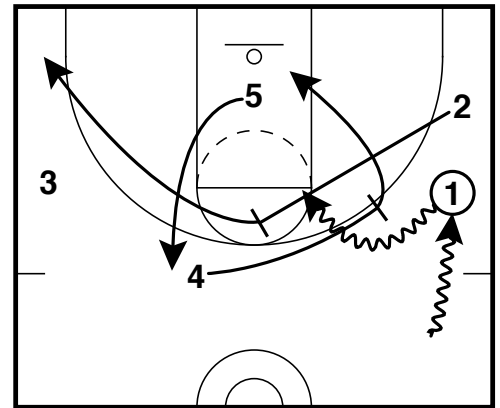


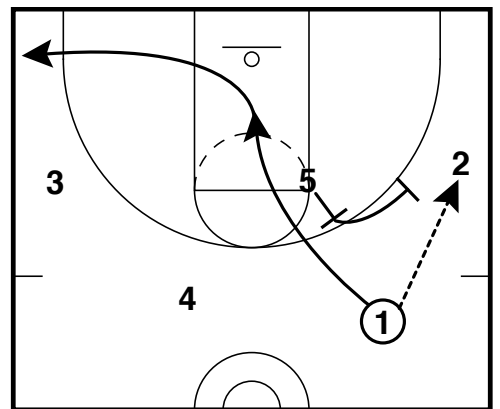
## 15. ADVANCED ENTRIES, ACTIONS AND QUICK HITTERS

There are endless entries to keep things fresh and give us a look at an action before we enter Wave. Below are some options to consider.

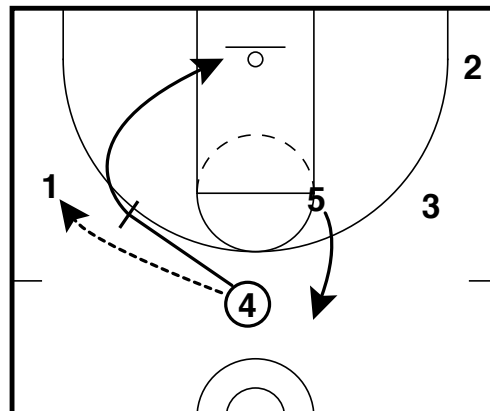
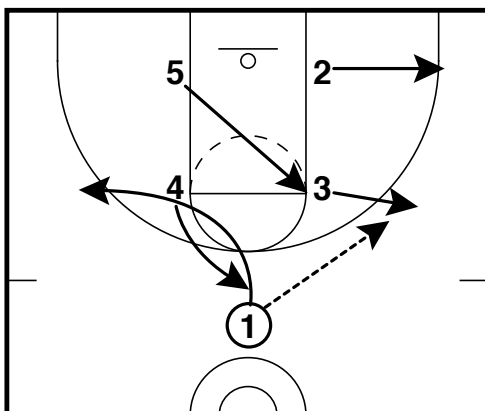
**“Wedge”** This is a dribble entry into a 4-1 ball screen. We sprint the 2 from the right wing to screen off the ball for 4. The 4 then sprints to set the first side ball screen. This action is used to help make x4 late to defend the ball screen or force a favorable switch onto 2 if the defense is a switching team. 5 rotates from the rim to his reversal position and 2 fills the weak side corner position.



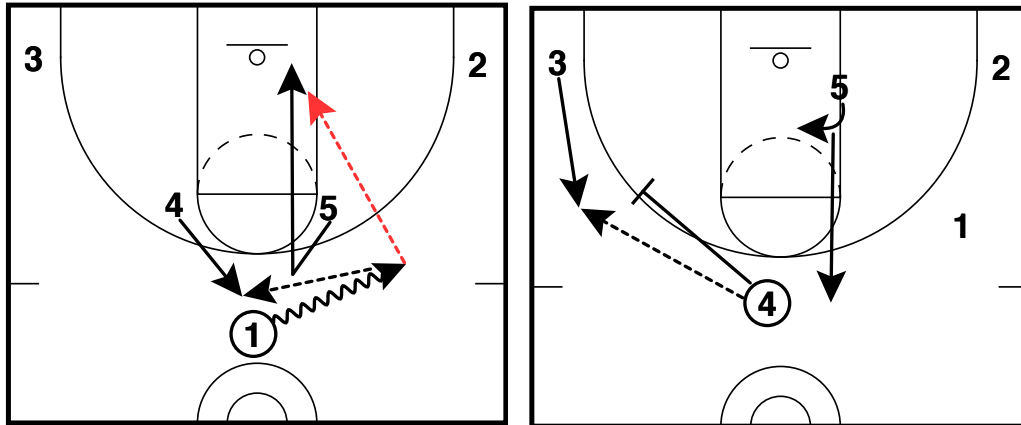
**“Hold”** This entry requires the 5 to start at the elbow. The 1 will need to use the pass entry into the offense. This entry leads directly to a UCLA screen by 5. The 2 should initially read 1 cutting off the screen and be able to deliver the pass if 1 is open. If 1 doesn't get the ball, he will fill the weak side corner. After 5 sets the UCLA screen, he will then side ball screen and we go right into our Wave action. The 5's screen can often times force x5 be late to defend the ball screen because he had to momentarily help on the UCLA screen.



**“Box”** In our offense we use a series of sets out of a box formation. These plays are specifically designed to get us a back door layup or a 3-point shot. We use this entry to add more actions out of a box set so it is harder to determine what we are going to do from our box formation. In this entry 1 enters to 3, who reverses to 4, and 4 then double reverses to 1 to set the first ball screen in the continuity.

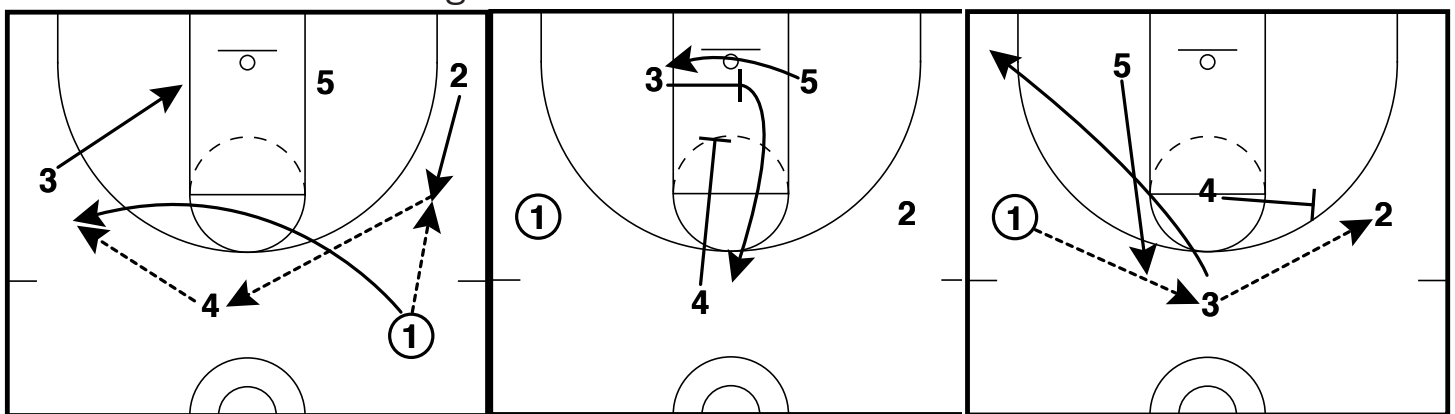


**“Horns”** With this entry we get a look for a ball screen slip and then a high/low seal before initiating Wave.



Merging an entire quick hit play that ends in Wave can be very effective. Here is an example of a full quick hit set to run before getting into Wave, as opposed to just looking at a single action. The hope is that your team can score directly off the quick hitter, but in case you don't, you can flow right into your continuity offense without having to set back up.

**“Motion Weak”** This is the famous San Antonio Spurs play that we end flowing right into Wave. We enter the ball to the wing and look into the post. If the post isn't there, we double reverse the ball from 2 to 4 and back to 1. As the reversal is happening, 3 sets a low cross screen for 5. After 3 sets the screen, he will receive a screen from 4 to catch coming to the top of the key. If he doesn't have a shot, he will reverse the ball to 2 and fill the weak side corner. 4 follows 3's pass to 2 to initiate Wave with a 2-man game.



There are endless options for sets like this, but running sets into your main continuity provides a way to look at other actions while seamlessly being able to flow directly into another action without having to set back up. All a coach has to do is figure out how to get his players into the basic Wave spacing at the conclusion of any of his team's sets.

## *16. OFFENSIVE REBOUNDING CONSIDERATIONS*

This offense usually has all 5 or 4 players outside the paint at any given time. Players will be cutting in and out of the paint but we will never have any one player stationed near the rim. If a team wants to successfully offensive rebound out of the this offense, they will need to make a concerted effort to do so.

As a general rule of thumb in our program we will crash the offensive boards with a minimum of three players. We have the 3, 4, 5 positions crash on every shot with the goal of at least getting a foot in the paint in pursuit of the basketball.

We use a halfback/fullback approach to transition defense. This means 1 is sprinting back to half court on the shot attempt to be the deepest player in our transition defense. No one should get behind him and he should direct traffic. Offensive rebounding is not a contribution we ask our 1 to make for our team. The halfback player should move towards the top of the key on a shot attempt. From there, he can hunt long rebound opportunities but primarily he is there to pick up the primary ball handler on a miss or make. We have three players crashing with no regard to transition defense and one player hunting long rebounds. Sending that kind of manpower to the boards should yield good results.

Since the 4 and 5 are always crashing the offensive boards, we will train them to crash from basically only two positions. In the offense they are either low after ball screening, high as a reversal man or on the wing setting a ball screen. From the wing and the reversal spot they should sprint to the rim looking for a daylight rim run (no box out) with their hands ready. If they are boxed out they should try to shed the box out and pursue the ball. From the low spot, the 4 and 5 will use the shed or wedge techniques to offensive rebound, making every attempt to get opposite of the shot attempt.

The 3 will usually find himself in the weak side corner or wing when shots are attempted. These are good offensive rebounding locations. He should be looking to pursue the basketball to the point of getting a foot in the paint. A daylight rim run is optimal but even if he is boxed out he should try to shed and continue his pursuit of the rebound before sprinting back.

## *17. ENHANCEMENTS WITH STATIONARY MOVES*

There are two common penetration situations in this offense. The first is off of a ball screen to attack middle, and the second is to reject the ball screen and attack base line. In our program we teach a single pivot (right handed players on their left foot and lefties on their right foot), so this narrows down the moves we will use to enhance the offense. We will describe the moves for right-handed players so all lefties will need to do is perform the same moves but on the opposite side of the court.

To reject the screen on the right side, right handers can use a rip move from the left hip to aggressively reject the screen on a baseline drive. Right handers can also use a rocker step towards the baseline while waiting for the screen. If the defender doesn't respect the step, we can attack baseline with the drive.

To use the screen on the right side, we can jab away from the screen to set our man up to use the screen. We can also use a normal go move without a fake to use the screen.

On the left side, right handers can use a go move to reject the screen if the defense is playing to high. They can also use a jab and go move to try to shift the defense out of position to reject the screen and drive baseline. A sweep from the right hip of a right handed player is also very affective to reject a screen.

To use the screen on the left side, a right hander can use a rip from the left hip to come off the screen hard.

However your system teaches players to attack off of a pivot should be a consistent emphasis for enhancing these attack points. Using footwork and fakes to gain small advantages in Wave add up to big advantages over time.

## 18. COMMON PITFALLS

**Illegal Screens** Wasted possessions and foul trouble can happen quickly when the proper fundamentals are not taught on how to set and receive a screen, especially on the ball screens because there is no doubt the officials have their eye on the ball. Without continual emphasis on the fundamentals of screening this offense could get frustrating very quick.

**Skills to Use Ball Screens** High school players are usually not comfortable with ball screens until they've been taught the details. In a few short weeks progress will be apparent with how comfortable the players will get in the scheme but it probably won't be immediate. There needs to be some patience in developing this comfort level. Also, it's hard to run this offense with limited ball handlers. I would not run this offense if you don't have at least two players that can be effective using a ball screen.

**Lack of Offensive Rebounding** Any offense that is predicated on five players all working on the perimeter should consider A. Punting offensive rebounding to focus on transition defense, or B. Make a concerted effort to define roles for how the team should approach offensive rebounding. We choose to define the roles and offensive rebound effectively out of the offense.

**Too Much Equal Opportunity** All five players will handle the ball in this offense and have opportunities to make plays. Granted, we can put our best scorers in the highest usage positions but coaches that need to control shot taking might want to rethink using this offense. And it goes both ways - star players not getting enough touches and players shooting too much that should not be.

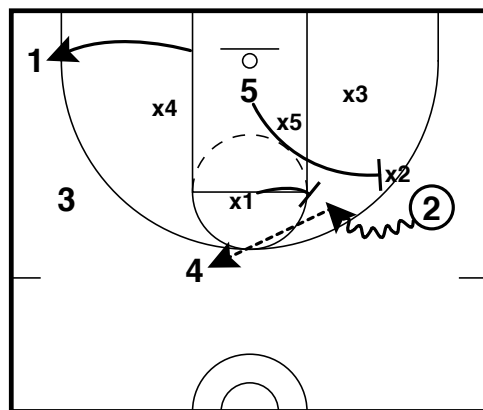
**Immobile Forwards** This offense requires the forwards to be able to move and handle the ball. Undoubtedly, skilled forwards will work best in this offense. It's not a valid thought that this offense isn't able to feature an inside game, as Wave conforms to the personnel and can just as affective being ran as an interior offense as it can be for a guard oriented offense. However, if the offense doesn't fit your personnel, we suggest you find another offense that does.

**Struggling with a Particular Style of Defense** If a team plays a style that your players don't particularly attack affectively with Wave, I'd have other options ready to go. For example, if a team plays a heavy sagging defense and your players don't have the ability to shoot behind ball screens, it doesn't make sense to consistently put your players in a position where one of the better attack options isn't in their arsenal. You should then have other attacks ready to go when you see these types of defenses.

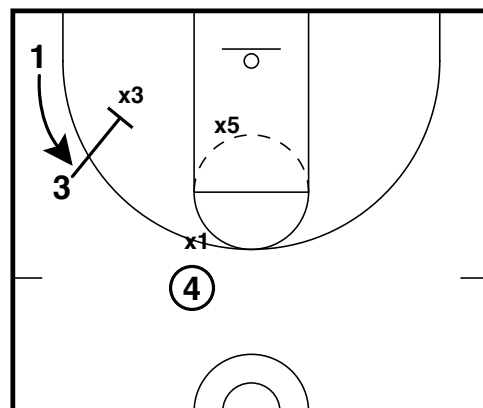
## 19. ZONE SET

We use Wave as a set against a 2-3 zone. Against a 3-2 or 1-3-1 we will use other attacks but this action plays nicely against a 2-3.

A lot of teams are not prepared to defend a side ball screen in their zone. We find that often times we will get easy shots off the initial side ball screen the first few times we run the action. A key here is to make sure the reversal forward does not fade too far off the seam. If he does, the back row forward on the weak side can rotate up to defend this shot. Teams will adjust against this action but defending side ball screens out of a zone is commonly under taught.



Against a zone we always use the screen in technique by the top paired forward. This can help us get some easy shots behind the screen for the bottom paired guard as the ball is reversed. The top paired guard must also be able to slip if the situation calls for it and catch the ball in the paint to collapse the defense.



We do not continue through with the continuity, opting to go into a zone motion type of action. We've found the continuity hard to continue because of the difficulty in screening the right defenders to make the action continue to be affective, but we do view Wave a viable option as a set to attack a 2-3 zone.

## 20. TERMINOLOGY

**Action** - Any movement intended to create an advantage for a scoring opportunity.

**Back Side** - The second side of the play when we enter into our offense. The back side of a play is static, and does not change in relation to the ball.

**Ball Screen** - A player off of the ball coming to set a screen for a player with the ball.

**Bottom Paired** - On the weak side of the offense, the player in corner waiting to lift to the wing.

**Downhill** - An attack dribble that is aimed to not go side to side, but instead take space between the ball and the basket.

**Entry** - Any movement intended to get a team started into their offense.

**Front Side** - The initial side the ball is on when we enter into our offense. The front side of a play is static, and does not change in relation to the ball.

**Hook Pass** - A one handed jump pass to the back side of the defense to pass to a player popping or lifting behind the ball.

**Kill Zone** - When coming off a side ball screen, the elbow area where a ball handler has the most options to use to attack a defense.

**L-Cut** - A way to get open that uses a combination of strength and speed and is generally in the shape of an "L."

**Lift** - The action of moving from the corner to the wing to receive an entry pass. It is an explosive 10-15 foot straight cut.

**A Measure** - This refers to ball screening adjustments to make the screens as effective as possible. This is usually a minor movement to line up a screen properly before contact is made.

**Motion Offense** - Screening, passing and cutting offense based off of principles and freedom of movement instead of a scripted pattern.

**Pin and Seal** - A way to get open using strength and footwork to create a passing window to receive a pass.

**Punch Dribble** - A hard dribble going deeper into a gap to draw a defender or create time and space to increase the effectiveness of a pass.

**Quick Hitter** - A type of offensive set looking for a specific action that has a definite beginning and end.

**Reset** - A stoppage in offensive flow that requires coordination to get all players on the same page.

**Reversal Man** - The forward responsible for getting the ball from one side of the court to the other.

**Roll-Hit-Whip** - A technique to seal for low post position using strength and footwork to create a window to receive a post entry pass.

**Seam** - The imaginary boundary the weak side forward adheres to making sure he does not get too deep on the back side of the play, hurting our spacing

**Single Pivot** - A method of teaching footwork to narrow down the options for pivoting to help players learn to be more effective with fewer pivots.

**Strong Side** - The side of the offense that has the player with the ball. The strong side of the court changes as the ball moves, staying opposite the weak side.

**To the Ball Action** - Actions that occur where a player passes to another player and then follows his pass to initiate another action.

**Top Paired** - On the weak side of the offense, the player on the wing that usually vacates by backdoor cutting or screening.

**Two Man Game** - Any action where two players are working together to gain an advantage to attack a defense. These could be a screen and roll, screen and pop, give and go, etc.

**UCLA Screen** - A vertical screen at the elbow, usually set by a forward for a guard that is cutting to the basket.

**Wave** - A side ball screen continuity motion offense that uses numbered cutting principles. Or, a way to say hello.

**Weak Side** - The side of the offense opposite where the ball. The weak side of the court changes as the ball moves, staying opposite the strong side.