

Crack Offense

“Exposing the Cracks in the Defense”

Overview

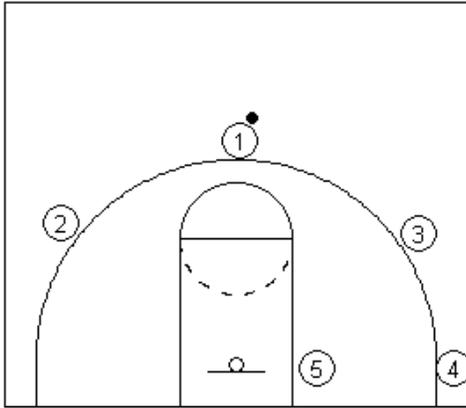
The crack offense is part Flex, part Swing, part DDM, part triangle, and part screen and roll continuity. It's a continuity offense with a few different dimensions in order to keep the defense guessing. Some continuity offenses repeat the same thing over and over, thus become easier to defend. This offense, while maintaining a base continuity, integrates different looks such as screen and rolls, flex cuts, back screens, and DDM that give it a much more multitooled appearance than some popular continuities. It gives you the different looks and flexibility of a motion or free lance based offense, while still giving players (especially the ones that are short on basketball IQ) the safety, structure, and direction of a continuity based offense. There always know where they should be and what they should be doing. At the same time, with the drive and kick option, it gives your most talented players and opportunity to make plays for you from time to time.

Depending on your coaching style this can be a quick hitting take the first shot we get offense, or it can be a patient, slow it down, work the ball for a great shot type of offense. It is all in how you teach it and the types of shots you are accepting from your players.

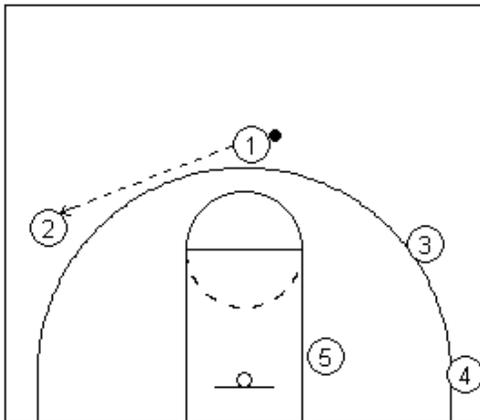
I believe that this offense should be taught in layers. Players must have the base of the continuity down cold before adding the other looks. The base is very simple and should not take the average player long to memorize the basic movement. If you take the time to build the offense slowly throughout the year it's going to go a lot easier than trying to jam it down the players throats the first day.

Base Movement

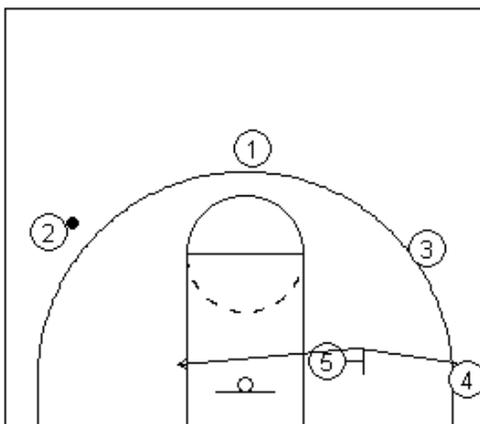
The base movement of this offense is relatively simple. It gives you a good simple continuity. The base is predicated on a flex screen, back screen (swing style), a screen out to the corner, and then a down screen screen the screener action. We first look to get a shot inside, then a shot outside, then reverse and repeat. Pretty simple right??



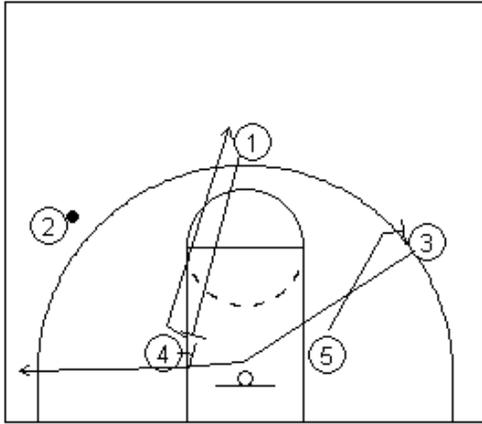
*Offense sets up with a point, two wings, a post and a corner. Because in the offense the players change places, the starting spots do not require a certain player. For the post part, I do like 3 to be a shooter because he's the first shooter to the corner.



*The offense starts with a pass to the "lonely wing" (2), the wing that is alone on the other side, the side away from the post and corner.



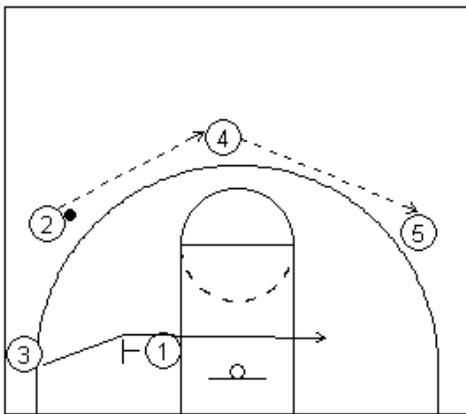
*As the pass is being made, the low post (5) steps out and back screens the corner man (4) who cuts to the ballside block and stays. As he screens he should open up to the basket, pin the player he screened and look for the ball if the defense switches.



*As the corner (4) gets to the block, the post who set the backscreen (5) steps up and backscreens the backside wing (3). The backscreeener (5) may need to head hun the wing's (3) defender. The backscreeener (5) takes the backside wing position.

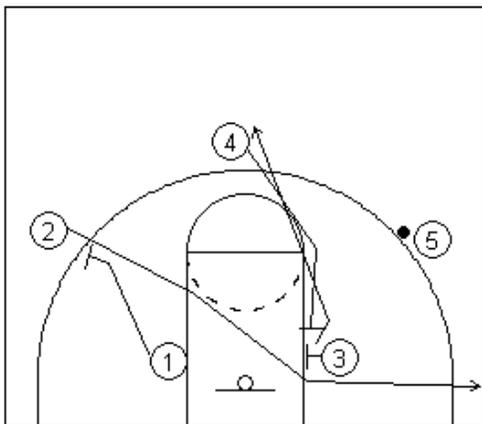
*The backside wing (3) cuts to the rim and if he doesn't get it he fills the ballside corner. The player who came off the first back screen (4) sets a screen for him freeing him up for a jump shot. The 4 should seal and post hard.

*As the backside wing (3) clears to the corner the point (1) sets a down screen for the screener (4) who cuts up to the point.



*As the player on the ballside block (4) fills the point, he gets a reversal pass form the wing (2). The point (4) reverses the ball to the backside wing (5).

*As the pass is being made to the backside wing (5), the action (continuity) repeats. The player on the block (1) steps out and backscreens the corner (3) who cuts to the ballside block.



*As the corner cutter (3) reaches the block, the player in the post (1) now backscreens the backside wing (2). The player in the post (1) fills the backside wing after setting the screen.

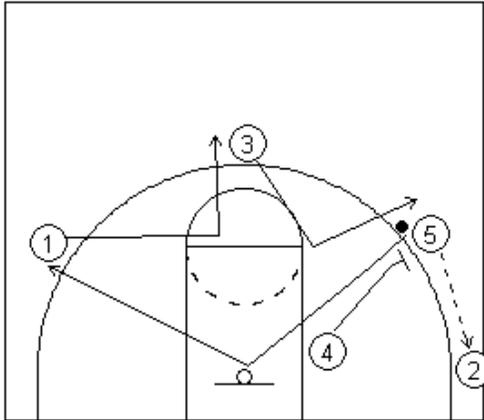
*The backside wing (2) cuts to the rim and if he doesn't get a pass continues to the corner off the screen of the player on the ballside block (3).

*The player at the point (4) sets a downscreen for the player on the ballside block who set the screen for the corner player (3). The player on the ballside block (3) pops to the point for a shot or ball reversal.

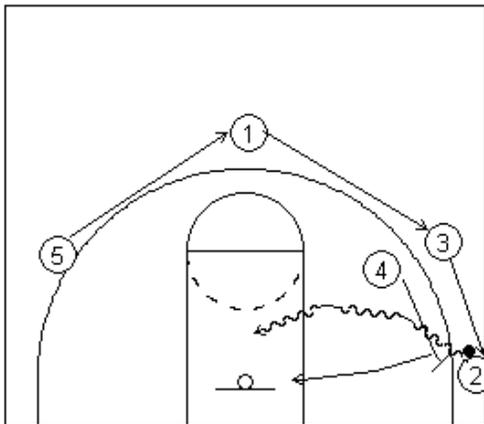
So that is the base movement of the offense. As with anything I write there is nothing revolutionary or different, but it's a solid continuity that gets you multiple looks for multiple players. It gets you two looks inside for easy shots and helps you reverse the ball with the screen the screener downscreen. But as with any offense, the effectiveness is in the details. Are you setting good screens? Are your screeners sealing and looking for passes in as well? Are your players on the block posting hard? Are players running it hard and correctly? If you can answer yes to these the offense will be effective.

Corner Entry

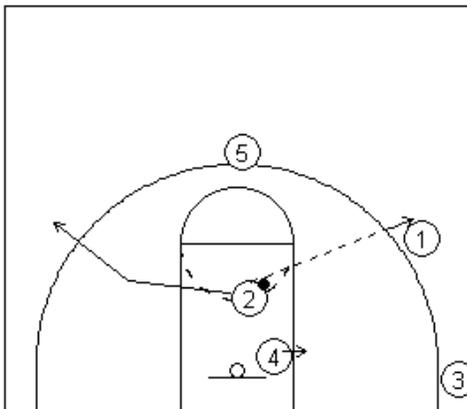
When the ball goes to the corner man, the following takes place.



*The player in the low post (4) back screens the wing who made the pass (5). The wing who made the pass (5) cuts through to the backside wing. The original backside wing (1) fills the point. The original point (3) fills the ballside wing.



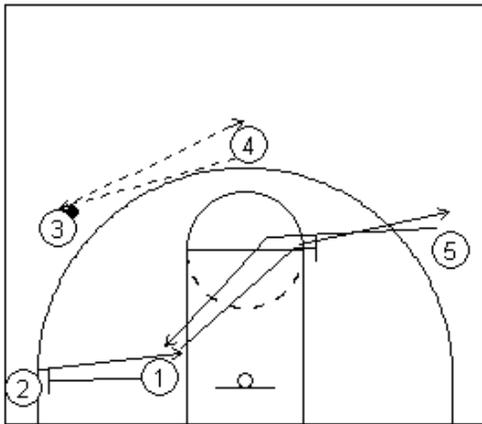
*After setting the backscreen, the player in the post (4) turns and sets a ball screen for the player in the corner.
*The player in the corner dribbles off the ball screen to the rim.
*The screener rolls back to the block.



*If they do not score on the screen and roll, and the ball is kicked out, the driver fills the backside wing and the screener fills the block where he came from and we are still in our offense.

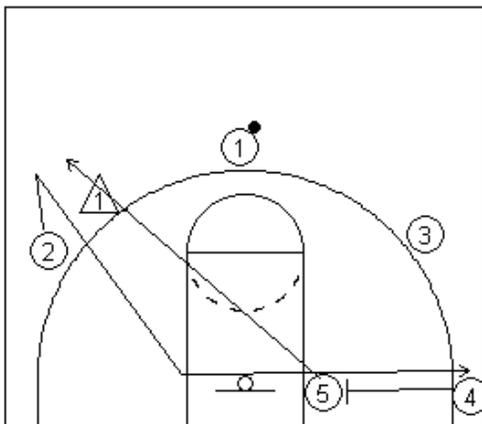
IMPORTANT NOTE: If the player in the corner is a big that CAN NOT handle the ball you can have a call where we don't screen and roll. Player X, the player on the block (4 in this case), backscreens the wing as we normally do, but just rolls back to the block, everyone rotates, and we pass back to the wing. The player who can't handle it in the corner doesn't have to handle it.

Pass Back to Same Wing – No Reversal



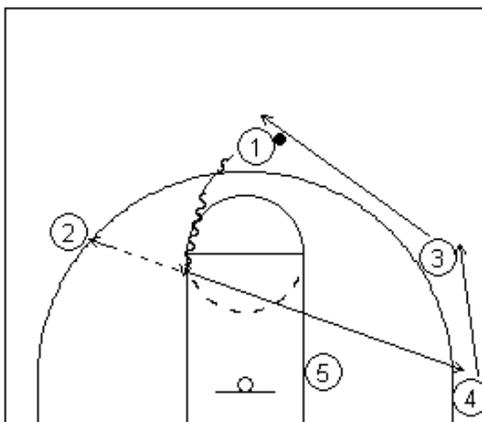
- *When the ball is not reversed, and there is no reversal, the post (1) steps out and backscreens the corner (2).
- *The corner cuts to the rim and then comes and backscreens the backside wing (5). The (5) is now the backside wing.
- *The backside wing (5) cuts to the block and becomes the post.

Reversal Denial



- *When the reversal pass is denied, the wing being denied (2) makes a fist to signal the back cut.
- *The wing (2) backcuts to the rim, as he is cutting the post (5) is sprinting out as soon as he sees the fist to the wing spot to clear the inside for the cut.
- *When the wing gets to the block the corner (4) sets a down screen for him and the wing (2) pops to the corner.

Dribble Drive from Top



- *If a player who can create for you catches the ball on the top and wants to drive, the following takes place.
- *The point (1) drives the lane away from the post side.
- *The strong side wing (3), the wing on the post and corner side, fills the top.
- *The corner (4) fills the vacated wing.
- *If the driver can not get to the rack, he kicks it out and fills the corner that was filled from by 4.

Closing Thoughts and Ideas

*Teach the offense slowly, if the players master each step they will better understand it.

*Teach the fundamental parts that go into the offense, setting screens, filling cutting to spots, shooting, passing, using screens, setting up screens and cuts, etc. If they can't perform these basic basketball concepts, nothing they run will work for them.

*Also teach players, if not open, to V cut and L cut to get open as the pass is coming.

*Swing the ball from side to top to the other side as much as possible. When first learning the offense, I would almost mandate it.

*Designate certain people who are able to drive from the point. Not everyone deserves or has the right to take the drive. But I would encourage your players who can create to do so.

*Designate people that can take outside shots as well. Not everyone can come off the screens and shoot the three. Typically we have three players: Green Light Players, Yellow Light Players, and Red Light Players. Green lights can shoot anytime. Yellow lights can shoot when very open. Red light players should not shoot. Simple but effective.

*Any thoughts, ideas, or questions feel free to shoot me an e-mail at JohnCarrier42@gmail.com.