

# Offensive Sets & Development

DRAFT

Tuesday, Mar 24, 2026 | 60 min

## Play Together

This session builds offensive flow, focusing on spacing, cutting, and perimeter shooting under simulated pressure.

## Session Plan

### Dynamic Warm-up

10 min

Basketball movement patterns with emphasis on speed and coordination.

**Setup:** Full court. Two lines on the baseline.

1. Jog baseline-to-baseline, incorporating dynamic stretches.
2. High knees with controlled ball handling.
3. Lateral slides while pivoting, keeping eyes up.
4. Acceleration sprints with a stop-and-turn at half-court.

Increases core temperature and improves movement literacy for offensive play.

Equipment: Basketballs

- Focus on body control
- Keep your eyes scanning the court while moving

### Spacing & Cutting

15 min

Drills to teach spacing and reading the defender for back-door cuts.

**Setup:** Half-court. Players around the perimeter.

1. Pass-and-cut: player passes to a teammate, then cuts sharply toward the rim.
2. If the lane is clear, receive for a layup.
3. If the defender tracks the cut, screen away and pop to the perimeter.
4. Rotate through all perimeter spots.

Ensures players don't stand still and understand the concept of moving without the ball.

Equipment: Basketballs

- Cut hard, not just fast
- Make the defender guard you without the ball

### 3-Man Passing & Shooting

15 min

High-repetition shooting drill focusing on footwork and catch-and-shoot rhythm.

**Setup:** Half-court. Groups of three at the top of the key and wings.

1. Player A passes to Player B, who cuts to the hoop.
2. Player B passes to Player C for an open corner shot.
3. Players rotate positions: Passer -> Cutter -> Shooter.
4. Must complete 5 shots before rotating groups.

Builds rhythm and cohesion in offensive positioning.

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Equipment: Basketballs

- Catch and square up to the rim immediately
- Focus on the follow-through

## Live 5v5 Half-Court Scrimmage

15 min

Scrimmage emphasizing spacing and passing.

**Setup:** Half-court, 5v5.

1. Teams must complete 3 passes before taking a shot.
2. Encourage players to use the back-door cut if the defender is over-playing.
3. Coach uses 'freeze' moments to point out open teammates.

Provides live game experience to apply movement and spacing concepts.

Equipment: Basketballs

- Don't crowd the paint
- Move the ball to create gaps

## Cooldown

5 min

Recovery stretching and team huddle.

**Setup:** Center circle.

1. Light walking and static stretching.
2. Brief discussion on what offensive action worked best today.
3. Positive reinforcement for individual player efforts.

Promotes physical recovery and builds a collaborative team mindset.

- Emphasize how communication made the passing easier.

## Equipment Needed

Basketballs