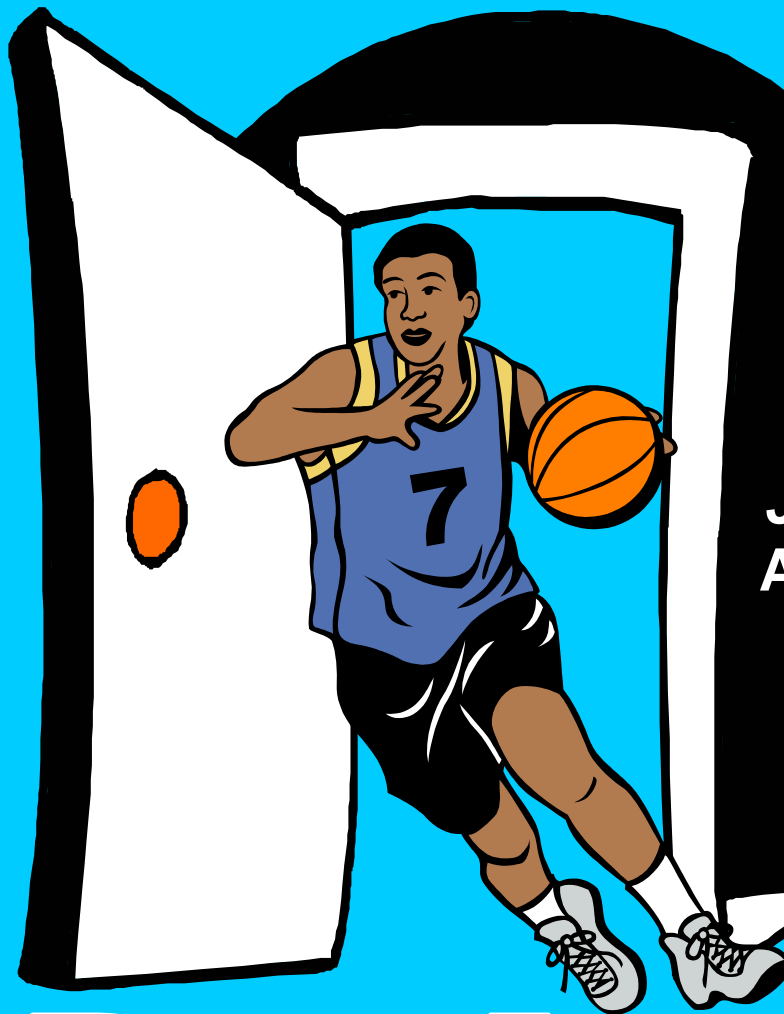


# Backdoor



By  
Jamie  
Angeli

# Buckets

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# I. Introduction

The backdoor lay-up has long been the favorite of many basketball purists. Watching your players execute an offense to perfection that leads to a wide open lay-up with the defender going in one direction and the offensive player going in another....is there anything sweeter in this game?!?!

The "Princeton System" has made the above scenario common place in college basketball. They are meticulous with their cuts, spacing and passing, bringing back into the game what many have felt has left quite a few years ago. I do not claim that this book is a duplication of the "Princeton System"; on the contrary, it is far from it. Although we attempt to breakdown both the high and low post Princeton Offense at the end of this book, *The Princeton System* takes much more time, patience and teaching to be effective. What you are looking at today is a series of set plays designed to give you the end result of what the Princeton System delivers....(among other things) backdoor lay-ups.

With the advent of "one-on-one" basketball and the desire to "give your players some freedom", this new direction has taken away from the perfectly executed offensive set play. *Backdoor Buckets* is an attempt to bring back the execution, the attention to detail, the spacing, the cutting, the timing, and of course, the passing to this great game!

Before I go any further I must give credit where credit is due. I first ran the majority of these set plays as an assistant men's basketball coach under Terry Smith at Lake Superior State University, a division two school in the beautiful and balmy Sault Ste. Marie, Michigan area. The man responsible for providing us with many of these ideas was Keith Noftz, then a head high school coach at Van Wert High School in Van Wert, Ohio. Keith later went on to be an assistant men's basketball coach at Bowling Green State University in Bowling Green, Ohio and is currently the top assistant men's basketball coach at the University of Evansville in Evansville, Indiana.

It is important to note that without proper execution and attention to detail these plays may never see the light of day in your game plan...simply because they will not be effective. However, with proper execution and adherence to the rules and concepts in this book, I assure you your team will be "backdoor" people on a nightly basis.

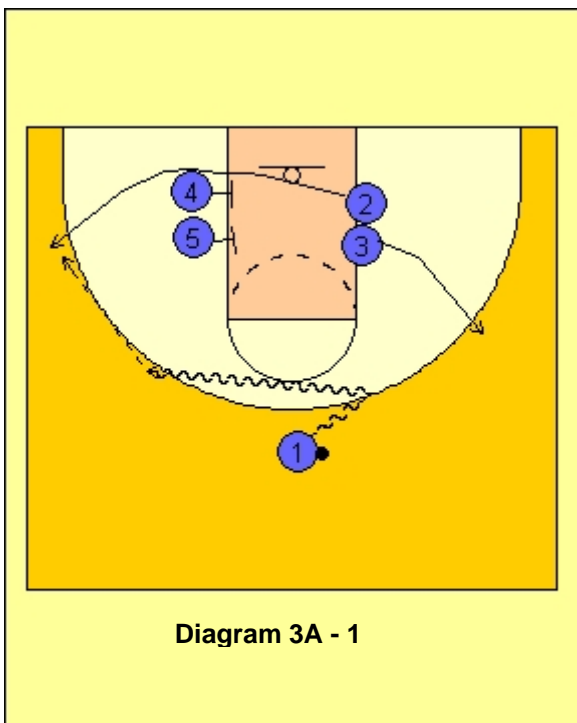
On behalf of Terry Smith, Keith Noftz and myself, we thank you for purchasing "*Backdoor Buckets*" and we wish you many "oohs and ahhs" from the crowd as your players break freely to the basket for another "backdoor" bucket!

## II. Setting Up The Backdoor

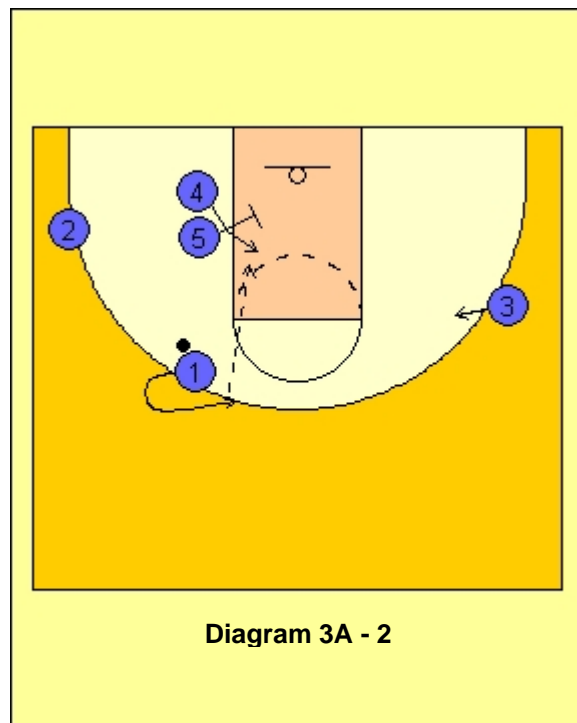
There are certainly a few key elements for these set plays to be successful. Here is what I feel will help increase your odds of success with these set plays:

- 1) The execution of the man passing the ball for the backdoor must be perfect each time. Attention to detail must be given to the footwork needed to execute the dribble pick-up, outside reverse pivot and backdoor pass. The included breakdown drills at the conclusion of this book will help you develop this “execution”. Additionally, the proper technique for the outside reverse pivot is described in detail in the breakdown drill section.
- 2) The timing between the passer and the receiver must be executed with perfection - not something that can be told, but must be drilled. Again, breakdown drills at the conclusion of this book will help develop this “timing”.
- 3) Each of these set plays includes several other scoring opportunities besides the backdoor lay-up. It is *imperative* that you use the *other options* first so that you don’t always give away your backdoor threat.
- 4) As Coach Pete Newell always says, “Basketball is a game of counters”. Teams will try different things to stop these sets, usually sagging off or playing zone defense. In the event of sagging, we hope you will take advantage of the open perimeter shot. In the event of a zone defense, we hope you will run an effective zone offense, this offense cannot help you in that area. In any event, you must be prepared with a “counter” to attack depending on how you are defended. Fortunately, many of these sets will include such a “counter”.
- 5) THIS IS KEY! The dribble pick-up is essential to the success of *many* (but not all) of these set plays. Defenders salivate when they see a dribble pick-up. The thought of stealing the next pass from the stranded dribbler will give you plenty of backdoor opportunities.
- 6) Spend quality time with these breakdown drills each day. Even if you don’t use the sets that often, the included breakdown drills are good drills that emphasize spacing, cutting, timing, footwork, pivoting and passing (essential in any effective offensive system).
- 7) Be creative in calling your plays. Try to avoid obvious verbal signals. If you must call a play, use a fist signal at the end of the play call to signal the backdoor finish. Here’s an idea...try naming some of your plays “**it**” or “**the play**”. Next time you call out “Run **the play** guys”, or “C’mon, run **it** this time”, no one will know what play **it** is or that you may have run **it** already, will they?

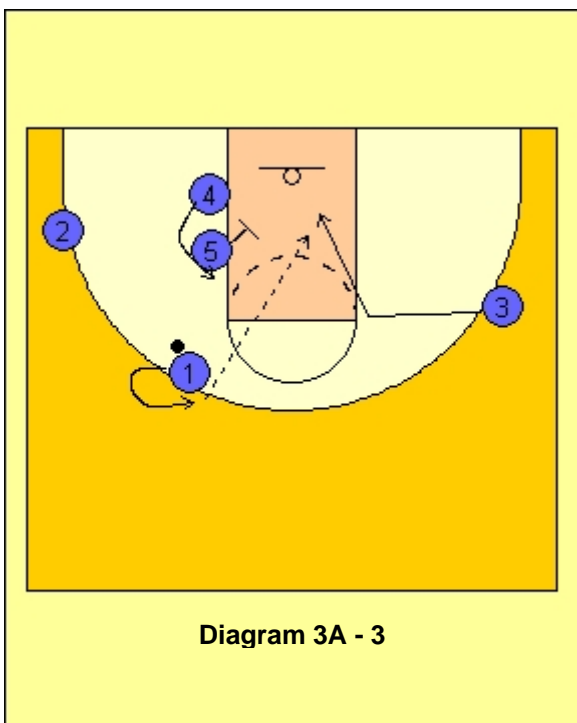
### III. Backdoor Set Plays (Dribble Misdirection)



**(3A – 1)** #1 takes the ball towards the right wing and then cuts back on his dribble towards the left wing. #3 breaks out as if he is receiving the pass from #1 as he brings it over. As #1 takes the ball back to the left, #2 comes off the double screen from #4 and #5. #1 should look to hit #2 if he is open for the jumper.



**(3A – 2)** As #2 comes off the double and is not open, #1 executes an outside reverse pivot. The top man in the double screen (#5), should set a diagonal down screen “pinning” #4’s defender. #4 will cut over the top of #5 looking to receive the pass from #1 in the lane area.



**(3A – 3)** Once #1 has determined he cannot get the ball inside he executes the backdoor pass to #3. As #1 turns to pivot and face #3, #3 starts moving towards the ball. Timing is crucial here as #3 must call for the ball as #1 fakes the pass to #3. #3 then cuts backdoor while #1 makes the backdoor bounce pass underneath the defense to the cutting #3.

### III. Backdoor Set Plays (X – Cut off High Post)

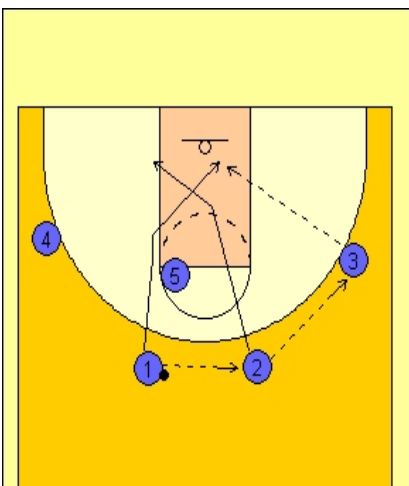


Diagram 3B - 1

**(3B – 1)** 2 – 3 high set to begin. #1 passes to #2 and #2 then passes to #3 on the right wing. #1 cuts to the basket past #5 while #2 does the same. Both players “X” near middle of lane while #1 looks for ball on right block.

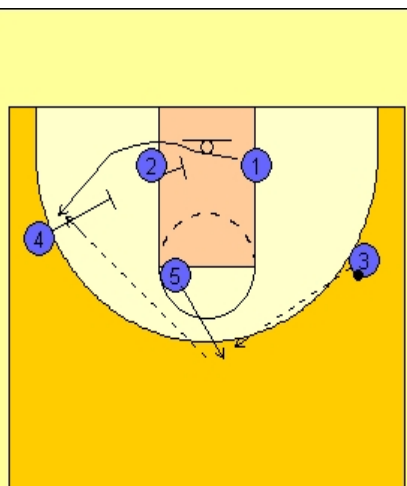


Diagram 3B - 2

**(3B – 2)** If #1 is not open, #5 steps out to top of key area to receive pass from #3. As #5 is receiving pass, #2 and #4 set a double staggered screen for #1 looking to get open for the jumper on the left wing area.

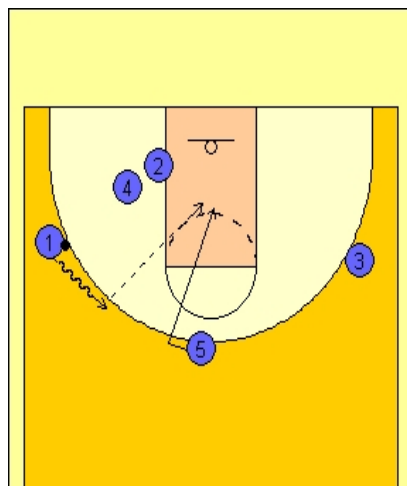


Diagram 3B - 3

**(3B – 3)** If #1 does not have a shot, he dribbles hard at #5 on the top of key. #5 fakes at #1 and then cuts back door. #1 delivers a one hand, right handed back door pass off the dribble to the cutting #5.

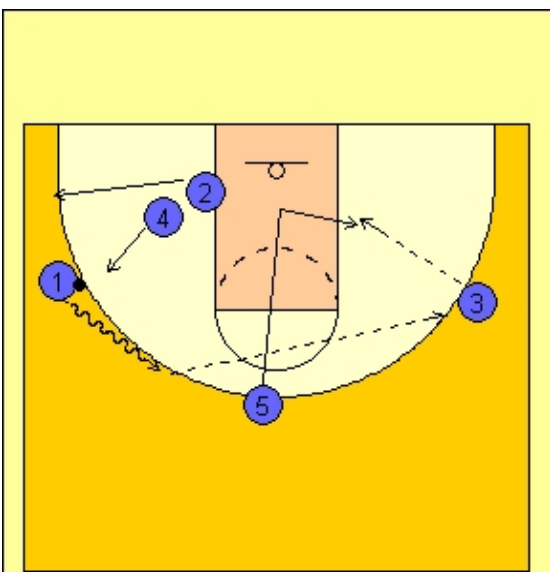


Diagram 3B - 4

**(3B – 4)** If #5 does not receive the back door pass from #1, #1 will look to pass the ball to #3 on the right wing area. #5 will come back to the ball side block looking for the post entry pass from #3. #4 and #2 step out of the lane area to give #5 room to work in the post.

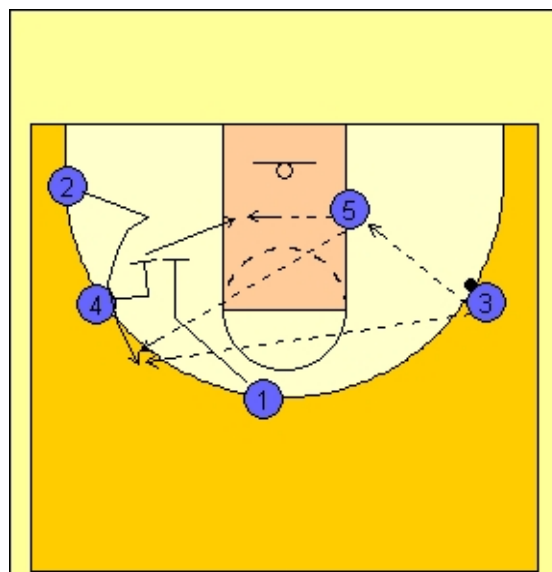


Diagram 3B - 5

**(3B – 5)** Once the ball gets over to #3 on the right wing, #4 and #1 will look to set a double screen for #2 on the left wing. If #2 is open he can receive the pass from either #3 on the right wing or from #5 in the post. #4 will look to “slip” to the basket after the double screen looking for a pass from #5.

### III. Backdoor Set Plays (Point Guard Pick Away)

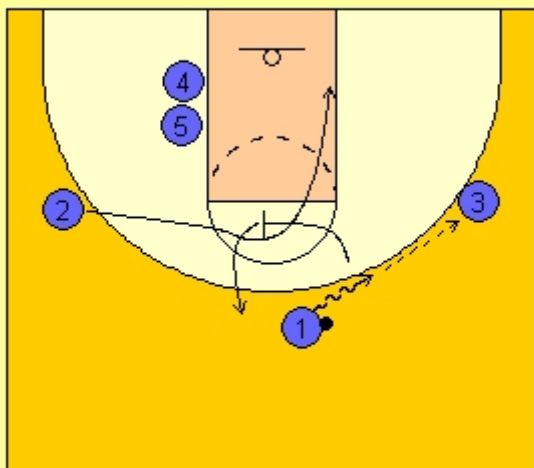


Diagram 3C - 1

**(3C – 1)** #1 takes the ball on the dribble towards #3. #1 passes to #3 and cuts into the top of the key area looking to set a screen for #2. #2 cuts over the top of the screen from #1 and breaks down to the ball side low block area. After screening, #1 breaks to the top of the key area looking for a return pass from #3.

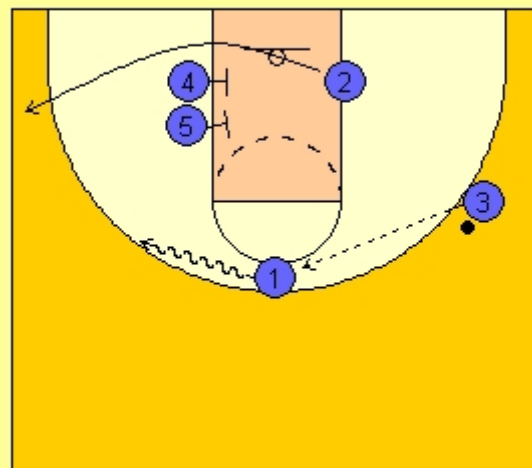


Diagram 3C - 2

**(3C – 2)** #3 hits #1 on top. #1 then drives the ball towards the left wing area. While this is happening, #2 comes off the double looking for the open jumper on the left wing. Remember, if the player is open for the shot, he should receive the ball.

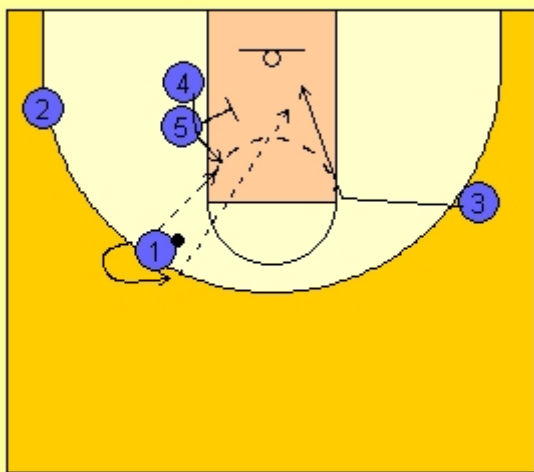


Diagram 3C - 3

**(3C – 3)** Assuming #2 was not open, #1 executes the outside reverse pivot. #5 and #4 repeat the same post action from the double screen. #5 pins down while #4 cuts over the top looking for the basketball. While this is happening, #3 comes hard towards the ball. #3 calls for the ball with hands extended while #1 ball fakes at #3. #3 cuts to the basket on the ball fake and #1 delivers the backdoor bounce pass.

### III. Backdoor Set Plays (Center Screen on Top)

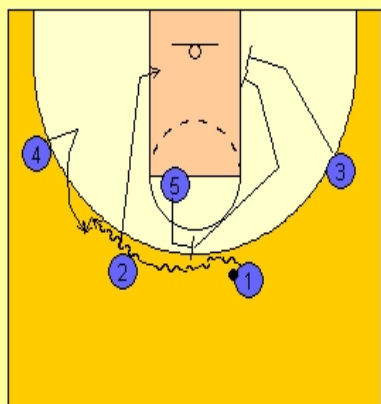


Diagram 3D - 1

**(3D - 1)** 2 - 3 high set to begin. #5 steps out and ball screens for #1. #2 cuts down to left low block. After screening, #5 rolls down to right low block with #3. #1 continues dribbling on top and executes a dribble hand off with #4.

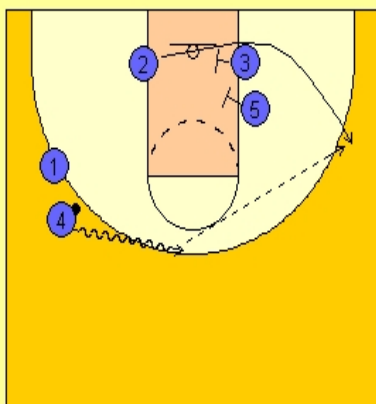


Diagram 3D - 2

**(3D - 2)** #4 takes the ball on top looking for #2 coming off the double screen or double staggered screen from #3 and #5. #4 passes to #2 on the right wing.

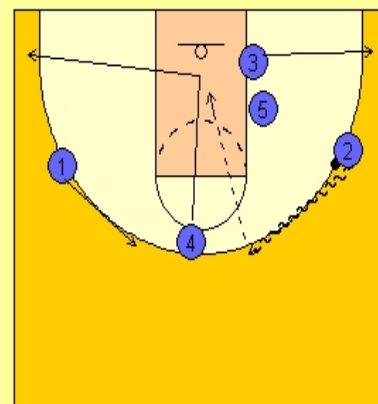


Diagram 3D - 3

**(3D - 3)** If #2 does not have a shot, he dribbles at #4 on top. #4 cuts to the basket looking for the back door lay-up and left handed entry pass off the dribble from #2. #3 steps out to the right corner.

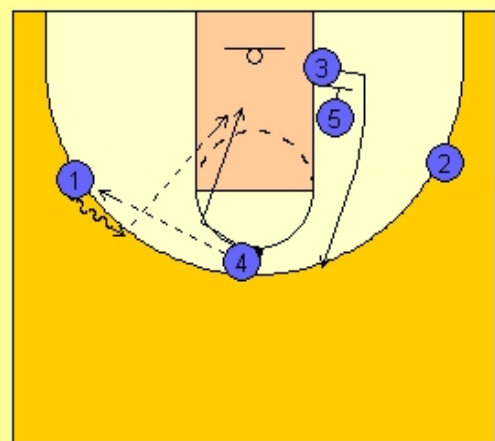


Diagram 3D - 4

**(3D - 4)** If #4 decides not to cut back door he can receive the pass from #2 and then pass to #1 on the left wing. Once #1 receives the ball he begins dribbling at #4 on top. #4 steps toward the dribbler and then cuts back door looking for the pass off the dribble from #1.

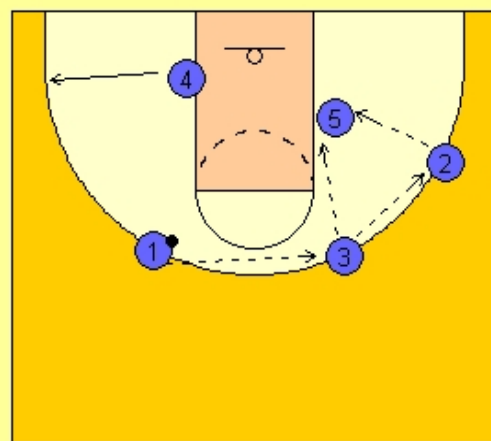


Diagram 3D - 5

**(3D - 5)** If #4 is not open on the cut, #1 looks to reverse the ball to the right side, passing to #3 who looks to pass directly into #5 or will pass to #2 on the right wing who will look to pass inside to #5. #4 will step out to give #5 room to operate inside.



### III. Backdoor Set Plays (America's Play)

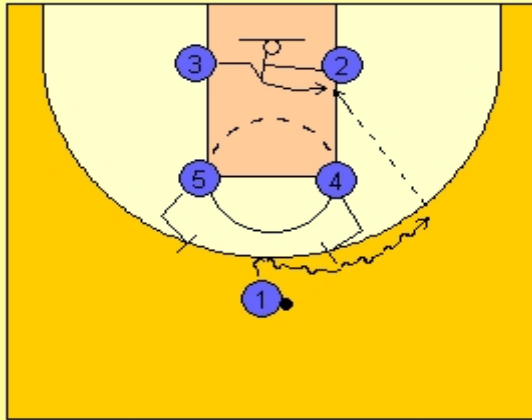


Diagram 3E - 1

**(3E – 1)** Here is “America’s Play” with the backdoor option. #4 and #5 setup for a ball screen on top. The play can be run to either side of the floor. #1 drives the ball to the right side off the screen from #4. As this is happening, #2 screens across for #3. #1 looks inside for #3.

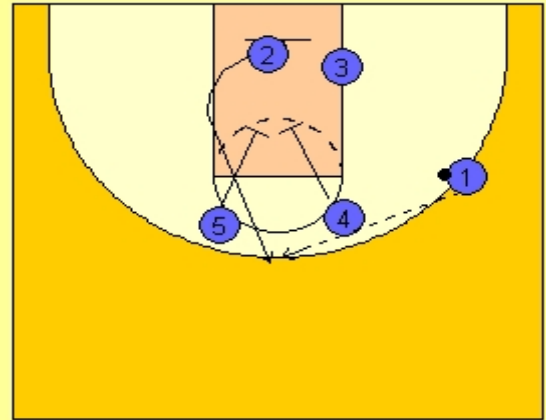


Diagram 3E - 2

**(3E – 2)** If #3 is not open, #4 and #5 set a double down screen for #2. #1 looks to hit #2 on the top of the key for the open jumper.

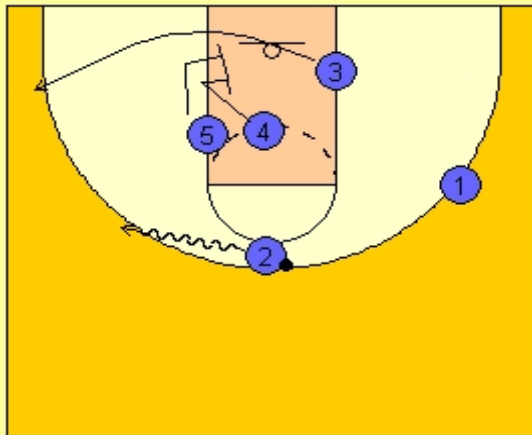


Diagram 3E - 3

**(3E – 3)** If #2 does not have the shot, he drives the ball towards the left wing looking for #3 coming off the double screen from #4 and #5. #2 should deliver the ball to #3 if he is open for the shot.

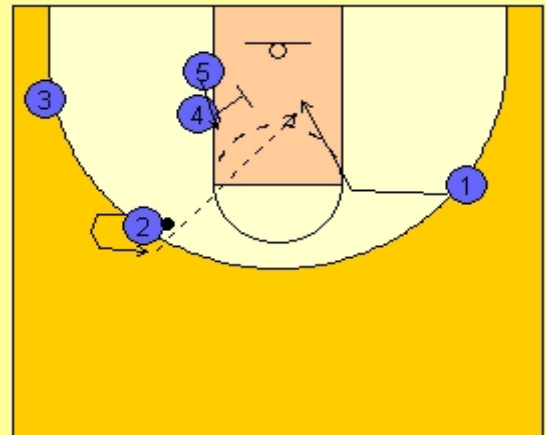
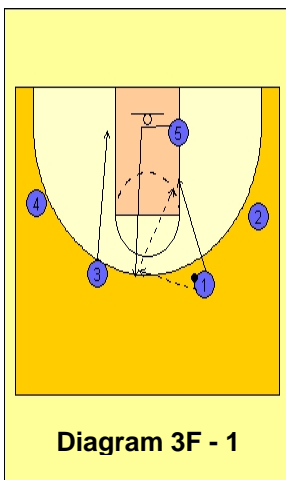


Diagram 3E - 4

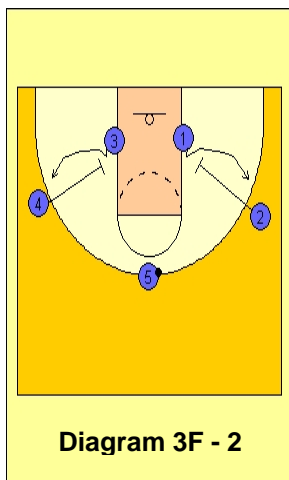
**(3E – 4)** #2 executes the outside reverse pivot. #4 and #5 execute the same screening / cutting action inside. #1 comes hard calling for the ball. #2 pass fakes and makes the backdoor pass to #1.

### III. Backdoor Set Plays (Center High Entry)



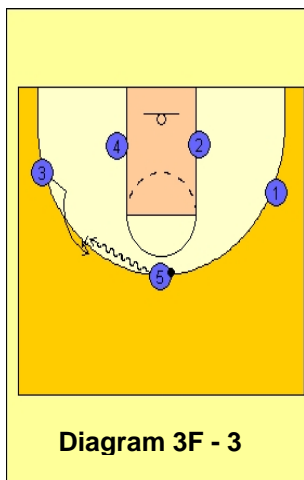
**Diagram 3F - 1**

**(3F - 1)** #5 steps into the lane and then breaks straight out to the top of the key to receive the entry pass from #1. Once #1 passes to #5 on top, #3 cuts to the basket as does #1. #5 looks to hit #1 with a give-and-go cut pass back for the lay-up.



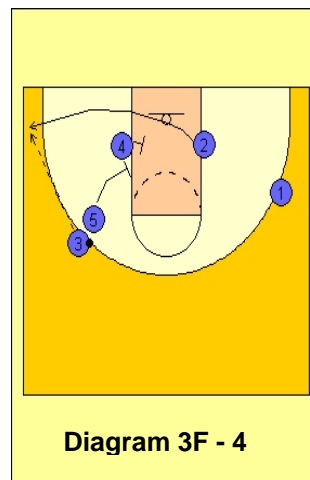
**Diagram 3F - 2**

**(3F - 2)** If #1 is not open on the give-and-go cut, #2 and #4 down screen for #1 and #3. #1 and #3 break out to their respective wing areas.



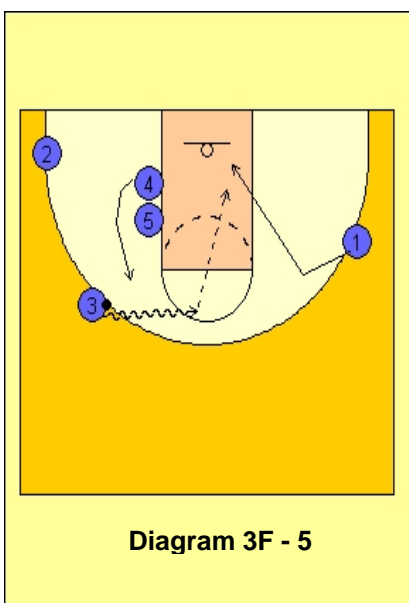
**Diagram 3F - 3**

**(3F - 3)** #5 then makes a decision to dribble at either wing player. Here we see #5 taking the dribble hard at #3 and executing a dribble hand off.



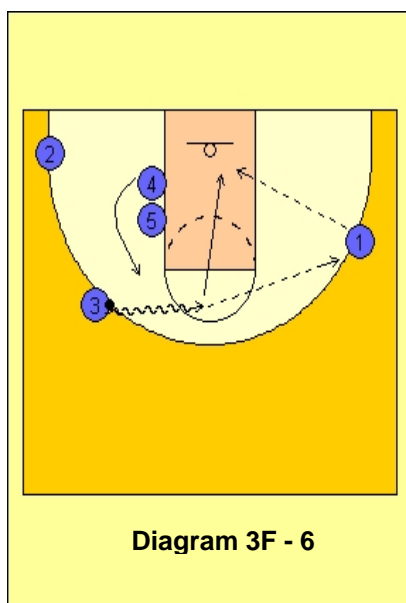
**Diagram 3F - 4**

**(3F - 4)** Once #5 hands the ball off to #3, #5 and #4 set a double screen or double staggered screen for #2 breaking out to the ball side corner for the potential jump shot.



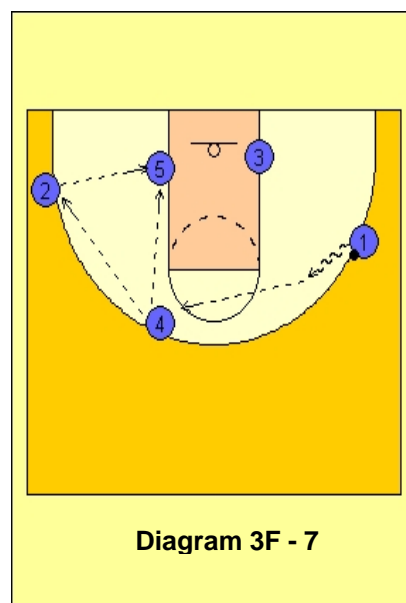
**Diagram 3F - 5**

**(3F - 5)** If #2 is not open for the shot, #3 dribbles hard toward the top of the key area. #1 comes toward the dribbler and then cuts back door looking for the one hand, right hand pass off the dribble from #3. #4 breaks up to the top.



**Diagram 3F - 6**

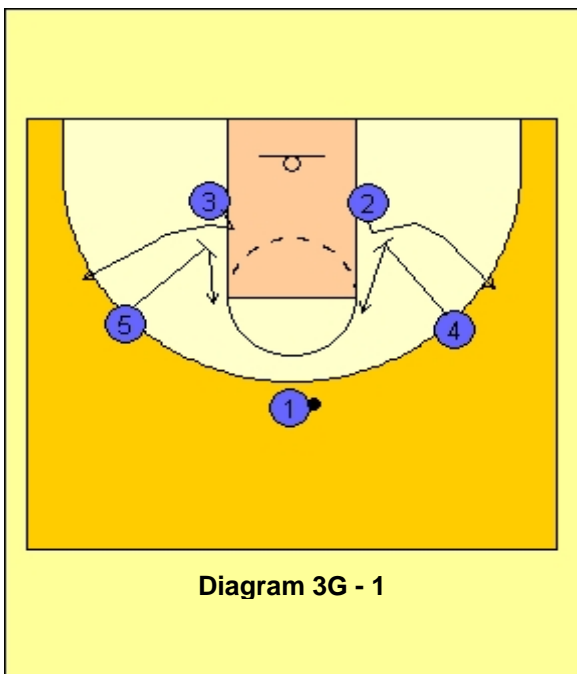
**(3F - 6)** Another option is for #3 to pass to #1 on the right wing and then cut back door looking for the return pass from #1 for the lay-up.



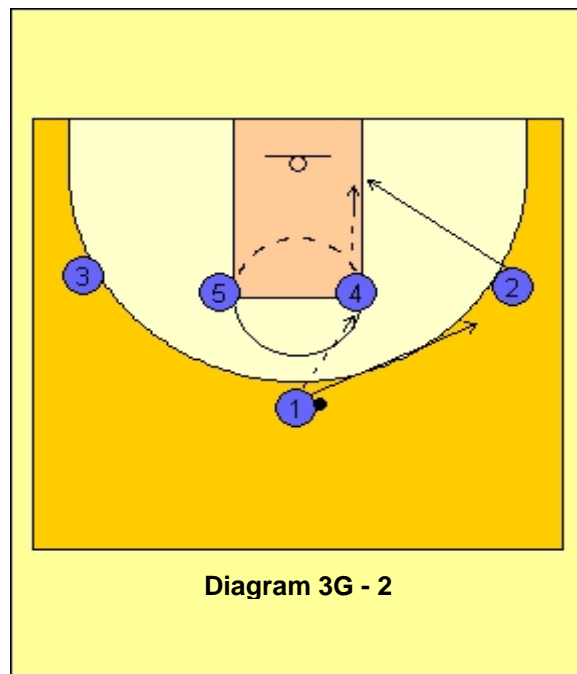
**Diagram 3F - 7**

**(3F - 7)** If #3 is not open on the cut or if #1 did not receive the initial back door pass, #3 or #1 will look to reverse the ball to #4 on top who will look to feed the post player #5 on the block. #4 may also pass over to #2 who will pass inside to #5.

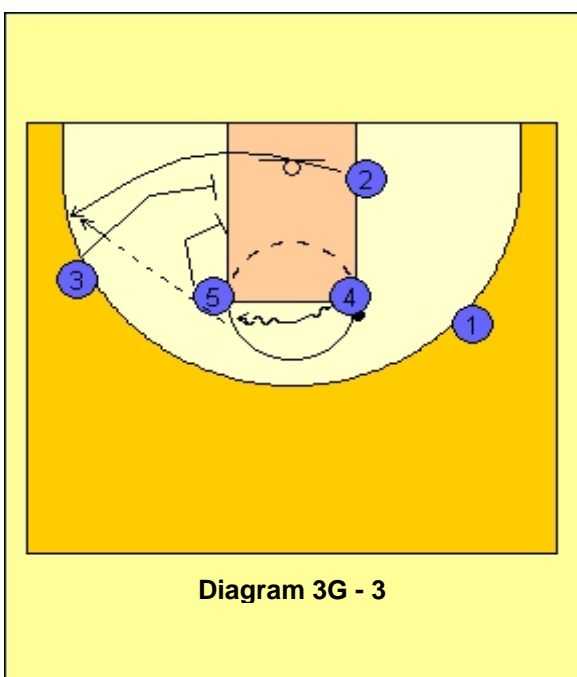
### III. Backdoor Set Plays (1 – 4 High)



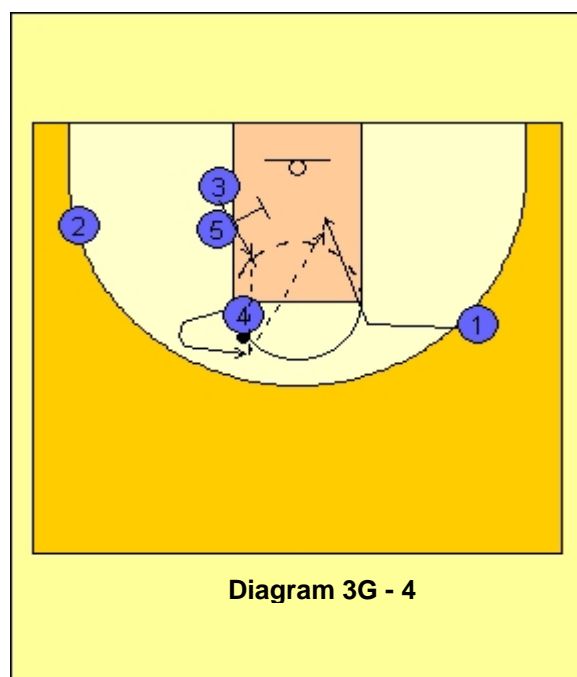
**(3G – 1)** #4 and #5 down screen for #2 and #3. Both players break out to their respective wing areas while #4 and #5 flash into their respective high post elbow areas.



**(3G – 2)** #1 enters the ball to either high post player. Here #4 receives the ball while #2 cuts backdoor looking for the bounce pass from #4. After passing to #4, #1 cuts to the right wing.

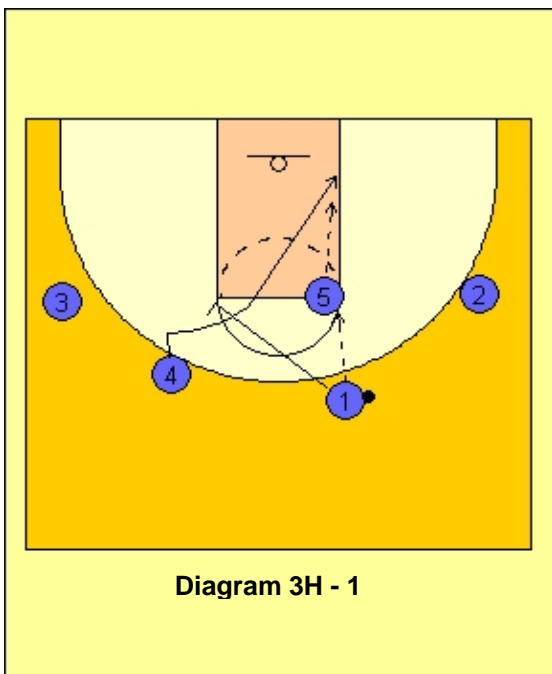


**(3G – 3)** If #2 did not receive the ball from #4, #5 and #3 set up for a double screen on the left low block area. #4 dribbles the ball towards the left wing while #2 comes off the double screen. #4 looks to hit #2 on the wing if he is open.

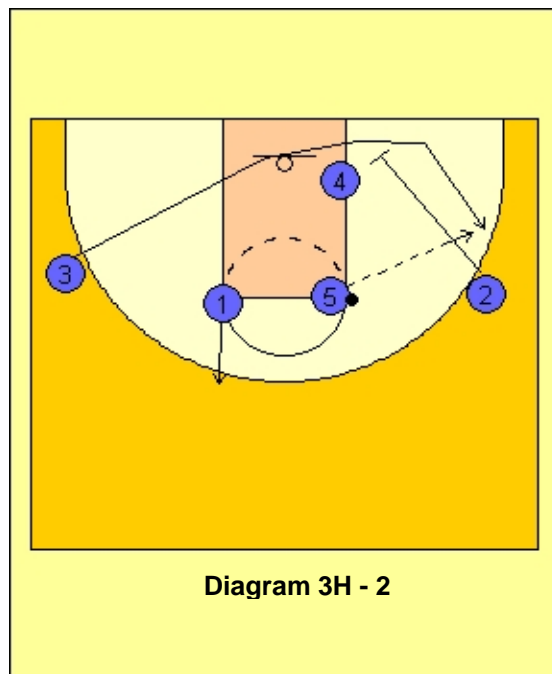


**(3G – 4)** #4 executes the outside reverse pivot. #3 and #5 execute the post "X" options. #4 looks inside to #3. If #3 is not open, #4 looks at #1 coming hard at the ball. #1 calls for the ball while #4 pass fakes at him. #1 then cuts backdoor for the backdoor entry pass from #4.

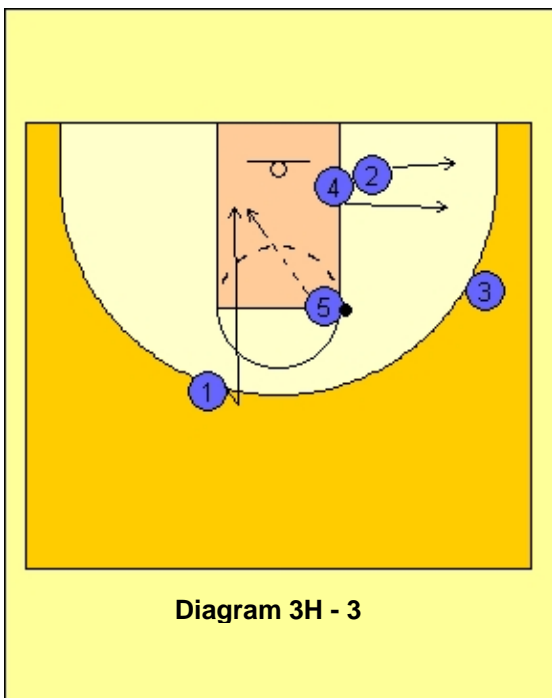
### III. Backdoor Set Plays (“23” Slash)



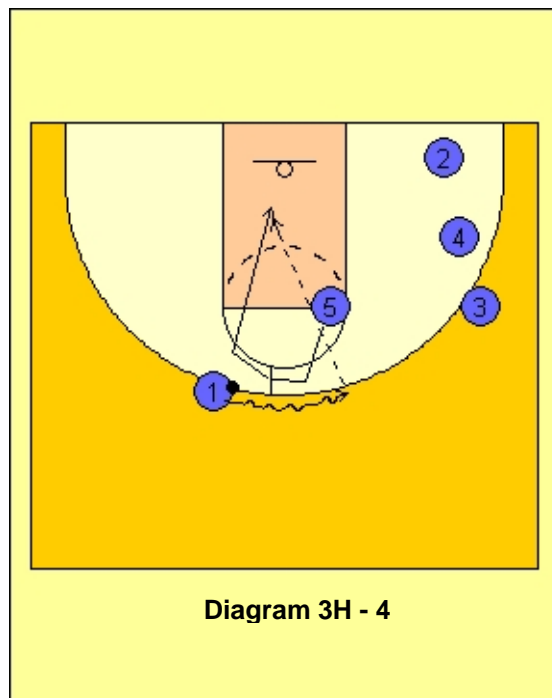
**(3H – 1)** 2 – 3 high to begin. #1 enters to #5 in the high post right elbow. After passing, #1 cuts to the high post left elbow and sets a screen for #4 who cuts over the top of #1 and “slashes” to the basket looking for the return pass from #5 for the lay-up.



**(3H – 2)** If #4 is not open, #1 steps out to the top of the key area. #2 down screens for #3 who has cut through the lane just after #4 has made his initial cut and breaks out to the right wing looking for the pass from #5.

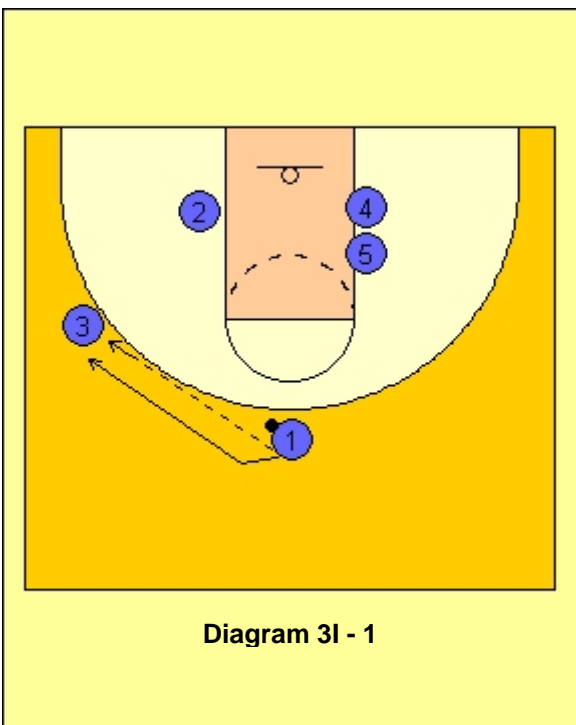


**(3H – 3)** If #3 is not open, #5 turns and looks for #1 who has the option to fake towards the ball and then cut back door to the basket looking for the return pass from #5 for the back door lay-up. #2 and #4 step out after screening to clear the lane area.

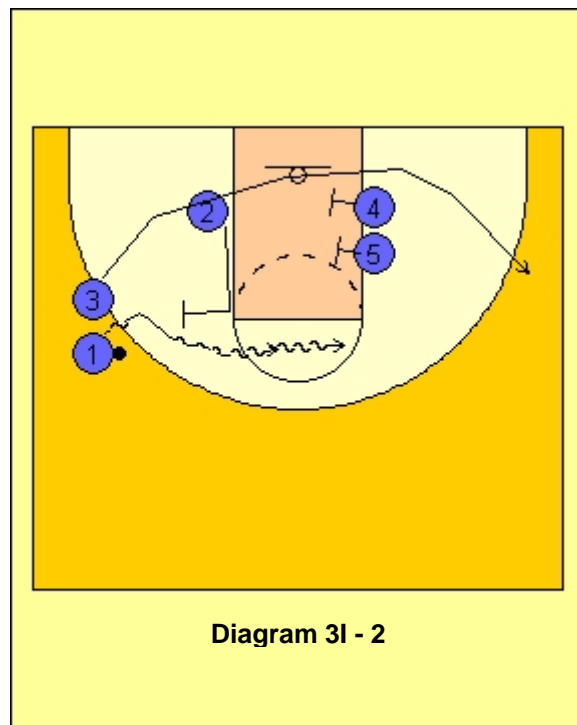


**(3H – 4)** #1 also has the option to receive the pass from #5 on top and then execute a screen and roll with #5. #1 will look for #5 rolling to the basket for the lay-up.

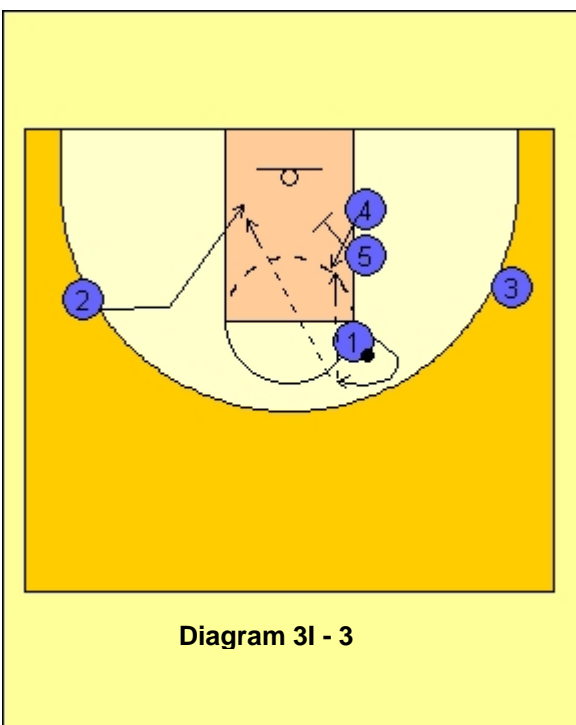
### III. Backdoor Set Plays (Pick & Roll – Left Side)



**(3I – 1)** #1 passes to #3 on the left wing. #1 follows his pass and gets the ball back from #3.

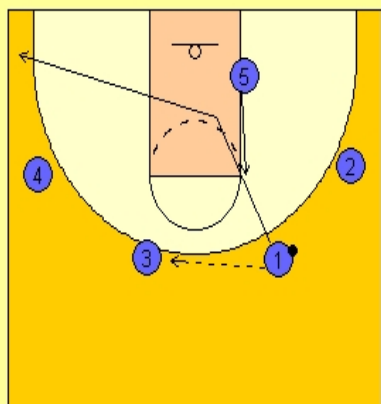


**(3I – 2)** Once #3 hands the ball off to #1 he cuts down and across the lane. At the same time, #2 steps out and sets a ball screen for #1. As #1 is coming off the ball screen #3 is coming off the double screen on the right wing area. #2, after the ball screen, steps back to the left wing area.



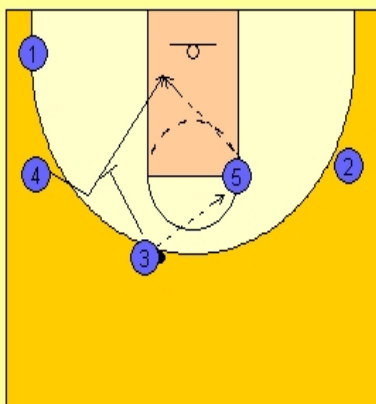
**(3I – 3)** #1 looks to hit #3 if he is open on the right wing. If he is not open, #1 executes an outside reverse pivot while #2 comes hard at the ball. At the same time #1 is looking inside quickly to #4 and #5 executing the "X" cut action. #2 continues to come hard at the ball. #2 calls for the ball with hands up while #1 pass fakes at him. On the pass fake #2 cuts to the basket looking for the backdoor bounce pass from #1.

### III. Backdoor Set Plays (“It” or “The Play”)



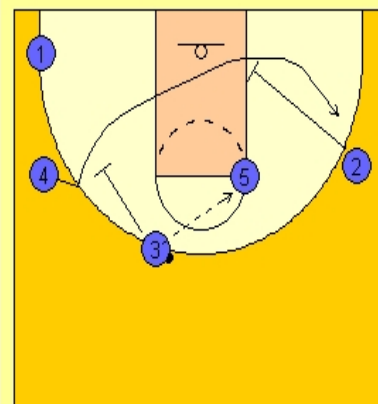
**Diagram 3J - 1**

**(3J – 1)** #1 passes across to #3 on top and the cuts through to the ball side corner. #5 flashes into the high post right elbow area.



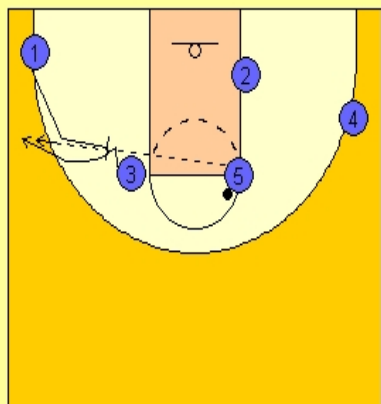
**Diagram 3J - 2**

**(3J – 2)** #3 hits #5 as he flashes into the high post. #3 then screens away for #4 on the left wing area. #4 fakes over the top of the screen and then cuts back door looking for the pass from #5.



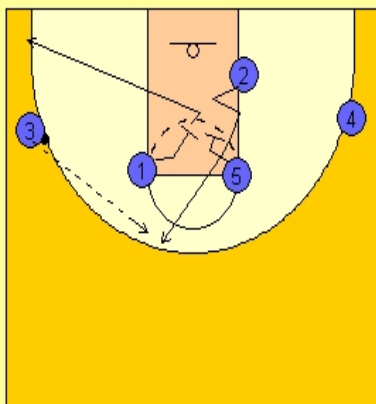
**Diagram 3J - 3**

**(3J – 3)** If #4 is not open, #2 is cutting down as #4 makes his cut to the basket. #2 down screens for #4 who breaks out to the right wing area.



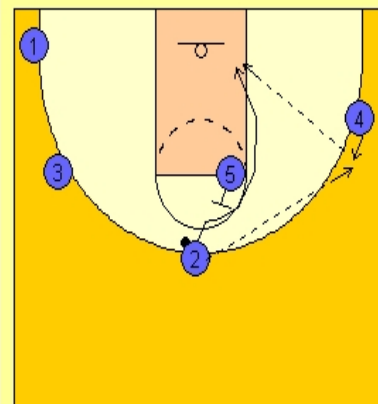
**Diagram 3J - 4**

**(3J – 4)** As that “decoy” screening action between #2 and #4 is taking place, #1 moves up and sets a back screen for #3. #3 flares to the back side looking for the skip pass over the top from #5 and the open jump shot on the right wing.



**Diagram 3J - 5**

**(3J – 5)** If #3 does not have an open shot, #1 and #5 are double down screening for #2 on the right low block. #3 looks for #2 breaking on top for the open jumper. After screening, #1 breaks out to the left corner.



**Diagram 3J - 6**

**(3J – 6)** If #2 does not have a shot, he quickly passes to #4 on the right wing. #2 then receives a back screen from #5. #4 looks for #2 cutting to the basket.

### III. Backdoor Set Plays (Double / Double)

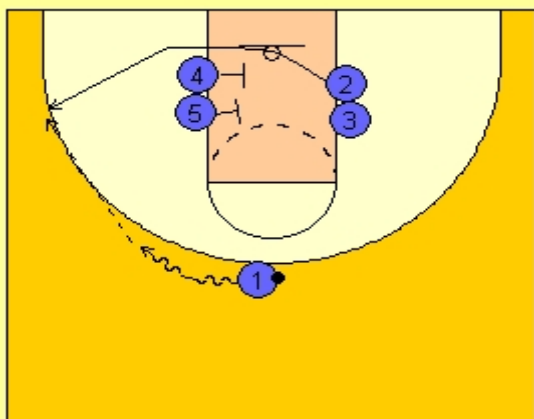


Diagram 3K - 1

**(3K – 1)** Double low stack to begin. #1 takes the ball to the left wing. #2 comes off the double screen. #1 hits #2 on the left wing for the shot if he is open.

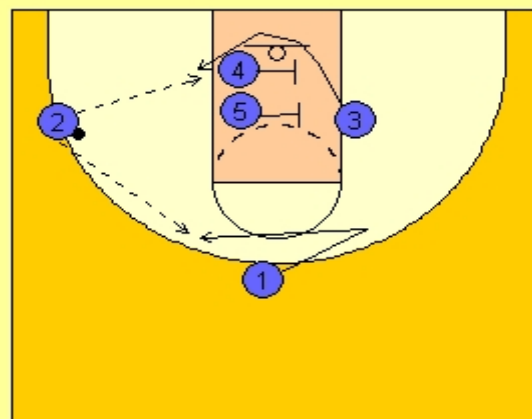


Diagram 3K - 2

**(3K – 2)** If #2 does not take the shot, #4 and #5 set a double screen away for #3 bringing him to the ball side low block. #2 delivers the pass if #3 is open. After passing to #2, #1 cuts away and then back to the ball and receives a pass from #2.

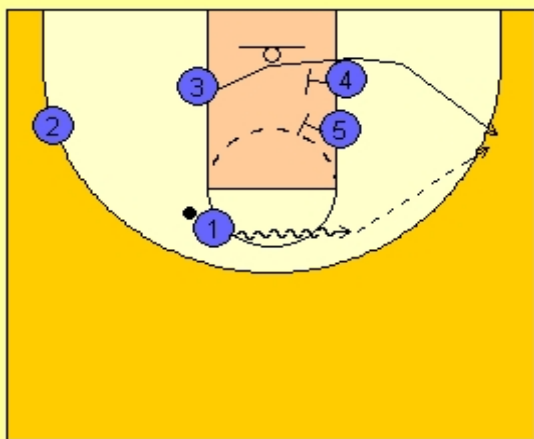


Diagram 3K - 3

**(3K – 3)** #1 then takes the ball on the dribble towards the right wing area. #3 comes off the double screen from #4 and #5. #1 looks to hit #3 if he is open for the shot.

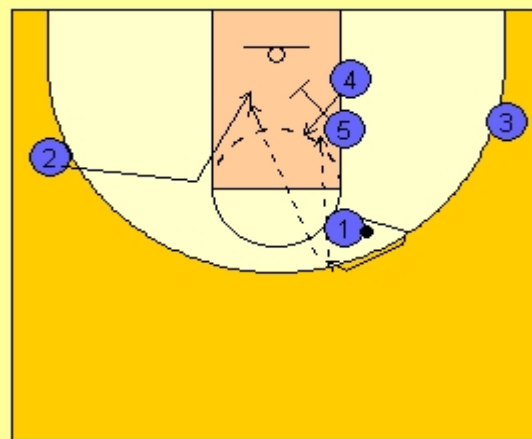
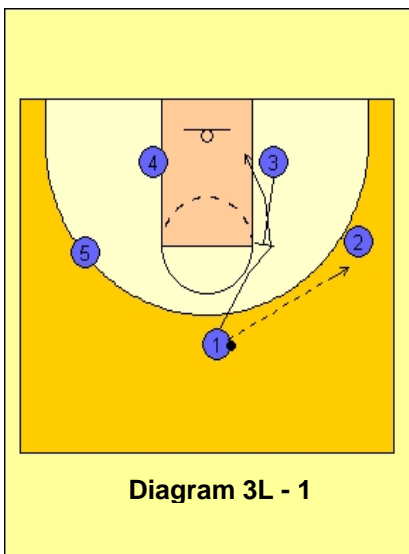


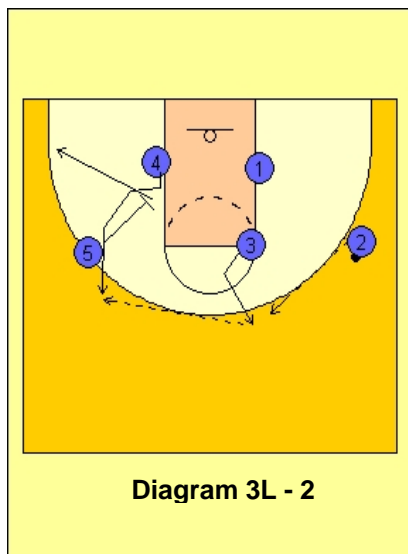
Diagram 3K - 4

**(3K – 4)** If #3 is not open, #1 executes the outside reverse pivot and looks inside for the "X" action in the post from #4 and #5. If #4 is not open, #1 then looks for #2 cutting towards him. #2 calls for the ball while #1 pass fakes at him and then makes the backdoor bounce pass to #2.

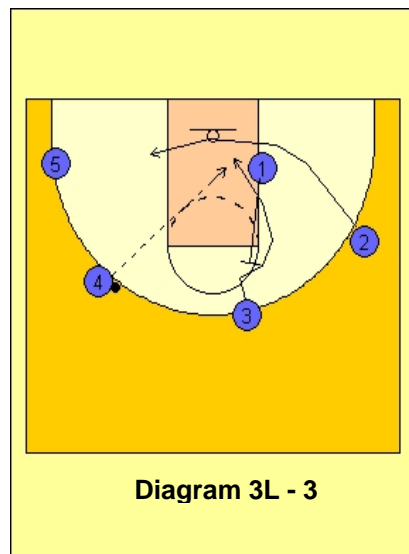
### III. Backdoor Set Plays (Lob Play)



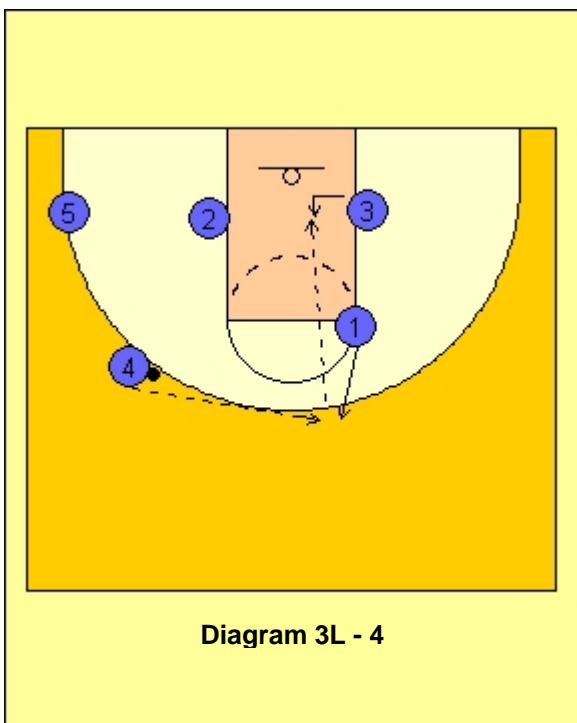
**(3L – 1)** #1 enters the ball to #2 on the right wing. #3 steps up and sets a back screen for #1. #1 cuts to the ball side low block area.



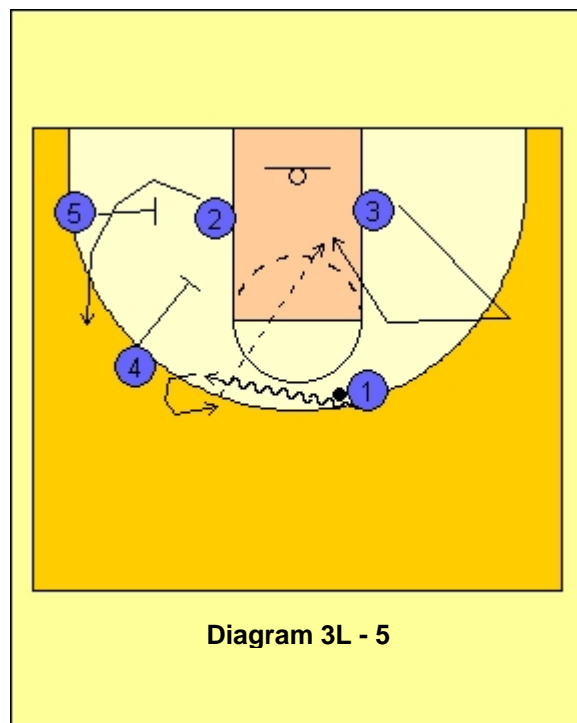
**(3L – 2)** After back screening, #3 steps out and receives the pass from #2. As this is happening, #5 down screens for #4 and then breaks out to the left corner area.. #3 reverses the ball to #4 on the left wing.



**(3L – 3)** As #2 passed to #3 on top he cuts across the low block area to the opposite low block. As #2 cuts through, #1 sets a back screen for #3 and a potential lob pass to the rim from #4.



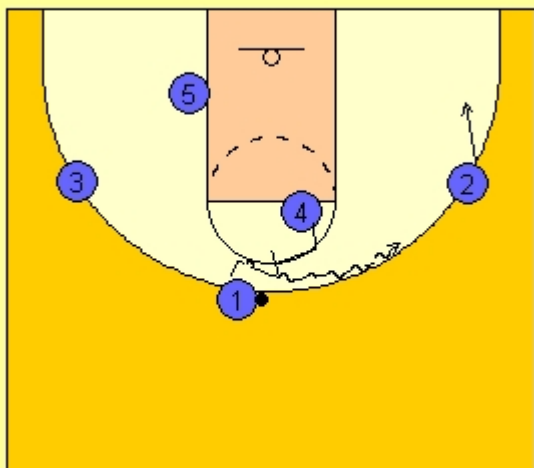
**(3L – 4)** If the lob pass is not available, #1 steps out after back screening and looks to receive the pass from #4. #3 then ducks in the post and #1 looks to enter the ball inside to #3 on the low right block.



**(3L – 5)** If #1 does not throw the ball inside he looks to drive towards the opposite wing area. While this is happening, #3 breaks out to the right wing. #4 and #5 down screen for #2. #1 looks to hit #2 if he is open off the double screen. If #2 is not open, #1 executes the outside reverse pivot while #3 comes hard to the ball. #3 calls for the ball while #1 pass fakes and makes the backdoor bounce pass to #3.

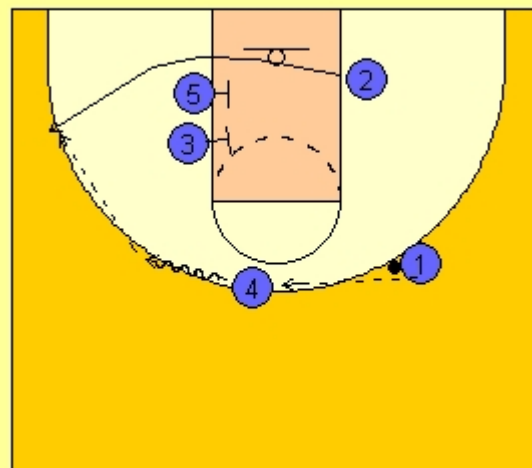


### III. Backdoor Set Plays (Pick and Roll - Top)



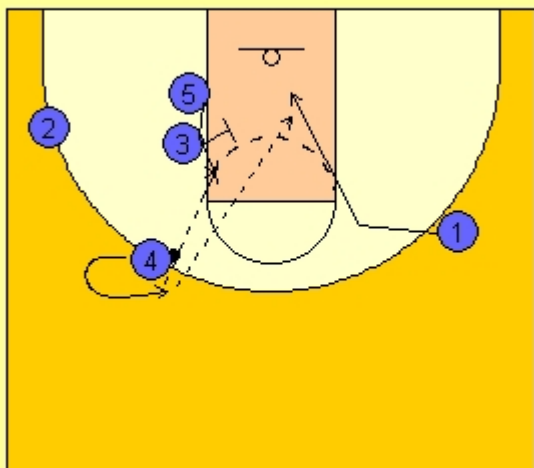
**Diagram 3M - 1**

**(3M – 1)** #4 steps out and ball screens for #1 on top. #1 takes the ball to the right wing while #2 moves down.



**Diagram 3M - 2**

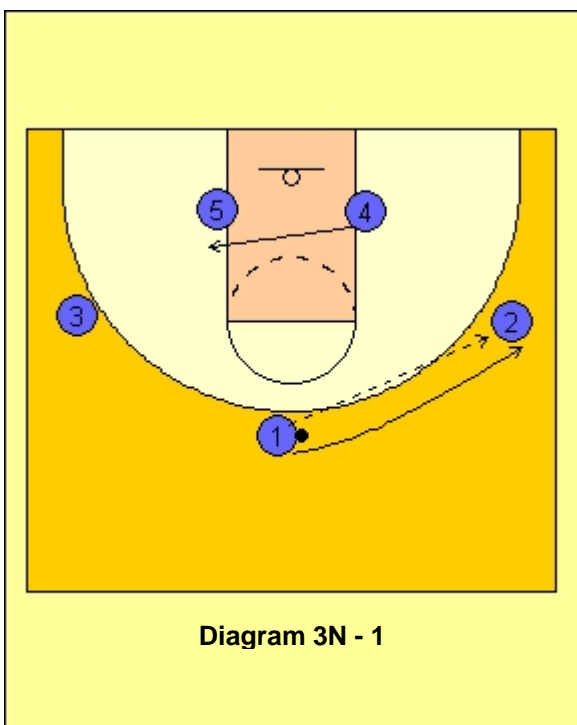
**(3M – 2)** When #1 gets to the right wing area #2 should be down on the low right block. #1 then passes the ball back to #4 on top. #4 dribbles the ball towards the left wing while #2 comes off the double screen from #5 and #3. #4 looks to pass the ball to #2 if he is open for the shot.



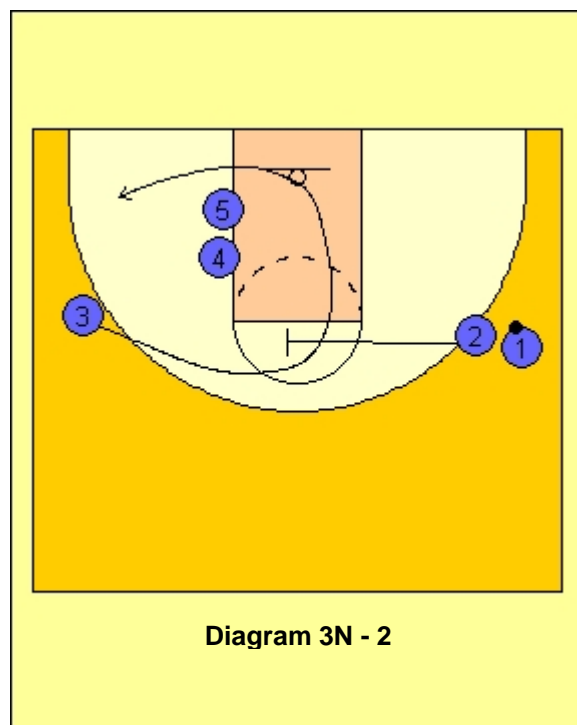
**Diagram 3M - 3**

**(3M – 3)** If #2 is not open, #4 executes the outside reverse pivot and looks inside right away to the "X" post action from #3 and #5. If #5 is not open, #4 looks to pass fake at #1 cutting towards the ball while calling for the ball. #1 cuts to the basket while #4 makes the backdoor bounce pass to #1.

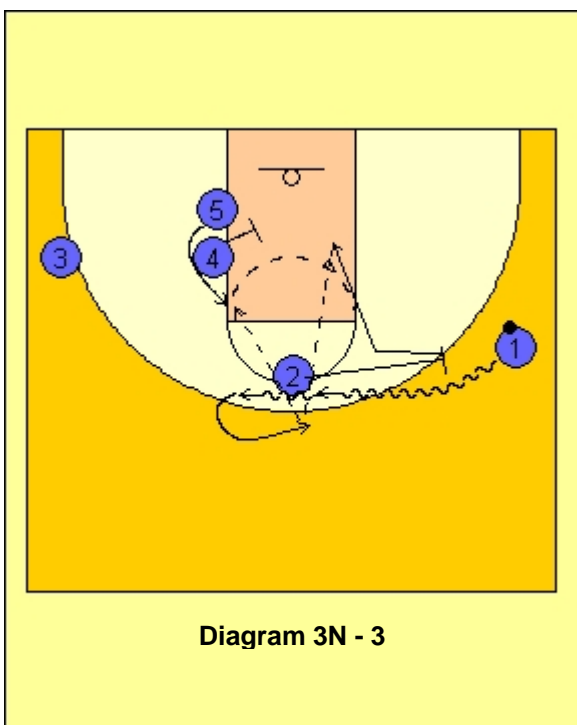
### III. Backdoor Set Plays (Pick & Roll – Right Side)



**(3N – 1)** #1 passes to #2 on the right wing and follows his pass, getting a hand off back from #2. #4 slides over to the left low block set up the double screen with #5.



**(3N – 2)** Once #2 gives the ball back to #1, #2 cuts across to the high post area and sets a screen for #3. #3 comes over the top of the screen by #2 and curls underneath the basket and back out to where he started. #1 may obviously make the pass to #3 if he is open.



**(3N – 3)** #2 then turns back and sets a ball screen for #1. #1 comes over the top of the ball screen driving the ball hard towards #3 and the left wing. #1 then picks up his dribble and executes the outside reverse pivot. #4 pins down while #5 comes over the top looking for the ball. At the same time #2 comes back to the ball, calls for the ball, gets a pass fake from #2, and then cuts backdoor for looking for the pass from #1.

### III. Backdoor Set Plays (Flare Double Screen)

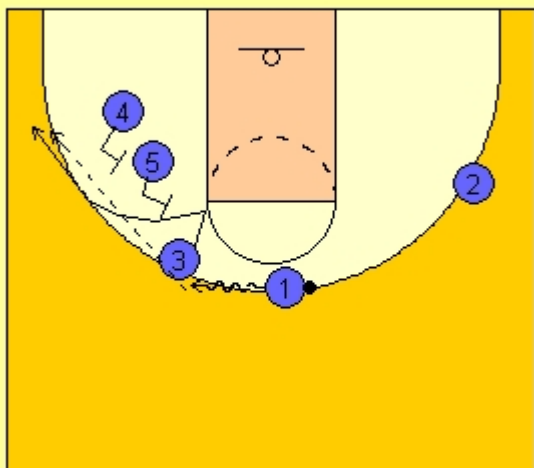


Diagram 30 - 1

**(30 – 1)** #1 starts to take the ball to the left wing area. While this is happening, #3 gets two back screens from #4 and #5. #3 fades to the back side looking for the pass from #1.

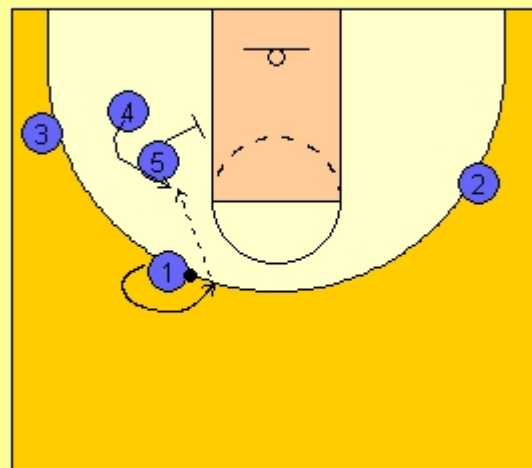


Diagram 30 - 2

**(30 – 2)** If #3 is not open for a shot, #1 executes an outside reverse pivot. As this is happening, #5 pins down while #4 cuts over the top looking for the entry pass from #1.

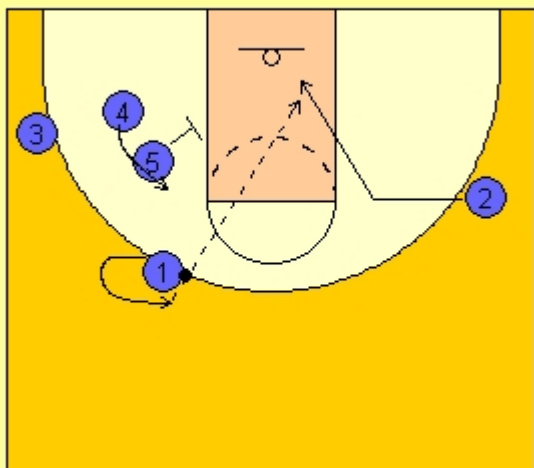
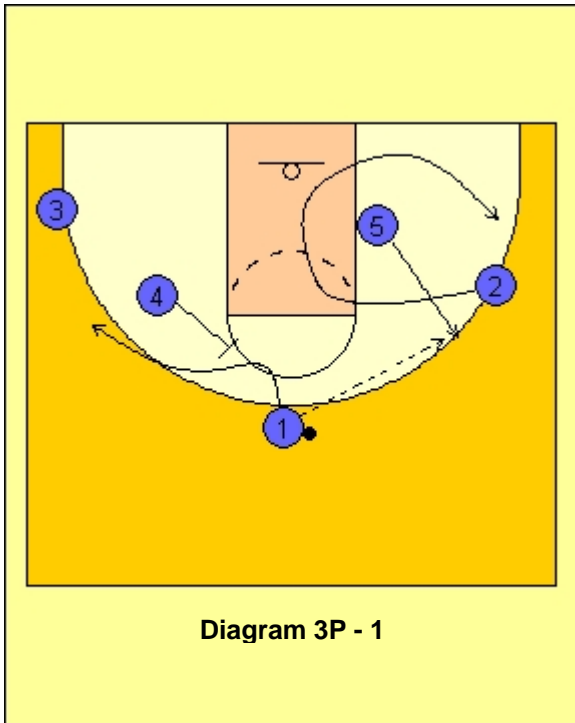


Diagram 30 - 3

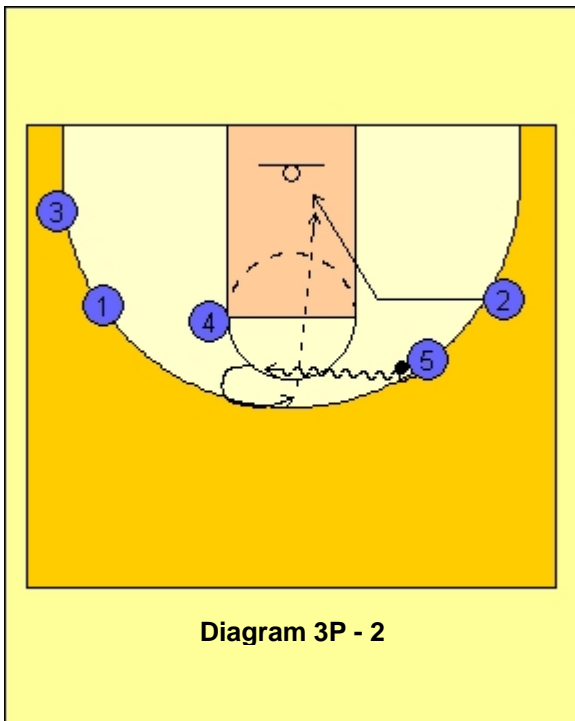
**(30 – 3)** As the “X” post action is happening inside with #4 and #5, #2 has now started his hard cut towards #1. #2 calls for the ball with his voice and hands, #1 makes a pass fake at #2 who then cuts to the basket looking for the backdoor bounce pass from #1.

### III. Backdoor Set Plays (Flare Single Screen)



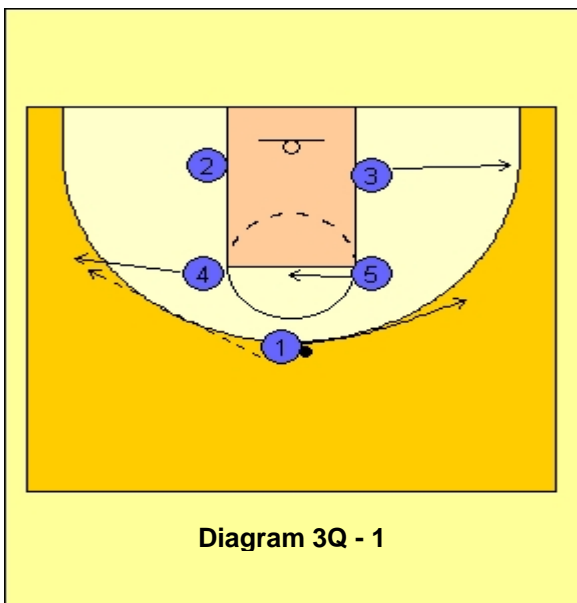
**(3P – 1)** The play starts with #2 cutting into the lane and down and under #5. As #2 does this, #5 breaks out to the right wing to receive the entry pass from #1. #2 circled all the way around and ended up in the right corner area.

After #1 passes to #5, #4 sets a flare screen for #1. #1 fades to the left wing area.

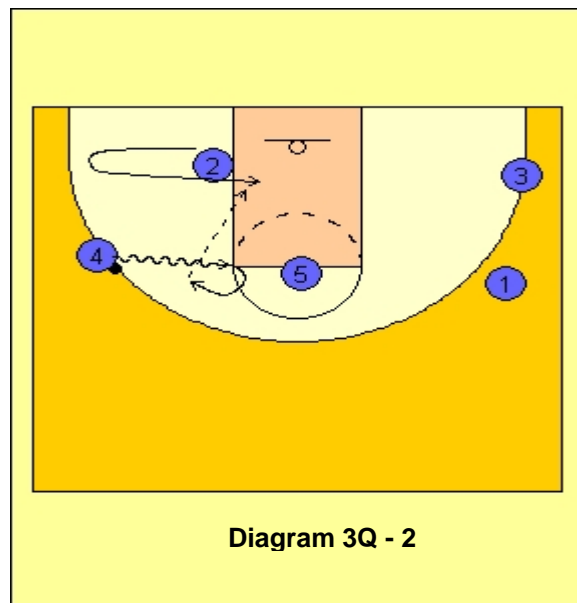


**(3P – 2)** As #1 is flaring to the backside of the court, #5 is driving towards #1 as if to make the skip pass over the top. When he gets near the middle of the top of the key he picks up his dribble and executes an outside reverse pivot. #2 then comes hard at #5 calling for the ball. #5 pass fakes at #2 who then makes a hard cut toward the basket. #5 makes the backdoor bounce pass to #2.

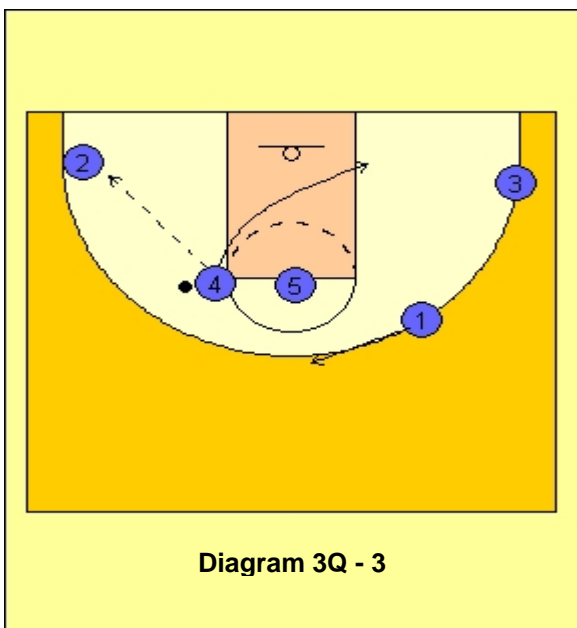
### III. Backdoor Set Plays (High Post)



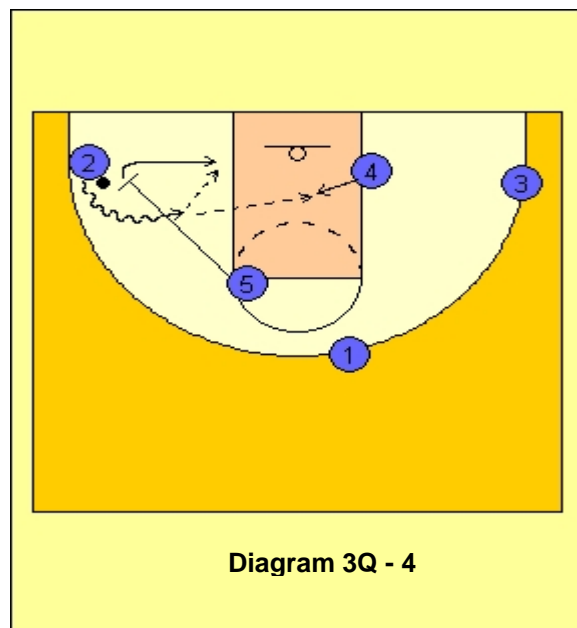
**(3Q – 1)** Box set to begin. #4 breaks out to the left wing area. #3 breaks out to the right corner area. #5 starts to move towards the middle of the free-throw line. #1 enters the ball to #4 on the left wing and then cuts to the right wing.



**(3Q – 2)** Once #4 has the ball he starts to dribble towards #5 at the free-throw line. This kind of resembles a busted play which is critical to the success of the play. You have #4 dribbling right at #5. As that is happening, #2 breaks out to the left corner. When #4 gets to the FT line elbow, he executes the outside reverse pivot and looks for #2 back cutting to the basket.

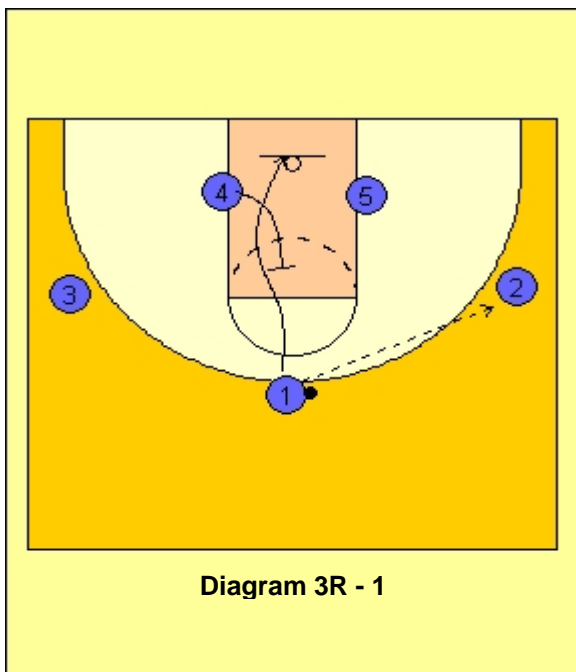


**(3Q – 3)** If they sag on #2, #2 then stays in the corner and receives the pass from #4. #4 cuts away to the right low block while #1 comes to the top of the key area.

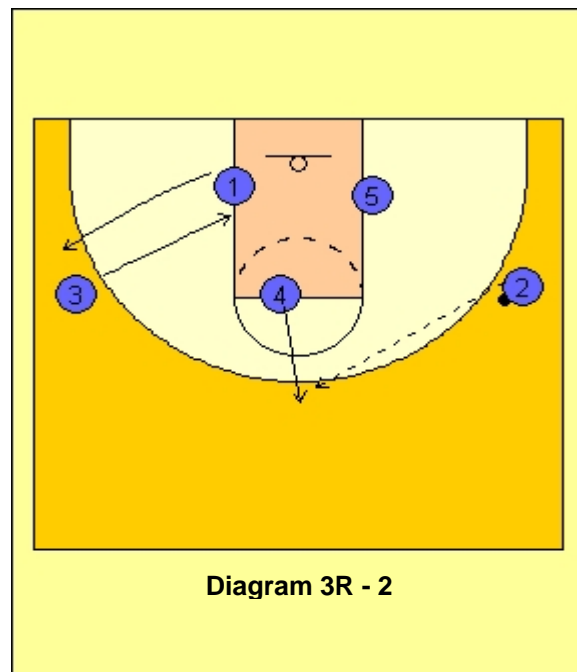


**(3Q – 4)** #5 now quickly moves down to the corner and sets a ball screen for #2. This is an excellent location to run a pick and roll. #2 comes over the top looking to score or hits #5 rolling to the basket. #2 also has the option to penetrate baseline under the screen if they are playing on the high side of the screen.

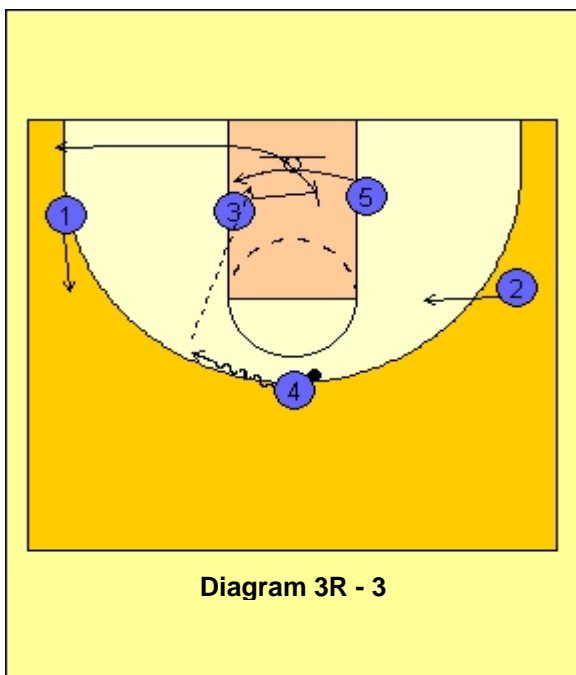
### III. Backdoor Set Plays (North Carolina)



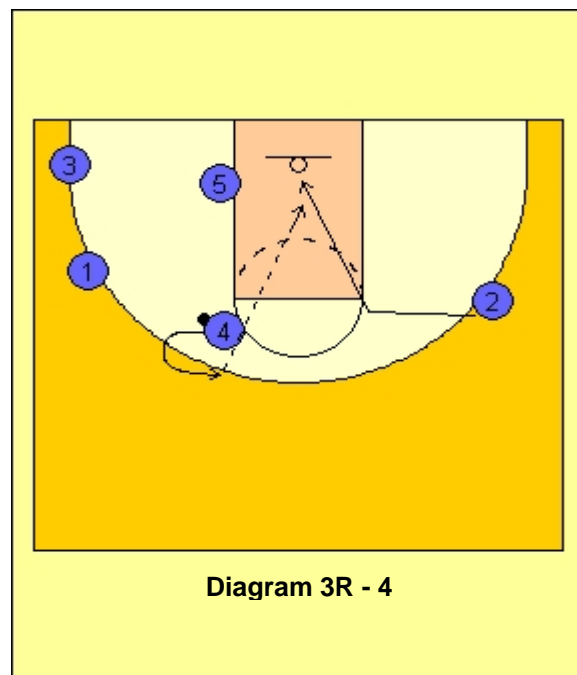
**(3R – 1)** #1 enters the ball to #2 on the right wing. #4 sets a back screen for #1 who cuts to the basket.



**(3R – 2)** After back screening, #4 breaks out to the top of the key to receive the pass from #2. #3 and #1 exchange spots.

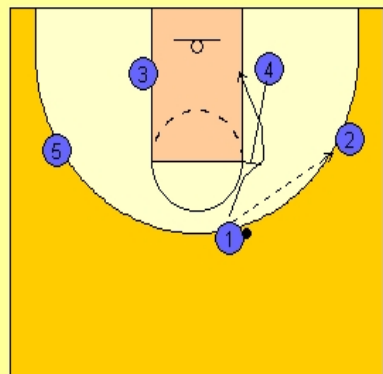


**(3R – 3)** #4 now takes the ball on the dribble towards the left wing. As this is happening, #3 sets a screen in the middle of the lane for #5. Once #3 screens he vacates back out to the left corner area. #4's first look is inside to #5 for the post entry pass.



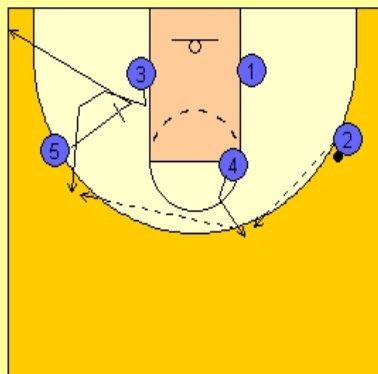
**(3R – 4)** If #5 is not open inside, #4 executes an outside reverse pivot. #2 comes hard towards #4 calling for the ball with his hands and voice. #4 pass fakes at #2 and #2 cuts to the basket looking for the backdoor bounce pass from #4.

### III. Backdoor Set Plays (Flex)



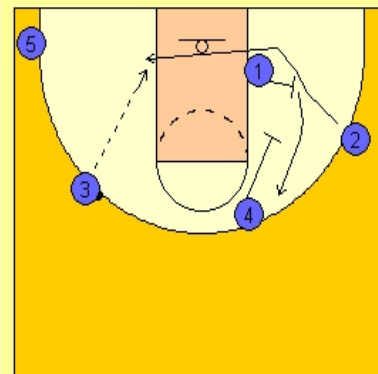
**Diagram 3S - 1**

**(3S - 1)** #1 enters the ball to #2 on the right wing. #4 sets a back screen for #1. #1 cuts to the low right block.



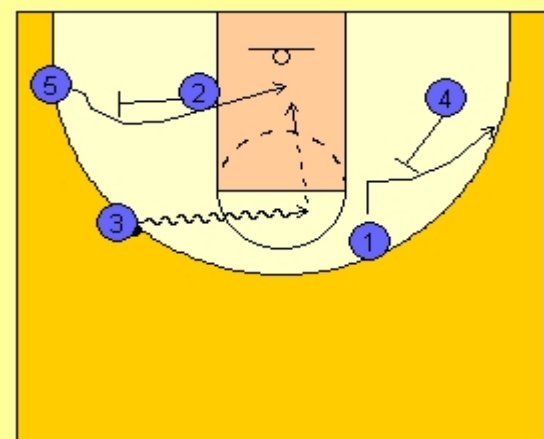
**Diagram 3S - 2**

**(3S - 2)** After #4 back screens he pops out to receive the pass from #2. While this is happening, #5 is down screening for #3. #5 screens and breaks out to the left corner area. #3 breaks up off the screen from #5 to receive the next pass from #4.



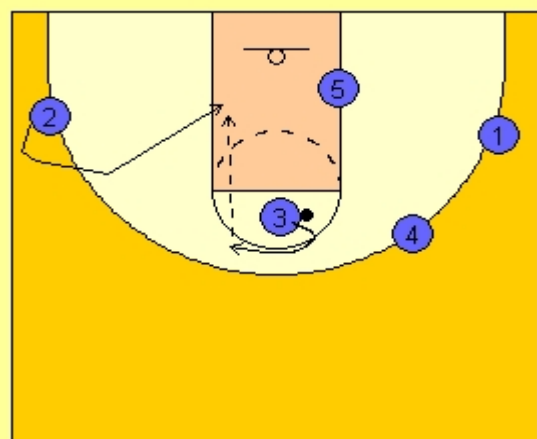
**Diagram 3S - 3**

**(3S - 3)** Once #2 gave up the ball he starts he cut across the lane off a back screen from #1. If #2 is open he receives the pass from #3. #4 screens down for #1 who breaks up to the top of the key area.



**Diagram 3S - 4**

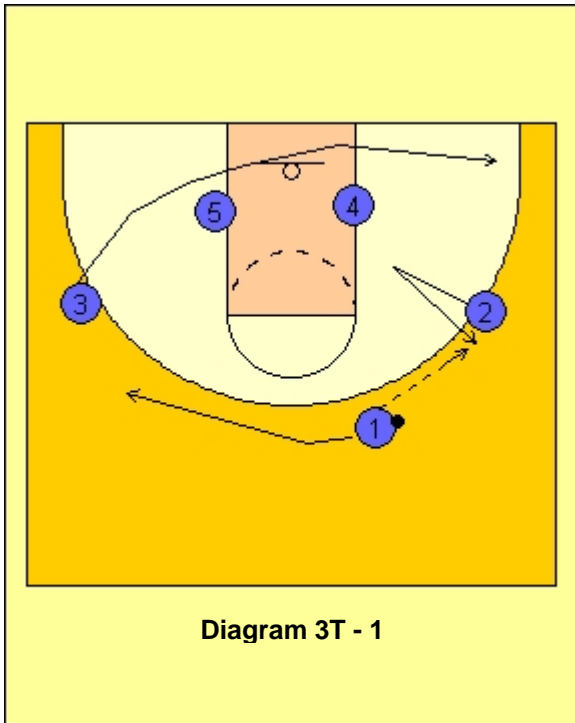
**(3S - 4)** #3 drives the ball at #1 on the right wing area. As that is happening, #4 sets a back screen for #1. While #3 penetrates toward the right wing, #2 steps out and back screens for #5. #3 looks inside to #5.



**Diagram 3S - 5**

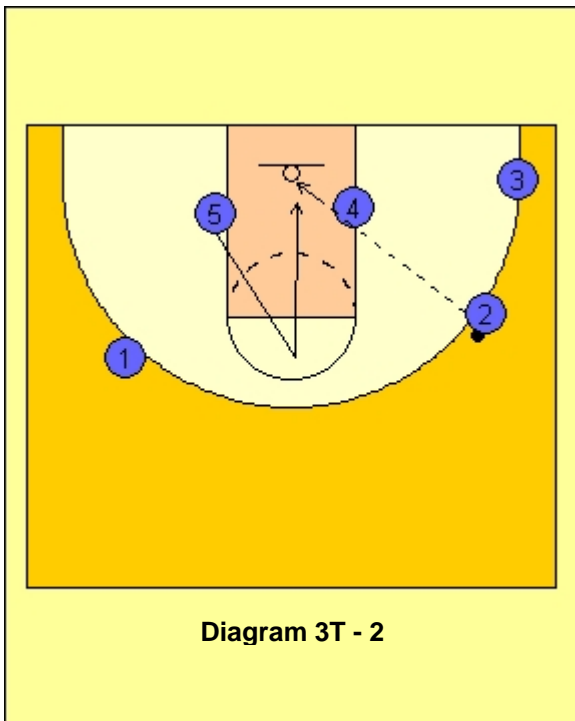
**(3S - 5)** After screening for #5, #2 steps out to the left wing area. #3 picks up his dribble and executes an outside reverse pivot. #2 then cuts toward the ball looking to receive a pass from #3. On the pass fake #2 cuts to the basket looking for the pass from #3.

### III. Backdoor Set Plays (High / Low)



**(3T – 1)** #2 makes a strong v-cut to get open on the right wing. #1 enters the ball to #2 on the right wing and then cuts over to the opposite wing area.

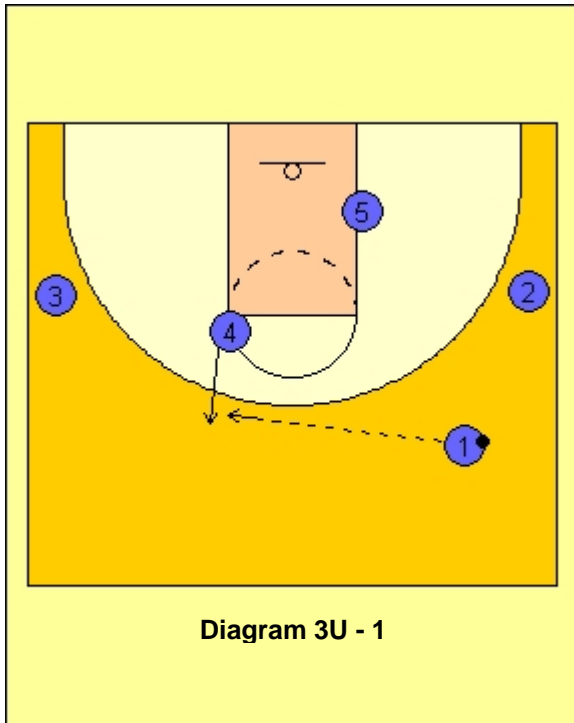
#3 cuts underneath the basket and out to the right corner area.



**(3T – 2)** Like many offenses, the opposite post player will flash to the high post looking to receive the ball from #2. Again, as a reminder, make the entry pass to #5 in the high post a few times and have him look for the high / low option with #4 ducking in and looking for the post pass from #5. This action will set up the backdoor that you see in this diagram. Many defenses will try and deny this high post pass anyway because it is so effective in getting the ball inside. Knowing that then, on occasion, #2 should fake the pass to #5 in the high post and cut back toward the rim looking for the lob pass from #2.



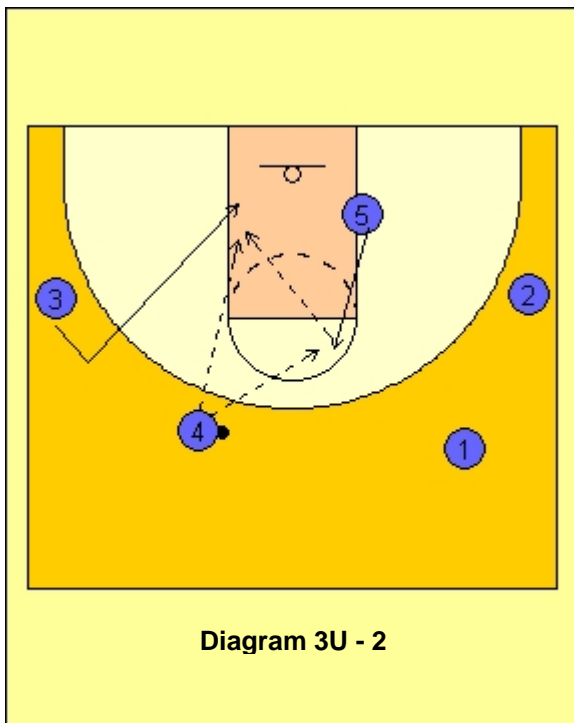
### III. Backdoor Set Plays (Spread)



**(3U – 1)** Nice time to run this backdoor would be out of your motion offense with one post player. How you wind up in this position can be how you devise it in your particular motion offense.

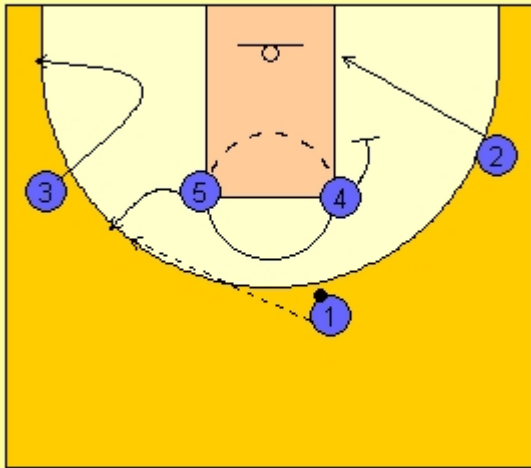
In any event, you want to have (4) players on the perimeter and (1) post player as shown in this diagram.

#4 steps out from the high post and receives a pass from #1.



**(3U – 2)** As #4 catches the ball and turns to face the basket, #5 flashes to the high post. #4 gives #5 a look and then turns to #3 who breaks toward #4 and then to the basket for the backdoor bounce pass. #4 may elect to make the direct bounce pass to #3 or #4 can hit the high post flashing man #5 who can turn and make the backdoor bounce pass to #3.

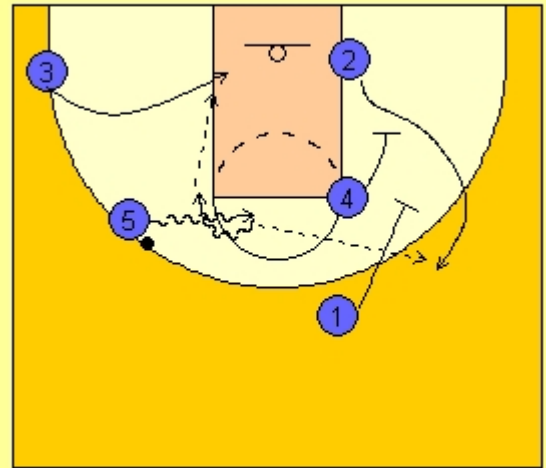
### III. Backdoor Set Plays (Double Away)



**Diagram 3V - 1**

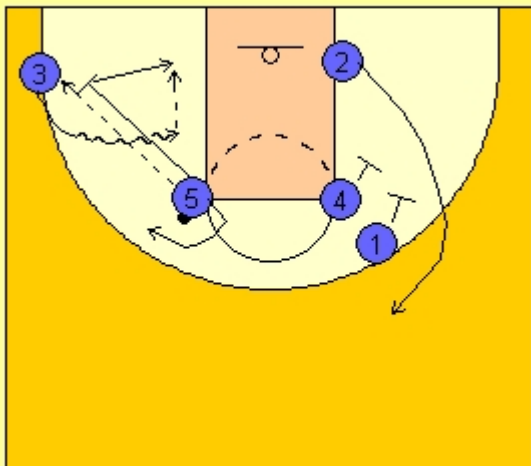
**(3V – 1)** 1 – 4 high alignment to begin. Play can be run to either side.

#5 steps out to receive the entry pass from #1. #3 gives some false motion towards the basket to give the illusion of a backdoor cut. The opposite wing player cuts down to the low block. #4 sets up for a screen.



**Diagram 3V - 2**

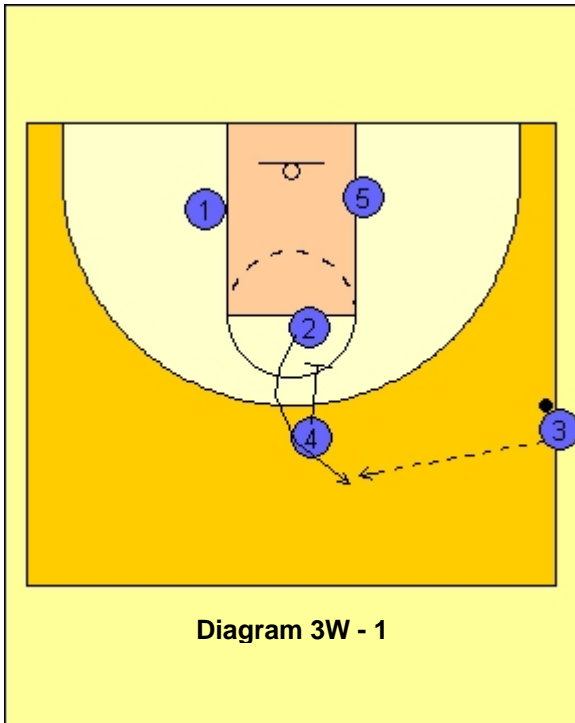
**(3V – 2)** #5 takes the ball on the dribble toward the free throw line elbow area. As this is happening, #4 and #1 set a double screen away for #2. #5 has the option to hit #2 coming off the double screen or he can pick up his dribble and execute an outside reverse pivot and look to hit #3 in the corner. #3 calls for the ball and then breaks backdoor looking for the bounce pass from #5.



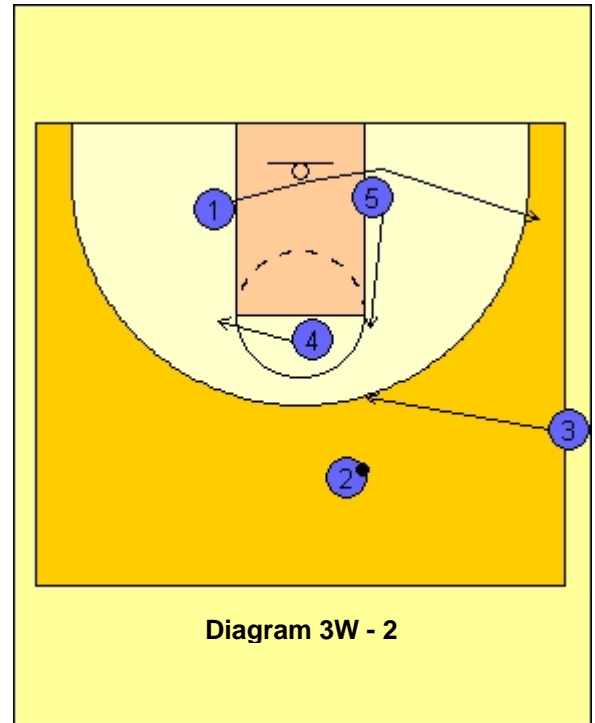
**Diagram 3V - 3**

**(3V – 3)** If the defender sags on #3 in the corner a good counter to use (as shown in a previous play called High Post) is to have #5 pass to #3 in the corner and set an immediate ball screen for him. This is an excellent area of the floor to set a pick and roll. #3 comes hard off the screen looking to score or to hit #5 rolling to the basket.

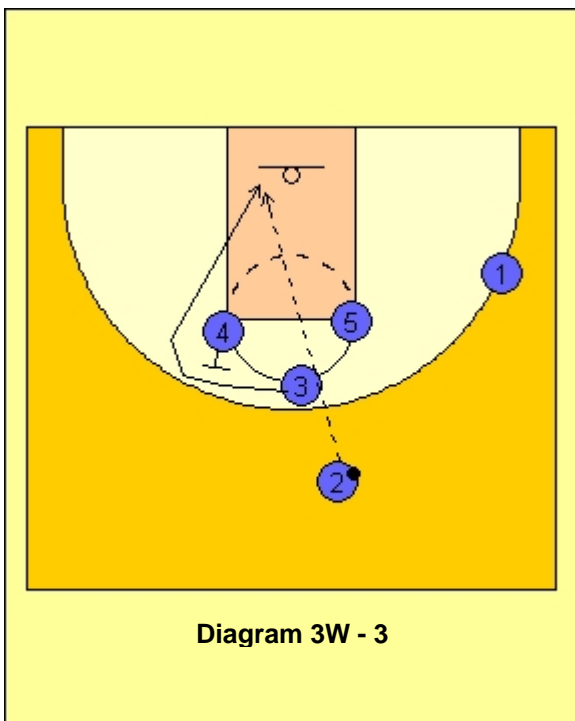
### III. Backdoor Set Plays (Side OB)



**(3W – 1)** Out-of-bounds plays are a great time to backdoor people. The main reason is after you run your set to score or get the ball in, the defense tends to “relax” as you job to your offensive positions to start your half court offense. Here is a great play to get a backdoor lay-up from a side ob play. #4 screens down for #2 to receive the inbounds pass from #3.



**(3W – 2)** Once #2 has the ball, all other players begin their “jog” to get into offensive position for their half court offense. #5 moves up to the high post elbow, #4 slides over to the other elbow while #1 breaks out to the right wing. #3 starts to move across the top of the floor to take the left wing position, simulating a 1 – 4 alignment.

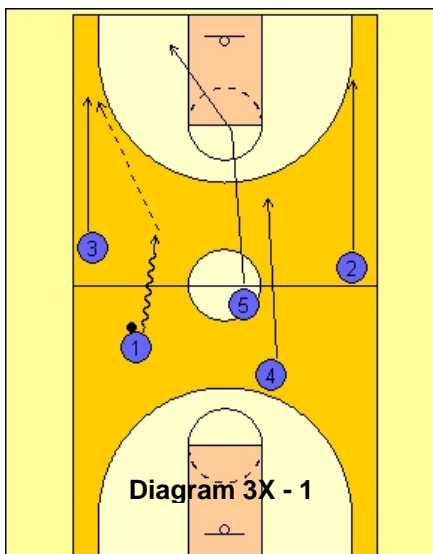


**(3W – 3)** Just as #3 gets to the wing area he makes a hard cut to the basket for the lob pass from #2. The diagram shows #4 setting a back screen for #3, but I believe you may not even need this screen.

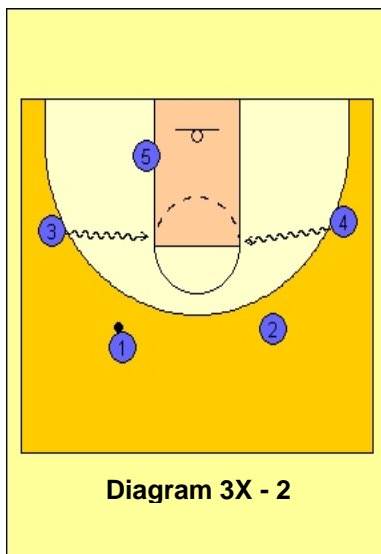
I encourage you to try and add a back door out of your ob plays similar to this one.

Give the impression you are locating your spots on the floor for your half court offense. I assure you, the defense does relax in this position and it is a great time to catch them sleeping.

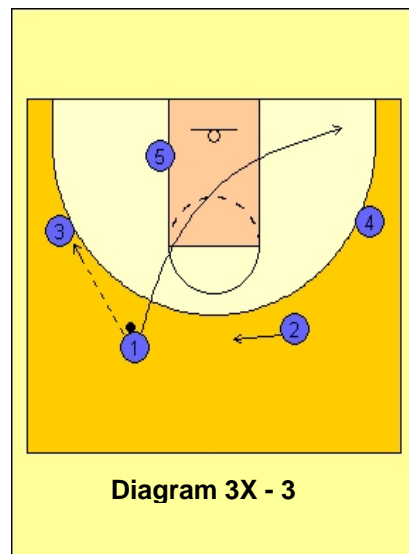
### III. Backdoor Set Plays (Princeton Low Post)



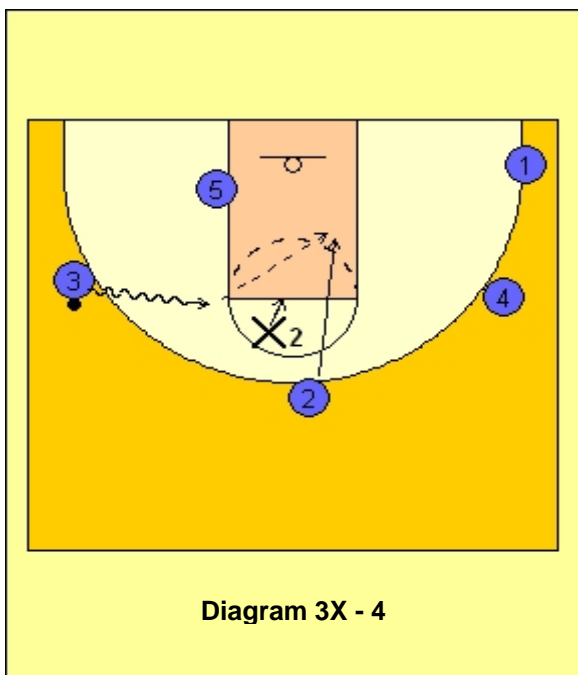
**(3X - 1)** The Princeton Offense likes to use the #5 man (the center) to generate much of their offense. They would like their attack to go through the center, making him a playmaker. It is imperative that all cuts are at full speed and with a purpose.



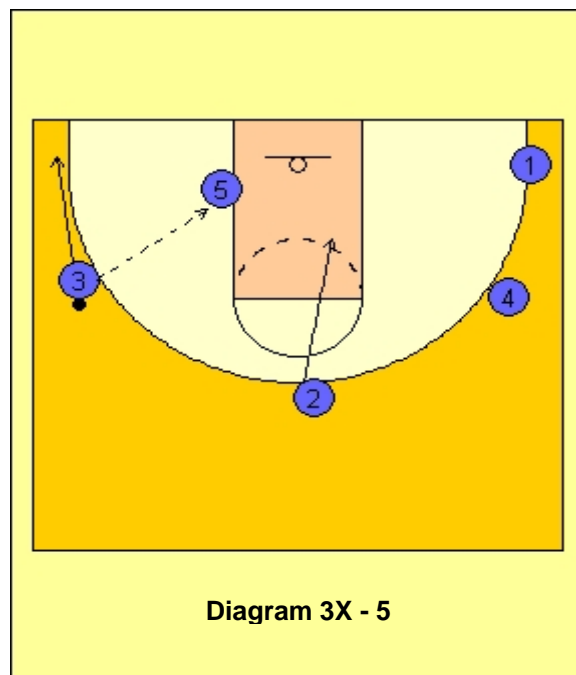
**(3X - 2)** The offense starts in a 2 – 2 – 1 alignment. The floor is spread to create driving lanes to the middle. This offense is most effective when all five players can dribble and pass from both sides of the court.



**(3X - 3)** #1 passes to #3 on the left wing and cuts through to the opposite corner. #2 moves over and fills the top of the key area.



**(3X - 4)** As we stated earlier, Princeton would like to start the offense through the #5 man in the post. If he is being fronted or denied the ball, #3 drives hard to the elbow area. If #2's defender starts to deny or turns his head to the basketball, #2 should cut backdoor to the basket for the bounce pass entry from #3. Princeton players are taught to make the pass with one hand right off the dribble without picking up the ball, which saves a lot of time.



**(3X - 5)** If #3 can feed the post man #5 he does so and then fades to the ball side corner for the possible return pass for the open 3-pt. shot if his man double teams the post player #5. If no double team, #5 will look to go 1-on-1 in the post. #2 cuts through the lane to the opposite block.

### III. Backdoor Set Plays (Princeton Low Post)

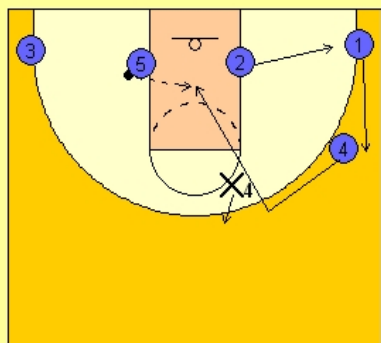


Diagram 3X - 6

**(3X - 6)** #4 fills to the top of the key area while #1 moves up to take #4's spot. #2 continues his cut and pops out to the right corner area. If #4 is being overplayed he immediately back cuts looking for a bounce pass from #5.

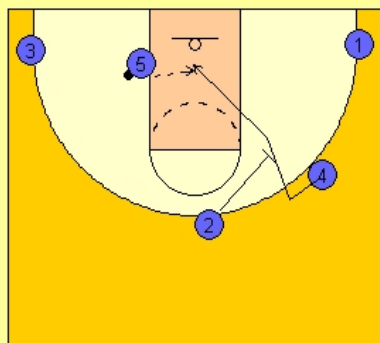


Diagram 3X - 7

**(3X - 7)** Another option when #5 has the ball is for #2 to screen away on the perimeter for #4. Princeton players are always watching their defenders. If #4 is over played, he cuts backdoor looking for the bounce pass from #5.

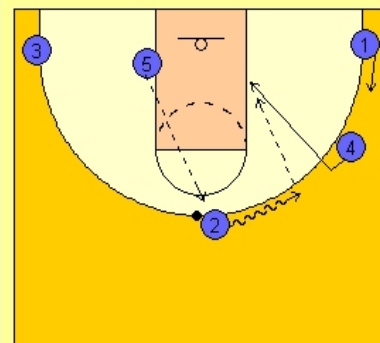


Diagram 3X - 8

**(3X - 8)** When the ball is passed out of the post, in this case to #2 on top, #2 dribbles hard at the closest perimeter player, #4. If #4 defender overplays him or turns his head to the ball, #2 throws a one-hand bounce pass to the cutting #4 man.

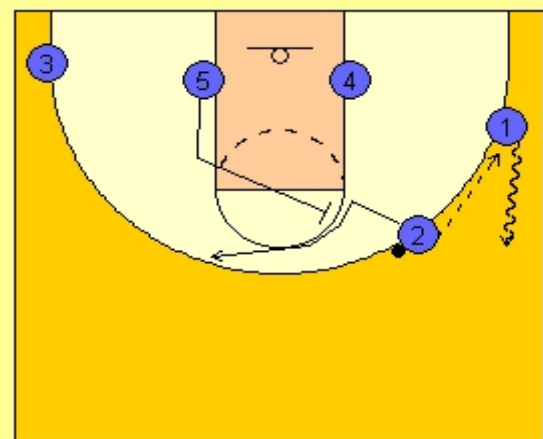


Diagram 3X - 9

**(3X - 9)** If #4 is not open, #1 replaces #4 on the perimeter and receives the pass from #2. #4 posts up on the right block while #5 moves up to set a flare screen for #2, who will look to get a pass from #1 for the open jump shot.

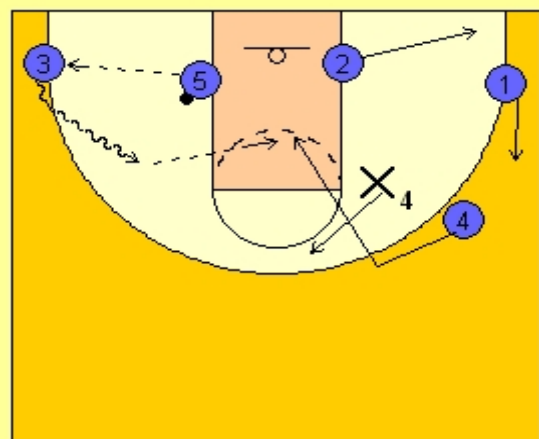
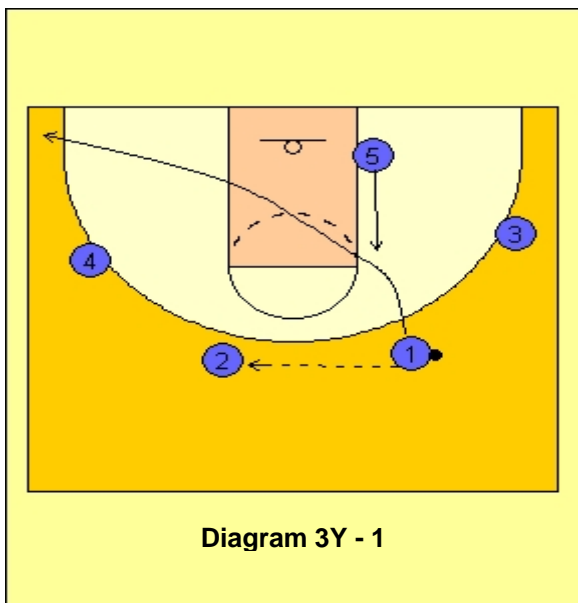


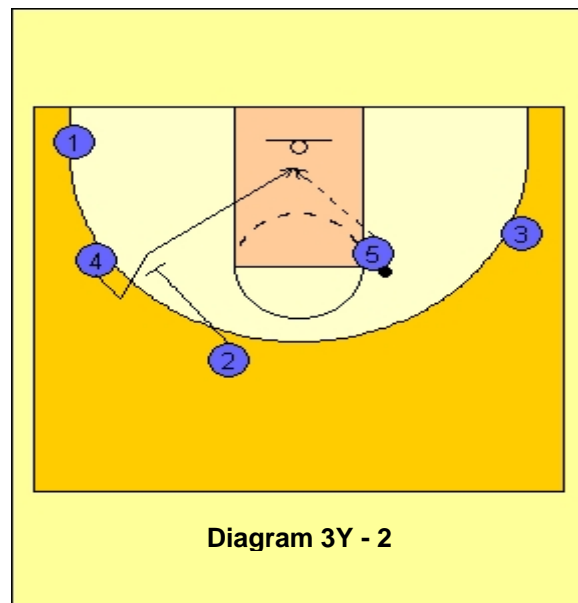
Diagram 3X - 10

**(3X - 10)** When #5 passes out of the low post to #3 in the left corner, remember a few frames back where #2 has cut through the lane and #4 has moved up to replace him, #3 will drive hard at the elbow and look to set up the backdoor cut from #4. #1 moves up to replace #4 on the perimeter. If #3 passes to #1 on top, #5 moves up to set a flare screen for #3, who will look for an open jump shot on the left corner or wing area (not shown).

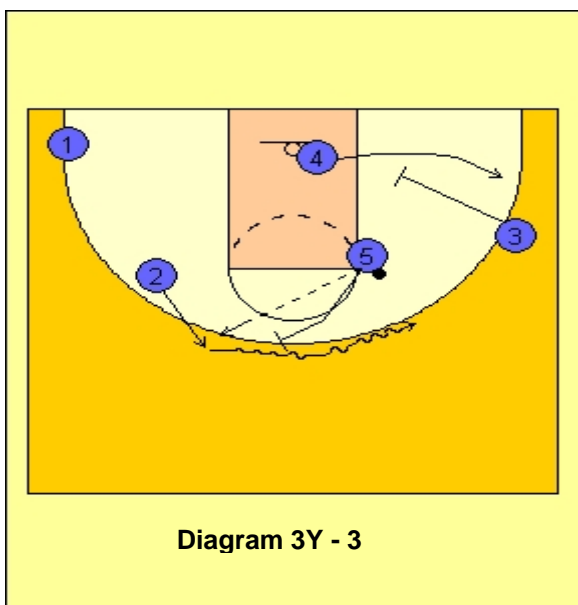
### III. Backdoor Set Plays (Princeton High Post)



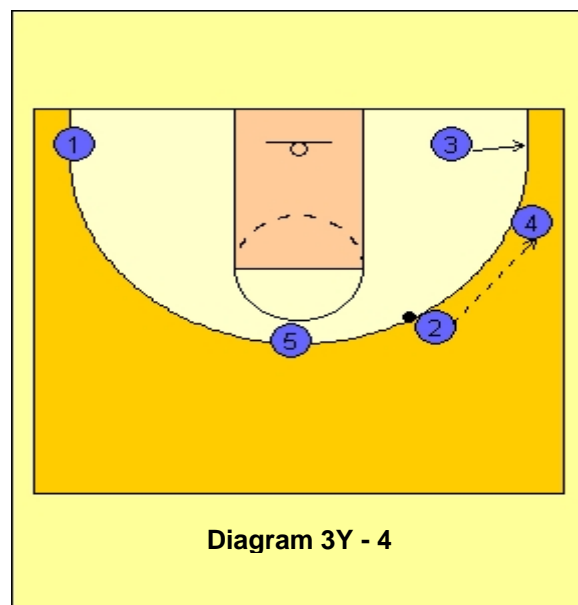
**(3Y – 1)** The alignment and first cut of the high post offense in the Princeton Offense begins when the point guard (1) passes to the off guard (2) and cuts through the elbow area, looking to brush the center's man as center (5) flashes to the elbow. You'll notice that there are three perimeter players on the opposite side of the court from the center.



**(3Y – 2)** On the pass to the center, notice the backdoor opportunity for the small forward (3) if he is overplayed. After the off guard (2) passes to the center (5), he screens away for the power forward (4), who slips the screen and back-door cuts to basket if his man "cheats" to get over the off guard's screen.

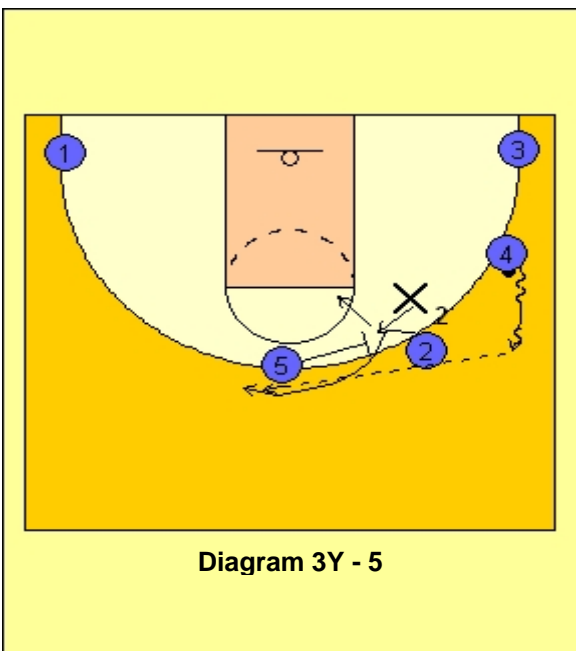


**(3Y – 3)** As soon as the power forward #4 cuts, the off guard #2 pops back out for the pass from the center and the shot. Or, when the center #5 comes over to screen, #2's man naturally "jumps" toward the screen. That allows the off guard #2 to "reject" the screen and drive to the basket. Notice, also, that on the drive to the basket by the off guard, if the point guard (#1's man) leaves to help, the off guard is able to pass to the point. Known as "penetrate & kick" or "draw & kick". Here's an example of the center (5) passing back to the off guard (2), who uses the center's screen as the small forward (3) down screens for the power forward (4).

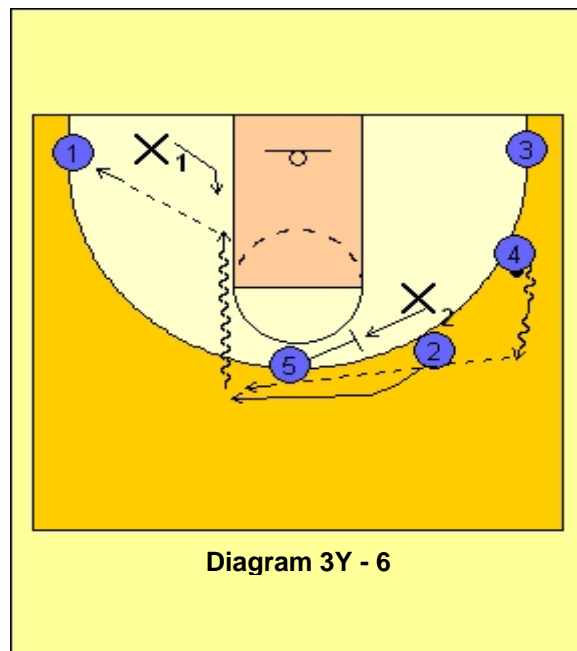


**(3Y – 4)** Another option if for the off guard (2) to pass to the power forward (4), as the center (5) sets a "flare screen" for him. If the off guard's defender goes under the screen, he has the jump shot.

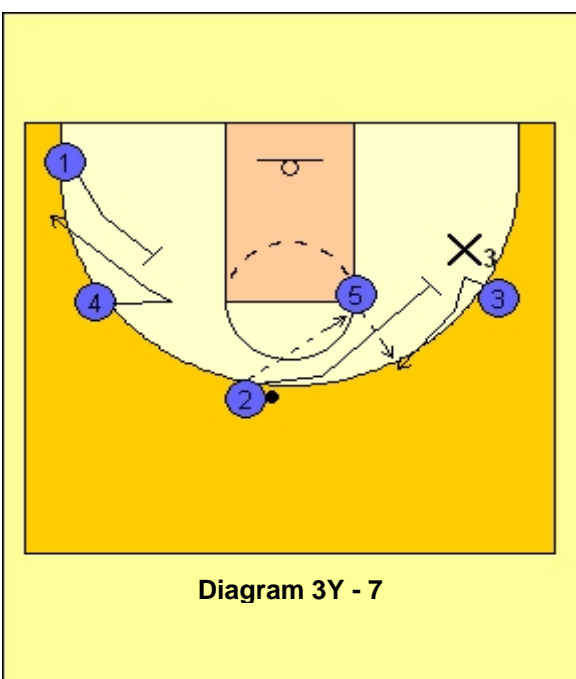
### III. Backdoor Set Plays (Princeton High Post)



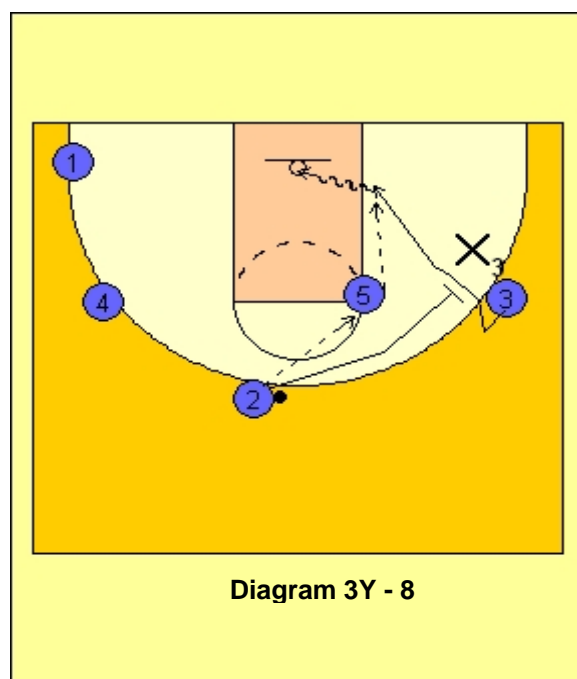
**(3Y – 5)** Now, if #2's man follows him over the top of the screen, he has a great driving angle to the basket.



**(3Y – 6)** If #1's man helps again, we have the "draw and kick".



**(3Y – 7)** On pass to #5, #2 screens for #3 in a "post split". #4 "reads" his defender and if the defender plays off him, he will use the screen for the jump shot. #1 sets a "flare screen" on the other side of the court, primarily to keep the defenders occupied.



**(3Y – 8)** If X3 plays his man "tight", #3 will fake coming off the screen and back-door cut to the basket for a lay-up. Once #3 back cuts, the off guard #2 pops out to the wing.

### III. Backdoor Set Plays (Princeton High Post)

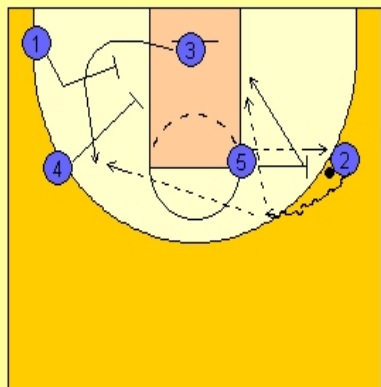


Diagram 3Y - 9

**(3Y - 9)** As the center (5) passes back to the off guard (2), he will come over to screen for him, and when 2 uses the screen, the center can "pop" out for the jumper, or "roll" to the basket. On the other side of the court, the small forward (3) uses the "staggered double screen."

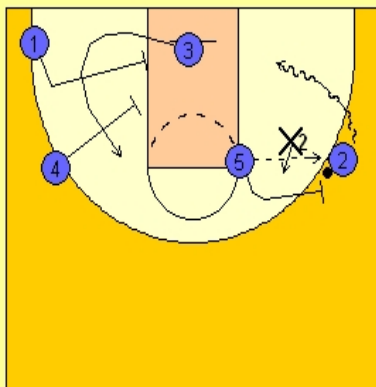


Diagram 3Y - 10

**(3Y - 10)** If the off guard's man jumps toward the screen, 2 drives it baseline, hopefully, the "staggered double" will occupy three defenders on the opposite side of the court.

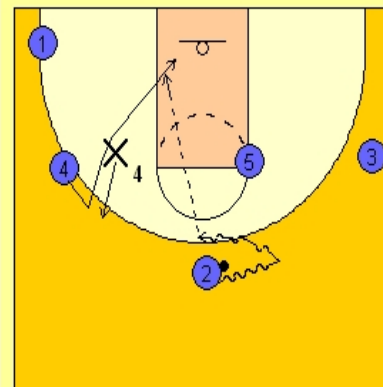


Diagram 3Y - 11

**(3Y - 11)** Once #1 has cut through, and the center #5 flashes to the elbow and is denied a pass, #2 reads this and spin dribbles back to the power forward #4. If #4's man "cheats up" as #4 steps to the ball, #4 will back-door cut as #2 throws the one-handed bounce pass by the defender.

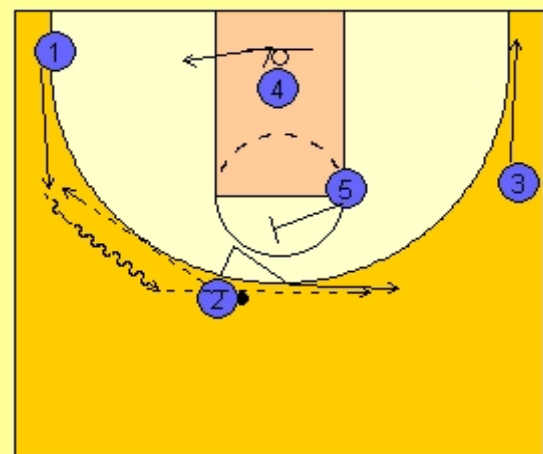


Diagram 3Y - 12

**(3Y - 12)** If #4 is not open, the off guard #2 passes to #1 as #4 posts up on the block. #2 then uses #5's "flare screen" for the jump shot.

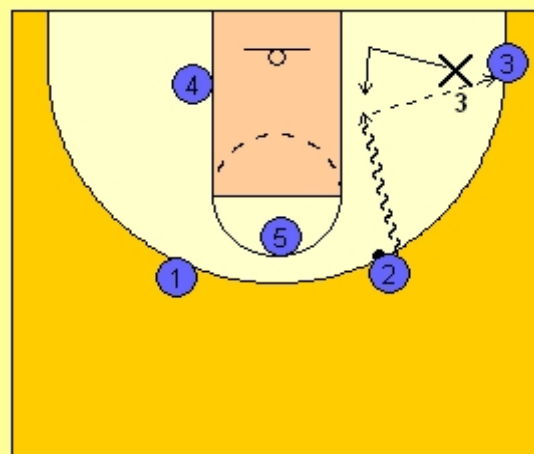
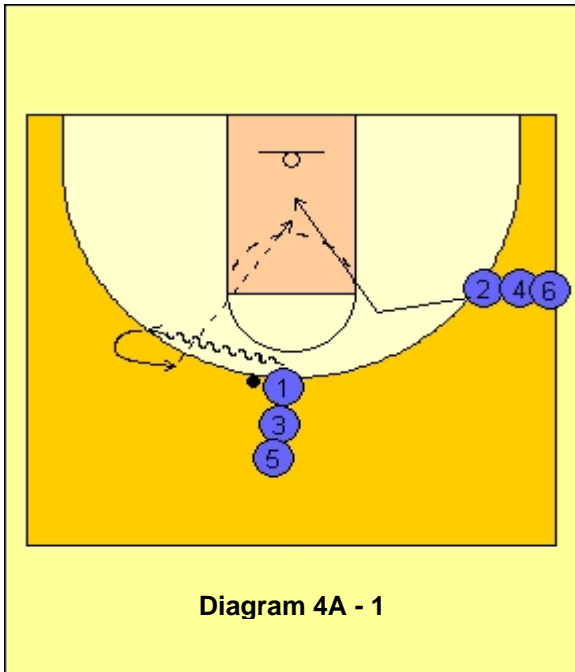


Diagram 3Y - 13

**(3Y - 13)** Or...The drive and the "draw and kick" with #3.



## IV. Backdoor Breakdown Drills

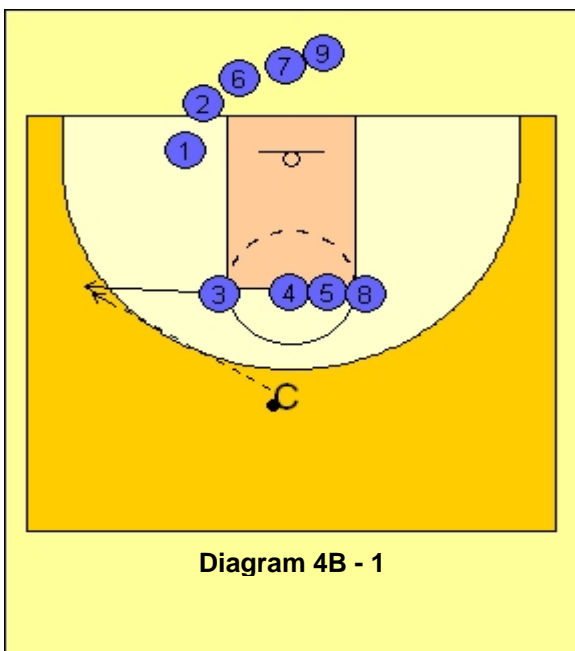


**(4A – 1)** Two lines. Split team up evenly with post and perimeter players in both lines. All members should know all positions on this breakdown drill. Change sides when finished.

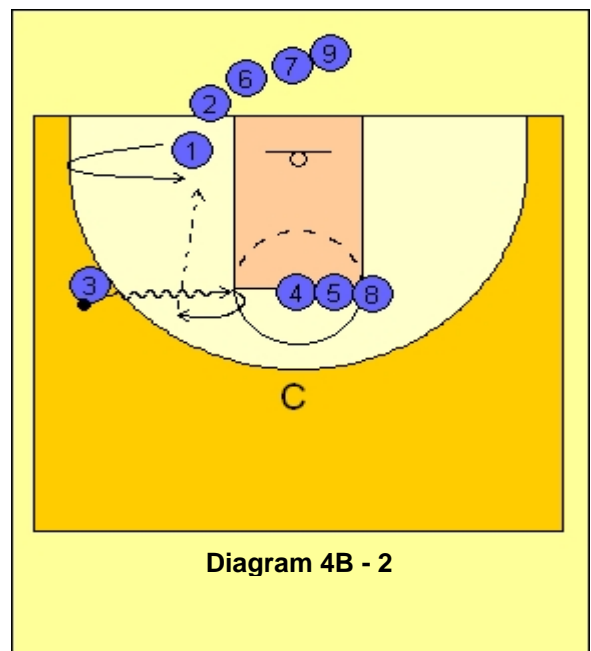
Man on top drives the ball away to the opposite wing (in this diagram the left wing area). As #1 picks up his dribble and executes an outside reverse pivot, #2 cuts hard toward the ball. #2 calls for the ball with his voice and hands. #1 pass fakes and then looks to hit #2 cutting backdoor with a bounce pass.

**Proper execution of the dribble pick-up and outside reverse pivot:** player should stop with the ball with his inside foot (foot closest to the basket) forward (foot pointing towards the sideline in the direction he is dribbling). Spin inside foot around toward half court until facing the backdoor cutter.

**Timing, spacing, cutting and proper passing is essential. Attention to detail is a must!**

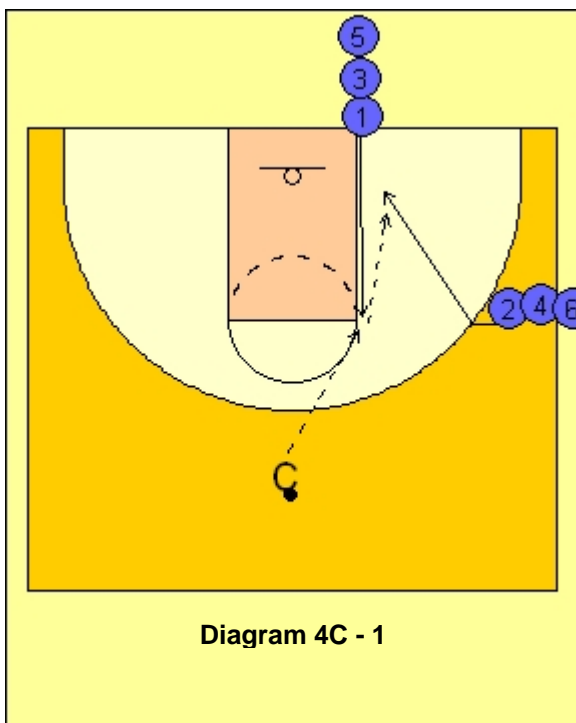


**(4B – 1)** Coach positioned at the top of the key. Again teams should be divided equally. #3 breaks out to the left wing to receive the pass from the coach.



**(4B – 2)** Once #3 has the ball he starts his dribble towards the free-throw line area. At the same time, #1 is breaking out to the left corner area. When #3 gets to the elbow he picks up his dribble and executes an outside reverse pivot. #1 calls for the ball while #3 pass fakes at #1. #1 then cuts to the basket and receives the backdoor bounce pass from #3. Players should rotate lines when finished. **Run drill from both sides of the floor.**

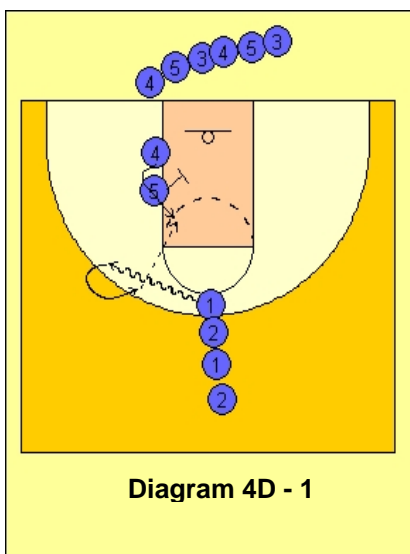
## IV. Backdoor Breakdown Drills (con't)



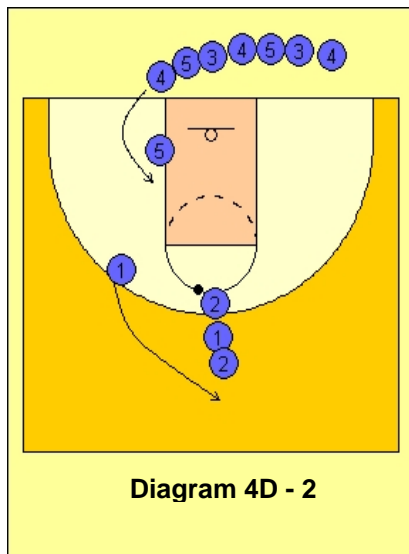
**(4C – 1)** Coach positioned near the top of the key area. Teams divided equally. #1 flashes to the high post area and receives the entry pass from the coach. #2 takes a step towards the free-throw line and then breaks to the basket looking for the backdoor pass from #1.

Players should rotate lines when finished.

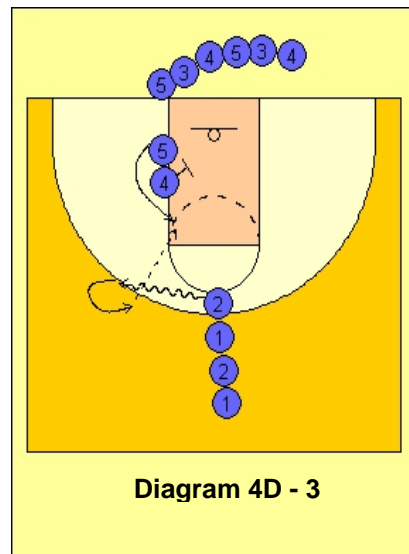
**Make sure to run drill from both sides of the floor.**



**(4D – 1)** Divide teams equally with post players (#3's, #4's and #5's) underneath and your guards (both #1's and #2's) on top. #1 dribbles hard towards left wing area. #1 picks up his dribble and executes an outside reverse pivot. As this is happening, #5 pins down and #4 breaks over the top looking for the entry pass from #1.



**(4D – 2)** The low post player that shot (#4) goes to the end of the post line. The point guard on top (#1) goes to the end of the guard line on top. The new post player (#4) steps in and takes the high position on the stack with #5 for the next series.



**(4D – 3)** Next player (#2) starts the hard drive toward the left wing. Same rules apply as #2's executes the dribble pickup, outside reverse pivot, while #4 and #5 execute the "X" action in the post. #2 hits #5 coming over the top of #4. #5 scores and goes to the end of the post line and the drill continues. Make sure to run drill from both sides of the floor.

## IV. Backdoor Breakdown Drills (con't)

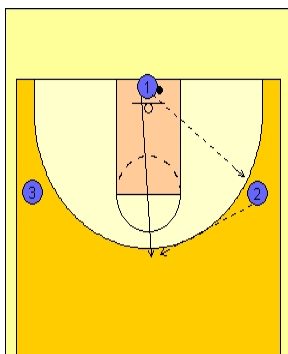


Diagram 4E - 1

**(4E - 1)** Three players in this drill. Use all of your players, not just perimeter players. #1 under basket with ball. #2 and #3 on the wings. #1 throws to right wing man #2 and sprints to top of key and receives pass back from #2.

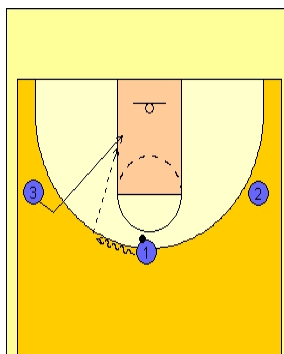


Diagram 4E - 2

**(4E - 2)** Once #1 receives the ball he dribbles hard at #3 on the left wing. #3 takes a step towards the dribbler #1 and then cuts back door. #1 executes a one hand, left hand back door pass off the dribble to the cutting #3 man for the lay-up. #3 gets his own rebound.

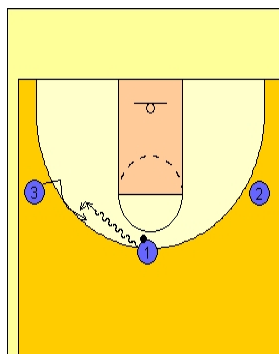


Diagram 4E - 3

**(4E - 3)** As an option, #3 may come over the top of #1 and receive the dribble hand-off. #3 shoots the jump shot coming over the top. In either option, the shooter will always get his own rebound.

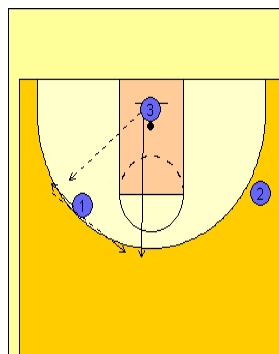


Diagram 4E - 4

**(4E - 4)** #1, after making the back door pass or dribble hand off, breaks out to the left wing area. #3 gets his own rebound and passes the ball out to #1 on the left wing and sprints to the top of the key. He gets a return pass from #1 when he gets to the top.

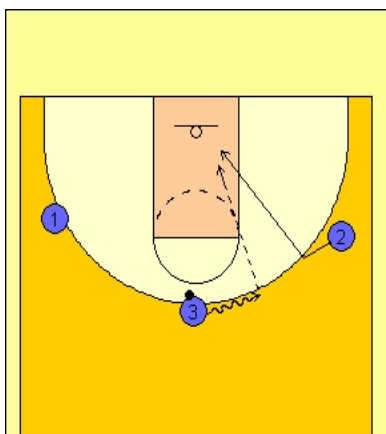


Diagram 4E - 5

**(4E - 5)** #3 now takes the ball on the dribble hard at #2. #2 fakes at the dribbler and cuts back door for the lay-up. #3 delivers a one hand, right handed back door pass off the dribble to the cutting #2 man.

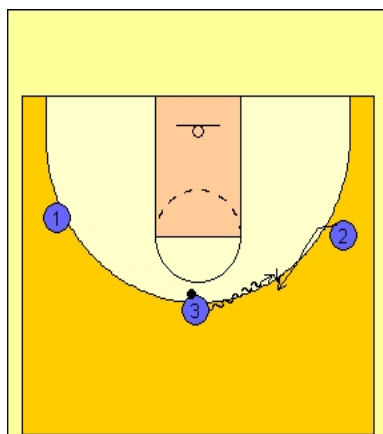


Diagram 4E - 6

**(4E - 6)** Again, as an option, #2 may come over the top of #3 and receive the dribble hand off. #2 will then shoot the jump shot coming off the dribble hand off.

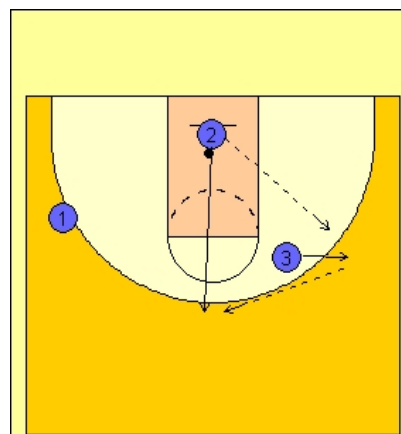
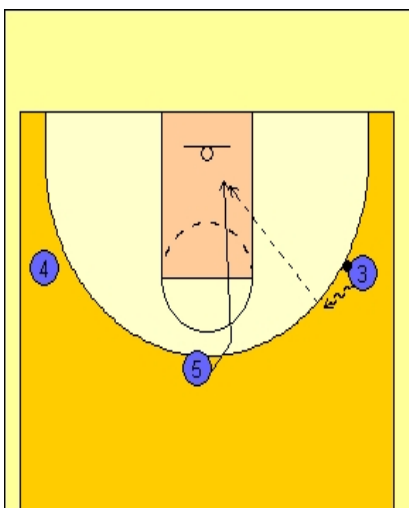


Diagram 4E - 7

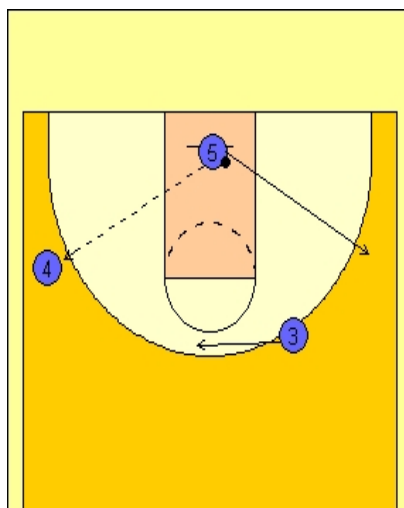
**(4E - 7)** With either option, the shooter #2 gets his own rebound while #3 breaks out to the right wing area. The drill repeats itself from here. Run for a set amount of time and then replace with three new players.

## IV. Backdoor Breakdown Drills (con't)



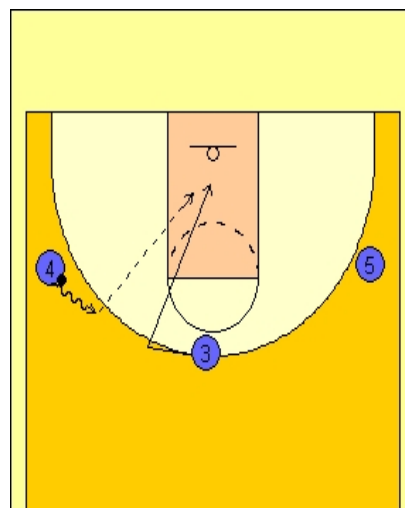
**Diagram 4F - 1**

**(4F – 1)** Use all players, post and perimeter, on this drill. #3 dribbles at the top of the key player #5. #5 fakes at the dribbler and then cuts back door. #3 delivers the left hand, one hand back door pass off the dribble.



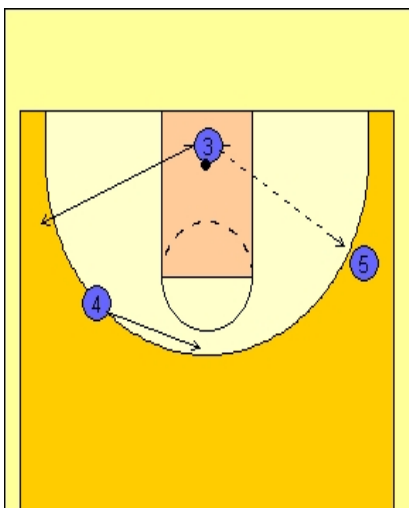
**Diagram 4F - 2**

**(4F – 2)** Shooter, #5, gets his own rebound. #3 cuts to the top of they key and replaces #5. #5 passes out to #4 on the left wing and sprints out to the right wing spot.



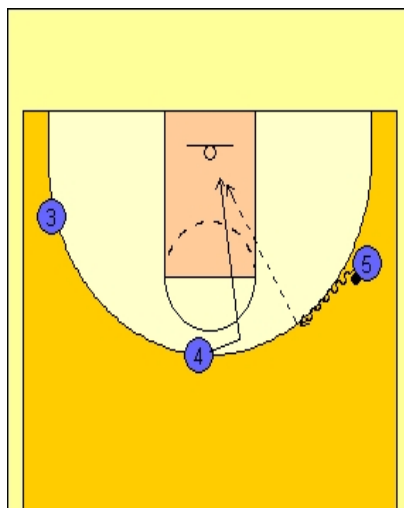
**Diagram 4F - 3**

**(4F – 3)** #4 then dribbles at #3 on top. #3 steps toward the dribbler and then cuts back door. #4 delivers the one hand, right handed back door pass off the dribble to the cutting #3 man.



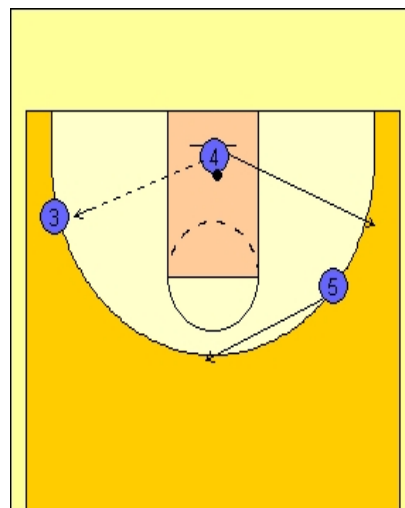
**Diagram 4F - 4**

**(4F – 4)** #3 gets his own rebound. #4 cuts to the top of the key. #3 passes out to #5 on the right wing and then sprints out to the left wing.



**Diagram 4F - 5**

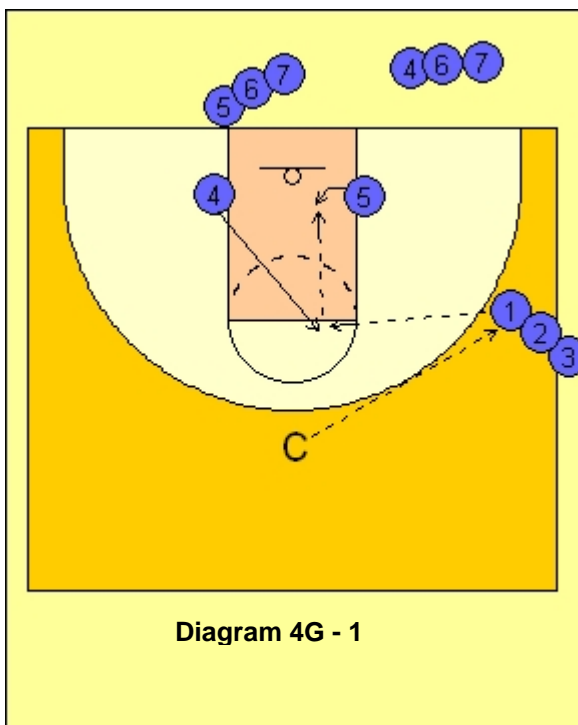
**(4F – 5)** The drill continues now with #5 dribbling at #4 on top. #4 fakes at the ball and then cuts to the basket looking for the one hand, left handed back door pass from #5.



**Diagram 4F - 6**

**(4F – 6)** #4 gets his own rebound and passes out to #3 on the left wing. #5 cuts to the top of the key and the drill continues. Run for a set amount of time before next group starts drill.

## IV. Backdoor Breakdown Drills (con't)

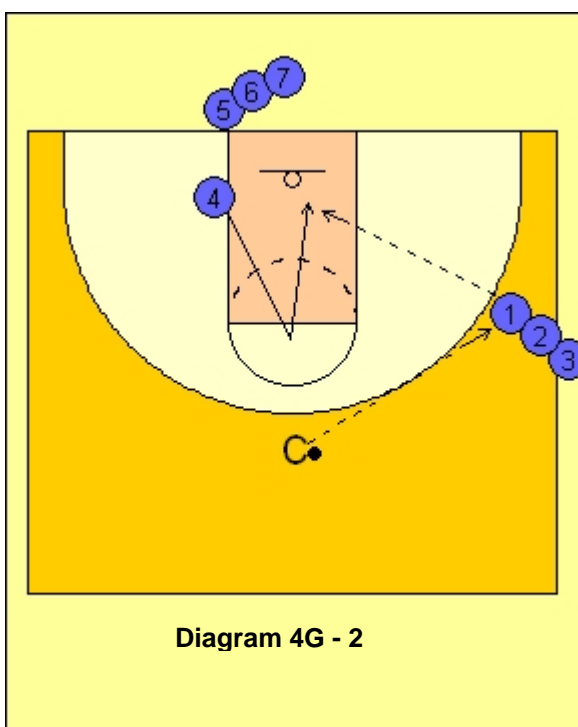


**(4G – 1)** Coach positioned on the top of the key area. Perimeter players should be in the right line and all of your post players should be underneath the basket.

Coach passes to #1 on the right wing. #4 flashes to the high post looking for the pass from #1. As #4 receives the ball from #1, #5 ducks in and posts up looking for the entry pass from #4.

Work on both a direct post pass from #4 to #5 as well as a lob over the top pass from #4 (simulating #5 being fronted). Have #5 duck in the post for the direct pass and then have him simulate stepping up the lane to clear space for the lob pass.

**Make sure to run drill from both sides of the floor.**



**(4G – 2)** Coach positioned on the top of the key area. Perimeter players should be in the right line and all of your post players should be underneath the basket.

Coach passes to #1 on the right wing. #4 flashes to the high post looking for the pass from #1. #1 fakes the pass to the high post while #4 cuts to the basket for the lob pass from #1. Players return to the end of their respective lines and the drill continues.

**Make sure to run drill from both sides of the floor.**

## IV. Backdoor Breakdown Drills (con't)

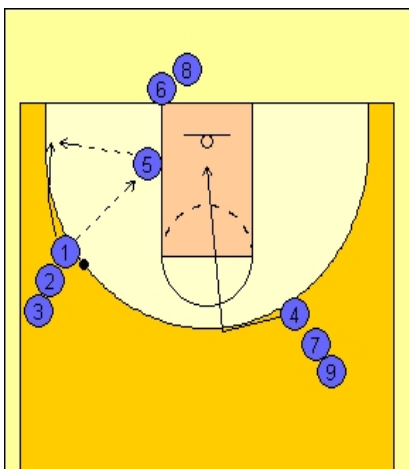


Diagram 4H - 1

(4H – 1) Three groups. Post players divided up on the block and the top of the key area. Perimeter players on the left wing. #1 enters to #5 on the block and cuts to ball side corner for return pass and shot. #4 fakes high and then to basket for rebound position.

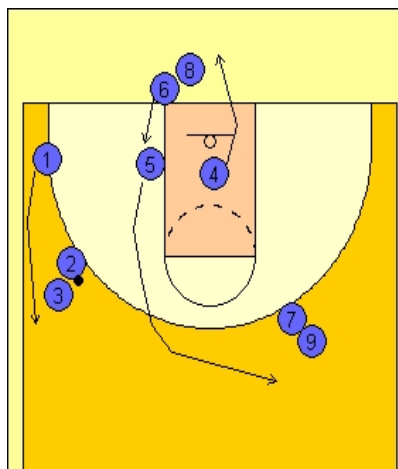


Diagram 4H - 2

(4H – 2) Players then rotate. Top of key players is already under basket #4, he cuts under the basket and behind the line out of bounds. Post player on the block moves up behind the line at top of key. Perimeter player moves to the end of the line he started from.

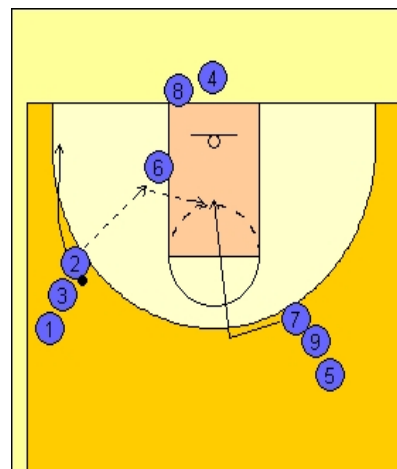


Diagram 4H - 3

(4H – 3) Same drill, next repetition. #2 feeds the post and cuts to the ball side corner. This time, the player on the block #6 does not return the pass to the corner and instead looks for the top of the key player backcutting. #6 delivers a nice bounce pass to the cutting #7 man for the lay-up. Same rotations setting up next repetition. **The next repetition the post player will hit the corner man for the shot.** The drill will go back and forth like this until both players in each line has had good reps. *Switch sides of the floor and repeat.*

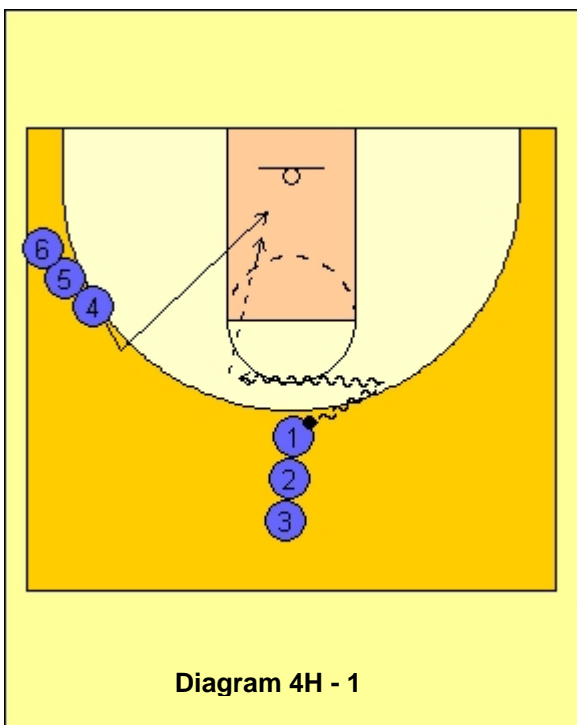


Diagram 4H - 1

(4H – 1) Here we will work on the **one hand backdoor bounce pass off the dribble** (the *Princeton Backdoor pass*). #1 starts away and then back to #4. #4 cuts toward the ball and then to the basket. #1 executes a one hand backdoor bounce pass off the dribble. Players return to their original line. Run from [www.virtualbasketballcoach.com](http://www.virtualbasketballcoach.com)



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