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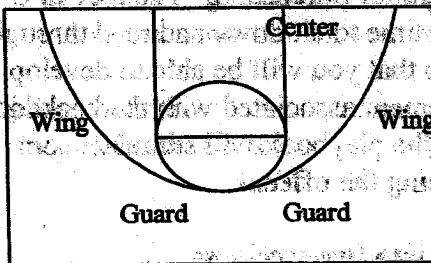
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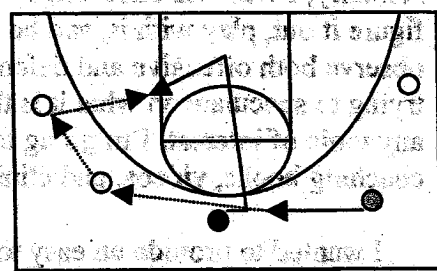
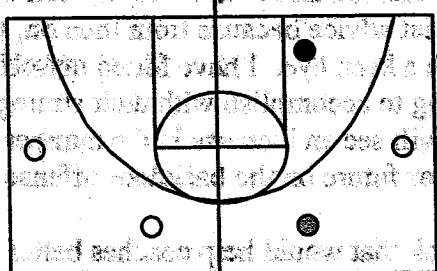
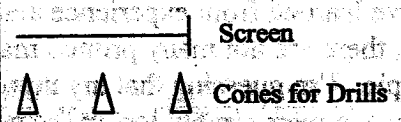
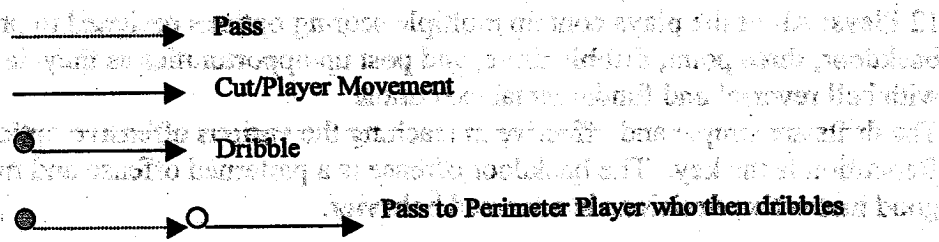
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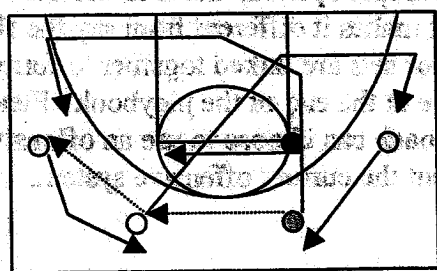
Key to Diagrams



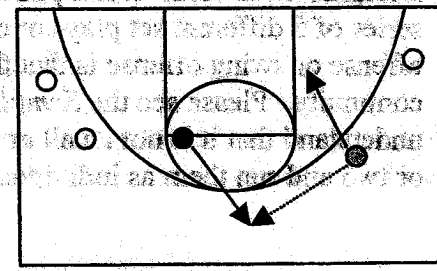
- = Interchangeable Perimeter Player
- = Perimeter Player with the Basketball
- = CENTER (Assume the CENTER has the basketball if diagram contains no: ●)



"Reverse Pivot to Post Up" – Refers to a player Cutting backdoor and then posting up strong.



"Dribble Up" – Refers to players rotating up to fill the four spots to reset the offense.



"Center Shape Up" – Refers to any time the Center moves above the top of the key within the offense.

Thank You

First and foremost, thank you for purchasing "The Key to Unlocking the Backdoor." It is my hope that you will take the time to sit down and read through the playbook diagram by diagram or option by option so that you will be able to develop a better understanding of the cuts, screens, and player movement associated with the backdoor offense. If you already run the offense, it is my hope that the playbook will stimulate some new ideas in regards to offensive movement and teaching the offense.

The Playbook is broken down into five sections:

- I. Introduction - Thank You – General Philosophy – Commentary.
- II. Offensive Sets: I tried to outline with detail the various read and react options for each offensive set. Low Post, High Post, Shape Up, Wide, Triangle.
- III. 12 Wrinkles: All of the wrinkles are quick hitters that are designed to compliment to offense, provide instant offense, and in reality serve as a counter movement to a specific defense.
- IV. 12 Plays: All of the plays contain multiple scoring options designed to provide backdoor, three point, dribble drive, and post up opportunities as they develop with ball reversal and fundamental execution.
- V. The drills are simple and effective in teaching the various offensive options. Repetition is the key. The backdoor offense is a patterned offense and making good instinctive decisions is a learned behavior.

I wrote this playbook to share my ideas and what I have learned from experience and from scouting other teams that run the offense. Unfortunately, there are not many printed materials, coaching videos, or coaches speaking at clinics on the topic. I'm guessing that my numerous written attempts to coaches for printed materials a decade ago were simply lost in the mail. Actually, I was told once that if I wanted to learn the offense that I "must do my homework, figure it out, play with it, and be creative." It was great advice because from then on, I began to observe both offensive and defensive movement with a keen eye. I have found myself always trying to speculate on what it is that coaches are trying to accomplish with their strategy. Like any topic of interest, I'm going to speculate that we will see an increase in the number of coaching books, videos, and clinic speakers in the near future on the backdoor offense.

I wanted to provide an easy to understand playbook that would help coaches better understand what it is that makes the Princeton Offense tick. It is not simple fundamental freelance basketball. It is a patterned offense with multiple options. I like to describe it as a series of 5 different set plays or offensive sets. What makes it different from say the flex offense or swing offense is that these different plays or sets are linked together to form continuity. Please see the *Sample Offensive Sequence* at the end of the playbook. Please understand that it is not an all or nothing offense, a coach can choose to use an offensive set or two and run them as individual plays to compliment the current offensive system.

I chose to include a section on repetitive or common cuts because all teams that run the offense will use these cuts regardless of how they tinker with it to fit their personnel or take advantage of team strengths. Rarely do I watch a basketball game where I do not see these common cuts in some form. These cuts are the foundation of the offense. As you read through the playbook, these cuts will reappear again and again.

I have included an example of a Sample Offensive Sequence at the end of the playbook pass by pass to take you through how the various offensive sets can be linked together on a single possession. The three most important teaching tools are repetition, repetition, and repetition.

I included a notes and ideas page opposite of the offensive wrinkles and plays for note taking. The backdoor offense makes it easy to tinker with and add favorite plays and quick hitters. All of the plays are diagrammed with multiple options. I like plays that have backdoor, dribble drive, three point, post up opportunities, can transition into a set.

Common Questions and my answers:

Question: Why is it so difficult for coaches to pick up on the offensive options and patterns of the Princeton Offense? Answer: #1. It is an offensive with multiple options. #2. Coaches add different quick hitters and plays. #3. Coaches add different entries to begin the offense. #4. Teams follow slightly different rules that effect continuity.

Question: Can the offense be effective against a zone? Answer: We learn through experience. I prefer a zone offense with a low post and high post presence against zones.

Question: I coach junior high, how do I implement the offense? Answer: I would suggest just running the simple shuffle cut offense and add the Shape up movement. Keep things simple and concentrate on developing the fundamentals.

Question: Recently I read on the internet that the Princeton Offense is not really an offense at all, but rather an unstructured style of play? It stated that the offense does not rely on executing set actions or plays. Is this true? Answer: I totally disagree with what that assessment. In my view, this is a structured patterned offense that actually heavily relies on new plays and movements. Don't misunderstand me, there are multiple options and lots of room for creativity, but it is not a freelance offense.

Question: Do these teams that run the offense teach guys how to play or are they just teaching plays? Answer: I would like to argue they do both. They teach guys fundamentals and teach them multiple options for each play or offensive set. Obviously, the more skilled and fundamental players are, the better the offense is going to be executed.

Question: Why do you prefer the Princeton Offense? Answer: I've always been a finesse basketball player, impressed by ball movement, and solid execution of the fundamentals. The following four pages outline 12 ideas as to why I prefer this system.

1. **SELFLESS FUNDAMENTAL TEAM BASKETBALL** – We like to sell the Princeton Offense as an equal opportunity offense. It is a patterned offensive system with multiple scoring options. The offense requires players to move in set patterns with and the majority of the time without the ball to create offensive opportunities. There are four interchangeable perimeter positions and of course the Center. The movement and actions of the Center will trigger or transition the offense into new offensive sets. The success of the offense depends upon each player executing the offense and fulfilling their role on each possession. Players have to execute precision backdoor cuts, solid screens, quick ball reversal, strong post ups, and use dribble penetration within the context of the natural offensive flow in order to run it effectively. Players need to be constantly reminded that the fist is stronger than five fingers. The chain is only as strong as its weakest link. In adopting the Princeton Offense, a coach assigns responsibility to every player on every possession emphasizing concentration to details, execution of the fundamentals, and above the importance of selflessness and teamwork.

A Selfless player works hard on the fundamentals, listens to the coach, respects game officials, learns the multiple options of the offense, and communicates with his teammates. Ultimately, he is disciplined and accepts the team's goals as his goals. He surrenders the "I" and speaks using the term "We."

2. **SPACING AND FLOOR BALANCE** – Starting the offense with five players above the free throw line keeps the Backdoor Open for backdoor cuts and dribble penetration for players who can beat their defender and get to the rim. High percentage shots in the form of lay-ups are a necessary part of any offensive scheme. In theory, by spreading out the defense and keeping everyone moving without the ball we are forcing the defense to defend all five offensive players on the floor. The distance between players make it more difficult for the defense to double team, trap down in the box, and cheat off on the weak side. Proper spacing and floor balance should allow players to take advantage of individual basketball skills when the opportunity presents itself within the context of the offense. Floor balance and proper spacing certainly will create better passing angles for post entry to the Center which is a constant point of emphasis.
3. **TOURNAMENT READY OFFENSE** - It is common knowledge that the intensity of playoff basketball simply can not compare to the regular season in any way, shape, or form regardless of the level of play. The reason is that players know when they walk across those lines at tournament time that it could be their last game of the season or career. The rim gets smaller, mistakes are multiplied, every possession matters. In addition, coaches scout, breakdown film, and develop a game plan for playoff opponents as though their life depends upon it. As a result of a combination of these factors, fast break teams usually abandon their quick shot mentality and slow down, reduce substitutions, and grind it out at the half court level in an attempt to execute a game plan. In adopting an offense that emphasizes intelligent play, basketball fundamentals, and patience, we are really preparing ourselves to be tournament ready and a basketball team no one will want to play regardless of the talent we may or may not possess.

4. **1st OPTION** is the **CENTER POSTING UP STRONG** – The Center is the focal point of the Princeton Offense. The offense demands that the Center must be at least a decent passer, shooter, ball handler. The Center must continually work to improve his fundamentals, footwork, post up positioning, and ability to score with his back to the basket. Teach Post Moves and insist that he uses them. Institute the “black hole” rule if the Center is kicking the ball out too much. Because the movement and the actions of the Center will trigger new offensive sets, the Center is constantly moving from the low post to the high post to outside the three point arc and back again all within the structure and natural flow of the offense. The Center steps out to screen and roll, reverse the ball, drive to the basket, screens down for perimeter players, and posts up strong on ball reversal.

Post Entry is always the #1 option.

The Princeton Offense provides multiple options for post entry, stresses ball reversal to post entry, incorporates high-low post entry, and can easily accommodate special plays for post entry.

5. **FREE THROWS** – An offense must have built in opportunities for players to be fouled on a hard drive to the basket, strong finish on a backdoor cut, or a well executed post move in the box. The Princeton offense presents dribble drive opportunities, backdoor lay-ups, and strong post ups as a means of drawing contact and getting to the foul line within the natural offensive continuity. We always hear coaches stress that one of their team goals is to convert more Free Throws than their opponents attempt. This is only possible if players are put in a position to get to the foul line. As players become familiar with the offense, they learn how to take advantage of the defense and get to the foul line without disrupting the continuity of the offense movement.
6. **UTILIZE STRENGTHS and HIDE WEAKNESS** –An offense must provide a team with enough offensive options to take advantage of the strengths of their personnel. The Princeton Offense allows players to utilize their own personal strengths because of the multiple options. Essentially, in an effective offense, shooters must have opportunities to shoot three pointers, athletic wing players must have opportunities to attack the basket off of the dribble, passers must be able to make plays, and post players must have opportunities to post up strong and execute their post moves. As players learn the offense and what it can do for them, they get better at taking advantage of the scoring opportunities. However, the offense can only provide opportunities on the chalkboard. Players must make good decisions and execute on the floor in order to make the offense work for the team. As players learn the offense, they also learn how to hide their own weaknesses. We don't need a player who can't shoot, shooting three pointers. We don't need post entry passes to a guard who can't score in the box. We don't need a player who attacks the rack without the ability to finish. We need players to use common sense, work together, play fundamental basketball and operate within the natural flow and continuity of the offense. As a team, we know that executing the fundamentals and being patient on offense will eventually deliver the scoring opportunities to take advantage of our offensive strengths.

7. **PATTERNED OFFENSE** – The Princeton Offense combines a series of patterned offensive sets that have multiple read and react scoring options depending upon the actions of the defense. These built in multiple options provide the offense flexibility to take advantage of the defense regardless of the defensive strategy. Each offensive set is designed to adjust the offensive cuts to counter the defense. In general, the offense will provide:

Backdoor Cuts vs. Overplay Man to Man Defense

Dribble Drive vs. Tight Man to Man Defense or Trapping Defense

Three Point Jump Shots vs. Sagging/Loose Man to Man or Zone Defense

Strong Post Up Options vs. Multiple Defense especially vs. Man Defense

The bottom line is that patient execution of the offense will create all types of scoring options regardless of the defense because patient offensive execution will make it inevitable that the defensive will breakdown. The #1 benefit of a patterned offense is that it gives purpose to all offensive player movement. We are teaching players to look for specific scoring options with every pass. Teaching a patterned offense allows a coach to pinpoint player responsibility and emphasize specific teaching points with repetition in practice. Think Pavlov's dogs: we believe making good basketball decisions is a learned behavior. We believe repetition in practice will eventually lead to natural reaction in games. We want to take advantage of good floor balance and create opportunities for post ups, backdoor lay-ups, dribble penetration, and three point shots.

8. **FLEXIBILITY – OFFENSIVE COUNTERS – WRINKLES – PLAYS:**

The term flexible has multiple meanings within the Princeton Offense. It means using the multiple options within the offense to take advantage of the defense regardless of the defensive strategy. It means allowing players to react instinctively to an outlet pass that creates an opportunity for a lay up or allowing a player to improvise a cut to the basket to take advantage of his defender. We like to teach the offense because it is easy to tinker with and add offensive counters.

We use plays and wrinkles throughout the year to take advantage of our offensive strengths or take advantage of an opponents' defensive weakness as noted in the game plan. Obviously, the key with plays and wrinkles is repetition in practice and making sure all the players understand the purpose and option of the play. Players are not robots, we realize that flexibility means players must be allowed to react to the defense and create on their own when necessary.

9. **SHOOTING** – The Princeton Offense relies heavily upon three point shooting.

Practice – Practice – Practice. I would recommend giving freedom to all players to take at least one three point attempt per game as long as the shot attempt comes from within the natural offensive continuity and the player is OPEN. There are multiple reasons for this philosophy. First, we believe it will help develop confidence in shooting. There are players who will develop when shooting open from behind the arc. Second, we believe it will keep the defense honest opening up the backdoor for lay-ups. Third, if the defense is forced to guard the three point shot, it will create an opportunity for attacking the basket off of the dribble. Two statistics we keep and emphasize is a simple tally of OPEN SHOTS vs. DEFENDED SHOTS and another tally of FORCED and UNFORCED SHOTS.

PASSING – There is not one type of pass that makes the offense tick. There are coaches who insist all backdoor passes are bounce passes or thrown with one hand off of the dribble. We believe that players vary in ability and not everyone can throw bounce passes, deliver a pass with one hand, or jump pass in the air to a spot up shooter. Therefore, we emphasize that players pass within their own ability. In general, it means we stress SAFE passes. We believe with every pass in the offense, our chance of scoring increases on the possession. Keep the offense moving and always remember it is the pass before the assist or the pass two passes before the assist that is going to create the scoring opportunity. One statistic we like to keep in addition to the assist/TO ratio is the TO/pass ratio especially on post entry passes.

DRIBBLING – We like to see players use the dribble to attack the basket to score, dribble drive and kick out to a spot up shooter, or simply dribble up top from the wing position and reset the offense. Obviously, the better an offensive player is at handling the ball, the more opportunities he will have to score or create scoring opportunities for other teammates within the offense. Players need structured drills in practice to improve their dribble moves and ball handling skills.

10. **TEMPO CONTROL - BUILT IN DELAY OFFENSE – FOUL TROUBLE – A good offense is the best defense.** The Princeton Offense does not have to be a slow down tempo control offense. A coach can have his team push the ball look to score in transition, execute a secondary break, and then instruct them to take the first open shot in the half court offense. However, if we ever want to limit possessions, control the tempo of the game, and hang onto the ball. We have an effective offense to accomplish this purpose. If the score is 40-38 when the final buzzer sounds, we are unapologetic. Fewer possessions, means fewer opportunities to commit fouls. Thus, we don't usually have to worry about foul trouble late in games as a result.
11. **TWO GUARD OFFENSE = EXCELLENT TRANSITION DEFENSE** – Most of the time, the Princeton Offense will leave two perimeter players in the guard spots above the three point arc. We assign both of these perimeter players to back peddle and transition back on defense with the shot attempt. This is in addition to our point guard or primary ball handler. One of our defensive goals it to not allow a single easy transition basket. Does this compromise our ability to rebound on the offensive end? Absolutely. We will give up the two or three field goals we might have scored on offensive rebounds to ensure that no one will get behind our defense and score a transition lay-up. In addition, by insisting on getting back on defense with every shot attempt, we force the opponent to operate against our half court defense on every possession. As a result of making them work hard for their points, we are also dictating the tempo of the game.

12. GAME PLAN – I think a coach can consistently predict where the majority of the scoring opportunities are going to come from after scouting an opponent with this offense. I always try to envision what the shot chart is going to look like against an upcoming opponent so the team knows what to expect. There are going to be varying points of emphasis depending upon the defense. There are going to be nights where we take the majority of the shots inside, nights where we have to shoot the ball from downtown, and nights where we can expect to take the ball off of the dribble to create shots. The following are questions that I want answered while scouting an opponent.

FULL COURT DEFENSE:

- What type of Full Court Pressure do they use? When do they use backcourt pressure?
→ Do we need to make any adjustments to our press offense?

HALF COURT DEFENSE:

- What kind of Half Court Defense do they use?
→ Do we need to make any adjustments to our normal offensive entry?
→ Do we need to add plays to help RELIEVE PRESSURE to enter the ball?
- What are the strengths and weaknesses of this team's defensive scheme?
→ I want a general description of each defender's strengths and weaknesses
- Who are the strong defenders and weak defenders?
→ How do we isolate and take advantage of the weak defenders within the offense?
- How physical is the defense? How often do they foul?
→ Are we going to struggle making cuts?
→ How are the officials going to call the game?
- Do they defend the perimeter shot?
→ What Wrinkles and Plays will be effective?
- Do they defend backdoor cuts?
→ Which backdoor cuts would most likely work against this team?
- ~~How do they defend dribble penetration?~~
→ Can we take advantage of dribble drive opportunities?
- Do Post Players defend the perimeter?
→ Can we shoot the three point shot against this team?
- Do they switch on screens?
→ Do we need to do anything special to take advantage the switching?
- How do they play post defense? Front? Behind? Quarter?
→ Are we going to struggle with Post Entry?
→ Do we need to add anything special to enter the ball into the post?
- Do they trap down in the post? Where do the traps come from?
- How is their weak side defense? Do they help off the ball?
→ What wrinkles or plays can we use to exploit the weak side defense?

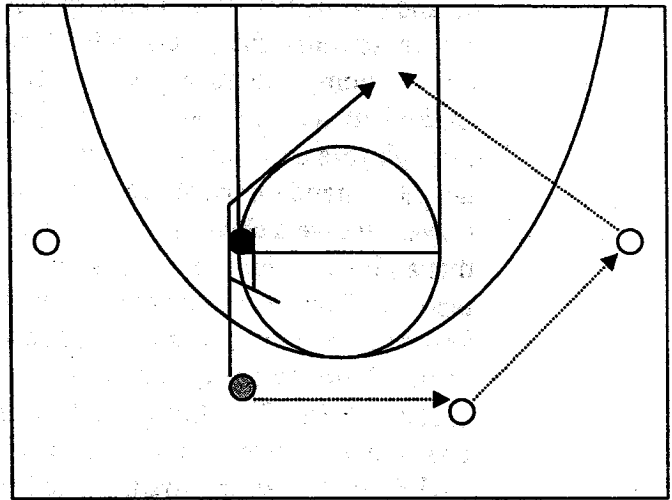
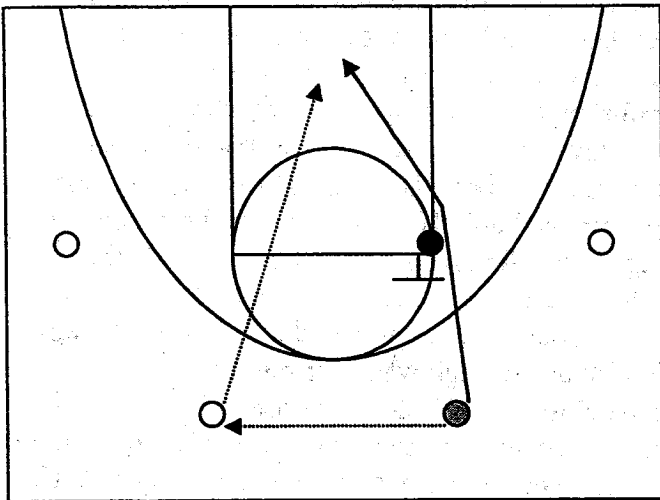
ZONE DEFENSE:

- What kind of zone defense do they employ?
- Do they trap out of the zone? How do they employ this trap?
- Do they 1-3-1 trap? Where are the traps on the floor?
→ Do we need to make any adjustments to our zone offense?

Problems or Weaknesses:

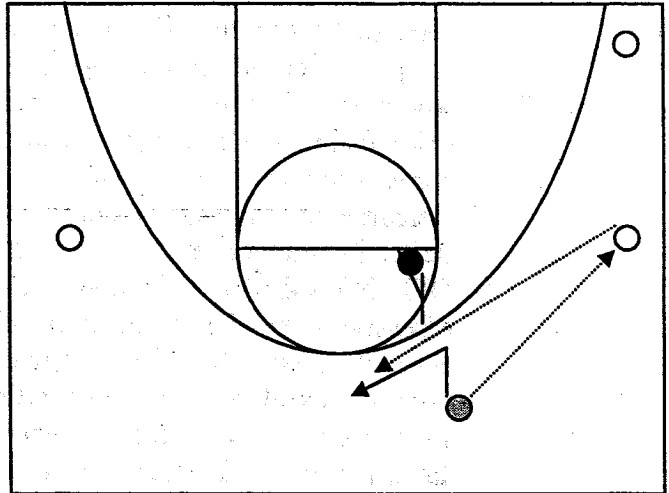
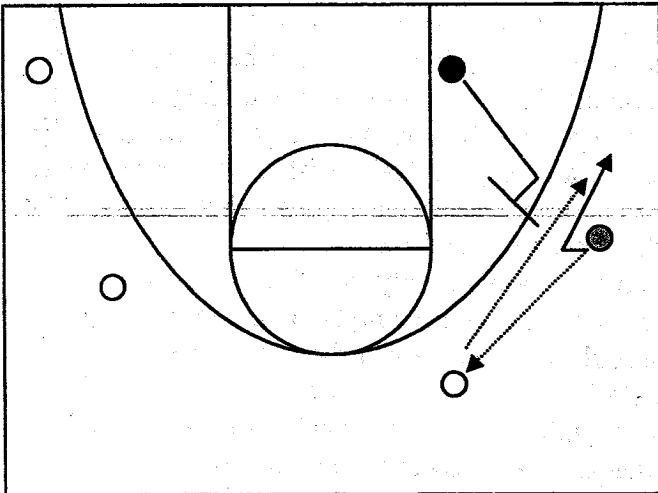
1. **PHYSICAL PLAY** – If a defense is allowed to body up and foul on every possession on and off the ball, the offense is going to struggle. I have learned that it is hard for players to make sharp cuts to the basket when the officials allow defenders to hold jerseys, bump cutters, and generally play dirty, especially away from the ball. Basketball is a physical game, and an unfortunate brutal game at times when facing dirty players and win at all cost coaches. Have you ever faced a team that has been taught to stand on the shoes of opponents on out of bounds plays? Have you ever had a player receive a cheap shot elbow away from the ball? Have you ever had a coach deny that a player of his would do such a thing; then offer an apology after reviewing the tape? Offensive players have to be tough physically and mentally. Prepare them to get knocked down on cuts and fouled away from the ball. Be prepared to bring this “illegal contact” problem to the attention of the officials through whatever means necessary.
2. **ZONE DEFENSE** – Last March, while watching the NCAA tournament, I told a rival coach that I had an idea to write and sell an easy to understand offensive playbook on the backdoor offense and market it online. His response was that he was going to market a playbook on how to defend the backdoor offense: **PLAY ZONE!** Without question, it is much more difficult to score on a backdoor lay-up with 3 defensive players in the paint. However, I would like to point out that it is not impossible. The goal should continue to be 5 backdoor lay-ups per game. I have learned to **ALWAYS** be prepared for teams to go **ZONE** even if the opposing coach is an obsessed man to man drill Sergeant and believes playing zone is some sort of basketball sin. It can and will happen.
3. **TRAPPING** – 1-3-1 trapping leaves the floor open and speeds up the pace of the game because it forces the offense to attack. I have learned that a team needs to take advantage of open shots against the 1-3-1 trap especially if the Center is a shot blocker. My advice would be to develop fearless corner shooters: Practice corner and baseline jump shots. I enjoy facing an effective/physical 1-3-1 zone about as much as I enjoy being at the Vegas clinic sitting at a table, holding a 12 facing a blackjack dealer with a face card showing. I welcome the challenge, act confidently as I expected this to happen while I motion the dealer for another card, but I realize that I need a little luck.
4. **OFFENSIVE REBOUNDING** – In reality, a team’s ability to rebound the ball offensively will depend upon the athleticism and rebounding talent of team personnel. Since the goal of the offense is to take high percentage open shots, I am not concerned with offensive rebounding statistics. Of course, my father claims that I never did record an offensive rebound in high school. It is probably true and now I favor a rule that designates the point guard back on all shot attempts along with the top two perimeter players. We don’t want to give up a single transition basket. Sure, we might lose out on an easy put back or two, but hopefully we will prevent an easy transition basket or two on the defensive end of the floor.
5. **LONG RANGE JUMP SHOOTING** – Running an offense that preaches taking advantage of the scoring opportunities the defense gives you translates into your “Shooters must be able to accurately shoot from downtown.” I believe it becomes more difficult to win big games when relying solely on jump shots from 23” feet against sagging defense. It is cause for alarm when the # of three point field goals begins to outnumber the # of two point field goals. The offense becomes too one dimensional, work hard on developing a balanced scoring attack.

REPETITIVE or COMMON OFFENSIVE CUTS



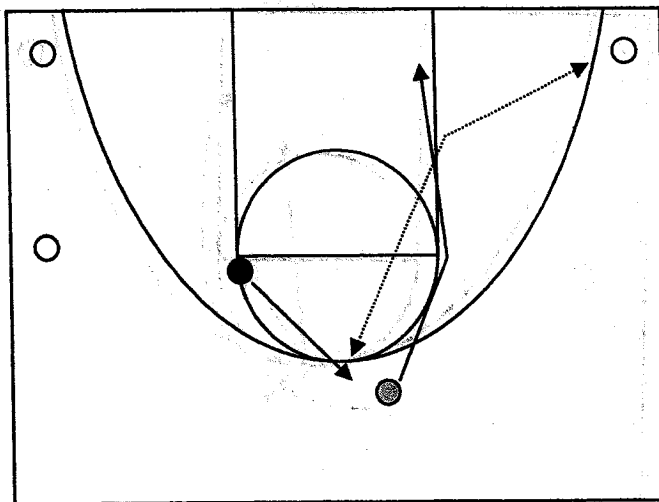
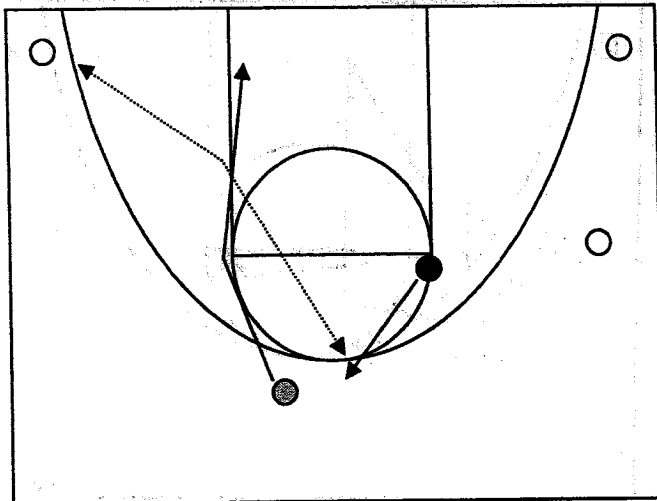
The Shuffle Cut

The Shuffle Cut is a repetitive cut within the offense. The offense reverses the ball looking for the guard cutting backdoor looking for the lay-up off of the back screen set by the CENTER.



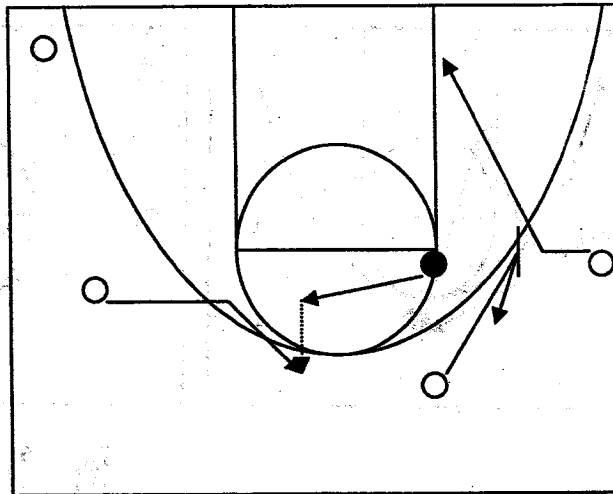
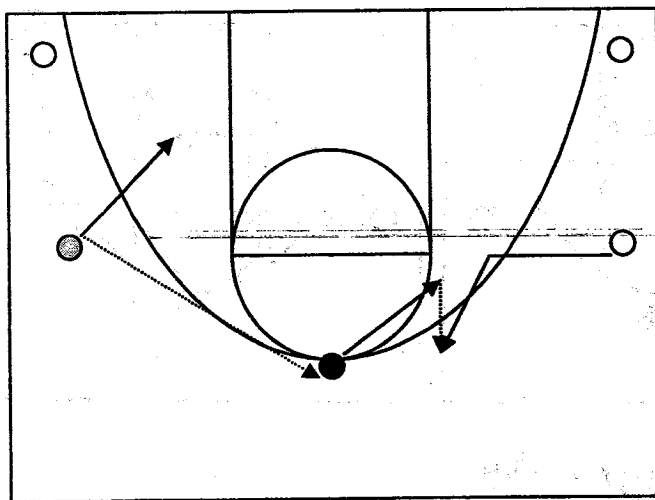
The Fade or Bump Screen

ABOVE LEFT: The Fade Screen in the wing is most commonly executed during the Low Post Offensive series. The wing player makes a pass to the guard, triggering the CENTER up for a fade screen in the wing.
 ABOVE RIGHT: The Bump Screen out top is most commonly executed during the Shuffle Cut or High Post Series. The guard starts to cut and bumps back toward the top of the key area off of a fade screen set by the CENTER.



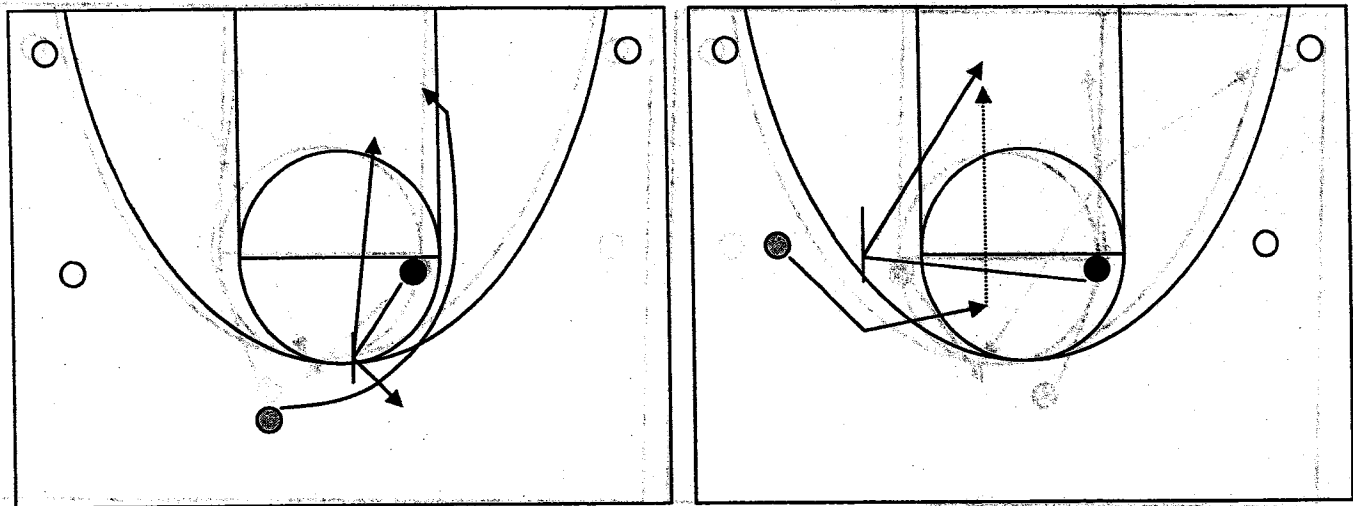
DRIBBLE DRIVE

The Dribble Drive is a repetitive cut that is part of the Shuffle Cut and High Post Offensive series as well as incorporated into several of our plays. The guard dribbles trying to turn the corner on the weak side looking to finish strong at the rim, pull up for the jump shot, draw the defense and kickout to the corner, or kick back to the Center at the top of the key for the 3 pt. shot.



Dribble Handoff

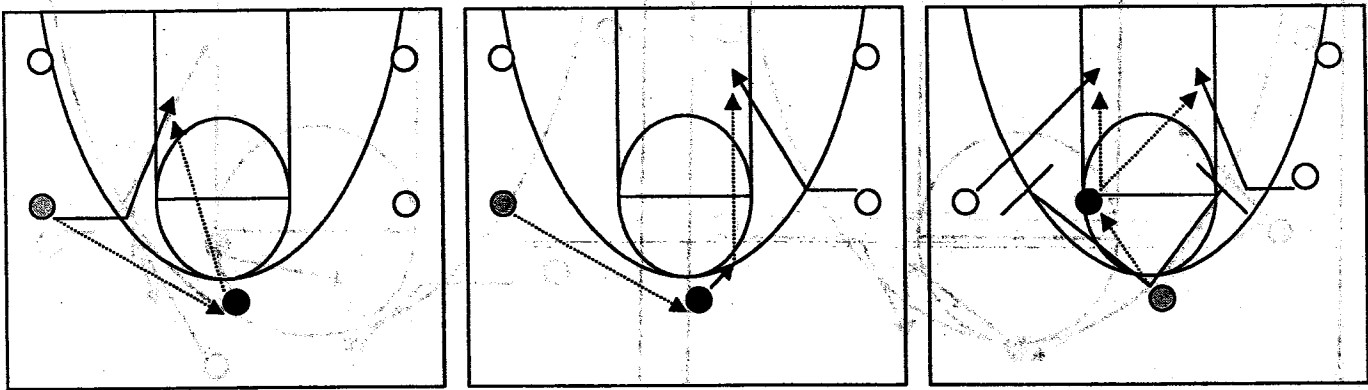
ABOVE LEFT: Against a sagging man to man or zone defense, the dribble handoff will most commonly be executed after the Center SHAPE UP at the top of the key after the dribble opposite.
 ABOVE RIGHT: Against a sagging man to man or zone defense, the dribble handoff may also be executed after a strong side cut in the high post offense. Center dribbles toward weak side looking to handoff above the top of the key.



SCREEN N' ROLL

ABOVE LEFT: Screen and Roll at the top of the key, setting up the dribble drive if the guard turns the corner. However, if the defense traps or hedges, the CENTER will roll to the basket.

ABOVE RIGHT: Screen and Roll in the wing most commonly executed during the Shuffle Cut series or individual plays.

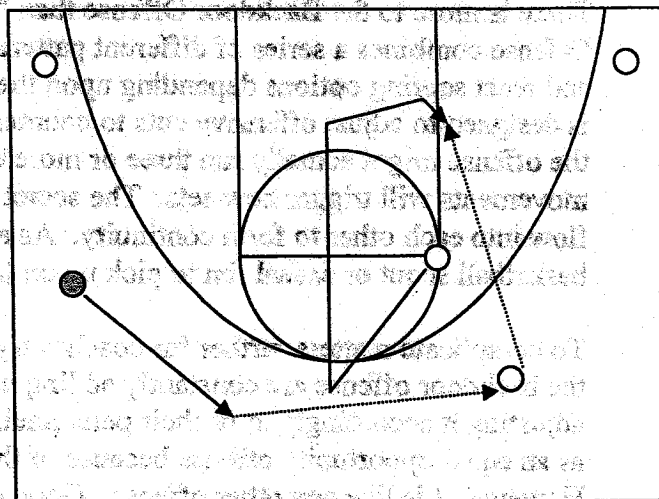
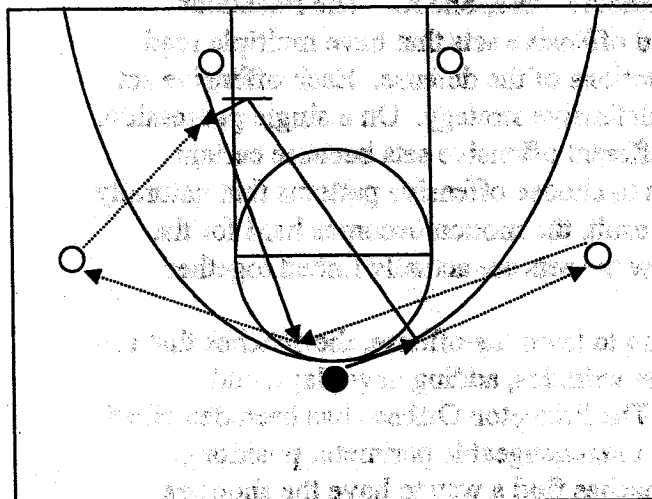


Backdoor Pass

ABOVE LEFT: A give n' go backdoor cut after the Center SHAPE UP at the top of the key.

ABOVE MIDDLE: A backdoor cut as the Center dribbles opposite after the SHAPE UP at the top of the key.

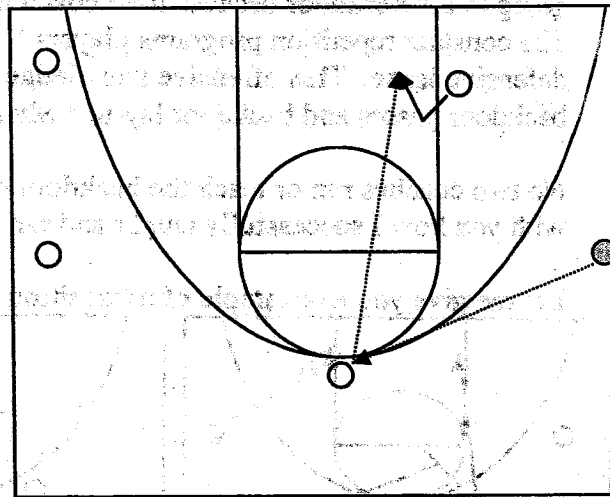
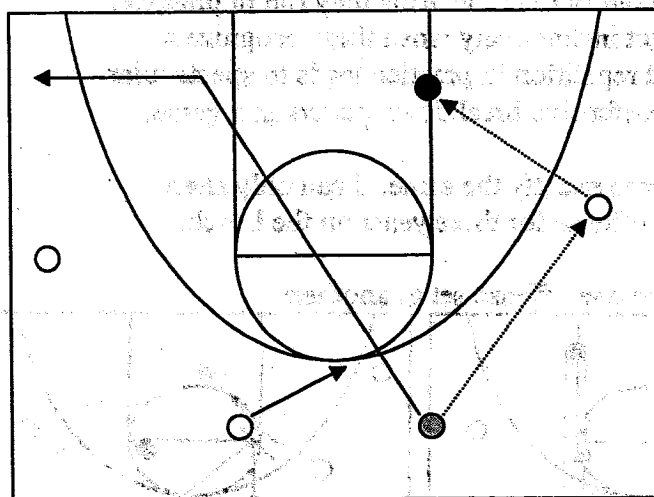
ABOVE RIGHT: (Two backdoor cuts in one diagram) In the High Post Offense, the Guard can screen the wing on either the strong side or weak side after making the entry pass to the CENTER at the high post.



BALL REVERSAL TO POST ENTRY

ABOVE LEFT: After the Center SHAPES UP, the CENTER dribbles opposite to reverse the ball, screens down opposite looking to post up strong on ball reversal.

ABOVE RIGHT: The Center SHAPES UP but is guarded closely and goes backdoor, Center reverse pivots expecting post entry pass on ball reversal.



CENTER POST UP

ABOVE LEFT: The first option is always the post entry pass to the Center on the block.

ABOVE RIGHT: In the Low Offense, on ball reversal we are looking for the Hi-Low post entry pass to the Center.

The Key to Unlocking the Backdoor Offense

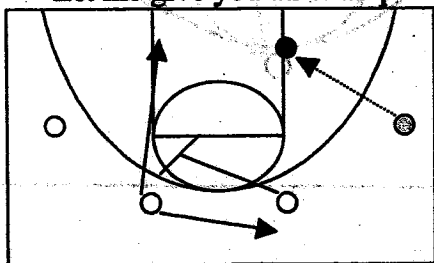
There is more to the Backdoor Offense than "Dribble, Pass, Shoot." The Backdoor Offense combines a series of different patterned offensive sets that have multiple read and react scoring options depending upon the actions of the defense. Each offensive set is designed to adjust offensive cuts to counter defensive strategy. On a single possession, the offense might actually run three or more different offensive sets because certain movements will trigger new sets. The secret is to choose offensive patterns that naturally flow into each other to form continuity. As a result, the motion becomes hard for the basketball scout or casual fan to pick up on how the sets are actually linked together.

To complicate matters further for coaches trying to learn the offense, the coaches that run the backdoor offense are constantly adding new wrinkles, adding new plays, and adjusting it accordingly to fit their personnel. The Princeton Offense has been described as an equal opportunity offense because of the interchangeable perimeter positions. However, it is like any other offense. Good coaches find a way to have the shooters shoot, the passers pass, the screeners screen, and the rebounders rebound without the players even realizing it. Wrinkles and plays that create scoring opportunities and eventually lead into the basic offensive movement help accomplish this goal.

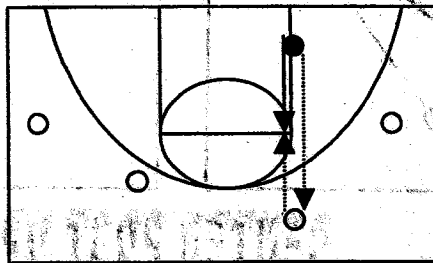
The bottom line is that players are not running a freelance motion showcasing their ability to dribble, pass, shoot, and execute the fundamentals on pure basketball sense and a couple of simple rules. These players are running a patterned offense that they could diagram in their sleep. They know exactly when and in what situation their teammate is going to cut backdoor because their coach has control over the drills they run in practice. The constant repetition programs players to react instinctively when they recognize a defensive lapse. This offensive knowledge and repetition in practice leads to spectacular backdoor passes and backdoor lay-ups when a defensive breakdown occurs in a game.

No two coaches run or teach the backdoor offense exactly the same. I can only share with you how I successfully taught and ran the offense for three years on the bench.

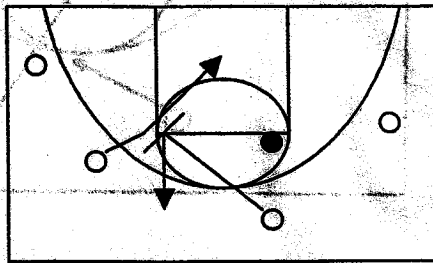
Let me give you an example of a transition from one offense set to another:



Low Post Offense: The wing makes a post entry pass to the Center. This AUTOMATICALLY triggers the strong side guard to screen away out top. The opposite guard will either cut backdoor or come over the top as diagrammed.



The Center should shoot 90% of the time. However, if the Center kicks out to the guard. It will trigger an automatic cut the high post. The Center will look for the return pass and suddenly, almost magically we have moved into our High Post Offense.



High Post Offense: The guard screens away at the opposite high post and pop out after the opposite guard cuts backdoor and eventually we will eventually transition to our Shape Up movement.

Do you get the picture?
Drills = Repetition = Reaction

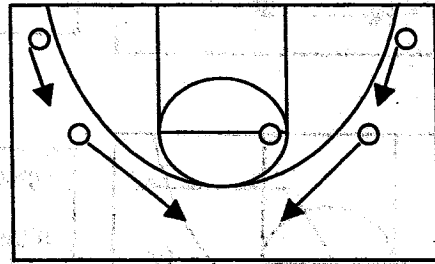
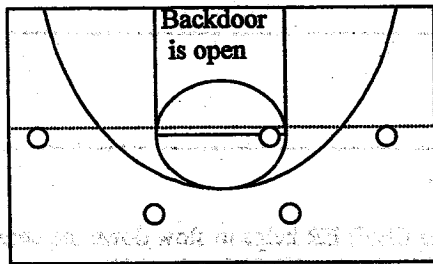
Shuffle Cut Offense

The Shuffle Cut Offense:

1. Creates floor balance with patterned offensive cuts providing multiple scoring options.
2. Emphasizes quick ball reversal to create open jump shots, dribble drive opportunities, and most importantly we stress quick ball reversal to create better passing angles for post entry.
3. Provides an opportunity for us to score in the paint in the form of backdoor lay-ups and strong post moves. Championship teams score in the paint!
4. Players have the freedom to improvise, drive hard to the basket and move to take advantage of defensive mistakes. Flexibility is a key to any patterned offensive movement.

Floor Balance and spacing:

Good spacing and Floor Balance are essential. We like to start with ALL players above the free line extended to keep the backdoor open. The perimeter players will always be rotating up to fill the four perimeter spots on the floor. The two guard positions will always transition back defensively on the shot attempt. The Team Ball Reversal Warm up Drill is effective tool in teaching this movement.

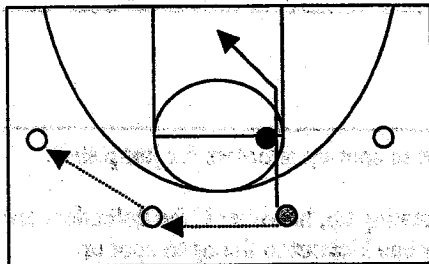


Entry Pass:

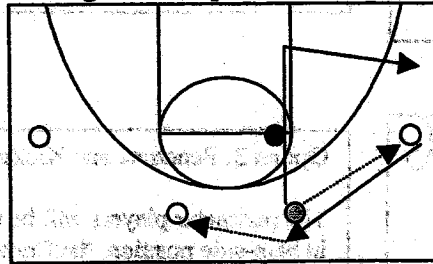
The Shuffle Cut Offense starts with a basic guard to guard pass. If the defensive pressure is preventing basic entry and denying ball reversal. We must take what the defense gives us. I would use the scouting report and spread the floor with our Wide Offense that stresses backdoor cuts and use the dribble to get to the rim and get fouled. Or I would execute plays to take advantage of the defensive match-ups.

Example of Entries into the Shuffle Cut Offense:

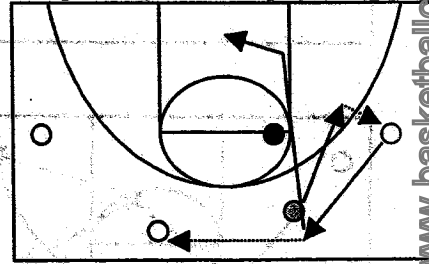
Guard to Guard Pass



Strong Side Wing Pass - UCLA cut
Wing dribbles up and reverses ball

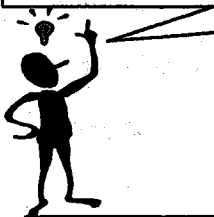


Dribble handoff to strong side
wing. Wing dribbles up.



Shuffle Cut Offense: Rules for the CENTER:

1. Set back screen at the high post for guard after guard to guard ball reversal entry pass.
2. Follow the direction of the ball – High Post to High Post.
 - a. Against sagging perimeter defense – Set a fade screen for the opposite guard.
 - b. If the defender helps slow the cutter – Cut to the opposite high post expecting the ball.
 - c. Against overplay move toward opposite high post – Cut backdoor to the rim.
3. The CENTER always has the option to SHAPE UP at the top of the key.

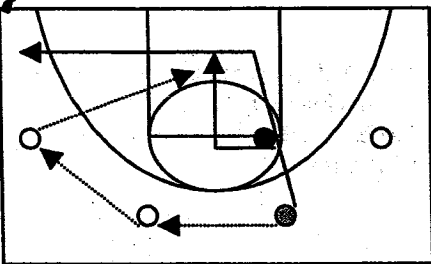


OPTIONS for CENTER as he catches and squares up at the High Post.

1. Jump Shot (Shoot)
2. Dribble Drive to the rim (Dribble)
3. Drive and Kickout to spot up shooters (Pass)

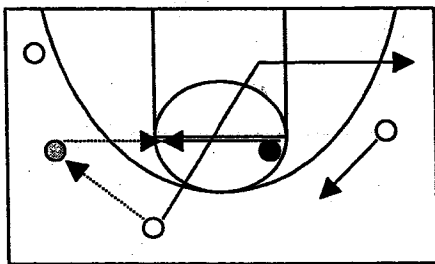
Rule (2c)

If the Center is being defended tightly and denied the ball, the CENTER has the option to cut backdoor behind his defender to the rim for the lay-up or dunk.



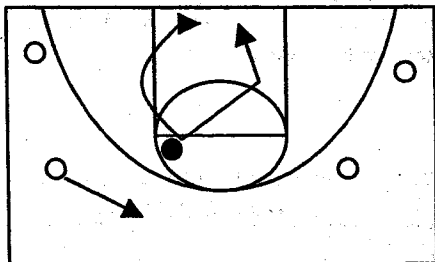
Option 1: Jump Shot

If the defender on the CENTER helps to slow down the cutter or drops back to clog up the middle, the CENTER should be open at the high post for the Jump Shot.



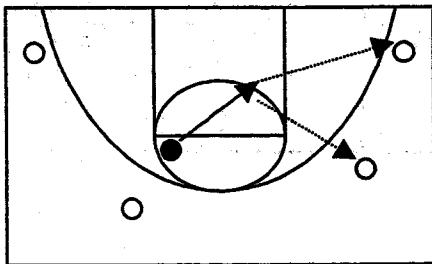
Option 2: Dribble Drive to the rim in either direction.

If the Center is closely guarded, he can drive hard to the rim or jab step, ball fake, or shot fake and then drive hard to the rim, pull up for the jump shot, or even reverse dribble to a strong post move. Great opportunity to create off the dribble and get fouled.



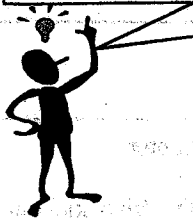
Option 3: Penetrate and Kickout to spot-up shooters for jump shot.

The perimeter players will be rotating up, however if the defenders are in help-side position, the Center can kickout to the open spot up shooters for the three point shot attempt.



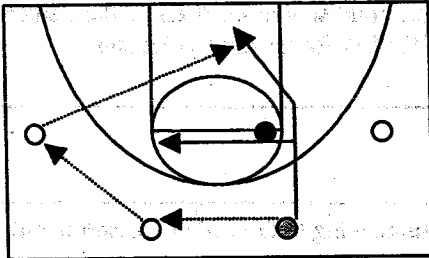
Shuffle Cut Offense: Rules for the perimeter players or guards and forwards.

1. Reverse ball on a guard to guard entry pass, guard cuts backdoor to opposite corner.
2. After reversing the ball to the wing, the guard must cut backdoor to opposite corner.
 - a. Against tight man to man, cut quickly to opposite corner.
 - b. Against sagging man to man, fake cut and fade to the top of the key before cutting backdoor and moving to the opposite corner.
3. "Dribble Up" to reset the offense. Guards must continually fill the four perimeter spots.



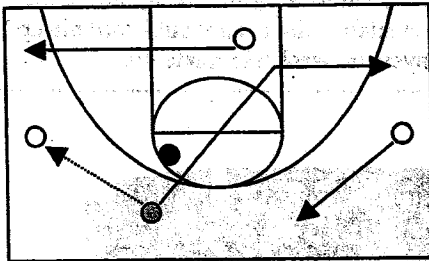
Options for Perimeter plays on the Bump or Fade Cut: (2b)

1. Bump to Backdoor cut for lay-up
2. Jump Shot (Shoot)
3. Dribble Drive to rim or Drive to pull up jump shot
4. Penetrate and kickout to open jump shooters
5. Reverse the ball to wing to Give n' Go cut



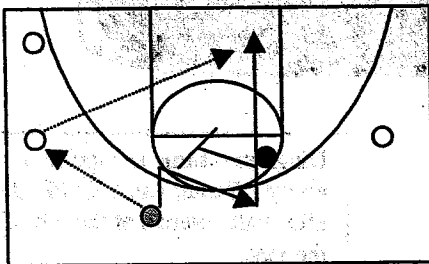
Rule # 1:

After a guard to guard entry pass, the guard cuts backdoor off of a CENTER screen looking for the lay-up. If the guard does not receive the pass, he cuts through to the opposite corner.



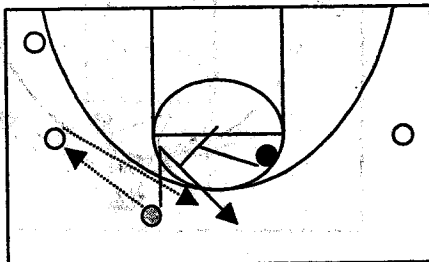
Rule #2a

After a reversal pass to the wing, if the guard is being guarded closely, he should cut through as quickly to keep offense moving. Notice the opposite wing player rotating up to fill the four perimeter positions. In this case, the guard would "dribble up" and reset the offense.



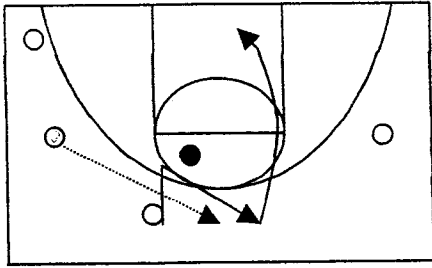
Option 1: Bump Cut to Backdoor Cut for lay-up.

Against sagging defense, the CENTER will set a fade or bump screen for the guard, if the defense goes over the top, the guard should cut behind him backdoor for the lay-up. If he does not receive the ball cut through to opposite corner.



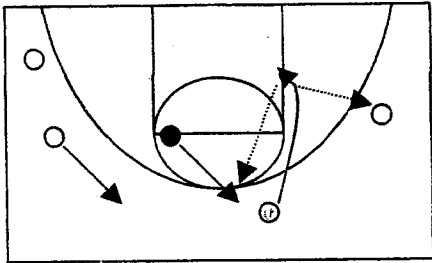
Option 2: Jump Shot

Against sagging defense or defense that jumps to the ball, the guard should cut toward the basket plant foot and fade off of the CENTER screen to the top of the key for the jump shot. The CENTER has to develop a 'feel' for when to set screen.



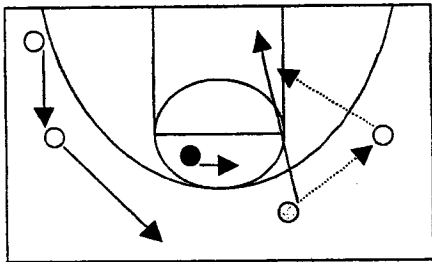
Option 3: Dribble Drive to rim or pull up jump shot

If the guard does not have a jump shot, he should catch and go to the rim. This is a great opportunity to elevate for the pull up jump shot or drive to the rim and get to the foul line.



Option 4: Penetrate and kickout to the open shooter

If the weakside defense commits to stopping the drive, kickout to the wing for the three point shot or kickback to the Center shape up at the top of the key for the three point shot.



Option 5: Ball Reversal to wing to Give n' Go backdoor cut

If the guard quickly reverses the ball to the wing, he cuts backdoor on a give n' go cut looking for the lay-up. If the backdoor pass is not available, the wing would "dribble up" to reset the offense. Players on weakside rotate up.

The Shuffle Cut Offense allows the CENTER to SHAPE UP at the top of the key after both guards cut through. This is a KEY to understanding how various offensive sets can be linked together because it triggers a new patterned movement with multiple options that will eventually lead to a smooth magical transition into our Low Offense. A SHAPE UP means the CENTER steps above the top of the key looking for the reversal pass.



Guard can dribble up and reset offense or Center can SHAPE UP at the top of the key.

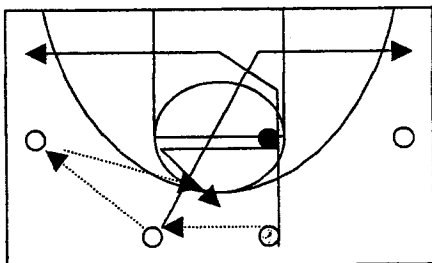
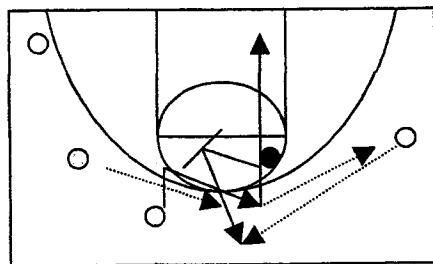


Diagram – same as Option 5 above. Center can SHAPE UP after ball reversal at the top of the key.



When the CENTER SHAPES UP at the top of the key within the Shuffle Cut Offense, it automatically triggers a new set of patterned offensive cuts that we call SHAPE UP with multiple scoring options that will lead to a smooth transition into our Low Offense. The rules and options we follow when the CENTER SHAPES UP at the top of the key can be changed to fit personnel.



RULES for CENTER SHAPE UP:

1. The player who passed the ball to the CENTER always cuts backdoor on a give n' go cut to reverse pivot post up.
- 1b. On rare occasions vs. sagging defense, the CENTER can dribble handoff as the passer fakes a backdoor cut and curls around the CENTER.

Options:

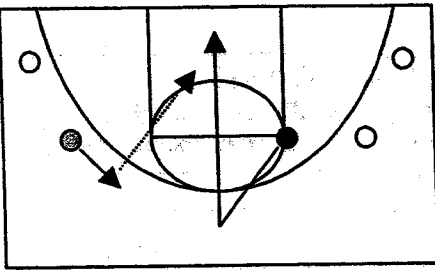
- A. Center shapes up does NOT receive pass, he cuts backdoor behind his defender looking for the backdoor lay-up.
 - B. If the Center cuts backdoor and does NOT receive a pass, he moves to reverse pivot post up providing a smooth transition into our LOW OFFENSE.
 - C. Center can shoot the top of the key jump shot.
 - D. Center can dribble drive to the rim
 - E. Center can drive and kickout to shooters in either direction
 - F. Center can make give n' go backdoor pass as passer cuts backdoor
 - G. Center can dribble handoff towards passer against sagging defense. If no shot is available, the CENTER will roll into the post and we will look to reverse the ball providing yet another smooth transition into our LOW OFFENSE.
2. If the CENTER passes back to the strong side wing after looking for the passer on the backdoor cut, the CENTER will step away giving the wing an opportunity to look into the guard posting up, the guard will then set a UCLA screen near the high post for the CENTER cutting to the basket. This patterned movement provides a smooth transition into our LOW OFFENSE.

Options:

- H. The passer cuts backdoor to reverse pivot post up entry pass from wing
 - I. If the guard does not receive a quick pass, he sets a UCLA screen for the CENTER cutting to the basket providing a smooth transition into our LOW OFFENSE.
3. If the Center dribbles opposite, (80% of time), guard must cut backdoor to reverse pivot post up. The CENTER will then screen down opposite for the original guard that passed him the ball and cut backdoor to reverse post up on the ball reversal. This patterned movement provides a smooth transition into our LOW OFFENSE.

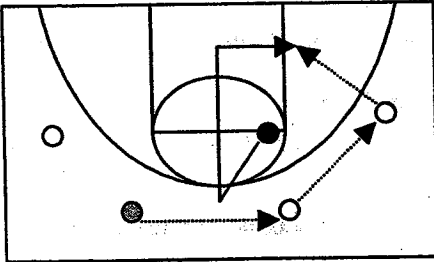
Options:

- J. As the CENTER dribbles opposite, guard cuts backdoor for lay-up.
- K. If guard does not receive pass, reverse pivot to post up, wing entry pass to box.
- L. CENTER screens down opposite for the original passer, to reverse pivot post up, the guard has the option to shoot the jump shot at the top of the key.
- M. If the jump shot is not available, first look is a pass to the CENTER in the box, second look is quick ball reversal to provide a smooth transition into our LOW OFFENSE.
- N. As the CENTER dribbles opposite, against sagging defense the guard can receive dribble handoff for jump shot.
- O. If no shot is available, the Center will roll to the box on the same side and provides a smooth transition into our LOW OFFENSE.



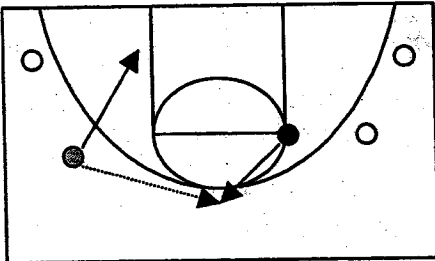
Option A:

If the CENTER shapes up and does not receive the ball, the CENTER cuts backdoor behind his defender as the wing dribbles up looking for the backdoor lay-up.



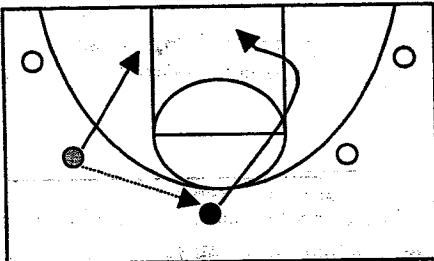
Option B:

If the CENTER does not receive the backdoor pass, he will reverse pivot into a strong post up. We look to reverse the ball and transition into our LOW OFFENSE.



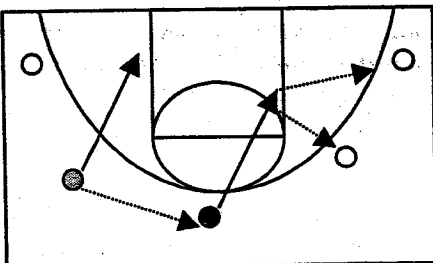
Option C:

The CENTER has the green light to attempt a three point shot to keep the defense honest. Manute Bol once made six NBA 3's in a row because he was allowed to shoot it!



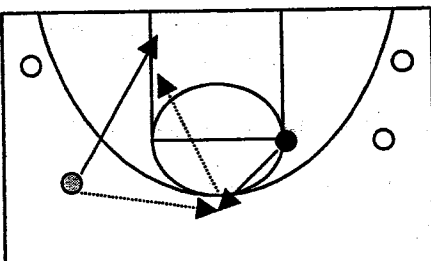
Option D:

The CENTER has the option to dribble drive to the rim. A good opportunity to attack 1 on 1 off the dribble and get to the foul line.



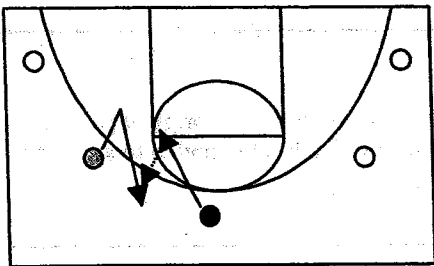
Option E:

The CENTER has the option to penetrate and kickout to shooters against collapsing defense. If the wing has no shot, he will dribble up and reset the offense.



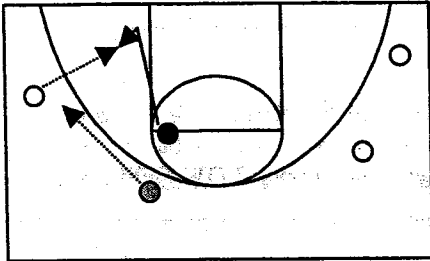
Option F:

The CENTER can make a pass back to the passer on the give n' go backdoor cut to the basket. We also teach fake pass dribble opposite.



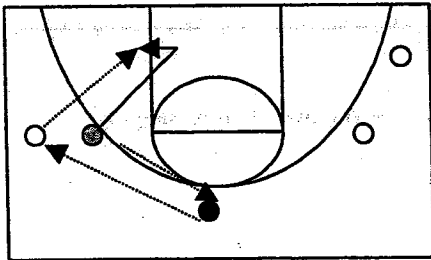
Option G:

Center can dribble handoff towards passer against sagging defense. Rare Cut – 99% of the time the passer will go backdoor.



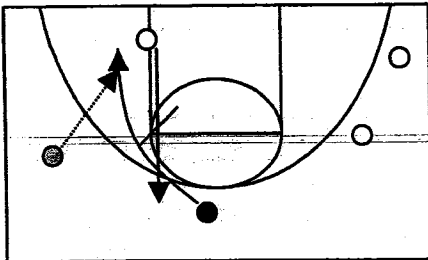
Option G2

If no shot is available, the CENTER will roll into the post and we will look to reverse the ball to the wing providing yet another smooth transition into our LOW OFFENSE.



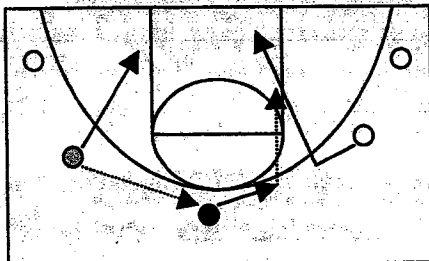
Option H:

The passer cuts backdoor to reverse pivot post up looking for entry pass from the wing. We like to see our players execute a post move.



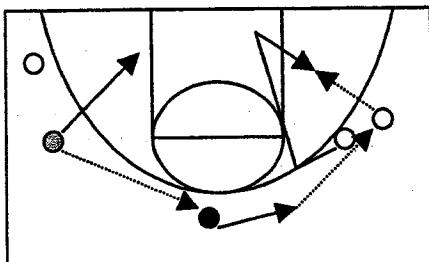
Option I:

If the guard does not receive a quick pass, he sets a UCLA screen for the CENTER cutting to the basket providing a smooth transition into our LOW OFFENSE.



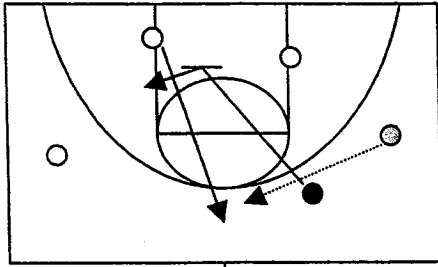
Option J:

As the CENTER dribbles opposite, guard plants outside foot toward ball and cuts backdoor behind his defender for lay-up.



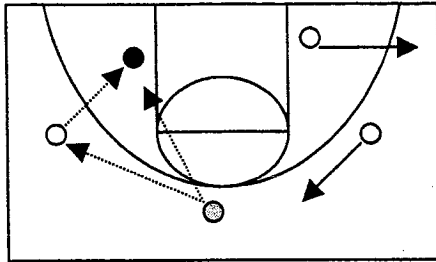
Option K:

If guard does not receive backdoor pass, guard will reverse pivot reverse looking for the wing entry pass. We like to see our players execute a post move.



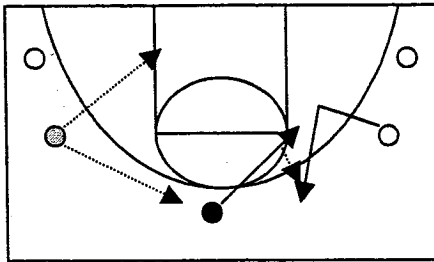
Option L:

CENTER screens down opposite for the original passer, to reverse pivot post up, the guard has the option to shoot the jump shot at the top of the key.



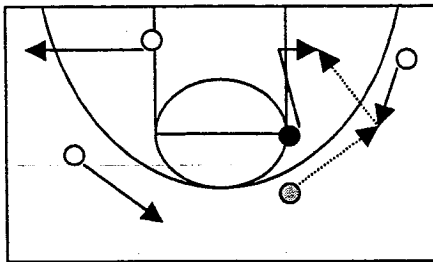
Option M:

If the jump shot is not available, first look is a pass to the CENTER in the box, second look is quick ball reversal to provide a smooth transition into our LOW OFFENSE.



Option N:

As the CENTER dribbles opposite against sagging defense, the guard can fake the backdoor cut and receive handoff for jump shot.

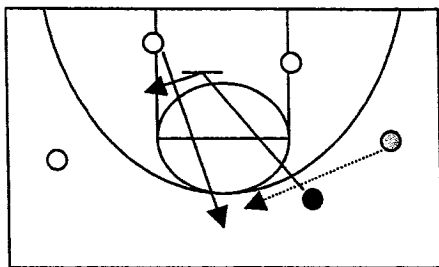


Option O:

If no shot is available, the Center will roll to the box on the same side and provide a smooth transition into our LOW OFFENSE.

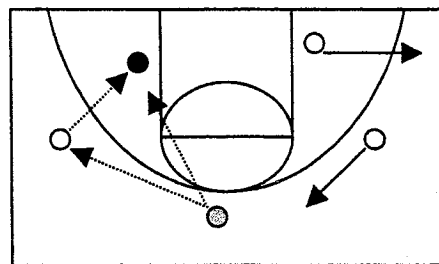
The CENTER SHAPE UP is how we transition from our Shuffle Cut Offense to our Low Post Offense. Players pick up this pattern quickly using our Team Shape Up Drill because we follow the exact same pattern any time the CENTER SHAPES UP within the offense. The Low Post Offense will provide us multiple scoring opportunities and provide transition into the High Post Offense. Again, this is a KEY to understanding how various offensive sets can magically be linked together because certain options trigger a new patterned movement with multiple options. The Low Post Offense will eventually lead to a smooth magical transition into our High Post Offense





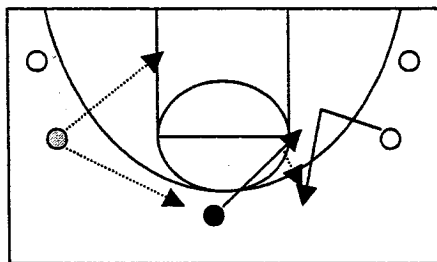
Option L:

CENTER screens down opposite for the original passer, to reverse pivot post up, the guard has the option to shoot the jump shot at the top of the key.



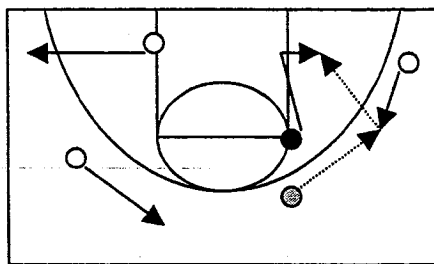
Option M:

If the jump shot is not available, first look is a pass to the CENTER in the box, second look is quick ball reversal to provide a smooth transition into our LOW OFFENSE.



Option N:

As the CENTER dribbles opposite against sagging defense, the guard can fake the backdoor cut and receive handoff for jump shot.



Option O:

If no shot is available, the Center will roll to the box on the same side and provide a smooth transition into our LOW OFFENSE.

The CENTER SHAPE UP is how we transition from our Shuffle Cut Offense to our Low Post Offense. Players pick up this pattern quickly using our Team Shape Up Drill because we follow the exact same pattern any time the CENTER SHAPES UP within the offense. The Low Post Offense will provide us multiple scoring opportunities and provide transition into the High Post Offense. Again, this is a KEY to understanding how various offensive sets can magically be linked together because certain options trigger a new patterned movement with multiple options. The Low Post Offense will eventually lead to a smooth magical transition into our High Post Offense



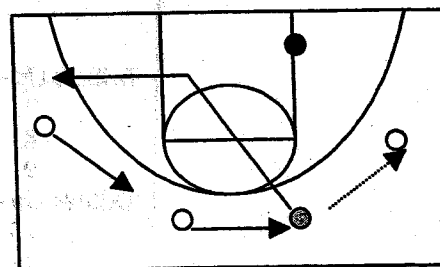
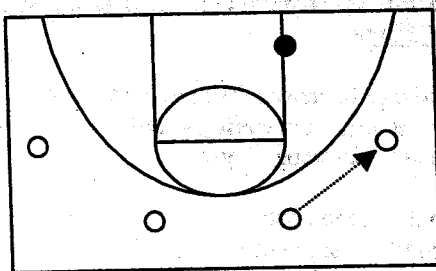
Low Post Offense

The Low Post Offense:

1. Creates emphasis on making a post entry pass to the CENTER for post move execution.
* There are games when the CENTER is instructed to execute a post move on every entry pass.
2. Creates opportunities for backdoor lay-ups, inside-out three point shots, and dribble drives.
3. Creates floor balance with patterned offensive cuts providing multiple scoring opportunities.
4. Players have the freedom to improvise, drive hard to the basket and move to take advantage of defensive mistakes. Flexibility is a key to any patterned offensive movement.

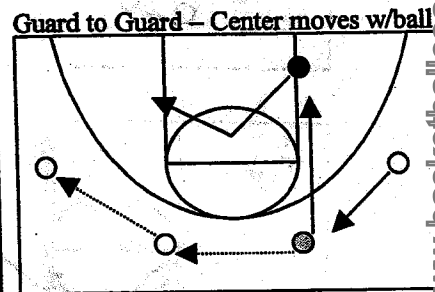
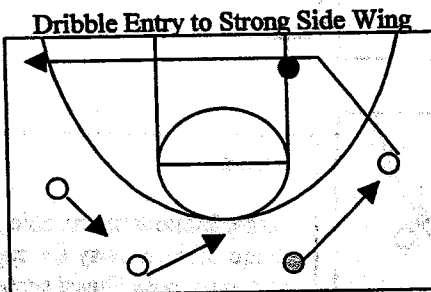
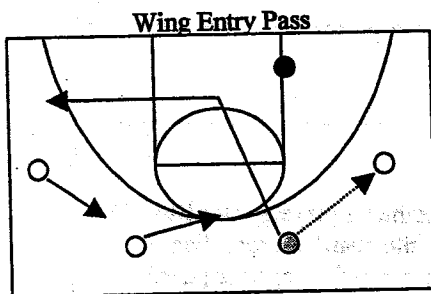
Floor Balance and Spacing:

Good spacing and Floor Balance are essential. We like to start with ALL players above the free line and the CENTER in the low block. The perimeter players will be cutting through the lane but will always be rotating up to fill the four perimeter spots on the floor.



Entry Pass:

The Low Post Offense starts with a wing pass on the strong side. If the defensive pressure is preventing basic entry pass to wing, go to something else or tinker with your entry. Dribble right or reverse the ball on a guard to guard pass and have your CENTER move with the ball to the opposite block.



Low Post Offense: Rules

1. Every wing entry pass, guard cuts through to opposite corner, opposite guard moves to the top of the key.
2. The guard will go backdoor and move to the opposite corner if the wing player dribbles toward the top of the key.
3. Center follows basketball block to block until wing player dribbles at the top of the key triggering the SINGLE CUT – CENTER OPTION or DOUBLE CUT movement.
4. Center will step towards the wing when the wing dribbles up to trigger SINGLE CUT. The CENTER will then either receive a screen from guard or set fade screen. Option 8&9.
5. The guard will screen away from the ball for the opposite guard on all post entry passes.
6. The Center will straight cut to the high post on any kickout pass to the top of the key looking for a return pass providing a smooth transition into our High Post Offense.
7. Double Cut Dribble reversal will trigger a screen down for the Center that will take us into our patterned CENTER SHAPE UP movement.



Options:

Entry pass to CENTER

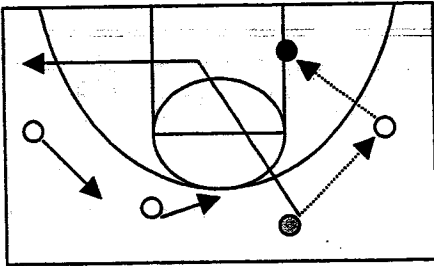
1. CENTER executes Post Move
2. CENTER kickout to multiple perimeter shooters
3. CENTER kickout to strong side guard triggers a CENTER cut to the high post looking for return pass providing a smooth transition into our High Post Offense.
4. CENTER receives Hi-Low pass and executes Post Move
5. Ball Reversal through the top of the key
6. Ball Reversal to top of the key – Center can move to the high post looking for the return pass providing a smooth transition into our High Post Offense.

Dribble Up – Single Cut

7. Top of the key guard cuts backdoor for lay-up on dribble
8. Center receives back screen from cutting guard
9. Center sets a fade screen for wing player

Dribble Up – Double Cut

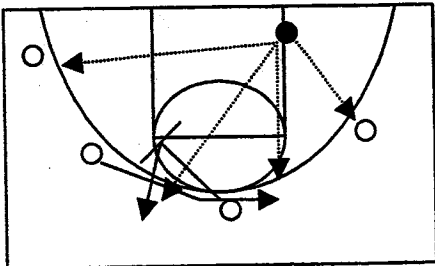
10. Backdoor lay-up to the second cutter
11. Ball reversal to second cutter posting up
12. Center jump shot at the top of the key



Option 1:

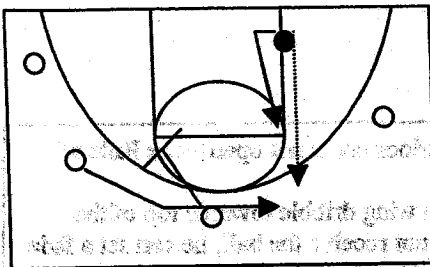
Center receives entry pass from wing, executes post move.

1. Power Drop Step
2. Jump Shot
3. Up and Under
4. Jump Hook



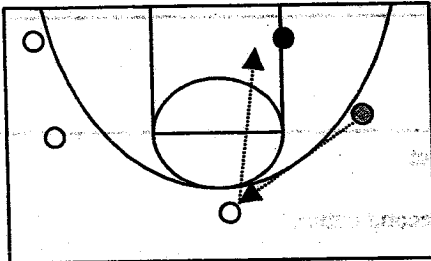
Option 2:

Center kickout to multiple perimeter players. See Rule #4. Guard screens away for opposite guard out top. Every post entry pass Guard screens away for opposite guard.



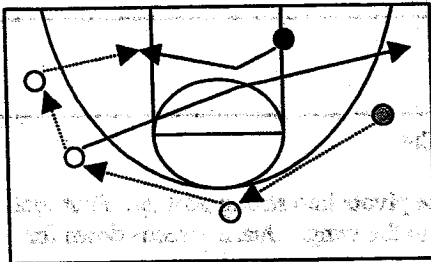
Option 3:

CENTER kickout to strong side guard triggers a **CENTER** cut to the high post looking for return pass providing a smooth transition into our High Post Offense.



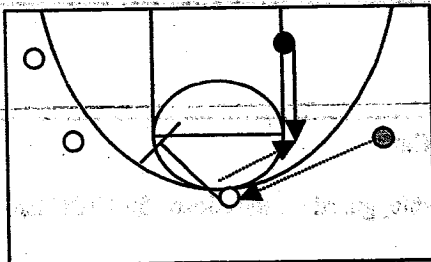
Option 4:

Ball reversal to hi-low pass into the box effective against full front. **CENTER** executes post move.



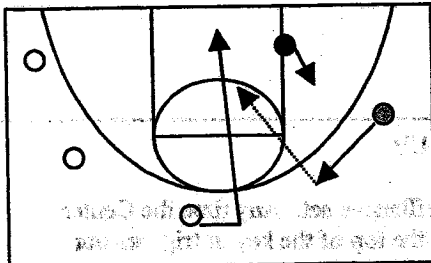
Option 5:

Ball reversal, Center follows the path of the ball to the opposite block. See Rule # 5 above.



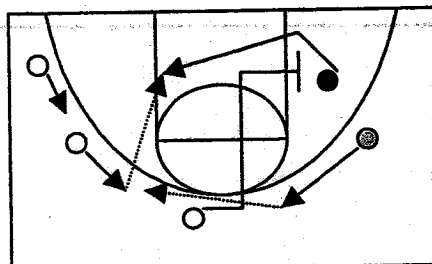
Option 6:

Ball Reversal to top of the key – Center can move to the high post looking for the return pass providing a smooth transition into our High Post Offense.



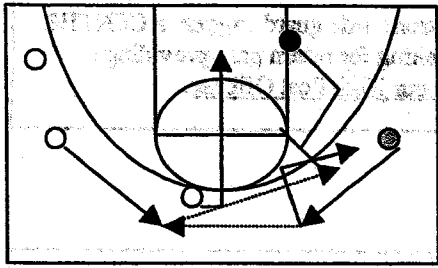
Option 7: Dribble Up - Single Cut

Wing player dribbles up, guard cuts backdoor looking for the backdoor lay-up. **CENTER** steps towards wing on dribble. See Rule #4 above.



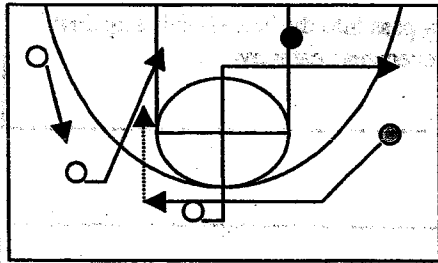
Option 8: Dribble Up – Single backdoor cut is not open.

Center will step out on wing dribble towards top of the key, if the cutter does not receive the ball, he will slide off of a back screen looking for the ball on reversal pass.



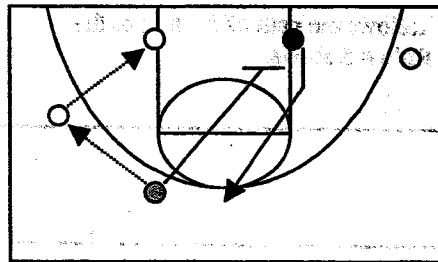
Option 9: Single backdoor cut is not open – see Rule #5

Center will step out on wing dribble towards top of the key, if the cutter does not receive the ball, he can set a fade screen for the wing looking for a quick three point attempt.



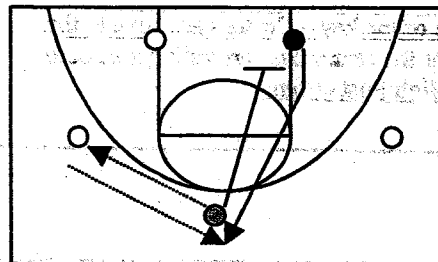
Option 10: Double Cut

Backdoor lay-up to second cutter.



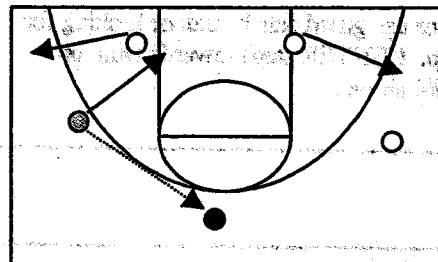
Option 11: Double Cut

Second cutter reverse pivots into strong post up. First look after ball reversal is to the wing. Guard screens down for Center.



Option 12: Double Cut

Post up is not available, guard screens down for CENTER for jump shot.



CENTER SHAPE UP

Regardless of the offensive set. Any time the Center receives the ball at the top of the key, it triggers our patterned CENTER SHAPE UP movement.

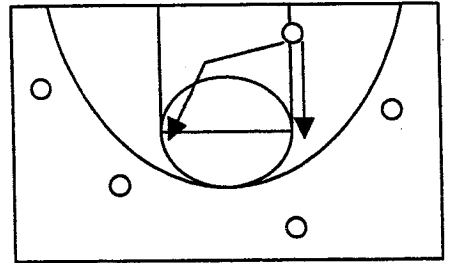
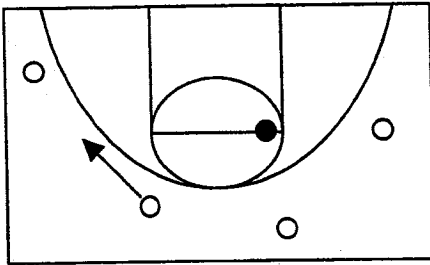
High Post Offense

The High Post Offense:

1. The patterns are designed to provide instant backdoor cuts, dribble drive opportunities, and open three point shots from a variety of angles.
2. Emphasizes execution to create open jump shots, dribble drive opportunities, and most importantly we stress quick ball reversal to create better passing angles for post entry.
3. Provides an opportunity for us to score in the paint in the form of backdoor lay-ups and strong post moves. Championship teams score in the paint!
4. Players have the freedom to improvise, drive hard to the basket and move to take advantage of defensive mistakes. Flexibility is a key to any patterned offensive movement.
5. The Offense provides opportunities for a smooth transition into both the Shuffle Cut Offense and the Low Post Offense.

Floor Balance and Spacing:

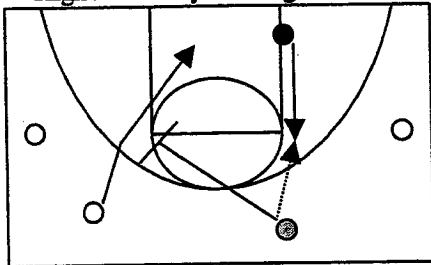
Good spacing and Floor Balance are essential. The High Post Offense requires the perimeter players to fill the four perimeter spots on the floor above the foul line extended. The CENTER needs to cut to the high post to receive entry pass. The opposite guard should fade a little away from CENTER to create better cutting angles.



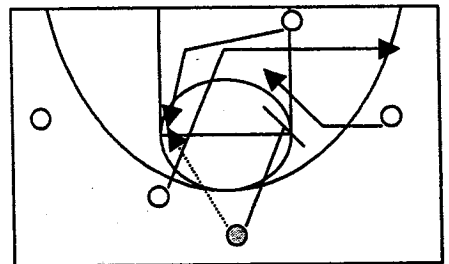
Entry Pass:

There are numerous ways to start with an entry pass to the high post. These are some examples.

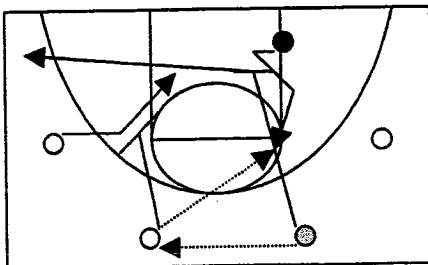
High Post Entry – Straight Cut



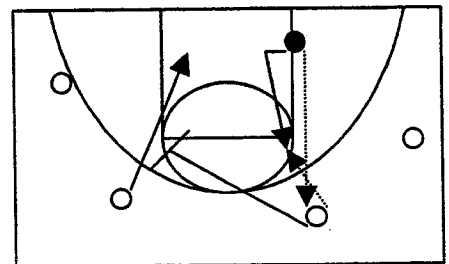
Guard Through to Opposite Corner



Guard to Guard – Screen Down



Low Post Offense – Center kickout



The High Post Offense consists of patterned offensive movements that are designed to provide instant backdoor cuts, dribble drive opportunities, and open three point shots. The High Post Offense will provide us a couple of opportunities to transition into the Shuffle Cut Offense. Again, this is a key to understanding how various offensive sets can magically be linked together because certain options trigger a new patterned movement.

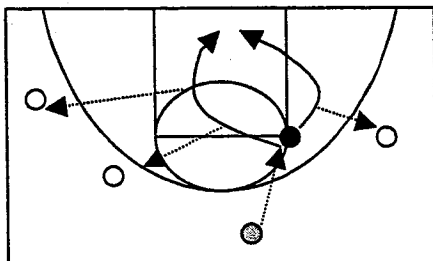
The High Post Offense contains movements for the following three guard cuts after the entry pass:

1. Straight Cut
2. Weakside Cut
3. Strong Side Cut



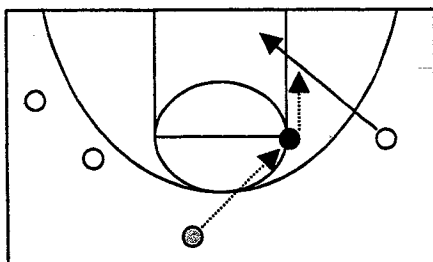
Straight Cut Options:

1. Center dribble drive to the rim or kickout to shooters
2. Center to strong side wing on the backdoor cut
3. Center on dribble curl after screen from guard
4. Guard to give n' go backdoor Cut
5. Wing down screen for guard for jump shot
6. Wing post up
7. Center Shape up



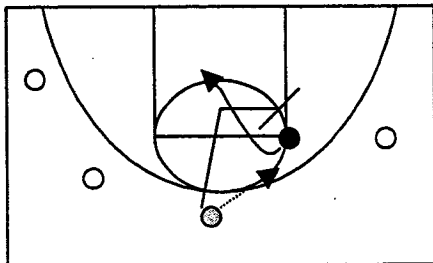
Option 1:

Obviously, the CENTER can instantly spin and take his defender off of the dribble creating a dribble drive to the rim or a dribble drive and kickout to the spot up shooters.



Option 2:

If the strong side wing is being overplayed, he can cut backdoor for the lay-up. This is a rare cut that we don't really look for because we stress flexibility.



Option 3:

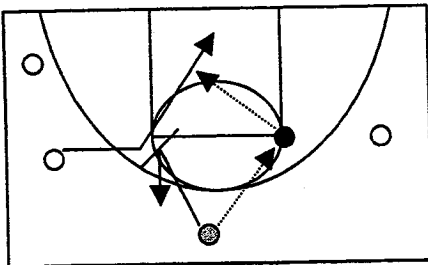
The guard can break off his give n' go cut to screen for the CENTER on the dribble curl. We usually call this action against a slow yeoman defender leads to jump shot/drive.

Weakside Movement: Once the Center has the ball at the high post. The guard will set a screen at the opposite high post (80%) of the time. The wing will either cut backdoor or come over the top of the screen. If the wing comes over the top, the screener will slip and go backdoor. Regardless, there will be one player cutting backdoor and one above the three point line. The player who cut backdoor will move to the opposite wing and receive a down screen from the strong side wing. The player above the three point line will likely receive the pass, the CENTER will move toward him and set a ball screen. The player can dribble off the screen and look for the guard receiving the wing down screen. The Guard would then fade off of the CENTER screen into the Shuffle Cut Offense. The wing player would dribble up and reset. These are the same repetitive movements with multiple scoring options.



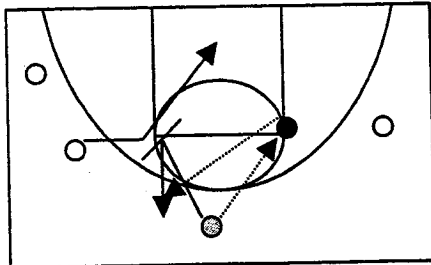
Weakside Movement Options:

1. Guard screen away - backdoor cut for lay-up
2. Guard screen away - shape up for jump shot
3. Guard screen away - skip pass for jump shot
4. Guard screen away - shape up - double cut for lay up
5. Slipped screen for backdoor lay-up
6. Guard screen away - Wing over the top for jump shot
7. Guard screen away - skip pass for jump shot
8. Slipped screen - double cut for lay-up
9. CENTER looking for perimeter player
10. Dribble drive to rim or kickout to corner shooter - provides smooth transition into Shuffle Cut Offense.
11. Ball screen for jump shot
12. Wing down screen for jump shot
13. Wing entry pass to post
14. Fade Screen for Jump Shot
15. Fade Screen to Shuffle Cut Offense/ Center Shape Up



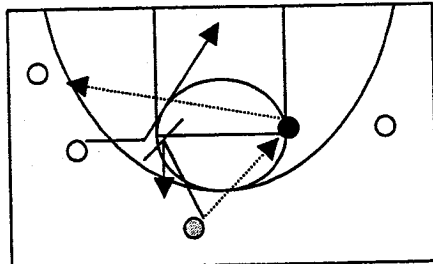
Option 1:

Guard screens away at the high post, against tough defense, wing cuts behind defender for backdoor lay-up. Guard shapes up after setting the screen.



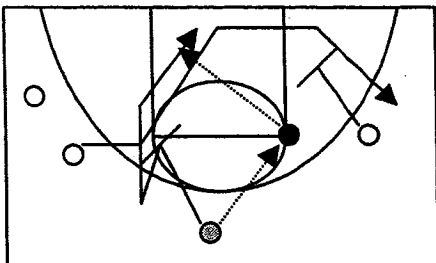
Option 2:

Guard shapes up after wing cuts backdoor, if defender is sagging to stop the cutter, guard looks for jump shot. (80% of time wing cuts backdoor)



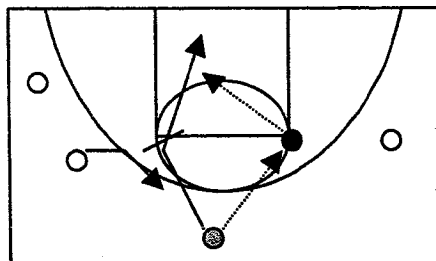
Option 3:

Against a sagging defense, the skip pass to the wing is a real option. If defense recovers, wing should dribble up and reset the offense.



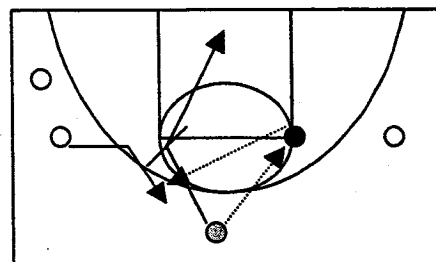
Option 4: Special (High Post Double Cut 5% of time)

Against tight defense, if the shape up is not open, we will double cut the guard for backdoor lay-up. Very Effective against certain overplay defenders.



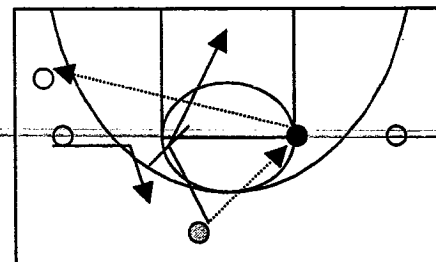
Option 5:

Similar to option 1, against switching defense the wing can come over the top of the screen. The screener would slip the screen for the backdoor lay-up.



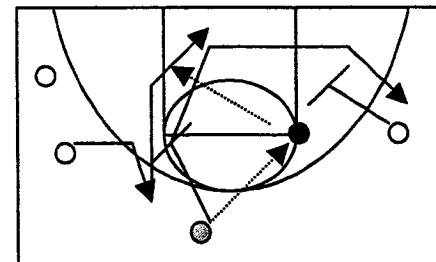
Option 6:

Similar to option 2, against sagging the wing can come over the top of the screen looking for the jump shot. Wing should come over top only against sagging defense.



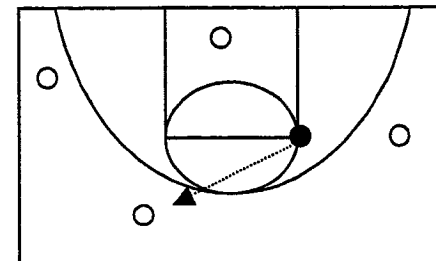
Option 7:

Same as option 3, only difference is the wing came over the top of the screen. If no shot is available, dribble up and reset the offense.



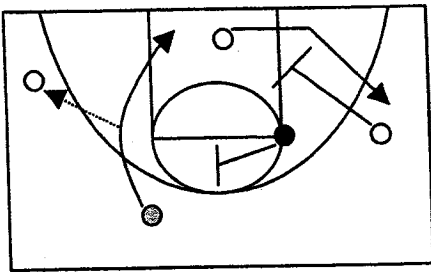
Option 8:

Same as option 4, only difference is the wing came over the top of the screen. If he is being overplayed, he can cut behind his defender for the backdoor lay-up.



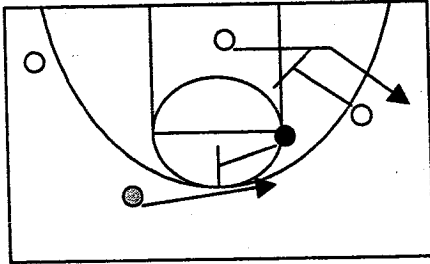
Option 9:

After the screen away, regardless of which option used with the exception of the double cut. We will have one player backdoor and one out top above the three point line. We would like to make a pass to the perimeter player.



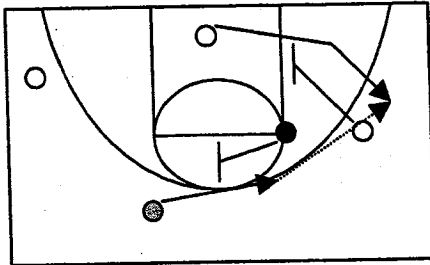
Option 10:

The guard has the option to fake towards the ball screen and dribble drive to the rim or dribble drive to kickout to corner shooter. Dribble up would take us into Shuffle Cut.



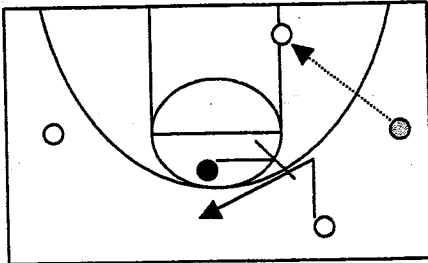
Option 11:

The guard can jab step or ball fake away and dribble off of the ball screen for the jump shot. The wing down screens for the backdoor cutter.



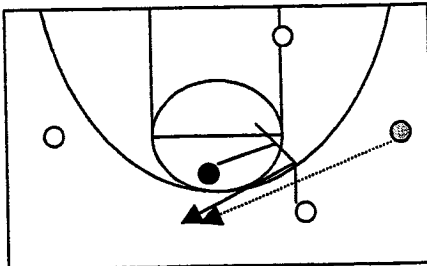
Option 12:

The guard can make a pass to the wing coming off of the down screen for the jump shot. The passer would fade into our Shuffle Cut Offense.



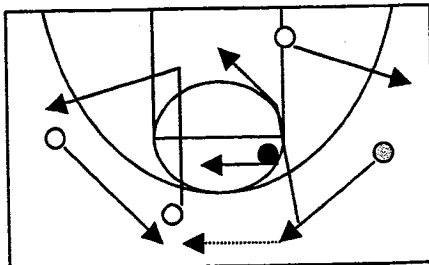
Option 13:

After the down screen, the wing will reverse pivot and post up strong. If no shot is available, first look is for post entry. The passer will fade off of a CENTER screen.



Option 14:

The guard fades off of a CENTER screen for jump shot. Or he will cut backdoor opposite providing a smooth transition into our Shuffle Cut Offense.



Option 15:

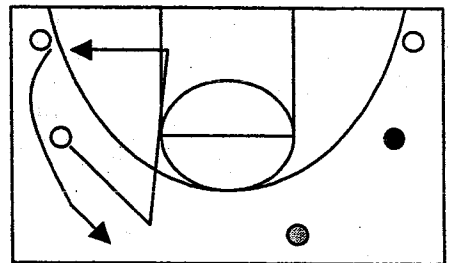
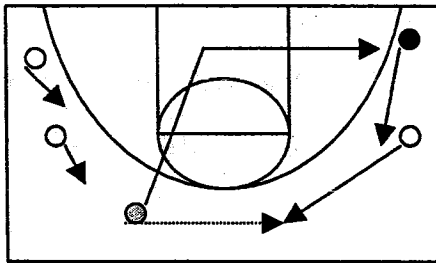
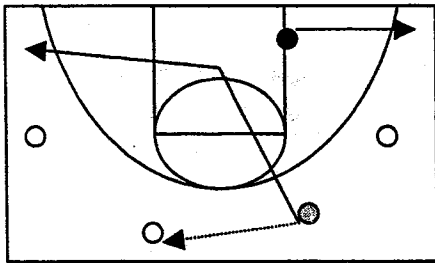
If fade is not open, guard will cut backdoor, wing will dribble up and reverse ball providing a transition into our Shuffle Cut Offense.

Wide Offense

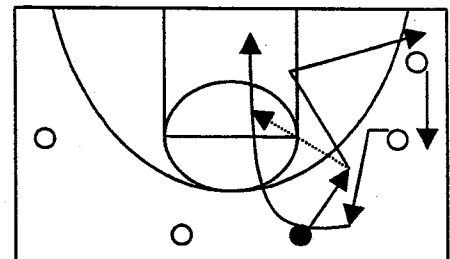
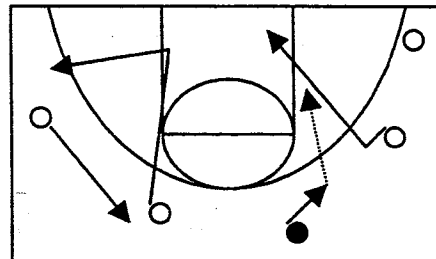
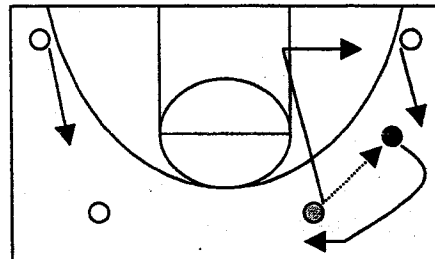
We will spread the floor against teams that are physically beating us up, or against aggressive overplay defense, or in an attempt to control tempo. The CENTER steps to the strong side corner. There are NO SCREENS just pass and cut.

Rules:

1. Guard to Guard Pass – Cut to the basket on a give n' go cut and through to opposite corner.
2. Stay Wide – rotate up towards the ball – cut to the height of the ball and backdoor to the same side corner.



3. Guard to Wing Pass – Cut to the basket on give n' go cut and replace on the same side corner. Wing dribbles up and all players rotate up. (Diagram 1)
 4. Guard dribbles at Wing – Wing cuts backdoor, receives dribble handoff or circle cuts to basket. (2 + 3)
- Flexibility: Players always have the green light to dribble drive to the rim when the opportunity presents itself unless we are trying to control tempo. This helps us operate against tough overplay defense.

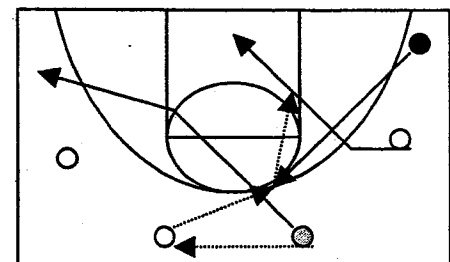
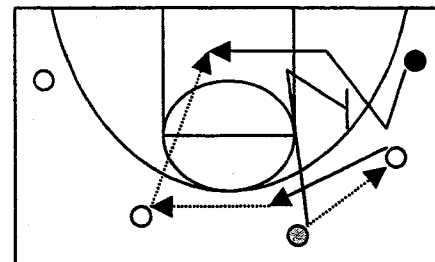


#1: Guard makes wing cut, Center rotates, Guard cuts and sets little on big back screen for the Center. We are looking for quick ball reversal and the backdoor lay-up.

WIDE OFFENSE

TWO WRINKLES:

#2: Guard to guard pass, guard cuts through to opposite corner, Center cuts hard to the ball, opposite wing cuts behind his defender for the backdoor lay-up.



Triangle Offense

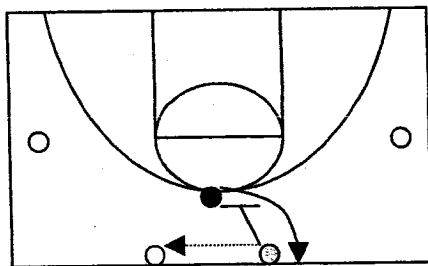
The high Triangle Movement is a great change of pace or tempo control that can be used at any time. It provides a team with a different pattern that provides an opportunity for backdoor cuts, dribble drive opportunities, and transition into our Low Offense. It can also be used as part of a game plan to isolate two tough defenders away from the ball or to take advantage of a weak defender in the triangle.

Rules:

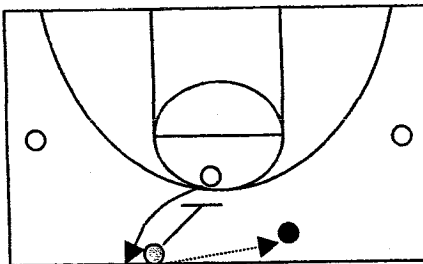
1. Guard to Guard Pass – Screen down near the top of the key and cut back to opposite guard spot off of new screen. Screen the screener action out high above the three point line with good spacing.
 - After the Center touches the ball for the 2nd time, the Center cuts backdoor to Low Offense.

Options:

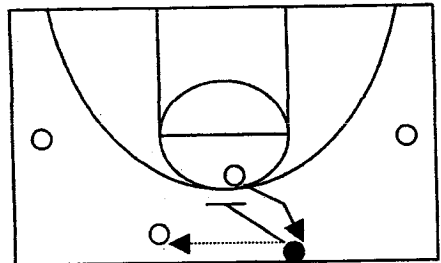
- Guard to Wing Pass – Give n' Go Cut to the Basket, Wing dribbles up into the Triangle
- The guard can dribble to the wing – Wing cut backdoor or receive handoff and dribble up into Triangle.
- The Guard can always dribble drive to attack the basket or kickout to wing shooters on penetration.



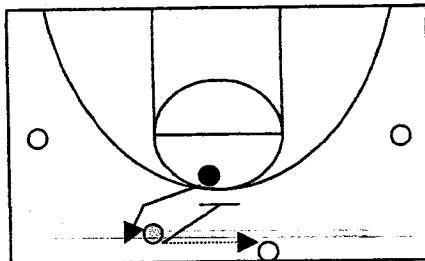
Guard to Guard: Downscreen



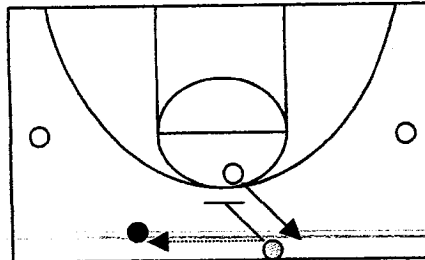
Guard to Guard: Downscreen



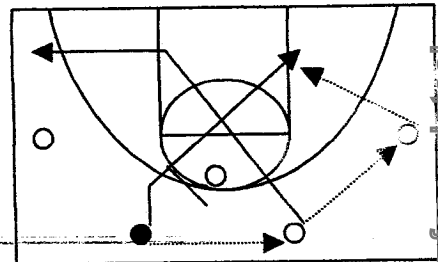
Guard to Guard: Downscreen



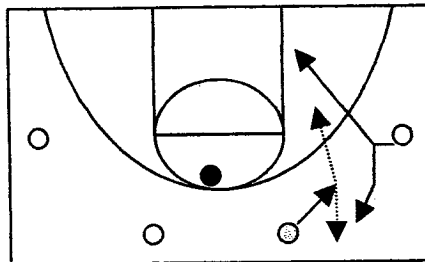
Guard to Guard: Downscreen



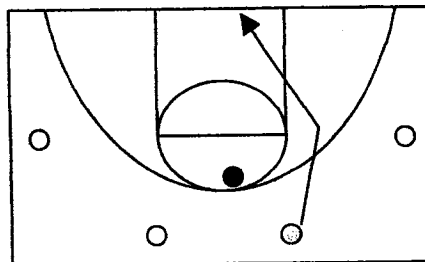
2nd time Center catches the ball, we are looking to reverse the ball and send the Center off of a backscreen to the basket. Transition to LOW OFFENSE



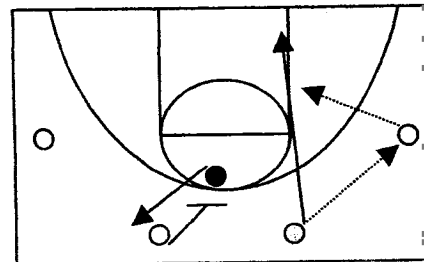
OPTIONS



Guard dribbles at Wing: Wing can either cut backdoor or accept a dribble handoff. Wing can dribble up and join triangle action.



Guard to Guard Pass: Guards always have the flexibility to attack the basket.

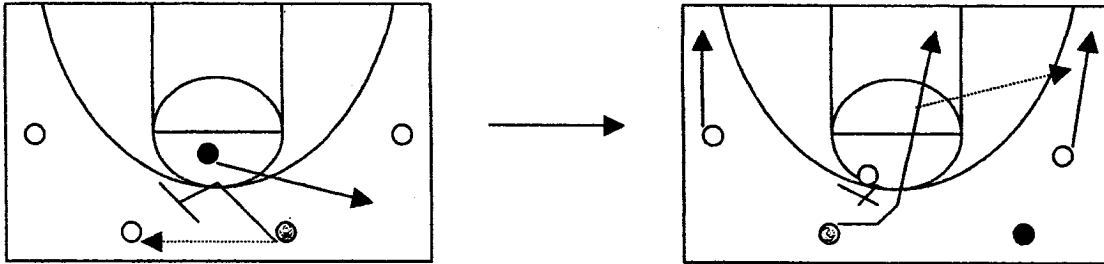


Guard to Wing Pass: Triggers Give N' Go cut backdoor, Wing can dribble up and join triangle action.

3 Triangle Plays

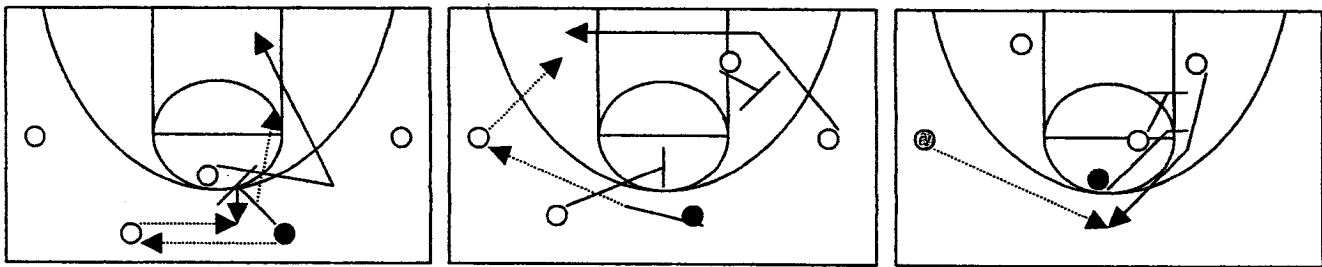
PLAY #1:

The Pick n' Roll action is designed to take advantage of player who can attack the basket off of the dribble. The idea with this simple pick n' roll is that we can also take advantage of a defense that is switching and catch the defender off guard by the quick dribble penetration.



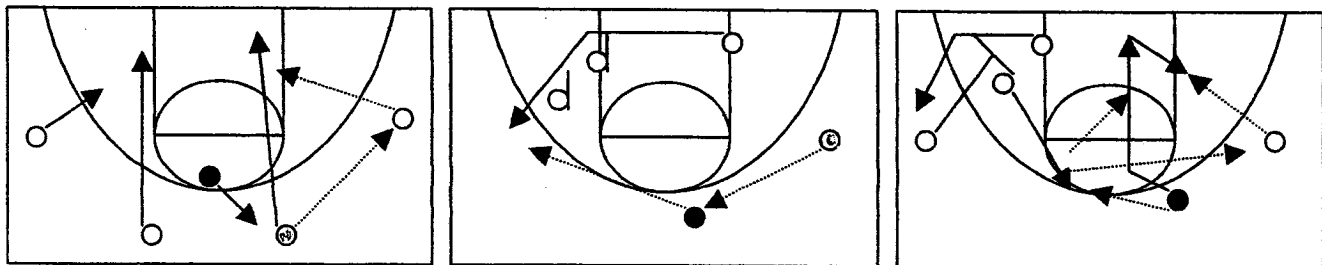
PLAY #2:

Option 1 **BACKDOOR**: Center makes a Guard to Guard Pass, Screens down, shapes up to receive pass and looks for quick **BACKDOOR** cut.
 Option 2 **POST UP**: Center reverses ball off of ball screen, weak side wing uses back screen to **POST UP** strong.
 Option 3 **THREE POINT**: Center and guard set a double staggered screen for the guard in the box looking for 3 shot.



PLAY #3:

Option 1 **BACKDOOR**: On a pass to the wing, the guard makes a give n' go backdoor cut.
 Option 2 **THREE POINT**: Wing reverses the ball through the center, weak side players screen down, after the give n' go basket cut the guard moves opposite using the screens looking for the three point shot.
 Option 3 **BACKDOOR**: If the defense switches, the second screener will cut toward the ball, the Center will cut backdoor behind his defender, then reverse pivot to a strong post up.



If the Backdoor is Locked: Pick the Lock!

12 Wrinkles/12 Plays

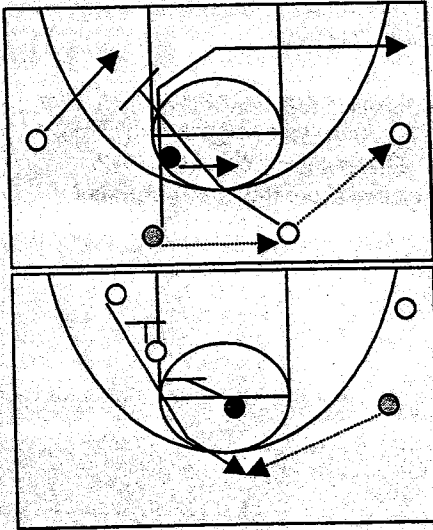
As a team, the goal is 5 backdoor lay-ups a game regardless of the opponent or defense. I have heard coaches joke "If the backdoor is locked, start knocking at the front." I say pick the lock because Championship teams score in the paint! Actually when I say it, there is an explicative or two inserted to emphasize the importance of easy baskets. Players need to understand that we don't settle for 25 foot jump shots over the defense if 30 seconds or 60 seconds later we can get a lay-up. In 2000, the summer camp t-shirt read, "Commin at ya in 2000, Don't forget to the Lock the Backdoor." The slogan appeared on the shirt underneath a basketball court where our favorite backdoor play was diagrammed. We want 5 a game!

Common sense suggests patience; ball reversal, possible offensive adjustment and most importantly execution of the basic fundamentals are necessary to unlock the backdoor. We are constantly working on precision cuts, quick ball reversal, taking care of the basketball, pass fakes, catching the ball, power square ups, dribble moves, ball handling, passing, finishing lay-ups, foot work, pivoting, posting up, and three point shooting.

The key phrase above is "possible offensive adjustment." Good coaches develop effective offensive counters to defensive strategy. This is where a coach has to play with the offense and be creative. Preparation includes scouting an opponent and putting together an offensive approach that will create an effective game plan. A coach has to make the offense work for his team. This is where an equal opportunity offense suddenly becomes an offense where the shooters are shooting, the screeners are screening, the passers are passing, and the players do not even realize it. Coaches need to constantly add new wrinkles to the basic offensive movement to take advantage of the team's offensive strength, a player's individual skill or take advantage of the opponent's defensive weakness.

Essentially, these new wrinkles are quick hitters or scoring options that are added to give the offense a variety of ways to counter defensive movement. Have you ever written down a play on a napkin? After watching a game? Have you ever dreamed up a play in the middle of the night? Have you ever used a play after a clinic presentation? Have you ever scrambled for a pen while driving down the highway to scribble down the latest wrinkle? The key is to thoughtfully select wrinkles that compliment the basic offense, compliment your player's skills, and then utilize them when they will be effective creating scoring opportunities in games.

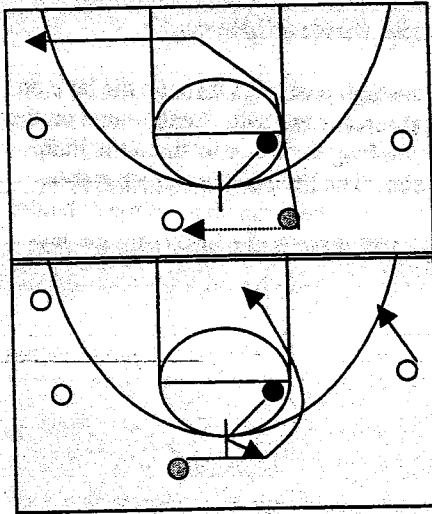
Wrinkles are quick plays. Wrinkles are designed to provide instant offense. The big difference between a wrinkle and a play for me is that a wrinkle is quick movement within the offense where we are looking for a specific scoring opportunity. A play is offensive movement that takes time to develop and usually requires all five players to execute in sync where we are looking for multiple scoring options. Plays are designed for patient offense. Plays are designed to create backdoor lay-ups, dribble drive opportunities, three point shots, ball reversal to strong post ups and a transition back to our offense. Plays are an absolute necessity to keep the defense off balance and help unlock the backdoor.



Shuffle Cut Offensive Wrinkle: Bread & Butter

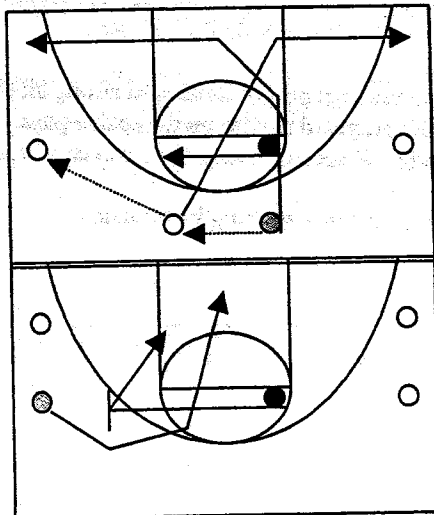
Guards reverse the ball to opposite wing. The wing opposite of the ball begins to move toward baseline preparing for double screen. Guards make their normal shuffle cuts, the second cutter stops and helps set a double staggered screen with the Center. This is my FAVORITE WRINKLE. If the weak side defense is sagging in the lane. We go right to wrinkles and plays that will attempt to take advantage of this defensive strategy.

Teach: Catch and Shoot!



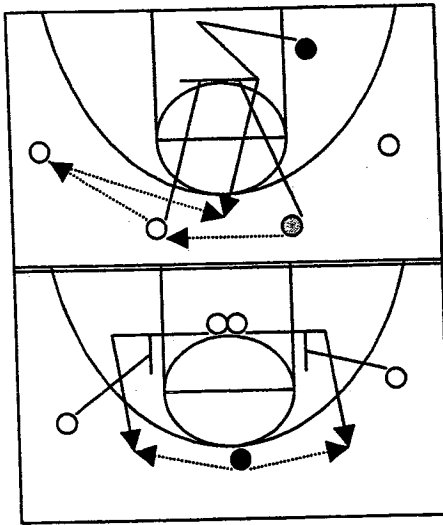
Shuffle Cut Offensive Wrinkle: Guard screen n' roll

Guard reverses ball and cuts through to opposite corner. Center sets a ball screen for the dribble drive or kickout. This is an effective movement for a quick driving guard that can get to the glass and finish or draw contact.



Shuffle Cut Offensive Wrinkle: Wing screen n' roll

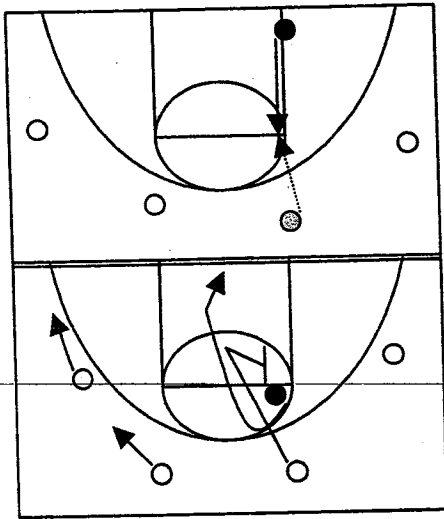
Ball reversal to opposite wing, Center sets back screen and then moves to the wing for screen n' roll action with the wing. Guard can always drive and kickout. This is an effective screen n' roll action against teams that are ineffective defending the pick n' roll.



Low Offensive Wrinkle: Double for Center

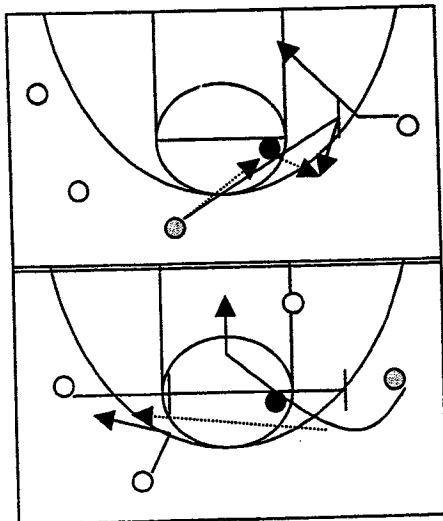
Guards reverse ball to wing and screen down for the Center. The Center can shoot the three point shot or make a pass to the wings coming off the down screens. This is a great change of pace wrinkle. The Center will be open to shoot the three point shot against slower defender.

Reset Offense



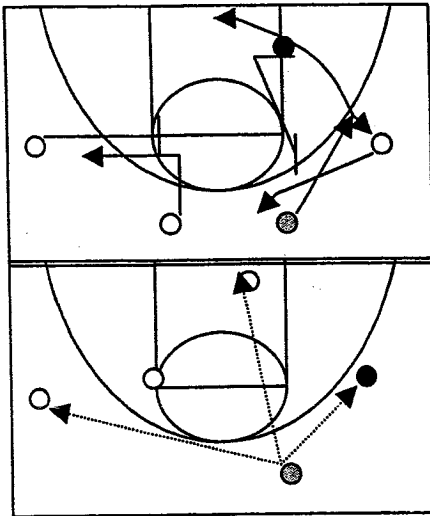
High Post Offensive Wrinkle: Center dribble curl

Guard makes entry pass to the high post, cuts through the lane on a give n' go cut, he stops and screens the ball. Center curls on the dribble from the ball screen looking for space to shoot the jump shot or dribble drive to the rim. The little on big screen creates enough spacing for Center to shoot the jump shot. If the defender goes over the top, the Center will drive to the basket for the lay-up.



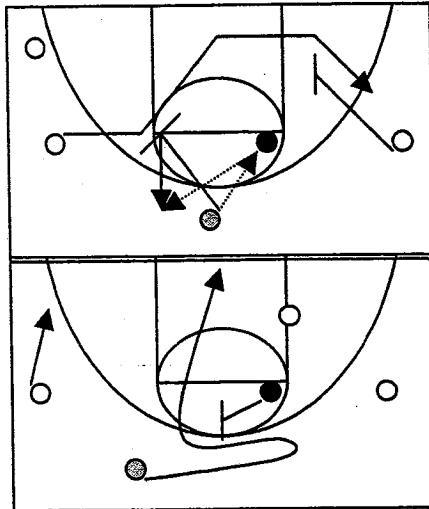
High Post Offensive Wrinkle: Strong Side Pick N' Roll

Guard makes entry pass to the high post, cuts toward strong side to screen, wing cuts backdoor, guard shapes up to receive pass. Center screens for the wing. Weak side fade cut on screen n' roll action. Effective against teams who poorly defend the screen n' roll and also have weak side defense sagging in the lane.



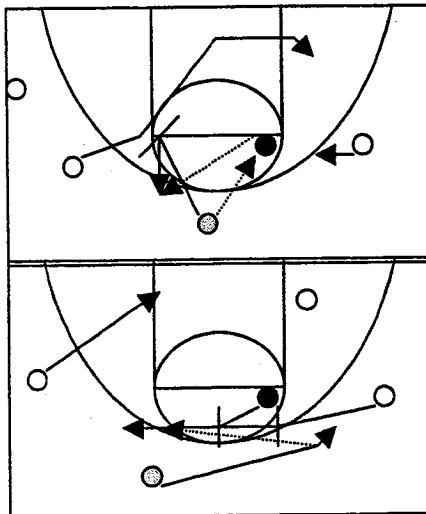
Low Post Offensive Wrinkle: Pt. Guard Lob

Guard dribbles right for wing handoff and slips behind the defense, Center moves to high post, after handoff, Center screens on the ball for screen n' shape up action, weak side fade screen looking for ball reversal. Slipping behind the defense is effective against tight man to man.



High Post Offensive Wrinkle: Reverse screen

Guard makes entry pass to Center at the high post, screens away, shapes up for the ball, dribbles off of Center screen, if no shot is available, reverse dribble action to dribble drive to the rim or kickout. This is a good play to use if the defender slides under the screen. Shoot the three point shot or go hard to the basket.

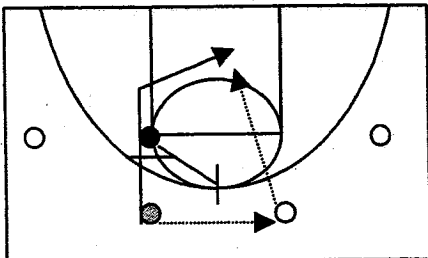


High Post Offensive Wrinkle: Screen the screener

Guard makes entry pass to the Center at the high post, screens away, dribbles off of double screen set by Center and opposite wing. Center screens the screener fading to opposite side. We are looking for the jump shot off the double screen or the swing pass on the screen the screener action for the three point shot. This is an effective end of the quarter type play.

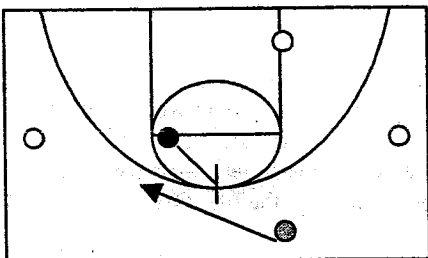
PLAY: _____

#2



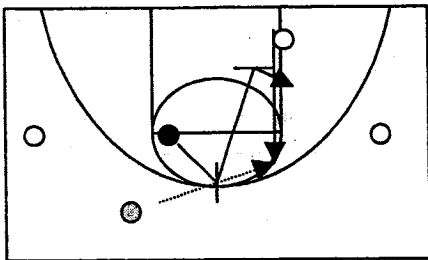
Option 1: BACKDOOR

Guard reverses ball and cuts off high post screen set by the Center looking for a backdoor lay-up.



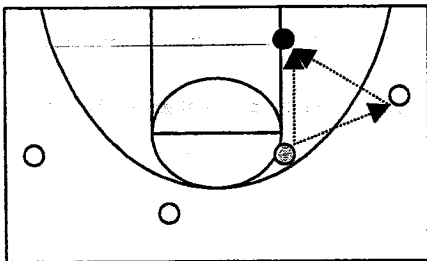
Option 2: SCREEN N' ROLL

Center screens the ball and rolls to the opposite box to set a screen for the original cutter. The guard can use the screen to shoot the jump shot.



Option 3: THREE POINT SHOT

Guard can shoot the jump shot off of the Center down screen. The Center will post up strong.

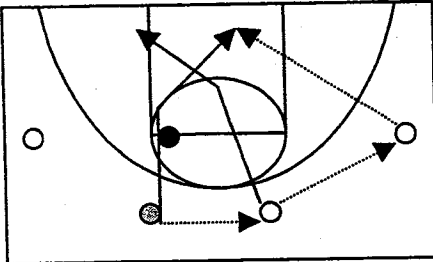


Option 5: BALL REVERSAL to STRONG POST UP

Center posts up strong as we reverse the ball looking for post entry pass. This takes us into our Low Offense.

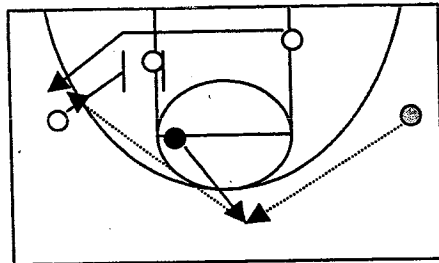
PLAY: _____

#3



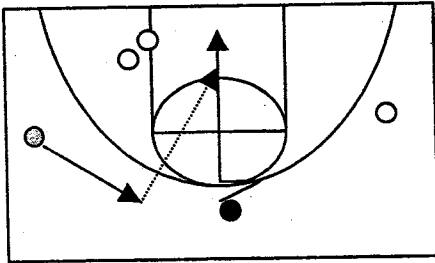
Option 1: BACKDOOR

Guard reverses the ball, cuts off high post screen set by Center looking for backdoor lay-up.



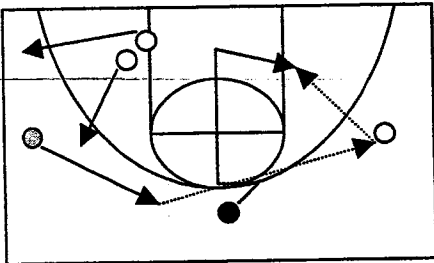
Option 2: THREE POINT SHOT

Center shapes up and reverses ball to opposite wing looking for three point shot after a staggered double screen. The guard who made the second cut stops on the block, turns back and sets a screen for the original cutter on the baseline.



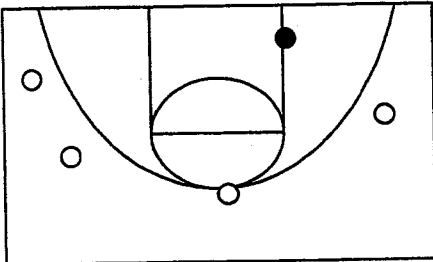
Option 3: BACKDOOR

If no shot is available, passer will plant foot and cut backdoor on dribble looking for the backdoor lay-up. If the cutter does not receive a pass, he will reverse pivot and post up.



Option 4: BALL REVERSAL to STRONG POST UP

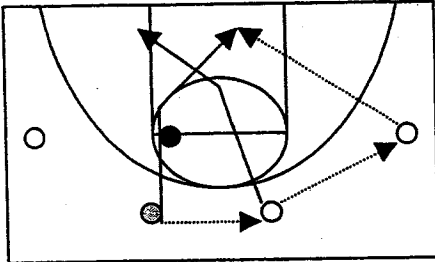
If no backdoor pass is available, we reverse the ball and look for post entry pass.



Option 5: Transition into Low Offense.

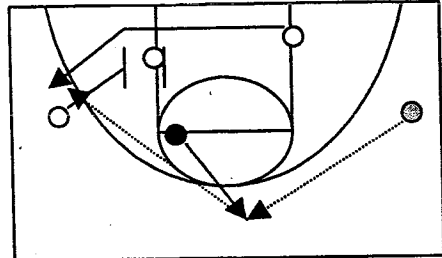
PLAY: _____

#3



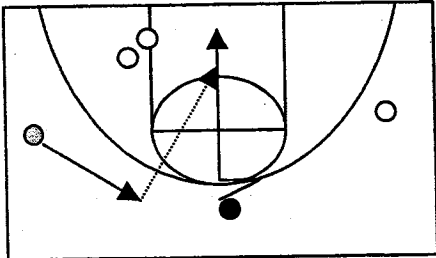
Option 1: BACKDOOR

Guard reverses the ball, cuts off high post screen set by Center looking for backdoor lay-up.



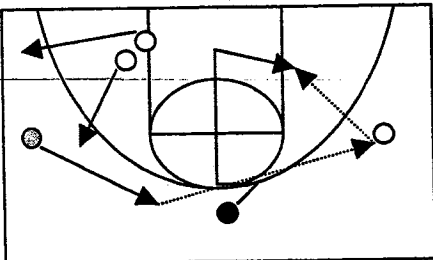
Option 2: THREE POINT SHOT

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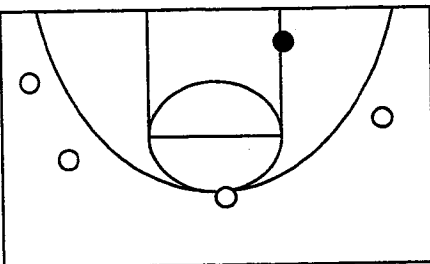
Option 3: BACKDOOR

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Option 4: BALL REVERSAL to STRONG POST UP

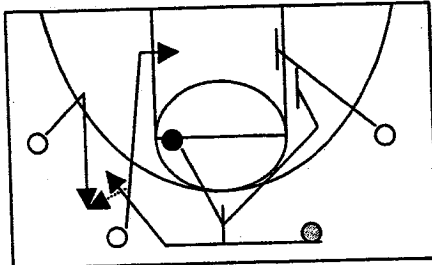
If no backdoor pass is available, we reverse the ball and look for post entry pass.



Option 5: Transition into Low Offense.

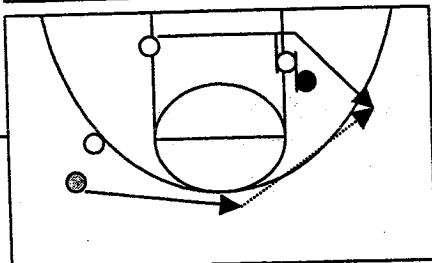
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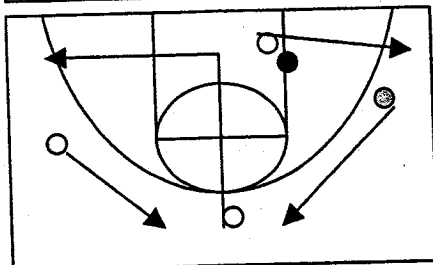
Option 1: DRIBBLE HANDOFF

Center steps up for the ball screen, opposite guard through, guard dribbles to opposite wing off the screen for the handoff. Center cuts to set a double staggered screen.



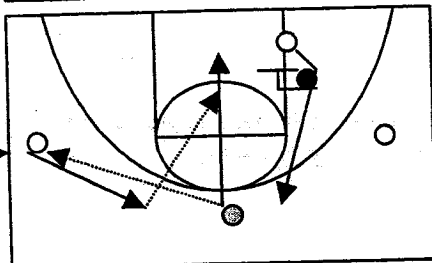
Option 2: THREE POINT SHOT

Guard dribbles across the floor looking to make pass to wing for three point shot off a double staggered screen.



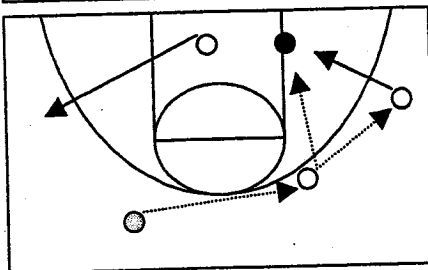
Option 3: BACKDOOR

If no shot is available, passer goes backdoor on dribble and we dribble up and reset offense or if wing is not open, see option 2b below.



Option 2b: BACKDOOR

Review Option 2 above. If the wing comes off the double staggered and is not open, the guard can reverse the ball back to the teammate that handed the ball off and make a give n' go cut to the basket. Center will screen down and post up strong.

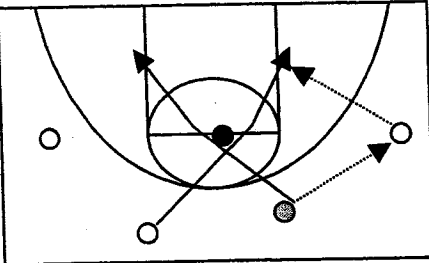


Option 3: BALL REVERSAL to STRONG POST UP

Guard is not open on give n' go cut and clears out to corner. Center sets a screen, guard cuts to the arc as we look to reverse the ball and delivery a post entry pass to the Center.

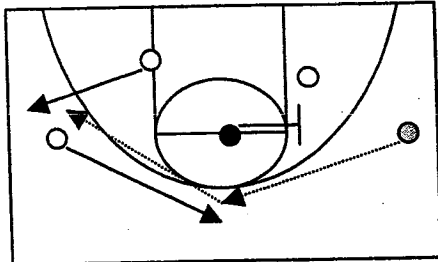
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#5



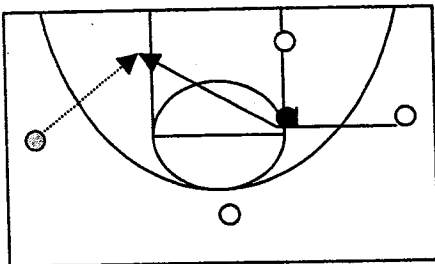
Option 1: SCISSORS CUT

Guard enters to the wing, both guards scissors off of the Center at the free throw line.



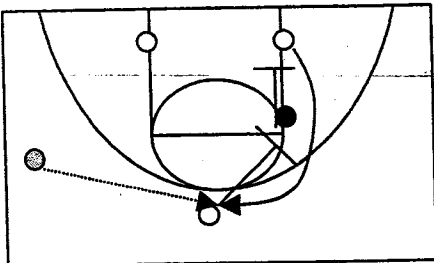
Option 2: BALL REVERSAL

Opposite wing must come hard and get ball and reverse it as quickly as possible. Center moves toward ball and gets in position to set a screen.



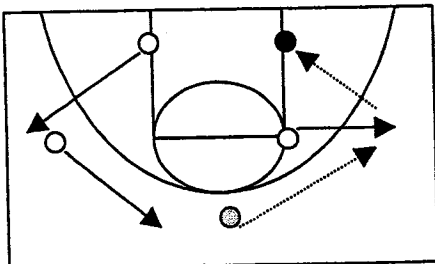
Option 3: BACKDOOR

Center screens at the high post for opposite wing cutting toward the ball. First look is for the cutter. Both Center and guard at the top of the key will screen down for shooter.



Option 4: THREE POINT SHOT

If cutter is not open, we will look for the three point shot off a double staggered screen at the top of the key. The Center will slide into the box. The guard will pop out to the wing.

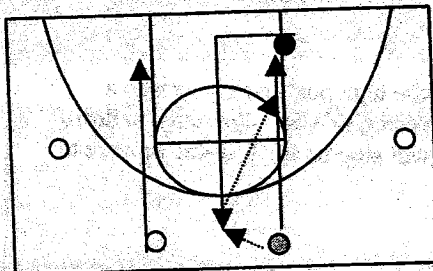


Option 5: BALL REVERSAL to STRONG POST UP

If shot is not available, we reverse ball looking for post entry pass to Center. This will transition us into our Low Offense.

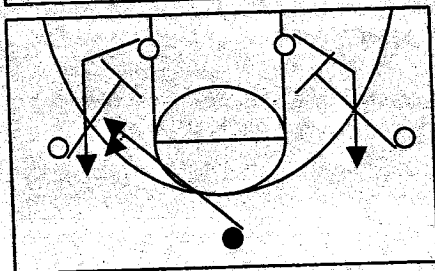
PLAY: _____

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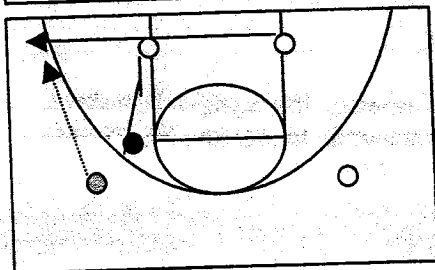
Option 1: BACKDOOR

Guard enters to Center high above the top of the key. Both guards cut backdoor looking for the give n' go cut.



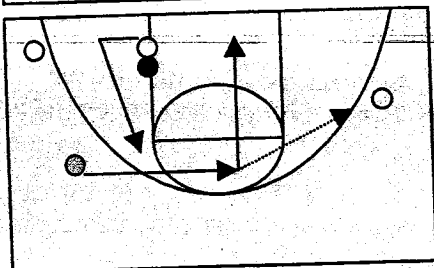
Option 2: JUMP SHOT

Both wings down screen for guards, the Center can dribble to either side for the dribble handoff and jump shot.



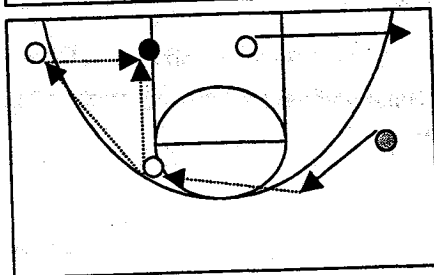
Option 3: THREE POINT SHOT

Center rolls into the post after handoff looking to be a part of a double screen on the misdirection. We are looking for the three point shot in the corner.



Option 4: BACKDOOR

If no pass is made to the corner, the guard will reverse the ball to the opposite wing and make a give n' go cut to the basket. The Center will set a screen for the wing down on the box and then post up strong.

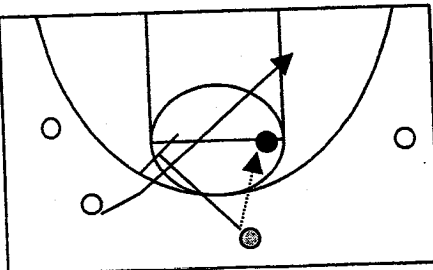


Option 5: REVERSE BALL to STRONG POST UP

Wing moves to the arc, we are looking to dribble up and reverse the ball quickly to deliver a post entry pass to the Center.

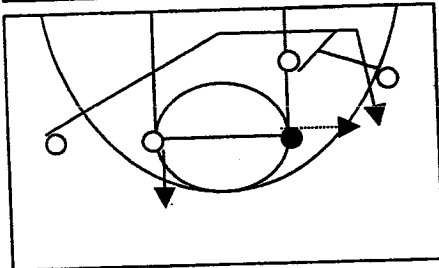
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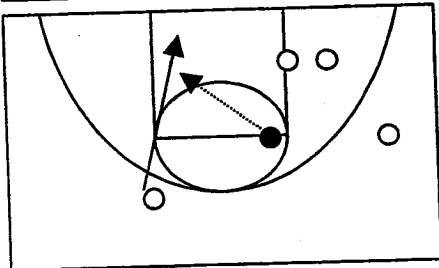
Option 1: BACKDOOR

Center catches the ball at the high post, looks to make a backdoor pass to cutter. Strong side wing prepares to down screen down. The cutter will stop on the box and prepare to set a screen.



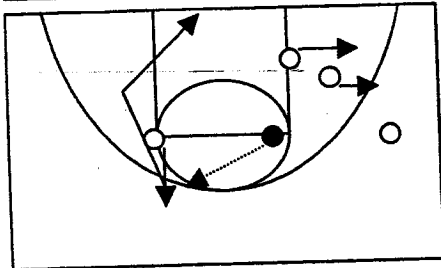
Option 2: THREE POINT SHOT

In order to clear out the side, we bring the opposite wing all the way across off a double screen for the three point shot.



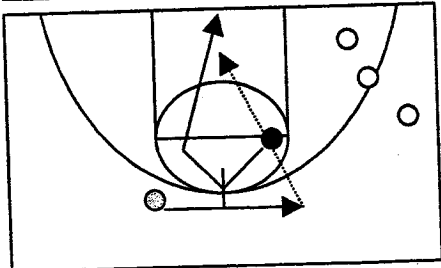
Option 3: BACKDOOR

Guard screened away, shapes up, if overplayed he makes a double cut and goes backdoor for the lay-up. My favorite backdoor play is the double cut.



Option 4: DRIBBLE DRIVE

Guard screened away, shapes up, receives a pass and can either shoot or dribble drive hard because we have cleared out this side of the floor.

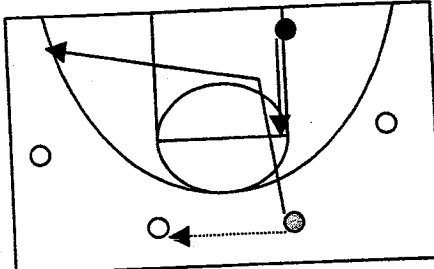


Option 5: BACKDOOR

Against defense that traps the dribble on ball screen, Center can set a screen and slip it looking for the lob pass because the weak side is all clear.

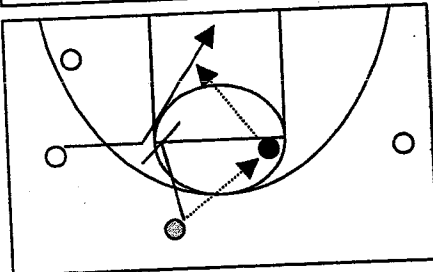
PLAY: _____

#8



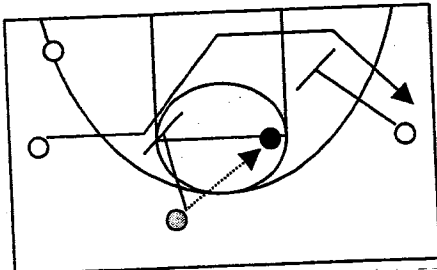
Option 1: High Post Entry

Guard reverses the ball, cuts through to opposite corner, Center moves to the high post for the entry pass.



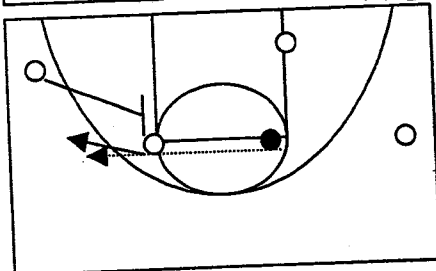
Option 2: BACKDOOR

Guard screens away, wing player cuts backdoor looking for the backdoor lay-up.



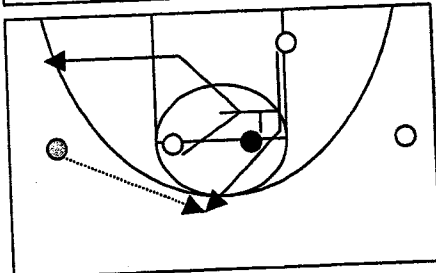
Option 3: Movement

Cutter receives down screen on the opposite side of the floor. The weak side wing starts to move toward ball.



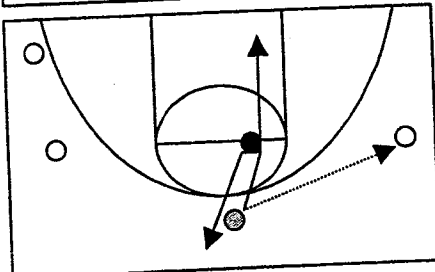
Option 4: THREE POINT SHOT

Wing sets a fade screen for the guard who screened at the high post. A unique screen, the screen the screener action at the high post will give the wing an opportunity to shoot the jump shot or drive base line.



Option 5: THREE POINT SHOT

The Center and the wing that set the fade screen become tandem screeners for the wing who down screened for the cutter above. Guard clears out to left corner.

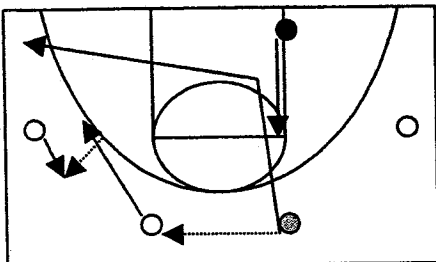


Option 6: BACKDOOR

Quick ball reversal leads to a backdoor cut by the guard off of a Center screen. This will transition us to the Center SHAPE UP MOVEMENT within our offense.

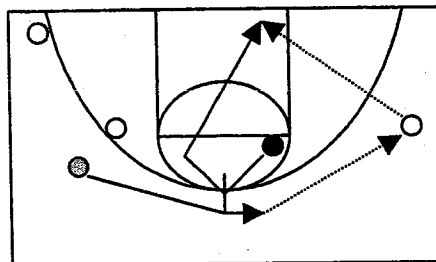
PLAY: _____

#9



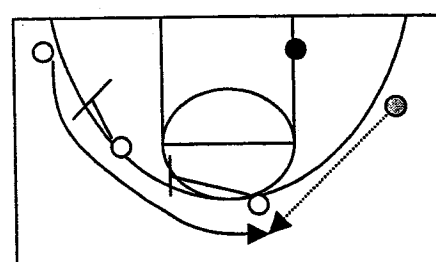
Option 1: Dribble handoff Entry pass

Guard reverses ball, cuts to opposite corner, Center moves to the high post. Guard dribbles to wing for handoff.



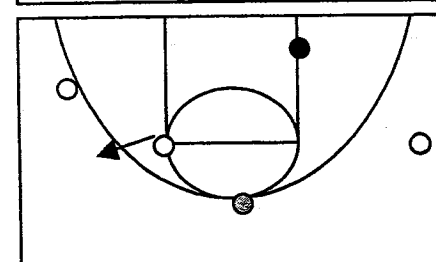
Option 2: BACKDOOR

Center screens for ball, if defender switches or traps the ball, Center quickly turns and cuts to the rim. We are looking for quick ball reversal and the backdoor lay-up.



Option 3: THREE POINT SHOT

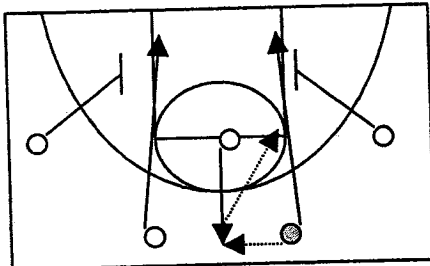
After ball reversal, we set a double staggered screen for wing shooter looking for the three point shot.



Option 4: We finish with a transition into our Low Offense

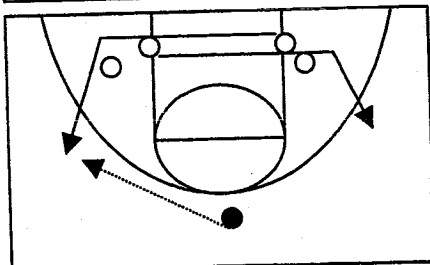
PLAY: _____

#10



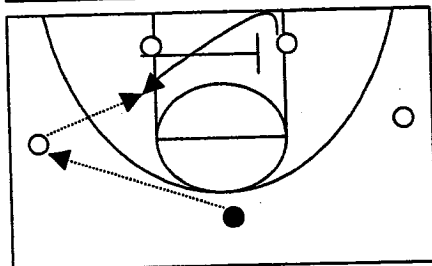
Option 1: BACKDOOR

Center cuts high above the top of the key. Both guards cut to the basket looking for the give n' go lay-up.



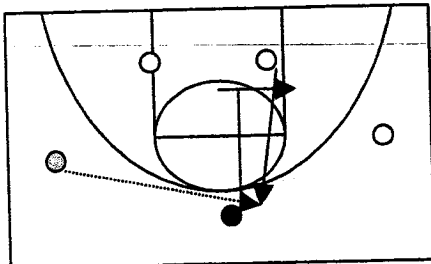
Option 2: JUMP SHOT

Guards cross and receive down screens. The Center reverses the ball for the jump shot.



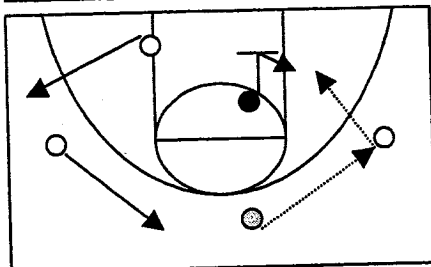
Option 3: STRONG POST UP

If no jump shot is available, screen across in the box looking for the post up. After reversing the ball, the Center is going to down screen for the screener.



Option 4: THREE POINT SHOT

Screen the screener play for three point shot. If no shot is available off of the down screen, we will reverse the ball.

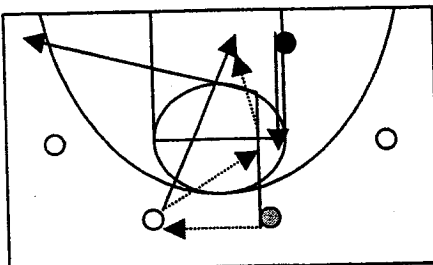


Option 5: BALL REVERSAL to STRONG POST UP

Center reverse pivots and expects the post entry on quick ball reversal. This takes us into our Low Offense.

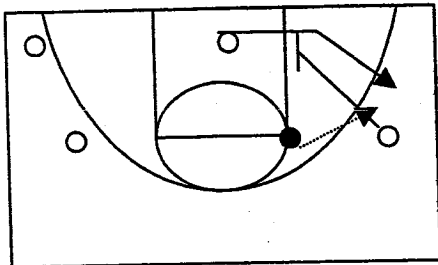
PLAY:

#11



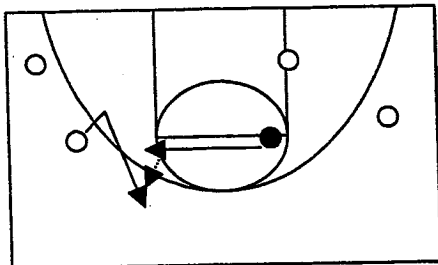
Option 1: BACKDOOR

Guard reverses ball, cuts through to opposite corner, Center cuts to the high post for pass. Guard makes give n' go cut looking for the backdoor lay-up.



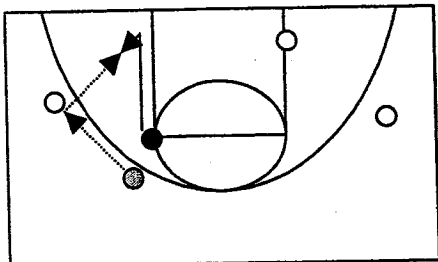
Option 2: THREE POINT SHOT

Cutter will receive a down screen from the weak side wing. The Center will look for the cutter off of the down screen for the jump shot.



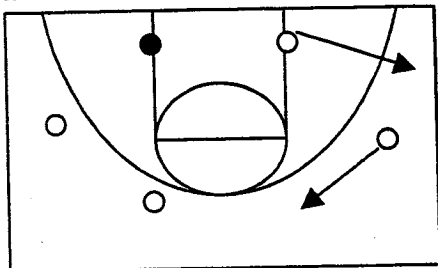
Option 3: THREE POINT SHOT

Center will dribble opposite to wing for handoff. After the handoff, Center will slide into the box.



Option 4: BALL REVERSAL to STRONG POST UP

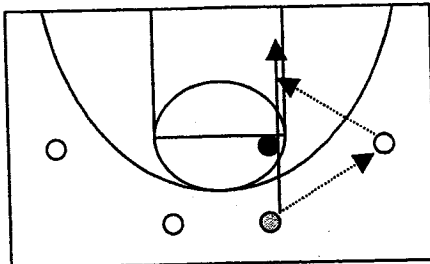
Quick ball reversal creates post entry pass to Center.



Option 5: Transition into Low Offense.

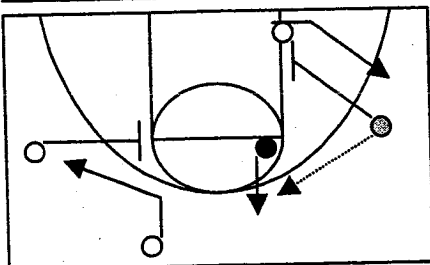
PLAY: _____

#12



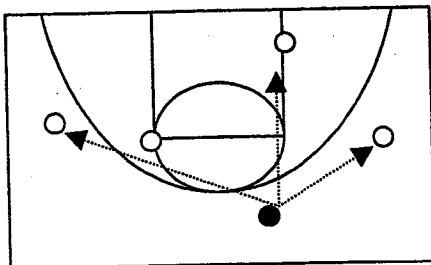
Option 1: BACKDOOR

Guard makes a give n' go cut off a UCLA screen after making wing pass to the strong side. Center pops out to receive pass.



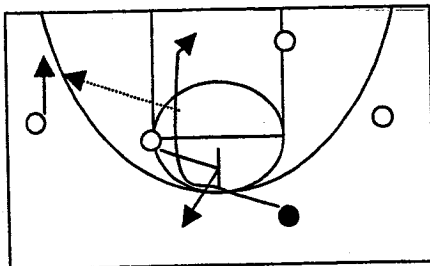
Option 2: Movement

Wing screens down for guard. Weak side, wing sets a fade screen for guard.



Option 3: THREE POINT SHOT or POST UP

Center can swing the ball to the weak side off of fade screen, make a post entry pass, or make a strong side wing pass for the three point shot.



Option 4: DRIBBLE DRIVE

If nothing develops, wing continues and sets a ball screen for the Center for a dribble drive to the basket.

12 Teaching Drills:

12 Teaching Drills:

3 Player Breakdown Drills

1. High Post Weak Side Cuts
2. Shuffle Cut – Guard Cuts
3. Shape Up – Center Post Up
4. Dribble Handoff/Backdoor
5. Center Backdoor
6. Flex Cut – Post Move
7. Shape Up – Same Side Post Up
8. Center Kickout

Team Drills

9. Corner to Corner Ball Reversal
10. 5 on 5 Center Shape Up Drill
11. 5 on 5 on 5 Recognition Drill
12. Center Workout Drill

The 3 player station drills are a great way to begin practice or to breakdown for 12 or 24 or 30 minutes at the beginning, middle, or end of a practice. We view these drills as a valuable time to slow down and teach the details of footwork, timing, passing, catching, shooting, catch and go to dribble drive, pass fake, hesitation, dribble moves, patterned movement, etc... The key is that all of these drills focus on specific basketball skills that we want our players to execute within our offense during games. We like repetitive drills because players have to stay focused. There are no lines to stand in or moments to waste.

We like to put 24 minutes on the clock and rotate the drill on the horn every four minutes. Players are assigned to a three player team that will consist of a Guard, Wing, and Center and also assigned to a specific basket. The reason for this is because we want our top players working together at the main baskets. In addition, assigned 3 player teams increases efficiency in practice and cuts down on wasted time. When we breakdown into our 3 player team drills with no defense, players know that if they are not working hard and concentrating on the fundamentals, an ass chewing will follow.

The practice plan posted daily in the locker room might read as follows:

3 Player Stations:

<u>Team 1</u>	<u>Team 2</u>	<u>Team 3</u>	<u>Team 4</u>	<u>Team 5</u>
Scott (S)	J.J. (S)	Tim	Joe	Mark
Chad (S)	T.J. (S)	Josh	Robert	Hakim
Greg (S)	John (6th)	Brian	Kevin	Erick

JANUARY 10th, 2000

5 Minutes Each/10 Minutes total:

1. High Post Weak Side Cuts
2. Shuffle Cut – Guard Cuts

JANUARY 11, 2000

4 Minutes Each/24 Minutes total:

1. Shape Up – Center Post Up
2. Dribble Handoff/Backdoor
3. Center Backdoor
4. Flex Cut – Post Move
5. Shape Up – Same Side Post Up
6. Center Kickout

Teaching the Backdoor Offense requires repetition. I have never watched a Princeton Practice, N.C. State practice, Air Force Practice, NJ Nets practice or any of the other 1000 or so teams that runs the backdoor offense. I don't know how they teach it.

I do know that our team gets the same backdoor cuts these teams get. I know that our local newspaper reporters refer to the offense as the Princeton Offense. I know starting practice everyday with the simple 3 player repetitive drills that I have outlined will help ALL players learn the offense and develop instincts for the basic cuts.

There are a number of ways coaches can spice up these 3 player team drills:

#1. Add a manager underneath the basket as a defender. Give him a broomstick to block shots. Tell players to keep track of how many times they finish.

#2. Work specifically on a single post move or specific cut. For example, the Post Move Drill – Everyone works on the Up and Under Move. Or High Post Offense Screen Away Drill – Everyone works on the double cut.

#3. Instruct players to shoot all lay-ups in the drills, players keep track of how many lay-ups their team makes in a row without a dropped pass.

#4. Instruct players to shoot all three point shots. First team to 10 wins. For example, you will notice that in Drills like #1 and #2 where players have the option to shoot the three point shot or dribble drive and kick. They will dribble drive and kick to the best shooters or just skip pass to them. They want to win. Keep track of wins-losses.

#5. Pair up the teams and go 3 on 3 with full defense. There should be a 15-second time limit on offense. Players run the drill and go hard to the glass.

If a coach observes and instructs at a basket, he can teach the footwork of a bump cut, or teach how to catch and dribble drive in one motion, or teach the pass fake, or teach the difference between a good cut and a bad cut to the basket, or teach the jump hook.

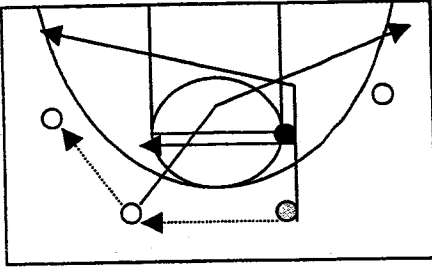
It is difficult to diagram these drills. I apologize if they appear to be a bit confusing. However, I want to reassure you that they are effective. They work for me. Take your time to read through them and think about whether or not they might be able to help you teach what you need to teach.

The team drills are equally effective. I don't think there is a better drill than 5 on 5 half court to work on a new play, wrinkle, or a cut in the basic offense. Rotate offense to defense, defense out.

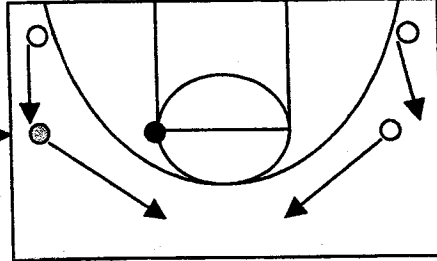
My final suggestion is devote more time to developing the offense in your practice session. Remember, a good offense is the best defense.

Teaching the Backdoor Offense:

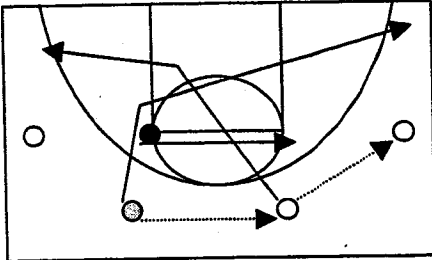
Remember to keep it simple – do not hesitate to have players spend a few minute a day going through the basic cuts of the various offensive sets. For example: The Shuffle Cut Offense. Start teaching it by going through the cuts without defense. Run it for 5 minutes straight without defense, tell the guards to cut through hard to the opposite side of the floor. Tell your wings to “Dribble Up” and reverse the ball.



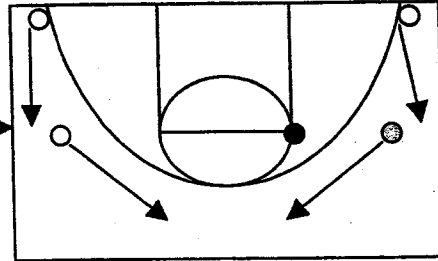
Reverse the ball: Guards both make cuts to the opposite corner. Center follows ball at the high post.



Wing “Dribbles Up” to reset the offense looking to reverse it.



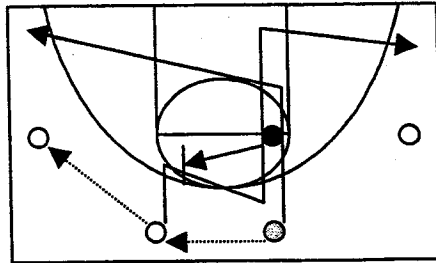
Reverse the ball the opposite way: Guards both make cuts to opposite corner. Center follows ball.



Wing “Dribbles Up” to reset the offense.

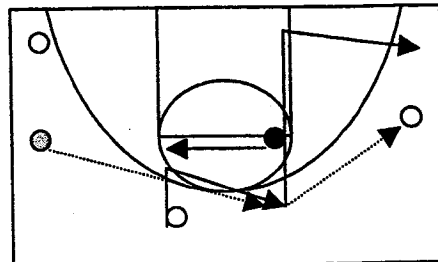
Eventually, instruct the second guard who makes a pass to the wing to fake cut, bump to the top of the key, and then cut backdoor before heading to the opposite corner. The wing “Dribbles Up” and resets offense.

Same simple repetition: The only difference from above is the second guard is bumping before cutting.



Eventually, instruct the second guard to bump and have the wing pass him the ball so he can reverse it and cut to the basket on the give n’ go cut before moving to the corner.

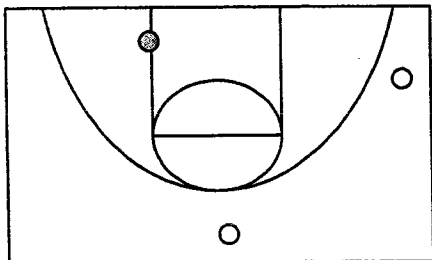
The wing will simply “Dribble Up” and reset the offense. Build it piece by piece! Eventually add defense.



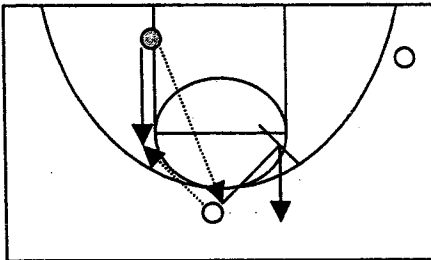
DRILL #1: 3 Player Team – High Post Weak Side Cuts

The High Post Weak Side Cut drill is designed to help players learn the offensive pattern and details (timing, footwork, pass fakes) of the weak side cuts within the high post offense. There are six different options covered in this drill that players can choose from. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor as players move from the Center to guard to wing positions on the floor. The rules for Continuity are simple: 1. The guard will always rebound. 2. The weak side wing will always rotate up to the top of the key. 3. The high post will always step up for ball screen then fade to same side wing. 4. The rebounder will then step to the box and flip himself the ball and kickout to the new guard to start the drill again.

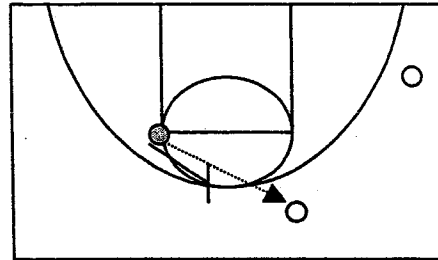
THE CONTINUOUS ROTATION



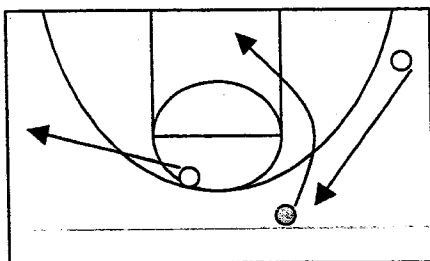
Drills starts with a post player, weak side wing, and a strong side guard. The Center kicks out to guard triggering move to high post.



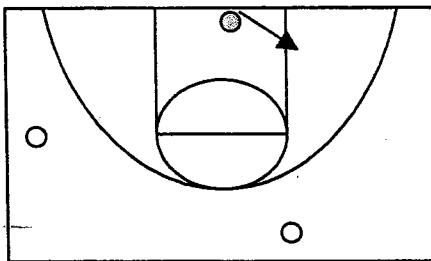
Guard enters back to high post and begin weak side cut by screening at the opposite high post for imaginary cutter, guard shapes up.



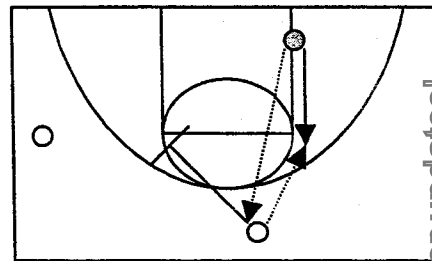
At this point we will execute one of the SIX WEAK SIDE OPTIONS DETAILED BELOW. The guard will always rebound the shot.



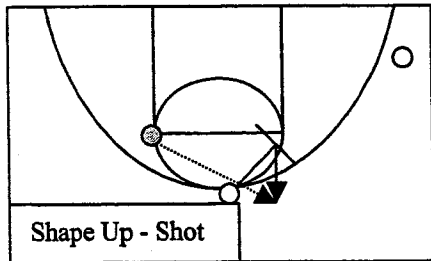
For Example: Dribble Drive
Guard rebounds own shot, Wing rotates up to top of key, high post steps to wing.



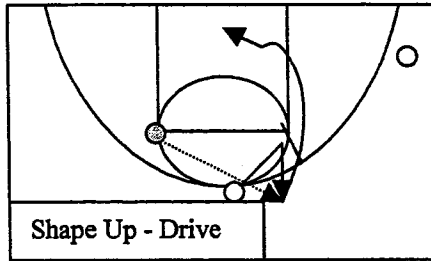
Guard will rebound the shot and flip the ball to self on the side he just came down. Speed is not important. Execution is important!



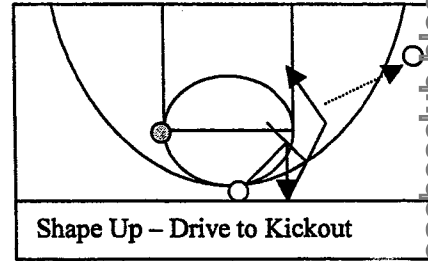
The kickout will lead to a straight cut to the high post. The new guard will screen away and we will execute one of the six options, etc.



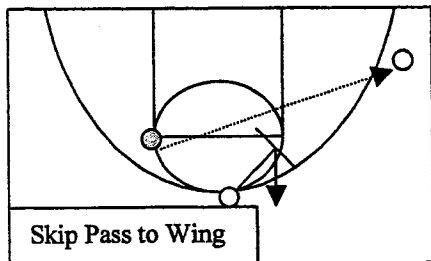
Shape Up - Shot



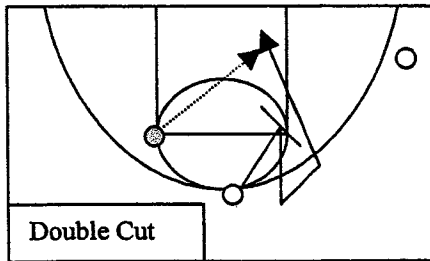
Shape Up - Drive



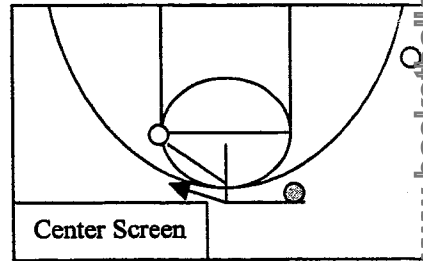
Shape Up - Drive to Kickout



Skip Pass to Wing



Double Cut

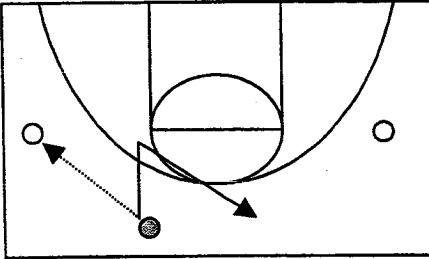


Center Screen

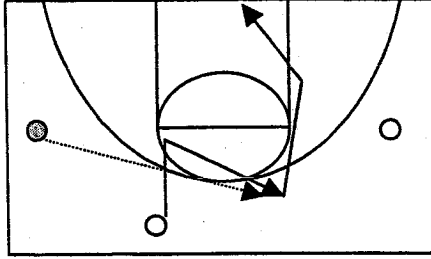
DRILL #2: 3 Player Teams – Shuffle Cut – Guard Cuts

The Shuffle Cut – Guard cuts drill is designed to help players learn the offensive pattern and details (timing, footwork, pass fakes) of the guard cuts after reversing the basketball to the wing in the Shuffle Cut Offense. There are six different options covered in this drill. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor as players move. The rules for Continuity are simple: 1. Guard always rebounds the basketball and kicks back to the top of the key, guard will become weak side wing. 2. The strong side wing always rotates up to the top of the key after throwing pass. 3. Weak side wing stays put, becomes strong side wing. Once the players get the hang of the rotation, the drill is incredibly effective at teaching the shuffle cut guard movement, timing, footwork on the bump, catch and go, etc...

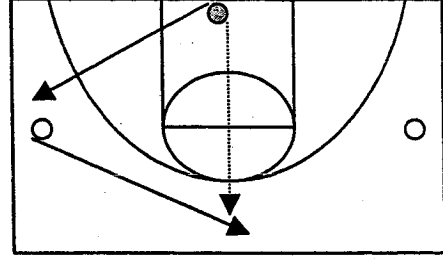
THE CONTINUOUS ROTATION



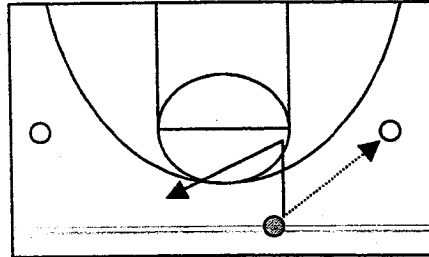
The drill starts with two wing players and a guard. The guard makes a wing pass and bumps off of imaginary Center screen.



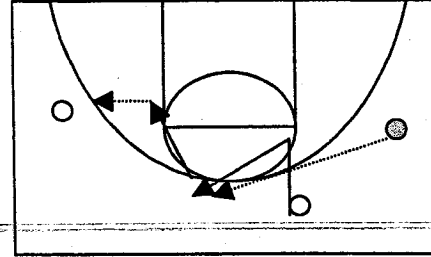
At this point, we will execute one of the 6 options detailed below. Example: Dribble Drive. The guard will always rebound.



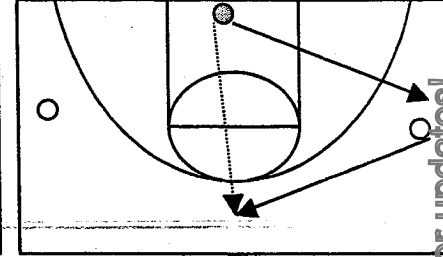
Guard rebounds the shot. Strong side wing or passer moves to the top of the key. Weak side wing stays put.



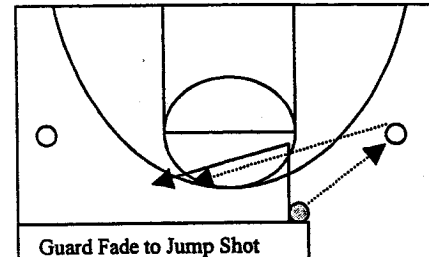
New guard will make a pass to the wing. At this point, we will execute one of the 6 options.



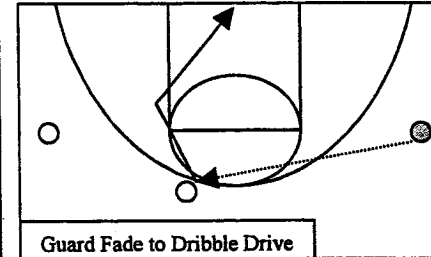
Example: Dribble Drive and kickout. Guard will rebound the shot. Weak side wing that just shot the ball will stay put.



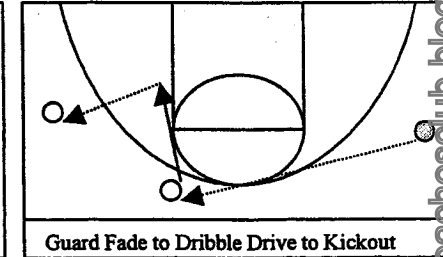
Guard rebounds the shot. The strong side wing that threw the pass moves to the top of the key. Weak side wing stays put after shot.



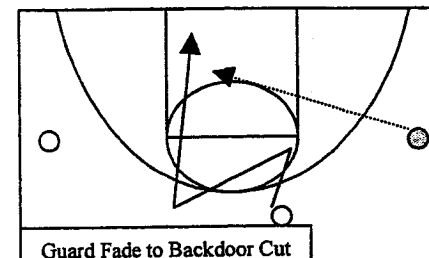
Guard Fade to Jump Shot



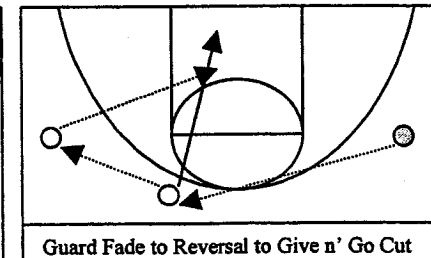
Guard Fade to Dribble Drive



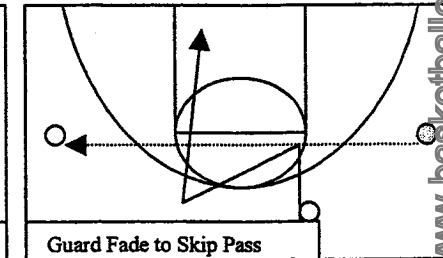
Guard Fade to Dribble Drive to Kickout



Guard Fade to Backdoor Cut



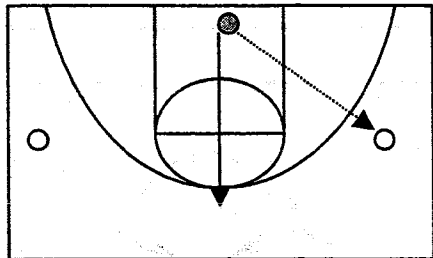
Guard Fade to Reversal to Give n' Go Cut



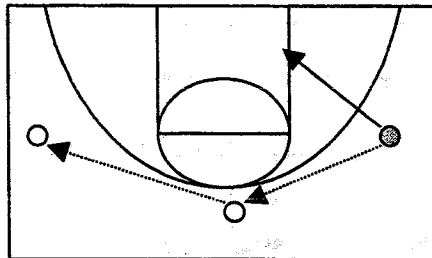
Guard Fade to Skip Pass

Drill #3: 3 Player Teams: Shape Up – Center Post Up

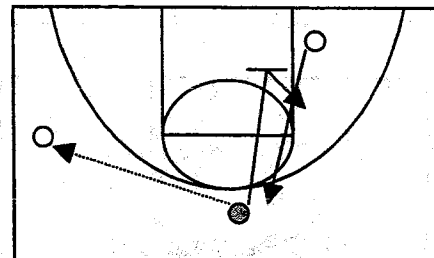
The Shape Up – Center Post Up drill is designed to help each player work on the cuts that a Center Shape Up triggers. The give n' go cut, the Center screen down for passer after ball reversal, and the subsequent Center Post Up and post entry. The drill will always end with a post up and strong post move. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor. When we restart the drill, we kick it out to the right 3 times in a row to give each player an opportunity to score in the right box. Then we will switch by kicking out to the left 3 times in a row. This drill incorporates our RULE that a post entry pass to Center triggers the strong side guard to screen away for the weak side guard. The rules for Continuity are simple: Center will become strong side wing. Weak side wing will become Center after backdoor cut. Strong side guard will become weak side wing. Confused? Go Slow! After the players learn the rotation it is an excellent drill.



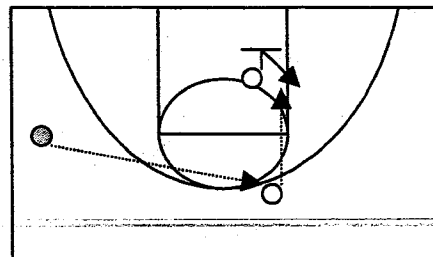
The drill starts with a pass to the wing and a cut to the top of the key.



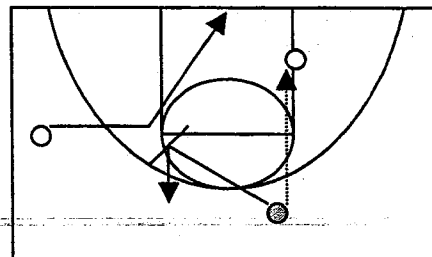
The wing makes a pass to the Center Shape Up at the top of the key. The Passer cuts backdoor.



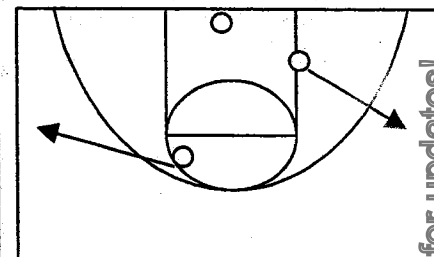
On ball reversal, the Center screens down for the original passer. The Center will reverse pivot to a strong post up.



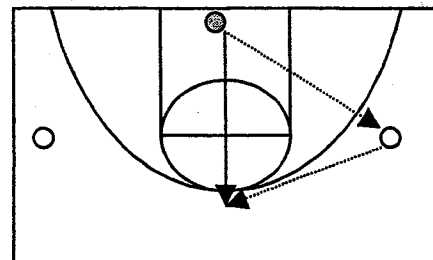
Wing passes the ball to the top of the key after the Center screen down. Guard makes post entry pass.



After post entry pass, Guard screens away, wing cuts backdoor to rebound as Post Move is executed in the box.



Post player steps to the wing. The wing that cut backdoor rebounds. The guard who screened away after post entry steps to the wing.



We will restart the drill by kicking it out to the right three times in a row so each player executes a post move on the right box. Then we will start it by kicking it to the left wing three times in a row.

SPECIAL EMPHASIS:

- Crisp passing – Quick ball reversal
- Pass and Cut: Plant foot and go on the give n' go cut
- Down screen to reverse pivot post up
- Use dribble to create bounce pass angle to feed the post
- After post entry pass, screen away at high post and shape up

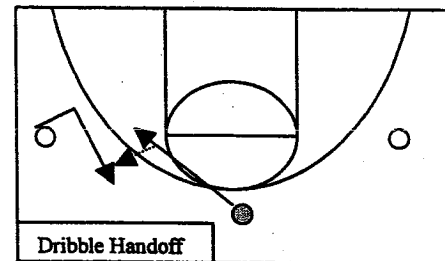
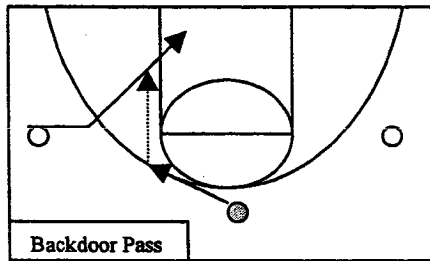
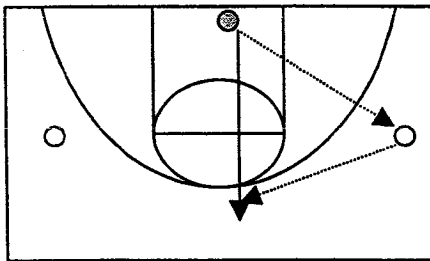
POST MOVE

- Up and Under
- Jump Hook
- Power Drop Step
- Turn around Jump Shot
- Dream Shake!



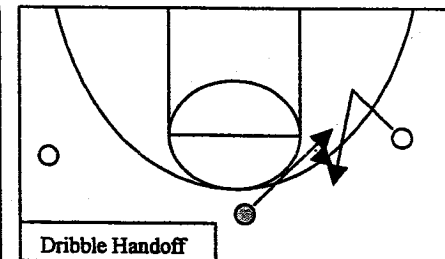
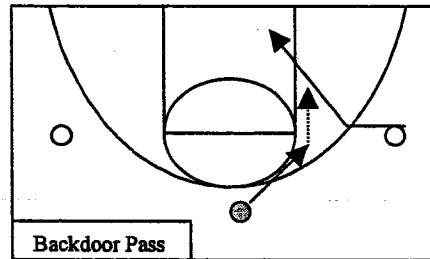
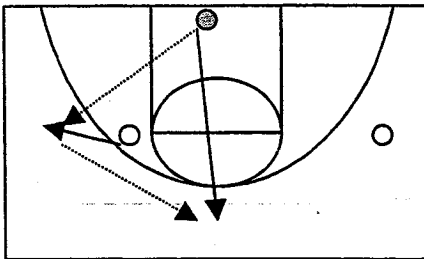
DRILL #4: 3 Player Teams: Dribble Handoff/Backdoor

The Dribble Handoff drill is a 3-player drill that is designed to help us learn how to cut backdoor and execute the backdoor pass off of the dribble against overplay defense and help us execute the dribble handoff and screen against sagging defense. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor as players move and rotate. This will give all players an opportunity to execute the fundamentals of passing, shooting, dribbling, cutting, finishing lay-ups, dribble handoff, and the footwork associated with a backdoor cut or cutting towards the ball to receive a dribble handoff.



The drill starts with two wings and a player underneath the basket. The player will make a pass to the wing and cut to the top of the key to receive pass.

The player will dribble opposite and the opposite wing will either cut backdoor for the lay-up or cut toward the ball for the dribble handoff and jump shot. Either option, the shooter rebounds his shot. The passer will step to the wing. After the rebound, he will make a pass back to the same side he just cut or shot from and cut to the top of the key.



The passer steps to the wing, the shooter kicks back out and cuts to the top of the key to restart the drill.

The player will dribble opposite and the opposite wing will either cut backdoor for the lay-up or cut toward the ball for the dribble handoff and jump shot. Either option, the shooter will rebound his shot. The passer will step to the wing. After the rebound, he will make a pass back to the same side he just cut for shot from and cut to the top of the key.

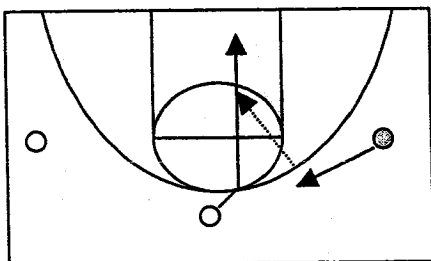
TEACHING POINTS:

- Players need to know how you want them to set the dribble screen?
- Players need to know how you want them to deliver the dribble handoff? (1 or 2 hands?)
- Players need to know how you want them to dribble screen?
- Players need to know how you want them to cut backdoor? (plant foot and go?)
- Players need to know how you want them to throw the backdoor pass? (1 or 2 hands?)

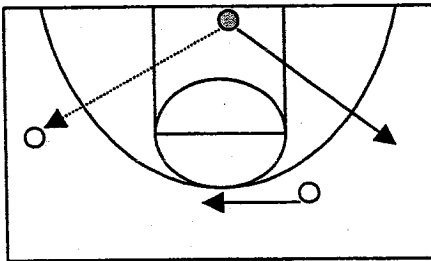
These repetitive 3 player team drills are where players focus on executing the skills you want them to carry out in a game like situation. Repetition is a key. Basketball is a game of habits.

Drill #5: 3 Player Teams: Center Backdoor

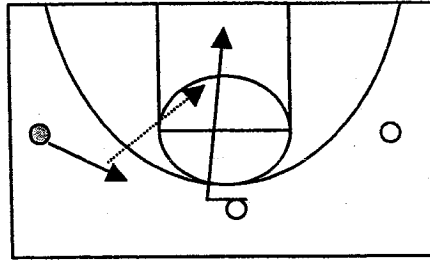
The Center Backdoor drill is a 3-player drill that is designed to help us learn how to cut backdoor and execute the backdoor pass off of the dribble against overplay defense. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor as players move and rotate. This will give all players an opportunity to execute the fundamentals of passing, shooting, dribbling, cutting, finishing lay-ups, and the footwork associated with a backdoor cut. The continuity is simple: 1. The passer moves to the top of the key. 2. The shooter rebounds his shot and kicks out to opposite wing, and moves to the wing opposite of his pass. 3. Weak side wing becomes strong side on pass and dribbles toward the top of the key to restart the drill.



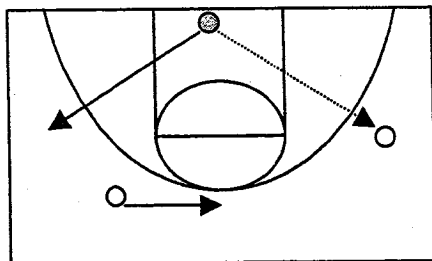
The drill starts with two wings and a player at the top of the key. The wing dribbles at the top of the key. Guard cuts backdoor for lay-up.



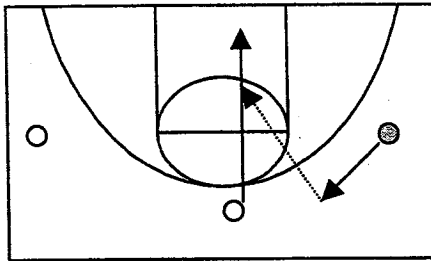
After the lay-up, the shooter rebounds his shot. The passer continues to move towards the top of the key. Weak side awaits pass.



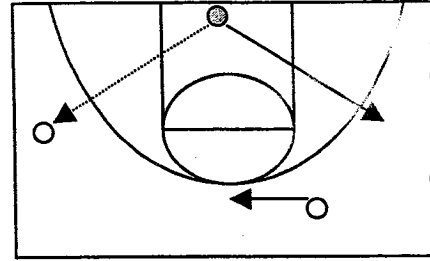
The drill continues as the wing dribbles up toward the top of the key. Guard cuts backdoor for backdoor lay-up.



After the lay-up, the shooter rebounds his shot. The passer continues to move towards the top of the key. Weak side awaits pass.



The drill continues as the wing dribbles up toward the top of the key. Guard cuts backdoor for backdoor lay-up.



After the lay-up, the shooter rebounds his shot. The passer continues to move towards the top of the key. Weak side awaits pass.

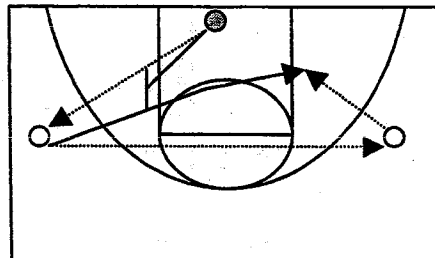
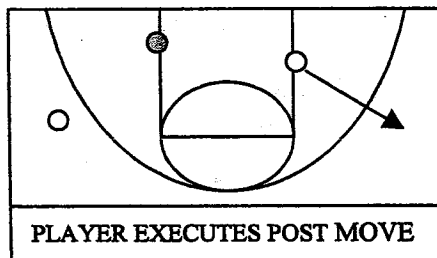
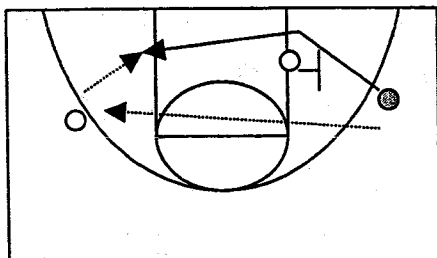
Teaching Points:

- Players need to know how you want them to throw the backdoor pass?
Bounce Pass? Chest Pass? Lob Pass? 1-hand off the dribble?
- Players need to know what kind of lay-ups you want them to work on?
Strong hand? Weak hand? Straight on? Dunks?

The 3-player team drills are effective in teaching backdoor cutting. Young players are taught to V-cut to the wing. We are teaching them to V-cut backdoor for lay-ups. Repetition is the key.

Drill #6: 3 Player Teams: Flex Cut – Post Move Drill

The Post Move Drill is designed to get ALL of our players to work on their post moves. Obviously, we don't want to give the ball to players who can't score in the box. However we do want all of our players to learn how to execute the post moves that we teach. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor as players move and rotate. This will give all players an opportunity to execute the fundamental post moves that we teach. We teach the power drop step, the up and under, the jump hook, and the turn around jump shot. The drill incorporates a back screen and baseline Flex cut which are wrinkles that we run on occasion. It also allows us to work on our skip passes. A coach can always add a manager with a broomstick or a permanent defender underneath the basket. This drill is more effective with a defender. Even without defense though, our players know they will get their ass chewed out if they are not concentrating on the details that we are trying to teach.



The drill starts with the players spread as diagramed. The wing throws a skip pass and makes a flex cut on the baseline. Execution not speed is the key.

Player receives post entry pass from wing and executes post move. He will rebound his own shot.

The player will then kick it back to the same side and set a back screen for him. This pattern continues as all players rotate.

Teaching Points:

- Where do you want them to set the back screen? baseline? mid-post? high post?
- Is their goal speed or fundamental execution?
- Do you want the passer to pass fake before making a post entry pass?
- Do you want the cutter to cut over or under the back screen?
- How do you want them to throw the skip pass?
- What post moves do you want them to use?
- Do you want to give the wings freedom to move around or do they stay in one spot?
- What kind of post entry pass do you want them to make? Chest? Bounce? Lob?

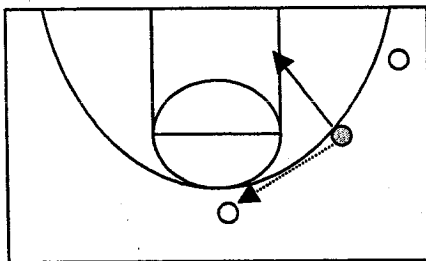
All of these questions are important... Details win games... Details develop good habits!

Drill #7: 3 Player Teams: Shape Up – Same Side Post Up

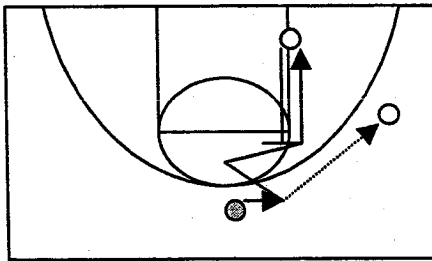
The Shape Up – Same Side Drill is designed to help each player work on the cuts that a Center Shape Up triggers when the Center delivers a wing pass on the same side. The passer makes a give n' go cut, the Center step away, the UCLA screen set by the guard, the Center slide to the box for the strong post up. The drill will always end with a post up and strong post move. The drill is a continuous rotating 3 player drill meaning the drill will work both sides of the floor. The drill will always finish with a post entry pass from either the wing or hi-low entry pass from the guard position.

The rules for Continuity are simple: Center will rebound his own shot. The guard will become the Center after the UCLA screen. The wing will slide to the guard spot next to the new Center. The Center will pass the ball to the new guard and move to the corner to become the wing. Confused? Go Slow! It is diagrammed below:

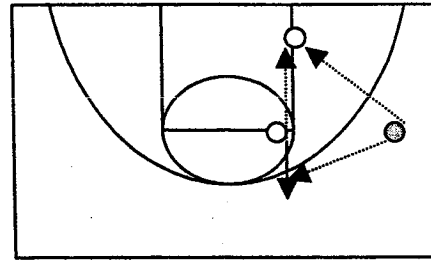
We will run this drill six times on the right side of the floor and then six times on the left side of the floor.



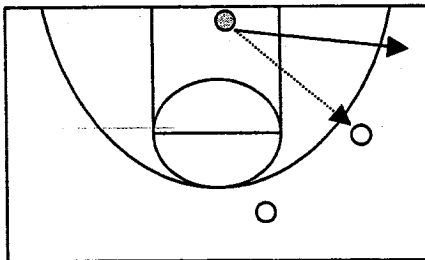
Guard makes a pass to the Center, cuts backdoor on the give n' go cut. The Center fakes a pass to the cutter.



The Center makes a wing pass then steps away (like he is going to down screen opposite) then cuts off UCLA Screen. Wing fakes pass to post.



Guard that cut backdoor and set UCLA screen will pop out. The wing will deliver post entry pass or reverse it for hi-low dump down.



The Center executes a post move and kicks the ball out to the guard who just slid over from the corner. The Center will then move to the corner. The guard that cut backdoor and then set the UCLA screen will be the new Center.

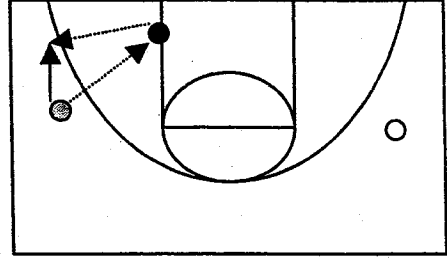
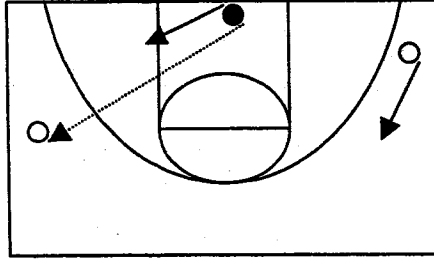
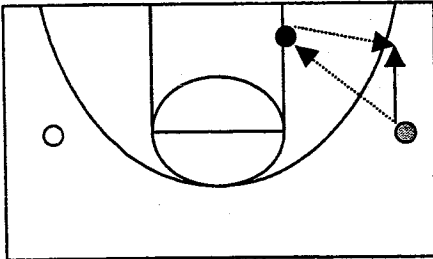
Teaching Points:

- How do you want your post man to position when the ball is reversed for the hi-low dump down?
- Do you want your players to pass fake?
- How long does the guard post up before setting the UCLA screen?
- Does you want your Center to step away before making the cut? Do you want him to cut behind or over the top of the UCLA screen?
- What post moves do you want to execute?

Think details... Details win games... Develop good habits!

Drill #8: 3 Player Teams – Center Kickout Drill

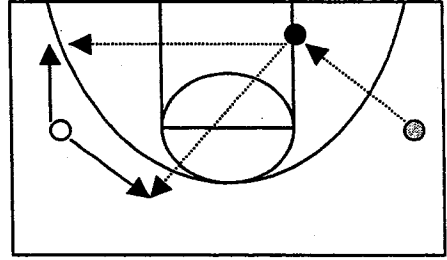
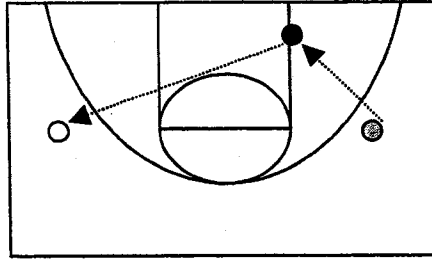
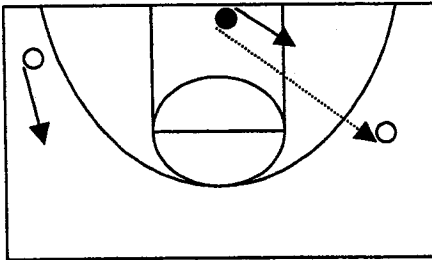
The Center kickout drill is designed for wings to work on delivering post entry passes and for the Center to work on delivering kickout passes for the three point shot. This is NOT a continuous rotating drill. The focus here is on developing the inside-out game. The wings need to spot up with balance and be ready to shoot the three point shot. The Center will rebound ALL shots and will rotate sides. After each rebound he will kickout to the opposite wing and post up strong on the box. The wing should work on pass fakes and a variety of different types of post entry. Tell your wings to rotate sides every other day so they get practice shooting from both sides of the floor.



The drill begins with a post entry pass. The wing spots up in the corner for the same side kickout.

The Center rebounds shot makes a pass to the opposite wing. The Center then posts up strong.

The wing will deliver a post entry pass. The wing spots up in the corner for the same side kickout.



The Center rebounds shot makes a pass to the opposite wing. The Center posts up strong.

The Center turns to throw the opposite kickout pass. We want the wing to spot up into one of three positions: 1. Corner 2. Wing 3. Guard. The Center will have to react and make a good kickout pass. Drill continues.

Teaching Points:

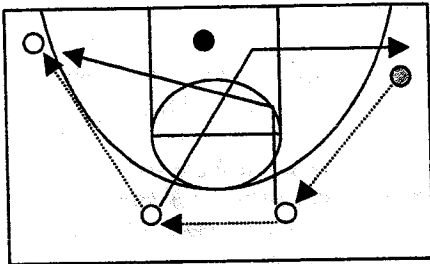
- What rules will your wing players follow after making a post entry pass?
- Where do you want your post player to call for the ball?
- What kind of pass do you want your post player making when he throws opposite kickout?

Alternative:

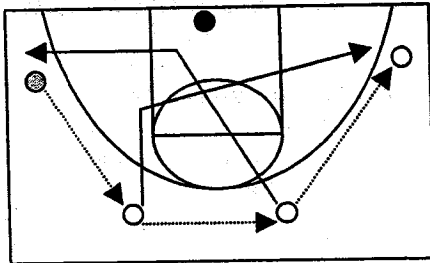
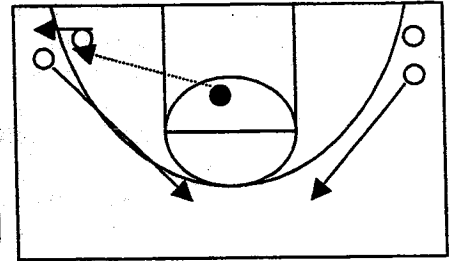
- The Center can always start at the high post and kickout from the high post.

Drill #9: Team – Corner to Corner Ball Reversal

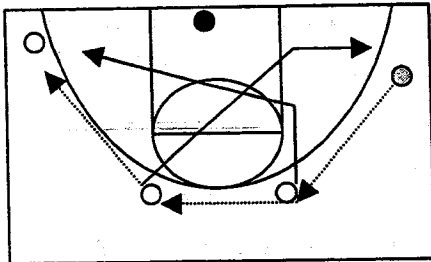
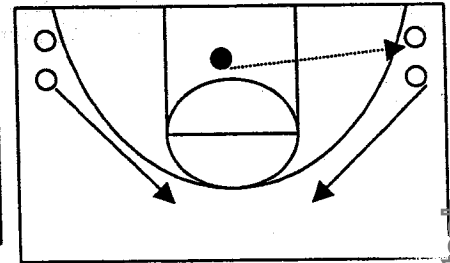
This team drill is designed to get players to work on quick ball reversal for three point shots in the corner. The guards will cut just as they do in the shuffle cut offense. The first guard will cut through to the opposite corner quickly as he will try to run at the corner shooter with his hands up. The second guard will deliver a quick ball reversal pass to the corner and cut through to the opposite corner. The wing players will rotate up to the guard positions. The Center rebounds every shot and kicks the ball back out to the same corner the shot came from for rotation purposes. This means that all four perimeter players will attempt a corner shot. If used as a warm up drill or team drill, after all four players shoot from the corner, five new players can step in and execute the drill. The Center rebounds all shots!



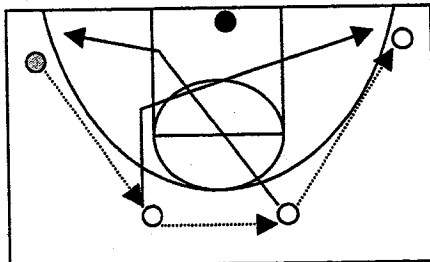
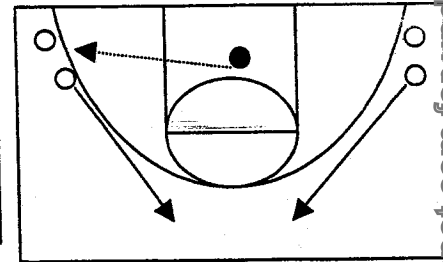
The drill starts with the ball in the corner. Players will reverse the ball around the perimeter for corner jump shot. Guards cut through to opposite corner. Players rotate up. Center rebounds and kicks back to same side shot came from.



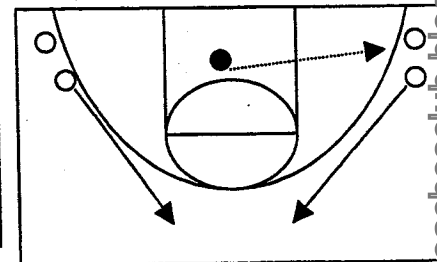
Players will reverse the ball in the opposite direction around the perimeter for corner jump shot. Guards cut through to opposite corner. Players rotate up. Center rebounds and kicks back to same side shot came from.



Players will reverse the ball in the opposite direction around the perimeter for corner jump shot. Guards cut through to opposite corner. Players rotate up. Center rebounds and kicks back to same side shot came from.



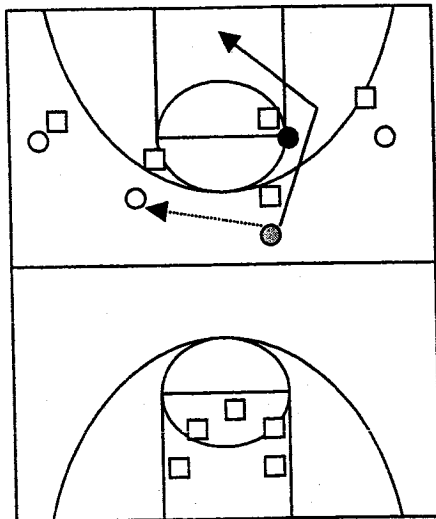
Players will reverse the ball in the opposite direction around the perimeter for corner jump shot. Guards cut through to opposite corner. Players rotate up. Center rebounds and kicks back to same side shot came from.



Teaching Points:

- Quick ball reversal with accurate passing = three point scoring opportunity.
- Drill helps develop effective baseline players. Corner shooters are important against 1-3-1 zones.
- Shooters should spot up with balance so catch and shoot becomes natural from the corner.

Drill #11: Team 5 on 5 on 5 Recognition Drill



The 5 on 5 on 5 drill requires a coach to break down his roster into three teams. Offense and defense at one end of the floor, and an awaiting defense at the other.

The 5 on 5 on 5 Recognition Drill is designed to:

1. Get the whole team focused on offensive execution.
 - The Coach can work on a specific offensive set, wrinkle, play or let the point guard call it out.
 - If the offense scores, they stay on offense, inbound the ball and transition to the other end of the floor.
 - If the offense draws a foul, automatic 2 points and they transition to the other end of the floor.
 - If the defense gets a defensive rebound or forces a turnover. They become the offense and transition to the other end of the floor.
2. Get the whole team focused on playing defense without fouling and rebounding aggressively.

Suggestions:

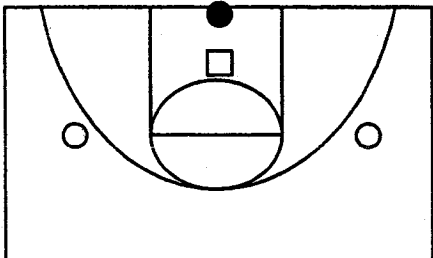
- Competitive Drill – First team to 11 points wins!
- Add negative points for turnovers or offensive rebounds.
- Create a scenario – The starting team starts the drill down 5-0.
- Force your first team to play defense with 3 or 4 defenders.



Drill #12: The Center Work Out Drill

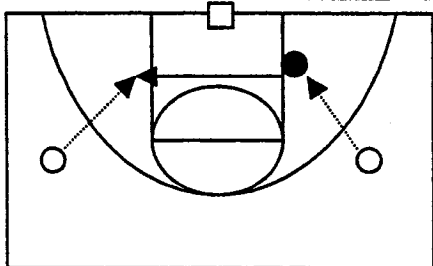
The Center workout drill is designed to give the Center an intense 4 minute workout. We want to take the Center through a series of drills focused on improving the fundamentals we need him to carry out in a game. This is a good way to end the 3 player team breakdown drills. This drill is a 4 player drill. We ADD A REBOUNDER under the basket. □ = Rebounder

The Center will perform the Mikan Drill for 30 seconds. The goal is zero misses and zero drops.
The Center will perform box-to-box post moves for 60 seconds. The goal is no dropped passes.
The Center will perform high post-to-high post jump shots for 60 seconds. The goal is no dropped passes.
The Center will perform high post to dribble drive lay-ups for 60 seconds. The goal is to finish all lay-ups.
The Center will finish the drill shaping up to the top of the key for 30 seconds. The goal is to score in the 4th!



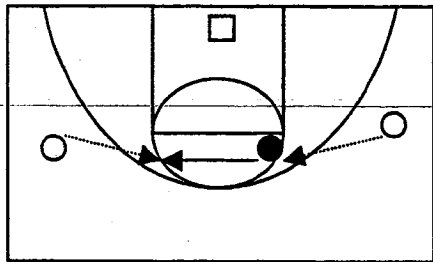
60 Second Mikan Drill:

The Center performs the Mikan Drill under the basket. The two wing players are equipped with basketballs.



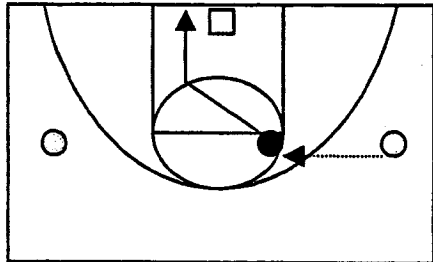
Box to Box Post Move:

After 30 seconds, the Center will move box to box receiving entry passes from the wing. The Center will work on his post moves. The rebounder can defend him. The rebounder will rebound all shots and kick the ball out to the wings.



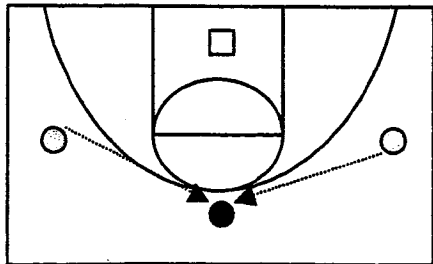
High Post to High Post:

After 60 seconds, the Center moves to the high post and goes high post-to-high post shooting jumps shots with good balance. Again, the rebounder will rebound all shots and kick the ball out to the wings.



High Post to High Post Dribble Drive:

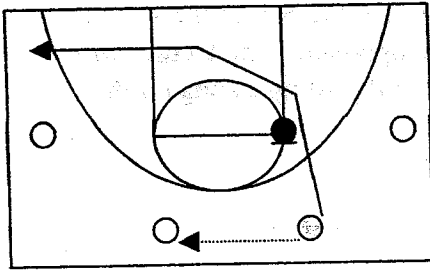
After 60 seconds, the Center will catch and go on the dribble for the lay-up. The Center can drive with either hand. Again, the rebounder will rebound all shots and kick the ball out to the wings.



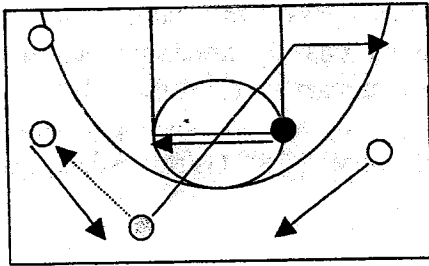
Center Three Point shot at the top of the key:

After 60 seconds, the Center will finish the drill with 30 seconds worth of three point shooting above the top of the key area. He can stay still or instruct him to touch the foul line after every shot.

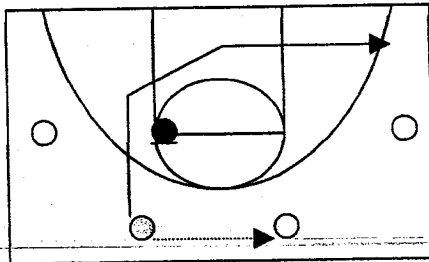
SAMPLE - OFFENSIVE SEQUENCE



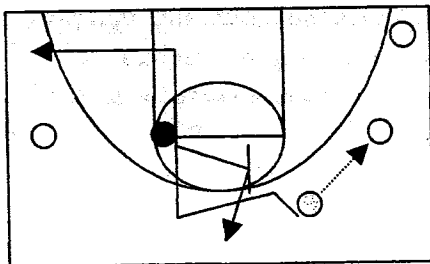
SHUFFLE CUT OFFENSE: The guard reverses the ball and cuts off of high post screen set by the Center, looking for backdoor lay-up.



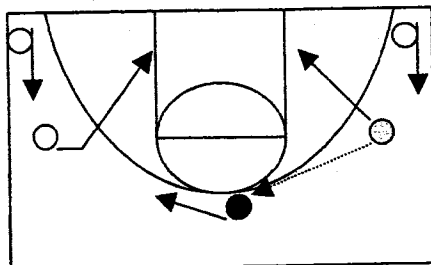
The guard reverses the ball to the wing and cuts to the opposite corner. The Center moves toward the ball after setting the screen at the high post. The wing "dribbles up" when the Center is not open at the high post.



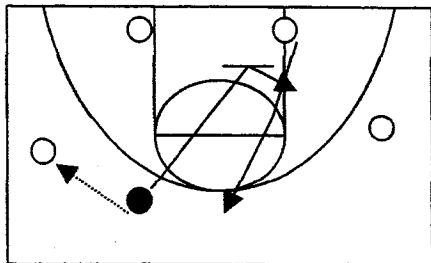
SHUFFLE CUT OFFENSE: The guard reverses the ball and cuts off of high post screen set by the Center, looking for backdoor lay-up.



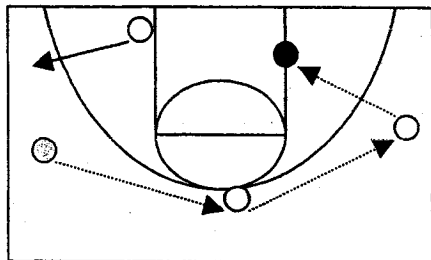
The guard reverses the ball to the wing and bumps because the defense is sagging, then proceeds to the opposite corner. The Center SHAPES UP after the bump screen. This is going to trigger the SHAPE UP SET.



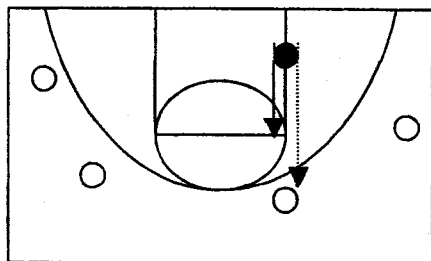
The Center receives the pass at the top of the key triggering the give n' go cut by the wing. The Center dribbles opposite and the wing cuts backdoor looking for the backdoor lay-up.



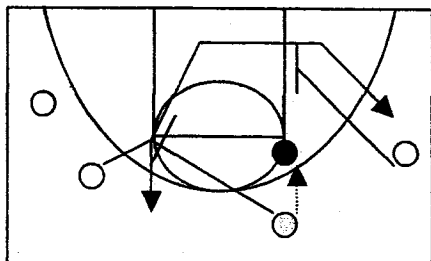
The Center passes the ball to the wing and screens down opposite. The Center will reverse pivot and post up strong on the opposite box.



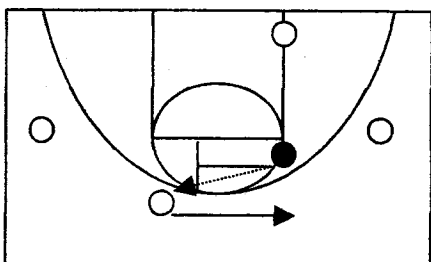
The wing makes a pass to the guard at the top of the key who has the freedom to shoot but in this case quickly reverses the ball to the wing. The wing makes a post entry pass to the Center. **LOW POST OFFENSE.**



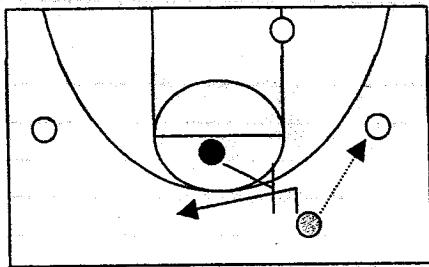
The Center is double teams and kicks it out top, automatically triggering a cut to the high post to receive a return pass.



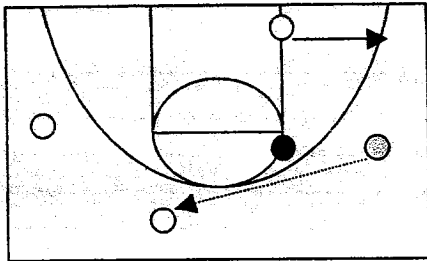
The Center catches the ball at the high post automatically triggering the **HIGH POST OFFENSE CUTS**. In this case, the guard screens away on the weak side away from the ball. Wing cuts backdoor looking for lay-up.



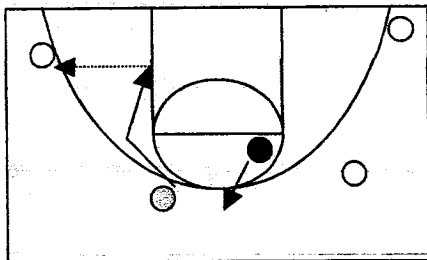
The guard screened away and shaped up beyond the arc. The Center makes a pass and sets a ball screen for the guard. The guard can shoot the open shot. In this case, he reverses the ball to the wing.



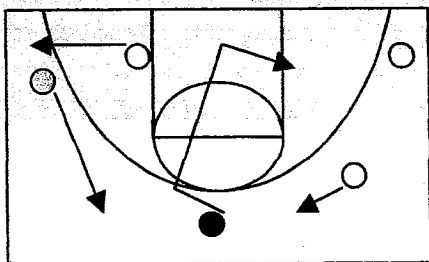
In this case, the guard reverses the ball to the wing, and bumps out top against sagging defense. The Center recognizes this and sets a back screen.



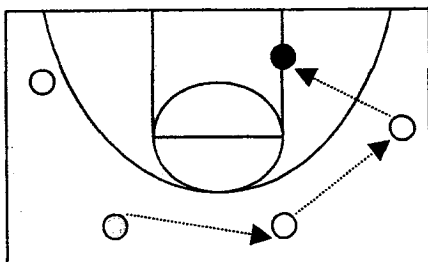
The guard can shoot the jump shot, drive hard to the glass, or reverse the ball and make a basket cut.



In this case, the guard dribble drives hard to the glass and kicks out to the corner shooter. The Center spots up at the top of the key looking for the kickout pass.



The defense recovers and the wing has to dribble up. The Center is being overplayed so he cuts backdoor, reverse pivots, and post up strong on the opposite block.



The Offense reverses the ball and makes an entry pass. After 18 passes, we transition back to the LOW POST OFFENSE, the Center fakes, then executes a patented up and under move that is simply McHalesque.

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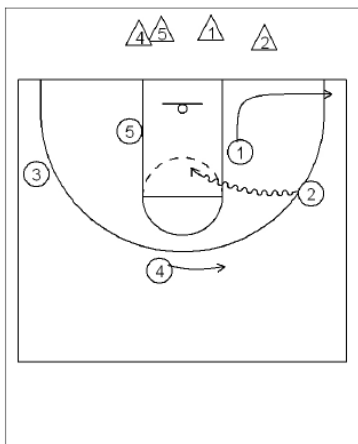
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Sample Page Below:



Guard Rules CTD

Penetration:

As soon as the 1 kicks the ball out, their job is to head to one of the corners. They can either head to the playside corner, (as shown here), or the weakside corner shown in the next sequence.

Make sure they are sprinting out to the corner to help clear a lane, and that they are getting width on this. We are seeing a lot that the 2 on penetration has been able to kick back out to the 1. We dont mind this our 1 can shoot pretty well, and gives us another look.

Notice here that the guard rules stay the same on penetration. 2 is attacking the rim, the 4 will rotate over the top of the 2, (a little exxageratted here) to make a longer recovery for the defender. What we are telling our 2 to do here,

is mainly keep your head up and your goal is to get to the rim, draw help from 5, and third option is kick back out to the 4.

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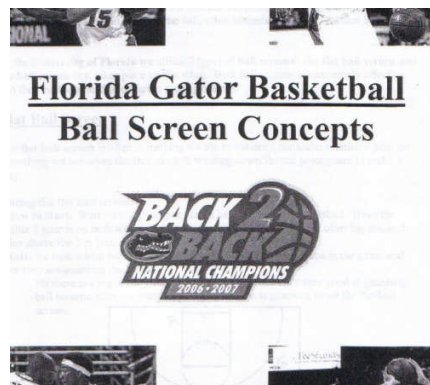
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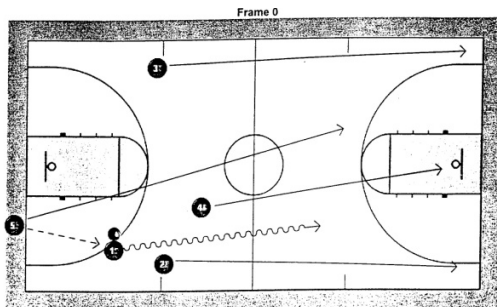
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Includes many of the half court zone offenses used by most teams. A comprehensive look at the 2-3, 1-2-2, 1-3-1 & other zone defenses.

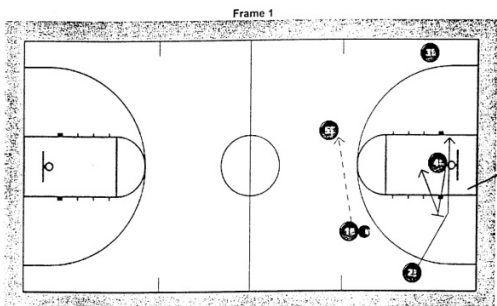
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On made basket, 5 inbounds ball to 1. 2 fills right lane down to corner. 3 fills left lane. 4 runs to rim. 5 trails on opposite side of 1.



4 tries to seal his man and 1 looks for quick entry. Flex cuts start upon reversal to 5. 2 runs off of 4's flex screen, then 4 rolls back.

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Two-Man Offensive Drills:

1) Pairs Shooting:

- start one player on the perimeter and the other under the basket with the ball, you can vary the distance
- the person with the ball passes to the other person who must be in a stance ready to catch the ball and shoot; passer will closeout to defend against the shooter
- person catching the pass shoots the ball and follows their shot; if they miss, they must rebound the ball and score a lay in before continuing the drill; if they make the shot, they retrieve the ball and pass to their partner who will then become the shooter
- we use eight spots for the drill: junction extended, foul line extended, deep corner and short corner on both sides

2) Circle Drill:

- start with one person near the basket in the key with the ball and the other person in an outlet spot near the foul line extended
- throw the ball off the backboard, rebound the ball and make an outlet pass
- the person in the outlet line cur's to receive the pass and then will dribble down court to attack the junction where they will come to a jump stop and make a bounce pass
- the person who makes the outlet pass will follow down court wide toward the side-line before she will cut in near foul-line extended for a pass to a lay in
- passer rebounds the ball and repeat the drill coming back the other direction
- add a defender later to work on the decision-making process of the passer