

Continuity Offense

by Jamie Angeli



The Princeton Series

Continuity Offense

Introduction	Page 3
Transition Into Offense	Page 4
Basic Continuity / Alignment	Page 8
Wing Pass Entry	Page 17
Post Entry	Page 22
Backdoor Options	Page 29
Breakdown Drills	Page 34

I have had the opportunity to correspond with many basketball coaches over the years about the probability of implementing a "Princeton-type" offense in their high school or collegiate program. The advantages are very enticing:

- 1) Great spacing allowing for dribble penetration.
- 2) Floor balance aiding in defensive transition.
- 3) Ability to beat pressure with backdoor cuts.
- 4) Emphasis on fundamental skills like cutting and passing.

There were some common reasons why coaches stay away:

- 1) Difficult to teach / offense based primarily on reading the defense.
- 2) Offense breaks down when backdoor pass is not available and passer loses his dribble.
- 3) Need more screening action or sets that flow into the offense.
- 4) They felt they needed more control as to what shots they were getting, and using a continuity offense or sets gave them that control.

In creating "The Princeton Series Continuity Offense", I did my very best to address the problem areas mentioned above while still keeping all of the reasons we have been intrigued by this system:

- 1) Great spacing and floor balance for dribble penetration, back cuts and defensive transition.
- 2) Easy to keep continuity, even through unsuccessful back cuts and dribble pick-ups and when entries and ball reversal is denied.
- 3) Easy to teach and reinforce with included breakdown drills.
- 4) Included set plays that incorporate screens and post isolations for your best post and perimeter players.

I think you will appreciate how easy this system is to teach and you will absolutely LOVE how any type of defense (overplaying, sagging or trapping) will not stop you from creating great scoring opportunities OR take you out of continuity.

So what are you waiting for? Today is the day to bring *The Princeton Series Continuity Offense* to your program!

GOOD LUCK!

The Princeton Series

Continuity Offense

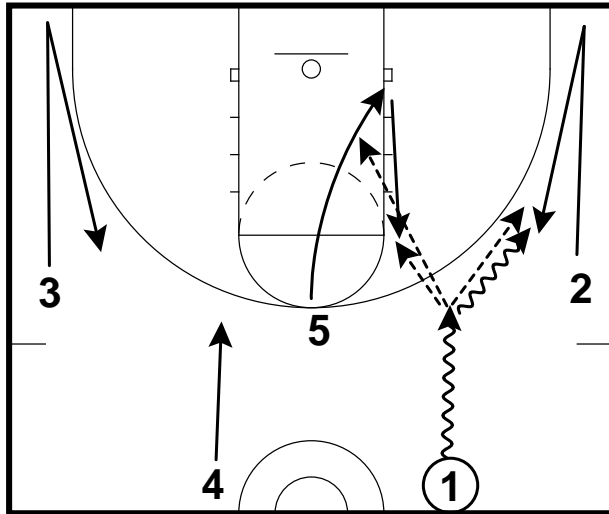


Continuity Offense

Transition into Offense

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Transition Into Offense Princeton Series Continuity Offense



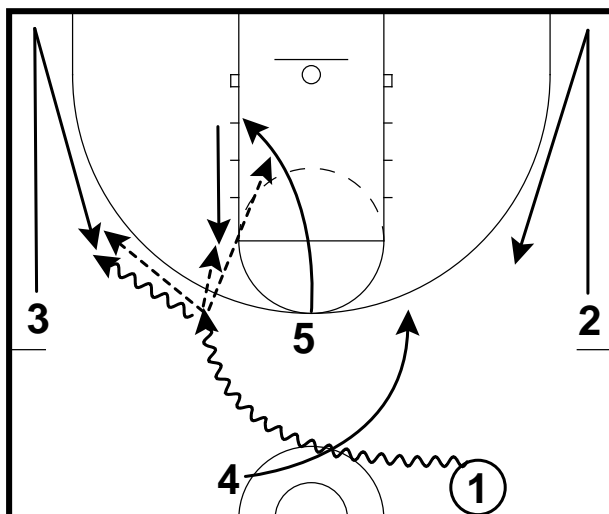
Getting into the Princeton Series Continuity Offense is quick and easy from transition. Here we attack the right side of the floor with the ball in the point guard's hands, #1.

We run #5 down the center of the floor looking for the over the top pass from the point on either side of the floor. At the mid-lane area, he will then break to the ball side of the floor looking to post on the block or flash to the high post area.

Our wing players, #2 and #3, sprint the floor to flatten out on the wings and then "bounce back" up to the FT line extended area.

#4, in this diagram, trails the play looking for ball reversal from #1, ready to exchange with #3 if #1 uses the dribble hand-off entry option with #2.

Transition Into Offense Princeton Series Continuity Offense



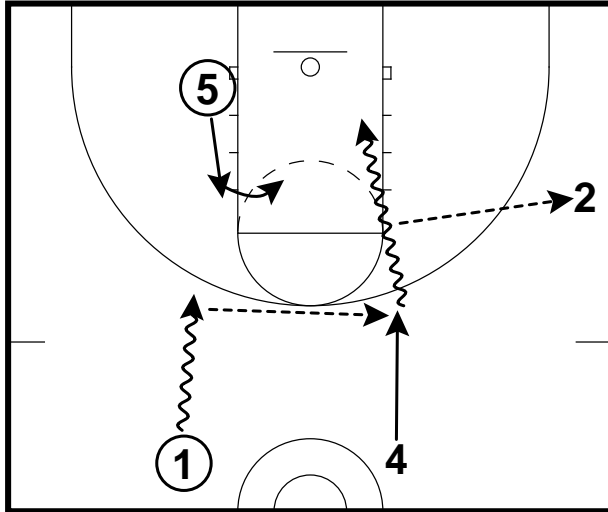
You will find that defenses will try and take away the ball side entry on the wing in transition, so we suggest having your point guard drive the ball across the top to the opposite side of the floor while in transition.

#5 follows the ball across looking for the ball in the lane and then flashing to the high post elbow looking for the potential entry pass from #1.

#4 crosses to the opposite side of the floor behind #1 looking for the reversal pass from #1 or ready to exchange with #2 if #1 decides to use the dribble hand-off entry with #3 on the left wing.

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Transition Into Offense Princeton Series Continuity Offense

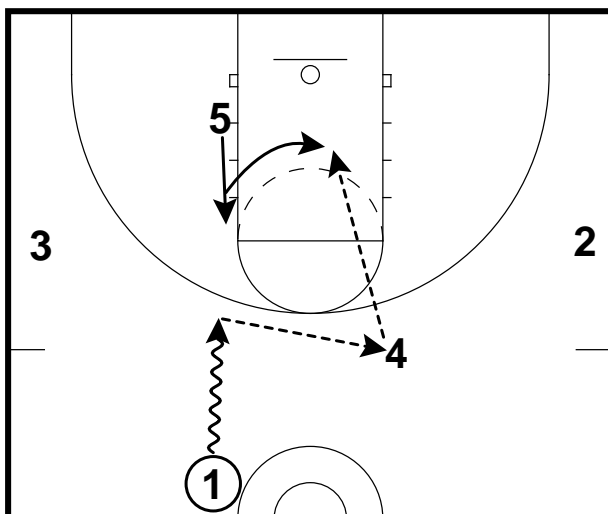


If your trailer man is a good three point shooter, you will certainly increase your opportunity to score off the break.

If #4's defender has to come out on #4, you will have a great opportunity to put the ball on the floor and attack the rim. #5's defender is flashing to the high post and out of the lane. #4's only help can come from #2's defender. #4 can look to get to the rim or drive and kick out to #2 for the open 3 point shot.

Of course #5 would be open for the dump off pass from #4 if his defender moved over to help on penetration.

Transition Into Offense Princeton Series Continuity Offense

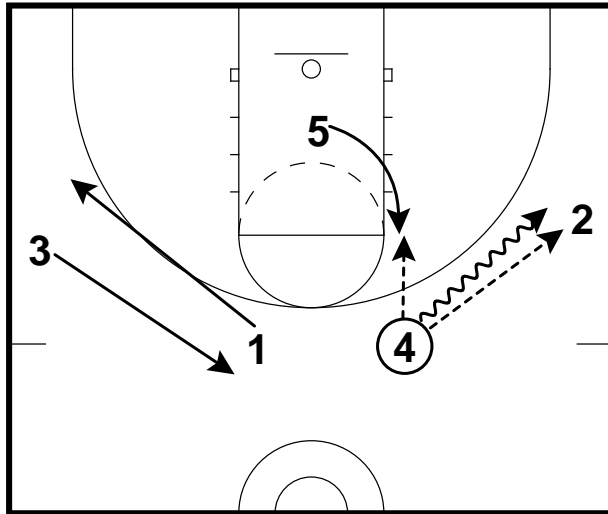


You may also use the trailer entry pass to get a better passing angle into #5, either in the low or high post, if his defender tries to deny #5 the entry pass in either position.

Drill this high / low option while breaking down the offense and get your #5 player to execute a good "leg whip" on his defender, sealing him behind so that he can catch the high / low entry pass from #4.

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Transition Into Offense Princeton Series Continuity Offense



If #5 does not get the ball on the high / low entry, #4 now starts the offense by either using the POST ENTRY pass to #5, the WING ENTRY pass to #2, or the DRIBBLE HAND-OFF ENTRY option with #2.

As described in our basic continuity and alignment section, #1 and #3 exchange whenever there is a dribble hand-off on the opposite wing.



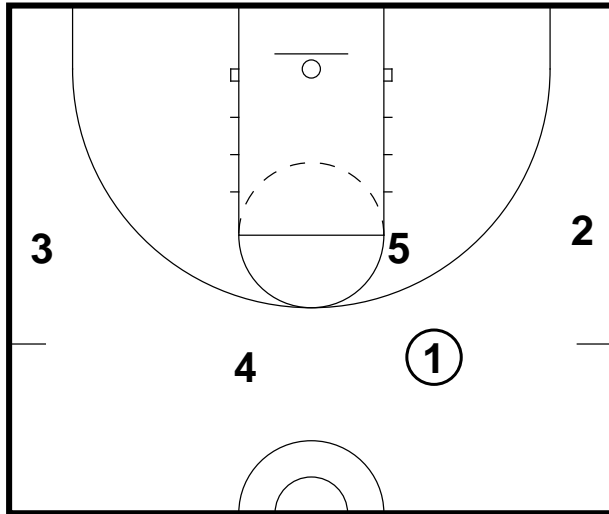
Continuity Offense

Basic Continuity and Alignment

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Basic Continuity and Alignment

Princeton Series Continuity Offense



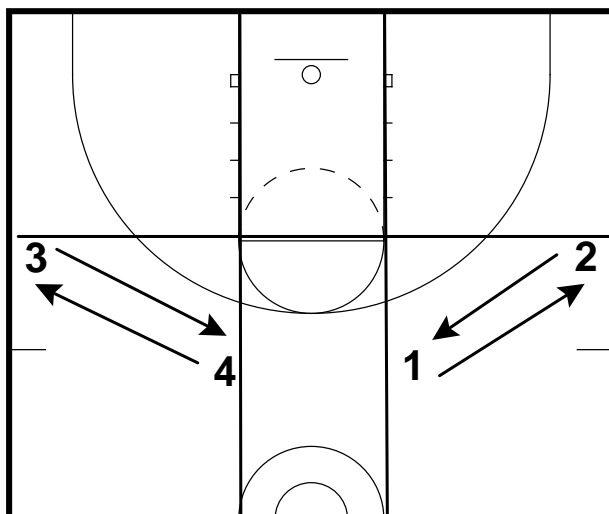
As you can see in the diagram, we have a 2-guard front with #1 and #4. You can place any of your perimeter players in either of these four spots, as they are all interchangeable.

The ball will be brought down either side of the floor in the point guard's hands or your off guard if you have confidence in either guard bringing the ball up. If you have all good ball handlers, then this offense becomes even more difficult to guard as you will have different players in different positions each time down the floor, depending on who brings the ball up on the break.

If you had a chance to look at our transition section, you can see how easily and quickly we get into this basic alignment right from our early break and on ball reversal through the pass or dribble drive.

Basic Continuity and Alignment

Princeton Series Continuity Offense



Perimeter player responsibilities and alignment:

As you can see, all four players are placed high and wide even with and above the FT line extended and the lane line up to the top.

Each perimeter player will eventually occupy each wing spot and top spot as you run through the continuity.

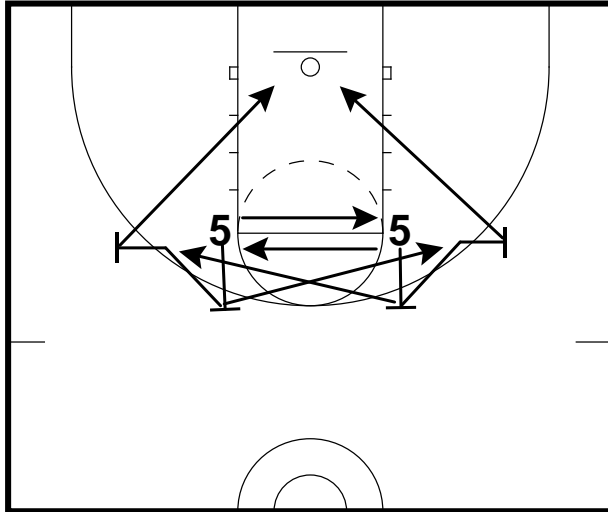
It is VERY IMPORTANT that you drill your players to understand and appreciate the spacing on this offense. Keeping the basket clear will provide constant backdoor opportunities for your wing players and give your post man the opportunity to be isolated on the blocks from the pick and rolls.

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Basic Continuity and Alignment

Princeton Series Continuity Offense

The 5 man's responsibilities and alignment:



After your early offense, your 5 man will occupy the HIGH POST ELBOWS for post catches, the WING for ball screen opportunities and ON TOP of the lane line extended for back screens.

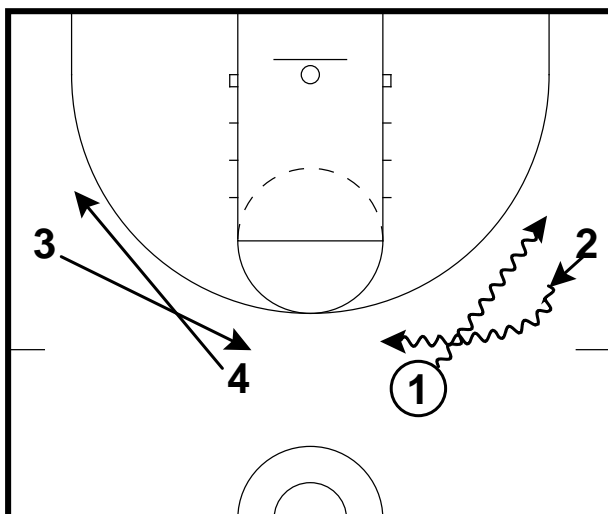
Here are TWO important rules for the 5 man to remember:

- 1) If you back screen, you then follow the pass to set a ball screen.
- 2) When you roll to the basket after ball screening, you then flash to the ball side elbow as quickly as possible.

Basic Continuity and Alignment

Princeton Series Continuity Offense

Ok, let's start the continuity.



We will use our dribble entry to begin the offense the majority of the time, but as you will see in our other sections, we also use our POST ENTRY or our WING PASS ENTRY to begin the offense.

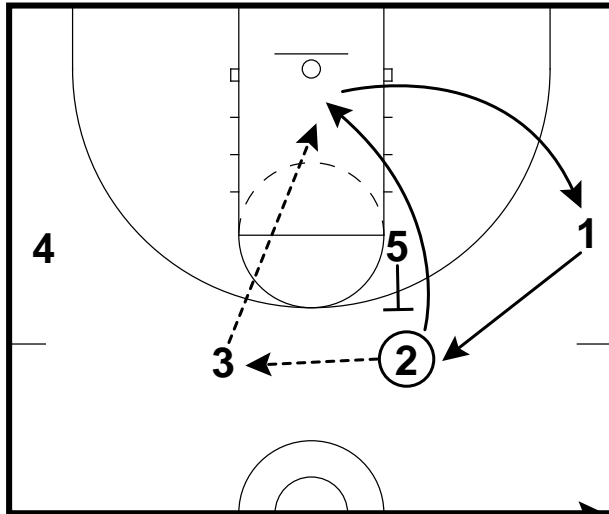
Here we see #1 and #2 executing a dribble hand-off on the wing to begin. Anytime the opposite wing players see a DRIBBLE HAND-OFF on the wing, their rule is to EXCHANGE if possible.

#3 and #4 will want to time their exchange so that #3 is cutting up to the top (again, even with the lane line extended up) as #2 is driving the ball up on the opposite side (lane line extended up). This timing is critical to setup your back door options discussed in our backdoor section.

Jamie Angeli

Basic Continuity and Alignment

Princeton Series Continuity Offense



We will assume for now that #3 is open (but don't panic, if he is denied we will backdoor this man and stay in our continuity - no problem). We explain this backdoor option in our BACKDOOR OPTIONS section.

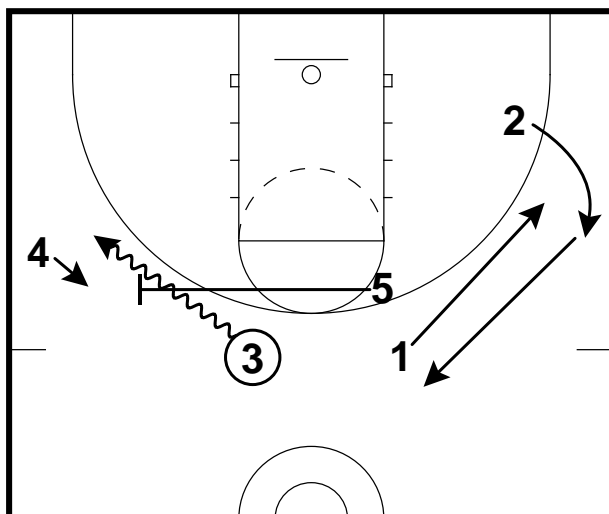
As soon as #2 passes to #3, #5 will set a back screen for #2. #2 cuts to the rim while #3 looks to pass inside to #2 if he is open.

#1 fills the open spot on top once #2 cuts off the back screen from #5.

#2, if he does not get the pass, quickly cuts back out to the open wing spot on the right side of the floor.

Basic Continuity and Alignment

Princeton Series Continuity Offense



#3, after seeing #2 was not open on the back screen cut, will now drive the ball at #4 on the left wing (again, another backdoor opportunity we will discuss in our BACKDOOR OPTIONS section).

Since #1 and #2 recognize the dribble hand-off entry, they know their rule is to exchange on the backside of the floor. #2 will be making his cut up to the wing, then plant his outside foot and make a hard cut to the top of the floor, lane line extended.

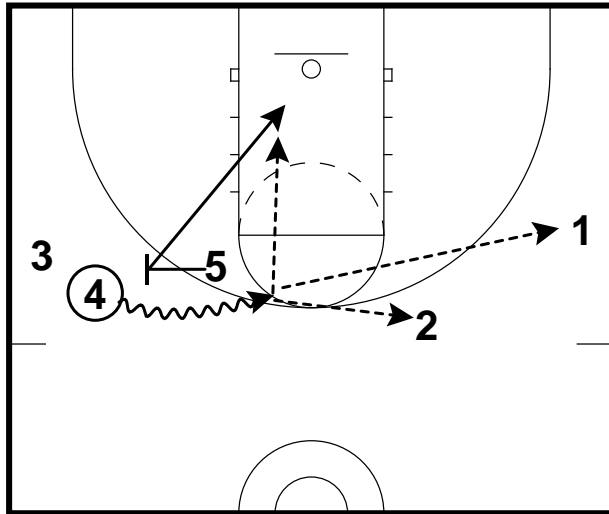
#5's rule, as you will remember from his responsibilities, is to BALL SCREEN immediately after any time he sets a BACK SCREEN.

As #4 takes the ball from #3, #5 is setting a ball screen for #4.

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Basic Continuity and Alignment

Princeton Series Continuity Offense



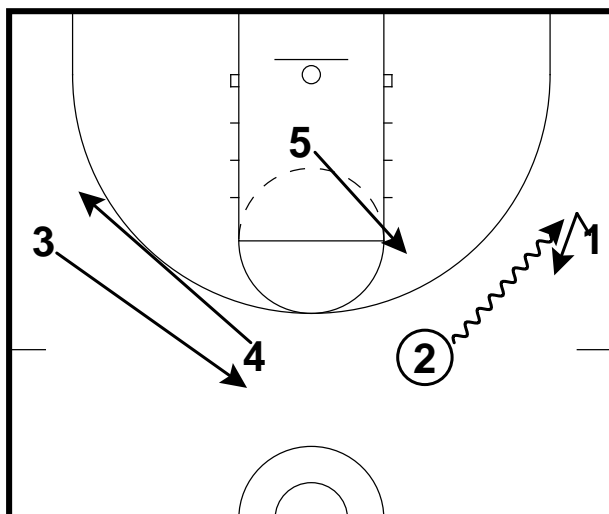
#4 and #5 now execute a screen and roll. The basket is always clear so #5 will have no help defenders to worry about after rolling to the basket.

#4 takes the ball off the screen looking to score, drive and kick out to #2 or #3, or dump the ball to #5 rolling.

#3 is always ready on the wing for the open jump shot just in case his man helps on #5 rolling to the basket. Same goes for #2's defender helping on #4's drive or #1's defender helping on #5 rolling. All three (#1, #2 and #3) are spotting up and looking for open 3 point shots.

Basic Continuity and Alignment

Princeton Series Continuity Offense



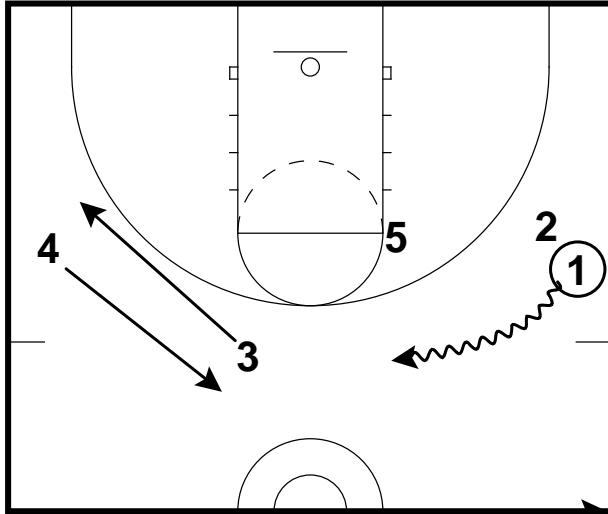
If #4 cannot pass to #5 inside for the shot, he quickly reverses the ball to #2 on top.

#2 and #1 now execute a dribble hand-off on the right wing. #5, following his rules, knows he does not have to ball screen this time (since he rolled to the basket), and flashes to the ball side elbow as quickly as possible, looking for a potential entry pass (which we cover in our POST ENTRY section).

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Basic Continuity and Alignment

Princeton Series Continuity Offense



As #1 takes the ball off the dribble hand-off, #3 and #4 remember their rule (anytime there is a dribble hand-off on the wing, we must exchange on the weakside of the floor).

Also, please keep in mind, we are only showing the dribble hand-off entry, so I know it looks like the wings will get worn out exchanging all day - but I promise - once you work in the other entries, it will all flow together.

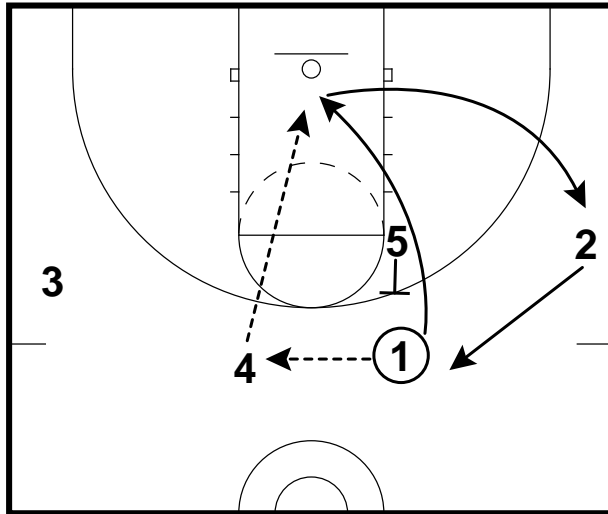
Again, it is important to really drill this option so that #3 is cutting to the top as #1 is getting the ball even with the lane line extended out on top. This will provide the best angle for back door options and create an opportunity for the defense to feel they can sneak out and steal this reverse pass.

As I mentioned earlier, be patient, we will show you the backdoor options in the BACKDOOR section and how easy it is to get back into continuity if you cannot make the backdoor pass.

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Basic Continuity and Alignment

Princeton Series Continuity Offense

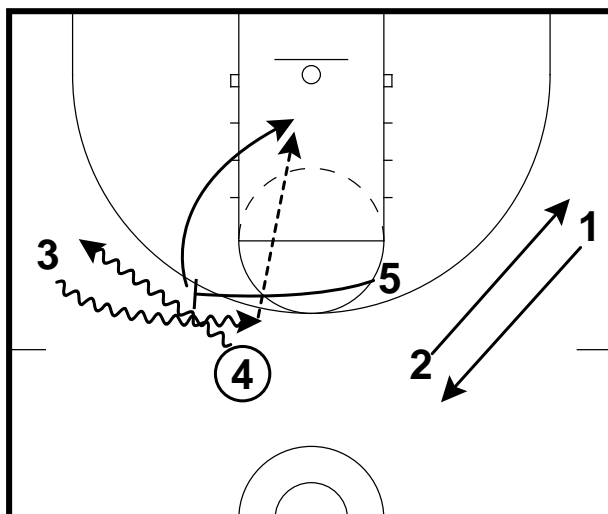


The continuity continues now with #5 back screening for the passer, #1. #4 looks inside to #1 coming off the back screen.

#2 fills the open spot on top after #1 makes his cut. Once #1 sees that he is not open on the back screen from #5, he immediately cuts to the right side open wing area.

Basic Continuity and Alignment

Princeton Series Continuity Offense



#5's rule applies again (after back screening always follow the pass and ball screen).

#3 and #4 execute a dribble hand-off on the wing while #5 moves over to set the ball screen for #3 coming off the hand-off.

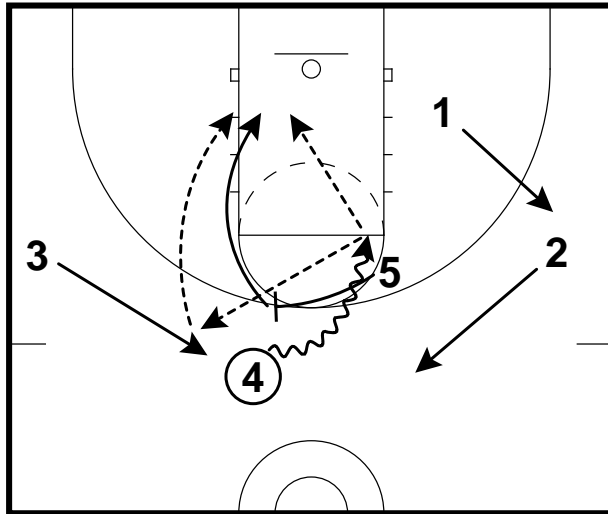
#1 has cleared out and up to the top while #2 cuts away to the wing, completing the exchange because of the hand-off action on the opposite side of the floor. This action not only occupies defenders on the weakside, opening up the basket for #5 rolling to the lane and #3 driving to the basket, BUT since the backside lane area is always open, it also sets up a great backdoor option for #1 if his defender tries to overplay on ball reversal.

Great action and hard to defend when executed correctly.

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Basic Continuity and Alignment

Princeton Series Continuity Offense



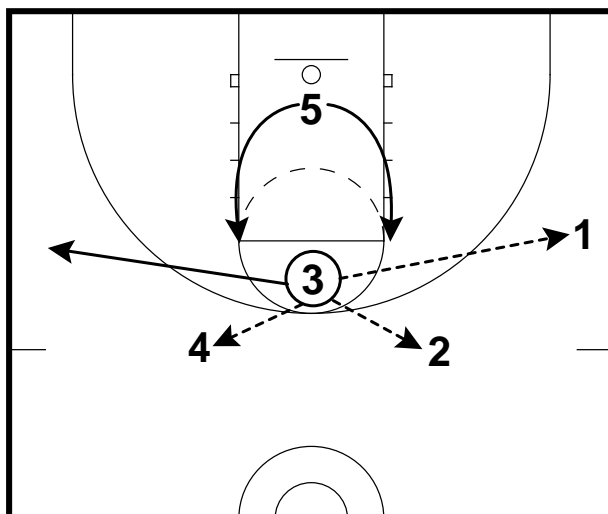
You may want to add this option LATER, but anytime after #1 cuts off the back screen from #5, #4 COULD elect to take the ball back to the middle using a ball screen from #5. #5 is already moving over to ball screen since he just back screened.

Here we see #4 taking the ball off the ball screen while #5 rolls to the rim. #2 is filling up top while #1 begins his cut back out to the wing once he did not get the ball off the back cut and back screen from #5.

#3 also fills up to take his help away from the rolling #5 man. #4 can look to pass the ball back to #3 if he is open or kick the ball out to #1 or #2.

Basic Continuity and Alignment

Princeton Series Continuity Offense



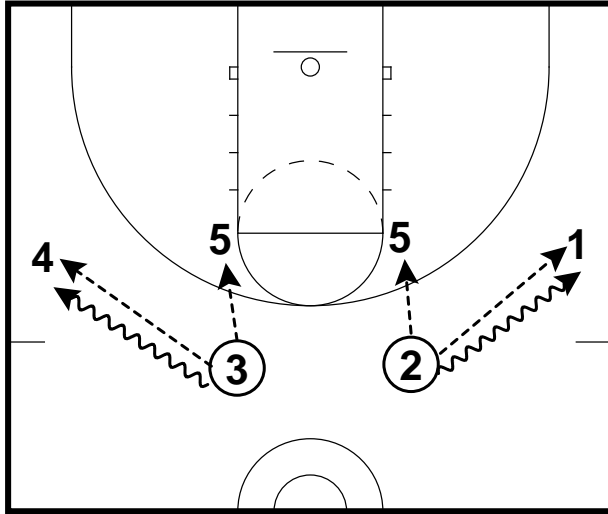
Once again it is very easy to stay in continuity as #3 passes out from his penetration. #5 flashes to the ball side elbow while #3 fills the vacated wing spot.

You are now in your 4 out, 1 in alignment that began the offense.

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Basic Continuity and Alignment

Princeton Series Continuity Offense



The rules and options for this offense will always ensure that each perimeter defender will be getting different action to defend each time down the floor **BECAUSE:**

- 1) The ball will not always come up the same side of the floor.
- 2) If you have more than one good ballhandler, you may elect to have multiple players pushing the ball up the sideline.
- 3) You have three entry options each time you have the ball on top lane line extended (POST ENTRY, WING PASS ENTRY AND WING DRIBBLE ENTRY).

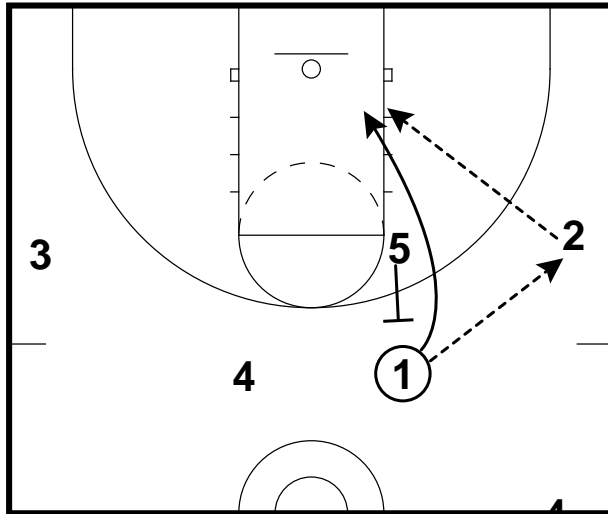


Continuity Offense

Wing Pass Entry

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Wing Pass Entry Princeton Series Continuity Offense

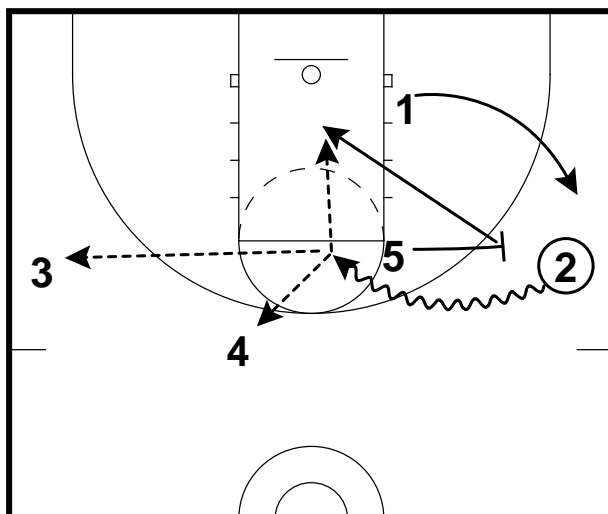


Although our basic continuity only shows you our DRIBBLE ENTRY WING option, you may certainly pass the ball to the wing or into the post at anytime in the offense. Let's look at the wing pass entry.

Here we see #1 passing to #2 to initiate the WING PASS ENTRY option.

#5 immediately back screens for #1 who cuts to the basket.

Wing Pass Entry Princeton Series Continuity Offense



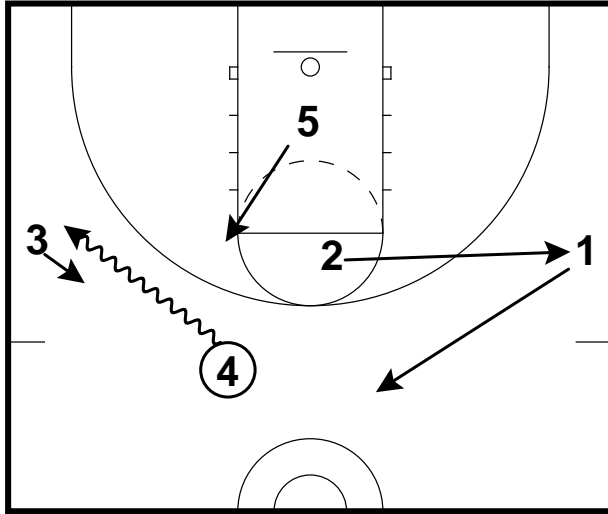
#5's rules remains the same, AFTER BACKSCREENING, YOU MUST FOLLOW THE PASS AND BALL SCREEN.

#5 now sets a ball screen for #2 on the right wing. Since there was not a dribble hand-off on the wing, #3 and #4 DO NOT exchange.

#2 comes off the ball screen looking to score while #1 cuts up to the wing. #4 or #3 may be open if their defenders help on the drive from #2 or from #5 rolling to the rim.

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Wing Pass Entry Princeton Series Continuity Offense

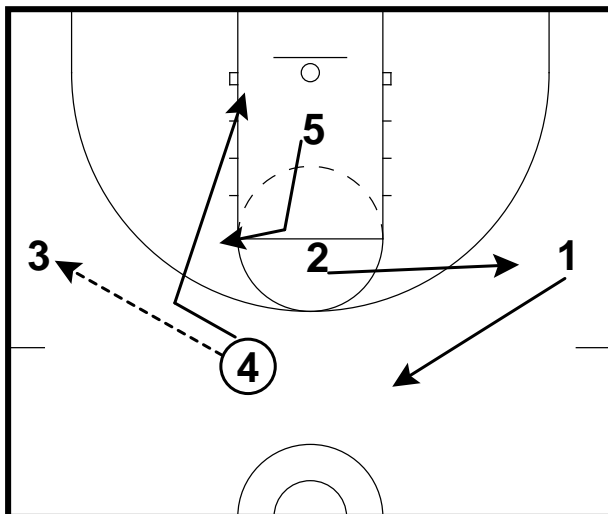


#4 then takes the ball and the offense keeps the continuity by #3, #4 or #5 executing either a wing entry, post entry or dribble hand-off on the left side of the floor. #5 flashes to the ball side elbow after rolling.

Since #4 opted to use a dribble hand-off wing entry on the left side, #2 and #1 must exchange on the weakside. #4 could just as easily make another WING ENTRY pass to #3, and the action would be duplicated on the left side of the floor.

Here we see #2 cutting to the opposite wing with #1 cutting to the top lane line area of the floor because #4 elected to use the DRIBBLE HAND-OFF WING ENTRY option.

Wing Pass Entry Princeton Series Continuity Offense

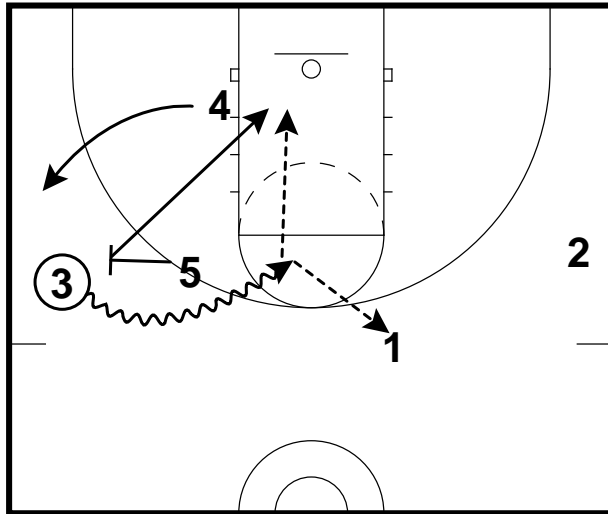


If #4 was to use the wing pass entry option again with #3, his role would be the same. Instead of using a backscreen from #5 (since #5 is not available for the backscreen after rolling to the basket), #4 would simply make a solid give and go cut to the basket.

As soon as #4 passed to #3, #5 clears out of the lane and to the ball side wing ready to duplicate his ball screen action on the left side of the floor (as if he just backscreened for #4).

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Wing Pass Entry Princeton Series Continuity Offense

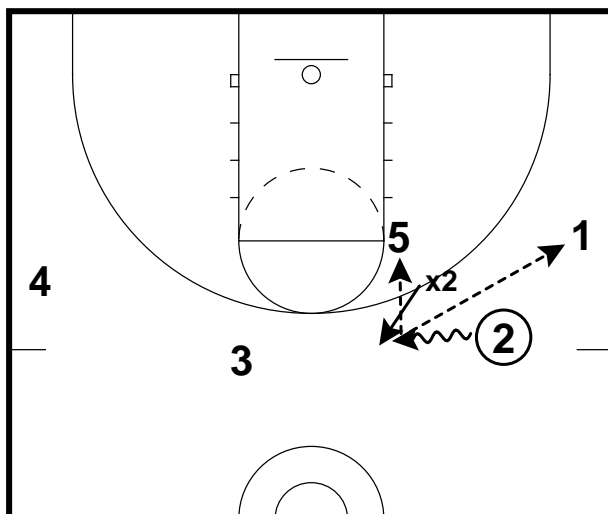


#3 now drives the ball off the screen from #5. #4 cuts up to the left side wing area as #5 rolls to the open basket area.

#3 looks to score, dump the ball off to #5 rolling or kick the ball out to #2 on top.

#2 and #1 did not exchange because there was NOT a dribble hand-off entry used.

Wing Pass Entry Princeton Series Continuity Offense

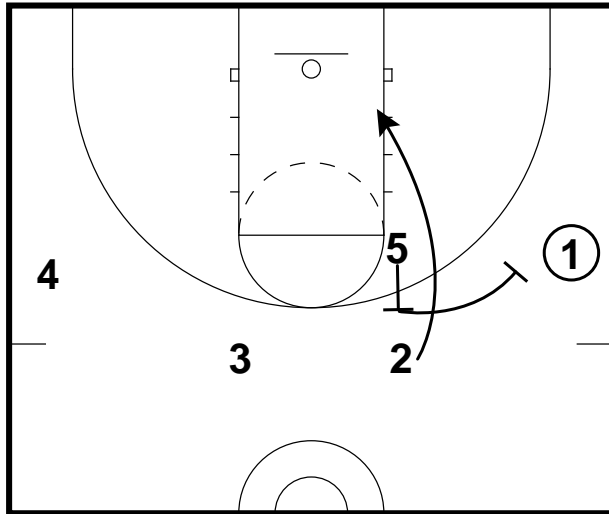


You may also initiate a quick wing pass entry any time the defense tries to stop the ball from going across the top (for example when #2 takes the dribble hand-off from #1 and x2 jumps out and tries to force the offense back).

Not a problem when this happens, in fact, you can really take advantage of this overplay by quickly passing back to #1 and using the back screen from #5 OR you could hit #5, execute the POST ENTRY option and cut to the basket, leaving the overplaying defender behind you (which we will cover in the POST ENTRY section).

Jamie Angeli

Wing Pass Entry Princeton Series Continuity Offense



If you did not hit the post and execute the scissors option (covered in the POST ENTRY section), the pass back to the wing would then initiate the wing entry option and allow #5 to backscreen for #2 and then ball screen for #1, as described earlier.

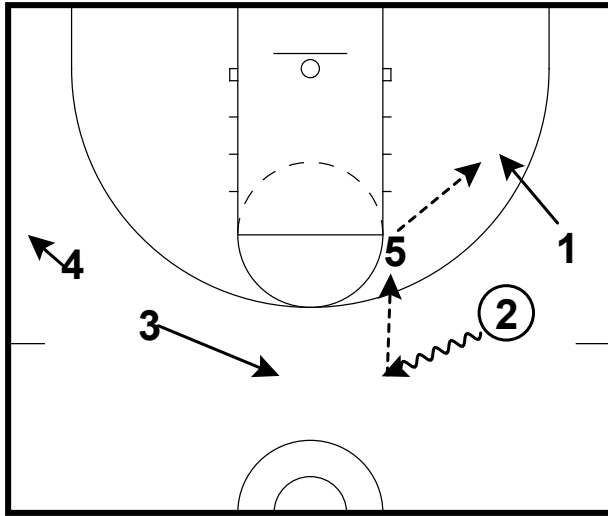


Continuity Offense

Post Entry

Post Entry Option

Princeton Series Continuity Offense



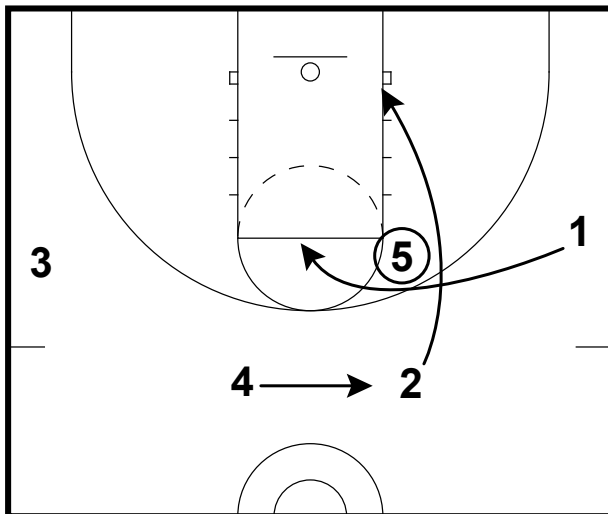
I absolutely love the POST ENTRY option and the scoring possibilities from it.

At ANYTIME in the offense, the top perimeter player or the wing player can hit the #5 man in the high post elbow area with a pass. That is why it is critical that your post player always be in the "post-up" position on the elbow, ready to seal and step to catch the entry pass (treating it just like he would posting up on the low block). HE MUST ALWAYS BE THERE AS AN ENTRY OPTION.

Here we see #2 driving the ball up on top just after taking the hand-off from #1. #3 and #4 have exchanged but now #2 decides to hit #5 in the high post. If #1 is denied, he can look to cut back door for a lay-up. In any event, #1 will want to set his man up with a few steps toward the basket.

Post Entry Option

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The rule on the pass to the post is pretty simple for both perimeter players on the ball side.

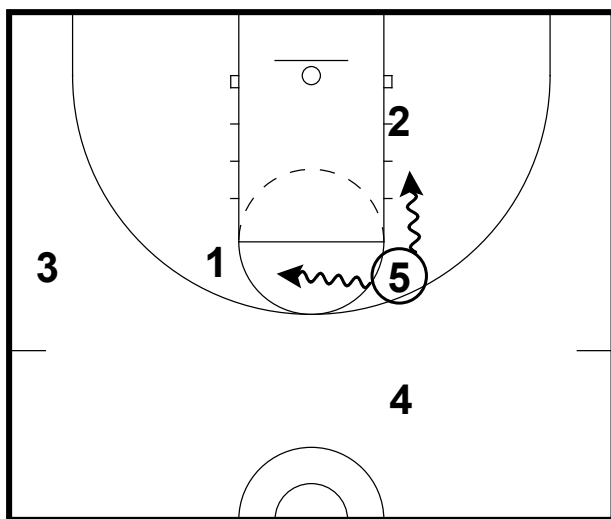
The passer, #2 in this diagram, always cuts FIRST with the other wing player, #1, cutting right off the back of #2 into the lane. GREAT ACTION! This scissors cut off the post can often result in a wide-open lay-up or jump shot for either player.

As #2 cuts to the lane, #4 fills on to to replace #2. #5 dumps the ball off to whomever is open.

If #1 did cut all the way back door this is not a problem. #1 would then plan his foot, cut back up and around the cutting #2 player, still maintaining this scissors action and subsequent "blur" screen for each other.

Post Entry Option

Princeton Series Continuity Offense

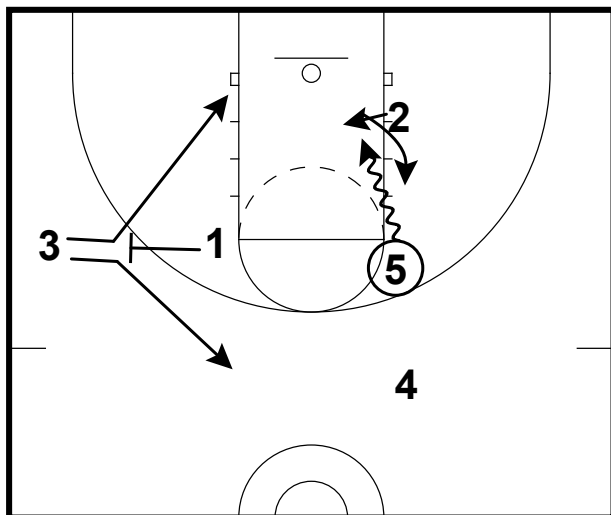


If #2 or #1 does not receive the ball from #5, #5 has an easy decision.

- 1) He either turns and scores.
- 2) Or he drives the ball at either #1 or #2.

Post Entry Option

Princeton Series Continuity Offense



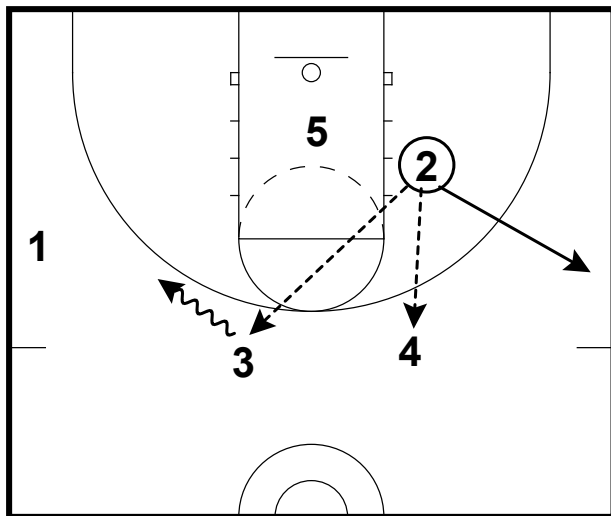
If #5 elects to drive at #2 on the low block area, #1 does what he should always do and screen for #3 on the opposite wing area. #3 has the option to cut either way off the screen. The screener, #1, will cut in the opposite direction #3 chooses and look for the ball. We will cover this option in more detail when #5 elects to drive the ball at #1.

You will remember that #4 cut over to the ball side when the pass entered the post and #2 cut through to the low block.

#5 attacking #2's defender is a great option here as the defensive player's momentum is moving toward the basket while #5 executes a dribble hand-off with #2. #5 hands the ball off and screens #2's defender while #2 looks for the pull up jumper from 8 to 10 feet.

Post Entry Option

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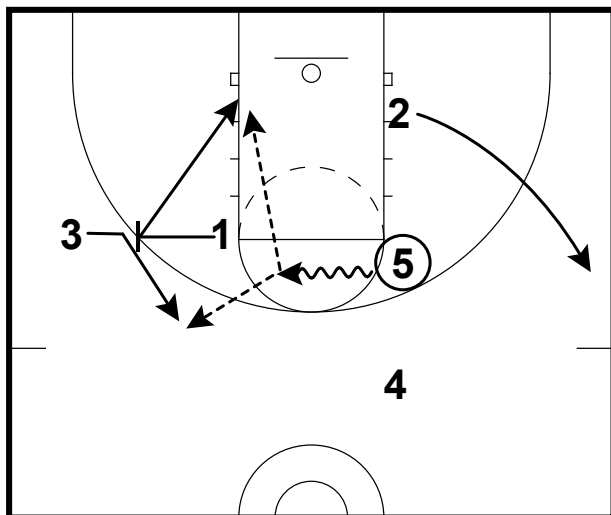
If #2 does not have a shot from the hand-off, #5 could roll momentarily to the basket. This is especially effective if the defenders try to switch the dribble hand-off / screen action.

If #2 does not get a shot or pass inside, he throws the ball out to either of the top spots and fills the open wing spot.

You are now back in your original alignment. #3 starts to make the dribble hand-off entry with #5 flashing to the elbow area, always looking in case #3 decides to pick up his dribble and hit the high post or use the WING PASS entry option by passing to #1 on the left wing.

Post Entry Option

Princeton Series Continuity Offense



If #5 decided to drive the ball towards #1 (which is the option he should choose most often), #2 now cuts out to the open spot on the wing while #1 continues his screening action on the wing with #3.

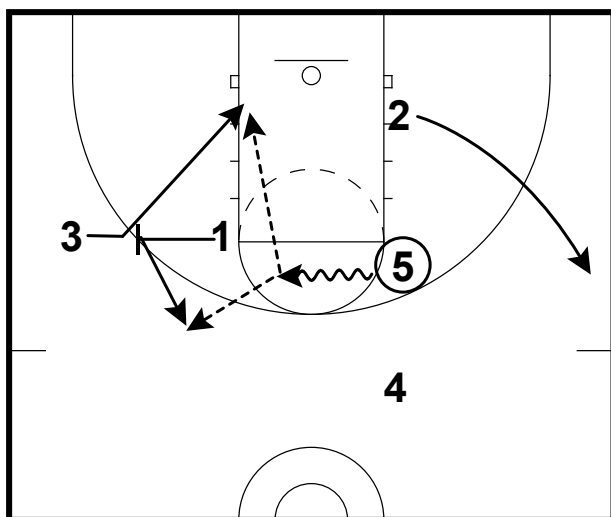
#3 has the option to cut high or low off the screening action from #1. If #3 cuts high, #1 immediately cut to the basket and looks for the back door pass from #5.

Another great scoring option and hard to guard.

Post Entry Option

Princeton Series Continuity Offense

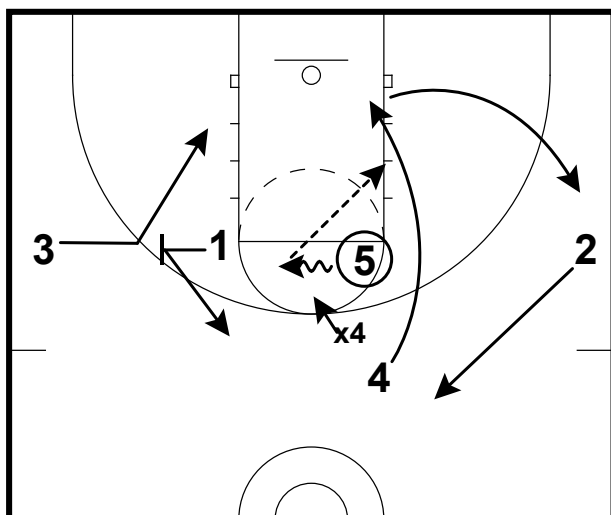
If #3 decided to cut to the basket off the screen from #1, #1 would then quickly pop out and shape up for the perimeter catch and shot.



Post Entry Option

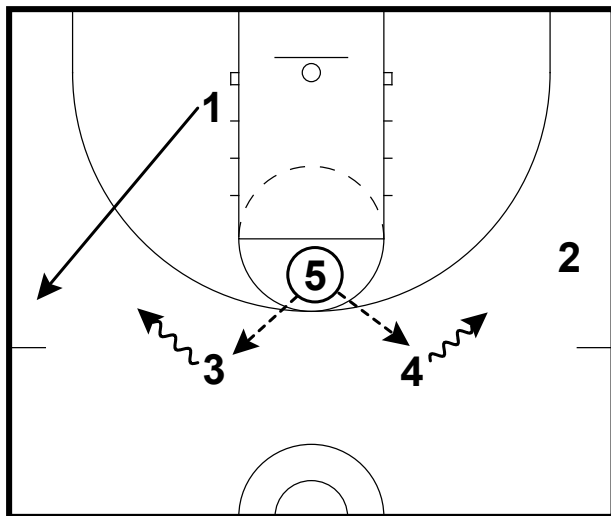
Princeton Series Continuity Offense

If #4's defender looks to help on #5's dribble across the top, #4 makes a basket cut. When that happens, #2 will fill up on top, with #4 cutting out to the open wing after the back cut.



Post Entry Option

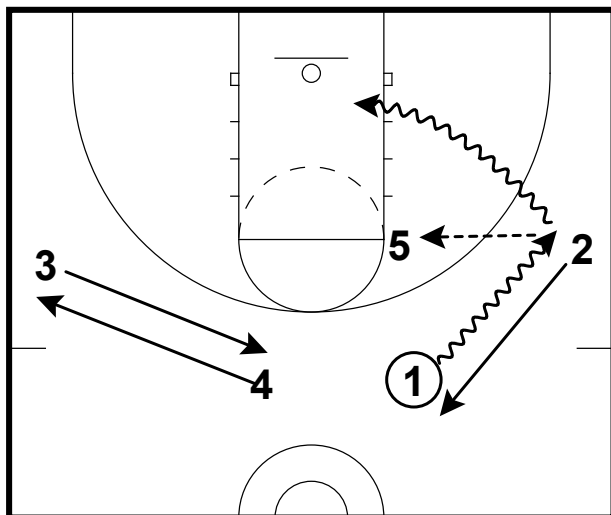
Princeton Series Continuity Offense



Same as before, if #5 did not deliver the ball for a back door lay-up, he would pass out to either of the perimeter spots. The players who cut back door will now cut back to the open wing area and we are now in our basic alignment to continue the offense.

Post Entry Option

Princeton Series Continuity Offense

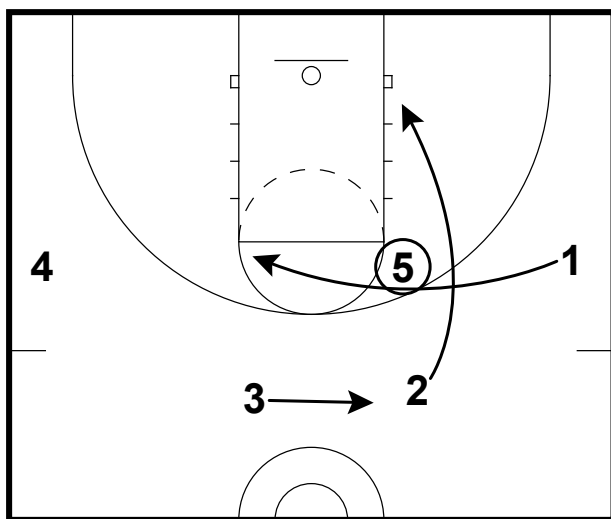


There is another way to enter the ball to the high post, and I have to admit, I like this one too!

Whenever the dribble hand-off is executed on the wing, the ballhandler, #1 in this diagram, can FAKE the hand-off and keep the ball. He could first look to drive to the open baseline if it is open. If not, a quick pass to #5 is a great option.

Post Entry Option

Princeton Series Continuity Offense



#5 receives the pass from #1. The player who makes the post entry pass cuts first. Here #1 will now cut over the top of #5 while #2 cuts off the back of #1.

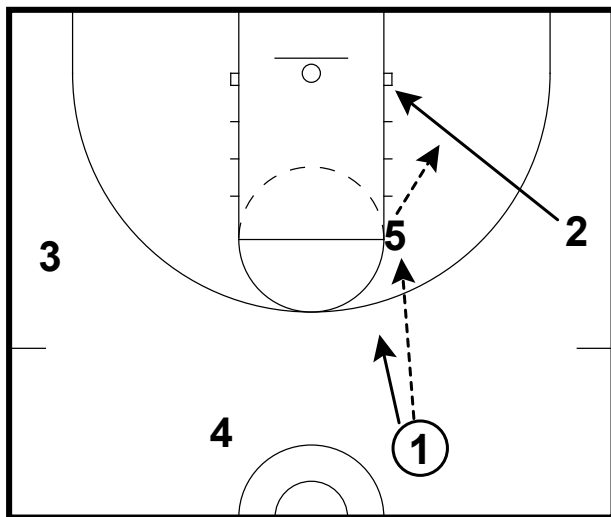
The reason I like this entry is because #2's defenders momentum is moving up to the top with #2. If #2 makes a quick back door move off the back of #1, I think you will find he will be open often.

If neither player receives the ball back from #5, then #5 has the same options as described before:

Score himself or drive the ball at either #1 or #2 and the offense continues as previously described.

Post Entry Option

Princeton Series Continuity Offense

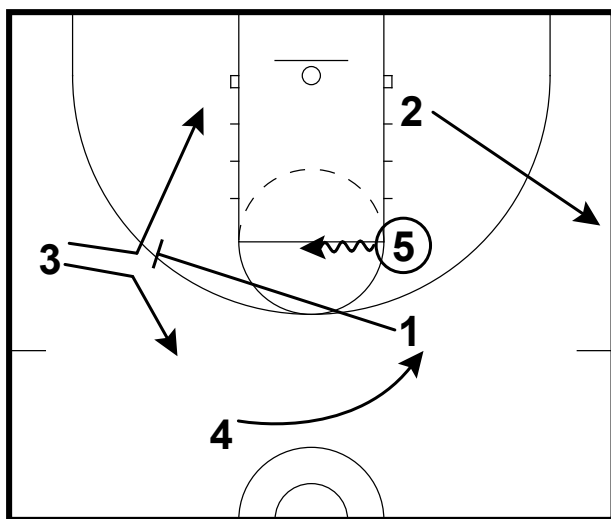


Staying in continuity from the post entry / back door cut on the wing.

The back door from the post to the wing is always an option. When #2 decides to commit to the back door cut, #1 would continue his cut towards the post as if to execute the scissor action as described earlier.

Post Entry Option

Princeton Series Continuity Offense



Once #1 sees that #2 has committed to the back door cut instead of the scissor action, #1 cuts across the FT line area to set the wing screen for #3. As described earlier, #1 would cut opposite the direction #3 decides to cut off of his screen.

If #2 does not get the ball on the back door cut, he will bounce back out to the FT line extended area.

#5 then drives the ball to the opposite FT line elbow area (as in previous action). Looking for #1 or #3 (or #4 circling around the top replacing #1 and looking to cut back door if #4 helps on the post dribble). The back door for #4 is open as #2 has already cleared his defender up to the wing.

The offense continues as before (see frame 7 and 8).

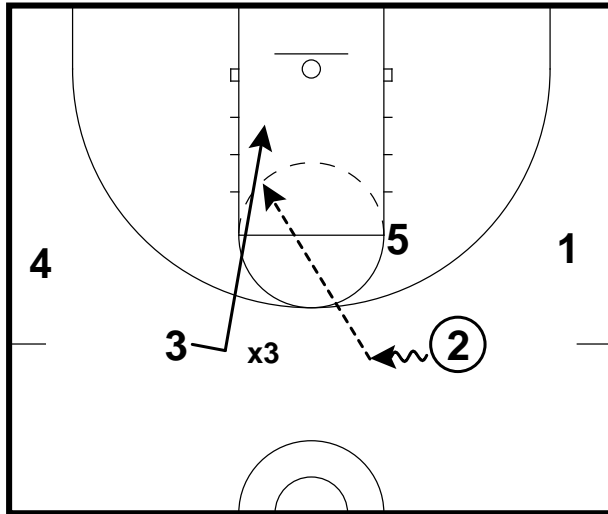


Continuity Offense

Backdoor Options

Jamie Angeli

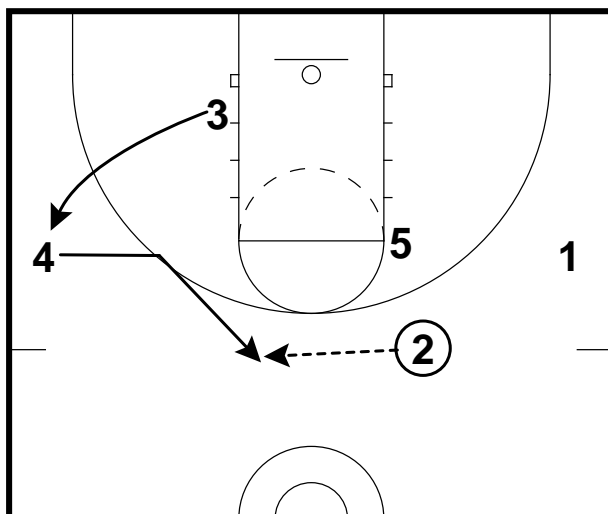
Back Door Options Princeton Series Continuity Offense



One of the greatest things about this offense is how easily it is to stay in your continuity after setting up the back door. As you may know, many offenses seem to breakdown and die after the initial back door cut and the pass is not available. The passer has lost his dribble and things come to a screeching halt.

Not with this offense. When the perimeter pass on top is overplayed, the perimeter player (#3 in this diagram), will cut back door looking for the pass from #2.

Back Door Options Princeton Series Continuity Offense

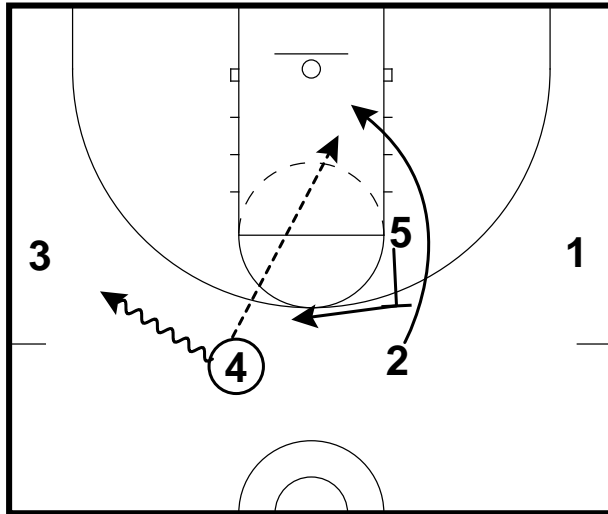


#4 is filling up quickly to the top spot just vacated by #3. Rarely will you find the defense can successfully deny both passes here as most likely #4's defender had to help a bit on the back door cut from #3.

#4 takes his man in a few steps and then breaks up to the top, free throw lane line extended up, to receive the next pass from #2.

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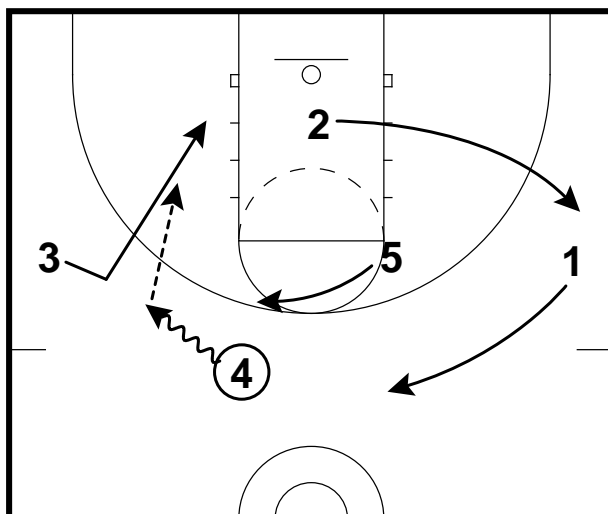
Back Door Options Princeton Series Continuity Offense



The offense now continues as before with #5 back screening for the passes, #2, and then moving over to ball screen for #3 as he comes off the dribble hand-off with #4.

OR, if #4 elected to use the WING PASS ENTRY option, #4 would make a give and go cut to the rim with #5 hustling over to ball screen for #3 and the offense continues as described in our continuity section.

Back Door Options Princeton Series Continuity Offense



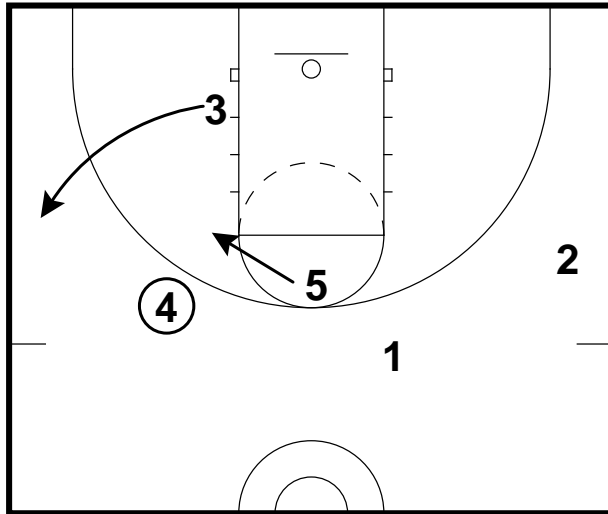
Another back door opportunity is when the wing player (#3 in this diagram) is being played tough defensively, trying to disrupt the dribble hand-off with #4.

The back side of the floor is clear as #2 cut out and up and #1 filled on top.

#3 sets up his man and cuts back door to the rim looking for the pass from #4. As you can see #5 is on his way to ball screen, since he just got done back screening for #2.

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Back Door Options Princeton Series Continuity Offense

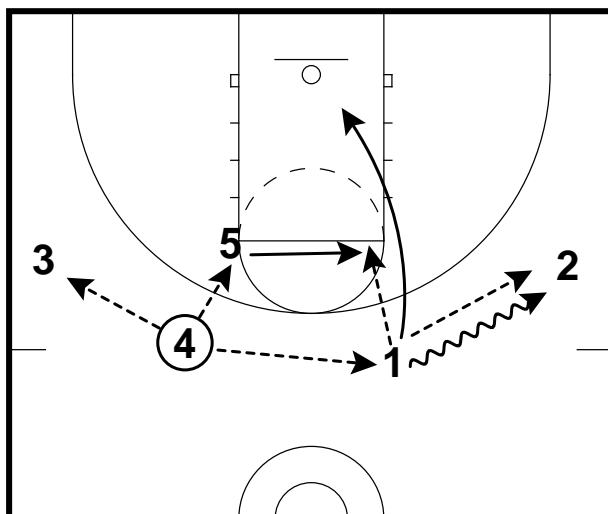


As with all of our back door opportunities, if the pass is not available, staying in continuity is not a problem.

#5 recognizes the dribble pick up by #4 and knows that a ball screen option is not available. #5 flashes to the ball side elbow area looking for the potential pass from #4.

#3 did not get the ball and immediately cuts back to the ball side wing area from where he began.

Back Door Options Princeton Series Continuity Offense



From here there are several pass options for #4 to continue the offense.

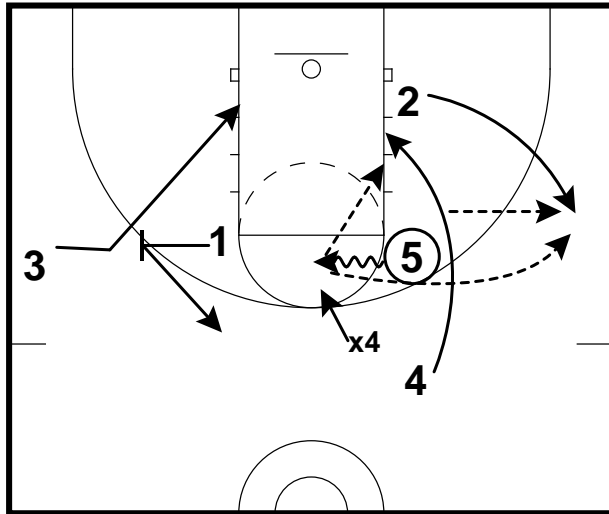
1) He could pass to #3 on the left wing and initiate our WING ENTRY option.

2) He could pass to #5 and initiate our POST ENTRY option.

3) He could reverse the ball on top to #1 who could continue the offense on the other side of the floor by executing a DRIBBLE HAND-OFF with #2 or could pass to #2 to start the WING ENTRY option and give and go cut OR pass to #5 cutting across to the high post elbow looking for the POST ENTRY OPTION.

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Back Door Options Princeton Series Continuity Offense



As we mentioned briefly before, on the POST ENTRY option, #5 has the option to drive the ball at the opposite wing players while #1 and #3 execute their screening / cutting action.

#4 has moved over on top for floor balance. Should #4's defender look to help on the dribble drive across from #5, this is an automatic back door cut from #4. #2 has already cleared out leaving the basket open.

If #2's defender moved over to help on #4's cut, then either #4 or #5 could pass the ball out to #2 open on the wing.



Continuity Offense

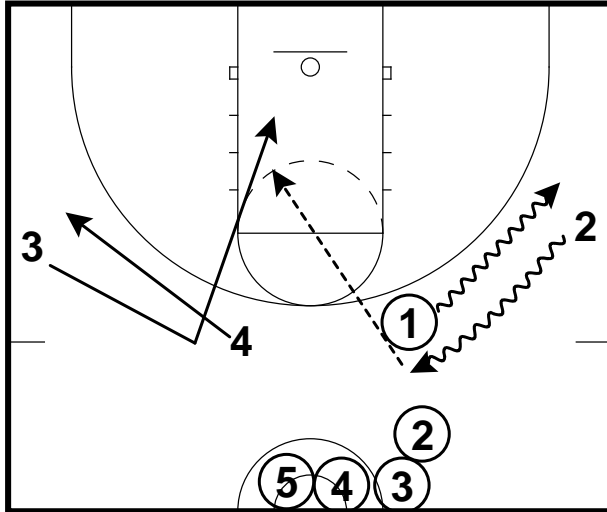
Breakdown Drills

Jamie Angeli

Breakdown Drills Princeton Series Continuity Offense

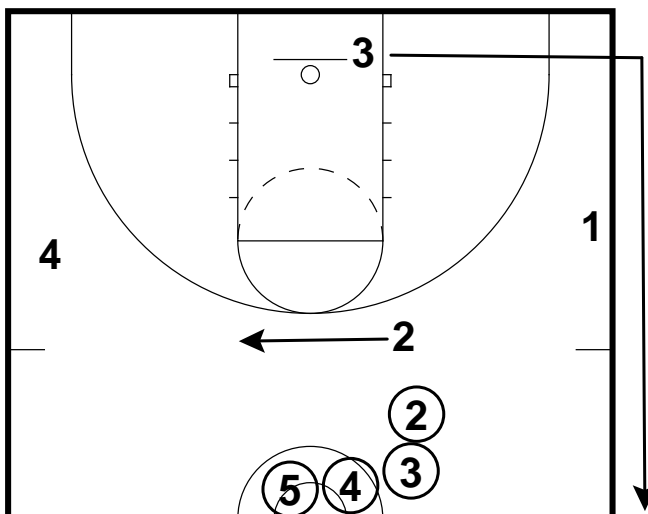
Dribble Entry Hand-Off Breakdown.

Wings exchange, work on timing. Make the backdoor pass to the cutting player. #3 in this diagram.



Breakdown Drills Princeton Series Continuity Offense

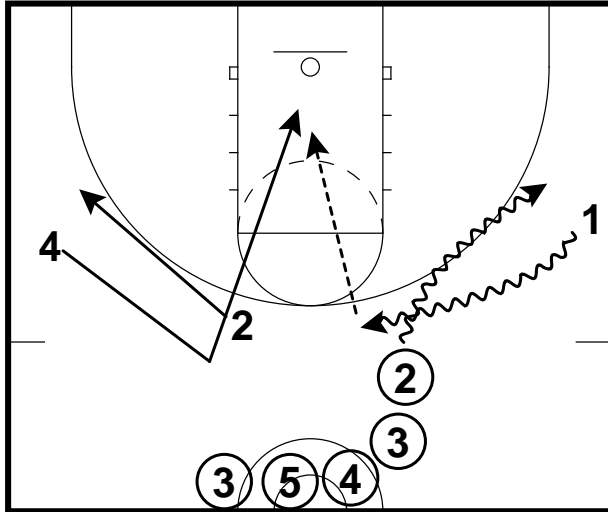
Rotations in order to start next series quickly.



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Breakdown Drills Princeton Series Continuity Offense

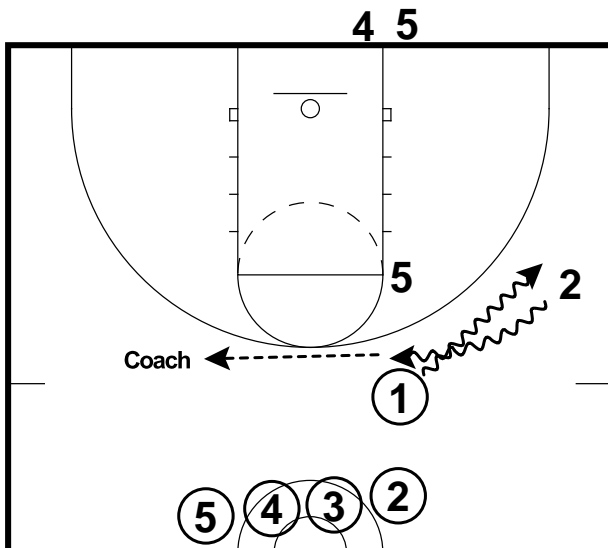
Repeat dribble hand-off / exchange / back door action.



Breakdown Drills Princeton Series Continuity Offense

Reverse Pass / Backscreen Option.

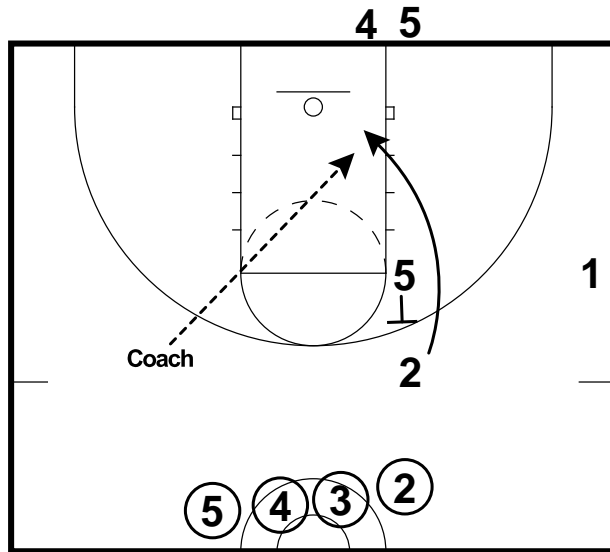
#1 and #2 execute dribble hand-off and pass across the top to the coach.



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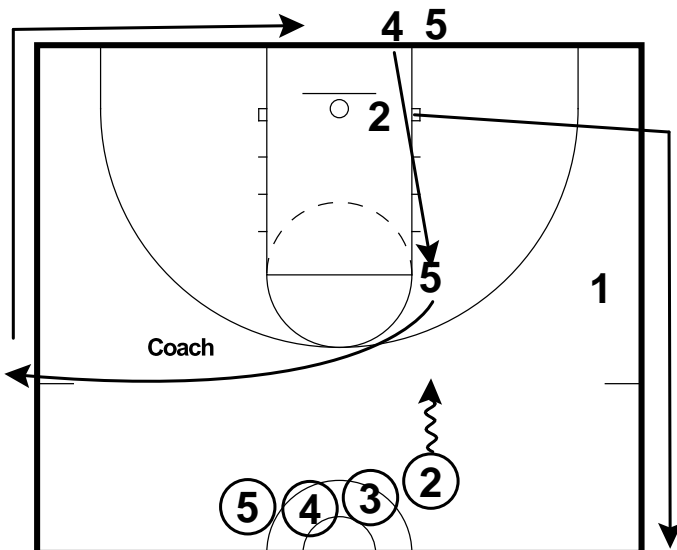
Breakdown Drills Princeton Series Continuity Offense

#5 steps out and back screens for #2. COACH makes pass to #2 for lay-up off the back screen.



Breakdown Drills Princeton Series Continuity Offense

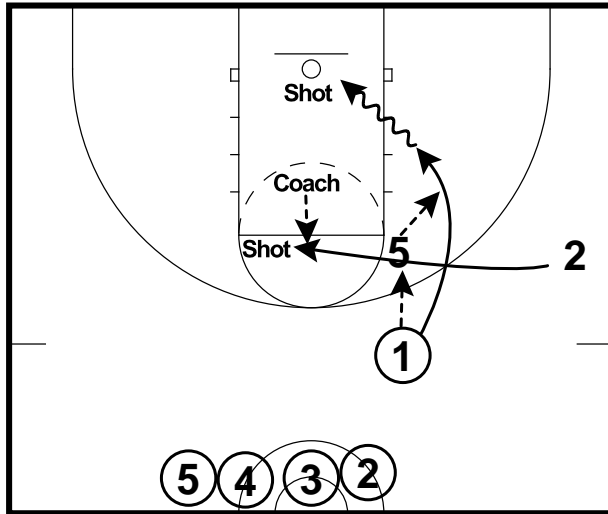
Rotations from drill to start next series quickly.



Jamie Angeli

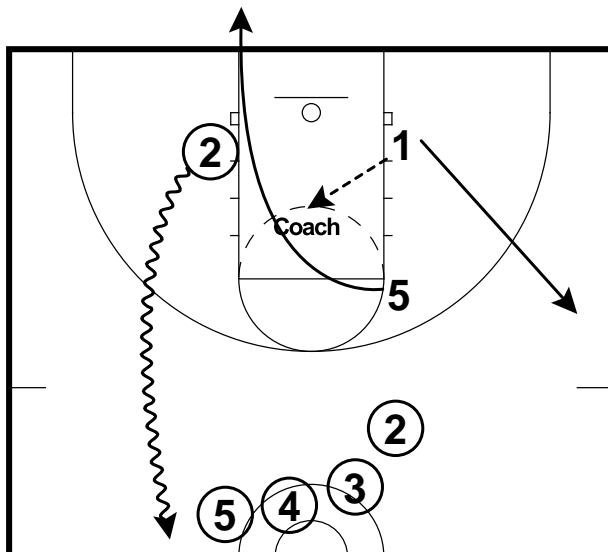
Breakdown Drills Princeton Series Continuity Offense

Post Entry Siccor's Option Breakdown.



Ball entered from top line. #1 cuts first with #2 running off the back of #1. Post player #5 gives the ball to #1 for the lay-up. COACH hits #2 for the jumper at the FT line area.

Breakdown Drills Princeton Series Continuity Offense



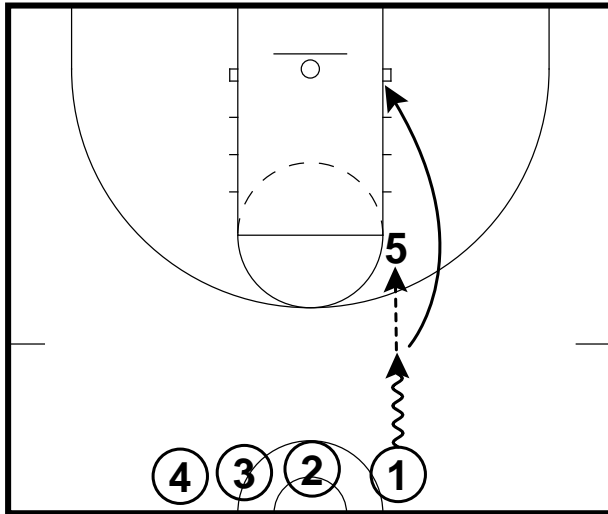
Rotations from this drill to start the next series quickly.

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Breakdown Drills Princeton Series Continuity Offense

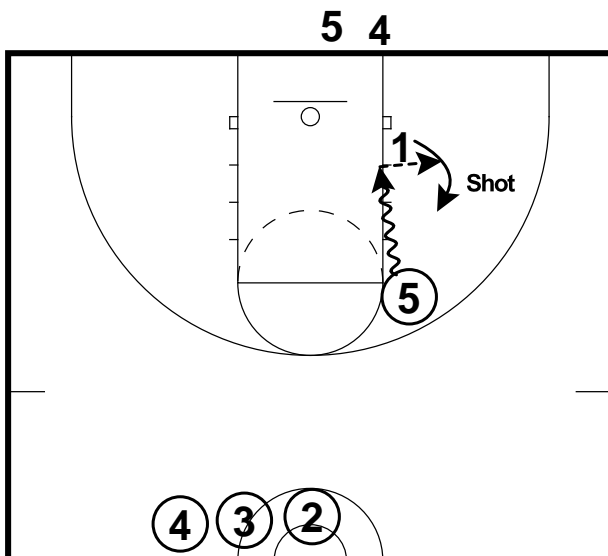
Post Entry / Dribble Hand-Off Option.

#1 hits #5 and cuts hard to the basket.



Breakdown Drills Princeton Series Continuity Offense

#5 drives at #1. #1 curls off the hand-off / screen action from #5 and takes the shot.

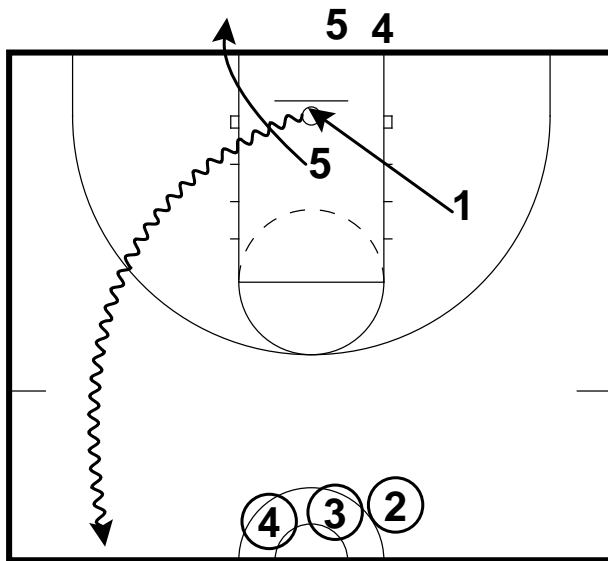


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Breakdown Drills

Princeton Series Continuity Offense

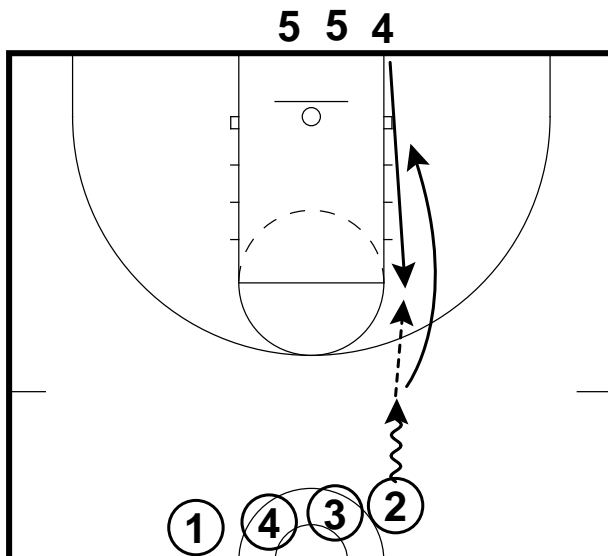
Rotations from this drill to move quickly to the next series.



Breakdown Drills

Princeton Series Continuity Offense

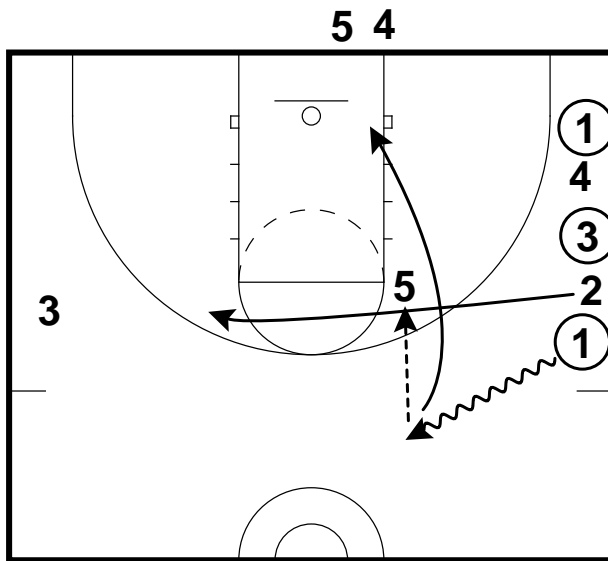
Post flashes and next series is started.



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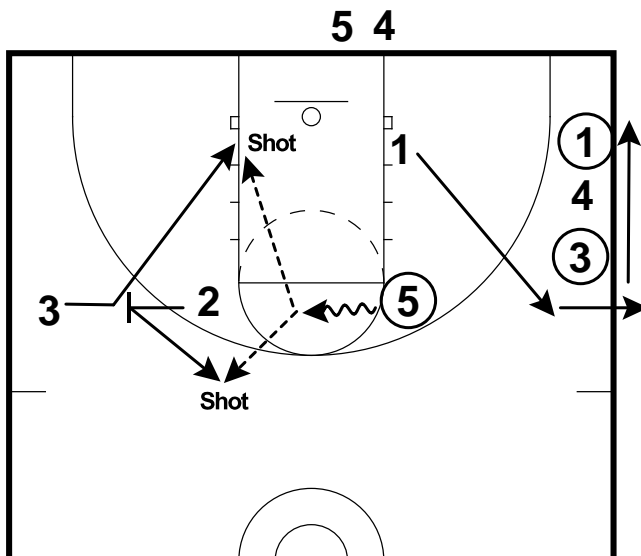
Breakdown Drills Princeton Series Continuity Offense

Post Entry Off Dribble To The Top.



#1 drives the ball up to the top, FT line line extended up. When #1 reaches the top, he quickly passes to #5. #1 cuts to the basket with second player in line, #2 (without a ball), cutting off the back of #1.

Breakdown Drills Princeton Series Continuity Offense



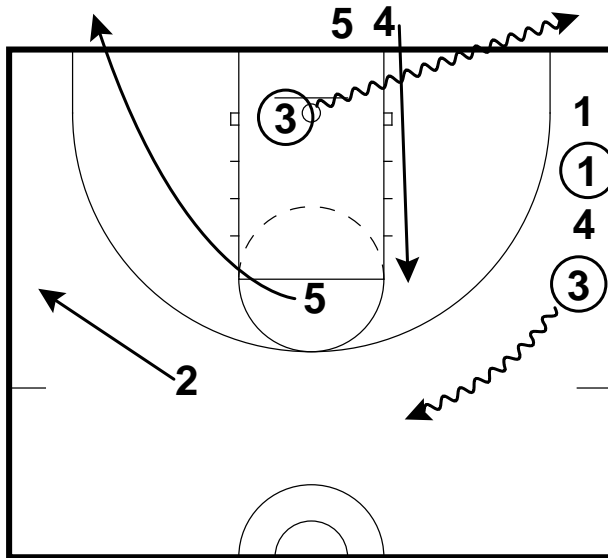
#5 now drives at #2 on the left wing. #2 and #3 execute their screening / cutting action. #5's option which player to hit for the shot.

#1 cuts up and out to the right wing line (end of the line).

Jamie Angeli

Breakdown Drills Princeton Series Continuity Offense

Rotations to get the next series started quickly.



Breakdown Drills Princeton Series Continuity Offense

Dribble Hand-off / Post Ball Screen Option.

#1 and #2 execute a dribble hand-off on the wing. #5 slides over from the opposite high post elbow area to set the ball screen for #2.

#2 can drive to shoot and score, dump the ball off to #5 rolling to the basket, or pass back to #1 on the right wing for the shot.

Players exchange lines on the wing and top while a new post player slides up to the elbow and we begin again.

