

TIME OUT

A MONTHLY BASKETBALL CLINIC

PRESENTS

THE BEST
OF

TIME OUT

BOOK ONE
MAN AND ZONE OFFENSE

BY

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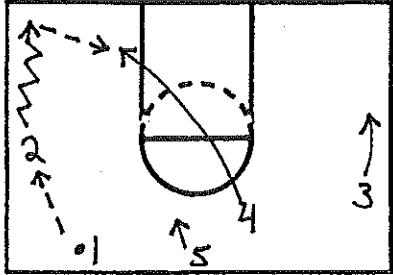
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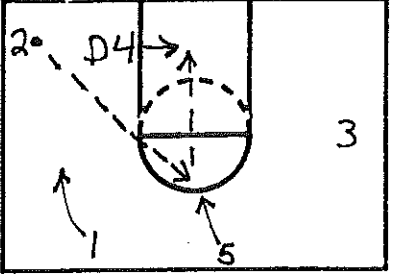
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SECONDARY BREAK - POST ISOLATION

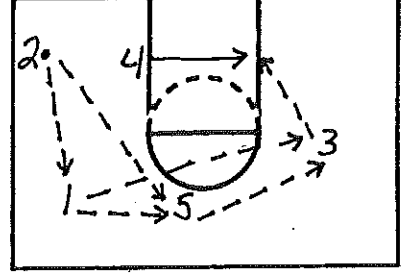
Diagrammed below is a simple secondary break for use against man to man defense. The break isolates the post man (#4) to pin and roll with the ball. The offense ends up in a 3 out and 2 in set.



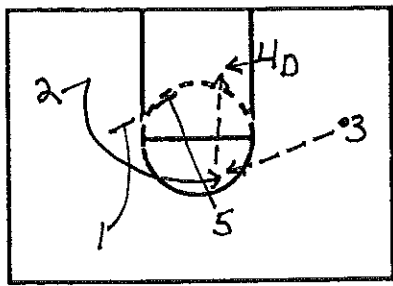
#1 passes ahead to #2. #2 dribbles to the corner to flatten the defense. #4 sprints to the ballside low post. #3 goes opposite the ball. #5 trails the play.



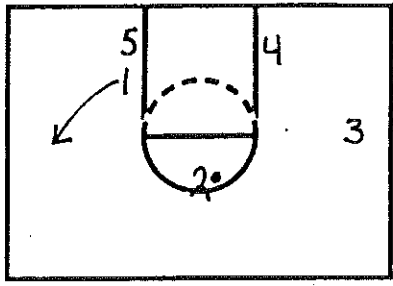
#2 looks to #4 then to skip pass to #5 at the top of the key. #4 steps back to the ball. #5 looks to pass to #4 stepping back to the ball.



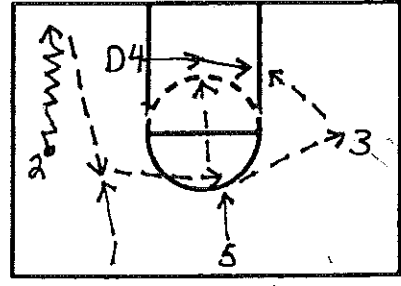
#2 second look is to #1 who looks to skip pass to #3. #5 passes to #3 if #4 is not open. #4 continues to roll across the lane. #3 looks to pass to #4.



#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.



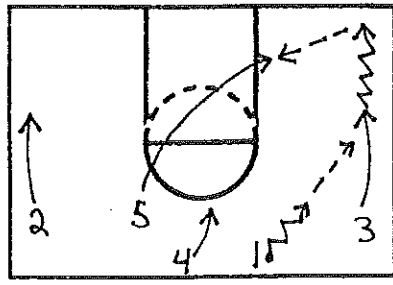
If #4 is defended, #1 pops to wing. #5 stays on the block. The offense set is now 3 out and 2 in.



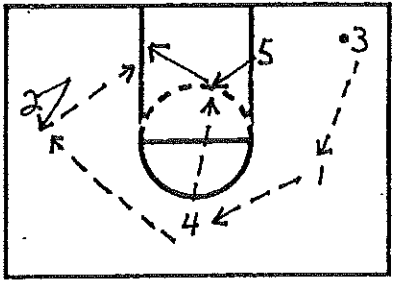
Drill: "5 on 1 Read Post" Offensive team fills secondary positions. #4 is defended by #D. #4 attempts to pin #D. The undefended offensive players look to pass to #4.

SECONDARY BREAK - SINGLE POST

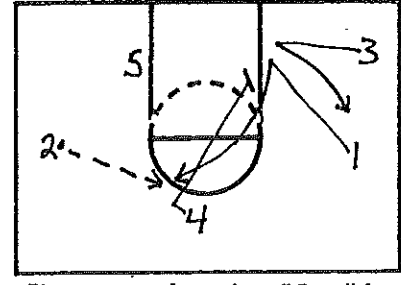
The use of a secondary break on offense has become increasingly popular. The secondary break is a quick method of getting into an offense following a fast break or even a made field goal. The secondary break below is simple to teach, yet a very effective way to get into an offense.



#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.



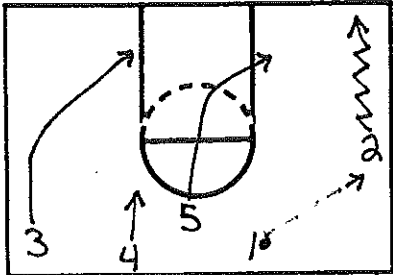
#3, when unable to pass to #5, reverses the ball to #1. #1 passes to #4. #5 begins to roll across the lane looking for pass from #4. #2 pops to the wing. #4 passes to #2 who continues to look for #5 coming to post up.



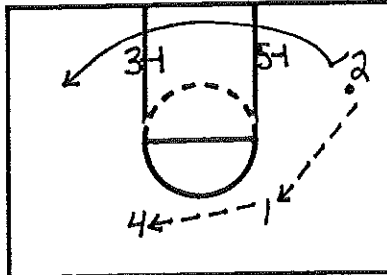
After passing to #2, #4 screens down. Both #1 and #3 take the defense to the screen. #1 comes high and #3 pops to the wing. When ball is reversed to #1, the offense is set with two wings and two low post players.

SECONDARY BREAK INTO FLEX OFFENSE

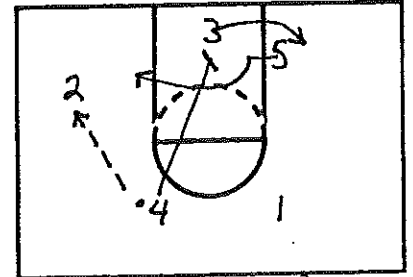
The following secondary break provides good screening action and scoring opportunities with the end result being the flex offense.



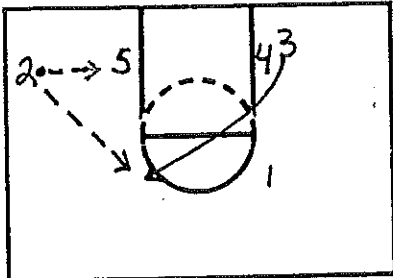
#1 passes ahead to #2 who flattens the defense by dribbling to the corner. #5 fills low post. #4 is at the opposite elbow area and #3 goes to the block.



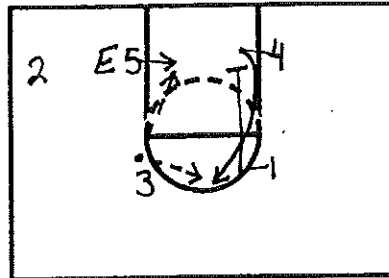
#2 reverses the ball to #1 who passes to #4. #5 and #3 set staggered screens for #2. #2 cuts to ball side corner.



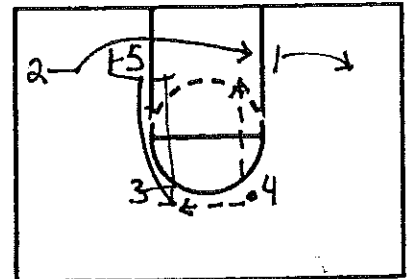
#4 passes to #2 and screens down for #5. #5 comes off #4 to the ball. After screening for #2, #3 continues across lane.



#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.



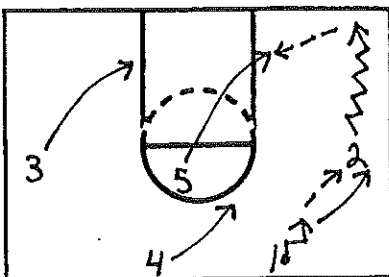
#3 may have shot or looks to pass to #5 if defense is fronting #5. #1 screens down for #4. #3 passes to #4.



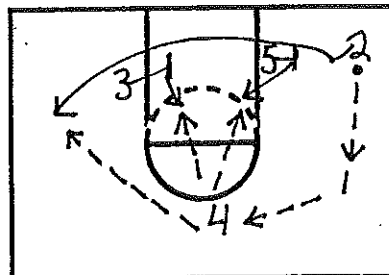
On the pass to #4, the offense begins the flex offense. #2 cuts off #5 and #3 screens down for #5. #5 comes off screen and the flex continues.

SECONDARY BREAK - DOUBLE POST

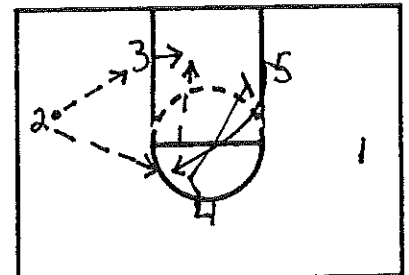
The following secondary break presents good scoring opportunities out of transition. Key teaching points are: (1) #2 (or #3) taking the ball to the corner to flatten out the defense, (2) #5 and #3 (or #2) screening and stepping to the ball, and (3) #4 reading the defense and making a good decision.



#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.