



Effective Man to Man Offenses for the High School Coach (Winning Ways Basketball)

Steve Biddison

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This is the first book in a series of X's and O's basketball for the high school coaches. In this edition, you will find my favorite man-to-man offenses, including the highly effective FIST offense that has been my team's bread and butter man-to-man offense for over a decade. In this book you will get the step by step progressions of this offense that is designed to make an average post player shine by using five different screens across the court for each rotation through the offense. But the FIST offense is not all you will get in this book. You will get the basics of a numbered fast break that transitions into a secondary break that was the basis of our offense the year we averaged 96 points per game. You will get three other offenses designed to get the ball inside to your post, one offense designed for a slashing wing, and another offense that uses the "elevator screen to free up a three point shooter. In addition, this book details one of the best delay games I have ever seen that not only can run the clock, but score in a variety of means when the defense starts to cheat on the offense. Finally, I know most coaches have a variety of baseline out of bounds plays to run. Most coaches seem to play zone against the baseline out of bounds. But when they choose to go man-to-man in this situation, I teach my team only one play. It is by far the most effective man-to-man baseline out of bounds play I have ever seen. This play is included in this book.

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