

# Half Court Offense Drill Progression

One of the biggest questions I get from fellow coaches is this: *"What's the best set offense to run for a youth or high school basketball team?"*

The truth is, if you're working with kids under 16, you don't necessarily need a complicated playbook to outsmart your opponents. A better approach is to set your kids up with the proper spacing and floor balance, and teach them some basic offensive concepts and tactics to get high percentage shots.

I'm going to show you a quick drill progression, which builds up to a simple half court offense that's really fun and easy for your kids to run.

To start out, we'll go through a simple half court drill progression to demonstrate the concepts. From there, we'll introduce some basic five-player sets to show you how these concepts can be applied in a real game situation. And finally, I'll show you my #1 offensive tactic. Something that your opponents will have a *real* hard time guarding... and is guaranteed to get you a few easy layups in your next game.

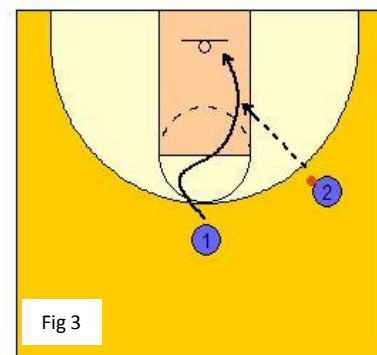
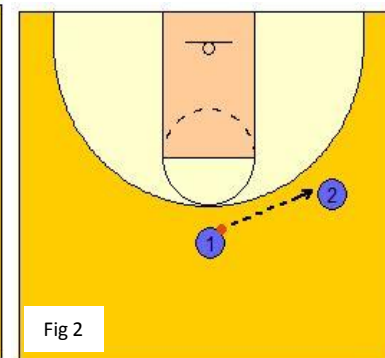
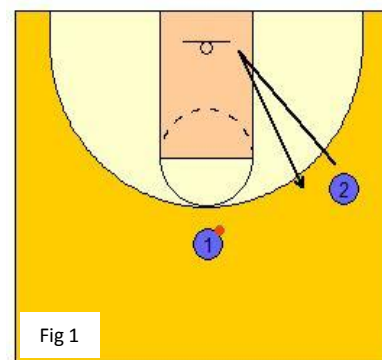
Let's get started!



# Half Court Offense Drill Progression

## Give and Go

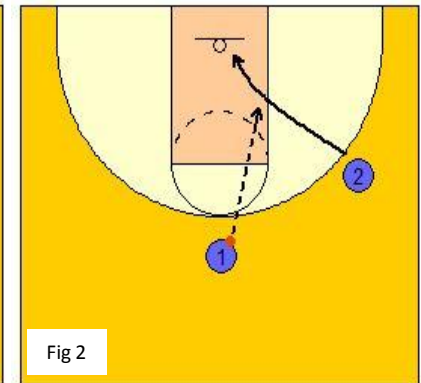
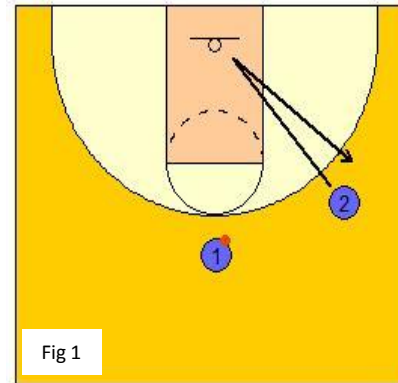
- Start with two lines up top. One line at the top of key, one line at the wing
- The drill begins with a v-cut by player 2, then player 1 passing to player 2.
- Player 1 makes a short misdirection move to create some space, then a hard "give and go" cut down the lane, to receive the pass and make the layup.



# Half Court Offense Drill Progression

## Back Door Cut

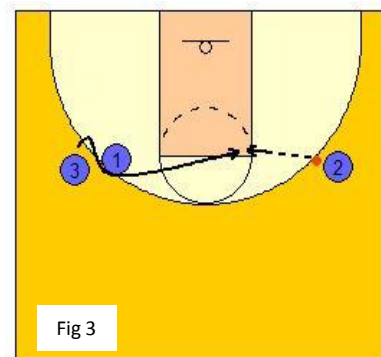
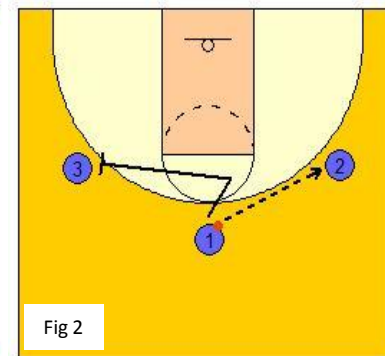
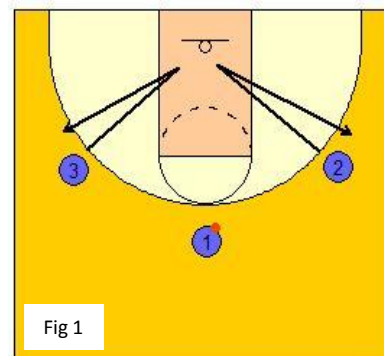
- Start with two lines up top. One line at the top of the key, one line at the wing
- The drill begins with player 2 v-cutting to get open at the wing.
- In this case we are simulating a hard “deny” by player 2’s defender. (ie. The defender is extending all the way out to the three point line to prevent a pass)
- Player 2 recognizes the deny, then makes a back door cut, receiving the pass from player 1 for the layup



# Half Court Offense Drill Progression

## Screen Away

- Add a third line on the opposite wing.
- Player 2 and player 3 v-cut to get open
- Player 1 will pass to player 2, then fake the give and go cut.
- Instead of cutting through the lane, he cuts *across* the key and sets a screen for Player 3
- Player 3 makes a misdirection step, then uses the screen to come across the lane at the free throw line area.
- He can catch the ball at the elbow for the short jumper, or continue down the lane for a layup



## 5 Out Motion Offense

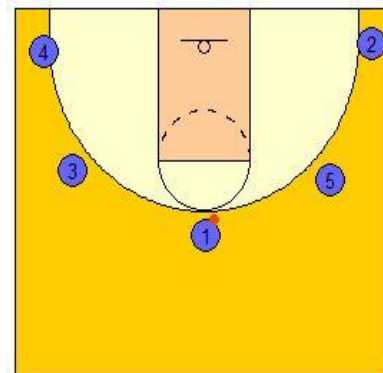
Once your kids have those concepts down, we'll work on some 5 man sets, by putting all 5 players on the perimeter (as shown in the diagram on the right).

So... "why no post players" you might be thinking?

I find - at the youth level especially - that most kids haven't really developed a back to the basket game. Putting all 5 kids around the 3 point line keeps the lane open for cutting and driving, and gives everyone the opportunity to handle the ball, and become more confident with their passing and dribbling skills.

If you **do** have a strong post presence, feel free to use the same concepts with a 4 out 1 in set, or a 3 out 2 in set if you like.

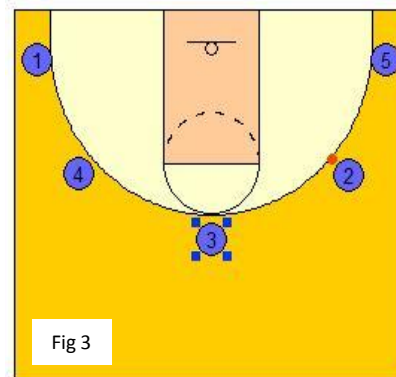
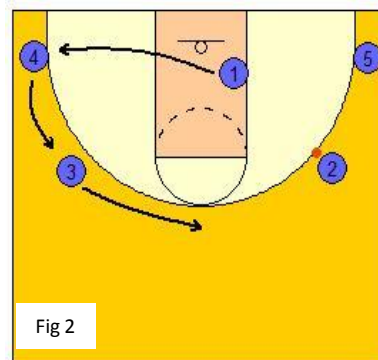
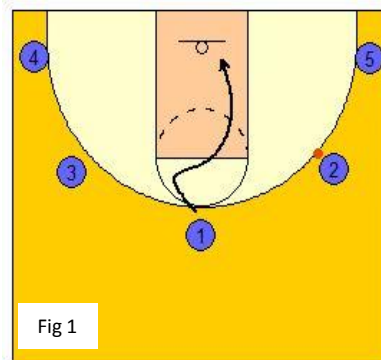
The give and go, back door cut, and screen away work the same way with all 5 players on the floor. The only wrinkle is that your players now have to vacate and fill spots to maintain floor balance (ie. fill all 5 positions on the court without bunching up). The following diagrams will show you how those rotations are made.



# 5 Out Motion Offense

## Give and Go

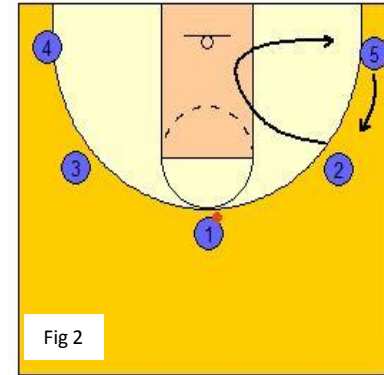
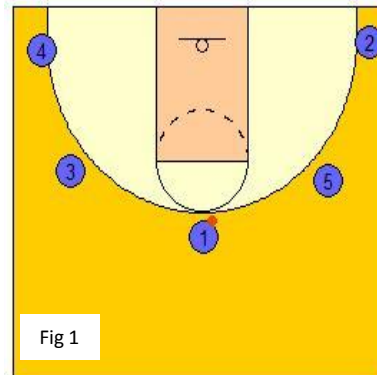
- Player 2 and 3 v-cut to get open.
- Player 1 passes to player 2, then makes a give and go cut for a layup.
- Player 1 does not receive the ball, so he continues along the baseline toward the opposite corner.
- Player 3 slides up to the top of the key
- Player 4 slides up to the wing
- Player 1 fills the vacant spot on the baseline
- **NOTE:** the give and go cut can also be executed using the wing and corner players. In that case, player 2 would pass to player 5, then make the give and go cut. The rotations would work the same way.



# 5 Out Motion Offense

## Back Door Cut

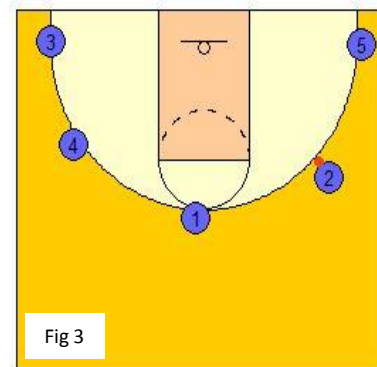
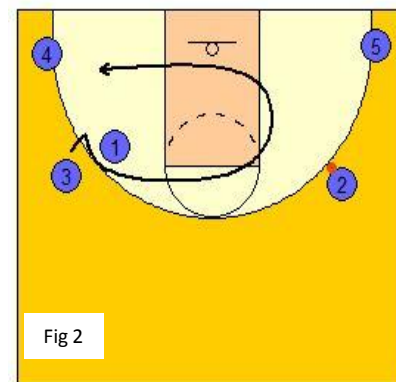
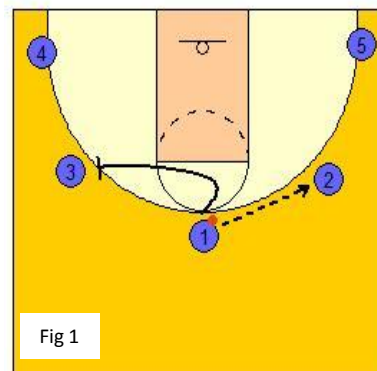
- Player 2 and 3 v-cut to get open.
- Player 2 is denied at the wing, and goes back door.
- Player 2 is not open on the back door cut, so she continues along the right baseline toward the corner
- Player 5 fills the wing spot vacated by player 2
- Player 2 fills the corner spot vacated by player 5



# 5 Out Motion Offense

## Screen Away

- Player 2 and player 3 v-cut to get open
- Player 1 will pass to player 2, then fake the give and go cut.
- Instead of cutting through the lane, he cuts across the key and sets a screen for Player 3
- Player 3 uses a misdirection step, then uses the screen to come across the lane at the free throw line area.
- Player 3 does not receive the ball and continues his cut through the key and to the left baseline
- Player 1 returns to the top of the key
- Player 4 fills the wing spot
- Player 3 fills the corner spot vacated by player 4



# 5 Out Motion Offense

Like I said at the beginning, none of these plays are "rocket science." But that's kind of the point.

They're easy to learn, easy to remember, and easy to run at game time. The key is executing them with top notch fundamentals. Using change of speed and change of direction to get open. Brushing off the screen "shoulder to shoulder," so your defender gets left behind. Showing a proper target, so your teammate knows where to pass the ball. Catching and finishing with the proper footwork to avoid traveling. And so on.

Those skills are the real nitty-gritty of effective offense. The stuff that you **should** be spending the majority of your practice time on.

Okay, as promised, here's my #1 offensive tactic at the youth level. Something that opposing teams have a really tough time guarding. **The back screen.**

I find that most younger players don't do a very good job switching on screens. Their help defense is usually a bit suspect. And with the lane wide open, that leaves you a great opportunity to catch defenders napping with a quick back screen and basket cut for a layup.

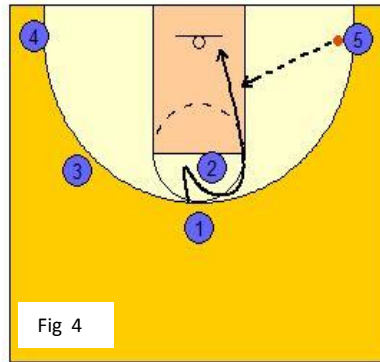
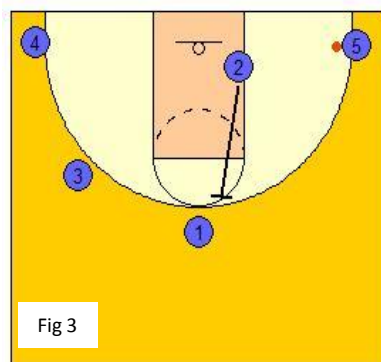
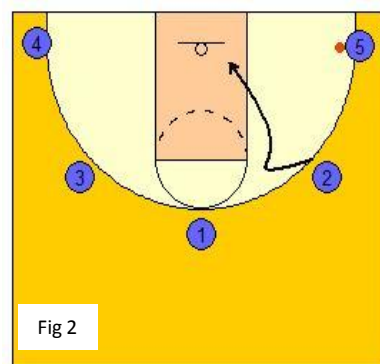
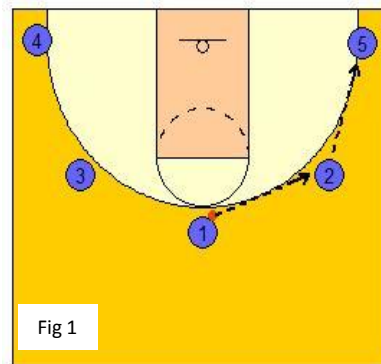
The following page shows you a simple way to implement the back screen into a "5 out" motion offense. If you are using an offense with a post player, simply have the post come up from the block to set the screen instead.



# 5 Out Motion Offense

## Back Screen

- Player 1 begins with the ball. Players 2 and 3 v-cut to get open.
- Player 1 passes to player 2. Player 2 passes to player 5 in the corner.
- Player 2 misdirects, then makes a give and go cut to the basket.
- Instead of continuing through the key, she plants at the right block, turns and comes straight up the lane to set a backscreen for player 1.
- Player 1 misdirects, uses the screen, then blasts hard down the lane looking for the pass from player 5.



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