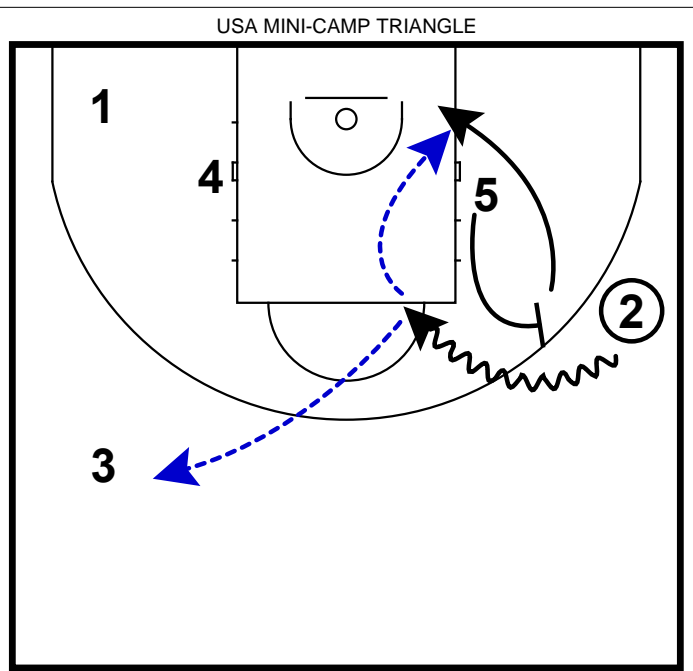
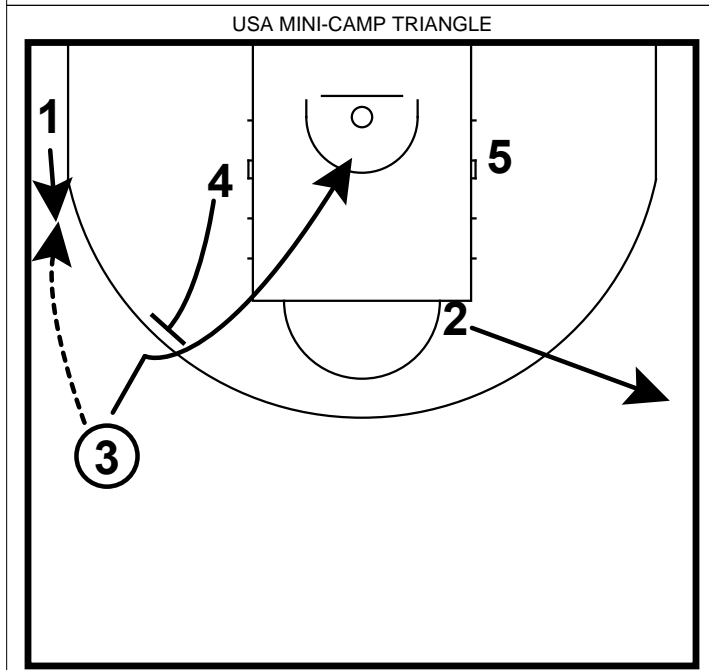


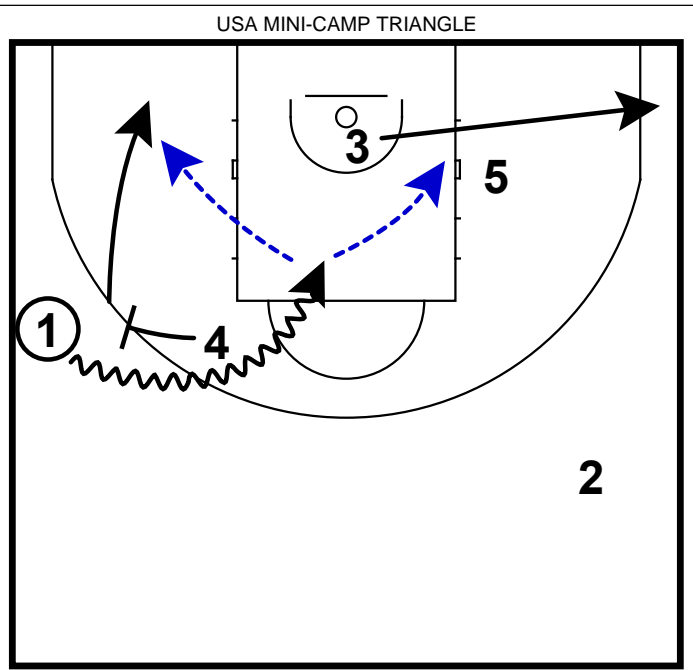
Here is the triangle option that the USA coaches taught at the Mini-Camp Oct. 3-4.
 The offense started with a wing entry and then an immediate basket cut by the point guard. The opposite wing is to space high.



With the ball on the wing they immediately taught that the ball side post to come out a set a side ball screen.
 They taught the wing to get downhill to elbow, which they called the 'KILL SPOT.' There they could hit the jumper, get to the rim or find the post rolling to the rim.
 While they taught this, they emphasized getting the ball to the **2nd Ball Screen**. This is because the defense is going to be ready for a first side screen and will be **Loaded Up**. If this is the case, this is why it is important for 3 to be high and wide for the release pass for spacing.



Spacing continues to be important here with the pass to the point guard back on the wing.
 4 sets the back screen for 3 and 2 gets wide again after the ball screen from frame 2.



Here is screen you want to get to. The second screen is crucial setting up a pick and roll or pick and pop.
 Also the opposite post player should shape up to be ready for the dump down. Notice, as well, that 3 is spacing hard to the corner here.