

Man to Man Motion Offense

Summary

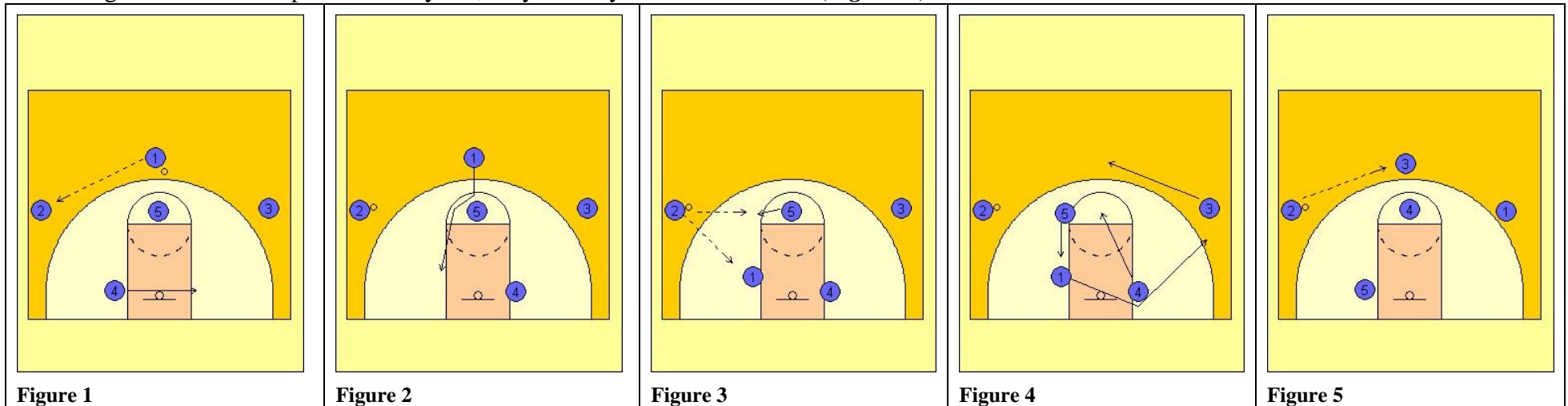
This play is great to use for youth coaches, because it is very simple to teach, yet effective. You can also use this as a simple, continuity offense that you will run over and over. The offense starts in a basic 1-3-1 set. It will provide dribble-drive opportunities.

Personnel

You want Players 4 & 5 to be your post players. You want players 1, 2, & 3 to have good ball handling skills.

Instructions

1. Player 1 can pass to either wing, Player 2 or 3. If the player is on the block on the ball side, he will cut to the opposite block to clear out the ball side. In this case, Player 4 goes to the opposite block for Player 1 to make a basket cut. It will also create an opportunity for Player 2 to dribble drive, if he/she sees an advantage. (**Figure 1**)
2. Player 1 fakes towards the opposite wing, then brushes his man off Player 5 as he cuts to the basket. (**Figure 2**)
3. When Player 1 reaches the block area, Player 5 flashes to the high post. Player 2 can pass to either Player 1 or Player 5. If Player 5 gets the ball in the high post, he can also dump the ball down to Player 1. If Player 1 can get the defensive player on his outside hip, he can get an easy score. (**Figure 3**)
4. If player 1 is not open, he/she cuts to the opposite wing, and Player 5 replaces him on the low block. Player 3 cuts to the top of the key. Player 4 cuts to the free throw line. (**Figure 4**)
5. If Player 5 & Player 4 are not open, Player 2 returns the ball to the top of the key. They are back in the original set, and Player 3 can start the offense again by passing to either Player 2 or Player 1. If the ball is passed back to Player 2. Player 5 will have to cut to the opposite block again. If the ball is passed to Player 1, Player 5 stays on the left block. (**Figure 5**)



Yo Yo - Zone Offense

Summary

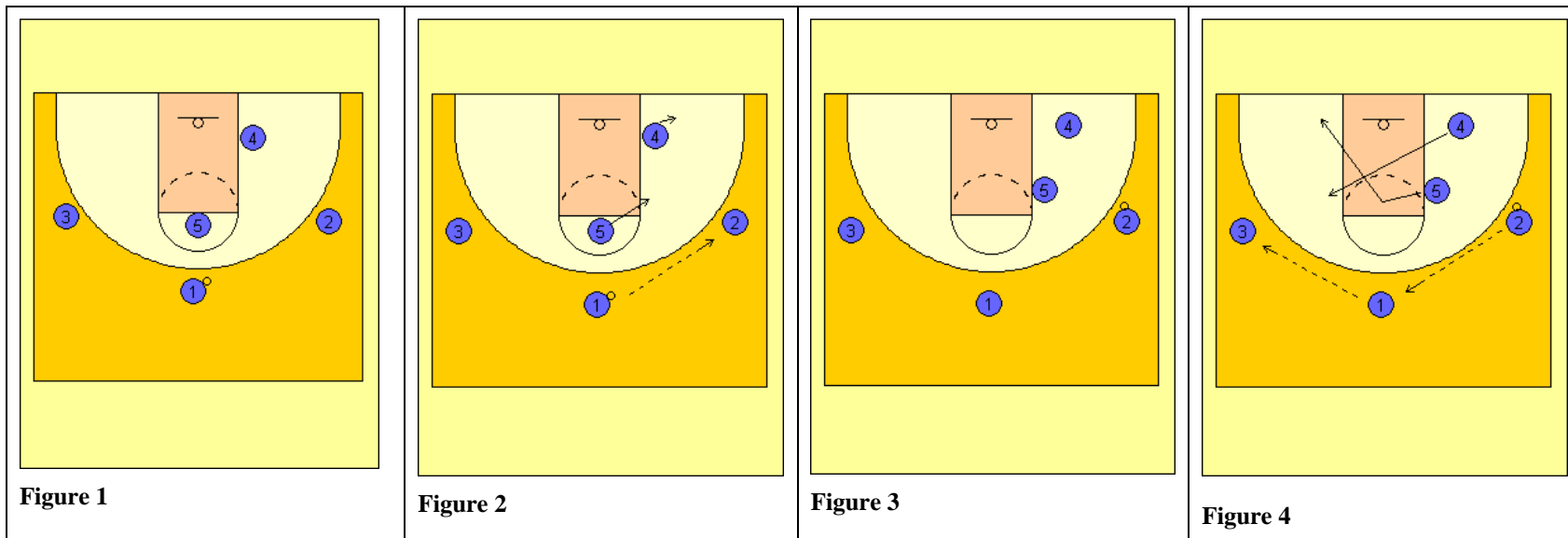
This is a very simple zone offense that can be used at any level. It works best against a 2-3 zone.

Personnel

Players 1, 2, & 3 should be your wing players and Players 4 & 5 should be your post players.

Instructions

1. You will want to start your players out in this set. (*Figure 1*)
2. Player 1 can pass it to either wing.
3. If Player 1 passes it to Player 2, Player 5 goes to the high post area on the ball side. Player 4 slides from the block to the short corner. The short corner is about 2 to 3 feet away from the baseline and 2 to 3 feet outside the lane. (*Figure 2*)
4. Player 2 looks to pass the ball to Player 5 in the high post or Player 4 in the low post area if possible. (When the ball is on the wing, the wing player should not be in a rush. He should be patient to look at how the defense reacts and try to find a hole in the defense.) (*Figure 3*)
5. If nothing is there, Player 2 will swing the ball back to Player 1. Within this offense, you do not want to hold the ball at the top of the key. That's why it is important for Player 1 to quickly swing the ball to Player 3.

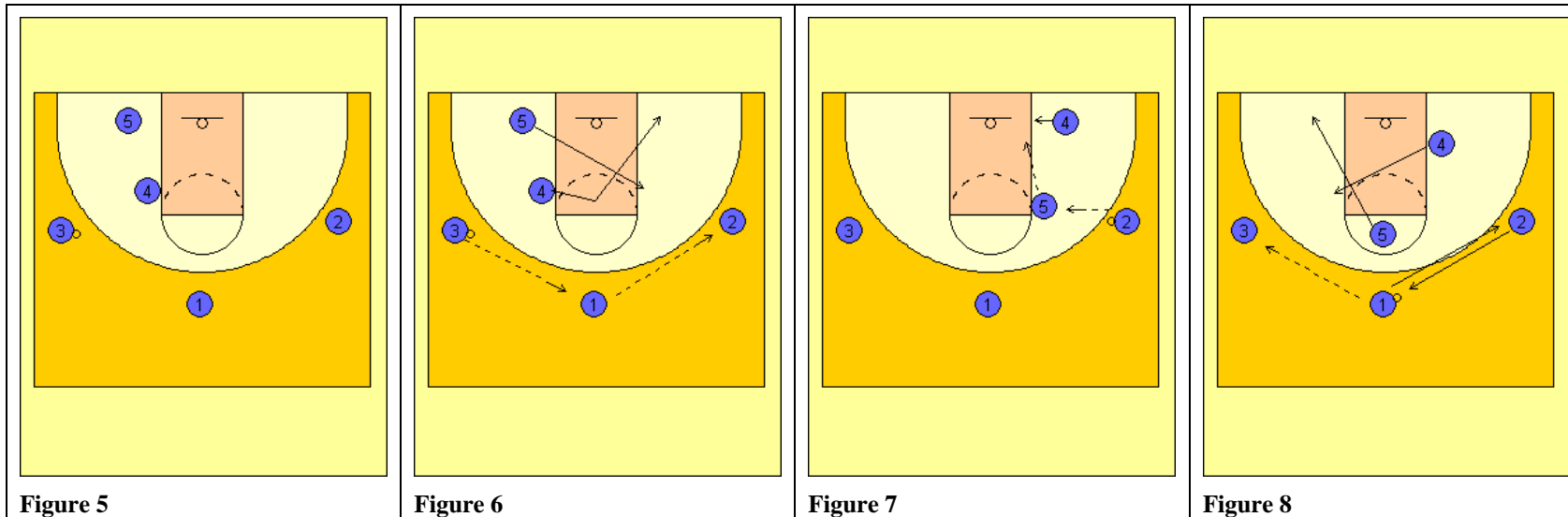


Yo Yo - Zone Offense

(continued)

6. When the ball is passed to Player 1, Player 5 flashes in the middle of the lane looking for a quick entry pass if open. This will only be there for a split second, because Player 1 is going to swing the ball quickly to Player 3. As soon as the pass goes to Player 3, Player 5 will go to the short corner.
7. Player 4 will stay put until the pass goes to Player 3. Once this happens, Player 4 will go to the high post area on the ball side. (*Figure 4*)
8. Player 3 looks for entry passes into Player 4 or Player 5. (*Figure 5*)
9. If Player 4 & 5 are not open, Player 3 can pass it to Player 1 or throw a skip pass to Player 2. Player 1 glances to see if there is an open gap in the zone, then swings the ball to Player 2. (*Figure 6*)
10. If Player 2 throws an entry pass into Player 5. Player 5 can turn and look for the open jump shot or attack the basket. (Another option for Player 5 is to turn and throw a pass to Player 4 who should try to slide in behind the zone defense for an open lay up.) (*Figure 7*)

Variation: Here is another variation to the yo-yo offense which will provide more movement for the wing offensive players: When Player 1 throws the ball to the wing, he cuts to the opposite wing, instead of staying at the top of the key. Player 2 replaces Player 1 at the top of the key. Players 4 & 5 continue their normal movements in the post area. (This helps if you find your wing players becoming complacent.) (*Figure 8*)



Basketball Offense - Simple 1-1-2-1 Press Break

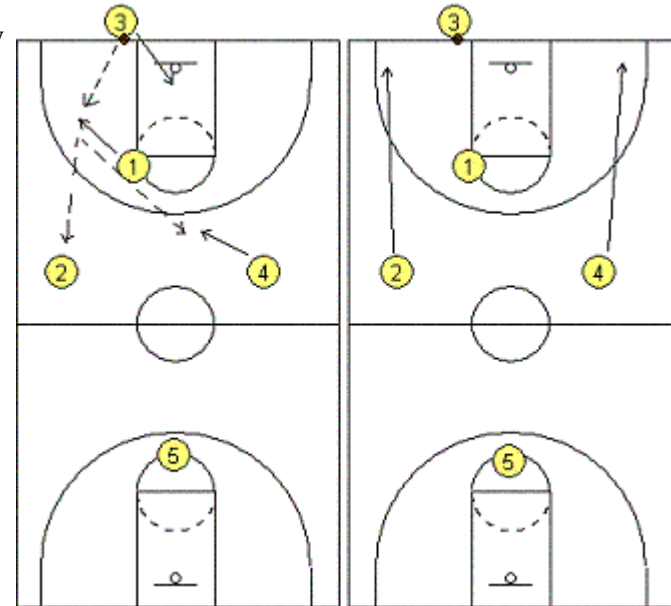
From the Coach's Clipboard [Basketball Playbook](http://www.coachesclipboard.net), @ <http://www.coachesclipboard.net>

Use this press break to attack the opponent's full-court press. This press breaker is usually very effective and is simple to teach and execute. See the diagrams below.

O3 is the in-bounder and should get the ball out of the net quickly and try to get the ball in-bounds before the defense can get their press set. Do not set up right under the basket, as the backboard may prevent you from making a long, overhead pass.

The pass should go to O1, our point guard, who should be able to make the right decision whether he/she can beat the press with the dribble, or make the pass up the sideline to O2, or in the middle to O4.

The pass back to O3 is another option, and O3 should always stay behind the ball as a safety pass backwards.



O5 goes long and will eventually end up at the right low block, just like in our secondary. In fact, if the point guard can beat the press, then we should flow right into our [secondary break](#) with O2 going up the right sideline, O4 out to the left elbow-three-point line area and O3 trailing up the middle.

If the in-bounds pass goes to O1 on the opposite side (same side as O4), then O4 stays up the sideline and O2 flashes to the middle (just the opposite of the left-hand diagram above).

O2 and O4 must count to two. If after 2 seconds, they see that we are having difficulty getting the in-bounds pass into O1, then O2 and O4 cut hard, all the way to the baseline if necessary, looking for the inbounds pass (see the right-hand diagram above). Then immediately look for the pass in the middle to O1.

Basketball Offense - Secondary "Numbered" Break

From the Coach's Clipboard [Basketball Playbook](http://www.coachesclipboard.net), @ <http://www.coachesclipboard.net>

Use this secondary break to transition quickly after the opponent scores, or after getting possession by either a rebound or steal. Push the ball up the floor quickly before the defense can get set. You can even use this as a press breaker if you get it in quickly, before the press has time to get set. The initial setup and lanes are similar to the ["80" press break](#). This numbered break and the "80" and "60" press breakers complement each other well and are easy to teach together. Use the ["5-on-0, 5-trips drill"](#).

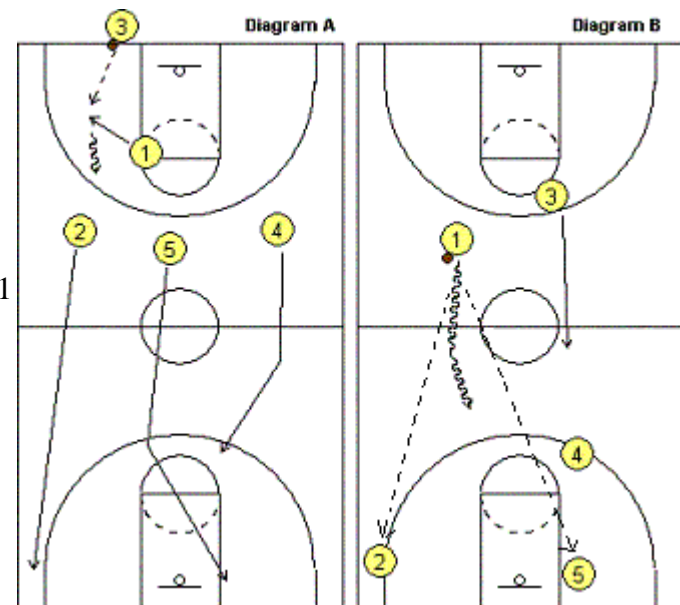
The numbered break has five (numbered) options. In practice, we run all five options up and down the court.

- Option 1. O1 making the dribble-move in the seam for the lay-up.
- Option 2. O1 passes forward to O2 for the shot from the corner.
- Option 3. O1 makes the long pass to O5 for the lay-up.
- Option 4. O1 passes to O4 cutting through the lane.
- Option 5. O1 passes to the trailer O3 for the outside shot.

After the opponent scores... O3 gets the ball out of the net quickly and passes in-bounds immediately to O1 while O2, O4 and O5 sprint up the floor. Be quick, but stay under control and make no bad, forced passes. Diagram A. O2 runs wide up the sideline and sprints to the right corner. O5 sprints to the left block (5-spot). O4 runs to the area just above the left elbow, free-throw line area at the three-point arc.

Diagram B. O1 speed dribbles up the floor and O3 is the trailer behind O1. O1 can make the long pass to O2 in the corner, or to O5 up the middle. O4 holds at the left wing. Or O1 can dribble up to the right three-point arc area, looking to make a move and take the ball all the way to the hoop. If O1 drives inside, he/she should look to score, or dish off to either O2 or O5 (Diagram C).

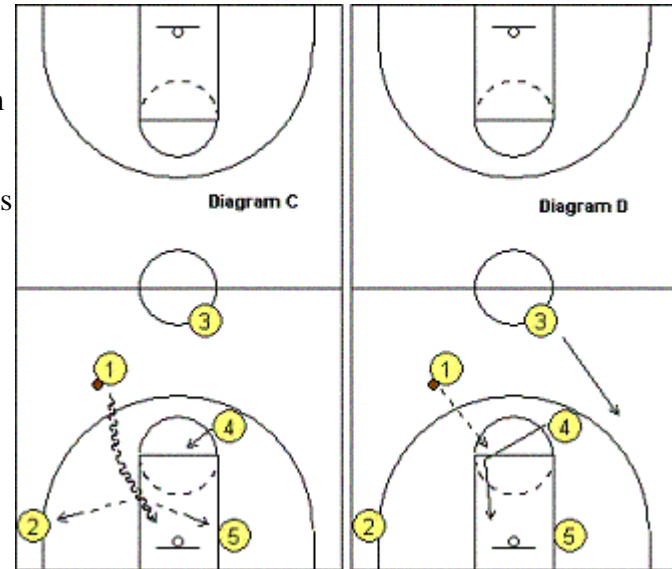
O4 must read what O1 is doing. If O1 is able to take the ball to the hoop, then O4 delays and then trails O1 looking for the offensive rebound (Diagram C). If O4 cuts too soon, it clogs the seam and we don't give O1 a chance to make the dribble-move in the seam. We always like to give O1 the chance to attack the seam as our first option.



Simple Basketball Offenses

But if O1 stops outside, O4 makes a hard flash cut to the ball-side block for the pass from O1 (Diagram D).

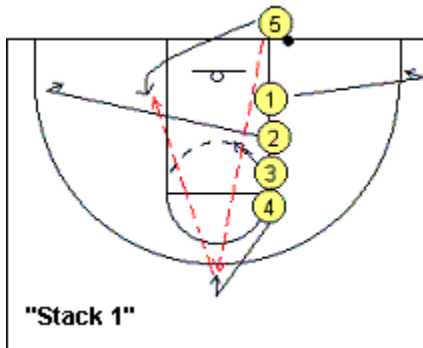
Not shown here is the last option to O3. O3 trails and fills the left wing spot (after O4 cuts through). O1 passes to O3 for the possible 3-point shot. But, if nothing develops off the numbered break, then just flow into your usual half-court offense.



Out of Bounds Plays

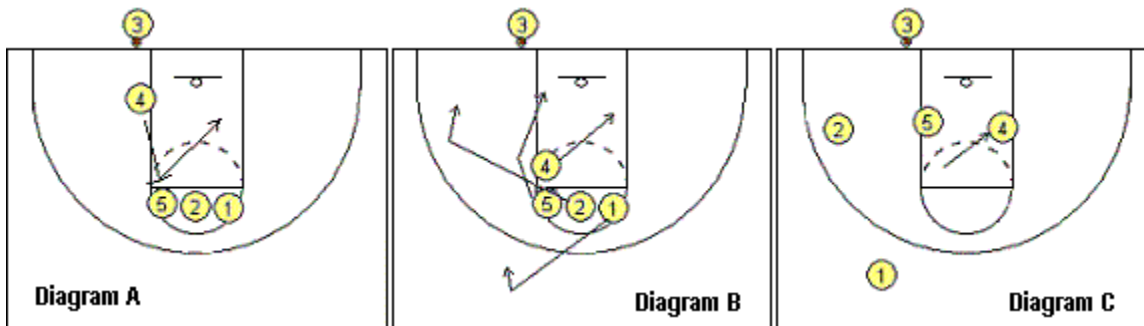
Out-of-Bounds Play "Stack 1"

It's amazing how often I see this very simple play result in an easy lay-up for the 3rd player in the stack! The first two players in the stack are good outside shooters and split right and left. Usually the defenders will follow them. In the confusion, the 3rd player in the stack slips into the space vacated by the first two, and surprisingly often, will be open for a simple lay-up. The 4th player in the stack drops back for safety outlet. If the pass goes to the corner or to the point, O5 should slip into the low post for a quick pass back (see red arrows).



Out-of-Bounds Play, "3-Across"

Three players stack across the free-throw line, with O2 as your best shooter, O1 is your point guard, and O4 and O5 are post players. O4 back-screens for both O5 and O2 (holds the screen until O2 clears around). O5 cuts first around the screen to the hoop. O2 cuts over the screen to the ball-side short corner (or corner if you are looking for the three-pointer). O4 seals the screened defender and then releases and rolls to the weak-side block, with a great chance of being open for the pass. O1 is your safety outlet and man back to prevent the opponent's fast break.



Out of Bounds Plays

Sideline Play, "Box-1"

This sideline out-of-bounds play uses a basic box formation (diagram A). The play starts with post players O4 and O5 setting down-screens for O2 and O3. O2 and O3 cut off the screens to the 3-point area. The in-bounds pass goes to O3, while O2 serves as a safety and also stays back on defense.

After O3 receives the ball, O5 back-screens for O1 (diagram B). O1 cuts hard off O5's screen (on the baseline side) and goes to the hoop. O3 makes the pass back to O1 for the lay-up (diagram C). A second option would be the pass to O5, who seals and rolls off the back-screen to the hoop. If the pass is well-defended, O3 passes instead out to the point to O2, and O1 goes through and fills the opposite wing, and you are in your half-court 3-out, 2-in offensive set.

