

TIME OUT

A MONTHLY BASKETBALL CLINIC

PRESENTS

THE BEST
OF

TIME OUT

BOOK ONE
MAN AND ZONE OFFENSE

BY

JIM BAKER

CONTENTS

MAN OFFENSE

SECONDARY BREAK

PAGES 5 - 9

Secondary Break - Post Isolation (5), Secondary Break - Single Post (5), Secondary Break into Flex Offense (6), Secondary Break - Double Post (6), Fastbreak Options (7), Secondary Break Strongside Options (7), Secondary Break Options (8), Secondary Break - Screening Options (9).

TWO GUARD OFFENSE

PAGES 10 - 18

UCLA Offense (10), Two Guard High Post Series - Dribble Options (11), Guard Around Series (12), Two Guard Special Plays (13), UCLA Two Guard/High Post Plays (14), Two Guard High Post Offense (15), Two Guard - UCLA High Post Offense (16), High Post/Two Guards Offense (17), Two Guard High Post - Shuffle Cut (17), UCLA Entries (18), Two Guard Set Special Plays (18).

BOX PLAYS

PAGES 19 - 21

Box Series - Quick Hitting Plays (19), Special Plays out of the Box Set (19), Box Plays with a Dribble Entry (20), Box Play with Multiple Options (20), Box Plays (21).

STACKS

PAGES 22 - 25

Double Stacks - High/Low I (22), Double Stacks - High/Low II (22), Single Stack (23), Power Play (23), Three Man Motion with Stack (24), Double Stack Low (24), Stack and Shuffle (25).

POST PLAYS

PAGES 26 - 33

Power Set (26), Post Isolation - I (26), Dribble Entry Power Play (27), Post Isolation - II (27), Post Power Series (28), Post Isolation - III (28), Post Isolation - IV (29), Post Isolation V (29), Power Post (30), Quick Post Isolation (30), Double Post Plays (31), Power Play to Post a Small Forward (31), Power Post Up (32), Power Set with Staggered Screen (33).

LOB PLAYS

PAGES 34 - 35

Cut and Lob Shuffle (34), Lob Plays - I (34), Backdoor Lob Plays (35) Lob Plays - II (35).

SET PLAYS

PAGES 36 - 45

Set Plays - I (36), Set Plays - III (36), Set Plays - II (37), Set Plays - IV (37), Baseline Screening Game (38), Set Plays - V (38), Upscreen Continuity (39), Set Play - VI (39), Double - Double Screen (40), Oregon State #2 Play (41), Post Out (41), 1-3-1 Power Set (42), Power Set with Continuity (42), Double Curl (43), Stagnant Offense (43), Atlanta Hawk Options (44), Screen on the Ball (45).

OFFENSIVE TECHNIQUES

PAGES 45 - 53

Techniques for Shots - I (45), Techniques for Shots - II (46), Offensive Teaching Points (46), Offensive Concepts (47), Techniques that Win (48), Motion Offense (49), Pressure Releases (50), Teaching Ideas (51), Three Man Concept (52), Interesting Ideas (53).

ISOLATION PLAYS

PAGES 50 - 55

Isolation for #3 (50), Wing Isolation and Jump Shot (51), Guard Post Up (52), Special Play - Guard Isolation (53), Clear Out and Isolation Plays (54), Guard Post-Up (54), Set Plays to Get a Shooter a Shot (55).

FLEX OFFENSE

PAGES 55 - 61

Flex Options - I (55), Flex Offense Counter (56), Flex Options - II (56), 1-4 Baseline Quick Hitting Plays (57), Flex Options - III (57), Double High Stacks Into Flex (58), The Flex - Basic Pattern and Drills to Teach (59), Flex Entries (60), Post Entries (60), Flex Offense with Entries (61).

QUICK HITTING PLAYS

PAGES 61 - 67

Quick Hitting Post Play (61), Quick Hitting Plays - I (62), Quick Hitter (62), Quick Hitting Plays - II (63), Quick Hitting Plays - III (63), Double Post Quick Hitters (64), One on One - Last Second Shot Plays (65), Simple Quick Hitting Plays (66), Quick Hitting Plays with the Dribble (67).

1-4 SET

PAGES 65 - 69

1-4 With Staggered Screen (65), 1-4 Quick Hitters (66), 1-4 Set (67), 1-4 Dribble Entry Series (68), 1-4 Two Man Game (69).

TRIPLE POST OFFENSE

PAGES 69 - 72

Triple Post Action (69), Triple Post - Basic Pattern with Dribble Entries (70), Triple Post - Wing Post Up (71), Entry to Triple Post (71), Triple Post Series with Options (72).

THREE POINT PLAYS

PAGES 73 - 75

Three Point Plays with Multiple Options - I (73), Three Point Plays Off the Dribble Entry (73), Three Point Plays with Multiple Options - II (74), Three Point Plays with Multiple Options - III (75).

DELAY OFFENSE

PAGES 76 - 78

Shuffle Delay (76), Delay Offense with Open Post (76), Single - Post Shuffle (77), Delay Offense with High Post (78).

ZONE OFFENSE

ZONE OFFENSIVE TECHNIQUES

PAGES 79 - 90

Screening the 23 Zone (79), Zone Offensive Techniques (79), Zone Principles - Ball Movement (80), Zone Principles - I (80), Zone Principles - II (81), Zone Principles - III (82), Drills to Improve Zone Offense - I (83), Drills to Improve Zone Offense - II (84), Zone Offense Options - I (85), Zone Offense Options - II (86), Zone Drill to Develop the Zone Principles - I (87), Zone Drills to Develop the Zone Principles - II (88), Techniques for Shots - I (89), Techniques for Shots - II (90).

ZONE OFFENSE INSIDE AND BASELINE

PAGES 83 - 94

Zone Offense with Post Screen (83), Inside Rotation (84), Baseline Screening Game (85), Power Post Zone Offense (86), Post Continuity (87), Screening the Zone (88), Baseline Attack - I (89), Baseline Attack - II (90), High-Low Post Continuity (91), Zone Offense - Inside Continuity - I (92), Zone Offense - Inside Continuity - II (93), 1-4 Zone Offense (93), Short Corner Attacks (94).

ZONE OFFENSE OVERLOAD

PAGES 94 - 98

Double Overload (94), Overload - I (95), Overload - II (95), Overload with Cutter (96), Screen and Step Out (96), Overload and Throw Back (97), Overload with High/Low Game (98).

ZONE OFFENSE GENERAL OFFENSES

PAGES 97 - 105

1-4 Zone Offense - I (97), 1-4 Zone Offense - II (98), Zone Offense - I (99), Screen and Lob the Zone (99), Zone Offense - II (100), Lob vs. a Zone (100), Zone Offense - III (101), Special Plays (101), Zone Offense - IV (102), Double Stacks (102), Double Screen (103), Last Second Shot (103), Rover Attack (104), 1-4 Special Plays (104), Guard Continuity (105).

ZONE OFFENSES VERSE SPECIAL DEFENSES

PAGES 105 - 108

Zone Offense verse Odd Front Defense (105), 1-4 Zone Offense verse a 1-2-2 Zone (106), Zone Offense Verse 2-3 or 3-2 Zone - I (106), Zone Offense verse 2-3 or 3-2 Zone - II (107), 1-3-1 Zone Offense verse 2-3 or 3-2 Zone (108).

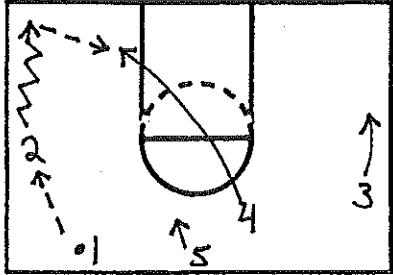
MISCELLANEOUS

PAGES 60 - 78

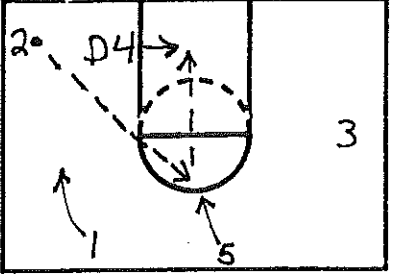
Using the Video (60), Motivation (72), Problems and solutions - I (74), Problems and Solutions - II (75), Change the Game (77), Know Your Team (78).

SECONDARY BREAK - POST ISOLATION

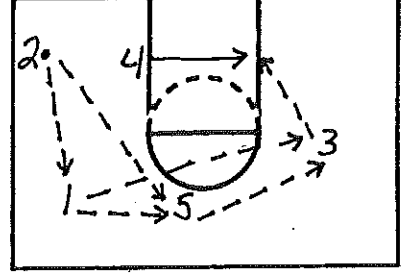
Diagrammed below is a simple secondary break for use against man to man defense. The break isolates the post man (#4) to pin and roll with the ball. The offense ends up in a 3 out and 2 in set.



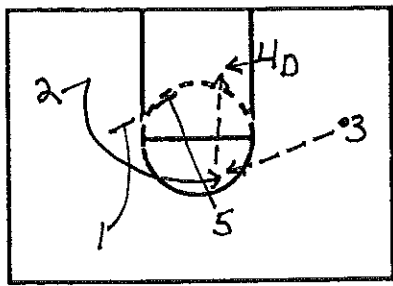
#1 passes ahead to #2. #2 dribbles to the corner to flatten the defense. #4 sprints to the ballside low post. #3 goes opposite the ball. #5 trails the play.



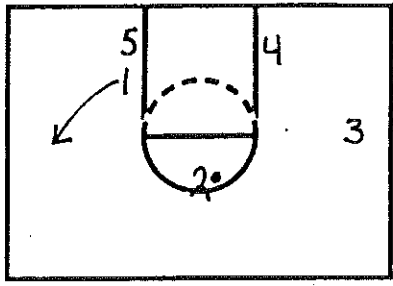
#2 looks to #4 then to skip pass to #5 at the top of the key. #4 steps back to the ball. #5 looks to pass to #4 stepping back to the ball.



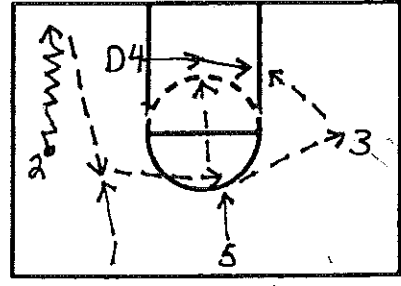
#2 second look is to #1 who looks to skip pass to #3. #5 passes to #3 if #4 is not open. #4 continues to roll across the lane. #3 looks to pass to #4.



#1 and #5 screen away for #2. #3 looks first for #4 then to #2. If #4 is fronted, #2 looks to pass to #4 stepping to the ball.



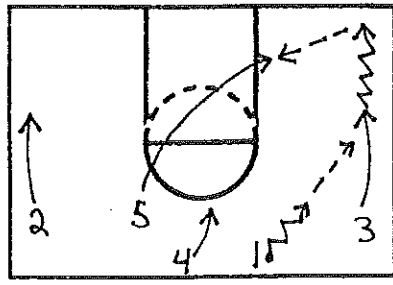
If #4 is defended, #1 pops to wing. #5 stays on the block. The offense set is now 3 out and 2 in.



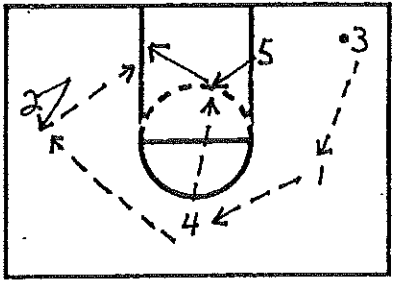
Drill: "5 on 1 Read Post" Offensive team fills secondary positions. #4 is defended by #D. #4 attempts to pin #D. The undefended offensive players look to pass to #4.

SECONDARY BREAK - SINGLE POST

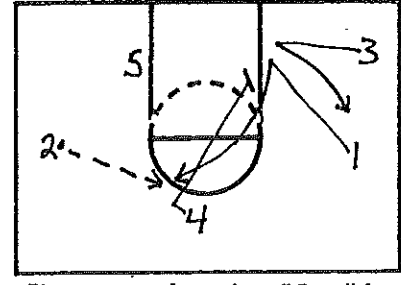
The use of a secondary break on offense has become increasingly popular. The secondary break is a quick method of getting into an offense following a fast break or even a made field goal. The secondary break below is simple to teach, yet a very effective way to get into an offense.



#1 declares a side of the floor and passes ahead to the wing (#3). #3 dribbles to the corner to flatten out the defense. #5 sprints to low post looking for pass from #3. #4 stops at top of the circle and #2 goes half way to the basket.



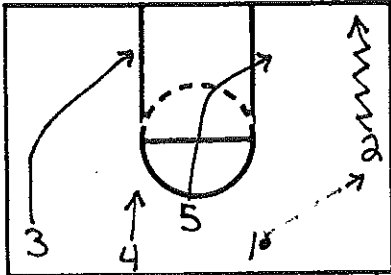
#3, when unable to pass to #5, reverses the ball to #1. #1 passes to #4. #5 begins to roll across the lane looking for pass from #4. #2 pops to the wing. #4 passes to #2 who continues to look for #5 coming to post up.



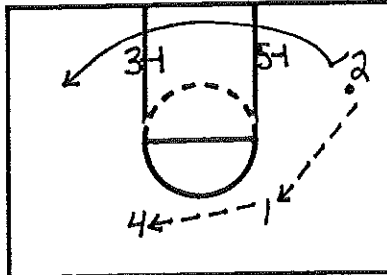
After passing to #2, #4 screens down. Both #1 and #3 take the defense to the screen. #1 comes high and #3 pops to the wing. When ball is reversed to #1, the offense is set with two wings and two low post players.

SECONDARY BREAK INTO FLEX OFFENSE

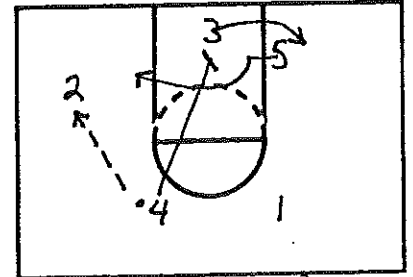
The following secondary break provides good screening action and scoring opportunities with the end result being the flex offense.



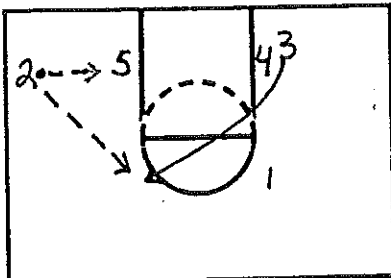
#1 passes ahead to #2 who flattens the defense by dribbling to the corner. #5 fills low post. #4 is at the opposite elbow area and #3 goes to the block.



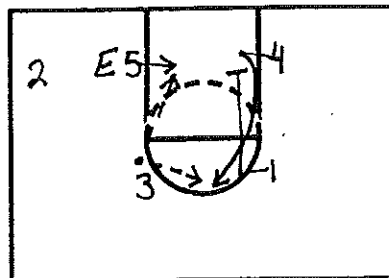
#2 reverses the ball to #1 who passes to #4. #5 and #3 set staggered screens for #2. #2 cuts to ball side corner.



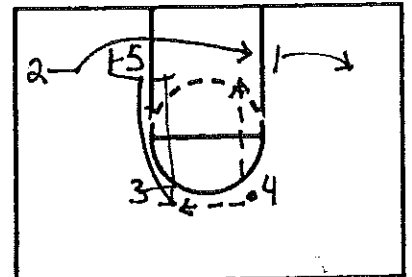
#4 passes to #2 and screens down for #5. #5 comes off #4 to the ball. After screening for #2, #3 continues across lane.



#2 looks to pass to #5 posting up. #3 continues to cross lane and loops behind #4 and comes back to the ball. #2 passes to #3 for shot.



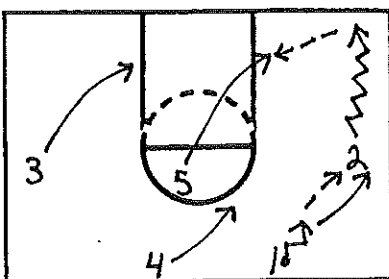
#3 may have shot or looks to pass to #5 if defense is fronting #5. #1 screens down for #4. #3 passes to #4.



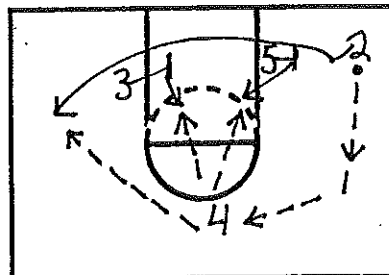
On the pass to #4, the offense begins the flex offense. #2 cuts off #5 and #3 screens for #5. #5 comes off screen and the flex continues.

SECONDARY BREAK - DOUBLE POST

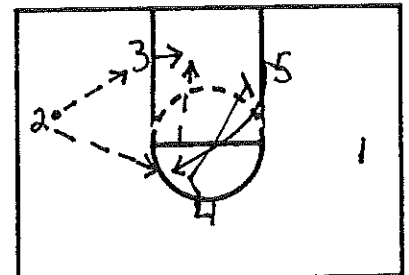
The following secondary break presents good scoring opportunities out of transition. Key teaching points are: (1) #2 (or #3) taking the ball to the corner to flatten out the defense, (2) #5 and #3 (or #2) screening and stepping to the ball, and (3) #4 reading the defense and making a good decision.



#1 passes ahead to #2 (or #3) and stops on the wing. #2 dribbles to the corner to flatten the defense. #5 sprints to the low post area. #4 trails to the top. #3 goes to opposite block. #2 looks for #5.



If #5 is defended, #2 reverses the ball to #1 who passes to #4. #2 cuts off #5 and #3's screen to the wing. #4 looks for #5 and #3 stepping to the ball after screening. Ball is reversed to #2.



#2 looks for #3 posting up on the block. #4 screens down for #5. #5 comes high and receives the pass from #2. #5 looks for #3 stepping into the lane. Now the ball can be reset.