



Princeton Offence

**Canadian Senior Women's
National Team 2012**

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The Princeton Offence

The Princeton Offence is a 4 Out offence using 2 and 3 player actions. Our version of the offence will use 4 interchangeable perimeter players and one permanent post player. The success of the offence will come from our ability to flow quickly and seamlessly from one action to another and one phase into another.

Guidelines for Execution:

1. Watch the teammate in front of you, they will tell you what to do! "Play off the teammate in front of you."
2. The ball must be moved and it must be shared.
3. "Sprint your cuts!" and "Cut to Score!" – must cut to the front of the rim and finish the cuts at the rim.
4. There is a counter for everything the defence does. Do the opposite of the what defence is doing.
5. "Dribble Ats" are a pressure release whenever a player is denied at the wing or the point. The first look we want on a "dribble at" is to back-cut and get a lay-up.
6. On all "dribble ats" there are two options: a. if the defence is overplaying you – back-cut, and b. if the defence is sagging – come for a dribble hand-off (DHO).
7. On all "dribble ats" dribble at the baseline "cheek" of the defender. Pass the ball behind the defender's butt.
8. When receiving a "dribble at" do not cut until the ball is bounced one time at you; stand and then cut quickly.
9. On back-cuts look for a bounce pass "low and late."
10. Hit the cutter with a bounce pass (it is okay to use one hand passes). The offence is about hypnotic cuts, passes and handoffs. Timing and cutting are essential to establishing flow and success for the offence.
11. If you back-cut from the wing space back out to the same side. If you back-cut from the top come out the strong-side.
12. If you reject a screen fill out to the opposite side.
13. On any dribble from a wing to a guard spot we go "Chin" or "Strong-side Chin".
14. The offence is designed to be able to play late into the shot clock. There are consistent scoring actions in each phase that is executed. Be Patient!!

Keys Points in Execution:

1. Run the ball up the floor – we want to have as much clock to use as possible. This does not mean we are taking a quick shot; it means we are going force the defenders to play defence for as long as it takes us to get the shot we want.
2. In the half-court sprint to screen and sprint your cuts! Force the defenders to stay with hard cuts and give them less time to react. "Be hard to guard" and speed is one aspect of this.
3. The post must get down the floor – we want our post to get to the front of the rim in transition and see if we can get 1-2 easy scores in transition.
4. The post must not stop at the foul line in transition – get to the ball-side low post.
5. The post must "own the elbow" – the post must do to everything necessary to ensure that she will be open at the elbow.
6. On every cut expect to get a pass – don't take your eye off the ball and have your hands ready. When we have the opportunity for a lay-up we must make the defence pay.
7. Be a quick 2nd cutter to the perimeter – when your teammate goes to the basket on a cut you must quickly 2nd cut to the perimeter and be ready for a pass for a shot. Quick 2nd cutting will open up shot opportunities and will often result in a close-out you can attack.
8. When you back-cut recognize if you can post up – we must get the ball inside to get easy scores and draw fouls.

The Princeton University logo, a red and white shield with a green pine tree in the center, is faintly visible in the background. The text "Princeton Transition Entries" is overlaid on the logo in a large, bold, black serif font.

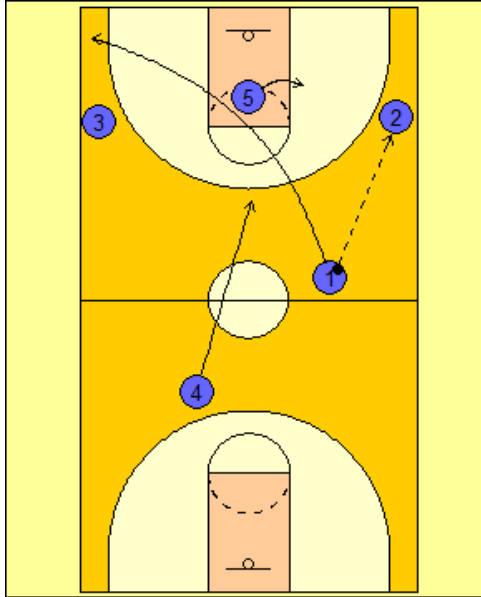
Princeton Transition Entries

Transition Entries

1. "Away!"

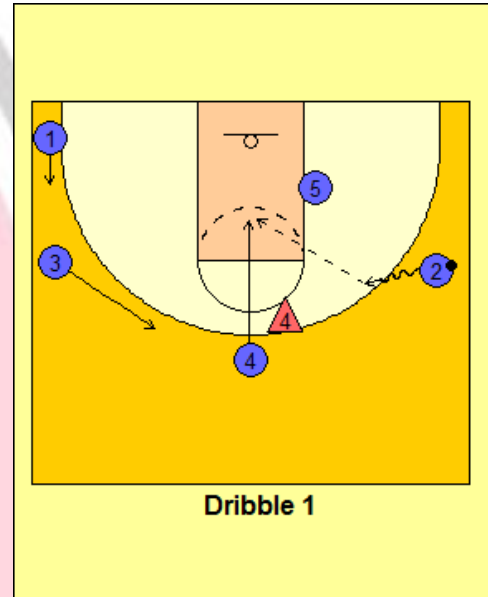
"Away" – Pass to Wing, Cut to Weak-side Corner

The player bringing the ball up the floor and call "Away". One option is to pass to the wing and the passer cuts to the weak-side corner. The player trailing will fill to the point ("head on the rim") above the top of the key for reversal. The post goes to the low post ball-side for a possible 'Low Post' phase.



Dribble 1

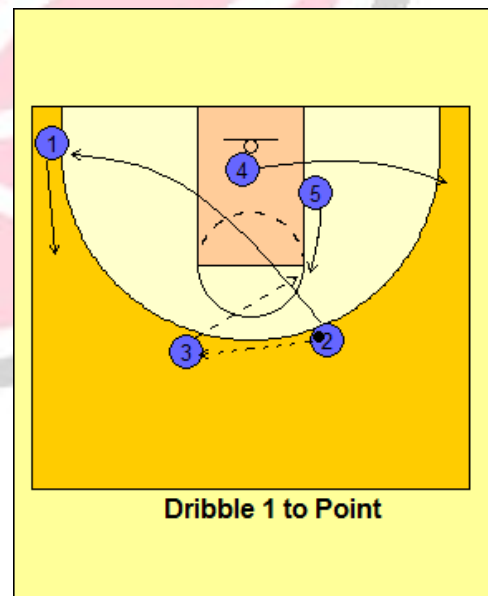
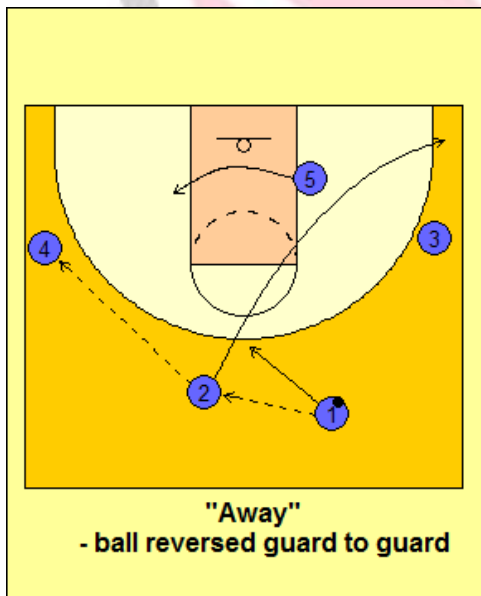
Dribble 1 is used when the point is denied a reversal pass. In Dribble 1 (dribble at 1 player - point) the wing dribbles directly at the player defending the point. The point should stand and not go backdoor until the ball is put on the floor; let the defender become focussed on the ball. If the point does not receive the ball she goes out to the ball-side. O3 will fill to the guard spot and O1 will fill to the wing.



"Away" – the ball is reversed guard to guard

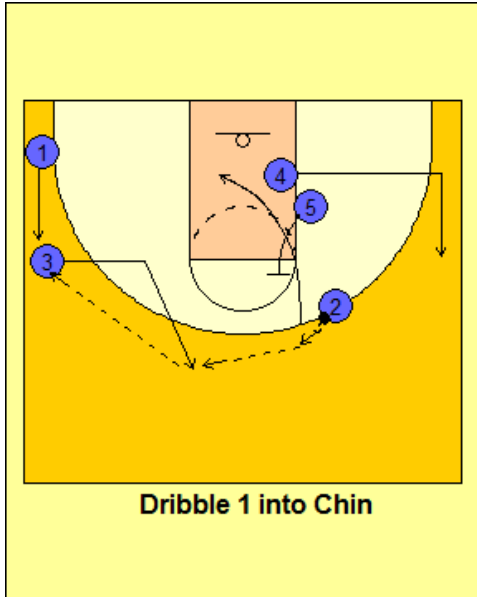
If the guards pass the ball guard to guard, the player who enters to the wing will cut through to the weak-side corner and the other guard will go to the point. The post will cut to the ball-side.

If O2 does not pass to O4 on the back-cut, then O2 will pass to O3 and cut through to the weak-side corner. If O5 flashes to the elbow and receives a pass from O3 we in the Point Phase and run either "Point Away" or "Point Over".



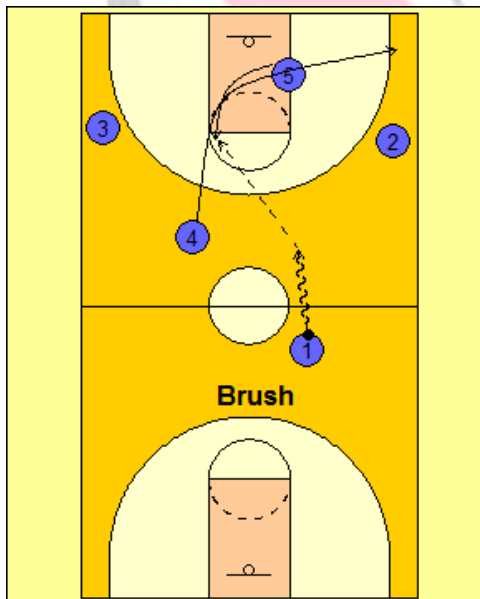
Dribble 1 to Chin

If O2 passes across the top to O3 filling and O3 reverses the ball to O1 at the wing then we are in the Chin Phase. O2 will begin this by running off a back screen from O5.



2. "Brush" Screen to Point

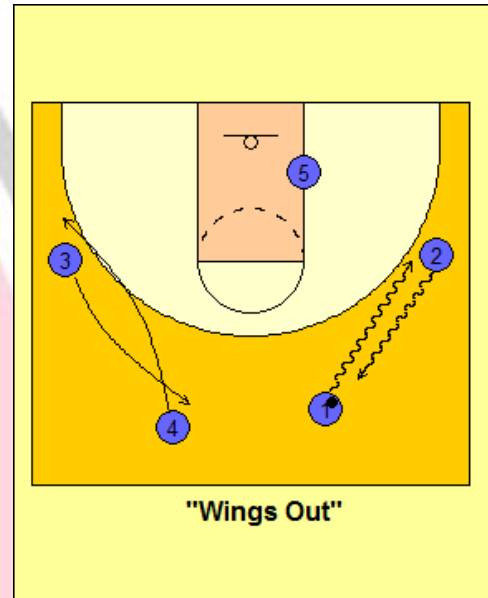
If the ball-handler is behind the play then we can run a "brush" screen with the other guard who runs down the edge of the lane as the post player cuts underneath the guard and up to the elbow. The guard will run slight interference for the post player who sprints to the elbow to receive the entry pass and we now flow into the Point Phase.



If the defence switches on the "brush" screen we may stop and screen to get the post open.

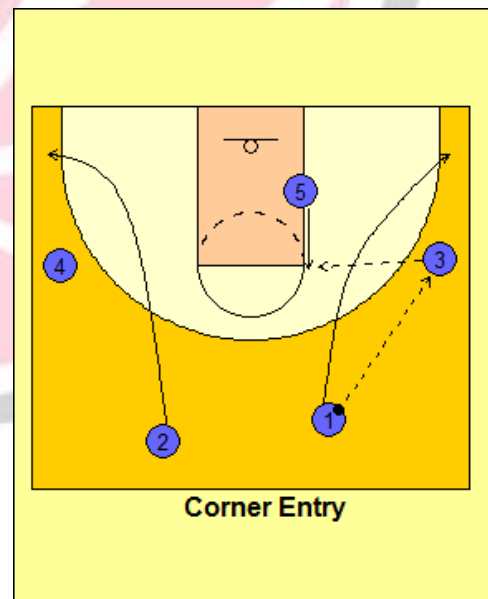
3. "Wings Out"

'Wings out' is initiated when the guard dribbles at the ball-side wing and they execute a dribble hand-off. At the same time the weak-side guard and weak-side forward exchange positions. This is only used in transition and is to create movement and for ease of initiating offence.



4. "Corner"

When the ball is passed ahead to a wing and the passer cuts through to the ball-side corner we are in the Corner Phase. The passer should call 'corner!'. The other guard will cut through to the weak-side corner and the post will flash to the elbow and receive a pass.



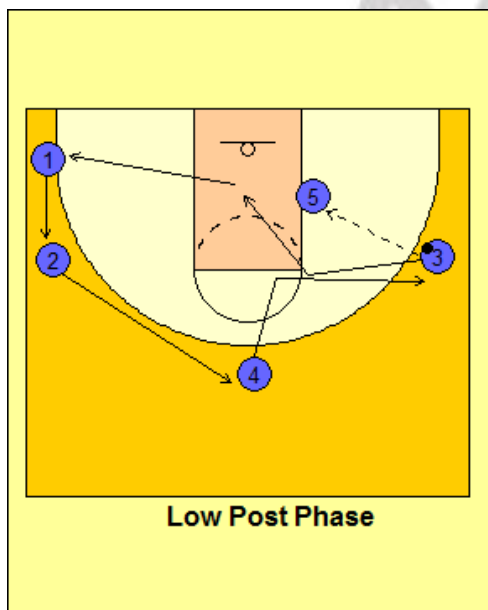


1. Low Post Phase

When the ball is entered into the low post we are in the Low Post Phase. This phase usually happens in transition when the ball is passed ahead to the wing and then into the low post. The wing will cut to the elbow and either screen for the player above you or slip the cut to the middle of the lane.

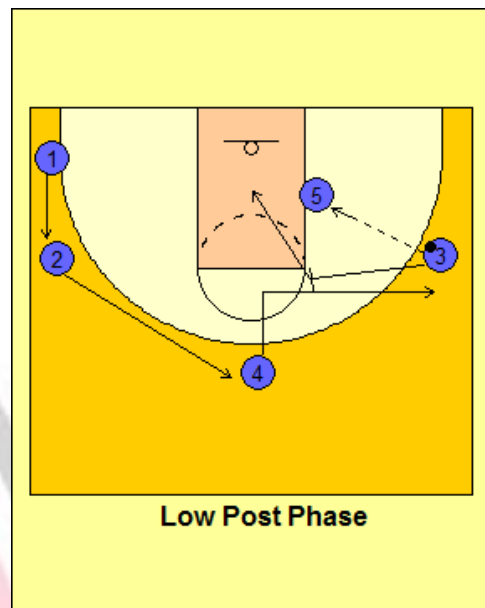
Low Post Phase – Screen to Elbow – Slip the Screen

The wing, O3, will go to the elbow to screen but if she sees an opportunity to cut she slips to the front of the rim. The point, O4, will replace to the wing, and the others will rotate to the next position (play off the teammate in front of you!).



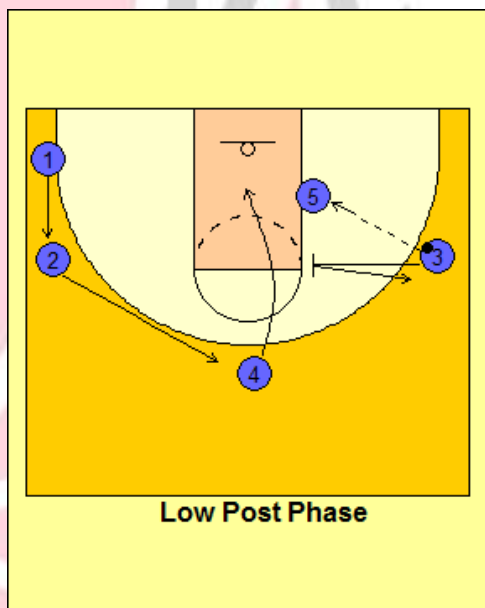
Low Post Phase – Screen to Elbow-Point Accepts

On the low post entry the wing screens to the elbow and if the point, O4, accepts the screen she cuts to the wing; the O3 cuts to the basket and others fill to the next position.



Low Post Phase – Elbow Screen-Point Rejects

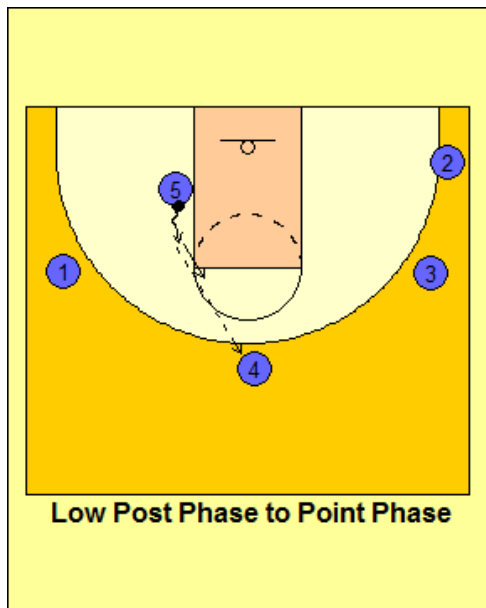
When the point rejects the screen at the elbow the wing will replace back to the wing. The other players will rotate to the next position.



Low Post Phase to Point Phase

If the low post does not pass to a cutter going to the basket or make a 1 on 1 move she will dribble towards the top and pass to the player at the top. We are now in Point Phase.

This is the action most common when the ball goes into the low post.



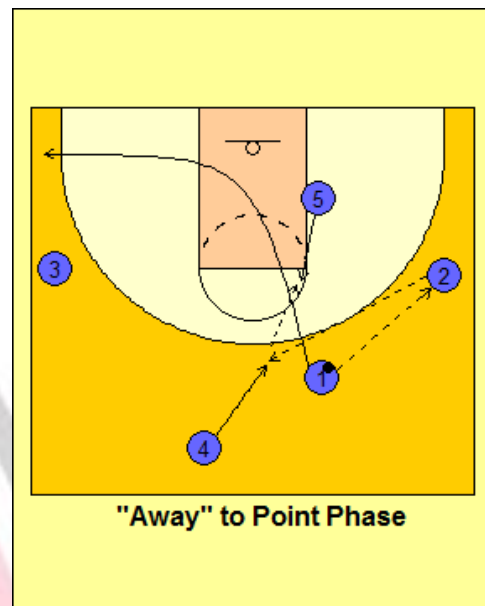
If the O4 passes the ball back to O5 at the elbow then we can run a) Point Away, b) Point Over or c) Spin (see below).

2. Point Phase

When we are in a one-guard front and the ball is entered into the high post at the elbow we are in Point Phase

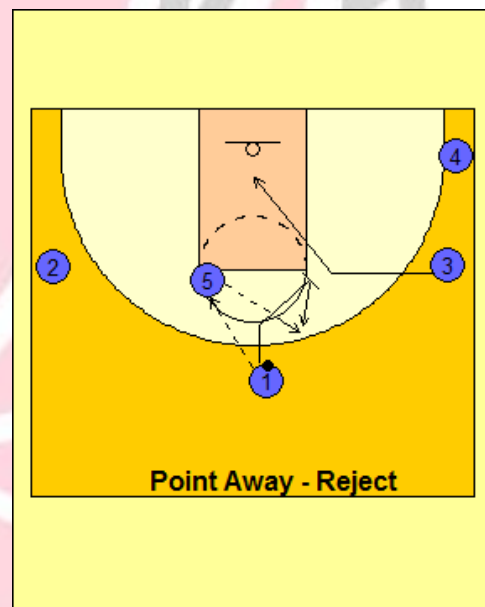
Point Phase – on the Reversal Pass to Point

On “Away” in transition the point guard, O1, has cut to the weak-side corner, and O4 has trailed to point (head on the rim). To get into the Point Phase the ball is reversed to O4, O5 quickly flashes to the elbow and receives a pass from O4. We are now in Point Phase – and the options we use are Point Away and Point Over.

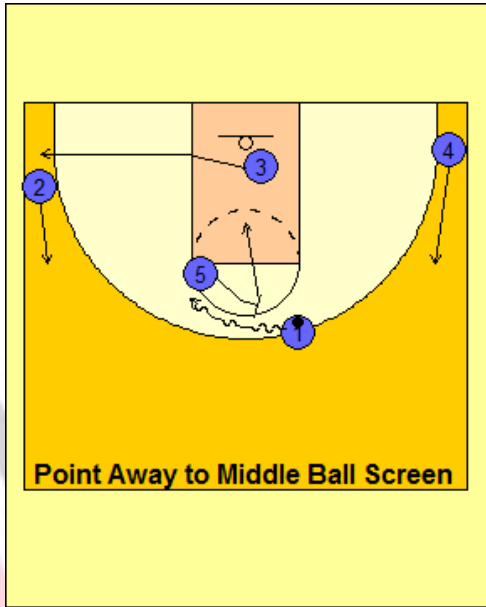
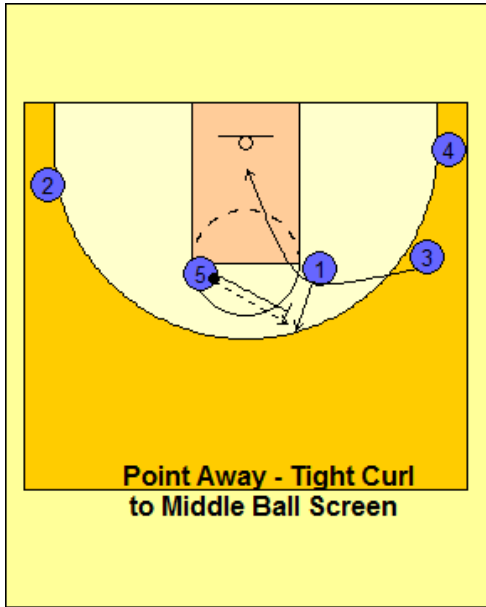


a) Point Away

Point Away – when the player at the top enters to the post at the elbow and screens to the other elbow we are in Point Away action. In this diagram O1 entered to O5 and then screened at the opposite elbow for O3. In this case O3 rejected the screen and O1 2nd cut back out.

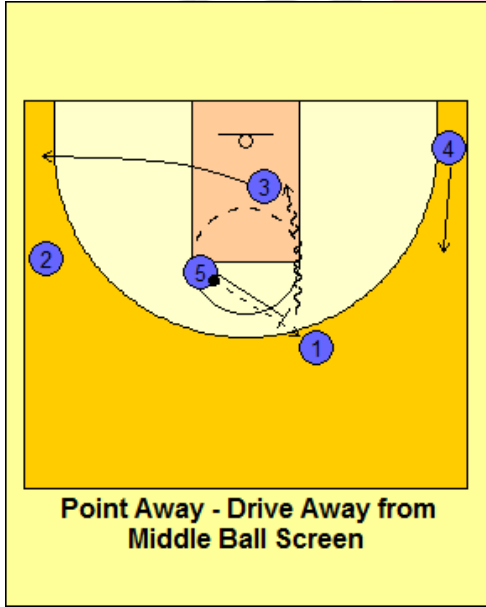


Anytime O5 hits the 2nd cutter she should follow and set a middle ball screen as shown in the next diagram. In this diagram O3 tight curls off O1's screen and looks for a pass from O5 for a lay-up. When O5 passes to O1, she quickly follows her pass and ball screens for O1.



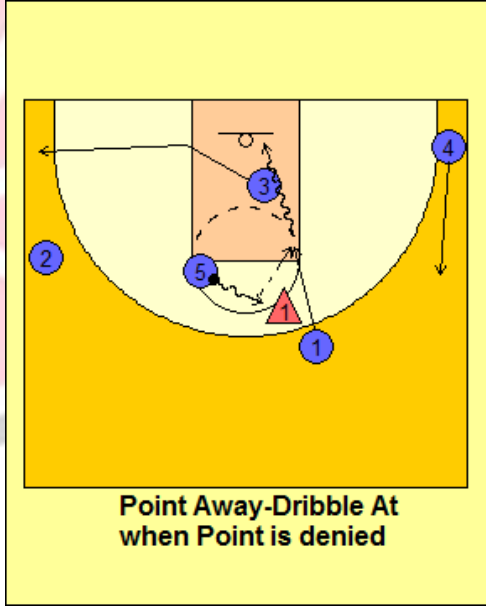
A good percentage of the time O1 should look at the screen but drive opposite (reject the ball screen) and penetrate.

When she comes off the ball screen, O1 must first look for her jump shot or drive to the basket. If neither her shot is not available then she looks for O5 rolling down the lane and if O4's defender helps O1 should pass to O4 lifting off the baseline.

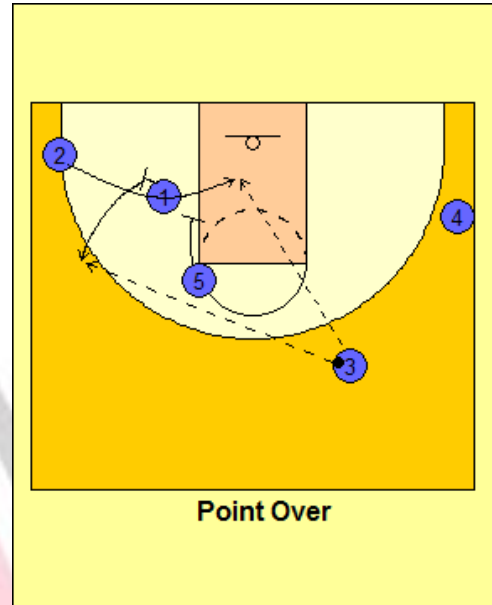
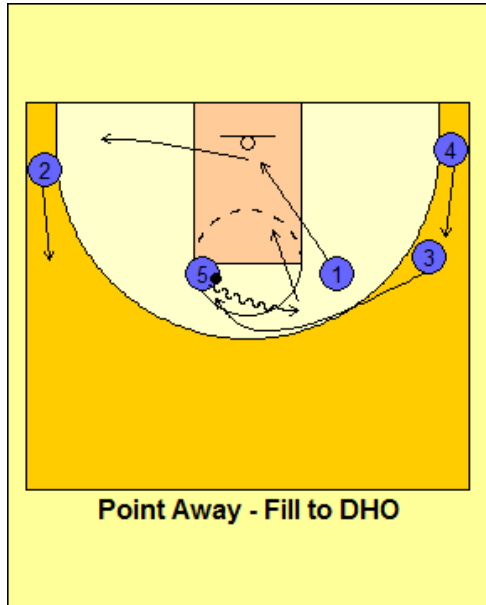


When pass to top is denied use a "dribble at" or DHO.
 If either O1 or O3 are denied when they cut back to the top then O5 should dribble at them for either a back-cut or dribble hand-off. In this diagram O1 has 2nd cut back to the top after O3 went to the basket and is denied by X1. O5 dribbles at X1 and O1 back-cuts.

If O1 uses the ball screen, O3 is sprinting to the corner, O5 rolls down the lane and O4 lifts off the baseline.

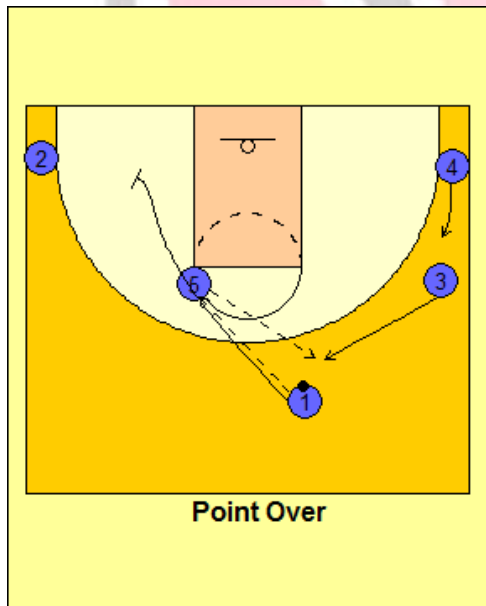


In this diagram, O3 accepts O1's screen. O5 dribbles at O3, hands the ball off and then rolls down the lane. O4 will lift and O2 and O1 fill out.



b) Point Over

Point Over – if, after passing into the post, the passer, O1, sprints over top of the post to screen down we are in Point Over. The weak-side wing, O3, will step up higher and receives quick pass from the post.

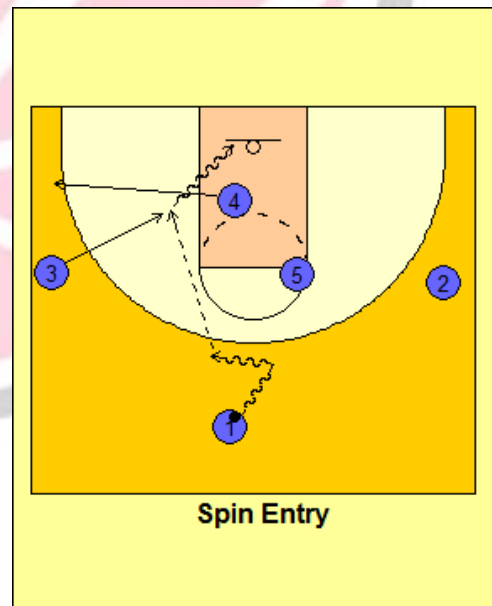


Point Over (cont'd)

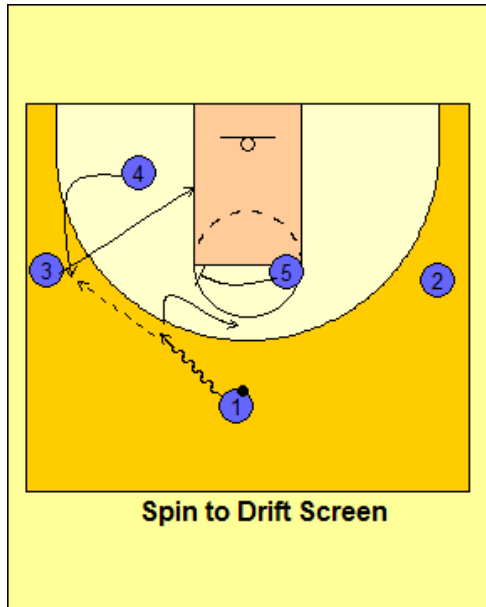
O1 will angle the screen so O2 can come off to the basket and O5 will down screen for O1 – it is a flex action. If the ball is passed to O1 then O5 posts up

c) Spin Entry

The spin entry is used out of Point Phase. It is used 1) to get a player with a mismatch on the inside into the post or 2) when the post is denied at the elbow. The ball-handler starts towards the side with one player and spins back to the side with two players. When a teammate executes a spin dribble (it can be any change of direction dribble) and dribbles at you, this is the key for you to back-cut. Stand near the 3 pt. line until they approach you and then quickly back-cut; if you do not receive the pass on the back-cut then stop, swim back and post. The player in the corner will lift off the baseline. This is often used when the high post is denied after a brush screen.



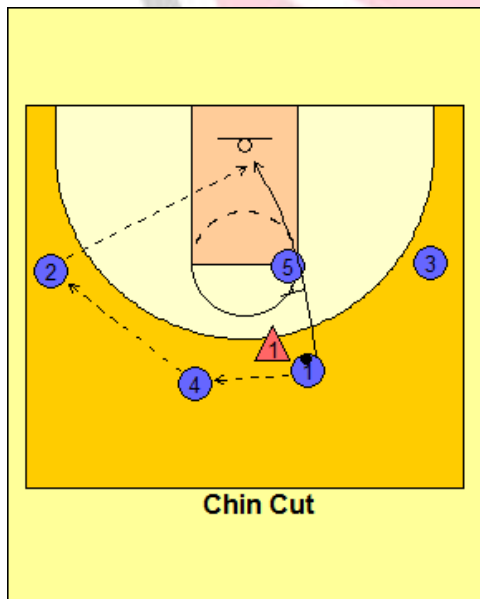
If the pass is made to the wing lifting, in diagram it is O4, then O1 will come off a drift screen set by O5. See the Chin Phase for full explanation of the Drift Screen action.



3. Chin Phase

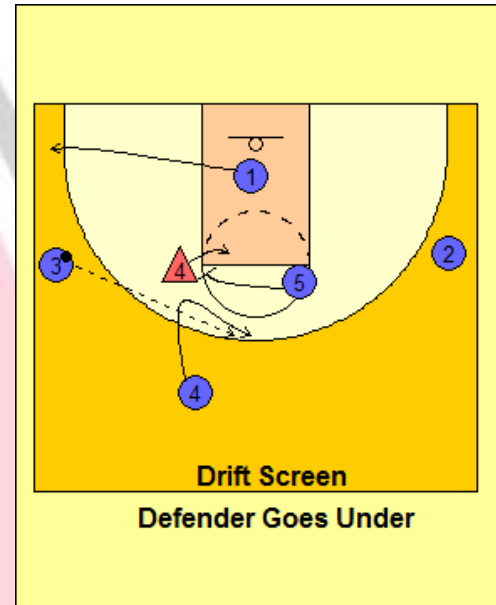
When the post is **already high** we run the Chin Phase – it is always out of a two-guard front.

The ball is reversed guard to guard and then to the wing; in the diagram O1 reverses to O4 who reverses to O2. On the chin cut, O5 sets a back screen at the elbow and O1 comes off the back side of the screen to the far side of the rim. The defender usually goes ball-side of the back screen so we must look to pass over top of the defence for a lay-up.

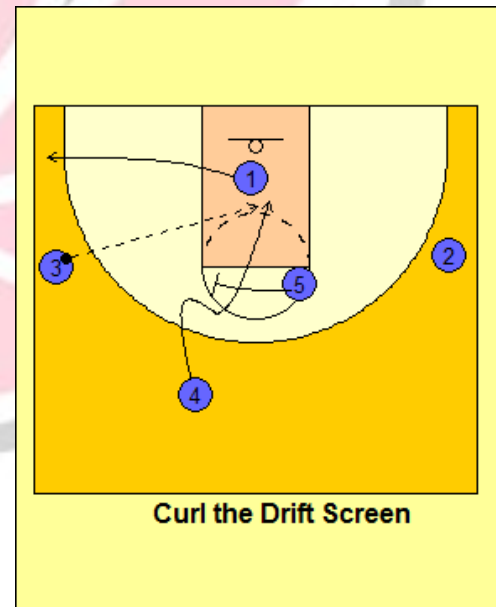


After setting the back screen O5 moves across to the ball-side elbow to set the drift screen for O4. The screen is angled so O5 has her back to the top of the key. O4 should go to the level of the drift screen and then can either 1) fade to the top or 2) 'curl the drift' screen.

The cutter should fade to the top if the defender goes under the the drift screen as shown in the next diagram.



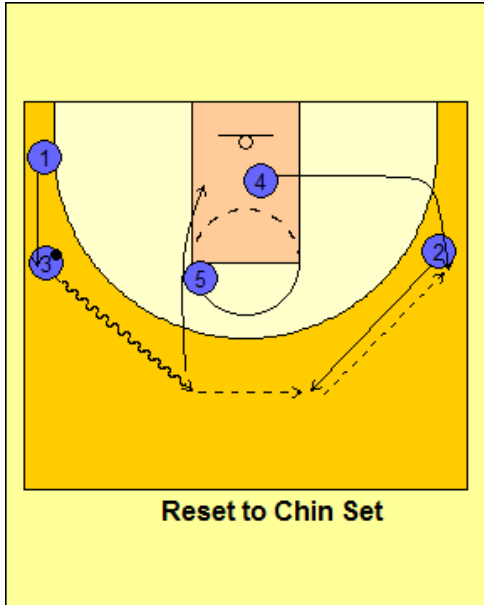
If the defender attempts to go over top of the drift screen then O4 'curls the drift' screen as shown in the next diagram; the cutter may receive a pass late when this happens.



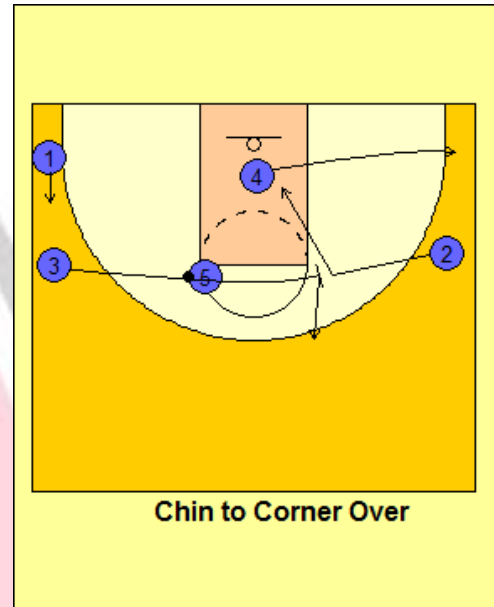
There are three options if the cutter ‘curls the drift’ screen:

Option 1: Dribble Out to Reset to Chin Set

O3 dribbles out to the guard spot and O2 fills the weak-side guard spot. O1 fills one wing and O4 finishes the cut at the other wing. The ball is reversed from O3 to O2 to O4 and we run ‘chin’ again. We should call “Escape” so every knows we are in Chin.



In this diagram, O3 goes over O5 and sets a screen at the elbow for O2, as O4 continues her cut out to the weak-side corner. In this example O2 rejected the screen and O3 2nd cut to the top.

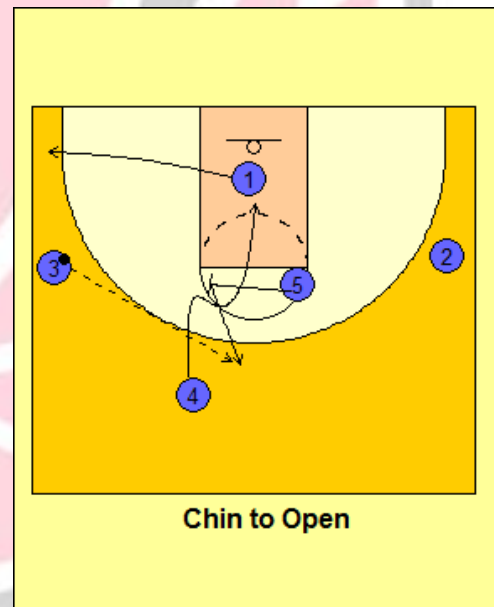
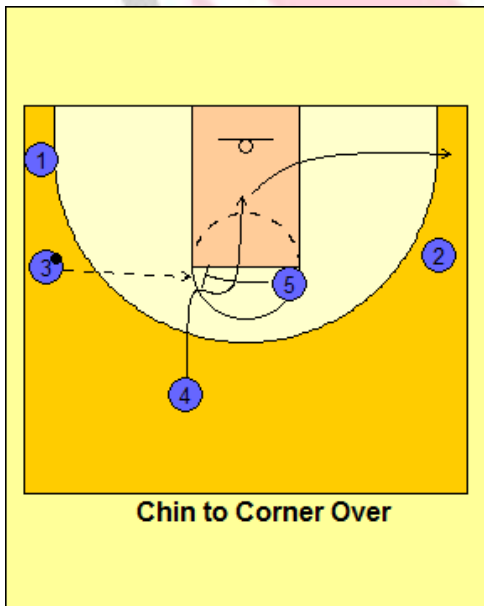


Option 3: O5 steps out to Open Phase

If O4 curls the drift then O5 can 2nd cut to the top and we are in a 1-2-2 set or Open Phase (see Open Phase).

Option 2: Pass to O5 at the elbow and run Corner Over

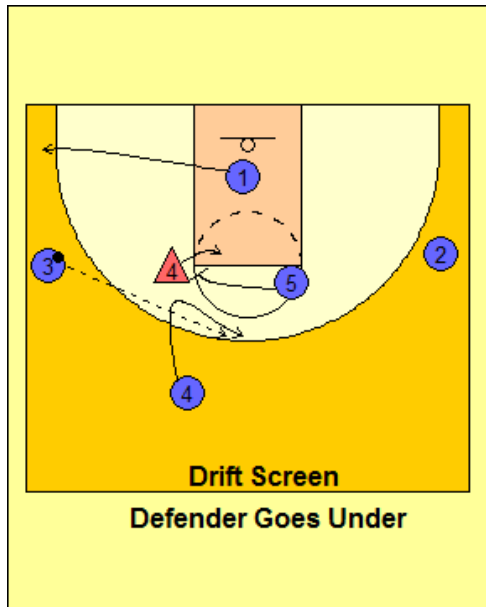
If O3 passes to O5 at the elbow then O3 runs over top of O5 and sets a screen for O2 at the opposite elbow.



There are two options if the cutter ‘fades to the top’ off the drift screen:

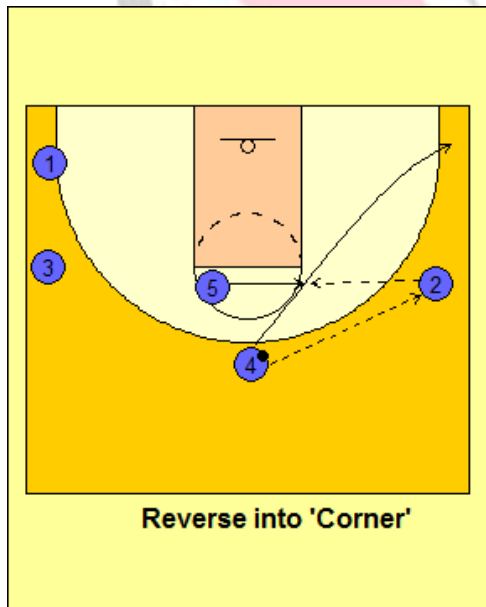
Option 1: Receive pass for a shot or drive and kick.

If O4 receives the pass she may have a shot or may be able to drive against X4 closing out. The drive should always be to the side opposite the screen.



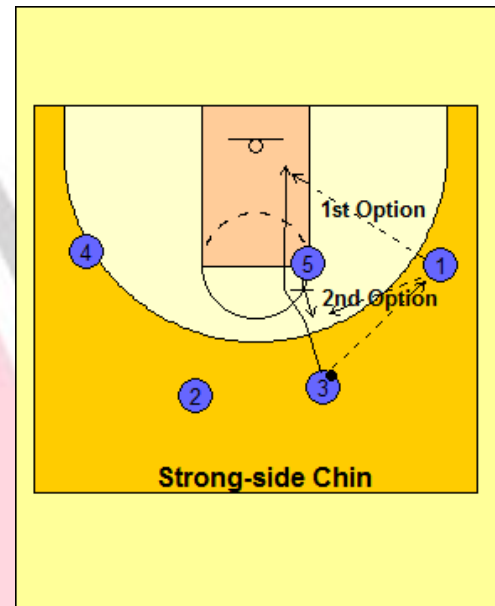
Option 2: Drift Screen to ‘Corner’

If the shot or drive are not available then we can flow into ‘corner’. To do this O4 passes to O2 at the wing and corner cuts, O5 flashes to the ball-side elbow and O2 enters to O5.

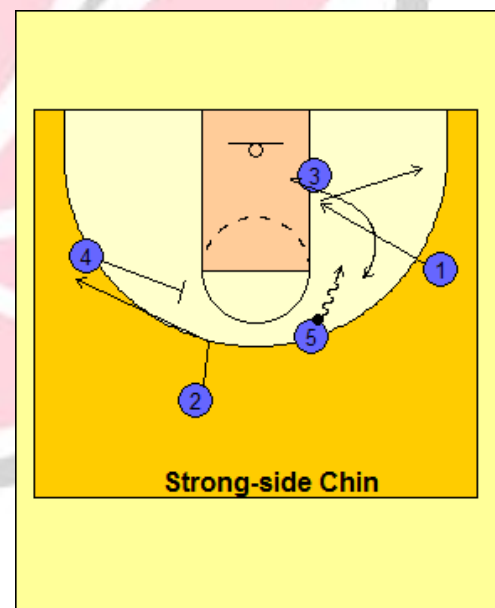


4. Strong-side Chin Phase

Out of a 2-guard front, if the ball is passed to the strong-side wing we are in ‘Strong-side Chin’. This is a high post rub (1st option) followed quickly by 2nd cut out by the screener (2nd option).



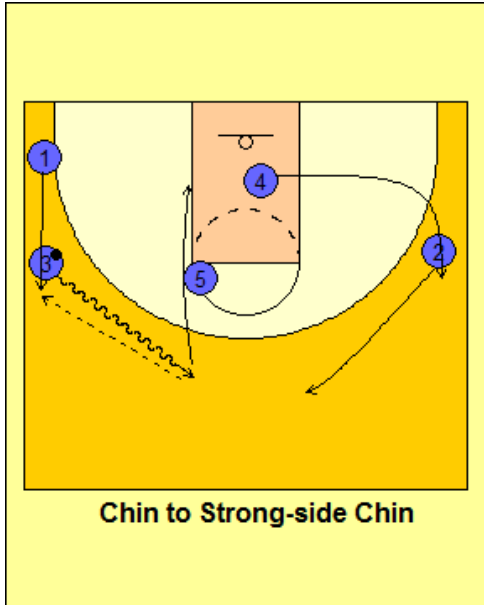
After passing to the high post, the wing, O1, will cut towards the block (it is not a screen). O3 will circle under O1 and come for a dribble hand-off with the post. If the DHO is made there will be a flare screen on the weak-side as O3 comes to the middle of the floor (timing is critical). After cutting O1 will space out to the corner.



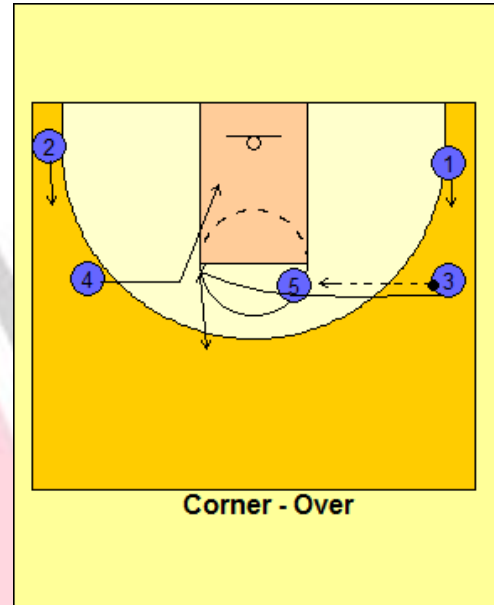
Chin to Strong-side Chin

Anytime the wing dribbles out to a guard spot to re-set the offence the ball can be reversed back to the same side wing and we are into 'strong-side chin'.

In this example, O3 dribbles out to the guard spot and O2 fills to the other guard spot. O1 and O4 fill the wings. O3 turns back and enters to O1 and then runs a UCLA cut off O5.



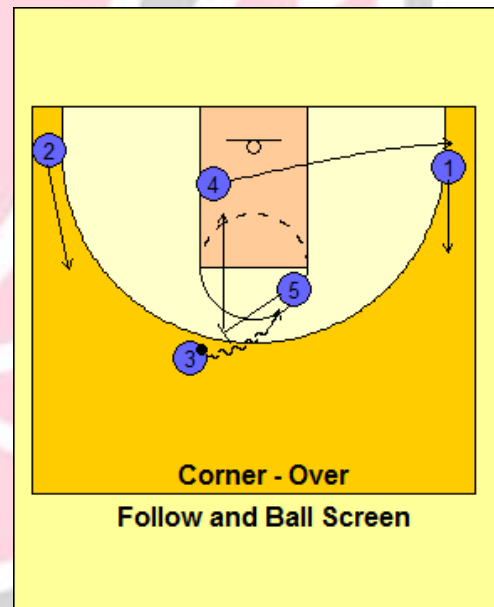
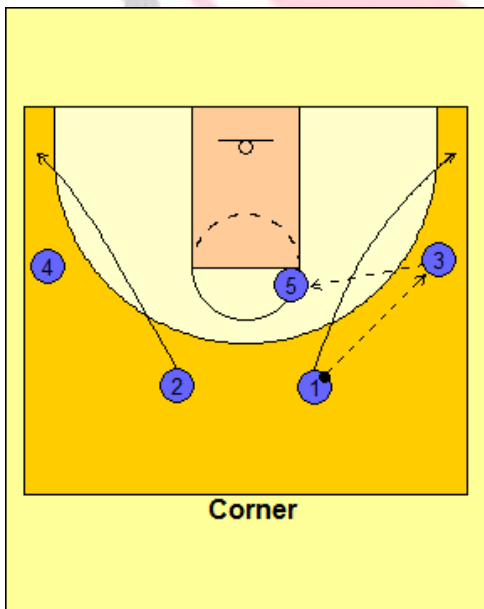
After passing O3 will sprint over top of O5 and screen across for O4 at the weak-side elbow. O4 then reads the screen and we play off the read.



If the pass goes to the 2nd cutter at the top then O5 follows and ball screens. The player cutting to the basket, in this diagram O4, will fill to the weak-side corner. O2 will lift as the ball screen is being set.

5. Corner Phase

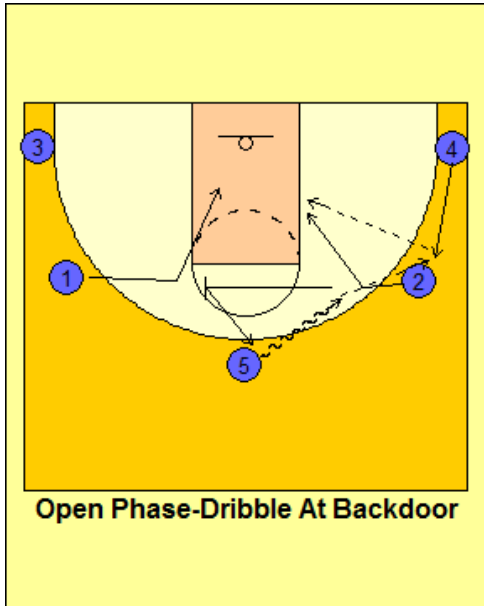
When 'Corner' is called both guards cut through to the corners and the wing enters the ball to the high post at the elbow. We will only use "Corner Over".



6. Open Phase

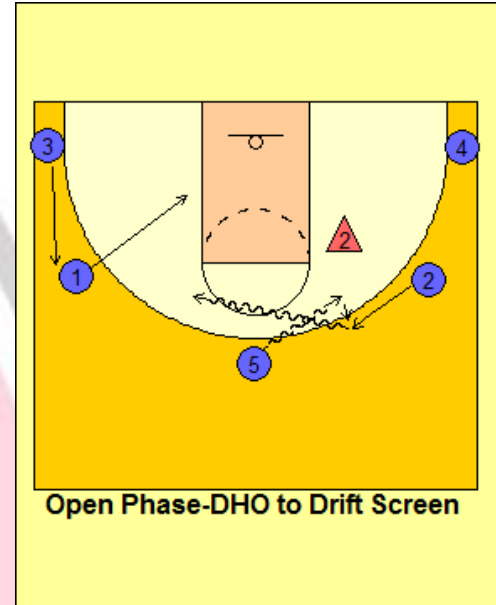
The Open Phase is a 1-2-2 alignment where O5 has stepped out to the perimeter on top after a teammate has curled a drift screen.

O5 dribbles at the wing, O2. O2 back-cuts and O4 lifts off the baseline and receives pass from O5. O2 will stop and post up. After passing O5 immediately goes and screens across for the weak-side wing, O1 in the diagram.

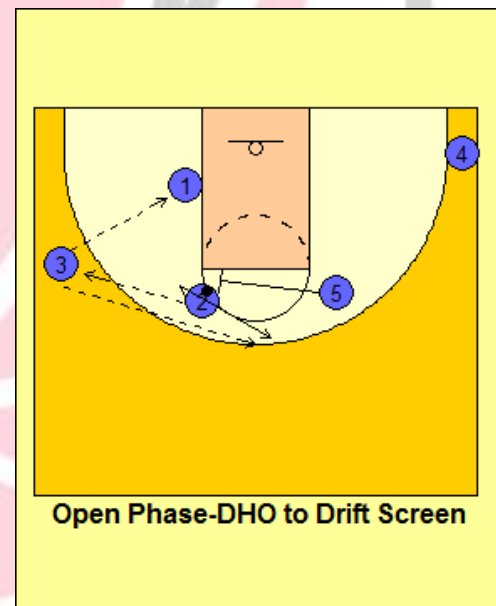


If O2 does not receive a pass on a post-up she clears the same-side corner.

If O2 comes for a DHO she looks to turn the corner and attack the basket. If this is not available O2 takes it across and dribbles at O1's defender, O1 back-cuts and O3 lifts off the baseline.



If nothing, O2 passes to O3. O5 will have followed O2 across and sets the drift screen for O2.

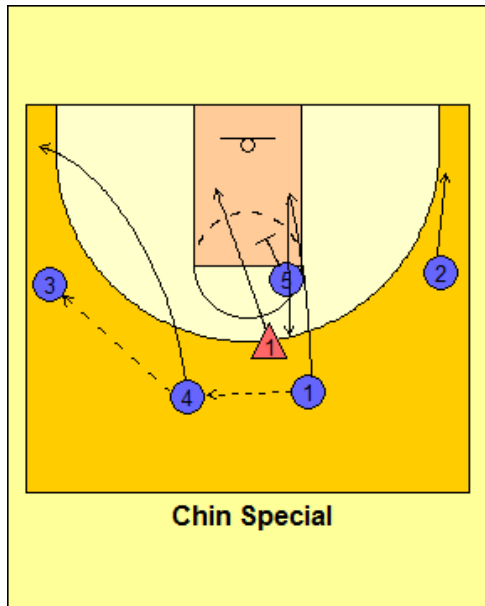




Princeton Specials

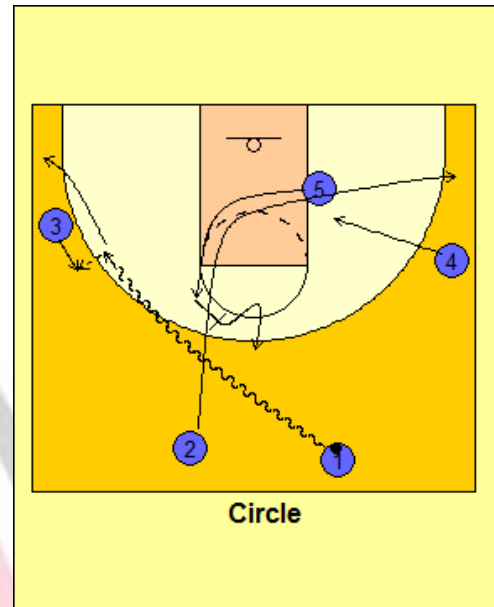
1. Chin Special

Executed the same as Chin but the guard who entered to the wing corner cuts and the cutter off the back screen goes towards the rim, turns and receives a down screen from the post, and comes to the top for a shot.

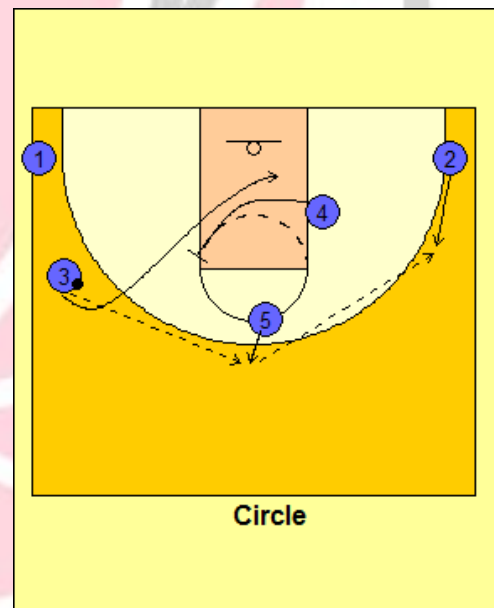


2. "Circle"

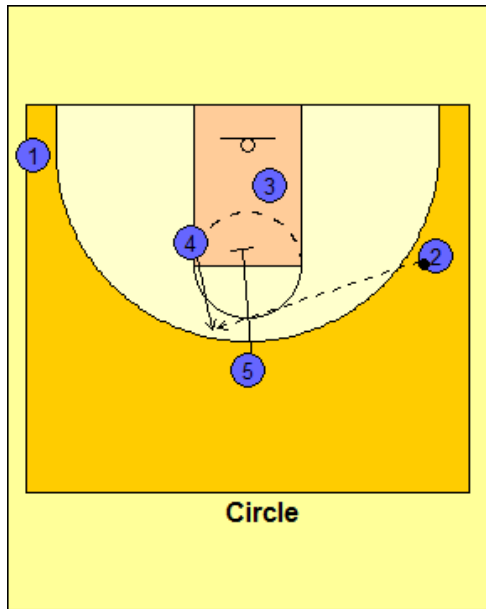
Circle is a special with America's play action. A brush screen is run with the guard running interference for O5 to come up to the elbow. O5 steps out looking like she is going to set a ball screen but O1 does not come tight off the ball screen. O1 and O3 execute a DHO at the wing. At the same time O4 is starting to cut towards the basket, likely underneath her defender. O5 turns and looks like she is going to set a down screen but turns back quickly and comes back to the top.



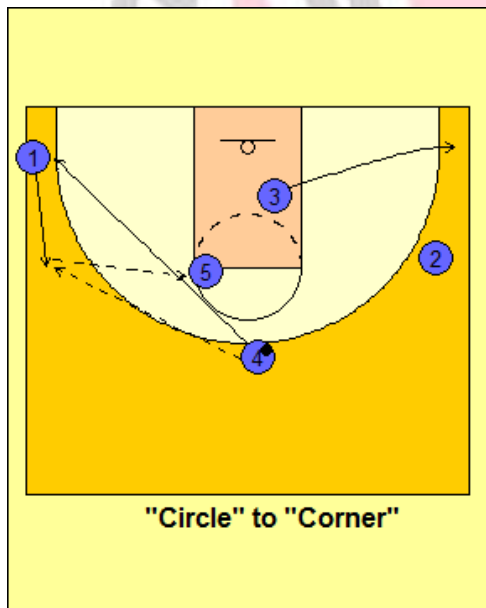
As soon as O3 receives the DHO she looks to quickly reverse the ball to O5. O3 then changes direction quickly and comes off a shuffle cut screen from O4, who has cut through the lane to the elbow to set the screen. O5 reverses the ball to O2 who has lifted off the baseline. The first scoring look is from O2 to O3 for a lay-up or post up.



The final action is for O5 to set the down screen for O4 who quickly comes to the top for a shot.

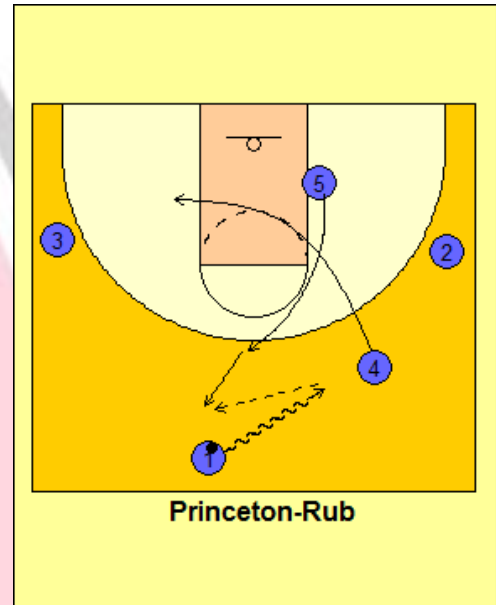


If nothing is available, O5 comes back to the elbow, O1 cuts up to the wing and O4 can pass to the O1 and go "corner".

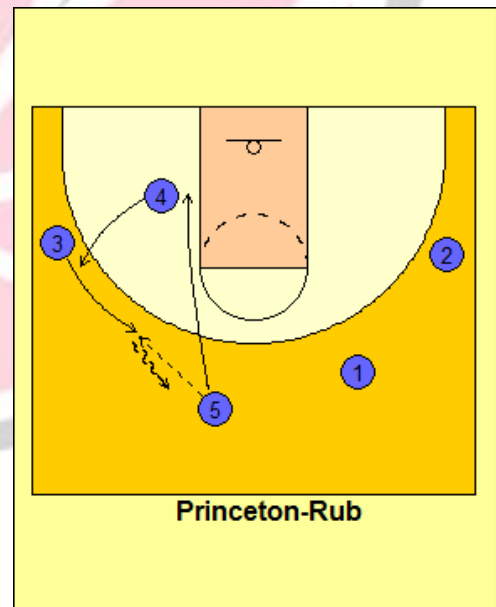


3. "Rub"

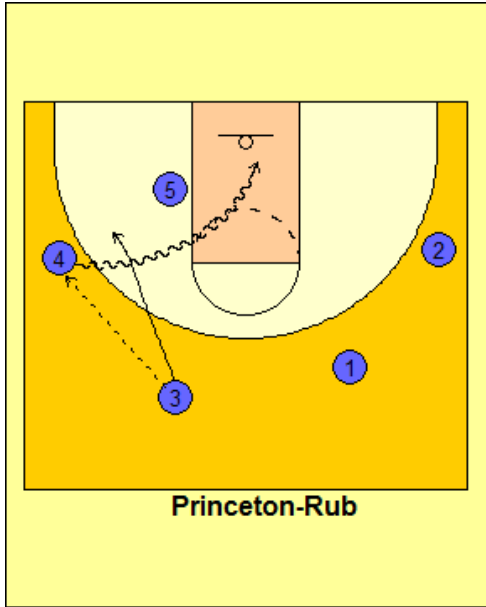
The play is designed for a right hand drive for O4. O5 comes out and appears to set a ball screen for O1 but instead just slips out high and receives a reversal pass from O1. As shown in the diagram, O4 could be running up the court in transition and, in this case, she would run through and O5 would come out of the low block position, slip the ball screen and receive the entry pass.



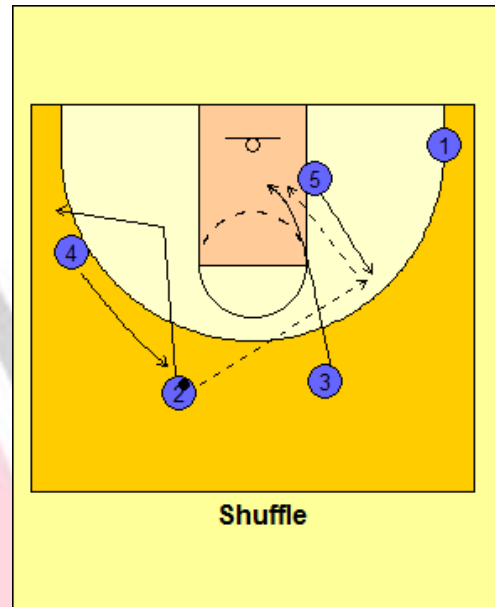
O5 will reverse the ball to O3 who has cut high on the floor. O3 may take a dribble out even higher to ensure there is proper spacing. After passing, O5 cuts to the ball-side block.



O3 reverses the ball to O4 at the wing and runs through towards the corner – attempting to set an incidental or brush screen on O4’s defender. O4 will drive right off the back of O3 towards the middle.



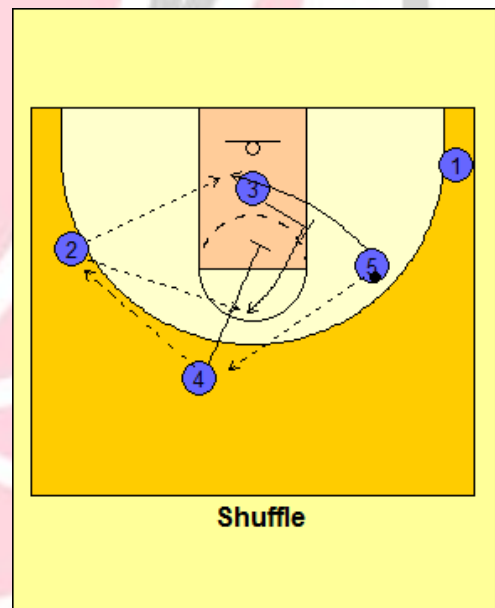
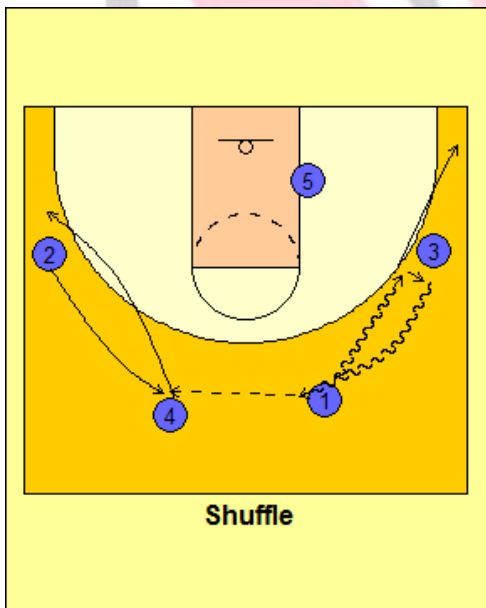
immediately looks inside to O3 posting up. O2 and O4 will exchange positions.



4. Shuffle

O5 will begin on the ball-side low post and the perimeters run a ‘wings out’ action and reverse the ball to O2 at the guard spot. After handing off the ball O1 will then move to the ball-side corner; this is important so the wing area is clear.

If the ball is not passed inside to O3 then O5 will reverse to O4 at the top, who immediately reverses the ball to O2. O3 steps out and sets a back screen for O5 and O4 sets a down screen for O3.

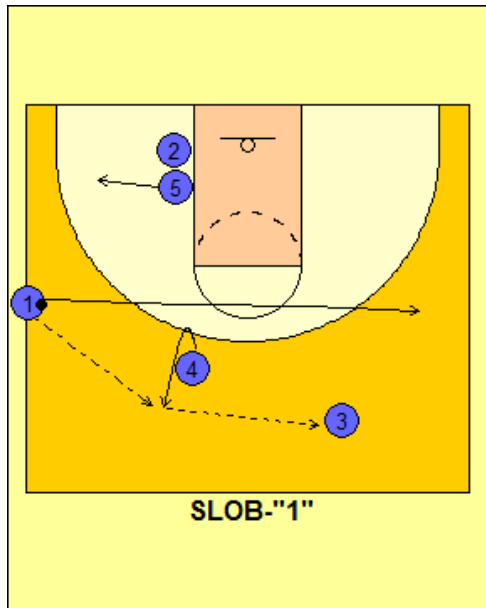


O3 will appear to run a brush screen for O5, but instead of cutting to the elbow, O5 will break towards the wing, one step inside the 3 pt. line. O2 will pass to O5 who

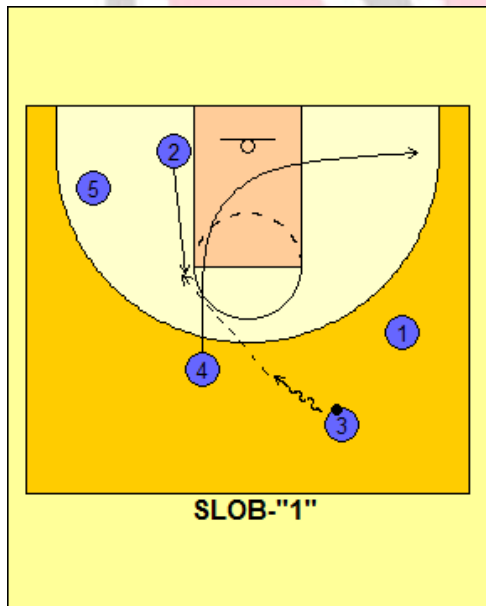
If the X5 jumps over top of the back screen then O5 should go to the back-side of the rim and O2 should look to pass the ball over top.

5. SLOB-"1"

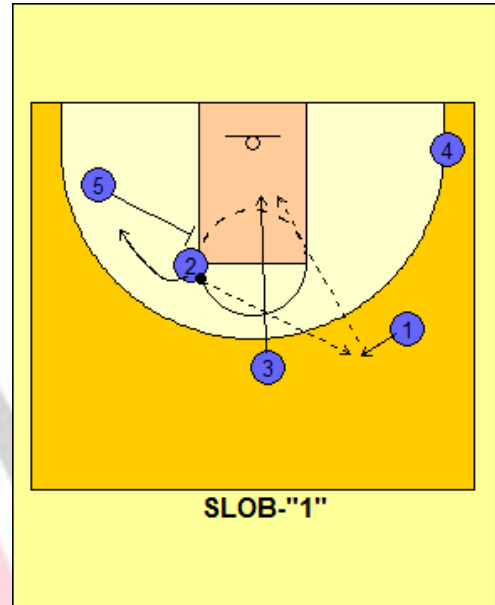
O4 v-cuts and receives the inbounds pass from O1. O1 sprints across to the weak-side of the floor as O4 reverses to O3 who is very high on the floor. O5 steps to the outside.



O4 sprints and runs a brush screen for O2 as O3 takes one dribble to the middle of the floor and enters to O2 at the elbow. O4 fills out to the opposite corner.

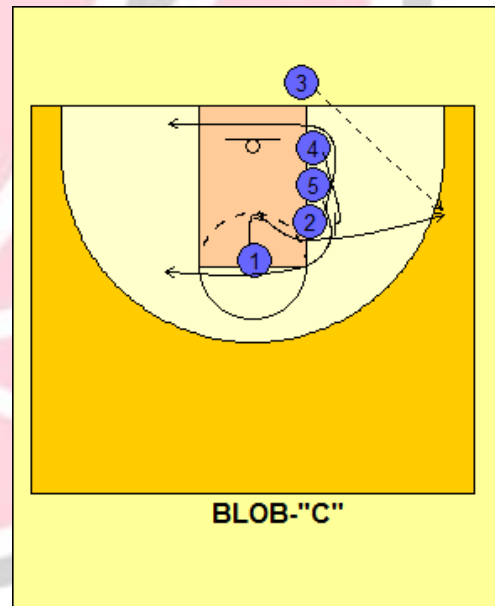


After passing to O2, O3 sprints to the front of the rim. O1 looks inside to O3. At the same time O5 comes in and sets a flare screen for O2.

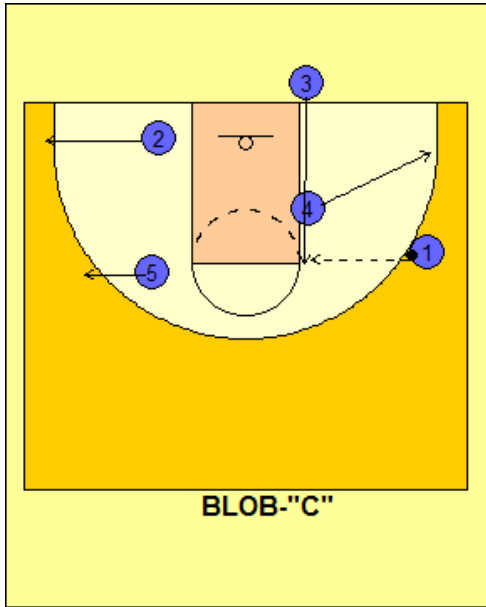


6. BLOB-"C"

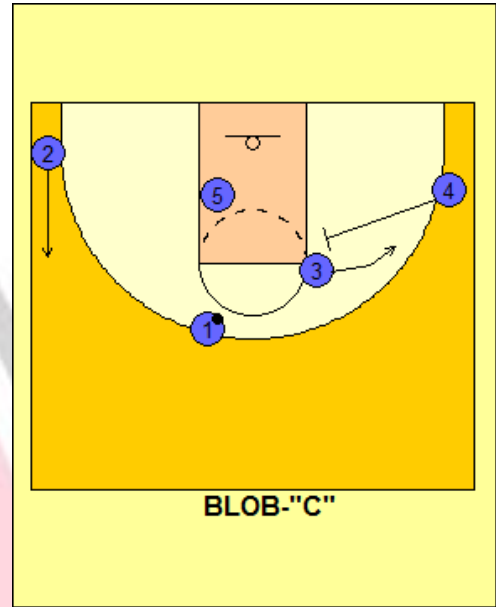
This baseline out of bounds play is the same as Corner Over. O2 curls around the stack and out along the baseline to the weak-side of the floor. O5 steps outside the stack and curls around out top and will fill to the weak-side wing. O4 curls to the outside and sets a screen for O1. O1 cuts towards the basket, then comes off the O4's screen and receives an inbounds pass from O3 at the wing.



O3 then sprints to the elbow and receives a pass from O1. At the same time O4 spaces out to the strong-side corner, O2 to the weak-side corner and O5 to the weak-side wing.



As the pass is going to O1, O4 sprints in and sets a flare screen for O3.



We now run "Corner Over"; O1 sprints over top of O3 and sets a screen at the opposite elbow for O5. O5 rejects the screen and goes to the basket. O1 2nd cuts and receives a pass from O3 – O2 immediately looks inside for O5.

