



UAFS LIONS BASKETBALL OFFENSE

DAILY MAINTENANCE

- SHOOTING (Cannot do enough Shooting)
- BALL HANDLING - SURENESS
- SCREENING & CUTTING
- 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 - High & Wide
- 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: Hit the First Open Man to Initiate
Get to a Third & Fourth Side Attack
First Side Post Feed only if "Sweet"
Follow Offensive Progression
Force Defense to Defend - Fouls
- 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: *PAINT TOUCHES*
- Center the Ball: Create 65 Action
- Take the Ball to the Action - *The Trigger Dribble*
- Movement without the Ball:
 - Be Hard to Guard
 - Help Each Other Get Open
- Cutting:
 - V-Cut/No Straight Cuts
 - 2 Step Set-ups
 - READ the DEFENSE/*Play Your Man*
 - Basket Cuts to Score
 - Every Screen & Cut is to Score
 - Back Cut when Pressured
- Screening:
 - Talk Early, Talk Loud, Talk Often
 - Establish Proper Angle
 - Take the Hit - Hold Screen
 - Low and Wide on Quick Stop
 - Hold for a 2-Count
- Emphasize Second Action:
 - Cut to Score - Read the Defense
 - Slip Screen to Score
 - Re-Screen for a Cutter
 - Step-out to Receive
- Types of Screening Action:
 - Down, Back, Flare, Cross, Pin-Down
- Cuts off Screens:
 - Straight, Pop, Curl, & Back Cut
- Penetration: Must know Bailout Positions
- Baseline Drive (Drive & Space):
 - Post to the Rim, Baseline Drift,
 - Crack Back & Pro Spot
- Elbow Drive (Drive & Space):
 - Power Skip
 - Sprint to Bailout Areas
- Switching:
 - Back Cut Opportunities
 - Play to Miss Match
 - Dribble Exchange
 - Slips: Set-up Higher and Wider

ALIGNMENTS & ACTIONS

Motion Offense Alignments:

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

Entries: Two Guard with Stacks
Two Guard Dribble Entry
Doubles
Pop: Curl, Rub, Double
Double Stack
Go Play
Incorporate the Ball Screen
Low Post Duck-in

Actions: Guard Cross Loop
Reverse Stacks
Tech UCLA
Baseline Denver
Go Play Duck-in

ZONE ATTACK: Concepts

- Conversion - Before Zone can Set-up
- Search for High Quality Two Point Shots
- Must Pass Fake and Shot Fake - Move the Zone
- Attack the Gaps - Be Deliberate
- Use of Dribble - Go Against the Grain
- Freeze Dribble
- Take the Ball off the Top
- Flash from Behind to Catch (Logo Catches)
- Work to Reverse to Three
- Must Work to Get Paint Touches
- Do not Hold the Ball (Be Deliberate)
On Catch - Quick Decision: Shot/Drive/Pass
- Skip Pass as much as Possible
- Loop & Screen the Zone
- Offensive Rebounding Responsibilities
- Specials:
 - Loop & Screen-In
 - Ball Screens (Outside/Inside)
 - Off Ball Screening - Slips
 - Use of Stacks & Alignments
- Alignments:
 - Zone Motion & Three Deep
 - Interchange - Yankee - Rebel
- 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
- Two or Less, Attack to Score
- Maintain Spacing - High & Wide
- Look to Screen as Ball crosses Half-Court
- Follow Progressions: We Read the Defense
- Center the Ball - 65 Action
- First Objective: Get Paint Touches/Lay-ups

Movement + Patience = Baskets



UAFS LIONS BASKETBALL DEFENSE

DAILY MAINTENANCE

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

DEFENSIVE STAPLES

1. Pressure the Ball Cannot be Comfortable
2. Protect the Paint - Shrink the Floor
3. Must make Multiple Effort Plays...Be a Continuous Player
4. Communication - ELO: Early, Loud, Often
Communication creates Trust
This is the Glue to our Defense

KNOW YOUR NO'S

- No Paint (911)
- No Baseline
- No Rhythm Shots
- No Direct Drives
- No Fast Break Lay-ups
- No Second Shots
- No Fouls

GRIT & GRIND - BLUE COLLAR

TOUGHNESS

DISCIPLINE

**WE DETERMINE THE OUTCOME
OF THE GAME**

PRESSURE THE BALL

- Ball Handler cannot be Comfortable
- Starts with Closeouts - Hard & Short
- High Hands for 1001 & Hands on Glass
- Jump-up & Jump Back to the Ball
- Nothing to the Outside - No Baseline
- Level off the Dribble - Reach Step
- Contest all Shots - Hand above Shoulder
- Dribble Used: "FIVE - FIVE - FIVE"

GAP DEFENSE

- All Non-Ball Defenders in the PACK
- Your Position is Your Help
- Constant Re-Positioning:
Two Feet in the Pack
Slightly Closed to the Ball
Closer to the Ball than Your Man
Vision: See Both Man & Ball
- Must be Active and 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
Hand Above the Ball
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
Lion Vocabulary
- **Anticipate:** Active & Alert - Motors Runnin'
Cheat Steps - Vision
Constant Repositioning
- **Off Ball:** Your Position is Your Help
Two Feet in the Pack
Closer to the Ball than Your Man
Vision: See Man and Ball

CLOSE OUTS

- Rondo, Kobe and Ray Allen Closeouts
- Seek Leverage - NO BASELINE
- Sprint on the Flight of the Ball: AIR TIME
- Sprint to Choppy Steps with Weight Back
- High Hands & Hands Between Shoulders
- Arms Bent and Knees Bent
- Catch Shooter in Dip to Disrupt Rhythm
- Jump-up and Jump Back with Ball
- Adjust to Quickness: Advantage/Disadvantage
- Think Shot but Play the Drive

CONVERSION DEFENSE

- Establish two specific defenders to convert on rise of the 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.
You Do not sprint, YOU DO NOT PLAY.
- Build our defense from the basket out.
- Flood Toward the Ball - Build a Wall
- We are absolutely determined not to give-up lay-ups.

"Cannot play Transition Defense in Transition"

DEFEATING SCREENS

Cutter Defender: The Screen is not an Excuse

- As soon as You Know - Tag Your Man
- Sole Responsibility is to Defeat Cut - Vision
- Play Physical - Give Cutter One Direction
- Short Cut or Chase to Closeout

Screener Defender: TALK - TALK - TALK

- Jump to Ball and Create Space - Active
- Two Eyes to the Ball
- Show Help in the Direction of the Cutter
- Hit on Recovery - Be Physical

"The Key to Screen Defense is Recovery"

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: *We Smother the Low Post*
- There can NEVER be a Feed from the Top
- On Catch: Immediately Get Behind Post
This is our Time - No Angles
NO BASELINE-One Step Cut-off
Wall-up - Wall on Wheels
- Choke & Dig - RED on Low Post

BALL SCREEN DEFENSE

- Outer Third: Hard Show & Over the Screen
- Middle Third: One Step Hard Show & Over
- Flat: Hard Show and Over the Screen
- Switch: Late Clock and Scouting Report