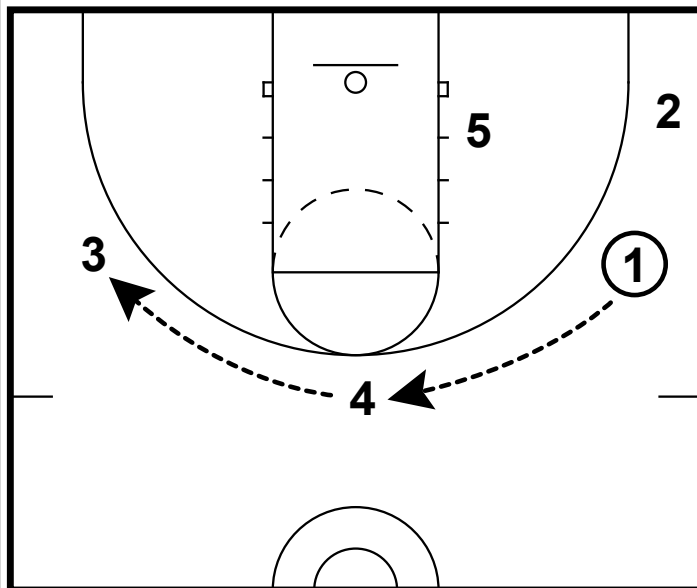
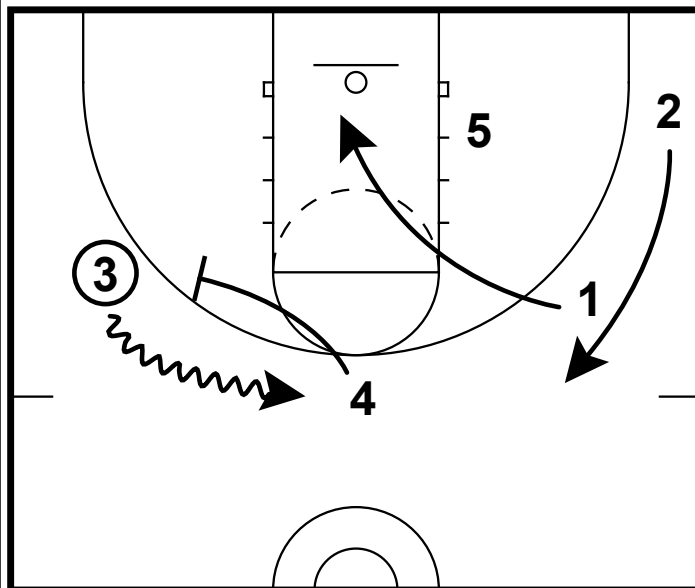


HALF-COURT: USA BASKETBALL TRIANGLE



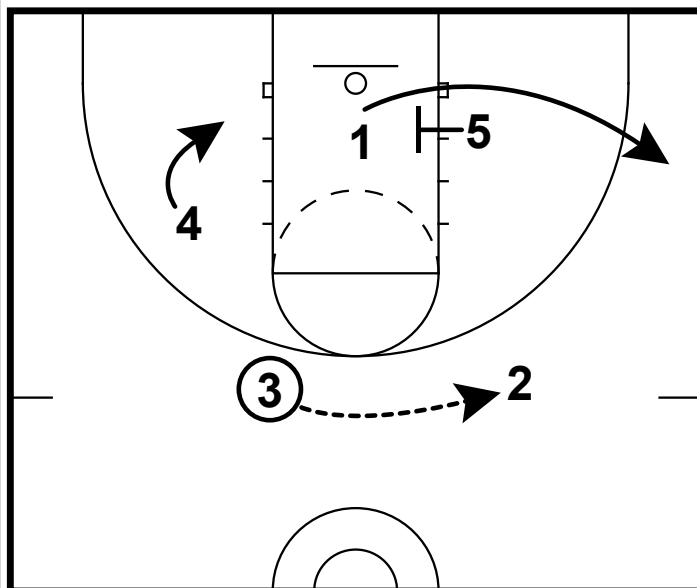
- 1) This is the half-court offense that the Team USA implemented at the U16 trials that I attended in 2012.
- 2) Team USA is well noted for using the triangle offense as their base offense, especially on the women's side.
- 3) In this frame we see the transition set where the 1st post will run ball side and the trailing post will run to the top of the key for the reversal pass.

HALF-COURT: USA BASKETBALL TRIANGLE



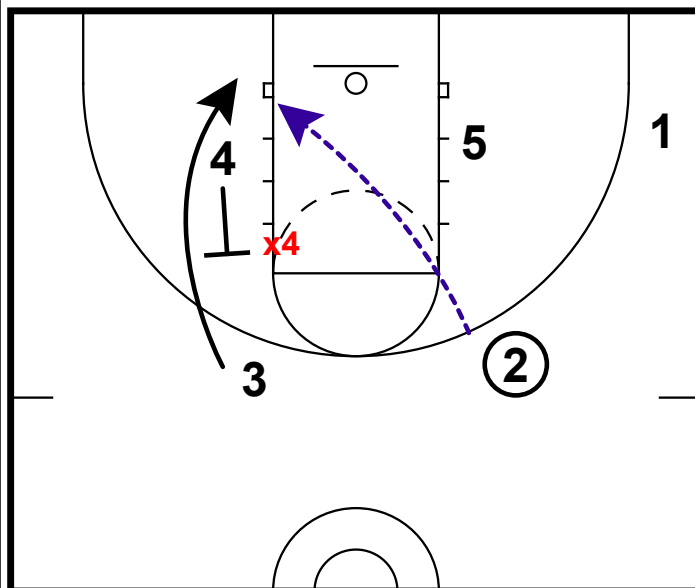
- 1) Once the ball has been reversed to the opposite wing, the trailing post will "chase" the ball and set a ball screen.
- 2) Notice what happens on the weakside - the point guard immediately cuts to the rim and 2 fills the wing spot where 1 has vacated.

HALF-COURT: USA BASKETBALL TRIANGLE



- 1) 3 now reverses the ball back to 2 on the wing.
- 2) 4 gets depth on the weakside to set up the next action.
- 3) 1 now will use a pin-in screen from the post and fill the corner spot on the ball side triangle.

HALF-COURT: USA BASKETBALL TRIANGLE



- 1) Notice now that with 2 in possession of the ball on the right hand side that a triangle has been formed on that side. They can immediately go into their triangle options if they choose to keep it on this side.
- 2) What happens on the weakside is a backscreen from 4 for 3. Typically we call this the 2 man side. With the post staying away, 4 & 3 are free to play 2 man on this side. Here - a backscreen is set which is effective especially if x4 has locked in.