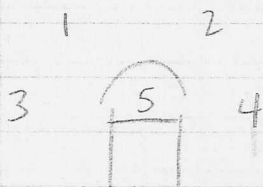
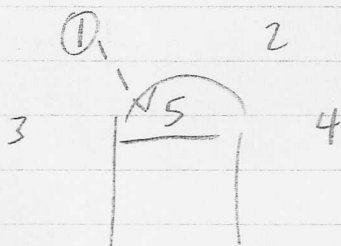


Princeton Offense

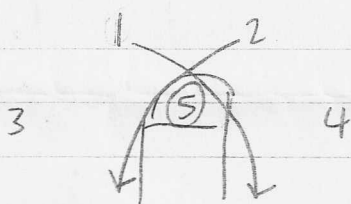


- 1 & 2 start out as guards
- 3 & 4 wings (foul line extended)
- all are interchangeable
- 5 is your best post player

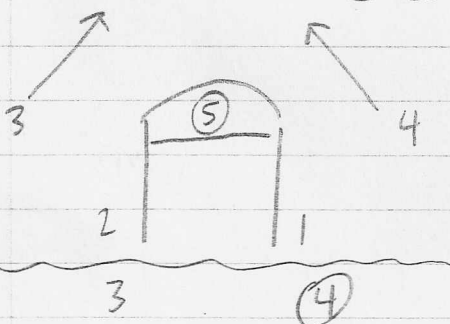
Scissors



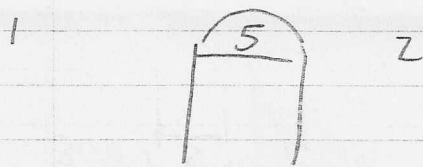
- 1 passes to 5 & cuts off
- 5 looking for handoff
- 2 cuts off 5 next



- 1 cuts first (he had the ball)
- 2 cuts next (w/o ball)
- 5 needs to pivot & look low at 1 & 2 who just get to the blocks

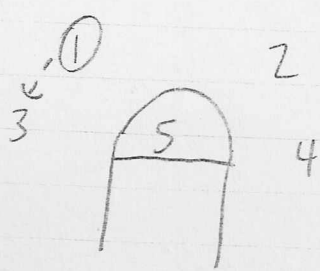


- 5 could make a move/play
- 3 & 4 replace 1 & 2 spots
- 1 & 2 replace 3 & 4 spots
- 5 can pass back out to 3 or 4

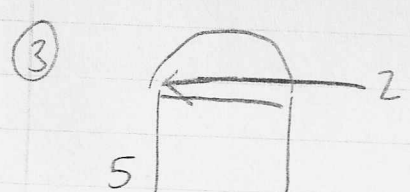


- Now you're back to same set w/ same rules if 1 or 2 had the ball (pass to 5 & cut off him)

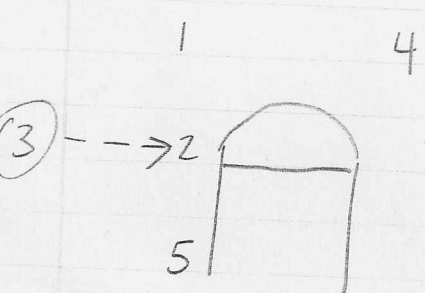
Wing Entry



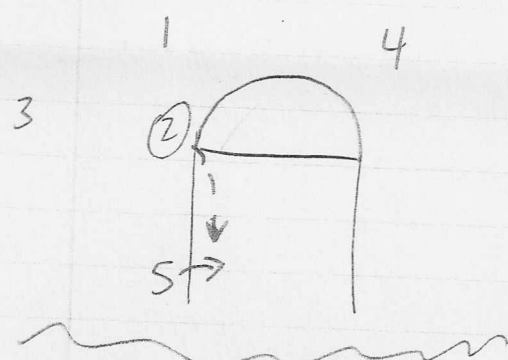
- Do not have to hit 5 first
- Can pass to wing
- 1 passes to 3
- after pass, 2 & 4 switch spots
- when 3 receives pass, 5 will dive to the ball-side block (2 & 4 switching spots)
- 1 keeps his spot



- 3 with the ball, 5 dropped, & 2 & 4 switch spots
- after 2 & 4 switch spots (done to occupy backside)
- ★ - 2 will fill ball-side elbow

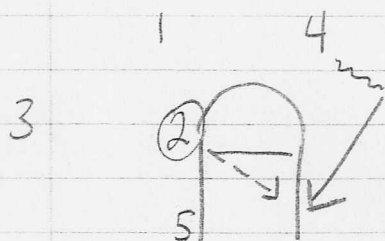


- ★ - 3 should try to get the ball inside first to 5
- 5 scores or looks at 2 dropping (if the read is there)
- 3 can also pass to 2 at the elbow
- if 2 receives pass, 2 could shoot or look high-low to 5 (5 is sealing)



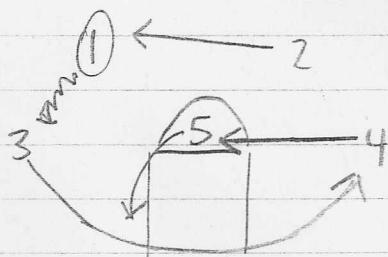
- Another option is for 2 to look at 4 diving backdoor

Wing Entry - cont.

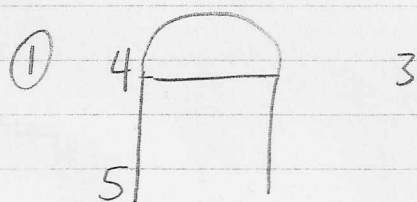


- 4 can read the defense, walk his man over & backcut to the block
- 2 can pass to 4 for a lay-in

Dribble Entry

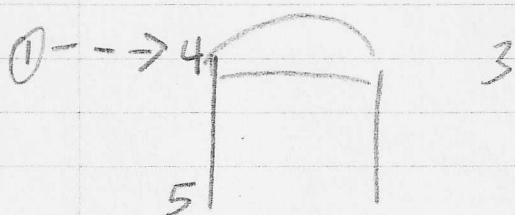


- 1 can dribble enter at the wing (3)
- 3 clears to opposite side (4 spot)
- 2 fills 1 spot, 5 drops to the block
- same rules as Wing Entry except it was a Dribble Entry
- 4 will fill ball-side elbow after the dribble enter



- 2 filled 1 spot
- 4 filled ball-side elbow
- 3 filled backside (4 spot)
- 5 went to the block

★ 1 pass to 5 for post should be the first option

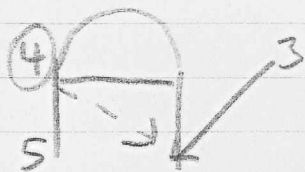


- 1 can pass to 4 for high post feed
- same rules as Wing Entry

Dribble Entry - cont.

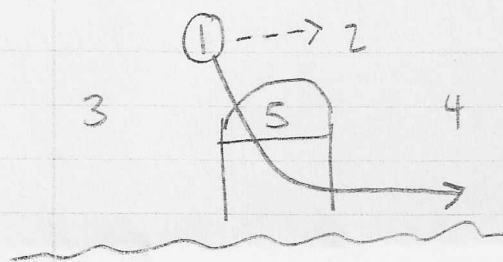
2

1



- 4 can hit 5 on the seal
- 3 can read + backdoor cut to the block

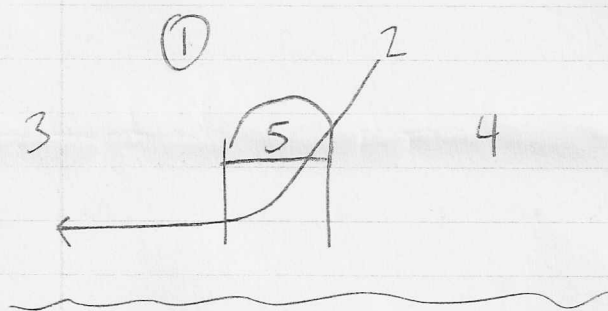
Up - High Screen



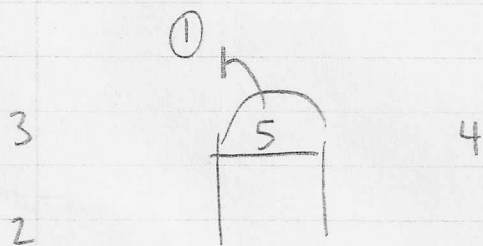
- 1 passes to 2 at the top
- after pass, 1 cuts through to the corner



- 5 comes up & sets a screen on the ball screen & roll for 2



- pass to the top does not have to happen
- 1 (who has the ball) can yell "Up", the 2 runs through to the corner



- 1 & 5 now have the High-screen & roll

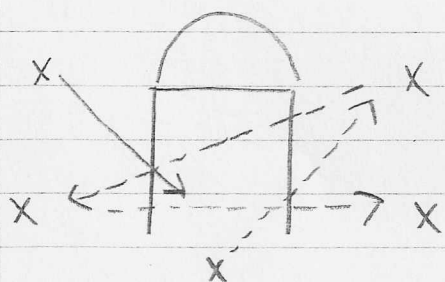
Samford Basketball

- 1- To start practice, players use eye glasses (w/ the lids at the bottom) to dribble the ball.
 - The players Pound the ball as hard as they can against the floor.
 - They use the whole court for a 5 minute session.
 - This is done so they can strengthen their hands + the glasses keep them in the habit of keeping their eyes + head up.
 - The players use the court making full-court moves up + down the floor (hesitation, cross-over, etc.)
 - This is done at the start of every practice

- 2- When running sprints, players run a Team 5 in 30 seconds (Full-court sprints)
 - This can build team unity
 - Players start together + finish together
 - They have 6 seconds to make each sprint

★ Also, when huddling at half-court to talk w/ the coach, all players, including the coach talk in a circle (this also shows team unity)

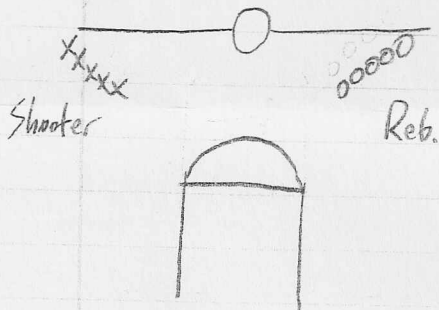
3- STAR Passing Drill



- Snap it
- Lock out elbows
- call out names of who you are passing too

Samford Basketball

4- 1/2 court lay-up's
- drill used 5 balls for 10 kids



Lay-up's used:

- A- Speed
- B- Hesitation
- C- In & Out
- D- Crossover the Middle
- E- Dribble on the sideline,
& crossover to middle
at the timeline

Misc.

- ★ If unsure where to set a screen, screen high & not low
- ★ 70% of practice is used for offense
- ★ 30% for defense