

Dana Altman – University of Oregon

“Oregon Basketball”

Philosophy

- “You can’t emphasize everything. Have a consistent philosophy to be consistently good”
- Any offense should:
 - Be adjustable – to the personnel
 - Know where your shots are coming from
 - Who is taking the shot? Gives both player and coach confidence
 - Put you in a position to offensive rebound and have defensive balance
 - Oregon is an aggressive offensive rebounding team
 - “Check” the defenses ability to guard
 - Have a number of different actions within the offense
 - Have a smooth transition from early offense to the half court offense
 - Work against different defenses
 - Man, Zone, Triangle + 2 etc.
- “Most underrated skills are passing and catching the ball”
 - Starts every October with basic 2-line passing
 - Step to pass, step to catch

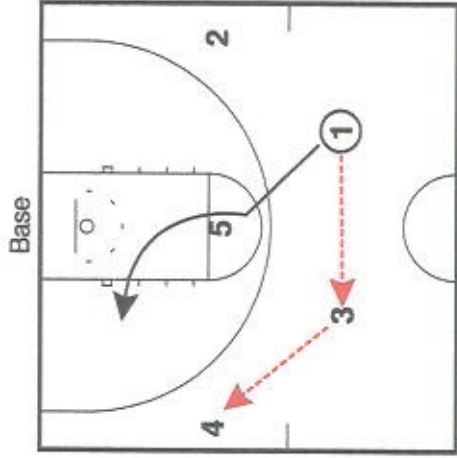
Spread Offense

- 4 out 1 in – the 4 players on the outside are all interchangeable
 - All players are above the FT line to allow more space at basket
- 1st cut posts for a second, then gets out to the corner
- 2nd cut can go on high or low side of the high post
 - If cutter goes high side, the 5 dives to the rim
- If nothing presents off the first two cuts, swing back and play 2-man game
- Oregon has 30 or 40 ‘specials’ out of this base
- Early offense that smoothly transition into the spread
 - Drag Screens – Single or Double
 - UNC Break – Smooth transitions into the spread
- “Everybody is one pass away. If they step to you on a drive, kick it. If they don’t, you shoot it”

Additional Thoughts

- “We are always practicing to beat Arizona and UCLA (some of the best teams in the league)”
- “Find guys that like to pick” – Hard to find good screeners
 - If they set a good screen, they will get open
- Incorporate weak side “fluff” to keep the help side occupied
- “Always spend time with what’s at home and what is really important”

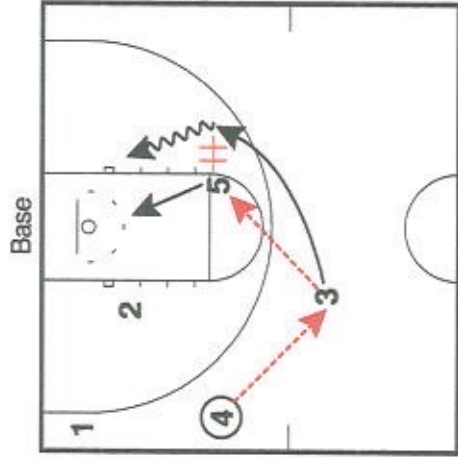
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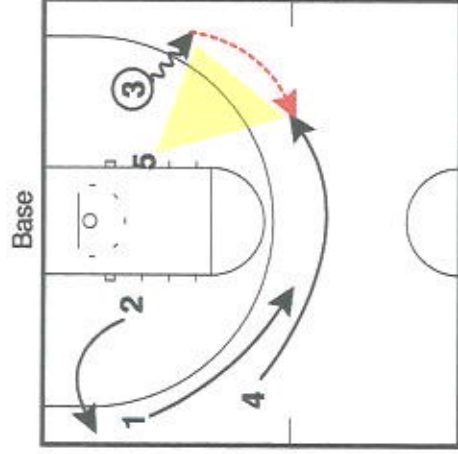
1st cut - Pause in post for a second



2nd cut



If no looks after the 2nd cut, 3 and 5 play 2-man game. 3 will keep dribble alive if nothing presents



3 retreats back out and all players rotate over to create "Power Triangle"



4's basket cut on the swing of the ball becomes the 1st cutter