

# WHEEL OFFENSE

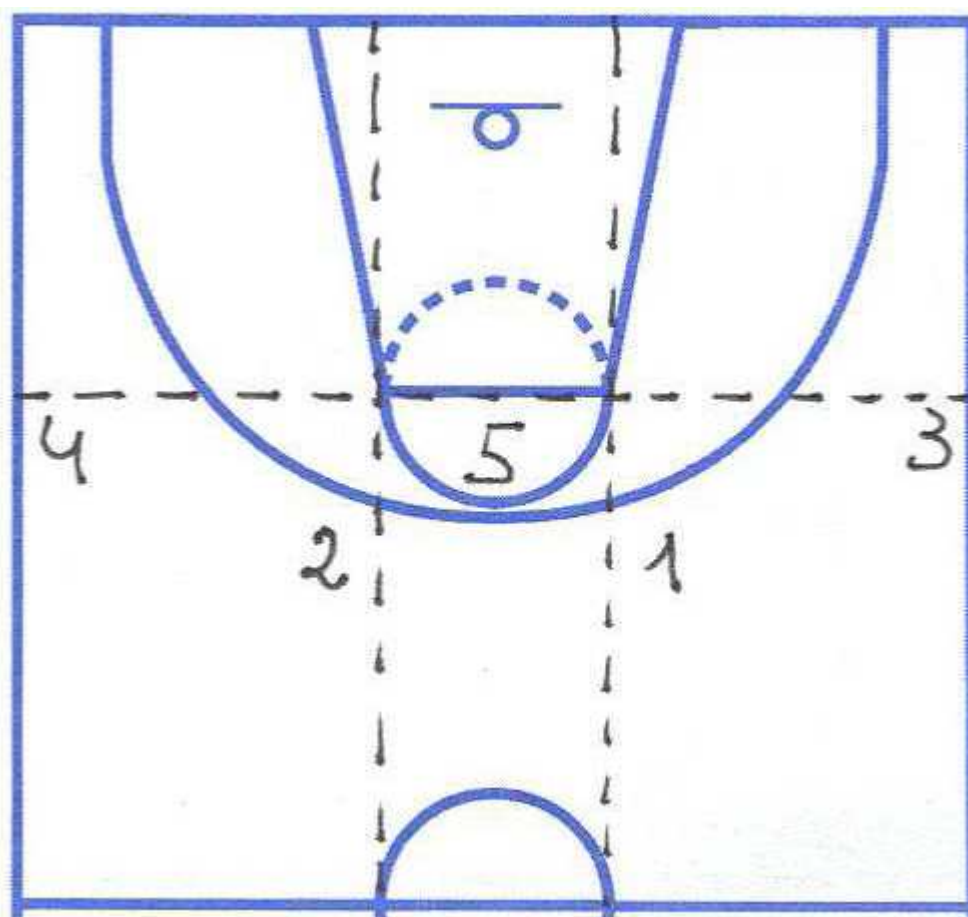
## METODOLOGY

In teaching Wheel offense, use WHOLE – PART- WHOLE metod.

After demonstration of principes, use 5-0 to 5-5.

In the PART phase, analyse all possible situations and correct it. Work toward perfection. Then return to WHOLE phase.

## Basic formation



The basic formation is 2-3, above FT line. From this formation allow offense to start on both sides of the floor. It is easy to use back door what is primary aspect in this kind of offense. For defense is difficult to help.

Characteristics of this kind of offense is:

1. Spacing
2. Situation 1-1
3. Timing
4. Four passing lines

Spacing and ball movement create multiple options in offense.

Player position can be:

a/ in relation of the court lines

b/ in relation to teammates penetration

c/ in relation of picks

Position of perimeter players determine:

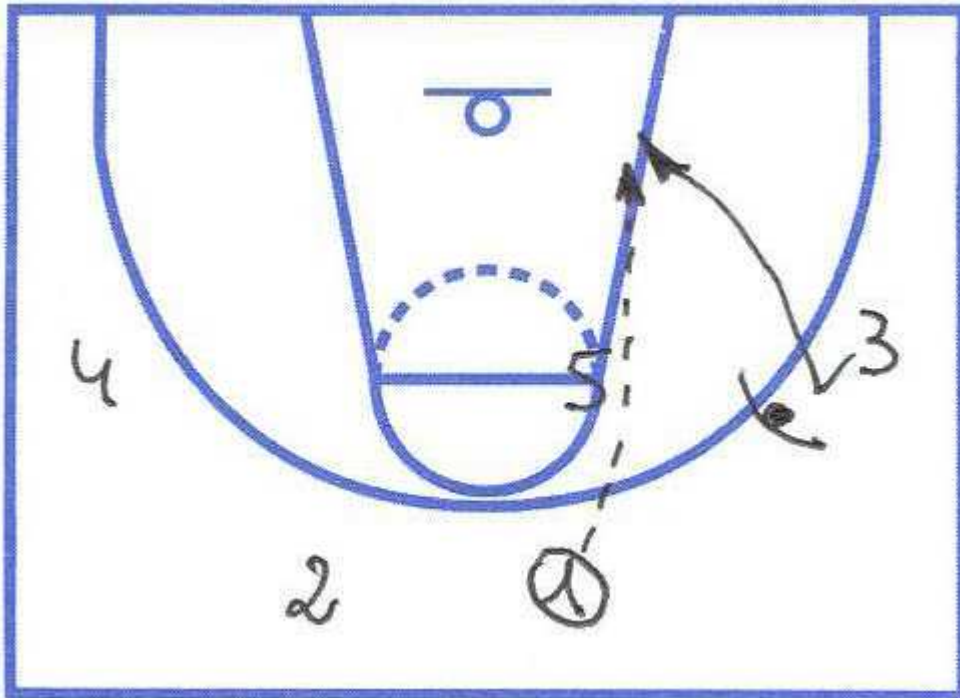
- 3 pts line
- FT line ( extended line)

Wheel offense goals are:

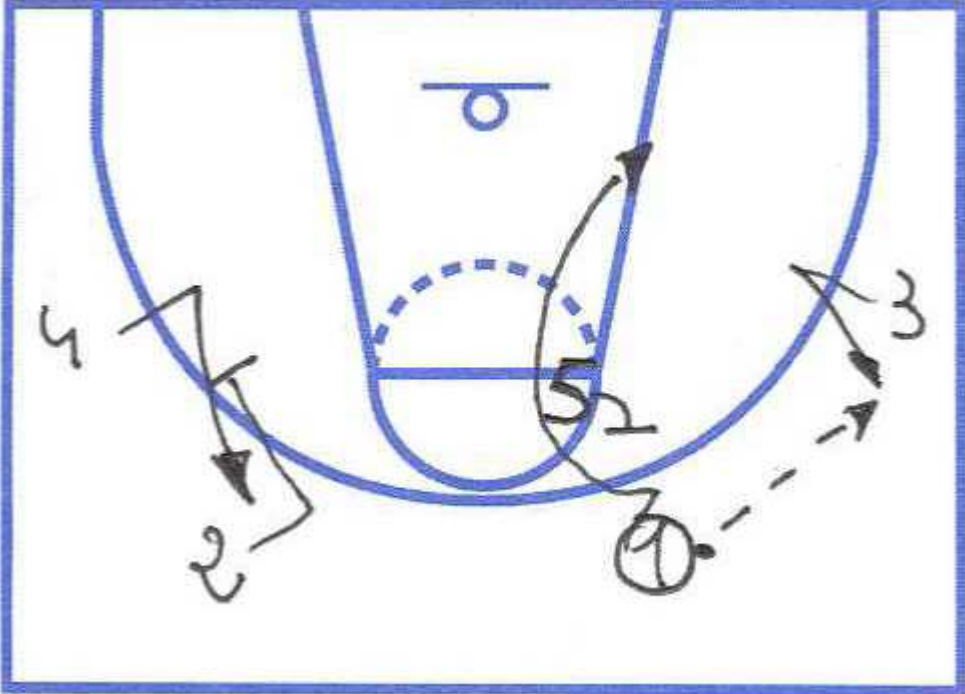
1/ Move and clear space and

2/ Receive the ball and play 1-1

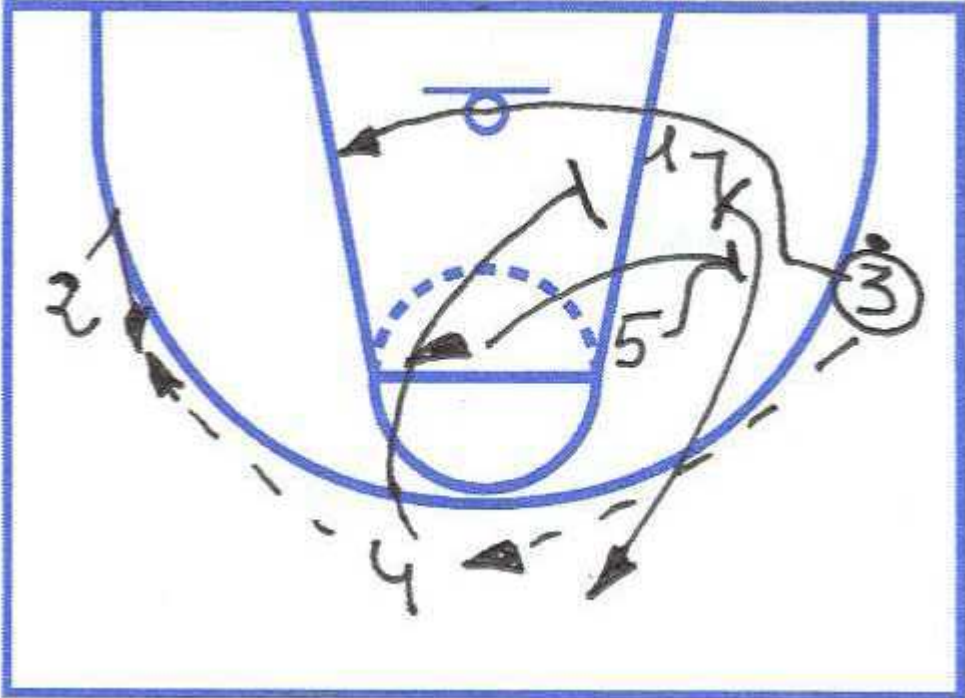
“GET” BACK DOOR:



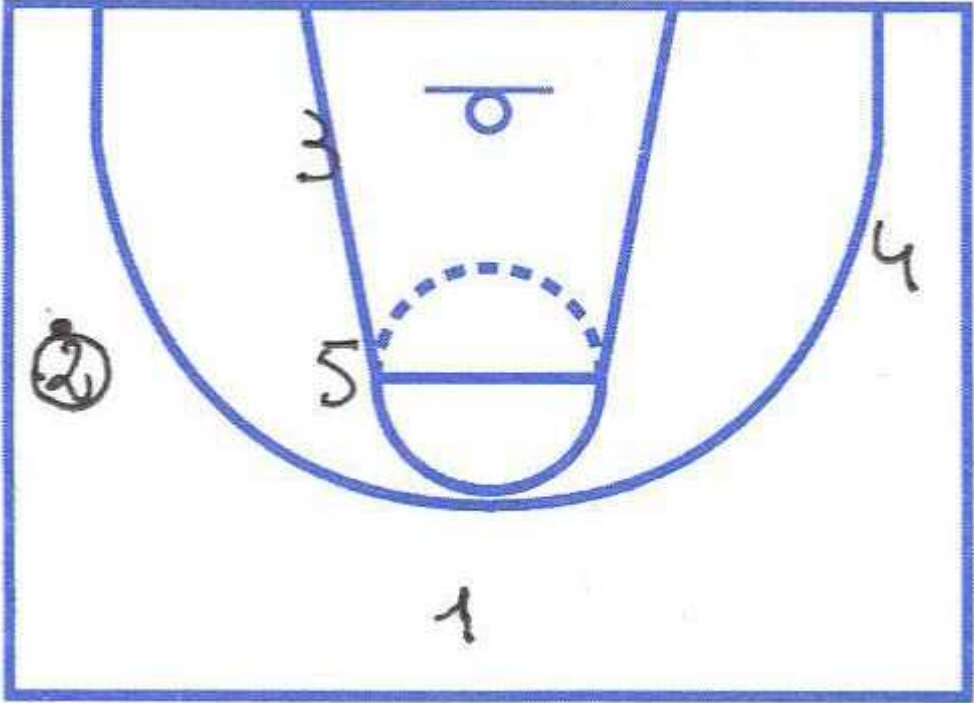
ELBOW RUB:



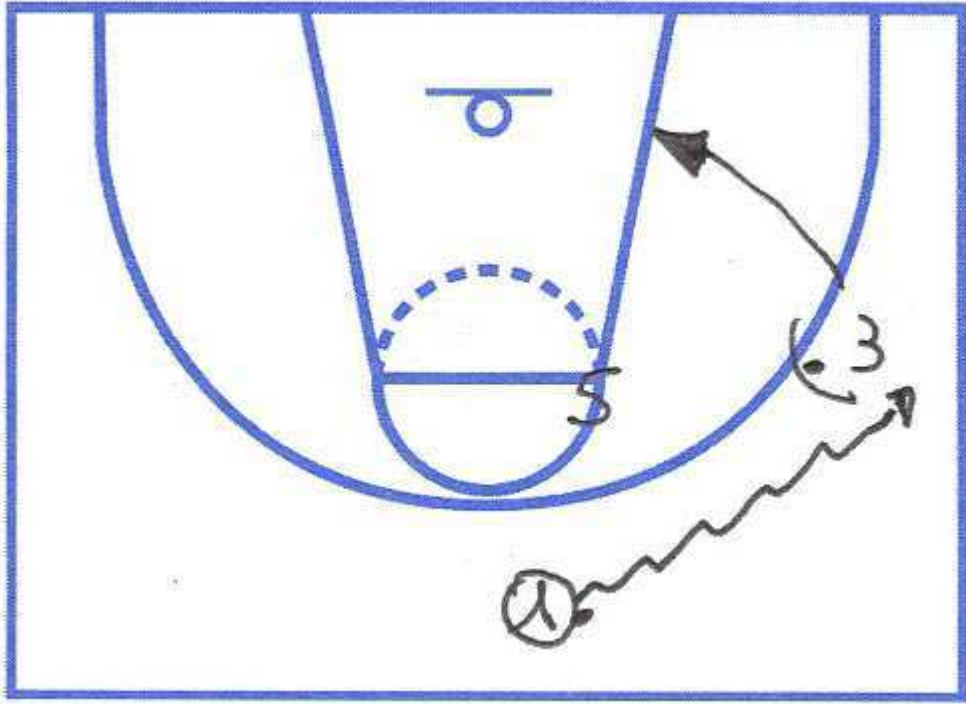
Reverse the ball for 1-1 and form triangle.



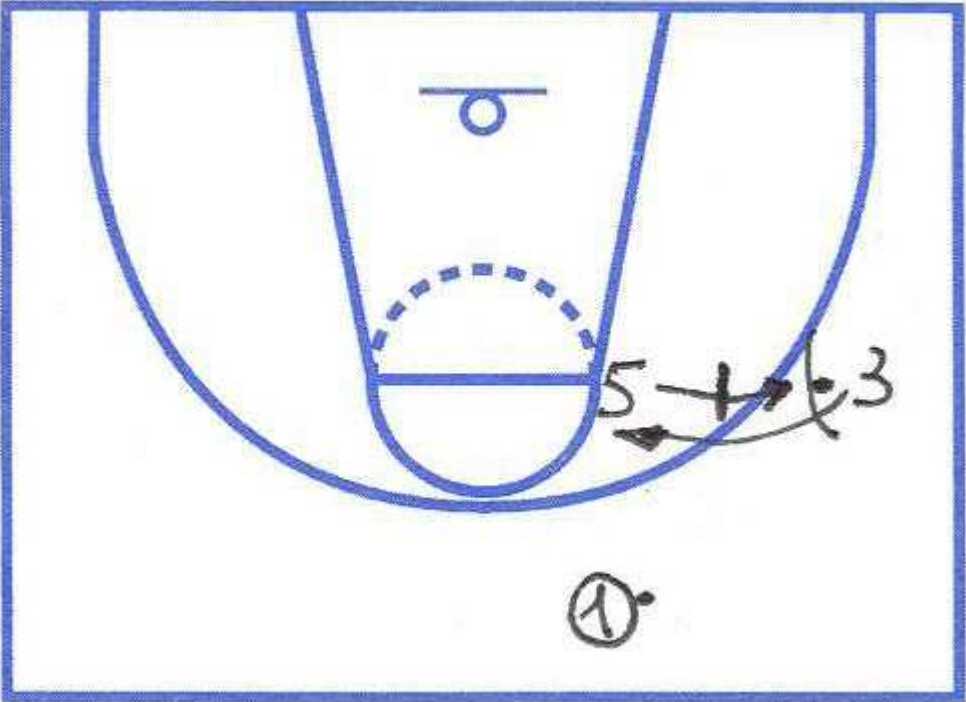
Triangle



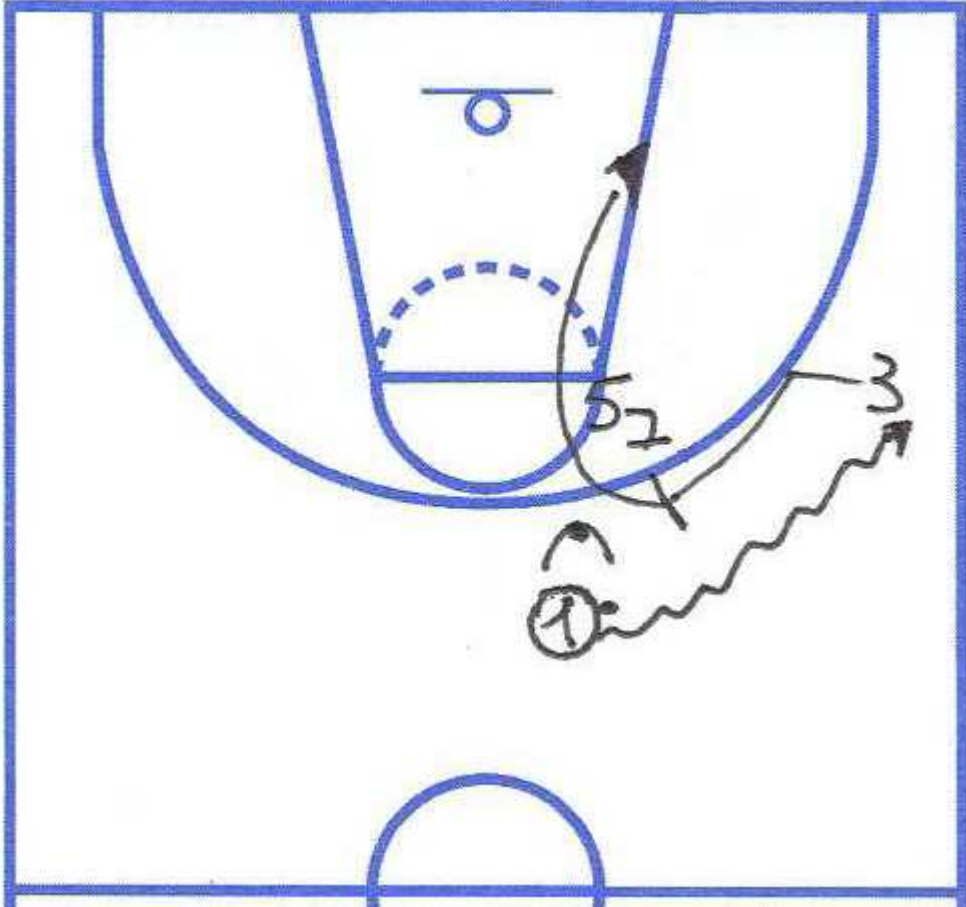
GO POST UP OPTION:



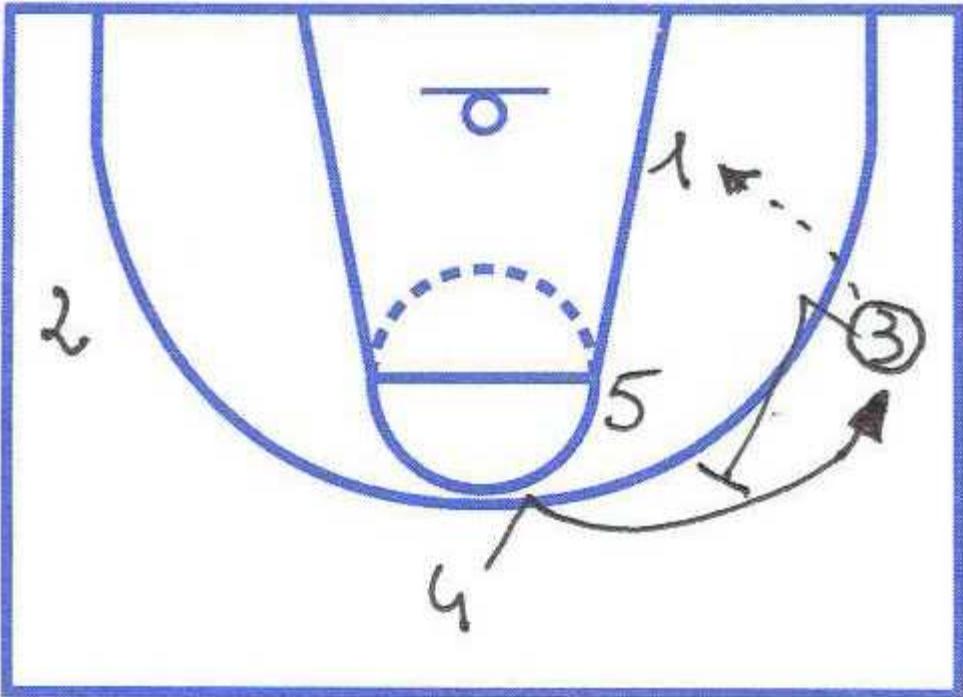
Use back pick to exchange position on the court.



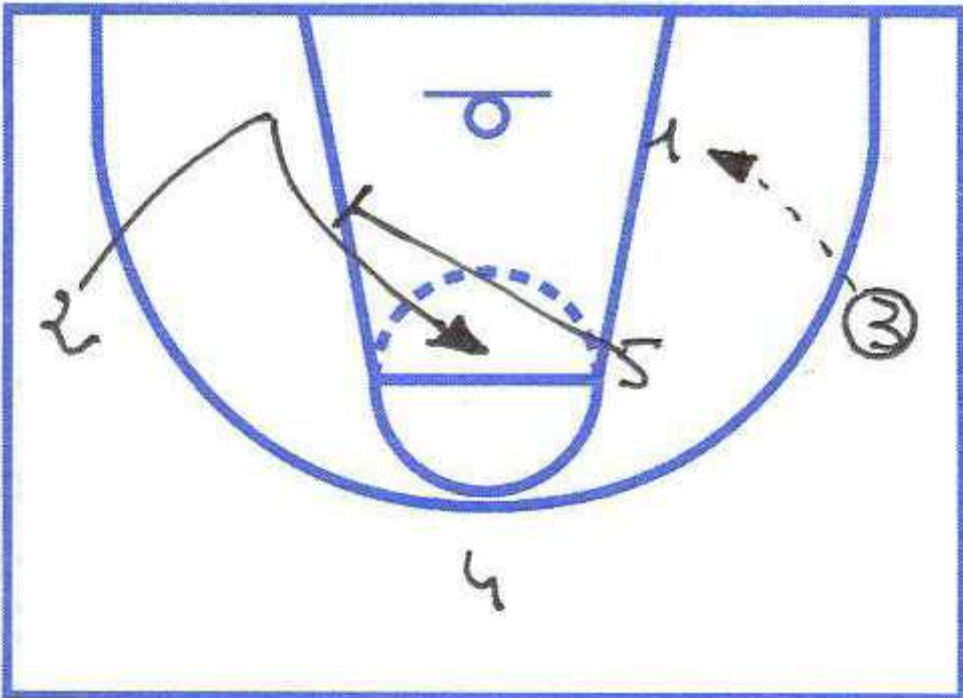
PICK AND ROOLL OPTION: if defense is agressive



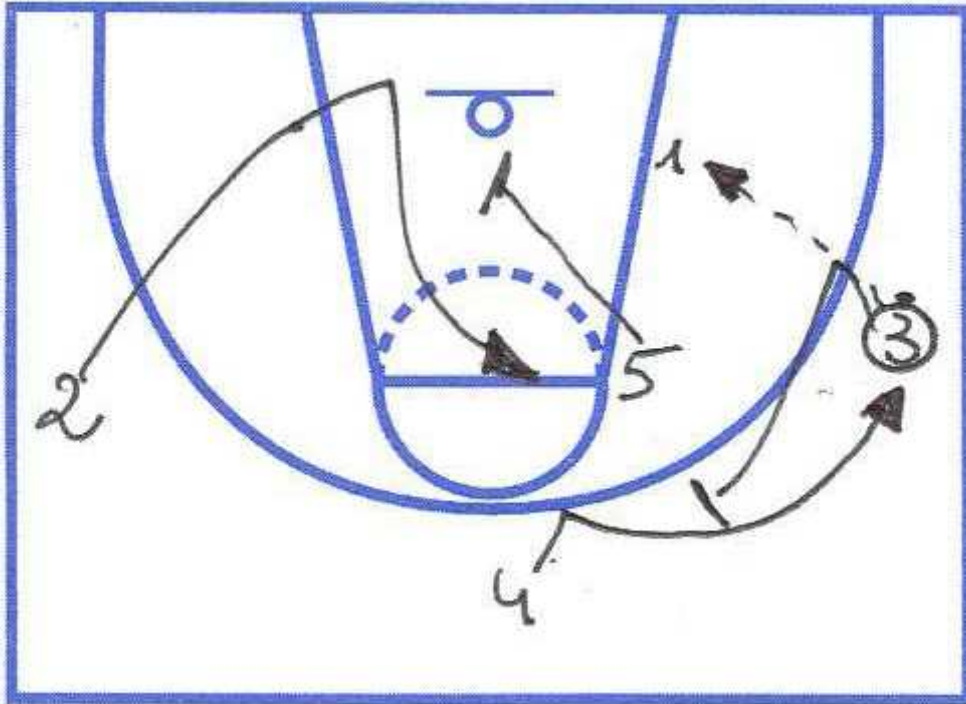
SPLIT OPTION:



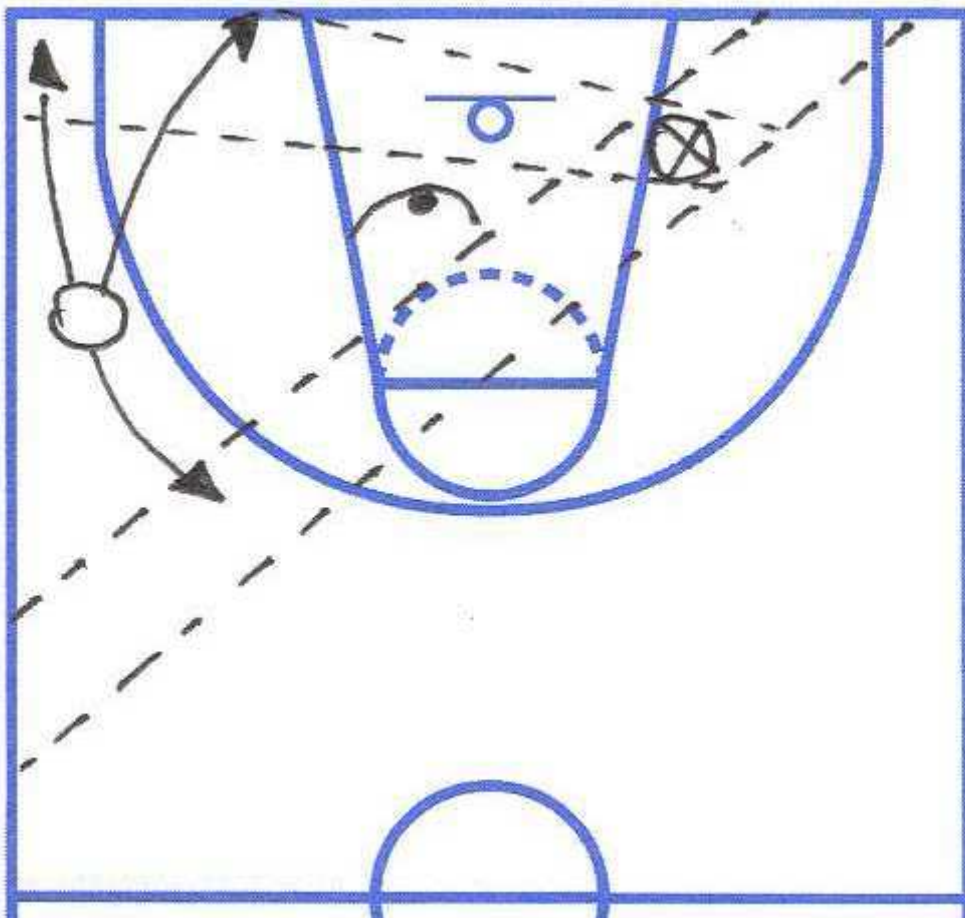
Weak side down pick, if you pass to the player on the low post position



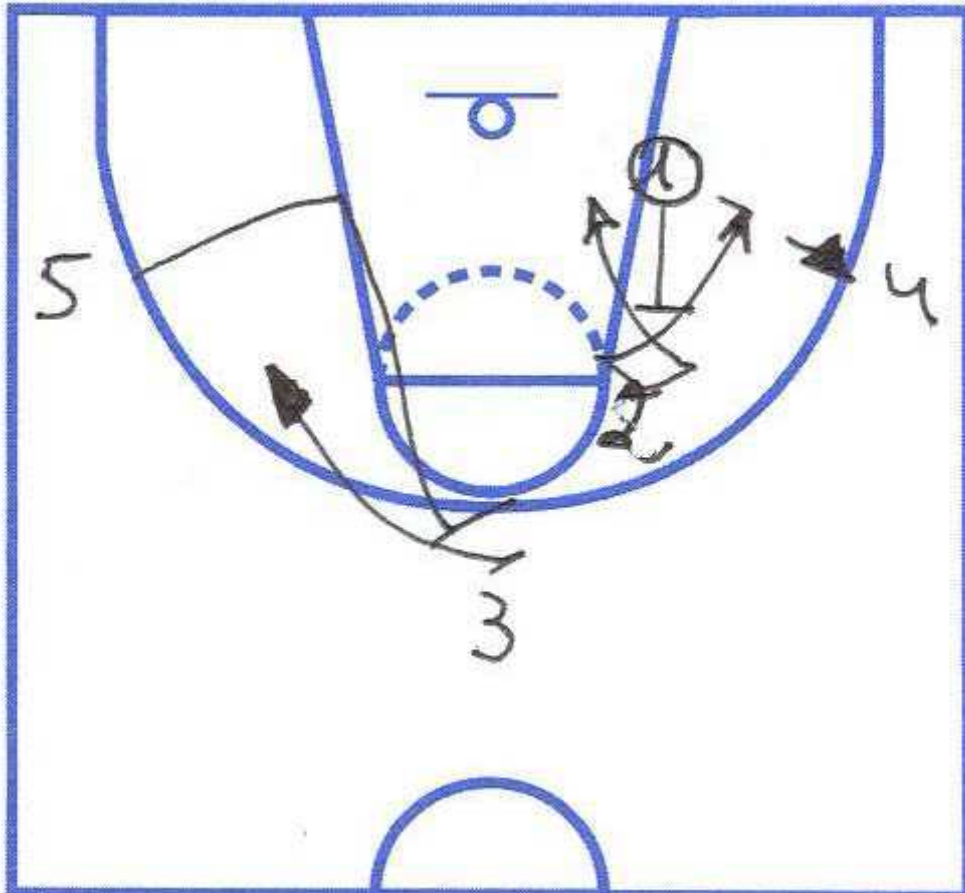
Combine SPLIT and exchange player positions



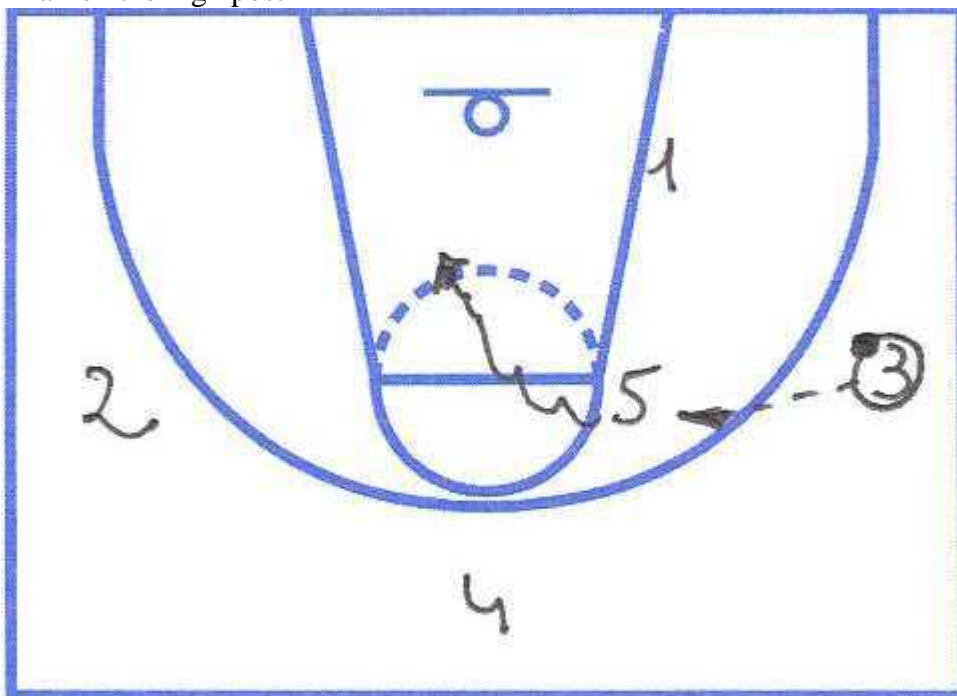
Players from the weak side, move and create passing lines in relation to ball position



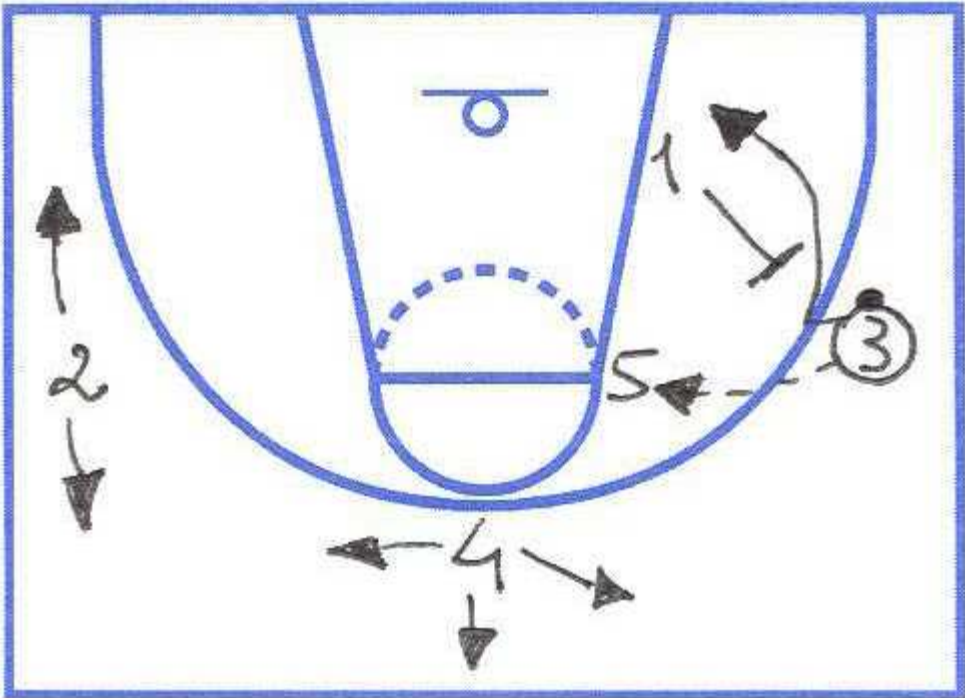
Pass back to the perimeter



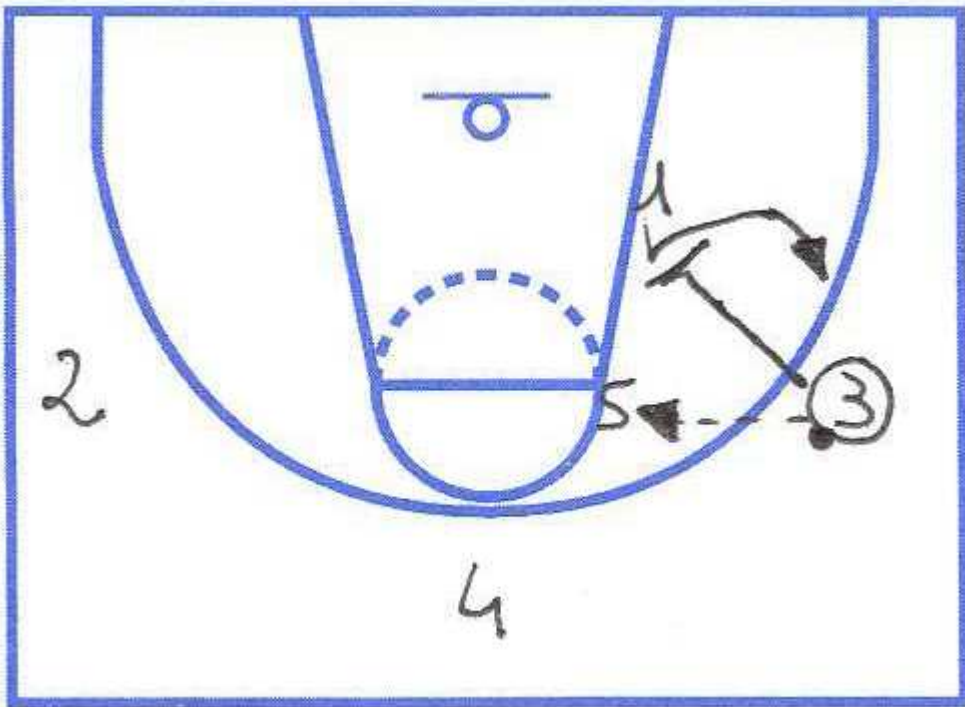
Ball on the high post



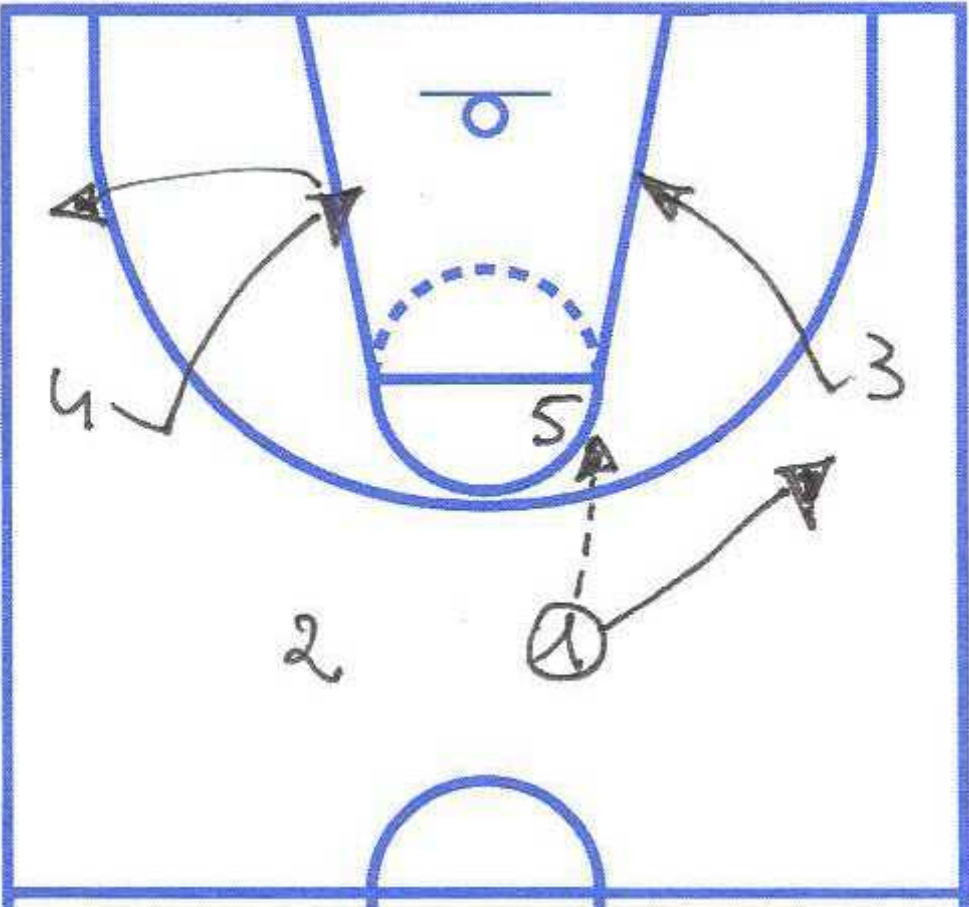
Ball on the high post – back pick



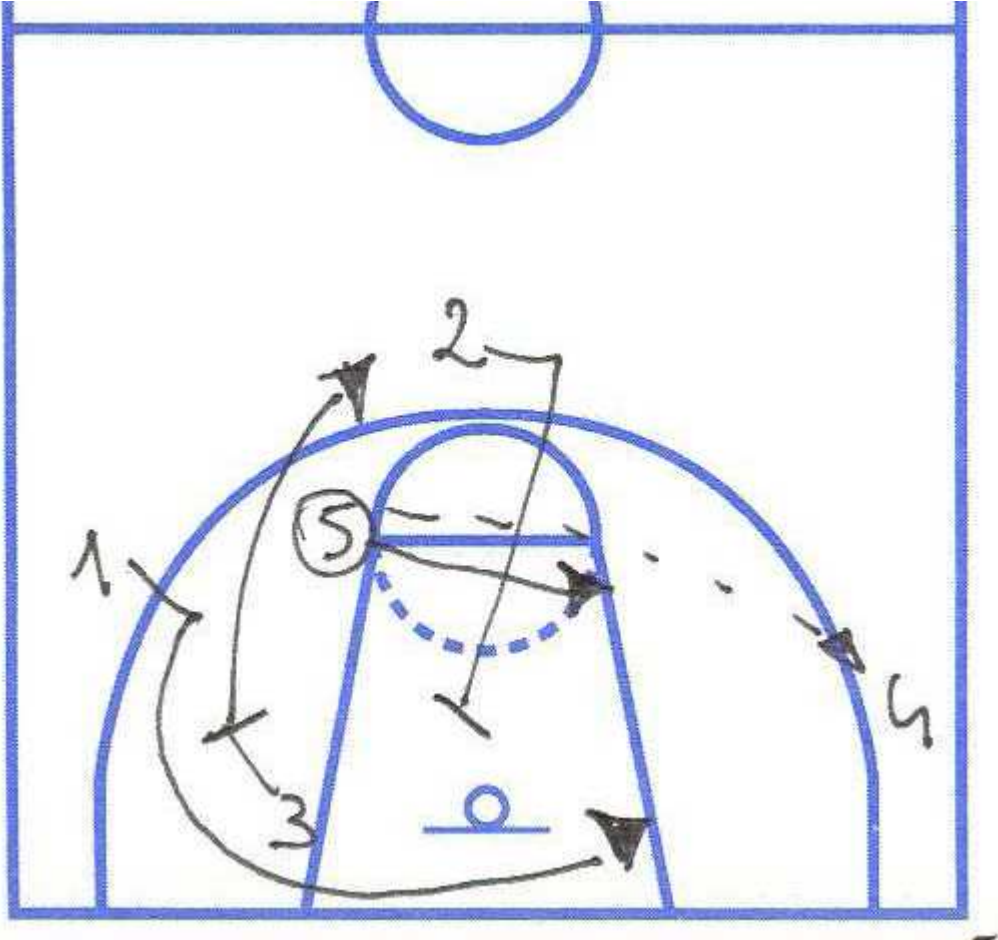
Ball on the high post – wing sets down pick



PASS TO HIGH POST AND BACK DOOR:



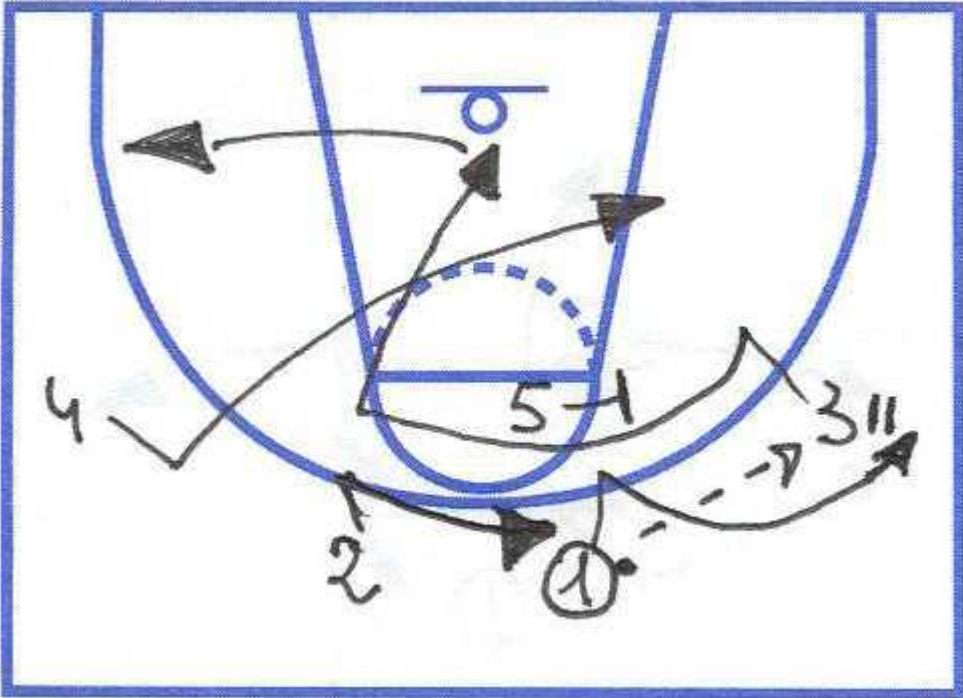
SKIP PASS



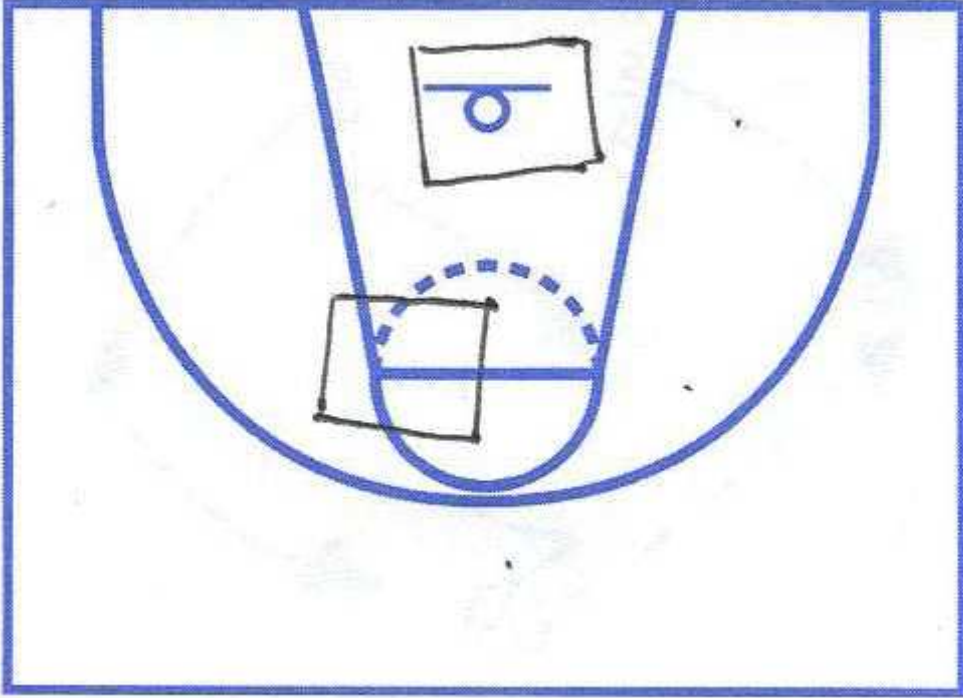
OPTIONS IN "GET":

- 1/ 1-1
- 2/ FLASH CUT
- 3/ Flare pick

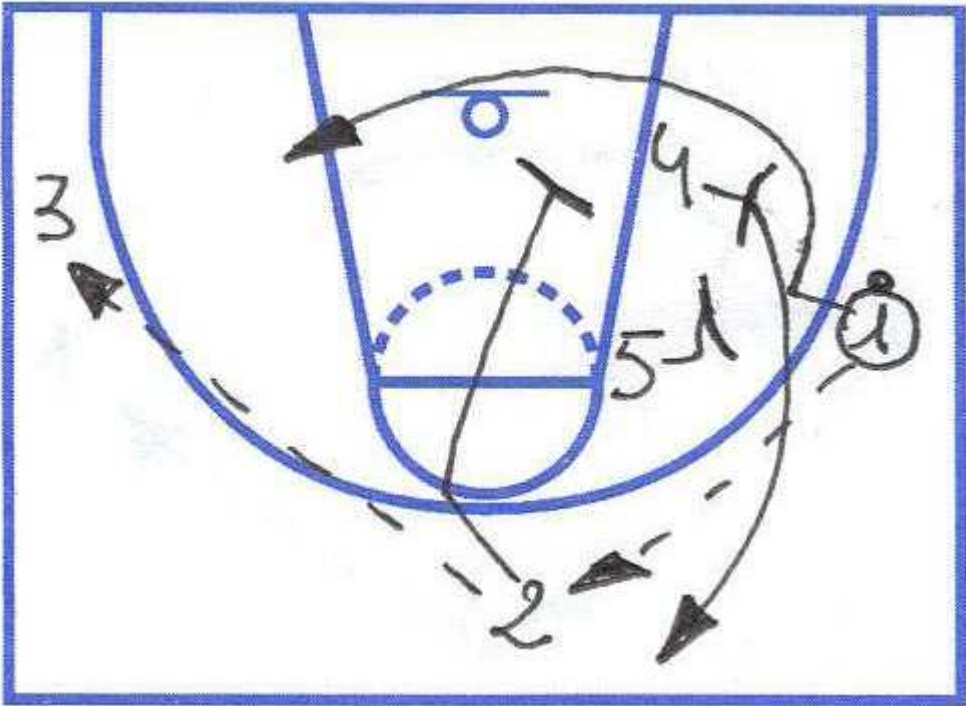
“GET” HAND OFF:



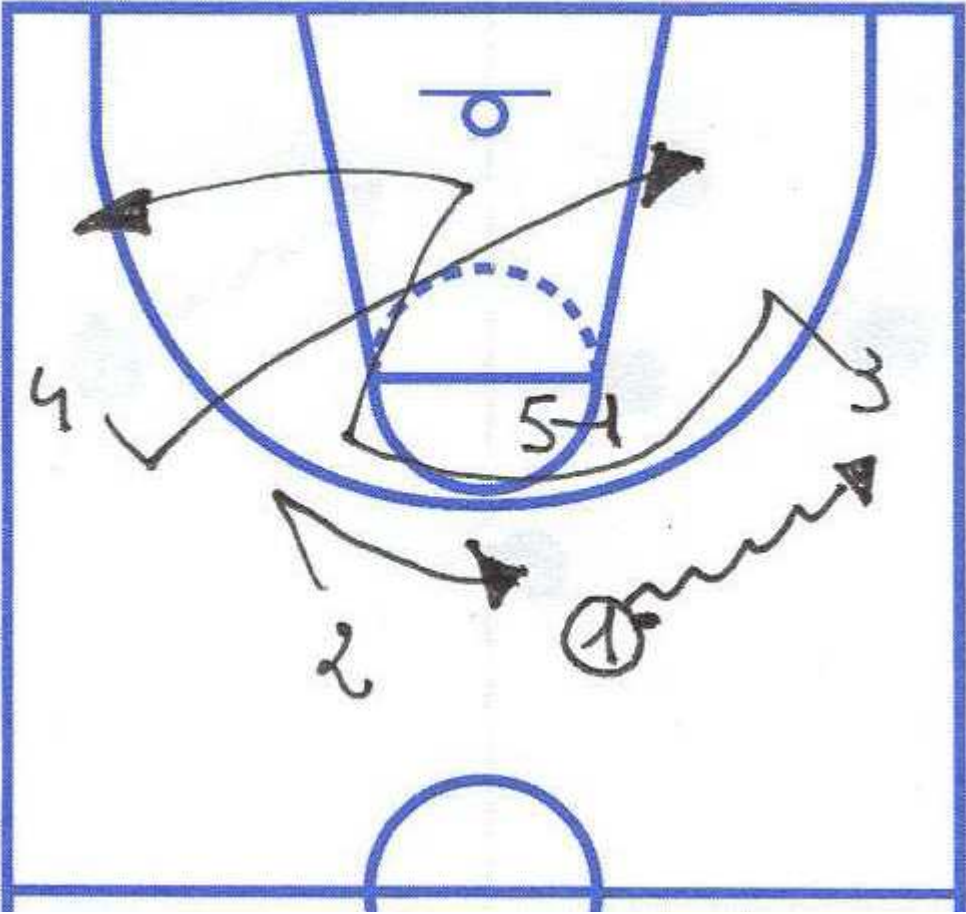
Continually attack two spots: basket and high spot



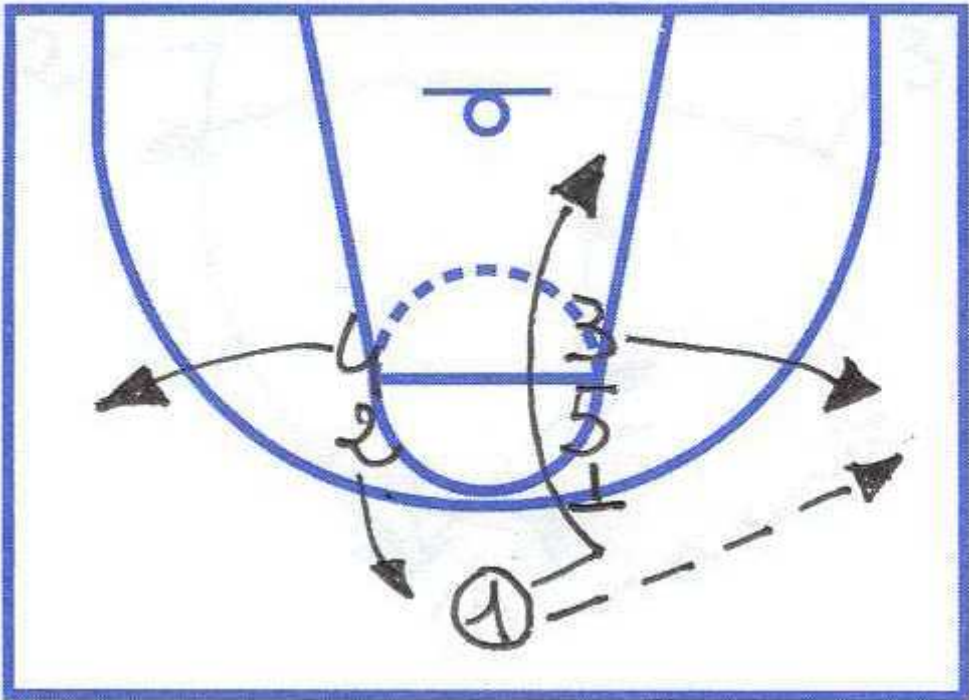
Continuity:



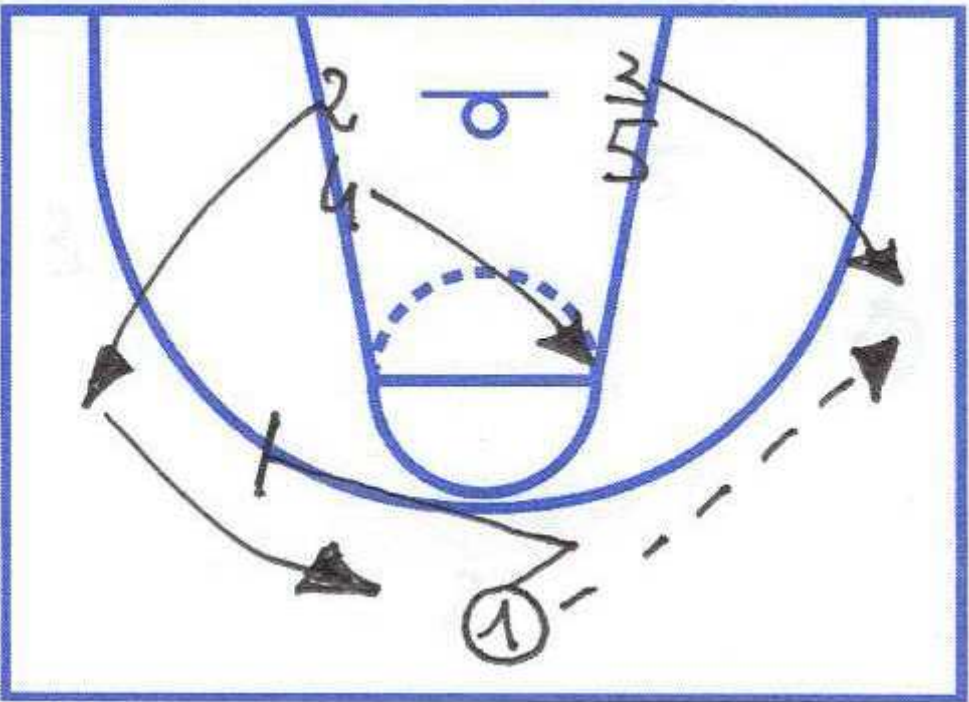
“GET” GO:



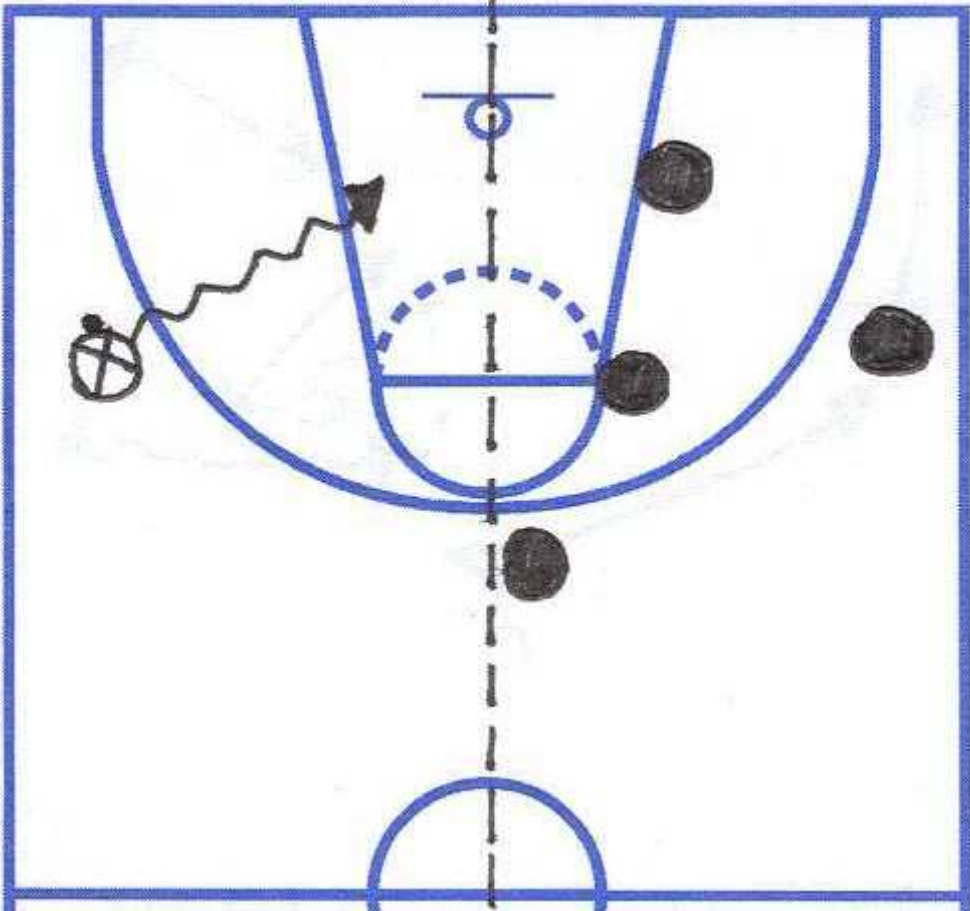
High stack entry:



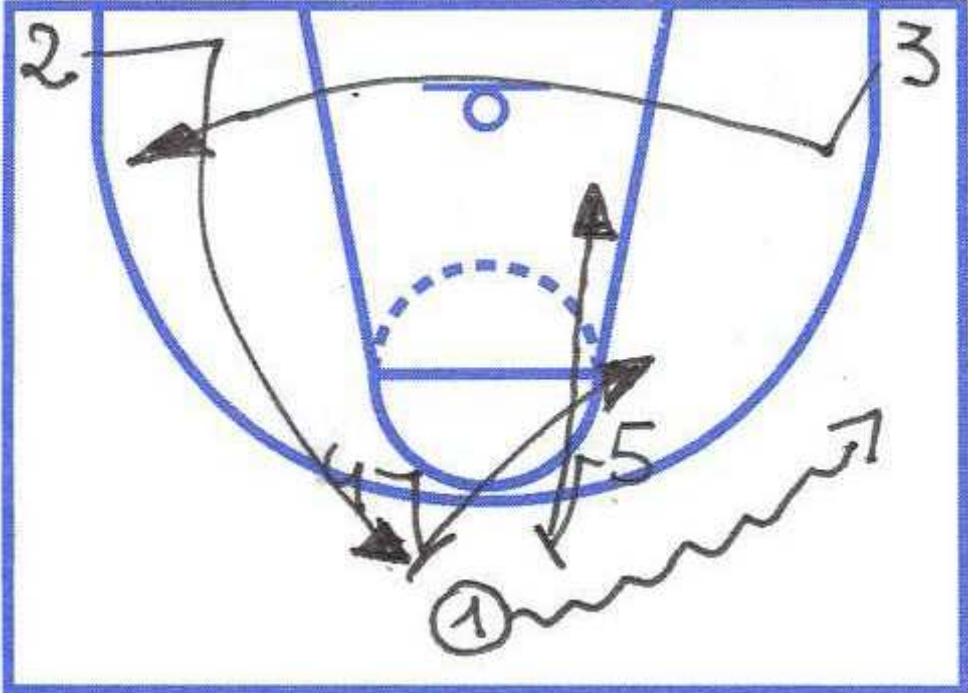
Low stack entry:



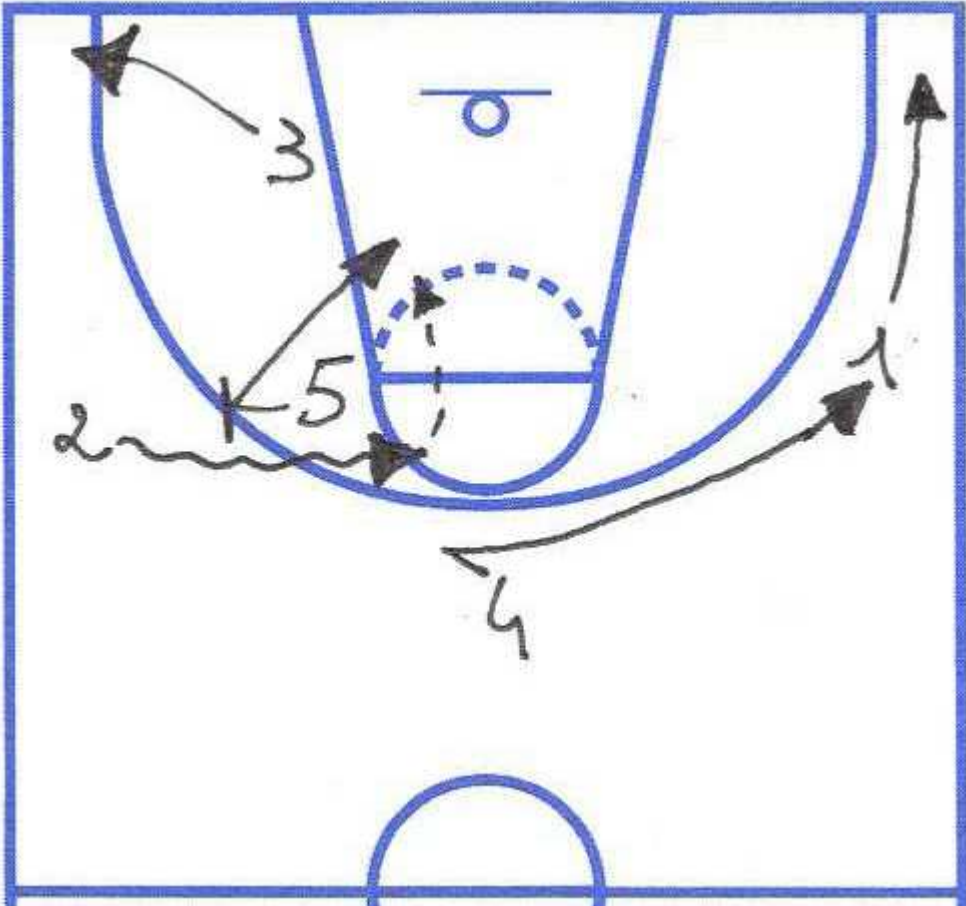
Weak side 1-1 opportunity: 1/4 of court is empty



“Horns” entry:

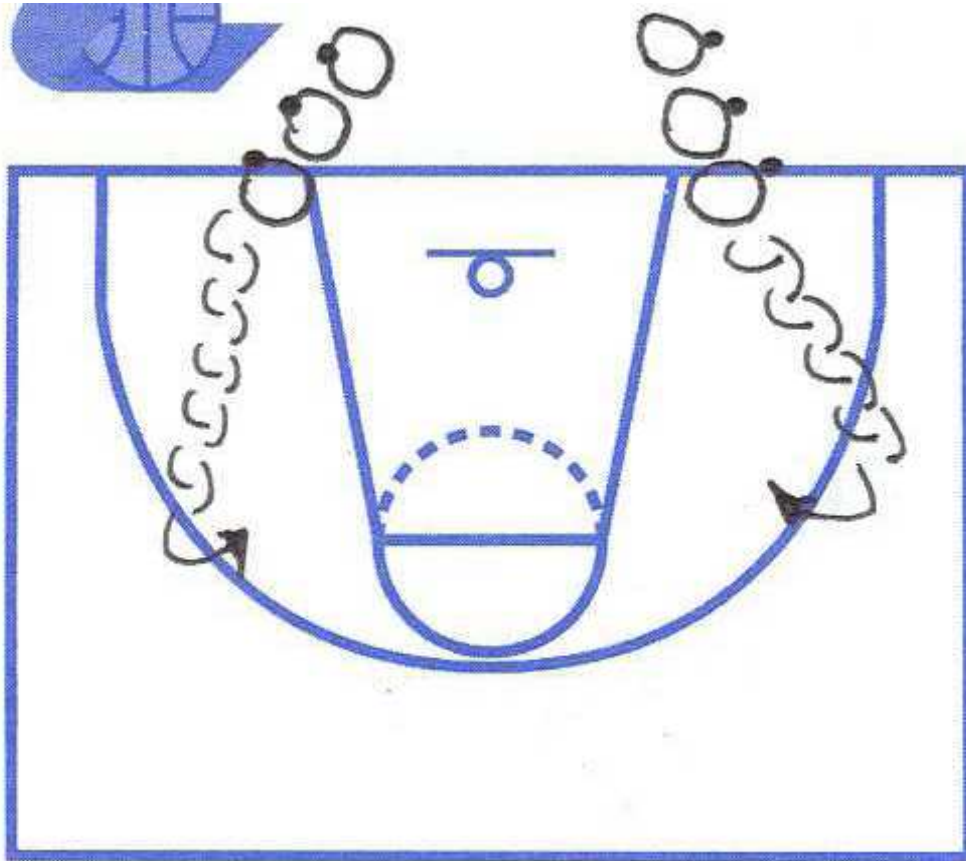


Side pick and roll:



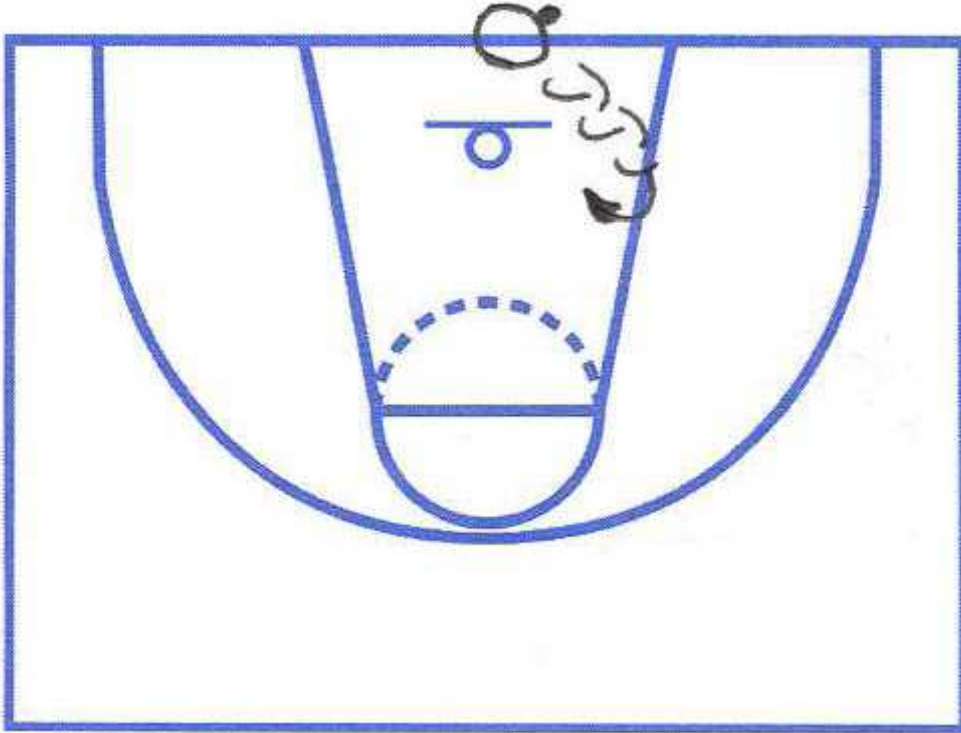
# DRILLS:

## 1-0 SELF PASS

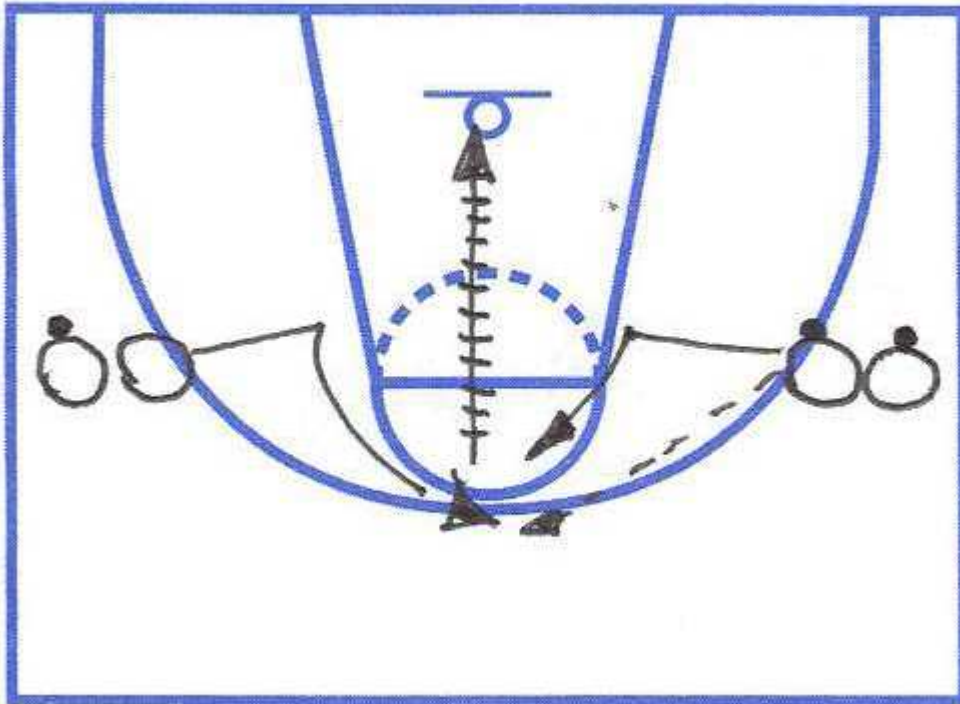


Players with the ball, self pass, sprint , jump stop, face:  
Shot and then add different moves

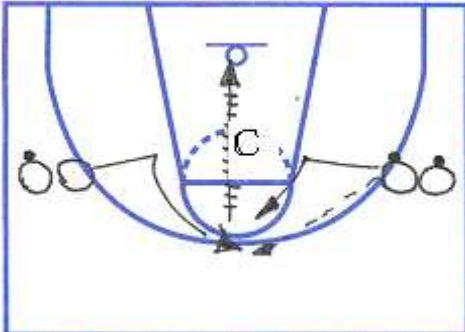
The same only low post moves 1-0



Flare cut 1-0 + 1



Flare 1-1+1

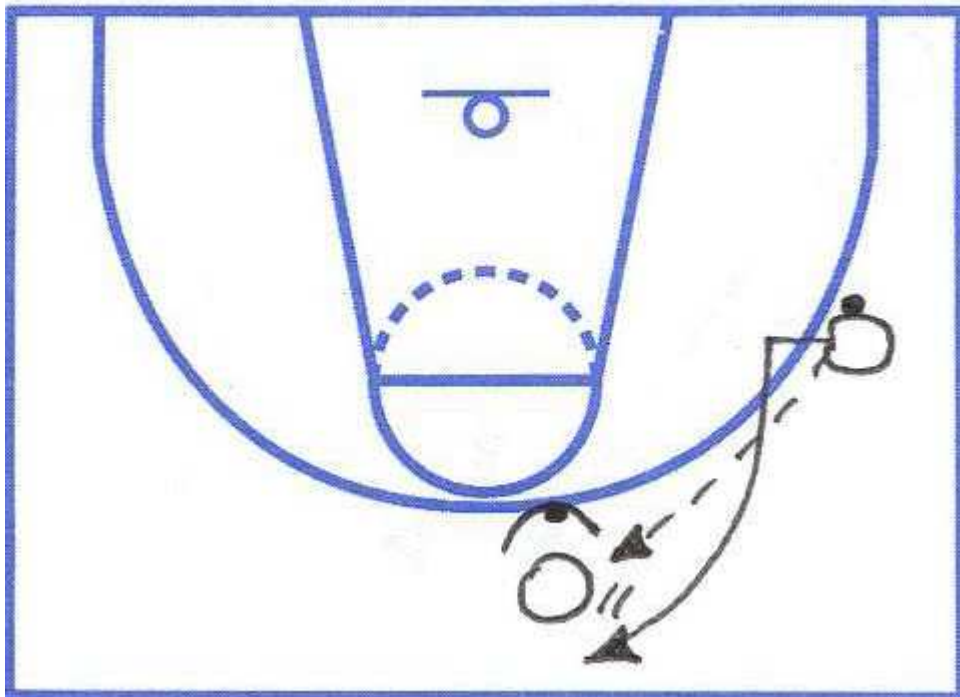


## 1-1 DRILLS:

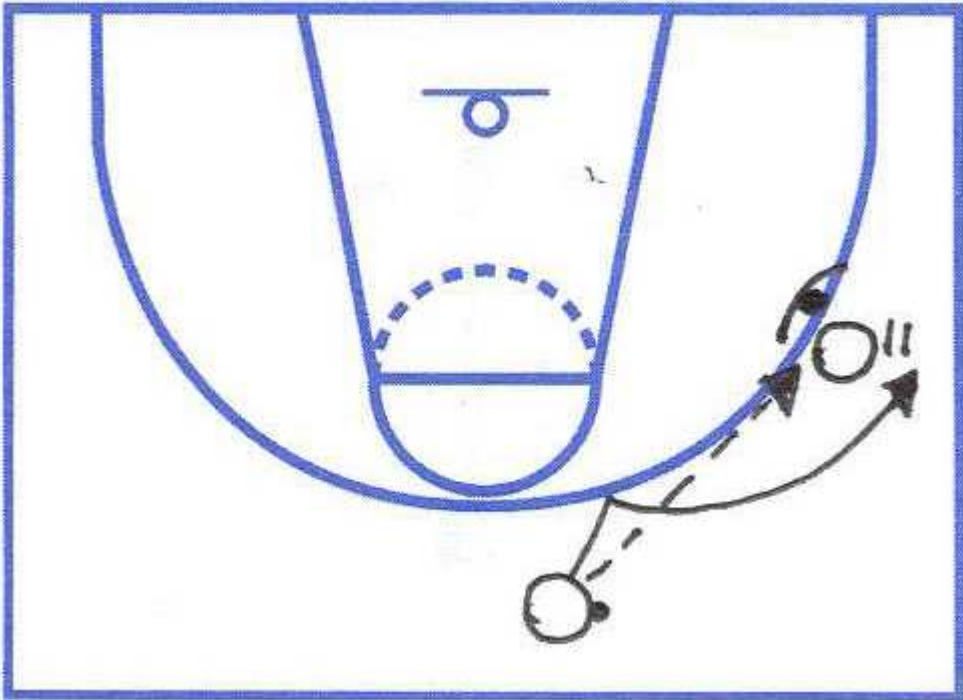
This is a vital part in bulding wheel offense.Elements what we drill are:

- basic position in offense
- mental toughnes- be determine
- triple treat position after catch
- footwork
- get read of your guard
- resolve all situation with one dribble
- afer you pass, continue to play
- shot selection
- proper shooting technique

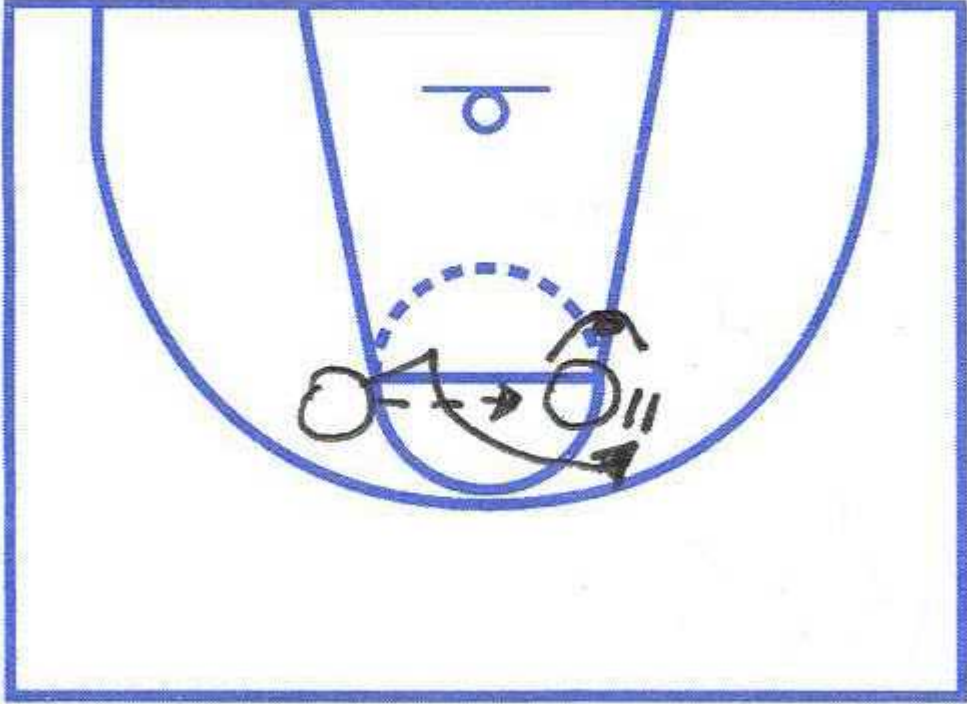
TOP



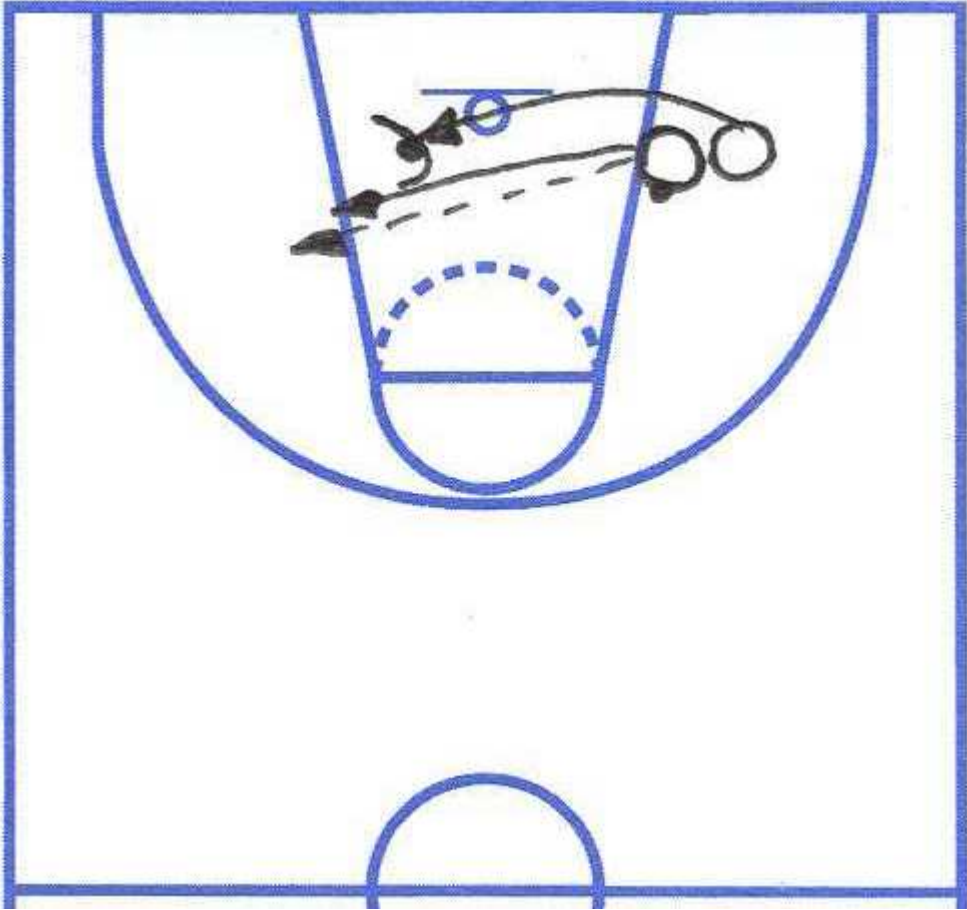
WING



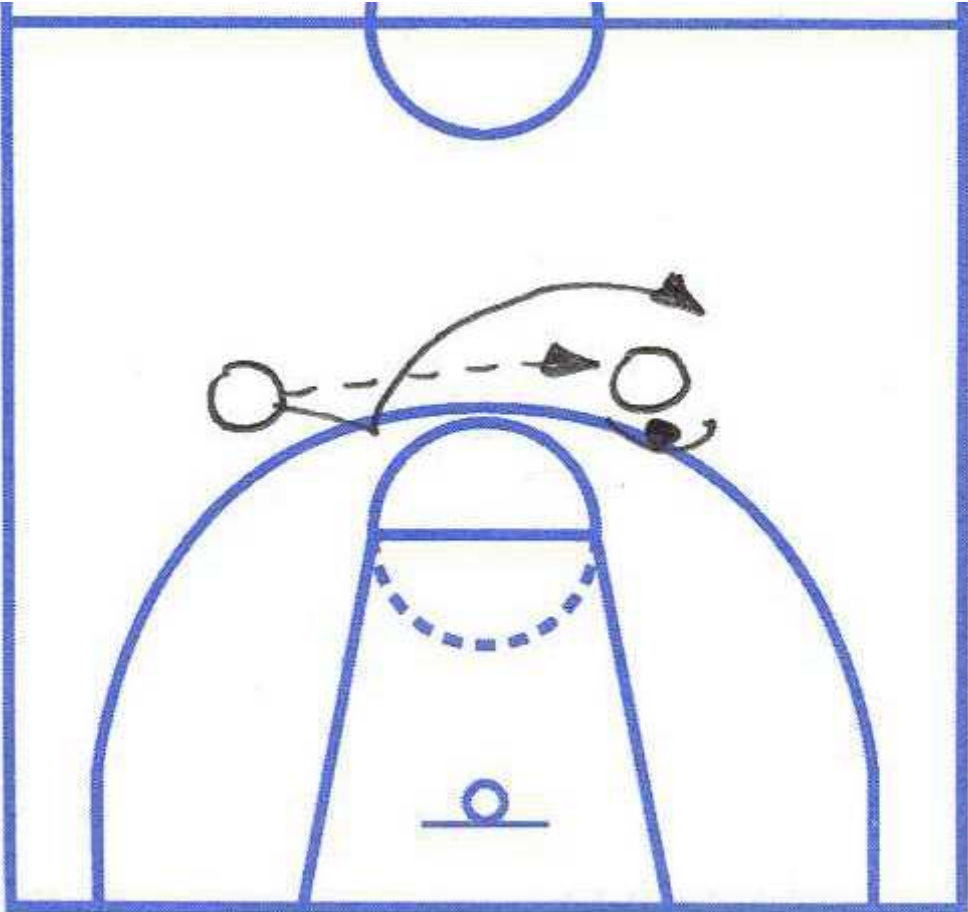
HIGH POST



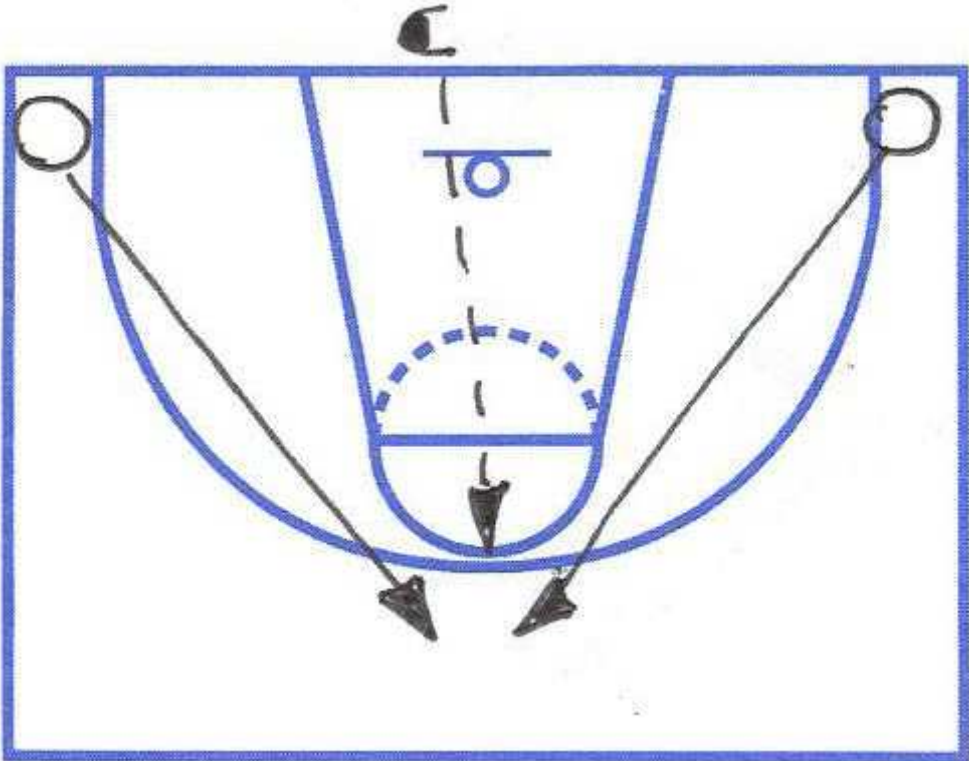
LOW POST



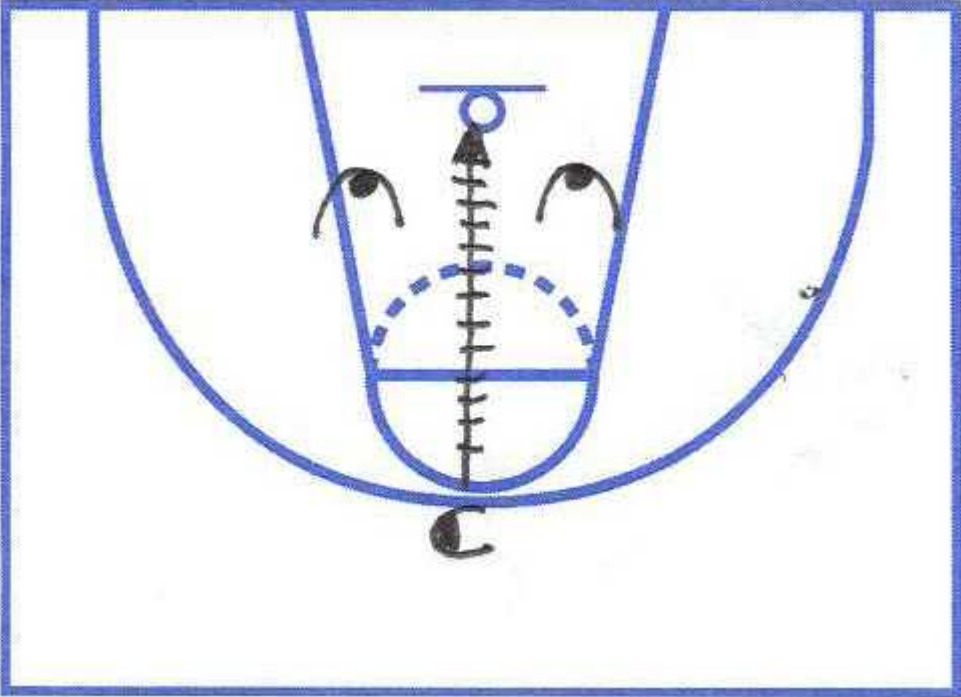
GUARD



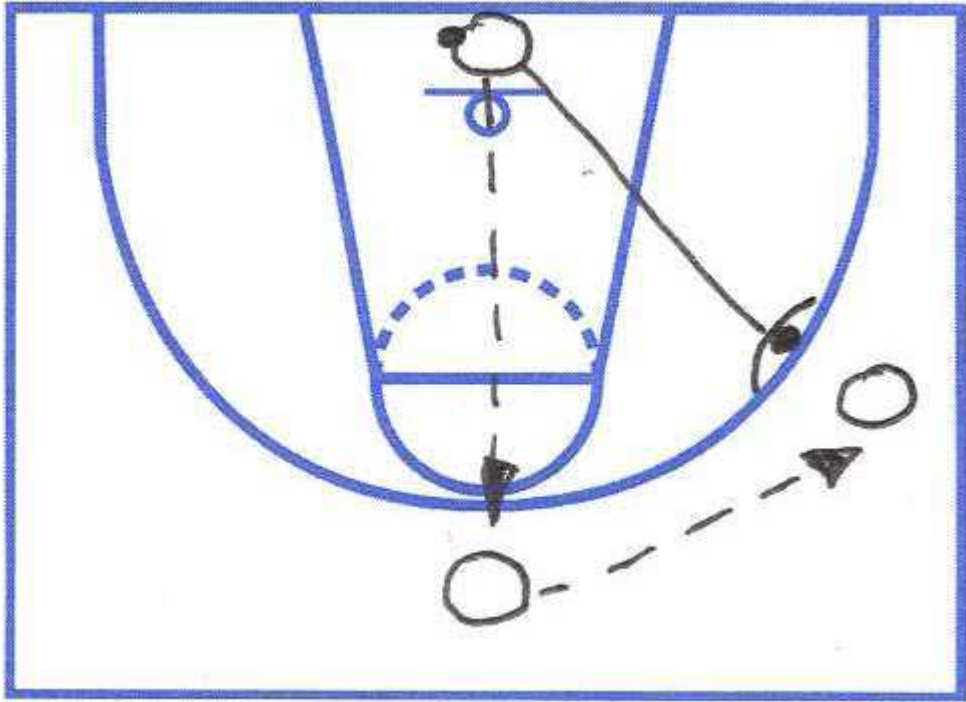
**MENTHAL TOUGHNES DRILLS:**



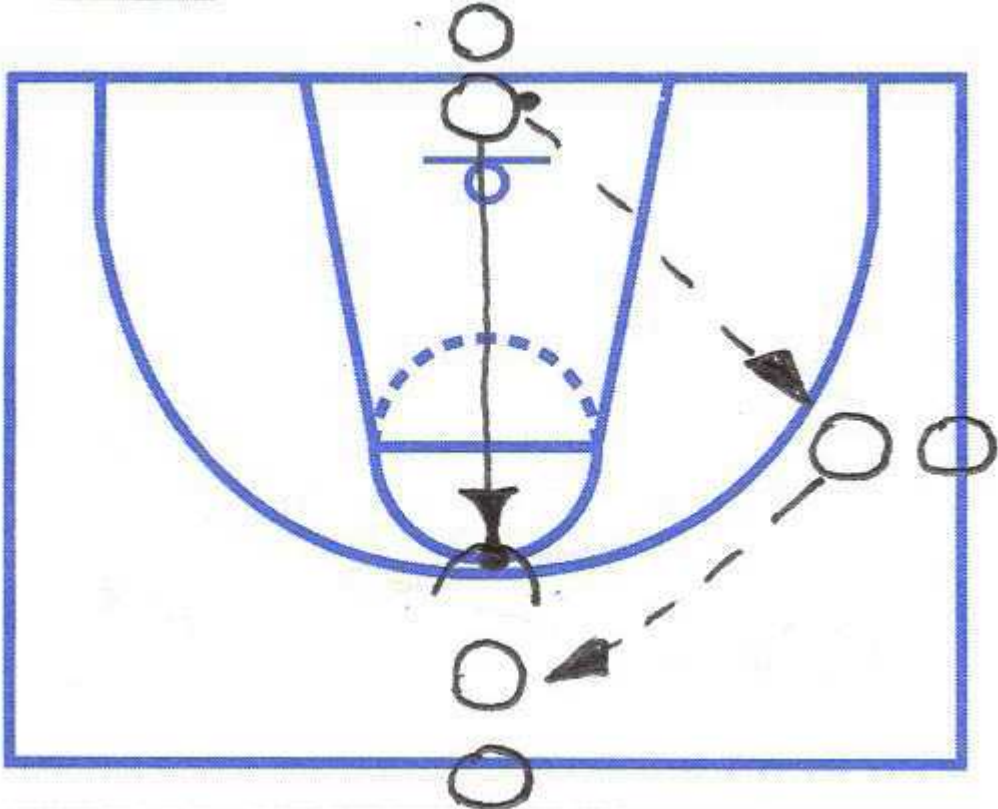
**WAR**



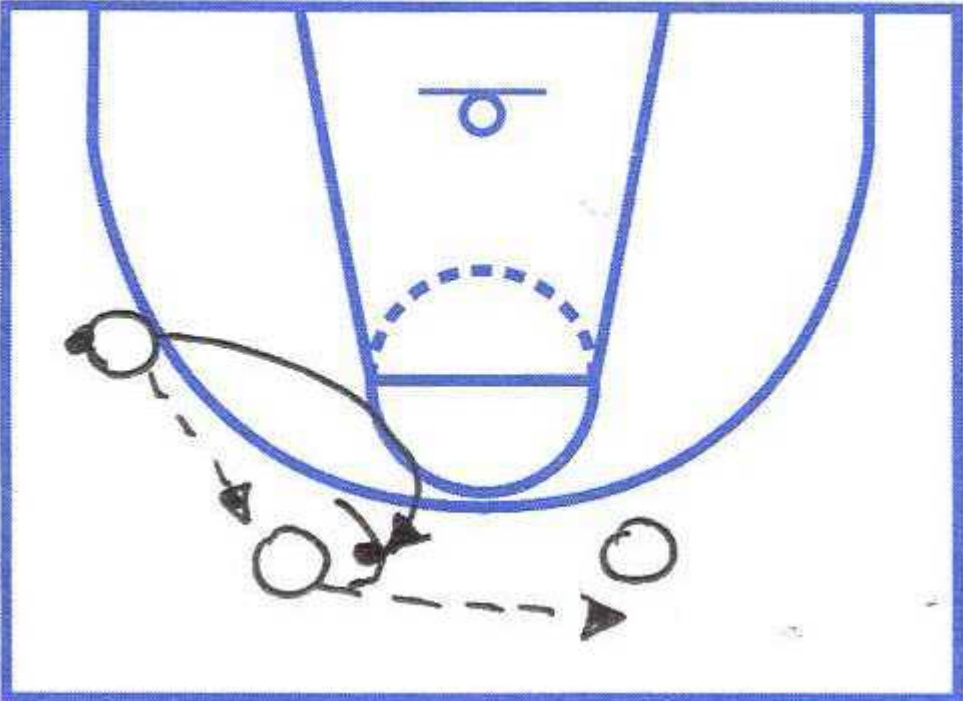
GUARD



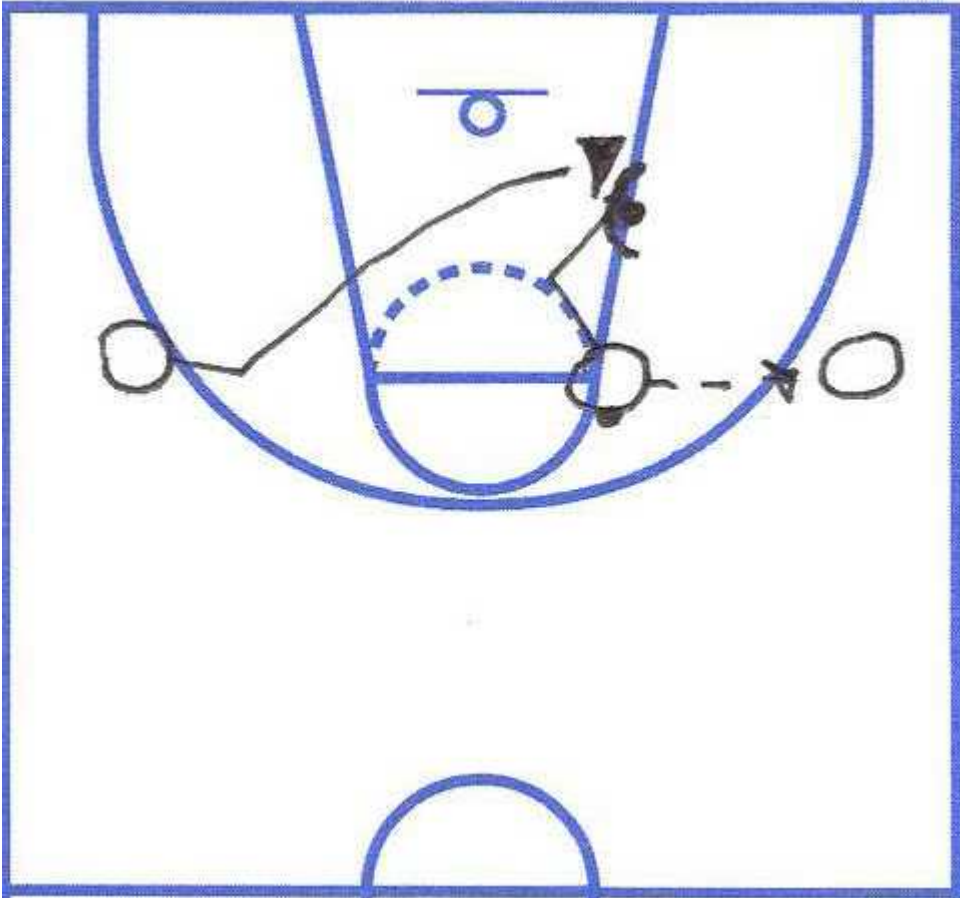
1-1+1 HIGH POST



GUARD

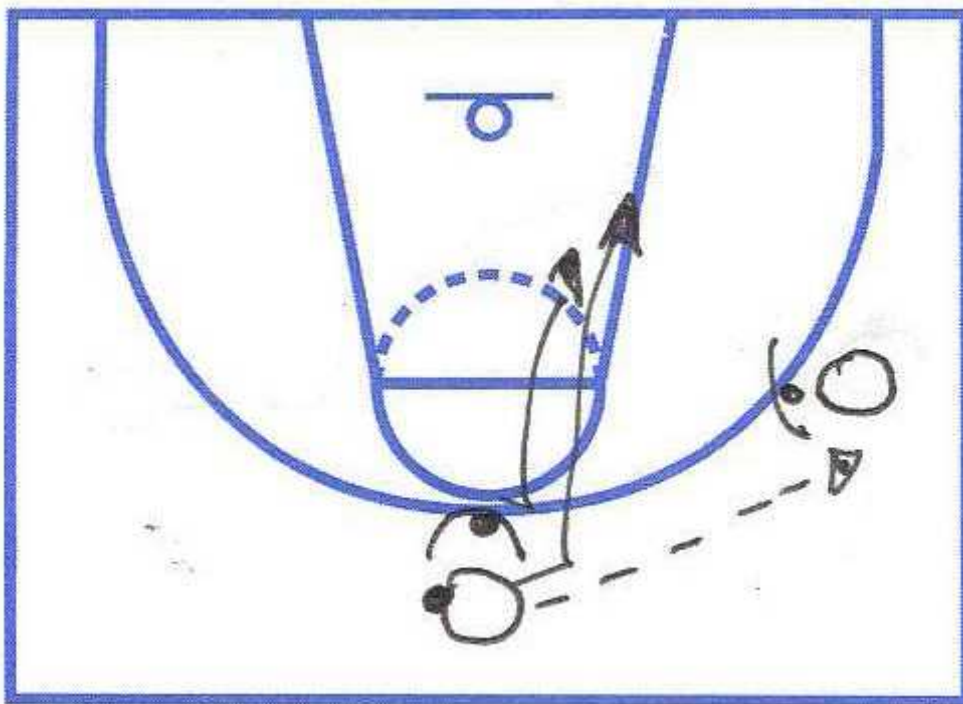


LOW POST

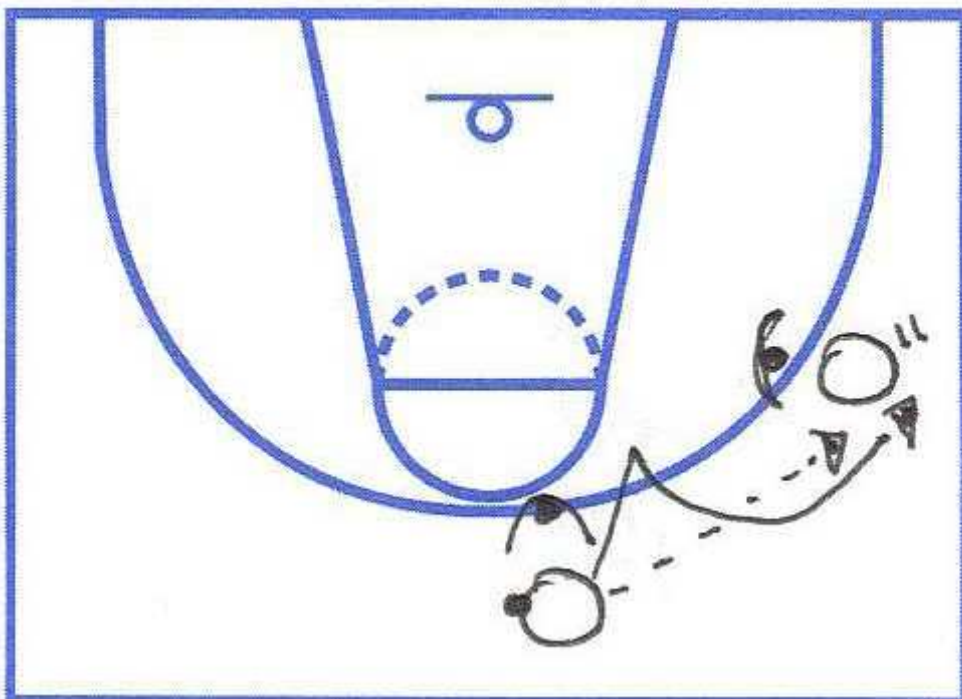


# 1-1 DRILLS:

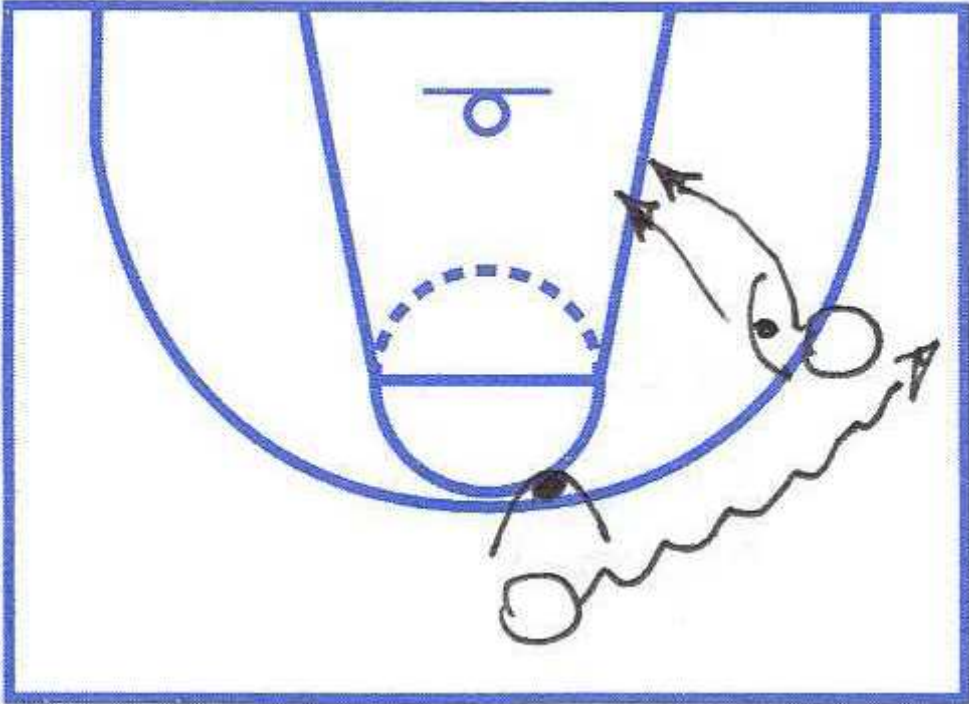
Basket cut



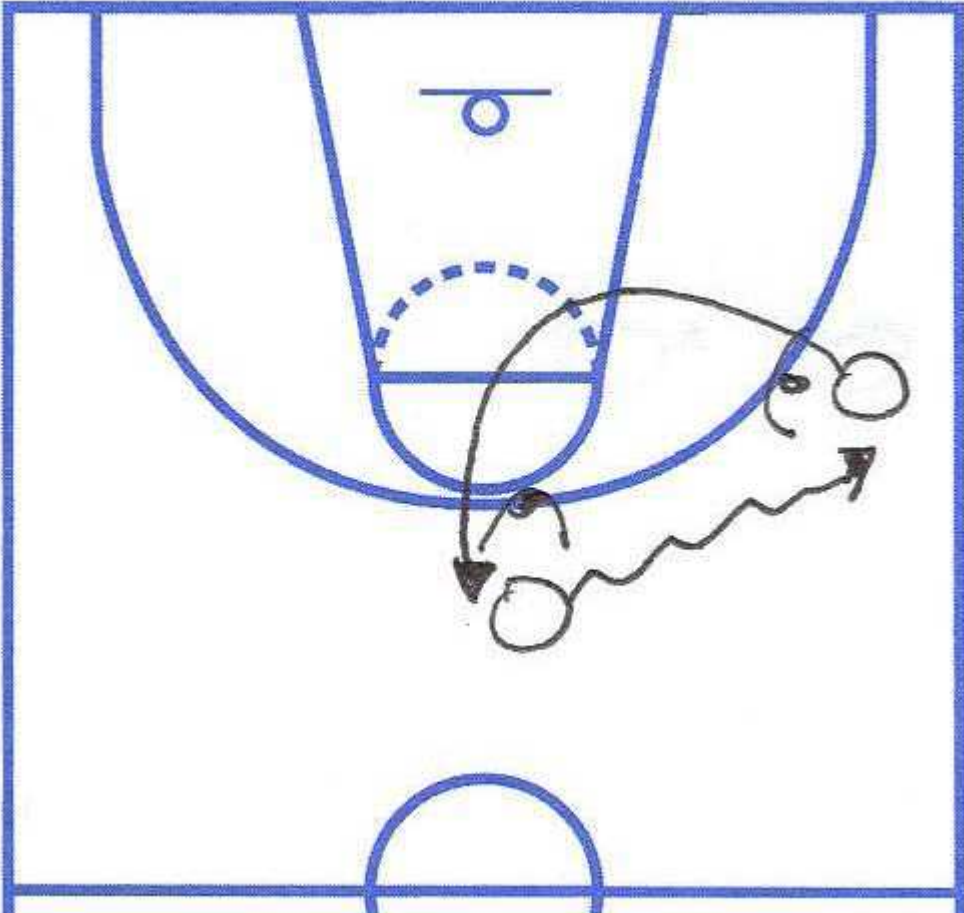
Hand off



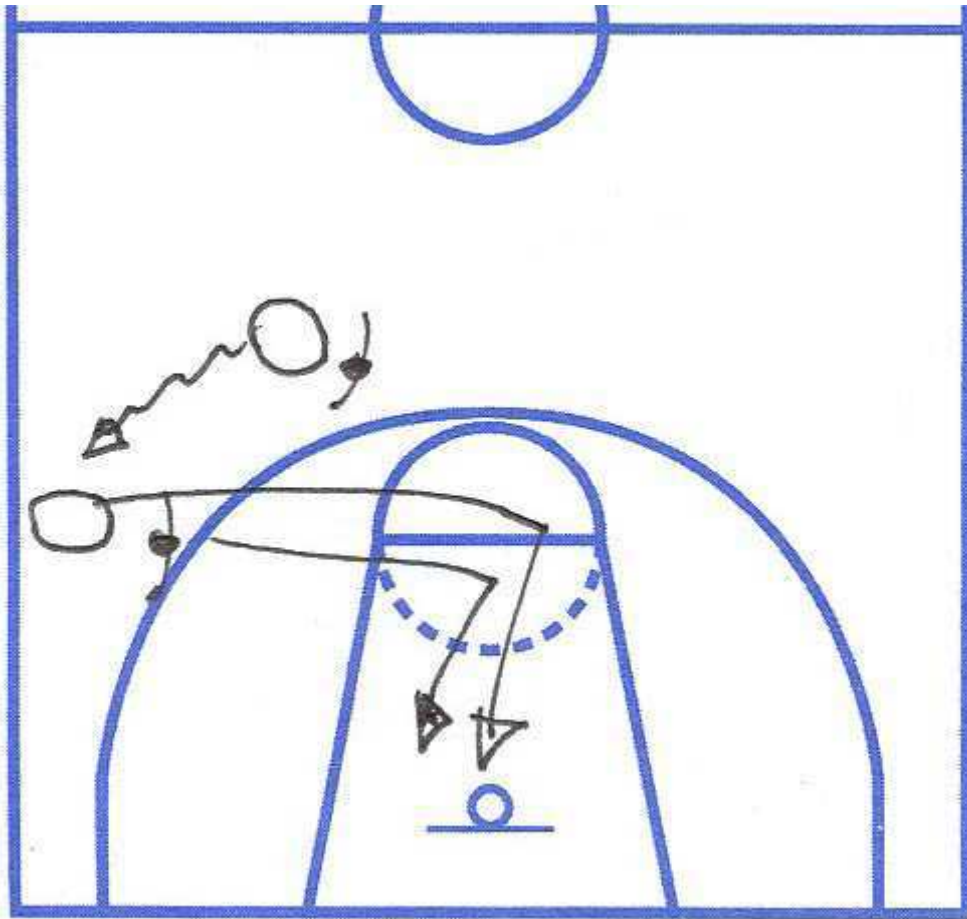
Post up



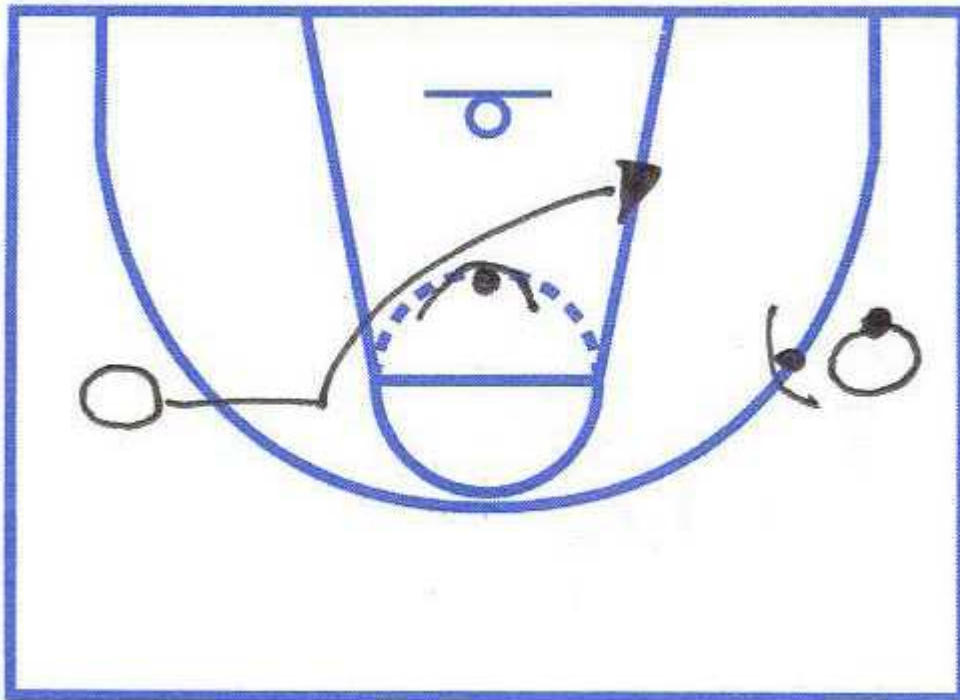
Shallow cut guard -wing



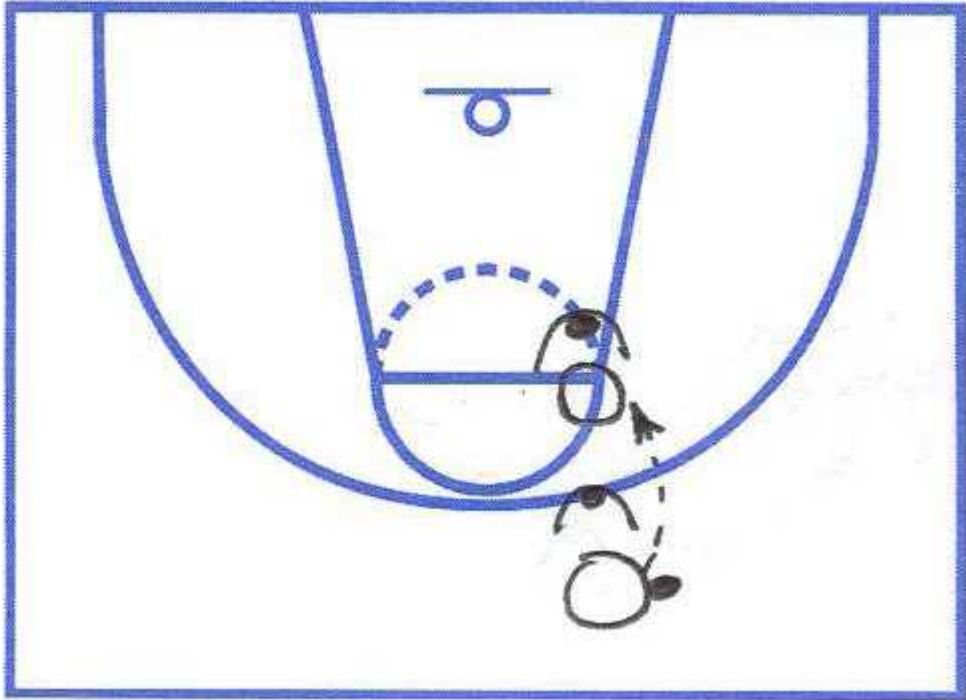
Gard - wing



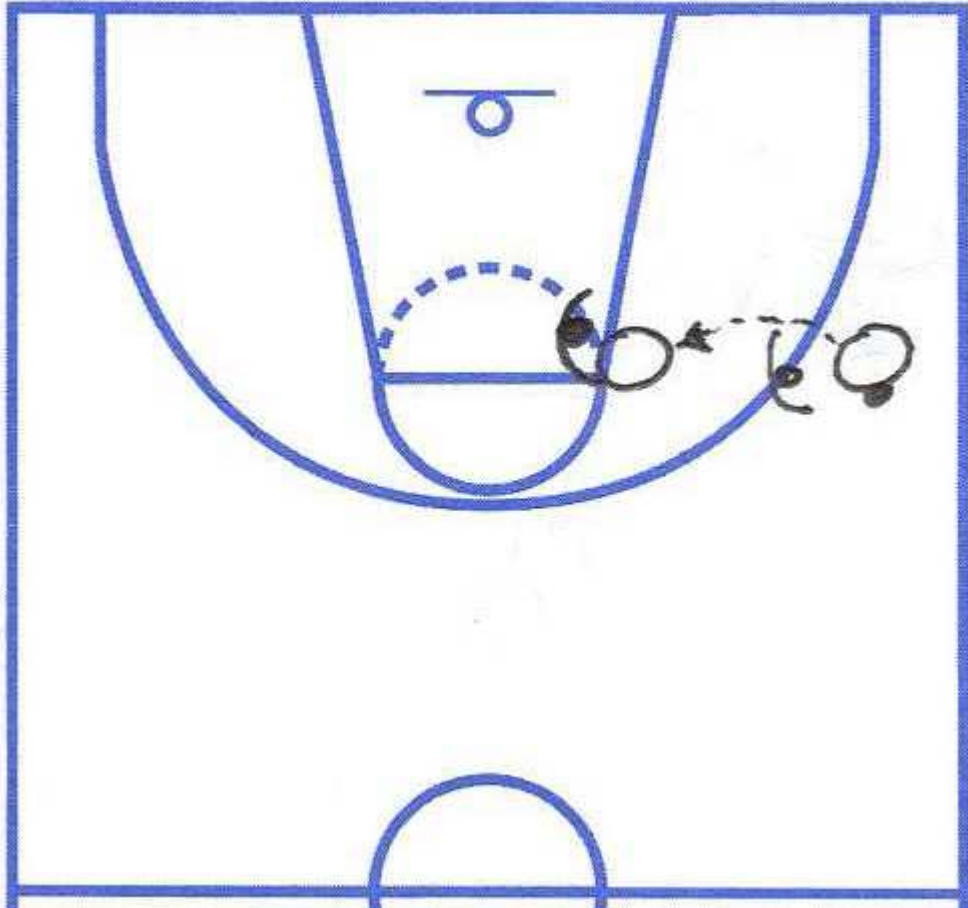
WING - WING



Guard – high post

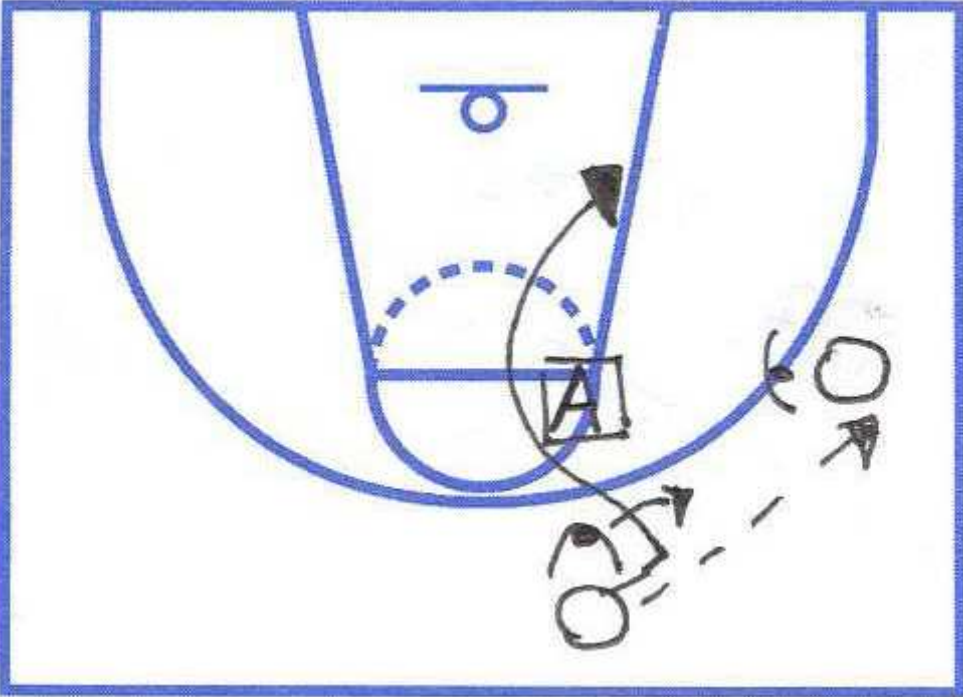


Wing- high post

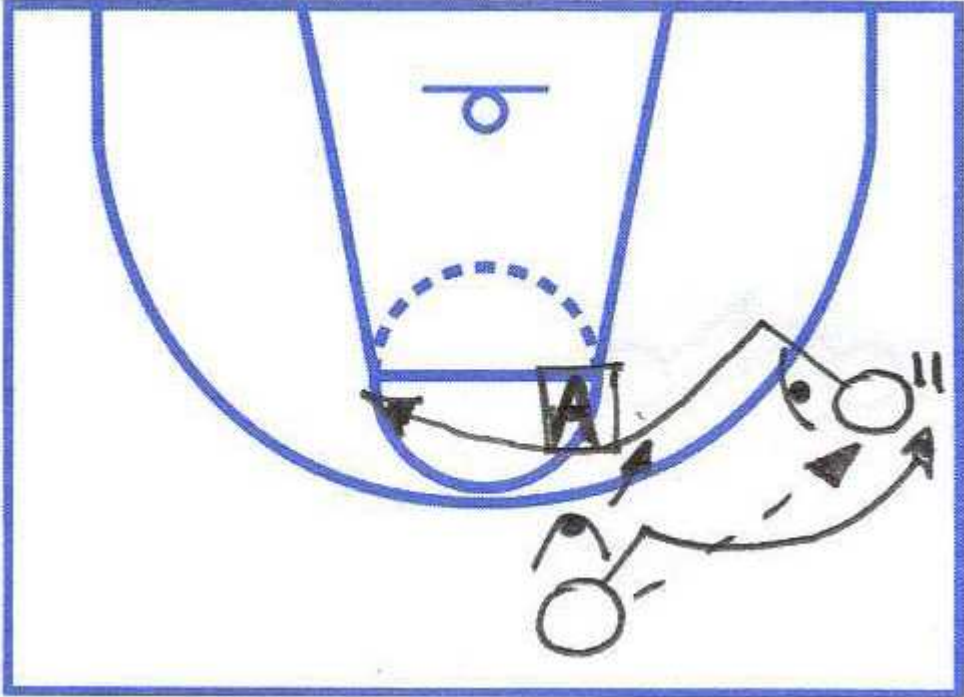


# 2-2 +1 DRILLS:

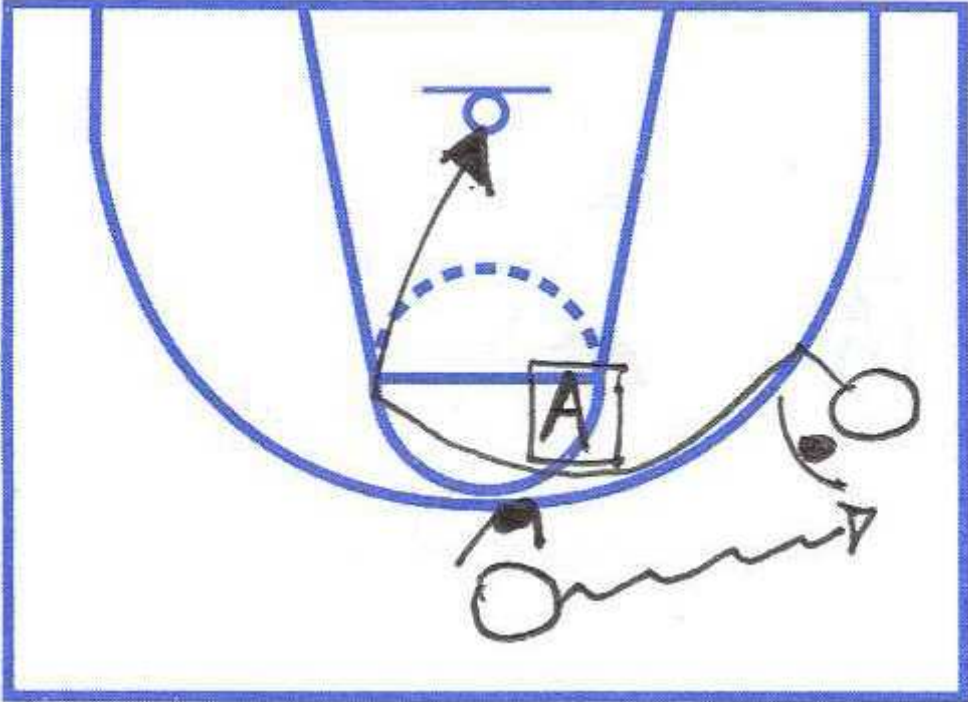
Elbow rub



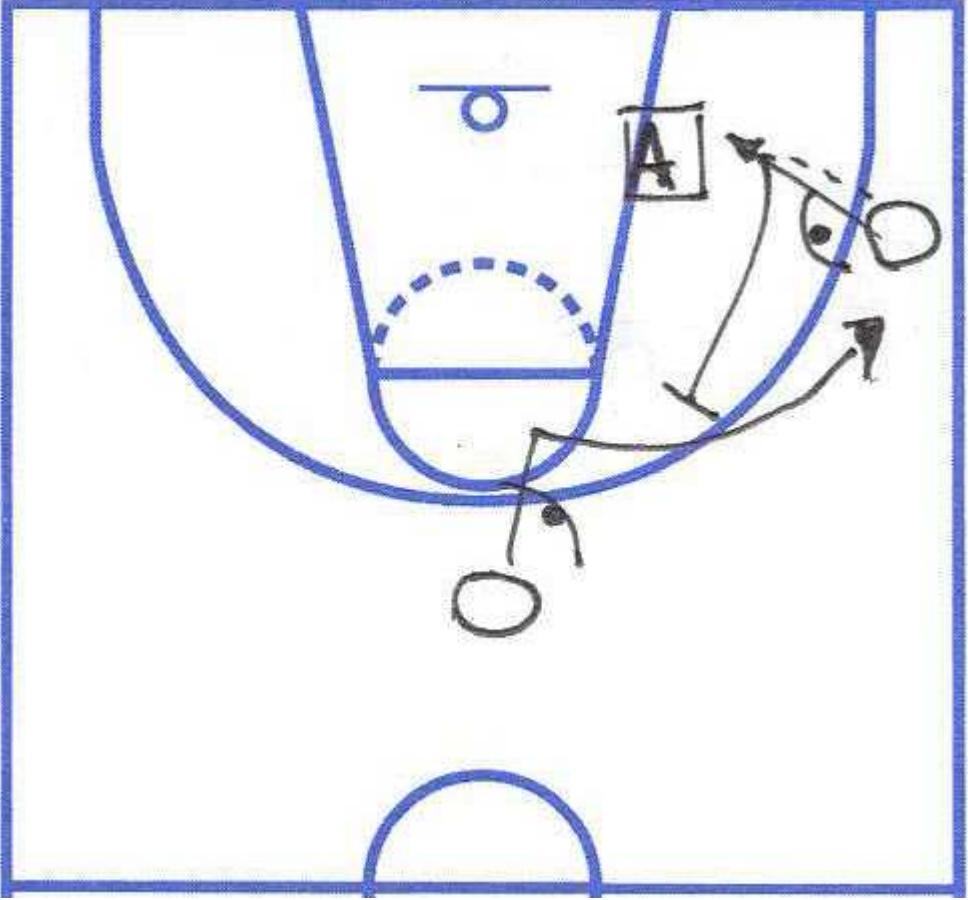
Hand off and clear



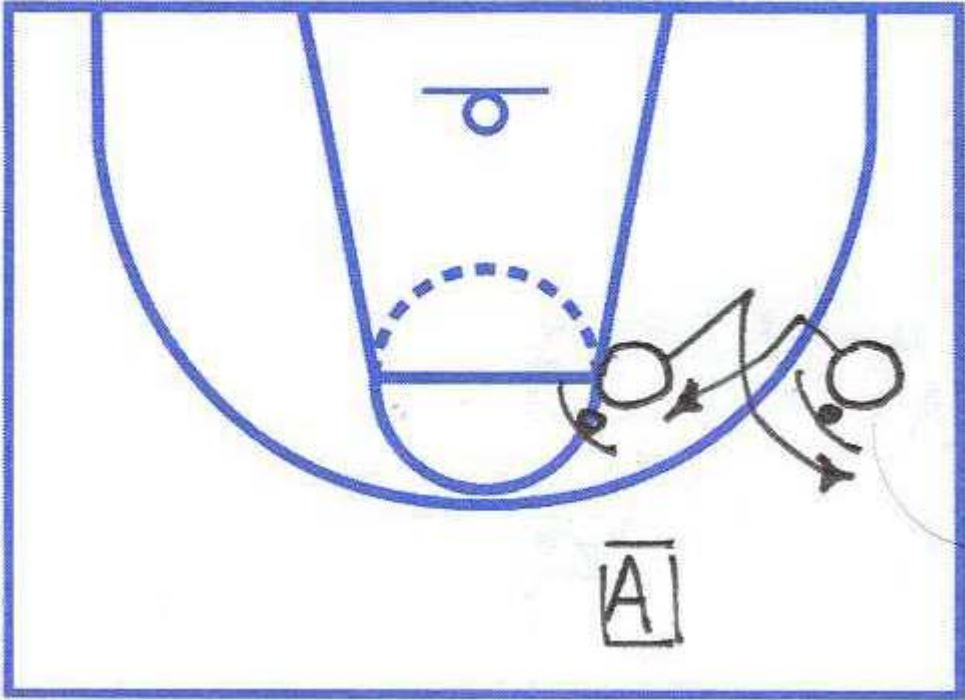
Cler and cut



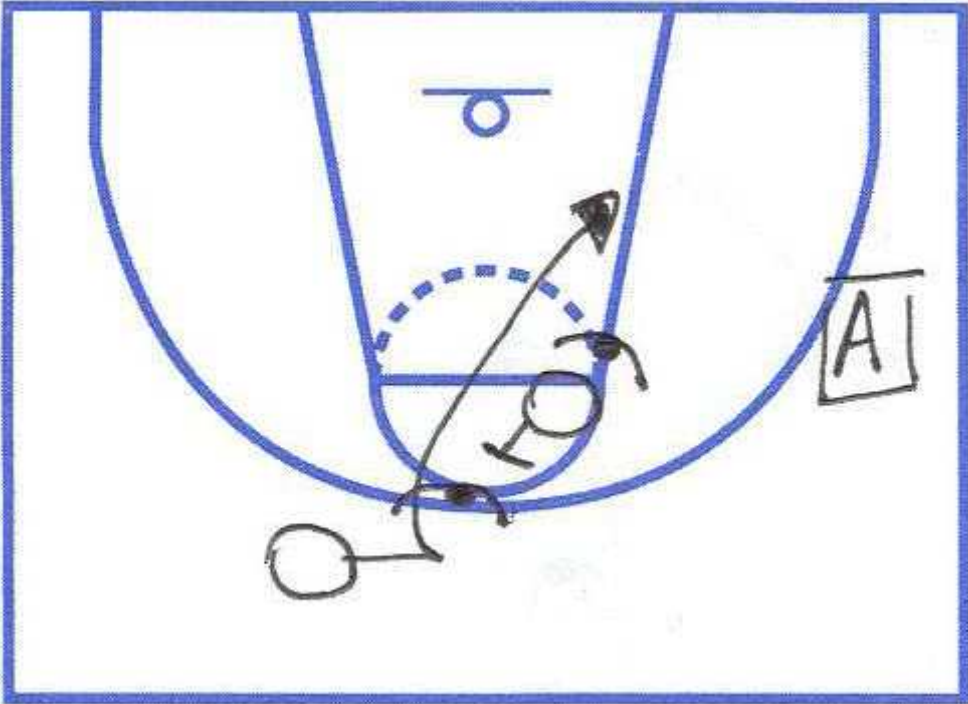
Exchange position after pass to te low post player



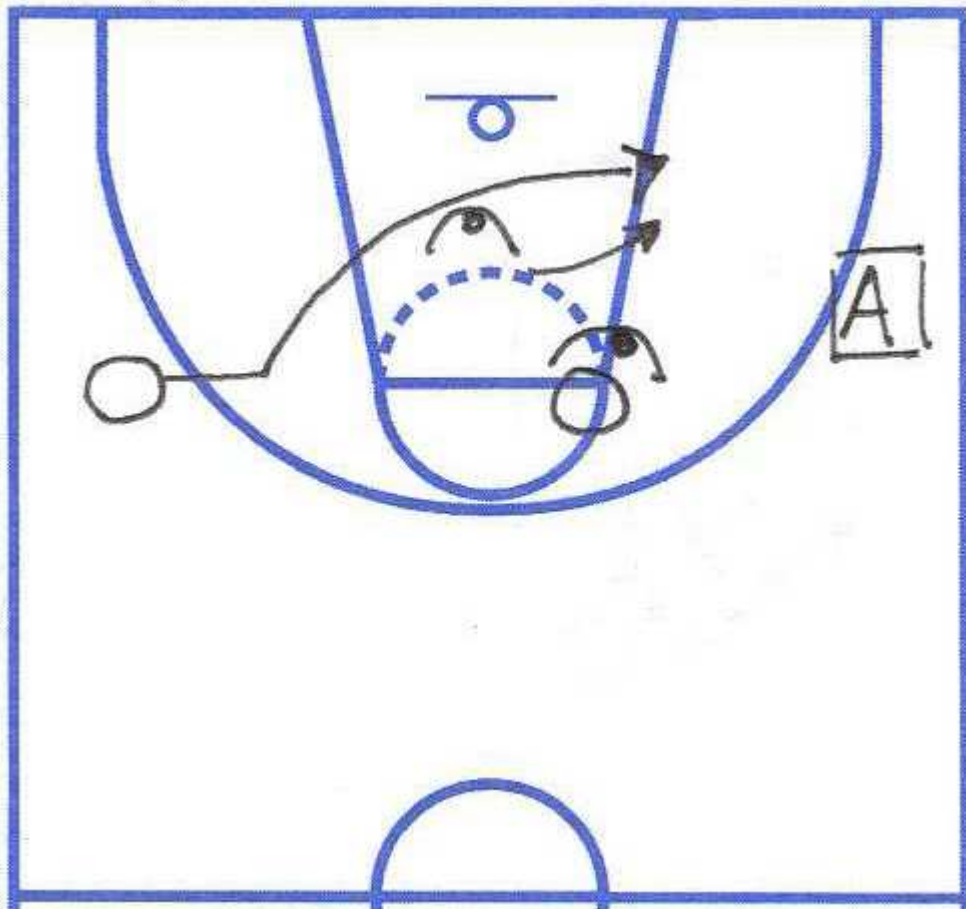
Exchange positions



Weak side

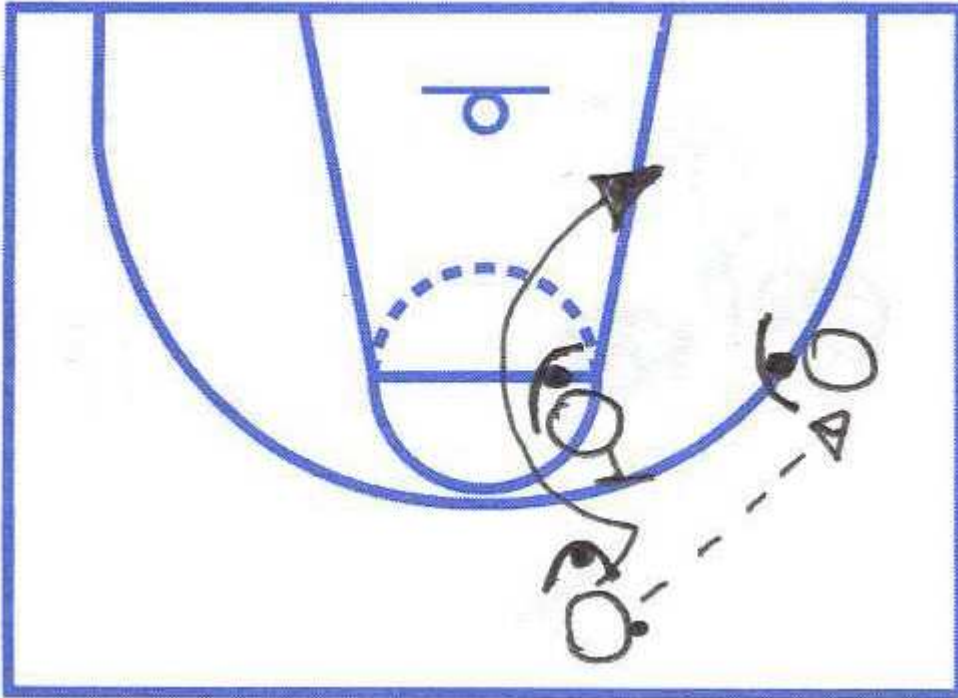


Low post weak side flash

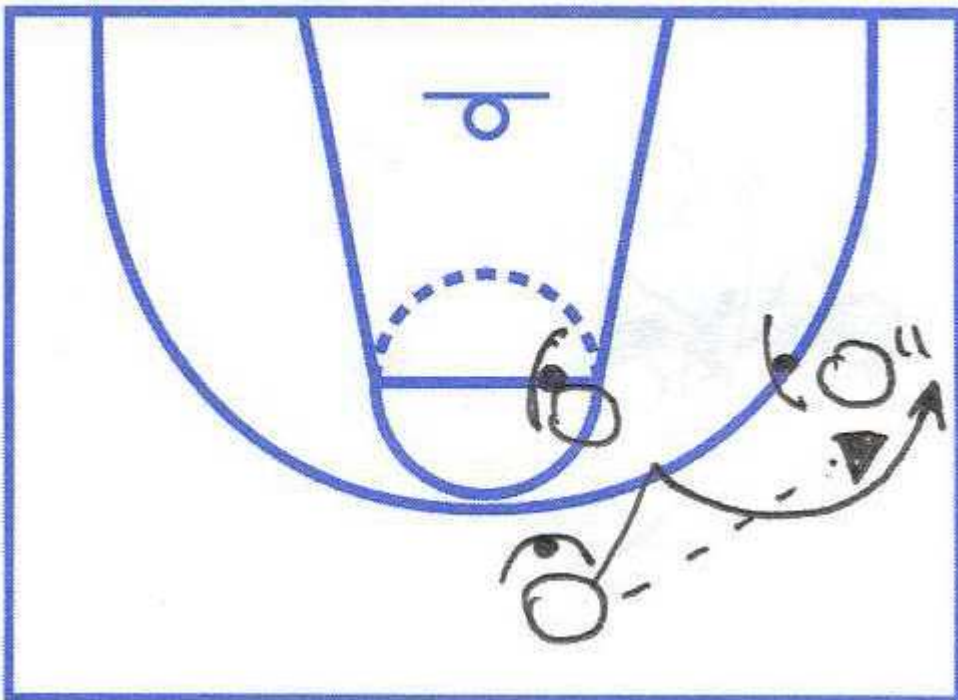


### 3-3 DRILLS:

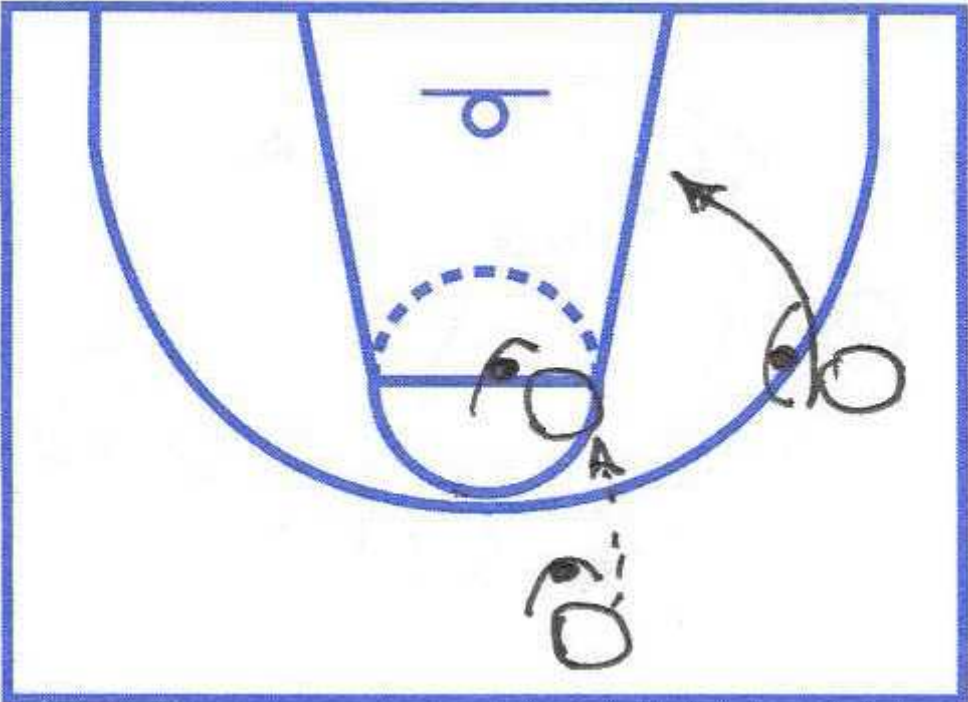
Elbow rub



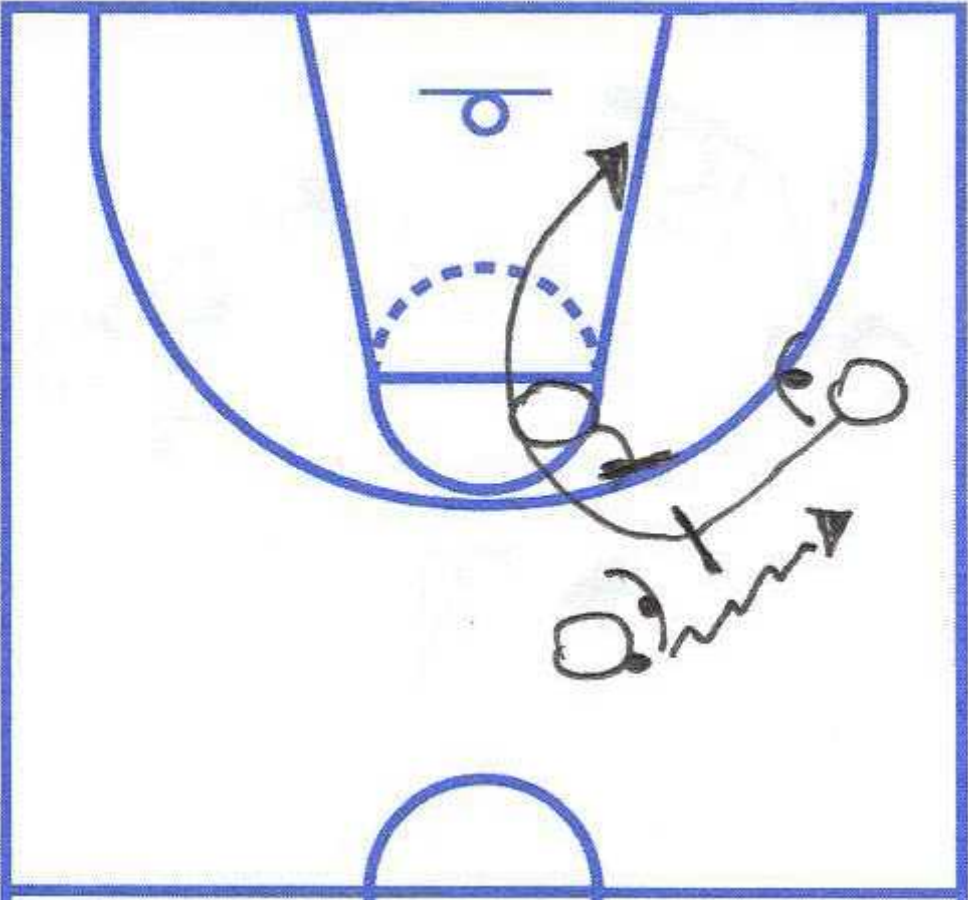
Hand off



Back door

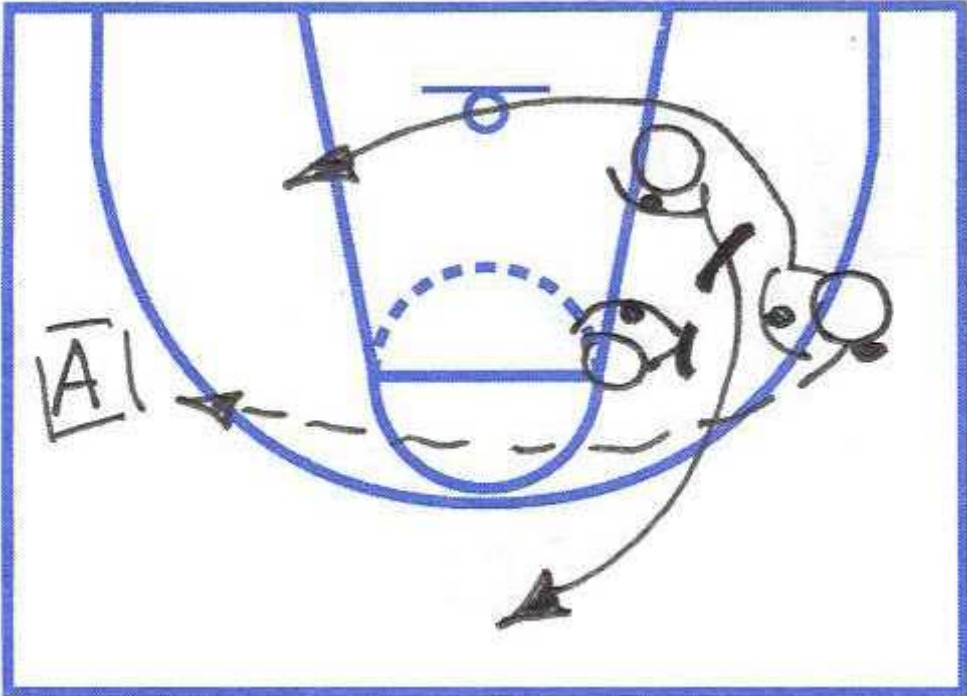


Flex

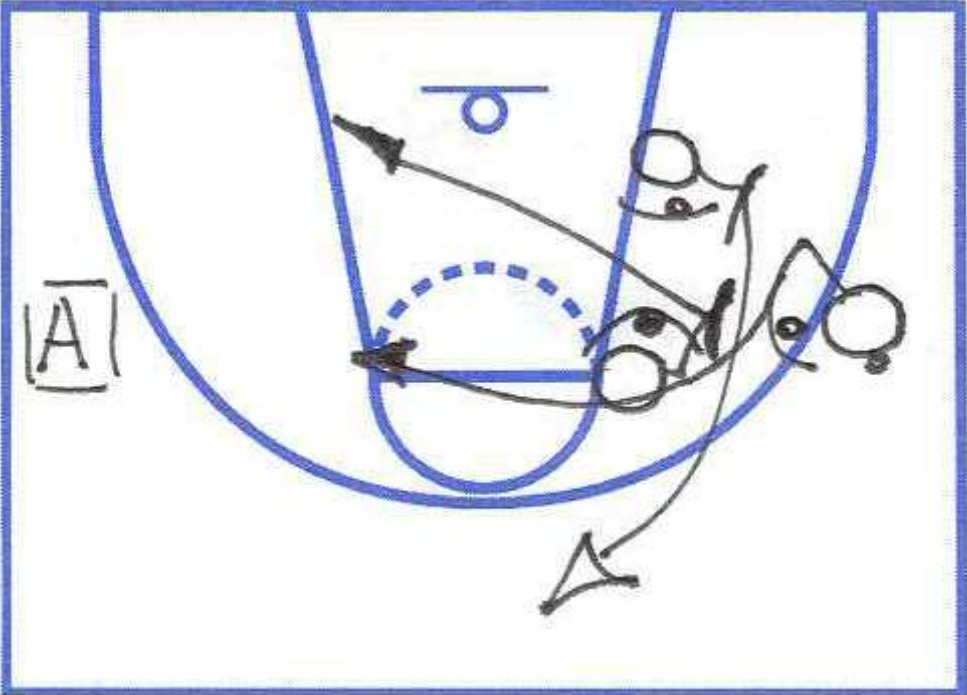


# 3-3 +1 DRILLS

Skip pas



Flex





Skip pass

