



**The style of play can develop your players. The way you are asked to play can affect how good you become.**

### **Offensive Philosophy:**

1. Develop Skills (Growth/ Freedom)
2. Create Space in order to Utilize skills (opportunity)
3. Flexible System for versatile players (Freedom and growth)
4. Together we Attack (Responsibility/ Team work/ Protection Plan)

**Flow:** next action in offense begins as the current action is finishing, not when it stops.  
We want coordinated free flowing movement.

**Can't run offense until they master the fundamental skills of footwork, passing, and catching**

**Can't use skills until they know how to space the floor**

**What hurts spacing?**

1. Work ethic...not finishing a cut to the charge circle and out to the X.
2. Delivering passes off target and not on time. Must teach how to transfer the ball and throw pass, but we also must teach how not to throw a pass. (Pivots...ball and lower body connection)

The question you must constantly ask yourself when you don't have the ball. Does my teammate need help or space? (Life too)

### **Teach Decision Making and Vision**

#### **How and when to make plays**

Our job is not only to teach the fundamentals, but also what an advantage is and how and when to capitalize on those opportunities.

In order to recognize an advantage, you must have vision.

Good vision leads to good decisions. Poor vision leads to poor decisions. (Life too)

#### **Keys to vision:**

1. Eyes up/ Find our Rim/ Look at the rim on every catch
2. Play in a stance with a strong base. Hard to have vision if you are off balance and can't pivot
3. Physical contact is not an excuse to take your eyes off the rim
4. If you don't have the ball, watch the man above you.
5. Talking your action helps your teammate see what you are doing
6. Playing in the present, not having a predetermined agenda. The way you think affects what you see and do
7. Understanding how individual skill development meshes with team offense. Be selfish in the pursuit of developing skills, but you can't be selfish when it comes time to blend them in for what is good for the team. (Big picture vision)



**Perimeter catch with advantage:** A defender has to make a tough or long closeout

We want a simplified approach to our attack/ Economy of motion/ Fight for your feet

- Catch the ball looking for shot with your feet and eyes
- Defender must defend your shooting foot
- Attack the close out with a **circle** right or a **slice** left
  1. Shot
  2. Lay-up
  3. Pitch if the ball side wing helps
  4. Shot pass if the center helps
  5. Jumpskip if the center helps and the weak-side wing squeezes in
  6. Kickback if you lose your advantage after the drive box
  7. Skipback if the kickback is not open

**Actions that lead to an advantage:**

1. After an attack (Attack /Attack)
2. Catching the ball coming off a screen
3. Defender has a long closeout or is in poor position

**Perimeter catch without an advantage:**

1. Work your feet regardless if you have an advantage or not. Defense must defend vertical and horizontal
2. Swing the ball... **Passing** is a core skill by which a player starts to build a relationship with a teammate...quality pass says I care about you, or it says I don't care about you. Quality of passing also determines the quality of our shots. The better our screening, cutting, passing and driving...the better our shooting percentage...shooting is the last act
3. Nothing can stop the ball from moving. If you can't swing the ball, dribble at the next offensive player for backdoor/ throw behind. If you can't throw behind, look to snapback where you dribbled from
4. If you lose your advantage while driving, bounce out from the top or lift from a wing



## **Our offense is more of a philosophy than a system**

It is an offense that utilizes every type of attack...dribble, cutting, screening, post ups, and 3s

We are in constant attack mode...scores will be determined by skill level

We run offense full-court

Nothing can stop the ball from moving...flow and rhythm

### **Objectives**

1. **Develop Skills** (Freedom) From one practice to the next, game to game, year to year
2. Create Space in order to utilize skills (Opportunity)
3. Flexible system for versatile players (Growth)
4. Together we attack (Responsibility)

Series of concepts blended together to attack the basket in multiple ways and angles in a continuous fashion...we do not reset

Designed to give the person with the ball space to make plays for himself or a teammate while providing a protection plan

Take advantage of individual match ups without losing FLOW...no ending or resets

### **Differences in styles of play:**

#### **Princeton System**

1. Series of plays blended together/ **We have a series of concepts blended together**
2. Only certain types of players can play in their system...no power forward/ **We can play with power forwards, low post centers or high post centers...athletes and shooters**
3. They play with a lot of false movement/ **We are looking to attack on every catch**

#### **Motion System**

1. Constant screening crowds the floor for driving lanes...congested/ **We are opening the floor to make plays**
2. Limited room for development...designated screeners and cutters/ **Skills we work on everyday are used within our offense**

#### **"Pro" System**

1. Ball screen...only 2 players are involved/ others are standing/ **Our attacking offense involves all 5 players...everyone has the opportunity to touch the ball**

#### **"Sets" System**

1. Players are definite numbers and positions. Ability to touch the ball and score is based on coach's decision/ **We play with flow and rhythm and multiple attacks**