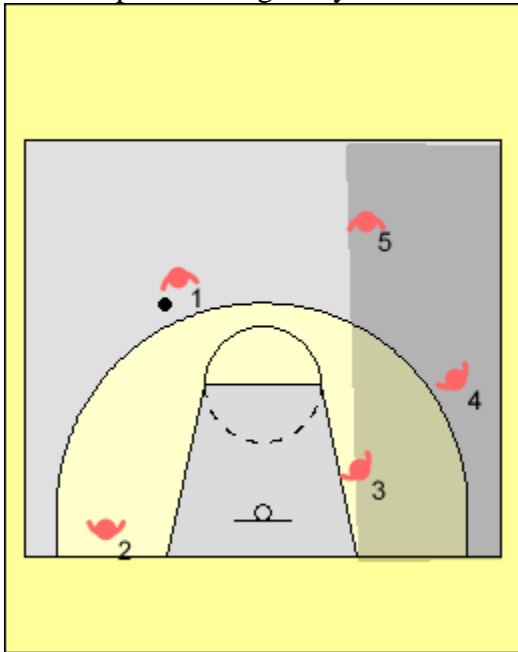


Mike M^{ac}Kay - Manager of Coach Education and Development

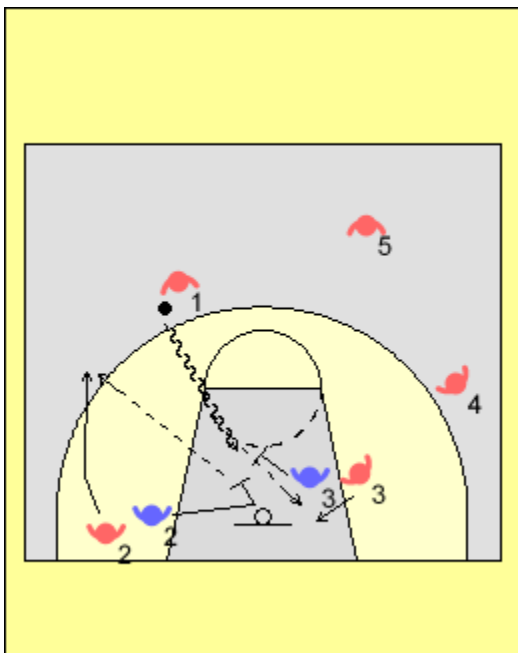


Here is a little something to show that some things are not always as new as we think. Here are some offensive concepts shared with me by Al Yarr. Al grew up playing basketball in BC and then moved on to coach with Dalhousie. He also had a stint as a National Team coach. He discussed these concepts as a result of the Sports Illustrated article that recently appeared about the "new" offence that spreads the floor with the post starting away from the ball.



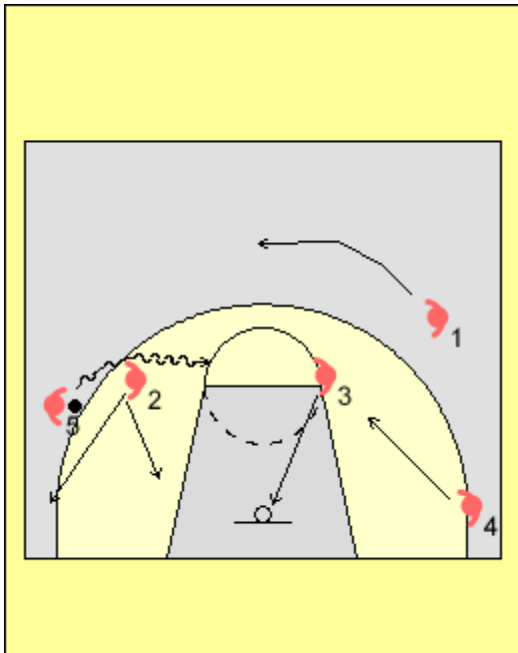
Overload

When coming down the floor three players on the help side must stay in the outside lane opposite the ball. The wing player moves to the short corner. This gives maximum penetration room for the player with the ball.



Penetrate and pitch.

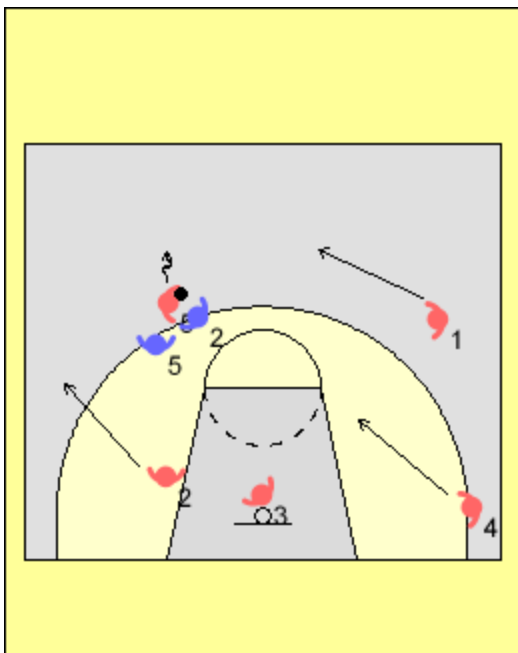
The first look is to attack the basket. The most natural help will come from the player in the short corner or the post.



All movement is initiated by the dribble. The high post "**could not go early enough**" to the front of the rim once the dribble occurred. This was a hard cut to clear the area. The corner player flashed to catch the ball. Remember there was no three point shot in those days. This is still a good option for younger players who do not have three point range.

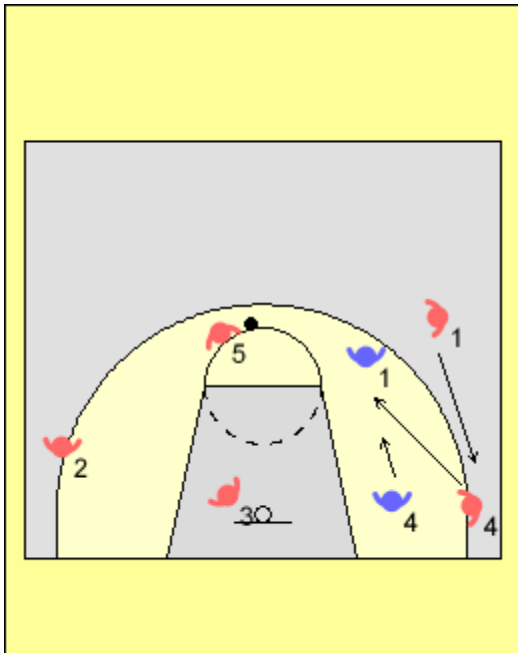
Note: We must remember that the fascination with the corner in the NBA is because the three point line is dramatically shorter from this position. There fore lots of plays end up there. It is also the reason why many teams bump the baseline. In transition.

The top player would circle behind. The screener could roll or cut to "greatest space" for the shot.



Trap

If the ball screen is trapped the dribbler must retreat to make space. The key move for AI was the release cut by the player who rolled. He/she needs to escape to create a pass angle.



Duck and dive

Another option that can happen is for the corner player to duck up and seal with his/her back the top player's defender. At the same time the top player dives to the corner. It is like a flare screen, but the screener is facing the basket. There does not need to be an actual screen. Just flash to an area at the right time. It is best to go when the help turns his/her head. Even if they do not get the ball it is excellent for breaking down help defence and to create rebounding position.