

# RHINELANDER HODAGS



## MOTION OFFENSE

## Hodag Offensive Phases

*These ten phases are designed to show the progression for teaching our motion offense. Each phase must be mastered before a team can move on to the next. This ensures that players understand and can execute all the skills in each phase. An offense in phase 1 is effective enough to run for a youth team and each phase after is additional options for them. For each whole there are specific skills that must be taught as well. Drill these parts along with the whole to truly master each phase.*

*Motion offense is very complicated for players and breaking it into phases and teaching a few skills at a time is crucial to players understanding the concepts and being able to execute these skills the correct way. Patience and consistency within our youth program is the foundation for our program's success at the higher levels. Coaches who commit to patiently teaching players each phase may sacrifice winning games at times, but will set our program up for success in the future. As a youth coach this is your overall goal and it is crucial that we never lose sight of this.*

*Motion offense is difficult, but once it is mastered, can be at times impossible to defend. True motion is players reacting to the defense and making reads based on what is available. When five players are moving and playing together this is the best offense in basketball. This type of basketball starts at phase 1 and slowly builds as the players grow in individual ability and understanding of the offense. Youth coaches may only get to enjoy this when they watch their players in high school, but they know that their upbringing was essential to their success.*

### Phases

**Phase 1:** 5 out pass and Cut

**Phase 2:** 5 out reacting to dribble (Back cuts, hand offs, and shallow cuts)

**Phase 3:** 5 out pass and screen (Curls and Pops)

**Phase 4:** 5 out pass and screen (Slips and Flares)

**Phase 5:** 4 out 1 in (Adding and using a post player)

**Phase 6:** 4 out 1 in (Cutting and moving off of the post)

**Phase 7:** 4 out 1 in options (Double Stagger and Flex cut)

**Phase 8:** High Post actions (UCLA screen, Back Screen, Ball screen)

**Phase 9:** High/Low actions

**Phase 10:** Transition Offense

**PHASE 1: 5 out Pass and Cut:** *This offensive structure has all 5 players spaced out beyond the 3 point line. After players pass they will make a ball side cut and clear to the open perimeter spot. Perimeter players will continue to fill the open spots using V or L cuts. Ball movement, catching and squaring, filling spots, effective cuts, and Spacing are the major points of emphasis.*

**Parts:**

- **Cutting**
  - Ball side cuts: Close the distance for the pass and take away the D's recovery
  - Clear w/ vision: Don't turn your back on the ball while you clear after a cut
  - Set up your cut: Move the D in one direction and burst off your cut to the other direction
- **Filling Spots**
  - No Straight Lines: Players **MUST** fill a spot using a V or L cut. Straight lines are easy to guard.
  - Back cut denial: If the defense tries to deny passes, players must make reads and back cut to relieve pressure and attack the defense.
- **Ball Toughness**
  - Catch in stance: Players must catch the ball in triple threat so they are shot ready, pass ready, and dribble ready. **This skill is a non negotiable in our program.**
  - Win your yard: Players not only catch and square, but rip and sweep to create space from the defense.
  - Maintain vision: Offense cannot turn their back to the basket when they are pressured.
- **Drift Drive**
  - Sweep drive: We will teach players sweep drives to get hip to hip on their defender.
  - Taking out the gap: We will teach players how cuts open up for drives by pulling out the gap defender. This is the only dribble attack we teach in phase 1.

**PHASE 1 DRILLS:**

**Whole:** 5 on 0 passing and cutting

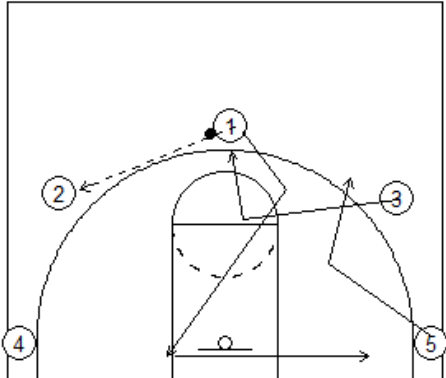
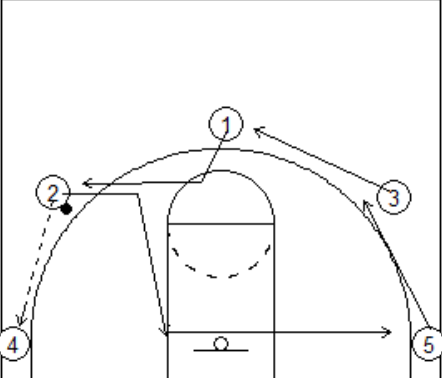
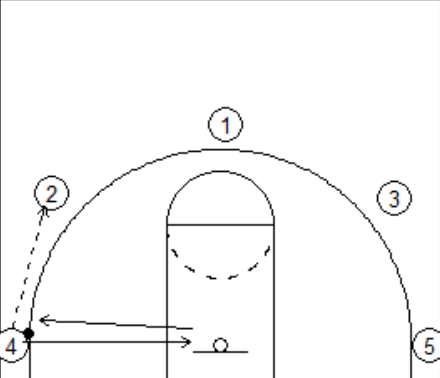
- This is the offense simply applying all the skills without a defense. Start with cones or markers on the spots and eventually take them away. All the skills learned should eventually be applied before you can say this is mastered.

**Cutting:**

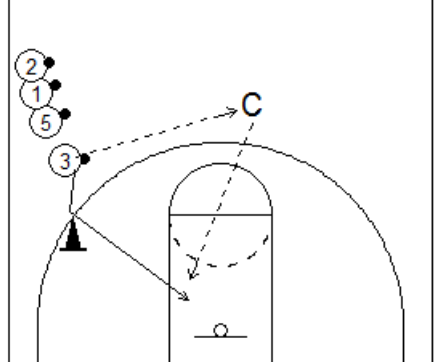
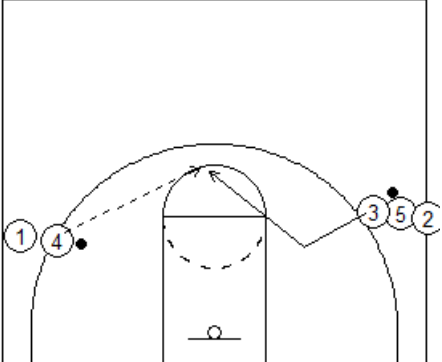
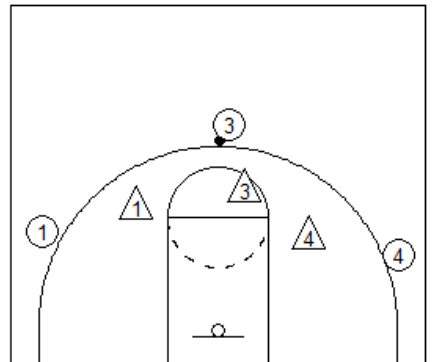
- Hodag Shooting: Players line up on each wing and practice making an L cut to the top of the key. Players alternate lines and will take a shot from the top of the key. You can add sweep drive and back cut to this as well.
- Pass and cut layups: Line at the top of the key and wing. Player at the top of the key will pass the ball to the wing, set up their cut and then cut to the ball side block for a pass. You can also add a drift drive to work on timing.
- Hodag 12: Two line passing drill where players practice finishing w/ a number of different shots. Layup, reverse layup, power jump stop, 1 dribble pullup, flare, and sweep and go.

**Passing:**

- Pointer Passing: In this drill partners will pass back and forth focusing on meeting the ball, hand to hand passes, ripping and sweeping, and stepping to target... You can add 2 dribbles to make players use purpose and move to maintain spacing.
- Toughness Lines: 4 to 6 players will be in a line. Players will pass the ball out to their teammate and close out with active hands. They will defend while the offense is strong w/ the ball. Offense will pass to the next person in line when the whistle is blown.
- 3 man side top side: There will be two wings and a top of the key player. The line will be on one of the wings. Wing will pass to the top, top will pass to the wing, and the last pass will be a shot or drive. Players must v cut before receiving their pass and each passer will follow their pass. This should be continuous.

Wing feed from top	Corner feed from wing	Wing feed from corner
		
<p>After the pass, 1 will cut through to the ball-side block.</p> <p>Opposite wing will make an L cut to fill the top.</p> <p>Opposite corner will make a V-cut to fill opposite wing.</p> <p>Cutter will clear out to opposite corner.</p>	<p>After the pass, 2 will cut through to the block and clear out to opposite corner.</p> <p>Top will fill the wing, opposite wing will fill top and opposite corner will slide up to opposite wing.</p>	<p>Corner will pass to wing and cut to the ball side block. He can refill the same position or L cut to the top if Player 2 drift drives off of him.</p>

## Drills

Pass and cut layups	Hodag Shooting	2 on 2 & 3 on 3
		
<p>Players will form a line, pass to the coach and cut to the basket for a layup. Players should practice setting up their cut, changing speed, and changing direction. This drill can have a second line of passers instead of the coach. You can also call different finishes; power jump stop, reverse layup, avoidance jump stop, etc. You can also move the lines on different parts of the court to change area of attack.</p>	<p>This drill practices players squaring and shooting on the move. After a player makes a pass, they will then V-cut and become the next shooter. These lines can also go wing to baseline so players shoot from different angles and areas. You can add catch and drive, back cut, and other actions in this drill as well. Set a timer, make a goal and create ways to challenge and focus players.</p>	<p>Have players go half court in smaller groups to help teach key skills like spacing, cutting, reading the defense, playing off of each other, etc. By shrinking the game you give players less clutter and more opportunities to be relevant. In 5 on 5, especially younger groups, lack of skill makes it challenging to do a lot against 5 defenders.</p>

**PHASE 2: Reacting to the Dribble:** *This offensive structure has all 5 players spaced out beyond the 3 point line. Here players will begin to use their dribble to create opportunities. It is crucial that players understand why we dribble and that there is no unnecessary dribbles taken. Just because passing and moving has been our focus, the dribble is still a valuable tool in our offensive arsenal. Players must understand the 3 reasons we dribble; to move the ball and shift the defense, to create a passing angle, and to attack the defense. If a player isn't doing one of these things, then they have no purpose and are hurting the offensive flow. Just like with cutting and screening, players need to react to the dribble and continue to fill spots. Players must cover ground when they dribble and use as few dribbles as they can to accomplish their goal. A player using his dribble and not going anywhere hurts the offense and adds pressure to the ball.*

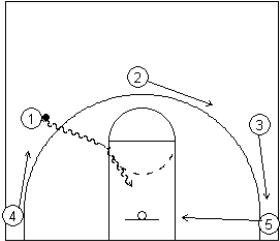
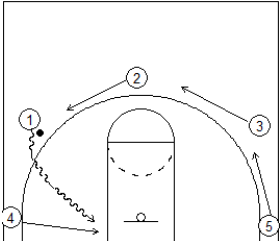
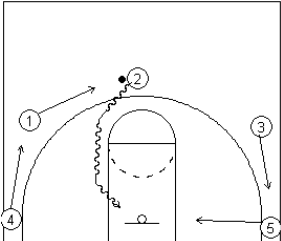
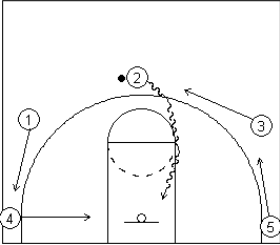
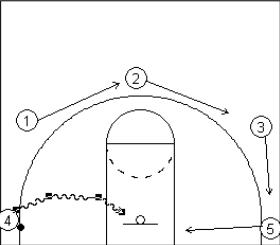
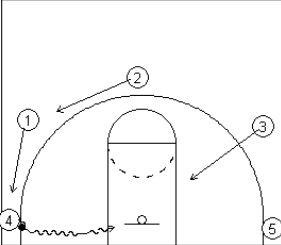
#### Parts:

- **Dribbling**

- Pounding the ball: Our players don't slap the ball, they pound the ball and are always in control.
- Head and eyes up: When dribbling, players must always see the court and must maintain vision.
- Protect with your body: Use your body to protect the basketball and keep it between the ball and the defense. Don't be afraid of contact with opposing players.
- Purpose: Don't dribble to dribble. Have a purpose in mind and attack.
- Hip to Hip: When driving get hip to hip with your defender and take away his path of recovery.
- Straight line drives: Don't let the defense force you east and west. Take the ball straight line and Beat your opponent to the path of recovery.

- **Cuts**

- Shallow Cuts: This can be an option when a player drives at you. You will go below the driver and quickly replace him while opening up a gap for his penetration.
- Back Cuts: This is another way to open up the gap for someone driving at you, but it also gives you an opportunity to score on a defender that is out of position.
- Hand offs: Shallow cuts go below, but a handoff happens above. When you have quick guards, this is a nice option to get players an open driving lane.

		
<p>4 man will cycle out to become the safety 5 will dive for a layup since his man is help 2 and 3 will relocate to create space and passing lanes</p>	<p>4 will dive for a back door layup on gap 2 becomes the safety 3 and 5 will relocate to create space and passing lanes</p>	<p>5 will dive for a layup since his man is help 4 will become the safety 1 and 3 will relocate to create space and passing lanes</p>
		
<p>4 will dive since his man is help 3 becomes a safety 1 and 5 will relocate to create space and passing lanes</p>	<p>5 Will dive since his man is help 1,2, and 3 will relocate to create space and passing lanes There is no safety</p>	<p>5 stays to allow a drift pass 3 dives since his man is help 1 becomes the safety 2 relocates to space and create passing lanes</p>

**PHASE 3: 5 out Pass and Screen away (Curls and Pops):** *This offensive structure has all 5 players spaced out beyond the 3 point line. After players pass they will screen away for their teammate. All screens must have two actions with one player going to the basket and the other going high to maintain spacing. In this phase receivers will only curl or pop. Other players will fill the appropriate spots to maintain their spacing. All the skills learned prior to this phase are still emphasized and applied.*

**Parts:**

- **Screening**
  - Positioning: *Teach the correct stance for setting a screen, feet shoulder width squaring on the D.*
  - Location: *Show players where to set the screen, angle your body in the direction you want the receiver to go.*
  - Set up your screen: *Move the D in one direction and burst off your screen rubbing shoulders with the screener.*
  - Make a read: *Your movement off of a screen isn't predetermined. You come off the screen based on how the defense is defending that screen.*
  - Communicate: *Both players should talk throughout the screening process. Screener must call his screen and receiver must call his cut to help the passer.*
  - Curls: *When a player is being chased around the screen, they will tightly curl to the ball side block showing their inside hand for a target. Screener will pop to the perimeter.*
  - Pop: *When a defender goes into the screen, receiver will pop out to the perimeter spot shot ready. Screener will dive to the ball side block for a layup opportunity and to maintain spacing.*
  - Squaring on the catch: *Players need to learn to catch squared up and ready to shoot on all screens. They can pivot into their shot or jump square.*

**PHASE 3 DRILLS:**

**Whole:** *5 on 0 passing and screening away*

- *This is the same offensive movement as before, but this time players will screen away on every pass. You can start by calling one read...curl or pop and then give them both options as they improve spacing and movement. Ensure that they set up screens, call screens, call cuts, and do each part of the whole. Players should continue to catch and square, V and L cut, and all other skills learned prior.*

**Screening:**

- 4 Man Shooting: *Players will be in groups of 4 to 6 with 2 basketballs in each group. Player at the top of the key will pass to a wing and then screen away for the other wing. While applying all the skills taught they will execute the called screen. The wing with the ball will pass to the high player while another teammate in the corner passes to the player who goes low. Keep rotating spots and continue this for 1 to 3 minutes for each screen read.*
- Chair Shooting: *This doesn't work on the screening portion, but will allow players to get a lot of reps practicing coming off of screens. You can use chairs, cones, or coaches to be the screeners and players will practice coming off of screens and shooting using the different reads. Coach can have a specific screen called or they can mix up each player's read individually to force players to react. This should focus on all the key fundamentals of catching off screens, setting up screens, etc.*
- 2 on 2 screen to score: *Players will go 2 on 2 on one side of the court with a passer for each team. Players will practice screening and making reads to get open. They can have 2 dribbles and must create something off of a screen.*



**PHASE 4: 5 out Pass and Screen away (Flares and slips):** *This offensive structure has all 5 players spaced out beyond the 3 point line. After players pass they will screen away for their teammate. All screens must have two actions with one player going to the basket and the other going high to maintain spacing. In this phase receivers will only Flare and Slip the screens. Other players will fill the appropriate spots to maintain their spacing. All the skills learned prior to this phase are still emphasized and applied. This is almost identical to Phase 2, but the emphasis is on 2 new reads to make. Continuing to work on fundamentals of the screen is important to create sound habits and muscle memory.*

**Parts:**

- **Screening**
  - Positioning: Teach the correct stance for setting a screen, feet shoulder width squaring on the D.
  - Location: Show players where to set the screen, angle your body in the direction you want the receiver to go.
  - Set up your screen: Move the D in one direction and burst off your screen rubbing shoulders with the screener.
  - Make a read: Your movement off of a screen isn't predetermined. You come off the screen based on how the defense is defending that screen.
  - Communicate: Both players should talk throughout the screening process. Screener must call his screen and receiver must call his cut to help the passer.
  - Flare: When the player tries to take a short cut through the screen a shooter will flare out to the wing. Spacing can be challenging on this one because the screener will rescreen and then dive while the passer dribbles to the next spot to create an angle for his pass.
  - Slip: When a defender tries to beat you over the screen, you will simply forgo the screen and dive to the hoop for a layup. Screener will pop to fill the open perimeter spot. This is a great read to beat over aggressive defenders that try to take short cuts. Passers must be alert to these reads before they happen.
  - Squaring on the catch: Players need to learn to catch squared up and ready to shoot on all screens. They can pivot into their shot or jump square.

**PHASE 4 DRILLS:**

**Whole:** 5 on 0 passing and screening away

- This is the same offensive movement as before, but this time players will screen away on every pass. You can start by calling one read...curl or pop and then give them both options as they improve spacing and movement. Ensure that they set up screens, call screens, call cuts, and do each part of the whole. Players should continue to catch and square, V and L cut, and all other skills learned prior.

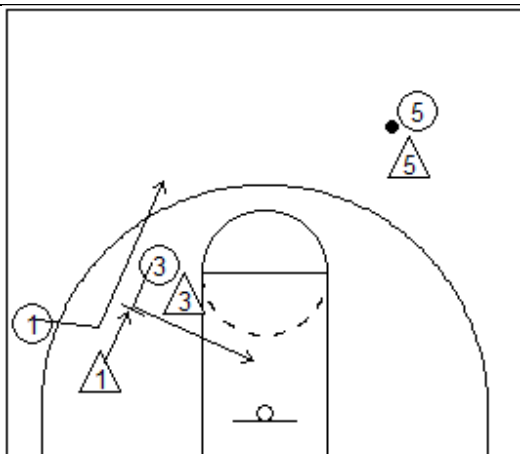
**Screening:**

- 4 Man Shooting: Players will be in groups of 4 to 6 with 2 basketballs in each group. Player at the top of the key will pass to a wing and then screen away for the other wing. While applying all the skills taught they will execute the called screen. The wing with the ball will pass to the high player while another teammate in the corner passes to the player who goes low. Keep rotating spots and continue this for 1 to 3 minutes for each screen read.
- Chair Shooting: This doesn't work on the screening portion, but will allow players to get a lot of reps practicing coming off of screens. You can use chairs, cones, or coaches to be the screeners and players will practice coming off of screens and shooting using the different reads. Coach can have a specific screen called or they can mix up each player's read individually to force players to react. This should focus on all the key fundamentals of catching off screens, setting up screens, etc.
- 2 on 2 screen to score: Players will go 2 on 2 on one side of the court with a passer for each team. Players will practice screening and making reads to get open. They can have 2 dribbles and must create something off of a screen.

## Types of screen reads

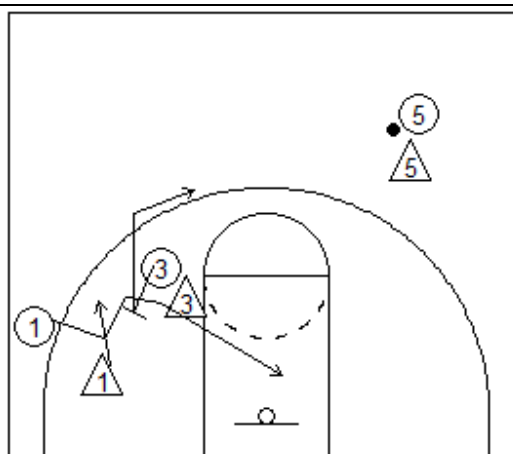
*These reads can be made anywhere on the court, but they are drawn on a down screen on the wing. Everything done before each action is just as important as the action itself! Is the screener calling his screen, taking a good angle, putting his back to the point of attack, and in a powerful and legal stance? Is the receiver setting up his man, rubbing tight to the screener, reading the defense, and calling his cut? This is important no matter what cut is being made.*

### Pop cut



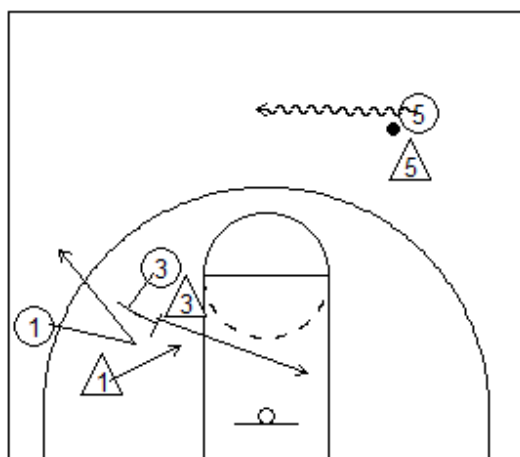
*On a pop, the defender gets screened and allows the player to go directly off of the screen for a shot. Receiver 1 sets up the screen and then Pops off to the ball for a shot option. Screener 3 will then go low to maintain spacing and not allow defender 3 to show, if he does show, it will result in a layup opportunity.*

### Curl cut



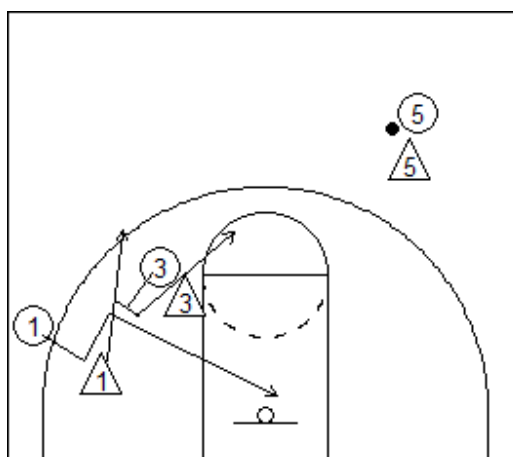
*On a curl cut, the defender will latch on the offensive player's hip and chase the player. Player 1 will react by tightly looping around the screen and taking a path to the hoop. Since receiver 1 is going inside to the hoop, Screener 3 will pop up towards the ball. This prevents his man from sinking.*

### Flare cut



*On a flare, the defender is trying to take a shortcut going under the screen. Screener 3 must rescreen to pin defender 1 inside and receiver 1 will separate out from his defender. Since player 1 is going out, player 3 will look to dive if his man tries to show. \*\*Passer should look to use his dribble to create a passing angle on the flare. \*\**

### Slip cut

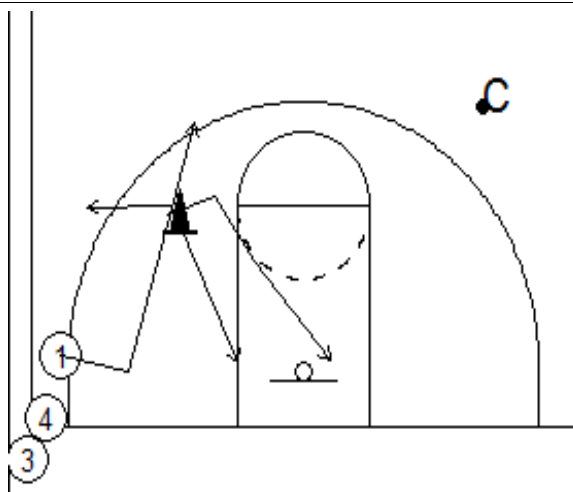


*On a slip cut, the defender tries to beat 1 through the screen and to his spot. This is countered by "slipping" the screen and diving to the hoop once the defender is out of position. Since the receiver has gone low, screener will then pop out to maintain spacing.*



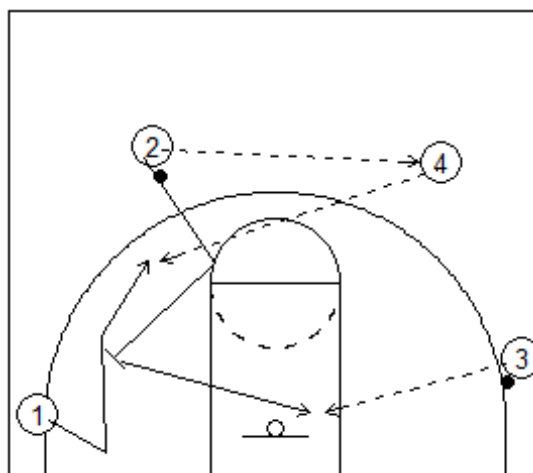
## Phase 3 & 4 Screening Drills

### Screening actions & Footwork w/ Cone



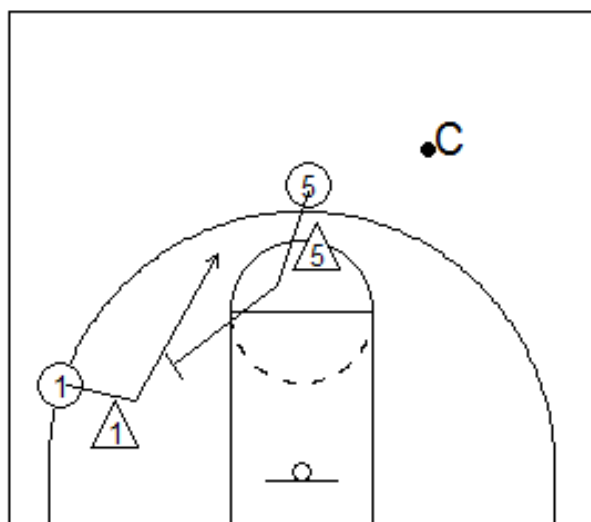
*This is the best drill when first introducing actions off of screens. A coach can be the passer, or it can be a second line of players. Coaches will call out a screening action and players will perform that at the cone for a shot. Emphasize setting up the screen, change of speed, and going tight to the screener (cone in this case). You can do this with all actions: Pop, Curl, Flare, and Slip. As players improve add things after the screen; Sweep drive, shot fake and go, etc.*

### Motion Shooting



*In this drill we are now adding a screener to the mix. There will be two basketballs; one on the wing and one in the opposite corner. Wing player with the ball will pass to the other wing and then screen away. Player 4 will pass to whoever goes high and Player 3 will pass to whoever goes low. There will always be two actions and the screener will do opposite of the receiver. Players will rotate clockwise for a continuous drill. A set time or amount of makes should determine the length. Start by calling out the cuts and as players get better, have them mix up their cuts and react to each other.*

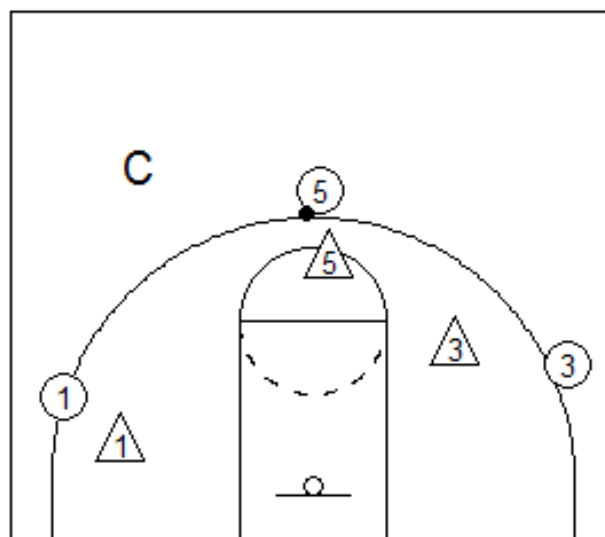
### 2 on 2 Screen and react



*In this drill we will now have the players play 2 on 2 using screens to get open. There will be a coach passing and players will continuously screen and rescreen for each other to create scoring opportunities. Players should focus on playing slow, making reads, and executing the screening action. You can have an unguarded player making the passes for the coach as well in this.*

*\*\*This is also a drill to improve defending screens\*\**

### 3 on 3 Screen and react



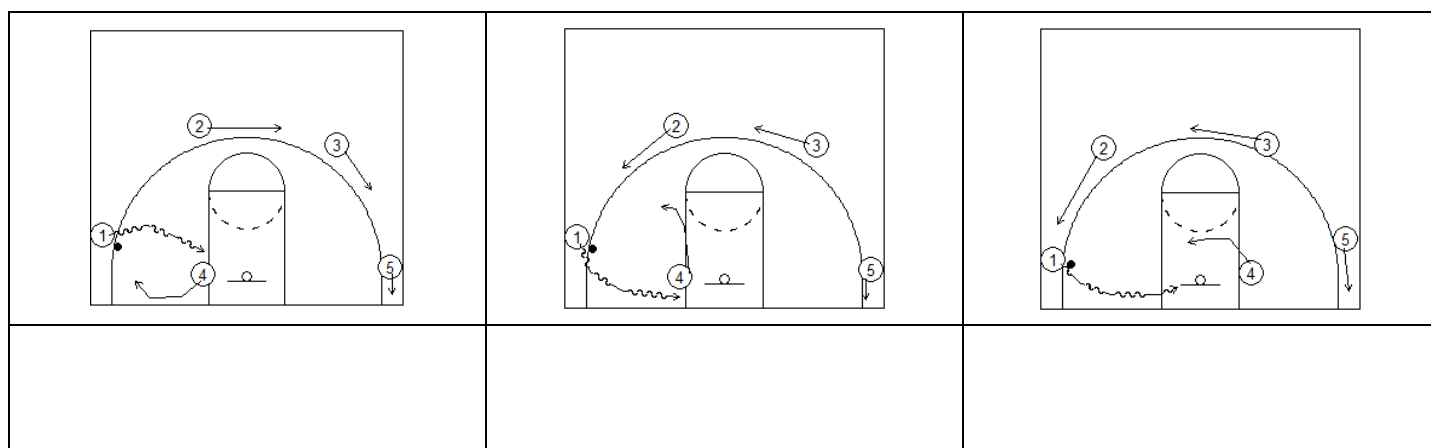
*In this drill players will work on screening and spacing to get open. There is again a coach being used to pass and move the ball, but the emphasis is on screening to get open. This is a way to continue to build on screening principles while also adding a player to force spacing and communication.*

*\*\* This drill can be done on one side of the court or use the whole court area.*

**PHASE 5: 4 out 1 in:** *This offensive structure has 4 players spread on the perimeter and 1 in the post. Players will begin to learn about the 4 L's of posting and about block and short corner. This will add another aspect to your offense and will allow certain players to flourish if they are strong in the post. Adding a post can clog cuts if the post player doesn't use the short corner and move. This is important for players to learn and must be an emphasis with the addition of a post. As post players learn to use the short corner and post, they will become more productive at both motion and zone offense.*

**Parts:**

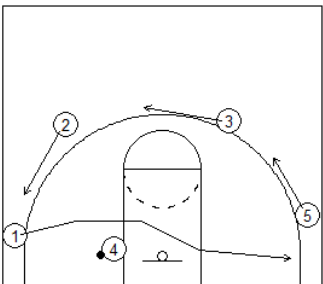
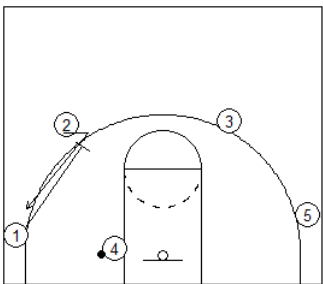
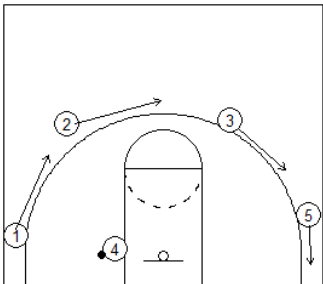
- **Posting up**
  - 4 L's of Posting
    1. *Low:* Our power comes when we are low. Straight up players get pushed out of position.
    2. *Large:* Don't allow a player to slip around you in the post. Large creates space for a pass.
    3. *Loud:* Let your teammates know you want the ball by calling for it and being vocal.
    4. *Location:* Above the block and below the first dash are ideal, but ensure you're not in a bad spot where you can get 3 seconds or limit your arsenal of moves.
  - Short Corner: *This is a position players can use to get behind the defense and open up the lane. When a post player isn't on the ball side of the post, they should dive short corner to open up the lane for cutters and to allow them a repost by getting around their defender.*
  - Post moves:
    1. *Quick spin:* Player pivots on his low foot and releases from a physical defender.
    2. *Hook Shot:* Player seals his opponent and shoots a hook while keeping his shoulders between the defense and ball. Teach not to open up to the ball.
    3. *Up and Under:* After a player perfects the hook they can practice this move. This gets the defense in the air while the post stays low. The post then steps through the defender and powers up for the finish.
    4. *Reverse pivot:* This is a great move to create separation with the post and score on a slower opponent. There are a number of options out of this, but players getting the footwork is key.
- **Feeding the post**
  - *Players need to see the post players chest, feeding from high wing are rarely successful.*
  - *Use a bounce pass on opponents of similar size and use a high pass when there is a height advantage. This plays to the post's advantage.*
  - *Use the dribble to create a passing angle into the post.*
- **Driving at the post**
  - Post actions: *The post player must learn how to move if an offensive player drives at him. If the drive comes from the top, the post player will flatten out to the short corner or deeper. If the drive comes below the post they can shallow cut or pop high. These are similar actions to previous dribble movement.*



**PHASE 6: 4 out 1 in w/ action off the post:** We have worked on what post players need to do when there is a post feed and now we learn what players need to do after there is a post feed to allow a post player space and to keep the defense honest. We will look at 4 options after a post feed that we may see and we will learn how the other players react to them.

**Parts:**

- **Cuts off of post:**
  - Laker Cut: This is a cut where the person who feeds the post cuts off the post on the high or low side. This draws out a defender digging and shifts the defense
  - Celtic Cut: After a player feeds the post, they will then screen the nearest player to occupy 2 defenders and create an inside out opportunity for the team.
  - Relocate: This is an option for a player with more space. After making the pass, they will relocate so that the double or digging defender doesn't know where to close out.
  - Double Dive: This is a read where the double comes from somewhere other than ball side. That player will dive to the hoop, while the other players relocate to create passing lanes for their teammate.

		
Laker Cut	Celtic Cut	Relocate

**PHASE 7: 4 out 1 in options (Double Stagger and Flex cut):** *These are options that the offense can use when the ball isn't in the hands of a post player, but a post player is present. These options help to move defenders while also freeing up teammates for high percentage looks.*

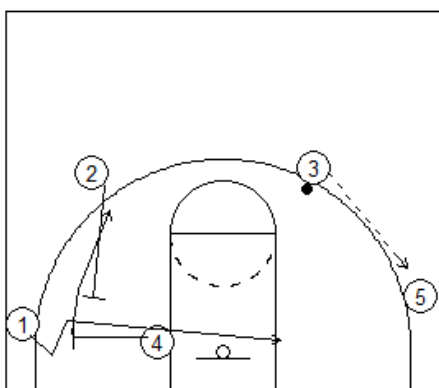
**Parts:**

- **Double Stagger:**

- Alignment: *Players must understand how you align to maximize the shooters opportunity to get off a high percentage shot.*
- Timing: *This screen is set when the ball is passed into the corner. The other players will set a double stagger for the opposite corner player. This frees up weakside help and opens up a number of opportunities.*
- Actions: *Top screener will look to dive on a high show while the initial screener will flare out to maintain proper spacing.*

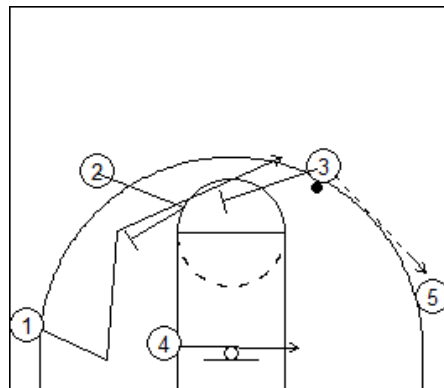
- **Flex Cut:**

- When to screen: *If the ball is swung, the ball side post can then screen for the corner player to allow a potential layup or post opportunity. The top player must recognize this and screen for the screener to continue to open up players.*
- How to screen: *This screen is mainly for the corner player to bring their man off of. The post player must find the defender, but the offense has to choose the correct path and do it with purpose.*
- Reads off of the screen: *The Flex screener has to know when to open up after the screen and when to come off the next screen. In the screen for screener action, the screener must know when to flare out after, open up, or flash to the ball. Everyone learns to move based on these reads.*



**Flex Cut**

3 Swings the ball to 5 in the corner.  
Post (4) sets a flex screen for 1 who cuts across the lane  
2 screens for the screener



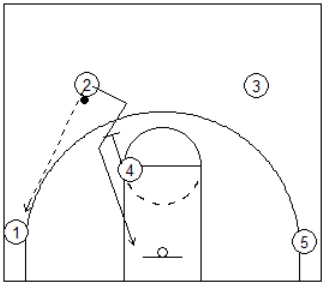
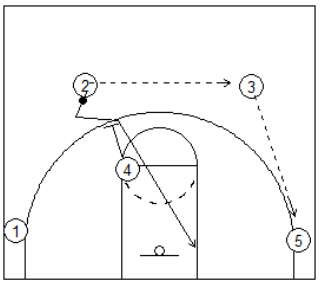
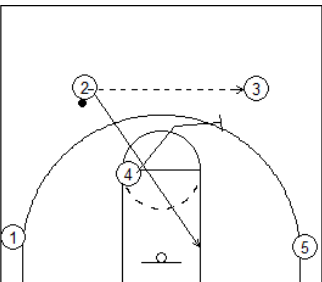
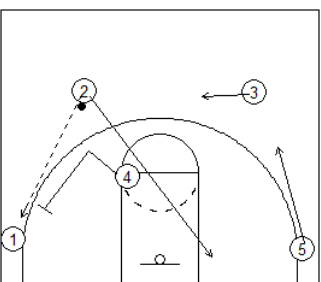
**Double Stagger**

3 passes to 5 in the corner  
Post (4) cuts across the lane and posts up  
3 and 2 set a double stagger for 1  
\*\*This clears weakside help and opens up shooters

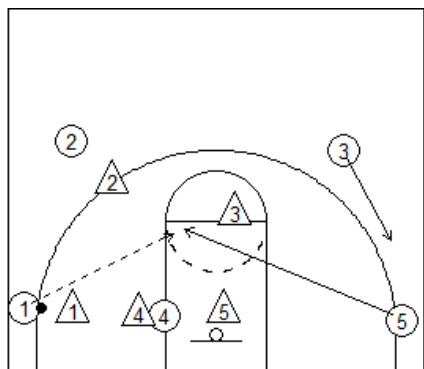
**PHASE 8: High Post actions:** *This takes a versatile post player into a spot where they can overwhelm defenders with perimeter moves. They can also set some dangerous screens and open up if they are an offensive player who can shoot from 3. This is a spot where stretch 5's can flourish and allow post players perimeter opportunities.*

**Parts:**

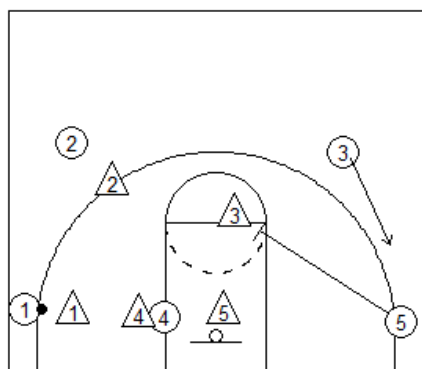
- **UCLA Screen:**
  - When: *If a guard feeds to the same side as the post, then a UCLA down screen can be set. This will force players to help or it will lead to a layup.*
  - Action: *This is most successful if they are able to screen and pop and knock down open shots. Players that cannot shoot are not a threat on this screen. It may help though to relieve pressure and the post player can be used to swing the ball.*
- **Back Screen:**
  - What: *This is similar to a UCLA screen, but is set on a player opposite of the ball. The same concepts apply, where a player needs to be able to hit open shots if their man helps.*
  - Action: *Player will set a screen for a perimeter player to give them a path towards the hoop. Two actions are again required. With a high ability team, a flare can be set by the screener for the top of the key also.*
- **Ball Screens:**
  - When: *This can be set after a UCLA or back screen when the defense has cleared out. High post is a perfect time to set a ball screen.*
  - Action: *Once the defense has shifted, the high post can call for ball screen and they can line up for the screen. It is important for the ball handler to shift the D and then attack hard. On a high show the post should slip, on a low show they should pop.*

	
<p align="center"><b>UCLA Cut</b></p>	<p align="center"><b>Back Screen</b></p>
	
<p align="center"><b>Ball Screen option 1</b></p>	<p align="center"><b>Ball Screen option 2</b></p>

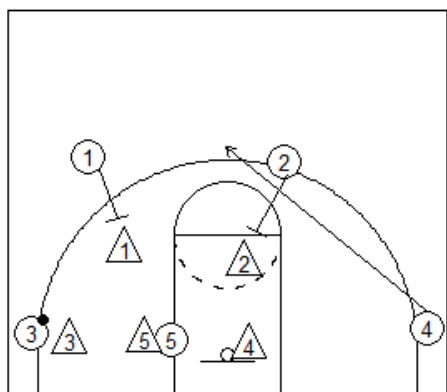
**PHASE 9: High/Low actions:** *This action makes it difficult to front talented or large post players in an attempt to deny them low post touches. This will create an angle that often leads to an easy shot or advantage post touch. The high post in this situation can be permanent or it can be a flash from the opposite wing.*



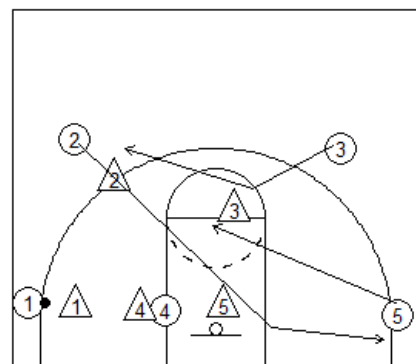
**Weakside Flash:** *Weakside defender is denying the pass to the post. Weakside offensive player will flash to the high post and create a high/low opportunity. 3 will dive to the corner to draw his man out and maintain spacing.*



**Flare Screen:** *Weakside corner will set a flare screen for top side guard. This will allow a quick skip pass for an open shot. It could also force an out of control closeout and the post can seal the defender who was fronting. This allows an easy dump down pass.*



**Screen Down:** *In this action, 2 and 1 will set screens down to close off access to the top of the key. 4 can flash to the top of the key for an open shot. If Defender 1 or 2 show high to take away the pass, their player can then slip the screen for an easy look. One player will also flare out of this screen to maintain spacing.*

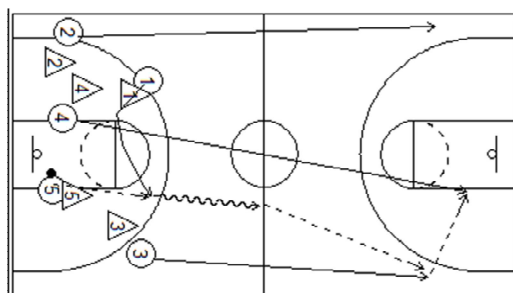
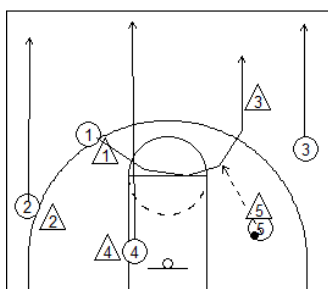


**Exchange:** *In this action, the guard will cut through while the opposite corner flashes high post. This will create a new weakside defender who may slip on his duties. It will also create movement in the defense who must now communicate.*

**PHASE 10: Transition offense:** *This is what initiates all offensive phases. A half-court offense should be established before focusing too much on transition, but although this is “phase 10” it should be taught before many of the phases. The key to transition offense is getting a quick outlet pass, pushing the ball ahead, and running lanes. Many teams aren’t willing to go hard for every possession and a well-disciplined transition team can capitalize on those mental lapses. Good transition offense doesn’t mean just layups every change of possession, but it means pressure is always kept on the defense and they must quickly react from one end of the court to another. While the defense is often scrambling, the offense will be organized and under control. At the very least, a good transition offense forces the defense to play from behind right from the start.*

**Parts:**

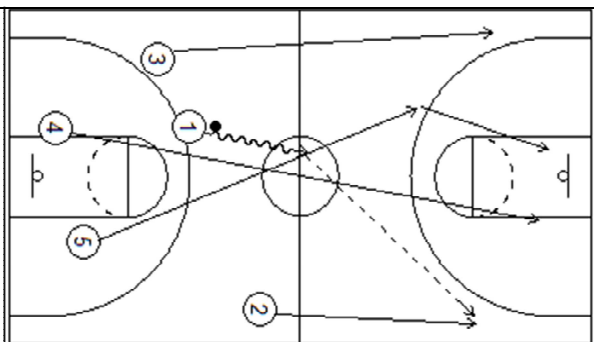
- **Rebounding:**
  - You can’t transition on offense if you don’t finish the play on the defensive end. Teach your team to rebound the basketball.
- **Outlet pass:**
  - Rebounder: Should immediately pivot and see down court. The farther ahead they can throw it, the better off you are. Vision and a hard pivot are crucial for this vision.
  - Guard: Guards should make a J cut to the ball in so that he is facing forward on the catch. He needs to be vocal to help the rebounder find him in traffic. His first dribbles are forward and he is looking up court.
- **Remaining players:**
  - If you’re not the rebounder or the main guard, your job is to get down the court. You should sprint, but still maintain vision so that you can see passes and be alert if you must help your teammates out. Beat your defenders down the court or at the very least, make them exert every ounce of energy they have. To beat you.



**Outlets:** A successful transition offense starts with an efficient outlet of the basketball. It starts with a ball handler calling for the ball and making a J cut to receive the pass. The ball handler must be vocal and call for outlet to help the rebounder find him in traffic. Wings will run wide and post will run block to block.

\*J cuts allow a dribbler to come to the ball while also quickly looking downcourt.\*

**Transition Lanes:** It is important for wing players to run wide to start. This creates large gaps and doesn’t allow a defender to guard multiple players. Here we have them going to the 3 point line, but they can always cut in and go to the hoop. Big men will run block to block to get a quick post touch, layup, or to draw in a defender. Few bigs can run for a whole game. The ball should be passed to a wing quickly to immediately put pressure on the D.



**Transition:** Again the players maintain spacing and run lanes for a number of different options that can be used. The rebounder is a trailer that can be used for a quick swing pass or he can dive on post touches to apply extra pressure to the defense. Just like half court offense, transition offense requires spacing, reading, and reacting to the defense and opportunities. Players willing to work harder than the defense will often be rewarded by easy opportunities throughout the game.