

Basketball Immersion Two Side Break Notes

Basic Concepts of the Two Side Fast Break:

- Upon receiving the ball via a make, miss or turnover the offense transitions to a primary attack.
- The player with the ball is encouraged to pass ahead wherever an opportunity is.
- The pass ahead can be ball side or weak side depending on the advantage.
- If no pass ahead is available a pass across can be executed to change sides of the floor as possible.
- If no pass ahead, or across, is available than a dribble push is encouraged.
- The goal is to get the ball over half-court in under three seconds.
- If a player is open and in range than we want them to shoot. If a shot is not available we want them to move the ball or drive to score.
- On a score can still run the two side transition. Key is to get a deep a outlet as possible, and stop the ball handler coming close to receive the ball.
- We are happy with the early shot off the two side because it is an open shot, which is hard to get. We also have an advantage with weakside rebounding

What Happens If:

- No Pass Ahead is Open = The player with the ball pushes the ball as deep as possible until they are stopped.
- The Dribble Push is Stopped = The off the ball players go into reaction. Penetration reaction on the dribble, and second cut reaction on dead. The player with the ball can also initiate a dribble hand-off if they still have their dribble alive when their dribble push is stopped.
- A Drive to Score is Stopped = If no shot, or pass, is available on a driver, jump stop and trust the second cut to create a scoring pass or a safety pass.
- Three Players End Up on the Same Side = There are two options: A) Communicate to push the deepest player through to the other side of the floor. This creates better balance. B) Run a 3 side action like a stagger screen for the low player.
- Spacing is Not Perfect = Figure it out. Spacing can be corrected with player movement or ball movement. The spacing spots are a template and ideally a player gets to one of those spots. If not the other players should adjust their spacing to help things work.
- A Non Shooter Catches the Ball = The progression of reads by a non-shooter could be to drive, pass or run a dribble hand-off. If the player is a non-shooter and non-driver, than their focus should be on keeping the ball moving via the pass, or dribble hand-off.
- No Drive or Pass is Available in the Half-Court = Flow into a secondary action. This could be into dribble handoffs or into a specific offensive action. We often go into "Quicks" after our primary attack is stopped.

More Detailed Notes:

- Look early & opposite after outlet. Hit single side to then play out of the two-side.
- Must pass ahead to the single side with the outlet.
- Players point (make connections) on where to pass to. Otherwise rebounder could hit the two side too early.
- Run butt to sideline to stretch the defense.
- When outlet skips, they fill the weak side corner. This leaves space space for a trailing player to fill the wing or weak side 45 to create double gap spacing.
- Can jump on the skip - most likely an overhead or tennis ball pass.
- For weakside pass to the wing, player can make a one more pass to the corner or boomerang back to the trail.
- On an extra pass to the corner, can boomerang back to the wing for a shot.
- If no pass ahead with an opposite/ early, dribble push and advance still stopped. In this scenario, trail would get to the top spot.
- 60% 3PT corner shooter if you're already in the corner for the catch vs catching on a baseline drift (movement results in inefficiency).

- On dribble push, looking to beat the defender 1v1. First look is the post, second look is opposite, third look is trail filling the safety spot (pull concept).
- Likewise, if rebounder can't hit outlet they dribble push and the outlet heads to the opposite corner. Want to attack away from the two-side.
- It's a Ginobli pass if you split early and then kick to the weak side corner. This is what European teams are very good at when they see help starting to collapse.
- Key individual skills for two-side break are the Ginobli pass, making an extra pass without turning the body and footwork on pass to the safety (outside-inside).
- Weakside corner only wants to lift if it's a '3 in a row' scenario with the ball, defender and player. If help is deep stay.
- Footwork for player providing snapback pass on pull concepts is a turn and sprint. If snapback is to the wing lifting, the corner player must also lift to get the ball.
- Encourage wing-take ons and driving from the wing if we hit early.
- Be late to pull but early to push to create double gap spacing.
- If no advantage on the single side and no skip pass available, dribble over to the two side and look to create a passing window or DHO
- Different scenarios out of Two-Side:
 1. Early hit ahead (extra to corner for shot or boomerang back)
 2. Point guard push & drive.
 3. Wing penetration reaction with push and pull concepts
 4. Point guard push and hand-off with wing
- On lifts for a middle drive from the wing, don't run the 3PT line but circle it so you can step into the shot.
- If levelled off on the drive, use a DHO as don't want to take more than 2 dribbles not in a north-south direction.
- If denied in the two-side, cut backdoor
- If not denied use hand-off
- Player handing-off takes teammates' spot

Solutions if Two-Side doesn't work:

- 'Quicks' - use this if two-side is exhausted or we cross the half under control/ no transition advantage. Player in holding area will fill top spot. From here:
 - Drag screen
 - DHO
 - 'Get' in high post
 - Reverse ball to top and pin-down
 - These all create double gaps and allow for dynamic 1v1 actions (e.g. blast cuts and curls/ backdoor cuts etc).

Drills to Teach the Two Side:

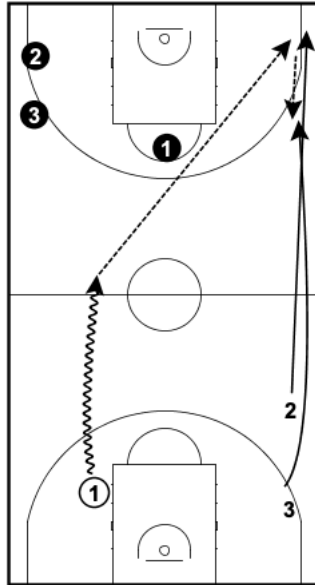
3v1

In this 3v1 scenario, don't need to fill the corner if there's no defense there. Just score the 1v0 lay-up! If it's regular break advantage can angle to the rim and just score the lay-up. If no defense is back, don't run to the corner.

KPI = being the push or pull on penetration reaction. If we drive the 45, both off-ball players should be in push or pull.

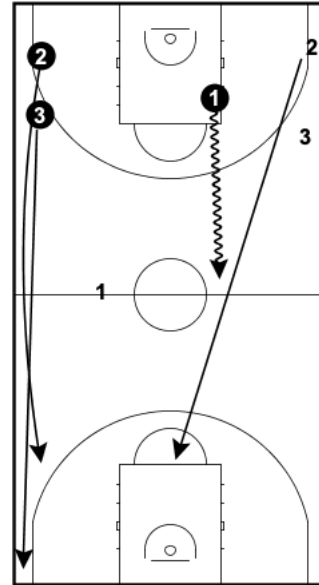
Can use the DHO as a continuation from the alley to the wing if there's no obvious read.

3v1 Two Side Trans
Transition



- Play off two side. Read here is a skip to 2 who makes the extra to 3 for the 3PT shot.
- Whoever makes the last pass gets back on defense, while defense rebounds the ball.

3v1 Two Side Trans
Transition



- As soon as shot hits rim, two side players are sprinting.

2v1 Shooting

Last phrase of the two side. Can have two side already formed or have players sprint into it. As soon as the dribble starts going, defense can move wherever they like. 1 must make the correct passing decision to get a score off the two side.

KPI = can emphasise the close-out just as much as the two side execution

KPI = work on different passes to the two side (e.g. tennis ball and skip)

Load = must drive to score out of the 45 spot.

Constraint = 2 pass max on two side.

2v1 off Two Side
Transition

