

BASKETBALL 101

Offence Gameplay

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Give and Go

- One of the most fundamental two-man game plays
- Basic Execution:
 1. Player 1 with ball will make a pass to Player 2 without ball
 2. Player 1 will make a cut towards the basket
 3. Player 2 will try to find Player 1 with a pass for a shot/layup



Pick and Roll

- A **pick/screen** is whereby a teammate without the ball comes over to act as a “**wall**” for his teammate with the ball to **get by the defence** easily
- A roll is when the **screener goes towards the RIM** after setting the screen for a layup opportunity
- This creates **opportunities for both** the screener and ball handler
- For ball handlers, remember to **not move** until the screen is **set firmly**. Otherwise the screener could be called for an “illegal screen” while trying to help you execute the screen.

Pick and Pop

- Similar to pick and roll
- Key difference lies in the screener going away from the basket for a shooting opportunity instead of layup.
- Opens up the floor by having the screener go away from the basket
- Can be used when you have a strong dribbler who can penetrate the defence easily and a screen setter who can shoot the ball well



3 Man/Woman Game

- Making use of 3 man to execute an offence gameplay
- Usually a combination of:
 1. Backdoor Cuts
 2. Front Cuts
 3. Give and Go
 4. Pick and Roll
 5. Pick and Pop





Conclusion

- All types of set plays and game play tactics are to guide you and give you a rough idea. You don't have to follow it exactly like a robot
- At the B Division level, you must get moving to get easy baskets. No standing around waiting for the ball
- Watching more game film together as team will improve your understanding at the same time so you all will be on the same page and can work together BETTER



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