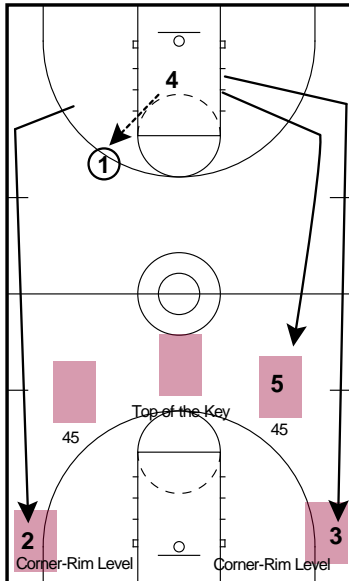
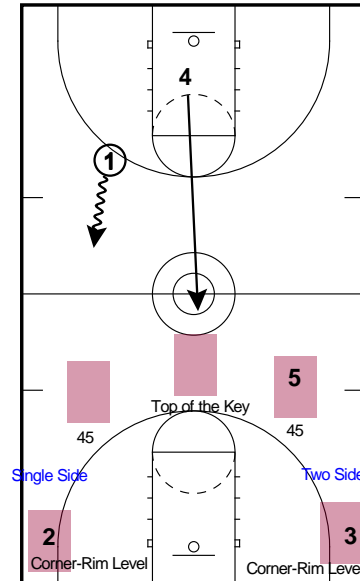


2 Sided Break
Transition Flow

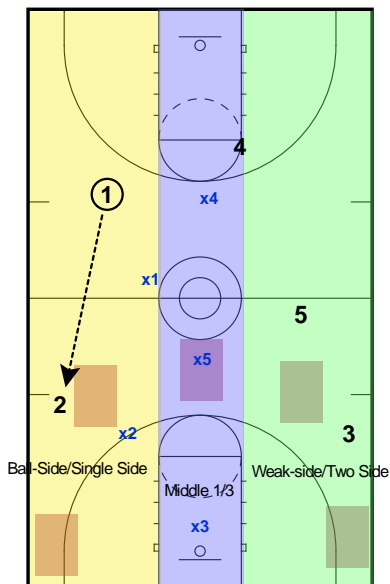


2 Sided Break
Transition Flow

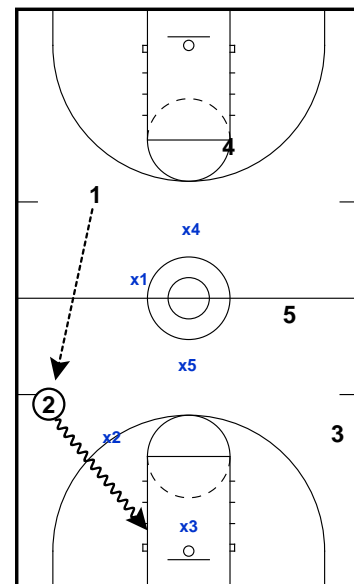


- 1.) Nearest Sideline-HUG and SPRINT (first 3 steps) (33 Rule)
- 2.) Fill the corners, delay to the 45

2 Sided Break
Transition Flow



2 Sided Break
Transition Flow

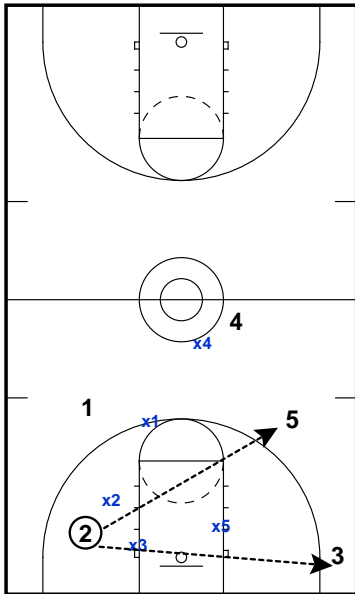


Ball-side/Single Side Attack Progression

Alignment and Spacing Video

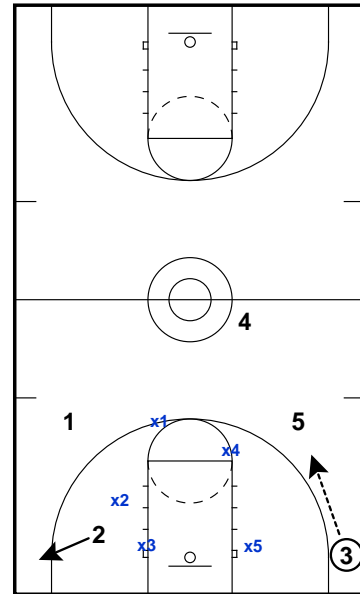
- Up the ball up the single side- often called a "hit ahead"
- 2 looks to attacking in transition before defense is set
- Note: If x2 takes away baseline drive with body position, we look to rip and go opposite too. Meaning 2 would get to the middle of the paint and essentially have the same options as they do going baseline.

2 Sided Break
Transition Flow



Attacking the Ball-Side/Single Side: If stopped, look to spray out the backside and create a 2 on 1 situation

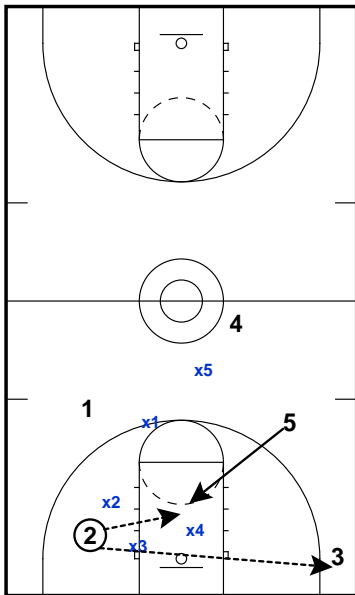
2 Sided Break
Transition Flow



Options

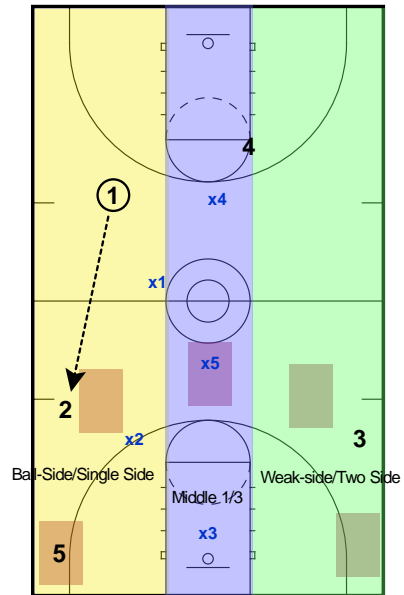
-Shot in corner, 1 more pass, 2 more passes and shot and react, swing ball around the perimeter. Defense is in scramble mode, use small advantage to make big advantage and take great shot

2 Sided Break
Transition Flow



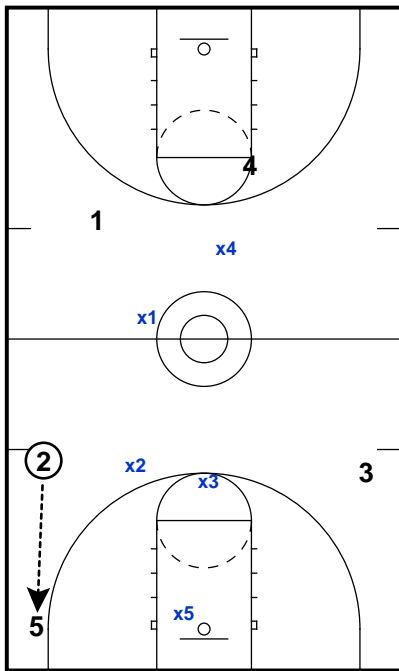
Attacking the Ball-Side/Single Side: If stopped, look for 45 cutting to front of rim

2 Sided Break
Transition Flow

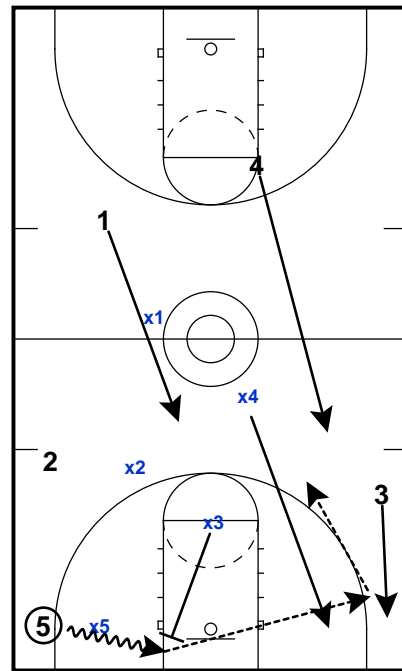


Ball-side/Double Side Attack Progression

2 Sided Break
Transition Flow

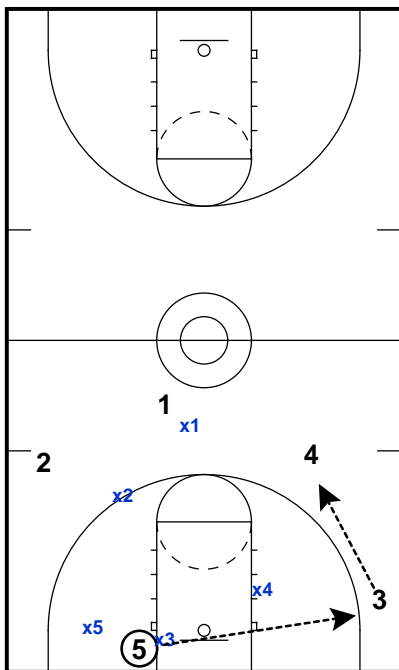


2 Sided Break
Transition Flow

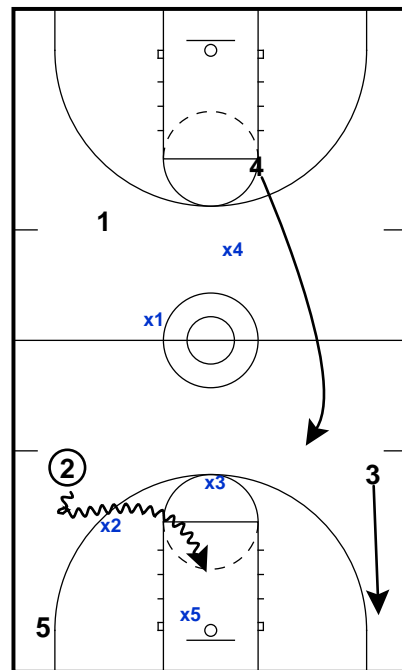


- One more for corner shot or drive
- Possible pass back to 2 for shot or drive

2 Sided Break
Transition Flow



2 Sided Break
Transition Flow



- Drive the 45-Look to score and kick-out opposite

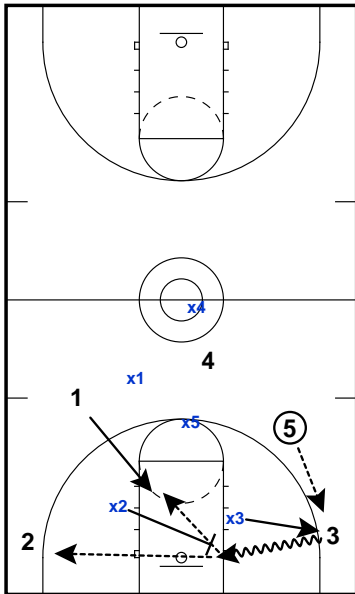
The diagram illustrates a basketball court layout with a sequence of five passes (x1 to x5) and player movements (1 to 5). The court is divided into a backcourt (top) and frontcourt (bottom) by a center line. The key is visible in the frontcourt. Player 1 starts in the backcourt and moves towards the center line. Player 2 is positioned near the key. Player 3 is on the right wing. Player 4 is in the center of the key. Player 5 is on the left wing. The sequence of passes is as follows: x1 is a pass from Player 1 to Player 4; x2 is a pass from Player 2 to Player 4; x3 is a pass from Player 4 to Player 3; x4 is a pass from Player 3 to Player 4; and x5 is a pass from Player 4 to Player 5. Arrows indicate the direction of the passes and player movements.

Diagram illustrating a basketball drill setup on a court. The court is divided into three vertical zones: Bar-Side/Single Side (yellow), Middle 1/3 (purple), and Weak-side/Two Side (green). A dashed line with arrows indicates a path for a drill, starting from position 1 (top left) and moving through positions 2, 3, 4, and 5. The diagram also shows player counts for each zone: x4 in the top purple zone, x1 in the middle purple zone, x2 in the bottom yellow zone, x3 in the bottom purple zone, and x5 in the middle purple zone.

The diagram illustrates a basketball drill on a court. It is divided into three horizontal sections. In the top section, a player starts at the top center (labeled '1') and moves to the top right (labeled '4'). In the middle section, the player moves from the top right (labeled '4') to the center (labeled '5'). In the bottom section, the player moves from the center (labeled '5') to the bottom right (labeled '3'). The paths are labeled with numbers 1, 2, 3, 4, 5 and letters x1, x2, x3, x4, x5. The paths are: 1 (downward arrow), 2 (downward arrow), 3 (dashed arrow), 4 (solid arrow), and 5 (solid arrow). The letters x1, x2, x3, x4, x5 are placed near the paths.

-Driving the 45 and playing paint to great. The in this case is at the 45 and drives and now the offense plays paint to great. They can spray out the backside, hit 2 on a back-cut and/or create another 2 on 1 situation

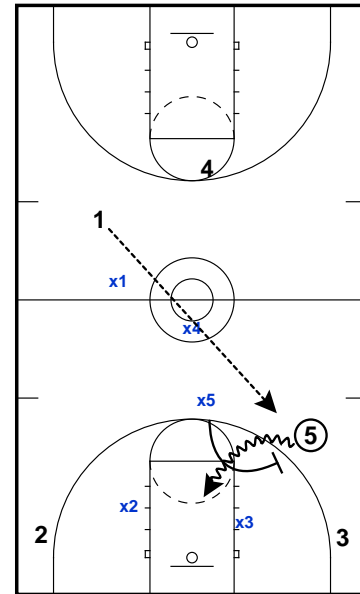
2 Sided Break Transition Flow



One More to corner and Drive

- In this case the 3 can shoot it or drive it. If they drive and get by initial defender (x3), they can score, spray out the backside, hit the 1 at the 45 or the 1 can cut at the 45 to the rim.

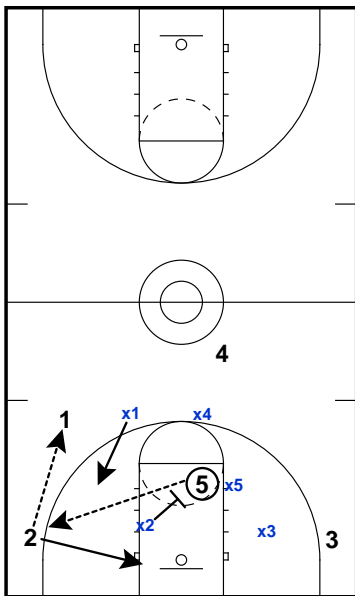
2 Sided Break Transition Flow



Early and Opposite- x5 sprinting back

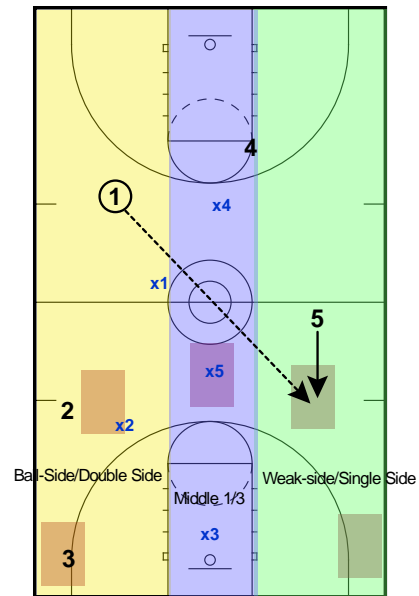
- X3 is on 3, let's say x5 is sprinting back, this is a good opportunity to "fake and go opposite" and play paint to great

2 Sided Break Transition Flow



- 5 gets into paint, they can spray out the backside, hit 2 on a backdoor, hit 2 and then have a "one-more" to 1, allowing one to shoot or drive and continue playing paint to great

2 Sided Break Transition Flow

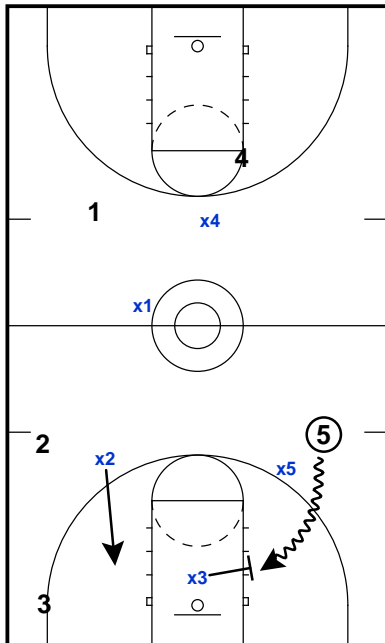


TWO SIDE/EARLY AND OPPOSITE ATTACK

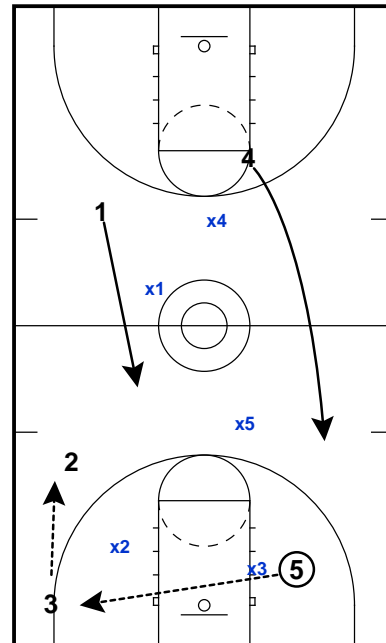
If wing defender (x2) is outside 3 point lane, taking away pass to 2, look early and opposite

-Note: Often times if we used a breakdown dribble and sprinted on our first 3 steps we could go early and opposite to the 3

2 Sided Break
Transition Flow

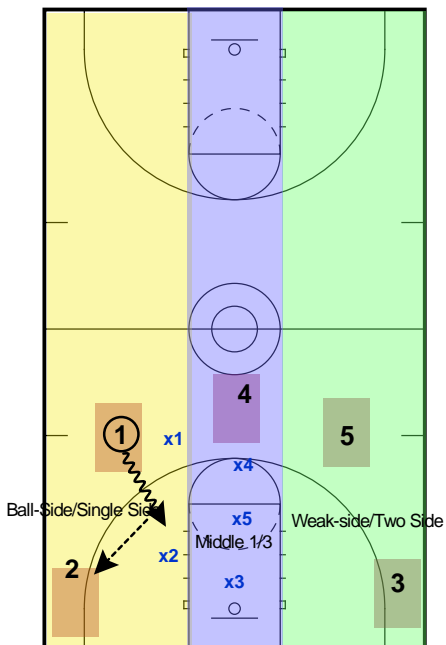


2 Sided Break
Transition Flow

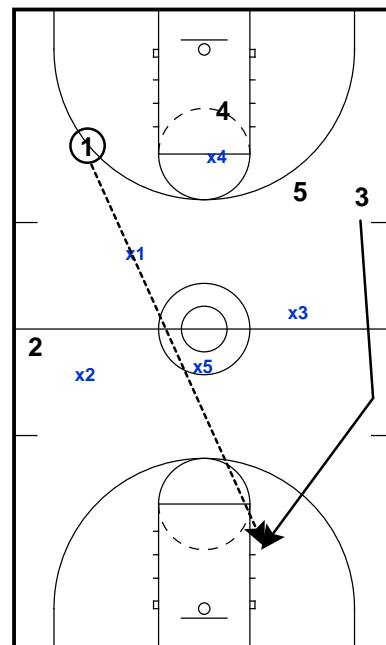


Double Side and other Youtube Video

2 Sided Break
Transition Flow



2 Sided Break
Transition Flow



BALL-SIDE/SINGLE SIDE ATTACK

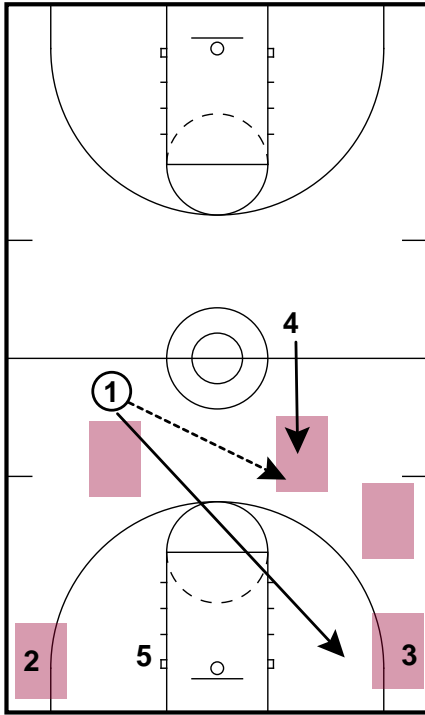
Other Option: PG pushes ball and drives from slot/45 area and tries to get through the elbow for drive or kick-out to 2

-First 3 Steps are important

-Don't over block-out a get back guy

-Hug sideline, if you are behind the defense, go to the rim

2 Sided Break
Transition Flow



2 Sided Break
Transition Flow

