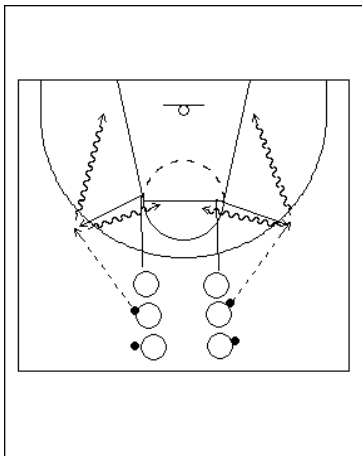


TEACHING A CONCEPTUAL-BASED OFFENCE (STAGE TWO – MID TO LATE CLOCK)

Before a coach introduces the following concepts they should ensure that the players have a thorough understanding of the concepts and skills in the previous stage, as follows:

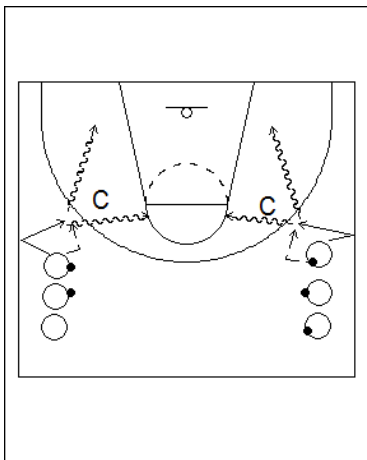
- Cut and replace (eye contact when cutting)
- Exploit the one-second advantage (read the defence)
- Teaching two-on-one (half-court and full-court)
- One-on-one with five players (play with all teammates)
- Do not stop the ball (action is better than reaction)
- Progression teaching (developing in phases)

QUICK REVIEW



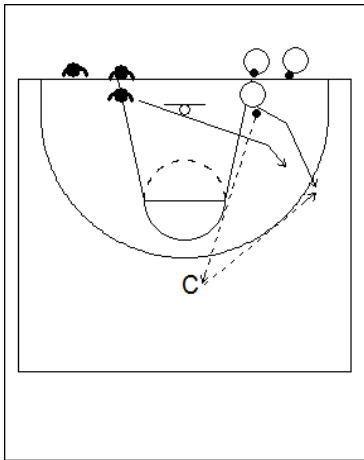
One versus Zero Dribble Start – Phase A

Players are in two lines at the high elbows. Everyone has a ball except the first player in each line. The first player runs to the elbow and does a jump stop, pivots and then cuts out to the attack spot. The second player passes when the player is outside the three-point line, but in an area where the player is a threat. Using a crossover step the player attacks the middle for a dribble jump shot or baseline for an outside/inside power layup. It is important to emphasize on proper footwork, pass and finish.



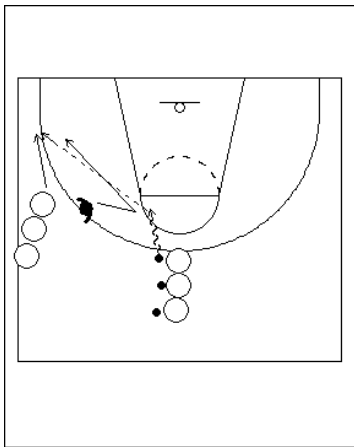
Read the Coach's Defence – Phase B

To load the drill a guide is added to the wing player on the catch. The player must decide to shoot, drive (right/left) or go back-door.



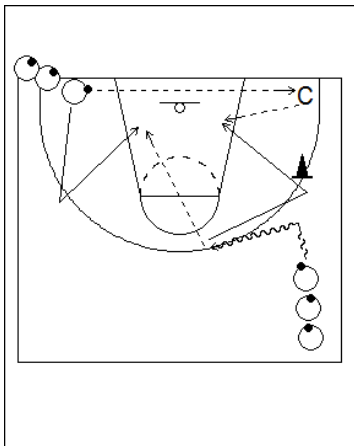
One versus One Active Defence – Phase C

In this phase, the players to play live one-on-one. They are in two lines on the baseline while one line has a ball. This first player with a ball passes to the coach (standing at the top) and then cuts to the attack spot. When the player starts to run, the first player in the other line runs out to play defence.



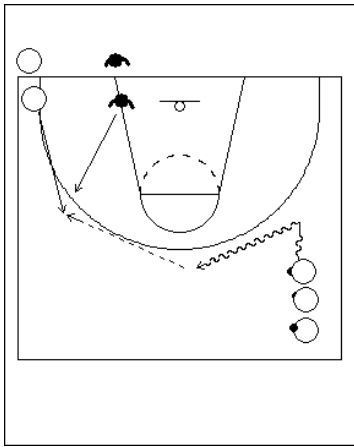
One-on-One Game Situation – Phase D

The players form two lines with the basketballs at the top. One defender is on the passing line defending the wing player. The player with the ball attacks the paint. The defender helps and recovers. The wing player slides to an open space. On the catch it is live one-on-one.



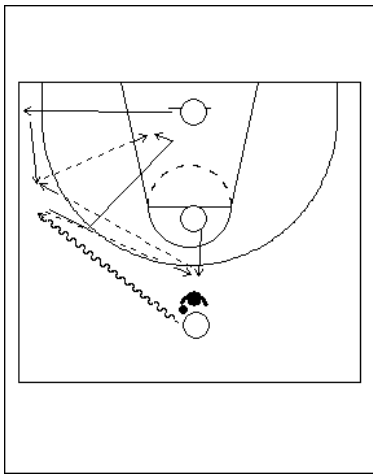
Back-Door Cut-Pass – Phase A

Both lines have a ball. The player in the corner passes to the coach and cuts to the wing outside the three-point line. The player at the top dribbles the ball to the top. The wing player goes back-door. After passing, the passer cuts to the opposite attack spot and goes back-door to receive the pass from the coach in the corner. It is important for the first pass to be in the key.



Contested Back-Door - Phase B

To load the decision making of the players and to increase the precision of the cuts and passing a guided defender is added.

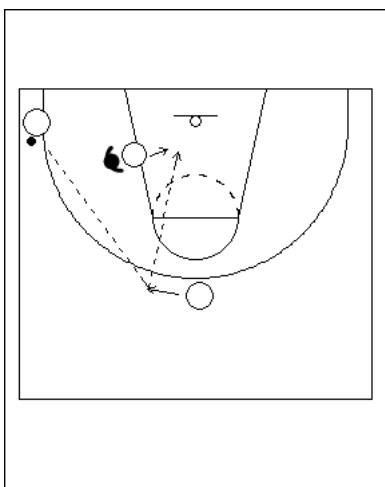


Three versus One Triangle Pass - Phase C

As a new concept, it is recommended for the players to be familiar with the three versus zero drill (Phase A). Additionally, the coach should act as a guide on defence to help with the execution and decision making (Phase B). In Phase C, active defence is loaded into the drill and the focus is on sealing inside and using a triangle pass to make the best pass to the inside player.

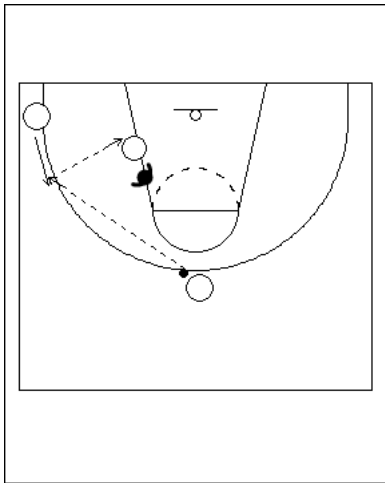
The top player has the ball and dribbles it over to the attack spot. The bottom offensive player cuts out to the same corner. The offensive player at the foul line pops out to the top. The defender guards the wing player with the ball. The pass is made to either corner or the top. After passing, the wing player cuts to the ball-side of the basket. The defence jumps to the ball-side on the pass.

The following are examples of outcomes of this drill.



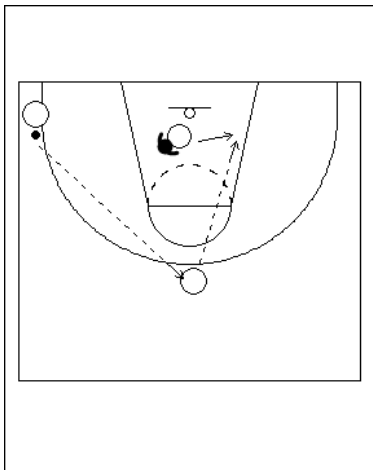
Example A

In this example, the ball has been passed to the corner. The defence has correctly gotten to the ball-side and taken away the pass from the corner. The player at the top must shorten the pass and call for the triangle pass. It is important for the inside player to maintain their seal, and to not release the contact and allow the defender to move on the pass. The passer from the top can lead the offensive player to the basket with their pass.



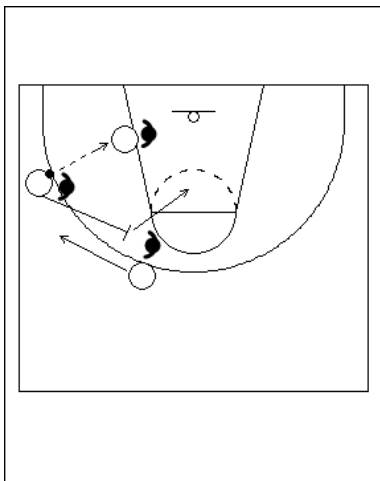
Example B

In this example the pass has been made to the top. With the defence in the correct denial position the corner player must shorten the pass to allow for an effective triangle pass.



Example C

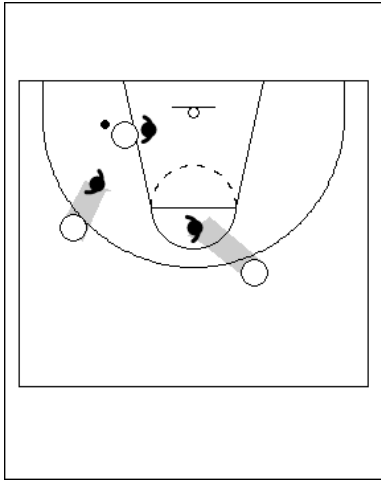
In this example, the player that cuts goes to the basket; which is very common. Since, by rule, the player can only stay in this position for three seconds there generally is not enough time for a triangle pass to develop. In addition, if the passer tries to pass to space it takes the inside player away from the basket and often into the help defence.



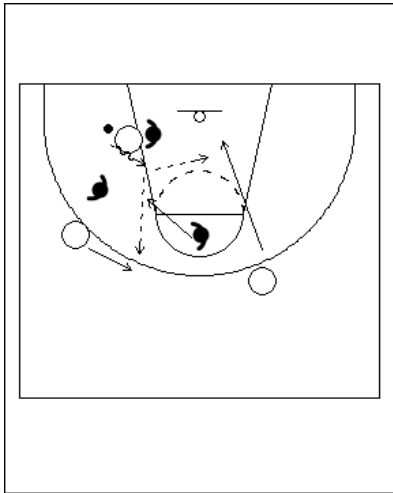
Ball in the Post

It is not ideal to assume that once the ball is in the post that the player will shoot every time. Therefore, the perimeter players must learn to move in space and stay away from a position where the defender can guard the post and the perimeter player. The other key is to not fill the corner of the low post as this restricts the vision of the post player. Since the post player cannot see everyone on the court at once they have to turn their head and this can lead to double teams.

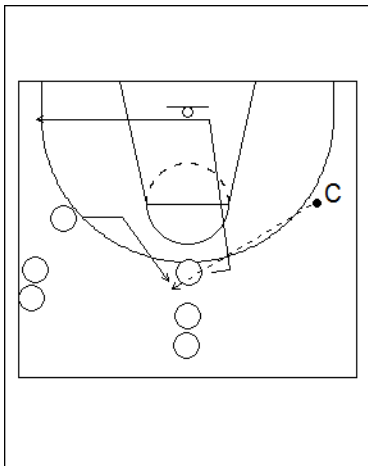
In this example, the two perimeter players screen for one another. This is an advanced concept that should not be used until the players learn the offensive system.



A simple rule for a player at this level is for them to play on the shoulder of the defender. By positioning themselves with this method, they take away the vision of the defender. If the defender turns their head the player can easily cut to open space.

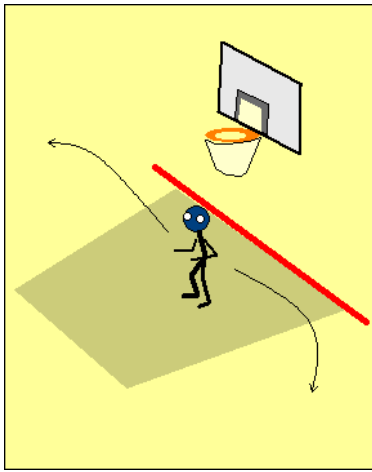


When the post player dribbles the other players should make hard, secondary cuts as the defenders will have a tendency to turn their heads to the ball.

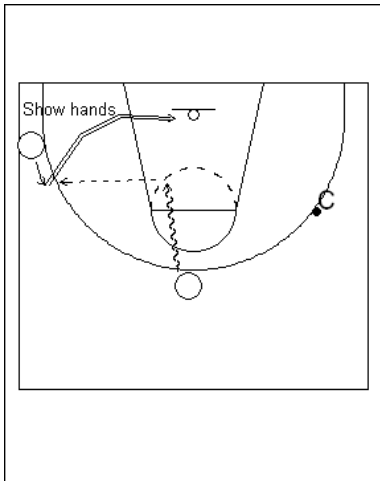


Two versus Two Cut and Replace

In this drill the concept is the same as in Phase A but with no defence. The player at the top has the ball and they cut to the ball-side post to open-up. While looking for the ball the entire time, the player balances out to the corner. The offensive player in the wing spot replaces the cutter to the top.

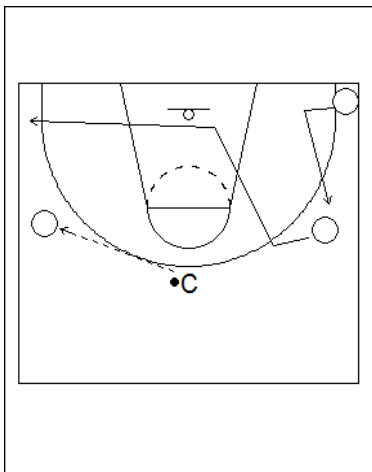


It is very important to open up when the player reaches the basket and to see what their teammates are doing. Players still want to see the ball when they exit the key for open space.



When the player at the top catches the ball, they want to receive it anticipating the defence – jump stop, already square to the basket. Then, the player can attack the basket with a crossover move. If their teammate shows hands they should pass the ball.

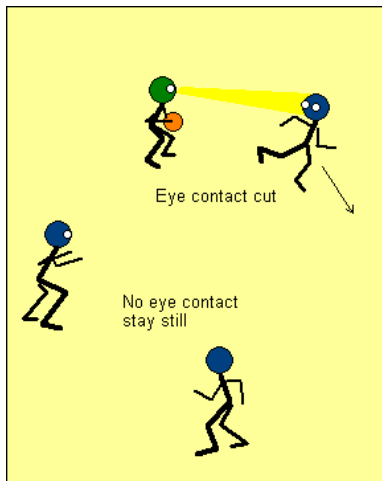
In Phase B, the drill can be loaded with a guide on defence. In Phase C, the players go two-on-two with live defence. The coach is always open for a pass while the players are working on cutting.



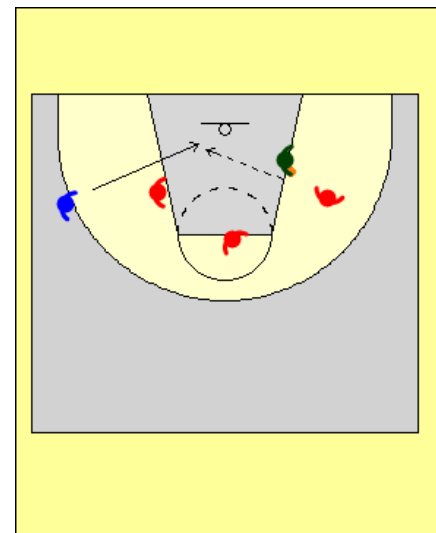
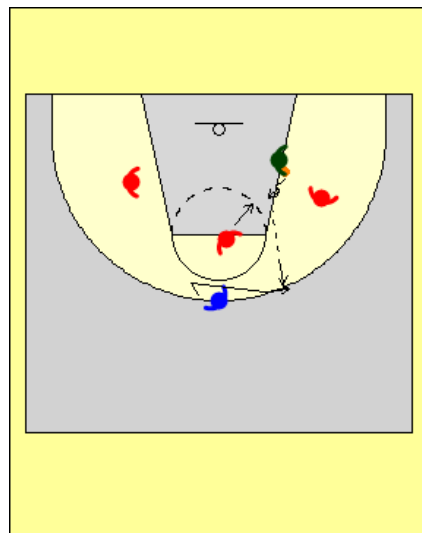
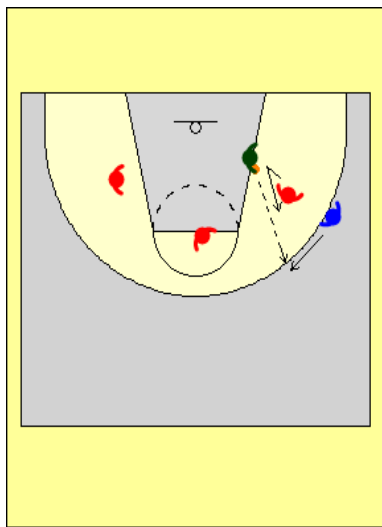
Three versus Three Cut and Replace

This drill starts in Phase A with no defenders. The coach has the ball at the top and three players fill perimeter spots on offence. The concept is only cut when the player with the ball (coach) makes eye contact. After cutting, the player opens up at the basket and fills the open space. If the player above cuts to the basket, the player needs to fill the open spot. If a pass is made to one of the players, the other players can still cut, but only when looked at by the player with the ball.

In Phase D, the format is three-on-three while the defence plays in the passing lanes.



The following is one of the most important concepts that players need to learn. It is integral for cutting players to keep eye contact with the ball-handler. Cutting without eye contact leads to turnovers, too many players in the key at one time and poor timing on cuts. In many cases the best cut is no cut.



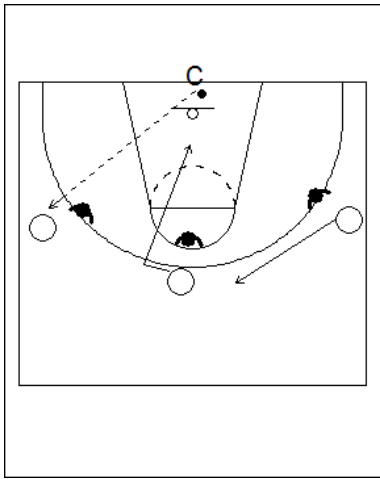
Play One-on-One Three Times – Post Pass

In this drill the coach has the ball in the post position. The offensive player is playing one-on-one against their check. The coach should make it difficult for the defender to help and also watch the offensive player (and coach). The coach passes and the players play one-on-one.

In the second drill, the offensive player moves to the second position at the top and plays against that defender. If the coach dribbles, the defender stunts.

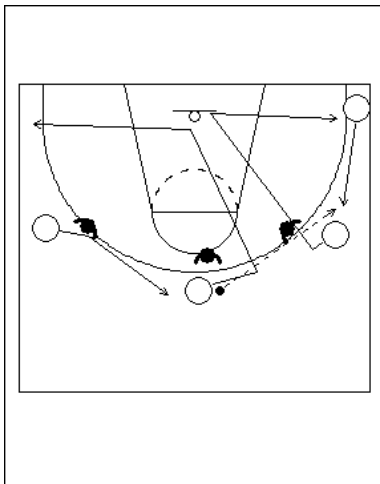
In the third example, the offensive player moves to the third position where they see the defence, turns and makes a cut to the basket. By playing offence three consecutive times it is very rare that the player will use the same move three times as they will be thinking about reading the defence.

It is important for players to play off the back shoulder of the defender.



Three versus Three Cut/Replace

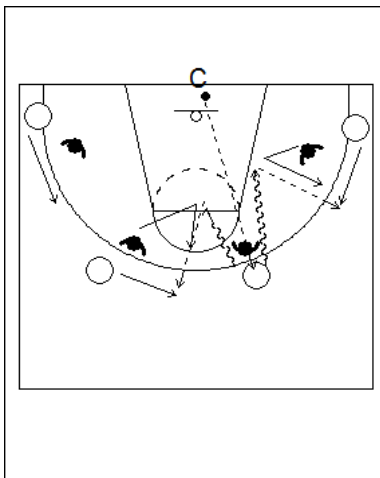
In this drill, the concept is to play three-on-three. The coach has the ball under the basket, while the defence is live. The drill starts when a pass by the coach is made. The player the coach looks at cuts while the other players must either fill or wait.



Four versus Three Cut/Replace

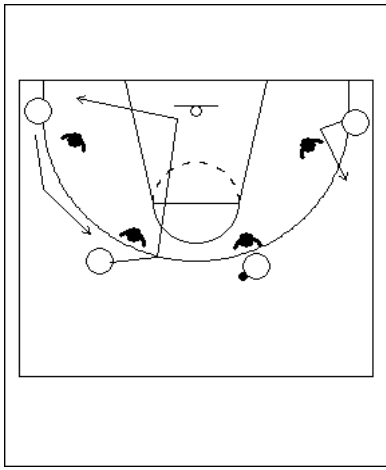
This is a very important drill for teaching the players the sequence of their options; shot, pass, dribble, attack. The defence starts by playing in the passing line. The offensive player initiates the drill with a back-door cut when the passer looks at them. The next player fills. It is important to note that this is not a time where a three-point shot should be taken since the ball has not been penetrated into the key first.

The player receiving the pass must go through their options with the ongoing focus of finding the open player.



Four versus Four Advantage

In this drill, the concept is four-on-four and it begins with the coach passing the ball to one of the perimeter players. The defence is covering the passing lanes. Once the ball is passed the offence starts to penetrate.



Four versus Four Cut/Replace (Two dribbles)

In this drill the players cut and replace with four-on-four. The drill starts with a back-cut by the player the passer looks at. The offensive players have a two-dribble maximum.