Appendix 4: High post offense

The High Post Offense is a complimentary offense to the Dribble Drive, run when we want to shake things up, or to exploit good pick n’ roll matchups.

The goal of the High Post Offense is to get the ball to the wing and run a pick and roll on the side.

To do this we run a series of back picks.

The two players on each side (5/4 and 1/2) are working together to create openings.

1 swings the ball and then gets a back pick from 2.

On the back pick the passer may throw a lob pass over the defense, but usually will try to get the ball to the wing or will swing the ball.

As 2 steps out from his back screen 4 swings the ball.

5 now back screens for 4.

At the same time 1 comes out from his back cut to try and get the ball.

If they over-play the pass look for the back-door.

This continues until the ball is passed to the wing or to the high post.

If we swing the ball and the post player 5 gets open on the wing we will not pass the ball to the post, as we don’t want him ball handling on a pick and roll.

Instead we will swing again.

The ball is swung to 1 and 2 gets open to the wing. 2 may have the baseline drive open, and if so he will take it, as there is very little help on the baseline drive.

If not we will now set up for a ball screen from 3.
**High post offense - ball screen**

Any time the ball is passed to the wing, high post player (3) will set a ball screen.

The three players not involved form the weak side triangle, with the post 4 in the medium post.

3 sets a ball screen for 2.

2 should attack the basket off the screen. He can look for 3 on the roll or the pop, and must look for the players in the triangle when defense helps.

Here 3 screens and pops out for a 3-point shot.

**Hit the high post**

When the ball goes to the high post I let the players come up with the option they want to run, as it gives them ownership of the offense.