



Team Offense

Team offense is based on the fundamental skills of dribbling, passing and catching, shooting and offensive rebounding. A coach can present each of these skills and assist in the athlete's individual development. However, skills are just skills until an athlete uses them appropriately and successfully in game play with other teammates. Offense means scoring points making baskets. The ultimate goal of any of the offensive fundamental skills is to assist the athlete and the team in scoring. Certainly the aim of the game of basketball is to score more points than your opponent.

Athlete Readiness

- Athlete can pass and catch, dribble, shoot and go for the ball.
- Athlete can recognize and work with teammates.
- Athlete does not take the ball away from teammates.
- Athlete recognizes at which basket to score.
- Athlete understands the basic rules of the game.



Teaching Progression for Team Offense

Offensive skills: dribbling, passing, catching, shooting and rebounding.

- Present each skill.
- Practice it.
- Challenge higher skill: do the skill; do the skill more times (make five baskets); do the skill at higher speed; do a minimum of the skill in a limited time (make five baskets in 30 seconds).

Practice individually against defense: Attack to score.

Use the Mini-Basketball game of 1-on-1 to isolate basic offense against defense.

Practice team skills first without defense and then against defense

- Give-and-go is one of the most important team skills of recognizing and working with your teammate where the ultimate goal is scoring. An athlete passes the ball to a teammate (who has moved to get open) and cuts to the basket for a return pass.

Place athletes in positions that best fit their abilities

- Utilize the strength of each athlete. For example, if an athlete can pass but not catch, he or she could be the point guard.
- Work around your best athlete. As in the mainstream, each team has an athlete or two who is higher in ability and game understanding than others. By utilizing their strengths, the coach gives his/her team the best chance for success.
- Assist each athlete in improving those skills. Provide time during practice for repetition and reinforcement of those individual skills.
- Help each athlete play a role, know and understand that role, and feel important to the team by playing it.
- Provide opportunities for all athletes to participate meaningfully. Give each athlete time on the court during practice and during competition. An opponent can help to elevate everyone's skill. Athletes rise to the occasion. As opponents and situations become increasingly challenging, athletes' abilities improve to meet those challenges. Athletes' abilities improve with each practice and with each game.

Create a simple offense

The structure will give the team the best chance to play to its strengths and succeed. Simple structure will help, not complicate, athletes' learning the game and playing together. It provides them stability and some certainty of what to do and where to move. The following is a simple offense called "Go Jerry." It has been successfully played by lower ability athletes/teams.

- Team is the offense on the half court without defense. Each of the athletes is identified by a number. Their placement on the court is based on following abilities:
 - #1: best all-around athlete who is right-handed
 - #2: guard/average dribbler
 - #3: good driver/rebounder
 - #4: inside shooter/rebounder
 - #5: good passer
- All athletes have Set-Up spots. #4 and #5 take positions one behind the other on the block on the left side of the court. #3 is in the same corner about 3m away.
- When athlete #1 reaches mid court, this is the visual cue for everyone to break (Cut) to their new positions. The verbal cue "Go Jerry" (who is the #4 athlete) is also given at this time.
- #2, #3, #4 and #5 move to their new positions, while #1 dribbles toward the top and right side of the key creating a passing angle.



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- The cutting provides movement into open areas. It also gives the point guard a better passing angle. The offense then has an advantage over the defense.
- #1 passes to #5.
- #5 has four options:
 - turn and shoot,
 - pass to #1, who has cut to basket for return pass or rebound,
 - pass to #4 or #3 for inside shots, or
 - pass to #2.
- There will always be at least three rebounders (#3, #4, and #1), who are the most active in getting the ball.
- Once the offense is learned, it is important for the coach to assist athletes in performing it under more game-like conditions. One way to do this is to move athletes to the division or mid court line. The coach cues “Offense” and “Set Up” as the ball is picked up by the point guard. The athletes run to their spots and then run the offense on the “Go Jerry” cue.
- Athletes begin at their defensive end. The rebounder passes or hands off the ball to #1, who dribbles the ball up the court. The coach cues “Set Up” with the athletes running to their spots and then running the offense on the “Go Jerry” cue.
- Progress from offense to defense to offense. This now is the most game-like situation. The team is prompted in recognizing the transition from offense (when they get the ball) to defense (when their opponent has the ball) to offense (when they get the ball again).