

CRNGBB: Offensive and Defensive Concepts



7 Commitments of a Great Team

- 1) Value each other
- 2) Commit to the mission of the team
- 3) Be an energy giver
- 4) Commit to giving your best
- 5) Commit to getting better
- 6) Commit to connecting with one another
- 7) Commit to each other



DEFENSIVELY: What are we willing to give up?

- **Strive to force contested 2 - point jumpers**
 - Evaluate our defense by how many uncontested shots it gives up, and the level of difficulty.

OFFENSIVELY: What's a good shot?

- **"We shots vs. me shots"**
 - "One vs. two: not for you"
 - "One vs. three: sit next to me"
- **Teach players to hunt high percentage shots**
 - **LAYUPS** (including post ups)
 - **FT's**
 - **Catch and Shoot 3's** (off kickouts)



Offensive & Defensive Constants

OFFENSIVE CONSTANTS

- 1. Value the ball**
- 2. Pace & Space**
- 3. Play though the paint**
- 4. Crash or get back**

DEFENSIVE CONSTANTS

- 1. No Transition**
- 2. No straight line takes**
- 3. No Fouls**
- 4. One & done**



Positioning Drills & How we defend actions Man to Man

Off-Ball

It takes all 5 people working to guard and protect paint.

Emphasis:

- If you are not guarding the ball, be halfway between who you are guarding and the ball
- Maintain Vision and Voice
- Every time the ball moves, move towards it ON THE FLIGHT OF THE BALL



DEFENDING POSTS

- a) No passes from the point
- b) On Wing, $\frac{3}{4}$ the post on the high side (if offense gets above the hash, pop behind)
- c) Ball goes to corner, front
- d) On the catch, force them to weakhand
- e) Will only choke/double, elite post players.



PNR DEFENSE

- a) Be more multiple this year
 - i) **On-Ball** up and over (Unless they are outside volleyball line go under or a bad shooter) - never rejected
 - ii) Screeners defender - Hard Hedge (Double)
 - (1) Communicate early
 - (2) Be big and force away from basket
 - (3) Other 3 must pinch and tag
 - iii) Alternative – for bigs who can't slide/cover, teach them to lane it



OFF-BALL SCREENS

- a) **Downscreens** - Chase the cutter and hedge to prevent curl
- b) **UCLA/Shuffle-Cut** → Screener steps towards ball to jam cutter cutters defender jumps to ball and steps over screen
- c) **Baseline Cross Screens/Flex** → V-Move → Cutter steps up and over, screeners defender protects baseline
- d) **Flares** → Chase over the top, and screeners defender protects basket
- e) **Handoffs** → Switch
- f) **SPLIT (Pass & Screen away)** → Will try to avoid switching but may have to switch so they can't pop the screener for open 3's



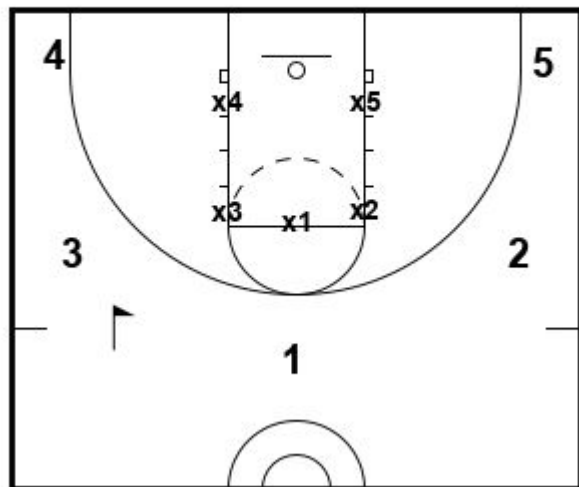
Positioning Drills for Young Players

- **5 on 5 – No Paint Drill**
- **Lehigh Closeouts 2 on 2**
- **Shell Variations**
 - 3 on 3 Pass and Cut – Jam the cutter
 - 4 on 4 Pass and Cut – Jam the Cutter
 - Start with a closeout
 - 4 on 4 Post Identity Drill – $\frac{3}{4}$ or Front the Post
 - With/without movement
 - 3 on 3 or 5 on 5 – Pass and Screen Away
 - 3 on 3 Side PNR



5 on 5 No Paint Drill

5 on 5 No Paint Drill
Girls Defensive Building Blocks



Line up on point, wings, and corners. Defense must have both feet in the paint.

Defense plays for set period of time then switch.

Coach is represented with a flag. Coach throws the ball to any perimeter player.

Offensively there is no cutting. The Defense is getting in gaps/help, and working to keep the offense from getting to the paint. Offensive players are looking to make quick decisions to catch and drive or catch and pass.

Countdown from 10 - The offense has 10 seconds to get the ball in the paint.

Lehigh Closeouts 2 on 2

Lehigh 2 on 2 Closeouts
Girls Defensive Building Blocks



The purpose of this drill is to teach closeouts, stunts and recover.

Passer is a coach on the right wing.

X1 starts right around 1st hash.

X2 starts on weakside block.

1 is at top of key and 2 is foul line extended on weakside wing.

Lehigh 2 on 2 Closeouts
Girls Defensive Building Blocks



On the coaches pass to the top of the key, x1 closes out on 1 (high hand, outside shoulder, force to the weak hand).

Important: Teach x2 that they need to move to position in relation to the ball and who they are guarding (in this case the gap). so that we can help prevent dribble penetration.

On the catch, 1 is looking to drive it...

Lehigh 2 on 2 Closeouts
Girls Defensive Building Blocks



On the drive, 2 maintains space.

x2 keeps butt to baseline and throws hips at the ball to slow it down, then recovers to 2.

It is really important to teach x2 to not turn their back to who they are guarding so that they have time to recover.

From here we play 2 on 2. -- NO BALL SCREENS.

SHELL: 3 on 3 Pass and Cut

SHELL: 3 on 3 Pass and Cut
Girls Defensive Building Blocks



Setup:

1 on point, wings are foul line extended and outside the width of 3 point line.

Defensively -- pressure on the ball. X2 and X3 are in gaps

SHELL: 3 on 3 Pass and Cut
Girls Defensive Building Blocks



For the purpose of this drill, the offense can only pass and basket cut. We are working on jamming cutters.

Key Emphasis: Don't ever let a cutter cut across your face. (i.e. Stay between the ball and the cutter by jumping to the ball on the flight of the pass).

SHELL: 3 on 3 Pass and Cut
Girls Defensive Building Blocks



1 will cut and 3 will replace. We are showing this in 2 frames. As 1 cuts, x1 must stay between the ball and 1.

SHELL: 3 on 3 Pass and Cut
Girls Defensive Building Blocks



Important: When you are guarding off the ball, you must maintain position with the person you are guarding and the ball!

So here, x1 needs to sit and stay in help as 1 cuts away.

x3 needs to move into the gap to between 2 and 3 to clog the driving lane.

SHELL: 4 on 4 Pass and cut

SHELL 4 on 4 -- Pass and cut
Girls Defensive Building Blocks



SHELL 4 on 4 -- Pass and cut
Girls Defensive Building Blocks



SHELL 4 on 4 -- Pass and cut
Girls Defensive Building Blocks



SHELL 4 on 4 -- Pass and cut
Girls Defensive Building Blocks



Key Points of Emphasis:

- 1) Pressure on the ball; force to weak hand.
- 2) Try to be halfway between who you are guarding and the ball.
- 3) Move towards the ball on its flight.
- 4) Stay in a stance.
- 5) Stay between the ball and cutters - No cuts across face.

SHELL: 4 on 4 Post Identity Drill

4 on 4 Post Identity Drill
Girls Defensive Building Blocks



Defense lines up with perimeter defenders having 1 foot in paint, and post defender having both feet in paint.

Coach passes ball in, and defense takes appropriate position.

When ball is on point, emphasize to post defenders that we never want to allow a direct entry pass from top of key and we never want to allow a post player to have a free flash.

4 on 4 Post Identity Drill
Girls Defensive Building Blocks



When the ball comes to the post side, the offensive post player posts hard.

X4 should always 3/4 high side/front the post. weakside must give backside help.

4 on 4 Post Identity Drill
Girls Defensive Building Blocks



If a point passes and cuts away, then the person guarding the post needs to remember they are now weakside help defender and to give help to the post.

4 on 4 Post Identity Drill
Girls Defensive Building Blocks



On a reversal, encourage offense post player to flash.

Defense needs to move on flight of ball.

Post defense must work to prevent a free flash across the lane.

Man to Man Offense Concepts

Teach Players to Create Offensive Advantages

Motion/Nova

Concept – Traditional 4 around 1 with a post

- **Spacing comes first: Maintain spacing and timing between players allows us to stretch defense.**

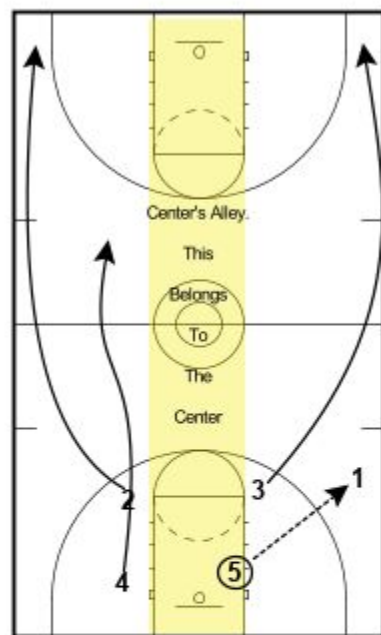
Sequence:

- Slot to Slot Pass → Pindown Screen Away
- Slot to Corner Pass → Pass & Cut Away
- Post when the ball comes to your side
- Key Ideas:
 - Maintain Space
 - Catch and square
 - Look to attack off reversals
 - Backcut any overplay

Added Concept to create space for drives:

- Pass and “Brush” Cut

Transition Flow and Spacing Girls Transition Offense



Middle belongs to center.

1 MUST COME GET THE BALL

2, 3, and 4 have to fill remaining spots.

We want those running ahead of the ball to get wide and close to sideline to create passing angles.

If 1 has no one ahead of them they dribble corner

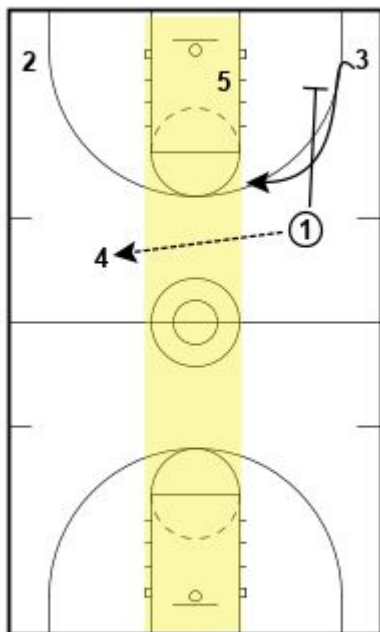
Transition Flow and Spacing Girls Transition Offense



Here is ideal spacing -- it is important opposite slot is slightly behind ball for a reversal.

It is also important we push up the floor to get the defense on their heels.

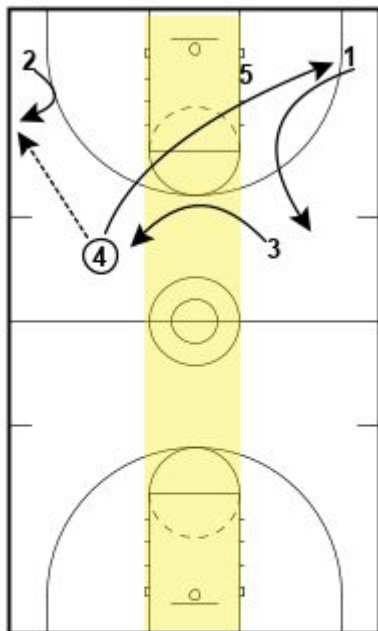
Transition Flow and Spacing Girls Transition Offense



Slot to Slot pass = downscreen.

Screener should yell "USE ME"

Transition Flow and Spacing Girls Transition Offense

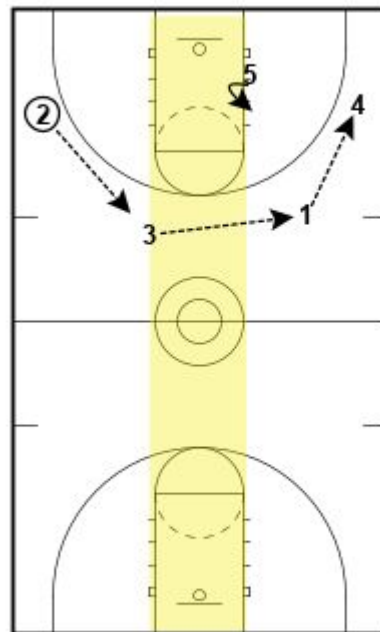


Slot to wing Pass, cut opposite through the middle of foul line.

To start the year, we want 5 to pick a side, but 5 has freedom to flash to the ball as they get good at recognizing when free flashes exist.

Remind 3 to replace

Transition Flow and Spacing Girls Transition Offense

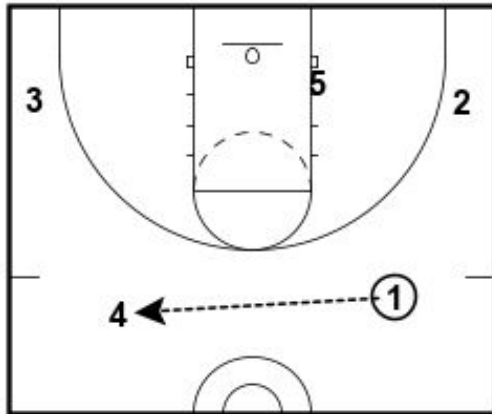


On reversals, we want 5 to post hard and duck in to the help.

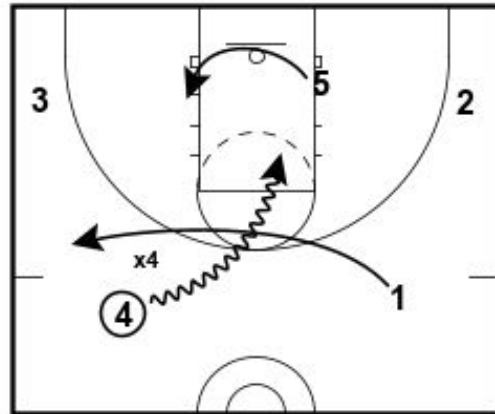
Brush Concept to create driving lanes ([Click Here](#))

- Pass, put hands in air, and cut at the butt/heals of the on-ball defender.
- NOT SETTING A SCREEN! Just trying to create space for ball handler to drive while creating “traffic” for their defender.

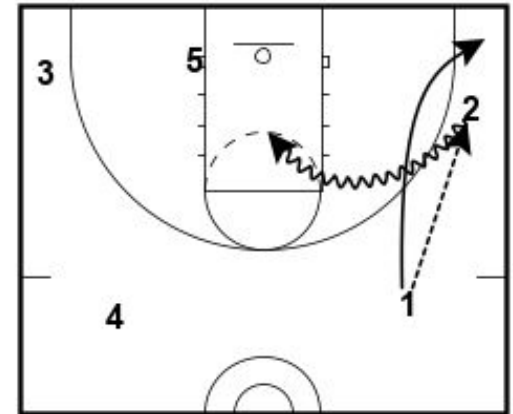
"Brush" Concept
Girls Transition Offense



"Brush" Concept
Girls Transition Offense



"Brush" Concept
Girls Transition Offense



Pick and Roll – Using the Lift

1. Three Levels of Pick and Roll

- a. Level 1: Get the Advantage
- b. Level 2: Read the Screener's Defender
 - i. Be able to throw Pocket Pass with both hands
- c. Level 3: Punish the Help
 - i. How are they defending the Roller?
 - 1. Emphasize that sometimes the best play is passing to the lift behind you
 - a. Post Players have to be able to post off the passback to the lift
 - b. Guards/Wings have to be able to catch and shoot/attack a long closeout

Examples:

[Using the Lift](#)

[Post up off the lift](#)

“Strong”/ Pick and Roll with a Lift

- Two players are designated as screeners
- Wing passer inside cuts to corner (3 on the side of PNR)

“Strong”
Girls - Man Quickhitters



4 out 1 in spacing.

Designate two players to be permanent ball screeners - pictured as the 4 and the 5.

4 gets one side of the floor, 5 gets the other. When the ball comes to their side, they screen the ball.

“Strong”
Girls - Man Quickhitters



here 2 comes off a ball screen. When a ball screen occurs, we want to have a person in the strong side corner and lifting so we can get a potential post entry.

“Strong”
Girls - Man Quickhitters



When the ball gets reversed, we follow our pass to that side of the floor.

“Strong”
Girls - Man Quickhitters



4 has to move to create an angle to screen 3. Weakside spaces the floor. It becomes a continuous motion.

Once again, we attack: Ballhandler looks for shot, roller, and lift behind. Let the defense dictate offensive decision making.

“Strong”
Girls - Man Quickhitters



[Example 1 - Concept](#)

[Example 2 – Using the Lift to create a post entry](#)

"Weak": Empty Pick & Roll/Pick & Pop

- Two players designated as screeners
- Wing Passer inside cuts to Opposite corner – (2 players on the side of PNR)



4 and 5 are designated screeners.

When we enter to a side, the passer cuts to the opposite side.

We are trying to set a ball screen on the side with 2 players while spacing on the side with three players



When we set the ball screen, the weakside wing has to find a passing window while giving space to ball. The other designated screener needs to give space behind defense.



Follow the pattern to the opposite side.

Create a 2 sided PNR while the other three give space to the ball.



[Example 1](#): Concept

[Example 2](#): Flowing from transition/Offensive Rebound (w/ Pop

[Example 3](#): Post off the roll – Faceup moves with PF

Great way to work on PNR Offense and Defense

3 v 3 Example

3 v 3 “Baseball” Game

One team remains on defense until they get 3 stops (“outs”). Then the teams flip. Once both teams have gotten 3 stops, the inning is over.

“CIRCLE”

- **Pass and Screen Away**
 - One person must go to the rim
 - One person must come to the ball
- **Teaching it –**
 - Play 2 v 2 with players on point and wing and coach on the opposite wing
 - Point starts with ball passes to coach.
 - Force players to read how it is being defended
 - Switch - Screener slips and cutter comes to ball
 - Chase – Cutter Curls and Screener Pops
 - Under – Cutter Comes out, and Screener rolls back to rim

Have the defense play it the same way so everyone can rep it. Then let the defense have their choice of how they will defend it.

Circle Install and teaching decision making

Circle Install
Girls Transition Offense



Point and 2 Wings (1 wing is a nonguarded player or coach)

Off this pass, the point needs to screen away. Teach them to head hunt the wing's (in this case 3) defender.

Circle Install
Girls Transition Offense



We always try to collapse the defense by having one person go to the basket and one person come back to the ball.

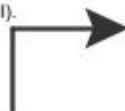
If the defense doesn't jump to the ball or tries to chase around the screen, the cutter should curl to the basket. The screener comes back to the ball.

If the ball goes to 2 coming back out here, teach them to try to catch to shoot and/or attack the long closeout.

Circle Install
Girls Transition Offense



If the defense sits under or is looking to switch, then we want 2 to slip to the basket, and 3 to straight cut to the top of the key (one person to the basket, one person to the ball).



Circle Install
Girls Transition Offense



If the person going to the basket doesn't get the ball, they just respace, and we start the process over again.

Circle (Wing to top of key pass)

Circle Install
Girls Transition Offense



3 v 2 on a side of the floor

This time the wing and corner are guarded.

Circle Install
Girls Transition Offense



Pass and screen away here would be the wing screening for the corner.

Same rules apply. If it is a team that switches, look to have 2 slip to the basket.

Circle Install
Girls Transition Offense



If the team is sticking to the corner/not jumping to the ball, look to have 3 curl to the basket and 2 pop back out. Look to attack the long closeout.

Zone Offense Concepts

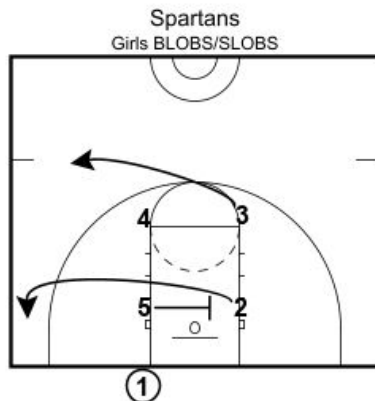
Emphasis

- Beat the zone with:
 - Quick Passing/Reversals (Move the defense)
 - High Post Entries
 - Don't be afraid to put best player at high post
 - Attack the baseline off reversals
 - Baseline Drives (Especially against 3-2 and 1-3-1 zones)
 - Grey/Short Corner Passes (Especially against 2 - 3 zones)
 - Dribble Penetration
 - Attack gaps to make two people play you
 - Create passing angles to “drive - pass - pass”

Great Video: [Kirby Schepp - Attacking Zone Defenses](#)

Baseline Out of Bounds Inbounds

Spartans - Screen the Screener



Lineup:

2 should be a shooter, 4 and 5 are interchangeable but should be people that can finish layups.

1 should be a good passer.

5 sprints across to screen for 2. 2 sprints hard to corner.

Unless it is wide wide open, hold off on giving 2 the ball because we want to get a layup. (make a fake towards corner)

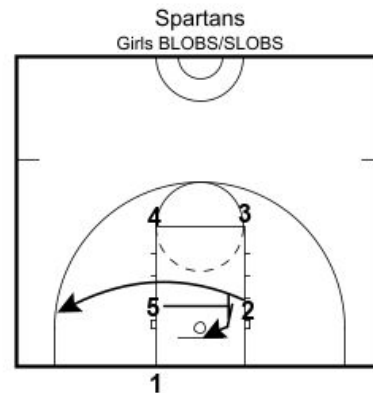


5 sprints to screen for 4. HEADHUNT! (Screen whomever is guarding 4)

After 4 comes off to weakside block, 5 rolls back to ball.

Against switching teams, 5 will be open.

Against non switching teams, 4 will be open with a good screen.



If a team is getting lazy with their switches, 5 can turn and seal off the initial screen for 2. This can be a call from the bench.

“Flash” Zone



Trying to overload baseline and get a layup on weakside block vs. a 2-3 Zone. Varsity will start in a box set.

Guards on blocks kickout to corners

Weakside elbow dives to ballside block to occupy x5

Ballside elbow will dive and try to get in front of x4 for a layup



Press Offenses

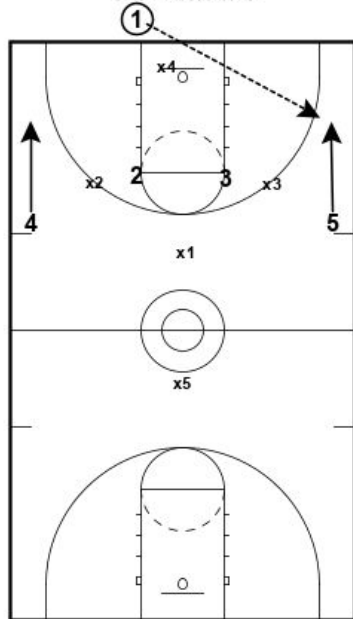
Pressbreak Keys and Concepts

- Avoid Trap Locations (red)
 - Try to inbound towards long corner to prevent immediate trap
- Key points of emphasis
 - Catch, turn and face
 - Beat with pass vs. dribble
 - Try to find weak defender vs. man
 - Middle/Downpass vs. zone
 - Give space to the ball
 - When flashing, run through the ball - elbows in ears



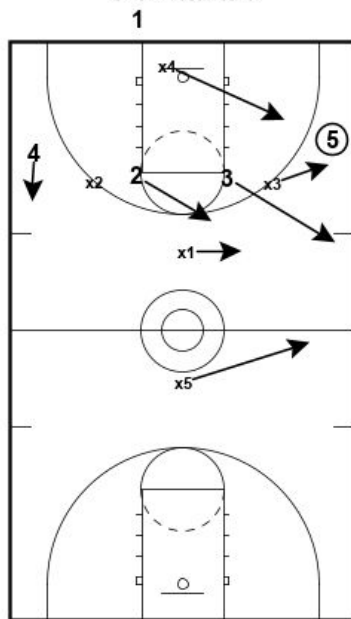
4 cross vs. Zone Press

4 Cross Zone Pressbreak
Girls - Pressbreaks



Against a 1-2-1-1 we want to enter the ball away from the point so that the point person has to run further to trap.

4 Cross Zone Pressbreak
Girls - Pressbreaks

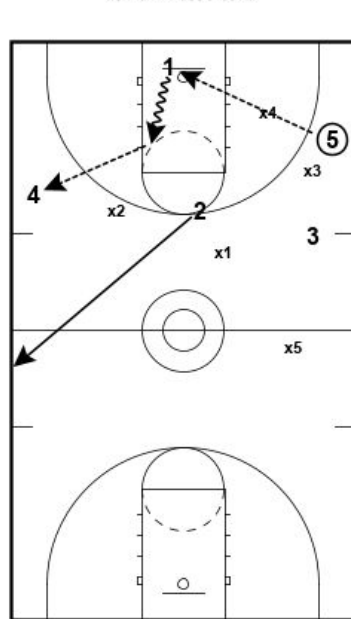


Person who catches needs to catch turn and face.

The ballside elbow moves to the short downpass. Need to make this a short pass so it can be completed quickly.

2 find an opening in the middle.

4 Cross Zone Pressbreak
Girls - Pressbreaks



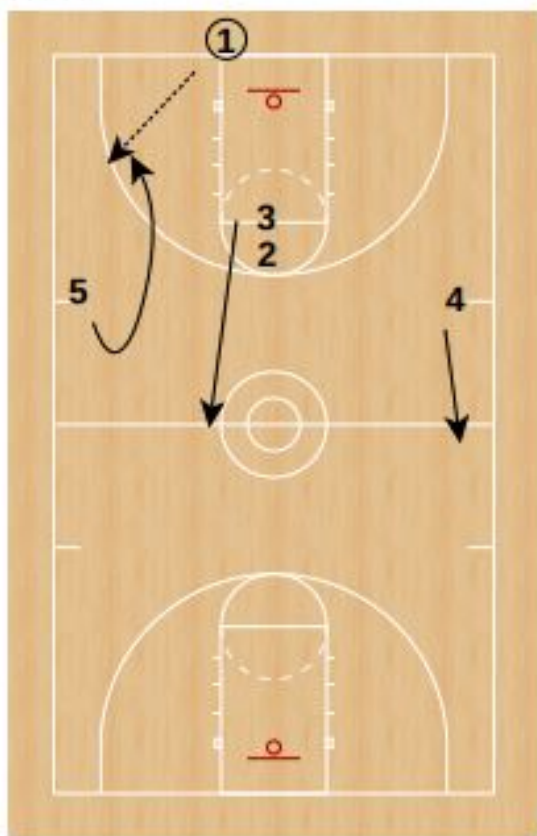
On a reversal, we want 2 to move out of the middle, and 3 to fill the middle.

[Video Explanation](#)

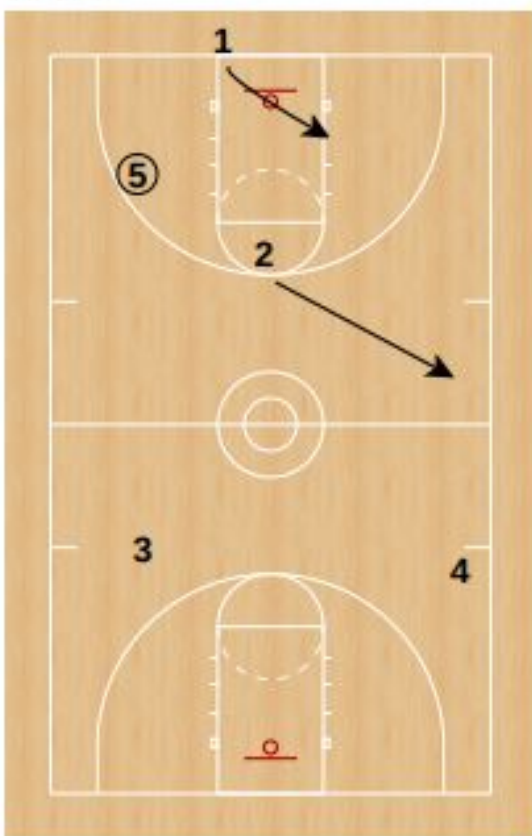
- Point stays behind the ball
- On a reversal, we pull the middle to downpass, and flash from weakside.
- On a reversal always look up the floor.

4 cross vs. Man Pressbreak

Frame 1



Frame 2



[Video Explanation](#)

Key Points of Emphasis:

- Have PG take it out so they can get it back quick and can't get doubled.
- Flash a player who has a poor/slow defender on them.
- Sprint 3 off a screen from 2 looking for homerun
- Once entered, give space to the ball, but if your defender leaves to double or ballhandler is stuck, flash to the ball.
- Use brush screens to create driving angles
- Attack space

5 on 5 Live Play & Conversion Drills

Offense Defense Offense Periods

- ODO: Divide up into 2 teams, and let a team play offense, convert to defense, then convert to offense.
- Traditional ODO starters
 - Sideline out of bounds
 - Full Court Press
 - Baseline out of Bounds
- Conversion Drills
 - Carolina Drill
 - FT Rebounding/Box Outs
- Stop/Score – Work on Execution
 - Offense gets to play halfcourt – if they score, they stay.
 - If Defense gets a stop, play is live. They transition to offense + they get next offensive possession for getting a stop.

Conversion: Carolina Drill

Carolina Drill
Girls Defensive Building Blocks

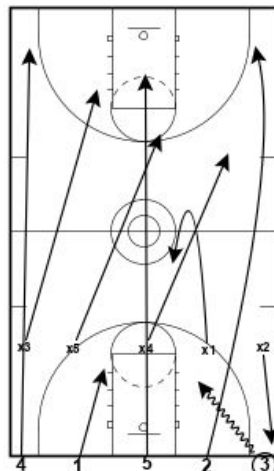


Line 5 offensive players up across the baseline.

Line 5 defensive players across from them (you cannot line up across from who you normally guard).

Coach can pass to any of the baseline players.

Carolina Drill
Girls Defensive Building Blocks



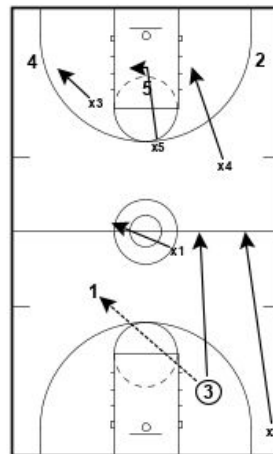
Have 1 go get the ball, the person across from who receives the ball goes and touches baseline.

(For more challenging/realistic, you can send the two across from the side the ball is passed to the baseline.

Defense is sprinting back. Nearest person to ball stops ball. First person back protects basket. Then we try to plug the paint and flood the strong side of the ball.

Offense runs their transition break. Flow into secondary offense - defense points to get matched.

Carolina Drill
Girls Defensive Building Blocks



It is really important the defense points and yells to help with matchups. Don't lose sight of the trail. You won't have your "assigned matchup" but we can switch back as the offense settles in.

Full Live play

Magic Number – 40 - 40 → Once a team gets to 47, 2 minutes on the clock.

Live Scrimmage → Two teams with varsity/JV included. Blue vs. White.

- Set time on the clock

Golden Ball - Limit Turnover Game → 10 - 15 Minutes on clock.

- Keep regular score
- Each team gets 3 - 5 balls; lose a ball every time they turn it over.
- Score goes back to 0 when they lose all their basketballs.

Situation Tournament – First to win 2 out of 3

SET 1

- 1. White down 3 with ball at half court. 1 minute left.**
- 2. Orange down 2 with ball under their offensive basket, 40 seconds left.**
- 3. White down 3, ball front court side-out, 8 seconds left.**
- 4. Orange down 5, front court side-out, 24 seconds left.**
- 5. Tie game, jump ball. 1 minute left.**