"7 SECONDS OR LESS"
OFFENSE:
The offense that brought "Run and Gun" to the Phoenix Suns and New York Knicks

Introduction to "7 seconds or less" offensive playbook

This offensive playbook consists of the secondary break, quick hitters, half-court sets, and out of bounds series that have been developed by the Phoenix Suns and New York Knicks. It has a tremendous wealth of knowledge on how they would play the Run and Gun style that has been bought to Phoenix and New York.

You have to get your players to buy into this up-tempo style. Everyone loves to play up-tempo, but it takes getting your players into tremendous shape. This style of offense will be something that your players can buy into really quickly. It will be great for you, your players, and fans. Administrators want an up-tempo game, because they can sell it better to the fans.

Here are the principles of the "7 seconds of less" offense:

1. There are good shots and better shots.

2. It takes only one second to make an extra pass to the player who is more wide-open and better prepared to release his shot in rhythm.

3. We want an open shot most of the time.

4. This offense has several plays that are very similar, but each has a slight variation. You should always receive an open shot with these sets.

5. You play offense before the defense can get set, that is the value of the up-tempo game.

6. If you play fast then you will be a low-turnover team and not high-turnover team. If you don't throw too many passes then you can't throw it away as much.

"Coaching is at one level, the art of repeating and almost doing the same thing over and over so it doesn't look or sound like the same thing."

It isn't all X's and O's:

1. You must get the players to have undying self-confidence in what they are running and how they will tire down their opponent.

2. It is D'Antoni's belief that coaches must devise a game plan that they know and that they know everything about what their opponent will do. Players don't have to know everything. It slows them down.

I believe that you will love this offensive playbook that took almost 3 years to compile the information, 40 hours to draw the diagrams, over 100 hours of watching film on the Phoenix Suns and New York Knicks. It has 104 plays in it and many different variations of plays to set up your point guard to post player.

Disclaimer: This "7 seconds of less" offensive playbook wasn't written by Mike D'Antoni. It was compiled and organized from

watching film of the Phoenix Suns and New York Knicks and talking with former NBA coaches and scouts.

"7 Seconds or Less" Playbook

March 2, 2009

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Secondary Break

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Secondary Break

Drag Break

Secondary Break

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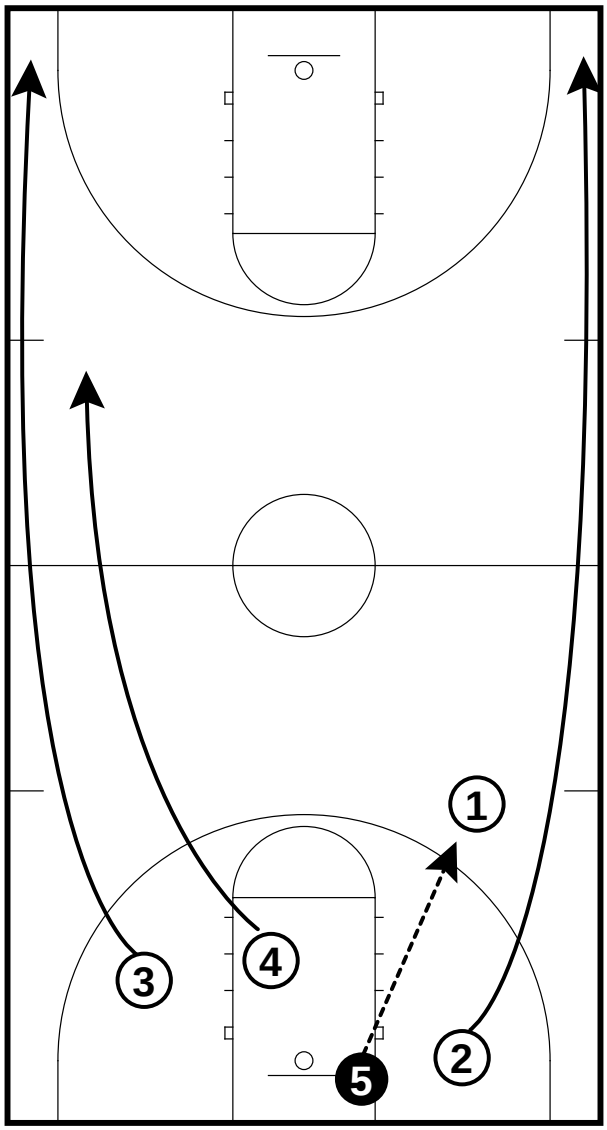
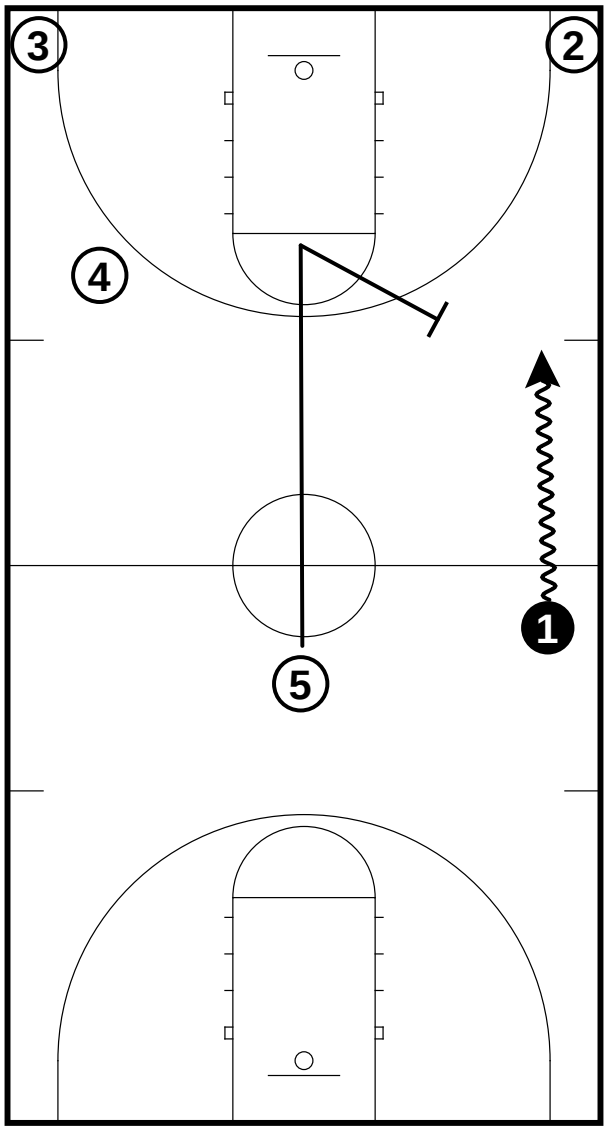


Blockout and rebound - All!
5 outlets to 1 - Deep about three point arc.
2 and 3 run the sideline wide to the corners
4 sprints wide to keep the middle open.

Drag Break

Secondary Break

Frame 2



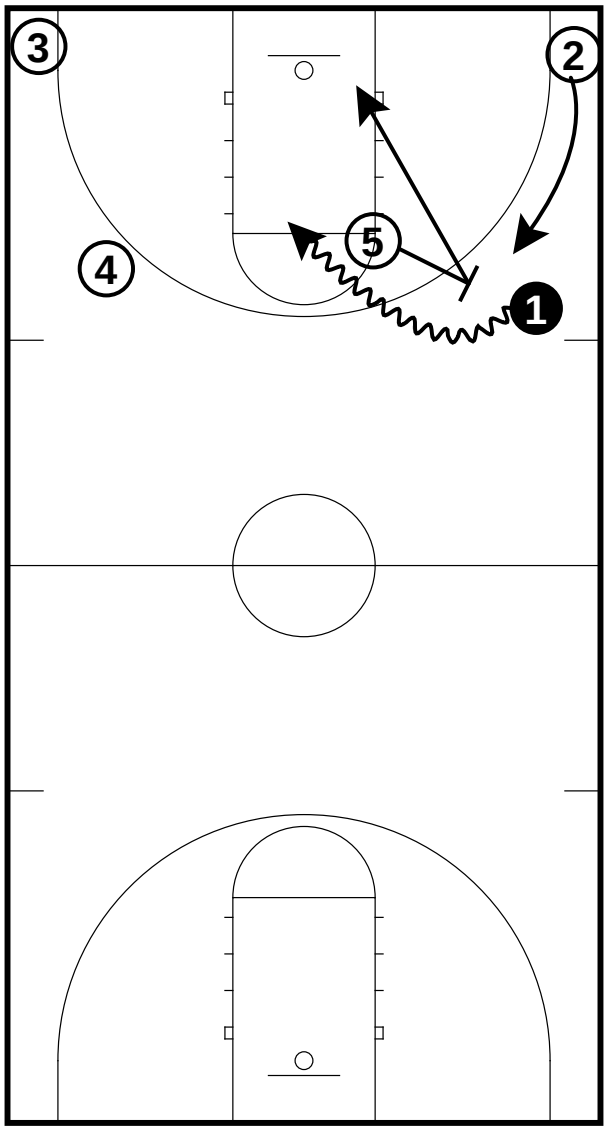
1 dribbles to the high wing. 4 spots up high and wide outside the three. 2 and 3 locate in deep corners. 5 sprints to the paint and then sets ballscreen for 1

Secondary Break

Drag Break

Secondary Break

Frame 3



1 drives off the 5 ballscreen. 5 dives to front of the rim. 2 becomes the back man and moves out of corner to wing area for throwback jumper. 4 and 3 spot up.

Half court sets

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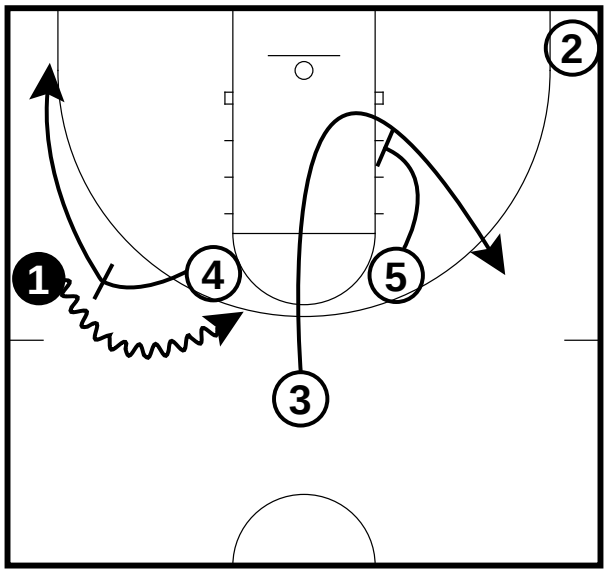
Half court sets

1 Bump

Half-Court Sets

Frame 1



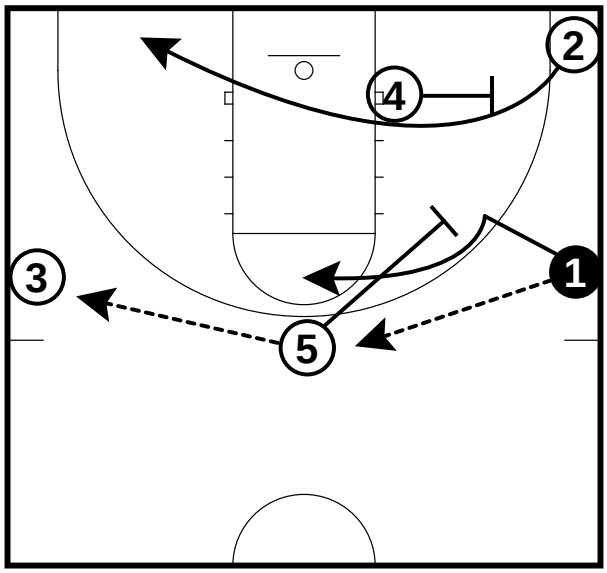
4 sets a ballscreen for 1. 3 sprints to the basket and comes off downscreen from 5. 2 stays. 1 uses the ball screen to get to the middle.

Half court sets

1 Down

Half-Court Sets

Frame 1

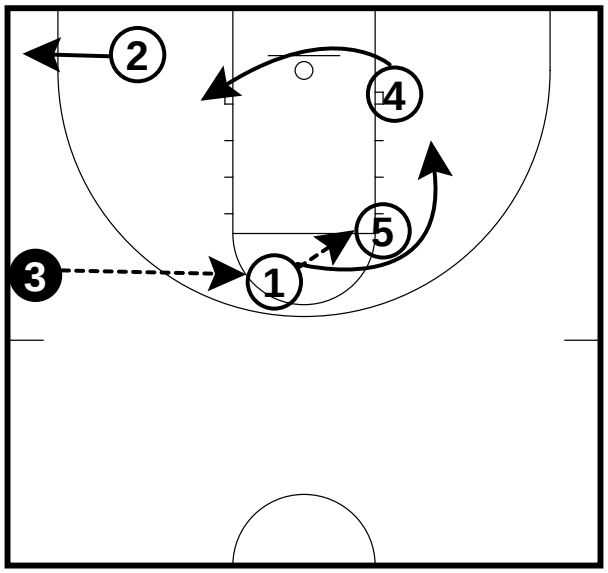


4 sets a baseline screen for 2. 1 reverses ball to 5. 5 passes to 3. 5 sets a downscreen for 1. 3 has the options of 2 and 1.

1 Down

Half-Court Sets

Frame 2



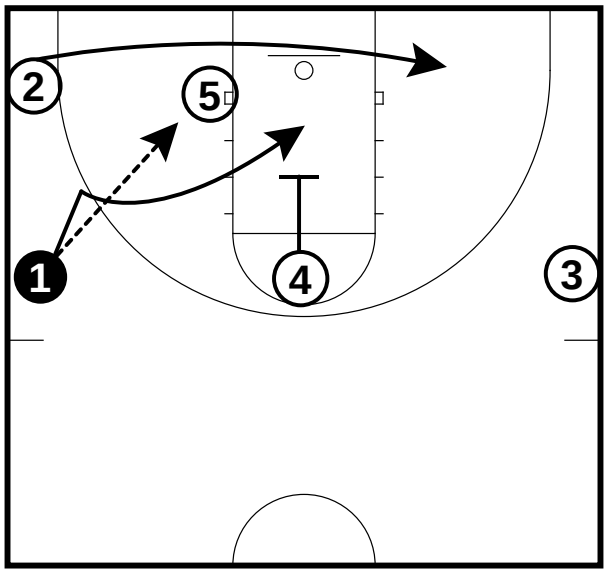
1 passes to 5. 1 comes off 5 for a dribble hand-off. 4 slides to offside block. 2 sprints to the corner. 1 looks to score or dish to 4. He has option to 5 for high post shot.

Half court sets

1 Down Roll

Half-Court Sets

Frame 1

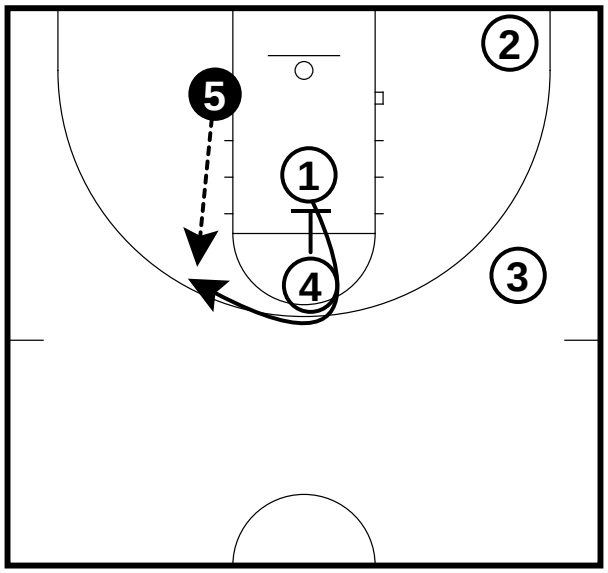


1 passes ball to 5. 2 clears ballside corner. 4 sets a downscreen for 1.

1 Down Roll

Half-Court Sets

Frame 2



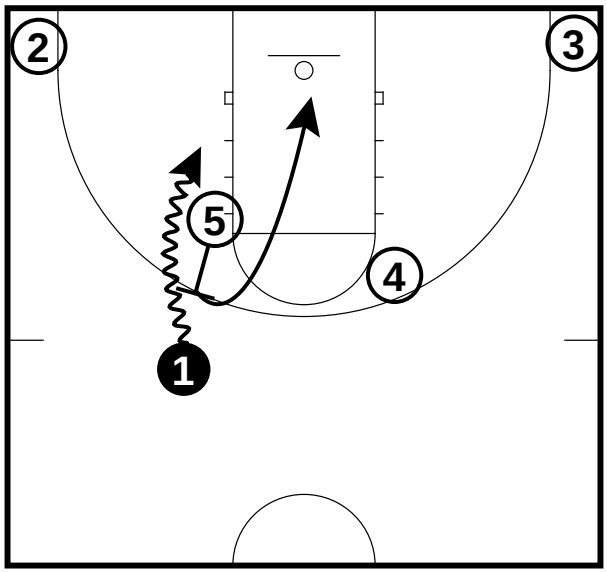
5 passes to 1 off the downscreen from 4.

Half court sets

Angle

Half-Court Sets

Frame 1



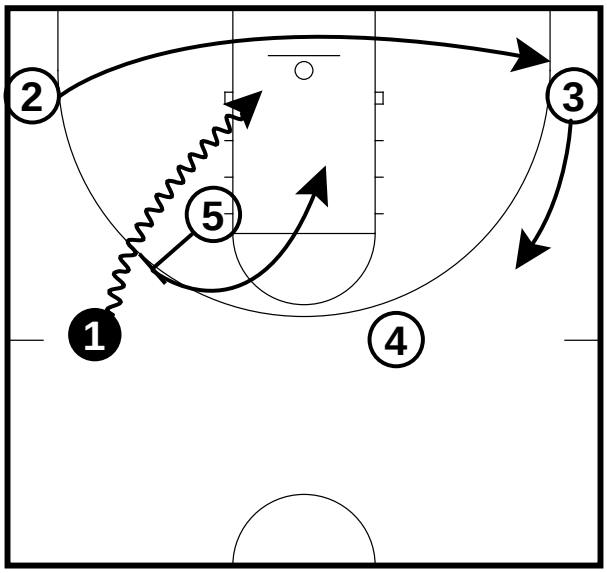
5 sets a ballscreen for 1 and rolls to the basket. 1 comes off ballscreen to get to basket. 2 and 3 stay in corners to spread floor.

Half court sets

Angle Clear

Half-Court Sets

Frame 1



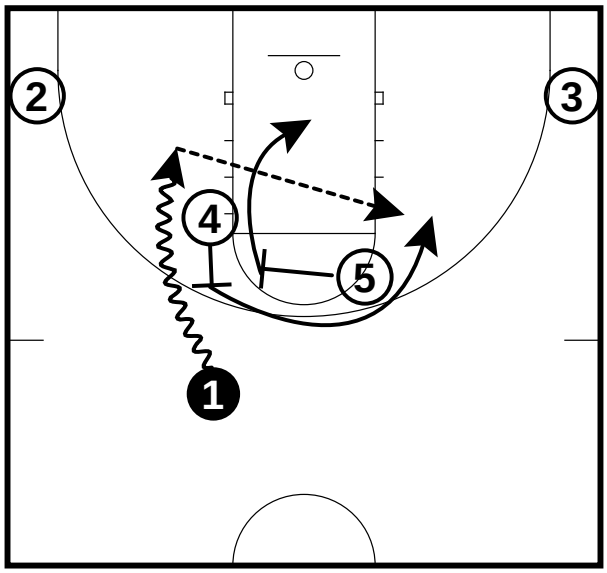
2 clears to the opposite corner. 5 sets a ballscreen for 1. 1 comes off the ballscreen to the basket. 5 rolls after the screen. 3 slides up the wing.

Half court sets

Angle Option 2

Half-Court Sets

Frame 1



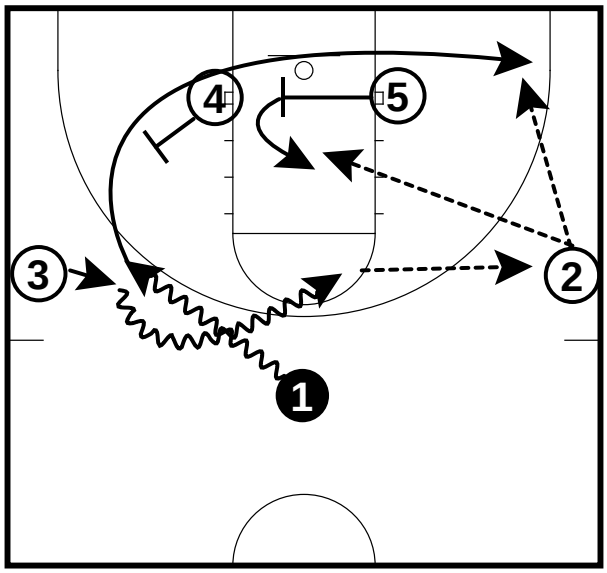
4 sets a ballscreen for 1. 4 receives a backscreen from 5. 1 drives to basket and passes to 4.

Half court sets

Handoff

Half-Court Sets

Frame 1



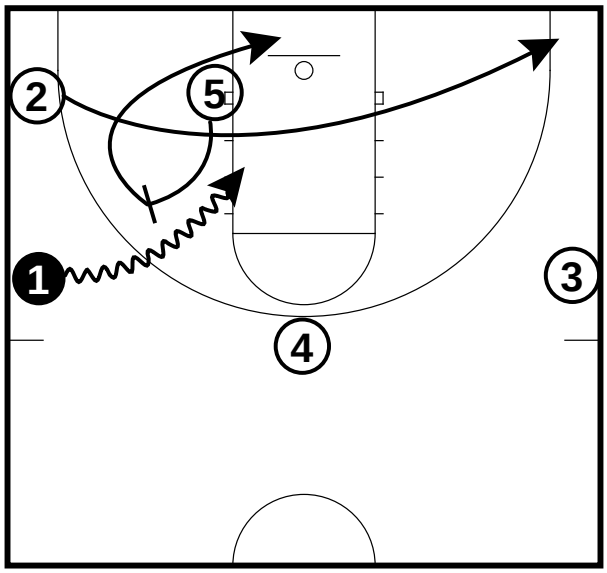
1 dribbles to 3 for dribble handoff. 3 dribbles hard off brushscreen to key and passes to 2. 1 comes off backscreen of 4 and cross screen from 5. 2 has two options.

Half court sets

Clear Fist 5

Half-Court Sets

Frame 1



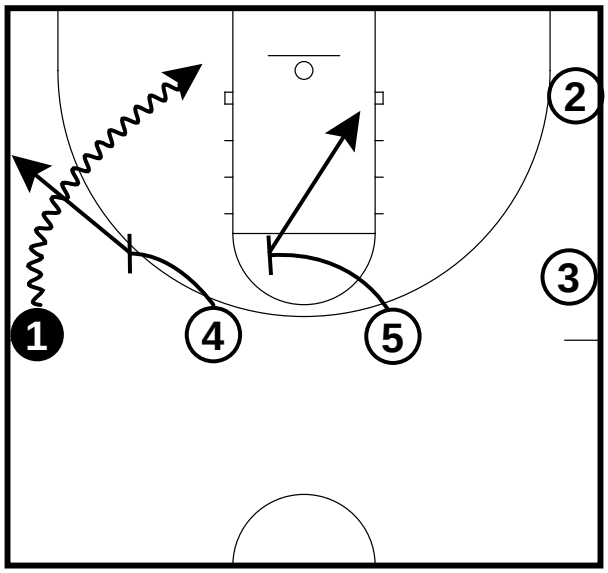
2 runs a flex cut off 5 to the corner. 5 steps out to ballscreen 1 and rolls on pick and roll to the basket. 1 comes hard off ballscreen.

Half court sets

Double Drag

Half-Court Sets

Frame 1

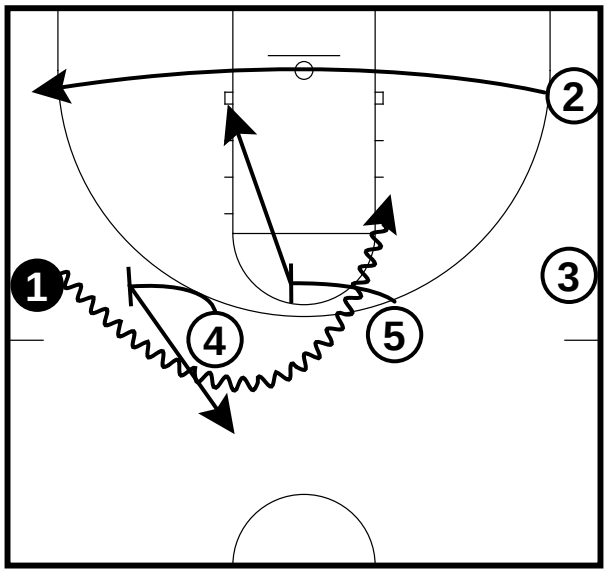


4 and 5 set staggered high screens for 1. 4 pops out and 5 rolls to the offside block.

Double Drag

Half-Court Sets

Frame 2



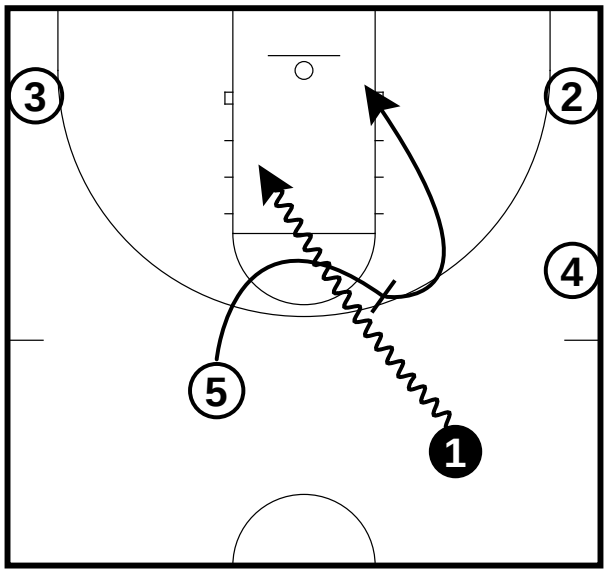
Option 1. 1 comes off staggered screens hard. 2 goes to the opposite corner. 4 pops out after screen. 5 rolls after screen.

Half court sets

Drag

Half-Court Sets

Frame 1

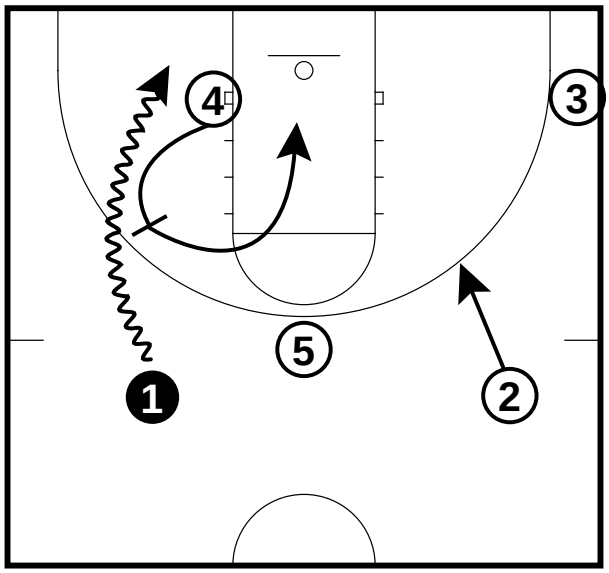


5 sets a high ballscreen for 1 and rolls to the basket. 1 goes hard to the basket.

Drag

Half-Court Sets

Frame 2



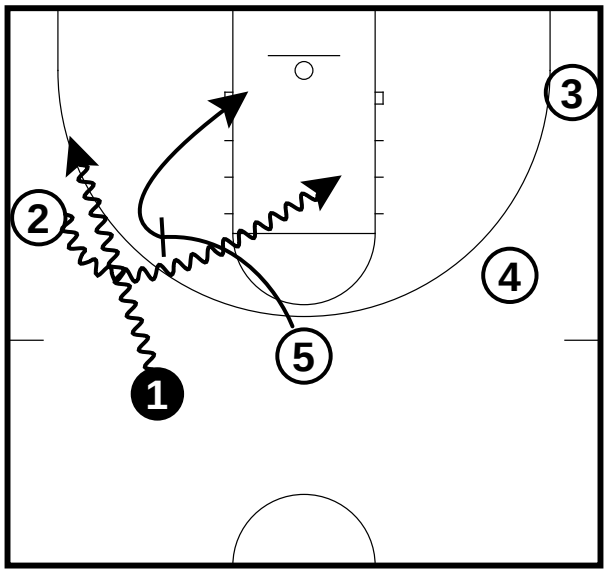
Option2: 4 sets a ballscreen for 1 and rolls. 2 spots up. 1 drives baseline to the basket.

Half court sets

Dribble Drag

Half-Court Sets

Frame 1

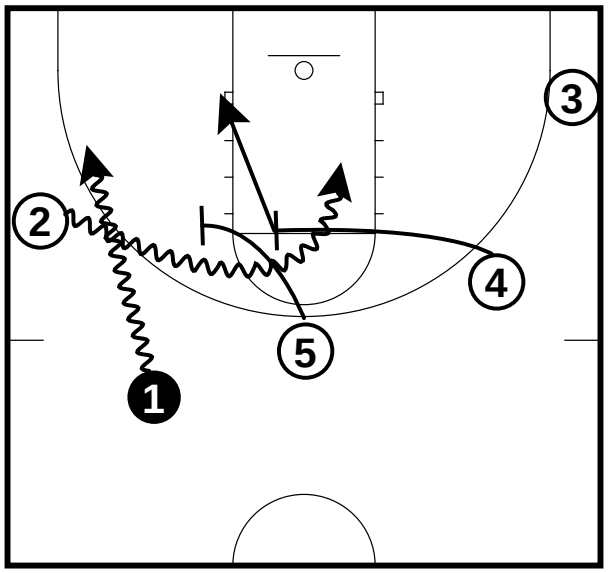


1 dribbles toward 2 for dribble handoff. 2 receives dribble handoff and receives a ball screen from 5. 5 rolls to basket after 2 comes off ballscreen.

Dribble Drag

Half-Court Sets

Frame 2



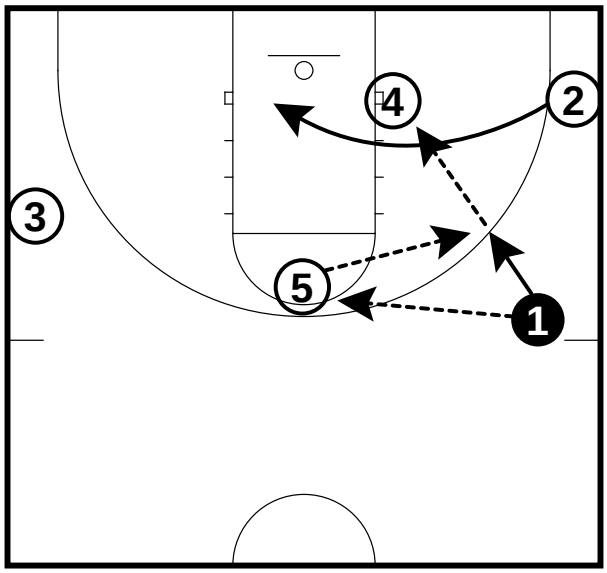
Option 2: 1 dribbles toward 2 for dribble handoff. 2 receives the ball and gets a staggered high screen from 5 and 4. 2 comes hard off the screens and 4 rolls.

Half court sets

Snap

Half-Court Sets

Frame 1



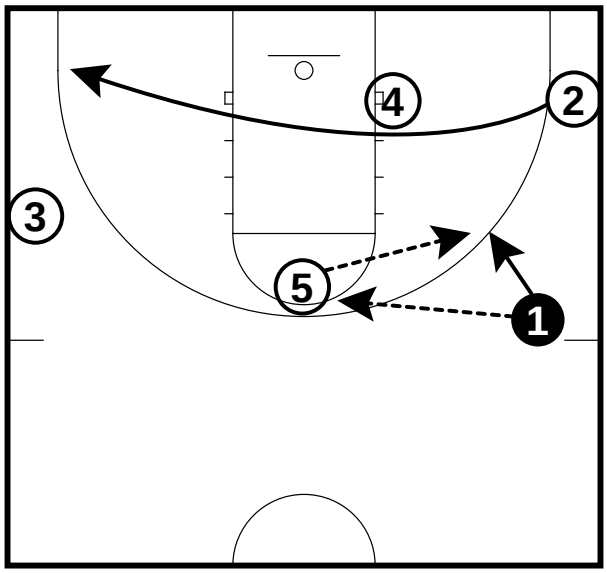
1 passes to 5 and then spots up at the wing. 5 passes back to 1. 2 comes off a flex-cut of 4. 1 passes to 4 on the isolation.

Half court sets

Snap Fist

Half-Court Sets

Frame 1

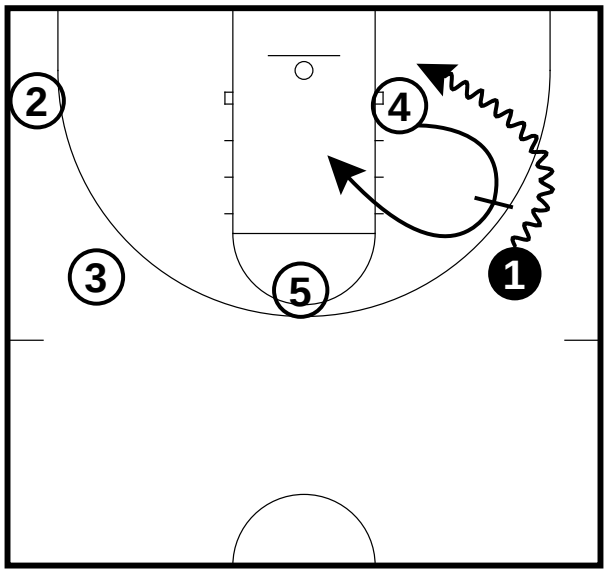


1 passes to 5 and then spots up at the wing. 5 passes back to 1. 2 comes off a flex-cut of 4.

Snap Fist

Half-Court Sets

Frame 2



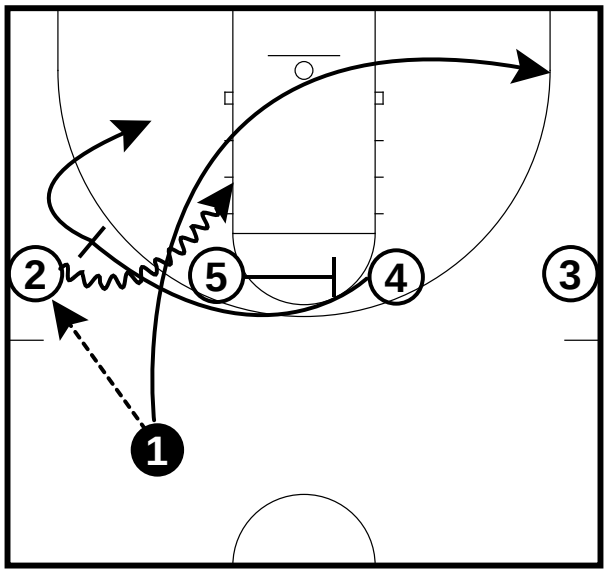
4 sets a ballscreen for 1. 1 comes hard off the ballscreen to the basket. 4 rolls after setting the ballscreen.

Half court sets

Get

Half-Court Sets

Frame 1



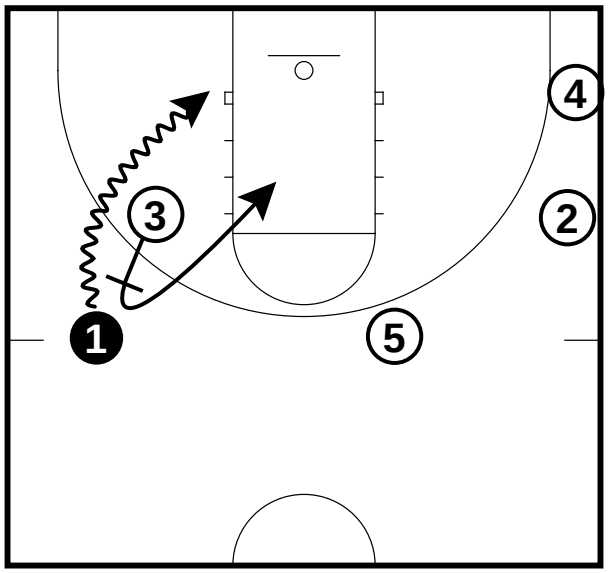
1 passes to 2 and cuts to the opposite corner. 5 screens 4. 4 comes off cross-screen and sets a ballscreen on 2 and then rolls. 2 comes off the ballscreen.

Half court sets

Step 3

Half-Court Sets

Frame 1



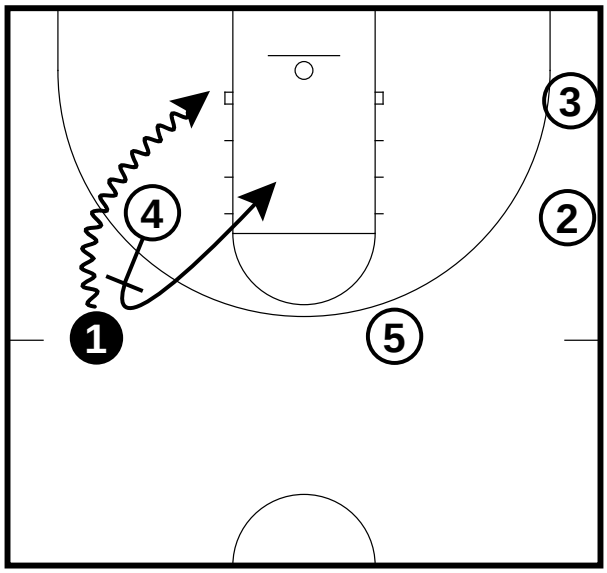
3 sets a ballscreen for 1. 1 goes baseline to the basket. 3 rolls after the ballscreen. 5, 2, 4 spot up.

Half court sets

Step 4

Half-Court Sets

Frame 1



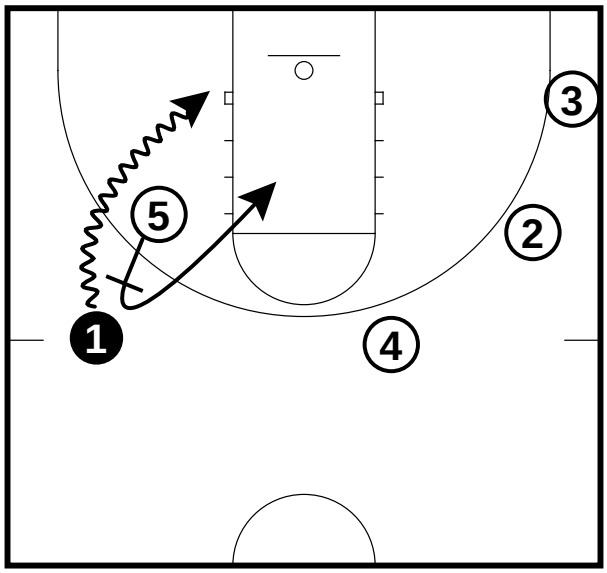
4 sets a ballscreen for 1. 1 goes baseline to the basket. 4 rolls after the ballscreen. 5, 2, and 3 spot up.

Half court sets

Step 5

Half-Court Sets

Frame 1



5 sets a ballscreen for 1. 1 goes baseline to the basket. 5 rolls after the ballscreen. 4, 2, and 3 spot up.

One Series

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1 Pop 24

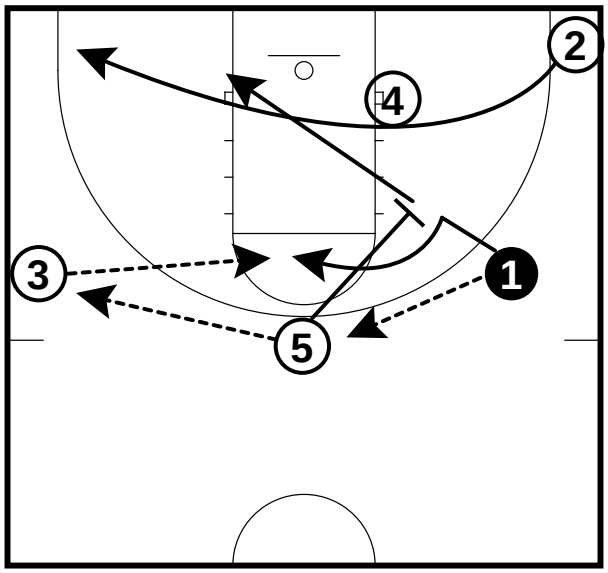
1 Pop Roll 25

One Series

1 Pop

Half-Court Sets

Frame 1

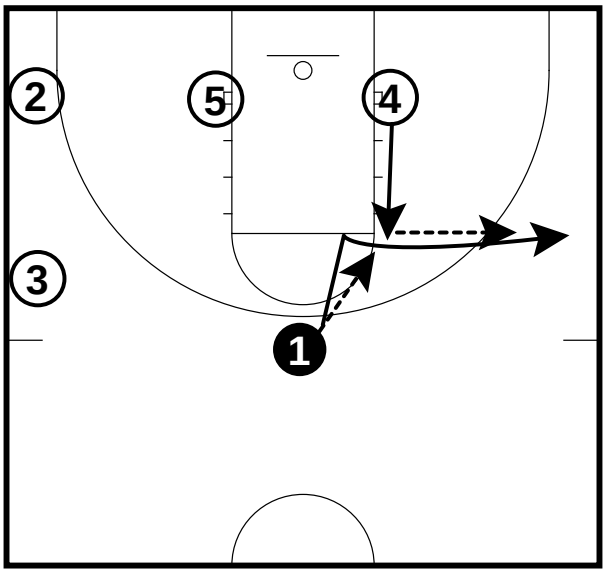


1 passes to 5 and 5 passes to 3. 5 downscreens for 1. 1 curls off screen. 2 uses a brush screen by 4. After 5 screens, he slips to ballside block.

1 Pop

Half-Court Sets

Frame 2

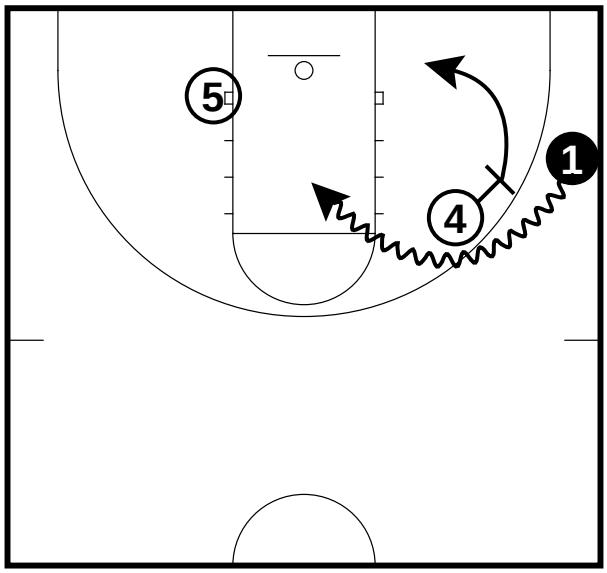


4 sprints up the lane. 1 passes to 4 and cuts out to the wing. After 1 gets on the wing, 4 passes to him.

1 Pop

Half-Court Sets

Frame 3



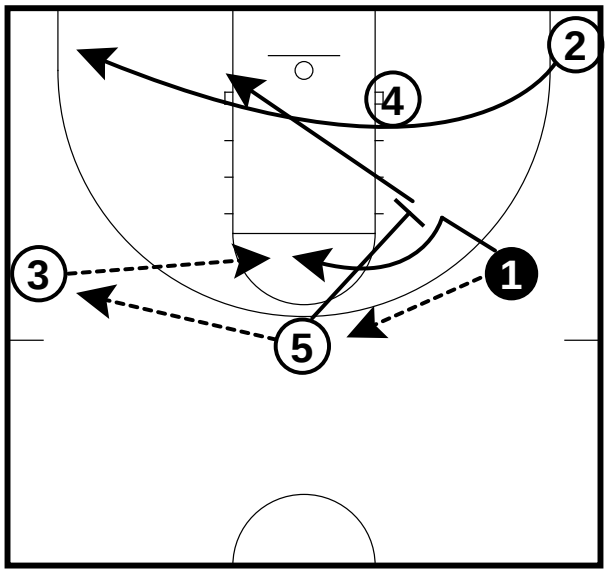
4 sets a ballscreen for 1. 1 drives hard to the paint and 4 rolls to the ballside block.

One Series

1 Pop Roll

Half-Court Sets

Frame 1

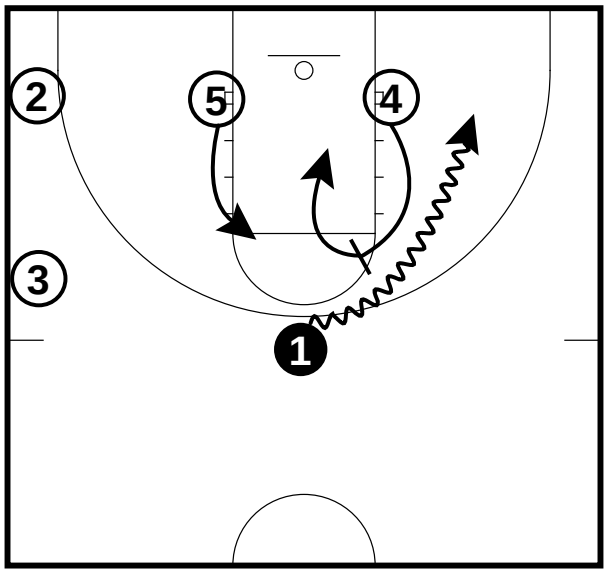


1 passes to 5 and 5 passes to 3. 5 downscreens for 1. 1 curls off screen. 2 uses a brush screen by 4. After 5 screens, he slips to ballside block.

1 Pop Roll

Half-Court Sets

Frame 2



4 sprints up the lane and sets a ball screen on 1. 1 comes off the ball screen hard. 4 rolls after screen. 5 slides up to offside highpost elbow to clear space.

2 Series

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2 Down 27

21 Dribble Drag 28

2 Down Bump 29

21 Chase 30

21 Pinch 31

2 Down Pop 32

2 Down Roll 33

2 Down Roll Reverse 34

2 Down Roll Elbow 35

2 Side 36

21 37

21 Backdoor 38

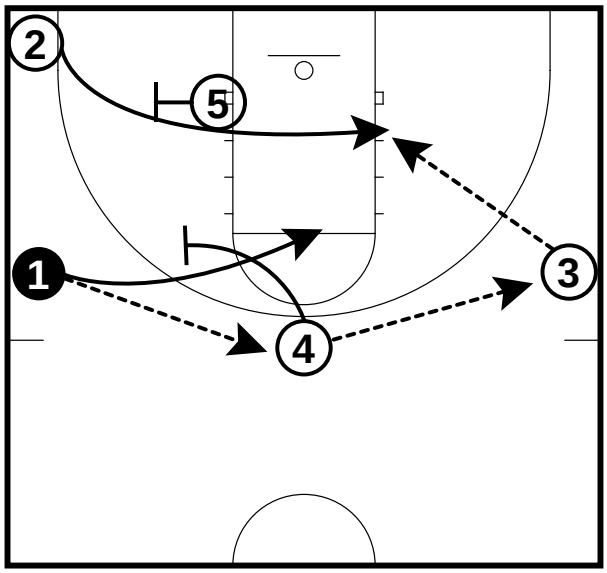
21 Quick 39

2 Series

2 Down

Half-Court Sets

Frame 1



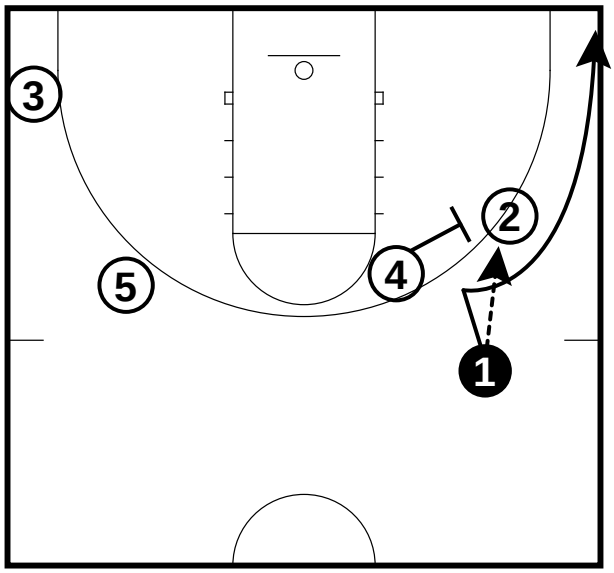
1 passes to 4 and 4 passes to 3. 4 sets a cross-screen for 1. 5 sets a flex screen for 2. 3 passes to 2.

2 Series

21 Dribble Drag

Half-Court Sets

Frame 1

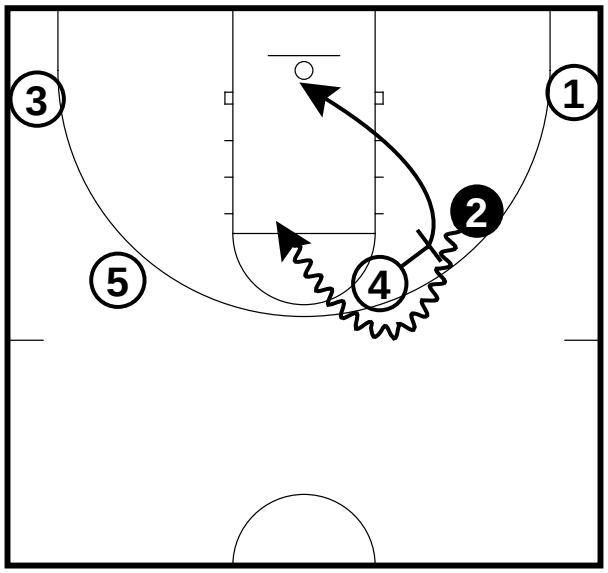


1 passes to 2. 1 cuts toward basket and then does a fake dribble handoff and goes to corner. 4 begins to set ballscreen for 2.

21 Dribble Drag

Half-Court Sets

Frame 2



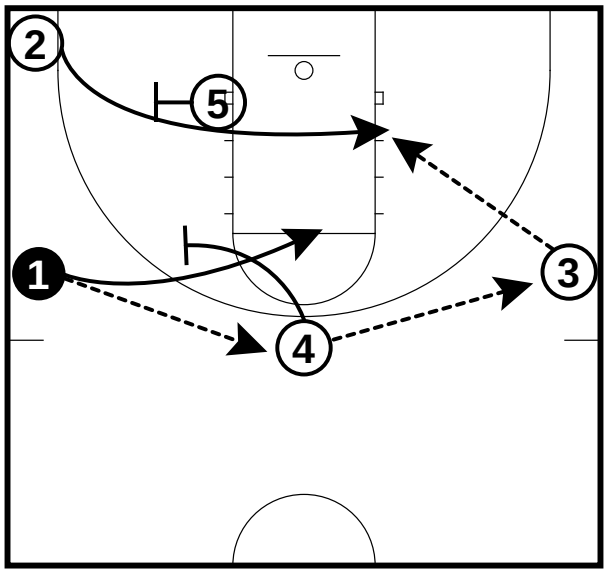
4 sets ballscreen for 2. 2 comes off ballscreen to get to the middle. 1, 3, and 5 space out for spot-up three.

2 Series

2 Down Bump

Half-Court Sets

Frame 1

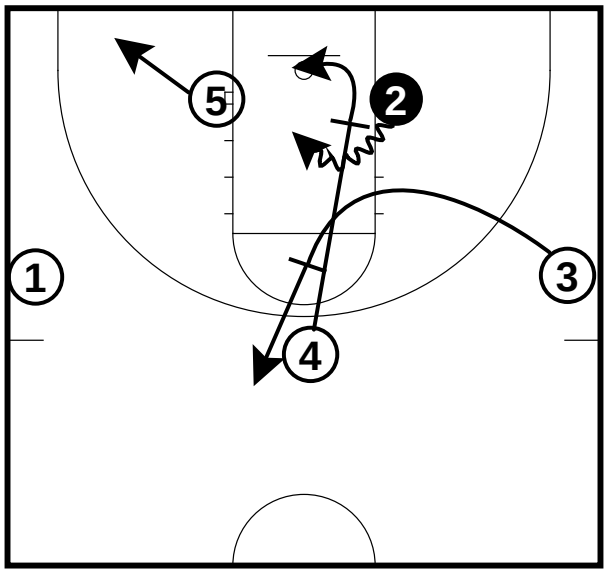


1 passes to 4 and 4 passes to 3. 4 sets a cross-screen for 1. 5 sets a flex screen for 2. 3 passes to 2.

2 Down Bump

Half-Court Sets

Frame 2

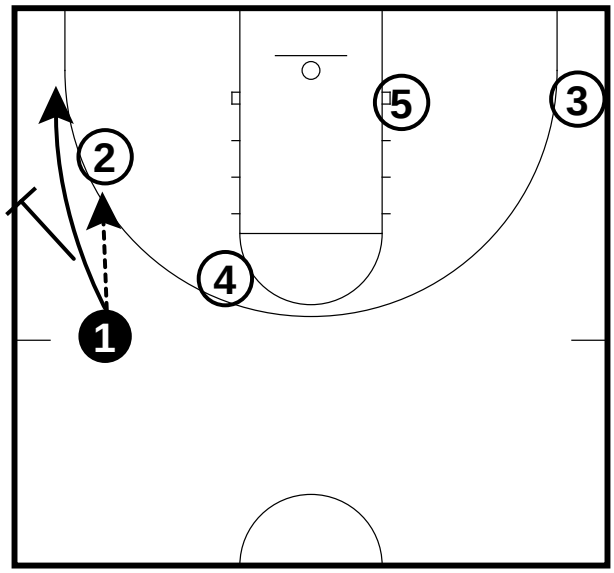


3 backscreens for 4 and pops out. 5 slides to the short corner. 4 sets a ballscreen for 2. 2 comes hard off the ballscreen.

2 Series

21 Chase
Half-Court Sets

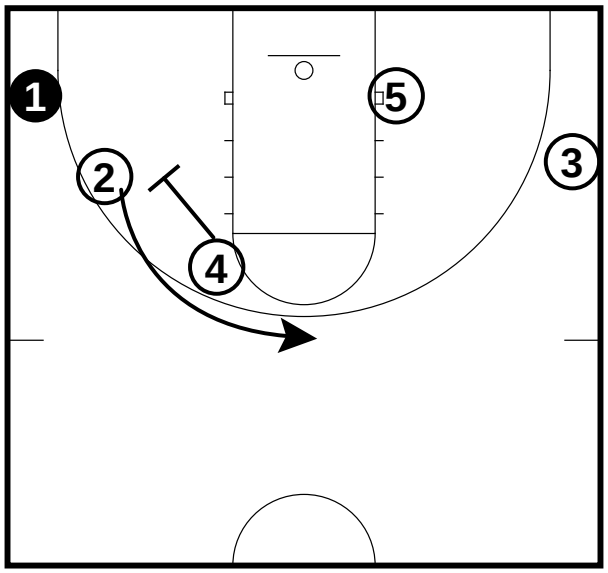
Frame 1



1 passes the ball to 2. 1 receives handoff from 2.

21 Chase
Half-Court Sets

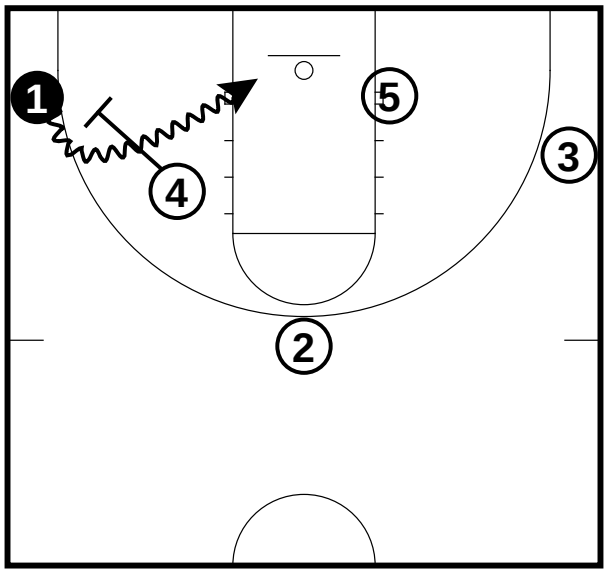
Frame 2



4 sets a downscreen for 2. 2 comes off downscreen looking for flare pass.

21 Chase
Half-Court Sets

Frame 3



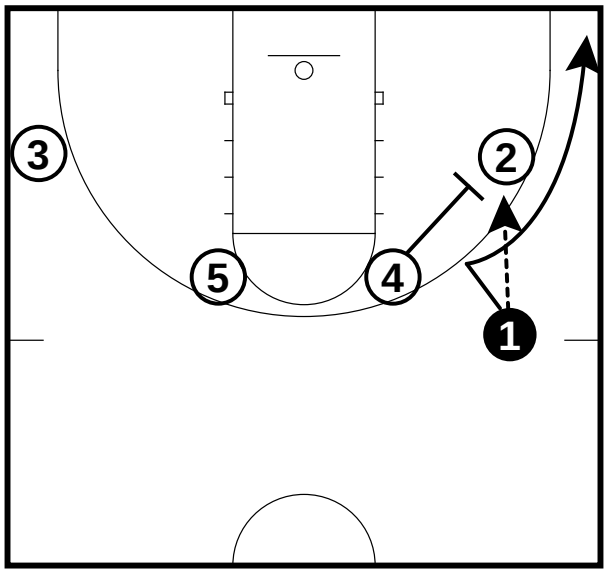
4 sets ballscreen for 1. 1 comes off ballscreen and turns the corner to the basket. 1 has spot-up shots for 2 and 3. 1 can dump to 5 if defense helps.

2 Series

21 Pinch

Half-Court Sets

Frame 1

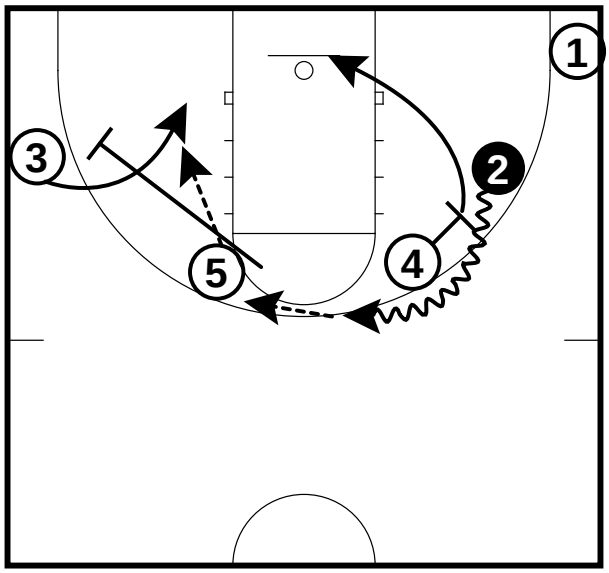


1 passes the ball to 2. 1 cuts off 2 for fake dribble-handoff and goes to corner. 4 sets a ballscreen for 2

21 Pinch

Half-Court Sets

Frame 2



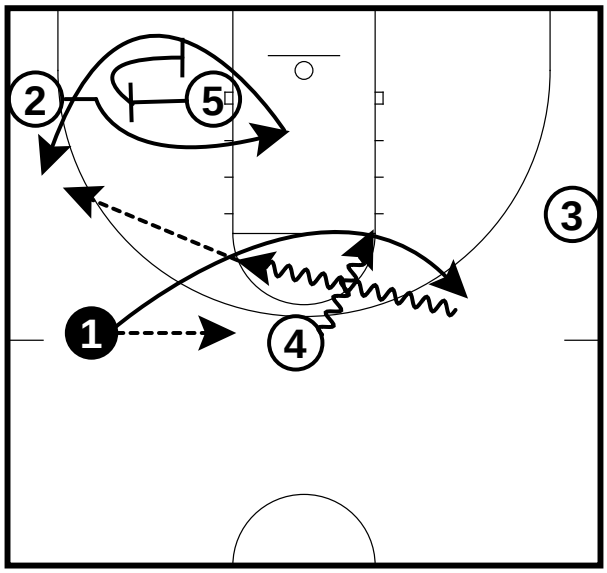
2 comes off ballscreen from 4. 4 rolls to basket. 2 passes to 5 and goes to set downscreen for 3. 3 comes off downscreen and receives pass from 5. 3 drives to score.

2 Series

2 Down Pop

Half-Court Sets

Frame 1



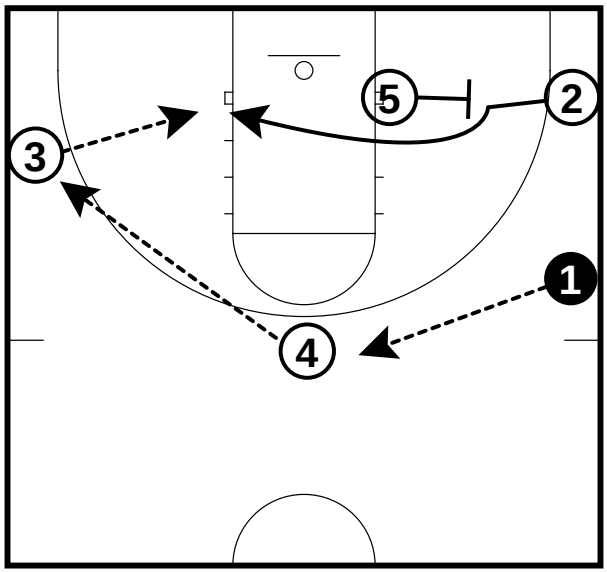
1 passes to 4. 4 drives to middle and hands off to 1. 2 receives a backscreen from 5. 5 re-screens for 2. 1 drives and passes to 2.

2 Series

2 Down Roll

Half-Court Sets

Frame 1

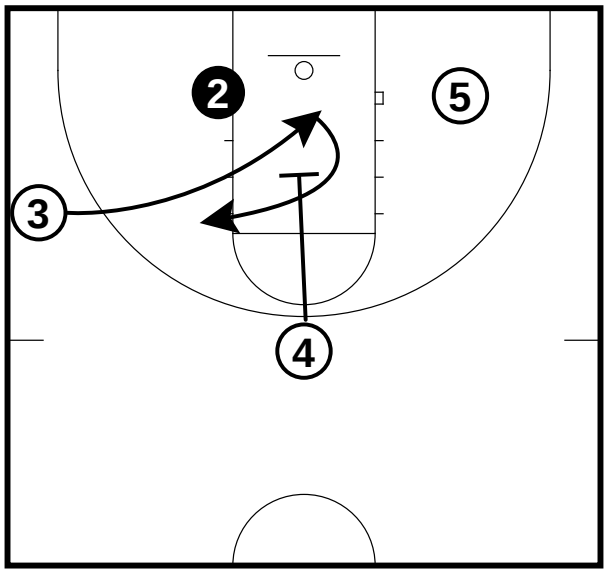


1 passes to 4. 4 passes to 3. 5 sets a flex-screen for 2. 2 comes off the flex-screen to receive the ball.

2 Down Roll

Half-Court Sets

Frame 2



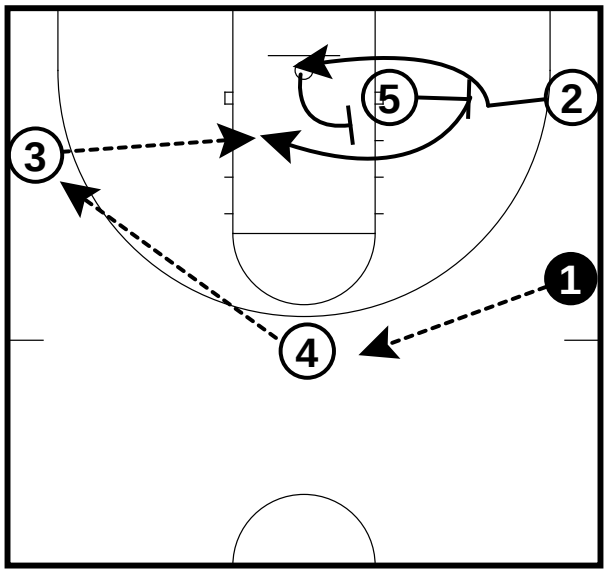
3 passes to 2. 3 makes a basket cut and receives a downscreen from 4. 3 curls the down screen.

2 Series

2 Down Roll Reverse

Half-Court Sets

Frame 1



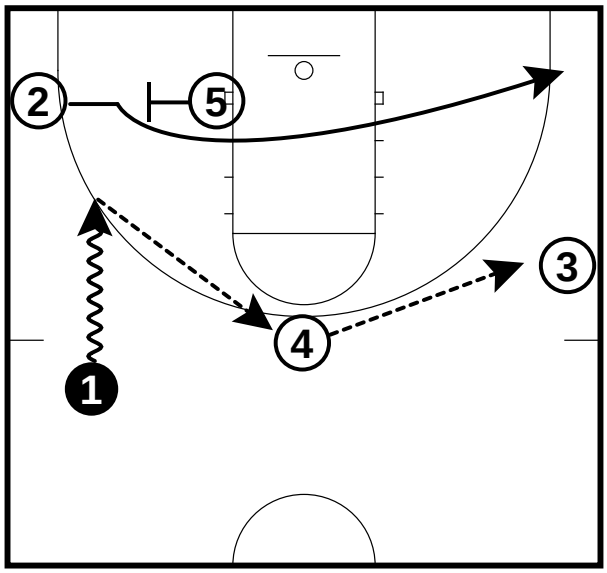
1 passes to 4. 4 passes to 3. 5 sets a flex-screen for 2. 2 comes off the flex-screen and re-screens for 5. 5 comes off the screen to receive the ball to score.

2 Series

2 Down Roll Elbow

Half-Court Sets

Frame 1

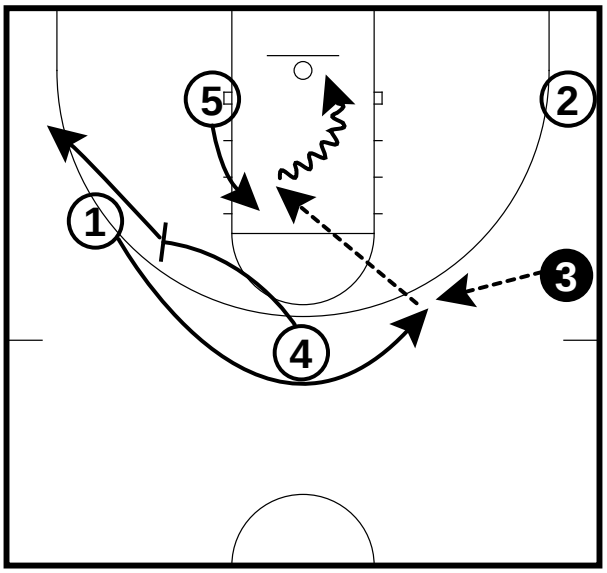


1 drives to left side wing. 5 backscreens for 2 on a flex cut. 1 passes to 4. 4 passes to 3.

2 Down Roll Elbow

Half-Court Sets

Frame 2



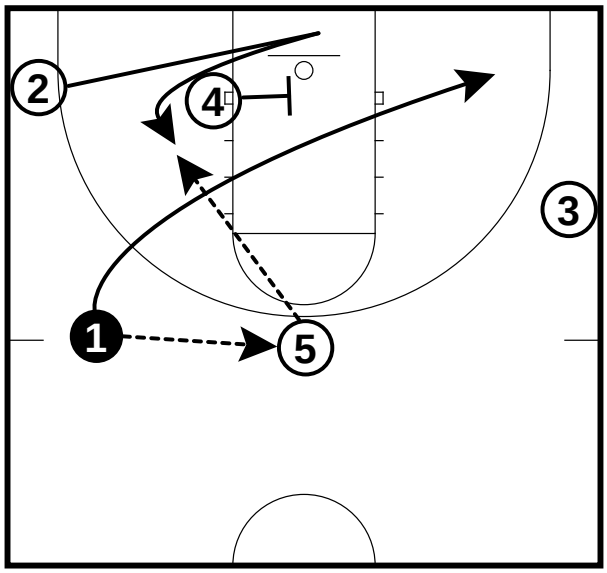
4 sets a downscreen for 1. 1 curls the downscreen to the top of the key. 3 passes to 1. 5 sprints to the middle. 1 passes to 5 on the isolation.

2 Series

2 Side

Half-Court Sets

Frame 1



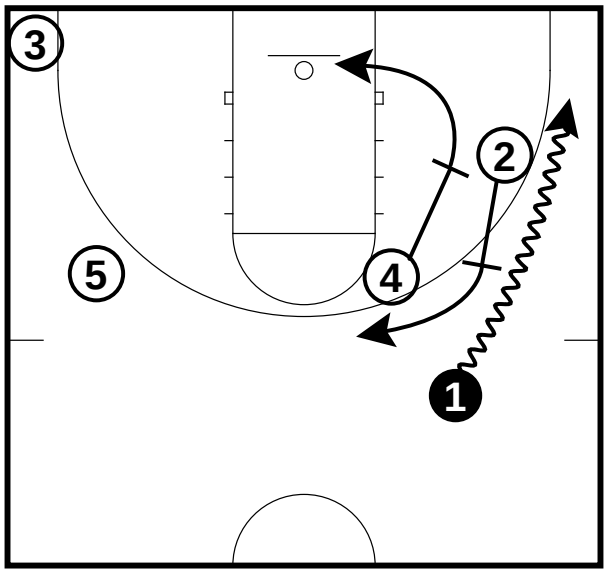
1 passes to 5. 4 sets a screen to the middle of the lane. 2 comes to the middle and comes off the screen on a curl. 5 passes to 2.

2 Series

21

Half-Court Sets

Frame 1



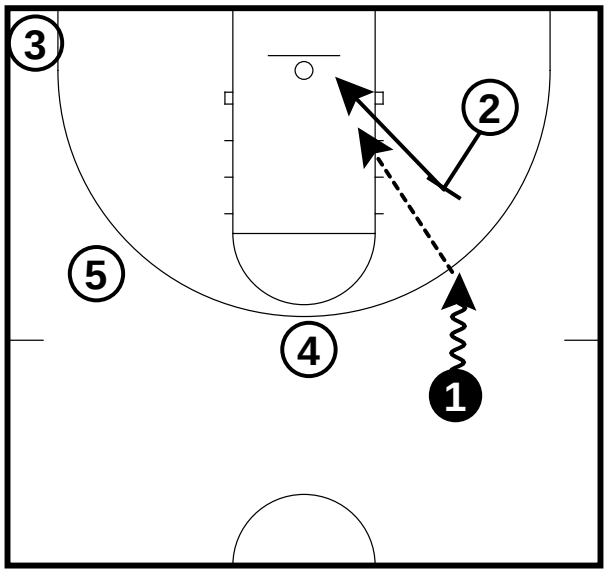
4 sets a downscreen for 2. 2 sets a ball-screen for 1. 4 rolls to the basket. 2 pops out to three point line. 1 comes off the screen hard.

2 Series

21 Backdoor

Half-Court Sets

Frame 1



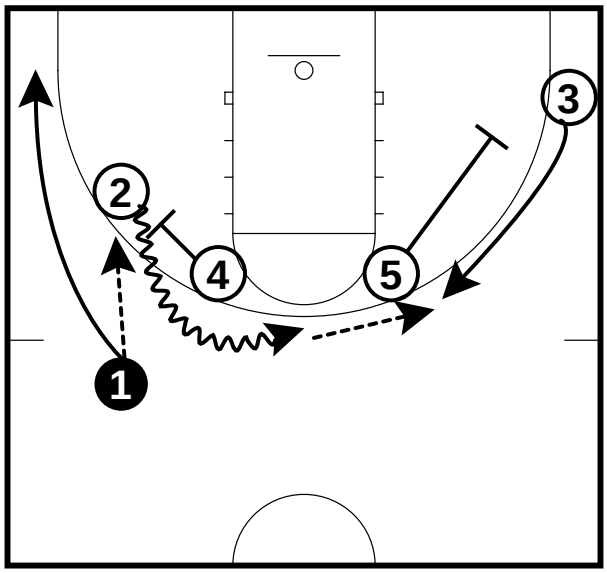
2 comes up to fake a ballscreen and backdoor cuts to the basket. 1 passes to 2 on the backdoor cut.

2 Series

21 Quick

Half-Court Sets

Frame 1



1 passes to 2 and goes to the corner. 4 down-screens for 2. 5 down-screens for 3. 2 comes off ball screen and drives to top of key. 1 passes to 3 for shot.

3 Series

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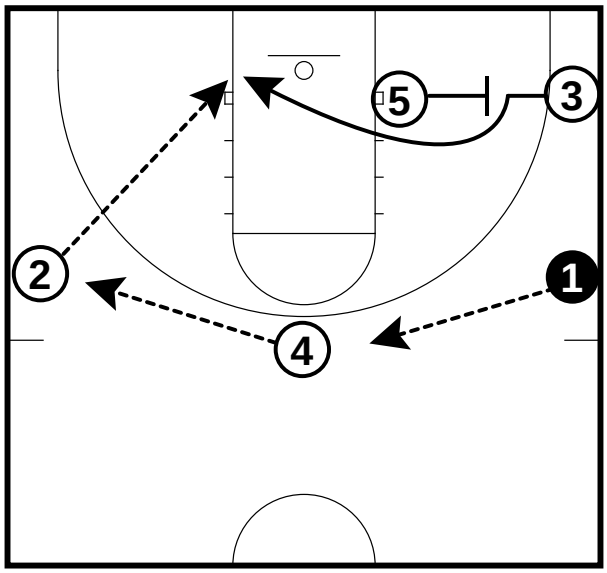
3 Series

3 Down

Half-Court Sets

Frame 1

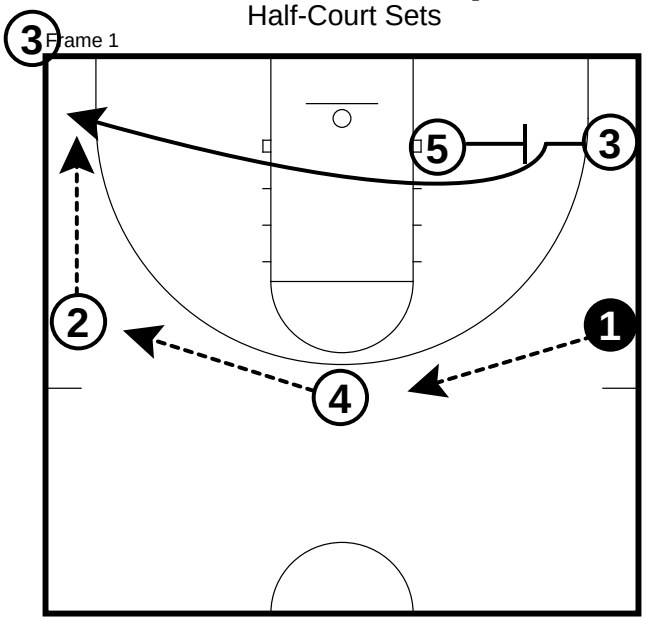


1 passes to 4. 4 passes to 2. 5 sets a flex screen for 3. 3 goes over the top of the screen. 2 passes to 3 for the post-up.

3 Series

3 Down Bump

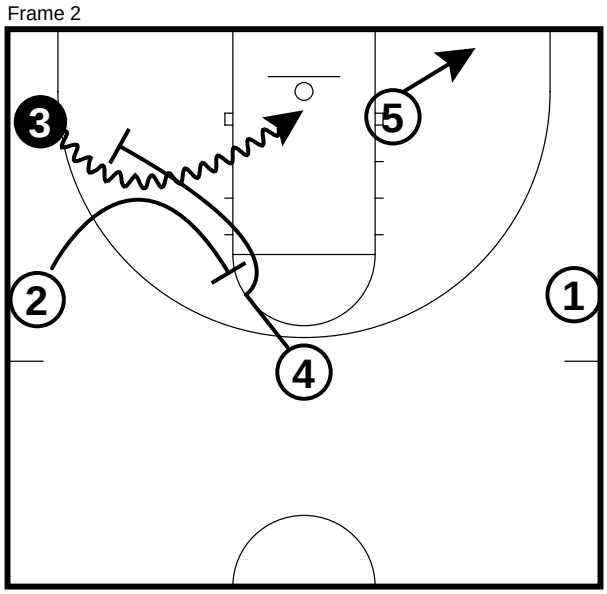
Half-Court Sets



1 passes to 4. 4 passes to 2. 5 sets a flex screen for 3. 3 goes over the top of the screen. 2 passes to 3 in the corner.

3 Down Bump

Half-Court Sets



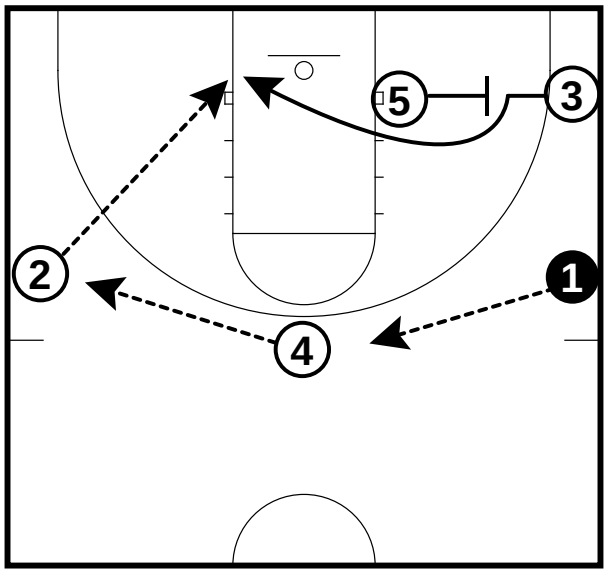
2 sets a backscreen for 4. 4 ballscreens for 3. 5 slides to the short corner. 3 comes off the ballscreen to the basket.

3 Series

3 Down Roll

Half-Court Sets

Frame 1

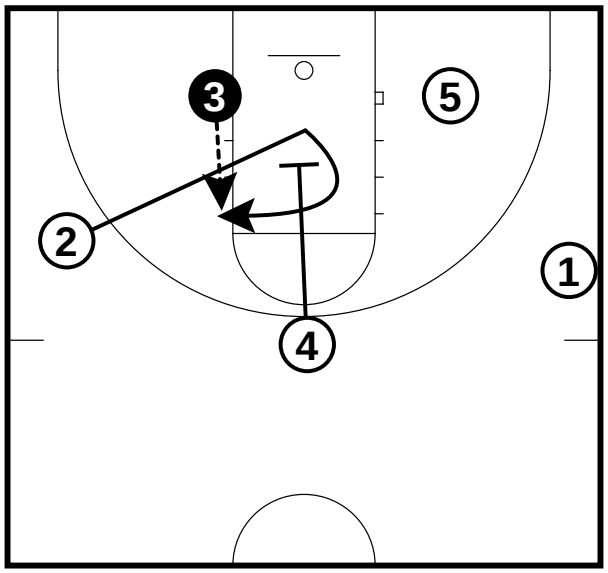


1 passes to 4. 4 passes to 2. 5 sets a flex screen for 3. 3 goes over the top of the screen. 2 passes to 3 for the post-up.

3 Down Roll

Half-Court Sets

Frame 2



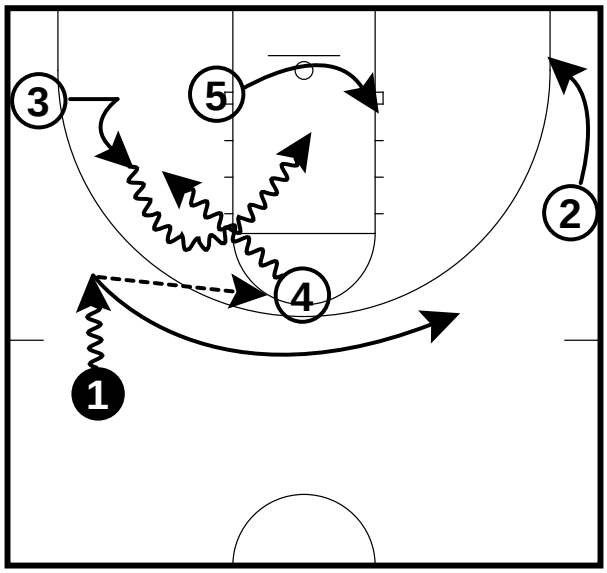
2 passes to 3 in the post and cuts to the middle of the lane. 4 sets a downscreen for 2. 2 curls the screen. 3 can go score or pass to 2.

3 Series

Roll 34 Hold

Half-Court Sets

Frame 1



1 passes to 4 and does a euro cut behind 4. 5 slides across the lane. 2 slides down. 4 dribbles to 3 for handoff. 3 uses the brush-screen on handoff to get to the lane.

4 Series

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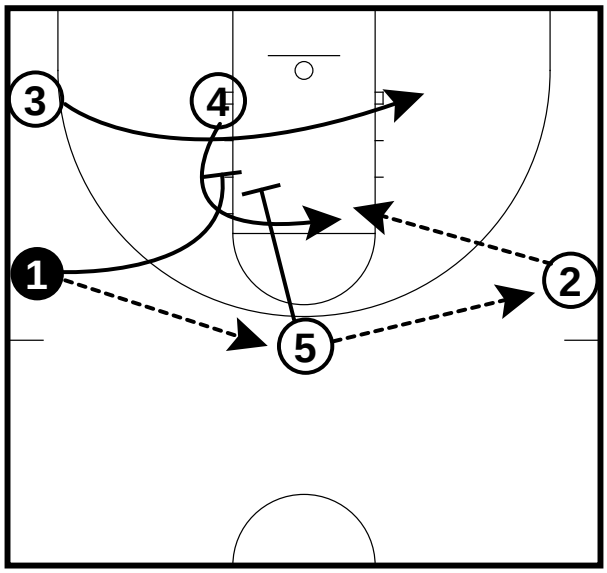
45 52

4 Series

4 POP

Half-Court Sets - Flick Thumb

Frame 1



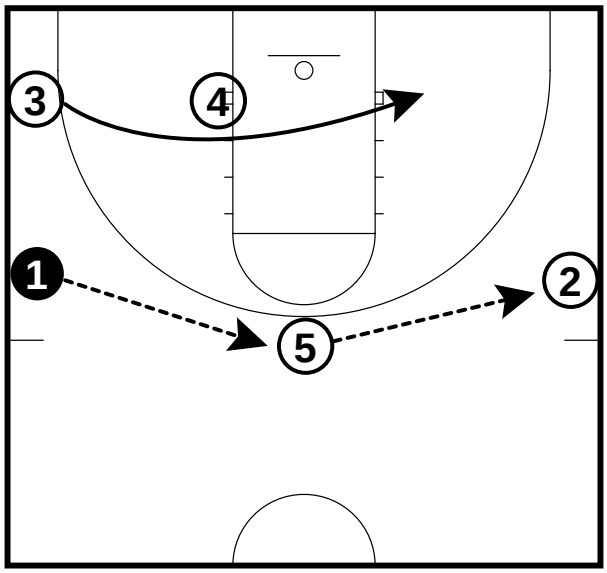
1 passes to 5. 5 passes to 2. 3 cuts off 4 for flex cut. 1 and 5 downscreen for 4. 2 passes to 4.

4 Series

4 Pop Clear

Half-Court Sets - Flick Thumb

Frame 1

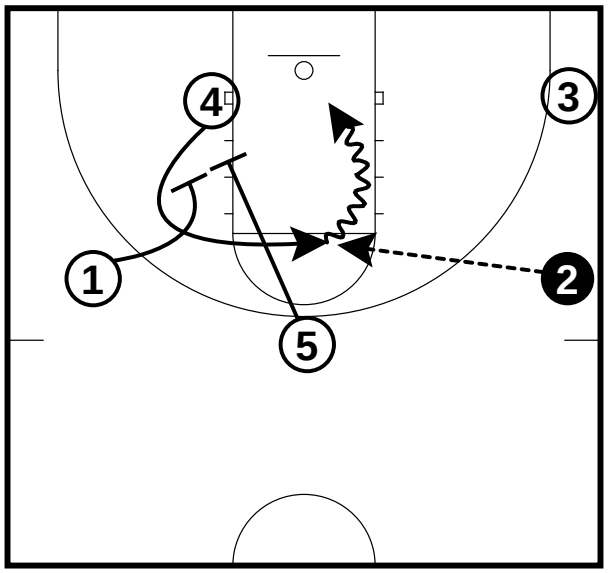


1 passes to 5. 5 passes to 2. 3 cuts off 4 for flex cut.

4 Pop Clear

Half-Court Sets - Flick Thumb

Frame 2



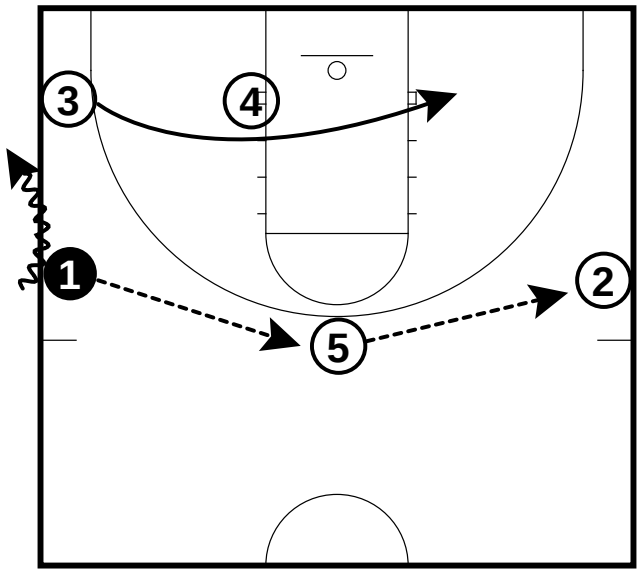
1 and 5 downscreen for 4. 4 curls off the screen and receives pass from 2. 4 drives to the basket.

4 Series

4 Pop Fist

Half-Court Sets - Flick Thumb

Frame 1

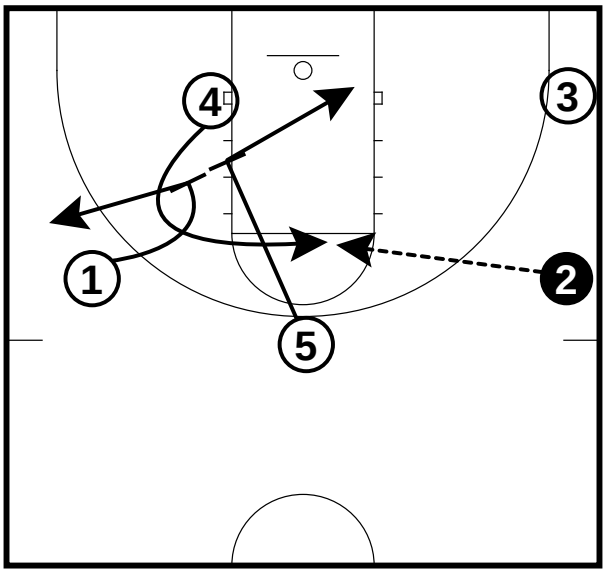


1 passes to 5. 5 passes to 2. 3 cuts off 4 for flex cut.

4 Pop Fist

Half-Court Sets - Flick Thumb

Frame 2

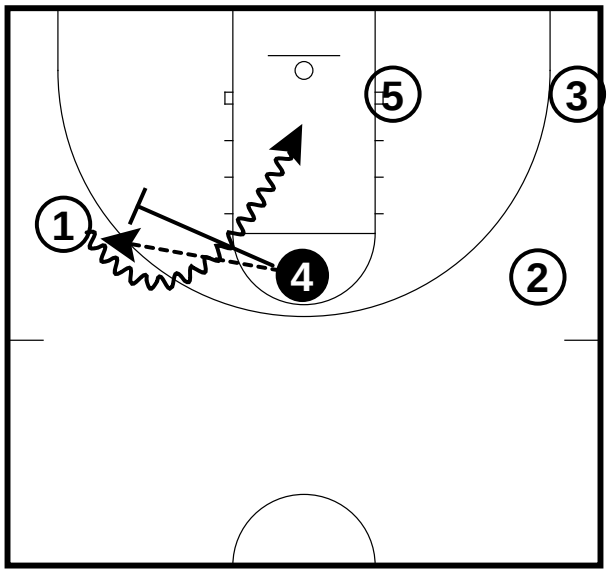


1 and 5 downscreen for 4. 4 curls off the screen and receives pass from 2.

4 Pop Fist

Half-Court Sets - Flick Thumb

Frame 3



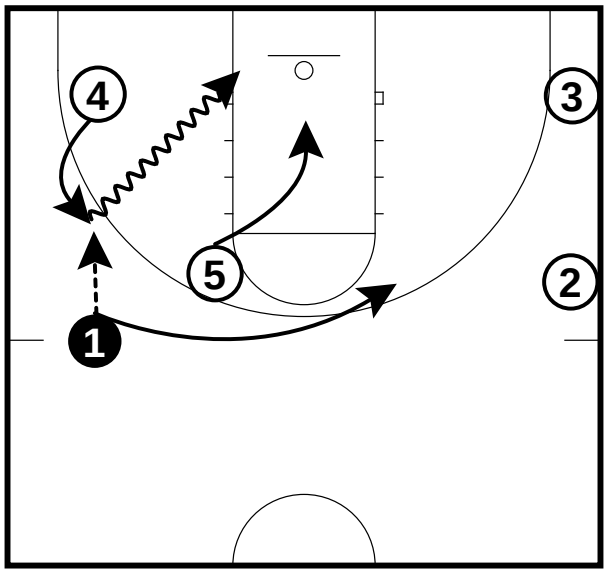
4 passes to 1. 4 sets a ballscreen for 1. 1 comes off the ballscreen hard to basket.

4 Series

4 Side

Half-Court Sets

Frame 1



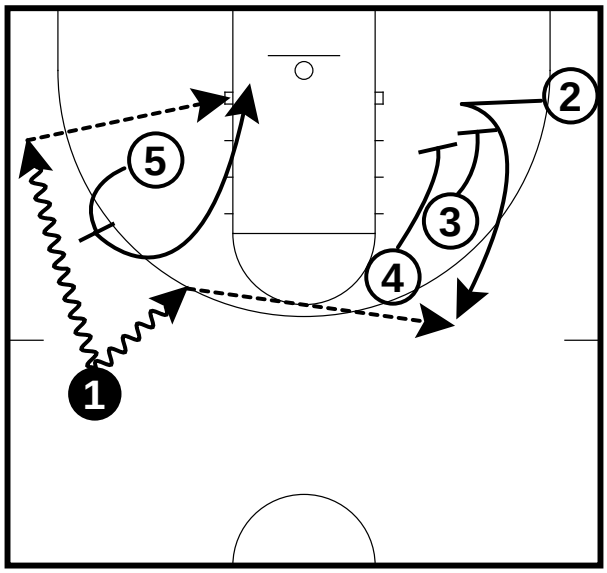
1 passes to 4 and does a euro cut behind 5. 4 catches and drives to basket. 5 rolls to front of the rim. 3 and 2 spot up.

4 Series

4 Side Low

Half-Court Sets

Frame 1



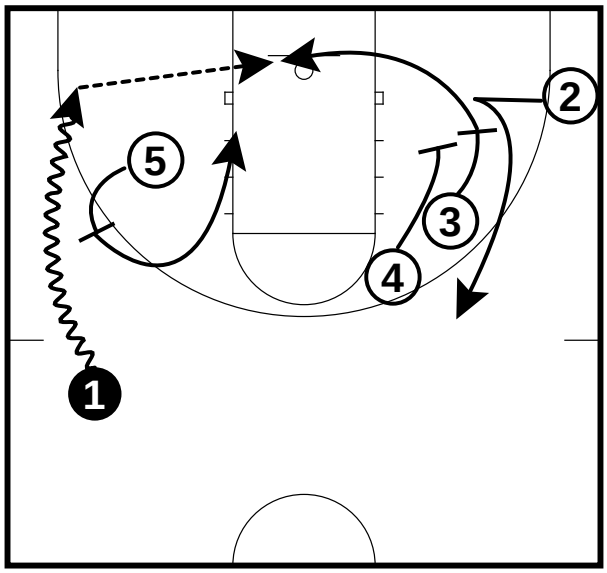
5 sets a ballscreen for 1 and rolls. 1 can hit 5 on the roll. 1 can drive to the middle and pass to 2 off the downscreen from 3 and 4.

4 Series

4 Side Low Option 2

Half-Court Sets

Frame 1



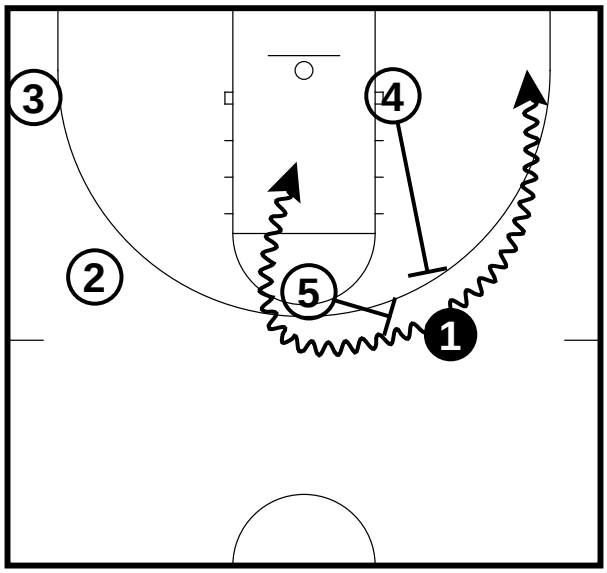
1 comes off a ballscreen from 5. 5 rolls to the basket. 1 turns the corner. 4 and 3 downscreen for 2. 3 rolls to the basket after downscreen.

4 Series

45

Half-Court Sets

Frame 1



1 can come off 4 or 5 ballscreen and go to the basket. 2 and 3 space out.

Fist Series

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Fist Up Phoenix 60
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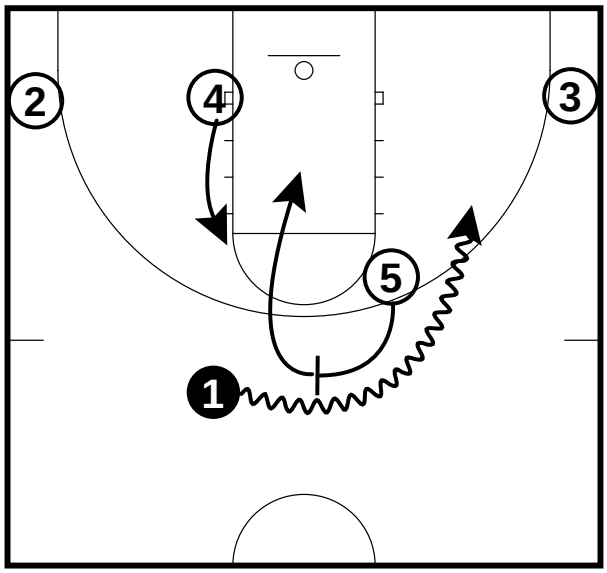
Fist 24 63

Fist Series

Fist Up

Half-Court Sets

Frame 1



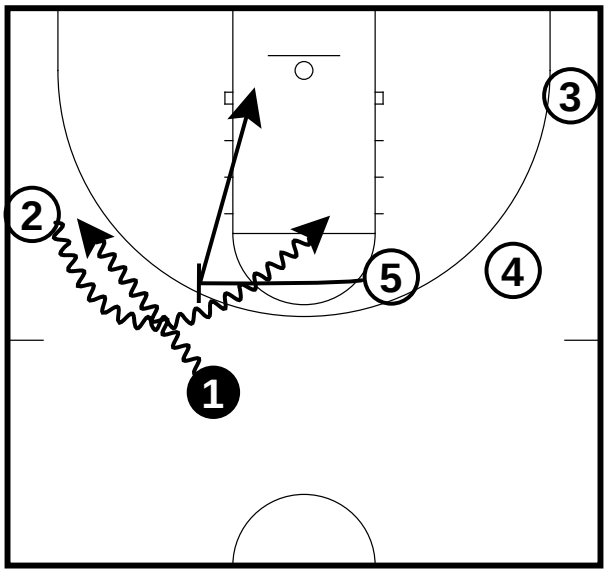
5 sets a ballscreen for 1 and then rolls to the basket. 4 slides up to the high post. 1 comes off ballscreen to the basket.

Fist Series

Fist Up 2

Half-Court Sets

Frame 1



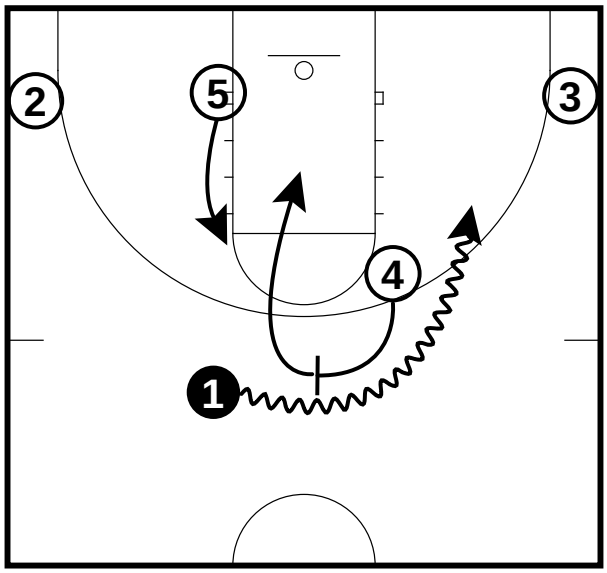
1 dribbles toward 2 for dribble hand-off. 5 sets a ballscreen for 2 and then rolls to the basket. 2 comes off ball screen to the basket.

Fist Series

Fist Up 4

Half-Court Sets

Frame 1



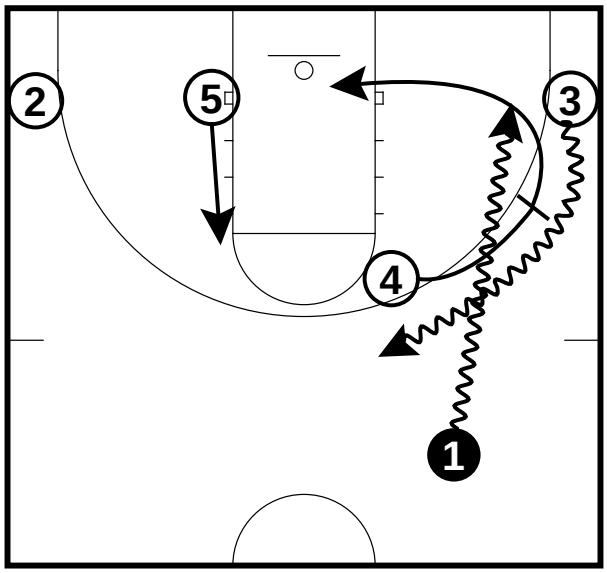
4 sets a ballscreen for 1 and then rolls to the basket. 5 slides up to the high post. 1 comes off ballscreen to the basket.

Fist Series

Fist Up Dribble

Half-Court Sets

Frame 1



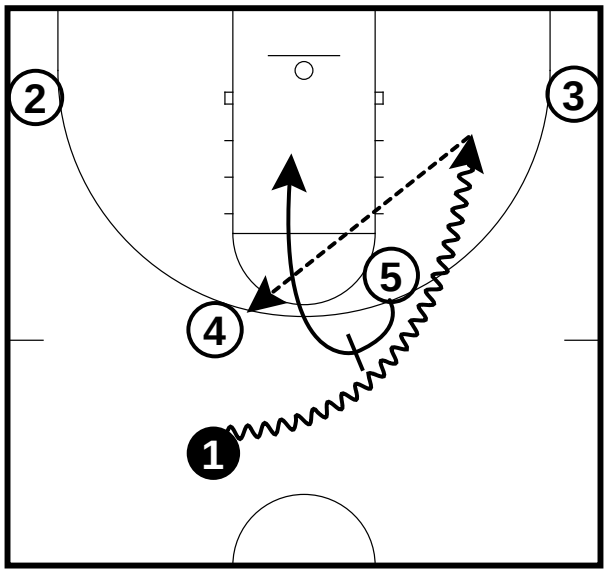
1 dribbles toward 3 for dribble hand-off. 3 receives the ball from 1 and receives a ballscreen from 4. 4 rolls to the basket. 5 slides up the lane. 3 drives off the screen.

Fist Series

Fist Up Lift

Half-Court Sets

Frame 1



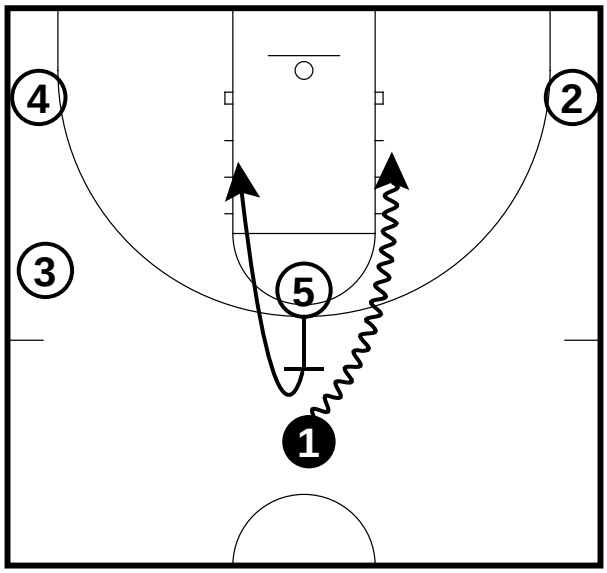
5 sets a high pick and roll with 1. 1 turns the corner to the basket and 5 rolls. 1 has options of 5 on the roll or kickback to 4.

Fist Series

Fist Up Middle

Half-Court Sets

Frame 1



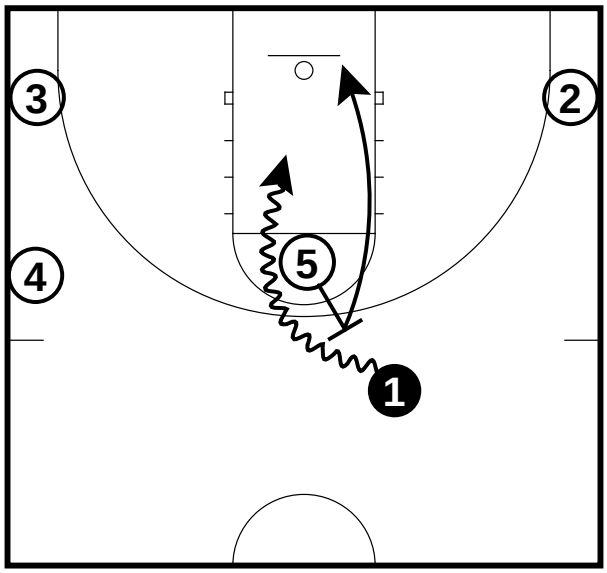
5 sets a high pick and roll with 1. 5 sets a ballscreen and then rolls to the basket. 1 comes off the ballscreen to the basket. 2,3 and 4 space out.

Fist Series

Fist Up Phoenix

Half-Court Sets

Frame 1



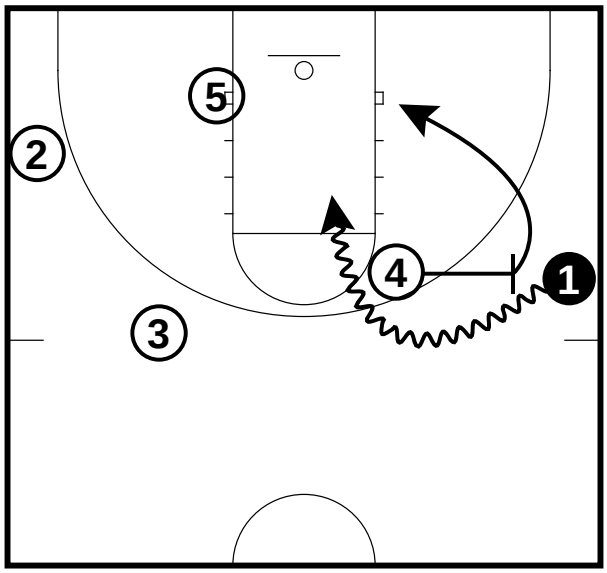
5 sets a ballscreen for 1. 1 comes off the ballscreen hard and goes to the basket. 5 rolls after the screen. 2, 3, 4 space out.

Fist Series

Fist Side

Half-Court Sets

Frame 1

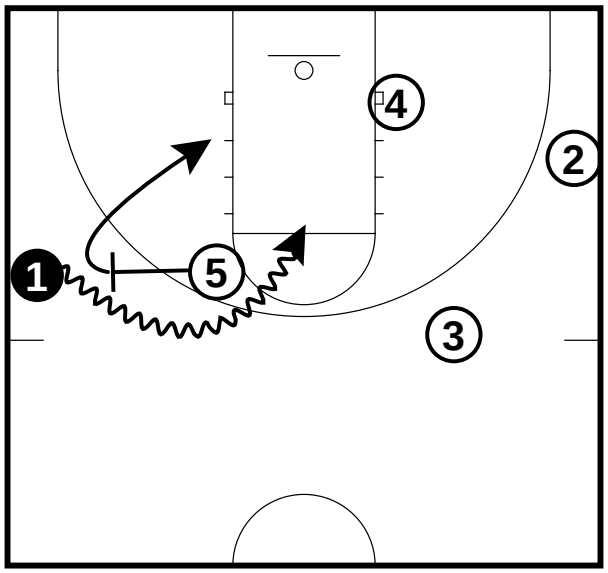


Side Pick and Roll: 4 sets a ballscreen on 1. 1 comes hard off the screen to the middle. 4 rolls to the basket. 5 stays opposite block. 2 and 3 spot up.

Fist Side

Half-Court Sets

Frame 2



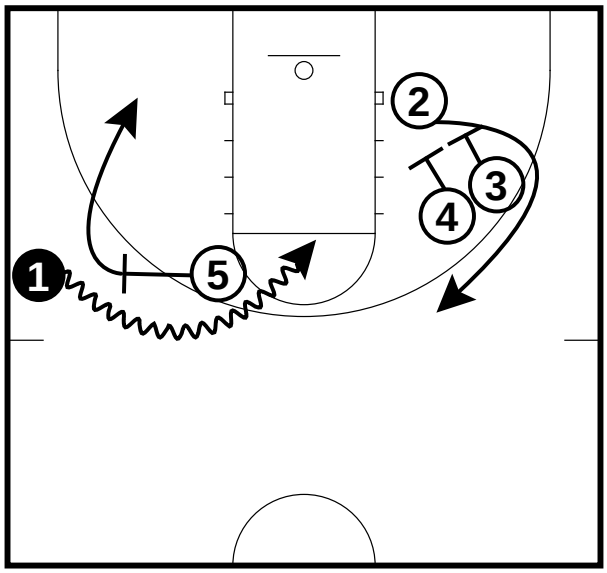
Side Pick and Roll: Opposite side.

Fist Series

Fist Side Low

Half-Court Sets

Frame 1



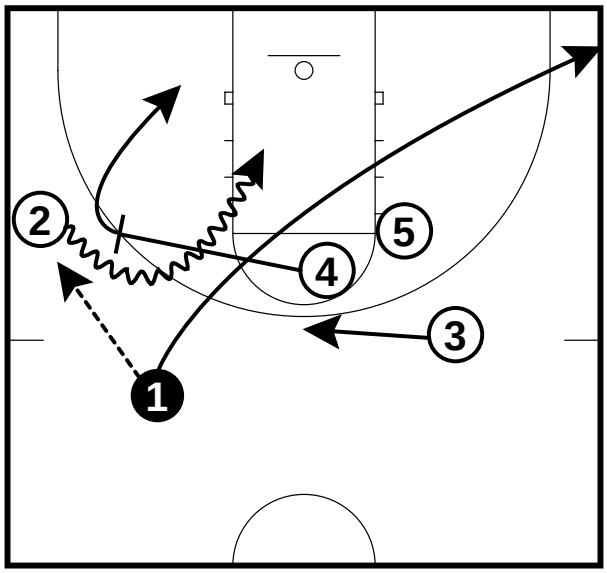
5 sets a ballscreen for 1 and then rolls to the basket. 1 comes off the ballscreen to the basket. 3 and 4 set a double screen for 2. 2 curls off the double screen.

Fist Series

Fist 24

Half-Court Sets

Frame 1



1 passes to 2 and cuts to the opposite corner. 4 sets a ballscreen on 2 and then rolls to the short corner. 2 comes hard off the ball screen to the basket.

Quick Series

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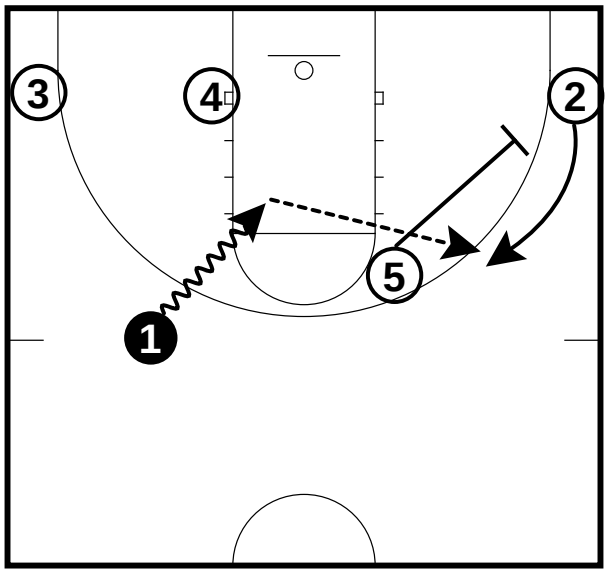
Quick Series

Quick

Half-Court Sets - Visual aid: Open-close hand

Frame 1



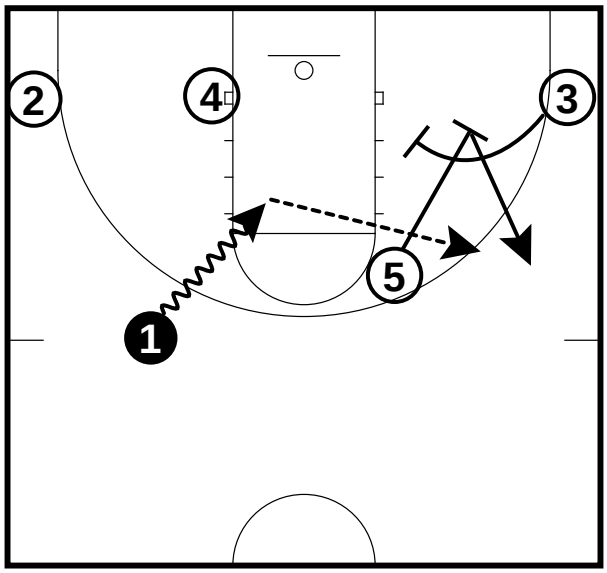
1 drives to the paint. 5 sets a downscreen for 2. 2 curls downscreen for 3 point shot. 4 and 3 stay.

Quick Series

Quick Curl

Half-Court Sets - Visual aid: Open-close hand

Frame 1



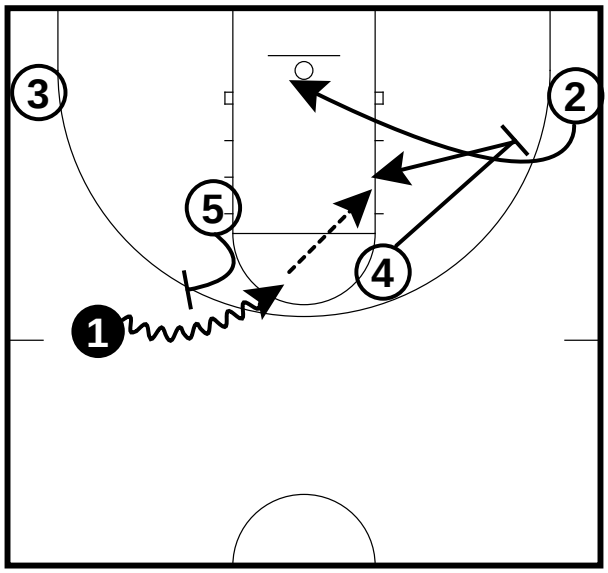
1 drives to the paint. 5 sets a fake downscreen for 3. 3 curls downscreen and screens the defensive player of 5. 5 pops out for three point shot.

Quick Series

Quick Pinch

Half-Court Sets - Visual aid: Open-close hand

Frame 1



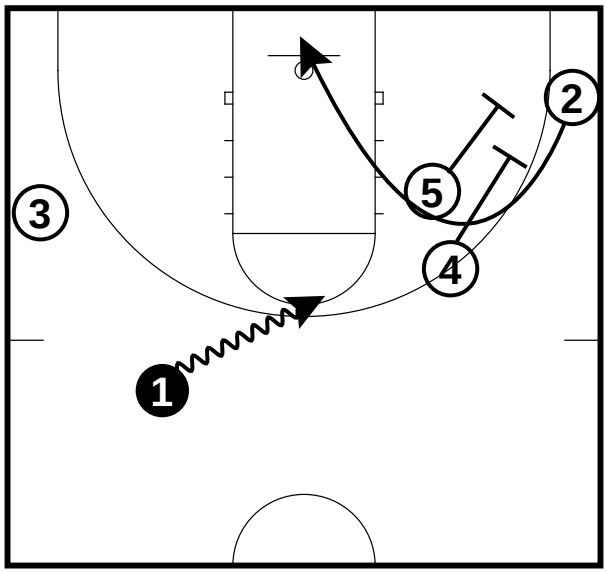
5 sets a ballscreen for 1. 1 dribbles off ballscreen from 5. 4 downscreens for 2. 2 curls downscreen from 4. 4 steps back off downscreen and receives pass from 1.

Quick Series

Quick Double

Half-Court Sets

Frame 1

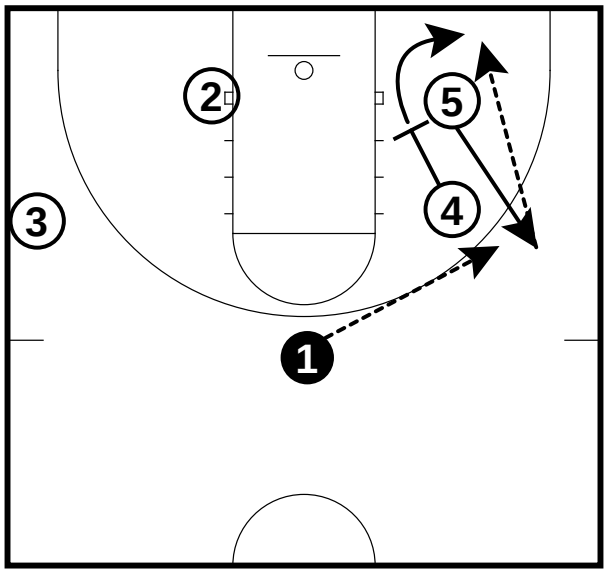


1 dribble to the top of the key. 5 and 4 downscreen for 2. 2 curls the staggered downscreens to opposite block. 3 stays.

Quick Double

Half-Court Sets

Frame 2



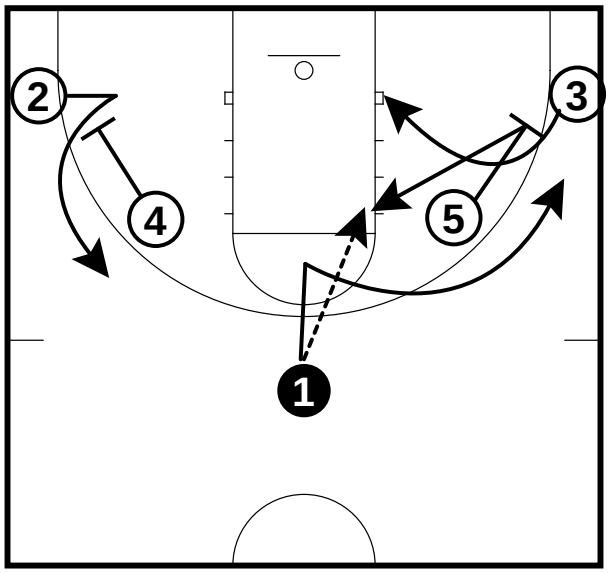
4 sets a downscreen for 5. 5 pops out. 1 passes to 5. 4 curls to the short corner. 5 passes to 4 for short corner isolation.

Quick Series

Quick Power

Half-Court Sets

Frame 1



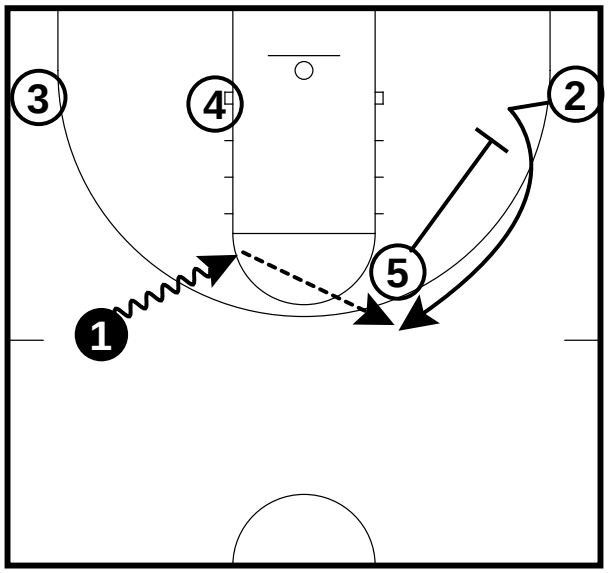
4 sets a downscreen for 2. 2 comes off the screen up the wing. 5 sets a downscreen for 3. 3 curls the screen and 5 does a step-back. 1 passes to 5 and goes to wing.

Quick Series

Quick Fist

Half-Court Sets

Frame 1

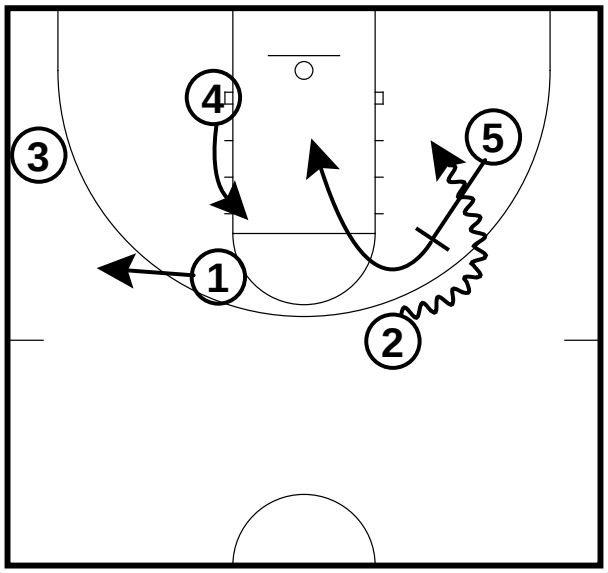


1 dribbles to the middle of the lane. 5 sets a downscreen and 2 comes off the downscreen and receives the ball from 1.

Quick Fist

Half-Court Sets

Frame 2



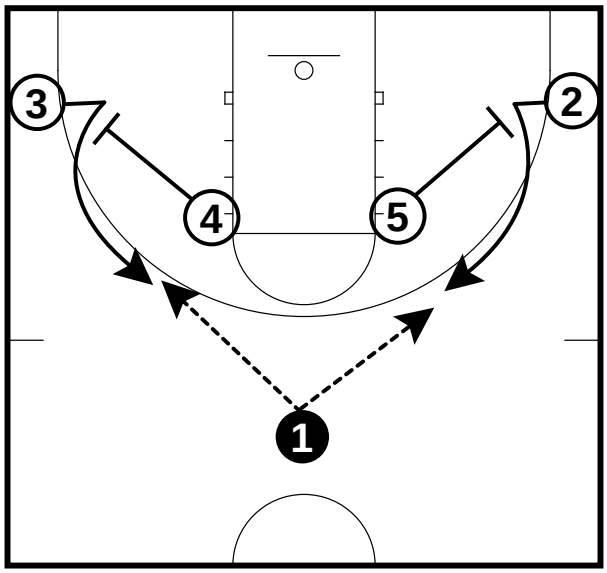
5 re-screens 2 with a ballscreen. 2 comes hard off the ballscreen. 4 slides up to the high post. 1 spaces out. 3 spots up.

Quick Series

Quick Wide

Half-Court Sets

Frame 1



4 sets a downscreen for 3. 5 sets a downscreen for 2. 1 has options of 2 and 3 off the downscreens.

Elbow series - Half court

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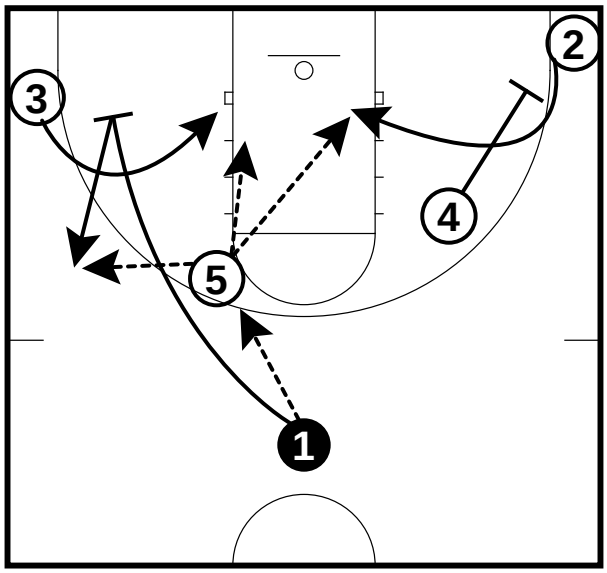
Elbow series - Half court

Elbow Quick

Half-Court Sets

Frame 1



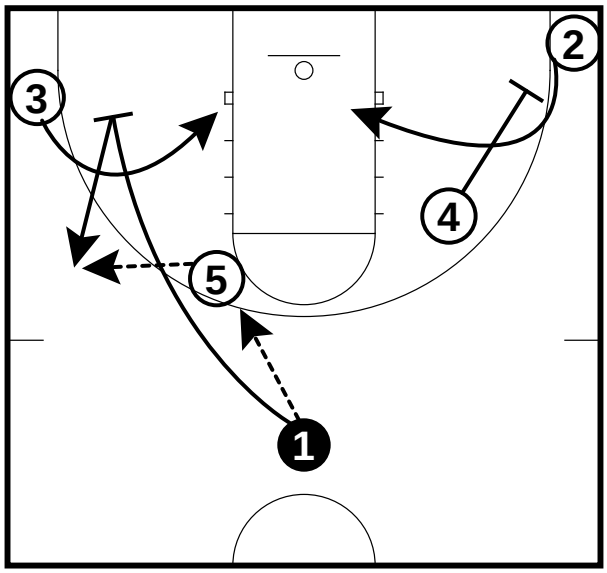
1 passes to 5. 1 rubs off 5 for fake-handoff and sets downscreen for 3. 3 curls off downscreen. 4 sets a downscreen for 2. 2 curls. 1 pops out after downscreen.

Elbow series - Half court

Elbow Quick Option 2

Half-Court Sets

Frame 1

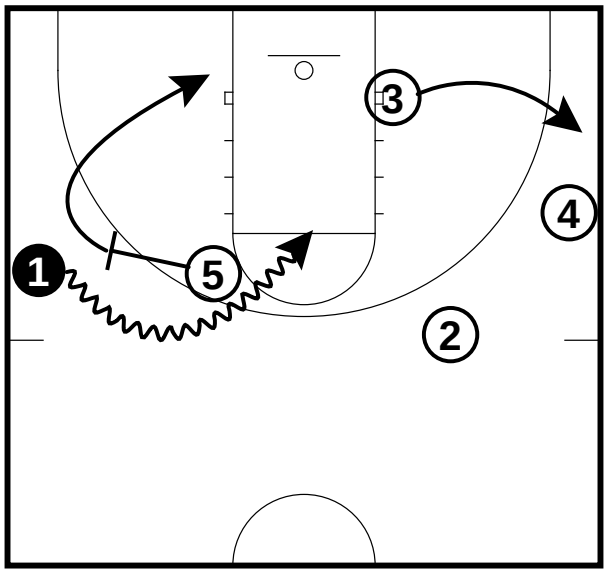


1 passes to 5. 1 rubs off 5 for fake-handoff and sets downscreen for 3. 3 curls off downscreen. 4 sets a downscreen for 2. 2 curls. 1 pops out after downscreen.

Elbow Quick Option 2

Half-Court Sets

Frame 2



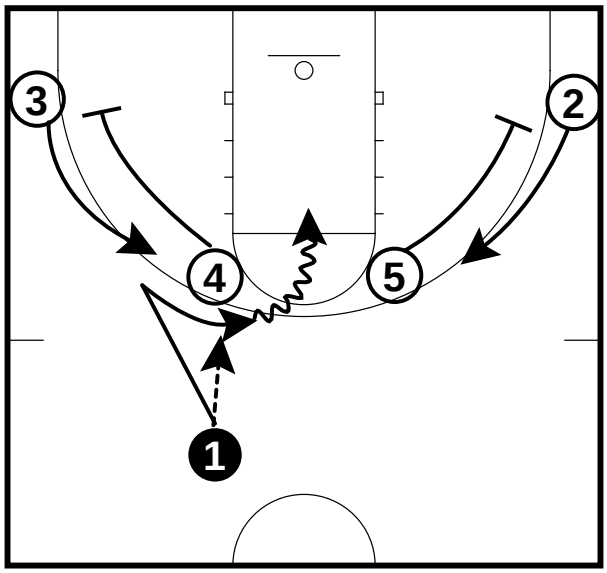
5 sets a ballscreen for 1. It is a two man game with 1 and 5.

Elbow series - Half court

Elbow Quick Single

Half-Court Sets

Frame 1



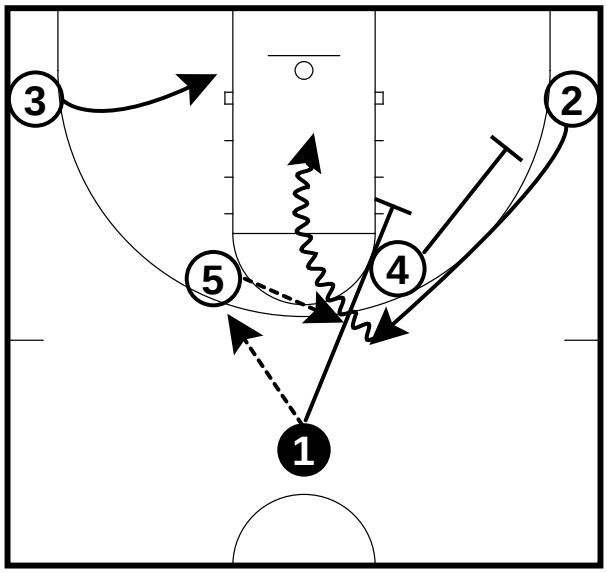
1 passes to 4. 1 cuts off 4 and receives a dribble hand-off. 4 sets a downscreen for 3. 5 sets a downscreen for 2. 1 drives hard to the basket.

Elbow series - Half court

Elbow Quick Double

Half-Court Sets

Frame 1



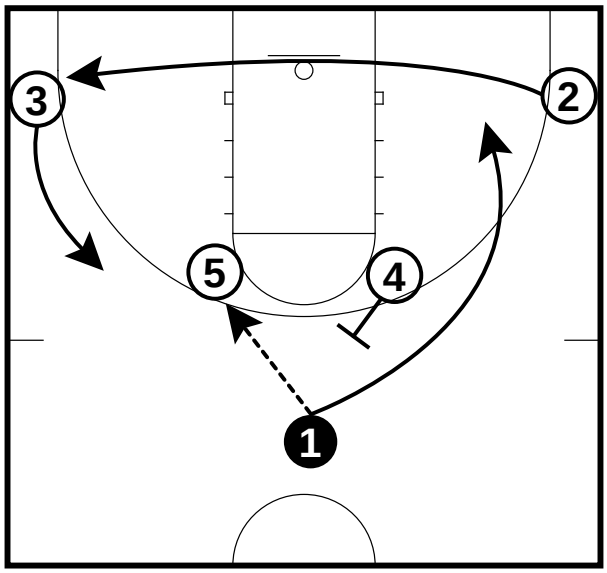
1 passes to 5. 1 and 4 downscreen for 2. 2 comes off double screen and receives a pass from 5. 2 drives hard to the basket.

Elbow series - Half court

Elbow 1

Half-Court Sets

Frame 1

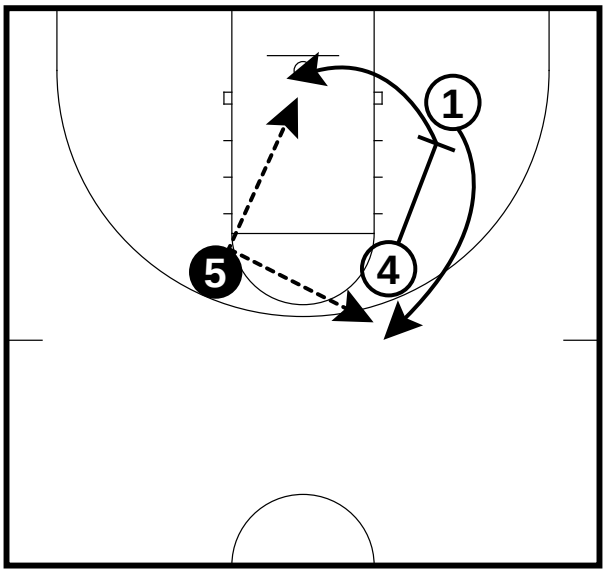


1 passes the ball to 5. 4 sets a backscreen for 1. 2 goes opposite corner. 3 slides up the wing.

Elbow 1

Half-Court Sets

Frame 2



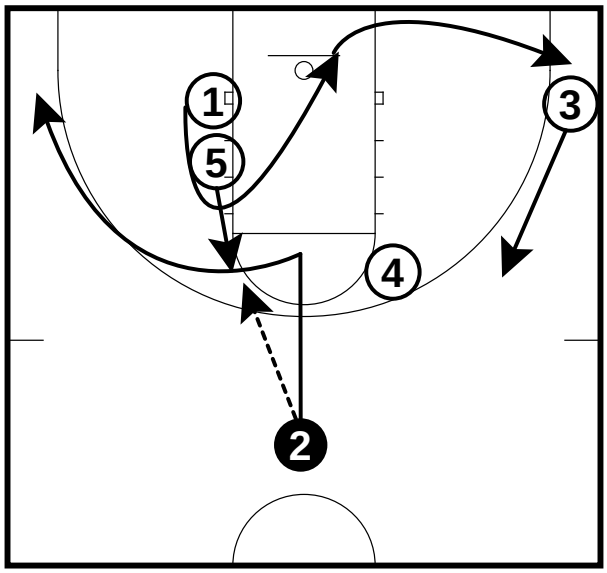
If there is nothing on flare screen then 4 downscreens for 1. 1 comes off downscreen to top of the key. 4 slips to the basket. 5 has two options.

Elbow series - Half court

Elbow 4

Half-Court Sets

Frame 1

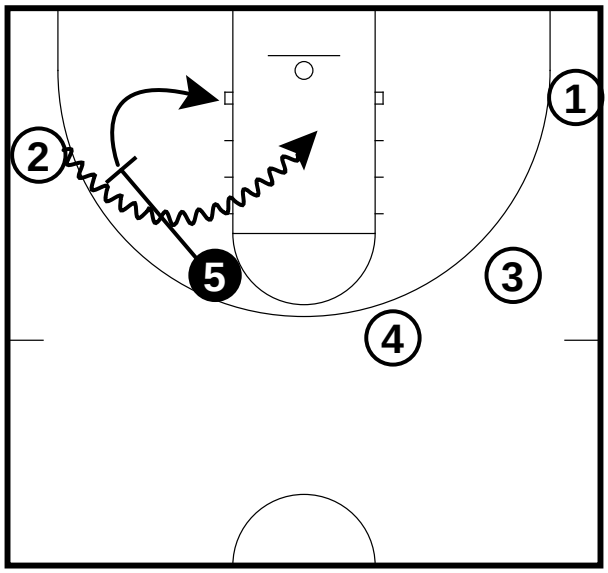


1 curls off 5 and to the opposite corner. 5 receives the pass at the high post. 2 sprints to the middle and receives a fake dribble hand-off. 3 slides up the wing.

Elbow 4

Half-Court Sets

Frame 2



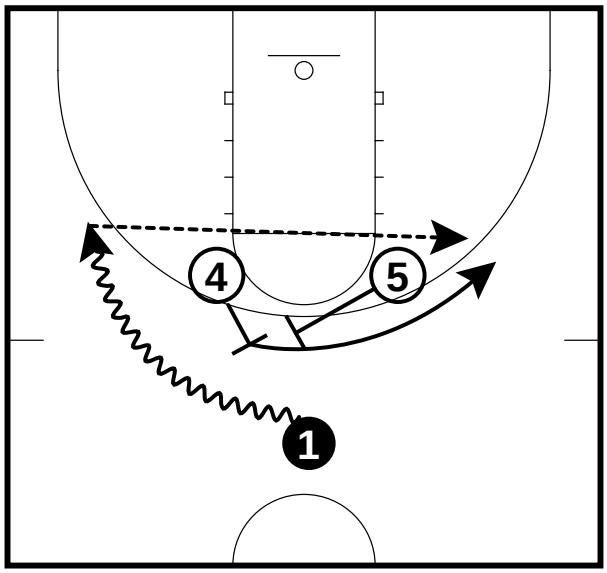
5 sets a ballscreen for 2 and then rolls to the basket. 2 comes off the ballscreen to the basket. 4, 3, and 1 space out.

Elbow series - Half court

Elbow 5

Half-Court Sets

Frame 1



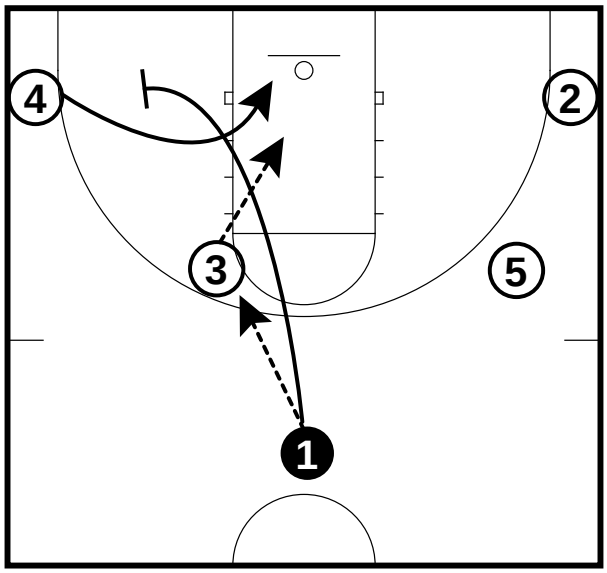
4 sets a ballscreen for 1. 1 comes off ballscreen. 5 sets a flare screen for 4. 1 hits 4 on a skip pass for shot.

Elbow series - Half court

Elbow Dive

Half-Court Sets

Frame 1



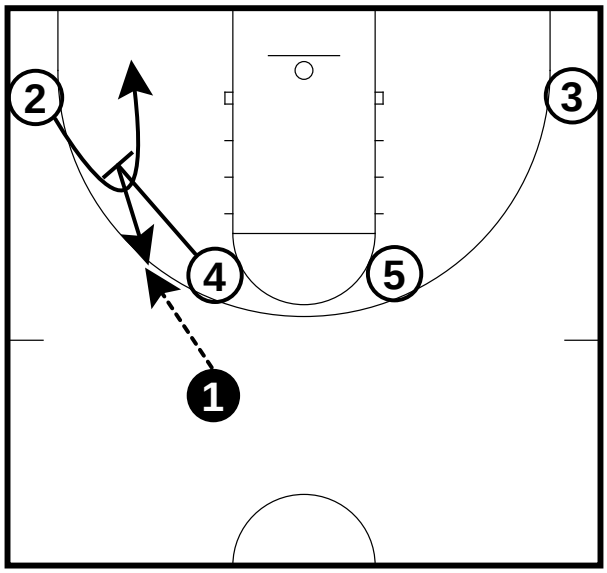
1 passes to 3 at the high post elbow. 1 sets a flex-screen for 4. 4 cuts off the flex-screen to the basket. 3 passes to 4 for shot.

Elbow series - Half court

Elbow Curl

Half-Court Sets

Frame 1

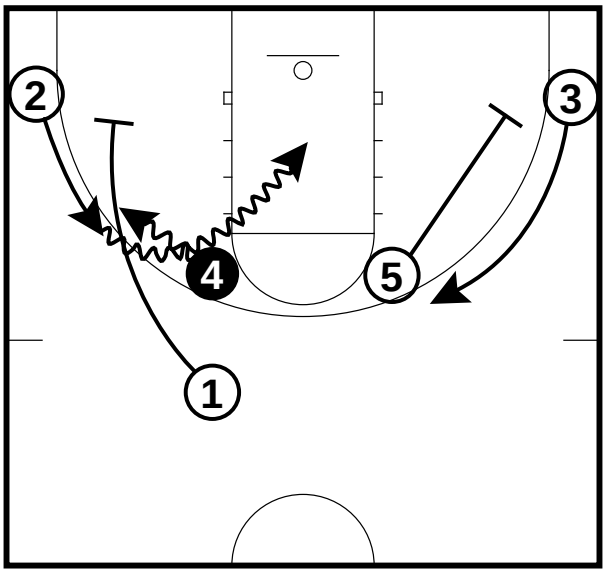


4 sets a downscreen for 2. 2 curls back off the screen. 4 comes back to the ball and receives a pass from 1.

Elbow Curl

Half-Court Sets

Frame 2



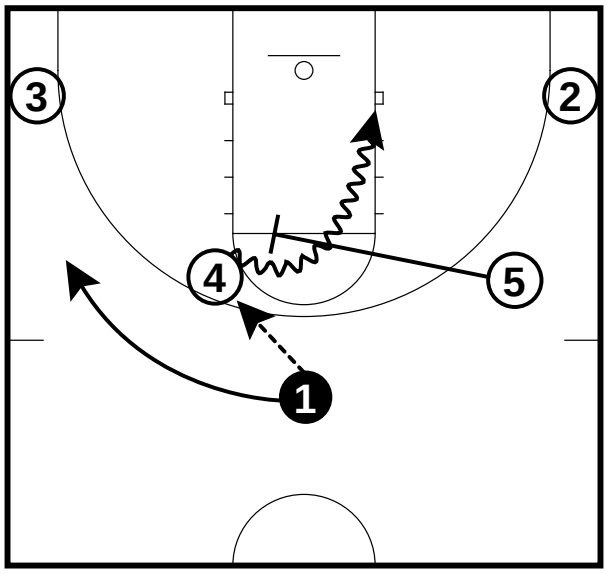
1 sets a downscreen for 2. 4 dribbles toward 2 for dribble hand-off. 2 receives the ball from 4. 5 sets a downscreen for 3.

Elbow series - Half court

Elbow Get

Half-Court Sets

Frame 1



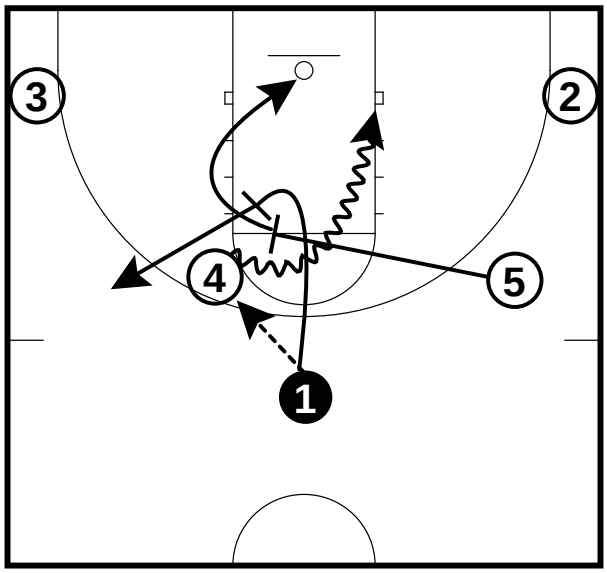
1 passes to 4. 1 flares behind 4. 5 sets a ballscreen on 4. 4 drives to the basket.

Elbow series - Half court

Elbow Get High Double

Half-Court Sets

Frame 1



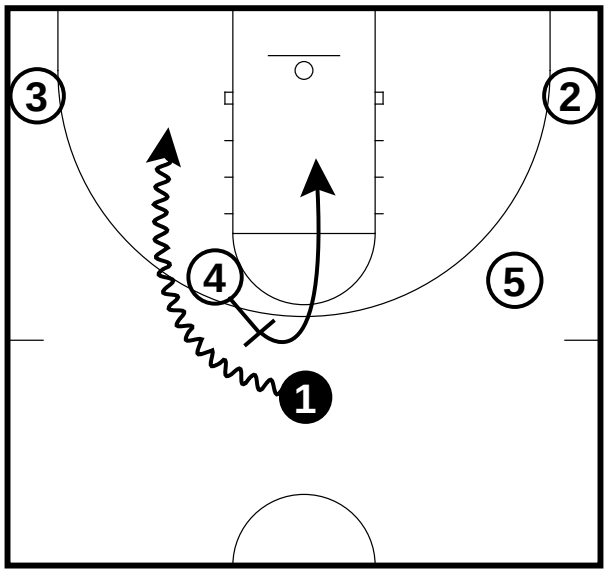
1 passes to 4 on the high post. 1 and 5 set a double high screen for 4. 4 comes hard off the screen to the basket. 5 rolls after screen. 1 pops out after screen.

Elbow series - Half court

Elbow fist

Half-Court Sets

Frame 1



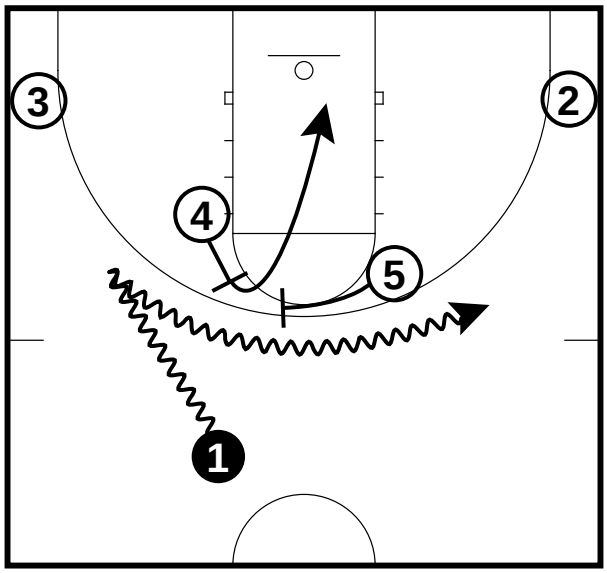
4 sets a ballscreen and then rolls to the basket. 1 comes off the ballscreen hard to the basket.

Elbow series - Half court

Elbow Double Fist

Half-Court Sets

Frame 1



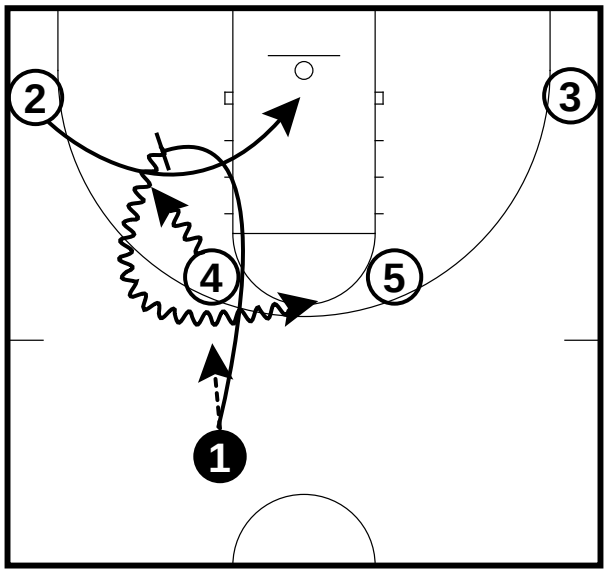
4 sets a ball screen for 1 and then rolls to the basket. 1 reverses field and comes back across the court. 5 sets a ballscreen on 1.

Elbow series - Half court

Elbow Middle

Half-Court Sets

Frame 1



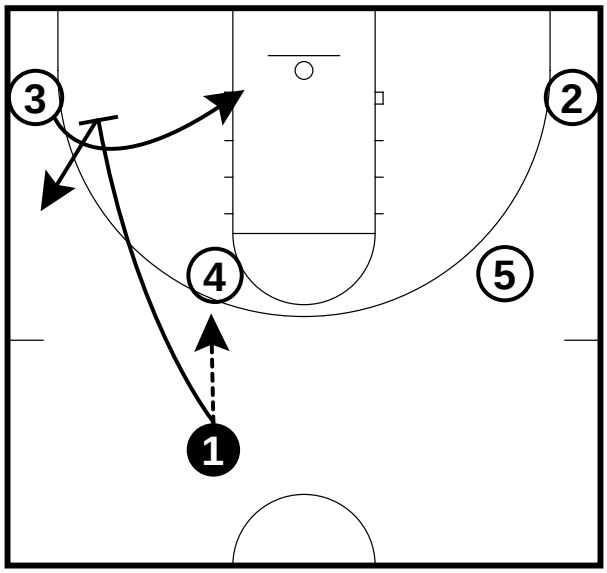
1 passes to 4 and then cross screens for 2. 4 dribbles to 1 for a dribble hand-off. 1 dribbles hard off 4's brush screen.

Elbow series - Half court

Elbow Dribble

Half-Court Sets

Frame 1

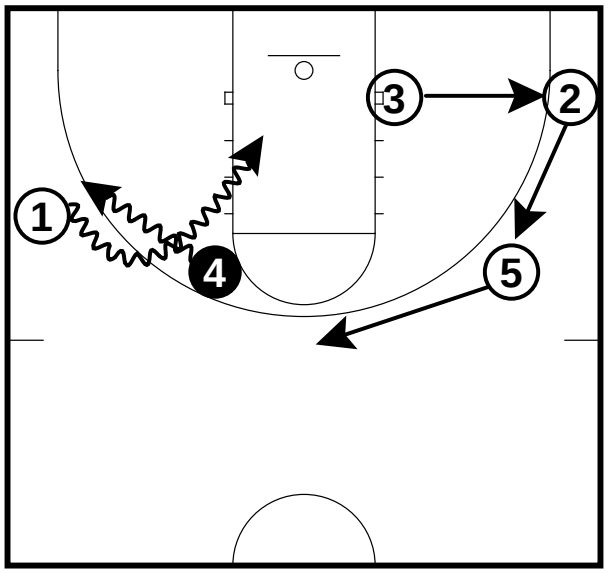


1 passes to the 4 at the high post. 1 sets a downscreen for 3. 3 curls off the screen to the basket. 1 pops out after the downscreen.

Elbow Dribble

Half-Court Sets

Frame 2



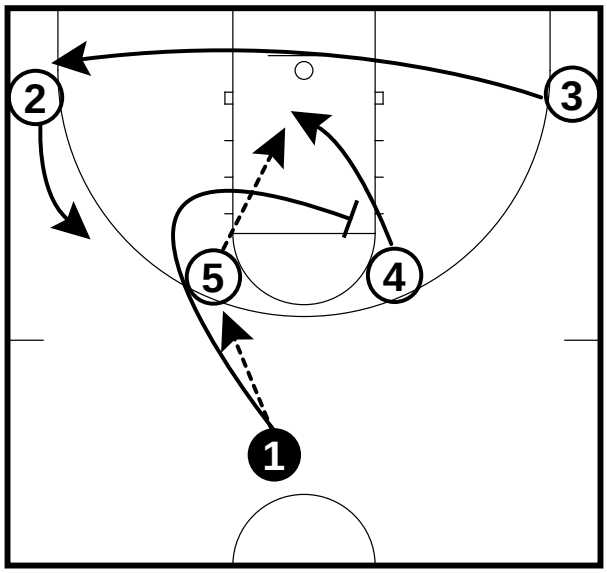
4 dribbles toward 1 for dribble hand-off. 1 drives to the basket. 5 sprints to top of key. 2 slides up the wing. 3 slides out.

Elbow series - Half court

Elbow Middle Weak

Half-Court Sets

Frame 1



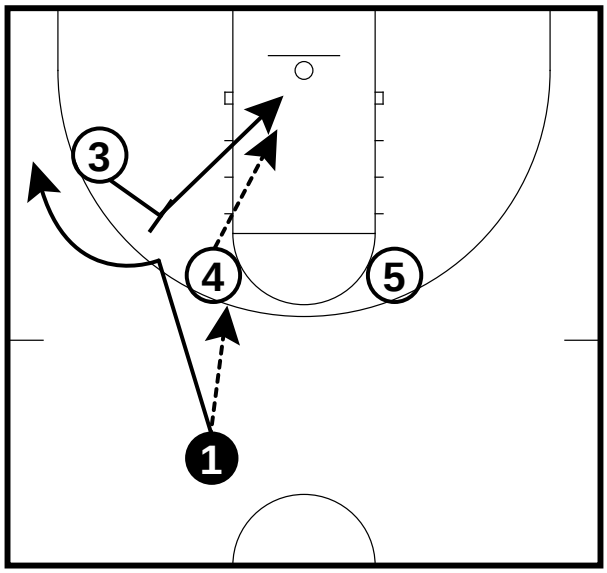
1 passes to 5. 1 backscreens 4. 3 goes to the opposite corner. 2 slides up the wing. 5 passes to 4.

Elbow series - Half court

Elbow Minnesota

Half-Court Sets

Frame 1



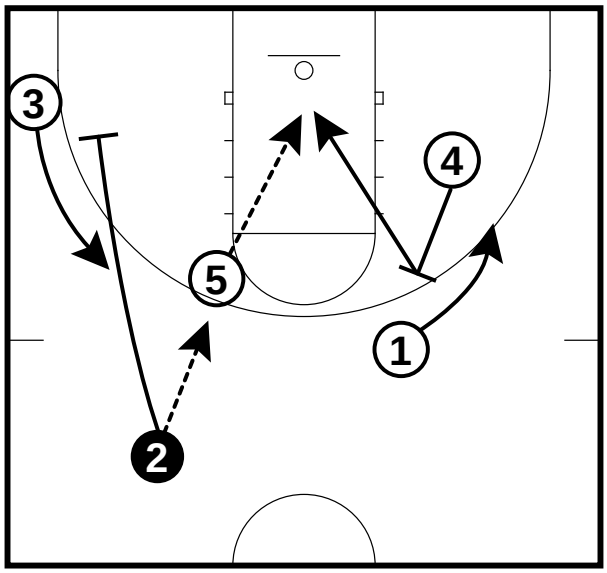
1 passes to 4. 1 comes off the flare screen. 3 sets a flare screen and then slips the screen. 4 passes to 3.

Elbow series - Half court

Elbow Side

Half-Court Sets

Frame 1



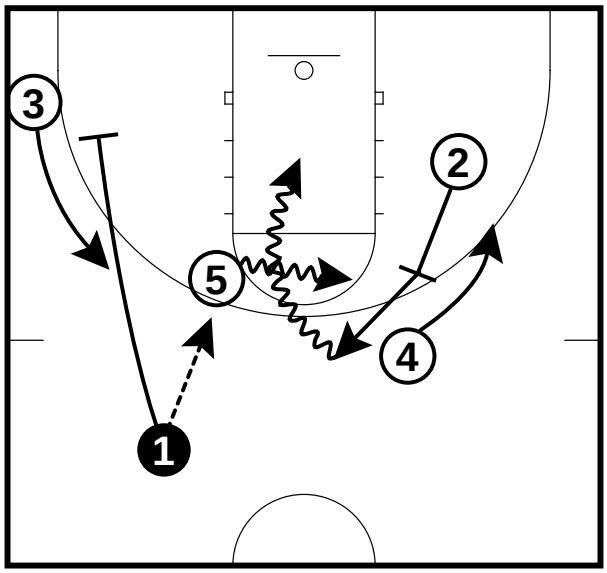
2 passes to 5. 2 sets a downscreen for 3. 3 comes off the screen. 4 sets a backscreen for 1. 1 flares out. 4 slips the backscreen and receives pass from 5.

Elbow series - Half court

Elbow Side hand-off

Half-Court Sets

Frame 1



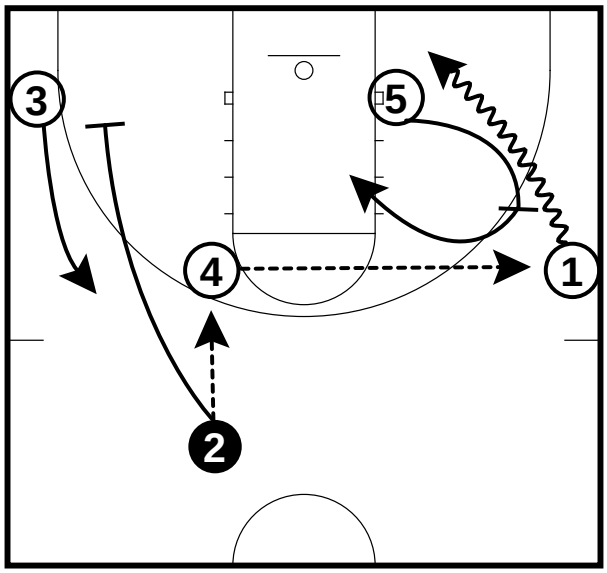
1 passes to 5 and then sets a downscreen for 3. 2 sets a backscreen for 4 and 4 flares out. 5 dribbles toward 2 for dribble hand-off. 2 receives the ball from 5.

Elbow series - Half court

Elbow Side Skip

Half-Court Sets

Frame 1



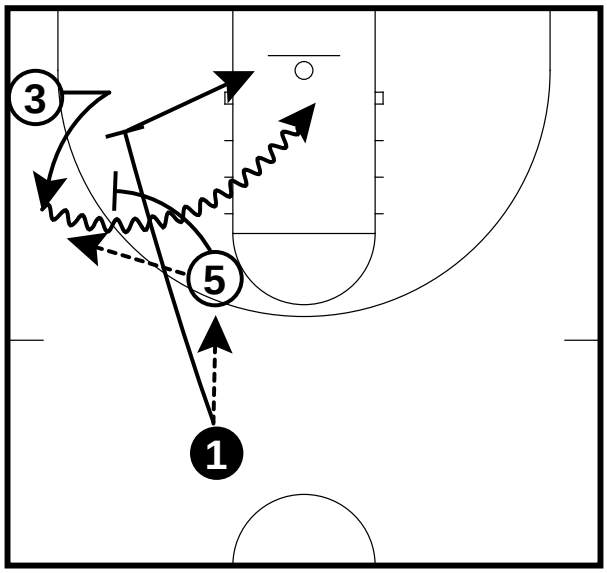
2 passes to 4 and sets a downscreen for 3. 3 comes off the downscreen. 4 passes to 1. 5 sets a ballscreen for 1 and rolls to the basket. 1 comes hard off the ballscreen.

Elbow series - Half court

Elbow Strong

Half-Court Sets

Frame 1



1 passes to 5 and sets a downscreen for 3. 1 slips screen to the basket. 3 comes off downscreen. 5 passes to 3. 5 sets a ball screen for 3. 3 comes off ball screen.

Thru series - Half Court

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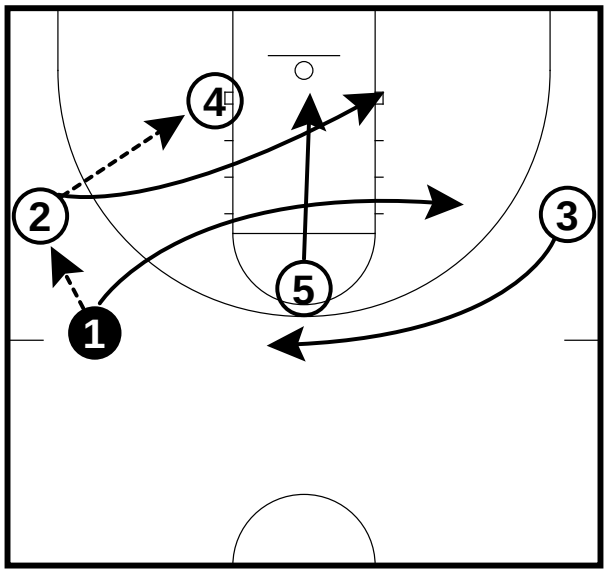
Thru series - Half Court

Thru

Half-Court Sets

Frame 1



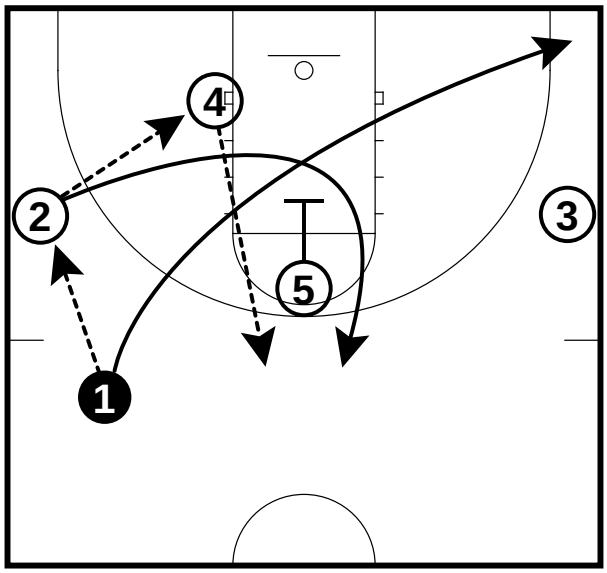
1 passes to 2. 1 cuts high to offside wing. 2 passes to 4 and cuts to offside block. 5 dives to basket. 3 drifts to the top of key.

Thru series - Half Court

Thru Dive

Half-Court Sets

Frame 1



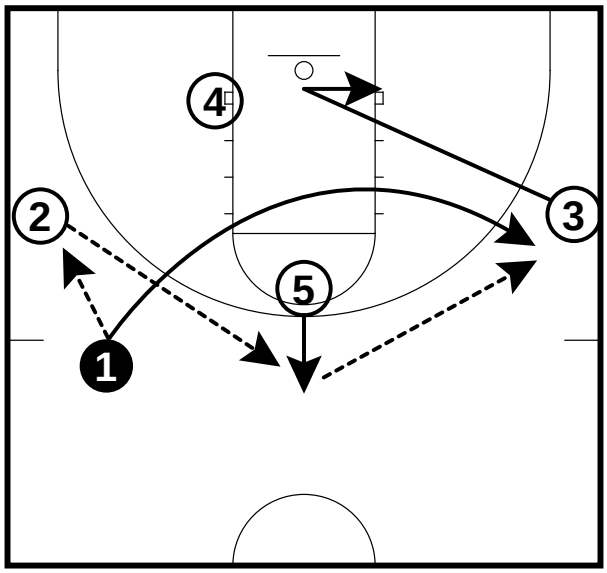
1 passes to 2. 1 cuts high to offside corner. 2 passes to 4 and cuts to offside block and then comes off downscreen of 5. 2 comes off screen for shot. 4 passes to 2.

Thru series - Half Court

Thru Down

Half-Court Sets

Frame 1

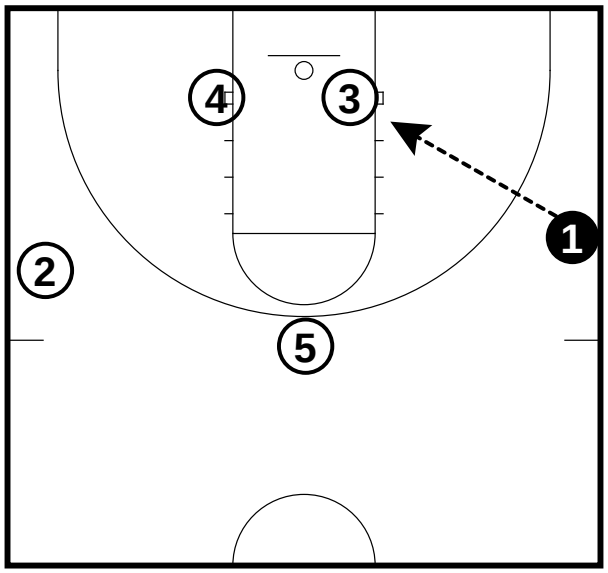


1 passes to 2. 1 cuts high to offside wing. 2 passes to 5 and to 1. 3 backcuts hard and posts up on the block.

Thru Down

Half-Court Sets

Frame 2



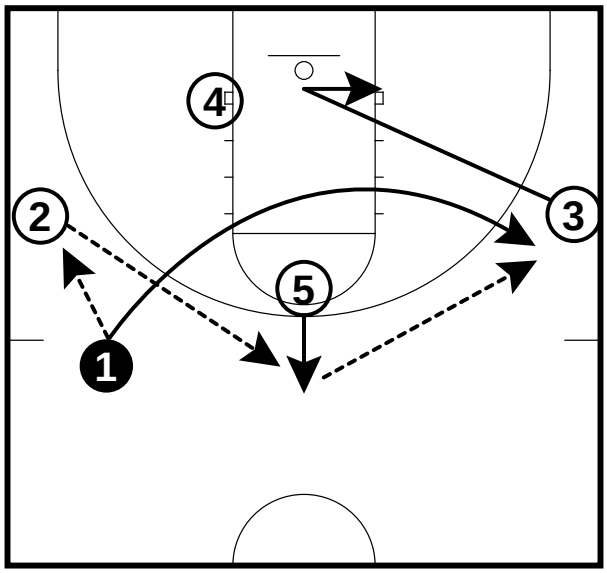
1 passes the ball to 3 on the hard post-up.

Thru series - Half Court

Thru Down Flare

Half-Court Sets

Frame 1

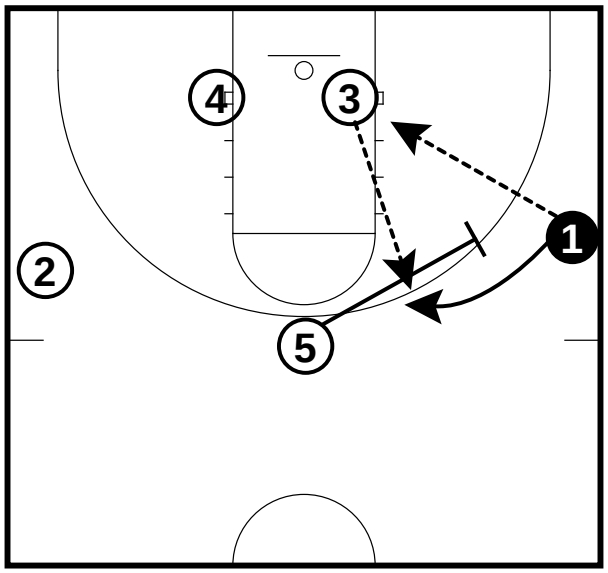


1 passes to 2. 1 cuts high to offside wing. 2 passes to 5 and to 1. 3 backcuts hard and posts up on the block.

Thru Down Flare

Half-Court Sets

Frame 2



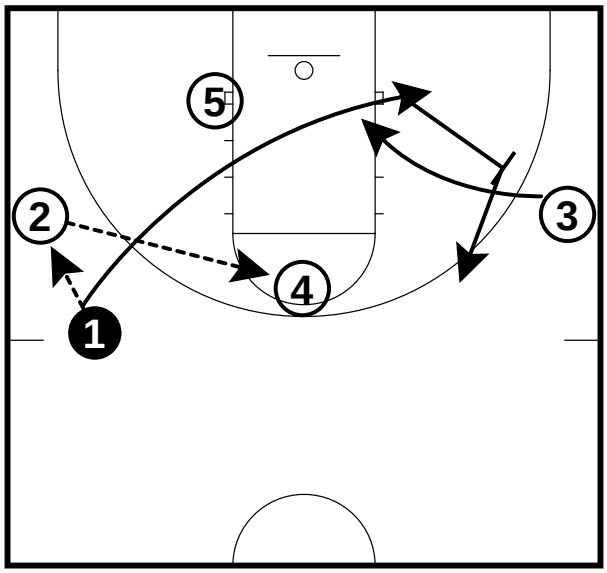
1 passes the ball to 3 on the block. 5 sets a downscreen for 1. 3 passes to 1 coming off 5 downscreen for shot.

Thru series - Half Court

Thru Dribble

Half-Court Sets

Frame 1

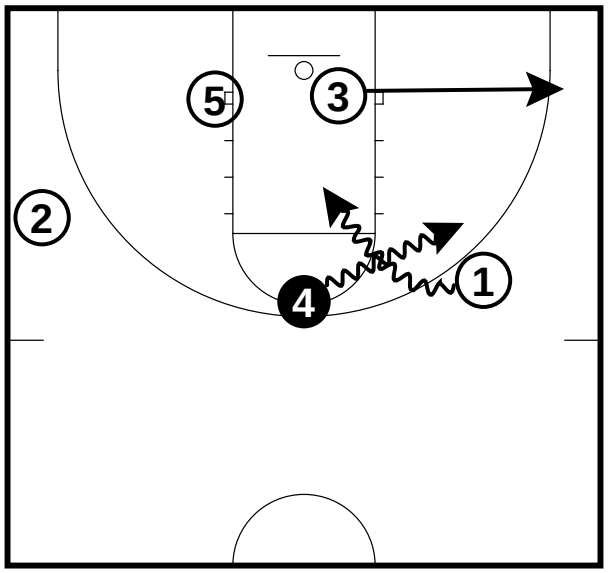


1 passes to 2. 1 cuts hard to the basket and the backscreens for 3. 3 comes off backscreen to the block. 2 passes to 4.

Thru Dribble

Half-Court Sets

Frame 2



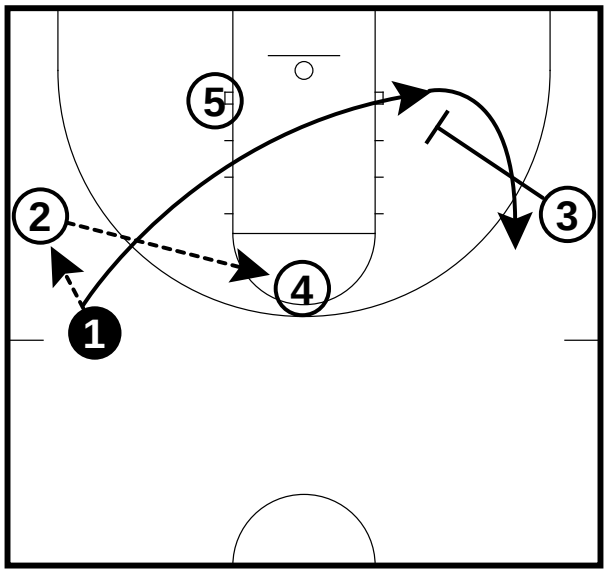
3 sprints to the corner. 4 dribbles hard at 1 for dribble handoff. 1 comes off the brush screen hard with the basketball to the paint.

Thru series - Half Court

Thru Dribble Flare

Half-Court Sets

Frame 1

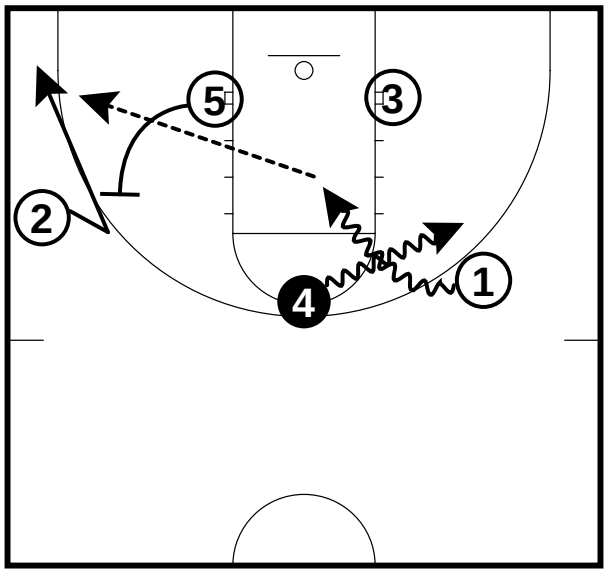


1 passes to 2. 1 cuts hard to the basket and receives a downscreen from 3. 2 passes to 4.

Thru Dribble Flare

Half-Court Sets

Frame 2



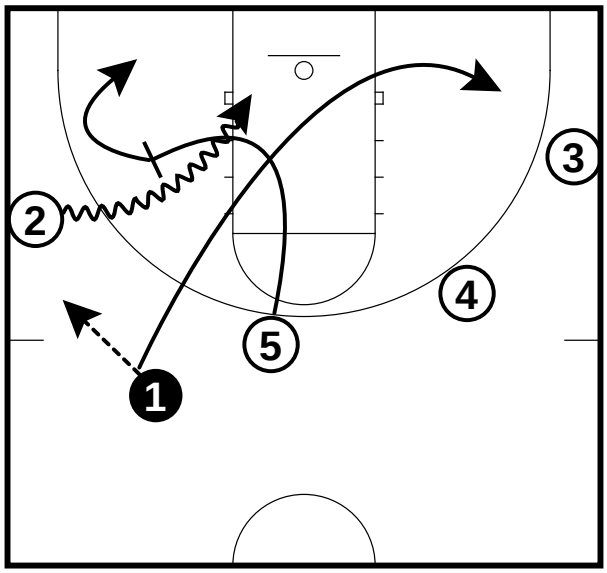
4 dribbles hard at 1 for dribble handoff. 1 comes off the brush screen hard with the basketball to the paint. 5 sets a flare screen for 2. 1 gets to paint / passes to 2

Thru series - Half Court

Thru Fist

Half-Court Sets

Frame 1



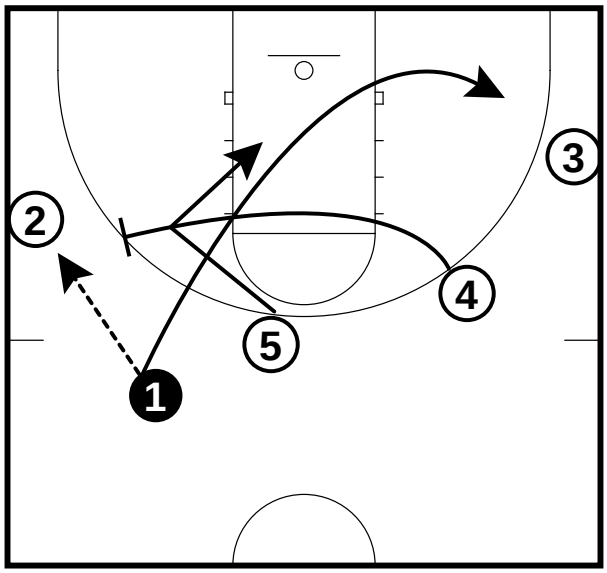
1 passes to 2 and cuts hard to the basket and out to the corner. 5 cuts to the basket and comes up for a ballscreen on 2 and rolls to short corner. 2 comes off ballscreen hard

Thru series - Half Court

Thru Fist (option)

Half-Court Sets

Frame 1

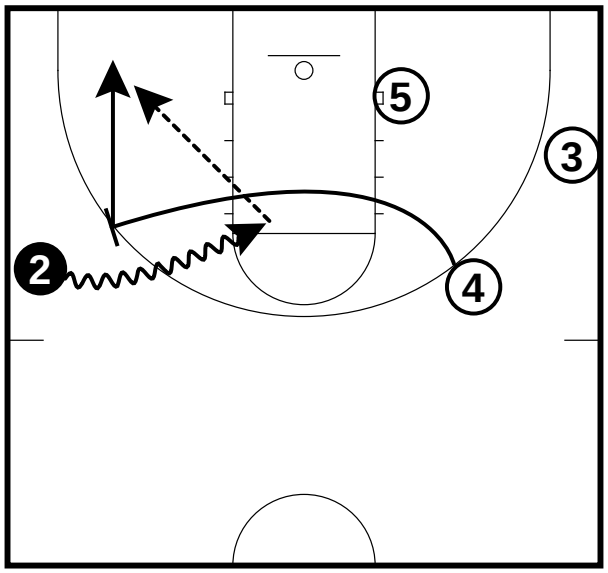


1 passes to 2 and cuts hard to the basket and out to the corner. 5 fakes a ballscreen and slips to basket. 4 comes and sets a ballscreen on 2.

Thru Fist (option)

Half-Court Sets

Frame 2



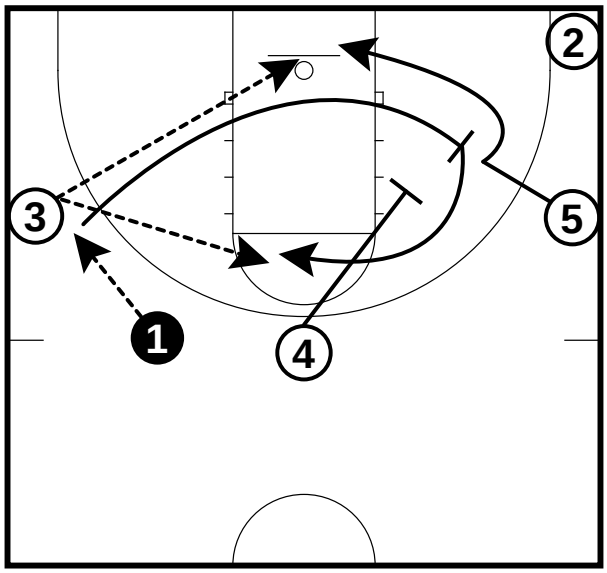
4 sets ballscreen on 2. 2 dribbles off ballscreen to the paint. 4 drifts to short corner. 2 passes to 4 in short corner for isolation.

Thru series - Half Court

Thru High

Half-Court Sets

Frame 1



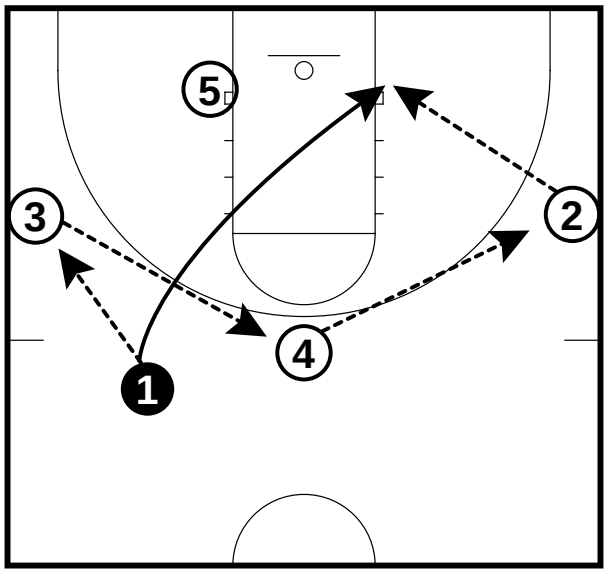
1 passes to 3. 1 cuts to the basket and sets a backscreen for 5. 5 comes off backscreen to basket. 4 sets a downscreen for 1. 3 can pass to 5 or 1.

Thru series - Half Court

Thru Hold

Half-Court Sets

Frame 1



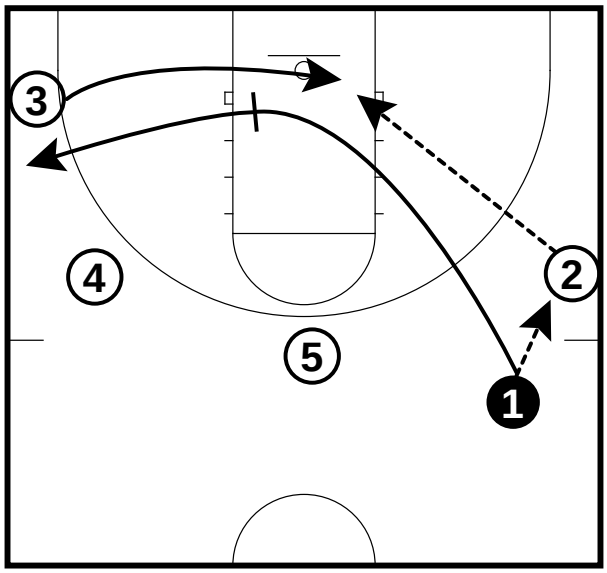
1 passes to 3. 1 cuts to the basket for post-up. 3 passes to 4. 4 passes to 2. 2 passes to 1 on the hard post-up.

Thru series - Half Court

Thru Low

Half-Court Sets

Frame 1



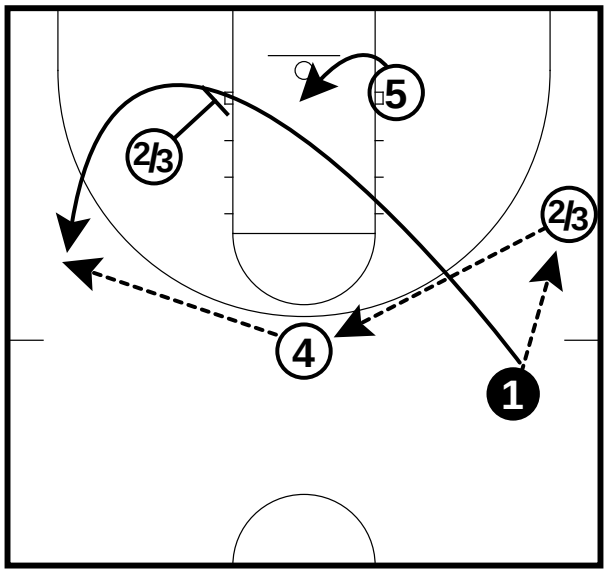
1 passes to 2 and cuts to the block and screens across for 3. 1 then goes out to the opposite corner. 2 passes to 3 for the post-up.

Thru series - Half Court

Thru Opposite

Half-Court Sets

Frame 1

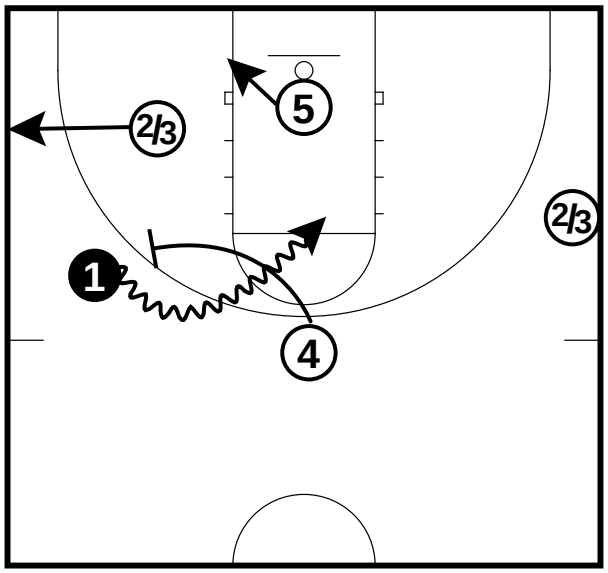


1 passes to 2/3 on the wing and cuts to the basket. 3/2 downscreens for 1. 2/3 passes to 4 and reverses the ball to 1. 5 posts up hard.

Thru Opposite

Half-Court Sets

Frame 2



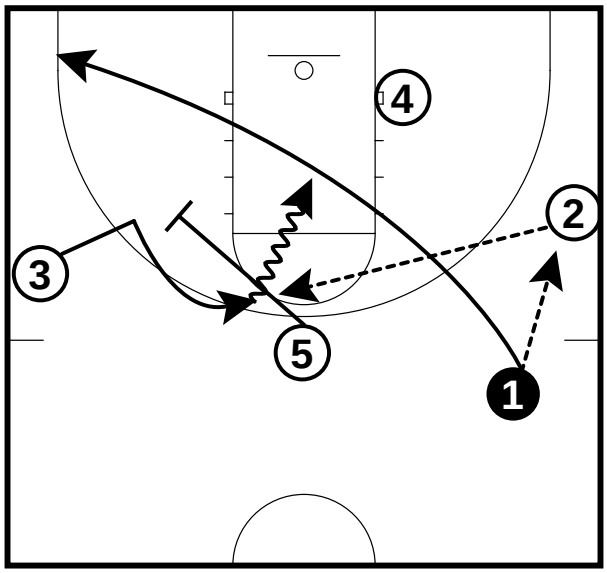
4 sets a ballscreen for 1. 1 comes off the ballscreen hard to the paint. 2/3 drifts to the three point line. 5 slides to offside block.

Thru series - Half Court

Thru Quick

Half-Court Sets

Frame 1



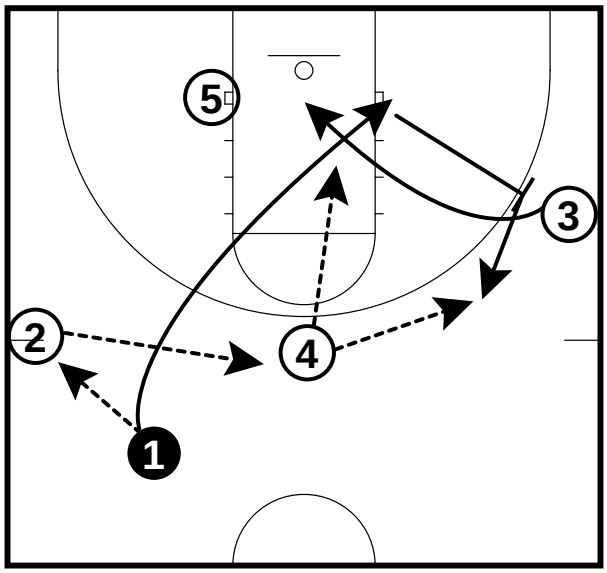
1 passes to 2 and cuts thru to the opposite corner. 5 downscreens for 3. 3 comes off downscreen on curl and receives passes from 2. 2 dribbles to the basket. 4 stays.

Thru series - Half Court

Thru Side

Half-Court Sets

Frame 1



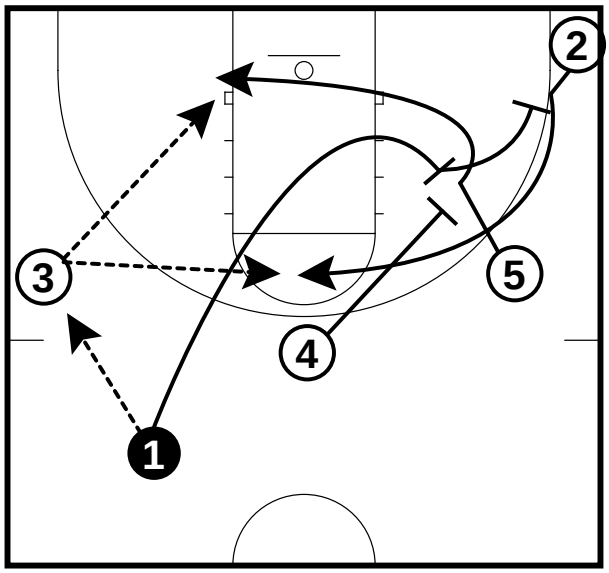
1 passes to 2 and cuts to the offside block. 2 sets a backscreen for 3. 2 passes to 4. 3 comes off backscreen from 1. After 1 backscreens he pops out.

Thru series - Half Court

Thru Stagger

Half-Court Sets

Frame 1



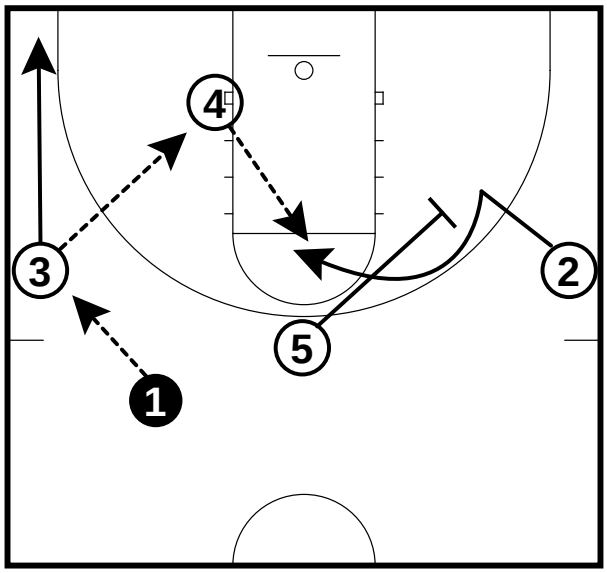
1 passes to 3 and cuts to basket. 1 backscreens 5. 5 does a shuffle cut to block. 1 downscreens 2. 4 downscreens for 2. 2 comes off staggered downscreens.

Thru series - Half Court

Thru Weakside

Half-Court Sets

Frame 1



1 passes to 3. 3 passes to 4. 3 drifts to the corner. 5 sets a downscreen for 2. 4 passes to 2.

Slobs

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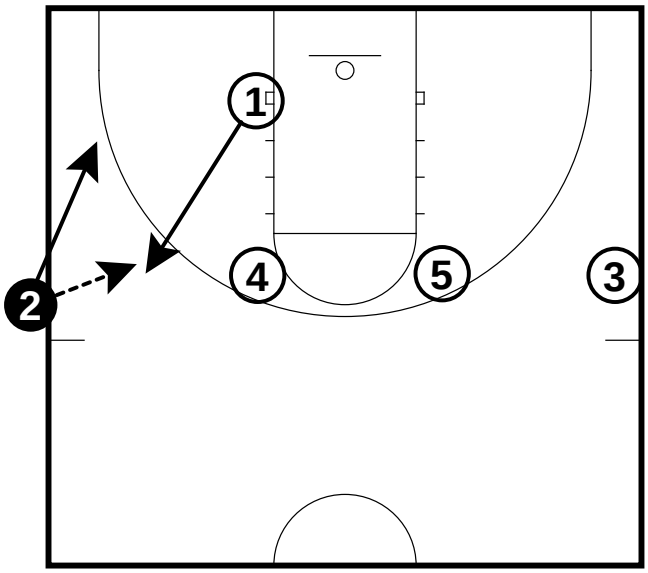
SOB 5 Up 116
SOB Shawn 117

Slobs

SOB Double

Slob's

Frame 1

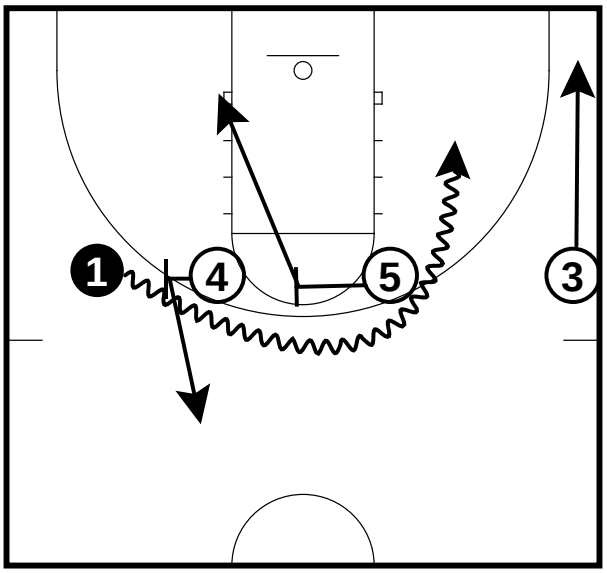


1 sprints to the ball and receives the pass from 2. 2 steps in after pass to 1 and goes corner.

SOB Double

Slob's

Frame 2

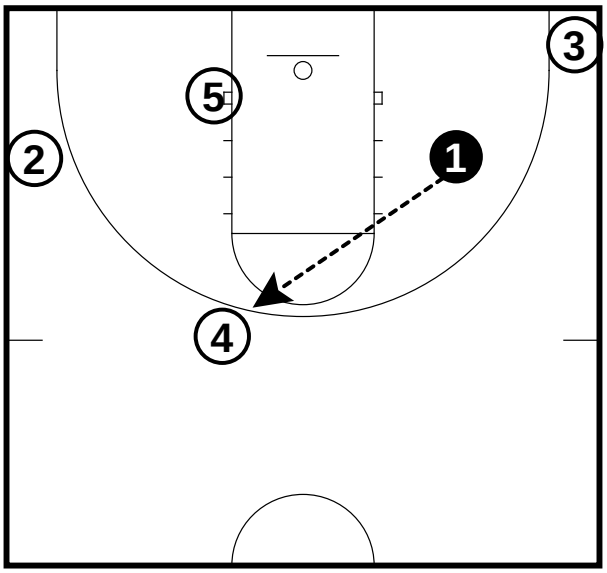


1 comes off the staggered screen from 4 and 5. 3 drifts to the corner. 4 sets screen and then steps out. 5 sets screen and then rolls to offside block.

SOB Double

Slob's

Frame 3



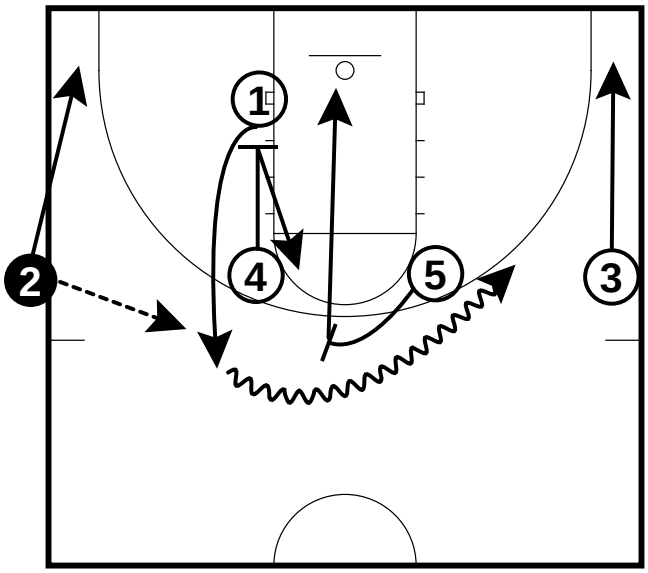
1 draws the attention and then throws a skip pass to 4 for the jumper.

Slobs

SOB Fist-up

Slob's

Frame 1



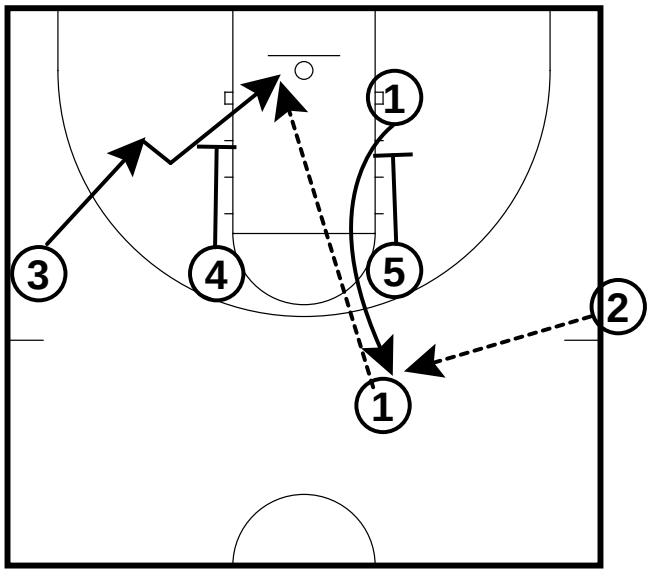
2 passes the ball to 1. 5 sets a ballscreen for 1. 1 turns the corner on ballscreen. 3 drifts to corner. 5 rolls off ballscreen to basket. 4 steps back to high post.

Slobs

SOB Quick

Slob's

Frame 1



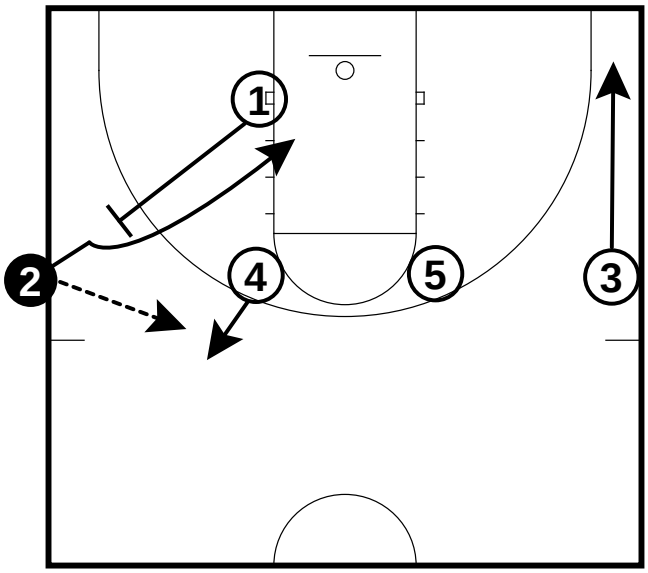
4 and 5 set downscreens. 1 comes off downscreen from 5 to receive the pass. 3 sprints to toward the block. 3 is coming off downscreen and backcuts for layup.

Slobs

SOB 5 Up

Slob's

Frame 1

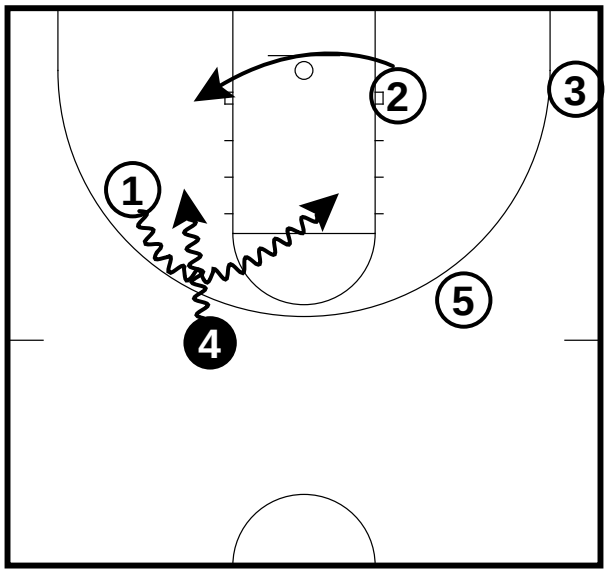


2 passes to 4. 1 sets a backscreen for 2. 3 drifts to corner.

SOB 5 Up

Slob's

Frame 2



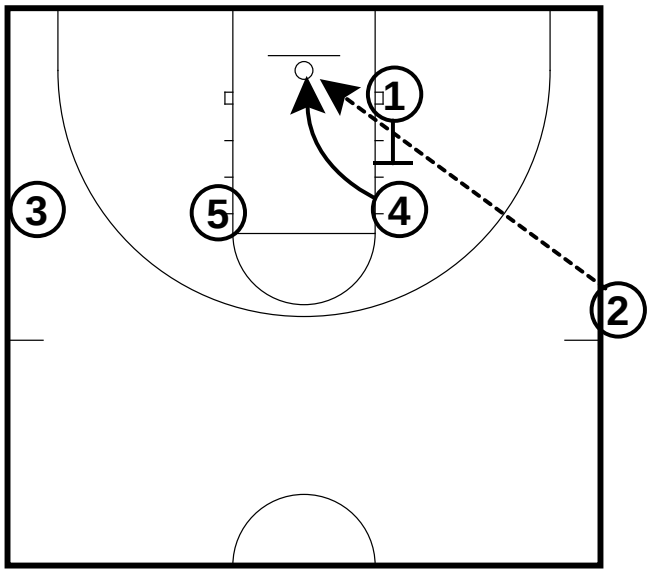
4 dribbles to 1 for dribble handoff. 1 brushes off 4 and turns the corner. 2 slides across the lane.

Slobs

SOB Shawn

Slob's

Frame 1



1 sets a backscreen for 4. 4 comes off screen for a layup or lob dunk from 2.

Blob's

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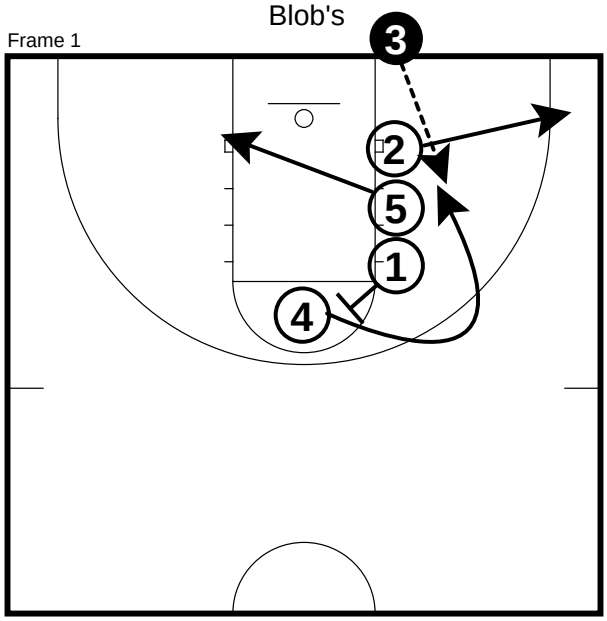
Blob's

Blob 40

Blob's

Frame 1



2 breaks to the corner. 5 sprints to the offside block. 1 sets a backscreen for 4. 4 comes off backscreen for curl.