

9. VERSIONS

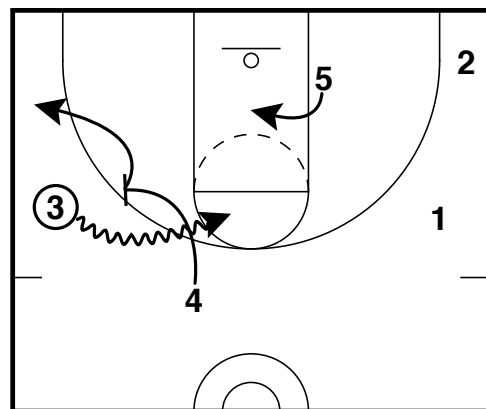
When different options are used within the offense it will become more effective against certain styles of defense. We have four general calls to make that keep us within the structure of the offense but dictate which options we will focus on. I kind of view these options as being able to shift the gears of the offense. Learning these versions give a coach the chance to attack a defense for specific advantages with more general play calling.

“Basic” We will run our regular ball screen actions, exploring all options but forwards will always roll and seal. Reversal forwards should always check the post for a high/low before reversing the ball. The top paired guard should always use the backdoor cutting option to leave the paint open. Basic works pretty well against defenses that are not too extreme in sagging or pressure. This is a slower version of the offense that provides more opportunities for the forwards.

“Speed” We will run our ball screen actions but completely focus on penetrating off the ball screens and not reading the rolling forward. We will not roll and seal as the reversal forward should be trying to get the ball reversed as quickly as possible. Mostly dribble hand offs should be used by the forwards to reverse the ball. The top paired guard should use the screen-in option and then must SPRINT to fill the weak side corner. Speed works best against heavy sagging teams by keeping constant movement and reversals. This is a more guard oriented approach to running the offense.

“Motion” This version gives the freedom to the players. They read and run the offense as they see fit with all the different cuts and reads they’ve been provided by the coach. Coaches determine by a player’s skill set which options they can run. Players use the numbered cutting system to communicate to each other what they are going to do. This is the hardest version to defend but also the hardest version to get all the players synchronized at the same time.

“Spot” This is a variation of Wave modeled after the Florida Gators ball screen attack. Our weak side forward stays low and ducks in while the guard is coming off the side ball screen. The duck in must be violent, and we must use a pop in our 2-man game to keep the paint open. To continue running the continuity after looking at the pop or duck in, we reverse the ball to the top paired player and have the bottom paired player lift up to receive a hand back. After handing the ball off, the top paired player continues his normal cut to fill the weak side corner and the post that was ducking in sprints to set the side ball screen.



10. SCALING THE OFFENSE

With the numerous options available within this offense, we don't want to jump right into the more complicated features of the offense, such as the motion numbered cutting. By using the scaling system below, players will master the various options, features, and details in a step by step manor to make learning easier.

Phase 1 - Simple Set

Players use only one entry to begin learning the side ball screen reads, as well as the baseline reject. We teach the fundamentals of using and setting a ball screen, as well as how to lift and reverse the ball. In the set, players will ball screen and pop/roll depending on personnel. We would call the play a handful of times per game. Our program stayed in this phase for an entire season as we implemented the offense, but that doesn't mean you have to.

Phase 2 - Add Continuity

To add a continuity element, we give the forwards the ability to dribble hand Off, as well as roll and pop. We give our 1 the authority to make different entries - pass, dribble, reversal. We start to run Wave as our main continuity offense and encourage multiple ball reversals. We spent most of our second season implementing Wave as a continuity, and we ran it the majority of possessions against man to man defense.

Phase 3 - Add Wave Structured Sets

Also in our second season of implementation, we added set plays that would look like our normal Wave action, but break off into quick hit sets. This keeps the defense off balance and helps us get the specific shots we want. We usually add 6-8 sets out of Wave per season and call them each 1-2 times per game, usually on a dead ball.

Phase 4 - Add Versions

Now we introduce the Speed and Basic concepts. We can now shift the gears of Wave to run it faster in a guard-oriented way, or slower in a post-oriented way. This allows us to tailor our attack to our personnel, as well as tailor our attack to the types of actions that may be effective against a certain style of defense. For example, if we have advantage match-ups on the inside, we may run Basic Wave and explore the high/lows.

Phase 5 - Add Numbered Play Calling

This phase helps us ease our way into the final phase of adding motion principles. By this point, as a program we've identified the different cuts we want to use and have applied a number to each of them. We can now run our Wave with a numbered call such as "Wave-54" and the players know that we want to run a screen and roll

on the front side and a screen and pop on the back side. We have 8 identified cuts in our offense but we don't use all of them in every season, but a creative coach could add to this package with other 2-man actions that add other options to attack a defense and suit his personnel. Our cuts include:

0-Slip

1-Corner Cut

3-Dribble Hand Off

4-Ball Screen and Pop

5-Ball Screen and Roll

6-Screen Away

7-Ball Screen and Look Back

9-Weak Side Ball Screen

Phase 6 - Add Motion Principles

This phase is by far the most complex. We now allow the players to make their reads and cuts on their own. Through scouting, we identify which numbers may be the most likely to be successful but leave it in the players hands to communicate and execute their cut with their teammate.

Scaling Conclusion

The time frame for these phases depends on the time and energy available to devote to these concepts. If a coach wanted to put the offense in methodically, he could make each phase last an entire season. If a coach wants to get the complete offense in the shortest amount of time, he could get through each phase in a couple of weeks. I'm a proponent keeping a slower pace with implementation to not overwhelm the players.