



# Three Post Offense



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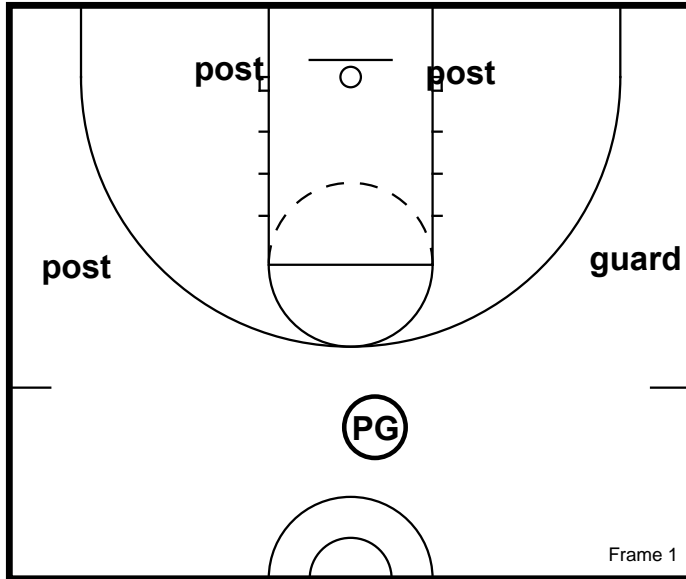
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# Three Post Offense

## Offense Overview

screen the screener continuity

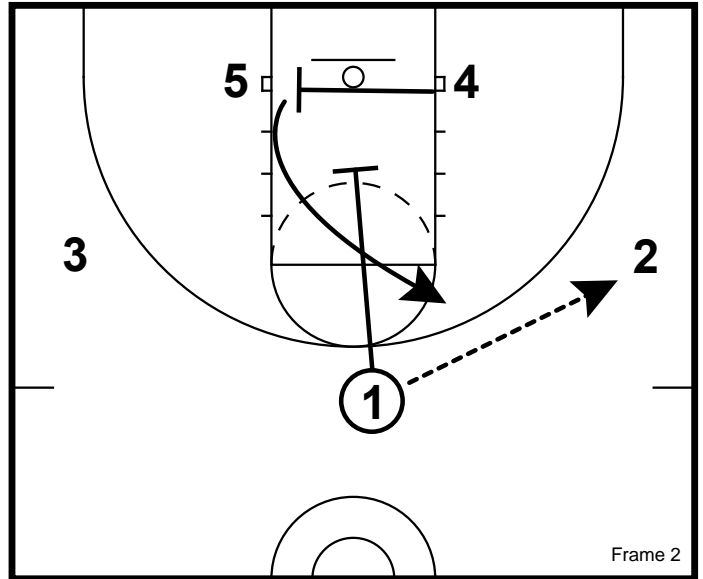


\*Series of plays to utilize post players off downscreens and cross screens.

\*Need to properly teach reading screens, getting open, catch and face, and feeding the posts

## Offense Overview

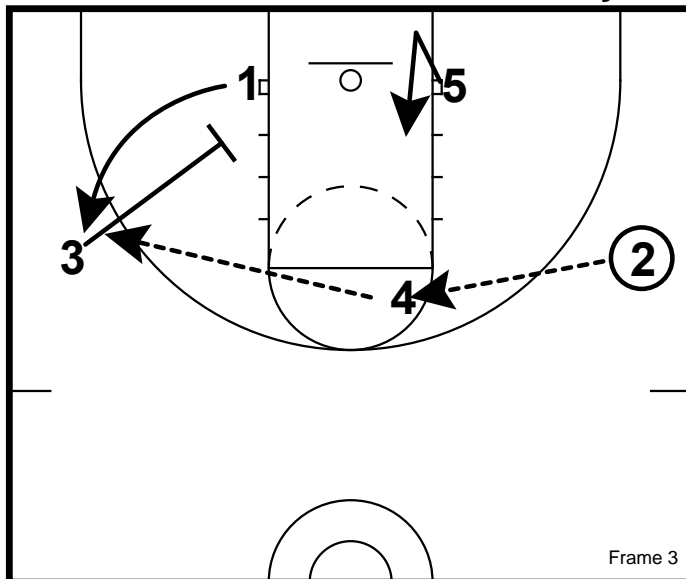
screen the screener continuity



The cross screen, down screen is the main action of the offense. 2's reads: 5 on cross screen, 4 at elbow, 1 on backside block sealing. *By going away from your best post player, they stay block to block*

## Offense Overview

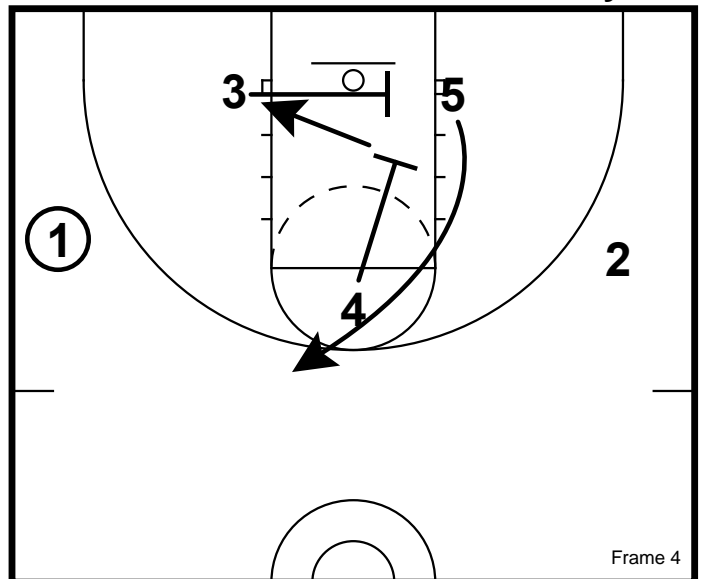
screen the screener continuity



On catch, 4 looks at 5 on the high low. 3 downscreens for 1. 4 reverses to 1 for shot, or looks at 3 on the slip and post up.

## Offense Overview

screen the screener continuity

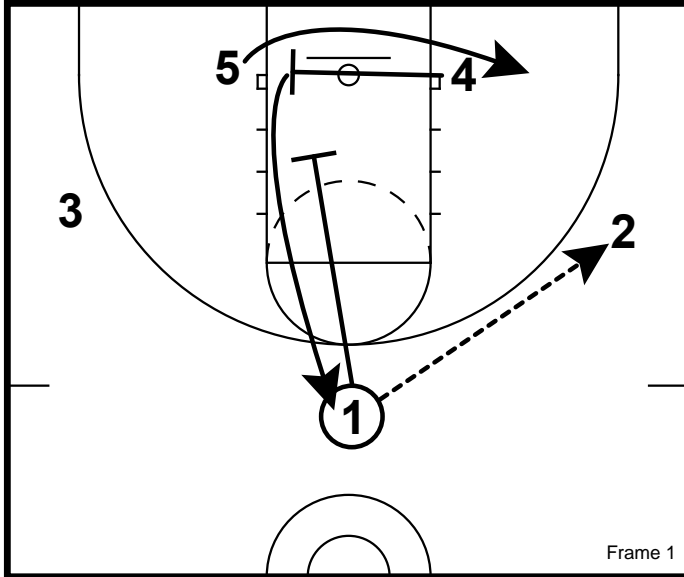


The action continues. If defenses switch everything, 4 can slip and 5 goes to elbow as a counter.

# Three Post Offense

## Teaching points

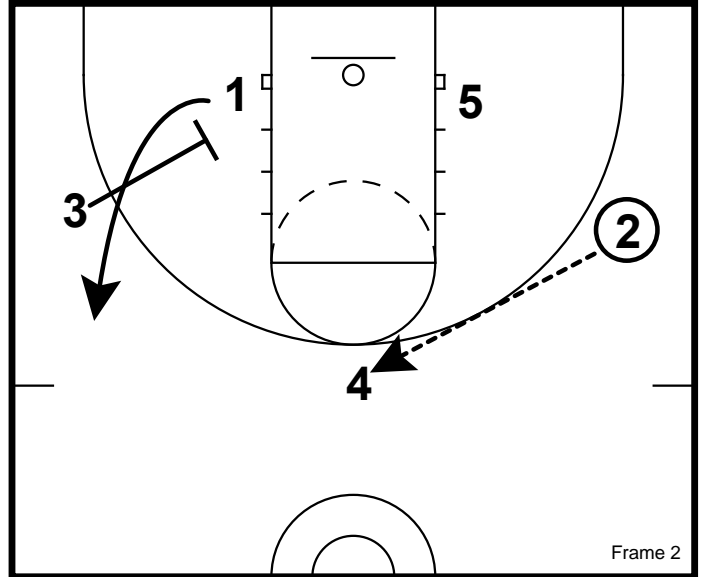
screen the screener continuity



**Downward pass = cross screen and downscreen.** Start with these basic rules. Work on feeding post, and sealing backside block.

## Teaching points

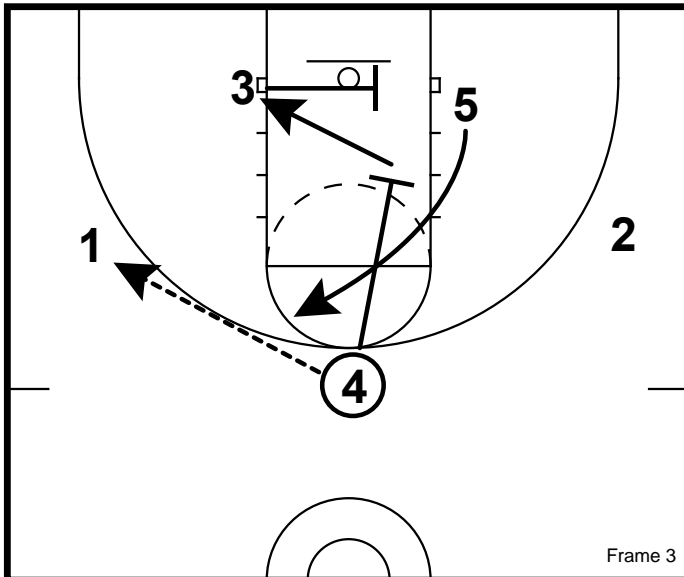
screen the screener continuity



**Pass to top / reversal pass / upward pass = down screen.** Work on feeding post from elbow / free throw line. High low pass, and reading the downscreen.

## Teaching points

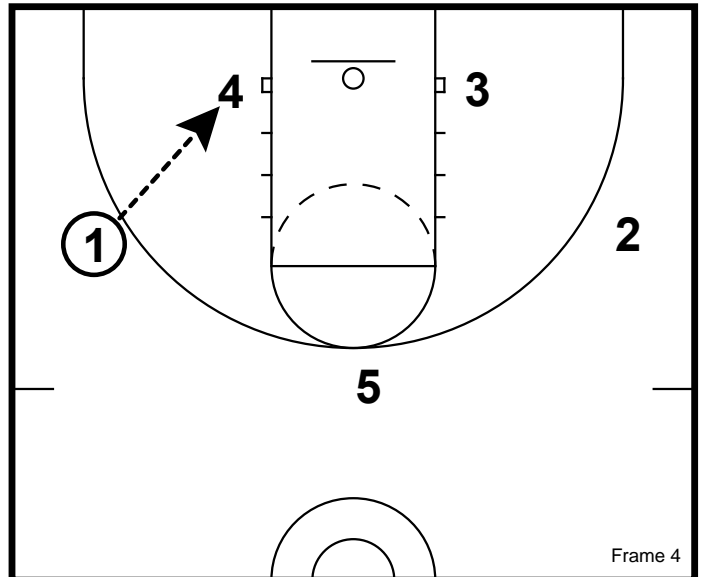
screen the screener continuity



downward pass = cross screen and down screen. Also can work on **SLIP COUNTER** here

## Teaching points

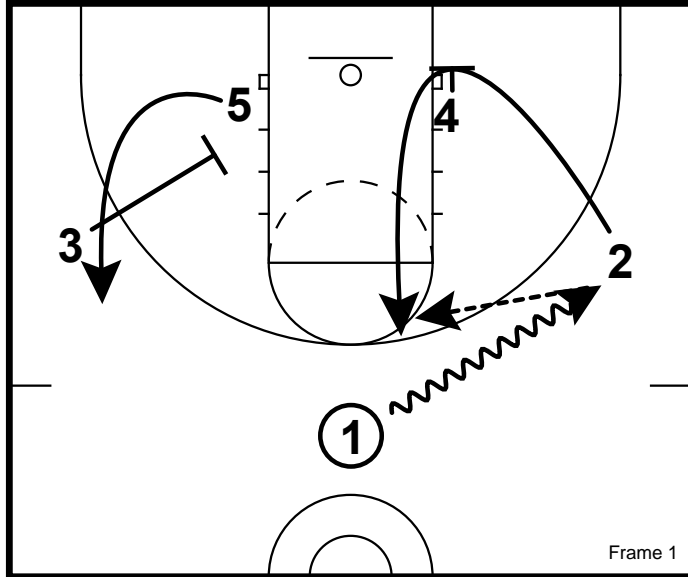
screen the screener continuity



**Post entry action:** choose which action you like then work here - Scissor cut, Split, Skip/Hammer

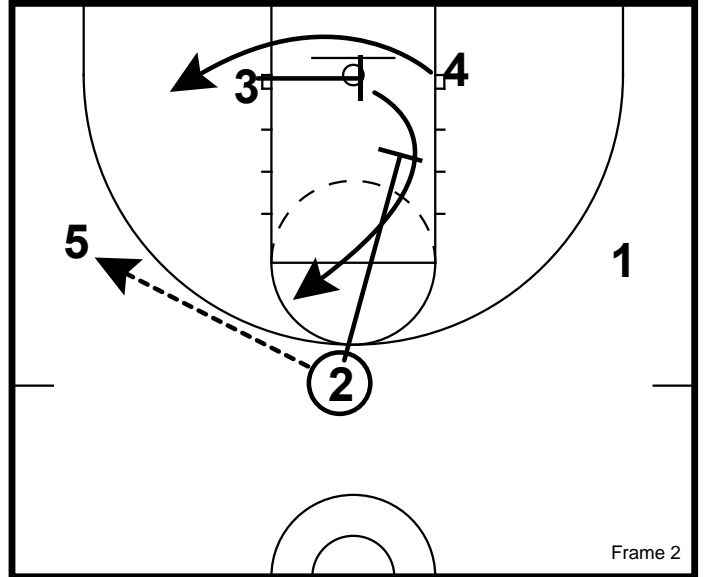
# Three Post Offense

## Dribble entry zipper cut option



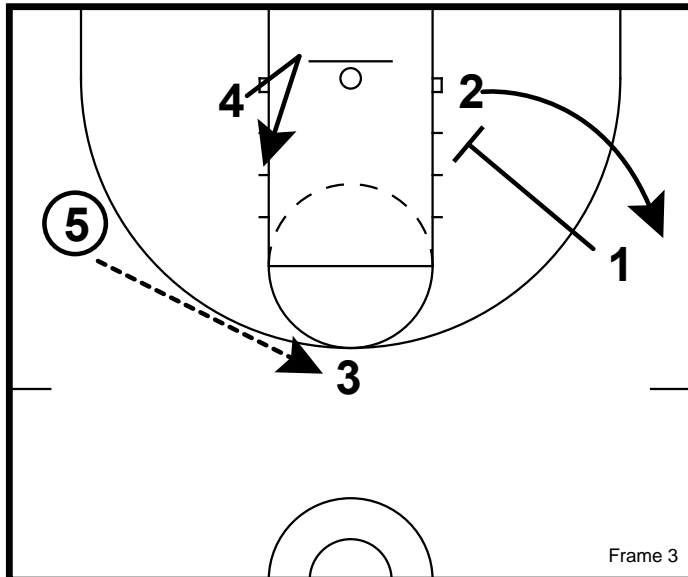
1 dribble entry, 2 makes zipper cut. Look for pin and seal on cut. 1 can look to drive baseline on dribble entry. On reversal 3 downscreens for 5

## Dribble entry zipper cut option



On reversal cross screen, down screen action happens

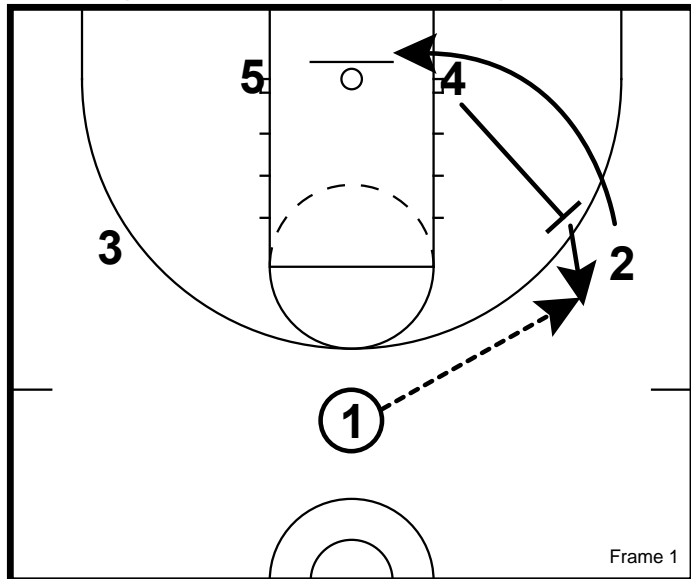
## Dribble entry zipper cut option



Look high low, then at downscreen

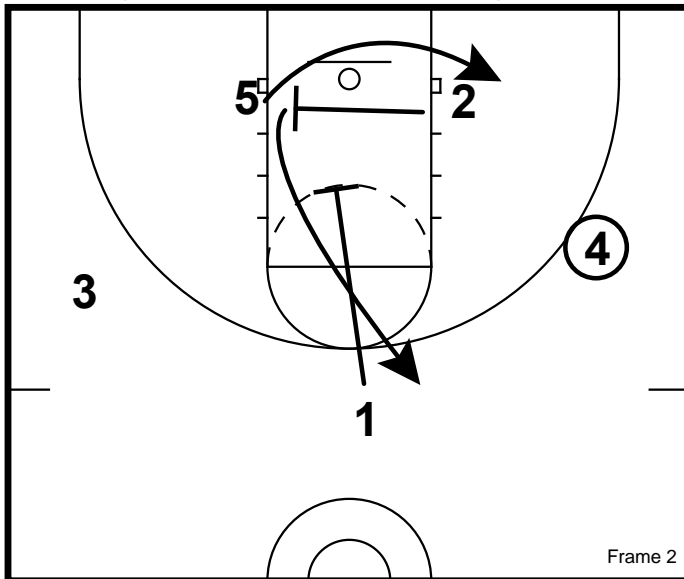
# Three Post Offense

## Backscreen Entry to get mismatch for wing player



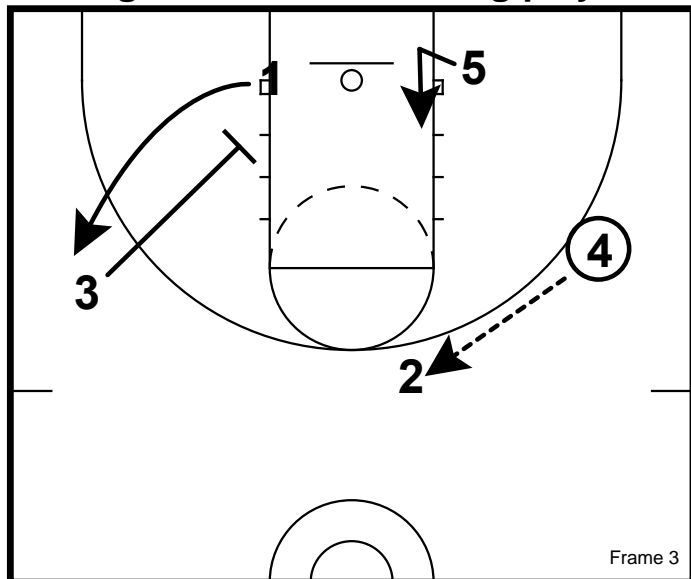
**Mismatch in post:** Start with post (4) setting backscreen for mismatch (2). 1's option 2 posting up, or enter to 4 on wing.

## Backscreen Entry to get mismatch for wing player



4 looks at mismatch, then the action continues. This backscreen action gets small screening for big

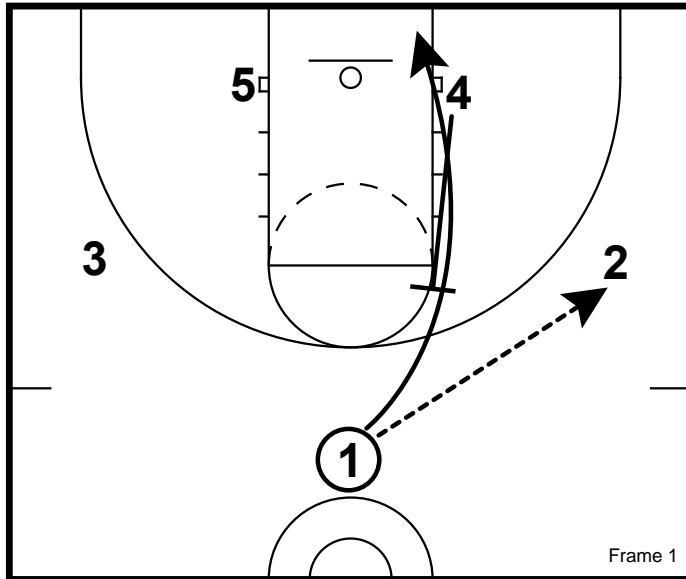
## Backscreen Entry to get mismatch for wing player



# Three Post Offense

## UCLA Entry

Play to get PG or guard in post for mismatch

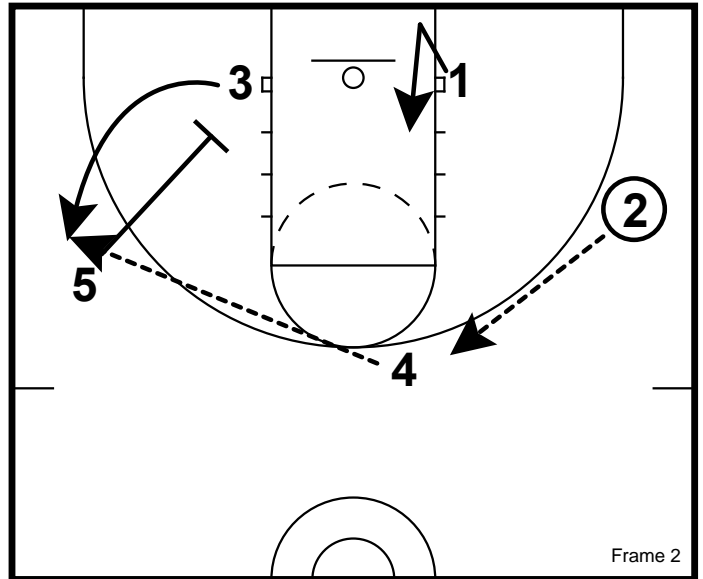


Frame 1

Play starts wing entry, then UCLA screen for PG. Entry to get 1 into post for mismatch

## UCLA Entry

Play to get PG or guard in post for mismatch

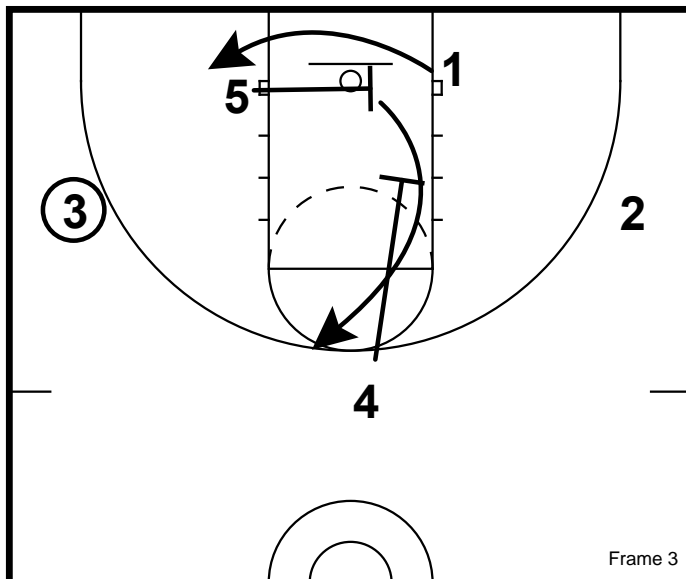


Frame 2

1 is now in the post, 2 reverses to 4. 5 downscreens for 3. 4's options: 1 posting up and sealing, 3 off the downscreen, 5 slipping

## UCLA Entry

Play to get PG or guard in post for mismatch

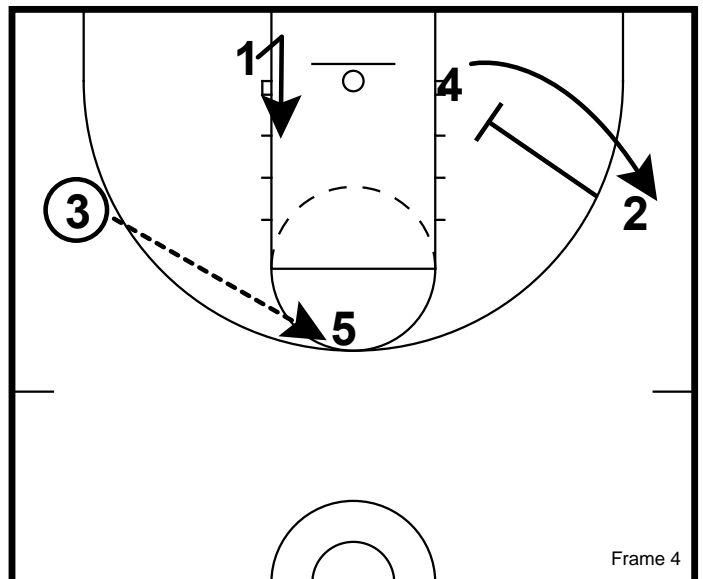


Frame 3

5 screens across for 1 looking to post up, 4 downscreens for 5. 3's options: 1 strong side block, 5 at elbow, 4 at weakside block

## UCLA Entry

Play to get PG or guard in post for mismatch

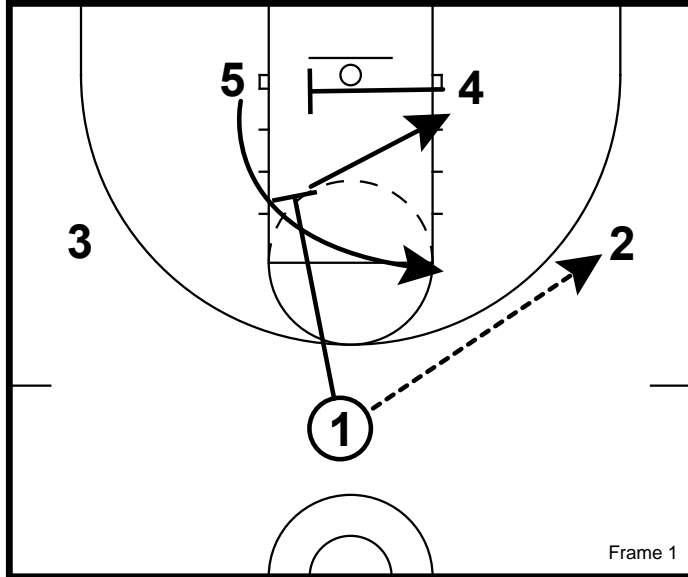


Frame 4

# Three Post Offense

## Counters

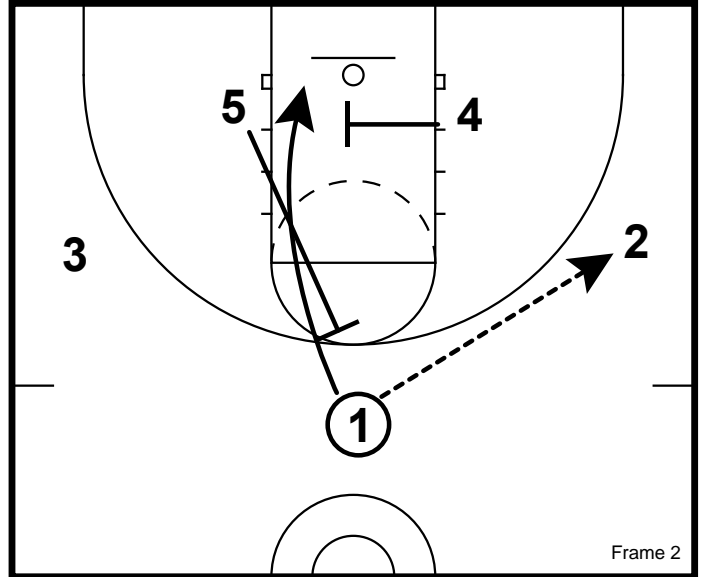
vs teams that switch



**Counter 1:** Slip the downscreen. Players hear switch, and 5 cuts to elbow, downscreeener (1) goes to block, 4 looks to pin on backside

## Counters

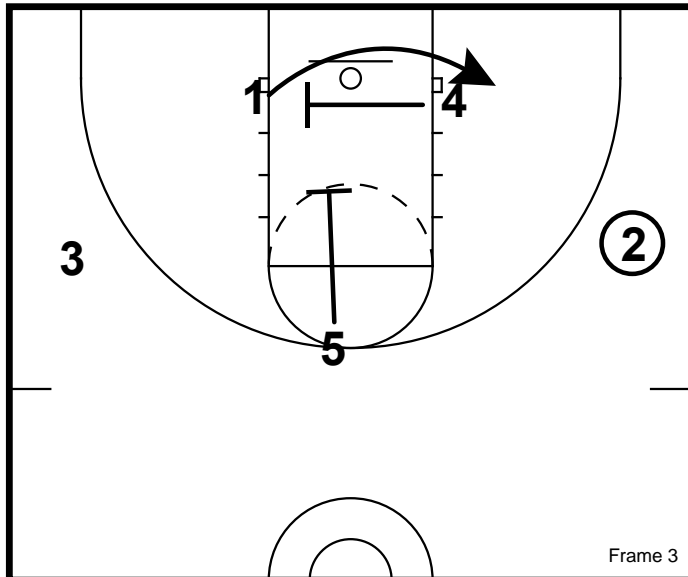
vs teams that switch



**Counter 2:** post (5) sets backscreen to get guard in post

## Counters

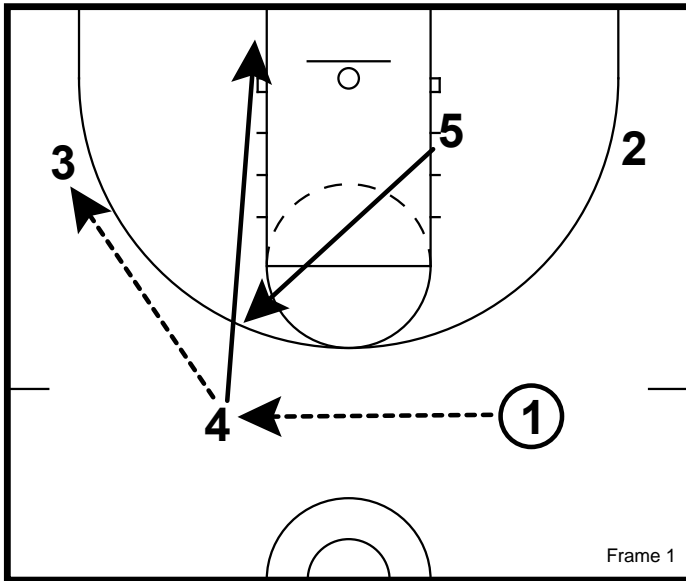
vs teams that switch



1 now goes block to block

# Three Post Offense

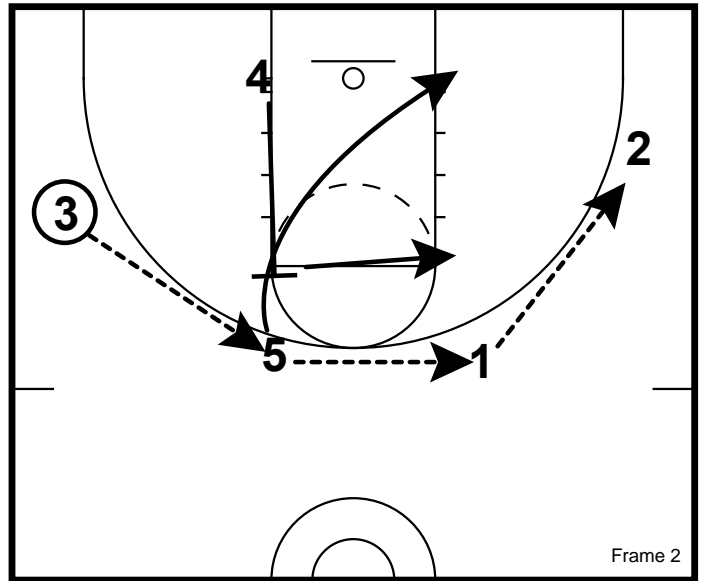
## transition entry



Frame 1

2 and 3 run wide, 5 runs power block, 4 trails. 1 reverses to 4 to 3. On from 4 to 3, 4 dives to block and posts hard, 5 flashes for reversal

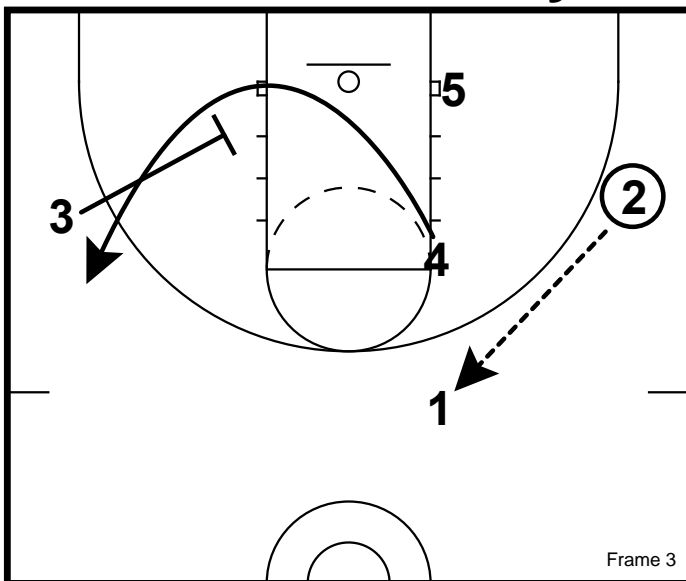
## transition entry



Frame 2

5 reverses to 1, to 2. On reversal 4 sets backscreen. 2 looks at 5 at block, then 4 at elbow for high low

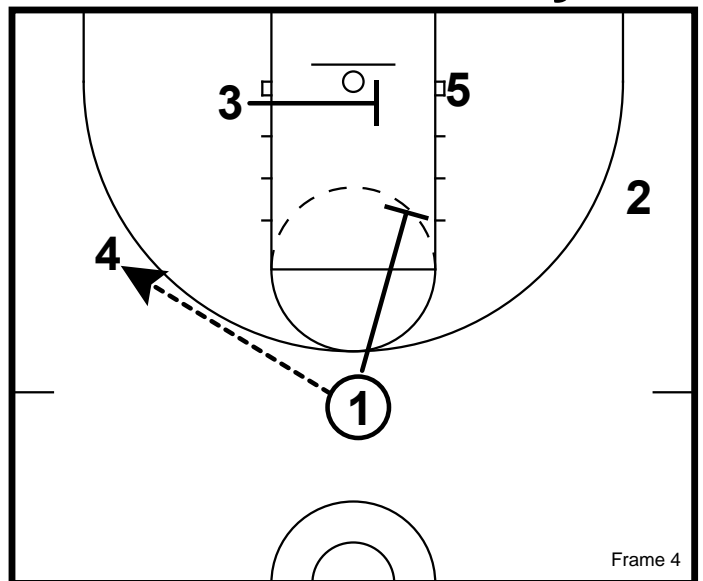
## transition entry



Frame 3

no entry to posts, reverse to to 1, 3 sets downscreen for 4. Into action

## transition entry



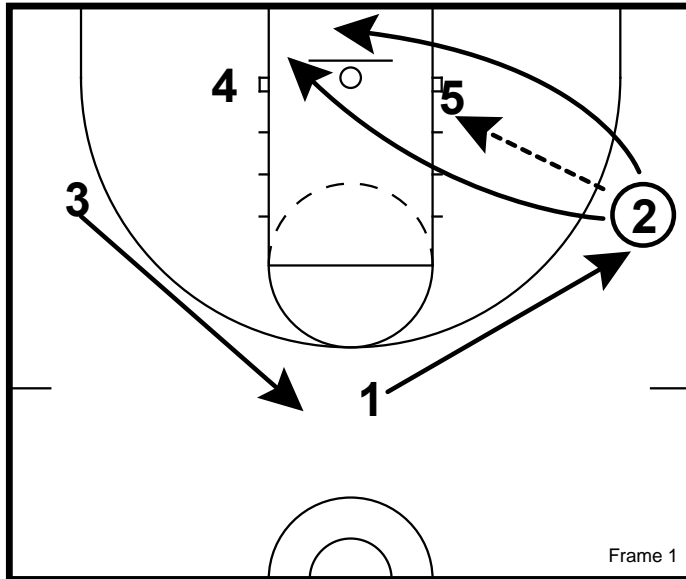
Frame 4



# Three Post Offense

## Post entry rules

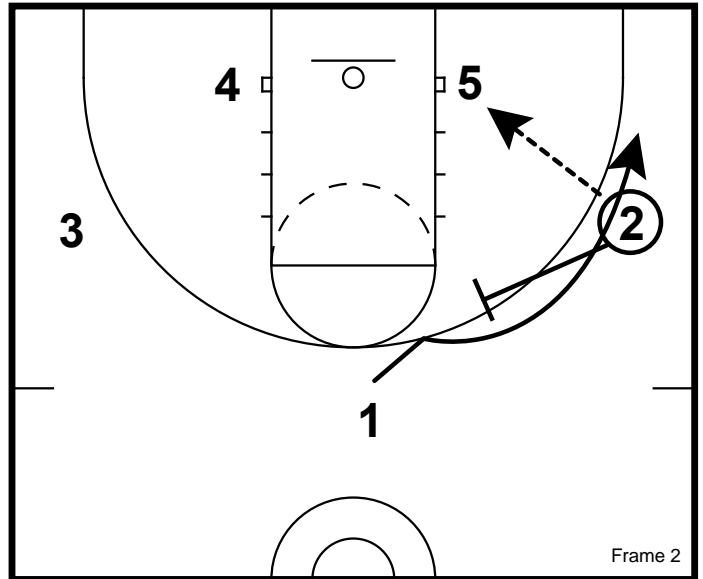
Choose an action that fits your system



**Scissor cut.** 2 enters to 5 and makes a scissor cut. 2 reads post and cuts high or low, with 1 and 3 replacing

## Post entry rules

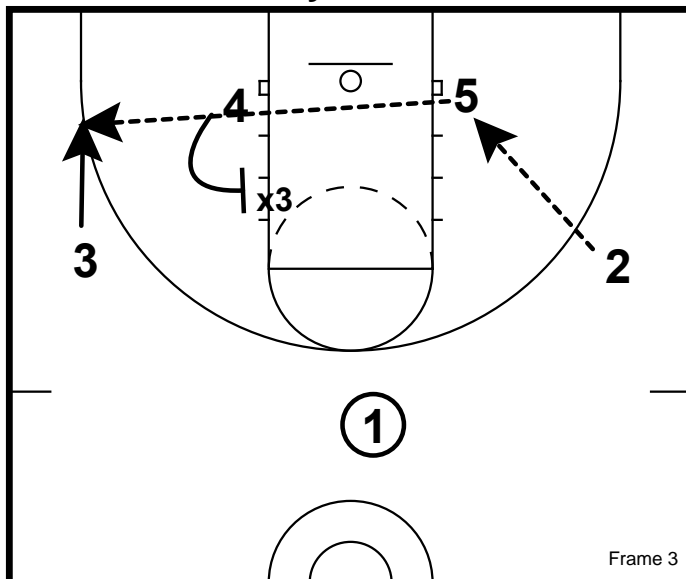
Choose an action that fits your system



**Split:** 2 enters, then screens away for 1 automatically. 2 can either pop or cut to basket

## Post entry rules

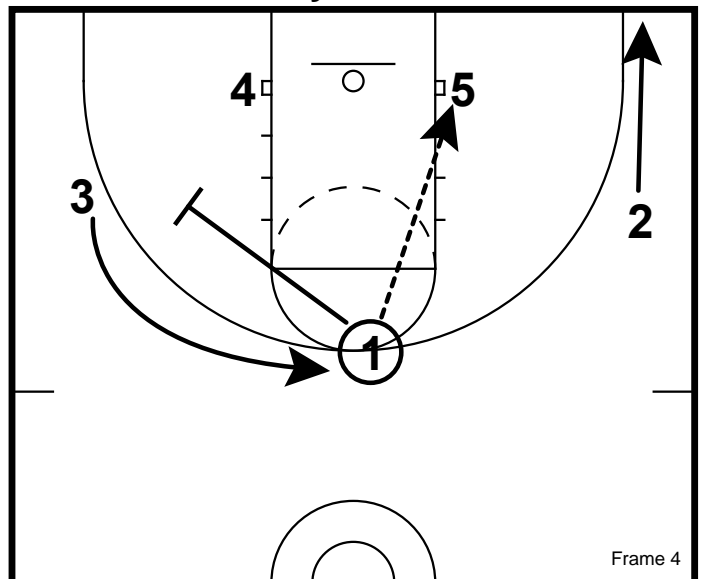
Choose an action that fits your system



**Skip or Hammer:** Enter to post, then look skip right away. On the skip the 4 sets a backscreen then posts up.

## Post entry rules

Choose an action that fits your system



**Post feed from top - screen away**