**Q. Describe an attacking strategy.**

A. In basketball, an attacking strategy that we used was the fast break. The fast break is initiated from a turnover of play, usually a rebound from our centre or forward. This player then performs an outlet pass to a guard who is in a wide position. The guard then dribbles to the middle of the court at full speed. The forwards fill the lanes to create width in attack. The forward then cut in to the basket. The guard decides if they should drive to the basket themselves or if they are going to play a bounce pass right or left. The forwards run on to the bounce pass: one performs a lay-up and the other continues their run to provide support for the rebound.

**Q. Discuss the benefits of your chosen attacking strategy.**

A.  
- Can get your team a fast basket/easy points  
- Puts pressure on opposition  
- Can catch defence out  
- Allows you to use your players to their strengths (guard has a strong dribble, forward has a good lay up etc)  
- Is effective against a zone defence  
- Creates overload & mismatch

**Q. Discuss the limitations of your chosen attacking strategy.**

A.  
- You have to receive a successful defensive rebound or a successful turnover  
- The correct decision must be made to allow the fast break to start  
- Guard has to be in the correct position and have space to dribble to the middle of the court  
- Forwards must be in the correct position to make a run  
- Will not work against a fast defence  
- Players have to have the ability to score a fast lay up  
- If defence catch up with you, your team have to re-establish attacking positions quickly which can cause confusion

**Q. Describe how you analysed/gathered information on your attacking strategy.**

A. Match analysis – during a game situation, an observer marked if each sub-routine of the fast break was successful or not. The sub-routines included ‘rebound’, ‘outlet pass’, ‘dribble the middle’, ‘bounce pass’ and ‘lay-up’. This highlighted the strengths & weaknesses of the fast break and allowed us to see where our fast break was breaking down.

**Match Analysis**
- This is the most appropriate method because it breaks down the strategy into stages to make it easier
- It identifies where decision making takes place
- It identifies which players are playing their role successfully
- It provides immediate feedback

**Video**
- Can focus on specific aspects of a strategy
- Can capture split second timing
- Can look at individual players and their contributions to the strategy/game

**Feedback**
- Coach can ask questions relating to positioning & decision making within the fast break

Q. Discuss the **weaknesses** you found within your chosen strategy.

A. We carried out a **match analysis** on the fast break. We had to determine if each part of the fast break was successful or not. This highlighted, in a game situation, our strengths & weaknesses within the fast break.

**Weaknesses** =
- Centre/forward not winning the rebound/not starting fast break
- Guard not being in position to receive outlet pass
- Guard not being fast enough to dribble the middle
- Forwards not being in correct position/too slow filling the lanes – lack of width & mobility
- Centre/forwards not scoring fast lay up – opportunity being lost
- Lack of support and depth from all players

Q. Describe how you improved upon your weaknesses/ **your course of actions**/ improvement programme.

A. Having considered our weaknesses, we devised an improvement programme. This concentrated on individual drills, paired drills then team drills.

**Individual drills:**
- Guards - Receive self chest pass from wall, dribble the middle at full speed
- Forwards – Fast lay ups from both sides
- Centres – Continuous rebounding from both sides

**Paired drills:**

C + G – C Rebounds & outlet pass to guard on LHS + RHS (x10)
C + F - 1v1 lay up practice (x 10 from each side)
G + F – Guard speed dribbles → bounce pass to cutting player → lay up

**Team Drills:**
2 man fast break
3 v 0 fast break
3 v 1 fast break
3 v 2 fast break
3 v 2 > 2 v 1 continuous fast break

All of these drills increase in:
- Movement
- Decision making & options
- Pressure (passive → active defence)
- Speed (timed drills)
- Game like situations/realistic (conditions)

Q. Discuss the principles of play that you considered within your fast break.

- A. Width – forwards fill the lanes then cut
- Depth – Centre (top of the key) & guard (elbow) provide support/options
- Mobility – Forwards cut to basket
- Speed/Tempo of play – Guard controls tempo of attack/ forwards run the lanes
- Using space – overload situation created/ take advantage of space & limited defence
- Decision making – All players, especially guard, have to be in the correct position & make the correct decision!

Q. Describe your chosen defensive structure.

A. When playing a zone defence, players are assigned to a designated area of the court (their zone) rather than to an individual opponent. Zone defences are named according to the alignment of players from the top toward the basket. An area defence requires all players to get back quickly. We used a 2-1-2 zone defence:

```
F    F
C
G    G
```

- The rebound triangle at the back forms an effective block out area to win the rebounds from missed shots
- Front players are positioned to prevent shots being taken from key shooting areas
- Players should maintain positional stability to avoid attackers taking advantage of gaps created by defenders out of position
- All players should have arms wide & high to appear intimidating, cut down passing angles inside the zone and prevent an early shot.

Q. Discuss the benefits of your defensive structure.

- A. Protects the high inside percentage scoring area against a team with good drivers
- Is effective against poor outside shooters
- More effective against cutting
- Defenders may be positioned in areas according to size & defensive skills. Taller players can be assigned to inside areas for shot blocking & rebounding. Smaller, quicker players can be assigned to outside areas for pressuring the ball & covering passing lanes.
- May overcome individual player weaknesses who will gain some protection within the zone
- Players are in a better position to fast break
- Protects players who are in foul trouble.

Q. Discuss the limitations of your chosen attacking strategy.

A.
- Can have problems against good outside shooting, especially 3 point shooting that can also stretch the zone thus create openings inside the high percentage shooting area.
- A fast break can beat the zone down court before it sets up since it takes time to get players in their assigned areas
- Quick passing creates openings since the ball moves faster than the zone players

Q. Discuss the defensive principles that you considered when selecting & applying your defensive structure.

A. Depth – achieved through the 2-1-2 formation which has three lines of defence thus making it very difficult to penetrate the high percentage scoring area

Width – due to areas/zones assigned to each player, this structure remains “tight” which prevents space being presented in the high percentage scoring area

Mobility – because players move with & towards the ball, working as a unit, this ensures that the ball-handler is always faced with the three lines of defence

Penetration – by defending the high percentage scoring area, it is very difficult for the attacking team to cut/drive to the basket and this, therefore, forces players to shoot from the perimeter

Communication – essential since all five players must work together as a unit to ensure success. This requires that each player assumes responsibility to ‘call’ offensive cuts as attackers leave one area to enter another

Q. Sometimes your selected structure, strategy or composition is ineffective. Describe a situation where your selected structure, strategy or composition was ineffective and the adaptations you made to overcome this.

A. During a game, you sometimes have to change your structures & strategies. For example, if you are playing a 2-1-2 zone but your opponents have an excellent outside shooter then you could change to a “box and 1”. This is when 4 of your players form a box around the key shooting area and continue with their zonal defence. These players still provide width and depth in defence. The other player man marks their good outside shooter to try to eliminate that threat.
<table>
<thead>
<tr>
<th>Fast Break</th>
<th>Rebound</th>
<th>Outlet pass</th>
<th>Dribble the middle</th>
<th>Fill the lanes</th>
<th>Guard - Drive or pass</th>
<th>Lay up (&amp; rebound)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fast Break - Benefits</td>
<td>Fast, easy baskets</td>
<td>Pressurise opposition</td>
<td>Play to your team strengths</td>
<td>Effective against zone defence</td>
<td>Creates overload &amp; mismatch</td>
<td></td>
</tr>
<tr>
<td>Fast Break - Limitations</td>
<td>Decision making</td>
<td>Positioning</td>
<td>Fast defence</td>
<td>Individuals scoring lay ups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Analysis of Fast Break</td>
<td>Match analysis</td>
<td>Video</td>
<td>Feedback</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Principles of Play - Fast Break</td>
<td>Width</td>
<td>Depth</td>
<td>Mobility</td>
<td>Using Space</td>
<td>Tempo of Play</td>
<td>Decision making</td>
</tr>
<tr>
<td>Fast Break - Improvement Programme</td>
<td>Individual drills</td>
<td>Paired drills</td>
<td>3v0</td>
<td>3v1 (passive)</td>
<td>3v1 (active)</td>
<td>3v2 (passive)</td>
</tr>
<tr>
<td>Man to man defence - Benefits</td>
<td>Easy to organise</td>
<td>Easy to understand</td>
<td>Aggressive form of defence</td>
<td>Effective against impatient teams</td>
<td>Match according to ability</td>
<td></td>
</tr>
<tr>
<td>Man to man defence - Limitations</td>
<td>Physically very demanding</td>
<td>Weak against good dribblers</td>
<td>Weak or slow defenders are exposed</td>
<td>Can lead to confusion/disarray</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zone defence - Benefits</td>
<td>Protects high % shooting area</td>
<td>Effective against poor outside shooters</td>
<td>Effective against cutting</td>
<td>Players can be positioned accordingly</td>
<td>In position for fast break</td>
<td>Protects weaker players in zone</td>
</tr>
<tr>
<td>Zone defence - Limitations</td>
<td>3 point shooters</td>
<td>Fast dribbling &amp; passing</td>
<td>Fast break can beat zone</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zone defence - Defensive principles</td>
<td>Width</td>
<td>Depth</td>
<td>Mobility</td>
<td>Penetration</td>
<td>Communication</td>
<td></td>
</tr>
<tr>
<td>Adaptations</td>
<td>Good outside shooter = Box and 1</td>
<td>Fast passing guards = 1-2-2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>