

Most importantly when teaching the game - Get a philosophy - stick to it

Lady 'Dores Offensive Philosophy

1. Our philosophy – get someone open / do something for someone else
2. All 5 players have to be a threat (easy to guard 1 or 2 players vs. 4-5)
3. Best shot for our team, is a shot that you make in practice {Know your game & stick to it}
Be successful in practice – stay in your lane, “there’s a reason you are open” Take the shot we want to take, give players who can’t shoot a role to fill (otherwise that will backfire)
4. Do the little things – plays don’t win games, players win games / give them the structure & counters to your offense (Reading the defense)

Principles

1. Spacing – X’s on the floor (Passing out of double teams)
2. Timing
 - a. Set up the defense ahead of time
 - b. Change speeds (screens & hi-lo pass)
3. Read the defense
4. Moving without the basketball (Not a play, but principles)
 - a. Drive baseline & drift, post player “U” the defense out

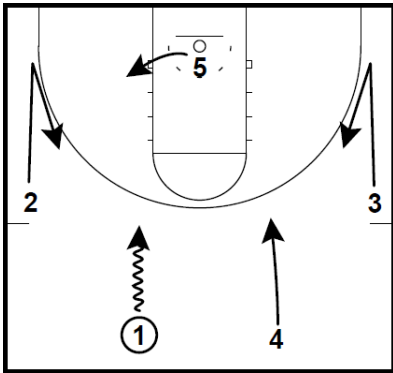
The offense should be in control – do not let the defense dictate what you do

Communication – use your basketball voice / Not your throat, but your diaphragm

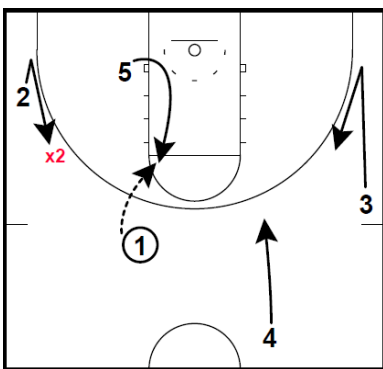
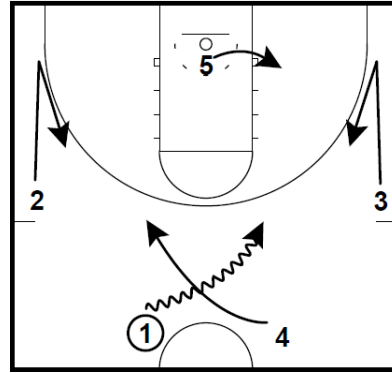
Rules for Cutting

1. Cut hard
2. Look for the Ball
3. Don’t stop cutting

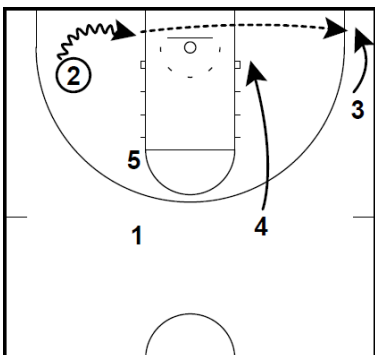
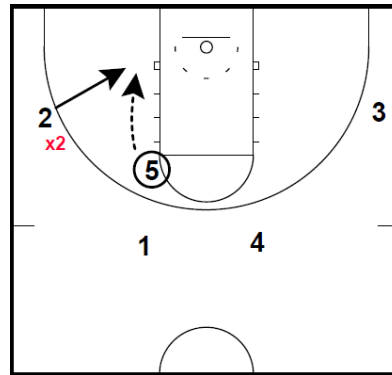
Vanderbilt Lady Commodores Break



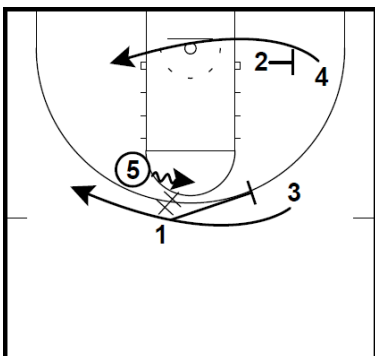
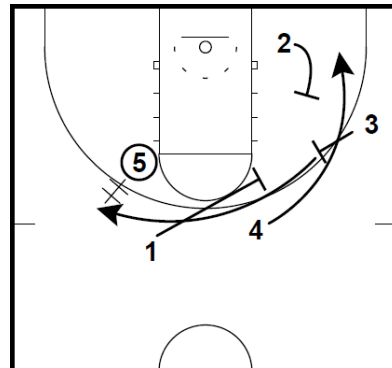
- Run your lanes
- 2/3 wide, run to the level of the block & then come back to the ball
- 1/4 run on the lane lines
- 5 run to the ball side
- If the PG decides to switch sides, the 4 player runs behind her



- Option 1 for a wing denial
- 2 breaks to the ball & is denied
- 5 breaks to the elbow
- 2 continues to cut to the bucket for a finish
- Here where it is important to continue your cut



- If 2 cannot finish at the rim, she sets up a "drift" option
- If 5 cannot deliver the ball to 2 on the back cut, 3 will set a backscreen for 4
- Then 3 will receive a screen from 1 & get a handoff from 5



- In the frame to the left we see a breakdown of the previous action
- 5 will perform a dribble screen for 3
- In the frame on the right, we see a post feed option or a double screen for 2.

