



# UAFS LIONS BASKETBALL OFFENSE

## DAILY MAINTENANCE

- SHOOTING (Cannot do enough Shooting)
- BALL HANDLING - SURENESS
- OFFENSIVE MOVEMENT
- READING THE DEFENSE

## TEACH INDIVIDUAL & TEAM TOUGHNESS

**WE DETERMINE THE OUTCOME  
OF THE GAME**

PLAY HARD, PLAY SMART, PLAY TOGETHER

## MOTION CONCEPTS

- Purposeful Possessions, No wasted Possessions
- 15-18' Spacing - Spacing is of Paramount Importance
- Keep the Basketball off the Baseline - High & Wide
- Offensive Communication: **TALK YOUR MOTION**
  - 1) Early
  - 2) Loud
  - 3) Often, Echo Yells
- Four Games:
  - 1) Inside Game
  - 2) Perimeter Game
  - 3) Penetration Game
  - 4) Intermediate Game
- Patience: Hit the First Open Man to Initiate  
Get to a Third & Fourth Side Attack  
First Side Post Feed only if "Sweet"  
Follow Offensive Progression  
Force Defense to Defend - Fouls
- Shot Selection:
  - Who, Where, When, What
  - We want all 3's & 4's
  - Always 1-2 step into Shot
  - Fight for your Feet
  - Hold a High One Second Follow-Thru
- Catch in the Ready Position:
  - Catch & Square - See the Floor
  - Sweep or Rip Through the Defense
  - Permanent Pivot Foot on Perimeter
  - Better to be Late than Early
- Get the Ball Inside: *PAINT TOUCHES*
- Center the Ball: Create 65 Action
- Take the Ball to the Action - Trigger Dribble
- Movement without the Ball:
  - Be Hard to Guard
  - Help Each Other Get Open
- Cutting:
  - V-Cut/No Straight Cuts
  - 2 Step Set-ups
  - READ the DEFENSE/*Play Your Man*
  - Basket Cuts to Score
  - Every Screen & Cut is to Score
  - Back Cut when Pressured
- Screening:
  - Talk Early, Talk Loud, Talk Often
  - Establish Proper Angle
  - Head Hunt the Defense
  - Low and Wide on Quick Stop
  - Hold for a 2-Count
- Emphasize Second Action:
  - Cut to Score - Read the Defense
  - Slip Screen to Score
  - Re-Screen for a Cutter
  - Step-out to Receive
- Types of Screening Action:
  - Down, Back, Flare, Cross, Pin-Down
- Cuts off Screens:
  - Straight, Pop, Curl, & Back Cut
- Penetration: Must know Bailout Positions
- Baseline Drive (Drive & Space):
  - Post to the Rim, Baseline Drift,
  - Crack Back & Pro Spot
- Elbow Drive (Drive & Space):
  - Power Skip
  - Sprint to Bailout Areas
- Switching:
  - Back Cut Opportunities
  - Play to Miss Match
  - Dribble Exchange
  - Slips: Set-up Higher and Wider

## ALIGNMENTS & ACTIONS

Motion Offense Alignments:

Five Man Motion  
Regular  
Post Exchange  
Pairs (Bread & Butter)  
Triangle  
Baseline

Entries: Two Guard with Stacks  
Two Guard Dribble Entry  
Doubles  
Pop: Curl, Rub, Double  
Double Stack  
Go Play  
Incorporate the Ball Screen

Actions: Guard Cross      Loop  
Reverse                      Stacks  
Tech                          UCLA  
Baseline                      Denver  
Go Play                        Duck-in

## ZONE ATTACK: Concepts

- Conversion - Before Zone can Set-up
- Search for High Quality Two Point Shots
- Must Pass Fake and Shot Fake - Move the Zone
- Attack the Gaps - Be Deliberate
- Use of Dribble - Go Against the Grain
- Freeze Dribble
- Take the Ball off the Top
- Flash from Behind to Catch (Logo Catches)
- Work to Reverse to Three
- Must Work to Get Paint Touches
- Do not Hold the Ball (Be Deliberate)  
On Catch - Quick Decision: Shot/Drive/Pass
- Skip Pass as much as Possible
- Loop & Screen the Zone
- Offensive Rebounding Responsibilities
- Specials:
  - Loop & Screen-In
  - Ball Screens (Outside/Inside)
  - Off Ball Screening - Slips
  - Use of Stacks & Alignments
- Alignments:
  - Zone Motion & Three Deep
  - Interchange - Yankee - Rebel
- Pressure:
  - Pull Back Cross Over Dribble
  - Three Outlets (Crack Back)
  - Flash to Middle with Scorer

## CONVERSION

- Inbound the Ball with our Closest Guard
- Look to Advance Ball Quickly, but Safely
- Two or Less, Attack to Score
- Maintain Spacing - High & Wide
- Look to Screen as Ball crosses Half-Court
- Follow Progressions: We Read the Defense
- Center the Ball - 65 Action
- First Objective: Get Paint Touches/Lay-ups

**Movement + Patience = Baskets**



# UAFA LIONS BASKETBALL DEFENSE

## DAILY MAINTENANCE

- CONVERSION DEFENSE
- PRESSURE THE BALL
- CLOSEOUTS
- POST DEFENSE
- BLOCK OUT - Wrap-up the Possession

## DEFENSIVE STAPLES

1. Pressure the Ball Cannot be Comfortable
2. Protect the Paint - Shrink the Floor
3. Must make Multiple Effort Plays...Be a Continuous Player
4. Communication - ELO: Early, Loud, Often  
Communication creates Trust  
This is the Glue to our Defense

## KNOW YOUR NO'S

- No Paint (911)
- No Baseline
- No Rhythm Shots
- No Direct Drives
- No Fast Break Lay-ups
- No Second Shots
- No Fouls

## GRIT & GRIND - BLUE COLLAR

### TOUGHNESS

### DISCIPLINE

**WE DETERMINE THE OUTCOME  
OF THE GAME**

## ALL FIVE DEFENDERS IN A STANCE

- **Stance:** Gary Payton Stance - The Glove  
Chin-up & Parallel to Floor  
Head Behind Knees - Back Straight  
Wider is Better - Wide Base  
Jump-Up & Jump-Back  
Stay in the Plane of Your Body  
Hand Above the Ball  
Second Step Cut-Off
- **Vision:** See Both the Man and the Ball  
Constantly Adjust & Reposition
- **Talk:** Talk to the Ball  
Talk to the Man in Front  
DSU Vocabulary
- **Anticipate:** Active & Alert - Motors Runnin'  
Cheat Steps - Vision  
Constant Repositioning
- **Off Ball:** Your Position is Your Help  
Two Feet in the Pack  
Closer to the Ball than Your Man  
Vision: See Man and Ball

## PRESSURE THE BALL

- Ball Handler cannot be Comfortable
- Starts with Closeouts - Hard & Short
- High Hands for 1001 & Hands on Glass
- Jump-up & Jump Back to the Ball
- Nothing to the Outside - No Baseline
- Level off the Dribble - Reach Step
- Contest all Shots - Hand above Shoulder
- Dribble Used: "FIVE - FIVE - FIVE"

### GAP DEFENSE

- Non-Ball Defenders in the PACK
- Your Position is Your Help
- Constant Re-positioning:  
Up the Line, but Off the Line  
Slightly Closed to the Ball  
VISION - VISION - VISION  
Help with Near Arm and Near Leg
- Must be Active and Energized

## CONVERSION DEFENSE

- Establish two specific defenders to convert on rise of the shot:  
Converge at Key  
Stop the ball  
Protect the lane  
No Rhythm Threes
- Three remaining defenders SPRINT back in straight lines immediately upon loss of ball.  
Turn to the outside.  
You Do not sprint, YOU DO NOT PLAY.
- Build our defense from the basket out.
- Flood Toward the Ball - Build a Wall
- We are absolutely determined not to give-up lay-ups.

"Cannot play Transition Defense in Transition"

## CLOSE OUTS

- Rondo, Kobe and Ray Allen Closeouts
- Seek Leverage - NO BASELINE
- Sprint on the Flight of the Ball: AIR TIME
- Sprint to Choppy Steps with Weight Back
- High Hands & Hands Between Shoulders
- Arms Bent and Knees Bent
- Catch Shooter in Dip to Disrupt Rhythm
- Jump-up and Jump Back with Ball
- Adjust to Quickness: Advantage/Disadvantage
- Think Shot but Play the Drive

## DEFEATING SCREENS

*Cutter Defender: The Screen is not an Excuse*

- As soon as You Know - Tag Your Man
- Sole Responsibility is to Defend Cut - Vision
- Play Physical - Give Cutter One Direction
- Short Cut or Chase to Closeout

*Screener Defender: TALK - TALK - TALK*

- Jump to Ball and Create Space - Active
- Two Eyes to the Ball
- Show Help in the Direction of the Cutter
- Hit on Recovery - Be Physical

"The Key to Screen Defense is Recovery"

## POST DEFENSE: VISION

- Post Defense Dictates Everything We Do
- Two Areas to Defend: Perimeter  
Low Post
- Low Post: Everything in the Low Post Box
- 3/4 Deny on Top: *We Smother the Low Post*
- There can NEVER be a Feed from the Top
- On Catch: Immediately Get Behind Post  
This is our Time - No Angles  
NO BASELINE-One Step Cut-off  
Wall-up - Wall on Wheels
- Choke & Dig - RED on Low Post

## BALL SCREEN DEFENSE

- Outer Third: Hard Show & Over Screen
- Middle Third: Level Show & Over Screen
- Flat: Level Show and Over Screen
- Switch: Late Clock and Scouting Report