

Villanova Space & Pace Spread Offense

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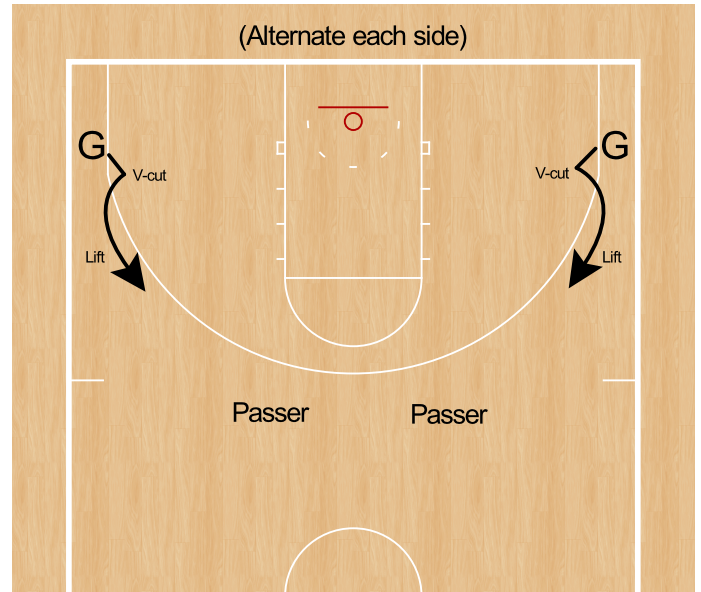
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Guard & Forward Drills

Guard Skill Work – Catch & Shoot Series

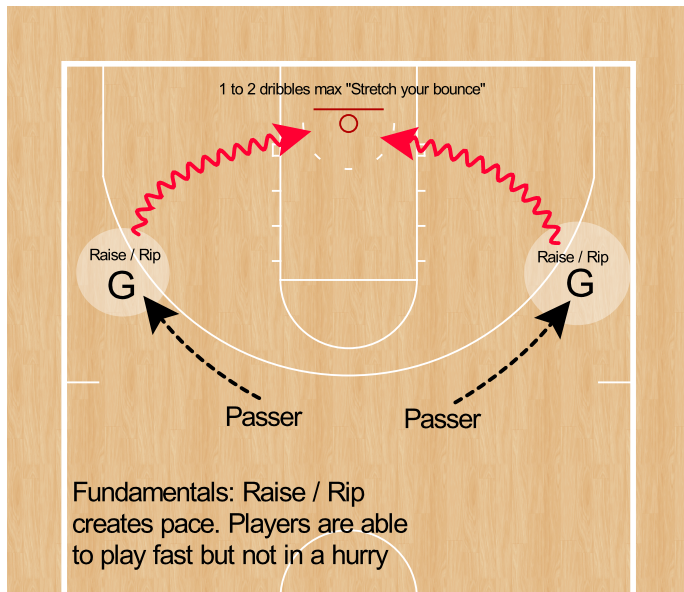


Guard Skill Work – Catch & Shoot Series



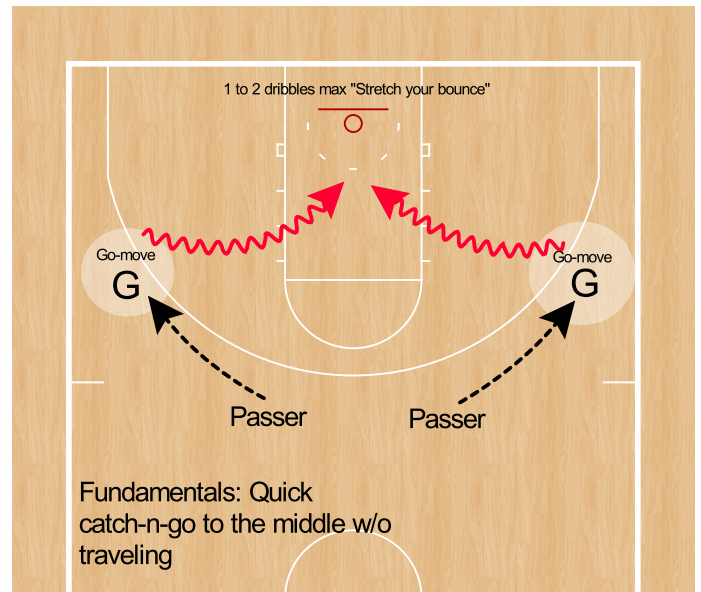
1. V-cut to get open
2. Lift from corner to wing
(Passers in the slot)

Guard Skill Work – Catch & Shoot Series



1. Receive the ball on a 1-2 step w/ inside foot as your pivot foot
2. Raise (shot fake) & rip on the catch

Guard Skill Work – Catch & Shoot Series



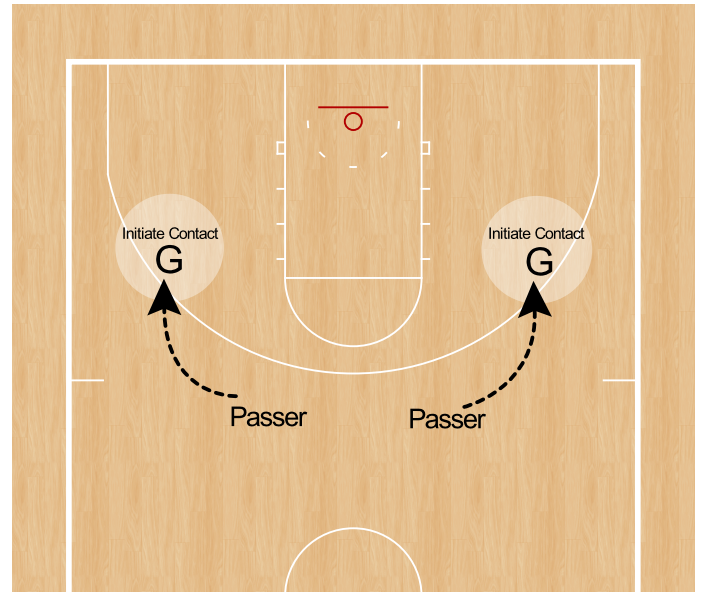
1. Catch and make a quick move to the middle (focus on footwork and not traveling)

Guard & Forward Drills

Guard Skill Work – Swing Series

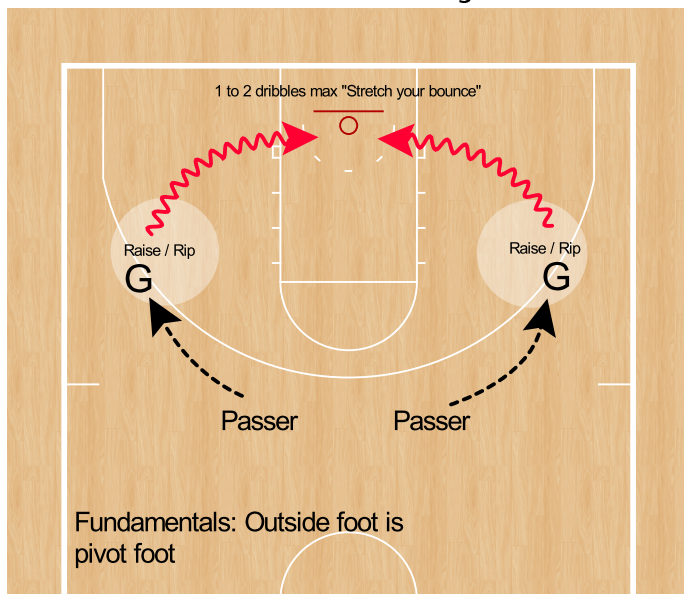


Guard Skill Work – Swing Series



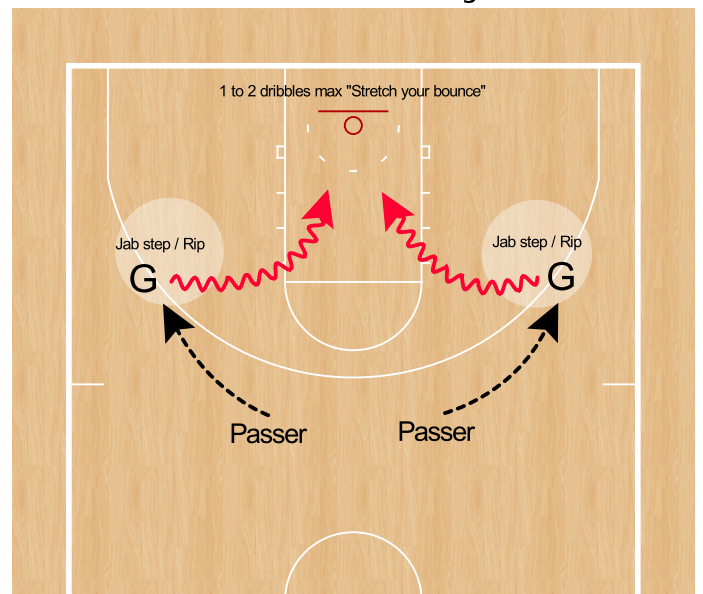
1. Use inside foot to initiate contact
2. Seal defender off with your leg, butt, & inside arm

Guard Skill Work – Swing Series



1. Rip the ball tight. Hip-to-hip rip through

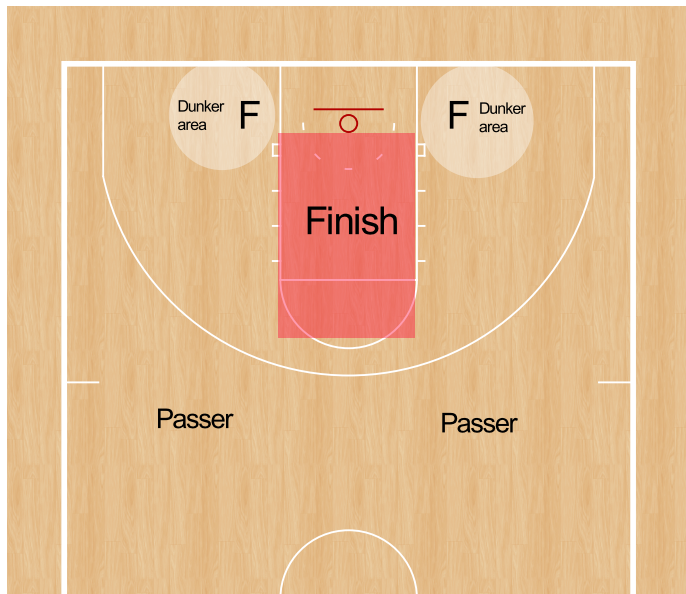
Guard Skill Work – Swing Series



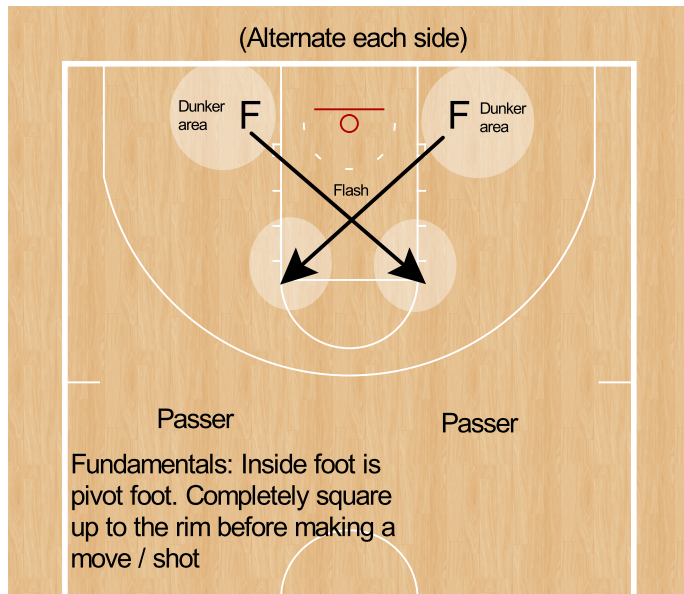
1. Focus on keeping the pivot foot planted and do not drag it on the jab step

Guard & Forward Drills

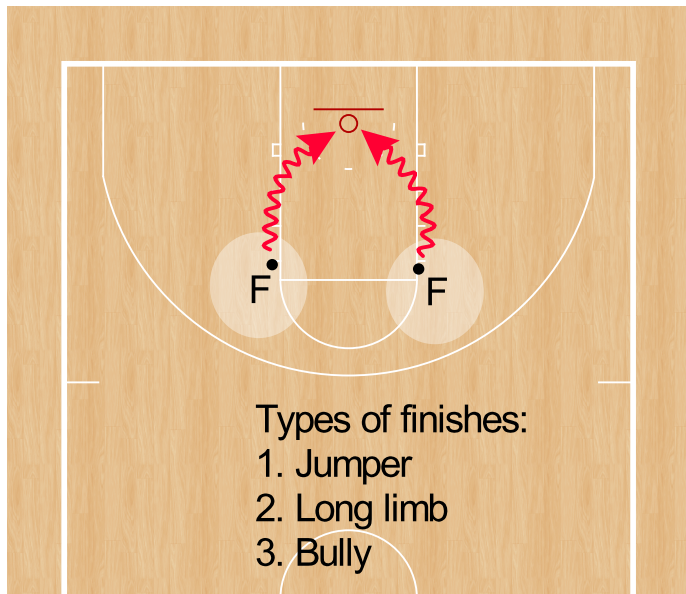
Forwards Skill Work – Flash Iso



Forwards Skill Work – Flash Iso



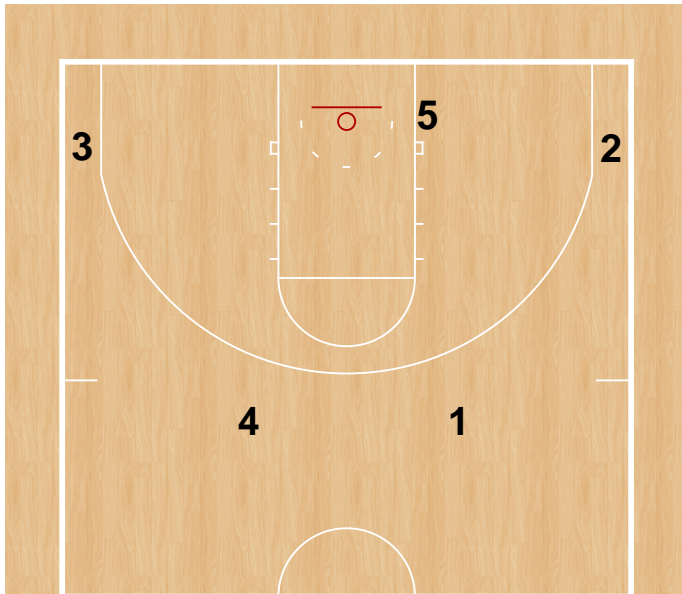
Forwards Skill Work – Flash Iso



Focus on squaring up to the basket. Having correct footwork. Finishing strong around the rim

Alignment & Movement

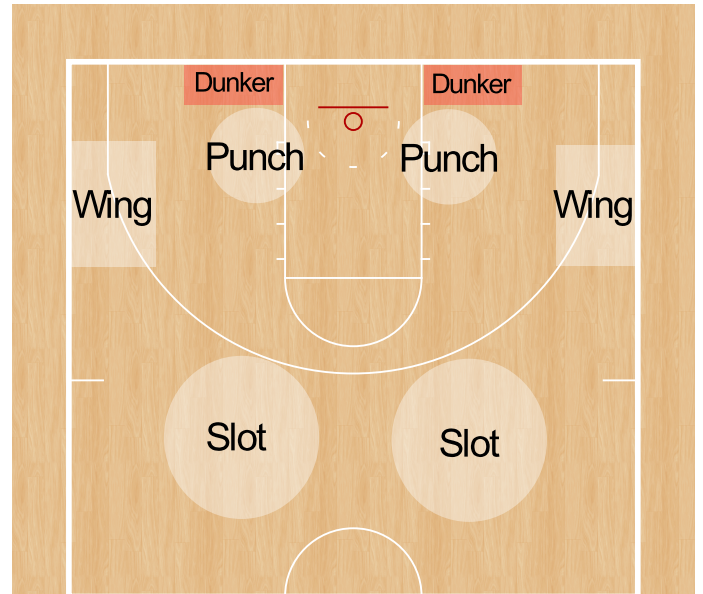
Spacing & Positioning



Alignment

-1 through 4 positions area all interchangeable

Spacing & Positioning

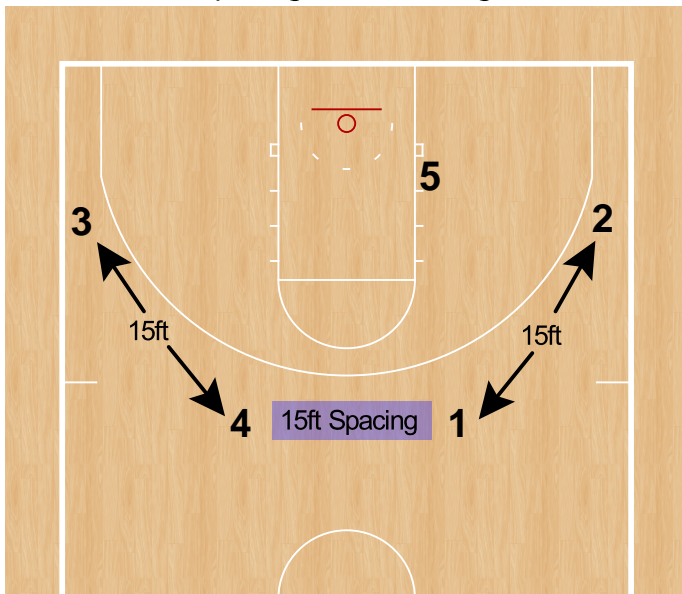


Alignment Terminology

4 main positional areas

- 1. Slot
- 2. Wing
- 3. Punch
- 4. Dunker

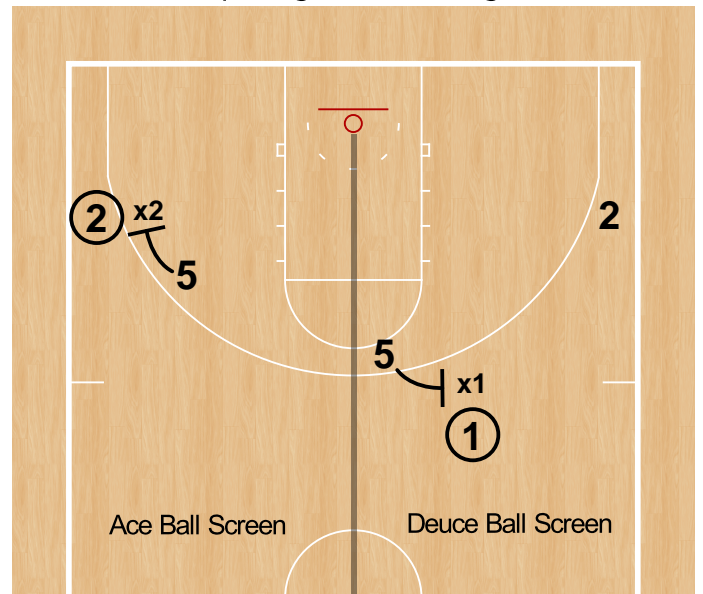
Spacing & Positioning



Spacing

-All players remain 15ft a part or more

Spacing & Positioning

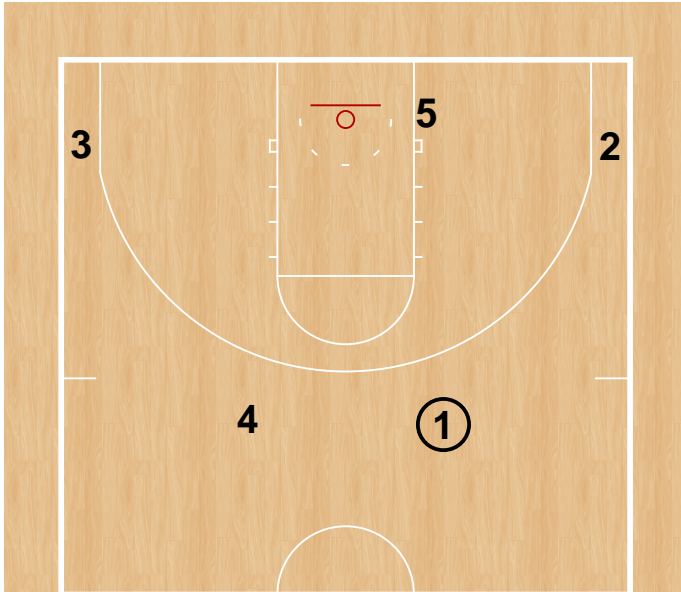


Ball Screens

- Slot = Deuce Screen (2 guards involved)
- Wing = Ace Screen (1 guard involved)

Alignment & Movement

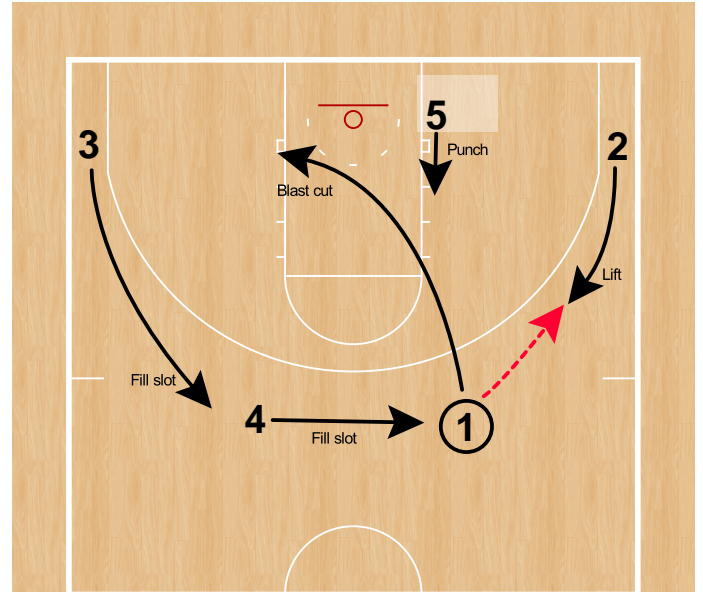
Player Movement



Alignment

1 through 4 positions area all interchangeable

Player Movement

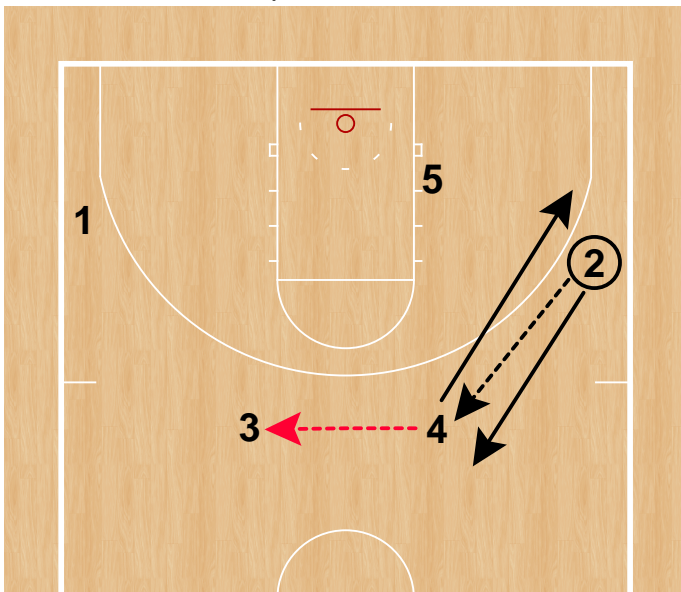


Slot to Wing pass = Blast cut

All players move "on a string" to fill open spots

5 man punch (post up) out of dunker area on wing entry

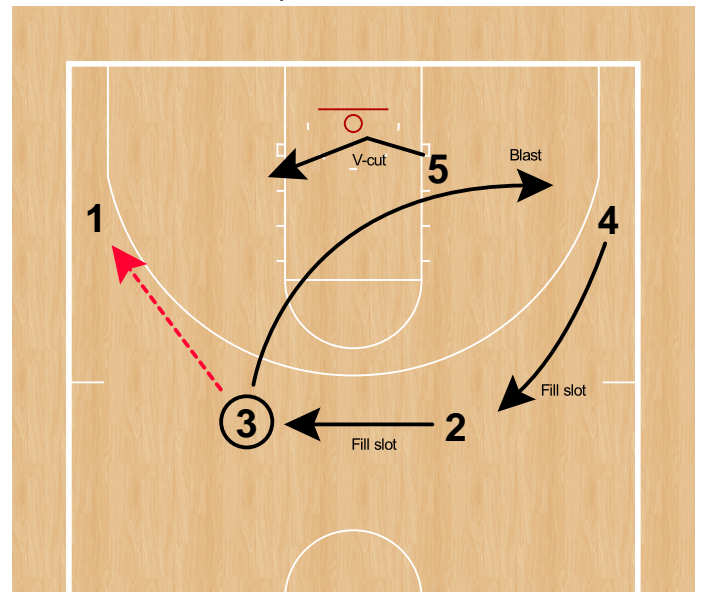
Player Movement



Slot to Slot pass = Exchange

4 & 2 do a sprint exchange on the slot to slot pass

Player Movement



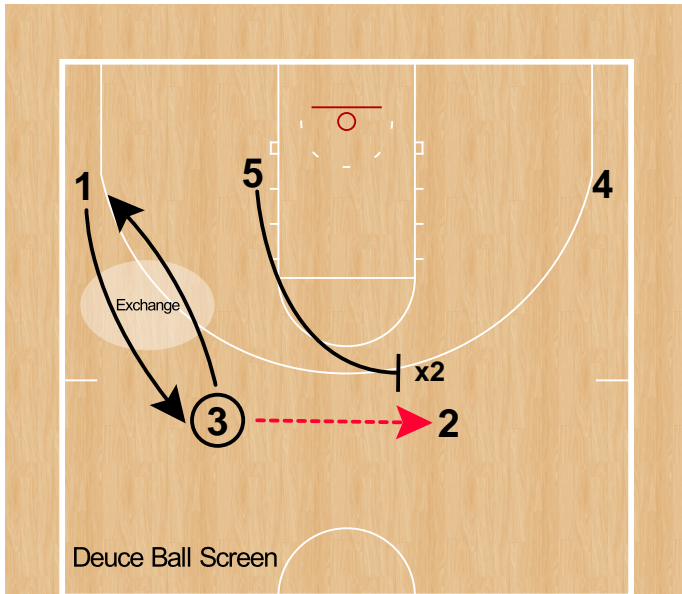
5 follows the reversal to a punch (post up)

3 blast through to opposite corner on wing entry

All players are on a string

Ace / Deuce / Flat

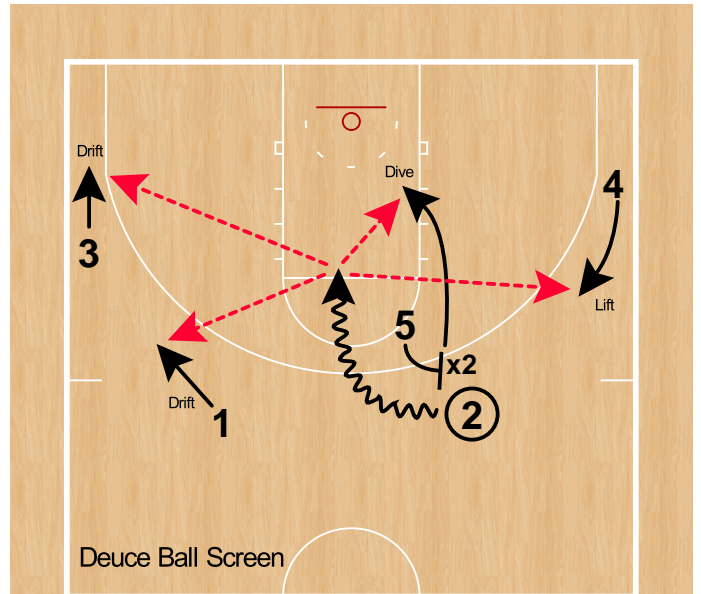
Ball Screen Situations



When the ball gets back to it's original slot – the 5 will sprint into a ball screen

(Weak side exchange occupies the defense)

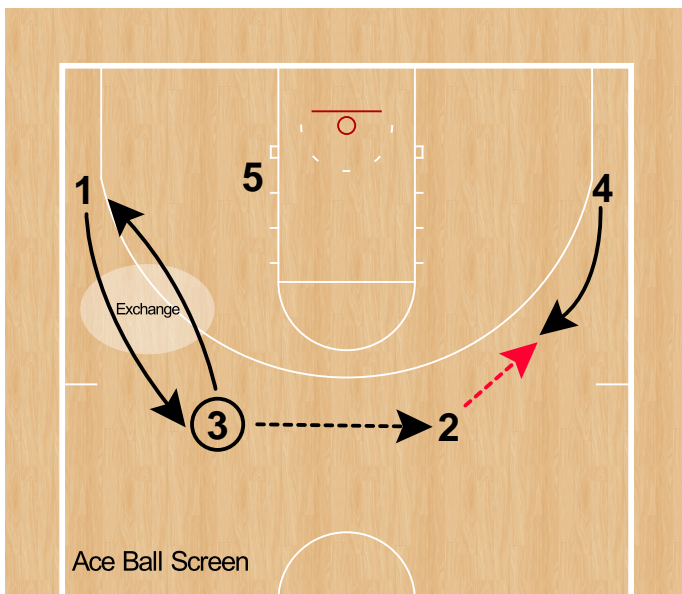
Ball Screen Situations



Options:

- 1.Score
- 2.Pass to 5
- 3.Pass to lift
- 4.Spray opposite

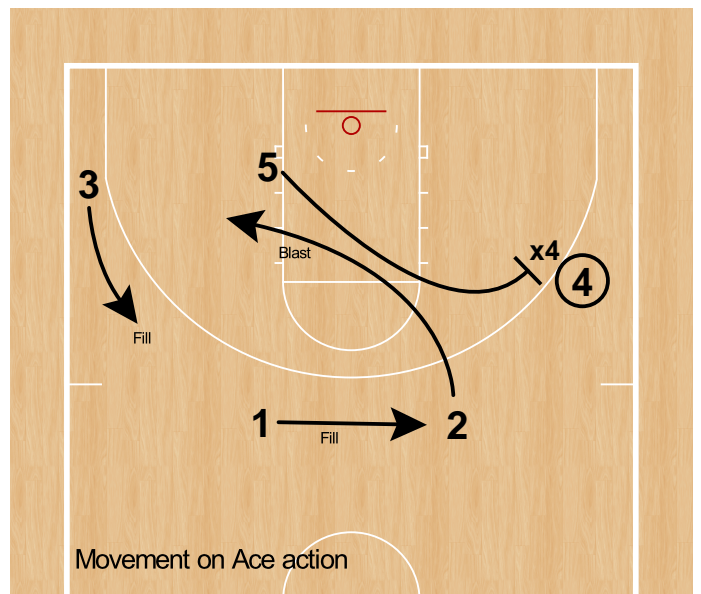
Ball Screen Situations



When the ball is swung quickly to the wing – the 5 will sprint into an Ace ball screen

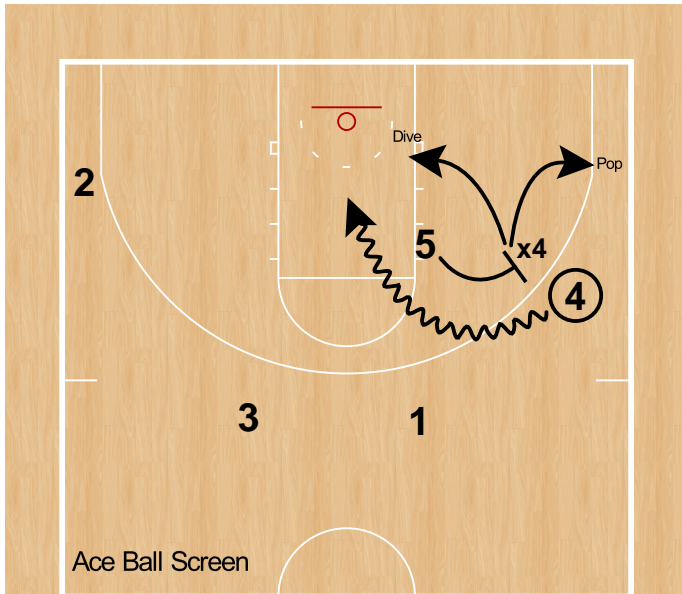
(Blast and fill will occur on the weak side)

Ball Screen Situations



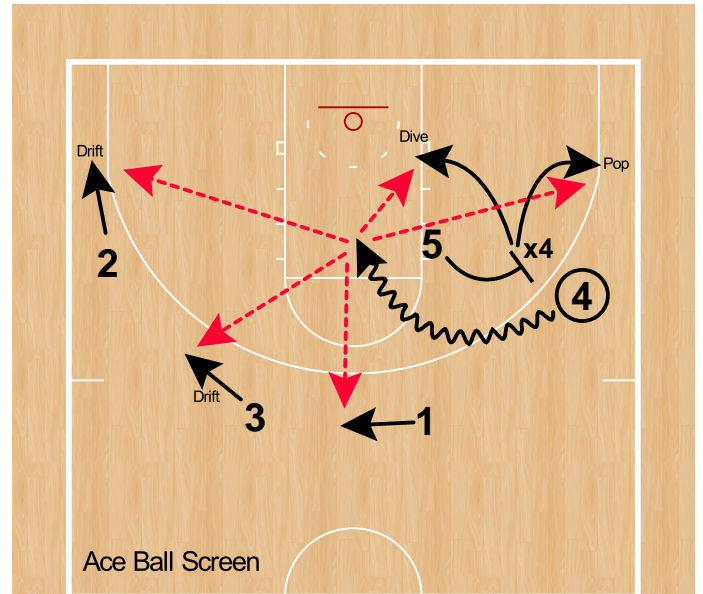
Ace / Deuce / Flat

Ball Screen Situations



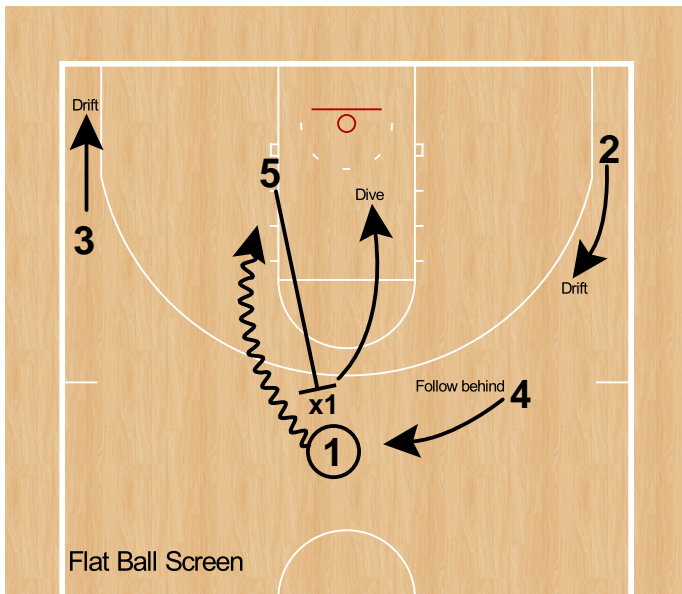
Spacing on the Ace. Players will drift on the drive

Ball Screen Situations



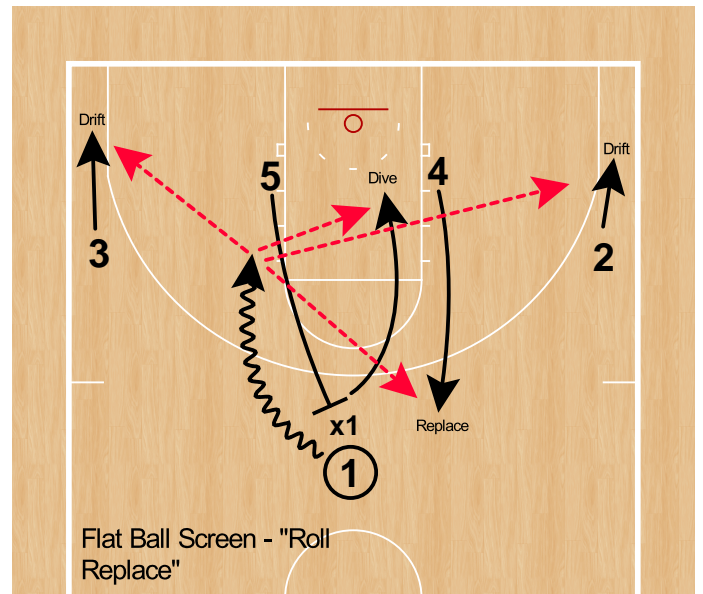
5 has the option to pick and dive / or pick and pop on the Ace ball screen

Ball Screen Situations



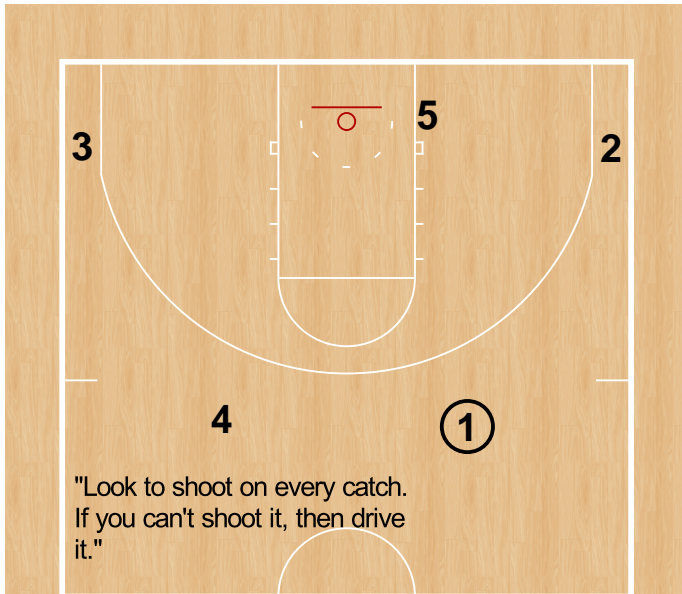
Flat ball screen can be done in early or late offense

Ball Screen Situations



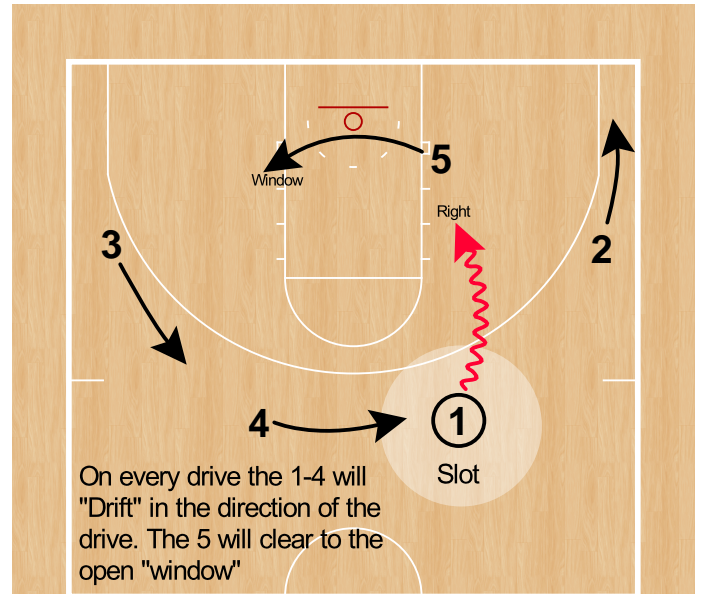
Relocating

Drive & Drift Movements

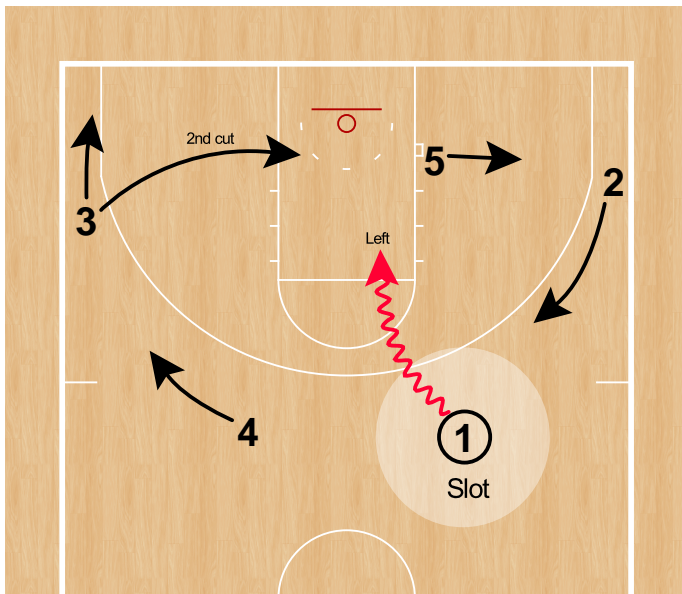


The spacing creates driving lanes. Each player has freedom to shoot or drive on every catch

Drive & Drift Movements

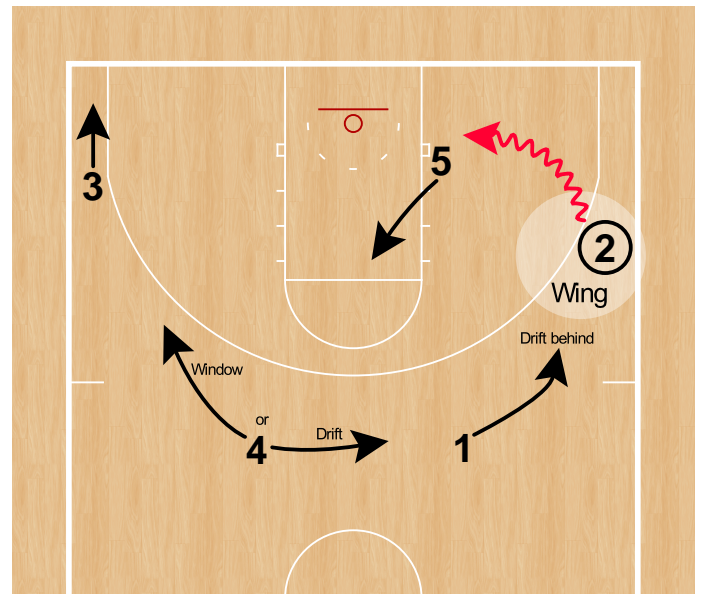


Drive & Drift Movements



3 has the option to 2nd cut behind the defense or drift to the corner

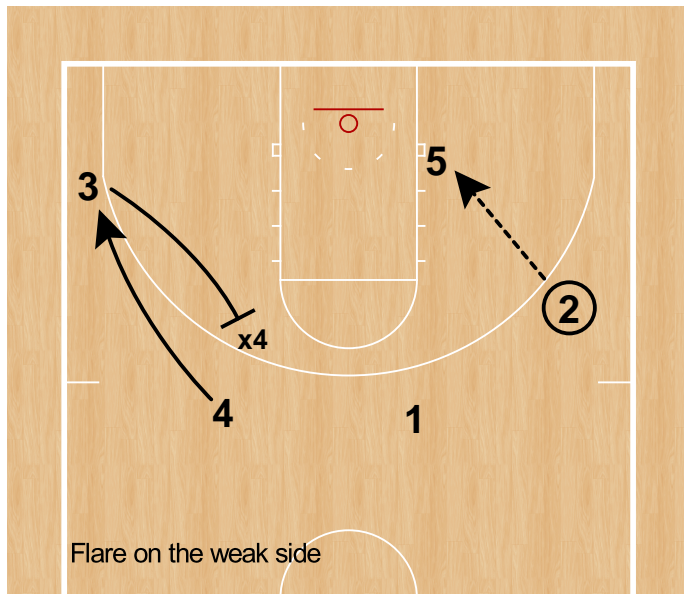
Drive & Drift Movements



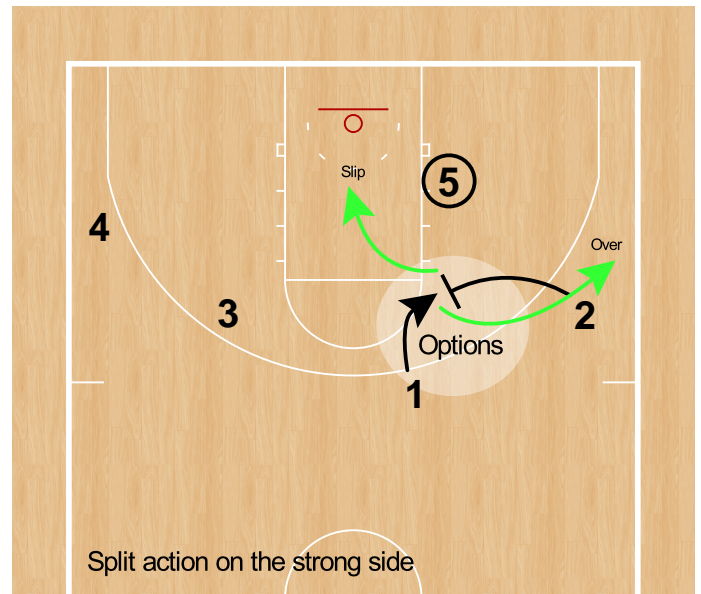
3 must occupy corner on the baseline drive

Relocating

Drive & Drift Movements



Drive & Drift Movements

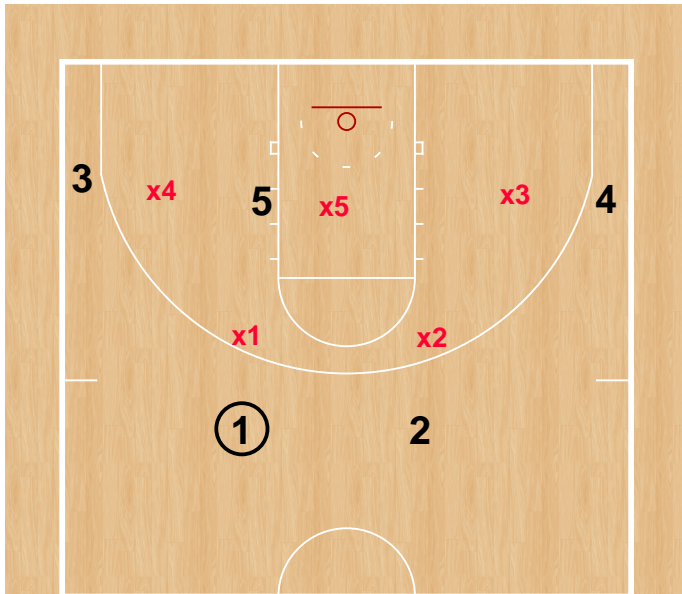


Split action options

- 1.Slip
- 2.Under
- 3.Over

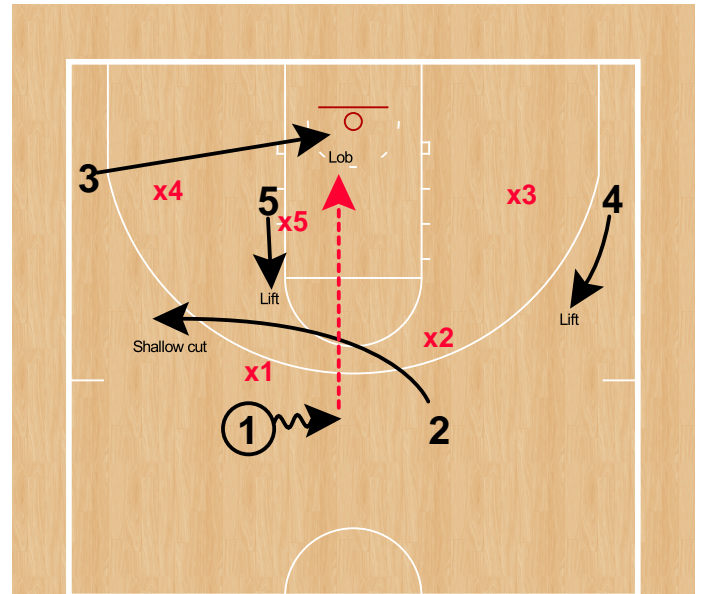
Zone Set – Lob

Zone Lob – Set



Allow the defense to match up evenly before the movement of the play starts

Zone Lob – Set



All players move at the same time.