

OLIVET NAZARENE UNIVERSITY
Offensive Attack

FAST BREAK

1. Fast break to designated spots: PG pushes ball, 2guard to right wing, 3 to left wing, 5 to WEAKSIDE block to keep ball-side clear and to give PG a better passing angle to #5, #4 is trailer at WS high post area outside arc.
2. PG will throw ahead when able, and cut through to ball-side corner to clear area for wing to drive to the INSIDE. Wings should not penetrate to baseline as this limits our passing options, unless she has a clear path all the way to the rim.
3. If SS wing is not open, PG should "Dribble Across", attacking towards the weak-side wing, who will almost invariably be open. PG must make this decision by the time she reaches the HC line. As she dribbles across, 4 and 5 simple clear to the opposite side of the court, in effect "flipping" our offensive formation. If PG hits this weak-side wing, she will cut through to ball-side baseline as before.
4. If PG cannot pass ahead to either wing, she pulls up and reverses the ball to the high post trailer. After making this 1-4 pass, PG should initiate Motion by down-screening for the wing.
5. Depending on PG's skill, she always has the option of penetrating into the arc (must get to RIM!) and scoring or dishing to the WS low post on the opposite block. She may also keep her dribble alive while turning her back to the basket, looking to kick out ("pitch") to any perimeter player (including HP trailer) for three.

MOTION

1. If we don't score off the first pass, we are automatically in Motion. This is our half-court attack vs. M/M defense, but remember our goal is still to score within 12 seconds. Be aggressive!
2. Three options in our Motion are: Pass and **Screen Away, Drive** (inside) and kick, **Feed Post** who can either score or pass "inside-out" for three. Players select these options in an entirely free-lance manner. Generally, drive vs. tight defense, shoot or pass vs. softer defense.
3. On any entry pass to a wing, PG clears through to ball-side corner, meanwhile...
4. Wing options are to:
 - a) shoot the three, b) drive to the INSIDE trying to turn the corner on her defender and get into the lane where she may 1) score (get all the way to the RIM!), 2) bounce pass to WS low post, or 3) kick-out to WS high post or WS wing. NOTE: the HP and WS wing may shoot the three now, or they may penetrate back towards the middle, in effect creating a "Weave" action. After passing, the original driving wing should continue cutting through to the SS corner on side of the court she passed to. On any entry pass to High Post trailer, PG downscreens the wing on her side. Meanwhile...
5. HP options are to:
 - a) shoot the three b) drive and score or kick, or c) reverse ball to WS wing, and sets a staggered screen on the original strong-side wing. This puts us into our 1-2-2 set from which we run our high-low passing game (Or we can pop 4 out to arc and run "4-out" motion.

ZONE ATTACK

1. PG pass ahead to wing or hit WS HP trailer as before. Then cut PG (or best decision-maker) into middle of the zone, step #5 behind the zone into the short corner and put #4 at the top of the key in a zone gap.
2. Note that the low post #5 behind the zone can be instructed either to locate on the ball-side or the weak-side, moving as the ball moves. There are advantages to each position: locating strong-side provides another pass release option; locating weak-side puts the post in better position for rebounding, and may create an easier passing lane for a layup when the middle player gets the ball and faces up.
3. Wings are free to slide up and down the arc anywhere on their side of the court, searching for a gap in the zone. The High Post trailer may also slide side to side at the top of the arc looking for gaps and maintaining appropriate spacing.
4. Rule is to move the ball vs. the zone quickly until you are able to make an easy pass into your best ball-handler in the middle.
5. She then faces up and looks to score, bounce passes to #5 cutting behind the zone, or kicks-out for 3PS by 2, 3, or 4 who all have the green light for the three. We MUST shoot on this kick-out pass and crash the boards.
6. The middle player may step out to the perimeter at any time to an open space, creating a four-out box-set. As this occurs, the low post (#5) should flash into the middle to replace this player. This gives us a little more freedom, preventing the zone from matching up as easily on us, and keeps us from being too predictable.
7. Vs. an Odd front zone we usually look to enter the offense toward the weakside by making the entry pass to the high post, who swings ball to the WS wing as PG cuts into the middle. Original SS wing moves up into the spot vacated by PG to create a two-guard front and play as before. The nice thing about this entry is we can usually get a very quick shot b/c an odd zone will have trouble rotating to pick up WS wing or #5 in WS short corner!

