# Simplified Swing Offense for High School Basketball

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# Early Offense

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Early Offense

Early Break

- On the rebound or inbound, the PG gets to the ball side sideline for the outlet
- 2 and 3 are interchangeable positions so they get to the closest sideline and look to receive a pitch ahead from the PG
- The first post player down sprints to the rim and then establishes ball side post up
- Trailing post fills open slot position

- On the rebound or inbound, the PG gets to the ball side sideline for the outlet
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- The first post player down sprints to the rim and then establishes ball side post up
- Trailing post fills open slot position

All Contents Proprietary
## Swing Basics

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Swing Basics

Strong Side Entry Into Basic Continuity

- On a strong side entry, the post sets a back screen for the strong slot player
- It is important for the weakside players to interchange to take away the weak side help defenders

- After setting the back screen, 5 shapes up for a ball reversal
- As the shape up is taking place, 4 sets a flare screen for 3
- The ball can be skipped directly to 3 or the ball can be reversed through 4 on the shape up

- When the ball is in the weakside slot, 1 sets a flex screen for the strongside wing

- If there is no flex option, 4 enters the ball to the strong side wing
- 2 comes and sets a back screen for 4 to dive to the low block for a post up
Swing Basics

Strong Side Entry Into Basic Continuity

- As 2 shapes up 1 sets a flare screen for 5 to flare to the wing
- 2 can skip directly to 5 on the flare or reverse the ball through 1 on the shape up

- Low post then flex screens for the strong side wing and you continue the regular continuity
Swing Basics

Weak Side Entry Into Basic Continuity

Man Offense

- On a weak side entry, the post sets a direct flex screen for the strong side wing
- It is important for the weakside players to interchange to take away the weak side help defenders

Man Offense

- If the flex cutter is not open, the ball should be passed to the strong side wing
- Low post sets a back screen for the ball side slot

Man Offense

- On the shape up, 5 flare screens for 1 and then shapes up for a ball reversal
- Continue to run the regular continuity
# Scoring Opportunities

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Scoring Opportunities

UCLA Action

- Typically, you will start to get scoring opportunities off of the UCLA cut after a couple of ball reversals
- Using a hook bounce pass is a good effective and safe pass to feed the UCLA cutter
- The UCLA cutter can go on either side of the back screen depending on how his defender plays the pass

- Many teams will either try and jam the UCLA cutter or the screen defender will sag to help on the cutter
- In both of these examples, the shape up from the screener will provide open jump shots or a rip and drive action
Scoring Opportunities

Flare Action

Man Offense

- In this instance, rather than hitting 5 on the shape up, 2 skips the ball to 4 on the flare screen
- 4 can look to shoot the jumper or rip and drive to the rim
Scoring Opportunities

Flex Action

- After the UCLA action and flare action have take place and the ball is reversed to the weak side slot, 2 is going to run a flex cut off of 1’s screen
- It is important that the flex cutter take his man into the screen

- In this instance, if the defender is staying low on the action, 2 cuts over the top of the flex screen
Scoring Opportunities
Top Down Feeds

- If you have a player with a strong post game, you can look for high low feeds after they make the UCLA cut
- When the ball is reversed on the shape up, the low post should duck to the ball

- If the post defender tries to front, 5 should look to slide him up the lane for a lob over the top
- When the ball is entered into the post, teams will often look to
double down with the weak side defender
- By diving the opposite slot man to the opposite block, you can
get a lot of easy baskets
Driving Actions

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Driving Actions

Strong Side Slot Rip and Drive

- On a middle drive from strong side slot position, there should be the following rotations:
  1. Corner drift
  2. Weak side slot fills behind
Driving Actions
Weak Side Slot Drive

- On a drive from weak side slot position, there should be the following rotations:
  1. Corner drift
  2. Fill behind from the opposite slot
Driving Actions

Weak Side Wing Drive

- On a weak side wing drive, you should have the following rotations:
  1. Crack back from the weak side slot
  2. Opposite corner drift
  3. Strong side slot hunts for an open kick out window
Driving Actions

Strong Side Wing Drive

- On a strong side wing middle drive, players should have the following rotations:
  1. Post player steps out to short corner
  2. Strong side slot cracks back behind drive
  3. Weak side wing drifts to corner
  4. Weak side slot hunts for open kick out window

- On a strong side wing baseline drive, players should have the following rotations:
  1. Post player steps up the lane
  2. Strong side slot cracks back behind drive
  3. Weak side wing drifts to corner
  4. Weak side slot hunts for open kick out window
Counters and Swing Adjustments

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Counters and Swing Adjustments

Flex Duck-In

- If teams start to switch the flex action, the person who sets the screen should seal the defender who switched on him and look for a direct pass from the weak side slot man.
Counters and Swing Adjustments

**Flex Bump**

- If 3's defender starts to cheat the flex action, the flex cutter should bump back out for a skip pass
- The screen should duck in for a post feed
Counters and Swing Adjustments

Flare Slip

- If X4 starts to step out to jam the flare cutter, the flare screener should look to slip to the basket for a direct pass from the strong side slot

- If there is no slip pass, players fill the weak side spots
Counters and Swing Adjustments

UCLA Bump

- At times, defenders will start to cheat the UCLA action and try to beat the offensive player to the block
- In that instance, the UCLA cutter should bump back to the 3 point line for a 3
Counters and Swing Adjustments

3 Man Game

- If you have a team that likes to switch screens, you can run a continuous 3 man game where you have 2 post players and a guard running continuous flex actions while trying to isolate the mismatch in the post.

- It is important that the person setting the flex screen show back to the ball as his new defender will be on his outside and you can many times get a direct pass from the slot to the block.

- Once you get the mismatch in the post, look to get a post feed.

- If teams try to deny the ball reversal, perimeter players can use a dribble at with a shallow loop cut.
Counters and Swing Adjustments

2 Man Game

- If there is a team with a Big Slow post defender who has difficulties defending ball screens, you can also run a 2 man isolation
- On the wing entry, the guard clears out to the opposite corner

- The post player comes and sets a wing ball screen for either side depending on teams defend the ball
- If the post player sags and does not extend or hedge, your shooting guard should have open jumper at the elbow
- Otherwise, you have your standard PNR options and reads
# Quick Hitting Entries

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Quick Hitting Entries

QH 1

- On the weakside, 1 dribbles at the wing who steps up like he is going to receive a hand-off
- 3 then back door cuts looking for a pass from 1
- If 3 does not get the pass, he sets a cross screen for 5 in the post
- 4 then sets a down screen for 3 to pop to the key for a 3

- You are now in your regular continuity
Quick Hitting Entries

QH 2

- Against teams that like to deny wing entry passes, 5 flashes high while 1 dribbles towards the wing to create a good passing angle
- 2 steps up and then back cuts on the high post pass looking for a back door action
- 3 and 4 run their normal interchange on the weak side

- The ball then gets reversed and 2 sets a back screen for 3 and you are now in your regular continuity
Quick Hitting Entries

**QH 3**

- 2 down screens for 5 to pop to the wing for a wing entry

- 2 sets a diagonal up screen to bust 4 down to the block for a post isolation

- 1 screens for 2 to pop to the ball side lane line
- 3 fills up and 1 spaces out
Quick Hitting Entries

**QH 4**

- 1 passes to the strong side wing and the UCLA cuts to the block
- 3 flare screens for 4 to keep the weak side defense from sagging in the lane

- After using the UCLA screen, 1 immediately re-screens 5 to bust him down to the block
- 1 shapes up for ball reversal
Quick Hitting Entries

**QH 5**

- Entry starts with a weak side interchange and pass to the slot man
- 2 can cut off either a flex screen or a down screen from 1
- In this example, 2 uses a flex cut action
- 2 and 5 space out to form the weak side of the offense

- In this example, 2 uses a pop cut off of a down screen from 1
- 1 pops to the wing and 5 seals for a high low feed
Quick Hitting Entries

QH 6

- 3 and 4 interchange on the weak side for a weak side entry
- 5 comes ball side for a post up and 2 cuts to the block

- 3 passes to 4
- 1 and 4 set a double staggered screen for 2 to pop to the key for a 3
Quick Hitting Entries

QH 7

- 1 passes to the strong side wing and UCLA cuts off of 5's back screen

- 1 clears to the corner and 5 sets an immediate wing ball screen
- 3 flare screens for 4
Quick Hitting Entries

QH 8

- 1 dribbles at 3 for a dribble hand-off
- 4 sets a drag ball screen for 3
- 5 clears to the opposite block to open driving lane
- 2 drifts with the drive looking for kick out

- If ball is kicked to 2 and he does not have a shot, you are back into swing continuity
Quick Hitting Entries

QH 9

- 5 flashes to the high post to receive a pass from 1
- 1 rubs off of 5 looking for a hand-off
- 3 and 4 interchange to occupy weak side defense

- If 5 does not off to 1, he pass out to 2 and follows his pass for a ball screen
- 1 spaces out for 5 to roll to the rim

- If 2's defender denies, 2 can rub off of 5 for a hand-off

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