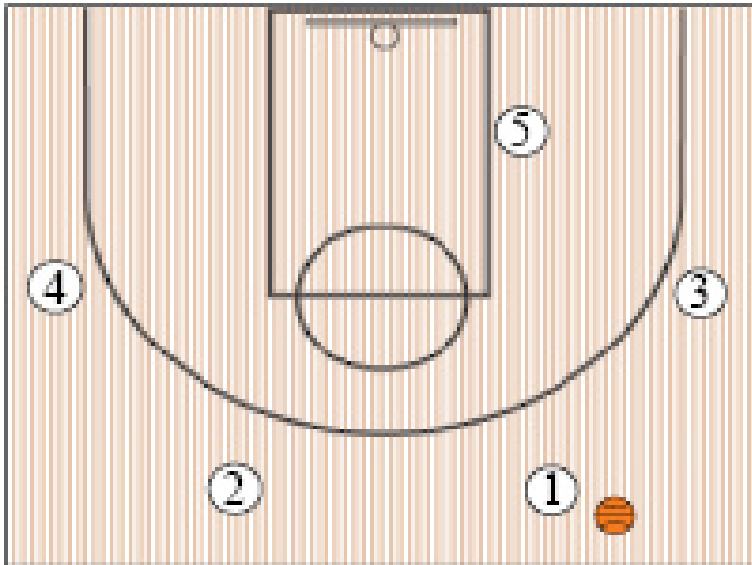
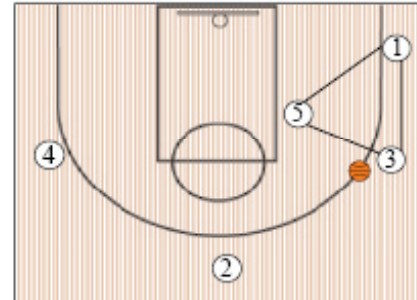


Triangle Offense

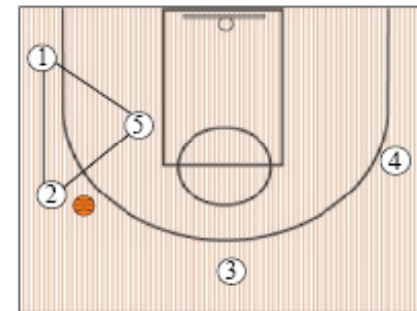
Alignment/Spacing



Sideline Triangle



Right

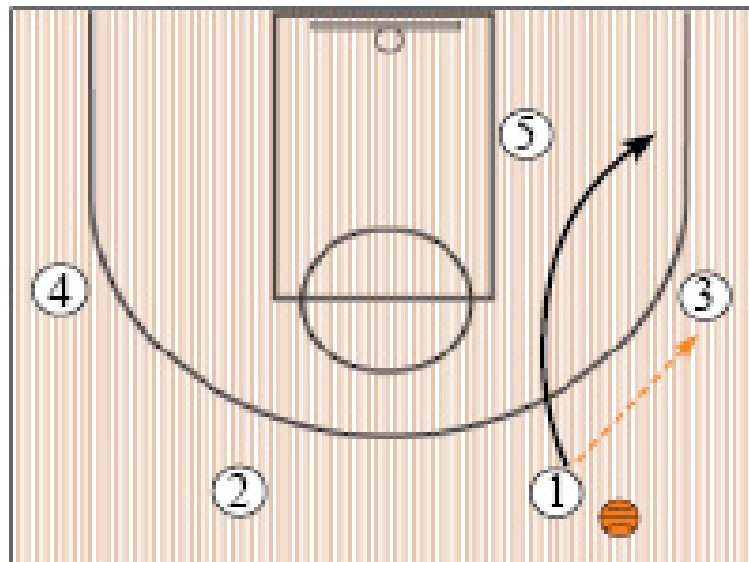


Left

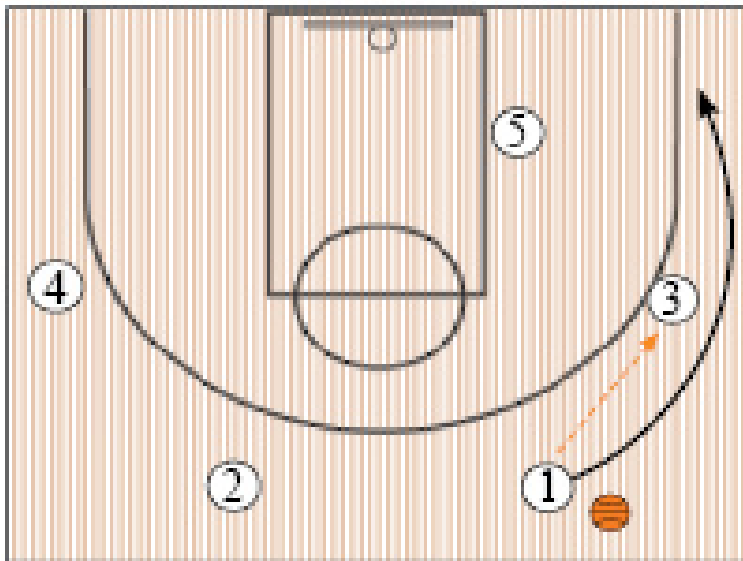
Basic Entries into Triangle Offense

There are a number of different to getting into the triangle offense:

Here the point guard (1) passes to small forward (3), and then makes an inside cut toward the corner.

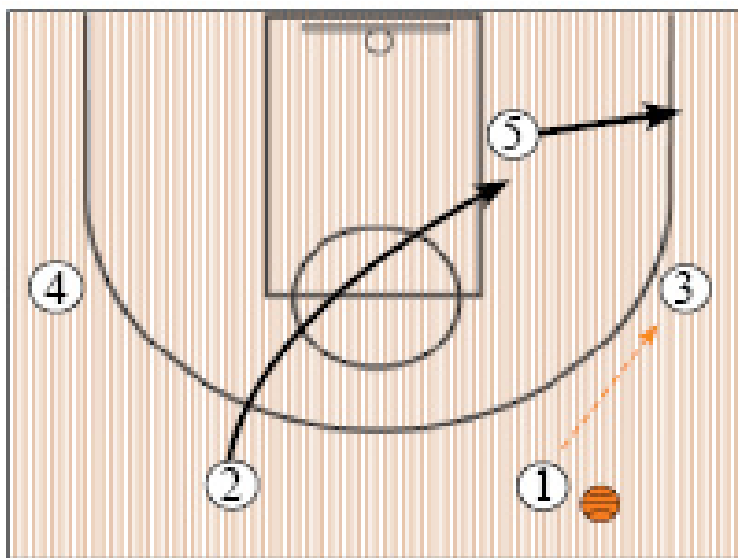


Here the point guard (1) passes to small forward (3), and then makes an outside cut.

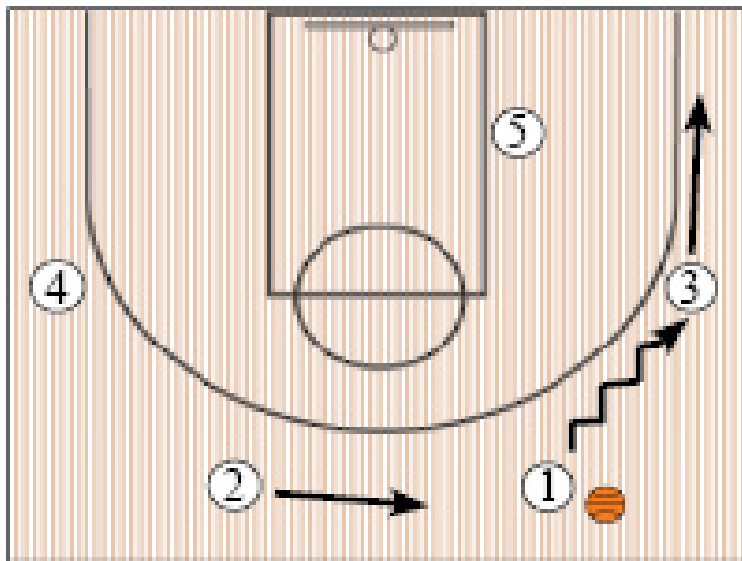


The Triangle offense also allows guards to get into the low post. Again, there are several ways to get into this offensive look.

For example, as the point guard (1) passes to small forward (3), the center (5) pops out to the corner, allowing the off guard (2) to move into low post.



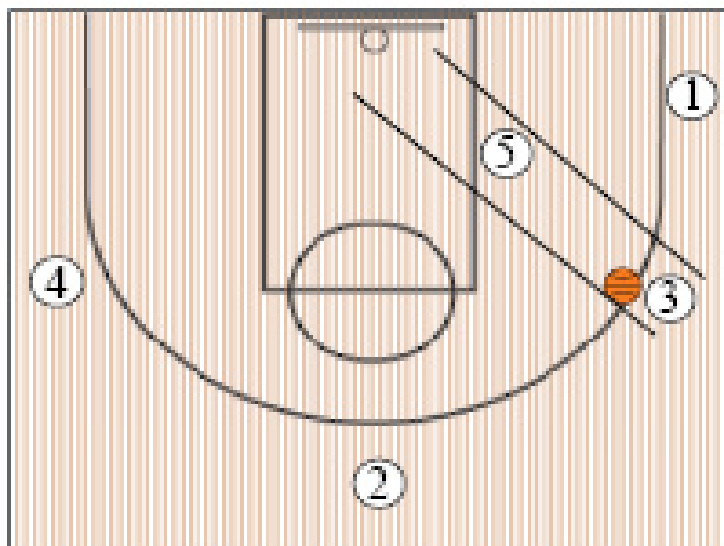
There is also a dribble entry option, as the point guard (1) dribbles to the spot previously occupied by the small forward (3), who moves down to the corner -- creating a "triangle" with the center (5).



Entering to the Post

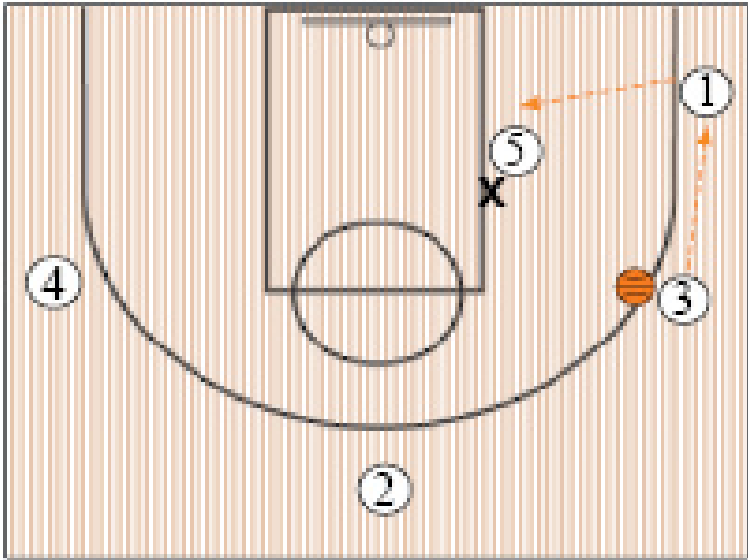
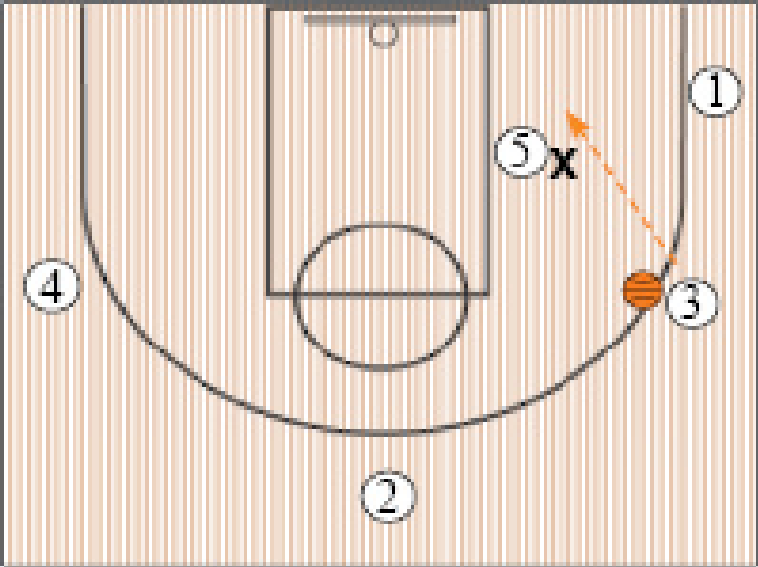
Once the "triangle" is set up -- in this case with the point guard (1) having cut to the corner -- a "line of deployment" has been created between him and the basket, he must play behind him -- as long as the post player (5) stays on the "line".

Once this happens, it's clear how the "triangle" opens up a clear passing lane for the small forward (3), with an easy angle to pass into the post, or "post feed" the center.



Look at the two diagrams below. For the post defender (X) to prevent the pass into the post, or center, (5), he must play on either side of him, or "front him". If he plays in front of the post, he loses position between the center and the basket, leaving the option open for a lob pass or quick pass to either side.

Any one of these entry passes into the post leads to an easy basket.



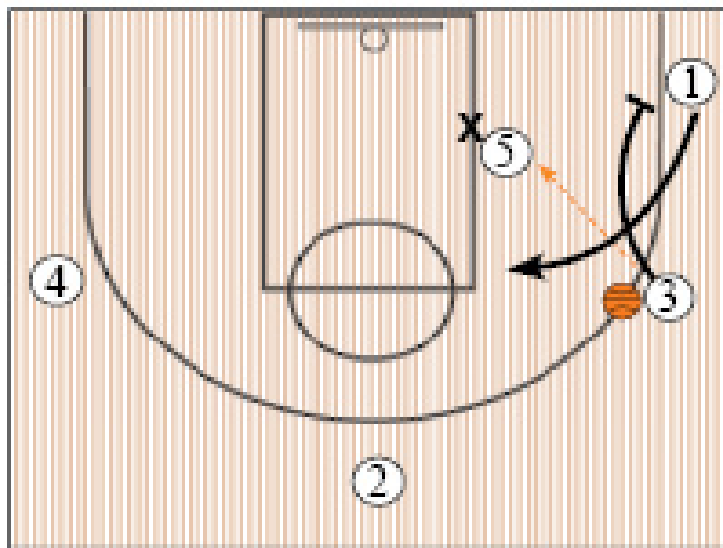
Running the Triangle Offense

Trust me when I tell you that we could be diagramming plays all day if we wanted to show you the magnitude of the entry passes and options. Unlike many offenses, there are a myriad ways to get into the "triangle spots." Thus, it makes it very, very difficult for defenses to prepare for and disrupt the Triangle Offense.

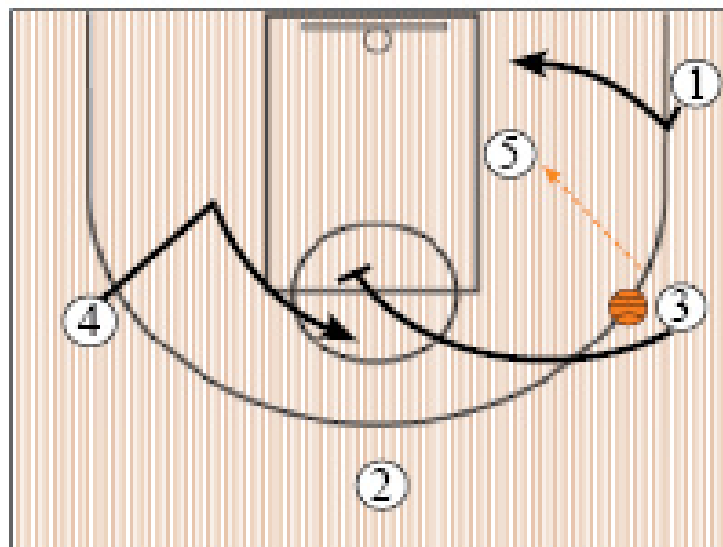
Proper spacing allows for several great opportunities to feed the post, create 1-on-1 situations, as well as, chances for every player in the "triangle" to help the other get open.

Here are some other options the "triangle" creates off the "post feed".

The Post Split: As the small forward (3) passes to the post man (5), he screens for the point guard (1) as they "split" off the post.



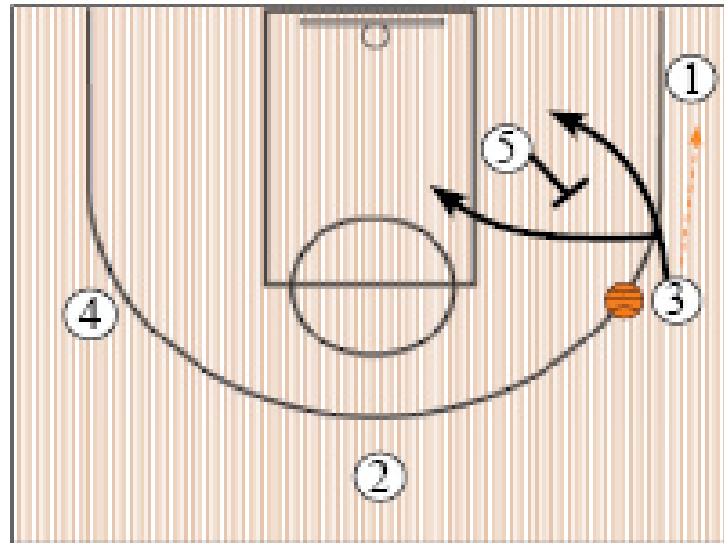
The Screen Away: The small forward (3) passes to the post and then screens away for the power forward (4), who is looking for short jumper, as the point guard (1) makes back door cut along the baseline.



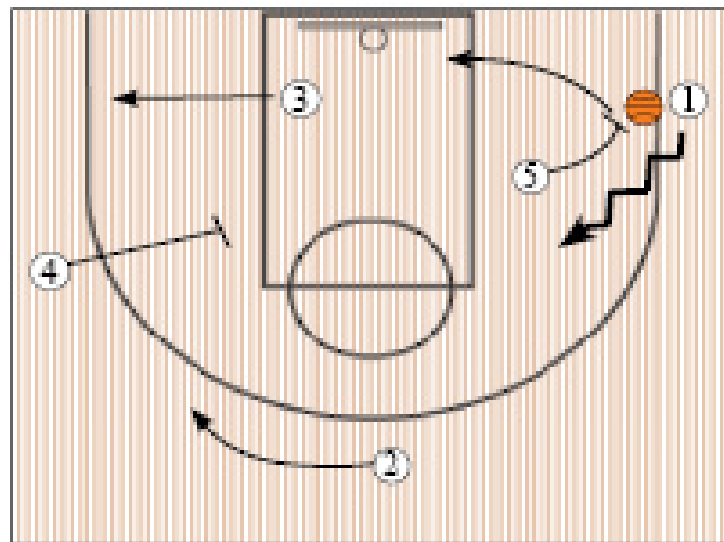
Pass to the Corner: This option starts with the small forward (3) passing to point guard (1) in the corner, and then making a "shuffle cut" off the post man. The point guard (1) will pass it back to the small forward (3) if he is open.

If the small forward is covered, the center (5) will set a screen on the ball for the point guard (1), and then rolls to the basket.

Step 1

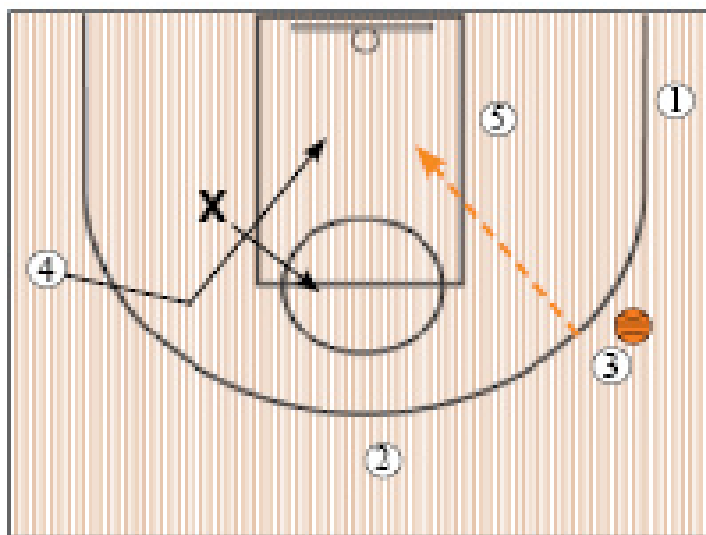


Step 2

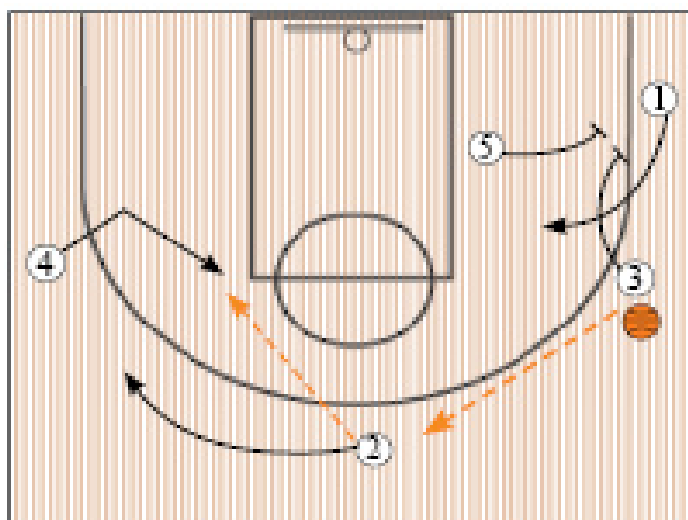


There are also plenty of weakside options within the triangle offense. See if you can identify some of these variations of the "triangle" while watching a team like Indiana this season.

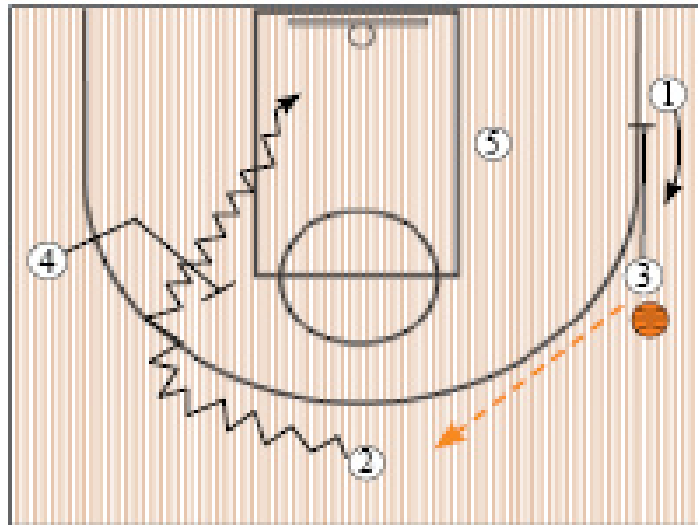
Back Door Lob: If the center is not open, the power forward will flash to the ball. If the defense overplays the power forward (4), it's up to the point guard (1) to look for a backdoor lob pass to the power forward.



Pinch Post: Another option is to pass back to the off guard, and pass to the "pinch post" or weak side elbow area. This happens when the off guard (2) cuts around the power forward (4) for a handoff, or the point guard (1) come off the double screen from the center (5) and small forward (3).



Screen and Roll: On the pass back to the off guard (2), the power forward (4) steps up to screen the ball.



Back Door for 2 or Flash for Hi/low: This option presents itself when the off guard is overplayed. The power forward (4) will then flash to receive a pass from the small forward (3) and, on the catch, the off guard (2) makes a backdoor cut to basket. The center (5) can set a double screen in the corner or look for a hi/low pass from the flashing post.

