Attack on Ball Screen Offense Tod Kowalczyk

*Play in transition as much as possible. Get easy baskets. It is easier to recruit kids to play that style, it sells more tickets and it is more fun to play that style.

*We like to shoot 3’s. This offense sets that up.

*We run set plays to get our best players in a position where they are the most comfortable.

*Teams must prepare for your set plays.

*Run set plays for all players 1-5, this takes out all jealousy situations.

*I don’t think you can do both motion offense and set plays and think you are doing them both well. He does think you can mix continuities into both. We run sets into continuities. We run between 50-75 sets out of a 1-4 high, 2 guard set and a box set.

*We have a defensive and offensive coordinator.

*Make sure you study 1-3 teams every year, College, NBA or fellow High School teams. This will certainly help your program.

*If you have a player that can create for himself or create for others, you need to give him a little more freedom to make mistakes.

*Ball screens create open threes, midrange, finishes and post ups.

*We will never be the most athletic team in our league. We will be skilled. This offense is very good for skilled players. We want bigs chasing defensively.

*We wanted an offense where I guys could just play and that was good against pressure.

**Spacing**

*Post players are on a string. They work together, one on the right side of the floor, one on the left. NBA 3 free throw lane extended.

*Wings are NBA 3 free throw line extended. Third wing is in the opposite dead corner. These guys are interchangeable.

**Continuity**

*4 sets a ball screen.

*2 pushes the dribble, drop and drive the shoulder, pound the dribble out in front of you, come off it trying to score. You must attack inside the elbow. On the ball screen 2’s first look is score second look is the roll guy 4. We rarely get the roll guy.
On pass to the 5, Catch and shoot three is first look. Second look is high low. Third look is opposite. As soon as he makes eye contact with 1, we are back dooring. Backdoor cuts and sprints all the way to the corner.

5 will then drive to the 16 foot line for the dribble handoff.

On the handoff, the three should make a two step setup towards the basket and take the handoff. The 5 will roll to the basket, 3 will push the dribble, drop and drive the shoulder, come off it trying to score.

On pass to the 4, Catch and shoot three is first look. Second look is high low. Third look is opposite. As soon as he makes eye contact with 2, we are back dooring. Backdoor cut sprints all the way to the corner.

Pindown

We like to add this wrinkle the second half of the conference season. Probably earlier this season. We add a pin down instead of all back doors. We will run 50% back door 50% pin down. Doesn’t matter which corner the pin down guy goes to.

4 sets a ball screen.

2 pushes the dribble, drop and drive the shoulder, come off it trying to score. You must attack inside the elbow. On the ball screen 2’s first look is score second look is the roll guy 4.
On pass to the 5, Catch and shoot three is first look. Second look is high low. Third look is opposite. 1 is setting a screen for the 3. Backdoor cuts and sprints all the way to the corner.

5 will then drive for the dribble handoff.

On the handoff to the 3, the 5 will roll to the basket, 3 will push the dribble, drop and drive the shoulder, come off it trying to score.

Reverse Flare

The 2 will try to reverse the ball quickly to the 5. The 3 will set a flare screen for the 1. The 5 will hit the 1 for the three.
If They Switch the Screen
*Some teams will try and switch the ball screen. The 2 will pull back dribble and the 4 will sprint to the post. (Hook Post)

Keys to This Offense
*The ball has to move around.
*Allow your guys to play. Make basketball decisions.
*Take what the defense gives you.
*Timing is important. Everyone has to be patient. Waiting to receive the ball off the drive to elbow, waiting for eye contact to cut and waiting for the dribble handoff are very important.
*We have to have good cuts and good screens.

Adjustments
*If teams start trying to steal the hand off from us we just backdoor them. This is just a read. They do have a call for it but it is just a read.

Top Flare
*If the ball reversal to the 5 is being denied, we set a double flare screen for an open three.
**Misdirection**

*The action remains the same until we get to the cutter. The 1 will cut to the opposite low block.*

*The 3 and 5 must go hard on the dribble handoff. The 3 receives the handoff attacks and pitches back to the 1 who is coming off the screen.*

*If the 1 doesn’t get the open shot he looks back inside to the 5 in the post.*

**Misdirection Flare**
Rescreen
*Set the ball screen then re screen. Attack and look for the drift pass.

Screen the Screener

Hook Post
*We run this for our slasher.
Unskilled Post
*We don’t run this but if you are the team that doesn’t have a post player that can step out and shoot 15-21 foot shot, you might run this.
*This is a similar concept; it’s something you can use with unskilled post players.

![Diagram of basketball game](image1)

Best Breakdown Drills
*Rapid fire.
*The 1’s are catching drift passes. After 1’s shoot they switch lines.
*The 2’s are working on screen reads. Drop and drive the shoulder pound the dribble out in front of you. After 2’s shoot they switch lines.

![Diagram of basketball game](image2)

*If the defender hedges too strong and you see daylight, split it. Split the daylight with a crossover.

![Diagram of basketball game](image3)
*If the defender gets out refusing the screen, drive baseline and drift pass.

*If they switch the screen attack the bigs outside shoulder. More time than not you can attack the bigs outside shoulder and draw foul. Another option is the pull back dribble.

**Hook Post Drill**
Guard Handoff Drill
*On this drill more than anything we are working on the two step setup. We will usually have a coach or manager guarding the guy taking the handoff making sure he is using the two step setup.
*Cutter is cutting hard getting his feet set and shooting a three.

Misdirection Drill

Post Drills
*Set Screen low and wide, I prefer they stagger the three point line. If they decide to go underneath our perimeter guy can shoot the three.
Post Handoff Drill

*This offense is extremely easy to get back into. In practice, We will run some set plays and I will tell the offense you can’t score on the set play. On my whistle you need to get back into attack.

Transition Drill: 5 on 4 Transition

*The defense starts inside the paint. They are not in a zone. It is man to man. We are not guarding the man that is furthest away. Inevitably in a game you are going to be in a scramble situation. Every time the ball moves you will have to guard someone different. On Offense you have one extra guy, find an open shot, move the extra pass and score. If the offense scores they stay on offense. The cherry picker (3) is live, point guard has to hustle back to prevent the layup. Stay on one end 5 on 4, then becomes 5 on 5 on other end, come back one more time 5 on 5. Then they switch.
We want to work on drive and kick basketball. You must attack and score quickly. You must communicate.

**Things I think are important.**

* Be positive with your team. I am a lot more positive now than I was six years ago.
* If you are a negative type person, make sure you have an assistant coach that is positive and vice versa. Balance your staff.
* There is too much emphasis on the jackasses today. Talk more about the doers, the successful kids in your program.
* 25% rule. If you have a soft kid you can only make him 25% tougher. Don’t expect complete change.
* Give yourself an evaluation midseason and post season. Your offense, defense, transition, etc. You have to be honest with yourself.
* Ask yourself could you play for you, could you work for you?
* Don’t get fired for anything other than losing.
* Work hard, work smart and have fun.
* We all work too hard to not enjoy wins.
* Control your emotions.