

THE SIMPLIFIED TRIANGLE OFFENSE

Jamie Angeli
Associate Head Women's Basketball Coach

The City College of New York

Table of Contents

Introduction	Page 1
Basic Continuity / Entry Options	Page 4
Pressure Releases	Page 16
Low Post Entry Options	Page 20
Pinch Post Entry Options	Page 26
High Post Elbow Entry Options	Page 31
Triangle Offense vs. Zone Defense..	Page 37
Practice Implementation / Breakdown Drills	Page 43

THE SIMPLIFIED TRIANGLE OFFENSE

Introduction

Since the Triangle Offense isn't exactly a new concept, I would first like to talk about the perceived "Cons" of the offense and how our "simplified" system is setup to address those issues.

Triangle Offense "Cons"

Learning curve can be steep – Our basic simplified system can be implemented in a few days. A few weeks later we will have all of the nuances installed. Add additional options as our team's comfort and execution level increases.

Requires precise timing – The included repetitive and competitive breakdown drills will reinforce the proper timing on all shots, passes, cuts and screening action.

Can become stagnant – Our simplified system has added a few wrinkles that will allow for increased activity and ball movement, making this offense fun and unpredictable each time down the floor. Once we get the entire system installed, I believe you will find our team will have multiple options at scoring on every pass.

There are three main concepts to the Triangle Offense:

- 1) The offense (like the Read and React Offense) is set up to counter the defense.
- 2) You can pass to any of your teammates at any time.
- 3) Spacing is superb.

1) The offense is set up to counter the defense.

Once the Triangle is established, one read of the defense is ideally all it should take to get going. With FIVE easy entries into the offense, the ability to get the motion started quickly is enhanced. Of course as the season progresses, our team will become more comfortable recognizing the options to use on each pass depending on the defensive coverage.

2) You can pass to any of your teammates at any time.

Through all of the motion, passing, cutting and screening, defenses are bound to break down. Even if everything is defended perfectly, the offense has such great spacing and isolation opportunities (much like the Read and React), that the ability to get quality shots (or draw shooting fouls) is a plus in this system.

3) Spacing is superb.

So what if the triangle is defended perfectly for a possession and the clock is running down? What then? You have no time to reverse the ball and run another triangle set. This is where isolation players absolutely *thrive*, because even if triangle motion doesn't open up a teammate, you are left with plenty of space to operate. Double teams are costly as well, because of the spacing, a help defender has to travel such a long distance if a pass is made to an open player.

What this all means for you and our program:

We incorporate a 4-out, 1-in balanced attack with four perimeter players that are all interchangeable. Your post player can remain in the low block or the high post elbows – exactly where they should be! You will quickly notice that we have several entries and pass options throughout the offense regardless of how it is defended.

With so many opportunities to isolate post players and perimeter shooters and drivers, it is not imperative to add several additional set plays for this offense to be effective (although I suggest adding a handful of set plays as the season progresses).

Finally, you will be successful in this offensive system if you adhere to these **TEN “NON-NEGOTIABLES”**.

Ten Non-Negotiable Teaching Points of the Simplified Triangle Offense

- Hard cuts every time.
- Proper timing and setup to receive the ball on top, wings and post.
- Catch and rip (or sweep) with a triple threat stance – every time.
- Leave the low block open on the ball side until it is passed to the wing.
- Read the defense on every pass.
- Know and understand when to use all of the pressure releases.
- The ball must enter the low post and pinch post (high post elbow) on a consistent basis.
- Backdoor cut whenever you are denied the ball on top or on the wing.
- Timing is critical. Know when to cut and when to wait on your cut.
- All four perimeter spots are interchangeable – know them all.

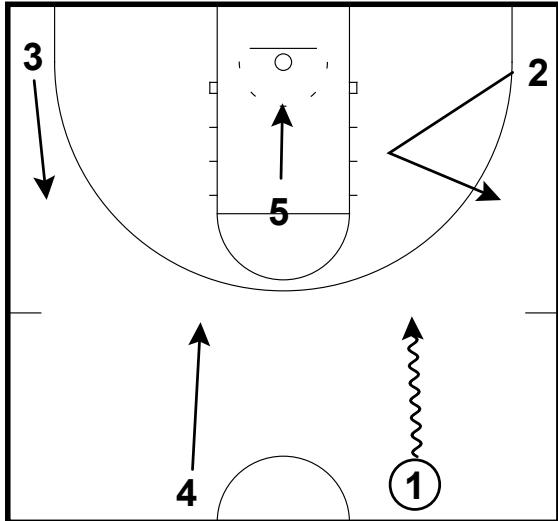


THE SIMPLIFIED **TRIANGLE** **OFFENSE**

Basic Continuity – Entry Options

Simplified Triangle

Basic Continuity - Entry Options



#1 drives the ball up the sideline and looks to enter to #2 getting open on the right wing.

#2 runs the right side of the floor and bounces up from the baseline to the right wing area.

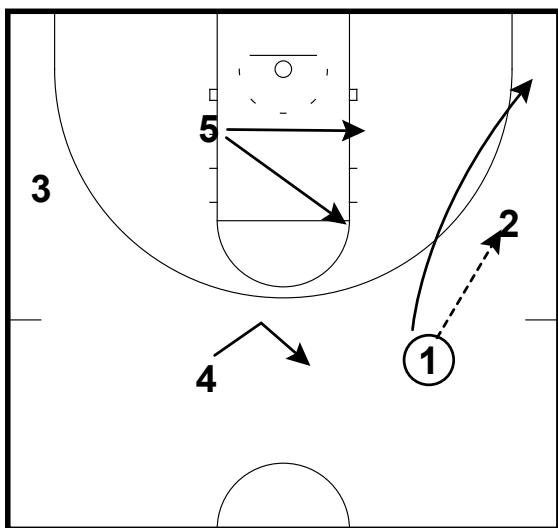
#4 is trailing just behind the ball as a safety pass that we will discuss later.

#5 runs to the rim and will keep the ball side block area open UNTIL the ball is passed to the wing.

#3 runs the left side of the floor and bounces up from the baseline to the left wing area.

Simplified Triangle

Basic Continuity - Entry Options



BASIC CONTINUITY - OFFENSE ENTRY OPTION

#1

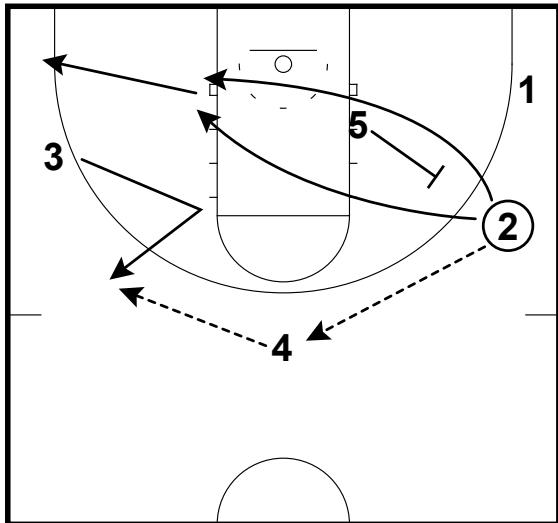
#1 enters the ball to the right wing #2 and cuts through to the ball side corner area.

#5 follows the ball to the right low block OR the right high post elbow area.

#4 cuts to get open at the top of the key area.

Simplified Triangle

Basic Continuity - Entry Options



#2 reverses the ball to #4 cutting to the top.

#2 **WAITS** until the ball is in flight to #3 on the left wing BEFORE shuffle cutting to the opposite block.

#5 sets a back screen on #2's defender.

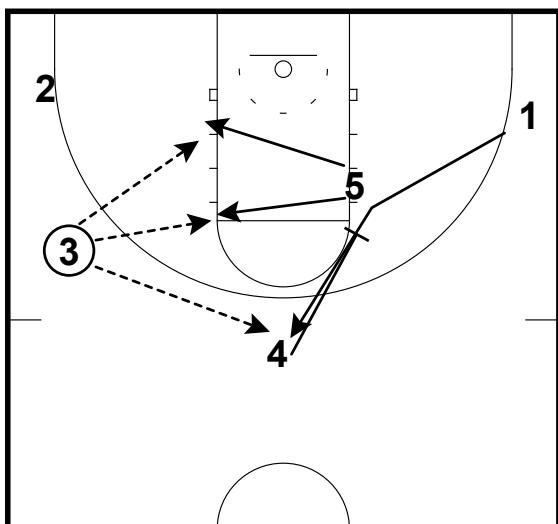
#3 catches, rips and looks inside to #2 cutting. If the ball goes inside to #2, we will use our low post entry options as discussed and diagrammed later.

If #2 does not get the ball on the block, she continues to the ball side corner area.

We will explain later what we do if the ball should be passed to the cutter popping out to the corner.

Simplified Triangle

Basic Continuity - Entry Options



#5 follows behind #2 and cuts to the ball side block or high post elbow.

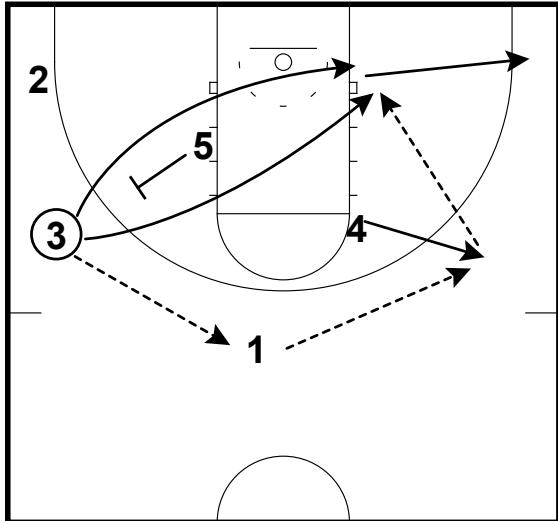
As #5 is cutting across, #4 is setting a down screen for #1 at the right elbow area. It is imperative that this screening action take place **AT THE ELBOW** area. This means that #1 has to set up her defender off of the screen by #4.

#3 has the option to pass inside to #5 or reverse the ball on top to #1.

We will cover what happens when the ball goes to #5 a bit later on.

Simplified Triangle

Basic Continuity - Entry Options



To continue the continuity, #3 reverses the ball to #1 on top.

#3 then **WAITS** to cut through until #1 **passes** the ball to #4 breaking out on the right wing.

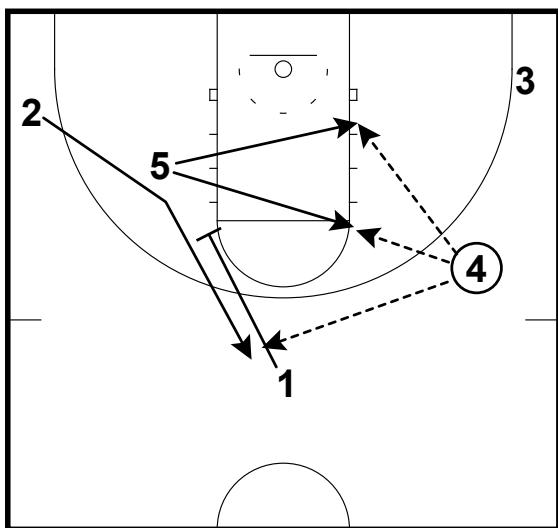
#4 **WAITS** to cut out to the wing until #1 **receives** the ball on top.

These "waits" are critical to the timing of the offense and it will be explained later.

If #3 does not get the ball on the shuffle cut through the lane from #4, she continues her cut to the corner.

Simplified Triangle

Basic Continuity - Entry Options



Once again, #5 follows the ball across and either cuts to the low block or the high post elbow.

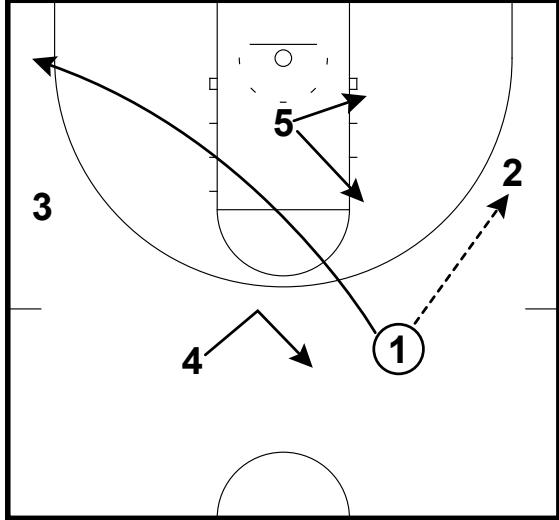
At the same time, #1 is screening down for #2 at the elbow area. Again, note the location of the screening action between #1 and #2 (elbow area).

#4 looks inside to #5 or will reverse the ball back on top to #2.

Simplified Triangle

Basic Continuity - Entry Options

BASIC CONTINUITY - OFFENSE ENTRY OPTION #2



#1 may enter the ball to #2 on the wing and cut through to the opposite corner area.

When this happens, #4 will v-cut to get open on top as she normally would on #1's cut to either corner.

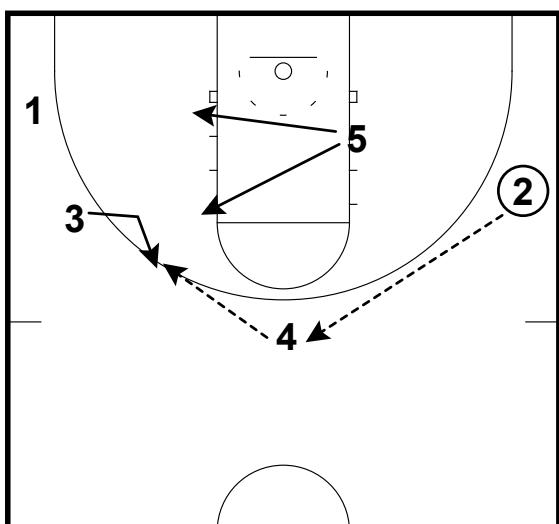
Simplified Triangle

Basic Continuity - Entry Options

#2 reverses the ball to #4 on top.

#3 sets up her defender and cuts up to receive the next pass.

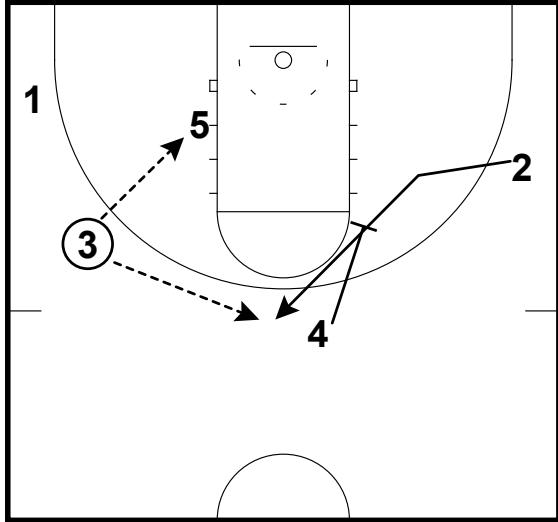
#5 cuts to the low block or high post as usual.



Simplified Triangle

Basic Continuity - Entry Options

#4 sets a down screen for #2 at the right elbow and the offense continues as usual.



Simplified Triangle

Basic Continuity - Entry Options

BASIC CONTINUITY - OFFENSE ENTRY OPTION

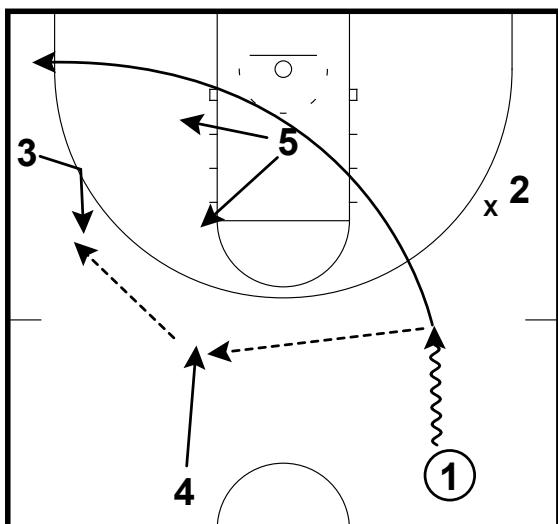
#3

If the ball side wing is denied to start the offense, #1 has the option to reverse the ball right away to #4 trailing.

The offense will continue as previously diagrammed.

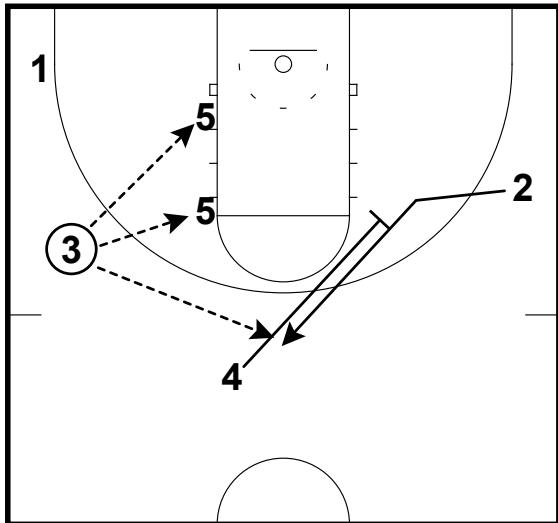
#1 follows his pass to the ball side corner. #4 will pass to the left wing player #3.

#5 will follow the ball to the ball side low block or high post elbow area.



Simplified Triangle

Basic Continuity - Entry Options



#3 looks inside to #5.

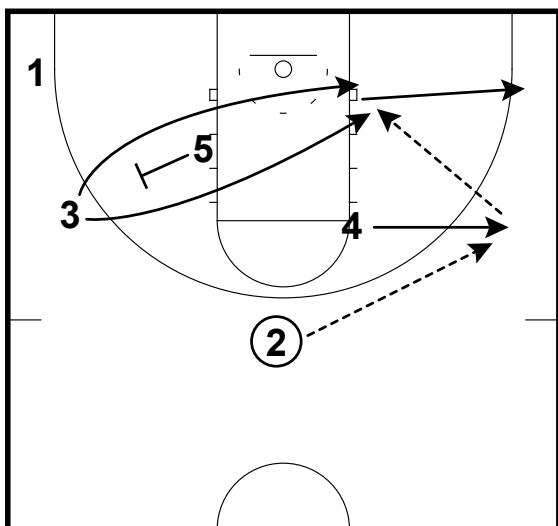
#4 is now screening down for #2 on the right wing.

#2 cuts up to the top of the floor.

#3 can reverse the ball to #2 on top if #5 is not open.

Simplified Triangle

Basic Continuity - Entry Options



Once again, #4 would WAIT until #2 received the ball before popping out (or she could stay in and execute our Pinch Post Options described and diagrammed later).

#4 would then break out to the right wing area looking to receive the ball from #2.

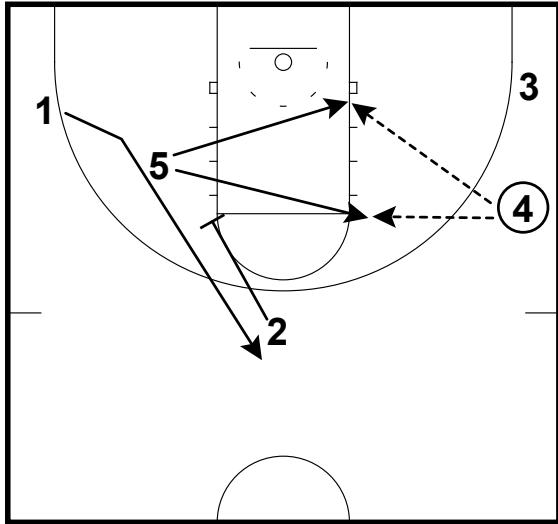
#3 WAITS until #2 throws the ball to #4 before making her cut off the back screen from #5.

If #3 does not get the ball on the cut, she will continue her cut to the corner.

This ball reversal action and timing MUST BE DRILLED to perfection. It is critical to the success of the offense.

Simplified Triangle

Basic Continuity - Entry Options



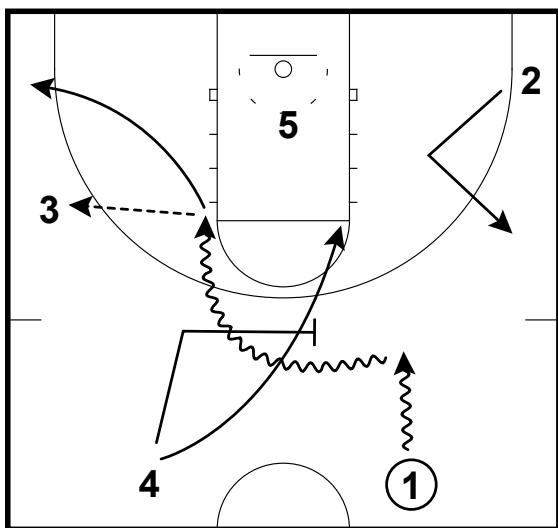
#5 now follows the ball and cuts to the low block or the high post elbow area.

As #5 is cutting across, #2 is down screening for #1 on the left side of the floor.

(Please note where #2 is screening. It is important that the screening action take place near the opposite elbow area. #1 needs to set up her defender off the screen).

Simplified Triangle

Basic Continuity - Entry Options



BASIC CONTINUITY - OFFENSE ENTRY OPTION **#4**

At any point in the early offense attack, #1 can make eye contact with #4 and set up a **BALL SCREEN** or **BLUR SCREEN** right in transition.

#4 comes over and sets a screen on #1's defender while #1 drives the ball off the shoulder of #4 and looks to attack in the open lane area on the opposite side.

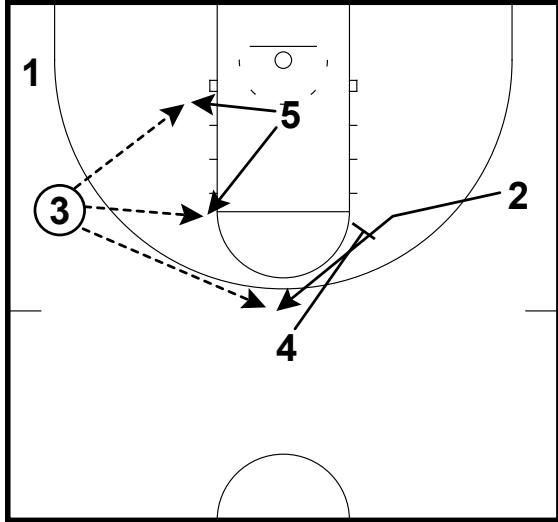
As her rule anyway, #5 stays away from the ball to create the driving lane for #1.

If #1 does not have a scoring option, she will kick it out to #3 and cut to the ball side corner and start the offense as we normally would.

Simplified Triangle

Basic Continuity - Entry Options

The offense now continues as usual.



#5 cuts over to the low block or high post elbow.

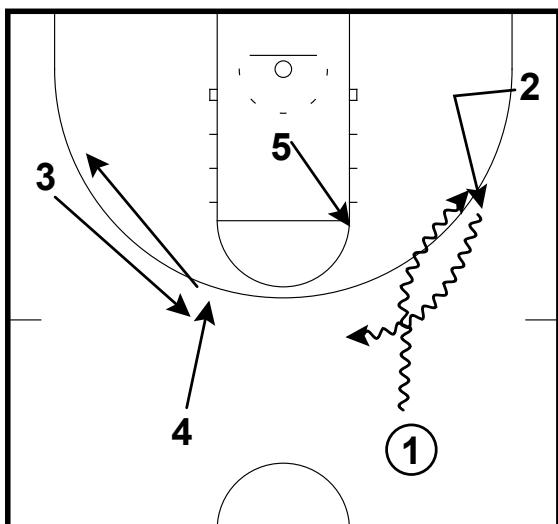
#4 screens down at the FT line elbow area for #2 on the right side of the floor.

We are now into our normal continuity.

Simplified Triangle

Basic Continuity - Entry Options

BASIC CONTINUITY - OFFENSE ENTRY OPTION #5



Our last entry option is for the point guard to execute a dribble hand-off with the wing player.

Here we see #1 driving the ball towards #2 on the wing.

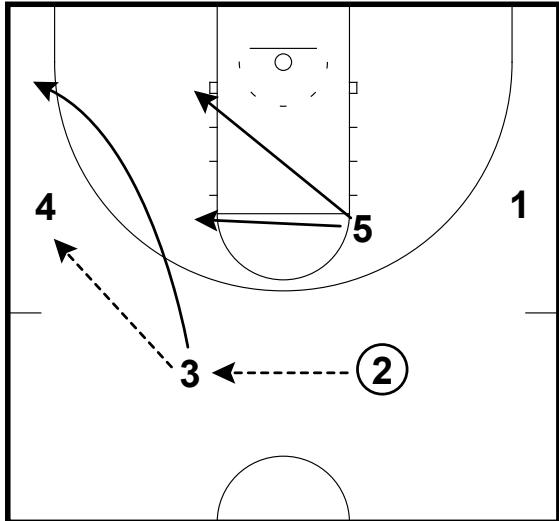
Two things MUST happen when we recognize the dribble hand-off option.

- 1) #5 must cut to the ball side FT line elbow area.
- 2) #4 and #3 exchange spots on the back side of the floor.

As these cuts are taking place, #2 is driving the ball up to the top right FT lane line extended (exactly where #1 was to start the offense originally).

Simplified Triangle

Basic Continuity - Entry Options

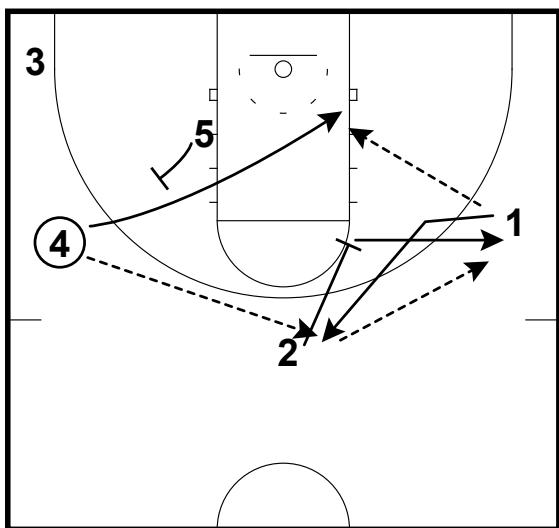


#2 has a couple of options now coming off of the dribble hand-off from #1.

She can reverse the ball to #3, #3 can pass it to #4 and cut to the ball side corner. Look familiar? Of course it does, we are into are normal continuity.

Simplified Triangle

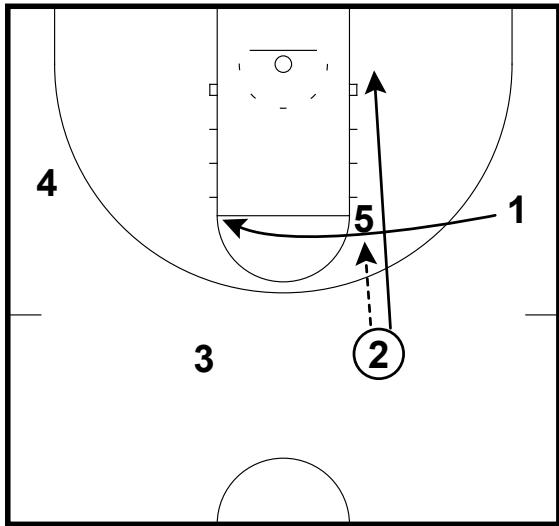
Basic Continuity - Entry Options



This is also a great way to get your #4 player into a shuffle cut and post up as she is now shuffle cutting off of #5 on the next ball reversal.

Simplified Triangle

Basic Continuity - Entry Options

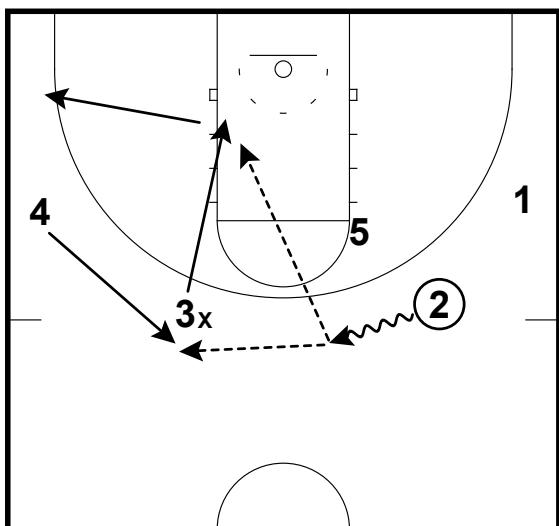


#2 may also pick up her dribble, quickly hit #5 in the high post elbow and execute the "scissor cut" action with #1.

Don't worry about the "scissor cut" action right now. We explain that a bit later in our high post entry options section.

Simplified Triangle

Basic Continuity - Entry Options



If the top player is ever denied on this dribble hand-off (#3 in this diagram), she will immediately back cut to the open basket area.

#2 can make the pass to #3 if she is open on the back cut or wait for #4 filling up to the top spot #3 has just vacated.

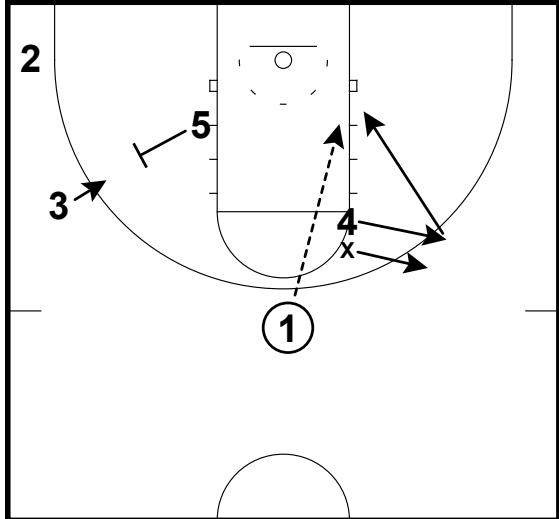
#3 would cut out to the corner if she does not get the ball.

We are now in our normal continuity.

Simplified Triangle

Basic Continuity - Entry Options

TEACHING POINT #1



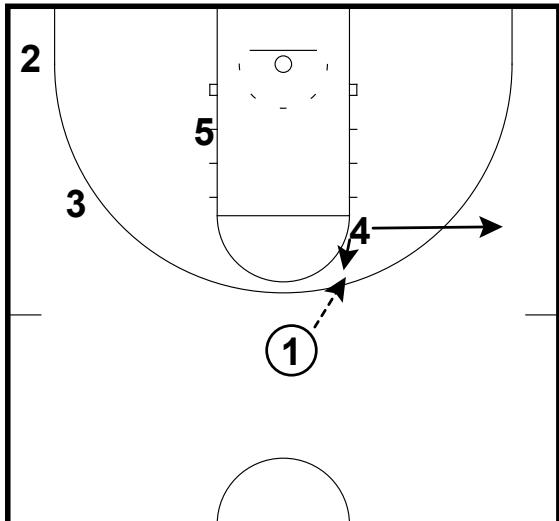
In our normal continuity offense, the reason #3 WAITS to cut across the lane until the ball is in the air from #1 to #4 AND the reason #5 stays opposite the ball UNTIL the ball is passed to the wing is **BECAUSE...**

...IF #4 OR ANY WING PLAYER IS DENIED, WE MUST HAVE AN OPEN LANE AND BASKET AREA TO MAKE A BACK DOOR CUT.

Simplified Triangle

Basic Continuity - Entry Options

TEACHING POINT #2



The reason the elbow player (#4 in this diagram) WAITS until the ball is passed to the top before cutting out is **BECAUSE...**

1) We want to time our cut so we are breaking out as #1 is catching and ripping the ball across the body and is ready to now make the pass. If #4 is standing on the wing while #1 is trying to throw the ball, it is much easier to deny this pass.

2) We have the option to set up our "Pinch Post" option...which means we try to get the ball to our #4 person at the high post elbow, which will trigger another set of actions described in the Pinch Post section.

We will continue to run the continuity with the wing player popping out **UNTIL** we get a player we like in the pinch post (usually our #4 player or athletic #3), and then we will have you stay in to receive the "pinch post" elbow pass.

THE SIMPLIFIED

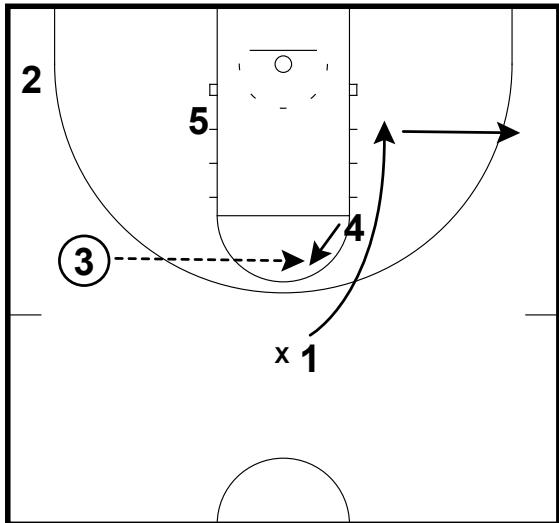


TRIANGLE OFFENSE

**Entries or Ball Reversal Denied
Pressure Release Options**

Simplified Triangle

Pressure Releases - Ball Reversal Denied



TOP DENIED OPTIONS - Ball reversal in any successful offense is critical. To that point, it is important we get the ball reversed to the top and to the wing.

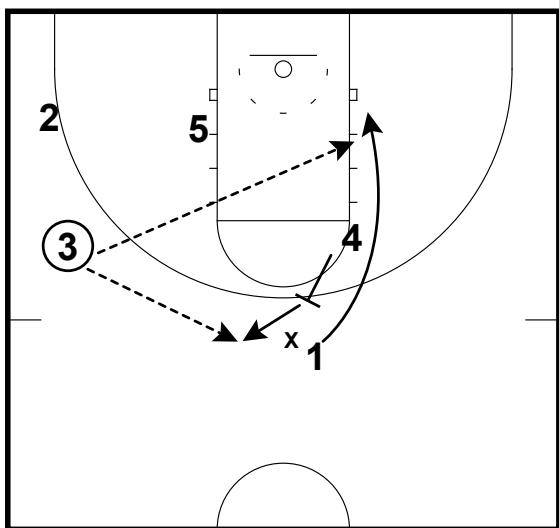
If the pass to the top in this offense is DENIED, we have THREE options.

TOP DENIED OPTION #1 - #4 will step TOWARDS the ball (#3), and we will look to make the "Pinch Post" entry.

#1 would then make a back door cut and we are immediately into the "Pinch Post" options which we describe and diagram a bit later.

Simplified Triangle

Pressure Releases - Ball Reversal Denied

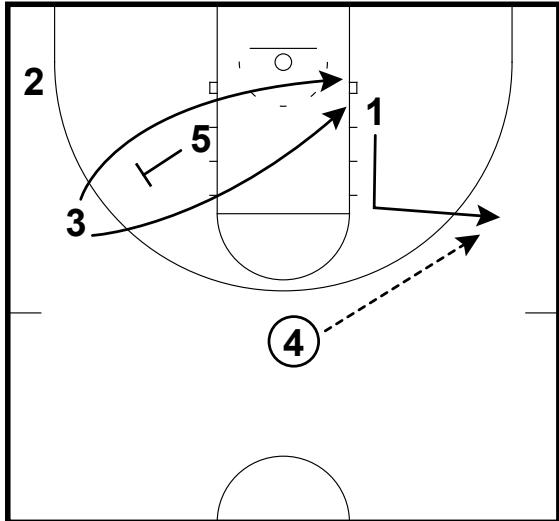


TOP DENIED OPTION #2 - #4 can back screen for #1.

#3 can look to make the lob pass to #1 while #4 steps out after back screening.

Simplified Triangle

Pressure Releases - Ball Reversal Denied

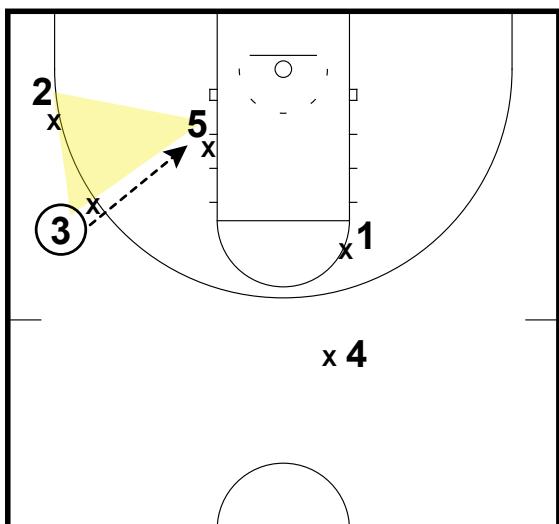


#4 then catches, rips and looks to reverse the ball to #1 breaking up and out to the right wing.

You could actually get right into another "pinch post" option if #1 stayed at the elbow to receive the ball from #4.

Simplified Triangle

Pressure Releases - Ball Reversal Denied



The "Triangle Offense" is named that because of the constant and never ending "Triangles" that are formed on the court. Our Third Option (if we do not or cannot pass the ball back on top) will be to utilize the Triangle Alignment and get the ball inside to #5.

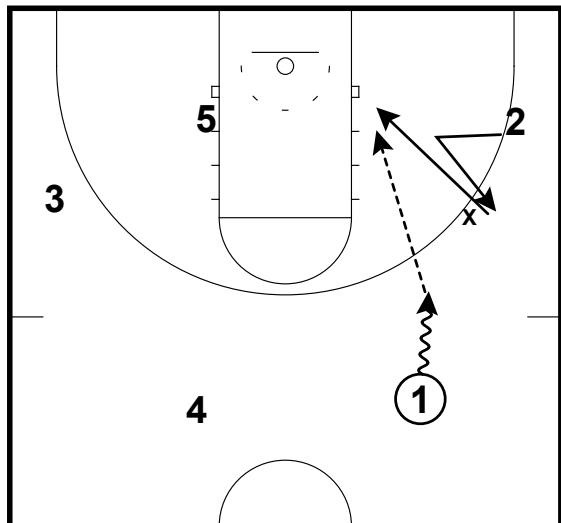
TOP DENIED OPTION #3 AND / OR LOW POST

ENTRY OPTION - #3 can ALWAYS pass the ball into #5 on the low block or the high post elbow if the pass to #1 is denied on top.

We will breakdown the Low Post Entry Options in our next section.

Simplified Triangle

Pressure Releases - Ball Reversal Denied

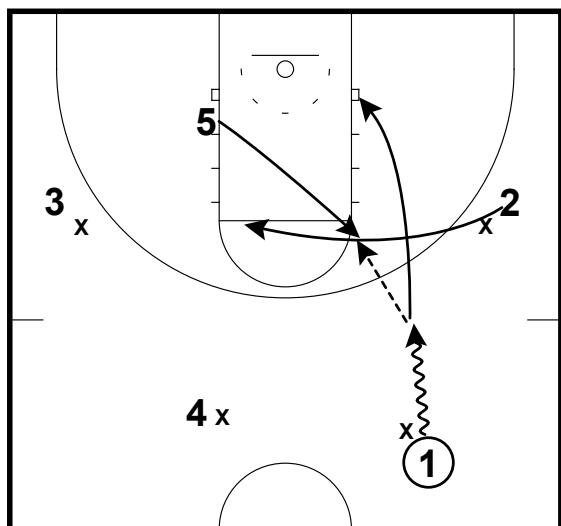


WING DENIED OPTION - This option is always available because of the open low post area on the ball side (until it is passed to the wing).

If #2 feels pressure on the wing after setting up his cut to get open, she will immediately back cut to the basket.

Simplified Triangle

Pressure Releases - Ball Reversal Denied



UNDER PRESSURE BRINGING THE BALL UP - At times defenses will try to disrupt the flow of the offense by putting extreme pressure on the point guard and / or immediate pass options.

In this case, #5 must read the pressure and cut to the ball side elbow area for the pressure release pass from #1.

When this happens, we will use our "scissor cut" described later on in our high post entry options section.

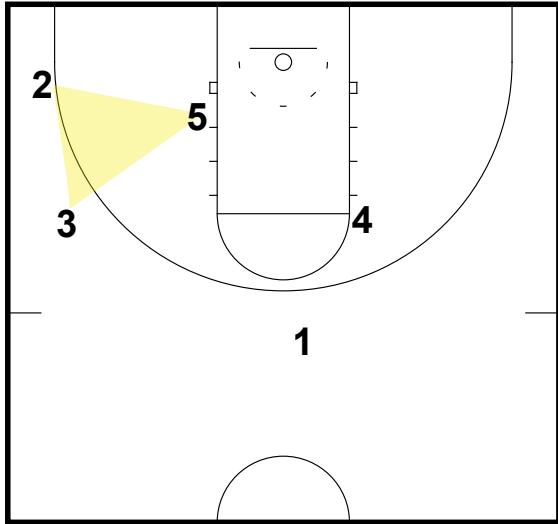
THE SIMPLIFIED TRIANGLE OFFENSE



Low Post Entry Options

Simplified Triangle

Low Post Entry Options



The "Triangle Offense" is named that because of the constant and never ending "Triangles" that are formed on the court. Our Third Option (if we do not or cannot pass the ball back on top) will be to utilize the Triangle Alignment and get the ball inside to #5.

LOW POST ENTRY

There are THREE things we can do when the ball hits the LOW POST.

- 1) Laker Cut, 2) Down Screen or 3) Up Screen

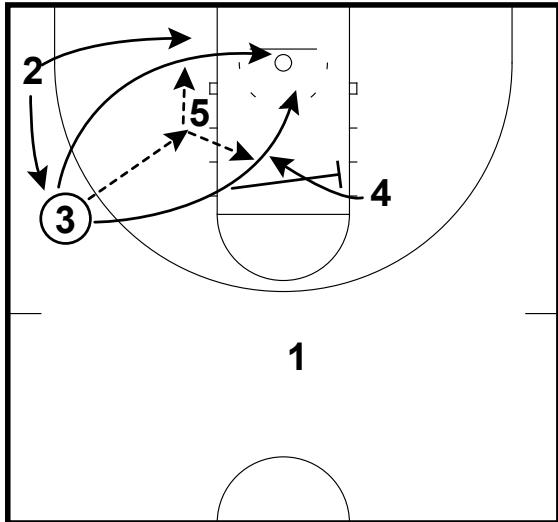
After each post entry option, if the post player does not pass it out, she should attack to score.

Important - anytime the post catches the ball and feels the defender overplaying her on one side, she can look to attack to score BEFORE any of the cut options takes place.

Simplified Triangle

Low Post Entry Options

LOW POST ENTRY OPTION #1 - LAKER CUT



#3 cuts to either the high post elbow and through the lane looking for the ball back from #5 OR #3 can cut to the baseline side along the short corner area and look for the ball back.

If #3 cuts through over the top, she has the option to screen the opposite elbow player (#4) for a quick slant into the lane. This is a great option as #3's defender is usually moving with and under #3 and is in a difficult help position on the screening action.

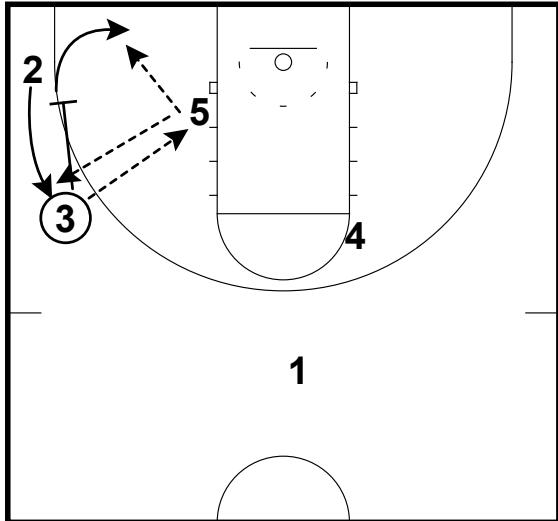
#2 will look to find and open area on the perimeter depending upon if her defender helps inside OR she can cut back door (if she is overplayed defensively) before #3 makes her cut.

If #5 does not hit the cutter, this is time for #5 to GO TO WORK!!!!

Simplified Triangle

Low Post Entry Options

LOW POST ENTRY OPTION #2 - DOWN SCREEN



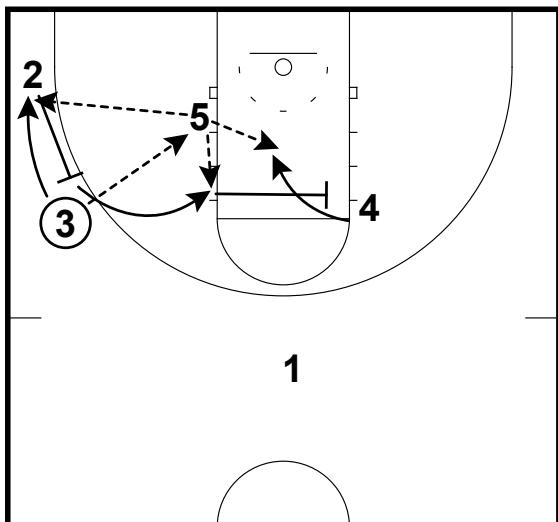
#3 passes inside to the post and sets a down screen for #2 in the corner.

After screening, #3 cuts to the basket or can spot up in the corner.

Simplified Triangle

Low Post Entry Options

LOW POST ENTRY OPTION #3 - UP SCREEN

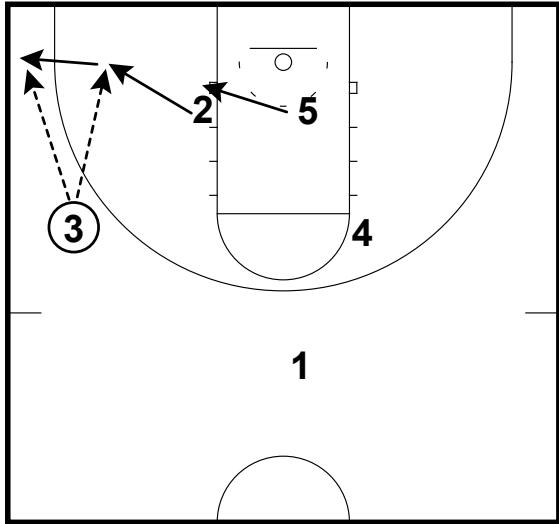


#3 passes inside to #5 and receives and up screen from #2.

After screening, #2 can spot up or cut into the lane and look for the ball back or screen for #4 as is an option for all of our over the top cutters..

Simplified Triangle Low Post Entry Options

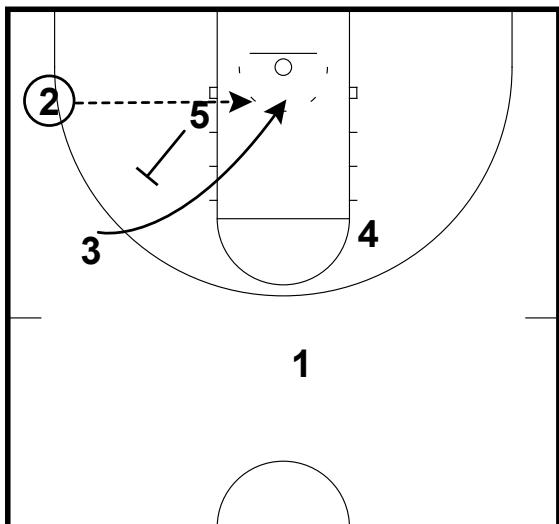
There is always a cutter going from the low block out to the corner or "short corner" area.



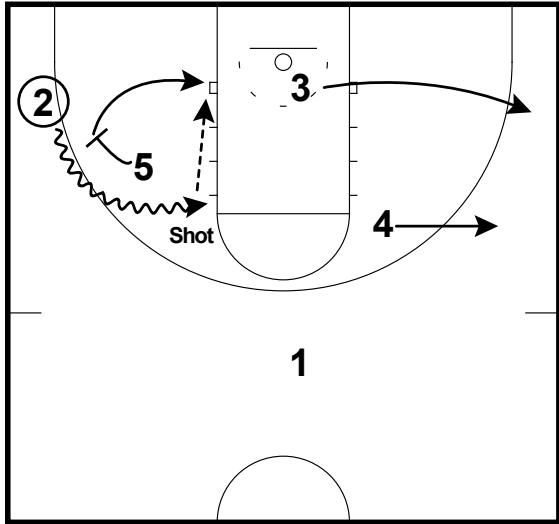
If we elect to pass the ball to this person popping out to the corner (#2 in this diagram), here is what we do.

Simplified Triangle Low Post Entry Options

On the pass to #2, #5 will step out and back screen for #3. #2 looks to hit #3 if she is open.



Simplified Triangle Low Post Entry Options

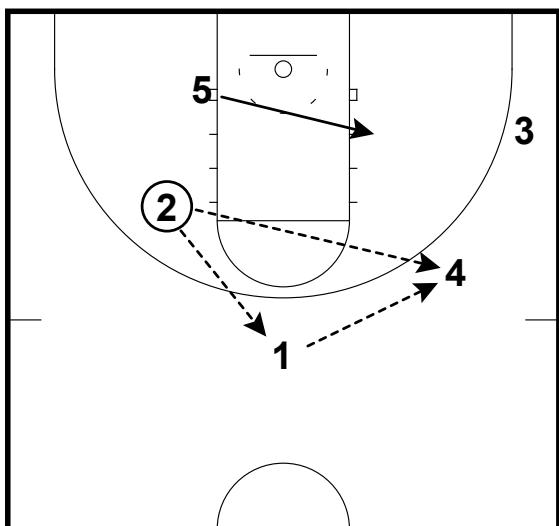


#3 clears out if she does not get the ball. #5 immediately moves into position to ball screen for #2.

#2 may dribble up a bounce or two to improve the angle while #5 sets the screen and roll action. The hope is that #5's defender will have to help on the back screen action with #3, giving the ball handler some room to shoot off the screen if #5's defender does not come back out in time.

#4 will step out to give room for the pick and roll action.

Simplified Triangle Low Post Entry Options



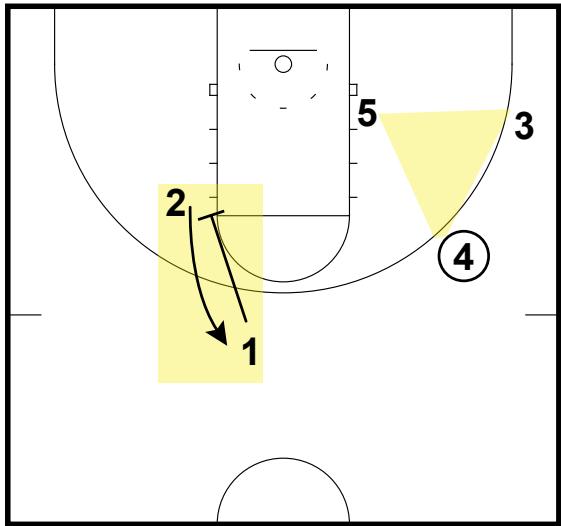
If #2 does not have a shot and #5 does not get the ball rolling to the basket, #2 can reverse the ball to either #1 on top or #4 on the wing.

#5 follows the ball across as her normal rule.

Simplified Triangle Low Post Entry Options

We are now in our Triangle alignment (#3, #4 and #5) on the right side of the floor with (#1 and #2) setup for the Pinch Post action on the left side.

We continue our offense as normal from here.



THE SIMPLIFIED TRIANGLE OFFENSE

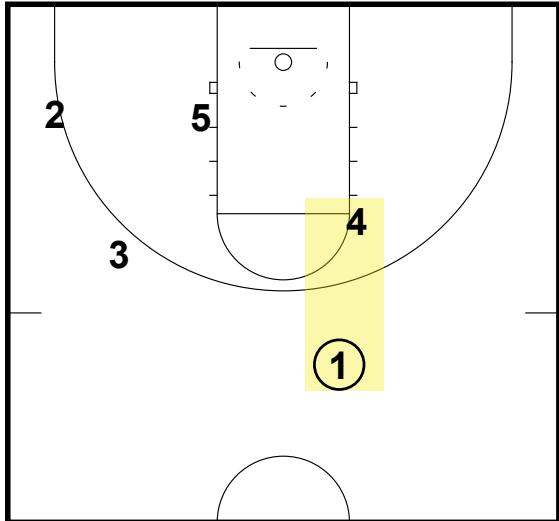


Pinch Post Entry Options

Simplified Triangle

Pinch Post Options

PINCH POST OPTION

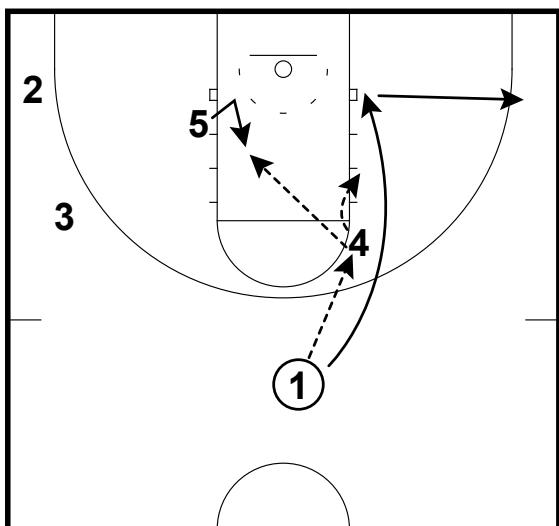


The Simplified Triangle Offense will always have a "Triangle" setup on one side of the floor and a "Pinch Post" alignment on the other.

#1 and #4 in this diagram our setup for the Pinch Post Options.

Simplified Triangle

Pinch Post Options



When the right player gets into the high post elbow area (#4 or other designated player), we will run our "pinch post" option.

#1 enters the ball to #4 and cuts hard off the hip of #4.

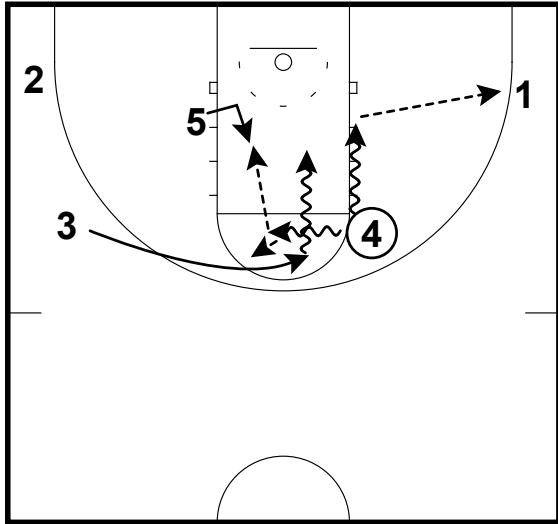
If #1 doesn't get the ball on the cut, she immediately cuts out to the ball side corner area.

At the same time, #5 can duck in the post and look for a pass from #4.

Simplified Triangle

Pinch Post Options

After #1 cuts over #4, #4 has TWO options.

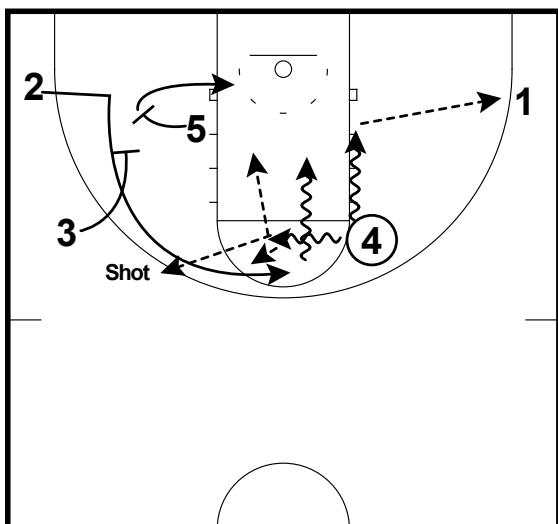


1) Attack the rim to score and/or kick out to #1 in the corner for the open "3".

2) Drive the ball across the FT line towards #3. #3 cuts across the FT line and looks to get a hand-off from #4. #3 looks to turn the corner and attack the rim.

Simplified Triangle

Pinch Post Options



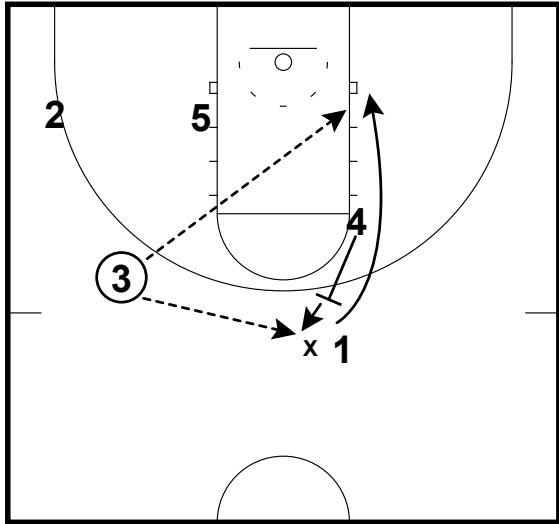
Another option off the Pinch Post entry on the opposite side is for #3, instead of taking the hand-off from #4, to set a double screen on #2 on the back side corner area.

#2 can pop up for the jump shot or continue to cut over to #4 for the hand-off.

Simplified Triangle

Pinch Post Options

PINCH POST OPTION



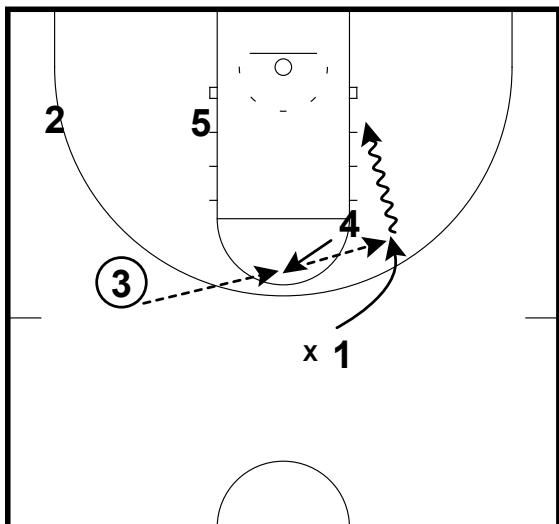
As we mentioned before in the pressure releases section, #4 can back screen anytime she sees that #1 is being overplayed.

#3 looks for the lob to #1 while #4 pops out on the perimeter.

Simplified Triangle

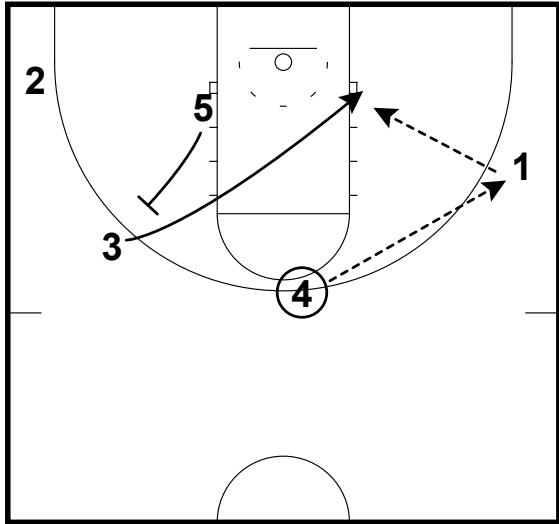
Pinch Post Options

PINCH POST OPTION



As we mentioned before in the pressure releases section, #4 can also step to the ball (#3) and receive the pass while #1 cuts back door.

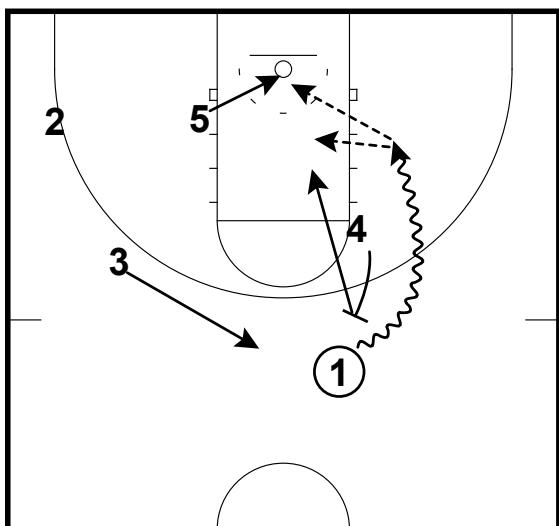
Simplified Triangle Pinch Post Options



If not shots come about from that action, #4 can pass to the wing and we can shuffle cut #3 through the lane and the offense continues.

Simplified Triangle Pinch Post Options

PINCH POST OPTION



A last option in the pinch post that is always available, especially if #1 has the ability to beat people on the dribble or you want to create a defensive mismatch...#4 can step out and ball screen for #1 and execute a pick and roll.

THE SIMPLIFIED TRIANGLE OFFENSE

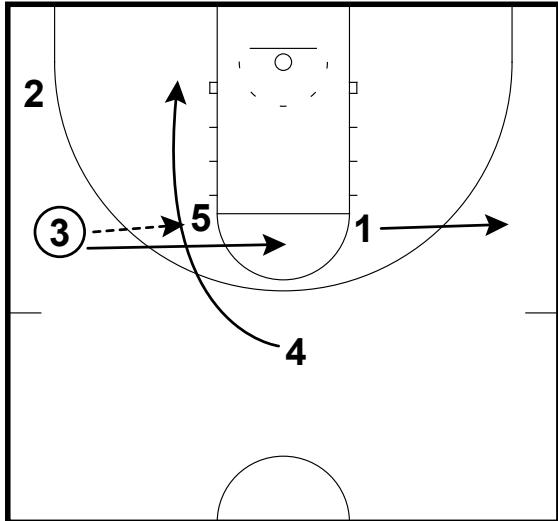


High Post Entry Options

Simplified Triangle

High Post Elbow Entry Options

HIGH POST ENTRY OPTION



If the ball is passed into the #5 man in the HIGH POST ELBOW, we will run a "scissor cut" off the #5 man.

The person who passes the ball to #5 ALWAYS cuts first.

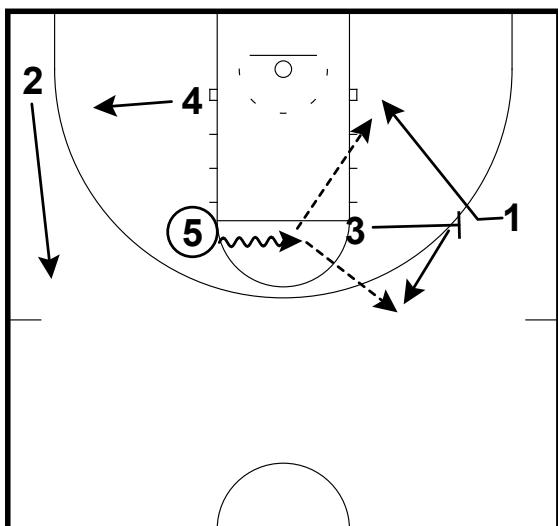
In this diagram, #3 passes to #5 and cuts hard over the top of #5.

It is the job of #4 to time her cut so she RUBS her defender off the BACK of #3's defender.

#5 will look to pass to the first open cutter.

Simplified Triangle

High Post Elbow Entry Options



If #5 does not hit any of the "scissor cutters", then #5 will drive the ball at #1 on the opposite wing.

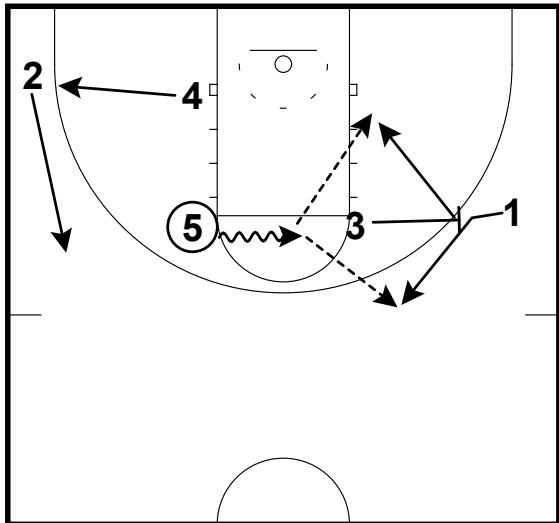
#3 has already started her cut in this direction and will screen for #1 on the right wing.

#1 has TWO options off of this screen...cut HIGH or cut LOW.

If #1 cuts low off the screen as in this diagram, #3 pops out for the ball.

Simplified Triangle

High Post Elbow Entry Options



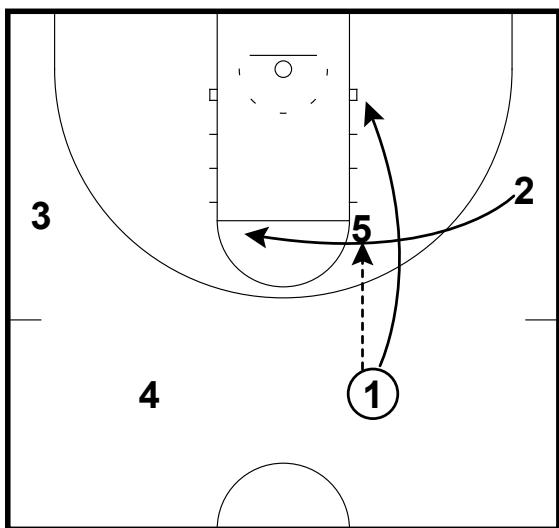
If #1 cuts up to the top off the screen, #3 then slices to the basket.

If no shot is taken, #5 can follow ball to the low post and form a triangle with #1 and #3.

#2 and #4 could setup the pinch post on the opposite side of the floor.

Simplified Triangle

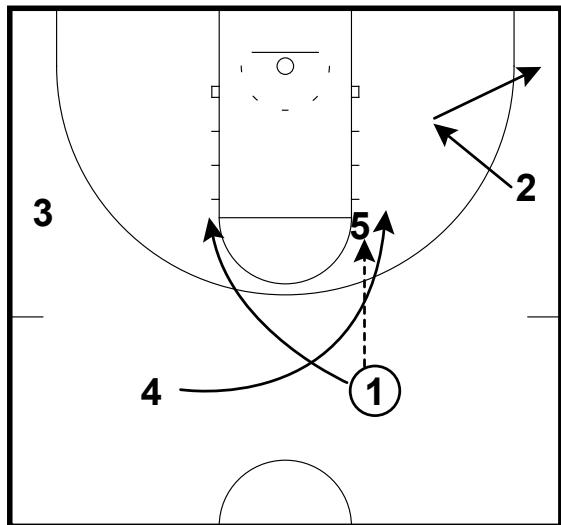
High Post Elbow Entry Options



When the ball enters the high post from the top and not the wing, the same action occurs. The player passing it in to #5 cuts first with the wing player (#2 in this diagram) cutting off the back of #1.

Simplified Triangle

High Post Elbow Entry Options



There is another scissor cut action that can be used off the high post when the ball is entered from the top.

#1 will determine this action by her cut. If she elects to use a blur screen for #4, #4 would then cut off the back of #1 and look to take the hand-off from #5.

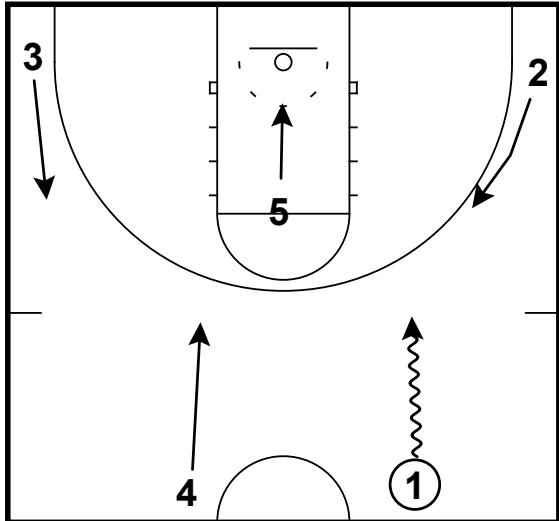
#2 reads #1's move and cuts back door.

You can easily get into a triangle on the right side with #5, #4 and #2 with #1 and #3 setting up the pinch post on the opposite side of the floor.

THE SIMPLIFIED TRIANGLE OFFENSE

Triangle Offense
vs. Zone Defense

Simplified Triangle vs. Zone Defense



#1 drives the ball up the sideline and looks to enter to #2 getting open on the right wing.

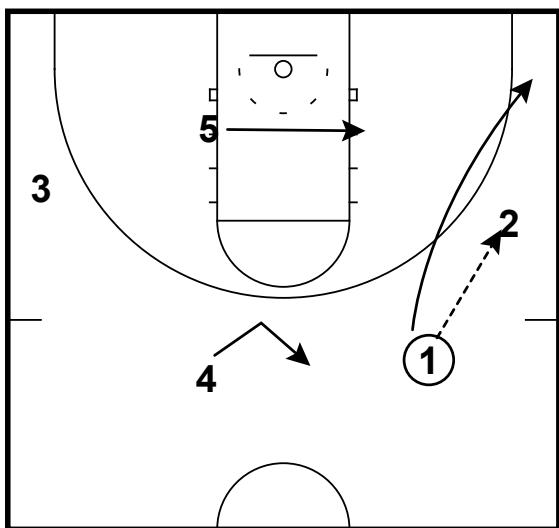
#2 runs the right side of the floor and bounces up from the baseline to the right wing area.

#4 is trailing just behind the ball as a safety pass.

#5 runs to the rim and AGAINST THE ZONE will always come to ball side low block (as you know, vs. player to player defense, the post stays opposite the ball until passed to the wing).

#3 runs the left side of the floor and bounces up from the baseline to the left wing area.

Simplified Triangle vs. Zone Defense



BASIC CONTINUITY - OFFENSE ENTRY OPTION

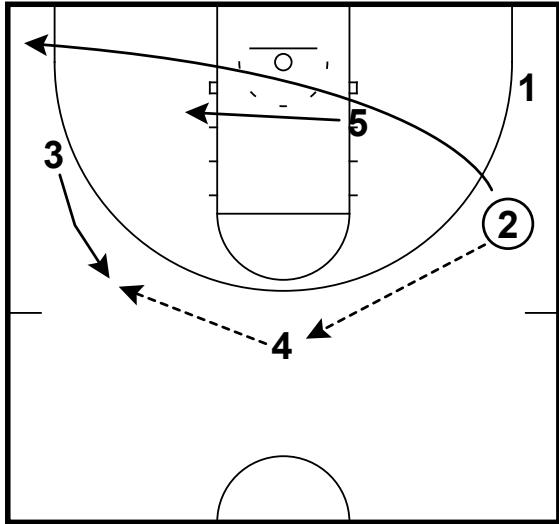
#1

#1 enters the ball to the right wing #2 and cuts through to the ball side corner area.

#5 follows the ball to the right low block OR the right high post elbow area.

#4 cuts to get open at the top of the key area.

Simplified Triangle vs. Zone Defense



#2 reverses the ball to #4 cutting to the top (she can also throw to the corner which we will discuss later).

#2 cuts UNDER the post and out to the opposite corner area (she does not WAIT for the ball to be reversed like she would vs. the player-to-player defense).

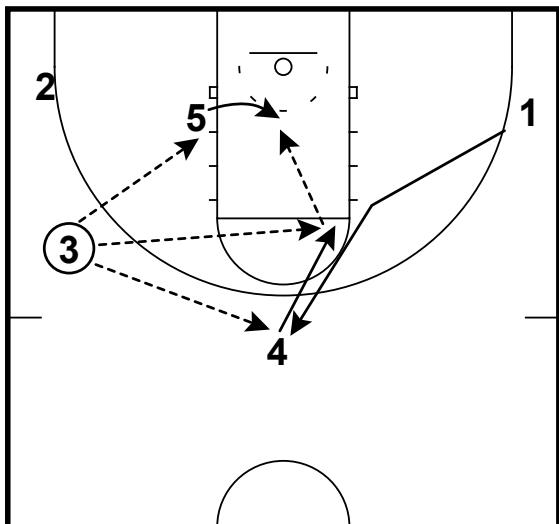
#5 follows the ball across (no backscreen here vs. the zone defense).

#3 catches, rips and looks inside to #2 cutting. If the ball goes inside to #2, we will use our low post entry options as discussed and diagrammed later.

If #2 does not get the ball on the block, she continues to the ball side corner area.

We will explain later what we do if the ball should be passed to the cutter popping out to the corner.

Simplified Triangle vs. Zone Defense

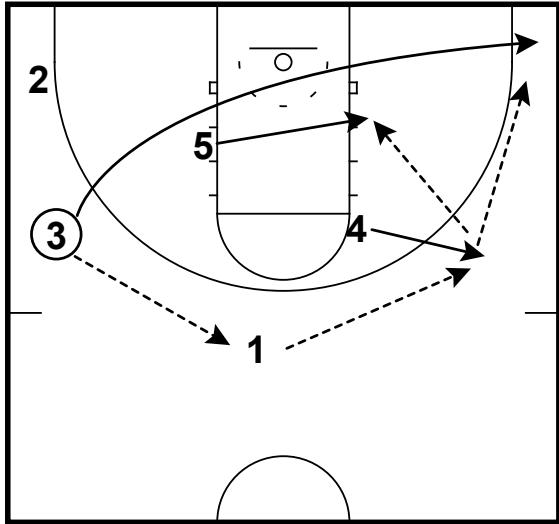


#4 cuts down into the high post area while #1 breaks up to the top. Normally this would be a down screen on the elbow area for #1 vs. player to player defense. Vs. zone, #4 simply cuts into the high post.

#3 has the option to pass inside to #5 or reverse the ball on top to #1. Or another great option is the pass into #4 and the high / low pass inside to #5. She can also pass to #2 in the corner which we will discuss later.

We will cover what happens when the ball goes to #5 a bit later on.

Simplified Triangle vs. Zone Defense

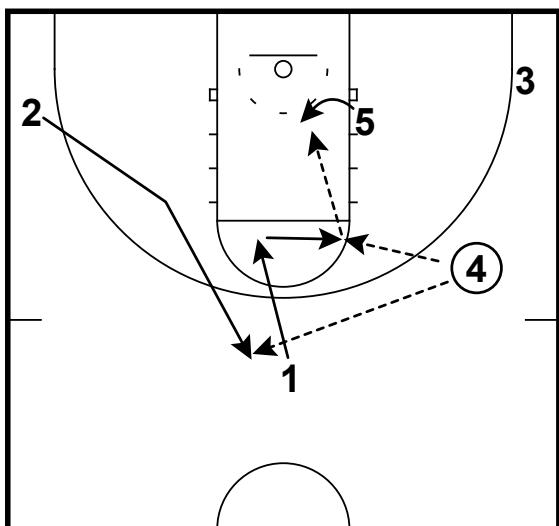


To continue the continuity, #3 reverses the ball to #1 on top.

#3 then cuts through under the post to the right corner.

#4 cuts out to the wing once the ball is reversed to the top.

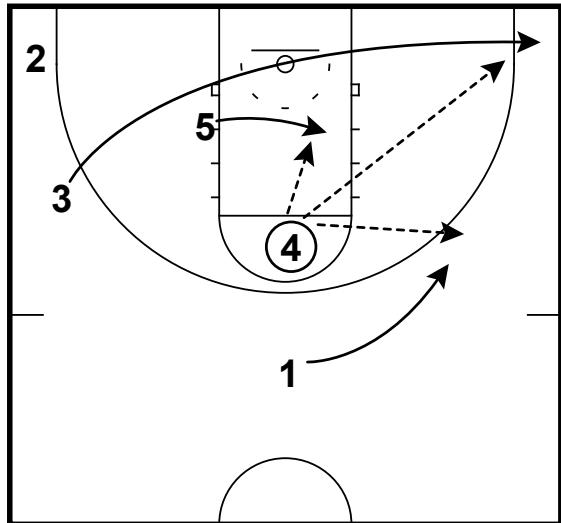
Simplified Triangle vs. Zone Defense



#1 now cuts into the high post and can look to receive the pass from #4 who would look for the high low pass to #5.

#4 looks inside to #5, #1 in the high post, #3 in the corner or will reverse the ball back on top to #2 and the offense continues.

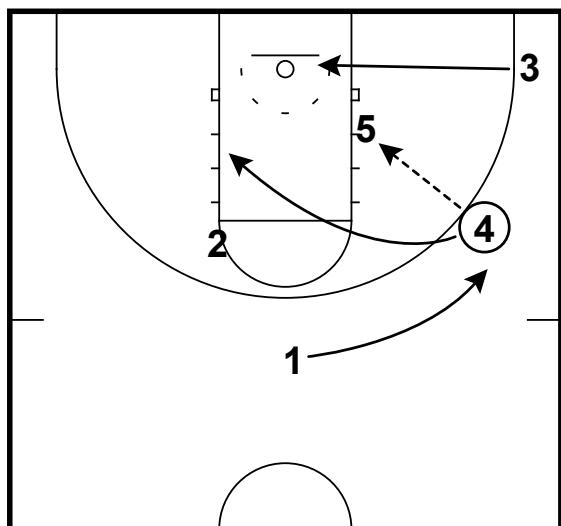
Simplified Triangle vs. Zone Defense



When the ball enters the high post, the wing cutter is cutting under the basket while #5 is ducking inside the paint.

#1 follows the pass but instead of making a basket cut like she would when the ball enters the pinch post or high post vs. the player-to-player defense, she now simply follows her pass and pops out to the right wing area.

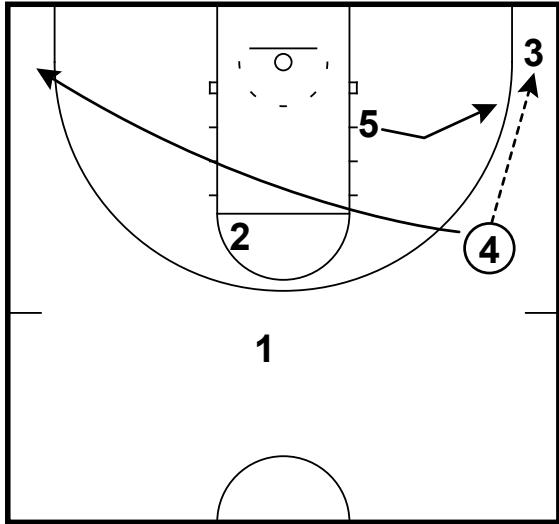
Simplified Triangle vs. Zone Defense



Nothing really changes from the man triangle to the zone triangle when the ball enters the low post.

We still make two hard laker cuts into the lane. This can be very effective against the zone as many zone defenders do not follow the cutters.

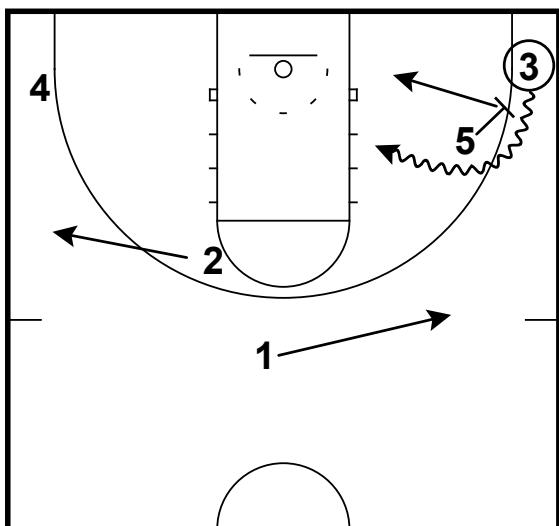
Simplified Triangle vs. Zone Defense



When the ball is passed to the corner we still like to use the pick and roll option vs. the zone defense. This will draw defenders out of their guarding comfort zone and create some scoring opportunities inside and out when they rotate to cover the pick and roll.

The only major difference is we would not back screen for #4 when she cuts through the lane like we would vs. the man defense.

Simplified Triangle vs. Zone Defense



We now complete the pick and roll with #3 attacking the paint looking to score, dump to #5 or drive and kick out to an open perimeter player.

THE SIMPLIFIED



TRIANGLE OFFENSE

**Practice Implementation /
Breakdown Drills
To Teach the Offense**

Implementation in Practice / Breakdown Drills

I believe firmly in the **Whole-Part-Whole** method of teaching. I believe it is important to show your team at least a basic outline or overview of the offense each day (**Whole**), especially in the beginning, so that they can see what the "big picture" looks like. Then we breakdown the offense with a series of drills designed to be repetitive and competitive in nature (**Part**). We then try to find time near the end of practice to bring it all back together again and review the system (**Whole**). This could mean simply 5 on 0, 5 on 5 or even full court scrimmaging if you are far enough along in the teaching of the offense.

I have included below an outline of a suggested teaching progression to implement this offense for your **first 14 practices**. The drill #'s listed correspond with the breakdown drills included in this section.

Implementation in Practice (Time and Drills)

Practice #1

First Part of Practice (20 - 30 min.)

5 vs. 0 Transition into Continuity (DO NOT use Pinch Post) Entry Pass / Cut To Ball Side Corner Entry

Mid-Practice (15 min.)

Breakdown Drill #1 - 3 vs. 0 Perimeter

If time at end (10-15 min.)

Half Ct. 5 vs. 0 Triangle Offense Continuity w/o Pinch Post

Practice #2

First Part of Practice (20 min.)

5 vs. 0 Transition into Continuity w/o Pinch Post Option – Entry Pass / Cut To Ball Side Corner Entry

Mid-Practice (15 min.)

Breakdown Drill #2 - 1 vs. 0 Shuffle Cuts

If time at end (15 min.)

5 vs. 0 Half Court Triangle Continuity w/o Pinch Post – Entry Pass / Cut To Ball Side

Practice #3

First Part of Practice (30 min.)

Transition into Triangle Continuity - 10 min.

Transition into Triangle Continuity w/ Introducing Pinch Post - 20 min.

Mid-Practice (15 min.)

Breakdown Drill #1 - 3 vs. 0 (w/ Pinch Post Options)

If time at end (10-15 min.)

5 vs. 0 half ct. w/ Pinch Post

Practice #4

First Part of Practice (20 min.)

5 vs. 0 Transition into Continuity w/ Pinch Post – Add Entry Pass / Cut to Opposite Corner

Mid-Practice (30 min.)

Breakdown Drill #4 - Low Post Entry Options

Introduce - Laker Cuts, Up Screen and Down Screen

If time at end (10-15 min.)

5 vs. 0 half ct. – review everything you put in up to this point.

Practice #5

First Part of Practice (20 min.)

5 vs. 0 Transition into Continuity with Pinch Post – Use Both Entries Learned to This Point

Mid-Practice (20 min.)

Breakdown Drill #4 - 3 vs. 0 Low Post Entries (add Corner Pass)

If time at end (10-15 min.)

5 vs. 0 half ct. – review everything you put in up to this point.

Practice #6

First Part of Practice (25 min.)

5 vs. 0 Transition into offense w/ defenders waiting - Use Both Entries Learned to This Point

Mid-Practice (25 min.)

Breakdown Drill #3 - 3 vs. 0 Post Entries w/ Coach at Top with post back screen and shuffle cut. (Use all post entries)

If time at end - full court scrimmage with Triangle Offense (15 min.)

Practice #7

First Part of Practice (25 min.)

5 vs. 0 transition into offense – ADD Trailer Entry AND Ball Screen / Blur Screen Entry

Mid-Practice (15 min.)

Breakdown Drill #5 - 4 on 4 Live

If time at end - full court scrimmage with Triangle Offense (15 min.)

Practice #8

First Part of Practice (25 min.)

5 vs. 0 transition into offense (introduce high post elbow entry – pressure release)

Mid-Practice (15 min.)

Breakdown Drill #6 – High Post Elbow Entry from transition (scissor cuts)

If time at end – 5 vs. 0 using High Post Elbow Entry (15 min.)

Practice #9

First Part of Practice (20 - 25 min.)

5 vs. 0 transition into offense w/ high post elbow entry – pressure release)

Mid-Practice (15 min.)

Breakdown Drill #4 - 3 vs. 0 Low Post Entries

If time at end – 5 vs. 0 using High Post Elbow Entry (15 min.)

Practice #10

First Part of Practice (20 - 25 min.)

5 vs. 0 transition into offense w/ dribble hand-off entry – pressure release)

Please Note: If you feel you are not comfortable with the execution of the entries you have added to this point – **hold off** on adding the dribble hand-off entry until you have mastered the other entries.

Mid-Practice (15 min.)

Breakdown Drill #6 – High Post Elbow Entry from Dribble Hand-off (scissor cuts)

If time at end – 5 vs. 0 using High Post Elbow Entry from top and dribble hand-off (15 min.)

Practice #11

First Part of Practice (20 - 25 min.)

5 vs. 0 transition into offense w/ dribble hand-off entry AND High Post Elbow Entry

Mid-Practice (15 min.)

Breakdown Drill #6 – High Post Elbow Entry from Dribble Hand-off and Transition Entry (scissor cuts)

If time at end – 5 vs. 0 half court scrimmage – review all you have added to this point. (15 – 20 min.)

Practice #12

First Part of Practice (20 - 30 min.)

5 vs. 0 transition into offense – review all entries (pass and cut to ball side corner, pass and cut to opposite corner, trailer entry, ball screen / blur screen entry, and dribble hand-off / high post elbow entry)

Mid-Practice (15 min.)

Breakdown Drill – You evaluate as a coach to determine here which of the SIX breakdown drills needs more attention.

If time at end – 5 vs. 5 half court scrimmage – review all you have added to this point. (15 – 20 min.)

Practice #13

First Part of Practice (20 - 30 min.)

5 vs. 0 transition into offense – review all entries (pass and cut to ball side corner, pass and cut to opposite corner, trailer entry, ball screen / blur screen entry, and dribble hand-off / high post elbow entry)

Mid-Practice (15 min.)

Breakdown Drill – Determine which of the SIX breakdown drills needs attention.

If time at end – 5 vs. 5 half court scrimmage – review all you have added to this point. (15 – 20 min.)

Practice #14

First Part of Practice (20 - 25 min.)

5 vs. 0 transition into offense w/ dribble hand-off entry AND High Post Elbow Entry

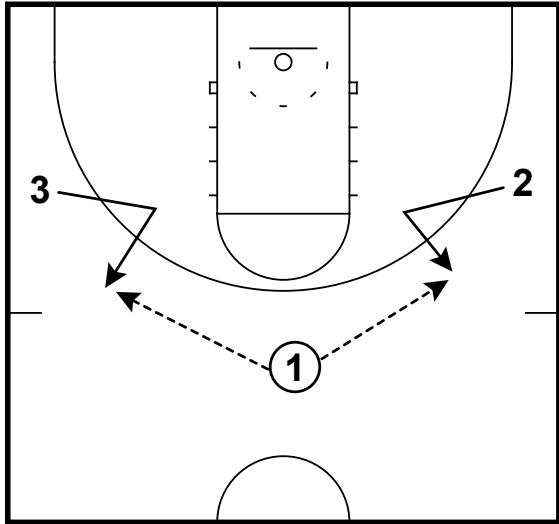
Mid-Practice (15 min.)

Breakdown Drill – Determine which of the SIX breakdown drills needs attention.

If time at end – 5 vs. 5 full court scrimmage – review all you have added to this point. (15 – 20 min.)

Simplified Triangle Breakdown Drills

BREAKDOWN DRILL #1



3 on 0 - Emphasis: Quick ball reversal with proper screening action / angle at the elbow while demanding "catch and rip across the body" with triple threat on every pass received.

#1 has the ball while #2 and #3 cut to get open on their respective wing areas.

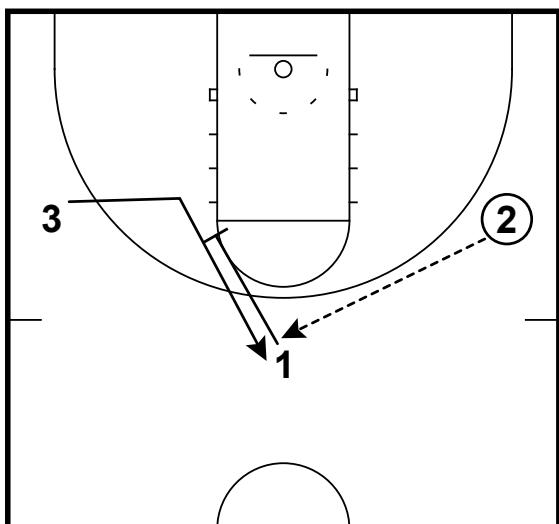
Simplified Triangle Breakdown Drills

Once #1 chooses a side to enter the ball, #1 will set a screen on the opposite elbow area.

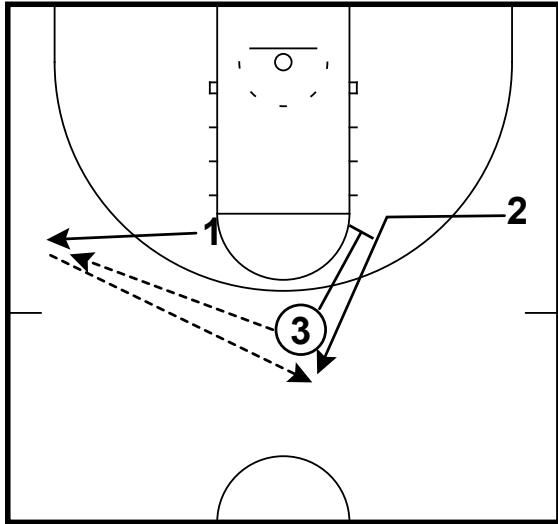
Here #1 passes to #2 on the right side of the floor and then screens down for #3 at the left elbow area.

#2 passes the ball to #3 cutting to the top.

Important: #1 WAITS at the elbow until the ball is passed to the top BEFORE cutting out to the wing.



Simplified Triangle Breakdown Drills



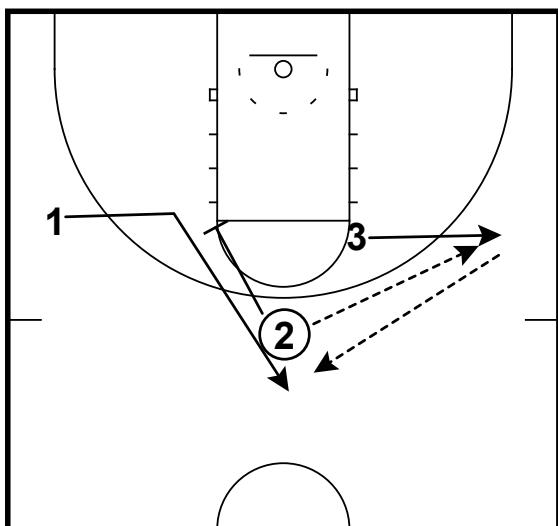
Now that #3 has the ball, #1 cuts out to the wing and receives the next pass from #3.

#3 now screens down for #2 at the right elbow area.

#2 sets up her imaginary defender and cuts up to the top off #3's screen.

#1 passes the ball on top to #2.

Simplified Triangle Breakdown Drills



#3 WAITS until #2 has the ball on top before cutting out to the wing.

#2 makes the pass to #3 and screens down for #1, who is setting up her imaginary defender and then cutting up to the top off the screen.

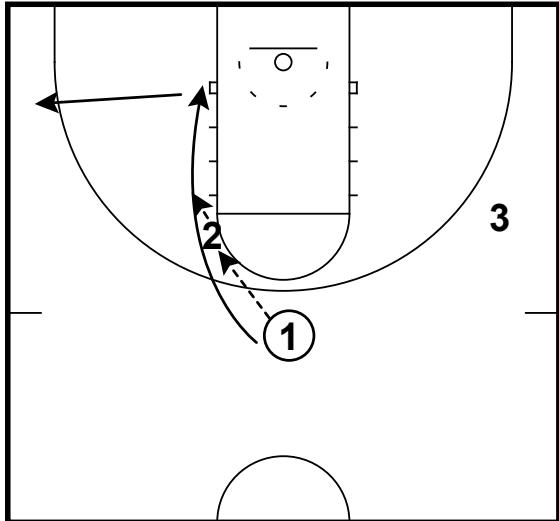
#3 passes the ball on top to #1 and the drill continues.

Simplified Triangle Breakdown Drills

After a couple of ball reversals, catch and rips and down screens at the elbow.....

A player can now STAY at the elbow and look to catch the "pinch post" pass entry option.

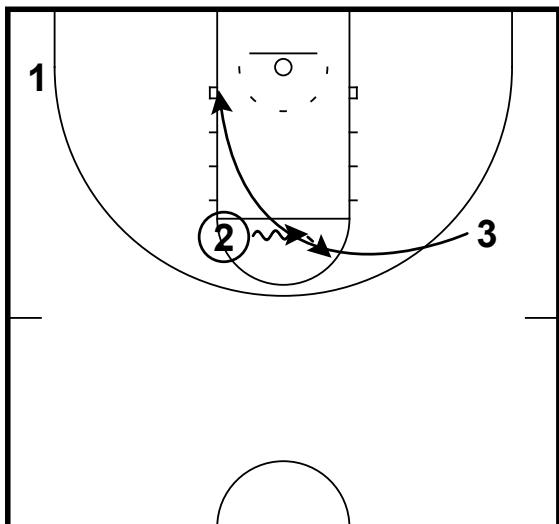
#1 hits #2 in this diagram and cuts hard off the shoulder of #2. #2 may give the ball to #1 for the layup.



Simplified Triangle Breakdown Drills

#2 may elect not to give the ball to #1 and then execute the next option by dribbling the ball towards #3 who is cutting over the top of #2 for the dribble hand-off.

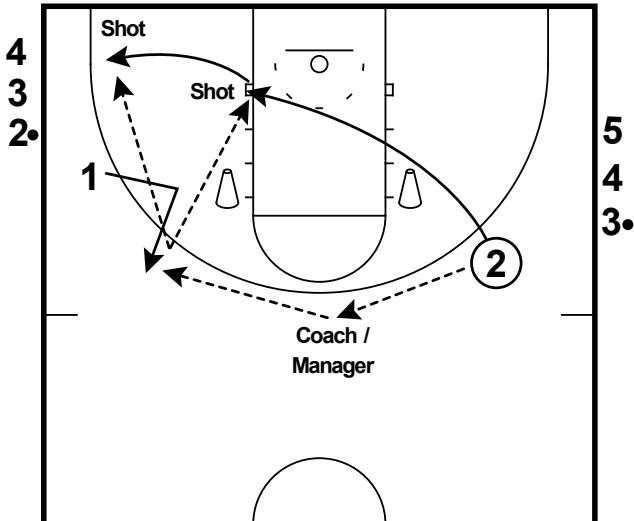
If #3 gets the ball, she will attack the rim to score.



Simplified Triangle

Breakdown Drills

BREAKDOWN DRILL #2



1-0 Shuffle Cuts - Emphasis: Hard Cuts off the chair or cone, call for the ball and butt down low on the block with hands up (goal posts as we refer to it). Opposite wing working on setting up defender for catch and rip / triple threat. Cutter - Catch and score!

Drill starts with #2 passing the ball to the coach or manager at the top of the key. #1 sets up her defender to receive the pass from the coach.

On the flight of the ball from the coach / manager to #1, #2 is shuffle cutting off the cone or chair to the opposite low block. #2 can call "pop" and step out to the corner or short corner to receive the pass for the shot.

#1 on the left side delivers the pass for the shot.

Simplified Triangle

Breakdown Drills

#2 will get her own rebound and cut out to the end of the opposite line she came from.

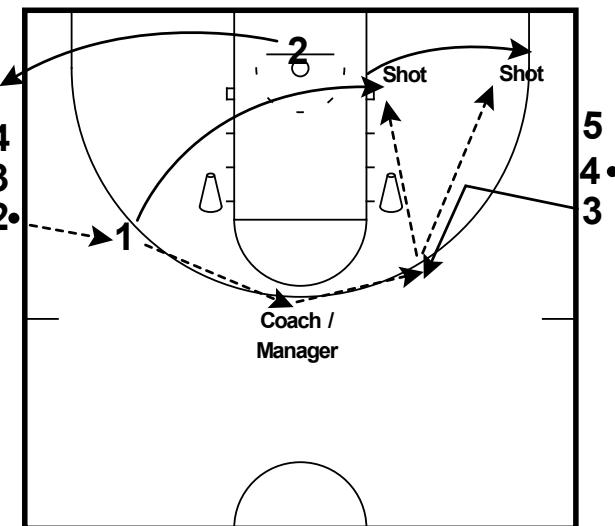
As soon as #1 passed the ball inside to #2, she will get a ball from the next girl in line on the side (#2 in this diagram).

#1 will now reverse the ball on top to the coach / manager. #1 will WAIT until the ball is in flight to #3 on the right wing and will then shuffle cut hard off the cone or chair to the opposite low block or call "pop" and step out to the short corner or corner for the shot.

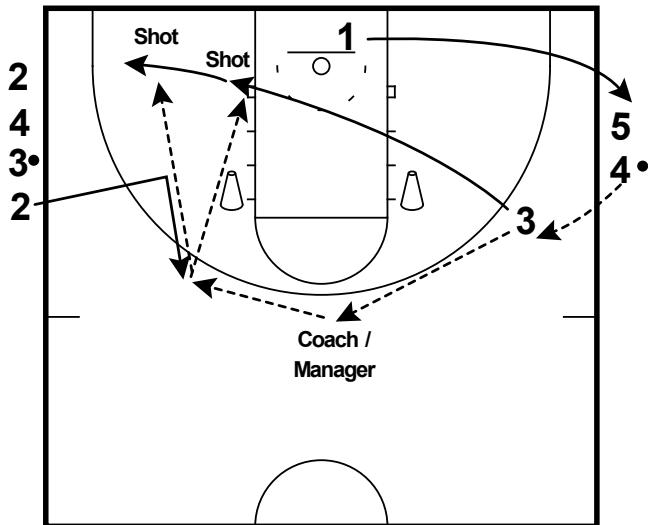
#3 sets up her defender and receives the pass from the coach or manager.

#3 delivers the pass inside to the cutting #1.

#1 catches and scores.



Simplified Triangle Breakdown Drills



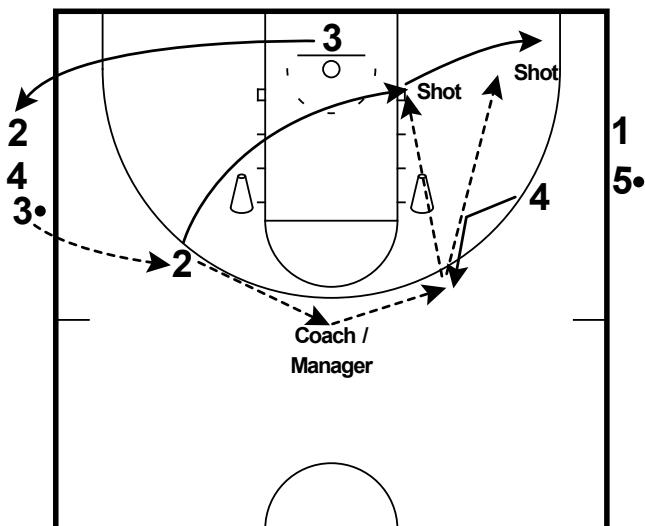
#1 gets her own rebound and hustles out to the end of the opposite line.

As soon as #3 passed inside to #1 for the shot, she will quickly get a ball from the next girl on the sideline (#4 in this diagram).

#3 now passes to the coach or manager on top while #2 sets up her imaginary defender to get open on the left wing.

#3 WAITS until the ball is in flight from the coach / manager to #2 before shuffle cutting hard off the cone or chair for the low post or call "pop" and step out to the short corner or corner for the catch and shoot.

Simplified Triangle Breakdown Drills

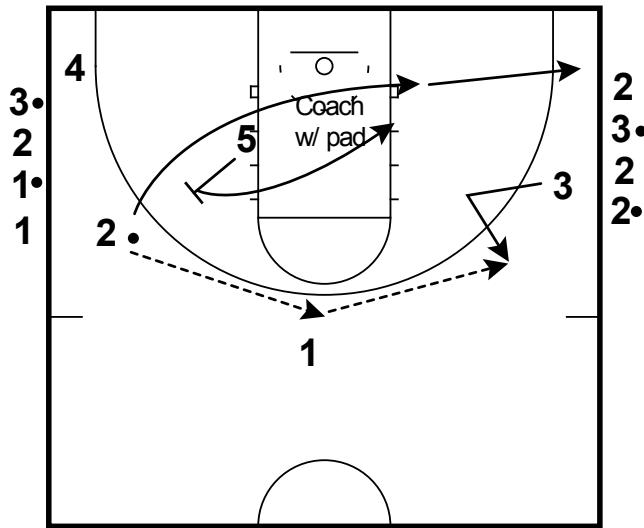


The drill continues with #3 quickly passing the ball into #2 who begins the next ball reversal and basket shuffle cut.

Simplified Triangle

Breakdown Drills

5



BREAKDOWN DRILL #3

Triangle Post Entry Options - Emphasis: Catch and rip on perimeter, triple threat, shuffle cut w/ back screen into Triangle on opposite side and posting while under duress from coach w/ pad. All Triangle Low Post Entry options previously discussed and diagrammed should be executed throughout the drill.

We start with ball reversal through #1 at the top with the opposite wing (#3) setting up to get open.

Once the ball is in flight to the wing, the cutter (#2) cuts off the post back screen and looks for the ball on the opposite low block.

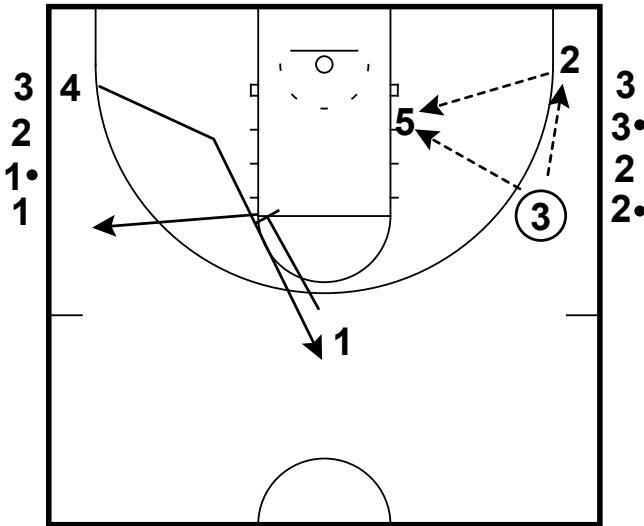
In this drill we will not make that pass and allow the cutter to pop to the corner.

#5 then rolls to the low block with a coach using the pad to set up the Triangle on the ball side of the floor.

Simplified Triangle

Breakdown Drills

5



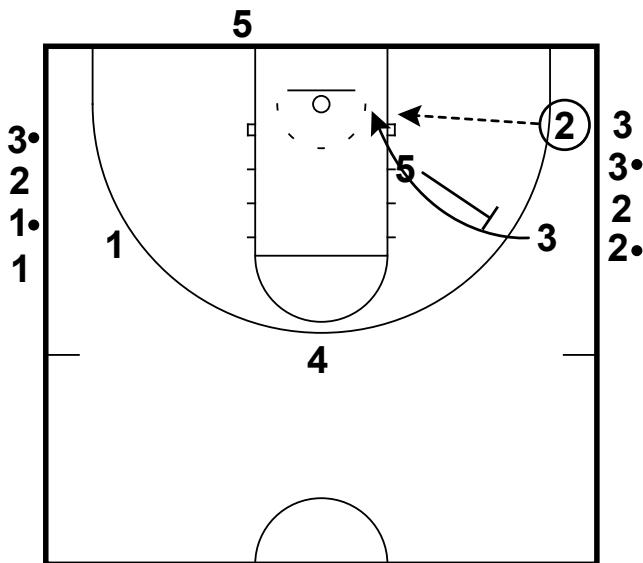
3
3
3•
2
2•

As the ball is passed to the wing, we will simulate the back side down screen action with #1 and #4.

From here we will use all of the Triangle entry options as described earlier.

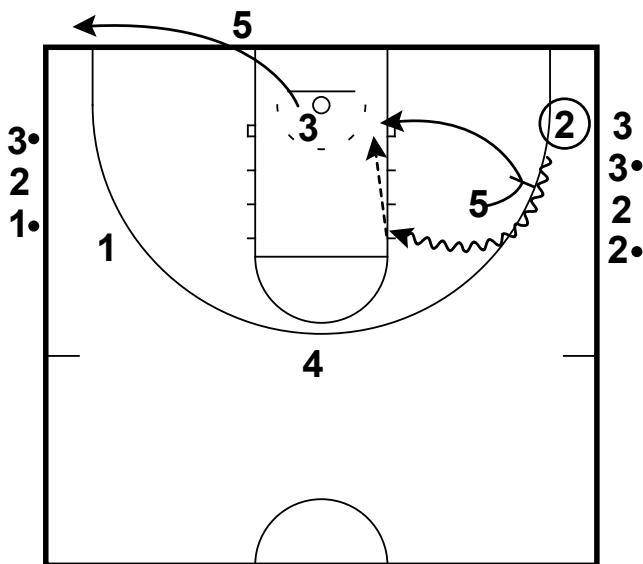
#3 could pass directly into the post or #3 could pass to #2 in the corner setting up the pick and roll action with #5.

Simplified Triangle Breakdown Drills



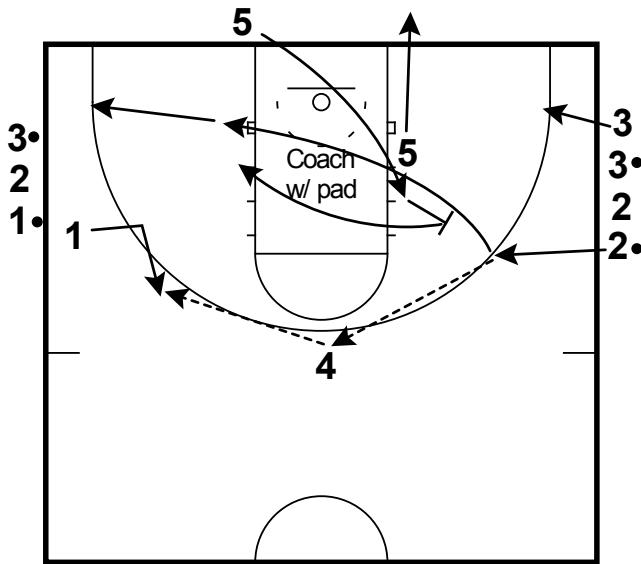
#3 uses the back screen from #5. You could have a coach or manager in the corner make an entry pass to #3 cutting off the screen.

Simplified Triangle Breakdown Drills



#2 and #5 complete the pick and roll with either #2 shooting the jump shot off the screen or passing to #5 rolling to the basket.

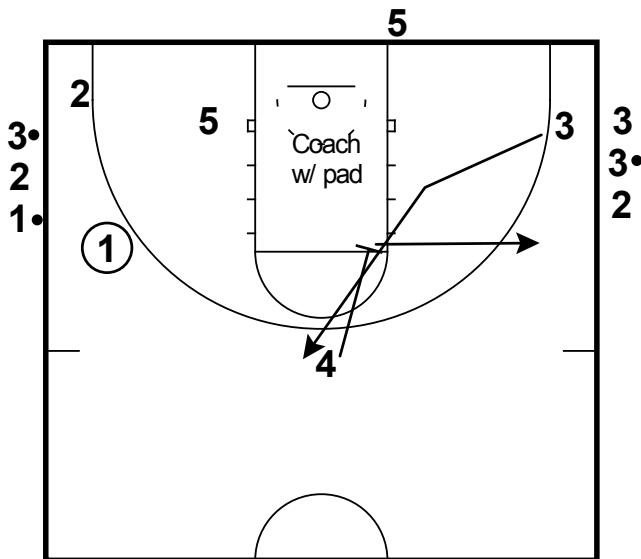
Simplified Triangle Breakdown Drills



Once the group shoots and scores, the next group steps on and we are now ready to reverse the ball in the other direction.

#5 steps to the ball side low block while #2 steps in on the wing with the ball and #3 step into the corner. #2 reverses the ball on top to #4 who passes to #1 v-cutting and getting open to receive the pass on the wing. #5 sets the back screen for the shuffle cut.

Simplified Triangle Breakdown Drills

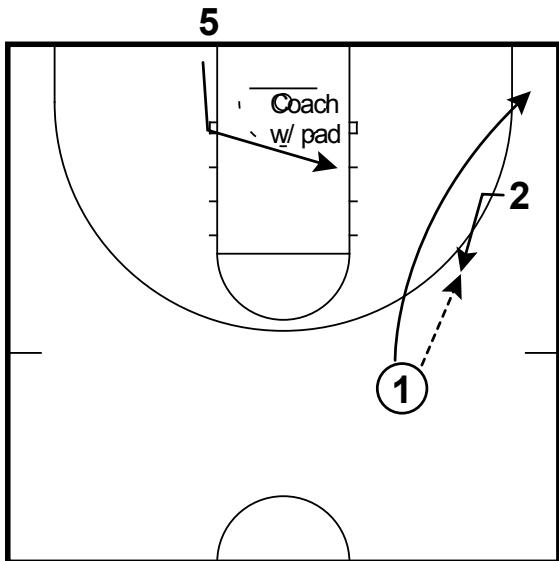


We now run the same Triangle Low Post Entry Options on the opposite side.

#1, #2 and #5 work the Triangle post and corner entries while #4 and #3 simulate the down screen action on the back side.

We work the drill from side to side getting work on the low post and corner entry options from left and right.

Simplified Triangle Breakdown Drills



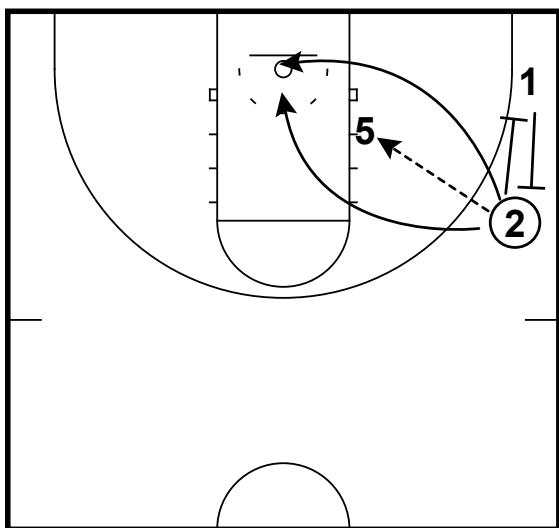
BREAKDOWN DRILL #4

Another drill we will use to teach the Triangle Low Post Entry Options is to simply have our guard on top enter the ball and cut to the corner.

Again, #2 will work on setting up her defender before catching the ball on the wing.

#5 cuts over while the coach gives pressure with the pad.

Simplified Triangle Breakdown Drills

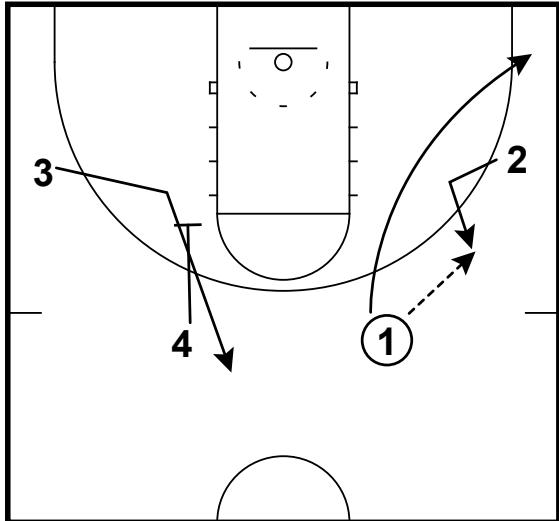


We are now in our Triangle formation and are ready to execute a post entry pass then either a 1) Up screen, 2) Down screen or 3) Laker Cut.

New post and perimeter players step on for next series. Make sure to rotate perimeter positions.

Simplified Triangle Breakdown Drills

BREAKDOWN DRILL #5

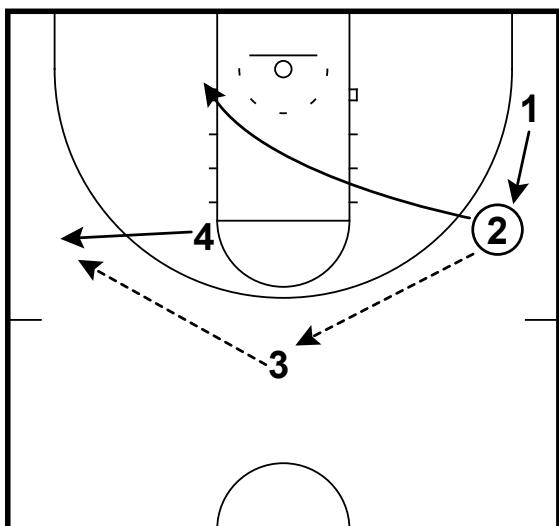


4 on 4 live - Emphasis: Catch and rip, triple threat, shuffle cuts, v-cuts to get open, post passing w/ Laker Cuts and score in the post.

#1 may use ANY of the FOUR entries already diagrammed.

We run the continuity the same as always just without the post player.

Simplified Triangle Breakdown Drills

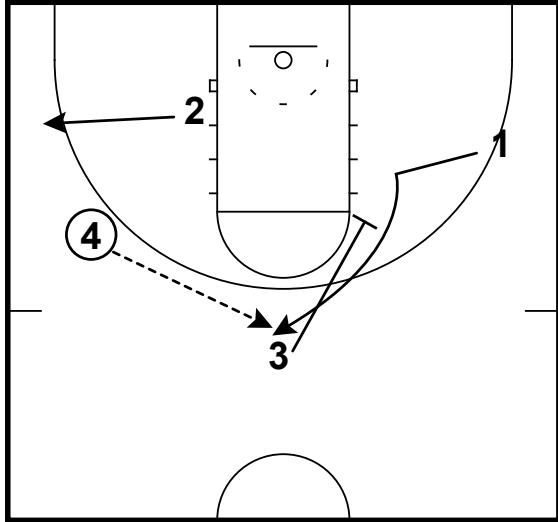


One of the key emphasis should be to get the ball in the post. So hard cuts, great triple threat on the perimeter with catch and rip techniques should be extremely encouraged.

Make sure each player is working on timing - here we see that #4 WAITS until the ball is passed to the top before breaking out and #2 WAITS to make her shuffle cut until #3 has passed the ball to #4.

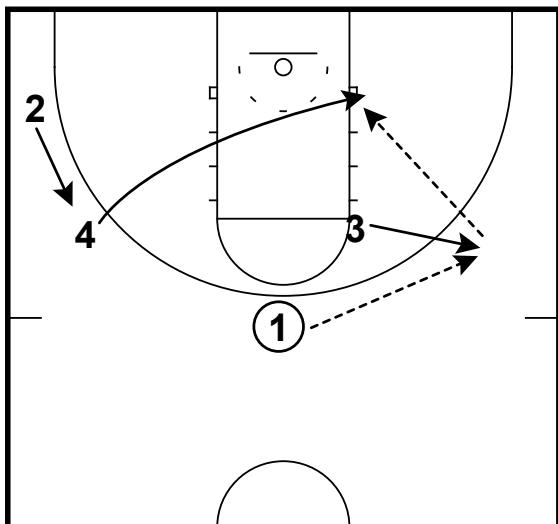
Simplified Triangle Breakdown Drills

Another great opportunity to work on the screening action on the elbow area.

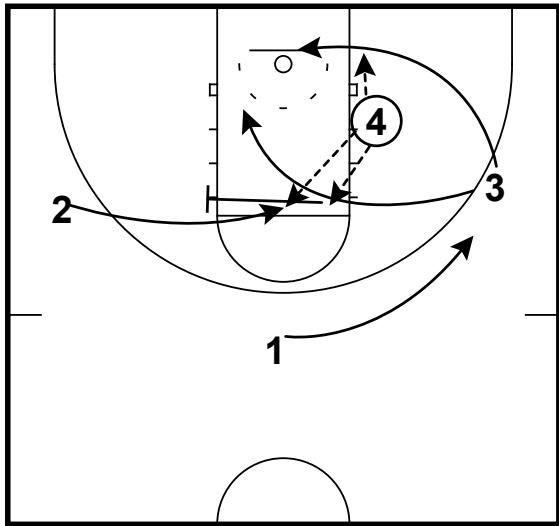


Simplified Triangle Breakdown Drills

After a couple of ball reversals the ball should go inside.



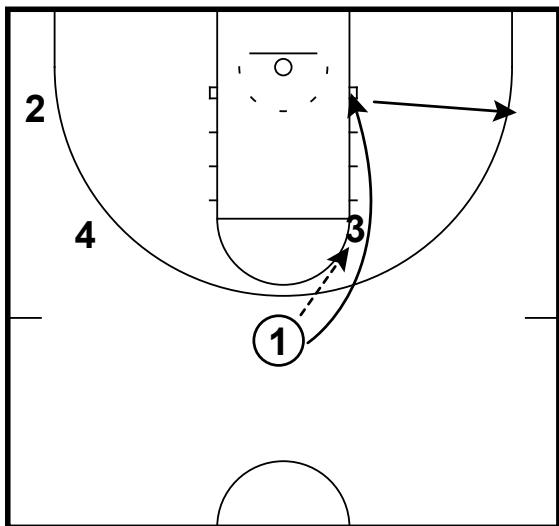
Simplified Triangle Breakdown Drills



#3 works on the Laker Cuts either high or low. #3, if cutting high over the top, can look to screen at the elbow area for #2 for the quick slant and shot.

If #4 does not deliver the pass, she will look to score.

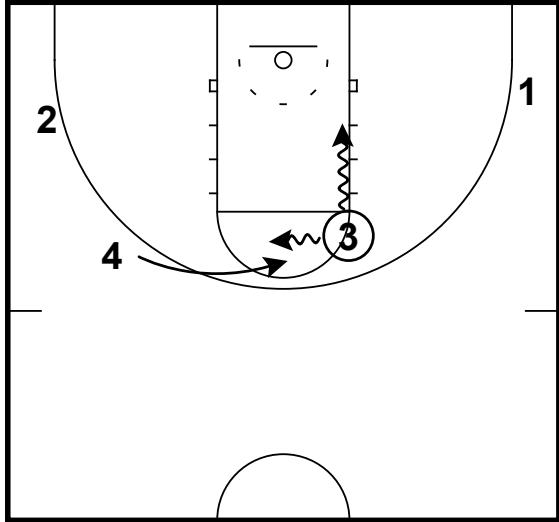
Simplified Triangle Breakdown Drills



Another series you can work on is the "Pinch Post" options. At anytime the player at the elbow can elect to call for the ball and post at the elbow, signaling the start of the "Pinch Post" series.

Simplified Triangle Breakdown Drills

#3 can face up after #1 cuts and look to score herself or she can dribble at #4 for the hand-off.



Simplified Triangle Breakdown Drills

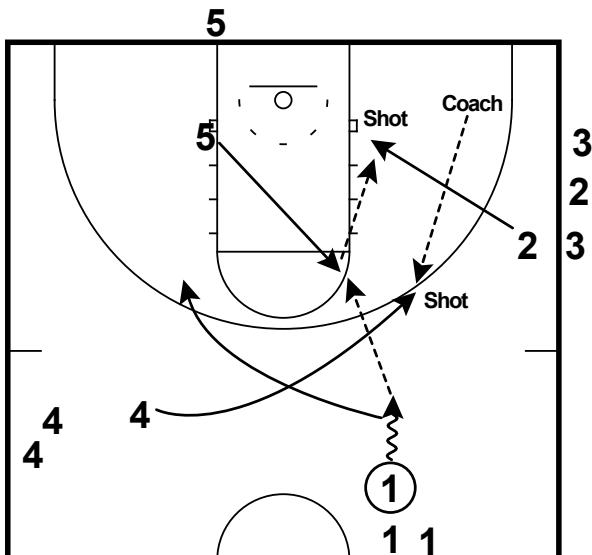
BREAKDOWN DRILL #6

High Post Elbow Entry Options - Emphasis: proper execution and timing on the scissor cut action off the high post, perimeter x-cut and dribble hand-off action.

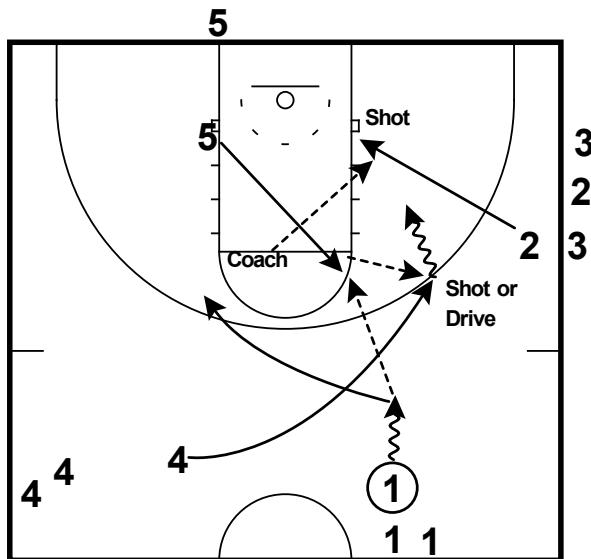
#1 brings the ball over half court. #5 recognizing pressure on the ball and wings will flash to the ball side high post elbow area and receive the entry pass from #1.

The first pass from the post we will work on is the back door pass to #2 cutting to the basket.

The COACH will always have a ball and will hit the next cutter coming off the X-cut from #1 and #4 and will make the pass to #4. #4 has the option to shoot the jump shot or take the ball to the basket.



Simplified Triangle Breakdown Drills

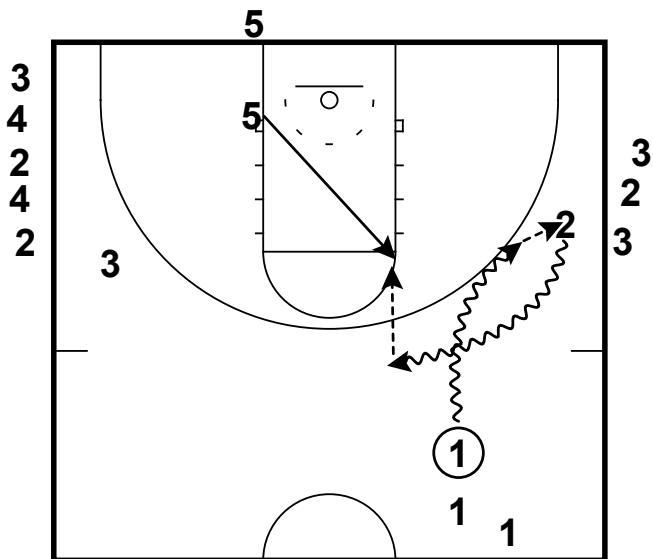


BREAKDOWN DRILL #6

The next progression on the drill is for the high post player #5 to hold and wait for the X-cut and hit #4 for the shot or drive.

The COACH now will make the initial back door pass to #2 cutting for the layup.

Simplified Triangle Breakdown Drills



BREAKDOWN DRILL #6

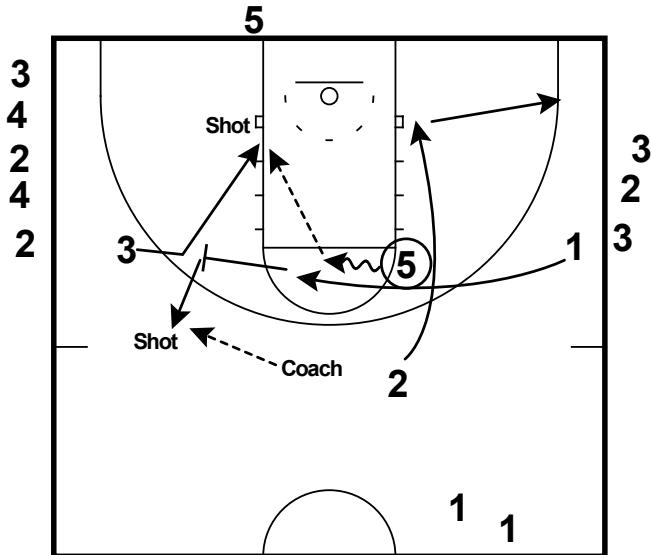
We now progress to our dribble hand-off entry.

#1 and #2 execute the dribble hand-off with #2 bringing the ball up to the top, free throw line extended.

Once #2 gets to the top, she will enter the ball to #5.

Simplified Triangle Breakdown Drills

BREAKDOWN DRILL #6



The first player to pass to the post always cuts first, so #2 cuts hard to the basket with #1 cutting right off of her back.

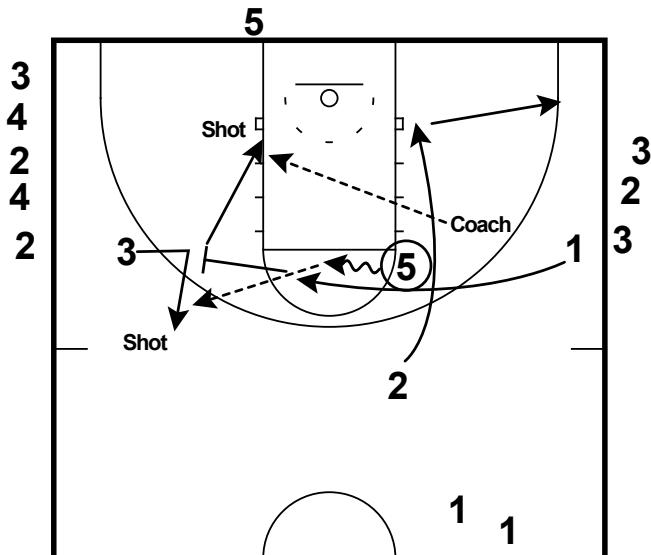
#5 of course could hand the ball off to either for a shot and the drill would end.

Here we show the drill continuing with #5 driving at the wing player #3. #1 screens for #3.

#3 can cut to the basket, which would signal the screener (#1), to pop out for the shot and pass from the coach.

Simplified Triangle Breakdown Drills

BREAKDOWN DRILL #6



We can easily reverse this action with #3 electing to pop up off the screen and get a pass from #5 while the screener (#1) reads that cut and would then cut to the basket and receive the pass for the lay-up from the coach.