

## 1: What is Halfcourt Offense? Definition from [www.enganchecubano.com](http://www.enganchecubano.com)

*Like halfcourt defense, halfcourt offense is a catch-all term for any type of scripted offense employed by an offensive team when they are facing a set, halfcourt defense used by the opposing team. Most halfcourt offenses consist of an offensive strategy, and one of more "set plays." Overall.*

This is a fun drill for working on defensive footwork. The only problem with this drill is that only two people can go at once so if you have a large group it might not be appropriate. Everyone starts by finding a partner and standing in pairs behind the baseline. The first pair comes out and sets themselves up directly opposite each other on the two parallel lines of the key. The coach then assigns one of them the offensive player and the drill begins immediately. The goal of the defensive player is to stay directly in line with the offensive player. The offensive player must work hard to try and separate themselves from being in line with the defender by sliding up and down the line of the key. After 30 seconds they step behind the baseline and two new players come in. Players must stay in a low defensive stance with their hands out wide the entire time of the drill. Encourage the offensive player to use head fakes and quick changes of pace to throw the defender off. Make sure you cover what good defensive stance is before running this drill.

**Defensive Specialist** – Defense Drill Overview: You will require four D-men or cones for this drill. All players begin in a straight line on the baseline. All players line up in a straight line on the baseline. Players perform this defensive course one-by-one. The first movement is a sprint and then close out to the cone in front. The player then back-pedals around a cone directly behind them, and then slides across to the other side of the court. When the first defender slides past the line, that triggers the next player in line to start the drill. When the first defender has slid around the cone on the other side of the court, they again sprint to close out, and then once again slide to the opposite side of the court before returning to the end of the line. Depending on the amount of players you have, run this drill for 3 – 5 minutes. Hold the close out for a second or two before moving on. Make sure all defensive footwork is done well since this is a very important part of the drill.

**One-on-One** – Defense Drill I love using one-on-one drills at practice to teach both defense and offense. This drill starts with two players at the free-throw line or top of the key depending on age and experience. The defensive player starts with the basketball. The other players wait behind them near half-way. Use both ends of the basketball court if you have two coaches so that players get to play more often. To start the drill, the defender hands the basketball to the offensive player. By handing the basketball to the offensive player, it ensures that the defender is challenging themselves by starting up close to the offensive player instead of standing back playing lazy defense. The offensive player then has a maximum of 2 or 3 dribbles to attack the ring and get a clear shot. Offensively, this drill teaches players not to waste their dribble and teaches them how to attack a defender one on one. Defensively, players will learn how to keep an offensive player in front of them and challenge every shot. After either a make or a miss, a new offensive player comes in, the previous offensive player switches to defense, and the previous defender joins the end of the line. Make sure you enforce the rule of 2 or 3 dribbles maximum depending on which you decide. Encourage the defensive player to get up close and play hard defense. Make sure players are using good footwork and good fakes. Zig-zag slides are a great drill for a beginning team. The two most important things this drill teaches is how to defensive slide properly and also how to drop step when playing defense. The drill begins with all players on the baseline lining up on one of the corners. No player should have a basketball. The first player will defensive slide from the corner to the high post and perform a degree drop step so that they are now sliding back to the opposite sideline. This process of sliding from one side to the other and drop stepping continues until the player reaches the opposite baseline. They come back down the opposite side of the court using the same principles. Teach all players how to defensive slide and drop step at the beginning of the drill. Players should never cross their feet!

**War** – Fun Drill Overview: War is a great drill to incorporate fun small-sided games into your practices. The drill is set up by splitting your group into two teams and lining each half up along opposite sidelines. You will give the each individual player on each team a number from 1 – 6. The drill requires one basketball and it always starts with the coach. The drill begins with the coach throwing a basketball out into the middle of the court and

calling out a few numbers between 1 and 6. The coach can play games with any number of players from 1 on 1 to 6 on 6. Try to match the best players up against each other. Finish off the drill by calling everyone in!

**Golden Child** – Fun Drill Overview: Golden child is another fun game that kids will end up begging you to let them play each practice. It involves splitting up into two teams, a shooting team and a dribbling team, and then the dribbling teams must run around the half-court one-by-one while the shooters try and get them out. The first step is to split your group up into two similarly even teams. The dribbling team must all have a basketball and they should be lining up at one of the corners of the baseline. The shooting team will have one or two basketballs and will be lined up around the free-throw line or closer depending on age and skill. A home run is when a dribbler makes it all the way around the outside of the half court and back to the line. The shooters must attempt to get them out by making a shot. The next dribbler can begin immediately when this happens. If they make it home, they get one run and can join the end of the line to run again. This continues until all the dribbling players are out and then the teams switch roles. The team with the most amount of runs at the end of the game wins. The shooting team players must rebound their own shot and pass it back to the next person in line. If your players are struggling to make shots, consider splitting the shooting team in two and putting them on both elbows or even closer so that they have more chance of scoring. The coach must pick the golden child or there will be upset kids!

**Elimination** is a game I often run to conclude practice. The goal of the game is to make your shot before the person behind you makes their shot. The first shot must always be from the free throw line but after that can be from anywhere on the floor. All players line up in a straight line behind the free throw line. The first two players in line have a basketball. The drill begins with the first person in line taking a shot. If they make it, they quickly rebound their ball and throw it to the next person in line. If they miss, they must rebound the ball and score as quick as possible. As soon as the first player has shot, the second player can begin. If the player behind scores before the player in front, the player in front is out. The drill continues until there is one person left and they are crowned the winner. The person in front must always shoot the basketball first. Do kids love anything more than playing a real game of basketball? I recommend playing small-sided games for the benefits listed here. Depending on the amount of players you have, I believe 3 on 3 or 4 on 4 are the best small-sided games to use. Use both halves of the court and create small-sided games depending on the amount of players you have. Tell each team they must advance the ball to either half-court or the third line of the court if you have one. Each game needs one basketball. Start the game and let them play! Make adjustments and team changes when you need to, but I recommend trying not to interrupt too much. Let the players learn from their own mistakes by experience. Small-sided games are the best. [Click here to find out why.](#) Stop the game if you see a mistake 3 times in a row. Until then let the kids experiment and learn on their own as much as possible. Stress the importance of spacing.

**Game-Winner** – Fun Game Overview: This drill is an awesome way to finish practice on a high note. Each time I run this drill, the players end up leaving practice with a smile on their face.

## 2: Basketball Defense: half court trap

*Basketball Offense - the Read and React Offense Another option to consider for your entire program, starting with your youth teams and progressing up, is Rick Torbett's Read and React Offense (DVDs), which is very flexible, and adapts to any set or style of play.*

As soon as the pass is made, the point cuts to the opposite wing and sets a pick. At the same time the low man on ball side also goes away from the ball to set a pick. The two players receiving picks cut as shown. The wing with the ball now has two options coming towards the ball. Time the play so the big man is the first visible. At this point, the low post cutting to the ball can elect to set a pick for the wing with the ball. If the first two cutters do not get a pass, the original point who went left to set a screen should seal his man, then cut down the middle. Sometimes, when the defense is scurrying after the first two cutters, there is literally no one in the key. If no one is open, the players move as shown to the original start pattern. Remember, the play works either direction. High Low either man or zone The play starts when the point guard passes to either wing. The high and low players must be on or come to ball side. The wing may pass to either post, then cut to basket. This may be a give and go, or pick and roll with high post, too. Some defenses will try to prevent the pass to the post in the corner. This is a good thing! Fake a pass to your corner post, then let the corner post back door into scoring position. The point guard replaces the cutting wing player. The weak side wing moves to point. The post player receiving the pass may shoot, or pass to the cutter, but usually passes to the new wing on ball side. The wing that cuts through the key goes to the far corner, then moves up to wing spot. The ball is quickly rotated over to the weak side wing. A mid-range jumper is usually available. If not, pass the ball to the new point guard and repeat the play. This plays works best if your team has the patience to rotate the ball several times. It is tiring for the defense to follow back and forth. Eventually, someone will break down. Watch for an easy pass to the high post. Sometimes you will see the low post open up, too. Four Out best against zone This play works against a zone with either a two man or a three guard front. Seems most effective against a 3: Play starts when low post sets a high pick. Point drives off pick and has three options: Meanwhile, the ball is rotated across to the weakside. The player that cut baseline may see a shot from wing. If not, pass to new point and wait for low post to set a high pick as before. Play is same, just mirror image. This set gives one player four scoring options. If none work, another player is now in position to try the four options.

## 3: Basketball's Half-Court Offense by John Calipari

*The "Unstoppable Half Court Offense" playbook was designed with a progression in mind -- from simple "pass and cut" sets that any youth basketball team can master -- to advanced plays with multiple reads and options.*

When your players are all on the same page and rotating as one unit, the press will give you many advantages that can turn a game in your favor. The different types of full-court presses. The main reasons why you should use one. When you should consider running a press. This is instead of sprinting back to the half-way line and setting up a half-court defense like many teams do. Forcing the opposition into turnovers. To Dictate the Tempo of the Game Using a full-court press to dictate the tempo of the game is the benefit most often overlooked by basketball coaches Yet it could be the most important reason to use one. This is a huge win for the defense. When to Run a Full-Court Press: A full-court press can be effective against anyone Here are a few examples: Against Teams With Poor Decision Makers Dribbling and passing are the two most important skills for breaking a press and advancing the basketball up the court It should come as no surprise that a full-court press can be very effective against teams without quality guards who make smart decisions. Against Teams With a Limited Bench Playing against a full-court press is physically and mentally demanding. Against Teams With a Great Half-Court Offense A high-energy full-court press can be extremely effective against teams who like to slow the basketball down and run their half-court offense. Using the same example as before Perhaps they have a dominant post player they like to isolate on the block. Running a full-court press can speed up the game and take them away their half-court offense. When Your Team Needs a Burst of Energy Occasionally you will have games where your team looks tired and unmotivated to play hard. Either way, running a high-intensity full-court press can be a great way to change things up and snap your team out of a sluggish start. When the Opposition Goes on a Run If you experience a stretch where the opposition scores 6 - 8 quick points, use a full-court press to change the game. Changing the defense and tempo is a great way mix things up and take control of the game again. To Get the Ball Away From a Star Player Sometimes your team will face a great point guard and you just want to get the basketball out of their hands.. Instead of allowing them to easily dribble up the court and set up the offense, a full-court press forces them to pass early. Negatives of Running a Full-Court Press: There are negatives to implementing a full-court press. There are a few main reasons for this: All 3 points above result in a youth defense being able to flood the front court without fearing a long pass over top and allowing a wide open layup. This is not a good environment for learning and development. In my opinion, players get the most development from playing half-court man-to-man. Which is why I always recommend youth teams drop back beyond the half-way line on defense and allow the players to compete in the half-court as much as possible. Attempting to teach your team a half-court offense and half-court defense is hard enough in that limited amount of time. Adding a full-court pressure defense will take up even more practice time that could be better spent on other areas of the game. Types of Full-Court Press: There are many different full-court presses for a coach to pick from. But I assume anyone reading this post will be interested in them too. Man-to-Man Press A man-to-man press involves every defensive player guarding a direct opponent for the entire length of the court.

## 4: Half-Court Defense | BRIGHTCOACH

*Quick hitters are most often used to exploit a specific matchup where your team has an advantage, after time outs, at the end of games, at the beginning of a game, quarter, or half, or just to change the pace and give your opponent a different look when you really need a basket.*

Running forward down the court while jump roping Coming backward back down the court while jump roping Scissored Feet – this is alternating scissoring your feet on every jump Ladder Agility You can use an agility ladder to perform different footwork exercises to help your players develop their foot speed and coordination. With an agility ladder, there are numerous exercises you can have your players perform. An example of moves they can perform are: One foot in every square Two feet in every square One foot in, one foot out Two feet in, two feet out Two foot hop in each square Two foot hop skipping a square Two foot sidway hop Sideways run in each square High knees in each square As we mentioned, this drill has multiple opportunities of different footwork drills you can use. Have your players jump with their hands straight above their head and continuously try to slap the backboard. They should be jumping again as soon as their feet hit the floor. You can do this drill for time 30 seconds to a minute or for reps. Passing Drills 3 man, 2 Ball Passing This is a good drill to work on passing on the run and passing the ball to where a player is going to be, not where they were. There should be three lines on the baseline. The two outside lines have the basketballs. The group of three runs down the floor and back. The man in the middle will receive passes from one of the outside lines, throw it back to that line, and then turn and do the same for the other line, all the way down the floor. Argentina Passing This is a good passing drill that also works on some conditioning. There will be two balls, and they will start with the middle players. As soon as they throw the ball, they are interchanging spots with the guy across from them in the rectangle. This action continues with all of the players until the coach says stop usually a minute or less. Monkey in the Middle This childhood classic game can work as a great tool to working on your passing with one or even two defenders guarding. If the ball gets tipped, the player that threw the pass is the new monkey. You want everything to be game-like. Jason Kidd Passing This drill helps with squeezing passes through tight gaps. Put cones together, spaced out just enough to where a basketball can fit through. One partner is the designated passer, while the other is on the other side of the cones. The partner will find a gap in the cones and the passer will thread the pass through those two cones bounce pass to their partner. The partner will throw the ball back and then move to a different gap. Defensive Drills Twice Around Defense This defensive drill allows your players to work on different aspects of their defense. It includes sprints, defensive slides, and backpedaling. Players start in the corner of the court where the baseline and sideline meet. It works like this: Sprint to half court and closeout at just before the half court line Slide all the way across half court Backpedal down to the opposite baseline On the opposite baseline, perform a slide all the way across Sprint up to the half court line again and close out Slide across the half court line again Backp to the baseline they originated at Finish with a defensive slide across the baseline This drill is performed in a figure It does involve a coach, and the more energetic the coach, usually the more energetic the player will be. Players tart in a line facing the coach. The players continue shuffling their feet until the coach gives these commands: Loose ball – Players dive on the floor in front of them, then return to their feet as quickly as possible and begin shuffling their feet in place Shot – Players should close out chopping their feet with a hand up when this command is given, and then return to chopping their feet Charge – This is how the drill should end, with the players taking a charge and falling on their butts NOT THEIR WRISTS! It should be a high energy drill. Sword Fight You can use this drill to teach your team how to help and recover on dribble penetration. Each player should have a partner that they are lined up across the lane from like in the diagram below. Overemphasize the communication aspect of this drill. It will go a long way. VCU Defense This defensive basketball drill works on several different movements that players will need on the defensive end. Players start out on the block of the lane. Sprint to the opposite elbow Slide to the other elbow Backpedal to the block they started on Slide over to the other block A player on that block will roll the ball out and the player in the drill should dive on it Then the player that rolled the ball takes a charge from the diver after they

get up The diver then becomes the next person to roll the ball and the next person begins on the other block.

**Partner Chase** This drill can be used as a defensive and offensive drill. The offense starts at the volleyball line and defense starts behind them at the half court line. Once the offense breaks for the basket, the defense sprints and tries to back-tap the basketball from the offensive player.

**Baseline Block-Out** This is a fun drill for you to teach holding a blockout after making contact with a player. Have your players partner up, and place a basketball on the baseline for each set of partners. Have one offensive player stand at the free throw line, and a defensive player facing him an arms length away. On the blow of your whistle, the defenders should turn and begin to block their partner out. The offensive player should be trying their hardest to go get the basketball on the baseline. Have four offensive players line up free throw line extended and four defensive players line up on the baseline. Have a coach throw the ball to one of the offensive players. As the ball is thrown, the guy guarding the shooter should close out, and then box out the shooter, while the rest of the defenders should make contact with their man, turn and box him out, then go get the rebound. This can be turned into a game, only allowing points for defensive rebounds.

**Zig Zag Defense** This drill works on turning your man when you are playing defense and beating them to the spot. It also works as a dribbling drill, as the ballhandler has to dribble with defensive pressure. Players partner up, with one playing defense and the other playing offense in the corner on the baseline. The defense should work on moving their feet, playing defense without their hands, and beating the offense to the spot. They should try to turn the offense as many times as possible. The boundary lines are the sideline and the volleyball line for the offensive player to maneuver around in down the court. Once the players get down the court, they should go to the other corner, and perform the drill going back down the other side of the floor, with the offensive and defensive player switching places.

**Shooting Drills**

**3 Man, 2 Ball Shooting** This is a great drill to get a lot of shooting reps in a short amount of time. Each group should have three players and two basketballs. The first player with a ball should shoot, get his rebound and then pass to the guy in the group without the ball, then continue moving until he receives the pass for his next shot. This pattern is continuous.

**Shot fake Shot fake, 1 dribble to the rim Shot fake, 1 dribble step-back All three-pointers All curl cuts All flair cuts** There are several variations you can run in this drill. You can also make it a contest and say the first group to 10 makes wins. In this drill, players shoot five different shots in succession: Read The D Shooting This team shooting drill helps players read the defense when they are coming off of a downscreen. You can run this drill from either side of the floor. Players will walk their man down and then make these cuts: Curl for a layup Backdoor for a layup Flair to the wing for a shot Point of emphasis: Doubles Shooting Drill This is a great shooting drill that can be run as a competition. In this drill, there are five spots that players will choose from. If a player makes two in a row from a spot, they move on to the next spot However, if they miss two in a row, they move back a spot The object is to see how quickly the shooter can make it all the way around.

**Elbow Shooting** This shooting drill incorporates conditioning. It can also be a competition between teams. You have one team of players on one elbow, and the other team of players on the other elbow. Players will shoot the ball from the elbow, throw it to the next person in line, and then run to the other end of the court, touch the baseline, and then run and get back in line. You can set a time limit, or say the first team to a certain number of baskets wins.

**Close Out Jumpers** This shooting drill works on shooting with a defender closing out on a player. It can also be used to work on closeouts for your defense. This drill can be run from any spot on the floor in which you want your players to work on contested jumpers. You start with a line under the basket with the basketballs, and a line where you want your players to shoot from. The player catches the ball and shoots it while his shot is being contested.

**Screen Away Shooting Drill** A shooting drill that works on shooting off of a screen away from the ball. This drill starts with a line at the top of the key and a line on each wing. The ball starts at the top of the key. The player at the top of the key will throw the ball to a wing, and then screen away for the opposite wing. The opposite wing will use the screen and come off of the screen with their hands ready. They will receive a pass and shoot the ball. This drill helps to work on basic motion cuts and shooting off of a screen. The players can curl, straight cut, flair, or backdoor off of the screens.

**Fast Break Jumpers** This is a good drill to use to work on shooting while in a transition break. This drill starts with a line under the basket with the basketballs, and a line out on the wing. The player under the basket will throw the ball off of the backboard and get the rebound. The player on the

## **BASKETBALLS HALF-COURT OFFENSE pdf**

wing will get the basketball and attack the elbow on the other end of the floor. After the shot, the players can come back on the other side of the floor doing the same thing. You can have the players shoot jump shots, one-dribble pull-ups, layups, and more. Five In a Row Shooting This is a drill for your players to work on grooving their shot and to use as a competition.

### 5: 37 Basketball Drills for Coaches

*Offense in the half-court has become an important way of scoring for teams for all divisions of basketball. An effective half-court offense with multiple options forces defenses to break down and.*

It gets your players moving and often results in lay-ups and good shots. There are good counters and options to confuse the defense. This is a simple pass, cut, and fill offense that offers a variety of counter options based on how the defense chooses to play. It uses a high set, or 4-out set. All five players are interchangeable, and spacing, screening, cutting and good passing are paramount. All five players can post up inside. The offense is deliberate, often with multiple passes and places value on each possession with high percentage inside shots, or free-throws. Coach Bo Ryan The Swing offense is used against man-to-man defenses and combines elements of the UCLA offense, the flex offense, and the triangle offense. There can be a number of entries into the offense, and there are counters for every kind of pressure defense. Set plays can be called as well. This is a man-to-man offense and looks a little like the Princeton with the high set, but instead is a patterned offense with continuity. Scoring options come off screens and open cutters. A "pattern" implies predictability and the defense will begin to expect certain movements, passes and cuts and will then often "cheat" and deny or overplay. This offense has counters for defensive overplays. Often scoring occurs by reading and attacking an overplay. This offense is designed to be a deliberate, tempo-control offense that looks to get high-percentage inside shots. As in any good offense, the 3-point shot can be taken when open, but our main goal here is inside shots, post-moves, lay-ups, free-throws, and attacking the offensive boards for rebounds. Here we present two basic patterns Either both can be used by simply having the point-guard call "High" or "Low". Both offenses have continuity and can be run patiently, indefinitely until the defense breaks down and a good inside shot is obtained. He presents the offense and has two excellent DVDs, detailing the three sets "chin", "motion" and "shuffle" , and shows how they easily flow into one another. Many options are available at each point in the offense. It is a read and react, perimeter-based, patterned offense that also allows for free-lance motion. Discussed are the basics of the offense and many set plays. Plays are designed for your best shooters, your post players, and several pick and roll plays are included. It is a power game with inside post play and scoring in the paint, as well as trips to the free-throw line. Opposing post players frequently find themselves in foul trouble. Offensive rebounding is a strong asset. The T-game can be used vs either man-to-man or zone defenses. It is flexible using either a "single-post" or a "triple-post" option. The offense is based on spacing and movement, with little screening, and has continuity from side to side. Like other "patterned" offenses, it is somewhat predictable, but as with all offenses, execution is the key. The T-game is fairly easy to learn. O3, O4 and O5 are interchangeable and all learn the same roles, whereas O1 and O2 are also interchangeable. T-Game Triple-Post Offense Grinnell Offense Developed by coach Dave Arseneault, this is a fast-paced, high-scoring "system" with his teams averageing points per game. Many players will get playing time and no-one plays the entire game. You need two or three good point-guards who can score. Grinnell Offense Basketball Offense - Delay, Tempo-Controlling Offenses Sometimes you need an offense to slow things down, to delay the game and control the tempo, or to simply run the clock out at the end of a half or the end of the game when you have the lead. Here are several "delay" offenses.

### 6: Utilize "The Buzz" Half Court Trapping Defense to Force Turnovers and Tempo

*only coach to be named USA Basketball's Developmental Coach of the Year twice; past President of the Women's Basketball Coaches Association For information on purchasing this entire video, go to.*

Share on Facebook The basic objective in basketball is to score more points than your opponent. In a halfcourt offence, the offensive team wants to create situations for open shots, layups and defensive mismatches. Through proper ball movement, player movement and teamwork, teams can score in their halfcourt offensive sets. Swinging the Ball Within the halfcourt offence, players set up on the strong and weak sides, spacing themselves and drawing the defence. An offence can make its opponent work by passing the basketball from strong side to weak side. This is known as swinging or reversing the basketball. This wears the defence down while the offence waits for their opponents to make a mistake. This also allows the offence to wear down the defence before they attempt to score. Quick offensive players like Eddie Jones often have isolation plays run for them. NBAE Photos Isolation Plays If a team has a star player, they may try to get him in situations where he has the ball and room to create a play. In an isolation play, four players stand on the weak side of the floor, bringing their defenders with them. The strong side is cleared out, allowing the offensive player to isolate or go one-on-one against the defensive player. Quick offensive players, such as Miami Heat guard Eddie Jones, often have isolation plays run for them. This player is the go-to guy, who can pass or create his own shot when the play breaks down. Great one-on-one players with size and court vision are able to see over the defence and pass out of a double-team situation. The other two players will be involved in the isolation, usually with one in the post and one on the perimeter, where they will play a game of two-on-two on the strong side of the floor. One element of the two-man game is the pick-and-roll. A pick-and-roll, or screen-and-roll, is when an offensive player, often a forward, sets a pick or screen, usually near the foul line. The player with the ball, often a guard, drives directly toward the pick. The screener then rolls toward the basket and takes a pass from a teammate for an open shot. The Houston Rockets are able to run pick-and-rolls because their guards, Steve Francis and Cuttino Mobley, have the ability to run off the screen for a pull-up jumper, drive to the basket or pass to the forward who set the screen. High Post A high post offence is when the offence is initiated with a forward or centre receiving the ball at the foul line. The high post player with the ball has five options: The Sacramento Kings often utilize the high post offence because they have two big men, Vlade Divac and Chris Webber, who can pass the ball and shoot from the outside. Motion Offences In basketball, teams play to their strengths. For quick, athletic teams, a motion offence that favors constant movement and passing often creates good opportunities to score. A pass-and-screen-away play is when the player with the ball passes to a teammate then sets a screen for another teammate for an open shot or layup. A give-and-go is when a player passes the ball then cuts to the basket for a return pass and layup. Triangle Offence The triangle offence was a motion offence created by legendary University of Southern California coach Sam Barry in the s. The Bulls enjoyed great success with the triangle offence, winning six championships in the s. The triangle or triple-post offence is designed to bring out the best skills and talents of an individual player within the framework of a team offence. It assumes all players have the versatility to play any position on the court, which was possible for the Bulls with talented mid-sized players such as Michael Jordan and Scottie Pippen. The offence consists of constant player motion, cuts and passing. The object is to space the floor to create opportunities to drive, pass, shoot or cut. The offensive team sets up the triangle on the strong side with a low post player, a baseline player and a player on the degree angle, forming a triangle. Each of these players, when they have the ball, has the option to shoot, pass or drive. If the ball is passed, the passer cuts to the basket or screens away for a weakside player. The passer is replaced in the triangle by a weakside cutter coming to the strong side. It is important that the floor is balanced and spaced for cutters and there is constant passing and movement by the offensive team. The triangle offence often leaves the baseline open, where a great offensive player like Lakers guard Kobe Bryant likes to drive.

## 7: Half Court Ball Movement

*This post flash cross screen basketball play is a great play to get a shot right at the basket. If you have missed a couple of long shots and are struggling to score this is a good play to run. If you are running the cross screen for a wing then they need to either finish quickly or shot fake and draw the foul.*

Utilize "The Buzz" Half Court Trapping Defense to Force Turnovers and Tempo - By David Jooss This half court trapping system has very simple rules and allows players to be aggressive and force turnovers while also forcing tempo. I have found this defense to be very beneficial to my varsity team and I think it is best utilized as a second defense to a solid man to man. This defense steals practice time from your opponents as they must prepare for this different look. Here are the simple rules. Smaller of the two guards, usually the point guard. Usually most athletic player, needs to cover a lot of ground. Post player, helps if this player has solid lateral movement as they also have to cover a lot of ground. This position has led our team in steals the last three seasons. Ball At the Top: When the ball is out top we are in our home base alignment. We are trying to force lob passes and gamble and try and get deflections. With our initial alignment being right at the middle circle, we are automatically forcing the offense to start their offense away from the basket. X1 and X2 are playing the passing lanes, X3 and X5 have their backs facing the sideline, and X4 starts at around the top of the three point line or wherever the high post is positioned. When the ball is caught in the wing area, it will be the ball side guard and forward working to play the passing the lanes and the weakside guard and forward working to be interceptors. The X4 player stays in line with the ball and the basket not allowing catches in the post area. Ball in the Corner: When the ball is in the corner, X3 hard pins the ball in the corner playing the passing lane out top and X4 plays between the corner and the basket. X5 is in position to help on the post if the ball is driven baseline while also being in position for a skip and for weakside rebound. X1 and X2 are reading shoulders and getting in intercept position. Ball in Short Corner: When the ball is caught in short corner, X3 and X4 trap the ball hard, X5 slides over and low side fronts the post. X2 gets into position to take the pass away to mid post area or the top and X1 sprints to opposite block area to cover the weak side area. Closing Out to Gaps: It is critical that defenders close out to the gap areas and not at the player. The only time the defenders should close out right at the offensive player is if they are preparing to shoot a three near the arc. When a shot goes up, it is critical that the defense forms a weakside wedge with the two weakside defenders X2 and X3. All 5 players rebound on every possession. Start in press and fall back into the buzz. What do you think? Let us know by leaving your comments, suggestions, and questions

## 8: How to Run an Effective Full-Court Press in Basketball

*Basketball's Half-Court Offense [John Calipari] on [www.enganchecubano.com](http://www.enganchecubano.com) \*FREE\* shipping on qualifying offers. Whether your team is trying to win its first game of the high school season or preparing to take the floor for the national championship.*

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Half court is a term used in basketball for the middle line of the basketball court. A shot taken from half court, referred to as a half court shot, is a shot taken from beyond the line at center circle. Anything beyond the half court line is considered a full court shot. It is most commonly used as a buzzer beater. It is also a streetball term where the teams only use half of the full court. The most common backcourt shot style is known as "the Runner". If the shooter has a few seconds to spare, "the Runner" can be used to shorten the distance to the rim while also adding extra power to the shot. Other backcourt shot styles include:

Half court shots are widely considered to be the lowest percentage shot in basketball. A half-court shot is attempted roughly 25 percent of the time to finish the first, second or third quarter; though, its much rarer in the fourth. In some instances, NBA players will intentionally avoid shooting a half court shot before the buzzer. Such players are more interested in protecting their field goal percentage than providing an opportunity though unlikely for the team to acquire 3 more points. Since field goal percentage is accounted for during contract negotiations, some players think it is an intelligent business decision to refuse to toss a low percentage shot at the rim. Andre Miller may have attempted over his career the most half court shots of any player. During his first 13 seasons in the NBA, Miller went 3-for from beyond half court. Jason Williams and Andre Miller each attempted 12 half court shots in

The record for most half-court shots made in a single NBA season - by all NBA players combined - was set in the season at He shot it with 0. The current record holder for most half-court shots in a minute is Green Bay point guard Eric Valentin , with eight shots scored in 60 seconds. Branstrom did, however, score the shot. It was widely reported in the media; [13] while filming a teaser for WDAF-TV , reporter Rob Low jokingly attempted to recreate the shot by standing in the same court with his back to the hoop and throwing the ball - he also scored the shot, much to his surprise. Trailing with only 2. NBA half-court statistics[ edit ] Season-by-season breakdown of shots from beyond half-court [25] Season.

### 9: Basketball Offenses, Coach's Clipboard Basketball Coaching and Playbook

*Be careful not to fall into a lull by just reading overall stats. You might play a team that is poor in transition so your stats get padded by your fast break but your half-court offense was not efficient.*

Sometimes it is just a short quote or thought and sometimes it is a detailed series like this one. Whatever it is, it is always worth taking a look at. You can read his entire series on half court offense at this link: [Thoughts on Half Court Offense](#) Do you have a method of flowing into half-court offense out of your fast break? Out of your press offense? Out of your special situations? Do you practice flowing? We are big believers in that all half-court offense in the whole method should be concluded with at least one conversion. This allows the work you need to execute how you will flow as well as work on your transition defense. Do you chart your half-court offense? Or do you just chart your offense overall? But what was your stat line in just half-court offense? If you eliminated transition, press offense and special situations then what did your team shoot from the floor? How many free throws? Be careful not to fall into a lull by just reading overall stats. You might play a team that is poor in transition so your stats get padded by your fast break but your half-court offense was not efficient. Regardless of your desire to run, remember 3 keys: Seventy-five percent of all field goals come in half-court situations 2. The better your opponent, the lesser number of transition opportunities. Transition baskets decrease on the road. I think those numbers hold close today. I also strongly believe that those numbers hold true in post-season basketball. Players may be a little more hesitant to run "at least early in a play-off game" not wanting to make mistakes. As you advance in the playoffs, you will obviously play better teams and part of them being better will most always include good transition defense. Even coaches tend to get a little more conservative in the post-season. As you go through the season, and you are scouting or just watching a game on television, pay attention to some of these trends. Of course part of this is because of good defensive play but that again goes to the need to execute in the half-court against good defensive teams. If you want to be consistently effective in offense if you want to advance in post-season play work daily to become a good half-court offensive team. Today we are going to talk about components of good half-court offense and hopefully give you some things to consider when your are putting together your offensive system of play. The components, or characteristics of good half-court offense are certainly debatable based on your philosophy but ever successful half-court offense will have their own particular elements in which they will base their play around. I have always believe in the importance of getting to the free throw line. Again, this is my philosophy and that does not make it right or wrong. If getting to the free throw line is part of what you want your offense to be, than that will guide you to answer a few other questions along the way. You can read that post at: [Components of Good Half Court Offense](#) 1. Obviously in regard to quick hitters you may not have good spacing in the beginning but it should be part of the flow of your offense. So much good stuff comes about because of spacing including the ability to feed the post, drive to the basket, and open up penetrating cuts. It helps neutralize the help of the defense as well as spread the defense to put more pressure on them. Initial Alignment Regardless of what you are doing offensively, how you initially begin in your set should be of importance. The placement of the players can first distort the defense as well as help you maximize your entry options. Take a look at your personal and take advantage of your own team with the alignment. Entry Options All offenses need the ability to have the ball entered. Obviously on of the more common entry passes is the guard-to-wing. Give thought to how you are going to enter the ball to get your offense started "no matter why type of offense you run. Regardless of how important your initial entry option is, you must be prepared for it to not being open. I once read where pilots have to file a flight plan and that than they are to create a back up plan. Do the same with your entries. Counters This is especially important if you are running patterned or continuity offenses. Teams that run patterns and continuity all have a specific pass and particular receiver to keep the offense going. From the defensive standpoint, we would work hard to take the particular pass or reciever away fromt he offense. If the team has a counter for when that is denied, than they can continue to attack offensively. It is always easy to spot a team that may not rely on counters. You can see their need to hit the high post player at the top of the key to reverse the ball and when it

is denied, she will step a step higher and then a step higher” working hard to get open just to keep the offensive alive. If you have a shot clock to work with, you must be very effective at flowing into something to be successful in your half-court offense. If I could again refer back to my defensive philosophy, the offense setting up means our defense gets to reset as well. If you are going to flow into motion or a continuity, make sure you work on it in practice. And if you are going to pull it back out and call another play, you should work on that as well.

**Paint Presence** This is certainly open to debate but I strongly believe that successful half-court teams are great at getting paint touches. But good offense knows how to score inside” even if they are primarily a 3-point shooting team. Ever tried posting up a guard? It is a very difficult thing for a defense to handle. Paint touches can also come from dribble penetration or flashes into the post. Very few things put more pressure on a defense than a team that can get the ball to the paint. Last year Duke was 34th in the nation with over 20 3-pointers a game. Yet they also managed to average 22 free throw attempts a game.

**Shot Selection** This is again open to interpretation and philosophy but what I do think is important that you have it defined for your players individually and for your team as a unit. The whole goal of good offense is simply stated: It is up to you to define what constitutes a good shot for your team. Do not leave it open to the imagination of your players. Be specific and make sure you are constantly reviewing with your team the type of shot you are expecting.

**Valuing the Ball** All good offense is also about possession. Good offensive teams take care of the ball. A big part of this will be your ability to emphasize that to your team on a daily basis through practice, skill development and video. But you can also aid it by the structure of your offense. While at LSU, dribble usage was a big part of our offensive philosophy and here is how we viewed it: Again, this does not have to be your set of principles, but make sure your team understands what you expect. The same holds true in passing. By having some design thoughts on when, where, how and who to pass it, you can help your offense to better maintain possession of the basketball. There are two major thoughts in having good floor balance. The first is making sure that you have good board coverage. This obviously can be enhanced by having a set philosophy on shot selection” it is easier to rebound when you have a good idea of who is going to shoot and when and where they will shoot it. But having good floor balance can put your best offensive rebounders at the best spots on the floor to attack the glass. The other component of floor balance is defensive. Good floor balance certainly benefits your transition defense.

**Ball Reversal** This is another one that could be questioned by a few coaches with various philosophies but I think a good half-court offense must be able to effectively reverse the basketball. The better the defense, the more difficult it will be to score on a first-side entry pass. So you have to work on options to reverse the basketball and how you will attack from that” especially with the thought that some defenses will work hard to prevent the ball reversal action. One on one moves were much more efficient after 3 to 4 passes and 1 to 2 court reversals. It will also often give better opportunities because of the ballside action being slow to get to help or not getting to help at all.

**Patience** This could coincide with Ball Reversal and again philosophically some coaches might not agree with it making the list of elements necessary for a good half court offense. The art with being effective while being patient is maintaining aggressiveness. Patient is not complacent. Patient is now slow. Roy Williams thinks patience in offense is important because the longer you aggressively run your offense the more likely the defense will have a breakdown. In fact, good offensive patience could be defined as running your offense aggressively until you can take advantage of a defense breakdown. Do you have a way to communicate patience? At LSU, we would hold up five fingers to indicate that we must have at least five passes before shooting a jump shot. We would also hold up a fist to indicate that the ball must touch the paint once before a jump shot. To maintain aggressiveness, we would always let our team that they could take a lay-up at any time.

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