

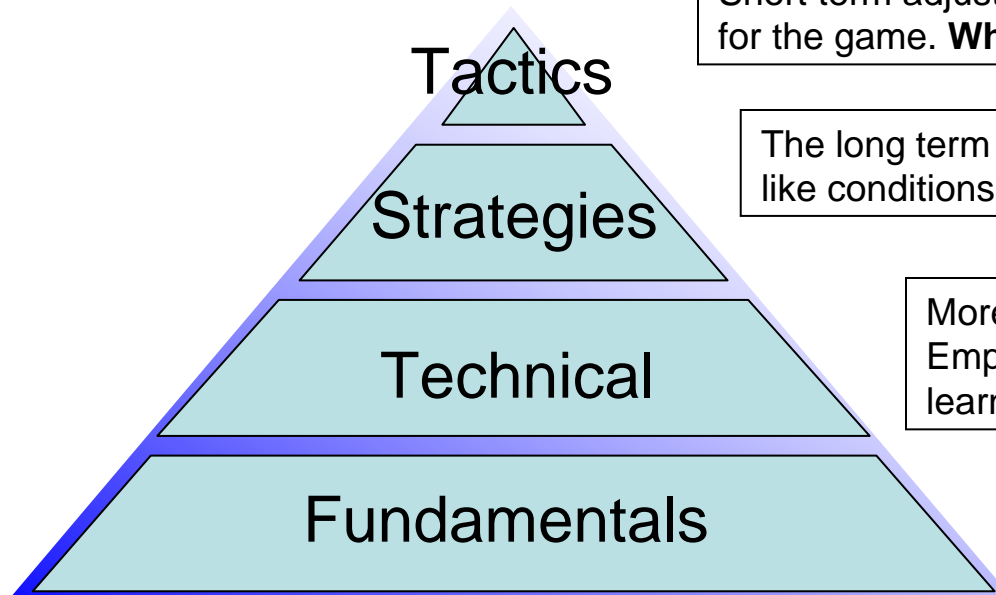
BE  ONE

Be the Best. Be Proud. *Be One.*

BE  ONE

Level 3 – Offensive Concepts

Teaching the Game



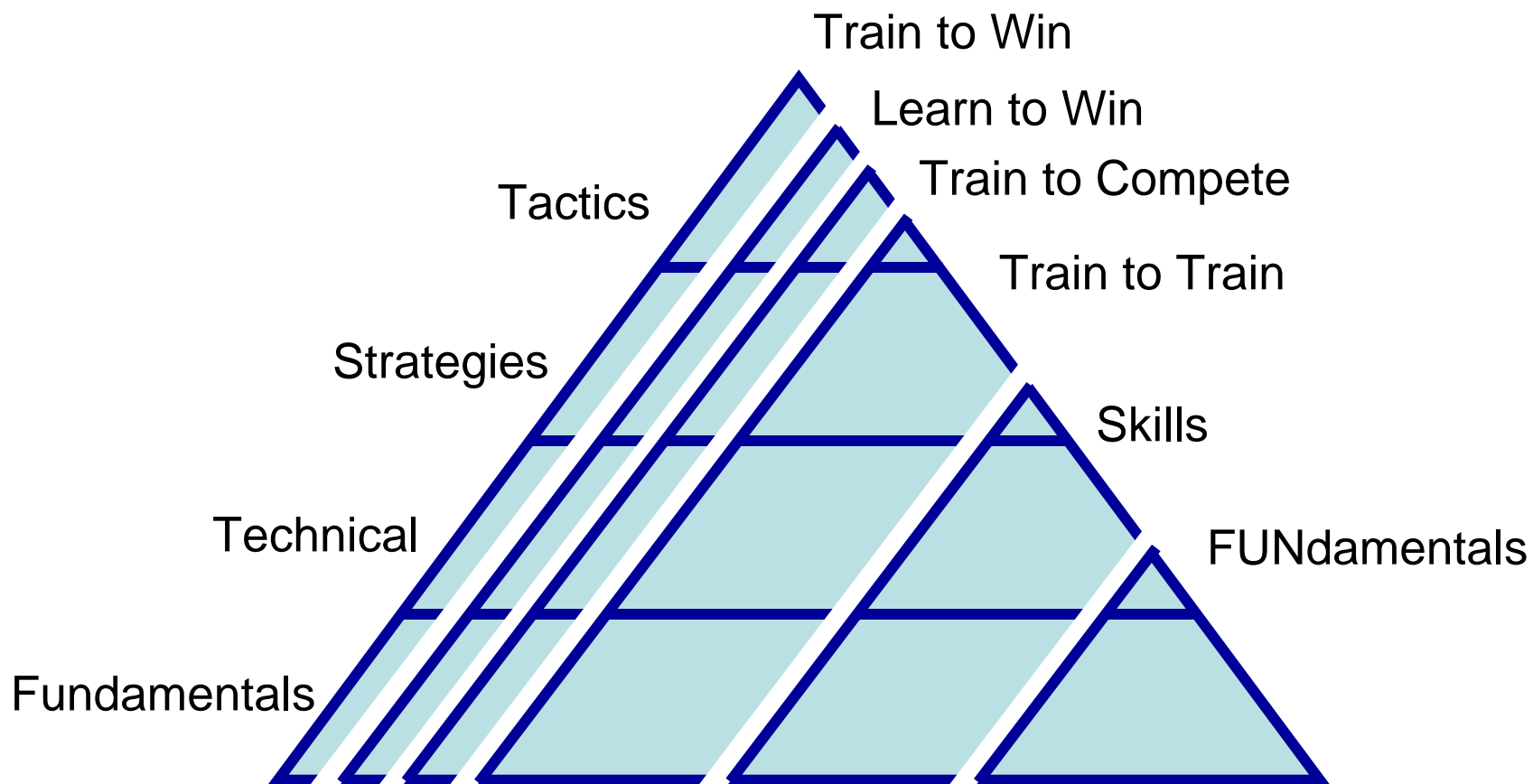
Short term adjustments to the plan. Specific preparation for the game. **Where** and **who**.

The long term plan. Learning through exposure to real game like conditions. **What** you are going to do.

More specific in nature involving decision making. Emphasis is on the **when**. Repetition to enhance the learning of the skills.

The foundation skills or principles. Learning the **how** and **why** of the basics basketball.

Long Term Athlete Development



Goals of team Offence

- Obtain a high percentage shots from transition, basic play, pattern or concepts
- Establish good rebounding position
- Maintain good defensive balance
- Create fouls

Offensive Philosophy

Your philosophy is usually based on:

- Your experiences as a coach
- Your ability to teach a specific style

24 sec / 8 secs

How many have first hand experience with it?

What challenges does it bring to you?

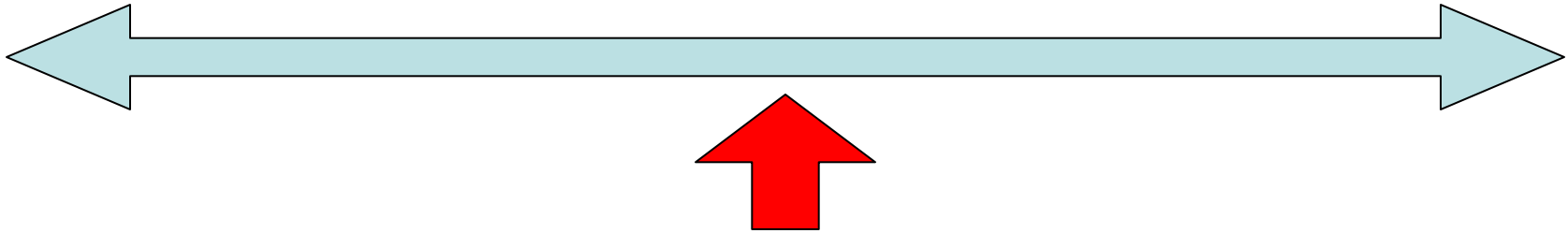
One way that many teams look at using the clock

- 0 – 8 seconds – Attack – players' time
- 9- 16 seconds – Control / attack – coaches time
- 17- 24 – Attack – players' time

Style of play

Structured

Flexible



Where do you fit and why?

Principles to Consider

1. Rhythm – timing and the spacing – maintained throughout the entire shot clock
 - Allows you time - prevent recovery
 - Allows you to score (without a forced 1 on 1) off a pass or dribble
 - Create triangle overloads (ball side / help side)

Principles to Consider

2. Vertical attack basketball

- Players must learn to execute with a sense of urgency – this affords you more time

3. Global players – every player needs to be a ‘true’ triple threat.

Principles to Consider

4. Court Balance (formation)
5. Assure rebounding coverage
 - Assigned
 - By floor position
6. Defensive balance

Principles to Consider

7. Attack the key area – inside scoring

Who lead the NBA in inside scoring this year ?

Tony Parker

- Higher % shot
- Create more fouls
- Easier outside shots when the defence collapses

Principles to Consider

8. Keep the ball in the middle third of the floor as much as possible
 - No help side
 - Better passing angles to all players
 - More difficult to trap

Principles to Consider

9. Ball movement /Player movement/ Ball reversal
 - Break down help defence
 - Prevent recovery
 - Create passing lanes, seams and gaps as defences shift
 - Use of the skip pass
 - Secondary break?

Principles to Consider

10. Pressure release – do you have these built in?

A) The player is still alive with the ball

- Penetration

B) The player is gone dead with the ball

- Flash cut
- Back cut
- Screen
- Cut to the ball