

OFFENSIVE STRATEGY

PURPOSE

This lesson addresses the offensive game play in basketball, including the pick and roll, screening, cutting, and the give and go. Students must realize that the primary function of an offense is to get a good shot at the basket.

SKILL CUES

Cutting

1. A cut is an explosive movement toward the basket used when trying to elude a defender.
2. A player can cut with or without the ball.
3. Usually a cut starts with a feint of the head or arms.
4. A front-door cut is made by cutting between the defensive player and the passer.
5. A back-door cut is made by cutting behind the defensive player toward the basket.

Screening

1. Screening involves blocking a defender from guarding or staying close to a teammate.
2. Screens are most effective against person-to-person defense.
3. To set a screen, position yourself in the path of the defensive guard to be screened. Stop in position (get set), take a wide stance, and plant both feet. A screen is illegal if the screening player is moving.

Pick and Roll

1. After the picker sets the screen on the defensive player, the picker pivots and rolls toward the basket to receive a pass from the dribbler.

Give and Go

1. The give and go is a variation of the cut move.
2. The ball handler passes to a teammate, feints the defender with the head, and breaks for the basket, receiving a quick pass back from the teammate.

ACTIVITIES (30-40 MINUTES)

1. Present the skill cues for the cut and give and go. These moves should be demonstrated for the presentation to be most effective. (3-5 minutes)
2. Divide class into five or six groups of players and assign each group to a basket. Have students play two-on-two 15 feet from the basket. An offensive player with the ball tries to pass to the other offensive player as that player fakes and cuts toward the basket. The two defensive players try to intercept or stop the pass. Have students fill in positions after each attempt by rotating offensive players to defense and then rotating out. Make sure students vary their cuts to the basket. The one or two students who are waiting to rotate in can practice passing or dribbling skills. (5-6 minutes)
3. Using the same arrangement as in the previous task, have students add the give and go offensive technique to the task. The offensive ball handler passes to the teammate and then feints and breaks toward the basket. Use the same rotation scenario as in the previous task. (5-6 minutes)
4. Present the skill cues for the screen and the pick and roll. Demonstrate each offensive technique. (5-7 minutes)
5. Assign six students to a basket and set them up three on three. Have offensive players set screens for other teammates to shoot over. Have the defensive players box out and get the rebound. After three shots switch roles. (6-8 minutes)
6. Using the same arrangement, have offensive players set picks for teammates and then utilize the pick and roll technique. The defensive team should call out picks then box out and rebound. Repeat three times, and then rotate. (6-8 minutes)

CLOSURE (3-5 MINUTES)

Review and discuss with students the content of the lesson. Use the following ideas to reinforce learning, check understanding, and give feedback.

1. Discuss with students the necessity of teamwork on both offense and defense.
2. Have two students demonstrate the pick and roll offensive technique and explain when and why it is most effective.