



4.0 OFFENCE

At Hills, we will take a concept-based approach to teaching offence. That is, we will teach players HOW to play offence before we teach them WHAT to do on offence. This method of teaching will help our players develop a higher "Basketball IQ". They will become more adaptable and fit into any offensive system they encounter as their careers progress.

4.1 KEY OFFENCE CONCEPTS

Our key overarching concepts that will underpin our offense are described below.

4.1.1 ADVANTAGE

Q) Why do we play TEAM offence? A) To make it hard for the defence.

We do not want to attack a defence that is set and ready for us. We want to create chaos and confusion ("make it hard"), which will create an advantage for the offence. What does an advantage look like?

- Space (a gap between the player with the ball and their defender)
- Lane (an open lane to the basket to drive)
- Off balance defence or 'Off balance defender' (OBD) (defender rushing at the ball off balanced)
- Numerical advantage (e.g. 2v1 fast break)
- Confusion in defence (Defenders miscommunicate a screening situation, leaving an offensive player open)
- 2 defenders on the ball
- 2 defenders on an off-ball player (e.g., roller in Pick and Roll (PNR) situations)
- Mismatches (defence switches a "big-small" screen leaving a small defender on a big offensive player)



Two related concepts to Advantage:

- **SPACING BEFORE ADVANTAGE** - While players can create an advantage using their individual skills, we need to create space for them to maximise the effect of their skill. Therefore, we want to CREATE SPACE before we CREATE AND USE our advantage.
- **ADVANTAGE BEFORE SHOT** – we want to create an advantage on offence before we shoot the ball. When the defence is disrupted, they are less able to contest our shots.

Hint - Use the creation of space as a way to bring players of less skill into the game and give them a purpose and as a coach an avenue to provide praise and build confidence.

4.1.2 SHOT SELECTION

We want to shoot GREAT shots every offence: Layups, shots in the paint, free throws. After this, our emphasis will be to create 3pt shots. Mid-range shots will be taken sparingly (but we still will take them at times).

In the case of a player who has an open mid-range shot (outside the key) early in the shot clock – we will encourage that player to keep driving to finish in the paint or kick the ball out so we can shoot a 3pt shot (or get to another action). If a mid-range shot develops later in the shot clock than we are OK with it.

A major teaching point for teaching shot selection is the term “GOOD to GREAT”. As in, pass up a ‘good’ shot to get a ‘great’ shot. Use this as a cue to reinforce shot selection with your players.

Another way to describe a great shot is (per Basketball Australia) a shot that is:

- 1) Within the framework of the offence
- 2) Predictable
- 3) Matches the shooter’s age and ability.



4.1.3 TEMPO

Hills teams will play a mix of tempos.

- *After defensive stops: "PUSH"* and look for advantages in the first eight (8) seconds of the shot clock.
- *After dead balls and made baskets:* Play with "POISE". We still want to get into offence quickly after made baskets; however, generally the defence is set, so we must work to create an advantage.

The "three P's" from Basketball Australia Men's Basketball Style of Play is a great 'rule of thumb' as to what our focus will be in each eight (8) second segment of the shot clock:

First 8 seconds – "PACE"

- Look for opportunities to fast break and get easy baskets

Second 8 seconds – "POISE"

- If the Defence is set, we want to create space, move the ball and move bodies to create an advantage to exploit.

Last 8 Seconds – "PENETRATION"

- In the last 8 seconds, we want to get a "PAINT TOUCH" to either get a shot at the rim or collapse the defence to create open perimeter shots.
- We can also make space for our elite players to create advantages at the end of the shot clock.

4.1.4 SET PLAYS

Additionally, in these situations, we want to be organized into 'SET' plays:

- After Time outs (ATOs)
- End Out of Bounds (EOBs) and Side Out of Bounds (SOBs)
- After Free Throws (AFTs)
- End Game Situations – Low clock need a 3pt or 2pt



4.1.5 BALL MOVEMENT

An important teaching point will be the concept of making quick decisions and not holding the ball.

We want our players to be a “0.5 Second Player” - When you receive the ball, make a quick decision on whether to shoot, attack a closeout (drive) or keep the ball moving (pass).

4.2 INDIVIDUAL OFFENCE

4.2.1 SHOOTING

Shooting is the premium skill. It makes the game easier for those who can shoot and a lot more difficult for those who cannot.

As such, half of all training time will be devoted to making Hills players elite shooters.

This includes:

- Shooting technique/breakdowns
- Shooting on the Move
- Shooting off the bounce
- Foul Shots
- Contested shooting
- Layups and creative finishes
- 1v1 play
- 3pt shooting
- Shooting under pressure

Teaching Points:

- Shooter is ‘SHOT READY’ – ‘HUNGRY HANDS’, knees slightly bent. Fingers spread WIDE.
- Shooting hand under the ball. Non-shooting hand on the side of the ball (fingers pointing up and thumb pointing back).
- There is a gap between the ball and the webbing of the shooting hand.
- Right foot slightly forward for right hand shooter.
- We want a high release. The ball should go from the catch or the bounce to our LIFT position (above the right eye for right-handed shooters)
- Wrinkles in the wrist in shooting hand. This gives the hand the correct angle



for following through/snapping wrist.

- EXPLODE into the air – shoot a jump shot.
- Lock elbow, snap wrist.
- Fingers on shooting hand face down on follow through. Hold follow through until the ball hits the ground.

Cues:

- “RYTHYM”
- “SET, LIFT RELEASE”
- “JUMP”
- “LOCK & SNAP”
- “HUNGRY HANDS”

4.2.2 DRIBBLING AND PASSING

Players must be proficient in dribbling and passing with either hand. Since players have a bias to dribbling with their dominant hand, ***coaches should use a 2:1 ratio with non-preferred hand in any passing or dribbling drill.*** They should also start all drills involving skill execution on the left-hand side first so that if the drill needs to be cut short to move on, the repetitions for the weak hand side are not sacrificed.

Each team should implement the “**LEFT HAND RULE**”. From the time the players enter the gym for training, until the first drill, they can **ONLY** dribble with their **LEFT** hand.

Focus on **four main dribble moves – master these and then be able to put them together in combinations, e.g. Hesitation then crossover dribble.**

- Fake Crossover (“In & Out”)
- Hesitation/ Hang dribble
- Crossover
- Bounce Back
- With passing, we want to focus on **ONE HANDED** passes as they ensure the ball goes around the defence.
- Push pass (off the catch and off the bounce)
- Pocket pass (bounce pass off the dribble – used in PNR situations)
- Hook pass (off the dribble to pass over the defence to the weakside)
- Skip pass (Two handed pass)

Teaching points:



- Drop hips when making a dribble move
- Sharp angle and speed dribble after a move
- Eyes up and scanning the court
- “Tell a Lie to the defence” - Fake with your eyes, ball, shoulders, body weight, feet
- Offence off catch – run through the pass, catch in the air
- Passing: Get the ball right to the hands of the receiver, pass the ball hard

Cues:

- “HIPS DOWN”
- “EXPLODE”
- “DECEPTION”
- “STEP & SNAP” (Passing)
- “HUNGRY HANDS” (Receiving)

4.2.3 PERIMETER OFFENCE

The style of offence we will implement at Hills will include fast passing and sharp movement. The main focus for coaches with regards to teaching perimeter offence is

- Shooting the ball
- Attacking “close outs”. Holding the ball, using numerous fakes to break down a player, e.g. “Isolation Offence” – is not something we will focus on

The skills we will teach on Individual Offence:

- Spacing the floor – prior to advantage and also during offence – Relocations and PKC (Penetrate – Kick – Clear) concept.
- Recognizing advantage and when to attack.
- Sprinting between floor spots (leading) and catching the ball in the air
- Catch & Shoot – both stationery and on the move
- Catch & Go – attack directly off the catch at an off-balance defender
- Counter moves – if the defence cuts our first move off, we then go straight into our counter move.
- Shot fake and attack defender – both shot fake and go and shot fake and throw down.
- Finishing through contact.



Teaching points:

- Be a ready receiver = in a stance with “HUNGRY HANDS.”
- If the defender is off balance AND there is space available – DRIVE
- Attack ANGLE – first bounce should be PAST the defender’s hips and shoulders and INTO their body.
- There is no running in basketball – only sprinting and spacing. Every movement/cut is a SPRINT
- Catch the ball in the air.
- Get the ball down quick to avoid travelling
- High Jump finishes – Jump UP on the last step, not falling forward.

Cues:

- “HUNGRY HANDS”
- “ANGLE”
- “SPRINT”
- “CATCH IN AIR”
- “ATTACK HIPPS”
- “HIGH JUMP”

4.2.4 POST OFFENCE

Our players will be both scorers and play makers out of the low post area. They will also show patience and ***wait off the ball in the “DUNKER” position.***

Skills to be taught:

- Catching with both one OR two hands then chinning ball
- Sealing and creating passing angles
- Passing out of the post
- Post move package – Face up jump shot (Tim Duncan), Back down/crab dribble with a hook shot, Worthy Spin.

Teaching points:

- Sealing – low, wide base with elbows out.
- Post players play with feet facing up the court (perpendicular to slot) to see the biggest part of the court.
- Use pass fake or jab step to create a gap. If the defender is off balance AND there is space available – attack their hips and shoulders.
- Power through contact.



Cues:

- “SEE”
- “WIDE”
- “POWER THRU”

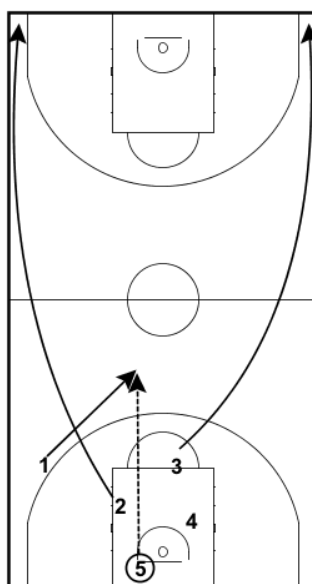
4.3 FAST BREAK

Teaching Points:

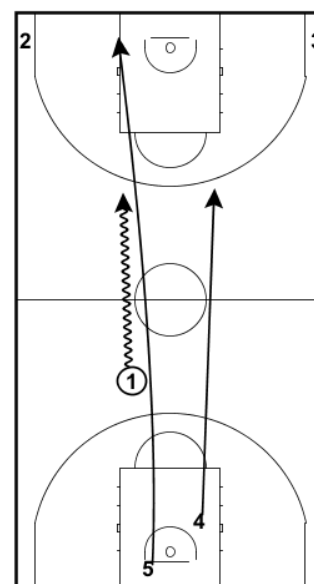
- Deep outlets to point guard
- Players without the ball - get ahead of the ball
- Lane runners: sprint lanes WIDE and go to corners
- Ball carried on slots
- If someone is open and ahead, pass ahead
- Drive to score (this is called the driving lane). If the defence is in a position to take away our driving lane (take a charge), this creates a passing lane so we must make the extra pass.
- We want to get “heat on the rim” - we want to shoot layups and free throws. We will take a 3pt shot, but only AFTER we have had a “paint touch”.

Cues:

- “DEEP OUTLET”
- “MAN AHEAD”
- “CORNERS”
- “HEAT ON RIM”



Deep outlets
Wings getting ahead of ball and sprinting to corner



Carry the ball on the seams. First big down goes to front rim then low block. Trailing big plays at the slot.



4.4 OFFENSIVE CONCEPTS

We will teach players HOW to play offence before we teach them WHAT to do on offence. We will take a concept-based approach to teaching offence.

The concepts on offence we will teach are:

Floor Spots

- Spacing
- Creating an Advantage
- Movement (player)
- Ball Movement
- Post Automatics
- Penetration Automatics
- Releasing Pressure = Backdoor Cut
- Creating and Attacking Closeouts
- Screening On Ball
- Screening Off Ball
- Offensive Rebounding/Floor Balance

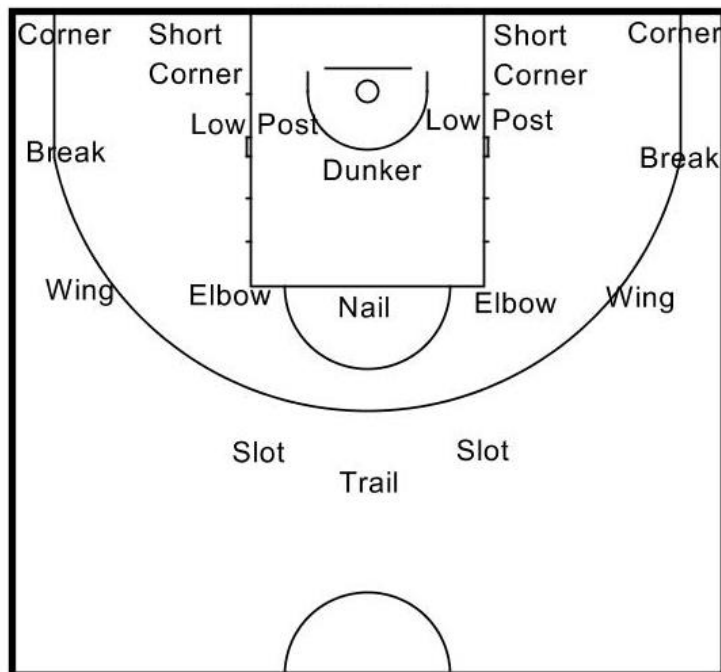
4.4.1 FLOOR SPOTS

Teaching Points:

- Positions on the court all have names. We will have common terminology that distinguishes these positions from one another.
- "The centimetres matter" - players must be exactly in the right position. One step either side of the floor spot can crowd space for someone in the next position.

Cues:

- "SPREAD"
- The name of the position on the floor – "CORNER."



4.4.2 SPACING

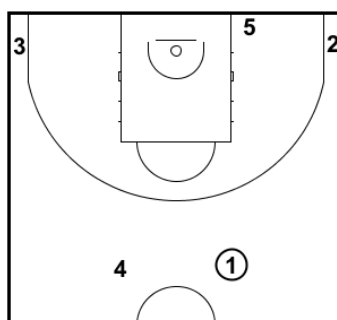
Teaching Points:

- We do not want to allow the defenders to guard "2 players". This gives the defence an advantage.
- SPACING before ADVANTAGE – Before we do anything on offence, we want to SPREAD the floor and 'make it hard for the defence'. No use trying to gain an advantage if you have no space to use that advantage.

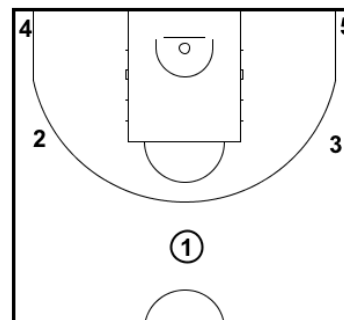
Cues:

- "SPREAD"

4 Out Spacing



5 Out Spacing





4.4.3 CREATING AN ADVANTAGE

Teaching Points:

- Offence is about “making it hard” for the defence.
- We “make it hard” on the defence by spreading them out (SPACING), and then using a method of creating an advantage: moving them around (MOVEMENT), passing the ball quickly (BALL MOVEMENT) or screening. This creates an “ADVANTAGE”.
- Once we have an “advantage”, we must be able to exploit the advantage – e.g. Shoot, drive OR keep the advantage going by making the extra pass.
- ***Good offence is where we have created an advantage BEFORE, we shoot.***

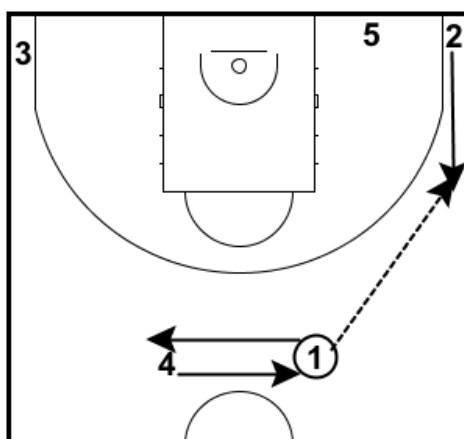
4.4.4 METHODS OF ADVANTAGE: MOVEMENT (PLAYER)

Concept: Movement Option 1: EXCHANGE:

Teaching Points

- If the defence is stationery or SET, they can more easily guard us. So we must move to create disruption and confusion in the defence.
- One option is after a pass; players have the option to 'exchange' with a teammate.
- This is the FIRST option we will teach our players (before cutting) as it keeps the floor spread for driving. When we add cutting later, Exchanging is an excellent option if someone has already cut and has taken the space in the key.

Cues:
“EXCHANGE”



*O1 passes to O2. O1 then
“exchanges with O4*



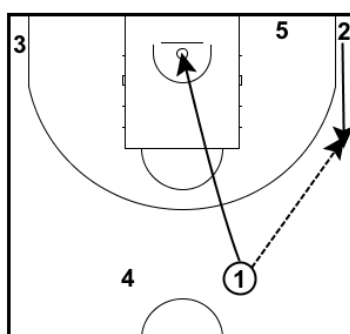
Concept: Movement - Option 2: CUT

Teaching Points

- After teaching exchanging, we will then allow players the option to basket cut. If they cut, they will **SPRINT** to the basket looking for a return pass.
- They will also cut if the defence overplays the passing lane. This is called a 'Backdoor Cut'.
- There is no running in basketball – there is **SPRINTING** and **SPACING**
- Patience – better to go late than early. "WAIT THEN SPRINT"

Cues:

"WAIT, THEN SPRINT"



O1 passes to O2 and cuts to basket

Concept: Movement - Option 2: CUT continued

Teaching Points:

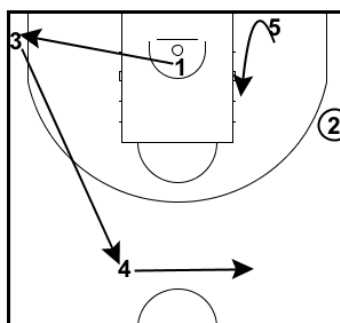
- When a player cuts to the basket, space is created on the floor spot they were just in. Other players must **FILL** this space to keep floor balance.
- Importantly, when the player cuts, they must cut all the way and put their head under the basket. They then assess where the open space is on the floor and then **CLEAR** to the 3pt line or dunker position.

Cues:

"WAIT, THEN SPRINT"

"FILL"

"CLEAR"



O1 (the cutter) puts "head under rim" and assesses where free space is. 4 fills space where 1 vacated, 3 fills space 4 vacated, 1 fills space 3 vacated



4.4.5 BALL MOVEMENT

Concept: Ball Movement/Ball Reversal

Teaching Points

- One way to gain an advantage is to make the defence move and therefore get them off balance. We do this by moving the ball from side to side, so the defence has to go from a position on the ball to a position off the ball (and vice versa).
- In these instances, the defence has to “close out” which is one of the more difficult things to do as an individual defender. When the defence closes out on the ball, we have created an “OFF BALANCE DEFENDER” (OBD) advantage. In these cases, we DRIVE the OBD
- If the defence is slow to close out the ball, we have created another advantage – “SPACE”. Versus SPACE we SHOOT.
- If we have space to attack and no defender in front of us, we could also drive. This is a “LANE” advantage
- If we attack the defence on one side, without successfully creating an advantage, we want to “change sides” and attack them on the other side. We want to SWING the ball.
- "Fast passes equal slow rotations" – pass the ball hard and fast to keep the pressure on the defence, e.g. “Pop it.”

Cues:

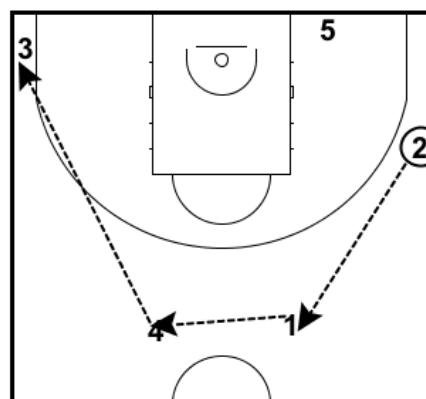
“OBD”

“DRIVE”

“SPACE”

“LANE”

“SWING”

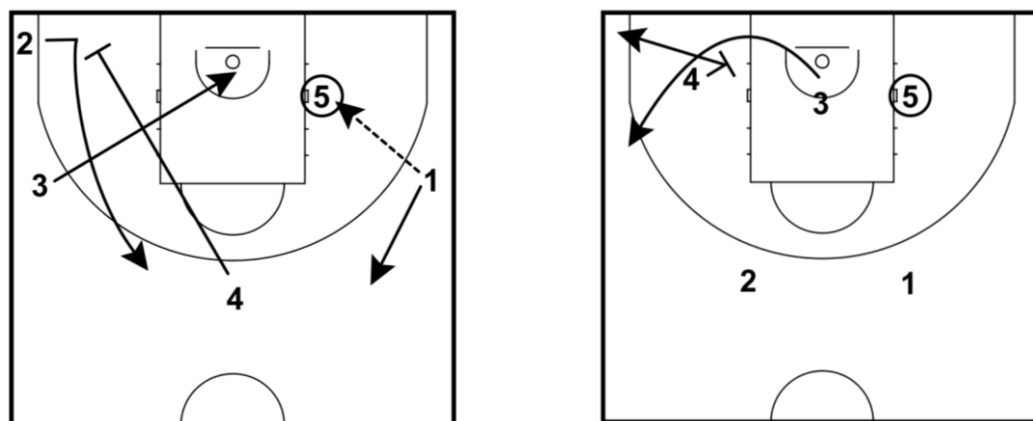




4.4.6 POST AUTOMATICS

Teaching Points

- The low post is an attacking place on the court to make plays from.
- When we enter the ball into the low post, we will cut off the post to create movement and scoring opportunities.
- This is one of our 'AUTOMATICS' – actions that are cued automatically by certain other actions. In this case, post entry cues post (cutting) AUTOMATICS.



Once the post feed has happened the 1 will lift and the player opposite the ball will hot spot cut to the front of rim while the 4 screens away for the player in the corner

4.4.7 PENETRATION AUTOMATICS

Teaching Points:

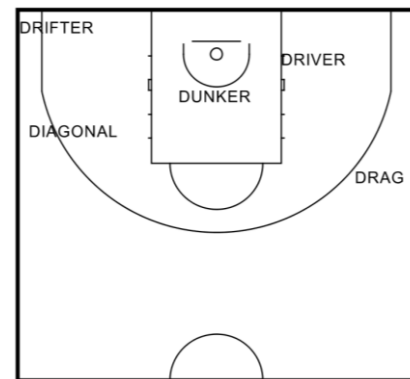
- Our players must know where to go when the ball is penetrated so that they can be receivers/offensive rebounders and they don't get in the way of the ball or each other.
- When the ball is penetrated into the key, another "AUTOMATIC" is cued – Penetration Automatics.
- The positions that players go to are the 5 Ds - DRIVER, DRIFT, DEEP, DIAGONAL and DEAD CORNER.
- Players fill these roles so that the driver knows where his/her 'playmaking options' are.
- Generally speaking (with only a couple of exceptions), if the ball is driven at a receiver, they should move away to open up space. If the ball is driven away from a receiver, they should fill in behind (as a bail out passing option).



Cues:

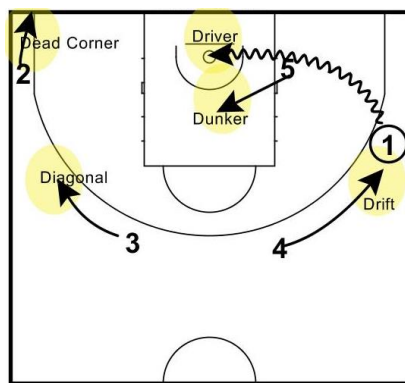
"AUTOMATICS"

"SHOT READY"

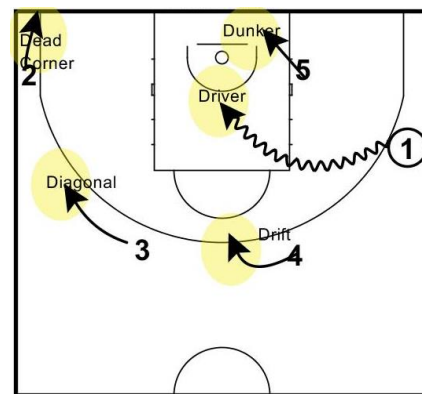


4 Out 1 in Scenarios:

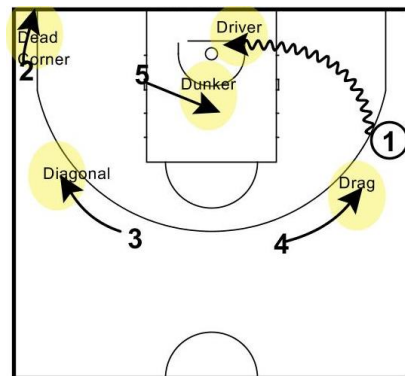
Ball on Corner, Baseline Drive, Post Filled



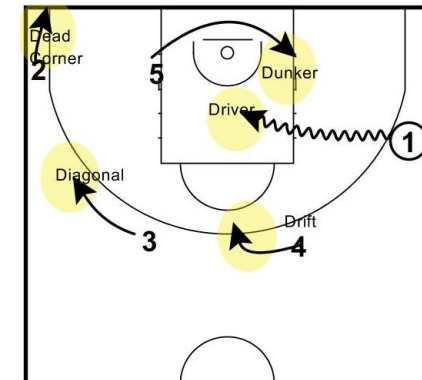
Ball on Corner, Middle Drive



Scenario: Ball on Corner, Baseline Drive

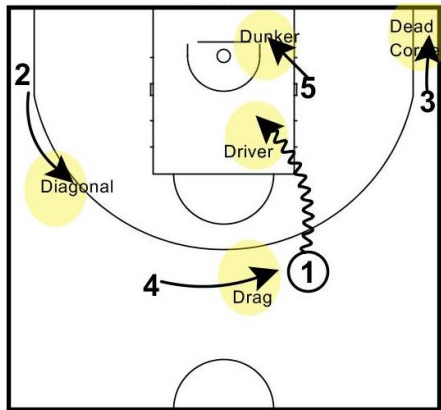


Scenario: Ball on Corner, Middle Drive, Post Empty

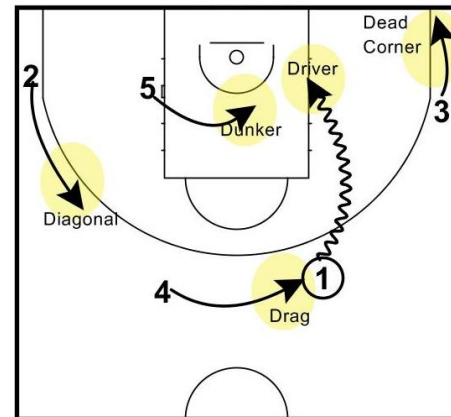




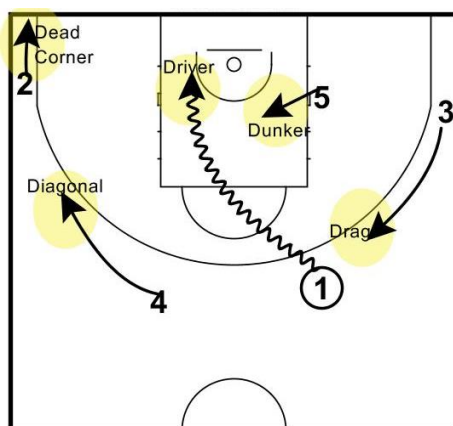
Scenario: Ball on Slot, Slot Drive, Post Filled



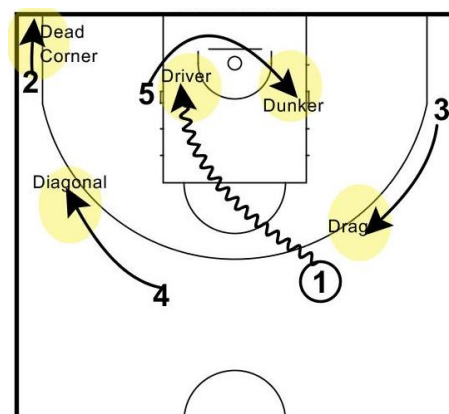
Scenario: Ball on Slot, Slot Drive Strong Side, Post Empty



Scenario: Ball on Slot, Middle Drive, Post Filled



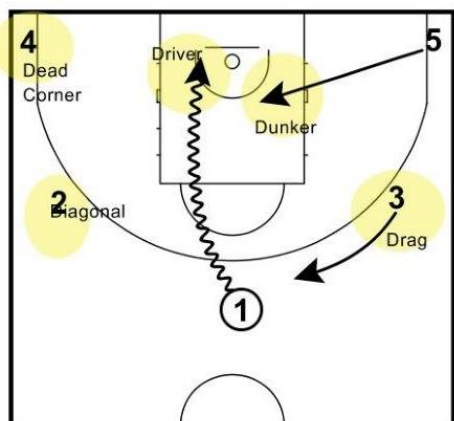
Scenario: Ball on Slot, Slot Drive, Post Empty



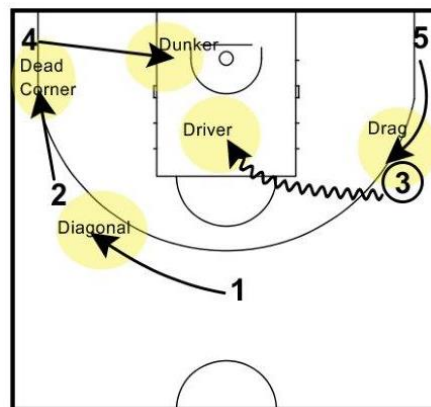


5 out Scenarios – Weakside corner is inside receiver

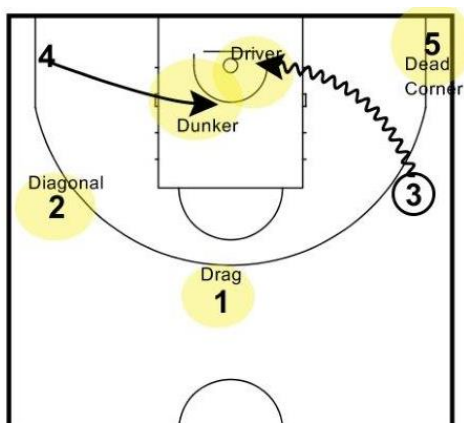
Scenario: Ball in Middle



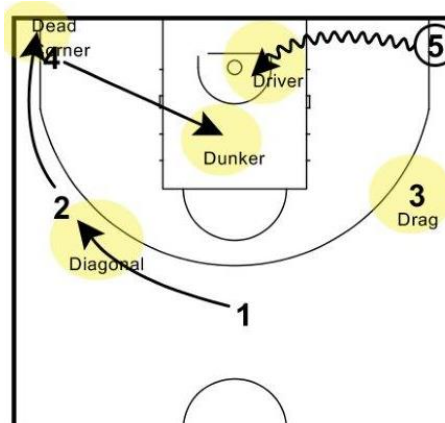
Ball on Wing, Middle Drive



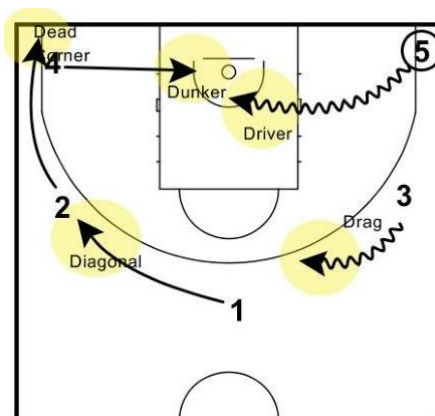
Ball on Wing, Baseline Drive



Ball in Corner, Baseline Drive



Ball in Corner, Middle Drive





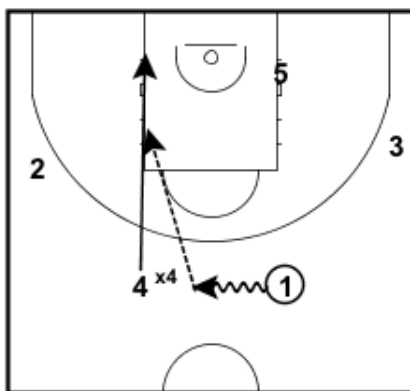
4.4.8 RELEASING PRESSURE

Teaching Points:

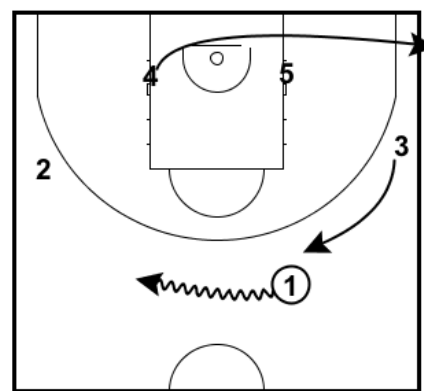
- On some occasions, the defence denies passing lanes. Instead of passing the ball to a guarded receiver (and turning it over), we want our players to backdoor cut and release pressure.
- When the passer sees the defence denying their teammate, they dribble at the receiver. That is the cue for the receiver to cut backdoor.
- The space created by the receiver cutting backdoor now has to be filled. This can be done by the passer dribbling into the space (called a Dribble Entry), or a teammate cutting into that space ("FILL").

Cues:

"BACK CUT"



X4 is overplaying the passing lane to O4. O4 cuts backdoor



Space has been created by 4's Backdoor cut. We can fill that space by 1 dribbling into that space (called a "Dribble Entry")



4.4.9 CREATING AND ATTACKING CLOSEOUTS

Teaching Points:

- We want to pass the ball quickly to create an off-balance defender (OBD). Once the offence sees an OBD and there is space to attack, they must **DRIVE** past them to create an advantage.
- Receivers should be “SHOT READY” – “HUNGRY HANDS” with knees slightly flexed
- If we **DRIVE** an OBD, we want to attack the hips and shoulders of the defence.
- Once the drive is past the defender, we want to **ANGLE** in to maximize our advantage. This is called our “ATTACK ANGLE.”
- Drive the ball into the paint – get a “PAINT TOUCH.”

Cues:

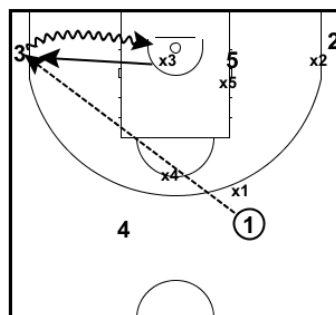
“OBD”

“SWING”

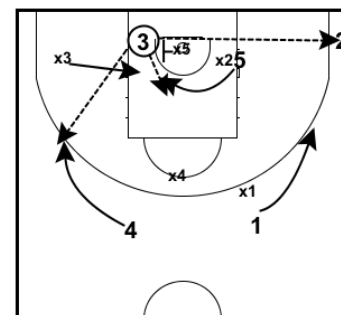
“SHOT READY”

“PAINT TOUCH”

“ANGLE”



O1 makes skip pass to O3. This causes a closeout from X3. O3 attacks X3



When O3 drives past x3, it cues penetration automatics



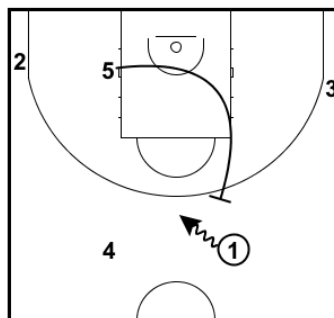
4.4.10 SCREENING ON BALL

Teaching Points:

- Offence can also create an advantage through screening on the ball.
- Timing and rhythm are crucial to creating an advantage in the on ball screen (also referred to as the Pick and Roll or “PNR”). It should be a smooth, melodic action, not a “stop-start”, robotic one.
- Creator: Look to refuse the screen AS screener is sprinting into the screen (jab step away, live dribble). We want to encourage players to REFUSE the screen vs ALL coverages. As the screen is being set, drive hard off PNR on a ‘slicing’ ANGLE.
- The different options in the PNR are ‘coverage dependent’. That is, if the defence plays the screen in a certain way, we will attack in a certain way to punish the defence. In general terms – vs ‘PRESSURE’ coverages we attack with the pass. Vs ‘CONTAINMENT’ coverages we attack with the dribble to force a ‘2 on the ball’ advantage.
- It is good for the creator to look down into the pocket (space between creator and screener) to look for an easy pocket pass. If the Pocket is covered by off ball defence, the creator should pass the ball to the offensive player whose defender left to defend the pocket. We use the cue “POCKET, THEN POP IT”.
- Screener: Sprint into the screen (“GET AWAY FROM YOUR DEFENDER”), “TOUCH & GO” vs pressure coverages and switches. “HIT & HOLD” vs containment coverages and ICE defence.
- Offence off the ball – watch the coverage at the point of the screen and be ready to read & react to the defence
- Once we have two on the ball or two on the roller, we must move the ball quickly to the open player for a shot or attack a closeout. If we attack a closeout, players go into penetration automatics
- If there is a switch by the defence, always look to attack the inside mismatch (deep seal) before attacking the outside advantage (guarding attacking big defender off the bounce).

**Cues:**

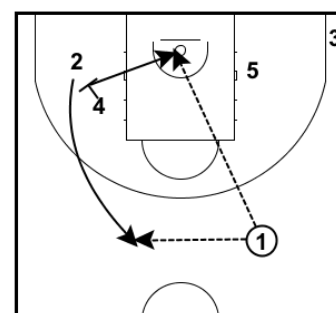
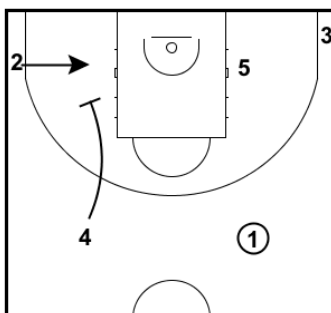
- “SET UP”
- “SPRINT”
- “SLICE”
- “SHOT READY”

**4.4.11 SCREENING OFF BALL****Teaching Points:**

- We can also create advantage through screening off the ball. Our goal is to get two defenders on the cutter, two defenders on the screener or force a defensive switch.
- Cutter: Set up cut as screener is sprinting into screen (misdirection cut to create separation). On setting of the screen by screener – cut hard off the pick, shoulder to shoulder, keep cutting through the pass or to next floor spot (“FINISH YOUR CUT”)
- Timing – Don’t go early – you don’t sit at the dinner table when there is no food there. Patience.
- Screeners – sprint into screen (“Get away from your defender”). Look for a gap between cutter and defender and “clean up the D”. Screen defender with the widest part of your body.
- After screen – one player to the ball, one player to the rim.

Cues:

- “TIMING”
- “WAIT, THEN SPRINT”
- “SPRINT, SET, SEPARATE”
- “FINISH CUT”





4.4.12 OFFENSIVE REBOUNDING/FLOOR BALANCE

Teaching Points:

- To limit our opponents' fast break opportunities, we must have floor balance at the end of our offensive possessions.
- Each team will have the freedom to nominate how many players they want to 'crash' and how many players they want 'back'. While there is some leeway here, each team must have a clear system of who or how many are 'crashing'.
- Players below the foul line will have the option to go to the glass. 5s & 4s who are below the foul line will ALWAYS crash - they will never have the responsibility to cover the backcourt. Their goal should be to get the rebound for "put backs" or throw out to teammates, tip the ball to a teammate, tip the ball out of court or slow the outlet pass by the opponent
- Players above the foul line extended will generally be back.
- Players who the coach considers to be elite rebounders, regardless of position, will have the choice to go to the glass or cover the backcourt. However, they must do one or the other. They can't stand around and watch the play unfold. If a 1 or 2 is in the paint on the shot, 3s must get back and cover backcourt. They must rebound through the foul line.
- 1s & 2s above the foul line extended should be back. They are able to drive and spot up for perimeter shots, but once the ball has left the shooter's hand (even if they are the shooter), they must get back to the half court line.
- Defensive responsibilities for each player will be covered in *transition defence*.

Cues:

- "CRASH"
- "BACK"
- "SET"