NO flagrant fouls MADE





PARTNER WORKOUT
FRESNO BLOOD DRILLS

- c. Blood TWO THIRTY FOUR / THREE TWENTY FOUR (224 or 334); Wing / Wing / Post three on three from the position LANES
- (1) 5 dribbles MAX
 - (2) MUST stay within your LANE
 - (3) 3's or LAYUPS (TO THE RIM) – no mid-range jumpers
 - (4) Turnover if mid-range jumpers are taken
 - (5) NO FOULS called – NO flagrant fouls MADE



ONE...
Team, game, goal, direction...
TOGETHER!

Motion Offense

By Randy Sherman

Motion Offense – Foundations

March 1, 2015

By Randy Sherman

There has been talk among basketball coaches, observers, fans and analysts this season about how basketball is becoming unwatchable. Scoring is down at the NCAA level and bad offense is partly to blame.

One college basketball expert offered the opinion that far fewer coaches are taking the time and trouble to really TEACH offense anymore. As a result ball screen/Iso basketball is on the rise and offense is suffering.

That troubles me and it has led to this partnership with FastModel to create a Motion Offense Forum for coaches who love motion offense, who teach it and want to share their methods with others. There is also a generation of young coaches eager to learn more about motion offense. We are bringing them together!

The outpouring of interest has been staggering. In less than two days 150 coaches, from Junior High & High School to AAU to Division I basketball, have reached out to me wanting to be involved. This gives me hope for the future of basketball.

Foundations

With the help of FastModel, we will begin a series on implementing a motion offense from the ground up. Hopefully some of the more experienced coaches will find some of the basics helpful refreshers. The idea is for you to be able to follow this series and be able to build a motion offense with the teams you coach even if you have never been exposed to true motion as a coach.

The series will feature a blog with drill progressions, a forum for coaches to ask questions and discuss ideas, a glossary, downloads and diagrams. There will be a download library where you all can share your resources with other coaches. I will be working on getting all of the drill progression you will see here on video. We want this to be a place where learning motion offense through immersion is possible.

The goal of the FastModel Motion Offense Forum is to create a community for coaches who are dedicated to teaching the game through motion offense and give them a place to gain and share knowledge.

Introduction To Motion Offense

I have been asked if we will be covering four-out motion, five-out motion, three-out/two-in motion, Mover-Blocker, etc. The answer is “yes” but before we get into offensive systems it is important to address some of the very basic elements they all have in common.

There are fundamentals to motion offense that have to be instilled first. I have found that many of these concepts are foreign to a lot of players and coaches. And teaching the details of cutting and screening cannot be brushed over. Therefore, we will start this series with the most basic element of motion offense – the **basket cut**.

Offense at its most basic level involves (Don Meyer):

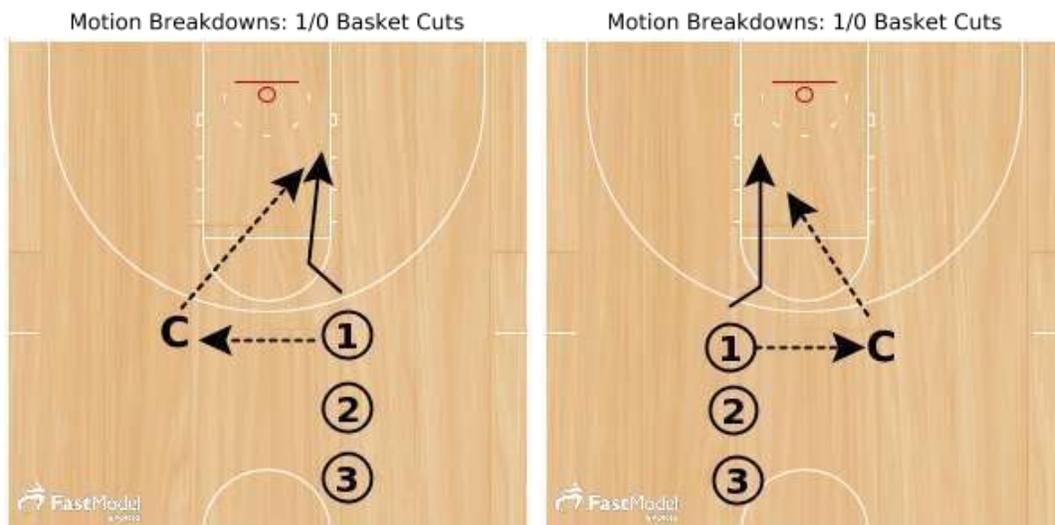
- Moving the basketball
- Moving players
- Screening

The basket cut is the foundation of motion offense and it addresses the “moving players” element of the list. It is imperative that players learn to basket cut not only for give-and-go opportunities but also to set angles for screens and to set up cuts off of screens.

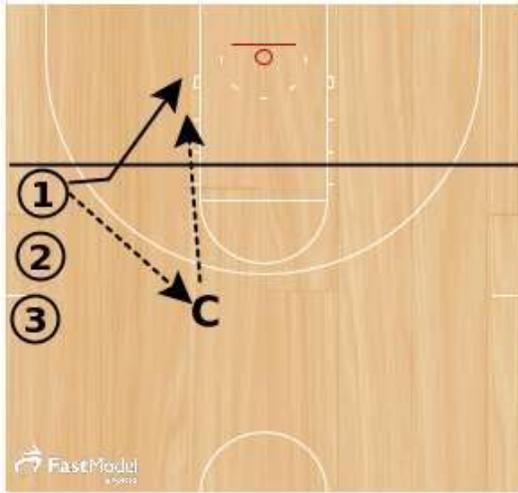
Let’s look at drills to teach basket cuts. In all drills emphasize footwork and fundamentals like ripping through on the catch:

1/0 Basket Cuts

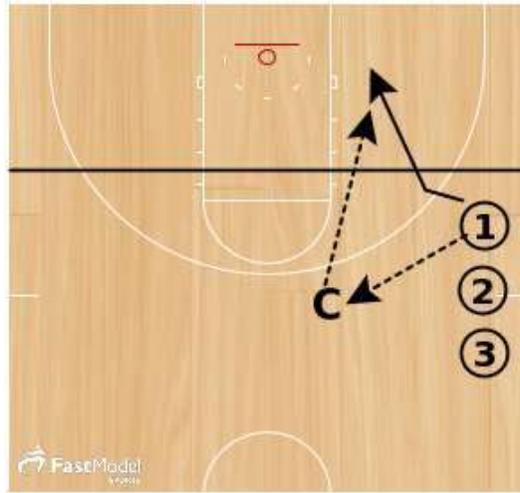
We’ll begin with the most basic action in basketball. This drill need to be run from both **slots** and both wings. Teach beginning the cut with the **near foot**. The objective is to cross the defenders face and make them jump to the ball.



Motion Breakdowns: 1/0 Basket Cuts



Motion Breakdowns: 1/0 Basket Cuts



2/0 Basket Cuts

In this drill two important concepts are introduced: spacing and taking the ball to the action.

As we add players we begin to teach proper spacing. Players should remain 15-18 feet apart. When cutting is introduced it becomes harder to maintain proper spacing.

Taking the ball to the action is a central tenet of motion offense. We do not want the ball to stay on the side of the floor for long. When a player catches on the wing it is important for them to bring the ball to the action with centering dribbles. From the middle of the floor the ball can “see” the action.

Motion Breakdowns: 2/0 Basket Cuts



Motion Breakdowns: 2/0 Basket Cuts



Motion Breakdowns: 2/0 Basket Cuts



Motion Breakdowns: 2/0 Basket Cuts



Motion Breakdowns: 2/0 Basket Cuts



3/0 Basket Cuts

With three players cutting, maintaining proper spacing becomes more challenging. The three players in the drill should maintain **top-side-side** alignment (a Mover-Blocker teaching point). When a basket cut is made from the top continue the cut to the rim then read the action and fill empty spot.

If passing from wing to point, basket cut and replace yourself.

Players should use centering dribbles and fills to maintain top-side-side alignment and 15-18 feet spacing with basic pass, cut and fill action.

Motion Breakdowns: 3/0 Basket Cuts



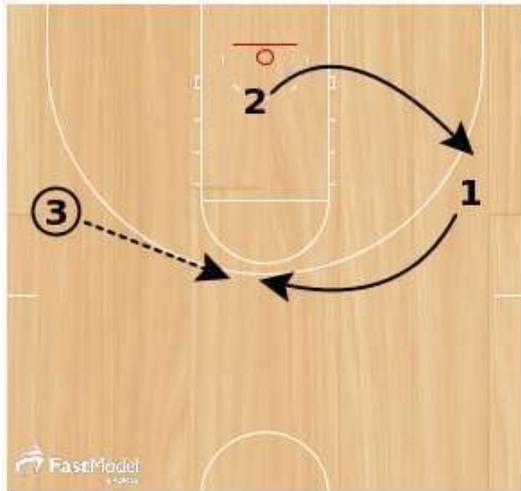
Motion Breakdowns: 3/0 Basket Cuts



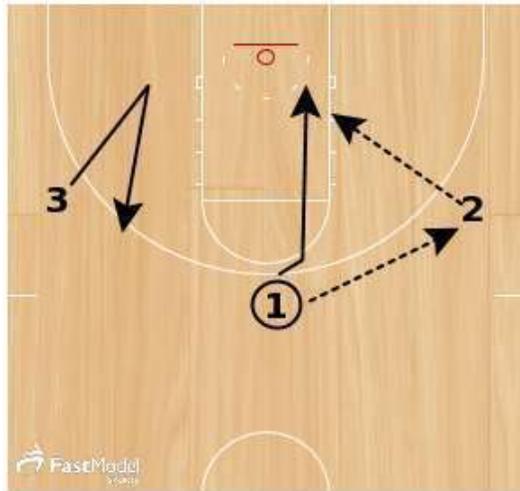
Motion Breakdowns: 3/0 Basket Cuts



Motion Breakdowns: 3/0 Basket Cuts



Motion Breakdowns: 3/0 Basket Cuts



4/0 Basket Cut

Adding a fourth player helps things to begin to look like and offense. By no means does the drill below reflect all of the possible actions that four players cutting and moving and filling spots could produce. But there are some pointers to introduce that make things easier as we advance.

First, after catching the ball on the wing, using a dribble fill after a cutter clears promotes taking the ball to the action. That is vital later when screening is introduced.

Second, slot-to-slot passes promote ball reversal and keep the ball centered where it can see the action.

Players should pass and cut and fill the four motion spots. They will make mistakes, but with repetition cutting, reversing and filling will become second nature.

Motion Breakdowns: 4/0 Basket Cuts

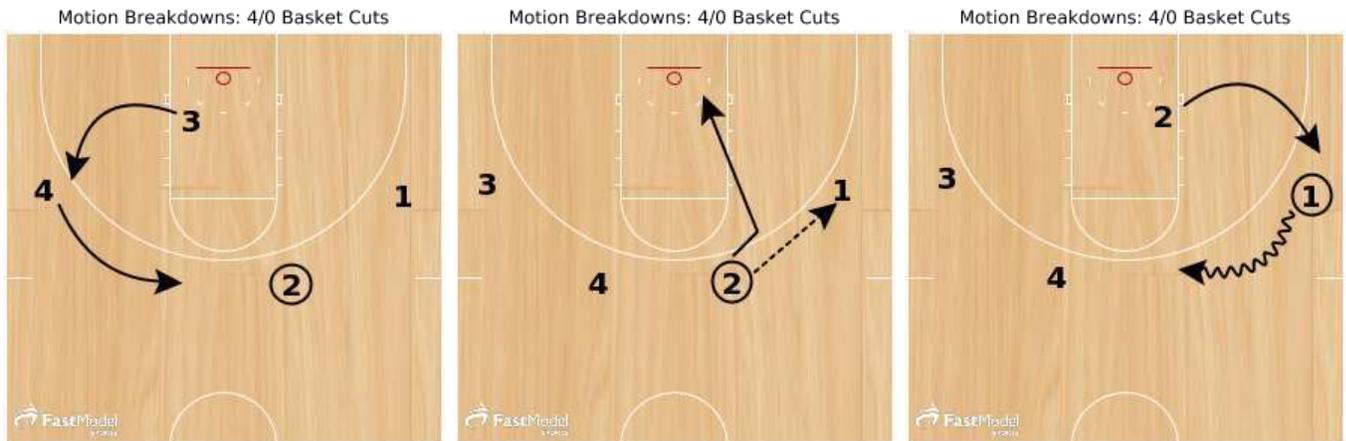


Motion Breakdowns: 4/0 Basket Cuts



Motion Breakdowns: 4/0 Basket Cuts





Working up to four man drills and perfecting them is a great formula before adding a fifth player. Adding defense to these drills comes later in the progression.

This is elementary basketball, but watch a game on TV or in any gym and you will see players pass and stand without challenging their defender with a basket cut. Use these four drills as a foundation to build better motion offense habits.

Next up in the FastModel Motion Offense Forum: Downscreen and cutting drill progressions.

(Special thanks to Justin Scanson of FastModel and Coach Jim Boone of Delta State University for getting the word out about this idea!)



Randy Sherman

Radius Athletics
Contributor since 12/02/14

FOLLOW

Share This Play

Join Now

Sign up now to save and share your favorite plays, follow coach contributors, and receive exclusive content and offers via email.

SIGN UP

Us Contact Policy About Careers Privacy Terms of Use

© 2022 FastModel Sports. v1.0 All rights reserved

Drill: 4v0 Pass, Cut, Fill - FastModel Sports

PUBLISHED 12/04/2020

FAVORITE

SEND TO FASTDRAW

EMAIL

PRINT

EMBED

About This Play/Drill

Excerpt from our latest [playbook](#) entitled "[Four-Out Motion Offense: Teaching Through Drills](#)"

This drill introduces the basic movements of a basic version of [four-out motion offense](#) and the frame descriptions give lots of teaching points you can use to polish up many things you are probably already teaching.

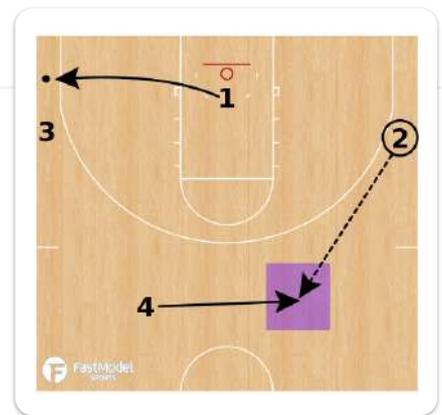
The concepts also govern 4v4 play and getting to 4v4 play ASAP is the goal.

Further reading:

[#MotionOffenseTips: Fill Cutting 101](#)

[#MotionOffenseTips on Twitter!](#)

New FastDraw and/or FastScout subscribers: user code SAVE10 at checkout for 10% off + get a free subscription to the Radius Athletics XTRA newsletter!



The tools we will use to detail the specifics of this offense are the drills used to teach it. Most of these drills are 4v0 (4v4).

To engrain the movement of the offense, spend lots of time in 4v0 (4v4) play. The interior player only slightly changes movements of the offense.

In the frame above, some basic rules are illustrated. First, when you are at the wing, **walk the arc** to the touch spot and blast cut back into the catch as Player 2 does above.

After passing slot to wing, the passer **basket cuts**. But first, attempt to **face cut** the defender ("be a cutter first"). If the defender jumps to the ball, simply cut behind them to the front of the rim. This pass is often open late at the rim, so keep your eyes on the cutter.

I would not expect to score a whole lot on give-and-go basket cuts, but making brave passes can lead to a few opportunities. Instead, view the cuts as space openers.

Two important concepts illustrated above.

Space Out

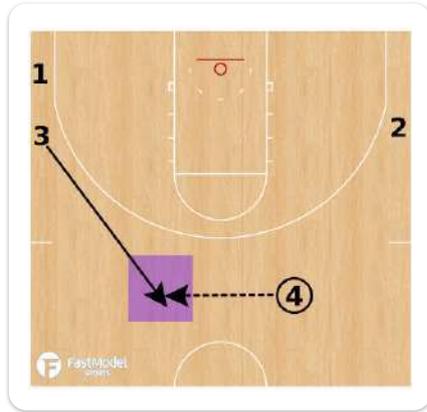
After cutting to the front of the rim, Player 1 spaces out to the touch spot.

Fill Cutting

In these types of offense the #1 thing I have fault with is players automatically filling a vacant spot. Do not automatically cut into the open gaps space as player 2 may elect to drive middle or baseline on the catch. WAIT until eye contact from Player 2 to fill the spot. Player 4 **fill cuts** on eye contact from Player 2. **The goal is to arrive at the spot at the same time as the ball.**

MAN OFFENSE

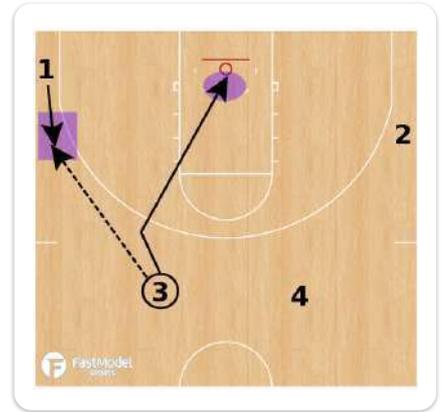
PASSING



As the players continue to circulate the ball, the timing of **fill cuts** is emphasized.

Same rule applies to Player 3's **fill cut** here. WAIT until eye contact from Player 4, then **fill cut** into the catch. Goal: ball and player arrive at spot at the same time.

NOTE: At this phase in the offensive installation, we are only cutting on slot to wing passes. We will discuss options on the slot to slot pass as we progress the offense.



Remember, Player 1 was the original basket cutter, they then exited the lane to the touch spot in the corner. **STAY ON THE TOUCH SPOT!**

Space Up

But when Player 3 looks to the corner for support, Player 1 blast cuts off the touch spot to the wing for the catch. Same goal, we want the ball and player to arrive at the spot at the same time.

By rule, Player 3 passes then basket cuts attempting to cross the face of their defender first. Player 1 keeps eyes on cutter.

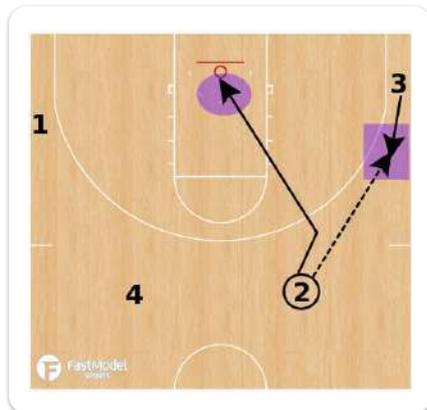


Players continue to circulate the ball following the passing and cutting rules of the offense. The goal is to familiarize the players with the movement, timing and passing of the offense.

Player 3 spaces out to touch spot. Player 4 fills slot on eye contact.



Player 2 fill cuts from wing to slot on eye contact. 3 remains on touch spot.



4v4

Continue passing, cutting and filling while paying attention to the details of face cutting first, taking cuts the rim, hitting touch spots, fill cutting on eye contact, etc. Passing warmup, hit a certain, number of sides, hit a basket cut for a score after a certain amount of passes.

This drill gives an introduction of the basic movements of the offense. Since there is no defense, it is used to emphasize passing, catching, cutting, filling, footwork, etc. Technique! Reading the defense, the foundation of motion offense, requires defenders!

Use this framework for lots and lots of 4v4 play!

#MotionOffenseTips – Inside Cuts

Film Room

Motion Offense

Technology

Technology & Analytics

June 8, 2015

By Randy Sherman

Using FastDraw as an educational tool, these two videos are tutorials on the fundamentals of the basic element of **motion offense** – the downscreen.

The **four basic cuts** of motion offense can be placed into two categories and these videos detail the inside cuts (Curl & Back Cut).

Coaching and teaching points include:

- Alignment
- Spacing
- Screening Angles
- Terminology
- Reading the Defense
- Much More!

Curl Cut

Reading the curl cut when a defender trails the cutter.

[iframe id="https://www.youtube.com/embed/0BDb-hKIAEg"]

Back Cut

Reading the back cut when the defender overplays the downscreen.

[iframe id="https://www.youtube.com/embed/q1RpJnJwOAg"]

Continue the motion offense conversation:

Explore and use the Twitter hashtag **#MotionOffenseTips** as well!

Any questions: randy@radiusathletics.com 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>

#MotionOffenseTips – Outside Cuts

Film Room

Motion Offense

Technology

Technology & Analytics

June 11, 2015

By Randy Sherman



Radius Athletics

Using FastDraw as an educational tool, these two videos are tutorials on the fundamentals of the basic element of **motion offense** – the downscreen.

The **four basic cuts** of motion offense can be placed into two categories and these videos detail the outside cuts (Out Cut & Straight Cut).

Coaching and teaching points include:

- Alignment
- Spacing
- Screening Angles
- Terminology
- Reading the Defense
- Much More!

Out Cut

Reading the out cut when the defender goes ballside of the downscreen.

[iframe id="https://www.youtube.com/embed/k_47vv11WT4"]

Straight Cut

[iframe id="https://www.youtube.com/embed/3KcuL7icmXc"]

Continue the motion offense conversation:

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

Any questions: randy@radiusathletics.com 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 the interscholastic level, Sherman's teams won 197 games in nine seasons.</p>

Single Gap Spacing Issues

Coaching Tips

Featured

Motion Offense

Offense

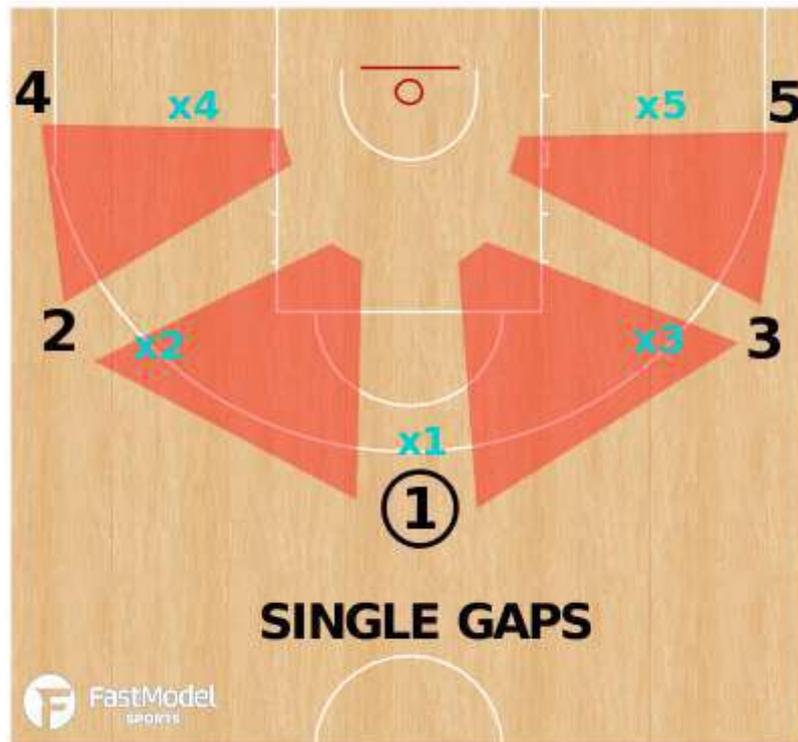
January 12, 2017

By Randy Sherman



A look at single gaps and spacing issues that can arise in five-out alignments.

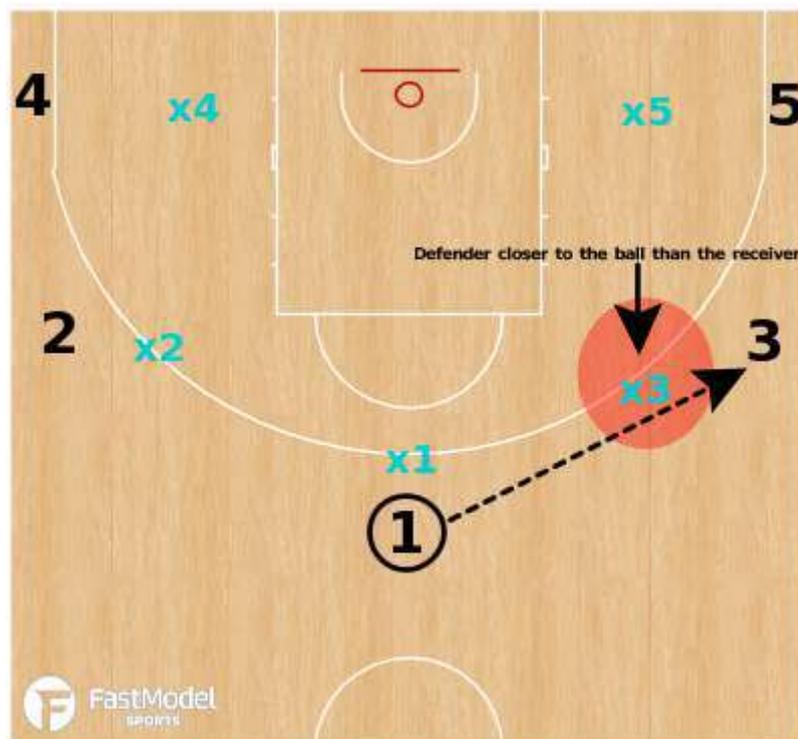
Five-out alignments are common in all levels of basketball. While the five-out does open the lane ; can be effective in pulling defenses away from the rim, it does have it's drawbacks. The most nota drawback being the predominance of **single gaps** (depicted in the diagram below).



In the traditional five-out alignment with proper spacing and floor balance players are within 12 to 15 feet of one another thus creating single gaps between each of them. While this may seem like “great spacing” there are potential drawbacks. Let’s examine the potential risks associated with **single gap spacing**.

Stationary Passes To A Static Player

One issue associated with this spacing and traditional offenses is the over-reliance on stationary passes to a static player who are a single gap away. These passes can be disrupted with pressure in the passing lane.



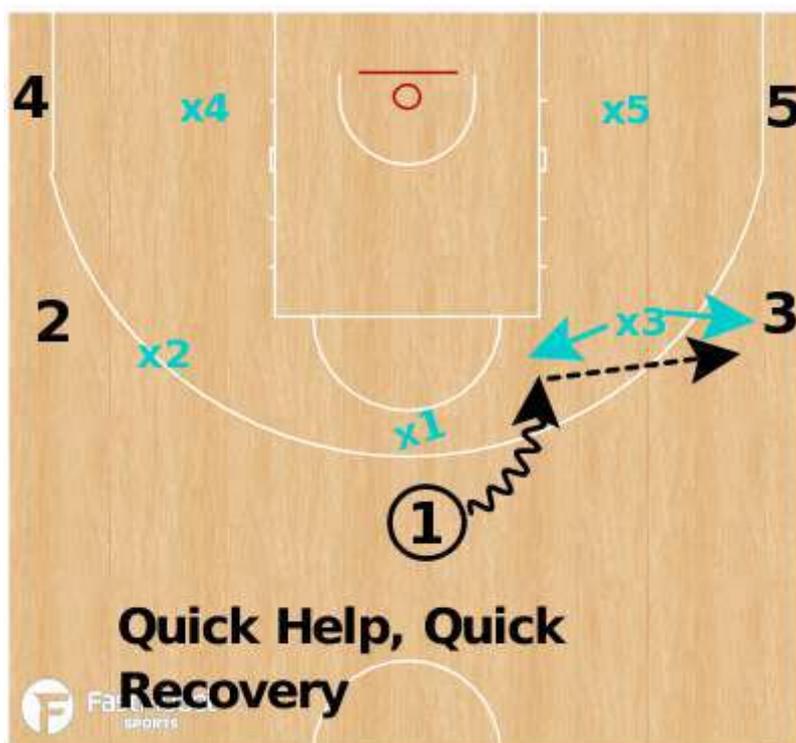
The defender will be closer to the ball than the receiver whether the opponent is in **Pack Line** or **pressure man** stances. Often the defender can **play the passing lane** and disrupt the offense.

At best, the defense makes the receiver work to get open disrupting the pace and timing of the offense. At worst, the defense steals the ball for a breakaway lay-up/dunk. These self-inflicted wounds are how the ball sticks, offenses are disrupted and, all too often, turnovers are committed.

Commonly, traditional offenses feature excessive passes that **must** be made to a static, single gap player. The defense is matched and organized and simply passing to the next player creates no real advantage.

Quick Help, Quick Recovery

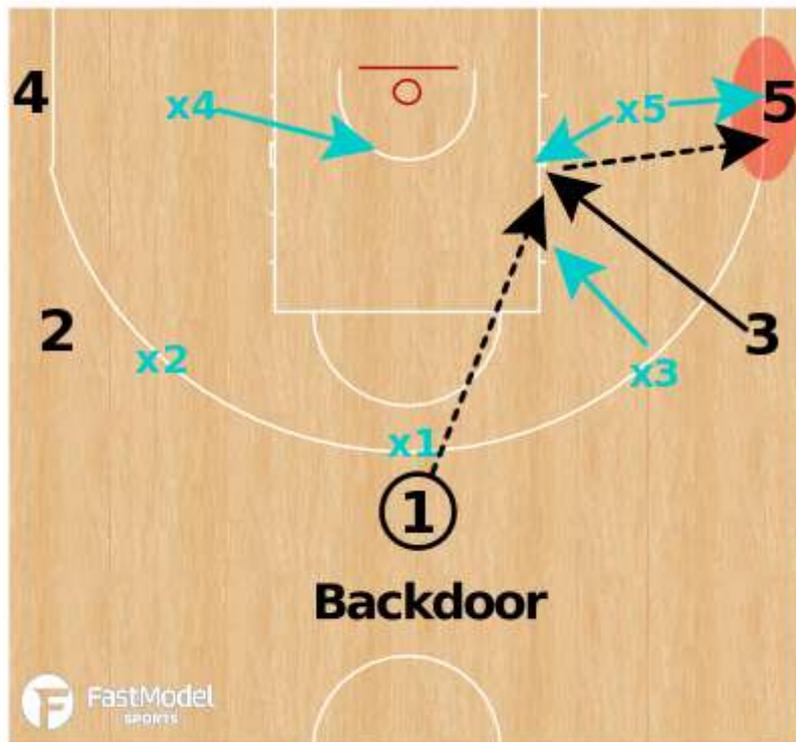
Single gaps limit penetration. Without **enlarging the defense**, driving can be difficult due to the defense's ability to play a man and a half and provide quick help.



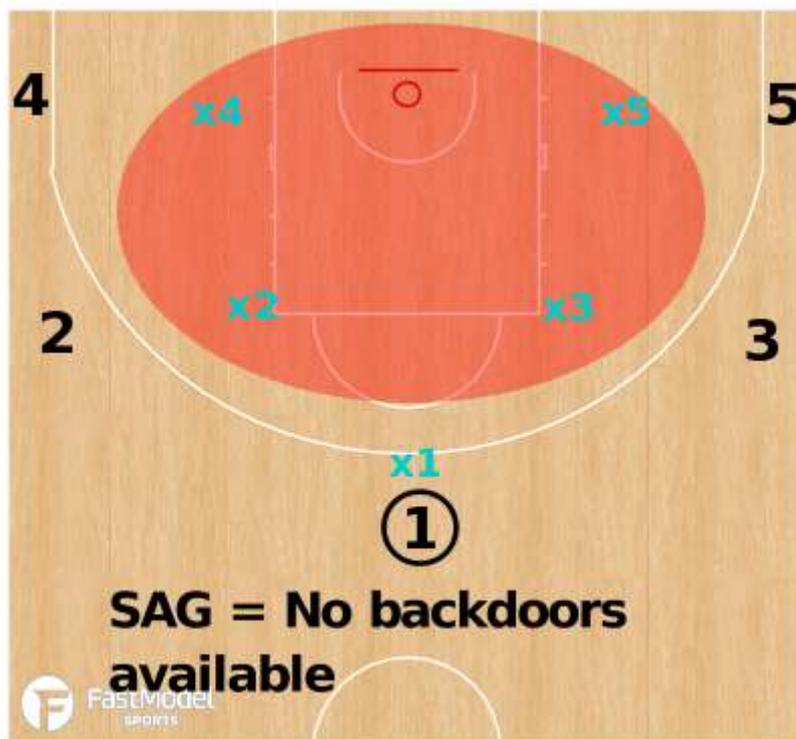
A slight bit of penetration may elicit some quick help from the wing defender (X3) in the diagram above. The attacking player must make a rapid decision to pass to 3. The wing defender is able to make a quick recovery. No advantage is gained and the defense remains organized.

Backdoor Troubles

Many five-out single gap offenses rely on the **backdoor cut** to generate offense. This is a clear advantage of five-out spacing – the lane is open to backdoor cuts and overplaying teams are vulnerable to them.



But if the timing and precision are there and the ball sneaks through, **help defense** can come from below prevent the score. Further, there is then no open pass to the rim. The only option is a pass out to the perimeter (to Player 5 in the diagram above).



Many defense will choose to sag or play Pack Line rules and take away backdoor opportunities by alignment (see diagram above). As result, the ball harmlessly moves around the perimeter with no real advantage gained.

Five-out offenses are often praised for their great spacing. On one level, this is rightful. But the predominance of single gaps in this alignment does present issues. **Enlarging the defense** by seek to **create double gaps** can prevent these issues and open up the spacing your offense.

*For more on these concepts, research the work of **Michael MacKay** of Canada Basketball.*

Continue the conversation:

For help with practice planning and implementation of a conceptual-based offensive attack featuring the above concepts please reach out!

Any questions: [Contact me](#). Happy to talk hoops any time day or night! [Sign up here](#) for our twice-monthly newsletter on conceptual basketball concepts.

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>

December 28, 2016 – Philadelphia, Pennsylvania, U.S – Temple Owls guard ALANI MOORE (2) in defense during the American Athletic Conference basketball game being played at the Liacouras Center in Philadelphia. The Bearcats beat the Owls 56-50 in the AAC opener for both teams. (Credit Image: © Ken Inness via ZUMA Wire)

Motion Offense – Cutting And Screening Basics

Motion Offense March 2, 2015

By Randy Sherman



In the premier of the FastModel **Motion Offense Forum** last week, we introduced the foundation of motion offense – the basket cut. Building the habit of basket cutting is essential to motion offense it leads us to our next progressions.

There are new concept to be introduced, but the basket cut will be referred back to often.

Today, let's begin by learning the basic downscreen, the four cuts that are used in motion offense introduce some methods of teaching them.

The four cuts fit neatly into two categories.

Inside Cuts

- Curl – executed when defender trails or chases the cutter
- Back – executed when defender jumps above the screener or “guesses” or overplays on the cut

Outside Cuts

- Out – executed when the defender goes ball side of the screen
- Straight –executed when defender runs into the screen

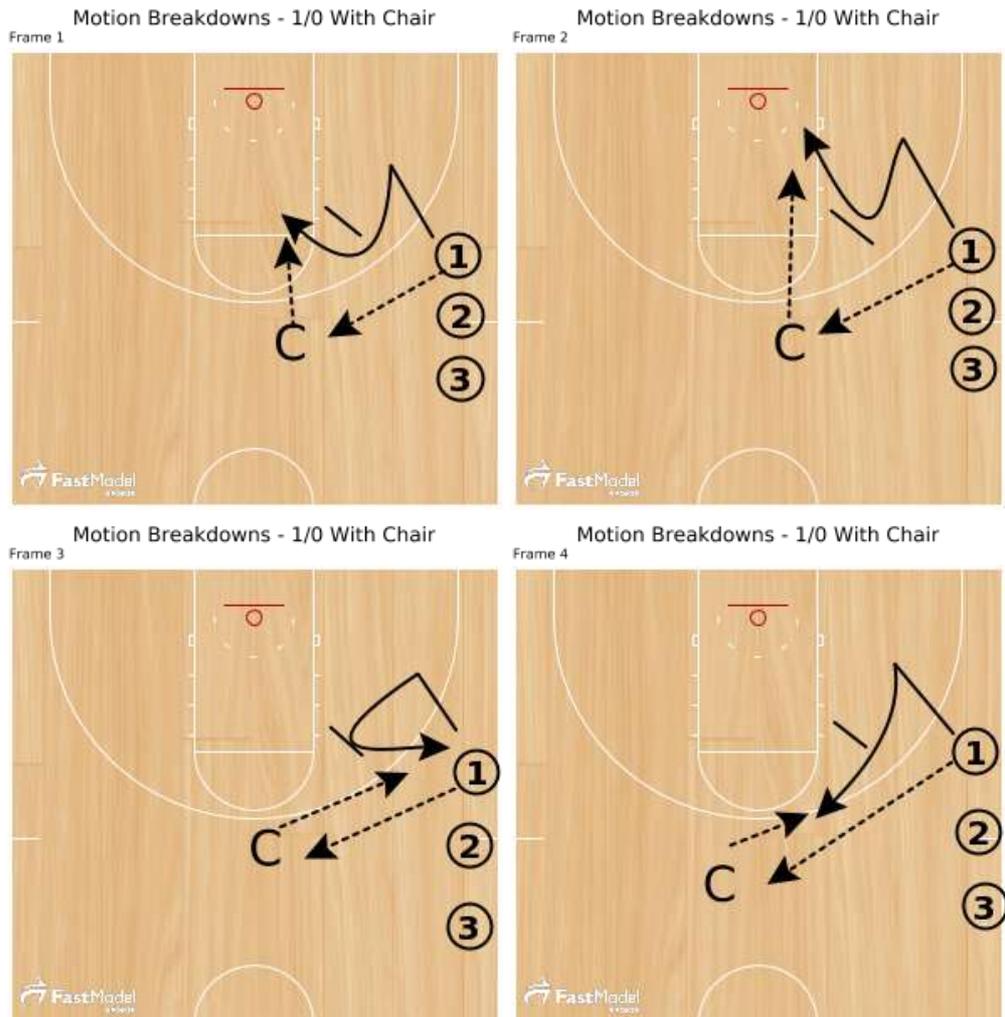
To isolate these actions and teach timing in detail, using the drill 1/0 With Chair is a good starting point. Set up a folding chair on the court with the back of the chair angled towards the top of the circle. This emulates the eventual position of the screener when executing a downscreen.

Players on the wing have a basketball and they pass to a coach/manager/teammate who is centered. Here are the key teaching elements:

- “Walk the arc” (Don Meyer) – this refers to setting up the cut and using a change of tempo to

(chair).

- Sprint the cut directly at the chair!
- Call your cut! (“Curl! Curl! Curl!”)
- Tight cuts score!



Make sure you run the drill on both side of the floor. Optimally, there would be four lines and four chairs with two on each end plus a coach passing and players rotating through the drill all over the gym! It should be loud with players calling cuts.

This is your basic shooting drill for motion offense. Set the chairs up before and after practice and players can partner and run these cuts on their own. Game shots, game shots, at game speed!

2/0 With a Coach

After the cuts are introduced, it is time to progress to the introduction of the downscreen. The downscreen is the most common screen in motion offense. If you run four-out, three-out/two-in or out, it does not matter, players will set downscreens.

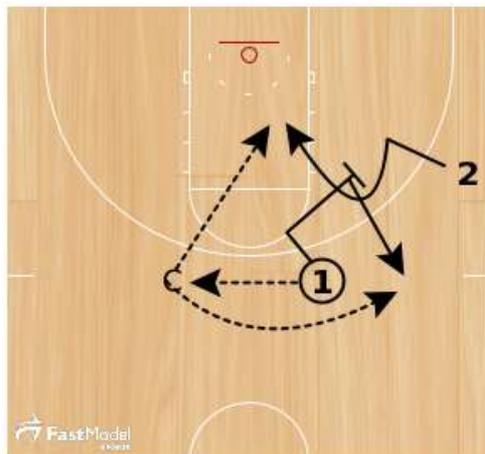
The first step in the downscreen is the basket cut. After passing, the player must basket cut. If the defender does not jump to the ball then there is a give-and-go opportunity. But assuming the defender jumps to the ball on the pass, the basket cut gets him on the ball side and frees the player to make downscreen. The basket cut sets the screening angle for the downscreen.

In this 2/0 drill emphasize a hard step with the near foot after the pass is made from the slot to the coach.

Here are some key teaching elements:

- Coaches: demonstrate why each cut is made and explain that the curl is for the trail, the back for the overplay, the out is for when a defender goes ball side and the straight is for when a defender runs into the screen
- Screeners: jumpstop into the screen just off the elbow. Back should be pointing at the top of the clock
- Cutters: when pass is made to coach, begin walking the arc and setting up the cut.
- Screeners: Talk! Call the screen. "Joey! Joey! Downscreen!" Throw up a fist as a signal as well
- Cutters: after walking the arch run directly at the screener and miss him/her late
- Cutters: call your cut! ("Curl! Curl! Curl!")
- Coaches: with no defense you determine the cuts in the drill. I recommend teaching the inside cuts first (Curl, Back). Set 8:00 on the clock and go through the four cuts for two minutes each an idea. (longer if needed)
- Coaches: Emphasize the concept of second cutters! If the cutter makes an inside cut, the screener makes an outside cut and vice versa.
- Coaches: Always pass to the cutter first in this drill.
- Coaches: On the out cut, the screener **must change the angle of the screen** and pin imagine defender into the lane!

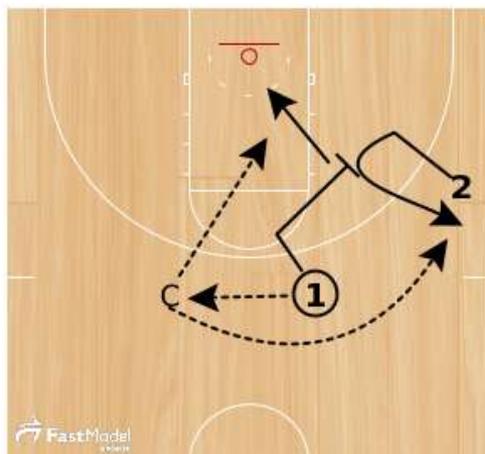
Motion Breakdowns - 2/0 Downscreen
Frame 1



Motion Breakdowns - 2/0 Downscreen
Frame 2



Motion Breakdowns - 2/0 Downscreen
Frame 3



Motion Breakdowns - 2/0 Downscreen
Frame 4



Progress through the cuts and flip the drill and run it on both sides of the floor.

This is a foundation drill that is a shooting drill for motion teams. These are your shots and the one be practicing. Use them during a pregame warm up! Game shots, game spots, at game speed!

Building these motion offense habits are essential before adding defenders and going live. Players should grasp the concepts of walking the arc, running tight to the screen, second cutters, jumpstopping into the screen before progressing.

There are two places to continue this motion offense discussion, ask questions and offer your own

Website: <http://www.radiusathletics.com/motion-offense-forum/>

LinkedIn Discussion Group: <https://www.linkedin.com/groups/Motion-Offense-Forum-6938715/abc>

Use the Twitter hashtag [#MotionOffenseTips](#) as well!

Any questions: randy@radiusathletics.com 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>

Motion Offense – Flare Screen Essentials

Motion Offense Offense March 5, 2015

By Randy Sherman



In the latest entry into the FastModel Motion Offense Forum, Vol. 4 deals with such topics as designating screeners and cutters, shallow cuts and flare screens.

Fairly soon into your installation of motion offense, you will need to decide if you are going to designate players as either screeners or cutters in your offense. That decision can be based on personnel or your personal preference as a coach. And there are options if designating screeners cutters is not in your plans.

If left free from such restrictions, players in a motion offense will evolve into such roles. The question is, will these roles fit **your** evaluation of your team? Will the players that need to be getting the ball the shots get those shots if left to their own devices?

For the purpose of this series, the drill progressions that lead to the installation of a full motion offense will feature designated screeners and cutters. Here are some thoughts on the matter:

- Teams will have very few players who can make all four cuts to score
- The most complete offensive players should be **receiving** the screens (and most of the shots)
- Giving players a defined role clears up much of the confusion about what to “do” in a motion offense
- Allows screeners to “play off” of your most skilled players
- Given a specific role, players will become better at it over time. Screeners will become better screeners, cutters will become better cutters

There are screening principles other than designating screeners and cutters such as:

- Inside man always screens for outside man (“inside” meaning the player closest to the midline)
- Screen for the player below you (towards the baseline)

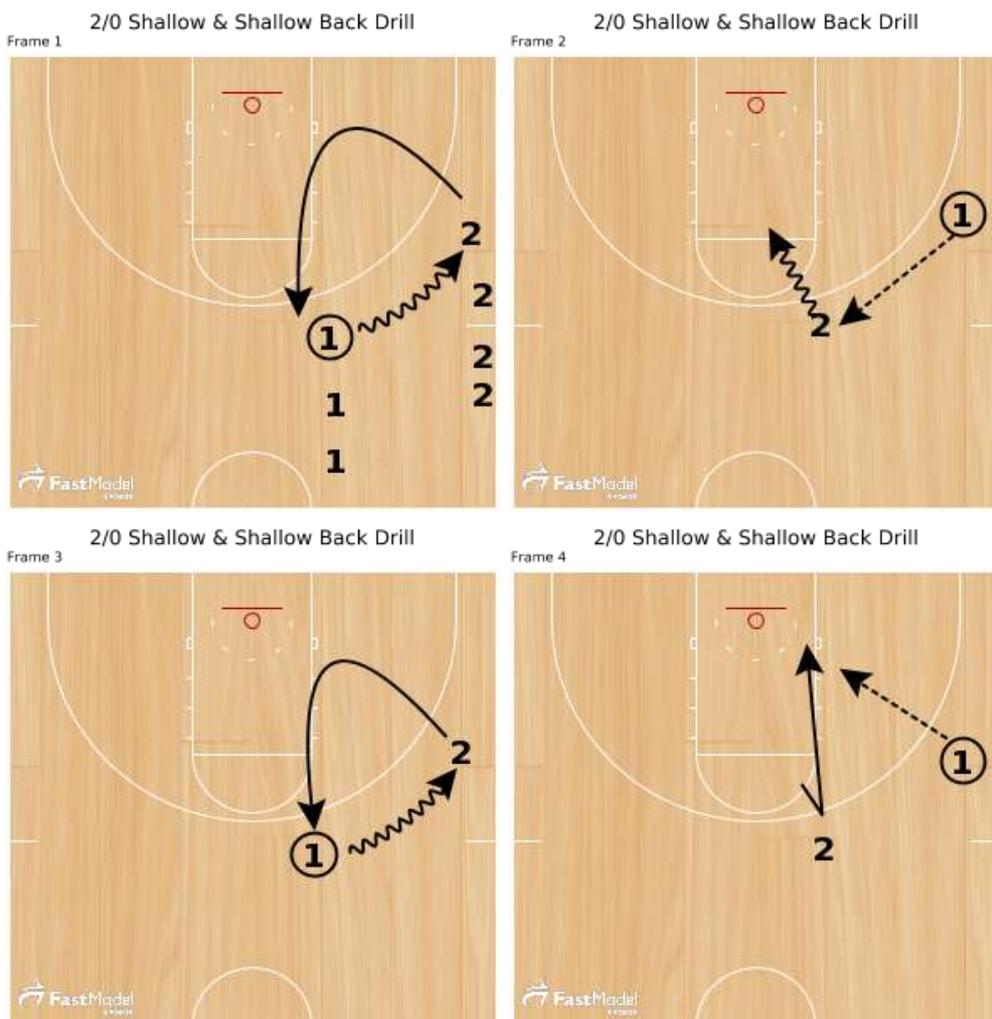
None of these give individual players as clearly defined roles as designating screeners and cutters:

Introduction to Shallow Cuts

The shallow cut is an integral part of motion offense. It can serve as a pressure release, put a guard on the post, set up a flare screen or make for the best backdoor cut in basketball.

A shallow cut occurs when a player with the ball on the point or high elbow (slot) dribbles at the wing. The player on the wing then cuts hard to the block, pauses in the post, then sprints to fill the high elbow. The two players essentially trade places.

Use it when a screener is above a cutter to introduce variety into motion offense. The shallow cut is the foundational skill before introducing the flare screen.



2/0 Shallow & Shallow Back Drill

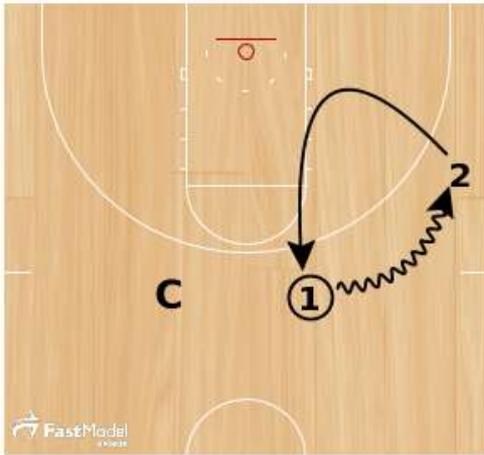
If the defender overplays the fill and denies the pass back to the high elbow, plant and go backdoor. This is one of the best backdoor opportunities in basketball.

Introduction to Flare Screen

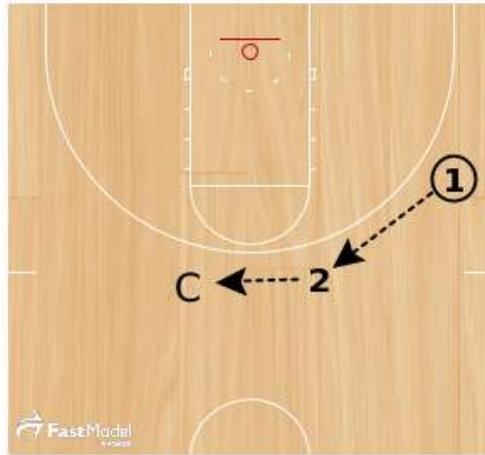
In the [previous entry to the motion offense series](#), we discussed downscreens and progressed to the point of defending the cutter and playing two-on-one. Before advancing to two-on-two live play it is important to introduce the flare screen for the screener will not always be above the cutter.

Connecting the shallow cut with the flare screen into this 2/0 Shallow Flare Drill is a great way to integrate both elements.

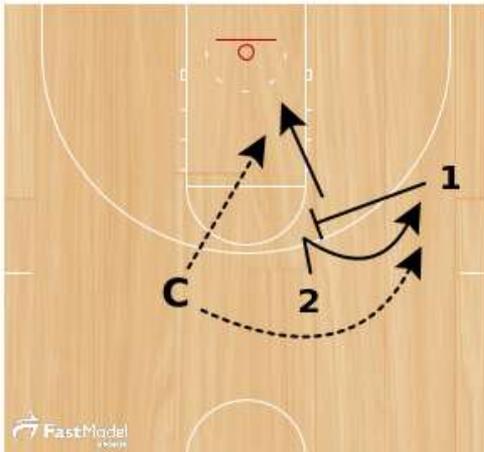
Motion Breakdowns 2/0 Shallow Cut Flare Drill
Frame 1



Motion Breakdowns 2/0 Shallow Cut Flare Drill
Frame 2



Motion Breakdowns 2/0 Shallow Cut Flare Drill
Frame 3



2/0 Shallow Cut Flare Drill

The screener starts with the ball on the high elbow and dribbles at the wing sending him/her on a shallow cut. Once the high elbow is filled, the ball is reversed to the coach. On the flight of the pass coach, screener sprints into the flare screen. Below are some tips on flare screen techniques.

Some keys to effective flare screens:

- The screeners back should be pointed to the corner of the court.
- The cutter sets up the flare screen by first making a basket cut to get his defender to the ball
- The screener should jump stop into the screen and allow the cutter to rub the defender off of him
- After you screen, separate!
- The cutter should not settle on the same plane as the screener
- Use verbal cues! The screener should call the cutter's name and yell "Flare! Flare!"
- If the cutter's defender goes under the flare screen, the screener should change the angle of the screen and the cutter should out cut.
- If the screener's man helps too long or too far the screener can slip the flare screen to the basket. Also slip versus switches!
- If the cutter's defender chases over the top of the flare, curl the flare all the way to the basket.
- The passer must bring the ball with the dribble to the flare screen action.
- If the flare is ineffective or not timed with the ball, rescreen!

Progress the flare screen drill to two-on-one by adding defense to the cutter (2) and specifying how you want the defender to play the flare screen action. Once that is understood, allow the defender to play the flare screen however they choose.

There are two places to continue this motion offense discussion, ask questions and offer your own ideas:

LinkedIn Discussion Group: <https://www.linkedin.com/groups/Motion-Offense-Forum-6938715/abc>

Use the Twitter hashtag [#MotionOffenseTips](#) as well!

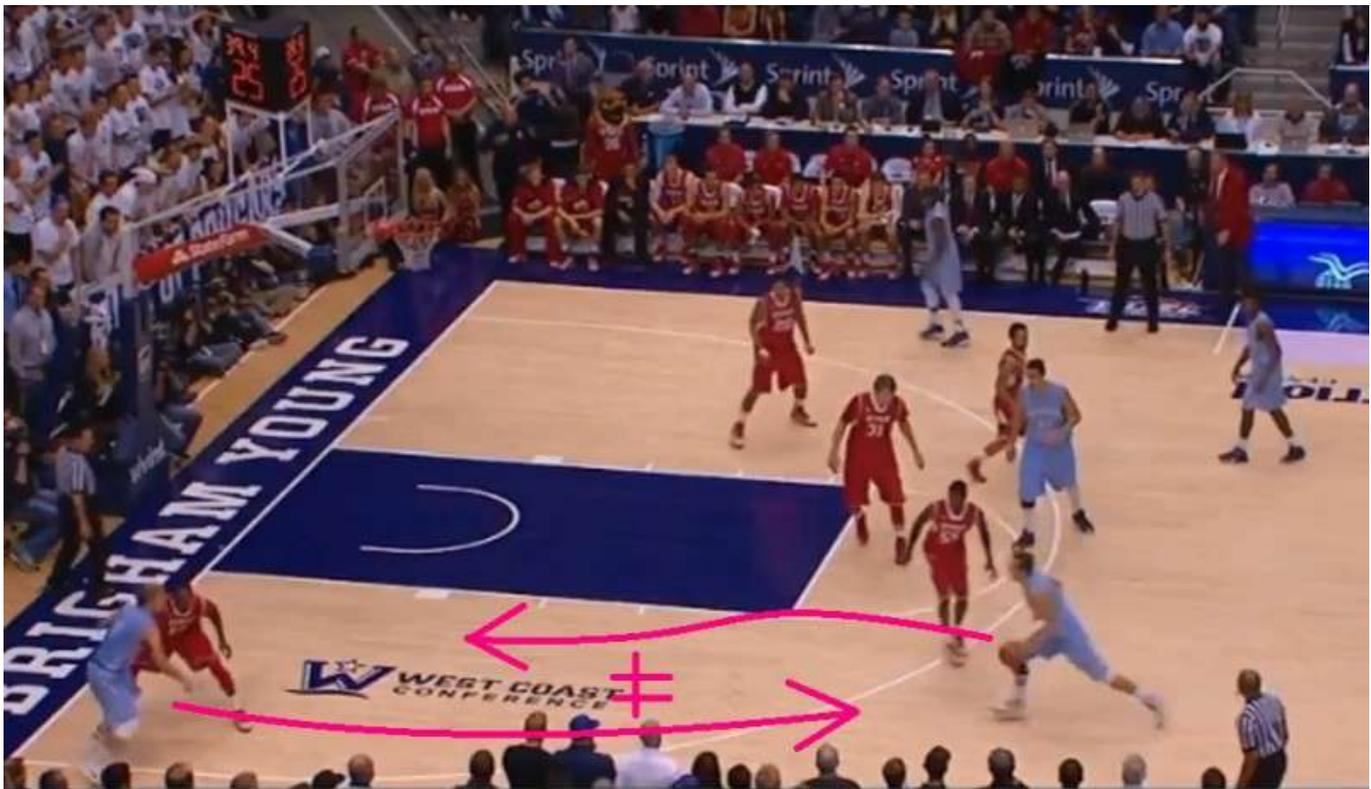
Any questions: randy@radiusathletics.com Happy to talk hoops any time day or night! If you would like to be added to the motion offense mailing list, email and let me know!

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>

Motion Offense – Implementing Dribble Handoffs

Featured Motion Offense Offense July 9, 2015

By Randy Sherman



Tips for implementing dribble handoffs into a four-out motion offense while staying within screening rules.

The dribble handoff is an action that is increasing in popularity at all levels of basketball. Many coaches are using dribble handoffs much the same as ball screens. The goals are to create a swivel, give a player an opportunity to penetrate and to create drive and kick opportunities.

Historically, true motion offense does not heavily feature these actions. Dribble handoffs can, however, be a weapon that fits within the framework of a motion offense.

While **building a motion offense** there are screening rules to provide roles and structure. In the motion offense system detailed on this site there are designated roles. There are screeners, cutters and posts and one of the benefits of these rules is giving players roles that fit their talents.

The screening rules in this system are as follows:

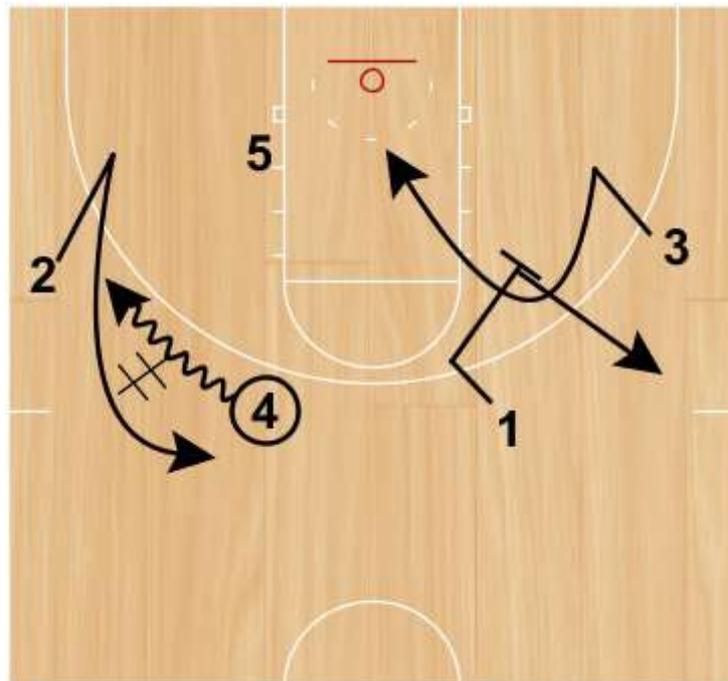
1. Screeners screen for cutters
2. Cutters can screen for one another
3. Only a cutter can screen for a post

To stay within this framework, implement dribble handoffs with this rule:

- Only screeners can handoff to cutters

Screeners are used to finding cutters within the offense and look for them when setting downscreens and flare screens. Further, they often dribble at cutters to initiate **shallow cuts**. Given this, adding dribble handoffs can be seamless.

Possible actions such as the ones diagrammed below fit within these screening rules. 4 (a screener) takes the ball with the dribble to 2 (a cutter) and executes a dribble handoff. 2 then takes the ball to the downscreen action between 1 (a screener) and 3 (a cutter).



Tips for teaching dribble handoffs

- The receiver of the handoff should set up the action much the same as he/she would when receiving a downscreen. **Walk the arc** to set up the handoff and sprint to receive the handoff.
- The dribbler must keep the ball in their outside hand and avoid flipping the ball too high into the receiver's face.
- The receiver is looking to turn the corner to score or draw the post defender into helping up.
- Set weakside action away from the handoff and time it with the ball's arrival.
- Partner dribble handoffs with shallow cuts. It can be a read by the cutter. If the defender locks the setup continue on the cut and shallow cut. If the defender sinks and sags below the cutter turn it into a handoff.
- When the screener is dribbling at the cutter, he/she does not know if it will be a handoff or a shallow cut. The cutter reacts to their defense by either continuing the setup into a shallow cut sprinting into the handoff.
- Handoffs are a great way to set up **flare screens**.

Teaching dribble handoffs can be integrated with the **two-player motion offense drills** that are part the backbone of this system. Begin teaching them in conjunction with shallow cuts and **2-on-0 downscreen** drills. Remember, there is a designated screener and cutter in each pairing. Use the dribble handoff paired with the flare/slip to generate game shots in this drill. *(Click on the diagram below to add this drill to your FastDraw library.)*



Player 1 is screener and has a basketball

Player 2 is cutter

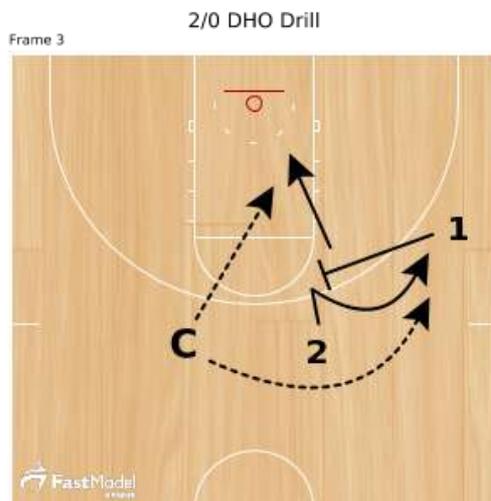
Coach has a basketball as well

1 dribbles at 2

2 executes dribble handoff with 1



2 passes to Coach (coach now holding two basketballs)



1 sets flare screen on flight of the pass (their back is towards corner of the court)

2 makes quick basket cut then uses flare screen

Coach passes one ball to cutter (2)

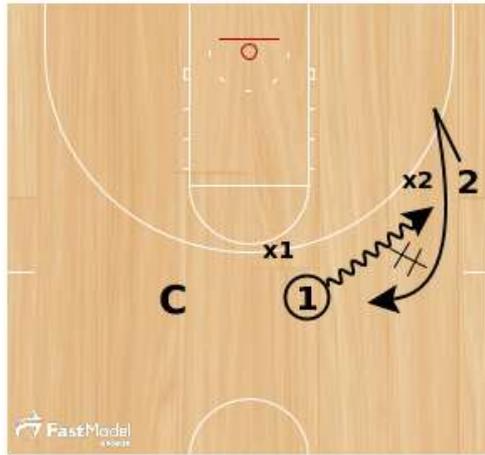
1 holds their screen then slips to basket

Coach passes to 1 slipping to basket for layup

As players begin to master the techniques of dribble handoffs, progress to 2-on-1 drills where only cutter is guarded. Eventually dribble handoffs can become an entry into **2-on-2 live** drills.

2/2 With A Coach (DHO)

Frame 1



Drill begins with a screener (1) with a ball at the high elbow. Drill begins with a DHO

Throughout the entire possession, 1 is the screener, 2 is the cutter.

2/2 With A Coach (DHO)

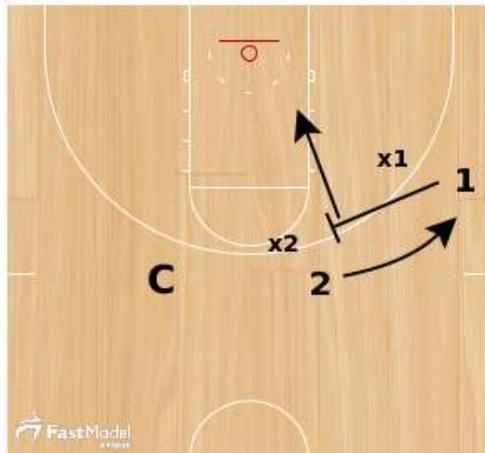
Frame 2



After receiving the DHO, 2 passes to coach

2/2 With A Coach (DHO)

Frame 3



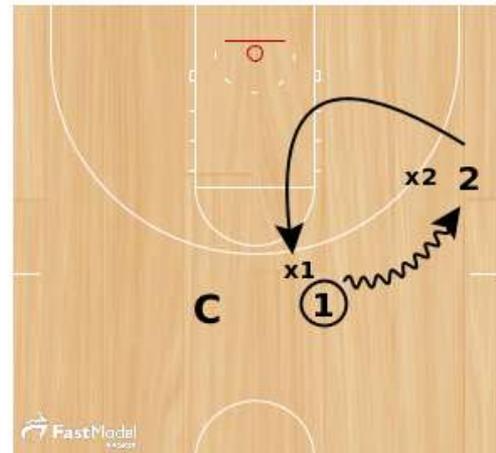
On flight of the pass to coach, 1 sets flare screen for the 2

(possible action) 2 runs off the flare screen, 1 slips

Continue playing 2/2 on the side with downscreens, flare screens, DHOs, shallow cuts

2/2 With A Coach (DHO)

Frame 4



Add the Shallow Cut:

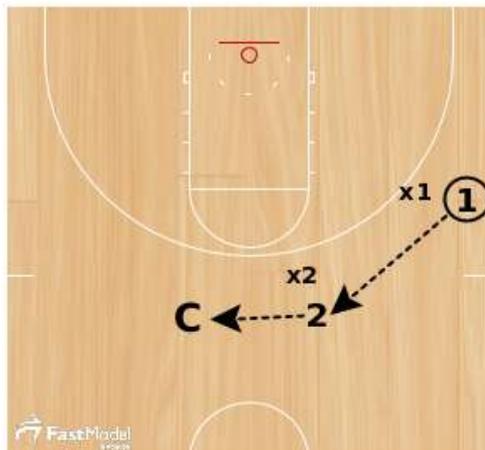
Variations/Restrictions can be added to the drill such as using the shallow cut.

1 dribbles at 2 and 2 makes a shallow cut to high elbow.

1 is the screener and 2 is the cutter throughout the entire possession.

2/2 With A Coach (DHO)

Frame 5

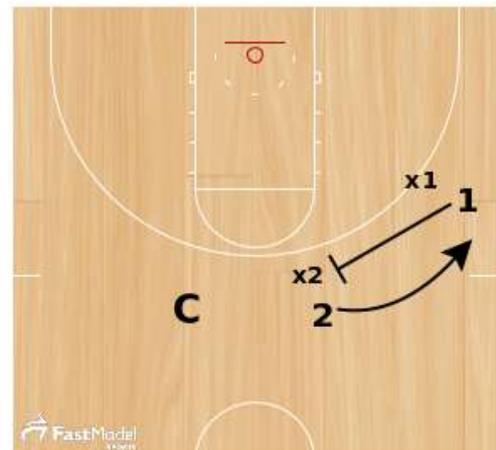


After shallow cut, 1 begins ball reversal to coach.

Look for opportunities to back cut off the shallow cut

2/2 With A Coach (DHO)

Frame 6



Once Coach has received pass, 1 flare screens for 2

Coach can pass to cutter, screener on slip, or make 1 rescreen for 2

1 is screener throughout the entire possession

Another way to build dribble handoffs into your motion offense is to use them as restrictions in 3-on-3 and four-player drills. For example, the coach can say that every possession has to begin with a handoff. Or stipulate that you must score on a flare screen that was set up by a handoff. Restrict three-point shots to only those created by drive and kicks generated by handoffs. Restrictions are limitless.

These pointers should help you integrate the advantages of dribble handoffs into this motion offense system. The roles assigned to players in this system should facilitate the learning of this valuable action.

Continue the motion offense conversation:

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

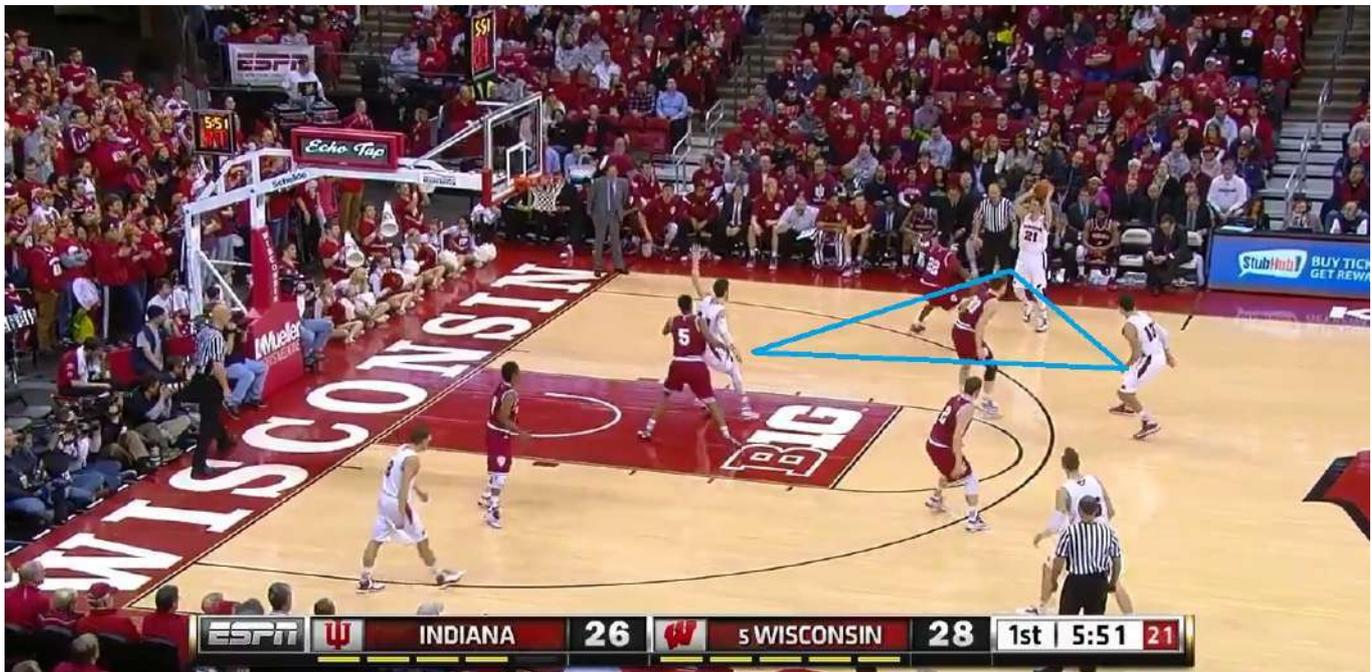
Any questions: randy@radiusathletics.com Happy to talk hoops any time day or night! If you would like to be added to the motion offense mailing list, email and let me know!

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>

Motion Offense – Implementing Post Play

Featured Motion Offense Offense April 22, 2015

By Randy Sherman



In the series-concluding Vol. 8 of the FastModel Motion Offense Forum we provide tips to implement post play into the four-out/one-in motion offense.

The final piece of implementing a four-out motion offense is integrating post play. There are many ways a coach can involve his post players and most of them are dependent upon the talent level of that player.

These are some general tips to help involve post play into the offense and still maintain spacing and floor balance. Some are borrowed from motion offense greats such as Don Meyer and Rich Majer and others are from my own experiences and observations.

Screening Rules For Posts

In our [previous entry](#) detailing four player drills, we laid out two simple screening rules:

- Screeners screen for cutters
- Cutters can screen for one another

To involve a post, add this screening rule:

- Post can screen for cutters, but only a cutter can screen for a post

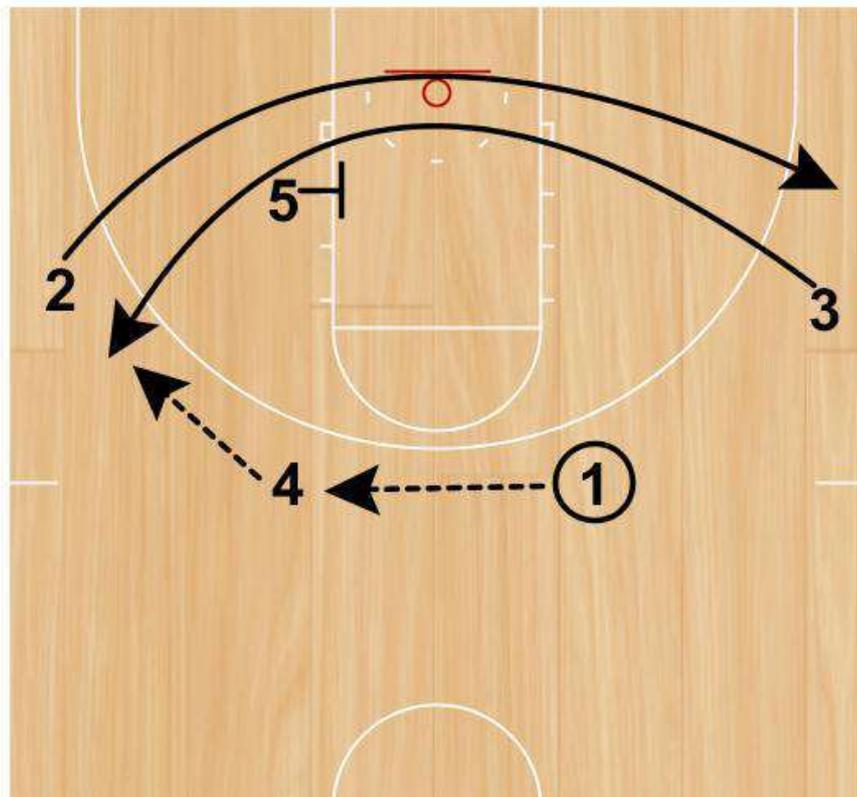
Below we see an example from Vanderbilt of a guard setting a cross screen for a post.



The two most common screens your post will set are pin screens and back screens. When setting pin screen the screener's back is to the near sideline. Most often the pin screen occurs on the lane line and when cutters are crossing and a player is exiting the lane.

Radius Athletics

Post Actions
Motion Breakdowns



Pin Screen
Screen set along the lane line for a player exiting the lane.
Usually set by post player
(Screening angle: back to the near sideline)

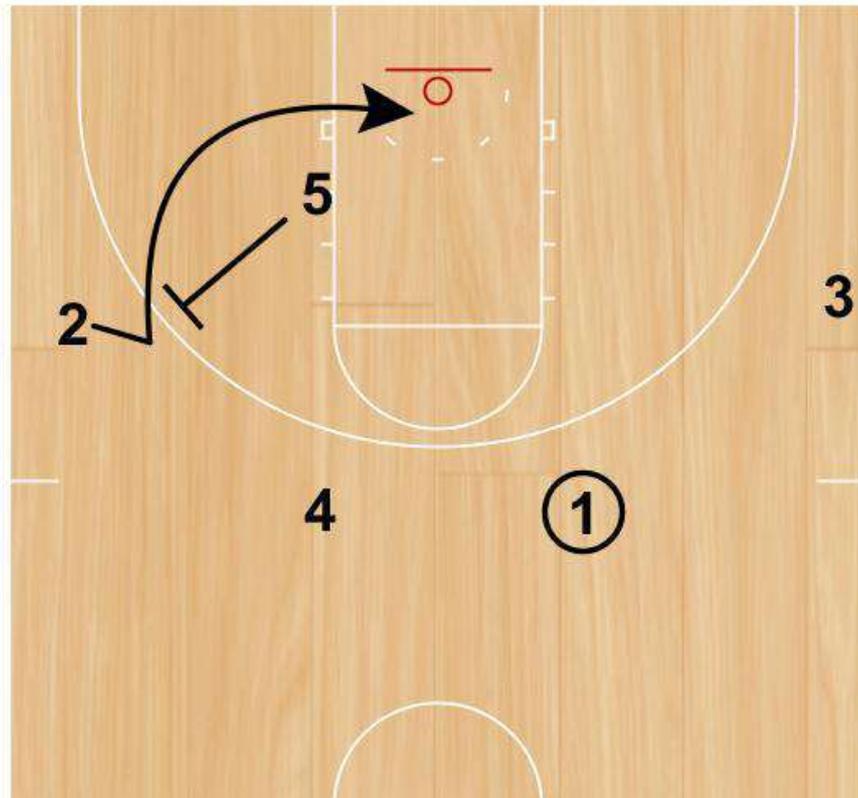
One “automatic” to implement is for the post to set a pin screen then look to bury or seal their man the post. Virginia is one of the best teams in the nation at setting pin screens along the lane line a then burying their men in the post.



Back screens can be set for cutters by post players. The screener’s back should be pointed toward the rim. One of the best times for a post to back screen for a cutter is right after the cutter passes the ball. One teaching point for posts is to back screen off of the block and pin screen your way back to the block.

Radius Athletics

Post Actions Motion Breakdowns



Back Screen
Post step off the block to back screen for a cutter.
(Screening angle: Back to the rim)

Post Entry

One problem players often have in motion offense is ignoring the post. So much time is spent on teaching cutting and screening that post entries are often under taught. One mantra to press upon your team is **“Rim. Post. Action.”**

Perimeter players, when they catch the ball, should first check the rim. This allows them the opportunity for a drive or a shot.

Second, check the post. See if the post has his/her man shaped up and is numbers to numbers with you. If so, give them the ball!

Third, check the action. Take the ball with the dribble to any screening action being set. Players that cannot follow this mantra are hurting the team’s motion offense.

Learn the talents of your post players. Chances are they are much better on one side of the lane than the other. Instead of allowing your post to expend tons of energy posting and chasing on both sides of the lane, teach them to remain on their strong side of the lane and allow the ball to come to them.

Former Utah Utes coach Rick Majerus had so much disdain for post flashes and ball chasing that he would not allow freshmen or sophomores to flash more than once per possession and only after the

By staying on one side you allow the post defender to move to help side when the ball is away and it swings your post player can seal deeper into the lane. The best movement post players can make to “get more” of the defender.

Post Construction

Consider adding these automatic cuts when the ball goes into the post. Rip cut a non-shooter to the back side block, fill the high elbows and the opposite corner. Encourage the post to “look middle to explore, and baseline to score.”

Below, Wisconsin beautifully demonstrates this post construction. Any double team can be easily and combated with a pass out of the post from this set up.



More Tips On Post Play In Four-Out Motion Offense

Below are some additional teaching points for post play in motion offense.

- Don't chase the ball, the ball will find you
- Perimeter players that can't see, won't see or will not deliver the ball to the post should not play (Don Meyer)
- Work to get a baseline passing angle to the post (“baseline to score”)
- Maintain spacing around the post man, don't crowd them! Everyone at or above the motion line except post player
- Through entry angle and positioning, post players can score without dribble moves
- You slow down the ball by looking at the post (Don Meyer)
- Try to post up in the paint
- Feeding the post is much easier if other players are involved in screening action
- Post at the first marker rather than the block
- Stay on the weakside lane line with toes facing the lane, as your man moves to midline to help stay there and wait. When ball swings to your side, seal defender in the lane with strong post up

Post play is not to be ignored in four-out motion offense. The spacing it can provide allows for room to operate for post players. Easy baskets can be created for post players when guards attack with the dribble and force post defenders to help up.

Implementing posts into the screening game adds more variety and allowing them to receive cross screens helps post players get touches.

Avoiding some pitfalls such as ball chasing and ignoring the post will help this offense be more effective.

Continue the motion offense conversation:

That brings to a conclusion this series on motion offense. Special thanks to Coach Jim Boone of E State University and Justin Scanson of FastModel for promoting and organizing the series. To catch up on the entire series follow the link below:

<http://team.fastmodelsports.com/category/offense/motion/>

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

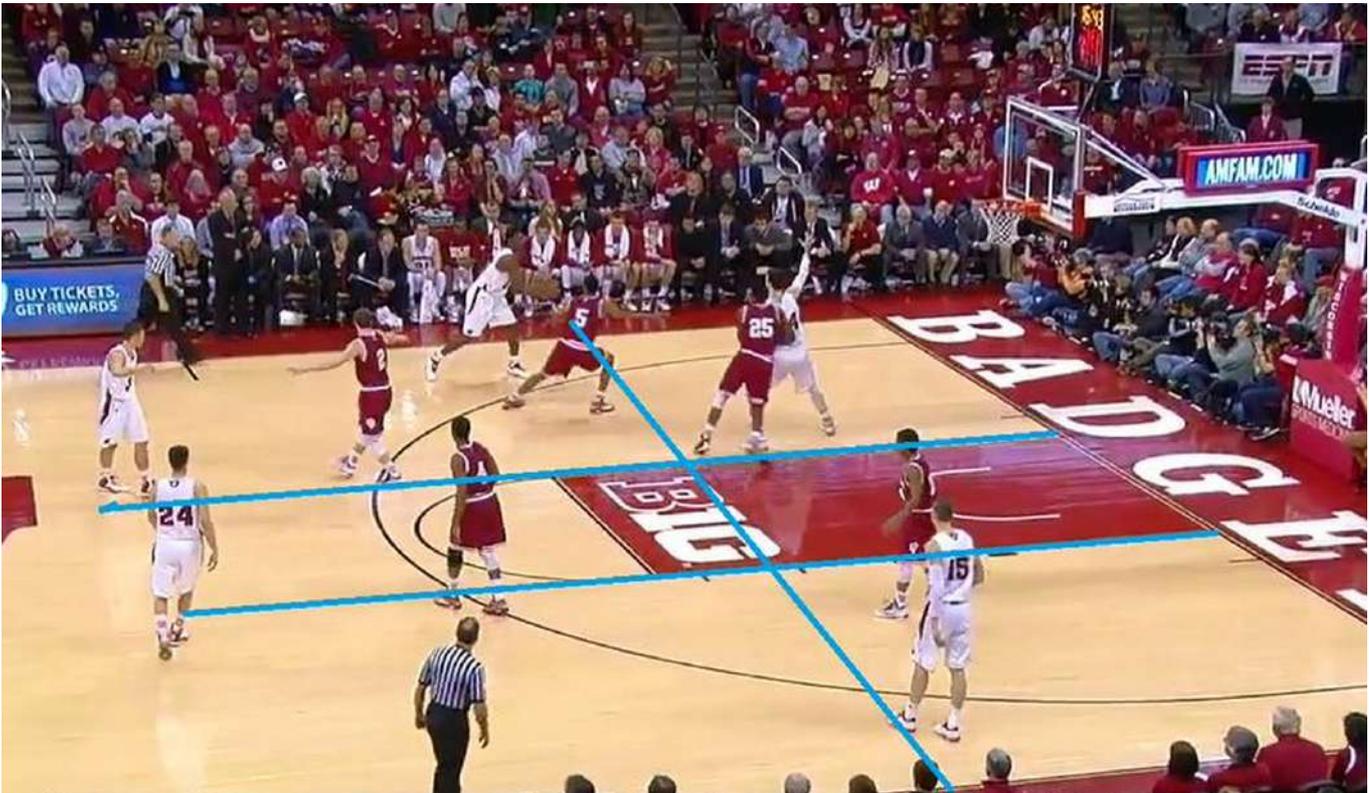
Any questions: randy@radiusathletics.com Happy to talk hoops any time day or night! If you would like to be added to the motion offense mailing list, email and let me know!

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>

Motion Offense – Reading The Defense

Motion Offense March 3, 2015

By Randy Sherman



It is time to start reading the defense! You cannot practice reading the defense in a downscreen enough.

Think of every single downscreen like an at-bat in baseball. The hitter learns more about the pitch. There are different ball and strike counts to learn from each time a batter goes to the plate. The Minor Leagues exist just so prospects can get “at-bats” and be exposed to different pitches and scenarios.

The downscreen is much the same. Every time there is a downscreen set in practice it is a learning opportunity. Review them on film as well. Was the set up effective? Did the screener basket cut? Did the defender play the downscreen? Did the cutter make the correct read and corresponding cut? Did the screener second cut?

We’ve already learned the **basics of the downscreen**, and practiced the four cuts that are used in motion offense with folding chairs and no defenders. Let’s advance by adding a defender to only the cutter.

In 2/1 downscreen, the player on the slot with the basketball is the screener (1). The player on the wing is the cutter and he/she is defended (2).

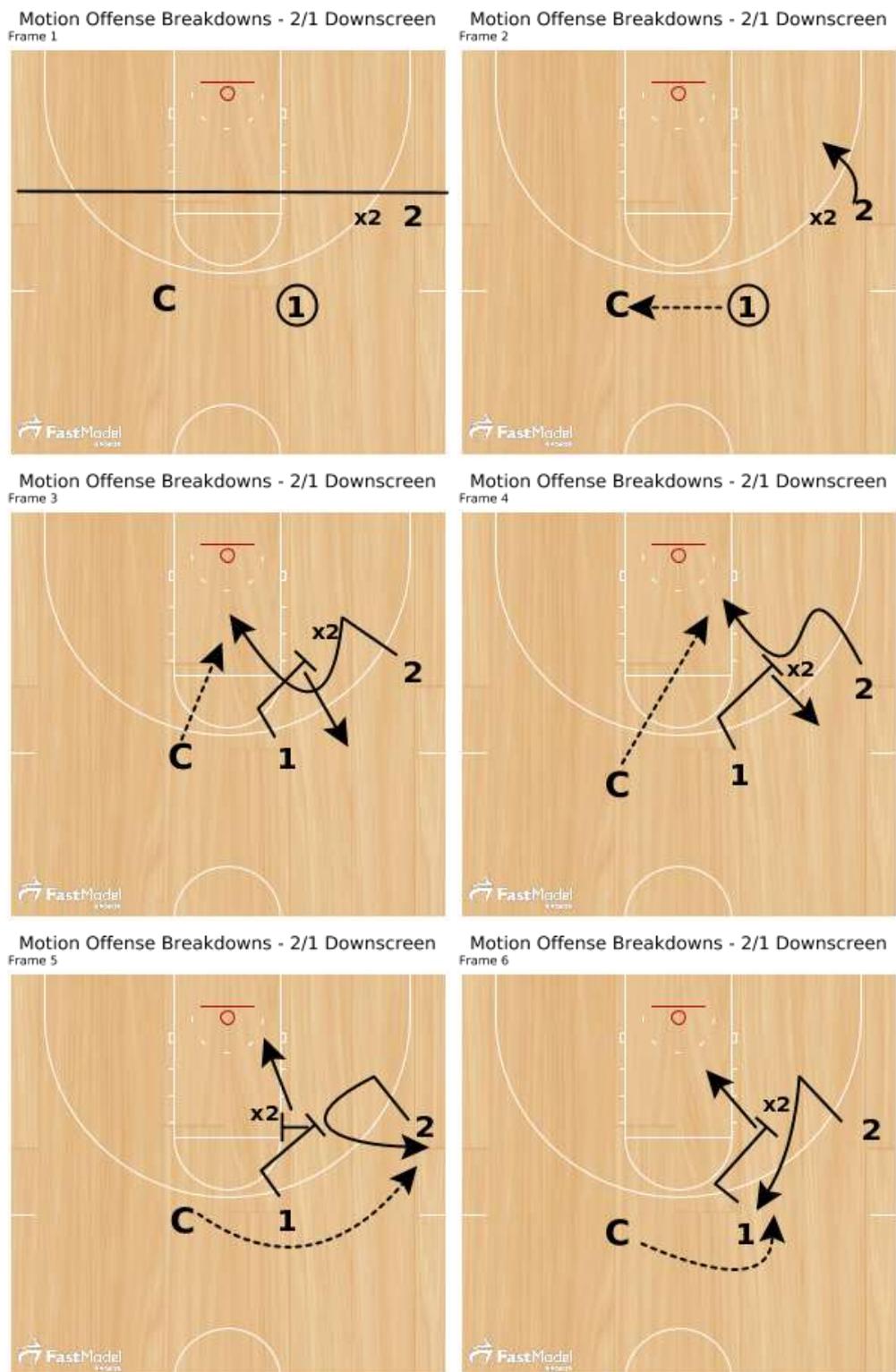
The wing starts at or above the “motion line.” (NOTE: If you have a practice court, consider taping a line on it. The baseline of a volleyball court that passes through the lane about a foot or so below the free throw line is a good tool as well.)

The purpose of the drill is to begin teaching cutters to read the defense. I often see downscreen setups and cutters make incorrect cuts or do not read the defense. This is the beginnings of a remedy.

Begin by specifying to the defender (X2) how you want them to defend the downscreen. Learning with a fixed read limits initial confusion. Defensive options include:

- Lock and Trail
- Overplay on high side and try to beat cutter over the top of the screen
- Go under, or ball side, of the screen
- Get taken out by the screen

Consider spending a specified number of minutes for each option during the drill. For teams and players new to motion offense, I recommend working in this order and telling the defense they must play the screen a particular way. It is an elementary first step.



The screener passes to coach and makes a quick basket cut with the near foot then goes and downscreens. Teaching points for screeners in this drill:

- Jumpstop into the screen with a wide base looking to tie up the defenders feet
- Call your action. “Joey! Joey! Downscreen!” and use a non-verbal cue (throwing up a fist)
- Hold the screen then make the corresponding second cut
- When setting a downscreen, the screener’s back is pointing towards top of key
- Second cutter’s rules: If cutter makes an inside cut (curl, back), screener makes an outside cut. If cutter makes an outside cut (out, straight), screener makes an inside cut (slip).

Teaching points for cutters:

- “Walk the arc” (Don Meyer) – this refers to setting up the cut and using a change of tempo to use the screen effectively. Players should walk into the set up and get to the plane of the screener.
- Get into your defender. Close the space between them and you
- Sprint the cut **directly at the screener** and miss the screener late!
- Watch the defender, not the ball.
- Call your cut! (“Curl! Curl! Curl!”)
- Tight cuts score!

Let’s give special attention to the out cut. The out cut is run when the defender goes ball side, or under, the screen. Often, players make a straight cut read here and the cutter may make a catch if his/her defender meets them at the ball.

Recognize that when the defender goes ball side of the screen the screener must **change the angle of the screen** and pin the defender in the lane. The screener’s back is now pointed towards the sideline. The cutter pushes out to the wing where they began, aligned directly behind the screener.

Make sure you run the drill on both sides of the floor. Optimally, you would have a rotation from offense to defense. Work all players as both screeners and cutters...for now.

This is another basic drill for motion offense that can and should be reviewed throughout the year and out of season. Come back to it as you noticed cutters making poor reads in your offense.

Also, emphasize the concept of second cutters in this drill. It will all make more sense as we advance to 2/2, but begin building the habit during this controlled drill. Even though they are unguarded, you can mix it up by passing to the second cutter after the cutter runs their action. On second cuts to the outside, make sure screeners get good separation. (bust the arc)

The Next Step

The advancement of this drill is to allow the defender to cover the cutter however they want. Ideally the cutter walking the arc sets him/her up for success.

Run 2/1 downscreen live only after you feel your group is getting the fundamentals down. When your team is ready, allow the wing defender to play live. They can play the screen any of the four ways. This is a great tool for teaching reads from the mistakes they will make.

Emphasize that the defense can only play the screen one of four ways. It is up to the cutter to make the corresponding read.

Each of these downscreen actions are a teaching and learning moment for both the screener and cutter.

There are two places to continue this motion offense discussion, ask questions and offer your own ideas:

Website: <http://www.radiusathletics.com/motion-offense-forum/>

Use the Twitter hashtag [#MotionOffenseTips](#) as well!

Any questions: randy@radiusathletics.com 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>

Motion Offense – Rescreen Situations

Featured Motion Offense Offense January 28, 2016

By Randy Sherman



Two screening situations in your motion offense where “rescreens” can be an effective tactic

There are instances in motion offense where screening just once is not enough. Effective screeners know how to slip, second cut and space themselves within the alignment of the offense after setting a screen.

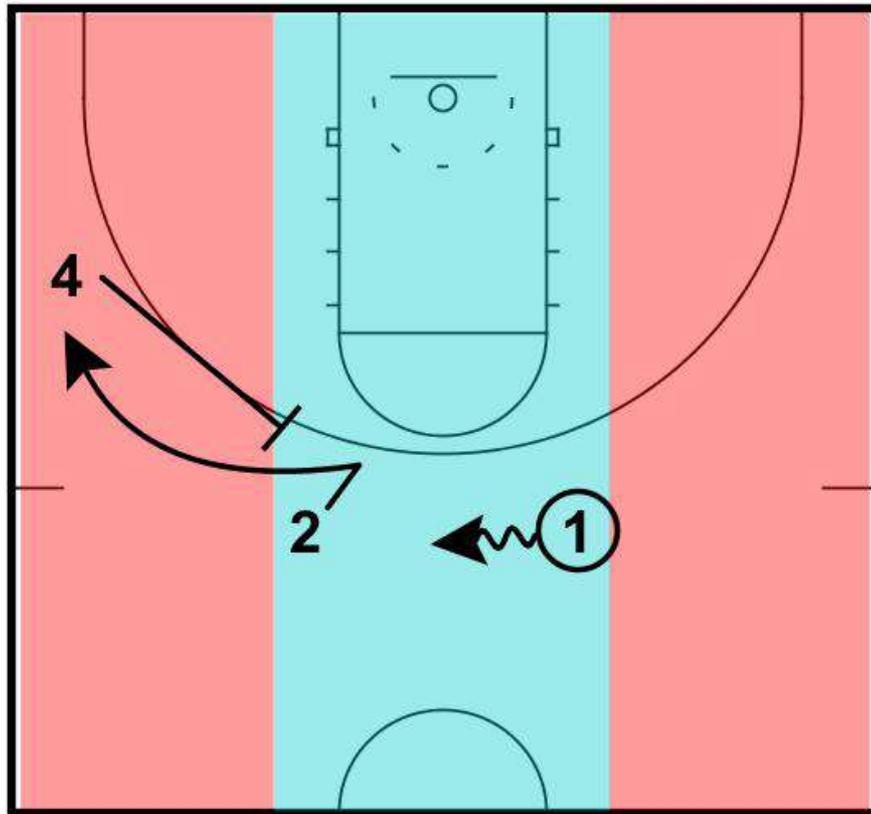
But often a rescreen is the best option for a screener after they set their initial screen. Getting a sense of when a rescreen is needed takes time for screeners to develop. There are two common scenarios in which a rescreen fits within the framework of motion offense.

Flare Screen/Down Screen

When setting a flare screen the ball should be on a high elbow. The cutter using the flare will often end up on the outer third of the court. Therefore it is advantageous for the pass to come from the middle third of the court when the flare screen is set (set diagram below). Outer third-to-outer third passes are much too long to complete.

Radius Athletics

Outer Third Cuts Motion Breakdowns



Flare Screen

Ball is in middle third and cutter goes to the outer third

Tip: Don't flare screen with the ball on a wing. Flare screen with the ball at the high elbow!

Often screeners will set the flare early and the ball on the outer third is not timed with the action. If a rescreen can be beneficial. The screener turns and down screens for the same cutter in the rescreen. Below, the diagram shows a flare screen being set with the ball on the opposite wing. As ball is brought to the screening action, the screener rescreens into a down screen for the cutter.

Radius Athletics

Rescreen Motion Offense Glossary



Rescreen - A rescreen occurs when the first screen was ineffective. Perhaps the screen was not timed well with the placement of the ball. 1 has the ball too far from the action when the flare screen is set by 4.

Rescreen Motion Offense Glossary



Rescreen (cont.) - Once the ball has been centered, 4 rescreens for 2 with a down screen.

The flare screen is combined with the down screen where the cutter has the four basic reads of motion offense at their disposal. The screener has several options as a second cut after he/she flares. The rescreen into a down screen is often the best of those options as it ties the action with the ball.

Use restrictions such as starting a possession with a flare screen/rescreen combination in the **2-on-1** with a coach setting to drill the flare screen/rescreen concept.

Back Screen/Pin Screen

There is a specific instance when the back screen from the post can be an “automatic.” If a cutter the wing elects not to feed the post and passes the ball back to the top, the post can sprint out and set a back screen for the cutter on the wing. Screening for the player that just passed the ball can be effective.

Below we see the ball being passed from wing to high elbow on the closed post side (shaded area). The post races out to back screen for the passer.

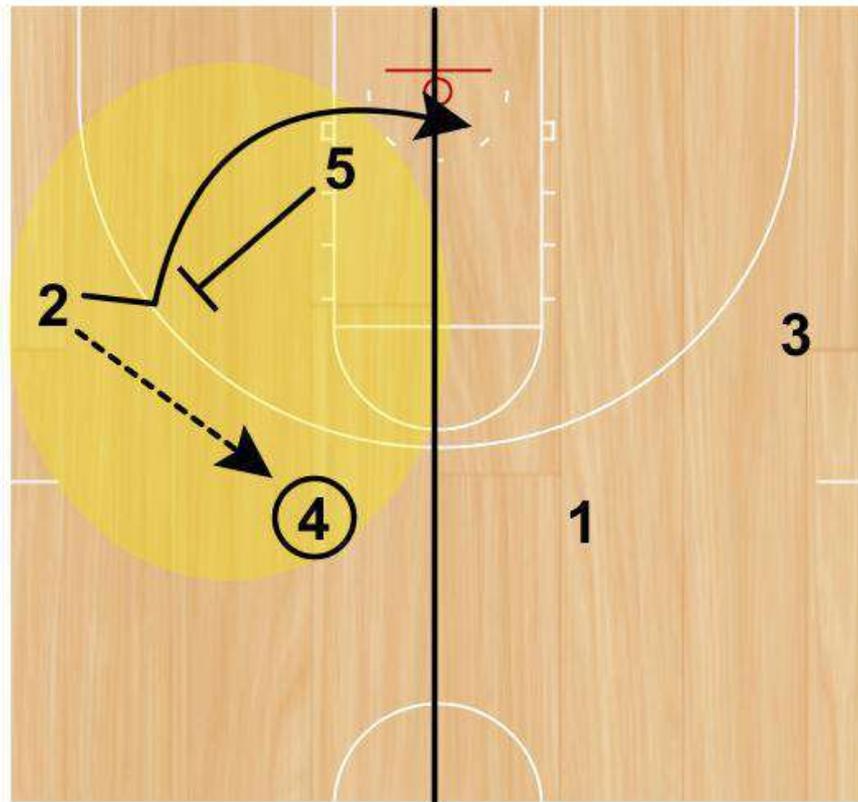
Tips on back screening:

- Take the screen all the way to the defender’s body

- Cutter must read and set up their man either a step higher or a step lower depending on the defensive positioning of their defender
- Screening angle = back to the rim

Radius Athletics

Post Actions
Motion Breakdowns



Back Screen

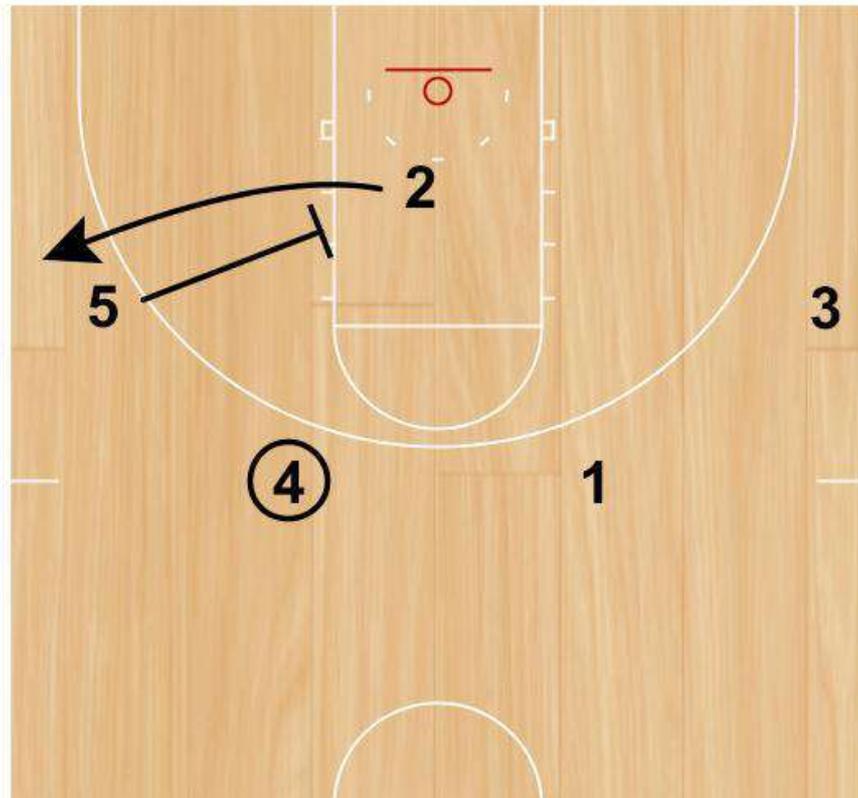
Post step off the block to back screen for a cutter.
(Screening angle: Back to the rim)

The post player could separate from the back screen and get a wing catch. Often an effective back screen can cause the screener's defender to help on the cutter. Separating from the screen can give space for a shot or a drive against the momentum of the recovering defender for a versatile post player.

But the screener can rescreen for the cutter if the pass is not made to the screener or the cutter. This option is the rescreen into a pin screen. The big who back screened their way to the perimeter would then turn and immediately pin screen their way back into the post.

Radius Athletics

Post Actions Motion Breakdowns



Pin Screen
Screen set along the lane line for a player exiting the lane.
Usually set by post player
(Screening angle: back to the near sideline)

Bigs pin screening along the lane line should **always** look to seal their man into a post up after setting the pin. The cutter coming off the pin can straight cut to the wing, tight curl the screen, fade to the corner or make a “horny” curl to the free throw line area.

Use these motion offense breakdown drills to teach the back screen/pin screen combination:

- [Motion Breakdown – Pin Screen & Back Screen](#)
- [Back/Pin Post Entry \(into 2-on-2 live\)](#)

Screening is a nuanced art form where players must master timing, communication and the geometry of the game. A good screener knows his/her job is often not finished after one attempt to free a teammate. These rescreen scenarios can lead to better shots for desired shooters in motion offense.

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



Randy Sherman

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 the interscholastic level, Sherman's teams won 197 games in nine seasons.



January 17, 2016: Wisconsin Badgers guard Bronson Koenig #2

Motion Offense – Reverse Action

Featured Motion Offense Offense October 30, 2015

By Randy Sherman



Tips for filling an open block and getting the ball inside using “Reverse Action” in four-out motion offense.

One of the best features of **motion offense** is that it has a high ceiling. As players learn the basics reading defenders and maintaining spacing your offense will improve as the season goes on. Deeper understanding leads to better offense.

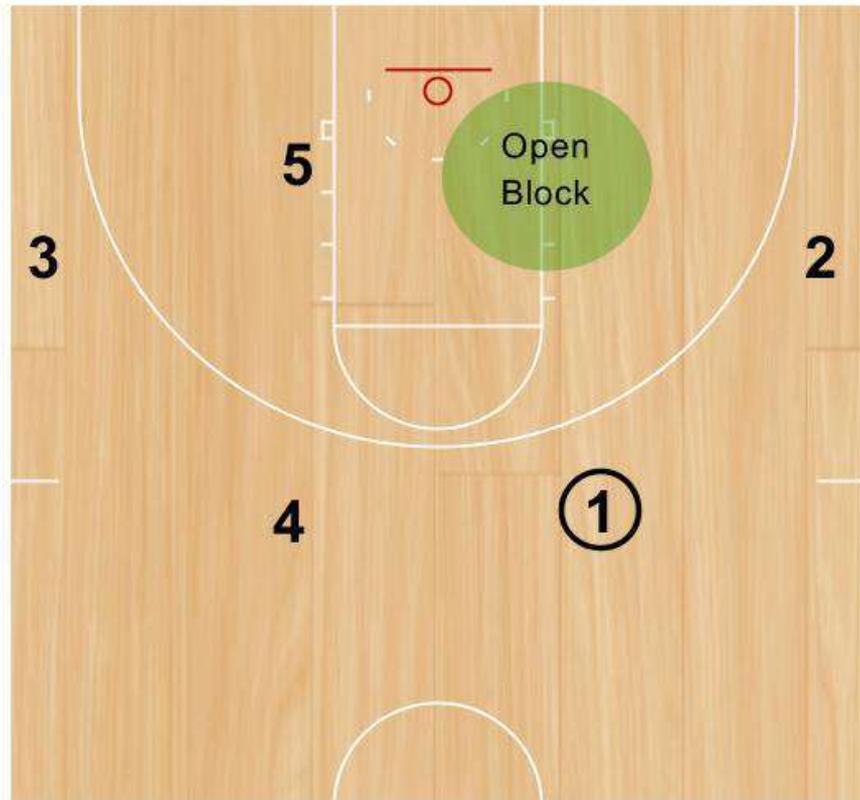
Motion Offense is also adaptable. It can be run from different alignments and operate with different rules. It can be outside or **inside oriented**. But do not allow your Motion Offense to become a “jump shooting” offense. One way to avoid this is to use Reverse Action.

Reverse Action was a feature of the Utah Utes’ offense under Four-Out Motion Offense guru **Rick Majerus**. The concept can be adapted to the motion offense taught in **this series**.

The first step in getting to Reverse Action is a player (screener) must **fill an open block**. The post player in this offense is taught to be judicious with his/her post flashes. As a result, there is often an open block.

Radius Athletics

Reverse Action
Half Court Offense



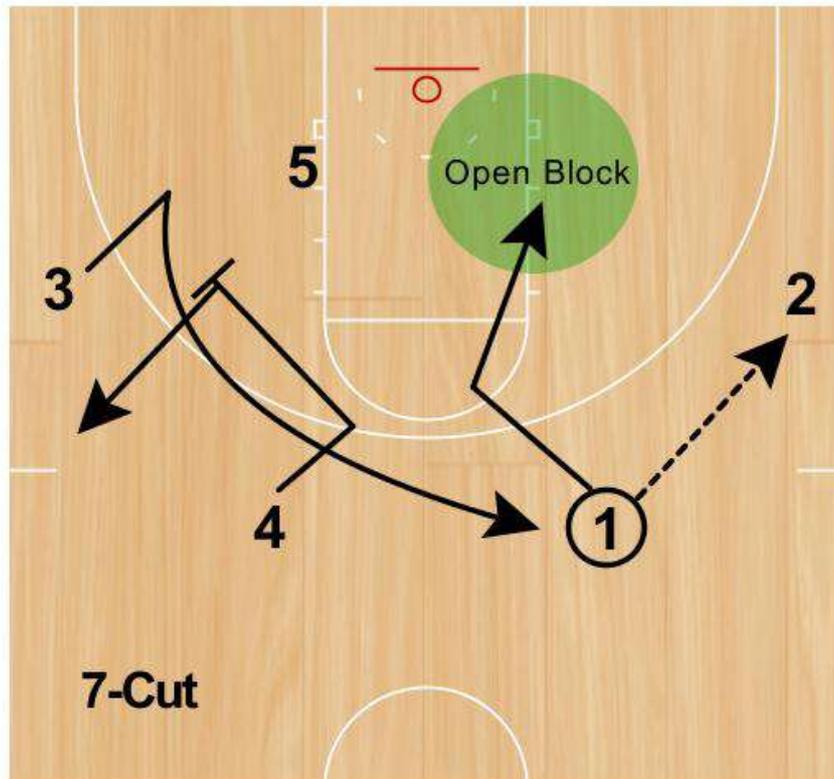
There are three methods in which a player can fill an open block and they all involve **reading the defense**. None of the cuts into an open block are predetermined.

7-Cut

An open block can be filled by a screener executing a **7-Cut** into the area. The 7-Cut gets its' name because of its' shape. Often the screener is the second player in a staggered screen and he/she begins the diagonal **downscreen** away and feels that their defender is either too high and hedging early or sitting below their screen leaving the open block vulnerable.

Radius Athletics

Reverse Action
Half Court Offense



- 1 passes to 2
- 4 is downscreening for 3
- 1 reads either basket cut or 7-cut (shown) into the open block.
- 3 comes off the screen and squares the top to the high elbow
- 4 spaces after the downscreen

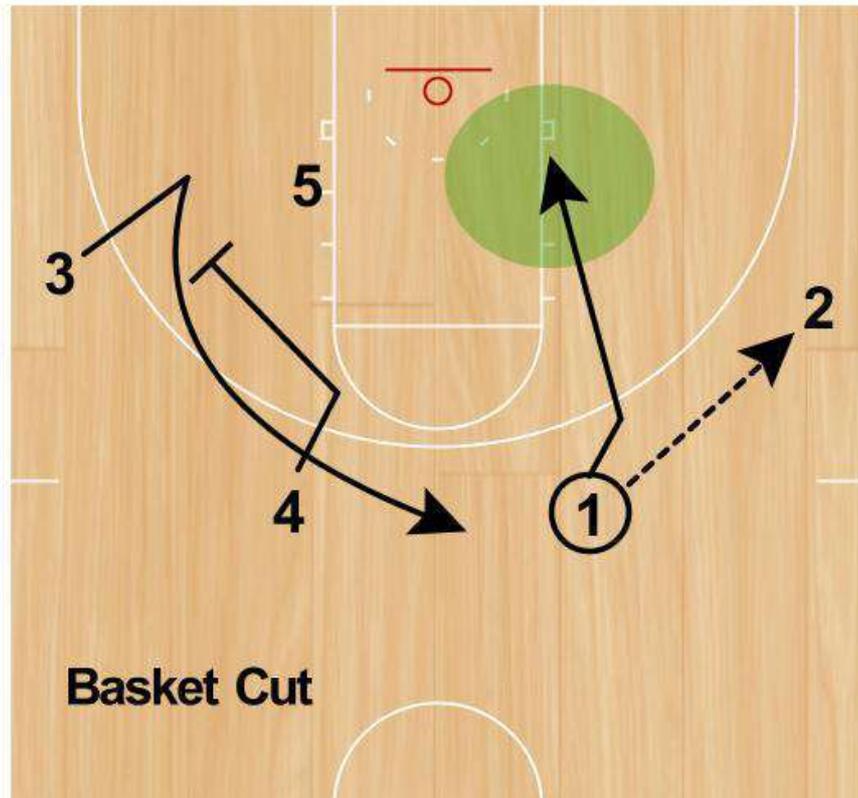
Above we see 1 setting the second screen in a double stagger and then “7-Cutting” into the open block when he/she feels the block is vulnerable. The 7-Cut should be taken to the front of the rim to the score and then to the open block if the pass is not delivered.

Basket Cut

The open block can be filled by basket cutting into the open block as well. Below 1 passes to 2 and is able to basket cut into the open block. The passer reads that they can cross the face of their defender and takes that cut to the front of the rim and then into the open block.

Radius Athletics

Reverse Action
Half Court Offense



The method differs from the 7-Cut because the read was different. But in both scenarios the open block is filled.

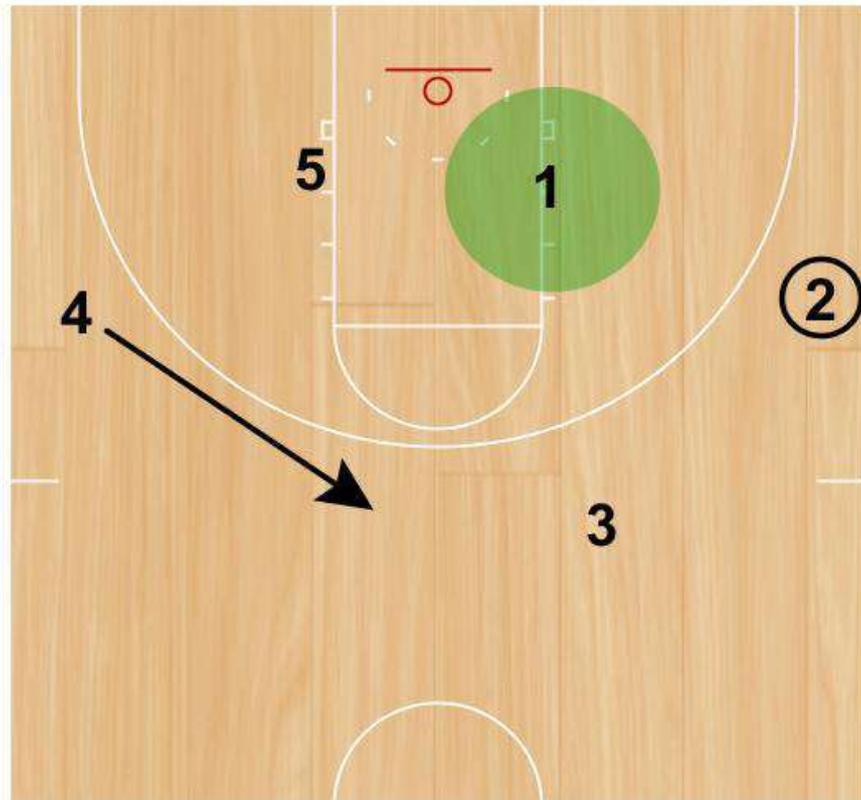
Tight Curl

In the two scenarios above, a screener (1) filled the open block by reading their defender and either Cutting or basket cutting into the void. In the diagram below, the open block is filled by a cutter (3) a curl. 4 and 1 read the defense and go into a staggered downscreen for 3.

Because 3's defender trails the cutter on coming off the staggered screen, 3 reads "curl" and takes cut to the rim then to the open block.

Radius Athletics

Reverse Action
Half Court Offense



4 blast/v-cuts to square the top

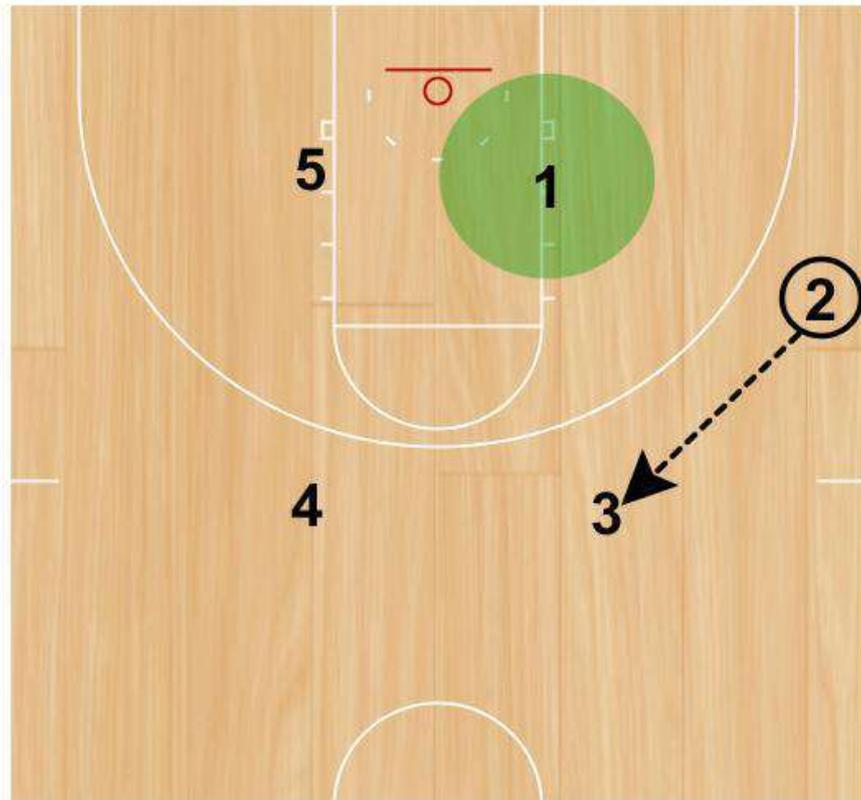
1 is now filling the open block

Above, let's assume that 1 has 7-Cut into the open block and 3 has come off the downscreen to the right high elbow. After setting the downscreen, 4 spaced to the wing. He/she must "blast cut" to square the top.

In the diagram below 2 passes to 3 coming off the cut.

Radius Athletics

Reverse Action Half Court Offense



2 hits 3 in the high elbow.

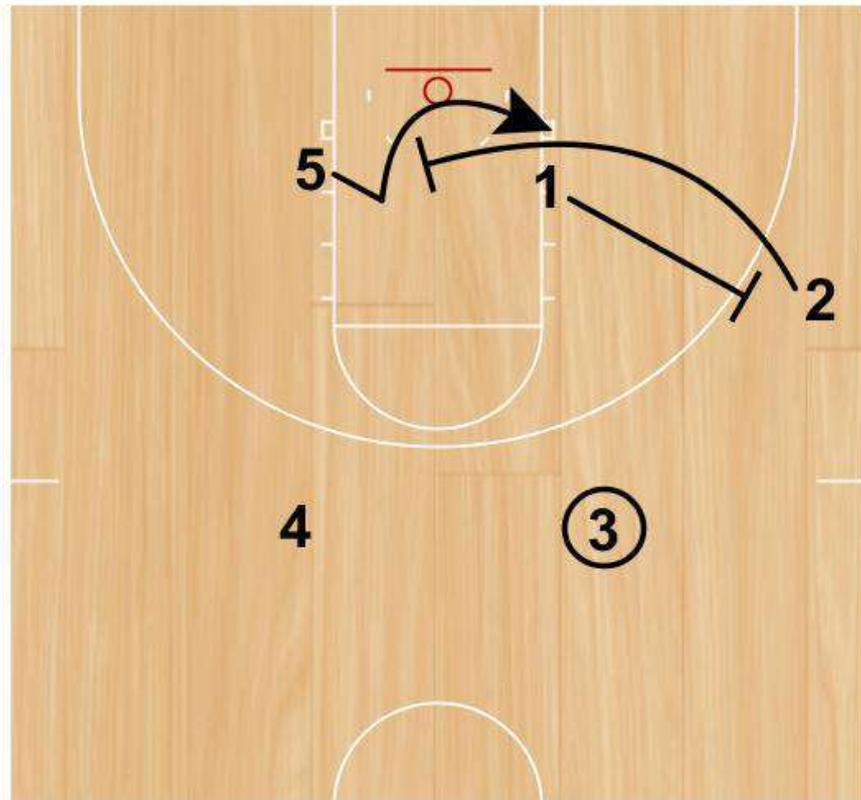
The next step is the trademark exchange of Reverse Action. On the pass back to the top, 1 sprints of the open block and back screens for 2. The screener's back is to the rim and they take their scr all the way to the defender. Screen "low, wide and big" and hold the screen. After 1 screens, they separate from the screen and look to get a catch on the wing.

The cutter comes off the back screen thinking not about scoring but setting the perfect cross screen for 5. They should angle their screen and let their back tell 5 where to go.

5 must read how they are being defended and either setup low and cut high or vice versa. Below see the screening action of Reverse Action.

Radius Athletics

Reverse Action
Half Court Offense



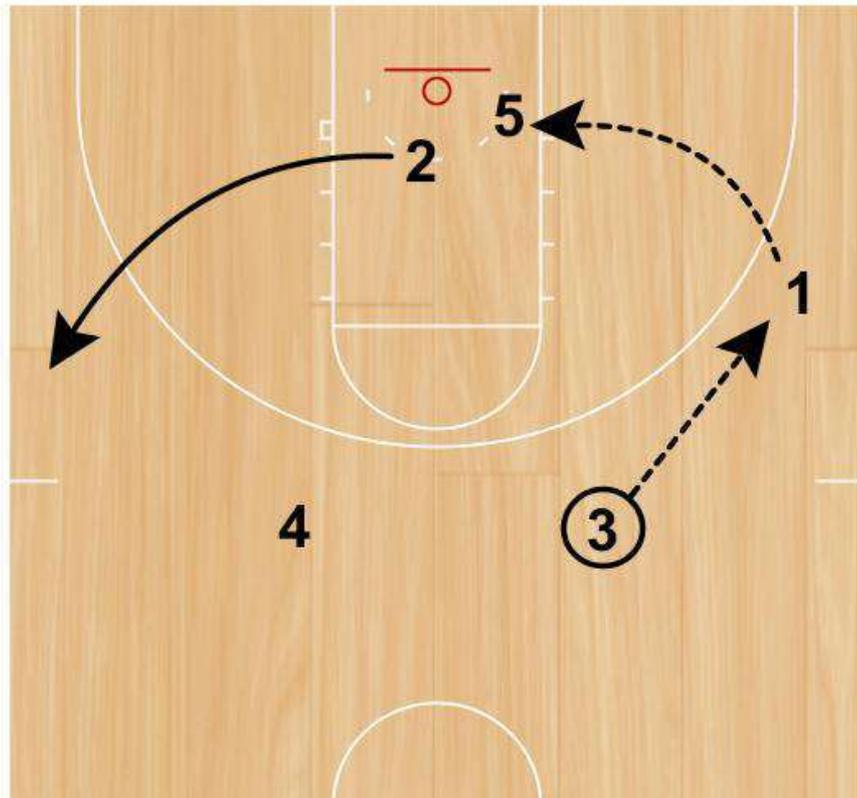
On airtime of the pass to 3, 1 back screens for 2

2 uses the screen and cross screens for 5 (reverse action)

Next, 3 passes to 1 who has separated from the back screen. 1 immediately looks to enter to 5 cut off the cross screen. This is Reverse Action being paid off below with a post entry to 5 for an easy basket.

Radius Athletics

Reverse Action Half Court Offense



3 hits 1 separating from the back screen

1 enters to 5 coming off the cross screen

2 fills wing

Again, Reverse Action is the same no matter what method of filling the open block at onset. Whether that open block is filled with a 7-Cut, basket cut or tight curl, Reverse Action works the same.

Reverse Action is not something that is called or signaled. It develops through reading the defense. This type of actions is featured in many offenses and set plays, but in motion offense it can develop organically by reading the defense.

Encourage players to slip, cut and curl into the open block and get the ball inside using Reverse Action. It is one of the limitless opportunities motion offense can yield.

Continue the motion offense conversation:

For help with teaching and drills for the Reverse Action and a motion offense attack, check out the [RAMP 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!



Randy Sherman

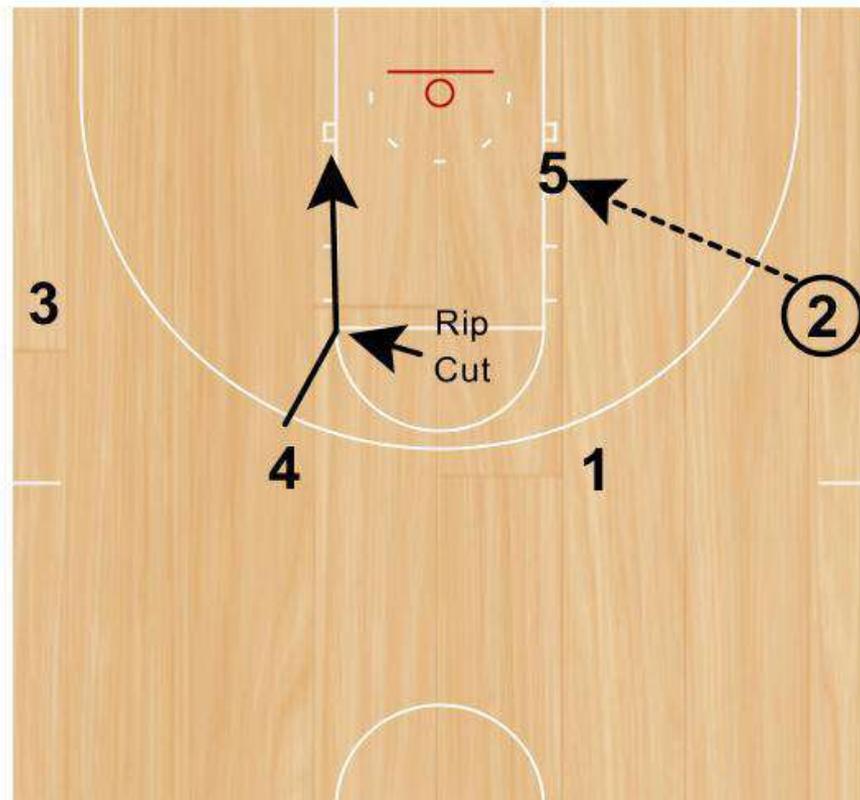
Randy Sherman is the owner and founder of Radius Athletics - a basketball coaching consulting firm - where he consults with basketball coaches at all levels on coaching philosophy, practice planning, Xs & Os and teaching a conceptual style of basketball. While a head basketball coach at the the interscholastic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



Mar 13, 2015 Las Vegas, NV : Utah F # 42 Jakob Poeltl on the rebound during NCAA Pac 12 Mer Basketball Tournament between Utah Utes and Oregon Ducks 64-67 lost at MGM Grand Garden Arena Las Vegas, NV.(Credit Image: © Thurman James/Cal Sport Media/ZUMAPRESS.com)

Radius Athletics

Rip Cut Motion Offense Glossary



Rip Cut - The rip cut is made upon entry into the low post once the post player turns middle. The opposite forward cuts to the elbow and rip cuts down the lane line to the back side block.

The timing of the rip cut is vital. When timed right and precise the rip cut can lead to an interior pass for an easy layup. But what triggers the timing?

Baseline to score. Middle to explore.

When the ball goes inside to 5, the four perimeter players should stay spaced. Do not crowd the post and take away his/her opportunity to score (or get fouled) one-on-one inside. Ideally, the post player seals their man on the high side and the feeder puts the ball in from a baseline angle.

Follow the post play mantra of “baseline to score, middle to explore.” The four perimeter players stay spaced and allow the post player to score inside by drop-stepping or turning baseline. But the moment that post player turns middle, the Rip Series is initiated.

Rule: When the post turns “middle to explore” the Rip Series is initiated and the offensive player “big” rip cuts to the opposite elbow then down the lane line to the backside block.

Occasionally, the ripping player’s defender will turn their head and look inside on the post entry and the rip cutter can cut behind them and receive an interior pass from 5 for an easy basket.

Rip cutting can also be a counter to teams that double the post, especially those that double “big-
big.” But most often the cutter is ripping to get into position for a backside rebound. The other “big”
always the rip cutter. Even if they were on the backside wing or the feeder, they rip cut.

Also, be aware that even after you rip cut, the post may still be intent on scoring. If they take a drive
or two toward the middle in an effort to score, the player that rip cut to the backside block can loop
under the backboard to the block the original post feed went into.

Rip Series – Perimeter Player Rules

Just as the “middle to explore” movement spawns the rip cut from the other “big,” it also sets into
motion movement by the perimeter players.



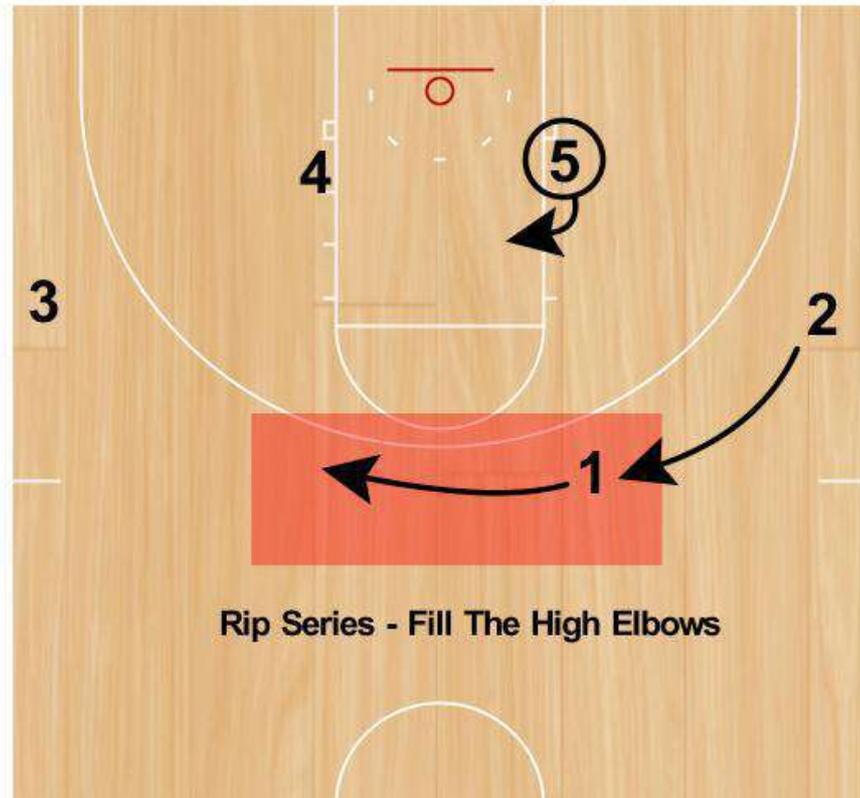
In the photo above, the Wisconsin Badgers execute the Rip Series as part of their **Swing Offense**.
ball has gone inside to **Frank Kaminsky** and he has clearly turned middle. The other “big” is cutting
the backside block (rip cut). The players circled in blue are demonstrating one of the Rip Series ru

Rule: When the post goes “middle to explore” fill the high elbows.

By “squaring the top” with two perimeter players, Kaminsky can see if a player comes from the top
double or dig and kick it out to the open man. These two players should be ready to catch and shc
or drive the closeout if the kickout comes their way. This provides for easy recognition of an
opportunity to play inside-out basketball.

Radius Athletics

Rip Cut Motion Offense Glossary



Rip Series - Fill The High Elbows

When 5 turns middle, Rip Series is initiated.

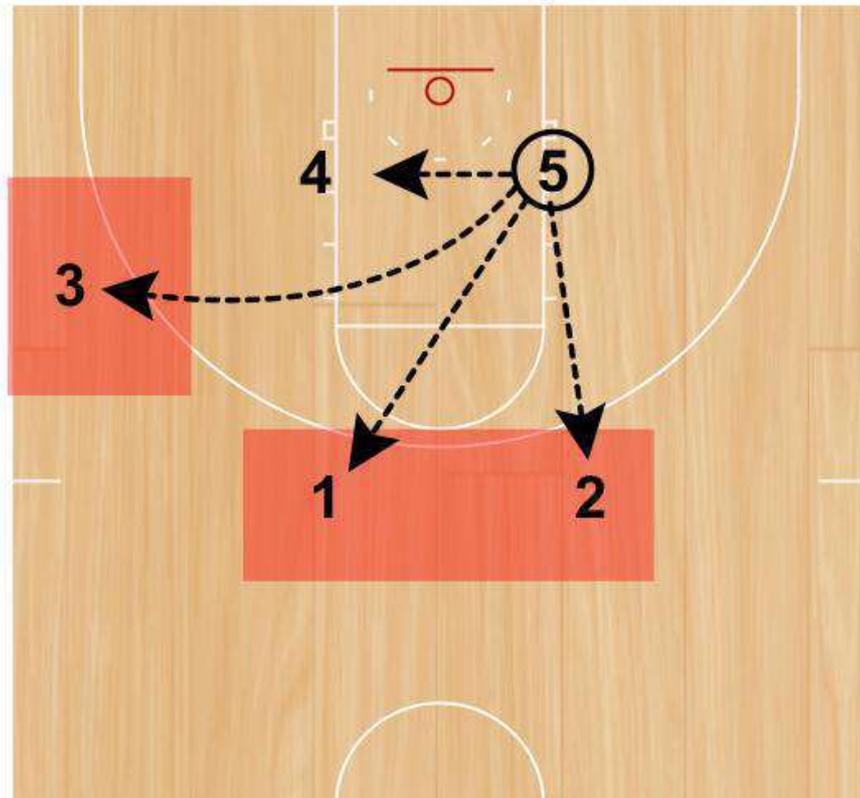
4 rip cut to backside block

Perimeter players (1 & 2) cut to fill the high elbows

Filling the high elbows is only part of the Rip Series rules for perimeter players. One player must fill the opposite corner. Be aware that filling in the “dead corner” can make you invisible to the post player. That guard should adjust their positioning to stay within the post player’s vision. Make yourself available for the skip pass – more inside-out basketball!

Radius Athletics

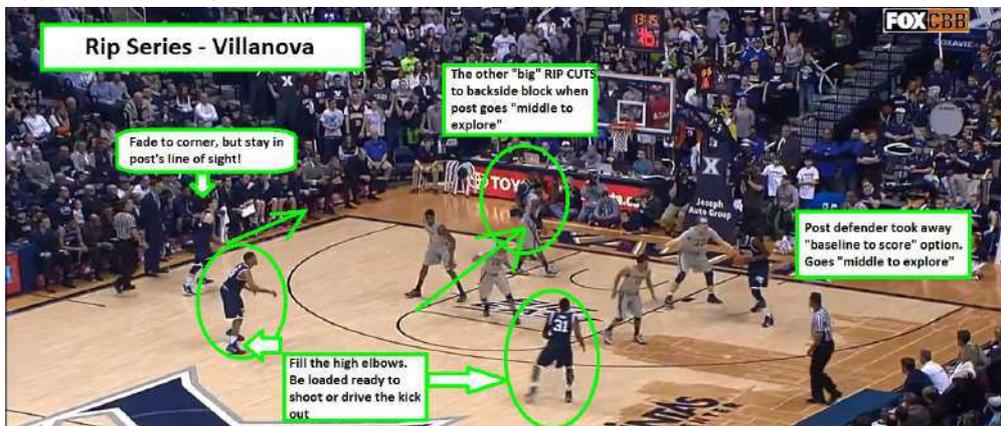
Rip Cut Motion Offense Glossary



If 5 cannot score on the baseline, turning middle initiates the rip series.

- 5 can:
- Hit the rip cutter (4)
 - Kick the ball out to one of the top players (1 & 2)
 - Fan the ball opposite (3)

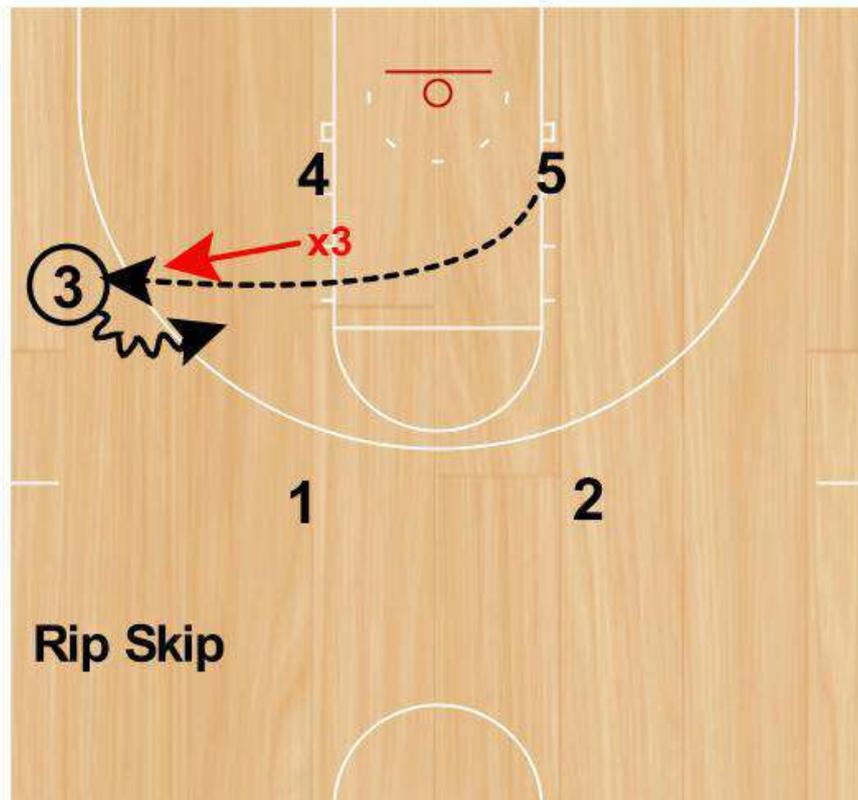
Below, the Villanova Wildcats demonstrate the Rip Series. The post has turned middle. The other has ripped to the backside block. Two guards have shifted to fill the high elbows and another guard opposite in the post's line of vision available for a skip pass from the post.



On the skip, the Rip Series becomes deadly. The wing can, of course, catch and shoot. They can attack the closeout of their defender. Below is this "Rip Skip" action.

Radius Athletics

Rip Cut
Motion Offense Glossary



RIP SKIP
Rip Series is initiated
5 skips the ball opposite to 3
3 can shoot or drive the close out

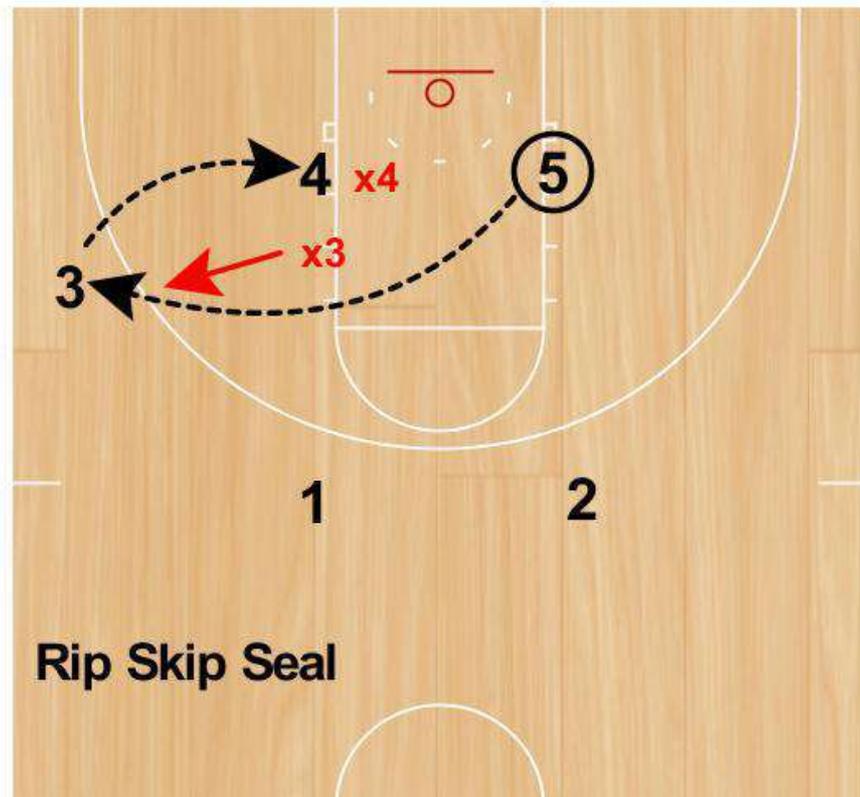
One of the best attributes of a good offensive team is making the defense pay even when they do what they are coached to do or what seems “right.” The “Rip Skip Seal” action is an example of just that.

When the ball first went inside and the post player turned middle, 4 rip cuts to the opposite elbow and down the lane line to the backside block. X4 would, of course, be coached to front that cut and deny the interior pass. Doing so leaves them vulnerable to the Rip Skip Seal concept in the Rip Series.

5 skips the ball opposite to 3. Now 4 is able to seal their player inside for an easy post feed.

Radius Athletics

Rip Cut
Motion Offense Glossary



5 skips the ball opposite

Because X4 had to front the rip cut, they are on the inside of 4 and vulnerable to the seal on the skip

3 enters to 4

Once the ball is kicked out and no shot or drive is taken, the team adjusts their spacing and floor balance by “rewinding” the Rip Series actions and resumes motion rules.

The Rip Series is not just for motion offense. It could be implemented with any offense in a four-out alignment. Take your offense to the next level by instituting the Rip Series on post entries. Find be shots playing inside-out basketball.

Continue the motion offense conversation:

For help with teaching and drills for the Rip Series and a motion offense attack, check out the [RAM program](#).

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

Any questions: randy@radiusathletics.com 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

Randy Sherman



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.

Motion Offense – Transition Attack

Featured Motion Offense Offense August 29, 2015

By Randy Sherman



Tips for connecting the primary break attack with four-out motion offense as seamlessly as possible.

While **building a motion offense** with excellence in the halfcourt in mind is vital, flowing into that offense from the transition game can improve possessions. Designing an up-tempo transition offense that connects with your motion offense is paramount.

Being “seamless” is the goal. The flow from transition offense to motion offense should be smooth virtually undetectable. Avoid instances where resetting spacing or alignment and “tucking the ball making a call” are necessary. Let’s look at a simple flow from the transition attack to a **four-out/one in** motion offense.

The concept of “first three steps” must be a part of your culture. You cannot dabble.

The main determinant of scoring in transition is what players do with their first three steps after the team gains possession. Creating clear roles for your team means the three players not involved with the rebound/entry pass and the outlet are free to get to top speed and fill their lanes in the first three steps. The concept of “first three steps” must be a part of your culture. You cannot dabble. Begin instilling this mindset day one.

Role Definition

Begin by designating a player to be the inbounder. He/she always inbounds the ball after every opponents made field goal. By knowing who is the inbounder and knowing that role does not change the other players are free to rapidly carry out their duty of getting to top speed in their first three steps. Plus they become adept at that skill over time.

Tips for inbounders:

- Crash the boards! When you see the ball go through the net try to catch it before it hits the floor
- Always inbound the ball on the right side of the backboard
- Hover Step: Reach your left foot out-of-bounds and pivot around it. Hover the right foot as you pivot and fire the ball to the outlet box. Ideally, the right foot never touches ground out of bounds and you make the outlet on the run. If you whip around and see a full court press land the foot out-of-bounds and make the outlet.
- Run hard to fill in behind the break. (Trailer)
- When you gather a live rebound, look to make outlet to the outlet box on the nearest sideline
- Typically, assign a forward (4) to be the inbounder

It is also beneficial to designate a constant outlet receiver. If players know exactly who to look for and exactly where to find them it speeds up the execution of the outlet.

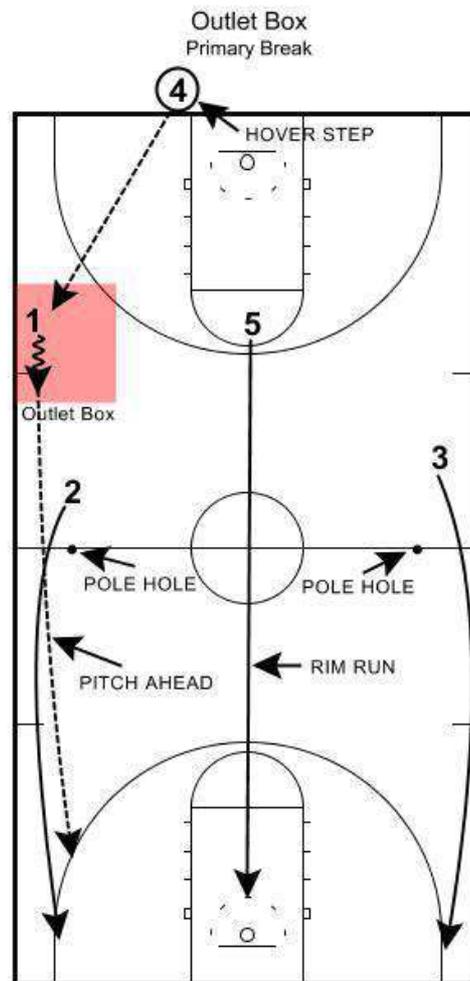
Typically, a point guard serves as the outlet receiver and they get to the outlet box on the right side of the floor after made field goals by your opponents.

Tips for outlet receivers:

- On opponent FGM get to the outlet box on the right sideline.
- On opponent FGA that your team rebounds get to the outlet box on the sideline nearest the rebound.
- Receive outlet in the outlet box on the shuffle facing the interior of the court
- Call for the outlet
- If denied, “sickle cut” across the court to uncover
- Whip around and look to “pitch ahead” to ballside wing
- If you cannot pitch ahead to the ballside wing, “dribble through the wake” and pitch ahead to the weakside wing
- Throw the ball over the halfcourt line!

By designating an inbounder, predetermining an outlet receiver and assigning an area in which to receive outlets, the other three players are free to sprint release and get to top speed in the first three steps.

Radius Athletics



Rim Run

The “big” not assigned inbounding responsibilities should take the challenge to out-sprint the oppc “big” on every trip. Putting vertical pressure on the interior defenders helps get the ball inside early the possession.

On a live ball rebound, the big that did not secure the board executes the rim run.

Tips for rim runs:

- Get to top speed in your first three steps.
- Every possession there is a footrace between you and your defender. I want you to go undefeated.
- Be aware that the “1-5” pass may be coming your way.
- When you arrive into the paint either “chop down” and seal your man behind you or hit and spi and post with two feet in the paint.

Width From The Wings

Relentlessly pitching the ball ahead on the break is what can eventually break the back of your opponent. To best achieve this wings must get width and run hard. The goal is to pass the ball ove

Use the holes in the court where the volleyball standards fit as a tool to help you (“pole holes”). We should run outside of those holes and look back over their inside shoulder as they run.

Tips for wings:

- Release and run! You have NO outlet responsibility. Top speed in the first three steps.
- If you do not receive the “pitch ahead,” bounce off the baseline to the motion line.
- On the long pass look to attack if the numbers are there (jailbreak)
- Take the transition three
- Look inside to the rim runner

Developing the habit of running off of **every** rebound and opponent made field goal is vital. For ultimate effectiveness, this should be an identity.

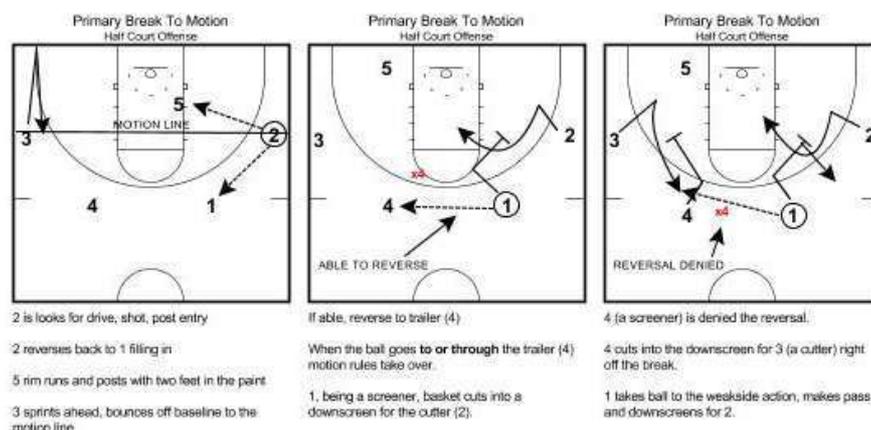
But a primary push is one thing, connecting it to your motion offense is another. Again, being seamless is the goal. You accumulate transition points via a blazing primary push. When that does happen, make quickly and seamlessly flowing into motion your goal.

Running **secondary break** actions can be effective. There are certainly benefits to hitting the defender with some great secondary action early in the possession. Make sure your secondary break option “terminate” in the same alignment (4-out, 3-out/2-in) as your “base offense” to avoid a clunky rift between the secondary break and the base offense.

For ultimate seamless action, get right into motion offense off the break.

If 1 pitches ahead to 2 and 2 cannot drive, shoot or feed the rim runner, they begin ball reversal to filling in. Below are the offensive “sprint to” spots.

Radius Athletics



1 then looks to turn it to 4. Upon 4’s catch you are in your motion offense. Motion rules are initiated when the ball goes “to or through” the trailer (4).

1 is a screener, thus after passing to 4 (another screener) they basket cut into a downscreen for 2 can fully reverse the ball to 3 or throw back to the action of 2 coming off the screen.

If 4 were being **denied the reversal**, they would not fight the defense or v-cut back and forth to unclogging slowing down ball reversal. Simply run into the downscreen for 3 on the weakside.

4 has other options after receiving the pass as well. They can fully reverse to 3 and basket cut. They can **dribble handoff** to 3 or even stagger away with 1 for 2.

The greater issue is that the team made a hard primary push, looked for numbers advantages or a quick post entry then flowed seamlessly into their base offense. No pause. No reset. No alignment adjustment. No “tuck the ball and make a call” needed.

Simplify the transition attack; after all, the primary push is the main point generator and that comes from what you do with your first three steps in the backcourt. Simplicity creates clarity and clarity leads itself to speed. Flow quickly and seamlessly into your offense and let your players make plays in the screening game.

Continue the motion offense conversation:

For help with installing a transition game and a motion offense attack, check out the [RAMP program](#). Explore and use the Twitter hashtag [#MotionOffenseTips](#) as well!

Any questions: randy@radiusathletics.com 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>

January 25, 2015: Rhode Island Rams guard Biggie Minnis (10) on the fastbreak during the first half of an NCAA basketball game between the St. Bonaventure Bonnies and Rhode Island Rams at the Ryan Center in Kingston, Rhode Island. Rhode Island defeated St. Bonaventure 53-48. Anthony Nesmith/Cal Sport Media(Credit Image: © Anthony Nesmith/Cal Sport Media/ZUMAPRESS.com)

Motion Strong Entries And Options

Featured Motion Offense Offense March 11, 2019

By Randy Sherman



Two “Motion Strong” entries and options from five-out featuring the Brooklyn Nets

The Brooklyn Nets (35-33, 7th in East) have taken ***Motion Strong***, a long-time staple of the San Antonio Spurs, and opened up the spacing with a five-out alignment from transition.

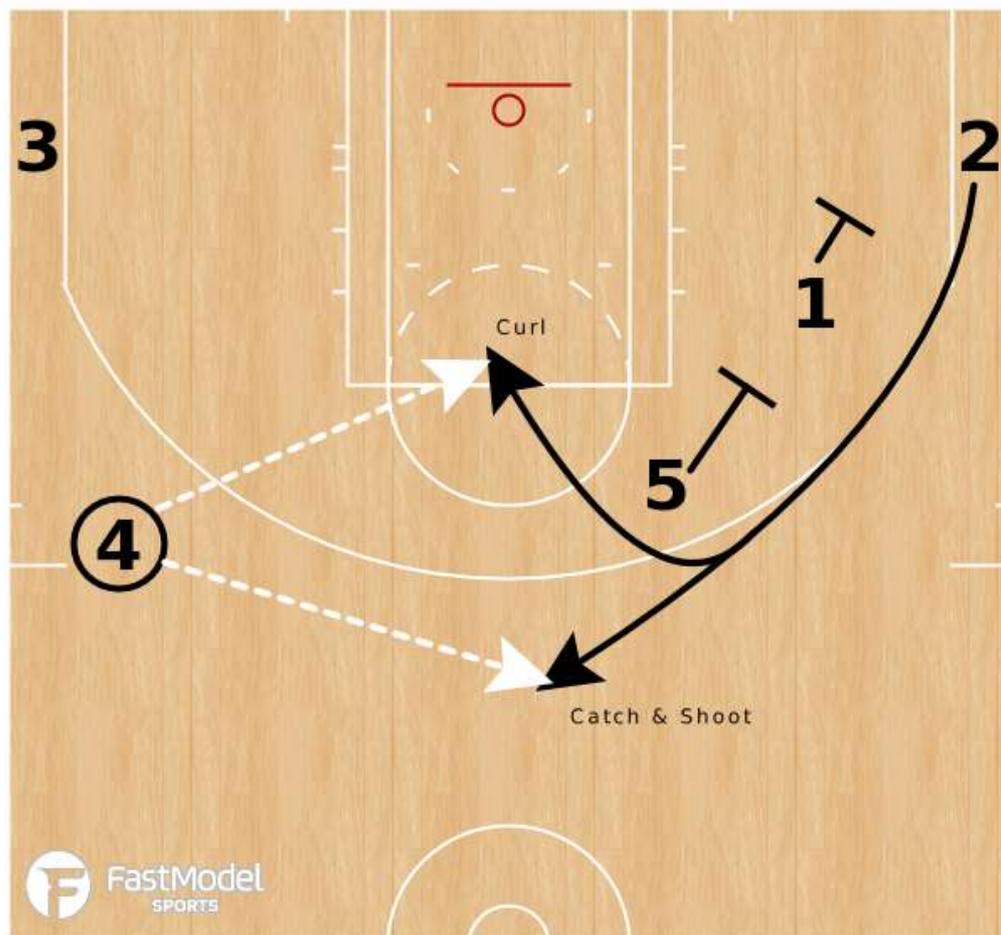
Like the **four-out version popularized by the Spurs**, the Nets’ version features a staggered screen with different options stemming from it in **early offense**. Below, we’ll take a look at two ways **the Nets** enter ***Motion Strong***.

“Reverse” Option

The signature feature of ***Motion Strong*** is the staggered **down screen**. Like many NBA teams, the Nets often have no low-post presence in early offense. Instead the “Big” is trailing at the top of the circle.



In the **Reverse Option**, the Nets swing the ball to the second side via the trailing Big. The two passes in the ball reversal then get into the staggered screen.



The cutter using the screens may straight cut for a catch-and-shoot or curl if tightly trailed.

Featured Video: Brooklyn Nets – Motion Strong – Five-Out – Reverse Option

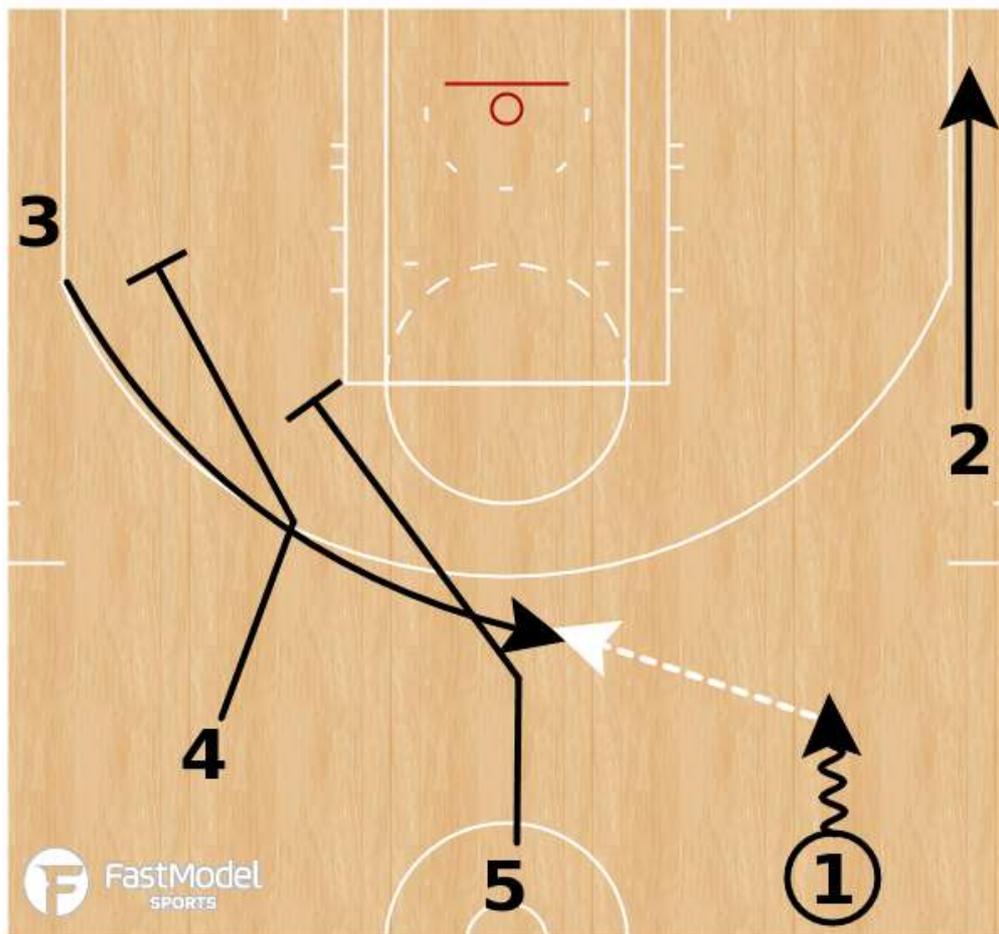
If the cutter uses the stagger, gets the catch but has no immediate advantage on the catch, the offense flows into various options such as Horns, **Elbow** or **Spread Ball Screen**.



This sort of design and sequencing gives the Nets early, middle and late clock flow.

“Dribble” Option

At times the Nets get into **Motion Strong** without the ball reversal using the “Dribble” Option. The trailing players just get into the down screen while the lead guard dribble advances the ball.



Again, the cutter (Player 3) may straight cut the staggered screen for a **catch-and-shoot** or curl when trailed. Many of the same middle and late clock options stem from the “Dribble” Option if no immediate advantage is available on the catch.

Bonus Diagrams: Motion Strong – Dribble into a Throw & Go

Featured Video: Brooklyn Nets – Motion Strong – Five-Out – Dribble Option

As the young Nets continue their push for the Eastern Conference playoff position, look for this modernized and spread-out version of **Motion Strong** to be an offensive centerpiece.

The ball and player movement in early offense combined with the flow and connection with other options when the stagger does not create an immediate advantage demonstrates sound offensive design and sequencing.

Continue the conversation:

Check Out our [Motion Strong Playbook](#) for a deeper dive into this offense!

For help with practice planning and implementation of an early offense attack featuring **Motion Strong** or other offensive elements for [finding, using and creating](#) offensive advantages please contact us and/or [join our community for basketball coaches!](#)

Any questions, [contact us!](#) Happy to talk hoops any time day or night! [Sign up here](#) for our twice-monthly newsletter for basketball coaches!

Bio	Latest Posts
 	<h3 data-bbox="437 757 695 797">Randy Sherman</h3> <p data-bbox="437 819 1520 1032">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 4, 2018 – Los Angeles, CA, U.S. – LOS ANGELES, CA – MARCH 04: Brooklyn Nets Guard Spencer Dinwiddie (8) and Los Angeles Clippers Guard Sindarius Thornwell (0) grab each others jerseys as they go down the court during the game between the Brooklyn Nets and the L.A. Clippers on March 04, 2018, at STAPLES Center in Los Angeles, CA. (Photo by David Dennis/Icon Sports) (Credit Image: © David Dennis/Icon SMI via ZUMA Press)

Moving The Nail Defender

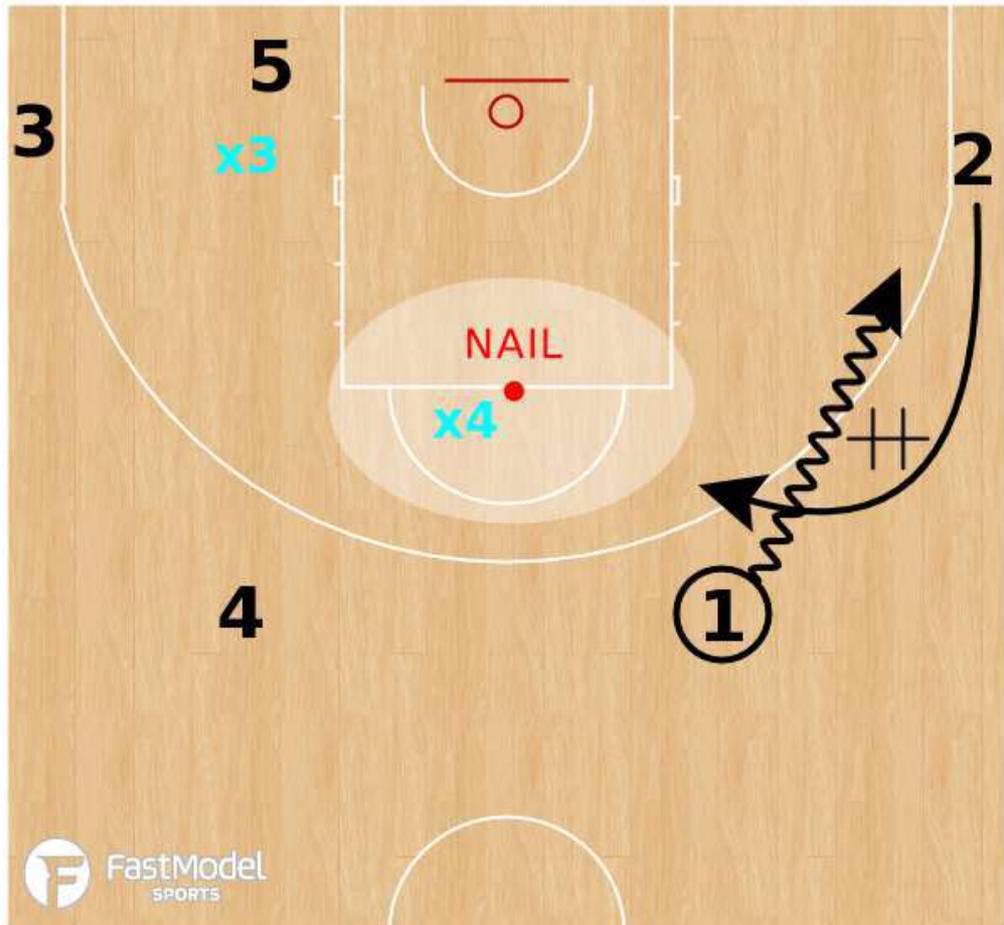
Featured Motion Offense Offense September 10, 2018

By Randy Sherman



Six tips for moving the nail defender with cutting and screening to facilitate top penetration.

The “nail” is tiny hole drilled in the floor at the center of the free throw line. It is here that defenses often park a defender meant to deter top penetration. The offense wants to drive through the nail; defense wants to protect the nail.



Common tactics from the “nail defender” include:

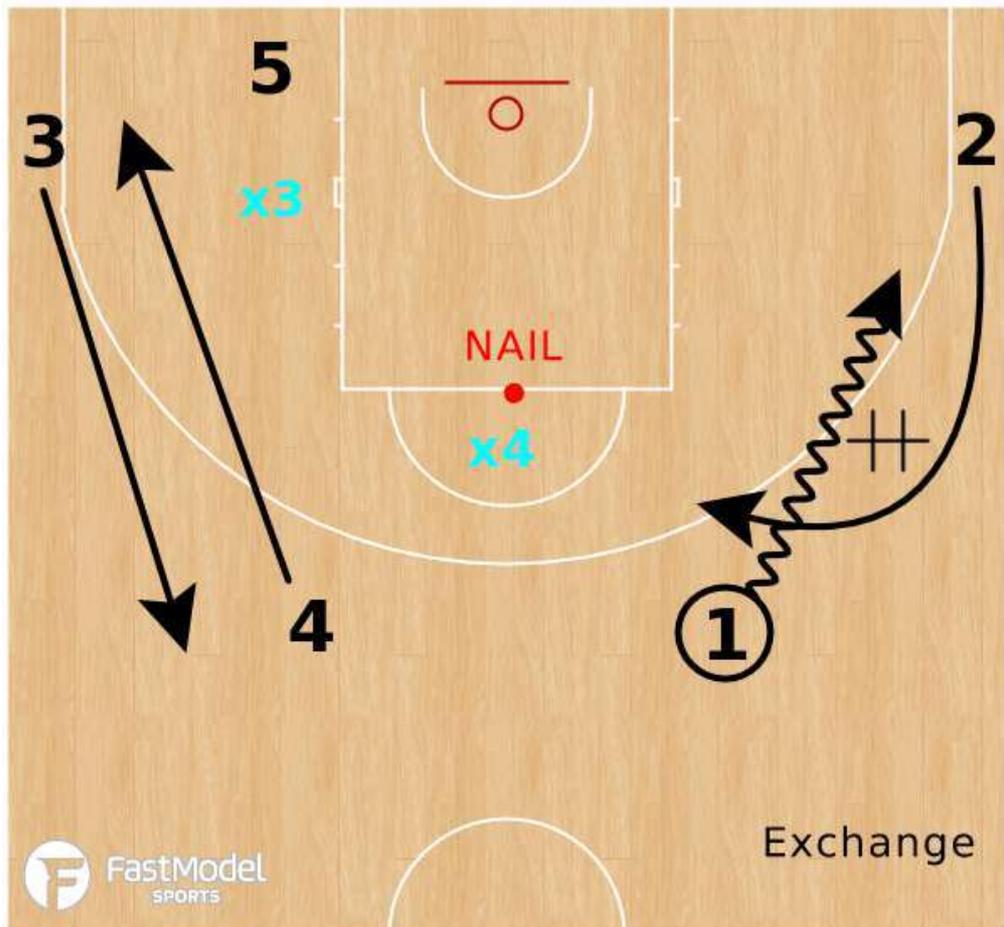
- Early Help – sitting at or near the nail even before the gap is threatened to deter the drive (see image above)
- Stunt & Recover – guarding your man then stunting into the gap and toward the nail to encourage the short kickout then closing back to your man

A good offensive possession needs a penetration moment and a defense who protects gaps well. One of these two tactics can frustrate an offense. **Moving the nail defender** with cuts can help open gap space for penetration. Weak side screening action can also be a way to manipulate potential defenders. Below we will look at six ways to either move or manipulate the nail defender and open space for top penetration.

Cutting

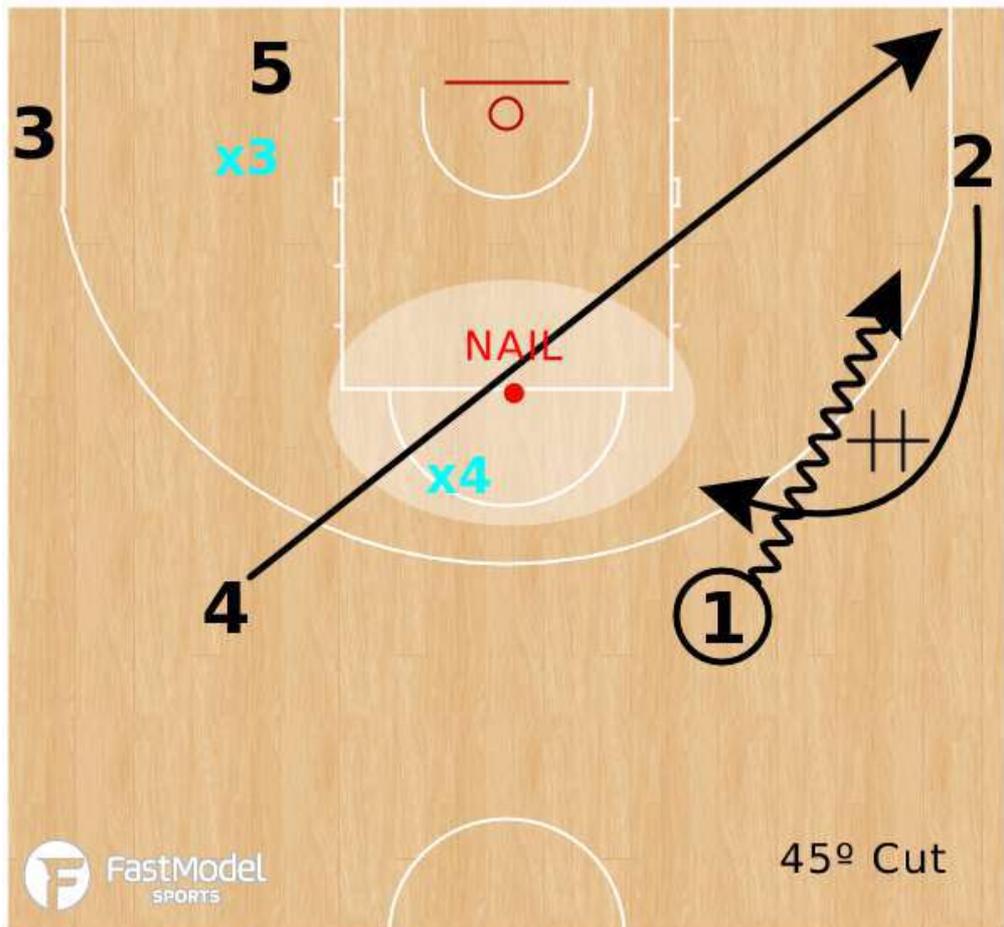
In all of these examples we will use a **dribble handoff** as the action to create the penetration, but moving the nail defender would be helpful in other scenarios such as **spread ball screen** or simple **dribble drives**.

Use well-timed cutting to move the nail defender. Even something as simple as a well-timed exchange (see below) could open the space needed to gain penetration.



In the diagram above, Player 4 exchanges with Player 3 as Player 2 exits the handoff. The hope is will follow Player 4 off the nail and open space for the drive. This simple exchange could distract X and X3 from help responsibilities while their players are moving.

While the simple exchange moves the nail defender, it only **increases the space** for top penetratio momentarily. X3 replaces X4 as the nail defender. In the examples below, the cutting moves the n defender **and** increases space for the dribble attack.

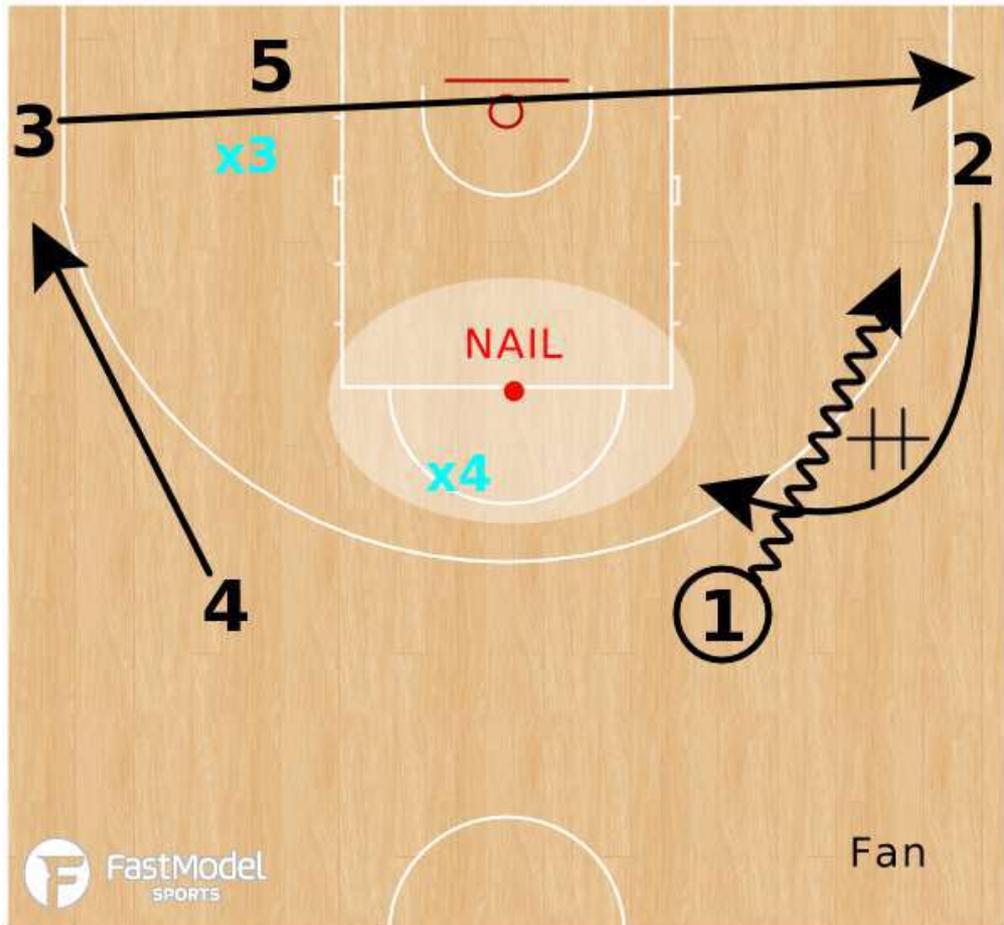


In the frame above, Player 4 makes a “45° Cut.” Player 4 is “in front” of the handoff and his/her 45° Cut moves the nail defender while opening a tremendous amount of gap space for Player 2 to attack as they exit the handoff.

Below, the San Antonio Spurs use a 45° Cut from **Spread Ball Screen**. The Clipper’s nail defender just outside the elbow and sits poised to stunt toward the nail on the drive, but the wing makes a 45° Cut as **Tony Parker** comes off the ball screen. This opens space for penetration which leads to an open three.

<https://gph.is/2HgfcYb>

Using the Fan action depicted below also opens exaggerated gap space to facilitate top penetration while moving the nail defender. With the offense “fanning” X4 now has to shrink a larger gap area.

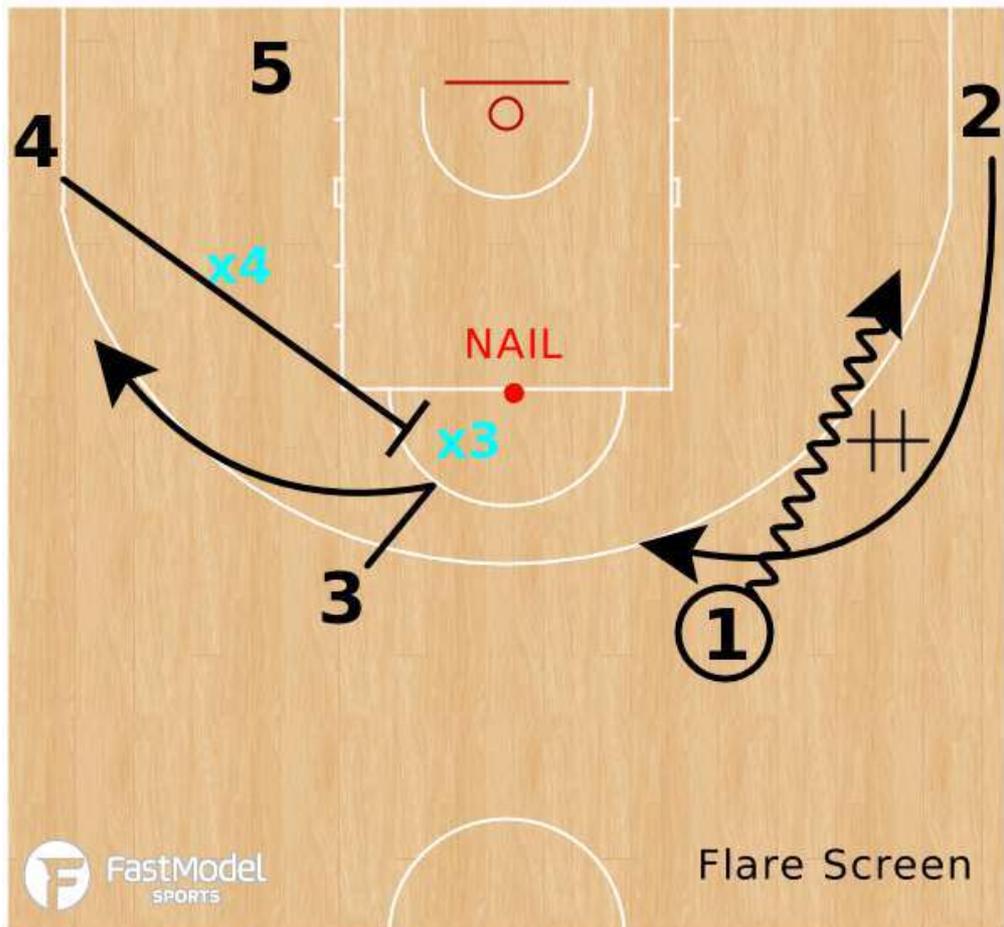


Again, Player 4 is “in front” of the dribble handoff. Player 4 cuts toward the corner, Player 3 fans a the baseline. The nail defender moves with Player 4 and Player 2 has enlarged gap space to attac

Screening

Screening can also facilitate top penetration by engaging the nail defender. A simple **down screen** or **flare screen** can move the nail defender and distract them from help responsibilities. The nail defender faces a dilemma – support the on ball defender by filling the gap or deal with the screener/cutter action.

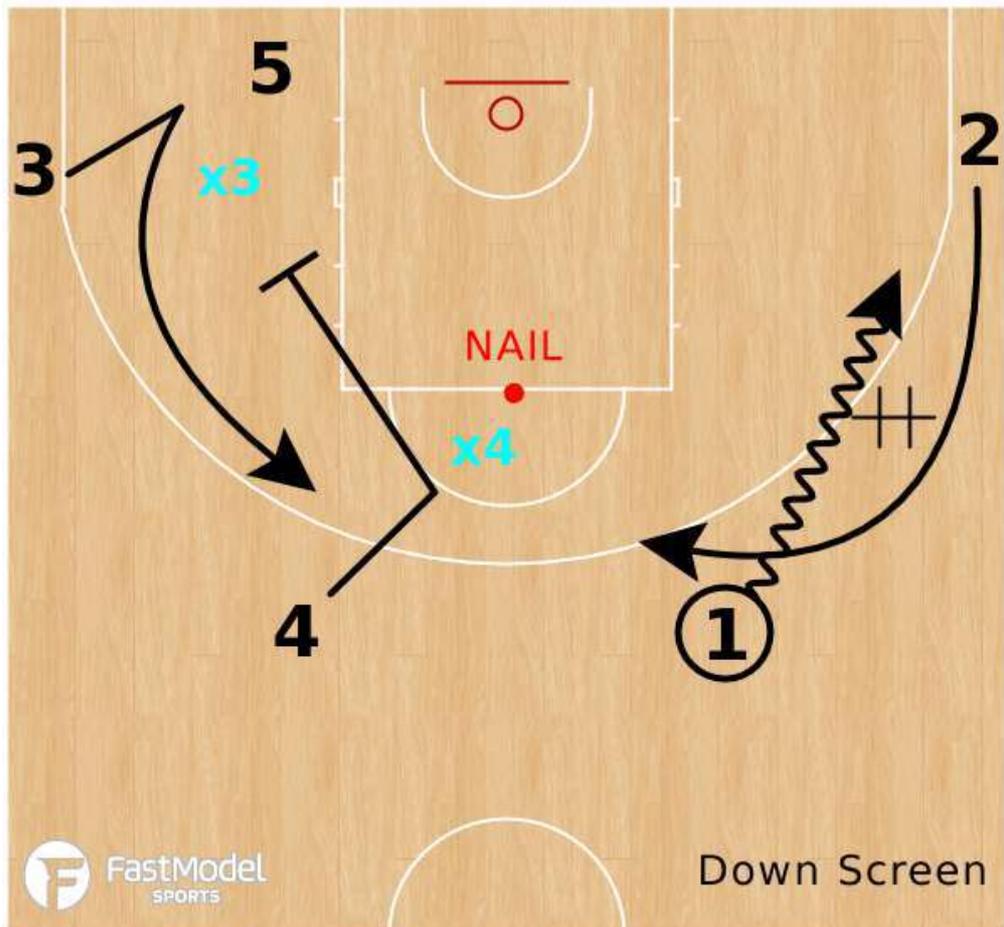
In the flare screen example below, Player 4 flare screens the nail defender (X3) as Player 2 receiv the handoff. X3 can chase the Player 3 over or under the flare, but doing so leaves the nail unsupported. Staying to offer support means the cutter goes free or the screener can slip should > take the cutter.



Below is an example from the 2016 Rio Olympics. Brazil flare screens the nail defender in Spread Screen. The help position of the Croatian defenders due to the threat of the top penetration makes them easy to pin inside with a flare screen.

<http://gph.is/2gJLZFI>

Lastly, the down screen can move the nail defender and distract them from help responsibilities. This serves a similar function as the exchange option described above.



Player 4 down screens for Player 3 while Player 2 accepts the handoff. X4 now has to contend with screener-cutter action and may lose sight of their responsibility to protect the nail. While X4 and X3 are dealing with the down screen, Player 2 may be able to pierce the lane with the drive.

A counterpoint to all of these examples would be no movement. Simply space. After all, heavy help from the nail defender followed by a kickout to their man could lead to a small advantage the offense can then use. A good shooter with range and a quick release can exploit heavy help at the nail for catch and shoot three. If the nail defender flies out after helping, you then have a closeout to attack a “one more” pass to the corner if X3 helps the helper.

Often offensive possessions become a fight between the offense who is trying to get a bit of penetration and the defense who is trying to seal any attempt at penetration. Moving or manipulating the vital nail defender can help your offense win more of these struggles.

Continue the conversation:

Check out [#FindUseCreate](#) on Twitter for more on these principles and grab the [FindUseCreate eBook!](#)

For help with practice planning and implementation of these and other offensive elements for [finding and creating](#) offensive advantages please contact us and/or [join our community for basketball coaches!](#)

Any questions, [contact us!](#) Happy to talk hoops any time day or night! [Sign up here](#) for our twice-monthly newsletter for basketball coaches!

The off-season is the ideal time to take your coaching game to the next level. [Get FastDraw](#) today!

Bio

Latest Posts



Randy Sherman

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.

July 18, 2018 – Minneapolis, MN, USA – Minnesota Lynx's Rebekkah Brunson plays defense on Indiana Fever's Erica Wheeler on Wednesday, July 18, 2018 at Target Center in Minneapolis, Min
The Minnesota Lynx beat the Indiana Fever, 89-65. (Credit Image: © Jerry Holt/TNS via ZUMA Wi

Five Common Motion Offense Trouble Spots

Featured Motion Offense Offense December 18, 2015

By Randy Sherman



Motion Offense

Five Common Motion Offense Trouble Spots

By Randy Sherman

Troubleshooting five common sticking points in four-out motion offense

As part of our [mentoring program](#) and [online clinics](#), I work with high school basketball coaches across the country on step-by-step implementation of four-out [motion offense](#). The preseason saw work through proper drill progressions, [practice planning techniques](#) and now that the season is here, film review.

As I have watched games on [Krossover](#) and fielded questions from clients, I have seen many of the same trouble spots along the way. Whether it is girls basketball, boys basketball, “big” school or “small” school, the sticking points are similar.

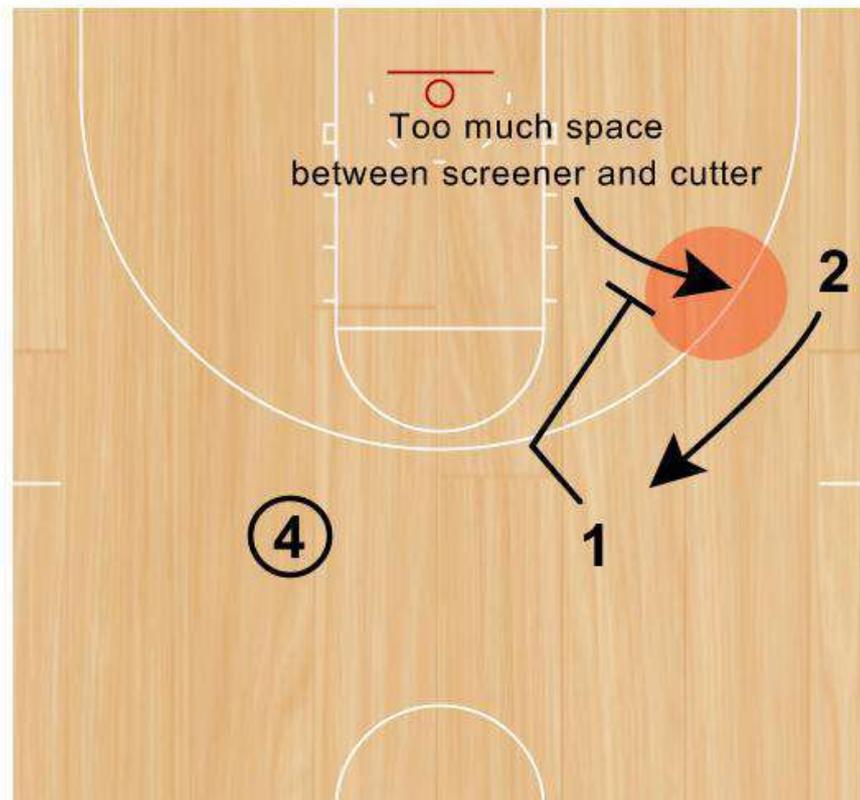
Here are five common sticking points in four-out motion offense. Getting through these pitfalls will your offense improve throughout the season.

Cutters Leaving Too Soon; Lack Of Setup

The mantra for cutters is “WAIT, WAIT, WAIT” and then wait some more. Often cutters are so fixated on the ball that they get in a hurry, begin to cut way before the screener has gotten into position to screen and they migrate to the three-point line without reading their defender.

Radius Athletics

Five Common Errors



Cutter leaves too soon with no setup

Cutters may get a catch with this sloppy technique, but they likely will not be open for a shot for they do not force their defender into making a decision.

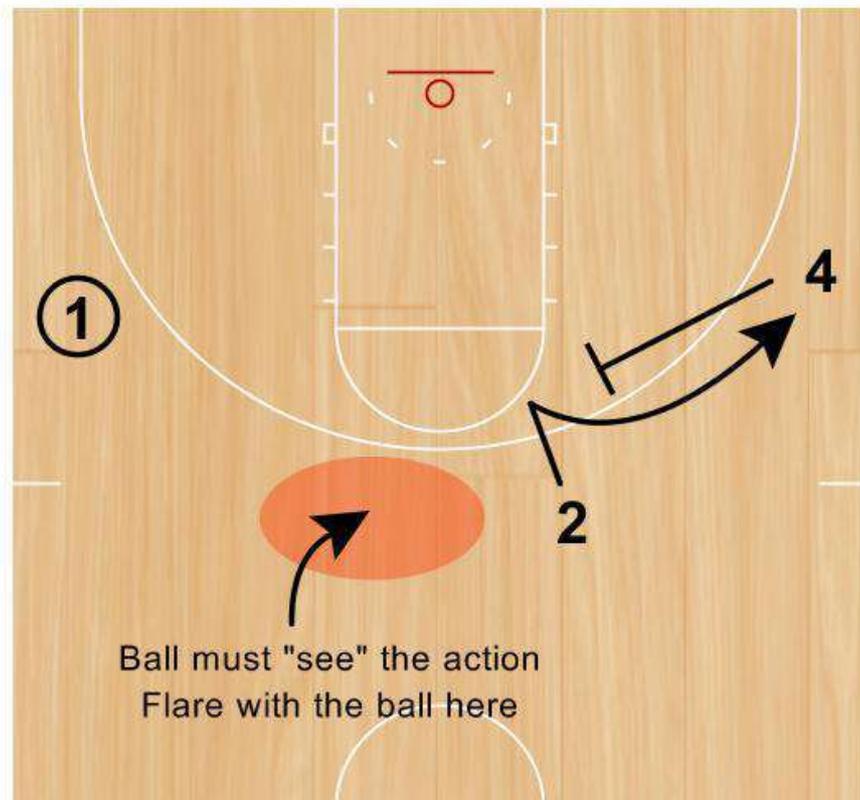
Teach cutters to wait for the downscreen. They must **setup their cut** with misdirection and change tempo before beginning their cut. Use the sound of the screener's feet jump-stopping into the screen as a trigger for the cutting phase.

Flare Screening With The Ball On The Wing

One key to motion offense is timing the ball with the action. Often screeners, with good intention, initiate weakside **flare screen** action that is ill-timed with the ball. The flare should be set with the ball on a high elbow, not the wing.

Radius Athletics

Five Common Errors



Flare Screen with ball on the wing

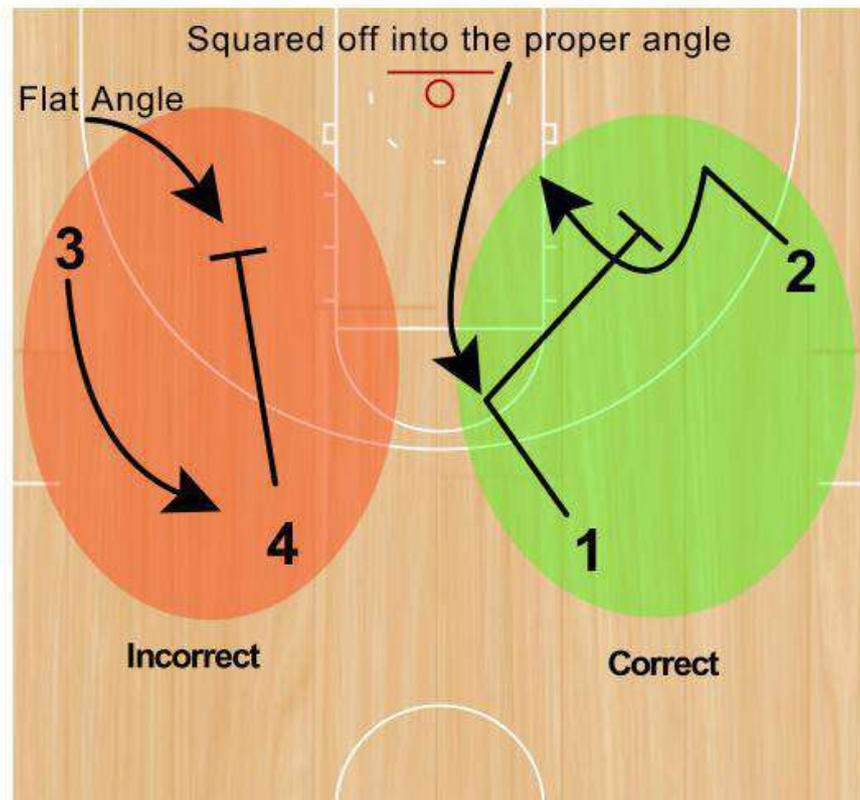
The cutter, when using a flare, often ends up on the wing. This is fairly useless when the ball is on opposite wing. The pass is too long. Screeners should recognize when they flare screen a bit early and rescreen or better yet, wait to start the flare action until the ball is brought to the high elbow. The action must be in concert with the ball.

Flat Screening Angles On Downscreens

The foundation of motion offense is the basket cut. Not only does the basket cut create scoring opportunities, it sets the angle for the diagonal downscreen. Often, screeners are more intent on screening after they pass than they are basket cutting. This can lead to flat screening angles and downscreens that are easier to defend.

Radius Athletics

Five Common Errors



Flat screening angles

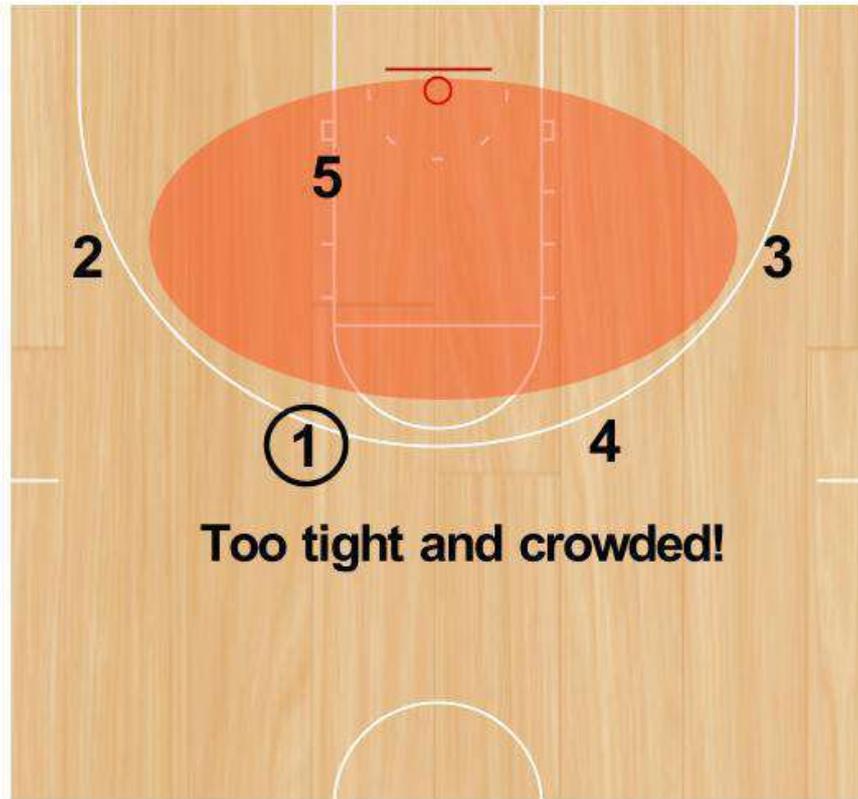
When the pass is made across the top, the passer (screener) must attempt to cross the face of the defender with a basket cut. If their defender fronts the cut or moves into the gap, the screener then “squares off their cut” with a sharp angle into the downscreen. This will help get the proper screen angle. On the downscreen, the screener’s back should be to the top of the circle when screening.

Tight Alignment And Spacing

“Four-Out” does not mean that just getting four players inches outside the three point line is sufficient. Players/teams have a bad habit of “toeing” the three point line. Their tiptoes want to remain inches from the three point line. This does not offer enough spacing for basket cuts, dribble penetration or post play.

Radius Athletics

Five Common Errors



Teach players to play off the NBA three point line and keep the top squared, not arched. TOO high TOO wide and TOO spread apart are your spacing goals. Below we see Villanova demonstrating excellent wide spacing and floor balance.

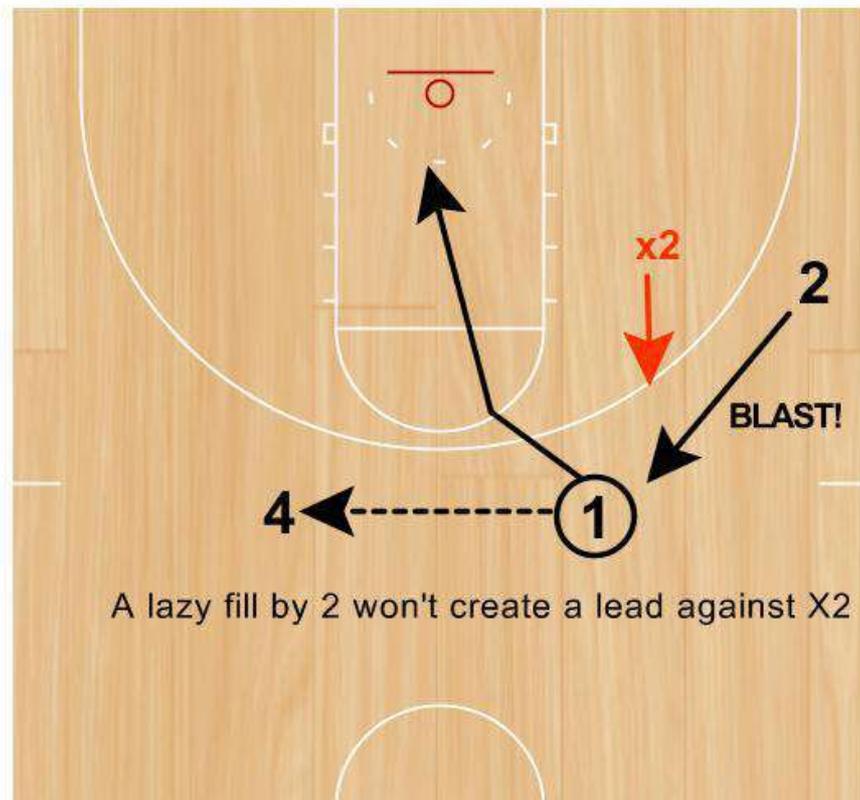


Slow Fill Cuts

When one of the top two spots in the four out alignment is vacated by a basket cut, “squaring the 1 with a fill cut becomes paramount. Players should look at fill cuts as an opportunity to create a lead against their defender.

Radius Athletics

Five Common Errors



Slow Fill Cuts

When players do not execute hard and urgent fill cuts, they do not create an advantage over their defender. Again, they may get a catch, but the lazy fill cut will not force the defender into recovery. We want to play against the momentum of our defender. Fill cutting hard creates this. Use the word “blast cut” to describe these fills to your players. The aptly-named cut sets the tone of urgency.

Motion Offense can get better and better throughout the season while many other offenses have a ceiling. Teams often grasp the “big picture” of motion offense, but lack the attention to detail to take it to the next level. Spot these common errors and teach players to avoid them and watch your motion offense improve.

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!



Randy Sherman

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.

Virginia Cavaliers – Pin Screen Reads

Featured Film Room Motion Offense February 9, 2018

By Randy Sherman



A look at pin screens and reads for the cutter with a little help from The University of Virginia Cavaliers

Patient. Precise. Deliberate. Cerebral. Disciplined. All words used to describe the University of Virginia's present-day version of the **Mover Blocker Offense** and the pace at which they run it. Some of these words are meant as compliments from UVA's admirers and some as back-handed insults from the Cavs' detractors. Whether you are a fan of Virginia's style or not, it's hard to argue its effectiveness.

Barring an upset, Virginia (23-1) will soon be the #1 ranked team in college basketball and appear to be headed towards an ACC title and a top seed in March Madness. What they lack in perceived entertainment value (UVA is 351st out of 351 Division I teams in **Adjusted Tempo**), they make up for in efficiency. Per game stats do not tell the story of the Virginia offense. On a per possession basis however, Tony Bennett's squads rank among the nation's best since his arrival in Charlottesville.

A large part of their offense is the **pin screen**. The Virginia guards often exit the lane off numerous bruising pin screens set by a pair of stout screeners working up and down each lane line.



Reading the pin screen is a **motion offense** skill UVA's cutters have mastered. Below we examine **screen reads** with the help of current Virginia guard **Kyle Guy** and former UVA star **Malcolm Brogdon** (now with the **Milwaukee Bucks**).

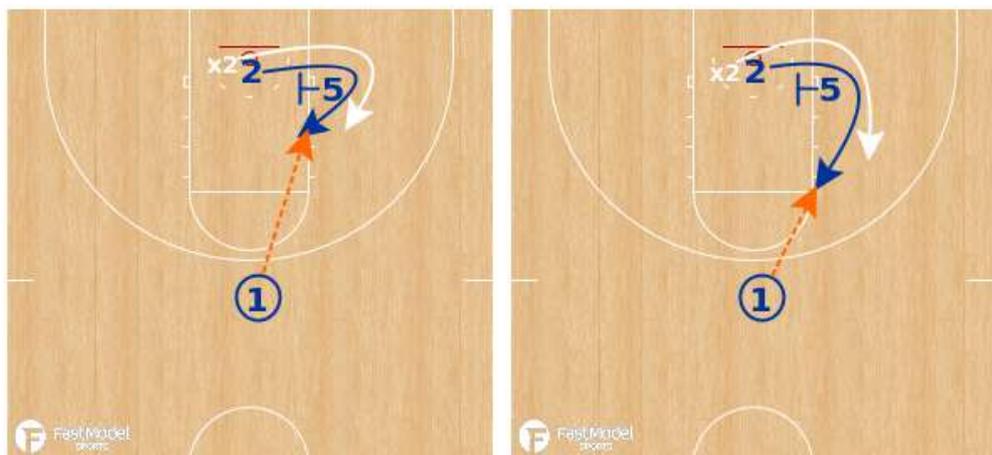
A pin screen is an off-ball screen set along the lane line for a cutter exiting the lane. It is one of the four screens common to motion offense along with the **down screen**, the **flare screen** and the back screen.

Typically post players set the pin screen. The screening angle for a pin screen is "back to the side with hips parallel to the lane line. There are times when the screener will have a slight inward angle. The objective is to "pin" the cutter's defender in the lane. The screener should eye the cutter's defender and slide up or down the lane line to block his/her escape from the lane.

The screener backs off the lane line a couple of feet, do not "toe" the lane line. Backing away from lane line allows the screener more time to see the defender and adjust his/her placement. Get a "double-wide" base and allow the cutter to cut off your hip. Always seal your defender with a post after setting the pin screen. And remember, the purpose of the pin screen (or any screen) is to create an advantage for either the cutter or the screener. If that happens, use the advantage!

Curls

Cutters must develop a sense for how their defender navigates the pin screen. If their defender traps the cutter executes a curl. The most common curl off of a pin screen is the **long curl**. There are times when a tight curl is an option as well. Tight curls are more common when the screener is backed off the lane line a bit further than the Virginia examples (Frame 1 = Tight Curl, Frame 2 – Long Curl).



Below are examples of long curls and tight curls from Guy and Brogdon. You can see how the screeners slide up or down the lane line to “pin” the trailing cutter in the lane or at least widen his pursuit. Often the screener’s hips are parallel to the lane line. The screening posture is “double-wi to force wider pursuit from the defender.

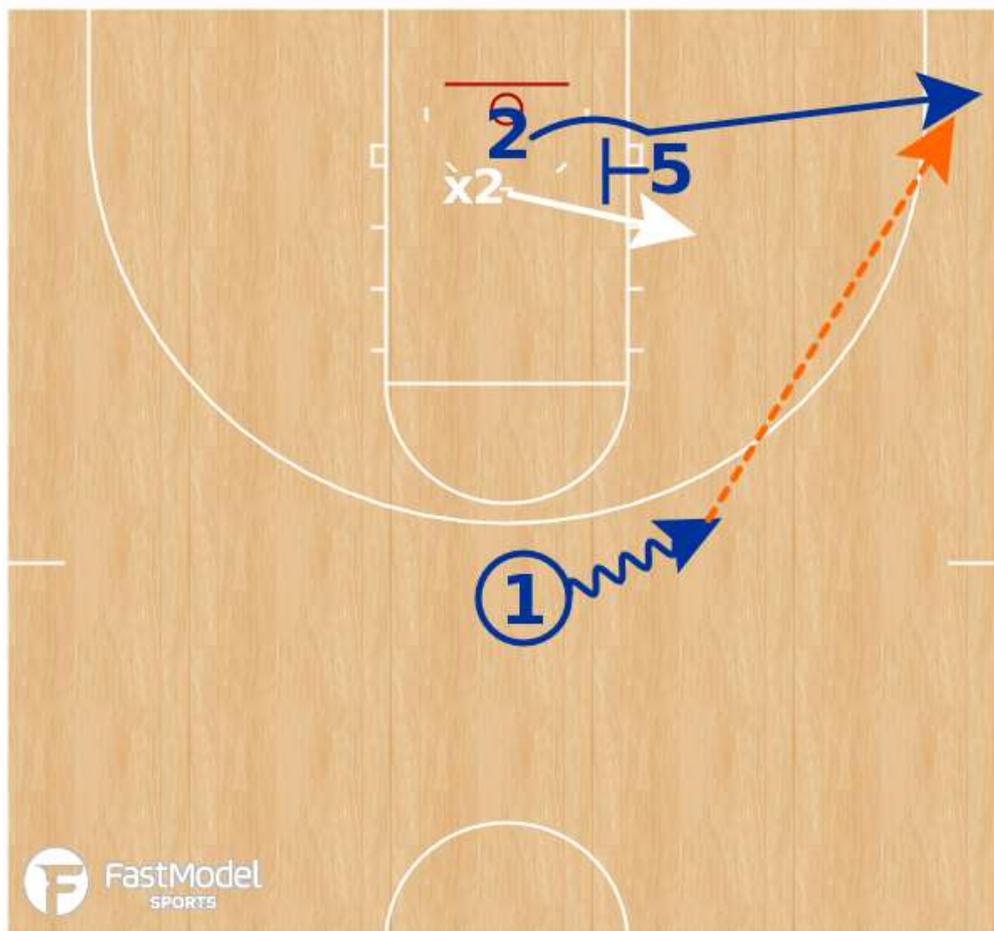
The cutters curl into catch and shoot long curls to the elbow area or slashing tight curls into the lar

The curl cut, like all cuts in motion offense, are reads. They are based on how the defender plays cutter and not predetermined. Curls are **inside cuts** often resulting in points in the paint. Curling the screen is the counter to lock and trail defense.

Out Cut

There are only so many ways the defender can navigate the pin screen. It is up to the cutter to read and counter. If the defender goes over the pin screen, the cutter out cuts to the corner. Some coaches call this a “pop cut” or “fading” the screen.

On the **out cut**, the screener sees the cutter’s defender intends to go over the screen (on the half-court side) and slides up the lane line to make his/her escape more difficult. The cutter presses off the out cuts toward the corner.



In the video below you see this screening technique. Watch as the cutter’s defender goes “over” the screen and the screener adjusts. This prompts the out cut read from the cutter. It is via out cuts Virginia gets much of its three-point production.

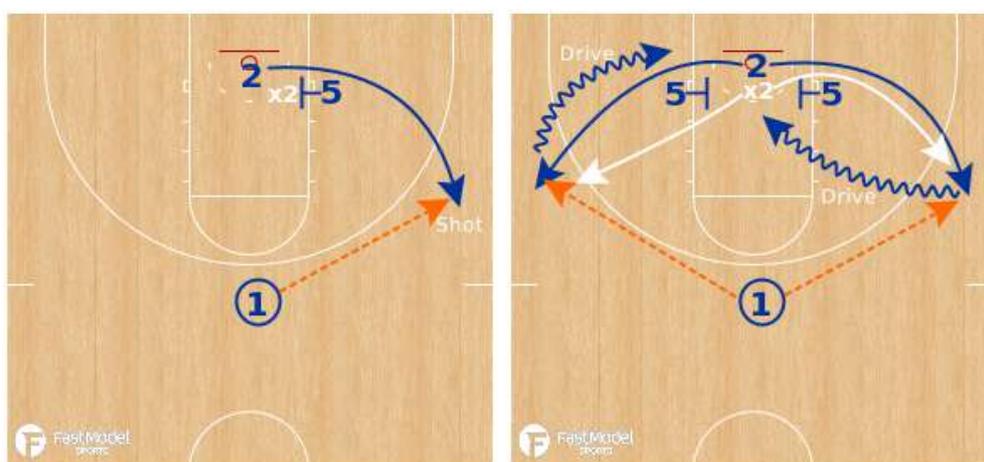
It should be noted that since the cutter is out cutting to the corner, the passer may have to “take the ball to the action” with the dribble and leave the middle third of the floor. Shorten the pass with the dribble and throw a strike to the shooter. It is imperative in motion offense that the screener, the cu

Straight Cuts

Often the defender is hung up on the screen. This prompts the straight cut. The screener sets the screen along the lane line and the cutter exits the lane off the screen “straight” to the wing. Some players have a habit of straight cutting when they should curl or out cut so the straight cut is something you will see often. Design **motion drills** against live defenders for better recognition.

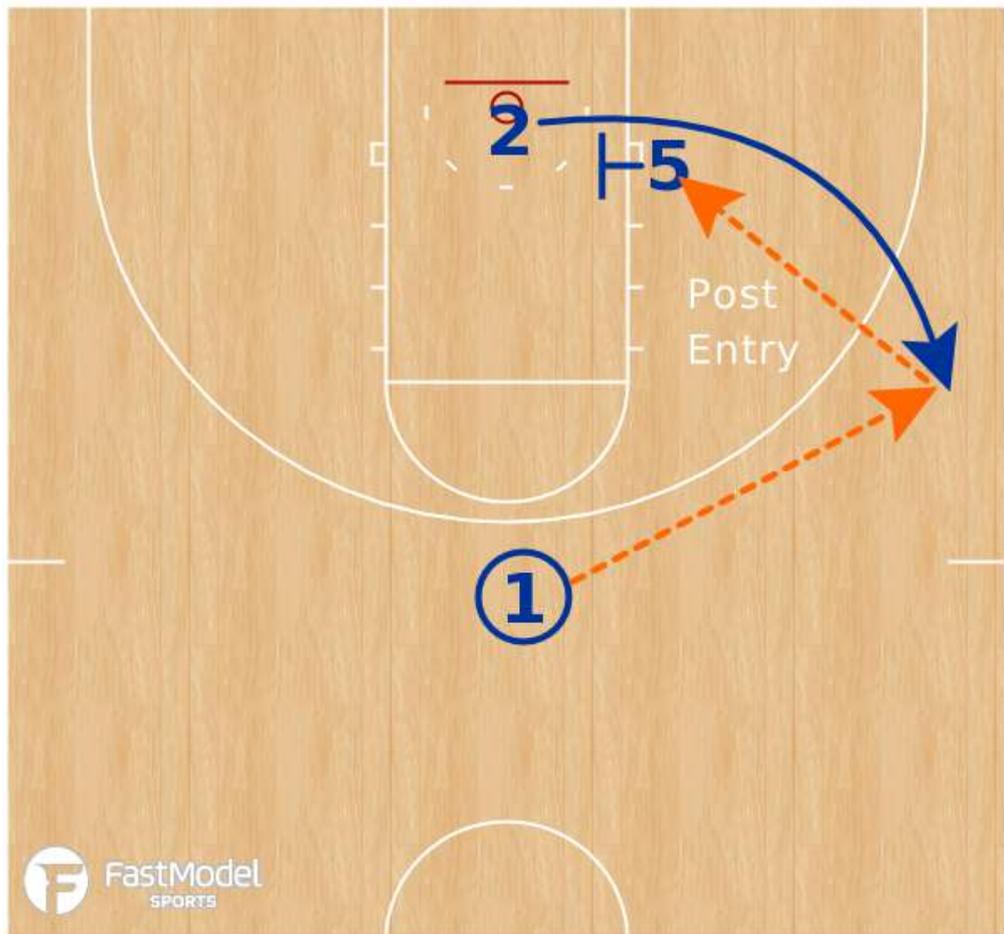
There are options on the straight cut. The catch and shoot is one option. Simply exit the lane off the pin screen, organize your feet and fire on the catch. Fair warning, this is a difficult shot. Guy and Brogdon make it look easy in the video below but to do this well takes hours of practice, great technique and skill.

Often the cutter’s defender is out of position when the cutter makes the catch on the straight cut. They are either above or below the plane of the cutter on the catch. In these instances encourage the cutter to **use the advantage** on the catch and drive it opposite the defender without hesitation. No squaring up or triple threat needed. Anticipate on the catch and go.



In the video below, Guy and Brogdon show us straight cuts for catch and shoot three-pointers and catch and go drives.

As mentioned, the post player seals their man into a post up after pin screening for the cutter. The straight cut can be a way to set up a post entry. The “Pin & Post” is diagrammed below.



The cutter makes the straight cut to the wing off the pin screen and looks inside upon the catch for sealing post player. Consider making a post “look-in” rule for all straight cuts if you are not blessed with a shooter who can consistently make catch and shoot threes off straight cuts. On any straight catch, look into the post.

Below Virginia demonstrates the “Pin & Post” to get post touches for their screeners.

Virginia has yet to advance to a Final Four during Bennett’s tenure. The lazy reason many cite is Virginia does not have “enough offense” to win it all. Winning in March is much more complex than that. While some may be turned off by the Virginia style and are unwilling to “Embrace The Pace” they say in Charlottesville, it is hard to argue the Cavs’ ability to stay true to identity. Like it or not, Bennett has forged an identity into the UVA program. One does not have to like classical music to know Beethoven was a genius.

You can express distaste for the Bennett’s system but you cannot argue his players’ near flawless execution of the system (on both ends) including the pin screen reads above. You do not have to watch much Virginia basketball to recognize what Bennett is all about – he is not a coach without a compass. More importantly, you do not have to watch much Virginia basketball to see the UVA players know what their program is all about. How many other programs can you say this about...?

Continue the conversation:

Check out [#MotionOffenseTips](#) for more on Motion Offense!

For help with practice planning and implementation of a motion offense and other offensive elements for **finding, using and creating** offensive advantages please reach out and **join our community for basketball coaches!**

The off-season is the ideal time to take your coaching game to the next level. **Get FastDraw** today and organize your **#XsOs** like a pro!



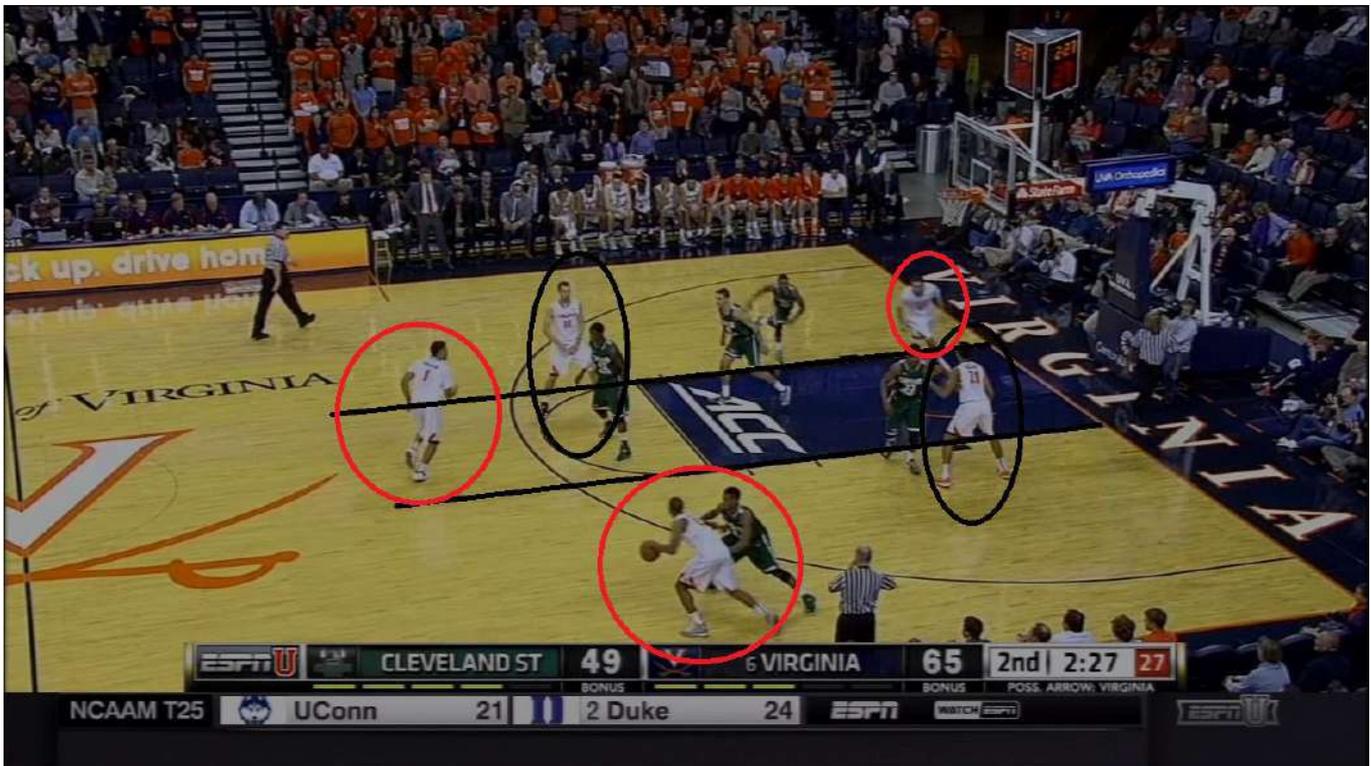
Bio	Latest Posts
 	<p>Randy Sherman</p> <p>Randy Sherman is the owner and founder of Radius Athletics - a basketball coaching consulting firm - where he consults with basketball coaches at all levels on coaching philosophy, practice planning, Xs & Os and teaching a conceptual style of basketball. While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

January 21, 2018: Wake Forest Demon Deacons center Olivier Sarr (30) fouls Virginia Cavaliers guard Kyle Guy (5) as he goes up for a layup in the ACC Basketball matchup at LJV Coliseum in Winston-Salem, NC. (Scott Kinser/Cal Sport Media)(Credit Image: © Scott Kinser/CSM via ZUMA Wire)

Virginia Cavaliers Mover-Blocker Offense

Featured Motion Offense Offense Plays of the Week March 6, 2015

By Randy Sherman



Much of the talk from college basketball **fans** and **media** this season has been about the Kentucky Wildcats and their pursuit of an undefeated season. Rightfully so, John Calipari's crew has a chance to make history.

However, the team that I get asked more about than any other team by **coaches** is the Virginia Cavaliers. Coaches are enamored with their **defensive approach** and their overall "team" concept.

With no McDonald's All-Americans on their roster Virginia (28-1, 16-1 ACC) has now won back-to-back outright Atlantic Coast Conference titles. They are the first team from outside of the state of North Carolina to do so.

The Cavs' defense is a treasure. By using packline principles that were invented by his father Dick Bennett, Virginia head coach Tony Bennett has built a team that leads the nation in **adjusted defensive efficiency**. But Virginia did not make it to 28-1 without a sound offensive philosophy to match their suffocating defense.

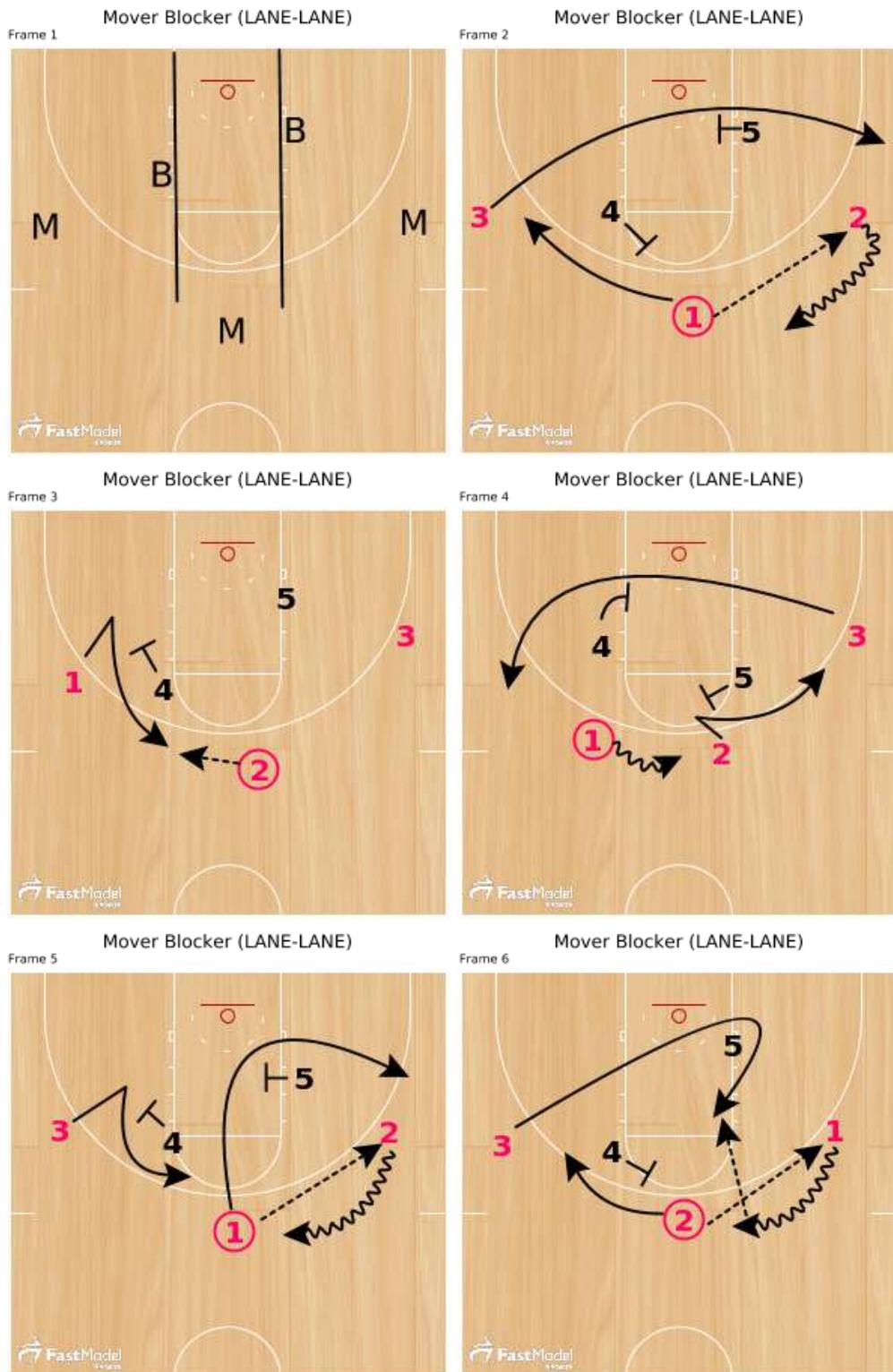
Bennett again borrows from his father and uses the Mover-Blocker motion offense. It is a **motion offense** that uses two screeners, or "blockers" as they are called in the Virginia system, and three "movers." In the photo below the movers are circled in red and the blockers in black.



The Cavaliers most often use the **Lane-Lane mode** of the Mover-Blocker offense. These are the concepts of this mode of the offense.

Rules:

- The three “movers” (colored in pink in diagram) cut and fill maintaining top-side-side alignment. The point and each wing should be filled by the movers.
- In “lane-lane” the blockers are restricted to screening along the lane line extended for the mover. They can set flare screens for a player cutting off the point, they can set pin screens for cutters exiting the lane. They can downscreen for movers.
- Anytime a mover pin screens along the lane line, he/she then immediately buries their man at the post.
- Blockers cannot change sides of the floor or screen for one another.
- Think of it as a game of 3-on-3 among the movers and their defenders with screening help from the blockers along the lane line.
- Movers center the basketball with the dribble so the ball can see both actions.
- **This is not a patterned offense!** The actions diagrammed below are *possible* actions that exist within the framework of the offense. Movers are given license to move and read the defense so long as they maintain top-side-side alignment.



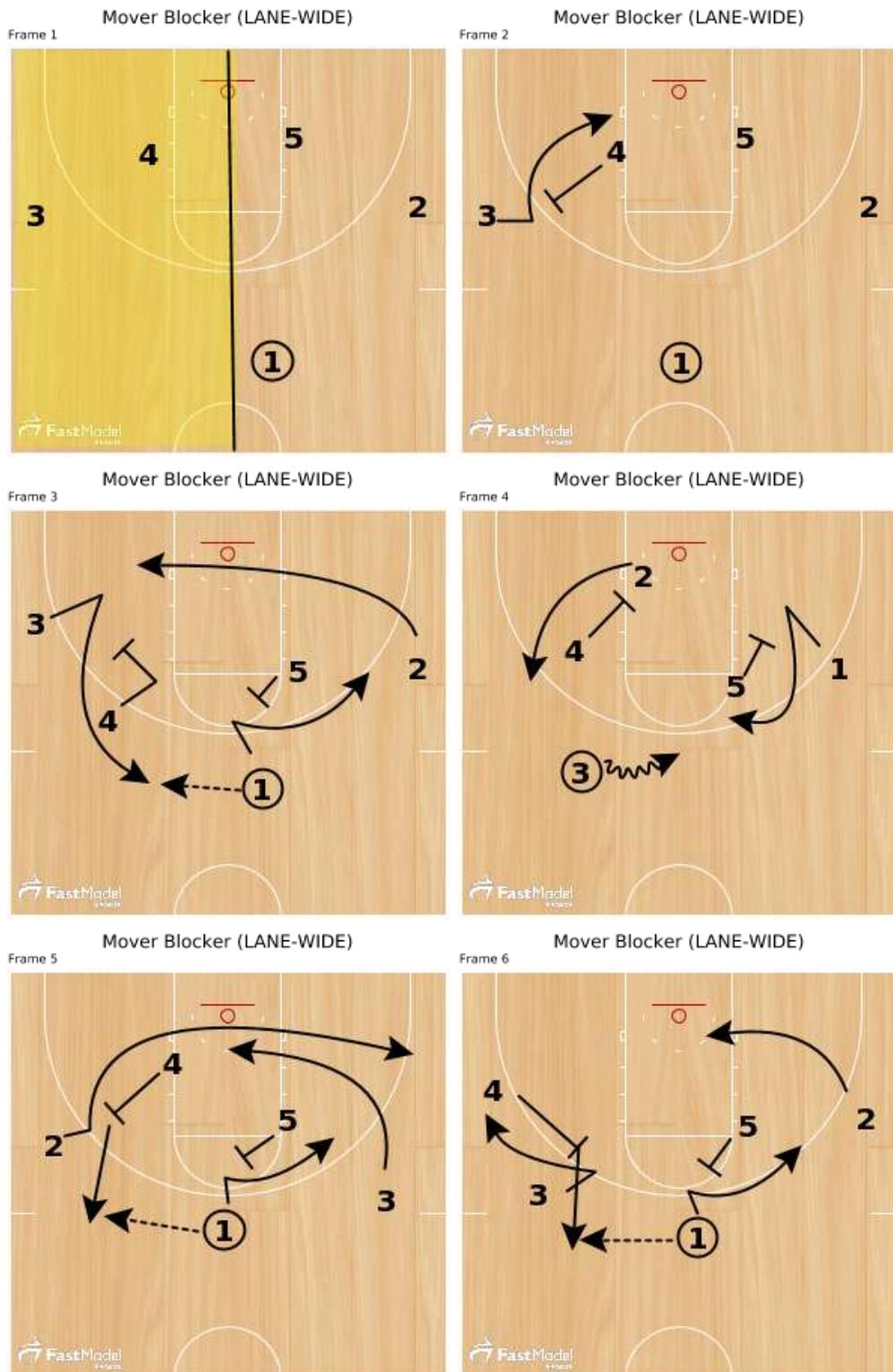
In the video below note how the Cavaliers follow these offensive principles. The blockers set screen along the lane line as the movers cut and maintain top-side-side alignment.

The movers demonstrate curls, out cuts and **read the defense** in the screening action.

At times, Virginia allows one of their blockers to screen from midline to sideline on his side of the floor. This is the **"Lane-Wide" mode**.

In the lane-wide alignment of the Mover Blocker offense, there is one lane screener just as in lane lane. There is a wide screener that can screen from midline to sideline on his/her side of the floor. a good way to add spacing to the offense, utilize a skilled forward and add more variety to the screening options

- Lane Blocker must remain on his/her side of the floor and screen for movers ONLY along the lane line.
- Wide Blocker can set up inside or outside and can screen from midline to sideline on their side of the court. They should screen and separate and play outside the three-point line.
- Movers pass and cut and maintain top-side-side alignment while using screens from the block READ the defense, curl, back cut and out cut depending on how the defense covers the screen action
- This is not a patterned offense! Players play within the rules and concepts. Below are a few of many possible actions.



In the video below, #11 Evan Nolte is the “wide” screener. Note how he utilizes the entire width of court from midline to sideline on his side.

The “lane” blocker remains along the lane line and screens from there on his side of the floor. Nolt has shooting range and better ball handling skills, therefore he is allowed greater freedom as the \ blocker.

There are more elements to the Virginia offense and we will be presenting those in up coming pos Before implementing the Mover Blocker offense, players should have a sound grasp of **motion offe fundamentals** such as **basket cuts**, **down screens** and **reading the defense**. Virginia certainly work the skill and timing of these motion offense concepts everyday.

Be sure to check out all the information on **motion offense fundamentals** that FastModel has to off

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 the interscholastic level, Sherman's teams won 197 games in nine seasons.</p>

Corner Help Reads

Featured Motion Offense Offense December 19, 2016

By Randy Sherman



Three simple reads to combat corner help – or lack thereof – when attacking the rim with dribble penetration.

The simple and most obvious way to disorganize the defense and **create a small advantage** is via dribble penetration. Putting pressure on the rim causes defensive help and rotation to come from somewhere and reading that help to exploit the advantage is vital to **locating uncontested shots**.

On a lane drive (a drive that is roughly down the lane line) that help can often come from the corner/wing defender. While analytics are **influencing more teams away** from helping one pass away there are still plenty of teams and players that will offer help from corner defenders.

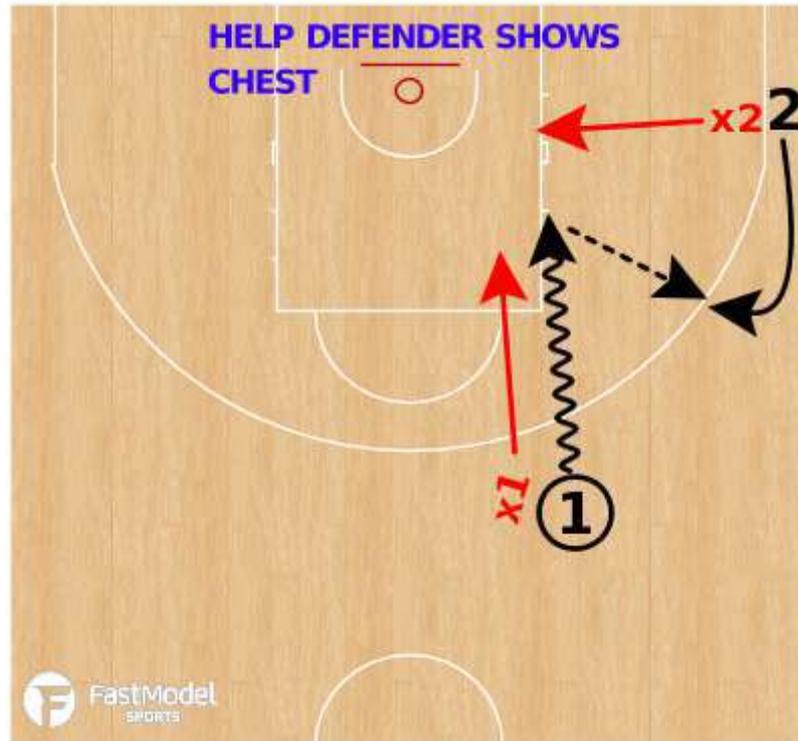
Here are three simple help reads to teach players when attacking the rim.

Chest Help

If the corner defender opens up their stance and gets into the driving line this is called **chest help** the defender shows his/her chest and impedes the path of the drive.

READ: See chest, think pass.

The drive disorganizes the defense and engages a second defender. The small advantage gained the drive can now be transferred to the corner player



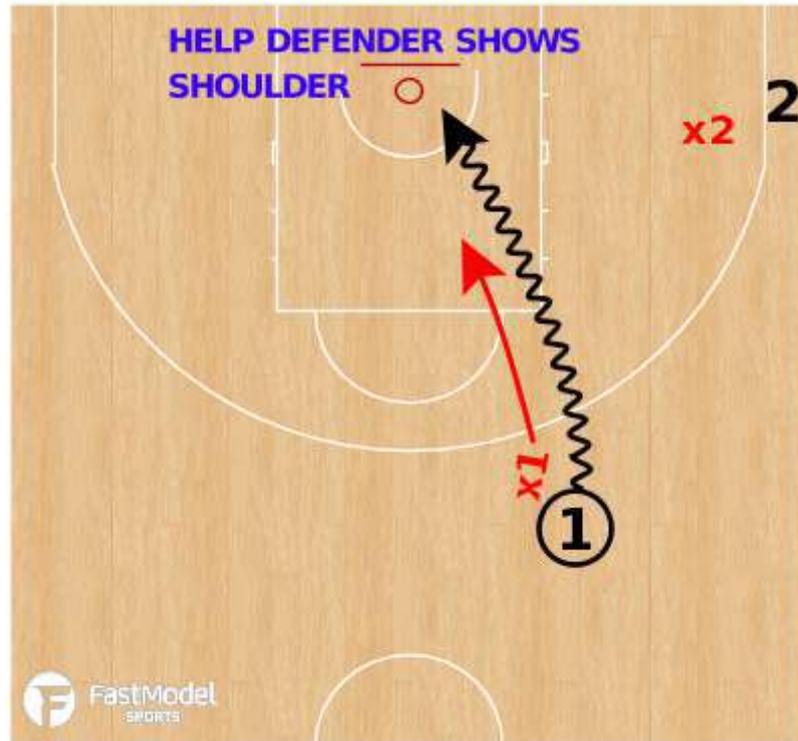
Use a hockey stop or a **stride stop** to gather and deliver a “rugby toss” to the cutter. The passer should be facing the near sideline on the stop. The cutter should **enlarge the defense** when they cut and go downhill on the catch for the shot or drive.

Shoulder Help

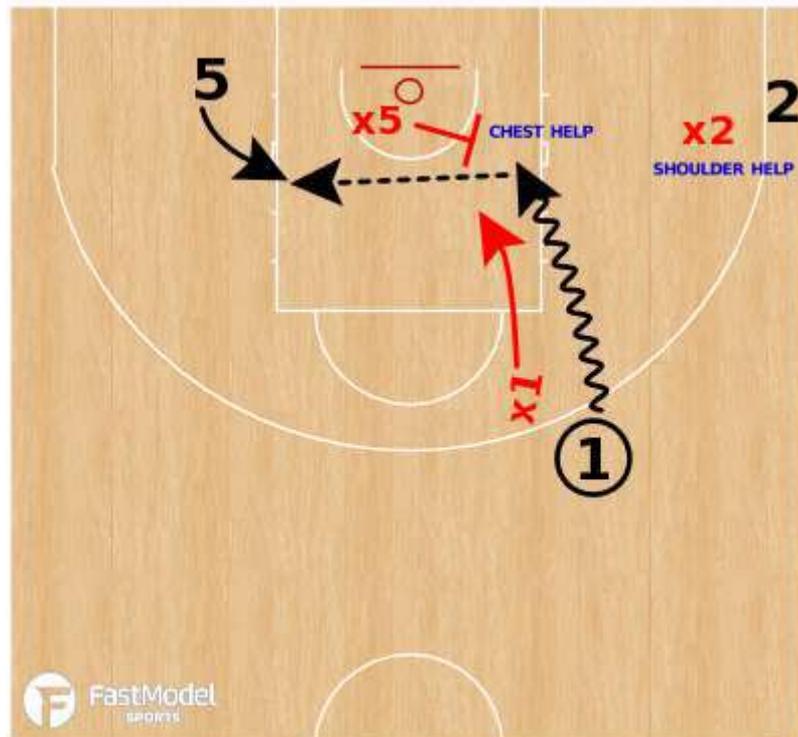
The corner defender may elect to stunt or attach to his/her man. As the ball handler is driving they only see a peek of the corner defender’s shoulder instead of his/her full chest.

READ: See shoulder, think score.

This help, or lack of it, is called **shoulder help**. If all the attacking player sees is a sliver of shoulder, continue the drive and think score.



When driving through shoulder help anticipate that a helper will rotate over from the **helpside**. If no comes, finish. But should a second-level defender “show chest” transfer the small advantage to the open man.

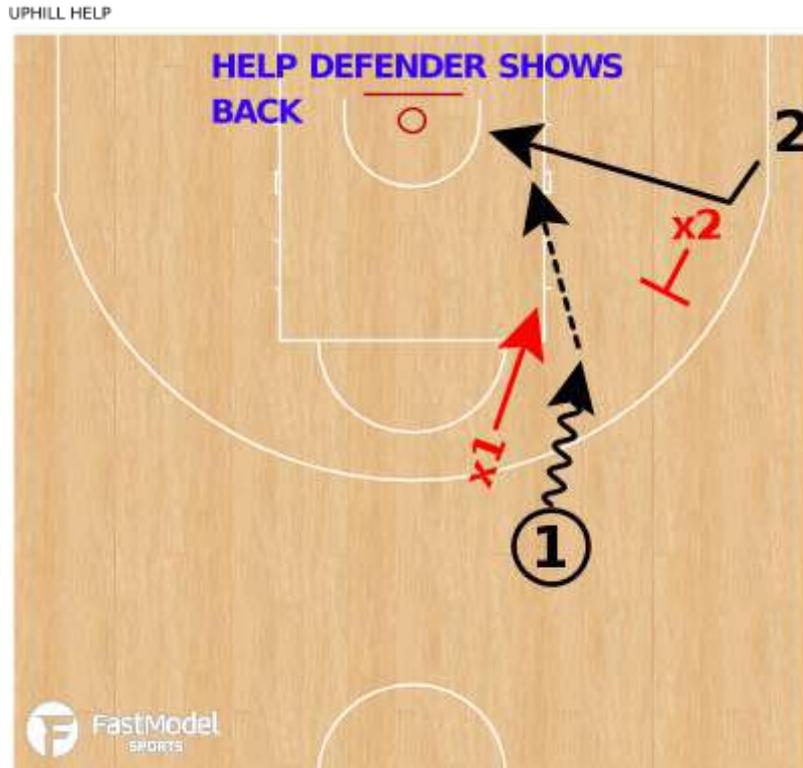


Uphill Help

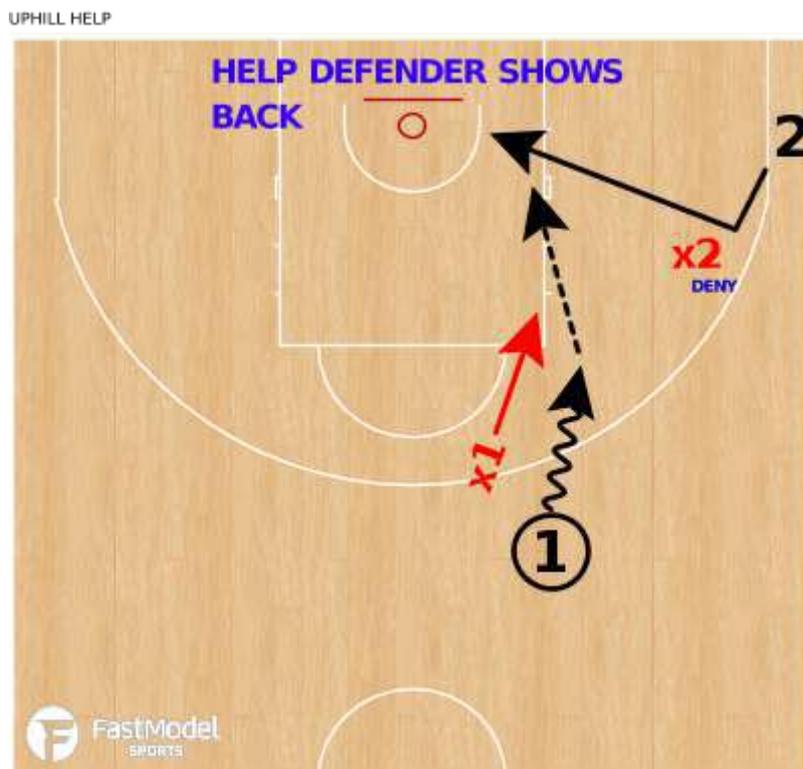
Defenses may aggressively help and attack drives with the corner defender. Instead of flat chest help in the driving line they help “uphill” and present their back to the corner player.

Any time the corner defender presents his/her back to the offense, cut behind the help along the baseline.

By helping uphill on the ball side the defense has become vulnerable to the **back cut**.



The corner defender may remain in a **deny stance** up the line, but this still elicits the back cut. The defender presented their back to the ball rather than the corner player but is still exposed to the back cut.



Again, when the corner defender presents their back to the offense (ball handler or corner player) back cut.

These basic reads give players clear cut rules to adhere to when attacking the rim. The key to an offense that puts pressure on the defense is combating their help tactics. Chest, shoulder and back reads give players visual cues to make proper basketball decisions.

Continue the conversation:

For help with practice planning and implementation of a conceptual-based offensive attack featuring the above concepts plus passing concepts, dribble handoffs and ball screens check out the [Quad Offense Playbook](#).

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

Any questions: [Contact me](#). Happy to talk hoops any time day or night! [Sign up here](#) for our twice-monthly newsletter on conceptual basketball concepts.

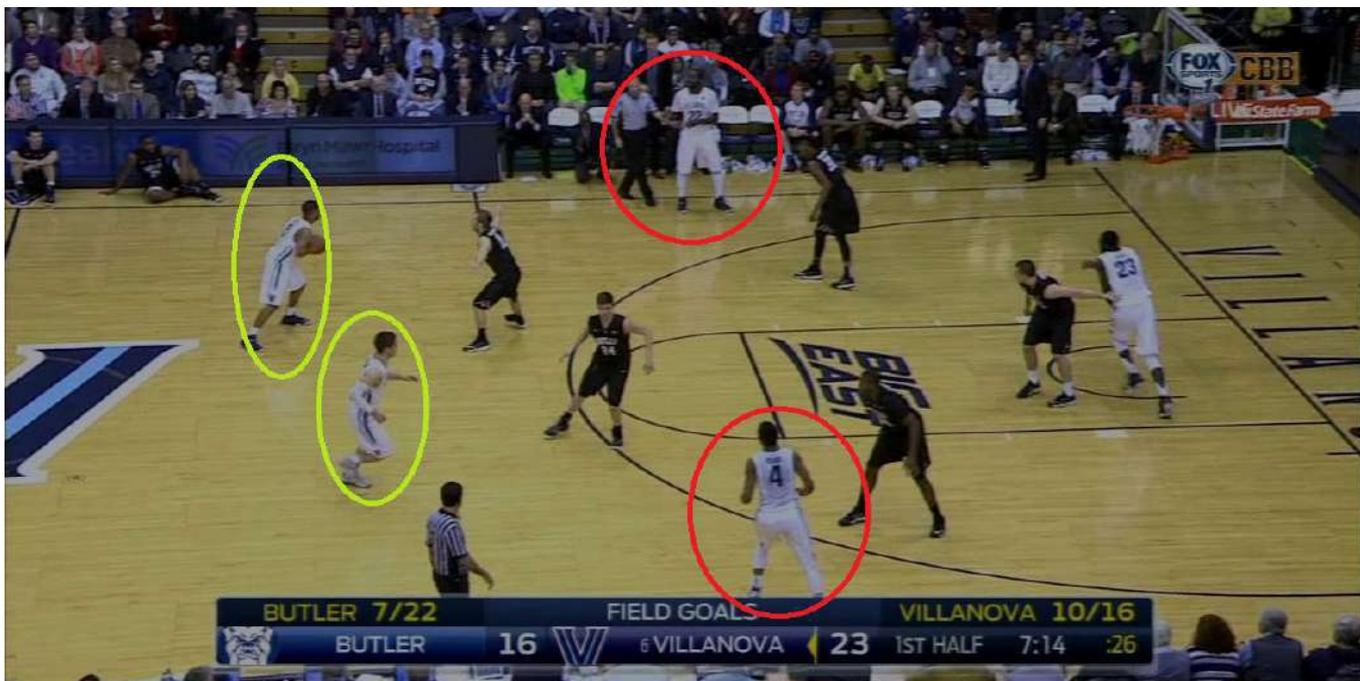
Bio	Latest Posts
 	<p>Randy Sherman</p> <p>Randy Sherman is the owner and founder of Radius Athletics - a basketball coaching consulting firm - where he consults with basketball coaches at all levels on coaching philosophy, practice planning, Xs & Os and teaching a conceptual style of basketball. While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

December 18, 2016 – December 18, 2016 – Tekele Cotton (MHP RIESEN Ludwigsburg), Vladimir Lucic (FC Bayern Muenchen Basketball), Ondrej Balvin (FC Bayern Muenchen Basketball), Jack Cooley (MHP RIESEN Ludwigsburg), v.li., Aktion, FC Bayern Muenchen Basketball vs MHP Riese Ludwigsburg, 18.12.16....Tekele Cotton MHP Giants Ludwigsburg Vladimir Lucic FC Bavaria Mun Basketball Ondrej Balvin FC Bavaria Munich Basketball Jack Cooley MHP Giants Ludwigsburg v l Action shot FC Bavaria Munich Basketball vs MHP Giants Ludwigsburg 18 12 16 (Credit Image: Imago via ZUMA Press)

Motion Offense – Competitive Drill

Motion Offense Offense March 10, 2015

By Randy Sherman



In Vol. 5 of the FastModel Motion Offense Forum we introduce live two-on-two action allow for the usage of both down screens and flare screens.

It is time to bring together some of the basic fundamentals we have learned thus far and institute a drill to put motion offense principles to the test.

In this two-on-two live drill, motion offense fundamentals such as the **basket cut**, the **downscreen**, **reading the defense** and **screening variety** are combined into a competitive drill. Even though the drill is live, the objective is controlled and isolated enough for coaches to correct mistakes as soon as they happen. Players will have the opportunity to make all **four cuts** and apply their knowledge during live action.

This a “backbone” drill that should be run often throughout the year and used with a variety of restrictions. Here are some tips for running 2-on-2 with a coach:

- Coach sets up on one high elbow.
- Screener (player 1) sets up on other high elbow with a ball and begins drill by passing to coach.
- Player 2 is the cutter and sets up on the wing at or above the motion line.
- Emphasize the passer from the high elbow making a hard step for a basket cut forcing X1 to jump to the ball.
- 1 jumpstops into the downscreen giving a verbal and visual cue to the cutter.
- Cutter (2) “walks the arc” to set up the cut and uses the downscreen.
- The defense is live.
- Coach can pass to the cutter, the second cutter or keep the ball and make the offense rescreen.
- At any point during the live drill, the offense can pass to coach (Coach is always open!) and go downscreen or flare screen.
- The drill is run only on one side of the floor.
- Emphasize the screening fundamentals covered in earlier entries into the **motion offense series**.
- Emphasize the second cutters rule: If the cutter makes an inside cut, the screener makes a

- The roles of screener and cutter stay throughout the possession.

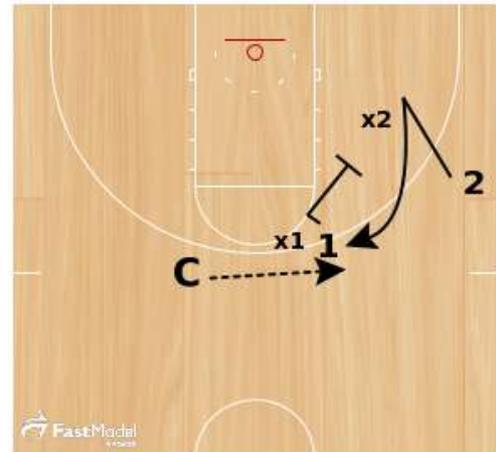
Motion Breakdowns - 2/2 With A Coach

Frame 1



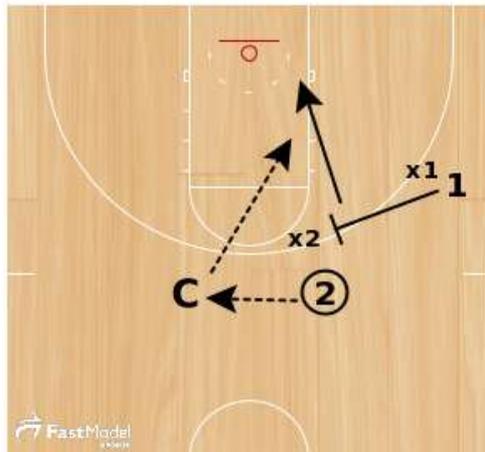
Motion Breakdowns - 2/2 With A Coach

Frame 2



Motion Breakdowns - 2/2 With A Coach

Frame 3



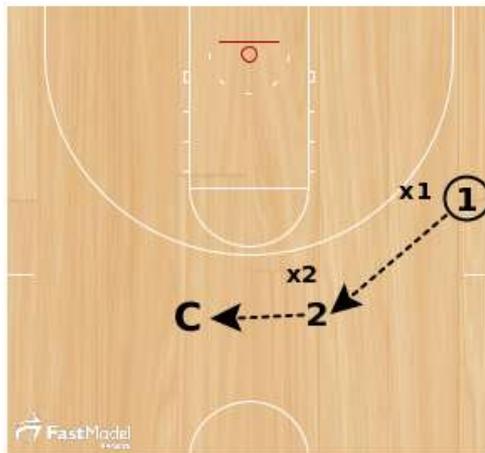
Motion Breakdowns - 2/2 With A Coach

Frame 4



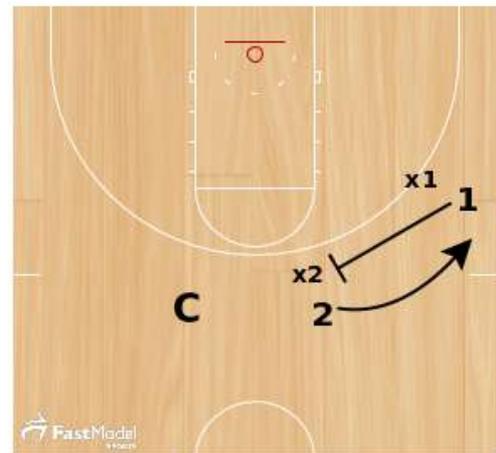
Motion Breakdowns - 2/2 With A Coach

Frame 5



Motion Breakdowns - 2/2 With A Coach

Frame 6



To add some competitiveness to the drill divide your squad into pairs (If you have 12 players you would have 6 two-player teams). Set 8:00 on the clock and run the drill with the following parameters:

- Rotate into the drill on defense.
- You have to earn your way to offense by getting a stop, rebound and outlet to coach.
- If you score, you stay on offense.
- With an empty possession you rotate off to the back of the line of teams rotating in on defense
- Switch sides of the floor at the 4:00 mark.
- Teams announce their score after every basket (or have a manager track it)

The competitive nature of the drill should not take away from the objective. Points should be generated by the screening action. Downscreens, flare screens, basket cuts and shallow cuts are

To further hone your offense using restrictions is an important concept. Restrictions allow the coach focus the team on certain characteristics of the offense he/she wants to emphasize. Try these restrictions with this drill:

- Begin the action with a **shallow cut**. This moves the screener below the cutter and sets up the screen.
- Limit shots to only the second cutter. This encourages better screening as now the screener becomes the primary shooter.
- Have the defense switch all screens. With this you can begin to teach counters for switching teams. (To be covered in later installments.)
- Dictate how you want the defense to defend the first action, then go live. (courtesy of [@PooBasketball](#))
- Dictate that the offense can only score in inside cuts (curls or back cuts). These cuts only come when offense does an outstanding job setting up the action and play with great timing.

This two-on-two drill is a lead up to four-on-four. Revisit this drill to fine tune your motion offense. If you do not want to designate screeners and cutters so rigidly, try using these concepts with the same drill:

The “inside” player is the screener. (Inside meaning the player closest to the midline)

Screen for the player below you. (Unless you are the better shooter)

Continue the motion offense conversation:

Use the Twitter hashtag [#MotionOffenseTips](#) as well!

Any questions: randy@radiusathletics.com 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>

Motion Offense – Four-Player Drills

Featured Motion Offense Offense April 13, 2015

By Randy Sherman



In Vol. 7 of the FastModel Motion Offense Forum we progress to four-player drills to teach passing, screening, cutting, floor balance and reading the defense.

In building and refining a motion offense, especially one of the four-out variety, you will rely more heavily upon four-player drills than any other drill grouping. The carryover from practice to the game is easy to see in four-player drills for motion offense.

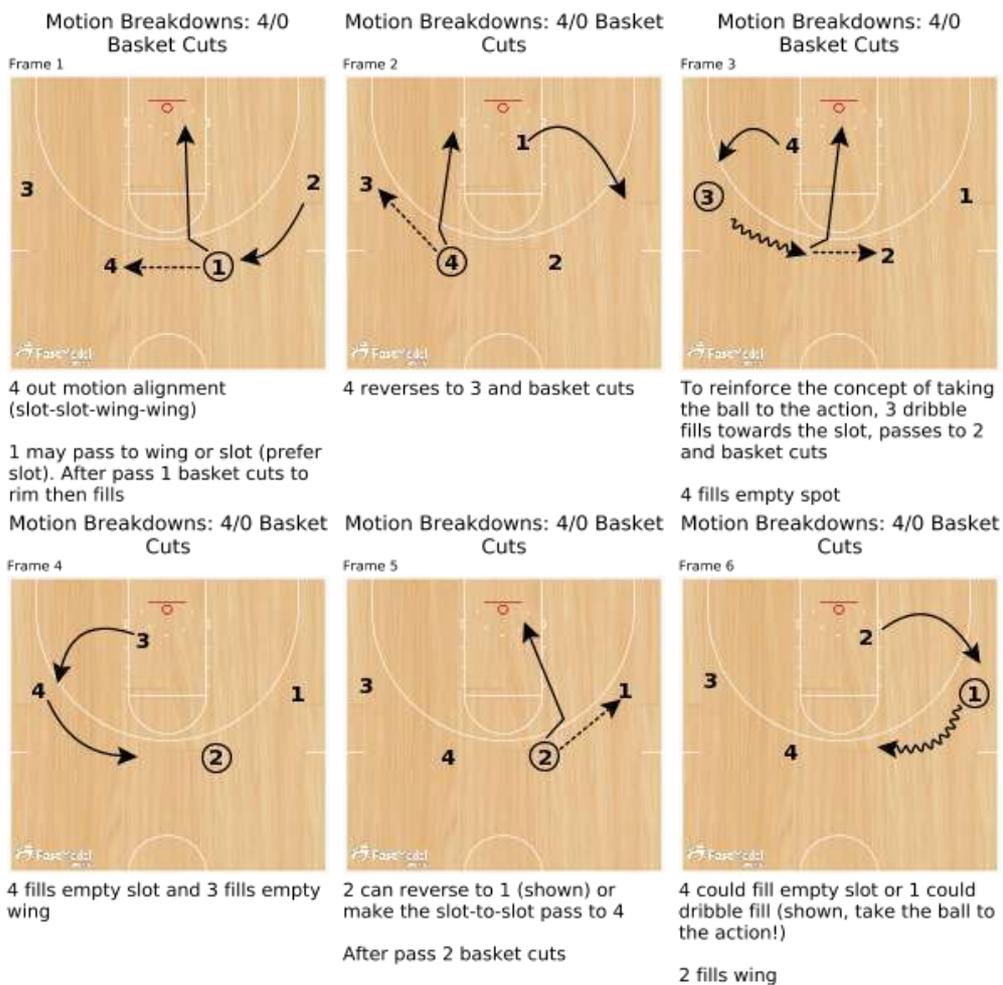
Four-player drills have the ability to combine all the elements of motion offense presented in this series. Following the pattern, introduce four-player drills using no defense. Progress to defending the cutters and finally introduce 4-on-4 live play and add restrictions and modifications as ready.

4v0 Basket Cuts

Introduce four-player action by using **basket cuts** to teach players how to cut, fill, balance the floor use the dribble to improve spacing.

In the diagram below some possible four-man actions are detailed. This can be a review before using screening in your four-player drills. Points of emphasis:

- Use the dribble to center the ball (taking the ball to the action)
- Do not make two consecutive cuts in the same direction
- Catch and square
- Stay high & wide
- Make players aware of floor balance and spacing at all times
- Demand talk and communication. "CUT!" "Fill! Fill! Fill!"
- When a player finishes a basket cut and exits to perimeter, have them yell "Right! Right!" or "Left! Left!" so the next cutter knows what direction he/she must fill to. No two consecutive cuts in the same direction.



For variety, add the concept of **shallow cuts** to 4v0 Basket Cuts as well.

4v2 Live

Next progress to adding screens and guarding the cutters. 4v2 live allows the offense the opportunity to focus on screening for cutters while allowing the cutters to make reads.

Maintain the same spacing and alignment and 4/0 Basket Cuts. Also maintain the screening role of the screener is to screen for the cutter and then read his/her cut and make the corresponding second cut. In this drill only cutters can score.

It is here that the rules of full-team motion offense can be best introduced:

- Screeners screen for cutters
- Cutters can screen for one another

Diagrammed below are some of the myriad of actions available in 4v2 Live. Shallow cuts can be implemented into the drill as well.

Motion Offense Breakdowns - 4v2 Live

Frame 1



Four-out alignment

Defense on the cutters only (Screeners in Red)

Possible Actions:

1 passes to 4 then downscreens for 2

2 executes a straight cut

4 passes to 2

Motion Offense Breakdowns - 4v2 Live

Frame 3



On flight of pass from 2 to 4, 1 sets flare screen for 2

After the flare 1 replaces on perimeter

Motion Offense Breakdowns - 4v2 Live

Frame 2



After passing, 4 downscreens for 3

3 curls

4 replaces to perimeter

2 passes to 4

Motion Offense Breakdowns - 4v2 Live

Frame 4



4 passes to 1 then downscreens

3 curls if defender trails

1 passes to 3 for score

Coaches can progress this drill by using a few tweaks such as:

- Start each possession with a shallow cut
- Start each possession with the cutters cross-screening for one another
- First two passes must be touched by a screener (emphasizes second cutters)

4v4 Live

From there, advance into 4-on-4 live play with the same rules as the 4v2 Live drill above. Each quarter of play will feature two screeners and two cutters and everyone is defended.

Begin in a four-out alignment. Screeners must screen for the cutter and they cannot screen for one another. The Cutters start the possession on either wing. The offense applies motion offense concepts and maintains four-out alignment throughout the possession

Endless motion offense concepts will present themselves during 4-on-4 live play but you must stay within your screening rules and maintain floor balance. Emphasize all the screening fundamentals such as basket cutting, reading the defense and completing the correct second cuts.

Use this as an opportunity to coach your defense as well. Assign an assistant to be the offensive coordinator and you coach the other side of the ball. This is your new shell drill!

4v4 Live Possible Restrictions:

- Possession must start with a shallow cut
- Possession must start with a cross screen by the cutters
- Only the cutter can score
- Score must come from downscreen or flare screen, etc.
- Only a screener can score (emphasizes second cutters)
- High-elbow player must run a deep basket cut when passing to the wing
- Minimum number of passes
- Create your own restrictions to address issues in your offense!

Possible 4v4 Live Variations

- Make it full court! Have another quartet waiting on the other end. When team gets a stop, they transition.
- Start with a closeout. Have defense on the baseline beside the coach with the offense spaced the perimeter. Coach rolls the ball out to either of the players behind the arc and defense must close out to the correct position with proper technique.
- Have offense work against various defensive scenarios such as packline rules, pressure man rules and switches.
- Allow the offense to pass to a coach who is standing behind them at any time during the possession. The coach can then pass to the cutter. This introduces staggers and baseline screens as both screeners are now free to screen for the cutter. It also challenges the defense with a numbers disadvantage!
- Keep score for every team! Put something on the line. Use 4v4 cut throat rules to make it game like.
- 4v4 Change – play 4-on-4 using motion rules and when coach yells “Change!” the offense drop the ball and get back on defense to the other end. Defense becomes offense and transitions to four-out spacing.

Four-player drills are vital to motion offense and should be a cornerstone of practice. Because they are live drills that feature tons of offensive actions, practices may be very simple in design but full live action and competitiveness. Offensive and defensive concepts can be coached simultaneously.

Continue the motion offense conversation:

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

Any questions: randy@radiusathletics.com 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!

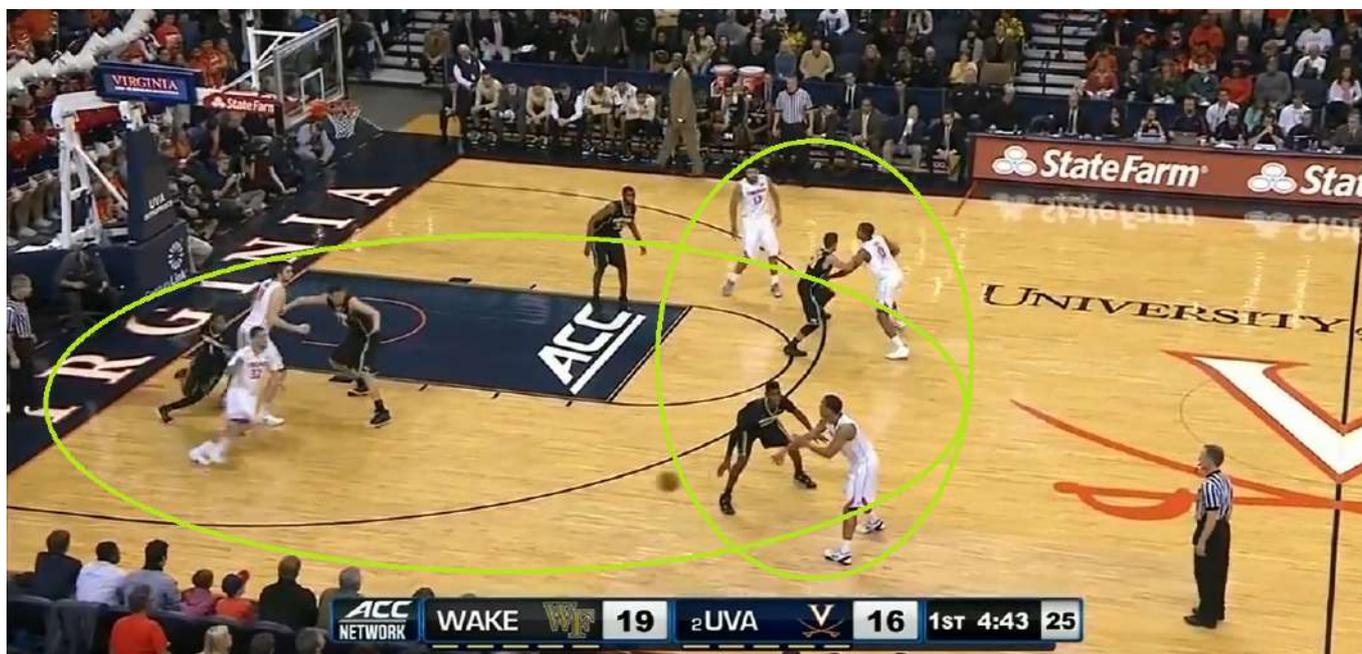
Bio	Latest Posts
	<p>Randy Sherman</p> <p>Randy Sherman is the owner and founder of Radius Athletics - a basketball coaching consulting firm - where he consults with basketball coaches at all levels on coaching philosophy, practice planning, X's & O's and teaching a conceptual</p>

style of basketball. While a head basketball coach at the the interscholastic level, Sherman's teams won 197 games in nine seasons.

Motion Offense – Three-Player Drills

Featured Motion Offense Offense March 26, 2015

By Randy Sherman



In Vol. 6 of the FastModel Motion Offense Forum we progress to three-player drills to teach passing, screening, cutting, floor balance and reading the defense.

If you have been following this series on **building a motion offense** you have probably noticed a few patterns in the progressions. First, introduce the concept without a defense. Second, add defense the cutting player and control the defender's options. Third, relax the rules on the defender. And last, defend the screener and the cutter and simulate live action.

We follow that progression as we add more and more players and advance towards five man motion offense. In this entry into the series we will advance to three-player drills.

In previous entries, coaches/managers have served as passers in the drills and players focused on screening and cutting techniques. At the point of three player drills, coaches should no longer be needed as passers. The goal is, of course, to have your players become adept at making the passes and seeing the reads as they transpire.

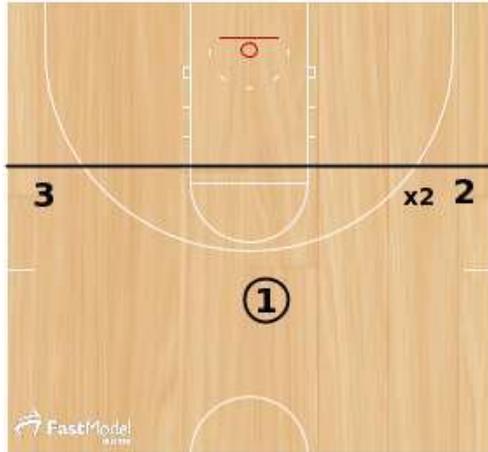
Three-player drills are especially valuable because, at its core, motion offense is a screener, a cutter and a passer. The best motion offenses center the ball and have two screening actions for the passer to read. We begin by teaching this concept using three-player drills. The first three-player drill to introduce is the 3-on-1 Live halfcourt drill.

Arrange your team into groups of three. When on offense, the trio will have two screeners and one cutter. The cutter, and only the cutter, will be defended and only he/she can score. The offensive team must make two passes before the cutter can get a touch. It is the job of the screeners to free him/her for a score using the motion offense concepts we have learned.

Please click on the graphic below for full drill details:

Motion Breakdowns - 3/1 Live

Frame 1



Begin drill with "top-side-side" alignment with ball centered and wing players at or above the motion line.

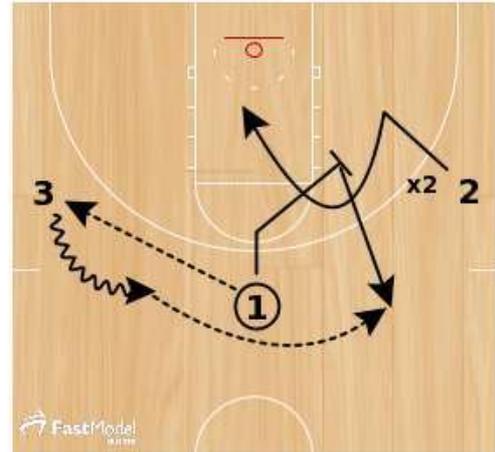
2 = Cutter

1 & 3 = Screeners

X2 is guarding the cutter

Motion Breakdowns - 3/1 Live

Frame 2



Possible Action:

1 passes to 3

2 walks the arc to set up their cut

1 downscreens for 2

X2 trails so 2 curls, 1 makes corresponding second cut and busts the arc

3 passes to 1

Motion Breakdowns - 3/1 Live

Frame 3



After 3 passes to 1 he/she screens for 2

1 passes to 2 for shot or drive or 2 holds it

Motion Breakdowns - 3/1 Live

Frame 4



Another possible action (they are nearly infinite):

1 passes to 3 and basket cuts

3 fills the top with the dribble

1 fills left wing

Motion Breakdowns - 3/1 Live

Frame 5



3 reverses to 1 then downscreens for 2

Motion Breakdowns - 3/1 Live

Frame 6



2 cannot get the shot so he/she holds while 1 & 3

From there, advance into 3-on-3 live play with the same rules as the 3-on-1 Live drill above. Each will feature two screeners and one cutter and everyone is defended. Begin in a top-side-side alignment. Screeners must screen for the cutter and they cannot screen for one another. The cutter can only touch the basketball after two passes have been completed. The cutter can start on either wing. The offense applies motion offense concepts and maintains top-side-side alignment throughout the possession.

Endless motion offense concepts will present themselves during 3-on-3 live play but you must stay within your screening rules and maintain floor balance. Emphasize all the screening fundamentals such as basket cutting, reading the defense and completing the correct second cuts.

Use this as an opportunity to coach your defense as well. Assign an assistant to be the offensive or defensive coordinator and you coach the other side of the ball.

3/3 Live Possible Restrictions:

- Possession must start with a **shallow/flare**
- Possession must start with a cross screen for the cutter
- Only the cutter can score
- Only a screener can score (emphasizes **second cutters**)
- Begin with ball on wing with the cutter on top and start with a flare screen
- Minimum number of passes
- Create your own restrictions to address issues in your offense!

3/3 Live Variations:

- Make it full court! Have another trio waiting on the other end. When team gets a stop, they transition.
- Start with a closeout. Have defense on the baseline beside the coach with the offense spaced the perimeter. Coach rolls the ball out to either of the players behind the arc and defense must close out to the correct position with proper technique.
- Have offense work against various defensive scenarios such as packline rules, pressure man rules and switches.
- Allow the offense to pass to a coach who is standing behind them at any time during the possession. The coach can then pass to the cutter. This introduces staggers and baseline screens as both screeners are now free to screen for the cutter. It also challenges the defense with a numbers disadvantage!
- Keep score for every team! Put something on the line.

Three-player drills are vital to motion offense and should be a cornerstone of practice. Because they are live drills that feature tons of offensive actions, practices may be very simple in design but full live action and competitiveness. Offensive and defensive concepts can be coached simultaneously.

Practices can look something like this: warm up and do some full court transition drills for conditioning. Then use **1/0 chair drills** and **2/0 shooting** drills to hone offensive technique and motion offense fundamentals. Then have a **2/1** and **2/2 Live** period. Then a **3/1** and **3/3 Live** period. Then a **4/2** or **4/4 Live** period which we will address in the next entry into the series.

Continue the motion offense conversation:

Any questions: randy@radiusathletics.com 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>