BASKETBALL
IMMERSION

THE BDT OFFENSE CURRICULUM

CONTENTS

Dominoes	7
Stages of the Shot Clock	9
Court Terminology	11
Transition Buzz Words	13
Transition Spacing	13
Spacing Templates	17
Free Throw Break	19
Half-Court Offense	21
Dominoes & Penetration Reactions	22
Post Reactions	26
Triggers Summary	27
Static Solos	30
Dynamic Solos	31
Duets	34
Trios	59
Symphonies	68
Special Situations	73
BOBs	74
SOBs	79

BASKETBALL IMMERSION

USE OF ANALOGIES





Analogies are used frequently throughout this style of play framework. The research undertaken by Dedre Gentner has shown how analogies and metaphors help players, and us as coaches, make sense of basketball terms through applying our knowledge from another domain (music in this case), and applying it back to basketball

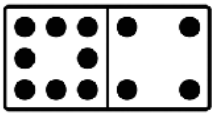
When we look at basketball styles of play, there are two musical examples which provide perfect analogies for their basketball equivalents. The classical orchestra is typically very disciplined. The orchestra have songs whereby notes have to be played exactly as written by the composer. In basketball terms, this is the set-based or continuity offense type teams. The coach dictates the play and the players are not usually encouraged to go off script.

In jazz, we have a base structure but there is room for creativity. The audience don't truly know what will happen next. There can be solos, duets and trios within a jazz band to help bring the song to life. There is lots of creativity as the musicians go off script. In basketball, we call this creative motion. The creativity comes from the numerous options and reads the offense have based on how the defense guards the action.

Classical musicians are well-known for their inability to go from playing classical to jazz, or another musical genre. This is because the training was so rigid and strict in the classical environment. It is exactly the same with basketball: if players just learn set plays or patterns, it has a "Harvard Gorilla" effect: they get so focussed on playing the pattern that they don't play the game. This is unfortunately how a large proportion of youth basketball is still taught today.

Of course, there is a time for classical, most typically when the referee touches the ball and we are playing against a set defense. The EuroLeague is an example of some beautiful classical; Chopin, Mozart, Beethoven etc. But the idea is that with players who have grown up playing jazz, as soon as they find an advantage in a set, they can then go off script to start the dominoes sequence. Youth clubs around the world need to produce more coherent jazz musicians first and foremost, who can then produce excellent classical when needed!

KEY CONCEPTS



DOMINOES

"Dominoes is the moment an advantage (e.g. numerical, match-up or positional) is triggered offensively." - Coach Ross McMains

- The aim of offense is to relentlessly search and start dominoes opportunities.
- When we have dominoes, we just drive, kick and space to move the ball until a great shot appears.
- The moment we get a "ROB" (Range, Open, Balanced) Shot, that acts as the catalyst for the last domino to fall. Therefore, we could have a very short dominoes sequence off one trigger if it leads to a ROB shot, or it could be a multi-pass, multi-action offensive possession.
- When we are neutral (no advantage), the easiest way to find the dominoes is by running a "Trigger". This could be a "Duet" (Two-Man Game) or a "Trio" (Three-Man Game) action. "Solos" are our static or dynamic 1v1s that exist if the match-up advantage is there to be exploited.
- Transition offense is the easiest place to find dominoes, and therefore playing with great pace (lag free, bolts etc) and space (seeking the sideline, filling the corners) generates easy scores.

Triggers are not plays! They are not something which players will only use in their time at your program. Triggers are actions which develop conceptual play, something commonly seen at every level of basketball. These teach players how to play basketball as opposed to 'what to play' (e.g. running sets and memorising patterns mindlessly without looking at the reads).

What does an advantage look like?

1. Positional advantage = this could be a small advantage such has a defender on the side, or a big advantage such as a defender gapping and leaving space on a close-out).
2. Mismatch advantage = a big on small on the perimeter, aka turtle, or a small on a big in the post, aka mouse.
3. Numerical advantage = where the offense outnumbers the defense, e.g. a 2 on 1 created by a screening action.

Note that a temporary disadvantage such as a 1 on 2 can actually be converted to an advantage if the ball handler and off-ball teammates make the correct decisions (e.g. correct pass decision and spacing to receive the ball). This is why some coaches consider 2 defenders on the ball (disadvantage) to actually be an advantage.

With the aim of our offense to get to dominoes, this makes the "Rules of Dominoes" (aka the Dominoes Commandments, courtesy of Ross McMains) critical:

Rules of Dominoes:

1. First Touch Decisions. Passing, Driving or Shooting within 0.5 seconds. Know what the ball is doing before the ball hits your hands! No freezing - "the ball don't stop!"

2. 1 Can't Guard 2. One defender cannot guard two offensive players. If an offensive player's defender is able to guard the player and the ball, a reaction must immediately happen to prevent this. This therefore applies to penetration reaction (e.g. push, pull, drifts, fill behinds, wheel unders) as well as weakside actions vs a take-two defender such as screen-aways, flares and ghost cuts.

3. Into, Out of Space.When a player cuts or drives into the paint, they must immediately get out to space to open up the paint for the next drive or cut. This is similar to baseball where players "sprint between the bases" to get to the next scoring position.

We apply these rules to prevent the dominoes from stopping, which in basketball is equivalent to the defense catching up and achieving a **"neutral"** state of play (getting chest to chest with even numbers).

What is a Conceptual Offense?

Conceptual offense has a base structure, but lots of freedom for players to go "off-script" and select different actions and "triggers" for playing offensively. Creativity comes from:

(1) a base structure which are the starting spacing template(s)
(2) players using and mixing all the offensive options available to them,
(3) making the correct reads from the offensive actions used, which are subject to how the defensive players guard actions (the "coverages").

How is this different to a traditional offense?

Many traditional offenses comprise of either motion-based (e.g. Traditional Princeton or Flex) or set-play dominated offenses. Both offenses typically rely on players memorising and using patterns. The issue with this, particularly with younger players, is that the memorisation of the pattern can fill up the working memory capacity, as opposed to principles such as dominoes, and being able to recognise and punish different defensive coverages. By filling the working and long-term memory systems with concepts, and players learn "how to play, not what to play." This means they are then able to thrive in any offensive system for the rest of their careers.

STAGES OF THE SHOT CLOCK

"**PACE"** (First 6 seconds of the Shot Clock) - We play with great pace & space, seeking the sideline, and looking to score through 1v0, 2v1, 3v1, 3v2 etc. We look for shots or drives out of the two side break, or post-ups for the bigger players on our team that may have a mismatch. Shots off the kick ahead or extra pass are encouraged vs off the dribble. Many teams talk about pace but doing this over 40 minutes is rare!

"POISE" (8 - 18 secs of the Shot Clock) - We use triggers to score and be aggressive. This is the only time we may holding the ball longer than normal as we wait to line up and build the dominoes (running our triggers) to create the advantage. We don't force shots, go static 1v1 or take contested mid-range shots.

"PENETRATION" (Last 8 seconds of the Shot Clock) - Great time to score as the defense gets tired, lazy or complacent. We do not rush; we are controlled & look to turn the small advantages into big advantages to create high-quality shots. If there is no clear advantage, build it through a very quick trigger (e.g. a get or ball screen) or go static 1v1 if the match-up is favourable or time is low.



Land Like a Quarterback / Break-out and Go / Lag Free / Bolts /

Leak-Outs / Seek the Sideline / Through the Middle If Behind the D

Deep Seal on a Mouse / Kick-Aheads / Two Side Skips

PACE

Use a Trigger (Solo, Duet or Trio) to Find Dominoes if Neutral

On a Ref Touch, Can Play Classical (Set)

Applying Rules of Dominoes if Applicable

Take any ROB Shots during this phrase

POISE

Stay Patient: There is Time for a Duet if Still Neutral

*Great Time to Solo vs a Turtle or Mouse

Looking to Get to the Rim and Draw Fouls

Mind-Set: Next Action (Tagging Up)

PENETRATION

**Turtle and Mouse defined in "Solos Section" and Glossary*

Points Per Possession (PPP)

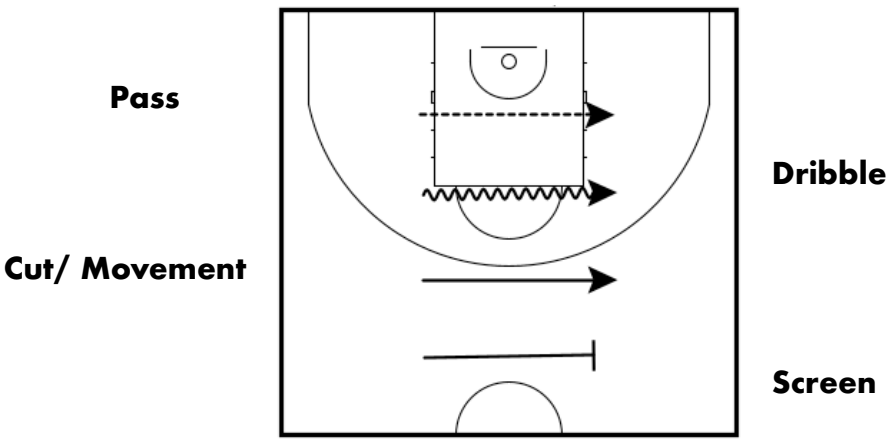
Point Per Possession is the Total Points Scored Divided by the Total Number of Team Offensive Possessions during a Game. E.g. if the Celtics score 82 points vs the Raptors, with a total of 96 possessions, the PPP is 0.85 (82 pts divided by 96 possessions).

The higher the PPP is, the better the chance of winning. To do this, lay-ups and threes are the best shots (iPhone 11 shots) vs mid-range pull-ups and floaters (cracked iPhone 5 shots). In a race to 100 points, if one player can only shoot 3's and one player only shoots 2's, this will mean shooting 50 2's but the 3PT shooter only needs 34 3's to reach 100. This means they need 16 less attempts. Shooting 50% from the mid-range is the same as shooting 33% from 3PT.

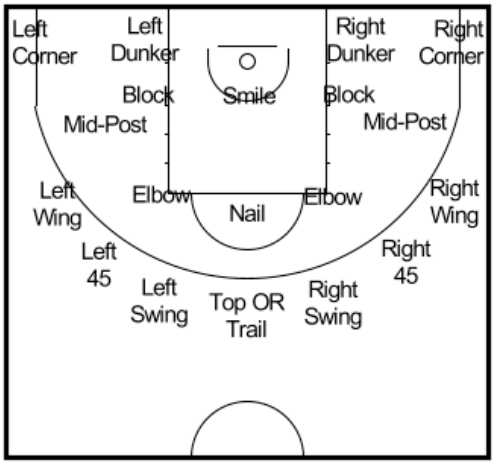
What this means is that an offensive philosophy designed around midrange jump shots would typically be a losing strategy. However, there are situations in which taking a mid-range is justified: in a tied game, end of clock, or down one with the final possession, the mid-range jump shot is a higher percentage than a 3, and consequently for the one possession it is the better shot. The situation determines the best shot in that moment, but the philosophy determines the overall, general strategy.

Reading Diagrams

It is important to use the same drawing style across a program so that all players can read and interpret diagrams as they move up the age groups, or "play up" with certain teams. This has to be reinforced in practice by using a whiteboard when teams are scrimmaging.

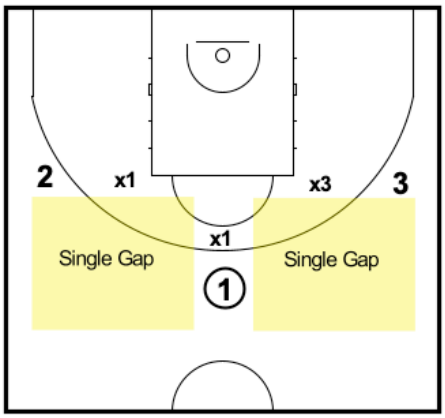


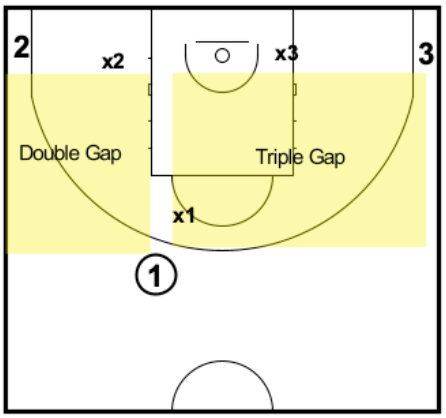
Court Terminology



The diagram shows the terminology that may wish to be used for half-court spacing spots.

Single, Double & Triple Gaps





Single Gap Spacing

Players must be careful driving a single gap, defined as a teammate being in a spacing spot one gap away from the ball. If the defender is in pac positioning or a deep plug, they are able to stab or stunt at the ball and dislodge it. If there are two great shooters, the risk is less adverse because the defenders have to stay attached due to the "gravity" possessed by the shooters.

Double or Triple Gap Spacing

A double or triple gap is where the ball handler has a teammate two or three spacing spots away from them. These gaps are great to drive into during a solo because there is more space. This space can also be utilised for running a trigger.

TRANSITION

TRANSITION BUZZ WORDS

Lag Free = Winning the first three steps as soon as possession changes hands. The reaction is instant without "lag."

Bolt = Running the floor with the speed of Usain Bolt!



Spacing Concepts = On as score, closest player to the basket inbounds the ball if there's an opportunity for a quick inbound and break. Players must find the nearest sideline (even if this means 2 or 3 on one side). Go through the middle behind the defense only if there's an opportunity for an outnumbered score (e.g. 1 on 0 lay-up or 2 on 1) OR on a rim run opportunity (see below). This keeps the middle clear for the ball handler and a PG push up an alley (away from the two side if it is being formed).



PG Push = This transition style means playing as a break-out team as opposed to being an outlet team. This means anyone who rebounds can take their break-out dribble and go on the PG push, which is the process of advancing the ball at speed up an alley or middle of the floor.

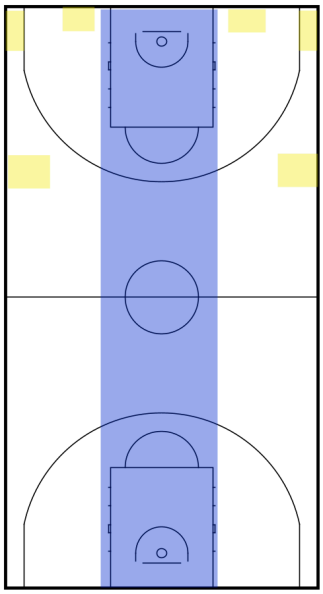
Rim Run - Only if players notice a smaller player guarding them while bolting (mouse). If this is an obvious match0-up advantage they should immediately call mouse and sprint and seal at the smile. This is an instant dominoes situation to exploit.

TRANSITION SPACING

The transition rules & concepts as part of this framework are what naturally lead to different "arrival" spacing templates. These occur naturally based on the floor balance and where players are when gaining possession of the ball. The aim is to obtain a high value shot during the transition period, before even needing to use triggers. If still neutral after arriving up the floor, this is when the next seamless reaction occurs to immediately recognise and use a trigger without lag.

All players must first operate react lag free on the possession change. As a general guideline, players look to seek the sideline and fill corners first. Playing with high pace means a relentless attack at all times. Early high value shots are encouraged because these are the most efficient from a PPP perspective. Dominoes are easiest to start in transition if all players apply these habits because the defense is not set or typically accustomed to dealing with 5 players operating with relentless pace.

Whoever rebounds the ball "lands like a quarterback" to have vision and save time pivoting. If in space a "break-out dribble" is used to start the PG push, otherwise the ball is passed if jammed or there is a player ahead who is in space. Players must avoid "dangerous crossings" in

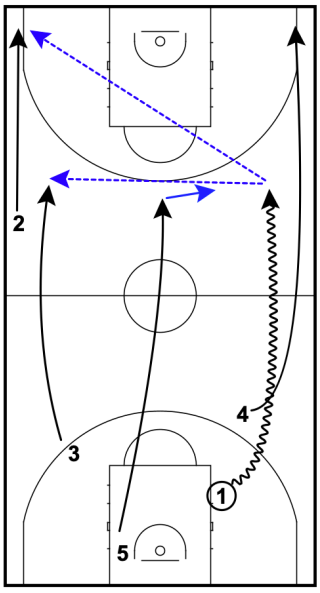


Primary arrival spots, with the highway only filled by the trigger man trailing or in an advantage situation. Note that in overload situations, these spacing spots will change.

front of the ball. It can only be a "safe crossing" if they are in metres of space ahead of the ball. This principles means natural overloads will occur, which are encouraged. This gives the ball handler space to "PG push" at speed, as they are not interrupted by having an extra defender in their path.

When there are two players ahead on the same side of the floor, the two side break creates an instant 2 on 1 on the weakside, which can result to a wide open three within the first 5 seconds of offense. Open threes off the catch are preferred as opposed to off the pull-up. The two side is the primary method of attack, flowing into triggers if there are no dominoes opportunities.

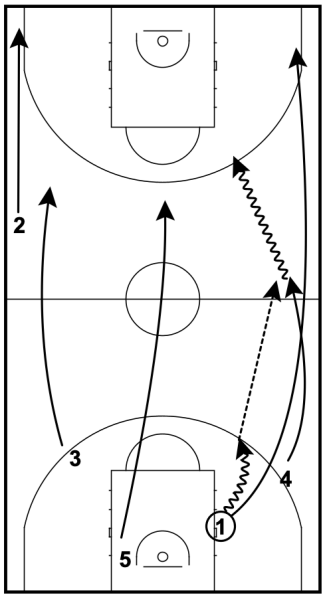
The two side break takes advantage of the defense's tendency to load back to the middle of the floor. The corner should be filled first, with the player heading to the 45 being "late to fill". The skip can go straight to the corner or 45. Shot, pass or drive decisions then take place subject to how the defense close-out and the personnel receiving the ball (e.g. a non-shooter will drive or pass on the catch). If the player making the PG push is not stopped, they do not always need to skip as they can just keep advancing the ball until stopped.



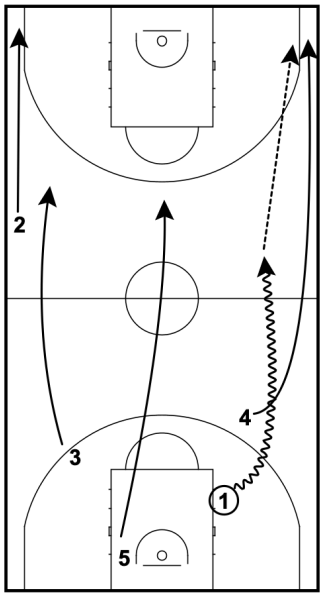
Two side break. The 5 is the trigger man as the deepest player on the possession change. It is safe to use the highway to trail as 1 is already ahead.

The deepest ball player (excluding whoever has the ball) on the possession change automatically becomes the "trigger man." On a score, this means the inbounder. On a stop or score where a player receives the ball with a good amount of space ahead of the trigger man, the trigger man can run through the highway and fill the middle because the ball handler is ahead of them, and so the double gap is still preserved in-case the handler has an opportunity to penetrate. This does not get in the way of the two side skip because this player will arrive late. If the skip happens while occupying the trail, the trigger man should space to the weakside swing in-case the ball is driven middle from the 45.

The aim is for the ball to cross the half-court line within 3 seconds of gaining possession. One way of achieving this is using kick-aheads to advance the ball up same side of the floor if the player ahead is left open. If open, this player then either continues the PG push or skips to the two side, with the passer typically bolting behind them to fill the vacated corner. A late kick-ahead could also occur if a player reaches a corner and is left open.



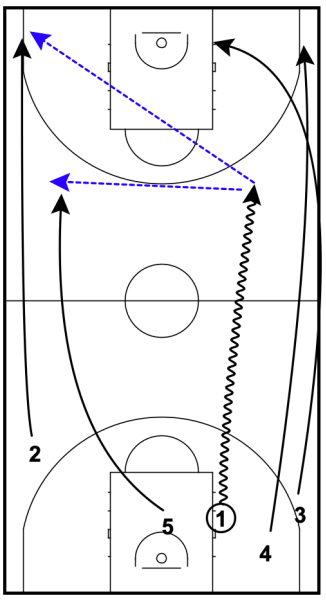
Early Kick



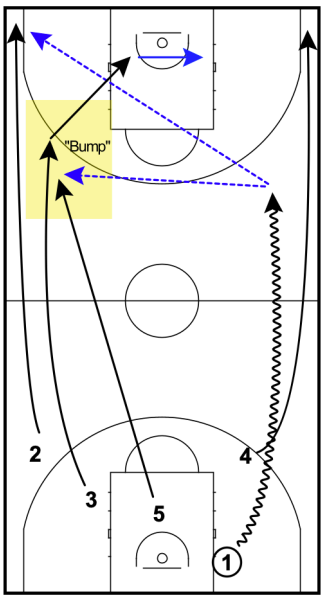
Late Kick

On a stop where the ball handler is level or behind the trigger man, the trigger man avoids running through the highway to maintain a double gap for the handler as they PG push. This is unless there is an obvious opportunity to get behind the defense for an outnumbered score. This results in the trigger man having three options:

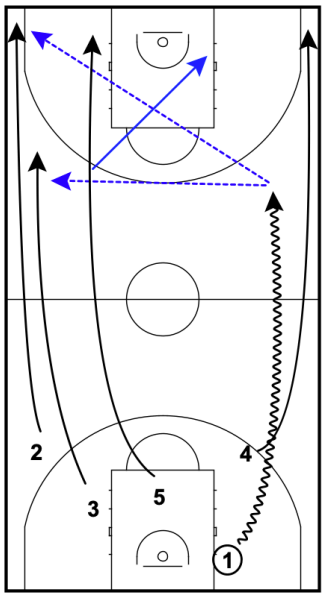
1. Filling two side spacing if it is vacant and there is only one player on the same side. This would typically happen if there are two off-ball players going up the same side of the floor as the ball. This may look like "two two-sides" for the handler, but we prioritise skipping to the weakside two-side unless the strongside two side to the ball is significantly ahead.
2. If the two side is already occupied, bumping a player off the two side (an option especially if there is a non-shooter, with the player bumped occupying the weakside dunker). A two side skip may still become available late, in which case the bumped player re-spaces to the new weakside dunker spot.
3. Bolting up the alley and immediately heading to the weakside dunker. If the ball is skipped while heading to the rim, divert to the weakside block to be in a favourable rebounding location.



1



2



3

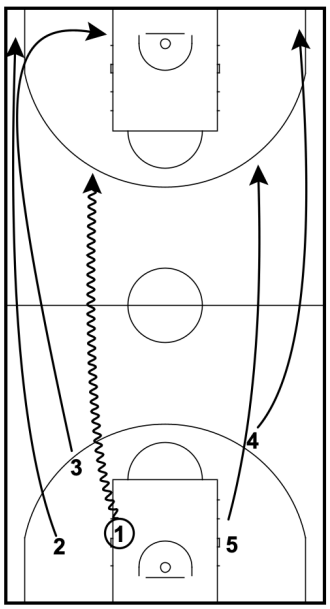
The Rim Run

Playing fast is accomplished by removing the automatic rim run. If teams wait to begin their offense by having the big ahead of the ball, it takes too much time to wait to get them at the rim. The biggest player is typically not the fastest player, and because they will most likely be close to the rim protecting the paint, it takes too long to get to the other end before starting offense.

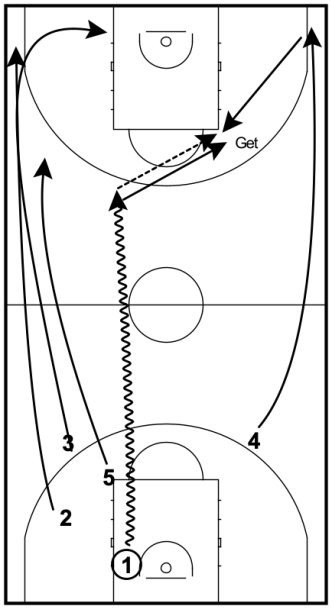
The rim run therefore only takes place if there is match-up advantage (mouse) or an outnumbered advantage and chance to get behind the defense. By playing with relentless pace, the idea is that the defense has to scramble and play with unintended match-ups because they do not have time to get set.

Additionally, rim running allows the defense to put their x5 closer to the rim, whereas the goal is to pull the goalie out to remove the rim protection. As the x5 is normally programmed to sprint back to the rim, this works in the offense's favour because they are unattached and subsequently it is easier to create 2 on 1's. It is much harder to de-attach from x5 when rim running because the defender is closer.

Overloaded & Empty Corner Spacing

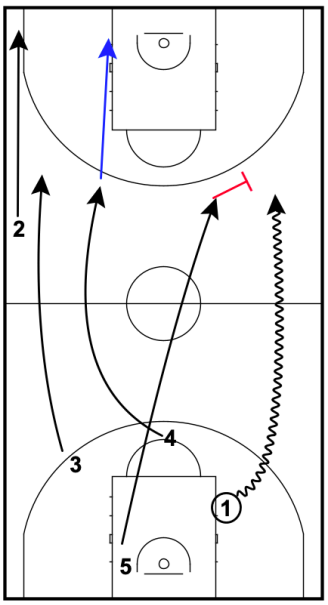


Because there is no crossing in front of the ball, this means sometimes there may be 2 or 3 players going up the same side of the floor. In these situations, we still operate with pace but fix the spacing on the fly. With 2 players on the same side of the ball (diagram on the left) the first player to fill the corner is bumped through to the dunker, allowing the second player to fill the corner and create space for the ball. It is preferred to get ahead of the ball vs waiting for the ball handler to get ahead and cross behind, as this may give the defense an opportunity to trail trap while the handler is blind.



With 3 players on one side, the first player bumps and a three side is formed including the ball handler. This leaves a triple gap to exploit with the single side, for a duet such as a get or PNR.

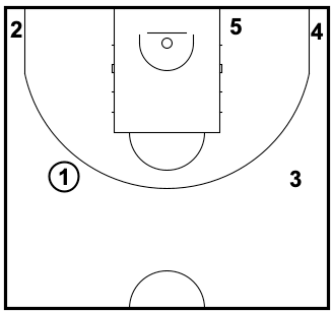
If the ball handler is the widest player at the moment they receive the ball, and no player has an obvious opportunity to fill the strong-side corner, divert to empty corner spacing.



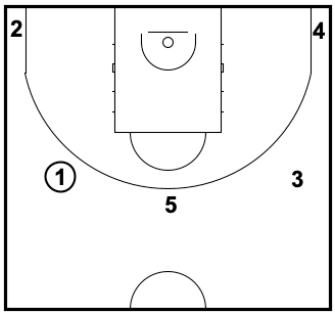
This could be 4 out 1 in if a player decides to fill the dunker, or 5 out empty is all players spread along the perimeter. Triggers such as a Drag PNR with the empty corner combine well with this spacing.

SPACING TEMPLATES

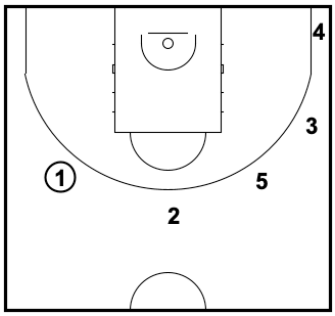
After arriving from transition, the following spacing structures naturally occur. Note there the post can either be on the strongside or weakside dunker, or strong-side post. The spacing will also naturally change as triggers are run and half-court offense is executed. For instance, ghost cutting out of the corner as a Drag screen takes place creates the 4 Out Empty alignment.



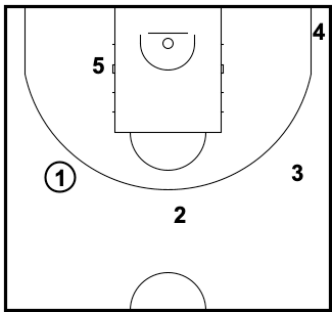
4 Out Loaded Corner



5 Out Loaded Corner



5 Out Empty Corner



4 Out Empty Corner

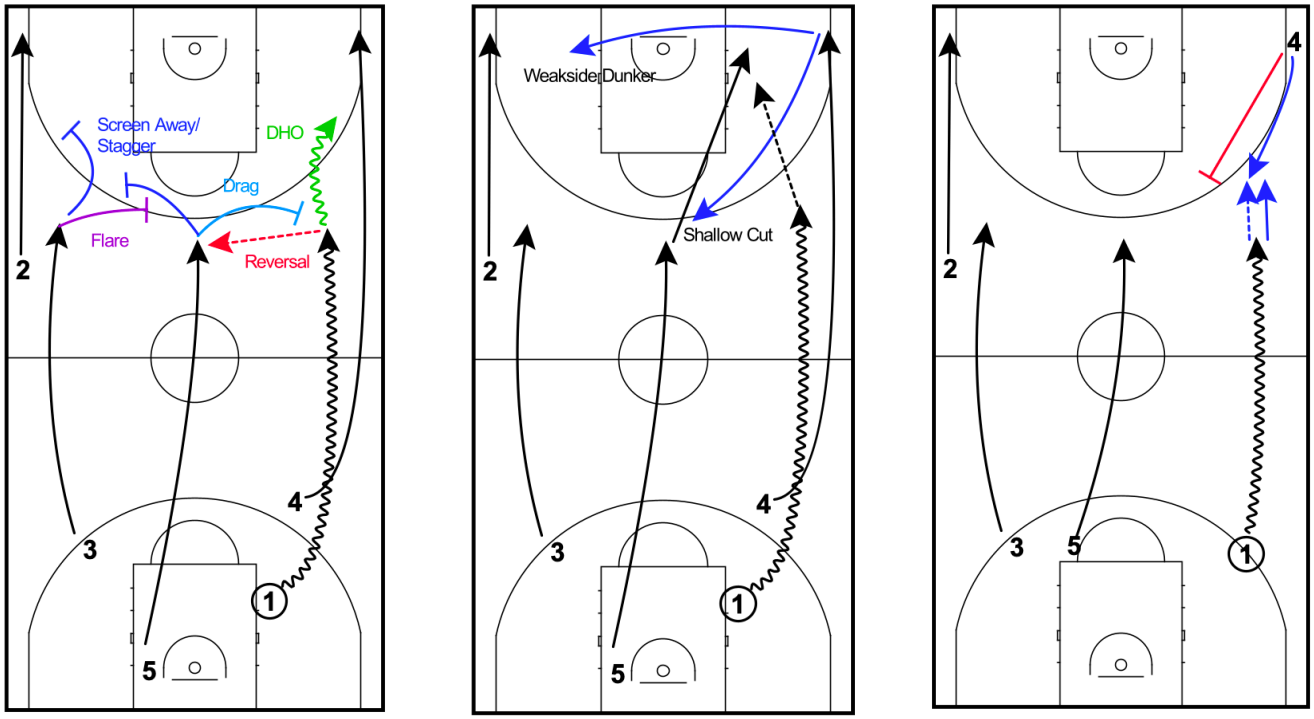
Flowing into Triggers

If the ball handler does not have an opportunity to penetrate or two side skip, the trigger man then immediately flows into a trigger (left diagram) or posts up on the strongside block to cue a post reaction, cuing the corner to be emptied if filled (middle diagram). The triggers used are based on teammates strengths, with players being aware of personnel. For instance, a drag works well for a competent ball handler & passer, whereas a screen away works for a great shooter. Triggers can be called out on the fly, with advanced conceptual offense teams flowing into these without any type of verbal connection.

Once the strong-side corner is filled, if neutral the corner can also be used for a trigger by "snapping-back" for some type of duet (e.g. wing get or pick, right diagram). This avoids an "over-reliance" on always using the trail to initiate the half-court offense.

The aim of this flow is to avoid any lag as the team moves from transition to half-court offense. Trios or quartets are also used if there is no unnecessary lag caused by involving extra players in the action.

For some teams, an abundance of options in a conceptual offense may cause unwanted lag. The number of options available to players has to be suited to their ability in order to avoid such situations.



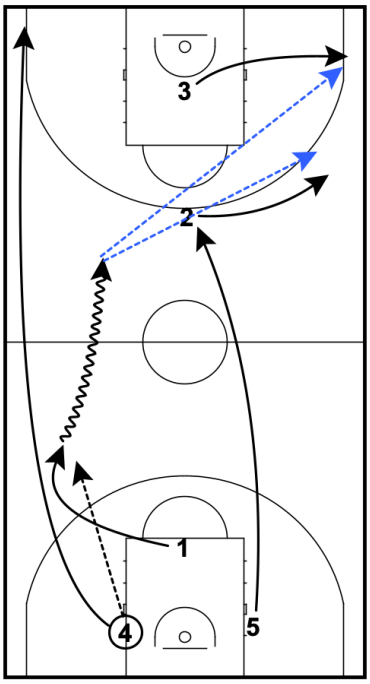
Taking Early Shots

The deeper the shot clock progresses, the more the PPP and offensive efficiency ratings fall. Taking high value shots is encouraged early clock, regardless of whether the ball changes sides or touches the paint.

Moving the ball side to side to side is not enough to commence a dominoes sequence. Motion offense can therefore be like a song which never ends, as teams get motion without any purpose and don't use actions to find advantage. If a high value, ROB shot is found off the first two side skip or the first trigger, take it!

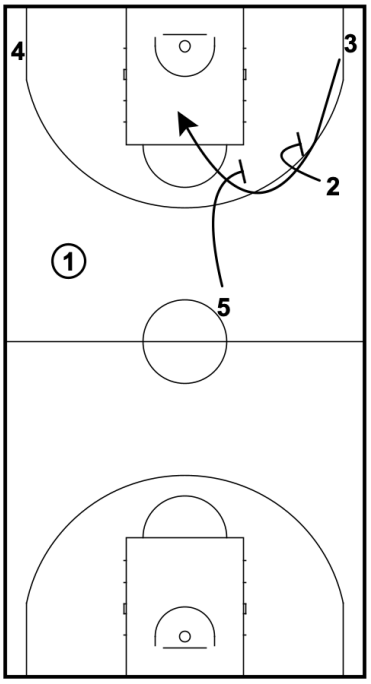
FREE THROW BREAK

Automatics are things that happen when other things happen. For instance, applying the "rules of dominoes" once an advantage is triggered. On free throws, a special alignment is used to get into two side, with a stagger run as a default trigger if still neutral. To begin the break, after 1 boxes out the shooter (left diagram), they get their butt to the sideline on the same side of the rebounder.



As the rebound happens, 3 and 2 (place the best shooters here) work together to form the two side on the weakside, resulting in 3 cutting through to the weakside corner. If 1 skips to 2 or 3 early, they fill the corner straight ahead of them allowing 4 to fill the 45.

The player that didn't rebound during the line-up (5 in this instance) will trail through the middle as the ball handler will be ahead, meaning the double gap is still preserved. If a PG push takes place towards the two side, then the vacant 45 will be filled. The rebounder will sprint up the lane into the empty deep corner, ahead of the handler.



A stagger is used as an automatic trigger if still neutral. On a made FT, designate the specific side to form the two side (typically side where the team shoots best from). If forming the two side on the left on every make, this means the 5 will start filling the single corner, with 4 inbounding to 1 receiving the ball on the right side of the floor before trailing.

What about press breaks?

Going back to the idea of patterns vs concepts, coaches can be challenged to develop concepts with players to beat presses as opposed to remembering patterns.

To do this, a quick inbounds is the best counter to even needing a press break. At U16's we can start to be more specific introducing a designated inbounder, with a player that can throw at least to the half-line, and ideally to the 3/4 court. This creates a big advantage against teams that press. This is because another key concept in beating the press is by going over the top and instantly creating a dominoes situation. One consideration for older teams it to inbounding slightly on the left side of the floor so a team has more space to attack going onto the right hand (assuming this is the dominant hand). If a younger team or a situation where a player needs to develop their weaker hand, put them on the opposite side to give them opportunities within the game using their non-dominant hand.

Half-Court Concepts and Reactions

HALF-COURT OFFENSE

The transition offense phrase ends with half-court offense beginning as soon as the first trigger is initiated. A variety of triggers can be used based on the starting spacing template the team arrives in. Players must flow seamlessly into these triggers to connect the pace and poise phrases of the shot clock.

When these actions are used, multiple reads present themselves. This is the "creative" component of the conceptual offense where players are able to demonstrate their understanding of different reads and "coverage tools" while using multiple actions. This is a lot more "conceptual" than a conventional motion offense with patterned rules and scripted movements.

Key Concepts:

- If the ball handler needs to give a cue for a trigger, a connection should be made early and given in a leadership voice. Once familiar with the offense, players will not need to verbally connect to run triggers, flowing into these completely naturally.
- Teams must play "lag-free," avoiding pauses and dribbling the ball waiting for a trigger to happen. This gives the defense more time to get set, as well as wasting time off the shot clock.
- There will be times players miss reads and do not punish a particular defensive coverage to start dominoes, or the team will stop dominoes falling through a wrong decision or technical execution of skill (e.g. freezing/ throwing a slow pass). In these situations, payers have to show "poise" by just flowing into another trigger. Teams must recognise neutral immediately and flow into another "re-ignite" trigger with the aim of starting dominoes again.

"Good conceptual offense is like a movie script. Good actors follow the script while keeping the audience on edge. Great actors go off script and captivate the audience. Scripts are important to establish the foundation, but great offensive players go off script to keep the defense guessing." - Ashley Cookson

Half-Court Reactions:

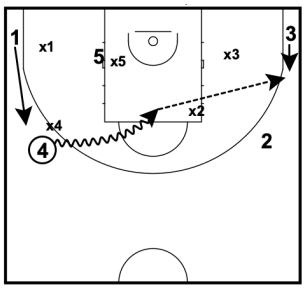
Offense is made up of three reactions, with "automatics" and particular behaviours triggered as part of these reactions.

Dominoes & Penetration Reactions	Post Reactions	Neutral Reactions
What happens when an advantage is triggered? This covers penetration and spacing concepts to maintain and expand the advantage.	What does a team do when the ball is entered into the post? Typically, what triggers and spacing is adopted.	What does a team do when neutral to start dominoes? This could be running triggers, entries or sets based on the scenario.

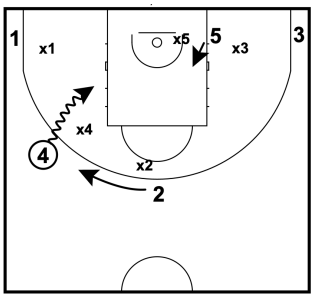
DOMINOES & PENETRATION REACTIONS

GENERAL CONCEPTS

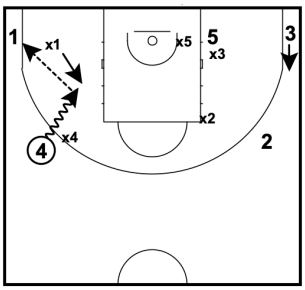
Dominoes reactions are comprised of the three dominoes rules: First Touch Decisions, 1 Can't Guard 2 and Into Out of Space. Specifically the 1 can't guard 2 concept applies to all the penetration reaction and spacing principles needed to keep the dominoes falling.



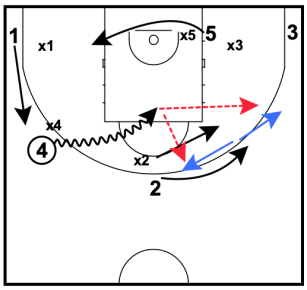
"Finding a Window" = When an off-ball player moves to a space on the floor where they are open to receive a pass. This avoids a three-in-a-row where the offensive player is standing in a straight line with the defender and the ball. This could happen in the post or perimeter, typically for players a double gap or further away from the ball (a single gap away leads to push or pull). Here, 3 on the weakside finds their window for the kick-out pass, but this could be any off-ball player.



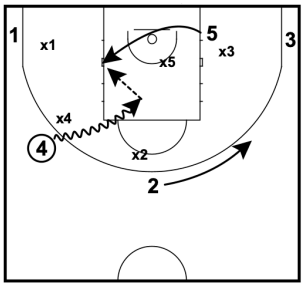
Push or Pull = Players a single gap away from the ball must react to penetration. In the diagram, 4 drives away from 2 so 2 is "pulled" behind the ball. If 4 drives middle, 2 is "pushed" to maintain good spacing and remove x2 from the drive. On a "push" if there is no space to complete a full push because the next spacing spot is filled, a small push to break the three in a row is utilised.



Hold the Corner = If the ball is driven from the 45 or wing towards the baseline, encourage holding the corner because there is no room to be "pushed" and the corner three is a high value shot. If the ball is driven middle, if the corner defender collapses into the key to help, holding can also be an option because there is no 3 in a row. If the corner defender stays more attached, pull behind to break the three in a row.

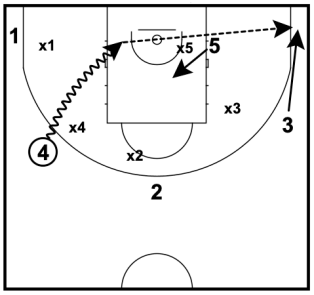


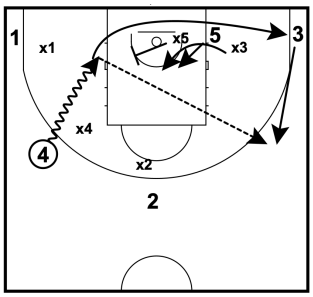
Second Cut = Used after a "push" or "pull". This action is known as a 'secondary cut' as it takes place after the first cut (the push or pull movement). The second cut can either be alongside the perimeter to find a new window (as diagrammed) or as a ghost cut if the defender loses their vision and turns to look at the ball. Teaching the driver to land with a stride stop is important because then they can forward pivot out and look for a teammate getting open on the second cut.



Wheel Under = If the ball is driven towards the player in the weakside dunker / low post, "circle under" to break the three in a row. This leaves space for the ball handler to continue their drive. The player's window to receive the ball could be early if x5 goes out to help (on the same side of the rim before the wheel is started, e.g. an alley-oop), on-time (other side of the rim), or late (keep circling back to the same start location if driver uses a Nash dribble).

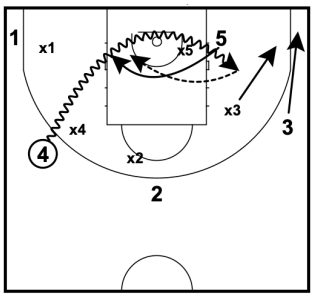
Baseline Drift = Anytime there is an empty corner on a middle or baseline drive, filling the corner can present a passing option for the driver. This is known as a 'drift.' Note 5 in the diagram 'finding their window' in the paint.



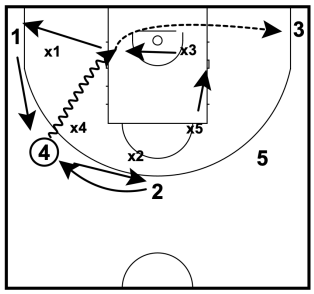


Baseline Lift = If the corner is already filled on a drive and the defensive player has taken away the drift pass, lifting out of the corner can be a good solution to break the three in a row. Some teams run this lift as an automatic (e.g. Fenerbahce). This also creates space for the passer to exit and get the ball back for a shot on the exit. This is particularly effective because good defensive teams are so used to dropping to take away the baseline drift pass. This works well especially if there is two side with a corner and post filled, because it makes it impossible for defender to guard both the perimeter kick-out and dump off to the post.

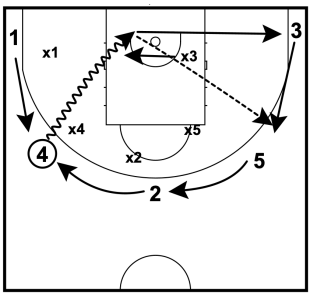
Nash Dribble = Part of the dominoes into out of space rule. This is a key concept for the driver mid-penetration. If no obvious passes are available, the driver must keep their dribble alive and dribble under the basket (also known as a Gretzky from the famous hockey player), as opposed to picking their ball up and getting stuck. The defense's tendency is to collapse or look at the ball, opening up easy scoring opportunities.



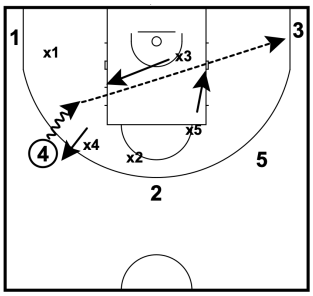
Sprint Between the Bases = After driving and kicking the ball, rule 3 of dominoes applies (into space, out to space). While the exit is not as important as the intent to immediately get out to space, these are some exit options based on the location of the player when they kick the ball and the different spacing alignments.



An on-time kick with the passer getting a paint touch. Sprint opposite, with 2 pulling and then returning back as 1 lifts out to clear the space for 4.



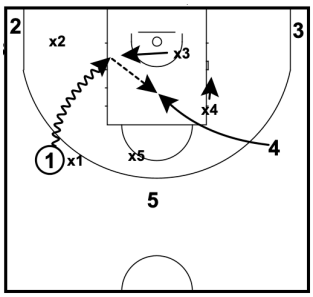
If there is a late kick, the only time the passer can follow the pass is if there is a single side. This has been created in this instance due to 2 and 5 pulling behind as 3 lifts. No single side = exit opposite.

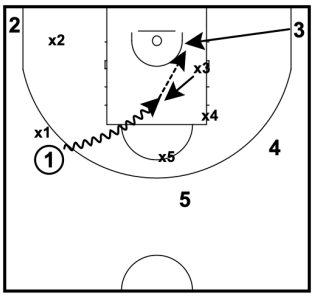


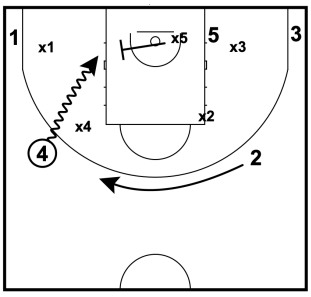
On an early kick due to early help the passer will typically replace themselves and quickly get back out to space.

WEAKSIDE CONCEPTS

Ghost Cut = Used anytime the defender loses vision of the off-ball player (can be done off a single side, two side or three side). Just like a ghost, the player disappears and then appears again in scary place (under the basket)! Can be done from 45 / wing (WGC = Wing Ghost Cut, left diagram) or from the corner (GGC = Corner Ghost Cut, right diagram). At U18's, if there is a stand-out shooter on the two side, the other player can ghost to command attention as a sacrifice cut. Ghost cuts can be done early (just before a trigger takes place) or on-time (as the trigger is developing).

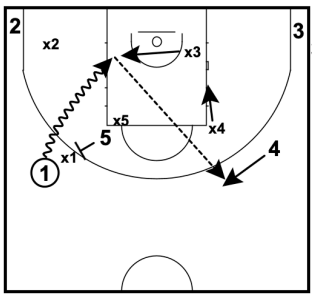


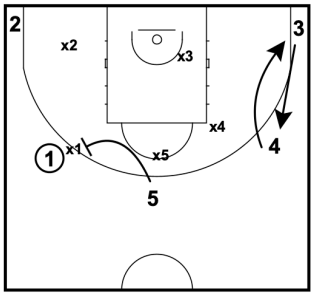




Fill Behind = This is essentially a "pull" but something that takes place a double gap away from the ball (with the conventional pull taking place on a single gap). The fill behind 3 is a high value shot, with the fill behind working particularly well on an overloaded weakside or against teams that X Out. This concept can be applied while using triggers, such as a reject on a Shake PNR. The fill behind moves the defense and attacks defensive players off the ball as they fall asleep. This also creates space for the baseline lift.

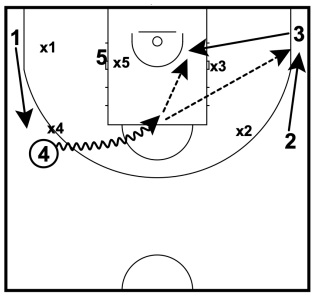
Separate = Used on the two-side to keep dominoes. The 45 must lift to the swing to expand the two side and prevent the take two defender from guarding both players easily. This makes the shot or extra pass decision easier.

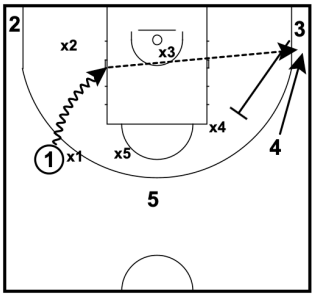




Exchange = When players on the weakside simply swap places. This works well just before a trigger is taking place. The movement can create confusion with the defense, which can be a great opportunity to then ghost cut after exchanging.

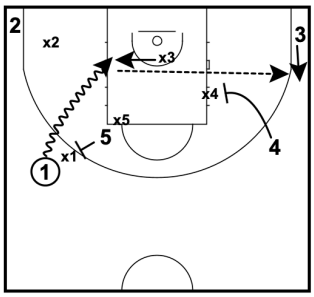
Ghost & Slide = A corner ghost cut, but with the 45/ wing 'sliding' by drifting to the corner. This can be used on a middle drive and also as a tool against Next defense.

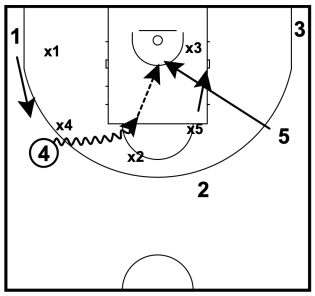




Hammer U15+ = A flare screen is an off-ball screen that allows a player to cut away from the basketball to a spot somewhere around the perimeter. If a flare screen is combined with a baseline drive, this is known as "Hammer Action", as diagrammed. If the shooter is in the corner, they need to exchange prior to the hammer to get to the 45 so that they are in a position to use the screen.

Pin Ins U16+ = If there is a great shooter on the two side, the other player can set a pin on the take two defender to open-up a three for the shooter.





Three Side Reactions U15+ = Many of the same options can be used if there is a three side, in particular the ghost cuts and hammers. The ghost cut location can either be from the corner or the middle player (also known as a 45 cut).

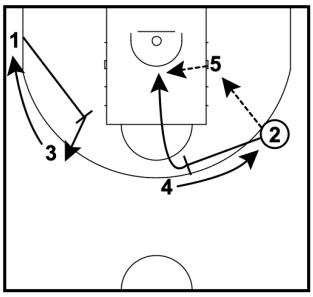
Post Reactions

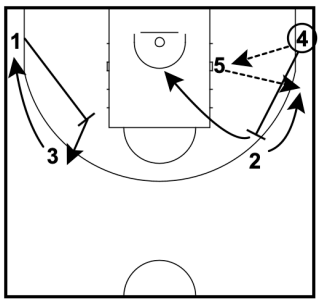
When the ball is entered into the post, this triggers a post reaction. If there is a deep catch inside the paint or it is a mouse scenario, the post player should look to score through a post move. Cutters are not wanted as they take away the space and bring a defender into the action. On every post catch, ensure the strong side corner is emptied either through clearing it out or running a post reaction. This ensures the post can operate with PVAD (Positioning - Vision - Anticipation - Decision) and is not concerned with a digging or trapping defender coming from the blind side.

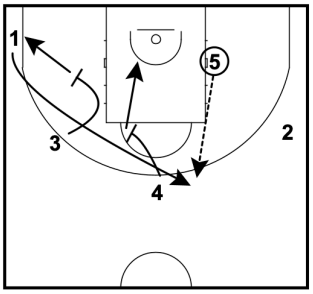
If the passer's defender turns their ahead on the post entry, look to speed cut off the post (particularly good for U14 and younger). Against good defense however this will happen less, so unless a team achieves that deep catch or there is a mouse situation, one of the following post reactions are triggered.

These post reactions could be used as triggers in their own right within particular teams.

Split Game U15+
On the weakside, set a flare screen. The slip or touch screen may be available on the flare. On the strongside, run a split cut. The passer screens away for the closest perimeter player, with the player coming off the screen possibly popping for a shot or curling if their defender chases. After screening, the screener looks to slip and get the ball back from the post if their teammate has not curled.

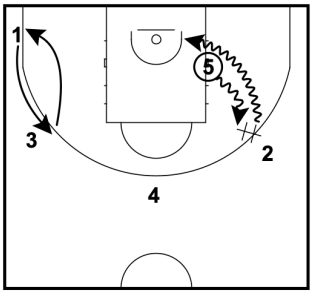






Stagger U16+
Another option as an alternative to the split game. The last screener can look to slip to put pressure on the rim.

Grenade U16+
If no passing options are available after running one of these options, this will trigger a grenade as a protection plan. This is a difficult action for a perimeter guard to defend. The post will pitch it and then screen for the guard to attack downhill.





Triggers Summary

SOLOS

Just like a great jazz artist, the most skilled individual players need to have their time in the spotlight! 1v1 is a tactical solution for exploiting poor defenders. It is important however to remember KYP (Know your Players): not everyone can start dominoes by soloing! Static solos work best with mouse (big on small in the post) or turtle (small on big on the perimeter) situations, in addition to having a double gap so there is space to operate in.

DUETS

Two person actions, these are best used out of transition and also late in the poise or beginning of the penetration phrases to start dominoes. This is because it is faster to flow into them than waiting for a three person action.

TRIOS

Three person actions, some of these can be used out of transition but only if the ball handler sees that the spacing is suited for a particular trio. Therefore, they are most effective when playing against more of a set defense. Trios are great to use as ATOs with some tweaks, with players encouraged to go off script with the trios to make it easier to find dominoes.

SYMPHONIES

These are set plays, which can be called as an alternative to a trio on a referee's touch. When a team can handle more advanced concepts, typically from U17 up, using something such as diamond set can help players with what they can expect to find at the next level. Using the same start and alignment disguises the actions, with some different counters and calls out of the diamond. These options are included later on in this curriculum. These sets should be designed specifically for the best players or to exploit a particular match-up. Avoid putting these in early as developing players is the number one priority.

TRIGGERS SUMMARY TABLE

<table>
<tr><th>Age Group</th><th>Solos</th><th>Duets</th><th>Live Trios</th><th>Slow Trios</th><th>Sets</th></tr>
<tr><td>U12's</td><td rowspan="3">Post Solos
Static Perimeter
Dynamic (Blasts)</td><td>-</td><td>-</td><td>-</td><td>-</td></tr>
<tr><td>U13's</td><td>-</td><td>-</td><td>-</td><td>-</td></tr>
<tr><td>U14's</td><td>DHO's & Gets</td><td>-</td><td rowspan="3">Weave</td><td>-</td></tr>
<tr><td>U15's</td><td rowspan="4">Less advantage from solos unless a license to kill situation</td><td rowspan="4">DHO's
Gets
Pick & Roll</td><td>Off-Ball Screens & Pistol</td><td>-</td></tr>
<tr><td>U16's</td><td>Off-Ball Screens, Pistol & Delay</td><td>-</td></tr>
<tr><td>U17's</td><td rowspan="2">Off-Ball Screens, Pistol, Delay & Double</td><td>Weave
Iverson</td><td rowspan="2">Diamond</td></tr>
<tr><td>U18's+</td><td>Weave
Iverson
Horns</td></tr>
</table>

For U20 and senior teams, the same composition would exist only with more sets added.



SOLOS

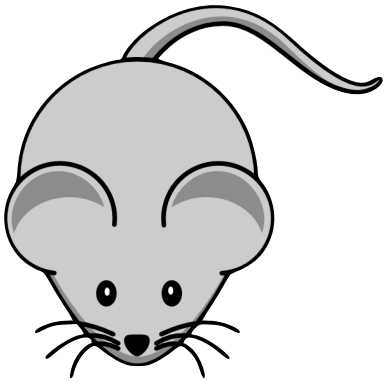
STATIC SOLOS

U13+



1v1 is a tactical solution and an easy way to start dominoes for players that are skilled enough (technically and/or physically) to exploit a poor defender. Many players solo without understanding when this is the right time to do so. We talk about obtaining a "License to Kill" for a static solo. A mouse or turtle scenario immediately grants the license.

MOUSE IN THE HOUSE!



A mouse is when a smaller player is guarding a big. If the big is on the perimeter, look to dive the big so that they can exploit the mouse close to the basket. This situation typically presents itself against teams that switch. If knowing the opposition will switch, the big being used to exploit the match-up can set either a ball screen or off-ball screen on the team's smallest defender. From here, look to dive and feed the post directly or pass it on (relay pass) to then get it into the post.

Mouse situations may also occur naturally in transition if the bigs do a great job bolting and end up with a small on them because the defense have to emergency match-up.

FIND THE TURTLE!

A turtle is when there is a slow defender that the team wants to ruthlessly exploit. Typically, this is a traditional big. The terminology comes from Zico Colonel and his strategy of finding the turtle with his Hawks pro team in New Zealand. There may be instant turtle situations if there is an athletic player being guarded by a slow defender - in these cases these players just have to receive the ball in a favourable location, and ideally with a double gap in which to operate in.

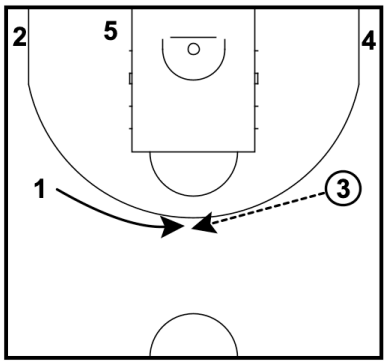


If there is no instant turtle situation, teams must find the turtle which can also be done easily against teams that switch. The desired match-up is for the turtle to guard a skilled soloist, with off-ball players getting into optimal spacing positions ready for dominoes to begin!

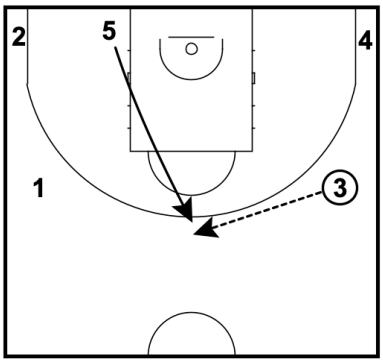
Note that in late clock scenarios, players may be forced to solo even if no mouse or turtle situation exists.

Dynamic Solos
U13 & U14

Dynamic solos are 1v1 situations when the defender arrives at the ball while moving. This could occur on a close-out or blast cut scenario. The movement of the defender gives the offensive player an advantage. At U14's, a heavy emphasis is placed on using dynamic 1v1 and blast cuts as triggers because the reads underpin later more advanced offensive concepts.



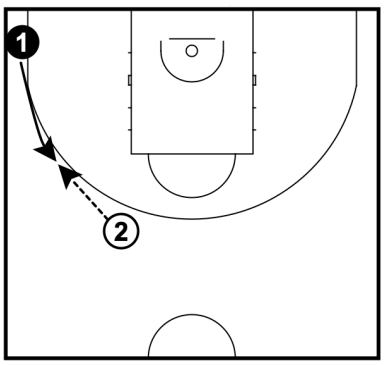
Perimeter Blast Cut

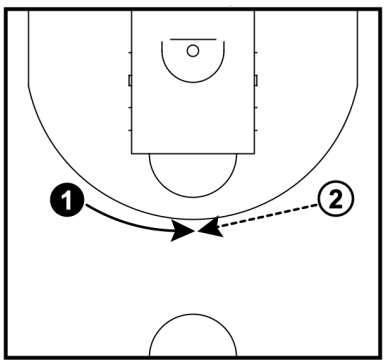


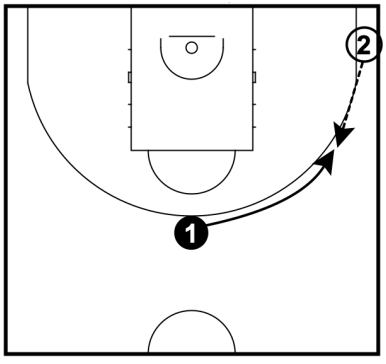
Dunker Blast Cut

Blast cuts are critical because they build an understanding of Dynamic 1v1, which underpins all actions in the game of basketball. Not only are more advanced actions such as coming off a pindown or using a boomerang exactly the same as blasting, but being able to cut backdoor, curl, make decisions off the catch etc are essential skills. This is why it is absolutely essential that U13s and U14's are well-versed with this action. At U14, this action alone can create a good advantage.

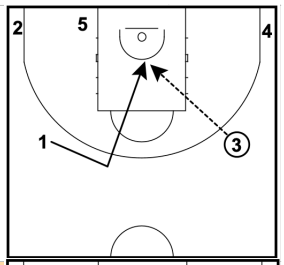
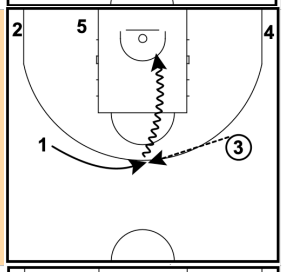
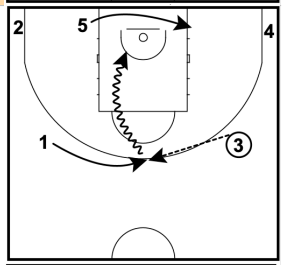
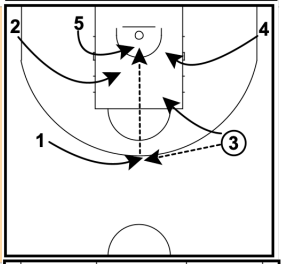
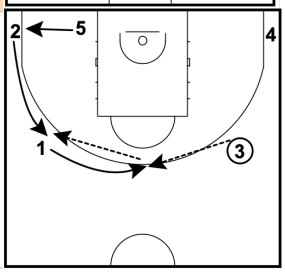
As players get older and defenders get better and stronger, the advantage that exists out of a blast cut gets smaller. U15's and U16's may able to use blast cuts, but as a primary trigger it won't create as much of an advantage as other triggers. This is very personnel driven however - a very athletic and skilled 1v1 player may still be able to consistently create off the blast when they have a double gap.

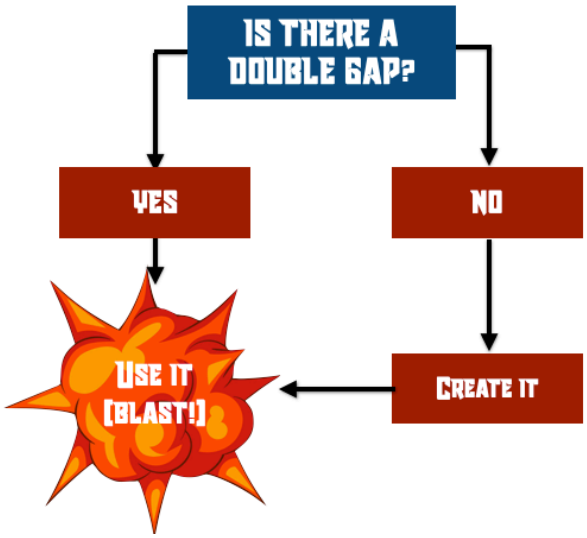






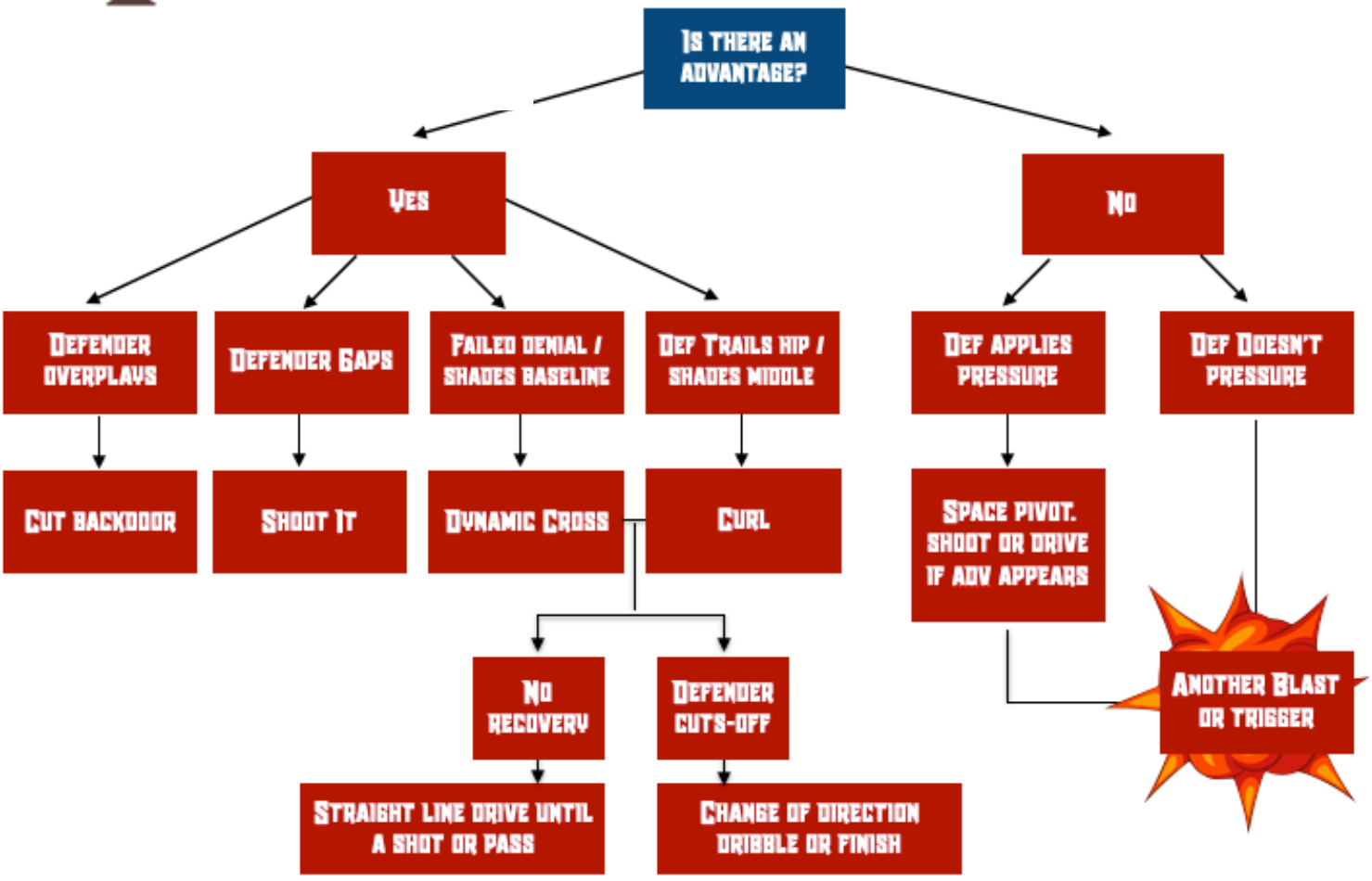
There are many different locations to run blast cuts from on the perimeter. A double gap is required for the blast cut to happen.

Backdoor **U13+**	If the defender overplays or denies the blast cut, 1 looks to go backdoor. The player must show hungry hands so that the pass can be received in the space that they are running onto.	
Curl **U13+**	If the defender is trailing the hip or shading on the catch, the receiver looks to keep their speed advantage from the blast and use a spike dribble to keep their momentum going towards the basket.. If the player has stopped with a 1-2 step before the curl read has become clear, we use the inside hand to use a 'throw-down' across the body synced with the open step to avoid it being called as a traveling violation.	
Dynamic Cross **U13+**	The offensive players lands using a hockey stop ("planting their blade in the ice to stop"). If the defender attempts a failed denial or shades towards the left side, then the player uses a cross-step to drive back in the direction they blasted from.	
Shot **U13+**	If the defender gaps on the catch. This will be what most players at U14 do and why shooting is the master skill! If there is a gap vs a player not comfortable shooting, the player may wish to use the gap to build up a speed advantage and then use a quick change of direction dribble move to get past the defender. Other players must begin their transition defense responsibilities (e.g. tagging up as indicate in the diagram).	
Keep It **U13+**	If there is no dynamic opportunity, the offensive player keeps the ball. This could lead to a space pivot, or another trigger (e.g. a secondary blast cut into the newly created double gap).	





Blast Cuts Decision Tree



This decision tree helps show some of the possibilities that exist with the blast cut. Just remember these are not absolutes: the "most common" reads are mapped out but other potential solutions could emerge based on how the defense guards the action.



DUETS

These are two-person actions, these are best used out of transition and also late in the poise or beginning of the penetration phrases to start dominoes. This is because it is faster to flow into them than waiting for a three man game action.

DHO'S (DRIBBLE HAND-OFFS)

U14+

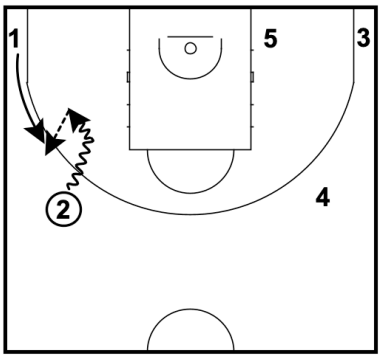
KEEP IT | **PASS IT (CLEAN)** | **PIVOT (DIRTY)**

Modern DHO's are also known as dribble pitches. With guards these can be more of a north-south attack followed by an underhand scoop pass known as a 'pitch' to a teammate. The pitch happens if the ball handler does not carry out a 'keep it' read. A keep it read is anything the ball hander does to keep the ball, such as a split or reject. This is the reason players can be encouraged to dribble north-south which leads to more 'keep it' opportunities, but also more of an advantage if they 'pass it' through a pitch because the defense do not have time to prepare their coverage.

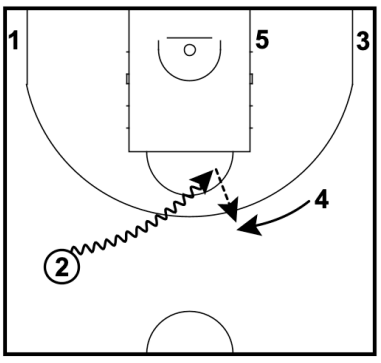
In the modern game players are moving away from the traditional 'hand-off' (DHO) because handing the ball off with two hands is slower and means players lose their speed advantage. For smaller players, after pitching the ball they can typically get out to space. If the player pitching the ball is able to create an advantage by screening, they can pitch and screen which is a concept known as a 'shovel DHO.' Players have to know themselves and who they are playing with to determine whether to get out to space or screen.

By pitching the ball, it means the DHO handler doesn't have to stop and the player receiving the ball can continue to use their speed if the decision to turn the corner arises. Note that against good defenders that level out the ball handler, the traditional two hand hand-off may need to be utilised but this isn't the first option.

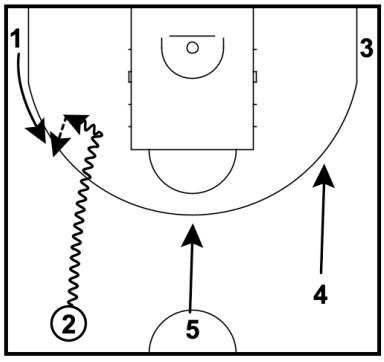
The pitch or hand-off is used if the defense do not disrupt the action by blowing it up. If the defense blows it up (it is "dirty"), the ball handler must pivot to get the ball to the teammate curling tightly around them. The teammate must be like a Formula 1 driver; tightly hugging the outside bend. The pivot can be done as either a reverse or forward pivot (start with the reverse but if the officials call it as an offensive foul, players must be skilled enough to switch to using a forward pivot).



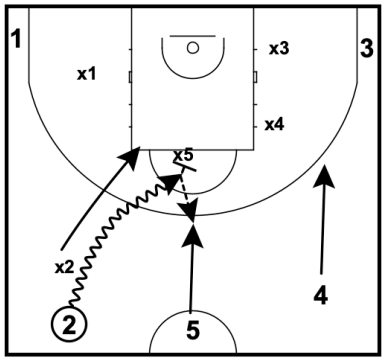
Turbo DHO - Very effective because of the speed advantage the ball handler has coming out of trans. Ball handler goes north south and then veers off.



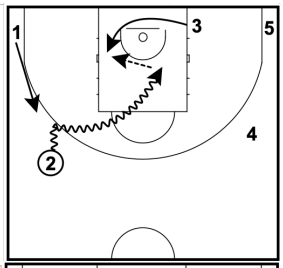
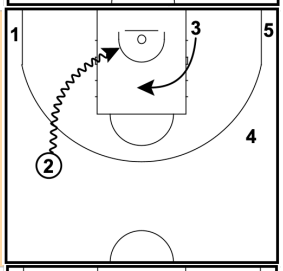
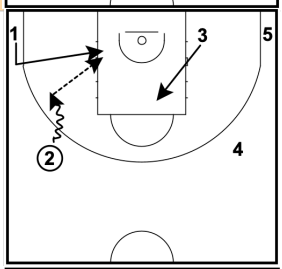
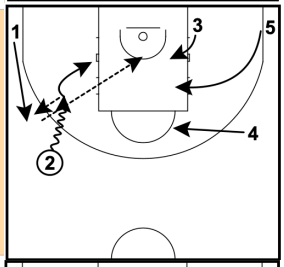
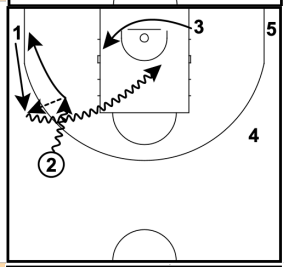
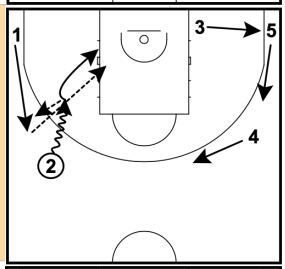
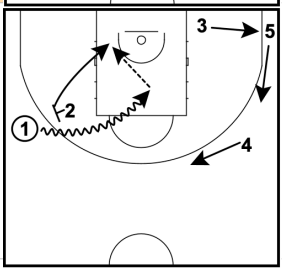
Middle DHO - Works well in the middle due to the wide spacing and the distance to build up speed between both 45's.

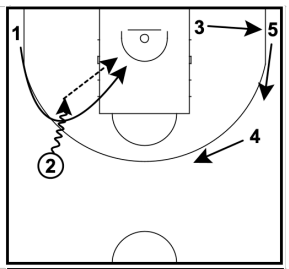
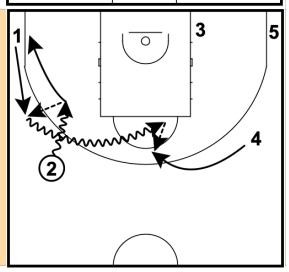


DHO the Sniper - A DHO with the corner works late clock if there is a good shooter. Players have to be careful ensuring not to get stuck in by the sideline.



DHO Pin - Also used out of trans against teams that sink deep into the paint. DHO pinning the deep defender and then pitching it behind for an easy 3.

Reject (Keep It) **U13+**	If the ball handler's defender shifts towards the teammate coming for the anticipated DHO action, the ball handler should look to reject and drive the ball away from the action.	
Split (Keep It) **U13+**	If the ball handler's defender trails the hip on the dribble at, the ball handler should look to drive the ball in the gap between their defender and their teammates' defender. This could be done early or late, with a "fake the DHO" as the late option being effective vs the switch.	
Backdoor (Pass It) **U13+**	Used if the defender overplays or denies as 1 moves towards the ball handler. If the dunker spot is occupied, lifts to find a window and break the 3 in a row in-case the help goes to the cutter. 1 could also post-up off a scripted backdoor even if there is no denial / overplay if they think there is a match-up advantage in the post.	
Shoot (Pass It) **U13+**	If the defense guard it 'clean' (no contact) and slide (go under), the shot should be the first option. Notice the 3 other players anticipate the slide and the shot decision, so they begin to tag up on the high side (or get back on transition defense subject to system principles).	
Turn the Corner (Pass It) **U13+**	If it's clean and there is a pitch or hand-off, if the defender is trailing the hip, turning the corner can be a good option. While this is most obvious vs the defender chasing over the pitch, this could also work on a slide if the defender is slow getting underneath. Notice the wheel under from the dunker spot. The pitcher will either slip or smash based on whether the player coming off has separation or not.	
Slip (Pass It) **U13+**	If the defense guard it clean, but there is a window of separation between the player receiving the pitch and their defender, after pitching the player should immediately sprint to the basket to put heat on the rim. The separation before the pitch could come from the player being deceptive (faking a ghost cut, change of direction or change of speed) or through coming off a screen. 3, 5, and 4 may wish to wheel to create space for 2 to receive the ball.	
Smash (Pitch It) **U13+**	If the defense guard it clean, but there is no separation between the player receiving the pitch and their defender, after pitching immediately smash to create the 2v1 (dominoes) and then roll (or pop on a KYP scenario) to try and convert the 2v1. Note the screener may need to "Twist" by re-screening if the defense slide under and there is no shot or drive decision.	

Pivot **U13+**	If the defense try to blow up the pitch by chasing over the top, the ball handler can pick up the ball and reverse pivot into the defender chasing. This then cues the over the top pass. The player curling must pass the shoulder of their teammate to avoid leaving a gap for the chasing defender to get through. If the pass over the top is not on, progress to another quick.	
Into Another Trigger **U13+**	There may be times the DHO is used to disguise the intended main dominoes-creating trigger. There will also be times players miss a read or the defense neutralise the action. In these cases the offense must immediately flow lag-free into another trigger.	

PAGE LEFT BLANK INTENTIONALLY

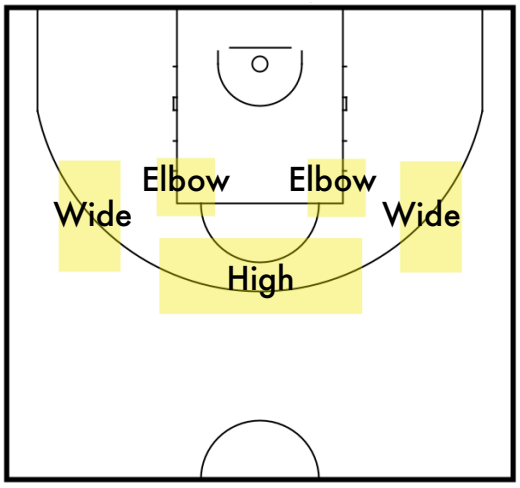
GET

U14+

REJECT IT	KEEP IT	PASS IT (CLEAN)	PIVOT (DIRTY)

Other terminology for this action includes a quick, throw and go, hand-back or a "SHO" (stationary hand-off). A player passes to a teammate and then sprints to 'get' the ball back. Many Dynamic 1v1 opportunities exist within the get because of the fact it opens up a cutting game. While the Gets diagrammed below are shown from the nail, there are many other locations on the court to run Gets from:

- Wide Gets (On the wing but just inside the 3PT line)
- High Gets (Middle third, including a trail get or get above the nail. Aim for slightly off-center).
- Elbow Gets



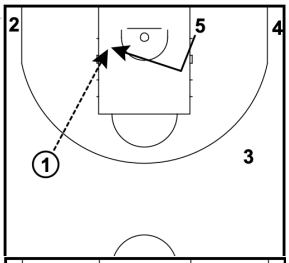
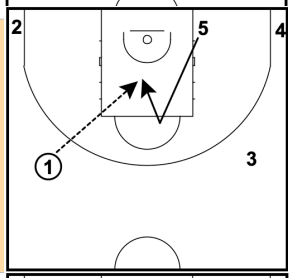
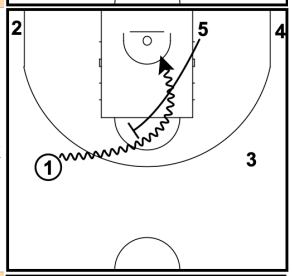
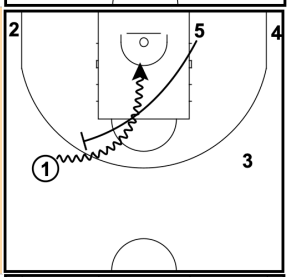
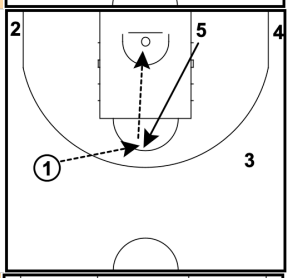
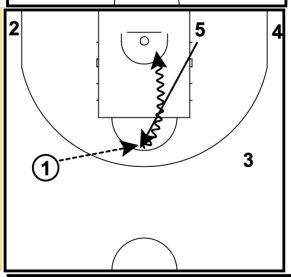
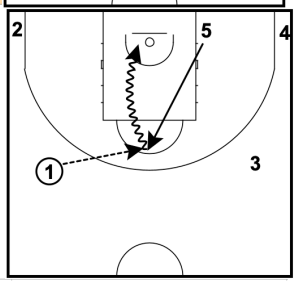
There are many possibilities with gets. If we have an advantageous match-up with the receiver, we can run the get as an opportunity for them to solo on the catch (the passer will not go and get it back). The get is labelled as a duet because of the option the passer has to go and get the ball back. Likewise, if the passer sets a screen or comes off a screen on the pass into the receiver, this new becomes a trio (three-man game action).

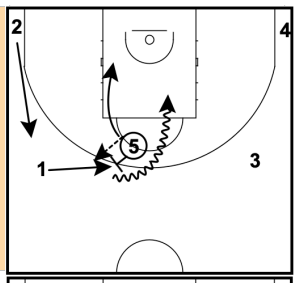
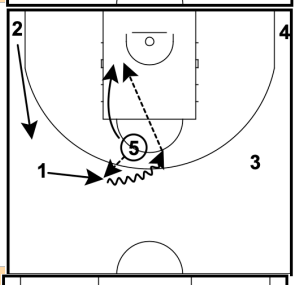
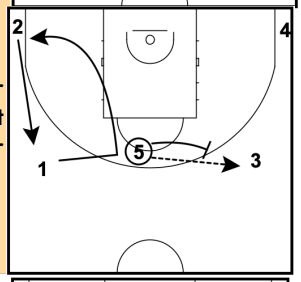
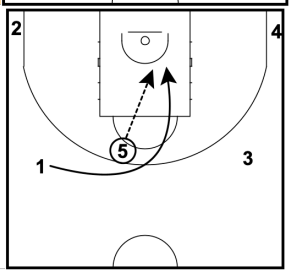
As with the zooms, many of the keep it, pass it and pivot reads are the same. There is also a "Reject It" option for both the passer and receiver. Positioning is key on the gets - the player should stand perpendicular to pressure to avoid having their back to the basket which takes away PVAD. Gets are beneficial for the following developmental purposes:

- Clear link with dynamic 1v1 principles (a get starts with a blast cut prior to the catch)
- Act as a pressure release. Can turn a disadvantage if pressured into an advantage situation
- Great development for bigger players to get them comfortable operating on the perimeter

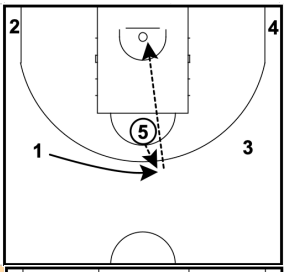
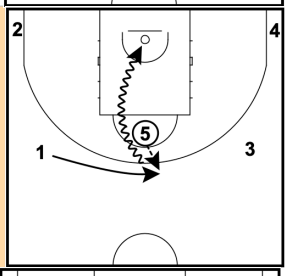
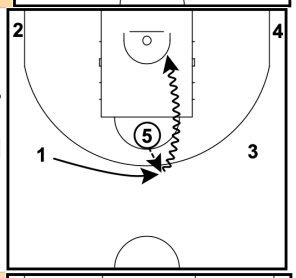
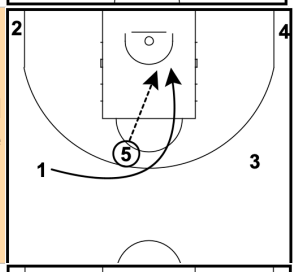
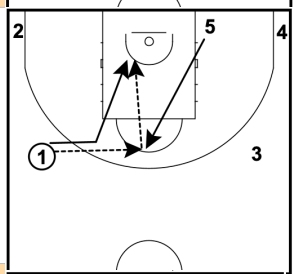
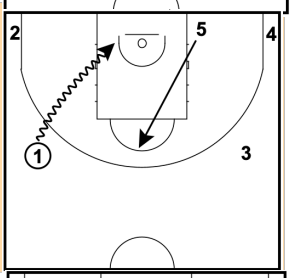
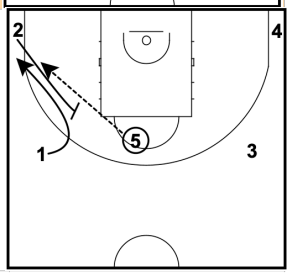
For the get receiver, it is essentially that they use a set-up in order to catch the ball clean. The set-up is exactly the same as the screener in a Pick and Roll (PNR), and therefore this is detailed in the PNR section within this book.

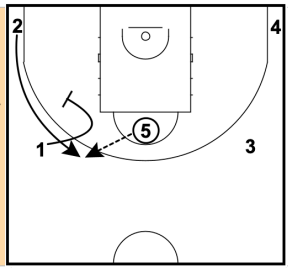
RECEIVER READS:

Post-Up (Reject It) **U13+**	If the defender top locks or over-plays early, look to post-up. This immediately cues a post move or post reactions.	
Backdoor (Reject It) **U13+**	If the defender overplays the blast cut late, cut backdoor for the lob pass. May also choose to seal here and wait for the pass over the top.	
Screen your Own (Reject It) **U13+**	If the defender top locks late, screen your own for the passer to dribble around. This is also why it is essential to keep the dribble alive and not pick it up.	
Set a Pick (Reject It) **U13+**	If the defender denies the cut (there is a difference in positioning between a denial and overplaying), immediately sprint into a Pick & Roll. Talk task to avoid a turnover so the ball handler knows to be patient and wait for the pick instead of passing.	
Shoot It (Keep it) **U13+**	If the defender gaps, this can result in a catch, square-up and shoot.	
Dynamic Cross (Keep it) **U13+**	If the defender completes a failed denial or shows on the high side, catch and drive opposite to try and convert the advantage.	
Curl or Keep It (Keep it) **U13+**	If the dynamic 1v1 curl exists with the x5 defender arriving late, immediately drive it. Otherwise, the keep it can occur later especially as a counter for switching or if x5 is attached to the outside hip. Receiver can also fake the hand-off and then perform the 'keep it' read by driving towards the basket.	

Smash (Pass it) **U13+**	If the receiver does not have a keep it opportunity, we can look to return the ball to the passer coming to get the ball back. As this happens, if it's clean we can pitch the ball back. The decision then exists whether to smash or slip. If the defender's hip aren't opened and this isn't separation between the defender and the passer, the smash creates the advantages. After smashing, be ready to roll, twist or pop.	
Slip (Pass it) **U13+**	Exactly the same scenario as above, but if the passer's defender has opened up their hips, we slip to try and covert the 2v1. We don't need to smash because an advantage already exists.	
Chase or DHO (Pass it) **U13+**	The receiver can choose to reject the return and recycle the ball to another teammate. This can be done simply by pivoting in the other direction to get the ball to the second side. If this happens, the receiver can either wait for a player to come and get it back, or look for a chase or zoom.	
Pivot **U13+**	If it is dirty and the passer's defender is trying to blow the get up, we cannot pass it. This cues a reverse pivot once the teammate has passed, which acts as a screen for the defender. We then "Lift, Look, Late" to pass over the top, leading the teammate onto the basket. This must be taught as a reverse and forwards pivot in-case the referees call the reverse pivot as an offensive foul.	

PASSER READS:

Shoot It (Receive it) **U13+**	If the defender goes under the receiver, or gets caught in the screen if the receives smashes, we look to shoot. The receiver looks to screen their own to stop them getting out to contest the shot. If their defender sees the threat and gets around, the receiver should slip for an easy pass.	
Dynamic Cross (Receive It) **U13+**	If the defender goes under early, pitch it back and the passer drives to the basket in the same direction the pass came in from. Same concept as with the blast cut.	
Catch & Curl (Receive It) **U13+**	If the receiver pitches it back to the passer and the passer's defender is trailing or on the hip, we catch and curl. This is like a cat and mouse game. This could also happen if the defender goes under because of the speed advantage and head-start that exists.	
Chase Over (Receive It) **U13+**	If the defender tries to blow it up, the passer chases over curling around the shoulder tightly to receive the ball back over the tap. This is the "Bogut" for the receiver read detailed in the above section.	
Backdoor (Receive It) **U13+**	If the defender tries to deny the hand-off/ pitch out of the receiver's hand, the passer can cut backdoor.	
Drive It (Reject It) **U13+**	First thing we should look for if the on-ball defender shifts towards the middle anticipating the pass going towards the receiver.	
Use a Screen (Reject It) **U15+**	The passer can come off a screen, most typically a flare in this situation, if a teammate has spotted the get and wants to convene on the action. This turns the duet into a trio. The screener can then come for the get.	

Set a Screen (Reject It) **U15+**	Same situation as above, but instead the passer and go and set a pin for someone else to use the get. This works well if there is a good shooter to free up, or simply to add more variety within the offense.	

PAGE LEFT BLANK INTENTIONALLY

PICK AND ROLL

U15+

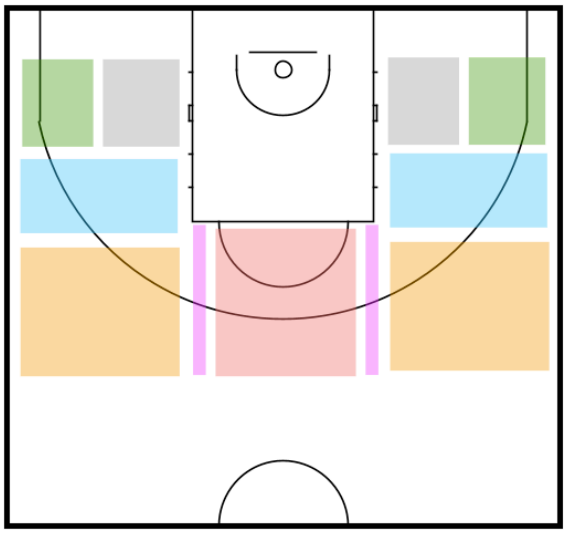
The complexity of Pick & Roll (PNR) is such that there are a number of considerations to take into account when teaching the PNR game. This includes our spacing, cues for the screener, cues for the ball handler, different passing options, in addition to reading and attempting to beat the coverage. In order to help make youth players make sense of this, the analogy of a plane taking can describe a PNR situation. There are two distinct stages: "The Take-Off" and "The Flight."

THE TAKE-OFF

What Runways? (PNR Locations)
Navigating the Runway (PNR Spacing)
Starting Location (Where the Pick Comes From)
Flight Set-Up (Handler & Screener's Set-Up)
Short or Long Take-Off (Screen Defender or Area)
Select the Approach (Screen Angle & Direction)

WHAT RUNWAYS? (PNR TARGETS):

Big airports typically utilise numerous runways for planes to take-off from. In basketball, the following PNR locations provide the reference point for where the pick is set..



Side = area parallel with the free-throw line

Mid = in between the elbows, but not on the elbows

45 = on the "45" in between the side and mid locations

Corner = middle hash up to parallel with the backboard so ball handler can go both ways

Swing = in-line with the elbows extended

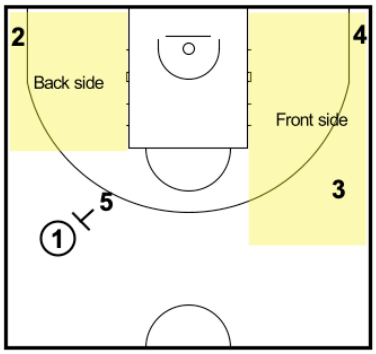
Logo = where NBA teams have their logos on the court.

Note that in emergency situations, such a ball handler being tightly pressured, we may have to open up another run-way higher up the floor or in our backcourt to act as a pressure release.



NAVIGATING THE RUNWAY (PNR SPACING)

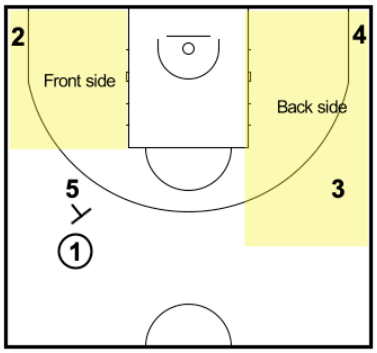
Before the plane prepares for take-off, the pilot must assess the local surroundings. All the planes in the vicinity must work with with the control tower to avoid collisions and be spaced appropriately. Here we must consider what spacing will help ensure the take-off routine is a smooth one? When playing PNR, in basketball terms this looks like the following spacing options. Many of these utilise spread spacing with the other players spaced around the perimeter:



U15+

Shakes

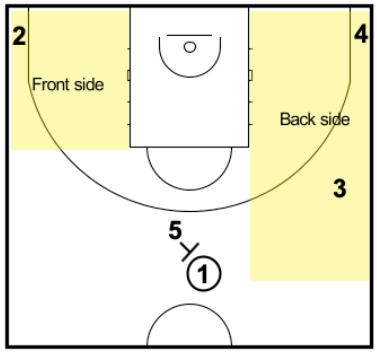
Pick is on the 45 or swing. Spacing is 1 on the back-side and 2 on the front-side. Strongside corner may "shake up" on a roll to counter the tag subject to how the tag takes place.



U15+

Shakes Reverse

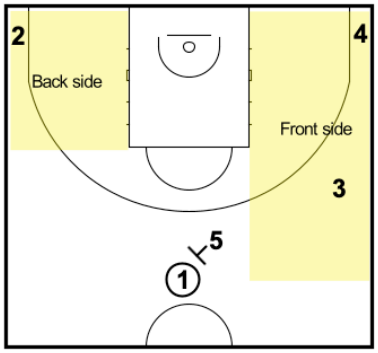
If the ball screen is set as a reverse (away from middle), or there is a flip or twist action, the two-side is now the backside and the single side is the front side.



U15+

Elbow

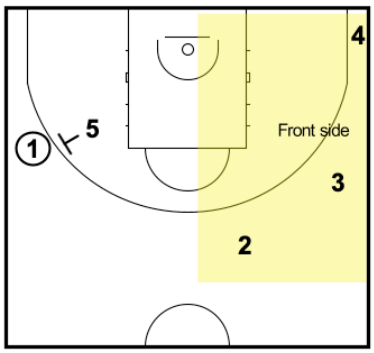
A mid PNR going towards the single side front-side, and away from the 2 side back-side.



U15+

Elbow Reverse

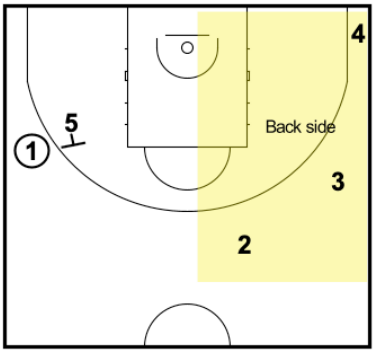
If the ball screen is set as a reverse or there is a flip or twist action, the two-side is now the front side and the single-side is the back side.



U16+

Wing

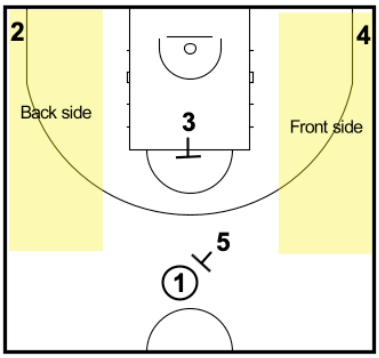
Ball screen on or below the wing (FT line extended) with a three-side front side.



U16+

Wing Reverse

If the ball screen is set as a reverse, or there is a flip or twist action, there is now a three-side back side.



U16+

Spain

1 side front side and 1 side back side, created through the 4 man setting the back screen for the roller.

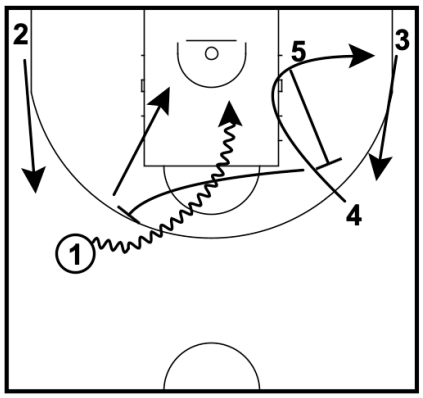
STARTING LOCATION (WHERE THE PICK COMES FROM)

Before take-off, each plane is parked at a different gate. This determines the approach and route the plane takes to get onto the runway.

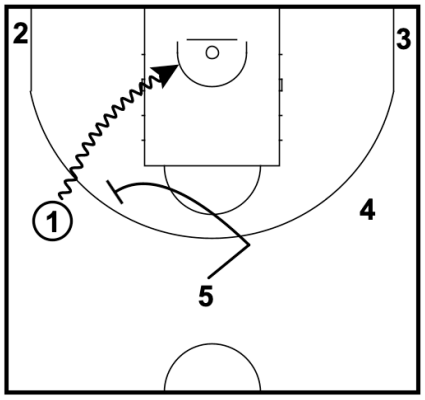
Run-Up - A pick typically set out of a HC static scenario where the screener approaches from below the ball, typically from a dunker spot or inside the paint.

Drag - A pick set out of transition with the screener approaching from above the ball. Most used when we are in filled or empty spread.

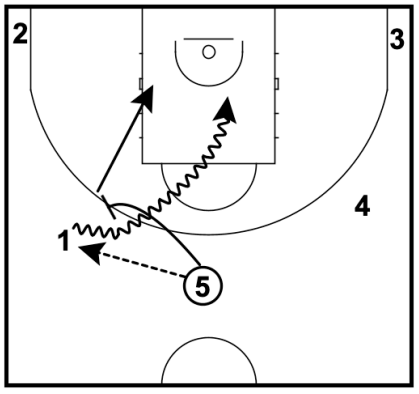
Chase - A pick set when a screener is in possession of the ball on the perimeter. They pass the ball and follow it by setting a pick. Can sometimes be done as a pass or underhand "flip" over a small distance.



Here a back-screen is used as the set-up as the screener comes out from the dunker. Remember to teach coming off the back-screen as a scoring option!



Drag with a change of direction. Note the "angled" screening angle towards the short corner as opposed to facing the sideline.



Chase with 5 passing to 1 and following with a pick. Again note the screening angle.



FLIGHT SET-UP (HANDLER AND SCREENER)



The final flight preparations are made as the luggage is loaded, the plane is refuelled and the wheel brake removed. The pilot can receive the "all-clear" from the control tower to toxi onto the runway. What can the screener and ball handler do to receive this all-clear and ensure the take-off happens as smoothly as possible?

For run-up and drag screens situations, the screener must use a set-up, aiming to arrive with their defender unattached (unless inviting the coverage if the team is so confident in beating it!). By arriving alone it softens the effectiveness of the primary defensive coverage. The different ways the screener can do this include:

Handler:

The aim of the ball handler's set-up is to achieve some separation before using the screen. Not only is this likely to make the PNR more successful, but it buys time for the screener to arrive. Most moving screens occur when the handler doesn't complete a set-up, and therefore goes too early before the screener arrives. Note this doesn't mean the old school idea of getting level or below the screen before using it.

For a ball handler, on the set-up they look to reject aggressively. If they fail at doing this, they have succeeded at creating a good angle to use the pick. Some typical moves in the set-up include:

- A space pivot (off the catch)
- Jab step (off the catch)
- Rip through or ball fake (off the catch)
- Dribble back down / crab dribble (off the dribble)
- In/out or hesitation (off the dribble)

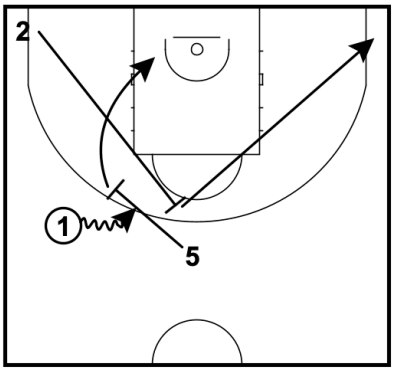
Screener:

Change of Speed - Suddenly changing speed from a walk to a sprint can be enough to leave the screener's defender behind.

Fake / Change of Direction - The screener can fake or use a change of direction. For instance, faking a high gets at the nail and then quickly changing direction to screen.

Set a Screen - Setting a back-screen is a great-way to get open because the screener's defender will be engaged guarding the screening action.

Use a Screen - Calling for a quick down screen or running a wedge action (diagram to the right) can also create the separation needed to arrive alone at the point of the screen.





SHORT OR LONG TAKE-OFF (SCREEN DEFENDER OR THE AREA)

As the pilot approaches, they have to make a decision to take a short or long take-off. This depends on many scenarios such as the weather conditions, weight of the cargo etc. On airport carriers, a short take-off is always required due to the limited run-off space! In basketball terms, this is the decision to stop short and screen an area, or go and headhunt the ball handler's defender.

Freeze - Where the screener screens an area and waits for the ball handle to complete a set-up and bring their defender into the pick.

Headhunt - When the screener looks to directly screen the defender and hunts them out. More common than the freeze. Ball handler must be patent and wait for the pick to come.

SELECT THE APPROACH! (SCREENING ANGLE, TECHNIQUE & DIRECTION)

All the preparations have been successfully completed. Now, the pilot needs to decide whether to take off into or away from the wind, ideally in a direction already facing the desired destination. In basketball terms, this means the direction in which the ball handler is directed, and where the screener is facing.

Angle:

Angled - The most effective modern screening angle is one where the screener 'screens the back-pocket', with the screener giving a good slice angle to the basket for the handler. This makes it hard for the defender to steal an under, but also against youth teams which typically switch over, it gives the screener an easy opportunity to "hold the seal" and receive an over the top pass on the roll. On a "touch" screen, this angle is even more extreme.

Punch - A flat pick set facing the baseline. This allows the ball handler to come off both ways.

Reverse - A pick set with the screener sending the ball handler to the middle. This could be done intentionally or as a flip at the last moment to deceive the defense.

Could also be other options such as ghost screens or not even making contact, covered later on..

Technique:

Knowing your teammate in the Pick and Roll is essential for both the screener and the handler. For instance, if the handler is a non-shooter and the defense is likely to be going under, we look to screen angled but with the screener's top shoulder. This makes the distance to go under much greater vs screening with the chest.

Likewise, if there is a great shooter off the dribble and the defense are likely to go over, we look to screen with the lowest shoulder but higher up on the defender. This increases the distance they have to chase over the top. These are small differences of 30-40cm but enough to create an open shot. The classic way of using the chest bone to screen doesn't create as much advantage vs the shoulders.

Direction:

Forwards - An angled, punch or step-up set with the screener's chest facing the ball handler. This makes the contact easier. This is the most-conventional screening direction.

Butt - Could be set as an angled, punch or step-up pick but with the screener's butt, therefore they are facing the basket and away from the ball handler. This gives the screener PVAD, because they can see the ball handle coming off. This is particularly effective for allowing faster separation out of the PNR, in addition to playing against drops because it means the screener can see whether or not the ball handler snakes. It is also effective on DHOs or Gets to butt screen instead of the "Twist" if the defender goes under as it much faster than pivoting.

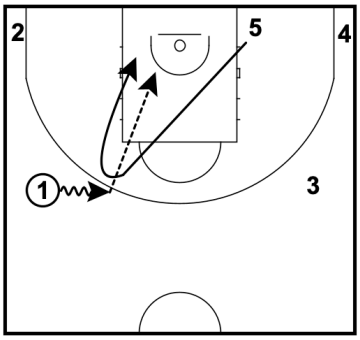
THE FLIGHT

Review Flight Path (Pre-Screen)
Maintain the Flight Path (After-Screen)
Faster Route Opens (PNR Passes)
Go All the Way (Ball Handler Cues)
Dealing with Turbulence (Coverage Solutions)

REVIEW THE FLIGHT PATH (BEFORE THE SCREEN)

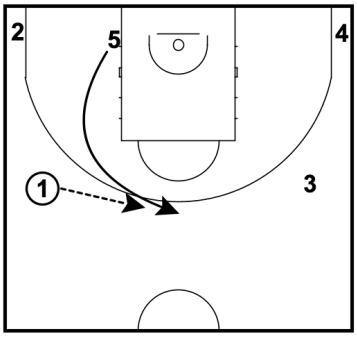


As the plane is in the air, the pilots have to review the flight path and decide whether to stay on-course or change route. This is equivalent to the moment the screener makes contact with the defender. The screener's best decision may be to not make contact as several other opportunities present themselves based on how the defense guard the action.

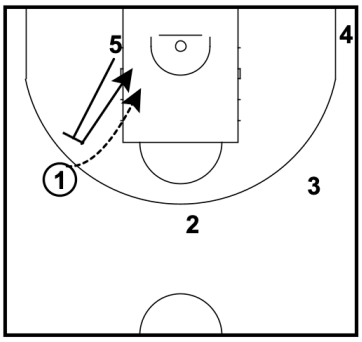


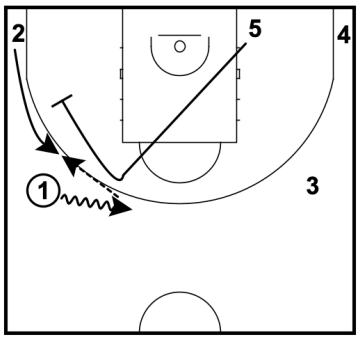
Slip - The screener sprints to set a screen, but instead of stopping to set one, sprints towards the basket looking for the pass. Effective against a switch or other aggressive coverage, but also if the on-ball defender shifts to an open hip stance.

Ghost - A good strategy vs a switching defense and for a shooting screener. The screener sprints as if they will set a screen, but instead of setting one, slips beyond the perimeter for a three. Useful for mobile and fast screeners. Must be done with a screener going into a double gap.



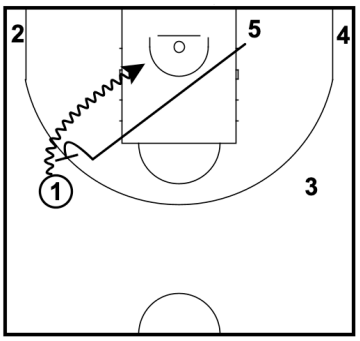
Touch - A ball screen that is set extremely 'underneath' the defender, so that if they try to go under or switch the screen they will always be caught on the high side. The screener must touch the defender on the back to activate the coverage and then immediately exit on the roll looking for the pocket pass. Used when we anticipate the switch.

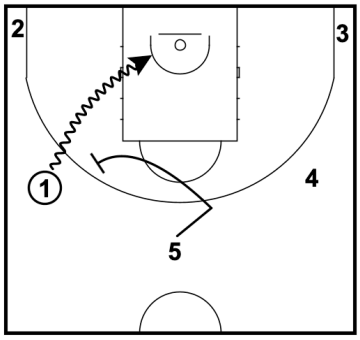




Veer - The screener sprints up to screen, but at the last moment veers off and sets a pin for a nearby teammate. Good vs teams that like to arrive at ball screens early to prepare a coverage or vs drops.

Flip - Effective for punishing an ice coverage and also to soften/ prevent a switch or aggressive coverage. Vs switching this may force a later switch if the team are switching as their base coverage. After the flip, the screener will typically smash, slip or pop.

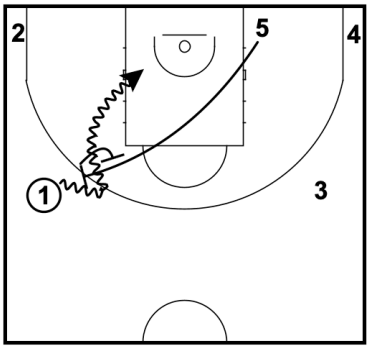




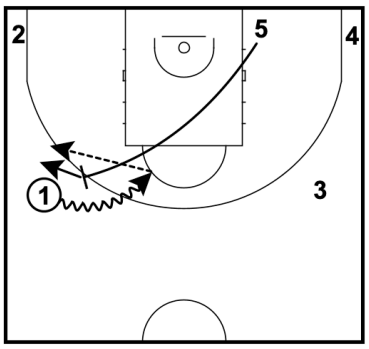
Smash - Screener holds and makes contact if none of the other pre-contact opportunities are taken. This is a "normal" Pick and Roll scenario. The smash could be any of the angles, set forwards or backwards etc in the section covered above.

MAINTAIN THE FLIGHT PATH (AFTER THE SCREEN)

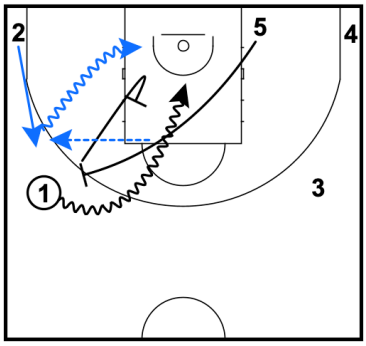
The screener decided to smash and must now make a decision on what to do next to keep the plane on-course. This is also based on how the defense has guarded the action.



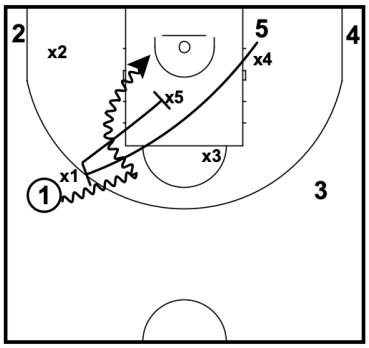
Twist - If a defender goes under the ball screen, the screener immediately re-screens at a lower angle.



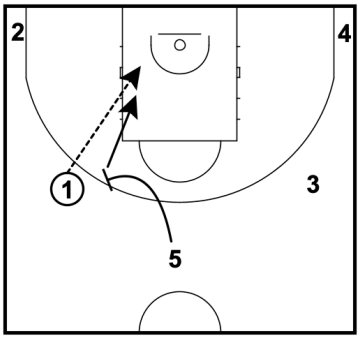
Pop - Instead of rolling towards the hoop, the picker steps out to the perimeter and looks to receive a pass for an open shot. While this typically works against a drop, this is a KYP situation based on factors such as time and score, shooting ability and in-game performance of the screener, speed advantage vs the match-up etc.



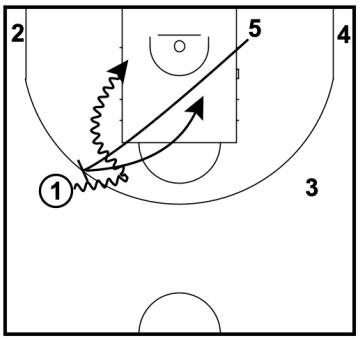
Screen Own - Vs a switch as the big is rolling to the rim, the screener stops and screens their own man (the small) if the guard beats the defender switching onto them. This could also be done if the ball handler makes a throwback pass to the corner shaking up to the wing, and they go onto drive the ball. The big could turn and face to screen, or just seal with the butt. This creates an open lane for the driver.



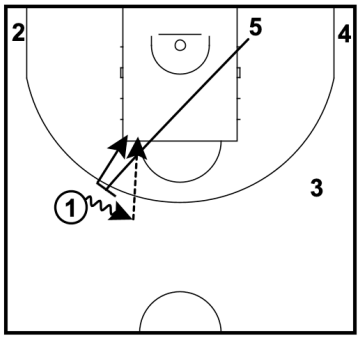
Gortat - After setting a screen, if the defense sit in a deep drop the screener quick rolls out to screen his own man, opening up a downhill drive for the ball handler. The ball handler would typically hostage dribble and then snake on the drive in order to make use of the screen.



Straight Roll - Used to get out of the action quickly, most typically utilising a forward pivot which is faster. Also a KYP scenario based on factors such as speed of the screener. For instance, on a switch over, a mobile screener can quick roll and look for the over-the-top pass or a lob, whereas a slower screener may look to "hold the seal" as they slow roll keeping the defender on the high side. This is needed on "touch screens" in addition to playing against drops to try and get behind the drop defender.



Delayed, Wide Roll - On a drop, if the ball handler snakes it, a quick, straight roll would mean the screener would land right on top of the snaking ball handler. Therefore by holding the screen and rolling late, this gives time for the snake to happen. An advanced cue to trigger this is a tap as or verbal cue given by the ball handler as they come off to let the screener know they are snaking. In this scenario, the roll would typically have to be a wide roll to go into the space. Slow rolls can also be used to "hold the seal" vs a switch by screening and then rolling keeping the defender on the high side.



Short Roll - Typically done when teams blitz or hedge. Look to feed the roller and then play with dominoes out of either the 4v3 or 3v2 scenario. This will mean the roller must typically do a good job finding the open teammate.

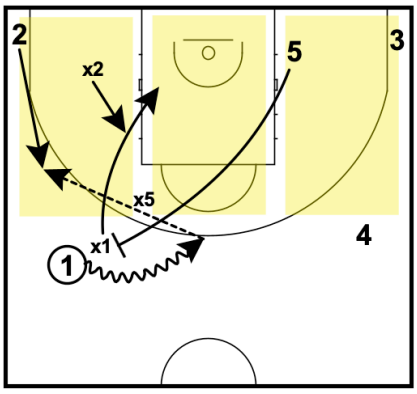


ANOTHER ROUTE OPENS (PNR PASSES)

Mid-route, another route may suddenly open up which makes the journey time faster. This is equivalent to all the different passing windows which may suddenly emerge during a PNR possession.

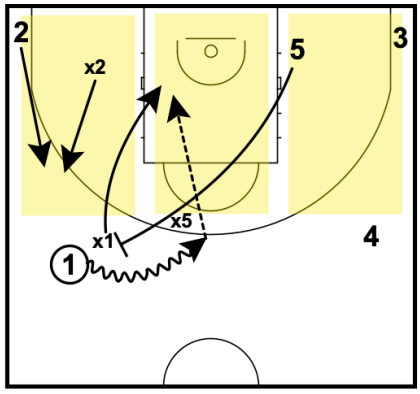


During a PNR sequence, the ball handle must avoid having a hard focus on one area (like the above), particularly when they are fixated on solely reading the coverage. They must have a softer focus of the whole floor, using the prompt "Corner, Middle, Corner" to quickly scan and survey the area.



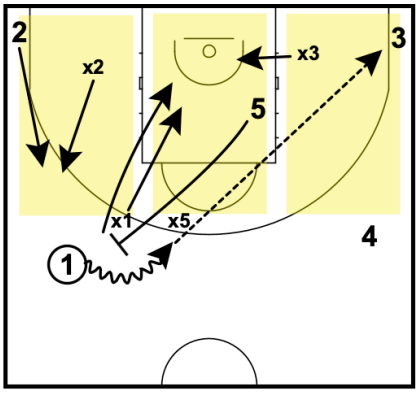
Strongside Corner Passes:

Throwback
Hook
Behind the Back
Whip It



Roller Passes:

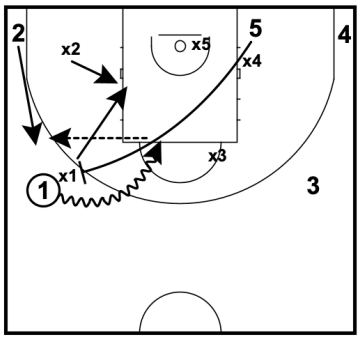
Early Pocket
Late Pocket (Lob)
Hook
Behind the Back
Wrap



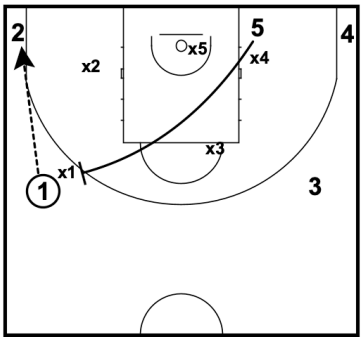
Weakside Passes:

Skip
Throw-ahead bullet
Off the Bounce
Boomerang

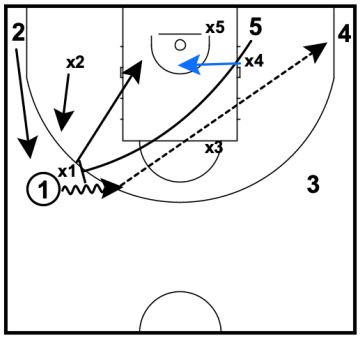
Note that no-looks are encourages for all the above passing scenarios - this ensures the offense is deceptive and it is difficult for the defense to anticipate the pass decision.



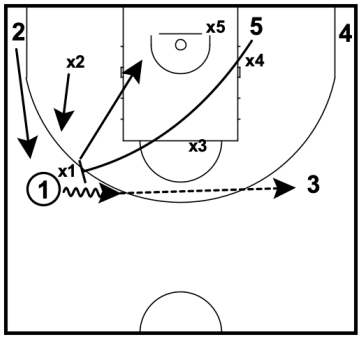
Throwback - Pass made by a player coming off a ball screen to a teammate shaking out of the corner to the wing. The lift prevents the defender from tagging the roller, or if they tag, results in a wide open three.



Whip It - If the ball handler sees a defender in deep help or sagging, the action is off and the ball handler just 'whips it' to the teammate to start dominoes.

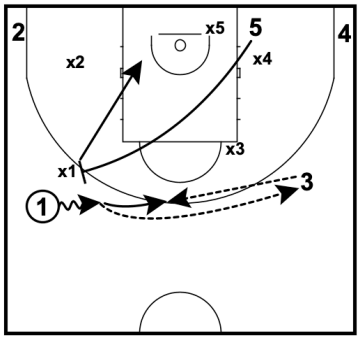


Skip - If the weak side low eye defender goes to tag the roll or is in deep help, the ball handler skips it by sending the ball to the weakside corner. A variety of techniques could be used as part of this, e.g. one hand off-the-dribble, a baseball pass, a two hand skip etc.



Throw-ahead - When the ball handler throws it ahead to the second side. Could be used against an aggressive coverage. The pass could either go to the corner or 45. Technically a strike pass is a more specific pass covered by the "throw-ahead" term.

Vs the switch it is favourable to throw ahead instead of a throwback pass to then feed the roller because the roller's defender is in a perfect position to front. By passing ahead, the roller can wide roll, seal in the middle, and then look for the pass from the 45.



Boomerang - A pass made to a teammate on the perimeter, who can either send it right back or take a dribble or two to get the switch committed to help before kicking it out and creating the close-out. This can be used during PNR as a counter to switching if there is a turtle switched onto our guard. The guard soloing looks to perform a small blast cut to make this a dynamic solo.

GO ALL THE WAY
[BALL HANDLER TOOLS]

Reject - Most important thing for the ball handler to do. Numerous ways to do this; e.g. throw cross, crossover, behind the back, in and out etc. This could also be done early or late.

Static Solo - Against a switch, if the ball handler is up against a turtle they can solo. They may wish to make it dynamic by using a boomerang. A shift or float dribble works great to start getting the turtle on skates. This can be done immediately as a blow-by vs the switch or rejecting the switch by driving away from the angle in which the big is switching onto the ball.

Turn the Corner - If the ball handler comes off the pick and roll and sees a window to the basket, they can use it to get downhill. Typically used against a drop coverage or lazy switch.

PullUp — If there is separation caused by the defender going under or getting hung in the screen. Favourable to shoot the pull-up three vs the mid-range. This can be facilitated through setting the screen higher up the floor.

Wait - If defender goes under and there is no separation or a low % 3PT shooter, be patient and wait for the twist.

Hostage - Used against drop coverages, the ball handler looks to keep their defender on the high side (like a piggyback, also known as a KOB dribble), creating more time and space as they attack downhill.

Snake - Also used against drops and ice coverages, the ball handler looks to quickly change direction after coming off the screen to attack the drop defender.

Split - Can be a solution playing against an aggressive coverage if the screener's defender leaves room for the ball handler to get through.

Attack the Hip - Also used against a hedge or blitz, particularly a flat hedge. The ball handler looks to attack the outside hip of the screener's defender, then leading to a downhill attack.

DEALING WITH TURBULENCE (COVERAGE SOLUTIONS)

During PNR, teams must have provisions in place to deal with mid-flight turbulence. This is known as the coverage, meaning the manner in which the defense defend the PNR. If the pilot is really prepared, he may already know of where he will encounter turbulence and not allow this to even happen. This is what we call "preventing the coverage," and this is done through using a particular spacing alignment or an action which ensures the defense cannot arrive in time to use their intended coverage (e.g.a wedge or ram typically prevents an aggressive coverage).



Punishing the coverage (Efficient Sauce terminology) means the turbulence occurs, but the pilot is so confident in his ability to deal with it that he quickly navigates out of it. Below are some solutions for navigating this turbulence and punishing common coverage a team may see. The idea is that players want to make the defense always wrong through having a solution for everything thrown at them! All of these points have been covered within the PNR sections, but included here to provide teams with a concise reference point against coverages they will face.

U15+ Vs Aggressive Coverages With No Tag:

Aggressive Coverages:	Conservative Coverages:
Switch	Drops
Hedge	Under
Blitz	Ice / Push
High Flat	Low Flat

Pre Contact & On Contact:

- Ghost
- Slip
- Touch
- Flip
- If none of these options are taken, an after contact decision is taken…

After Contact:

- **Shakes:**
  - Ball handler bullet passes ahead to the 45 for an easier angle to feed the roller on the wide roll. KYP situation: a faster screener may quick roll and look to get on the rim.
  - Single side corner defender can shake up to make pass into the roller even easier.
  - In some scenarios the ball handler (especially if they have some length) may be able to pass directly into the roller if a pocket exists. This is unlikely to be available every offense however.
  - Vs the switch by screening the backpacker the screener can hold the seal and keep the defender on the high side. Can look for a high low with the opposite corner sprinting to the nail for the high low, also preventing any potential help.
- **Shakes Reverse:**
  - Same situation but because the handler is going towards the sideline vs the middle, the weakside high two player must fill behind. They can then receive the ball on the throw-back pass instead of the pass ahead as with regular shakes, cuing the pass into the screener on the wide roll.
  - This also creates a favourable angle for a high low if the screener is keeping their defender on the high side vs a switch.

- **Elbow:**
  - Throw-back pass to the high 2 player shortening the pass, look to get the ball into the roll man on the straight roll.
  - Short roll, corner player ghost cuts, 45 drifts to corner, look to convert the dominoes (especially vs a hedge or blitz).
- **Elbow Reverse:**
  - Player on two side may need to 45 cut or ghost the corner to preserve the double gap for the handler as they come off.
  - Screener looks for the short roll, corner single side player holds or ghosts subject to what their defender does.
- **Wing:**
  - Pass ahead (teammate can shorten the pass) and screener looks for a straight roll, which is straight to the rim. May wish to seal in the middle to receive the ball. Same situation as shakes, in that sometimes the direct pass into the roll man may open up.
- **Wing Reverse:**
  - Throw-back pass with highest player on the three side filling behind. Look to then get the ball into the screener on the straight roll.

Solos:

- If the ball handler is capable, they may look to split a hedge or dribble around and attack the outside hip to trigger dominoes.
- Particularly vs a switch, can look for the ball handler to solo if matched up against a turtle. This could be a run-way solo where the handler drags the ball back towards the half and then attacks the space with speed. This could be made a dynamic solo by using the boomerang pass to then blast cut and also use a speed advantage.

U15+ Switch Under:

Pre Contact & On Contact:

- Ghost
- Slip
- Touch
- Flip
- If none of these options are taken, an after contact decision is taken…

After Contact:

- Big looks to bury their defender on the roll to then solo against the mouse. If this is called as an offensive foul in-game, be more passive and give time for the roller to seal at the rim before feeding the ball.
- If there is a more favourable advantage on the perimeter (e.g. a really slow turtle), exploit this for the solo (static or dynamic).
- Use a mayday strategy by getting the turtle on the perimeter and then using a ghost screen to make the big defend a difficult action they are not comfortable with.
- Let it come out in the wash! Keep playing through triggers and ball movement and let the match-up advantage on the inside take care of itself through the offensive rebounding advantage which exists.

U15+ Aggressive Coverage with a Tag *(subject to PNR spacing):*

Still look for a Pre or On-Contact option. Otherwise, the decision is based on the tag. Can use PNR spacing alignments which utilise an empty corner to force weakside tags, or an alignment such as Spain PNR which creates two single side tags and prevents defenders from tagging if there are two great shooters in the corners who possess gravity.

One way of punishing the tag is to 'punish the help' by passing the ball to where the help comes from. Look to pass while the tagger still has their momentum going towards the roller to help. This makes it much harder for them to close out as their weight is still shifted towards the screener. The passer must deceive the tag defender with their eyes to disguise the pass decision.

- **Shakes:**
  - Vs the tag from the strongside corner where the defender moves in towards the paint, corner looks to shake up to the wing for the throwback pass.
  - Vs the tag-up where the defender moves up to tag (or if the screener pops), the corner player looks to ghost cut along the baseline.
  - If the weakside corner sinks in at anytime, look to skip pass.
  - Can also prevent tags from the two side by ghost cutting the corner or 45.

- **Wing & Elbow:**
  - Skip pass to the opposite corner vs tag from two side.

U15+ Vs Under:

- Look to screen with the lowest shoulder if it is anticipated that this coverage is expected. This means the defender has a large distance to get under, creating more space for the pull-up three.
- Screener can start rolling early and burying the defender, lengthening the time to get underneath and back in front of the ball handler.
- If no advantage or opportunity to shoot, immediately twist (either set this facing forwards or as a butt screen to separate quickly) but being sure to screen the back-pocket. This creates an instant 2v1 to play out of.

U15+ Push / Ice (Conservative Coverage):

- Fight the coverage and beat it by getting middle and starting dominoes.
- Flip the screen and handler looks to snake it. Screener delays their roll to allow the snake.
- Dribble downhill and then reverse the ball to the screener, running a gets action.
- To prevent the coverage, quickly reverse the ball to the other side of the ball and get the screener into another screening action. The screener will arrive alone due to the difficult recovery caused by the push positioning from the first screening action.

U16+ Drops (Conservative Coverage):

- Look to shoot a pull-up three if the ball handler is skilled enough and there is separation through the defender getting hung or arriving late.
- Hostage dribble and look to snake or just separate out of the hostage, as the screener tries to get behind the drop defender. If the drop defender on a 2v1 commits to the roller, the ball handler finishes. Likewise if they don't succeed getting behind the roller, ball handler looks for a pocket lob or bounce to the roller. Note screener may use a touch screen or slip to get a headstart on the rim.
- If the screener is a proficient shooter, they may also wish to pop instead of rolling. This could also be done as a ghost screen or by setting the pick, making contact and then popping.
- Vs a deep drop, look to use the "Marcin" strategy where the screener sprints out and screens the drop for the ball handler to then snake and finish at the rim.
- Note that the screener may still slip if the on-ball defender opens their hips during the ball screen.
- While the aim of the drop is to contain the PNR to a 2v2, the threat of the roller may result in a tag. If at anytime the tag takes place, the ball handler punishes this by getting the ball to wherever the help comes from.

If the drop results in the veer switch, apply a solution from the switch section. This could involve the guard "dragging the turtle" back out to the 3PT line for the solo, or a veer dive with the big going to the rim from the perimeter to exploit the mouse inside.

U18+ Next:

- Coverage whereby the defender the next gap away from the pick and roll "nexts" by jump switching onto the ball handler coming off the pick.
- This leaves one take two defender guarding two players on the weakside.
- Automatic ghost cut the corner and drift the 45 to the wing. This means the take-two defender is forced to pick their poison with who to guard.

PNR CONCLUSION (AKA THE FLIGHT REVIEW!)

PNR play is one of the most complex scenarios in the game, and therefore something which has taken up several pages in this handbook. It is a vital skill however, and given the high usage rates of PNR at all levels of the game, something that is critical for all players to become proficient in.

Ashley Cookson gives a great analogy on PNR being like Netflix, which has been expanded on:

- There are almost too many options to choose from! This means it is best for players to choose the option which they like the most, or are most skilled at, for the situation they find yourself in. The job of club coaches is to introduce players to a wide range of "options" which they can use based on what works best for them.

- Sometimes if you get engrossed in a really good series, you will watch it back-to-back without watching any other movies or series in-between. If a team is not adjusting to how a team if beating a coverage, you can keep using that same option!

- You must be prepared however to change series and films fairly frequently, because against good teams, they will adjust and use different coverages throughout a game. This means adjusting PNR spacing, and showing creativity and variety with PNR coverage solutions (aka the 'tools').





TRIOS

Live Ball Trios = Off-Ball Screens, Pistol, Delay and Double

These can be run on a live ball situation if neutral because they don't require a different starting structure and work from any spacing template. They can only be used however if there is no lag caused by the addition of the third player in the action: otherwise the team should revert to a duet.

Dead Ball Trios = Weave, Horns & Iverson

On a dead ball there is a choice of Weave, Horns or Iverson. These are different to live ball trios because players have to start somewhere different to the natural spacing that occurs from transition. Therefore this should be avoided on a live ball situation because it wastes time and stops teams playing fast if players have to get a certain place on the floor before starting offense.

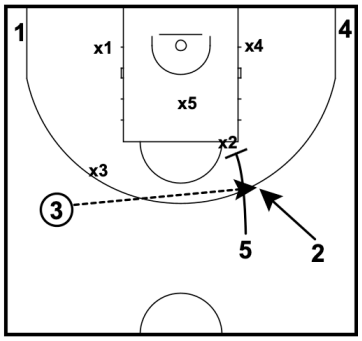
Teams therefore have the option of calling a dead ball trio or a set. These trios are different to sets because they merely are an entry without any scripted actions after.

While all the duets are essential for every team, the trios are much more specific. The number of trios used with each team is completely specific to the level of the team, number of practices etc. The Head Coach must decide what options best fit the team.

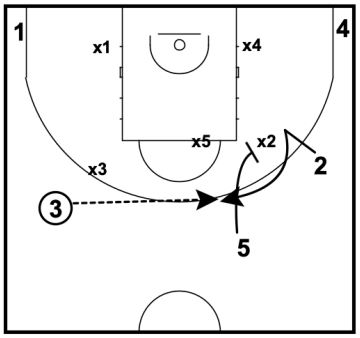
OFF-BALL SCREENS

U15+

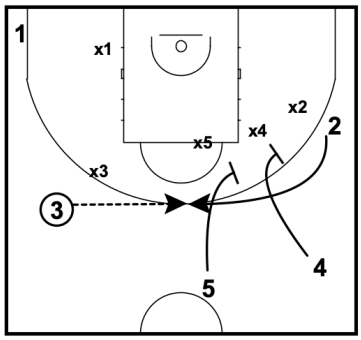
These are the off-ball screens that could be used within the offense. Players connect using verbals or non-verbals to immediately flow into these.



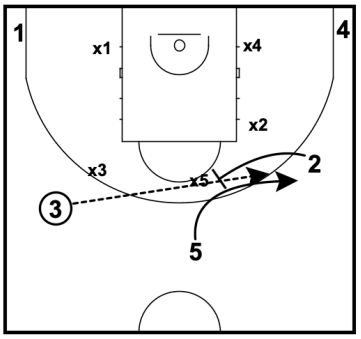
Pin In
Great to use in transition when the defense are packed in the paint. We pin a sagging defender in for an easy skip and early three.



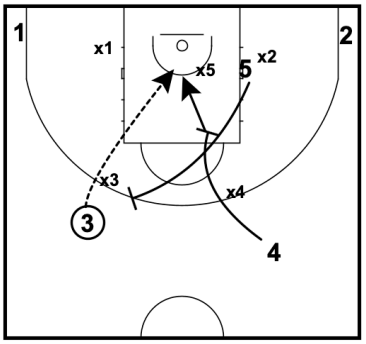
Screen Away
2 sets his player up by getting level with the screen. Many of the same tools from the PNR section can be applied with the screen away, such as slips, flips, ghosts etc.



Stagger
Technically a quartet (four person action!). Two pin aways combined. 2 must come out of the corner and get level with the ball as part of the set-up to run the defender into the screens. Having the big as the last screener means if a team switches, the match-up can immediately be exploited.

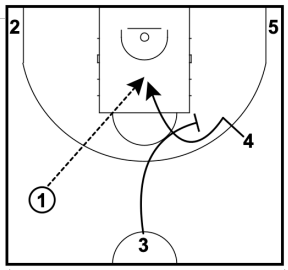
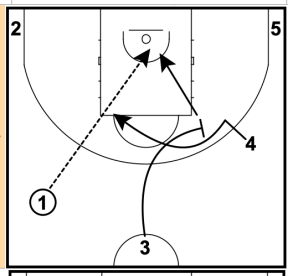
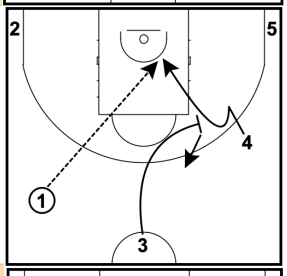
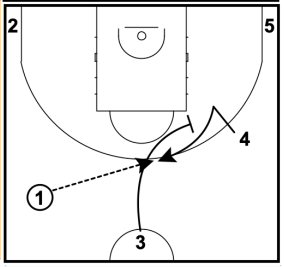
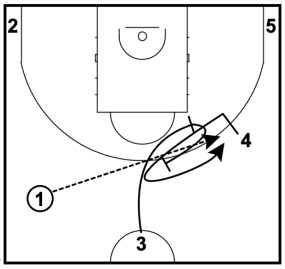


Flare
A great counter to the pattern once defense sees a screen away action a few times, as well as being a great action in its own right. Flares work particularly well if the defender is watching the ball and 'caught blind.' The touch screen concept also works here.

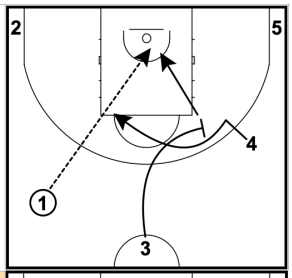
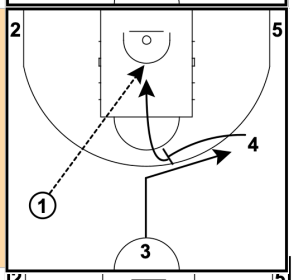
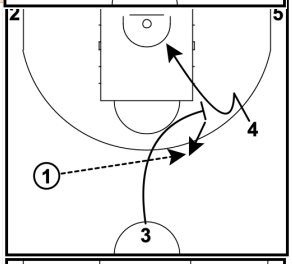
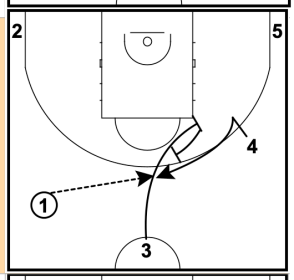
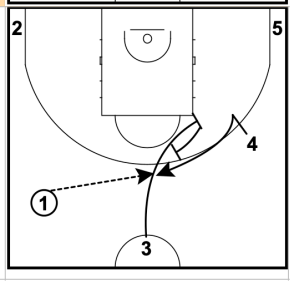


Down Screen/ Pin Down
Part of the set-up used for a player setting a pick or coming for a get. We want to screen the area as opposed to headhunting x5. Coming off the pin down can create separation, as well as other scoring opportunities based on how the defense guard it.

RECEIVER READS:

Tight Curl U15+	Used if the cutter's defender locks and trails and the screener's defender stays attached to the screener. Also used if a defender chases over the top of a flare screen.	
Wide Curl U15+	If the primary defender locks and trails but the screener's defender shows to disrupt the tight curl. Pass can go into the cutter and onto the screener diving, or straight to the screener on a slip (slip can occur the moment the screener senses their defender de-attaching).	
Backdoor U15+	If the defender tries to top lock or over play the screen early. Could also be done automatically if we want the screener to pop out for a solo or go into a gets or PNR as the next trigger.	
Pop U15+	If the defender gets caught in the screen or goes under, straight cut to the 3PT line to typically result in a catch and shoot 3PT attempt. Screener may be able to adjust their screening angle on the under to make the recovery harder.	
Screen the Screener U16+	If the first screener is a particularly effective shooter, can look to screen the screener by having the player coming off the first screen quickly set a second one for the shooter to use. If this is switched then "screen your own." This can also be used if not open after a pop.	

SCREENER READS:

Slip **U15+**	If the defense switch early or the screener's defender is above or on the level of the screener.	
Hold the Seal **U15+**	On a flare screen if the defense switch the screener will be in an advantageous position with their defender on the high side. They can to 'hold the seal' as they roll to the rim to receive a pass over-the-top.	
Pop **U15+**	If the cutter goes backdoor, the screener works in opposites by popping. The screener may be open if the backdoor cut draws attention and attracts the screener's defender.	
Flow into another Duet **U15+**	If the defender of the cutter avoids the screen and the cutter straights cuts or pops but doesn't have a shot, the screener immediately triggers another duet. This could be a gets or PNR action.	
Ricky **U17+**	If the defense switch on-time or the defense goes under and avoids the screen, can look to re-screen ("ricky"), with the second screen being a flare.	

If using these on dead ball situations, players may wish to use the signals. In most live situations there will be less time, with players immediately flowing into these conceptually or just with a quick call.



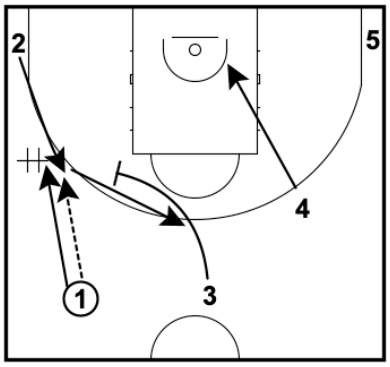
Signal =
Pistol Sign

PISTOL

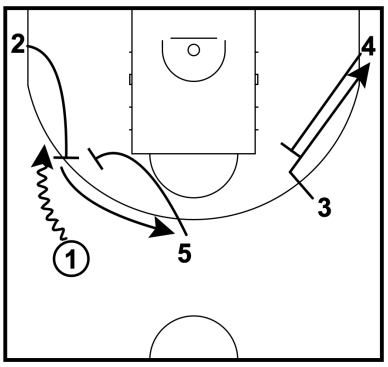
U15+

Pistol is the first trio due to the number of possibilities which exist out of this 3 person action. Pistol features an exchange on the wing, either through a pistol pass, DHO, or gets. A screener then converges on the action, setting either a flare or ball screen.

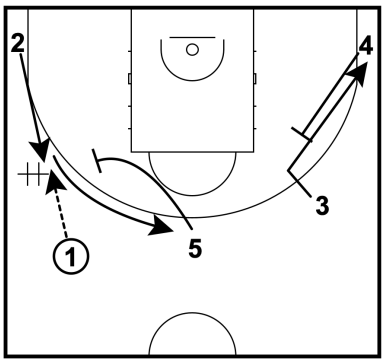
Some options out of Pistol are included below. The goal is to develop these conceptually after the pistol call is given, rather than having separate calls for each pistol action.



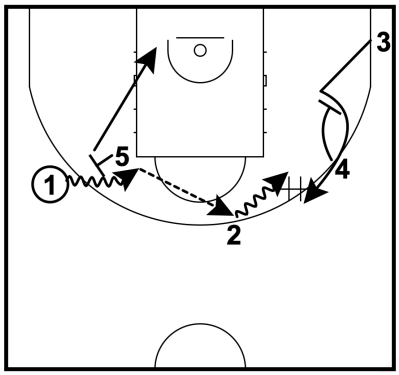
Flare



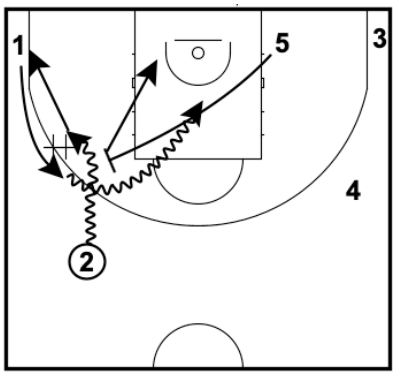
Step-Up Flare



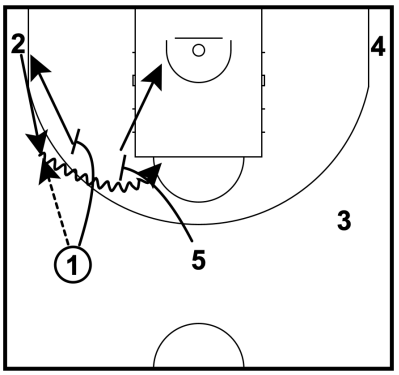
Get into Wing PNR



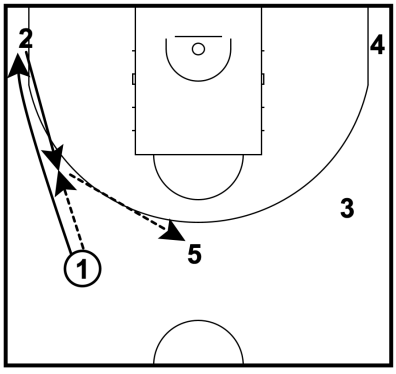
Wing PNR Cont. Pass to second side, go into delay action.

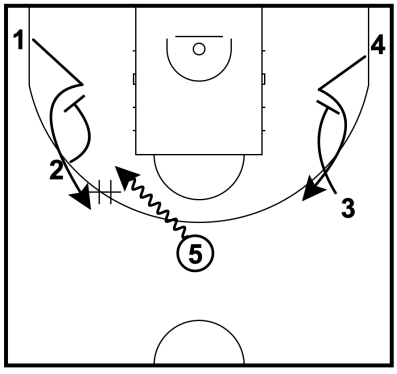


DHO into Shakes PNR



Nash



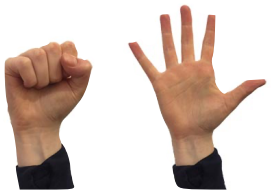


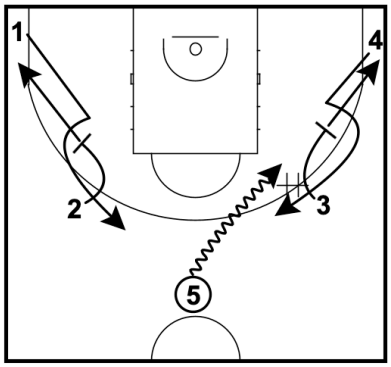
Pistol into delay

DELAY

U15+

Signal =
Open and Close Palm





Delay can occur when the is in the trail spot. Upon the connection from the ball handler, the wings set two screen aways. The ball handler DHO's with one side, with the player who has an advantage already coming off the screen away. Combined with the pitch, this should lead to extra separation to shoot or turn the corner.

Delay is a trio that doesn't just need to be run on a dead ball. This is a quick trigger which works well out of 5 out or anytime the ball is stuck at the top. The screen aways could alternatively be set as flare screens.

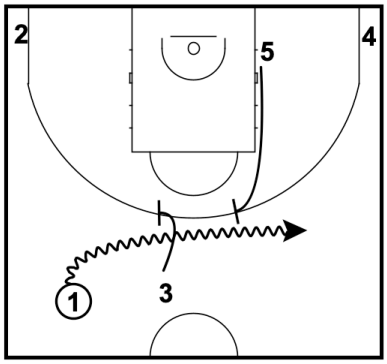
DOUBLE

U15+

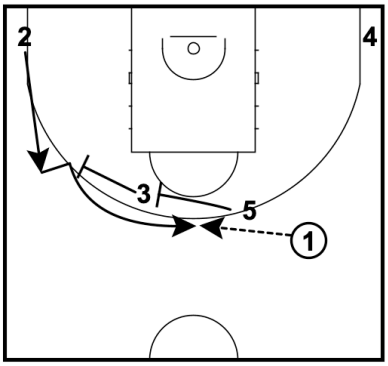
Signal =
Number 2



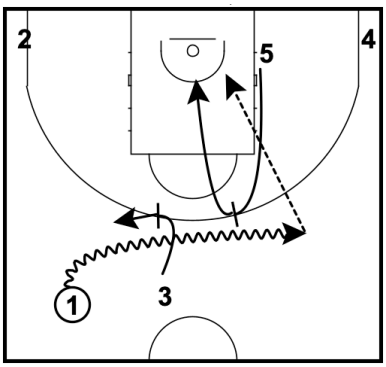
"Double" starts with a double drag screen, which leads into a stagger (if needed). Sometimes dominoes can be found immediately coming off the drag screens. Having a big as the second screener in the double drag means that if it gets to the stagger, they also set the second screen. This means if the opposition switch, there is an instant size advantage to exploit.



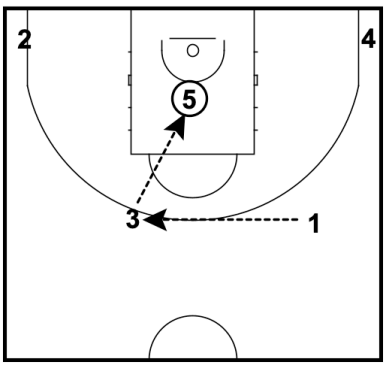
1 looks to drag it east-west off the double drag, unless a dominoes opportunity arrises to attack north-south.



If running the stagger option, 3 and 5 set the stagger for 2 as 1 passes. 2 gets on a plane with the ball to set-up their defender.



Dominoes opportunities exist off the first screening action. 5 can look to slip, ghost or quick roll after the ball screen.



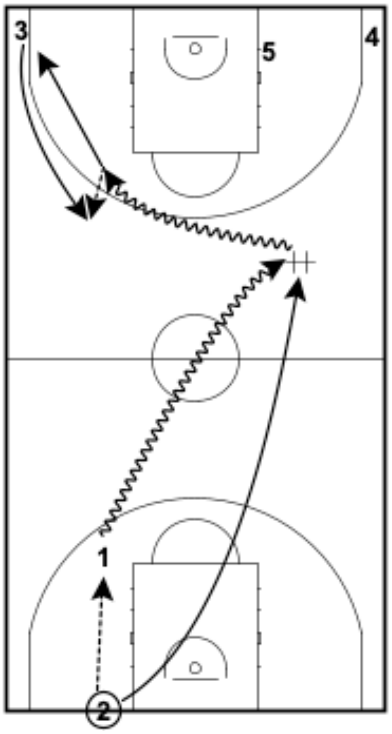
The double drag provides a nice opportunity for high-low action.

WEAVE

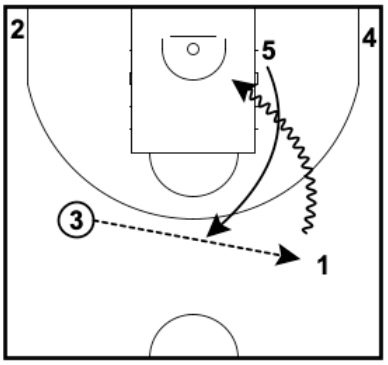
U14+

Signal =
Fingers Crossed



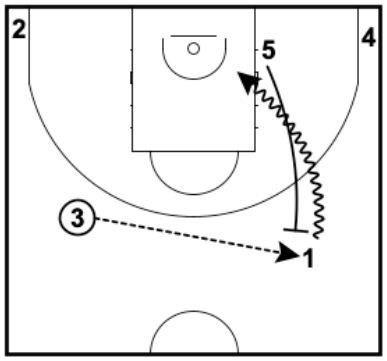


This can be used for an advanced U14 group a few possessions a game when the ball is being inbounded in the back-court on a dead ball. As players get older more complexity can be added. Weave starts with two DHOs / dribble pitches after the inbounds, with the inbounder sprinting to get ahead of the receiver, as in the diagram to the left. This is inspired from the New Zealand Tall Blacks playbook!

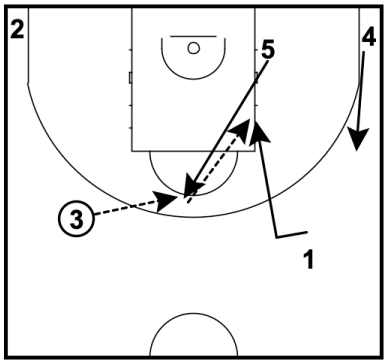


After 3 receives the ball on the second DHO, 5 sprints and "ghost screens" allowing the draft drive from 1. This can still be done at U14.

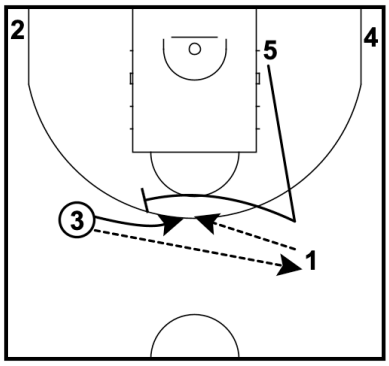
WEAVE OPTIONS FOR U15+



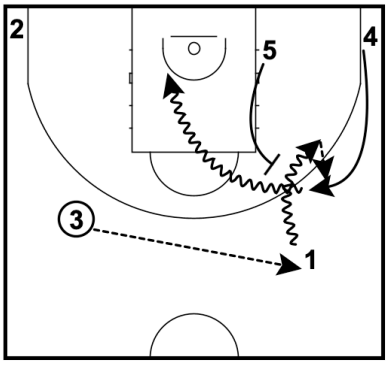
At U15 this can become an actual PNR action. Timing is key here - screener must sprint up and time the screen as the ball handler receives the pass. If 4 does not possess gravity, may wish to ghost to create a double gap.



If the pass from 3 to 1 is denied, 5 blast cuts to the nail and look for a "blind pig" action as the pressure release.



Veer PNR is another nice way to go off script. The screener must sell the screen to fix their defender onto the ball, before veering off to set the screen for 3.



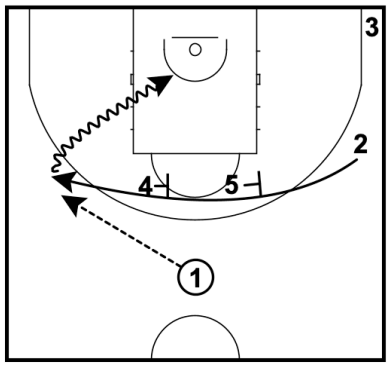
Option to add another DHO with the corner and flow into pistol action.

IVERSON

U17+

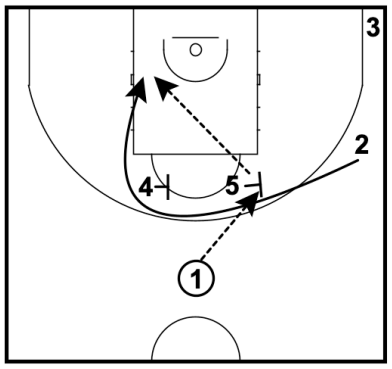
Signal =
Index Finger Up



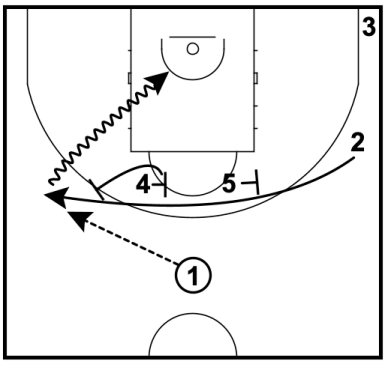


An Iverson is an extremely common entry we see at all levels of the game. This works well for creating a dynamic solo opportunity, as well as leading into numerous other actions. The basic Iverson alignment can be seen in the diagram to the left with a cutter coming off two screens above the elbows. For a good soloist, this alone is enough to start dominoes.

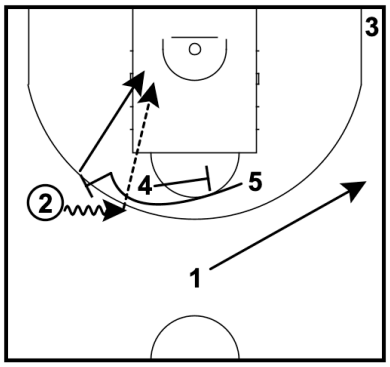
If no solo is taken, there are many opportunities to go off script with Iverson...



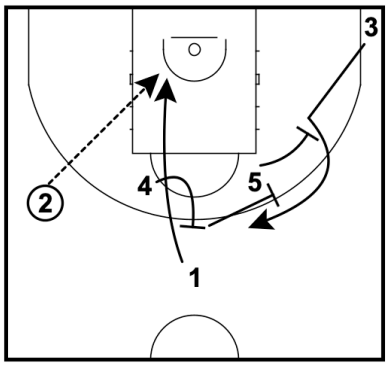
Forced curl off the second screen by 4. 1 looks to pass into 5, who hits 2 on the curl. If not open on the curl and there is a match-up advantage, seal at the rim for a high-low.



2 catches off the Iverson, with 4 immediately sprinting to set a PNR after 2 passes them so the pick arrives right after the catch.



Ram action. After 2 passes 4, 4 goes and screens x5. 5 then sprints to set the pick for 2. Looking to slip or ghost here could be particularly effective.



If no option is taken, 2 can hold the ball for a couple of seconds as the next actions emerge. This starts with the back screen 4 sets for 1, into a stagger for 3.

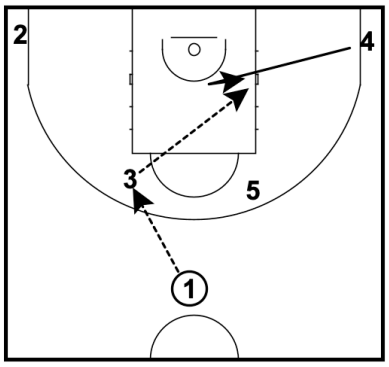
HORNS

U18+

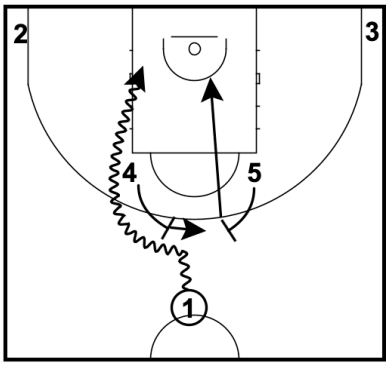
Signal =
Horns Sign



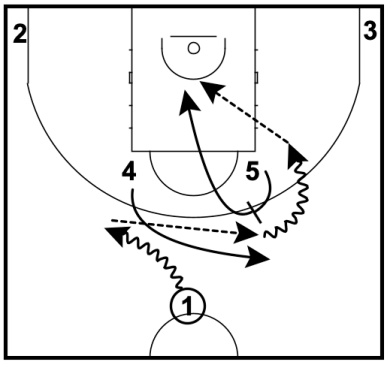
Another very common entry, this is included in this handbook because of the frequency of horns at the collegiate and professional levels. As with other trios, there are many options to go off script here...



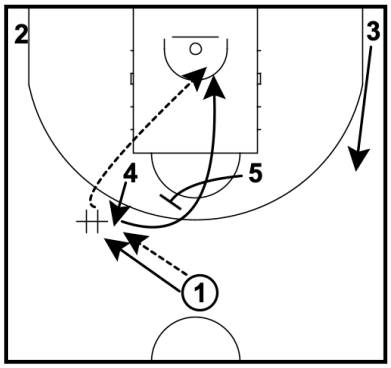
If an advantageous size match-up exists, put another player in the horns alignment and the big in the corner. On the pass into 3, 4 looks to duck-in and seal for a pass over-the-top.



Standard horns alignment, 1 comes off either way. The screener on the opposite side dives, with the other screener popping.



4 sets a ghost screen and then receives the ball from 1. On the catch, immediately go into a step-up with 5. This could also be a flare.



4 seam cuts and runs a gets with 1. After handing the ball back to 1, they come off the back-screen from 5. The screening angle could also be adjusted to make this a flare if using a horns small alignment.



SYMPHONIES

These are the set plays used on dead balls as alternatives to slow trios. Some quick hitters against zone are also covered here. These are only needed for U17+ as the trios are enough for younger age groups and teach players how to play. However, because the same diamond alignment is used as a SOB from U15's+, if a particular age group is advanced enough with reading the trios, the diamond could also be used in the HC on dead ball situations.

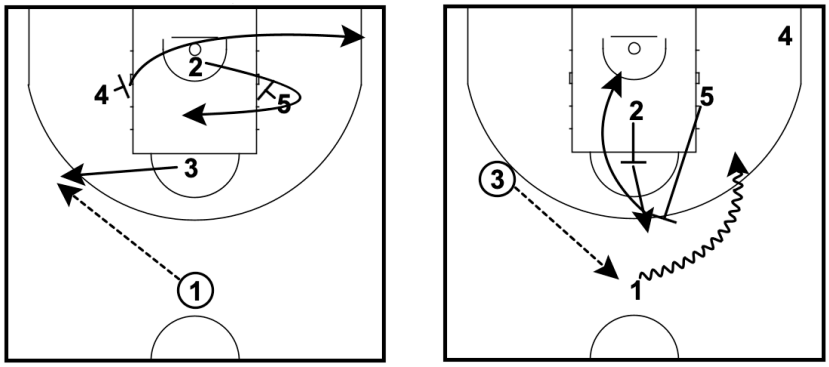
DIAMOND SETS VS MAN

U17+

The same diamond alignment is used but with x5 different options. The number of options used is completely based on the ability of the team to handle these concepts. For some teams it might be one or two, for others more. Making use of 'sequencing' by using the same alignment for all the calls makes it harder for the defense to anticipate what is happening as they will have to recognise the play call. The "Fist" part of the play-call signals the diamond, with the second part signalling the action.

Diamond Spain

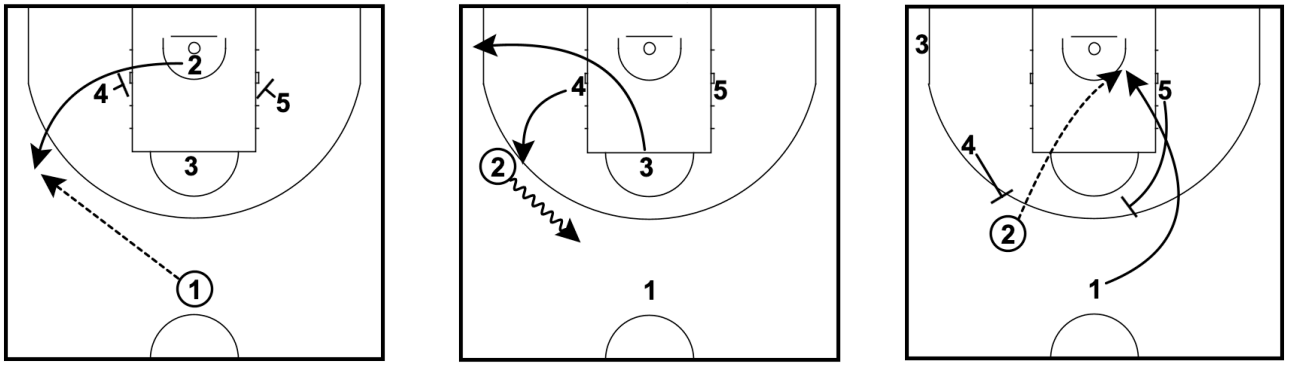
Play Call and Signal = "Fist Up"



Using diamond as an entry to get into Spain PNR. 2 curls tightly off 5 and re-enters the paint. 5 sprints to set the angled pick for 1, then coming off the back-screen from 2. 3 stays high on the wing to remove any chance of a tag. 2 pops after the back-screen looking for the shot.

Diamond Rip

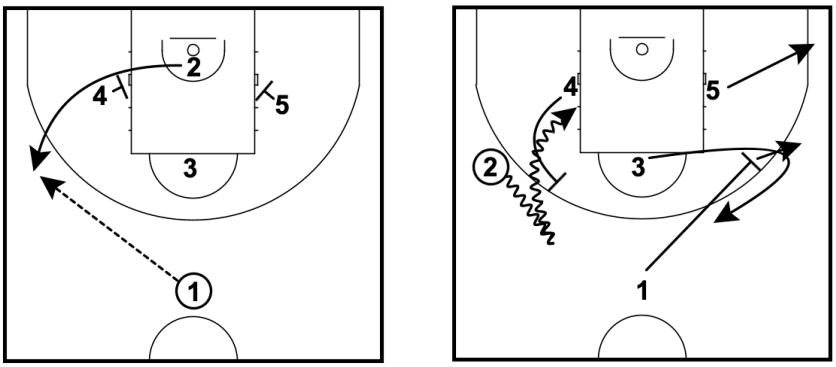
Play Call = "Fist Down"



As 2 comes off the pin receiving the pass from 1, 3 spaces to the corner. 4 follows and sets a step-up, but the main action is a back-screen (aka rip screen) taking place on the weakside. 5 sprints up suddenly to set the back-screen for 1, who curls around it looking for the pass over the top. If it's not on, 1 can use the step-up or go into a gets or PNR with 5.

Diamond Step-Up

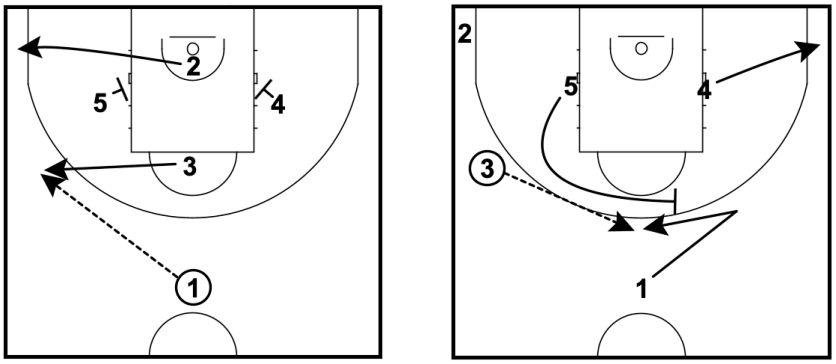
Play Call & Signal = "Fist Out"



After 2 comes off 4's down screen, they drag the ball up towards the top. 1 clears to the weak side and sets an away screen for 3 to curl around. 3, 1 and 5 stay 3 overload the weak side of the floor with their 3 in a row spacing to keep an empty corner for the main action. This is a step-up PNR which happens simultaneously.

Diamond Veer

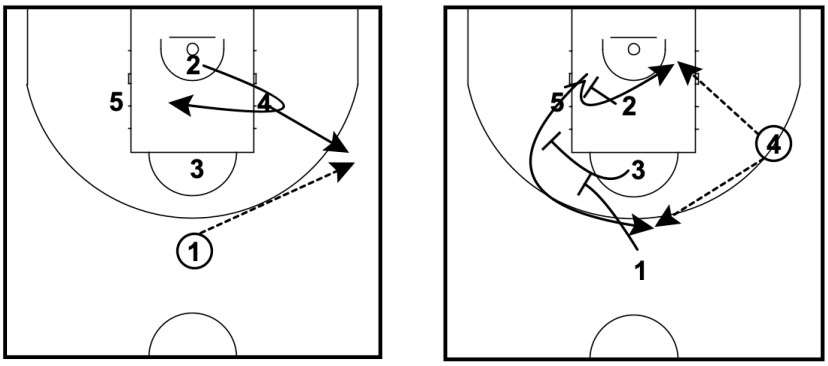
Play Call & Signal = "Fist Twist"



3 exits to receive the ball as 2 clears to the corner. Making use of sequencing, 5 sets their defender up to engage the ball handler by faking the step-up, but instead veering off to set a screen away for 1. 5 must convince their defender they are setting a ball-screen, and 1 needs to appear disinterested before suddenly coming off the pin. This is a great set to run after previously running the step-up option.

Diamond Post Stagger

Play Call & Signal = "Fist Chest"



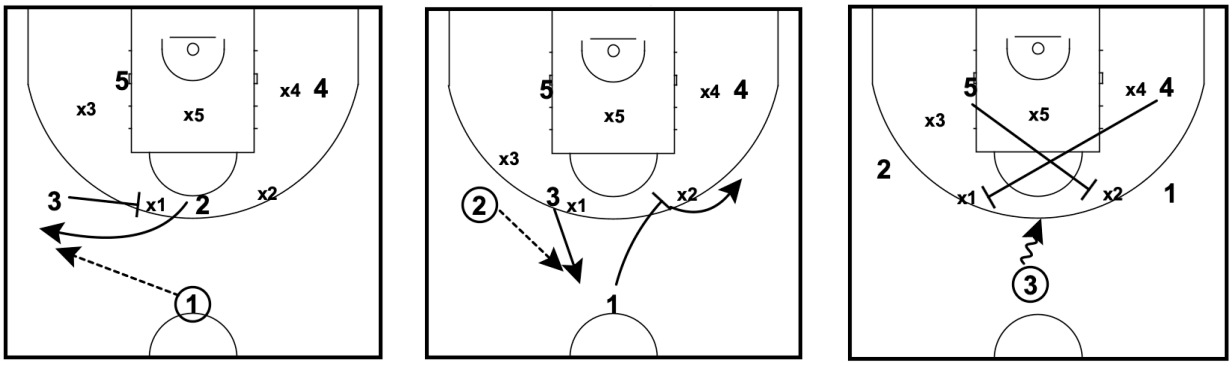
2 curls around 4 as 4 makes a lead to the wing to receiver the ball. 2 then cross-screens 5 - on a switch look for the post-up or 2 coming off the stagger set by 3 and 1.

WINDOW VS ZONE

U17+

Middle

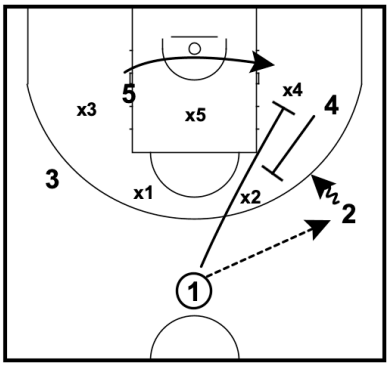
Play Call & Signal = "Open Middle"



Really simple way to "open the window" against a 2-3 zone. 3 screens x1 and 2 receives the pass on the wing. After the screen, 3 pops out as 1 pins x2 and then stretches the defense out by occupying the wing. As 3 receives the pass back from 2, 5 and 4 sprint up and cross each other to screen the inside of x1 and x2. 3 looks to attack through the middle to engage x5 or shoot a pull-up. This can also be done without any prior motion and having the wings simply sprint across the middle, pinning x2 and x1 (see the last frame).

Side

Play Call & Signal = "Open Side"



Using the same concept of opening the middle, but on the side of the zone. 1 passes to 2 and sprints across to pin x4. As 1 hits the elbow, 4 sprints up to pin in x2. 5 circles under if x5 steps out to contest x2.

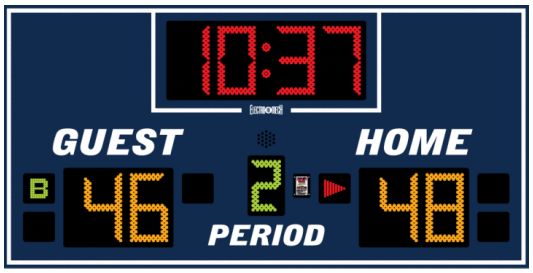


SPECIAL SITUATIONS

Special situations are not just last second shots. Offensive special situations are all the out of bounds, jump ball, pressure release, late clock and free throw situations.

BOBs

An "un-scoutable" system is utilised with the BOBs (Baseline Out of Bounds Plays) whereby the opposing players or coach are never able to recognise the play-call and the play being run. This is done through firstly using the same alignment for all the BOBs, but also using the scoreboard to determine what is being run.



The last digit of the time on this scoreboard is a 7. This automatically cues the BOB play for an "odd number."



The last digit of the time on this scoreboard is a 4. This automatically cues the BOB play for an "even number." If the number is a zero, that is counted as an even.

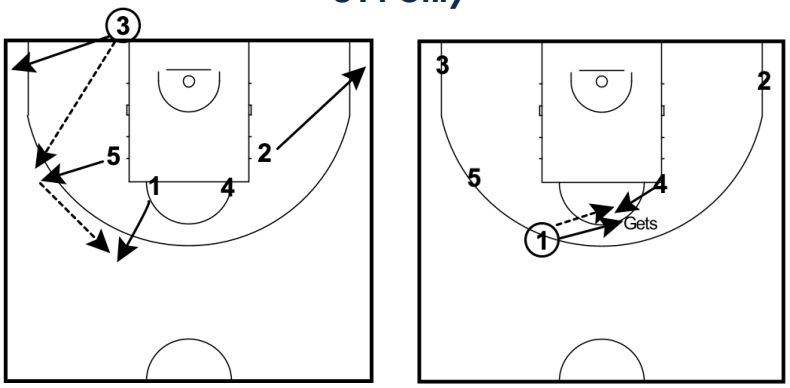
Up to and including U16, there are three BOB calls: one for an even number, one for an odd and one for a "Quick" where there have 3 seconds or less on the clock. At U17+ two more are added, to provide a total of 4 BOBs. The same odd or even approach is used, but the team can either call "In" or "Out". "In" means the action run off the play will be for the inbounder, "Out" means it will be for someone else. This will confuse the other team even more because the only call being used is "In" or "Out," but in reality there are two options for each call.

U14's

For U14, since they do not use screens, the same starting alignment is used as the BOBs from U16's, but with different actions. These BOBs stop being used at U15+ because the addition of screening actions create a bigger advantage.

"Odd"

U14 Only

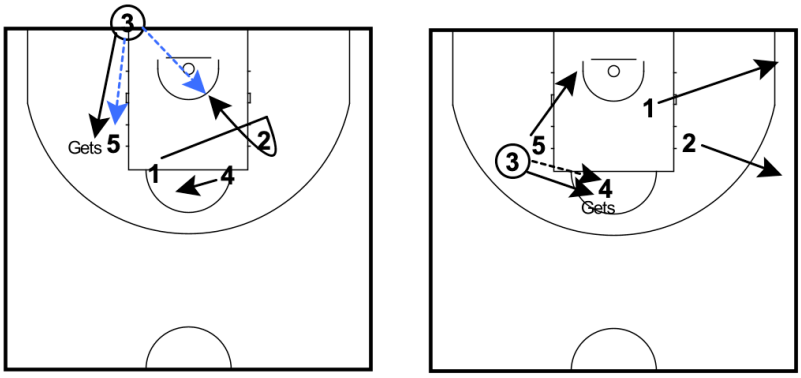


5 take-ons and seals their defender, passing to 1 who makes a lead to the swing. 3 sprints to the corner on the pass.

On the catch, 1 goes into a duet with 4 using a gets. If 1 is denied before they catch the ball, they cut backdoor and 5 runs the gets with 4.

"Even"

U14 Only



Same starting alignment, 1 curls around 2 looking for a cheap score. 5 takes on their defender on to receive the pass from 3.

1 and 2 clear out to space if the ball is not entered on that side. 3 sprints for a gets with 5. After 5 gives it back they slip, while 3 goes into a second gets with 4 if the pass into 5 is not on.

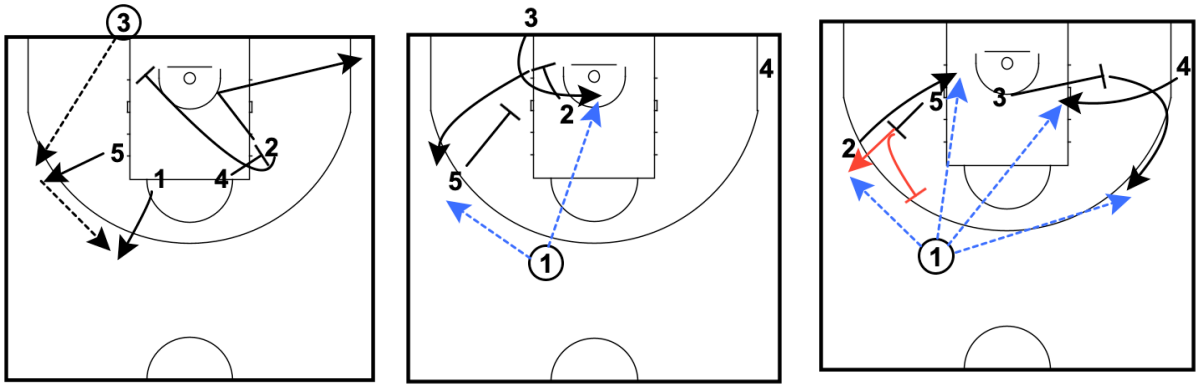
U15's+

At U15 and U16, only the Even or Odd approach is used without calling "in" or "out," however these default options are really the "in" options as this makes it easier for later on. From U17's+, the teams add the "out" options.

"Even"

U15 & U16

From U17+ these become "Out" playcalls on an even number.



5 pops to the wing for the catch, being sure to take on / seal their defender to receive it clean. After catching, reverses it onto 1 who has made a lead to the swing. 4 screens for 2 who goes and pins the inbounder's defender. 4 looks to dive after the screen before getting out to space.

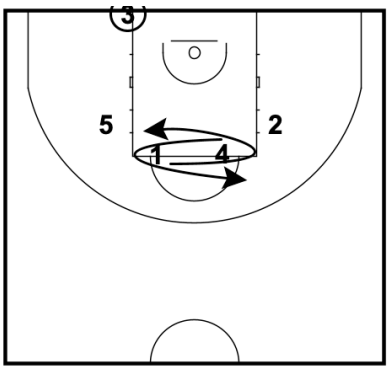
3 curls off 2's pin, looking to receive the ball inside as the first option. Screen the screener action with 5 setting a pin for 2 to come off for the three.

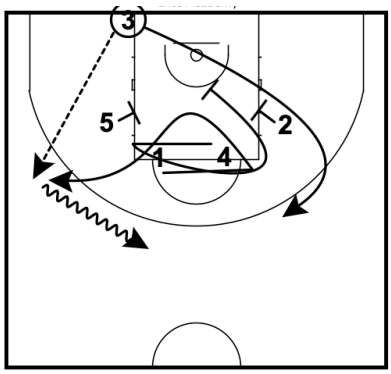
If 2 is not open, cumulative separation occurs with a "Ricky" back-screen set by 5. 5 can then either pop or come for a step-up. Meanwhile 3 sets a flex screen on 4, before exiting. These provide two passing options on the weakside.

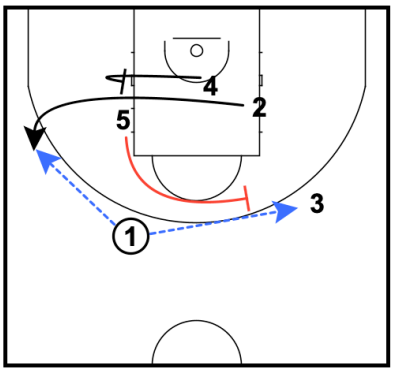
"Odd"

U15 & U16

From U17+ these become "Out" playcalls on an odd number.







1 and 4 start wheeling before 3 receives the ball to confuse and distort the defense.

A second into 3 receiving the ball from the referee, 1 and 4 break off from the wheel. 1 comes off 5's down screen on the high side to receive the ball on the wing. 4 comes and sets the first down screen for the inbounder. 5 is the safety is 1 isn't free off the screen (take-on seal). 1 catches on the wing and brings the ball up to the swing. After 3 passes into 1, 3 comes off the double floppy set by 4 and 2.

If the pass isn't clean to 3 off the floppy, after 3 passes 4, 4 immediately sprints out to set-up an elevator with 5. 2 comes through this elevator (screen own against a switch). If neither option is open, 5 sprints for a PNR with 1 or Veer PNR for 3 to come off the pin.

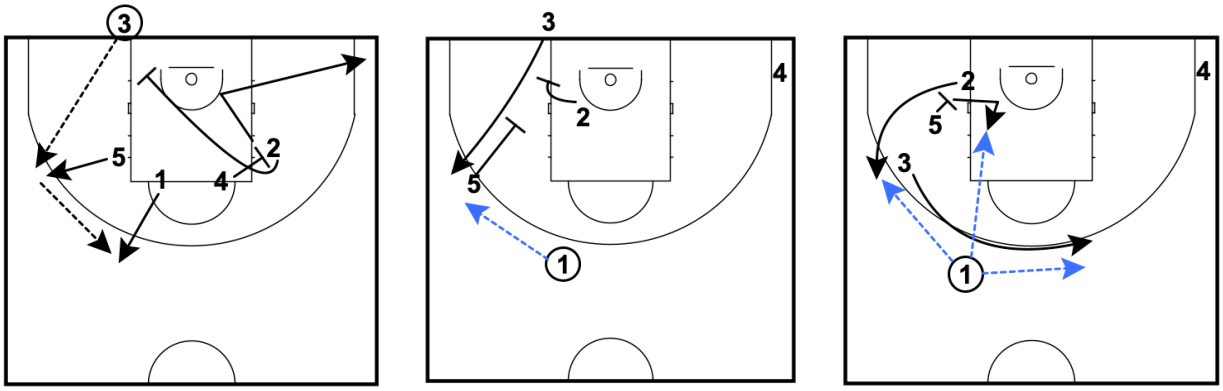
U17's+

Use exactly the same BOBs from U15 & U16 which become the "out" calls on even or add scores, but adding two more options as the "in" calls.

In or Out can be called by the players or coach based on a number of scenarios, such as time and score, if a player is shooting well that game, a favourable match-up which exists etc.

"Even In"

U17+



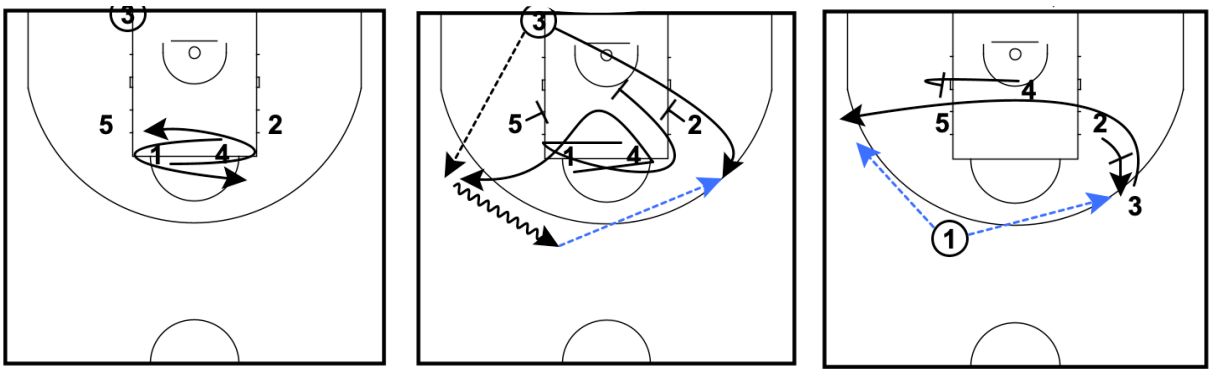
5 pops to the wing for the catch, being sure to take on / seal their defender to receive it clean. After catching, reverses it onto 1. 1 pops to the swing. 4 screens for 2 who goes and pins the inbounder. 4 looks to dive after the screen before getting out to space.

This is different to "Even Out" because now the stagger is set for the inbounder.

If 3 is not open for the three, create a second opportunity for them to get a shoot with the ghost screen. Simultaneously after the stagger, 5 continues and sets a pin to get 2 open. They duck-in after for a potential post solo on a switch.

"Odd In"

U17+



As with "Odd Out", 1 and 4 start wheeling before 3 receives the ball to confuse and distort the defense.

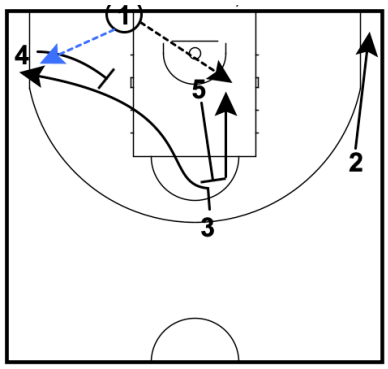
A second into 3 receiving the ball, 1 and 4 break off from the wheel. 1 comes off 5's down screen, also on the high side, to receive the ball on the wing. 4 comes and sets the first down screen for the inbounder. 5 is the safety if 1 isn't free off the screen (take-on seal). 1 catches on the wing and brings the ball up to the swing. After 3 passes into 1, comes off the double floppy set by 4 and 2. Look to shoot if open.

Differs to Odd In, because cumulative separation is used if 3 isn't open off first floppy. This means 2 immediately sets a back-screen for 3 if they are not open off the floppy, which is used to then create separation before the elevator. If 3 isn't open, 2 pops and has a double gap either side for a solo.

"Quick"

U14+

In special situations where there are 3 seconds or less on the clock, automatically run a "Quick" BOB instead of Odd or Even due to the fact there is not enough time to run the full play. This is the same for all age-groups. At U14, instead of back-screening the player can sprint up and then suddenly fake and change directions.



This is especially designed for a switching defense, but if the other team elects not to switch it is equally effective. If 5 has a good size advantage against their defender, simply look to lob pass towards the rim for the alley-oop.

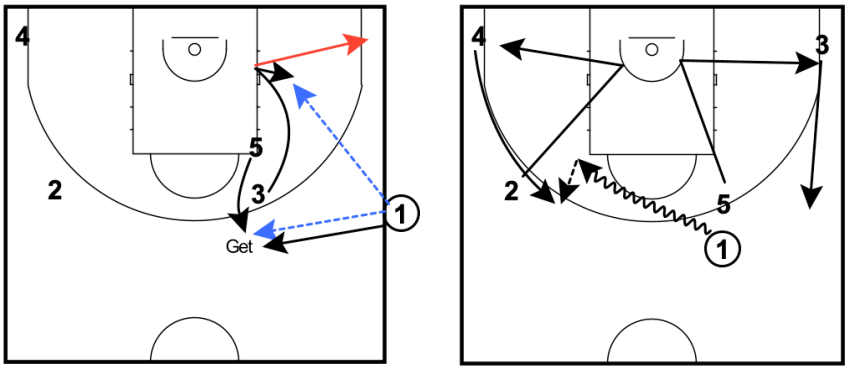
If this scenario doesn't exist because the alley-oop option is exhausted, 3 comes off 5's back-screen, and against no switch, goes all the way to the rim. On a switch, 5 looks to hold the seal and keep their defender on the high side for the easy lay-up. 3 comes off 4's screen for a three (4 screens own on the switch).

Meanwhile, 2 drifts to the corner looking for a inbounds pass along the baseline for the corner 3. This is particularly effective against a zone.

SOBs

"Jazz"

U14 Only



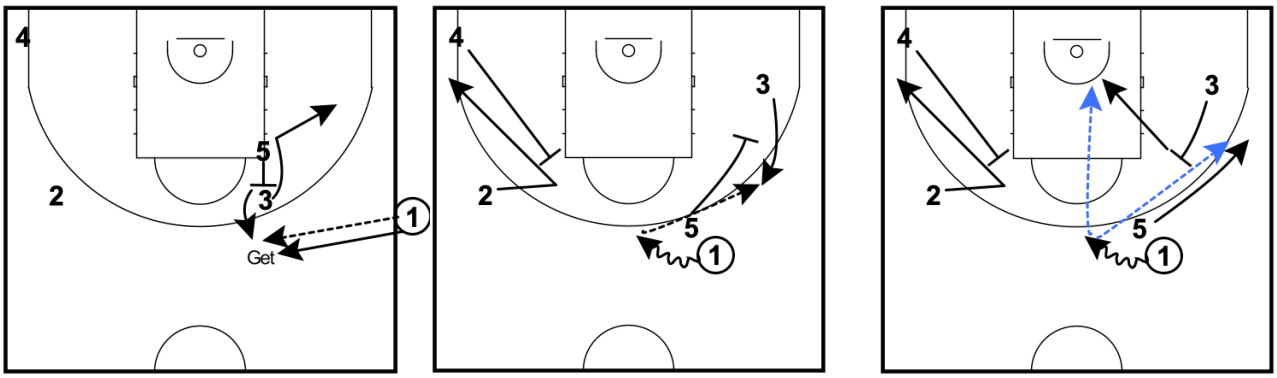
Jazz is used as a SOB throughout the entire program, but with no screens at U14, the same alignment is used but with different actions.

5 makes a lead to the swing while 3 cuts to the basket. On a size advantage, 3 can look to post and receive the ball directly form 1. Otherwise, they clear to the corner and 1 passes to 5 for a gets.

5 gives it back and dives. If there is no dominoes opportunity form the gets, 1 looks to the second side and run an automatic 45 ghost cut. This creates a double gap for 4 to blast cut or for 1 to DHO with 4 (as diagrammed).

"Jazz"

U15+



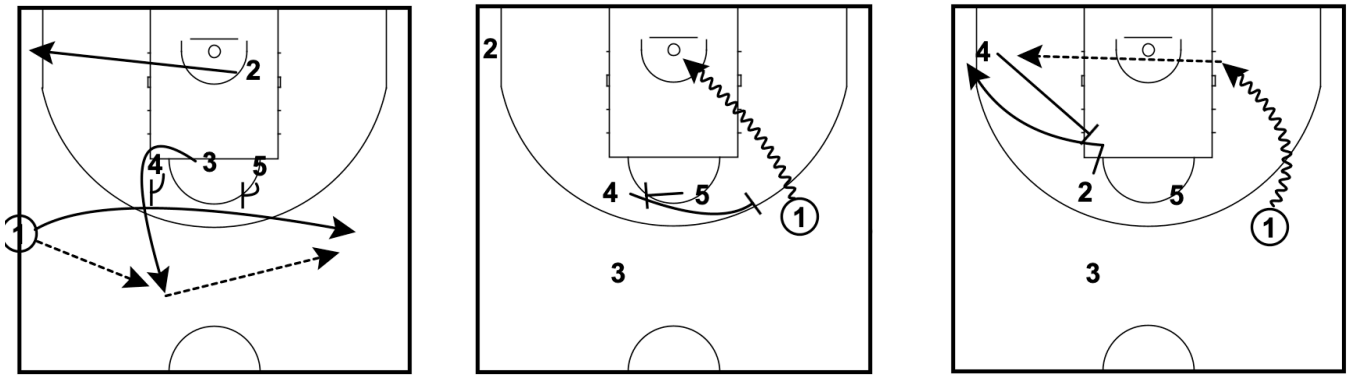
Jazz is an improvisational SOB. Unless the defense really can't guard an action, from U15 up the idea is that players use their knowledge of duets to improvise and go off script each time this is called. While this diagram is started as a back-screen, this could be replaced for a down screen or 5 just making a lead cut. Off the inbound run a gets and look for dominoes, giving the ball back if no advantage exists. 5 then screens for 3 after the hand-off. In the right frame, a flare screen is used instead of the screen to show the improvisational nature of this call.

"Iverson"

U15+

Taking advantage of the fact that players will be familiar with an Iverson due it's inclusion as a trio, it can also be used as a SOB. The Iverson cutter will be the inbounder, with 3 receiving either by curling around 4 (left frame), coming off a zipper, or making a lead.

Once in the Iverson, any situation could happen and it becomes conceptual. In the middle frame, a ram action is shown with 5 screening x4 to then come into a ball screen. An Iverson Hammer could also be utilised with a shooter as the first screener and then looking for the hammer action as 1 completes the Iverson cut and drive it baseline.

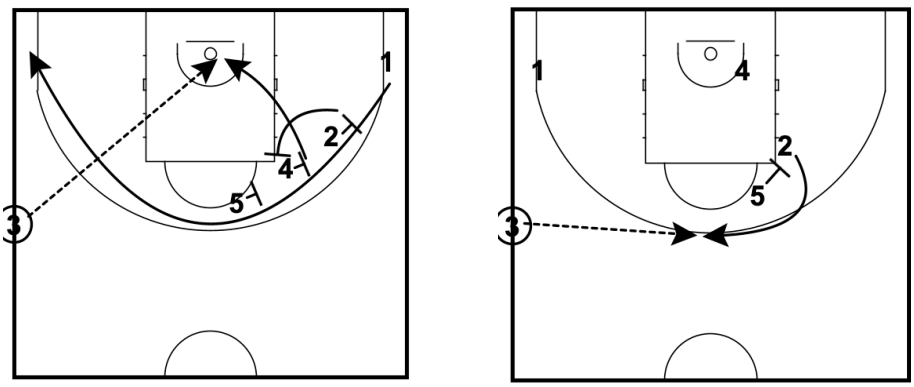


"Quick"

U15+

As with the BOBs, "Quick" is called in scenarios a lob or catch and shoot three option is needed with less time. This can also be kept in the back pocket and used late-game if the team have relied on using Jazz and Iverson all game.

We have 1 forced curl over the triple stagger. However, 5 can also look to screen their own (x5) if x1 gets hung in the first or second screen, as this would result in a catch and shoot 3 for 1. If this doesn't exist, 1 curls to the corner. As soon as 1 passes 2, they back-screen for 4. This provides the lob option in the play. After back-screening, 5 screens the screener setting the screen for 2 as the catch and shoot option.



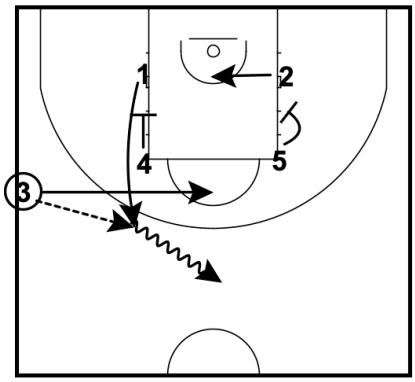
"Diamond"

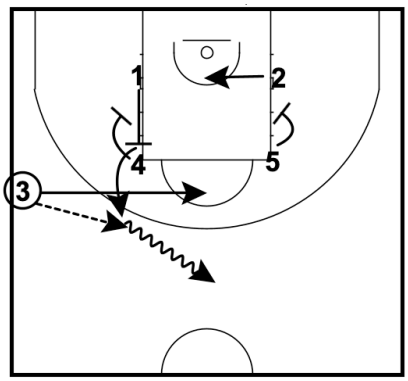
U17+

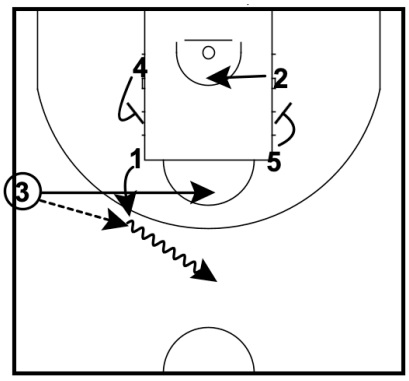
At U17+, the diamond sets are introduced to use in the half-court on select dead ball possessions (i.e. when the referee touches the ball). To make use out of the same reads and actions from this, the Diamond options can also be used as a SOB.

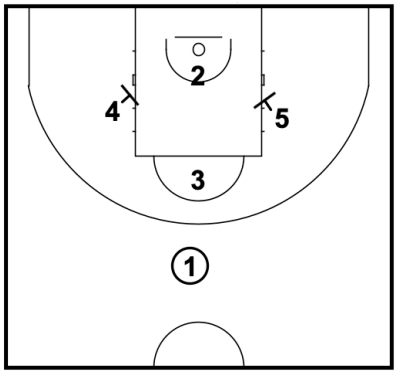
The frames below show how to get into the diamond. Because the playcall is reliant on this entry, a good defensive team may try and disrupt this after seeing it a few times. Therefore some alternative ways to get the ball inbounded, and still end up with the diamond, are also shown (e.g. zipper, back-screen, changing position of 1 and 4 and 1 just making a lead to receive the ball).

The same playcalls are listed as in the "Symphonies" section - therefore players have to conceptually use one of the three entries listed below to get into the diamond. They will then be in a position to execute any playcall out of the Diamond (e.g. Spain, Rip, Step-Up or Veer) as previously diagrammed in the symphonies section.







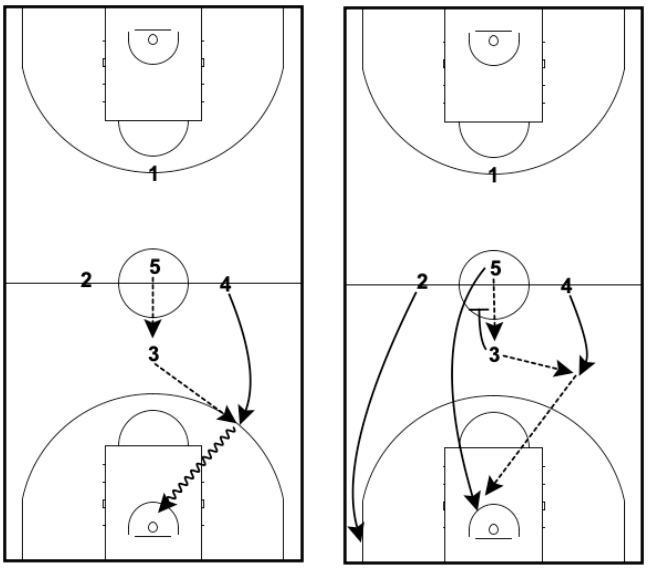


JUMP BALL SITUATIONS

Win The Jump Ball

First option is to tip forward to 3, who makes a lead pass to 4 cutting to the basket (Left Frame).

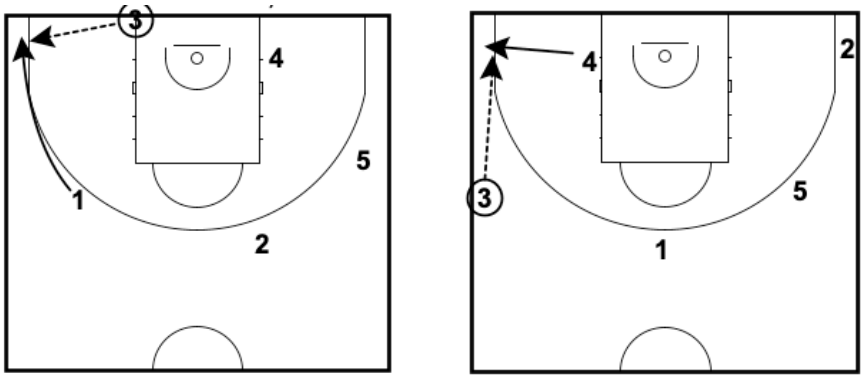
If 4 cannot cut behind their defender, they stop and receive the pass from 3. 3 then back-screens the player that jumped (Right Frame).



SAVING A LOOSE BALL

On the offensive or defensive end, attempting to save the ball but sending it straight into the path of a defender can give up an easy 2 or lead to a fast break score.

The idea is that any time the ball is going out of bounds (most typically on the baseline), the player going for the ball needs to send it to the nearest corner. The ball should bounce in the corner, rather than sending it straight out of bounds. As soon as the closest teammate sees the ball going in the direction out of bounds, they need to sprint to the closest corner. This gives them a 1 second head-start over the defense. This applies on both the offensive and defensive end. This is not something to spend much time on, but a 'nice to cover' if you have the time to do so.

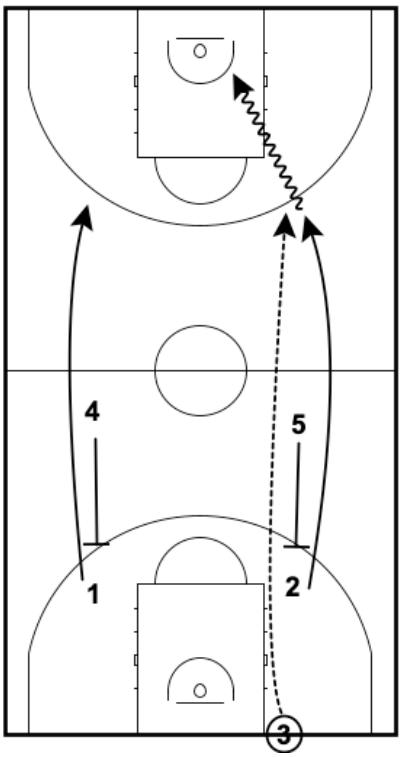


2 For 1 Situations

Toward the end of each quarter, when there's roughly 40 seconds left on the clock, the team with the ball has one of two choices on how to play out the remaining time. They can use their fully allotted 24 seconds to get one quality possession, which leaves the opposition with 16 seconds remaining on the clock and the last possession.

The other option is to go for the 2-for-1 possession. The team will to try to put up a shot between 32 and 36 seconds. This means that even if the opposition use up all 24 seconds on the ensuing possession, the ball will be obtained for the last shot and an extra possession. Statistics have proven that getting a second possession, even at a reduced quality, consistently results in a higher score than getting one possession. This does not mean taking a contested shot, but looking for a quick trigger (e.g. a designated drag screen on 2 for 1 scenarios) to try and get a shot in the 32 - 36 seconds range. The bench and coach should call this out to help the players on the court recognise this scenario. The statistics favour going for the 2 for 1 also in the 4th quarter, but this is the coach's call whether or not to implement it or execute. Our default 2 for 1 play call is could also be a trio such as pistol.

Inbound With No Time or Timeouts Left

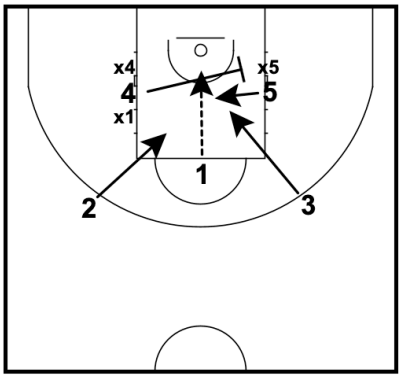


This is a play a team would have to know in-case there are no time-outs left and the ball has to advance the length of the floor. This call is "Barry" (for back-screen). Inbounder must stall for time by tying their shoe lace, they should not pick the ball up straight-away to start the 5 second count!

Two back-screens are set for 1 and 2. The pass goes over the top to 1 and 2 sprinting.

Free Throw Alignment

When down late game and shooting free throws, this free-throw scenario can be used to try and get the ball back for a shot. There are two play-calls: "Roger/Lewis" or "Mike"...

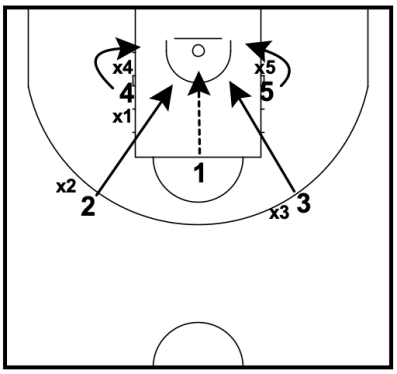


"Roger" and "Lewis":

The shooter aims to hit top of the square so it bounces high off the rim. On Roger (R for Right), the shooter aims to miss slightly towards the right. As soon as the shoot goes up, the player on the left block sprints across and screens the defender boxing out the teammate on the right block. This frees up the team-mate to get the rebound. Lewis is the same but vice versa for the left side (miss slightly left, player on right block comes across and screens the defender on the left. It is best to call Roger or Lewis based on whoever the taller / best rebounder is.

"Mike":

Another option is 'Mike' (M for Middle). The post players will contest around the outside, while the players waiting outside the perimeter will try to rebound the ball. Both players should occupy the space on the 3PT line early so the defender can't bump them off. They get to the spot on the 3PT line with the best angle to run in and get the rebound. This needs to happen as soon as the foul is called, but trying to do this casually without alerting the defense to their intentions. With the run-up advantage, it is impossible for these players to be boxed out.



ADVANCE OR NO ADVANCE?

Deciding whether or not to call a time-out to advance the ball in the last 2 minutes can be a difficult decision. While it allows the team to advance the ball and get organised by running a SOB, it also provides the defense with an opportunity to disrupt the inbound or change their defense.

It is up to the coach's discretion whether they believe the team is capable of pushing the ball quickly and looking to get a score before the defense it set, or calling a time-out and drawing up a SOB. If opting to not use the time-out, it is important the team knows what duet, trio or symphony to default to in the last few moments of a ball-game.