

# High Post Offense

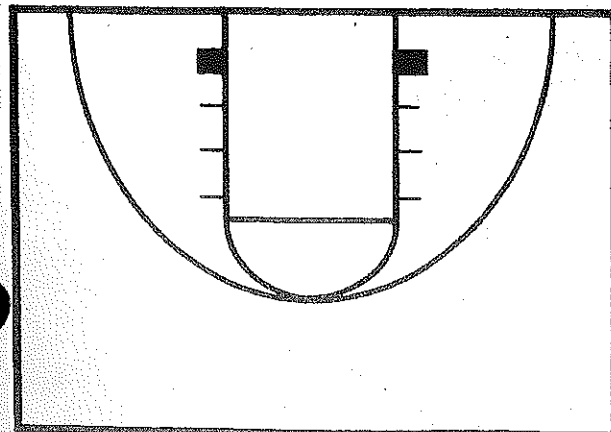
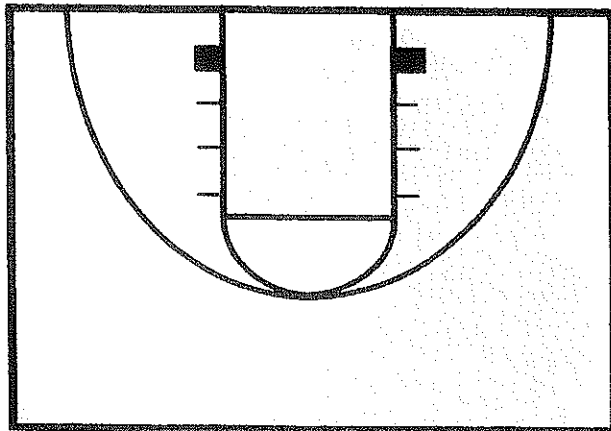
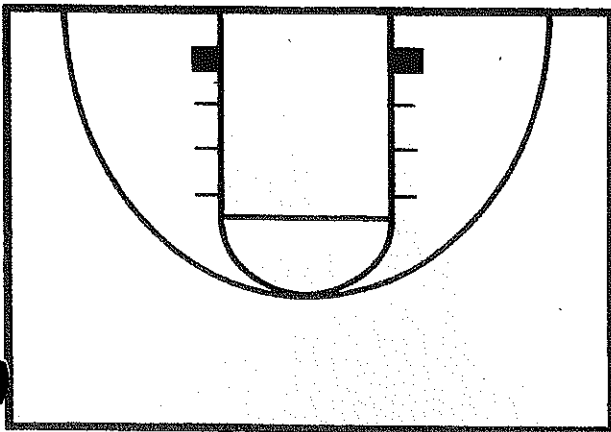
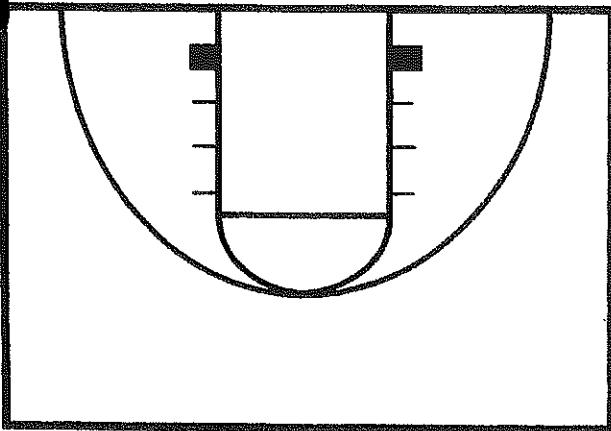
Anything can go in the offense. It is designed to get the open shot. If you have a shot as good or better than the offense provides - take it!

## I. Examples:

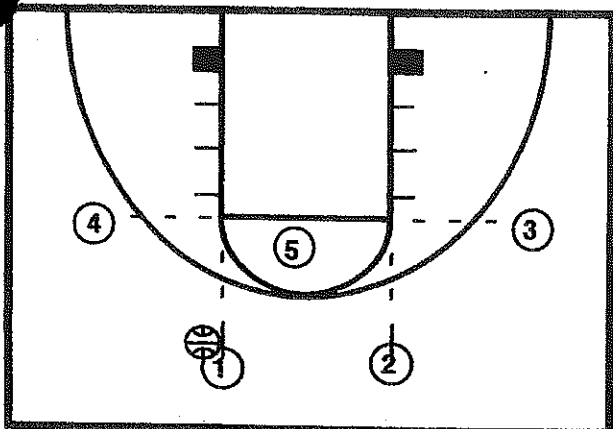
1. Forward being over played -- receives ball -- either pivots or crosses over and drives to basket.
2. Center being denied ball -- reverses, pivots and goes to basket.
3. Center being double teamed by weakside guard's man -- weakside guard must go to foul line extended and ask for ball.

## II. Important Points -- Must Stress:

1. Forward getting open
2. Guard getting open
3. Center's footwork -- stepping correctly



# High Post Offense



### III. Basic Set

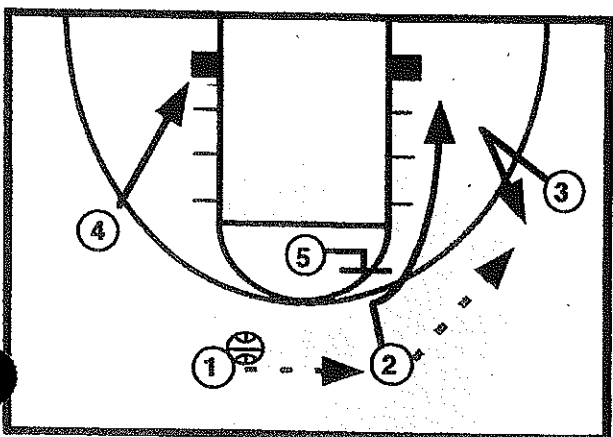
F = free throw line extended outside 3-pt line

G = 12 feet apart; lane lines extended

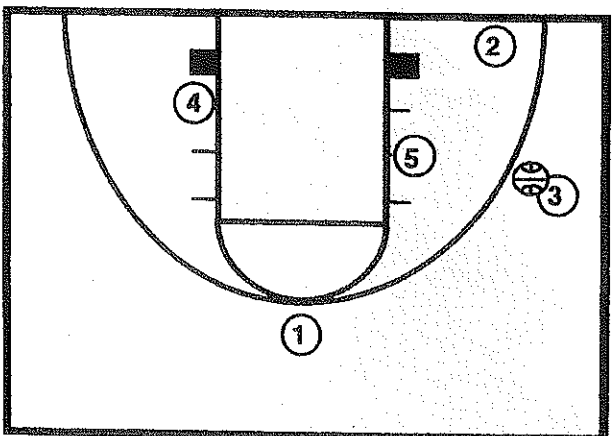
C = 1 step on strong side basket

#### A. Key Points:

1. All 5 players move at all times, especially weakside players occupying defense.
2. Fake away – give hand target to ask for ball.
3. Start the offense with a guard-to-guard pass
4. Ball must not stick in hand. Ball and man movement is very sharp and crisp.

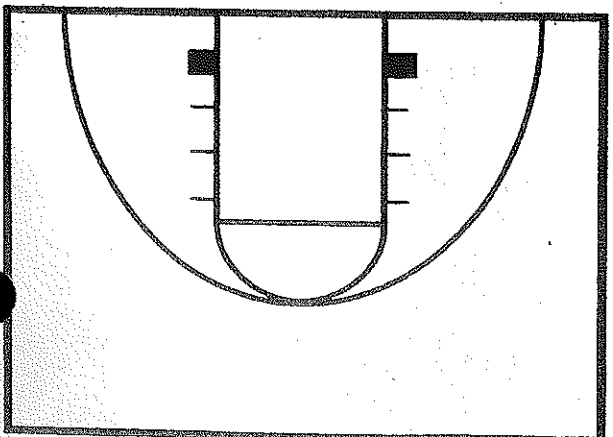


- As 2 passes to 3 ...
- 5 turns and sets back screen
- 4 drifts to block @ low post
- 1 fakes away and comes head up in basket - behind 3-pt line
- 2 runs to 5 and makes a jab fake right or left and goes to either side

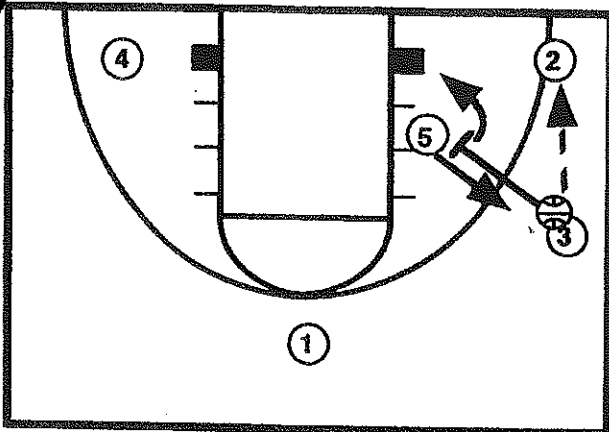


- If 2 doesn't get by, stop before block and drift to baseline 15'
- 5 steps to ball
- 3 has three options

Options continued on next page ...



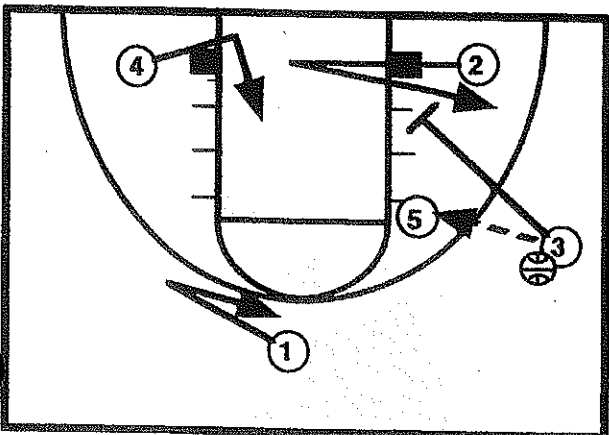
# High Post Offense



3 has three options continued ...

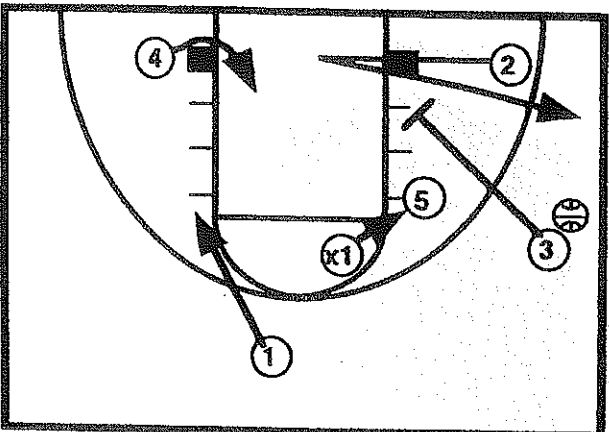
## Option 1

- hits 2 @ baseline
- 3 then sets screen on 5, pivots and rolls to basket
- 5 jabs and comes off screen

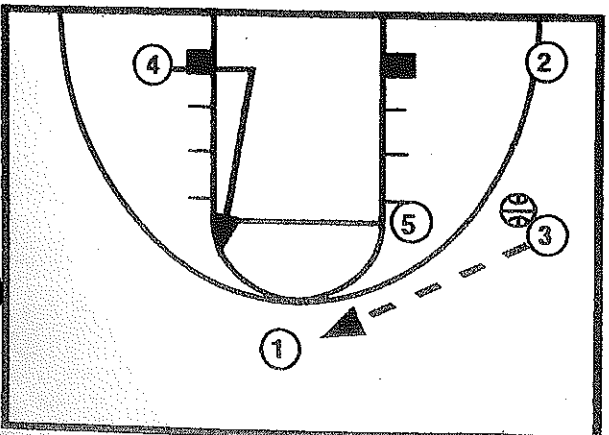


## Option 2

- 3 hits 5 -- 3 goes to low post block and jump stops
- 2 ducks under basket (center of key) and comes off 3's screen
- 3 pivots and faces 5
- 4 shapes up in key (duck move)
- 5 tries to make eye contact with 4 first, then looks to 2 coming off screen
- 1 cuts away and returns



- If 5 is double teamed, 1 goes to foul line weakside and asks for ball.



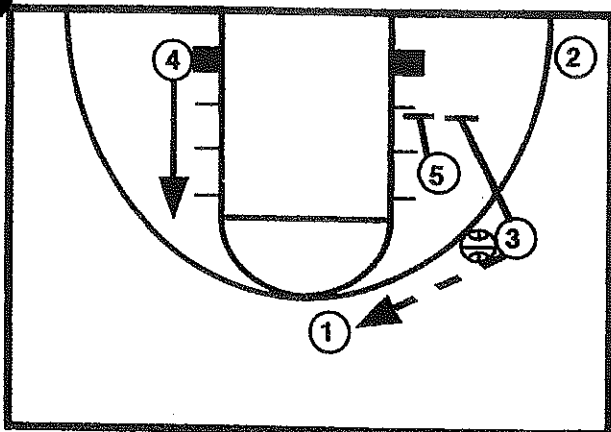
## Option 3

- 3 hits 1 at top of floor
- 4 will come up lane and jump stop out of lane; 1 foot in top of key area, one foot out
- 1 and 4 run a side post

### Side post action

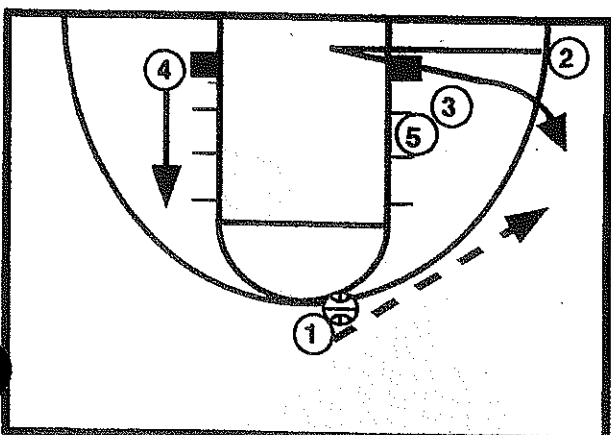
- 1 pass to 4; fake in & cut around
- 1 & 4 screen & roll
- If 4 doesn't give 1 the ball, 1 flares to free throw line area & 4 passes to 1; 4 fakes away & cut down lane as 5 flashes to elbow

# High Post Offense



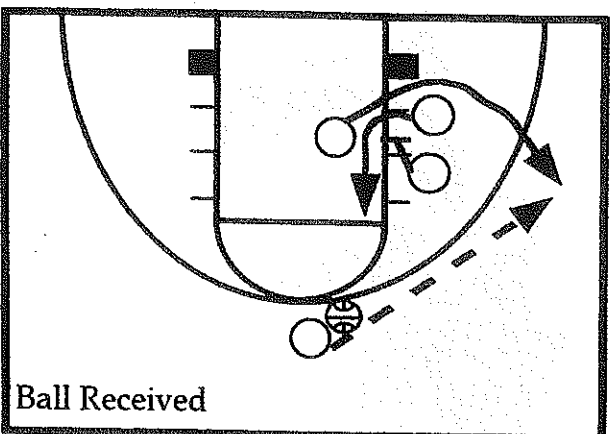
## Option 3 continued..

- 5 & 3 set a double screen for 2
- 2 ducks under the basket
- 1 may hit 2 off double or 1 and 4 have side post options



If 1 passes to 2 off double (Pop the Stack), 5 screens for 3 and 3 pops up the lane and 5 shapes up.

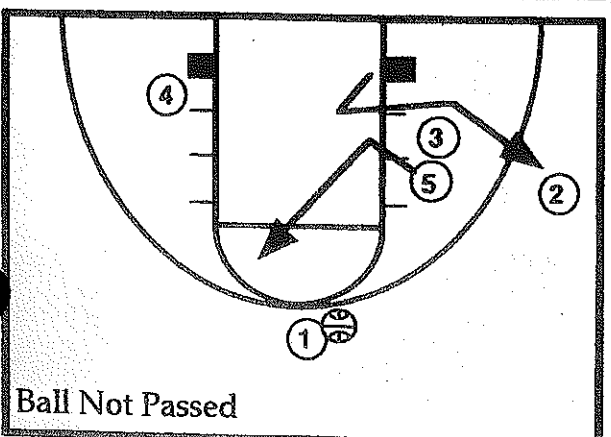
See below.



Ball Received

## Popping the Stack

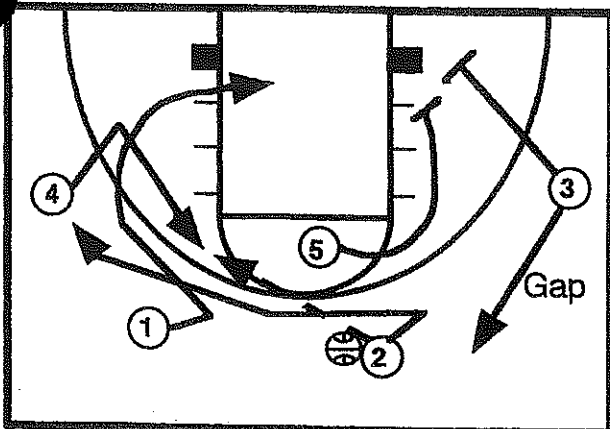
Anytime you have a double screen and the player receives the ball off the dribble, "pop the stack."



Ball Not Passed

If the player coming off the double stack does not get the ball, 5 flashes to the junction elbow.

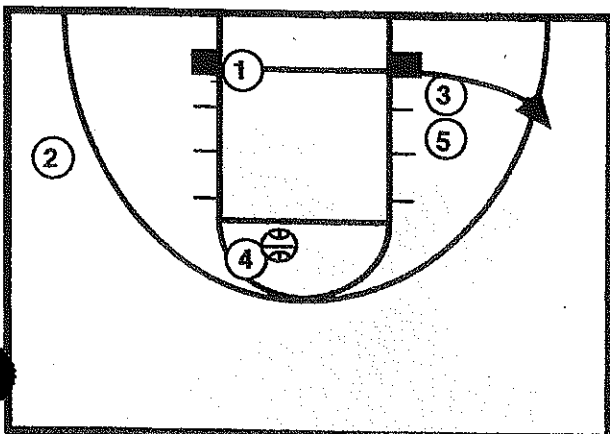
# High Post Offense



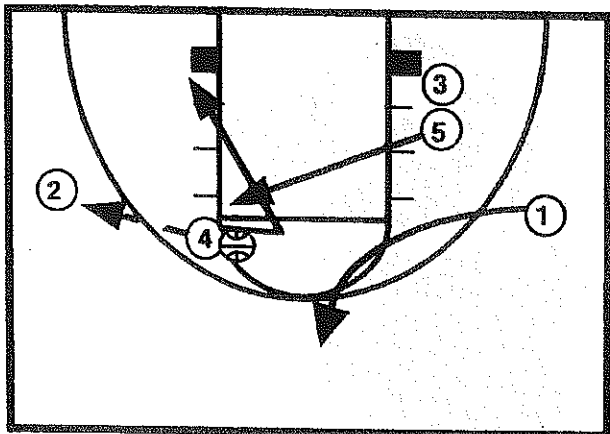
## Back Door Option

If the forward sees that there is a "gap" between the guards and the post, she takes 2 steps to the basket and busts to area at top of key.

- 2 hits 4 as she drives by 4
- 2 fakes away and follows 1
- 5 and 3 set a weakside double screen
- 4 makes a drop bounce pass back

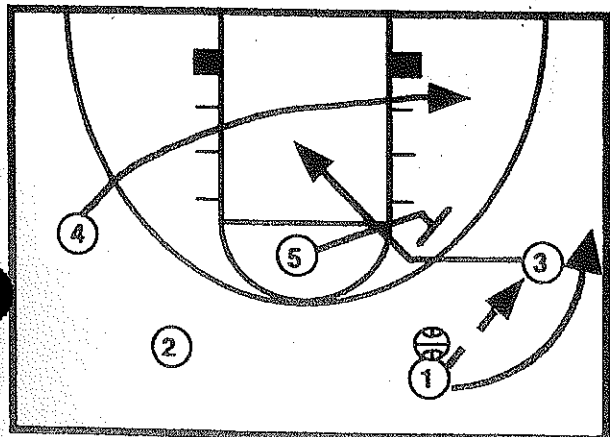


- If 4 cannot hit 1 or 2, she pivots and faces the basket and 1 comes off the double and 2 flares out.
- If 4 hits 1, 5 and 3 pop stack



- If 4 hits 2, 4 fakes away and busts to low post while 5 breaks to elbow.
- If 2 hits 5, 3 runs duck

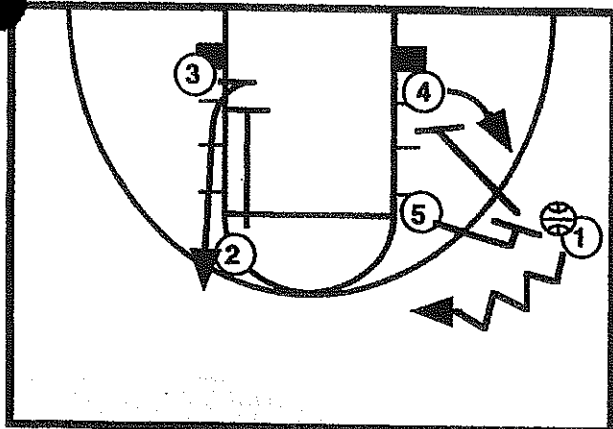
Offense continuity continues



## Guard Follow

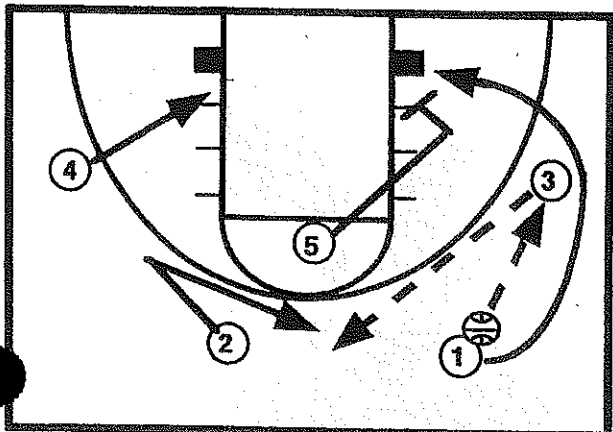
- 1 hits 3 and follows pass to get ball back
- 5 screens around elbow
- 4 busts to low post on ball side
- 3 goes over top of 5's screen
- 2 stays

# High Post Offense



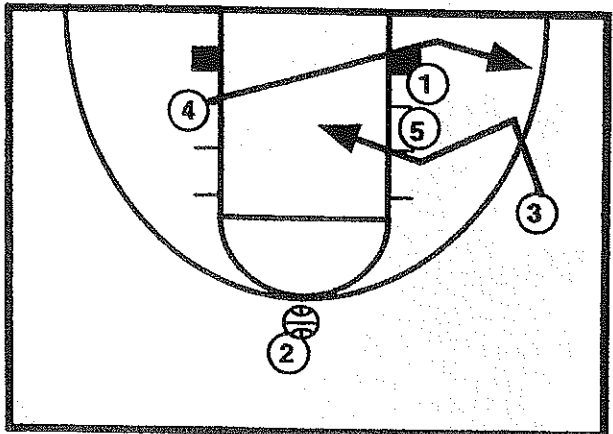
## Guard Follow (continued)

- 5 continues out and sets a screen for 1 (who dribbles off it) while 2 screens down for 3
- 5 pivots and screens down for 4
- 1 can shoot - hit 3 or 4

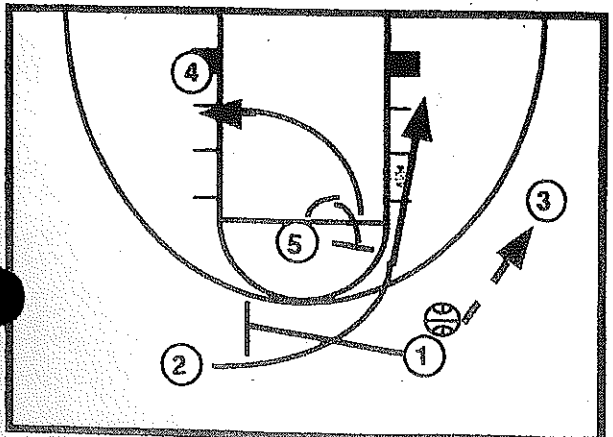


## VI. Guard Around

- If F (3 or 4) does not give ball back to guard, she continues around screen to the block.
- 2 fakes away and comes to head up on the basket and receives pass from 3
- 5 and 1 set a double screen on block



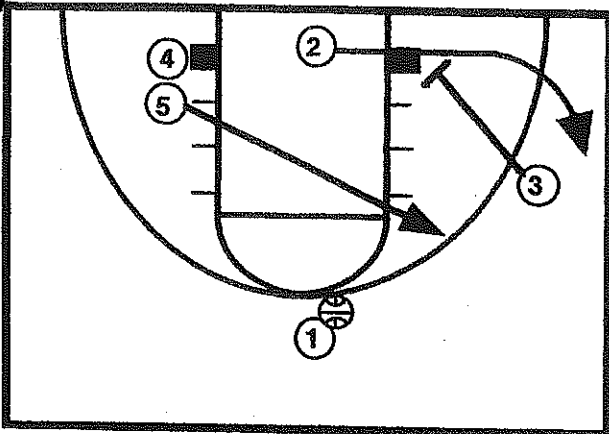
- 4 goes low off the double
- 3 comes high off double (over the top)
- If 2 hits 4, 1 and 5 break stack
- If 2 hits 3, 3 should be open



## VII. Guard Screen

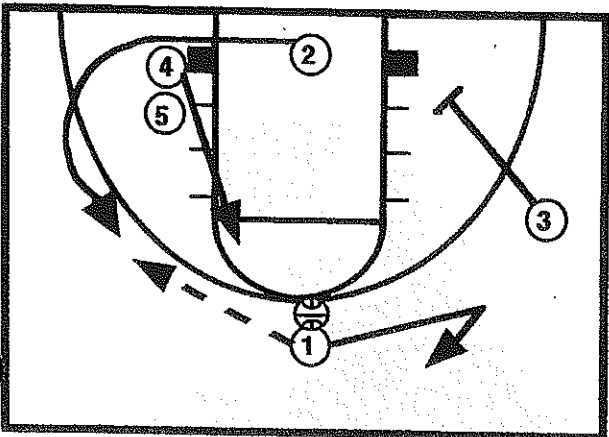
- 1 hits 3 and screens for 2; 2 busts off 1 and 5's screen for basket.
- 4 and 5 set on block away from cutter while 3 hits 1 (who has stepped back to front of basket) and 3 sets up on block.

# High Post Offense

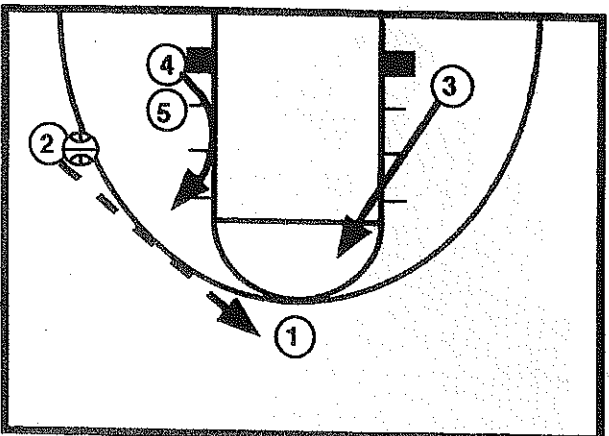


Guard Screen continued..

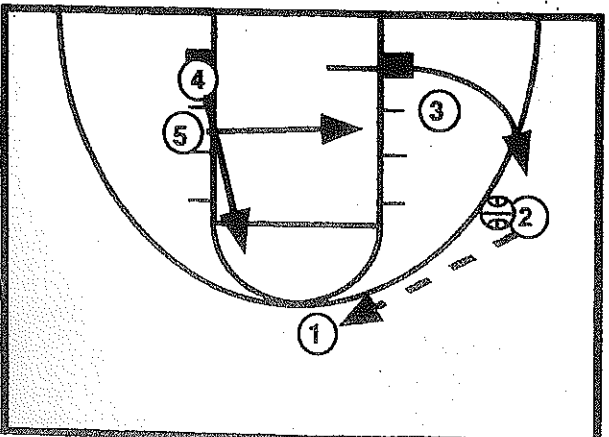
- 2 stays in center of lane, fakes one way and comes off either a single or double screen
- If 2 comes off 3 - shoot or hit 3 posting while 5 flashes to elbow.



- If 2 receives ball off screen by 4 and 5, she can shoot or hit inside where 4/5 break stack
- If 2 can't do either (hits 1).
- If on weakside, 1 and 3 run around side post or 1 and 4 run around side post because 5 clears.

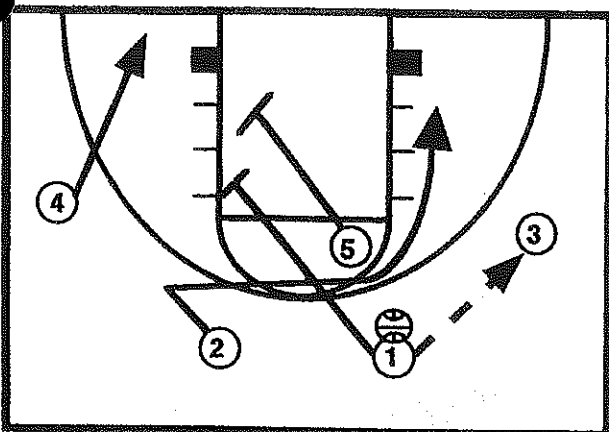


- 1 and 3 side post action.



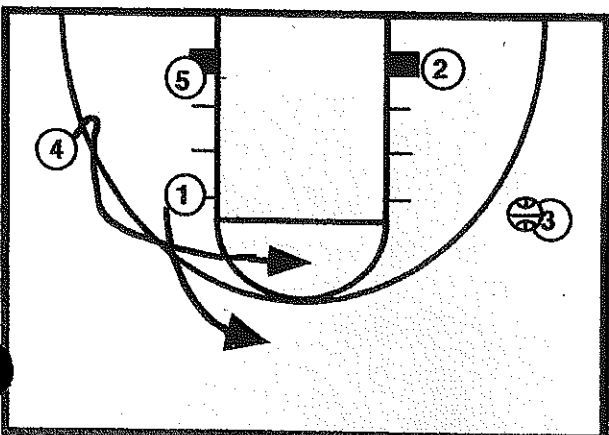
- 1 and 4 side post action

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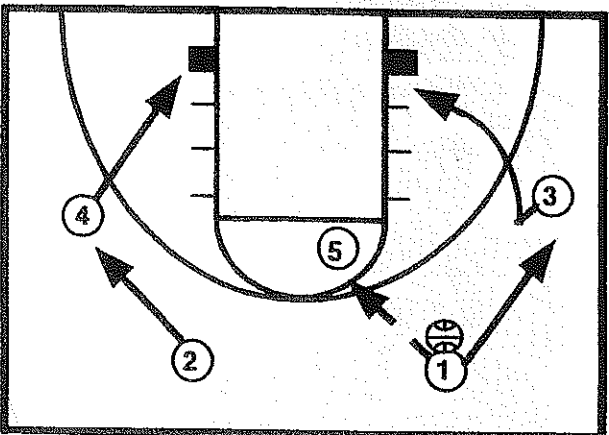


## Forward Reverse (Quick Hitters) or #

- 1 hits 3 and goes with 5 to set stagger screen; 1 at elbow/5 below
- 2 busts off 1 look for lay-in

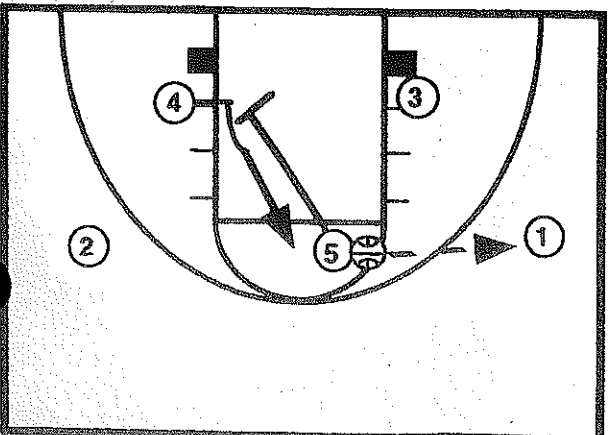


- 4 comes off double screen
- 1 safety = no continuity: RESET



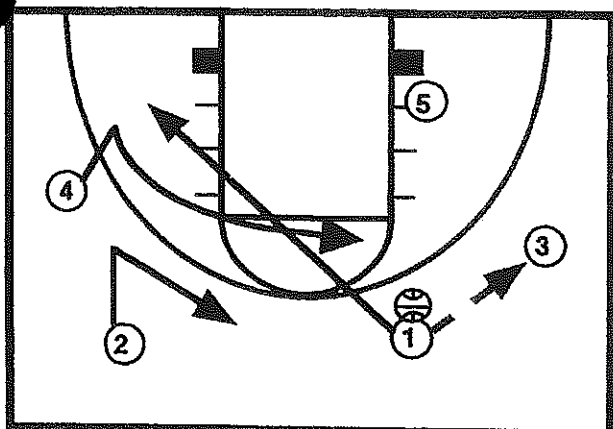
## Post Feed

- Either guard hits post.
- If 1 hits post (3 goes backdoor)
- 3 goes to block and post up.
- 1 and 2 flare to free throw extended.



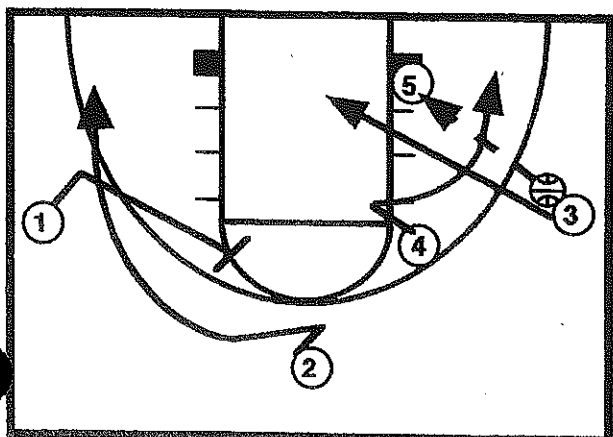
- 5 turns and faces and tries to hit 3 or 4 who are being denied
- 5 hits 1 or 2
- 3 and 4 pivot and get defender on back while 1 hits 3 or 2 hits 4.
- 5 goes away and screens opposite side she passes to
- F flashes to foul line

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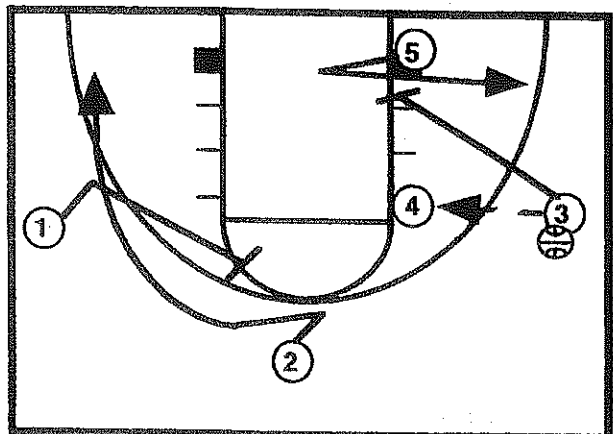


## Low Set (Center starts low)

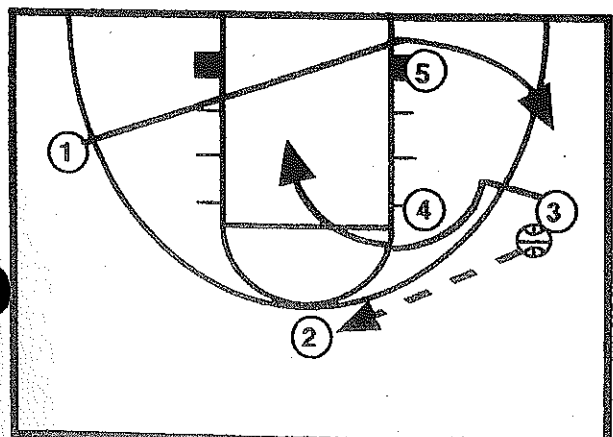
- C faces in and pivots and posts when ball is passed guard to forward.
- 5 pivots and posts.
- 1 and 4 interchange:
  - a. 1 going inside
  - b. 4 goes top side
- 4 comes to elbow.



- If 3 hits 5 and goes to basket, 4 comes off 3 and 1 screens for 2.

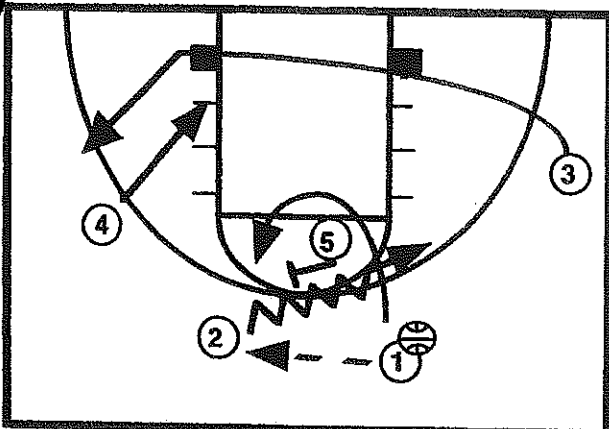


- If 3 hits 4 and screens down for 5, 1 screens for 2.



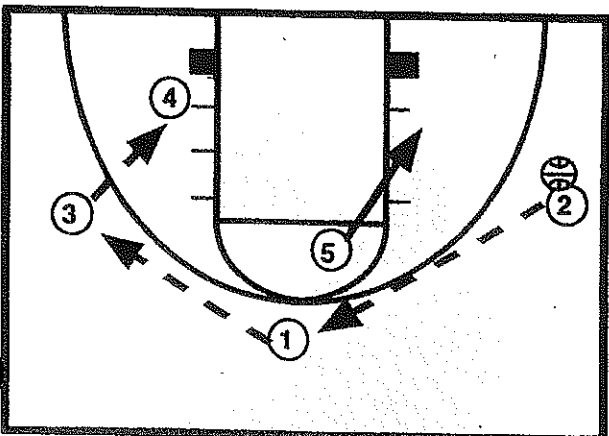
- If 3 hits 2 and comes over top of double set by 4 and 5, 1 goes baseline off double.
- Hit 3 for shot.
- Hit 1 for shot while 4/5 break stack.
- 2 and 3 run around side post.

# High Post Offense

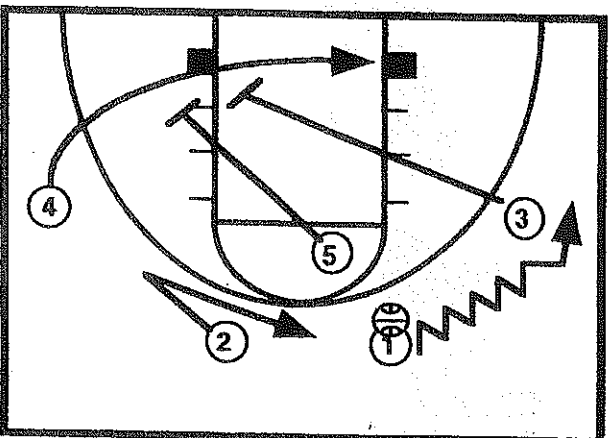


## G - Loop or #

- 1 hits 2 and runs cut by 5 and loops around to head up on basket at top of key
- 3 flares under basket to free throw line extended on other side.
- 4 goes to block.
- 5 sets screen at top of key for 2 who dribbles off while 5 rolls.

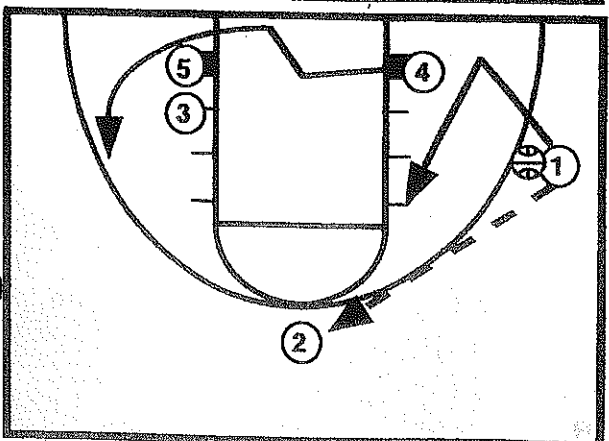


- If 2 has no shot, look to 5 or continue reversal of ball to 1
- 1 can hit 3 or power into 4.



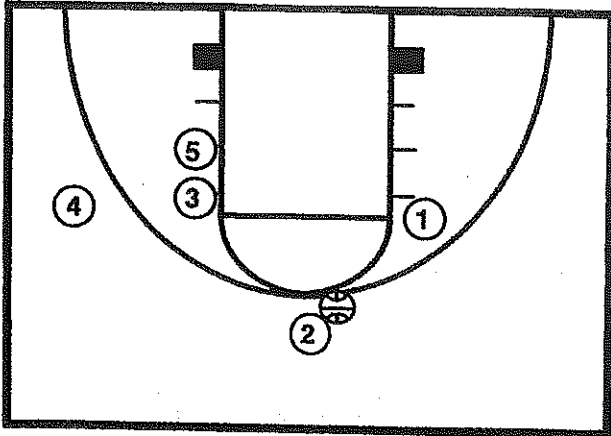
## Hard Dribble

- 1 dribbles directly at 3; 3 plants and goes back down - 5 goes down key and sets screen for 4 and proceeds to block
- 3 sets the second leg of a double stagger pick for 4 who comes off both picks and posts up.
- 3 and 5 set a double
- If 1 can't hit 4, hit 2



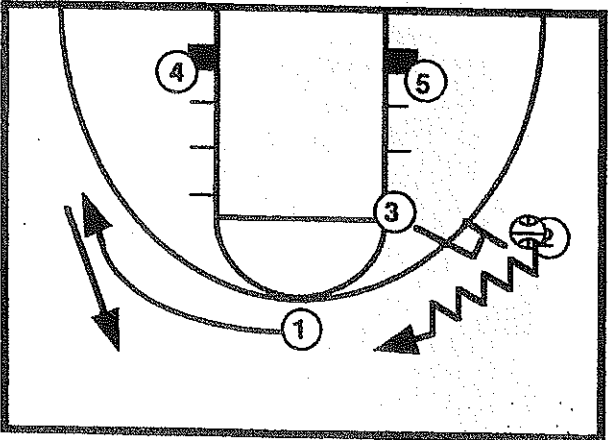
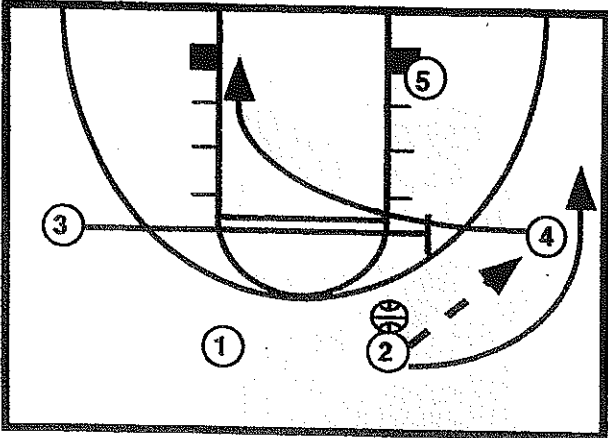
- 4 reverses and comes off double.
- 1 goes down lane & comes up for a 1 & 2 side post option.
- If 2 hits 4 -- 3/5 break stack
- If hit 1 - 4 is a safety

# High Post Offense

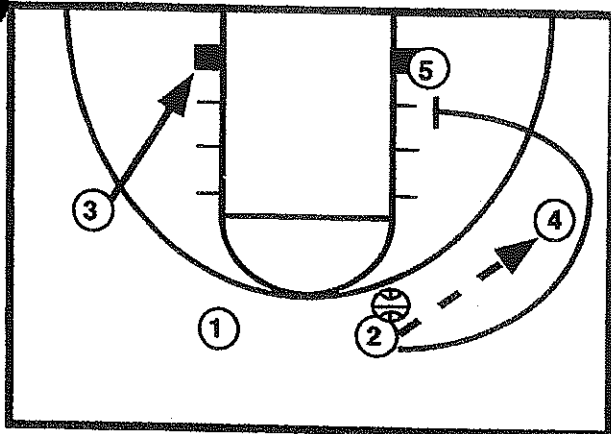


## XIII. Low Set (center low)

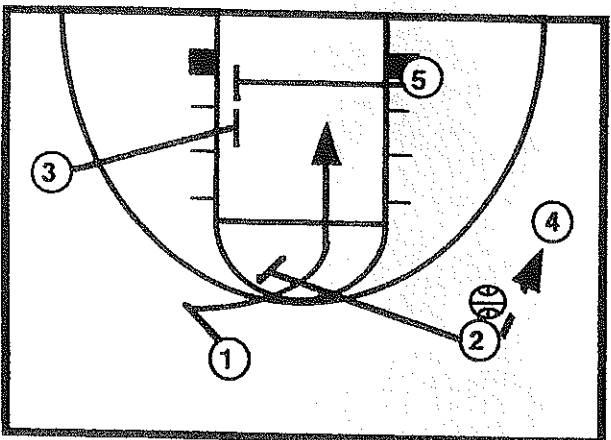
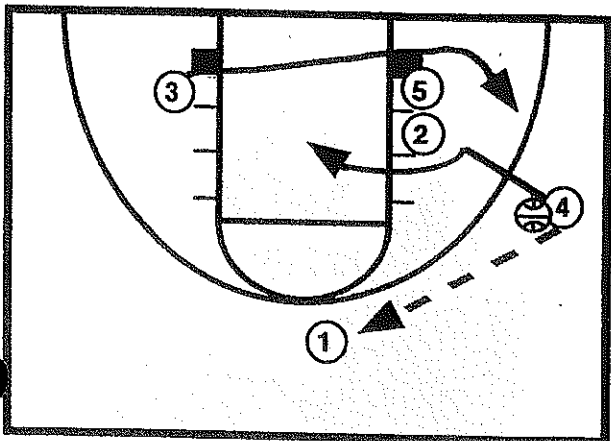
- Follow option:



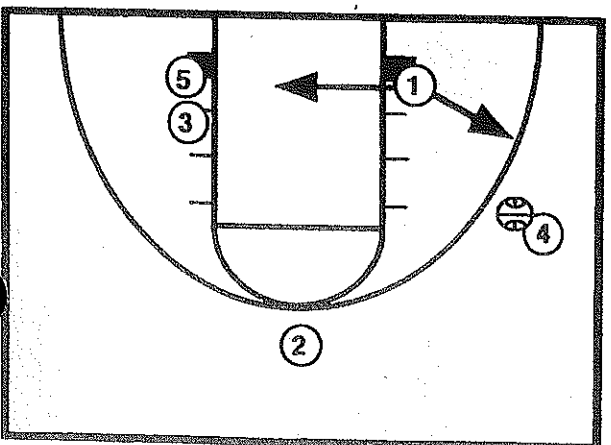
# High Post Offense



Low Set (cont.)

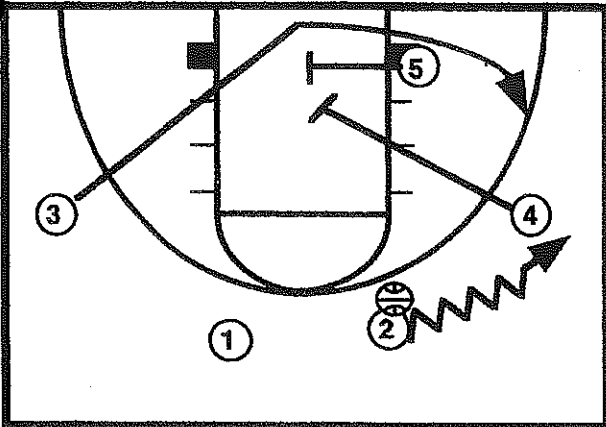


Screen



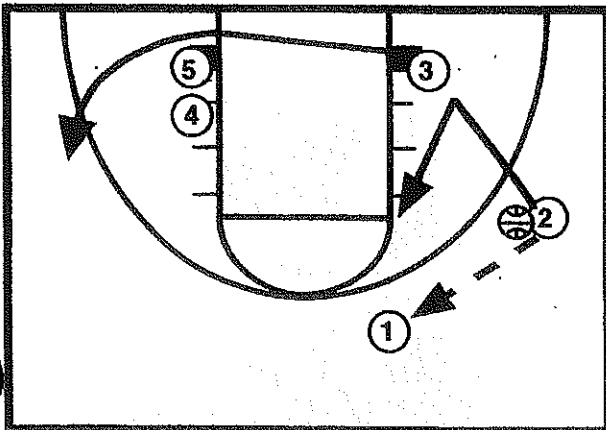
• 1 either side

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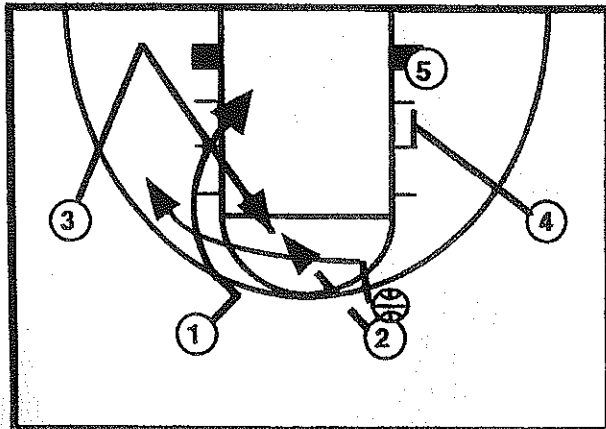


Dribble

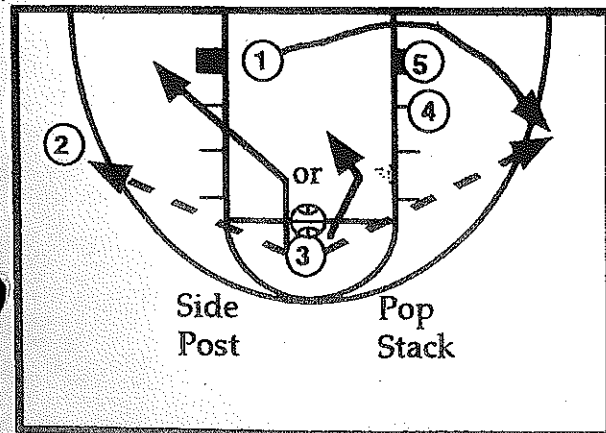
- 5, 4 stagger screen.
- (4 goes back door)



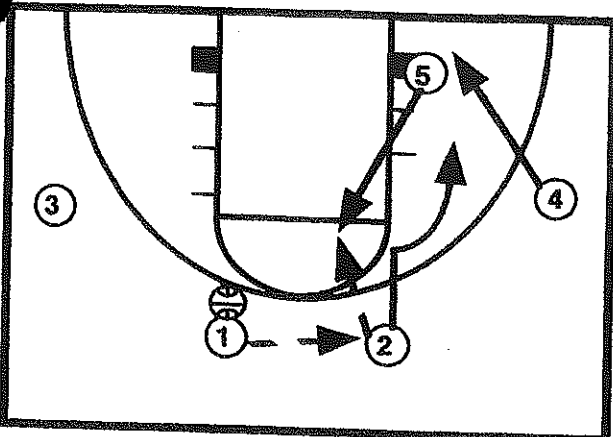
- 3 off double, 1 and 2 side post



Backdoor

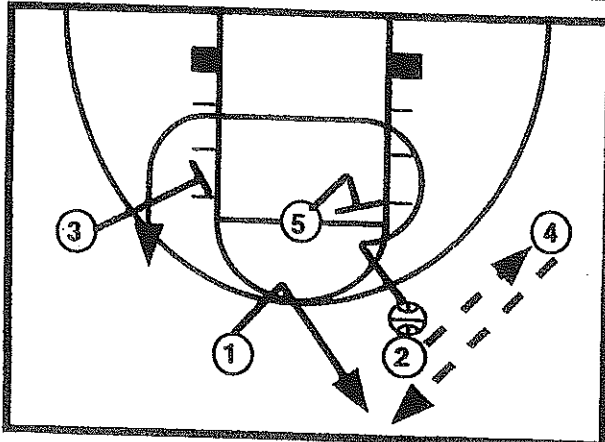
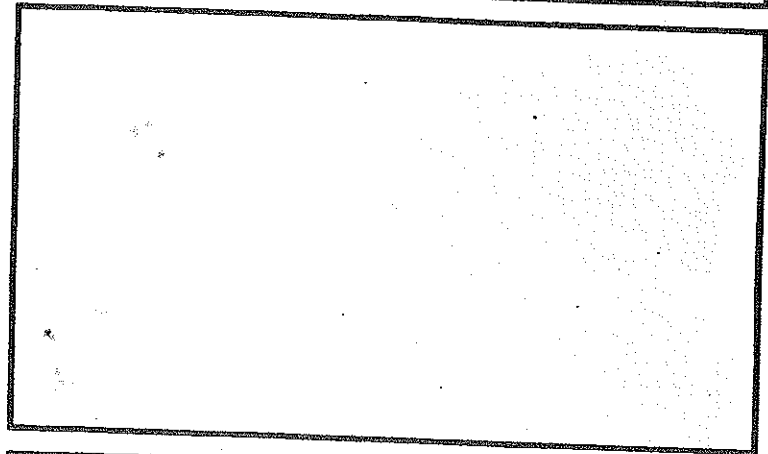
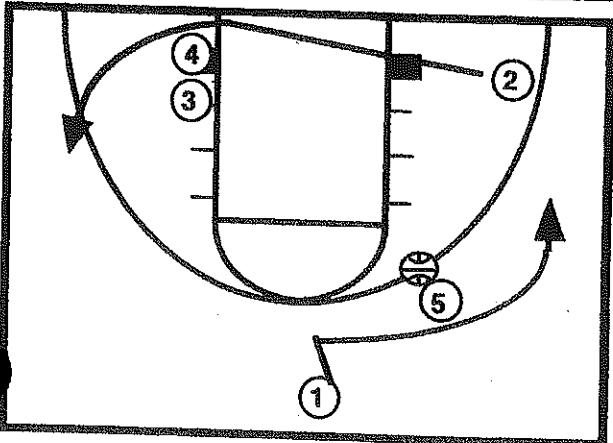


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Backdoor to Post

- Either guard can pass



Quick Hitter

