

AN OFFENSIVE SET PLAY: OPTIONS AND ADJUSTMENTS

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Every coach has their plays and own system, but we must consider that several systems work. There are always standards in basketball, which are fashionable offensive systems in a given period. Even if these standards are not part of our philosophy, we will still face these standards in defence. Therefore, we have to think about incorporating them into our practice methodology. For example, the ghost screen is prevalent in today's basketball. Hence, even if it is not part of our offensive strategy, we still need to work on it because we must create defensive rules against it. Zipper-middle pick and roll action is another significant standard. When working on it, we split the system into three parts.

The first part is the deep meeting point, which already has attacking options. Second is the middle pick and roll situation, which is the core of this offensive action. The third part is when we could not take advantage of the previous actions. Therefore, the ball returns to the wing, and we play a side pick and roll. Our most important part is reading the defensive reactions. We must teach how to react to defences like flat, hedge, switch, and tactical variations. The response must never be about the ball player and the roller, as the other players have to be part of the offensive reaction and rotation. Engaging all defensive players is our most important job, as it creates multiple options for our offence to score. We aim to spread the defence as wide as possible so that we can play in a bigger area. The ball player must be able to see the helpers, not only our roller during the pick and roll action, allowing more options to continue our play. The idea is the same for the perimeter players, who must see the whole picture of the defensive rotation to make the correct spacing decision. Locking the defence is another crucial teaching point because a good screen could collapse the defence more efficiently. We insist that our roll player should rim run with a banana cut, creating more room for at-

tacking those points where we can play further from the low post area. The kids need to visualize defence all the time and choose the best individual technical skill for controlling the ball, passing, and shooting. These small details could help us play more efficiently because we should never forget that as the level of competition increases, the defence becomes more prepared. Therefore, we must be ready to have a quick answer for any defensive reaction.