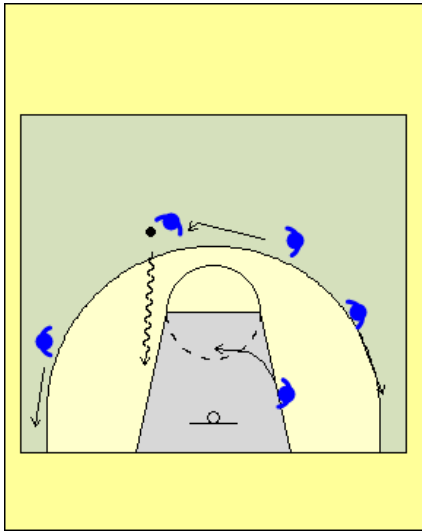


PENETRATION

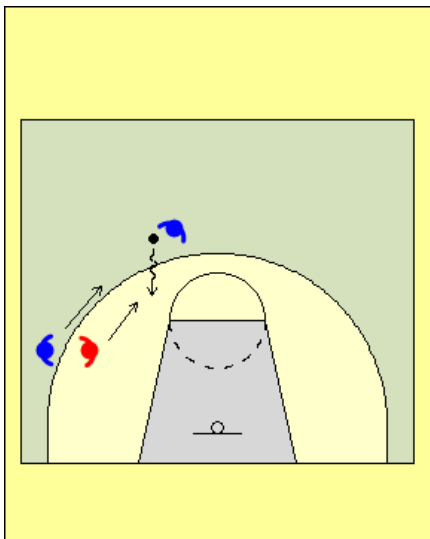
Penetration is a continuation of attacking the basket. When a player with the ball dribbles to the basket the players without the ball must move to create passing lanes for the player driving the ball (when the defence helps). After passing, the passer must move to make new space.



Top Penetration

This occurs when the ball is driven from the top to below the foul line, preferably in the key. The other players move to maintain open spacing. It is important that:

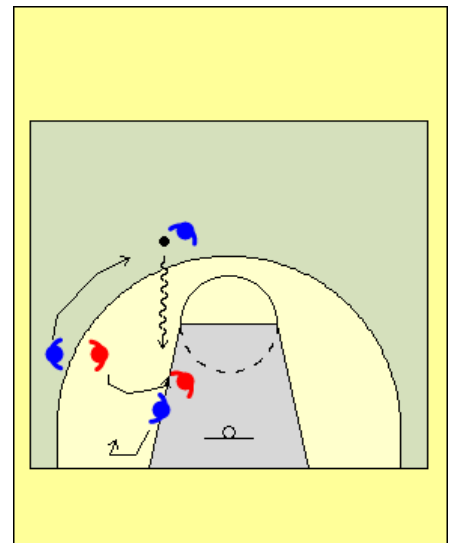
- The players do not let one defender guard two offensive players.
- The players find a space where the passer/dribbler can see them. The key is to not hide behind the back of a defender (three in a row – ball, defender, player).
- The player read the ball and then read their defender. They need see that the ball is being penetrated and then read what the defender is doing.



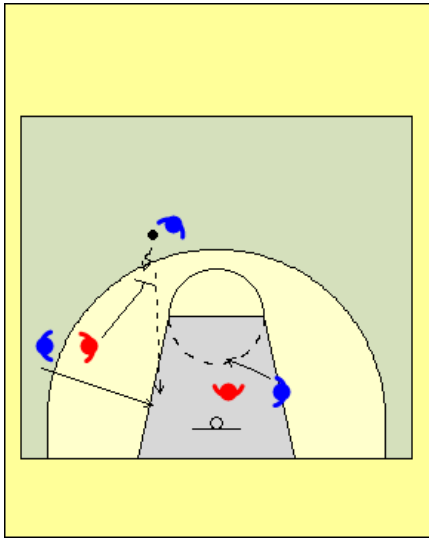
Moving Too Soon

In this situation, the player without the ball moves before the dribbler has crossed the foul line. This allows their defender to guard two players at once.

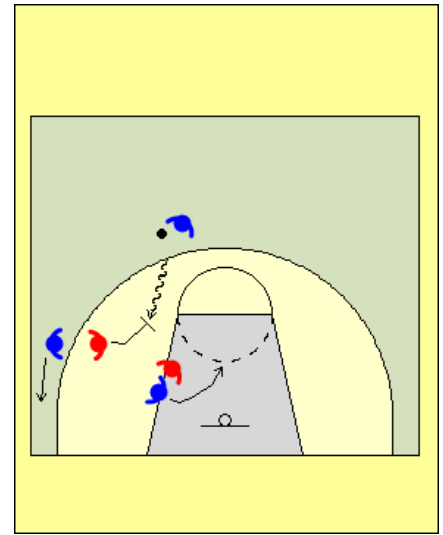
In the example to the right, the wing player waits until the dribbler crosses the foul line.



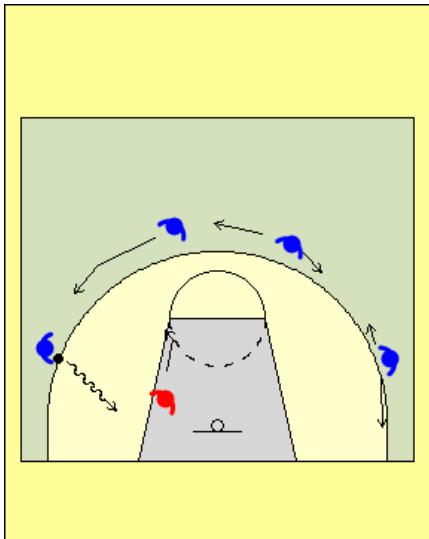
The player has read that their defender has provided help and therefore they rotate behind the penetration. The post player slides to the short corner and they go to the spot that is toughest for the defender to recover to.



In the example to the left, the defender has helped and left the basket open. Here the wing player attacks the open basket. The post moves to the front of the basket in when their defender helps back-door.

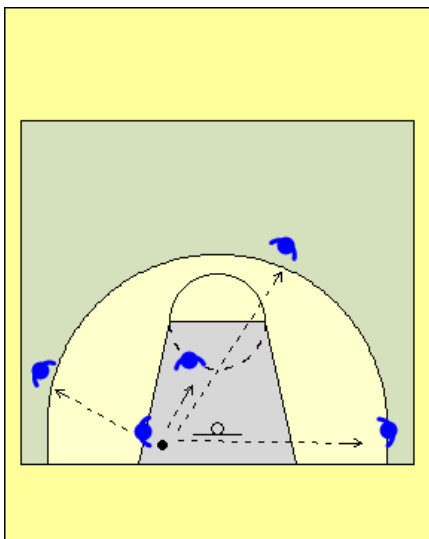


In the example to the right, the wing defender helps over but there is a ball-side post. In this case the wing slides to open space in the corner and the post circles to the front of the basket.



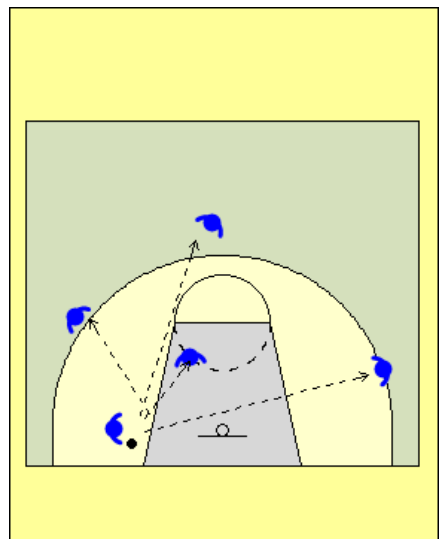
Side Penetration

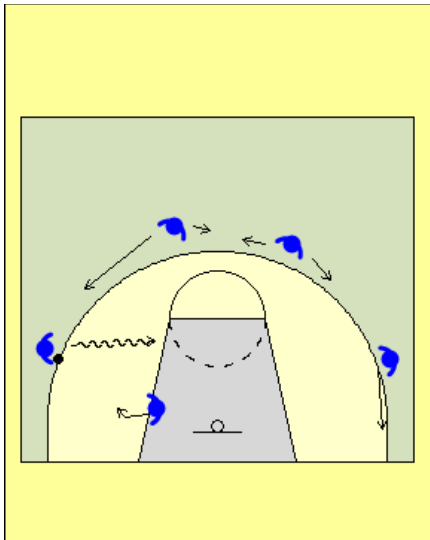
When the ball is driven from the side to the baseline the other players move to find open spots where the ball-handler can see them. It is here that the perimeter players can move in either direction by reading the movement of the ball and then the defender.



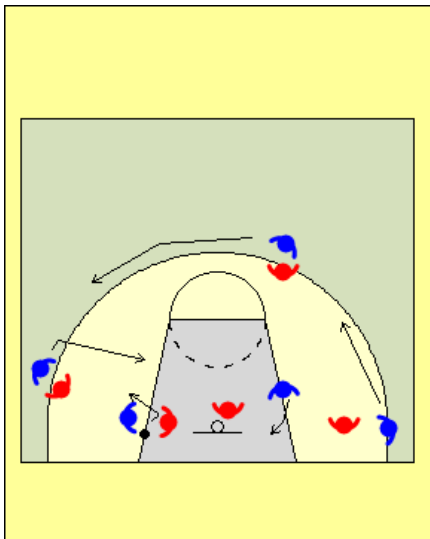
The deeper the penetration the deeper the receivers need to be to open passing lanes.

If the penetration is not that deep into the key, the receivers can stay higher where the dribbler can see them.



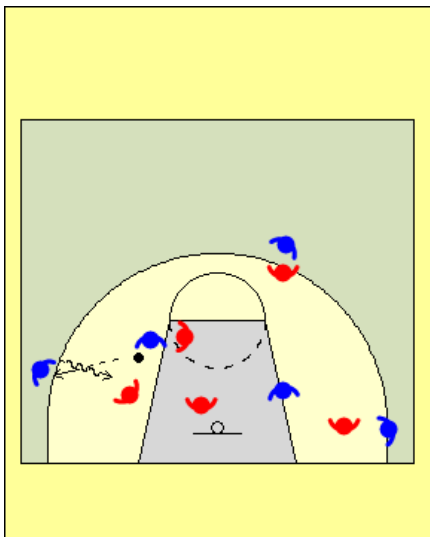


When the penetration is to the middle from the wing the players must still move to find space. They read the ball first and their defender second.



Secondary Cuts

Whenever the penetrator stops and pivots the other players must make secondary cuts. The defence is very vulnerable at this point as they have a tendency to watch the ball.

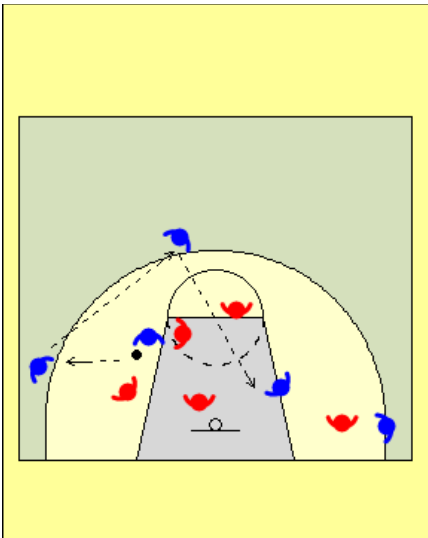


Wait One Second After the Initial Penetration

In general, it is important to stay away from immediate penetration following the pass out from the first penetration. The intent is for the receiver to freeze and look at the basket. Driving the ball immediately means dribbling into an already collapsed defence which often leads to an offensive charge. The key is to wait until the defence is closing out and the passer has left the key. The other perimeter players should avoid rushing to fill the open perimeter spaces too soon as this closes a natural double gap into a single gap (diagram to the left).

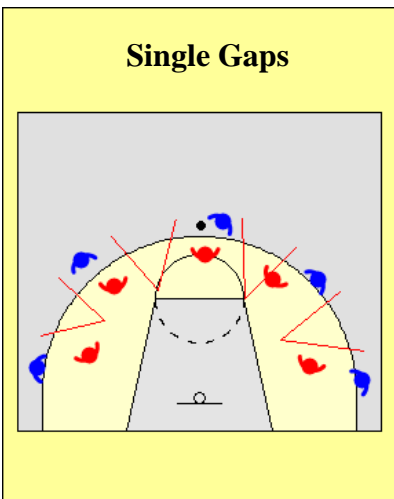
Pentrate Pass Pass

It is desirable to look for passes immediately after penetration as very often the entire defence has collapsed into the key. It is a great situation as players will be open while the defence scrambles to recover.

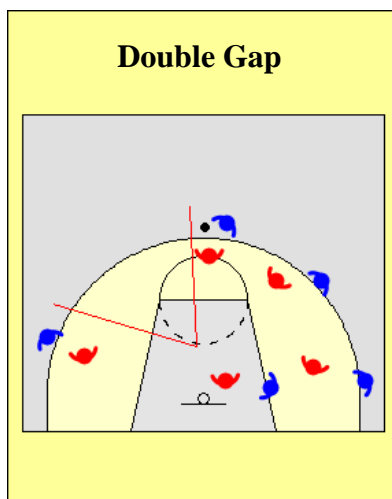


Players need to be taught how to recognize single, double and triple gaps. These can appear from the initial spacing in the offence or from the flow as players start to make a cut.

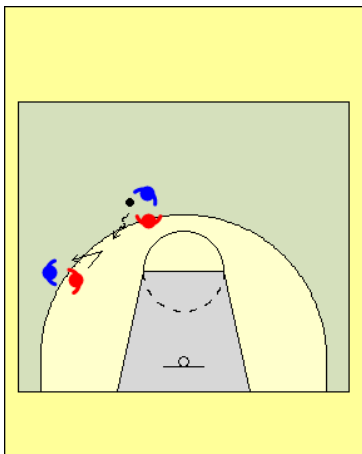
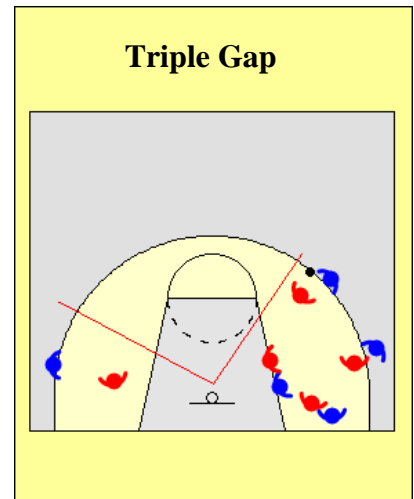
Single Gaps



Double Gap

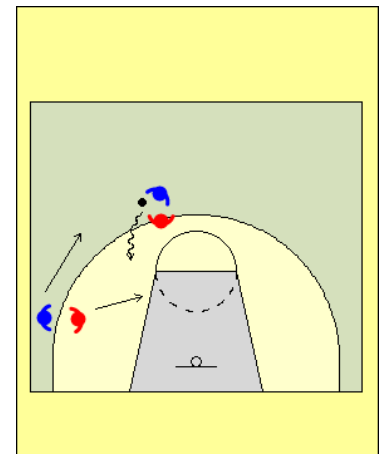


Triple Gap



If the wing player has poor spacing and is too close to the offensive player penetrating for the top, a single gap is created which allows the wing defender to guard two players at one time.

By moving lower on the wing, a double gap is created which forces the wing defender to guard only one player at a time.



Early Clock

Top penetration early often occurs from a strong breakout dribble from a rebounder or when the player receiving the outlet beats the player trying to contain the ball in transition.

Side penetration occurs when the ball is pushed to the wing early in transition.

Mid Clock

Players need to be taught to attack bad closeouts when they occur in the half-court offence. Other players must be in tune to these reads by the player with the ball.

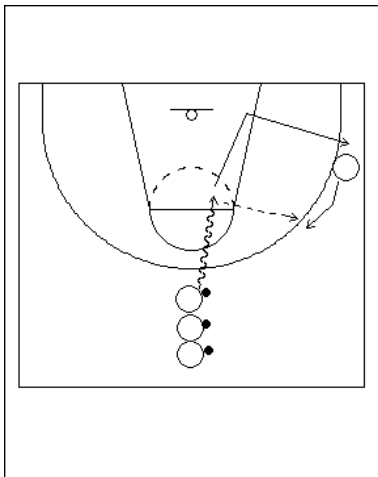
Late Clock

Spacing may have to adjust late in the clock to provide the opportunity for double or triple gaps to appear. This works best when it flows naturally from the offence and not when a call is made.

SPACING AND PENATRATION DRILLS

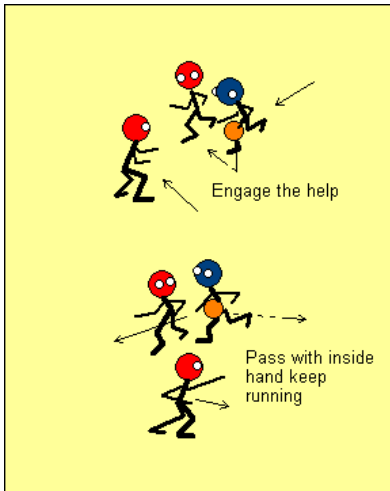
These drills are designed to help the players to work on:

- proper dribbling for penetration
- movement off the ball
- proper passing off penetration
- shooting the ball off penetration
- movement after passing
- decision making when receiving the ball off penetration

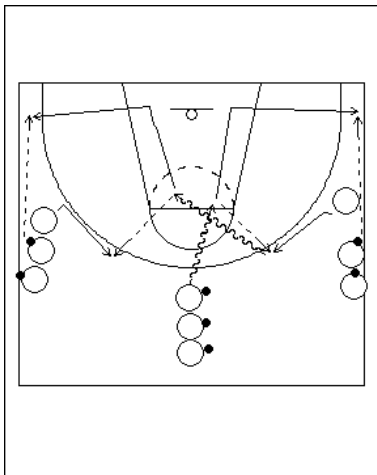


2vs0 Penetrate and Kick

The players at the top have the ball. The players on the wing must wait for the penetration to occur. Moving too early allows the defence to help on the ball and guard the perimeter player at the same time. The penetrator dribbles with the outside hand and must attack the paint to try and pass the ball with the inside hand. The wing player circles behind the penetration for their shot. Keep running after passing and fill the same side as the pass.



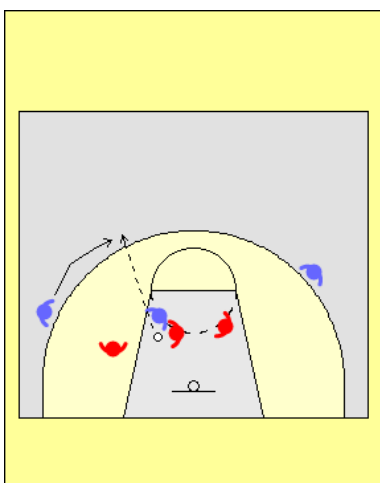
It is an easy pass to make using the inside hand. The dribbler does not have to reach across the ball and twist the wrist into unnatural positions. Some stronger players can make this pass, but it is not a natural movement. Here the jump stop is not recommended because it is a slower pass and allows the defence to anticipate the pass. In addition, it takes the passer longer to vacate the key. The longer the key is occupied the longer the players have to wait for the next penetration to occur.



Continuous Penetrate and Kick Shooting

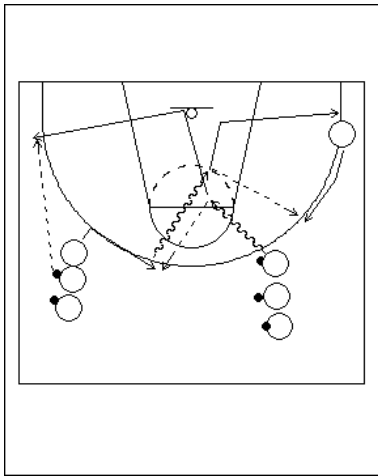
The players form three lines. In the two outside lines the first player does not have a ball but everyone else has a ball. The first player in the middle line penetrates to the middle. The wing player on that side rotates behind the penetration for the pass. The passer continues their cut out to the same side (corner) and receives a pass for a shot from the second player in the outside line.

During this drill, it is imperative that the receiver of the pass (off penetration) shows the intent to shoot for one second before penetration. This player then penetrates with the intent of attacking the key. The wing player from the far outside line rotates behind. The passer continues to cut to the same corner as they passed. The player who received the pass from the penetration waits for one second before continuing to penetrate to shoot a dribble jump shot.



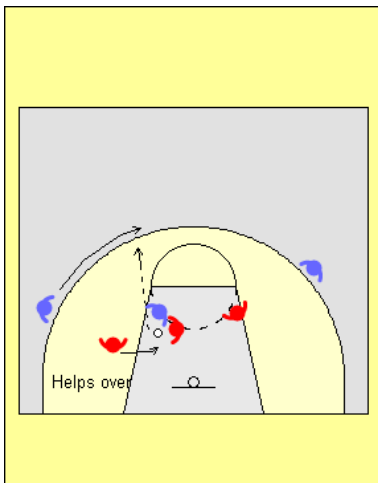
With this drill it is important to stress that the player who receives the pass off penetration waits one second before penetrating. If this player penetrates immediately on the catch they are driving into an already collapsed defence. Also, their own teammate may still be occupying the key and they need time to vacate the space.

By showing shot, the player will see open teammates for the pass but will also be able to attack a defender who is closing out rather than standing and waiting for the penetration.



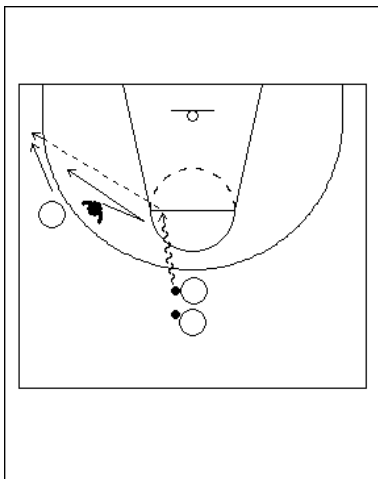
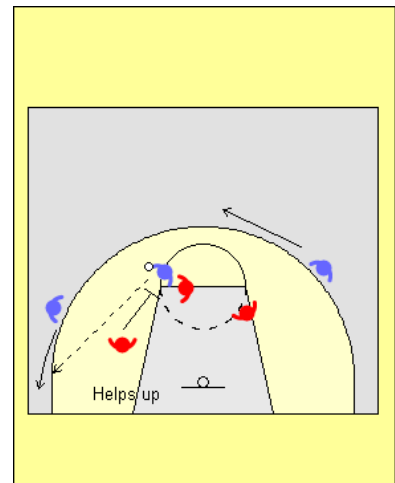
Middle Penetration

The players form three lines. Everyone has a ball except the first player in the two outside lines. The first player in the middle line attacks the key. The first player in the outside line to the side of the penetration rotates behind to catch a pass. The passer continues their cut to the ball-side corner where they receive a pass for a shot from the second player in line. The receiver of the pass waits for one second before continuing their penetration and then makes a pass to the player rotating behind for a shot.



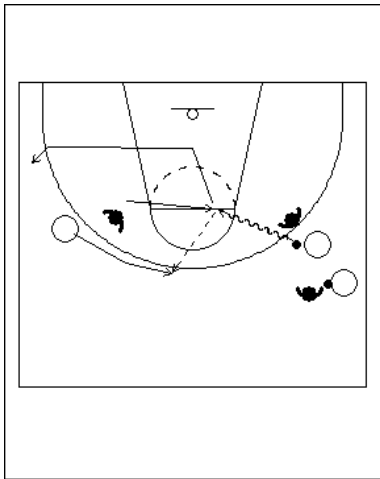
Rotate Away Versus Rotate Behind

This drill is designed as a read for the offensive player. If the defence helps, the player needs to slide away from the penetration. If the defence helps over, they must rotate behind. The key is to create the longest possible recovery by the defender.



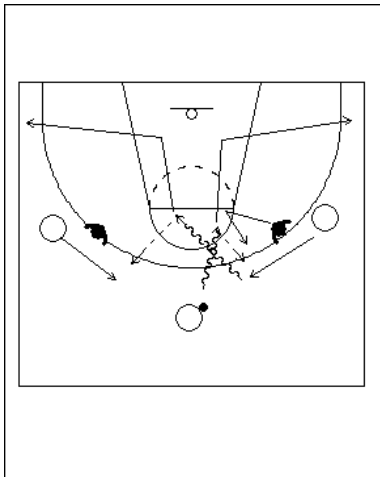
1vs1 Penetration/Kick

In this drill the key is to identify the defender that is helping up in order to focus on working to slide away. The defender starts in passing lane defence while the middle player penetrates the key. The help is a stunt with the hand and foot into the passing lane. The defender should recover with a hand up in the passing lane.



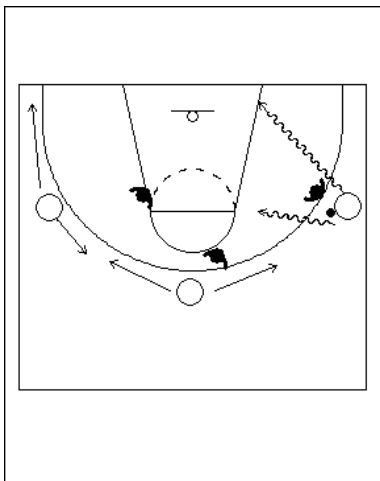
2vs2 Advantage

This drill focuses on where players should penetrate and kick-out the ball in a game-like situation. The defender on the wing player starts with his back to the offensive layer. This gives the offence a brief one-second advantage. The player must read the help defence. Next, the players play two-on-two. The key for this scenario is to not focus on taking a three point shot until the ball has gotten into the key; either with penetration or a pass. These are the easiest three point shots since the player is receiving the pass coming from the direction of the basket. It is easier to walk into the shot as the player is likely already square to the basket.



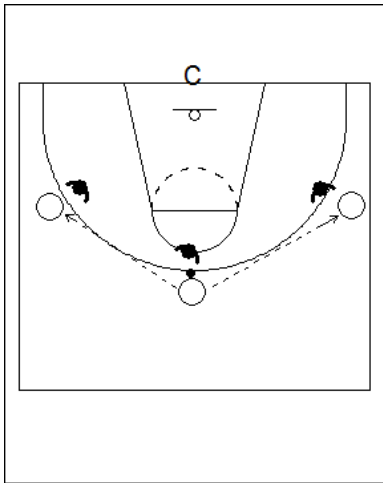
3vs2 (Advantage) Spacing

This drill focuses on three offensive players against two defenders. The player without a defender starts the drill by attacking with penetration to the key to mimic a two-on-one situation. If help shows, the player should make the open pass as it is important for players to learn to find the open player. The player should deliver the pass with a one-second advantage. Meanwhile, player receiving the pass must remember their options - shot first, pass second and penetrate third (wait the one second).



3vs3 (Advantage) Spacing

The intent of this drill is to play three-on-three starting with a disadvantage. One defender starts with their back to the defender and this creates a one-second advantage. The other offensive players must read the penetration before they move. The drill can be loaded by adding a transition to the drill, by allowing the players to go three-on-three in the other direction.



3vs3 After Coach Signals

In this drill, three offensive players are passing the ball around the perimeter. The defence is in the passing lanes but they do not touch the ball. When the coach holds up their fist, this signals the player with the ball to penetrate. The players then play three-on-three using the rules of play. The key to note here is that there are still no positions at this stage of development as each player learns to do all the skills from all positions on the floor.