

Coach Princeton Basketball



Keys to Unlock the Backdoor Offense

CoachPrincetonBasketball.com

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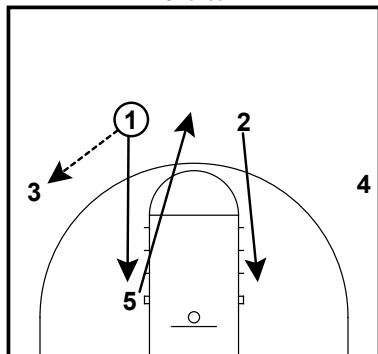
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Fifth Set: Twirl

Twirl
Offense



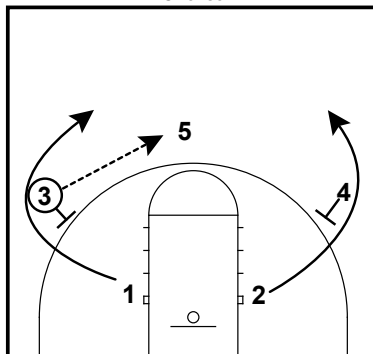
CIRCLE - GUARD TO WING ENTRY

In this option, the ball is passed from the guard position (1) into the wing position (3).

The 2 cuts backdoor for the pass from the 5 as well.

The 5 fills the top of the key as high as the guard position about 3 feet above the three point line.

Twirl
Offense

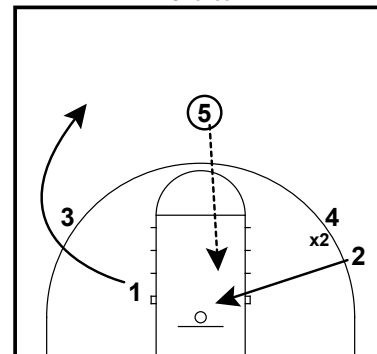


After the pass is made to the forward (3), the forward passes to the 5 at the top.

The 1 and the 2, after cutting to the paint, cut off of the screens set by the wings (3 & 4). The guards circle and return to the guard position next to the 5.

KEY: The wings set the down screen no lower than the FT line extended.

Twirl
Offense

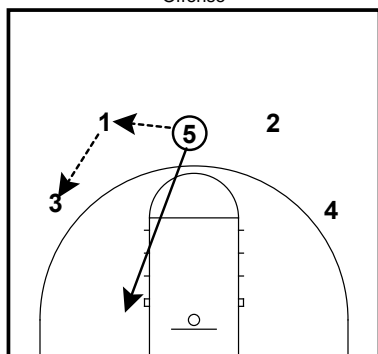


CIRCLE: READ vs. OVERPLAY

After this play has been executed a few times, the defense will be tend to "cheat up" and overplay the guards returning high.

If this happens, the guard, in this case the 2, will backcut hard to the rim for the pass from the 5 and an easy scoring opportunity.

Twirl
Offense



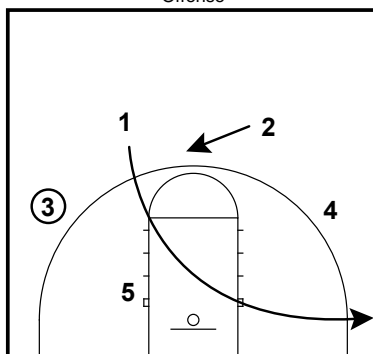
TWIRL - LOW

After the cuts have been made by the guards and no backdoor cut is open, the 1 and 2 are high near the starting guard positions. The 5 can pass to either guard.

The 5 will sprint to the block to post hard on the SAME SIDE the ball is passed. In this case, the ball is passed to the 1 and the 5 fills the block on the side of the 1.

The 1 passes to the wing and this keys LOW.

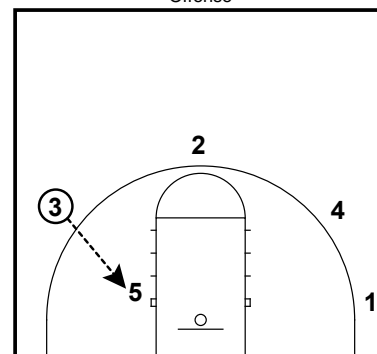
Twirl
Offense



3 has the ball and, after passing to the 3, the 1 cuts through the strongside elbow to the corner.

The other guard fills the top spot as the 4 remains on the wing.

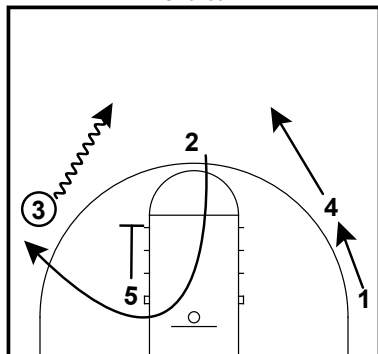
Twirl
Offense



If the ball is passed into the post, we are in our LOW set and the options that follow based on the coach's preference.

Fifth Set: Twirl

Twirl
Offense

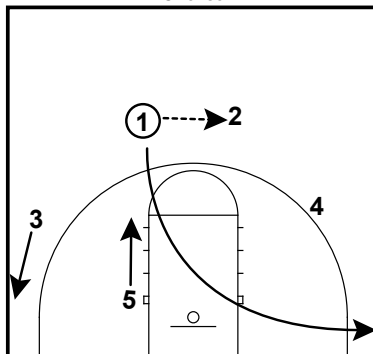


WING OPTION - DRIBBLE UP INTO CHIN

The 3 has no options and dribbles the ball to the guard position and the offense phases into the CHIN set.

The other players rotate into positions on the wings and guard spots.

Twirl
Offense

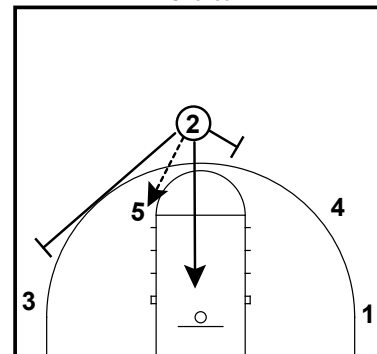


CIRCLE - POINT OUA SERIES

This is a fantastic option after the CIRCLE play has been executed. On the pass from 1 to 2, the 1 cuts hard through the elbow to the corner as the 5 fills the elbow. The 3 drops to the corner.

KEY: In CIRCLE, to get into the POINT series, the Post (5) will NOT cut to the opposite block and then to the elbow. INSTEAD the Post (5), will cut off the tail of the 1 cutting through the elbow.

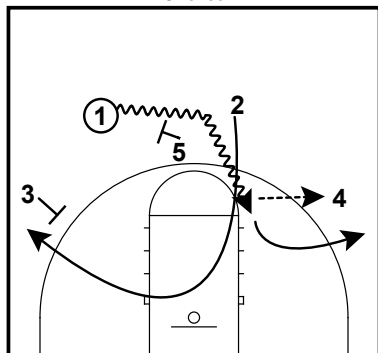
Twirl
Offense



OUA Options

At this point, we have our Point Series - OUA Options which are keyed from the cut of the passer, in this case the 2, into the high post. There are 3 sets that can be keyed by the cut of the passer into the high post.

Twirl
Offense



CIRCLE: HIGH SCREEN

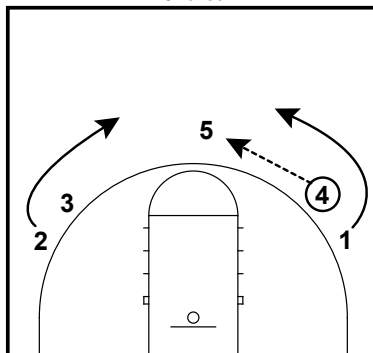
This option can be called by the coach or the guard. It is excellent to use vs. the back court pressure or as a change of pace.

The 5 will set a ball screen in the middle of the court, but will NOT roll to the basket.

The 2 will set his man up and cut backdoor from the top looking for a pass from the 1 for a layup. If the 2 has no shot, then the 2 will cut under the rim and fill the opposite wing.

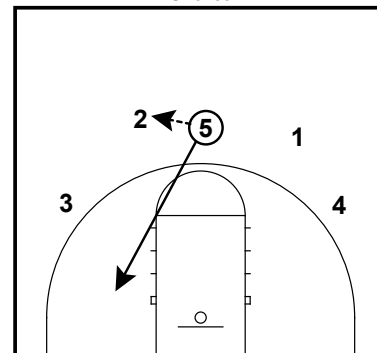
The 1 will attack for a layup if possible, but if stopped will pass the wing (4) then cut behind the 4 back to the guard spot.

Twirl
Offense



The 4 will pass to the 5 at the high position as the guards (2 & 1) fill the original guard positions.

Twirl
Offense

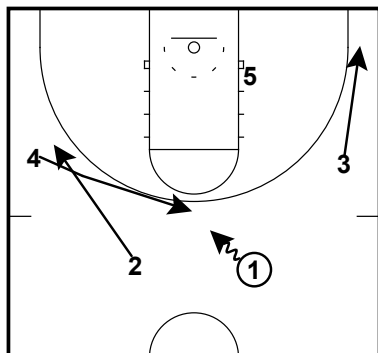


The same CIRCLE options are available after the HIGH SCREEN option has been executed.

Set Plays and Counters

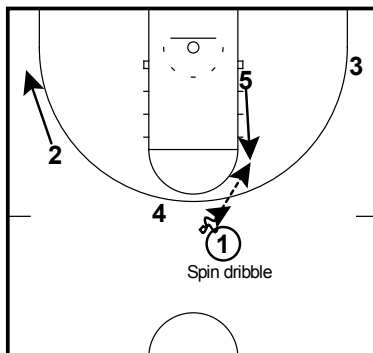
The PLAY (UCLA)
Quick Hitters

UCLA (Princeton beat defending NCAA champion UCLA)



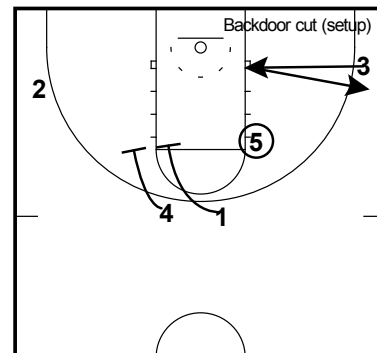
The Play. This beat defending NCAA champion UCLA 43-41 on a backdoor cut. The play is similar to WAVE and a high post pass to 5 on the cuts by 2 and 4.

The PLAY (UCLA)
Quick Hitters



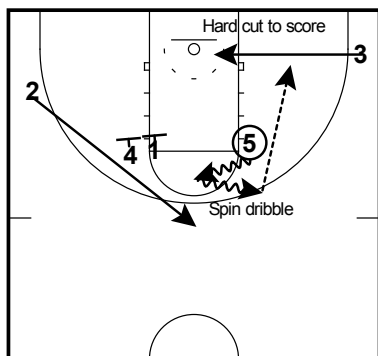
On a spin dribble by 1, the 5 fills the high post and catches as the 3 fills the corner.

The PLAY (UCLA)
Quick Hitters



On the catch by 5, 3 cuts baseline about 50% speed to setup 3 for next cut. 1 and 4 set a double screen at the opposite elbow for 2. This is a distraction.

The PLAY (UCLA)
Quick Hitters

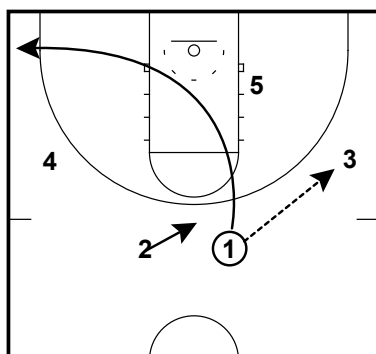


As 2 is cutting off the double screen pulling the weakside help away from the basket. 5 sells this action as dribbling to the top of the key then spin dribbles back to 3. 3 cuts violently to the rim for the backdoor layup.

Set Plays and Counters

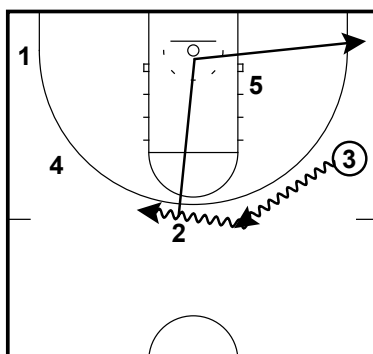
Wheel
Quick Hitters

Wheel



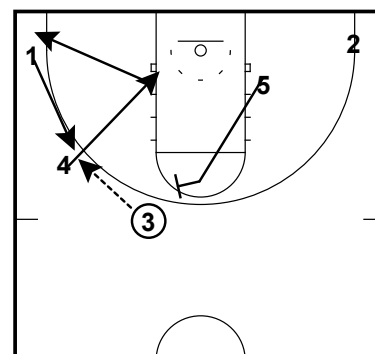
This play is a great play to get a shot for your best wing shooter. Lots of cuts and you pass to your best shooter to start the play and it begins just like LOW.

Wheel
Quick Hitters



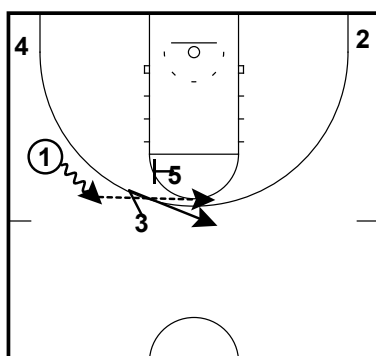
This is similar action to reset to CHIN on the dribble up, but this time 3 stays a bit more flat on the dribble and looks for 2 cutting backdoor. 2 fills the strongside corner as always. 3 continues dribbling across the top.

Wheel
Quick Hitters



Staying with our rules, the 4 cuts backdoor on the dribble at by 3 and then posts up and fills the corner. The 1 fills the spot left by 4. As the 4 cuts backdoor, the 5 is sprinting to get an angle for the flare screen for the 3.

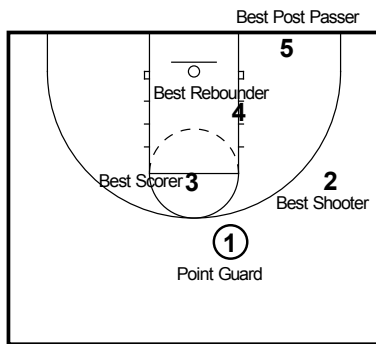
Wheel
Quick Hitters



From this pass and flare action like in WAVE AWAY, the 1 will get an angle for the 3 on the flare and this opens up a shot for the three pointer or a drive and kick for the 2. From here the play moves into CHIN on the dribble up by 2 or 3.

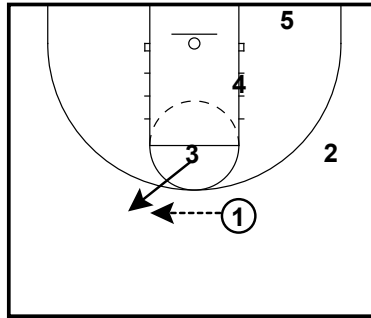
Zone Offense

White
Zone Offense

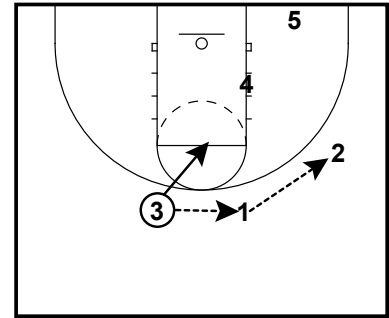


Basic Overload Alignment v. Any Zone Defense

White
Zone Offense

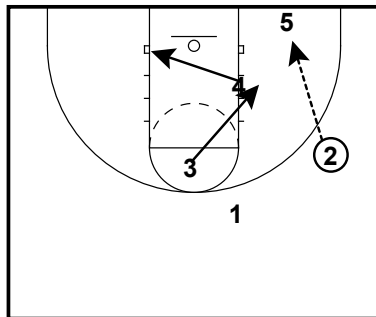


White
Zone Offense



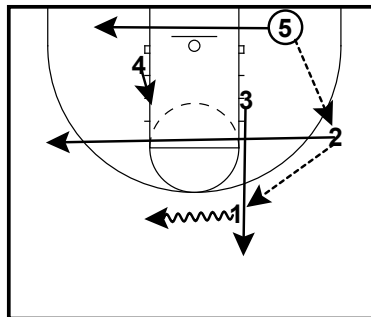
Force the zone to match up and reverse the ball quick to the shooter (2). Look for the shot or the 5 on the baseline. This action should open up the short corner.

White
Zone Offense



5 has the ball. This is the goal of the offense. The 4 dives to the rim and weakside. The 3 follows behind the 4 looking for the pass from the 5 for the layup. The 2 spots up for a kickout.

White
Zone Offense



On reversal to 2 and to 1 the offense resets to the other side. Look for the 3 filling the 1's spot as a quick reversal often leaves this open.

White
Zone Offense

