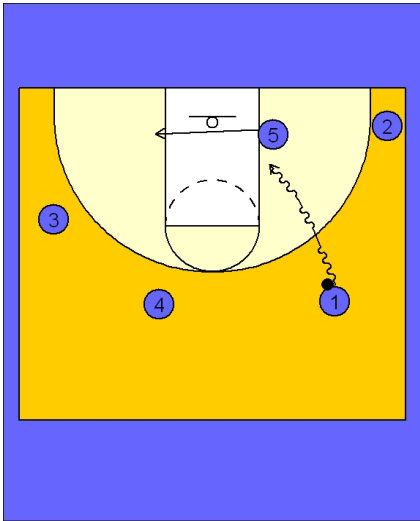




Half court offense (1)

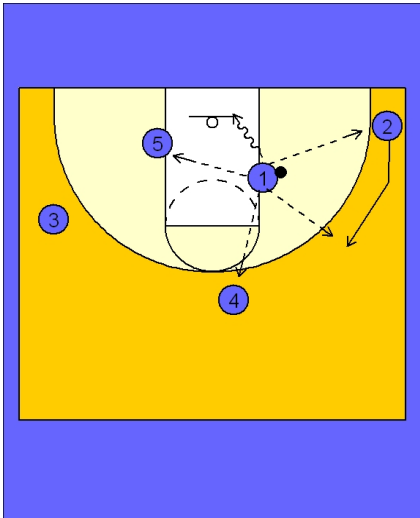


Dribble Motion Setup:

This is small ball. So if you're talking personnel, the ideal setup would be 4 perimeter players and 1 post. You need guards that can break their man down off the dribble one-on-one and can shoot long-range. The post must be a finisher.

"We LIKE layups....we LOVE 3's".

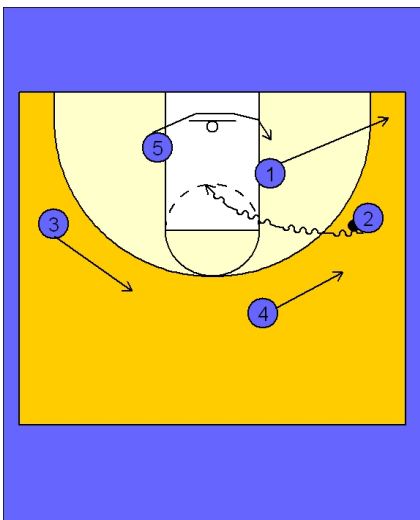
Start from a basic 4-out 1-in set. You'll notice off the bat that #2 is way down in the corner. This promotes spacing and allows #1 to attack off the dribble for hopefully will be an easy layup every single time. #5 motions to the other block as soon as #1 makes his move. #5 is usually opposite the ball on top and if he is not, will loop under the basket on penetration to opposite the ball...looking for the dump off pass.



Penetrate and Kick:

The heart of the offense is the penetrate and kick. They use DROP and RACK zones on the floor to define the rules of the next pass or scoring options. It's easy enough to see what to do once players come to help.

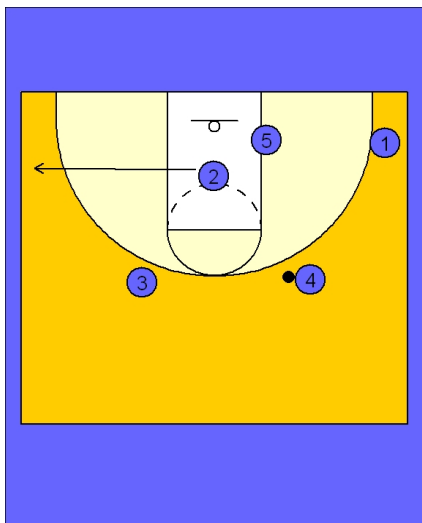
Now once #1 beats his defender, the best play is to just take it up all the way to the hoop into the RACK zone (the area down the lane line to the basket). You'll either score, get fouled or score and get fouled. Now, the defense will adjust to bring help. So if #2's defender helps, it's an easy kick-out to #2 who stays in the corner on help defense for the 3-pointer. If #2's defender doesn't help, #2 goes to fill #1's old spot. If #5's defender comes to help, #1 can do an easy drop-off to #5 for an easy layup. If #1's defender is able to stop #1 on the penetration, #1 should jump-stop pivot and get the ball back to #2 at the wing.



Penetrate Again:

If you're not successful the first time, try again. #2 gets the ball on the wing. Now most likely they defense has rotated, but nevertheless #2 will look to attack (this time across the middle) again.

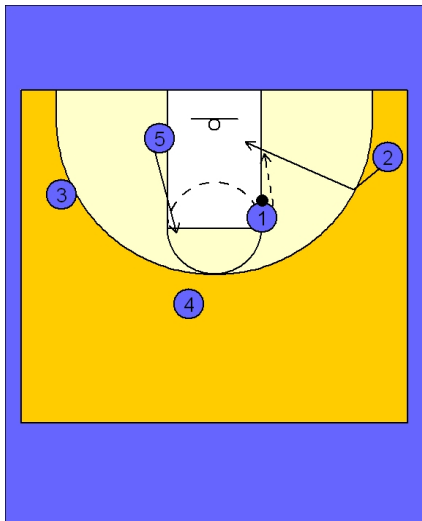
Before #2 attacks, #1 is to find the nearest corner (can be either but most prefer strong side). Once #2 beats the defender, again you want to attack the rim as the first option. Most probably #5's defender will help, so #5 is to come across the key and look for the dump off this time on the right side. #3 and #4 are rotating across. #2 is to a jump stop in the key and if unable to finish or drop off, find #3 to reset the motion.



Reset:

#3 will get the ball and pass back to #4 at the top right side to reset the play and start the dribble drive motion all over again.

#4 will attack this time, #1 will look for the corner 3-pointer on the kick-out and #5 will clear again to the other side of the key.

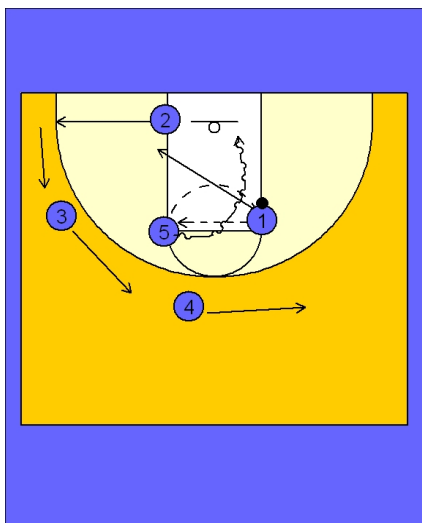


"Drop Zone" Option:

When the perimeter player penetrates in the lane and does not make it to the rim, he will stop near what is called the "DROP zone". This is the FT line elbow corner, either right or left.

When #1 picks up his dribble, #5 is instructed to vacate the low post area and move up to the opposite FT line elbow area.

#2 has the option to stay on his side and look for the kick out still from #1, or he may set up his man and cut back door looking for the layup. The basket area is clear due to #5 stepping up the lane.



"Drop Zone" Option (continued):

If #2 did not receive the pass on the wing or on the back door cut, #1 will look to hit #5 on the elbow and cut to the opposite corner area.

#5 will drive off the back of #1 as he clears out and will look to attack the cleared out basket area for the score.