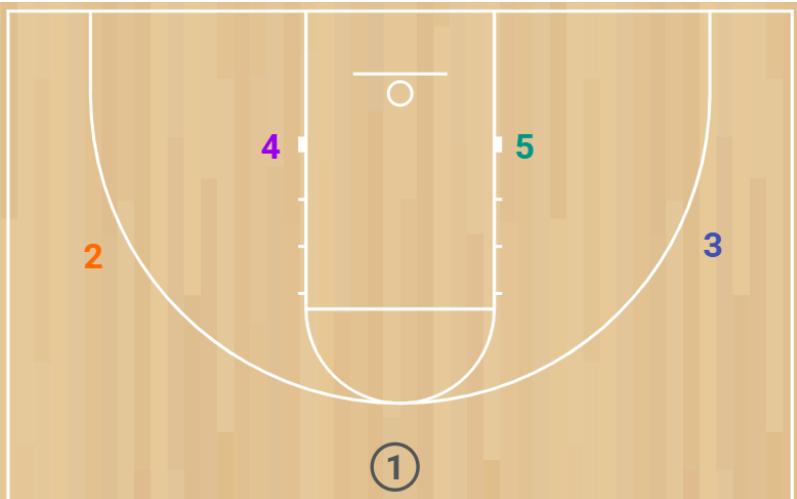


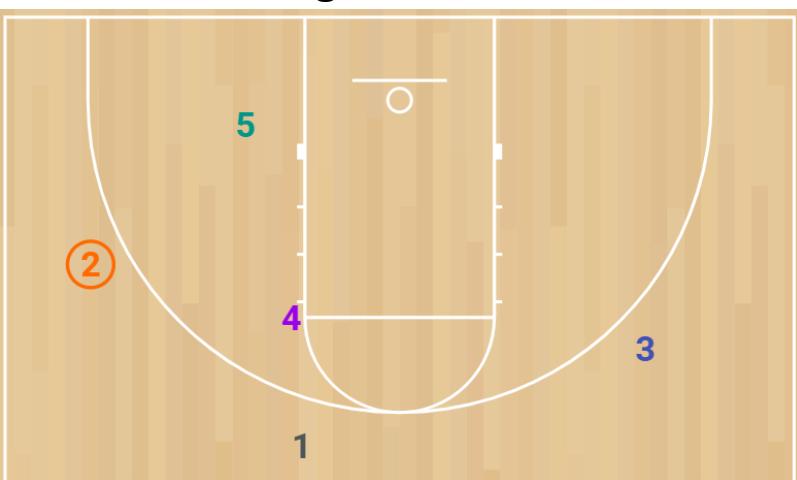
Triangle (3-Out) Offensive Sets

Triangle – Low



- Two Bigs are just outside low blocks across from each other
- Primarily used against a Man defense
- This is default so if just say "Triangle" this is how set up
- Note – if call "Switch" that means Bigs and Guards switch to start (so Bigs start outside and Guards in low blocks – will do this if want to start with down screens)

Triangle – Overload



- One Big is low block/short-corner
- Other Big is at High Post
- Bigs keep moving back and forth to ball side (5 stays low, 4 stays high, unless call 'Motion' where they switch)
- Primarily used against a zone defense

Triangle – High and High/Low



- Similar to 'Low' except the two Bigs start up closer to free throw line
- Will use this if starting with screens
- "High/Low" will mean one Big is on low block and one Big is on opposite high post with Bigs moving between low block and high post as ball moves side to side (low block is ball side). Will use if low block getting doubled by other Big's defender

Triangle Offensive Set

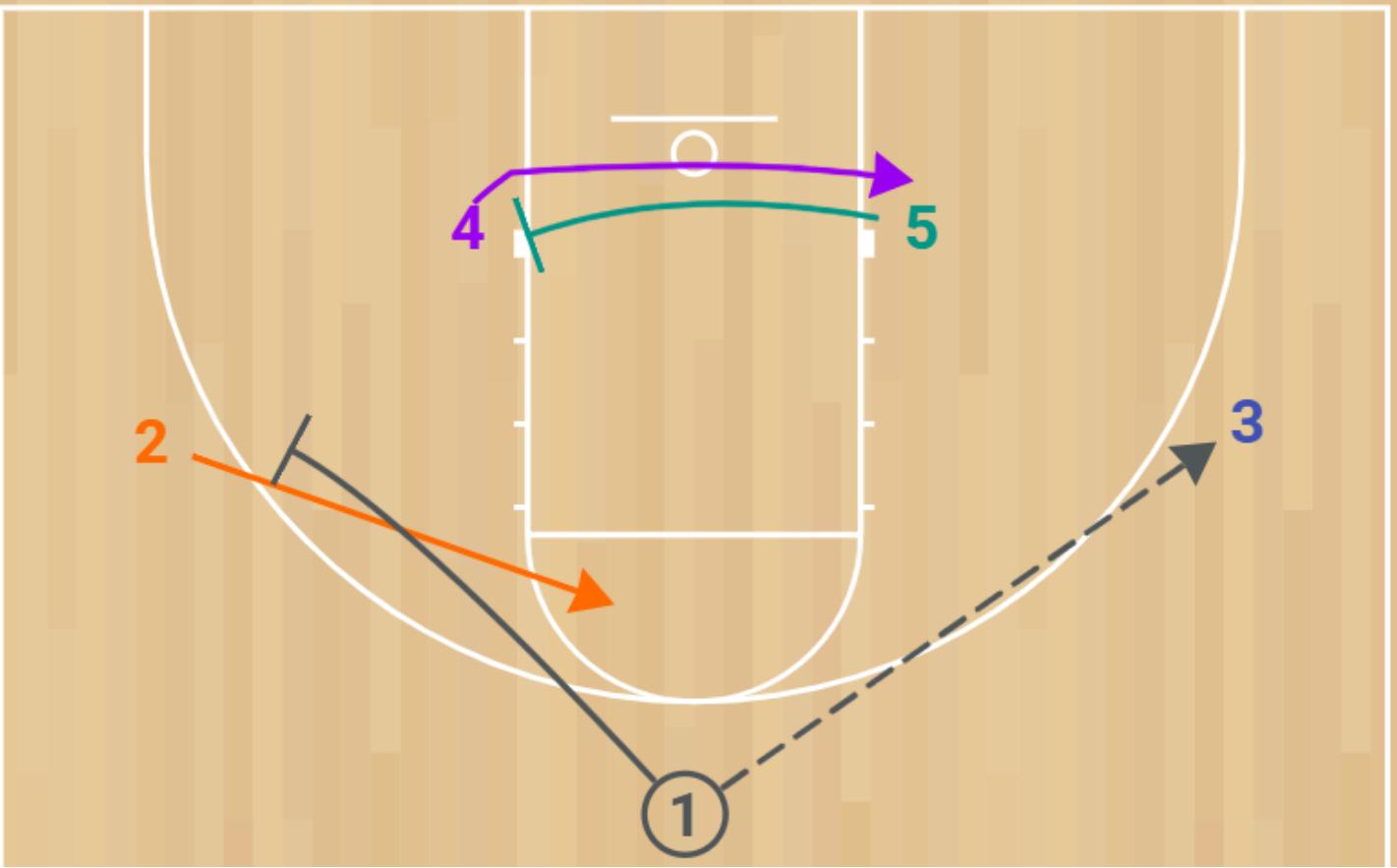
Motion O / Sequences / Plays Summary

Name	Description	Animated Play Link
<i>Motion O</i>		
Triangle (low) - Cross	Motion offense where Bigs are low and are screening for each other as ball moves and guards are exchanging up top. Typically used against a Man Defense.	https://youtu.be/p7m9-FBHhqQ
Triangle - Overload	Motion offense where Bigs are in high post and low post moving to stay ball side. Typically used against a Zone D.	https://youtu.be/DVzzNuftOTo
<i>Starting sequences</i>		
Triangle (low) - Stanford	Pick and Roll with Big and Guard. If no shot, move into Triangle – Cross or Overload.	https://youtu.be/fY53pB393K4
Triangle (low) - Wisconsin	Dribble Hand Off with Guards & then Pick and Roll with Big. If no shot, move into Triangle – Cross or Overload.	https://youtu.be/ef5YGI3sppc
Triangle (low) - Florida	Using screens to get open short corner or elbow shot. If no shot, reset into Triangle – Cross.	https://youtu.be/oWCXPsPvYtc
<i>Other Plays</i>		
Triangle (low) - Switch	Same as Cross but starts with Bigs high/Guards low with down screens to see if can create mismatches	https://youtu.be/eayDior2Lqc
Triangle (low) - Pitt	Starting in 5-Out, setting ball screen & getting into Triangle Overload. Typically used against Zone D.	https://youtu.be/6CFZ3Hzdyek
Triangle (low) - Miami	Low post setting two screens (1 st for corner, then high post). Reset into Triangle – Overload. Typically used against a Zone D.	https://youtu.be/gh2y6uakkgk

Triangle Motion Offense

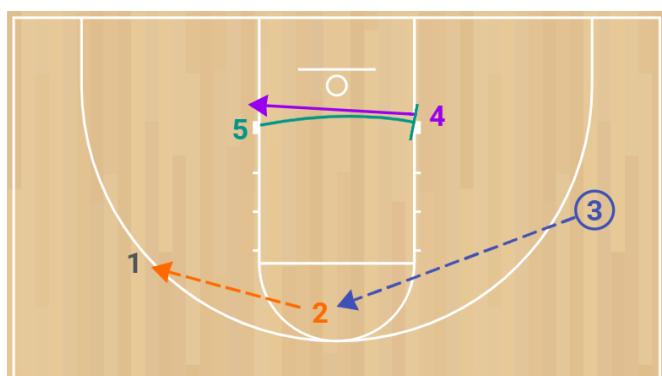
Triangle (Low) – Cross

Objectives: Free up Big on low block or guard at Elbow



- (5) If ball passed to your side; set cross screen for (4)
- (4) Use screen from (5), get to ball-side low block and seal looking to score
- (1) Pass to (3) and then screen away for (2)
- (3) Look to pass to (4) in low block and the (2)
- (2) Use screen from (1); try to get in shot position; if receive ball and nothing, keep reversing and immediately swing to (1)

Keep repeating action until someone gets open

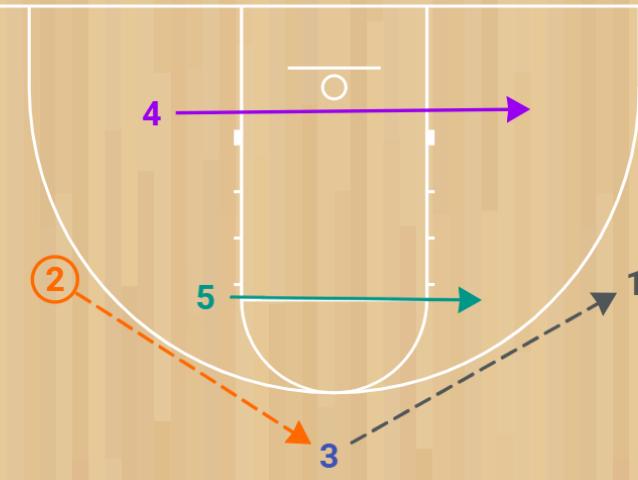


Video: <https://youtu.be/p7m9-FBHzQ>

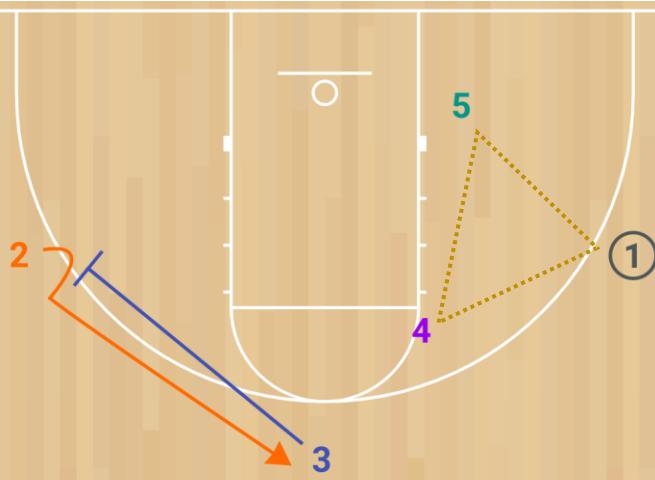
Triangle Motion Offense

Triangle – Overload

Ball starting on left



Below happens after (3) passes to (1), breaking out as separate step for ease of illustration



(4) In short corner, (5) in high post & (2) on Wing are overloading the zone & working like a triangle.

If (5) catches it, immediately squares up looking to shoot, pass to (4) or kick back to (2)

(4) Can also post up below low block depending on match up and spacing

If nothing there reverse:

(2) Pass to Top of Key (1)

(3) Immediately swings it to (2)

(4) Moves to ball side high post

(5) Moves to ball side short corner

(3) After passing to (1) exchange with (2)
 (2) Waits for screen from (3) then uses to move to top of key

(5) In short corner, (4) in high post & (1) on Wing are overloading the zone & working like a triangle.

If (4) catches it, immediately squares up looking to shoot, pass to (5) or kick back to (1)

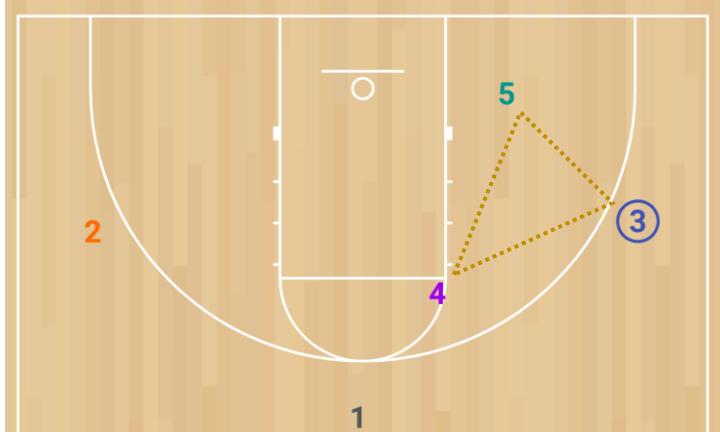
(5) Can also post up below low block

Triangle Motion Offense

Triangle – Overload Exchange

Ball starting on right

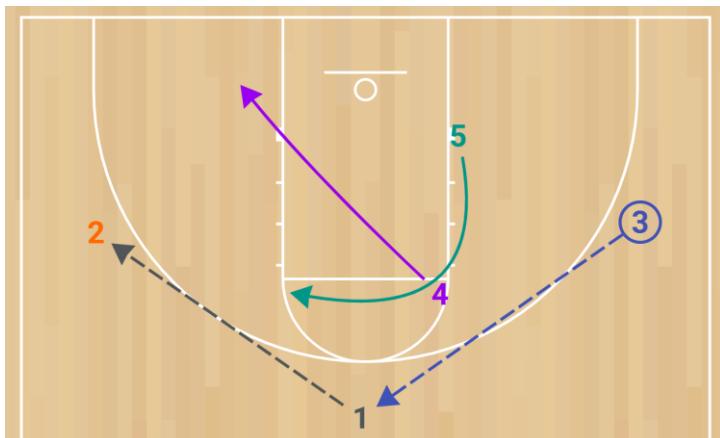
Objectives: Overload zone with High post and Short corner while still using motion



(5) In short corner, (4) in high post & (3) on Wing are overloading the zone & working like a triangle.

If (4) catches it, immediately squares up looking to shoot, pass to (5) or kick back to (3)

(5) Can also post up below low block depending on match up and spacing



If nothing there reverse:

(3) Pass to Top of Key (1)

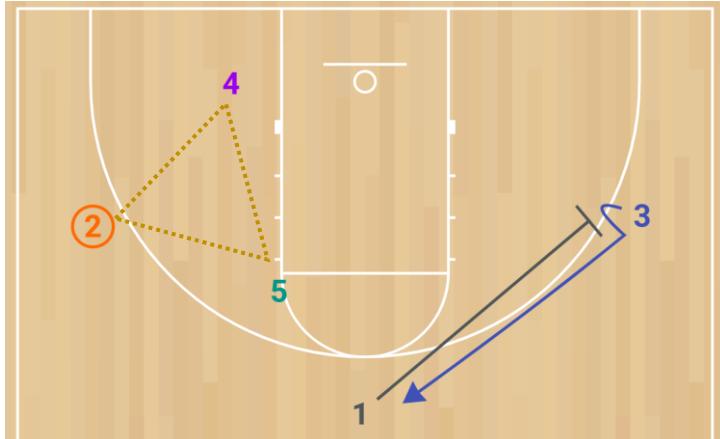
(1) Immediately swings it to (2)

(5) Moves to ball side high post

(4) Moves to ball side short corner



Below happens after (1) passes to (2), breaking out as separate step for ease of illustration



(1) After passing to (2) exchange with (3)
 (3) Waits for screen from (1) then uses to move to top of key

(4) In short corner, (5) in high post & (2) on Wing are overloading the zone & working like a triangle.

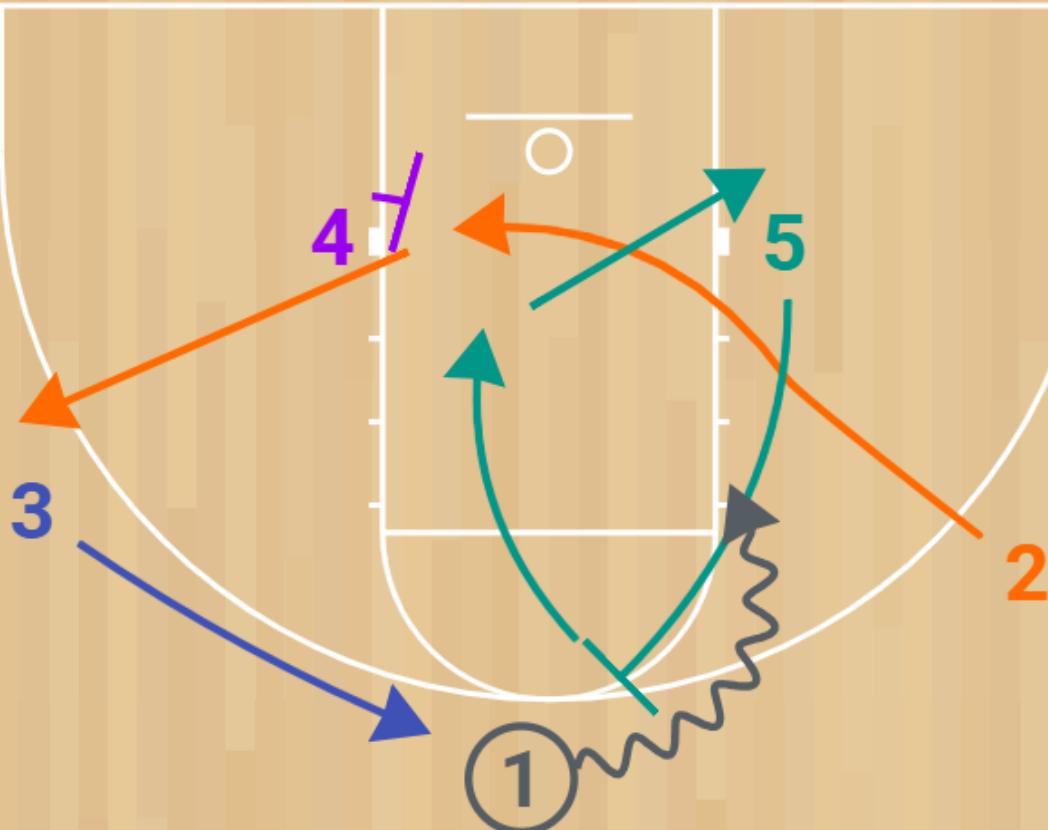
If (5) catches it, immediately squares up looking to shoot, pass to (4) or kick back to (2)

(4) Can also post up below low block

Video: <https://youtu.be/DVzZNuftOTo>

Triangle Starting Sequence

Triangle - Stanford



(2) Cuts through low to opposite Wing trying to use screen by (4)

(5) After (2) passes, sets a screen for (1) at top of key. Hold screen and then roll to basket. Clear back to low block

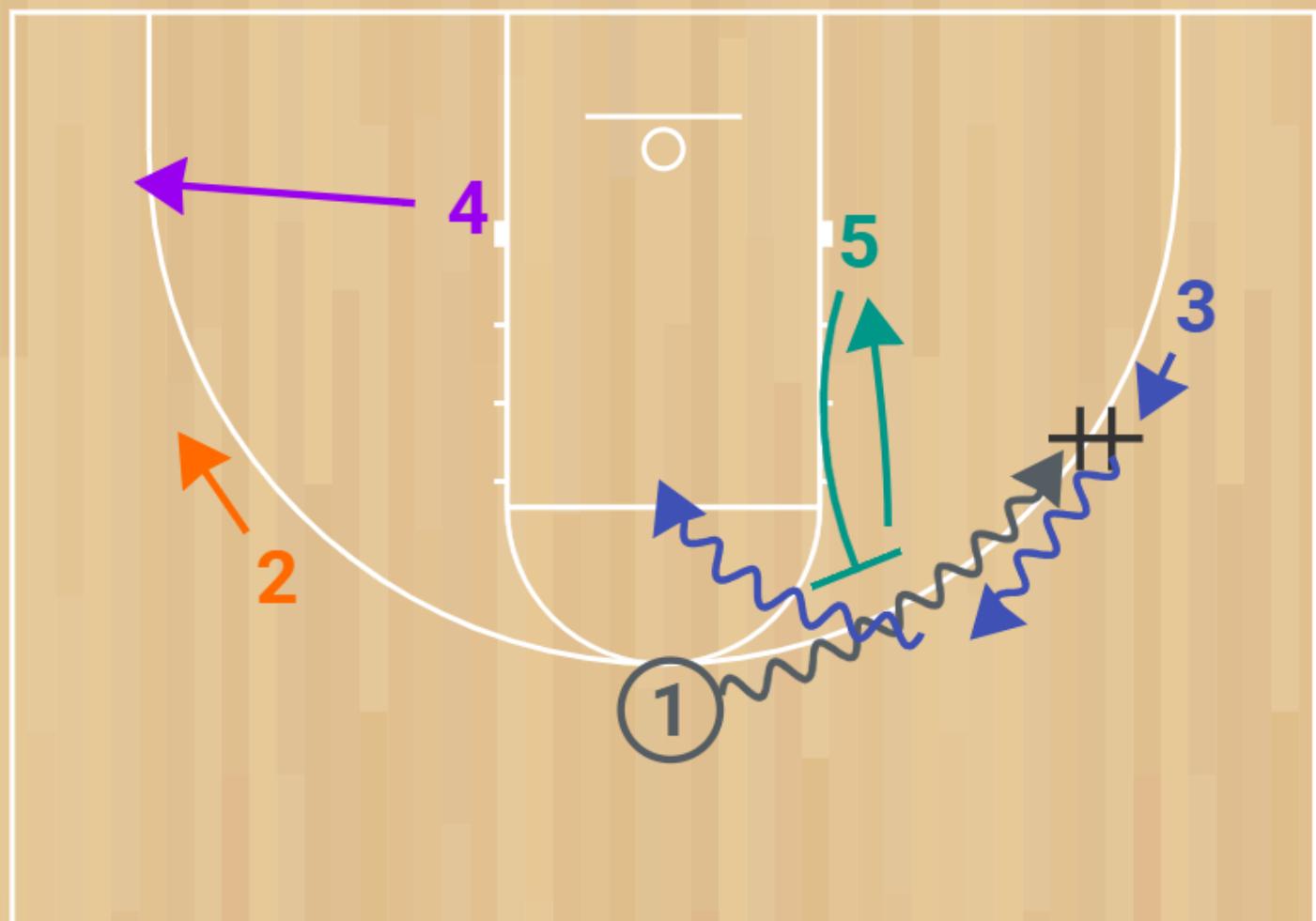
(1) uses screen from (5) to either try to get elbow shot or pass to (5); clear out to Wing

(4) Set screen for (2) then move out to short-corner to create space

(3) Fill space once (1) has cleared out

Triangle Starting Sequence

Triangle - Wisconsin

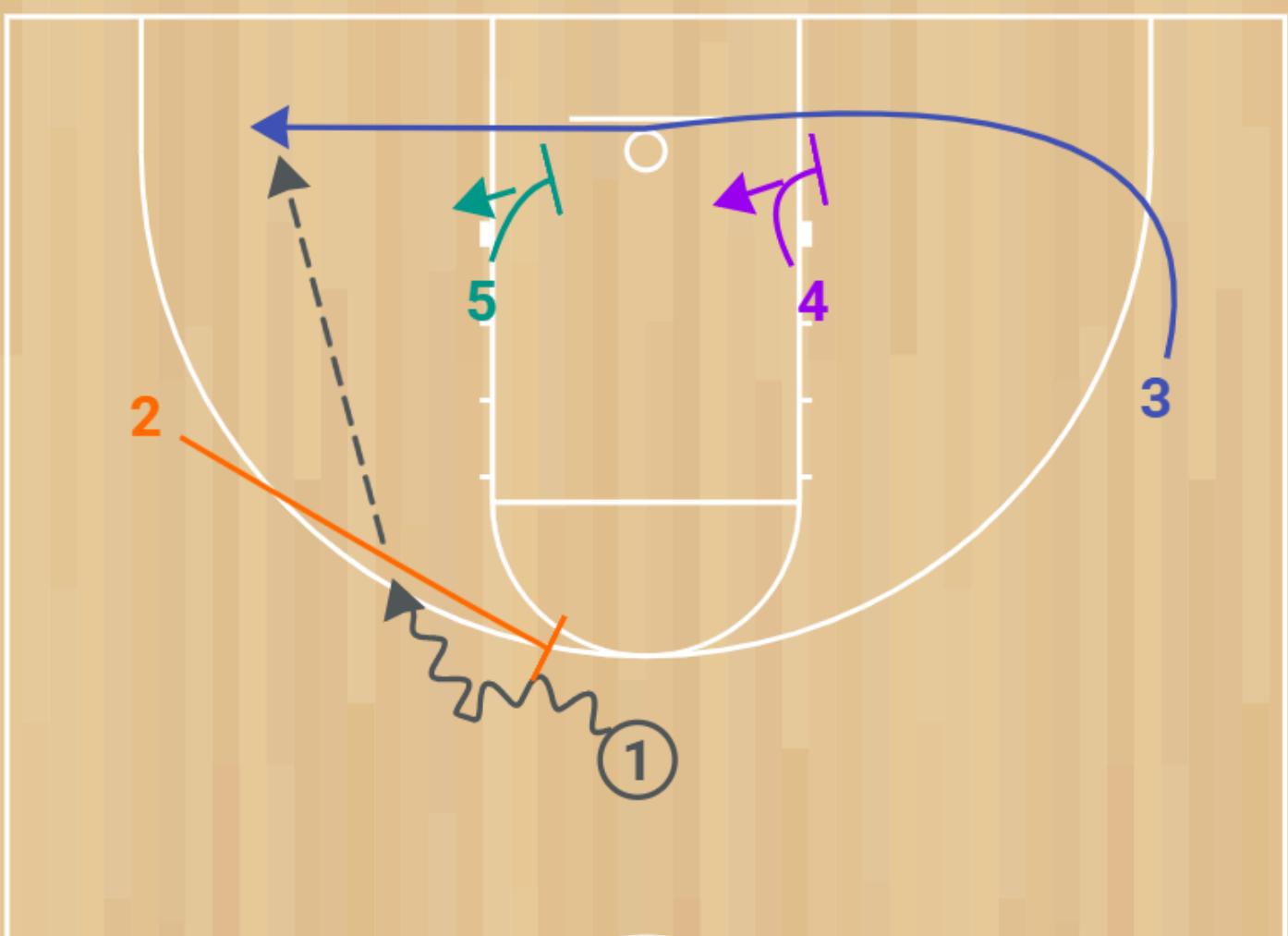


- (1) Performs Dribble Hand Off with (3) [or can do pass and inside cut]
- (3) Get DHO from (1) [or pass], use screen from (5) and attack basket looking for elbow shot or pass back to (5) or (4) or (5) if open
- (5) Set screen high up after DHO has occurred
- (2) Float down to create passing lane with (3)
- (4) Space out to short corner

Triangle Starting Sequence

Triangle (Low) – Florida - “Player initial”

Objectives: Create elbow for PG or short-corner shot for guard



Wing (3) cut through paint using screens from 4 & 5 to get to short corner on opposite side
(4) Set screen for (3) then take up low block

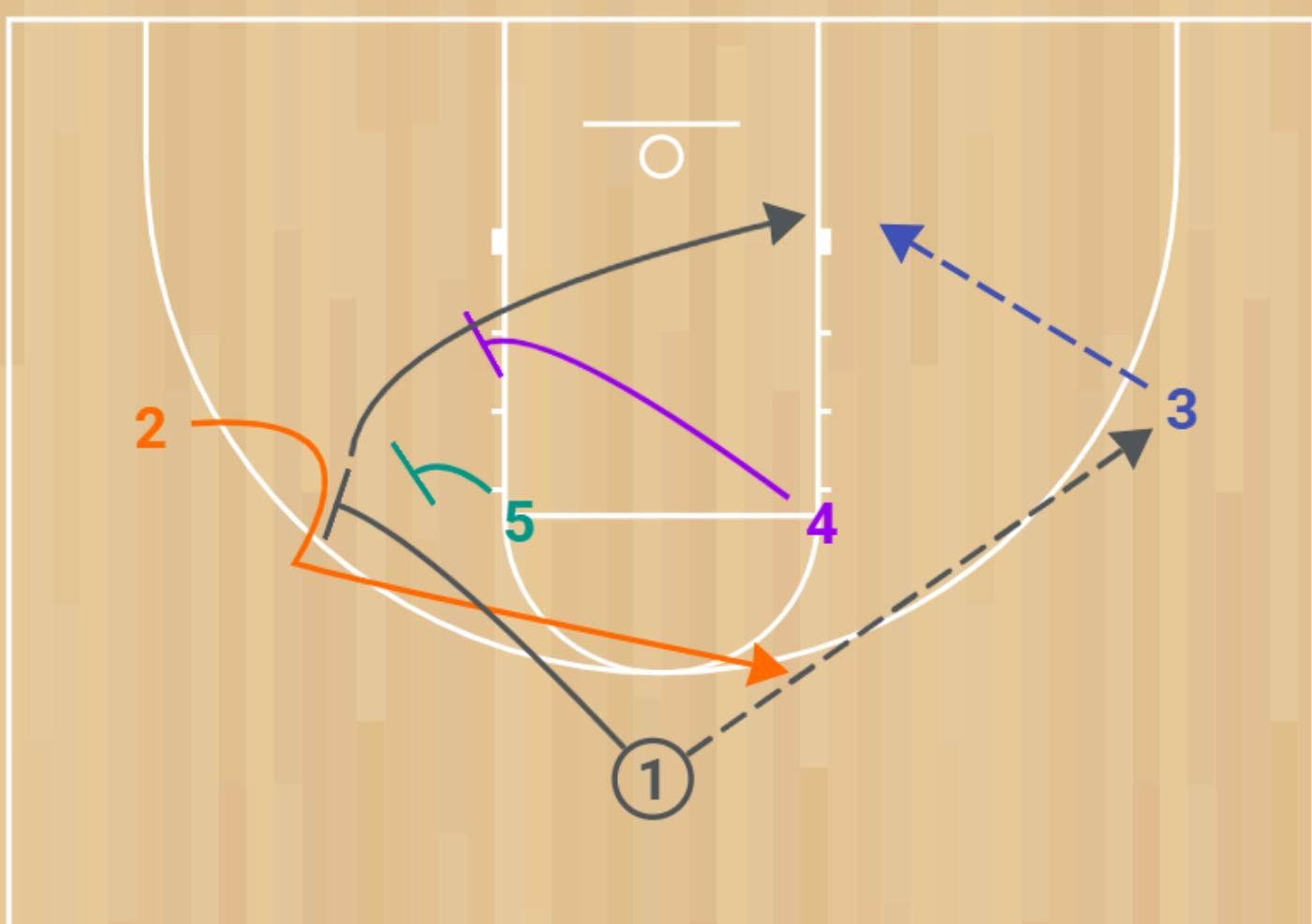
(5) Be ready to set screen for (3) if defender chasing but either way then seal defender looking for post up

(2) Wait until (3) starts moving and then set screen for (1) and pop to top of key

Top of Key (1) uses screen from (2) to either try to get elbow shot or pass to (3)

Triangle Play

Objectives: Create layup for guard



Top of Key (1) pass ball to Wing (3), screen opposite Wing (2) and then use screens from (5) and (4) to get to open layup from pass from (3)

(5) Set screen for (1) then move back to high-post looking for ball

(4) Set lower screen for (1) after (5) first sets screen for (1), then drop to off-ball low block

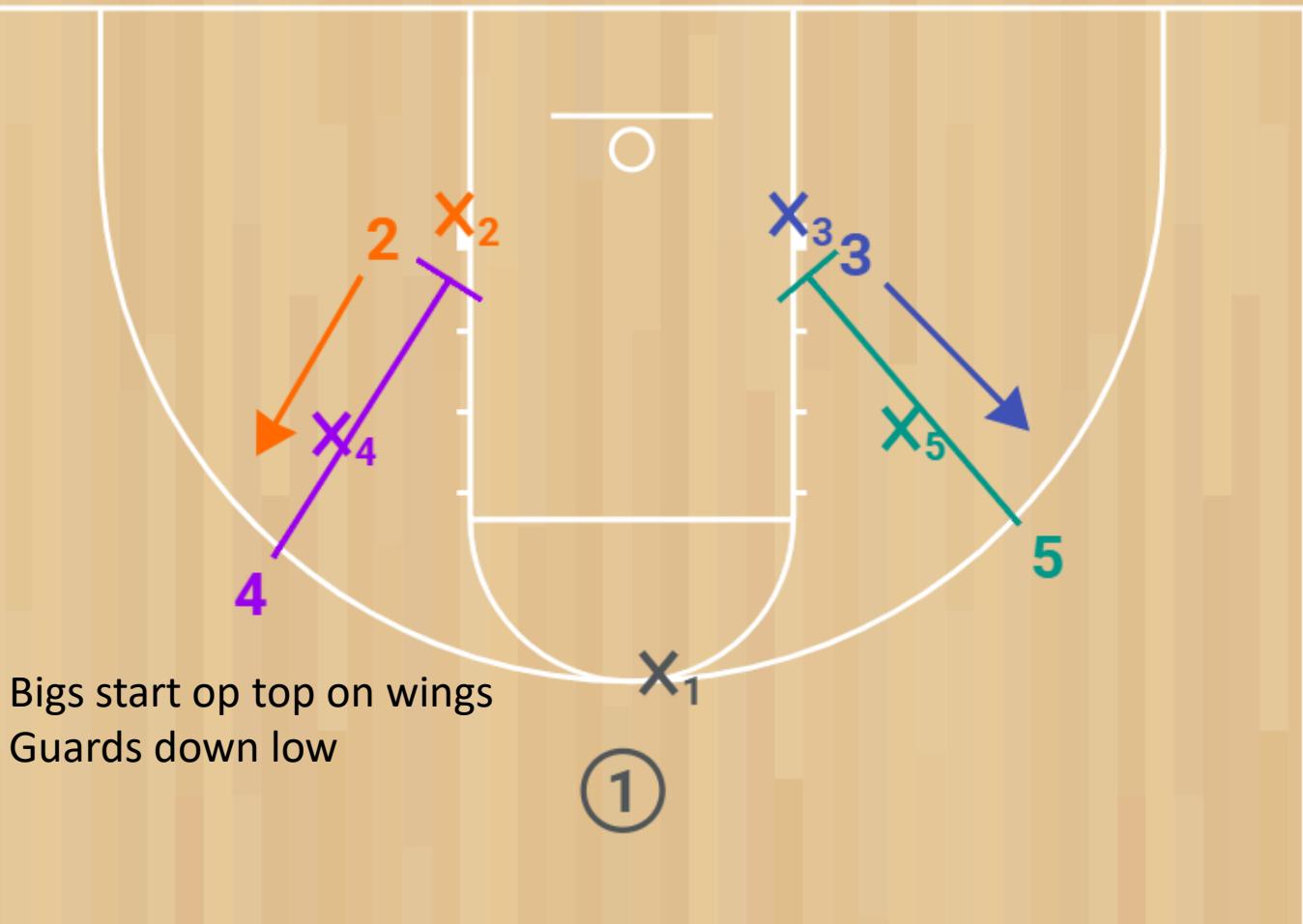
Wing (2) Wait for screen, Cut Top of Key

Wing (3) Look for pass to (1) for layup; then High Post (5) or Wing (2) coming off screen (might need to start by pushing defender down & pop)

Triangle Play

Triangle – Switch

Objectives: Force switch of guard onto Big or create open shot for guard



(5) & (4) set down screens for (3) & (2) trying to force switch. If switch seal and call for ball (3) & (2) start low and use screen from Big to try and get open for uncontested shot. If switch occurs, look for ball from (1) to then feed into Big on your side

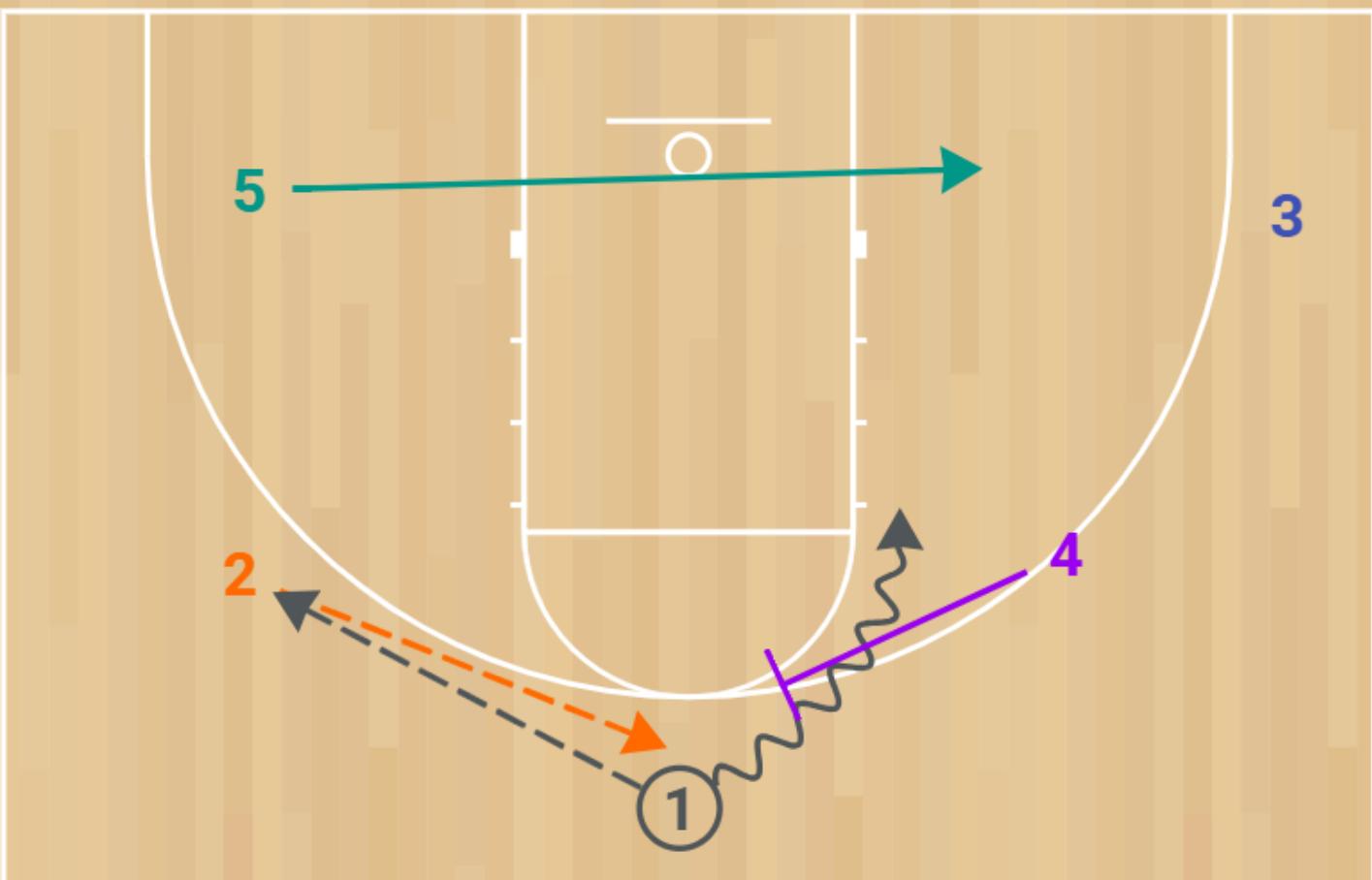
(1) Looks to see if Big/Guard switch occurred and if so, pass to guard on side where switch occurred; if no switch pass to (3) & (2) if open

If no good options occur, just move into Triangle - Cross

Triangle Play

Triangle – Pittsburgh (Pitt)

Objectives: Create elbow shot for guard; or open look for (5)



Set up in 5-out: (3) starts off in corner; (5) corner and (4) up at Wing
(1) pass ball to Wing (2) to shift defense and then (2) passes back to (1)
(5) Cuts across to opposite short corner

(4) Sets screen for (1)

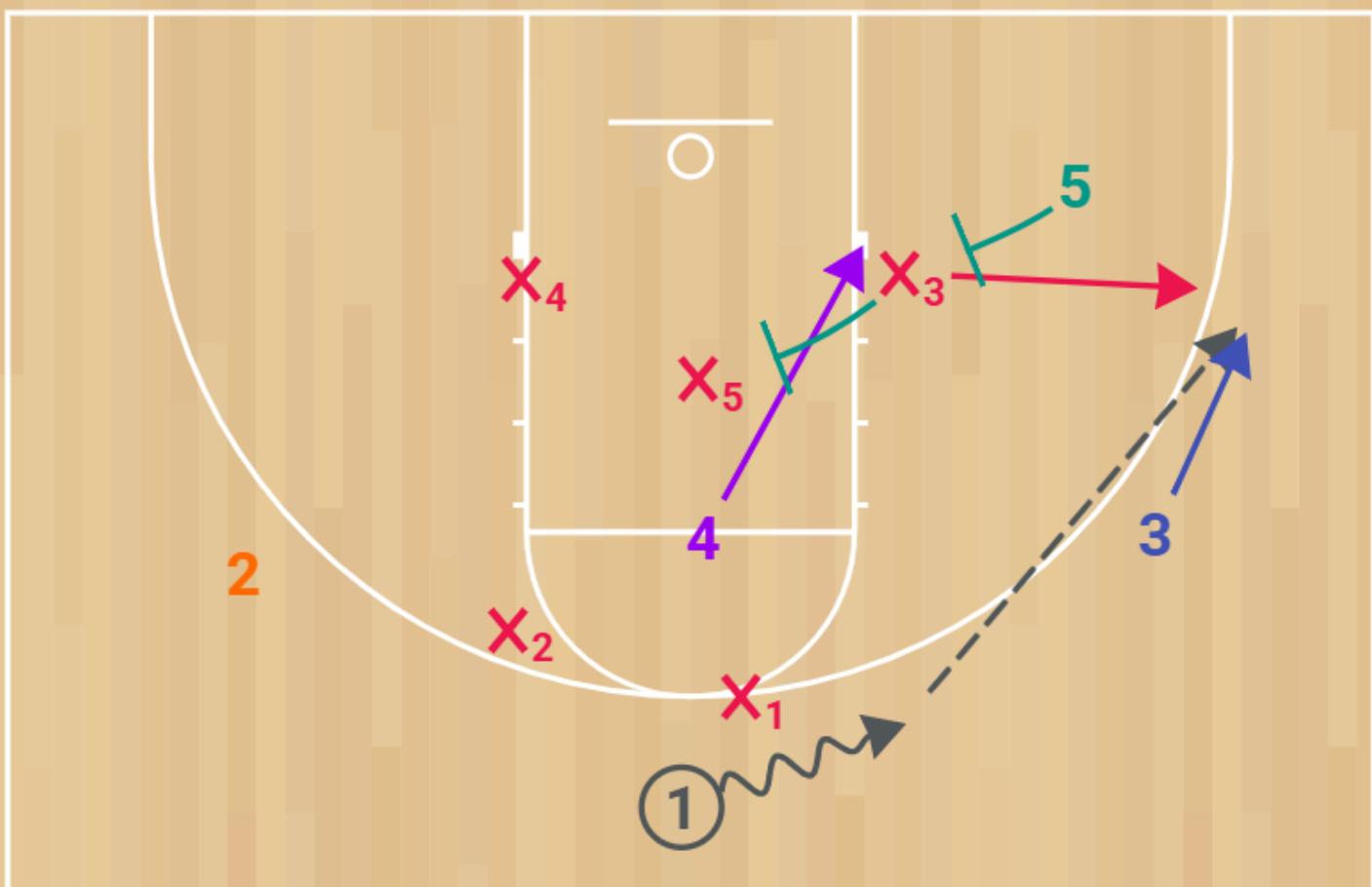
(1) Uses screen and looks to take elbow shot or pass to (5) or (3)

If no shot, (4) drops to high post and (1) pops up and now in Triangle Overload or (4) can go to opposite low block and in Triangle Cross

Triangle Play

Triangle – Miami

Objectives: Create open shot for (3) or (4) against a zone defense



Set up in Triangle

(1) Dribbles towards Wing and makes hard pass to (3) heading towards corner

(5) Starts at wider so can screen forward for (3); if can seal and score does that, otherwise, sets a screen for (4) at high post

(4) Waits for screen from (5) and uses to try and get ball at low block

(3) If (5) can seal and has 1on1 pass to (5); otherwise wait for (4) to come down. If wide open and ROBS shot, take it

If no shot, (5) either pops out to ball side high post for Triangle Overload or opposite Low Block for Triangle Cross

Video: <https://youtu.be/gh2y6uakkgk>

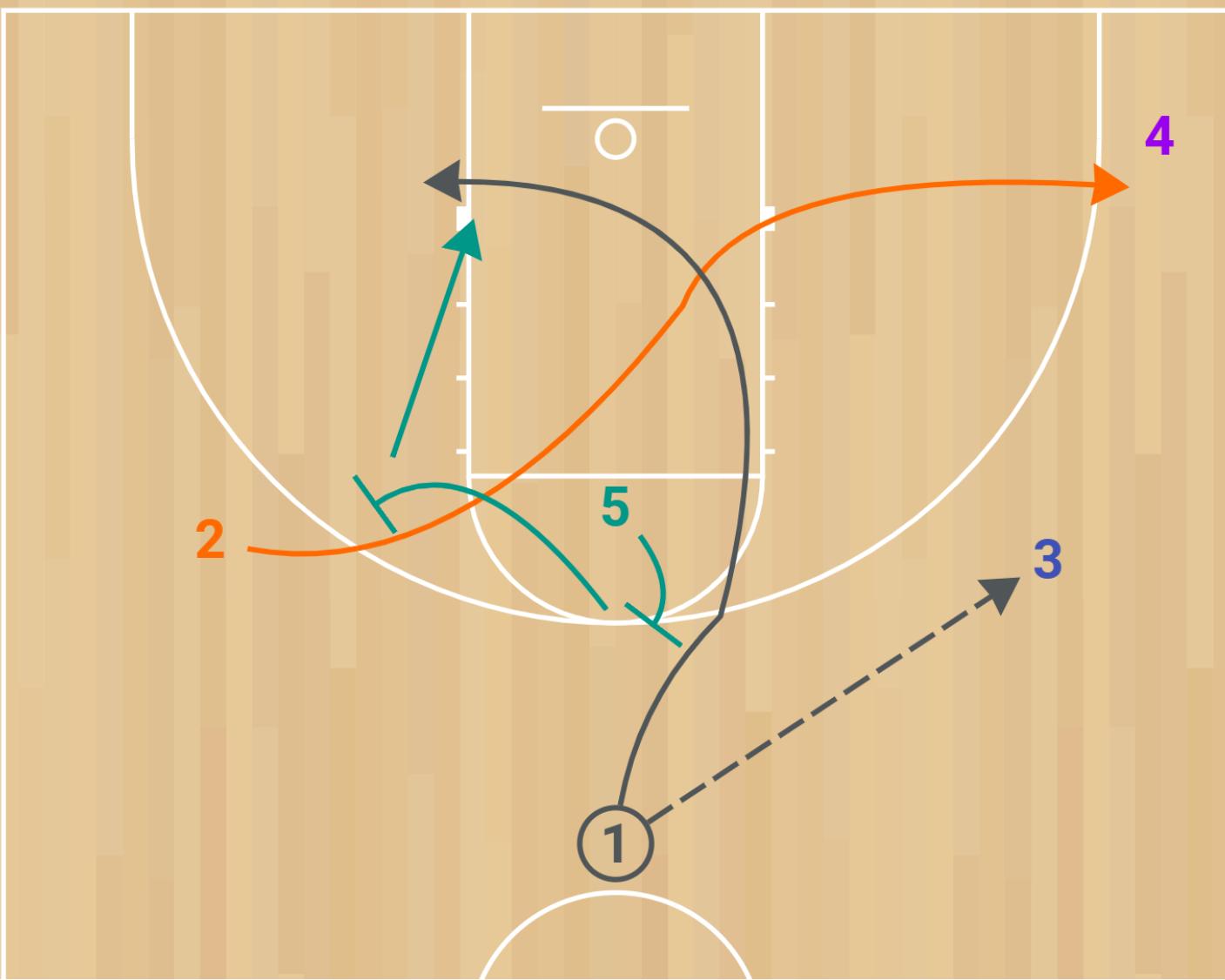
Triangle Play

HP1

(High post w/ double off ball screen)

Ball passed right side

Objectives: Create open cutters with screens; create movement



- (1) Pass ball to Wing (3), Face Cut to ball side looking for ball, then fill open side
- (5) Set screen for (1) so can cut ball side; then go screen away Wing (2). After second screen roll to low block opposite the ball
- (2) Wait for screen, curl to basket looking for ball, then fill to corner
- (3) Look for (1) on Face Cut, then (2) on curl, (4) in corner. If not, move to top & reverse ball. (might need to start by pushing defender down and pop out)
- (4) Wait for three if defender leaves to Help on cutters; Fill to low block

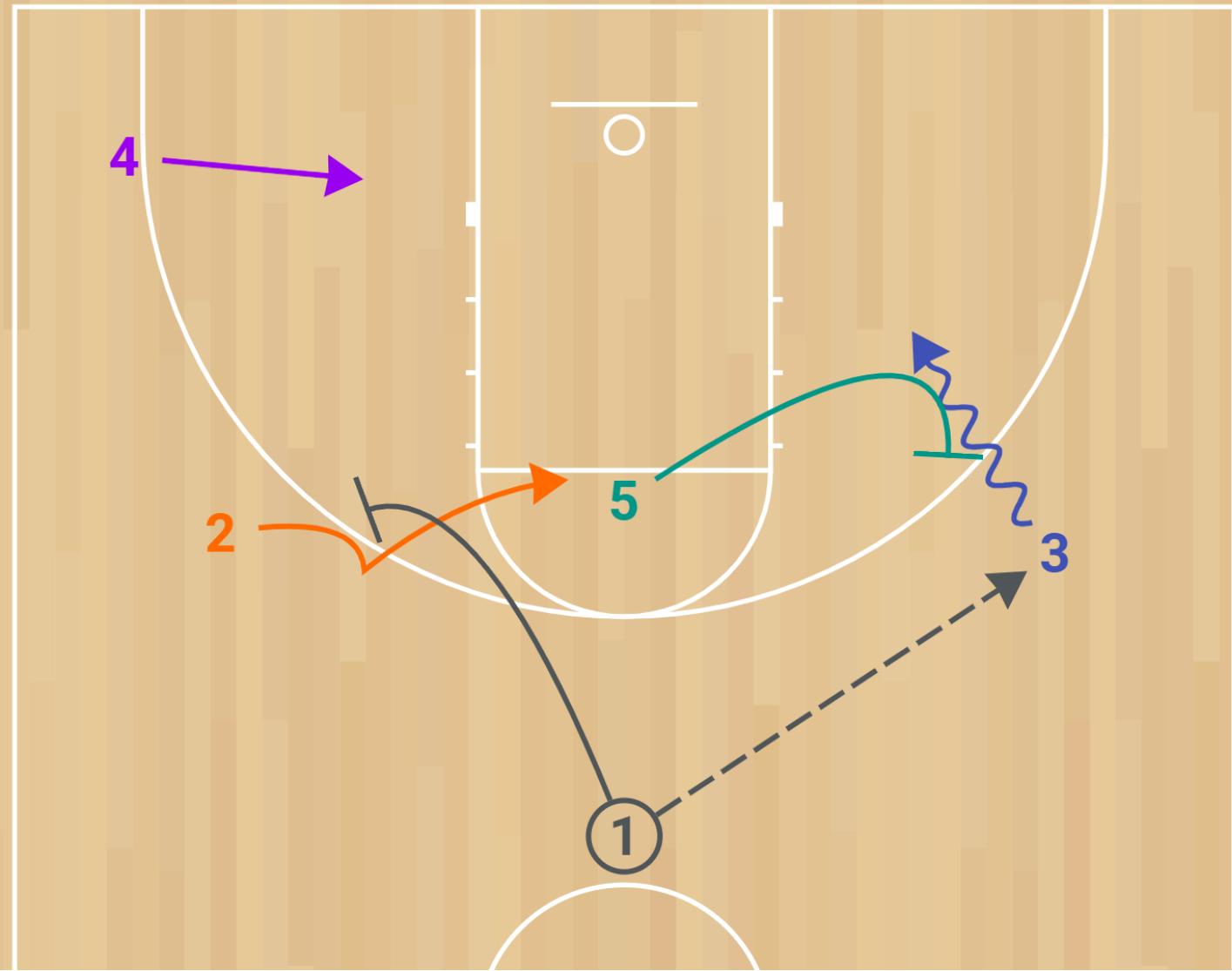
Offensive Play

HP2

(High post with On-ball screen)

Ball passed right side

Objectives: Create attack for wing with assist options



- (1) Pass ball to Wing (3), screen opposite wing (2) and pop out
- (5) Set on ball screen & then pop out looking for three opportunity
- (3) Use ball screen & attack (might need to start by pushing defender down and pop out)
- (2) Wait for screen, curl to elbow. Look for ball from (3)
- (4) If opposite ball to start, watch (3) drive and if defender leaves to Help, move into short corner looking for ball from (3). If starting on ball side, Cut immediately & full speed to opposite corner to pull defender away