

# **SKUTT CATHOLIC GIRLS BASKETBALL**

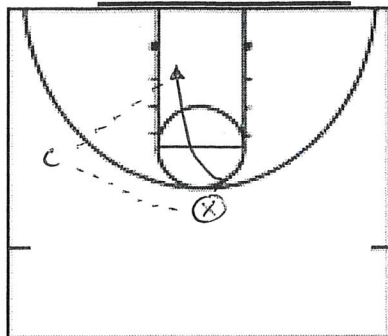


**MOTION AND TRANSITION  
PROGRESSION  
WITH "TULSA" OFFENSE  
CONCEPTS**

# SKYHAWK "TULSA" MOTION PROGRESSION

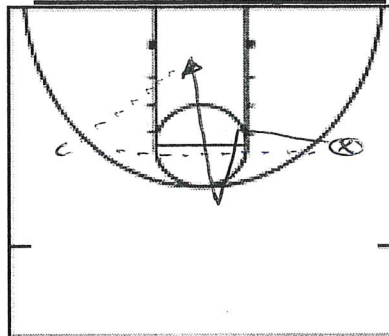
## Drill #1: 1 on 0 Pass and Cut

### Cut from Pass



Passers: 1

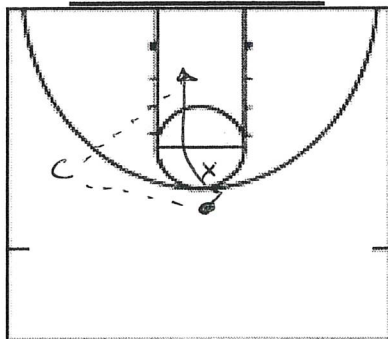
### Cut from Skip Pass



\*Key teaching points 1) Have players step into defensive player and force them to make a decision 2) Flash high, show hands 3) If you cut back door, cut all the way through, then fill into a open area

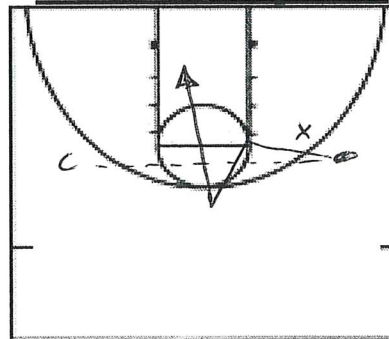
## Drill #2: 1 on 1 Pass and Cut

### Cut from Pass



Passers: 1

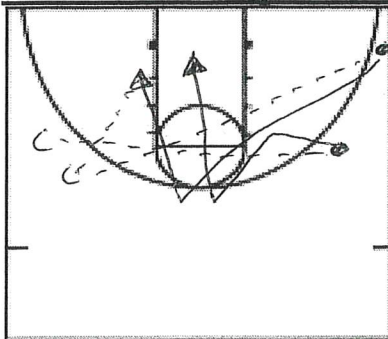
### Cut from Skip Pass



\*If the backdoor cut is not there, play 1 on 1

## Drill #3: 2 on 0 Pass and Cut →

### Cut from Skip Pass



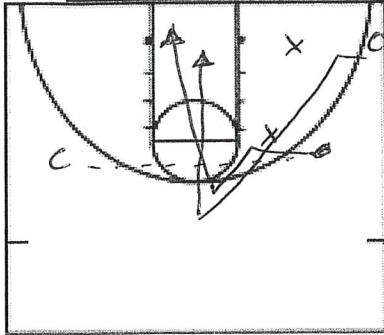
Passers: 2

\*Key teaching points 1) Have players step into defensive player and force them to make a decision 2) Flash high, show hands 3) If you cut back door, cut all the way through, then fill into a open area

**Drill #4: 2 on 2 Pass and Cut off skip pass**

**Passers: 1**

**Cut from Pass**

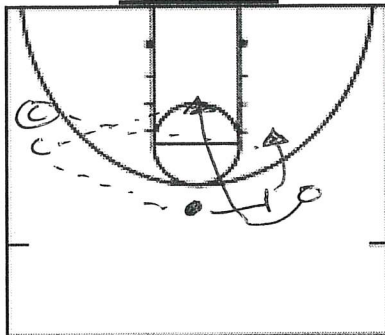


\*If the backdoor cut is not there, play 1 on 1

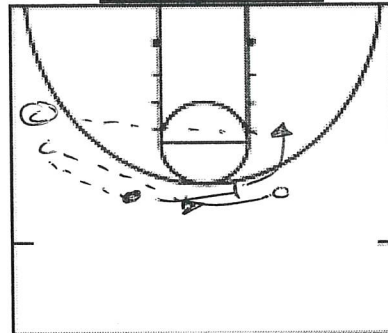
**Drill #5: 2 on 0 Pass and Screen Away**

**Passers: 2**

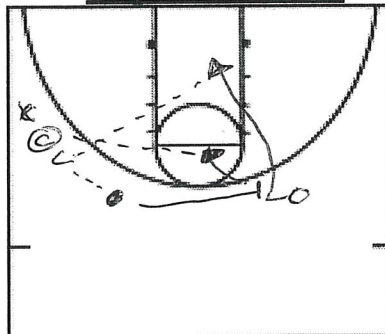
**Curl Cut**



**Straight Cut**



**Slip the screen**



\*On first instruction, divide time evenly to work on each cut

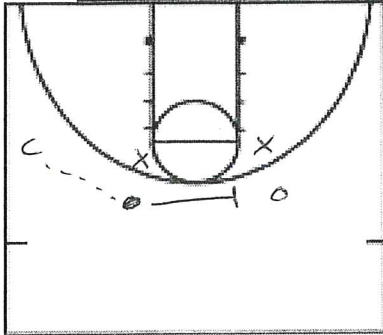
\*Really emphasize to screeners to screen low, wide and protect themselves

\*Cutters need to come off of screens tightly

### Drill #6: 2 on 2 Pass and Screen Away

Passers: 1

#### Cut from Pass



\*Before we begin the drill, we teach getting through screens

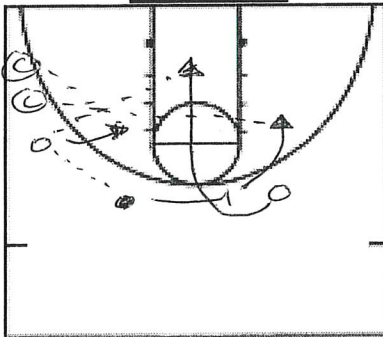
\*Offense must complete 5 pass and screen away's to win the drill

\*Defense must get a tip to win the drill

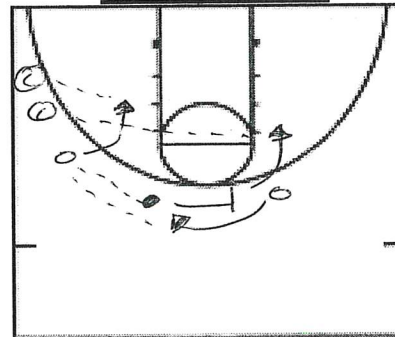
### Drill #7: 3 on 0 Pass and Screen Away

Passers: 3

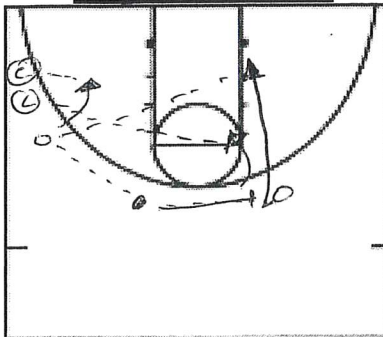
#### Curl Cut



#### Straight Cut



#### Slip the screen



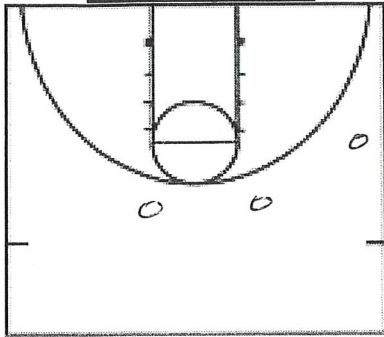
\*On first instruction, divide time evenly to work on each cut

\*Really emphasize to screeners to screen low, wide and protect themselves

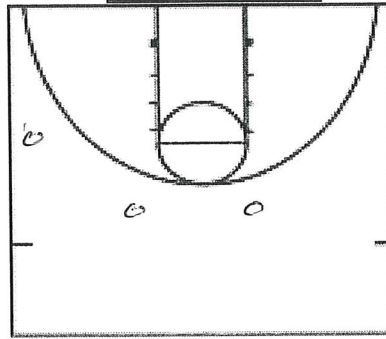
\*Cutters need to come off of screens tightly

\*Work both the "strongside" and "weakside" of the floor

**"Strongside"**



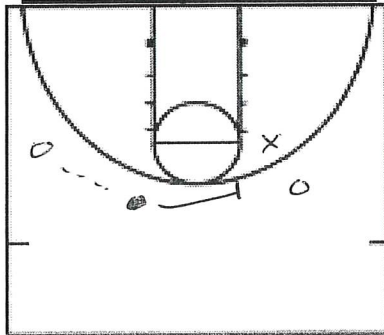
**"Weakside"**



**Drill #7: 3 on 1 Pass and Screen Away**

**Passers: 1**

**Guarding the cutter**



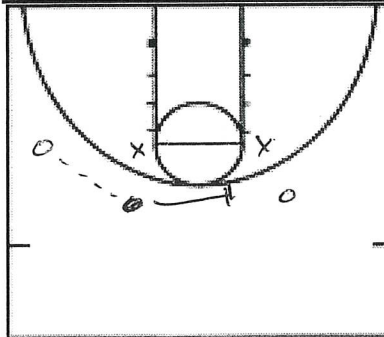
\*Work both the "strongside" and the "weakside"

\*If the cut is not there, play 1 on 1

**Drill #8: 3 on 2 Pass and Screen Away**

**Passers: 1**

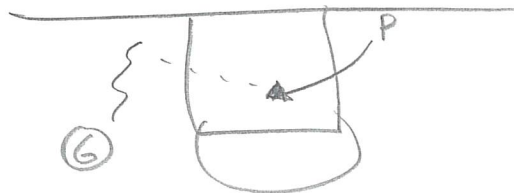
**Guarding the cutter and passer**



\*Work both the "strongside" and the "weakside"

\*If the cut is not there, play 2 on 2

2 on 0 Drive + Post CRACKback

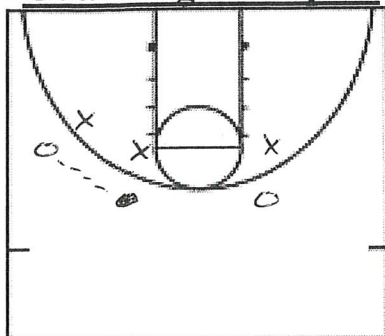




### Drill #9: 3 on 3 Pass and Screen Away

Passers: 1

#### Guarding all 3 spots

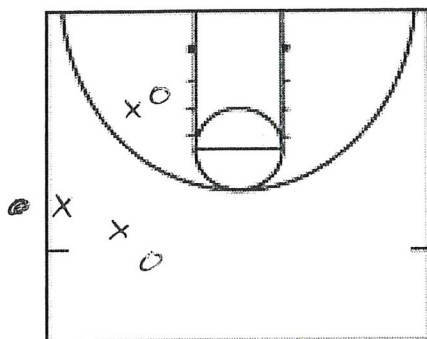


\*Work both the "strongside" and the "weakside"

\*If the cut is not there, play 3 on 3

### Drill #10: 3 on 3 on a side of the court

Passers: 1



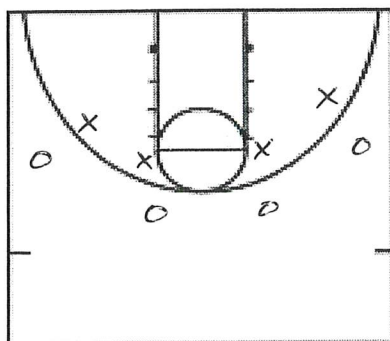
\*Before we begin the drill, we teach getting through screens

\*Offense must complete 5 pass and screen away's to win the drill

\*Defense must get a tip to win the drill

### Drill #11: 4 on 4 1/2 of the court

Passers: 1



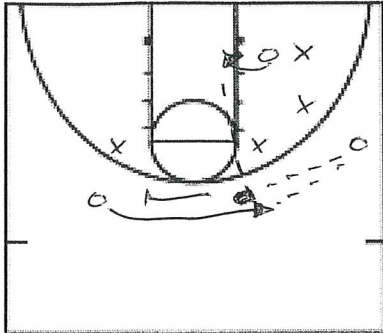
\*Before we begin the drill, we teach getting through screens

\*Scoring for offense: 1 point for 5 completed passes, 3 points for a made lay-up

\*Scoring for defense: 2 points/ tip

## Drill #12: 4 on 4 High/Low Post Entry

Passers: 1



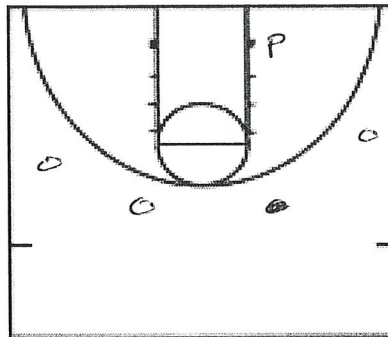
\*Ball will be started on any of the three perimeter spots

\*Post player can be given the ball at any time; wing or high/low

\*If post entry is not there, play 4 on 4 on either strong or weak side

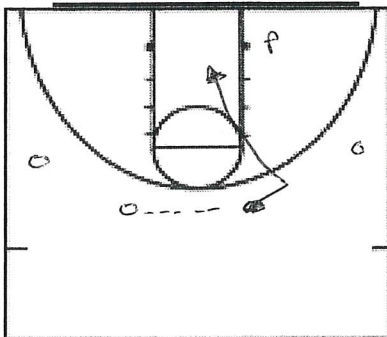
## “TULSA” CONCEPTS

**Concept #1: One player at the inside “post” with four players on the perimeter. Wing players need to be at the free throw line extended.**

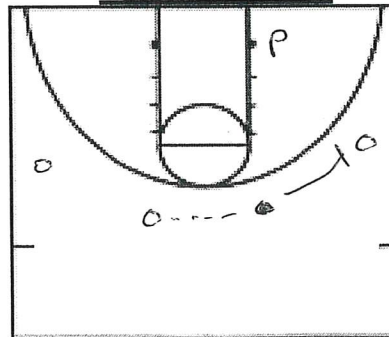


**Concept #2: If a “perimeter” player passes, they have two options:**

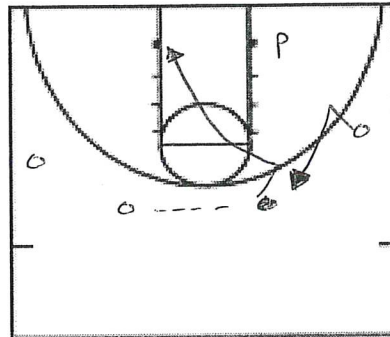
### Cut to the basket



### Screen Away

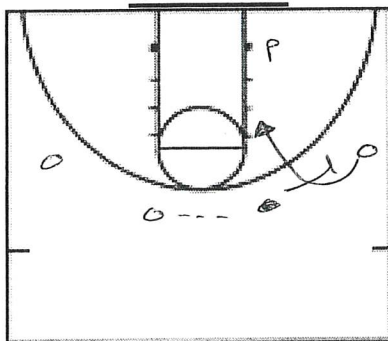


**Concept #2 (cont.):** If a “perimeter” player passes and cuts to the basket, the other two perimeter players should “fill” the spots closest to the ball

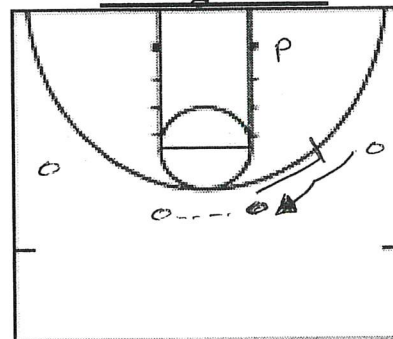


**Concept #2 (cont.):** If a “perimeter” player passes and screens away, the person being screened for (the “cutter”) has three options:

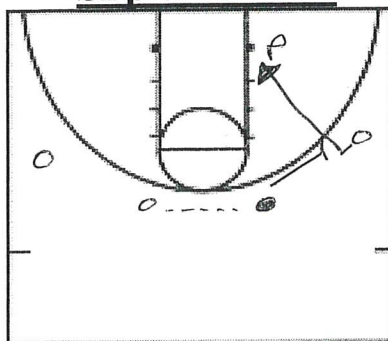
**Curl Cut**



**Straight Cut**

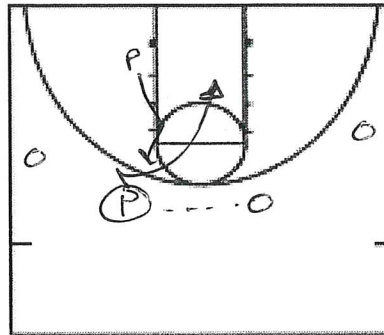


**Slip the screen**

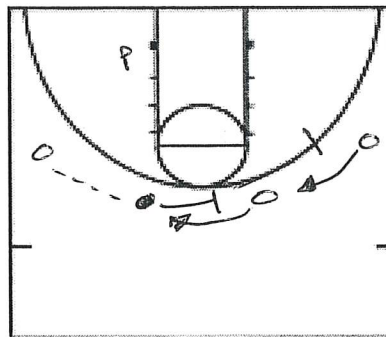




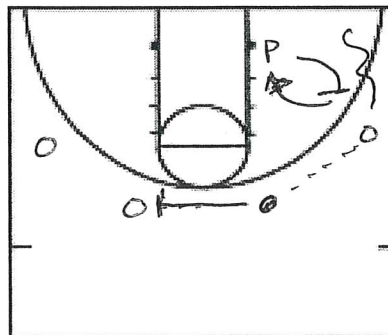
**Concept #3:** If a “post” player passes the ball while on the perimeter, the “block” post player will set a back screen and exchange the block and perimeter spots.



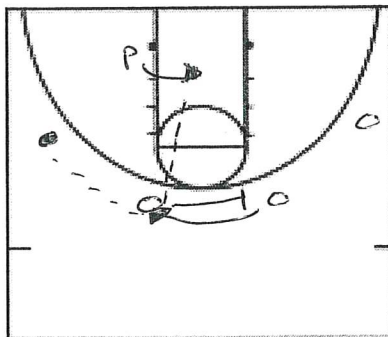
**Concept #4:** If the ball goes from a “top” spot, and the passer screens away, they should screen away not only to the top player, but to the wing player as well



**Concept #5:** If the ball goes to the right wing to a perimeter player, the block post player will come out and run a pick and roll while the two top players run a double stagger screen away for the left wing player



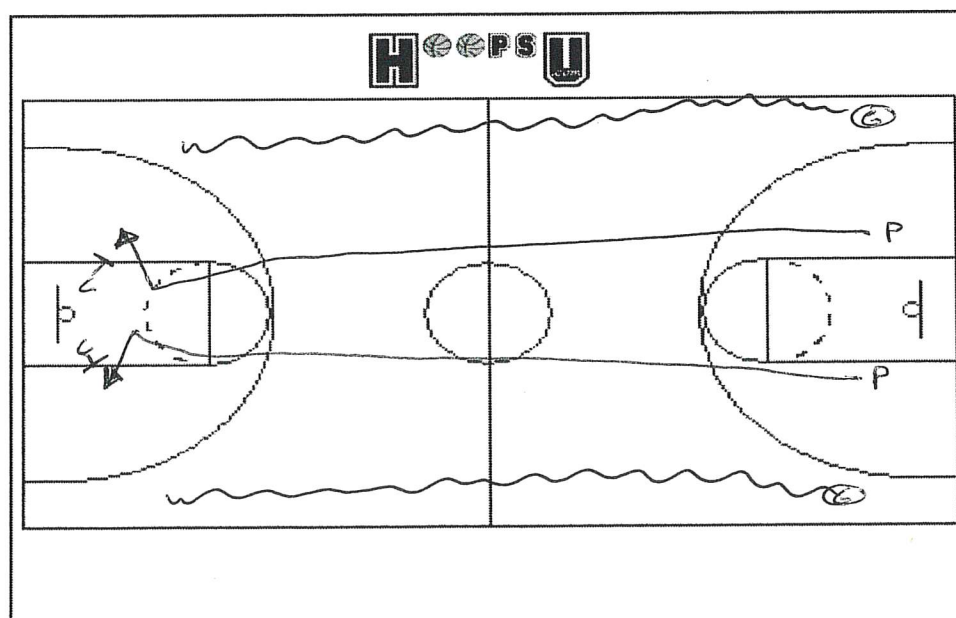
**Concept #6: Every time the ball goes from the wing to the top, that player should look for the high/low pass into the block post player**



## SKYHAWK FULL COURT TRANSITION PROGRESSION

**Drill #1: 1 Guard/ 1 Post Entry into the post**

**Lanes: 2**

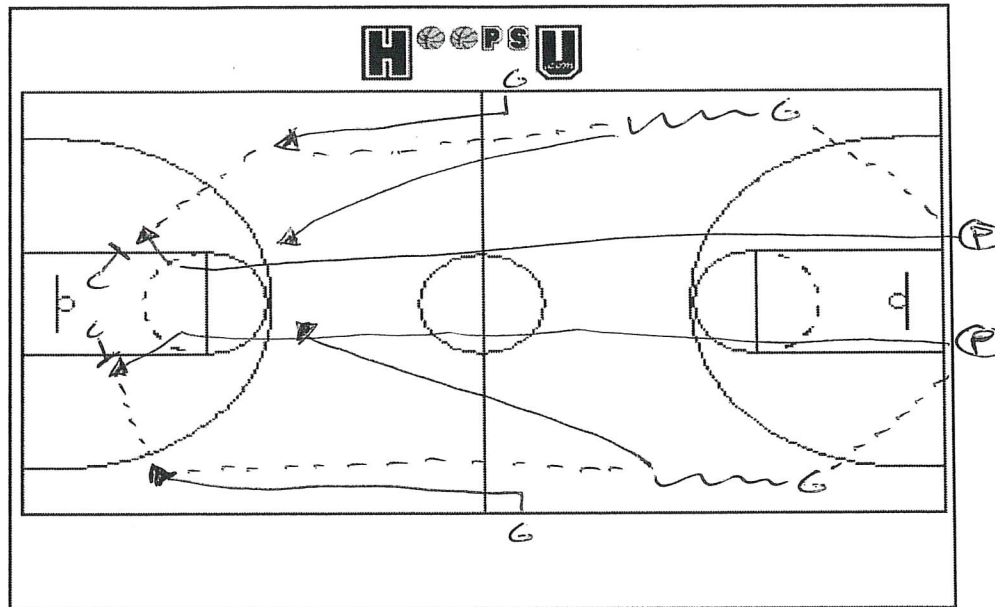


\*Bounce post into the post every entry from this angle

\*Have a coach/manager with an air dummy to create contact for posts

**Drill #2: 2 Guard/ 1 Post Entry into the post**

**Lanes: 2**

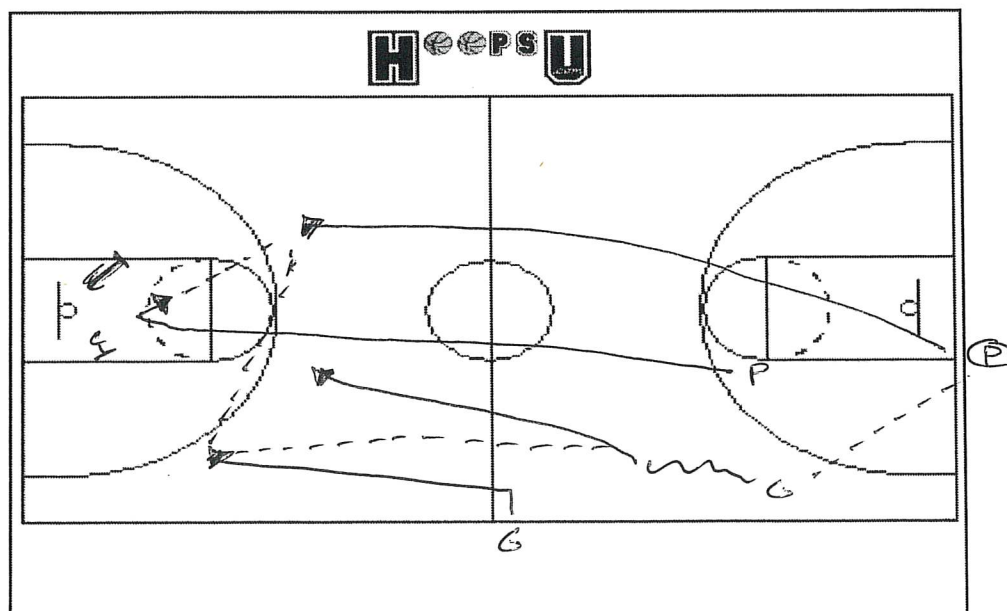


\*Bounce post into the post every entry from this angle

\*Have a coach/manager with an air dummy to create contact for posts

**Drill #3: 2 Guard/ 2 Post High/Low Post Entry**

**Lanes: 1**

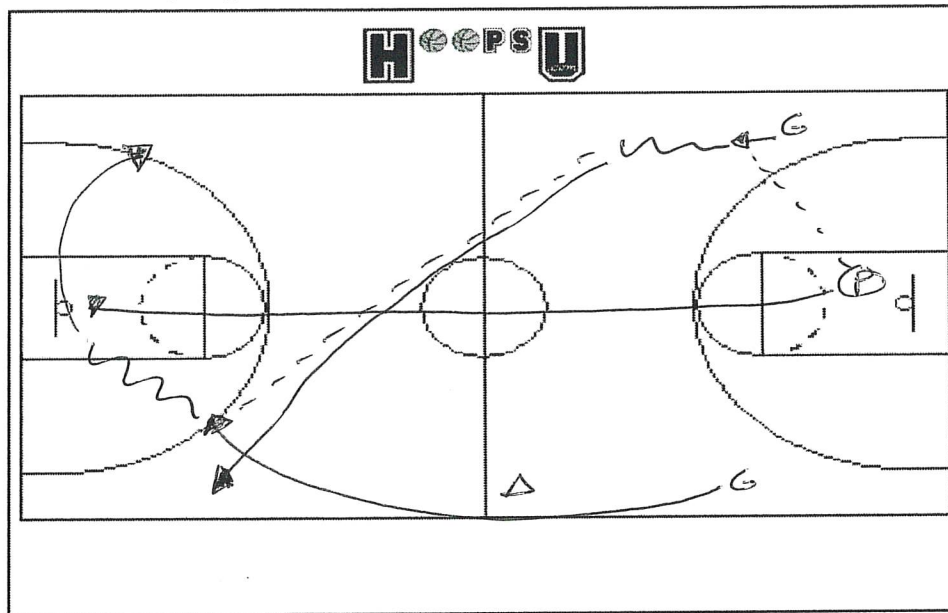


\*Have a coach/manager with an air dummy to create contact for posts

**Drill #4: UNO Transition Drill**

**Lanes: 1**

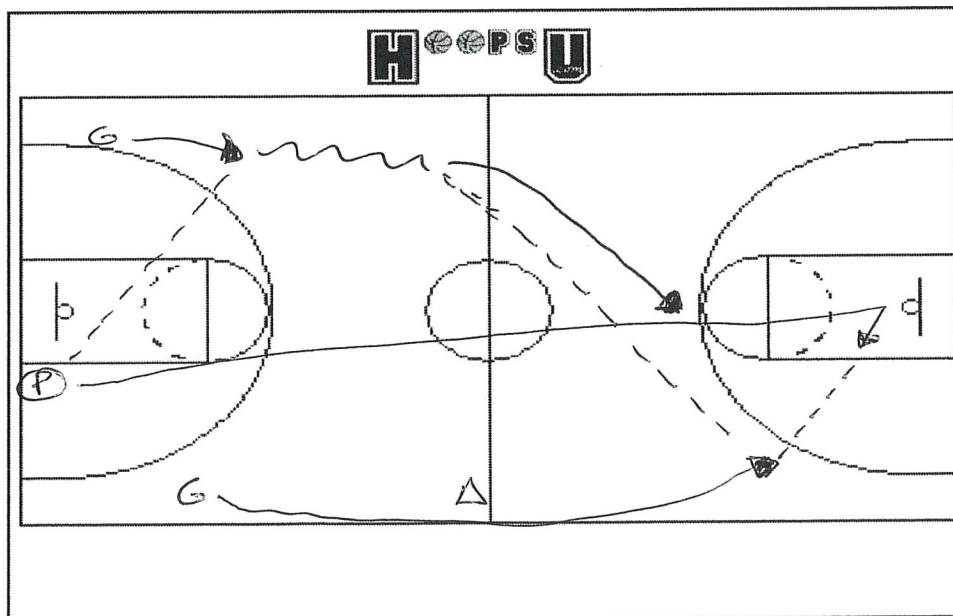
**Step 1: Outlet to guard/ Cross court pass to opposite guard/ Finish with a chinned lay-up/ Post catches ball before it hits the floor**



**Drill #4 (cont.): UNO Transition Drill**

**Lanes: 1**

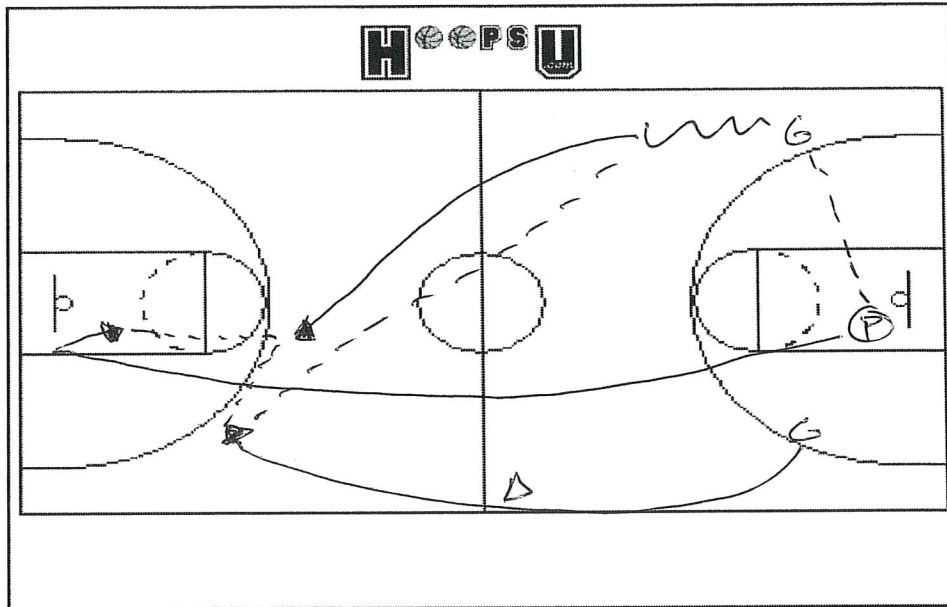
**Step 2: Outlet to guard/ Cross court pass to opposite guard/ Post dives to ball side block/ Post finishes**



**Drill #4 (cont.): UNO Transition Drill**

**Lanes: 1**

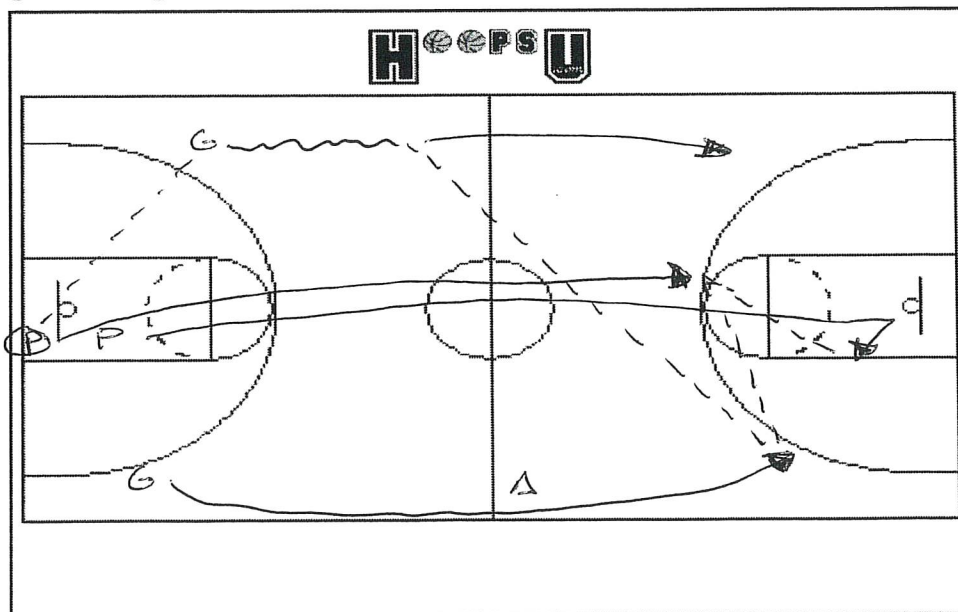
**Step 3: Outlet to guard/ Cross court pass to opposite guard/ Post dives to ball side block/ Guard hits trailing guard/ High Low pass and Post finishes**



**Drill #4 (cont.): UNO Transition Drill**

**Lanes: 1**

**Step 4: 2<sup>nd</sup> post takes ball out/ Outlet to guard/ Cross court pass to opposite guard/ Post dives to ball side block/ Guard hits trailing post/ High Low pass and Post finishes**





## CYCLES

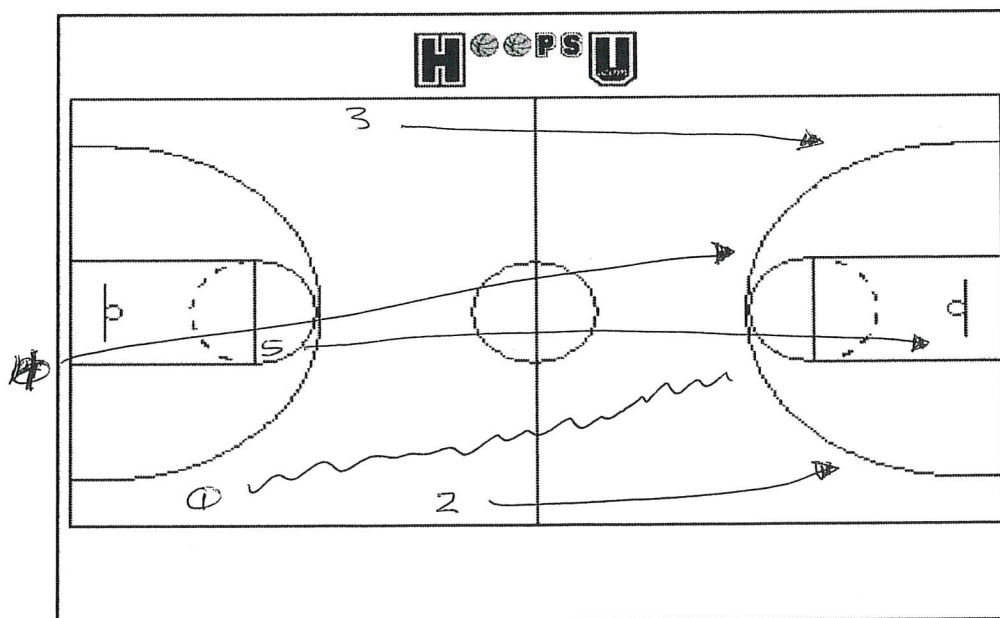
**Point Guard ("1"):** Needs to get to the right side of the floor after a make and cut to the middle. Is looking left to right, first at the wing on the left hand side (3), then at the post going down the middle (5), and finally at the wing on the right side (2).

**Shooting Guard ("2"):** Sprint down the right side of the court. If you don't get the ball, get to the corner.

**Shooting Guard ("3"):** Sprint down the left side of the court. If you don't get the ball, get to the corner.

**Post ("4"):** Take the ball out of bounds on the right side of the basket. Trail behind the point guard, and stop at the left side of the top of the key.

**Post ("5"):** Sprint through the middle of the floor to right in front of the rim and post up hard.



**If the ball goes to the "3":** The "5" will go ball side and post up, while the "1" and the "4" set a double screen away for the "2"

**If the ball goes to the "2":** The "5" will go ball side and post up, while the "1" and the "4" set a double screen away for the "3"

**If the ball goes to the "5":** Score or get fouled.