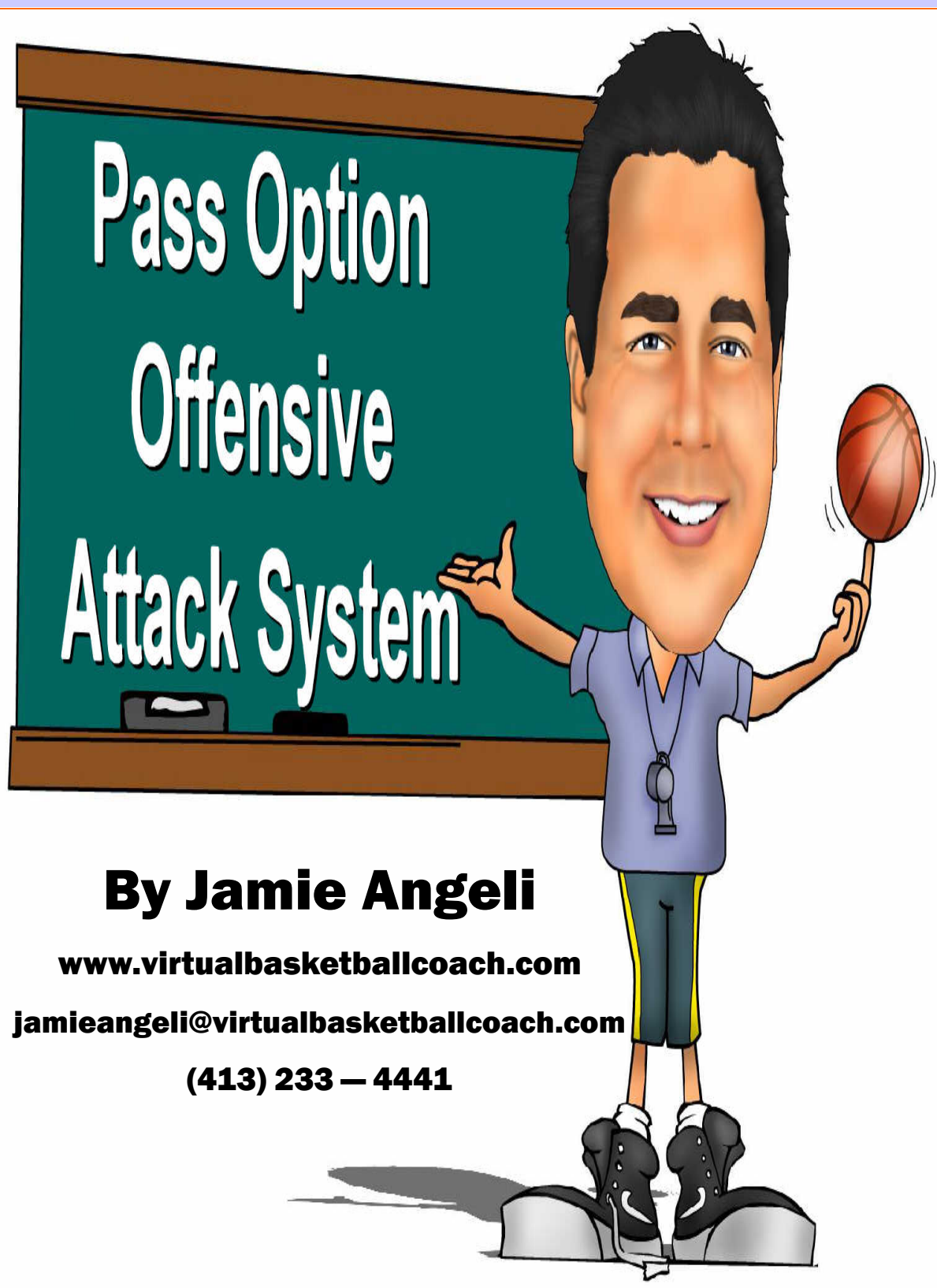


Primary / Secondary Break



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The Pass Option Offense

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The Pass Option Offense

I. Introduction

The following pages, dedicated to the Primary / Secondary Break -Pass Option Offensive Attack System, is a compilation of ideas, concepts, and strategies I have picked up throughout the course of my 20+ years in coaching. I have had the privilege of working with some outstanding head coaches in my career from whom I have gleaned valuable teaching techniques, practice ideas, set plays and drills, as well as numerous offensive and defensive alignments and philosophies.

After spending a dozen or so years as a Division 1 and 2 assistant coach, in 1994 I decided to settle on a head high school coaching job near my hometown area in the Upper Peninsula of Michigan. After years of watching, learning, advising and suggesting, it was time to put all that I have experienced and believed into action. It was then that I sat down and put together an offensive “system” that incorporated some of the best ideas from each coach whom I have had the pleasure of working with, studying and observing. In September of 2005, I have modified the system slightly after analyzing years of game action.

When putting my offense together I knew from the start there were some concepts I absolutely loved and some that I wasn't comfortable with and had to be eliminated from my arsenal.

After careful thought and many hours of looking over the various amounts of literature I had accumulated throughout my coaching career, I developed the “Primary / Secondary Break—Pass Option Offensive Attack System”.

The Pass Option Offense

I. Introduction (con't)

The Pass Option Offense is a sideline fast break system that relies on the point guard's pass in your secondary offense to "key" what your particular attack will be that time down the floor. If it sounds difficult, believe me it isn't. With constant repetition in practice on each of the handful of "pass options" included in this manual, your players will soon be executing them in their sleep. It is my hope that this concept of using the pass to key certain offensive plays and / or alignments will give you some ideas of your own to incorporate. Perhaps you will only use a few of the concepts in your present system. After all, that is exactly how I formulated this system in the first place. Taking what I had learned and read and adapting it to my belief system.

I am happy to report that I have used this system exclusively as the head boy's basketball coach at Norway High School in Norway, Michigan and most recently as the head professional coach of the Al Rayyan Basketball Club Team in Doha, Qatar. I firmly believe it was the major reason for our success and allowed the Knights of Norway in 1998 to win their first District Championship in over 20 years. Just this past season, my first season as an overseas professional head coach, our Al Rayyan team posted a 37 – 2 record, won a league championship and three tournament championships, including the coveted 2005 Asian Cup Championship in Manila.

The Pass Option Offense

I. Introduction (con't)

First, I wanted an offense, like the motion, that was difficult to scout and lacked predictability. I knew the motion offense would be incorporated in my system somewhere, but didn't want it to be the main focus of my attack, mainly because I wasn't comfortable giving all that freedom to my players. I wanted some control over where the ball was going and what we should be looking for each time down the floor.

Second, I wanted to fast break and attack quickly in transition once we secured the rebound.

Third, I wanted an offense that went from our primary and secondary offense into our half court attack quickly and seamlessly.

Fourth, I didn't like backing the ball out and calling plays while the defense had time to set up and perhaps key on our verbal signal as to what play we were running. That went against my philosophy of keeping the pressure on the defense while staying somewhat unpredictable.

The Pass Option Offense

II. Influences on the Pass Option

The following is a list of people I have either had the privilege of working under, studying their work, or listening to them at various clinics both on video and in person.

John Wooden	Head Basketball Coach, Emeritus, UCLA
Steve Lavin	Former UCLA Head Coach, Now ESPN Analyst
Jim Larranaga	Head Coach, George Mason University
Stan Albeck	Former Bradley Head Coach, Former NBA Coach
Terry Smith	Former Grand Valley State Head Coach
Marty Fletcher	Former University of Denver Head Coach
Kelvin Sampson	Head Basketball Coach, Oklahoma University
Jim Saia	Former UCLA Asst. Coach and Head Coach at USC

Coach Wooden	Practice structure and habits, organization, and emphasis on team play and conditioning.
Coach Lavin	Terminology, practice / conditioning concepts, teaching and communication.
Coach Larranaga	Secondary options in the half court sets.
Coach Albeck	Transition game concepts and drills.
Coach Smith	Practice structure and drills, secondary offensive system.
Coach Fletcher	Sideline break philosophy, teaching points and organization.
Coach Sampson	Inclusion and development of the 1-4 offense.
Coach Saia	Inclusion and development of the 1-4 offense.

The Pass Option Offense

III. Why Use The Pass Option?

- 1) **Creates quick, easy baskets and high percentage shots.**
- 2) **Puts pressure on the defense every possession.**
- 3) **Makes your opponent prepare for your transition game.**
- 4) **Reduces opponents desire to crash the offensive boards.**
- 5) **Improves your ability to play catch-up basketball.**
- 6) **Similar to the “no huddle” offense or the scripted plays in football, the “pass option” offense has no verbal or physical play calls (other than who receives the pass), forcing the defense to react on the fly.**
- 7) **Through the included transition breakdown drills for practice, your team becomes better conditioned with an improved ability to pass, catch, dribble, and make decisions at high speed.**
- 8) **Creates an environment of enthusiasm, confidence and preparation knowing that you have several offensive options at your disposal each time down the floor.**
- 9) **The included transition breakdown drills combine work for transition game, shooting, individual offensive moves, team offense and execution as well as conditioning. These all - inclusive transition drills will save you time for work on your defense and other areas of your team’s development.**
- 10) **Gives the coach control over most of the offensive structural decisions being made. It provides structure within a multiple—pass option—offensive attack system.**

The Pass Option Offense

IV. General Keys for Success

- 1) **Sprint the floor every time. Primary break options are always your first priority.**
- 2) **Nobody leaks out on the break – run lanes only when rebound has been secured. DO NOT be lenient on this one!**
- 3) **Outlet to the point guard is critical; must work on getting ball out of the net and inbounds quickly.**
- 4) **For success in any transition and secondary offensive system, your players, especially the point guard, has to have an understanding of and know the difference between the “freeway” area (speed zone from top of key to top of key) and the “city” area (control zone from top of key to basket). The freeway zone is all about speed and sprinting. The city zone is start and stop action, quick change of direction, and lower, stronger stances.**
- 5) **Your transition game must take what the defense gives - be flexible.**
- 6) **Execute the details / fundamentals of each option (repetition, repetition, repetition).**
- 7) **Point guard must keep his dribble until pass option is available. The point guard should never pass ahead unless they feel they will have an open 3-point shot, lay-up, or penetration opportunity. If that is the case, the ball should be passed ahead and the primary break options should be executed.**
- 8) **Players sprinting the floor must turn heads and find the ball at half court or shortly thereafter.**

The Pass Option Offense

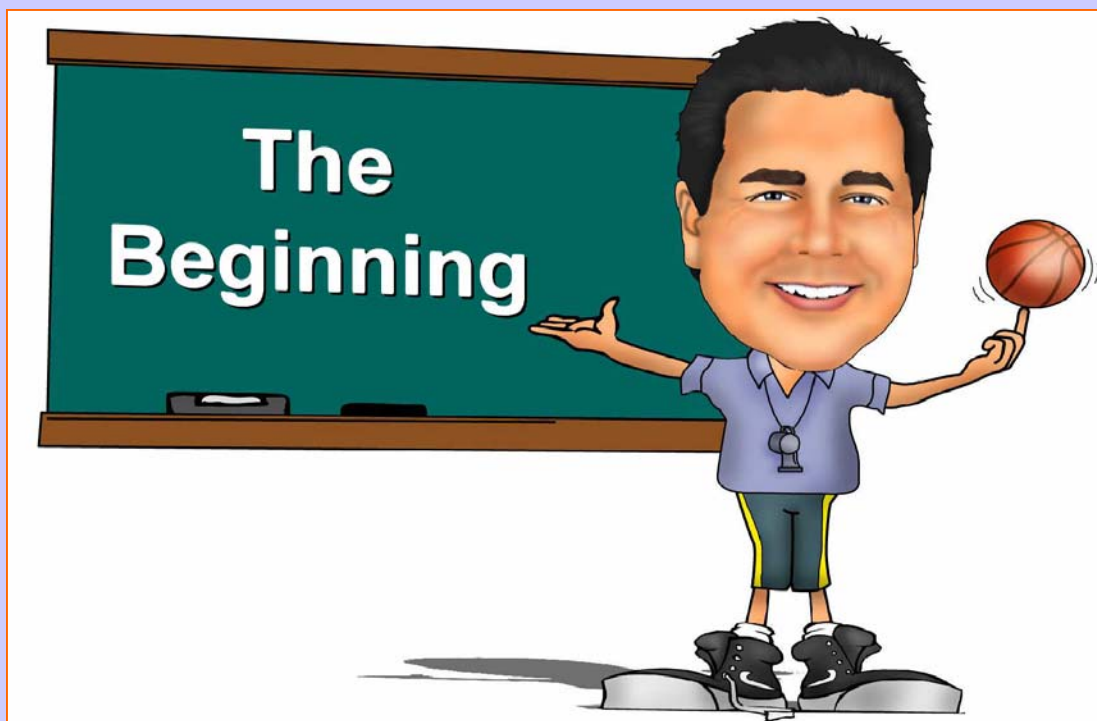
IV. General Keys for Success (con't)

- 9) Anytime the ball enters the low post – all remaining set plays are no longer in effect. When the low post man receives the ball, the opposite high post player dives to the basket and perimeter players improve spacing on the floor for a return pass out. We will then play our “32” (3-out 2-in), “41” (4-out 1-in) or “50” (5-out) motion offense or passing game for the remainder of the possession. Any breakdown in our primary or secondary options will also result in immediate motion offense or passing game.
- 10) Anytime the high post player is denied in your trailer entry options, they should immediately back cut toward the basket looking for the back door pass from the point guard. The back side wing will recognize the back cut by the post and immediately fill the top spot on the floor and look to receive the pass from the point guard. We will run our 1 – 4 offense from this point OR you could run your continuity offense or motion offense. This is explained in detail inside the offense.
- 11) You can run the “pass option” primary and secondary break vs. man-to-man and match-up zone defenses. You should run only the primary break options into your zone offense vs. all basic zone defenses.
- 12) Depending on the strong hand of your point guard or inboundng post player, you will primarily run that side of the floor more times than not. However, a good balance of right and left side transition should be used and encouraged.
- 13) I cannot overemphasize enough how important the “parts” are to the “whole” in the success of this system. Getting your players to be in a stance, ready to catch, shoot, and dribble is essential and should not be overlooked in your day-to-day teaching.

The Pass Option Offense

V. Primary Break

Inbounds, Lane Designation, Initial Options and Teaching Points

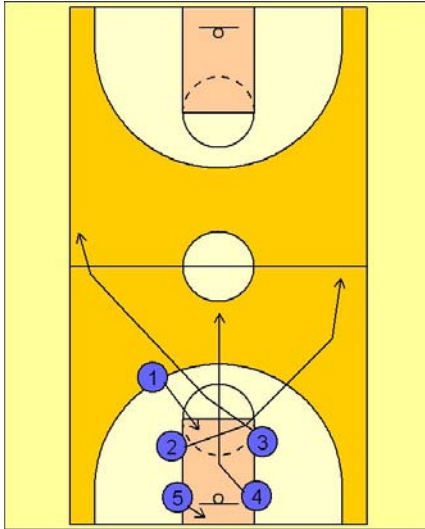


The beginning of any break starts with the rebound or made basket. This “pass option” offense should be run on both made and missed baskets with the same rules applying to each. Your first priority is to always beat the defense down the floor for easy shots and baskets. If that is not the primary focus of your transition game, this Primary / Secondary “Pass Option” Offensive System will not be effective. We begin in this section talking about the designated lanes for each player and the early options you should look for on your primary break. Each player is numbered and should try to fit the description of each below:

- #1 Point Guard
- #2 Shooting / Off Guard
- #3 Small Forward
- #4 Power Forward
- #5 Center

Transition

Primary break



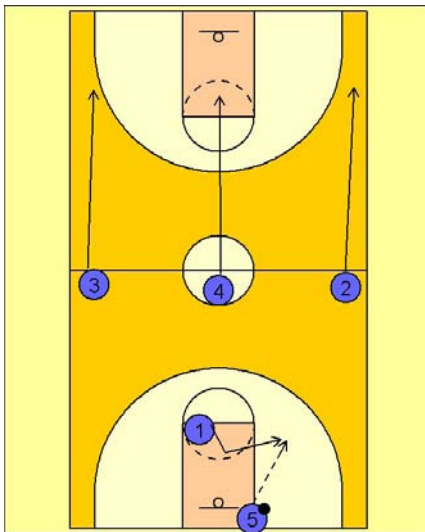
1

Primary Break

#5 or #4 can take the ball out on either side of the basket. #1 makes his move to the middle and then breaks out to the side the inbounder has determined. #2 must always run the right sideline. #3 must always run the left sideline. #4 (or #5, whoever didn't take it out), runs hard down the middle of the floor eventually running to the ball side block.

Some key teaching points: If you want to exchange and let #2 run the left side and #3 run the right, that is fine. Just be sure you stay that way the entire time those players are on the floor. If you sub some different #2 and #3 players in the game, and they want to switch what side of the floor they run, that is fine. The key is that both wing players on the floor know what side of the floor they are running and they **HAVE TO** run those sides each time on the break.

On a missed shot when #4 and #5 do not get the rebound, then it is a foot race to see who gets down the court first to become the ball side block man and who becomes the post trailing the play.



2

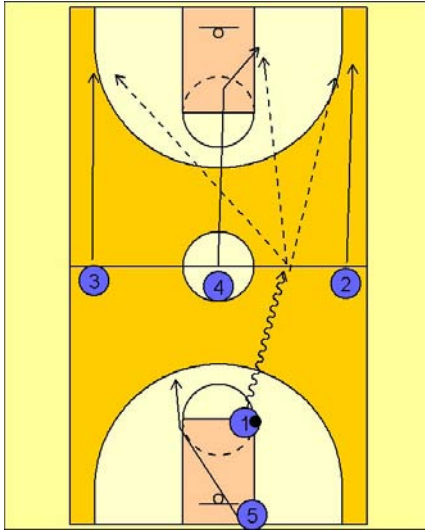
Primary Break

#5 has taken the ball out of the net and determined a side to enter. #1 makes his hard cut to the right side of the floor to receive the inbounds pass. The remaining players (#2, #3, and #4) run their appropriate lanes. The ball must be entered to #1. Later we will discuss options when #1 is denied the entry pass.

Teaching point: Make sure your point guard gets in the habit of **COMING BACK TO THE BALL**. So many players, not just point guards, have a habit of floating down the floor thinking they are open when a defender is just "waiting in the weeds" for them to step in and make the steal.

Transition

Primary break

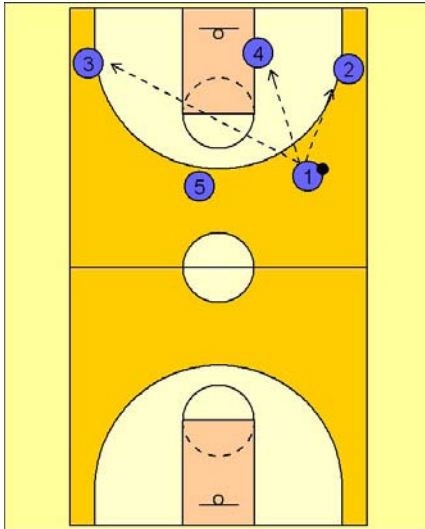


3

Primary Break

#1 drives the ball up the right sideline while #5 steps opposite the ball and proceeds to run the trailer lane down the floor.

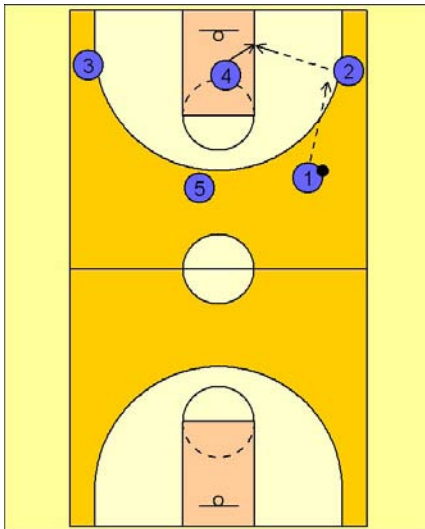
Teaching point: #1 should look to pass ahead if he feels #2, #3 or #4 would have an opportunity for a good 3 pt shot, a lay-up, or an opportunity to catch and penetrate for a lay-up. This "passing ahead" will stretch the floor and keep the defense honest.



4

Primary Break

Your first option in the primary break is to get the ball down the floor as quickly as possible for a lay-up from #4 or perhaps an open 3-point shot for players #2 and #3. #4 is drilled to pin and seal his defender in the middle of the lane if the defender is trailing the #4 man.



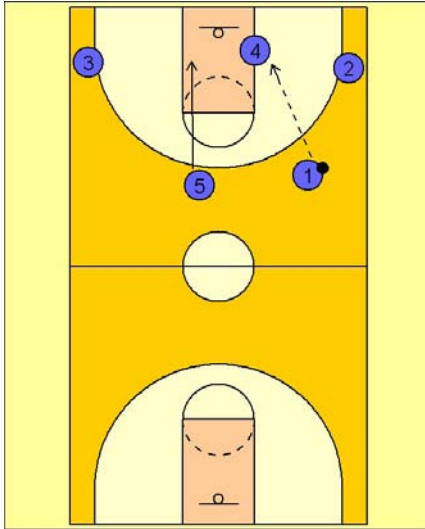
5

Primary Break

If #2 does not have an open 3-pointer or a penetration lay-up opportunity, the #2 man may quickly dump the ball inside to #4 if he sees #4 has his man sealed and a chance for an easy lay-up. If #4 is fronted or does not have a chance for a lay-up, he moves across the lane away from #2, which we will discuss a bit later in the secondary pass option "corner entry".

Transition Primary break

6



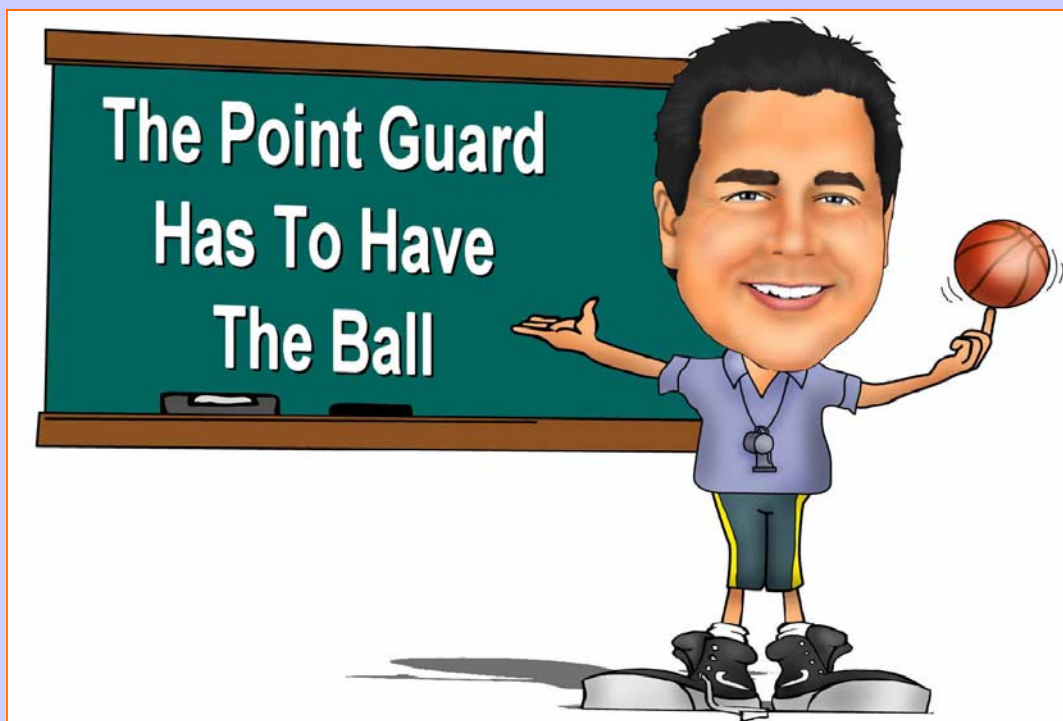
Primary Break

As stated in our general key to success in the beginning, anytime a post man receives the ball on the blocks, #4 in this case, all remaining set plays are off. The opposite high post player, #5 in this diagram, will always dive to the basket looking for a pass from #4 or good offensive rebound position on the back side.

The Pass Option Offense

VI. Primary Break

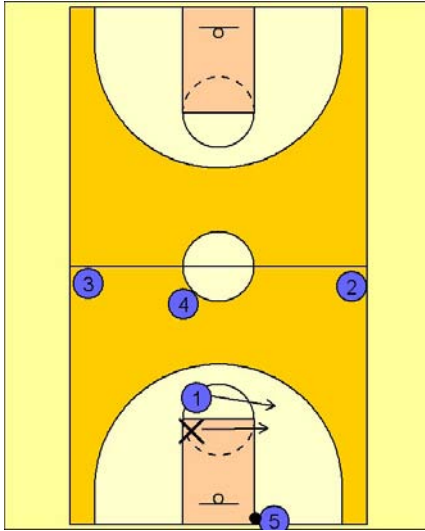
(Entry Pass Denied – Counter Options)



This system requires that the point guard have the ball to start the break every time. There are the rare occasions when the rebounder may find a streaking player other than the point guard running down the floor wide-open. Of course, the rebounder has permission to fire the baseball pass for the open lay-up. On all other occasions, no matter who rebounds the ball, it must be delivered to the point guard (#1) as quickly and as efficiently as possible. You may want to create some drills to work on rebounding or taking the ball out of bounds and finding the point guard. If all else fails and you cannot outlet to the point guard you have two options. 1) The point guard comes back and takes a hand-off from the rebounder, which will significantly slow down your primary break thus eliminating those options. 2) Recommended—use the counter option described on the following pages to inbound and find the point guard.

Transition

Entry denied

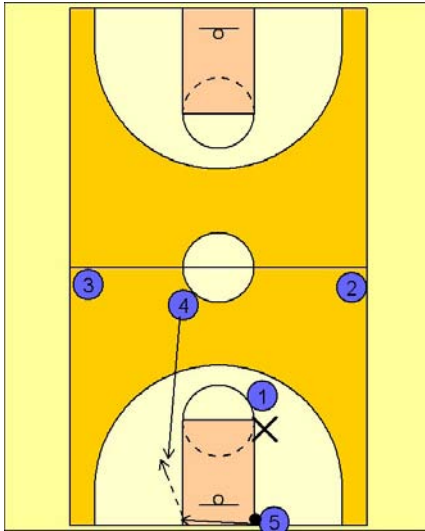


1

Entry Pass Denied

Very rarely, no matter how hard teams try to deny the inbounds to #1, it does not happen. I would like to stress to you just how difficult this is for the defending team to do. I have had teams put a box and one on my point guard and we were still able to find him for the outlet in transition or on a made basket. Why, because it is hard for the defender to "find" the point guard that quickly, especially on a miss basket. So please don't worry too much about your point guard being denied the ball.

Now, for those rare occasions it does happen, there are two counter options built into the pass option offense that will allow you to get the ball to your point guard. I have had success with both. Let's look at the first option.

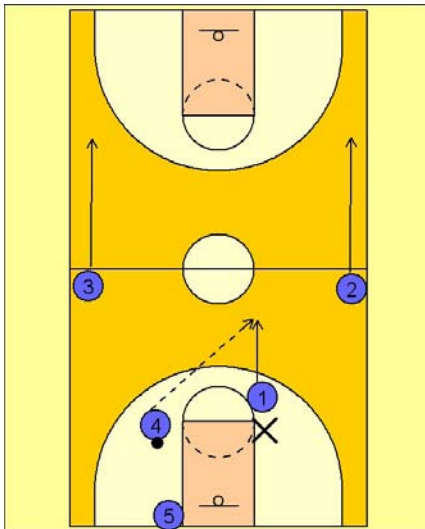


2

Entry Pass Denied

Each time the lead post man, #4 in this diagram, runs the floor he must quickly look back to see if there is a problem inbound to the point guard. He should really be aware especially if prior knowledge would lead him to believe the point guard might be denied.

If #1 is denied, #4 immediately sprints back to the basketball looking for the inbounds pass from #5, who has just taken the ball to the other side of the basket looking for #4.



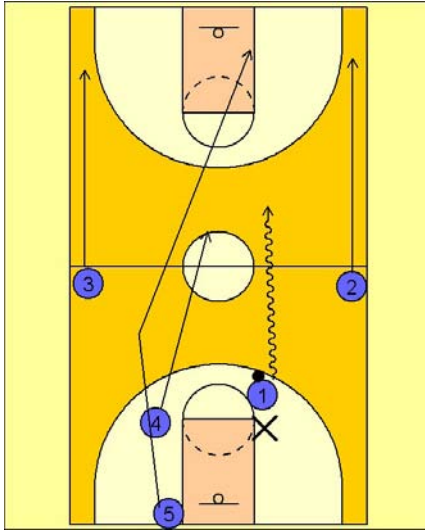
3

Entry Pass Denied

Once #4 receives the inbounds pass, because of the denial position by the defender on #1, the offensive point guard is in a great position to receive the pass from #4. #1 should have a clear path up the floor. As a reminder, #1 should never pass ahead unless he feels the people ahead of him have an opportunity to catch and score. Otherwise he handles the ball up the floor and prepares to "switch gears" from the primary break options to the secondary options.

Transition

Entry denied

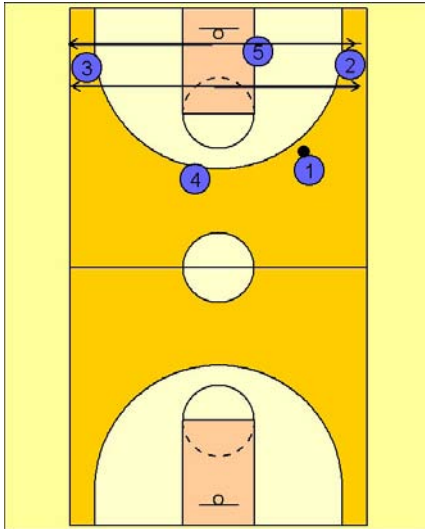


4

Entry Pass Denied

#4 and #5 get out and run the lanes as hard as they can. Not sure if #5 will have the opportunity to get out in front or if #4 will. It is a play by play basis and they have to make the quick decision and run the floor.

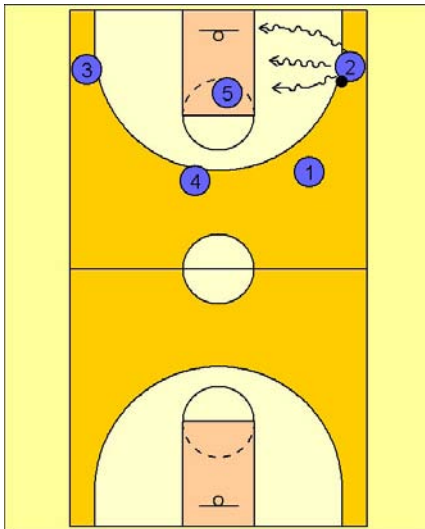
#5 might have a head start to get out in front when the point guard is denied because he just passed the ball to #4. #4 has to catch and face and find #1. During this time, #5 may have the opportunity to get out ahead of #4 and be the lead post player. As stated in the rules earlier, it is always a foot race to see who will be the lead post player and who will be the trailer. In any event, your lead post player **MUST** get out and run the floor and be one of the first people down.



5

Entry Pass Denied

Teaching Point: Make sure your wing players, #2 and #3 do not get too low running the floor. They both should be about the mid-freethrow lane area.



6

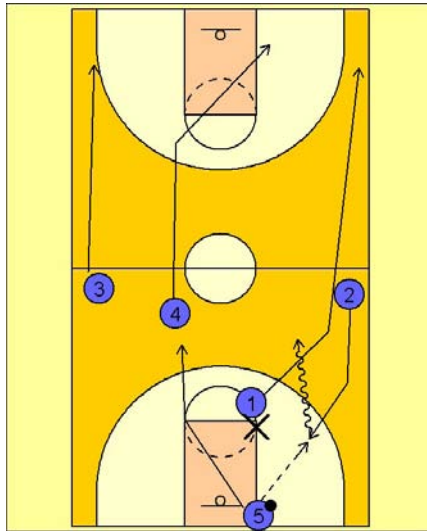
Entry Pass Denied

This teaching point is important because #2 and #3 must have the ability to catch the ball and penetrate to the baseline, middle or freethrow lane elbow area. If they are too deep up the floor and too close to the baseline, one of their driving options, (to the baseline), will be taken away.

Transition

Entry denied

7



Entry Pass Denied

The second option for getting the ball in is when you have a second guard who is a good ball handler. I have also used this option successfully and have not missed a beat. This does require a bit more teaching as #1 and #2 has to know each other's responsibility in the offense from time to time.

#2 comes back and gets the inbounds while #1 fills his lane. #2 catches and attacks up the floor with the basketball.

The Pass Option Offense

VII. Secondary Break

(Corner Entry Pass Option)



The beginning of our first “pass option” series assumes you have pushed the ball down the floor and did not find any of the primary break options. Each of the next three “pass option” sections deals with a particular pass made by the point guard that will key an offensive series that time down the floor. There are no verbal signals, no hand signals, and most importantly, no backing the ball out and setting up your half court offense. You will run seamlessly from your primary break to your first secondary break option concluding with your half court offense.

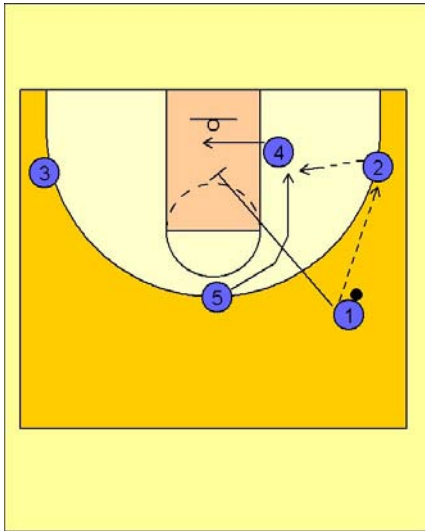
It is important to note that the point guard has to recognize when the primary options are not available and “switch gears” and down shift to the secondary mode of the offense. At times, that might be slowing up a bit until some trailing players are in the action before they begin the “pass options”.

The fact there is no set-up time by the offense, leaves the pressure all on the defense to react quickly to the constant and quick changes in your attack. The fact that there is a new attack with each different entry pass from your point guard makes this a very unique offense and very difficult to scout and defend. Let’s look at our first entry – the “corner entry” pass.

Transition

Corner entry (pass)

1



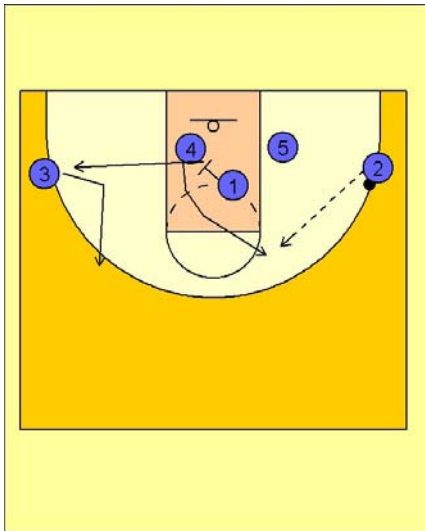
Corner Entry

#1 enters the ball to #2 on the right wing. As a reminder, this action can be run on the opposite side of the floor.

Once #2 has the ball, #1 cuts through the lane around the free throw line elbow area while #4 is stepping into the middle of the lane.

#5 cuts right off the back of #1 cutting through the lane, running his defender into the back of #1. #2's first look is to #5 cutting to the low right block.

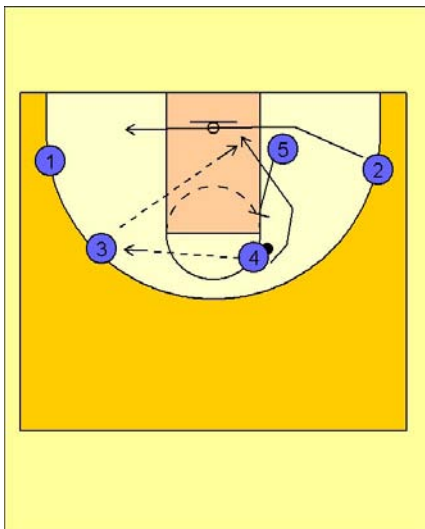
2



Corner Entry

If #5 is not open, #1 is screening in the lane for #4 who breaks up to the top of the key area looking for the pass from #2. #3 v-cuts and breaks up to the top left wing area while #1 steps out to the left wing area after down screening.

3

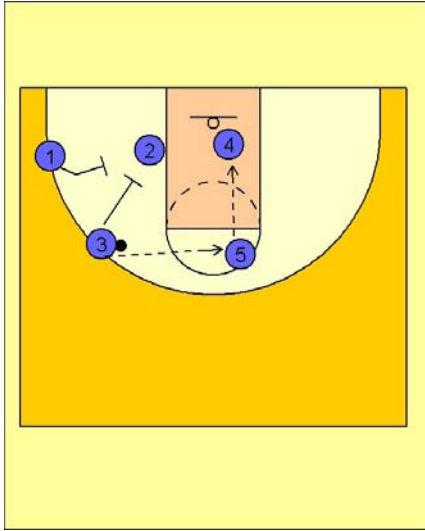


Corner Entry

As soon as #2 passes the ball to #4 on top he cuts through underneath the basket to the low left block. #4 reverses the ball to #3 on the left side of the floor and then receives a back screen from #5. #3 looks to throw the lob pass to #4 if he is open.

Transition

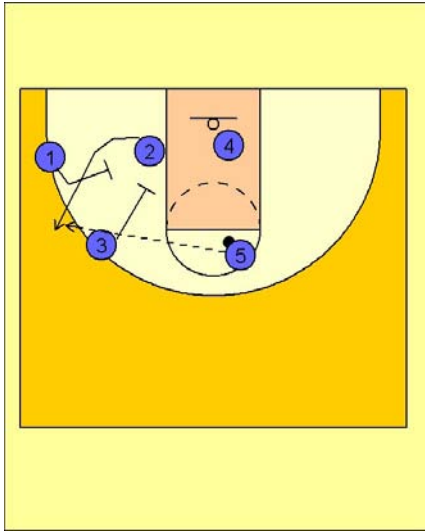
Corner entry (pass)



4

Corner Entry

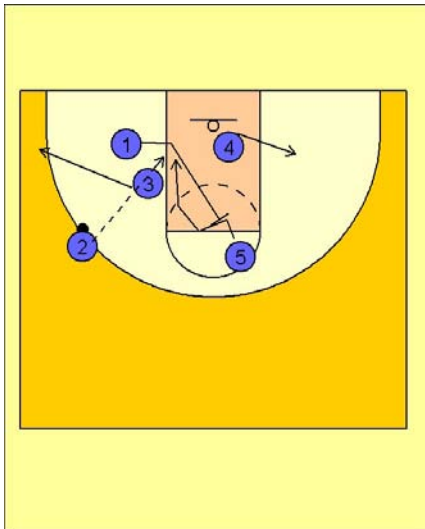
If #4 is not open, #3 will pass the ball to #5, who has stepped out after back screening. #4 is taught to attack the rim on the lob, regardless of whether or not he will receive the lob pass. This aggressiveness will force the defender to move to the basket area to stop the lob pass. This will allow #4 to seal with good post position under the basket and receive the post entry pass from #5 on top.



5

Corner Entry

While #4 is posting up, #1 and #3 are setting a double down screen for #2. This action will take away any weakside help that might try to sink in on the post player #4. #5 would then look to hit #2 for the open jumper on the left wing.



6

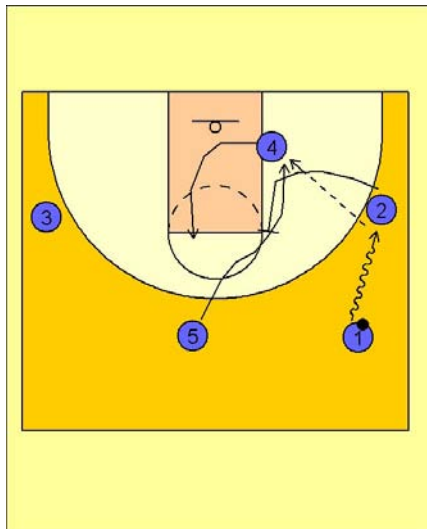
Corner Entry

If #2 does not have a shot, the low man in the double screen, #1 in this diagram, sets a diagonal back screen for #5. #2 would then look inside to #5 on the left low block.

If that was not available, we would either run our motion offense, our 1-4 offense, or a set play.

Transition

Corner entry (dribble entry)



Corner Entry (Dribble Entry)

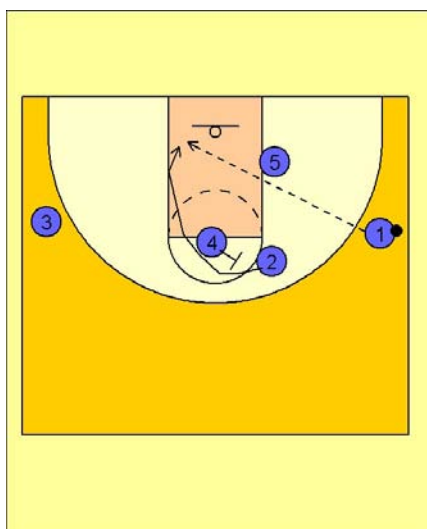
1

This is an effective corner dribble entry option. It is important that #1 physically "wave out" #2 so that he knows to execute the dribble entry play. Later we will show you an option when the point guard does not "wave out" #2 and instead dribbles at him to execute a dribble hand-off with #2. But that is later....this is the dribble entry waving out #2.

#1 dribbles at #2 on the right wing. #2 clears out towards the lane as #4 also steps away and up to the free throw line opposite elbow area.

#2 now moves up and sets a back screen for #5 cutting to the low block. This is an effective screening action, especially if #2 and #5's defender decide to switch the screening action, putting a smaller defender (#2) on the post player (#5).

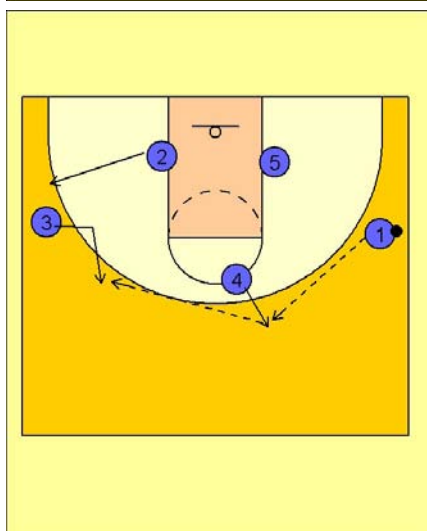
#1's first look is to #5 on the right low block.



Corner Entry (Dribble Entry)

2

Once #2 sets the back screen for #5 he immediately takes a back screen from #4 and cuts to the back side of the lane looking for the lob to the basket.



Corner Entry (Dribble Entry)

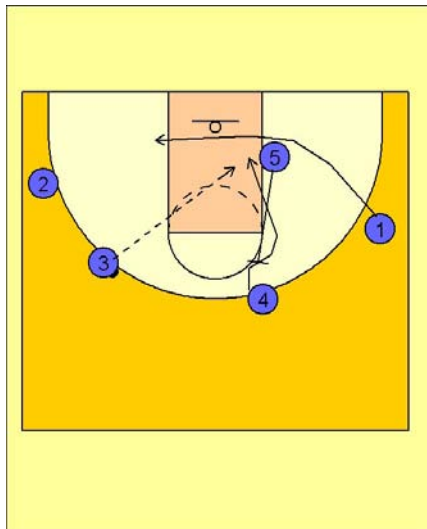
3

If #2 is not open for the lob, #4 breaks out to the top after back screening while #2 breaks out to the left wing area.

#3 times his v-cut to get open for the ball reversal pass from #4.

Transition

Corner entry (dribble entry)

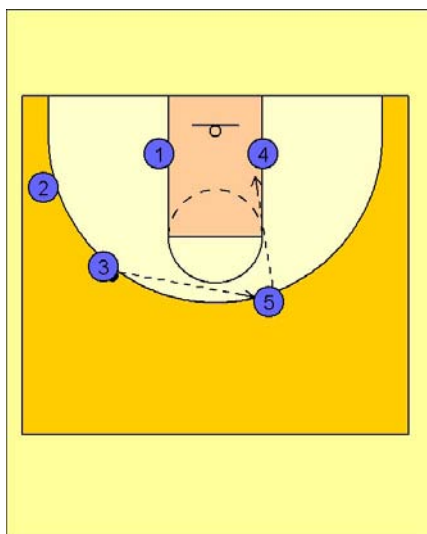


Corner Entry (Dribble Entry)

As soon as #1 passes to #4 on top he cuts through the lane underneath #5 and over to the ball side low block.

As #1 cuts through #5 is moving up to set a back screen for #4. #3 can look to hit #1 cutting to the low block, but his primary look is to #4 cutting to the basket for the lob pass.

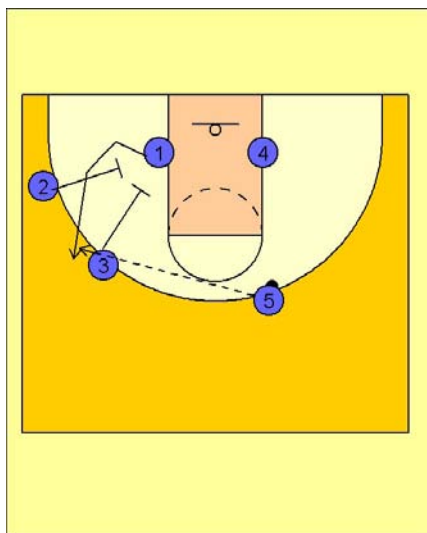
4



Corner Entry (Dribble Entry)

If the lob to #4 is not available, #5 steps out after back screening and receives the pass from #3. He then looks to enter the ball to the post player #4.

5



Corner Entry (Dribble Entry)

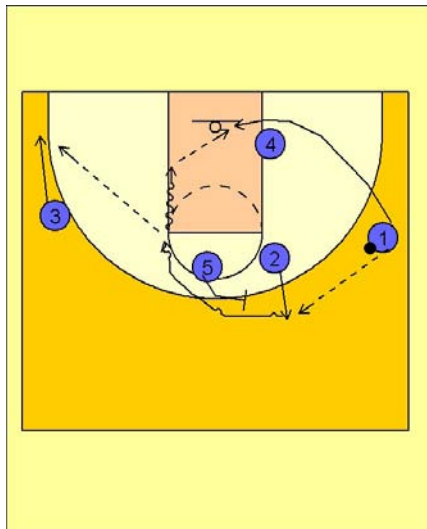
While #4 is posting up, #2 and #3 are occupying the weakside defenders by setting a double down screen for #1. #5 looks to hit #1 for the open jumper on the left wing if he is open.

6

Transition

Corner entry (dribble entry)

7



Corner Entry (Dribble Entry)

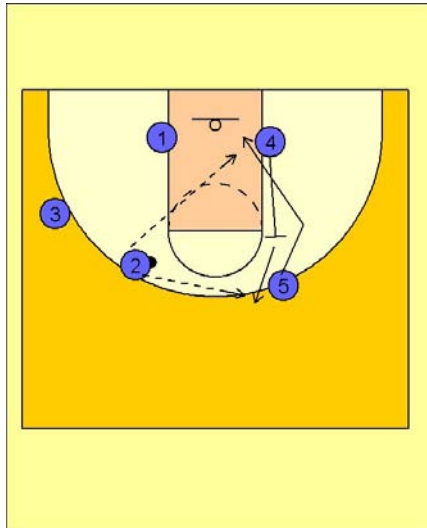
Another great option off of this dribble entry play is for #2 to not use the back screen for the lob in the beginning, but instead, pops out and receives the ball from #1.

It is VERY IMPORTANT to note. #2 must not "fake" like he is popping out to catch the pass on top and then take the back screen for the lob. This will cause confusion for #1 passing the ball and will most likely end up in a turnover. SO...the important rule to tell #2 in this case, if he is going to pop out to catch the ball, then pop out. If he is going to take the back screen for the lob, then take the back screen....there is no in-between.

#5 is already in position to set a nice and quick ball screen for #2. #2 comes off the ball screen hard looking to get in the open lane for a score or a potential drive and kick out to #3 on the left wing.

As in the last option, #1 passes to #2 on top and then cuts through the lane to the left low block.

#2 will have time to get in the lane to score before #1 gets inside, infact, #2 may also look to dump off to #1 cutting through the lane if his man moves up to help on #2 penetrating in the lane.



8

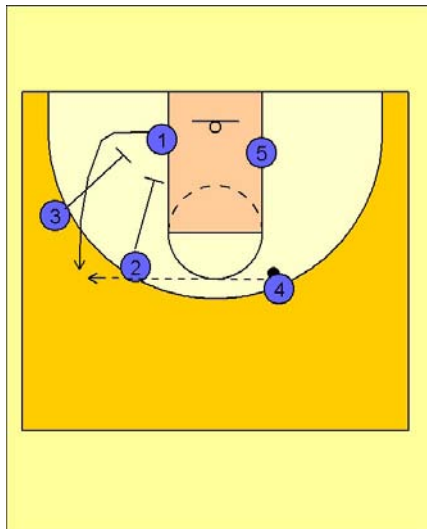
Corner Entry (Dribble Entry)

If #2 does not have a scoring opportunity, #4 moves up to set a back screen for #5 on the opposite side of the floor. #2 looks to throw the lob pass to #5. If #5 is not open, #4 pops out after back screening to receive the pass from #2.

Transition

Corner entry (dribble entry)

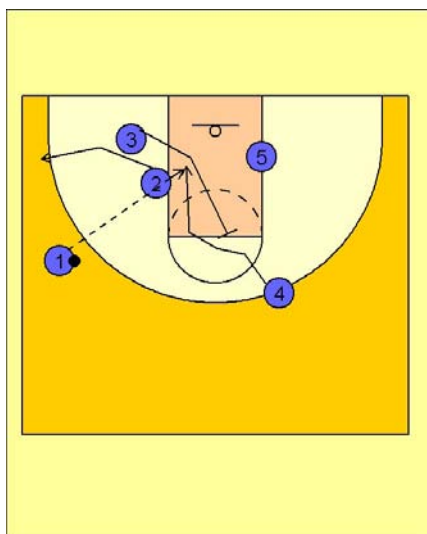
9



Corner Entry (Dribble Entry)

As in the previous option, #5 posts up while #3 and #2 double down screen for #1 on the left low block, occupying the weakside defenders. #4 can pass inside to #5 or hit #1 coming off the double down screen.

10

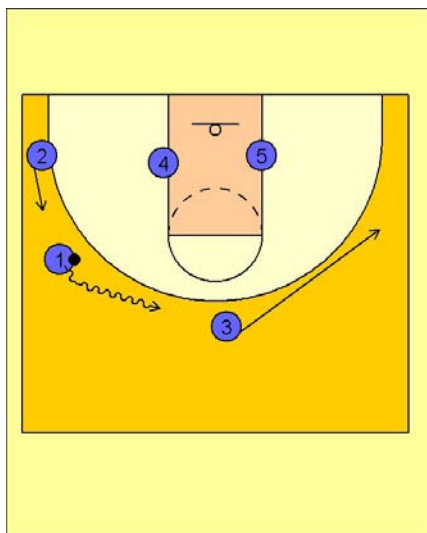


Corner Entry (Dribble Entry)

The play concludes the same way as our corner entry with #3 setting a diagonal back screen for #4 and #2 popping out to the left wing area.

#1 look to hit #4 cutting to the ball side low post.

11

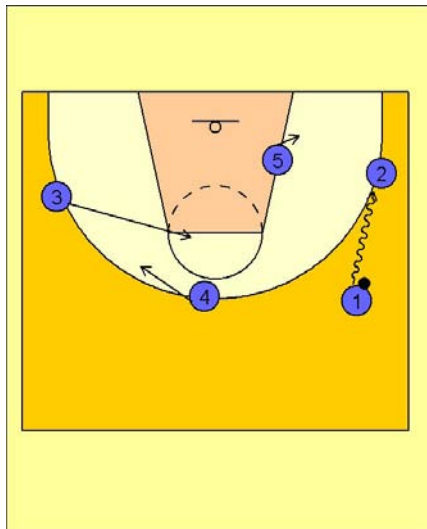


Corner Entry (Dribble Entry)

If #4 is not open, #1 looks to center the ball on the dribble while #2 and #3 shape up on the perimeter and complete the series with either motion offense, passing game or a set play.

Transition

Corner entry (hand-off)



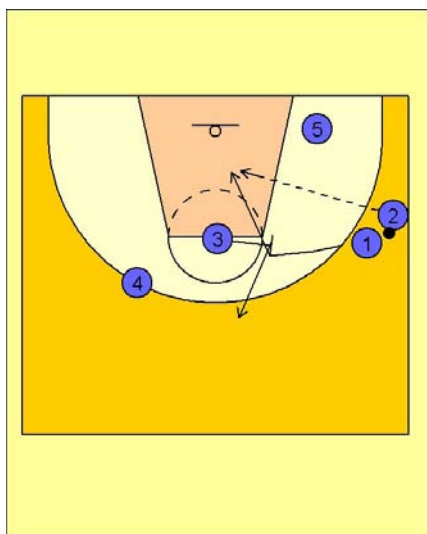
Corner Entry (Hand-off)

1

When post player #5 notices that #1 is not passing the ball to the wing or on top and instead is moving in the direction on the dribble towards #2 (without "waving" #2 out), #5 will then post up on the ball side low block area, recognizing the "hand-off" option.

#1 dribbles at #2 and hands the ball off to #2.

#3 recognizing the dribble hand-off flashes into the high post calling for the ball.

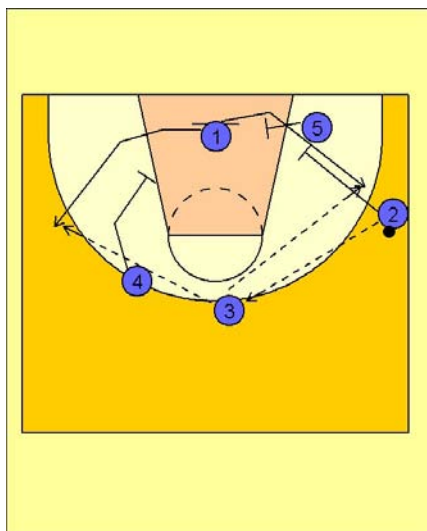


Corner Entry (Hand-off)

2

Once #1 gives the ball to #2, #3 continues his movement toward the ball and sets a back screen for #1 at the freethrow line right elbow area.

#2 then looks to throw the lob pass to the cutting #1 while the screener, #3, steps out on the perimeter.



Corner Entry (Hand-off)

3

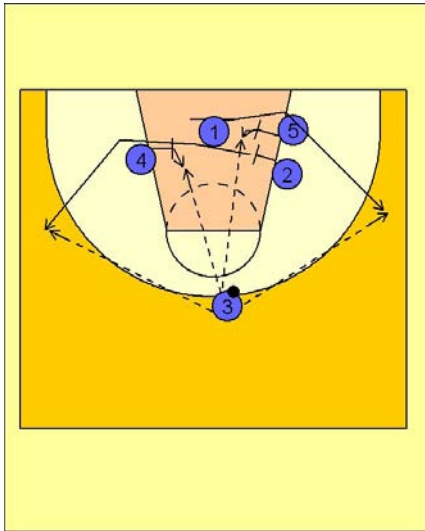
If #1 does not receive the lob pass from #2, #2 hits #3 popping out on top after screening for #1.

#1 is now at the basket area looking to use a single down screen on the left side from #4 or a double or double staggered down screen from #5 and #2.

Transition

Corner entry (hand-off)

4

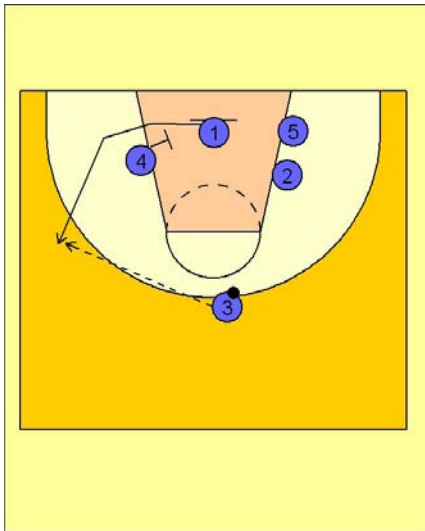


Corner Entry (Hand-off)

If #1 uses the double screen on the right side of the floor, #2 would then cut off the single screen on the left side as soon as #1 came off their double screen.

#5 and #4 would look to step in and post up once the shooters came off their respective screens.

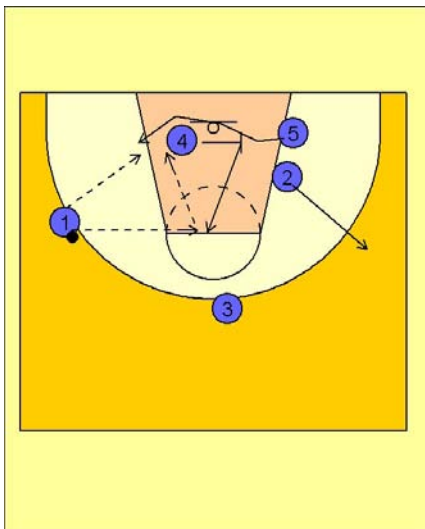
5



Corner Entry (Hand-off)

If #1 decides to use the single screen on the left side of the floor #1 will make the entry pass on the left side to #1.

6



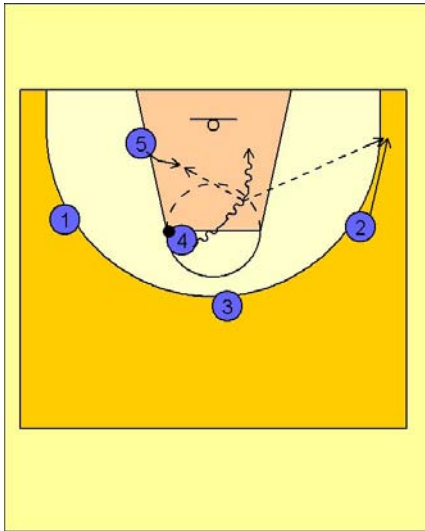
Corner Entry (Hand-off)

#4 would continue his screening action across the lane and screen for #5 and then pop to the high post. #1 would look to enter the ball inside to #5 or to #4 in the high post for the high / low entry to #5.

Transition

Corner entry (hand-off)

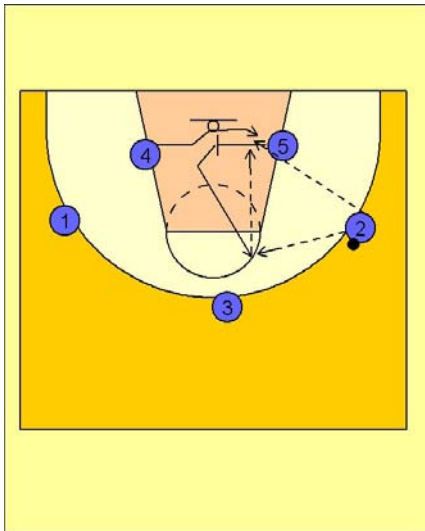
7



Corner Entry (Hand-off)

If #4 receives the ball in the high post he also has the option to attack the basket on the right side with the dribble. There is no help side defense. If #2's defender comes over to help you will have a nice drive and kick out to #2 on the right wing / corner area for an open jump shot.

8

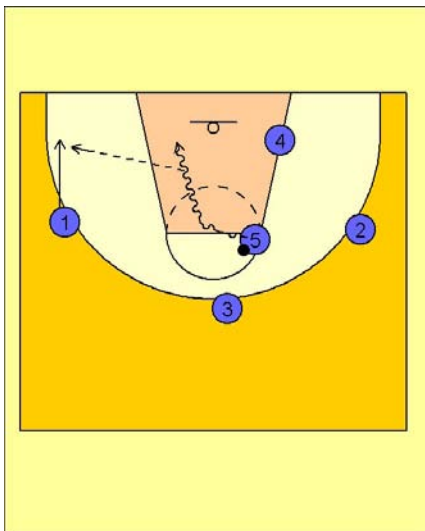


Corner Entry (Hand-off)

The same action would be duplicated if #2 received the ball on the right wing.

#5 would now screen across for #4 and then flash back to the high post. #2 would look inside to #4 or to the high post player #5. #5 would then look to make the high / low entry pass inside to the pinning and sealing #4.

9



Corner Entry (Hand-off)

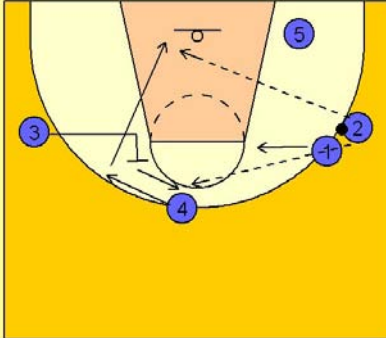
#5 would also have the option to put the ball down to the cleared out side of the floor to score or drive and kick out to #1 on the left wing.

Transition

Corner entry (hand-off)

10

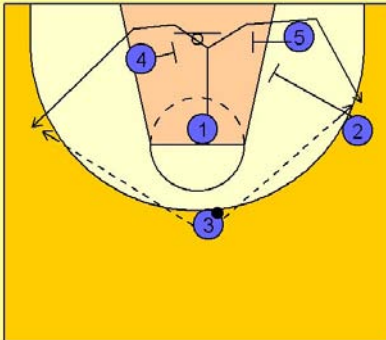
Corner Entry (Hand-off)



Another option at the beginning of this play is for #3 to occasionally stop short and screen the post man #4 for the lob. You may catch them napping thinking either #3 is flashing to the high post to catch the ball or that he is coming in to screen as in the past for #1.

11

Corner Entry (Hand-off)

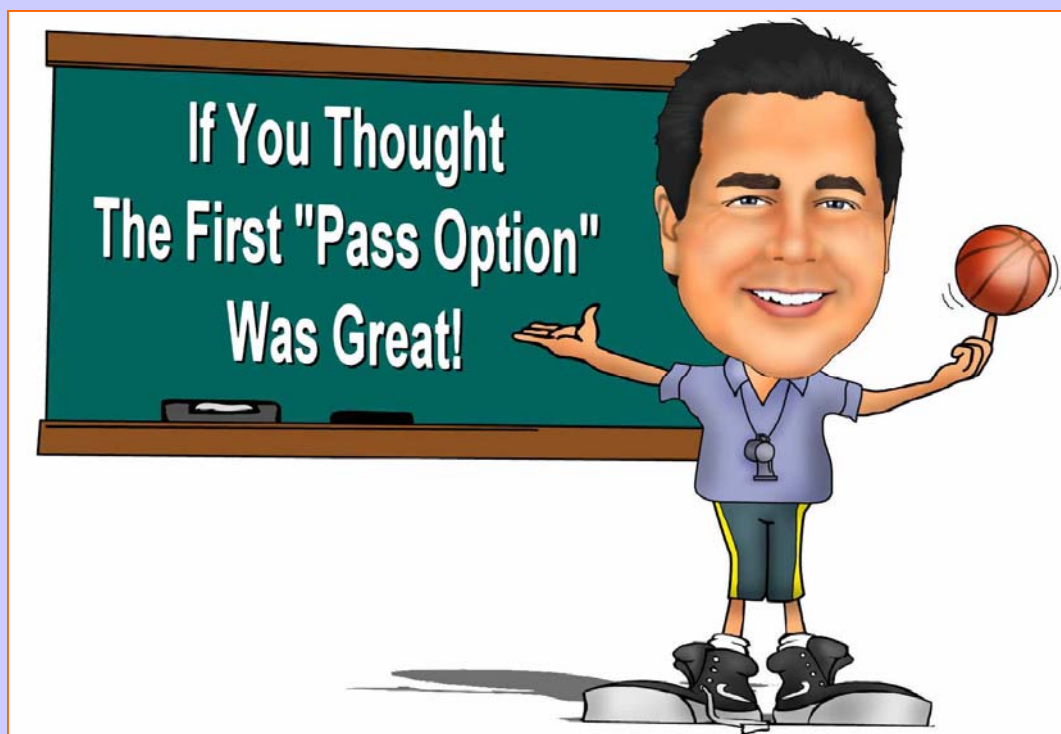


The play would continue as usual if #4 did not receive the lob pass. #1 continued his cut into and down the lane and then would have #4 set up on the left side for the lob pass and #5 and #2 setting up their double staggered screen on the right side of the floor.

The Pass Option Offense

VIII. Secondary Break

(Trailer Entry Pass Option)



Our next “pass option” involves the trailing post man. This player is almost always left open (because of a supposed lack of perimeter shooting from big men) for the point guard to reverse the ball. If your trailing post man has the ability to shoot the 3-pointer, than this offense has just been shifted into overdrive!!

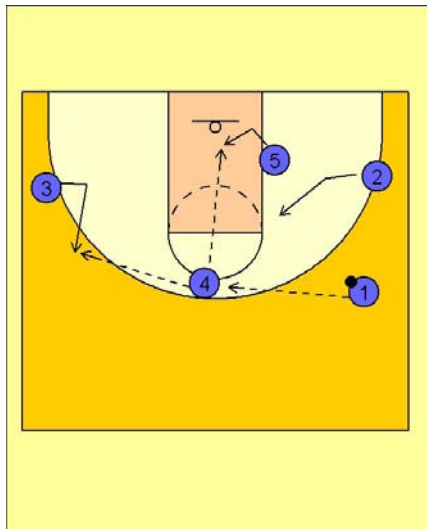
Should the post player be denied when trying to make the trailer entry pass, I have included a counter option. In addition, I have also provided you two options on this trailer entry pass.

For years I was using the back screen for the post player on the perimeter post player ala North Carolina. I found it not only an effective play but a very easy transition into our 1 – 4 high continuity offense. However, after one season of professional basketball and a 24 – second shot clock, I felt I needed another option that didn’t lead us into the 1 – 4 as often, because of the time needed to fully execute that offense. With that said, I have included an additional trailer entry option for you. Let’s take a look...

Transition

Trailer pass entry

1



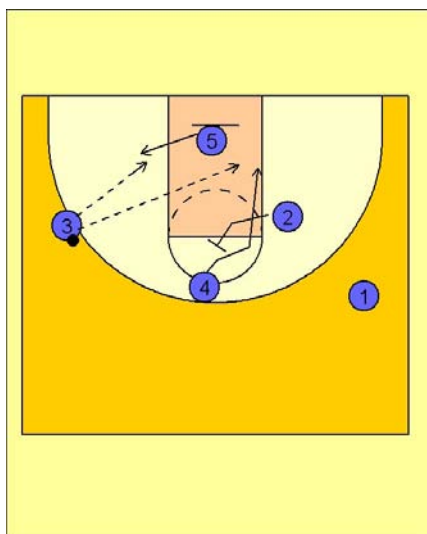
Trailer Pass Entry (Back Screen)

#1 brings the ball up the floor and decides to make the trailer pass to #4. It is an important teaching point to make sure the point guard does not get in the habit of picking up the basketball AND THEN trying to find someone open. He must first find an open player and then pick up the ball and make the pass. He should avoid at all costs stranding himself without a dribble.

#1 makes the trailer pass to #4 on top. #5 ducks in the paint and looks for the high / low pass from #4. On the pass from #1 to #4, #2 starts to move into the lane area, slowing up around the right freethrow line elbow.

#4, if he can't get the ball inside to #5, will reverse the ball to #3 on the left wing.

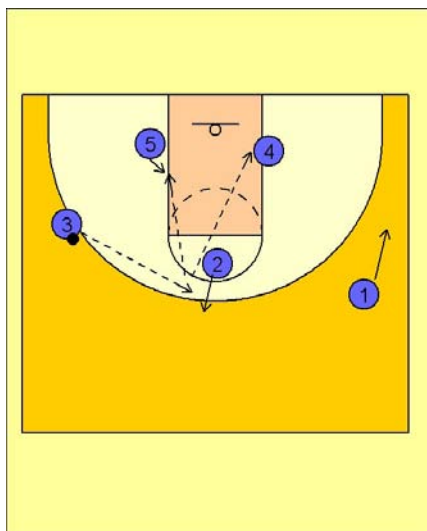
2



Trailer Pass Entry (Back Screen)

#5 follows the ball across and tries to post on the left block. #2, on the pass from #4 to #3 steps in and sets a back screen for #4. #4 cuts to the basket for the lob. #3 either feeds #5 inside or hits #4 for the lob.

3



Trailer Pass Entry (Back Screen)

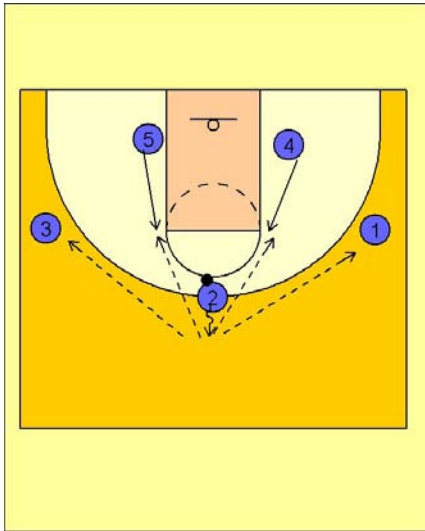
#2 then steps out after back screening and looks to catch and shape up quickly with the ball for a potential shot, especially if his man went to help on the lob to #4.

If #2 does not have a shot, he can look inside quickly to #4 or #5 trying to seal in the post.

Transition

Trailer pass entry

4

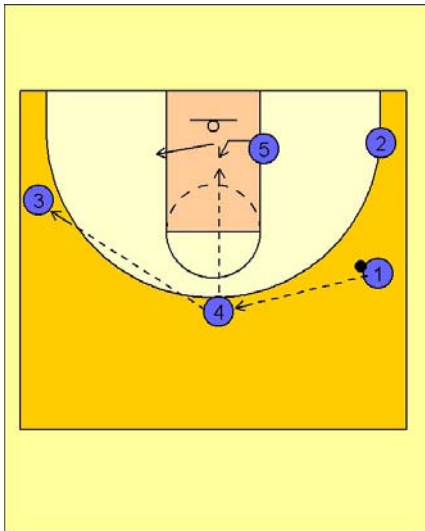


Trailer Pass Entry (Back Screen)

#2 then backs the ball out and we execute our set continuity offense from here, the 1-4 high offense.

I suggest you either use the 1-4 offense or insert your favorite continuity offense in this spot. It should not be a problem getting into it from where the player are located after the initial lob to #4.

5



Trailer Pass Entry (Double Screen Away)

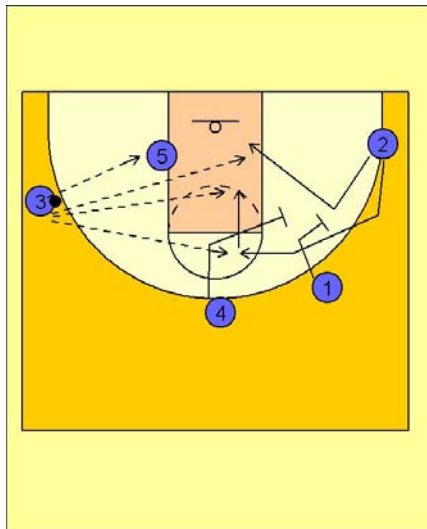
Here is another option you may want to use instead of the back screen on the post for the lob. This may be more effective if you are not planning on using the 1-4 high offense as part of this system.

Here we see #4 make the trailer entry pass to #5. #5 follows the ball across as usual looking for the post up opportunity inside. #4 reverses the ball to #3 on the left wing.

Transition

Trailer pass entry

6



Trailer Pass Entry (Double Screen Away)

Once #3 has the ball, #5 posts up hard on the left low block.

#4 and #1 set a double screen away for #2.

#2 has a couple of options:

He can fake low and come off high over the screen looking for the perimeter jump shot.

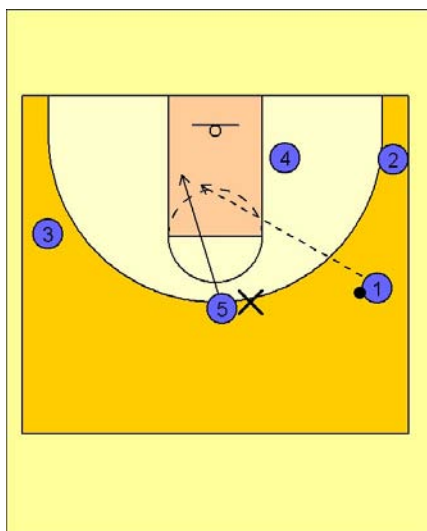
He can come over the top and look to curl down the lane if the defense is trailing him.

He can also fake high and cut low towards the basket for the back door pass and lay-up.

#5 has plenty of room to operate in the low post as the three back side defenders are occupied with the screening action on #2.

Teaching Point: make sure the screen is set high and that #2 does not cut down to the lane and then over the top of the screen. This will eliminate one of his options (the cut back door). Keep the double screen high and have #2 attack the screen high and then cut high or low off the double screen.

From here we would run right into our "32", "41" or "50" motion offense.



7

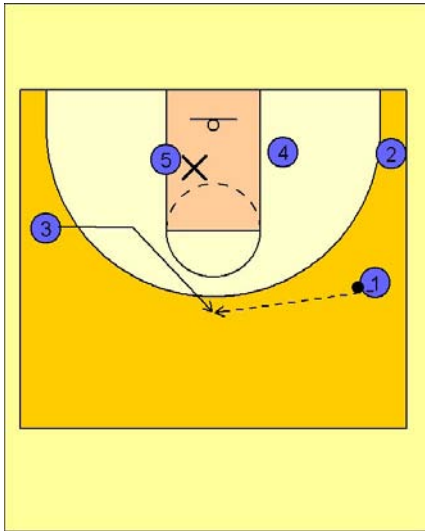
Trailer Pass Entry (Trailer Denied)

Anytime the high post player is denied when you are trying to execute the trailer entry pass, the post player, #5 in this diagram, should immediately back cut to the basket looking for the back door pass from #1.

Transition

Trailer pass entry

8

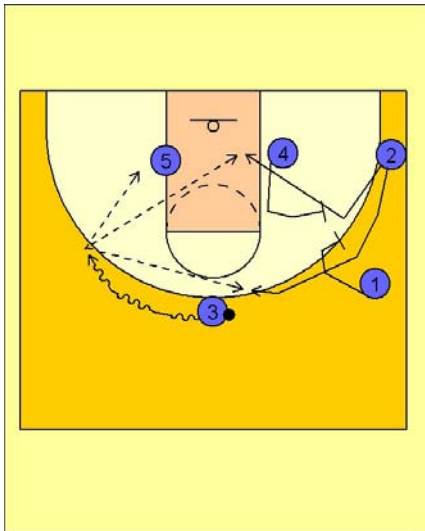


Trailer Pass Entry (Trailer Denied)

The opposite wing must be alert and recognize the back cut and immediately fill the top of the key area once occupied by #5.

Teaching point: #3 must make a good v-cut to get open in the top of the key area. If he just "floats" up to the top that pass will be denied as well.

9



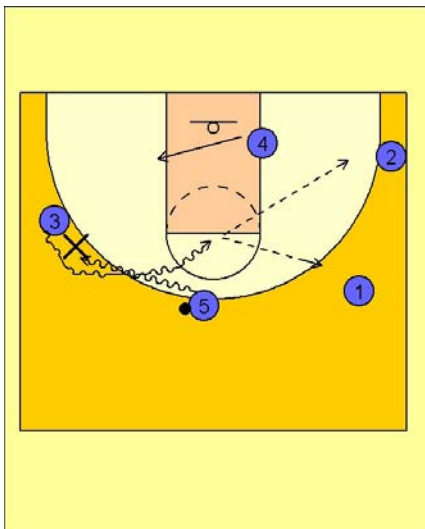
Trailer Pass Entry (Trailer Denied)

Once #3 has the ball, he will take the ball on the dribble quickly to the left side of the floor looking to post up #5 on the left low block.

At the same time, #1 and #4 are setting up a double screen for #2 on the opposite wing area.

#2 may fake low and come off high over the top of the screen for the shot, or, he can fake high and cut back door for the lay-up.

10



Trailer Pass Entry (Wing Denied)

Whenever the wing man is denied and the trailer man cannot reverse the ball to the wing we immediately execute a dribble hand off.

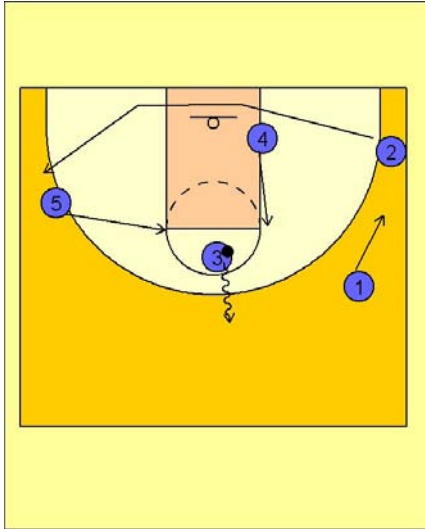
Here we see #3 denied on the left wing. #5 recognizes this and dribbles at #3 and executes a dribble hand off.

#3 takes the ball hard off the hand off and tries to get in the lane for a scoring opportunity or kick out for an open shot.

Transition

Trailer pass entry

11



Trailer Pass Entry (Wing Denied)

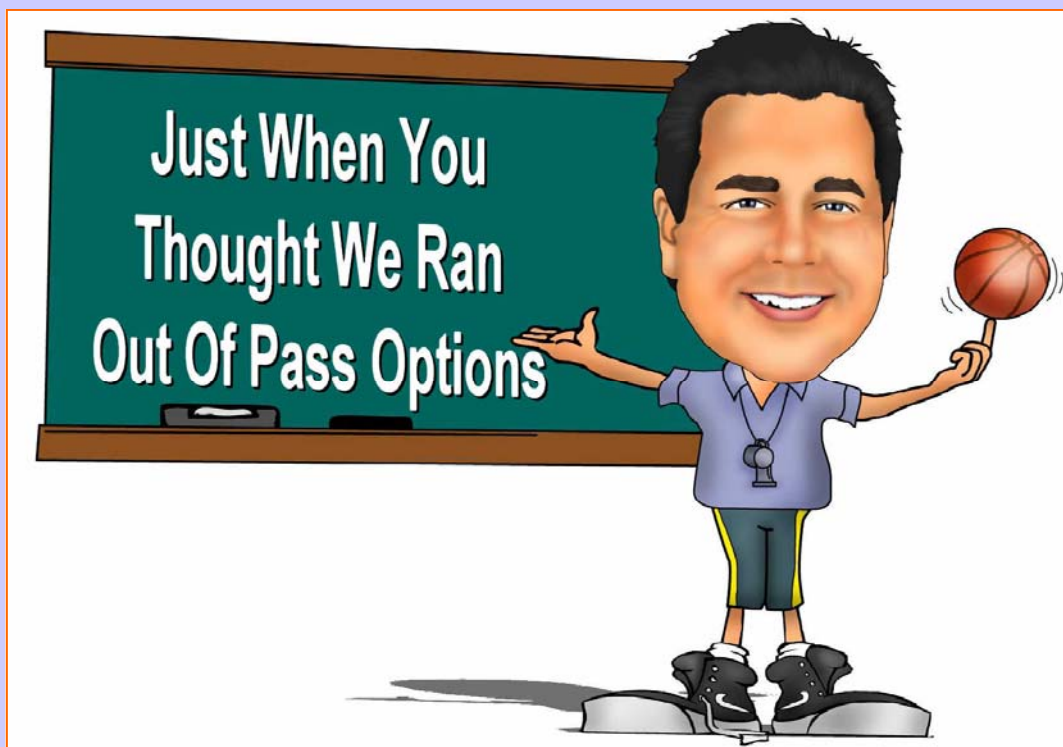
#3 keeps his dribble alive if he cannot score and backs the ball out. If he lost his dribble he would throw the ball to #1 and #1 would back it out to the top.

From here we are going to hustle into our 1 - 4 alignment position. If you choose not to run the 1-4, you could simply start your motion offense or your favorite continuity offense from here.

The Pass Option Offense

IX. Secondary Break

(Skip Pass Option)



There is no question that a key ingredient in the success of this offense is having a point guard who cannot only make good passing decisions on the break, but also know when to mix up the passes so as to avoid predictability.

Our next (and last) “pass option” involves the point guard finding the opposite wing player across the court, usually early on in the primary break. This skip pass gives you a unique and quick way to get one of your best shooters (hopefully your 2 or 3 man) a great perimeter shot or lay-up (post-up) opportunity.

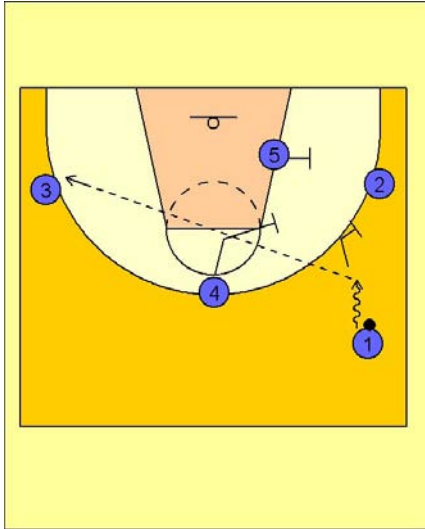
To be perfectly honest, you will probably find that this option is not used as often as the other options. However, you may want to remind your players to look for it during a time-out to catch the other team off-guard.

Let’s skip the ball and find out what happens next...

Transition

Skip pass entry

1

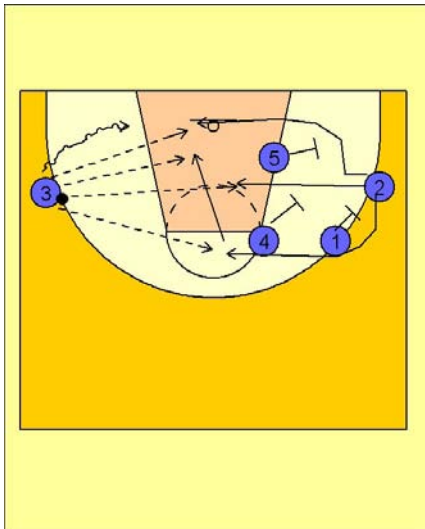


Skip Pass

The skip pass option is a rather quick and easy option that will allow for good action away from the basketball.

#1 skips the ball across to #3 in transition. That keys #4, #5 and #1 to set a triple screen for the shooter, #2.

2



Skip Pass

#2 has several options coming off the triple screen. He must read the defense and make the best selection and either:

- fake high and cut underneath the basket
- fake low and come off high over the top
- fake high or low and cut through the middle

The three screeners have to become "head hunters" and find the defenders and make good body contact on the screens.

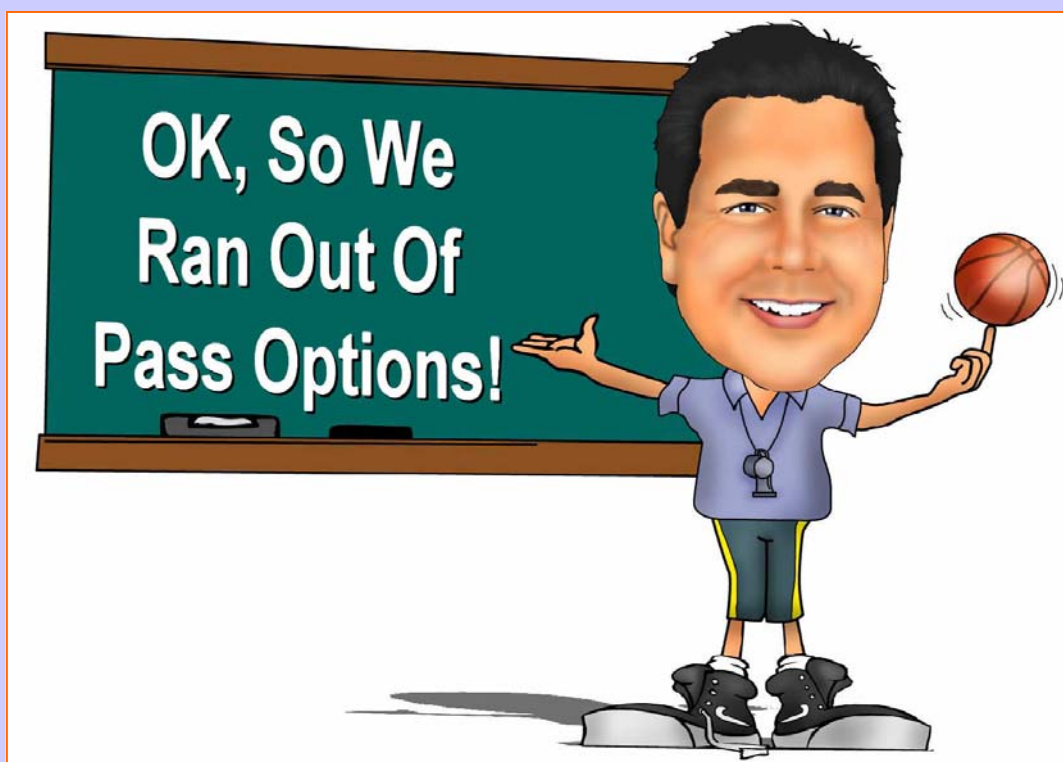
This triple screening action also occupies the weakside defenders, allowing #3 to put the ball down and attack the basket.

From here we would either go immediately to our motion offense (with no back-out, just start screening and moving), OR, back the ball out and call a set play.

The Pass Option Offense

X. Secondary Break

(Trailer Ball Screen / No Pass Option)



Now what, no more pass options to make. Do we have any other tricks up our sleeve? You bet we do! Our last option doesn't use a pass to key this series; in fact, it uses the lack of an available pass to start it.

When crossing half court the point guard realizes two things: 1) The corner entry, trailer entry, and skip pass entry are not available, or 2) He feels the offense needs a change and wants to give the defense yet another look.

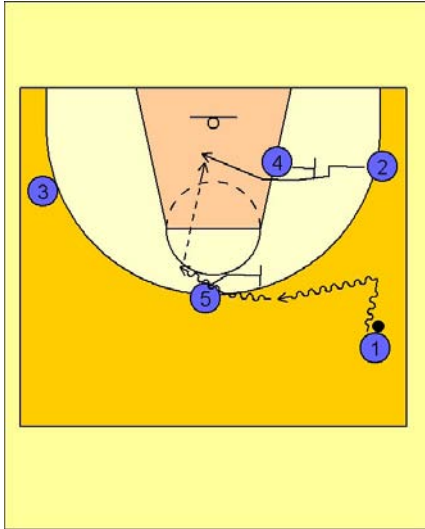
This series is keyed by eye contact and the dribble by the point guard. When the trailer man sees the point guard taking his dribble towards the middle of the floor directly at the trailer man, he (the trailer man #4 or #5), sets a ball screen for the point guard (#1) at or near the middle of the floor around the top of the key.

You are going to love this one!

Transition

Trailer ball screen entry

1



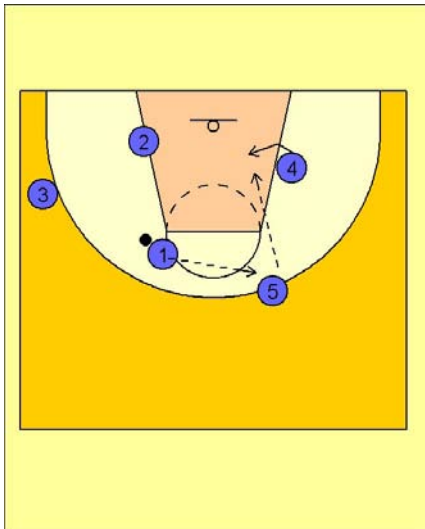
Pick and Roll with Trailer

#1 decides to turn his dribble towards the middle of the floor. #5 recognizes this running down the middle of the floor and comes over a bit to execute the screen and roll with #1.

As #1 is dribbling towards the middle, #2 is cutting in the lane off of a back screen from #4.

#1 comes hard off the ball screen looking to get in the lane himself and score or look to dump the ball inside to #2.

2



Pick and Roll with Trailer

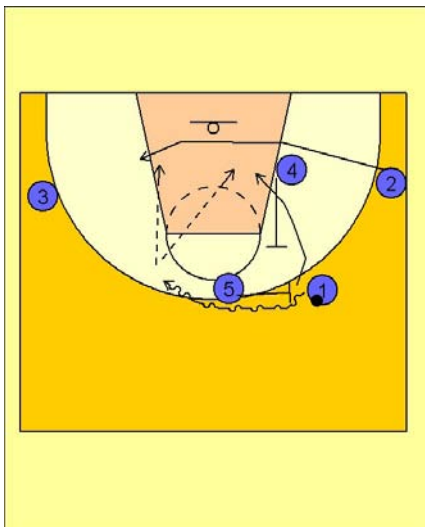
This is where we have made an adjustment on the Pass Option Offense in regards to the screen and roll.

We have felt that if #4 back screened for #2 and then tried to move up and back screen for #5, that it was too much screening and the timing is all screwed up for the second lob action.

So, to correct this we now tell the post player inside, in this diagram #4, either back screen for the wing player #2 or back screen for the post player on top #5, but DO NOT try and screen both players.

So, in this diagram #4 has just back screened for #2 and then quickly ducks in the lane for post up position. #1, who didn't have a scoring option off the initial pick and roll, will pass the ball back to #5 who will look to feed #4 inside.

3



Pick and Roll with Trailer

So, as a reminder, the low post player #4 has two options on the pick and roll on top. He either back screens the wing player #2 or he back screens the post player #5 on top, but not both.

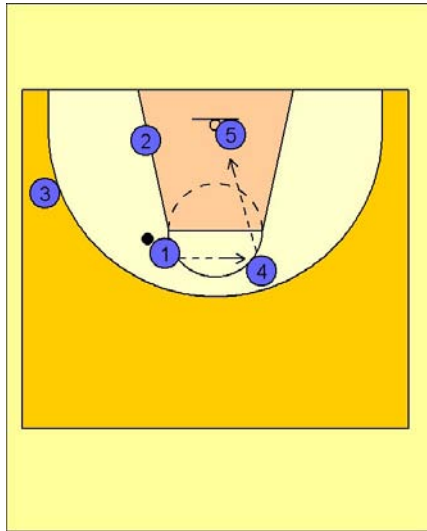
Here we see him decide to back screen the post player on the pick and roll. #2 will still cut through even though he was not screened.

#5 now turns and sees #4 coming up to back screen and cuts to the basket looking for the lob pass from #1.

#5's read is pretty easy. If he sees #4 inside then he should not cut to the basket for the lob, why should he, #4 is already there. If he turns and sees #4 coming up, that is his read to take the screen and go for the lob.

Transition

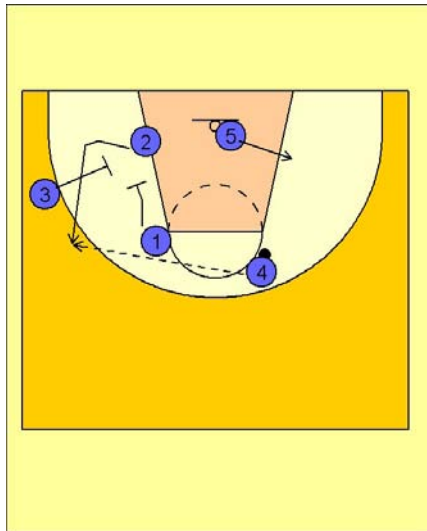
Trailer ball screen entry



4

Pick and Roll with Trailer

The offense would then continue as usual. #1 would kick the ball back to #4 on top who would try and get the ball inside to the pinning and sealing post man #5.



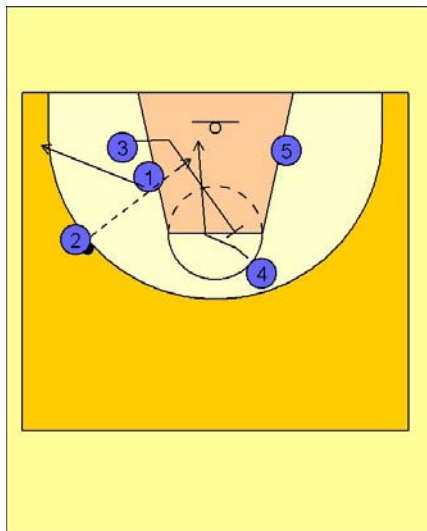
5

Pick and Roll with Trailer

While that post action is going on, #3 and #1 are setting a double down screen for #2 on the left block. This action will occupy the weakside defenders so that they cannot help in the post on #5.

#5 has to be aware of the 3-second count as well. If he does not get the ball after a 2-count he needs to step outside the lane.

#4 can then look to hit #2 coming off the down screen on the left side of the floor.



6

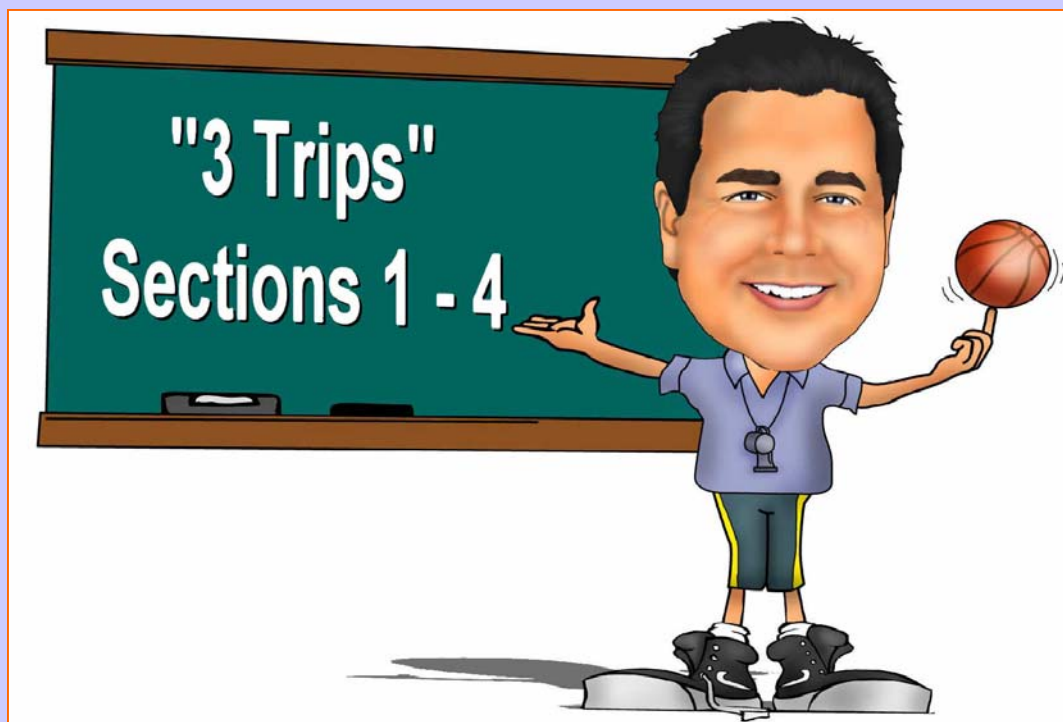
Pick and Roll with Trailer

If #2 does not have a shot, #1 steps out to the perimeter and #3 sets a diagonal back screen for #4 for the last option in the offense. From here you either run right into a good motion offense with cutting, spacing and screening, OR, back the ball out and call a set play. I prefer going right into a quick hitting motion offense without backing the ball out.

The Pass Option Offense

XI. Transition Breakdown Drills

(Step-by-Step, Drill-by-Drill, Trip-by-Trip,
Teaching The Pass Option Offense)



In the next four sections we will look at drills to teach this offense. The repetitive sequence of these drills each day in practice will lay the foundation for success in the Primary / Secondary Break – Pass Option Offensive Attack System.

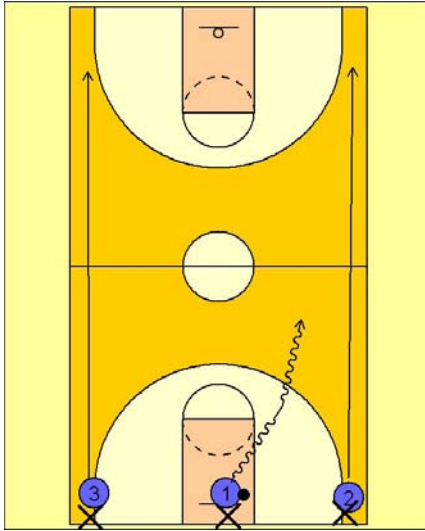
Each drill in the next four sections involves three lines with three players running three trips up and down the floor. They should be run quickly and in succession as to increase the “conditioning” factor involved.

The following series of “3 Trips” drills will start to develop the lane recognition, spacing, scoring opportunities, and passing options available in this system.

We will then progress to the “5 Trips” drill work at the end of this book that will put it all together.

Transition

Sec. 1 (3x - 3 pointer)



1

Section 1 (3 Trips - 3 Pointer)

This series of "3 trip" drills requires that you break the team up into groups of 3's and have them lineup under one basket.

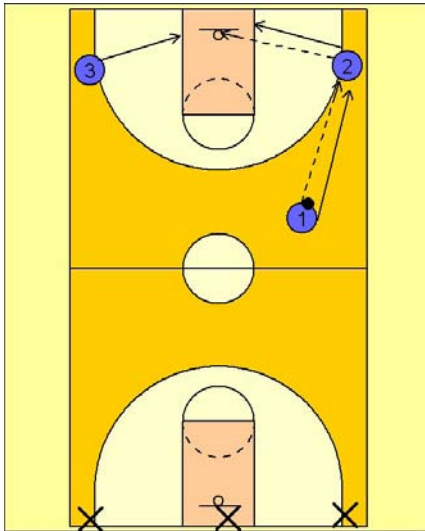
The drill last as long as the name suggests, 3 trips up and down the floor, with one trip being one length of the floor. So...up, back and up and the first group of three players are complete and the next three should be ready to go.

OK, so lets discuss what they will do in each of these 3 trip segments.

The first section is called 3 Trips - 3 Pointer. Each player is going to shoot a 3 point shot (feel free to have your post players move in a bit if they do not have the range).

First, as the coach you will determine what side of the floor the "3 trips" will be run on. We have chose the right side for this diagram.

#1 starts the drill by pushing the ball up the right sideline. #2 always runs the right side and #3 always runs the left side.



2

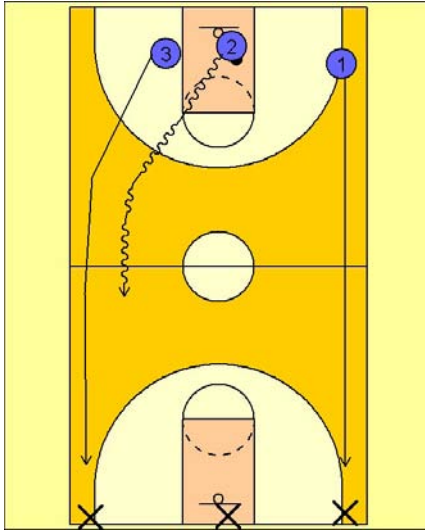
Section 1 (3 Trips - 3 Pointer)

Once #2 gets in a position to catch the ball for a good three point shot, #1 should have the ball in his hands. #2 should not have to wait. This is a key teaching point. The ball should always move faster than the players. If #2 runs hard to get open, #1 has to recognize it and deliver the ball in a timely manner so that #2 may get an open shot or drive opportunity.

#2 catches and shoots. #3 crashes the board on the left side and will tip in any miss if possible. #1 makes the pass to #2 and follows the pass in behind where #2 caught the ball.

Transition

Sec. 1 (3x - 3 pointer)



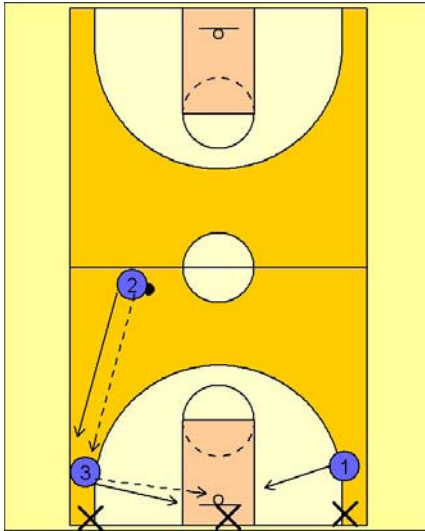
3

Section 1 (3 Trips - 3 Pointer)

The rule is on all but one of the "3 trips" drills is that the SHOOTER gets his own rebound and becomes the NEXT MIDDLE MAN.

#2 was the shooter so he pushes the ball up the court. #3 runs his lane hard and #1 runs the opposite lane hard getting down the floor looking to spot up and receive the next pass.

Since we predetermined the right side of the floor, #2 brings the ball up the right side of the floor.

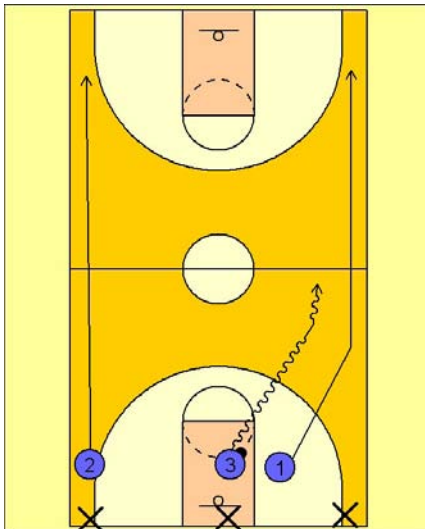


4

Section 1 (3 Trips - 3 Pointer)

As soon as #3 is ready to receive the ball, the ball should be delivered by #2. #1 now crashes the board looking to tip in any miss shot.

#3 follows his shot and becomes the next middle man while #2 follows his pass in behind the #3 man.



5

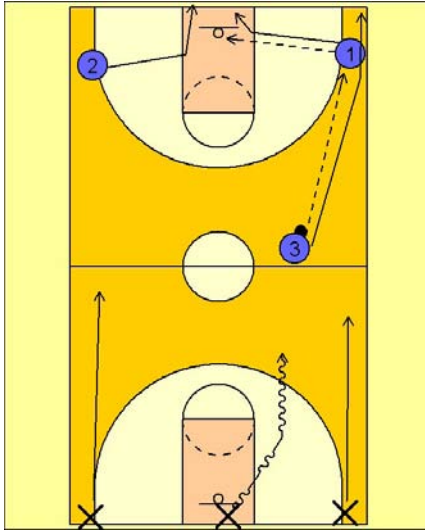
Section 1 (3 Trips - 3 Pointer)

#3 now pushes the ball up the right side while #1 and #2 run the wing spots at full speed. This is their third and final trip with this particular drill series.

Transition

Sec. 1 (3x - 3 pointer)

6



Section 1 (3 Trips - 3 Pointer)

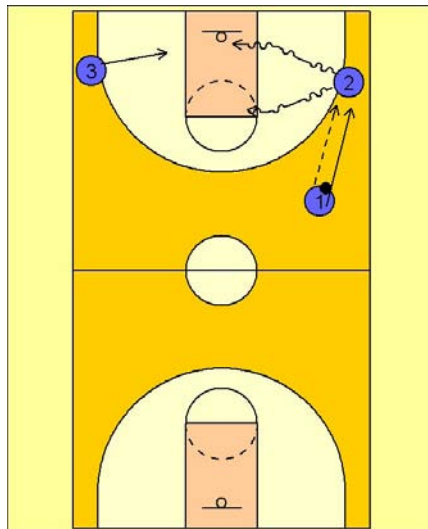
#3 passes to #1 for the shot. #2 crashes the boards and gets off the court with the ball. #1 follows his shot and gets off the floor. #3 follows in behind #1 and gets off the court.

The next group of three players are instructed to start their first series as soon as the ball crosses half court. They will do the exact same thing as the group before them did. Again, attacking the predetermined side, the right side. For the next practice you may want to work the left side of the floor.

Complete with the whole team going through once. When finished with their three trips they will line up under the basket waiting for everyone to finish. They will then be ready to attack in the other direction with another "3 Trips" drill series. We will now progress to "3 Trips - Shot Fake and Drive".

Transition

Sec. 2 (3x - sht fake & drive)



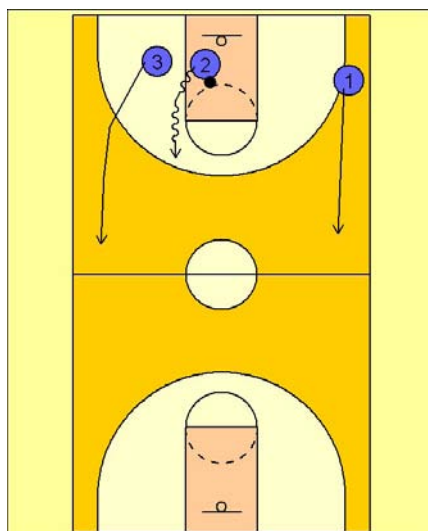
1

Section 2 (3 Trips - Shot Fake and Drive)

Here we see the next group started. It doesn't matter what end of the floor you start from, just as long as the entire team is lined up behind in groups of three.

Now we see #2 catching, making a good shot fake, and then driving the ball either to the basket for a two foot power lay-up OR he can drive the gap into the middle pulling up for the jump shot around the freethrow line elbow area.

As in the previous drill, #3 crashes the board for the offensive rebound and put back.



2

Section 2 (3 Trips - Shot Fake and Drive)

The shooter once again is always the next middle man. #2 gets the ball and pushes the ball up the right sideline.

#3 and #1 run their lanes hard looking to get down the floor for an open shot, drive attempt or lay-up. That should be their focus on every possession.

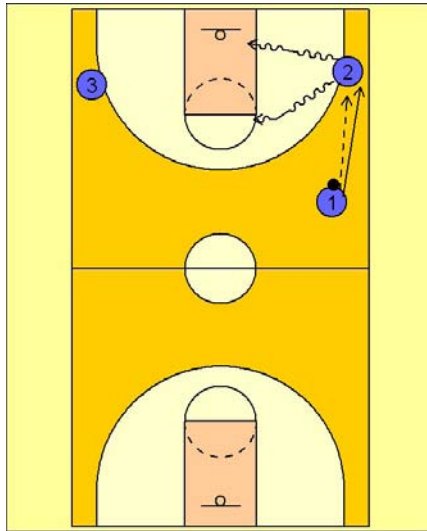
This rotation is continued two more times completing the three trips. With the shooter always becoming the next middle man, you will be assured of getting #1, #2 and #3 the opportunity to catch, shot fake, and drive.

When the entire team has completed the three trips (remember, the next three start when the group before them gets past half court on their third and final trip), we would then line up under the basket to begin our next series.

Next, "3 Trips" Shot Fake, Drive and Kick.

Transition

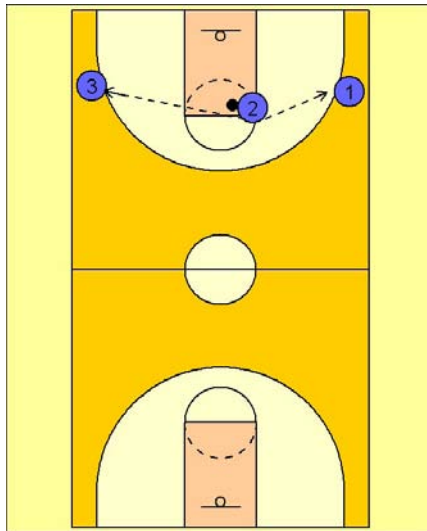
Sec. 3 (3x - sh. fk., dr. kck)



Section 3 (3 Trips - Shot Fake, Drive and Kick)

Our next trip involves the wing player catching the ball, making a good shot fake, and then driving into the gap either near the freethrow line elbow area or towards the baseline, then making a good two foot jump stop.

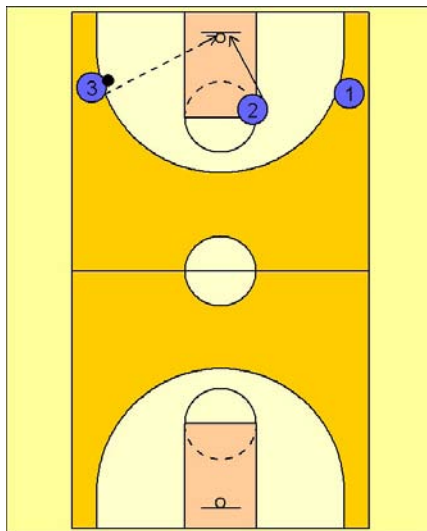
1



Section 3 (3 Trips - Shot Fake, Drive and Kick)

When the player gets to either the basket or the freethrow line elbow area; makes the two foot jump stop; they will then deliver a nice crisp kick out pass to either #3 on the left wing or reverse pivoting and passing to #1 filling in behind him on penetration.

2



Section 3 (3 Trips - Shot Fake, Drive and Kick)

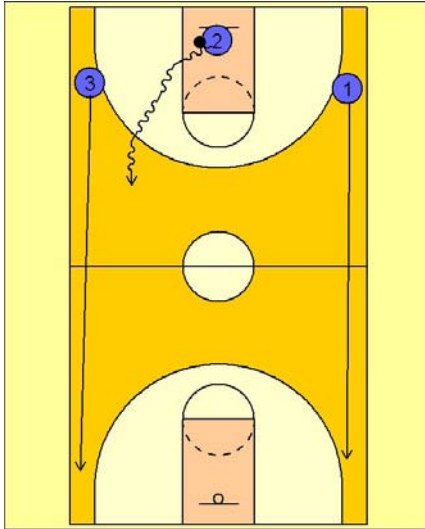
The rotation rules have to change on this drill and this drill only. Now the NEXT MIDDLE MAN will be the person who made the pass out. In this diagram, #2 passed out to #3. Although #3 takes the jump shot, #2 was the person who delivered the pass so #2 would be the next middle man.

3

Transition

Sec. 3 (3x - sh. fk., dr. kck)

4



Section 3 (3 Trips - Shot Fake, Drive and Kick)

#2 gets the ball and pushes the ball up the right sideline while #3 and #1 fill the lanes hard.

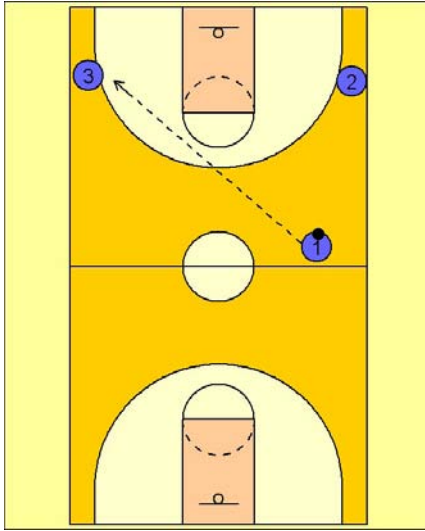
The group duplicates what was just completed. #3 catches and shot fakes and drives the gap either high or low. He would jump stop and then kick it the ball out to either #1 on the left wing or #2 filling in behind #3.

Since #3 delivered the pass, the next middle man bringing the ball up the floor for their third and final trip will be #3. The group waiting would start when the ball crosses the half court line of the previous group's third trip.

Because of the middle man's decision on who to pass to for the shot (he has two options) some players may get more than one shot on these three trips while others might not get any. Sounds like a real life game situation!!

Transition

Sec. 4 (3x - skip pass)

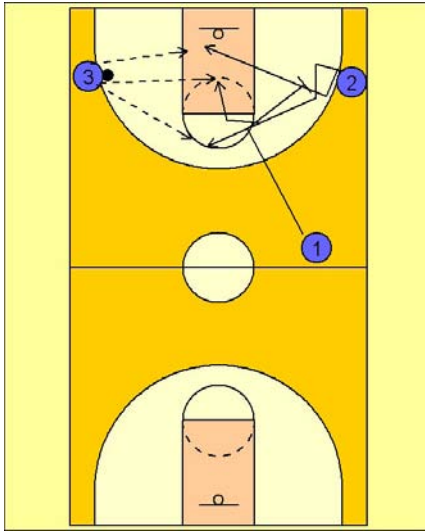


1

Section 4 (3 Trips - Skip Pass)

This is the final series in our "3 Trips" section.

Just after crossing half court the person with the ball, in this diagram #1, skips the ball across the court to the left wing player #3.

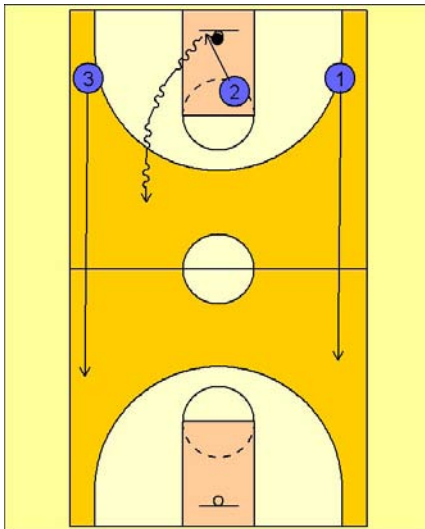


2

Section 4 (3 Trips - Skip Pass)

Once #1 passes the ball to #3, #1 sets a screen for #2 on the right wing.

#2 can either fake high and cut under the screen for a pass from #3 and a lay-up OR he can fake low and come over the top of the screen for the three point shot. #2 could also curl over the screen and cut to the basket if he wanted.



3

Section 4 (3 Trips - Skip Pass)

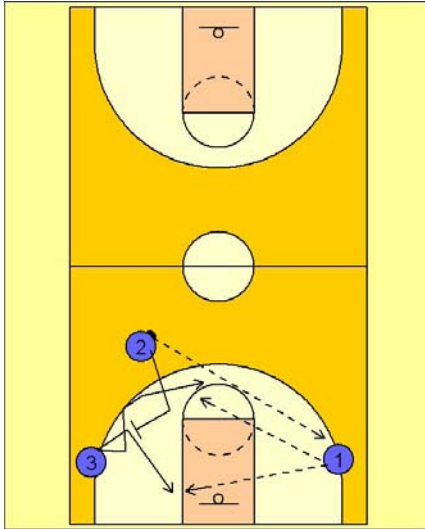
The old rule applies in this final "3 Trip" series. The shooter, #2, follows his shot, rebounds the ball and becomes the next middle man.

#2 pushes the ball up the right sideline while #3 and #1 fill their respective lanes hard.

Transition

Sec. 4 (3x - skip pass)

4



Section 4 (3 Trips - Skip Pass)

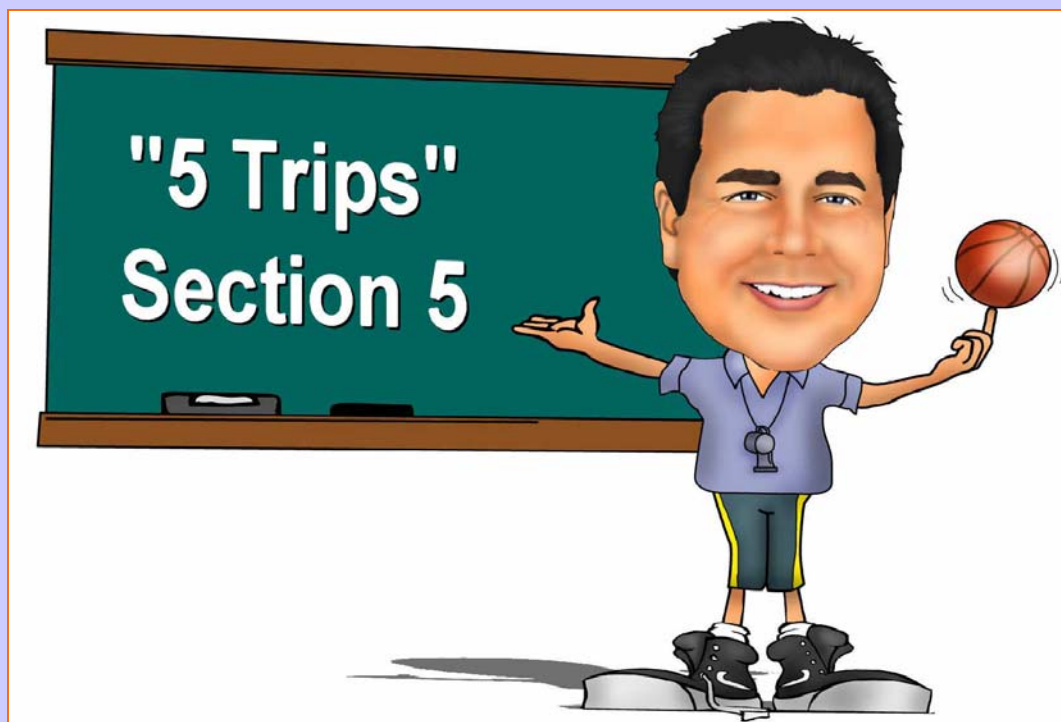
#2 skips to #1 on the left wing and screens away for #3 on the right wing. #3 executes the options off the screen looking to catch the ball from #1 and score.

The shooter, #3, would get his own rebound and become the next middle man for the third and final trip.

The Pass Option Offense

XI. Transition Breakdown Drills

(Step-by-Step, Drill-by-Drill, Trip-by-Trip,
Teaching The Pass Option Offense)



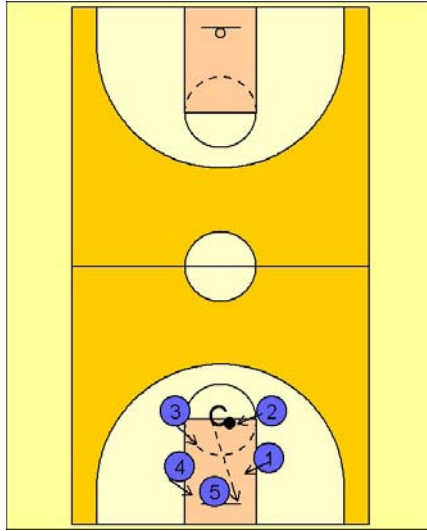
In this last section we will discuss the “5 Trips” drill used to teach all of the pass options of this offensive system. It is basically a simple system that is a progression from the “3 Trips” section you just completed.

For purposes of time and space in this manual, I will take you through the “5 Trips” drill using the corner entry “pass option”. On each of the five trips you will look for a different scoring option – first predetermined by the coach before starting the drill. Your players should already know each of the scoring options and the order they develop in the offense. Later, you can allow them to react only to the point guard’s pass and without predetermined knowledge of where the pass will be going.

This is not only a great way to repetitively teach the offense, but a great conditioner as well. Make sure to have 5 new players ready to start the next wave of “5 Trips”. You can add defense at anytime in your development of this system.

Transition

Sec. 5 (5x - corner options)



1

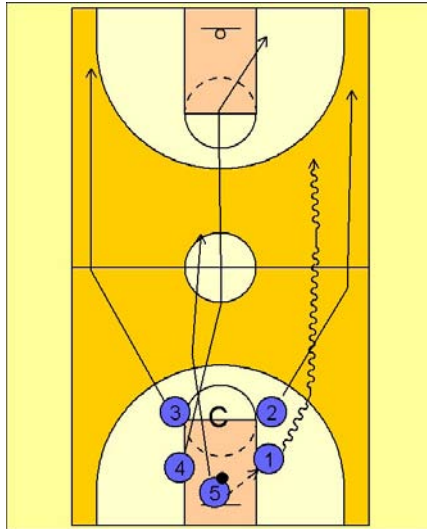
Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

This 5 Trip Series involves rehearsing the entire offense, one option at a time. You may want to work on one or more options per night or concentrate on just one - it's your choice.

Constant Rehearsal or Repetition - call it what you want - will greatly increase the chances of success in this offense.

Here we will break down the corner entry options using our "5 Trips" drill segment.

The coach either shoots a freethrow or throws the ball off the rim while the ENTIRE TEAM rebounds (remember, nobody leaks out).

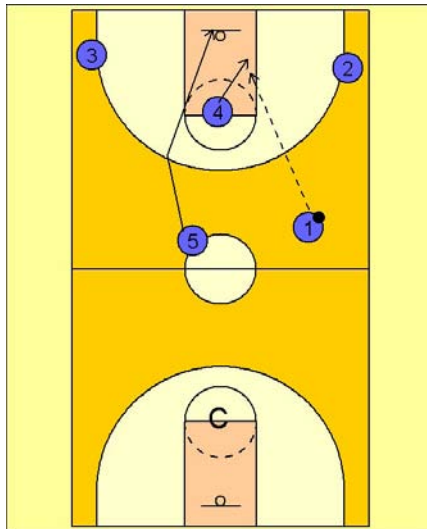


2

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

The point guard gets the ball quickly either by the person who rebounded it or by rebounding it himself.

Again, a side of the floor has been predetermined by the coaching staff. #1 pushes the ball up the right side of the floor while #2 always fills the right lane and #3 always fills the left lane. The first post man down the floor, #4, sprints down the middle of the floor to the ball side low block. The trailing post man, #5, follows along side of the ball up the floor.



3

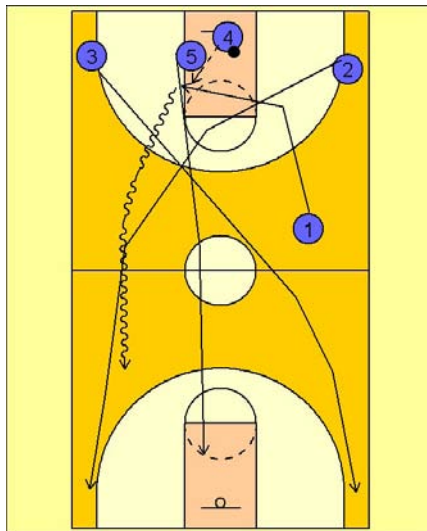
Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

The first trip down the floor we will look for one of our primary break options and hit #4 for the lay-up inside.

#5's rule is to always dive to the basket when #4 gets the ball. #4 shoots the ball with #5 crashing the boards to tip in any misses.

Transition

Sec. 5 (5x - corner options)

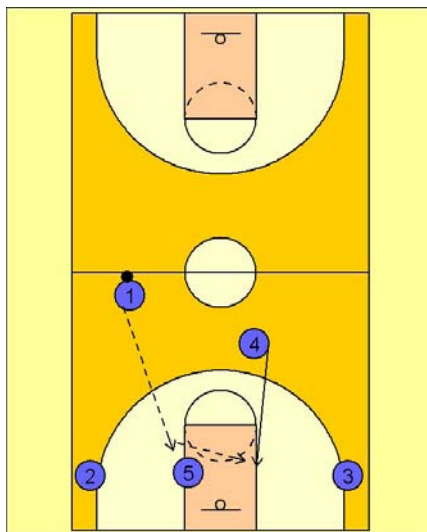


4

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

#4 or #5 get the ball out of bounds and into the hands of the point guard #1 as quickly as possible. #1 has come back to the ball. Remember to always stress to your point guard to come back and get the ball instead of racing down the floor looking for the long pass. This will usually end up in a turnover.

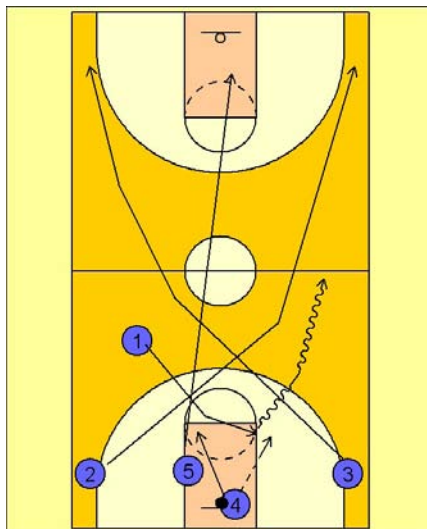
#2 sprints to the right lane while #3 sprints to the left lane. The other post player who did not get the rebound, #5, sprints down the middle of the floor and towards the ball side block.



5

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

This 2nd Trip we will hit the low post man #5 with a pass. #4, diving as expected, will now receive a pass from #5 for the lay-up.



6

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

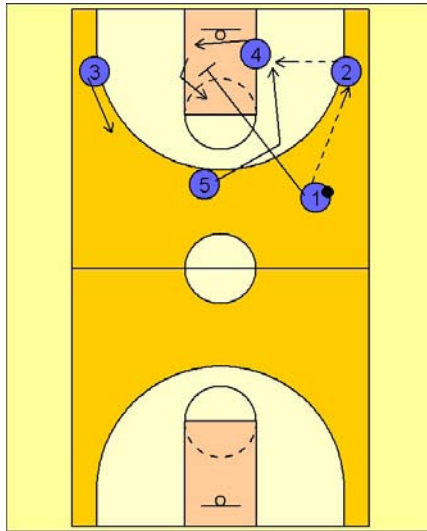
#4 gets the ball out of bounds and outlets to #1 coming back to the ball. #2 runs the right lane and #3 runs the left lane. #5 gets down the floor first and to the ball side low block while #4 trails the play along side the point guard.

Keep this in mind. #2 and #3 are not always crossing. You must remember this is 5 straight offensive trips, they will cross each time. In a game you have one offensive trip and then you are on defense. Once a shot is rebounded, depending on #2 and #3's location, will you then be able to determine if they should have to cross to get to their designated side. Sometimes they will, other times they will not.

I believe it is important to make sure they run their designated lane each time.

Transition

Sec. 5 (5x - corner options)



7

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

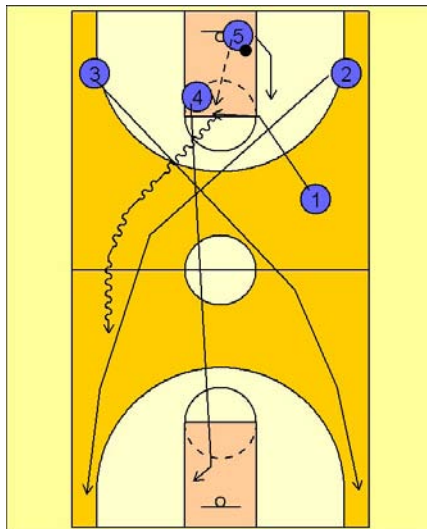
On our third trip down the floor, #1 will start the corner entry options by passing to #2.

As the ball is in flight, #4 will start backing out of the lane area while #1 moves down in the lane to screen for #4. #4 starts to move up to the free throw line elbow area on the ball side of the floor.

#5 cuts hard off the back of #1. This "X" action should take place around the freethrow lane elbow area or higher. Any lower and you will lose it's effectiveness.

#3 starts to slide up on the left wing.

This trip down the floor #2 should hit #5 with the pass and lay-up.

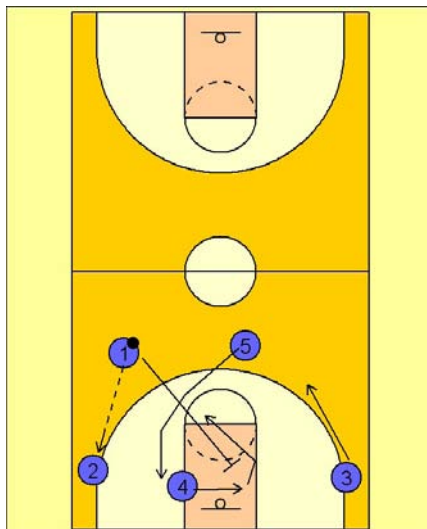


8

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

#5 gets the ball out of the basket, takes it out of bounds and quickly outlets the ball to the point guard, #1.

#2 runs his usual right lane while #3 gets to the left lane. #4 sprints down the floor and towards the ball side low block. #5 trails the play along side the point guard.



9

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

On our 4th trip down the floor, #1 now makes another corner entry pass.

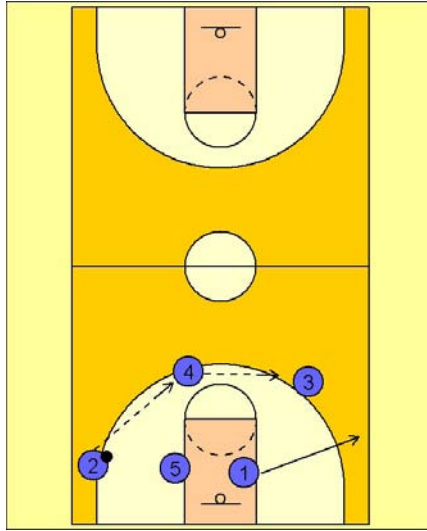
#4 backs out while #1 moves down in the lane to screen for him.

#3 slides up.

#5 cuts hard off the back of the cutting #1 man looking for the pass again from #2.

Transition

Sec. 5 (5x - corner options)

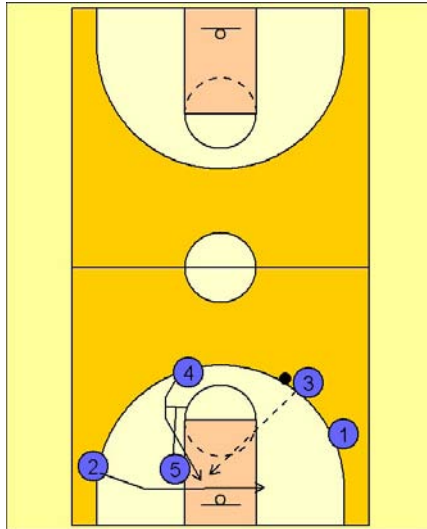


10

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

#2 now reverses the ball to #4 breaking up to the ball side elbow area (or a little higher).

#4 reverses the ball to #3. #1, who just set the screen for #4, pops out to the left wing.



11

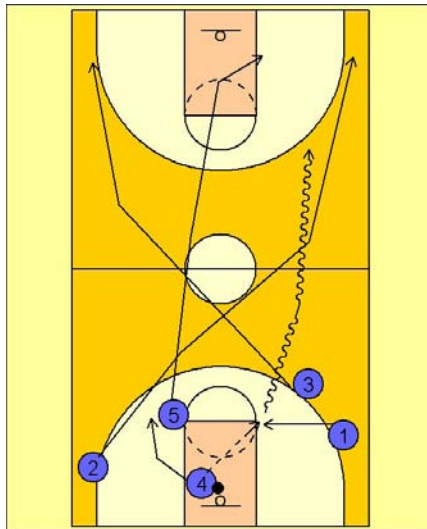
Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

As soon as #2 passes the ball to #4 on top, #2 cuts through the lane and to the now ball side low block.

#5 steps up and sets a back screen for #4.

#3 throws the lob pass to #4 for the basket.

Teaching Point: #5 should get in the habit of always GOING TO THE BASKET when the ball is thrown inside, whether it be a lob pass or a post pass, the high post player should be diving inside.



12

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

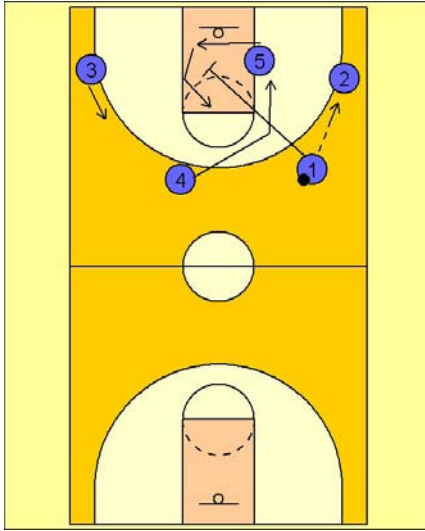
Starting our 5th and final trip in this drill series, #1 comes and gets the ball from #4. #5 sprints ahead down the floor and to the ball side block.

#2 fills the right lane and #3 fills the left lane.

#4 trails the play along side the point guard #1.

Transition

Sec. 5 (5x - corner options)



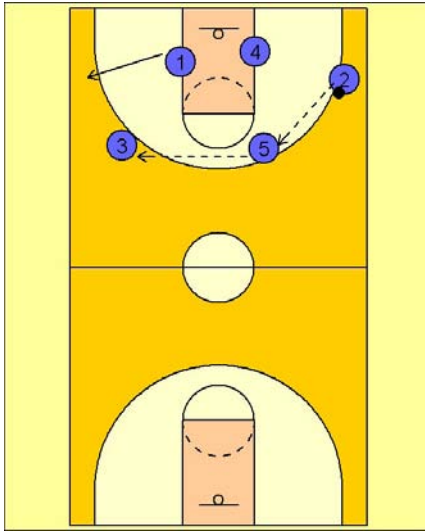
13

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

For our final trip, #1 makes the corner entry again, cuts through and screens for #5 who has backed out of the post.

Now #4 cuts hard off the back of #1 while #5 breaks up to the top of the key area.

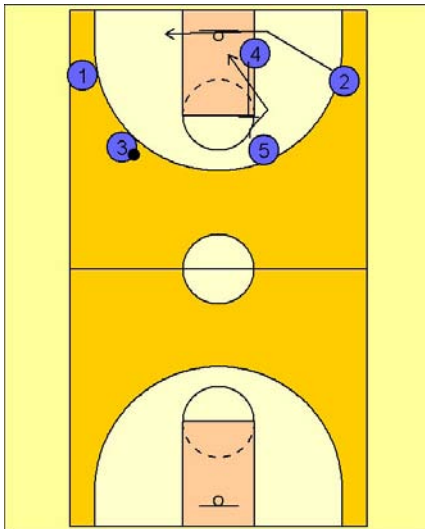
#3 slides up to the left high wing area.



14

Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

#2 reverses the ball to #5 on top who swings the ball over to #3 on the left wing. #1 pops out to the left wing area after down screening for #5.



15

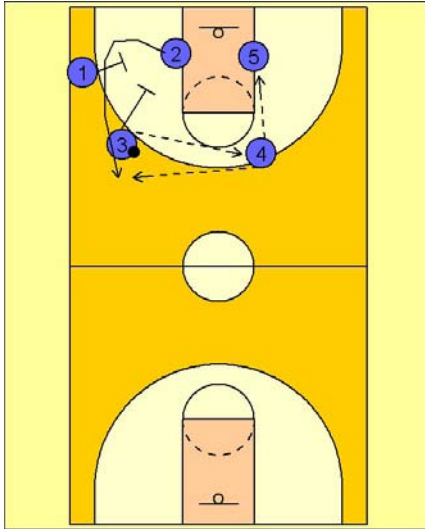
Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

As soon as #2 passes the ball to #5 on top he cuts through the lane to the now ball side low block. As #5 reverses the ball, #4 slides up and sets a back screen for #5.

Transition

Sec. 5 (5x - corner options)

16



Section 5 (5 Trips - Primary / Secondary Break - Corner Entry Options)

#3 does not throw the lob to #5 this time, but instead, reverses the ball back to #4 (who has stepped out after back screening).

#4 then looks to hit #5 pinning and sealing inside while #3 and #1 double down screen for the shooter, #2.

Your choice on this final trip. #4 can feed the low post man #5 or hit #2 coming off the double down screen.

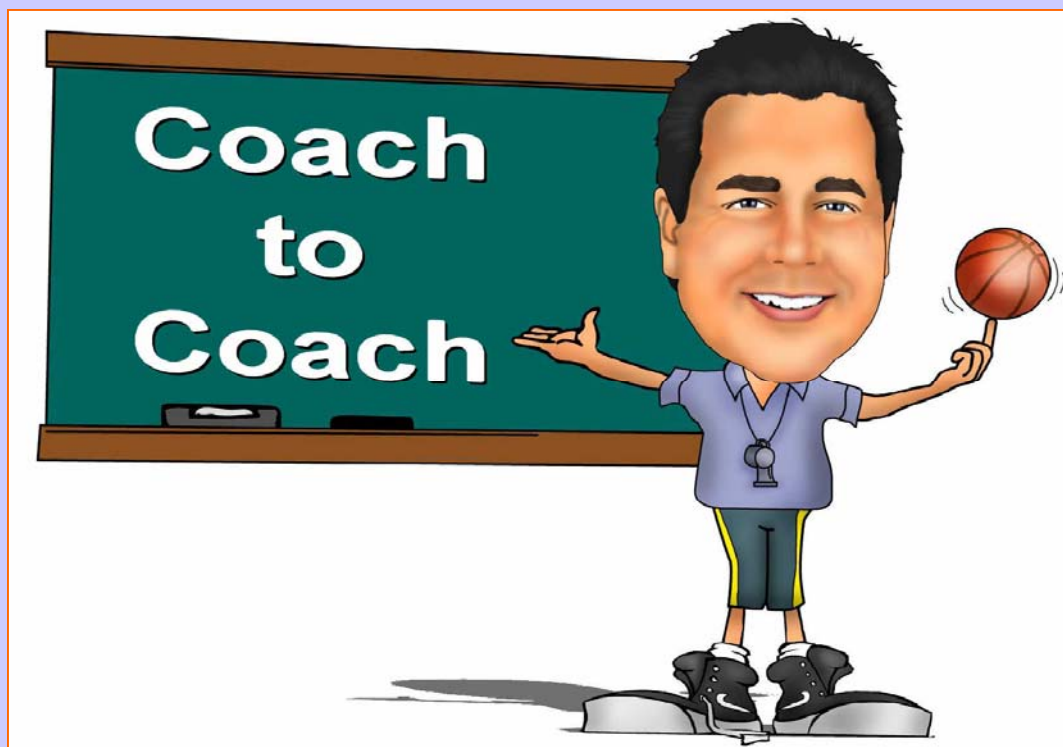
Although we still have the diagonal back screen left to complete the corner entry series, you have just completed the 5th trip and the next group must start their 5 trips.

You may incorporate the diagonal back screen on your next five trips if you choose.

The Pass Option Offense

XII. Sample Practice Plan

(Incorporating The Pass Option Drills
Into A Well-Balanced Practice Plan)



As mentioned at the beginning of this book, the drills used to teach this offense incorporates many areas of the game needed in developing your total offense.

Areas that are covered in detail with these drills include: 1) Passing, 2) Catching, 3) Dribbling, 4) Offensive moves, 5) Shooting, 6) Cutting, &) Screening and using screens, and finally, 8) Conditioning.

While this offensive system is being taught you are developing many other areas of the game. This will save you needed time in practice to work on your team's overall offensive and defensive development.

We conclude this book with a sample practice plan that I believe does a great job in stressing the key elements for success in this system while at the same time developing the needed fundamentals and conditioning.

“Pass Option” Sample Practice Plan

Emphasis of the day: 1) “Call” for the ball on every catch. 2) Run wide in transition and stay wide. 3) “Gang” rebound – nobody leaks out – 5 players in the lane on a shot.

Quote of the Day: “Don’t mistake activity for achievement - practice it the right way” - Wooden

Minutes	Fundamental Activity	Emphasis
<i>Pre-practice</i>		
3:30 – 3:40 (10 min.)	Jog laps / Stretching	Warm-up
3:35 – 3:45 (10 min.)	Two-ball dribble drills (full court)	Developing both hands
3:45 – 3:55 (10 min.)	3-man “machine gun” shooting	Shooting on the move
3:55 – 4:00 (5 min.)	“3 Trips” (Three-pointer)	Ready position on catch
4:00 – 4:05 (5 min.)	“3 Trips” (Shot fake and Drive)	Stance, 6” shot fake
4:05 – 4:10 (5 min.)	“3 Trips” (Shot fake, Drive, & Kick)	Jump stop on pick-up
4:10 – 4:20 (10 min.)	“3 Trips” (Skip Pass)	V-cuts, using screen
4:20 – 4:25 (5 min.)	FT’s (water break while shooting at baskets)	Shooting while tired / Concentration
4:25 – 4:40 (15 min.)	2 – man shooting w/defense w/coach as passer. Using / defending screens (backscreen, curl, flare, downscreen)	Offense - setting up defender. Defense - Jumping to the ball
5:10 – 5:20 (10 min.)	3 on 3 full-court	Positioning / Transition
5:20 – 5:25 (5 min.)	Rebound - outlet (point guard open / point guard denied)	“Gang” rebound, quick outlet / recovery to “O”
5:25 – 5:35 (10 min.)	“5 Trips” (Corner entry options)	Sharp passing - cutting
5:35 – 5:45 (10 min.)	“5 Trips” (Trailer pass entry options)	Duck-in post position
5:45 – 6:00 (15 min.)	Scrimmage - FT’s - End	Vary the “pass options”

PRACTICE PLAN TIP FOR COACHES: Try charting how much time you use on each area of the game in practice. Keep a box on your practice plan that lists the amount of time you have accumulated in each area – keep a running total on each new practice sheet. Knowing how much time you have spent working on an area of the game will help you develop future practice plans. This is invaluable, especially at the start of the season when you are trying to get adequate work in on each phase of the game - before your first game.



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