

Pass Option Complete Offensive Transition System

X-Cuts, Backdoors and Lobs
By Coach John Saintignon

Pass Option

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Introduction to the System

***John Wooden's 8 Laws of Learning:
explanation, demonstration, correction,
repetition, repetition, repetition,
repetition and repetition.***

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The Pass Offense is broken up into clearly defined and described sections that will help you implement this exciting new offense on the first day of practice. It is important to note that this **sideline break system** is run exactly the same on either side of the court. First, we take a look at the point guard's pass options to begin each offensive series:

1. **Early Offense** (pass ahead)
2. **Secondary Options** (hold up)

Wing Entry Series

Trailer Entry Series

Pick and Roll Entry Series

Dribble Clear Entry Series

You will be in the same alignment at the *culmination* of each of these different point guard pass entry options. The *culmination* alignment will give you three passing options:

3. **Culmination Alignment**

Triangle Corner Series

Triangle Post Series

Pinch Post Series

As with any great offense, we will conclude with a section on “**pressure releases**”. In simplest terms, what to do when the defense tries to take away certain passes that will disrupt the continuity of the offense.

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Early Offense

You always hear coaches talk about “pressure defense”. I like to use the term “pressure offense” with my players. I want to attack the defense the minute we have the rebound. You should move quickly and seamlessly from your early offense to your secondary offense, not allowing the defense to catch their breath, gather themselves or dig in defensively. Always keep the “pressure” on the defense.

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Early Offense

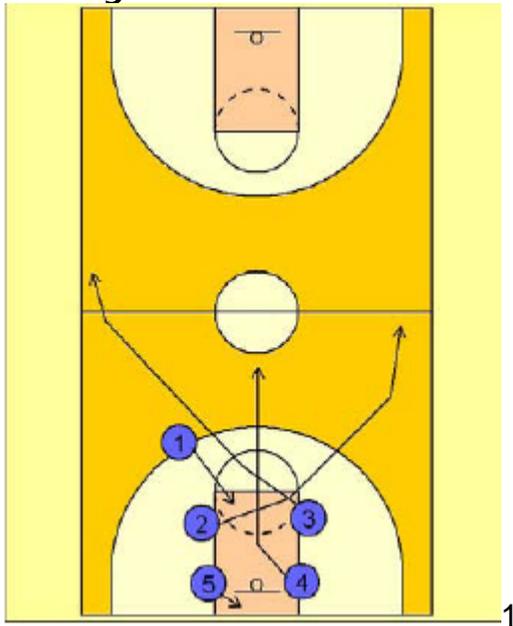
One of the primary responsibilities of the point guard is to determine when to pass ahead in transition and when to hold up and run the secondary options, or more commonly referred to in this offense as the point guard entry options. We call passing ahead early your first option. This is when our point guard recognizes, upon receiving the outlet pass, that players ahead of the ball will have an advantage at scoring upon receiving the pass. This can be either a wing or post player. If he feels the offense “has numbers” on the defense, then he is encouraged to pass the ball ahead while the person receiving the ball is instructed (and drilled) to catch and attack the basket on the dribble, pass or perhaps three point shot. In any event, he will look to be aggressive upon catching the ball. I am one of many coaches who have changed their philosophy in terms of the early three-point shot on the break. If the post player is not open inside, there are no penetration options available, and we have other players running to the board for offensive rebound position, I encourage and drill them to take and make that shot. After passing ahead and no shot is taken, we would then run quickly into our motion offense or call a set play. The “Secondary Options” would not be available if we pass ahead early. My motion offense has some basic rules. I like giving them freedom here as they will need a break from the “disguised” structure they have from time to time. This will also be a difficult adjustment for the defense, as they become custom to defending patterns and tendencies.

My motion offense rules: **1)** Must catch and face at all times; **2)** reverse the ball;
3) must pass and cut, screen, or cut and replace themselves after passing; **4)** post players look to backscreen passers; **5)** backdoor cut or screen away if you do not receive the ball (do not stand); **6)** signal player you are screening for (fist up); **7)** proper spacing at all times (wide and high).

I will now outline the Early Offense options, the proper lanes each player should run and the scoring opportunities available when passing ahead on the break.

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Early offense

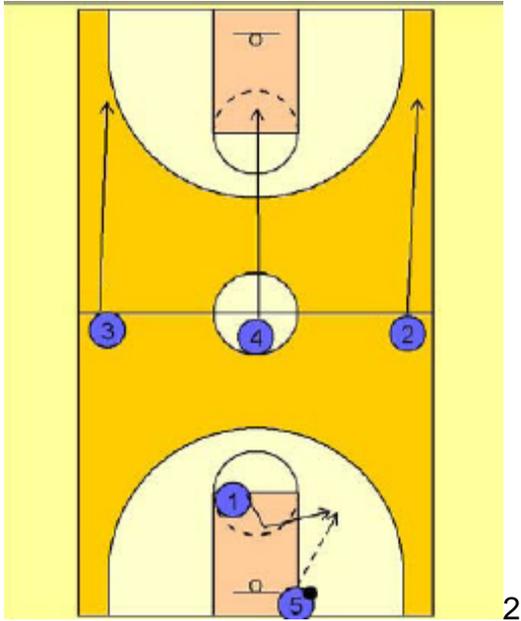


(Early Offense)

#5 or #4 can take the ball out on either side of the basket. #1 makes his move to the middle and then breaks out to the side the inbounder has determined. #2 must always run the right sideline. #3 must always run the left sideline. #4 (or #5, whoever didn't take it out), runs hard down the middle of the floor eventually running to the ball side block.

Some key teaching points: If you want to exchange and let #2 run the left side and #3 run the right, that is fine. Just be sure you stay that way the entire time those players are on the floor. If you sub some different #2 and #3 players in the game, and they want to switch what side of the floor they run, that is fine. The key is that both wing players on the floor know what side of the floor they are running and they **HAVE TO** run those sides each time on the break.

On a missed shot when #4 and #5 do not get the rebound, then it is a foot race to see who gets down the court first to become the ball side block man and who becomes the post trailing the play.



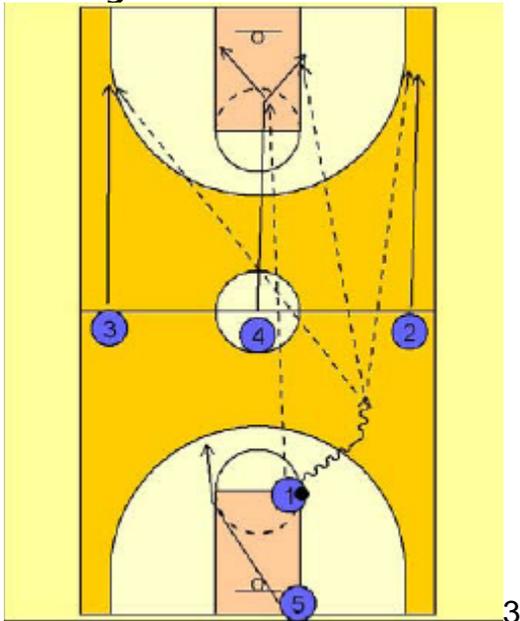
(Early Offense)

#5 has taken the ball out of the net and determined a side to enter. #1 makes his hard cut to the right side of the floor to receive the inbounds pass. The remaining players (#2, #3, and #4) run their appropriate lanes. The ball must be entered to #1. Later we will discuss options when #1 is denied the entry pass.

Teaching point: Make sure your point guard gets in the habit of COMING BACK TO THE BALL. So many players, not just point guards, have a habit of floating down the floor thinking they are open when a defender is just waiting for an opportunity to step in and make the steal.

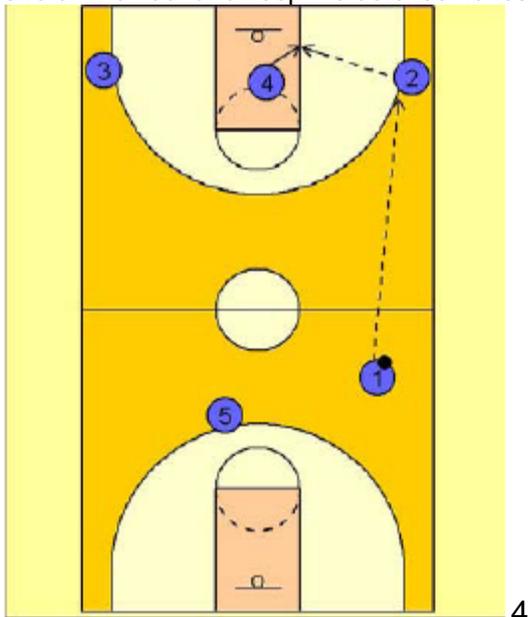
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Early offense



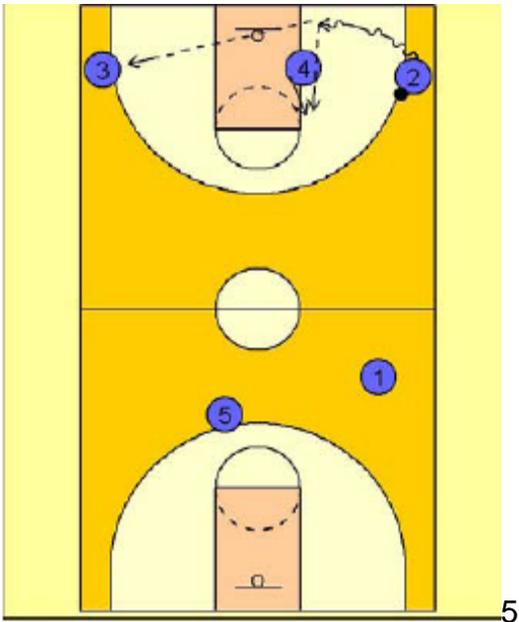
(Early Offense)

#1 drives the ball up the right sideline while #5 steps opposite the ball and proceeds to run the trailer lane down the floor.
 Teaching point: #1 should look to pass ahead if he feels #2, #3 or #4 would have an opportunity for a good 3 pt shot, a lay-up, or an opportunity to catch and penetrate for a lay-up. This "passing ahead" will stretch the floor and keep the defense honest.



(Early Offense)

If #2 does not have an open 3-pointer or a penetration lay-up opportunity, the #2 man may quickly dump the ball inside to #4 if he sees #4 has his man sealed and a chance for an easy lay-up.



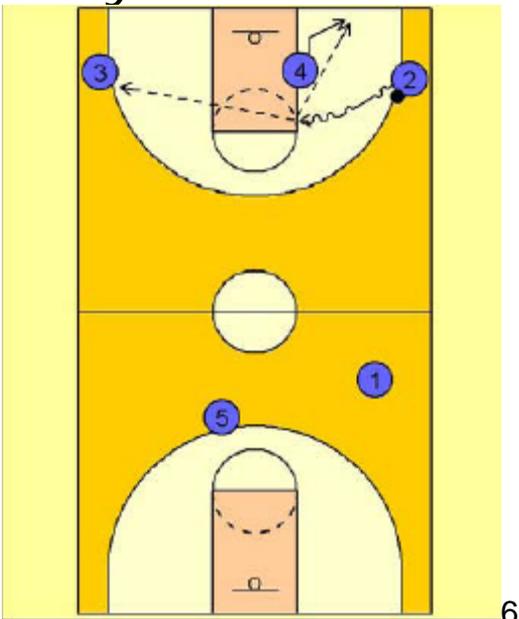
(Early Offense)

If the post player #4 is denied the ball from #2, #2 can look to penetrate to the baseline. In this case, #4 is taught and "drilled" to step up the lane looking for the pass back from #2.

#2 may also look to pass out to #3 on the opposite wing / corner area.

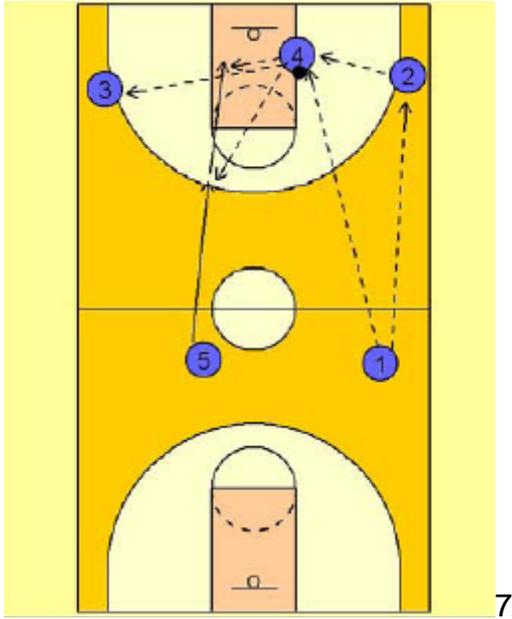
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Early offense



(Early Offense)

If #4 is denied the ball, #2 may also look to drive the middle gap looking to score. When this happens, #4 is taught and "drilled" to step to the short corner area looking for the pass from #2. #2 may also look to get into the gap and kick the ball out to #3 on the opposite wing area.



(Early Offense)

If #4 should receive the ball on the break either from the point guard or from the wing, he will look to score or will look to kick the ball out to the trailer #5 or the opposite wing player #3.

The opposite high post player, #5 in this diagram, will always dive to the basket looking for a pass from #4 or good offensive rebound position on the back side.

If a shot is not taken from these early offense options, we will run quickly into our motion offense or back the ball out and call a set play.

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Pass Option Secondary Offense

The way coaches teach the fast break is changing, just as basketball is evolving. Thanks to the three-point shot and the addition of freelance offenses, coaches are encouraging players to run the break in unconventional ways...and the lay-up isn't necessarily the ultimate prize anymore.

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Secondary Offense

After the point guard has determined that there are no substantial advantages to passing ahead (described in our “Early Offense” section), he will hold onto the ball, slow up a bit and wait for the trailer man to catch up, then look to make one of four entry options in our secondary offense.

The four entries are:

- **Wing Entry Series**
- **Trailer Entry Series**
- **Pick and Roll Entry Series**
- **Dribble Clear Entry Series**

We call this process of getting into our secondary options, “second gear”. It will take coaching, live scrimmaging and drill work for your point guard to become comfortable and good at recognizing when to pass ahead (first option) and when to hold onto the ball and make the secondary entry options (second option). As mentioned earlier, each of these entries conclude or *culminate* with the same alignment, giving you three additional offensive options: **Triangle Corner Series**, **Triangle Post Series**, and the **Pinch Post Series**. Each will be described in detail later on in this book.

It is important to note that whenever we have a breakdown in the offense and players seem “out of sorts”, we must quickly and efficiently get into our Motion Offense, using the rules outlined in our Early Offense section.

I will now outline the Secondary Break Offense and the four different point guard entry options available in this system.

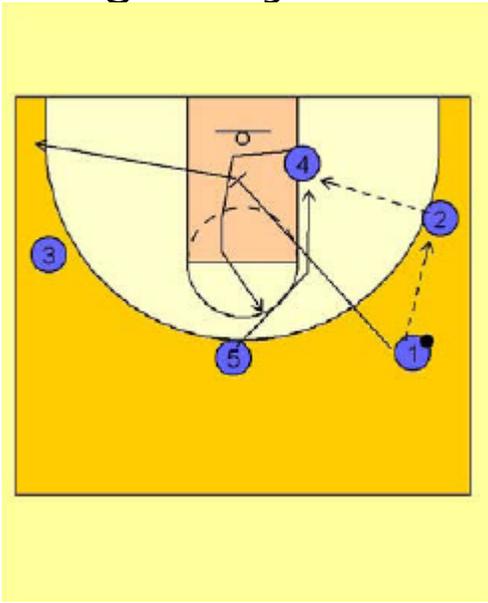
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Pass Option Wing Entry Series

Proper execution of the x-cut, back-cut and v-cut are crucial elements in determining the overall success of this offensive system.

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Wing entry series



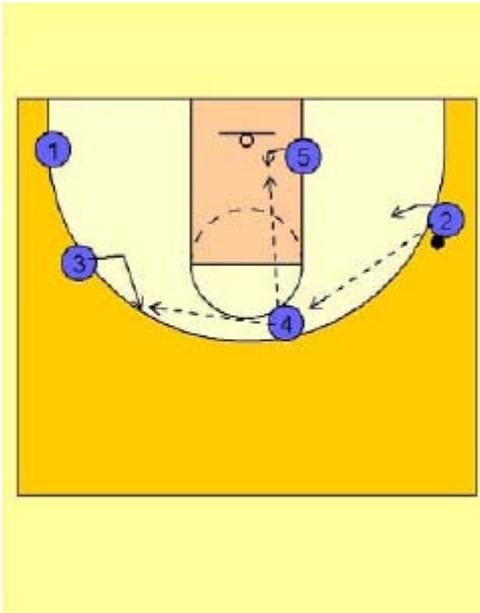
(Wing Entry Series)

Point guard elects to make the wing entry pass.

#1 cuts through the elbow area of the free throw line while #5 makes a good hard x-cut shoulder to shoulder off of #1.

As the X-cut is taking place, #4 steps back in the lane and then breaks up to the top of the key area. If #1 can set a screen for #4 he will do so before cutting out to the opposite corner.

#2's first look is to #5 cutting off the shoulder of #1 for the lay-up on the right low block.



2

(Wing Entry Series)

If #5 is not open, #2 reverses the ball to #4 on top. #4 will quickly look to the high / low entry pass inside to #5 and then will reverse the ball to #3 on the left wing.

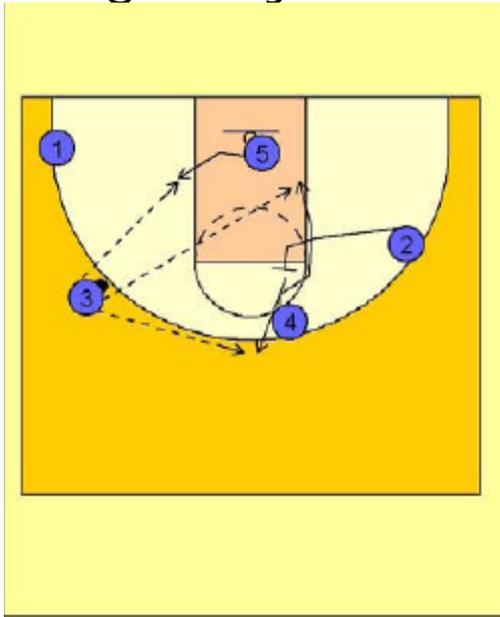
On all ball reversal passes you must get your wing players to walk their defender down and then have them make a quick v-cut to get open for the pass. (#4 to #3 in this diagram). NEVER let them just stand to catch the ball (whether practicing 5 on 0, drill work, or live scrimmaging).

After passing to #4, #2 starts to move in slightly to begin his backscreen action. #5 will have a one count to receive the high / low pass from #4 on top before it is reversed to #3 on the left wing.

As the ball is passed to #4 on top, #3 begins to walk his man into the lane area and then executes a solid v-cut to get open on the left wing. #4 reverses the ball to #3.

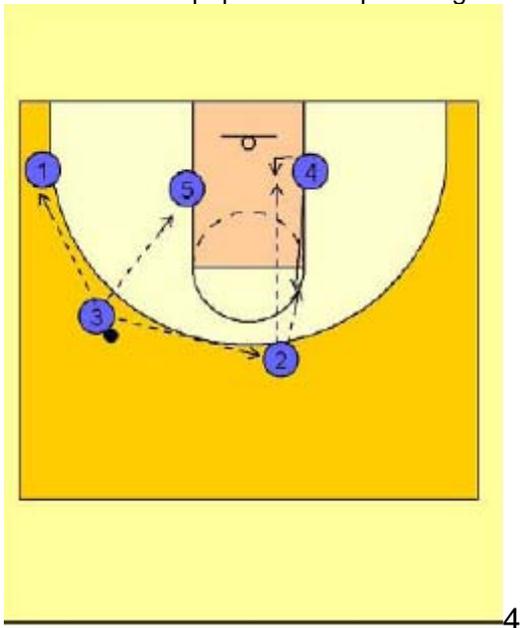
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Wing entry series



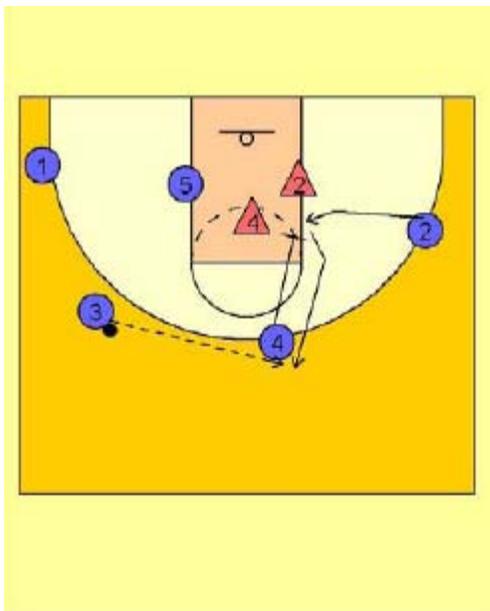
(Wing Entry Series)

Once #4 passes to #3 on the left wing, #2 moves up and sets a backscreen on #4's defender. #4 cuts to the basket looking for the pass back from #3. #2 screens and pops out on top looking for the pass from #3.



(Wing Entry Series)

As #5 makes his cut to the ballside low block, #3 now has THREE passing options available to him in our Culmination Alignment. He can pass to #1 breaking out to the corner that will initiate our Triangle Corner Series, He can pass into the post player #5 which will initiate our Triangle Post Series, Or he can pass to #2 on top that will initiate our Pinch Post Series. The Pinch Post Series and the Triangle Series are described in detail in it's own section.



5

(Wing Entry Series)

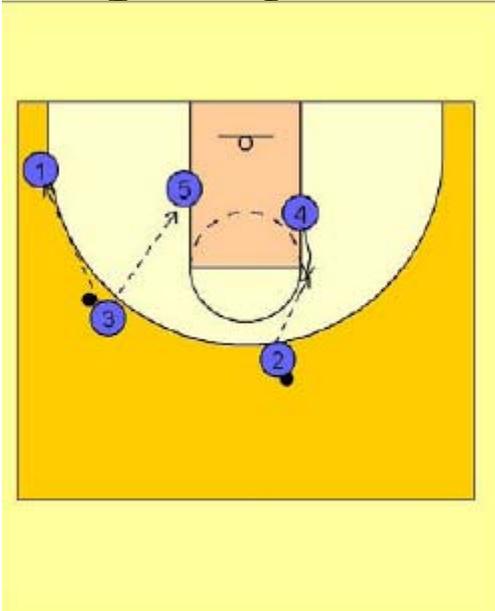
IMPORTANT OPTION: At anytime in this system when you have a small on big screen, as we see in the beginning of this series with #2 and #4, you may look to "exchange" roles.

If #2 and #4's defender is sagging in the lane to help on the cut to the basket by #4, #4 will read, raise his fist and call out #2's name and screen for him (#4 downscreening for #2, instead of #2 backscreening for #4).

This action is extremely effective as #2 and #4's defender is so far back in the paint he will often be unable to get out on the shooter #2 in time. #3, instead of looking for the lob pass to #4, would look to hit #2 breaking out on top for the potential open jumper.

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Wing entry series



(Wing Entry Series)

If #2 did not get the shot, #4 would flash into the high post elbow area and they are set to begin the Pinch Post Entry.

If #3 did not pass to #1 on top for the shot, #3 would have the option to enter the ball either to the post man #5 and initiate the Triangle Post Series or to the wing man #1 and initiate the Triangle Corner Series.

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