

TIME OUT™

A MONTHLY BASKETBALL CLINIC

PRESENTS

**THE BEST
OF**

TIME OUT™

**BOOK FOUR
MAN OFFENSE AND
SHOOTING DRILLS**

BY

JIM BAKER

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MISCELLANEOUS

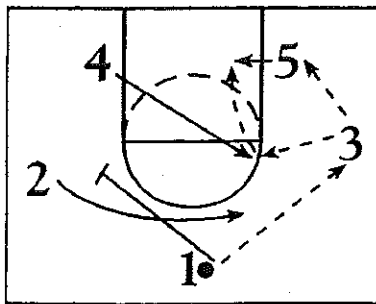
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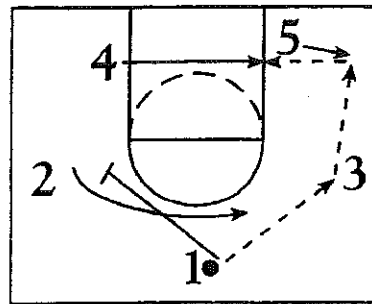
MAN OFFENSE

These nine quick-hitting post plays are for use against man to man defense. The plays create good scoring opportunities off of one or two passes.

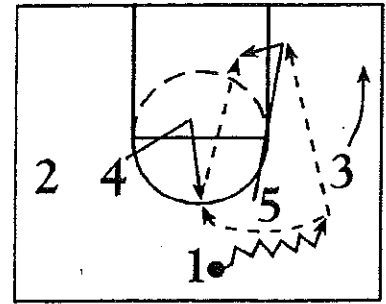
QUICK-HITTING POST ISOLATION PLAYS



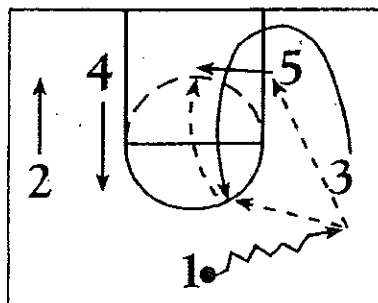
#1 passes to #3 and screens away for #2. #2 comes to the top. #4 flashes to the elbow. #5 posts strong. #3 looks for #5, then passes to #4 who passes to #5 stepping in.



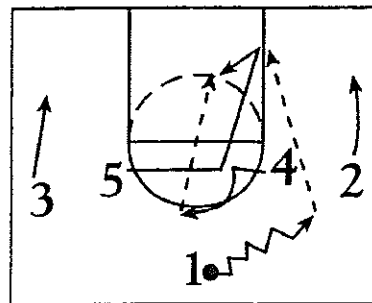
#1 passes to #3 and screens away for #2. #2 comes to the top. #5 pops to the corner. #3 passes to #5. #4 sprints across and posts. #5 looks to pass to #4 posting up.



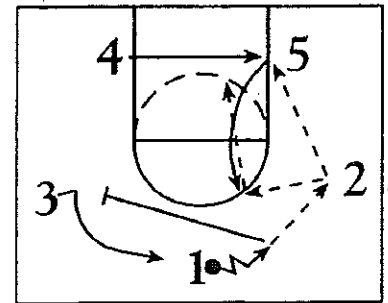
#5 screens for #1. #1 dribbles off #5. #5 rolls to the basket. #3 slides down. #1 looks first for #5, then passes to #4 running a V-cut. #1 passes to #4 who looks for #5 stepping in.



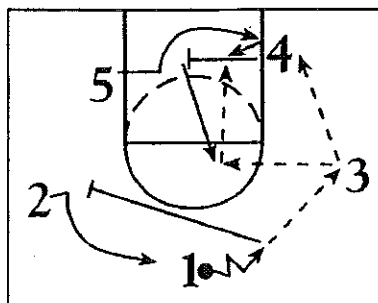
#1 dribbles #3 out. #4 comes high, and #2 slides low. #1 looks for #5 on the block, then quickly passes to #3. #3 looks for #5 stepping in.



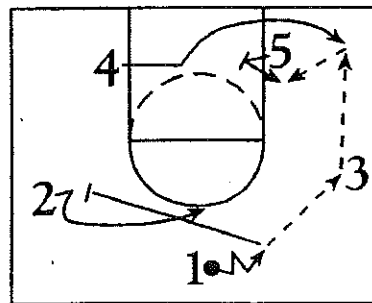
#1 dribbles to the wing. #2 and #3 slide down. #5 screens for #4. #4 pops out, and #5 dives to the block. #1 looks for #5, then passes to #4. #4 looks for #5 stepping in.



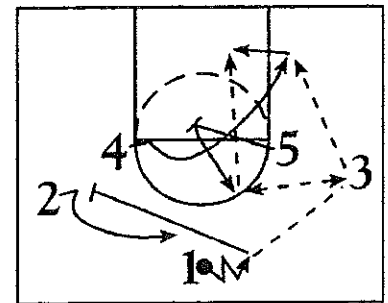
#1 passes to #2 and screens away for #3. #3 comes to the top. #5 pops to the elbow, and #4 replaces #5. #2 looks for #4, then passes to #5 who looks for #4 stepping in.



#1 passes to #3 and screens away for #2. #2 comes to the top. #4 screens away for #5. #5 comes to the ball. #4 flashes high after screening. #3 looks for #5, then passes to #4 who looks for #5 stepping in.



#1 passes to #3 and screens away for #2. #2 comes to the top. #5 screens in for #4. #4 cuts off #5 to the corner. #5 screens, then opens to the ball. #3 passes to #4 who looks for #5 stepping back to the ball.

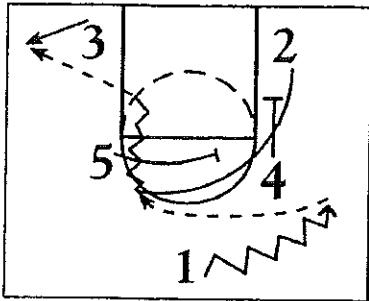


#1 passes to #3 and screens away for #2. #2 comes to the top. #5 screens away for #4. #4 cuts off #5 to the block. #3 looks for #4, then passes to #5 stepping out. #5 looks for #4 stepping in.

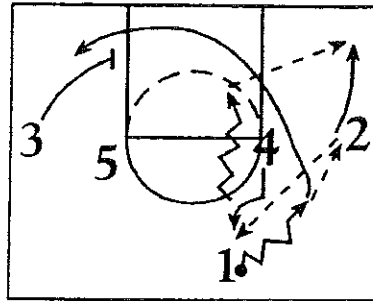
MAN OFFENSE

ISOLATION QUICK HITTERS

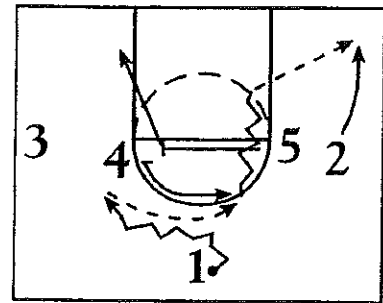
These six isolation quick hitters are for use against man to man defense. The plays create quick scoring opportunities off one or two passes.



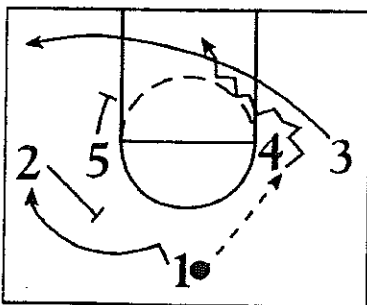
#1 dribbles to the right. #4 downscreens for #2, and #5 screens across for #2. #2 comes off #4 and #5 to the elbow. #1 passes to #2. #2 may shoot, drive, or pass to #3 popping out.



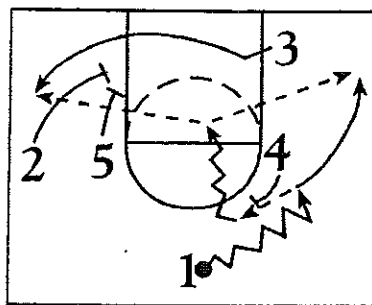
#1 passes to #2 and cuts off #4's screen. #3 screens down for #1. #4 steps out, and #2 passes to #4. #4 pass fakes #1 and quickly drives into the gap. #2 slides for the spot up. #4 may have the shot or pass to #2.



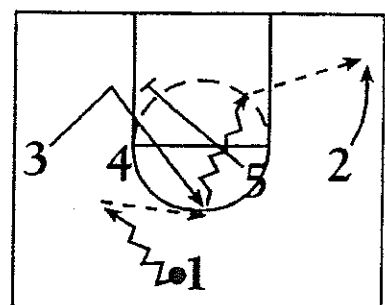
#1 dribbles to the left. #5 screens for #4. #4 pops off #5. #5 dives low. #1 passes to #4. #2 slides down. #4 drives to the basket. #4 may have the shot or pass to #2 for the shot.



#1 passes to #4 and goes away off #2's screen. #3 cuts backdoor and continues around. #3 cuts off #5 screening down. #4 faces up and pass fakes #1 or #3, then drives to the basket.



#4 steps out and screens for #1. #1 drives off #4. #2 and #5 screen down. #3 cuts off the double screen. #4 steps out, and #1 passes back to #4. #1 slides down. #4 may drive or pass to #1 or #3 for the shot.



#1 dribbles toward #3. #5 downscreens for #3. #3 pops off #5. #1 passes to #3. #2 slides down. #3 may have the shot or pass to #2 for the shot.

QUESTIONS TO ASK IN DEVELOPING A GAME PLAN

1. What tempo should we play? Which team favors a particular tempo and how can it be controlled?
2. Which match-ups favor which team? How can advantages and disadvantages be utilized or neutralized?
3. What is the mental condition of the team? What can be done to change the mental condition?
4. What needs to be done differently from the previous game? What needs to be done differently from the last time you played your next opponent?
5. Am I ready? Have you as a coach done your homework and preparation?