

## Building Blocks of Basketball Offense

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One of the aspects of coaching that has changed drastically over the last six years of being a head coach is how I want our program to play offense. As a player at Texas A&M, we ran a high/low offense. As an assistant under John Reese at Bryan High School, we were a very dribble drive oriented team based on our athleticism. It was a perfect fit for our players. That offensive philosophy was completely opposite of what we did when I became an assistant at Flower Mound Marcus. I was blessed to work under one of the most successful Texas high school boys' coaches in Danny Henderson. We finished the 2011-12 season as back to back state champions as well as the #1 public school team in the nation. That year we had amazing talent, but most of our offense came from running set plays for specific players. After I became a head coach, we also ran set plays for specific players and the patterned "flex" offense I learned from playing for my dad, Jim Blackburn, at La Vernia HS. These were not necessarily bad forms of offense. We got high percentage shots; from the spots on the floor we wanted; from the players we wanted shooting. What became more and more important to me was I wanted an offense that

- a) develops players
- b) fit my personality and offensive style of play and
- c) could build up a program from youth leagues up to varsity.

The ever evolving offense we run now is coined the "attack offense."

This offense is built on a series of "if/then" decisions and today I want to share the building blocks of this offense. There are many ways to skin a cat, especially in the game of basketball. The selling points to our players with our attack offense are:

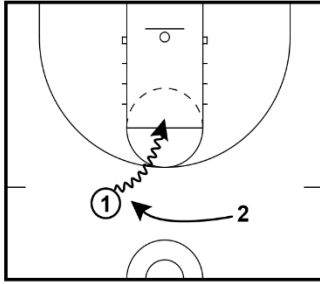
- 1) We are NOT teaching you a patterned offense – We ARE just teaching you OFFENSE
- 2) Our players can use these principles any time they play (summer league, open gym, etc)
- 3) We can build on this offense each year our players are in our program. Our Pee Wee and Junior High Teams know exactly what to do in our basic "layers."
- 4) Our practices are focused on shooting and individual player development. The better players we have, the more we can do with this offense.

We teach our attack man to man offense by playing 2 on 0, then 4 on 0/5 on 0. After the basic actions are learned, we play 3 on 3, then 4 on 4, then 5 on 5. The terminology and design of this offense is based on Read and React Offense made famous by Rick Torbett as well as Coach Andrew Gratz's Attack and React Offense. Other major influences include the "Find, Use, Create" method of offense from Radius Athletics.

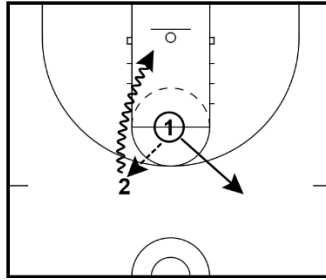
Today we will take a look at the basic 2 on 0 building blocks of the offense.

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### Layer 1 Paint Drive

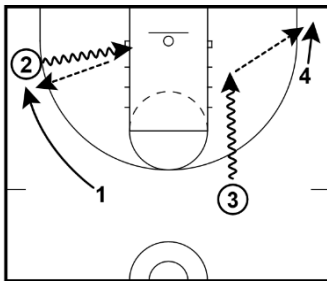


The Paint Drive takes place when there is a drive from the guard spot to the middle of the floor (paint). During this action the player at the opposite guard spot will loop behind to receive a "pitch and drive" action

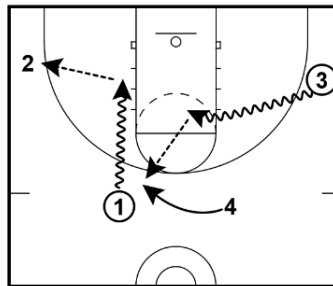


After 1 pitches the ball to 2, he replaces the empty guard spot. 2 then attacks the basketball after receiving the pitch

### Layer 2 Alley Drive

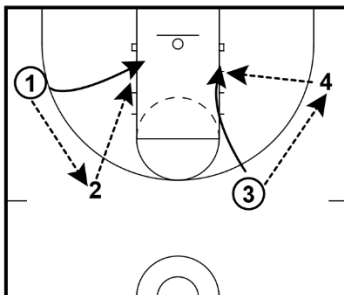


We consider an Alley Drive any drive that is not a Paint Drive In this example we will have 2 groups working Alley Drives. When we Alley Drive, all players on the perimeter move the direction of the drive



In both examples of the Alley Drive, we have 2 groups working the 2 on 0 actions of the offense. Here is another example of the Alley Drive When 1 drives left; 2 moves left When 3 drives left; 4 moves left

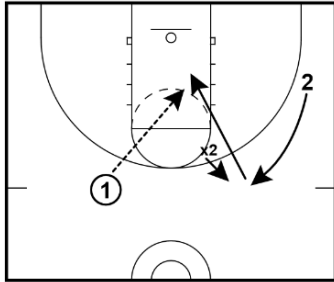
### Layer 3 Pass and Cut



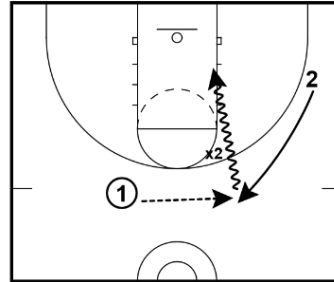
The 3rd Layer we teach is pass and cut. This is a simple action, but hard to guard if executed full speed. Above are two groups executing 2 on 0 pass and cut 1 passes to 2 then sprints to the rim for a give and go 3 passes to 4 then sprints to the rim for a give and go When multiple players are scoring close to the basket, we want them to finish off of two feet

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### Layer 4 Read Line Cut

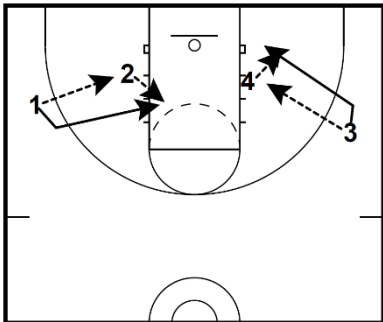


This is the most important cut in the offense and one that, if mastered at the JH level, can be a huge weapon in our offense. The Read Line is the 3pt line. If the defense is above the "Read Line" it is an automatic back cut. X3 in the image would be a coach or manager who steps over the Read Line allowing the offense to back cut



If the defender is not denying above the "Read Line" then we look to catch and rip - driving the ball to the basket

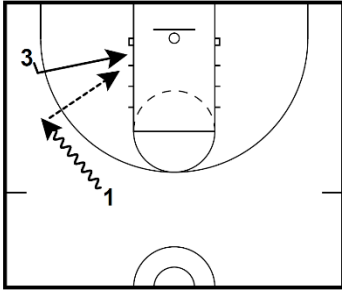
### Layer 5 Laker Cut (last layer taught to Pee Wee/ 7<sup>th</sup>/ 8<sup>th</sup> Grade)



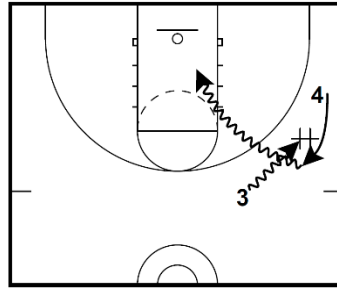
The Laker Cut is the last action we teach to our Pee Wee, 7th, and 8th Grade Teams. This is a cut to the basket any time we feed the post. In the example, we have two groups going at the same time. If there is traffic in the paint we want all of our players to finish off two feet

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### Layer 6 Dribble At or Dribble Hand Off

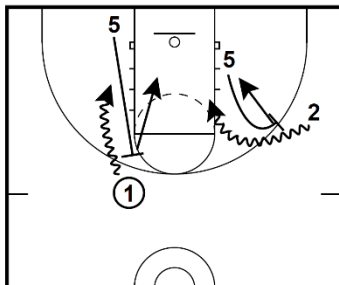


The Dribble At is used whenever the ball handler does not drive to the basket, but rather dribbles right at his offensive teammate. We teach our players to back cut on the second dribble of the ball handler. The ball handler can also help by "waving thru" the player cutting

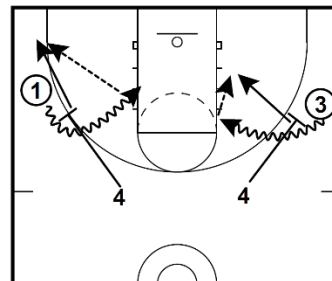


The DHO is something we use with our less athletic players or players who may not handle the ball well on the perimeter. They turn their back to the basket and dribble hand off to their teammate. The distinction between Dribble At and DHO is a "Dribble At" goes straight to the offensive player. The DHO turns his/her back to the basket signaling a hand off. Both actions take place outside the 3pt line

### Layer 7 Ball Screen Action



The final layer we teach in our offense is Ball Screen. We have to break this down into more detail, but we have a few basic actions we want out of this. First, if our post (5) is setting the screen, they must sprint to set the screen and slip/roll every time. In this example, two groups are working



If a perimeter player sets a ball screen (usually 4-man) He can roll or pop depending on how the defense is playing the screen. In this example we have two groups working

Taking this whole program approach to offense has allowed our player to develop offensively, play to our strengths, and condense the learning curve from junior high to sub- varsity to varsity with how we want to score.