ADVANTAGES FOR THE HIGH POST OFFENSE

- Team doesn’t have dominant post man
- Spacing creates many options
  - Allows for penetration-getting to the rim
  - Back cuts
  - Low block area available for other players
- Very good against pressure
  - Because of the spacing
- Flexible, allowing many options in varied situations
  - Uses against zone or man
  - Uses against box and one (ex. Kyle Korver vs. box-and-1)
  - An offense should be flexible to take advantage of your special players
- Only limited by your imagination
- Establishes set moves for many situations
  - Better idea of where your shots are coming from
  - Know who your 1st and 2nd options are
- Helps rebounding
  - Because floor is spread and they take a lot of 3’s...long rebounds
  - Train tough players who go after the ball
- Perimeter spots are interchangeable
  - Tough to scout
- Flows right into spread offense
  - Without bringing it back and setting it up which would allow defense to reset

DISADVANTAGES

- Need 4 guys who can really pass and catch the ball well
- Post who can shoot from 15 feet or can put it on the floor

Base Set (Continuity)

- Run by point guard
- Guards should be 15 to 18 feet apart
- Guards and wings are high and wide
  - Wings are FT LINE EXTENDED
- PG can switch sides of floor anytime by dribbling “over”
  - 4 switches sides by v-cutting off of the 5 (5 doesn’t move)
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- 1 pass to wing; 4 can go over or under the 5 for the first cut (usually gets 1 or 2 easy buckets a game from this cut)
- 5 sets the screen for the 3 who can go over or under for the second cut (if defense opens to help, look at 5 near the rim)
- If first or second cuts aren’t open 2 skips to 5
- PG rim cuts for a handoff from the 5
- PG can reverse dribble to look for post or can skip it back to the top

• Take advantage of smaller bigs who can shoot by bringing them out with this offense

PLAYS PART ONE - SPECIALS

• Flare Pick

Courtesy of Coach Victor Sfera
http://triplethreatbball.blogspot.com
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Look at 3 in the post (should be a good wing who can post up) if the shot for the 4 (shooter) is not there

- Pick on the ball

Can do the same play for the 4 man (Pick on the ball-4 man)

- 1 passes to 2; 4 sets the on ball screen for the 2; 5 and 3 screen down for the 1; now the 2 can look at 4 for the pick and roll or still has 1 coming off of the double screen

- Drive Play for Forward
3 can also go on the inside of the screen and set a pick on the 5’s defender so that the lob is there...read the defense and react

- GO
  - Get their best post in foul trouble quickly

- Look to Post
  - We want ball to get to basket

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• Bumping out the Post Man

- You can put anyone in that 3 spot who you want to drive at the basket instead of the 5
- You can also run a lob play out of this for the 5 by splitting the screen

• Drive to basket

- When you are taking too many jump shots
- Lets your athletes take it in and make a play
- All spots are interchangeable- you can run an over cut to switch the guards
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• What’s hard to guard for us?
  o Dribble penetration
  o Refs calling fouls
  o Use what is hard to guard in your offense
  o Get guards who can post up-defenses don’t practice for it

• Dribble Option
  o Dribbles are just like passes for this-cutters go when dribbling at someone

• Dribble Back pick
  o Same as above except instead of 5 screening down for the 3, the 3 sets a back pick for
    the 5 looking for the lob
    - If defense bites on the lob; 3 for jump shot

V.S. ZONE
• “Get underneath the zone”
• Runs the base continuity set a lot- looking for gaps
  o Don’t get caught standing looking for gaps
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- The continuation helps with that  
  - Set lots of picks against the zone  
  - Got to have 2 cutters who really want the ball  
    - Not cutting just to cut  

SPECIAL PLAYS (CONT.)  
- Double Flare- works well vs. the zone  

CONCLUSION  
- Only limited by your imagination because of spacing  
  - Too many sets just confuses players  
- Delay game in certain situations  
  - Tailor your offense so that only players you trust with the ball touch it (may only be 2)  
  - If you have 3 you can trust, you are set because you can go to 2 sides of the floor  
- Transition game  
  - Ex. Shuffle cut, back pick, down pick, etc.  
  - If it’s not there right away- sets back into your offense  
- This high post was taken from Iowa State and Altman’s staff altered it a bit