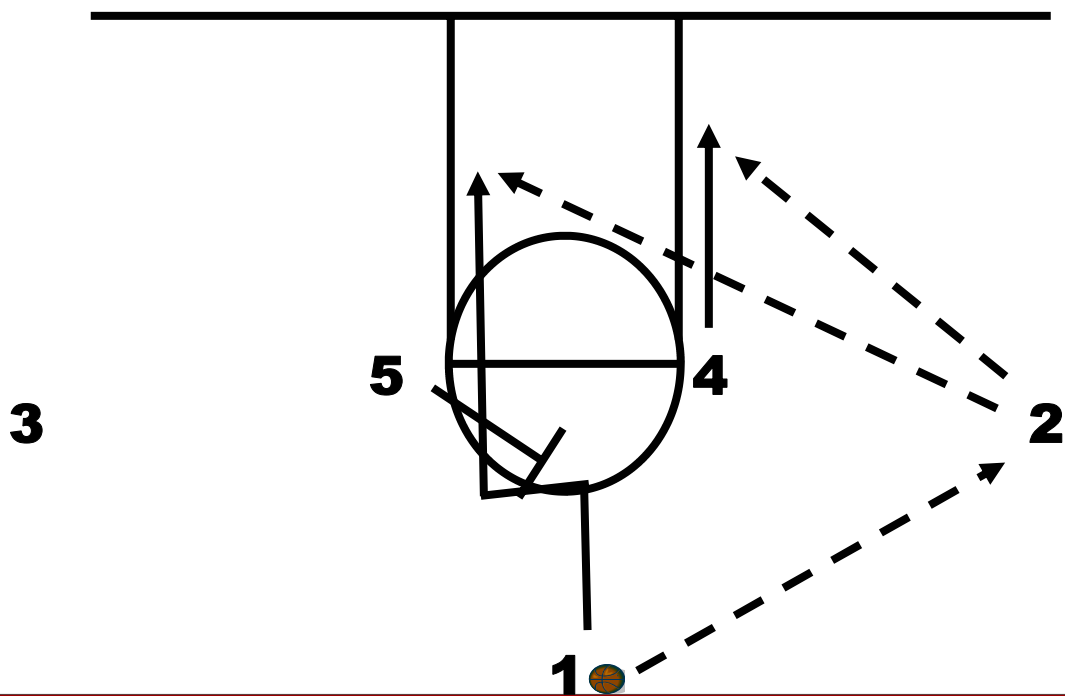
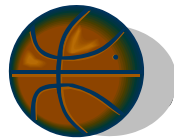


JIM SAIA

1 — 4 High Offense



Offensive System
Plus Drills To Teach



JIM SAIA

**1 — 4
High Offense**



Offensive System
Plus Drills To Teach

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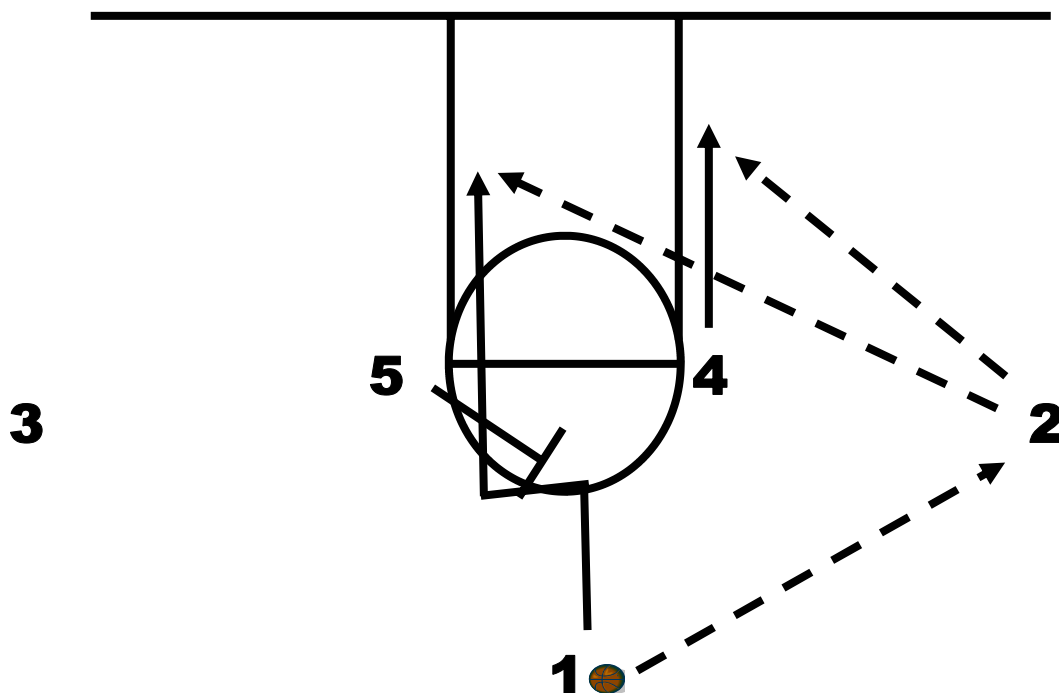
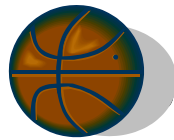
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JIM SAIA 1-4 HIGH OFFENSE

Introduction



Offensive System
Plus Drills To Teach





My name is Jim Saia and I am a former assistant basketball coach at UCLA and current interim head basketball coach at USC.

In this book, I am going to present the 1-4 Offense designed by the legendary Ralph Miller in 1948. Coach Miller was a Hall of Fame coach who coached at Wichita State, Iowa and Oregon State. If you ever watched Ralph Miller's teams play, they played with great execution, his teams were well disciplined, and fundamentally sound.

I want to thank Gary Colson with whom I learned the offense from when I worked with Coach Colson at Fresno State in the early 90's. Coach Colson was also the head basketball coach at New Mexico and he credits Ralph Miller for his success as a basketball coach. He actually ran the 1-4 offense while he was coaching at New Mexico and had 5 straight 20 win seasons. He also broke the NCAA record for field goal percentage in one game, shooting 78%.

I also want to thank Steve Lavin for allowing me to implement the offense at UCLA. Steve Lavin and I grew up in the Bay Area and we watched Ralph Miller's team play while he was coaching at Oregon State and boy were they fun to watch. The passing and the cutting were phenomenal. We always said to each other, if we ever got into coaching, we would want our teams to play like Ralph Miller's teams. That would be the ultimate compliment.

The reasons I like the 1-4 offense:

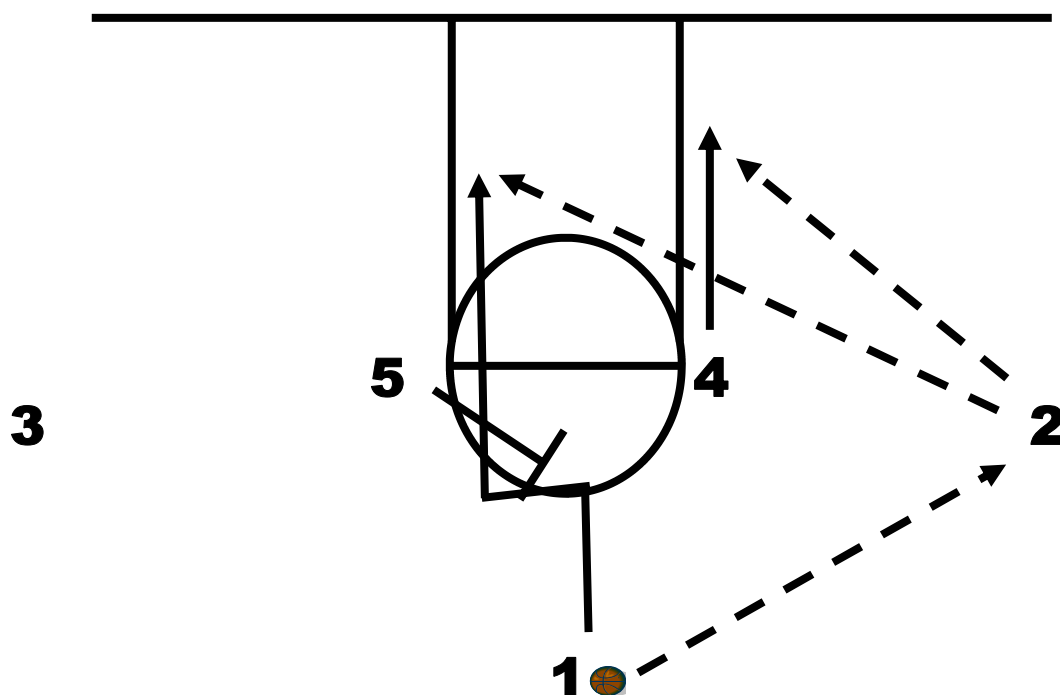
- 1. It's predicated on the pass. The pass is always better than the dribble.**
- 2. It has an open basket. That creates lay-up opportunities and easy drives to the basket.**
- 3. It's simple to teach and it's simple for your players to understand. That's very, very important...so your players can pick it up easily.**
- 4. The offense has great rhythm and flow, and that is a must for any good offense.**
- 5. It has great spacing. Anytime you have great spacing in an offense, it allows your players to drive the ball easily and to pass the ball easily. As a coach, it makes the offense more clear to teach and make corrections.**

JIM SAIA

1 — 4 High Offense “Post Series”



Offensive System
Plus Drills To Teach

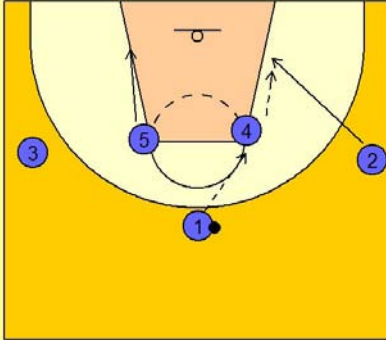


1-4 offense

1-4 (post)

1

Post Entry (A)



The great thing about this offense is the spacing. The wings are going to be high and wide. Point guard is going to be at the bottom of the half-court circle and our posts are going to be at the free throw line elbow areas.

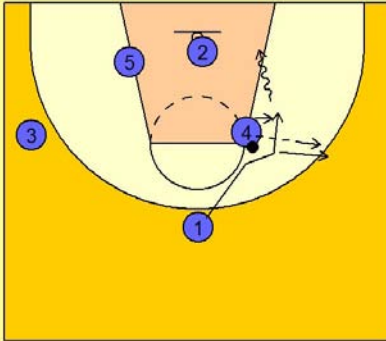
#1 passes to either post player. Same action on either side depending on which post player receives the pass.

Here we see #1 entering the ball to #4. While the ball is in flight to #4, #2 makes a strong basket cut looking for the quick back door bounce pass from #4 as your first scoring option in this series.

The opposite post, #5, moves down to the opposite low block area away from the ball.

2

Post Entry (B)

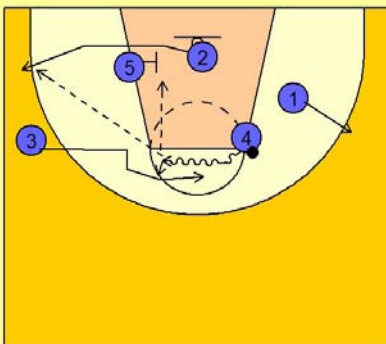


Your next scoring option is for #1 to cut hard towards #4 looking for a hand-off and a potential driving situation toward the basket area, now being cleared out by #2.

If #1's defender plays underneath the hand-off, #1 can step out for the open jump shot.

3

Post Entry (C)



If #1 is not open for the hand-off, #4 turns and puts the ball down towards the opposite free throw line elbow area.

As this is happening, #2 is coming off of a screen on the left block from #5. Also, #3 is timing his cut coming for a dribble hand-off from #4 on top.

#4 has a couple of options. He can look to hit #2 in the left corner for an open shot; he can look to hit #5 stepping in and posting up after screening for #2; or he can hand the ball off to #3 coming over the top.

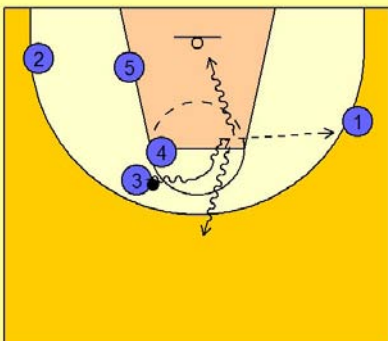
This action takes good timing and must be drilled in practice.

1-4 offense

1-4 (post)

4

Post Entry (D)

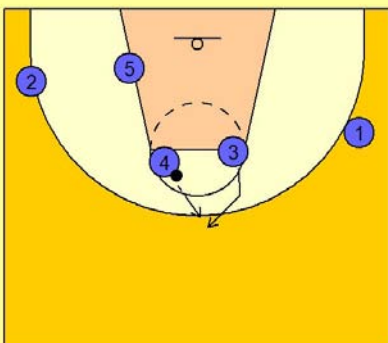


#3 has the option to turn the corner after receiving the hand off and score by driving to the basket or taking the open jump shot. He may also drive and kick it out to #1 on the right wing.

If he does not have a scoring option or pass available, he keeps his dribble alive and backs the ball out on top.

5

Post Entry (E)

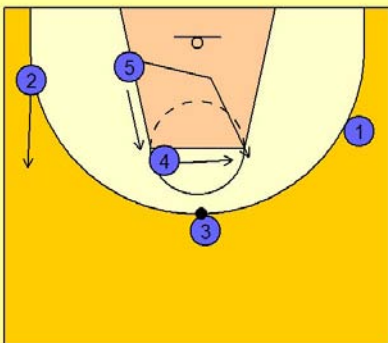


If #4 decides not to give the ball to #3 on the hand-off and looks inside instead, but cannot find anyone open inside, he then can turn and find #3 for a pass on top so that we can reset the offense. #2 could also come over to receive the pass from #4 and #3 could take his place on the left wing area.

There are several options to get the ball back to the top for a reset and to start the 1-4 offense all over again.

6

Post Entry (F)



Once #3 has the ball on top, #4 and #5 shape up on the free throw line elbows to begin the 1-4 action again.

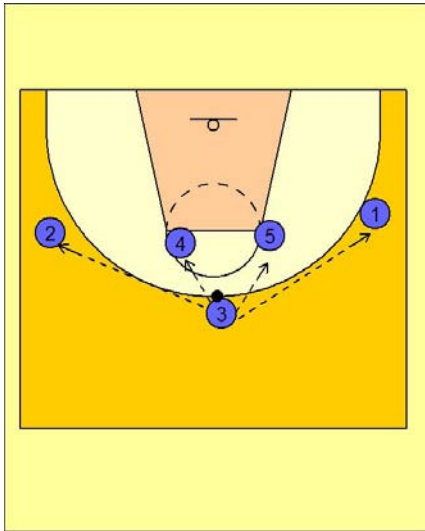
1-4 offense

1-4 (post)

7

Post Entry (G)

#3 has reset the offense and has the option to begin again by making his entry to either post or wing player or by using the clear series.

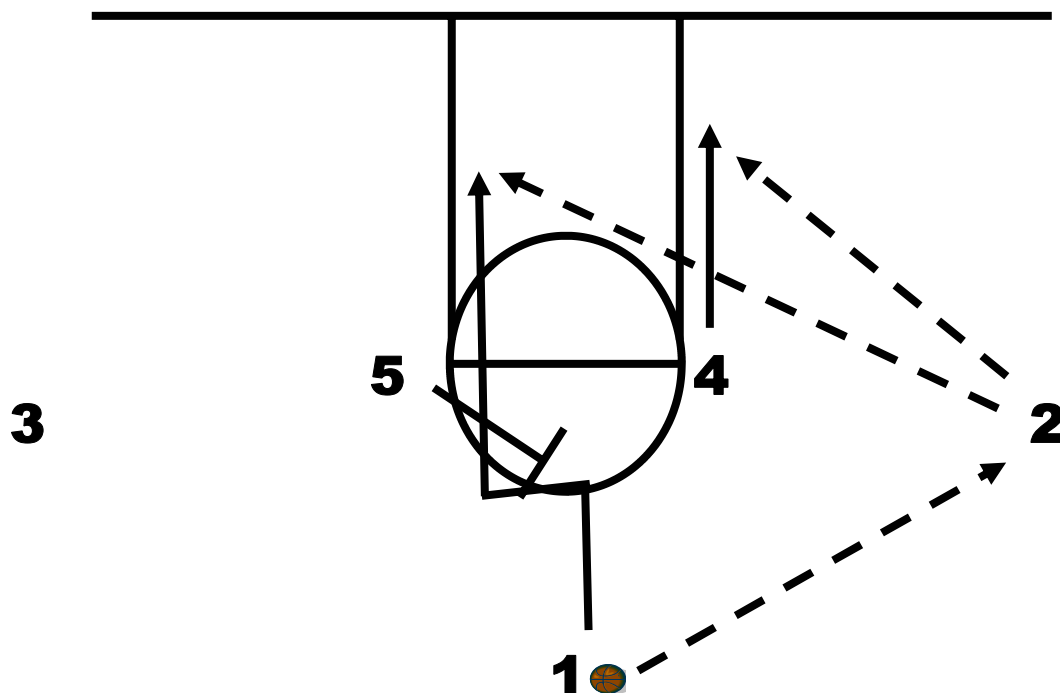


JIM SAIA

1 — 4 High Offense “Wing Series”



Offensive System
Plus Drills To Teach

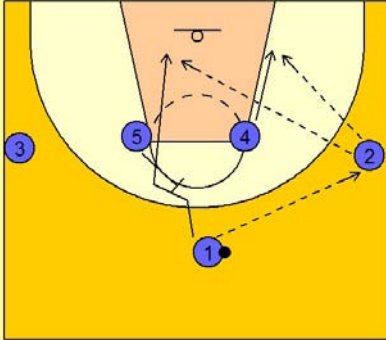


1-4 offense

1-4 (wing)

1

Wing Entry (A)

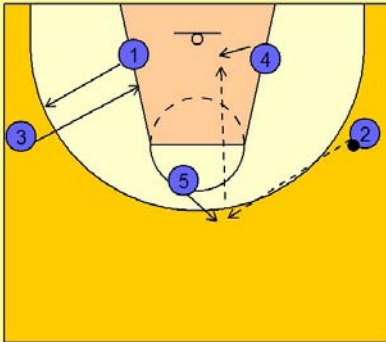


#1 enters to either wing player. Here we see #1 entering the ball to #2 on the right wing. #4 moves down to the right low block looking for the post up. With no back side help, #4 will be isolated in the post either for a direct pass from #2 or if the defense plays on the high side, #2 may make what we call the "corner of the board" pass. #2 puts the ball high in the air towards the corner of the board away from the defender. #4 holds the defense momentarily and then moves toward the corner of the board to catch the pass and shoot the lay-up.

While this action is taking place, #5 back screens for #1. #2's second passing option is the lob pass over the top to the cutting #1.

2

Wing Entry (B)

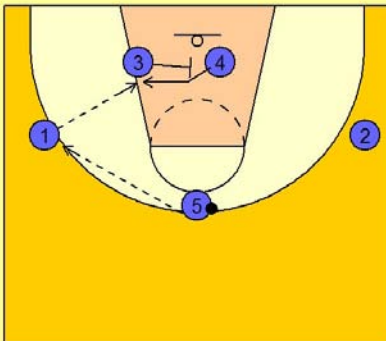


If #1 and #4 are not open, #5 steps out after back screening and looks to receive the pass on top from #2.

As the ball is in flight to #5 on top, #4 steps in looking for the high / low entry pass from #5. Also, as the pass is in the air to #5 on top, #1 is breaking out to the left wing area while #3 is moving down to the lane line area.

3

Wing Entry (C)



If #4 is not open inside for the high / low pass, #5 reverses the ball to #1 on the left wing. As this is happening, #3 steps in the lane and sets a screen for #4 who will look to post up on the left low block and receive the pass from #1.

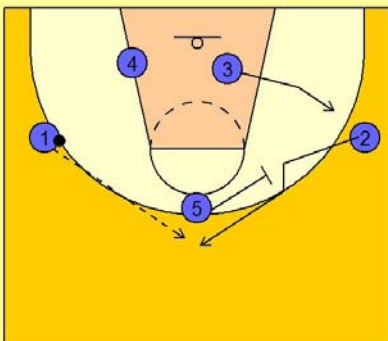
This is a "small on big" screen, with the smaller wing player (#3) setting a screen for the bigger post player (#4). We are hoping to create a size mismatch if both defenders switch on this screening action inside.

1-4 offense

1-4 (wing)

4

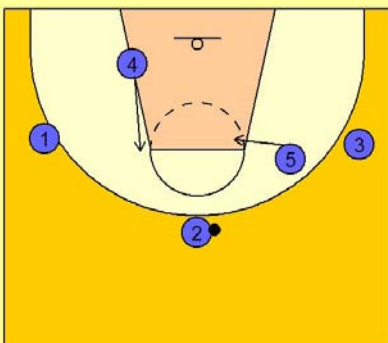
Wing Entry (D)



After #5 reversed the ball to #1, he screens away for #2, bringing him to the top of the key area to receive the pass from #1. #3, after screening for #4, breaks out to the right wing area.

5

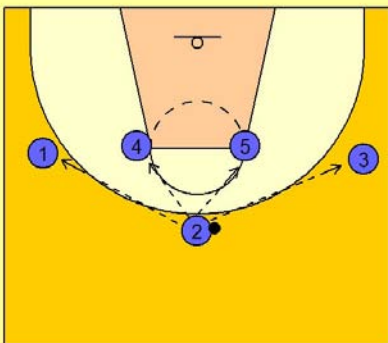
Wing Entry (E)



#4 and #5 get back to their high post position areas and we look to "reset" the 1-4 action.

6

Wing Entry (F)



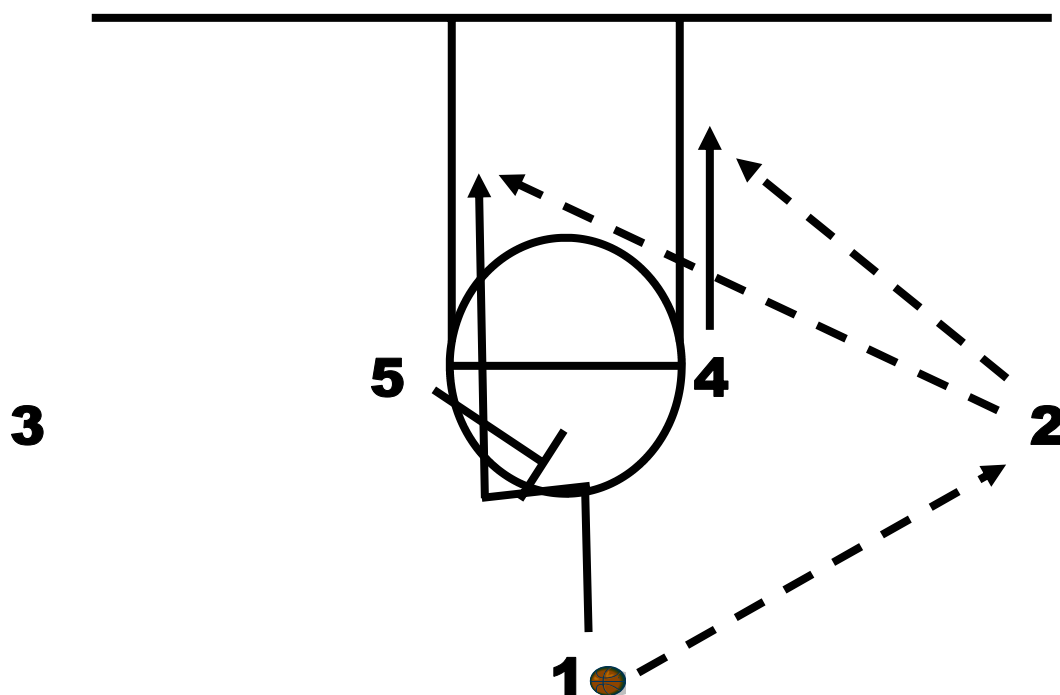
#2 now has the option to make either entry pass to the post or wing players or use the clear series by dribbling to the wing.

JIM SAIA

1 — 4 High Offense “Backcut The Post”



Offensive System
Plus Drills To Teach

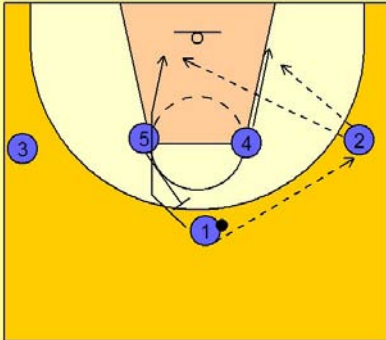


1-4 offense

1-4 (backcut post)

1

Backcut The Post (A)



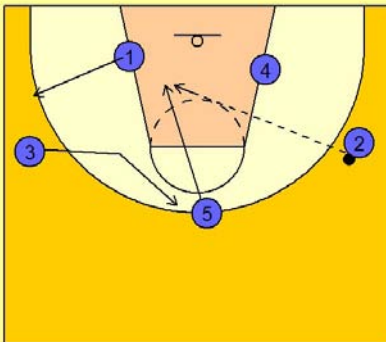
Anytime in our wing entry series the post player feels pressure on top or is denied he has the option to cut back door to the basket. Let's look how this is created.

#1 enters the ball to #2 in our wing entry series. #4 moves down to the ball side block looking for the post up pass or the corner of the board pass for the lay-up.

#5 sets a back screen for #1. #2 looks at #1 for the quick lob pass option.

2

Backcut The Post (B)

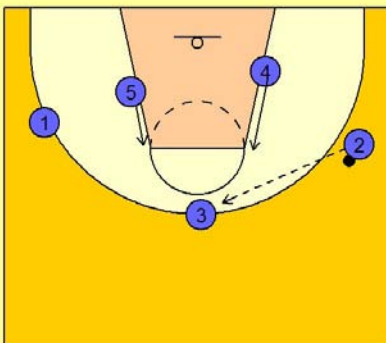


#1 cuts to the basket and then out to the left wing area. #5, feeling pressure or is denied at the top of the key and cannot receive the pass from #2, cuts back door looking for the pass from #2 to the basket.

#3, recognizing this, now cuts in and out to the top of the key replacing #5 and becoming the new point man on top.

3

Backcut The Post (C)



If #5 was not open on the back cut, #2 enters to #3 on top while #4 and #5 flash to the high post area.

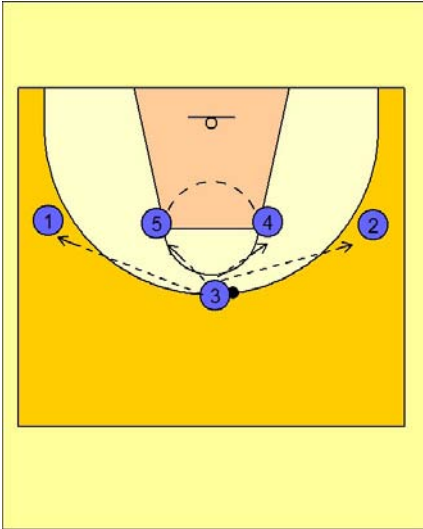
1-4 offense

1-4 (backcut post)

4

Backcut The Post (D)

We are now ready to reset the offense and begin another series of the 1-4 action.

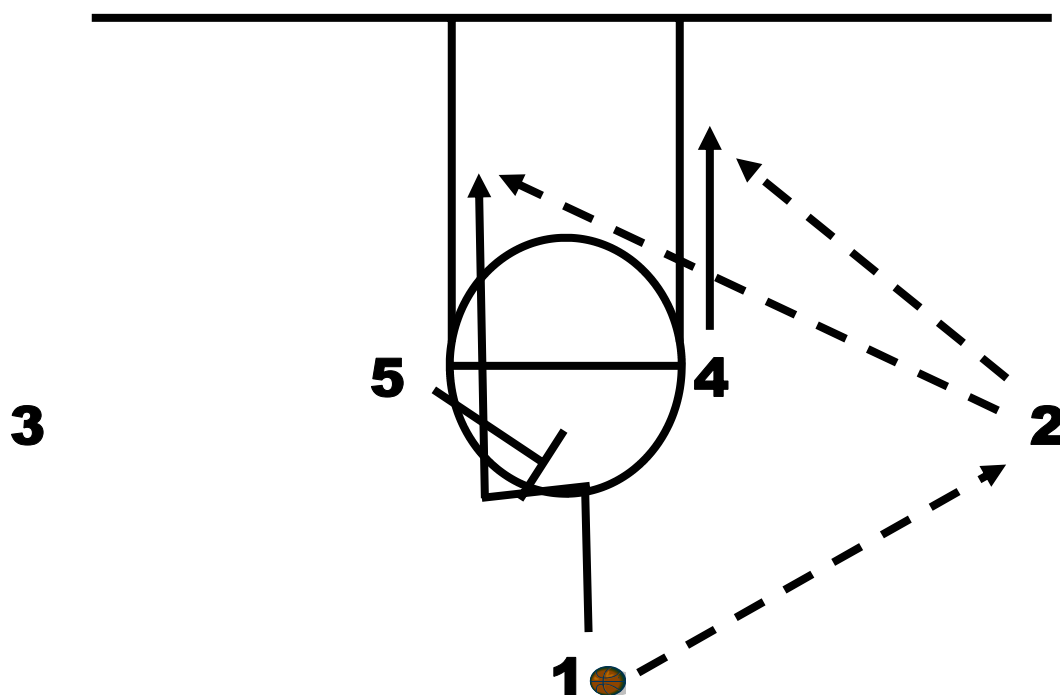


JIM SAIA

1 — 4 High Offense “Clear Series”



Offensive System
Plus Drills To Teach

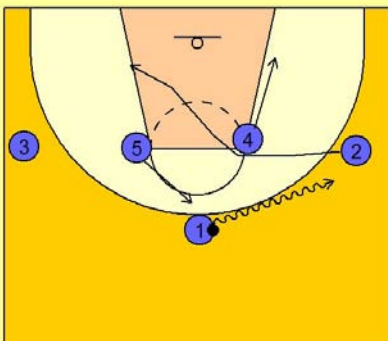


1-4 offense

1-4 (clear series)

1

Clear Series (A)

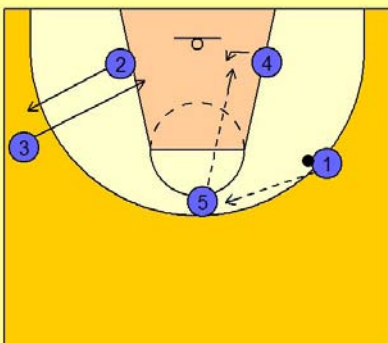


At anytime, the top man (#1 in this diagram) has the option to use a dribble entry.

Here we see #1 driving at #2. #4 moves down to the ball side block as if #1 had passed it to the right wing. #2 clears out over the top (so that he will not bring his defender down low near #4) and then out to the left low block area. #5 steps out to the high post as this action is taking place.

2

Clear Series (B)

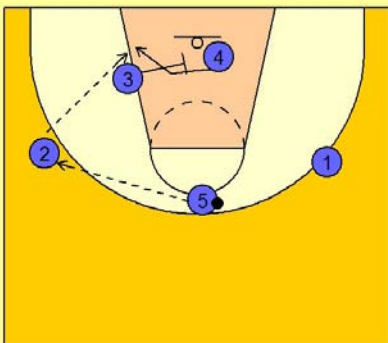


If #4 is not open on the initial look from #1, #1 passes to #5 on top and we look for the high / low pass into #4 who is stepping into the lane, sealing down low for good post position. On the pass to #5, #2 is breaking out to the left wing while #3 is moving down to the lane area.

It is important to note that #3 must not start his movement down near the lane area until the pass is in the air from #1 to #5 on top.

3

Clear Series (C)



If #5 cannot hit #4 on the high / low pass, he quickly reverses the ball to #2 on the left wing area. #3 now continues his movement into the lane and sets a small on big screen for #4. We are hoping to create a mismatch should the smaller defender on #3 decide to switch and guard the bigger player #4.

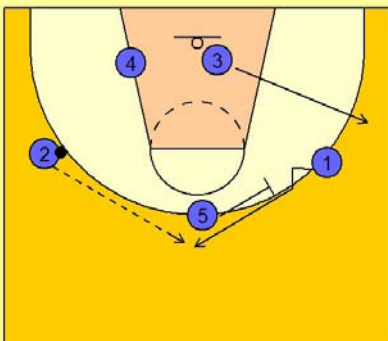
Timing is crucial here between the pass to #2 and the screening action with #3 and #4.

1-4 offense

1-4 (clear series)

4

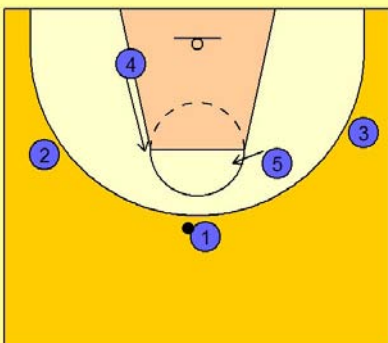
Clear Series (D)



After #5 passes to #2 on the left wing, #5 screens away bringing #1 to the top of the key area. #3, after screening, breaks out to the right wing area.

5

Clear Series (E)



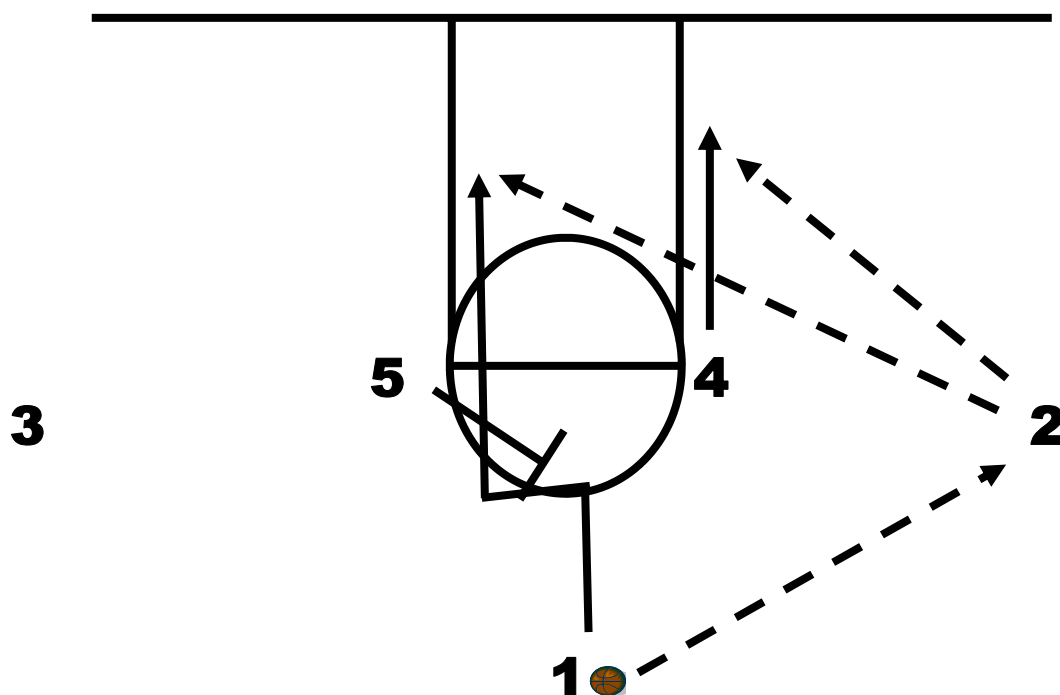
#4 and #5 move to the high post area and we are ready to reset and begin another 1-4 series.

JIM SAIA

1 — 4 High Offense “High Lead”



Offensive System
Plus Drills To Teach

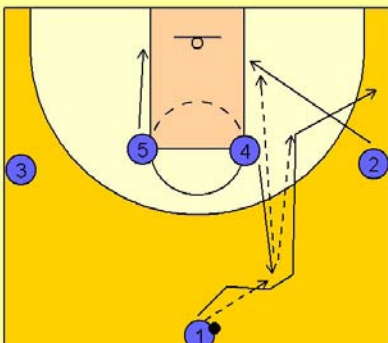


1-4 offense

1-4 (high lead)

1

High Lead (A)



Whenever the point guard is being pressured in the backcourt and is having difficulty making the entry passes into the 1-4 offense, we will run what we call "High Lead".

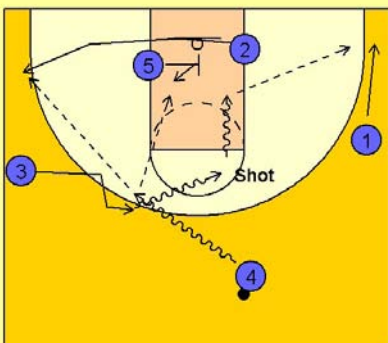
The offense is run exactly the same, except we will have one of the post players move out as high as necessary to receive the entry pass from #1.

The same action is followed as in the post series. #2 cuts to the basket looking for the backdoor pass from #4. #1 cuts over the top looking for either a hand-off from #4 or a pass to the basket as #1 finishes his cut.

#5 is moving down to set the screen on the opposite block area.

2

High Lead (B)



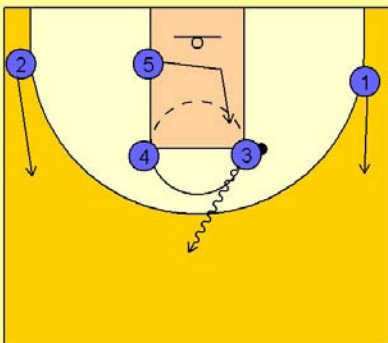
#4 now takes a bit of a different angle to execute the dribble hand-off with #3, but the same principles are applied. #3 takes his man down and then over the top of the hand-off from #4.

#2 is cutting off the screen from #5 in the lane looking to get open in the corner for the shot.

#5 ducks in after screening looking for the post entry pass from #4.

3

High Lead (C)

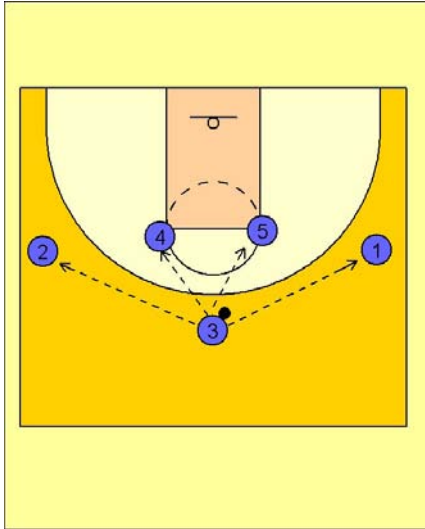


If #3 did not have a shot as he took the hand-off from #4, he will keep his dribble alive, back out to the top and reset the offense.

1-4 offense

1-4 (high lead)

4



High Lead (D)

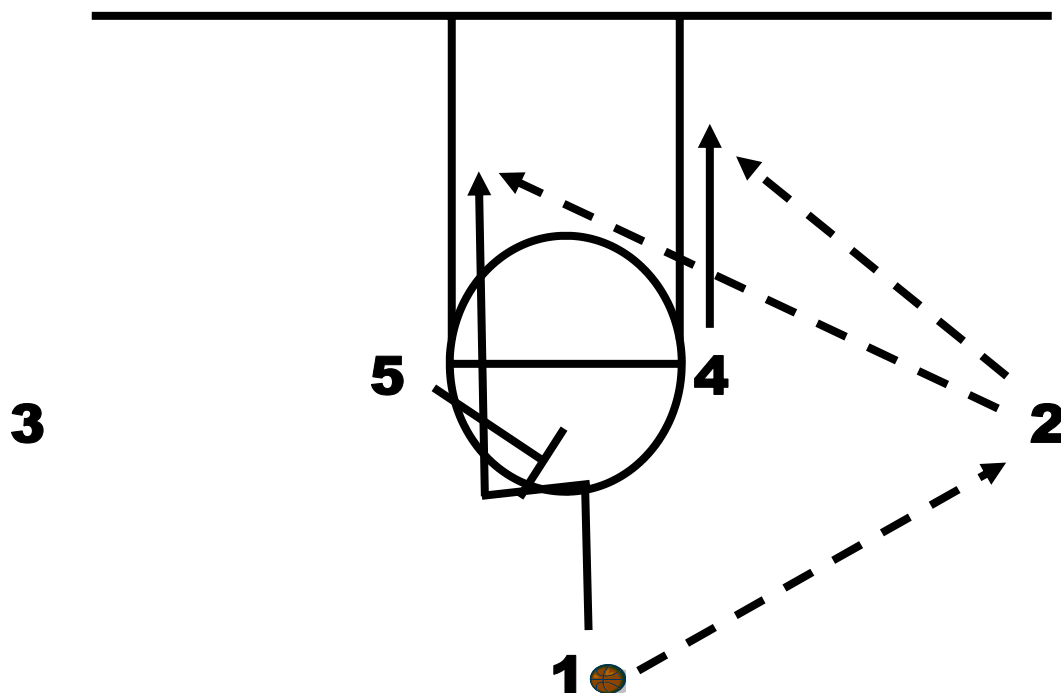
#3 is now in the position to make either a wing entry, post entry, or clear series entry.

JIM SAIA

Drills To Teach 1 – 4 High Offense



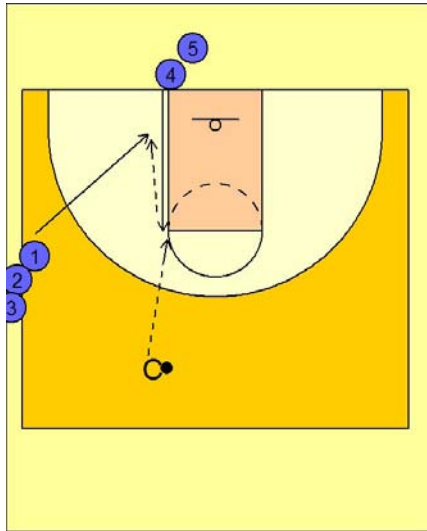
Offensive System
Plus Drills To Teach



1-4 drills

Backdoor cut

1



Option 1 - Post Series (A)

"Backdoor Cut"

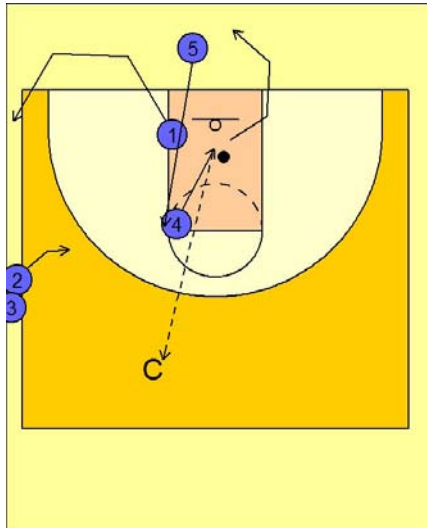
We are going to go over every option in the wing series, post series and the clear series. If you run these drills, you will see that your players will get better in each fundamental skill of the offense.

You usually get this option when you reset the offense.

Coach at the top with post players lined up underneath the basket and your perimeter players lined up on the left wing. You can obviously run this drill from either side of the floor.

Post man #4 flashes to the high post. When #4 reaches the freethrow line elbow area, he turns his body slightly towards the wing man as he catches the basketball. This enables him to have a better passing angle and view of the wing man cutting backdoor. The rule is when the ball is in flight to the post man, #4, the wing player, #1, must cut hard backdoor looking for the pass from #4.

The post man must drop the backdoor pass down below his knees, underneath the defenders arms.



2

Option 1 - Post Series (B)

"Backdoor Cut"

#4 follows the shooter, #1, to the basket for a possible pass back or for the offensive rebound. Any misses should be tipped in.

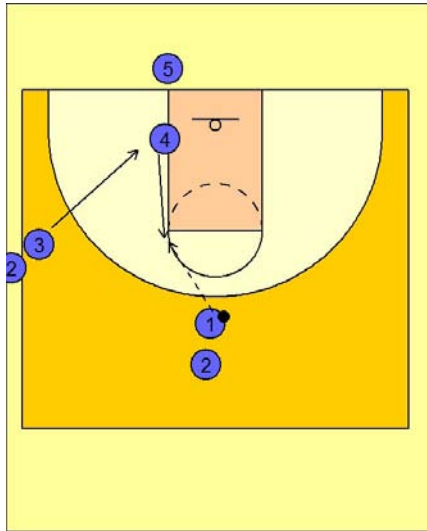
#4 gets the ball out of the net and outlets the ball quickly to the coach. #4 and #1 hustle off the floor to the end of their respective lines.

#5 steps in and flashes to the high post ready to start the drill again with #2 on the wing.

1-4 drills

Sidepost

1



Option 2 - Post Series (A)

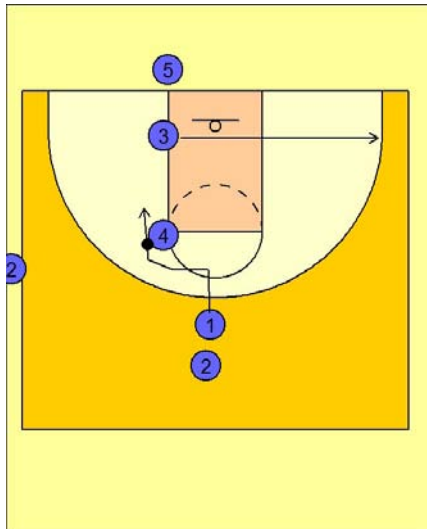
"Sidepost"

#4 flashes to the high post.

#1 enters the ball to #4 in the high post.

#3 cuts backdoor when the ball is in flight to #4 in the post.

2



Option 2 - Post Series (B)

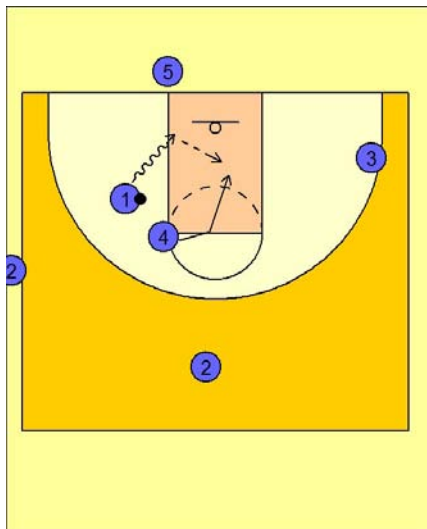
"Sidepost"

#1 cuts down and over the top of #4.

#4 hands the ball off to #1 as he comes over shoulder to shoulder with him.

While this is happening #3 is cutting out to the right corner area.

3



Option 2 - Post Series (C)

"Sidepost" Drive to score

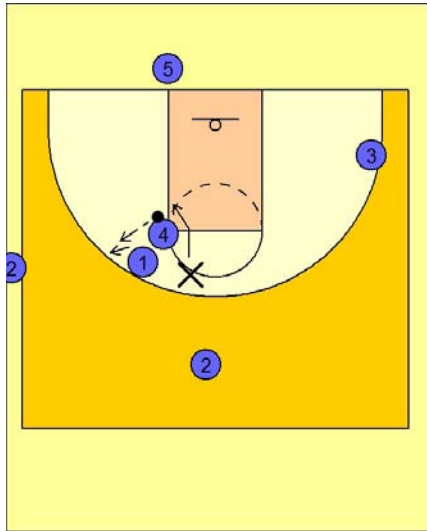
#1 takes the ball from #4 and attacks the basket on the dribble. #4 follows #1 looking for the pass back or the offensive rebound.

#1 or #4 may shoot on this drill.

1-4 drills

Sidepost

4



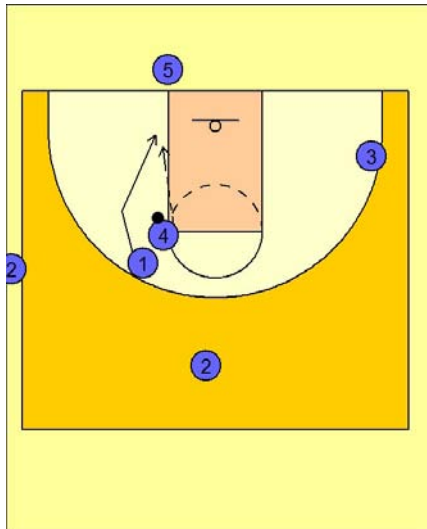
Option 2 - Post Series (D)

"Sidepost" Jump shots

The next option to add in this drill is for #1 to stop on top of #4 looking for the hand-off and open jump shot. This will be available if #1's defender decides to cut underneath the hand-off.

#1 must read it and stop his cut over the top, receive the pass on top for the open jump shot.

5



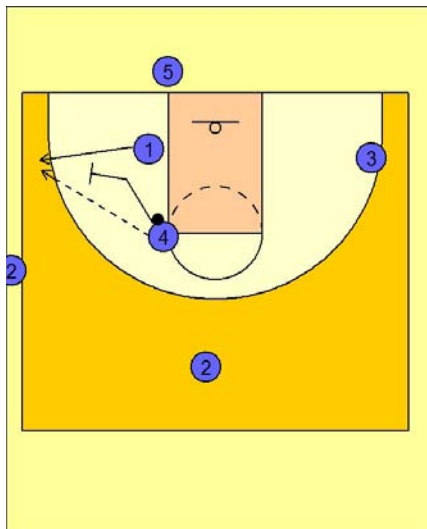
Option 2 - Post Series (E)

"Sidepost" Finish the cut option

#4 reverse pivots and faces the basket while #1 finishes his cut to the basket and receives the pass near the low block for the backdoor lay-up.

This is a great move for the post man #4 to use. He has to be careful that his pivot foot is down when making the reverse pivot, because if it is not and the defender runs into him, it will be a foul on #4.

6



Option 2 - Post Series (F)

"Sidepost" Screen and roll in the corner

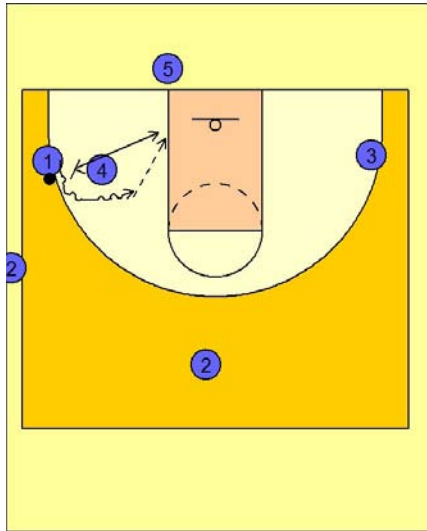
Here #1 has cut through towards the baseline and then out to the left corner area.

#4 passes to #1 in the corner and executes a pick and roll with #1 in the left corner.

1-4 drills

Sidepost

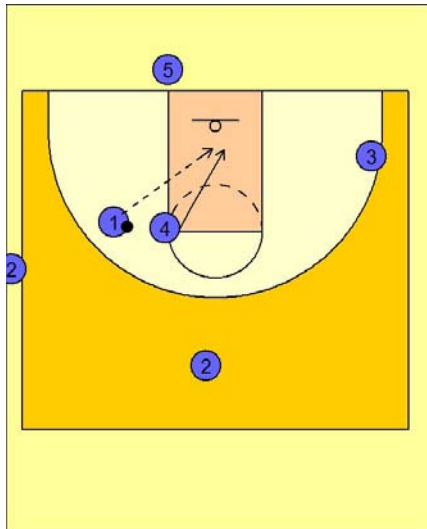
7



Option 2 - Post Series (G)

"Sidepost" Screen and roll in corner

#1 completes the drill by taking the ball over the top of the screen from #4. #1 can take the ball to the basket to score or he can hit #4 rolling to the basket.



Option 2 - Post Series (H)

"Sidepost" Post rolling to basket

The other option you can use off the sidepost option is for the post man, #4, to roll to the basket after handing the ball off to #1.

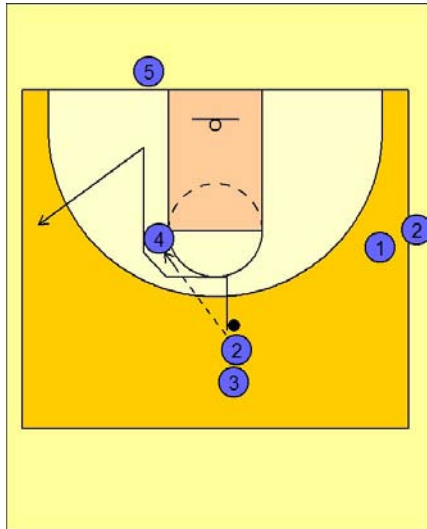
If the defenders on #1 and #4 switch, you may have a mismatch inside and a nice pass over the top to #4 rolling to the basket.

8

1-4 drills

Post / wing dribble hand-off

1



Option 3 - Post Series (A)

"Post dribble hand-off"

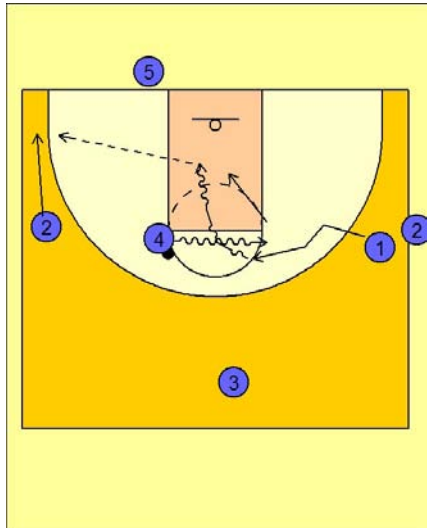
Three things you can do off this dribble hand-off situation between the post and the wing:

You can execute the dribble hand-off for the wing player turning the corner with the ball and driving to the basket for the lay-up or the drive and kick out to the wing (if the defender trails the man with the ball).

You can also have the player take the hand-off from the post for the jumpshot (if the defender goes underneath the screen).

You can also backcut the wing if the defense is overplaying and not allowing the dribble hand-off.

#2 on top enters the ball to #4 on the left freethrow line elbow area. #2 then sets his defender up by taking him a few steps towards the middle and then cuts over the top of #4. #2 cuts hard down towards the baseline and then breaks out to the left wing area.



2

Option 3 - Post Series (B)

"Post dribble hand-off"

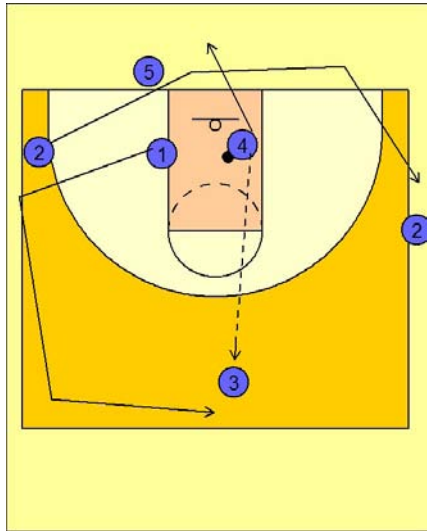
After #2 cuts over the top of #4, #4 turns to the middle and dribbles hard to the right freethrow line elbow area. The wing player, #1, must wait to cut towards #4 until #4 puts the ball down on the floor. When #4 starts to dribble towards #1, #1 takes his man down a few steps and then breaks hard over the top of #4 looking to receive the dribble hand-off.

#1 takes the ball and turns the corner looking to drive to the basket for the score and to drive and kick out to #2 on the left wing / corner area.

#4, after handing-off to #1, follows #1 to the basket for the potential pass back or for the offensive rebound.

1-4 drills

Post / wing dribble hand-off



Option 3 - Post Series (C)

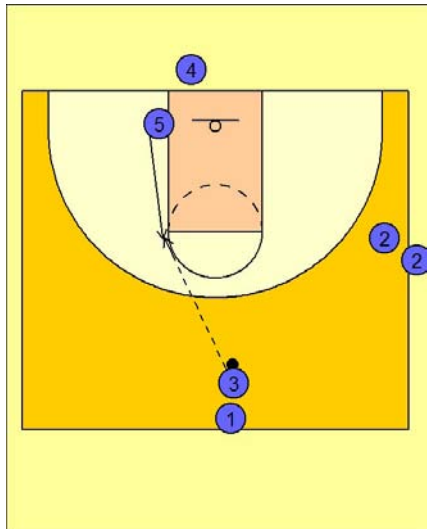
"Post dribble hand-off"

#4 tips in the miss and then outlets the ball to the new top perimeter player, #3. #4 steps out and moves to the end of the post line underneath the basket.

#2 hustles across the floor underneath the basket and out to the right wing line, the opposite line from where he started on the perimeter.

#1 hustles up to the top and gets to the back of the line, the opposite line from where he started and the drill continues.

3

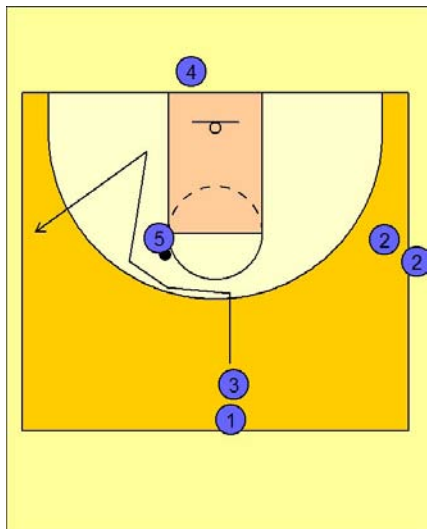


Option 3 - Post Series (D)

"Post dribble hand-off with a backdoor cut"

Same rotation to begin. #5 flashes to the high post and receives the entry pass from #3.

4



Option 3 - Post Series (E)

"Post dribble hand-off with a backdoor cut"

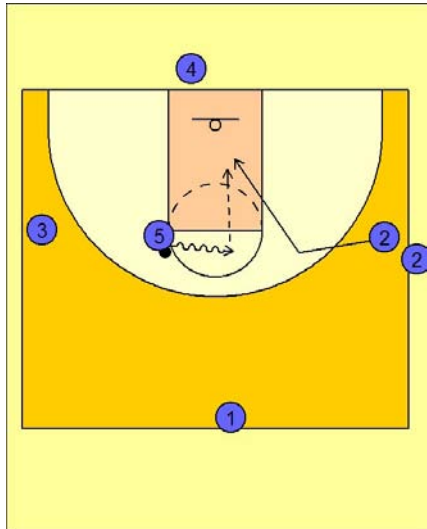
#3 repeats the same cutting action in and over the top of #5 and then to the baseline and out to the left wing area.

5

1-4 drills

Post / wing dribble hand-off

6



Option 3 - Post Series (F)

"Post dribble hand-off with a backdoor cut"

#5 dribbles toward #2 on the right wing. Once #2 sees #5 put the ball down he begins his cut towards the middle.

Now we assume that #2 is being denied hard by his defender, trying to stop the dribble hand-off.

When this occurs, #2 must read the situation and cut backdoor.

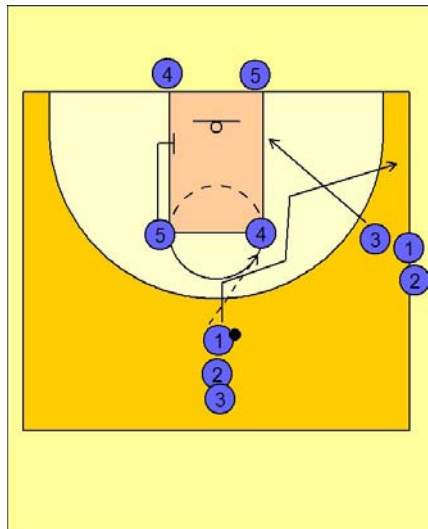
Here we see #2 cutting towards #5 and then backdoor. #5 takes the dribble towards #2 and then makes the nice backdoor bounce pass underneath the defense for the lay-up.

Same rotations to continue the drill. #5 follows the ball in and outlets to the new top man. #5 steps off the floor. #2 and #3 exchange lines and move to the end of that respective line.

1-4 drills

Shot from corner/duck in post

1



Option 4 - Post Series (A)

"Shot From Corner" (4th option A)

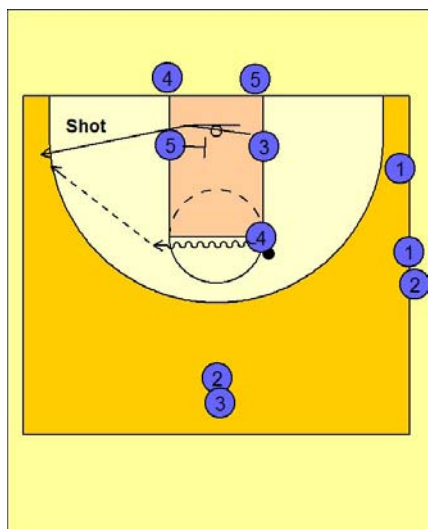
Two perimeter lines and two post lines.

#1 enters the ball to #4 on the right elbow and cuts down and over the top of #4. He moves down towards the baseline and then out to the right wing area.

#3 cuts hard backdoor when the ball is in flight to #4.

#5 slides down to set the screen on the opposite low block area.

2



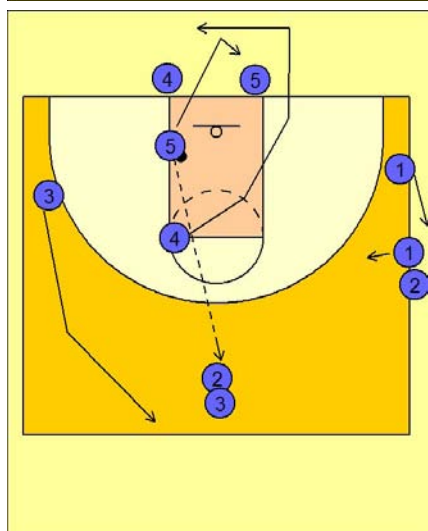
Option 4 - Post Series (B)

"Shot From Corner" (4th option A)

#4 drives the ball on the dribble over to the left freethrow line elbow area. #5 screens in the lane for #3 looking to get open in the left corner for the jump shot.

#4 makes the pass to #3 in the left corner for the shot.

3



Option 4 - Post Series (C)

"Shot From Corner" (4th option A)

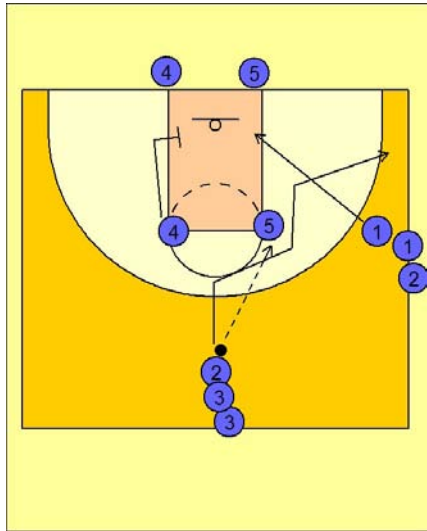
#5 tips in the miss and then outlets the ball to the new top perimeter player #2.

#4 follows the shot to the rim and continues to hustle off the floor to the back of the opposite post line from which he started.

#3 and #1 exchange perimeter lines and move to the back of the line. The drill is now ready to continue.

1-4 drills

Shot from corner/duck in post



Option 4 - Post Series (A)

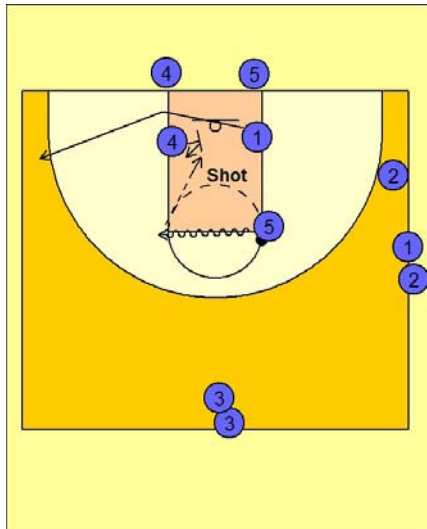
"Duck in Post" (4th option B)

Here we will use the same drill rotations, but now we will look to feed the post after screening in the lane.

Same rotations. #2 enters the ball to #5 on the right freethrow line elbow area and cuts down and over the top of #5. #2 cuts toward the baseline and out to the right wing area.

#1 cuts to the basket when the ball is in flight to #5 in the post.

#4 is sliding down to set the screen in the lane for #1.



Option 4 - Post Series (B)

"Duck in Post" (4th option B)

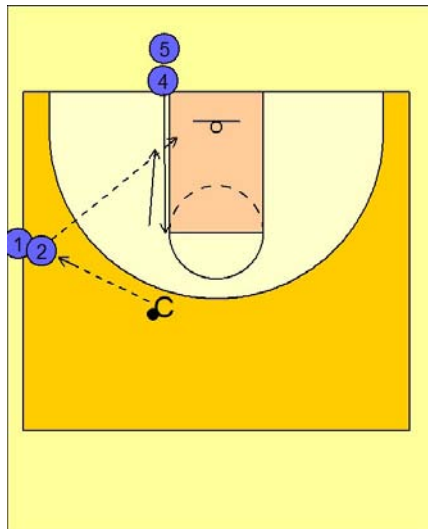
#5 takes the ball on the dribble across the freethrow line area. #4 sets the screen in the paint for #1 breaking out to the corner.

#4 pins and seals, ducks in the post looking for a post entry pass from #5.

Same rotations to get off the floor and to start the next series.

1-4 drills

Corner of the board

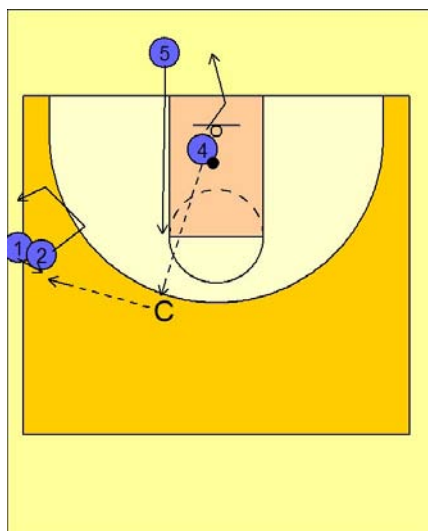


Option 1 - Wing Series (A)

"Corner of the Board"

Here we breakdown the first option in the wing series. The coach at the top has the basketball. #4 flashes to the high post. Once the post reaches the freethrow line elbow area, the coach passes the ball to #2 on the left wing. When the ball is in flight to #2, #4 slides down to the low post area just a few steps above the block. #2 then uses the "corner of the board pass" passing it to the corner of the board, over the defender playing on the high side and leading the post player to the rim.

1



Option 1 - Wing Series (B)

"Corner of the Board"

#4 makes the outlet pass to the coach and steps off the floor. #2 gets off the floor and moves to the last spot in line.

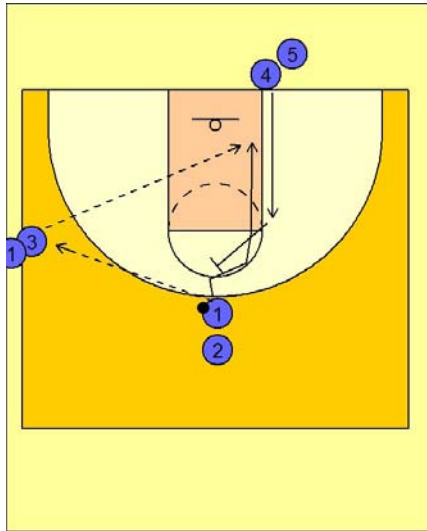
#5 steps on the court and flashes to the high post. #1 is stepping in to receive the next wing entry pass from the coach and the drill continues.

2

1-4 drills

Lob over the top

1



Option 2 - Wing Series (A)

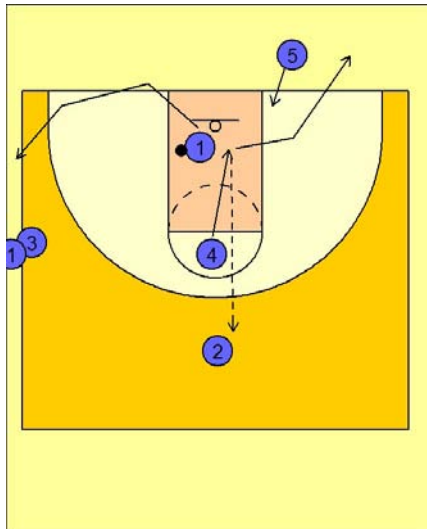
"Lob over the top"

Three lines for this drill, two perimeter and one post line.

#4 flashes to the high post right elbow area. Once he reaches the freethrow line elbow area, #1 enters the ball to the left wing player #3. #4 then steps out and sets a back screen for #1. #1 sets his defender up with a nice v-cut by taking his man down and then over the top of the screen. #1 should v-cut and come off shoulder to shoulder with #4.

#3 makes the lob pass over the top to #1.

2



Option 2 - Wing Series (B)

"Lob over the top"

#4 follows the lob to the basket for the tip in. #4 gets the ball out of the net and outlets the ball to the new top man, #2.

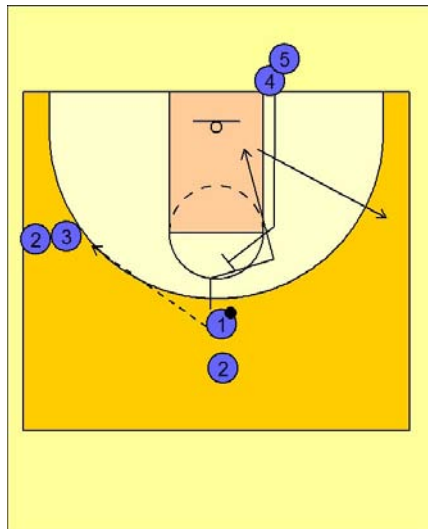
#1 hustles off the floor and moves to the opposite perimeter line he started from.

#4 hustles off the floor and gets to the back of the post line.

#5 steps in and flashes to the high post elbow to begin the next drill.

1-4 drills

Big on small



Option 3 - Wing Series (A)

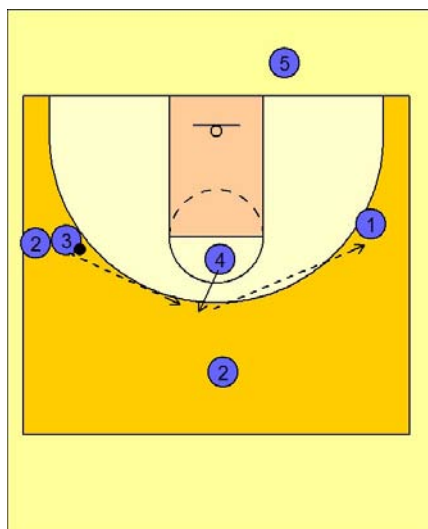
"Big on small"

Here we are looking to breakdown the "big on small" screen on top with the post man screening away for the wing player.

The perimeter player, #1, enters the ball to the wing player, #3, and looks to receive the backscreen for the lob. #1 takes his man down and sets up his defender with a nice v-cut over the top of the backscreen from #4.

#1 cuts to the basket for the lob, does not receive the lob pass and quickly breaks out to the right wing area.

1

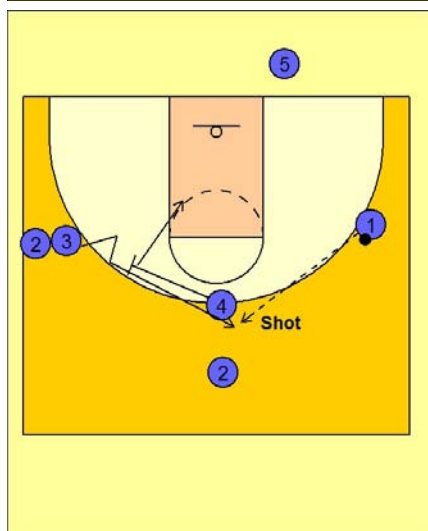


Option 3 - Wing Series (B)

"Big on small"

#4, after backscreening, steps out to receive the reverse pass from #3. #3 passes to #4 who turns and throws to #1 on the right wing.

2



Option 3 - Wing Series (C)

"Big on small"

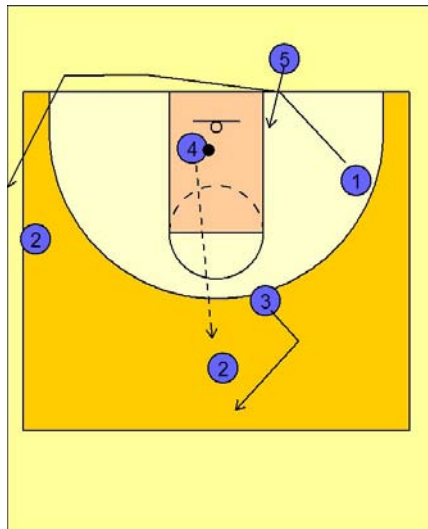
As soon as #4 passes to #1 on the right wing, he screens away on top for #3. #3 sets his defender up with a nice v-cut and comes over the top of the screen set by #4. #3 receives the pass from #1 and takes the shot near the top of the key area. #4 goes to the basket for the offensive rebound.

3

1-4 drills

Big on small

4



Option 3 - Wing Series (D)

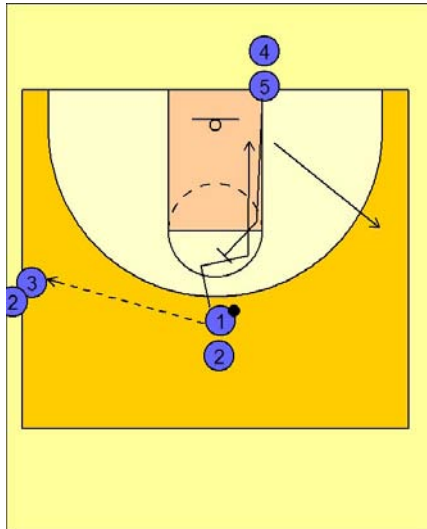
"Big on small"

#4 outlets the ball to #2 on top, #1 and #3 exchange lines and go to the end of that respective line. #5 steps in and becomes the next post man ready to move up and set the back screen and the drill repeats with the next three participants.

1-4 drills

Wing denied / dribble hand-off

1



Option 4 - Wing Series (A)

"Wing Denied / Dribble Hand-off"

You always have to give your players a "pressure release" so that the offense can continue to run when overplayed.

If the post is denied on top he will always backcut. When the wing pass is denied we will always execute a dribble hand-off to the wing.

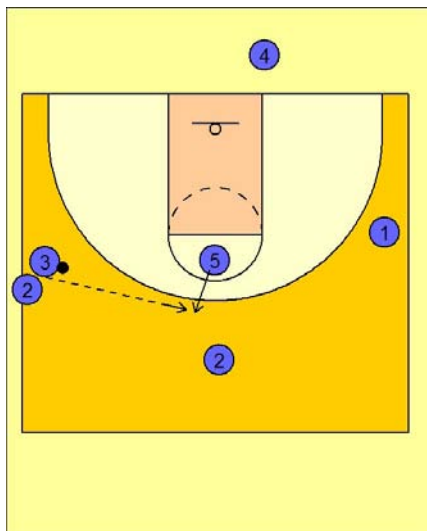
Here we have two perimeter lines and one post line.

#5 flashes to the high post. When he reaches the high post, #1 passes to #3 on the left wing area.

#5 steps out and sets a backscreen for #1. #1 sets his man up and comes over the top of the screen from #5 looking for the lob pass from #3.

#1 does not receive the lob pass and cuts out to the right wing area.

2



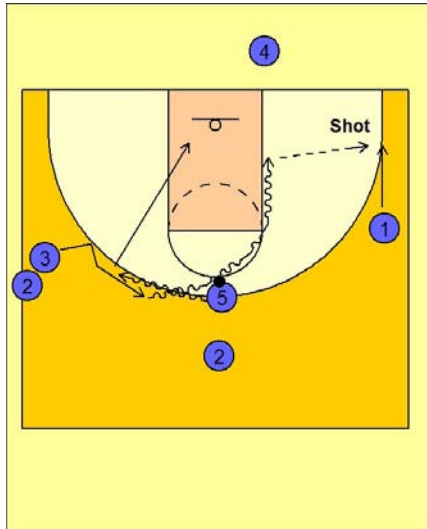
Option 4 - Wing Series (B)

"Wing Denied / Dribble Hand-off"

#5 steps out and receives the pass from #3.

1-4 drills

Wing denied / dribble hand-off



Option 4 - Wing Series (C)

"Wing Denied / Dribble Hand-off"

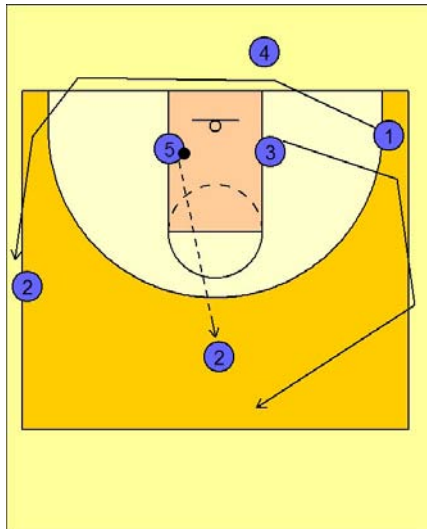
#5 recognizes that #1 is being denied and cannot pass the ball to him.

#5 immediately turns and attacks #3 on the left wing and executes a dribble hand-off.

#3 takes the ball from #5 and attacks the rim looking to score or drive and kick out to #1 on the right wing / corner area.

As a reminder, in your 1-4 offense, #3 has the option to either turn the corner and attack the rim or can back the dribble out and execute the 1-4 offense again.

3



Option 4 - Wing Series (D)

"Wing Denied / Dribble Hand-off"

#5 cuts to the basket after the hand-off looking for the pass back from #3 or for the offensive rebound.

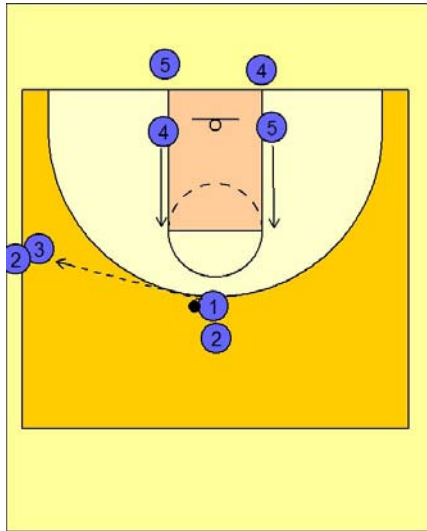
#5 outlets the ball to the new perimeter player on top, #2. #1 cuts underneath the basket and gets to the end of the line on the left wing while #3 hustles up and gets to the back of the perimeter line on top.

4

1-4 drills

High / low

1



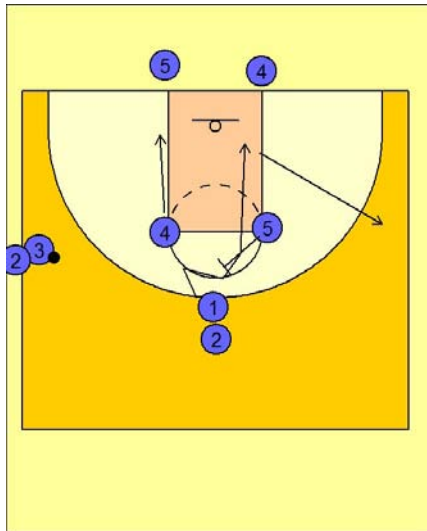
Option 5 - Wing Series (A)

"High / Low"

Perimeter players split up in both lines, one at the top and one at the left wing. As a reminder, all of these drills can and should be run from either direction.

#4 and #5 start the drill by flashing to the high post. #1 has the ball on top and makes a wing entry pass to player #3.

2

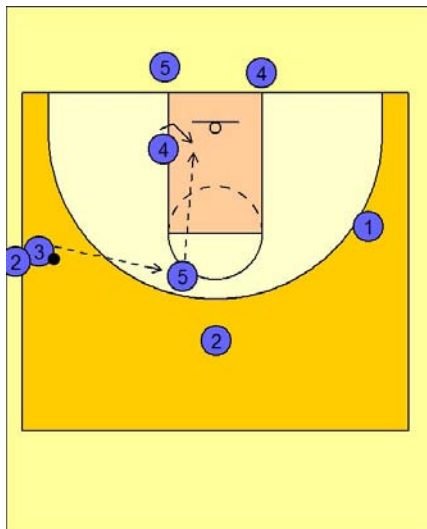


Option 5 - Wing Series (B)

"High / Low"

As the ball is in flight to #3 on the left wing, #4 slides down to the ball side low post position a few steps above the block. #5 steps out and sets a back screen for #1. #1 takes his man down and then over the top of the screen from #5. #1 cuts to the basket for the lob pass and then breaks out to the opposite wing area.

3



Option 5 - Wing Series (C)

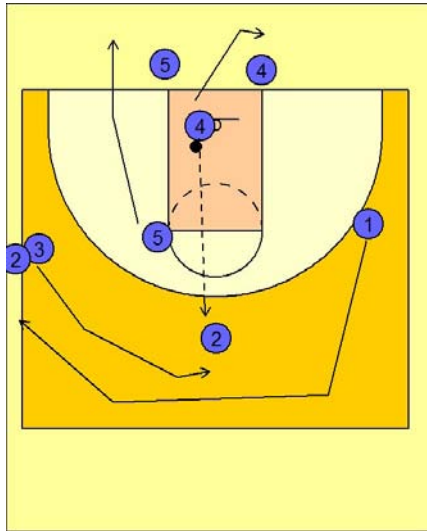
"High / Low"

After backscreening, #5 steps out and receives the pass from #3. #4 pivots, pins and seals for the over the top "high / low" pass from #5.

1-4 drills

High / low

4



Option 5 - Wing Series (D)

"High / Low"

#4 outlets the ball to the new top player, #2, and hustles off the floor to the opposite post line he started from.

#1 hustles over the top to the opposite perimeter line he started from.

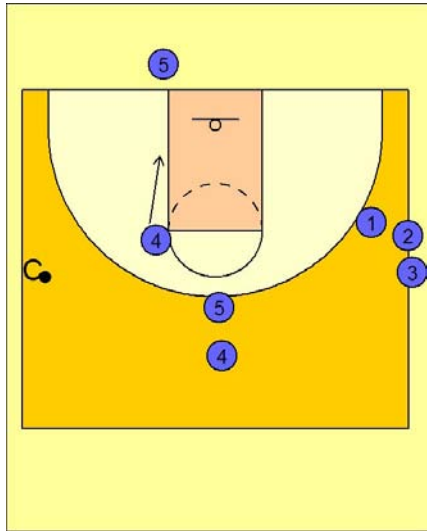
#5 hustles off the floor to the opposite post line he started from.

#3 hustles up to the top perimeter line, opposite from the one he started.

1-4 drills

Small on big

1



Option 5 - Wing Series (A)

"Small on Big"

Gary Colson had a rule when I coached with him at Fresno State. He wanted the ball reversed in 1.8 seconds. Getting great ball reversal in any offense increases your chances to score the basketball.

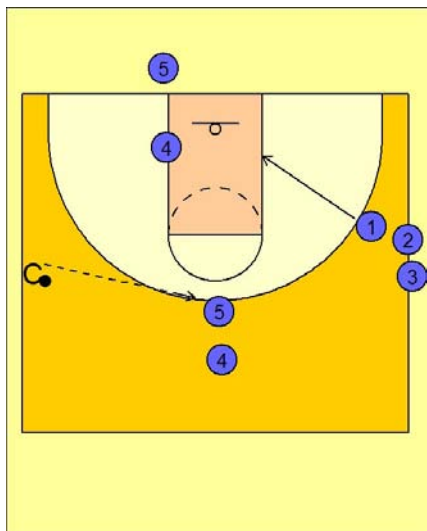
Details here are important:

The post has to sprint down and wait for his screen, stopping a few steps above the block.

The ball has to be reversed quickly to the other side of the floor.

The post has to work hard to establish good inside position to enable an easy shot.

The drill starts with the coach holding the ball, as if he just received a wing entry pass. #4 slides down to the ball side block, just a few steps above the block.



Option 5 - Wing Series (B)

"Small on Big"

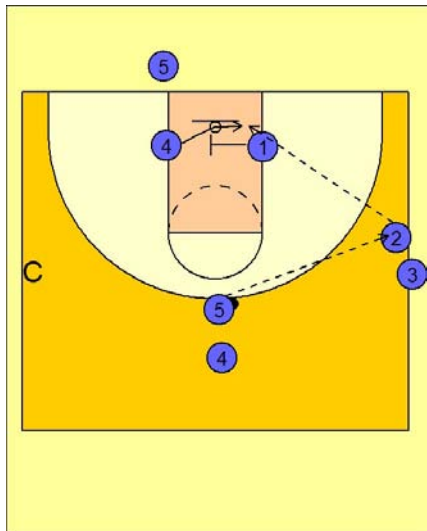
The coach then reverses the ball to #5 on top. The rule is that #1 must wait for the ball to be passed to #5 on top before he makes his cut down toward the low block area.

2

1-4 drills

Small on big

3



Option 5 - Wing Series (C)

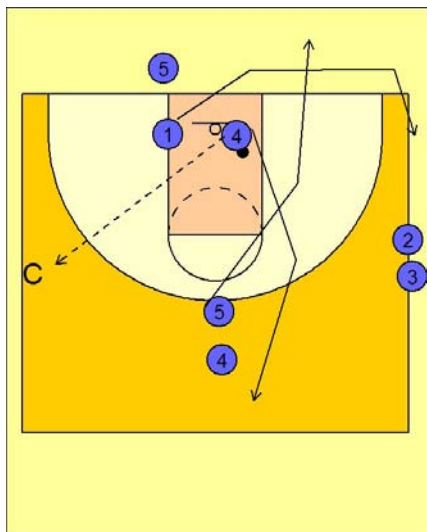
"Small on Big"

#5 catches the ball on top, looks quickly inside to #4 for the potential high / low pass, and then reverses the ball to #2 on the right wing.

When the ball is in flight to #2 on the right wing, #1 is making his move in the lane to set a screen for #4.

#4 must be patient and wait for the screen to develop. #4 cuts under the screen looking for the post entry pass from #2.

4



Option 5 - Wing Series (D)

"Small on Big"

#4 outlets the ball to the coach, #5 moves down to underneath the basket and gets to the end of the post line.

#4 hustles up to the top and gets to the end of the post line on top.

#1 moves to the end of the wing line on the right side.



We just completed the post, wing and clear series. We went “backdoor cut”, “high / low”, “shot from the corner / duck in the post”, “sidepost”, “corner of the board”, “lob over the top”, “big on small screen”, “dribble hand-offs” and we did “small on big”, so as you can see there are a lot of different options within these series.

At this point you might be thinking that there is too much structure in this offense... “where’s the freedom in this offense?” There is freedom to do a lot of things if you have good players who can make individual plays within the structure...then you allow them to do that within their limits.

To have good offense, you all have to have roles. Some players are good shooters; some players are good drivers; some players are good rebounders and screeners; and everyone has to know and understand their role within any given offense. When they master their roles and understand their limitations and abilities, that’s when you have a great team. And with this offense, this is a passing offense, it automatically creates team play, and if you get these drills down, you are going to have a very good offensive basketball team.

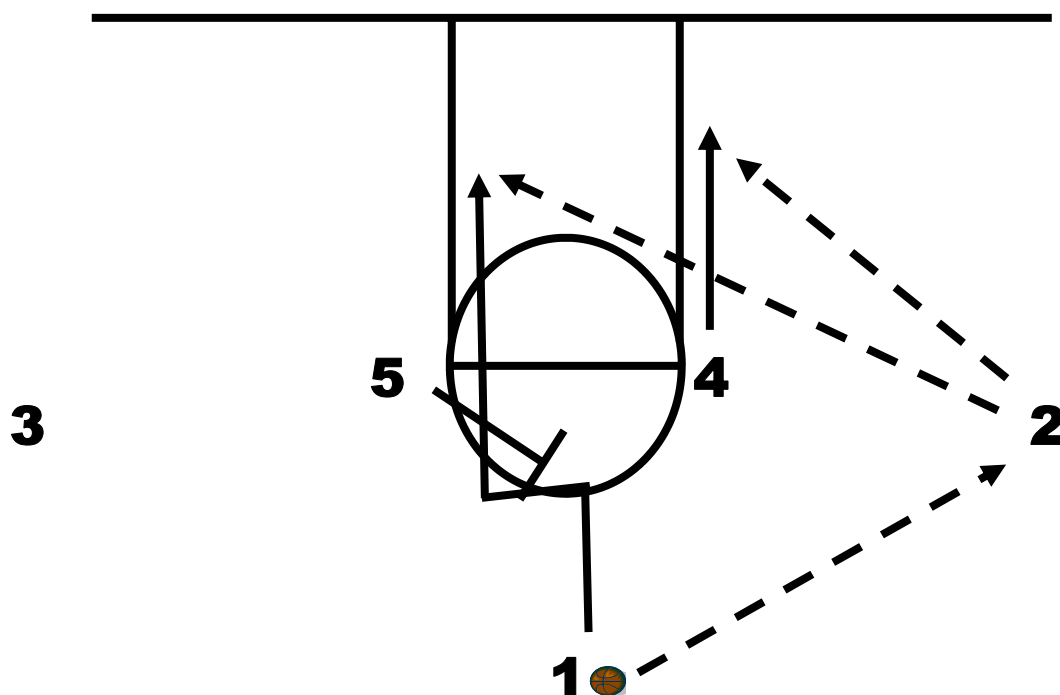
In closing, if you use these breakdown drills everyday, your 1-4 offense will be more effective and more productive, your players will develop better habits and they will understand the offense more completely.

JIM SAIA

In Closing



Offensive System
Plus Drills To Teach





In closing, I believe Ralph Miller created the best offensive system in today's game. The reasons for this is because this offense creates rhythm and flow and it's easy to understand. The goal of any offense is to get high percentage shots.

If you run this offense efficiently, and you run the breakdown drills, and you execute it day-in and day-out, you are going to find out that your players enjoy it, they are going to have some structure and they are going to have some freedom to play. That is what you want in every offense. You want to give freedom and structure and you must have a balance of both.



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