WHEEL OFFENSE

METODOLOGY

In teaching Wheel offense, use WHOLE – PART- WHOLE metod. After demonstration of principles, use 5-0 to 5-5. In the PART phase, analise all possible situations and correct it. Work toward perfection. Then return to WHOLE phase.

Basic formation
The basic formation is 2-3, above FT line. From this formation allow offense to start on both sides of the floor. It is easy to use back door what is primary aspect in this kind of offense. For defense is difficult to help.

Characteristics of this kind of offense is:

1. Spacing
2. Situation 1-1
3. Timing
4. Four passing lines

Spacing and ball movement create multiple options in offense.

Player position can be:

a/ in relation of the court lines
b/ in relation to teammates penetration
c/ in relation of picks

Position of perimeter players determine:
- 3 pts line
- FT line (extended line)

Wheel offense goals are:
1/ Move and clear space and
2/ Receive the ball and play 1-1

“GET” BACK DOOR:
ELBOW RUB:

Reverse the ball for 1-1 and form triangle.
Triangle

GO POST UP OPTION:
Use back pick to exchange position on the court.

PICK AND ROLL OPTION: if defense is aggressive
SPLIT OPTION:

Weak side down pick, if you pass to the player on the low post position
Combine SPLIT and exchange player positions

Players from the weak side, move and create passing lines in relation to ball position
Pass back to the perimeter

Ball on the high post
Ball on the high post – back pick

Ball on the high post – wing sets down pick
PASS TO HIGH POST AND BACK DOOR:
SKIP PASS

OPTIONS IN “GET”:

1/ 1-1
2/ FLASH CUT
3/ Flare pick
"GET" HAND OFF:

Continually attack two spots: basket and high spot
Continuity:

“GET” GO:
High stack entry:

Low stack entry:
Weak side 1-1 oportunity: ¼ of court is empty

“Horns” entry:
Side pick and roll:
DRILLS:

1-0 SELF PASS

Players with the ball, self pass, sprint, jump stop, face:
Shot and then add different moves
The same only low post moves 1-0

Flare cut 1-0 + 1
1-1 DRILLS:

This is a vital part in bulding wheel offense. Elements what we drill are:
- basic position in offense
- mental toughness—be determine
- triple treat position after catch
- footwork
- get read of your guard
- resolve all situation with one dribble
- after you pass, continue to play
- shot selection
- proper shooting technique

TOP
WING
MENTHAL TOUGHNES DRILLS:

WAR
1-1+1 HIGH POST

GUARD
LOW POST
1-1 DRILLS:

Basket cut

Hand off
Post up

Shallow cut guard - wing

Gard - wing
2-2 +1 DRILLS:

Elbow rub

Hand off and clear
Cler and cut

Exchange position after pass to the low post player
Exchange positions

Weak side
Low post weak side flash
3-3 DRILLS:

Elbow rub

Hand off
Back door

Flex
3-3 +1 DRILLS

Skip pas

Flex
Skip pass