

**A.C.T.**

This is an acronym that I have been using to assist players and coaches in their comprehension of the sequencing of offensive concepts in attack basketball.

**A** – Attack the basket

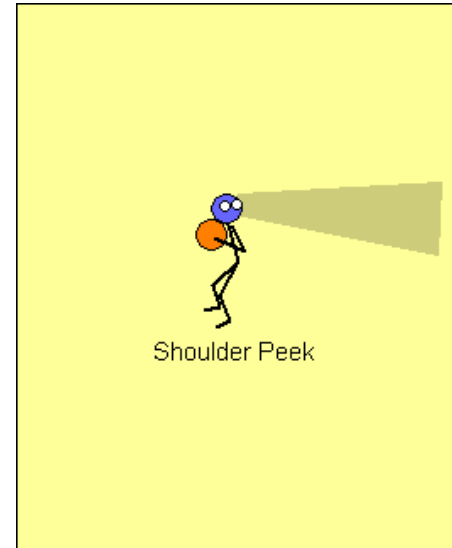
**C** – Create space

**T** – Teammates

**Attack the basket**

There are many ways this can be accomplished:

- **Attack with your eyes** – players need to scan the rim upon receiving the ball. This doesn't always imply squaring the body to the basket. Sometimes a simple peek over the shoulder is all that is required.



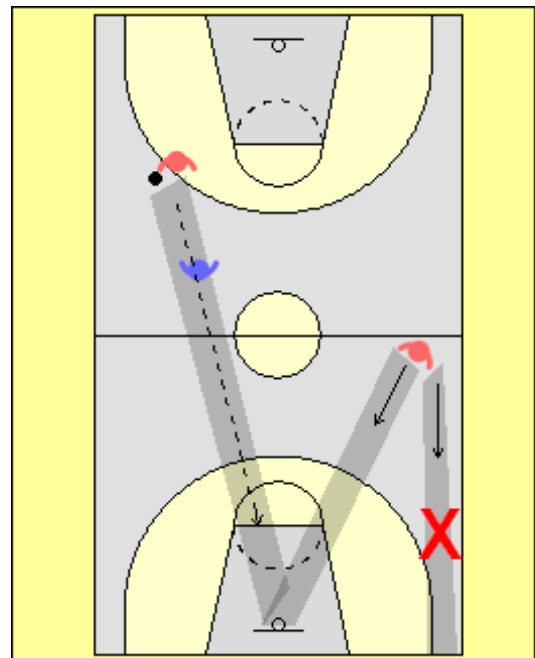
- **Attack with your body** – this may be a cutter going to the basket or putting your body in position so you can attack the basket with a pass, shot or drive.

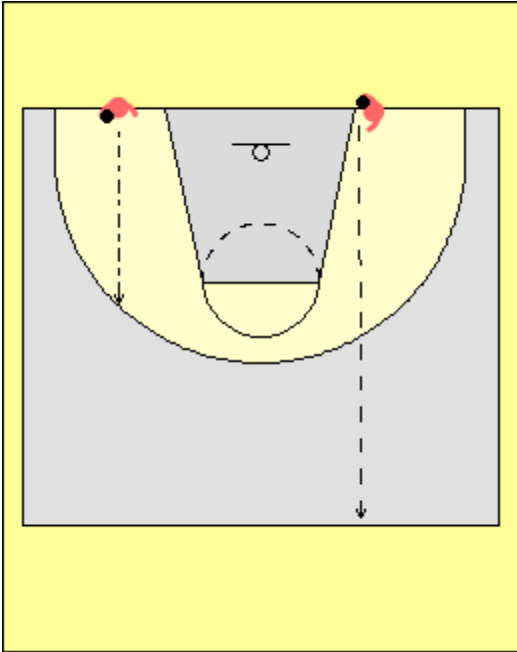
**Cutters – attack the open basket**

In the diagram to the left we can see the player running the left sideline cuts to the open basket instead of continuing to run wide down the sideline.

**Body** – The ball handler needs to be attacking the basket with his/her eyes in order to see the wing player, but also must have his/her body in position to make pass. He/she may require a dribble:

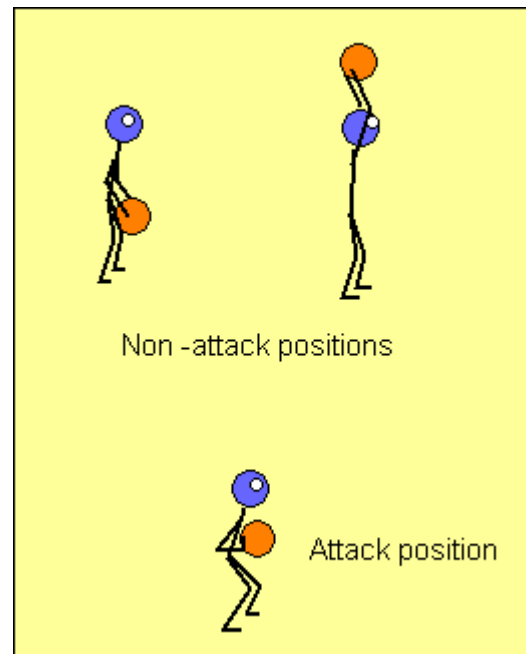
- in order to shorten the distance
- to avoid the defender
- to coordinate the feet to throw long





Here is another example of being in position to attack the basket as a passer. If an inbounder stands with his/her feet parallel to the sideline he/she will not be able to throw the ball as far as when the feet are perpendicular. This is simple biomechanics. To throw long you need the torque or twisting of the body.

The classic triple threat position embodies the idea of attacking the basket with your eyes and body. The player is able to shoot drive or pass the ball. I do want to point out that you do not have to assume this position every time you receive the ball. There are no absolutes.

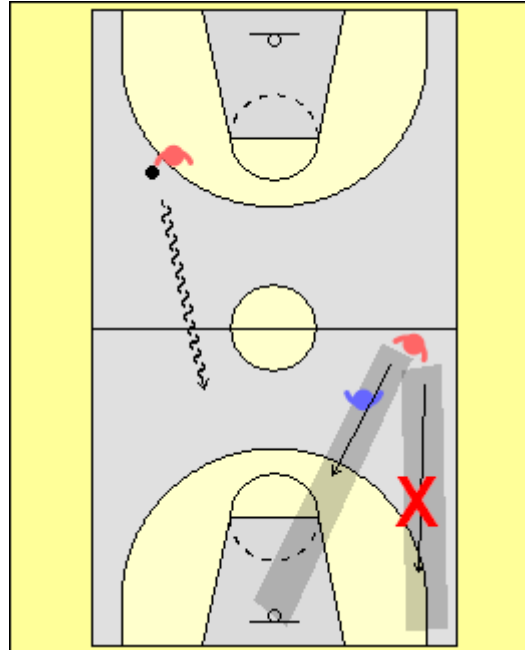


- **Attack with the ball** – The basket can be attacked with the ball by dribbling, passing or shooting.

## Create space

If the basket is not open players need to learn to use and create space. In the diagram to the left we see the wing player this time should stay wide in the lane because the defender is between him/her and the basket. By doing this it leaves the basket open for the ball handler. He/she uses the spaces by dribbling to the open basket.

You can also use or create space by sealing. An inside player can seal off the defender and make space for a pass.



## Teammates

When the basket is not open and space has been created players must now start to include their teammates in their decisions.

On one level it is recognitions of **strengths and weaknesses**.

As Rick Majerus says;

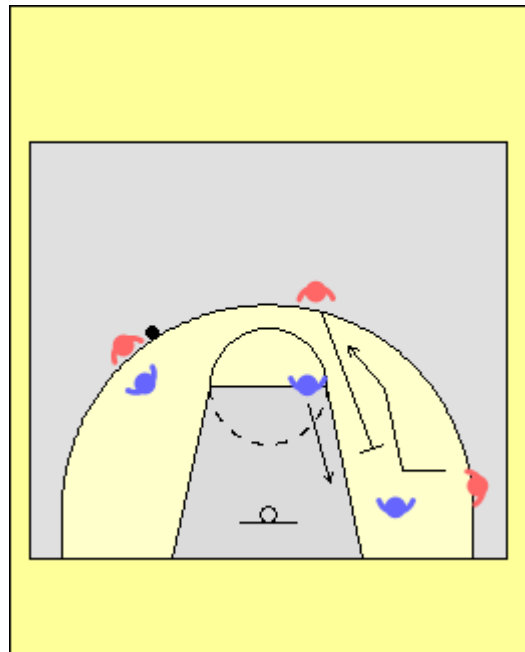
Who am I?

Who is guarding me?

Who is my teammate?

Who is guarding him/her?

This often involves having a plan based on our collective strengths and weakness. If one sees a shooter in the corner and I am not a good shooter, I can go a set a down screen to bring the shooter to the ball.



On another level it is recognition of **situations**.

In the diagram we see the player with the ball has picked up his/her dribble. The players on the wings were creating space by running long. The wing player in the left lane sees this *situation* and cuts back to relieve pressure.

Other situations may include moving of penetration, cutting action and post feeds.

