Introduction

This past Christmas my family was sitting around the dinner table discussing high school sports—basketball in particular (this was not uncommon for my household) when the discussion arose regarding the different offensive strategies that have evolved over the years. The home town high school where my parents live had recently lost a great deal of height and league domination to graduation the previous spring. All they were left with was a bunch of speedy medium sized athletes who played hard.

The traditional triangle offense (a great strategy with height was not working). Enter the Sting Offense a complete offensive package using the 5 out alignment to attack the basket with a series of cuts, give and go’s, backdoor baskets, or dribble drive motion. The Sting Offense is packaged to incorporate many of the principals associated with the famed ‘Princeton Offense’—the world’s most successful offensive attack.

A single glance through my website Coach Mac Basketball (www.coachmac-basketball.com) and you’ll find a dedication to the game of basketball. The Sting Offensive Package is a perfect example of my mission to introduce coaches at any level to the exciting diversity offered by the game of basketball.

I love the Sting Offensive Package as an attacking offensive system governed by a set of common principals easy for teams at any level to learn, more importantly easy for coaches to teach, and finally is recognized as one of the most potent offenses in the game today. Whether you’re facing the rivals changing zone sets, a conference opponents attacking man-to-man defense, or need to adapt to your team’s strengths the Sting Offense is simple, hard to scout, and easy to teach.

Welcome to the Coach Mac Basketball Family!
Sting Offense Package by Position

The sting offense is comprised of 3 distinct offensive positions, which I will use to describe movement of players in the following diagrams. Essentially the Sting offense eliminates the distinction between shooting guards and forwards, as well as works to eliminate the center position altogether. That’s not to say this offense if not for teams with centers: far from it! For the purpose of this offensive package players will be broken down as the point position, extended position(s), and the deep corner position(s).

Point Position

The point position is the traditional guard position that controls the action. In terms of the sting offense the point position is located at the top of the key outside of the 3 point arch. The point is the catalyst to starting the offense, as well as beginning the crucial reverse action.

Extended Position

The extended position is named after proper positioning in the game. The two extended positions are comprised of your two best perimeter players aligned and set up at the free throw line extended. I like to use the terms ‘wide and high’ to describe the area these positions occupy.

Deep Corner Position

Often the deep corner positions are the players who can use the dribble to create something. They set up in the deep corner outside of the 3 point line, however it is possible to move these positions in to occupy the short corner such as in a zone attack. Note these players must be willing to attack the basket on offensive shots—consider their position as great rebounding position.
Sting Offensive Package
Basic Set

Section III
Sting Offense
5 out Basic Set

Diagram 1
The basic five out set is aligned with a point guard, double shooting guards or small forwards, and two bigs in the deep corner.

Attention should be paid to the basic set, as we progress through the sting offense you see why.

Figure 1

Diagram 2
The basic first slide. Point passes to either extended position then makes a cut through the key and away to deep corner position. The off side extended position fills up to replace point. Off side deep corner then fills up to take extended position.

Figure 2
Sting Offense
5 out Basic Set

Diagram 3
Once the ball comes back to the point position from the extended position, the extended makes a cut to the basket and fills back to the deep corner. The deep corner then fills up to the extended position.

Again this is a basic slide.

Figure 3

Diagram 4
If the ball returns to the deep corner after being passed from the extended, the extended makes a ball side cut and fills away. The remaining positions will fill the empty spaces in front of them.

Figure 4
Sting Offensive Package
Flex Series

Section IV
Sting Offense

Flex Set

Flex Figure 1

The beauty of this 5 out is it allows for multiple looks while taking into account the same rules of the basic set.

To begin the flex the point passes to extended on either side. Point cuts through and away to set screen for deep corner. Deep flex cuts to ball side.

Figure 1

Flex Figure 2

If flexing deep corner is not open. Ball will be reversed to point and then onto extended. Flex cutter will then become the flex screener. Screening for extended to becomes the flex action.

Figure 2
Sting Offense
Flex Set

Flex Figure 3
The reverse action then begins and the point cuts through after passing to extended. Point sets screen for deep corner, while offside extended fills up to take points place.

Figure 3

Flex Figure 4
Offense is reset and the reverse action that signals the flex cut begins with extended reversing the ball to the point and then making a flex cut off of the flexors screen.

Figure 4
Sting Offense
Corner Action out of Flex

Figure 5 Corner Action

Flex Figure 5
Teams will often take away the reverse pass in this set to slow down the effectiveness of the flex action. We use this corner action if teams take are reversal.

Flex Figure 6
If the ball can not be reversed, turn to the corner action as a press release. Extended passes ball to deep corner and cuts off of a screen from flexor. Flexor then turns to set a baseline/short corner pick and roll with deep corner.

Figure 6 Corner Action
Sting Offensive Package
Attacking the Zone

Section V
Sting Offense
Zone Action

The Sting Attack vs Zone

One of the best things about running a 5 out motion program is its use against both man and zone offenses given very similar principals and movements. There are basically three ways to beat a zone: 1). Beat it down the floor in a break 2). Penetrate the zone. Beating 2/3 of the zone will give you a great look any time 3). Motion. Move the ball from side to side.

The 5 out set can be used as both a gap penetrating zone offense or a motion offense that forces the defense to move. The zone set included in this book is one I’ve used for a number of years to take advantage of our team speed and move the defense until we get a good look. Pay attention to the corner action, and screening actions that are incorporated in this pattern.

Zone Basic Set

You notice absolutely nothing changes in terms of alignment with the 5 out offense against an even front zone.

The set can also be adjusted to attack an odd front zone (1-3-1 or 3-2) by moving both guards high and splitting the one defender.

Figure 1 Basic Zone Alignment
Sting Offense
Zone Action

Zone Figure 2
Point passes to extended and cuts through and away. Offside extended sets a screen on back side defender in the zone. The deep corner moves up in the gap. Look for possible skip here. It also sets itself up for an advantage with one defender guarding three offensive players.

Figure 2

Zone Figure 3
The ball is passed to rotating point. On pass the extended then follows the basic rule of the offense and cuts through and to ball side corner. Deep corner then rotates up.

Figure 3
The reverse action is started after the point checks and can’t throw the ball to the deep corner on the ball side.

Point passes to extended and off side extended screens back of zone, while deep corner moves up.

If pass is to deep corner, extended will cut through and away. Point will move over to fill extended. Off side extended will flash to high post and up to fill point spot. Deep corner will move up to extended.
Sting Offensive Package

Eastern Stall

Section VI
Sting Offense
Eastern Series Stall Set

Figure 1

Eastern Stall Figure 1
I love this series. It has won more games for my teams in the years then I can count. The initial set brings the deep corners up and lines them behind the extended positions on both sides.

The point must choose a side of the floor, the opposite extended begins the movement.

Figure 2

Eastern Stall Figure 2
The point will pass across to the extended who is initiating an “L” cut at the elbow. After passing the point must make a hard cut through the key. Placement of cut is critical teaching point in this offense.

The now point will look to execute a give and go with cutter.
Sting Offense
Eastern Series Stall Set

Eastern Stall Figure 3
Offense moves to reverse by extended executing an “L” at the elbow and moving up to receive pass from point. Point then executes a hard cut.

Timing is critical in this offense.

Figure 3

Eastern Stall Figure 4 (Backdoor Option)
The corner may move out and have the reverse pass taken away, we execute a backdoor in this situation. The cutter goes backdoor and fills to the same side they cut from.

The deep moves up and then executes the proper “L” cut. Key, you can not backdoor twice on the same side.

Figure 4 Backdoor Option
Sting Offensive Package
High 5 Series (Set Plays)

Section VII
Sting Offense
High 5 Set Play

High 5 Figure 1
Set starts in basic Sting Set. Play begins with deep corner flashing to the ball in the high post.

Often passing to the high post sets up a backdoor for either extended position.

Figure 1

High 5 Figure 2
Pass from point to extended to has moved up in line with the lane. The extended will then make pass to deep corner who moves up. On the pass the high post will set a back screen for the point.

During the ball side action, the off side extended drops down to the short corner. This should be your best shooter.

Figure 2
Sting Offense
High 5 Set Play

High 5 Figure 3
After setting back screen the high post and point move to set a double stagger screen for the extended who has moved to the short corner setting up the screening action.

High 5 Figure 4
If shooter does not get a jump shot at the high 15’ area, the shooter will move up and become the point.

Extended and deep screeners will fill their respective position and the 5 out alignment is set.
Sting Offensive Package
Coach Mac Products

Section VIII
Coach Mac’s Best Selling Offensive book, Coach Mac’s Continuity Offenses from Oregon Small School Programs highlights the importance of having a patterned offense in your game plan. This book introduces the coach to many different continuity offensive alignments including—4 out-1 in, 3-2, 2-3, 1-3-1 and many more.

Coach Mac’s Continuity offenses is available at Amazon.com in soft back or if you don’t feel like waiting on the hassles of shipping get your E-Book copy at www.CoachMac-Basketball.com

Gain the edge over your league rival; get your copy of Coach Mac’s Continuity Offenses now. What do you have to lose?