

15/02/2024

T2C STRATEGIES STYLE OF PLAY

Links are to my coaching website www.hoopsplaybook.ca

- Eric Johannsen



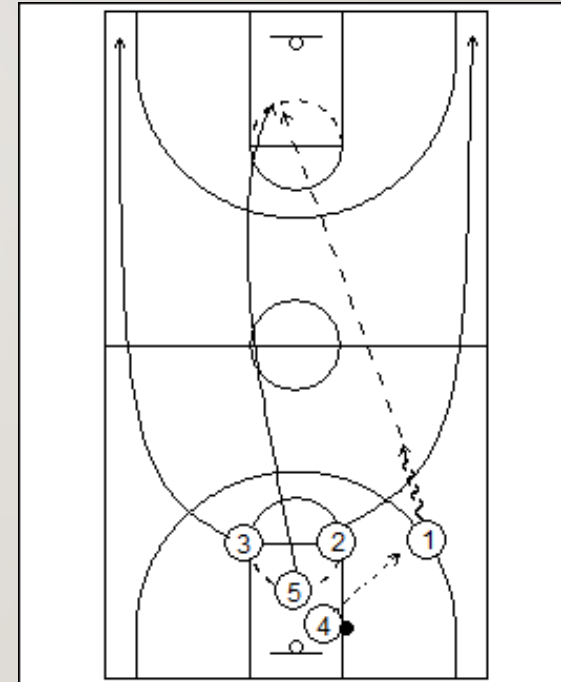
OFFENSIVE TRANSITION

Goals and Points of emphasis

- Fill the lanes.
- First 3 steps (full speed).
- Headman the ball.

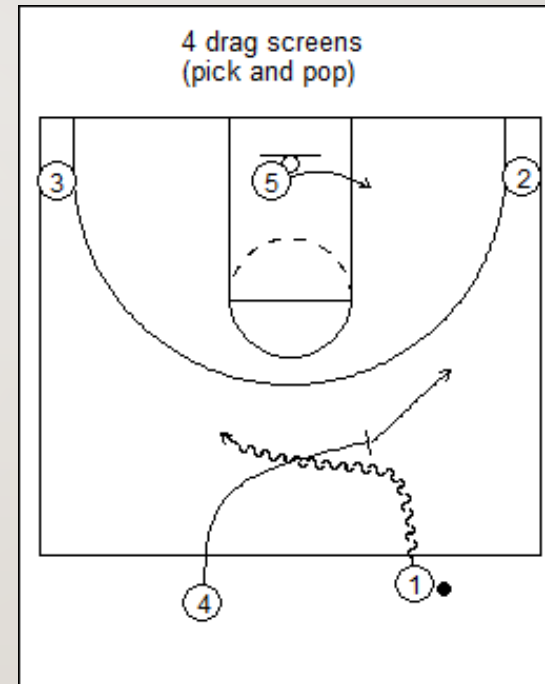
Principles of play

- Numbered break, make or miss.
- 1-4 and 2-3 interchangeable (4 is a ballhandler), 5 rim runs.
- Kick-ahead looks on the primary break are sideline, middle, opposite.
- If 5 rebounds, can go 5-out with 5 trailing at the top (or a late rim run).



OFFENSIVE TRANSITION (2)

- Triggers include early ballscreens, e.g.
 - Drag screen by 4 (pick and pop).
 - Drag screen by 5 trailing (pick and roll).



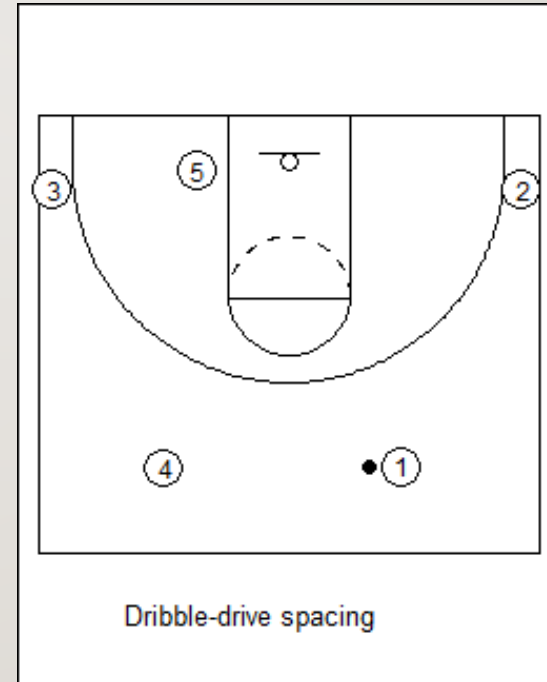
PLAYER-TO-PLAYER OFFENCE

Goals and Points of emphasis

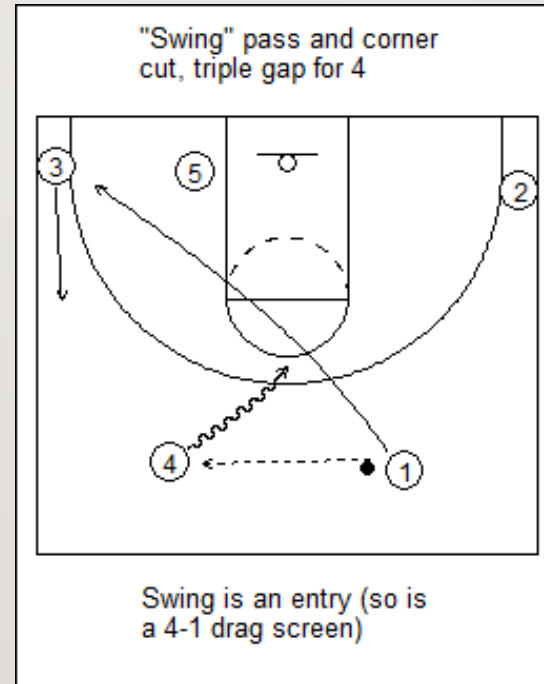
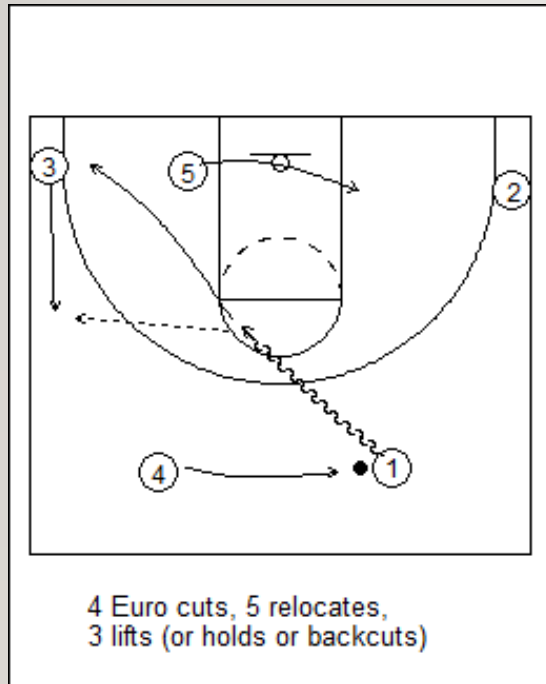
- Spacing.
- Dribble penetration.
- Passing and cutting.
- Layups, open 3s, free throws.

Principles of play

- Dribble-drive motion
 - Open post, relocate or clean up on dribble penetration.
 - Rotate behind middle drives (Euro cut), look for a “pitch”.
 - Pass and cut to change sides of the floor.
 - Ballside corner can backcut, hold, or lift on a drive.



PLAYER-TO-PLAYER OFFENCE (2)



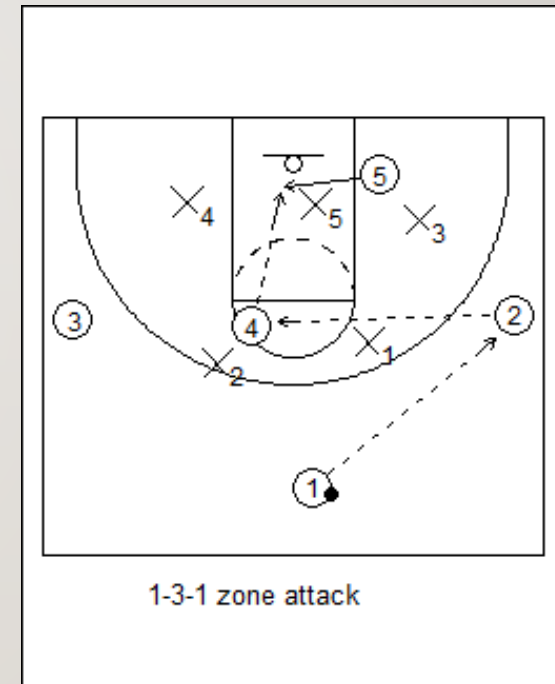
ZONE OFFENCE

Goals and Points of emphasis

- Move the ball.
- Pass fake.
- Get the ball inside.
- Gap and freeze dribble.

Principles of play

- 1-3-1 zone attack – Swiss army knife.
- High-post 4 is the best player.
- 4 and 5 not interchangeable but are buddies, look for each other.



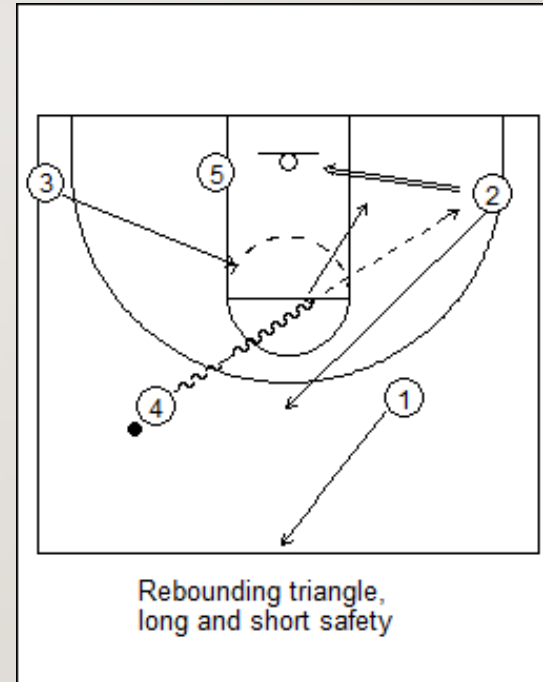
DEFENSIVE TRANSITION

Goals and Points of emphasis

- Offensive rebound.
- Protect the basket.
- Pick up the ball.

Principles of play

- On a shot – long safety, short safety, rebounding triangle.
- Short safety is ideally a shooter.
- Short safety picks up the outlet, or gets back to build a wall.
- Add disruption – jam the rebounder (see a [Blog post](#)).



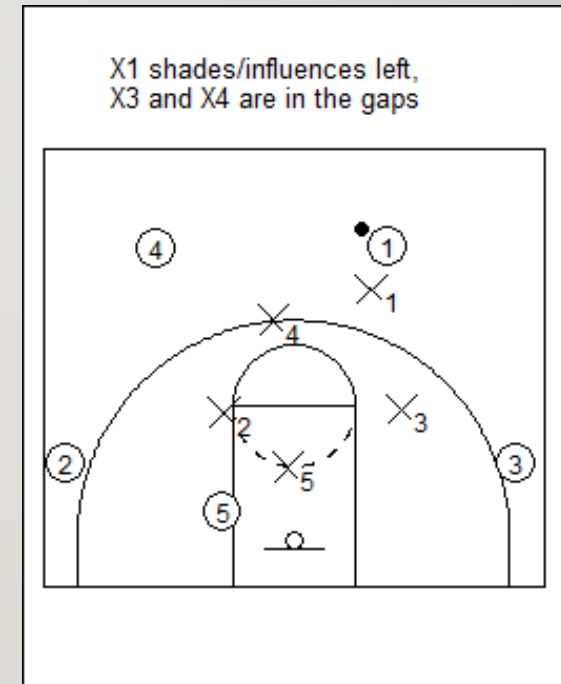
PLAYER-TO-PLAYER DEFENCE

Goals and Points of emphasis

- Ball pressure.
- Keep the ball out of the paint.
- Contest all shots, no second shots.

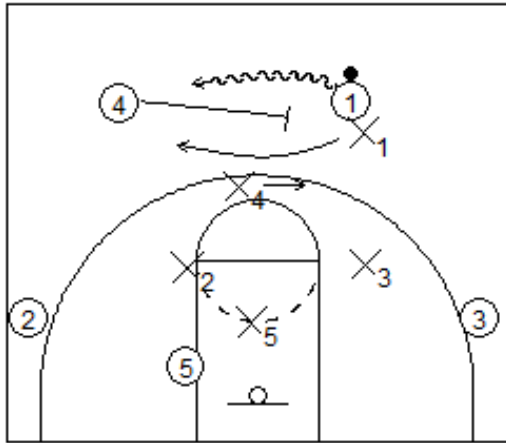
Principles of play

- [Forcing-Left Pack](#) - shade/influence left out top, force left on the sides and in the post.
- Gap defender on each side of the ball (the shot clock is another defender).
- Can deny right at the lock-in spot (attacking left wing).
- Late help off the low post (block a shot).
- Defending ballscreens a) gap, b) switch (shock), c) force left (like ice coverage).

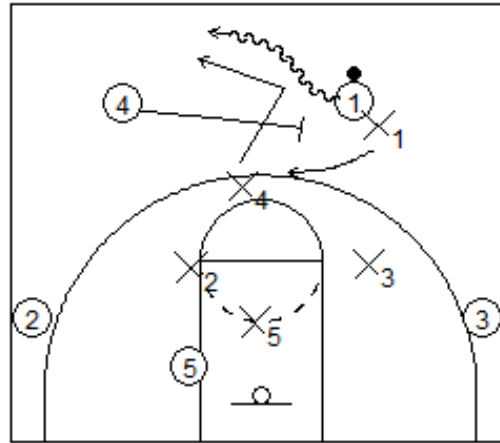


PLAYER-TO-PLAYER DEFENCE (2)

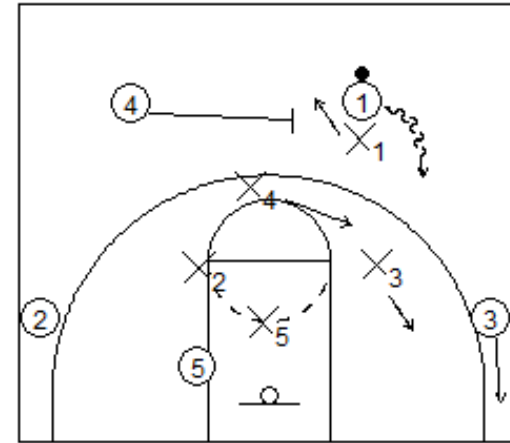
4-1 ballscreen, X1 forces 1 into the screen, X4 leaves a gap for X1



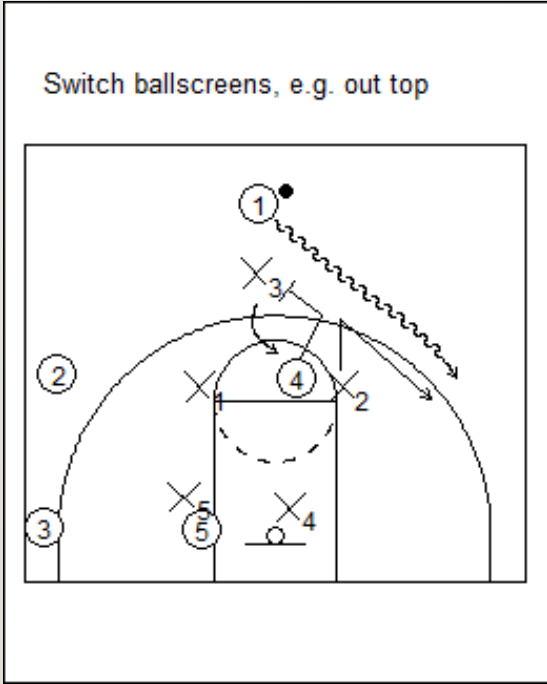
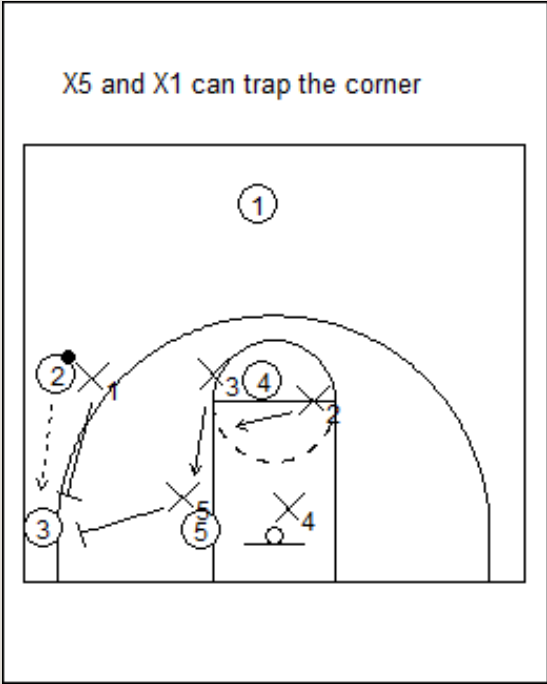
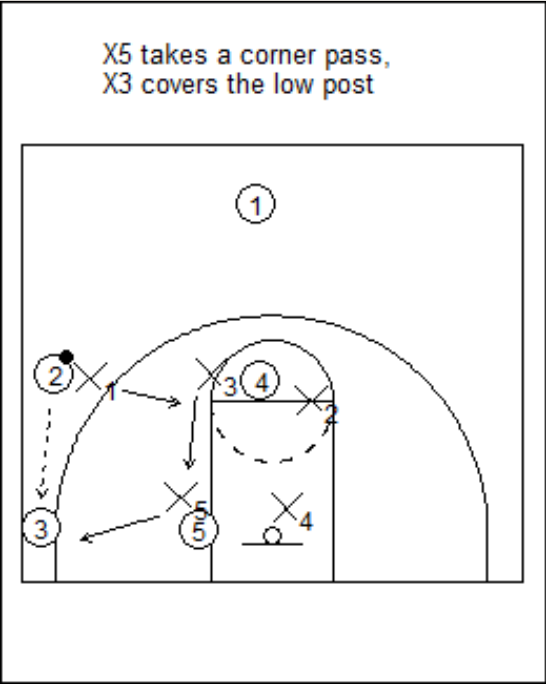
Switch - X1 forces 1 into the screen, goes under 4 to switch, X4 shows and switches to 1



Force left - X1 denies access to the screen, X4 drops to help as 1 drives left.



ZONE DEFENCE (2)



PRESS BREAK

Goals and Points of emphasis

- Get the ball in safely.
- Options sideline-middle-back, and long.
- Avoid trapping zones.

Principles of play

- 1-3-1 or 2-1-2 press break set against a containing zone.
- 5 in the middle (or 4 in the middle of a 1-3-1 set).
- Fast-break positions, can inbound the ball quickly.
- Stretch on the sidelines, flash back on reversal.
- Looks are up the sideline, middle, diagonal skip, ball reversal.

