

Basketball Offense

To learn about basketball offense, the first thing you should read is this [introduction to offenses and theory behind building a great offense](#). You will learn:

- The different types of offenses.
- How to choose an offense.
- How to construct your own high powered offense.
- The most important aspects when teaching an offense.
- Diagrams of the different cuts and screens.
- Sample offenses including Flex, 5 Out Motion, UCLA High Low, Quick Hitters, Umass Zone, and Tennessee Shuffle.

[Offensive Theory: How to Score More Points by Understanding the Theory and Philosophy Behind Offense](#)

What is an offense?

An offense is your method to score baskets and get open shots against your opponent. Most coaches consider their offense to be a continuous motion or a play that can be run over and over again. It's common to have more than one offensive set, usually a primary offense and a secondary offense.

In addition, most basketball coaches will have a variety of [set plays](#) at their disposal. Set plays are usually just run through one time in special situations. For example, you might want to run a set play at the end of the game or when your offense is stagnant and you really need a basket. Then, if the set play doesn't work, you can flow into your primary offense.

Basketball Offense Tips and Articles

Before getting into specific offenses, it's important for you to know the ins and out of [setting screens](#). You can learn more about setting screens by checking out this [article](#).

It's also important to develop a team oriented offense. Here are a few tips on how to [build a "team" oriented offense](#).

[Offense Tips - The Easy Way to Teach Basketball Offense](#)

[Bobby Knight's Simple Offense Tip On Screens & Why You May Never Use Down Screens Again](#)

[The 5 Offensive Strategies that ALL Coaches Should Employ](#)

[How To Use And Set A Pick In Basketball](#)

[Executing The Basketball Pick and Roll](#)

Breakthrough Basketball

7 Important Offense Selection Tips

3 Critical Player Development Tips For Your Offense

Man to Man Offenses

Basketball Motion Offense - Learn How to Develop a Better Motion Offense and Win More Games

Michigan - Simple man offense for all levels.

The Dynamic Flex Offense With Video

Ball Screen / Pick and Roll Continuity Offense

Basketball Pick and Roll Offense

The Open Post Motion Offense

The Dribble Drive Motion Offense

High Low Offensive System

5 Out Cutters Offense - Motion offense that was used by **State Champs** (and it can be taught in ONE day)! It can be used as a delay offense, primary offense, and can be used at any level.

1-3-1 Cutters - Great offense for youth & high school teams.

Duke Motion Offense

North Carolina Motion Offense

Triangle Offense

Zone Offenses

Yo Yo - Simple zone offense for all levels.

Motion Offense Against Zone - Attacking ZONE Defenses with a Motion Offense

3 Simple Strategies to Attack a Zone Defense

Offense Against Junk Defenses

Offense Tips Against Junk Defenses (Box-and-1 & Triangle-and-2)

Fast Break / Transition Offenses

[How To Run The Basketball Fast Break Offense and Transition Offense - Philosophy, Offenses, Drills](#)

[Carolina Fast Break Offense](#)

[Suns Fast Break Offense](#)

[Foul Shot Fast Break Offenses](#)

[3 Unorthodox Ways to Score in Transition](#)

[Basketball Press Breaker Offense](#)

Motion Offense - Question and Answers

1. [Getting your best player the ball and how to handle your less-talented shooters.](#)
2. [This offense is just like playing pickup. Do you recommend it to youth teams or 5th graders to be specific?](#)
3. [Would you please tell me the difference between your eBook "How to Develop a High Scoring Motion Offense" and the "Read and React" offense that Coach Rick Torbett is teaching?](#)
4. [I am coaching 4th grade girls this year. at what point do you introduce the positions in basketball? How do you go about doing that? I realize fundamentals are the key. After you teach shooting, rebounding, passing, defense, dribbling, what is the next step to take with these kids? When does setting screens, cutting to the basket, a basic offense and reviewing the positions on the floor start?](#)
5. [7th Grade Girls BBall Tryouts - Who should I use to break pressure? What motion set should I use? What plays should I use for motion offense?](#)
6. [Coaching Youth Basketball with Limited Time \(1 Practice a Week\)](#)
7. [I've got a 6'9" kid actually that's going Division 1 next year. I want to make sure that our number one rule is that every third, fourth touch is a post touch. Does this rule sound like a good rule for the motion offense?](#)