

Event: **AYBL Coaches Clinic**
Topic: **Offense**
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Offensive Principles

- **Attack Space – “test the fences”** - A key offensive principle is attacking the paint. The defense must be systematically tested through penetrating dribbles to find weakness. Players should work with the decision line (foul line) as the point in penetration. Does the big, rim protector step up or lag off?
- **Finish your cuts and keep great spacing** - Proper floor spacing is an enabler for creating space for the offensive player. If floor spacing is correct, the defense will have to work harder to cover their defensive areas or the defense will be limited in their ability to provide help defense and/or trap. Don't let one defender cover two of our offensive players
- **Ball Movement / Dribble with a purpose** - As with floor spacing, ball movement is a key to success in weakening the defense. Players should dribble with a purpose. Dribbling is for specific purpose; to get a better look at a pass, create space or to attack the basket.
- **Extra Pass** - Shoot the highest percentage, open shot.
- **Position-less Players** - Each player on the floor should be technically proficient to perform basket facing 1v1 attacks or back to the basket.
- **Pass forward** – When possible, always push the tempo and make the defense react as quickly as possible by passing forward during transition.

Drills

1v1 in the box

Setup

Line up players on baseline
X – Defense, O – Offense

1v1 in the box

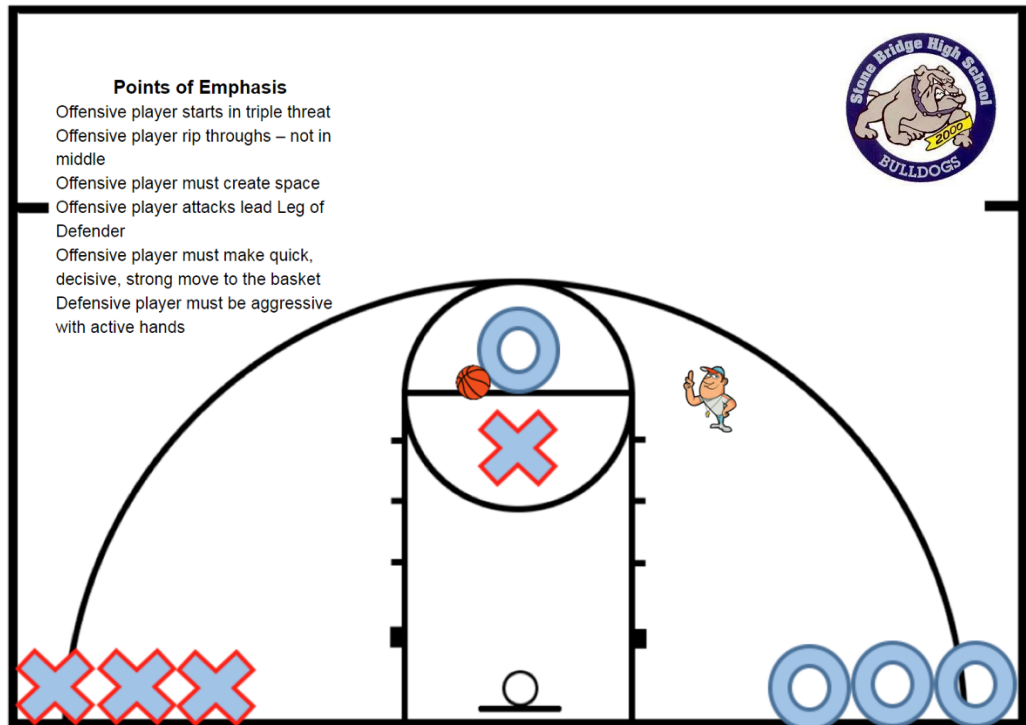
(rotate on defensive stop, bucket made he stays)

Restriction

- Must stay in the box
- 2 dribbles
- 1 shot

Scoring

- Bucket – 2points
- Offensive Rebound – 1 point
- Defensive Stop – 1 point



DeMatha Wildcat

Setup

Split into 2 groups (offense and defense)

Line up players on baseline
X – Defense, O – Offense

Progressions

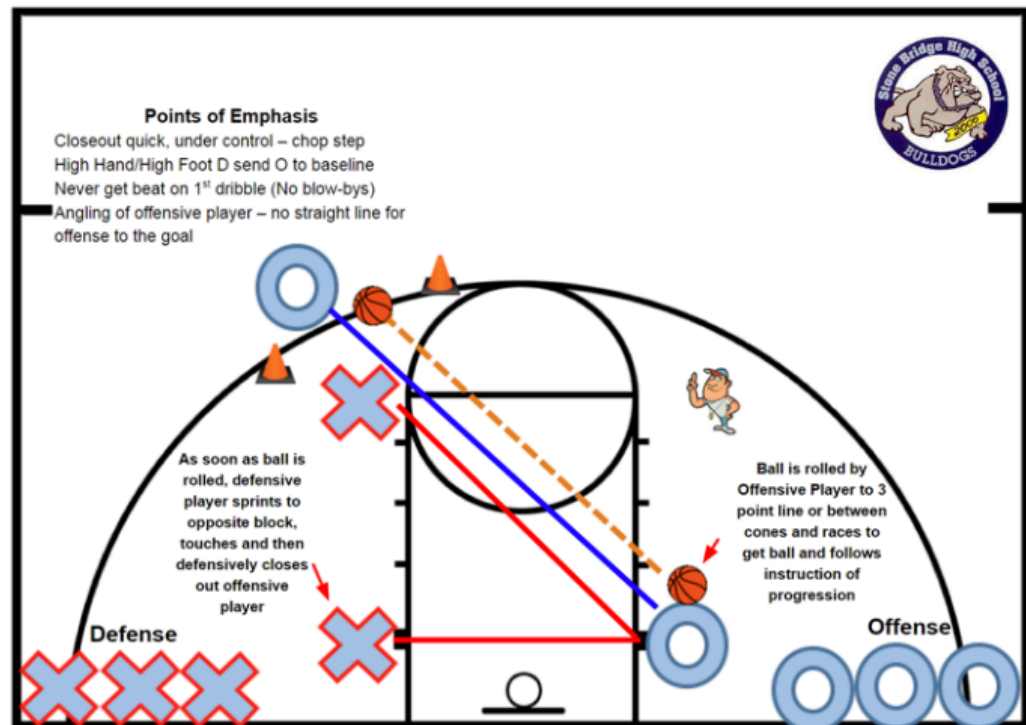
Fundamental (just a couple of reps)

Offense rolls ball out to 3pt line / cone, races to receive ball, gets into triple threat

Defense touches opposite block and closes out
Players switch line

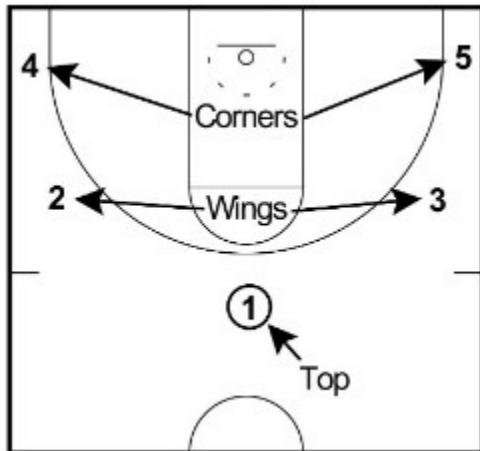
Game Condition (majority of time)

Same as above but play 1v1
Players switch line



5 Out 0 in Motion Offense

5 out' simply means that all offensive players on the floor are starting outside the 3-point line. A motion offense is a free form offense that has no pre-planned cuts or passes. A motion offense gives players a choice of what to do depending on what the player sees the defense do. Pass and screen, pass and cut, curl and pop, inside-out, flare and cut – this is the language of the motion offense.



Key to motion offenses

This offense is for SMART players that can “**READ and REACT**” to the defense they are attacking.

The key to the motion offenses is constant movement. Not just one player moving, but all the players and the ball moving. All moves must be made with a purpose. Each cut predicates an action by the other 4 players. Each defensive overplay dictates a counter by the offense.

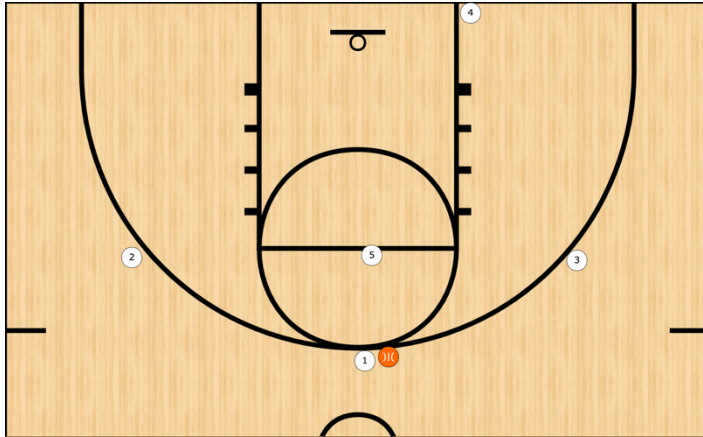
1. Difficult to scout – The offense is different every time down the floor. A motion offense renders all of the scouting work by opposing teams useless.

2. Better player development and fundamentals - With a motion offense, you can spend more time in skill development due to the fact that there are no plays to practice and there is more time to spend on playing basketball! Running a motion offense allows you to develop a complete player. Because the offense demands fundamental skills in the 3 offensive areas (shooting, passing, ball handling), player development becomes more universal.

3. Complete flexibility - A motion offense provides the team unlimited flexibility in every offensive area. The offense adapts to your personnel. Want to play 5 guards, you can. Want to play 3 posts, you can. As long as the players play within their limitations, any alignment, any philosophy, any skill set becomes a part of the offense without having to re-teach or re-learn the offense. If you are ahead, late in the game, a motion offense adapts to slow the game down and run the clock. If you are behind and need some quick buckets, a motion offense can provide you with good shots for your best shooters. Zone defenses pose no problem for a motion offense. With a motion offenses emphasis on spacing, teams can play against any type of zone with little or no adjustment.

1-3-1 Zone Offense

The 1-3-1 offense set is used to **counter zone, junk and even man to man pressure defenses**. It is a core set that we will use as a foundational scheme. When implemented correctly the offense should have good spacing, a high and low post presence.



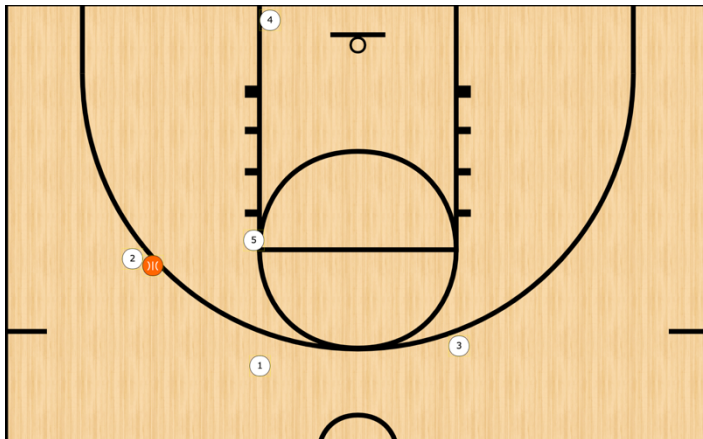
Initial setup consists of ball-handler at top of the key.

Wings are at the foul line extended at a good angle to avoid the pass being intercepted.

A “**hands**” person at the Elbow/Nail area and a **Short-corner** player at the baseline.

Short-corner will remain ball side until ball reversal.

Ball handler must read the defense to identify best option for the entry pass.



When the ball is passed to a wing:

The “**hands**” player will flash to the elbow or mid-post.

The **short-corner** player will do a baseline cut identifying open spot at short corner or 3-point corner.

The weak side wing will make a v-cut towards the basket unless the ball gets reversed and then they will get at a good passing angle to reset the 1-3-1 offense.

Any pass from the wing to the low post / short corner must be passed from below the free throw line.