ONE FOUR LOW - DRIBBLE DRIVE OFFENSE

Why Dribble Drive Out of 1-4 Low

I. Initial Spacing
   A. Creating large dribble gaps is the basis of the 1-4 Low
   B. “Spacing is Offense, Offense is Spacing” - Rick Majerus
   C. 2 and 3 are in the deep corners, 4 and 5 are in the short corners on either side of the lane, 1 is at the top somewhere between the free-throw lane lines. (see diagram below)

II. Spacing During Movement
   A. Maintaining largest possible gaps for the ball handler, is the #1 principle of player movement in the 1-4 low dribble drive offense. (see some examples below)
      1. The gray area in the diagrams below represent the size of the dribble gap area when the penetrator has the ball.
      2. The diagrams below also show some possible movement of the players as the ball gets passed from perimeter player to perimeter player.
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What “Top”, “Wing” and “High” penetration pertains to is where the ball is on the floor. Top is when the ball is in the free throw lane lines extended. Wing penetration is when the ball is below the free throw line extended. High is when the ball is above the free throw line extended but not in the free throw lane lines extended. (see example below) **Top and High is where we want most of the penetration to come from.**

III. **Attack Zones**  
A. 1-4 Low - Attack Zones

B. **Breakdown Zone**  
   1. Here is where you read the defender, he will guard you 3 ways:  
      a. **Pushing** you to one side or the other, which should result in lane penetration into rack or drop zone.  
      b. **Straight up**, that should also end up in lane penetration rack or drop zone.  
      c. **Sagging off** in the lane, should result in a drop zone pick up.

C. **Rack or Out Zone**  
   1. The penetrator beats his man all the way to or near the rim.
   2. The rule once in the “Rack or Out Zone” is you must shoot or pass to an open man or dribble out. You can not pick up your dribble in the “Rack or Out Zone.”
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D. The Rack or Out Zone area, is a three man game.
   1. Score or get fouled on a lay-up.
   2. Pass to a post player.
   3. No shot or pass to post, dribble out. See examples below

E. The perimeter players must develop the mentality to, want to “get to the “Rack”

F. Drop Zone
   1. If the penetrator sees to much congestion in the lane or knows he cannot make it to the “Rack Zone.” He should stop at the “Drop Zone” area and play a 3 man game with #4,#5, and #2. See example #1 below.
   2. If one of the perimeter players (#2 in this case) is being tightly guarded he should call for the ball and then go “Back Door.” This is a “Back Door” Situation. See example #2 below.

   Example #1

   Example #2 Back Door Situation

3. Some other options that could arise when the “Back Door” Situation occurs are: 1) The back door pass can not be made so the penetrator (#1 in this case) can pass to #5 at the elbow and then cut for a give and go (example #1 on next page.) 2) #5 now with the ball, could also shoot or drive to the basket. (example #2 next page) 3) If the coach wanted, #5 (with the basketball) could look for a high low with #4 (example 2 next page) after #4 screened for #2 and #1 cutting through his side (see example #1 next page) 4) #5 could pass to #3, #2 or #1 who have moved around the perimeter as the cuts to the basket occurred (see example #3 next page.)
IV. Loops
   A. Weak-side Loop and Ball-side Loop
      1. The “Weak-side Loop” ends up into a Spread set. A “Ball-side Loop ends up into a flat set. See examples below.

Ball-side Loop

Weak-side Loop

Ball-side Loop to a Weak-side Loop

V. More Possible Situations
   A. Kick Back Situation (could also be called as a play). Example #1
      1. Kick Back is when the dribble penetrator passes the ball back to the corner opposite the direction he is penetrating. That signals the post players to start a high low movement. The player in the corner with the ball can, pass to one of the post players, shoot, dribble out or pass to a perimeter player (#3 in the diagram) coming over.

   B. Baseline Drive Situation. Example #2
      1. The baseline drive comes about quite often, especially against teams that switch and try to keep the ball pined on the sideline. Whenever the ball is thrown out of the lane to the side, the player with the ball has the option to shoot, drive middle, drive to the sideline, or pass to a teammate. As you can see in the example, player #5 circles out, behind #3’s drive. At the same time, player #4 steps into an open area in the lane, #2 goes to the corner and #1 goes to an area diagonal of #3. The penetrator #3 can pass to anyone of the 4 players. On the next page are diagrams showing the movement by all 4 players if they receive the pass.
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Baseline Drive Situation continued

Example #3 Pass to the Corner

When #2 gets a baseline pass, he can shoot, pass to either post in a high low situation, or lateral dribble up to the High Wing spot. If he chooses to lateral dribble to the high wing spot, #4 and #5 move to the short corner position and #1 moves to the high opposite wing. We are now in a spread alignment (red circles). See Example #3.

If player #2 keeps lateral dribbling to the top, then #1 has to backdoor to the opposite wing or slide to the corner and force player #3 to go to the opposite wing. Both ways puts the offense in a flat 1-4 set. See Example #4.

Example #4 Pass to the Corner

Example #5 Diagonal Pass to the Perimeter or Post

If the pass goes from the baseline drive to the perimeter (#1), then #5 moves to the short corner his side, #3 moves to the baseline corner his side, #4 moves to the short corner. See example #5.

If the pass goes to #4 from the baseline drive, he should be looking to shoot. See example #5.

Example #6 Pass to Post Circed Behind

If #3 on the baseline drive passes back to #5 circling back behind, he then goes and sets a screen for #4 in the lane for a shot. When the Post (#5) that circled behind gets the pass, he can, 1) pass to #4 coming off #3’s screen. 2&3) If the coach lets him, he can shoot or drive. 4) He also could pass to the perimeter player (#1) coming to his side. If the perimeter player (#1) receives the pass both the posts (#4 and #5) would immediately move to the short corners and we would be in our Dribble drive spread set (red circles).

C. Reset Situation

1. At anytime, a player with the ball can “back out dribble,” or “lateral dribble” to either the “High” or “Top” areas on the floor and the other players then reset in their spots. See example #1 and #2. At that time the dribble drive could be started again or a play could be called.

Example #2 Reset

Note; Wherever the players without the ball are, once a reset dribble starts, they are to go to their appropriate spots either in a 1-4 Flat set or a Spread set.

Example #1 Reset

Back-Out dribble reset to 1-4 Flat set. Red Circles
D. Passing Situation.

1. Anytime that a perimeter player feels that a dribble penetration would not yield a good result, they have the option to pass. A skip pass most of the time would likely be used, but it does not always have to be used.

2. A situation that passing might occur is when a defense team is switching and the defensive player that is closing out on the offensive player with the ball is closing out on the high-side and not allowing the dribble toward the lane. And the offensive player feels making a baseline drive would not yield a good result, so he might pass to another teammate in order to keep the offense going. See example #1 below.

![Example #1 Passing Situation](image)

**Example #1 Passing Situation**

**Important Note**

It is important to note that teams do like switching to stop middle penetration. The best way to take advantage of that is to have the passer do a weak-side loop and the receiver of the pass do a baseline drive, as explained on page 4 and 5. This is a very good way to score, but it needs to be practiced.

E. “High Low” Situations

1. If the coach desired he could have a rule that anytime the ball is thrown to a player in the corner, that would be a key for the post players to execute a “High Low” Situation. This is already the procedure for the “Kick Back” and the pass to the opposite corner from a “Baseline Drive.” Having both post players on the baseline opposite each other lends itself to a lot of post interactions “High Low” being one of the most effective. See example #1 below. Of course it is not necessary to always screen away to get into the “High Low”. If the coach wants, the near post could just seal his man and the other post could just flash to the high post area. See example #2 below.

![Example #1 Skip to the Corner](image)

**Example #1 Skip to the Corner**

**Example #2 Skip to the Corner**

**Screen and Flash Back**

**Seal and Flash**

F. Dribble Drive Into “High Low” or “Pick and Roll” Situations

1. The “One Four Low” offense (because the two posts are low and across from each other) lends itself well for “high low” and “pick and roll” plays to occur anytime in the process of running the offense. All a coach would have to do for example, is have a card that had a certain color on it that represented an action, like “Blue” is “Pick and Roll” and “Red” maybe being a...
“High Low” situation. The card could also have a number on it that would determine when the “high low” or pick and roll situation would occur. For example, the card may be blue with the number 2 on it. The number 2 would mean, as soon as the perimeter player receives the pass after the second penetration the furthest post player would come up and set a pick and roll screen and the other post could go up and opposite the direction of the pick and roll. See examples #1, 2 & 3 below. The same could also be true for getting into a “high low” situation. Also, if the coach had confidence in his players, the “high low” and “pick and roll” situations could be random, being determined by his or her players.

Example #1 first penetration

Example #2 second penetration

Example #3 “pick and roll”

G. “Plays” Into Dribble Drive Situations

1. The “One Four Low” offensive floor balance is so easy to get into, it lends itself into being a continuation offense at the end of a coach’s favorite plays. Some examples follow on the next three pages.

H. Some Thoughts on the “One Four Low Dribble Drive” Offense.

1. It is VERY IMPORTANT that the players know that on a penetration dribble, if they don’t receive the pass and a perimeter player does, they are to move back on the pass, to their designated spots. This rule is what continuously creates the large dribble gaps. As soon as the perimeter player who got the pass starts to dribble, they are again, to make their movement and reads off the penetrators dribble penetration. (If the perimeter player who received the pass dribbles immediately, the other players stop going to their designated area and start their movement and reads again right away.)

2. The dribble drive offense has a tendency to make players penetrate to far or try to penetrate into areas that will not yield a good result (like taking the ball to the deep corner and getting into trouble there.) It is very important that the players know that they do not have to penetrate every-time. They need to know that they can pass out of a bad situation, they can back dribble or lateral dribble to reset offense or the ball in a good position to penetrate or call a play.

3. The post players must know their reads on penetration. On every penetration they have to know what their defensive man is doing. If the defensive man helps up he has to go to the rim. If the defensive man helps over he has to loop up from the short corner to an open area near the lane. Example on Diagram “Score or Pass to Post” on page #3. The post players also have to know to look at the perimeter player on ball-side on the penetrators pick up to see if he is going back door. See explanations and diagram examples on page 3 and 4 (back door situations).
Start “Phoenix” with a screen from one post on the other. #1 goes off either side of #5’s flat screen and tries to get to the rim or pass to the rolling post (#5). As the post (#5) rolls, the other post (#4) moves up to the high post area looking for a possible pass. The perimeter players, #2 and #3 time their movement from the corners so that they are moving up as #1 starts to looks to pass.

If #2 can not score or pass to #4 or #5 he can pick the ball up and look for #3 or #1 moving along the “3” point line on the perimeter. We are now in our normal dribble drive movement.

If #1 would have skipped the ball to #3 instead of throwing to #2 all the action would be the same except it would be on #3’s side of the court.

If the ball-handler (#1) can not pass to the rolling post or get to the rim himself, his next look is the near wing. When the near wing (#2) gets the pass he looks quickly into the post (#5). If the post is not open he then will run a pick and roll with the other post (#4) who was at the elbow. Then, #2 tries to score or looks for #4 rolling and then he reads what #5 defensive man is doing and if he can get the ball to #5.

If the ball-handler (#1) can not get to the rim or pass to the rolling post or near wing, his next look is the post (#4) who has moved up to the high post area. When the high post gets the pass he looks for a drive, shot or a high low pass to #5.

When #1 passes to #4 he has to loop out in a direction opposite of the low post man.

Everything is the same with the Horns play except both posts start at the top above the 3 point line and there is no post to post screen to start the offense.
Pass To High Post (continued)

When the high post gets the pass he looks for a drive, shot or a high low pass to #5. If none of those options are available he can pass to either wing and now we are into dribble drive. If the wings are denied they are to go backdoor to get the pass.

Into Dribble Drive Action

If #1 can not score or pass to #4 or #5 he can pick the ball up and look for #3 or #2 moving along the “3” point line on the perimeter. We are now in our normal dribble drive movement.

Of course any denial of the pass to the perimeter players should result into a backdoor cut.

When #5 and #4 move to the short corner and #1 moves to the corner and #3 moves to the far side we are in a dribble drive set. (spread)

Dallas

Dallas starts with #1 dribbling to a side which signals the player in the near corner to leave and go to the other corner. Then one post (#4) screens the another (#5) who then comes up and sets a semi flat screen on #1 just like in Phoenix.

#1 is to get to the rim or pass to the post (#5) rolling or pass to the post (#4) spotting up.

Horns Fist

In “Horns Fist” #1 starts to dribble as if he was going to pick and roll, then veers off and dribbles to the side. The wing (#2) comes up hard and then goes backdoor. #1 looks for backdoor pass then a post up by the wing (#2), then the post (#4) on a slip to the high post. If neither of those are there he looks for the other wing (#3) coming off a stagger screen for a “3”.

If the wing (#3) does not shoot the “3” he passes it to #2 coming off the screen by the post (#5). #2 looks for the seal by the post #5. If he can not pass to #5, he looks for #4 for a high low. If they are not open #4 & #5 go to the short corner and #1 & #3 go to the side and we are now in the dribble drive set. See next example.