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 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, attack quickly and look to score before the defence is set. This can be off a made basket, defensive rebound, steal or inbounds. The goal is to find a big advantage, ROB shot, early.

Explore – Once the defence is in a scramble, the goal is to keep them scrambling. Don't freeze the ball (sticky fingers) and lose a big advantage shot opportunity. Explore is designed to create many open shots, ROB shots.

Execute – Once the defence is set they have neutralized the offence. Shots taken vs a set defence are either: not in range, contested or off balance. Therefore, these shots will be at a lower percentage than a ROB shot.

In order to create a ROB shot the offence must run Actions to create a big advantage shot or a small advantage that the offence can use immediately 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 1v1 (B1) move to create a shot for him/herself.

Other teams use an Action to create a small advantage. For example: The team uses the screen to give a player a small advantage. This player uses dynamic 1v1 (B1) to draw help (E2). The ball is then moved (pass-pass) until the desired ROB shot presents itself.