

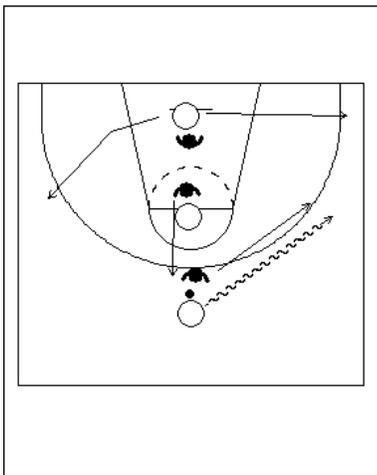
RUNNING A CONCEPTUAL OFFENCE USING THE FIRST FIVE OFFENSIVE CONCEPTS

RULES:

- 1 – Pass the ball if teammates are open.
- 2 – Penetrate every time there is not an open shot or open teammates.
- 3 – Cut only if the ball-handler is looking (and can see the cut).
- 4 – Replace the open spot on the perimeter.
- 5 – Catch the ball where most efficient (the three-point line, not inside the line or away from the line).
- 6 – Options after catching the ball – 1. Shoot, 2. Pass, 3. One-on-one.

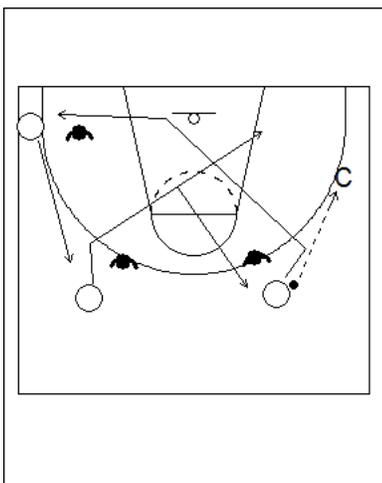
3vs3 HALF-COURT

These drills are used to practice the rules for half-court offence. This is not something that can be put in place in one practice. A commitment to training over long period of time is required.



Spot-up (One Guard)

The three offensive players start in a straight line. The bottom player can choose to exit either side. The top player dribbles the ball to a side. The middle player must find open space. They then play three-on-three using the rules of play.



Cut and Replace (Two Guards)

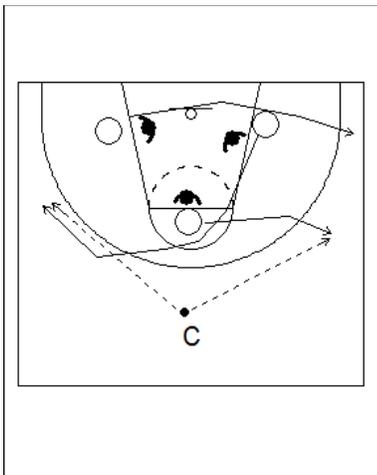
The coach stands on the wing. While the defence plays denial the other three offensive players fill the other perimeter spots. On the pass the player wants to cut to the basket. Following the rules the other players fill space. If denied at the three-point line the player must cut back-door.

On the catch there should not be a freeze of the ball. It is integral to remember to think shot first, pass second and drive third. The coach should always be available to receive a pass.

2vs2 ADVANTAGE (half-court)

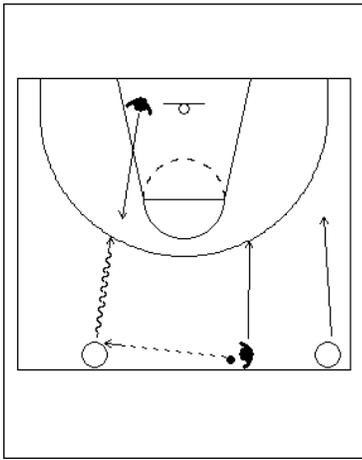
The purpose of these drills is to give the offence a brief one-second advantage. Can the player exploit and maintain the one-second advantage. The defence is attempting to recover.

The answer is to spend time on teaching them to shoot. By solving this problem with a tactic or strategy it only works for a short time. But over a long period of time this does not solve the problem.



Exchanging Space (Spot Up) Three-on-three

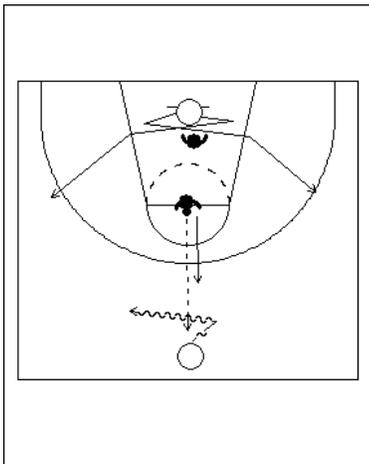
The players start in a triangle. The coach designates each offensive player as number one, two and three. The numbering system will determine who will move first, second or third when indicated. The players cannot go back to the same side they started. The coach passes to any open player and they play three-on-three. This drill teaches the players to find open space, be aware of the movement of their teammates, play from different positions and find familiarity with the rhythm of offence.



From the side

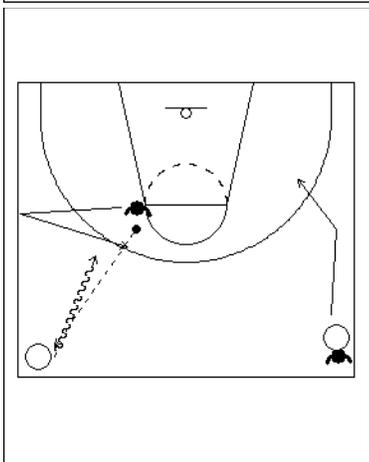
One defender is under the basket while the second defender is at half-court on the outside of the centre lane. Both offensive players are at half-court in the outside lines. All three players at half-court are in the same line. In this drill both offensive players are given a one-second advantage. The player with the ball has to keep their head up and decide if they can make the pass to their teammate who is running on the wing. If this does not occur the play can be slowed down by playing two-on-two. The defence is working on slowing down the ball and recovering on defence.

Note: The coach must be aware of the strengths and weaknesses of the players. In the advantage drills the coach may have to change the width and length of the court to give the offence a one-second advantage. If the players cannot pass for distance it should be shortened. If the defence is arriving too quickly (before the offence has a chance to pass) the defence should have to run a further distance. The players should be placed into situation where they use their left hand to initiate action.



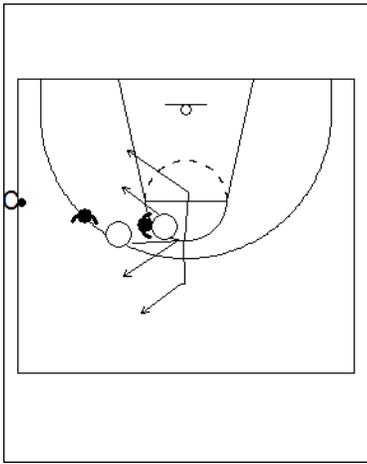
From the Middle

One offence player is under the basket with one defender guarding. The second defender is at the foul line with the ball. The second offensive player is at the top. The action starts when the defence at the foul line passes to the offensive player on top; playing two-on-two. The offensive player under the basket is cutting to either wing to get open.



Timing of the Pass

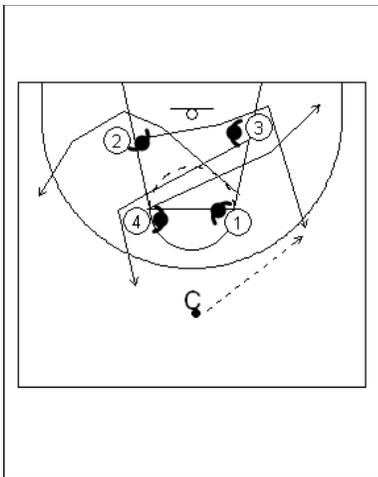
In this drill the player are going two-on-two with the defence coming from a different angle. One defender is at the elbow with the ball. The second defender is behind one offensive player at half-court with their back to the offensive player (to create a one-second advantage for the offence). The second offensive player is at half. This player receives a pass from the defender at the elbow. Once the pass is made the defender must touch the sideline before playing defence. This creates a brief two-on-zero situation and therefore important for the offence to advantage and maintain the one-second advantage. The defence is working to recover.



2vs2 After S. O. B.

Another way to start two-on-two situations is by having a coach or another player inbound the ball. A simple concept when inbounding is the player furthest from the ball faces the ball while the player closest to the ball faces the other offensive player with their back to the ball. The player furthest from the ball cuts first. The player with their back reads the first cutter and goes opposite. Once the ball is inbounded, the players play two-on-two using our concepts.

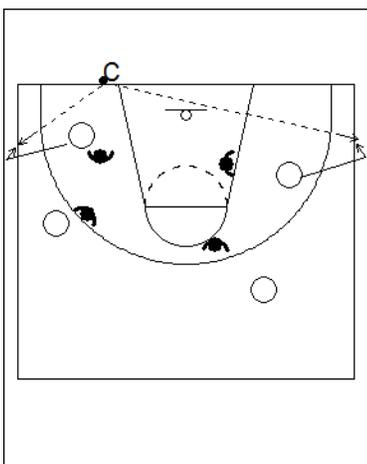
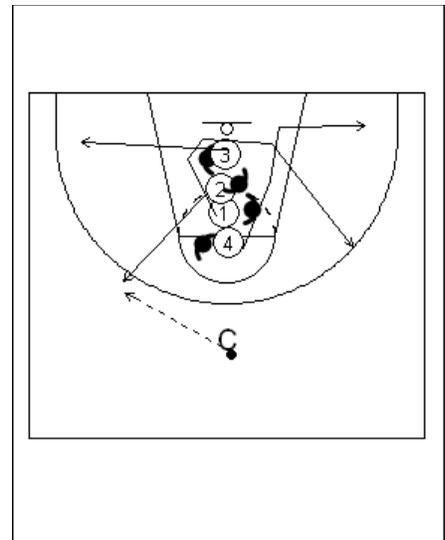
FOUR-ON-FOUR



Exchanging Places (Finding Spots)

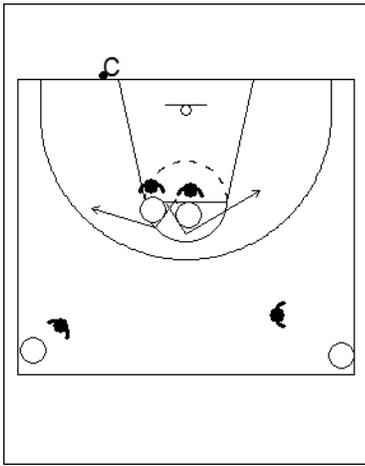
Here is the same drill, only they start in a box formation to initiate four-on-four. Again, they must move in sequence and find the open space, but they cannot go out on the same side as they start.

This formation can also start in a stack of four players. Again this is used to start the play.



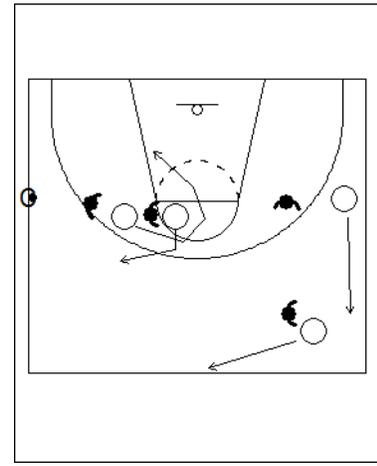
4vs4 Save the Ball

Another way to start playing four-on-four or five-on-five is to have the players moving randomly about the court. When the coach calls a colour, that team must save the ball from going out of bounds. One player saves it and the others must communicate and position themselves to receive the ball. That team attacks the far basket on offence (the coach can designate which basket the team will be attacking).



4vs4 B. O. B.

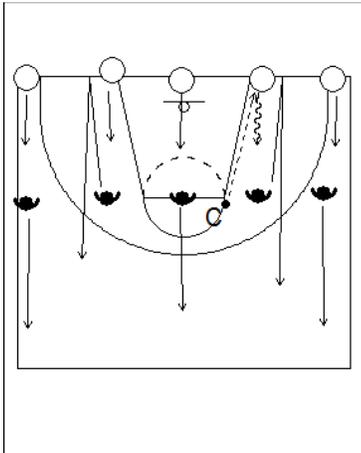
The coach stands with the ball out of bounds. Both teams move randomly on the court. The coach calls a colour and sets the ball down. The team with the corresponding uniform colours must inbound the ball. The team attacks whichever basket the coach designates.



4vs4 S. O. B.

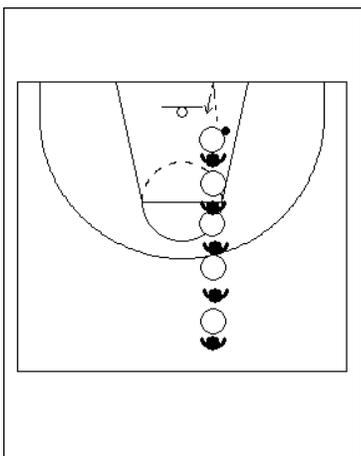
This is the same drill but on the side inbounds.

FIVE-ON-FIVE



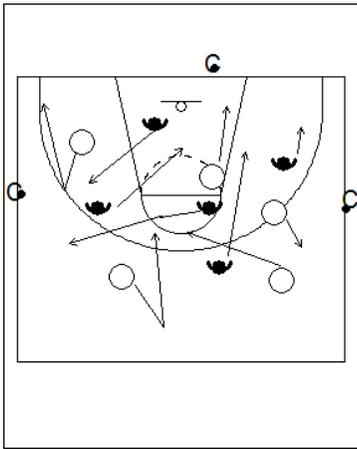
5vs5 Advantage

Players line up as defenders along the foul line extended and the offence on the baseline. The coach passes to one of the offensive players. The opposite defensive player must touch the baseline before returning on defence.



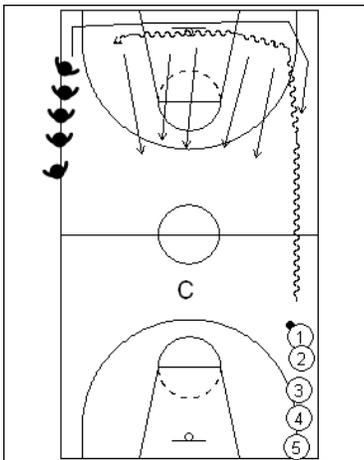
5vs5 Tap-In

All the players line up in one straight line in front of the backboard, with an offensive player alternating a defensive player. The ball is tossed up on the backboard and kept alive by tipping. The players rotate back to the end of the line. When the coach calls "stop," the player who has the ball takes the ball and their team is now on offence.



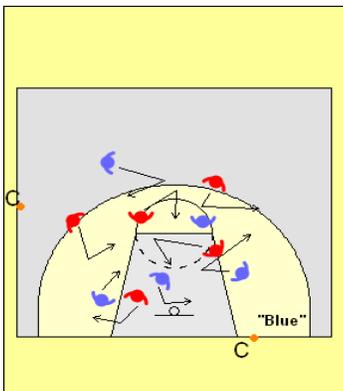
5vs5 Match-Up

The players from both teams are moving randomly in space. The coach passes (or rolls) the ball to one team. This team is now on offence. The team that saves the ball gets to start on offence. This drill can also be done with a shot where the team that rebounds the ball goes on offence.



Run the Court

The five offensive player and five defensive players line up in opposite corners of the gym. The first offensive player has a ball. When the coach says “go” the players start to jog along the perimeter of the court. When the coach blows the whistle the team on offence starts to attack the far basket and the defence must match-up and play defence. This is a creative way to start playing five-on-five.



Inbounding

Both teams are moving randomly in the half-court. One coach is on the sideline and the other is on the baseline. Both coaches have balls. One will call a colour and set the ball down. That team must inbound the ball and attack the basket.