

# TIME OUT™

A MONTHLY BASKETBALL CLINIC

*PRESENTS*

**THE BEST  
OF**

# TIME OUT™

**BOOK THREE  
MAN OFFENSE**

*BY*

**JIM BAKER**

## CONTENTS

### MAN OFFENSE

#### SECONDARY BREAK

PAGES 5 - 12

Secondary Break Options (5), Secondary Break (6), Secondary Break Options (7), Delayed Break (7), Secondary Break Options (8), Set Play or Secondary Break (8), Early Offense (9), Secondary Break Options (9), Primary Fastbreak (10), Sideline Fast Break (11), Fast Break Outlets (11), Beginning the Fastbreak (12).

#### TWO GUARD OFFENSE

PAGES 12-17

Quick Hitters (12), Two Guard High Post (13), Two Guard-High Post Shuffle (14), Two Guard High Post (15), High Post Offense with Entries to the #4 man (16), Single Post with Shufflecut (17).

#### BOX PLAYS

PAGES 18-22

Box Plays (18), Box Set Plays (19), Box Plays with Post Screen on the Ball (19), Dribble Entries Out of the Box Set (20), Quick Hitting Plays From the Box Set (21), Box Plays (22).

#### STACK PLAYS

PAGES 23-25

Stack and Curl (23), Entries Out of Double Stacks (24), Single Stack (25).

#### POST PLAYS

PAGES 26-31

4 Out-1 In (26), Simple Post Plays (26), Post Out Shuffle Cut Series (27), Power Post Set (28), Post Out/Shuffle Cut (29), Quick Post-Up Plays (30), Post Entries (31).

#### LOB PLAYS

PAGES 31-33

Lob vs. A Zone (31), Lob Plays (32), Lob Plays (33).

#### SET PLAYS

PAGES 34-80

Set Plays (34), Set Plays with Multiple Scoring Options (35), Set Plays (36), Set Plays (37), Set Plays with Multiple Scoring Options (38), Set Plays for Shots (39), Set Plays Out of the 1-3-1 Set (40), Set Plays (41), Versus Man Defense (42), Versus Man Defense (43), Versus Man Defense (44), Man Offense (45), Set Plays with Multiple Options (46), Set Plays (47), Set Play for Perimeter Players (47), Set Plays (48), Versus Man Defense (48), Set Plays (49), Versus Man Defense (49), Set Plays with Backscreen Options (50), Versus Man Defense (50), Get the Ball Inside (51), Flat (51), Set Plays (52), Elbow Game (53), Low Post Little/Big Screens (54), Wing Shuffle (55), Triangle Game (56), 1-3-1 Spread Attack (57), High Post Series (58), Five Man Shuffle with Double Downscreen (59), 1-3-1 Power Set (60), Post Out/Shuffle Cut Set Plays (61), High Post Shuffle (62), Set Plays Utilizing the Screen on the Ball (63), Dribble Entry/Automatic Screendown (63), Set Plays Utilizing the Screen on the Ball (65), Screen on the Ball (66), Screen on the Ball Plays (67), Double Ball Screen (68), Two Man Screen Plays (69), Unusual Screens (70), Screen the Screener (71), Ball Screen with A Double Screen (72), Double Screens (73), Utilizing Screens (74), Diagonal Screen Series (75), Diagonal Upscreen Power Game (76), Set Plays Out of Triple Staggered Screen (77), Screen on the Ball (77),

3 Out/2 In Screening Game (78), Dribble Entry (79), Two Passes (80).

OFFENSIVE TECHNIQUES

PAGES 81-107

Motion Ideas and Concepts (81), Teaching the Passing Game (82), Ideas and Techniques (83), Techniques That Win (84), Post Play Principles (85), The Back Door (86), Offensive Techniques (87), Pressure Releases (88), Three Point Shots (89), Techniques for Shots (90), Technique for Shots (91), Technique for Shots (92), Inside/Out Scoring Options (92), Man Offensive Techniques (93), Little Things to Work On (94), Back Door Entries (95), Little Things That Win (96), Offensive Techniques-Stacks(97), Offensive Free Throw (98), Feeding the Post-Post Moves (98), Offensive Techniques (99), Pressure Releases (99), Offensive Concepts (100), Passing and Catching (100), Getting the Ball Inside (101), Offensive Free Throw (101), Setting Screens (102), Combination Play (103), Techniques For Shots (104), Wing Skills-Get Open (104), Individual Improvement (105), Spread and Shoot (105), Basketball 101 (106), Techniques to Improve Teaching (107).

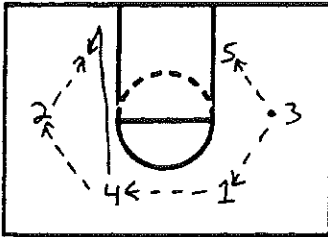
MISCELLANEOUS

PAGES 9-103

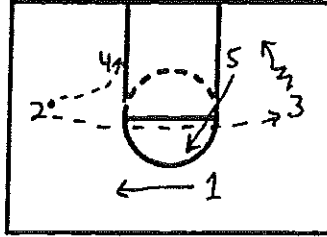
Preparing For the Season (9), Random Thoughts (10), Before the First Practice (16), Summer Improvement (17), Use Your Time Outs Wisely (21), Problems and Solutions (22), Improving Your Team (23), Improving Practice (25), Spring Planning (29), Controlling the Tempo(30), Organizing A Time Out (33), Second Time Around (52), Working with Your Shooters (53), Write it Down (58), Before the First Practice (59), Preparing for the Upcoming Season (60), Time and Score (64), Improving Free Throw Shooting (68), Controlling the Tempo (69), As School Starts (72), Little Things to Work on During Practice (74), As the Season Approaches (77), Preseason Reminders (79), Off Season Projects (80), Improving the Coaching Staff (97), Off Season Improvements (102), Little Things That Win (103).

MAN OFFENSE - SECONDARY BREAK

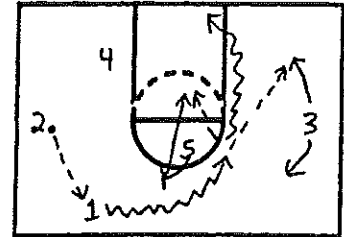
Diagrammed below are three secondary break patterns which create several good scoring opportunities both inside and outside. In each of the three patterns, the ball has been passed ahead and the players have filled the appropriate positions.



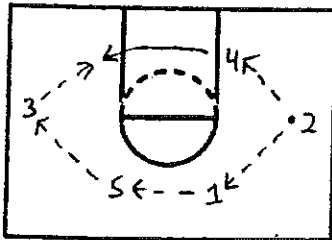
#3 looks to pass to #5 on the block. If #5 is defended, #3 passes to #1 who passes to #4 who passes to #2. On the pass to #2, #4 dives hard to the block. #2 looks to pass to #4.



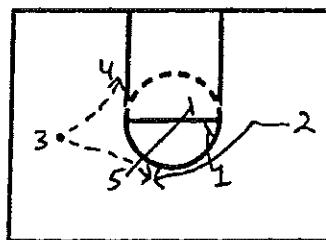
#5 sprints high and takes away the helpside help. #1 slides over to replace #4. #2 looks for the high pass to #4. #2 may skip pass to #3 who may go one on one.



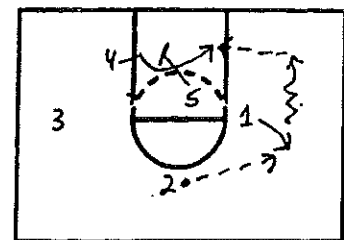
If #4 and #3 are defended, #2 passes to #1. #5 steps out and screens for #1. #1 drives off #5's screen. #3 spots up to an open spot. #5 screens and rolls. #1 may have the shot or pass to #5 or #3 for the shot.



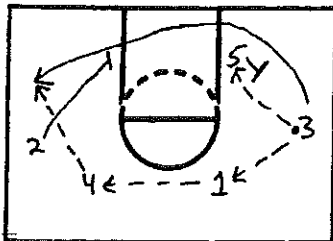
#2 looks to pass to #4 on the block. If #4 is defended, #2 passes to #1 who passes to #5 who passes to #3. #4 rolls across the lane. #3 looks for #4 posting on the block.



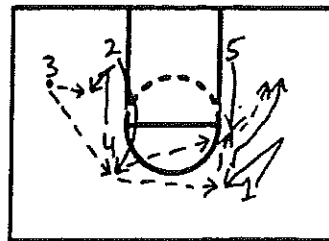
#3 continues to look for #4. #5 and #1 form a double screen at the elbow. #2 comes off the screen to the top. #3 passes to #2 for the shot.



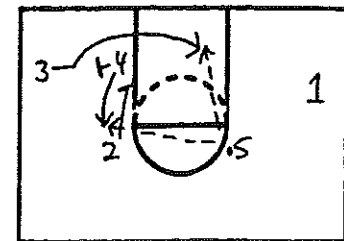
#1 pops to the wing. #2 passes to #1. #5 continues and screens for #4. #4 comes off #5 to the block. #1 passes to #4 posting up.



#3 looks to pass to #5 on the block. If #5 is defended, #3 passes to #1 who passes to #4. #2 screens down and #5 steps out and screens for #3. #3 cuts off #5 and #2 to the opposite wing. #4 passes to #3 for the shot.



#4 screens down for #2. #2 comes to the top. #4 steps to the ball. #3 looks for #4. On the pass to #2, #1 breaks to the top, and #5 flashes to the elbow. #2 may pass to #1 or #5 and a two man game is run.

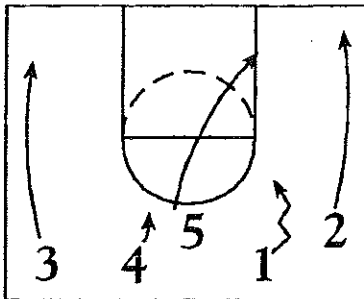


#4 screens for #3. #3 cuts off #4 and #2 downscreens for #3. #5 looks first for #3, then for #4 for the shot.

# MAN OFFENSE

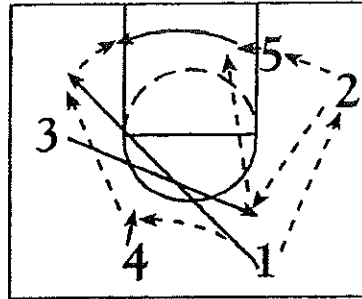
Diagrammed below are basic set and eight options that can be used at the conclusion of the 4 Out / 1 In Secondary Break.

## SECONDARY BREAK OPTIONS - 4 OUT / 1 IN

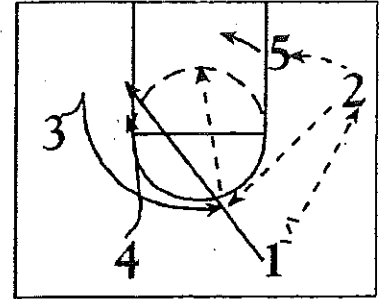


**BASIC SET**

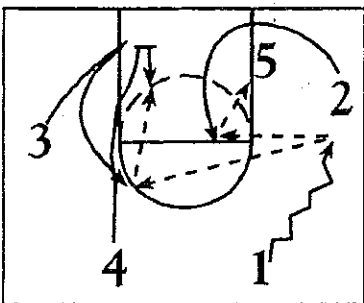
The basic set of the secondary break is diagrammed above. The first post player down the floor (#5) goes to the side block. The trailing post (#4) stops at the top. #2 and #3 fill the wings. #1 has the ball.



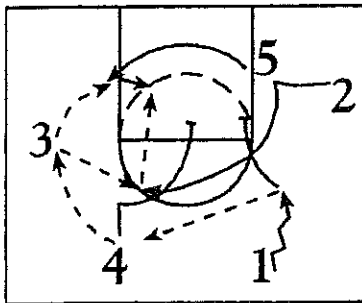
#1 passes to #2 and interchanges with #3. #2 looks for #5. #2 passes to #3 who looks for #5 stepping to the ball. #3 passes to #4 who passes to #1. #5 rolls to the ball. #1 looks for #5.



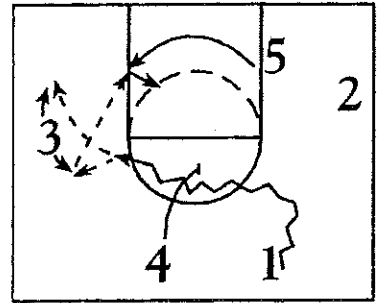
#1 passes to #2. #2 looks for #5. #1 and #4 down-screen for #3. #3 comes off the doublescreen to the top. #2 passes to #3 for the shot or passes to #5 stepping to the basket.



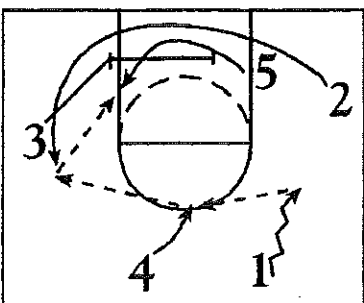
#1 dribbles #2 out. #2 loops around #5. #1 looks for #5. #1 passes to #2. #2 may have the shot or pass to #5. #4 downscreens for #3 and steps to the ball. #2 passes to #3 for the shot or passes to #4.



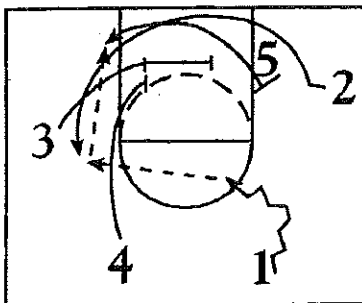
#1 passes to #4 who passes to #3. #5 rolls to the ball. #3 looks for #5. #4 and #1 downscreen for #2. #2 comes off the double screen for the shot or passes to #5 stepping to the ball.



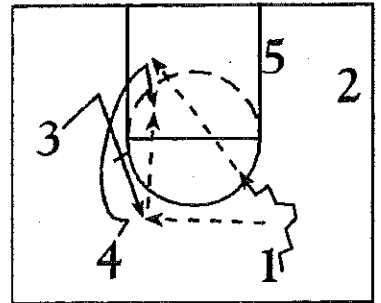
#1 keeps the dribble alive. #4 screens at the top. #1 dribbles off #4. #5 rolls across the lane. #1 may have the shot or pass to #3 spotting up. #3 may have the shot or pass to #5.



#1 dribbles towards #2. #2 clears. #4 steps to the top. #1 passes to #4. #3 screens down for #2 and continues across and screens for #5. #2 may have the shot or pass to #5.



#1 keeps the dribble alive. #2 cuts off #5's screen. #4 and #3 downscreen for #2. #1 passes to #2. #3 continues and screens for #5. #2 may have the shot or pass to #5.



#1 keeps the dribble alive. #3 upscreens for #4. #4 goes for the lob. #1 looks for #4 or passes to #3 stepping out. #3 may have the shot or pass to #4 stepping back to the ball.