



The "ADVANTAGE" OFFENSE (aka The Roy Williams Fastbreak)

WHY THE "ADVANTAGE" OFFENSE?

A primary fast break offense is, obviously, what we'd like to have all game long. However, easy baskets that are uncontested are few and far between. Yet, when we don't have an immediate breakaway layup or traditional fastbreak opportunity, we still attack. We feel that anytime there is a transitioning from defense to offense, we have the advantage over our opponents, thus the "advantage" offense is born. Many teams have a secondary break, which is run after an opponent missed shot; fewer still run after an opponent's made shot. We will continually push the ball and force the action for 40 minutes make or miss. The only time we hold off on running "advantage" is when a stoppage in play occurs (i.e. dead ball). We do not feel all five defenders will be prepared & ready to play each defensive possession of the game. Therefore, we seek to constantly apply pressure on them and look for any opportunity to take advantage of their defensive breakdowns or miscues. "Advantage" does not need to be a helter-skelter offense, yet we do want to push the ball, in a controlled manner, so that we never miss an opportunity to take advantage of an opponent.

An effective secondary break offense enables you to:

1. Stick in some easy baskets before the defense can get back.
2. Create potential mismatches against a transition defense.
3. Open the window of opportunity against defenders who are scrambling to pick up their offensive players or to get to their spots in a zone defense.
4. Put continual pressure on the opponent. They will constantly be worrying about getting back on defense. This thinking may cause them to be less aggressive on the offensive glass and may keep their point guard from penetrating as much.
5. An aggressive team attitude on offense will often carry over to your defense and rebounding.
6. Will favor the team that is well-conditioned.
7. Use more players in a regular rotation. This, oftentimes, leads to good team harmony with many players getting playing time.
8. Players and fans enjoy a well-played, entertaining, up-tempo game.
9. Practicing the fast break can be fun and useful as a conditioning opportunity without the drudgery of running sprints.
10. It teaches player alertness and opportunism.

11. It teaches quick-thinking and decision-making skills.
12. It teaches teamwork.
13. Makes your opponent prepare to stop your transition game, taking away from working on their plays.
14. Spurtability—it creates opportunities to score in bunches.
15. It gives you an offense with many options for any and all circumstances.

The Advantage system requires:

1. Runners (not necessarily athletes) that hustle
2. Depth (10-12 players)
3. A tough, smart, and unselfish point guard
4. Commitment
5. Understanding of everyone's role within the system

Things to caution against:

1. Showmanship and players being too flashy
2. Players may tend to become careless in their desire to “hurry”
3. Too much dribbling (especially from the point guard will stagnant the early opportunities)
4. Forcing shots (depends on your offensive philosophy & personnel...we give our players the green light if it's a shot they—and I—are comfortable with)
5. Catching outlet too low or close to the baseline
6. Bad outlet passes
7. Post players not working hard inside

No matter what kind of fastbreak is utilized, the players will be required to implement the following five essentials:

1. Initiate the transition game; you must execute a quick outlet pass after every missed or made basket.
2. The point guard must receive the ball as deep as possible—the longer the pass from the rebounder, the better (free throw line extended to the end of the coaching box is ideal).
3. Everyone must run the floor as hard as they possibly can, without ever losing sight of the ball.
4. The offensive players must maintain proper spacing. They must get wide and fill the designated lanes so that one defensive player won't be able to cover to two offensive players.
5. Advance the ball up the floor as quickly as possible (passing is much faster than dribbling).

Looks (in order) by:

#1 – 2 (on the run), 5 (post), 4 (reversal), 3 (skip)

#2 – SHOT (if open in corner); Drive (if receive ball before or on the wing); 5 (post), 4 (trail), 3 (skip), 1 (safety outlet)

#3 – 4 (post), 5 (lob), 2 (stepping out after back screen)

#4 – 4 (sealing in post), 3 (reversal), 1 (kickback)

#5 – Score (if doubled, kick out to open perimeter player)

Things to Emphasize (“Catch Phrases”)

1. Hit first, Hit Hard
2. One & Done; then we Run & Gun
3. Attack! Attack! Attack!
4. Have fun
5. Get down the floor
6. Get to your spots

Once we gain possession of the basketball:

1. Chin the ball
2. Pivot
3. Look up the floor
4. Advance the ball up the floor as quickly as possible
5. Point guard needs to try and get in position for a good outlet pass (if possible)

Tips for Beginning Advantage

- The player that rebounds the basketball can dribble the ball up the floor 1-2 dribbles to create a better passing angle. Once again, be mindful that dribbling will cause your fast break to slow down.
- Fast breaks occur quicker when a guard rebounds the ball eliminating the need for an outlet pass.
- If all five players are working hard, then we should have 5-on-2 and 5-on-3 situations nearly every time there is a missed shot.
- All five players must rebound defensively. No one “cherry picks” or runs out early. Without the rebound, we can’t run. Will not try to take short-cuts to initiating our running game. Everyone must blockout then we go.
- Point guard needs to call out the rebounder’s name to make the outlet pass easier.
- If your rebounder happens to be a 4 or 5 and is a good ball-handler, they could bring the ball up the court. Advantage would begin from the top of the key just like a reversal pass had been made to the trail 4-player.

Transition Tips (both primary break and early offense)

- Always look up and see the whole floor.
- Don’t show off your dribbling skills. Do something productive for the sake of the team. Passing ahead to an open teammate advances the ball quicker than does dribbling.

- When you must dribble, remember that each dribble must cover distance. Your goal is to go circle-to-circle in 2-3 dribbles whenever possible. If the distance that you cover is small, and you increase the number of dribbles the sacrifice is time, and lost break opportunities.
- First three steps are crucial for each player. Make them quick and cover some ground.
- Sprint full speed every time. Two out of three times isn't good enough. For the point guard to have faith that a player will be out in front of the defense, the offensive player has to be willing to go full speed every time.
- There will be turnovers in our system. We want them to be aggressive turnovers, not stupid turnovers. Mental mistakes are not acceptable.
- Be smart who you pass to and when you pass them the ball.
- A well-organized fast break team will score 90-95% of the times they have a numbers advantage and upwards of 50% of the time in transition whether or not they have any advantage. (Playground Pointers, 12/22/99)

Primary Fast Break Tips

- A wing on the primary fast break should cut at a 45-degree angle to the hoop for a pass from the point, and the lay-up.
- You drive when the defender plays the passing lane or appears to be moving in that direction. You pass under control when the defender is between you and the basket under bodily control. When you drive to the lane you keep going to the basket until you believe the defender can beat you to the line to the basket and establish defensive foot position. A defender moving rapidly toward you is rarely able to reverse direction with the pass and recover to the teammate to which you have returned as pass for an easy score.

Early Offense Tips

- Team's style of fastbreak may have to be dictated by its personnel.
- The early offense is actually our primary offense. We expect to get a good scoring opportunity every time we get into our early offense. If we do not, it is most likely due to a lack of execution.
- Always keep under control. Be quick but don't hurry.
- Make the defense play you.
- Be a good receiver.
- We attempt to create our own scoring and fast break opportunities.
- Even when the opponent's transition defense is back and in position to stop the fast break, a secondary series (early offense) can find the holes before the defense has an opportunity to completely set up.
- Be flexible with advantage. If the defense takes away the option you're looking for, everyone must be flexible enough to keep their heads. Don't force the play, adjust instead.
- If a 3-pointer is shot by #2 on the wing, we must get the rebound. If the shot is short, the shooter needs to follow her shot and come up with the rebound. If the shot is long, the weakside wing (#3) should come up with the rebound.

TRANSITION GUIDELINES TO CONSIDER		
L.U. Offensive Players	Opponents' Defensive Players	Result
Any #	0	Layup
1	1	Layup (no charge) – A jumpshot is not the best option because you don't have an obvious rebounder in case the shot is missed.
2 or more	1	Layup (or 12 foot jump shot)
3	2	Layup (or 12 foot jump shot)
2	2	Look for scoring opportunity but don't force the action. If the dribbler does not have #'s, then she should stay wide and take the ball to the corner. The other guard can fill in on the wing where the point guard would be.
Any #	3+	Go to advantage always looking for scoring opportunity. Proper spacing will spread the defense out.

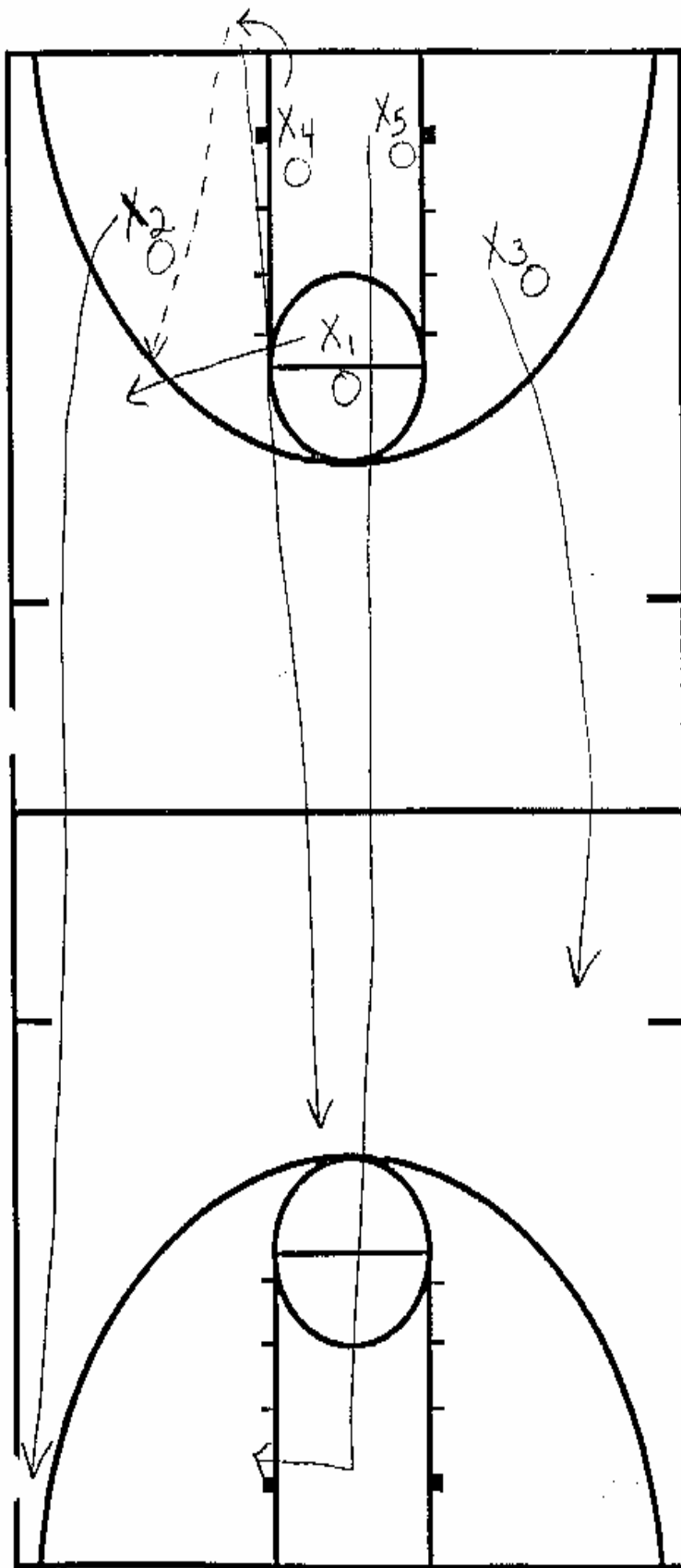
ACKNOWLEDGEMENTS

First and foremost mention must go to my former colleagues at Anderson University, who initially introduced me to “advantage”. The “advantage” system that I run is similar to the one implemented at Anderson, however, I have taken from many other sources on the way to developing my own unique blend of an attacking early offense

- **Denny Lehnus**, Anderson (IN) University Head Men's Coach
- **Stan Daugherty**, Goshen (IN) College Head Men's Coach
- **Tom Slyder**, Anderson (IN) University Assistant Men's Coach

Additional resources that have shaped the “advantage” system

- Larry Cox, College of Mount (OH) St. Joe Head Men's Coach
- Steve Fisher, San Diego State University Head Men's Coach
- Ernie Kent, University of Oregon Head Men's Coach
- Michael Landers, Trinity Valley (TX) Community College Head Women's Coach
- Bob Lindsay, Kent State (OH) University Head Women's Coach
- Guy Neal, Bluffton (OH) University Head Men's Coach
- Tom Palombo, Defiance (OH) University Head Men's Coach
- Kerry Prather, Franklin (IN) College Head Men's Coach
- Tracey Stellato, Panola (TX) Junior College Head Women's Coach
- Roy Williams, University of Kansas Head Men's Coach



LeTourneau locks first for a score out of the primary break every time down court, but if the lay-up is not available, the shot is not forced. Part of the goal is to fatigue the opposition. Therefore, the LadyJackets sprint hard every time down the floor so that the defense is forced to work in transition.

- #2 and #3 sprint the sideline - get to half-court and then lock
- #5 sprints the center
- #1 receives the outlet at least one extended
- #4 outlets to #1 who advances the ball to #2 or #3 for a lay-up
- #1 looks to hit ahead to 2 on the pass (2 looks to attack)
- 1/3 of the time, 1 should cross over to the other side near 1/2 court just to keep the defense honest.
- If pass ahead to 2 hasn't been made early (within 1-2 dribbles), then only throw the pass if 2 has a shot in the corner
- While 5 runs down the middle of the court, they can look to stop and bump high at the top of the arc, then proceed to the basket
- If we get the ball to 5, we expect a lay-up, not a turnaround jump shot

Responsibilities

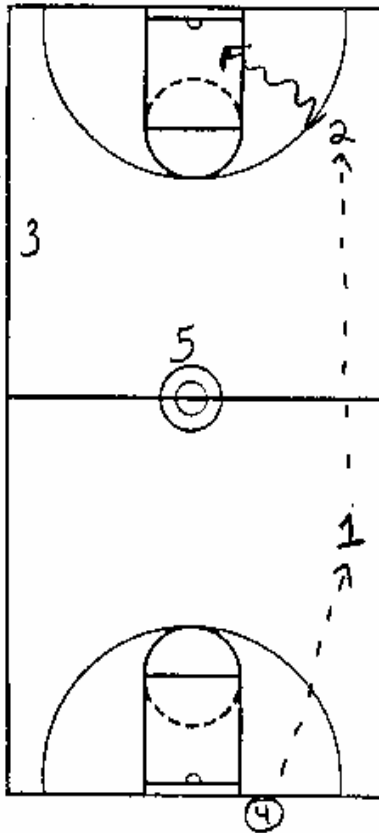
#1 - Should receive the outlet pass free throw line extended or higher if possible with her butt to the sideline so she can see the entire court. Her first look should be to kick the ball ahead to the wings. If she is not able to advance the ball, ahead prior to reaching six feet beyond the halfcourt line, she should maintain her dribble and execute our secondary break (advantage).

#2 & #3 - These players are interchangeable. They need to get out wide and sprint looking for a kick ahead. If they can't receive the ball, they spot up outside the three-point line. Weak side wing (usually the left side of the 3-man) stops at free throw line extended and then walks her defender down 2-3 steps and pops up to receive the reversal pass. The strong side wing must get to the corner unless they receive an early pass.

#4 & #5 - Also interchangeable. Your first post player down the floor must sprint to the rim in four seconds looking for the basketball. If she does not receive it, she is to locate to the post area or ball side. The other post (the rebounder or in-bounder) will trail the action and play according to the option we are executing. We designate #4 to take the ball out of bounds everywhere.

On a made basket, the rebounder gets ball out of the net as soon as possible and runs out of bounds to the right with the ball over her head. She then makes the motion to pass to 1. If 1 is guard, 4 faces pass and runs baseline to left side looking for 3 coming back or 1 sprinting to the middle.

We will have the closest Forward (4/5) take the ball out of Bounds on a made F.G.



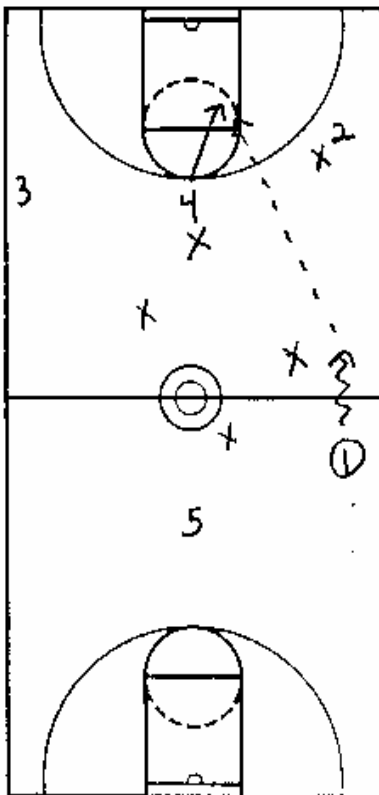
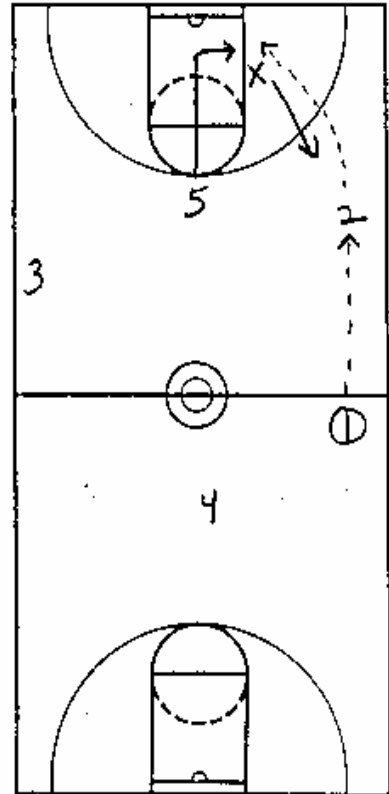
NOTES

2 and 3 sprint the sideline. 1 get to 2 court then look. 5 sprints the center. 1 receives the outlet on top; ARC EXTENDED. 4 outlets to 1 who advances the ball to 2 (or 3) for layup.

OR

Sideline pass for 3-point shot: same action as the option for a layup, but wing player pulls up and shoots the 3-point shot. The purpose of offense is to get GOOD SHOTS (i.e. on-balance shots with no shot pressure). If the ball is passed to the RIGHT player, this option is encouraged.

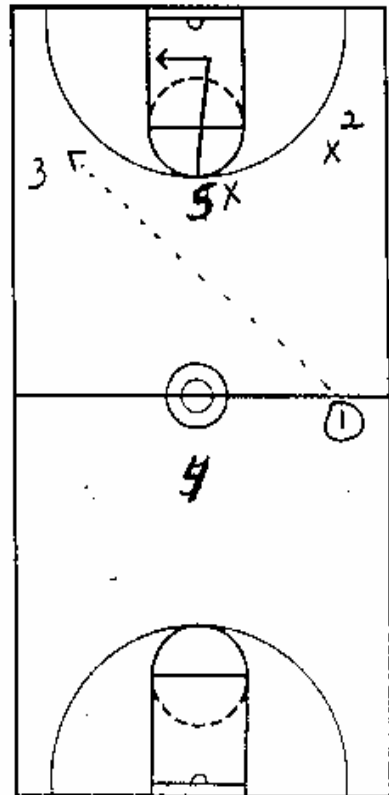
Sideline and inside. Outlet to 1. Quick pass ahead to 2 or 3. Wing makes pass inside to 5 on the block as the defender guarding the hole comes out. After several more layups and/or 3-point shots, the defensive guard holding the basket must come out to defend wing sprinting the sideline. This move opens up the block and makes the pass inside a viable option.



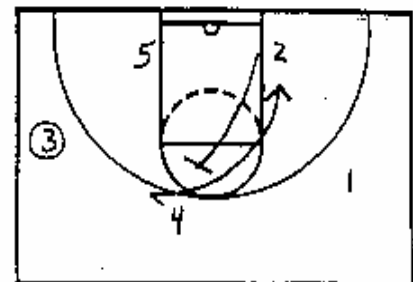
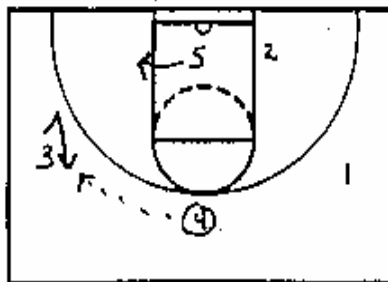
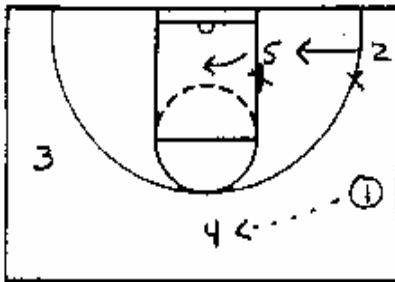
NOTES

Outlet to 1. 2 and 3 are guarded, so pass is made to 4 over the top as shot out sprints the opposite end. This option becomes effective after we have scored several layups or 3-point shots and the defense makes the adjustment to take away the sideline pass.

If both side players are defender, then the 1 can look to hit ahead to the opposite wing. This will signal the lead post (5) to go to the hole to post up.



BASIC SECONDARY ACTION

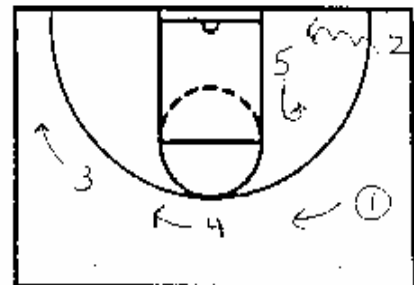
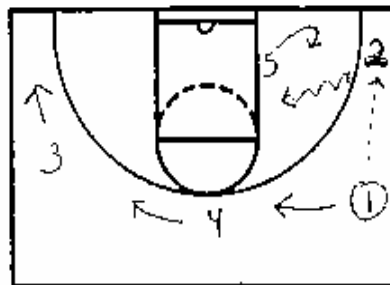
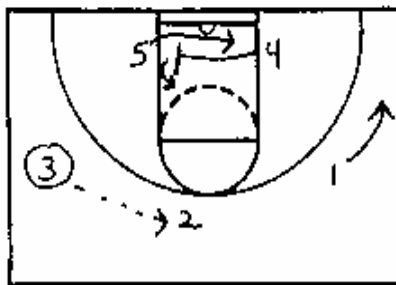


NOTES REGULAR ADVANTAGE

If pass cannot be made to the corner or post, then we progress through the reads and options of advantage. First, pass to the perimeter 4. 5 slides across the lane and 2 comes to the block.

4 in shows the reversal sequence by passing to 3. 3 must walk defender down below the ft. line and pop up for pass. If 5 had been fouled in 4's shot should see her defender and have a good clear pass from 3.

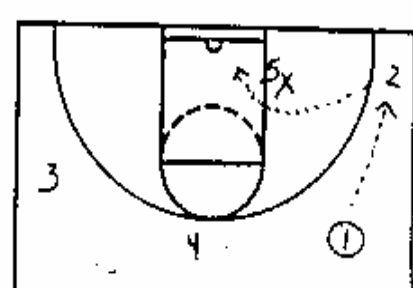
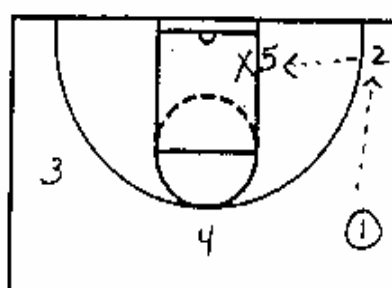
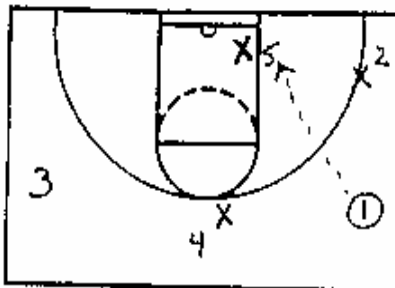
Once 3 has received the pass, 2 will set a back screen for 4. 5 must at least ball fake to the lob.



NOTES

If the lob is not there and she can't easily jump it down to 5 in the post, the reverse pass goes to 2, who is stepping out after the back screen. The player (4) who cut backdoor for the option proceeds to cross screen for the 5. 5 floats to the corner positioning herself for a shot.

OPTION if hit ahead to 2 in corner and they drive. Three perimeter players float to a better passing angle.



NOTES

If the post player is being defended from behind, the ball should always go into the post (the exception is if the defender is unguarded and penetrable in for a shot, or contested jumper or attack the basket for a layup).

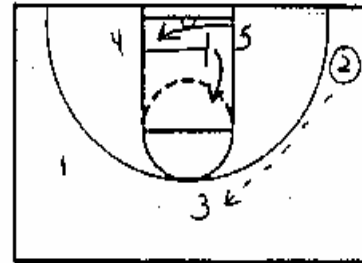
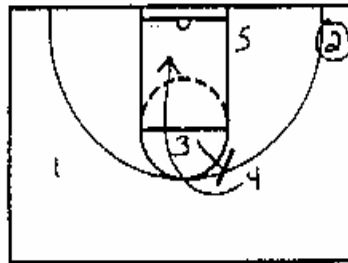
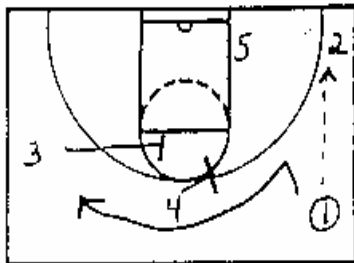
If the post is being defended and there is not a good passing angle, try to get the ball to the 2, who will have a better passing angle once 5 has sealed her defender.

If the post is being defended (or fouled) and there is not a good passing angle try to get the ball to the 2, who will have a better passing angle for the lob once 5 has held off her defender.

Various "Advantage" Options



Various "Advantage" Options

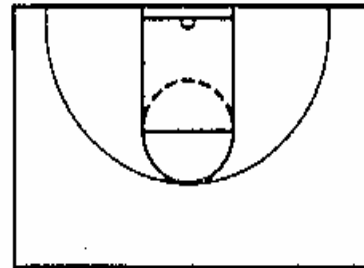
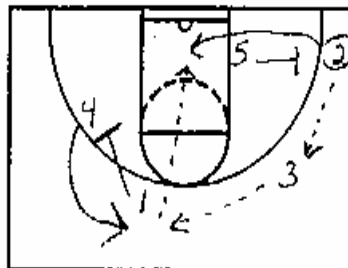
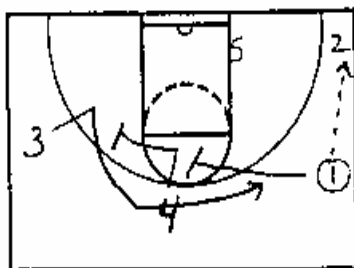


NOTES **DOUBLE FLARE**

GOOD IF (1) IS A GOOD SHOOTER
1 passes to 2 and receives a double backscreen from 3 and 4 for the skip pass.

If 1 doesn't receive the pass, 3 will then back screen 4.

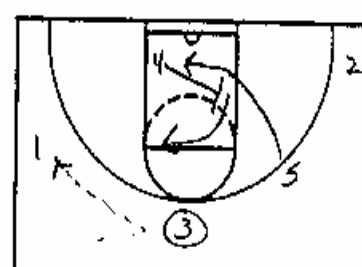
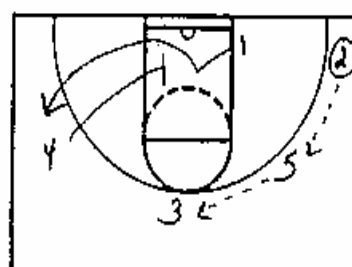
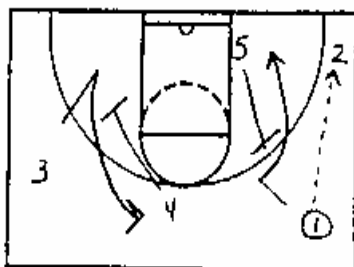
Upon reverse to 3, 4 cross screens for 5.



NOTES **DOUBLE AWAY**

If 2 is guarded, screen away, hold until guarded.
1 passes to corner (3), 4 and 1 then go and set a double stagger screen for the opposite wing (3).

1st Look—3 for shot
2nd Look—3 to 5 ducking in
3rd Look—4 ball screen 3
4th Look—5 backscreens 2



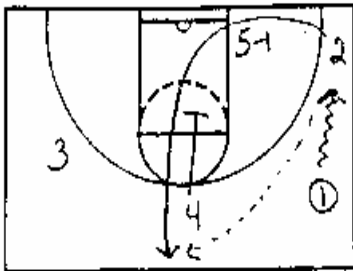
NOTES **GUARD THROUGH**

1 passes around to 2 and receives a high back screen (DUAL OUT) from 3. 4 remains away for 3.

5 steps out for reverse and then continues to reverse the ball to 3. 4 sets a screen for 1 in the area who pops out for the shot off court.

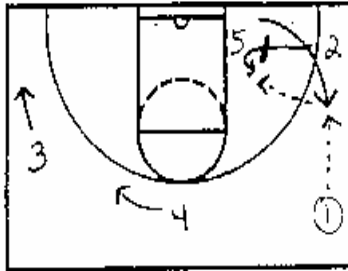
When the ball is reversed to 1, 4 sets a diagonal back screen for 5. 5 goes and posts on the low block. 4 goes to ball side floor.

Various "Advantage" Options



NOTES

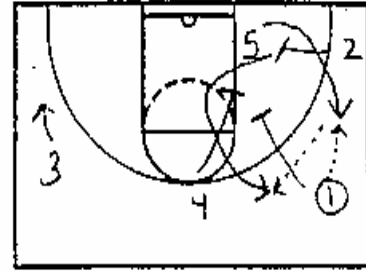
PUSH THROUGH



HITCHCOCK

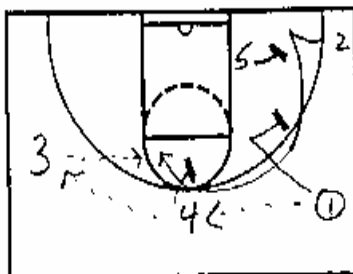
OPTION #1

2 is a good post
5 is a good shooter



OPTION #2

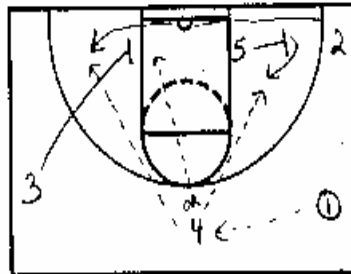
Double for 2
4 rolls to block
1 goes opposite



NOTES

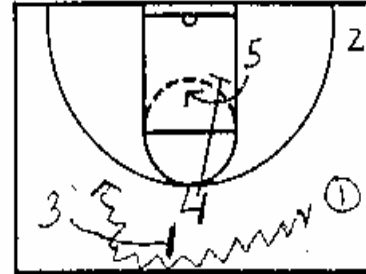
TRIPLE

Look @ ④ if switch
off on ②

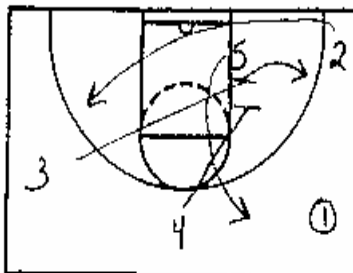


BASELINE STAGGER

You can also look at 3 ducking in after screen



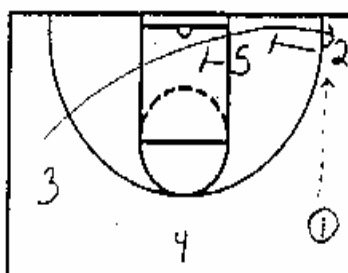
3-UP



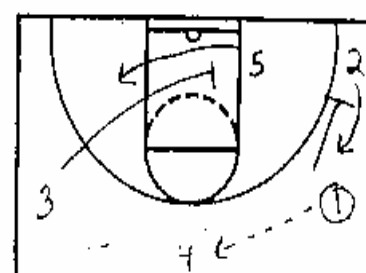
NOTES

OVERLOAD

Use if defense is set on ③
is a better shooter than the post player



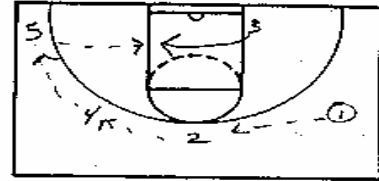
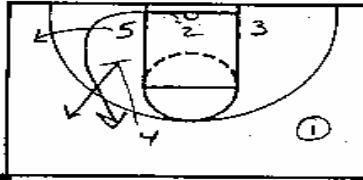
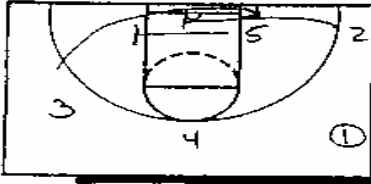
DOUBLE STRONG



3-X-SCREEN

GOOD TO RUN IF ③ is NOT
much of an offensive player.

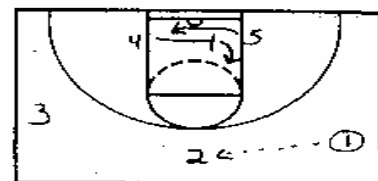
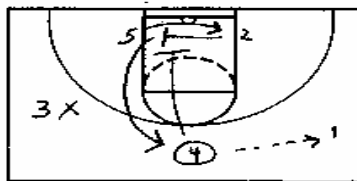
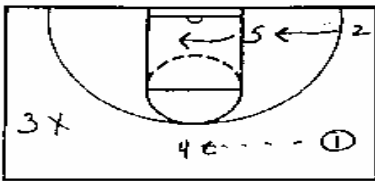
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NOTES

Double Strong Post

If ③ is a forward and has a mismatch then run this.



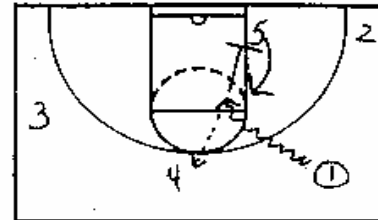
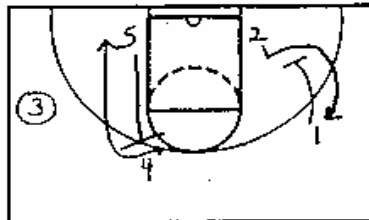
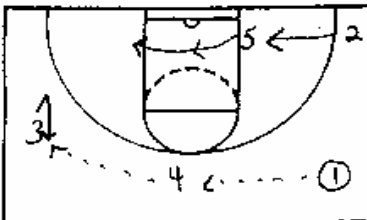
NOTES

KICKBACK

When attempting to run regular advantage, if it is not possible to reverse the ball the way to the opposite wing (3), then kick the ball back to the point guard (1).

When the kickback occurs, 2 will cross screen for 5, while 4 down screens for 2, who hits the open jumper.

If 2 does not have a good look at a shot, she looks inside to the post, where 4 cross screens for 5.



NOTES

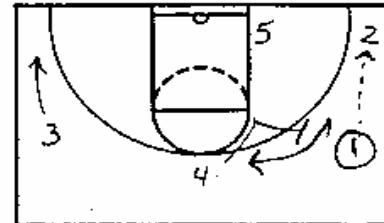
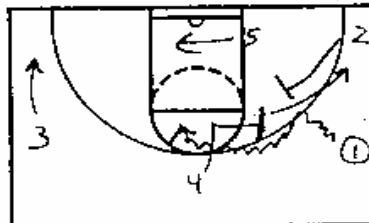
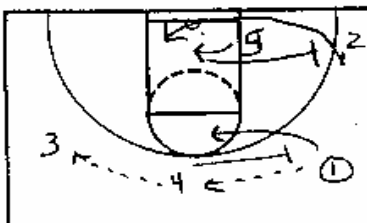
BIG UPS

Regular advantage action until 13 receives the reversal pass.

Instead of receiving a back screen from 2, 4 gets a high backscreen (UCLA Cut) from 5. 1 sets a down screen on 2.

FLIP

Looks to credible drive. If the ball (4) is open, 1 can flip the ball back to 4 and then proceed to set a flip a down screen for 5 who curls around to the opposite block.



NOTES

FLEX

1 reverses to 4. When 4 passes to 3, 4 screens away for 1. Also, 5 (who has followed the ball when 1 went to 3) has turned and set a screen for 2 out at the 13 foot mark so that 2 can flex out of the screen.

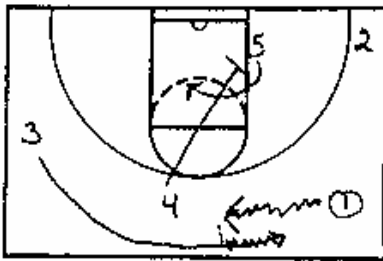
DOUBLE 4 SCREEN

Same action as ^{"BS"}Double 4 Screen except that instead of 4 screening down for 2, 2 just screens for 4 (screen the ball screen).

I-FLAIR

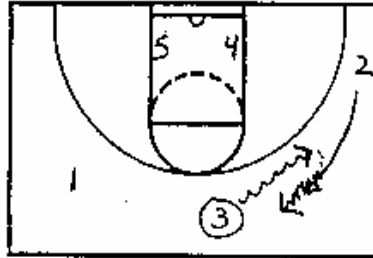
1 passes to 2 and receives a backscreen from 4 for the fair pass. 3 fades to the corner.

Various "Advantage" Options

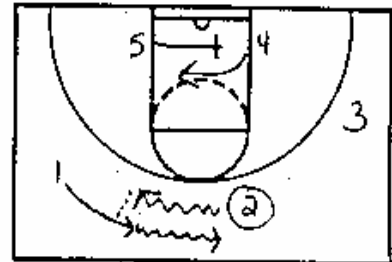


NOTES **WEAVE**

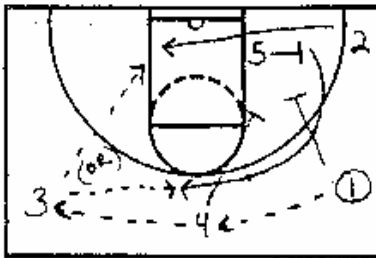
If a 5-on-5 situation exists and the 2 man is covered, 1 will dribble toward the trail (4). 4 down screens for 5 (who curls in opposite direction). 3 runs toward a dribbling 1 who hands off to 3. They continue going in the same direction.



3 dribbles toward 2 who is coming toward 3 looking for the handoff?



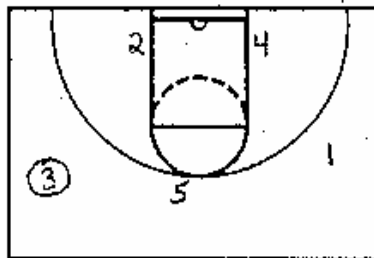
After 3 hands off to 2, 5 cross screens for 4. 2 proceeds toward 1 who gets the handoff. Continue the process until there is a breakdown with the defense and you are able to get a scoring opportunity.



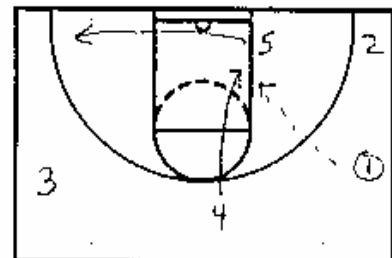
NOTES

FLEX DOUBLE

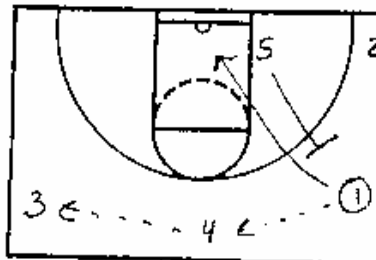
Best if ⑤ is a good post OR have no true post players on floor OR if ⑤ is great perimeter shooter



Final Position



4-CUT

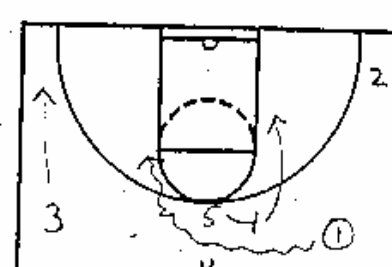
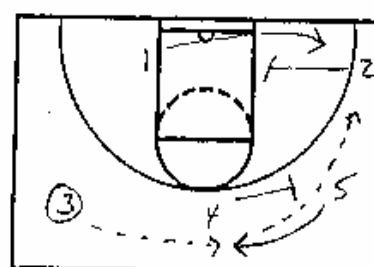


NOTES

SMALL

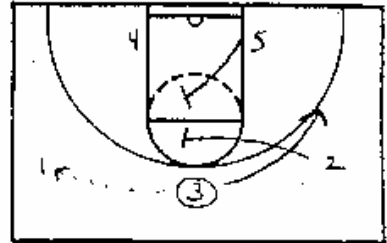
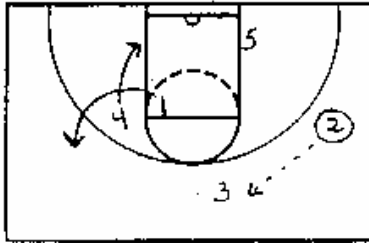
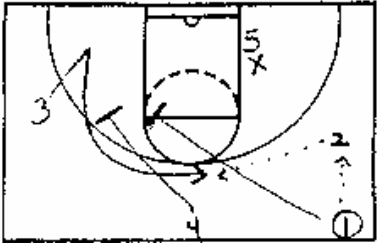
Use when you have a scorer at point guard or a small player at post

Another option is to go to "Off" action



EARLY

Various "Advantage" Options

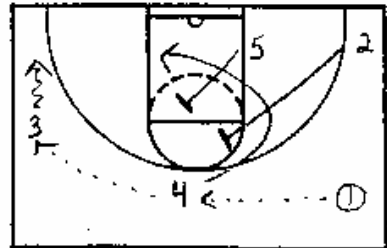
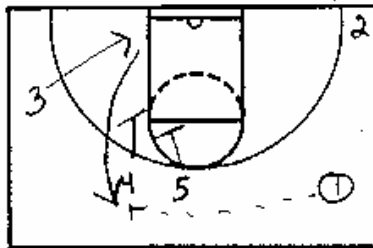
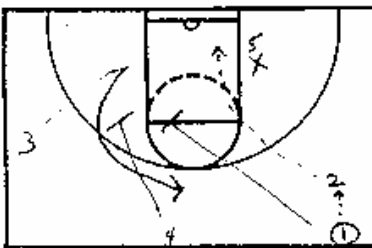


NOTES **DOUBLE AWAY (w/reversal)**

1 hits ahead to 2 or 3 up the sideline (can't score or pass inside to 5). 1 and 4 sprint to set a staggered screen for the weak-side wing (3). Wing springs off the stagger, looking to shoot the 3-point shot.

If the shooter does not have a shot off of the double stagger screen, she immediately reverses the ball to 1 who has popped in the wing after setting the screen in the stagger.

The shooter then cuts off a double flare screen for the possible 3-point shot. She has the option to pass over the top for 3 or dump the ball back inside to 4, posting up.

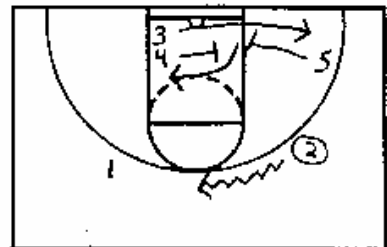
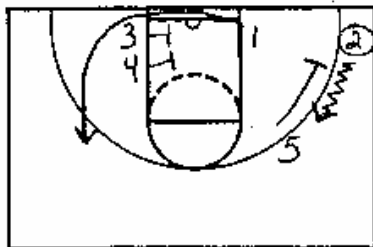
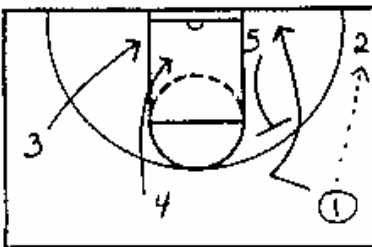


NOTES

Same initial action as the double away option. 2 takes the ball, so the shooter off the double. Then she passes the ball to the 5.

PUSH

DOUBLE HIGH



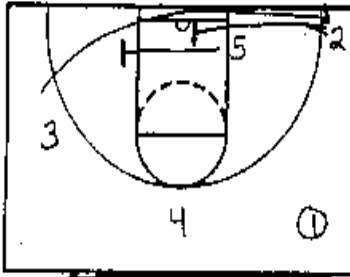
NOTES **TENNESSEE**

If a 3-on-3 situation occurs, and the ball is passed ahead to 2, 5 comes high and sets a back screen (UCBA Cut) for 1 who cuts to the basket, looking for the ball (option for a big point guard—best suit). 3 and 4 go to the opposite block to set up for a screen.

5 sets a ball screen in the corner for 2. 1 goes off a double screen. If 2 cannot turn the corner for a scoring opportunity, then she passes to 1 for the shot.

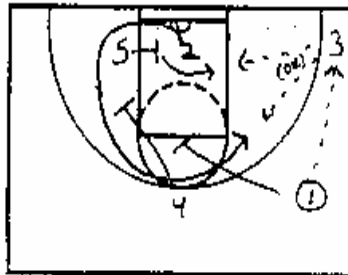
After setting the ball screen, 5 sets a down screen for 3 who pops out to the wing for a shot. 4 screens the screener (3).

Various "Advantage" Options

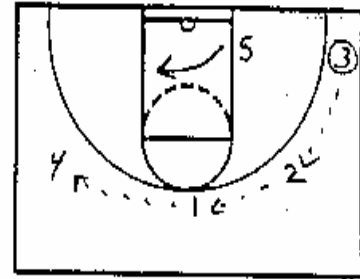


NOTES **Double Strong**

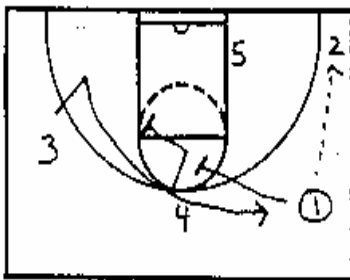
③ off Baseline stagger - 1st look



⑤ in Post → 1st option
② off Triple stagger → 2nd look

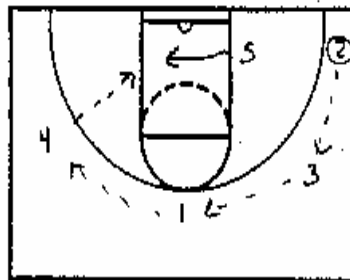


If no options are open, ISOLATE THE POST. LOOK TO DRIVE AND DISH IF IT'S AVAILABLE

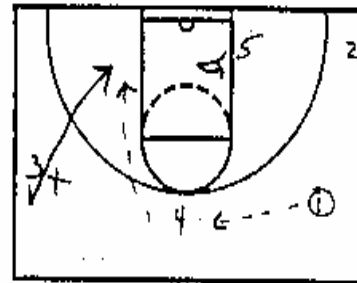


NOTES **Double Away**

Anytime we hit to corner and ① is guarded, screen away for ③ while continuing to look inside. ② can always drive.

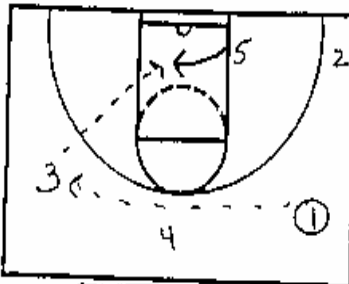


If ③ Doesn't have shot stagger then Isolate Post. CAN ALSO look to drive/kick.



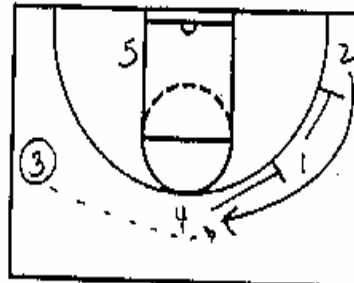
HOLD

In regular advantage action, if ④ can't pass ball to ③, she yells "hold". The ⑤ holds on block and ③ attempts to beat defender backdoor.

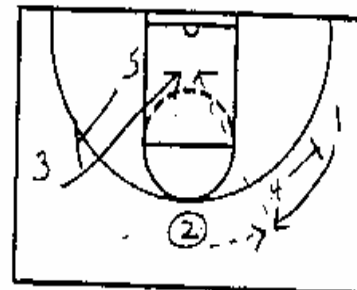


NOTES **OHIO**

On skip pass, ③ looks for shot, drive, or pass to ⑤ who has good post position



● Upon skip pass, ④ and ① set a stagger along 3-pt. line for ②



④ sets screen for ①
⑤ backscreens for ③