

REGIONAL ACADEMY OFFENSE GUIDE

TRANSITION OFFENSE PRINCIPLES

The Concept:

1. Wings sprint wide and fill corners.
2. Rim-runner sprints straight down the middle to the Smile.
3. Player with ball looks to pass ahead first, then dribble second.

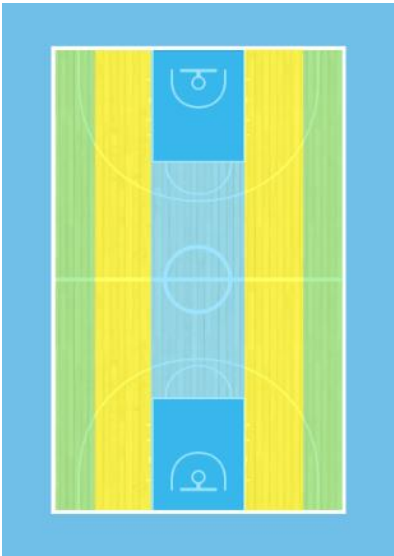
Why:

1. Transition is the most efficient form of offense in all levels of the game, but the number of transition opportunities reduces through the age categories.
2. Off ball players have the responsibility to **stretch the defence** by bolting with lane integrity – this teaches players to work off the ball for the benefit of the team.
3. The ball-handler has the responsibility to play at a pace where they can read what all the other players on the floor are doing, teaching them to know when it is appropriate to use their speed. (The exception to this is when there is no defence in front, when they should use a speed dribble and attack).
4. Discipline in use of lanes positions the team with excellent spacing to flow into half-court offense.

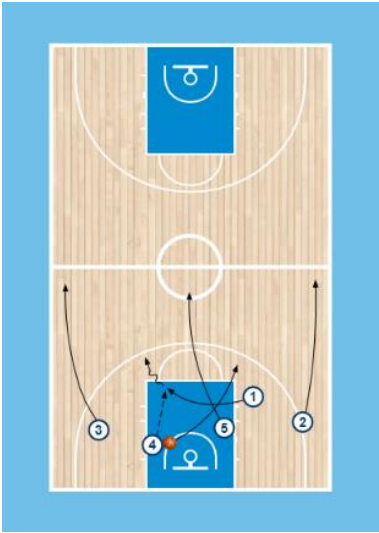
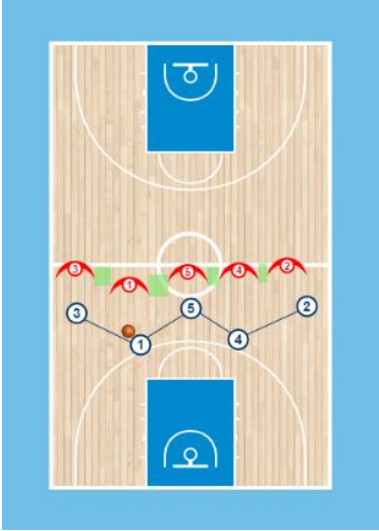
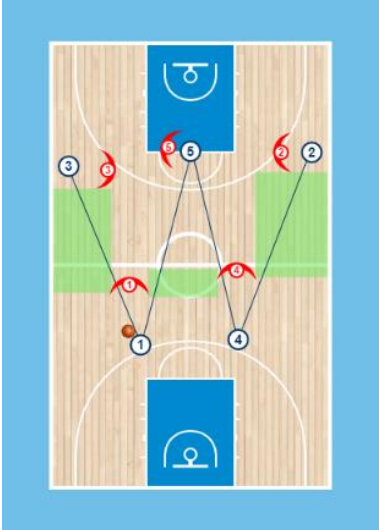
Teaching Approach:

- Lanes and speeds
- Understand the “W” being created
- Pass ahead option first
- Attack 1v1 into spaces created next option
- Look for deep seal in the Smile if there is an inside mismatch
- If no advantage, flow into spacing for structured offense

Lanes & Speeds:

	<p>Green = Outside Lane (100% speed)</p> <p>Yellow = Inside Lane (70% speed)</p> <p>Blue = Middle Lane (100% speed)</p>
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Creating a "W"

	<p>Fill Outside lanes and Middle.</p> <p>Point guard shows for the ball and fills Inside lane.</p> <p>Trail player stays level with ball or slightly behind, filling the other Inside lane.</p>
	<p>Flat W:</p> <p>If all 5 offensive players get out at the same pace, the defence can form a wall with relatively small gaps to attack. This should be avoided as there are no passing, 1v1 or early post advantages created.</p>
	<p>Big W:</p> <p>If the Outside and Middle lanes sprint and the Inside lanes go at controlled speed, the gaps in the defence are much bigger to exploit. This is what we want!</p> <p>Note: Wings stop at FT line extended until ball crosses the halfway line - this keeps pass ahead open whilst still creating big gap for guard to attack.</p>

Priority Order:

<p>Option 1 – pass ahead and attack.</p> <p>From this initial drive, try to get straight into Circle movement.</p>	<p>Option 2 – 1v1 attack off dribble.</p> <p>As soon as the ball crosses the halfway line, the wings sprint to the corners to stretch the defence further and create a gap for the guard to attack.</p> <p>All perimeter players get into circle movement when the drive breaks the 3pt line.</p>	<p>Option 3 – post mismatch deep seal.</p> <p>Entries: Triangle through wing or guard dribble to create entry angle</p>

Flow into Structured Offense:

	<p>If there is no immediate advantage in transition, the fact that players have been disciplined in running to corners, rim and trailing provides excellent spacing to get into a half-court offense.</p>
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HALF-COURT OFFENSE PRINCIPLES

The Concept:

1. Encourage creativity with the ball
2. Develop dynamic, purposeful movement without the ball
3. Read and respond to advantages created

Why:

1. To develop skill with the ball in hand – dribbling, passing, shooting and finishing
2. Move to take help defence away from the ball or to punish help if they go
3. Develop understanding of creating open passing angles away from the ball
4. Understand different types of advantage and how to exploit each
5. Most importantly – contextually develop the skills that allow players to convert advantage situations they create

Building Layers of Advantage:

1. Passing advantage
2. 1v1 dribble advantage
3. Post advantage
4. Actions to create advantage (eg. screens, handoffs)

Teaching Approach:

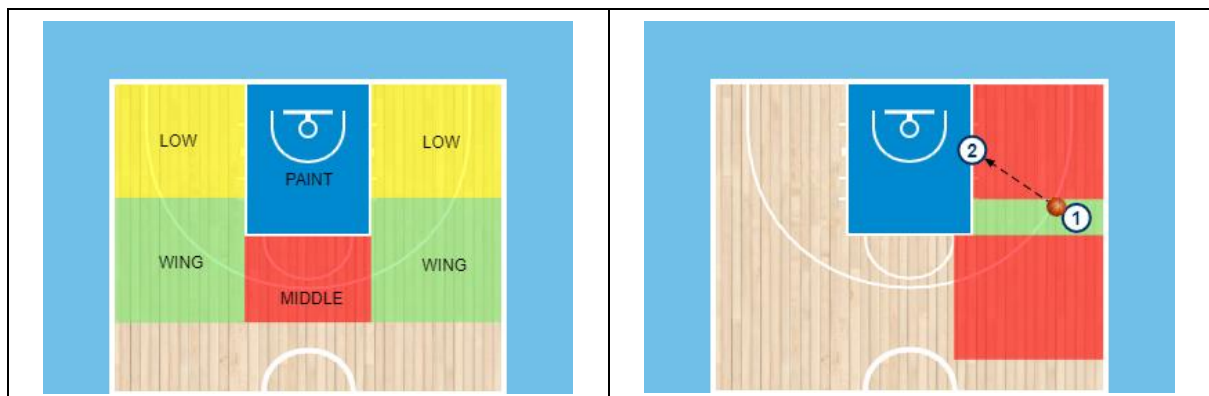
- Spacing – Rooms/Spots
- Passing – teach 3 reads after the pass (My player; Help; Ball pressure)
- 1v1 – manipulate advantage and reverse engineer (Convert – Keep – Create)
- Post – everyone develops back to the basket skills, both scoring and passing
- Actions – emphasise reading the defence and choosing the best response

Rooms & Spots

6 rooms – 2 Low rooms, 2 Wing rooms, 1 Middle room and 1 Paint room.

Players should be encouraged to use the whole of the room to either create space for a teammate or to shorten a pass, depending on the situation.

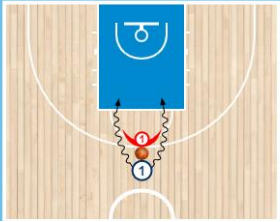
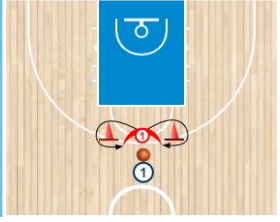
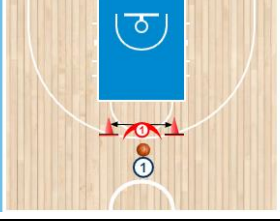
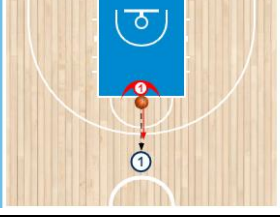
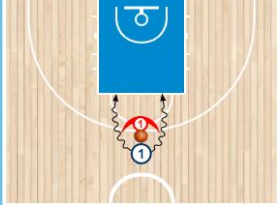
There is also a Post Entry Zone in each Wing room, which provides the best angle of pass to the post, allowing the player in the post to see the whole of the floor whilst keeping the passer's defender far enough away that they cannot dig at the ball.



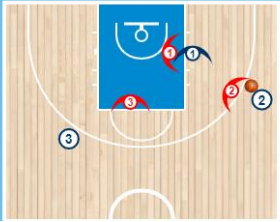
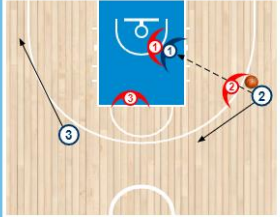
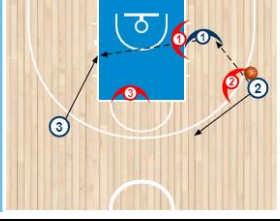
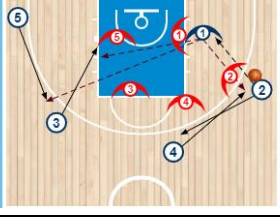
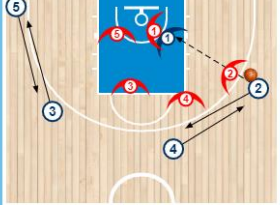
Pass & Cut Reads

	<ol style="list-style-type: none"> 1. Does on-ball defender jump to the ball on the pass? 2. Is there a help defender protecting the basket? 3. Is there going to be pressure on the pass preventing the ball coming back? 	
	<ol style="list-style-type: none"> 1. If the defence jumps to the ball, take them away from the ball to create space for the new ball-handler 	
	<ol style="list-style-type: none"> 2. If the defence is helping in the paint, move away and see if the help follows. If they follow, there is space for a 1v1. If they stay, punish them with the skip pass. 	
	<ol style="list-style-type: none"> 3. If there is a lot of pressure on the pass, create space for the new ball-handler to exploit this with a 1v1 	

Drills for Manipulating 1v1 Advantage

	<ol style="list-style-type: none">1. Defender goes round a cone, creating a big advantage.
	<ol style="list-style-type: none">2. Defender start with back to the ball and the offense holds the ball against the defender's back, creating a moderate advantage as defender is in good chase-down position.
	<ol style="list-style-type: none">3. Defender touches a cone in short proximity creating a moderate advantage as defender is still close, but has to turn to recover.
	<ol style="list-style-type: none">4. Defender passes to the offensive player and closes out, creating a game-like ball reversal advantage, which maybe small, moderate or large depending on the defender.
	<ol style="list-style-type: none">5. Defender holds the ball on palm of hand with elbow touching body and offensive player chooses start time, which creates a small advantage

Post Play

	<ol style="list-style-type: none">1. Teach "T-Position" for post player, which allows them to see the whole of the floor to read defence and know where teammates are.
	<ol style="list-style-type: none">2. On deep seal, teach back to the basket advantage for greater strength. Off ball players take defenders away from the ball.
	<ol style="list-style-type: none">3. On catch outside the paint, T-position catch and look to be a facilitator, with weakside dive being especially dangerous.
	<ol style="list-style-type: none">4. In 5v5 situation on a deep catch, exchange on both strongside and weakside to take help defenders away.
	<ol style="list-style-type: none">5. In 5v5 situation on catch outside the paint, dive from weakside wing and lift from corner, whilst strongside exchanges. This creates a number of potential scoring passes.