

# Explode Explore Execute



The team that wins the game is the team that scores the most points. Through analytics we know that the team that takes the most ROB shots (in **range**, **open** and on **balance**) scores the most points. We also know that it is easier to produce ROB shots when the defence is not set. Defence is set when the three rules of defence are in place:

1. The basket is protected
2. The ball is being pressured / contained
3. The players are matched up or in position

1. to attack the defense before it gets set – **explode**
2. to keep the defence scrambling once we have it at a disadvantage – **explore**
3. to break it down once it has been set – **execute**

**Explode** – When the offence gains possession of the ball. Attacking quickly to score before the defence is set. This can be off a made basket, defensive rebound, steal or inbounds. Our goal is to find a big advantage (ROB) shot early. How do we make it more difficult for the defence to:

## Protect the basket

Attack the rim with speed

- PVAD – be in position to see the basket
- Throwing the ball ahead, or to outlets moving down the floor
- Vertically sprint the lanes and alleys
- Horizontally stretch the floor to take defenders away from the rim
- Seal flat defenders or mismatches at the rim

## Pressure the ball

Use small advantages

- Find open players who have an advantage
- Attack bad close out with dynamic 1 on 1
- Use break out dribbles to avoid being jammed
- Back cut and blast cut to relieve pressure

## Get matched up

Keep good dynamic spacing (adjust spacing as the players and ball moves)

- Move the ball – find open players
- Move players – back cut, pass and cut, find open windows off penetration
- Confuse the defence with screens or picks in flow

**Explore** – Once the defence is in a scramble the goal is to keep them scrambling. Don't freeze the ball until a big advantage shot is produced. How do we make it more difficult for the defence to:

## Protect the basket

Keep pressure on the rim

- PVAD – be in position to see the basket
- Finish cuts at the rim
- Sprint exit cuts to keep the basket open
- Seal flat defenders or mismatches at the rim
- Maintain dynamic spacing

## Pressure the ball

Use small advantages

- Find open players, don't freeze the ball
- Attack bad close outs, dynamic 1 on 1
- Back cut and blast cut to relieve pressure
- Use dribble centres

## Get matched up

Keep good dynamic spacing

- Double, single gaps
- Pass cut fill / penetration principles
- Confuse the defence with screens or picks in flow
- Know the shots you want

**Execute** – Once the defence is set they have neutralized the offence. Shots taken vs set defence are either, not in range, contested or off balance; therefore, will be at a lower percentage than a ROB shot. In order to create a ROB shot the offence must run an action(s) to create a big advantage shot or a small advantage that the offence can use immediately or maintain in order to create a ROB shot. Some teams or players are very good at producing a shot immediately from the action. For example: 1) The team sets a screen and the player comes off the screen to shoot the open shot 2) The player uses a 1 on 1 move to create a shot for herself. Other teams use the action to create a small advantage. For example: The team uses the screen to give a player a small advantage. This player uses her dynamic 1 on 1 to draw help. The ball is moved until the desired shot is found. How do we make it more difficult for the defence to:

#### **Protect the basket**

Break down the help defender(s)

- Spacing
- Movement
- Distracting
- Secondary moves
- Control who is the help defender (make it a small or weakest defender)

#### **Pressure the ball**

Pressure releases

- Space pivots
- Back cuts / blast cuts
- Hand offs
- Control who is pressuring the ball

#### **Get matched up**

Control the match ups

- Recognize mismatches
- Run action to achieve the match ups we want
- Play our best vs their weakest
- Hide our weakest
- Put their best in a position where she has the least influence

In summary

The great offensive teams are the ones that break down set defence. They do this by exploding (beat them down the floor) exploring (maintain small advantages) and executing (using actions to disturb the defence). When we build or teach offence it is important to consider what the defence is trying to do. We need to ask ourselves:

1. Who is protecting the basket and how can we break her down?
2. How are they pressuring the ball and how can we relieve this pressure?
3. How and who do they match up with and where can we find the best advantages or ways to disturb them from matching up?

**This is the next great evolution on offence!** We are starting to see more teams use different ways to break down the help and run decoy actions to create mismatches. We can be on the leading edge of this trend.