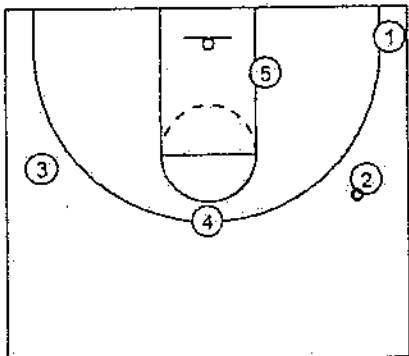


Playbook

Playname : *Bama* base offense

1

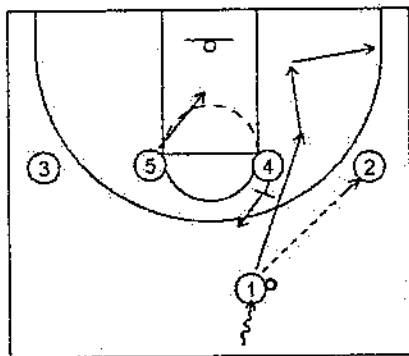


The Purpose of Offense:

- Able to flow into from 86 feet, no reset action needed
- Good spacing
- Maintain floor balance for defensive transition
- Getting ball into Posts
- Perimeter shots off screens
- Perimeter dribble drives open based on spacing

Playname : *Bama* base offense

2



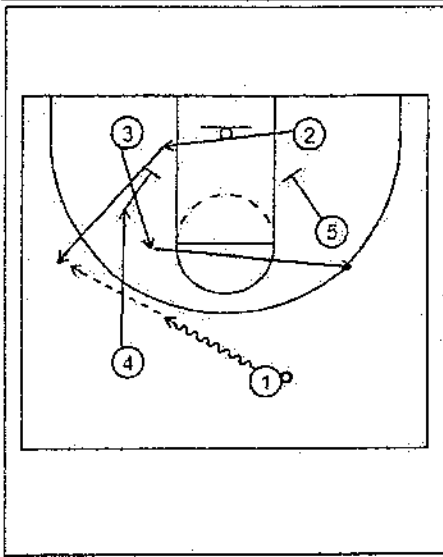
The Offense can start in 1 of 2 ways:

- 3 Out 2 In
- 4 across (as shown)

Two entries/plays "Fist up and Fist down" start in a 4 across look so you may want to start the offense at other times in 4 across for some deception.

Point Guard (1) should be within 1 step outside of lane lines extended for quick change of sides if initial wing is covered.

Playbook



Playname : *Bama* base offense

4

Wings starting action

Wings must get to a step above freethrow line extended outside 3 point line.

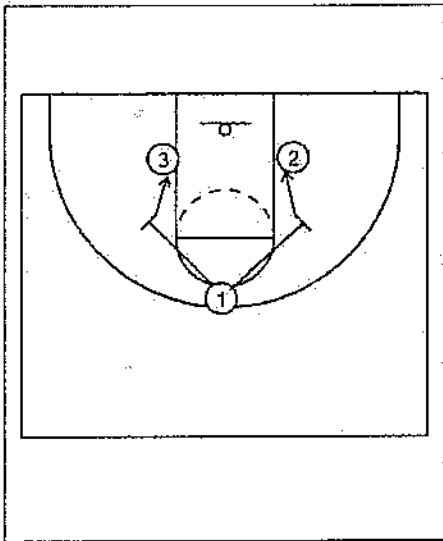
In 3 Out 2 In flow into offense

Wings should use different moves to get open:

- Cross under basket with (2) screening for (3)
- Wing (3) cut thru middle to other side with (2) going under basket
- Wing (3) cut over top of both posts to side with (2) cutting under
- Fake cross and pop out on their side using Post down screen.
- The (2) wing should make call to (3) for one of above actions

Posts should screen to get wings open and:

If wing defender goes over top of post that post should flash to elbow for pass from (1) for possible backdoor to Wing on his side.



Playname : *Bama* base offense

5

Posts Play - Movement

Posts area of operation are numbered 1 through 3 when in "Bama"

Spots 2 and 3 are a step above the blocks

The Posts do not go out to the wings at any time.

When posting up Posts should take what defense gives them then work for position, i.e., if fronted try pushing defender out with hips, if played behind try backing defender into lane, if 3/4 fronted try pushing up side of lane, don't end up in a wrestling match.

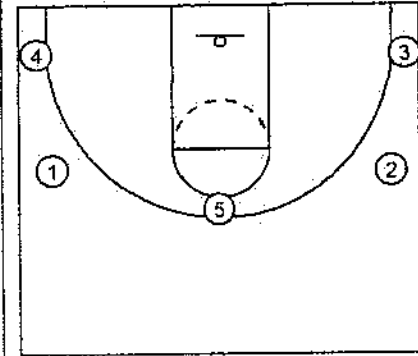
Very important for post to maintain contact with defender at all times for sealing on swing of ball and cross of lane for dump down pass from top. Lob passes to post should be passed to corner of backboard.

Playbook

Playname : *Bama*

base offense

3



Wing play

Wings areas of operation are numbered 1 thru 5 and are approx 15-17' apart for spacing

The 1 and 2 spots are step above freeethrow line extended and a step outside 3 point line. The 3 and 4 above endlne allowing drive to basket on baseline side.

When catching ball the wing should:

- Faceup immediately being strong with the ball
- Shot (if no pressure and in range)
- Post entry
- Swing of ball to other side of floor or to cutter coming off screen
- Above action should take in place in 3 1/2 seconds or less
- Do not hold ball or dribble with no purpose

Playbook

Playname : *Bama*

base offense

6

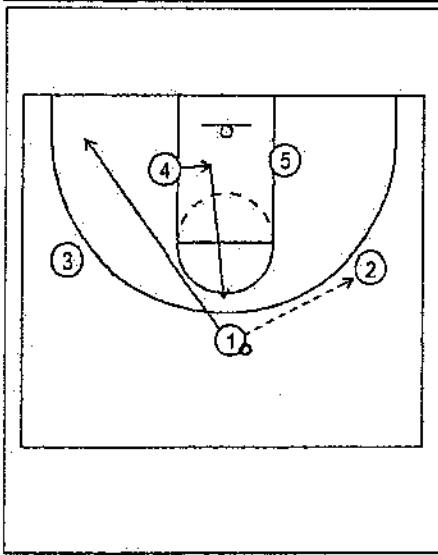
Posts Play-Movement

The Weakside Post will come to the top spot when a pass to made to other side of lane. When coming to Top position the Post must step into his man in the lane then come up to get open. If overplayed coming to top he should go backdoor when reaching 3 point line.

When catching the ball on top he should:

- Faceup - strong with the ball
- Look for shot or drive
- Dump down pass to other post in middle of lane
- Swing ball to other side of floor and set screen for weakside wing.
- On screens he must headhunt and not screen area of floor

Reference: Option - Post backdoor

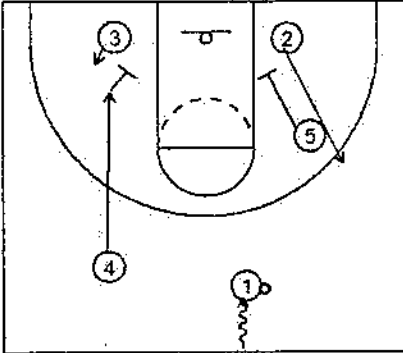


Playbook

Playname : Bama base offense

7

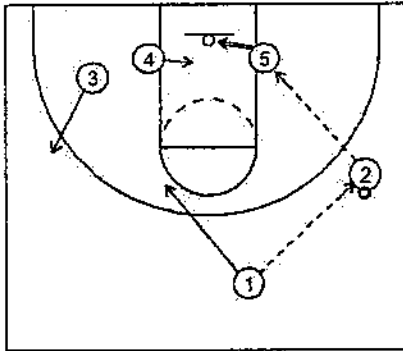
Flow of Play in 3 Out 2 In



Playname : Bama base offense

8

Entry to Wing



- Point (1) passes and goes to weak or strong corner
- Wing (2) catches and faces up looking post entry to (5)
- Weakside post (4) steps/bumps into his defender
- Weakside Wing gets to spot
- Strong post (5) posts looking for pass.

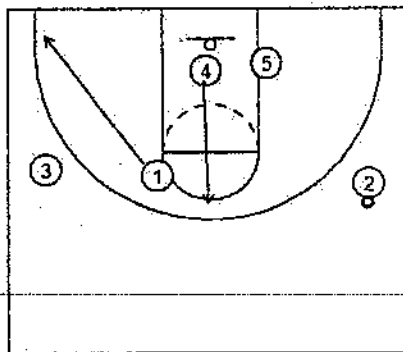
When posting up Posts should take what defense gives them then work for position, i.e., if fronted try pushing defender out with hips, if played behind try backing defender into lane, if 3/4 fronted try pushing up side of lane, don't end up in a wrestling match.

Very important for post to maintain contact with defender at all times for sealing on swing of ball and cross of lane for dump down pass from top. Lob passes to post should be passed to corner of backboard.

Playname : Bama - cooper base offense

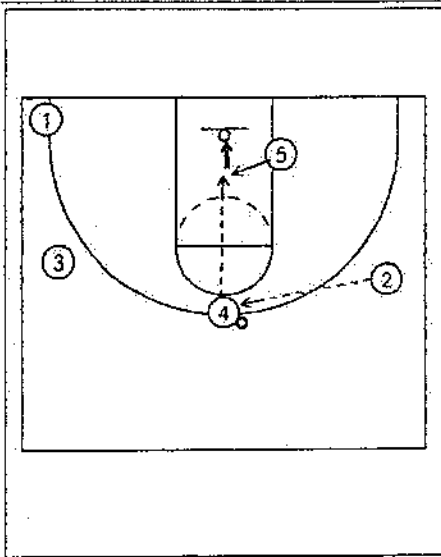
9

Post entry not open



- Point (1) continues to baseline corner
- Weakside Post (4) continues to top

Playbook

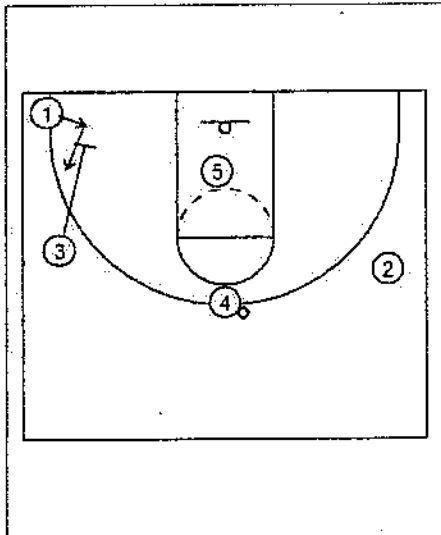


Playname : *Bama* base offense

10

Wing pass to top

- Post (4) on catch faces up looking for shot or drive
- Post (4) looks for entry pass to Post (5)
- Strong Post steps into lane looking for pass from top



Playname : *Bama* base offense

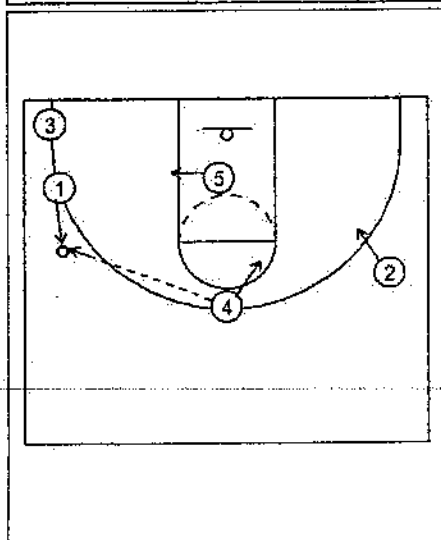
11

Post swing of ball to other side

On Post (4) looked to side:

- Wing (3) screens down/in for corner player (1)
- (1) steps in setting up screen than comes off screen

Wing screen in for corner player should not occur until Post looks to pass



Playname : *Bama* base offense

12

Post swing to Side

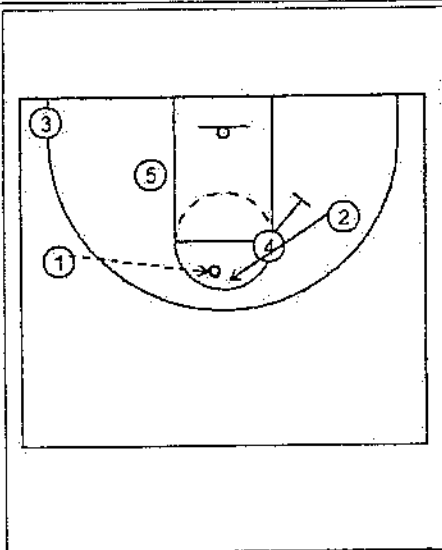
(1) comes off screen from (3) reading defender:

- If trailing he should curl in for pass and 15' Jump shot
- If under screen he should straight cut for pass on wing from (4)

On catch at wing he should faceup looking for

- Shot if open
- Entry pass into post (5)
- Wing (2) starts in to setup Post downscreen
- Post (4) starts to set screen

Playbook

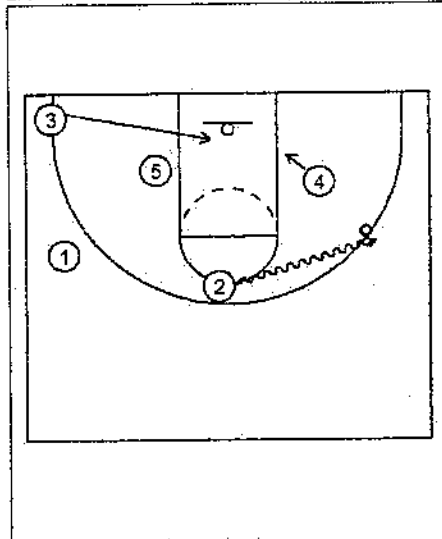


Playname : *Bama* base offense

13

Wing pass to top

- Post (4) screens down for weakside wing (2)
- Wing (2) comes off Post screen to top or curls for J
- On catch Wing (2) looks for shot



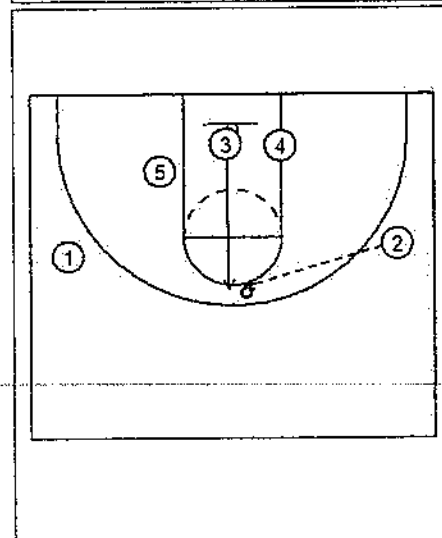
Playname : *Bama* base offense

14

Swing of ball with dribble

- Wing (2) on top dribbles to side looking for (4) posting up
- Corner player (3) starts cut to top thru middle.
- Post (4) posts up

Reference "Option for Dribble Over"



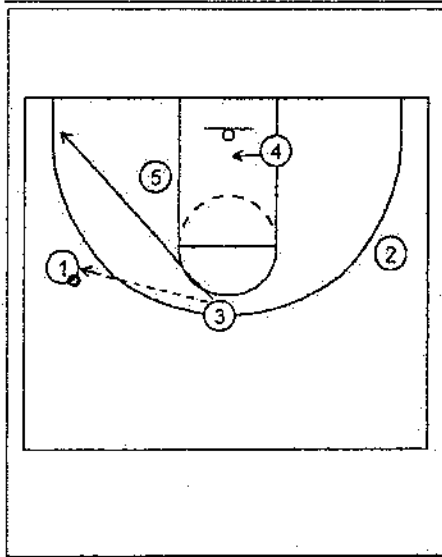
Playname : *Bama* base offense

15

Completing dribble over for Swing pass to top

- Wing (3) cuts to top
- Wing (2) passes to (3)

Playbook

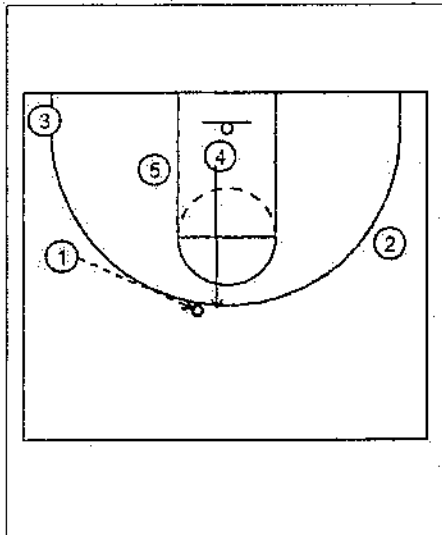


Playname : *Bama* base offense

16

Swing pass to wing with strong side cut

- (3) passes to wing (1) and cuts to strongside corner
- Weakside post (4) steps in or bumps defender
- Wing (1) looks for post entry to (5)

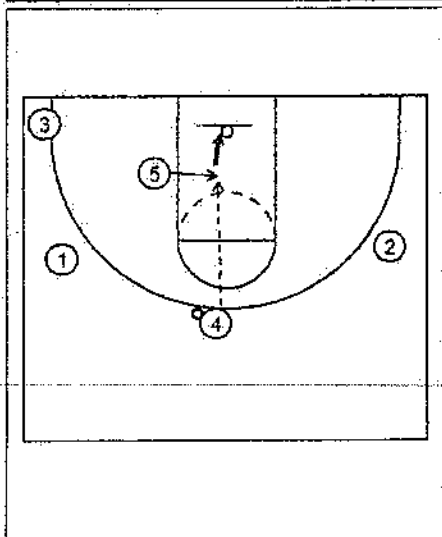


Playname : *Bama* base offense

17

Swing of ball to top

- Weakside Post (4) comes to top for pass
- (1) passes to (4)



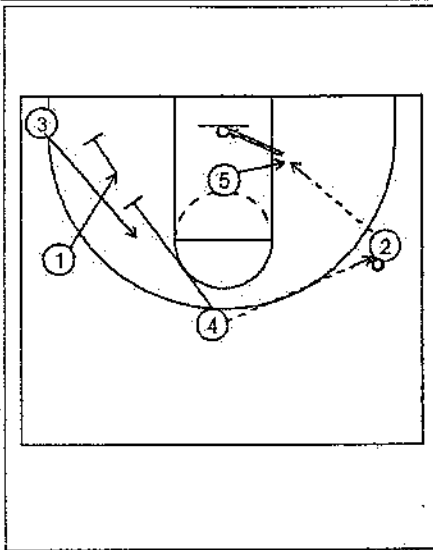
Playname : *Bama* base offense

18

Post shot or dump down

- On catch (4) looks for shot or drive then
- Looks for (5) posting up in lane

Playbook



Playname : *Bama* - *base offense*

19

Strong side stagger action

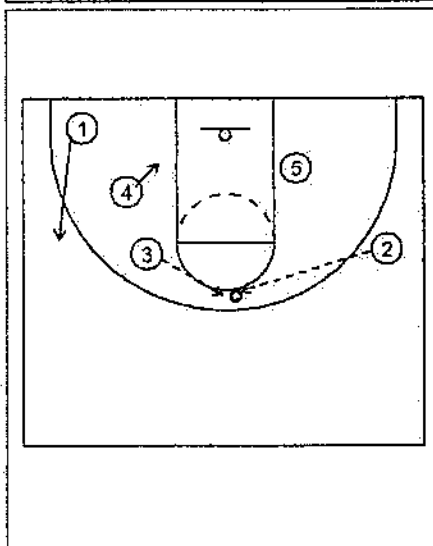
- (2) on catch looks for post entry or possible drive & shot
- Wing (1) screens down and in for corner man (3)
- Post (4) goes to screen for corner man (3)
- Post (4) must headhunt on his screen

Corner (3) reads his defender for action:

- Defender trails - curl off screens for jump shot in lane
- Defender goes under to middle - fade to wing spot for skip
- Defender comes up inside - pop to top

Stagger screen important points:

- 1st screener do not set screen until Post on top passes ball
- Corner cutter wait for screens

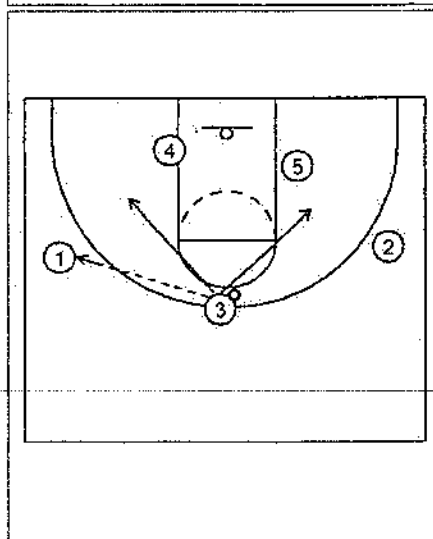


Playname : *Bama* - *base offense*

20

Pass to top for catch off stagger

- (3) looks for shot
- (4) after screening cuts to basket for possible pass from (2)
- (1) cuts to wing position.



Playname : *Bama* - *base offense*

21

Back into 3 Out 2 In

- Action continues with wing pass to side
- (3) goes strong side or weak side

