



THREE OF A KIND

Course 03: Coach Zeljko Obradovic

Lesson 12: Low Post Game

Language: English

USE OF THE LOW POST GAME ON OFFENSE

BALANCE BETWEEN THE INSIDE & OUTSIDE GAME

As a part of the global offensive game I think that it is really important to talk about the different options that we have playing the inside game in the low post.

In our opinion it is essential to have a great balance between your inside and outside game during a game but it is more important to have this balance during a really long and tough season.

1. It is really difficult to have great results using only one of these two general options that you have in your team.
2. For the opponents on defense it is easier to plan to stop only 50% of your offense.
3. It is also essential to have different options in your offense because if your basic movements – primary options – do not work you need to have countermoves e.g. in our case using O1 and O3 in the low post is something that we use as an alternative to our primary options.
4. The best teams in Europe normally have at least one great inside scorer and another great outside scorer. Balance is essential.

WHAT GIVES YOU AN INSIDE GAME?

After talking about the importance of a balance between the inside and outside game I want to talk about what are the most valuable aspects of the inside game (low post) in your general game plan.

1. It allows you to score close to the basket with, of course, better shooting percentages.
2. It forces defenders to collapse, after which you can pass the ball out again for wide open scoring opportunities.
3. It allows you to draw more personal fouls from your opponent because the opponents players on defense must be physical to stop your inside game.
4. You have at the very least one player in a great offensive rebounding position (the player shooting). Depending on the defensive help that has taken place more than one player from your team can also be in a great offensive rebounding position.
5. A rebound after a close range shot under the basket is short meaning your inside players are in a good position to rebound. Without a long rebound the opponents will be less able to turn this into a fastbreak of their own.
6. It is possible to play a low post game with any five players on court, not only O4 and O5.

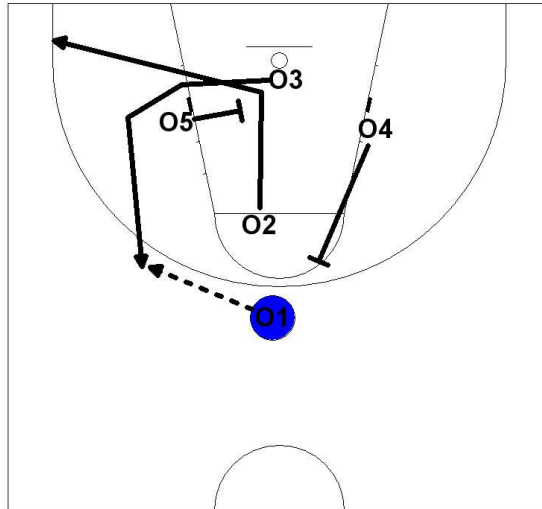
In Europe the most difficult position to cover in the roster is O5. For this reason more teams are reducing the use of the low post game, more frequently using the outside game such as pick & roll action with dynamic options for inside players, having players roll inside after the screen, or popping for three point attempts for inside players with great shooting technique. This is understandable however as mentioned before it is very important to have "completely different" plays or sets in your offensive playbook.

Taking into account these two premises (not easy to have a great O5, need to have some low post game options in your playbook), I want to describe some low post game movements for outside players that we use in our team.

LOW POST GUARD – THREE UP

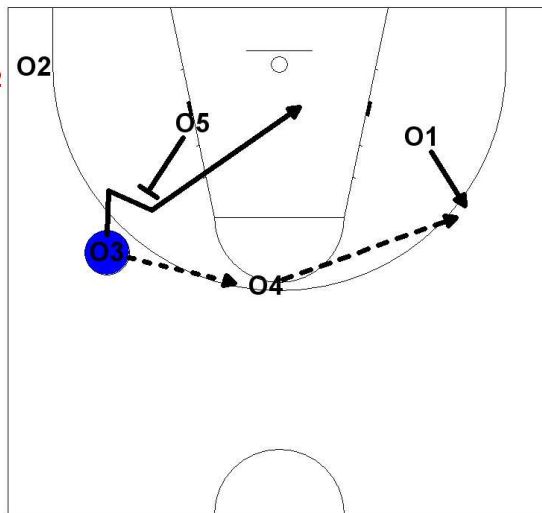
Graphic 01: We begin in this formation.

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GRAGHC 01



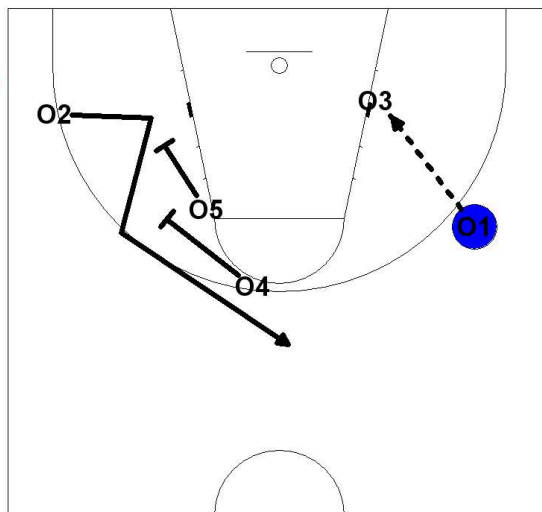
Graphic 02: O5 sets a shuffle screen for O3.

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GRAPHIC 02



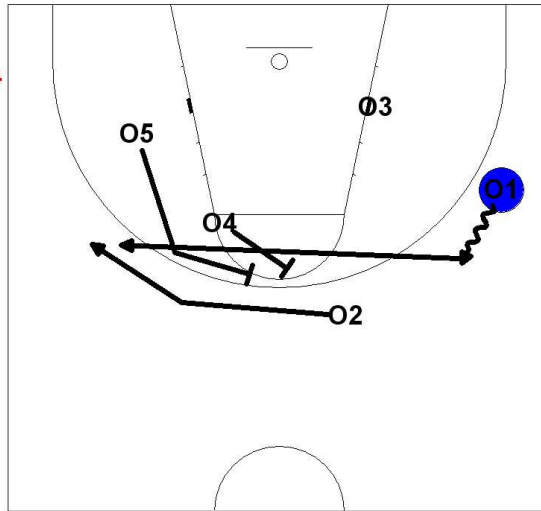
Graphic 03: O3 posts up on the low post and staggered screens are set for O2.

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GRAPHIC 03



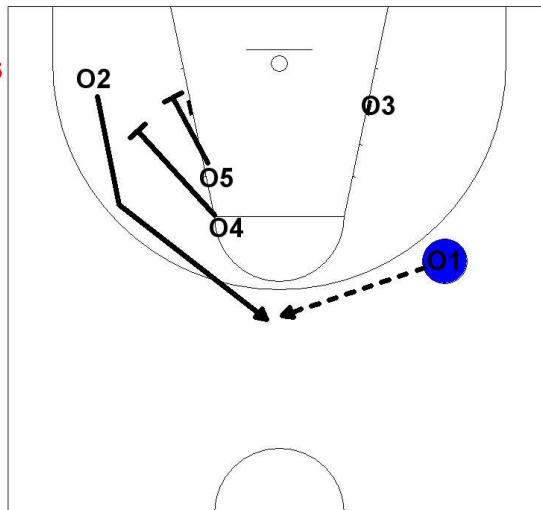
Graphic 04: One option is to set a double flare screen for O2.

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GRAPHIC 04



Graphic 05: An alternative option is to change the timing – after O2 uses O5's screen, O4 sets a flare screen for him.

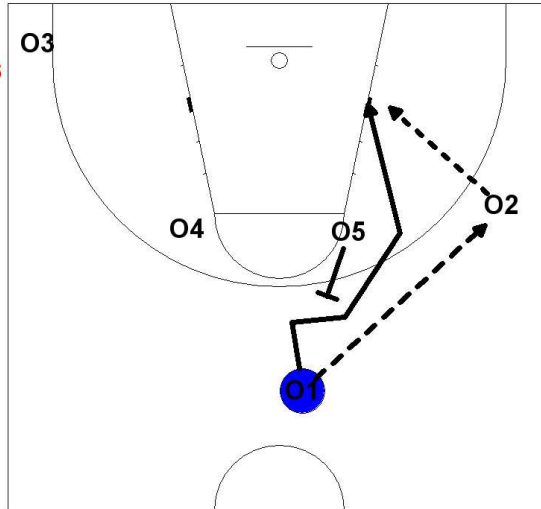
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GRAPHIC 05



LOW POST GUARD – 1 DOWN

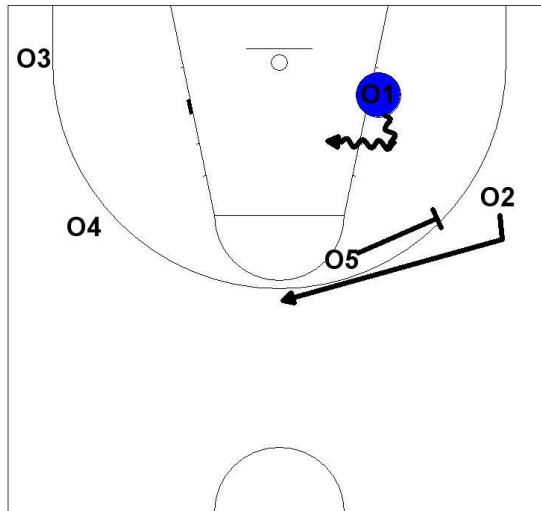
Graphic 06: O1 following a UCLA cut posts up.

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GRAPHIC 06



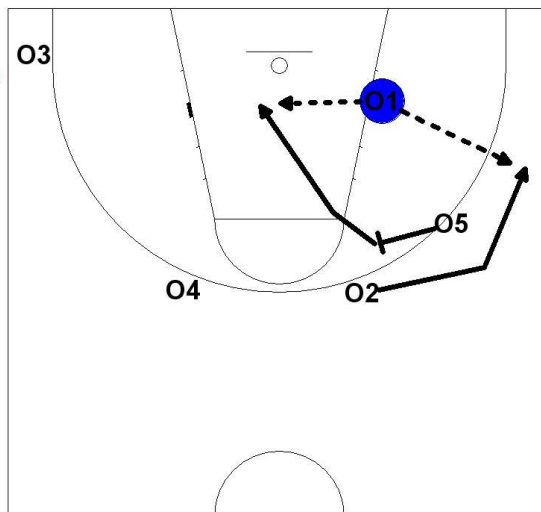
Graphic 07: O1 after receiving the pass looks to create offense.

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GRAPHIC 07



Graphic 08: O1 has several options to pass to.

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GRAPHIC 08



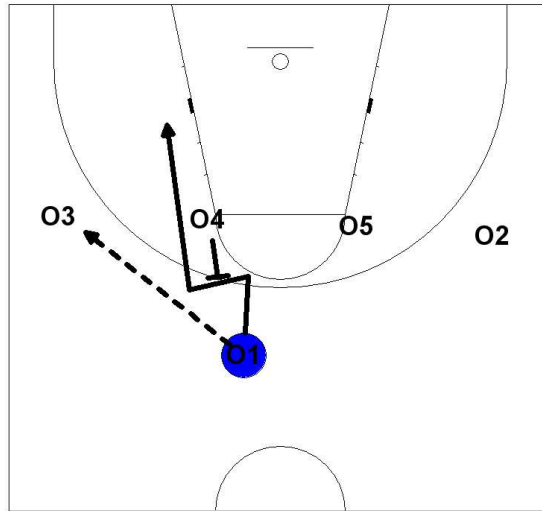
LOW POST CENTER

The low post game for inside players (normally O5 or O4) are the most frequently used in basketball. We have two main options in our offensive playbook.

5 DOWN

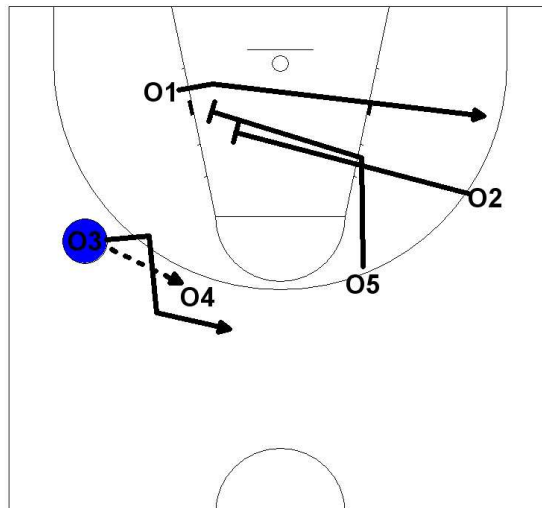
Graphic 09: O1 after making a UCLA cut asks for the ball in the low post.

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GRAPHIC 09



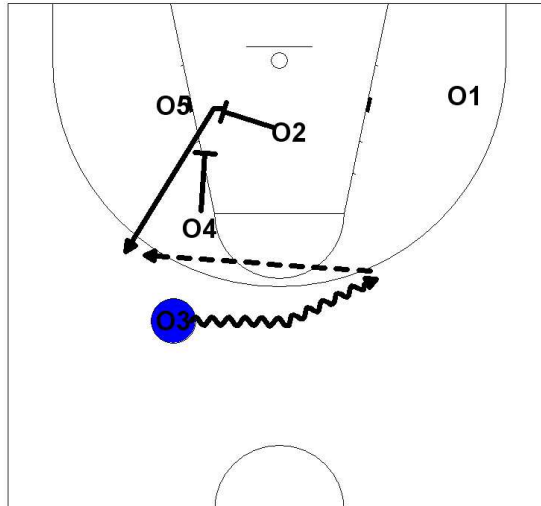
Graphic 10: After O3 and O4 perform a handoff, O5 and O2 set staggered screens.

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GRAPHIC 10



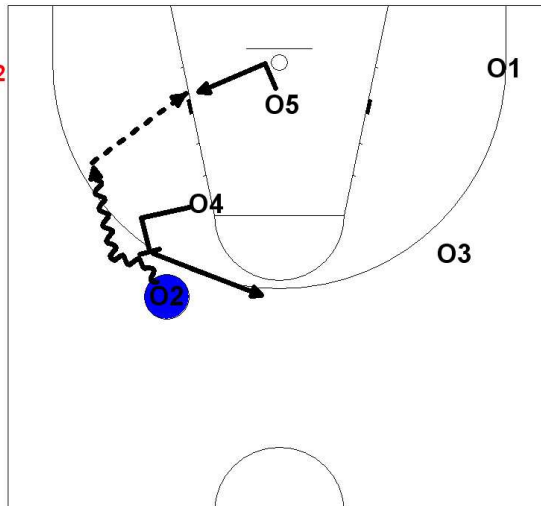
Graphic 11: Screen the screener action follows.

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GRAPHIC 11



Graphic 12: If the ball is passed to O2 an option is to play pick & roll with O4.

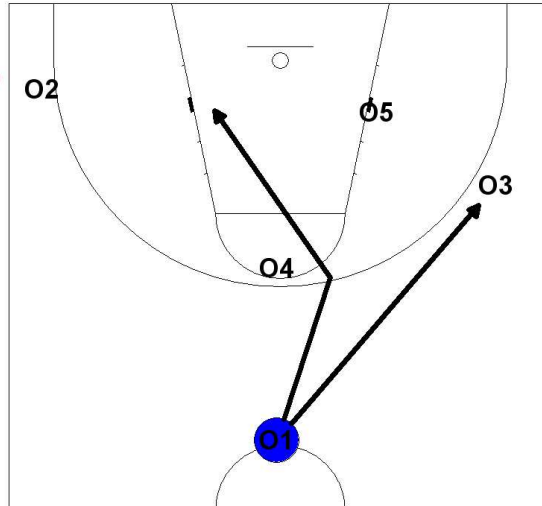
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GRAPHIC 12



NEW TRANSITION – LOW POST

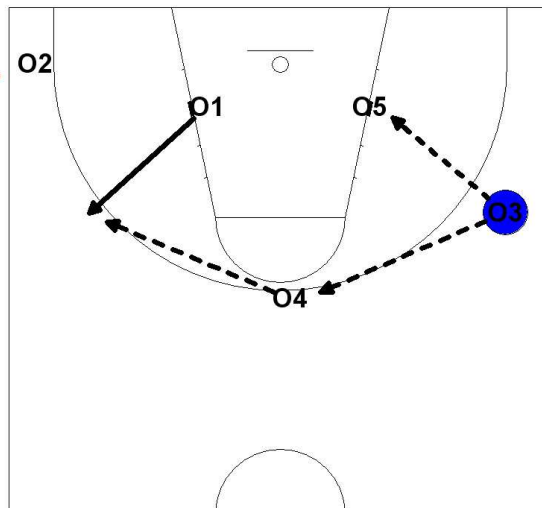
Graphic 13: O1 passes and cuts to the opposite side.

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GRAPHIC 13



Graphic 14: O3 can pass directly to O5 if possible or he can pass to O4 if O5 is denied.

LESSON 12
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GRAPHIC 14



Graphic 15: Screen the screener action.

LESSON 12
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GRAPHIC 15

