"7 SECONDS OR LESS"

OFFENSE:

The offense that brought "Run and Gun" to the Phoenix Suns and New York Knicks
Introduction to “7 seconds or less” offensive playbook

This offensive playbook consists of the secondary break, quick hitters, half-court sets, and out of bounds series that have been developed by the Phoenix Suns and New York Knicks. It has a tremendous wealth of knowledge on how they would play the Run and Gun style that has been bought to Phoenix and New York.

You have to get your players to buy into this up-tempo style. Everyone loves to play up-tempo, but it takes getting your players into tremendous shape. This style of offense will be something that your players can buy into really quickly. It will be great for you, your players, and fans. Administrators want an up-tempo game, because they can sell it better to the fans.

Here are the principles of the “7 seconds of less” offense:

1. There are good shots and better shots.

2. It takes only one second to make an extra pass to the player who is more wide-open and better prepared to release his shot in rhythm.

3. We want an open shot most of the time.

4. This offense has several plays that are very similar, but each has a slight variation. You should always receive an open shot with these sets.

5. You play offense before the defense can get set, that is the value of the up-tempo game.
6. If you play fast then you will be a low-turnover team and not high-turnover team. If you don't throw too many passes then you can't throw it away as much.

“Coaching is at one level, the art of repeating and almost doing the same thing over and over so it doesn’t look or sound like the same thing.”

It isn’t all X’s and O’s:

1. You must get the players to have undying self-confidence in what they are running and how they will tire down their opponent.

2. It is D’Antoni’s belief that coaches must devise a game plan that they know and that they know everything about what their opponent will do. Players don’t have to know everything. It slows them down.

I believe that you will love this offensive playbook that took almost 3 years to compile the information, 40 hours to draw the diagrams, over 100 hours of watching film on the Phoenix Suns and New York Knicks. It has 104 plays in it and many different variations of plays to set up your point guard to post player.

Disclaimer: This “7 seconds of less” offensive playbook wasn’t written by Mike D’Antoni. It was compiled and organized from
watching film of the Phoenix Suns and New York Knicks and talking with former NBA coaches and scouts.
# "7 Seconds or Less" Playbook

March 2, 2009

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Secondary Break

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Secondary Break

Drag Break
Secondary Break

Frame 1

Blockout and rebound - All!
5 outlets to 1 - Deep about three point arc.
2 and 3 run the sideline wide to the corners
4 sprints wide to keep the middle open.

Drag Break
Secondary Break

Frame 2

1 dribbles to the high wing. 4 spots up high and wide outside the three. 2 and 3 locate in deep corners. 5 sprints to the paint and then sets ballscreen for 1
1 drives off the 5 ballscreen. 5 dives to front of the rim. 2 becomes the back man and moves out of corner to wing area for throwback jumper. 4 and 3 spot up.
Half court sets

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Half court sets

1 Bump
Half-Court Sets

4 sets a ballscreen for 1. 3 sprints to the basket and comes off downscreen from 5. 2 stays. 1 uses the ball screen to get to the middle.
4 sets a baseline screen for 2. 1 reverses ball to 5. 5 passes to 3. 5 sets a downscreen for 1. 3 has the options of 2 and 1.

1 passes to 5. 1 comes off 5 for a dribble hand-off. 4 slides to offside block. 2 sprints to the corner. 1 looks to score or dish to 4. He has option to 5 for high post shot.
1 passes ball to 5. 2 clears ballside corner. 4 sets a downscreen for 1.

5 passes to 1 off the downscreen from 4.
5 sets a ballscreen for 1 and rolls to the basket. 1 comes off ballscreen to get to basket. 2 and 3 stay in corners to spread floor.
2 clears to the opposite corner. 5 sets a ballscreen for 1. 1 comes off the ballscreen to the basket. 5 rolls after the screen. 3 slides up the wing.
4 sets a ballscreen for 1. 4 receives a backscreen from 5. 1 drives to basket and passes to 4.
Handoff
Half-Court Sets

1 dribbles to 3 for dribble handoff. 3 dribbles hard off brushscreen to key and passes to 2.
1 comes off backscreen of 4 and cross screen from 5. 2 has two options.
Clear Fist 5
Half-Court Sets

2 runs a flex cut off 5 to the corner. 5 steps out to ballscreen 1 and rolls on pick and roll to the basket. 1 comes hard off ballscreen.
Double Drag
Half-Court Sets

Frame 1
4 and 5 set staggered high screens for 1. 4 pops out and 5 rolls to the offside block.

Frame 2
Option 1. 1 comes off staggered screens hard. 2 goes to the opposite corner. 4 pops out after screen. 5 rolls after screen.

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Half court sets

**Frame 1**

Drag
Half-Court Sets

5 sets a high ballscreen for 1 and rolls to the basket. 1 goes hard to the basket.

**Frame 2**

Drag
Half-Court Sets

Option2: 4 sets a ballscreen for 1 and rolls. 2 spots up. 1 drives baseline to the basket.
Half court sets

**Dribble Drag**
Half-Court Sets

Frame 1

Player 1 dribbles toward player 2 for dribble handoff. Player 2 receives dribble handoff and receives a ball screen from player 5. Player 5 rolls to the basket after player 2 comes off the ball screen.

Frame 2

Option 2: Player 1 dribbles toward player 2 for dribble handoff. Player 2 receives the ball and gets a staggered high screen from player 5 and 4. Player 2 comes hard off the screens and player 4 rolls.