



SABA: The Antifragile Offense

By Brian McCormick

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SABA: The Antifragile Offense By Brian McCormick

Small advantage. Big advantage. SABA is based on a simple idea: Use an offensive action to create a small advantage, and exploit the small advantage to create a big advantage. Regardless of the tactic or strategy, the objective of every offensive possession is to create a big advantage: An open catch-and-shoot shot, an open driving lane to the basket, or a shot at the rim.

There are two phases to the SABA offensive system: Creating the advantage and exploiting the advantage. Creating the advantage is similar to any other play or system. Exploiting the advantage is the more important element of the system, and basketball in general. The SABA system emphasizes the second phase, known as the endgame.

SABA is based around four simple principles. The principles guide behaviors, whereas in continuity offenses and set plays, rules direct or dictate behavior. When a player deviates from a set play to take advantage of a small opening, coaches frequently yell, “Run the play!” In SABA, taking advantage of a small opening is the entire point!

The SABA offense is not a free-for-all or roll-the-ball out and let them play system. It takes countless hours of practice to teach players to embrace the chaos and thrive in these situations. This book defines the principles and advances a new philosophy for offensive basketball, and provides the instruction and drills to teach the system and develop skilled players.

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