



# DELTA STATE BASKETBALL OFFENSE

## DAILY MAINTENANCE

- 1) SHOOTING
- 2) BALL HANDLING
- 3) OFFENSIVE MOVEMENT
- 4) READING THE DEFENSE

## TEACH INDIVIDUAL & TEAM TOUGHNESS WE DETERMINE THE OUTCOME OF THE GAME

PLAY HARD, PLAY SMART, PLAY TOGETHER

## MOTION CONCEPTS

- Purposeful Possessions, No wasted Possessions
- 15-18' Spacing - Spacing is of Paramount Importance
- Keep the Basketball off the Baseline
- Offensive Communication: TALK YOUR MOTION
  - 1) Early
  - 2) Loud
  - 3) Often, Echo Yells
- Four Games: 1) Inside Game
  - 2) Perimeter Game
  - 3) Penetration Game
  - 4) Intermediate Game
- Patience: Set-up our Offense Higher and Wider
  - Third & Fourth Side Attack
  - First Side Feed if "Sweet"
  - Hit the First Open Man
  - Force Defense to Defend
- Shot Selection:
  - Who, Where, When, What
  - We want all 3's & 4's
  - Always 1-2 step into Shot
  - Fight for your Feet
  - Hold a High One Second Follow-Thru
- Catch in the Ready Position:
  - Catch & Square - See the Floor
  - Sweep or Rip Through the Defense
  - Permanent Pivot Foot on Perimeter
  - Better to be Late than Early
- Get the Ball Inside: Third & Fourth Side Inside
- Fill the High Post: Eliminate Help-side
- Take the Ball to the Action
- Movement without the Ball:
  - Be Hard to Guard
  - Help Each Other Get Open
- Cutting:
  - V-Cut/No Straight Cuts
  - 3 Step Set-ups
  - Play Your Man - READ the DEFENSE
  - Basket Cuts to Score
  - Inside Cut to Set-up Shooters
  - Back Cut when Pressured, Read Line
- Screening:
  - Talk Early, Talk Loud, Talk Often
  - Establish Proper Angle
  - Head Hunt
  - Low and Wide on Quick Stop
  - Hold for a 2-Count
  - Recognize Second Action
- Types of Screening Action:
  - Down, Back, Flare, Cross, Re-Screen
- Cuts off Screens:
  - Straight, Pop, Curl, & Back Cut
- Penetration: Shallow Cut and Baseline Drive
- Baseline Drive (Drive & Space):
  - Post to the Rim, Baseline Drift,
  - Diagonal, & European
- Elbow Drive:
  - Power Skip
  - Slide to Open Area
- Switching:
  - Back Cut Opportunities
  - Best on Worst
  - Dribble Exchange
  - Slip: Set-up Higher and Wider

## ALIGNMENTS & ACTIONS

Motion Offense Alignments:

Five Man Motion  
Regular (Bread & Butter)  
Post Exchange  
Pairs  
Triangle  
Baseline

Entries: Two Guard with Stacks  
Two Guard Dribble Entry  
Double  
Pop: Curl, Rub, Double  
Double Stack  
Go Play

Actions: Guard Cross	Shallow Cut
Reverse	65 Action
Tech	UCLA
Baseline	Denver

## ZONE ATTACK: Concepts

- Pass Fake & Shot Fake
- Fill the Gaps
- Use of Dribble - Go Against the Grain
- Two Players Occupy Three
- Freeze Dribble
- Take the Ball off the Top
- Flash from Behind (Read the Defense)
- Get the Ball Inside
- Skip Pass as much as Possible
- Shallow Cut
- Circle Cut
- Offensive Rebounding
- Transition
- Specials:
  - Between Shooters-Shallow Cut
  - Outside Shooters- Flare & Skip
  - Shallow Cut & Screen-In
  - Ball Screens
  - Use of Stacks & Alignments
- Alignments: Three Deep
  - Zone Motion
- Pressure:
  - Pull Back Cross Over Dribble
  - Three Outlets (Crack Back)
  - Flash to Middle with Scorer

## CONVERSION

- Inbound the Ball with our Closest Guard
- Look to Advance Ball Quickly, but Safely
- Maintain Spacing - High & Wide
- Look to Screen as Ball crosses Half-Court
- We Do Not Play A-B-C-D: Read & React
- Play in Multiples
- First Objective: Get the Ball Inside

# Movement + Patience = Baskets



# DELTA STATE BASKETBALL DEFENSE

## DAILY MAINTENANCE

- CONVERSION DEFENSE
- PRESSURE THE BALL
- CLOSEOUTS
- POST DEFENSE
- BLOCK OUT - Wrap-up the Possession

## INTENSITY & TECHNIQUE: LEAD TO HUSTLE PLAYS

We want every loose ball  
We want to take every available charge  
We want to get every save opportunity  
We do not give-up second shots  
Everyone Blocks out!

**We Must Be Active & Energized!**

## ALL FIVE DEFENDERS IN A STANCE

- **Stance:** Gary Payton Stance - The Glove  
Chin-up & Parallel to Floor  
Head Behind Knees - Back Straight  
Wider is Better - Wide Base  
Jump-Up & Jump-Back  
Stay in the Plane of Your Body  
Drop Step on a Jab Step  
Second Step Cut-Off
- **Vision:** See Both the Man and the Ball  
Constantly Adjust & Reposition
- **Talk:** Talk to the Ball  
Talk to the Man in Front  
Teach Specific Phrases
- **Anticipate:** Sprint to the Ball  
Cheat Steps  
Constant Repositioning
- **Position:** Jump to the Ball  
Level off the Dribble  
Outside Foot - Outside the Offense

## CONVERSION DEFENSIVE

- Establish two specific defenders to convert on release of shot:  
Converge at key  
Stop the ball  
Protect the lane  
No Rhythm Threes
- Three remaining defenders **SPRINT** back in straight lines immediately upon loss of ball.  
Turn to the outside.  
Do not sprint, **DO NOT PLAY.**
- Build our defense from the basket out, exception is great three point shooter.
- We are absolutely determined not to give-up a lay-up.

**“We cannot play Transition Defense in Transition”**

## POST DEFENSE: VISION

- Post Defense Dictates Everything We Do
- Two Areas to Defend: Perimeter  
Low Post
- Low Post: Everything in the Low Post Box
- 3/4 Deny on Top: *Smother the Low Post*
- There can NEVER be a Feed from the Top
- On Catch: Immediately Get Behind Post  
This is our Time - Umbrella  
NO BASELINE-One Step Cut-off  
Walk-Thru the Shot
- Choke & Dig - RED on Low Post

## ATTITUDE & EFFORT

### TEACH TEAM ATTITUDE EVERYDAY

1. Humility.....Know who we are
2. Passion.....Individual and team hunger
3. Unity....A successful team beats with one heart
4. Servant hood.....Make your teammates better
5. Thankfulness.....Be thankful for what we have

## TEACH INDIVIDUAL & TEAM TOUGHNESS

### DISCIPLINE

## WE DETERMINE THE OUTCOME OF THE GAME

## PRESSURE THE BALL

- Closeout with High Hands
- NO BASELINE
- NO RHYTHM SHOTS
- DEFLECTIONS ON POST PASSES
- Level off the Dribble - No Direct Drives
- Contest all Shots - Hand above Shoulder
- Jump Back and to the Ball
- Dribble Used: **“FIVE - FIVE - FIVE”**

## GAP DEFENSE

- All Non-Ball Defenders in the **PACK**
- Positioned in Help: Two Places at Once
- Constant Re-positioning:  
Up the Line, but Off the Line  
Slightly Closed to the Ball  
**VISION - VISION - VISION**  
Help with Near Arm and Near Leg
- We Must be Active and Energized

## CLOSE OUTS

- Close out Hard & Short (Exception is Shooter)
- Seek Leverage - NO BASELINE
- Sprint on the Flight of the Ball: **AIR TIME**
- Sprint to Choppy Steps & Weight Back
- High Hands & Hands Back
- Arms Bent and Knees Bent
- Catch Shooter in Dip to Disrupt Rhythm
- Jump-up and Jump Back
- Know His Game
- Think Shot but Play the Drive

## DEFEATING SCREENS

### Cutter Defender:

- As soon as You Know - Tag Your Man
- Sole Responsibility is to Defend Cut - Vision
- Play Tough and Play Physical
- Muscle Through - Chase to Over Take

### Screener Defender:

- Jump to Ball and Create Space - Active
- Help in the Direction of the Cutter
- Chest Curl Cuts - Show Your Hands  
A Screen is not an Excuse

**“The Key to Screen Defense is Recovery”**

## BALL SCREEN DEFENSE

- Show: Open Position in Path & Over w/ Ball
- Hard: Parallel to the Ball & Over the Screen
- Slide: No Dribble Around & Over the Screen
- Switch: Ball-side of Screener - Force to Help

