



Strategy: ½ Court Offense

CB's Coaching Education and Development

Objectives:

- Every child should learn to play every position
- The children need to learn proper spacing and how to flow into space
- Offense is not about learning a static pattern
- Learn to use their skills to work together to put the ball in the basket.

Age/Stage:

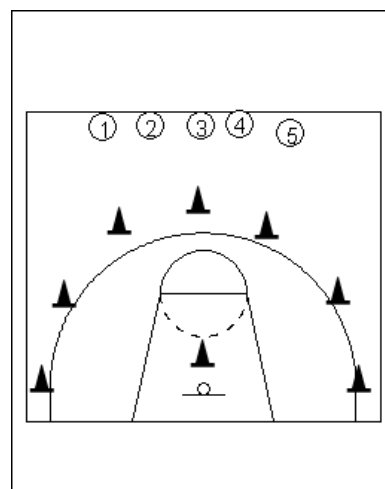
These concepts should be used with players 8 and up who are first learning to play competitive basketball. It can be modified for players playing 3 on 3 and 4 on 4. The two break down drills can be effectively used with players at all stages of development.

Concept #1 - Spacing

Step One

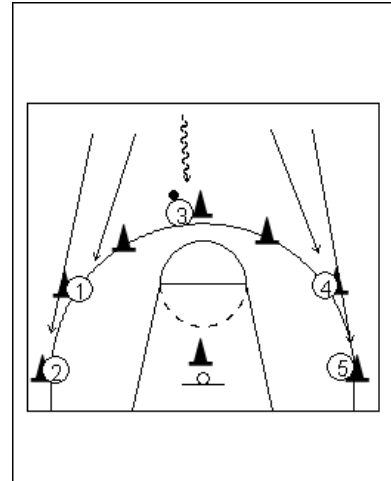
Eight pylons are positioned around the floor.

- One at the top
 - Two on the swing spots (outside the three point line in line where the baseline and FIBA foul lane meet),
 - Two on the wing spots (foul line extended outside the three point line)
 - One at the front of the basket
 - Two in the corner spots (the 3 point line straightens out).
 - The younger the players the closer you can move the pylons to the basket. But remember that these do not have to be in the players shooting range.
- When the coach says “go” the players fill five of the eight spots (no basketball).
- When the coach says “change” the players move to a new pylon.



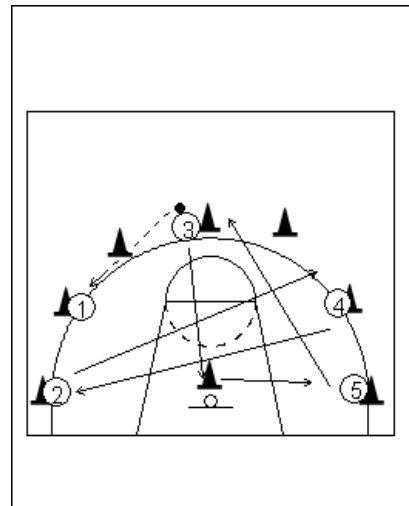
Concept #2 - Flow into spacing

This time the players start at half with a ball. The player with the ball takes it to the top or one of the swing spots. The other players fill the open spots. Ideally we want to have some balance. It is not a good idea to have the right corner, right wing, right swing and top all filled at the same time. Make a pass, count to 3 and everyone without the ball must move to a new spot. The reason you wait is to allow the person with the ball to time to get ready.



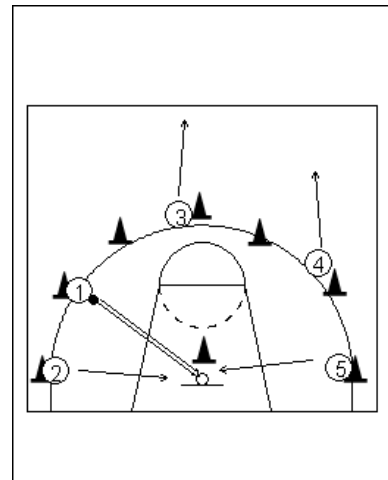
Concept #3 - Pass and cut to the basket

Now the player who passes the ball cuts to the basket. Count to three, everyone finds a new spot. The player with the ball is taught to scan the rim first, and then look to the right and left. This is teaching players "global" basketball. Everyone plays every position.



Concept #4 - Rebounding

Anyone above the foul line extended goes back on defense, anyone below goes for a rebound. You now have a great little offense for beginning basketball players. To score the players incorporate the skills they have been taught. Avoid the temptation to teach a set play and putting players in assigned positions. Each time the players are on the floor let different players bring the ball up the floor and inbound the ball.



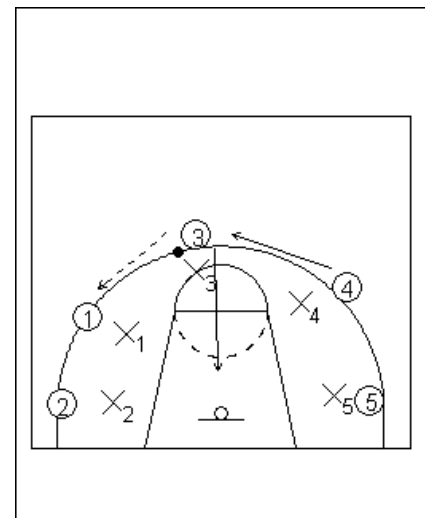
Break down drills – use a Games Approach

Drill #1 - **Control** - No dribbles

The players play 5 vs. 5 basketball (Note: if you have 12 players play 6 on 6 with younger players) with no dribbling.

Load the drill

- Score by passing to a player in the key
- Play full court
- Have a violation if two offensive players are in the key at the same time (only if they are stopped and looking for the ball)
- Make the defense play close to the offensive to put more pressure on the ball.
- Violation for not squaring to face the basket
- Violation for holding the ball above the head

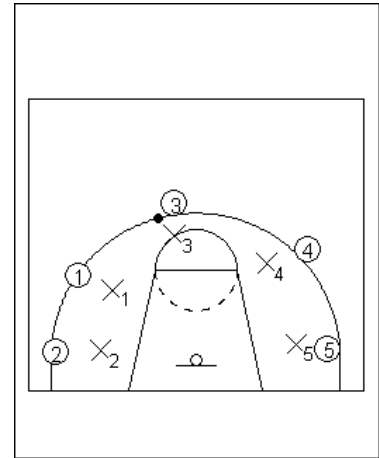


Drill #2 - **Attack** - One second rule

In this version the offensive player must make a decision with the ball within one second upon receiving the ball. The player must pass, dribble or shoot. This forces the players to think quickly and make decisions off the dribble. The other players must keep their spacing.

This can be loaded the same as above with a few additional rules:

- Must use weak hand dribbles
- Give extra points for a pass, pass (receive a pass and make a pass without a dribble)



Summary

Offense is not about teaching patterns. It is help the children discover how to work together. If a problem occurs stop and ask the children how the problem can be solved. Allow them to play through their mistakes.

Created with [Basketball Playbook](#) from Jes-Soft