

TIME OUT™

A MONTHLY BASKETBALL CLINIC

PRESENTS

**THE BEST
OF**

TIME OUT™

**BOOK THREE
MAN OFFENSE**

BY

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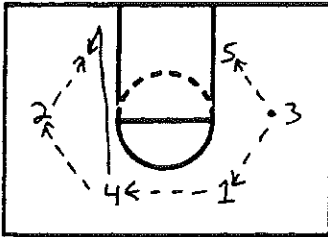
MISCELLANEOUS

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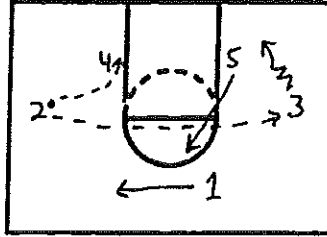
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MAN OFFENSE - SECONDARY BREAK

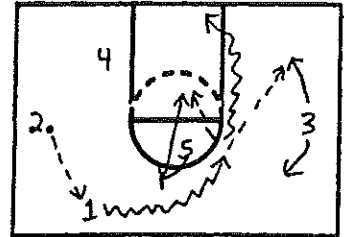
Diagrammed below are three secondary break patterns which create several good scoring opportunities both inside and outside. In each of the three patterns, the ball has been passed ahead and the players have filled the appropriate positions.



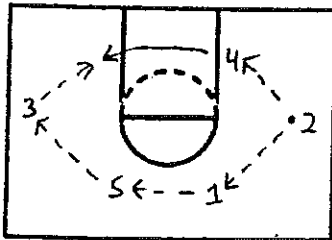
#3 looks to pass to #5 on the block. If #5 is defended, #3 passes to #1 who passes to #4 who passes to #2. On the pass to #2, #4 dives hard to the block. #2 looks to pass to #4.



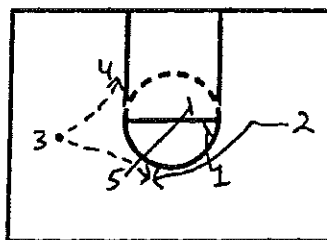
#5 sprints high and takes away the helpside help. #1 slides over to replace #4. #2 looks for the high pass to #4. #2 may skip pass to #3 who may go one on one.



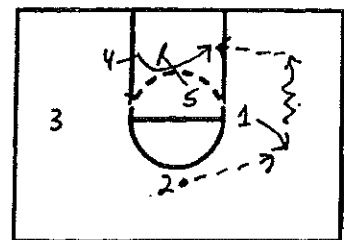
If #4 and #3 are defended, #2 passes to #1. #5 steps out and screens for #1. #1 drives off #5's screen. #3 spots up to an open spot. #5 screens and rolls. #1 may have the shot or pass to #5 or #3 for the shot.



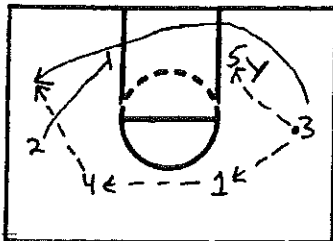
#2 looks to pass to #4 on the block. If #4 is defended, #2 passes to #1 who passes to #5 who passes to #3. #4 rolls across the lane. #3 looks for #4 posting on the block.



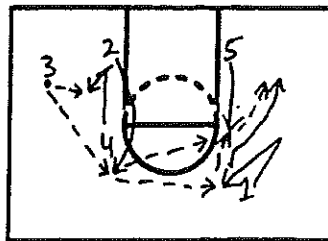
#3 continues to look for #4. #5 and #1 form a double screen at the elbow. #2 comes off the screen to the top. #3 passes to #2 for the shot.



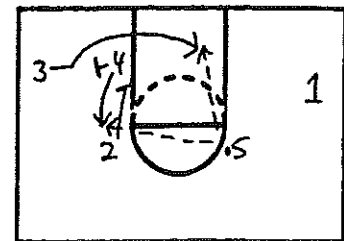
#1 pops to the wing. #2 passes to #1. #5 continues and screens for #4. #4 comes off #5 to the block. #1 passes to #4 posting up.



#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.

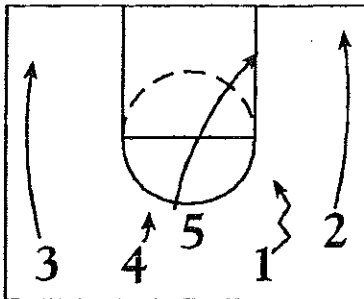


#4 screens for #3. #3 cuts off #4 and #2 downscreens for #3. #5 looks first for #3, then for #4 for the shot.

MAN OFFENSE

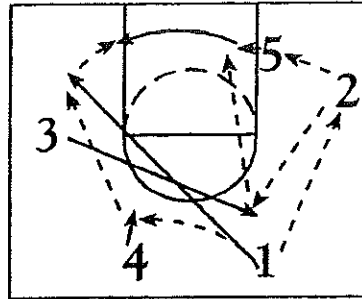
Diagrammed below are basic set and eight options that can be used at the conclusion of the 4 Out / 1 In Secondary Break.

SECONDARY BREAK OPTIONS - 4 OUT / 1 IN

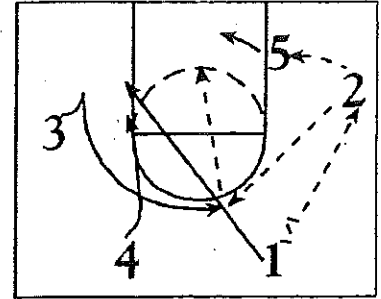


BASIC SET

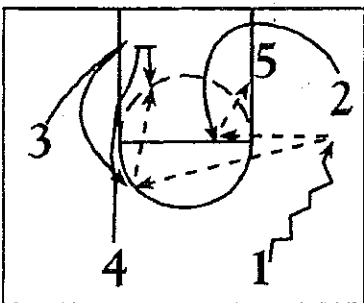
The basic set of the secondary break is diagrammed above. The first post player down the floor (#5) goes to the side block. The trailing post (#4) stops at the top. #2 and #3 fill the wings. #1 has the ball.



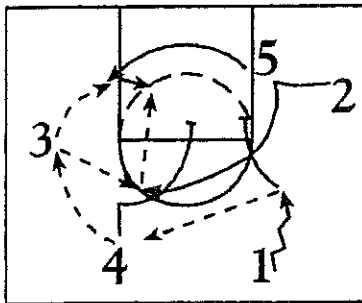
#1 passes to #2 and interchanges with #3. #2 looks for #5. #2 passes to #3 who looks for #5 stepping to the ball. #3 passes to #4 who passes to #1. #5 rolls to the ball. #1 looks for #5.



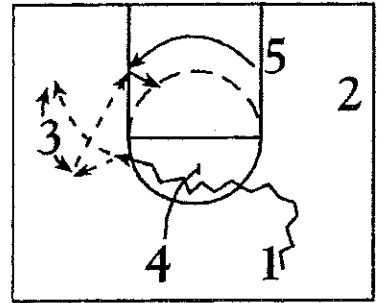
#1 passes to #2. #2 looks for #5. #1 and #4 down-screen for #3. #3 comes off the doublescreen to the top. #2 passes to #3 for the shot or passes to #5 stepping to the basket.



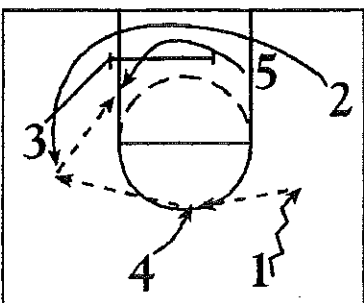
#1 dribbles #2 out. #2 loops around #5. #1 looks for #5. #1 passes to #2. #2 may have the shot or pass to #5. #4 downscreens for #3 and steps to the ball. #2 passes to #3 for the shot or passes to #4.



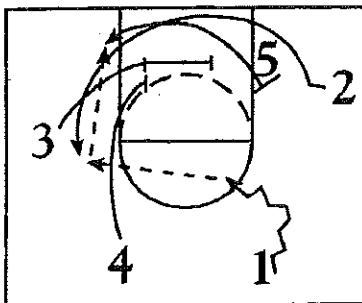
#1 passes to #4 who passes to #3. #5 rolls to the ball. #3 looks for #5. #4 and #1 downscreen for #2. #2 comes off the double screen for the shot or passes to #5 stepping to the ball.



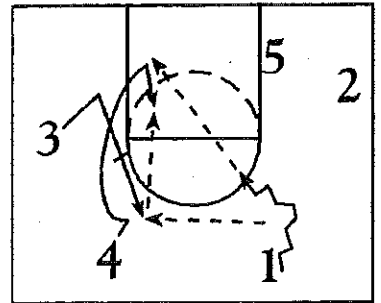
#1 keeps the dribble alive. #4 screens at the top. #1 dribbles off #4. #5 rolls across the lane. #1 may have the shot or pass to #3 spotting up. #3 may have the shot or pass to #5.



#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.