

# **Pass Option**



# ***Complete Offensive Transition System***

*by Jamie Angeli*



*X-Cuts, Backdoors and Lobs — Oh My!*

**From the creator of the original best-selling  
Pass Option Transition System comes  
a new and improved attack formula!**

# **Pass**

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# **Option**

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***Introduction  
to the System***

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***John Wooden's 8 Laws of Learning:  
explanation, demonstration, correction,  
repetition, repetition, repetition,  
repetition and repetition.***

# Pass Option



**The Pass Option 2 Offense** is broken up into clearly defined and described sections that will help you implement this exciting new offense on the first day of practice. When this offense was first introduced back in the Spring of 2002, coaches all over the country began utilizing this unique transition system, where all offensive sets were keyed by the point guard's entry pass in our secondary offense with no verbal or physical signals. Now in 2006, we've "tweaked" the initial entries and have added options at the conclusion of the secondary offense that have supercharged this already potent transition attack system. It is important to note that this **sideline break system** is run exactly the same on either side of the court.

First, we take a look at the point guard's pass options to begin each offensive series:

1. **Early Offense** (first gear — pass ahead)
2. **Secondary Options** (second gear — hold up)

*Wing Entry Series*

*Trailer Entry Series*

*Pick and Roll Entry Series*

*UCONN Entry Series*

You will be in the same alignment at the *culmination* of each of these different point guard pass entry options. The *culmination* alignment will give you three passing options:

3. **Culmination Alignment**

*Triangle Corner Series*

*Triangle Post Series*

*Pinch Post Series*

As with any great offense, we will conclude with a section on "**pressure releases**". In simplest terms, what to do when the defense tries to take away certain passes that will disrupt the continuity of the offense.

# **Pass**

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# ***Early Offense***

***You always hear coaches talk about “pressure defense”. I like to use the term “pressure offense” with my players. I want to attack the defense the minute we have the rebound. You should move quickly and seamlessly from your early offense to your secondary offense, not allowing the defense to catch their breath, gather themselves or dig in defensively. Always keep the “pressure” on the defense.***

# Pass

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# Option

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## Early Offense

One of the primary responsibilities of the point guard is to determine when to pass ahead in transition and when to hold up and run the secondary options, or more commonly referred to in this offense as the point guard entry options.

We call passing ahead early “first gear”. This is when our point guard recognizes, upon receiving the outlet pass, that players ahead of the ball will have an advantage at scoring upon receiving the pass. This can be either a wing or post player. If he feels the offense “has numbers” on the defense, then he is encouraged to pass the ball ahead while the person receiving the ball is instructed (and drilled) to catch and attack the basket on the dribble, pass or perhaps three point shot. In any event, he will look to be aggressive upon catching the ball. I am one of many coaches who have changed their philosophy in terms of the early three-point shot on the break. If the post player is not open inside, there are no penetration options available, and we have other players running to the board for offensive rebound position, I encourage and drill them to take and make that shot.

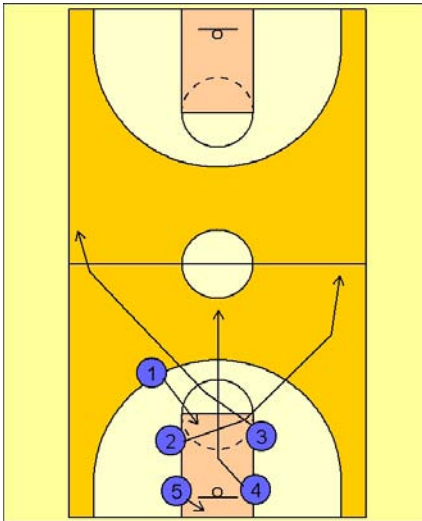
After passing ahead and no shot is taken, we would then run quickly into our motion offense or call a set play. The “Secondary Options” would not be available if we pass ahead early. My motion offense has some basic rules. I like giving them freedom here as they will need a break from the “disguised” structure they have from time to time. This will also be a difficult adjustment for the defense, as they become custom to defending patterns and tendencies.

***My motion offense rules:*** **1)** Must catch and face at all times; **2)** reverse the ball; **3)** must pass and cut, screen, or cut and replace themselves after passing; **4)** post players look to backscreen passers; **5)** backdoor cut or screen away if you do not receive the ball (do not stand); **6)** signal player you are screening for (fist up); **7)** proper spacing at all times (wide and high).

I will now outline the Early Offense (first gear) options, the proper lanes each player should run and the scoring opportunities available when passing ahead on the break.



**Early offense**



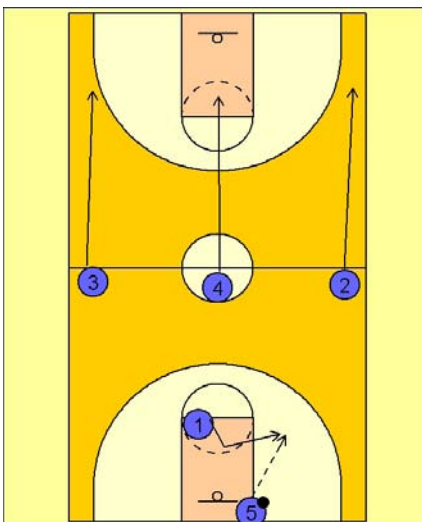
**Pass Option TWO (Early Offense)**

#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 inbouncer 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

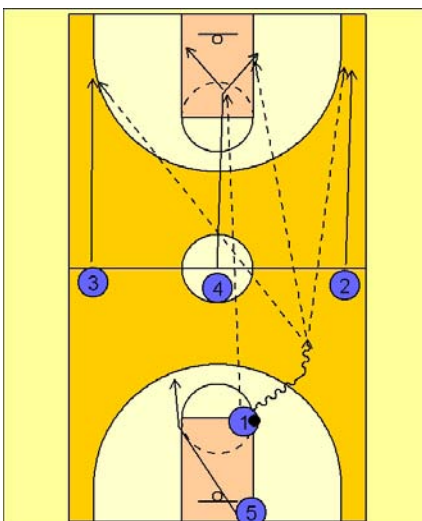
to see who gets down the court first to become the ball side block man and who becomes the post trailing the play.



**Pass Option TWO (Early Offense)**

#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.

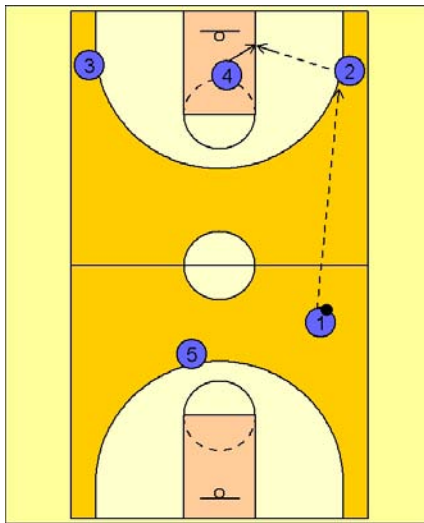
Teaching point: Make sure your point guard gets in the habit of COMING BACK TO THE BALL. So many players, not just point guards, have a habit of floating down the floor thinking they are open when a defender is just "waiting in the weeds" for them to step in and make the steal.



**Pass Option TWO (Early Offense)**

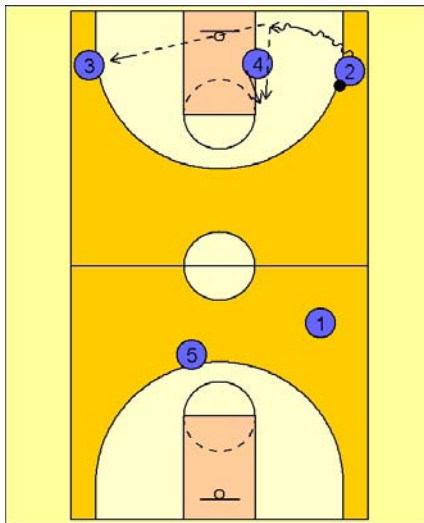
#1 drives the ball up the right sideline while #5 steps opposite the ball and proceeds to run the trailer lane down the floor.

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.



**Pass Option TWO (Early Offense)**

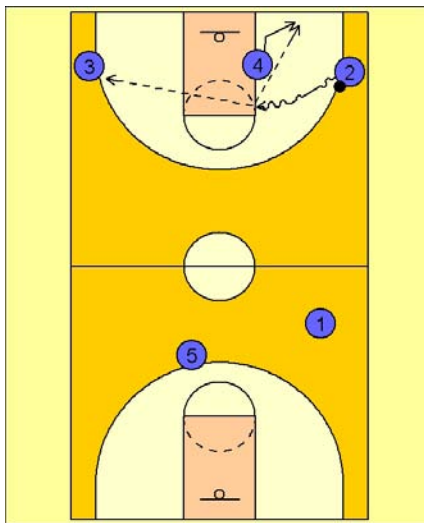
If #2 does not have an open 3-pointer or a penetration lay-up opportunity, the #2 man may quickly dump the ball inside to #4 if he sees #4 has his man sealed and a chance for an easy lay-up.



**Pass Option TWO (Early Offense)**

If the post player #4 is denied the ball from #2, #2 can look to penetrate to the baseline. In this case, #4 is taught and "drilled" to step up the lane looking for the pass back from #2.

#2 may also look to pass out to #3 on the opposite wing / corner area.

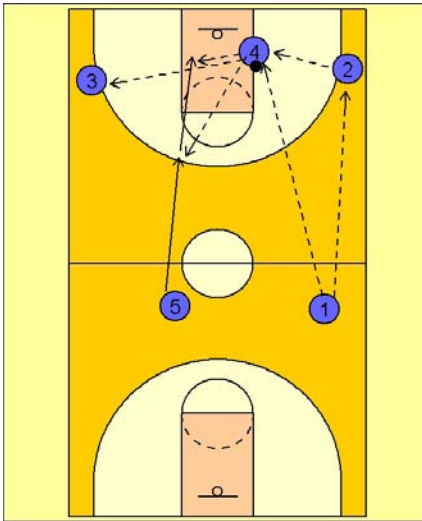


**Pass Option TWO (Early Offense)**

If #4 is denied the ball, #2 may also look to drive the middle gap looking to score. When this happens, #4 is taught and "drilled" to step to the short corner area looking for the pass from #2.

#2 may also look to get into the gap and kick the ball out to #3 on the opposite wing area.





**Pass Option TWO (Early Offense)**

If #4 should receive the ball on the break either from the point guard or from the wing, he will look to score or will look to kick the ball out to the trailer #5 or the opposite wing player #3.

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.

If a shot is not taken from these early offense options, we will run quickly into our motion offense or back the ball out and call a set play.

# **Pass**

# **Option**



## ***Secondary Offense***

The way coaches teach the fast break is changing, just as basketball is evolving. Thanks to the three-point shot and the addition of freelance offenses, coaches are encouraging players to run the break in unconventional ways...and the lay-up isn't necessarily the ultimate prize anymore.

# Pass

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# Option

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## Secondary Offense

After the point guard has determined that there are no substantial advantages to passing ahead (described in our “Early Offense” section), he will hold onto the ball, slow up a bit and wait for the trailer man to catch up, then look to make one of four entry options in our secondary offense. The four entries are:

- **Wing Entry Series**
- **Trailer Entry Series**
- **Pick and Roll Entry Series**
- **UCONN Entry Series**

We call this process of getting into our secondary options, “second gear”. It will take coaching, live scrimmaging and drill work for your point guard to become comfortable and good at recognizing when to pass ahead (first gear) and when to hold onto the ball and make the secondary entry options (second gear).

As mentioned earlier, each of these entries conclude or *culminate* with the same alignment, giving you three additional offensive options: **Triangle Corner Series**, **Triangle Post Series**, and the **Pinch Post Series**. Each will be described in detail later on in this book.

It is important to note that whenever we have a breakdown in the offense and players seem “out of sorts”, we must quickly and efficiently get into our Motion Offense, using the rules outlined in our Early Offense section.

I will now outline the Secondary Offense (second gear) and the four different point guard entry options available in this system.

# **Pass**

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# **Option**

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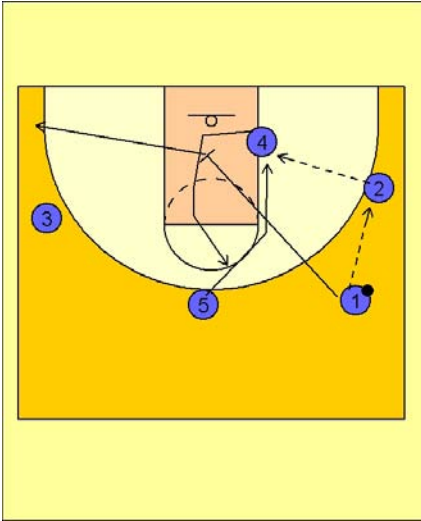
## ***Wing Entry Series***

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***Proper execution of the x-cut, back-cut  
and v-cut are crucial elements in  
determining the overall success  
of this offensive system.***



**Wing entry series**



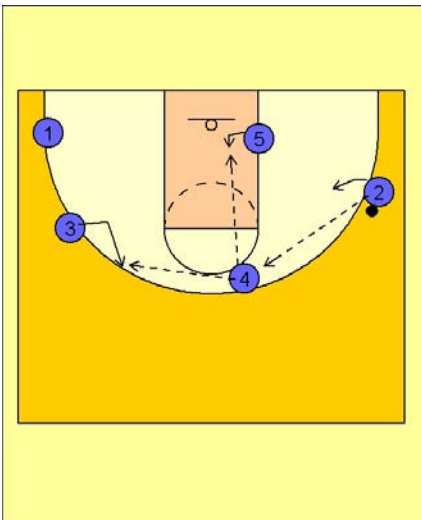
**Pass Option TWO (Wing Entry Series)**

Point guard elects to make the wing entry pass.

#1 cuts through the elbow area of the free throw line while #5 makes a good hard x-cut shoulder to shoulder off of #1.

As the X-cut is taking place, #4 steps back in the lane and then breaks up to the top of the key area. If #1 can set a screen for #4 he will do so before cutting out to the opposite corner.

#2's first look is to #5 cutting off the shoulder of #1 for the lay-up on the right low block.



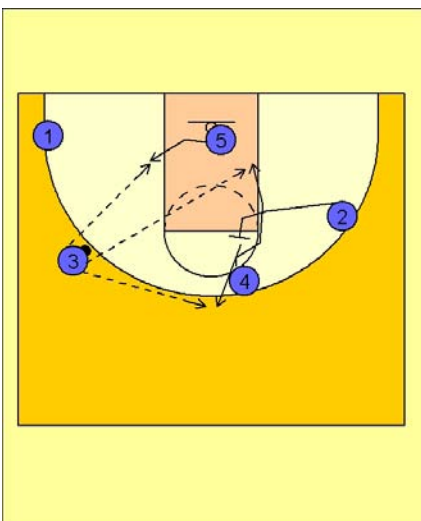
**Pass Option TWO (Wing Entry Series)**

If #5 is not open, #2 reverses the ball to #4 on top. #4 will quickly look to the high / low entry pass inside to #5 and then will reverse the ball to #3 on the left wing.

On all ball reversal passes you must get your wing players to walk their defender down and then have them make a quick v-cut to get open for the pass. (#4 to #3 in this diagram). NEVER let them just stand to catch the ball (whether practicing 5 on 0, drill work, or live scrimmaging).

After passing to #4, #2 starts to move in slightly to begin his backscreen action. #5 will have a one count to receive the high / low pass from #4 on top before it is reversed to #3 on the left wing.

As the ball is passed to #4 on top, #3 begins to walk his man into the lane area and then executes a solid v-cut to get open on the left wing. #4 reverses the ball to #3.



**Pass Option TWO (Wing Entry Series)**

Once #4 passes to #3 on the left wing, #2 moves up and sets a backscreen on #4's defender. #4 cuts to the basket looking for the pass back from #3.

#2 screens and pops out on top looking for the pass from #3.

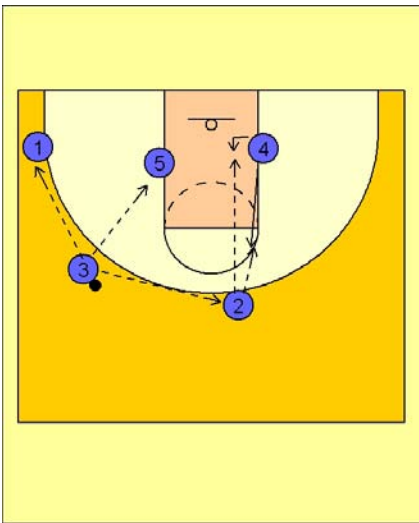


**Pass Option TWO (Wing Entry Series)**

As #5 makes his cut to the ballside low block, #3 now has THREE passing options available to him in our Culmination Alignment.

- He can pass to #1 breaking out to the corner that will initiate our Triangle Corner Series,
- He can pass into the post player #5 which will initiate our Triangle Post Series,
- Or he can pass to #2 on top that will initiate our Pinch Post Series.

The Pinch Post Series and the Triangle Series are described in detail in it's own section.



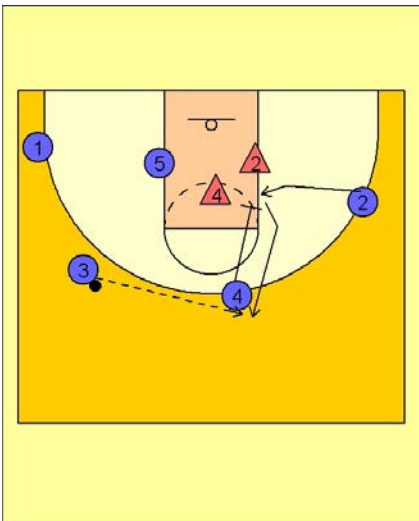
**Pass Option TWO (Wing Entry Series)**

IMPORTANT OPTION: At anytime in this system when you have a small on big screen, as we see in the beginning of this series with #2 and #4, you may look to "exchange" roles.

If #2 and #4's defender is sagging in the lane to help on the cut to the basket by #4, #4 will read, raise his fist and call out #2's name and screen for him (#4 downscreening for #2, instead of #2 backscreening for #4).

This action is extremely effective as #2 and #4's defender is so far back in the paint he will often be unable to get out on the shooter #2 in time.

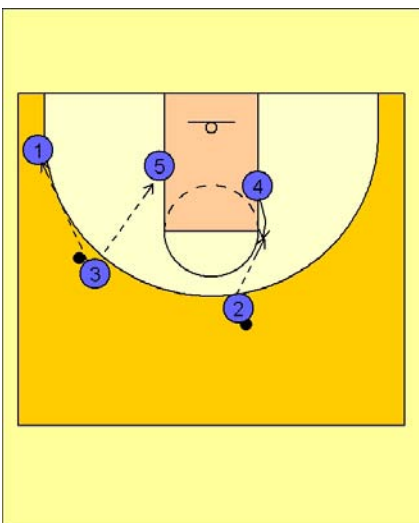
#3, instead of looking for the lob pass to #4, would look to hit #2 breaking out on top for the potential open jumper.



**Pass Option TWO (Wing Entry Series)**

If #2 did not get the shot, #4 would flash into the high post elbow area and they are set to begin the Pinch Post Entry.

If #3 did not pass to #1 on top for the shot, #3 would have the option to enter the ball either to the post man #5 and initiate the Triangle Post Series or to the wing man #1 and initiate the Triangle Corner Series.



# **Pass**

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# **Option**

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# ***Trailer***

# ***Entry***

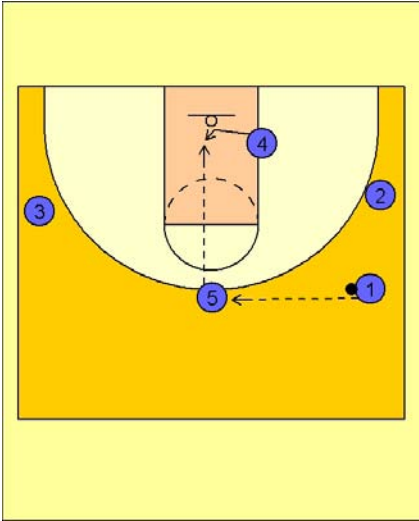
# ***Series***

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***I firmly believe in the whole—part—whole method of teaching. They need to see what it is supposed to look like before they can truly understand it. Then break it down, teach and demand!***



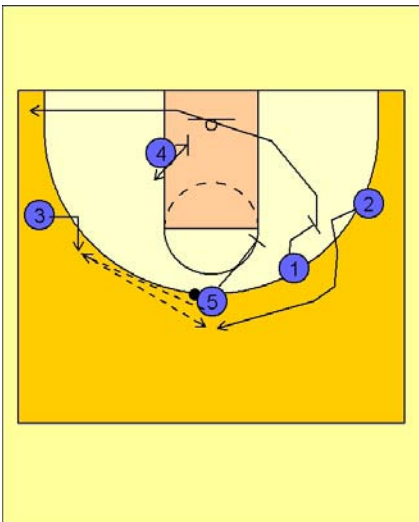
**Trailer entry series**



**Pass Option TWO (Trailer Entry Series)**

#1 elects to pass the ball to the trailer man, #5 in this diagram.

#5's first look is #4 ducking into the lane for the high / low pass.



**Pass Option TWO (Trailer Entry Series)**

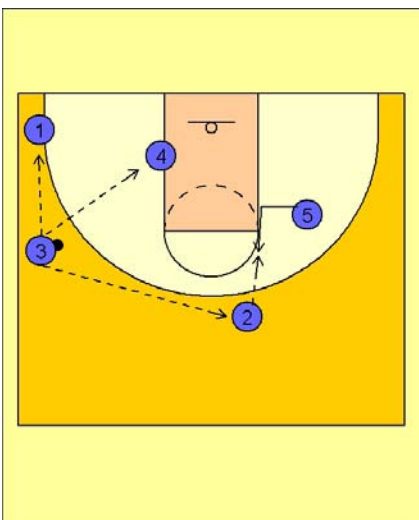
#5 then passes the ball to #3 on the left wing.

#4 follows the ball across and then turns to set a screen.

As that action is taking place, on the pass from #5 to #3, #5 and #1 are setting double staggered screen for the shooter #2..

#2 has THREE options available to him.

If #2 decides to come over the top of the double staggered screen, #1 will read this and cut to the ballside corner area, often off the screen on the block from #4.



**Pass Option TWO (Trailer Entry Series)**

Now #3 has the ball on the left high wing area and is set to make one of THREE passes in our Culmination Alignment.

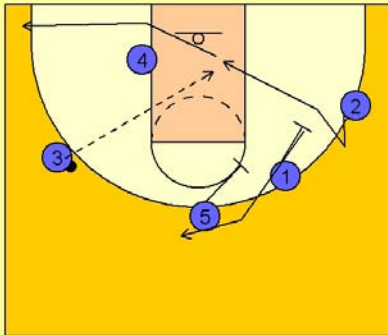
- The corner pass to #1 initiating our Triangle Corner Series,
- The post pass to #4 initiating our Triangle Post Series,
- Or to #2 on top initiating our Pinch Post Series.

The Pinch Post Series and the Triangle Series are described in detail in it's own section.





**Pass Option TWO (Trailer Entry Series)**



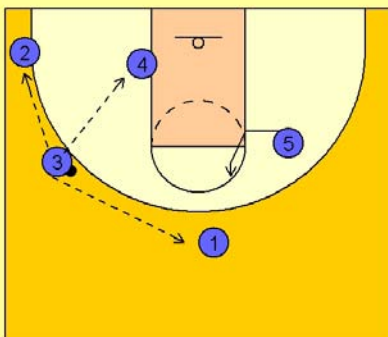
Another option at the beginning of this series is when #2 uses the double staggered screen from #1 and #5.

#2 has the option to fake high off the screens and then cut backdoor. #3 will look for the quick pass in the lane.

#2 will then continue his cut out to the ballside corner area. #1, recognizes that #2 cut backdoor, immediately turns and uses a screen from #5 to break up to the top of the key area.

In short here, #2 and #1 are exchanging spots on the floor initiated by #2's backcut to the rim and ballside corner.

**Pass Option TWO (Trailer Entry Series)**

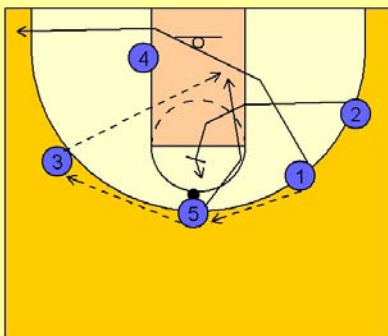


Now #3 has the ball on the left high wing area and is set to make one of THREE passes in our Culmination Alignment.

- The corner pass to #2 initiating our Triangle Corner Series,
- The post pass to #4 initiating our Triangle Post Series,
- Or to #1 on top initiating our Pinch Post Series.

Again, the Pinch Post Series and the Triangle Series are described in detail in it's own section.

**Pass Option TWO (Trailer Entry Series)**



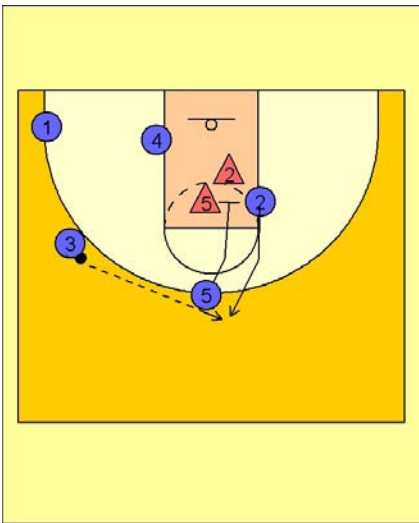
#2's last option is to not use the double screen from #5 and #1 and instead cut into the middle of the freethrow line area when #1 passes to #5 on top.

As soon as #1 sees #2 cutting into the lane instead of waiting for the double screen from #5 and #1, #1 would cut quickly to the opposite side corner area.

When #5 passes the ball to #3, #2 will have his fist raised calling out #5's name so that he will recognize the backscreen option. #5 will then cut to the rim looking for the pass back from #3.



**Pass Option TWO (Trailer Entry Series)**



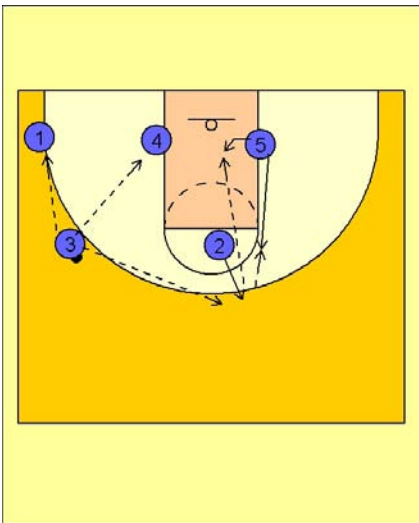
IMPORTANT OPTION: At anytime in this system when you have a small on big screen, as we see in this option with #2 backscreening for #5, you may look to "exchange" roles.

If #2 and #5's defender is sagging in the lane to help on the cut to the basket by #5, #5 will read, raise his fist and call out #2's name and screen for him (#5 downscreening for #2, instead of #2 backscreening for #5).

This action is extremely effective as #2 and #5's defender is so far back in the paint he will often be unable to get out on the shooter #2 in time.

#3, instead of looking for the lob pass to #4, would look to hit #2 breaking out on top for the potential open jumper.

**Pass Option TWO (Trailer Entry Series)**



If #3 did not make the lob pass to #5 cutting to the rim, he would have the ball on the left high wing area and is now set to make one of THREE passes in our Culmination Alignment.

- The corner pass to #1 initiating our Triangle Corner Series,
- The post pass to #4 initiating our Triangle Post Series,
- Or to #2 on top, initiating our Pinch Post Series.

Again, the Pinch Post Series and the Triangle Series are described in detail in it's own section.

# **Pass Option**

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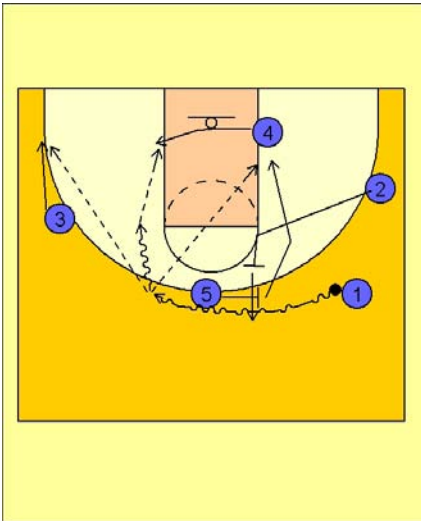
## ***Pick & Roll Entry Series***

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**Breakdown the pick and roll. Additionally, get your players to understand that the primary goal of dribble penetration is to get two defenders to guard the ball. Accomplishing that goal will lead to greater scoring opportunities.**



**Pick and roll series**



**Pass Option TWO (Pick and Roll Series)**

#1 elects to turn his dribble towards the middle of the floor which will initiate the Pick and Roll series.

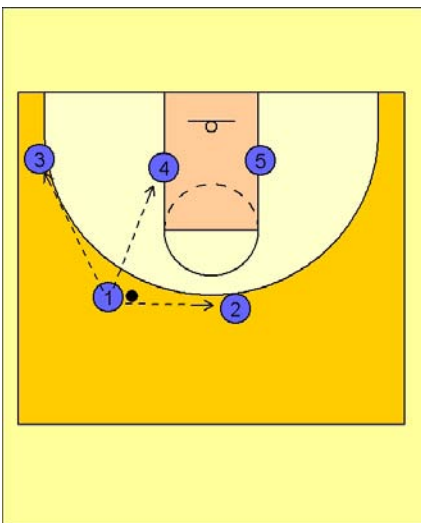
#5 moves over to set a ballscreen on #1's defender. As this action is happening, #2 is moving up to set a backscreen on #5's defender.

#4 follows the ball across the lane to the opposite low block area.

#5 rolls to the basket after ballscreening for #1 off the backscreen from #2. #2 steps out on top after backscreening for #5.

#1 can look to:

- score of the dribble,
- drive and kick out to #3 on the left wing,
- pass the ball inside to #4 cutting across the lane,
- or throw the pass to the basket to the cutting #5 man.



**Pass Option TWO (Pick and Roll Series)**

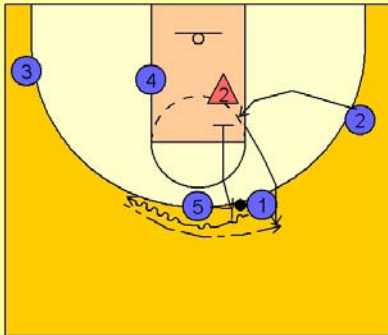
If #1 did not use any of the scoring options available to him off the initial ball screen, he is now in a position on the left wing and has THREE passing options available to him in our Culmination Alignment.

- He can pass to #3 in the left corner that will initiate our Triangle Corner Series,
- He can pass into the post player #4 which will initiate our Triangle Post Series,
- Or he can pass to #2 on top which will initiate our Pinch Post Series.

The Pinch Post Series and the Triangle Series are described in detail in it's own section.



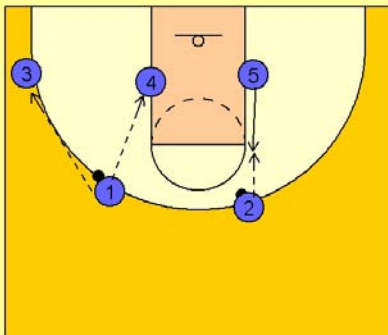
**Pass Option TWO (Pick and Roll Series)**



IMPORTANT OPTION: As in the Dribble Clear Series, whenever you recognize on the "small on big screen" between #2 and #5 that the defenders are sagging in the lane and helping on the lob cut, #5 and #2 will reverse roles and #5 will downscreen for #2, trying to free him for an open jumper on top.

This is a read by #5 who recognizes the sagging defender in the lane, he then immediately raises his fist, calls out #2's name, and #2 now uses the downscreen from #5 to get open on top and look for the pass from #1 for the jumpshot.

**Pass Option TWO (Pick and Roll Series)**



If #2 did not get the shot, #5 would flash into the high post elbow area and they are set to begin the Pinch Post Entry.

If #1 did not pass to #2 on top for the shot, #1 would have the option to enter either to the post man #4 and initiate the Triangle Post Series or to the wing man #3 and initiate the Triangle Corner Series.

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# **Pass Option**

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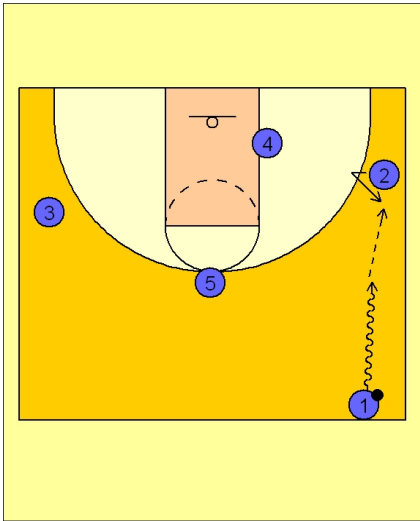
## ***UCONN Series***

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***Several of the backscreens in this system are small on big, ensuring that if your defenders switch, the likelihood of a mismatch is greatly increased, whether on the lob or the subsequent post up action.***



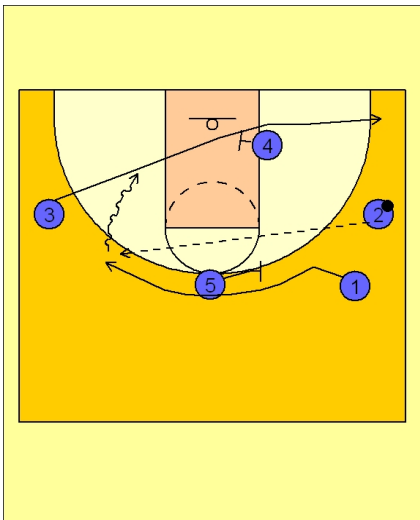
**Uconn series**



**Pass Option TWO (UCONN Series)**

We usually make a "verbal" call on this series as it can be confused with the wing entry series if not noted.

#1 enters the ball to #2 on the right wing



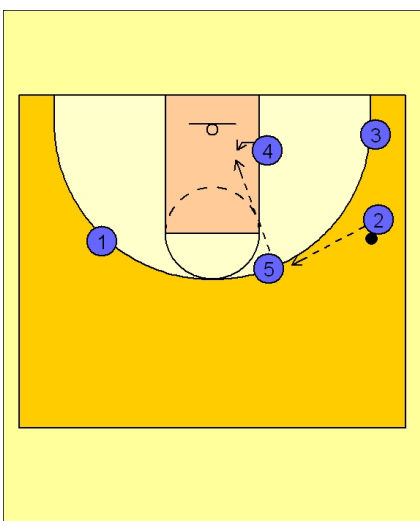
**Pass Option TWO (UCONN Series)**

As #1 is making the pass, #3 clears out quickly to the ball side corner off a screen on the low block from #4.

#5 is moving up to the lane line extended on top to set a flare screen for #1.

#2's first look will be for the over the top pass to #1 on the cleared out backside area.

#1 will look to catch and attack if available with #5 and #4 following and looking for the pass back when their help defenders come over.



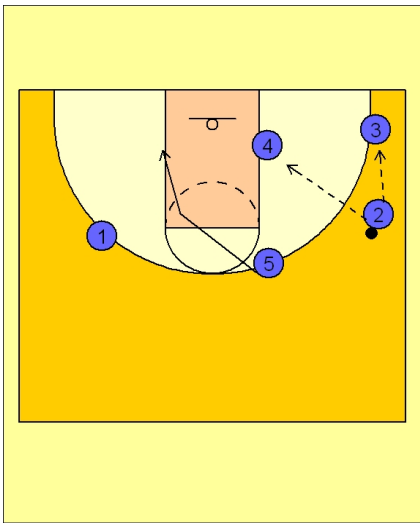
**Pass Option TWO (UCONN Series)**

You will notice there is a natural clear out on this play for not only the point guard on the backside but also a nice post isolation inside.

As #3 cuts off the screen from #4 on the right low block, #2 can look to make the high / low pass to #5 on top while #4 seals inside for the entry pass from #5.



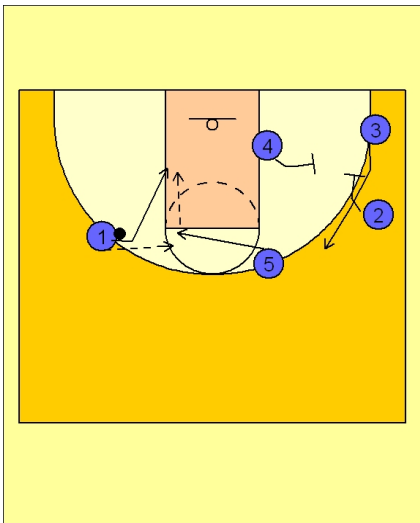
**Pass Option TWO (UCONN Series)**



You will also notice on this play we have also set up a natural Triangle Culmination Series Entry option to either #3 in the right corner or #4 in the low post.

If this happens, we will continue with the Triangle Culmination Series from this point.

**Pass Option TWO (UCONN Series)**



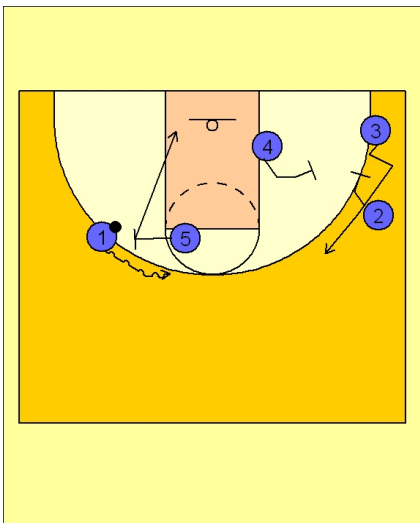
If #1 does not attack the basket on the catch, you will also notice we are set up for a natural Pinch Post Culmination Series on the backside of the floor.

Although the angle from which #1 and #5 execute the "2-man game" is a bit different, it should still be executed effectively.

Here we see #1 using the "hit and go" method of hitting the high post flashing over on the pass to #1.

#1 passes to #5 and sets his man up for a backdoor pass cutting to the basket.

**Pass Option TWO (UCONN Series)**



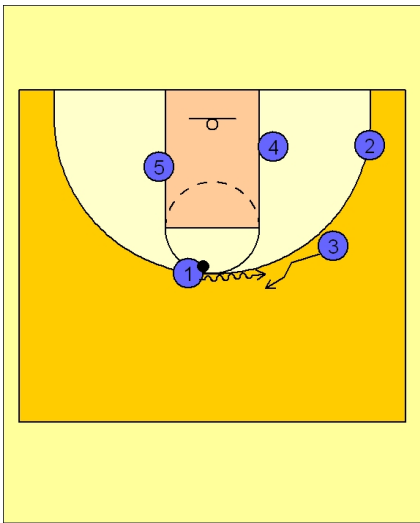
Another Pinch Post Culmination Series entry option would be for #1 to use the ball screen from #5 flashing over. Again, a different angle, but still effective.

#5 and #1 executes the pick and roll while #4 and #2 set screens for #3 in the right corner.



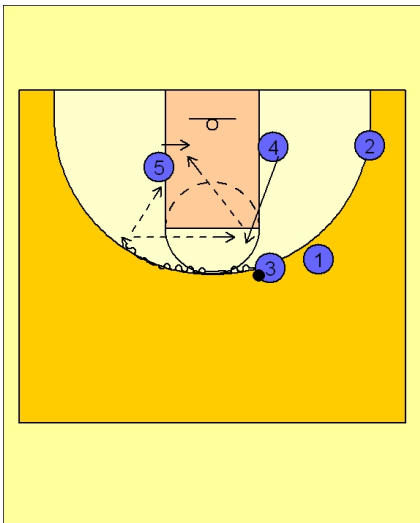


**Pass Option TWO (UCONN Series)**



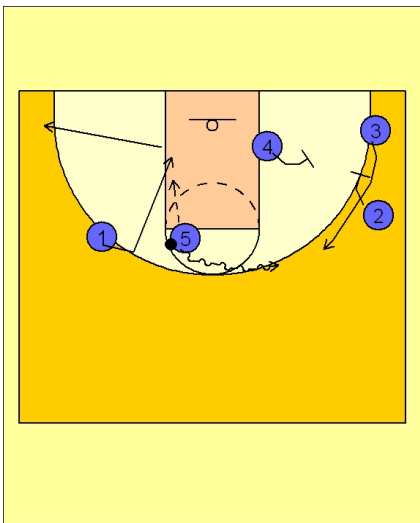
If #5 did not get the ball rolling to the basket, the Pinch Post Culmination Series would continue with #1 executing a dribble handoff with #3 on top.

**Pass Option TWO (UCONN Series)**



As #3 takes the ball from #1 he immediately looks to attack the basket or shoot, while #4 flashes to the high post, just like the normal Pinch Post Culmination Series options.

**Pass Option TWO (UCONN Series)**



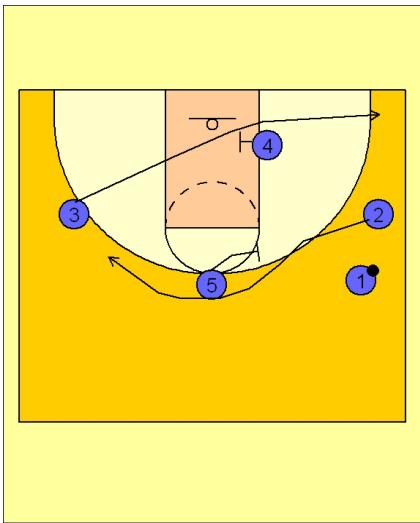
Another option in this Culmination Series can be executed by #5 faking the backdoor pass to #1 and then executing the dribble handoff with #3 coming off the screen on top.

The rest of the play would look exactly like the Pinch Post Culmination Series with #5 rolling to the basket after the handoff and #4 flashing to the high post.



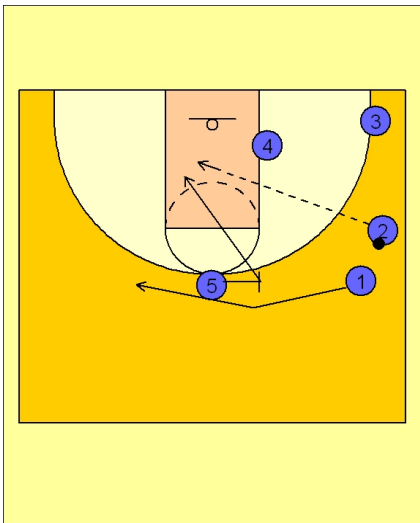
**Pass Option TWO (UCONN Series)**

When you have trouble entering the ball to #2 on the right wing, simply wave him out and #5 will now set the screen for #2 and the play will continue as before.



**Pass Option TWO (UCONN Series)**

At anytime #5 may "slip" the screen, or cut to the basket before the screen actually takes place, when he recognizes his defender beginning to step out to "bump" the cutter #1.



# **Pass**

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# **Option**

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# ***Culmination***

# ***Triangle***

# ***Series***

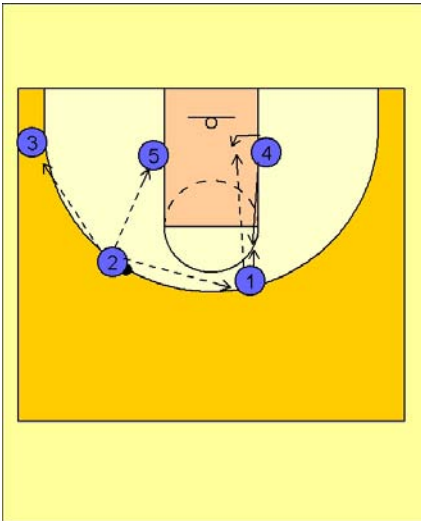
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***A multitude of offensive attacks with no play calls or verbal signals, using only the entry pass as your guide.***

***Beautiful to watch, difficult to defend and impossible to scout.***



**Triangle culmination series**

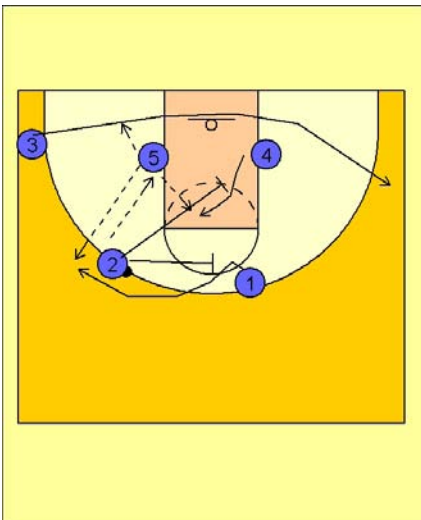


**Pass Option TWO (Culmination - Triangle Series)**

Whenever the wing player, #2, receives the ball on the left or right high wing area, he is set to make one of THREE passes in our Culmination Alignment.

- The corner pass to #3 initiating our Triangle Corner Series,
- The post pass to #5 initiating our Triangle Post Series,
- Or to #1 on top initiating our Pinch Post Series.

The Pinch Post Series is described in detail in it's own section, so we will continue with outlining the Triangle Options should the ball be passed to the corner or the low post.



**Pass Option TWO (Culmination - Triangle Series)**

If #2 passes into the post player #5, the Triangle Post Series is initiated.

#3 will cut backdoor and out to the opposite wing area while #2 cuts into the lane, also looking for a pass back from the post player, and then #2 will set a screen on #4's defender on the opposite low block. #2 can look to step to the basket if the defenders try and switch the screens. #2 may also decide to screen the top perimeter player filling the open spot on the ball side wing.

**IMPORTANT NOTE:** If #5 has an angle to the basket on the catch he is always instructed to drop step and attack the basket immediately. He will only hold the ball and continue the Triangle Post Series when the center is playing directly behind him.

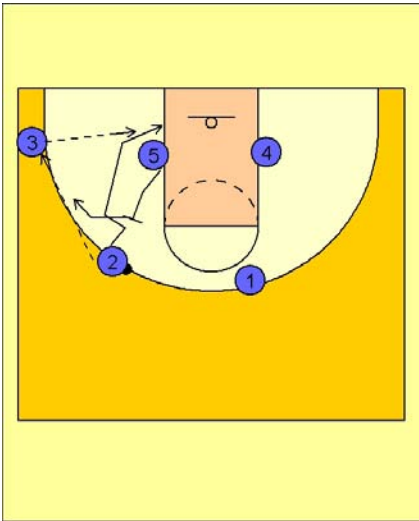
#5 will look first to the cutters and then look to hit #4 in the mid-lane area or

#1 on the kick out.

#5 must ALWAYS post up above the low block, giving him room to make the backdoor entry pass to the cutting corner man.



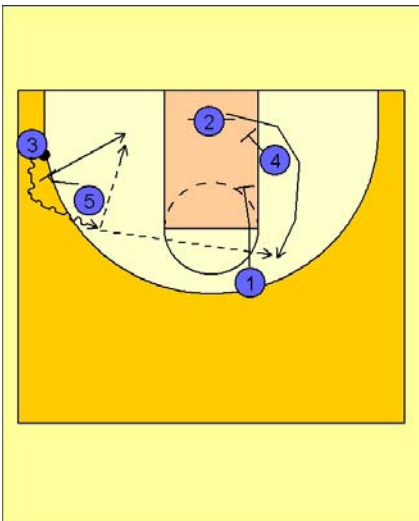
**Pass Option TWO (Culmination - Triangle Series)**



If #2 passes to #3 in the corner, the Triangle Corner Series is initiated.

#5 will step out and look to set a backscreen on #2's defender. #2 looks for the ball cutting to the basket. As soon as #2 cuts off the backscreen from #5, #5 will then move over to set a ball screen for #3 in the corner area.

**Pass Option TWO (Culmination - Triangle Series)**



As #3 and #5 execute the pick and roll on the left corner / wing area, #2 is coming off a double staggered screen from #4 and #1.

#3 can look to score off the dribble, pass to #5 rolling to the basket, or hit #2 coming off the double staggered screen.

#4 would look to post up after the screening action while #1 would break out to the right wing area.

# **Pass**

# **Option**

# **2**



## ***Culmination***

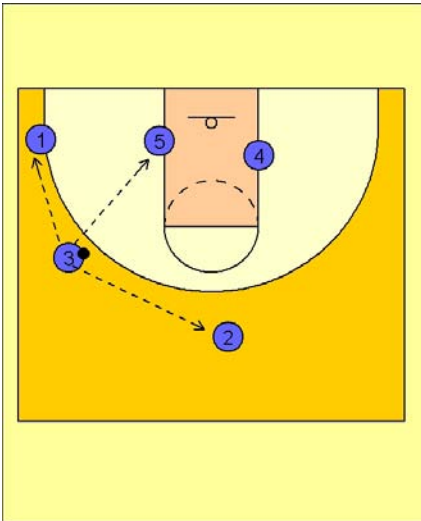
## ***Pinch Post***

## ***Series***

The high post entry pass has to be treated (and drilled) the same way you drill your post players on the low block. Great footwork, balance, and low stance with an incredible determination to receive the ball.



**Pinch post culmination series**

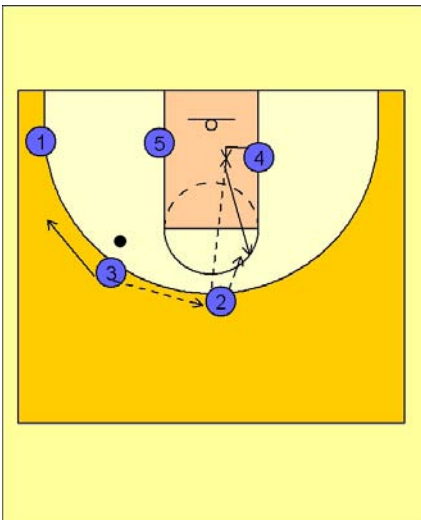


**Pass Option TWO (Culmination - Pinch Post Series)**

Whenever the wing player, #3, receives the ball on the left or right high wing area, he is set to make one of THREE passes in our Culmination Alignment.

- The corner pass to #1 initiating our Triangle Corner Series,
- The post pass to #5 initiating our Triangle Post Series,
- Or to #2 on top initiating our Pinch Post Series.

The Triangle Series is described in detail in it's own section, so we will continue outlining the Pinch Post Series options should the ball be passed to the top man, #2.



**Pass Option TWO (Culmination - Pinch Post Series)**

The Pinch Post Series has several options and will be the bread and butter of your offense once you master all of the options.

**IMPORTANT NOTE:** When the wing player (#3 in this diagram) makes his Pinch Post entry to the top man (#2 in this diagram) he must flatten out to the freethrow line extended area for proper spacing to continue the offense.

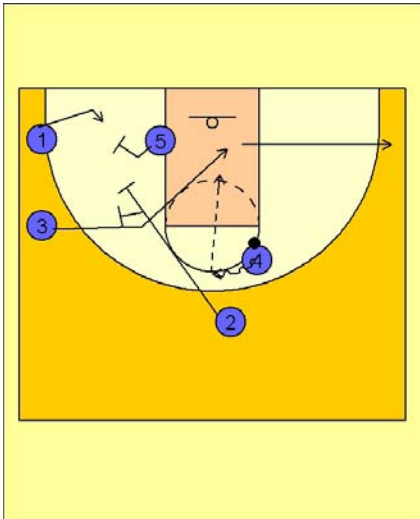
As the ball is passed to #2 on top, #4, who just cut to the basket, will look to post up briefly for a 1 sec. count, looking for the high / low entry pass from #2, especially if the defenders switched on the potential backscreen action and you have a size mismatch from the small on big screen.

If #4 is not open after a 1 sec. count, he will immediately flash to the high post elbow area, the "pinch post" location.

#2 will look to hit #4 as he reaches the high post area. It is important that #4 receive the ball in the high post WHEN he is open, at the top of his cut. He should not be waiting for the pass. Timing is crucial.



**Pass Option TWO (Culmination - Pinch Post Series)**



**OPTION #1** (and should be your most used option, especially early):

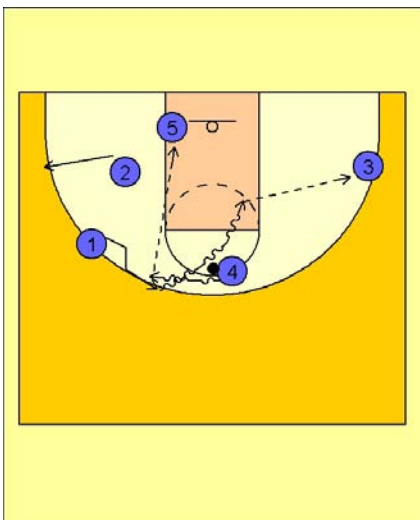
Once #2 passes to #4, #2 will cut quickly to the left low block area looking to set a screen on #1's defender, along with #5. As #2 cuts down for this screen, it is #3's responsibility to time his cut so that he comes off the back of #2. #3 will cut through the lane and then out to the opposite wing area.

As this X-cut action is taking place, #4 centers the ball with a dribble or two and looks for the first open receiver (#3 or #1).

TEACHING POINT: If #3 happens to be a good post player or you have a mismatch defensively, this would be a great opportunity for #3 to stop in the lane, seal his defender and then #4 could look to make the high / low entry pass to #3 on the low block. #3's defender usually trails him on this cut or

plays on the high side. You can have #3 stop and seal with his outside leg stepping over the top of the defender for good post position. If #4 did not look to make the post entry pass to #3 and continued his dribble towards #1, #3 would then continue his cut out to the right corner area.

NOTE: You may want to experiment with #2 screening #3's defender INSTEAD of just cutting down to screen #1's defender with #3 cutting off his back. In this case, #2 would screen #3's defender and then continue his movement down to screen #1's defender.



**Pass Option TWO (Culmination - Pinch Post Series)**

#4 may continue his dribble and instead of passing to #1 coming off the screening action he will execute a dribble hand-off with #1. This action is effective if #4's recognizes #1 being defended hard off the screening action from #2 and #5.

As #4 is dribbling towards #1, he may also look for #5 ducking in the lane for the post entry pass. The lane has been cleared out and #5 should have an area to work inside.

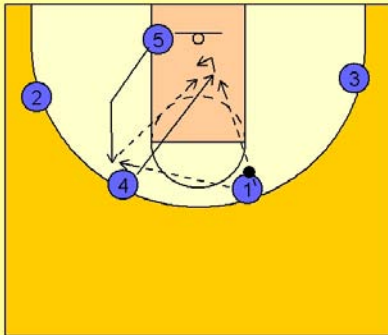
If #1 was open, he would most likely receive the pass from #4 for the shot instead of the dribble hand-off, but it is his choice.

#1's first look will be to score of the dribble or drive and kick out to #3 on the right wing.





**Pass Option TWO (Culmination - Pinch Post Series)**

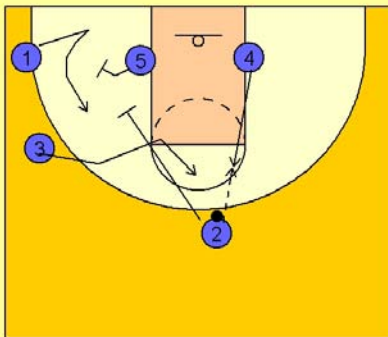


As soon as #4 hands-off to #1, and this is consistent with all dribble hand-offs on the perimeter by a post / perimeter player, #4 will roll into the lane looking for the pass from #1.

As this roll action from #4 takes place, #5 must always pop out to the space once occupied by #4. This action will allow #1 to quickly reverse the ball to #5 who can look inside to the pinning and sealing #4.

**Pass Option TWO (Culmination - Pinch Post Series)**

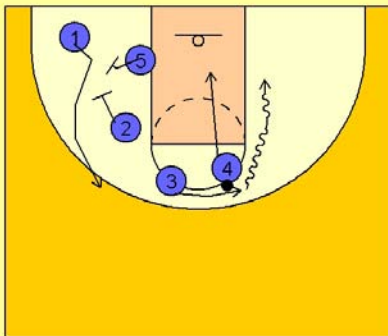
**OPTION #2:**



#2 passes to #4 flashing and makes the same quick hard cut down to the left low block area looking to screen #1's defender.

This time #3 fakes his x-cut action and breaks out to the top towards #4.

**Pass Option TWO (Culmination - Pinch Post Series)**

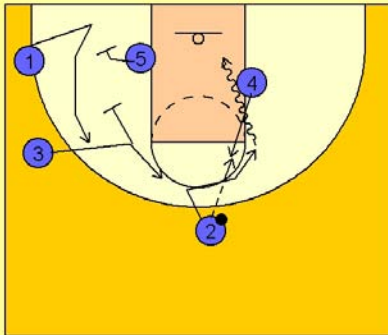


#3 will then take the hand-off from #4 looking to score the jump shot if he is open right away or turn the corner for the lay-up.

#4 will roll to the basket on all dribble hand-offs.



**Pass Option TWO (Culmination - Pinch Post Series)**

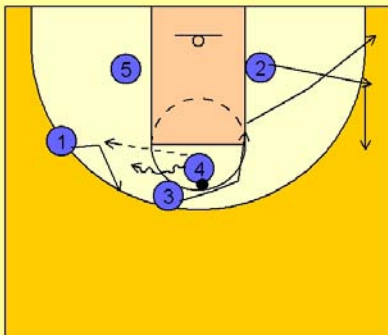


**OPTION 3** (this one is almost a guaranteed lay-up if you run the first two options a handful of times first:

#2 passes to #4 flashing into the high post and starts his hard quick cut to the opposite low block to screen for #1's defender. This time, #2 fakes this action and quickly cuts back to receive a hand-off from #4. #2 looks to attack the basket on the catch.

#3 sees this action taking place and can do one of two things. He can cut to the top and receive the hand-off from #4 if #2 did not get the ball, OR, he can turn around and look to screen #1's defender with #5.

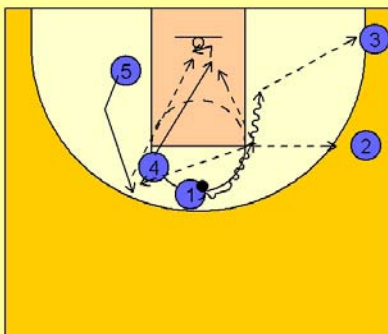
**Pass Option TWO (Culmination - Pinch Post Series)**



If #2 did not get the ball he will quickly cut out to the right wing area and move up. #3 would also cut over the top and out to the corner area.

#1 could then either receive the pass for the jump shot from #4 or #4 could continue his dribble and execute a dribble hand-off with #1.

**Pass Option TWO (Culmination - Pinch Post Series)**



Again, as in previous diagrams, whenever #4 executes a dribble hand-off on top, he will roll into the lane while #5 slides up to the top.

#1 looks to drive and score, drive and kick out to #3 or #2, pass to #4 rolling in the lane, or pass back to #5 who will look to feed #4 pinning and sealing in the lane.



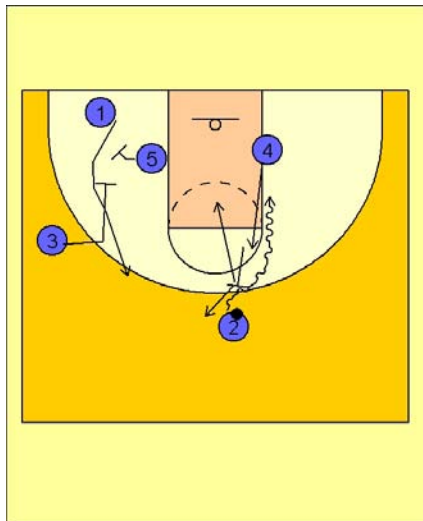
**Pass Option TWO (Culmination - Pinch Post Series)**

**OPTION 4:**

When #2 has difficulty passing to the flashing player #4, he may put the ball down on the floor and attack the basket. #4 will read this action and set a backscreen / ballscreen on #2's defender.

It is important that #4 set a direct backscreen on the dribbler's defender instead of trying to screen on the side of the defender, as in most pick and roll situations. #4 then may roll to the basket after the screen or look to spot up on top if he has good outside shooting range.

#2 is looking to make a direct drive to the basket and thus it is imperative that #4 set a backscreen / ballscreen for #2.



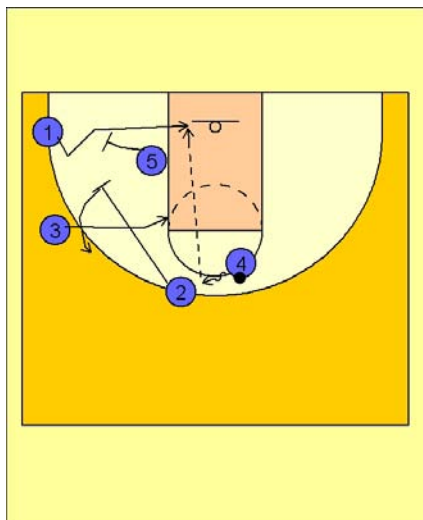
As that action is taking place, #3 and #5 are setting a double staggered screen for #1.

**Pass Option TWO (Culmination - Pinch Post Series)**

**IMPORTANT NOTE:** #1 ALWAYS has the option to cut low off the screening action from #2 and #5.

#1 would make his cut BEFORE #3 had a chance to "x-cut" off the back of #2, so the timing would allow #1 to get open before #3 cut into the lane.

**TEACHING POINT:** If #1 does decide to cut underneath the basket off the screen from #5, #2 should reverse his cut and come back to the top to receive the potential pass or dribble hand-off from #4. In essence, he is just replacing #1 in the offense and would execute the movements #1 would make if he came off the screen toward the top.



# **Pass**

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# **Option**

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# ***Pressure***

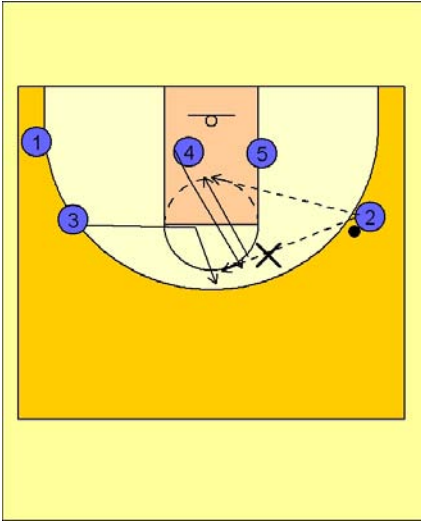
# ***Releases***

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The true indicator as to the *potential* success of any offensive system are the counters you have in place when teams try to take away what you are attempting to do.



**Pressure release (wing entry)**

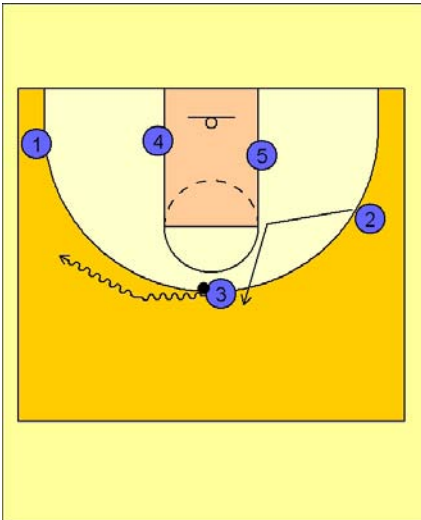


**Pass Option TWO**

**Pressure Releases (Wing Entry Series)**

On the wing entry series, #4 cuts to the top of the key to receive the pass. When and if #4 is denied the ball, he must immediately cut backdoor and look to receive the pass from #2.

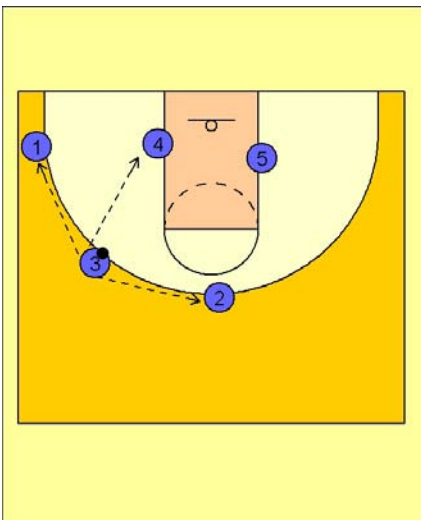
#3 reads this quickly and cuts into the freethrow line area and then breaks out to the top.



**Pass Option TWO**

**Pressure Releases (Wing Entry Series)**

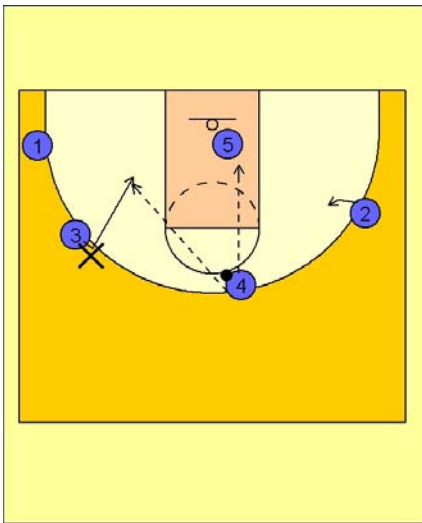
Once #3 has the ball he quickly takes the ball over on the dribble to the left wing area. #2 cuts into the freethrow lane area and out to the top of the key.



**Pass Option TWO**

**Pressure Releases (Wing Entry Series)**

You are now in alignment for the Triangle Corner Series, Triangle Post Series, or the Pinch Post Series on top.



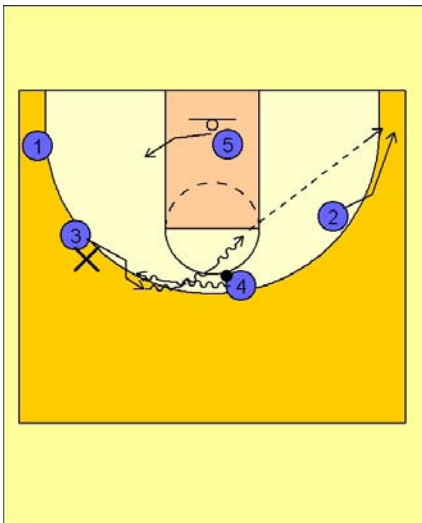
**Pass Option TWO**

**Pressure Releases (Wing Entry Series)**

ANYTIME the post to wing reversal pass is denied, you have two options available to you.

Since #5 is "locking up" his defender with the high / low entry pass option from #4, #3 does have the opportunity to make a quick backdoor cut.

If #3 should receive the ball he should be ready to either score or dump the ball off to #5 should his defender come over to help.



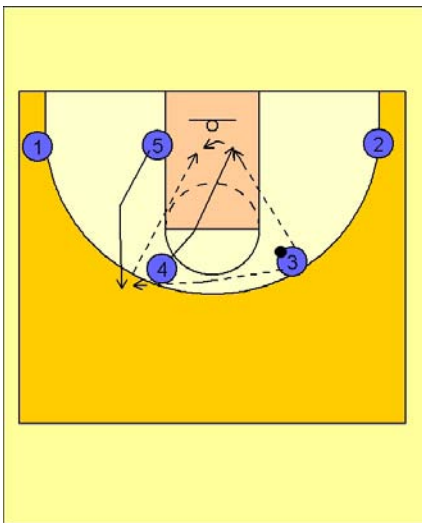
**Pass Option TWO**

**Pressure Releases (Wing Entry Series)**

The second option is for #4 to execute a dribble handoff with #3.

#5 continues his movement across the lane while #4 drives at #3 for the handoff.

#2 recognizes the dribble handoff and spots up in the corner area looking for the potential drive and kick out action from #3.



**Pass Option TWO**

**Pressure Releases (Wing Entry Series)**

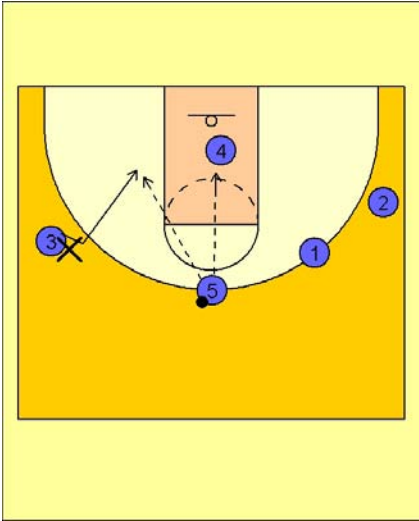
Again, as with all post / perimeter dribble handoffs we will have the post player, #4 roll into the lane while the opposite post player, #5, takes his defender out and up to the top of the key area.

If #3 was unable to score on the drive, or the kick out to #2 in the corner, he will look to hit #4 rolling into the lane or will look to reverse the ball back to #5 on top who may have a better passing angle into the post player #4, if he is being denied the ball.

We would then go to our motion offense or call a set play if we were unsuccessful in scoring here.



**Pressure release (trlr. entry)**



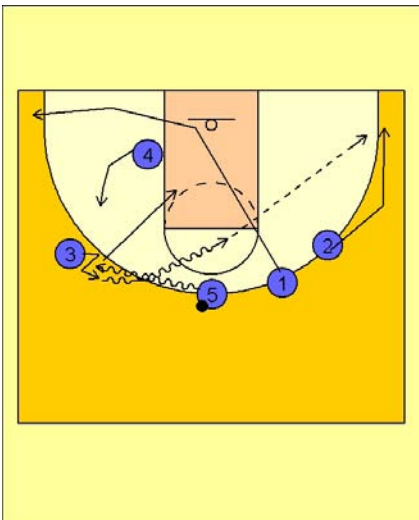
**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

Whenever the wing entry pass is denied, not just in the Trailer Entry Series, but all series, the following action should occur immediately.

#3 has two options. He can cut backdoor while #4 is "locking up" his defender in the middle of the lane with the high / low entry option from #5.

#3 should be ready to catch and score or dump the ball off to #4 if his defender comes over to help on the backcut.



**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

The second option is for #5 to put the ball down and attack #3 on the wing and execute a dribble handoff.

#1 recognizes the dribble handoff action and begins his normal clear out cut to the left corner area.

#2 sees that #5 has begun the dribble handoff action with #3 and flattens out to the ballside corner area.

#3 takes the hand-off and looks to get in the lane for a score or drive and kick out to #2 spotting up on the right wing.

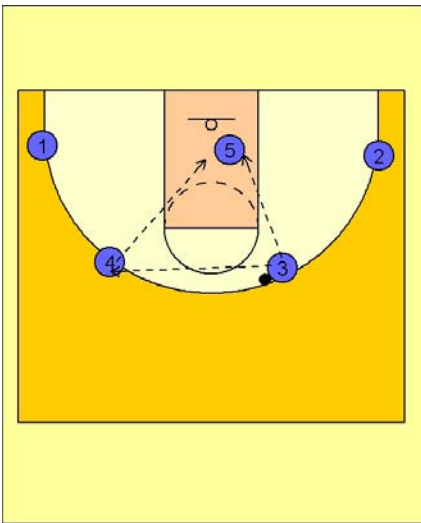
As in all dribble hand-offs with the post players on the perimeter, #5 will roll to the basket and the opposite post player #4 will move up the lane taking his defender away from the basket.



**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

If #2 was not open on the initial drive and kick, #3 looks to hit #5 rolling to the basket or will pass the ball back to #4 on top and look to feed the ball inside on a better passing angle.

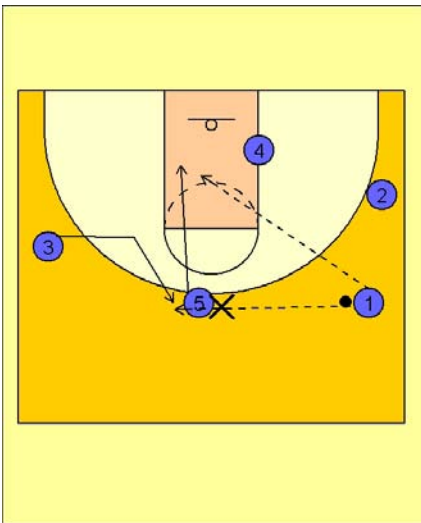


**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

When and if the Trailer Entry Series entry pass is denied, #5 will recognize and backcut immediately. #1 will look to hit #5 on the backdoor pass.

#3 recognizes this denial and backcut action and will quickly cut into the freethrow lane and out to the top of the key to receive the pass from #1.

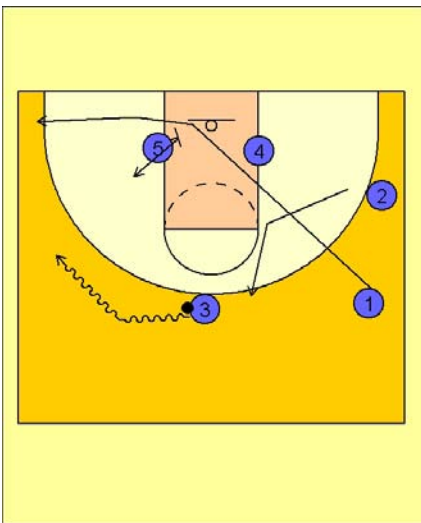


**Pass Option TWO**

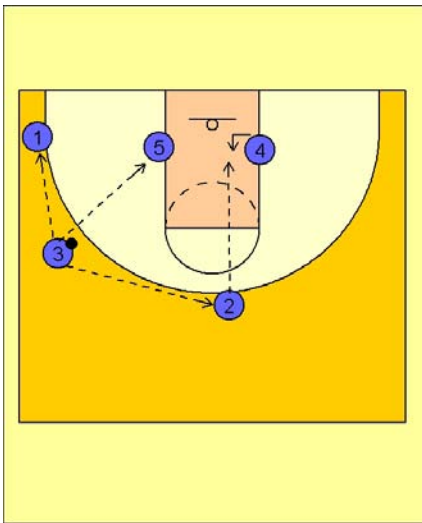
**Pressure Releases (Trailer Entry Series)**

Once #3 has the ball, he will quickly take the ball to the left wing on the dribble. #1 will cut through the lane and out to the ball side corner area off a screen from #5 on the block. After #5 screens he will post up above the block, looking for the entry pass from #3.

#2 cuts into the freethrow line area and out to the top of the key.



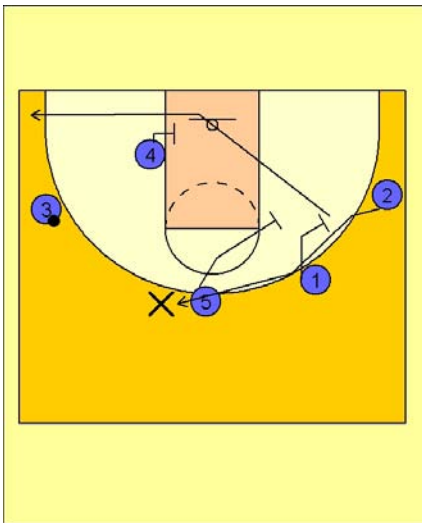




**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

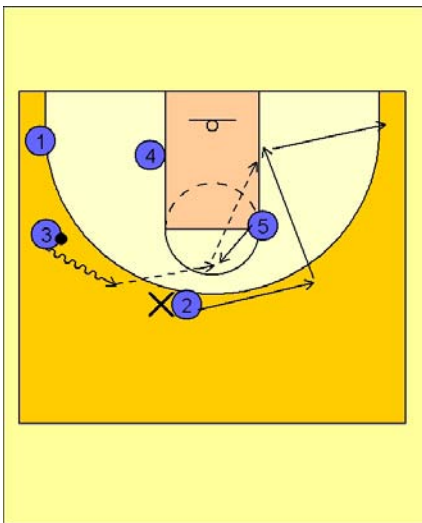
You are now in alignment for the Triangle Corner Series, Triangle Post Series, or the Pinch Post Series on top.



**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

ANYTIME the wing player, #2, is denied the ball on top as he comes off the doublescreen from #1 and #5, you should look to use this pressure release option.



**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

#2 backcutting is not a great option as #4 is in the lane with his defender.

So, when #3 recognizes that #2 is denied, we will use the same pressure release as described in the post flash pressure release option.

#3 drives the ball at #2. #2 fades back to the right top wing area while #5 flashes toward #3 to receive the pass. Upon #5 receiving the pass from #3, #2 will cut backdoor looking for the pass from #5.

If #2 did not receive the pass from #5 he will cut out to the same side corner area.

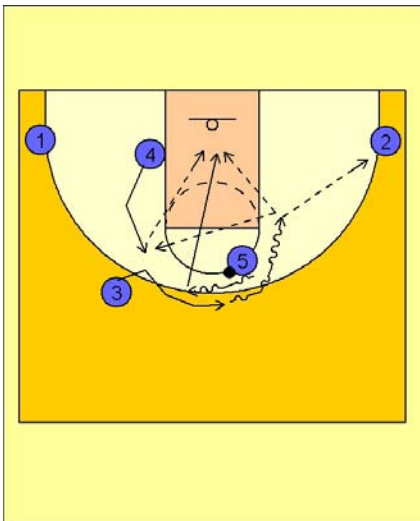


**Pass Option TWO**

**Pressure Releases (Trailer Entry Series)**

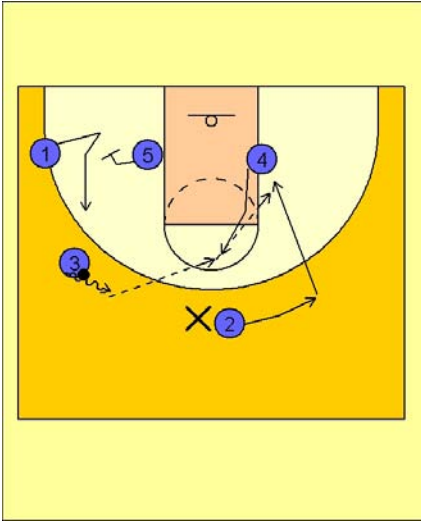
#3 will not continue his movement toward the ball, take his defender down a bit and then come over the top to receive the dribble handoff from #5.

As with all post / perimeter handoffs on top, the opposite post player, #4, will start to move out on top while #3 looks to take the handoff and score off the dribble, drive and kick out to #2 on the right corner area if #2's defender helps on the penetration from #3, or #3 can look to hit #5 rolling in the lane or pass back to #4 on top for a better passing angle into the post player should #5 be fronted in the lane.





**Pressure release (pinch post)**



**Pass Option TWO**

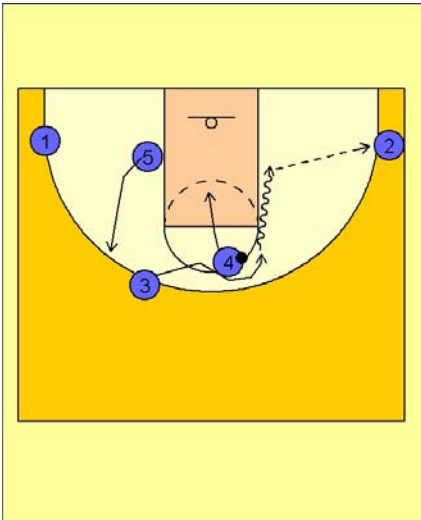
**Pressure Releases (Culmination - Pinch Post Series)**

When and if you cannot make the Pinch Post Series entry to the top man, #2 in this diagram, #3 can and will drive the ball at the man being denied, #2.

#2 backs up a few steps to the top right wing area.

#4 continues his normal movement and flashes to the high post area to receive the pass from #3.

#2 cuts backdoor and looks for the entry pass from #4.



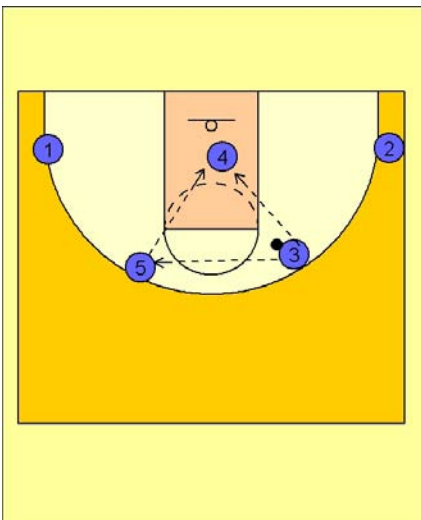
**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

If #2 was not open or did not receive the pass, #4 will then look to dribble the ball towards the left side of the floor.

#3 will not look to take the handoff from #4. #3 looks to attack the lane, drive and kick out to #2 on the right corner / wing area, or look to hit #4 rolling to the basket.

Again, as with all post / perimeter dribble handoffs on top, the top post player rolls into the middle of the lane while the opposite post player, #5 in this diagram, flashes on top, taking his defender out of the lane.



**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

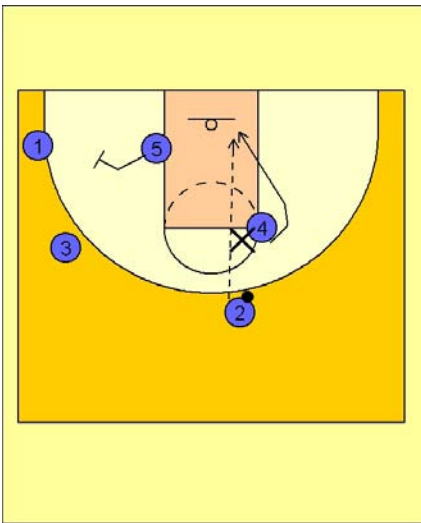
#3 can look to feed the post man #4 or reverse the ball back to #5 who can look for a better passing angle into the post man #4.



**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

When the post man is denied the entry pass to the high post, the first and easiest option would be for the post player #4 to make a spin move to the basket and look for the over the top pass from #2.



**Pass Option TWO**

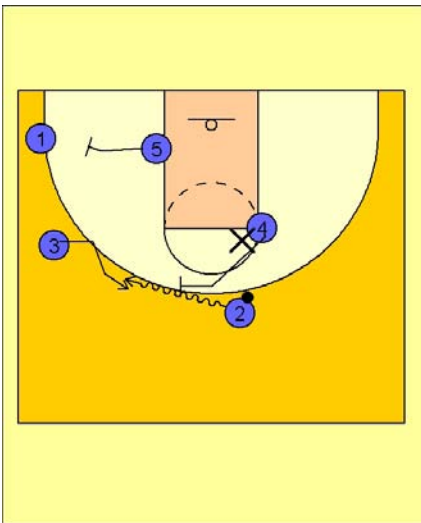
**Pressure Releases (Culmination - Pinch Post Series)**

When the post man #4 is denied the entry pass, does not execute the spin move to the basket, or the post player is late in getting to the high post, #2 should not wait and should keep the offense moving.

Here we see #2 using the option to drive the ball at the wing player #3, when #4 is unavailable for the pass.

#3 will fake in and over the top for the dribble handoff from #2.

#4 recognizes the dribble handoff by #2 and #3 and moves up to set a ball screen for #3.

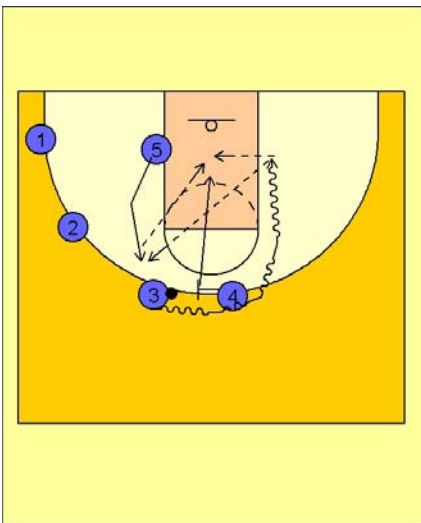


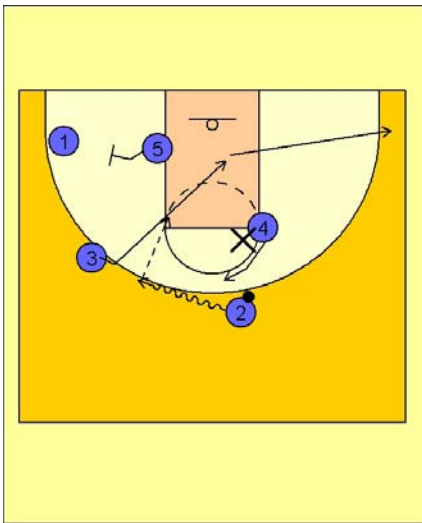
**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

As soon as #3 gets the ball from #2, #3 will take the ball off the ball screen from #4 and look to attack in the lane.

#3 can look to score, dump the ball off to the rolling #4 man, or pass back to #5 stepping out on top. #5 may have a shot if his man stayed and helped on the post or he can look to feed #4 inside if he was being fronted on the initial cut into the lane.





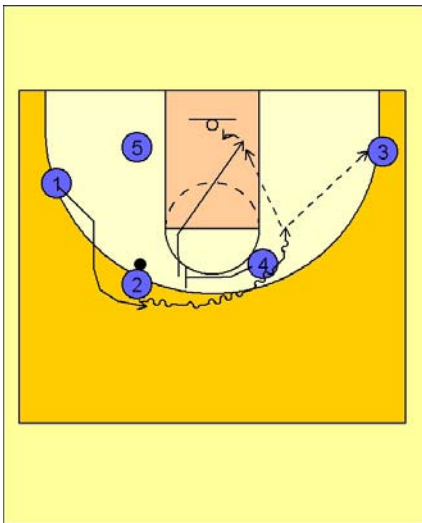
**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

Another option on this play is for #3 to fake as if he is coming for the handoff from #2 and then cut backdoor looking for the pass from #3.

If #3 does not receive the ball he immediately cuts out to the opposite corner / wing area and gets ready to receive a pass in the corner for a shot.

#4 sees the dribble entry and starts to move up and out from the freethrow line area.

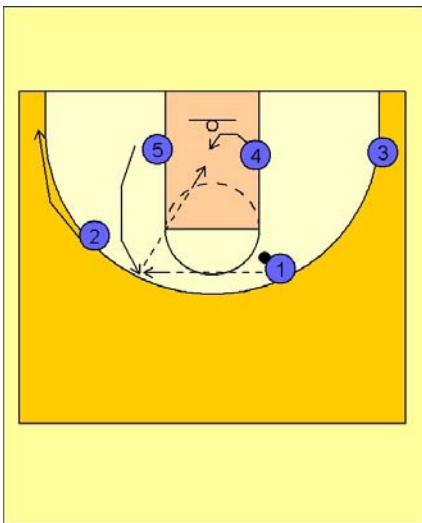


**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

#1 now comes up right after #3's backcut and receives the dribble handoff from #2. As this action is taking place, #4 moves over to set a ballscreen immediately once #1 comes off with the ball.

#1 looks to get in the gap with the dribble to score, pass to #4 rolling in the lane, or kick out to #3 on the right wing.



**Pass Option TWO**

**Pressure Releases (Culmination - Pinch Post Series)**

After #2 executes the dribble handoff with #1, he will continue his movement to the left wing / corner area.

#4 rolls to the basket and the opposite post player, #5, flashes high, looking to get his defender out of the lane and also to receive the next pass from #1 for perhaps a better passing angle in the post, especially if #4 is fronted on the ball side.

# Pass

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# Option

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In closing, this complete offensive system gives you the opportunity to execute...

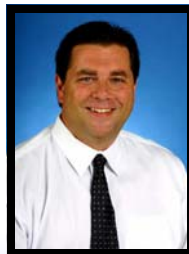
- (13) Backdoor Cuts
- (12) Down Screens
- (8) Back Screens
- (6) Dribble Handoffs
- (5) Ball Screens
- (3) Lobs
- (2) X-cuts

...not to mention the numerous screens and cuts associated with your motion offense.

You will have a multitude of offensive options at your disposal, with no verbal or physical signals to alert your opponent. How you will execute each option is up to YOU and YOUR TEAM. When you do execute, I pity the defense!

Thank you and good luck!

Handwritten signature of Jamie Cingoli.





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