

At UW-Oshkosh, we are a motion ('flow') offense program that invests a ton of time into teaching how to create advantages for each other, and then give space and react to those advantages. We create advantages through off-ball screening, cutting, ball-screens, and post touches. Here are a few of the drills that we use to teach off-ball screening and cutting.

Drill #1: 2v0 Flow Breakdown (See Diagram)

This drill focuses on the execution of our wide down-screens, flare-screens, and back-screens. It begins with a 'fill cut' near the top of the key. Depending on where others are positioned, the fill cut player catches in a different spot. Our teaching begins with the wide down-screen. Effective screening begins with communication: visual (hands in the air) and verbal (name of person they want to screen for). The screener then springs to a wide position on the floor and 'pops' his feet to set the screen. Ideally, the screener sets the screen with their back facing the basketball at the top of floor. While the screener is 'fast' (sprinting), the cutter is 'slow' (setting up the screen). We do this by taking steps toward the baseline. Our goal is to set the screen far enough out on the court so we have multiple cutting options. Those cutting options ('reads') are curl, dive, and change cut. In the most basic terms, one of the two players must pressure the rim, and the other must play towards the perimeter. In the beginning, we dictate the cut that must be made. This helps the understanding of proper execution. As we progress, we add one or two defenders to force offensive players to 'read' the defense. In this drill, we have an extra passer so that both players get shots. We also apply these concepts to flare-screens and back-screens.

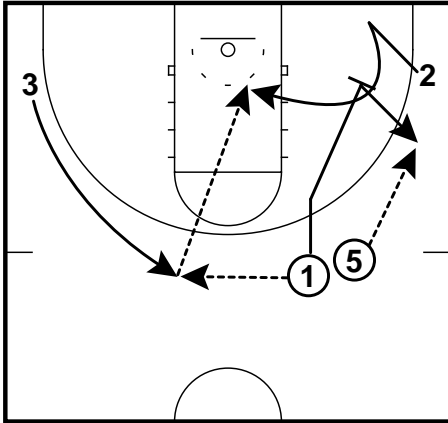
Drill #2: 3v0 Flow Breakdown (See Diagram)

In this drill, we begin with a down-screen, flare-screen, or back-screen, and the fill cut player remains in the drill after feeding the action. The player who catches the pass on the perimeter must drive the ball into the lane, allowing us to work on reacting to penetration. We use 'c-cuts' on the ball-side and 'lifts' and 'drifts' on the weakside. In the initial reps of this drill, we only require one penetration and kick. We progress to two and three penetration and kicks, which provide for multiple opportunities for players to react with good spacing. They also practice their starts, stops, pick-ups, and passing. We have two extra passers on the baseline so that all three players get shots to finish each rep.

Drill #3: 3v3 or 4v4 Cut-Throat

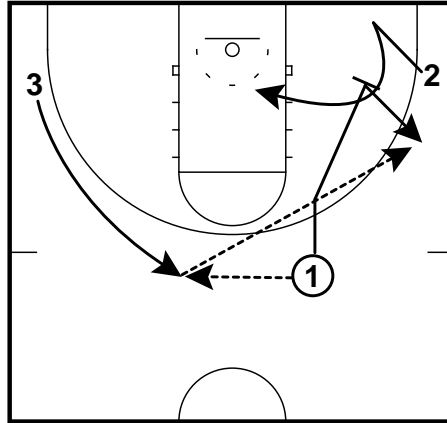
This format is used to carry over the understanding from the flow breakdown to live play. Typically, it is a make-it, take-it format. We can add different 'restrictions' if we want to focus on specific areas of our flow. For example, the ball must touch the post prior to a shot.

2v0 Flow Breakdown



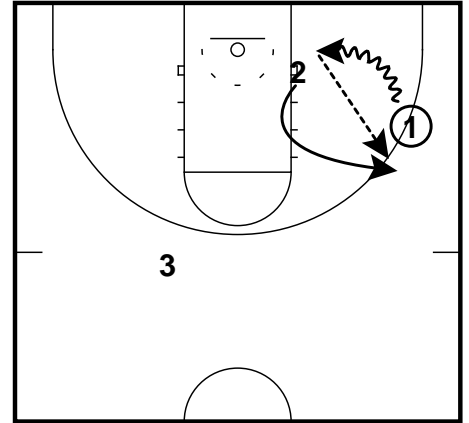
Player 1 sprints to set a wide-downscreen. Player 2 can curl, dive, or change-cut the screen. After fill cutting, player 3 feeds the cut towards the rim, while another player feeds the second action towards the perimeter.

2v0 Flow Breakdown



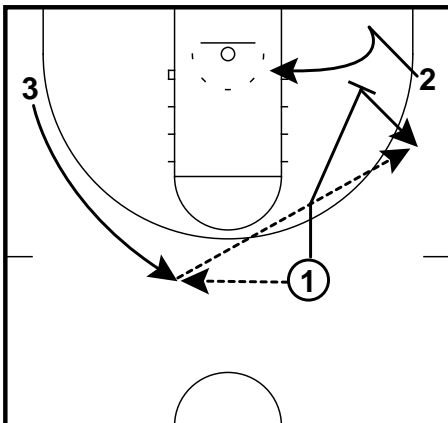
Progression: Player 1 sprints to set a wide-downscreen. Player 2 can curl, dive, or change-cut the screen. After fill cutting, player 3 feeds the pop (2nd action).

2v0 Flow Breakdown



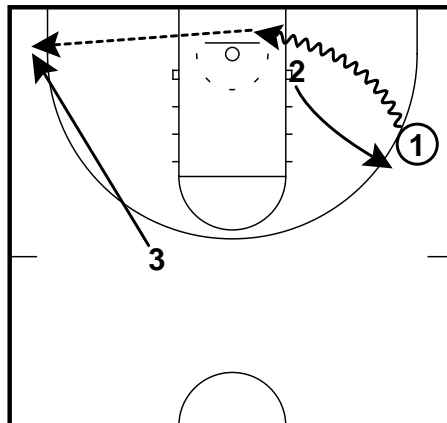
Player 1 drives the ball to the baseline or to the middle. Player 2 'c-cuts' back behind Player 1 who comes to balance and passes to Player 2.

3v0 Flow Breakdown



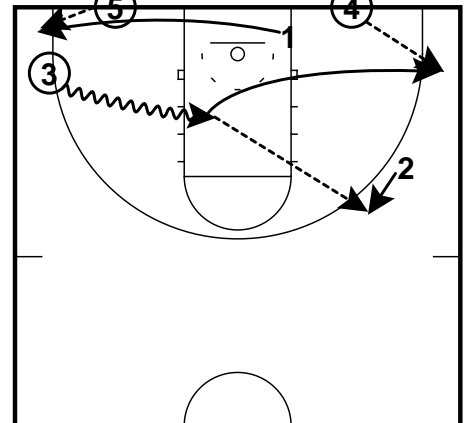
Player 1 sprints to set a wide down-screen. Player 2 dives to the rim, and player 1 reacts with a pop to the perimeter.

3v0 Flow Breakdown



Player 1 attacks baseline and passes to player 3 drifting to the corner. Player 2 'c-cuts' to the perimeter.

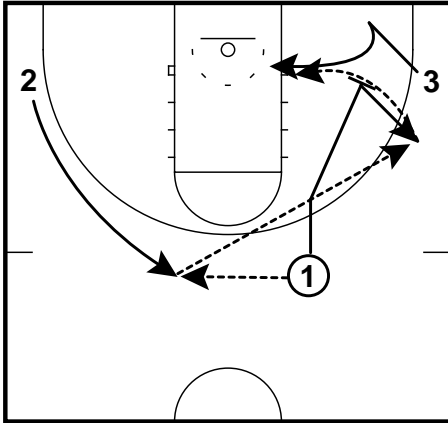
3v0 Flow Breakdown



Player 3 attacks into the lane and shares to player 2. Extra passers on the baseline pass to player 1 and player 3 so that all players get a shot.

You can let Player 3 shoot after catching the drift pass or dictate that they must drive it or pass it again.

3v0 Flow Breakdown



As we get more reps, we want our players to understand what each player does well and help them get into those actions or spots on the floor. For example, Player 3 has a great feel in the post. Player 1 will screen for them, and allow Player 3 to dive into the post. Player 2 will be patient and play back to that side of the floor.