

# **Ric Wesley Early Offense into the High Post Offense**

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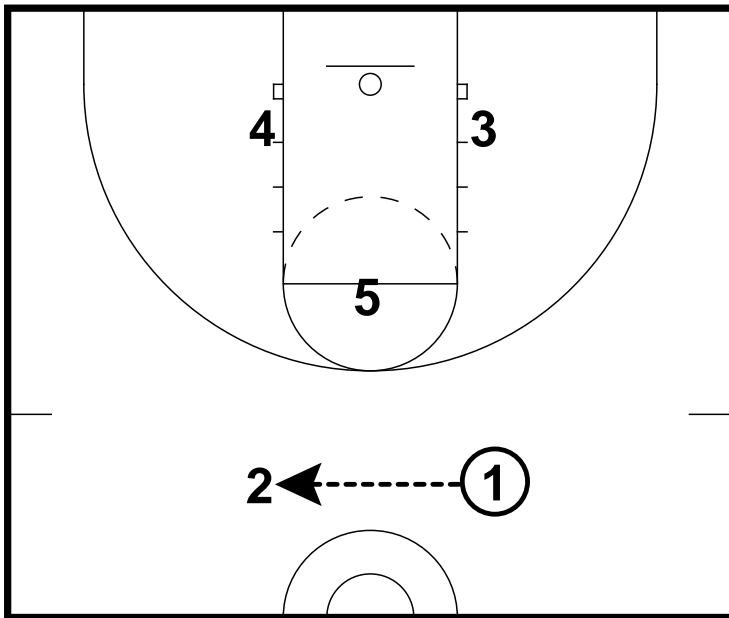
# High Post Offense Basics

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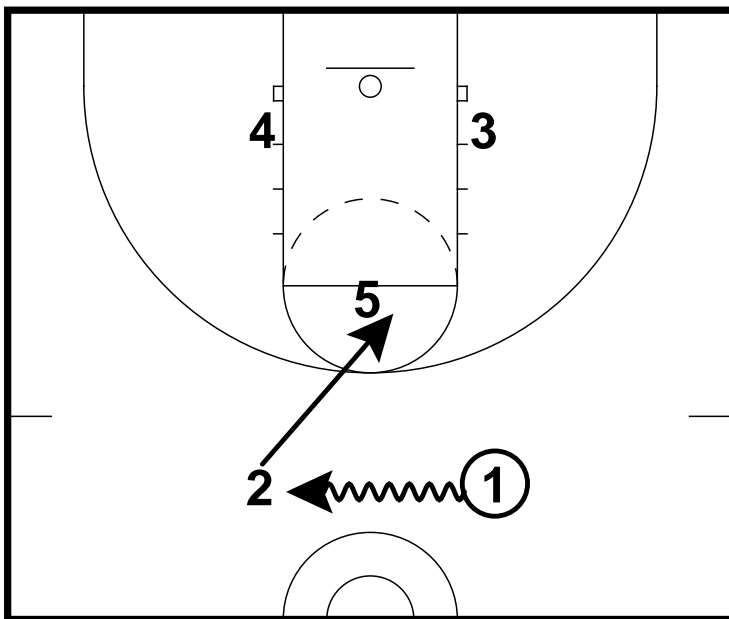
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# High Post Offense Basics

## The Basics



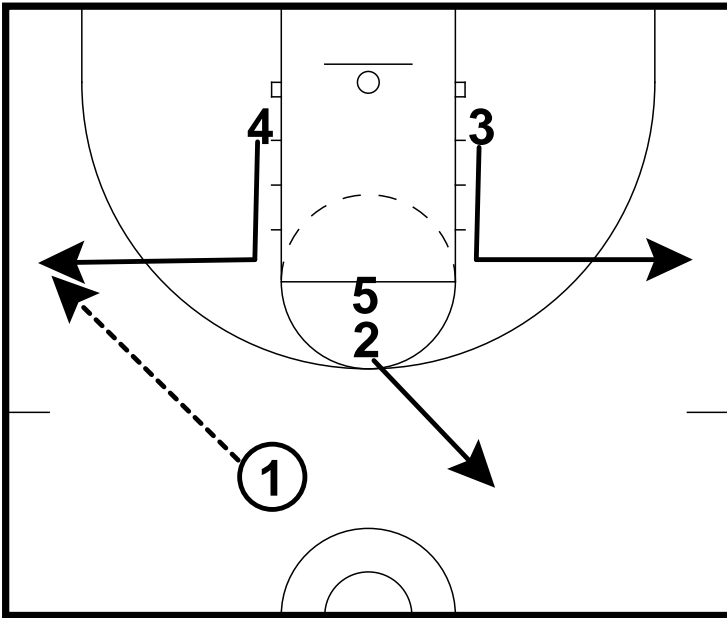
- You dont have to switch offensive sets every time down the floor
- You can call out a new set coming out of a dead ball situation or free throw situation
- Try to get the ball to change sides of the floor with either a pass or dribble



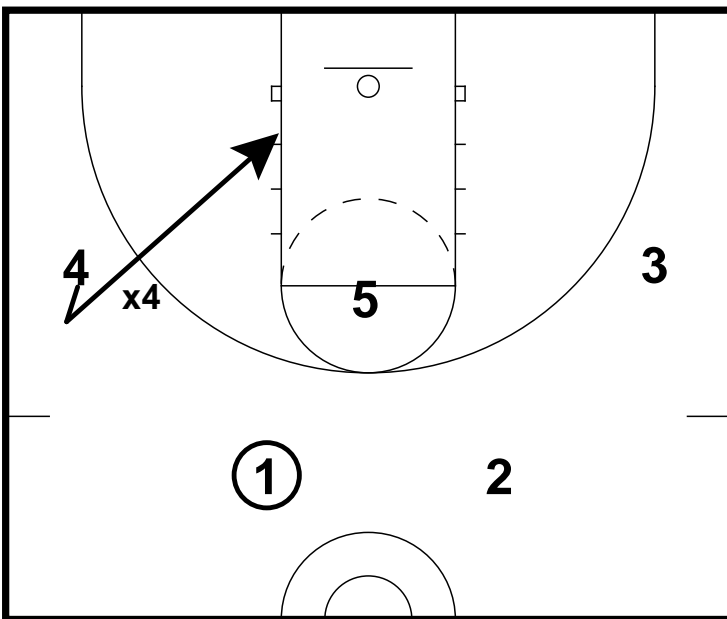
- Can also run an OVER action where a guard dribbles at another guard
- 2 cuts towards 5 and sits on top of him to form a small stack

# High Post Offense Basics

## The Basics



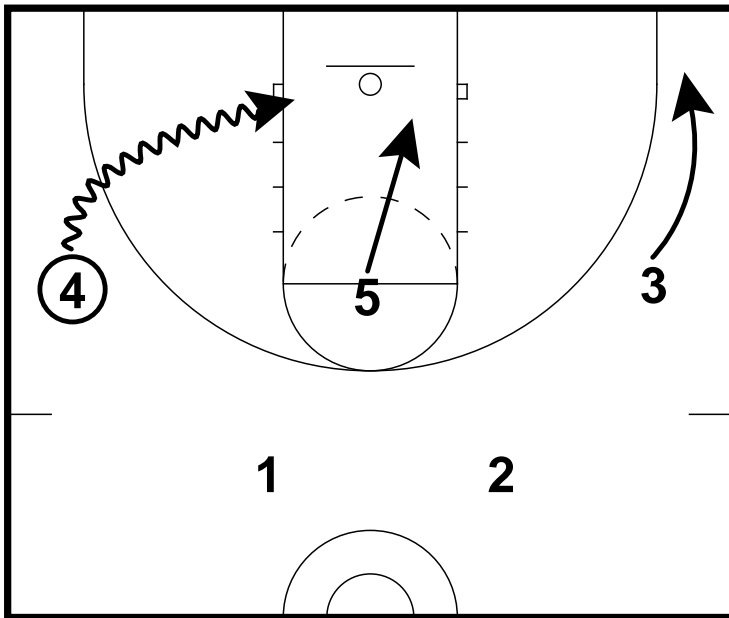
- Wings L cut to the wing positions
- 2 pops out to the other guard position
- To initiate the offense, the ball needs to get to the wing



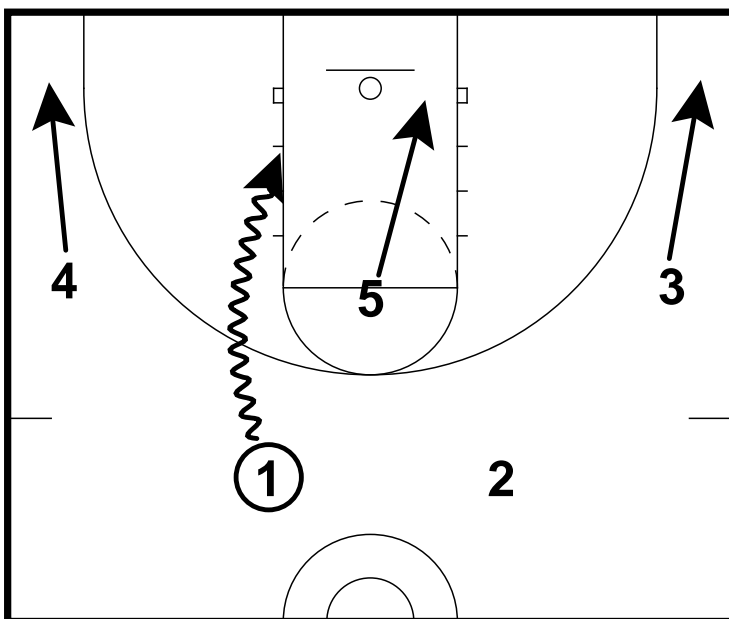
- If a player tries to deny the wing entry, the wing should look to back cut to the basket

# High Post Offense Basics

## The Basics



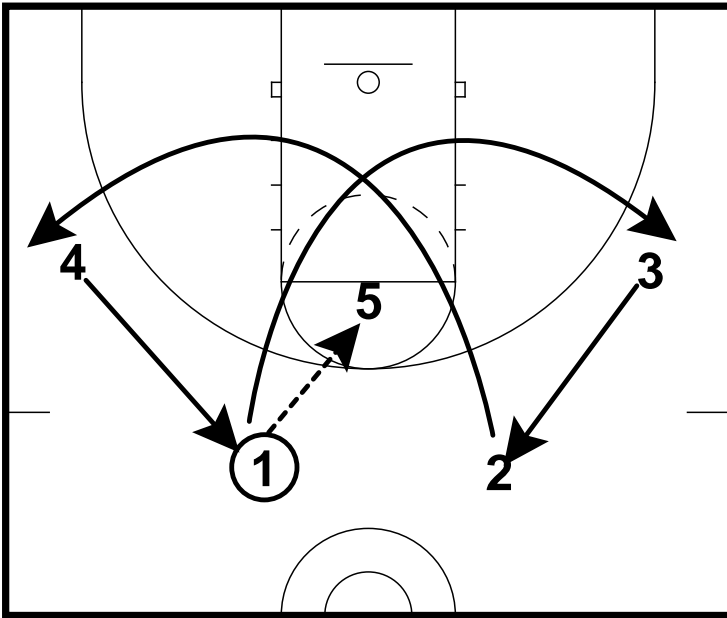
- When the ball is at the wing, the wing can look to rip and drive to the basket
- Opposite wing drops to the corner
- 5 gets to the rim



- On a lane line drive, the wings drop to the corner
- 5 gets to the rim

# High Post Offense Basics

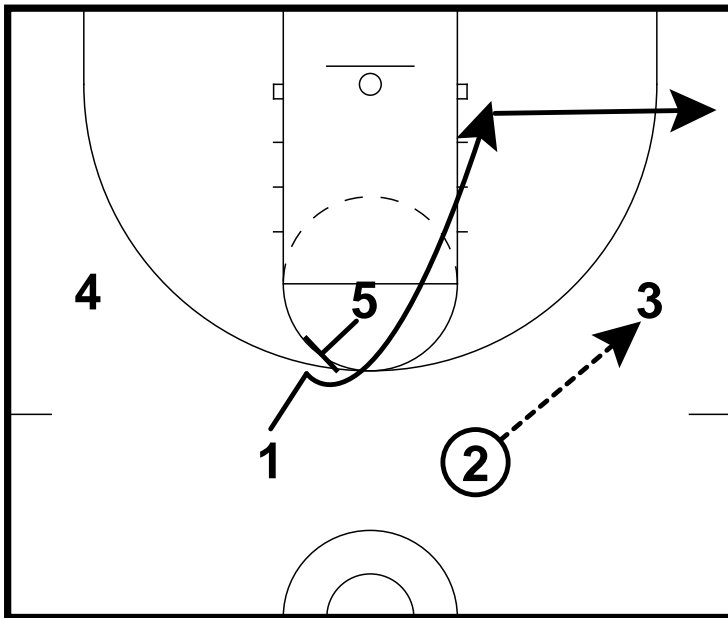
## The Basics



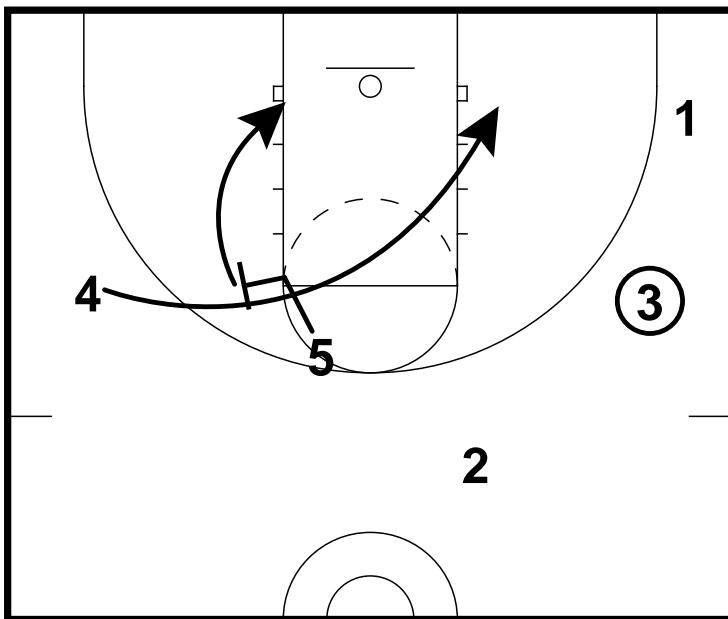
- On the high post entry, the guards cut through and cross to the wing positions
- The wings fill the guard positions

# High Post Offense Basics

## Cutting Actions



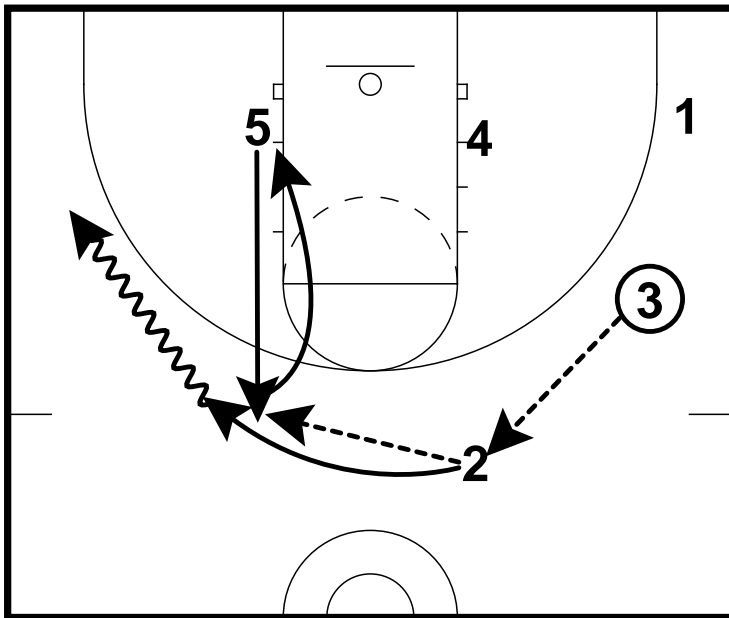
- On the wing entry, the opposite guard cuts off of the high post
- 1st cutter can cut high or low
- 1st cutter clears to the deep corner if he does not get the pass from the wing



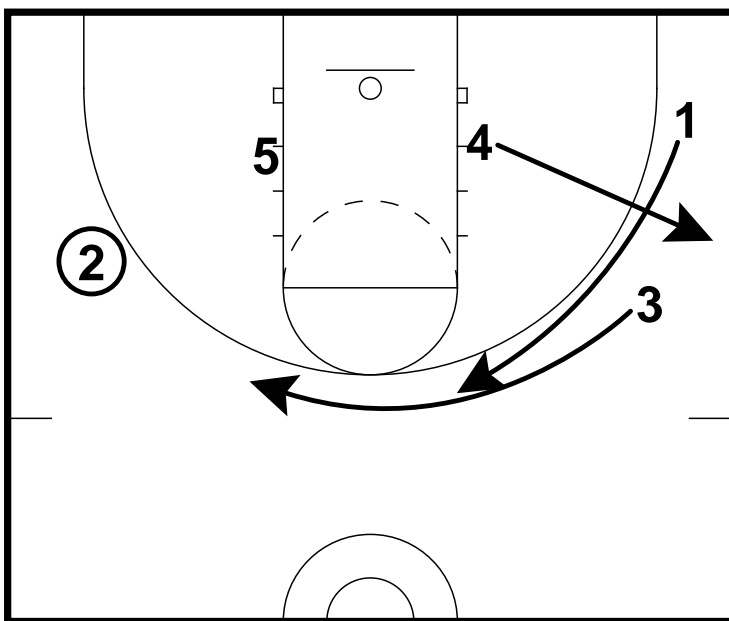
- The 2nd cutter is the opposite wing
- He can cut high or low off of the high post
- If he has a post up game, he can post up momentarily on the low post
- 5 slides down to the opposite block after setting the screen

# High Post Offense Basics

## Cutting Actions



- On the reversal, 5 flashes high to get a swing pass from 2
- 2 cuts off of 5 for a hand-off which will initiate a 2 man game with 2 and 5

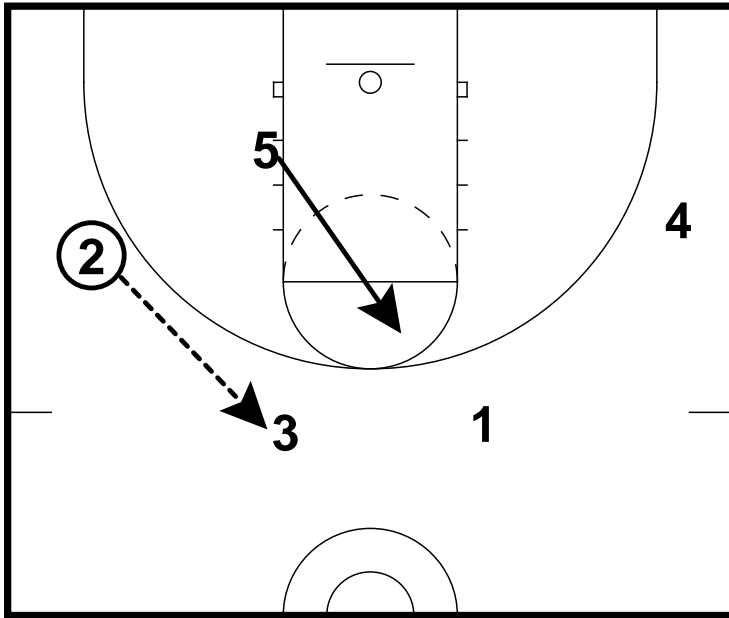


- 3 slides over to form a triangle and a 3 man game
- 4 and 1 fill spots
- Ideally, it is good to try and get your best shooter in the opposite corner when in the triangle 3 man game



# High Post Offense Basics

## Cutting Actions



- 5 flashes to the high post and you are now in your regular high post offense

# Early Offensive Sets

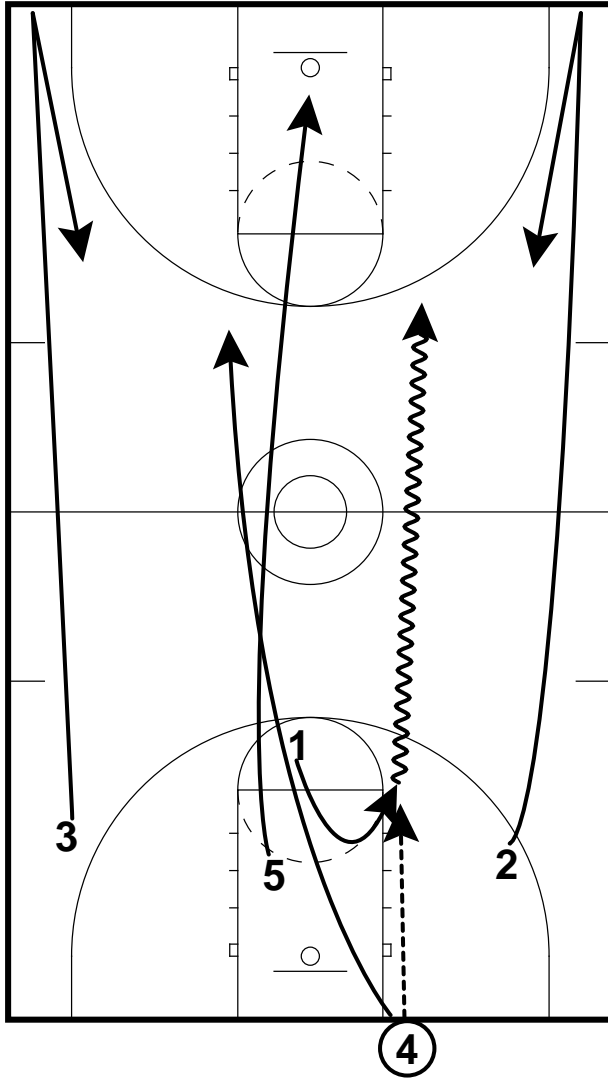
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# Early Offensive Sets

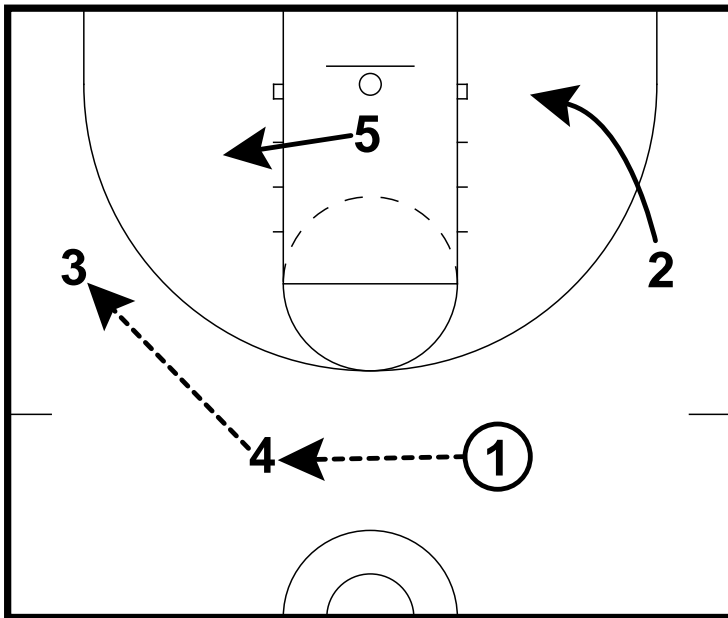
## Primary Break

- Off a made basket, 4 takes the ball out
- Wings sprint to the baseline and bounce back up to the wing positions
- 5 sprints to the rim
- 1 gets the inbounds pass and pushes up the floor
- 4 trails and fills opposite guard spot of 1

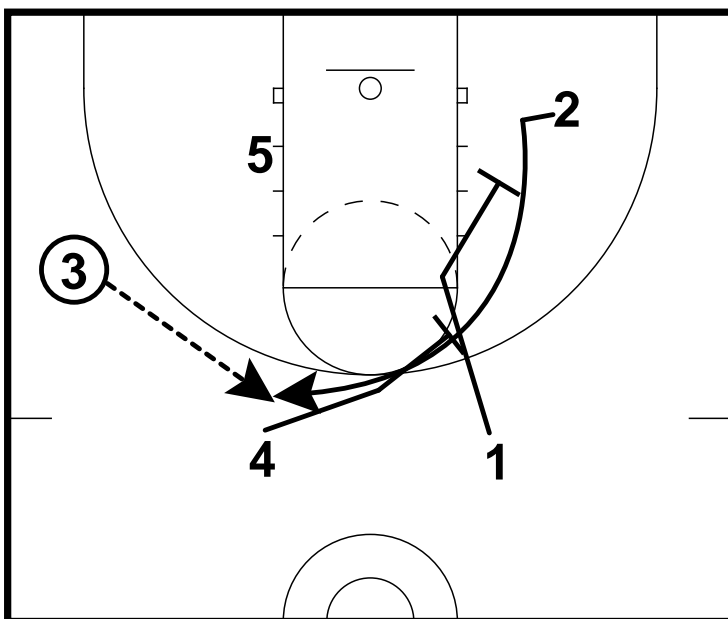


# Early Offensive Sets

## Stagger Set



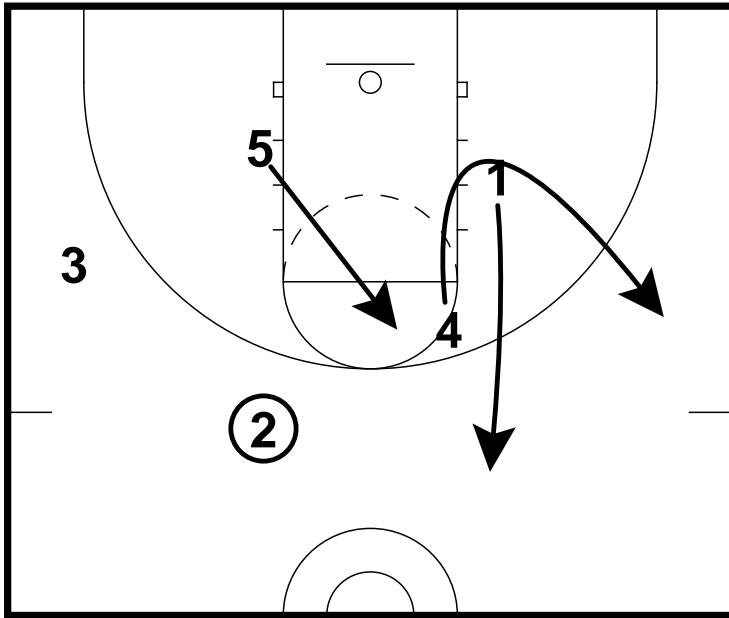
- 5 comes to ball side and tries to get his man above the passing line
- If X5 is above the passing line, the wing should look to get the ball over the top to 5



- 1 and 4 set a stagger screen for 2 to pop to the top of the key

# Early Offensive Sets

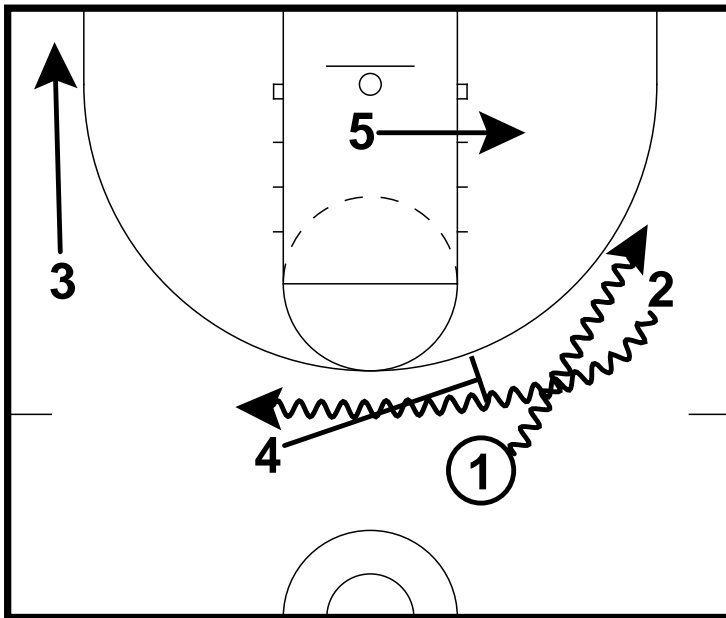
## Stagger Set



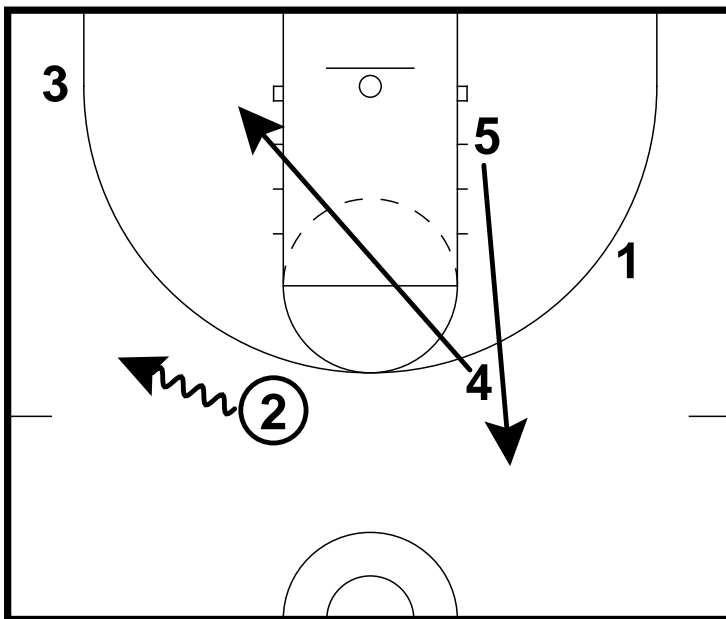
- Rotations to get back into high post offense

# Early Offensive Sets

## Rub Set



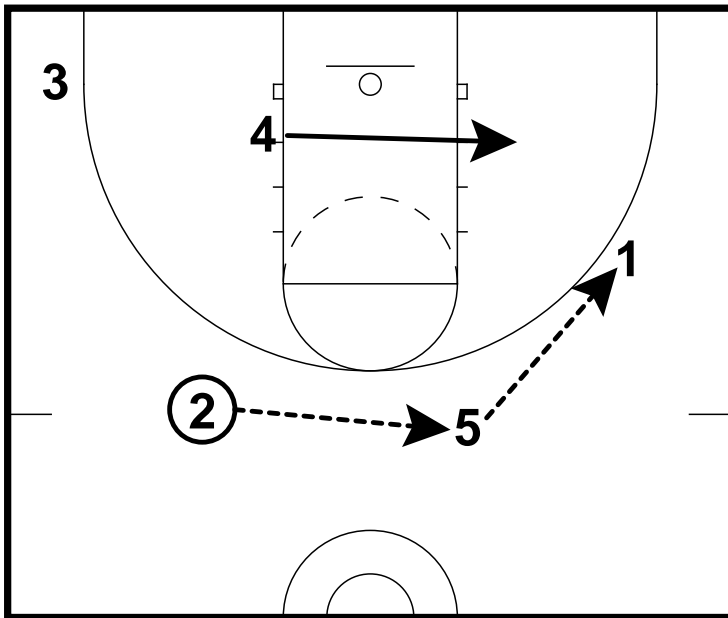
- At times, teams will try to take away the wing pass
- 1 can dribble at the wing for a dribble hand-off
- 4 sets a ball screen for 2
- 5 follows the ball
- 3 drops to the corner



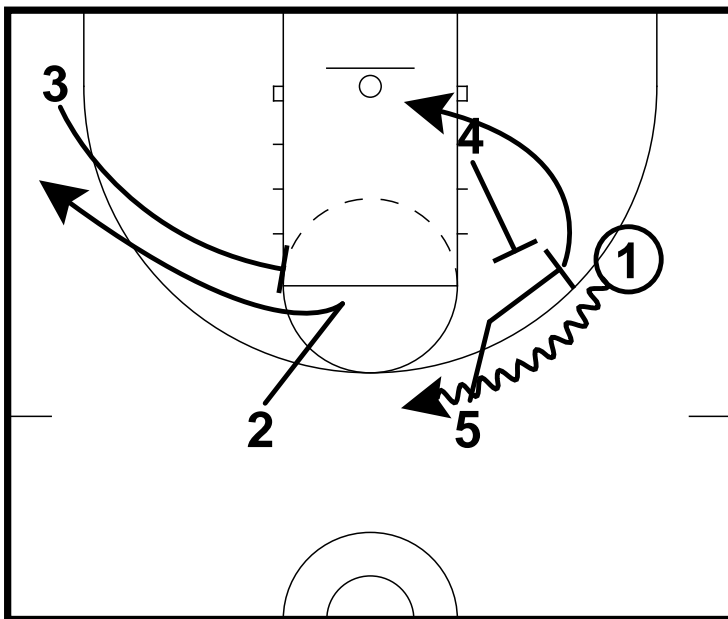
- After setting the ball screen 4 then rolls down to the block
- 5 flashes high
- This is called the Piston Action. 1 post player down, 1 post player up

# Early Offensive Sets

## Rub Set



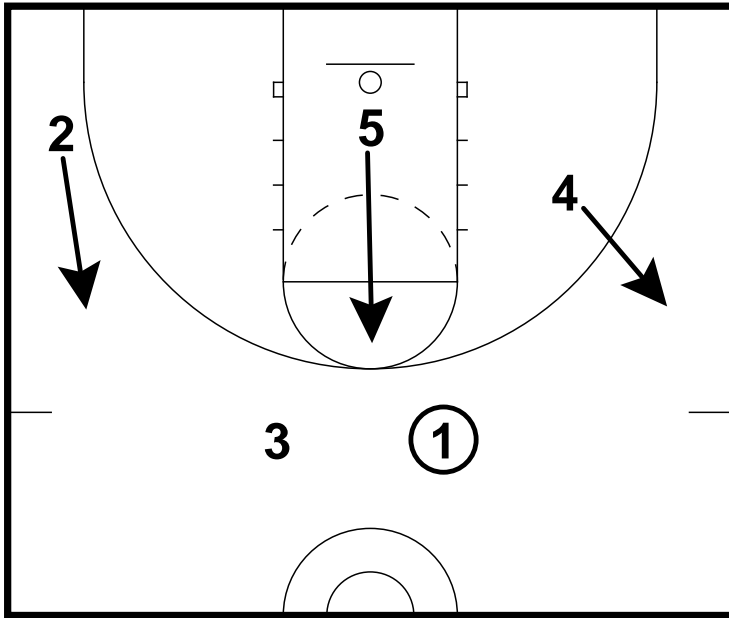
- To get 5 back down into the low post, run Bear set



- 5 follows pass and sets a ball screen  
- 4 back screens for 5 to get him back into the post  
- 3 sets a flare screen for 2

# Early Offensive Sets

## Rub Set

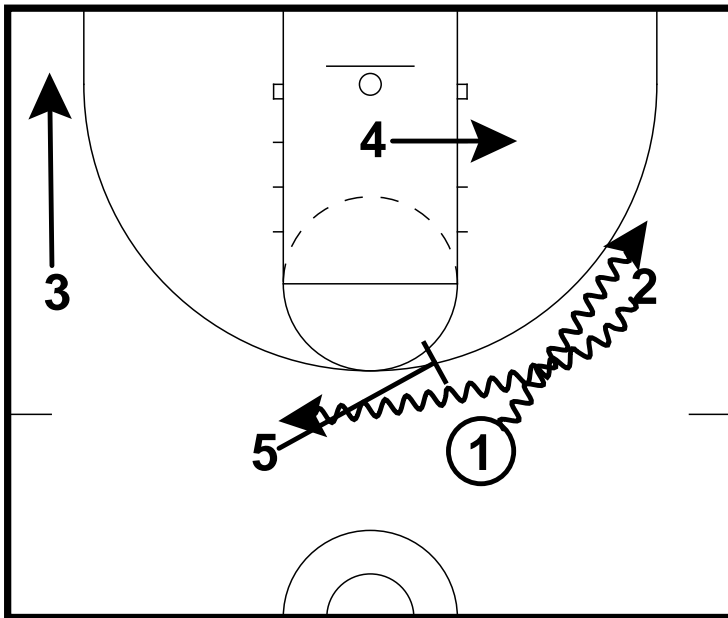


- Rotations to get back into high post set

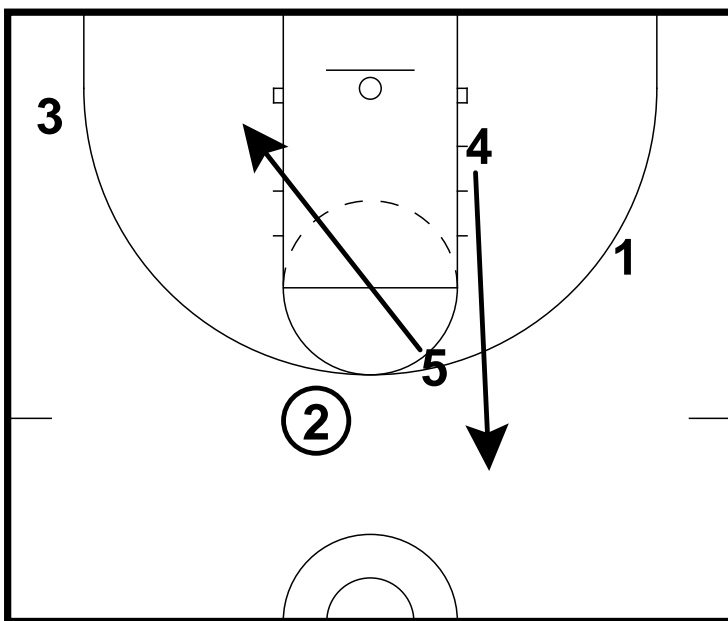


# Early Offensive Sets

## Rub Set with 5 Man Trailing



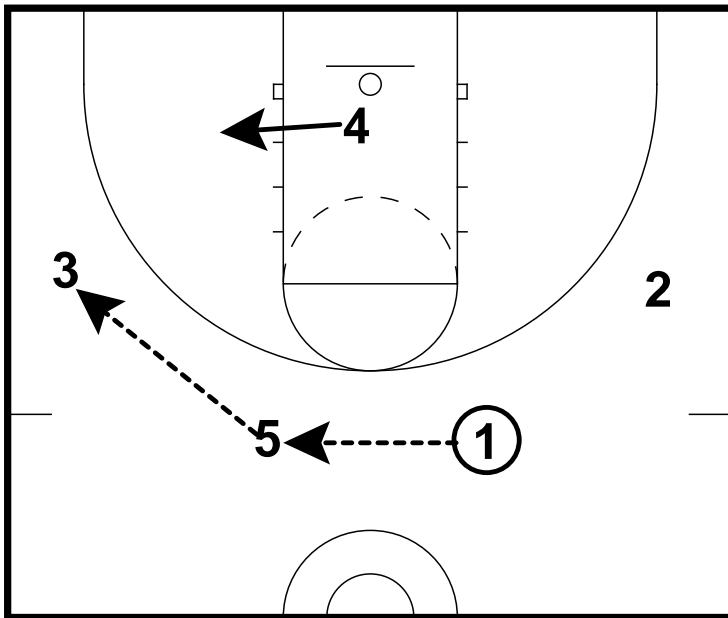
- If 5 is the trailer and you running RUB, you run the same actions
- Dribble hand-off
- High ball screen from 5
- 3 drops to the corner



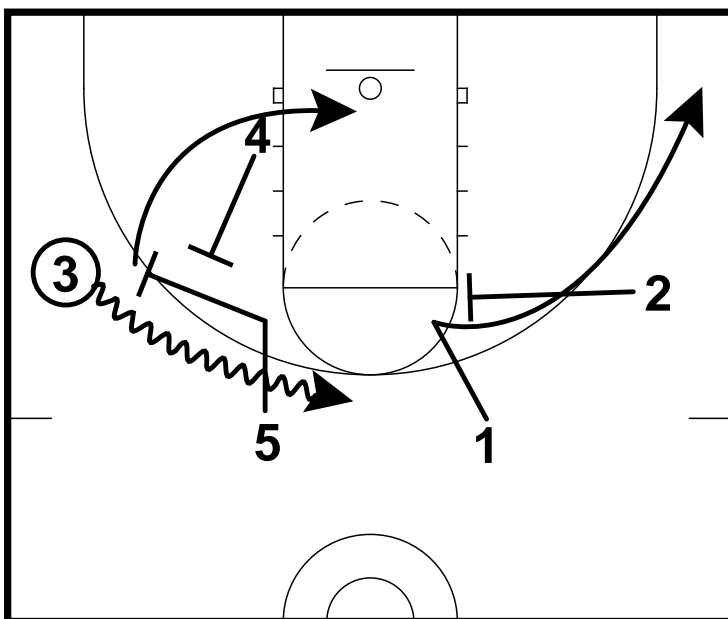
- 4 and 5 run Piston Action

# Early Offensive Sets

## Bear Set



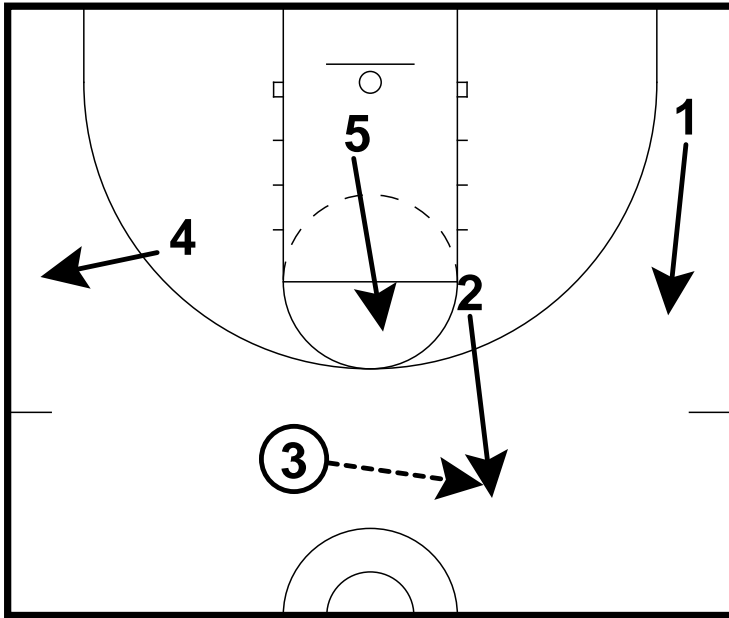
- After a missed shot, 5 will sometimes be the trailer and 4 will be in the low post
- Ball gets reversed to 3
- 5 follows the ball



- 5 follows his pass and sets a ball screen for 3
- 4 immediately back screens for 5 to dive to low post
- 2 sets a flare screen for 1 to flare to the corner

# Early Offensive Sets

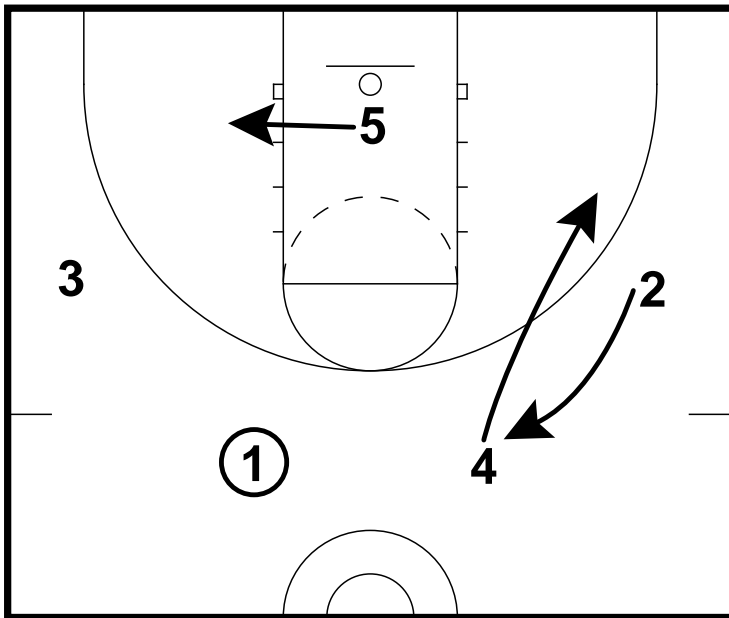
## Bear Set



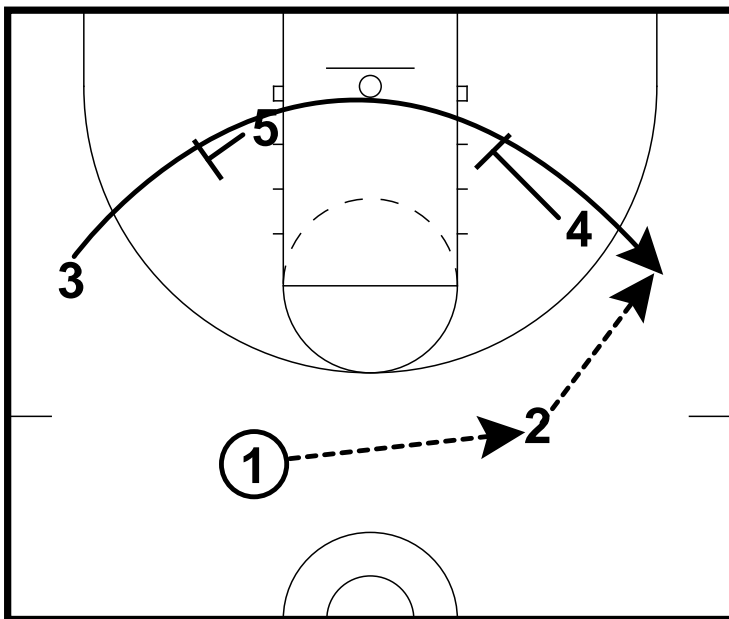
- Rotations to get back into high post offense

# Early Offensive Sets

## Weak Side Set



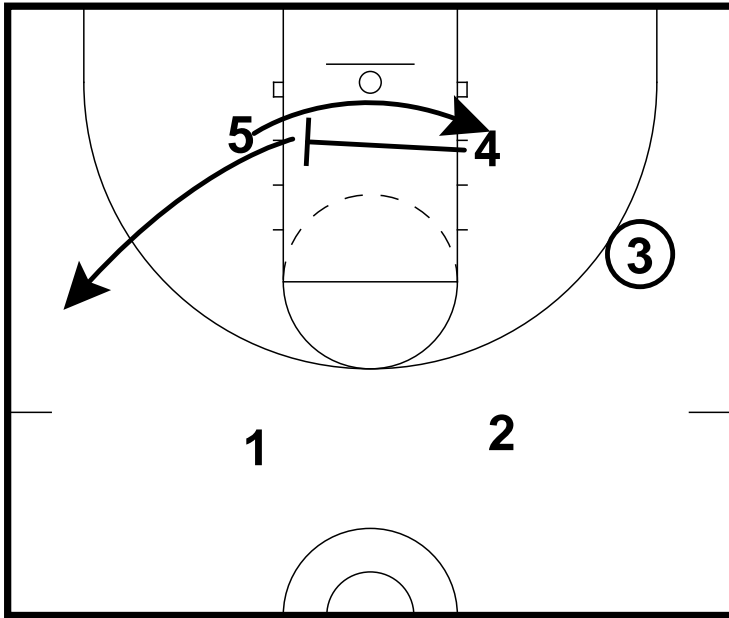
- If teams try to jam your trailing post, you can run Weak Side set
- 4 and 2 interchange spots



- Ball is passed to 2
- 3 cuts baseline off of a screen from 5 and then a single screen from 4
- 4 needs to position himself at an angle that allows him to slip if his man helps defend the cutter coming off of the screen
- Cutter can curl or straight line pop coming off the screen

# Early Offensive Sets

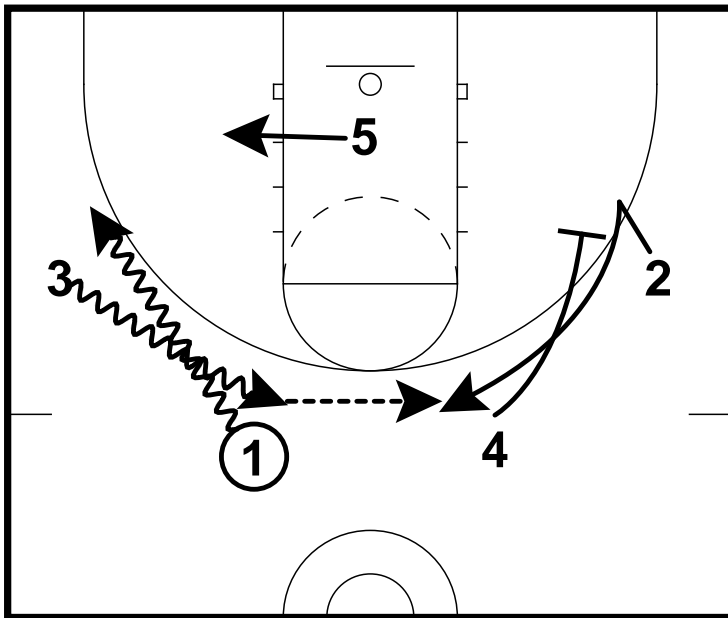
## Weak Side Set



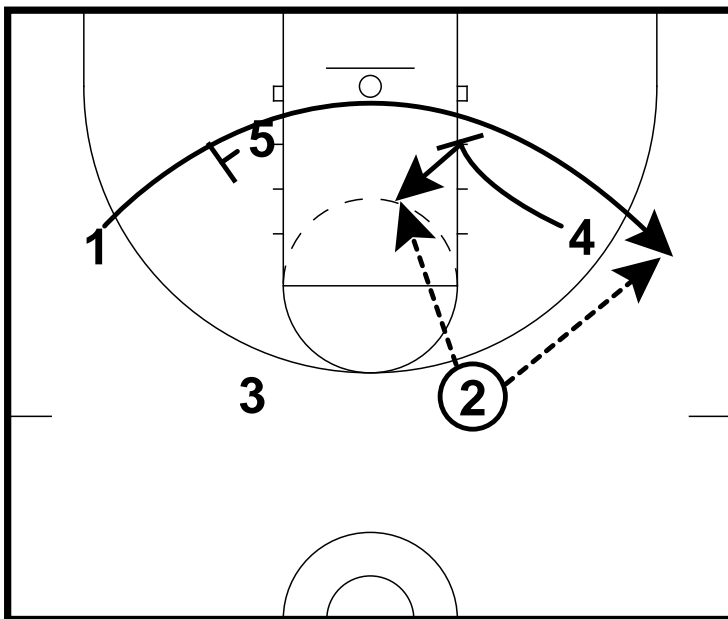
- 4 can post up momentarily or directly cross screen for 5
- The guards need to establish a 2 guard front
- 4 pops out to the wing

# Early Offensive Sets

## Weak Side 1 Set



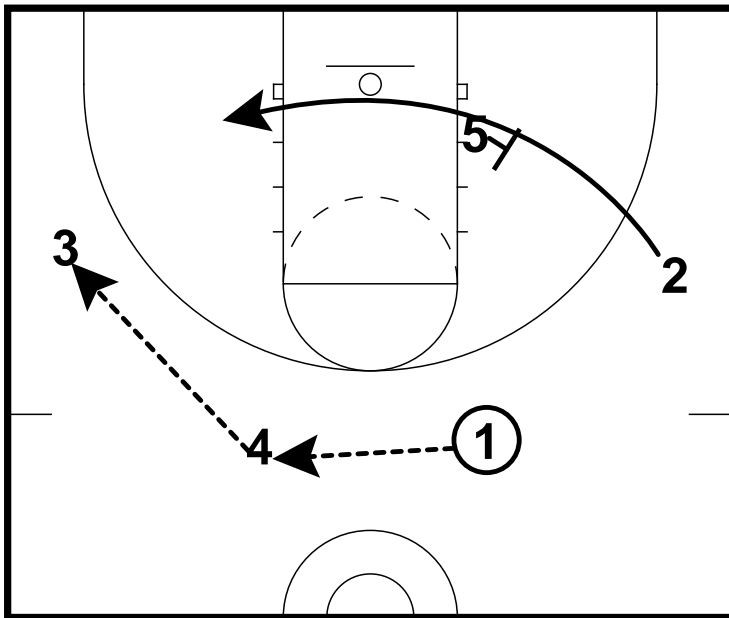
- 1 dribbles at 3 for a dribble hand-off
- 5 follows the ball
- 4 screens for 2



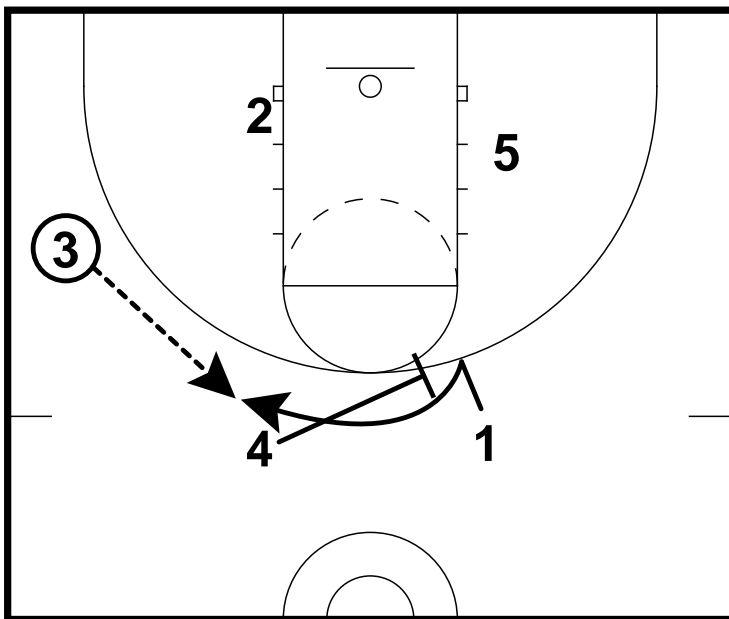
- 1 cuts baseline off of a screen for 5
- 4 sets a single screen for 1
- 4 needs to screen around the lane line and look to slip if his defender helps on the screen

# Early Offensive Sets

## Flat Set



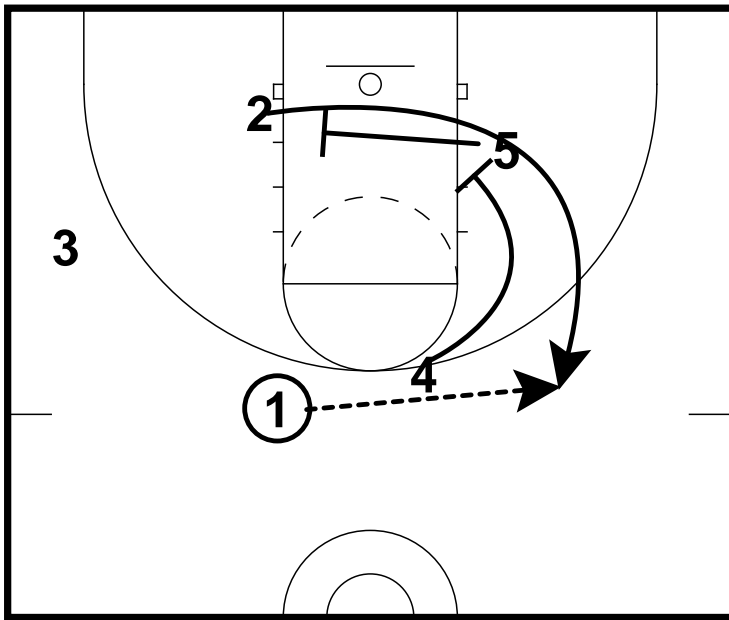
- If you have a guard who has a good post up game, he can cut off a Flat screen from 5



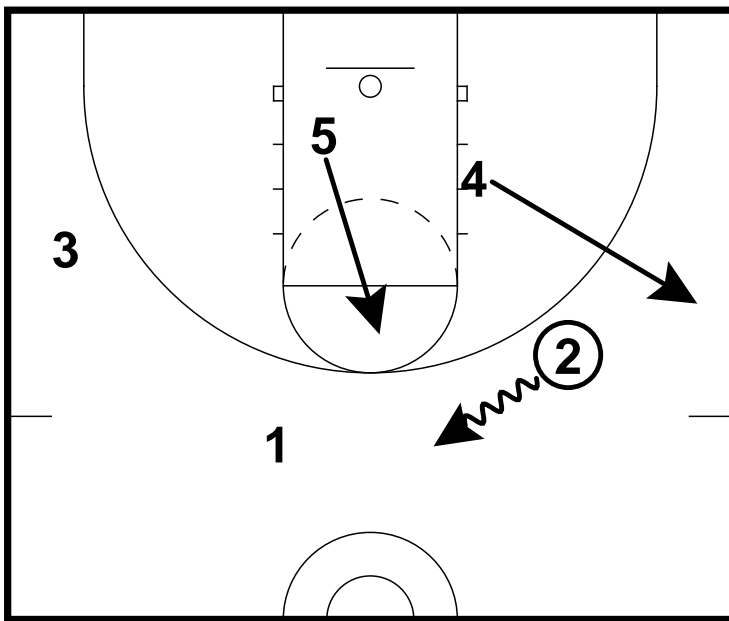
- 4 screens for 1 to get a ball reversal

# Early Offensive Sets

## Flat Set



- 5 cross screens for 2 and 4 sets a single screen for 2

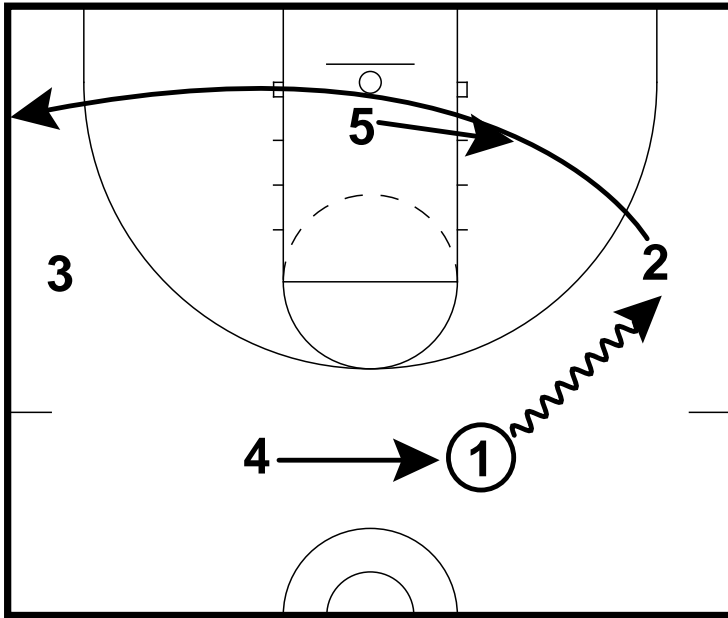


- Rotations to get back into high post offense



# Early Offensive Sets

## Loop Set



- If teams are really pressuring you and need a quick high quality shot, you can run Loop
- 1 dribble entries while 2 clears to the opposite corner
- 5 posts up hard
- 4 forms the triangle

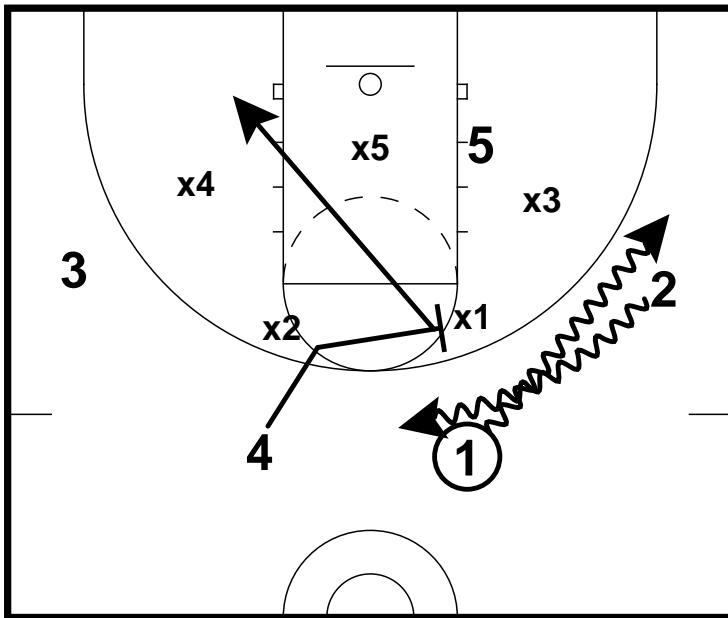
# Zone Sets

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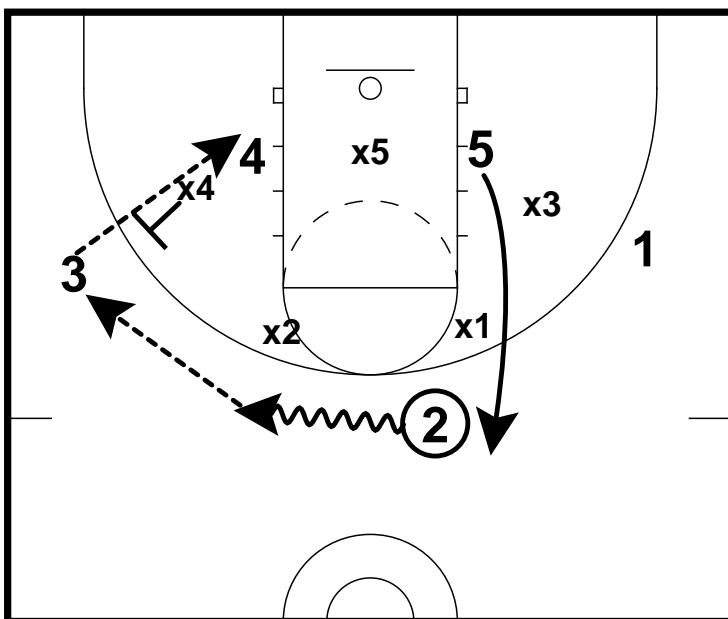
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# Zone Sets

## Rub Set Against Zone Defense



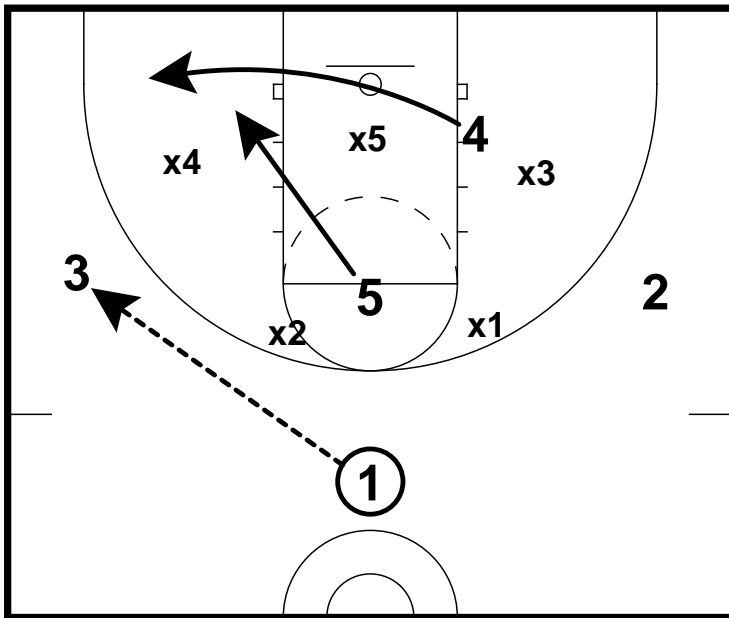
- 1 dribbles at 2 for a dribble hand-off
- 4 screens the ball defender and dives to the low post



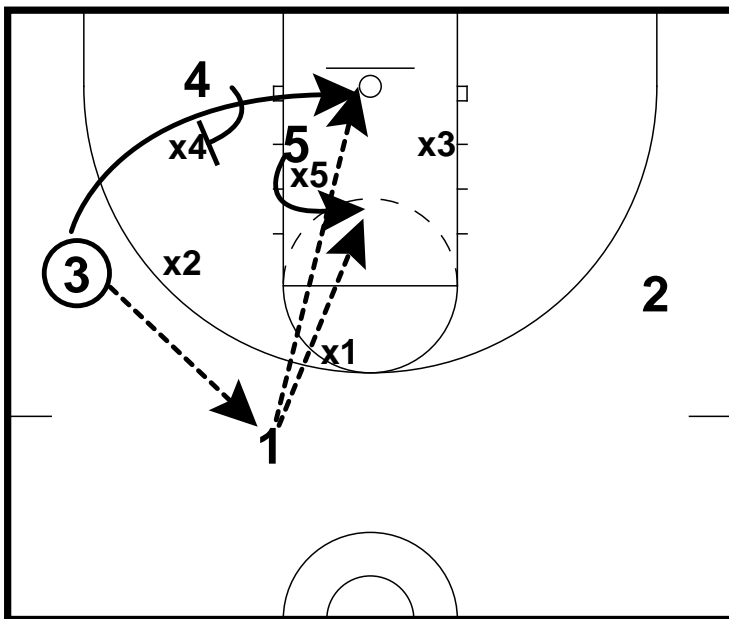
- 2 continues to drag dribble and 5 flashes high

# Zone Sets

## 1-3-1 for Name



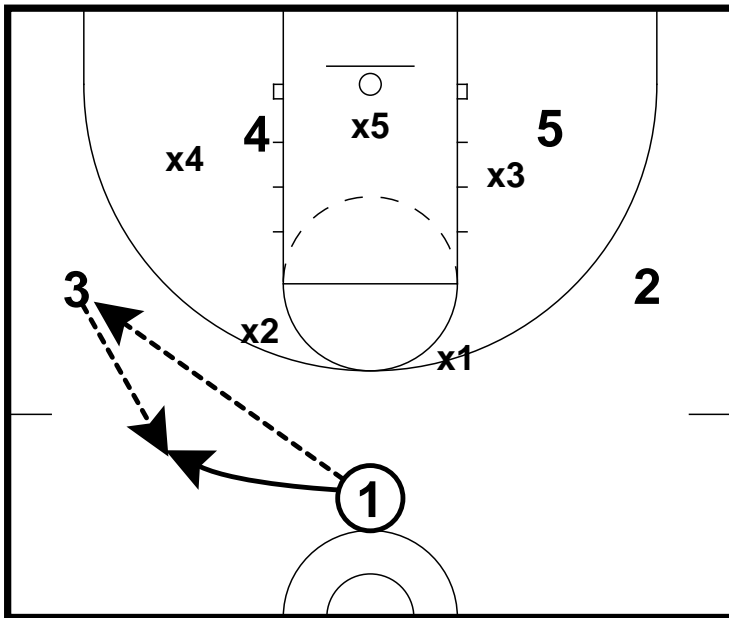
- 3 = who the play is being ran for



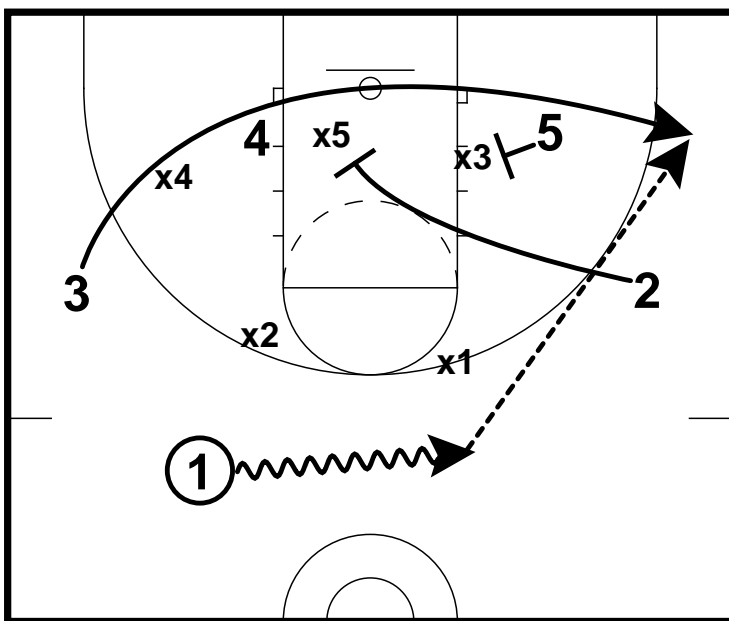
- 4 screens X4
- 5 screens X5
- 3 cuts through for a lob
- If X5 fights through the screen to play the lob, 5 slips

# Zone Sets

## Swing Set



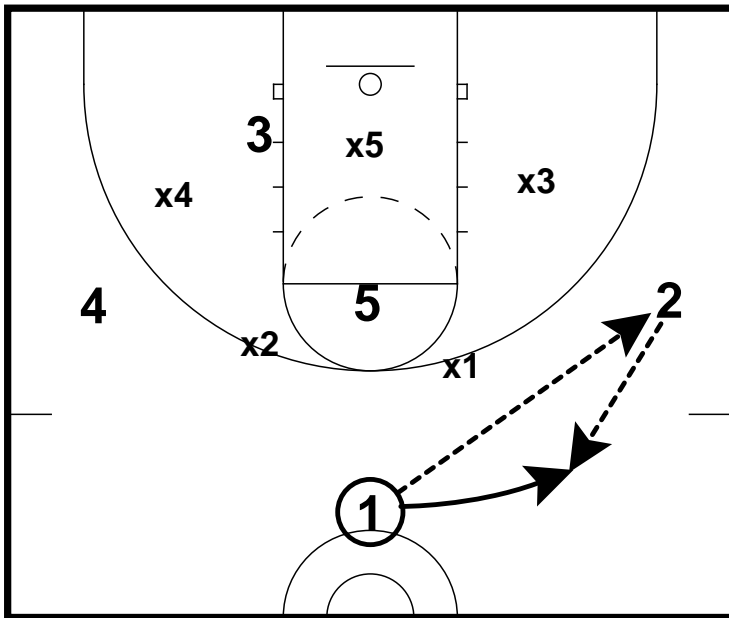
- 1 passes to the shooter and then gets the ball back



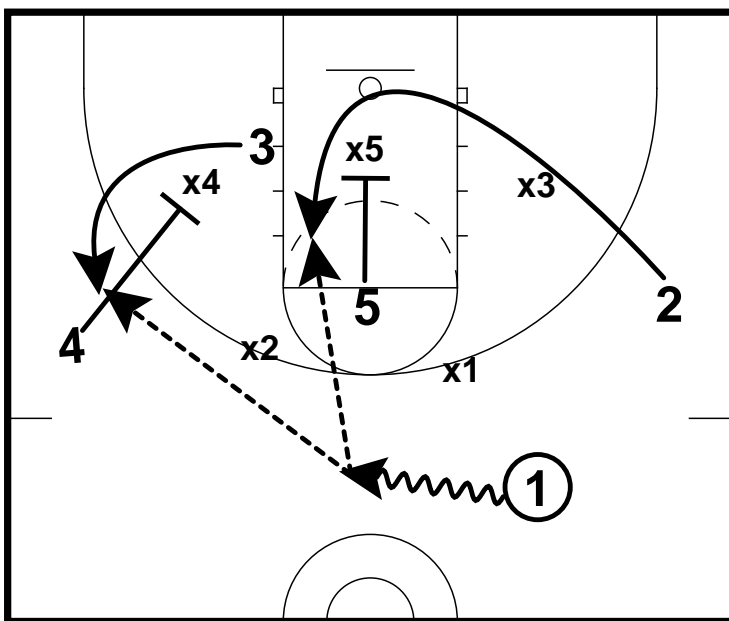
- 2 screens the middle defender of the zone
- 5 screens the back defender
- 3 cuts baseline looking to get the ball from 1
- 1 uses dribble to shorten pass
- 5 looks to slip if X3 fights through the screen

# Zone Sets

## J Set



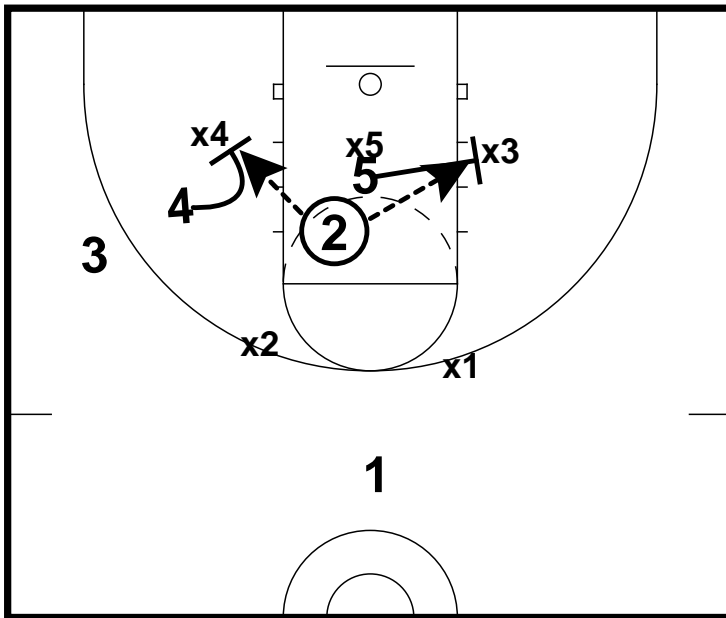
- 1 passes to 2 who receives the ball back from 2



- 5 pins the middle defender in the zone while 2 loops up through the lane
- 4 screens the bottom of the zone for 3 to pop out
- 1 uses a dribble to shorten passing lanes

# Zone Sets

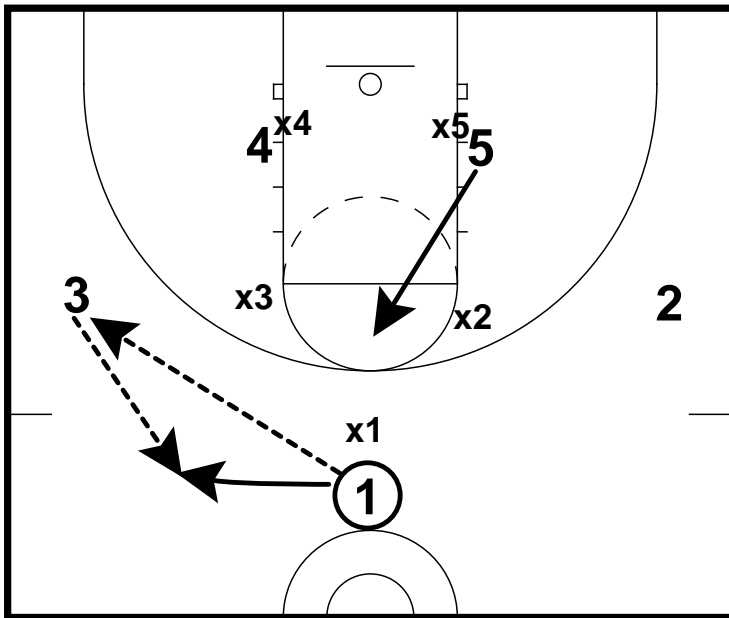
## J Set



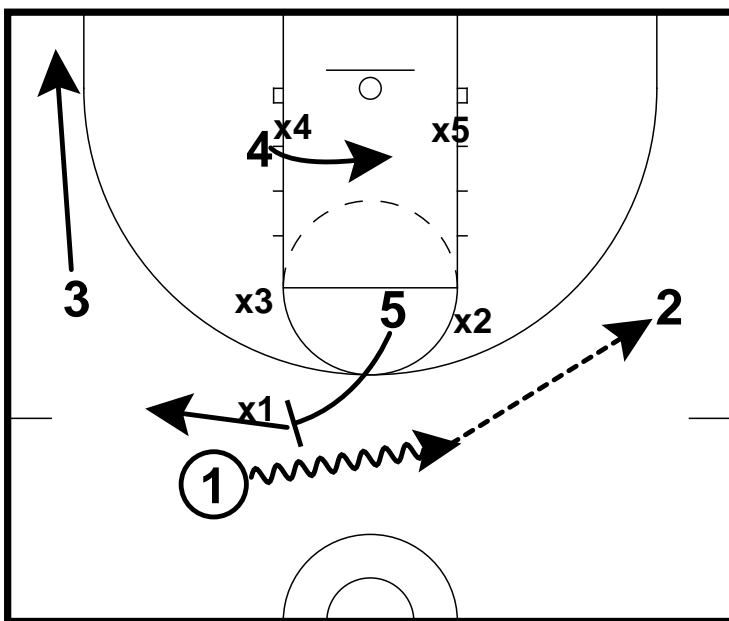
- If 2 receives the pass he can look to score or dump to 5 and 4 who are sealing the out of the zone

# Zone Sets

## Screener Set vs Odd Front Zone



- Against an odd front zone
- 1 passes to 3 who passes back to 1

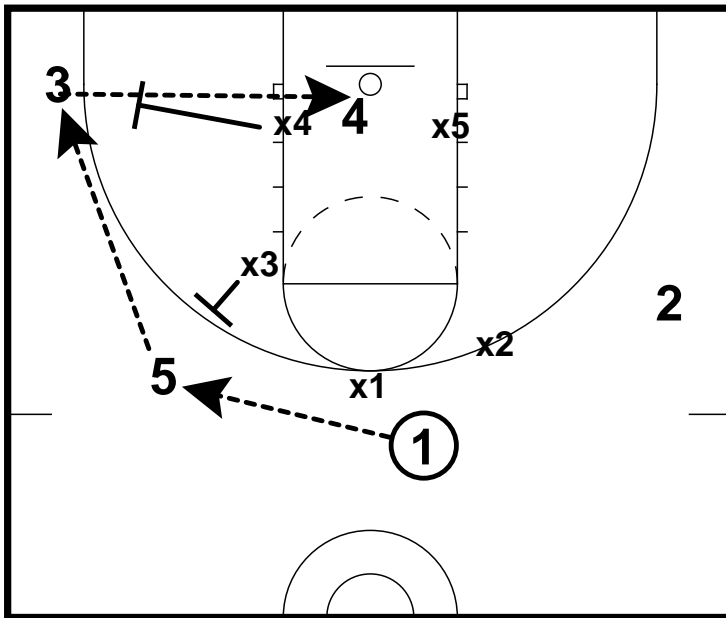


- 5 sets a high ball screen and then pops
- If X2 helps on the drive, 1 can kick to 2 for a 3
- 3 drops to the corner



# Zone Sets

## Screener Set vs Odd Front Zone



- 1 can kick back to 5 on the shape up which will draw out X2
- 5 passes to 3 in the corner which will draw X4
- 3 can enter the ball to 4 who is pinning the backside defender