



FLEXible

Dribbble



Drive



Continuity Offense



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Introduction

This offense may not be revolutionary, but I think it is a system that will provide you with great action that can and will create shots in the paint and on the perimeter. It combines some *dribble drive options* along with the always effective *flex cut action*.

Here are **TEN KEY REASONS** why I like this offensive system:

- 1) Great **SPACING**, **CUTTING** and **SCREENING** action.
- 2) Excellent floor balance that will help with **DEFENSIVE TRANSITION** when a shot or drive to the basket is executed.
- 3) Appropriate for the Junior High level and above. **REPETITIVE** motion and movements make it easy to teach and reinforce.
- 4) Ball side **OPEN POST** for back door cuts and dribble drive options.
- 5) Effective use and integration of **DOWN** screens, **BLUR** screens, **FLEX** cuts and **CURL** cuts.
- 6) Easy to use and implement **SCORING OPTIONS** when reading and recognizing various defensive techniques to disrupt the offense.
- 7) Five **BREAKDOWN DRILLS** to teach and reinforce the complete offensive continuity system, shots and scoring options.
- 8) All spots are **INTERCHANGEABLE** and will take advantage of each individual's particular strong skills.
- 9) Since all spots are interchangeable, it is extremely **EASY TO START THE OFFENSE** – especially right from transition.
- 10) Emphasis on **TIMING**, **CUTTING**, **DRIVING** and **READING DEFENDERS** making it harder to disrupt by just switching screens in the average continuity offense.

Early Offense

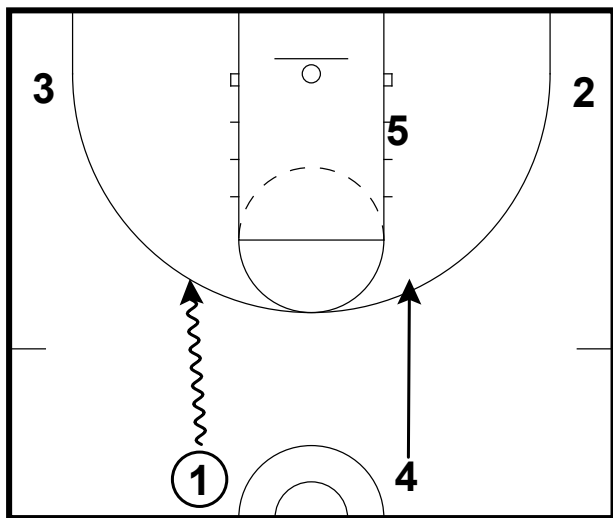
FLEXible Dribble Drive Continuity Offense

#1 can start to either side.

#2 and #3 will sprint the floor to the deep corners.

#4 will trail the play while #5 sets up on the block AWAY from the ball.

All of these spots are interchangeable, so it really does not matter where you start your players. They will all get a chance at each spot with a few rotations of the ball.

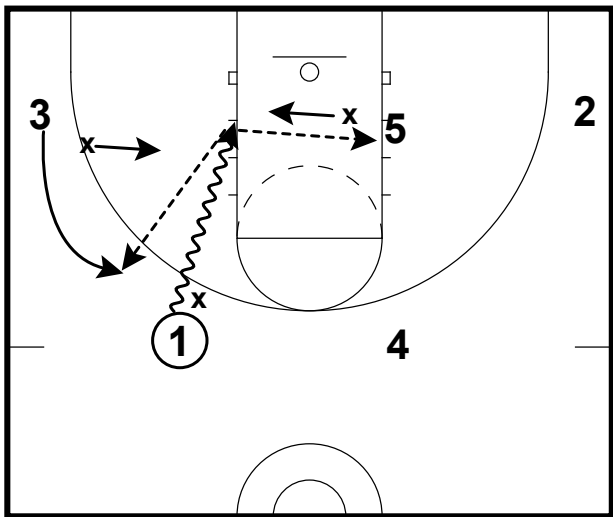


Dribble Drive Options

FLEXible Dribble Drive Continuity Offense

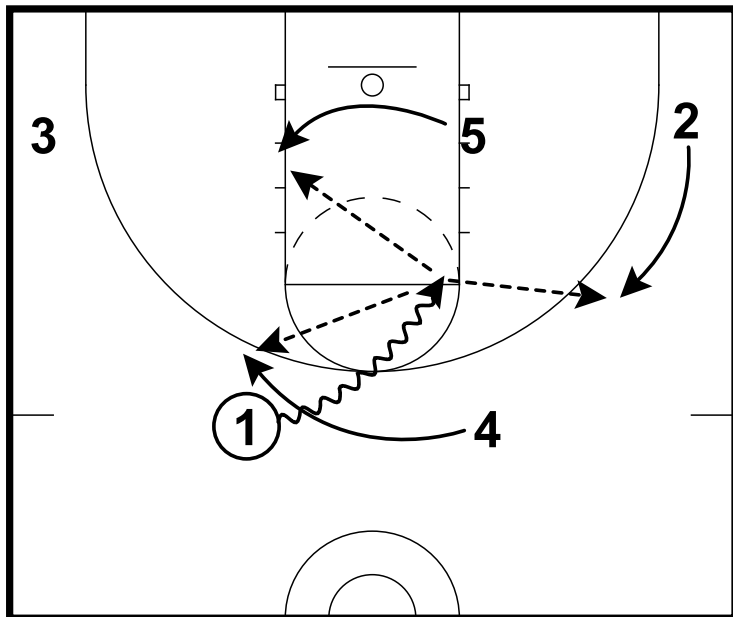
So we have a *dribble drive motion offense* look to begin with the ball side block open for penetration right out of transition.

If #1 decides to attack the basket, #3 slides up to the top wing area looking for the "crack back" pass out from #1. If #1 makes it to the basket, he will look to score or dump off to #5 if his defender slides over to help.



Dribble Drive Options

FLEXible Dribble Drive Continuity Offense



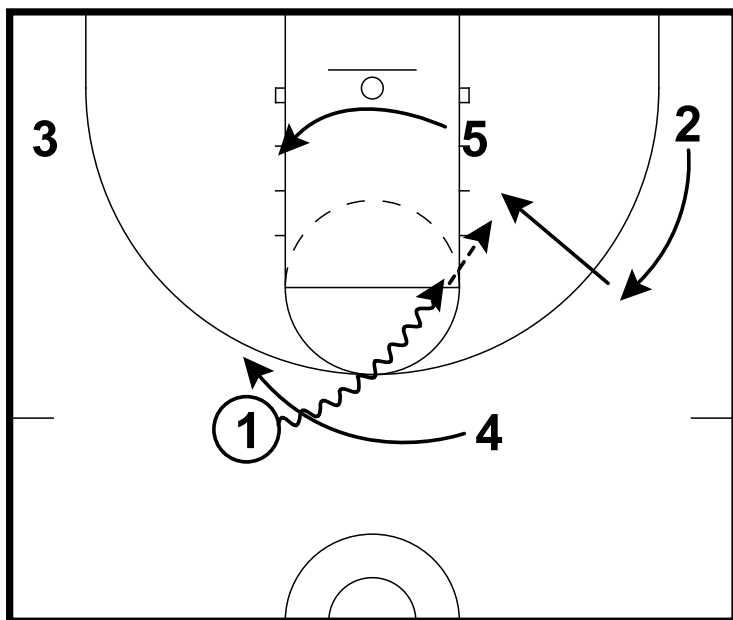
The other dribble drive offense attack is when the point guard drives the ball into the opposite FT line elbow area.

#5 clears across to the other block. #4 fills in behind for the pass back while #2 slides up on the right wing for the jump shot.

Regardless of what pass #1 makes, you are in the same alignment to continue the offense, either on the right or left side of the floor.

Dribble Drive Options

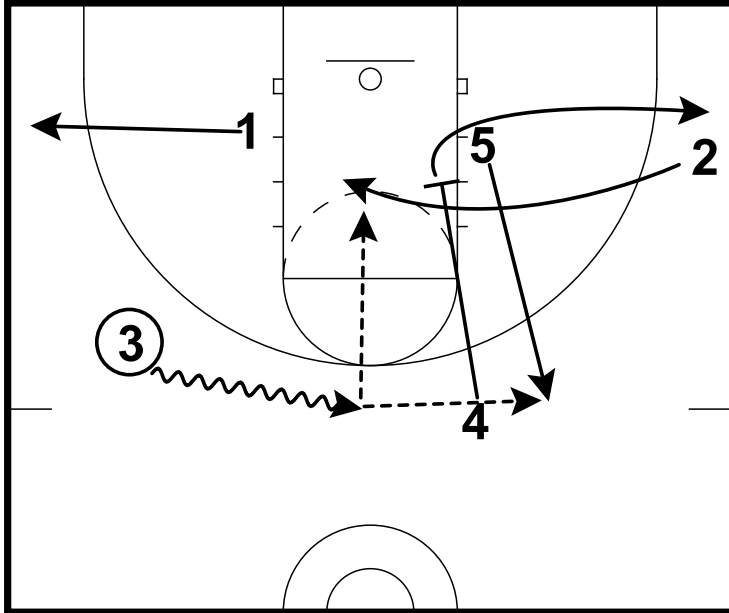
FLEXible Dribble Drive Continuity Offense



You will also always have the back door available to you on penetration as the post is always clearing out the ball side block area on penetration.

Dribble Drive Options

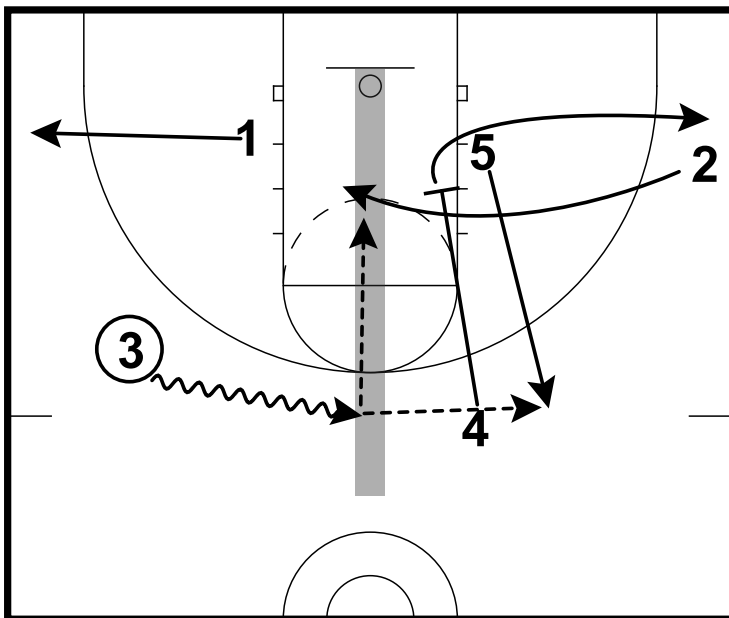
FLEXible Dribble Drive Continuity Offense



When the ball gets back to the left or right top / wing area, the wing player, #3 in this diagram, would now take the pass and continue the offense which we are about to describe.

Dribble Drive Options

FLEXible Dribble Drive Continuity Offense



Two very important points about this dribble action across the top.

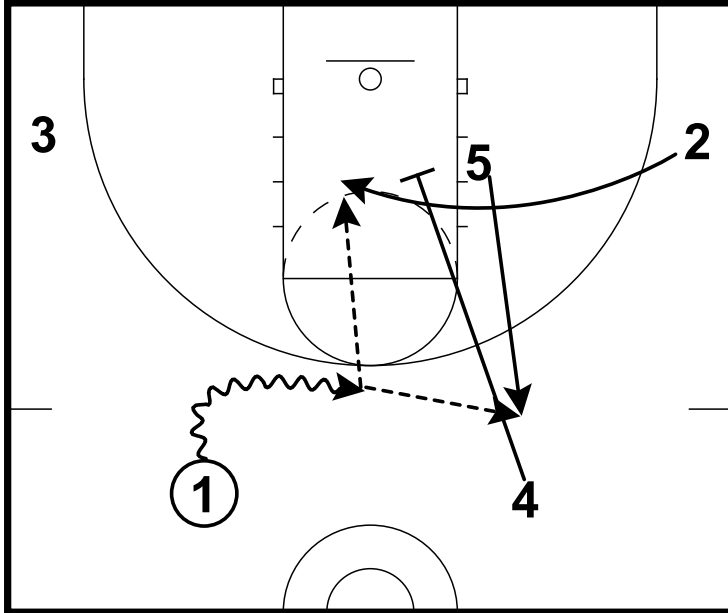
1) The ballhandler must drive the ball to the center of the basket extended on top. This is imperative because:

It will keep proper spacing and allow for a better down screen angle after he passes **PLUS** it will provide for a better back door pass angle for the top / wing player (which we will describe a bit later).

2) With the dribbler always using the center of the basket as his guide, it will force him to look in the lane for where the basket is and the subsequent cutter across the lane.

Basic Continuity

FLEXible Dribble Drive Continuity Offense



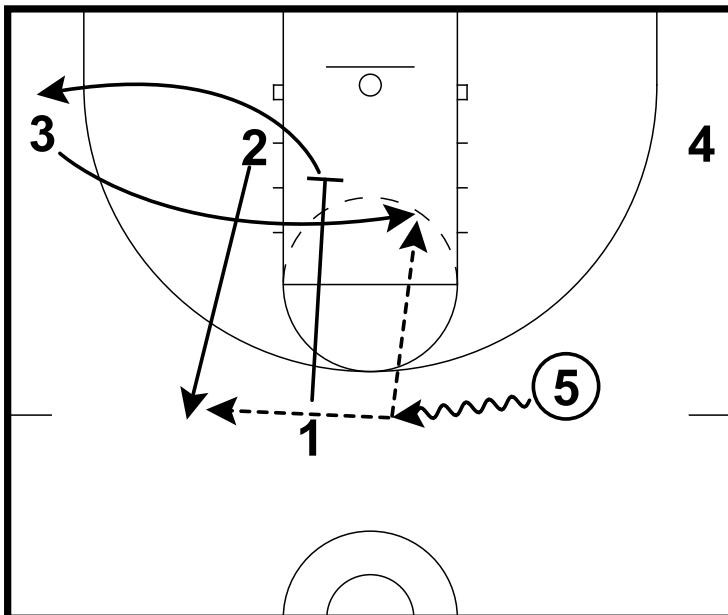
#1 elected not to attack the rim right out of transition. #1 now turns his dribble and drives the ball across the top of the key, careful to drive the ball to the center of the rim extended on top as mentioned earlier.

#4 is trailing the play and sprinting down to screen for #5. #1 will need to time his dribble across the top to coincide with #4's down screen. This timing will come easily when some practice and breakdown work (shown in later diagrams).

#2 will FIRST CURL OFF THE BACK of #4 (known as a BLUR SCREEN), next #5 uses the down screen from #4 to get open on the top / wing area of the floor. AS SOON as #5 uses the down screen from #4, #4 cuts to the corner area. #1 passes to either #2 cutting in the lane for the lay-up or #5 popping out.

Basic Continuity

FLEXible Dribble Drive Continuity Offense



Now #5 has the ball and begins to drive across the top to the center of the rim.

#1, after passing to #5, sets a down screen for #2. #3 USES THE BLUR SCREEN AND CUTS OFF THE BACK of #1 and into the lane.

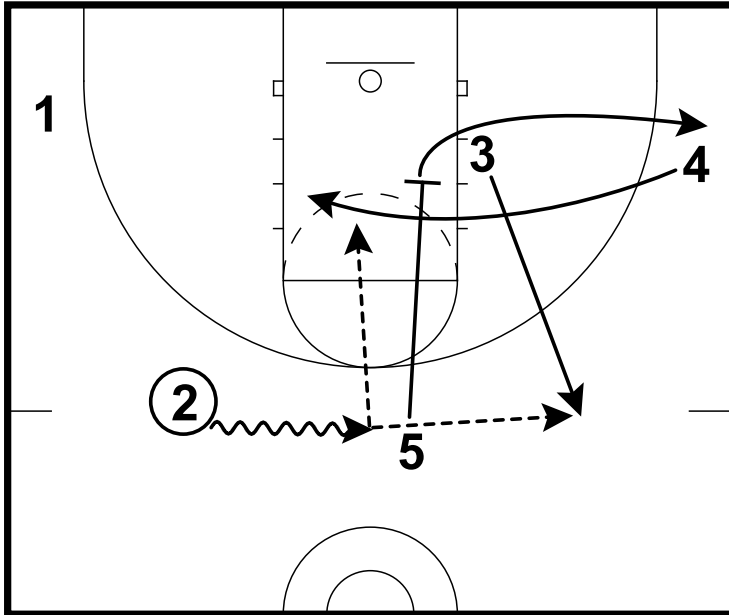
#2 uses the down screen from #1 and pops out on top to receive the next pass.

#5 is looking for #3 cutting through the lane and then #2 out on top.

AS SOON AS #2 CUTS UP OFF THE DOWN SCREEN FROM #1, #1 must cut out to the corner IMMEDIATELY.

Basic Continuity

FLEXible Dribble Drive Continuity Offense



The continuity continues now with #2 driving the ball across the top while #4 CUTS OFF THE BACK of #5's BLUR SCREEN and into the lane.

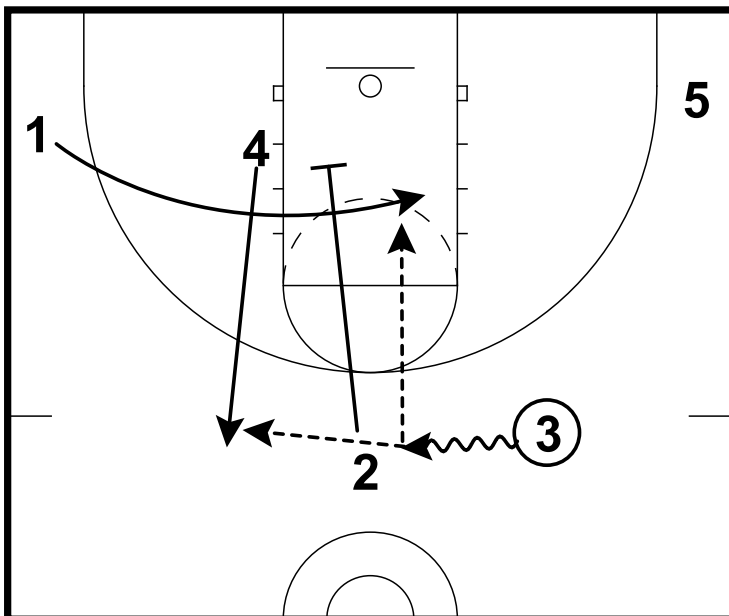
#3 uses the down screen from #5 and gets open on top to receive the next pass. Don't worry about the switch and deny on this down screen, we have a built in back door option that we will cover a bit later.

#2 is looking for #4 cutting into the lane and then #3 breaking out on top.

#5 has set the down screen and then IMMEDIATELY cuts to the corner area.

Basic Continuity

FLEXible Dribble Drive Continuity Offense

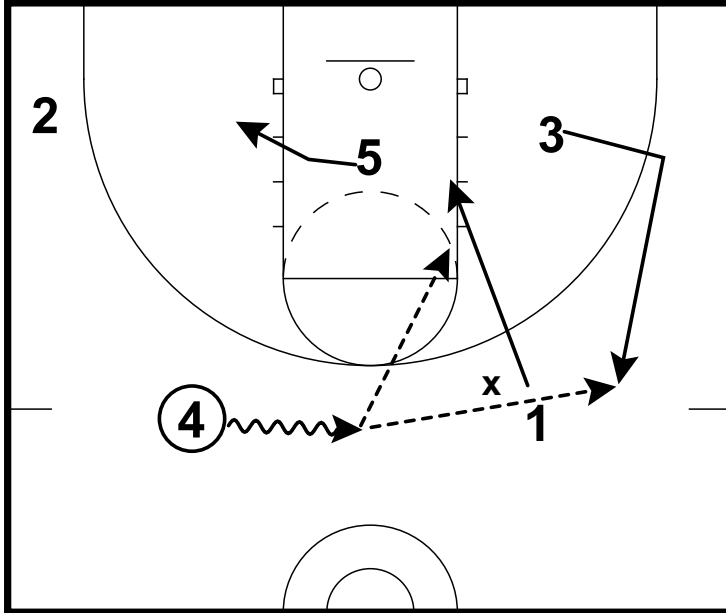


The continuity now continues in the other direction.

Timing is CRITICAL on this down screen / blur screen / curl cut action. It is not only imperative that you constantly verbally emphasize the importance of these screens and cuts, but also through repetitive breakdown work using the drills included in this book.

Back Door Option

FLEXible Dribble Drive Continuity Offense



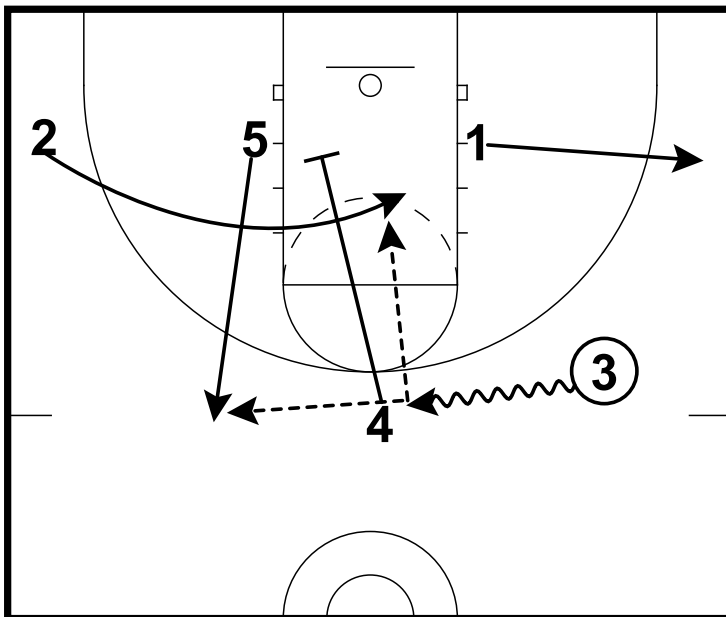
What I really like about this offense, and something that should be available in any good continuity offense, is the ability to BACK DOOR cut when the CRITICAL pass to keep you in continuity is denied.

Too many continuity offenses have people planted in the lane, making it impossible to cut back door. The backside block is always open in this offense so the back door cut is available. Since #3 has set a down screen and then immediately popped out to the corner, the basket area is open for back door cuts.

Here we see #1 was denied or they switched the down screen and denied. #1 has an open lane to back cut while #3 simply replaces #1 and the offense continues. If #3's defender helped on the back door cut, #3 will be open for a perimeter jump shot.

Back Door Option

FLEXible Dribble Drive Continuity Offense



If #1 did not get the back door layup, he would cut out to the corner area and now #3 would take the pass and drive the ball across the top, looking for #2 cutting OFF THE BACK of #4, while #5 is using the down screen from #4.

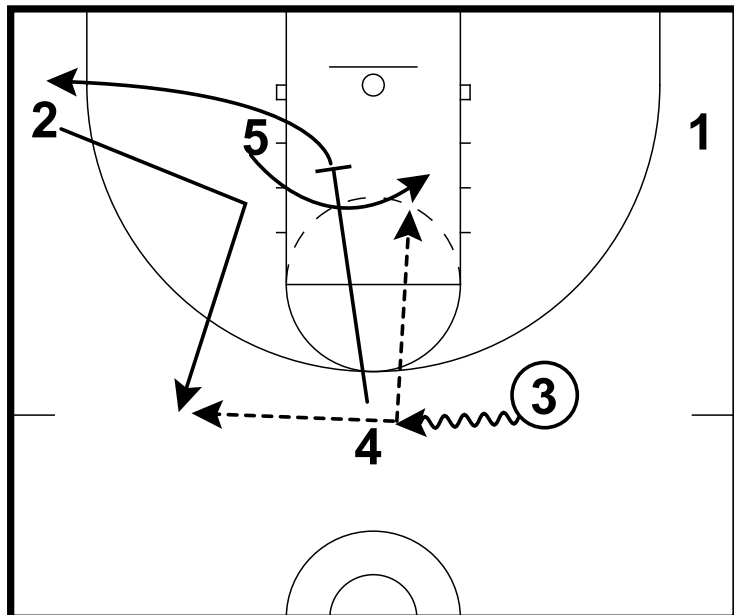
It is IMPERATIVE that you teach your team the basic continuity BEFORE introducing any options.

Although I feel the options are easy to implement, they will not be effective until your team knows and understands the basic continuity first. I encourage you to introduce the entire basic continuity, maybe show them the back door option, and then use the basic break down drills that will reinforce the basic continuity.

THEN, and only then, should you start introducing the different options associated with this offense (described in detail in the following diagrams).

Counter Options

FLEXible Dribble Drive Continuity Offense



Let's maximize the down screen and curl cut action depending upon how teams decide to cover it.

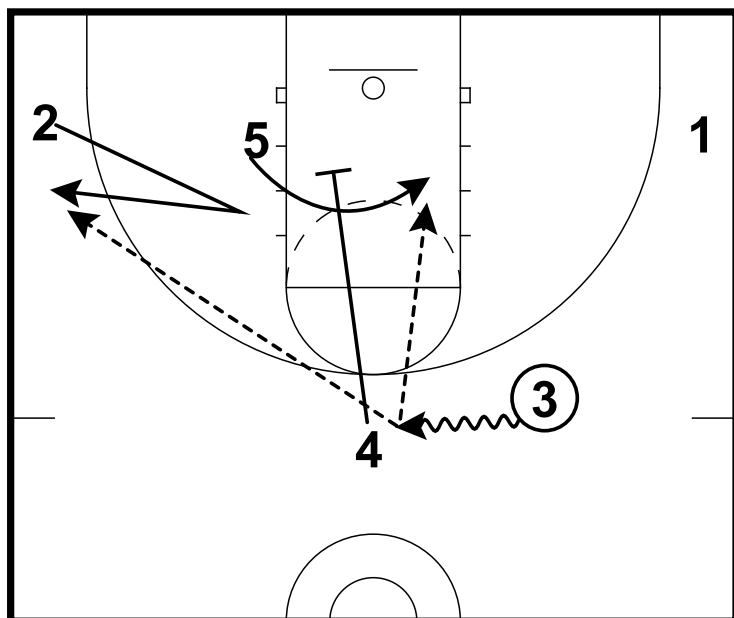
BOUNCE UP OPTION - Here is a simple option and read from the player in the corner cutting OFF THE BACK of the down screener.

ANYTIME the corner cutter, #2 in this diagram, sees that his defender is cheating under the blur screen / down screen action, he may elect to FAKE the cut off the back of #4 and BOUNCE UP to the top.

#5 is in a position to see this action so it is a very simple and quick read for him. When he sees that #2 has used the BOUNCE UP option, #5 would then CURL around the down screen and cut across the lane to the opposite block. #3 is still looking for the same options, a player cutting across the lane while another is popping out on top. The continuity would then continue.

Counter Options

FLEXible Dribble Drive Continuity Offense



BOUNCE BACK OPTION - Here is a simple option and read from the player in the corner cutting OFF THE BACK of the down screener.

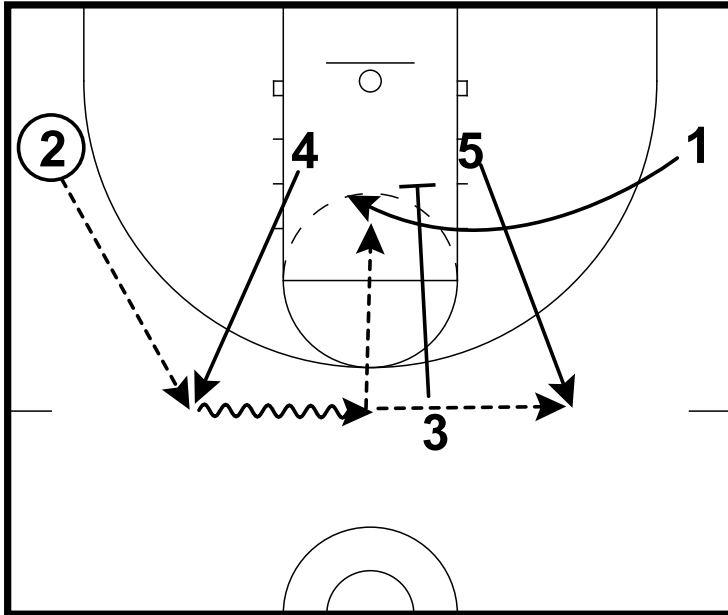
When the cutter, #2, reads that his defender is starting to cheat over the top of the blur screen / down screen action, #2 executes a BOUNCE BACK move to the corner.

#5 will still use his curl cut read around #4's down screen when he recognizes that #2 did not cut in the lane (same as the BOUNCE UP option).

#3 looks to deliver the pass to #2 for the open jump shot in the corner or #5 curling in the lane.

Counter Options

FLEXible Dribble Drive Continuity Offense

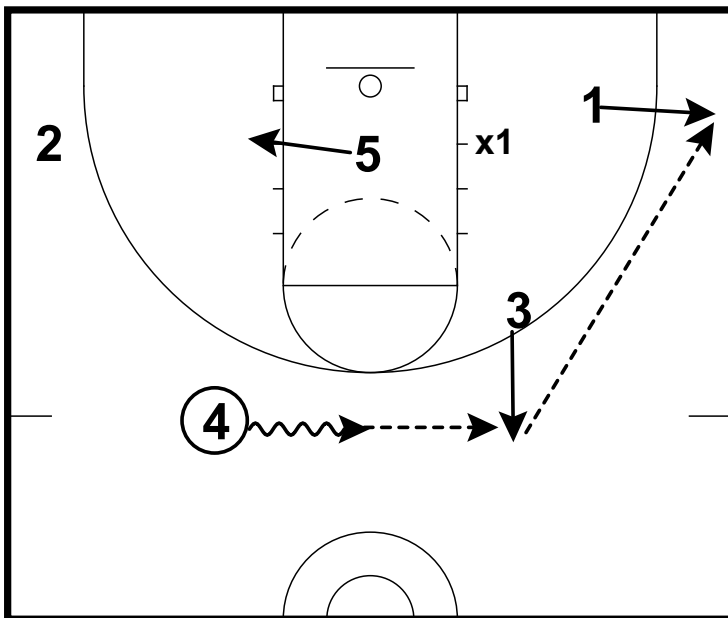


Since #4 could not down screen and pop to the corner (since #2 used the BOUNCE BACK option), #4 would cut to the only open spot - out to the top wing spot.

If #2 did not have a shot, he would reverse the ball back up on top to #4 who would now drive the ball across to the middle and the continuity continues.

Counter Options

FLEXible Dribble Drive Continuity Offense



CORNER PASS OPTION - From time to time the player breaking to the corner will not draw his defender out - and you will need to exploit that type of coverage.

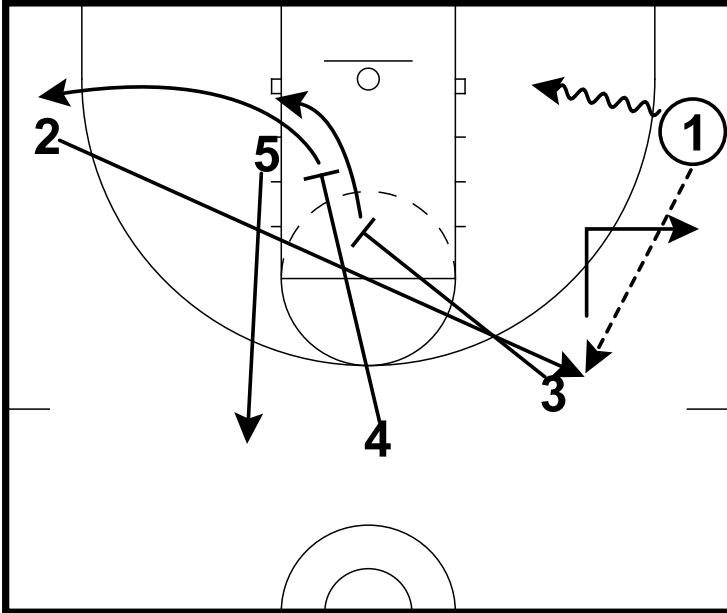
As #4 brings the ball across to the top, and #5 has cut through the lane, #3 is cutting up off the down screen from #1 to receive the pass from #4.

As we mentioned earlier and will look at again a bit later, #3 is always catching, squaring up and reading the defense, looking to penetrate to the block if it is open and if he feels great ball pressure.

When #3 reads and recognizes that the right low block has a defender waiting, #1's defender, he will look to make the pass to #1 breaking out to the corner for the open shot.

Counter Options

FLEXible Dribble Drive Continuity Offense



Whenever the top / wing player, #3 in this diagram, passes to the corner, he will cut in the lane and set a screen for the cutter, #2, for an open shot on the perimeter.

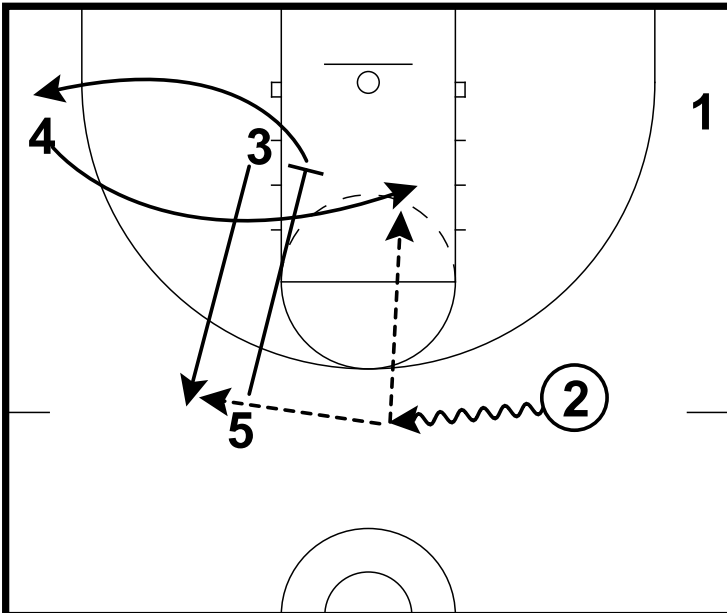
#4 and #5 do not change what they do normally. #4 is down screening and popping out to the corner while #5 is breaking up off the down screen.

#3 sets the screen in the lane and then moved to the open low block area.

#2 is looking for the open 3 point shot or elbow jump shot. This is a great option to get an open shot for the cutter, #2, because he is getting first a "blur screen" from #4 and then another screen from #3.

Counter Options

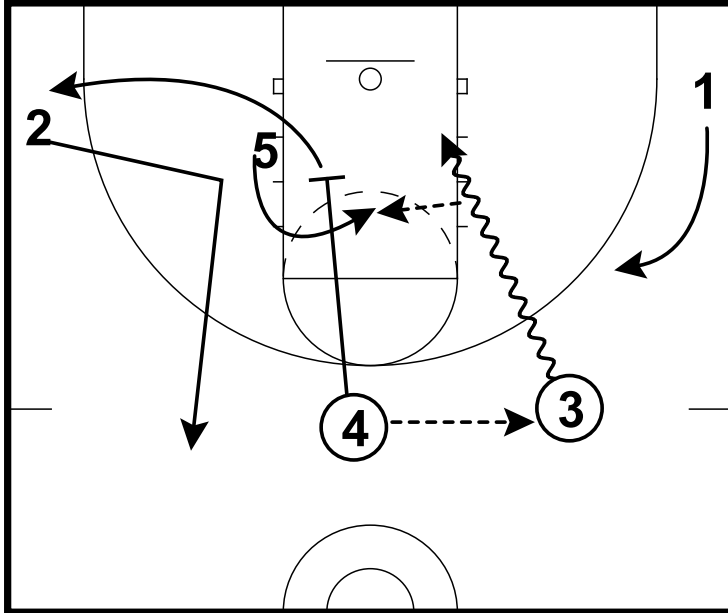
FLEXible Dribble Drive Continuity Offense



If #2 does not have the shot, he will continue the offense by driving the ball to the middle of the floor while #5 down screens and the blur screen, flex cut and curl action is ran again.

Counter Options

FLEXible Dribble Drive Continuity Offense

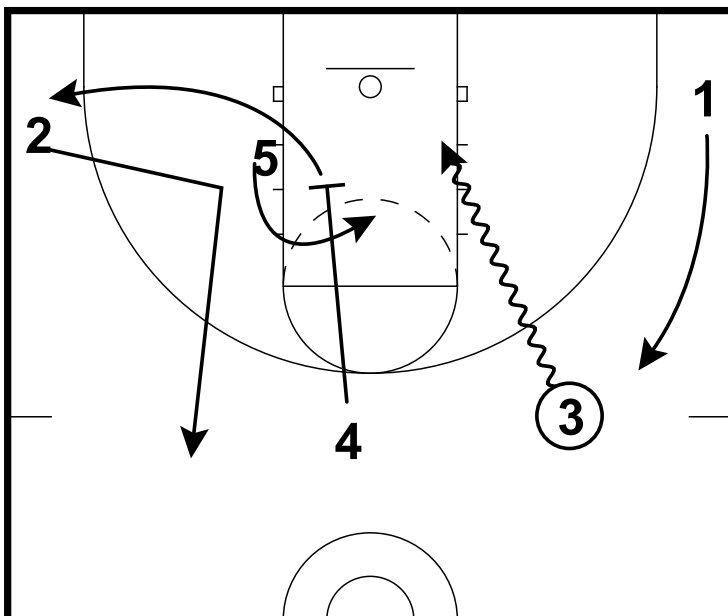


CATCH & DRIBBLE DRIVE OPTION - Whenever the wing player catches the ball coming off the down screen, he will have a 1 to 2 second window of opportunity to drive the ball to the basket. Since the ball side block is always open, like the dribble drive motion offense, it is available and an excellent option. He must drive the ball to the block area, not to the middle of the lane, as there are defenders there.

#2 would recognize the drive by #3 and would stop his cut into the lane and then use the BOUNCE UP option. #4 would still down screen and pop out to the corner. #5 would normally curl around the screen from #4 when he saw that #2 used the BOUNCE UP option, but since there was penetration in the lane on the other side, he would start the curl and then HOLD and wait for the drive and dump off pass that we described in the beginning from penetration straight out of transition.

Counter Options

FLEXible Dribble Drive Continuity Offense



DEFENSIVE TRANSITION FLOOR BALANCE - Here is another key element to any good continuity offense...*Defensive Transition positioning on drives and shots.*

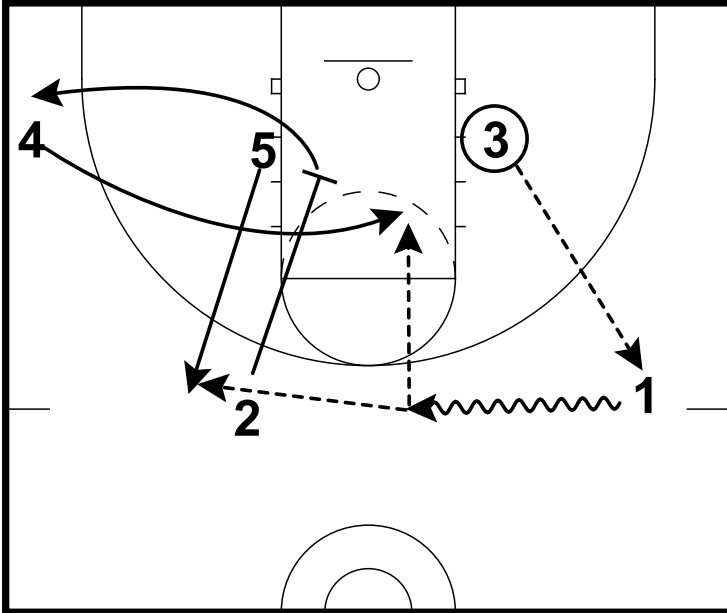
You will notice that with penetration here we have two players, #2 and #1, sliding up on top for defensive transition should a shot be taken on the drive or a turnover.

#1 slides up for the natural drive and replace kick-out pass, while #2 is executing the BOUNCE UP option once he reads #3's penetration.

#2 and #1 are in position to get back on defense should there be a shot or turnover on the drive. This is key and a great safety option.

Counter Options

FLEXible Dribble Drive Continuity Offense

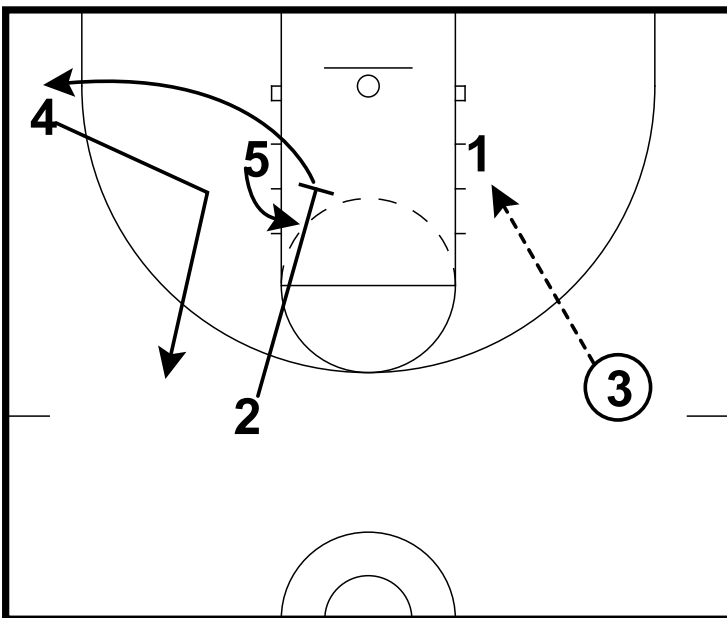


If #3 could not score or dump the ball off to #5, he would kick-out to #1 filling in behind him on the perimeter (the crack back cut, fill and pass out that we diagramed at the beginning of the offense). #3 would then cut out to the corner.

#1 now drives the ball across the top and the continuity is quickly and easily back in place with #2 blur / down screening, #4 curl cutting and #5 using the down screen to get open on top.

Counter Options

FLEXible Dribble Drive Continuity Offense



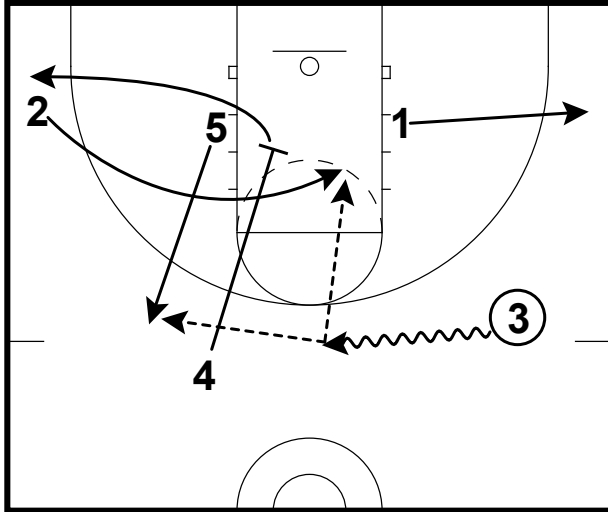
BACK DOOR / POST UP OPTION - A few diagrams back we showed you that there is a great option to back door whenever the top pass is denied.

Whenever the person back door cuts and he feels the need to post up, maybe because he is a good post player, or guarded by a smaller player and wants to exploit the mismatch, or perhaps because he is being guarded by a player in foul trouble, he may cut back door and elect to post up.

This is an easy read on the back side as #4 sees that the block is occupied and he cannot cut across the lane. He then uses the BOUNCE UP option. #2 down screens and cuts to the corner. #5 would normally curl around this down screen from #2, but recognizes that #4 used the BOUNCE UP option, and also that the block is occupied, he would then remain on his spot.

Counter Options

FLEXible Dribble Drive Continuity Offense

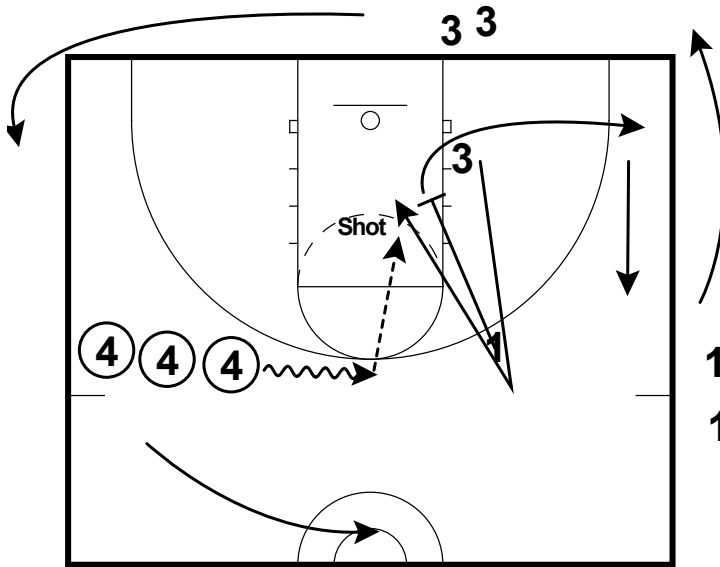


After a brief one or two second count and #1 has not received the ball on the post up, #3 drives the ball across the top while #1 breaks out to the corner.

#4 reacts to the drive across the top and begins the continuity again by down screening for #5 while #2 curls cuts off the back of the down screener #4.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



BREAKDOWN DRILLS #1 (BACK DOOR OPTION)

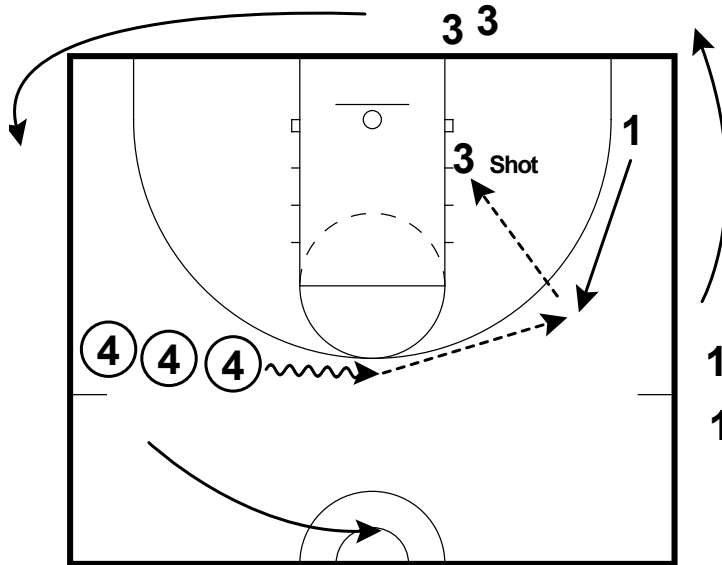
(3 Lines) Have a player drive the ball across the top as #1 sets the down screen for #3.

#3 simulates being denied and cuts back door. #1 sets the down screen and cuts to the corner. #1 reads the back door cut by #3 and IMMEDIATELY fills the top spot vacated by #3. #4 delivers the pass to #3 cutting back door.

Option - you may even want to try two consecutive back door cuts with #3 cutting back door unsuccessfully and then #1 cutting back door if he is also denied. Deliver the ball to the second back cutter.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



BREAKDOWN DRILLS #1 (BACK DOOR / POST UP OPTION)

A logical progression on this breakdown series involving the back door cut would be the post up option after the back door cut.

#3 has cut back door looking for the pass from #4, did not receive the pass, and then spins with a reverse pivot and seals his defender on the block.

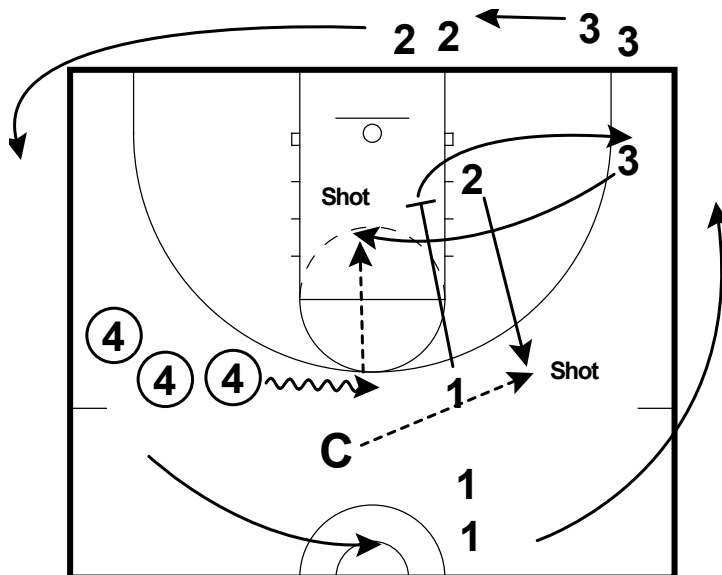
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The ball is quickly passed to #1 filling up on top for the post entry pass to #3.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



BREAKDOWN DRILLS #2 (BLUR SCREEN / CURL CUT ACTION)

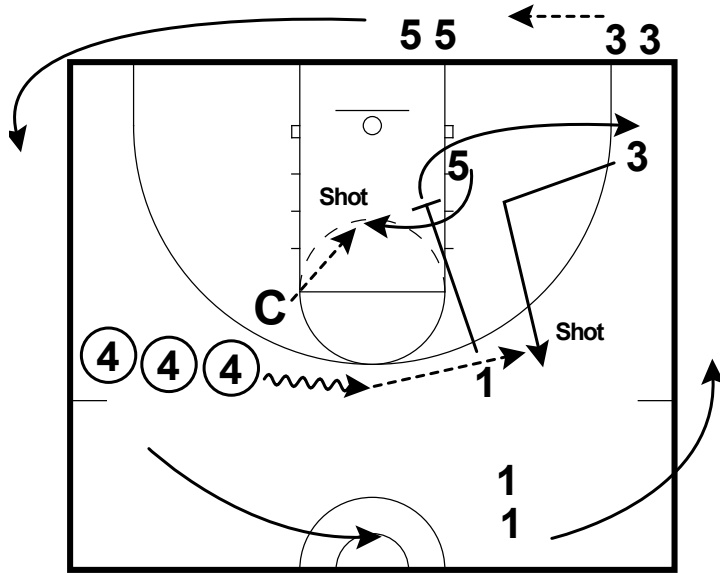
(4 Lines) The down screen / blur screen / curl cut action is CRITICAL in this offense and the better you develop and condition your players to make this cut effectively, the more success you will enjoy with this offense.

Work on and break down the cut by #3 so that he makes his cut shoulder to shoulder with #1 as he makes his cut to down screen. The tighter this BLUR SCREEN is - the better the chance of getting open cutting across the lane.

Use a coach or manager to get more shots and have the coach pass to the player coming off the down screen, #2, for the jump shot.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



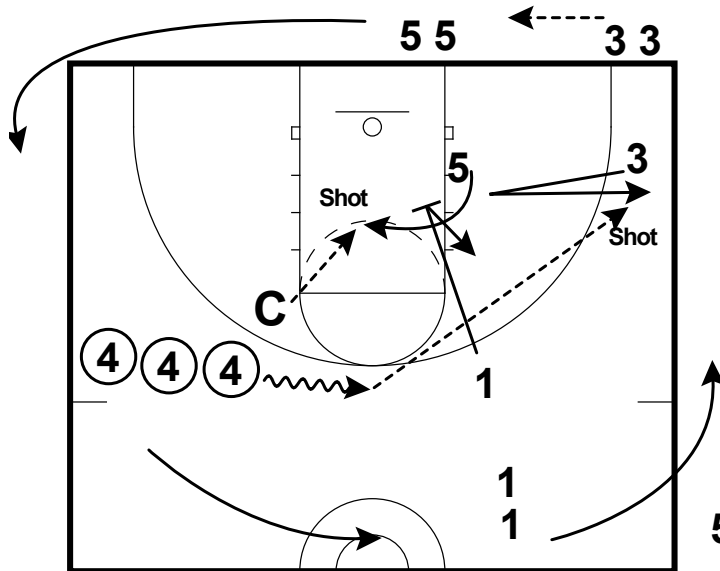
BREAKDOWN DRILLS #3 (BOUNCE UP / BOUNCE BACK OPTIONS)

(4 Lines) This BOUNCE UP / BOUNCE BACK read needs to happen quickly and seamlessly in the game and the only way that will happen is through repetitive breakdown drill work in practice. #3 FAKES the CURL CUT off the back of #1 and cuts up to the top.

Add a coach or manager to work on both shots - #5 curling around the down screener when he reads the BOUNCE UP cut, and second - the player BOUNCING UP to the top for the open jumper, #3. The offensive player, #4, can pass to either designated player (#5 or #3) and the coach or manager would then pass to the other player for the shot.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



The next progression on this drill series would be to now add the BOUNCE BACK option. Here the corner player fakes the cut off the down screen / blur screen and cuts or "bounces back" to the corner.

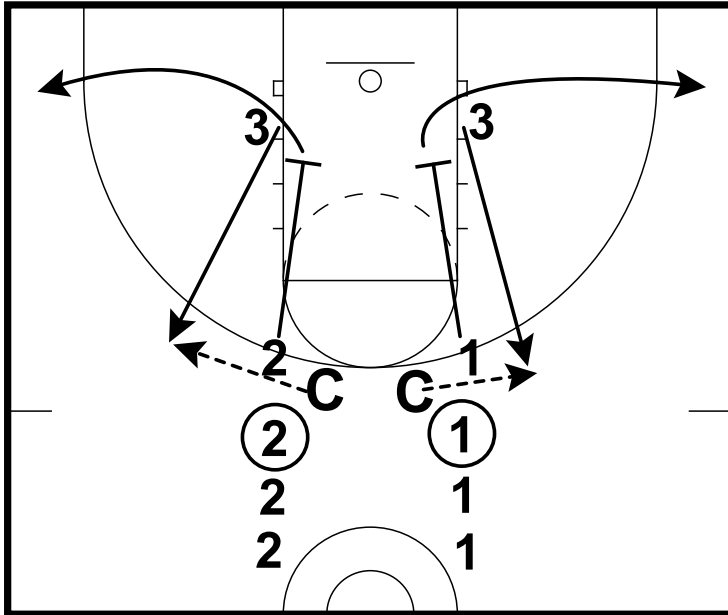
#4 delivers the pass for the corner shot. The coach or manager delivers the pass to #5 curling around the down screen.

The down screener / blur screener, #1, screens and then pops out to the top / wing area once he recognizes the pass to the corner (staying consistent with what he would do when this pass is made to the corner).

The shooters will get their own rebounds and pass the ball back to the coach and / or driving line players before rotating to the next counter - clockwise position.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



BREAKDOWN DRILLS #4 (DRIBBLE DRIVE OPTION)

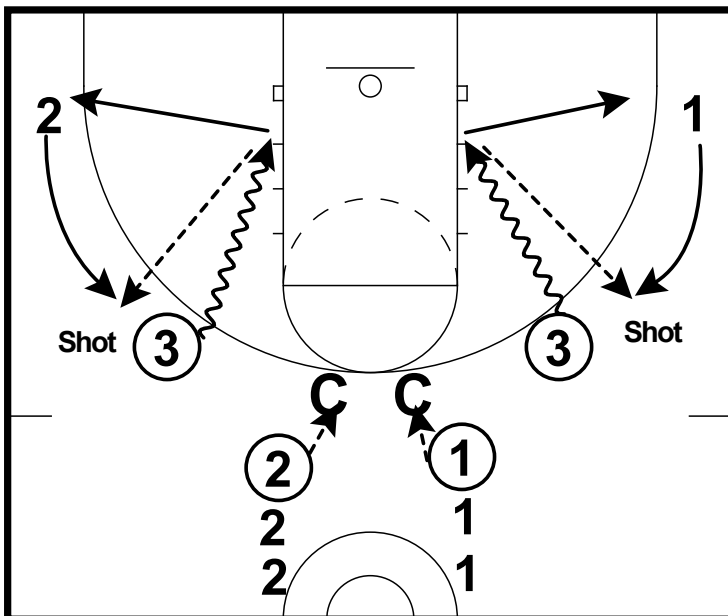
(2 Lines) Each manager or coach has a ball at the top of each side of the floor. The second player in each line has a basketball.

The drill starts with #1 and #2 setting a down screen on their respective sides of the floor for #3 on the block. #3 on each side will break up to their top / wing areas respectively.

The coach or manager will make the pass to each player breaking up while the down screener on each side immediately breaks to the corner area after the player uses their screen.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



BREAKDOWN DRILLS #4 (DRIBBLE DRIVE OPTION)

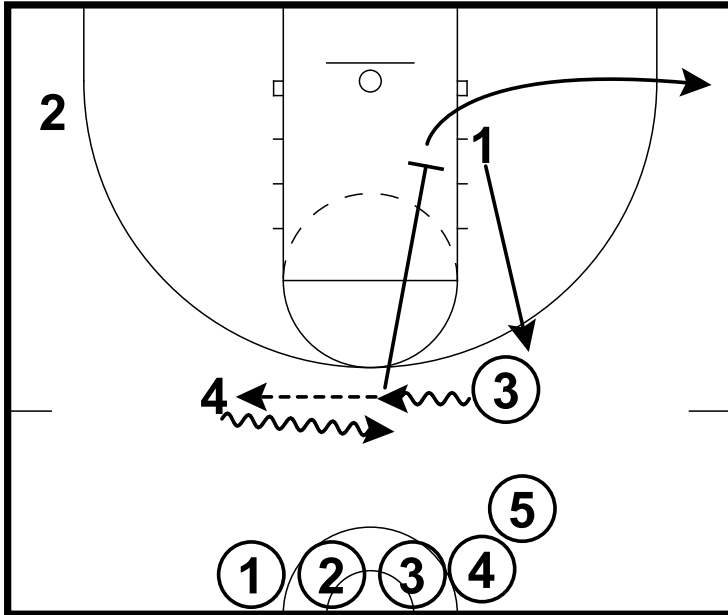
Immediately on the catch, #3 on each side looks to attack the block area for a lay-up. As the drive is happening, each corner player is sliding up looking for the "crack-back" pass and shot on the top / wing area. The driver will stop near the block area with his inside foot forward to protect the basketball, pivot around and pass the ball out to the rotating shooter. Once they pass the ball out, they will cut to their respective corner areas.

Each shooter will rebound his own shot and return to the end of the OPPOSITE LINE they started.

The next player in line already has a basketball and hands it to the coach to start the next series. The players who drove and kicked the ball out in the previous series, will move back down to the blocks to receive the next down screen.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



BREAKDOWN DRILLS #5 (CORNER PASS OPTION)

We are now breaking down the corner pass option. This is when the player who receives the pass coming up from the down screen reads that the corner player's defender has stayed in the lane to help on cuts and drives.

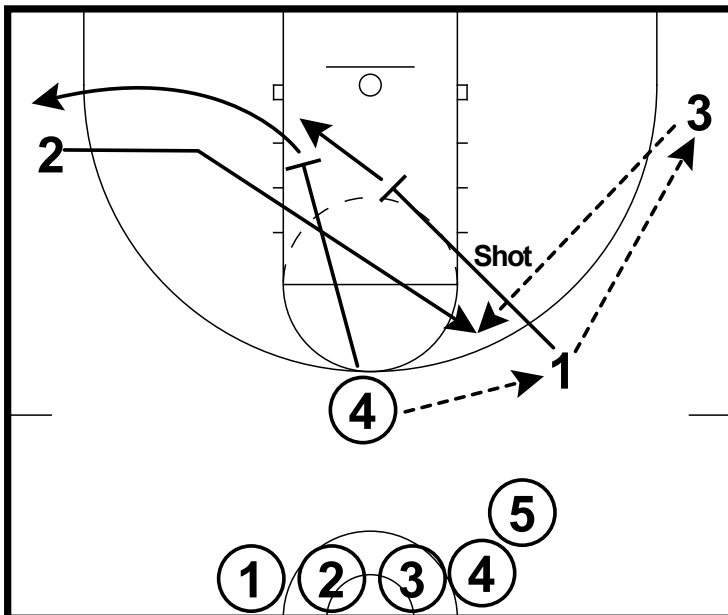
(1 Line) #3 drives the ball to the center of the court on top and then passes to #4.

#3 then down screens for #1. #1 breaks up to the top. #3 down screens and then pops out to the corner.

#4 catches and is driving the ball back to the center of the floor looking to pass the ball to #1 coming up off the down screen.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



#4 now passes to #1 coming off the down screen from #3.

As soon as #1 receives the ball from #4, he passes to #3 in the corner.

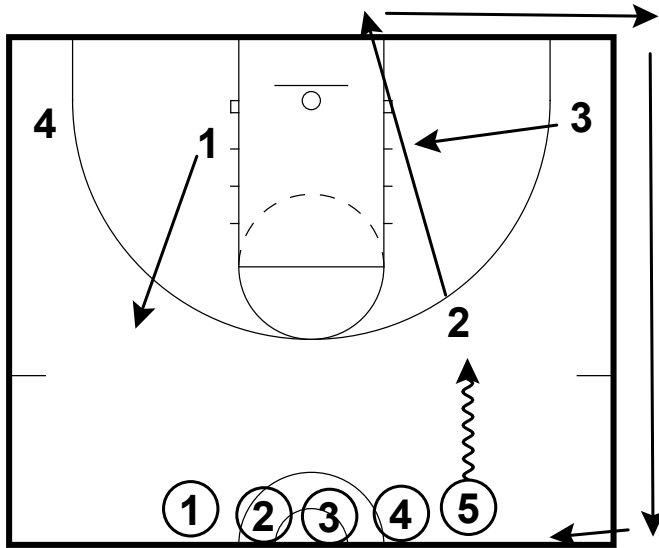
#4 passed to #1 and has started his cut down into the lane to set the down screen / blur screen. #1's rule when passing to the corner is to screen in the lane for the cutter, #2.

#4 screens down and pops to the corner while #1 sets the screen and continues his cut to the opposite low block.

#2 takes the 3 point shot or the elbow jumper, depending on the player's shooting range.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



The rotations are quick and easy, allowing you to start the next series quickly.

The shooter, #2, follows his shot and rebounds the ball and hustles back to the end of the line on top.

#1 breaks out to the open perimeter spot opposite the ball.

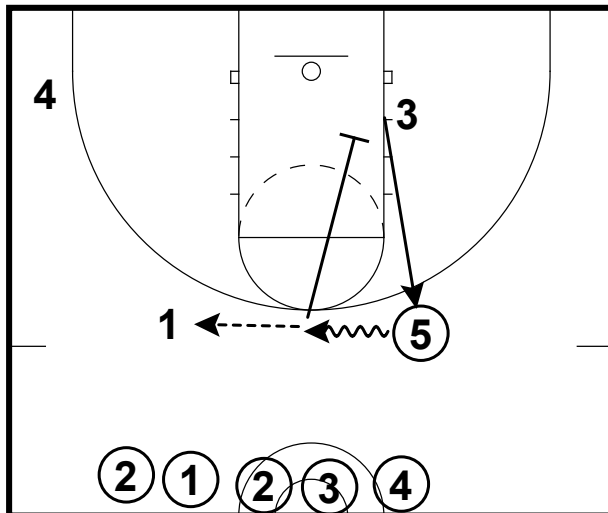
#3 slides down to the low block.

#4 remains in the corner.

The next player in line, #5, is now ready to start the next series.

Breakdown Drills

FLEXible Dribble Drive Continuity Offense



#5 drives at #1, passes and down screens for #3...and the drill continues.

You may find that some of your players may confuse this **corner pass option** with the **bounce back pass option**.

The major difference is the player making the corner pass. In the *bounce back option*, it is the player driving the ball across the top who has made the pass to the corner. In the *corner pass option*, it is the player who just came off the down screen to the top / wing spot who has made the pass to the corner.

Hopefully recognition of this possible error and subsequent repetitive break down drills will help to alleviate this problem.