

TEX WINTER'S TRIPLE POST OFFENSE

The Triple Post Offense or Triangle as it is called by some coaches is an effective offensive attack that primarily uses the give and go concept of offensive movement. It is a quick hitting attack that is based upon the ability of the offensive players to read and react to the defense they are facing. It is basically a three pass offense. It has been used effectively at all basketball ability levels for over thirty years.

Although this offense has been effective for many years, its popularity has been recently rejuvenated by the World Champion Chicago Bulls and their success in the NBA. While the offense is very sound, it should be noted that it is not any more effective than many other offenses that could be run. It is not a panacea. It is only one of many means to an end.

The following criteria must be met when selecting an offense for one's team. This is the first consideration before selecting any offense.

1. Does the offense incorporate the offensive fundamentals that the coach wishes to utilize and teach? Does the offense fit the coach's philosophy?
2. Does the offense fit the personnel?
3. Is the offense versatile enough to be used against various defenses?
4. Do the players totally understand the offense? Is it comfortable for them?
5. Do the players accept this offense and believe the offense will produce opportunities for each of them?
6. Does the offense produce the desired results against the best teams on the schedule?

These criteria must be met no matter what offense is selected. The Triple Post Offense worked well for the Chicago Bulls because their management, coaching staff and players accepted it as their offense (the offense was empowered by the organization). Why did the Triple Post Offense not work for the Dallas Mavericks? Did the organization embrace the offense? Did the coaching staff know how to teach the offense? There may be a variety of reasons but the end result was that the players did not accept the offense. They did not believe it fit them. This offense or any offense must be embraced by all parties. As Tex Winter, Chicago Bull's Assistant and developer of the Triple Post Offense, has said, "It is the way we teach not what we are teaching that counts." "It is not the system but the execution of the system," adds Winter, that makes the system work.

This offense will only be as good as the personnel who run it and the coaches who teach it. There are many other offenses that can run as effectively as this offense and it must be noted that the Bulls run this offense only 60% of the time.

There are some aspects of this offense that do not fit every team. The Chicago Bulls did not win the NBA title with this offense without Horace Grant and Michael Jordan. When Jordan returned to the Bulls in 1994-95, the offense did not provide a World Championship that year either.

The following points may help explain the previous paragraph. Consider these points.

1. Does the team need to have three different people filling the low post spot?
2. If the answer to question number one is yes, then are the people filling the post able to comfortably play on the wing?
3. Does the personnel have the ability to get to the basket quickly from the corners of the floor and score on shots coming off the baseline from a "flat" angle?
4. The Bulls flow into this offense when they gain possession of the ball. Is this compatible with the coach's transition philosophy?
5. Does the team have personnel who can shoot the long range jump shot from either corner of the court (e.g. Paxton - Steve Kerr)? There will almost always be a player in the corner of the floor who is open for this shot.
6. Are the players executing this offense skilled as passers?
7. Do the players executing this offense know how to vary their speed on cuts?
9. Does the team using this offense have an outstanding offensive rebounder (Horace Grant or Dennis Rodman - examples)? The Bulls did not win without Grant or Rodman in the Power Forward position because this offense does not lend itself to good offensive rebounding position.
10. If the team using this offense has a creative, talented point guard who is an effective vertical penetrator like Jason Kidd of Dallas, then the offense does not fit. The vertical penetrator has limited opportunities to get inside the defense off the dribble. It must be noted that the Bulls do not have a penetrating point guard like Kidd or Gary Payton of Seattle.
11. There are more intersects (interchanges) than there are screens in this offense so the coach that wants to teach screening and use screening within this offense

will have to make adjustments. This offense is predicated on various cuts out of a give go (pass and cut) situation.

SOME KEYS TO RUNNING THE OFFENSE

1. The offense begins the moment the team gains possession of the ball and it is run the entire '94 of the floor.
2. Pass to the first open man and cut. Never pass and stand. It is a constant movement offense. The offense is based on the give and go (pass and cut) offensive principle.
3. The offensive players must learn to read and react to the defense. The defense dictates the cuts to be made. This puts the defense at a constant disadvantage.
4. Players must learn to play off of each other and play without the ball while maintaining a spacing of '15 to '18. A player must learn that by moving it will enable them to always be ready to receive the ball for a scoring opportunity.
5. Learning the timing on cuts is essential for the players - speed cuts, timing cuts, changing direction cuts, etc.
6. The players must learn to dribble the ball under control at the proper speed for the developing offensive situation.
7. This is a three pass offense. It can be more but that must be developed in practice. First pass is the entry pass. The second pass triggers the movement and the third pass is the ball reversal pass that may lead to other passes. Players must make good passes not just passes to get rid of the ball. The pass must lead to the shot, move or another good pass.
8. The players must master footwork at the various floor positions. It will take some time to teach all the players the footwork that is essential to make the offense work.

SOME TRIPLE POST TERMS

- Blind Pig - this is run from a two guard front with a post pass and the opposite guard cutting to the basket.
- Backdoor - the weakside forward flashes in the high post to relieve pressure from the wing and the top guard cuts behind the flashing forward to score a lay-up.
- Pinch Post - Post players establishing position on the side of lane.
- Guard Squeeze - the wing player sets a screen near the lane.
- Line of Deployment - the passing line from the wing to the low post.
- Moment of Truth - where the player bringing the ball up the court is first confronted by the defense.
- Line of Truth - where the two players defending the guards line up to defend their basket.
- Space Awareness or Consciousness - Each player playing '15 to '18 from each other.
- Flow - the movement of the offense from the time of possession through until the shot is taken.
- Passes -
- Long Pass - the pass to start the transition.
 - First Pass - the entry pass to start the offense
 - Second Pass - the pass that triggers the cuts within the offense.
 - Third Pass - the pass that reverses the ball.
- Playing without the Ball - players learning how to play off of each while maintaining the '15 to '18 spacing.
- Dribble Weave - An offensive maneuver when the ball man takes the ball to a teammate and hands off.
- Intersect (interchange) - When two offensive players cross each others path on a cut to the ball to distract or possibly force a switch by the defense.
- Switch Cut - Any cut that is made when the defense switches on screens.
- Diagonal - the cut made by the guard to the opposite corner of the floor.
- Bull's Head - the two spots on the Bull's court marked by a Bull's head where the wing players establish offensive position when coming down the court.
- Lane Runners - These are players who are designated to run left and right lanes to expedite the offensive transition.
- Post Sprinter - the 4 or 5 man who runs the floor after a score or rebound to get to the block in transition.
- Weakside - the two man side of the offensive court.
- Strongside - the three man side of the offensive court.
- Lag Principle - the guard opposite the ball is staying behind the ball man in order to receive the ball if the at the moment of truth the guard with the ball wants to pass guard to guard.
- Cuts - (other cuts are explained in the hand-out)
- Speed Cut - a quick, all-out cut to a certain spot on the floor.
 - Timing Cut - a cut employing the variation of speed in order to get open or intersect with a teammate.
- Bump Down - the guard dribbling the ball to the wing forces the wing to go to the corner.

SOME TRIPLE POST THOUGHTS

It is not the system but the execution of the system that counts.

Systems succeed and fail based on execution of the minute details of the basic fundamentals.

A complete mastery of the individual fundamentals is the first objective.

Learn to play without the ball.

Accurate passing is the key to making the offense work.

Players must be able to recognize an opportunity when it presents itself.

In transition, players must be drilled to race each other to fill the lanes.

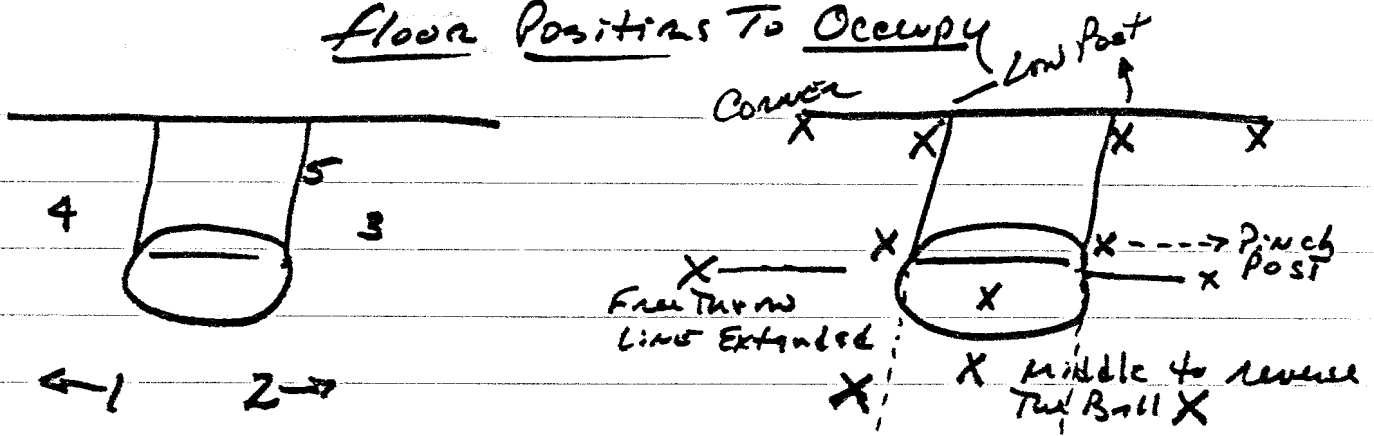
Never dribble when a pass is available.

Pass to the man ahead as soon as he is open.

A great team has poise.

Triple Post (1)

floor Positions To Occupy



5 - Low Post

3+4 side of lane and off lane

About 10 feet

1+2 on Extended Line Lines

USE Bull's heads for 3+4 to identify floor area

Other Spots (12)

Each Corner (2)

Each Pinch Post (2)

Each Bull's Head wing (2)

Middle for Post (1)

Middle for Guard or Post

in transition - (1)

Each Guard Spot (2)

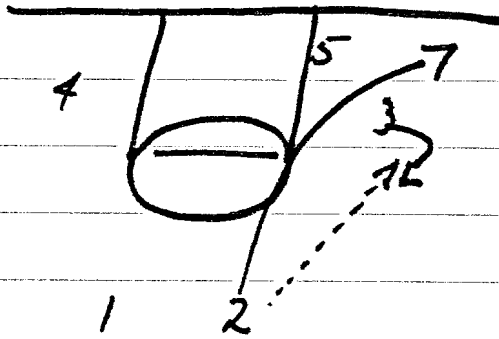
Each Low Post (2)

Floor Spacing is the key regardless of the spots that are filled. The players must develop and understand of 15-18 feet and must constantly be adjusting this on the court.

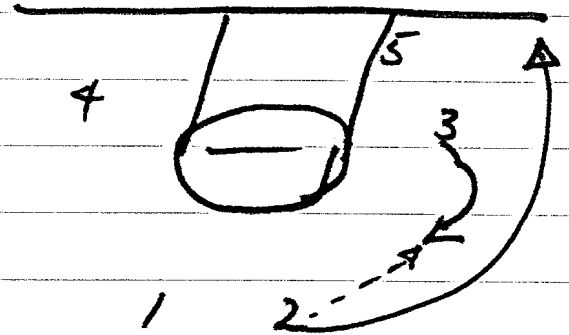
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- Triple Post-
"Strong side cuts" - Attack Pass -

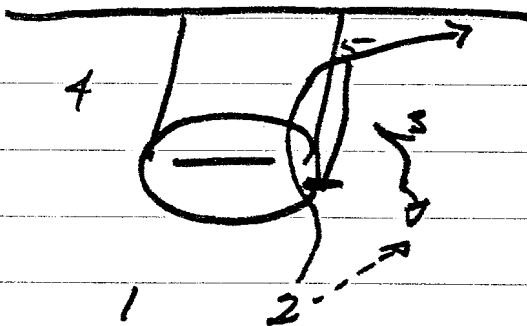
Pass (2)



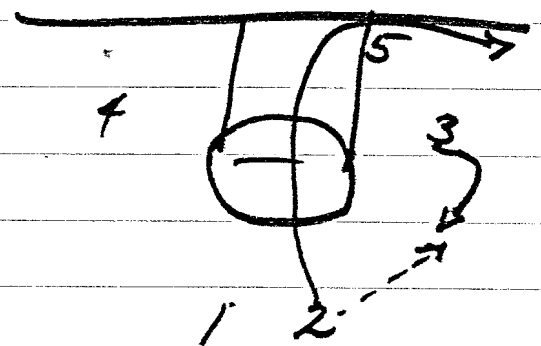
Inside Cut -
Speed Cut



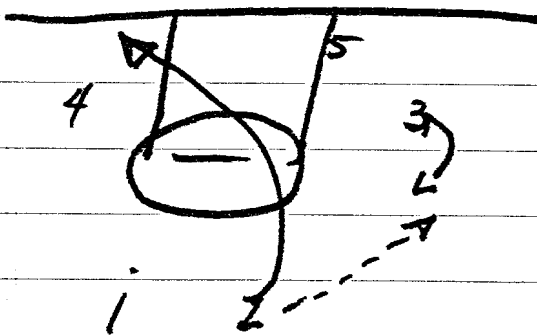
Outside Cut
Speed Cut



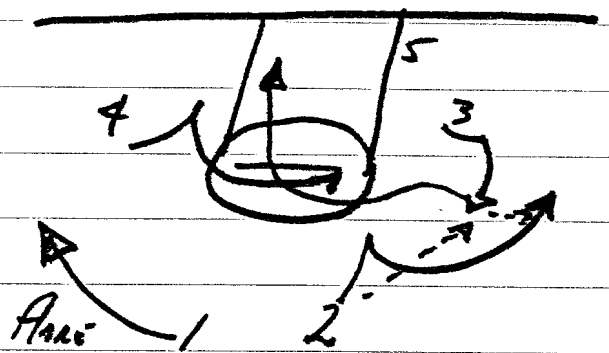
UCLA Cut - Post up
Use timing Cut



Basket Cut to Corner
Timing Cut -



Diagonal Cut to opposite
Block - Speed Cut - Watch Ball



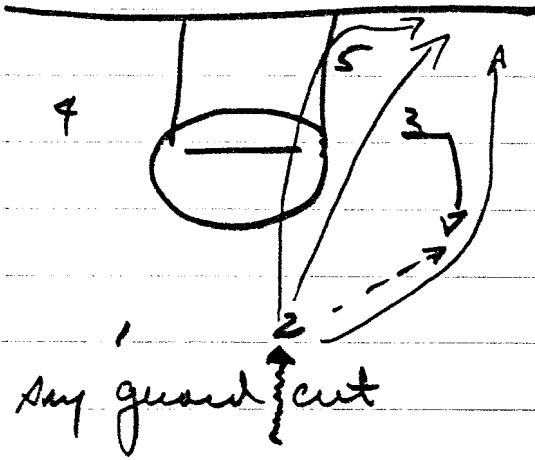
Hand back 3 off
A's Screen to Basket -
Timing Cut -

These cuts must be learned without defense checking
Then and then with defense checking them to
affect timing -

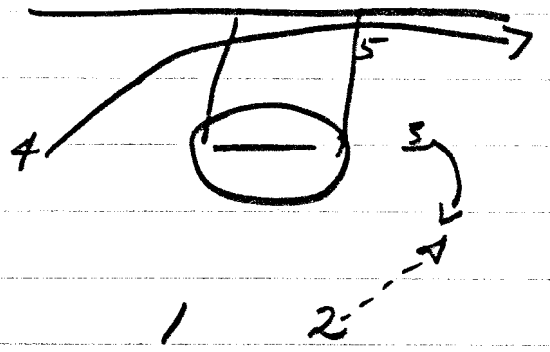
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Triple Post
"Ways to fill Strong Side Corner"
"Off Pass"

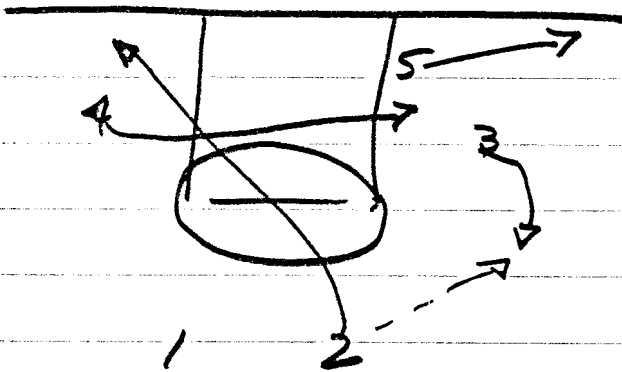
PASS (3)



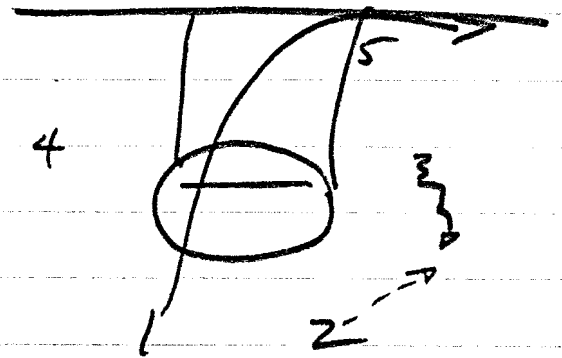
Any guard cut



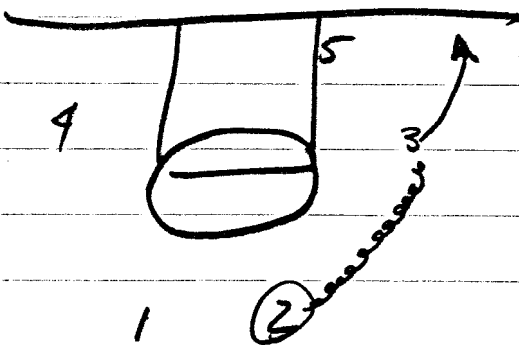
Opposite wing fill
Must be either called or
Triggered by a certain Pass



Post Pop Out - Must be
Called or triggered by a
certain Pass - or could
be done on Hand back option



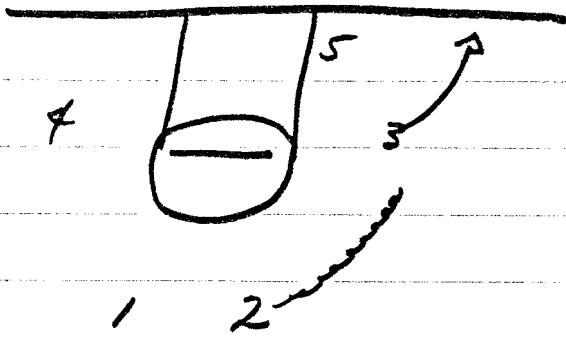
Opposite Guard fill -
This is done if "Lag"
Principle is broken down -
i.e. There is no "Lag" option -



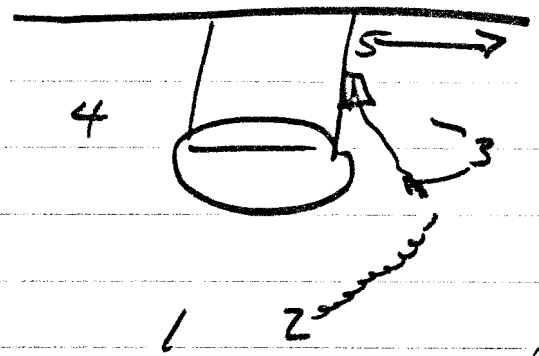
Bump Down on Dribble Entry

STRONGSIDE TRIPLE POST Dribble (4)

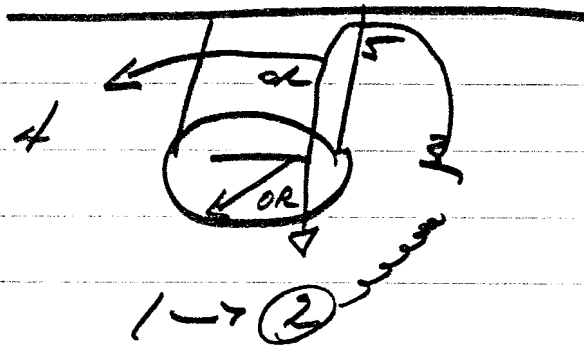
"Dribble Entries" - STRONGSIDE



Bump WING DOWN

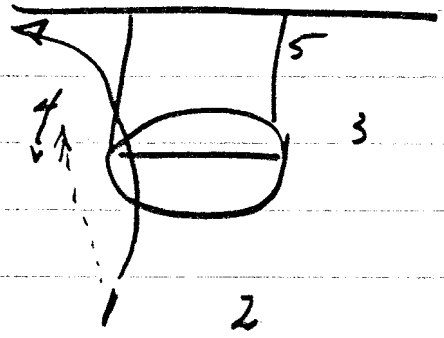


Dribble Entry Pick & Roll
Post Pops out -

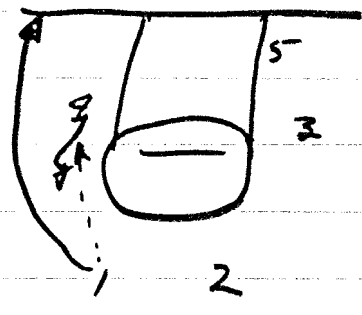


Dribble Clear out - 3
replaces self or 1 slides
over - GOES OPPOSITE
up or out ~~to~~ the OTHER
WING

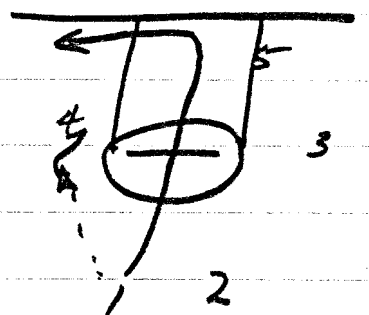
Triple Post
- 2 Man Side Action - Off Pass or Dribble



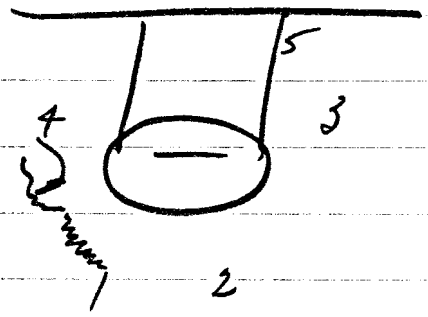
Ball side cut Inside
Speed cut



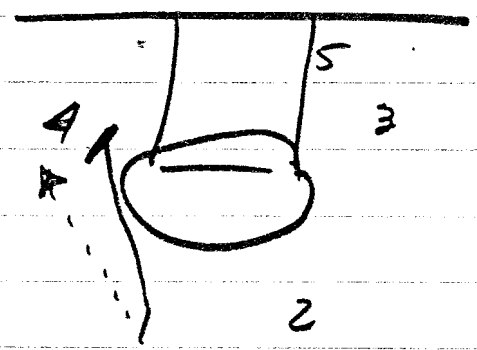
Outside Cut
Speed Cut



Basket Cut out
Ball side

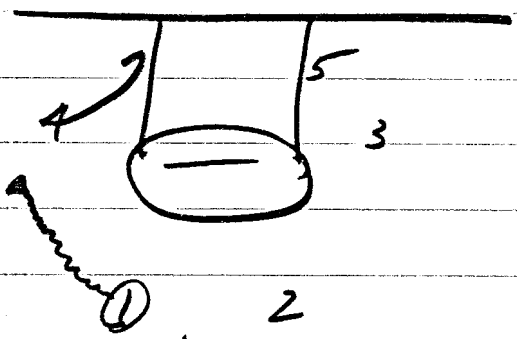


Pick + Roll - I can Roll
to the basket or flare out for
Shot or replace I at Guard Spot

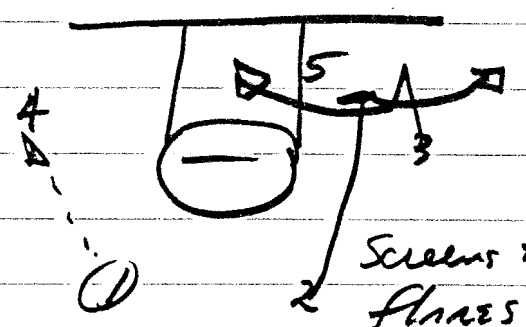


I can Pass and set a Ball
Screen instead of making
Cut

3 MAN SIDE WITH
2 MAN ENTRY ACTION

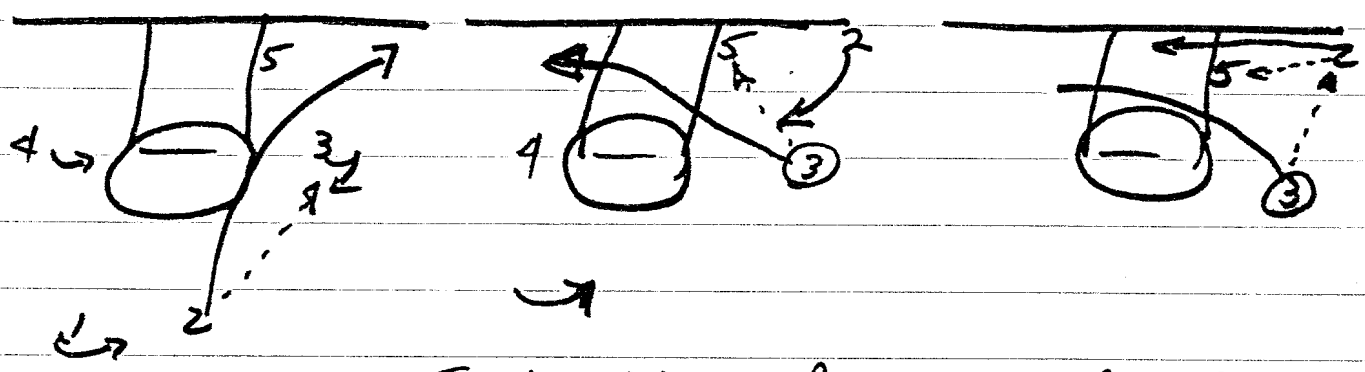


Clean #4 to Block on wide
Dribble with No Ball Screen.



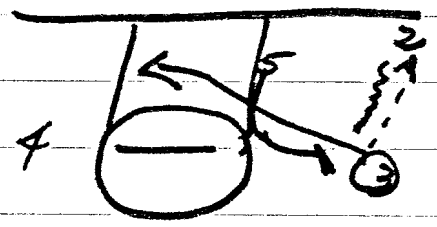
2 can make the cut to
the Ball or Screen for 3 -
One flares the other cuts -
5 Man 2e will open -

Triple Post
 "Movement" Strangside Attack - (6)

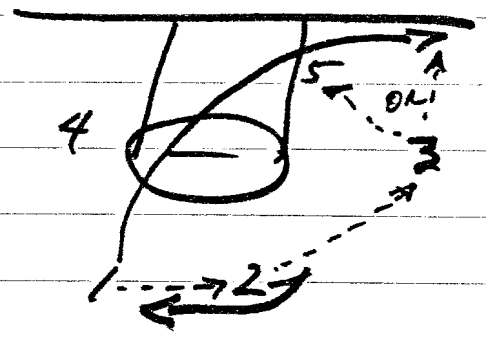


Split off Direct Post
 Pass from Wing

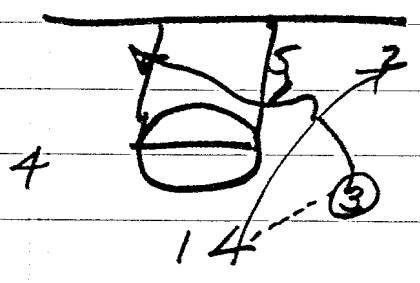
Wing Passes to the
 Baseline - 2 Passes
 to Post and cuts Base -



If 2 can't Pass to #5 Then
 #5 can step out and Screen
 on the Ball for #2



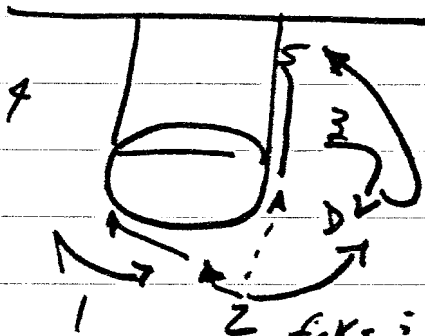
Guard-to-Guard Pass
 Diagonal fill Strangside
 #3 Passes to low Post or to #1
 in corner



Wing Passes out to the point
 and uses "Reb" cut to get open -

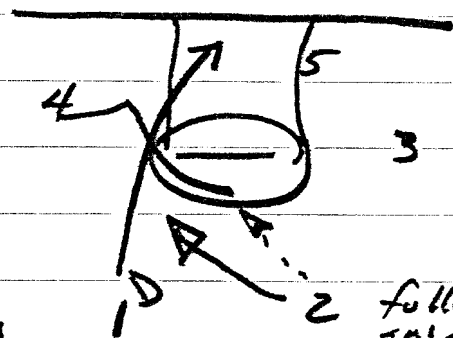
(Strong + Weakside) "Triple Post Pressure Releases"

(7)



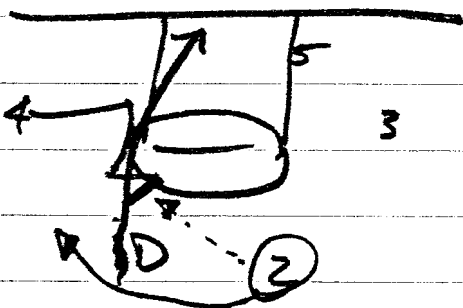
2 fake: follow or Screen across

Wing Denial Strongside
Backdoor

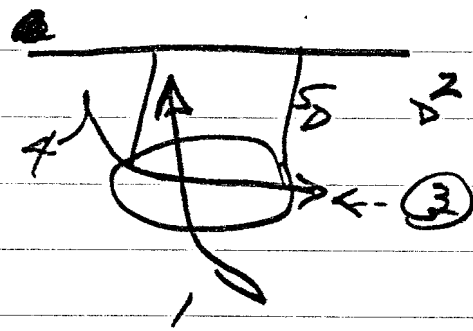


2 follows 1st Guard

Blind Pig - on
Denial of Guard-to-Guard Pass -



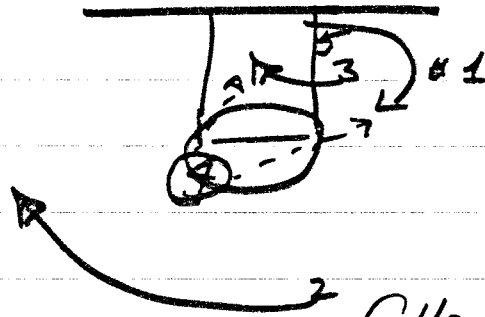
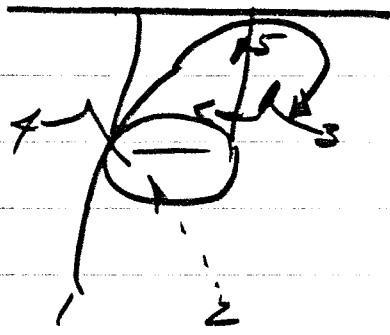
* A Sets A Pick on 1's Man
2 Passes to A and follows Pass



Backdoor because
5, 2 and even 1 may
be denied -

Triple Post
Specials

(8)

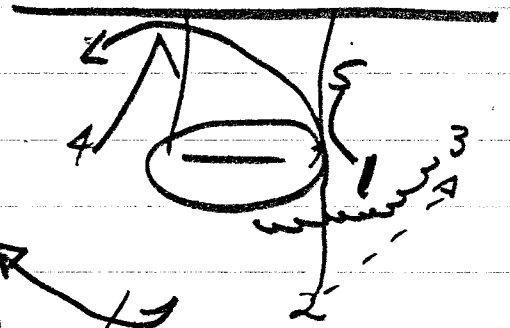
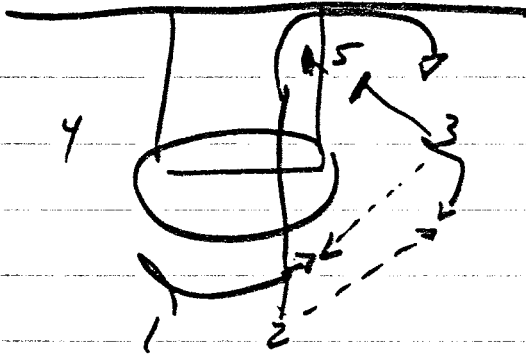


Double Screen Opposite

Double fr # 5

1 Comes over Double Screen and 3 slides to the Basket -

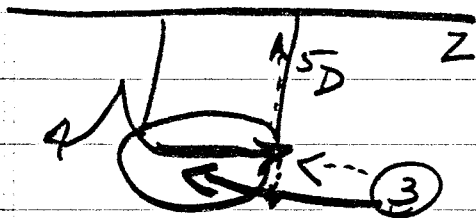
fills wide opposite



Double Screen to Strong side with 2 or 3 getting shot Called -

flashes

* 5 slides up to screen on wing fr # 3 who drives across the lane looking to score or pass to # 2 off low screen or # 1 in the key -

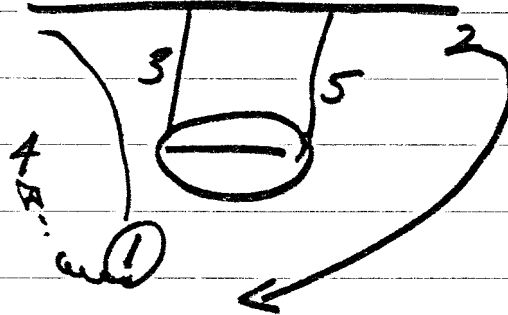
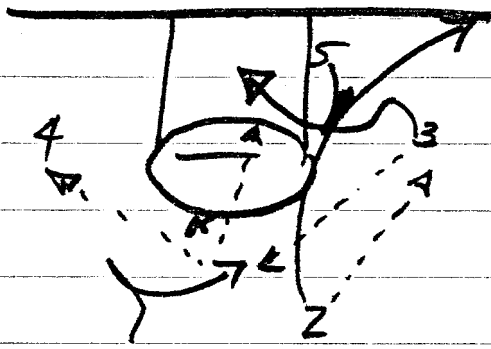


1/7 - stays away

Low Post Device # 4 flashes to the ball side elbow - # 4 passes to # 4 who look fr # 5 first - then drive or hand-off to # 3

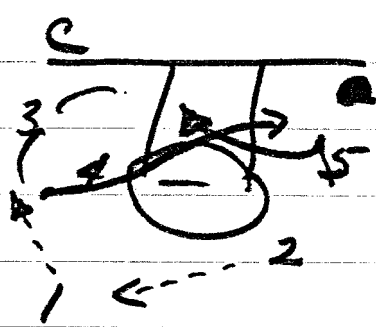
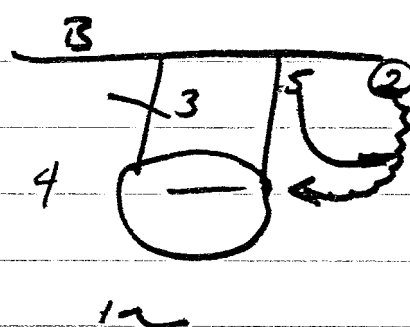
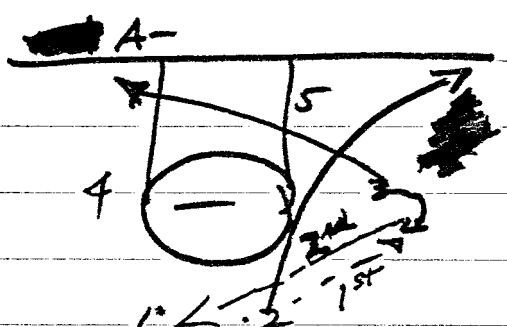
Triple Post "Specials"

(9)



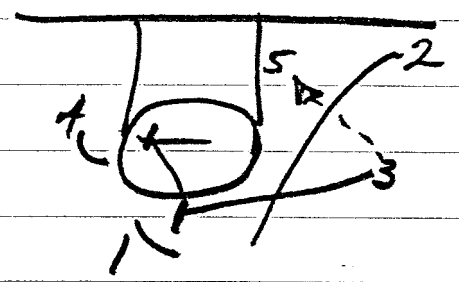
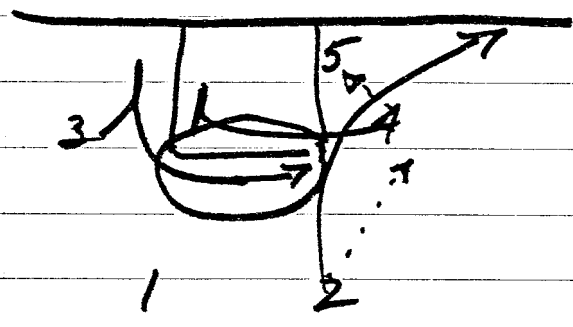
Continuation -

"Rubs" Call - Forward Across -



Post "Rubs" After Screening on
The Ball

5 rubs off 4
to get back inside -

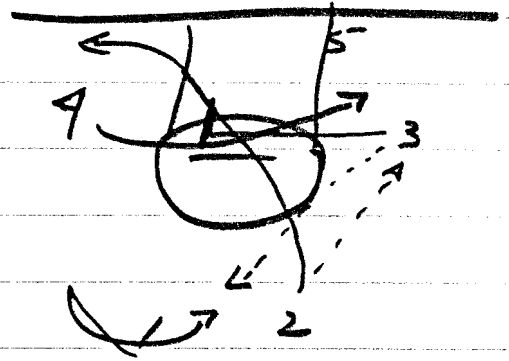
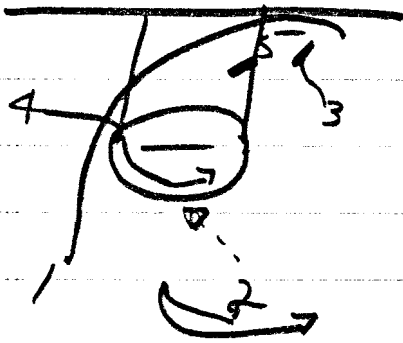


Wing-to-Wing Screen
Called or Automatic - 3 comes
off screen by 4 looking for shot
2 is in corner

vs Body Cutting
where 3 is having trouble
cutting - 3 screens for
#1 and then for #4

Triple Post "Specials"

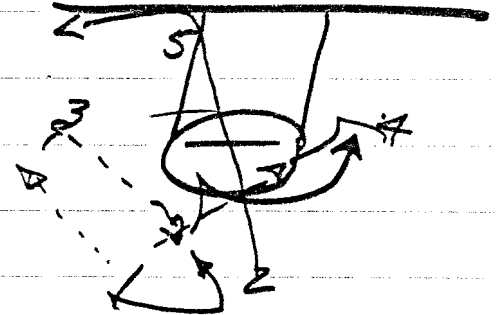
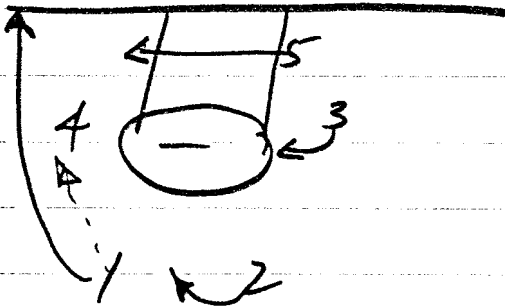
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Double Screen off Blind P.G.

2 Lines up to Receive Pass Back

To Lead 1 or Reverse the Floor



Post Can Slide Ball Side

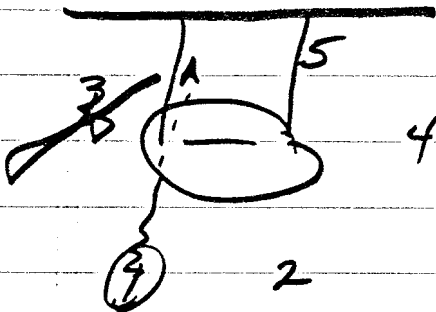
To Make 2 Man Side 3

Man Side

Reverse Ball after Diagonal

Cut creates Hi-2 man

Game as in old Butler System



2 Man Side Wing Backdown

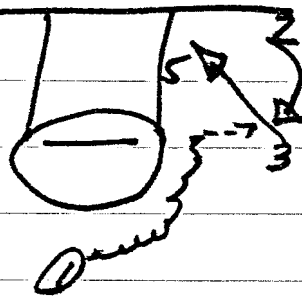
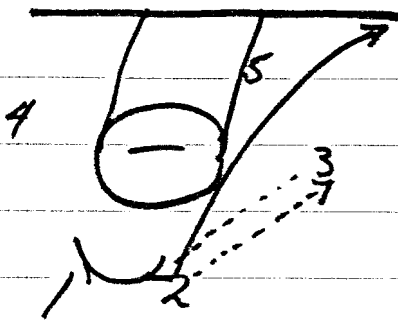
on Wing Denial

Simple Backdown Pressure Release

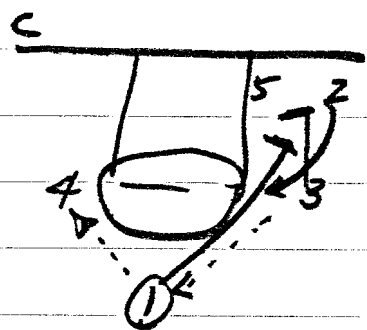
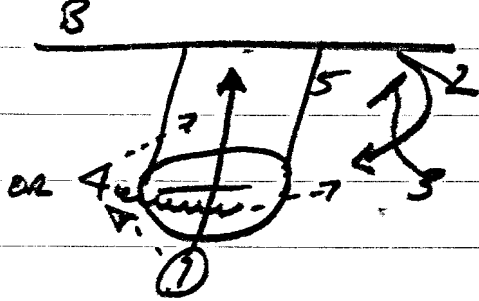
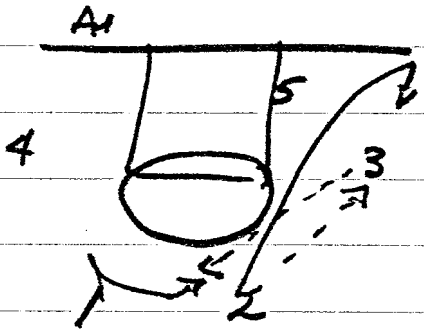
for Wing Denial

Triple Post
Specials -

(11)

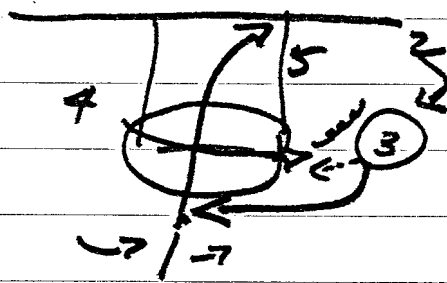
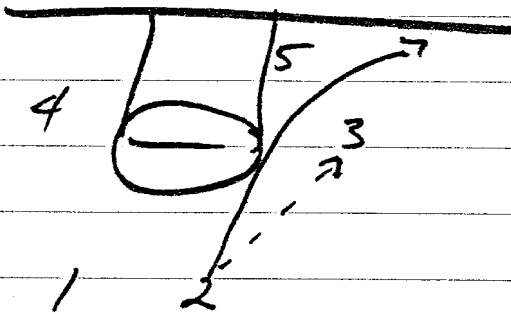


- Dribble Weave on Strong side -

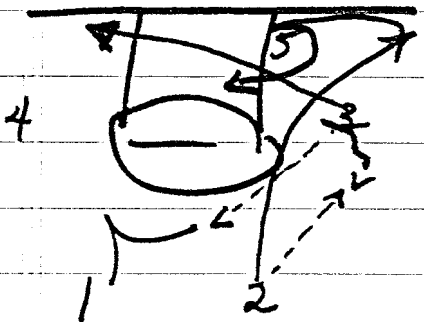


I can use Basket Cut or Set Screen
away making this screen a Double Screen

Pinch Post Dribble Weave



Dribble Weave off Back door - 4 dribbles to
hand off to #2 and #1 goes out ^{Ball} same side -

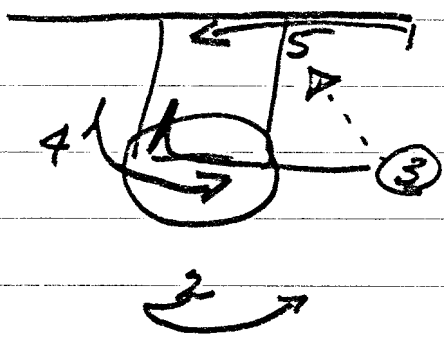
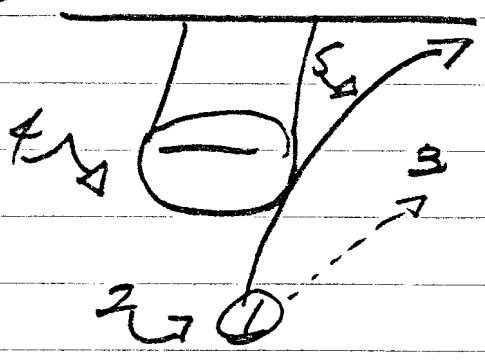


Drop Back

or Run this up switch 2 cutters go
on Ball Reversal with NO Pass to Post or Cutter - But Reverse Pass -

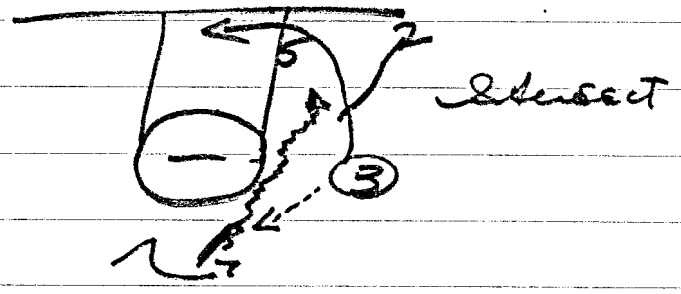
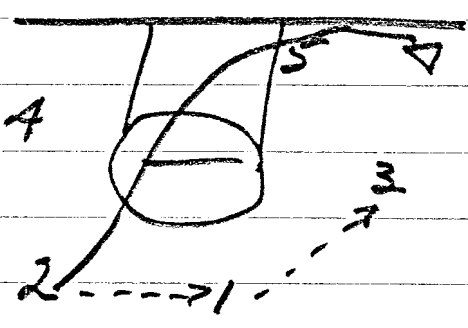
Triple Post
Special Looks

3rd Cutler



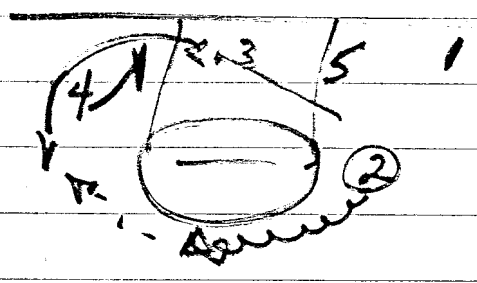
3rd Cutler - This was a big play for Horace Grant when he played for Bulls -

Dribble Weave



Guard Diagram Cut 4 fills opposite corner

4 I Dribbles toward 2 after receiving pass from 3 and 3 cuts to the basket -

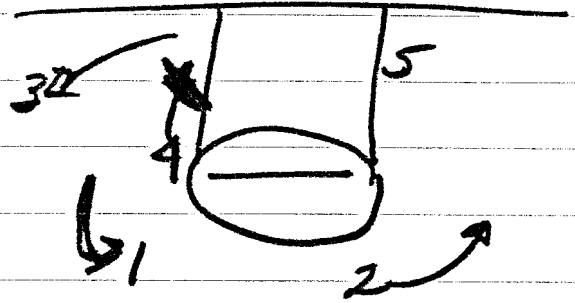
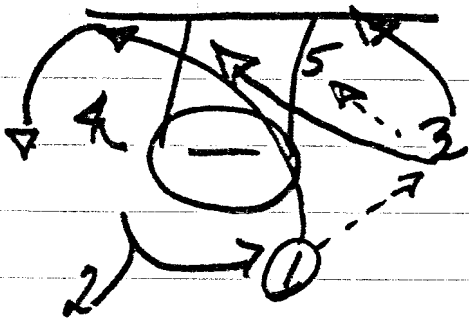


4 Screens Down for 3

Dribble Weave - Strong side option -

Triple Post

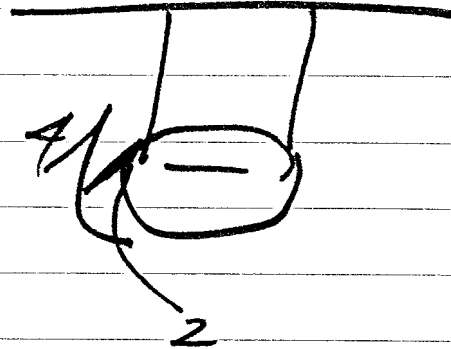
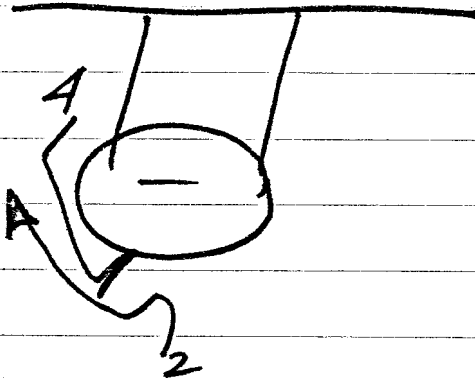
(13)



Call "Solo" - Diagonal Cut

After Pass

Two Solo Cuts By 1 + 3 - 1 cuts Diagonally low and then fills high - This is a clear out for the Post Player - 2 ^{rotates} comes over to accept pass from 5 of 5 can't score / on 1.

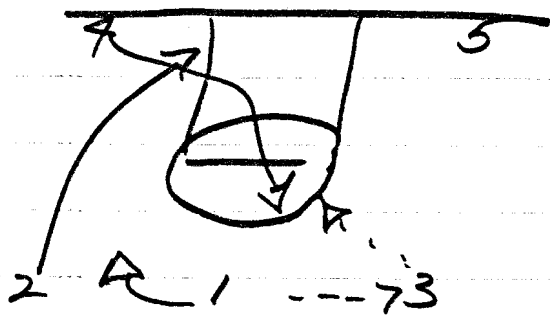


Weakside Screens

Inside sets Back Screen

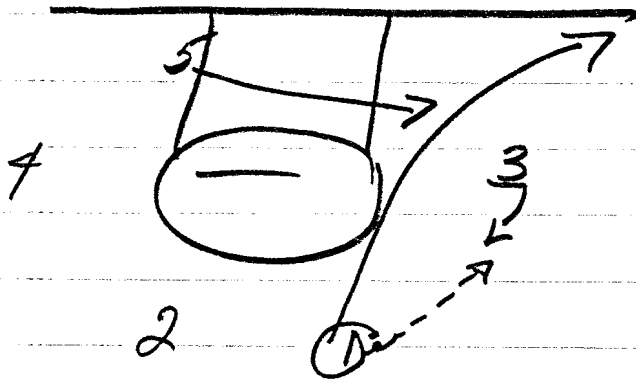
2 Sets Down Screen

to Pop + out creating an inside opportunity for 2.

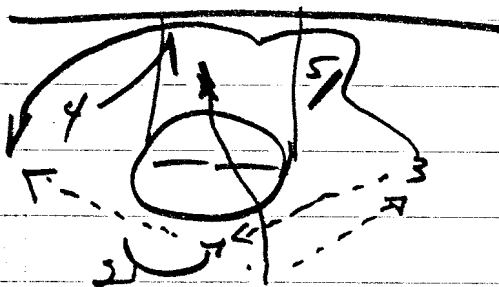


3 out 2 In at the
 end of quarter - 4 corner
 Concept - Run Corner in Pivot
 Backdoor cut into Triple Post
 of NO Quick score -

Bulls call this
 "OPEN"



Center Across Center Strong side
 ON ORIGINAL WEAKSIDE.



Triple Screen for Wing

5 Back Screen -

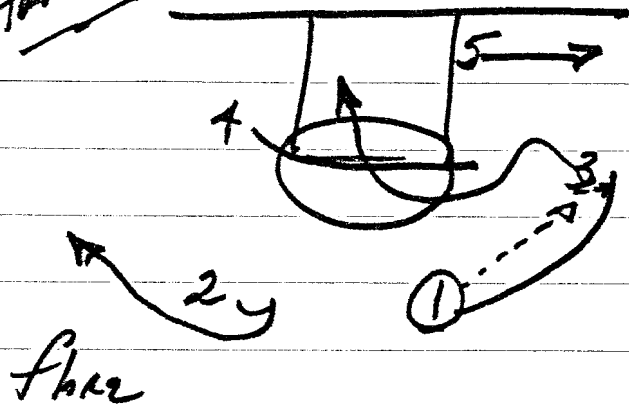
4 Cross Screen -

1 Down or Cross Screen depending upon angle -

Hand back-LoB

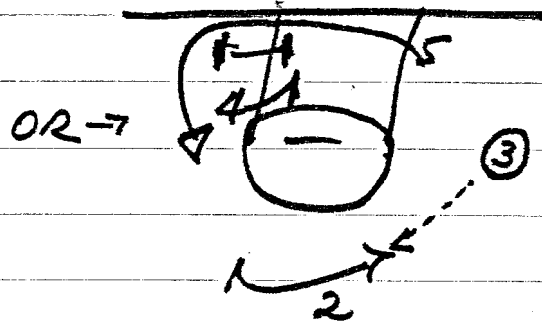
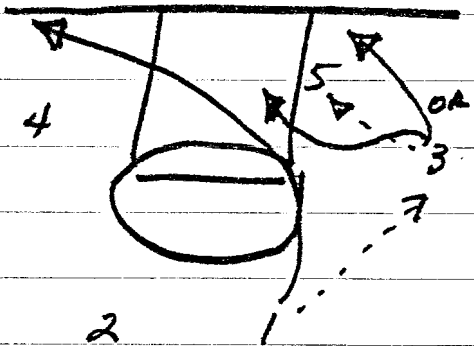
Triple Post

(15)



Hand Back-LoB to 3
for Slam -

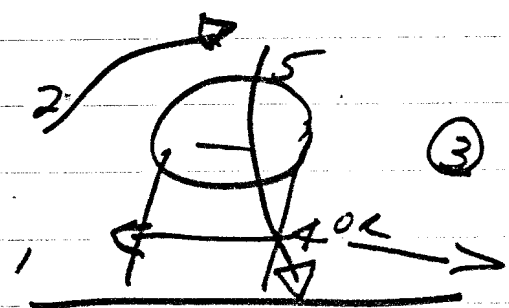
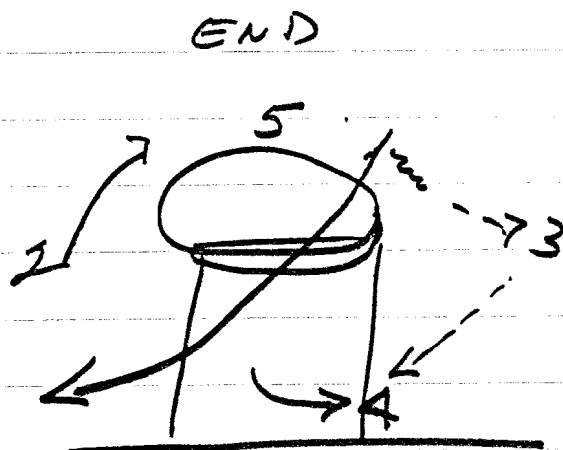
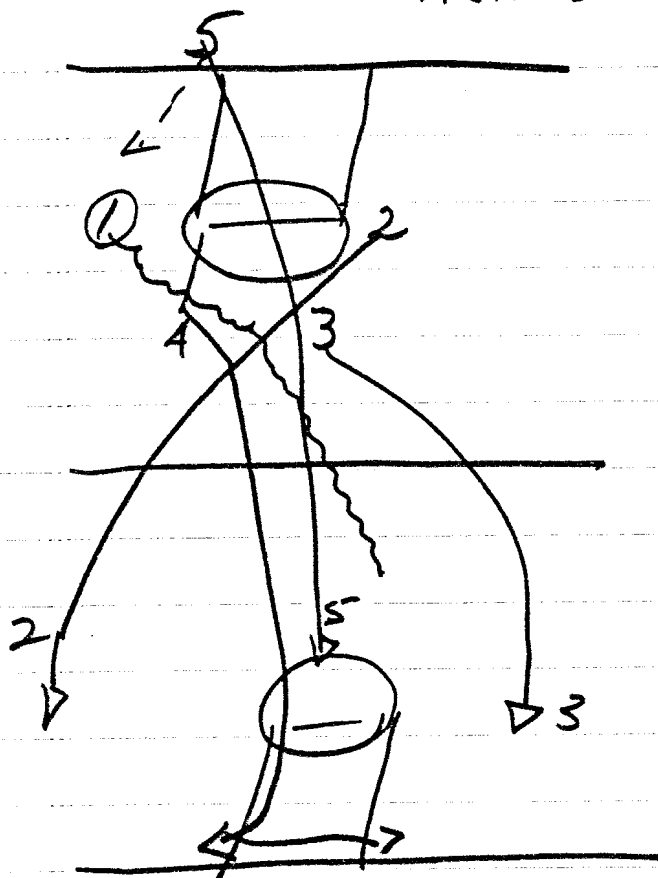
"Solo"
Wing



Wing Solo - with double screen for post if Ball
is passed to The Point instead of The Post

Triple Post - TRANSITION -

(16)



4 out or Away

