

TRANSITION BREAK

RUN, RUN, RUN. Every single possession. If possible, just run primary and secondary breaks on all possessions. This offense puts an emphasis on ball reversible and lots of high low opportunities.

1. Get better shots than the other team
2. Complete each possession by boxing out
3. Don't turn the ball over and get the ball from them

They key statistics at half time are:

- FG% and opponent's FG%

Fast tempo: kids like it, fans like it.

Offensive transition: No lanes, just get to the other end as fast as you can.

What does this mean? This offense is for you if:

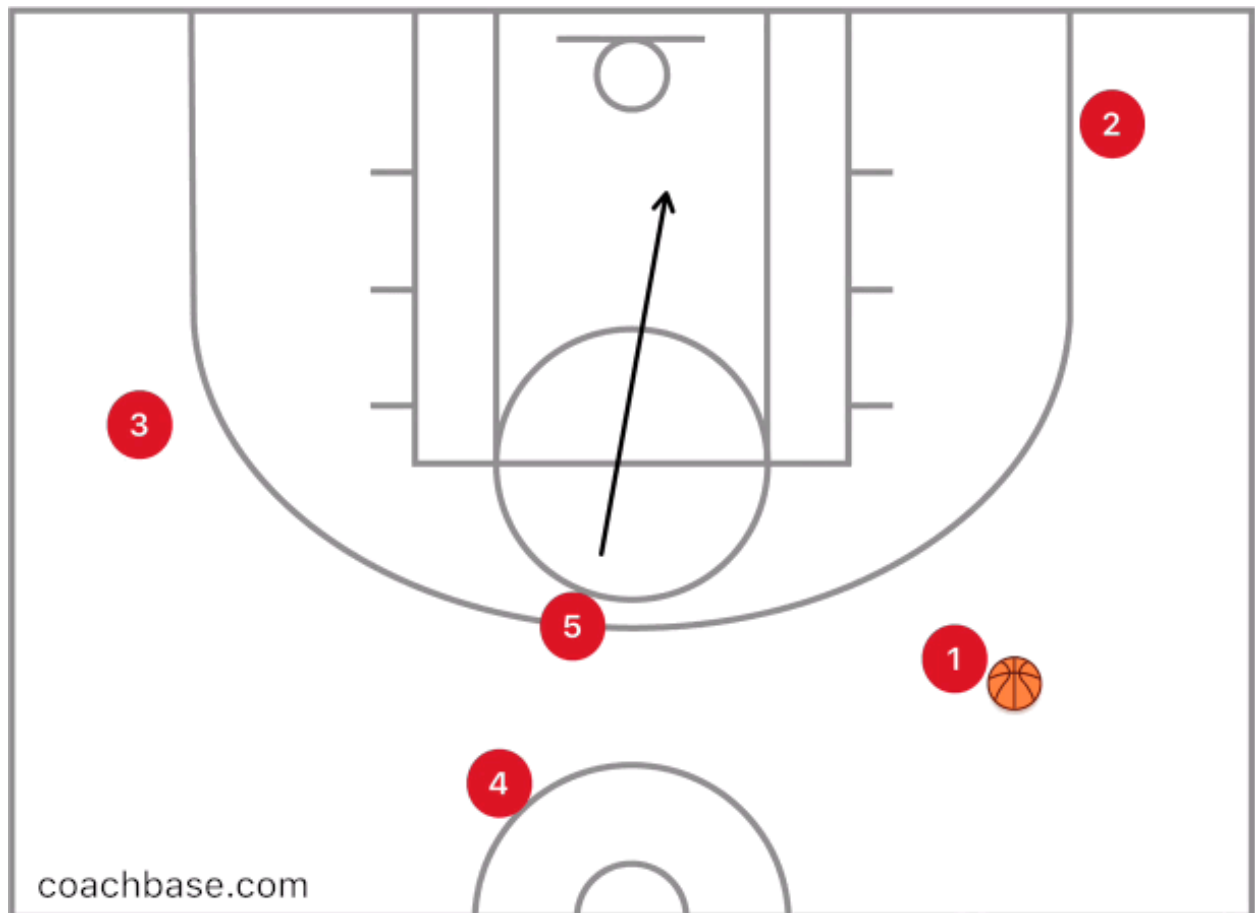
- You don't rely on 1 star player
- You'll need bigs that can run the floor.

Our ideal game is to never face a set D and just run secondary options all game.

Setup

We're going to assume the primary break doesn't give us an open layup. Check out our [primary fast break guide](#) here. The key here is the guards must stay wide to leave space in the middle for the 2 big men to operate.

1st option – Regular option



The 1st option is to dump the ball to the first big man directly cutting to the front of the rim. The 2nd trailing big man fills the top of the key.

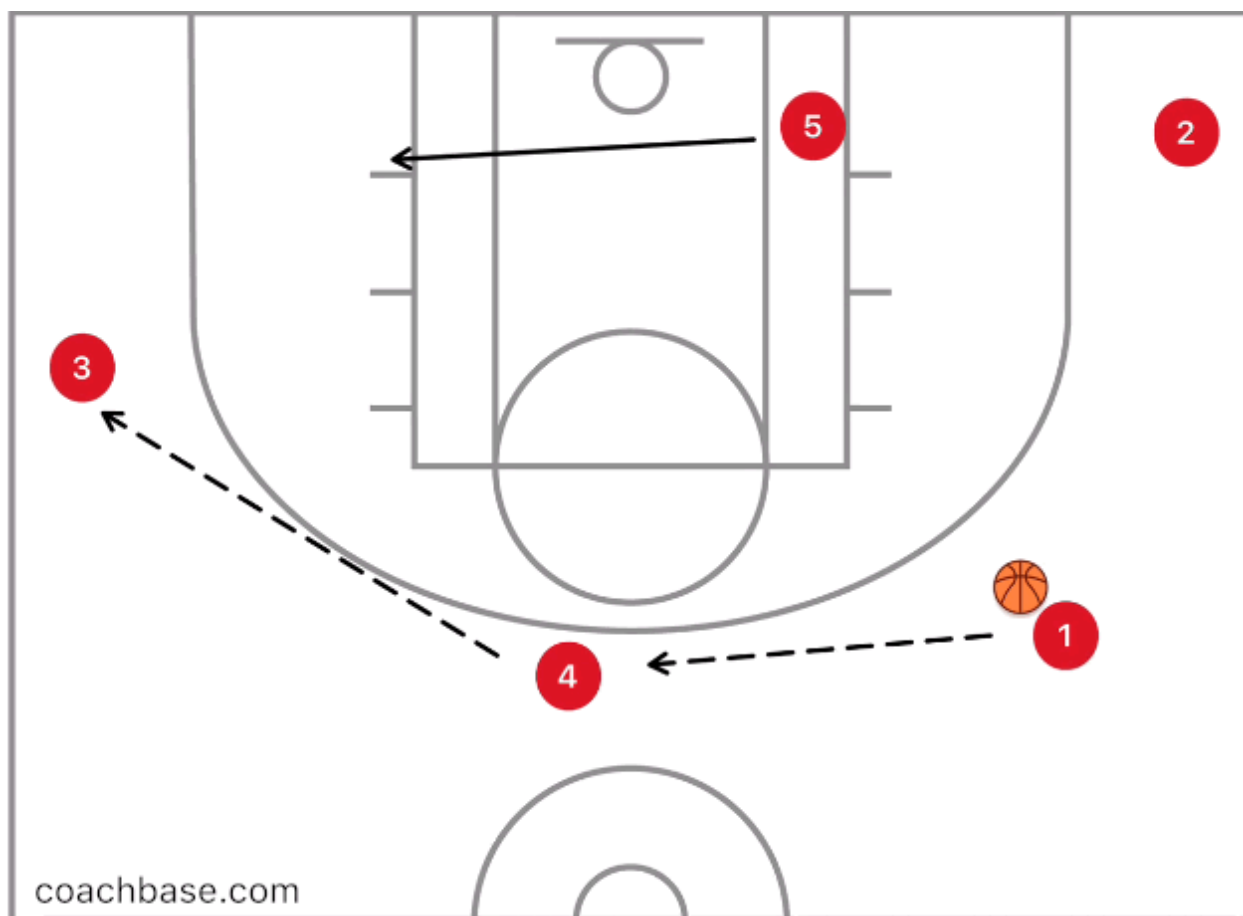
Decisions: Are they guarding the ball side corner (2)? If yes, dump the ball to 5. If they're guarding 5, pass to 2 then dump to 5 from the corner.

We want the post to get a touch every single trip down the floor. Every play we run is designed to get the ball inside.

Pro tips:

- Place an emphasis on getting to the free throw line. Get the opponent's best players in foul trouble.

2nd option



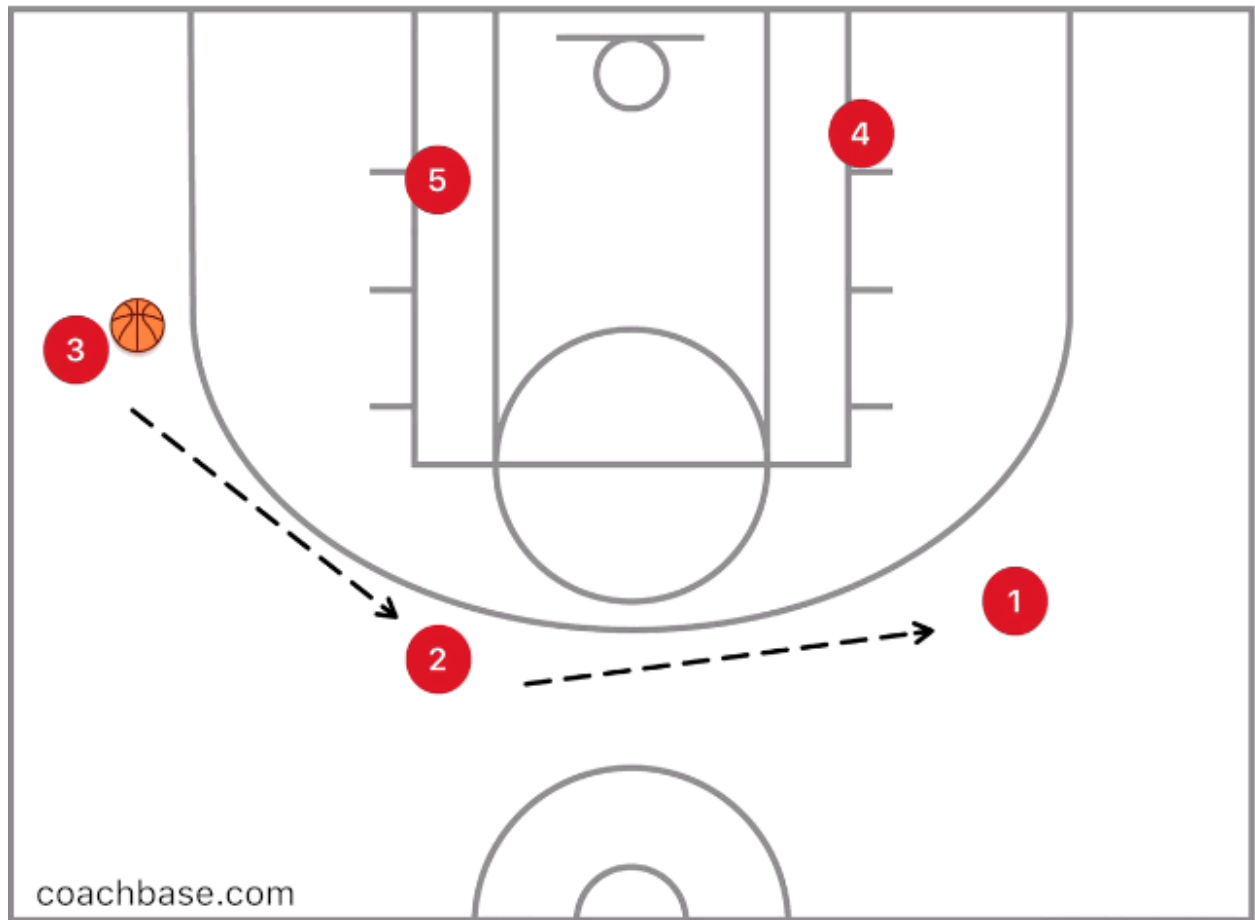
If 2 and 5 are not open then look to reverse the ball to create space. 1 will pass to 4 at the top of the key who will pass to 3. 5 will also cut across on the ball reversal.

Now 3 can pass to 5 on the low block or wait for the UCLA back cut. 2 will come up and screen for 4 who will cut to the basket.

Tip:

- 2 must touch the paint before coming up to screen
- The pass to 4 is usually a lob or alley-op pass.

3rd option

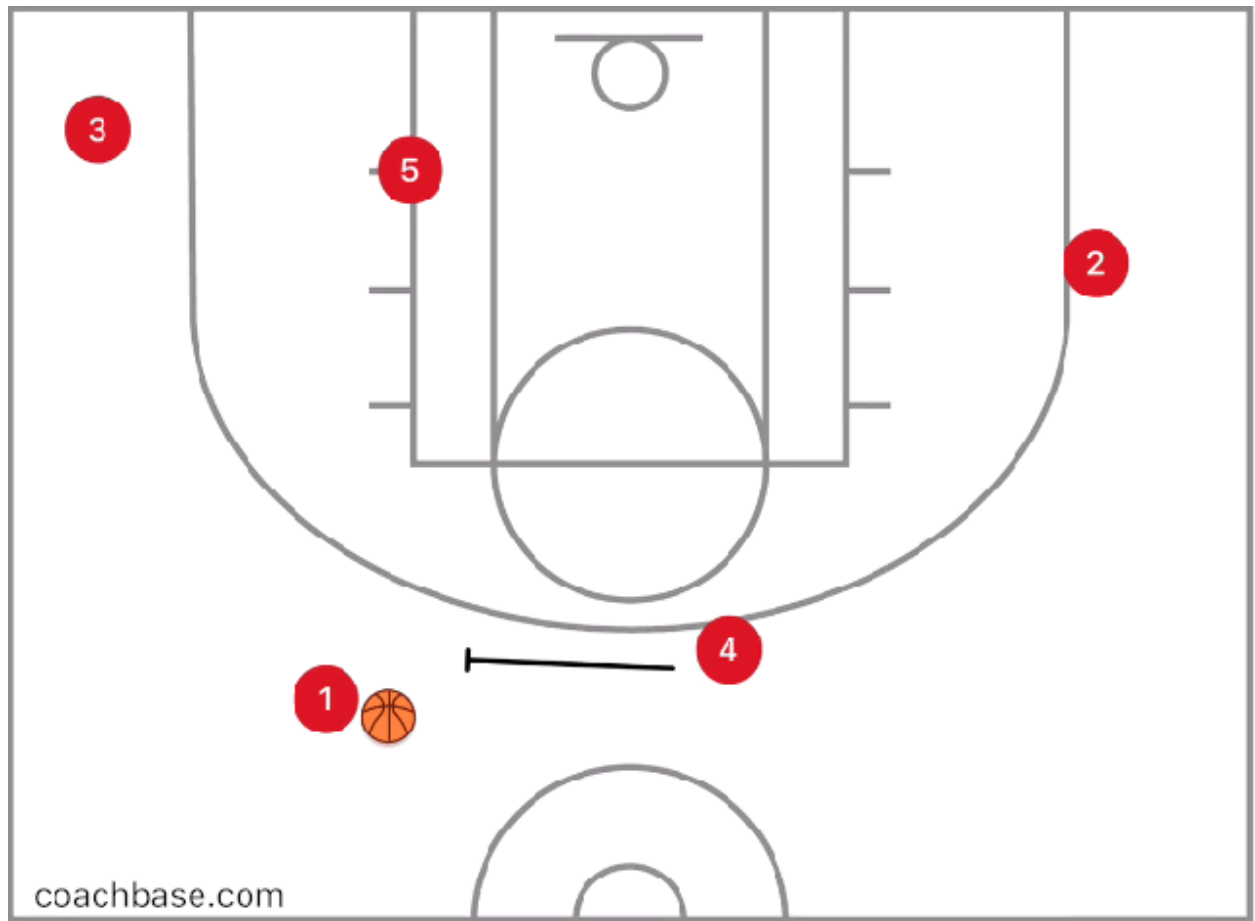


If the pass to 5 or 4 is not available, you can reverse the ball again. After the screen for 4, 2 will now fill the top. 3 can pass to 2, 2 will pass to 1. 4 now sets a screen for 5. Dump the ball to 5.

Or 2 can set a ball screen for 3 whilst 4 sets a screen for 5. 3 penetrates to the kill zone for a shot or lob the ball to 5.

Below are more options based on the regular set. These options are not called out but needs to be read by the point guard based on what's happening.

Dribble option



Instead of reversing the ball and getting a backdoor cut, 4 can set a screen for 1. Then 2 sets an up screen for 4.

If the ball can't be passed to 4, 1 passes to 2. Then 1 and 5 set a staggered screen for 3 to come up for a shot.