



**SPACING AND
TIMING:**

**HOW TO CREATE
ADVANTAGES WITHOUT
THE BALL**

**PICK
&
ROLL**



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Introduction

Many offenses break down because everyone watches the ball.

However, modern basketball is often decided far away from it.

The best offensive teams **are not only the ones with elite ball-handlers**. They are the ones that know how to:

- Occupy space.
- Synchronize movements.
- Cut at the right moment.
- And create advantages before even receiving the ball.

Off-ball play is not secondary.

It is offensive structure.

This Pick & Roll shows you **how to train spacing and timing** to create collective advantages in a more fluid and dynamic way.

What Does “Creating Advantage Without the Ball” Mean?

It's not just about moving.
It's about moving with intention.

The off-ball player must:

- Attract help defense.
- Free passing lanes.
- Occupy the correct space.
- Appear at the right moment.

Many offensive advantages begin **before the pass.**



The Problem: Movement Without Purpose

Common mistakes:

- Simultaneous cuts into the same space.
- Players standing still after passing.
- Poor use of corners and weak side.
- Bad timing on movements.
- Broken spacing after penetration.

The result:

- Congested offense.
- Fewer passing lanes.
- Easy defensive help.
- Loss of offensive rhythm.

**Moving a lot does not mean playing well.
Moving well does.**

Key Principles of Off-Ball Play

1. Maintain Useful Spacing

Spacing is not about being far apart for no reason.

It should allow:

- Clear passing lanes.
- Driving space.
- Long defensive rotations.
- Extra-pass opportunities.

Every occupation of space **must have purpose**.

2. Timing Over Speed

Many players cut too early or too late.

Timing depends on:

- The ball-handler's vision.
- Defensive help.
- Freed space.
- The rhythm of the possession.

The player who wins is not the fastest.

It's the **one who appears** at the right moment.

3. Play After the Pass

One of the most important habits:

pass and react.

After passing:

- Replace space.
- Cut.
- Screen.
- Create a new passing lane.

The offense must stay alive.

4. Read Defensive Help

Off-ball movement depends on what the defense does.

If help rotates:

- Cut.

If the defense collapses:

- Fill the corner.

If the defender denies:

- Backdoor cut.

Open space is never static.

Drills to Train Spacing and Timing

Drill 1 – 3v3 Without Dribbling

Small-sided game where progression is only allowed through passing and movement.

Focus:

- Cuts.
- Replacements.
- Spacing occupation.

Drill 2 – Drive + Weak-Side Reaction

Every penetration forces weak-side players to:

- Replace.
- Space out.
- Cut depending on the defensive help.

Focus:

- Reading and offensive synchronization.

Drill 3 – 4v4 with “Pass and Move” Rule

After every pass, the player must perform a mandatory off-ball action

Focus:

- Offensive continuity

Drill 4 – Spacing-Conditioned Game

If two offensive players occupy the same functional space, the possession ends.

Focus:

Collective spatial awareness.

How to Teach It Without Overloading

Common mistakes:

- ❌ Giving too many rules.
- ❌ Correcting every movement.
- ❌ Automating without reading.

Better approach:

- One principle per session.
- High contextual repetition.
- Simple, visual corrections.
- Ask players what they saw.

The goal is not memorizing movement.
It's learning how to interpret space.

How to Integrate It into Practice

Suggested progression:

1. 2v2 and 3v3 for basic reading.
2. Introduce defensive help.
3. Add penetration and extra pass situations.
4. Apply in real 5v5 continuity.

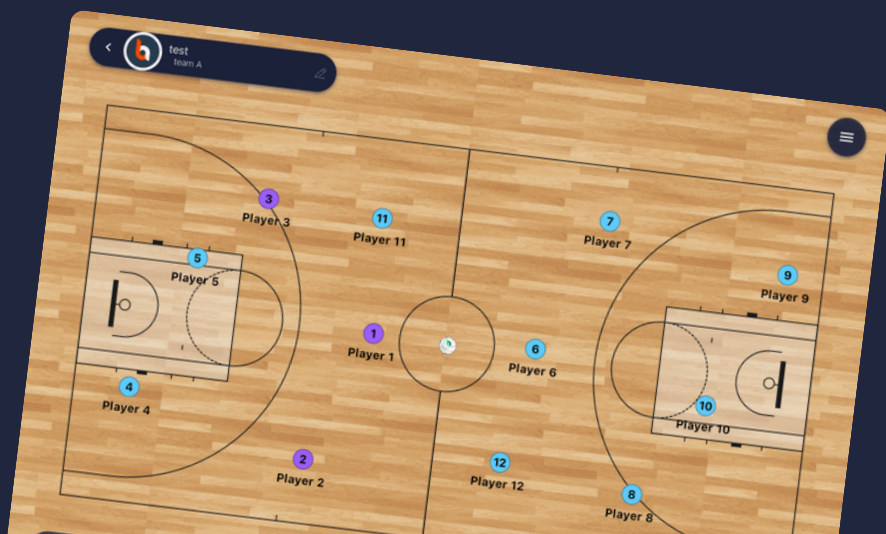
Off-ball play **must appear** in every offensive phase.

Applying It with bcoach Basket

With bcoach, you can:

- **Design drills focused** on spacing and cutting.
- **Tag exercises** as “timing,” “weak side,” “off-ball movement.”
- **Create offensive** progressions by microcycle.
- **Track collective behaviors.**
- **Analyze spatial** occupation during games.

The task creator allows you to visualize movements and timing clearly and effectively.



CONCLUSION

The best offensive advantages often **begin away from the ball.**

A team that masters spacing and timing:

- plays more fluidly,
- creates better shots,
- and forces the defense to constantly react.

Don't only train the player with the ball.

Train the other four too.

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