



CYA BASKETBALL - PRACTICE RESOURCES



Offense MANUAL





CYA Basketball Practice Drills Manual - Offense

Included in This Manual

- *Introduction to Offense*
- *Points of Emphasis for Offensive Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

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Introduction

What is an Offense?

No matter what your philosophy is, your goal on offense is to create open opportunities to score points to help your team win the game. Your offense may primarily involve fast breaks and quick releases to beat the defense down the court. This is effective when used correctly, but it is also important to have some set plays or movements so that your players are structured and on the same page. One important component of any offense is the ability to repeat the process and keep your players moving until they find a good opportunity. Knowing when to move, pick, and dribble is an important part of this. Also, proper spacing can make any offense more effective allowing your players to make plays and create scoring chances.

Your goal should be to have at least a few set plays at your disposal. Set plays are usually just run through one time in special situations. For example, you might want to run a set play at the end of the game or when your offense is stagnant and you really need a basket. Then, if the set play doesn't work, you can flow into your primary offense.

Complete offensive player:

1. Always keep your head up and see the court.
2. Look to set picks or run through a screen whenever possible – NEVER just stand around!
3. Catch the ball in a “Triple Threat” position with the ball at your chest and body squared to the basket – you should be able to dribble, pass, or shoot from this position!
4. Dribble with a purpose – keep your head up and look for a lane to the basket or to pass to an open man.
5. Communicate with your teammates.
6. Keep proper spacing on the court to allow your offense to move and create scoring opportunities.

Pass & Pick Away

Recommended Sets and Reps:

- Perform sets of 1-2 minutes through the offense and then rotate with another group of 5.
- Repeat progressions as many times as needed.

Description:

- 1). P1 passes the ball to P2 and then runs over and sets a pick for P3
- 2). P3 runs to the top of the key.
- 3). P4 (ball side post player) runs over and sets a pick for P5.
- 4). P5 runs to ball side. P2 can throw to either P3 at the top of the key or P5 in the post.
- 5). Ball should return to the top of the key and repeat the drill in the opposite direction.

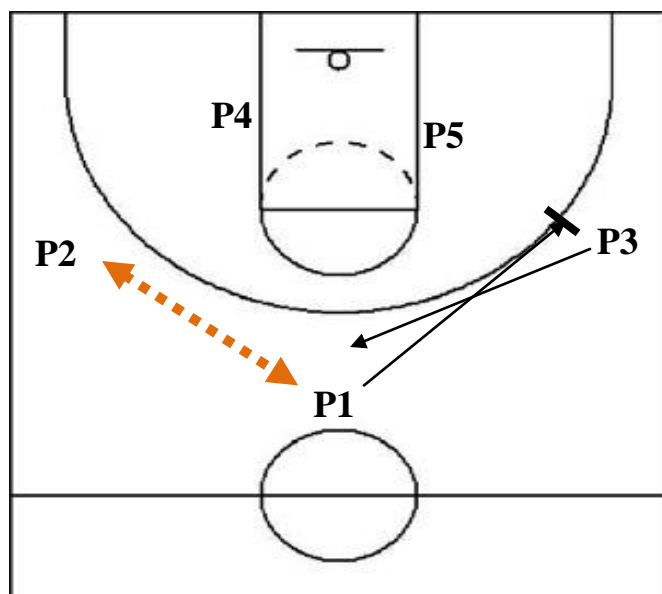
Drill Set-Up:

- Make sure players begin with proper spacing, and that screeners set their feet and do not move!
- Wing players should wait for the screen and then run around it. Leaving too early can lead to a foul or ineffective pick.

P# = Athlete

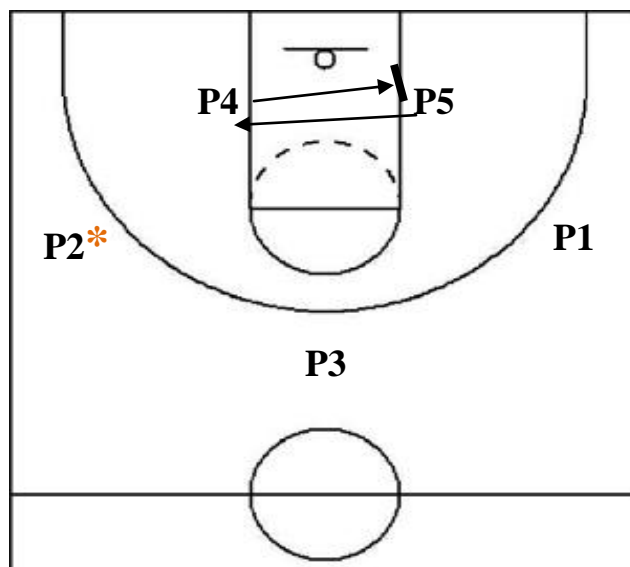
*** = Basketball**

(Steps 1 and 2)



DYNAMIC: OFFENSE

(Steps 3 and 4)



PROGRESSIONS:

1. Half Speed or Walk Through
2. Full Speed
3. Work on "Setting up Picks"

- a) As the player setting the screen approaches, the player receiving the screen should jab away from the screen to allow more space between the defender
- b) Player receiving the screen should also be sure to stay close to the player setting the screen, leaving no room for the defender to come between

4. Add a Defense

Corners Pick Down

Recommended Sets and Reps:

- Perform sets of 1-2 minutes through the offense and then rotate with another group of 5
- Repeat progressions as many times as needed.

Description:

- 1). P2 and P3 pick down for P4 and P5.
- 2). P1 can choose to pass to either P4 or P5.
- 3). If neither play is open, both P4 and P5 will pick down for P2 and P3.
- 4). If the ball gets passed to the outside players, then that player has the option to pass down, dribble, shoot, or pass back to the point guard.
- 5). If the ball goes back to point guard, repeat from the beginning

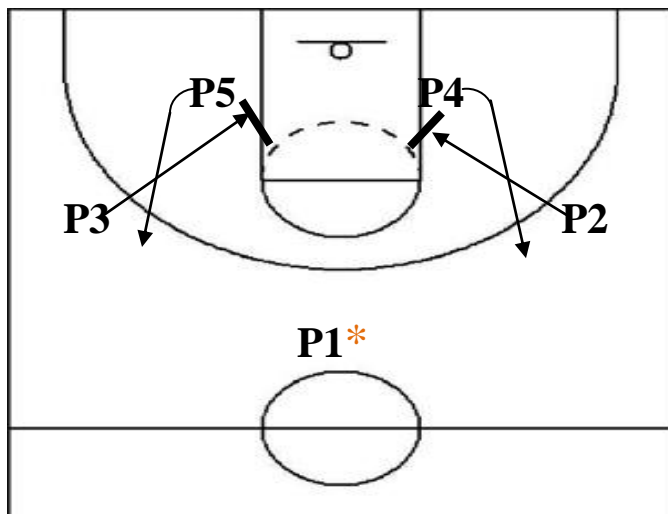
Drill Set-Up:

- Make sure players begin with proper spacing, and that screeners set their foot and do not move!
- Down players should wait for the screen and then run around it. Leaving too early can lead to a foul or ineffective pick.

P# = Athlete

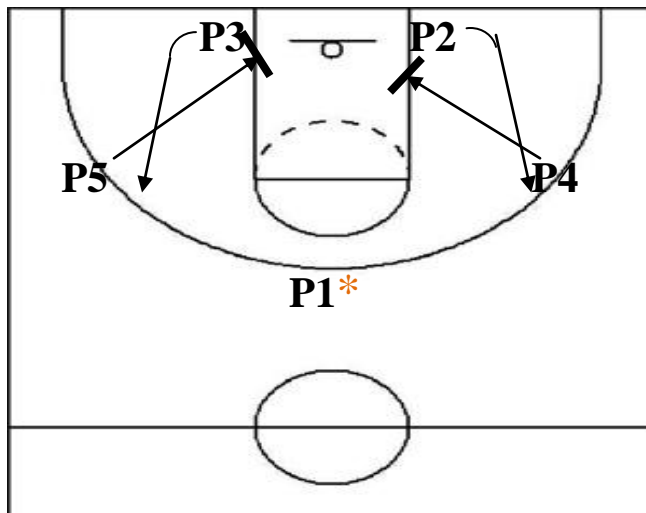
*** = Basketball**

(Steps 1 and 2)



DYNAMIC: OFFENSE

(Step 3)



PROGRESSIONS:

1. ***Half Speed or Walk Through***
2. ***Full Speed***
3. ***Work on "Setting up Picks"***

- a) *As the player setting the screen approaches, the player receiving the screen should jab away from the screen to allow more space between the defender*
- b) *Player receiving the screen should also be sure to stay close to the player setting the screen, leaving no room for the defender to come between*

4. ***Add Defense***

Ball Screen

DYNAMIC: OFFENSE

Recommended Sets and Reps:

- Perform sets of 1-2 minutes through the offense and then rotate with another group of 5
- Repeat progressions as many times as needed.

Description:

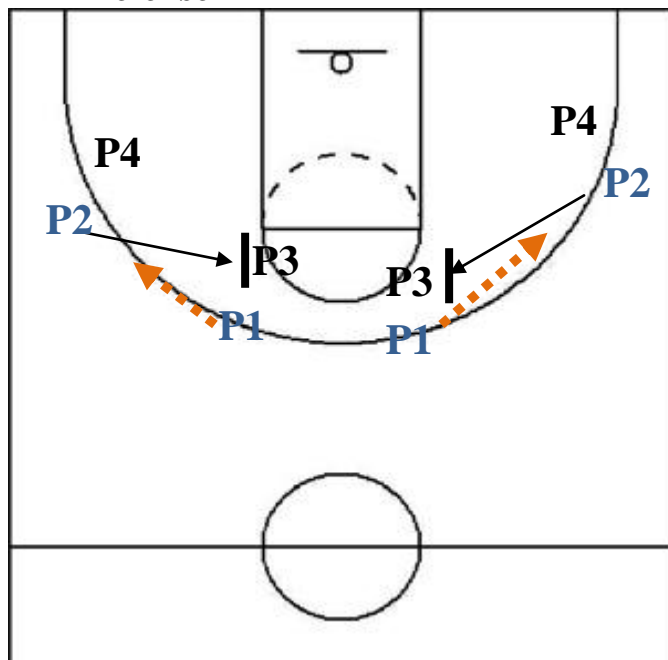
- 1). P1 has the basketball.
- 2). P2 sets a screen for P1.
- 3). P1 dribbles past the screen and can choose to dribble to the basket for a layup or pull up early and shoot a jump shot.
- 4). P1 and P2 switch positions and repeat the drill.
- 5). Once P1 and P2 have gone at each offensive position, the players switch so that P3 and P4 are on offense.

Drill Set-Up:

-Make sure players begin with proper spacing, and that P2 sets feet for the screen and is not moving!
 -P1 should wait for the screen to set and then dribble around it.
 Dribbling to the screen too early can lead to a foul or ineffective pick.

P# = Offense

P# = Defense



PROGRESSIONS:

1. Half Speed or Walk Through

2. Full Speed

3. Add "Roll" for P2

- a) Once P2 sets the screen, they should establish position and roll to the basket
- b) P1 looks to either dribble to the basket or pass to P2 rolling to the basket

4. Add to Full Offensive Set with Defense

- a) Emphasis on setting a ball screen whenever the ball is at the top of the key
- b) Make sure players keep spacing on the court to create passing and dribbling lanes