



## **THREE OF A KIND**

**Course 03: Coach Zeljko Obradovic**

**Lesson 08: Offensive Concepts 1**

**Language: English**

### **OFFENSIVE CONCEPTS**

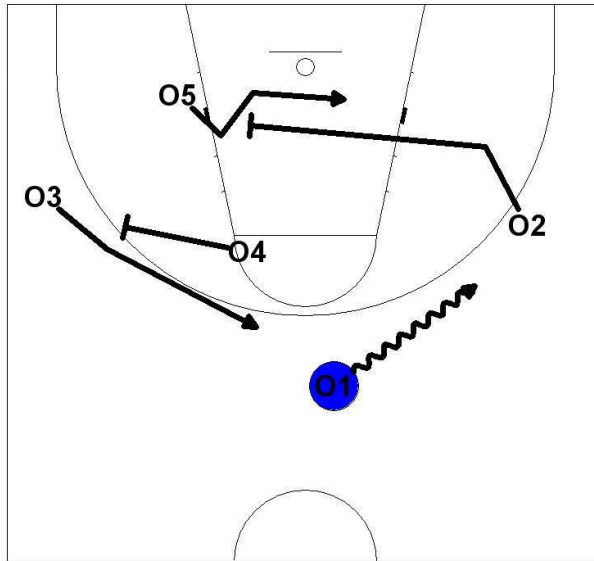
#### **BASIC PHILOSOPHY**

After arriving to the frontcourt, trying to play without stopping the flow and linking together our defense and our offense, approximately 60% of our offense will begin with Transition 5 Down. As you can see in the graphics the goal of this play is to put the ball inside: in the low post or the mid post.

**Transition Offense.** Transition 5 Down.

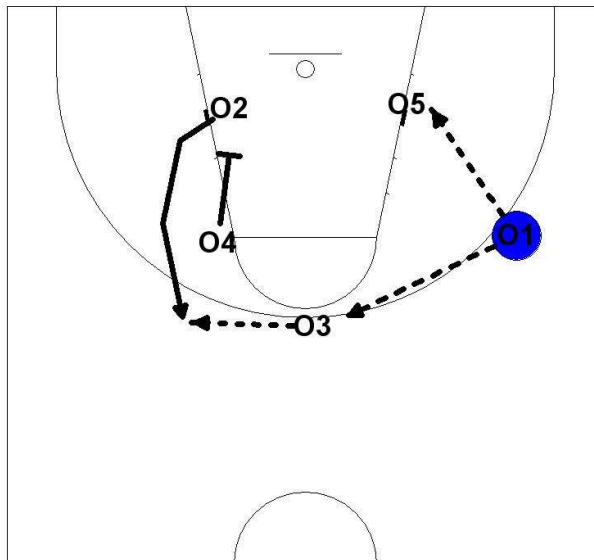
**Graphic 01:** O1 begins dribble entry to the wing.

LESSON 08  
ZO  
GRAPHIC 01



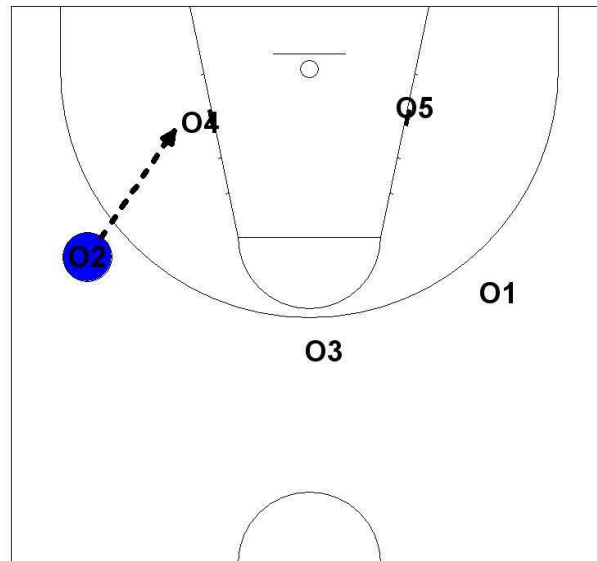
**Graphic 02:** First option is to pass to O5 in the low post.

LESSON 08  
ZO  
GRAPHIC 02



**Graphic 03:** If it is not possible to pass to O5 we rotate the ball to the help side and following screen action try to pass the ball to O4 in the low post.

**LESSON 08**  
**ZO**  
**GRAPHIC 03**



**REASONS**

The reason for this being a big part of our offensive philosophy and that one of the first goals is to put the ball inside starting from Transition 5:

To put the ball inside – low or mid post – is one of the most dangerous movements for the opponents defense. After the ball is passed inside, the defense must make decisions and your players must have the capacity to read the defense and play depending on what the defense leave open. If you want to put the ball inside you need to work with your team on the following concepts:

To create a great passing lane between the passer and the receiver.

To work with your inside players – or better with all your players – on how to gain position inside.

(These two concepts are technical aspects of individual technique and each coach must take the decision on how this should be taught in practice and used in a game. I want to focus your attention on one concrete aspect of the inside – outside game. Sometimes we believe that we can play inside only if we have a big player who has good back to the basket moves in the low post but this is not necessarily true because there also outside players who can play 1v1 in the low post.)

For example:

If you have a great player who can play 1v1 in the low post but is not really strong, you can help him by using screens to free him open and allow him to receive the ball in the low post.

If you have a great outside player who can play in the low post use him. Normally these kinds of players are good passers and can help create more offense from the low post. E.g. Diamantidis.

A goal in passing the ball into the low post is not only to score but also to force the opponent to collapse their defense on the low post. If your team has the capacity to pass the ball out and find the open man you will be in a better situation than before.

To play from the inside out is the best way to force your opponent to commit fouls and for them to reach the bonus sooner. For this reason we like to play the inside game during the first few minutes in each quarter.

To play inside is also a great way to wear down your opponent's inside players with respect to fouls as well as physically and mentally.

To play inside is a first step to improve your rebounding position. This clear not only for the inside players but also for outside players if their respective defenders help another man. In my team, outside players like Perperoglou or Diamantidis take advantage of these situations.

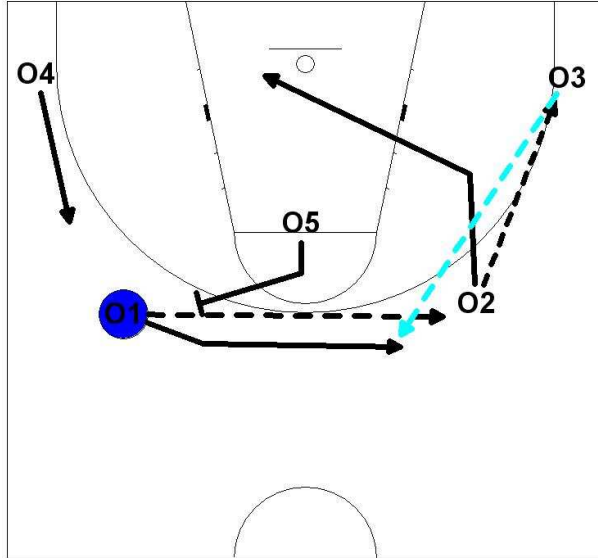
Finally, at the highest level in European basketball the best way to obtain great outside scoring opportunities is to play inside out. This is accentuated even more if you have in your roster a great shooter that prefers to catch and shoot. This is perhaps not so easy right now but with the new rules the distance a defender will have to cover to help inside and recover to their man on the three point line will increase dramatically.

### **LINKING TRANSITION WITH A PICK & ROLL OPTION**

If we run Transition 5 and have created no scoring opportunities, we have different options in our playbook. One that we prefer is to link our transition with pick & roll action. Following the same concept - in the first minutes of each quarter - we try to play pick & roll with the objective of getting the ball inside, scoring, drawing fouls, and physically wearing down our opponent.

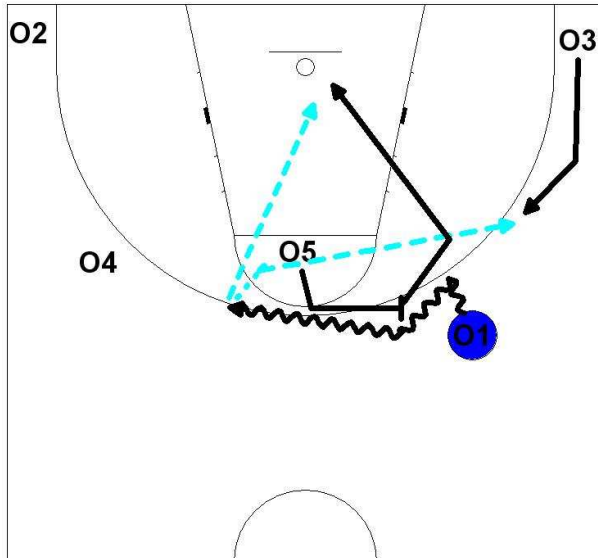
**Graphic 04:** We finish Transition 5 in this position. O4 is going to float from the corner to the wing, and O5 is coming to set a screen at the high post. The starting formation is a 2-1-2. We can start the offense by a horizontal or vertical pass.

LESSON 08  
ZO  
GRAPHIC 04



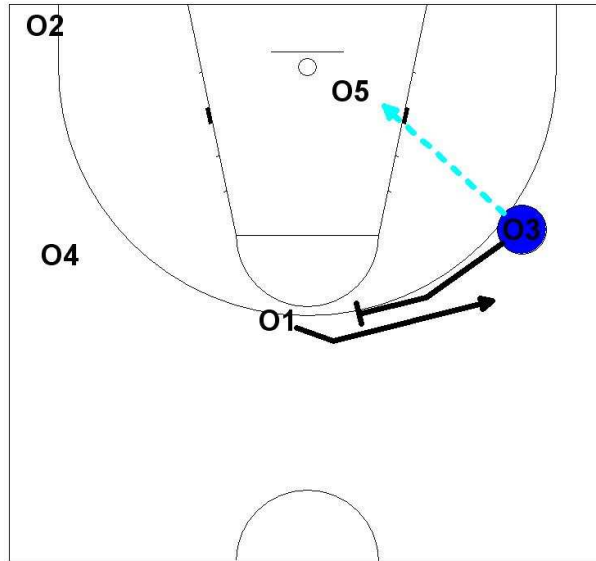
**Graphic 05:** After the screen is set for O1, O1 & O5 play pick & roll.

LESSON 08  
ZO  
GRAPHIC 05



**Graphic 06:** O5 seals his defender in the paint.

LESSON 08  
ZO  
GRAPHIC 06



**Graphic 07:** We can also run this action by passing the ball to O4 in the corner, O1 makes a basket cut, whilst O5 sets a screen for O2 on the three point line.

LESSON 08  
ZO  
GRAPHIC 07

