

INSIDE THE 2-3 ZONE

WEBCLINIC
MAY 2023



Clinic Agenda

- **Zone Overview**
- **Positions**
- **Video Analysis**
- **Q&A**
- **Drills**

2-3 Zone Overview

Benefits:

- Take teams out of their man offense (primary & secondary)
- Often face the same offense/scenarios (primary)
- Change flow of game (secondary)
- Disrupt ATO (secondary)
- Outlier Effect (primary)





RADIUS ATHLETICS

2-3 Zone Overview

What THIS version of zone is NOT:

- "We lack athleticism"
- "Our opponents can't shoot"
- "Zone is easier"



2-3 Zone Overview

With *this zone* we believe we can:

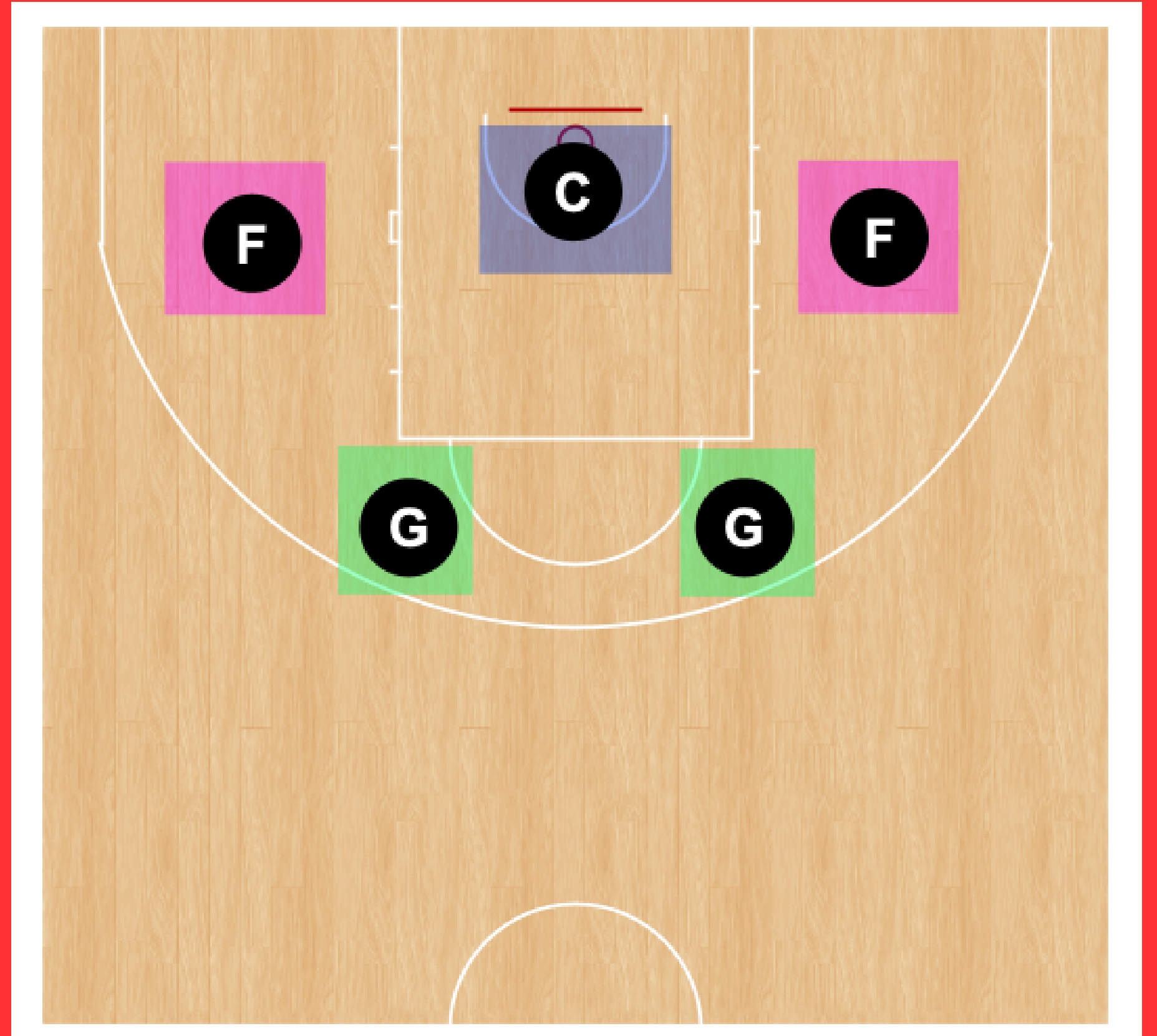
- Limit 3PAs or make them "shoot over us"
- Protect the Rim
- Punish the Offense with selective traps
- Create Turnovers
- Get out and run



2-3 Zone Positions

The positions:

- Guards
- Forwards
- Center





RADIUS ATHLETICS

GUARDS

- Pick up the ball
- Don't get split with the dribble or the pass!
- Deter entry to High Post
- Go OUT when the ball goes IN
- Buddy: Other Guard
- Rebound the elbows





RADIUS ATHLETICS

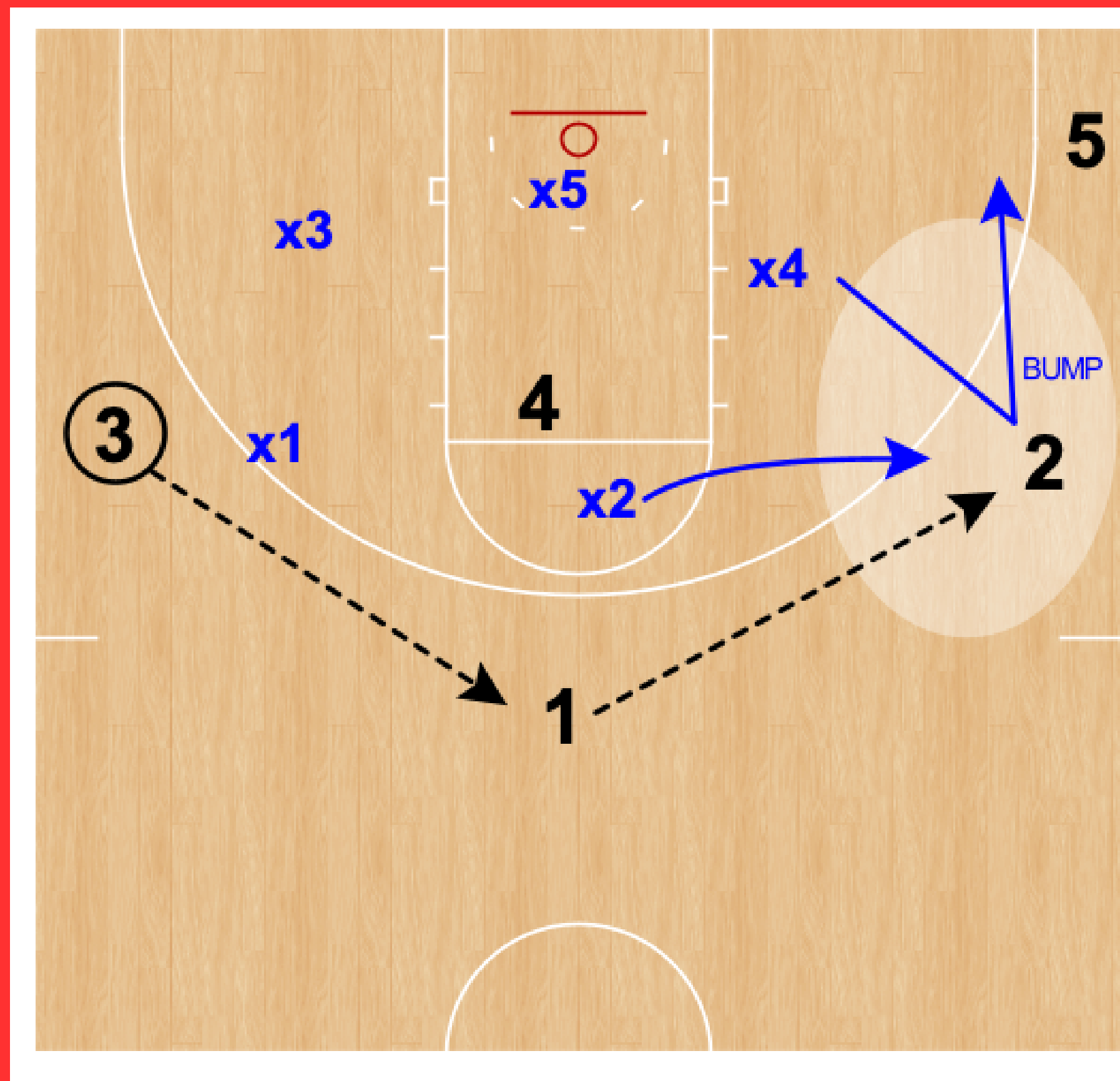
FORWARDS

- BUMP with the guard
- Take away 3PAs
- Good: Contest, Better: Block it, Best: No 3PA
- Short corner trap with Center, ball side block when weak side
- Pinch on High Post entry
- Buddy: Onside Guard, don't get beat to the outside
- Rebound the blocks



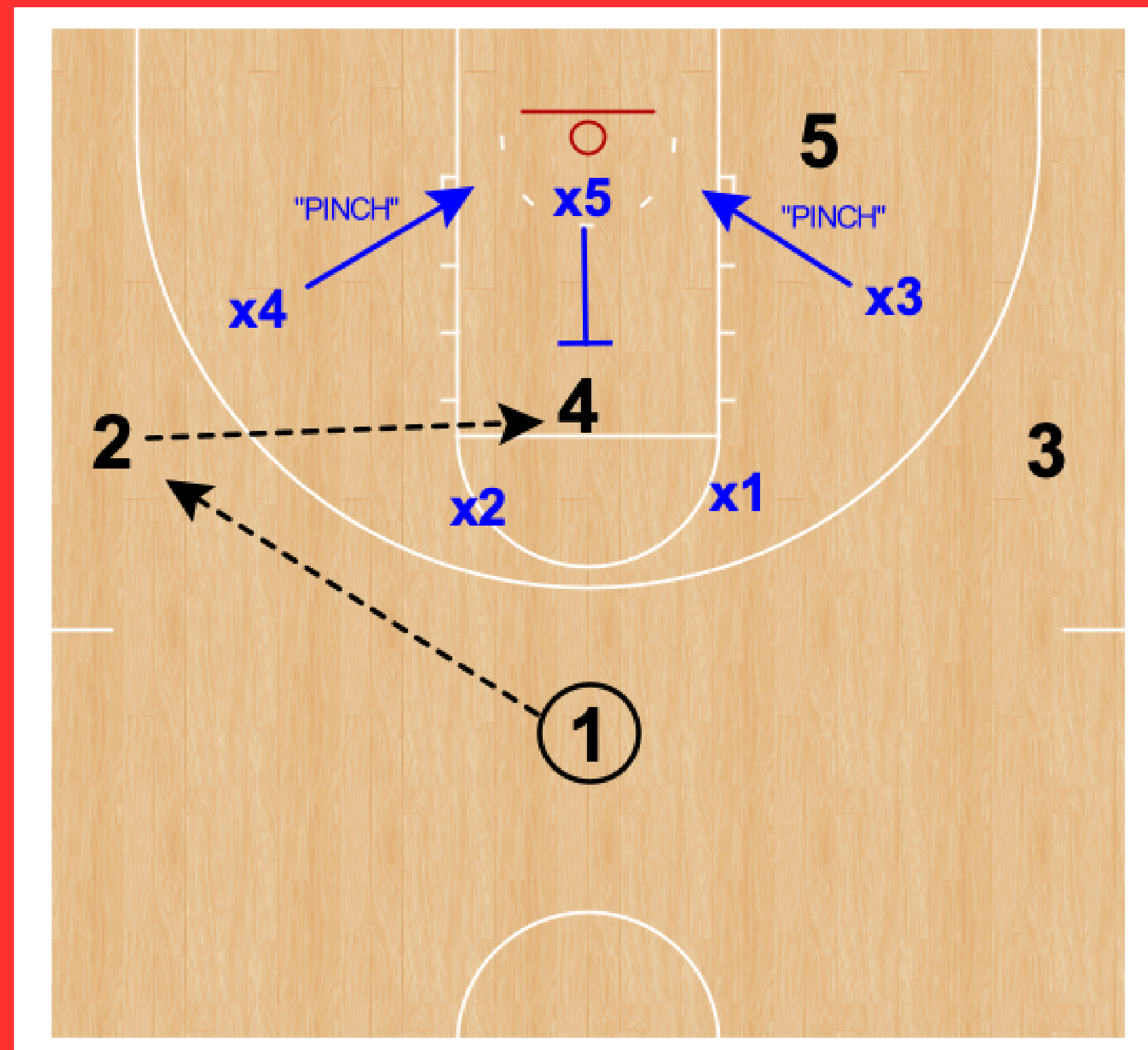
2-3 Zone Tactics

- "Bumping" - The Forward and the Guard working together to defend the wing
- Take it, talk it.



2-3 Zone Tactics

- "Pinching" - The Forwards pinch down to take away high-low on high post entry
- Pinch then "find work" if no one behind on your side





RADIUS ATHLETICS

CENTER

- Rim protection
- Primary High Post defender on the catch
- Post defender
- Short corner trap with Forward
- Occasionally rotate to corner
- Rebound front of rim



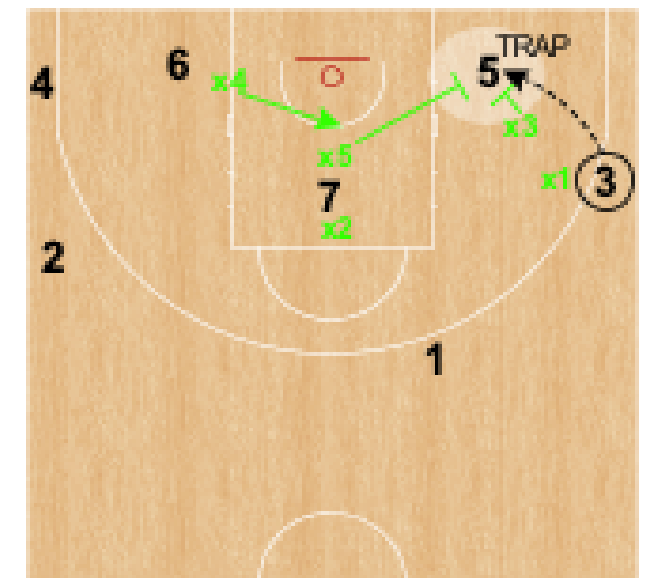
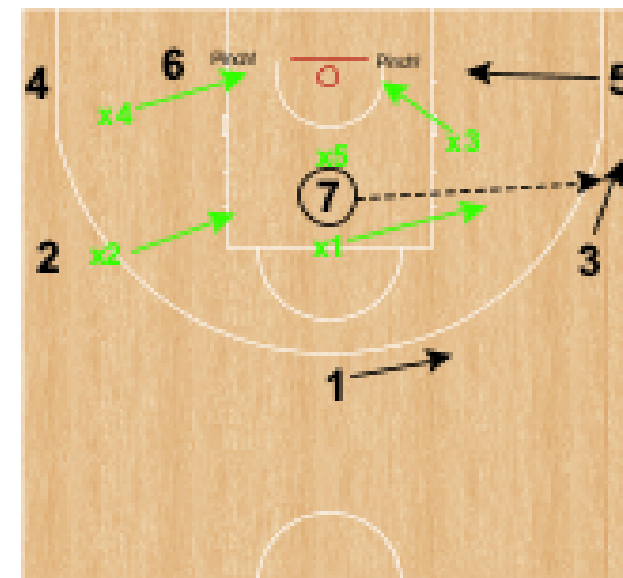
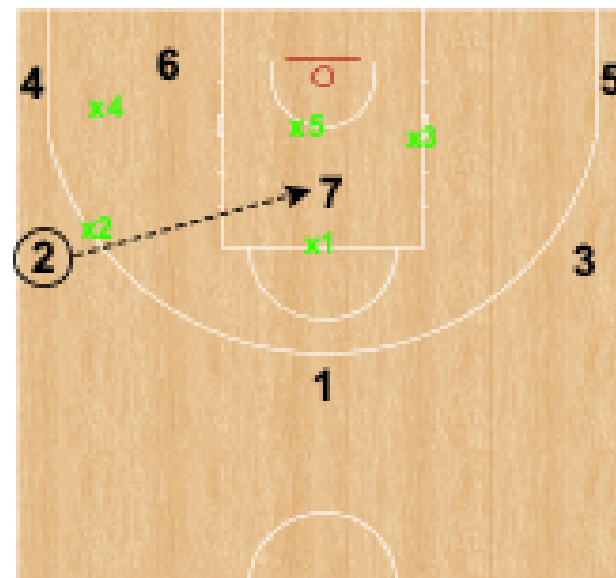
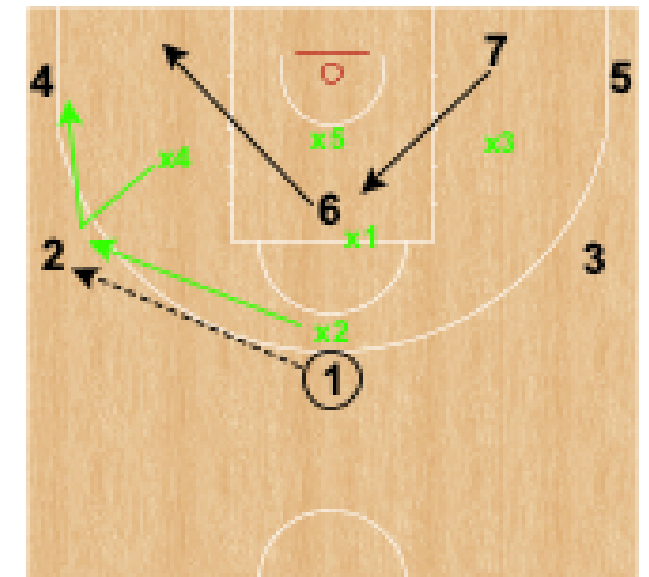
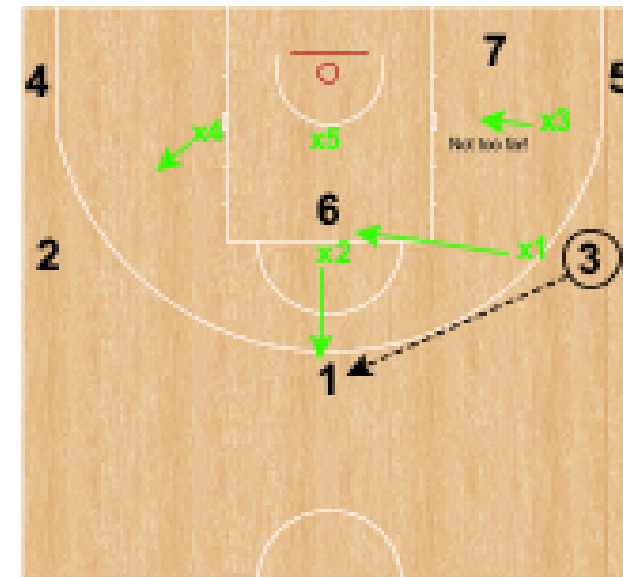
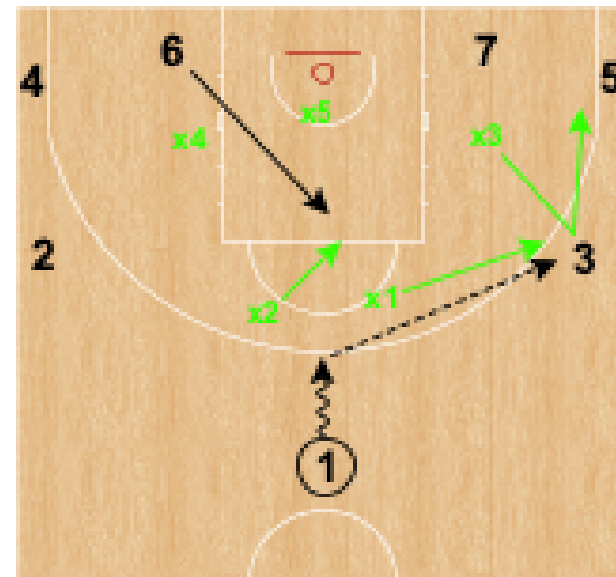


RADIUS ATHLETICS

VIDEO ANALYSIS

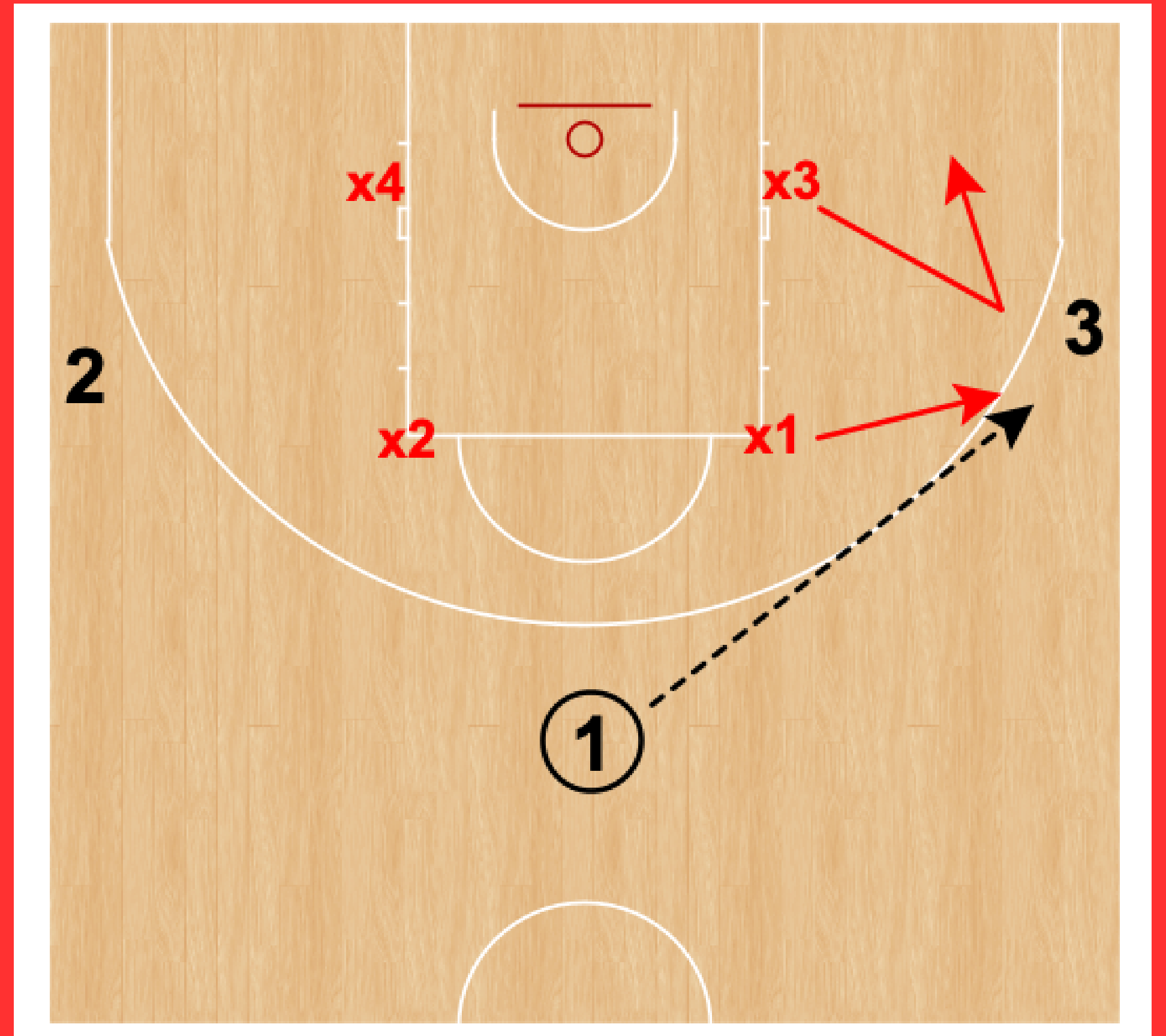
2-3 Zone Drills

- 7v5
- Zone version of "Shell Drill"
- Works on positioning and tactics against common player placements



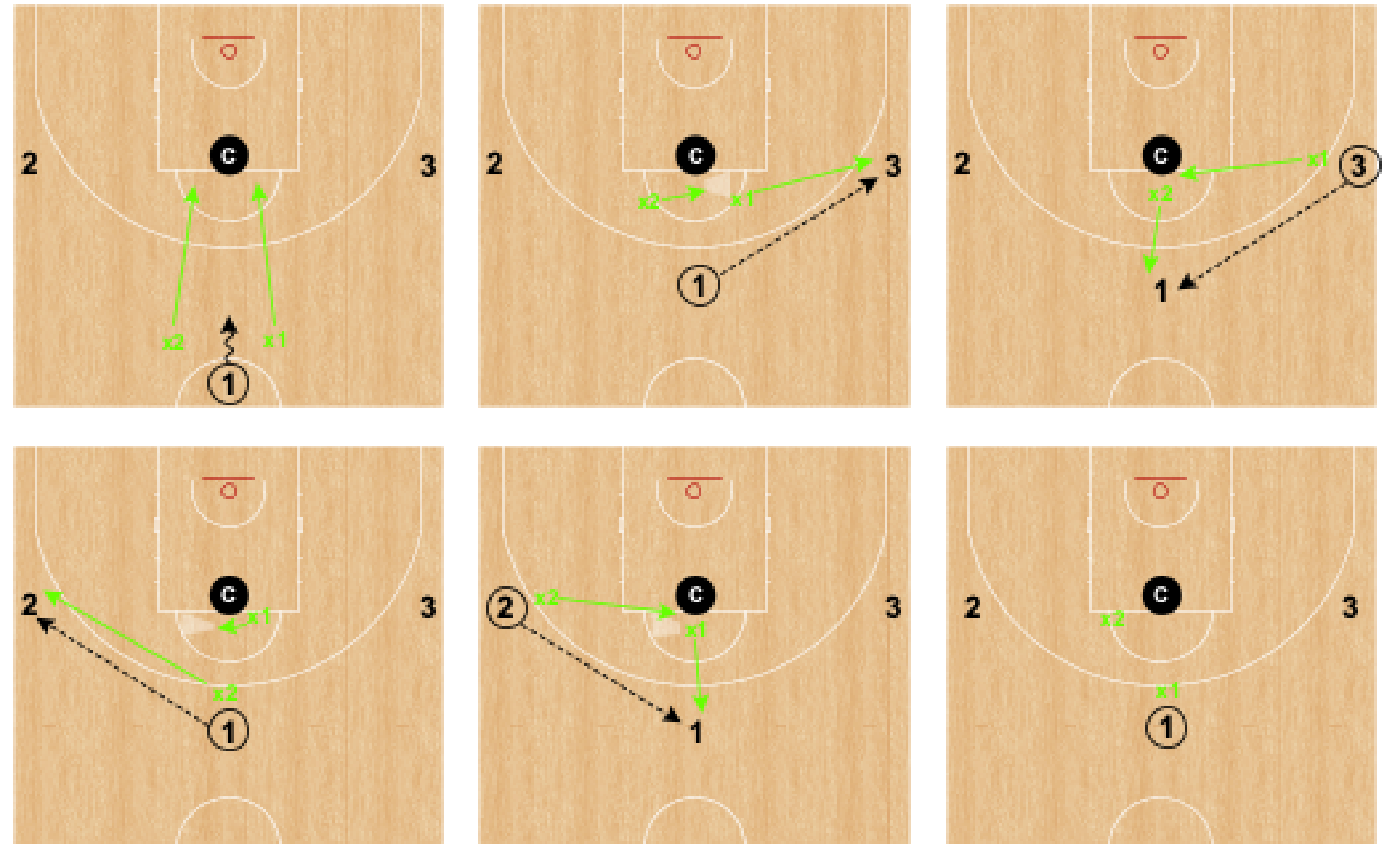
2-3 Zone Drills

- 3v4 Box
- Guards and forwards only
- Works on bumping the wing
- Bonus: great Zone Offense Drill!



2-3 Zone Drills

- Guard Drill
- Guards only
- Works on keeping ball out of high post
- Going "on to off" and "out to in"
- Bonus: great Zone Offense Drill!





RADIUS ATHLETICS

Q&A TIME

RAMP Membership



Advisor & Connector

Advice an input to coaches,
Xs & Os and beyond, network



1:1 Sessions

Q&A, Film Sessions, Career
Guidance, Practice Ideas, etc.



Resources

Playbooks, drill books, video,
clinics, they're all yours!



Contact Us

Radius Athletics, a basketball coaching consulting firm, was founded in the Summer of 2015 by Randy Sherman. Sherman has since counseled and mentored hundreds of coaches spending thousands of hours helping them with X's & O's, practice planning, developing their coaching philosophy, career guidance and so much more.

Website : www.radiusathletics.com

Email : randy@radiusathletics.com

Twitter: [@RadiusAthletics](https://twitter.com/RadiusAthletics)

Phone : 972-998-7422