

Concepts and Strategies

Offense

1. Get to the paint.
2. Each player should try to create a 2 covering 1 scenario.
3. Each player should try to win the closeout, decision making

OFFENSE

1)Get to the paint

Get in the paint!!!. What does that mean?

The game has evolved from when I played(80-90's) where you had your normal setup of PG, SG F and C...and you played a 4 out and 1 in and the Center rarely left the paint. The offense was a fluid offense where you would run a flex or swing offense, the Bo Ryan Swing offense. Fast forward to the 2k and beyond, the 5 out is the bulk of offenses that you will see, with a modified 4 out 1 in or 41 offense. We will use the 41 set but with a dunker spot. Centers are shooting three's at a higher clip, the inside game is more of an after thought. Through the evolution, the focus hasn't really changed for the most part...while teams are launching 3pt's at a higher rate and probably hitting them at a higher rate....the concept of getting into the paint hasn't changed. 80's and 90's you wanted to get the ball into the center for a higher percentage shot but also because it broke down the defense, or collapsed the defense, especially if you have a 6'6 guy or bigger in the paint. The same goes for 5 out offense but with a different goal, you want to get into the paint to break down the defense, which opens up the outside shot but also allows options inside ...as long as you understand what you are trying to accomplish as a team.

The bottom line, getting into the paint stresses the defense to collapse and make mistakes...once you do that, the options are endless.

Why does getting to paint matter?

- 1) Highest percentage shot in basketball, normally within 8 feet of the hoop
- 2) Foul opportunities, we can change the complexity of a game by forcing fouls and getting teams into their bench earlier with foul trouble turning the outcome to our favor.
- 3) Creating 2 on 1 opportunities thus creating for our teammates for open looks, which are higher percentage than contested shots.
- 4) Running an offense for 2 - 3 mins or more makes defense work, thus taking away your opponent's offensive possession time.

How do we get to the paint?

- 1) Dribble drive double gaps
 - a) Ball handler - We can drive to get into the paint. Each player will be tasked with finding the best way to get into the paint. The main rule is that we will pass single gap and drive double gaps. Further down in this document, we will explain the

gap theory and what a single, double and triple gap is as well as provide videos with examples.

2) Cutting

- a) Cutters - Just because you don't have the ball right now, doesn't mean that you aren't able to get into the paint. One of the best ways to get into the paint is cutting. There are many different cuts...face cut, back cut, curl cut and basket cut are a few. As mentioned above, further down the document, there will be examples of those cuts. The hardest part of cutting is to read your teammate and not interfere with their attempt to get to the paint. Don't over think cutting...if you are running through the woods, would you run into a tree or would you go over(face) or behind(back) the tree...same concepts apply to cutting in basketball. Don't run into the trees, cut with a purpose and intention to score

3) Post up

- a) Post up - Here is where I will fall on deaf ears with the purest of the 5 out offense. I believe that a post-up 5man or 4 out 1 in style can still be very effective and crucial to offenses, especially at this age.
- b) We will be running a modified version of the 4 out 1 in as our base offense. To be clear, I am not opposed to 5 out style but I also believe 4 out 1 has its place. I also believe that post entry is a lost art...like bunting. We will be running the 4 out 1 in with a player in the "dunker" spot. Again, terminology will be available further down the document. Every player will be likely moving through the dunker spot, just because you are a guard doesn't mean you won't find success in posting up..remember, the focus is getting into the paint...once that ball is entered into the post, the goal of getting into the paint has been accomplished, the defense will collapse thus leaving the post player with a 1 on 1 and a 4 foot shot or he has created a 2 covering 1 scenario which is what we want to accomplish.

2) Creating a 2 on 1 scenario

- Learn Gap theory in 4 mins(10 min video)
 - <https://www.youtube.com/watch?v=7uo-Lpw3nTE>
- Gap Theory create and attack bad closeouts(8 min video)
 - <https://www.youtube.com/watch?v=Qdq2yEoTEAw>

A 2 on 1 scenario is having 2 defensive players covering 1 offensive player. After we accomplish that, the game becomes a math equation. If 2 defensive players are covering 1 offensive player, that means 3 defensive players are covering 4 offensive players. If you have watched basketball, I am positive you noticed it but didn't realize that it was happening, as it does happen fast, you will see this at the college levels and professional levels. It is the new norm.

For the most part, a 2 on 1 is created with the ball handler and can happen individually by the ball handler getting past their defender or by using actions, like a screen, pistol action, hammer

or zoom action. The defense needs to react to the actions and most times will end up doubling the ball handler. Once this happens, the ball handler needs to understand and acknowledge that they did their part and the breakdown of the defense has now started. The second part of that is finding the open man or reading the defense to find the open teammate and to get the defense to start moving out of place. Understand that this may not happen right away within any action during the offense set

Each player will be tasked with the same goals. We want to attack our defender and get into the paint.

- 1) Find a way to create an advantage
- 2) Create Great Spacing
- 3) Create Bad Closeouts
- 4) Drive bad closeouts
 - Influence by fake shot or fake pass reversal to get the defender in the air or influence the defender left or right depending on where you are wanting to drive or have the opportunity to drive.
 - Attack the defender's highest foot. This will force the defender to switch body position while trying to catch up to the offensive player driving to that side.

4) Win the closeout

Each player will be put into a situation where their teammate has completed step 1 and 2 of the offensive concepts(1-get to the paint and 2-Get a 2 cover 1). By now the defense has been broken down into a what is called rotating defense, they are out of place and misaligned for coverage. If a shot has not already been attempted, it means there was a kick out. The player receiving the kick out needs to win their closeout. On a kick out you have finite choices.

- 1) Shoot the ball
 - a) Reading the defender that is now closing out on you
 - b) Is this a good shot or is this shot out of my comfort zone. We want to take open shots but also confident shots. Shooters need to understand their area of comfort in A GAME...practicice is different.
- 2) Drive the ball
 - a) Read the defenders feet and attack the opposite direction to the paint to make that defender of center. Look to score or to create another 2 cover 1
- 3) Pass the ball
 - a) Is the defender closing out on you, out of control?
 - i) Is the defender afraid you are gonna pull the trigger?
 - ii) Is the defender afraid you are gonna drive left or right?
 - iii) Know where your next pass will be, is one more pass worth getting a better shot or better look than what you have. Sometimes that extra pass makes the defense break down even further and creates a wide open shot where your shot may not be.