

OFFENSE





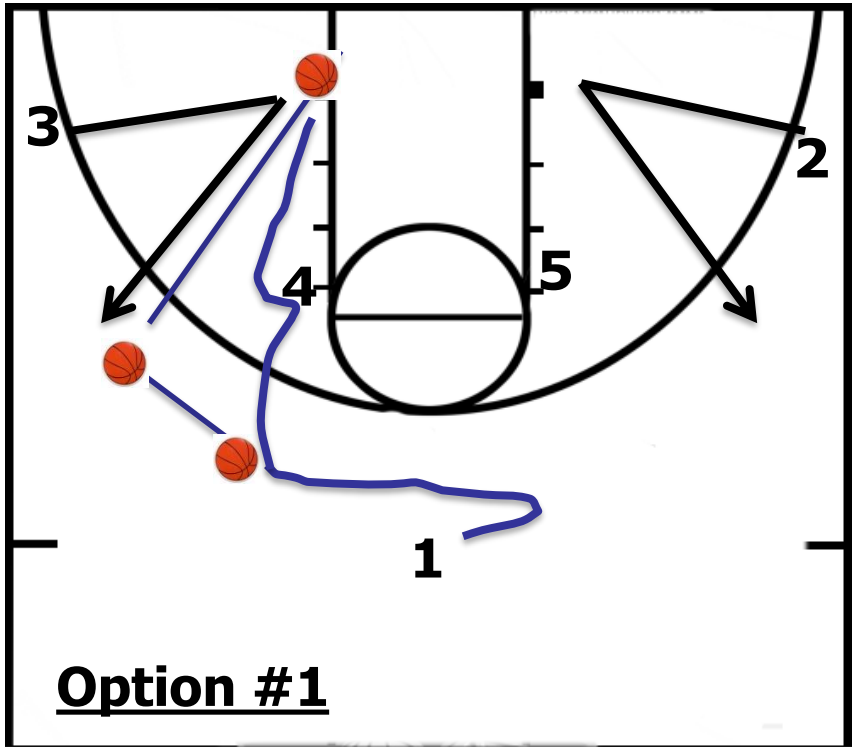
Timberwolves Basketball



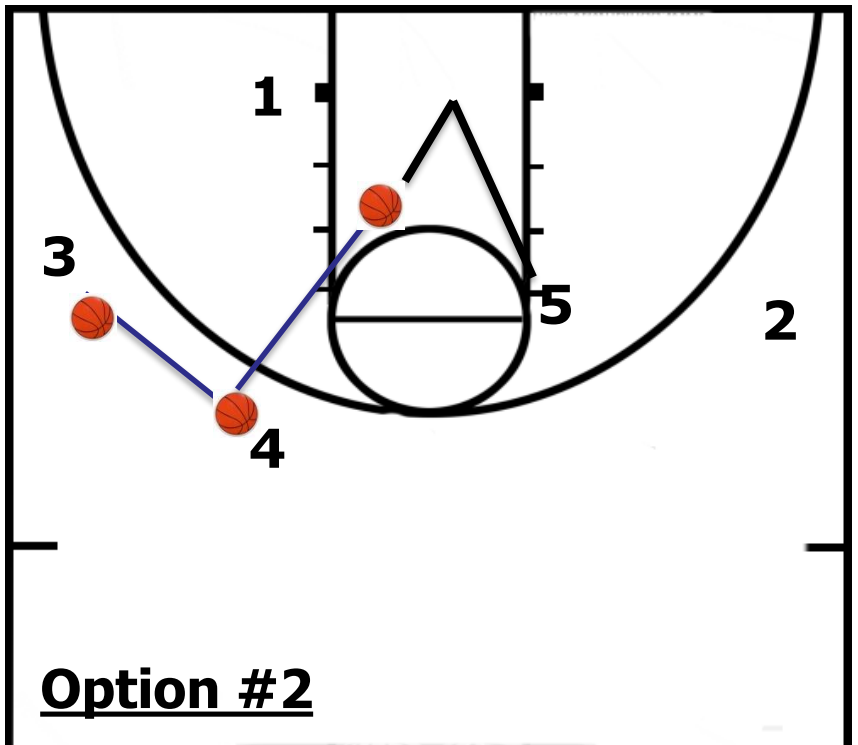
Wooden-M2M

In this set we will start with #2 & #3 in the corners. #4 & #5 will start at elbow. #1 initiates the offense by taking a couple dribbles toward the right and then crosses over and makes a pass to #3. #1 will then make a UCLA cut off of #4. The first option is a give and go pass for a lay-up.

#2 & #3- Need to drive their man hard toward the low block and then V-Cut to the wing.



Option 2- If #1 is not open then #4 breaks out and receives a pass from #3. #5 post up hard and looks for a pass from #4.



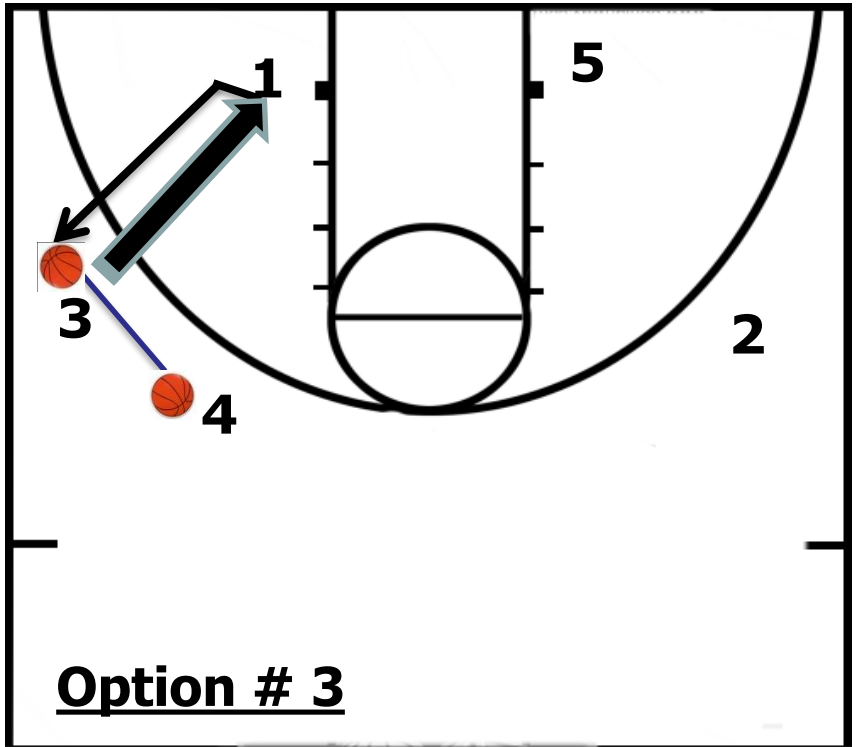


Timberwolves Basketball

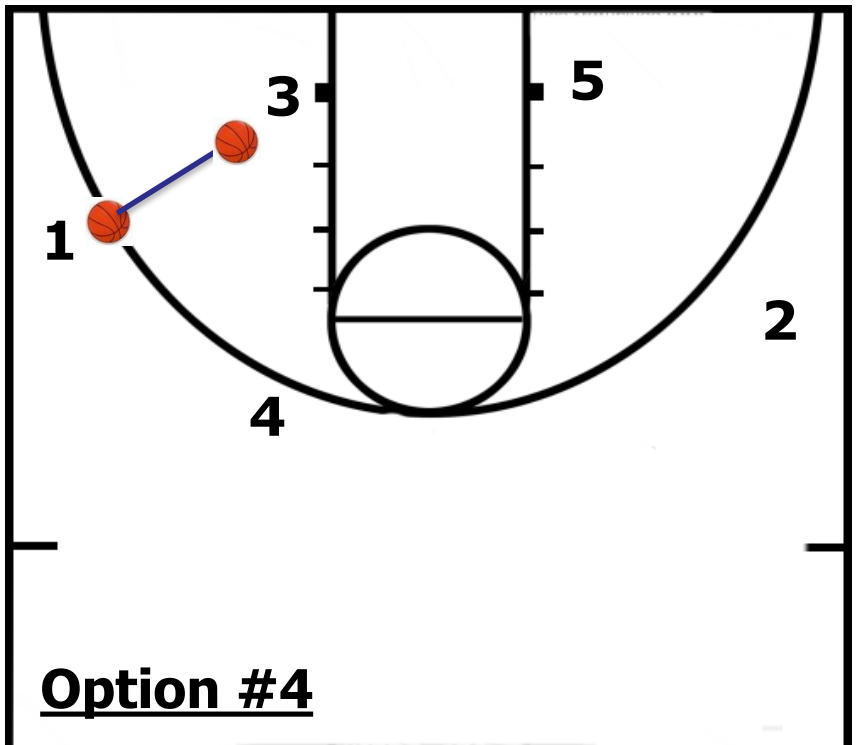


Wooden-M2M

Option #3- If #5 is not open he clears to weak side block. #4 makes a pass to #1 after #3 sets a down screen. #1 looks for shot.



Option 4- If # does not have a shot he looks for #3 who will post up hard on the low block after setting down screen.



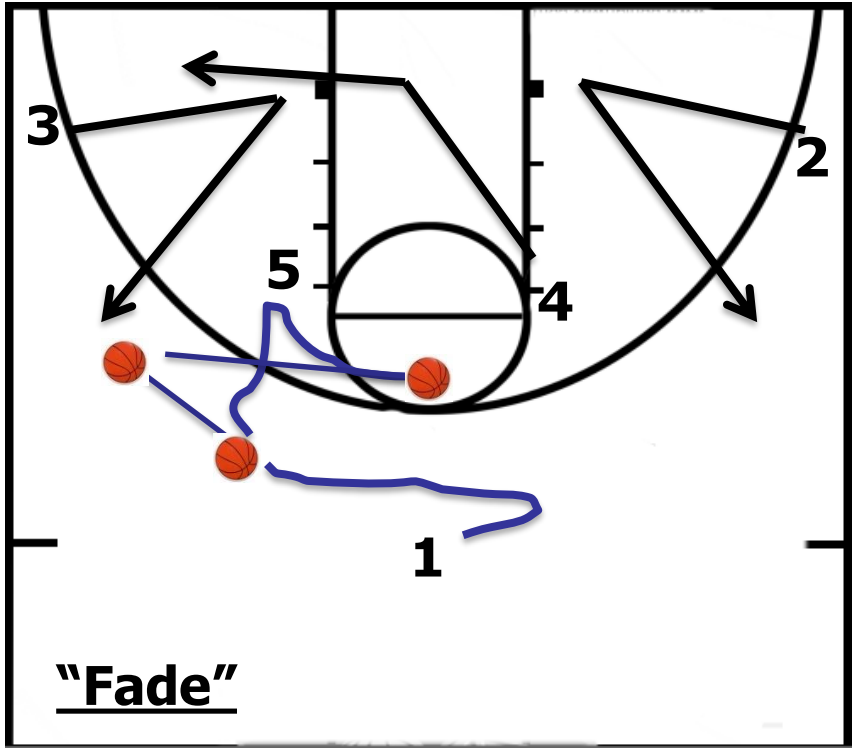


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Wooden-M2M

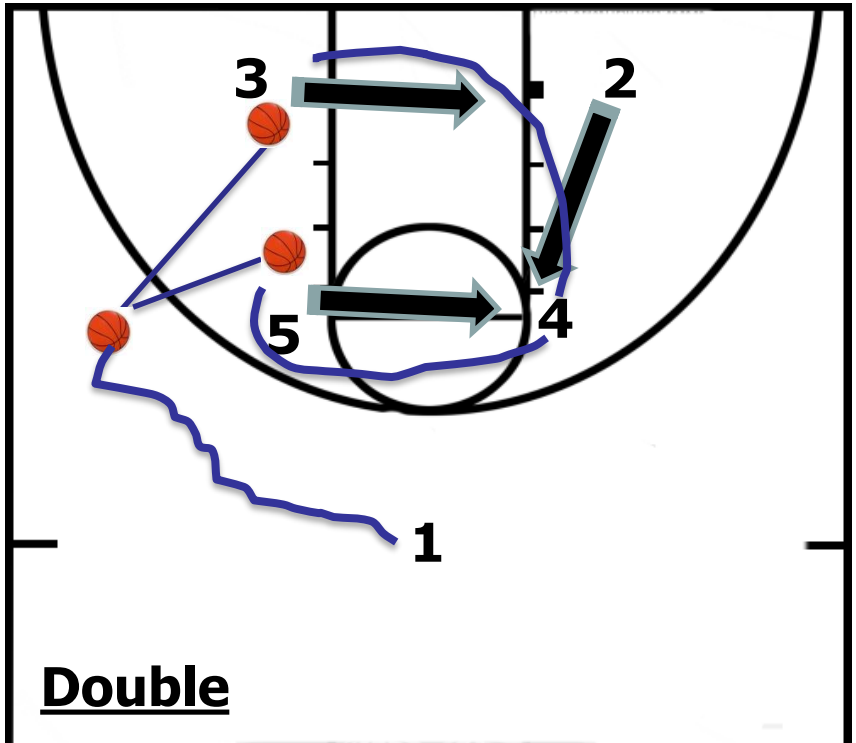
Fade- This is a counter player if # 1 defender starts cutting under the screen of #4 . #1 makes a hard UCLA cut but then stops and cuts back around screen. #4 must clear to opposite short corner. #1 looks to drive and score, pass to #2 for a shot or #4 who will roll to hoop.



Double- #2 will set back picks for #4. #5 will set a pick for #2 who will try and lose his man after screening for #4. #2 will curl around and look for pass from #1. #3 will set a pick for #4 who will curl around and look to receive a pass from #1 as a second option.

#1- Will dribble to left side and look to make a pass.

We can run this from either side.





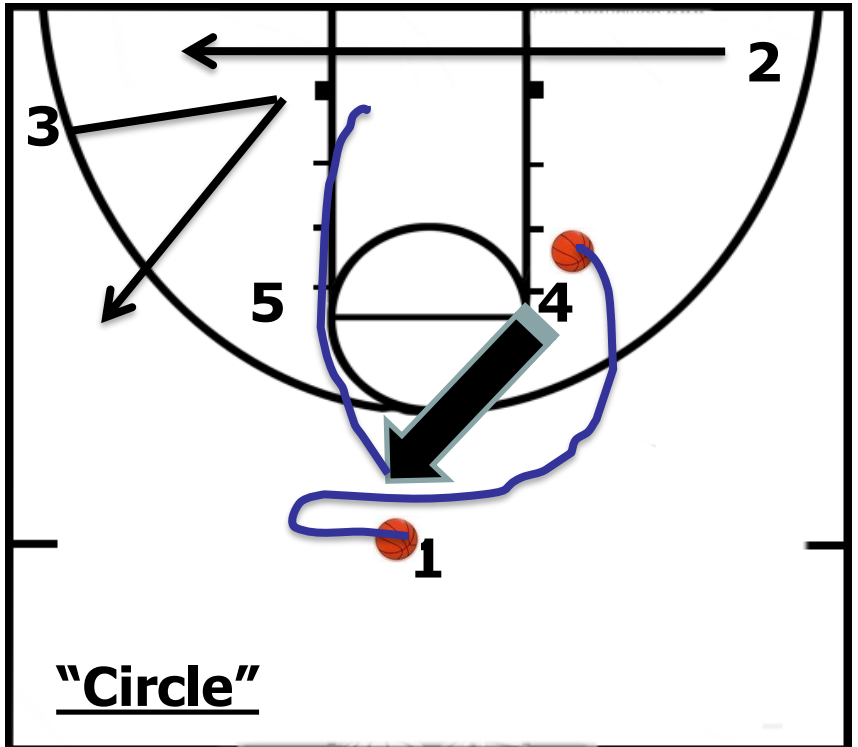
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Wooden-M2M

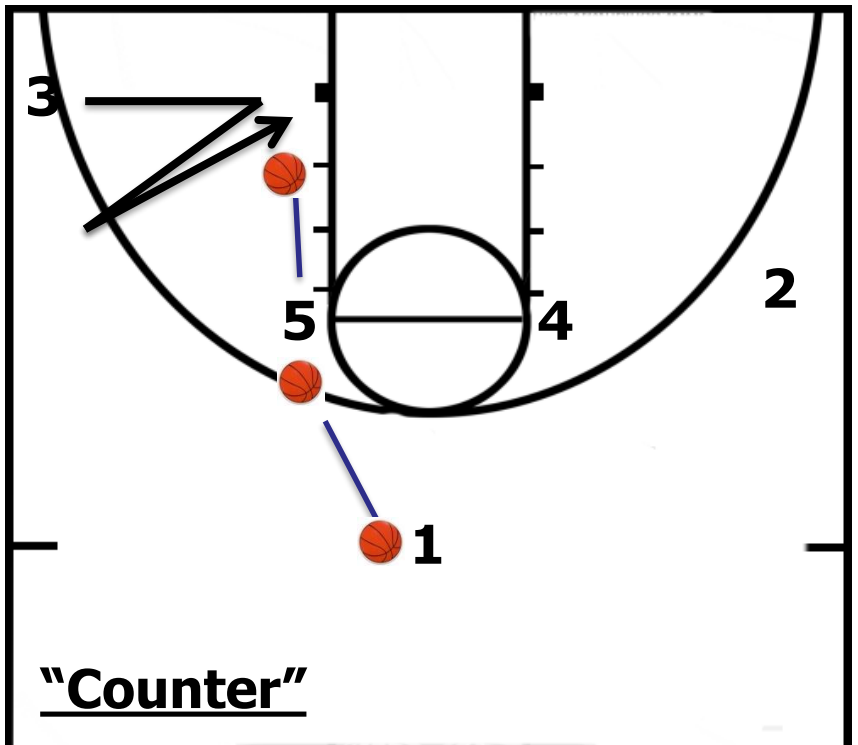
Circle- Start out in high post wooden look. #1 starts like he is going to run regular wooden. However, he will reverse dribble and get a back screen from #4. #1 will try to get to rim or look for #4 rolling to basket. #3 will clear to weak side short corner.

We can run this to either side.



Counter- If the defensive wings are overplaying our wings we can throw the ball into the high post and look for back-cut.

We can run this to either side..





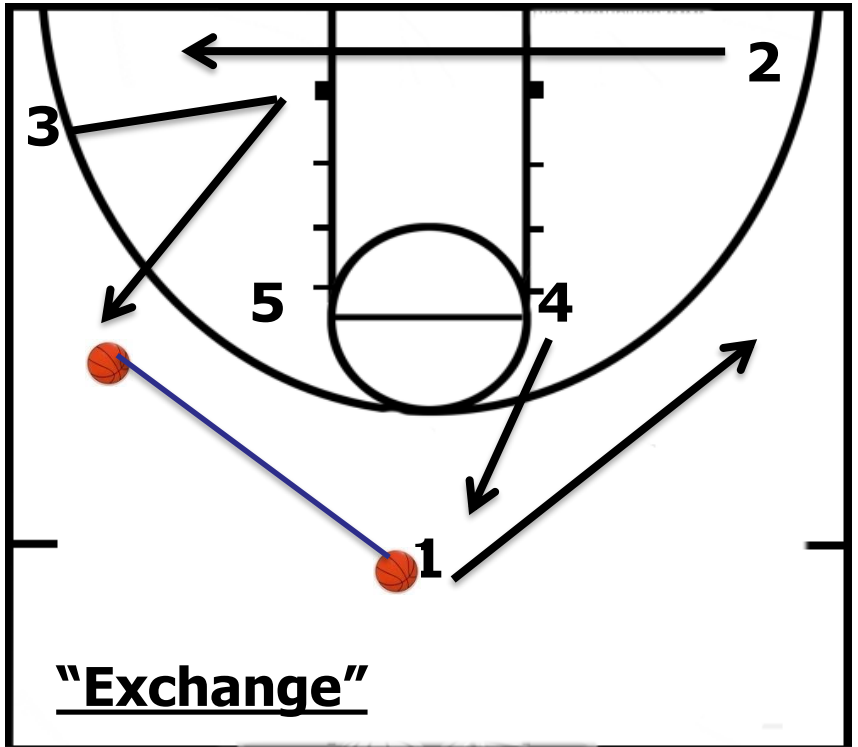
Timberwolves Basketball



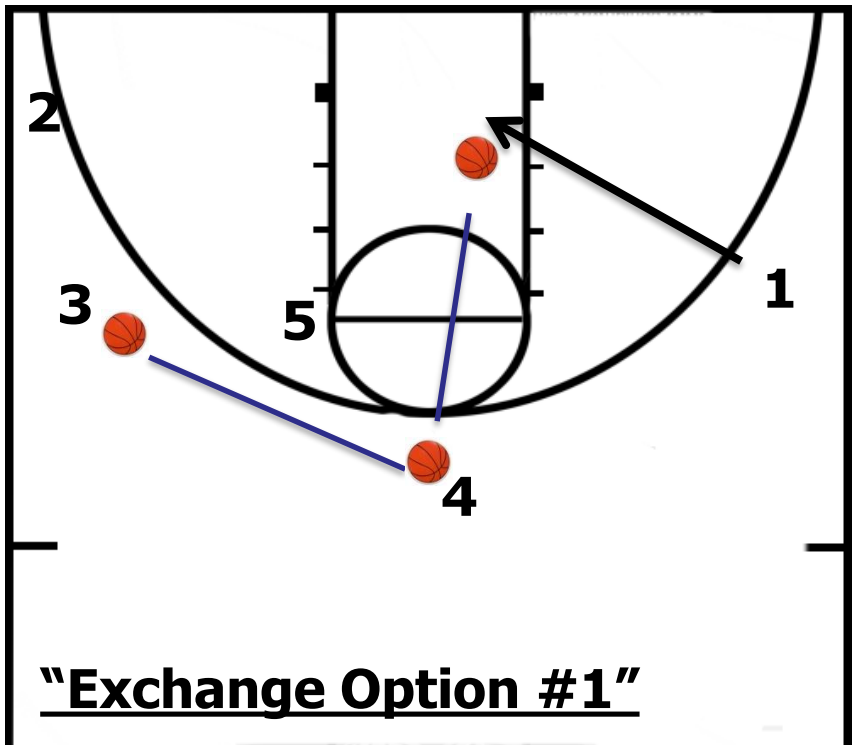
Wooden-M2M

Exchange- #2 Clears to opposite short corner. #1 makes a pass to #3 and then goes to the opposite wing. #4 comes to top of key extended.

We can run this to either side.



Exchange Option #1-
#3 passes to #4 meanwhile #1 looks to back cut to the rim.



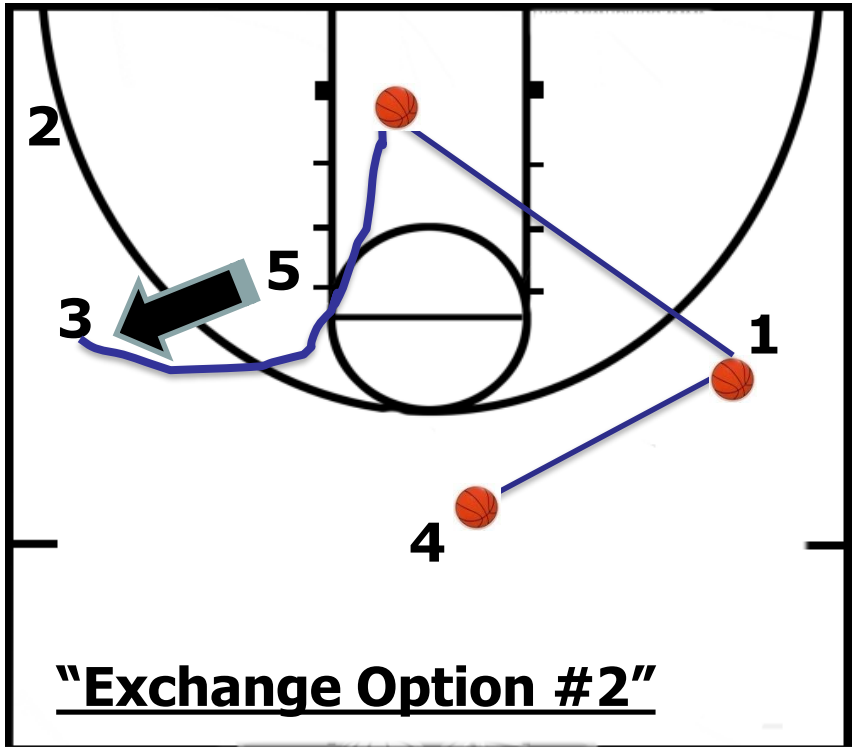


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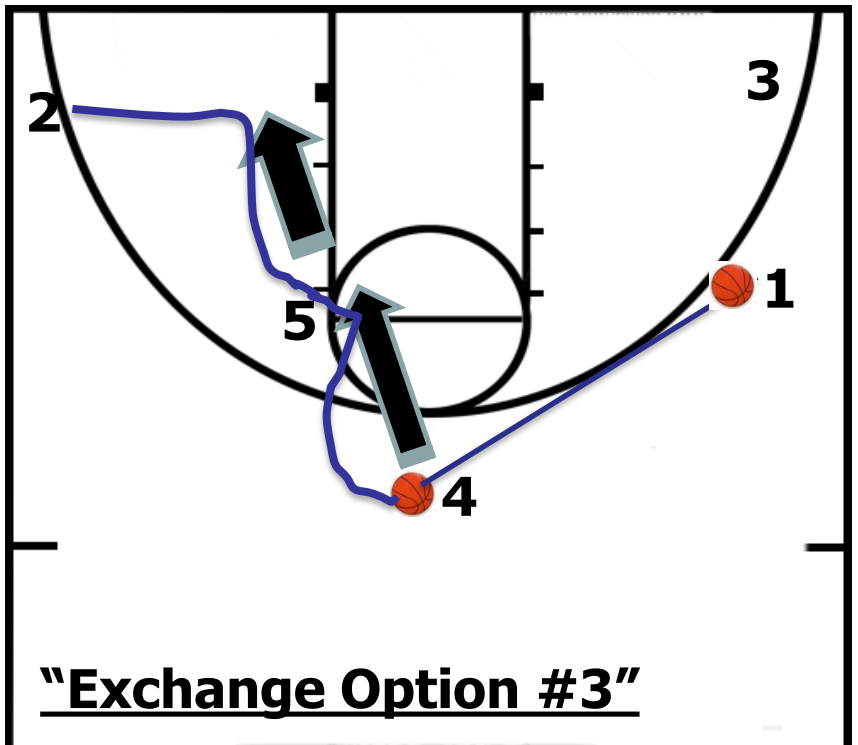


Wooden-M2M

Exchange Option #2- If the back cut is not open #4 passes the ball to #1 at the wing. #5 sets a back pick for #3 who will come of pick looking for pass from #1.



Exchange Option #3- If #3 is not open he will clear to ball side corner. #4 & #5 will set a double stagger screen for #2 who will use screen to try and free himself for a look at a three point shot near the top of the key.





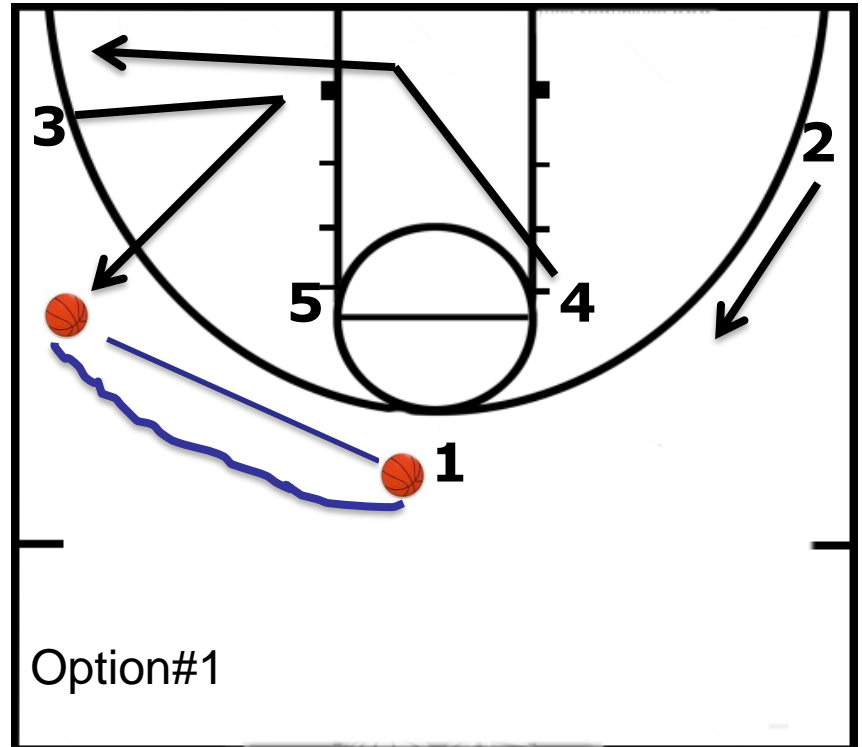
Timberwolves Basketball



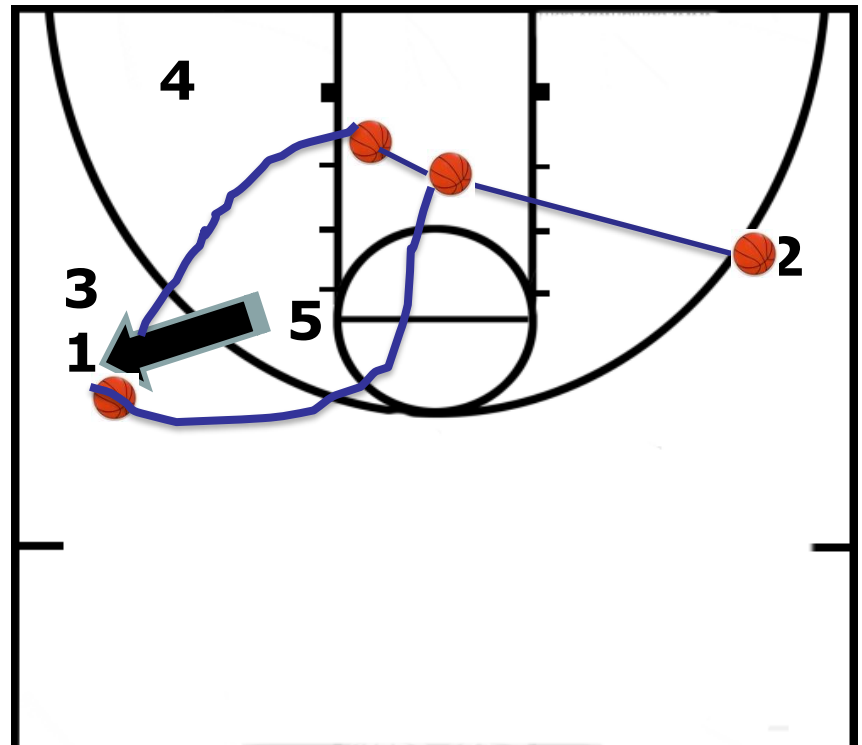
Wooden- M2M

"Block"

There are several options on how to run block. However, we choose to run it the concepts are the same. We want to clear out one side of the court. There will be an on ball screen. The man with the ball will drive off the screen. Shoulder to shoulder hip to hip. The screener will roll all the way to the basket. The opposite wing will set-up at the three point line looking to drag his defender out. The ball handler will attempt to get to the rim, dish to roller or pass to three point line for possible shot. Pick and roll basketball.



In this look we are in a wooden high post set. #1 makes a pass to the wing #3. #4 clears to ball side short corner. #2 spots up for three looking to drag his defender out. In this look #1 will follow the ball and take the ball from #4 and use a pick set from #5 to initiate the pick and roll options.





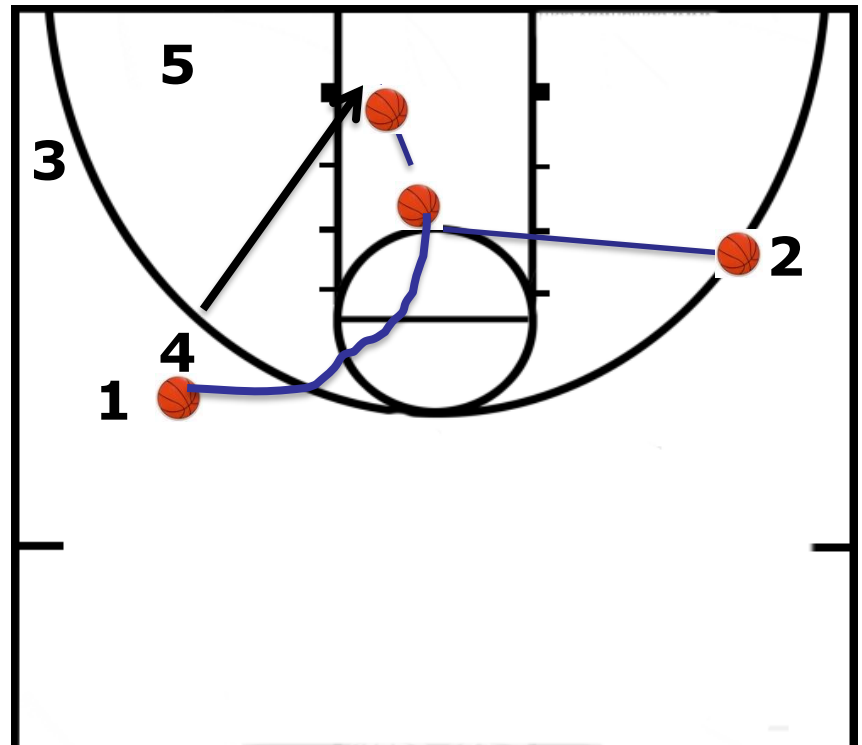
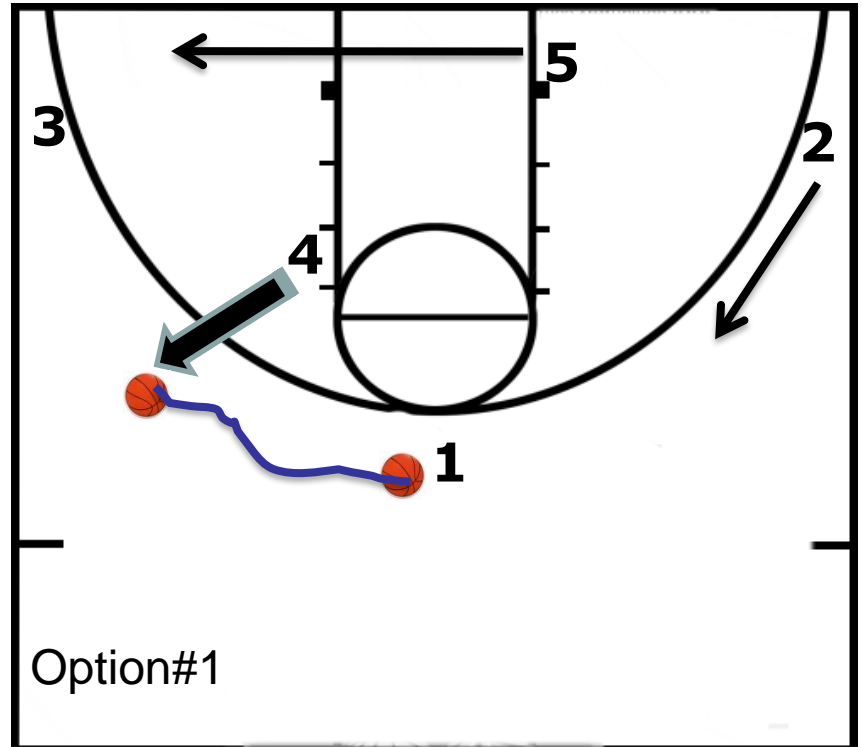
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Wooden- M2M

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Option 1- #1 Pushes wing down sets up pick and roll with #4. #1 use screen and looks to score pass to #4 or #2. It's important to not give up dribble to early. We can run this option to either side.

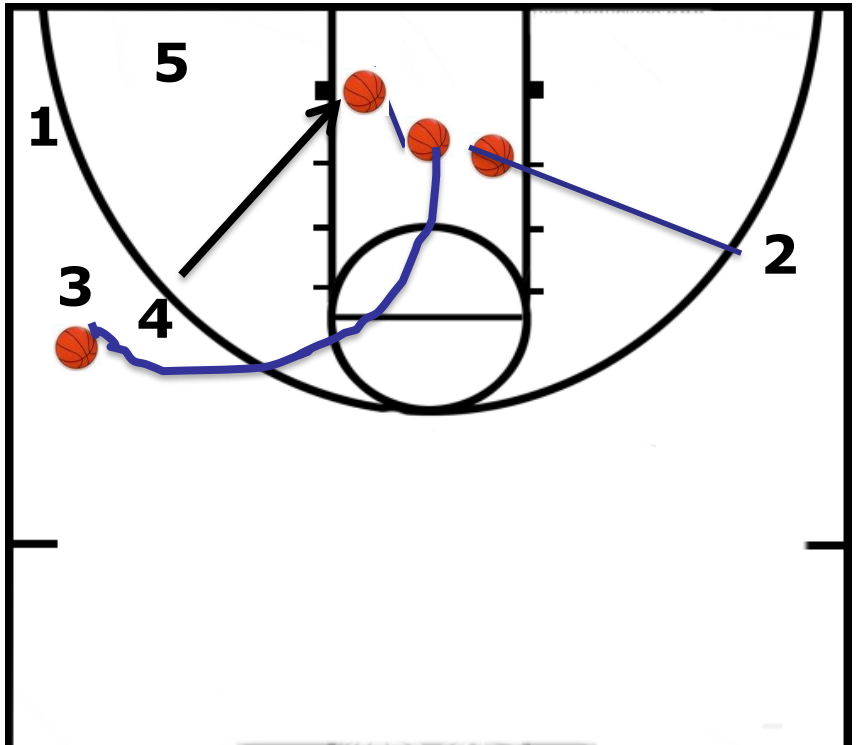
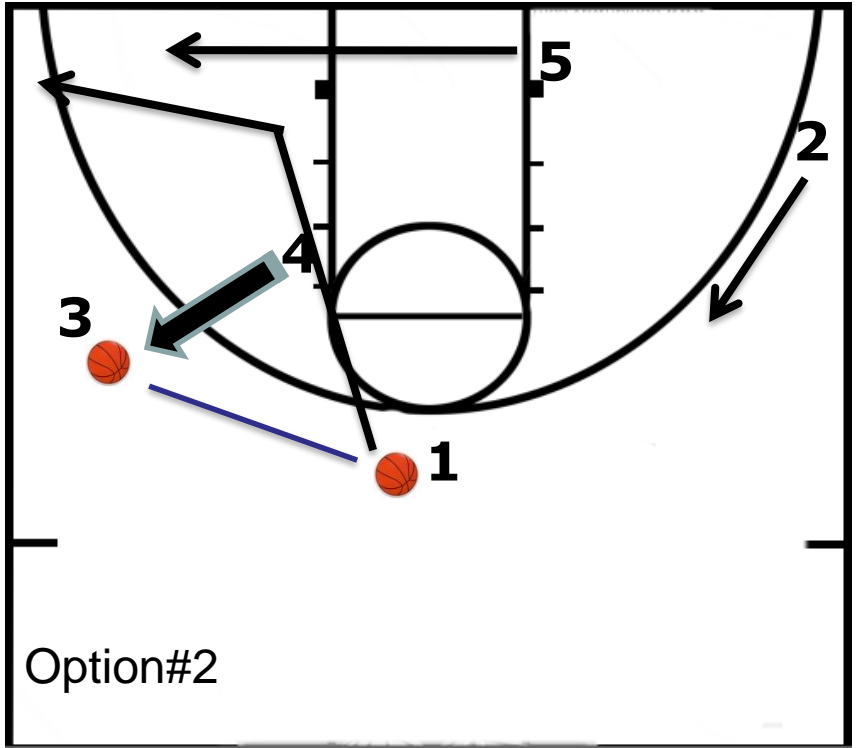


Timberwolves Basketball



Wooden- M2M

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Option 2- #1 passes to #3 and uses a UCLA cut and clears to ball side corner. #5 clears to ball side short corner. #2 sets up at three point line. #3 dribbles off screen and has three options. Shoot, pass to #4 or pass to #2 depending on what defense does. Do not give up dribble to early.



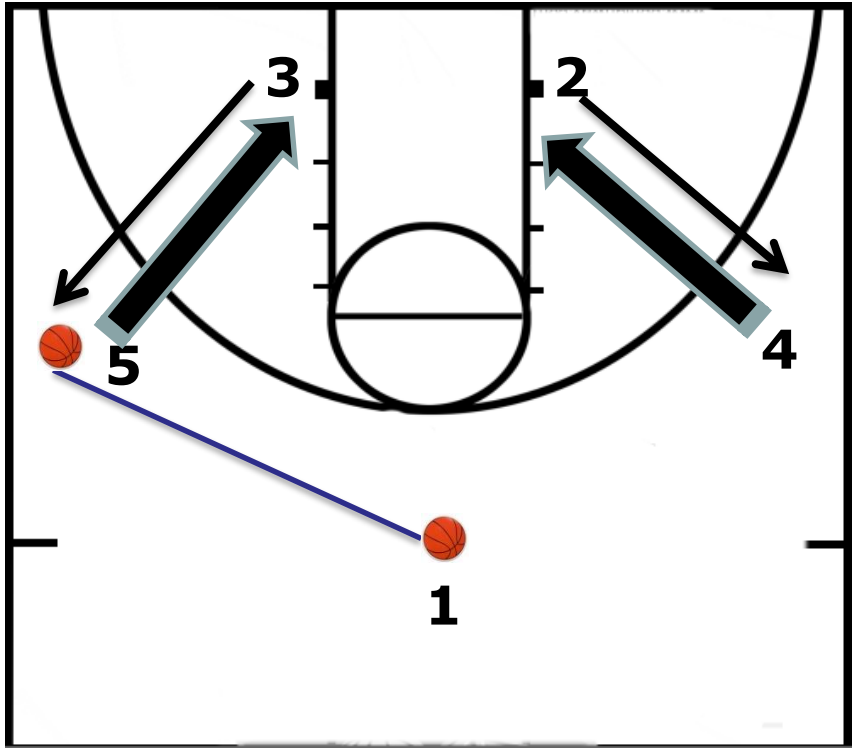
Timberwolves Basketball



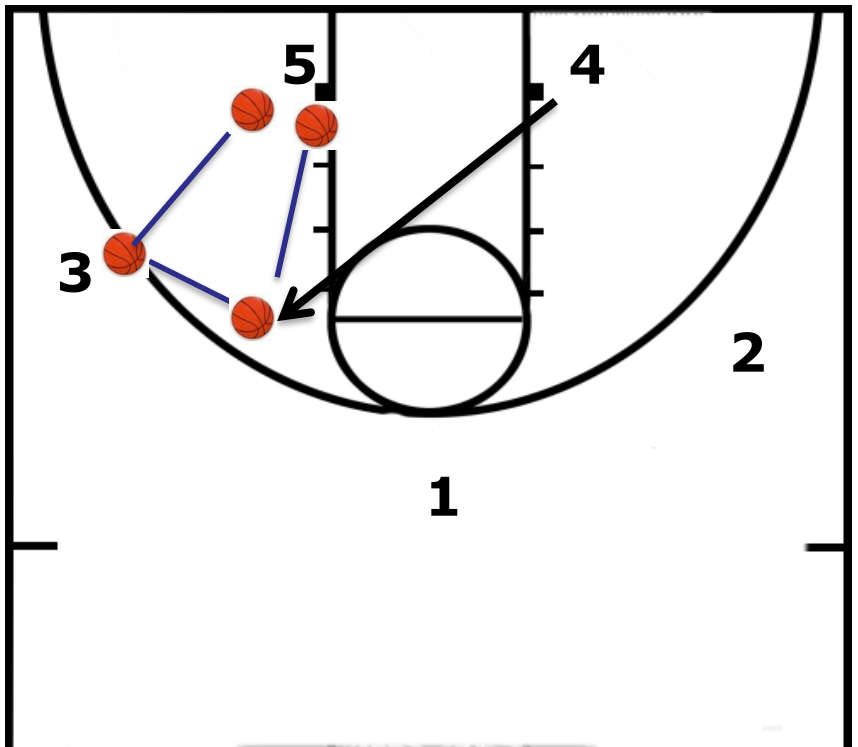
Flip- M2M

"Flip"

This is a simple look trying to post up any player. We may decide who we think has the biggest mismatch on defense and try and isolate them. We can do this by calling flip and the last name of the player we're trying to get ball to which means they need to start at the wing and set a don screen and then post up hard.



In this case the ball is passed to #3 and we're looking to get the ball to #5. If the ball is passed back out to #1 then #3 & #2 will set back screens and try and post up.



If we call "flash" #4 will flash across the lane to the elbow and we will look for a Hi- Lo action with #4 & #5



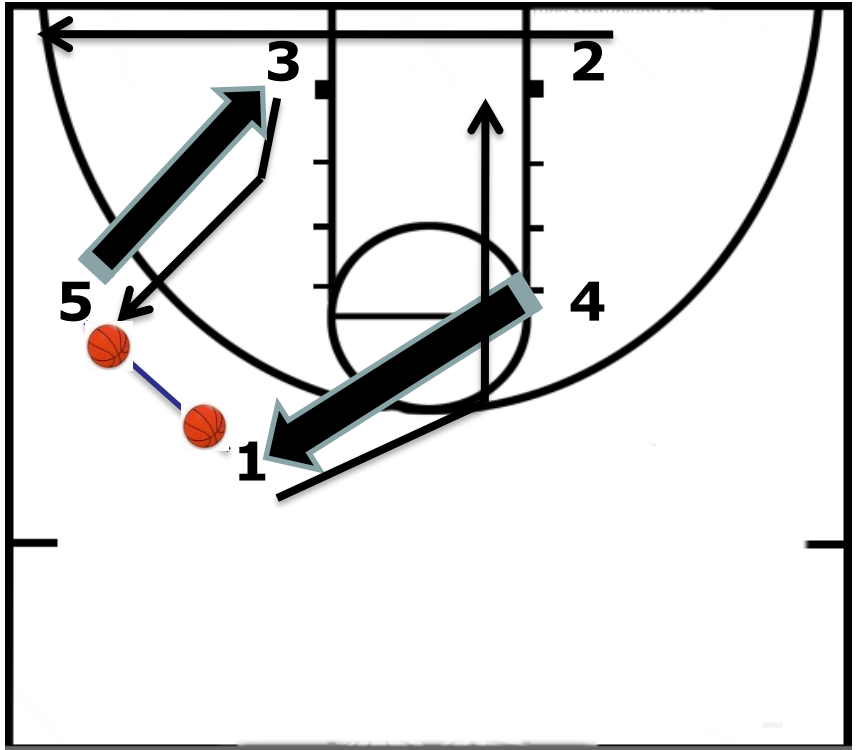
Timberwolves Basketball



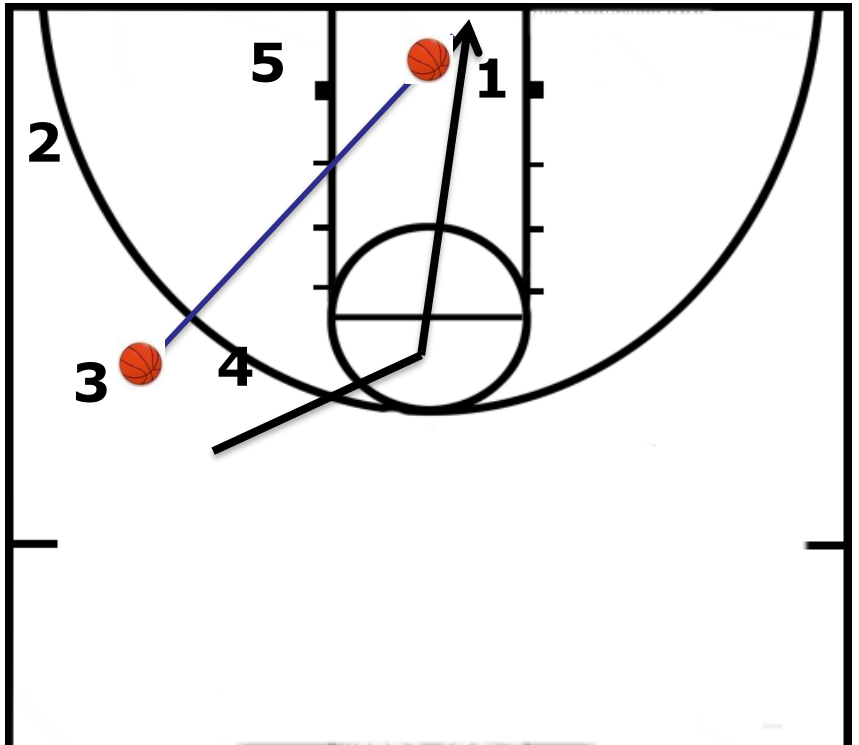
Quick Hitter-M2M

"CAL"

#5- Set a down screen for #3. #3 come off of screen and receive a pass from #1.
#2 Clear to ball side corner.
#4 set a pick for #1



Option #1- Look for Lob pass to #1 coming off of screen.



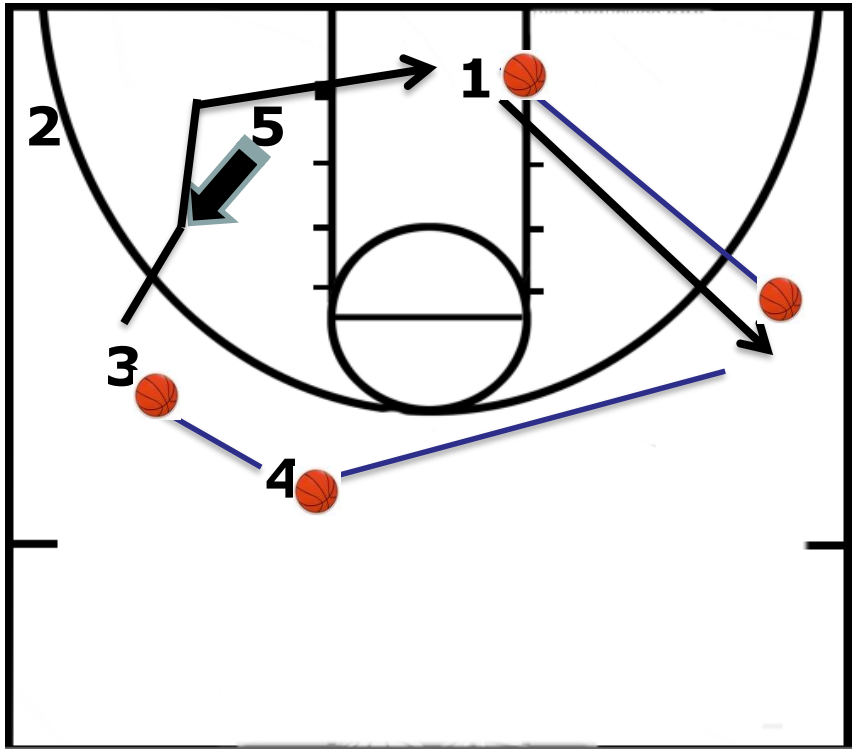


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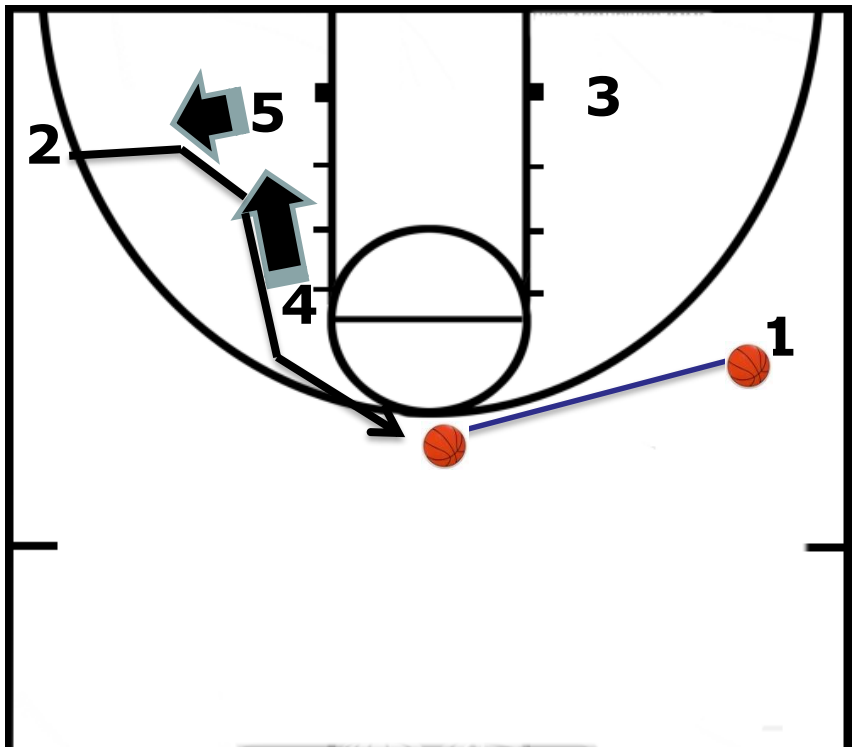


Quick Hitter-M2M

"CAL"



Option #2- Reverse Ball quickly #3 pass to #4, #4 pass to #1 who breaks to the wing. #1 looks to pass to #3 for back pick lay-up.



Option #3- Three point shot. #4 & #5 set a double stagger screen for #2 who is breaking to the top of the key for a three point shot. #2 should be the best three point shooter. #3, #4, #5, #2 Crash the boards. #1 is safety.



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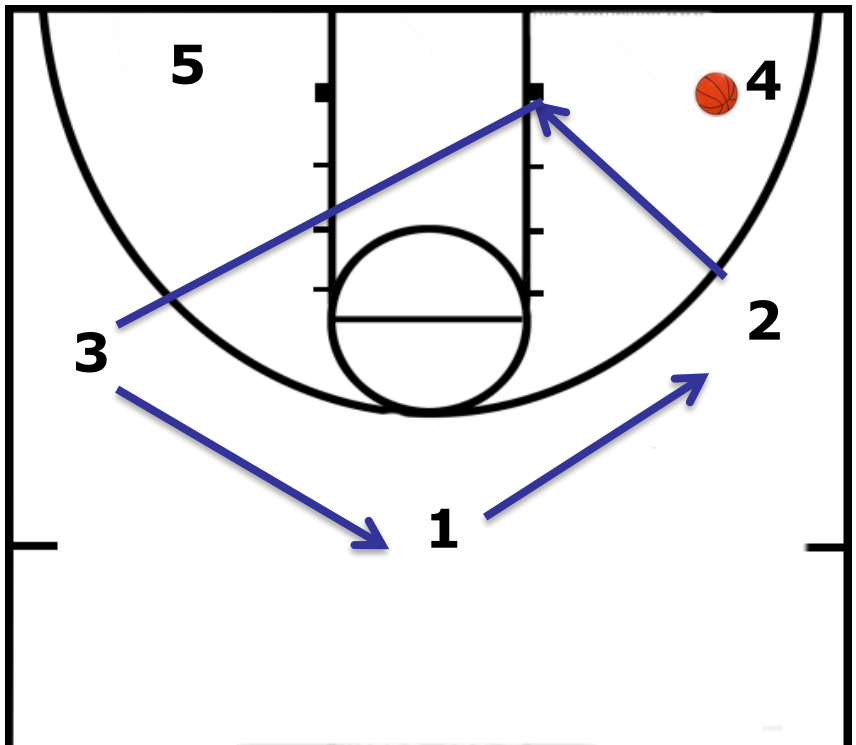
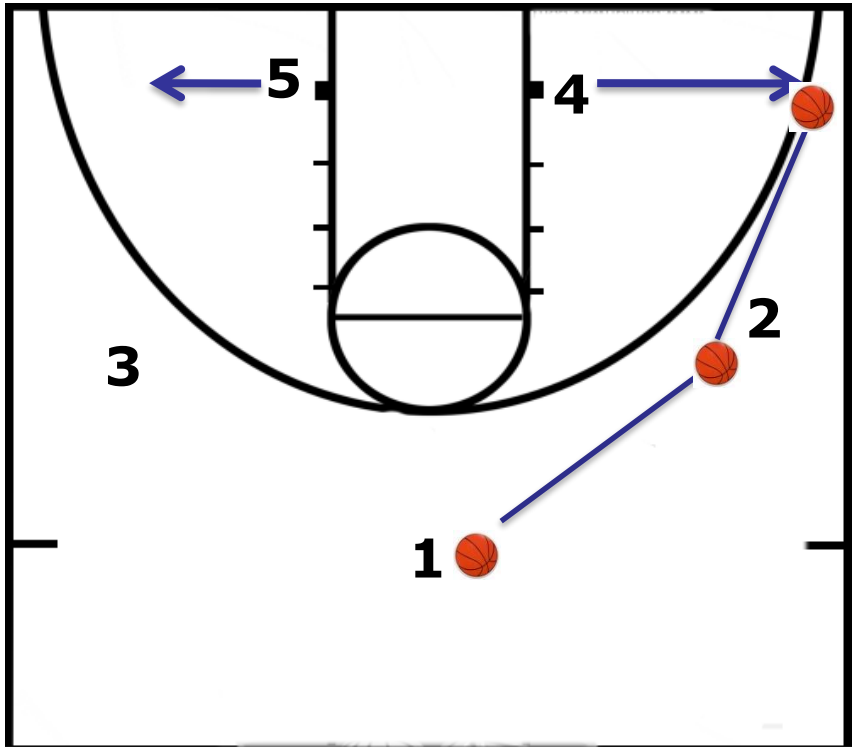
Ice-M2M

When we run this offense we are looking for good shots!
Stall- Lay-ins only
Delay- Good % shot
Freeze- No Shots!

Situations why we will use this offense.

- Last second shot.
- To bring the defense out
- Help get a high % shot

-Offense is initiated with a pass to the wing. The wing must work hard to get open. Use a V-Cut or Jab space to create space. Also a dribble handoff or dribbling towards the wing and pushing them through will work as well. In this case the ball goes to #2. #4 will pop out to the corner. #5 will go to weak side short corner. When the pass goes to the corner #1 and #2 fill vacated spots immediately. #2 cuts to the hoop with a 45 % cut looking for give and go. If #2 doesn't get the ball he will clear through the lane and fill spot for #3





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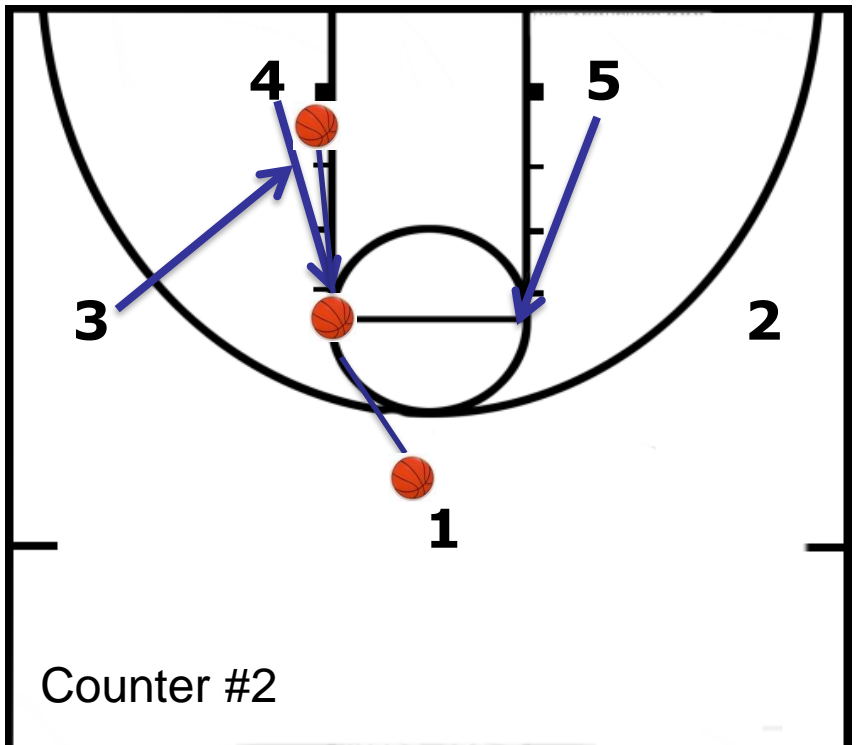
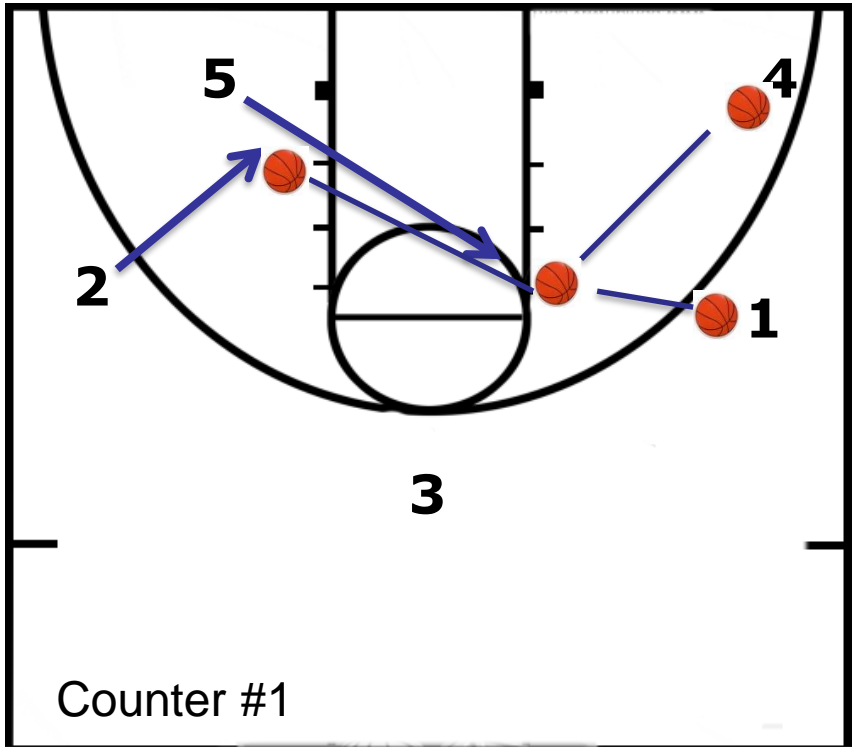


Ice-M2M

From this point we will read and counter what the defense is doing. If we can reverse the ball we will. If the ball gets back to #3 everyone will reset and we will continue to cut and fill. If the defense makes it difficult to get ball we will use counters to make them pay.

Counter #1- Flashing #5 to ball side elbow. A pass can come from either #4 or #1. Immediately we will look for Back cut from #2. #5 will need to reverse pivot and make pass.

Counter #2 – If we are having a hard time getting the ball to the wings we will flash #4 and #5 to elbows. The ball side wing in this case #3 will cut 45% to the basket.



OUT OF BOUNDS PLAYS





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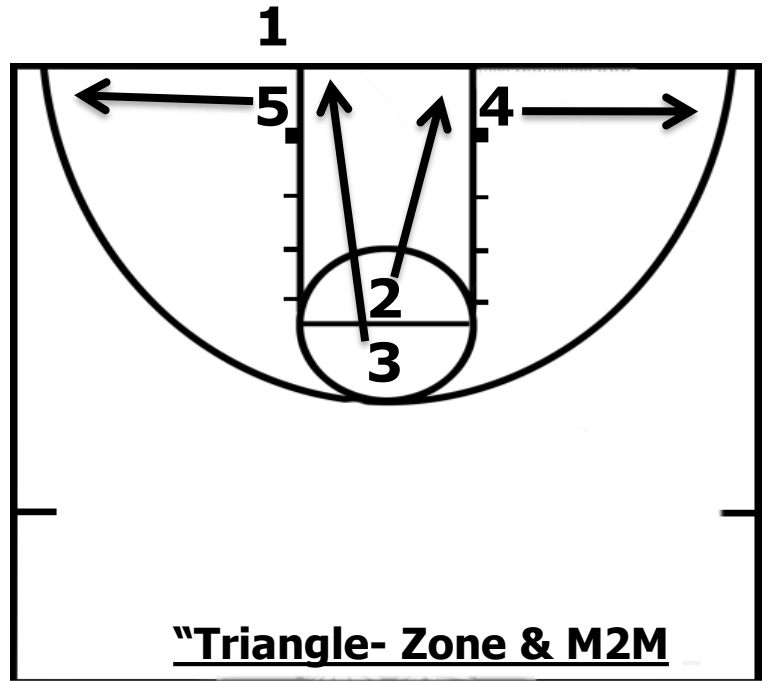
Out of Bounds- Base Line

#1 – Takes Ball out

#2 Goes down the key **AWAY** from the ball.

#3- Goes **TOWARD** ball

#4 & 5 should be open if the defense collapses



#1 - Takes Ball out

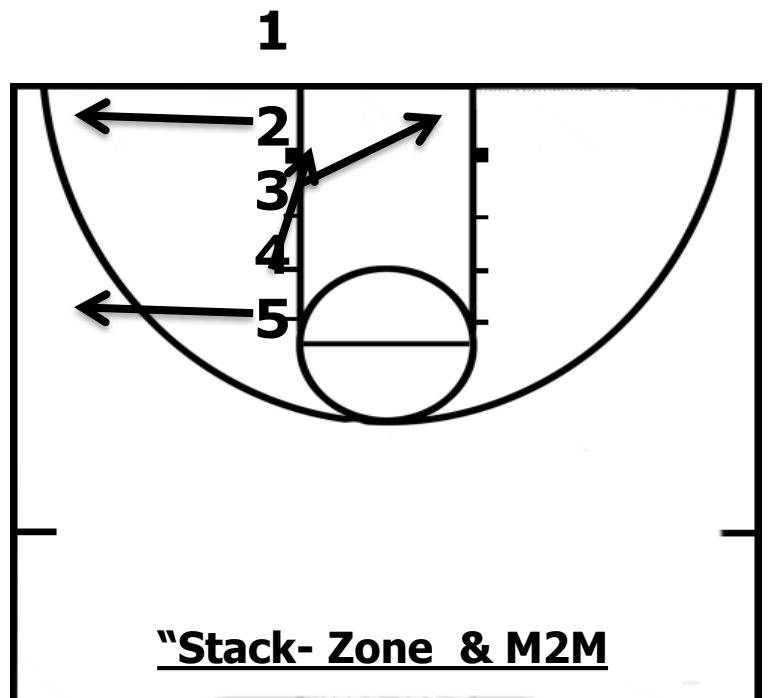
#2 – Break out

#3- Break into lane to receive pass. No pass continue through lane.

#4- Go straight to ball for lay-in

#5- Safety

#2 and #3 and alternate spo





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Out of Bounds- Base Line

#1 – Takes Ball out

#4 goes diagonal across the lane and set a pick at the opposite elbow.

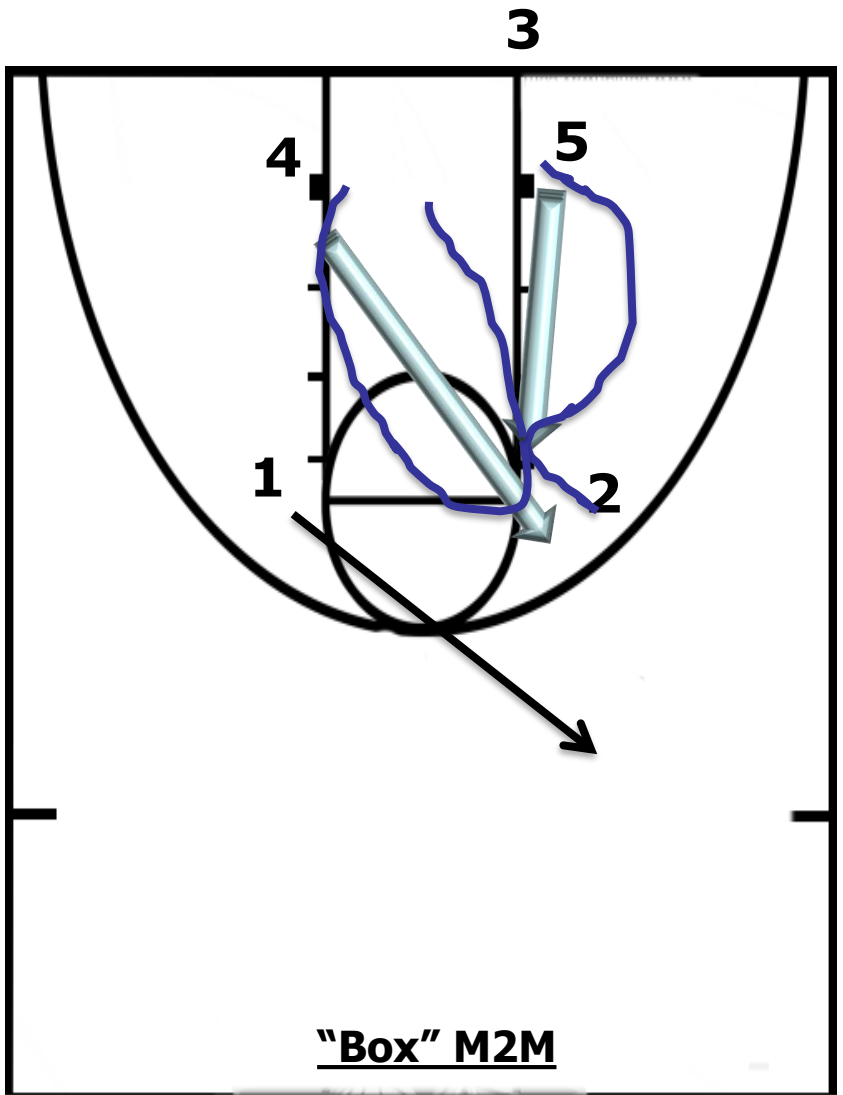
#5- Sets a pick right below #4 pick. Then curl around the screen and goes to opposite block looking for the ball.

#2- Uses screen from #5 trying to get free

#4- Sets screen and then rolls to basket.

#4 & 5 should be open if the defense collapses

#1- Breaks to Ball side as safety valve.





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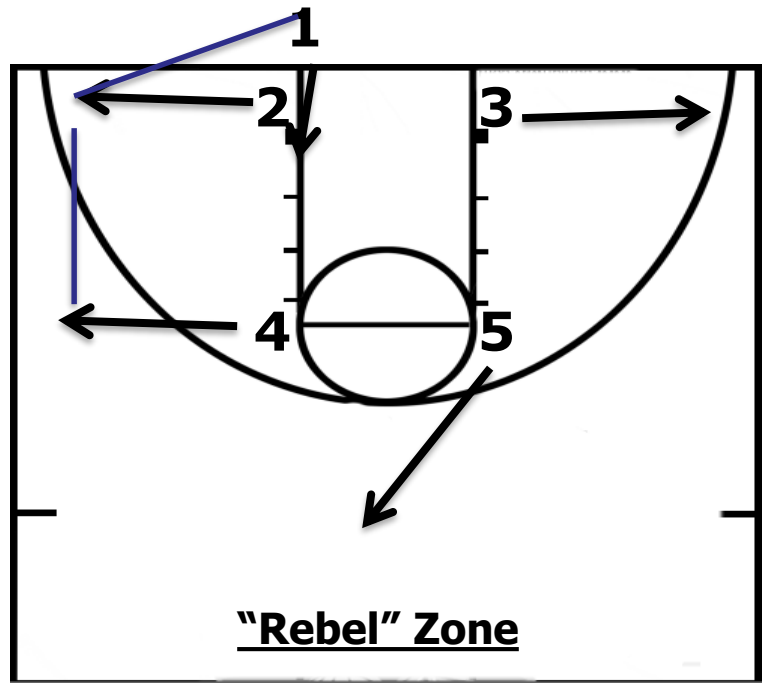


Out of Bounds- Base Line

#1 – Slaps Ball to key play

#2 & 4 – Breaks out

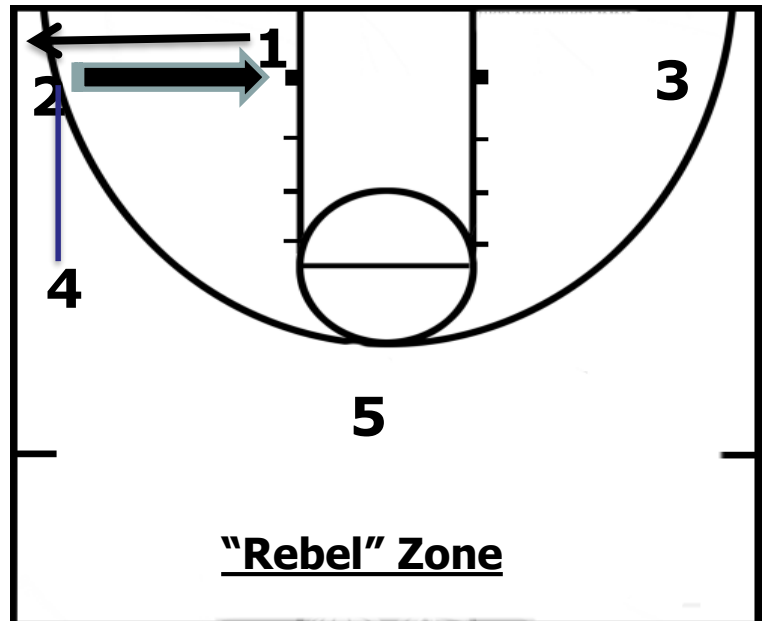
#1- Passes to #3 or #4



#2 – Then sets a screen for #1 who breaks out to 3 point line for shot or look for #2 posting up after setting screen.

#3- Crash Boards

#5- Safety





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Out of Bounds- Base Line

#1- Slaps the ball to key the play

All action happens toward the ball .

#5 Goes around #4 & #3 toward the ball.

#4- Then screens for #3 (again to ball side)

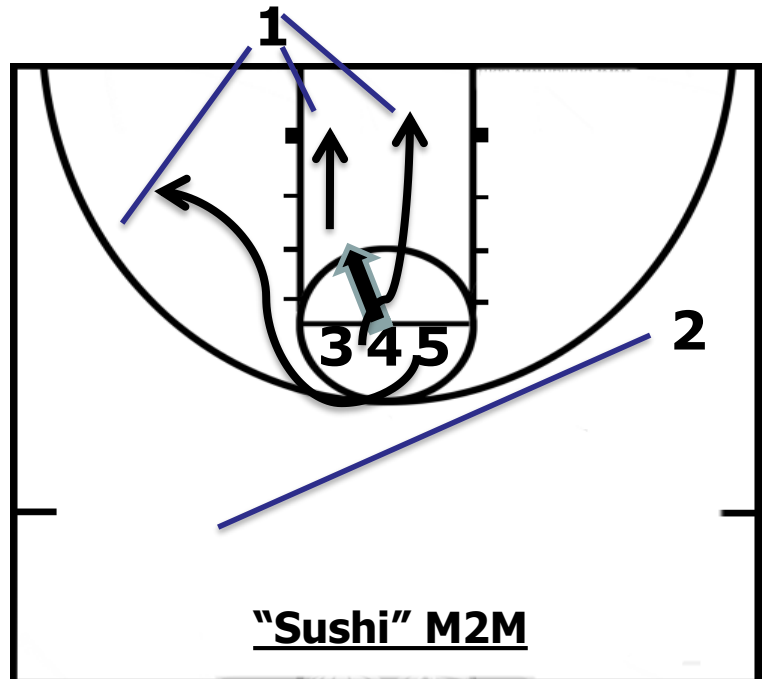
#4- Rolls to receive the pass.

#3- Cuts hard off screen toward the basket to receive the ball

#2- Is safety

#1 Goes away from the ball.

Note: The lower 3, 4, & 5 set up the line the better.



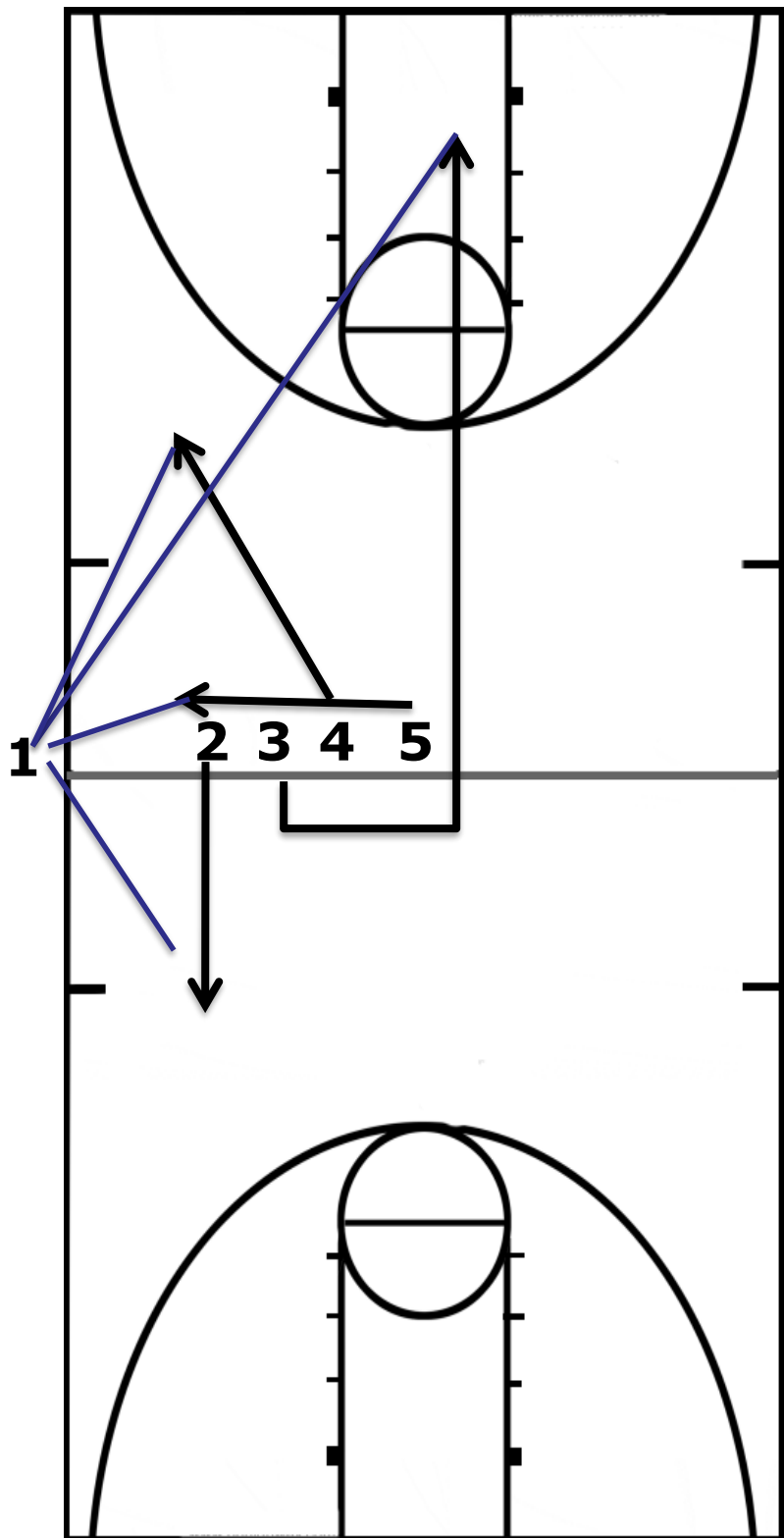
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Out of Bounds- Side Line

Stack-M2M

This sideline play uses a "line" set , and tries to get a lob pass to O3 going to the hoop. Of course, you can change this to fit your own personnel. O2 cuts into the back-court as our safety outlet. O3 cuts hard around O4 and O5. O1 looks to make the lob pass over the top to O3 cutting to the hoop. After O3 cuts, O4 moves to the ball-side wing area and O5 cuts straight toward the ball. If the pass goes to O2, O4 or O5, then just set up in your usual half-court offense.



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Out of Bounds- Side Line

Split-M2M

Start with a line set. At the slap of the ball

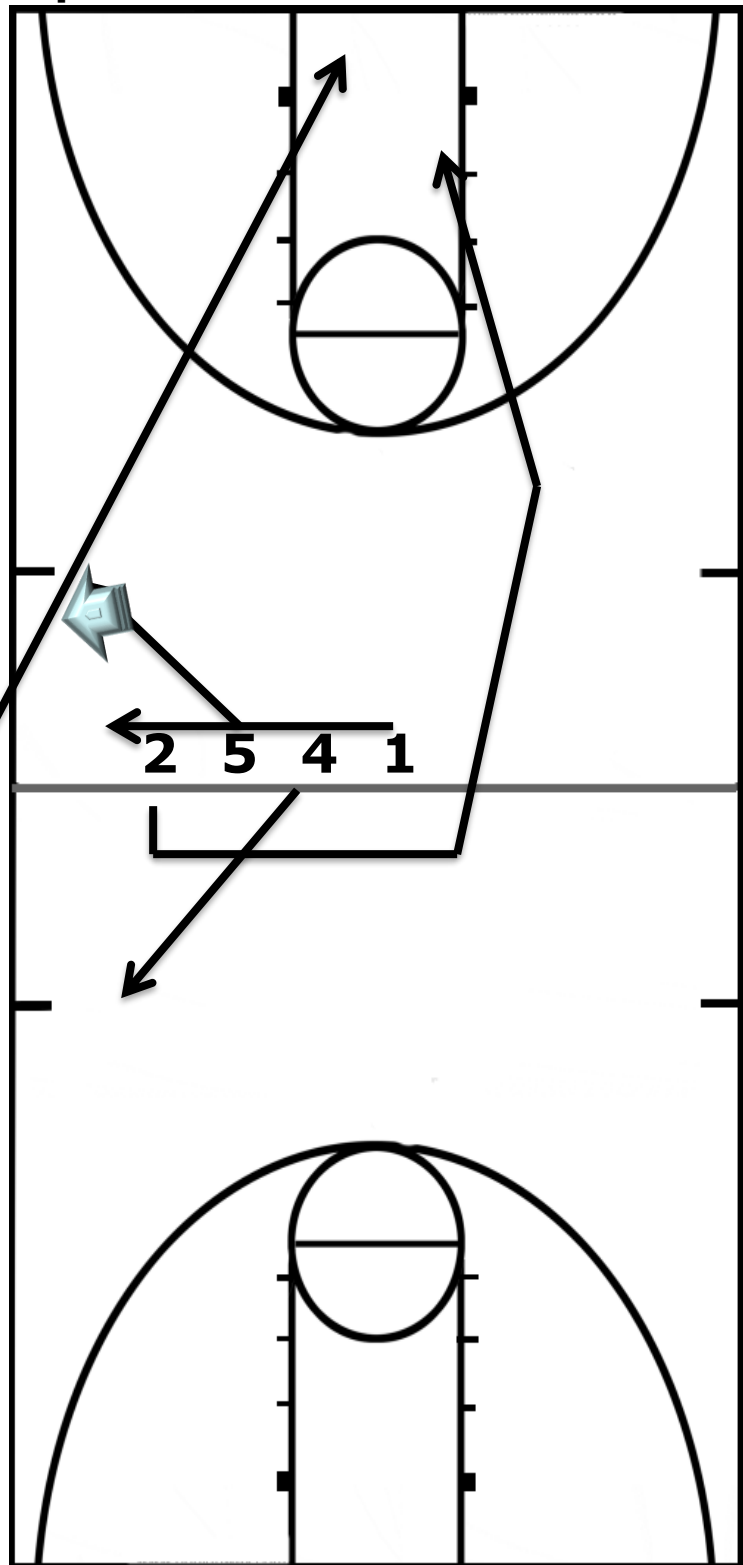
#2 curls around the line looking to break free in front court

#4- after #3 passes by will break into back court

#5 breaks opposite of #4

#1- breaks straight to ball

#3- read the defense and looks to inbound ball to open man. If the ball goes to #4 or #1 then #5 will set a back pick for #3 to see if we can free him up for a free run to the basket.



TRANSITION



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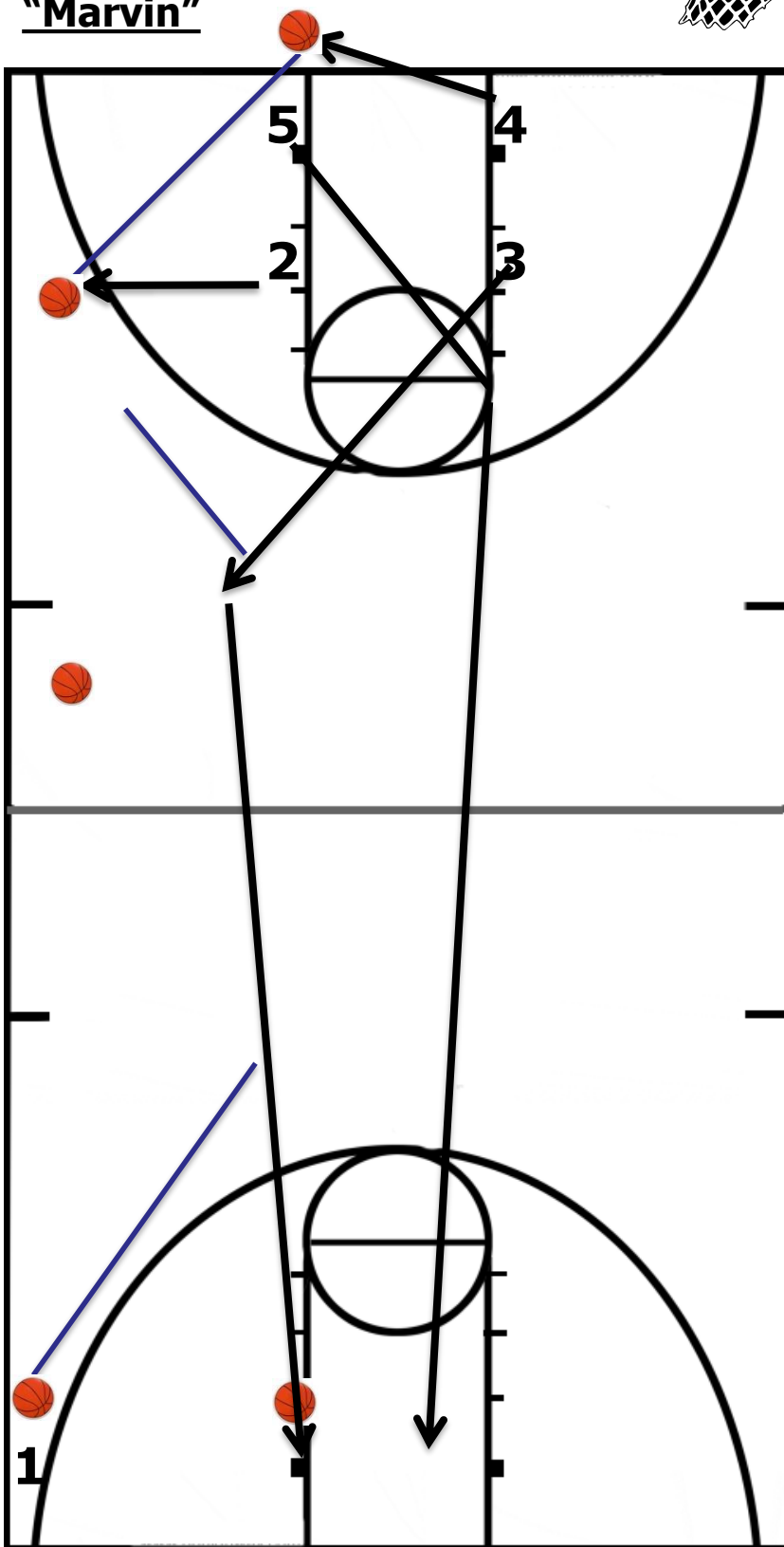


Fast Break after Free Throw

"Marvin"

After our opponent makes a free throw #4 (right side of shooter) takes the ball out. #4 passes to #2.

#3 breaks to half court and receives the pass from #2. #1 "Marvin" breaks to the corner, side of ball. #3 throws tries to get a layup or throws the ball to "Marvin". #5 sprints down the floor to receive pass or rebound.



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Fast Break Offense

"Falcon"

-The original setup is much like a 2-3 zone, but we can run this fast break while in a zone or M2M.

- Either 3, 4, or 5 can start the break. In the illustration #4 is shown rebounding and starting the break.

- When he gets the rebound, he yells "Ball," telling 2 to flash out to the side (area key extended) to take the outlet pass.

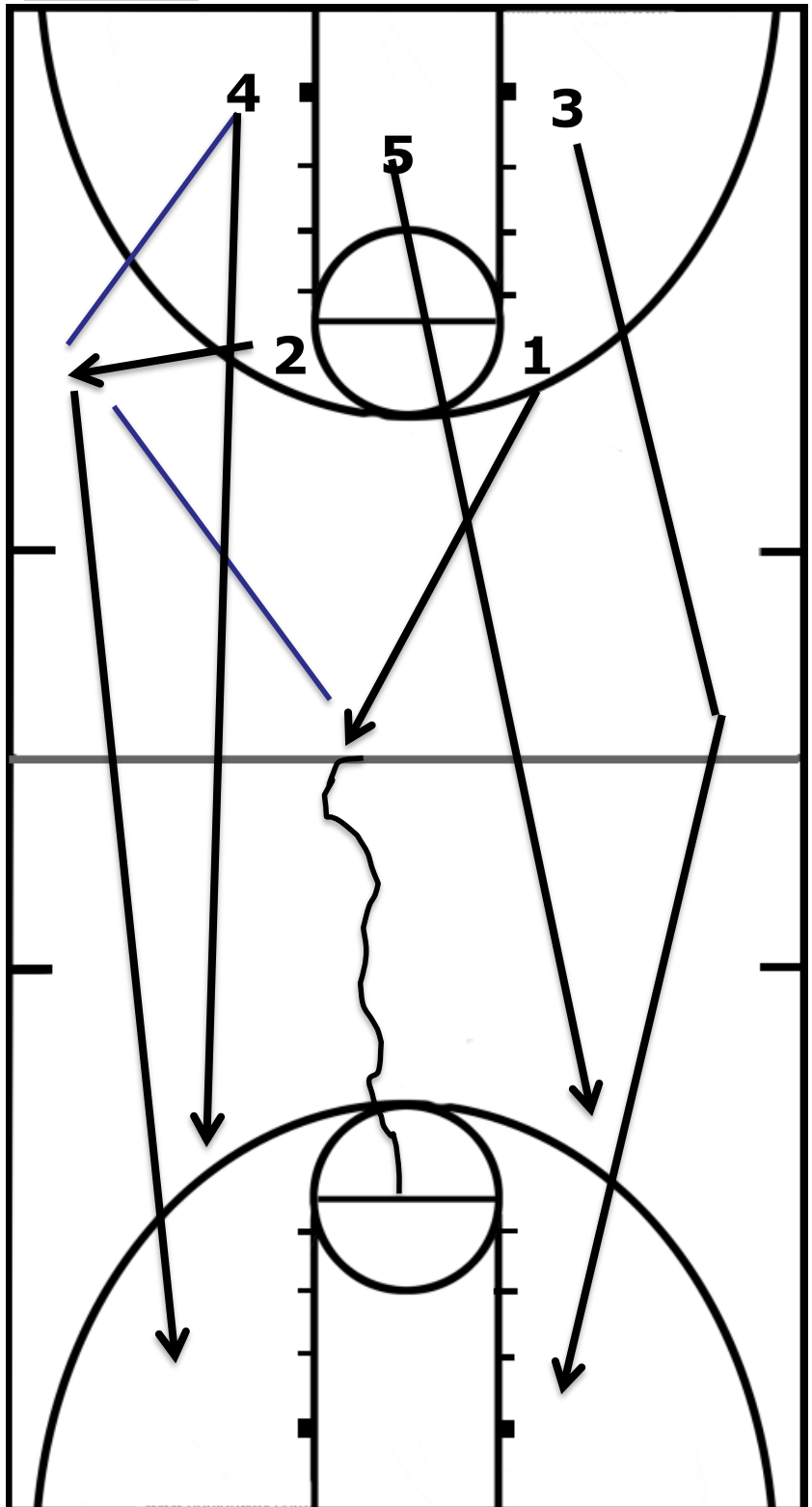
-4 throws a two-handed over-the-the-head pass to 2, who comes to meet the ball

- 1 flashes to midcourt and yells "middle" to receive the pass from 2, starting the fast break.

-3 Sprints to fill the third lane.

-If 2 receives the pass from 4 and no one is in the middle at half court, 2 then dribbles to midcourt and 1 and 3 sprint down the sides, each taking a lane. The guard starting the fast break must always stop at the foul line if the defenders get back.

-The Key words are: *ball, outlet, middle*



PRESS BREAKER



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Fast Break Offense-Press Breaker

-#1 takes the ball out and then takes two steps in bound. (safety)

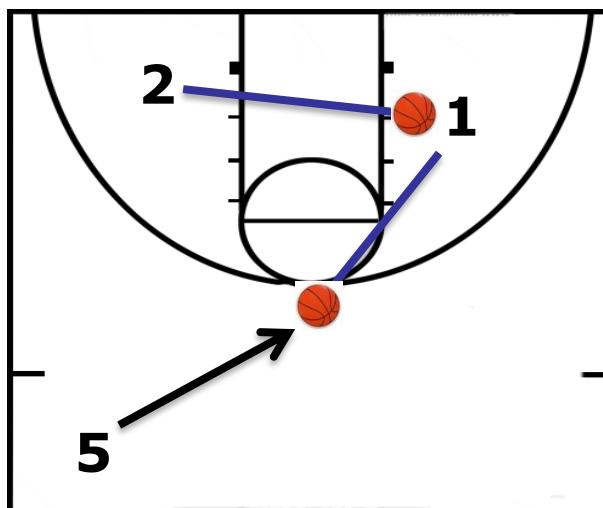
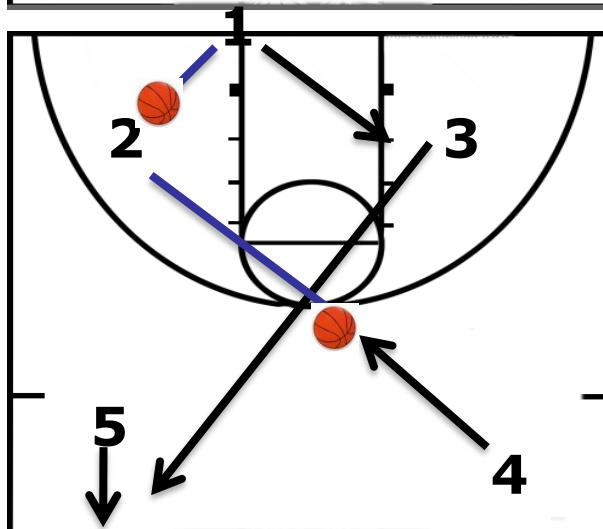
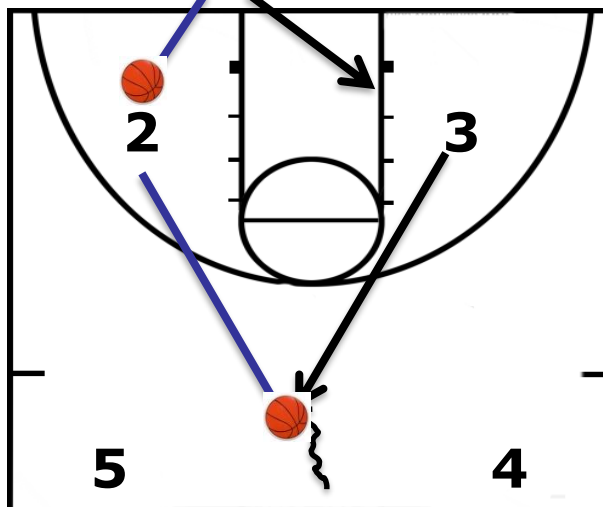
-#2 receives the pass from #1 and passes to #3 cutting across the top of the key.

#1 takes the ball out and passes to #2. #1 then takes 2 steps in bounds. #3 cuts through the top of the key and is not open. #4 cuts to the top of the key to receive the pass. Fill lanes and go!

If #3 and #5 are not open.

#1 takes two steps in and receives the pass back from # 2. #5 then breaks to the top of the key or higher and receives the pass from #1. #3 and #4 should clear out of back court and spread the court if they do not receive the ball.

"Rush" 1



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Fast Break Offense-Press Breaker

"Simple and Tandem"

Use this press break to attack the opponent's full-court press. This press breaker is usually very effective and is simple to teach and execute. See the diagrams below. O3 is the in-bounder and should get the ball out of the net quickly and try to get the ball in-bounds before the defense can get their press set. Do not set up right under the basket, as the backboard may prevent you from making a long, overhead pass.

The pass should go to O1, our point guard, who should be able to make the right decision whether he/she can beat the press with the dribble, or make the pass up the sideline to O2, or in the middle to O4.

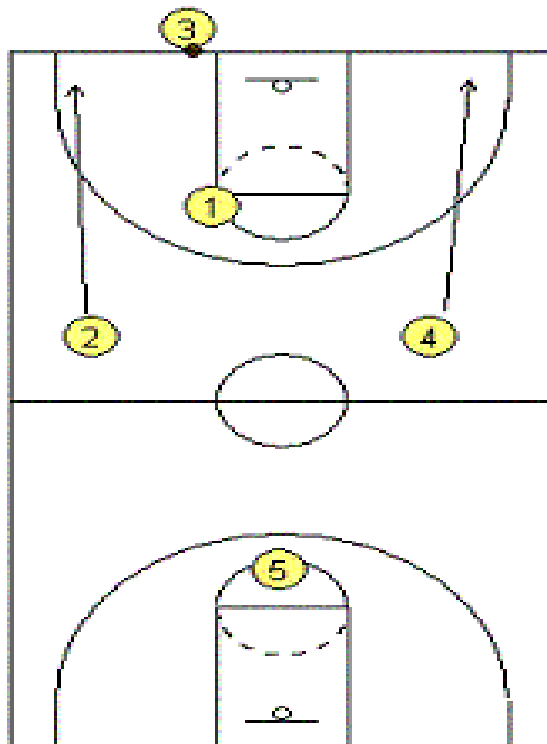
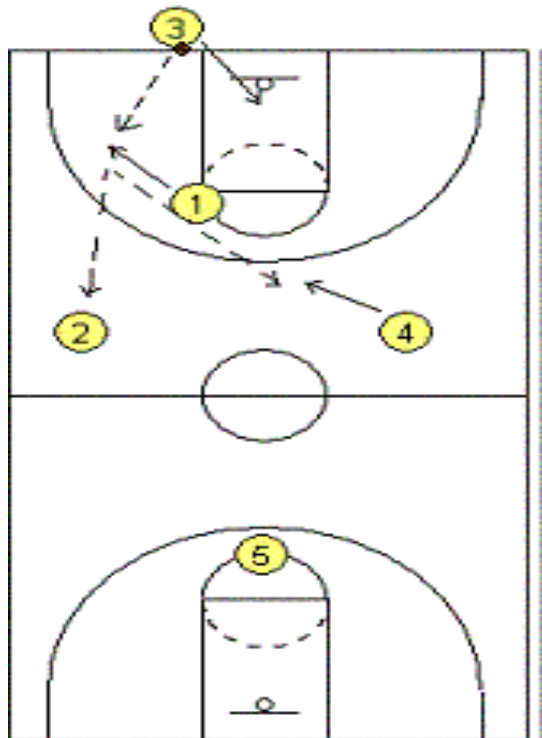
The pass back to O3 is another option, and O3 should always stay behind the ball as a safety pass backwards.

O5 goes long and will eventually end up at the right low block, just like in our secondary. In fact, if the point guard can beat the press, then we should flow right into our [secondary break](#) with O2 going up the right sideline, O4 out to the left elbow-three-point line area and O3 trailing up the middle.

If the in-bounds pass goes to O1 on the opposite side (same side as O4), then O4 stays up the sideline and O2 flashes to the middle (just the opposite of the left-hand diagram above).

O2 and O4 must count to two. If after 2 seconds, they see that we are having difficulty getting the in-bounds pass into O1, then O2 and O4 cut hard, all the way to the baseline if necessary, looking for the inbounds pass (see the right-hand diagram above). Then immediately look for the pass in the middle to O1.

Here is a secondary break that works well with this press breaker. The two are very similar and are easy to teach together. With the press breaker, O2 and O4 at half court realize the press is in effect and run the press breaker as seen above. But if the opponent is not pressing, then O2 and O4 simply "release" long up the floor.



PRESSURE PACKAGES



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Full Court Press-1-2-1-1 Diamond

The 1-2-1-1 zone press pressures the in-bounds passer, and attempts to trap the first pass receiver. You can call either "one fist" or "two fist" options from the bench to change your strategy a little, and confuse the opponent.

With one-fist and two-fist, always try to deny a center in-bounds pass... force (allow) the pass to the corner. O4 overplays the in bouncer toward the middle to help deny the center pass.

To trap the offensive player in the corner, or along the sideline, the first defender (X1) moves over quickly to stop the ball and seals off the sideline so the offensive player cannot dribble up the sideline. The other defenders must play in the gaps between the passing lanes, and try to deny or intercept the pass.

"One-Fist"

X4 and X1 (or X3) immediately trap the first pass.

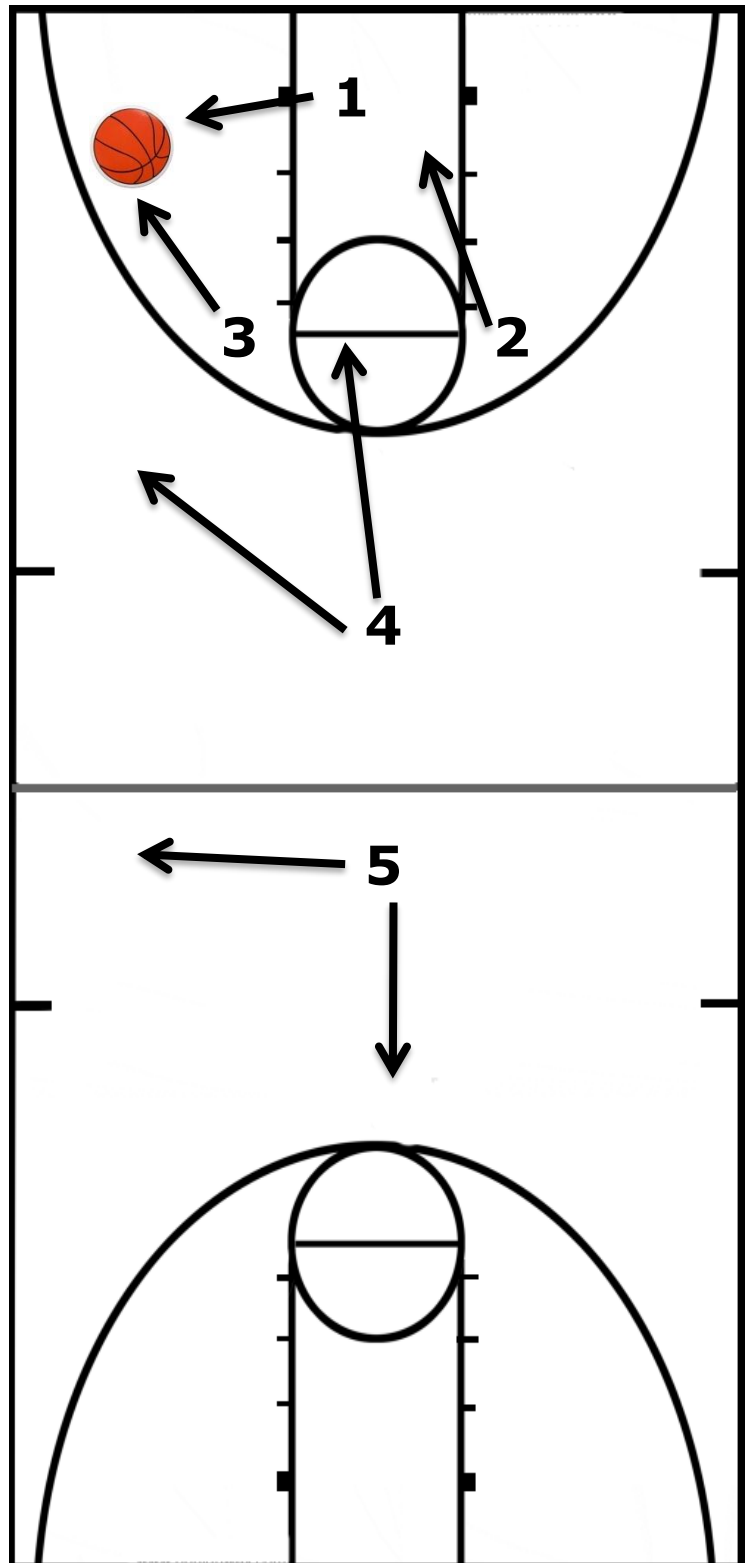
"Two Fist"

X4 and X1 (or X3) wait until the first pass receiver puts the ball on the floor and starts the dribble, and then quickly close in and trap. In this situation, you are waiting for the pass receiver to first commit with the dribble. Once you set the trap, he/she has lost the option to dribble.

"Side Fist"

Call "side fist" to signal your players to trap the ball handler along the sideline, either in the back-court, or the front-court.

"Black"



Timberwolves Basketball



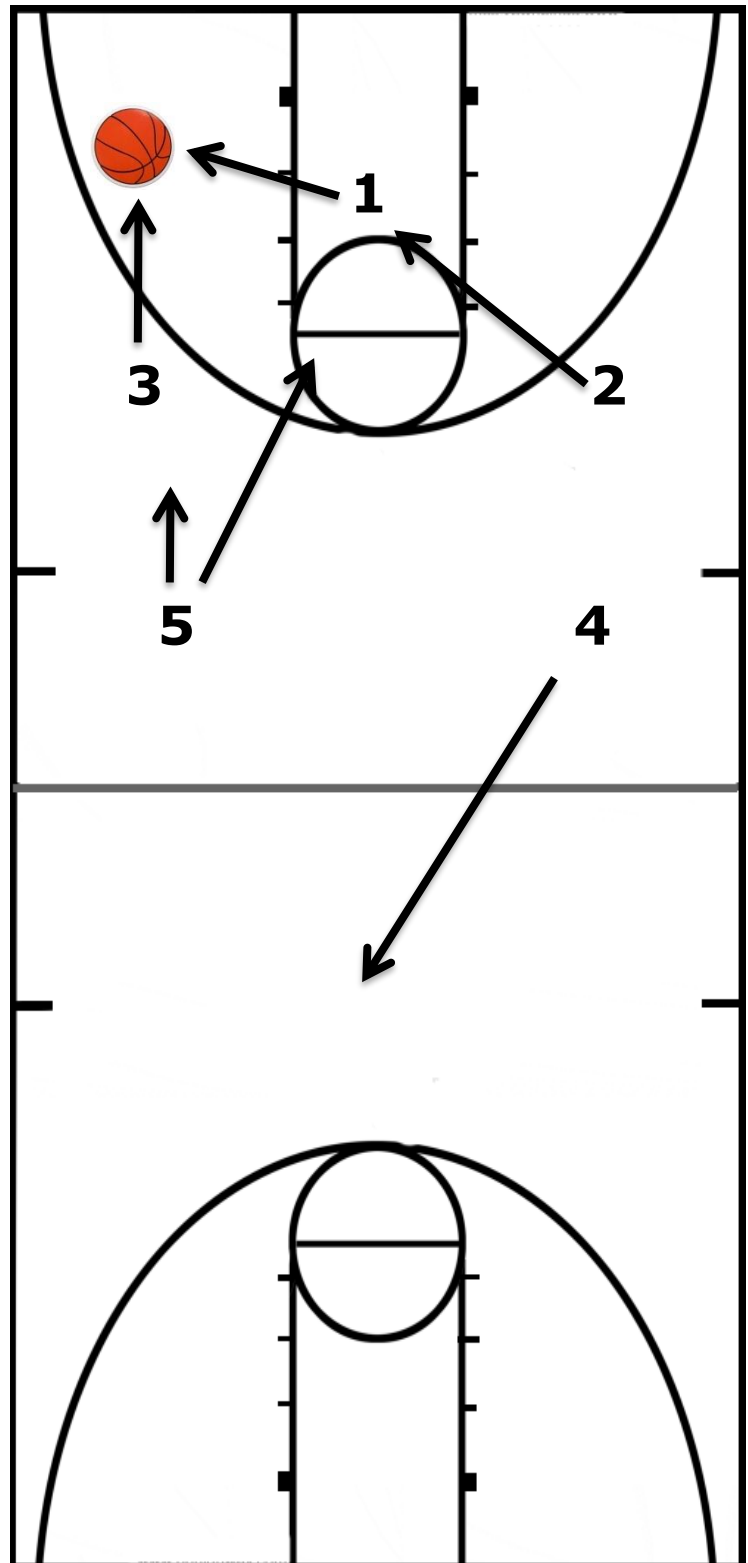
Full Court Press-1-2-2 Zone Press

"Black"

The 1-2-1-1 diamond press is vulnerable up the sidelines. If the opponent is beating your press up the sidelines, then you can adjust your defense to a 1-2-2 zone press. X4 and X5 stop the sideline passing and dribble penetration.

Of course, this press is a gamble and makes you more susceptible to getting beat long for a lay-up. Have a rule that if one offensive player goes long, then the mid-court weak-side defender (opposite the ball) will move back to prevent the long pass.

For example, if the ball is on the offense's right side (X1's side), or in the center, and a player goes long, then X4 should drop back. If the ball is on the offense's left side (X3's side), then X5 drops back. back-court, or the front-court.



Timberwolves Basketball



Half Court Press- 2-2-1

"Micah"

This trapping half-court press can be especially effective against teams with mediocre, inexperienced guards. Remember, any trapping defense always carries some risk of giving up the easy weak-side lay-up.

Set up as in Diagram A.

Two defenders are at the half court line (X1 and X2). X3 and X4 are positioned near the three-point arc. X5 is positioned in the middle near the free throw line. We like to have someone at this position at all times to cut off the center pass.

Our guards (X1 and X2) will meet the ball carrier at half-court and try to force him/her to move to one side (away from the middle). As the ball moves to the side, the defenders shift also toward that side (see Diagram A). In this example, the ball is being dribbled toward the right sideline. X4 will come up and will stop the sideline penetration, with X1 completing the trap. X2 has dropped down toward the three-point line and X5 moves out a little toward the corner, while X3 moves to the middle (see Diagram B). Notice that we still have a 2-2-1 configuration at this point.

X2 and X5 try to position themselves in the gap between two offensive players, and are concentrating on the pass interception. X3 moves in front of any offensive player that moves into the center at the free throw line, and denies that pass.

See diagram C. If the ball is passed across court to the opposite sideline, X2 and X3 should create the trap, with X1 moving to the top of the three-point arc (X2's former position), X5 moving to the ball-side, and X4 moving quickly to the middle (X3's previous position).

If the ball is passed into the corner (Diagram D), X5 will move out to cover it, while X4 will move to the ball-side low block. At this point, I would move into a standard zone defense, such as a 1-2-2 zone.

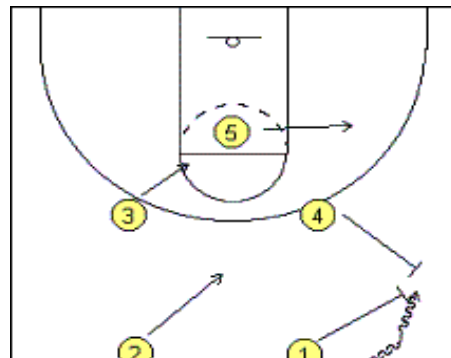


Diagram A

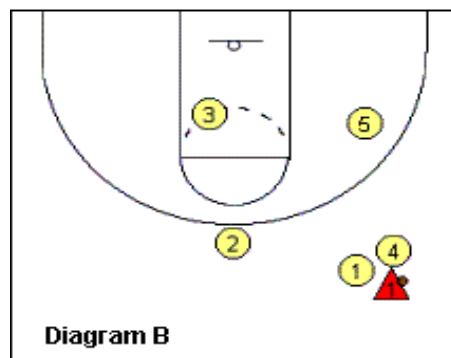


Diagram B

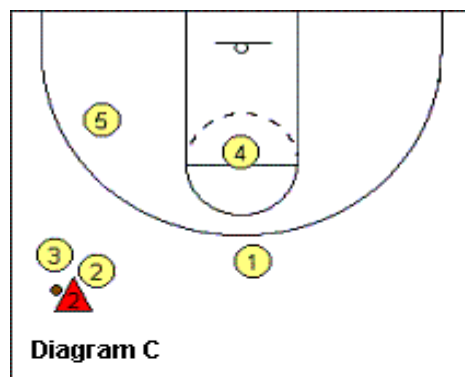


Diagram C

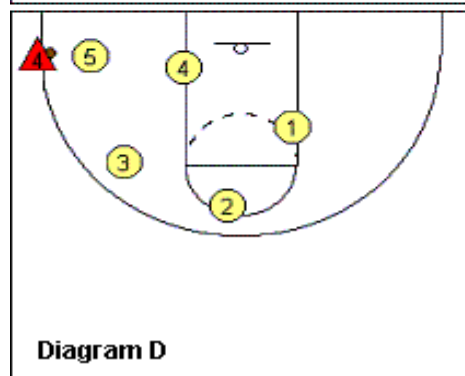


Diagram D

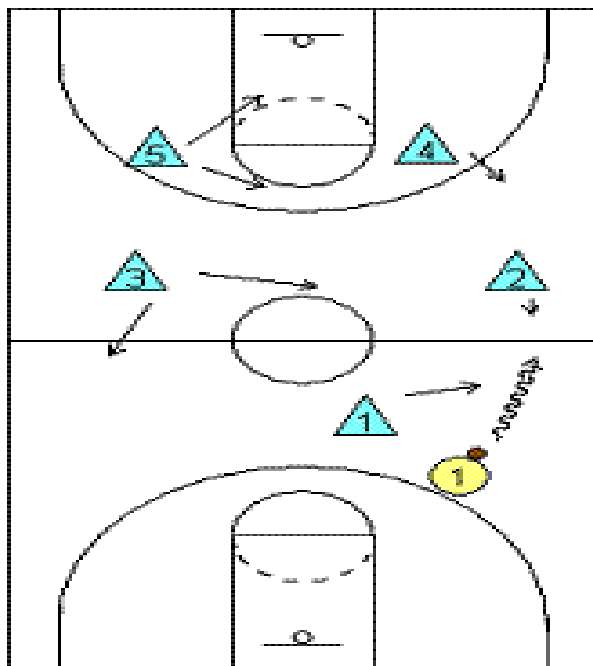
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Half Court Press- 1-2-2

"Viking"

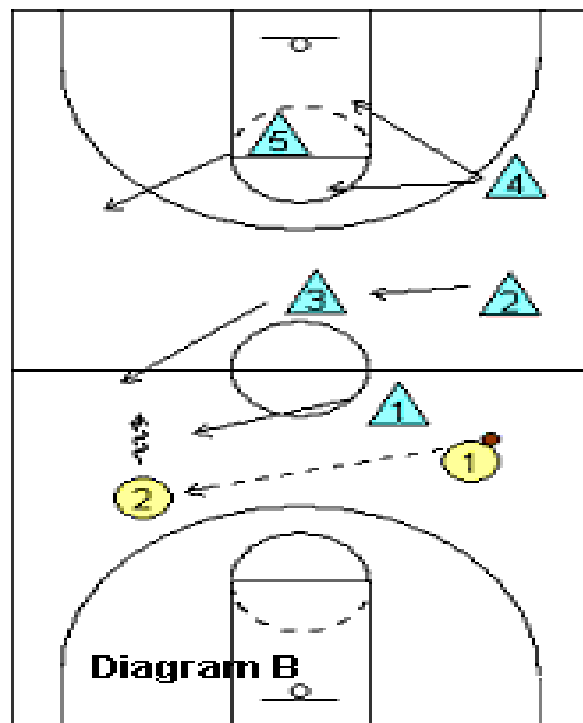
The point defender X1 will come out beyond the half-court line and contain the dribbler and force the ball toward one sideline. X1 doesn't need to be tight on the ball at this point, but just contain it and direct it toward the side. X1 will close in tight as the ball approaches the half-court line. As the ball is dribbled up the side, X3 reads this and slides to the middle, looking to intercept any pass to the middle. X4 slides toward the sideline to intercept a pass up the sideline. X5 must read the offense and if there is an offensive player deep, must be a safety against the deep pass. If no-one goes deep, X5 can cheat up and toward the middle. If O1 crosses half-court with the dribble, X1 and X2 stop the ball and trap there. Ideally, you want to "invite" the ball to come just beyond the half-court line where you can use the half-court line and the sideline to help complete the trap. So ordinarily you do not want X2 to come across the line (unless it's necessary to stop a cross-over dribble move toward the middle).



Now let's say that before crossing half-court, O1 passes laterally to another player (O2) who then attacks up the opposite side (Diagram B). In this case, X3 plays the ball, X1 sprints over to help and trap, X2 slides to the middle to intercept any pass in the middle, X5 cheats toward the ball-side sideline, and X4 is the safety (but again, may cheat up and in the middle if no offensive player goes deep).

After the pass to O2, X1 should really apply pressure and get the hands up in the passing lane, to prevent the lateral pass back to O1. Once O2 crosses half-court, this lateral pass is really not an easy pass and can easily go "over-and-back" across the half-court line, especially if good pressure is put on the passer.

Looking at the lateral pass again in Diagram B, if the offense seems to be favoring a lateral pass to O2, sometimes X1 can anticipate this pass and actually get into that passing lane, deflect the pass, intercept and take it in for an easy lay-up.



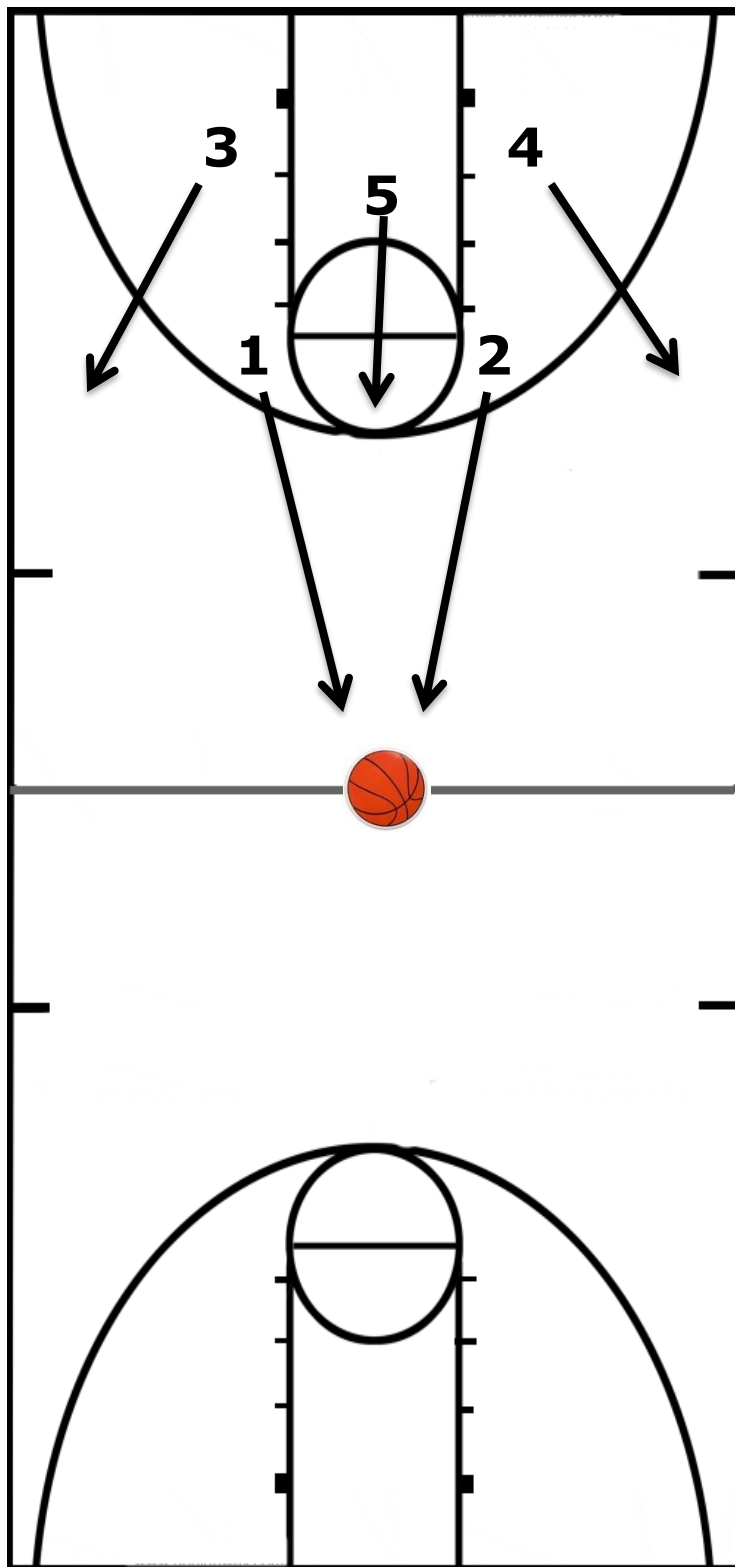
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Half Court Trap

"Choke"

Set up in a 2-3 Zone look. As soon as the offensive players foot touches the mid court line #1 and #2 immediately charge the ball and look to set a surprise trap. As soon as they move everyone else should be moving as well. #3 and #4 attempt to take away a pass to a offensive wing. #5 will attempt to deny a pass to the middle of the court around free throw line area. It is important that all players move simultaneously.



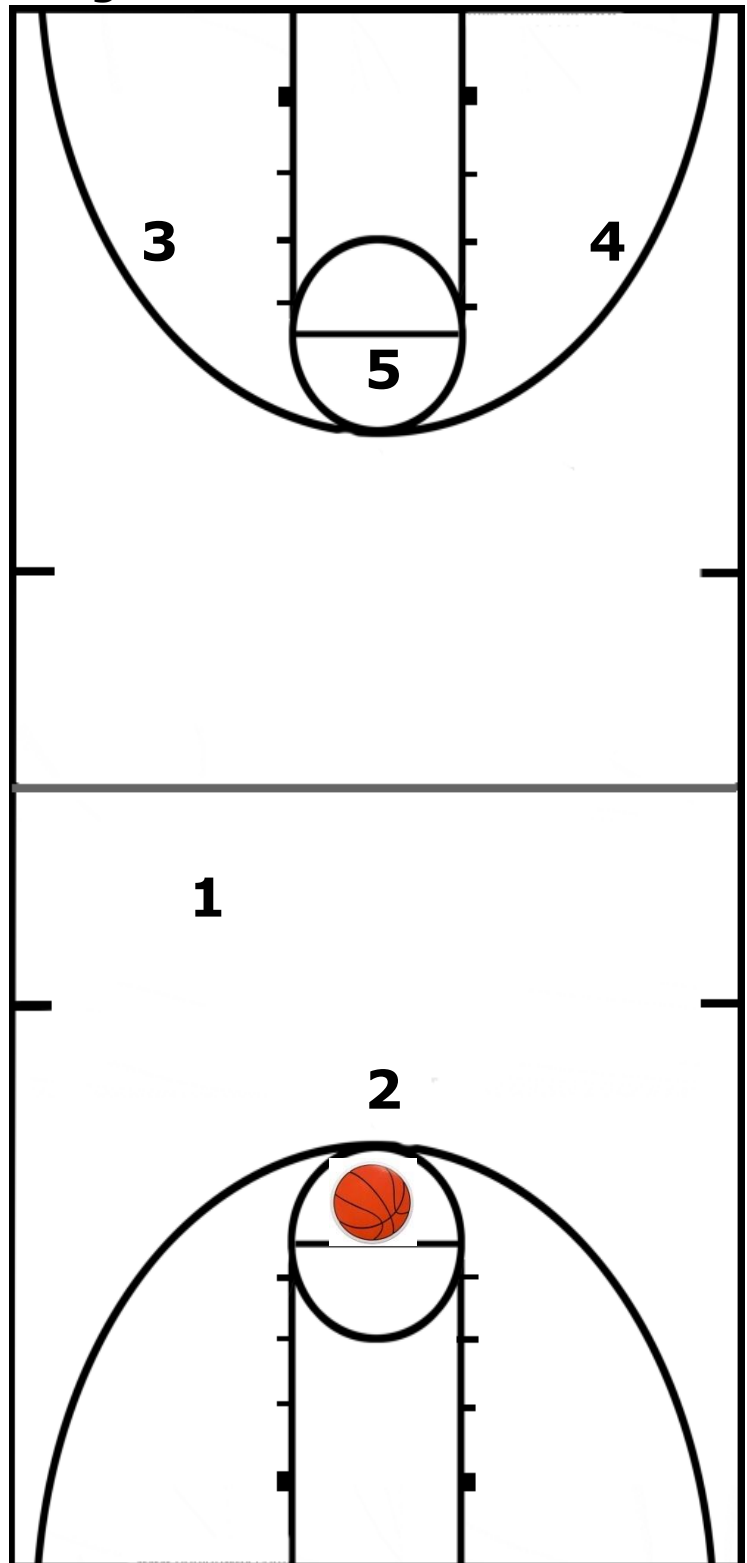
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Full Court Pressure

"Big Bubba"

I got this concept from the Syracuse Orangemen. The idea is to take two quick guards and apply pressure in the backcourt. One guard should apply on ball pressure while the other sags off. The defender should try and turn the offensive player and not allow him to blow by. We are looking to create turnovers out of this look so taking a calculated gamble is ok. The other 3 players will set up in a zone look. However, in the "Big Bubba" look we want everyone to extend up the court a few steps from their normal position. We are looking to run and push the pace once a turnover occurs.



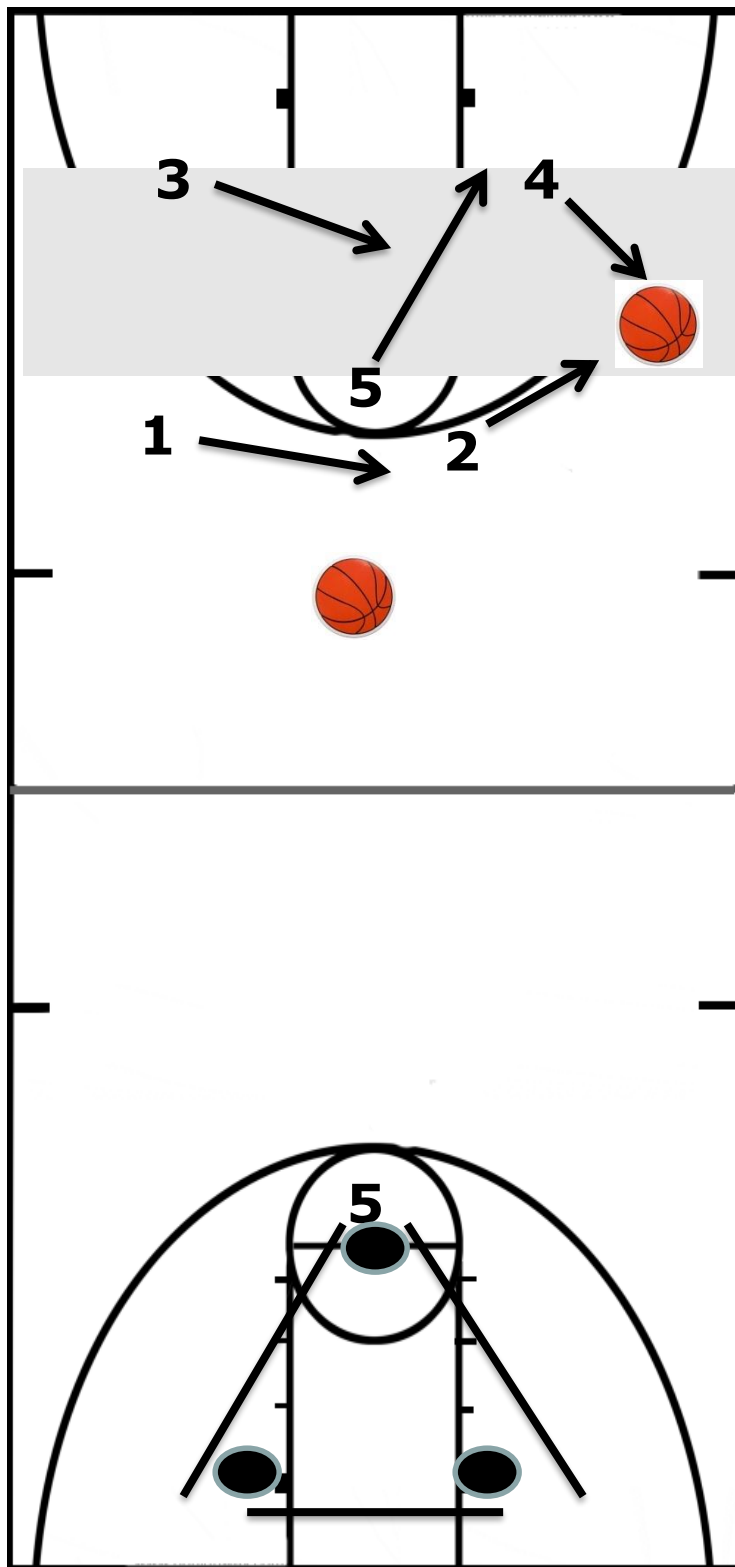
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"Buzz"



Buzz starts with a 2-3 zone look. However #3, #4, and #5 all start higher. The shaded grey area is where we are looking to trap the ball. If the ball goes to the corner then the normal 2-3 zone rules apply. Once the ball goes back to the wing were looking to trap. The traps will be set by #1 and #3 or #2 and #4.



#5 Responsibilities- Breaks to top when ball is at top. Tries to get in front of offensive player. When ball goes to wing or corner he fronts low post offensive player. On a skip pass from corner to corner or wing to wing he must go across lane and attempt to front low post player. #5 basically plays a triangle and does not need to extend beyond the lane.

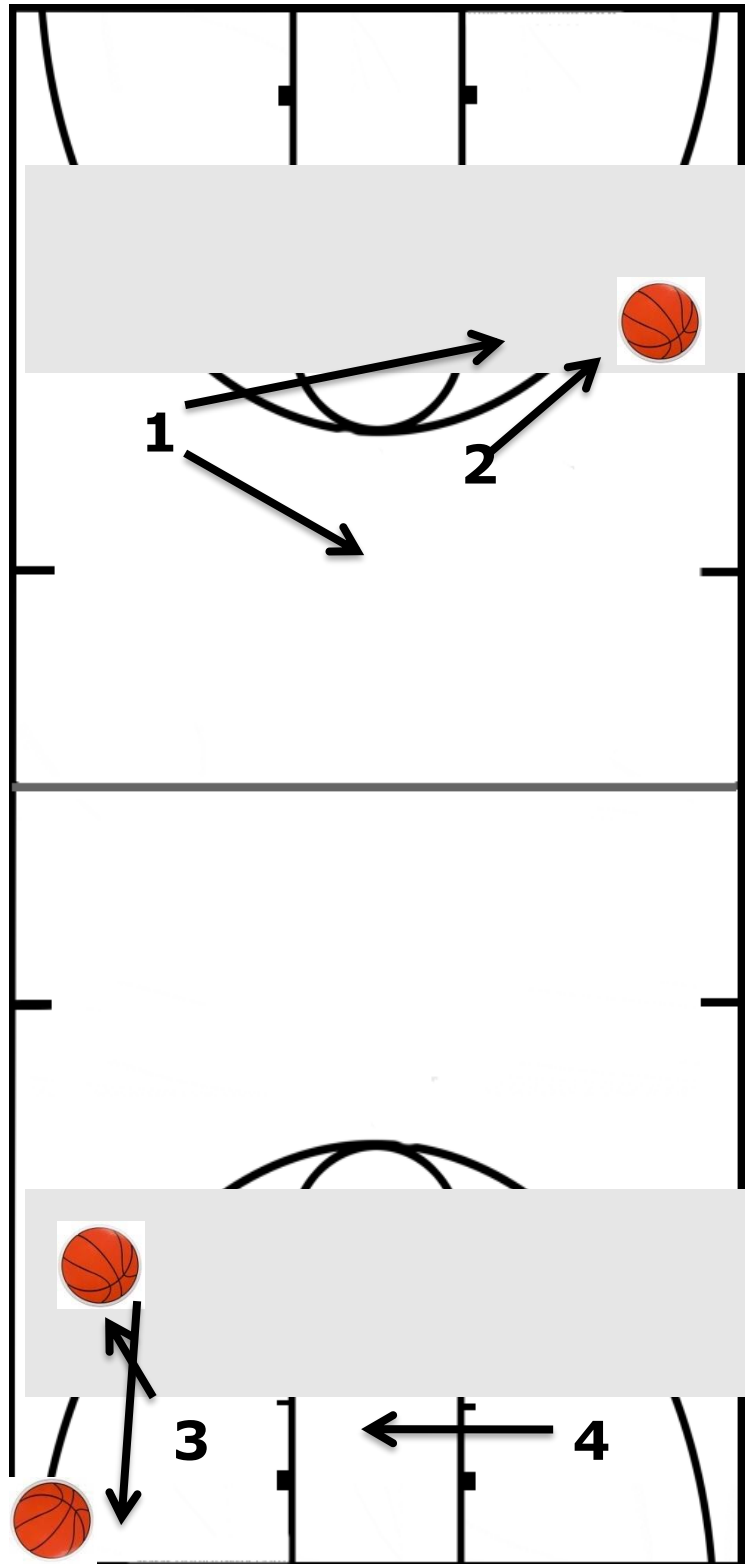
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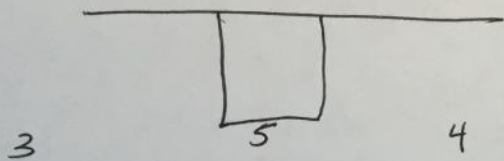
"Buzz"

#1 and #2 responsibilities-
When the ball goes into the trapping zone the will follow the ball and look to trap with other wing defender. The weak side guard will then jump passing lanes, deny high post or be in a proper help defensive position. Any time ball goes to the corner then normal 2-3 zone principals apply. Once ball goes back into trapping area Buzz rules apply.

#3 and #4 responsibilities.
The wings will trap the ball with either #1 or #2. If ball goes to the corner #3 then must leave trap and follow ball and normal 2-3 zone principles apply. #4 is in normal help position.

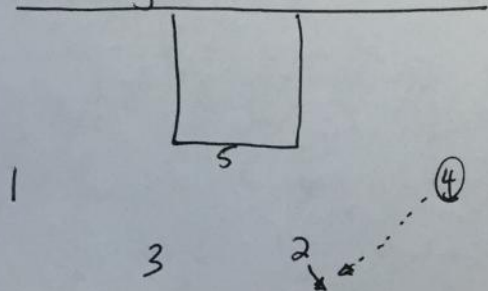


"TIMBERWOLF"

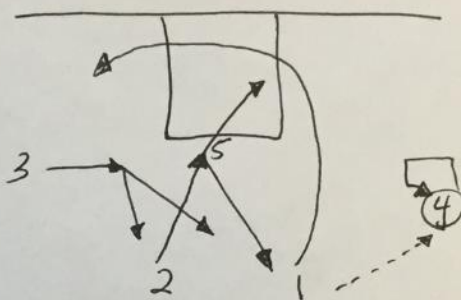


2 2 (1)

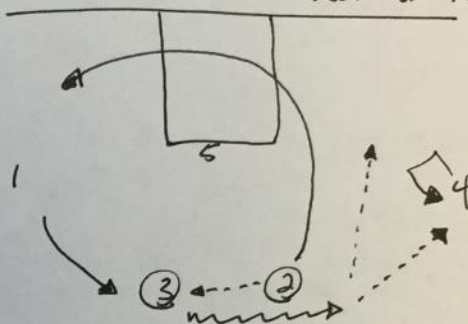
- * All players above fr's line
- * 5 player is slightly offset of center of fr line
- * 2 has straight dive to block



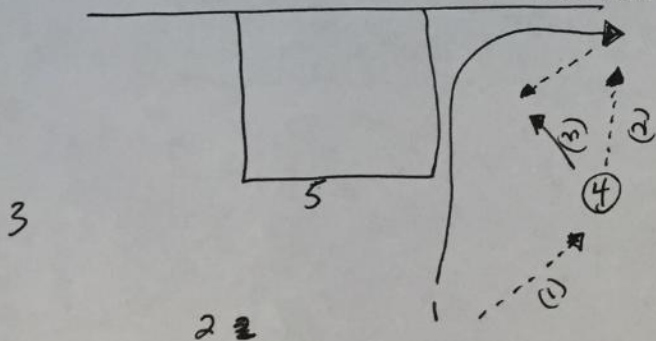
* All players at Δ angles



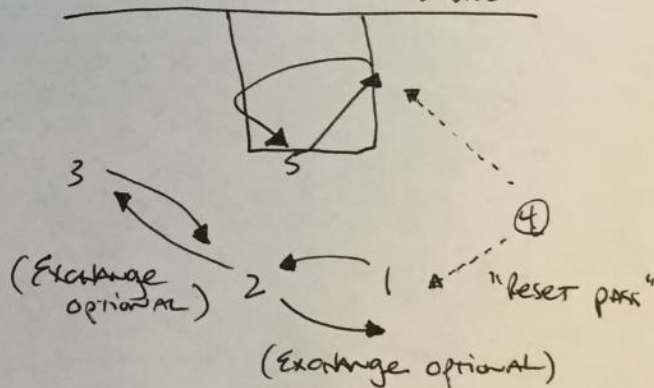
options "Ack" or "Reset"



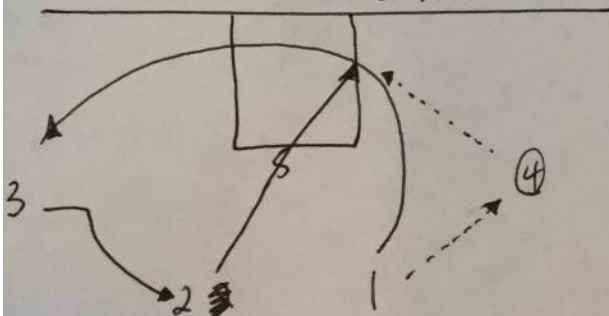
options "Hook" (vs. Pade-RAM)



options "5 Dive"



options "2 Dive"



options "UCLA"

