

## Zico Colonel Three Phrase Offense

### Unconventional Strategy to Building a Pro Team:

- With a pro team on a low budget, consolidate the budget. Pay 6 high quality players instead of 8+ lesser quality players.
- Payed 6 and played 6.
- Adverse to foul problems
- Coaches too conservative with foul trouble (2 in 1st, 3 in 2nd) prioritising having all players available for rest of the game but giving up minutes they could have otherwise played.
- Construct a competent bench / training squad for free. Focused on attitude and toughness vs skill.
- Invest heavily in player development
- 40 minutes of playing against 5 shooters
- Trade off to have this level of skill is being undersized.
- May need younger players - want to be injury free.
- Allowing everyone to shoot gives certainty. Then they only have to focus on the decision of whether they are open or not.

### Playing a Game of Chicken!

- Similar idea to chicken with a car. Drive at speed head-on, who is the chicken?
- In basketball this is five shooters (small ball and no rim protection) vs traditional 5 man (4 out 1 in spacing with inherent rim protection).
- Transition 3's, drive and kick 3's and pick and pop 3's most efficient from five shooters.
- Post-ups inefficient from the traditional 5 man system.
- Bigs with all their habits drop back to the basket in trans to protect the rim. This is great for the five shooters as we just go into filled spread and shoot the trail 3. This is an in-rhythm 3 with the footwork into the catch.
- Attack the Turtle = getting a really immobile and slow player to guard one of our better players. Find the turtle on a solo!
- 5 men have a tendency to over-help. Can attack by using flare screens.
- Great to use 5 guards vs teams with a good big.
- Find photos or videos of coaches getting angry at the 5 man if they are losing chicken! Put it in the video and celebrate the small wins!

### Conceptualising Offense

- Transition
- Spacing
- Triggers (force 2 to guard 1)
- Coverage Solutions
- Dominoes

### Phase 1 (Phoenix Trans based on 04/05 Suns)

- Three Tenets in offense and defense (call it three anchors maybe?). Emphasis on this during the whole season during film study, analytics etc.
- One tenet was pace = efficiency of use of time and movement
- Immediate reaction when obtaining possession (lag free)
- Early width = sprint with bolts. 1st to corner, 2nd to wing. Break spacing if can get behind.
- Start the break with pass ahead, 2nd look to dribble push (race-car).
- Corner first means you are ready for the easiest spot-up shot and can sit into the catch.
- Flattening the defense opens up the highway for a race car.
- Pre drag triggers =

- Pass ahead = Steve (PNR or Stagger PNR)
- Dribble push = Corner zoom, trail zoom, strong or ws pins.

### • Phase 2 = drag or inverted drag triggers

- Steve (Nash) = dribble push and pass ahead to corner and then screen corner. Good if defender is sunk and deep in help.
- Role based teaching = 1 is the point guard.
- Find nearest space for outlet. Catch going north going to the hoop.
- If denied, circle.
- If someone else breaks out, assume the role of a wing - early width.
- Nash check (look for a lead runner in space) on the rebound on catch.
- Pass ahead 1st - lead the 5 drag = sprint cut to rim or Steve P&R
- Trail the 5 drag = sprint to weak side
- Wing = wing first.
- Start the break through pass ahead, push ball second.
- If you can get behind D, break spacing.
- If you can't, 1st corner, 2nd wing, 3rd slot (swing)
- If you trail the ball sprint to the weakside. Don't run alongside ball as it invites double teams.
- 5 = e.g. Amar'e Stoudamire
- D reb to start the break. Pass ahead or push second.
- Out early = wide 1st to the nearest sideline
- Out late = wide 1st to the pro lane
- If there is a lead on the defender (e.g. def behind) cut for lay-up
- If you don't anticipate where to see the drag PNR
- Arrive alone on the drag (use a set-up). Change of pace, direction, set a screen, get a screen.
- Set drag high so we have a downhill attack. Sternum to scapular. Danger is can give up an under.
- Shakes PNR = "a 2 Side Front Side, 1 side back side." Most predominant drag screen spacing.
- Vs aggressive coverage front pass + diagonal dive and roll.
- Vs conservative coverage (eg drop), back pass and straight dive or roll shooting 5 pops.



Shakes



Wing



Elbow

- If 5 man advances the ball, it becomes an inverted drag PNR (he cannot drag for himself)
- This become an automatic inverted drag (1 screens the 5).
- These tend to be step-up, elbow or wing PNR.

### Tenet 2 = Space

- Scoring bases (baseball) = corner 3s, wing and slot 3s, rim
- Applies to drive kick re-space, off ball movement.
- Must sprint between scoring bases!

### Phrase 3 = Mash

- No advantage created from the drag = transition into the 3rd phrase.
- Innovation = teaching the transition took some deliberation. Was trial and error.
- Guards 1 - 3 = typically pass and screen away
- Bigs 4 - 5 = dribble hand-offs
- Must contact off chases / (half-way between a zoom and chase).
- Hold the Bubble = when they switch and you don't slip but push and hold the bubble for the pass over.

### Key Take-Aways

- **Using chicken more (filled or empty spread) vs teams with traditional / slow bigs.**
- **Attack the turtle! Use this as a great cue for solos.**
- **Drag still effective**