

[Click Here](#)





































From the Coach's Clipboard Basketball Playbook"Helping coaches coach better..." Watch Video Register now Disclosure: This page contains affiliate links, which means that Coach's Clipboard receives a small commission (at no cost to you) if you make a purchase using these links. Here are a several Princeton-styled plays that you can call while running the Princeton offense. Also see: Pete Carril's Princeton Offense, Princeton Offense. From Coach Lee Deforest, run this play when O4 is being denied the pass from O1 (diagram 1). Weakside wing O2 flashes to the left elbow for a pass from O1. O4 then cuts around O2 for a possible hand-off and dribble-drive. If O4 does not get the ball, he/she moves out to the corner (diagram 2). O5 sets a flex-type screen for O3. O3 is either under or over the screen, and a pass filters from O2 to O4 is the next option. After screening O2, O4 ducks in for a possible pass from O2 (especially useful if the defenders switch the flex screen). Alternatively, if O5 is a good shooter, he/she might pop outside instead for a pass, and an outside shot. If nothing develops, O2 just passes back out to O1 (diagram 3) and cuts through and moves out to the right wing. O4 rotates up to the top left spot, and O3 rotates out to the left wing. O5 back-screens for O1 and now you can run the "Chin" series from here. Another option (backing up to the start) - after the initial pass from O1 to O2, and after O4's cut, O1 then basket cuts (diagram 4). O1 curls around a screen from O4. O2 dribbles toward O1 for a possible O2=>O1 dribble hand-off. Meanwhile we have the usual O5 flex screen for O3. The next three plays, the "Ear-Nose-Hip" series, were submitted by Coach Mark Lane of the Ohio Express. See the diagrams below. In diagram A, O1 passes to O4 and cuts off of O5's screen to the ballside block (looking for the pass inside from O2), and then moves out to the left corner. O4 quickly passes the ball to O2. The first look here is O2 to O1 cutting inside. Diagram B - if the pass inside to O1 is not there, O4 either cuts all the way through or will pop back when O5 screens. If you don't want O5 to handle the ball, then designate O4 to pop out every time. The pass back to O4 sets up the "dribble at" for the back door cut by O3. O4 dribbles at X3 to set up O3 for the back cut (diagram C). If O4 had cut through in the previous frame, s/he would have filled the opposite (right) corner and O5 would have popped out and dribbled at O3 for the back cut. In diagram A below, O1 dribbles at O4, who cuts through to the opposite side. O5 pops out and O1 passes to O5. Diagram B - O1 screens for O3. O3 steps above the screen and then backcuts (O3 never really uses the screen). This is the first look, a pass from O5 to O3 cutting inside. Diagram C (below) - to keep good spacing, O3 sees that O4 has the opposite corner filled and fills back to the side he came from. O5 passes to O1. Diagram D - O5 follows the pass and sets up a screen and roll opportunity with O1. O1 dribbles around the ball-screen looking to score or hit O5. If O1 can't do either of those, he'll set up the back cut opportunity for O2. We used to run this starting on the left base with the purpose that we were going to make O1 to make a pass to a cutter and s/he felt it was easier for O1 to use his right hand instead of the left. Diagram O1 "waves" O4 through and O4 will run off to a double screen set by O2 and O5 on the backside elbow. You would want to put your best shooter in the O4 spot for this play (assuming he's not your point guard). Diagram B - as soon as O4 clears out, this sets up the "dribble at" opportunity for O1 and O3. NOTE - This takes place almost simultaneously with diagram A. You'd be amazed at how many times O3 was open on the back cut. O1 to O3 is your first look. Diagram C (below) - if O3 is not open, he'll finish his cut to the opposite corner. O1 will then look at option 2, which is O4 going off of the double-screen. Note, O5's defender (x5) may start cheating to help on O4. If this happens, O5 may slip the screen. If we know this is going to happen, sometimes we'll hold O3 back from cutting to keep his defender out of the picture. We're hoping to have hit O3, or to have O4 get a shot by this point, but if not, we'll run O5 off of O2 (diagram D) and see if we can't hit O5 going to the basket or O2 popping out for a shot. A lot of times, both defenders go with O5 and leave O2 open. You could have O1 space out after passing and set up a O2 to O1 back cut opportunity! Related pages: Coach Quinn McDowell has a new excellent online program, "Mastering the Princeton Offense". Any coach serious about the Princeton offense should sign up for this course. It includes a 47 page pdf that details and diagrams all the actions, quick hitters, drills, terminology, etc. There are many video clips including whiteboard discussions with Coach McDowell, and game video clips - film study - of teams running the offense. 100%(3)/100% found this document useful (3 votes)1K viewsThe document outlines the Princeton offense including early offense sets like chase, keep, dribble and down. It then covers halfcourt offense against man to man defense including pistol cont...SaveSave Princeton Offense Playbook For Later100%/100% found this document useful, undefinedThe Princeton Offense was created by legendary college coach Pete Carril, the head coach at Princeton University from 1967-1996. The offense became popular when under-matched Princeton teams started nearly upsetting powerhouse teams like UCLA in the NCAA Tournament. After a few big wins, other coaches from across the country started to implement the Princeton Offense themselves. The offense is very popular today because it emphasizes spacing, timing, and cutting. It is very difficult to defend, and is aesthetically pleasing to watch. It also gives the underdog a unique advantage and counteracts more physical, athletic, and aggressive defensive teams. Regardless of your level of play, I'll guarantee you will find elements of the Princeton Offense that can be applied to your teams. The offense encourages excellent spacing. The initial alignment within Princeton moves players up and higher off of the baseline. What does this open up? A lot of backdoors, cuts, and space near the rim where there is no help defender. There is an emphasis on ball and player movement. While there are certainly plenty of opportunities for dribble penetration within this offense, at its core it is an offense that has a lot of ball reversals, cutting, false motion, and offensive reads. A lot of opportunities for backdoor cuts. As mentioned before, since your offense is positioned higher, it can open up opportunities for more backdoor cuts. This is highly effective against teams that apply a lot of defensive pressure or deny one pass away. Screening and cutting is difficult to defend. A lot of modern basketball offenses focus on dribble penetration and paint touches. With Princeton, your players will be setting a lot more screens and reading those screens and the defense. Not a lot of teams are used to defending these types of actions. You can flow from Princeton into your conceptual offense. Hopefully, as a coach, you have trained your players to know what to do if a player doesn't pop or you don't score off of the initial action. You can do the same thing with Princeton. A lot of teams even flow into Dribble Drive Motion from Princeton (more on this later in the article). Anyone can run this (or at least parts of it). There's a common belief that Princeton can only be run with players that have a high basketball intelligence. Obviously, there is some truth to this. But, this offense and its basic precepts can be taught on just about any level. It's like any other offense, skill, or concept - you must provide appropriate repetitions for growth and understanding to occur. You get what you emphasize. Every cut must be a cut to score. There is less dribble penetration in this offense, so teams must put pressure on the rim with their cuts. If players do not cut to score (meaning hard with purpose, and all the way to the rim) every time, it will be an easy offense for the defense to play. Be patient with cutters and let the play develop. If you have the ball in your hands, wait to see if the play develops. A lot of times, it will be easy to just reverse the ball or move on to the next part of the offense. Openings in the Princeton Offense sometimes require just a little bit more time. Don't be a robot! Yes, you are running certain actions on offense, but you still must be able to adapt to the defense. If you're being overplayed, go backdoor! If the defender is pressuring the ball, drive to the rim. Run the offense, but don't be a robot. Catch and face. With so much cutting to the rim, players must catch and face the basket on EVERY single catch. This will allow them to see the play develop and hit open cutters with more ease. Read screens. As a cutter, it's your job to make the defense wrong every play. If a defender is trailing you, cut to the rim. If they are overplaying you, reject the screen and go backdoor. If they are sagging, pop or flare. The Princeton Offense starts with a 2-2-1 formation, featuring two players positioned at the top of the key (1 and 4), one player on each wing (2 and 3), and a player stationed in the low post on the ball-side (5). Notably, all four perimeter players are considered positionless, and even the low post player doesn't necessarily require dominant low post skills. In this setup, the post player plays a significant role as a passer in various offensive actions. The offense can benefit greatly from having a high-IQ player in this position, regardless of their height compared to traditional big players. Create plays with our intuitive browser app. They will be animated automatically! From the Princeton alignment, Point begins with the high player opposite the ball (4 in the diagram) cutting through the elbow to the opposite corner. At the same time, 5 is cutting up the lane to receive a pass from 1. If 5 times it correctly, he can almost run his defender into 4's cut to make this entry pass an easy one. Teams will often try to deny this pass. If they do, players should just go backdoor for an open layup. After 5 passes to 5, we are into Point. One option that 1 has is to go AWAY from 5. 1 initiates their screen away by first cutting IN and then OUT. This helps create a better angle for 3 when they cut. Typically, 3 is going to "reject" the screen, catch like they are going to use it, but then cut backdoor and cut to the rim. This is where you see a lot of the backdoor cuts for layups on video highlights. Another option for 3 is to "tight cut" the screen. When 3 does this, they are still going to cut to the rim but are actually using the screen by 1. This is a good cut to use if the defense is trailing behind the cutter. A third option would be for 3 to curl/pop the screen for an outside shot. If 3's defender sinks low, this is a good option. An advanced option would also be for 1 to "slip" to the rim. If you've run AWAY a few times in a row, 1's defender might start to cheat. This is a great time to fake the screen, cut to the rim, and catch the defender sleeping. And FINALLY, to get a post touch, you could have 3 cut into the paint, turn, seal, and dunk in there. There's not a lot of help opportunities from the perimeter and you may be able to get a pass inside here. Once that initial AWAY screen happens, 1 pops back to the ball to receive a pass from 5. There are some good options here as well: if 1 is denied they can go backdoor, sometimes 1's defender will help on 3's cut and this will leave 1 open for a jumper, sometimes 1's defender will close out late allowing 1 an opportunity to drive. Typically, 5 just reverses to 1. After 1 receives the pass, 5 follows for a ballscreen 5 rolls to the rim, 4 replaces, and 1 makes the read. If you don't want to run a ball screen here, you could also have 5 run a dribble handoff with 1 in OVER action. 1 cuts over the top of 5 and goes to set a screen for 2 2 moves to the corner to create more space to use the screen. The same options from AWAY apply to this screen in OVER (see above) 2 empties out to the corner and this pushes 4 and 3 up in their spacing. Now, 5 and 1 have the entire side of the floor to run an empty ballscreen 5 can roll or pop (if they are a shooter) 1 attacks off the bounce and either passes to 5, drives themselves, or kicks out to a teammate CHIN starts in the same alignment as POINT, but has entirely different actions. To initiate CHIN, 1 dribbles towards 3 for a dribble handoff. The players are not trying to score or get to the rim here, it's simply a part of the play. On the other side of the floor, 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves, and deception to get open and make this as easy as possible for the entry passer There is also nothing wrong with 5 catching the ball more in the short corner or mid post rather than the low post; this may give 5 more space to see the cutting action and open up cutting options for players off the ball Some teams will have 5 start on the ball side block instead of cutting to the block to receive the pass. Having 5 cut across opposite might make it tougher for the defense to defend, thus making that entry pass a little bit easier. You might also tell 5 to fake like they are cutting high (like they do in Point or Chin) and then flash to the block 4 could curl off the screen from 3, but the most effective action is typically rejecting and going backdoor. On 4's cut to the corner, they will want to make sure they are cutting wide enough to not bring help from x4 on 5 When 3 is getting ready to reverse the ball to 2, they will want to take a few aggressive dribbles to center the ball. The goal here is to get back to that "slot" position (just like Chin) 3 should come to the ball to set up their cut when using the high back screen by 5 If 5 is a shooter, this is very difficult to guard because of the threat of popping out for an open shot. X5 now has to worry about defending the screen 3 and 4 are exchanging spots. When 3 gets the handoff, they take 1-2 dribbles higher and then reverse the ball to 3. While that's happening, 5 is coming to set what is called a "chin screen". This is basically a backscreen. 5 reverses to 4, 3 uses the screen, 2 looks to pass to 3. This might seem very easy to guard, but you'll be amazed at how many times this option is actually available. After the chin screen, there are a few options for your team and you can run just about anything you'd like offensively...but the typical action is a flare screen between 3 and 2 5 sets the flare screen and 2 uses it. 2 needs to make sure they take their defender to the ball before they use the flare screen or it will not be effective. After the screen, 5 now rolls to the rim. This will be open at times because 5's defender may help on the flare from 2. The starting positions are the same as Point and Chin, but now the offense is starting with a pass to the wing (3) 1 needs to cut deep and hard to the opposite corner to clear out space 5 must use their body to ensure this is an easy pass for 3, because the defense will try to take this entry pass away Coaches should teach 5 to use swim moves, spin moves,