

Two Side Break **Chris Oliver**

A spacing template to fill 45's and corners. Spacing template, we don't fill traditional lane line spots.

Looking to gain an advantage early and opposite.

Look to hit ahead if there is a pass open. Big emphasis is advancing as much as possible opposite and attacking the weakside with off-ball players.

Two Side = attacking a recovering defense when there are still double gaps. Therefore doesn't matter if we're in 5 out because we're attacking before defense are in the gaps.

Want to be early and full speed sprint to corners, but being late to fill 45's or trail spots. Be on a delay because this is what helps pull defense higher and creates more space.

A lot of players cannot make full court skip pass to two side, especially at youth levels. So they have to dribble over to the two side to then move it.

Skill can be both the elimination and addition of something. In this case, elimination of the need to dribble across and make the skip pass from is an example of her becoming more skilled.

Be "on a delay" at 45 as can catch in more space. With many teams set up to not help off the ball side corner, gives more room for 45 player to drive it. On delay, stay wide and can take your time (after initial first 3 steps and realising advantage isn't on).

De-emphasis ball side kick-ahead, unless they're in shooting range for a three and completely left open. Otherwise want to move it opposite as high as possible.

Works for modern spacing. Modern spacing goes away from lane lines and NBA Spacing/ two side concepts.

Move it twice. First early opposite on rebound and pass ahead. Then form two side on new weakside and move it for last time opposite to the two side.

Corner - emphasis good job holding the corner. The three is better than the 2 and getting the corner 3. Must emphasis being shot ready and connecting for it.

Ball screen is secondary = we use it if defense take away our two side options which is the primary attack. Can't think ball screen first as takes away from two side.

DHO, quicks or ball screen as continuation of two side break.

Teach with the end first = reaction systems (post reaction, pen reaction, second cut reactions, offensive rebound reactions etc).

Constraint = can only eat at the salad bar! (go early and opposite). Progress can eat at the pasta bar! (point guard push)

Constraint on two side = must go early and opposite.