

About the 1-4 Offense

Offensive Goals

- Break a zone into one-on-one opportunities
- Enable skip passes for 3's
- Provide more than one look for your best players

Keys to Success

- Spacing (spread the floor)
- Good passing and dribbling fundamentals
- Ability to reverse the ball
- A good backdoor game

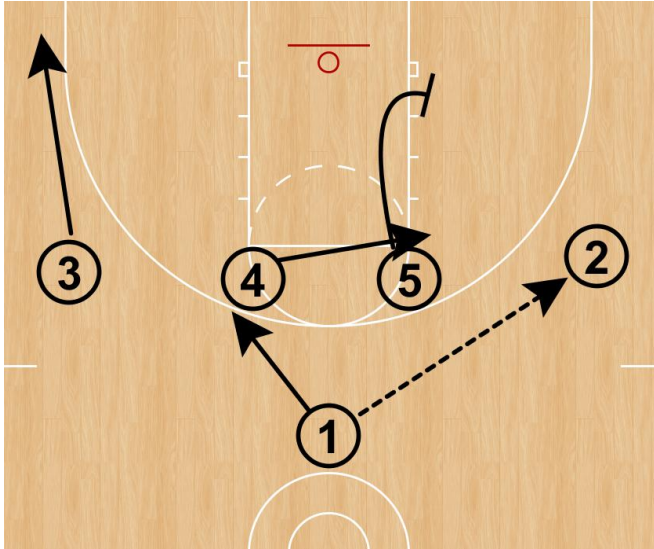
1-4 Offense – Option 1 (Wing Pass)

Purpose

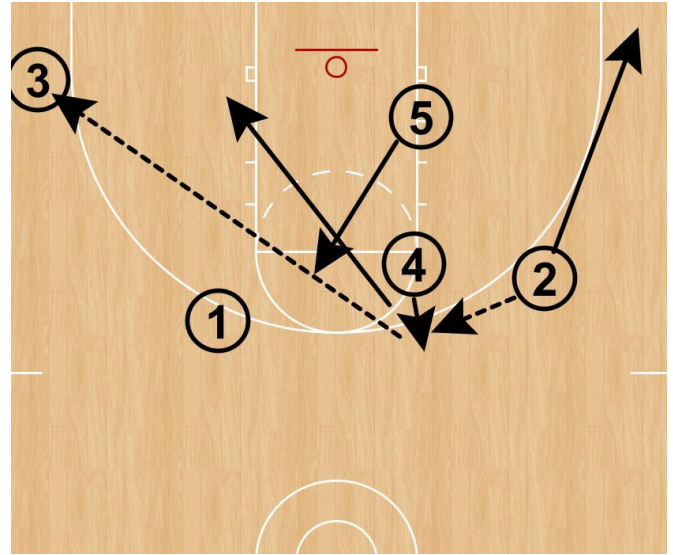
- Provides an offensive set that can be used against any type of defense, including a zone trap..

Setup

- 1 is at the top, 2 and 3 are on the wings, 4 and 5 are on the elbows.



The action starts off with a wing pass.



4 follows his skip pass into the low post.

Execution

1. 1 passes to 2 and 5 drops down to the low post. 4 comes across to the ball-side high post.
2. 2 can pass to 5 in the post. If not, he reverses to 4 who pops out.
3. With this pass, 5 flashes to the middle of the lane. 2 drops to the corner. 3 drops to the opposite corner and 1 comes down to the side of the key – creating a 2-3 set.
4. 4 skip passes to 3 in the corner. 4 follows his pass and posts up on the ball-side low block. 5 moves to the middle of the lane near the free throw line to create a high-low pass option. If he doesn't get the pass he bumps out to fill 4's old spot and the wing player drops down to the corner to create the same 2-3 look..
5. Now 3 passes to 1 who skip passes to 2. 1 follows his pass to the low post and the motions repeat.

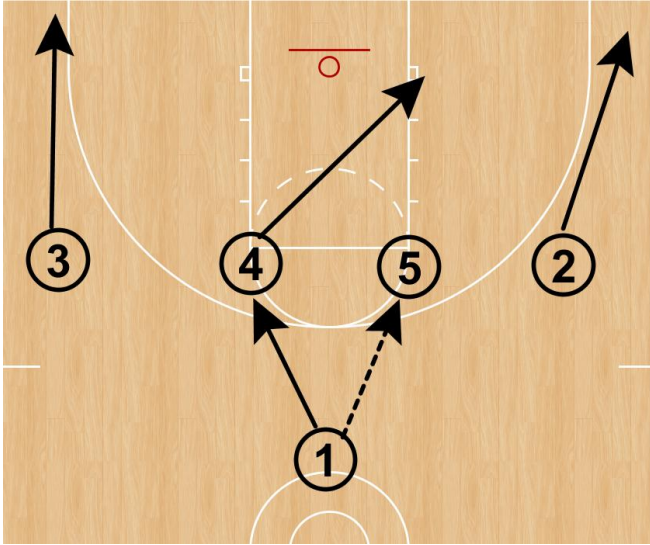
Coaching Tips

- On a skip pass, always follow your pass.
- In this offense, players should always think “leave and replace” – if a player leaves a spot another player fills it.

1-4 Offense – Option 2 (High Post Pass)

Purpose

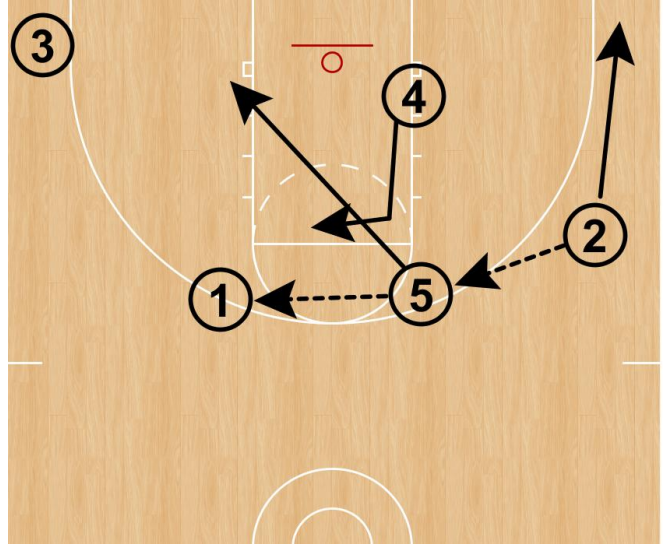
- Provides an offensive set that can be used against any type of defense, including a zone trap..



4 X-cuts to the block.

Setup

- 1 is at the top, 2 and 3 are on the wings, 4 and 5 are on the elbows.



5 X-cuts and 4 flashes to the high post.

Execution

1. 1 passes to 5. 4 X-cuts to the low post. 1 drops down to the side of the key opposite 5 and 2 and 3 drop to the corners to create a 2-3 look.
2. 5 passes back to 1. 5 runs an X-cut to the opposite low block and 4 flashes to the middle of the lane near the free throw line to create a high-low look. 4 then replaces 5 and maintains the 2-3 look.
3. This motion continues with the high post player X-cutting to the low post when the ball goes to the opposite side.

Coaching Tips

- The low post man should always change sides when a high post man receives a pass in the middle as this action will often result in him getting open.