



Top Plays of 2016



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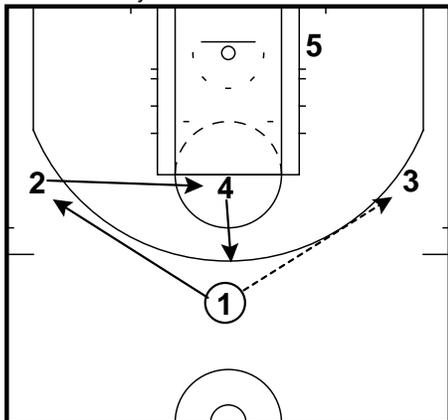
Top Plays of 2016 - Contents (cont.)

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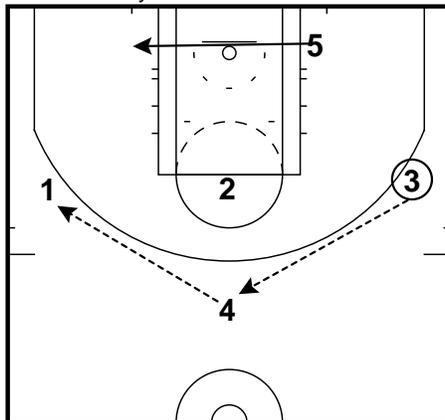


1. Continuity Zone Offense - Rotation - Dan Murphy

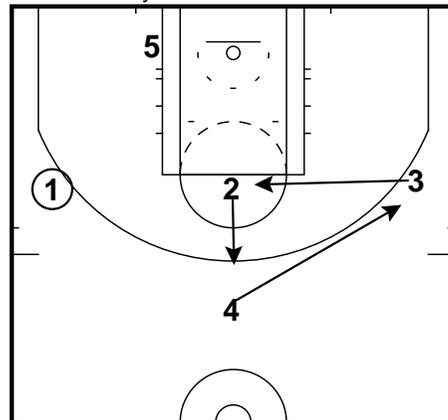
Continuity Zone Offense - Rotation



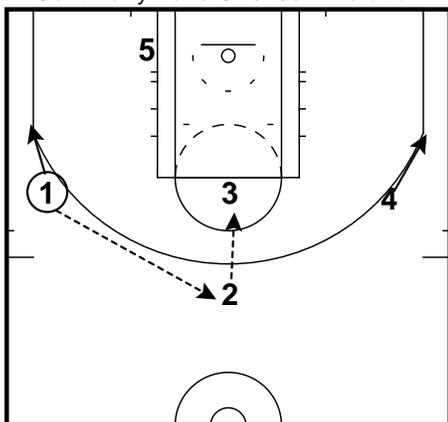
Continuity Zone Offense - Rotation



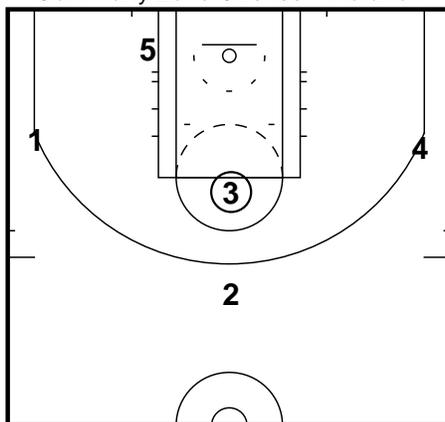
Continuity Zone Offense - Rotation



Continuity Zone Offense - Rotation

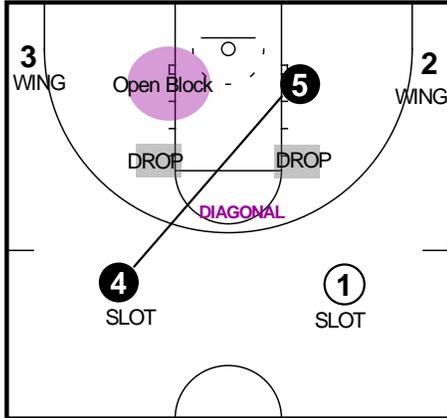


Continuity Zone Offense - Rotation



2. The DRAG Offense - Basics - Randy Sherman

The DRAG Offense - Basics



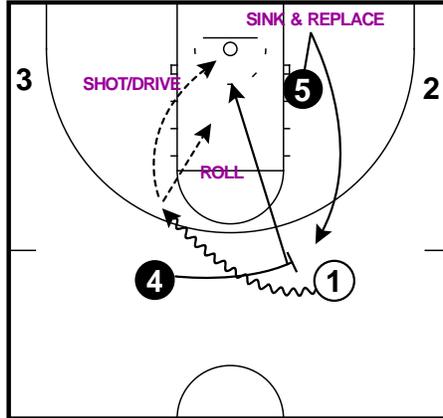
SPACING

RULE: Bigs: fill SLOT and post. Always on a diagonal from one another!

Guards fill one slot + both wings

WING = block extended

The DRAG Offense - Basics

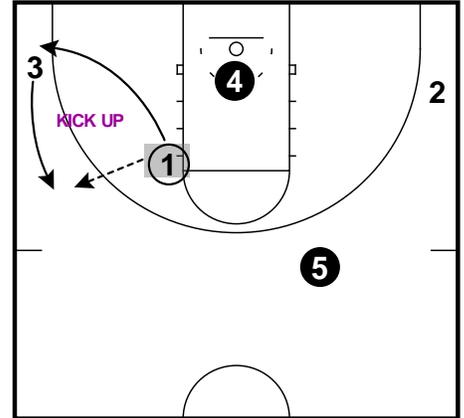


DRAG SCREEN

RULE: Always set the ball screen in the SLOT on the closed post side. Screener goes to the ball handler!

- 4 comes to 1 and sets the slot ball screen, then rolls to the rim/open block
- 1st option: Take the drive to the rim!
- 2nd option: hit the roll man
- 5 must sink to baseline when ball screen is set on their slot
- 5 replaces (Roll & Replace)

The DRAG Offense - Basics



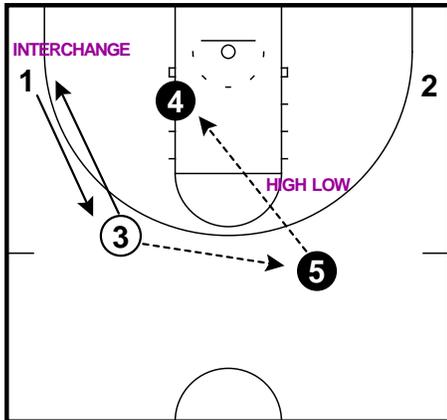
When coming off the ball screen 1 looks to get to rim. If they have no path to the rim, they "hockey stop" in the drop box.

On the "hockey stop" 3 lifts from corner and 1 hits them on the kick up.

1 cuts to corner after the kick up to 3. 3 can shoot, drive, reverse to 5 or accept the ball screen.

ALWAYS stay in the four-out shape!

The DRAG Offense - Basics



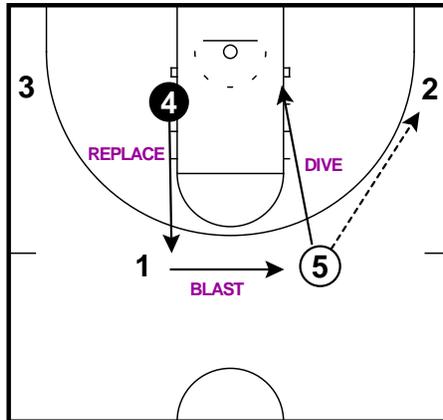
Guard may come out of kick up looking to reverse across the top

RULE: Any pass to BIG in the slot = BIG looks high-low

3 reverses to 5 and interchanges with the player below them = "change & exchange"

RULE: If a guard passes across the top to a BIG, the guard interchanges with the guard below them

The DRAG Offense - Basics



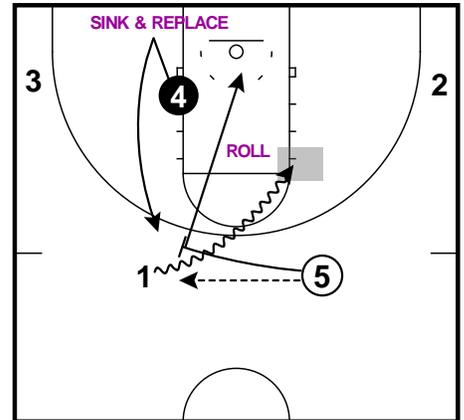
After receiving a slot-to-slot pass BIG may reverse to Guard

RULE: If BIG reverses, they DIVE to open block. Big on weakside rises to stay diagonal.

Guard (1) blast cuts across the top to square the top and set the ballside triangle

BIG (4) rises to stay diagonal of 5

The DRAG Offense - Basics



IF 5 cannot reverse:

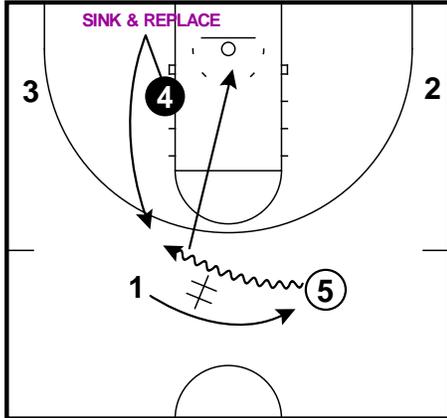
BIG can also turn it back to the slot and then follow into the slot ball screen following the drag offense rule!

RULE: Always set the ball screen in the SLOT on the closed post side. Screener goes to the ball handler!



2. The DRAG Offense - Basics - Randy Sherman

The DRAG Offense - Basics



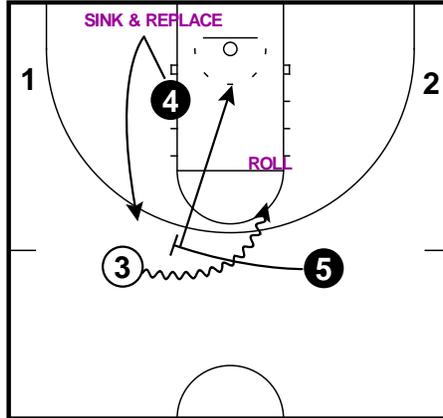
If 5 cannot reverse OR throwback:

Execute the slot DHO and treat it just as the slot ball screen.

5 rolls

4 replaces

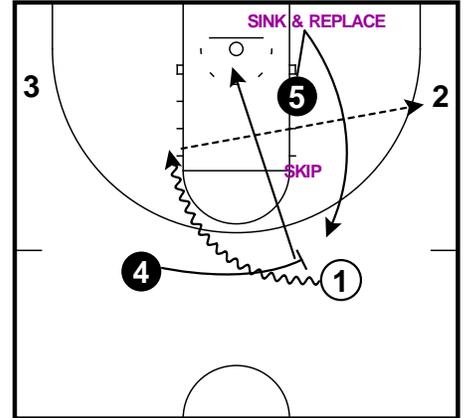
The DRAG Offense - Basics



If the guard (3) does not pass across the top after coming out of the weave/kickout or dribble lift, he/she is ready to receive the slot ball screen following the drag offense rule!

RULE: Always set the ball screen in the SLOT on the closed post side. Screener goes to the ball handler!

The DRAG Offense - Basics

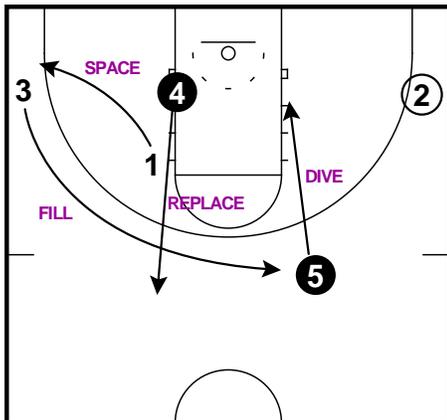


Guard (1) receives the slot ball screen from big (4)

BIG (5) replaces

Guard may read SKIP to opposite corner (2) if X2 tags the roll man

The DRAG Offense - Basics



Treat the skip coming from guard out of the ball screen like a regular ball reversal

Big (5) DIVES

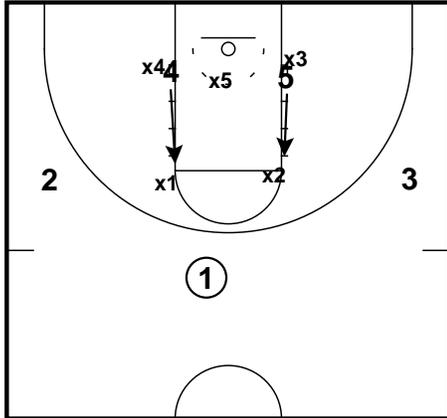
Big (4) REPLACES

Guard (3) FILLS

Ball guard (1) SPACES

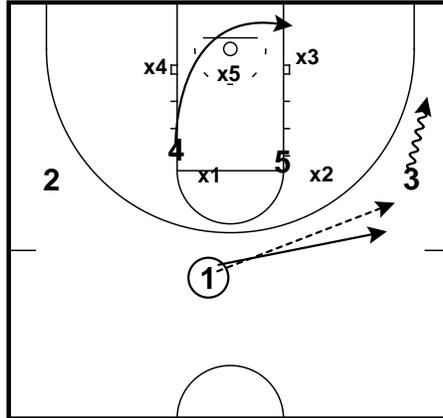
3. X Zone Offense - Brian Shea

X ZONE OFFENSE



ON "X" CALL, 4 AND 5 SPRINT TO ELBOWS

X ZONE OFFENSE



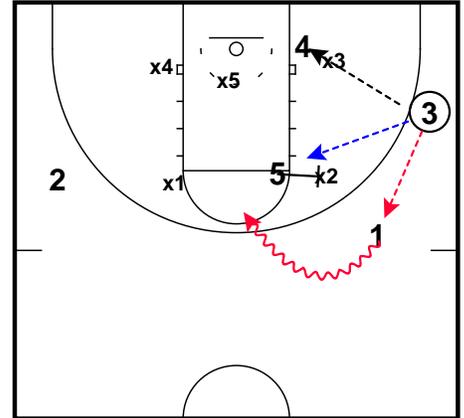
PLAY IS CONTINUOUS AND SAME SET UP ON EITHER WING.

1 PASSES TO 3, WHO DRIBBLES DOWN TO SS CORNER.

4 (OR WEAKSIDE POST MAN) WILL DIVE TO SS BLOCK.

5 SITS IN MIDDLE OF ZONE.

X ZONE OFFENSE



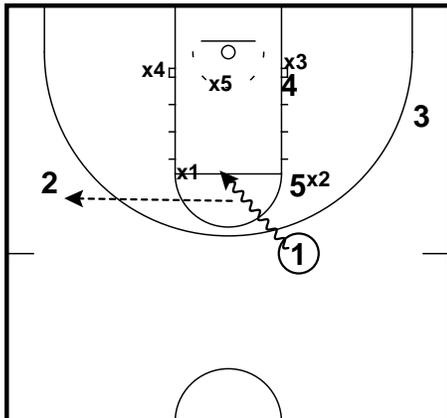
3 LOOKS FOR:

4 ON SS BLOCK,

5 SITTING IN MIDDLE OF ZONE.

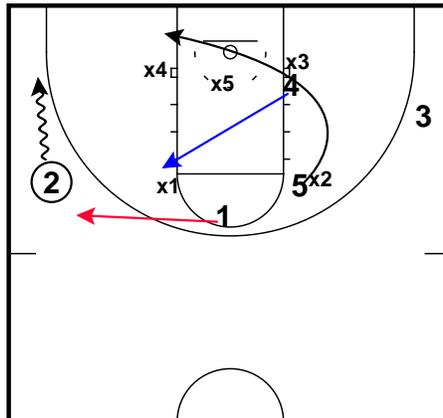
IF NEITHER IS OPEN, 3 PASSES TO 1, AS 5 STEPS OUT TO SCREEN x2 FOR 1 TO PENETRATE MIDDLE

X ZONE OFFENSE



AFTER 1 COMES OF 5'S SCREEN, HE PENETRATES MIDDLE AND KICKS TO 2

X ZONE OFFENSE



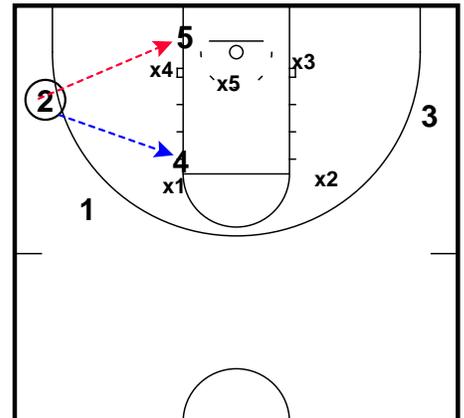
AFTER PASS FROM 1, 2 DRIBBLES DOWN TO SS CORNER.

1 REPLACES 2 ON SS WING.

4 CUTS FROM WS BLOCK TO SS ELBOW.

5 CUTS BEHIND ZONE TO SS BLOCK

X ZONE OFFENSE



2 CAN TAKE JUMPER OR:

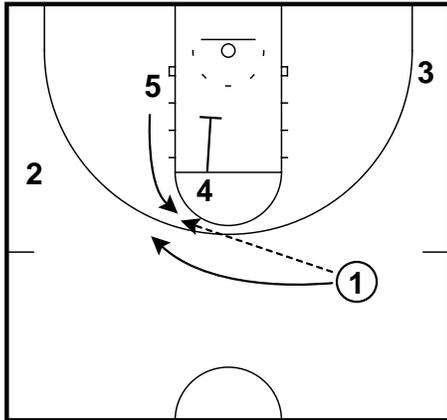
HIT 5 IN SHORT CORNER

HIT 4 AT ELBOW

KICK BACK TO 1, AND 4 SETS SCREEN AGAIN

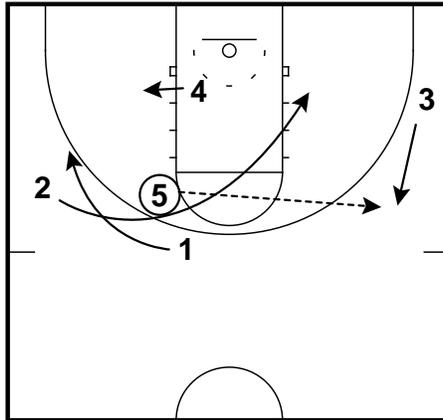
4. Warriors Flash X Side Elevator - Adam Spinella

Golden State Warriors - Flash X Side Elevator



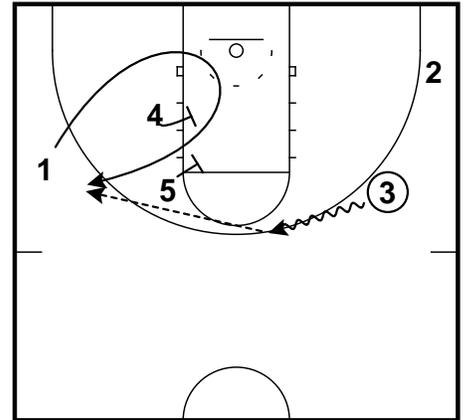
4 (Green) sets a brush screen for 5 (Bogut) to get to the elbow-extended and get an entry pass from 1 (Curry)

Golden State Warriors - Flash X Side Elevator



After the pass, 1 (Curry) and 2 (Thompson) scissor over the top of 5 (Bogut) at the high post. Thompson clears thru, while 3 (Barnes) raises and gets the swing pass.

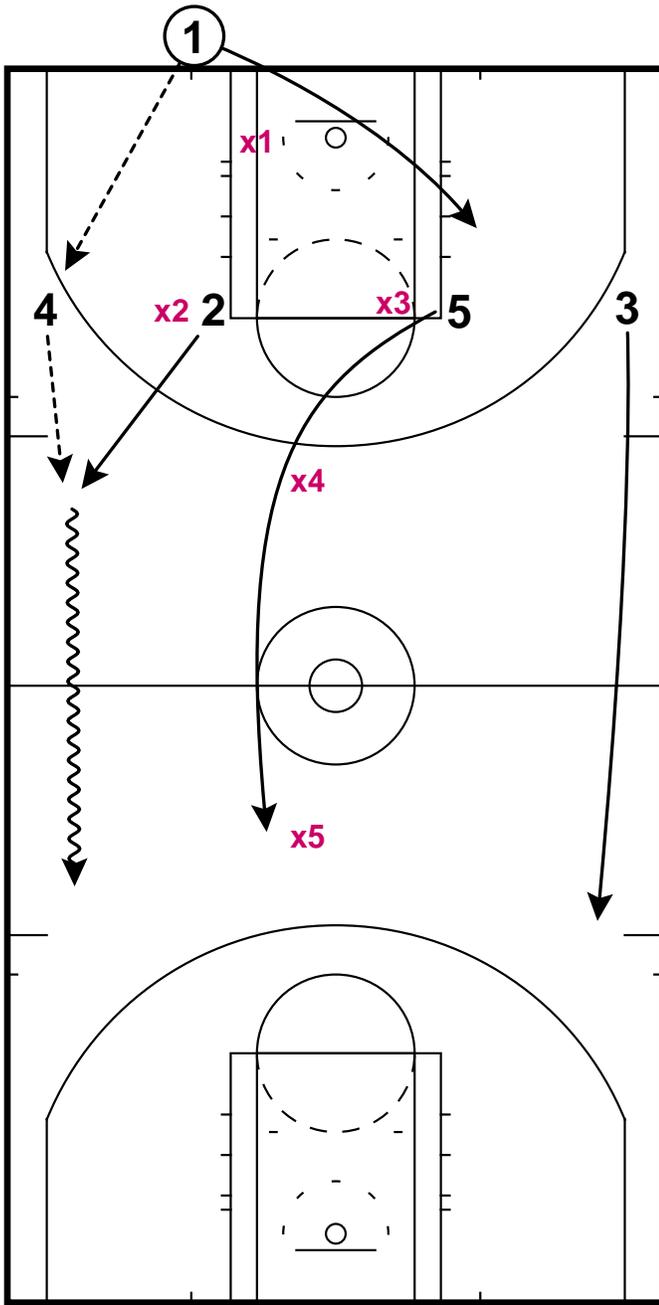
Golden State Warriors - Flash X Side Elevator



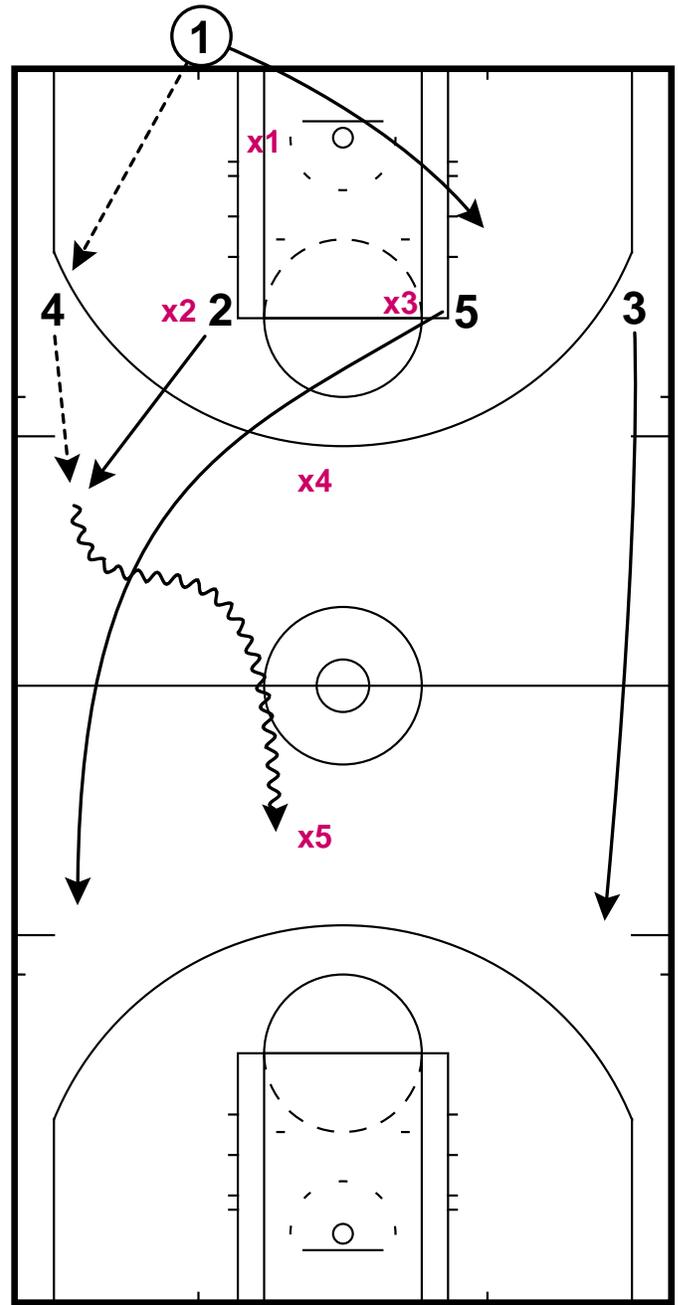
While 3 (Barnes) dribbles to center the ball, 1 (Curry) loops through to the baseline, then high back through an elevator from 4 (Green) and 5 (Bogut)

5. 1 - 4 Press Break - Andreas Barthel

1 - 4 PRESS BREAK



1 - 4 PRESS BREAK



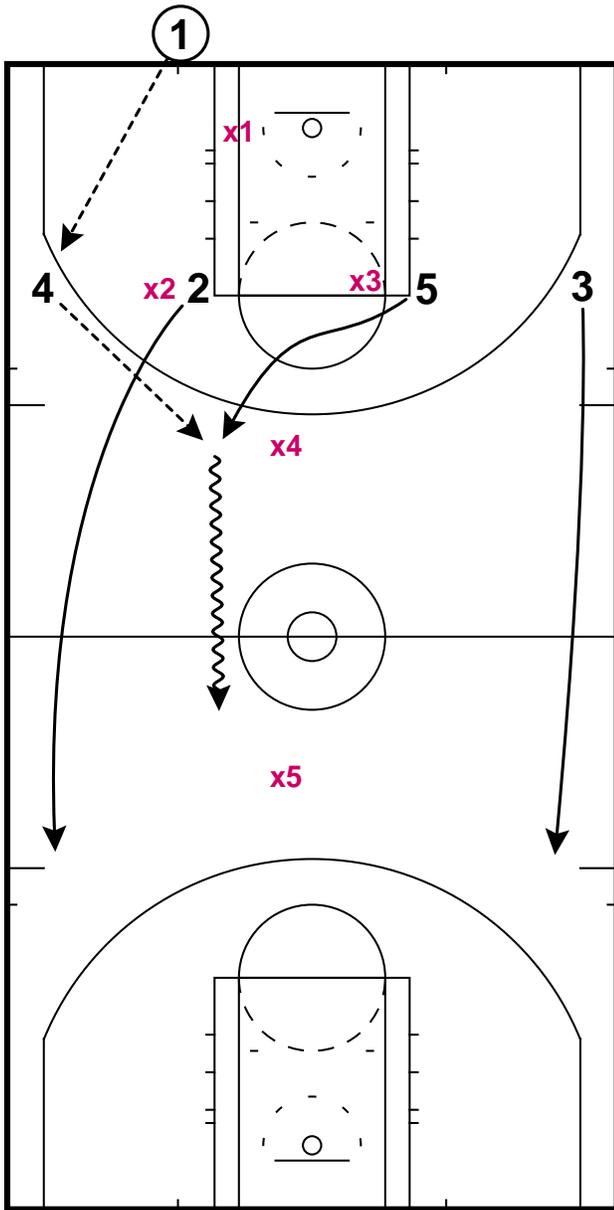
- 1 PASSES THE BALL TO 4
- 2 FILLS THE SIDE
- 4 PASSES THE BALL TO 2
- 5 FILLS THE MIDDLE
- 3 RUNS THE OTHER SIDE LANE

- 1 PASSES THE BALL TO 4
- 2 FILLS THE SIDE
- 4 PASSES THE BALL TO 2
- 2 DRIBBLES TO THE MIDDLE
- 5 FILLS THE SIDE LANE
- 3 RUNS THE OTHER SIDE LANE

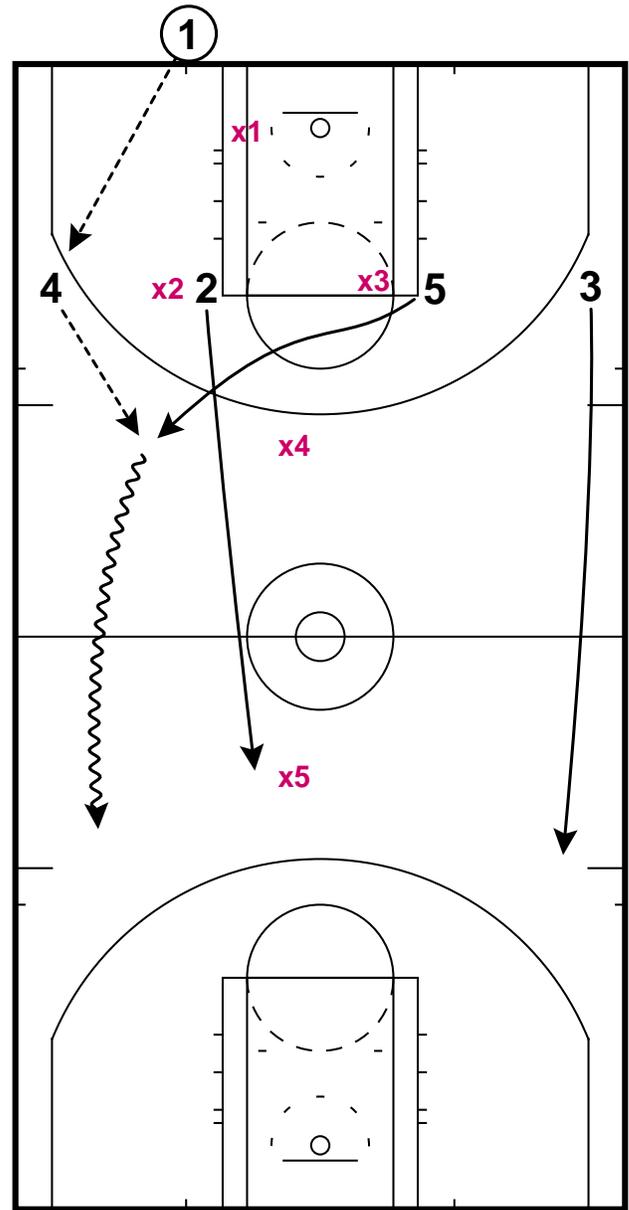


5. 1 - 4 Press Break - Andreas Barthel

1 - 4 PRESS BREAK



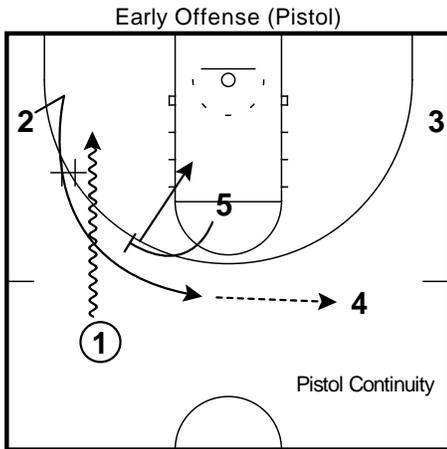
1 - 4 PRESS BREAK



- 1 PASSES TO 4
- 2 FILLS THE SIDE LANE
- 5 FILLS THE MIDDLE
- 4 PASSES TO 5
- 5 DRIBBLES THROUGH THE MIDDLE
- 2 AND 3 RUN THE SIDE LANE

- 1 PASSES TO 4
- 2 CUTS THROUGH THE MIDDLE
- 5 FILLS THE SIDE LANE
- 4 PASSES TO 5
- 5 DRIBBLES THE SIDE LANE
- 3 RUNS THE SIDE LANE

6. Early Offense (Pistol) - Randy Sherman



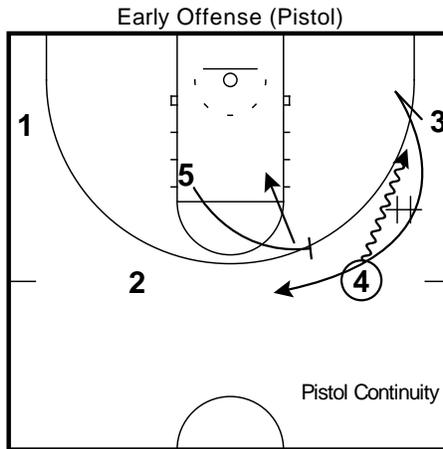
BYU TRANSITION

1 sprint dribbles into a DHO with ballside wing (2)

5 follows with a ball screen for the handoff receiver = "Pistol" action

2 may:

- come off the ball screen and score
- hit 5 on the short roll
- draw & kick to 4 (shown)



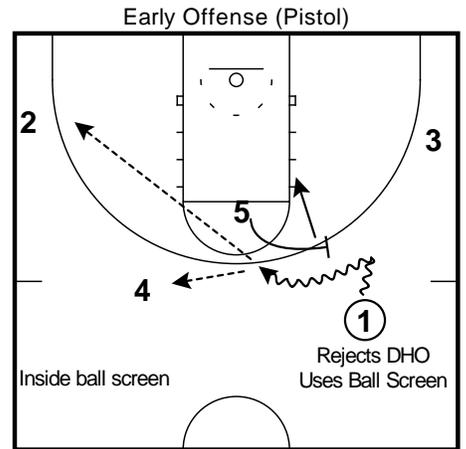
On the catch, 4 goes into DHO with 3

5 moves into position for the ball screen Pistol action

3 has same options:

- score off the ball screen
- hit 5 on the short roll
- draw & kick to 2

The action repeats on each ball reversal



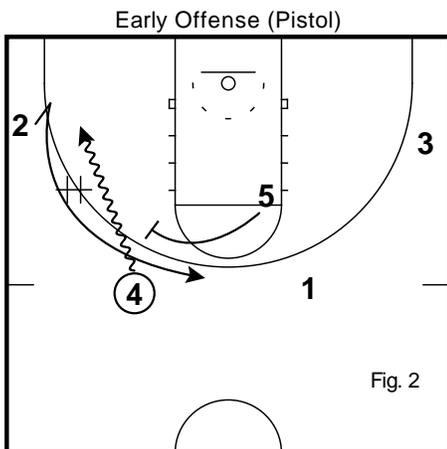
INSIDE BALL SCREEN OPTION

5 is moving into position to ballscreen even before he/she knows if the DHO will occur

1 may elect not to ball screen and instead use an inside ball screen from 5

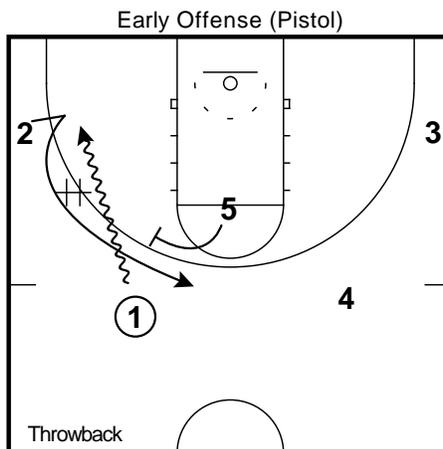
1 has options:

- score off the inside ball screen
- hit 5 on the short roll
- draw and kick to 4 (shown) or 2 for the corner three



4 may then DHO with 2 (shown) or use inside ball screen from 5

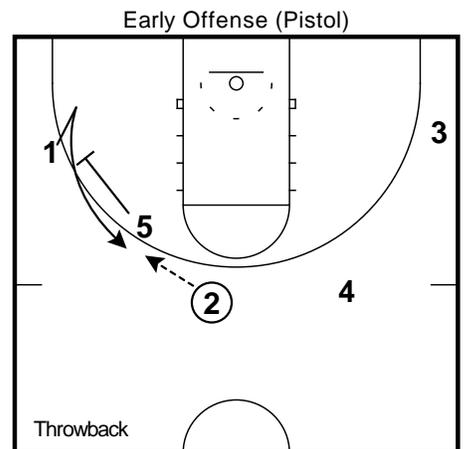
The action repeats on each ball reversal



THROWBACK

1 DHOs with 2

5 ball screens for 2 (Pistol)



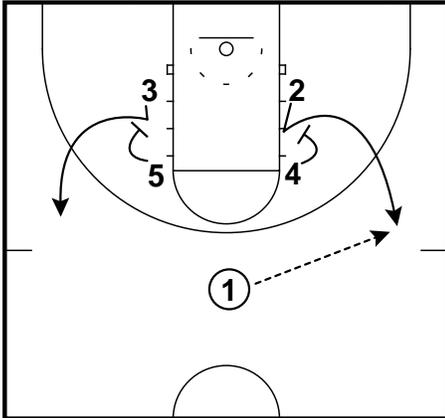
2 comes off the ball screen, does not score or draw & kick

5 then downscreens for 1

2 throws back to 1

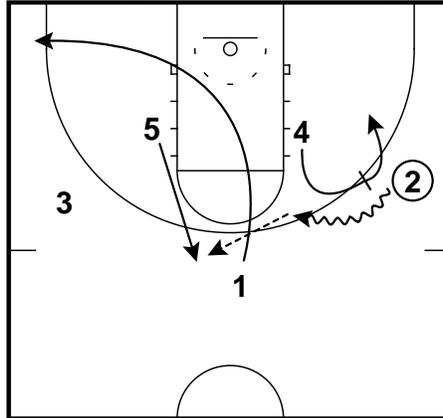
7. Gonzaga Pick & Roll Continuity - Randy Sherman

Gonzaga Pick & Roll Continuity



Gonzaga gets into their offense in many ways, but most often they use rubs off of these arc screens to free up the wings for the point to wing entry.

Gonzaga Pick & Roll Continuity

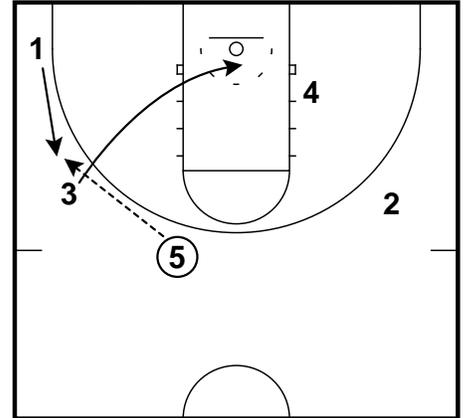


After the pass to 2, 1 corner cuts opposite.

4 steps out and runs a side pick & roll with 2. This would be the Zags first option. With Wiltjer at 4, a pick & pop for a three is an option.

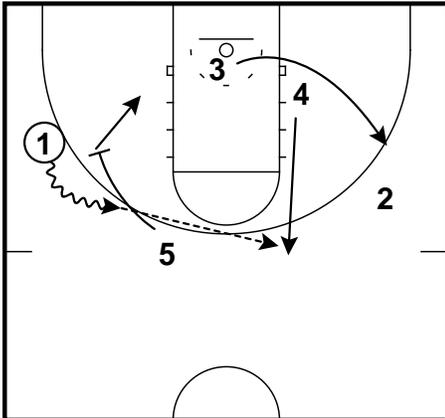
5 cuts to top of key area. This clears the side for the pick & roll. If 2 cannot turn corner or find 4 on pick & roll, he passes to 5.

Gonzaga Pick & Roll Continuity



As soon as 5 catches, 3 cuts hard to opposite corner and 1 replaces him at wing. 5 passes to 1.

Gonzaga Pick & Roll Continuity

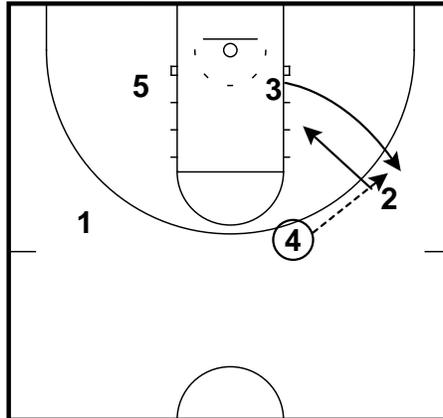


When 5 passes to 1 he follows and sets a pick & roll. The Zags love this side pick & roll with Pangos and a big.

4 sprints up top. If 1 cannot turn the corner or find 5 on roll he passes to 4.

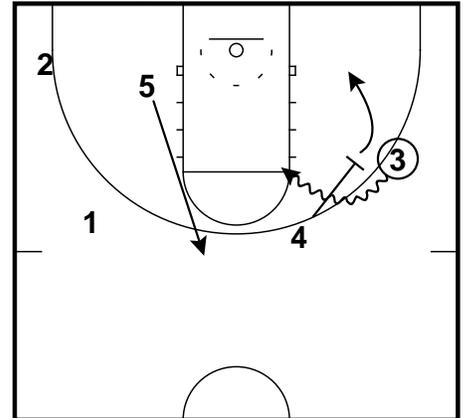
3 continues his clear out.

Gonzaga Pick & Roll Continuity



On 4's catch 2 cuts hard for opposite corner. At times the action and ball reversal will allow for 2 to pin screen for 3, but most often it is an interchange.

Gonzaga Pick & Roll Continuity

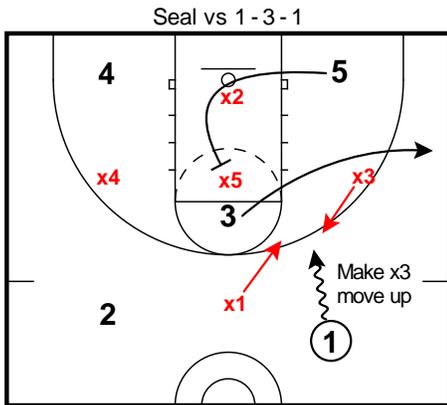


After 4 reverses to 3, he again sets the side pick & roll.

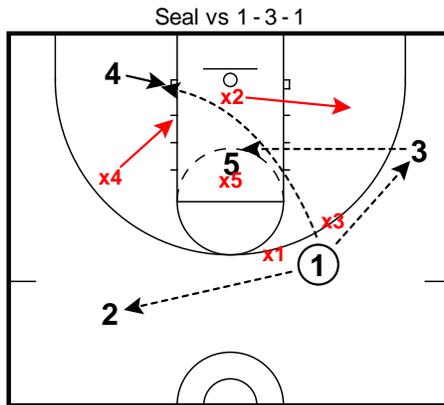
5 sprints to top and the side is cleared.

The Zags continue this continuity action until they get their desired shot.

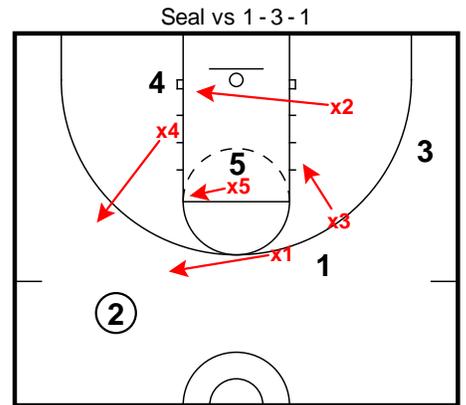
8. Seal vs 1 - 3 - 1 - FastModel Sports



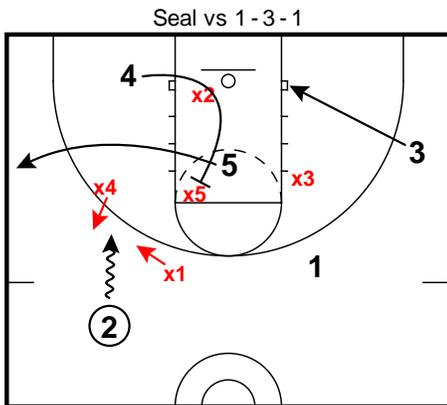
Frame 1: 1 attacks gap, moving x3 toward the ball. 3 shallow cuts to sideline as 5 pipe cuts looking to seal x5.



Frame 2: 1 can pass to 3 or diagonal to 4. 3 looks for 5 sealing or 4 diving. if neither looks good, 1 reverses to 2.



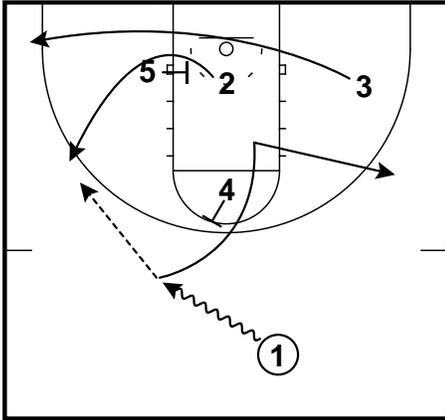
Frame 3: The zone shifts on reversal pass.



Frame 4: Now the 5 shallow cuts to the other side, the 4 pipe cuts looking to seal x5, and the 3 dives. Repeat until we score.

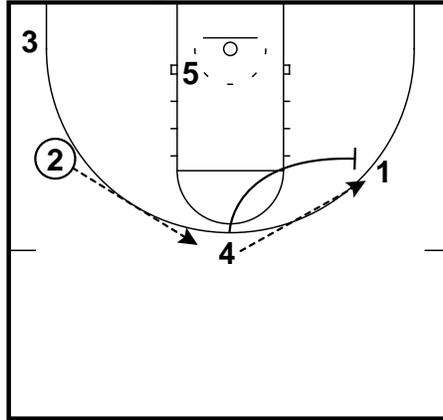
9. High Pick & Roll - Scott Peterman

High Pick and Roll



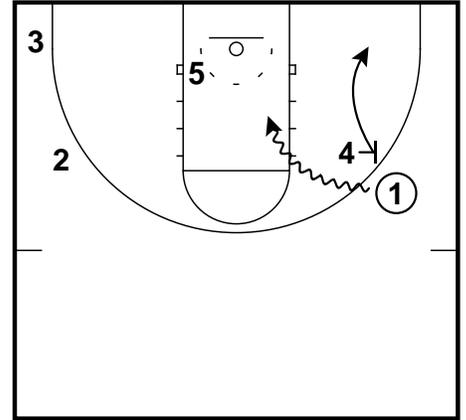
1 dribbles to the left wing. 5 sets a cross screen for 2. 2 pops out to the left wing. 3 cuts to the left corner. 1 passes to 2. 4 sets a backscreen for 1. 1 cuts to the middle of the lane and pops out to the right wing.

High Pick and Roll



2 passes to 4. 4 passes to 1 and sets a ballscreen on 1.

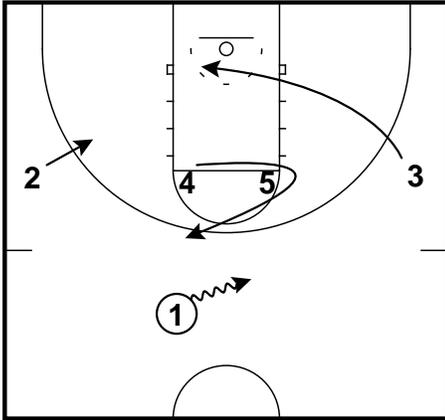
High Pick and Roll



4 sets a ballscreen on 1 and rolls to the short corner. 1 attacks the middle of the lane.

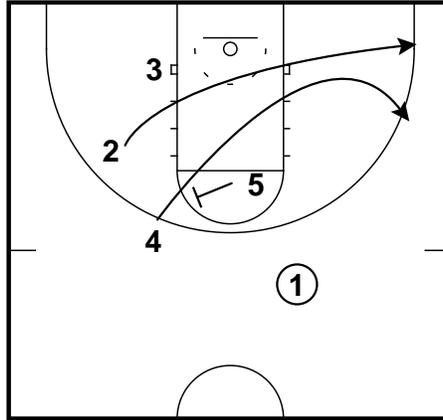
10. SFA 1 - 4 Clear Backscreen - Adam Spinella

SFA 1 - 4 Clear Backscreen



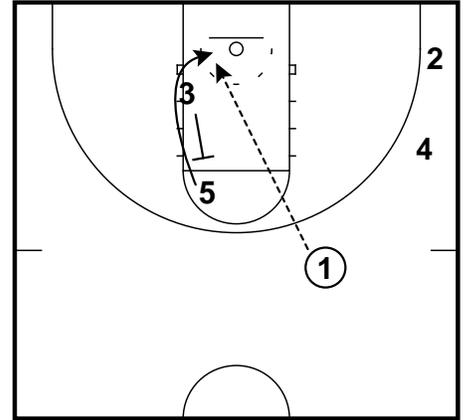
Starting in a 1 - 4 High set, 1 dribbles over to his right. 4 loops over the top of 5, and both wings cut toward the basket.

SFA 1 - 4 Clear Backscreen



5 then sets a back screen for 4 to run off into the corner. 2 follows behind him, clearing all the way to the corner

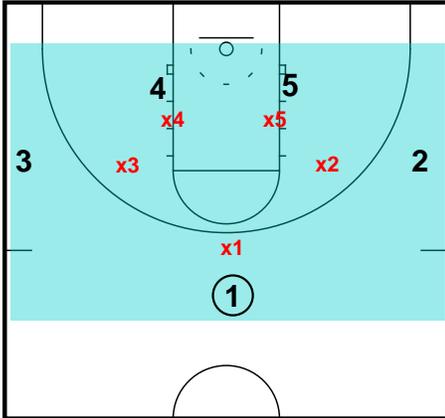
SFA 1 - 4 Clear Backscreen



3 loops around and sets a back screen for 5 to get to the rim

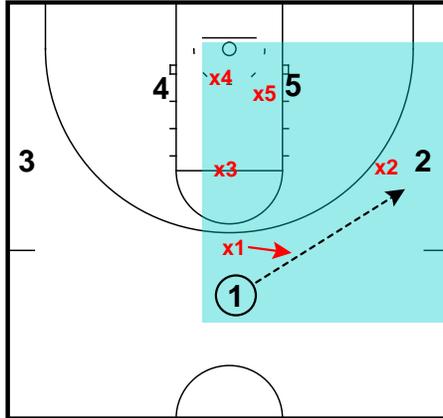
Offense

BOX Pressure Concepts



Entire Box is available. Any pass to the wing would "shrink the box."

BOX Pressure Concepts

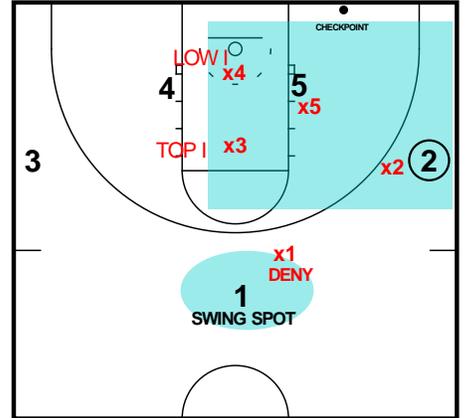


When pass is made to wing, the box shrinks.

RULE: Once the ball is on the side, KEEP IT THERE!

X1 must jump to the pass and front a basket cut or DENY the pass to the swing spot

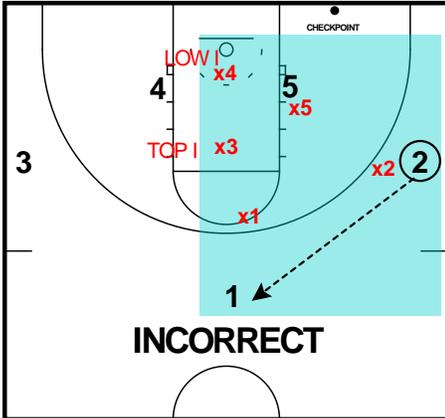
BOX Pressure Concepts



When ball is on the wing, on ball defender (X2) forces to baseline checkpoint and X1 prevents ball reversal.

KEEP THE BALL OFF THE SWING SPOT!

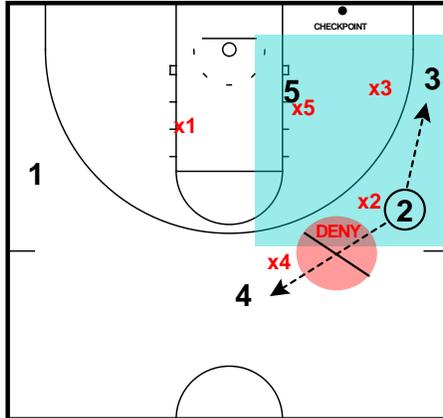
BOX Pressure Concepts



THIS PASS MADE THE BOX BIGGER!!

RULE: DENY ANY PASS THAT WOULD MAKE THE BOX BIGGER!

BOX Pressure Concepts

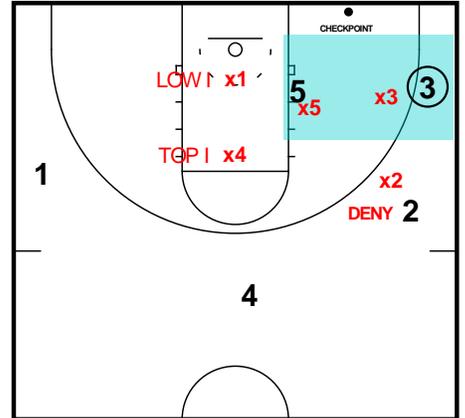


Pass to 3 would shrink the box.

Pass to 4 would increase the box.

Don't let 4 catch it on the swing spot!

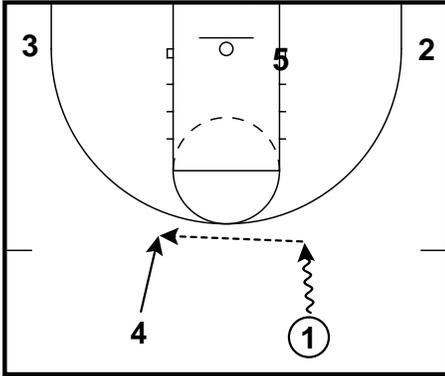
BOX Pressure Concepts



X2 cannot allow the pass to 2 for this pass would increase the size of the box!

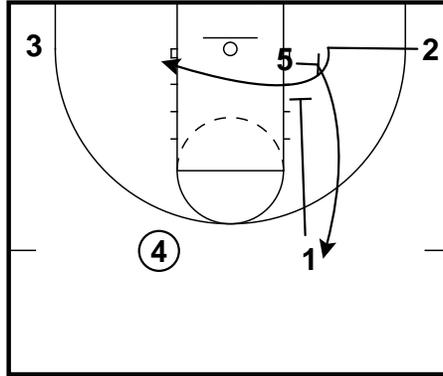
Offense

Flex Continuity Offense



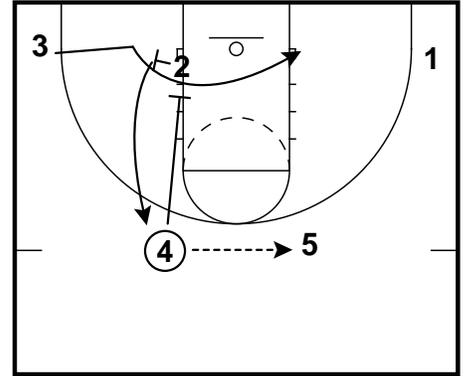
Out of transition, 2 and 3 fill the corners, 5 fills the strong block and 4 trails. 1 swings the ball to 4 to initiate the offense.

Flex Continuity Offense



5 sets a screen for 2 who cuts to the strong side block. 1 sets a down screen for 5. 1 exits to the corner after setting the screen.

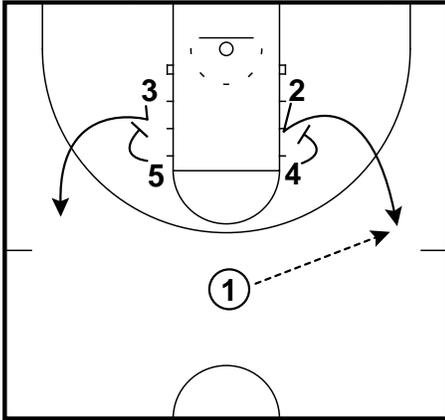
Flex Continuity Offense



The offense continues on ball reversal with a "flex" screen and screen the screener action.

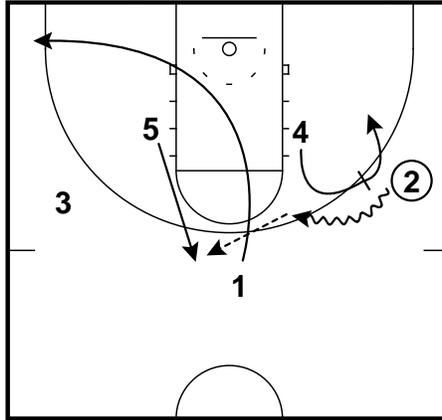
Offense

Gonzaga Pick & Roll Continuity



Gonzaga gets into their offense in many ways, but most often they use rubs off of these arc screens to free up the wings for the point to wing entry.

Gonzaga Pick & Roll Continuity

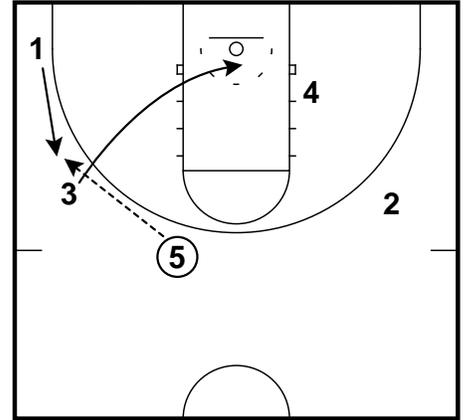


After the pass to 2, 1 corner cuts opposite.

4 steps out and runs a side pick & roll with 2. This would be the Zags first option. With Wiltjer at 4, a pick & pop for a three is an option.

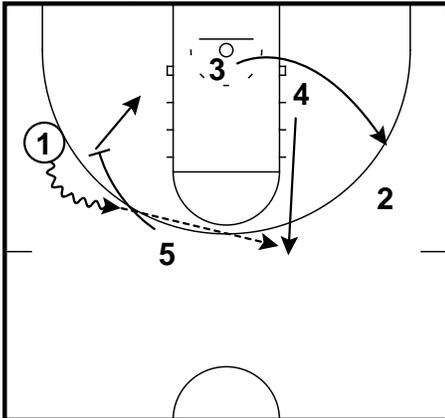
5 cuts to top of key area. This clears the side for the pick & roll. If 2 cannot turn corner or find 4 on pick & roll, he passes to 5.

Gonzaga Pick & Roll Continuity



As soon as 5 catches, 3 cuts hard to opposite corner and 1 replaces him at wing. 5 passes to 1.

Gonzaga Pick & Roll Continuity

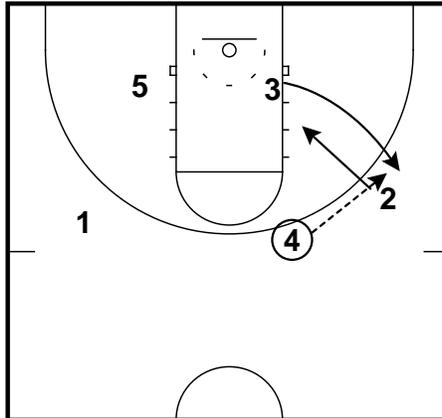


When 5 passes to 1 he follows and sets a pick & roll. The Zags love this side pick & roll with Pangos and a big.

4 sprints up top. If 1 cannot turn the corner or find 5 on roll he passes to 4.

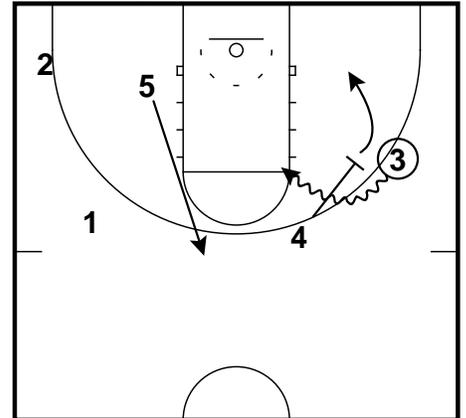
3 continues his clear out.

Gonzaga Pick & Roll Continuity



On 4's catch 2 cuts hard for opposite corner. At times the action and ball reversal will allow for 2 to pin screen for 3, but most often it is an interchange.

Gonzaga Pick & Roll Continuity



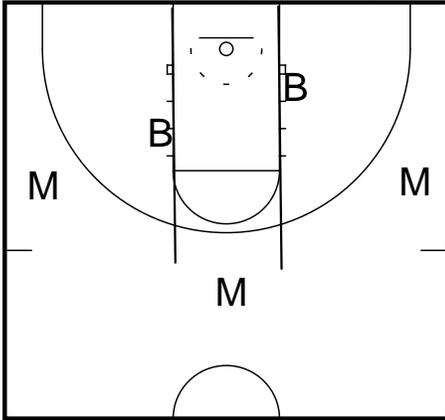
After 4 reverses to 3, he again sets the side pick & roll.

5 sprints to top and the side is cleared.

The Zags continue this continuity action until they get their desired shot.

Offense

Mover Blocker (LANE-LANE)

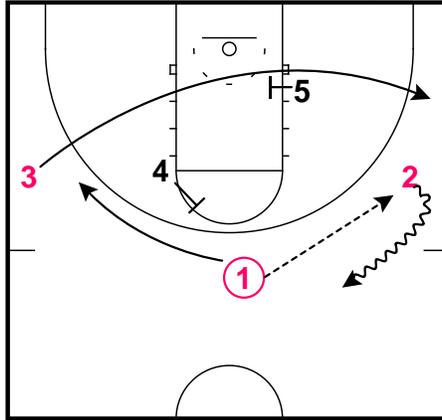


Lane-Lane

Movers begin in a point-wing-wing or "top-side-side" alignment

In "lane-lane" the Blockers are restricted to screening only on their side of the floor and only along the lane line extended. They may slide up and down the lane line to set screens.

Mover Blocker (LANE-LANE)



This is NOT a patterned offense!

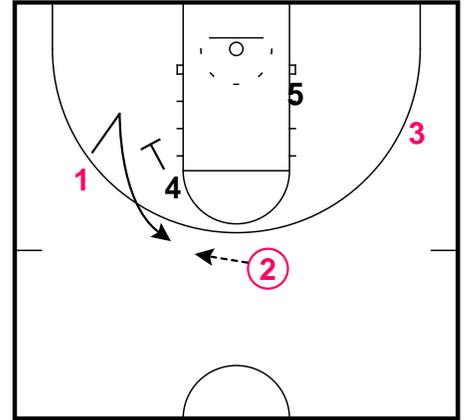
But UVA does have actions they prefer.

1 can pass to either wing.

The "Movers" (colored in red) cut and fill and maintain "top-side-side" balance. They can move and fill so long as they maintain top-side-side balance.

Getting the ball to the center of the court is key, then the ball-handler can see both screening actions. Commonly, UVA uses a flare screen and pin screen combo.

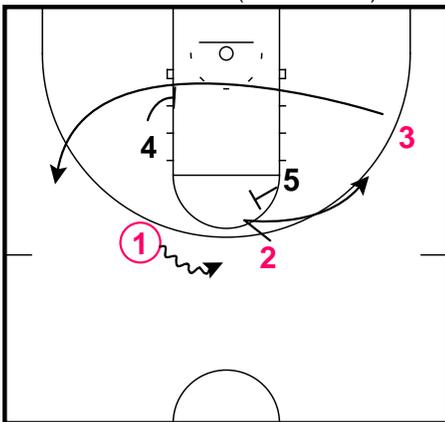
Mover Blocker (LANE-LANE)



UVA will often rescreen for the cutter off the flare screen if the flare screen was not well-timed with the centering of the ball.

2 can pass to 1 who may curl, back cut, straight cut or out cut depending on how the cutter is defended.

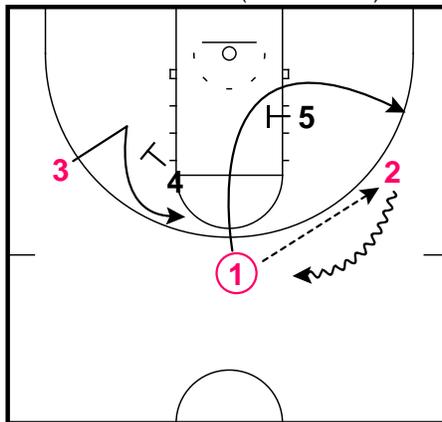
Mover Blocker (LANE-LANE)



When the ball is caught by a wing player he typically centers with the dribble and two actions occur.

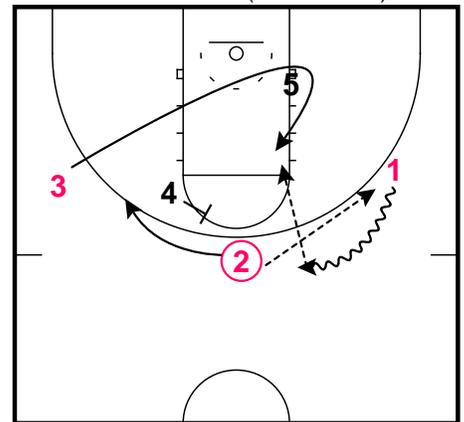
Again, the movers have NO predetermined action. The three of them work together to maintain top-side-side alignment. As they are moving, the blockers move up and down the lane line on their side of the court screening for them.

Mover Blocker (LANE-LANE)



Other possible top-side-side actions

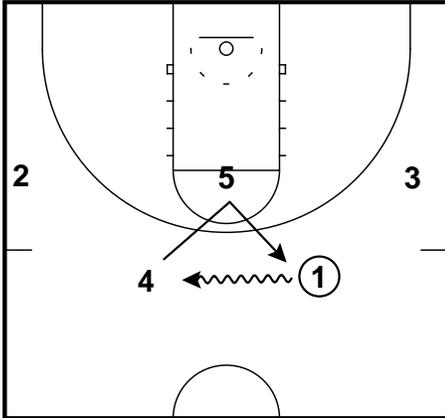
Mover Blocker (LANE-LANE)



Other possible top-side-side actions

Offense

Oregon Ducks High Post Offense (2-3 High)



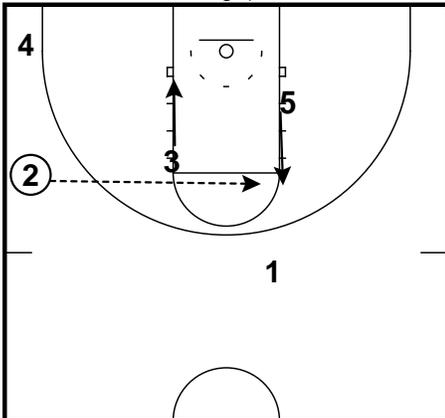
The four perimeter spots are interchangeable! Teach players actions from all four spots.

1 can dribble at 4 (shown) or pass to ballside wing to start the offense.

The offense can also start with a 1 to 4 to 2 ball reversal.

In the dribble-at scenario, 4 checkmarks to the opposite high elbow replacing 1

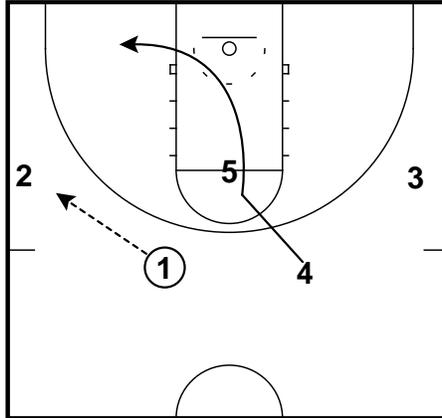
Oregon Ducks High Post Offense (2-3 High)



If the pass is not made to the first cut or the second cut, 3 posts and 5 lifts to the pinch post (elbow).

2 skips to 5

Oregon Ducks High Post Offense (2-3 High)



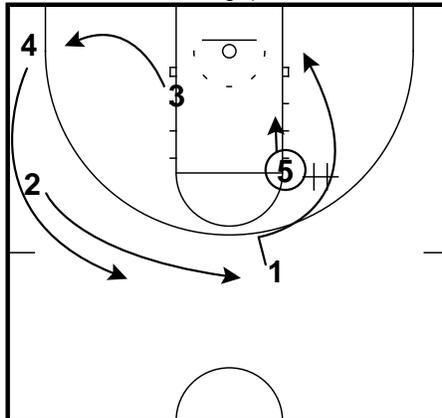
1 passes to ballside wing (2)

4 can go over or under 5 for the first cut

RULE: when the pass is made from the high elbow to wing the play in the opposite high elbow makes the first cut off the post.

4 puts head under rim, waits in post for a second then vacates to short corner then dead corner

Oregon Ducks High Post Offense (2-3 High)

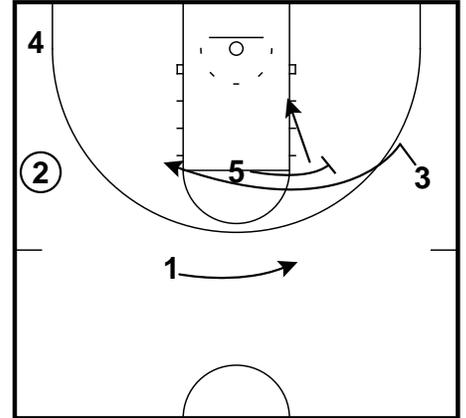


On 5's catch 1 cuts off 5 for the handoff

5 follows closely

Other players begin to fill the original four spots

Oregon Ducks High Post Offense (2-3 High)

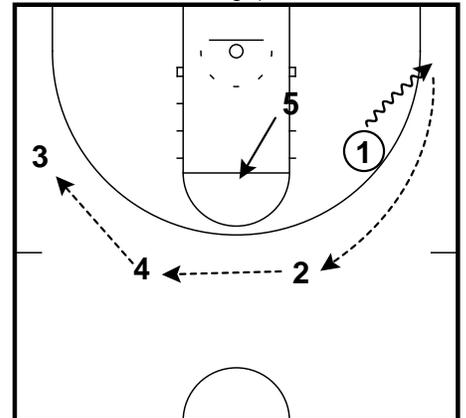


5 then screens away at the elbow for 3

3 reads this and goes under or over (shown) the screen. (second cut)

After screening 5 looks to dive to the rim

Oregon Ducks High Post Offense (2-3 High)



If 1 cannot score a layup on the handoff, he/she drags their man with the dribble to the corner looking for 5 on the post up.

From there the offense can reset:

1 starts ball reversal with a pass to 2 to 4 to 3

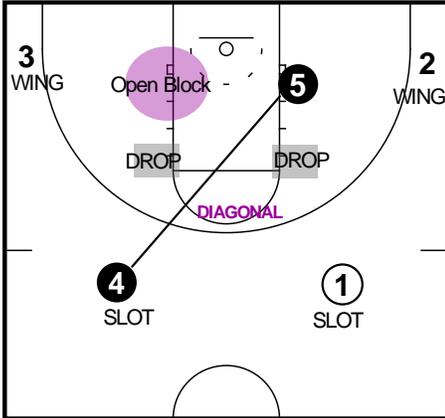
5 fills the nail

2 would then be first cutter

5 would then screen away for 1 the second cutter

Offense

The DRAG Offense - Basics



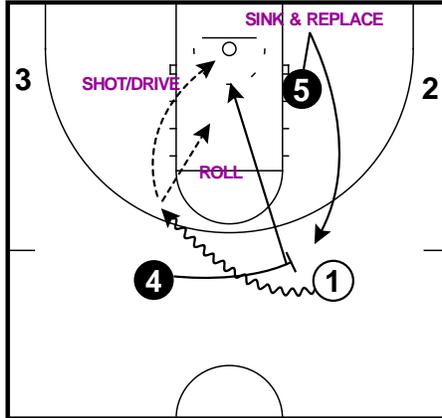
SPACING

RULE: Bigs: fill SLOT and post. Always on a diagonal from one another!

Guards fill one slot + both wings

WING = block extended

The DRAG Offense - Basics

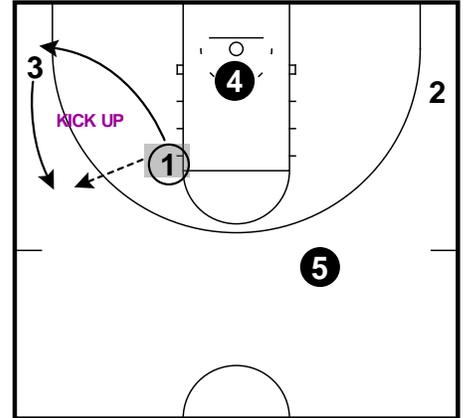


DRAG SCREEN

RULE: Always set the ball screen in the SLOT on the closed post side. Screener goes to the ball handler!

- 4 comes to 1 and sets the slot ball screen, then rolls to the rim/open block
- 1st option: Take the drive to the rim!
- 2nd option: hit the roll man
- 5 must sink to baseline when ball screen is set on their slot
- 5 replaces (Roll & Replace)

The DRAG Offense - Basics



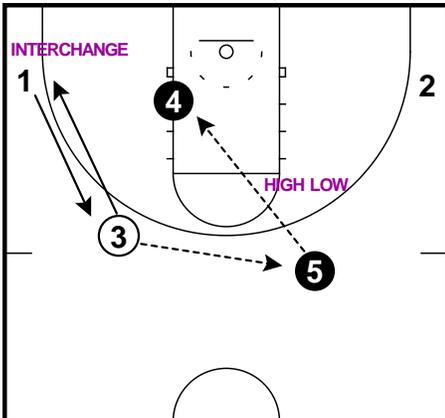
When coming off the ball screen 1 looks to get to rim. If they have no path to the rim, they "hockey stop" in the drop box.

On the "hockey stop" 3 lifts from corner and 1 hits them on the kick up.

1 cuts to corner after the kick up to 3. 3 can shoot, drive, reverse to 5 or accept the ball screen.

ALWAYS stay in the four-out shape!

The DRAG Offense - Basics



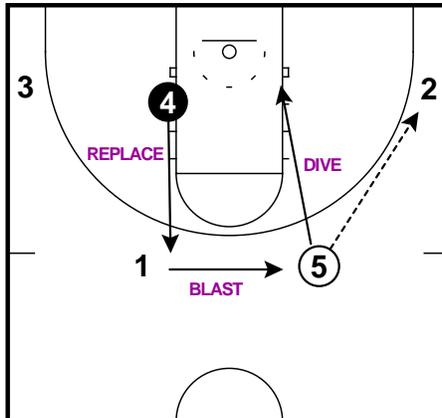
Guard may come out of kick up looking to reverse across the top

RULE: Any pass to BIG in the slot = BIG looks high-low

3 reverses to 5 and interchanges with the player below them = "change & exchange"

RULE: If a guard passes across the top to a BIG, the guard interchanges with the guard below them

The DRAG Offense - Basics



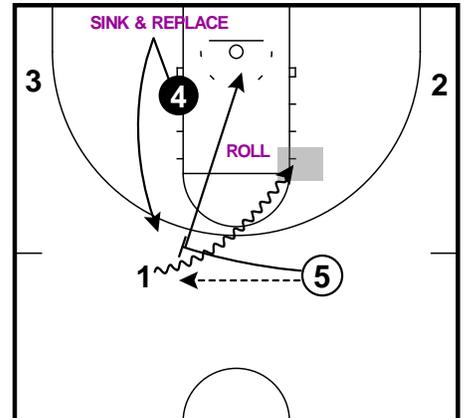
After receiving a slot-to-slot pass BIG may reverse to Guard

RULE: If BIG reverses, they DIVE to open block. Big on weakside rises to stay diagonal.

Guard (1) blast cuts across the top to square the top and set the ballside triangle

BIG (4) rises to stay diagonal of 5

The DRAG Offense - Basics



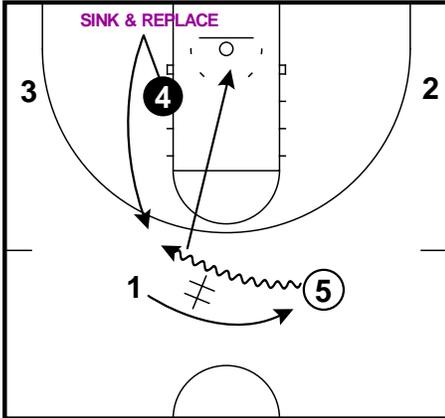
IF 5 cannot reverse:

BIG can also turn it back to the slot and then follow into the slot ball screen following the drag offense rule!

RULE: Always set the ball screen in the SLOT on the closed post side. Screener goes to the ball handler!

Offense

The DRAG Offense - Basics



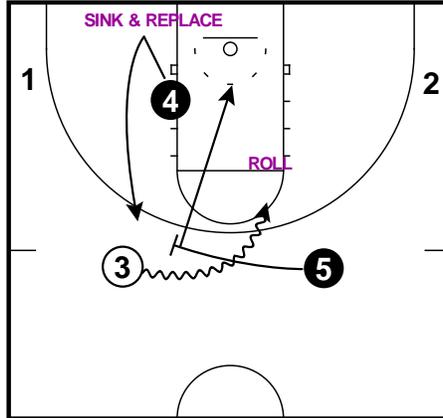
If 5 cannot reverse OR throwback:

Execute the slot DHO and treat it just as the slot ball screen.

5 rolls

4 replaces

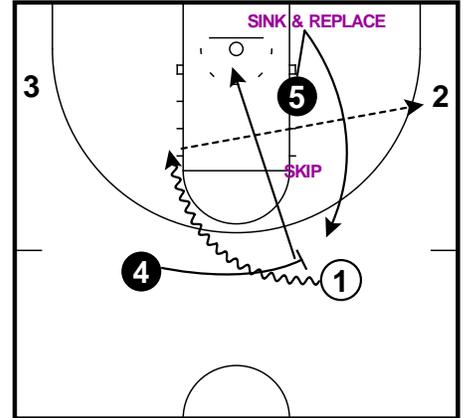
The DRAG Offense - Basics



If the guard (3) does not pass across the top after coming out of the weave/kickout or dribble lift, he/she is ready to receive the slot ball screen following the drag offense rule!

RULE: Always set the ball screen in the SLOT on the closed post side. Screener goes to the ball handler!

The DRAG Offense - Basics

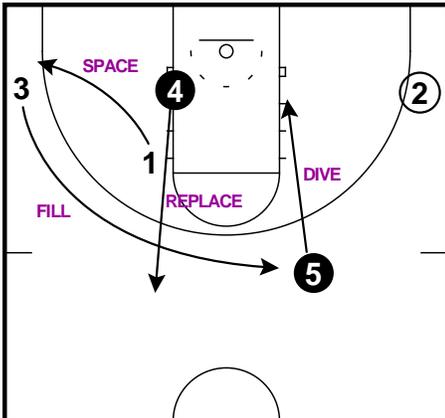


Guard (1) receives the slot ball screen from big (4)

BIG (5) replaces

Guard may read SKIP to opposite corner (2) if X2 tags the roll man

The DRAG Offense - Basics



Treat the skip coming from guard out of the ball screen like a regular ball reversal

Big (5) DIVES

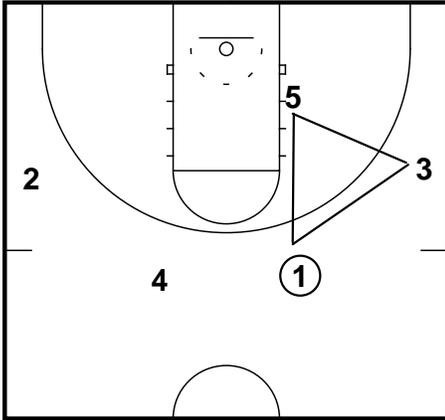
Big (4) REPLACES

Guard (3) FILLS

Ball guard (1) SPACES

Offense

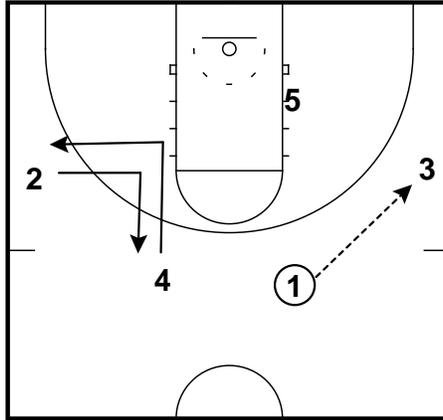
The Swing Offense



Initial set up features a ballside triangle. First Option is to enter the ball to 5

Players on top (slots) are positioned just wider than the lane line. Players on wing at free throw line extended

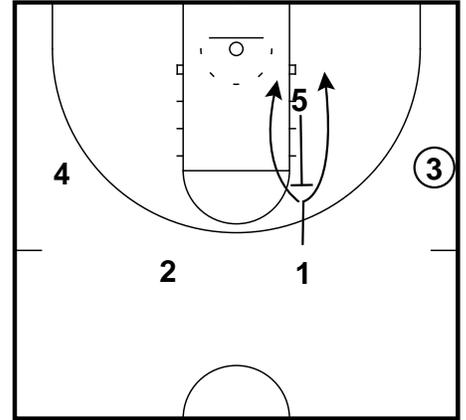
The Swing Offense



Rule: When the ball is passed from slot to wing, the weakside players execute an exchange

3 looks to enter to 5

The Swing Offense

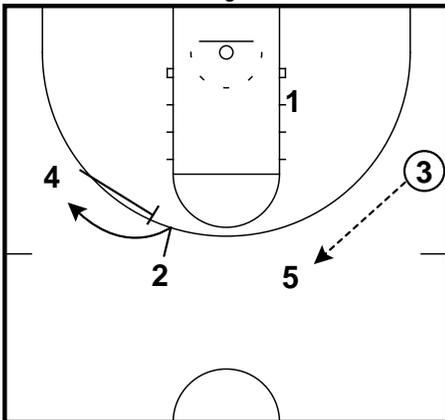


If 5 does not receive the entry he sets an "up screen" and 1 runs a UCLA cut.

1 takes the "path of least resistance" ballside or weakside of the screen.

After screening 5 separates the the perimeter

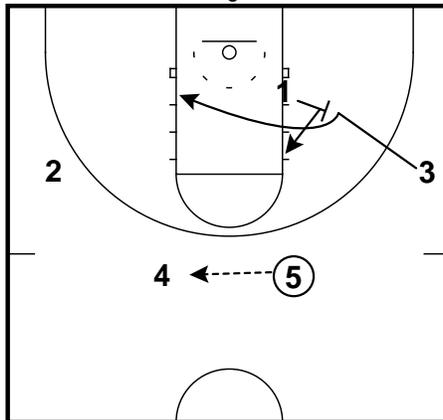
The Swing Offense



3 passes to 5

Rule: When ball is passed from wing to slot, the weakside wing flare screens

The Swing Offense

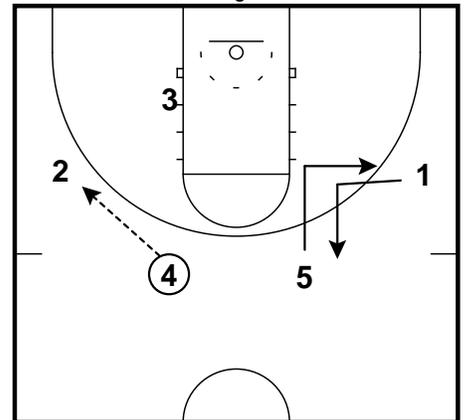


The slot-to-slot pass (5 to 4) triggers the flex cut

1 steps out to set backscreen for 3, then looks for ball (flex & flash)

3 flex cuts to block

The Swing Offense

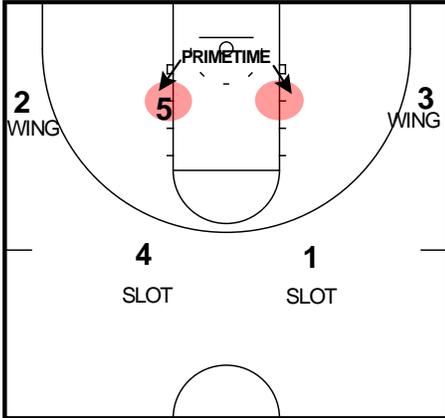


4 has option of passing to 3 on flex cut, reversing to 2 or passing to 1 on the flash

Each pass triggers different rules! For example: 4 reverses to 2 and triggers the weakside exchange.

Offense

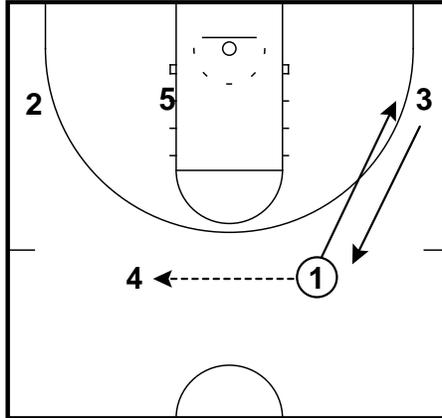
Villanova Wildcats Four-Out Ball Screen Motion Offense



SPACING

- Two baseline spots (wings), first mark above the block extended
- Two slot perimeter spots, two to three feet off the 3pt line
- 18 feet between spots
- Two post positions (one on each side) - Straddle the first marker above the block = primetime; can make baseline moves and moves to the middle; also allows for cutting opportunities for feeder (to cut baseline = speed cut)

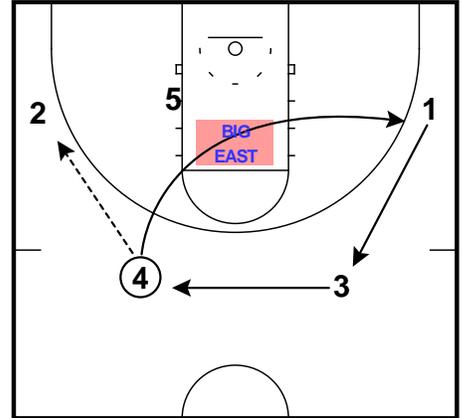
Villanova Wildcats Four-Out Ball Screen Motion Offense



On any SLOT TO SLOT pass = interchange

1 sprints to corner, 3 sprints to slot

Villanova Wildcats Four-Out Ball Screen Motion Offense

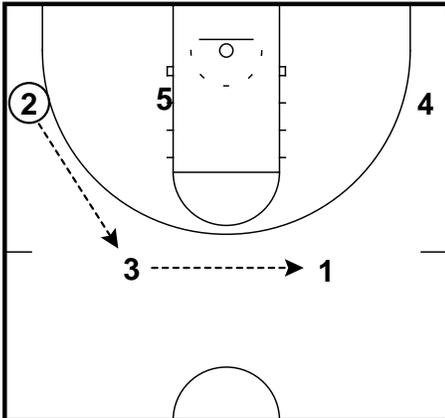


SLOT TO WING pass = shallow cut away

Other players square the top by filling to the ball

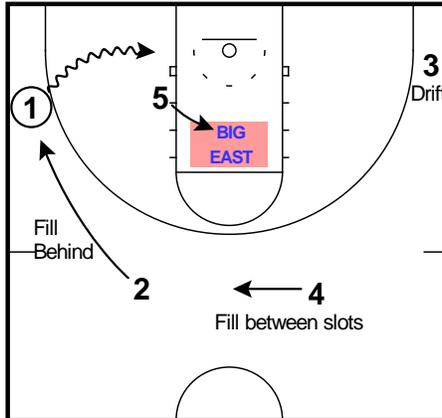
Don't cut too deep. Cut through the "logo"

Villanova Wildcats Four-Out Ball Screen Motion Offense



Check post then reverse it

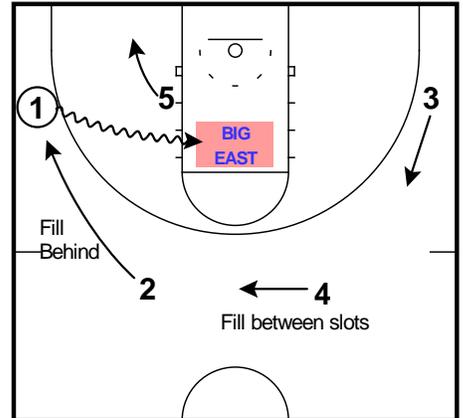
Villanova Wildcats Four-Out Ball Screen Motion Offense



Drive & Space - Baseline

Post "logo cuts"

Villanova Wildcats Four-Out Ball Screen Motion Offense

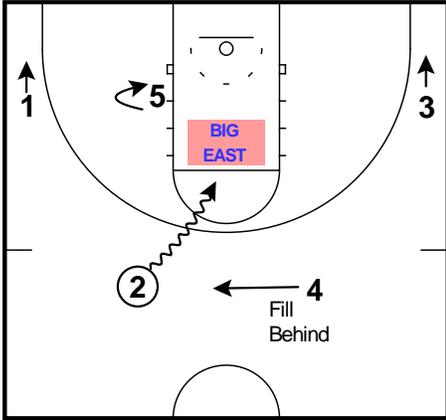


Drive & Space - Middle

If you cannot get to the rim, jumpstop on the "logo"

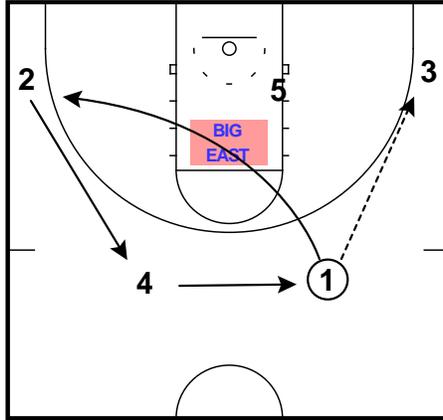
Offense

Villanova Wildcats Four-Out Ball Screen Motion Offense



Drive & Space - Slot

Villanova Wildcats Four-Out Ball Screen Motion Offense

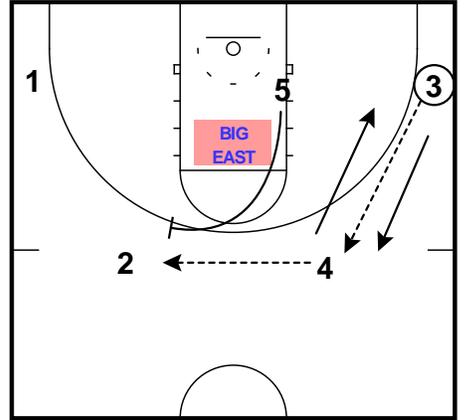


Reverse into high inside ball screen

1 passes to wing (by rule they shall cut away through the logo)

Other players fill towards the ball

Villanova Wildcats Four-Out Ball Screen Motion Offense



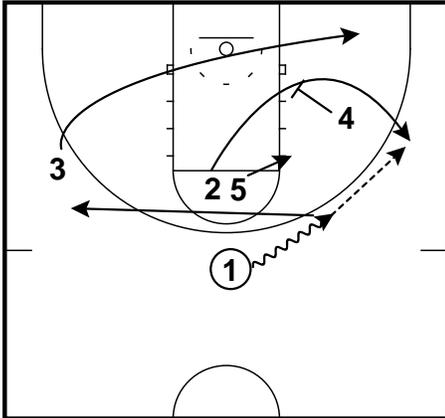
3 changes it to 4 who reverses

By rule, on the slot to slot pass there is an interchange

On 2's catch, 5 sprints into the inside slot ball screen

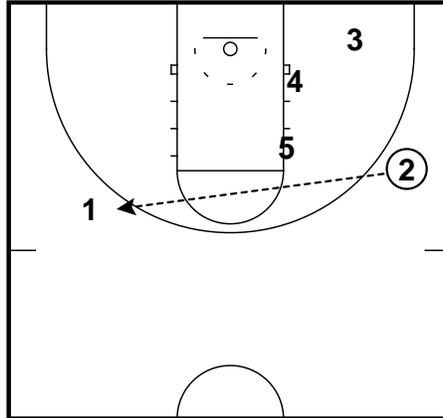
Zone Offense

"X" Zone Offense



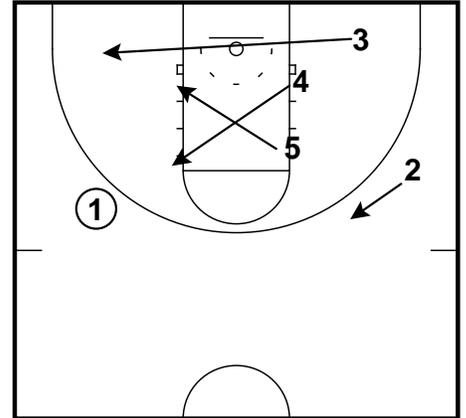
- 1 dribbles to wing
- 4 sets screen for 2
- 2 loops around to the wing
- 1 passes to 2
- 3 cuts to short corner
- 5 flashes to near side elbow

"X" Zone Offense



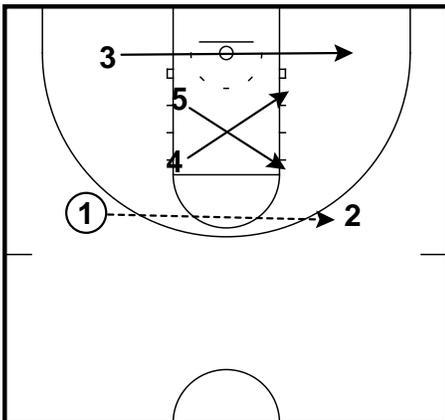
- 2 looks for 3,5,4
- If 5 catches, they can look hi/lo for 4
- If not open, 2 skips to 1

"X" Zone Offense



- As the ball is in the air to 1:
- 3 sprints to strong side short corner
- 4 and 5 show X action (cross) looking for a pass from 1
- [4 goes first, 5 cuts behind 4's cut]

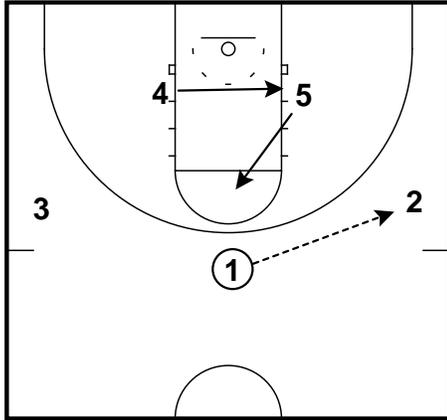
"X" Zone Offense



- 1 looks to enter to 3, 4, 5
- If not open, 1 skips to 2
- 3 sprints to short corner during air time
- 5 and 4 show X action
- [5 goes first, 4 cuts behind 5's cut]

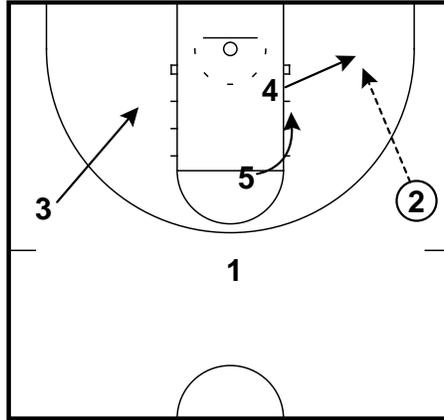
Zone Offense

1-3-1 Flash Zone Offense



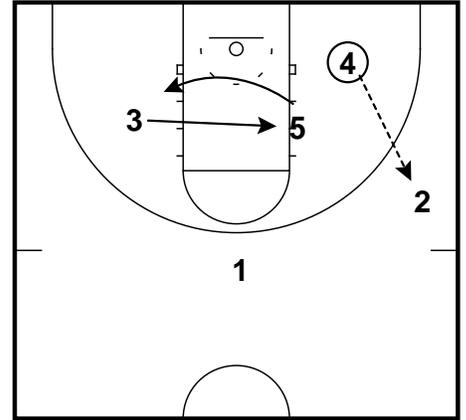
- 1 enters to 2
- 5 sprints to high post
- 4 moves to strong side block

1-3-1 Flash Zone Offense



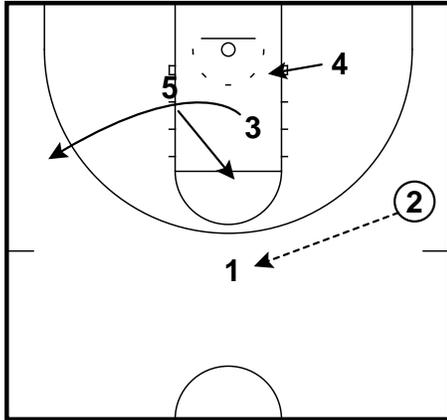
- 4 sprints to short corner
- 2 enters to 4
- 5 dives to mid-post area
- 3 covers the weak side block

1-3-1 Flash Zone Offense



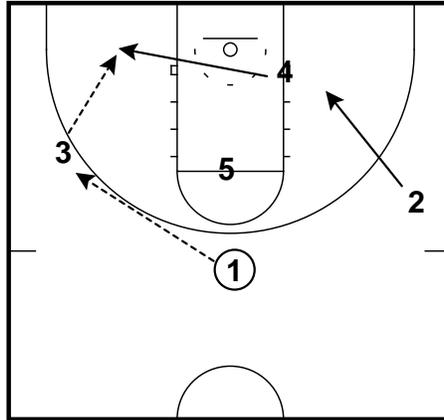
- 4 reverses to 2
- 5 clears to opposite block
- 3 flashes hard looking to make a play in the lane

1-3-1 Flash Zone Offense



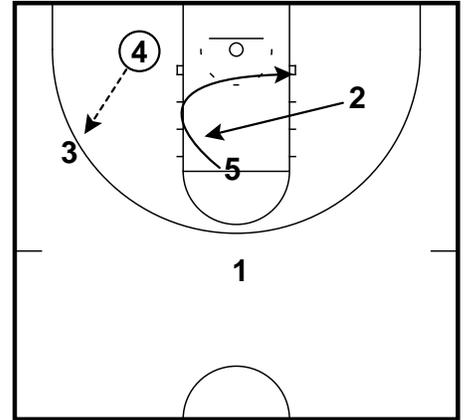
- 2 reverses to 1
- 4 follows the ball looking for a lob at the rim
- 3 replaces to wing for ball reversal
- 5 replaces to high post

1-3-1 Flash Zone Offense



- 1 reverses to 3
- 4 sprints to strong side short corner
- 2 dives to opposite block area
- 3 passes to 4

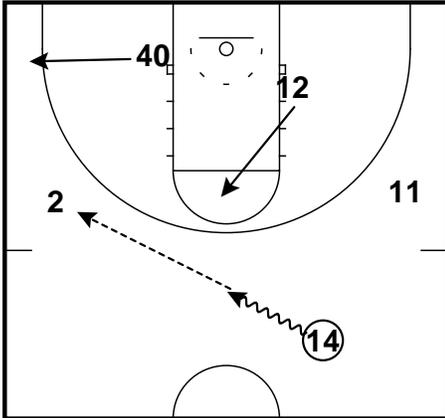
1-3-1 Flash Zone Offense



- When 4 catches, 5 dives to mid-post
- 4 reverses to 3
- 5 clears to back side
- 2 flashes hard
- Continue continuity offense

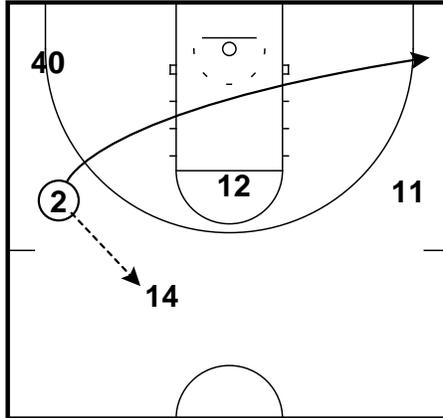
Zone Offense

1-3-1 Zone Offense



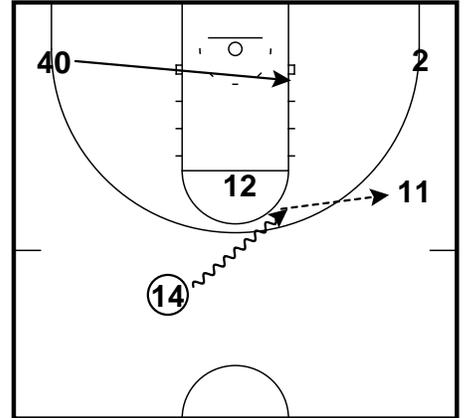
- #14 passes to #2
- #40 flexes to strong side corner
- #12 flashes to the foul line area

1-3-1 Zone Offense



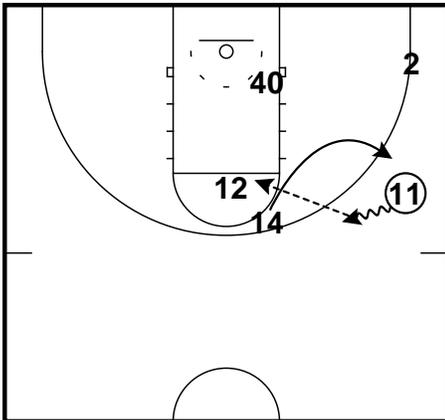
- #2 reverses to #14
- #2 cuts to weak side corner
- **Note this set is much more effective when #14 allows #2 to get to corner before starting the rest of the action**

1-3-1 Zone Offense



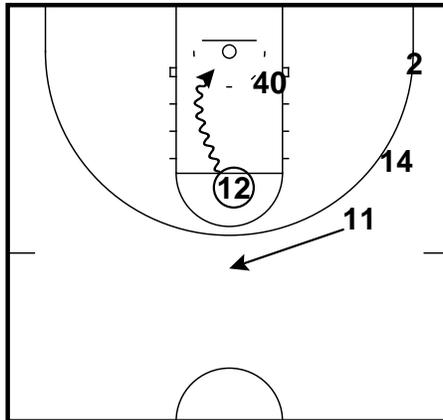
- #14 drives the zone; when the defense pinches, #14 kicks to #11 on the wing
- #40 moves to the strong side

1-3-1 Zone Offense



- #11 takes a dribble to improve their angle
- #11 enters to #12
- #14 replaces to the wing
- #40 gets inside position for high/lo look

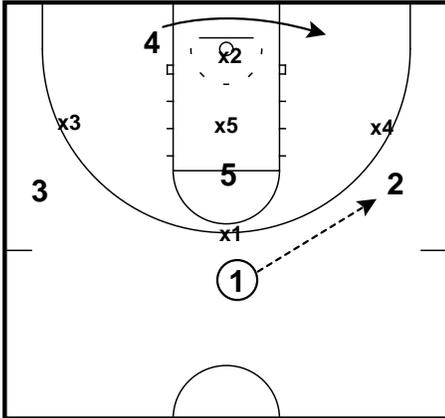
1-3-1 Zone Offense



- #12 Drives the ball to the rim
- #11
- #40 holds to occupy zone defender and has inside position as well

Zone Offense

1-3-1 Zone Offense - Prout "Push"

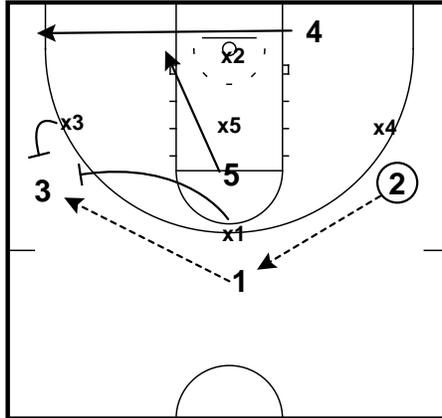


Start in 1-3-1 alignment

(Start to one side of the floor, the side your most dynamic players is on)

1 passes to 2

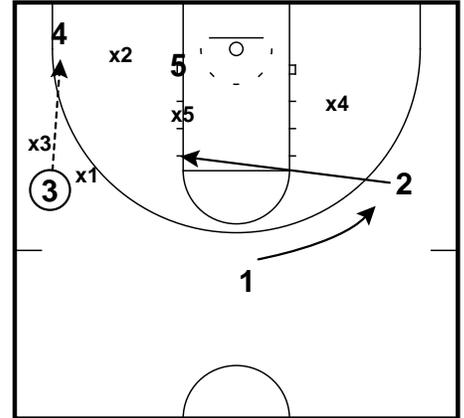
1-3-1 Zone Offense - Prout "Push"



2 reverses to 1

1 reverses to 3

1-3-1 Zone Offense - Prout "Push"

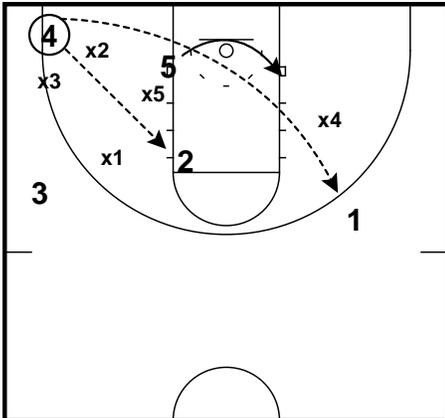


3 enters to strong side corner

2 (best player) flashes to high post

1 fades to weak side wing

1-3-1 Zone Offense - Prout "Push"

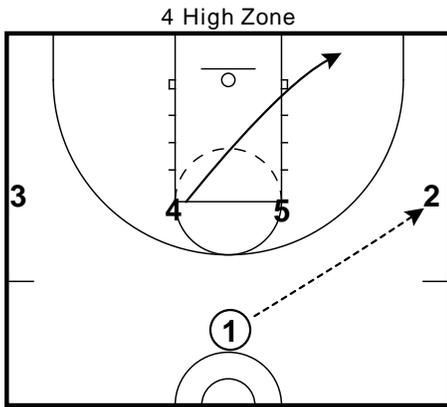


4 looks to high post for 2 or to skip for 1 for 3pt shot

3 is safety

5 disappears to the opposite box

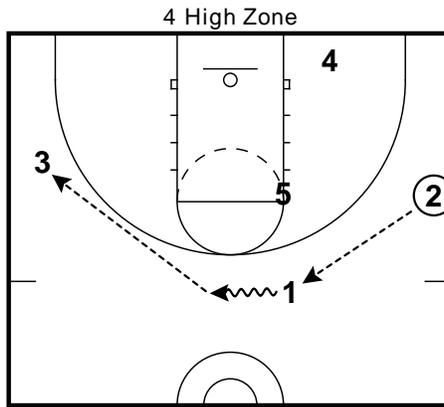
Zone Offense



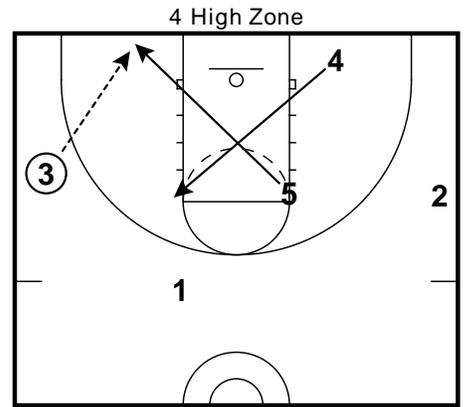
Starting in a 4 high set, 1 enters the ball to either wing.

The opposite post player cuts hard to the short corner.

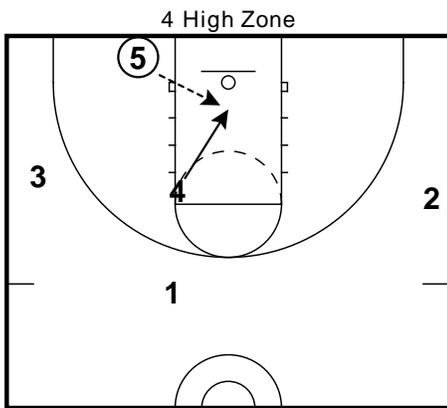
2 can enter to either post or back to 1.



If 2 swings the ball back to 1, 1 can swing to the opposite wing.



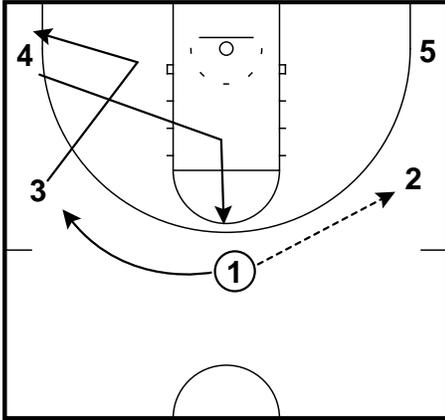
4/5 X cut to the short corner and high post. These are the spots to teach HS kids to attack the zone.



When the ball goes to the short corner, the HP cuts to the rim (often for a layup)

Zone Offense

5-Out Zone Continuity Offense
("cutters")



Begin in five-out alignment

Rule: when you pass from point to wing you flare away

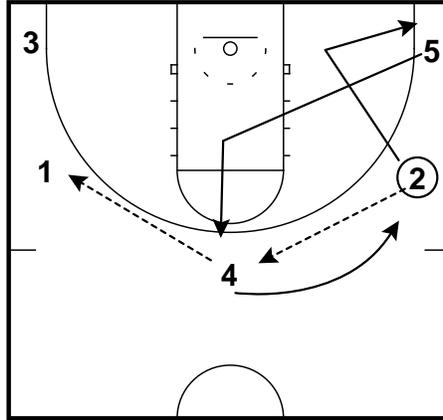
1 passes to 2 and flares away

Rule: when the ball is passed from point to wing, the player in the opposite corner flares

4 flares to soft spot looking for ball, if they don't get it they fill the top

3 cuts to the backside short corner and holds there so long as the opposite wing has the ball, then cuts to corner

5-Out Zone Continuity Offense
("cutters")



2 passes to 4

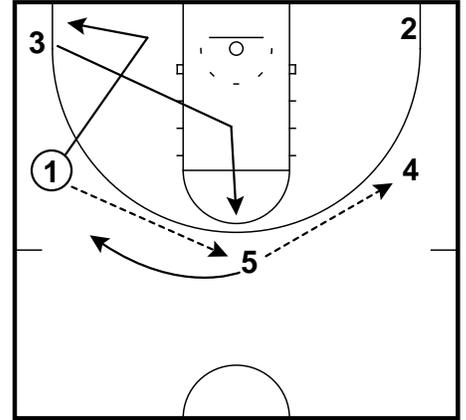
Rule: when the ball is at the point, the team is 5-out

4 reverses to 1 then flares away

5 flares to soft spot looking for ball, when covered he/she fills to top of circle

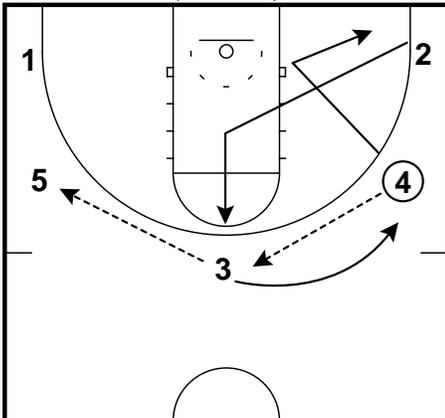
2 cuts to the backside short corner and holds there so long as the opposite wing has the ball, then cuts to corner. (5-out)

5-Out Zone Continuity Offense
("cutters")



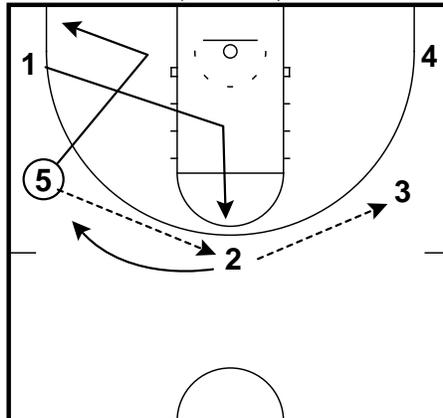
repeat action

5-Out Zone Continuity Offense
("cutters")



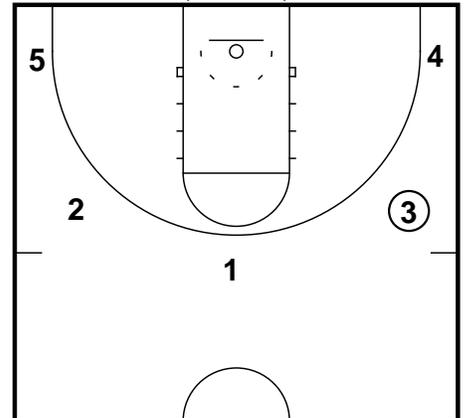
repeat action

5-Out Zone Continuity Offense
("cutters")



repeat action

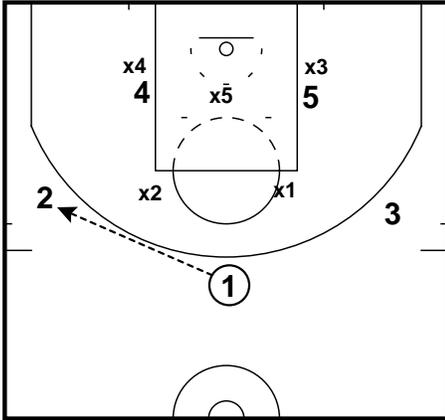
5-Out Zone Continuity Offense
("cutters")



repeat action

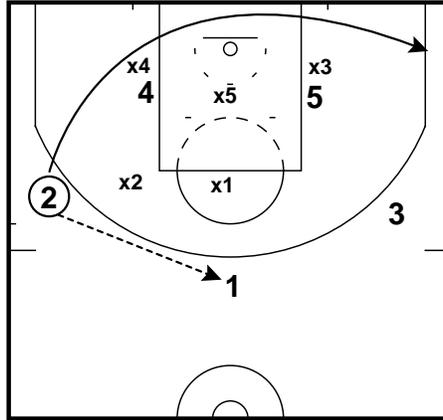
Zone Offense

Connecticut Sun Zone Offense



1 passes to 2

Connecticut Sun Zone Offense

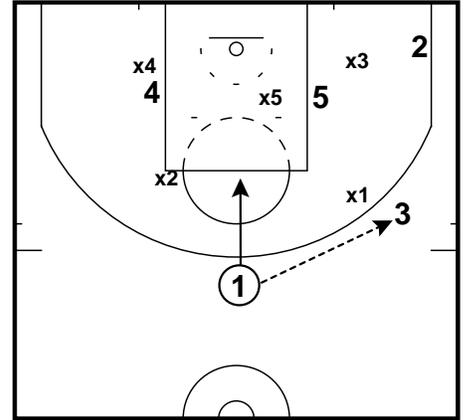


2 passes to 1

2 cuts to corner

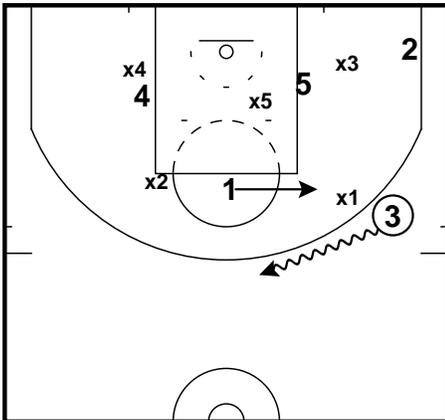
1 passes to 3

Connecticut Sun Zone Offense



1 passes to 3 and cuts to the nail

Connecticut Sun Zone Offense

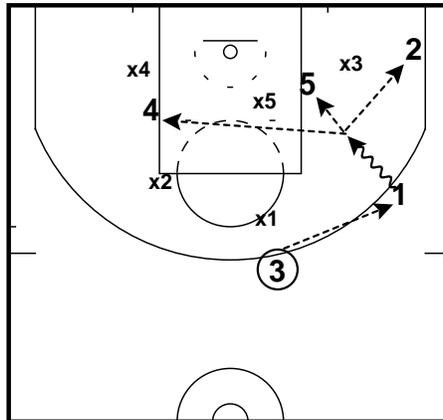


3 dribble to the top

x1 should stay with O3

1 pops to the wing

Connecticut Sun Zone Offense



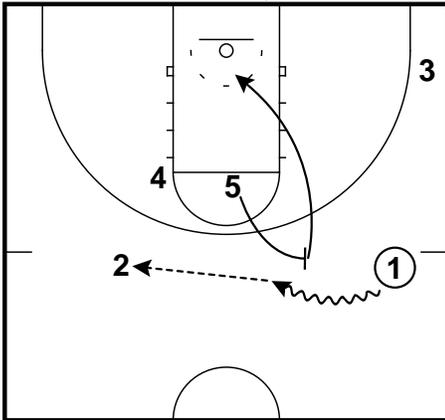
3 throws back to 1

1 shoots or drives to the basket looking to pull up for a bank shot or hit O5 if X5 steps up to help or kick to 2 in the corner if X3 helps the helper

Can also hit 4 on a duck in

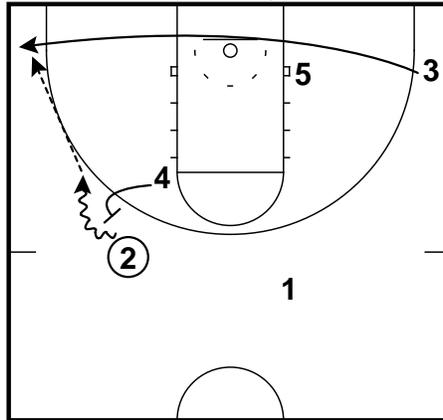
Zone Offense

Connecticut- Double High (Zone Offense)



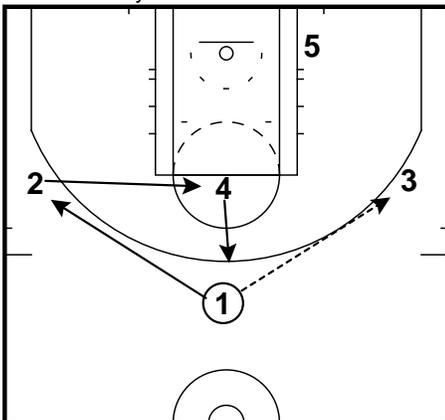
5 screens the inside of the top of the zone, 1 passes to 2. 5 rolls hard to rim after setting screen

Connecticut- Double High (Zone Offense)

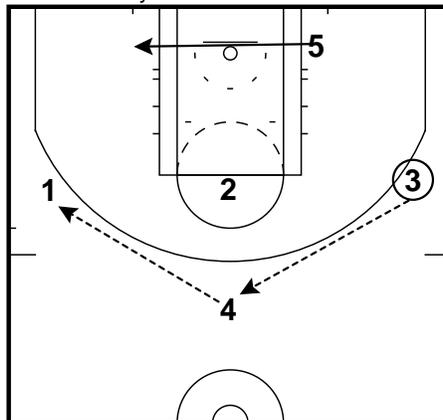


4 then sets a screen on the outside of the top of the zone. 3 goes through to opposite corner, looking for 3pt shot

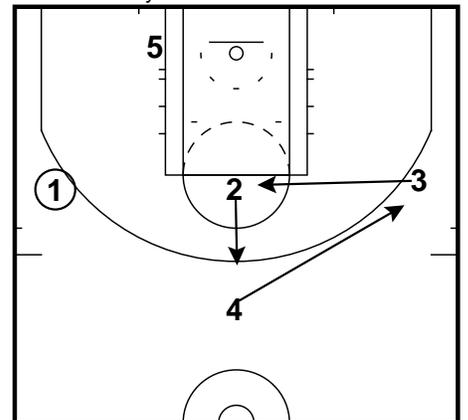
Continuity Zone Offense - Rotation



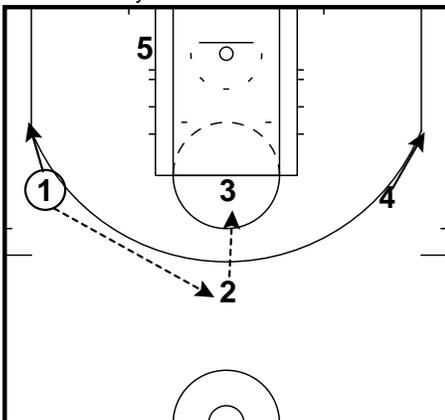
Continuity Zone Offense - Rotation



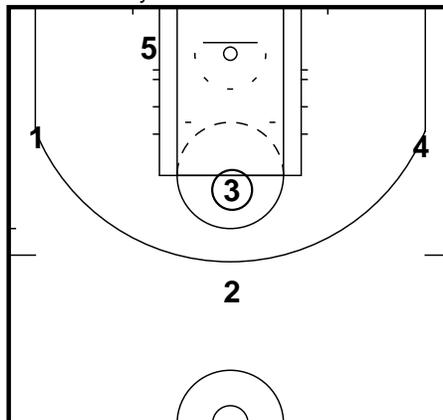
Continuity Zone Offense - Rotation



Continuity Zone Offense - Rotation

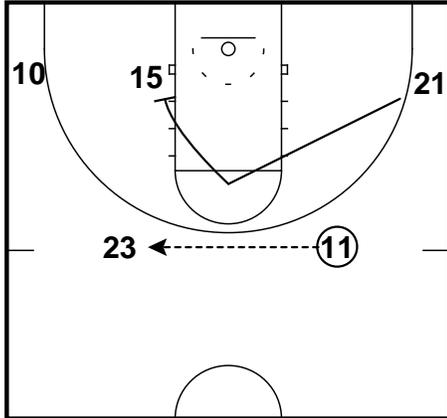


Continuity Zone Offense - Rotation



Zone Offense

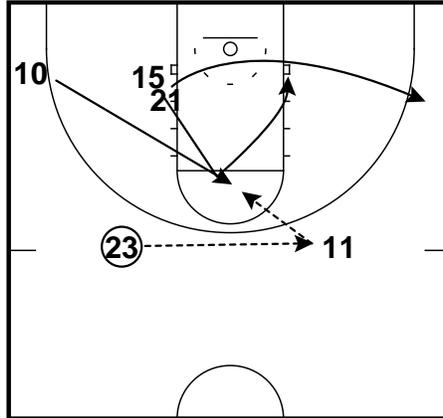
CU Clippers Flash Zone Offense



#11 reverses to #23

#21 cuts to the middle of the zone then moves to near side block and sets a brush screen on middle of the zone

CU Clippers Flash Zone Offense



As #23 reverses the ball back to #11

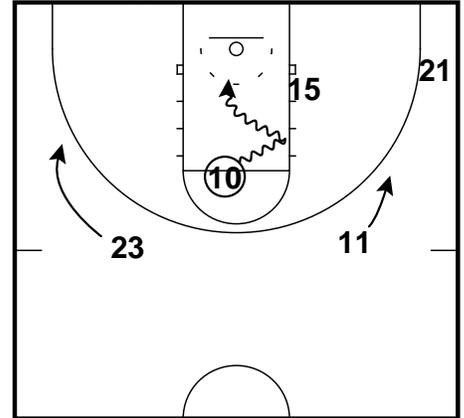
#21 clears back to the original spot

#15 flashes to the middle looking for the ball then slides to strong side block

#10 flashes off of #15 back looking for the ball in open space

#11 passes to #10

CU Clippers Flash Zone Offense

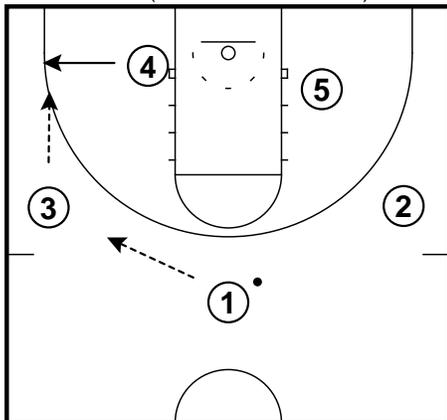


#10 attacks the rim in the middle of the zone

#23 and #11 slide to space searching for a 3pt shot in the zone

#15 shapes up for a dump down or hits the offensive glass

Devil (Zone Offense - Set)

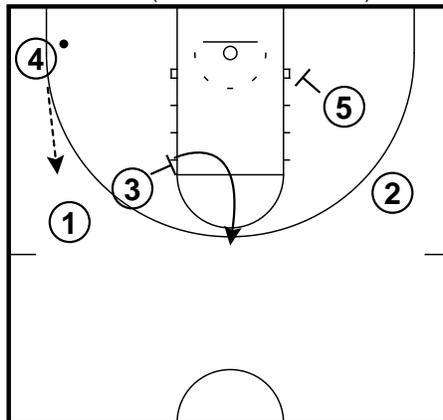


-PG passes to wing

- 4 steps out to ball side corner

-Wing passes to 4 (forward)

Devil (Zone Offense - Set)



-Ball side wing screens top of the zone

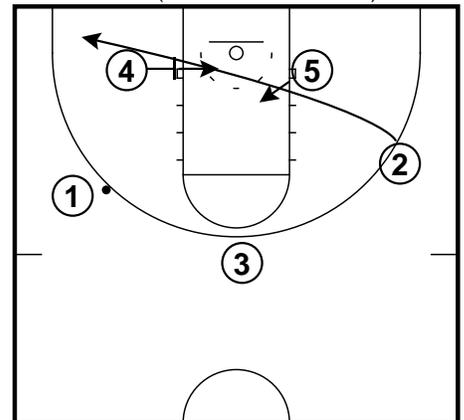
-1 replaces wing

- 4 kicks back to PG

-Opposite forward screens the back of the zone

-PG looks for the opposite wing for the shot

Devil (Zone Offense - Set)



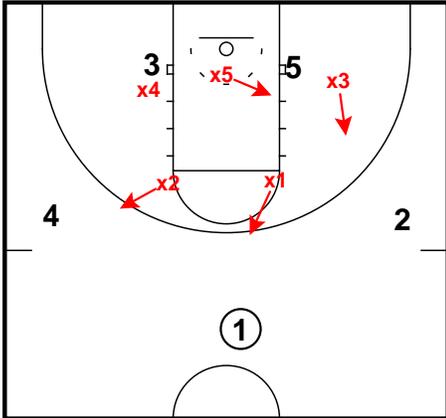
-If the PG does not skip the ball, 4 screens the outside of the zone for 2 to cut through to the ball-side corner

-Opposite forward ducks in or flashes

-Ball side forward posts/seals deep

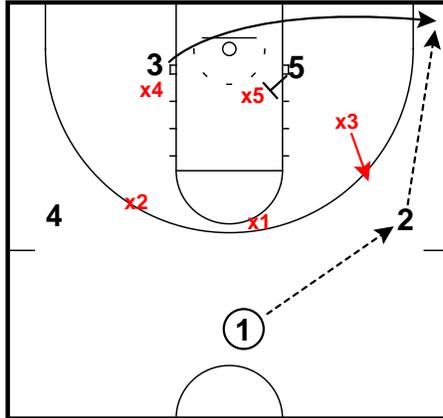
Zone Offense

Duke - Zone Baseline Runner



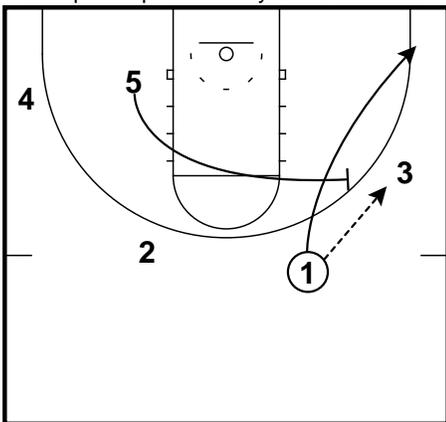
As the offense brings the ball into the front court, the zone defense shifts to "match".

Duke - Zone Baseline Runner



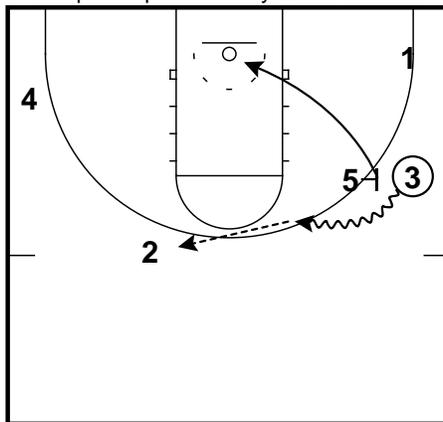
X3 is lifted as 1 passes to 2 on the wing. 5 sets a screen on the middle of the zone as 3 cuts to the corner. 2 passes to 3 in the corner for an open shot.

HoopScoop: Kentucky Zone Offense



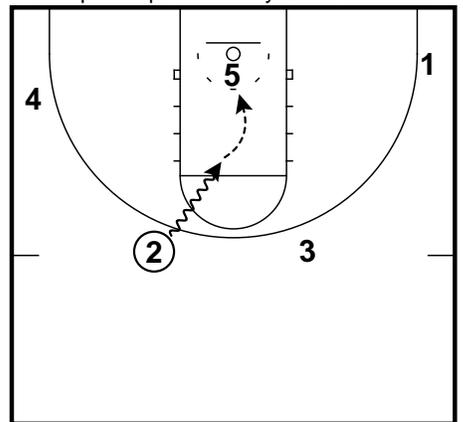
Marquis Teague (1) will pass to Michael Kidd-Gilchrist (3). Anthony Davis (5) will set a ball screen on Michael Kidd-Gilchrist (3) and cut to the top right corner.

HoopScoop: Kentucky Zone Offense



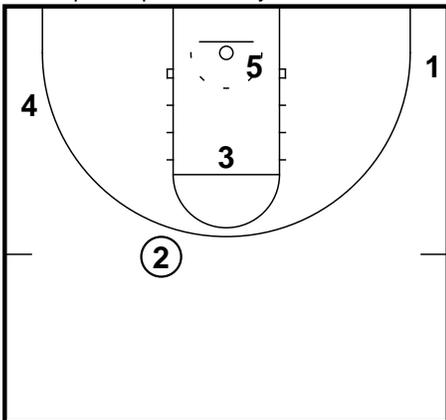
Michael Kidd-Gilchrist (3) will come off the ballscreen to the top right guard spot. Anthony Davis (5) will roll to the basket. Here is your first scoring opportunity. (3) passes to Doron Lamb (2).

HoopScoop: Kentucky Zone Offense



Doron Lamb (2) can penetrate to the free line for a jumper or pass a lob to Anthony Davis (5)

HoopScoop: Kentucky Zone Offense

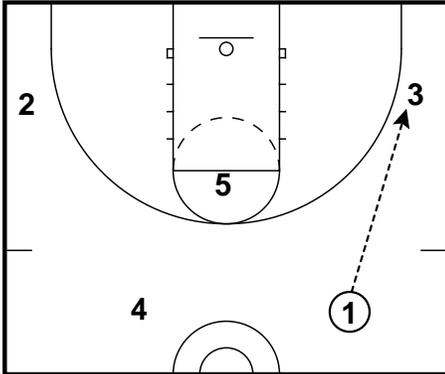


Doron Lamb (2) will also shoot from here in the zone offense.



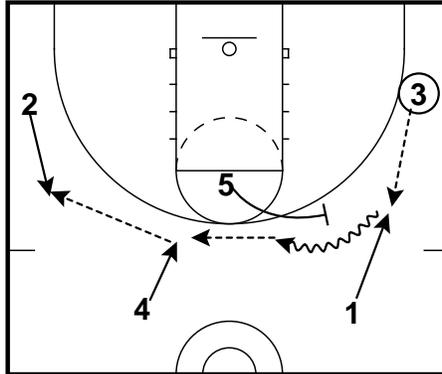
Zone Offense

Khimki Zone Offense



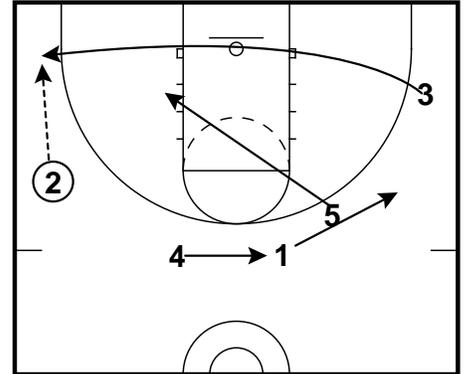
1 passes to 3 to shift the zone.

Khimki Zone Offense



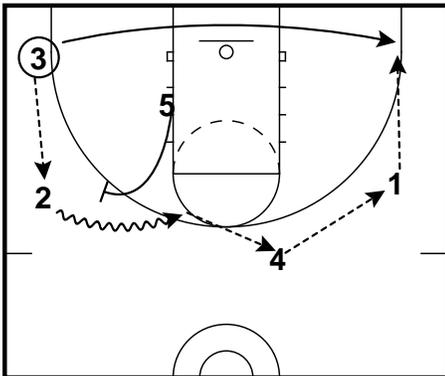
3 passes back to 1. 5 steps out and screens the top of the zone as 1 drives the middle. 1 can pass to 4 or skip to 2

Khimki Zone Offense



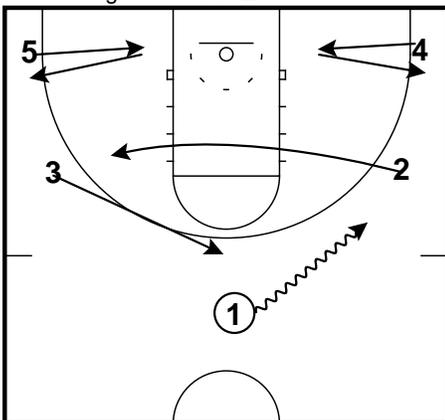
3 runs tot he corner as 5 flashes to mid post

Khimki Zone Offense



On the reversal, 2 drives middle off 5's ball screen as 3 runs the baseline.

Oregon - 5 Out Zone Offense



The 3 guards work the top and can enter to the high post on dribble pushes and then pop out.

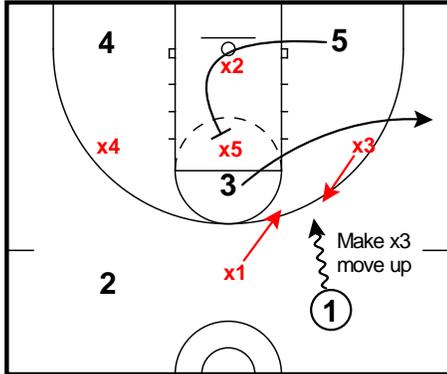
The bigs work the corners and short corner.

The ducks try to penetrate gaps and kick out for shots.



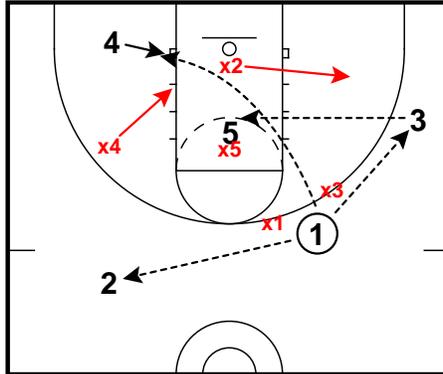
Zone Offense

Seal vs 1-3-1



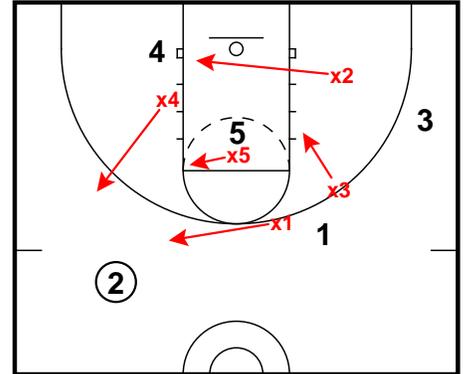
Frame 1: 1 attacks gap, moving x3 toward the ball. 3 shallow cuts to sideline as 5 pipe cuts looking to seal x5.

Seal vs 1-3-1



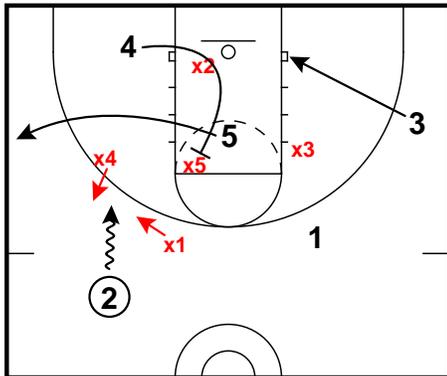
Frame 2: 1 can pass to 3 or diagonal to 4. 3 looks for 5 sealing or 4 diving. if neither looks good, 1 reverses to 2.

Seal vs 1-3-1



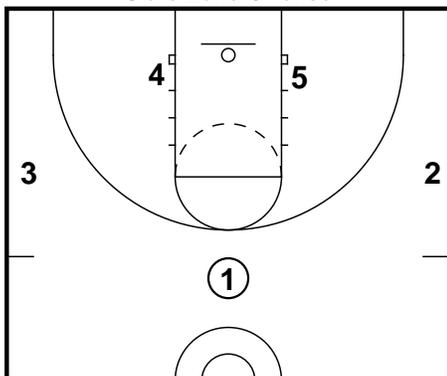
Frame 3: The zone shifts on reversal pass.

Seal vs 1-3-1



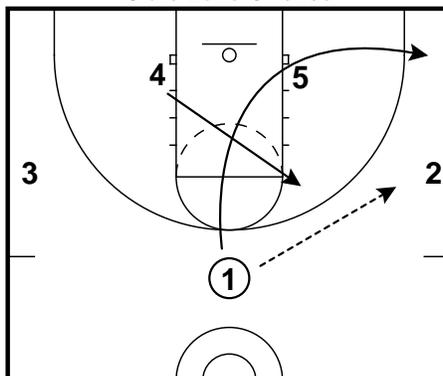
Frame 4: Now the 5 shallow cuts to the other side, the 4 pipe cuts looking to seal x5, and the 3 dives. Repeat until we score.

Stars Zone Offense



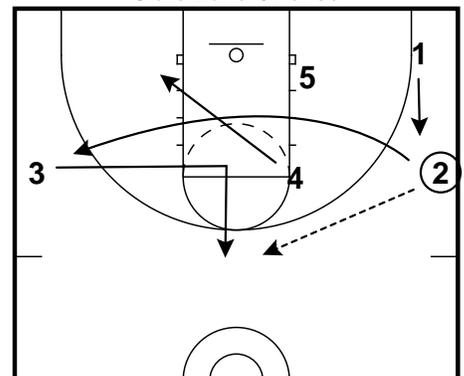
Best used vs. 2-3 or 2-1-2 zone

Stars Zone Offense



#1 passes the ball to #2 #1 cuts through the lane to the ballside corner #4 flashes high

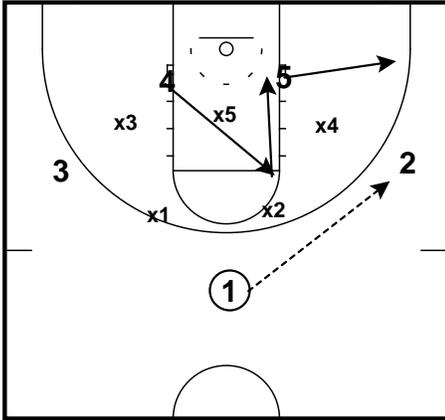
Stars Zone Offense



#3 cuts to the nail and then pops up #2 passes to #3 #4 dumps back down to the block #2 makes a shallow cut through the lane #1 fills #2's spot Offense reloads

Zone Offense

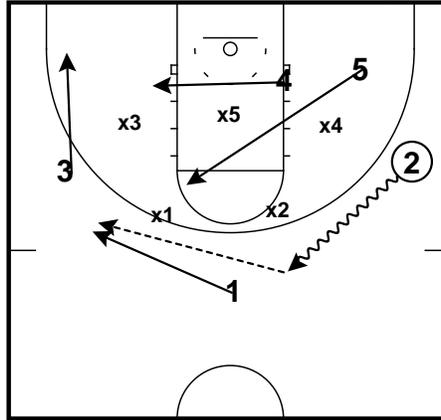
Stephen F. Austin - Zone Triangle



1 passes to 2, 4 flashes high then to the block.

5 steps out to short corner.

Stephen F. Austin - Zone Triangle

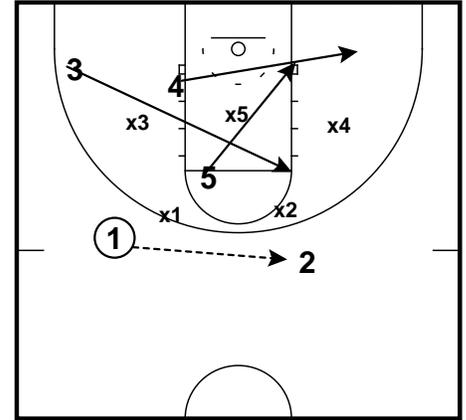


2 dribbles up and pushes 1 to the left wing.

5 flashes high and 4 to the block.

3 moves to the corner.

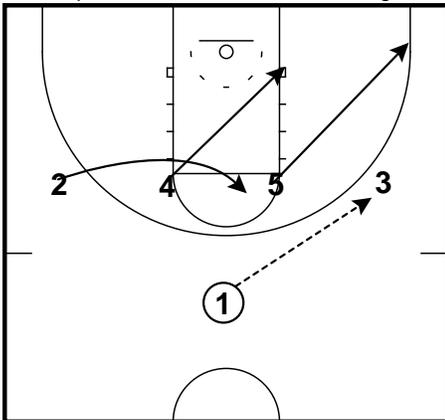
Stephen F. Austin - Zone Triangle



1 passes back to 2.

4 cuts across, 5 dives down, and 3 flashes to the high post.

Stephen F. Austin - Zone Triangle



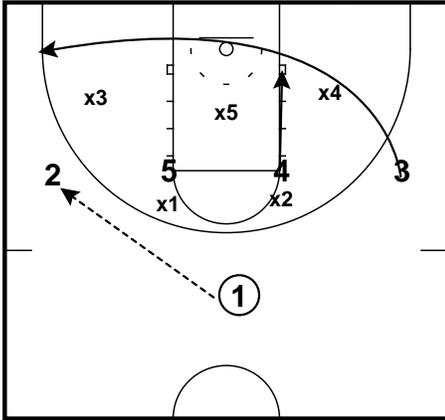
The play can also start with a 1-4 high set.

5 cuts to the corner, 4 to the block, and 2 flashes in to the middle.

5, 4, and 2 form the triangle.

Zone Offense

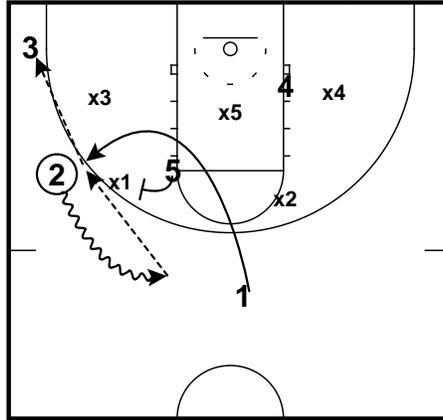
Syracuse WBB - Zone 1-4 High Loop



1 passes to 2 on the wing.

4 dives to the block and 3 runs the baseline to the corner.

Syracuse WBB - Zone 1-4 High Loop

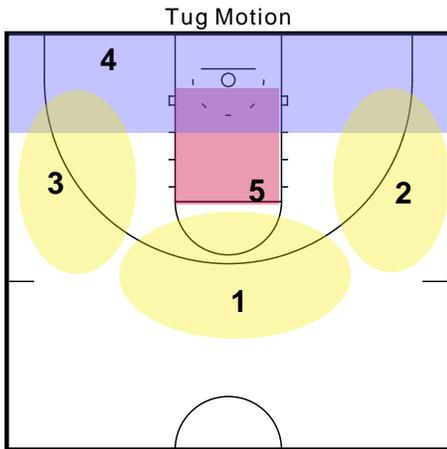


5 screens for 2 as 1 loops around to the wing.

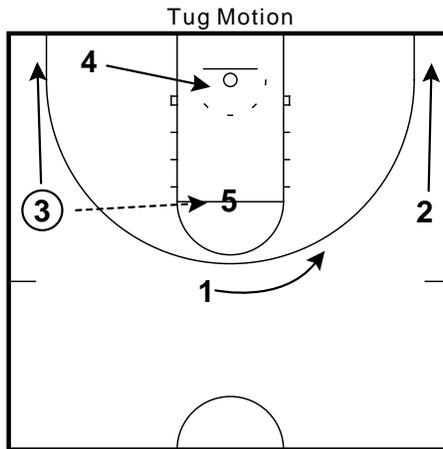
2 passes to 1.

If x3 steps out to guard 1, 1 passes to 3 in the corner for a shot.

Zone Offense

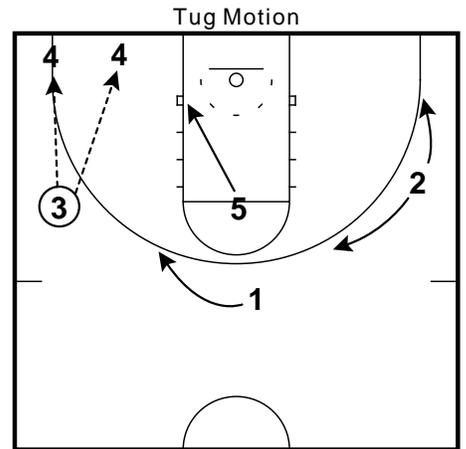


3 guards space along perimeter. Need to maintain spacing and extend the zone. 4 has both corners, short corner, and can go to block if 5 isn't there. 5 has priority on block, high post and everything in the middle.

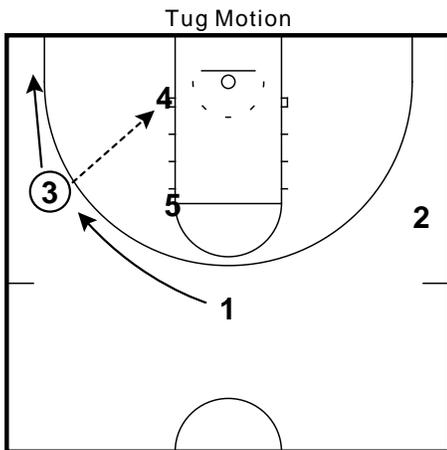


High Post Entry Rules: 4 cuts to rim. 4 continues to opposite block if they don't receive the immediate pass.

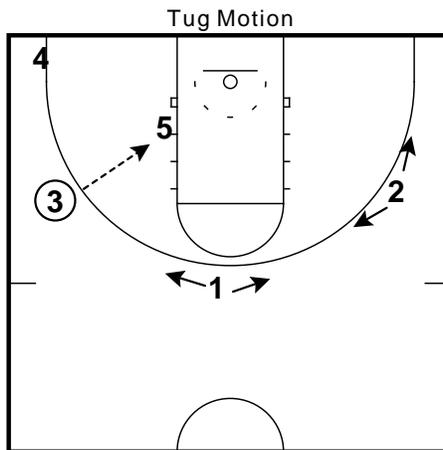
2/3 dive to corners. 1 spaces off high post.



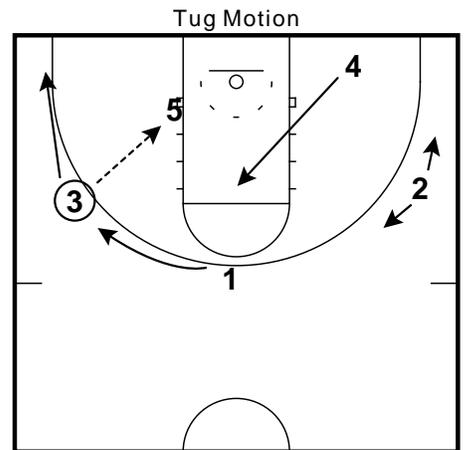
Corner/Short Corner Entry Rules: 5 cuts hard to low block for post up. Guards fill strong side wing, strong side lane line, and opposite wing.



Low Post Entry Rules: Must fill strong side corner and strong side wing. (4 on block)

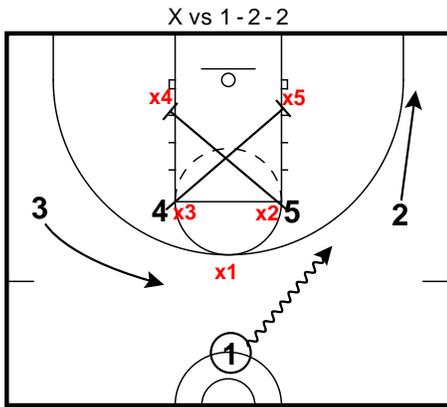


Low Post Entry Rules: Must fill strong side corner and strong side wing. Guards space to passing lanes. (5 on block, 4 Strong Corner)

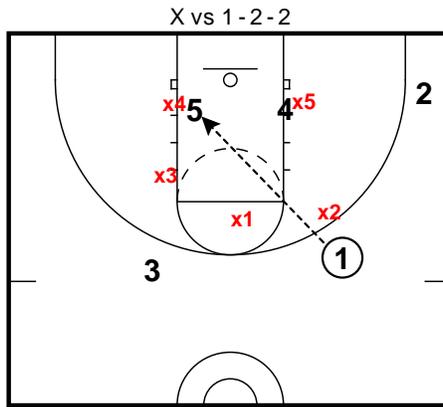


Low Post Entry Rules: Must fill strong side corner and strong side wing. 4 can flash to high post. 2 spaces to passing lanes. (5 on block, 4 weak side)

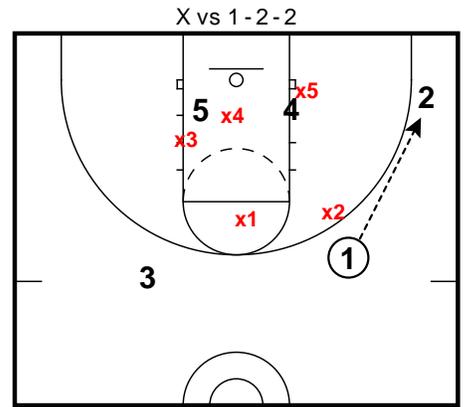
Zone Offense



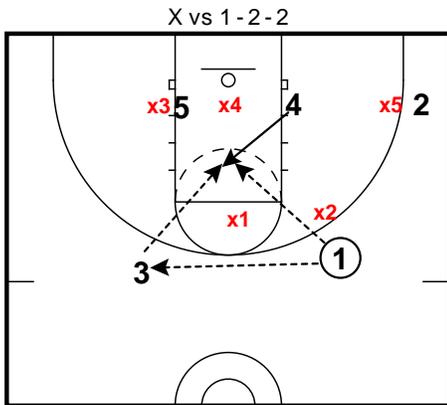
1 drives at x2 as 4 and 5 cross looking to seal. 2 spaces to corner and 3 circles to top.



Option 1 - 5 seals weakside post



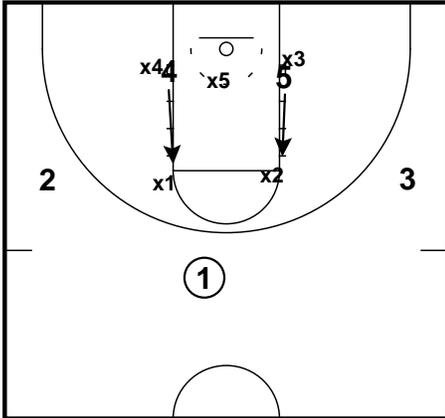
Option 2 - If 5 doesn't get the seal, and x5 stays in on 4, kick to 2 for the shot.



Option 3 - If x5 covers the shooter, hit 4 flashing middle or reverse to 3 to hit 4.

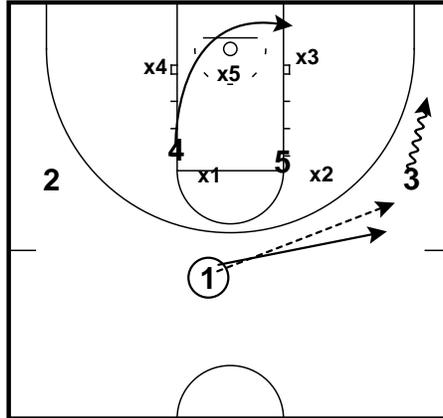
Zone Offense

X ZONE OFFENSE



ON "X" CALL, 4 AND 5 SPRINT TO ELBOWS

X ZONE OFFENSE



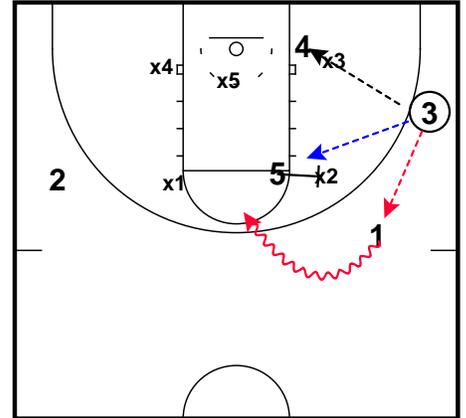
PLAY IS CONTINUOUS AND SAME SET UP ON EITHER WING.

1 PASSES TO 3, WHO DRIBBLES DOWN TO SS CORNER.

4 (OR WEAKSIDE POST MAN) WILL DIVE TO SS BLOCK.

5 SITS IN MIDDLE OF ZONE.

X ZONE OFFENSE



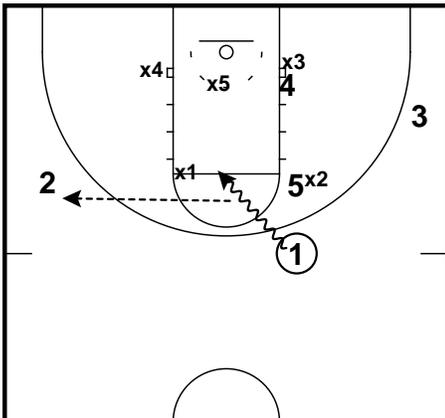
3 LOOKS FOR:

4 ON SS BLOCK,

5 SITTING IN MIDDLE OF ZONE.

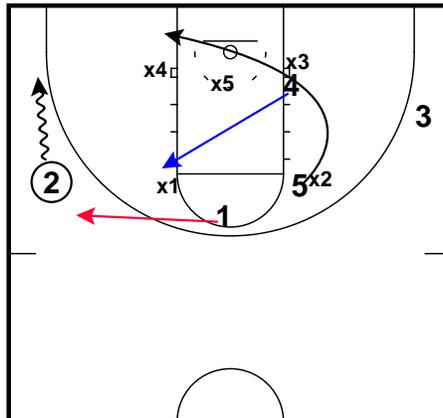
IF NEITHER IS OPEN, 3 PASSES TO 1, AS 5 STEPS OUT TO SCREEN x2 FOR 1 TO PENETRATE MIDDLE

X ZONE OFFENSE



AFTER 1 COMES OF 5'S SCREEN, HE PENETRATES MIDDLE AND KICKS TO 2

X ZONE OFFENSE



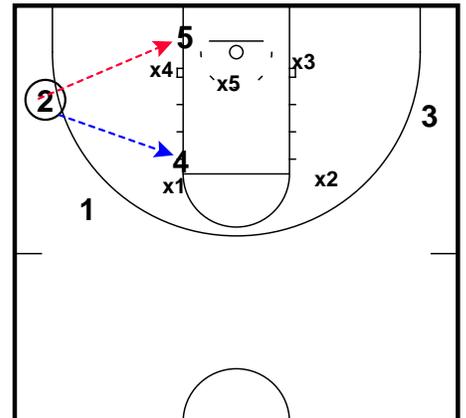
AFTER PASS FROM 1, 2 DRIBBLES DOWN TO SS CORNER.

1 REPLACES 2 ON SS WING.

4 CUTS FROM WS BLOCK TO SS ELBOW.

5 CUTS BEHIND ZONE TO SS BLOCK

X ZONE OFFENSE



2 CAN TAKE JUMPER OR:

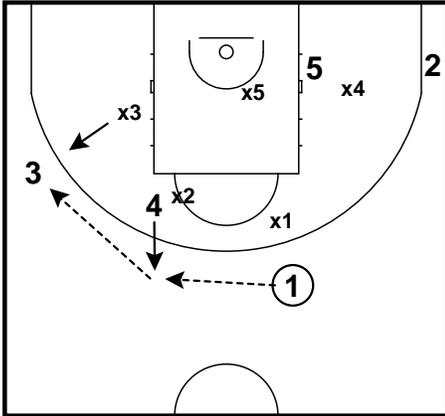
HIT 5 IN SHORT CORNER

HIT 4 AT ELBOW

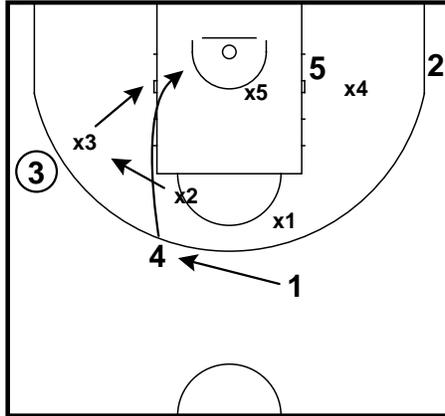
KICK BACK TO 1, AND 4 SETS SCREEN AGAIN

Zone Offense

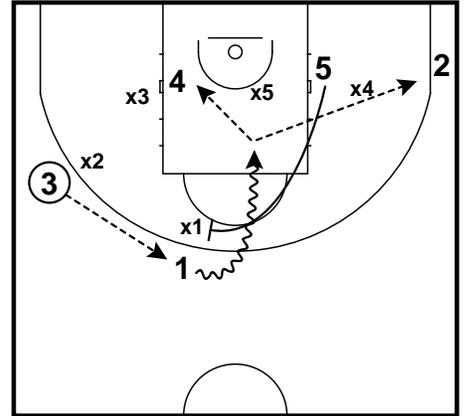
ZONE OFFENSE - HIGH BALL SCREEN



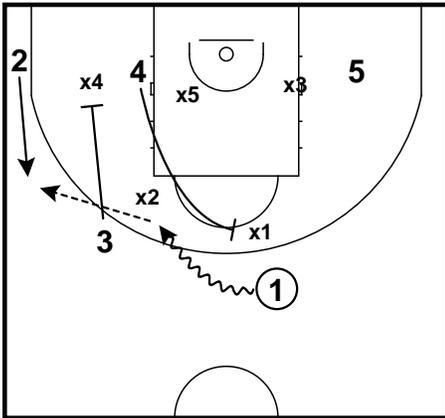
ZONE OFFENSE - HIGH BALL SCREEN



ZONE OFFENSE - HIGH BALL SCREEN

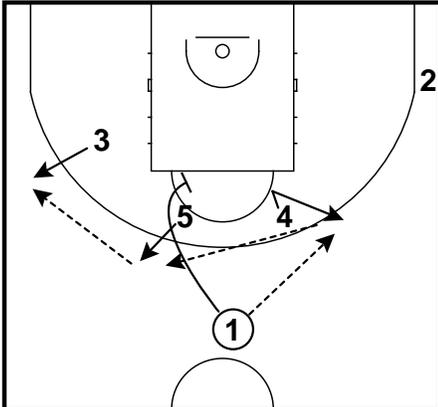


ZONE OFFENSE - QUICK 3



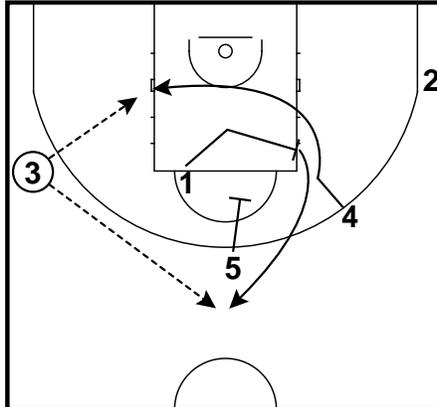
Man Offense Sets

CB Murcia - "Slice Spread"



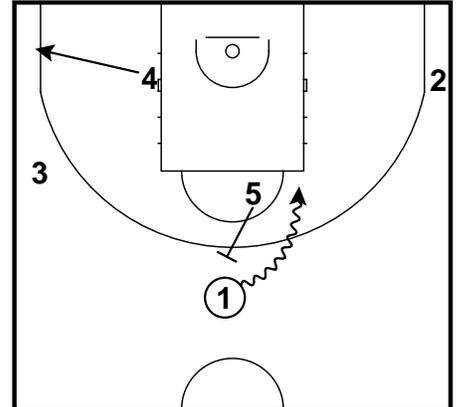
4 runs a v cut to get open. 1 passes to 4. 1 cuts to elbow and sets rub screen for 5. 5 pops out. 4 passes to 5. 5 reverses to 3.

CB Murcia - "Slice Spread"



1 sets shuffle screen for 4. 4 makes a slice cut to block for post-up. 5 sets down screen for 1. 1 cuts to top. 3 has option of passing to 4 or 1.

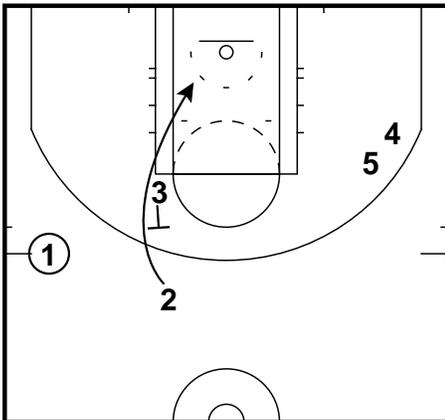
CB Murcia - "Slice Spread"



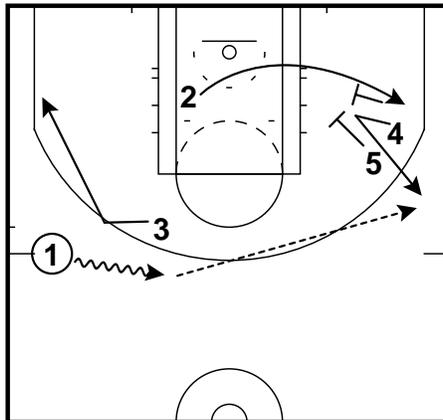
Option 2:

Post entry to 4 denied. 4 exits to corner. 5 sets an angle high ball screen for 1. 1 comes off screen to basket or pull-up jumper.

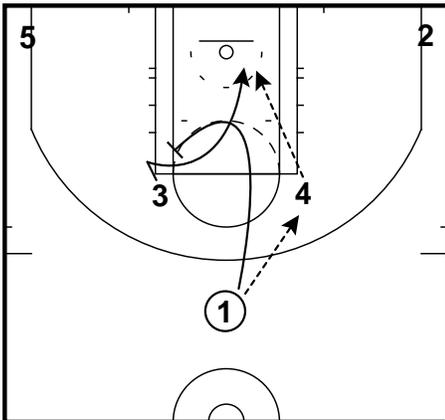
Cleveland Cavaliers "Hawk Dallas"



Cleveland Cavaliers "Hawk Dallas"

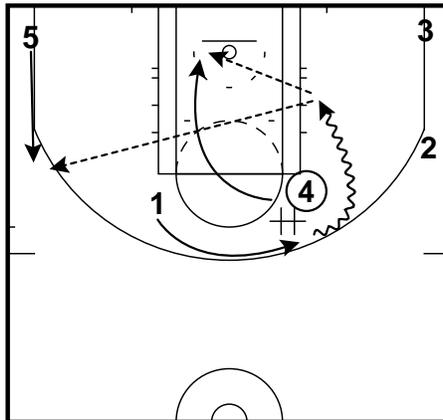


Cleveland Cavaliers "Horns Rub"



LeBron at the 4, Frye at the 5.

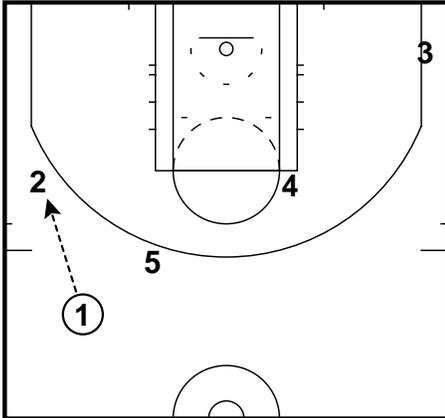
Cleveland Cavaliers "Horns Rub"



LeBron at the 4, Frye at the 5.

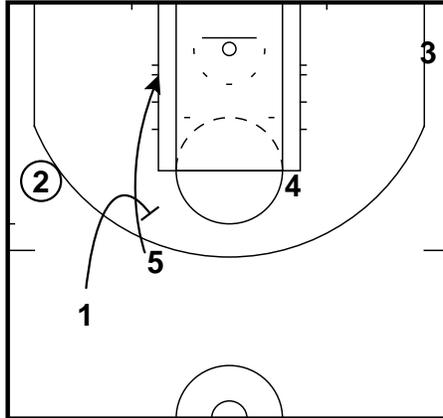
Man Offense Sets

Cleveland Cavaliers - "Quick Get"



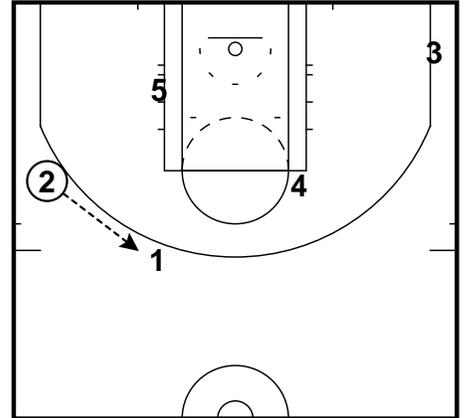
- 1 pass to 2.

Cleveland Cavaliers - "Quick Get"



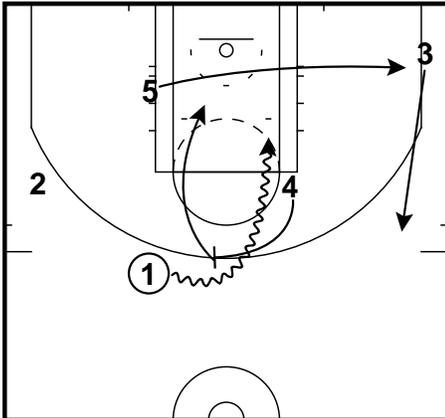
- 1 acts as if he is cutting, but sets a quick rub screen for 5.

Cleveland Cavaliers - "Quick Get"



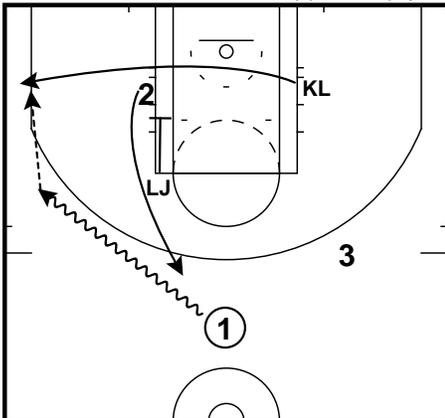
- If no layup is there, 2 passes back to 1.

Cleveland Cavaliers - "Quick Get"



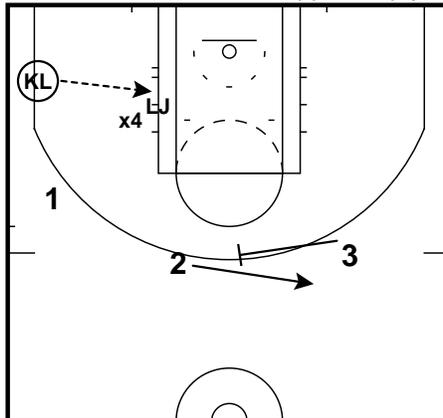
- 4 sets a ballscreen for 1 and then rolls to the basket.

Cleveland Cavaliers - Zipper Empty



- 1 dribbles over to wing.
- 2 zippers off of LeBron.
- Kevin Love cuts to corner.
- 1 passes to corner.

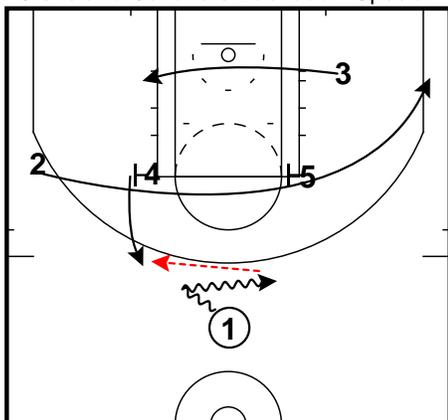
Cleveland Cavaliers - Zipper Empty



- Love passes to LeBron.
- 3 sets screen for 2 to keep the defense high.

Man Offense Sets

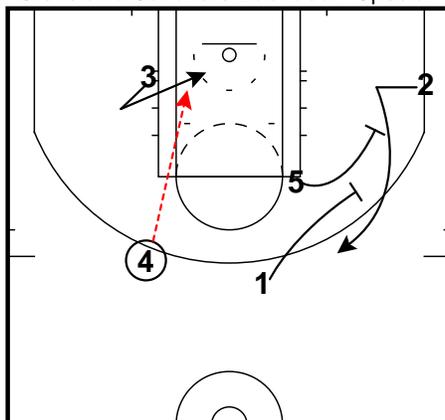
Cleveland Cavaliers Backdoor "Special"



The Cleveland Cavaliers ran this set against the Indiana Pacers on 11/8/15 with 44.3 seconds remaining in the 4th Quarter. The Cavaliers held a 95-92 lead prior to running this set, and the back door lay-up from LeBron James passing to Kevin Love gave them a five point cushion with less than half a minute left in the game.

1 dribbles left, then back to the right as 2 comes off screens from 4 and 5 to get to the opposite corner. 3 cuts hard towards the opposite block. 4, after screening for 2, pops out to receive the pass from 1.

Cleveland Cavaliers Backdoor "Special"



4 puts the ball over his head and makes a hard ball fake at 3!

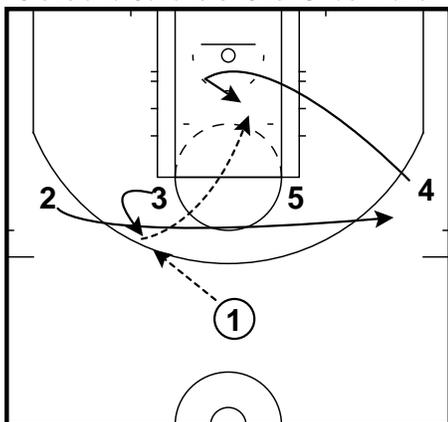
3 fakes going to corner, then cuts hard backdoor for pass from 4.

1st Option: 4 passes to 3 for backdoor lay-up.

5 and 1 set double staggered down screens for 2.

2nd Option: 4 passes to 2 for the shot, coming off the double staggered screens from 5 and 1.

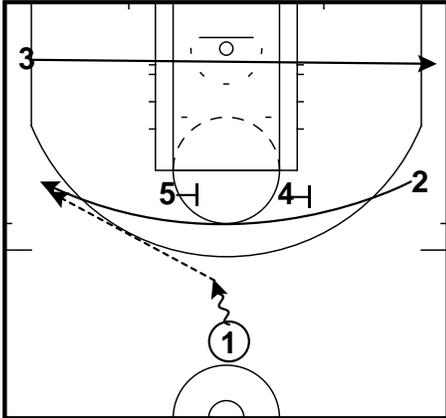
Cleveland Cavaliers: Over Under Punch



2 Iverson cuts over top, 4 cuts underneath and posts. 1 enters to 3, 3 enters to 4.

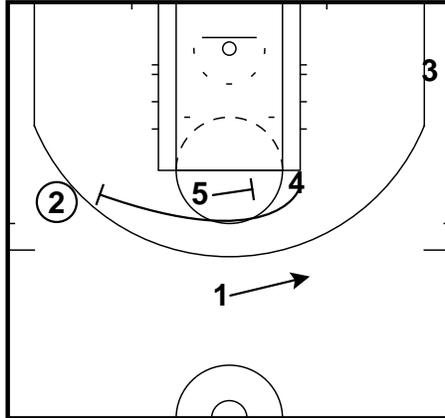
Man Offense Sets

Dallas Mavericks - "Dallas Action"



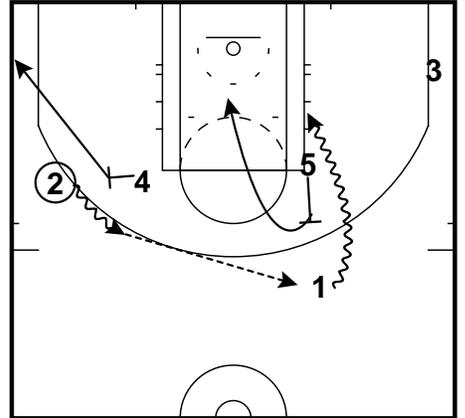
- 4 & 5 set Iverson screens for 2.
- 3 gets to opposite corner.
- 1 passes to 2.

Dallas Mavericks - "Dallas Action"



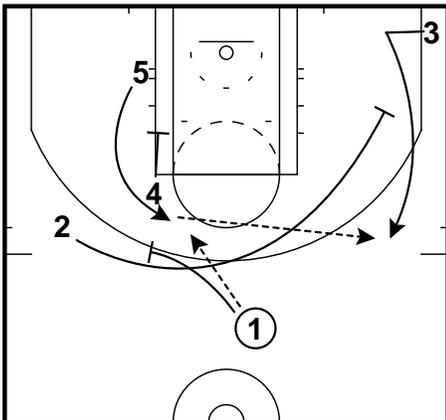
- 5 screens 4 into a ballscreen
- 1 spaces to even with lane line.

Dallas Mavericks - "Dallas Action"

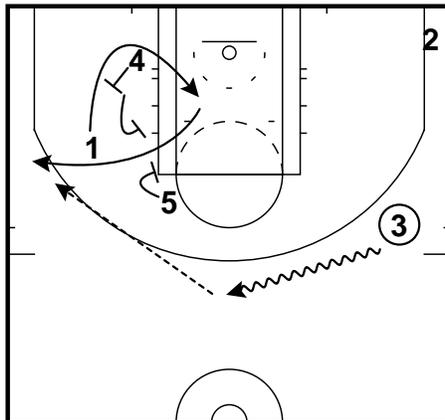


- 4 sets a ballscreen for 2.
- 2 takes one dribble off of screen and hits 1.
- 5 sets a step up ballscreen for 1 and then rolls to basket.

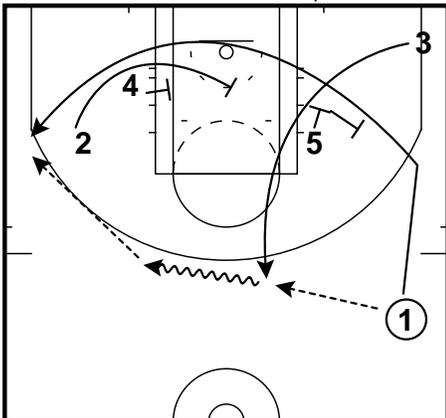
Golden State Warriors "Elbow Split Elevator"



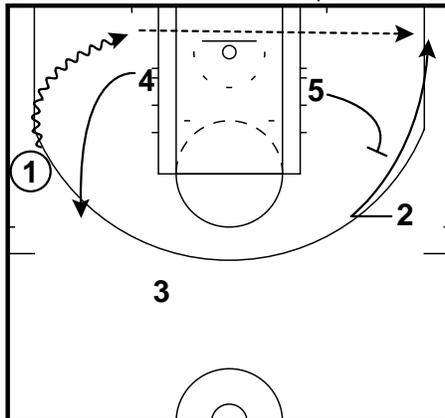
Golden State Warriors "Elbow Split Elevator"



Golden State Warriors "Loop Hammer"

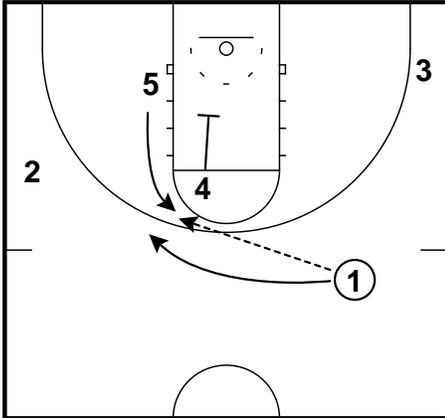


Golden State Warriors "Loop Hammer"



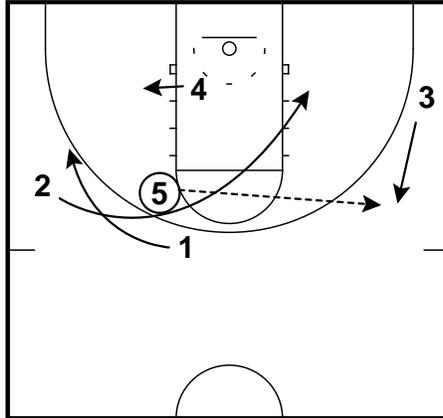
Man Offense Sets

Golden State Warriors - Flash X Side Elevator



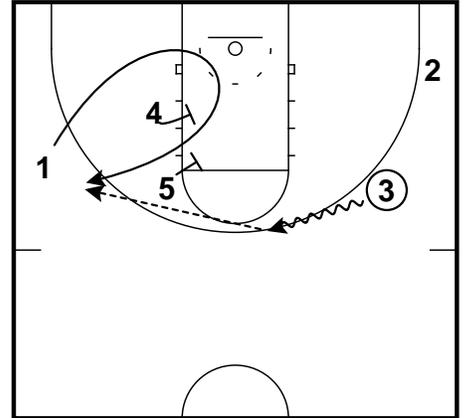
4 (Green) sets a brush screen for 5 (Bogut) to get to the elbow-extended and get an entry pass from 1 (Curry)

Golden State Warriors - Flash X Side Elevator



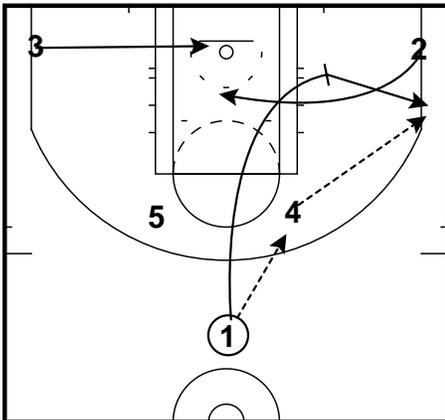
After the pass, 1 (Curry) and 2 (Thompson) scissor over the top of 5 (Bogut) at the high post. Thompson clears thru, while 3 (Barnes) raises and gets the swing pass.

Golden State Warriors - Flash X Side Elevator



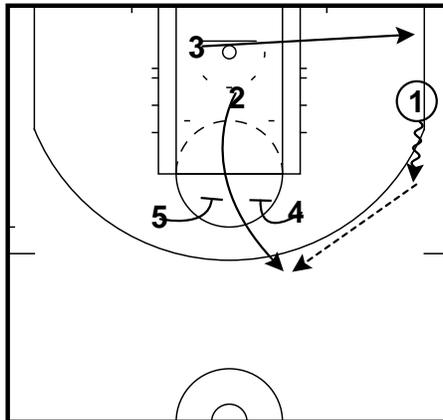
While 3 (Barnes) dribbles to center the ball, 1 (Curry) loops through to the baseline, then back through an elevator from 4 (Green) and 5 (Bogut)

Golden State Warriors - Horns Flex Elevator



1 passes to 4 then moves into the lane to set a flex screen for 2.

Golden State Warriors - Horns Flex Elevator

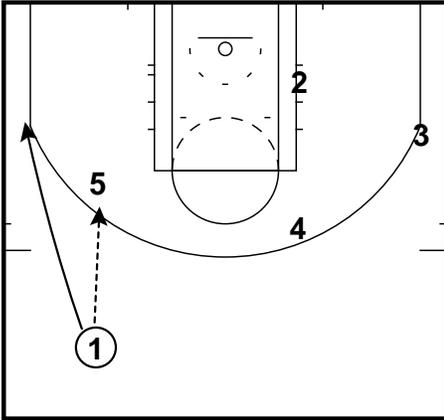


2 cuts through an elevator screen from 5 and 4 for a shot.

1 pops out after the screen to get the ball from 4.

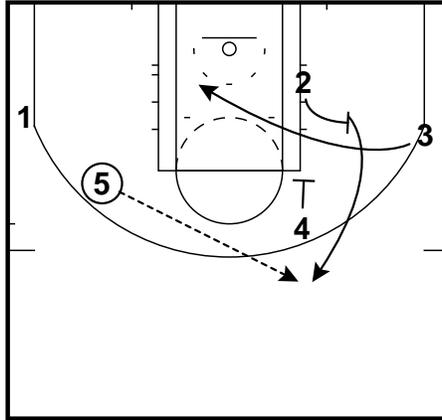
Man Offense Sets

Golden State Warriors - Pinch Post Flex



1 passes to 5 then cuts off then follows the pass looking for a handoff.

Golden State Warriors - Pinch Post Flex

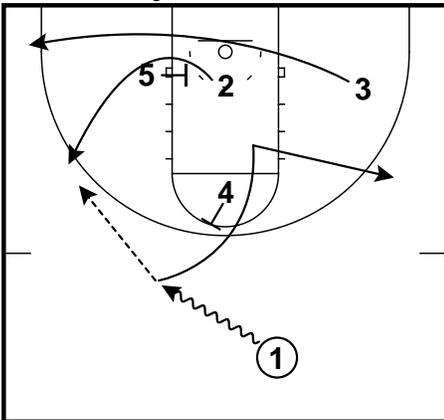


2 screens for 3 cutting to the basket.

4 sets a down screen for 2.

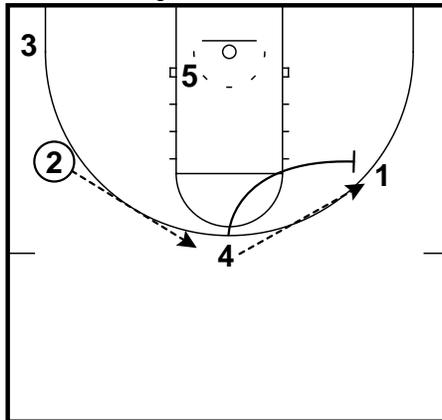
5 passes to 2 for the shot.

High Pick and Roll



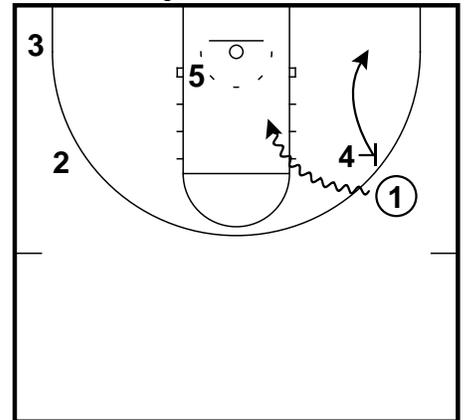
1 dribbles to the left wing. 5 sets a cross screen for 2. 2 pops out to the left wing. 3 cuts to the left corner. 1 passes to 2. 4 sets a backscreen for 1. 1 cuts to the middle of the lane and pops out to the right wing.

High Pick and Roll



2 passes to 4. 4 passes to 1 and sets a ballscreen on 1.

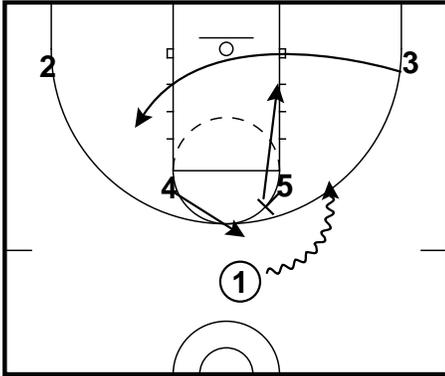
High Pick and Roll



4 sets a ballscreen on 1 and rolls to the short corner. 1 attacks the middle of the lane.

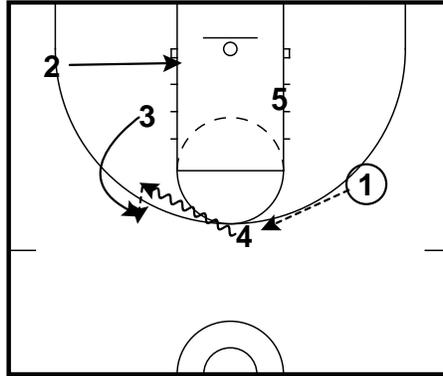
Man Offense Sets

Netherlands Horns Floppy



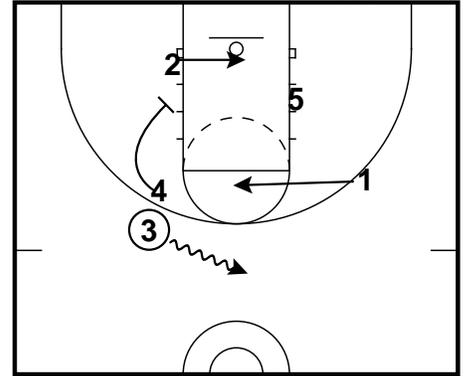
1 dribbles off 5. 3 cuts across the lane as 5 rolls to basket. 4 steps out

Netherlands Horns Floppy



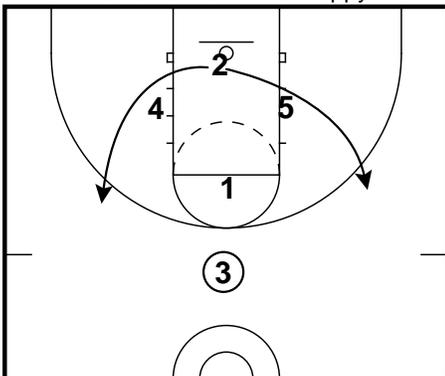
1 passes to 4 2 cuts to lane as 4 dribbles into a handoff with 3.

Netherlands Horns Floppy



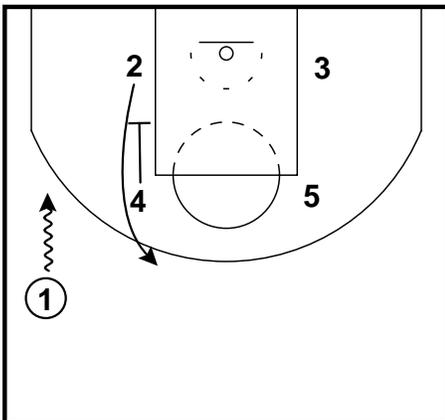
2 gets under the rim as 3 dribbles to the top. 1 cuts to the nail.

Netherlands Horns Floppy

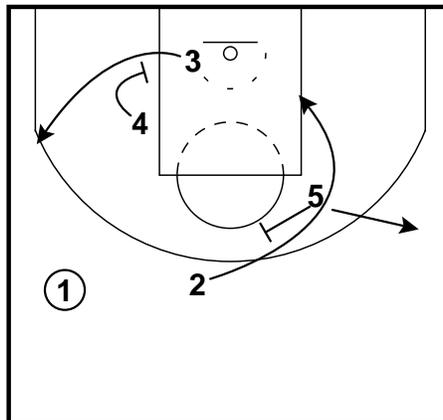


2 comes off either screen. 1 cuts opposite of 2

Portland Trail Blazers "One Chest"

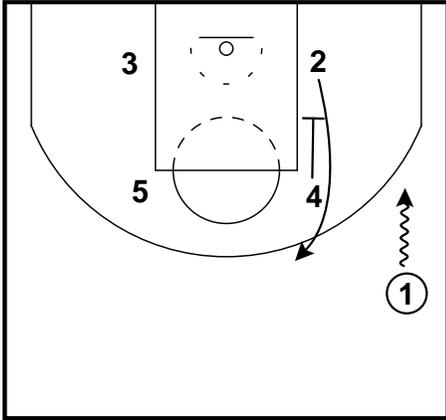


Portland Trail Blazers "One Chest"

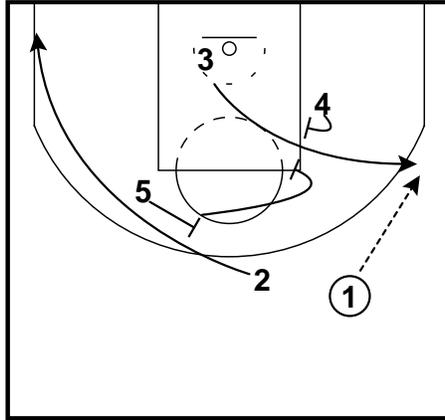


Man Offense Sets

Portland Trail Blazers "One Chest Elevator"

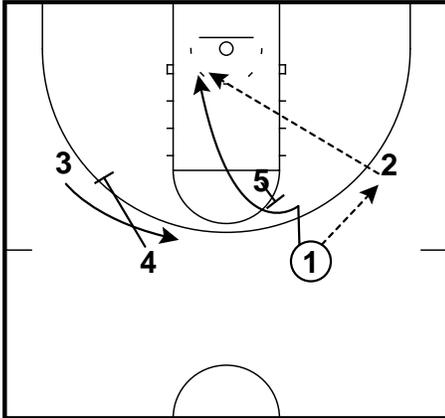


Portland Trail Blazers "One Chest Elevator"



Man Offense Sets

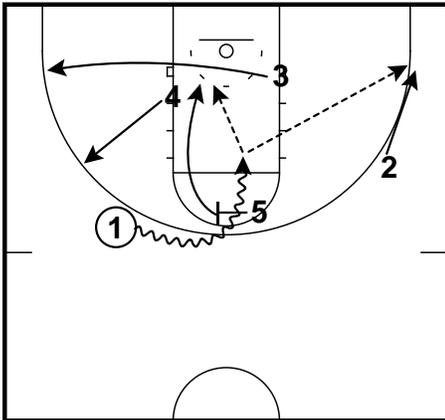
Rick Pitino Louisville Cardinals 2-1-2
Offense - Double Back-Screen



1 passes to 2 then cuts to the basket off of a back-screen from 5.

4 sets a screen for 3 who cuts to the top of the key.

Rick Pitino Louisville Cardinals 2-1-2
Offense - Double Back-Screen

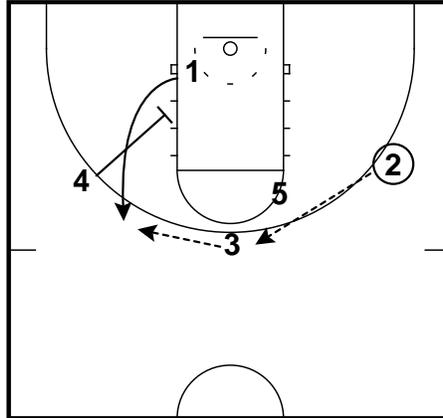


If 3 isn't open, 5 steps over to set a high ball-screen for 1.

3 and 4 clear out.

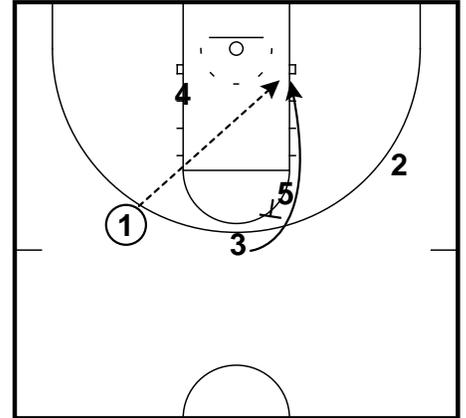
1 looks for 5 on the roll or 2 sliding to the corner.

Rick Pitino Louisville Cardinals 2-1-2
Offense - Double Back-Screen



2 passes to 3 who passes to 1 cutting off of a screen from 4.

Rick Pitino Louisville Cardinals 2-1-2
Offense - Double Back-Screen

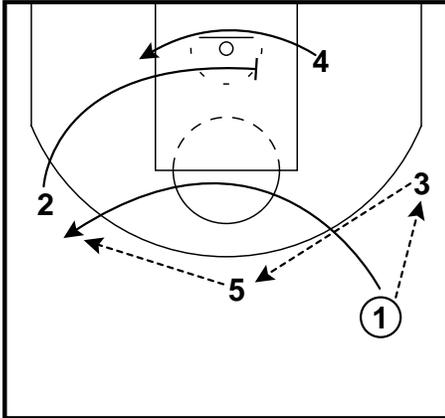


After passing to 1, 3 cuts off of a back-screen from 5.

1 looks to pass to 3 for the score.

Man Offense Sets

San Antonio Spurs "Motion Weak"

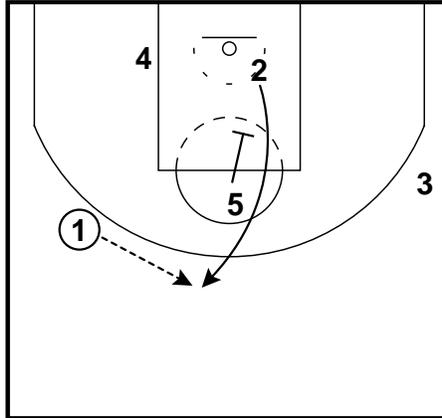


1 passes to 3 and cuts through to opposite wing.

3 passes to 5 who reverses to 1.

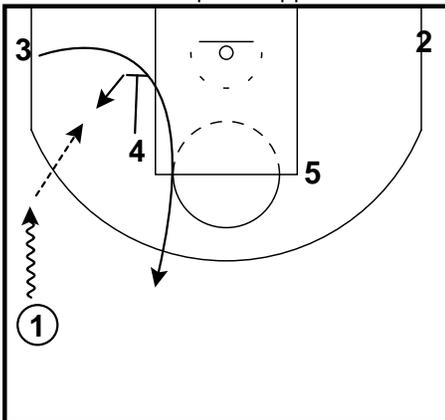
2 cuts down in the lane and sets cross screen for 4.

San Antonio Spurs "Motion Weak"

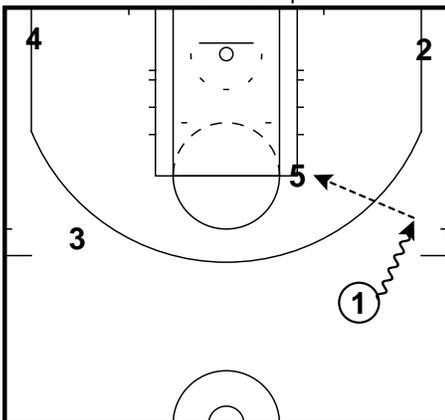


2 then receives a down screen from 5.

San Antonio Spurs "Zipper Punch"

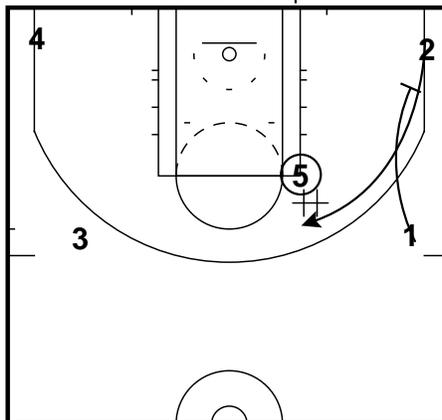


San Antonio Spurs - Down Screen Handoff Chop



1 dribbles up the right side and passes to 5 at the elbow.

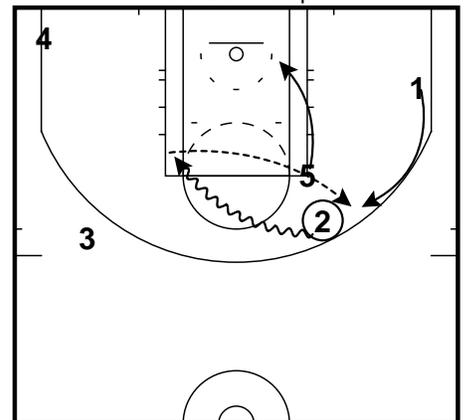
San Antonio Spurs - Down Screen Handoff Chop



1 screens down for 2.

2 loops around 5 for a handoff.

San Antonio Spurs - Down Screen Handoff Chop

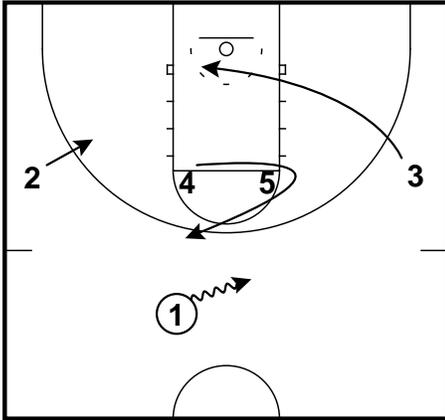


2 drives middle as 5 rolls, 1 fills behind 5 for a chop action cut.



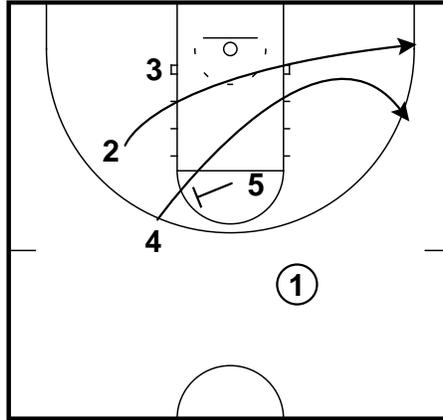
Man Offense Sets

SFA 1 - 4 Clear Backscreen



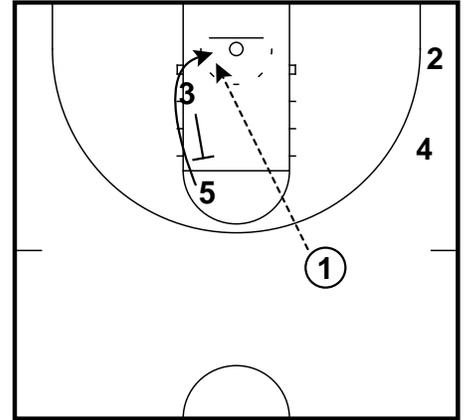
Starting in a 1 - 4 High set, 1 dribbles over to his right. 4 loops over the top of 5, and both wings cut toward the basket.

SFA 1 - 4 Clear Backscreen



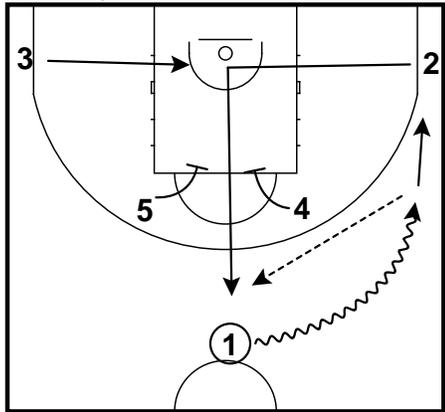
5 then sets a back screen for 4 to run off into the corner. 2 follows behind him, clearing all the way to the corner

SFA 1 - 4 Clear Backscreen



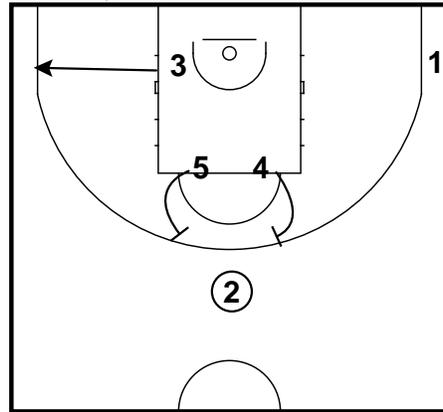
3 loops around and sets a back screen for 5 to get to the rim

Spain - Elevator To Horns



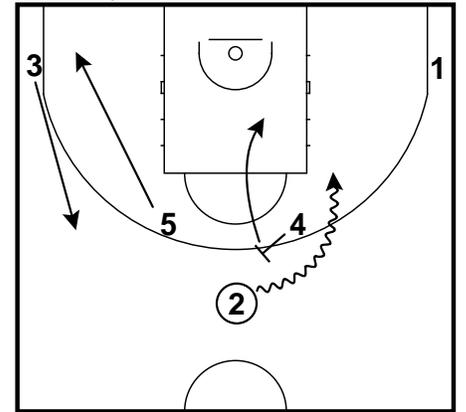
1 dribble enters sending 2 on a "play action" cross screen for 3. 3 fakes as if receiving the cross screen. 2 breaks through the elevator screens from 5 & 4. 1 passes to 2 at top

Spain - Elevator To Horns



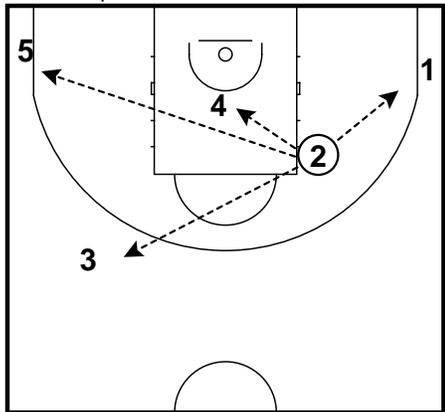
3 cuts back out to corner
4 & 5 flip into the horns alignment

Spain - Elevator To Horns



2 uses the ball screen from 4 to penetrate the defense
4 rolls to basket
5 & 3 exchange (back action)

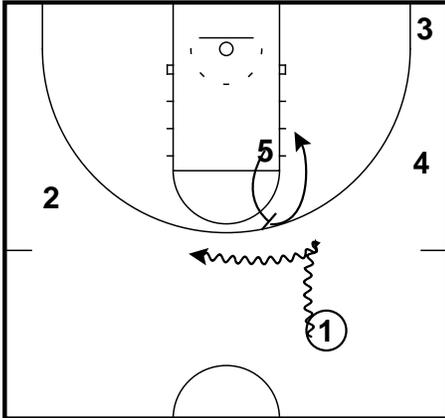
Spain - Elevator To Horns



2 attacks the rim or reads help and locates the open player

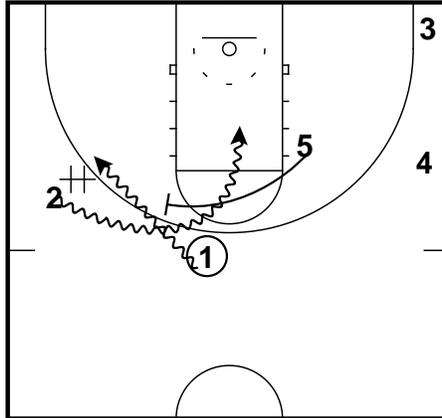
Man Offense Sets

St. Thomas (MN) - Orlando Slot



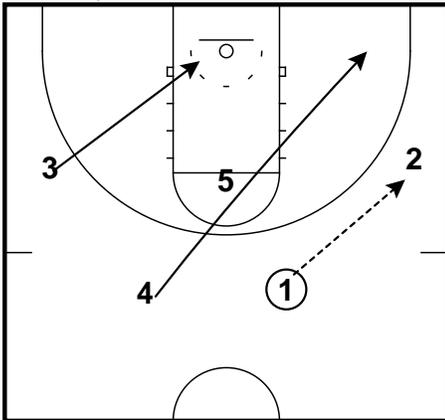
5 screens for 1 then rolls to the elbow.

St. Thomas (MN) - Orlando Slot



If nothing is there, 1 gives 2 the ball with a handoff and 5 follows behind with a ball screen.

Stephen F. Austin - Pinch Post

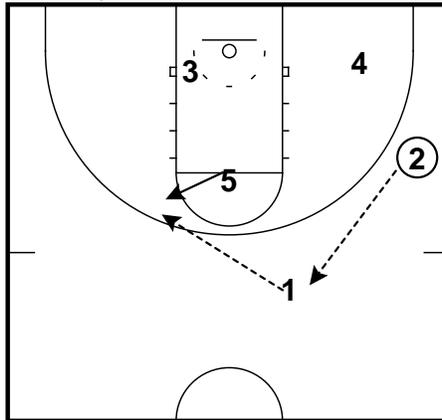


1 passes to 2.

4 cuts to the corner.

3 cuts to the block clearing the left side.

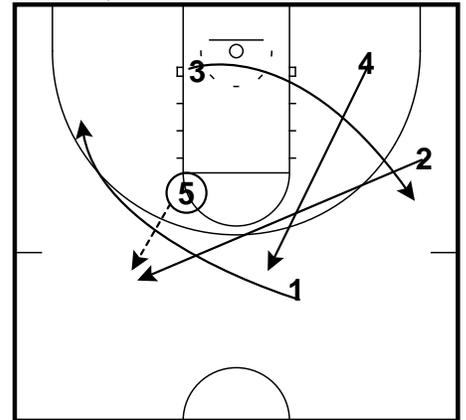
Stephen F. Austin - Pinch Post



2 passes back to 1.

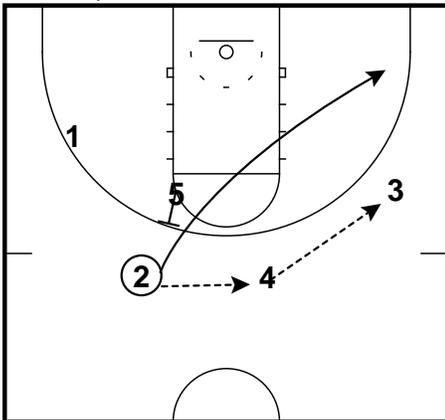
1 passes to 5 at the left elbow.

Stephen F. Austin - Pinch Post



If nothing is there when 1 loops around 5, 5 can pass out to 2 as the offense shapes up.

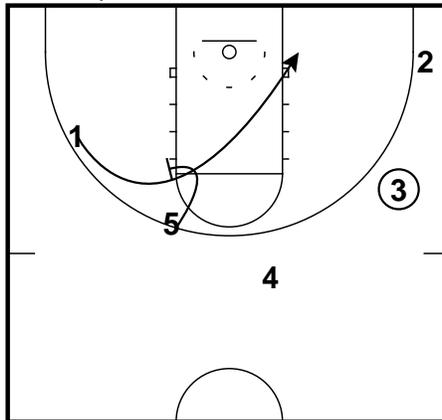
Stephen F. Austin - Pinch Post



2 passes to 4 who passes to 3.

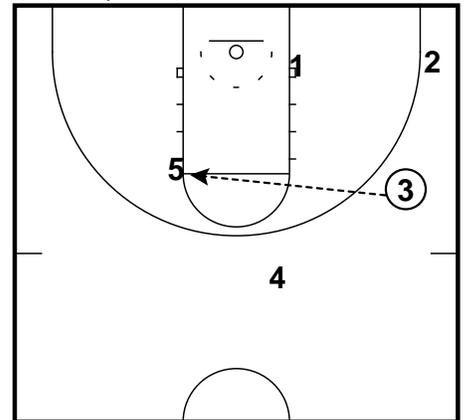
2 cuts to the corner.

Stephen F. Austin - Pinch Post



1 cuts around 5 to the block.

Stephen F. Austin - Pinch Post

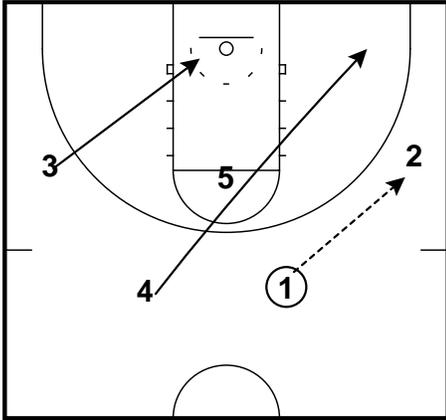


3 can pass to 5, pass to 4 who uses 5 as a ball screen, or dribble towards 4 pushing him into a flare screen (see Pinch Post Flare).



Man Offense Sets

Stephen F. Austin - Pinch Post Double Handoff

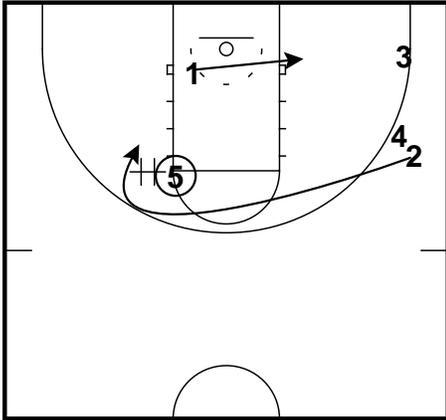


1 passes to 2.

4 cuts to the corner.

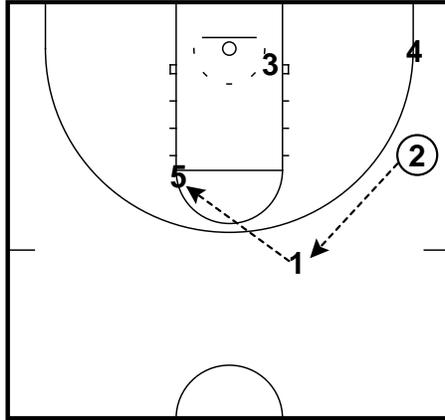
3 cuts to the block clearing the left side.

Stephen F. Austin - Pinch Post Double Handoff



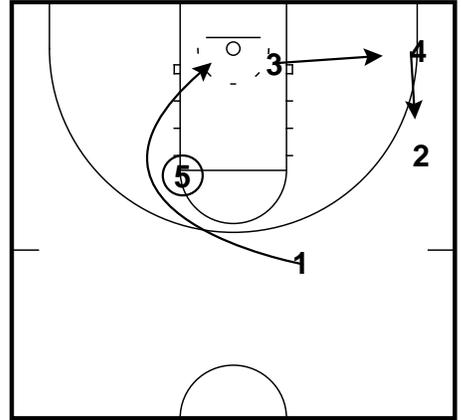
2 loops around 5 for a second handoff attempt for 5.

Stephen F. Austin - Pinch Post Double Handoff



2 passes to 1 who passes to 5.

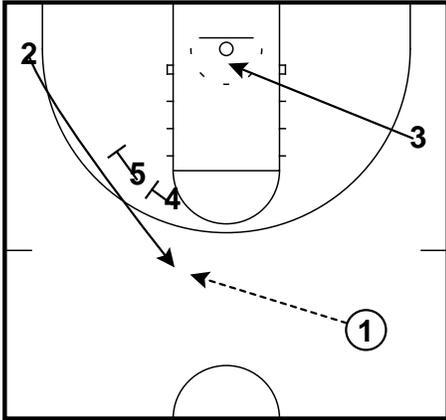
Stephen F. Austin - Pinch Post Double Handoff



1 loops around 5 for a handoff.

Man Offense Sets

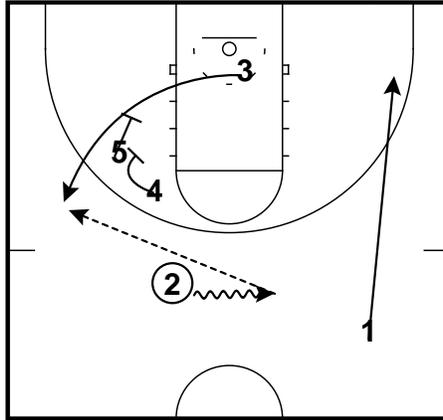
Texas - Triple Double Alley



2 cuts off of a staggered screen from 5 and 4.

1 passes to 2.

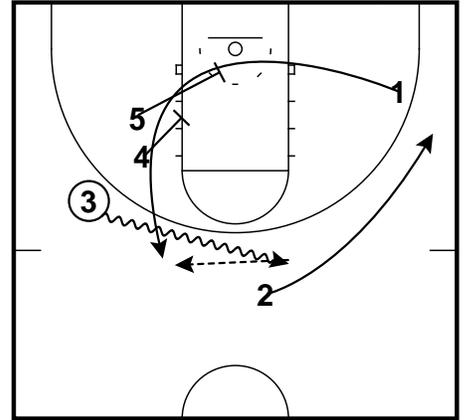
Texas - Triple Double Alley



3 cuts off of the staggered screen from 5 and 4.

2 passes to 3.

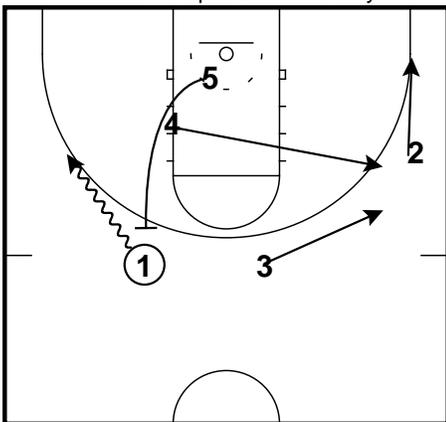
Texas - Triple Double Alley



3 dribbles right as 1 cuts off of the staggered screen from 5 and 4.

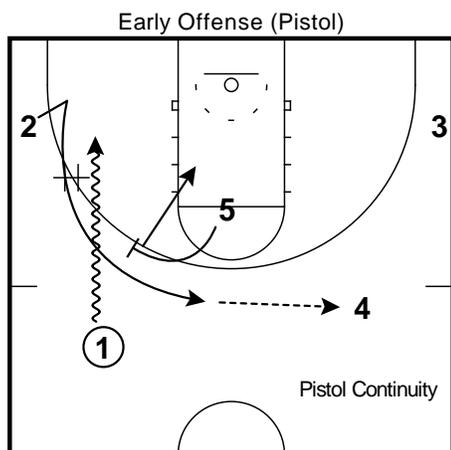
3 passes to 1.

Texas - Triple Double Alley



5 sets a flat ball screen for 1 in the alley.

Early Offense



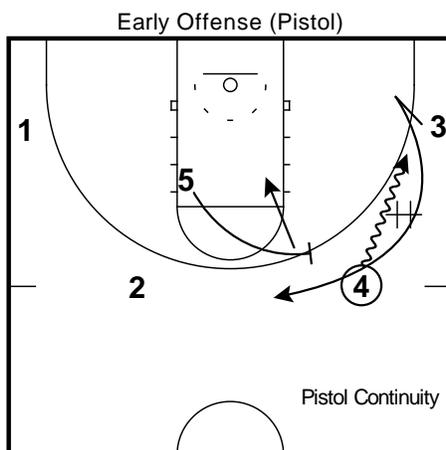
BYU TRANSITION

1 sprint dribbles into a DHO with ballside wing (2)

5 follows with a ball screen for the handoff receiver = "Pistol" action

2 may:

- come off the ball screen and score
- hit 5 on the short roll
- draw & kick to 4 (shown)



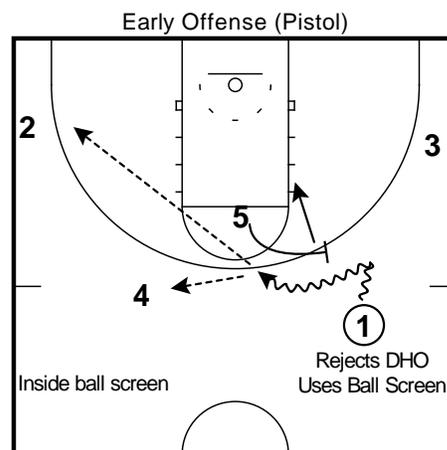
On the catch, 4 goes into DHO with 3

5 moves into position for the ball screen Pistol action

3 has same options:

- score off the ball screen
- hit 5 on the short roll
- draw & kick to 2

The action repeats on each ball reversal



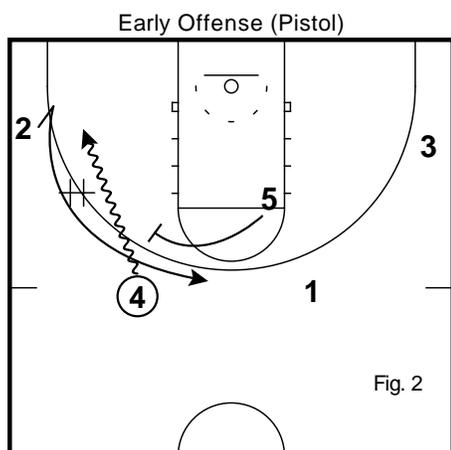
INSIDE BALL SCREEN OPTION

5 is moving into position to ballscreen even before he/she knows if the DHO will occur

1 may elect not to ball screen and instead use an inside ball screen from 5

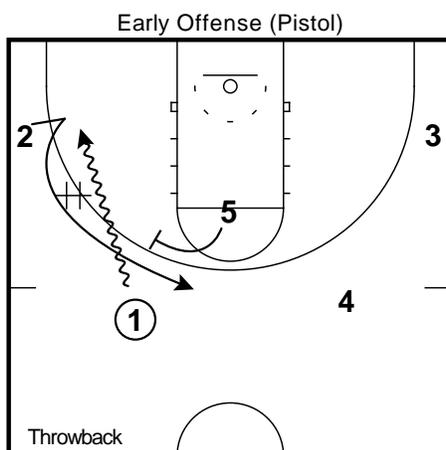
1 has options:

- score off the inside ball screen
- hit 5 on the short roll
- draw and kick to 4 (shown) or 2 for the corner three



4 may then DHO with 2 (shown) or use inside ball screen from 5

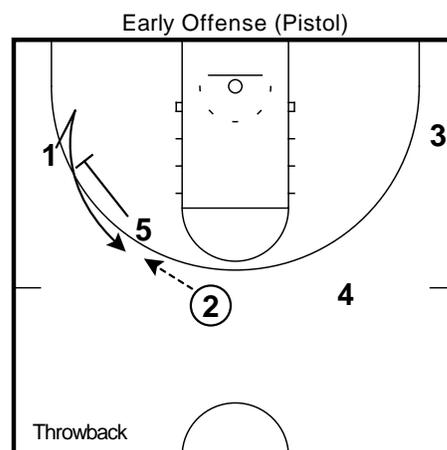
The action repeats on each ball reversal



THROWBACK

1 DHOs with 2

5 ball screens for 2 (Pistol)



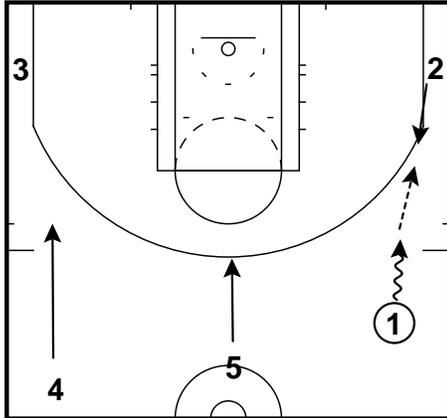
2 comes off the ball screen, does not score or draw & kick

5 then downscreens for 1

2 throws back to 1

Early Offense

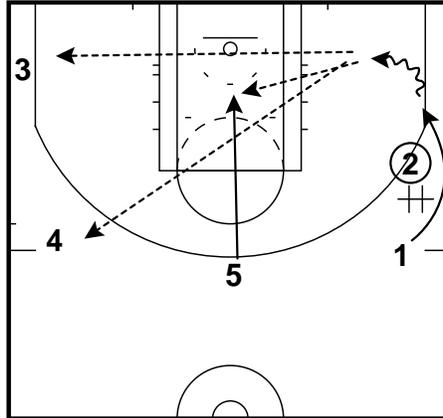
Houston Rockets - Chase Get



1 transitions with 2 and 3 in deep corners and 4 and 5 trailing

1 PITCHES to 2

Houston Rockets - Chase Get

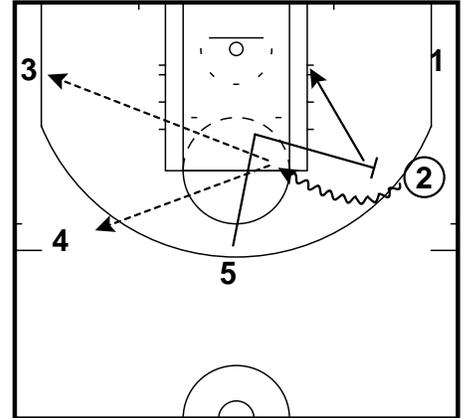


1 executes a CHASE and cuts hard behind 2 for a possible handoff

If 1 takes handoff they attack the rim and score or draw help and find the open player

5 cuts to front of rim if 1 takes handoff

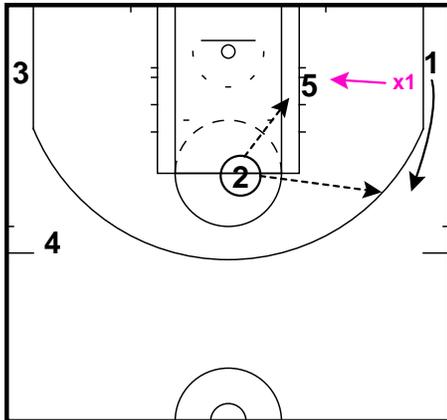
Houston Rockets - Chase Get



Should 2 KEEP, 5 GETS 2 with a ball screen

2 looks to drive or draw help and find open player

Houston Rockets - Chase Get

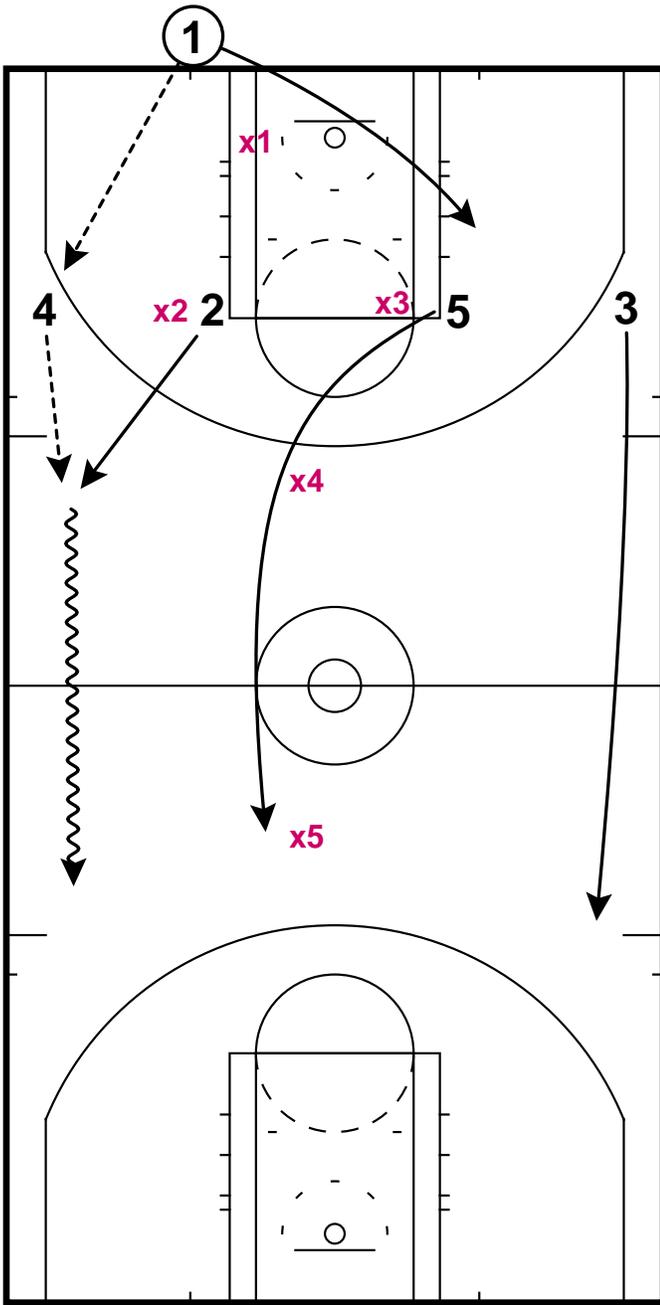


2 can also hit 5 on roll

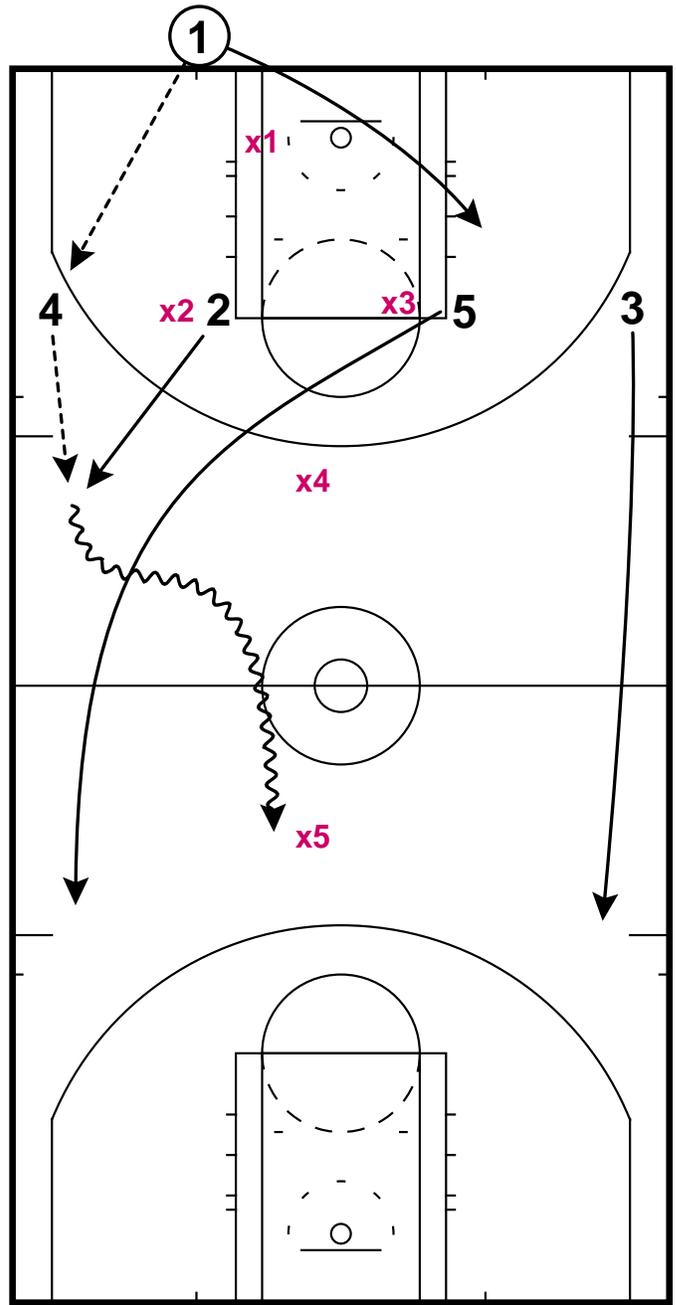
If X1 TAGS on the roll man, 1 can rise (back action)

Press Offense

1 - 4 PRESS BREAK



1 - 4 PRESS BREAK



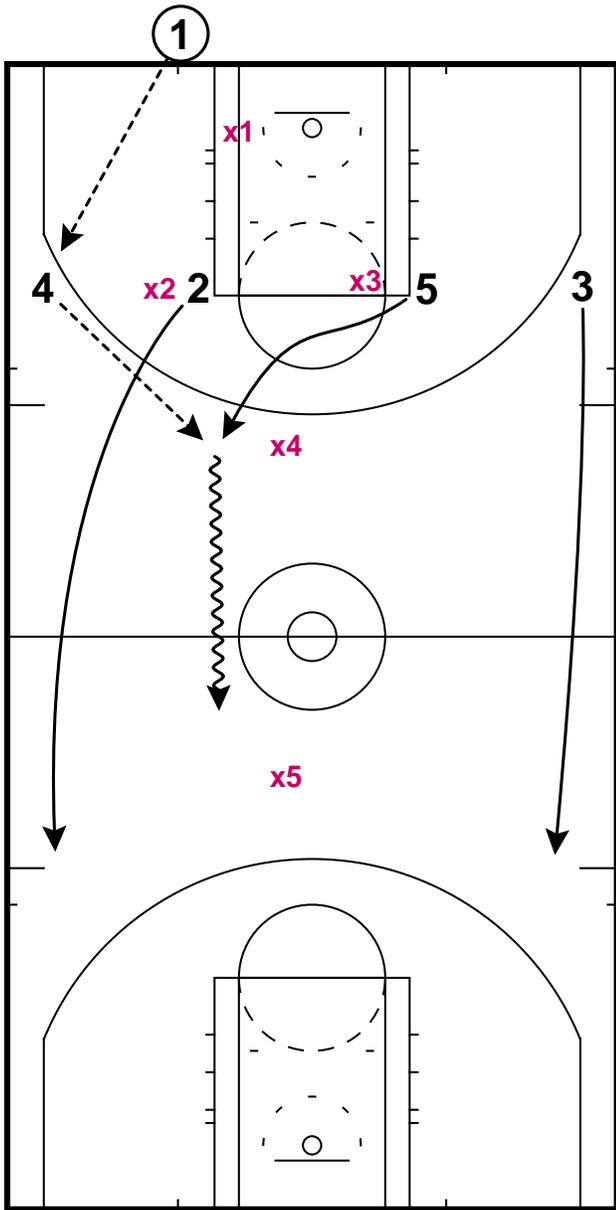
- 1 PASSES THE BALL TO 4
- 2 FILLS THE SIDE
- 4 PASSES THE BALL TO 2
- 5 FILLS THE MIDDLE
- 3 RUNS THE OTHER SIDE LANE

- 1 PASSES THE BALL TO 4
- 2 FILLS THE SIDE
- 4 PASSES THE BALL TO 2
- 2 DRIBBLES TO THE MIDDLE
- 5 FILLS THE SIDE LANE
- 3 RUNS THE OTHER SIDE LANE

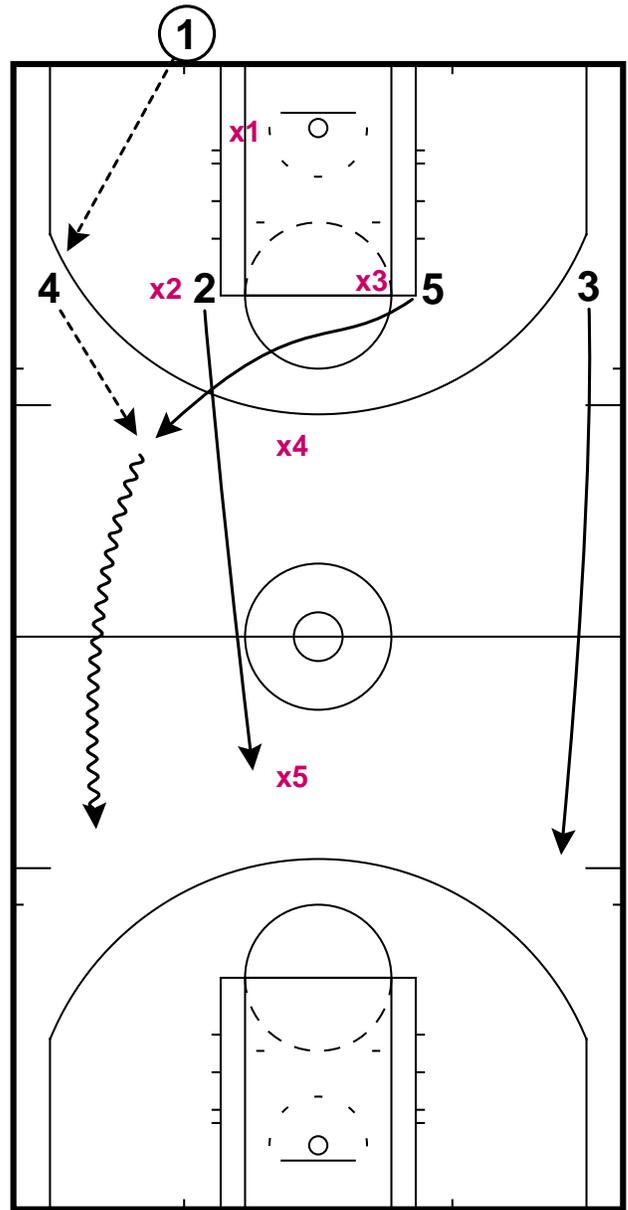


Press Offense

1 - 4 PRESS BREAK



1 - 4 PRESS BREAK



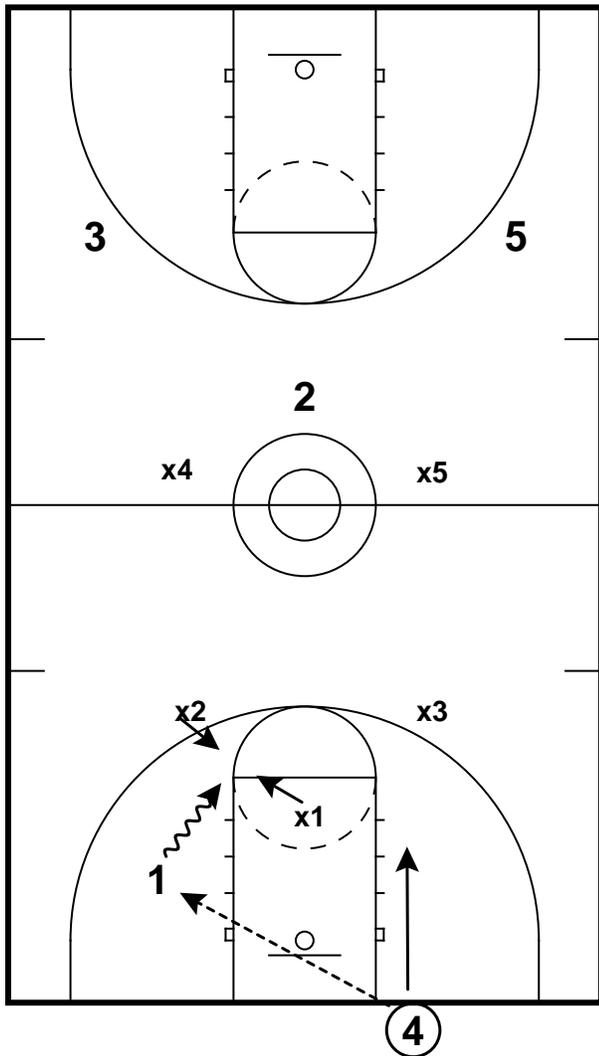
- 1 PASSES TO 4
- 2 FILLS THE SIDE LANE
- 5 FILLS THE MIDDLE
- 4 PASSES TO 5
- 5 DRIBBLES THROUGH THE MIDDLE
- 2 AND 3 RUN THE SIDE LANE

- 1 PASSES TO 4
- 2 CUTS THROUGH THE MIDDLE
- 5 FILLS THE SIDE LANE
- 4 PASSES TO 5
- 5 DRIBBLES THE SIDE LANE
- 3 RUNS THE SIDE LANE



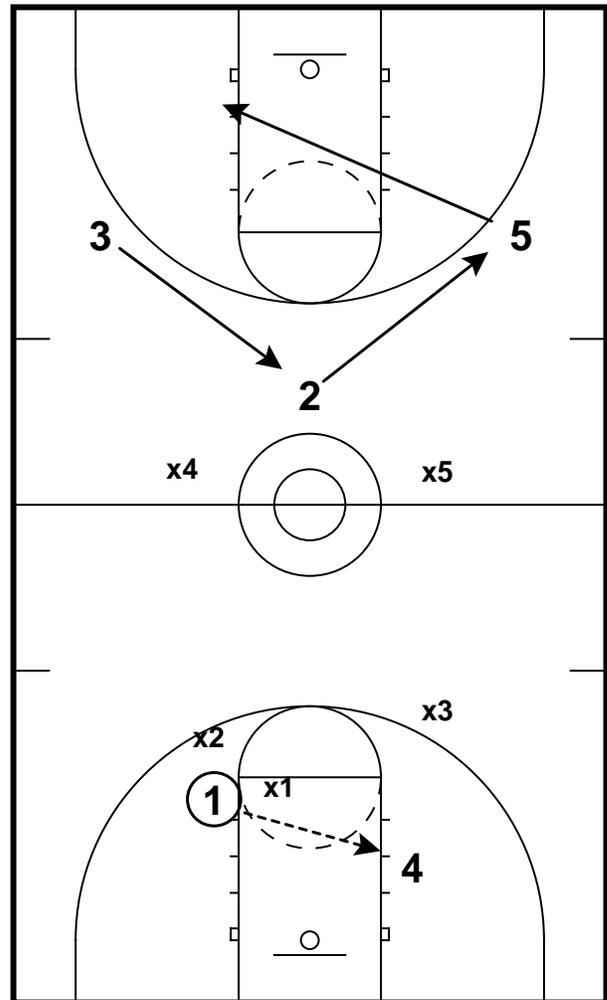
Press Offense

Joe Mihalic - 1-2-2 Zone Press Breaker



- 2 should be your best shooter
 - 3 should be your 2nd best shooter
 - 5 should be your worst ball handler
 - 3 and 5 are at foul line extended to stretch the zone
 - 4 inbounds to 1
 - 1's job is to get 2 defenders to commit to him without getting caught in a trap
- * If the defense makes 1 catch the ball on the right side, have the wings cross

Joe Mihalic - 1-2-2 Zone Press Breaker

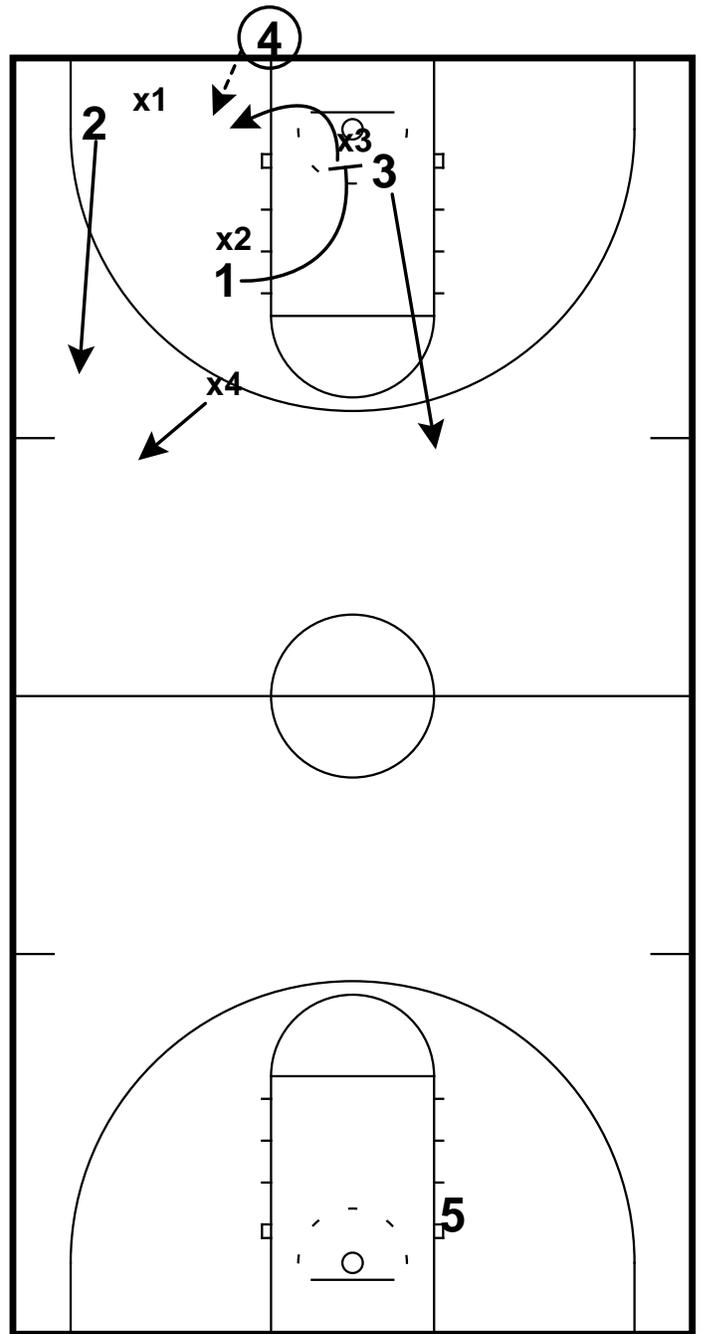
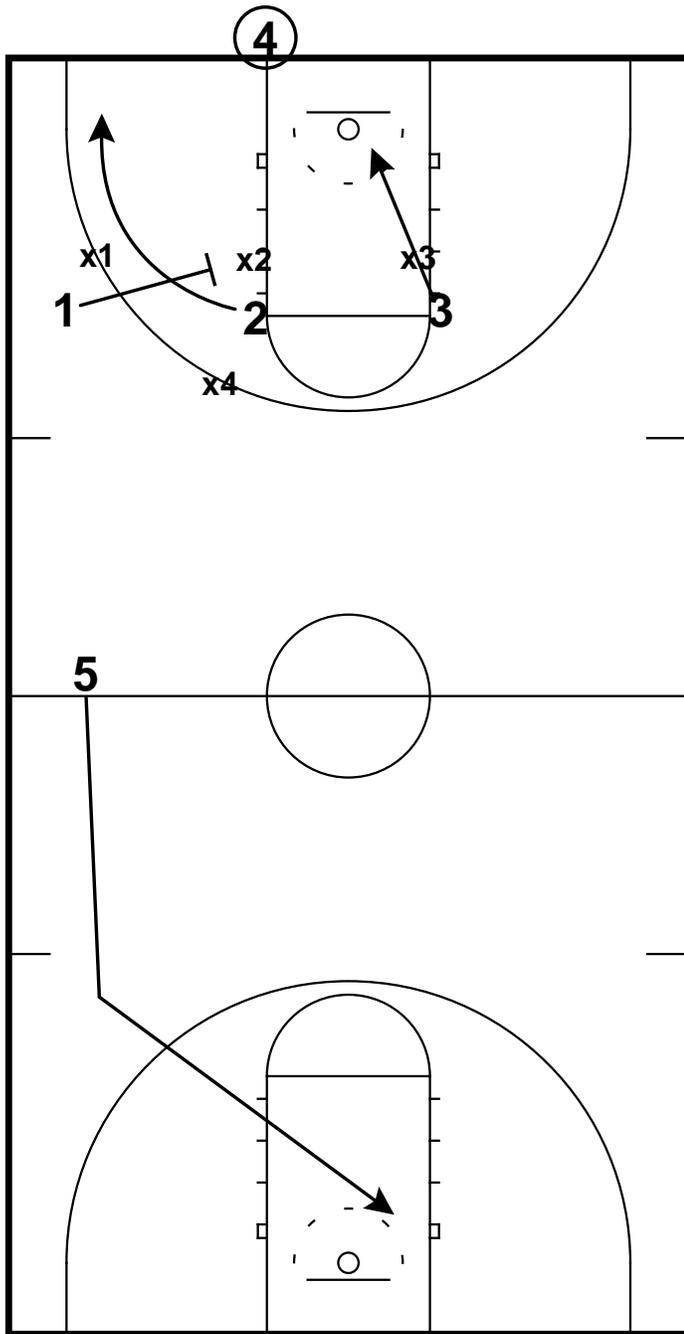


- 1 reverses the ball to 4
- 5 cuts to weak side block
- 2 cuts to ball side wing
- 3 cuts to middle
- If the defense takes away those 3 options for 4, 1 will be open with the left side of the floor open.
- 1 should attack the left elbow
- Tell 1, "No 2 people can keep you from getting the ball."

Press Offense

Shadow

Shadow

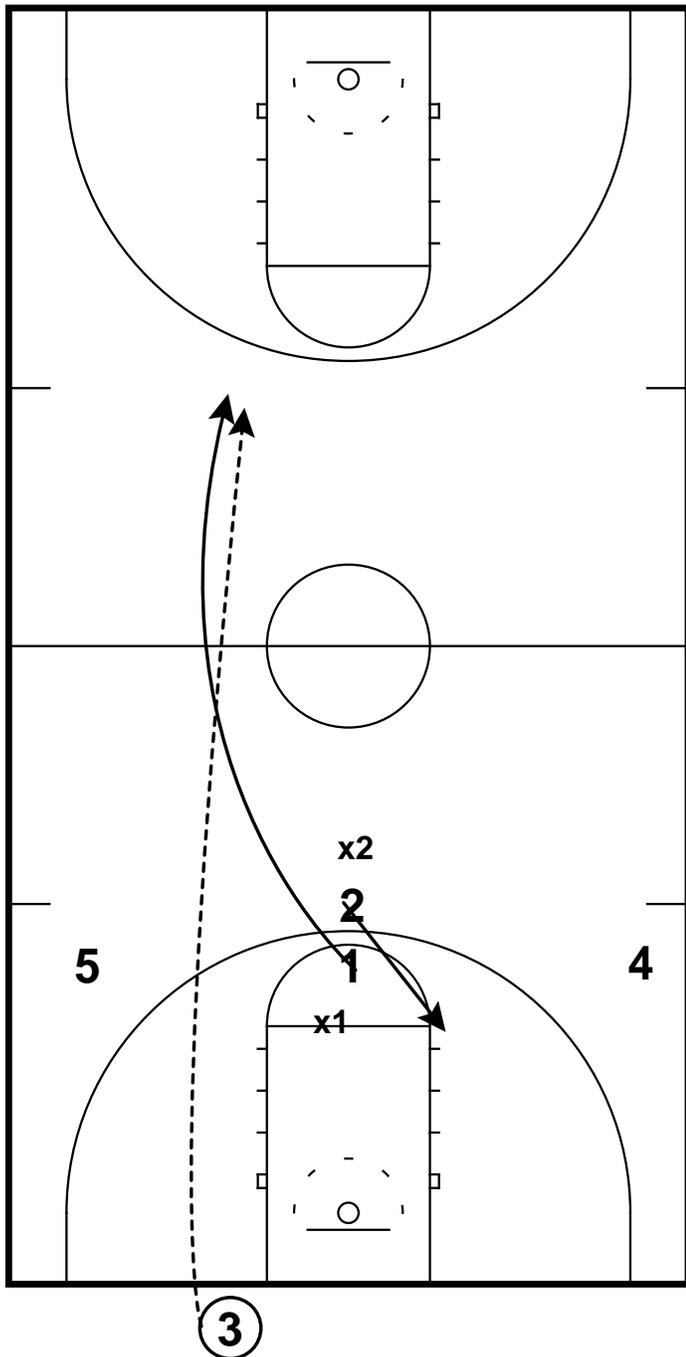


1 sets a screen for 2. 2 cuts hard to baseline, 3 cuts hard to ball, 5 clears out up the court

2 cuts hard up the court looking for over the top (draws x4). 1 sets screen for 3 cutting up the court. 1 pops out for entry.

Press Offense

Stephen F. Austin - Press Break



Many times, defenses will put one defender in front of the stack and one defender behind.

Look to catch the defender sleeping with 2 flashing to the ball and 1 running up the court.

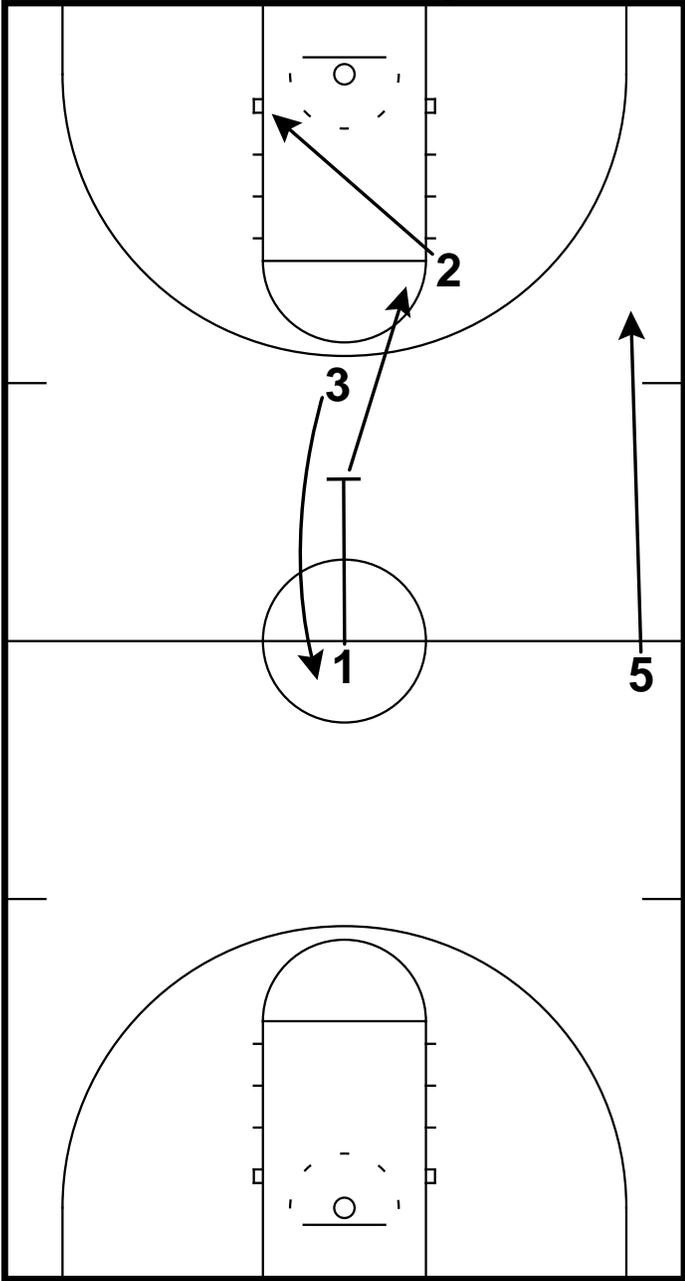
3 passes to 1.



Press Offense

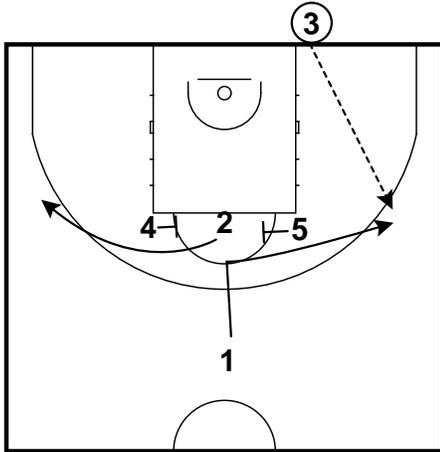
Villanova M-M Press Break

4



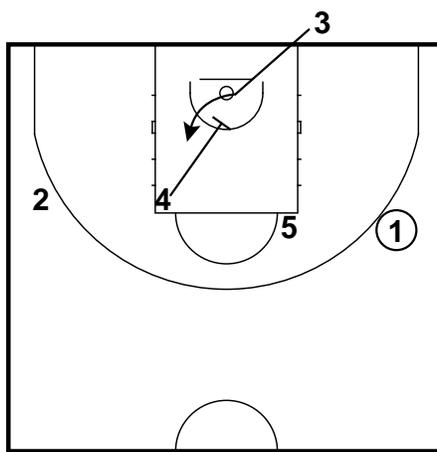
BLOB

Australia BLOB - Quick Hitter for 3 w / Slip



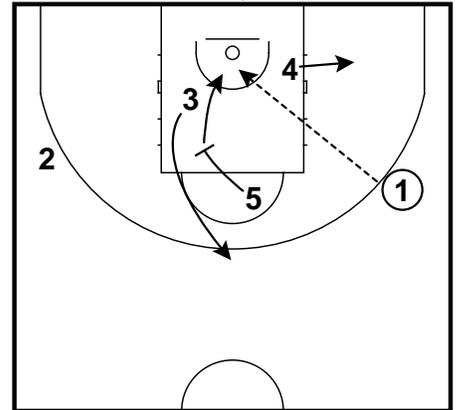
The 3 in-bounds the ball on the baseline. The 1 comes off a screen from the 5, to the wing and catches the ball. The 2 gets a screen from the 4 and clears out to the weakside corner.

Australia BLOB - Quick Hitter for 3 w / Slip



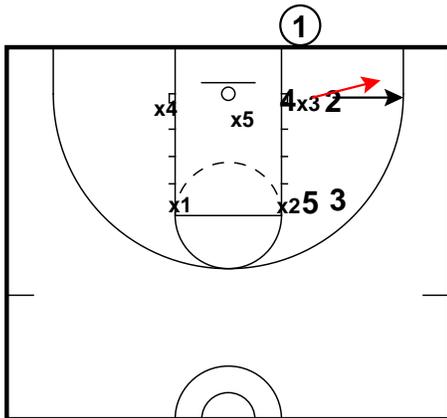
The 3 will come off double staggered screens set by the 4 and 5 looking for a shot.

Australia BLOB - Quick Hitter for 3 w / Slip

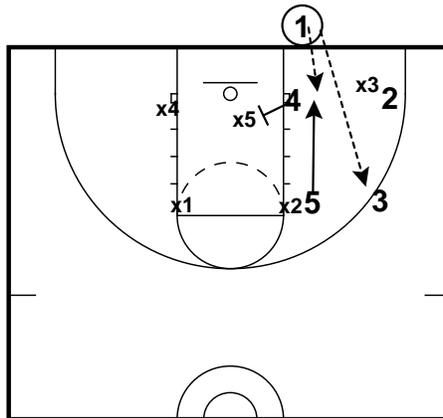


As the 5 sets the second of the double staggered screen, he/she slips to the basket for the lob.

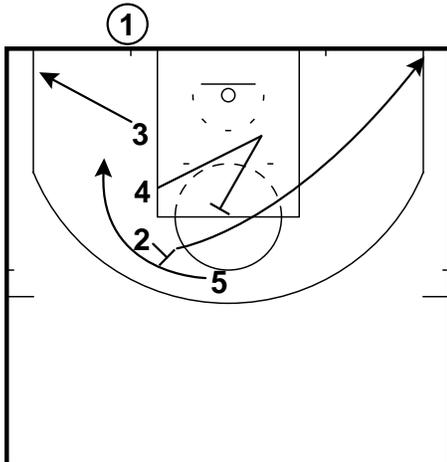
BOX Zone



BOX Zone

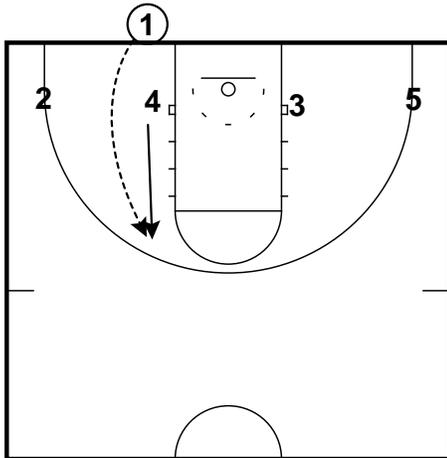


Cleveland Cavaliers "EOG 3 Weak"



BLOB

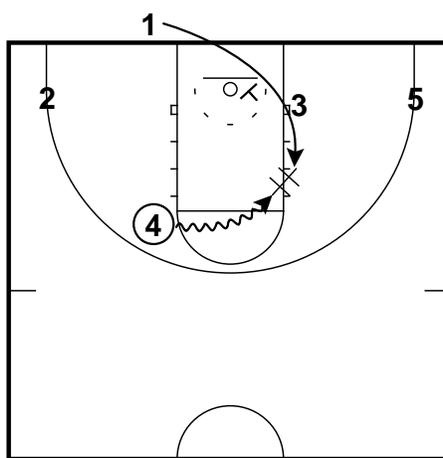
Jayhawk 4 Flat DHO BLOB



1 throws it over the top to 4

4 pops for the catch

Jayhawk 4 Flat DHO BLOB

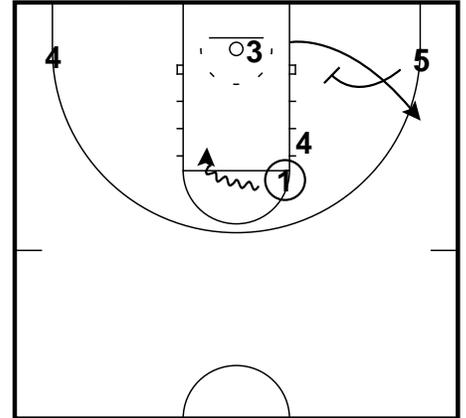


3 sets a screen for 1

1 curls the screen

4 dribbles to the opposite elbow area and dribble handoffs with 1 (4 then screens 1's defender)

Jayhawk 4 Flat DHO BLOB

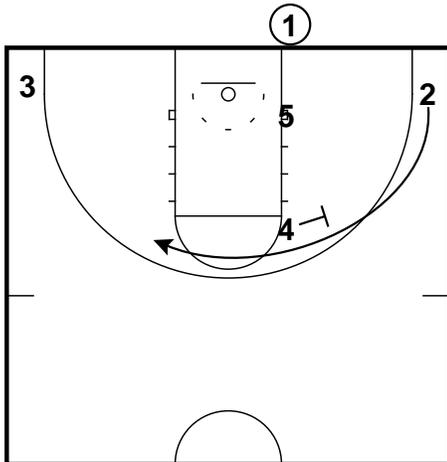


1 turns the corner and attacks the rim

5 pins down for 3

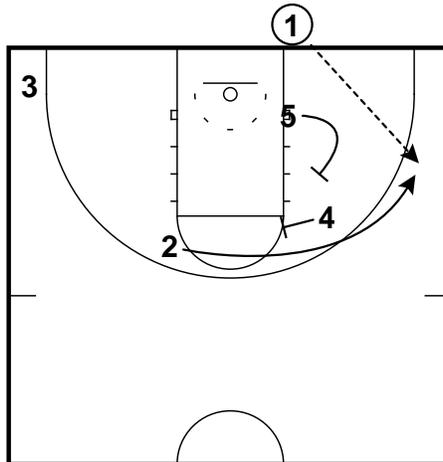
3 sprints to the 3pt line

Kansas EOG BLOB



As the official hands the ball to 1, 2 starts early and cuts over a screen by 4.

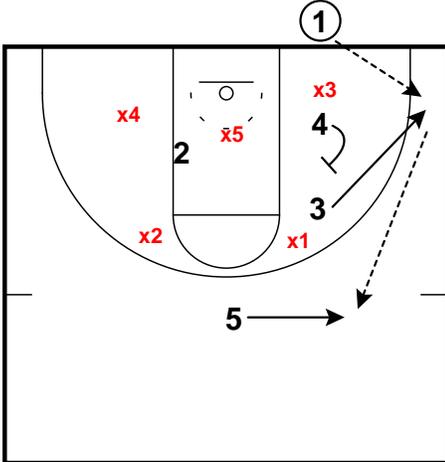
Kansas EOG BLOB



2 reverses and catches a double or stagger screen by 4/5 to get an open 3pt look on the wing.

BLOB

Kansas Jayhawks - Zone Lob (BLOB)

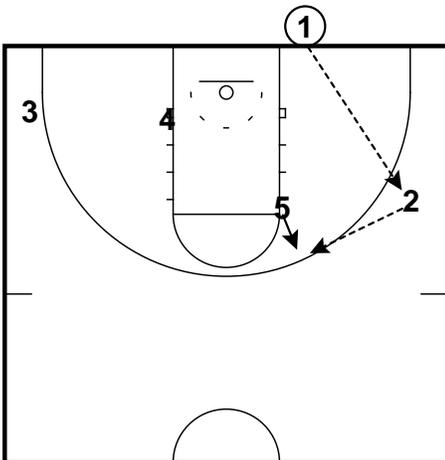


vs a zone.

4 screens for 3, 1 passes to 3.

5 cuts up and receives pass from 3.

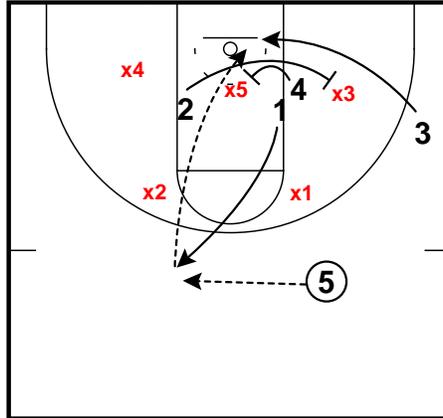
Lubbock Christian WBB - BLOB Slice Rub



1 passes to 2 on the wing.

2 passes to 5 at the high post.

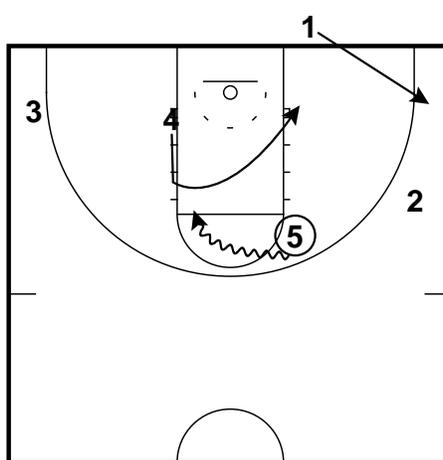
Kansas Jayhawks - Zone Lob (BLOB)



1 cuts up into the middle, 2 & 4 set a double backscreen for 3.

1 passes to 3 for a lob.

Lubbock Christian WBB - BLOB Slice Rub



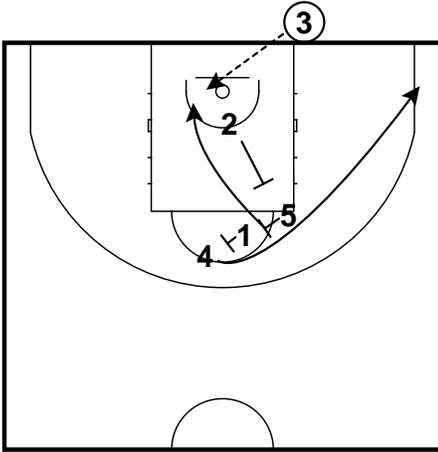
4 flashes to the ball then cuts in front of 5 to the opposite block.

5 looks to drive behind 4 using 4's cut as a "rub" screen.

5 can also pass to 4 posting up on the cut.

BLOB

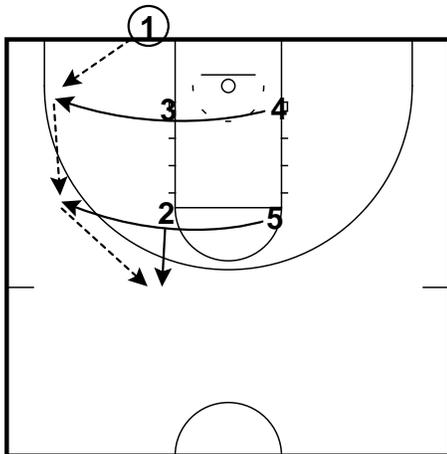
Spain - EOG BLOB Post Rip



1 & 5 screen for 4.

2 screens for 5 coming to the basket.

Stephen F. Austin - BLOB Box Elevator

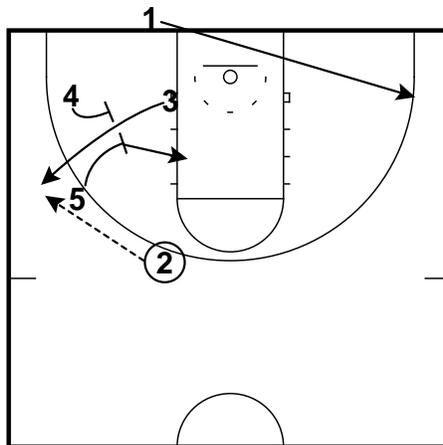


4 and 5 cut off of 3 and 2.

1 passes to 4 who passes to 5.

5 passes to 2 stepping out.

Stephen F. Austin - BLOB Box Elevator

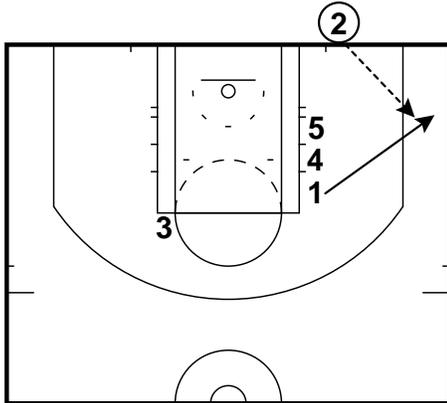


4 and 5 set an elevator screen for 3.

5 can also slip into the lane.

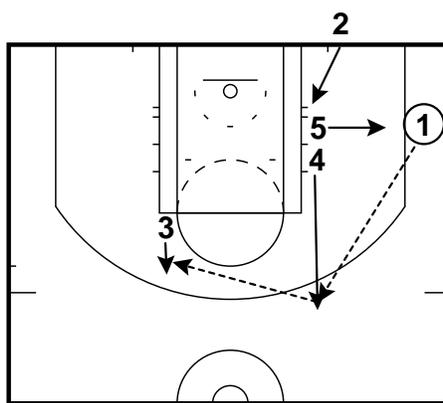
BLOB

Toronto Raptors - BLOB Double Rip



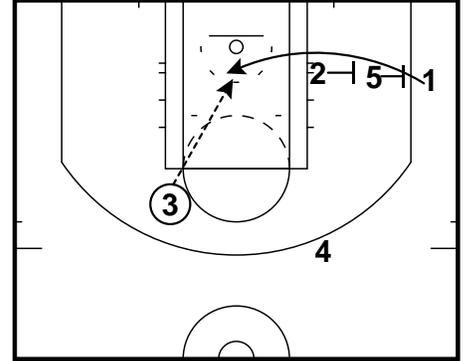
- 1 cuts to corner.
- 2 pass to 1.

Toronto Raptors - BLOB Double Rip



- 4 pops out.
- 1 pass to 4.
- 4 pass to 3.

Toronto Raptors - BLOB Double Rip

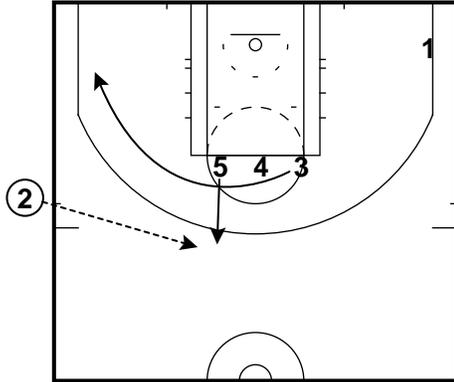


- 5 & 2 set double rip screen for 1.

NOTE: Great if you have an inside mismatch at the 1.

SLOB

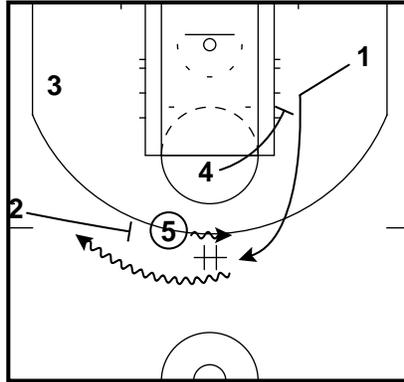
Boston Celtics SLOB - Handoff Flare



3 curls around 4 & 5 to the ball side corner.

5 pops up top to receive the pass from 2.

Boston Celtics SLOB - Handoff Flare

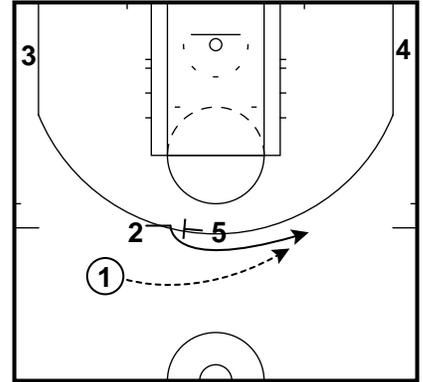


4 screens for 1.

5 dribble handoffs with 1.

2 sets a third screen for 1.

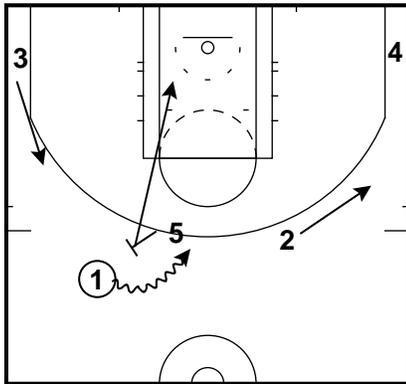
Boston Celtics SLOB - Handoff Flare



5 turns around and sets a flare screen for 2.

1 passes to 2 for the shot.

Boston Celtics SLOB - Handoff Flare



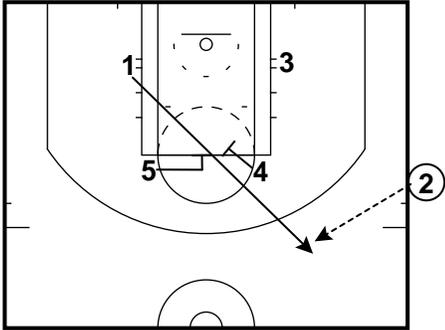
PNR Option

If 2 isn't open, he continues to cut to the wing for spacing.

5 sets a ball screen for 1.

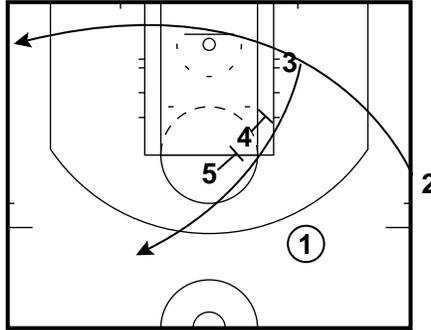
SLOB

Charlotte Hornets - SLOB Double
Ballscreen Stagger



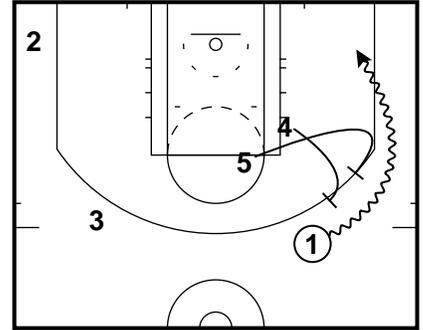
- 1 comes off 4 & 5 elevator screen.
- 2 pass to 1.

Charlotte Hornets - SLOB Double
Ballscreen Stagger



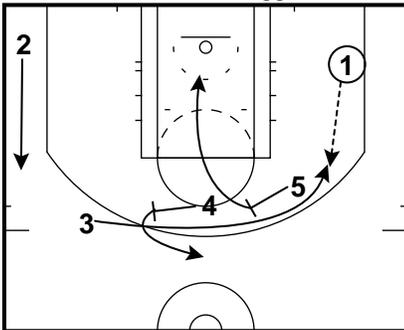
- 3 zippers off 4 & 5.
- 2 clears to weakside corner.

Charlotte Hornets - SLOB Double
Ballscreen Stagger



- 4 & 5 set double ballscreen for 1.

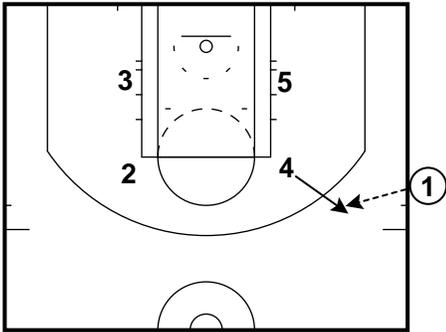
Charlotte Hornets - SLOB Double
Ballscreen Stagger



- 4 & 5 stagger for 3.
- 5 rolls
- 4 pops
- 2 lifts behind.
- 3 looks to catch and make a play.

SLOB

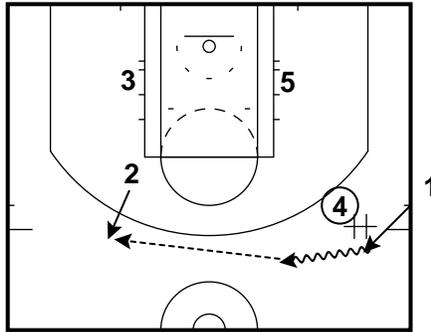
Cleveland Cavaliers - SLOB Double Rip
STS



- 1 pass to 4 (LeBron).

NOTE: Cavs played small here with LeBron at the 4 & Kevin Love at the 5.

Cleveland Cavaliers - SLOB Double Rip
STS

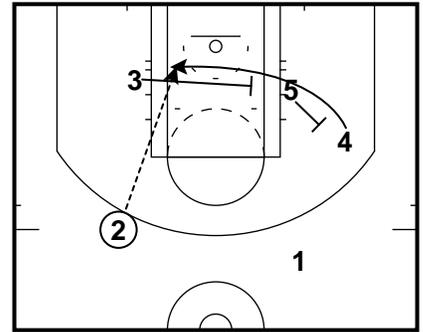


- 4 handoff 1.

- 2 pops.

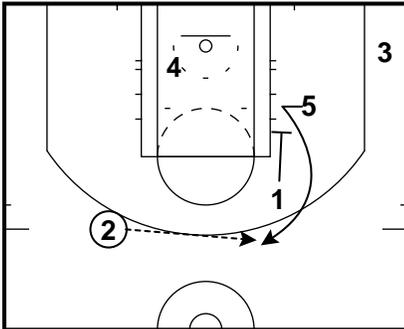
- 1 pass to 2.

Cleveland Cavaliers - SLOB Double Rip
STS



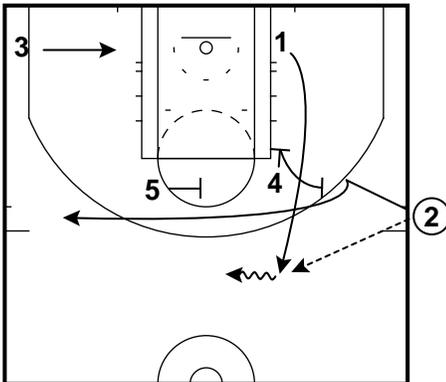
- 5 (Kevin Love) & 3 set a double rip screen for 4.

Cleveland Cavaliers - SLOB Double Rip
STS



- 1 downscreens for 5.

Memphis Grizzlies - SLOB Iverson Side
Elevator



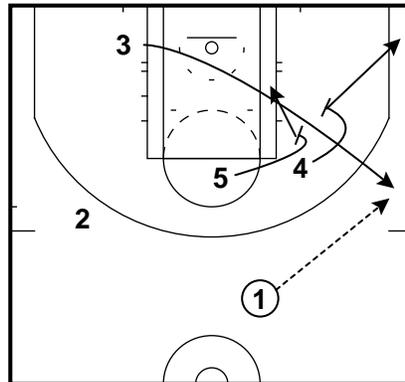
4 screens for 1. 2 passes to 1.

2 goes over screens by 4 & 5.

1 dribbles over to follow 2.

3 cuts into the post

Memphis Grizzlies - SLOB Iverson Side
Elevator



4 & 5 set an elevator screen for 3.

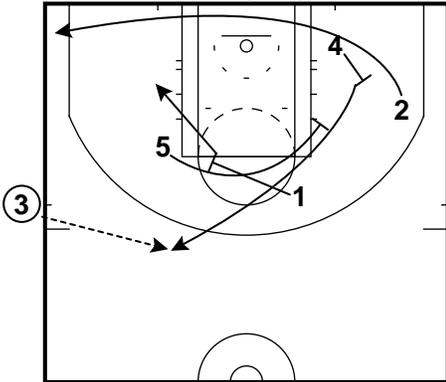
1 passes to 3 for shot.

4 pops out to corner for a secondary option.

5 slips to the basket.

SLOB

Oklahoma City Thunder "End of Game Need a 3 (ATO)"



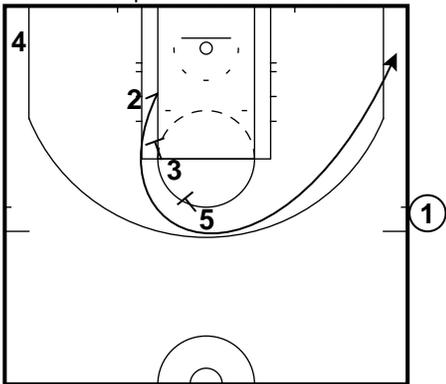
Small lineup, Kevin Durant at the 4 spot.

4 screens back for 2. 1 screens down for 5.

5 sets pindown screen for 4. 4 cuts to the top of the key.

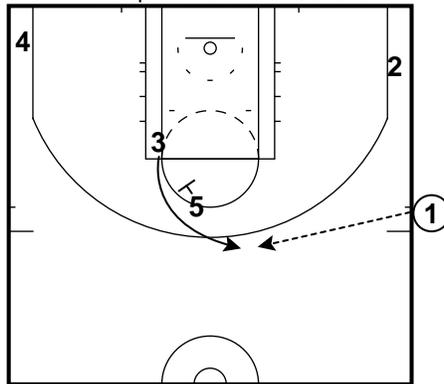
3 passes to 4 for a shot.

Philadelphia 76ers - EOG SLOB 3



2 fakes away then uses a screen from 3 & 5 to curl to the corner.

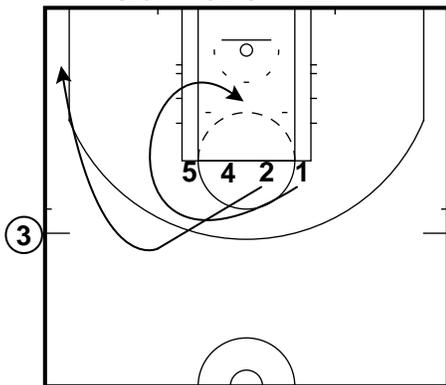
Philadelphia 76ers - EOG SLOB 3



5 screens for 3.

1 passes to 3 for the shot.

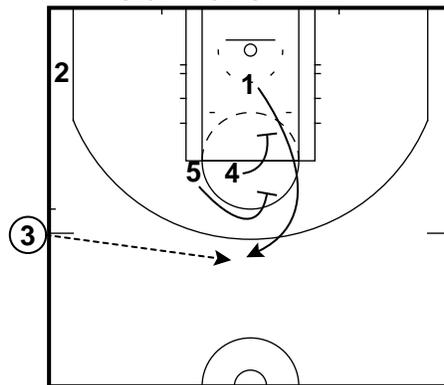
SLOB PACERS WHEEL



2 (George) starts of sprinting to the ball and cutting to the corner

1 (Hill) loops around 4 (Butler) and 5 (West)

SLOB PACERS WHEEL



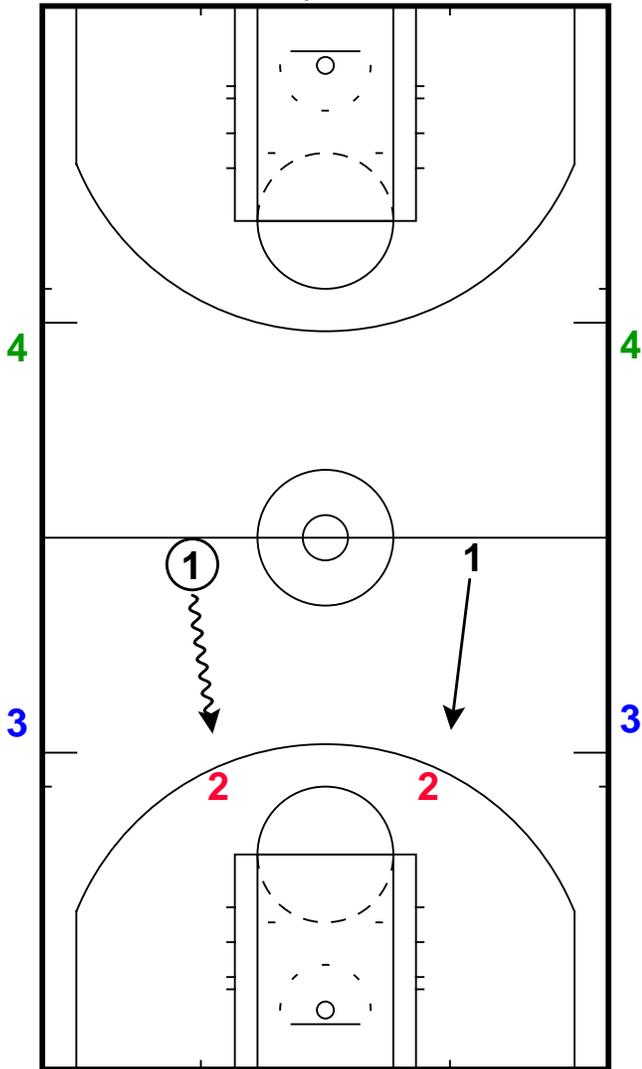
4 (Butler) and 5 (West) setting a staggered screen for 1 (Hill)

3 (Stephenson) passes to 1 (Hill) for a wide open 3



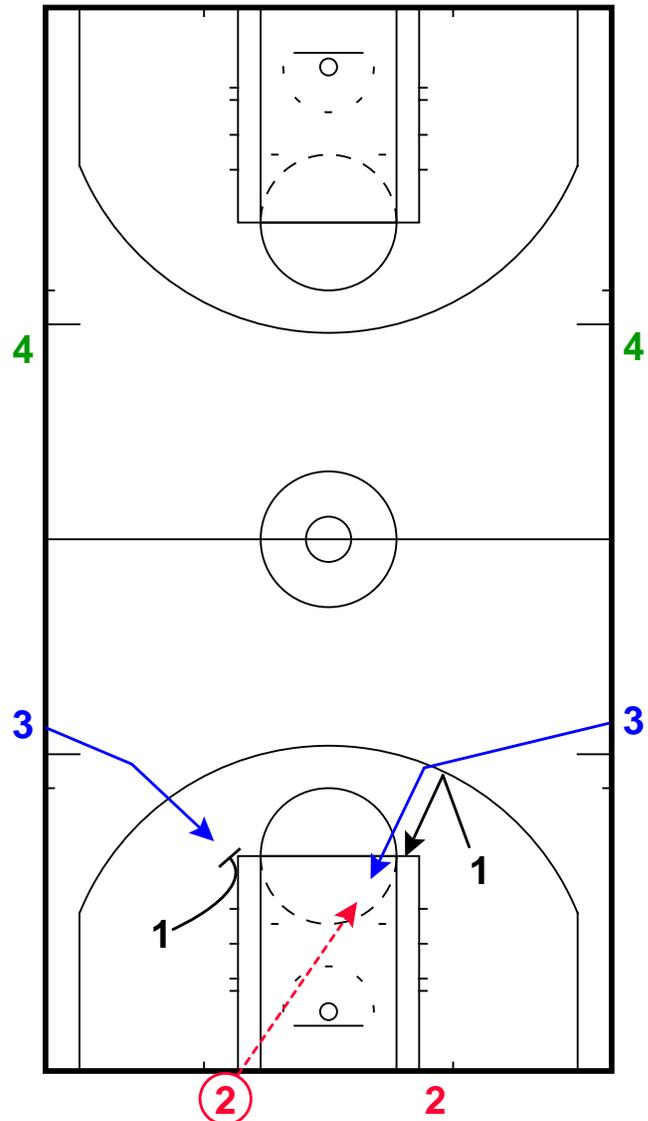
Drills

2v2 Deny and Grind



Team 1 plays live 2v2 against Team 2. Team 1 gets three passes to score. Players get three dribbles max each time they have possession of the ball.

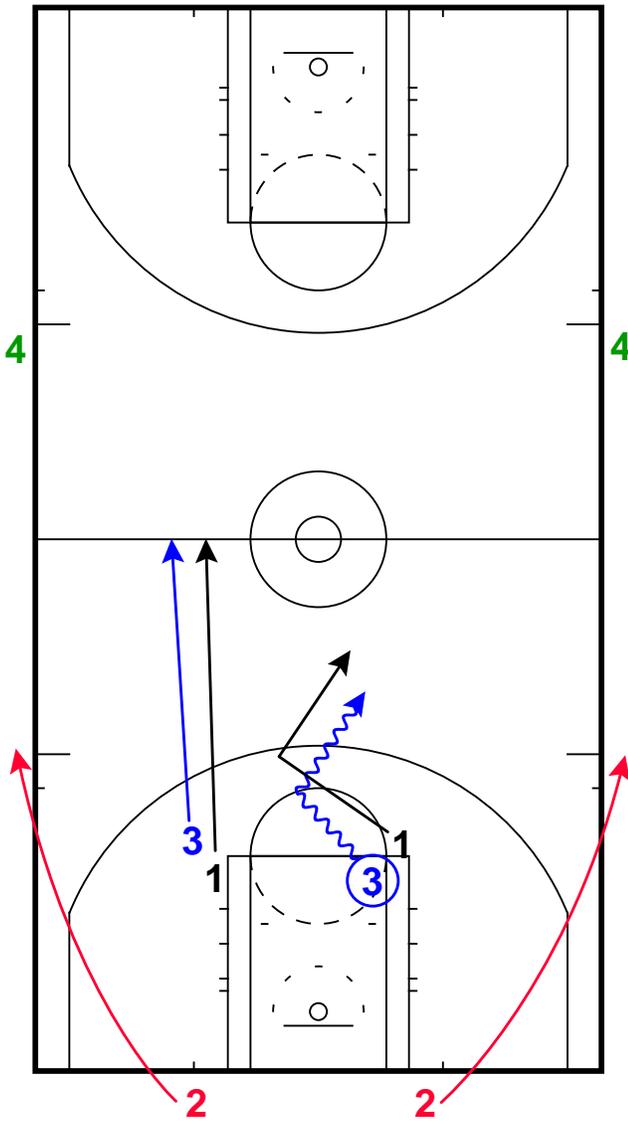
2v2 Deny and Grind



Team 2 takes the ball out, regardless if they get a stop or get scored on and inbounds the ball to Team 3, who will be face-guarded by Team 1. Team 3 must catch the ball in front of Team 1. No over-top passes. If Team 1 gets a steal on an inbounds pass or a 5 second call, they are awarded 5 points. If they get a 5 second call, they get the ball and get to transition against Team 3, who loses their offensive possession. If they get a steal, they can try to covert against Team 3. If they score, Team 2 takes out the ball and again tries to inbound the ball to Team 3. If they get stopped, Team 3 just takes off and plays full-court 2v2 against Team 1.

Drills

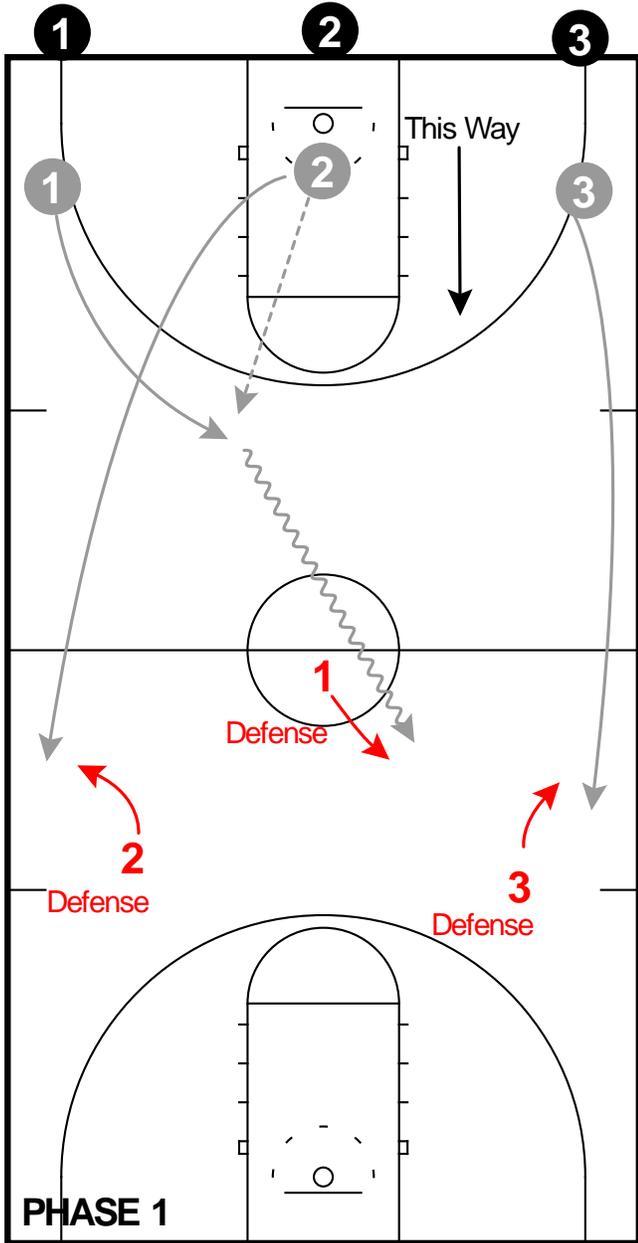
2v2 Deny and Grind



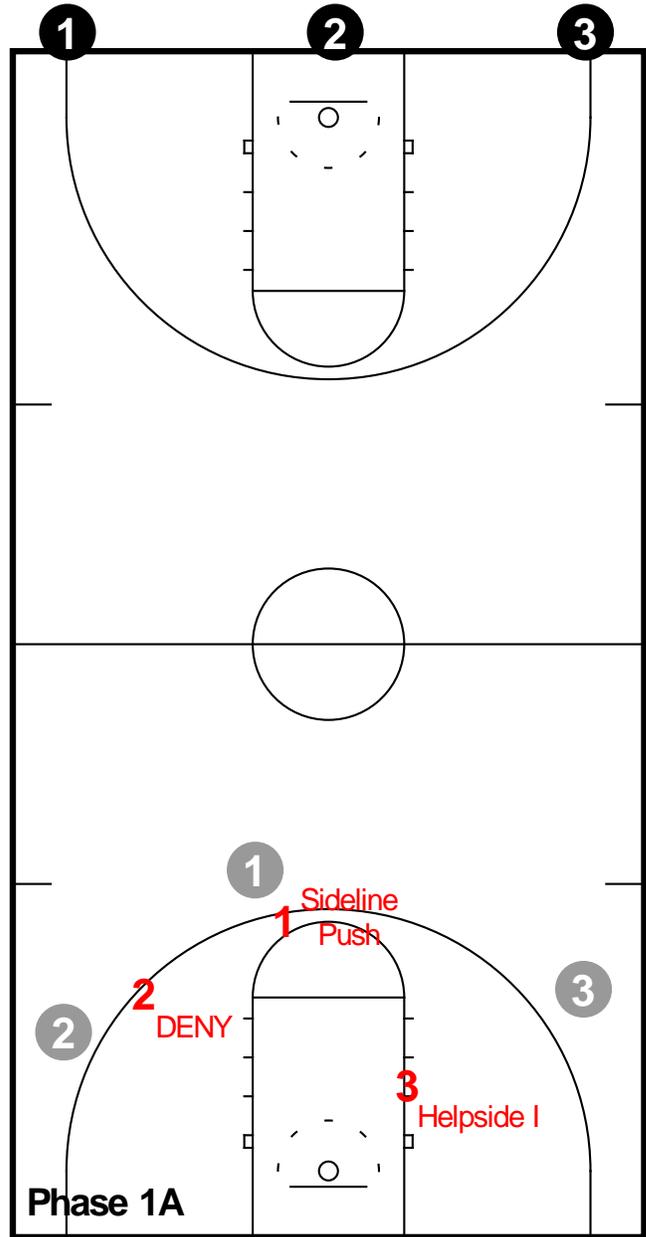
As soon as Team 3 successfully receives the inbounds pass (or stops Team 1 if they stole the inbounds pass and played live), they play full-court 2v2 against Team 1. No over-top passes until the handler gets passed half-court. After Team 2 scores or gets stopped, Team 1 will inbound the ball to Team 4, while Team 2 denies. Drill continues. Continuous 2v2 full-court with inbounds denial.

Drills

3-on-3 Guts



3-on-3 Guts



Defense must make four consecutive STOPS before going to offense.

STOPS are defensive rebounds, steals or out of bounds possessions. If the offense scores or is fouled, the defensive STOP count goes back to zero. Offensive charges count as four stops. Offense goes down and back, and a new offensive group comes on the floor.

The offense TAKES NO PRISONERS! The defense must earn its way off the court.

GREY team brings the ball up against the RED team.

STAY. Do not change directions until the ball touches the rim. Check ball in after steals and fouls. Offense must inbound the ball on all out of bounds situations.

Offense: Play within motion offense rules

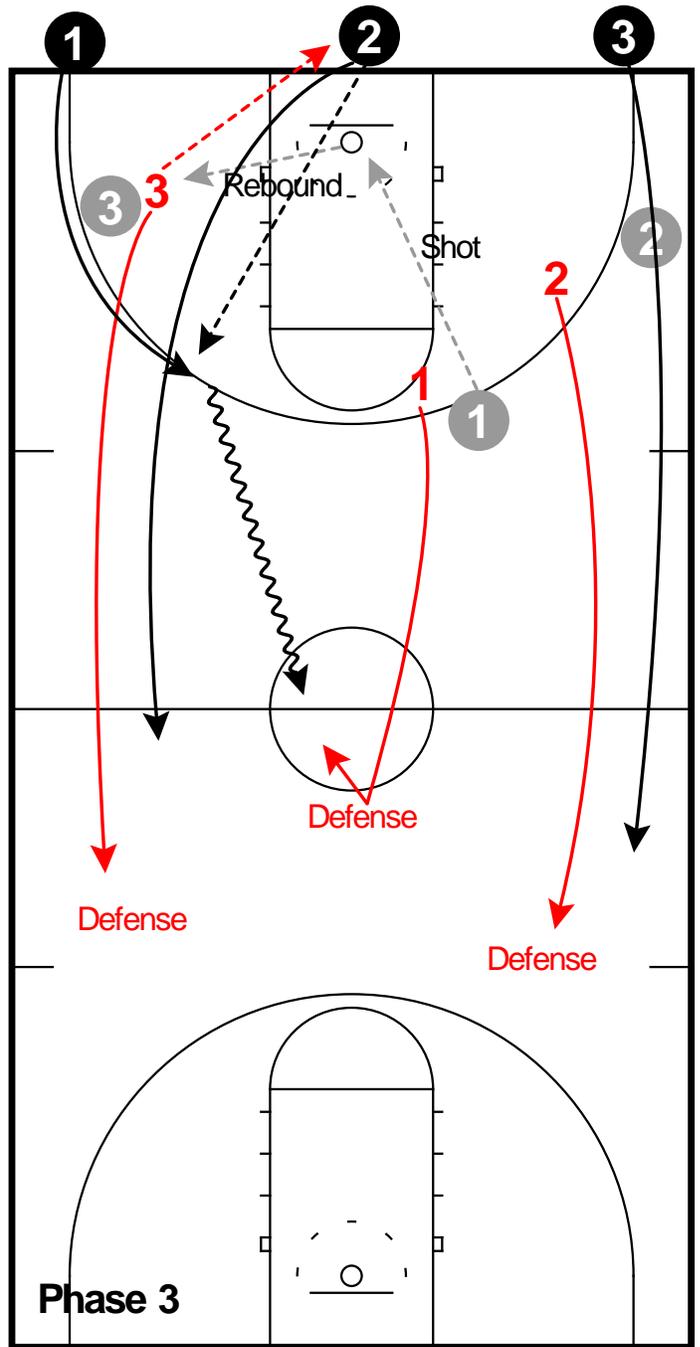
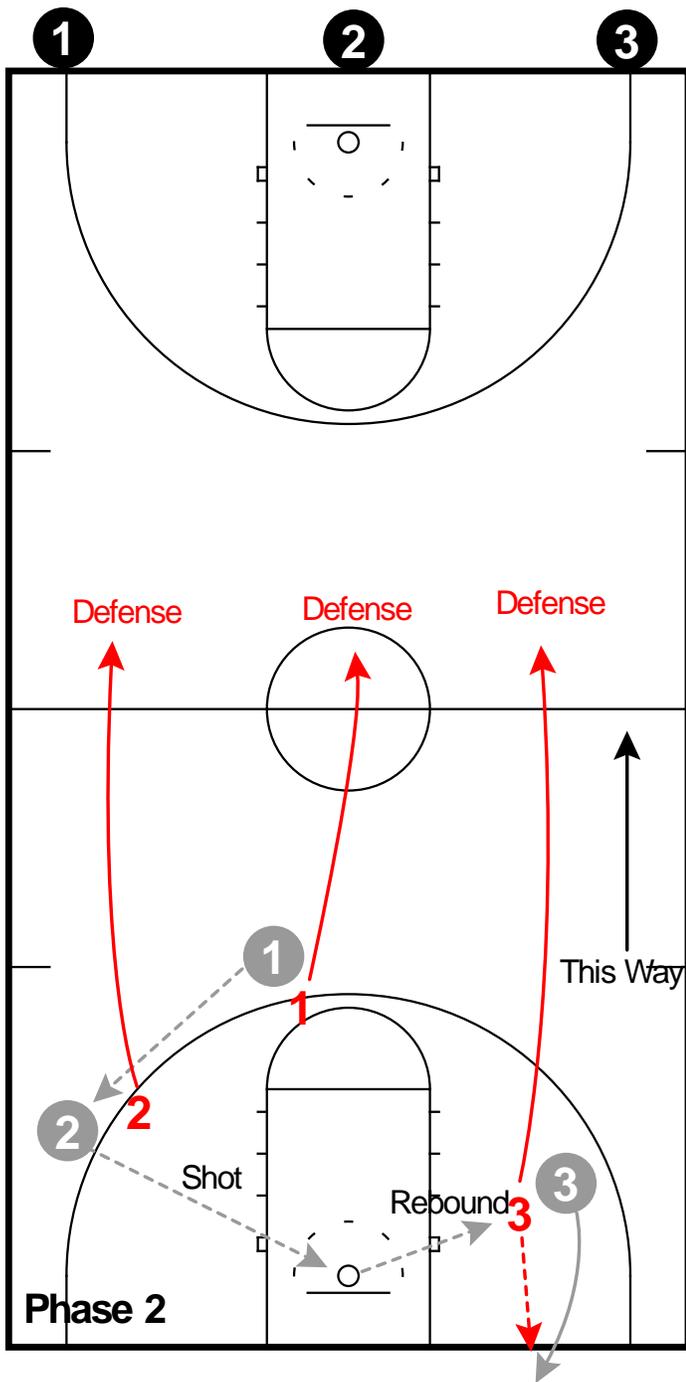
Defense: Man-to-Man rules.



Drills

3-on-3 Guts

3-on-3 Guts



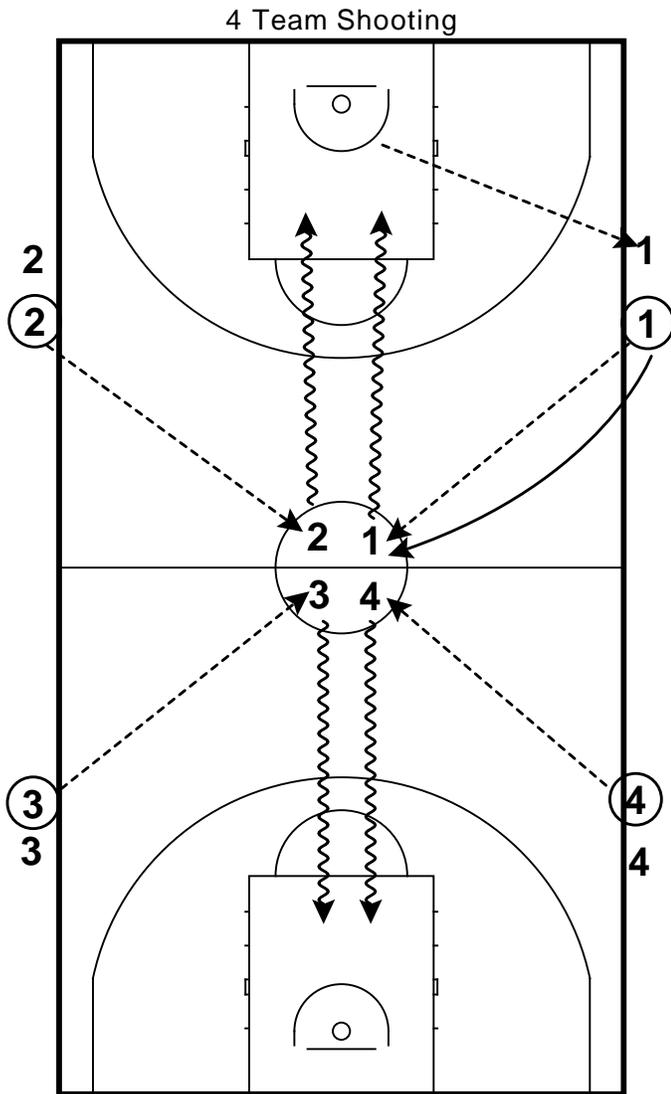
Switch Directions. Teams switch directions after a MADE shot or DEFENSIVE rebound.

New Offensive Group. Offense goes down and back, and then is replaced by a new group. Black team is now on offense.

Defense must earn its way to offense by making four consecutive defensive stops.



Drills



Teams line up as shown

Player in circle cannot leave until pass is received.

Pass is made to 1.

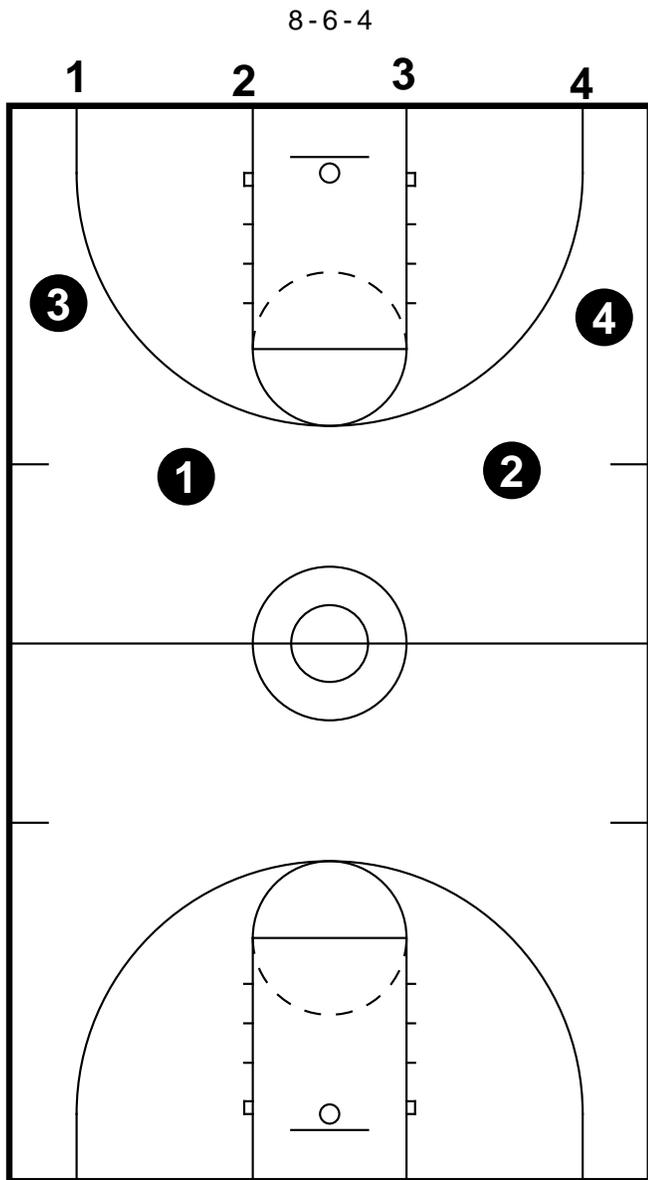
1 Dribbles in and takes shot. You can be as creative as you like, take shots from different spots or add moves at certain spots.

1 gets own rebound and makes outlet pass to next 1 in line.

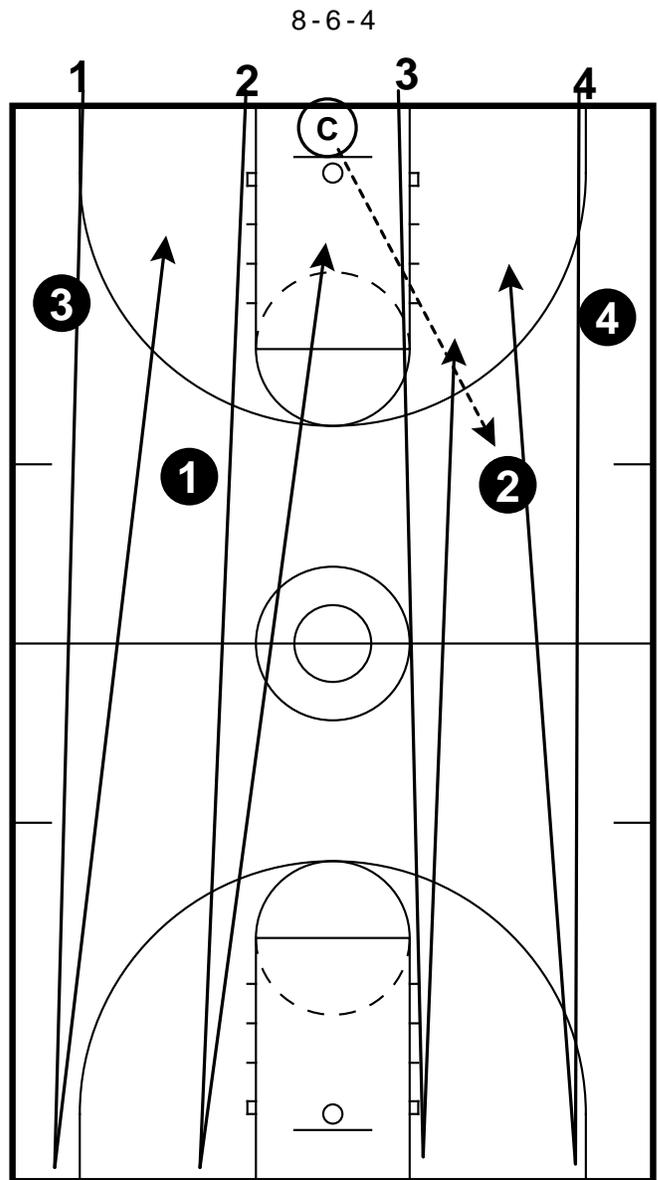
The passer sprints to the circle following their pass.

Continue drill until a set amount of shots are made or for a certain amount of time

Drills



Initial Alignment - defensive team is on the baseline, offensive team is 4 out.



Set clock for 8 seconds. Utilize shot clock here if you have one.

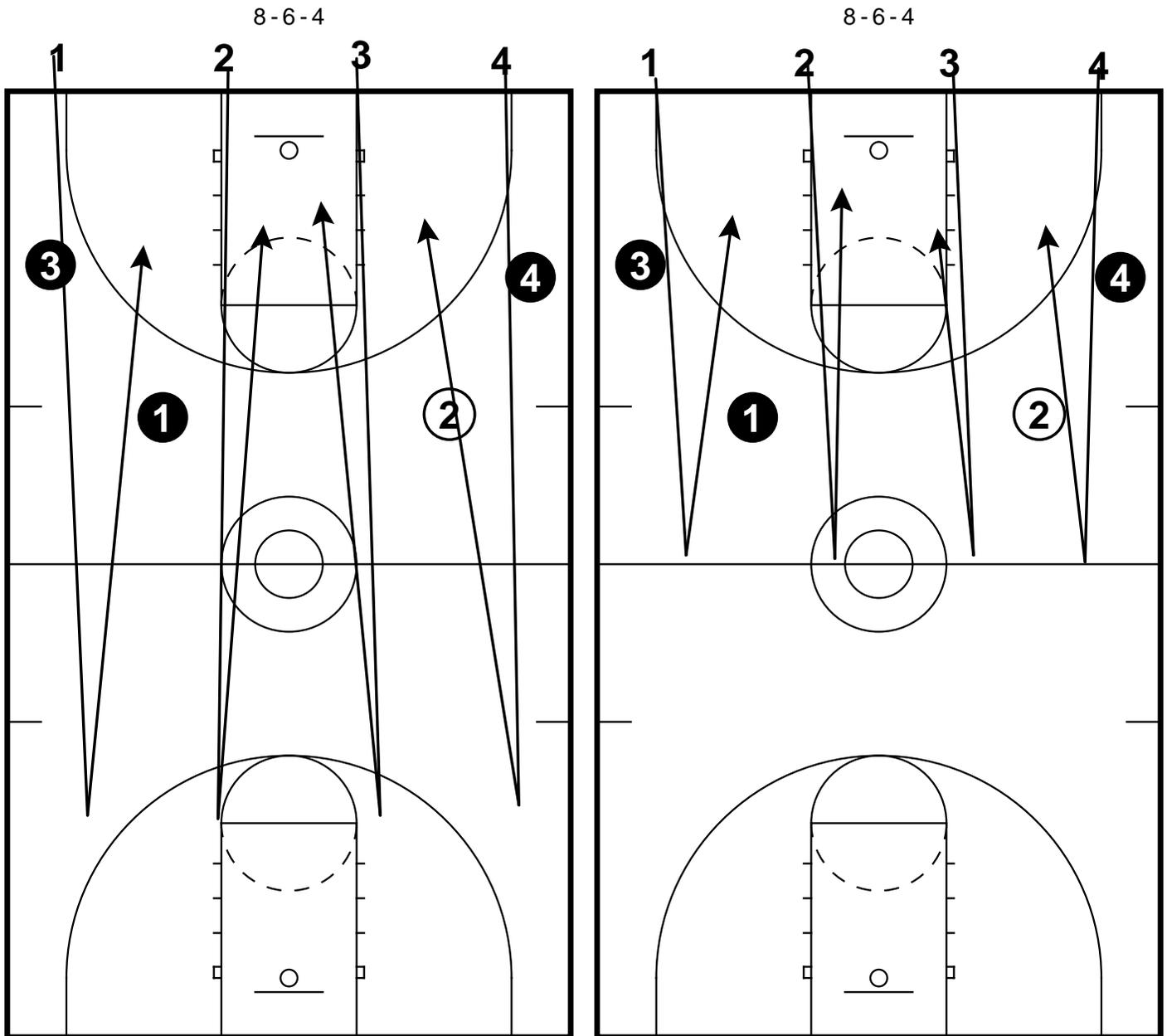
On the whistle, the defensive team must sprint to the opposite baseline, touch, and come back in transition defense.

After whistle, coach passes the ball to any offensive player. Up to the defense to locate the ball on the way back.

Note: Each team plays transition D differently - emphasize the points for your team. WTWGBB - first back takes the hoop, second back takes the ball., Point and talk the whole way.

The offensive team may attack as soon as they hear the buzzer.

Drills



If defensive team gets a stop, they go to 6. If they get scored on, they stay at 8.

Defensive team has 6 seconds to touch opposite free throw line and come back in transition defense. Offensive team may attack at the buzzer.

Rotate in new offensive team each time to keep everyone involved.

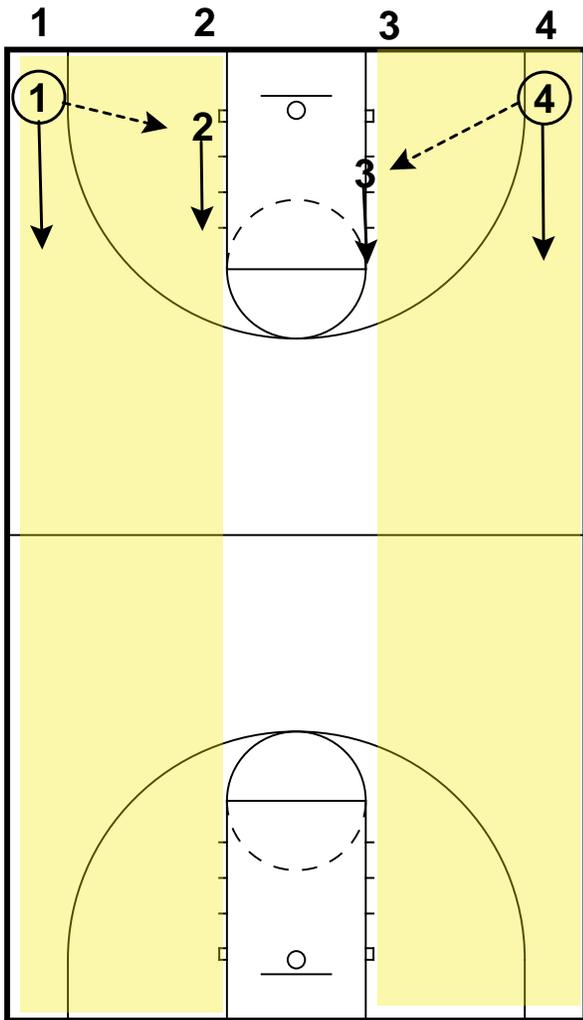
If the defensive team gets a stop at 6 seconds, go to 4 seconds. If they don't get a stop, they go back to 6.

Note: We have an accountability for staying at 8 for three possessions in a row - keeps the drill moving. Kids are sent with an assistant coach for a non-running accountability, such as pushups, planks, or wall sits. They will still finish the drill.

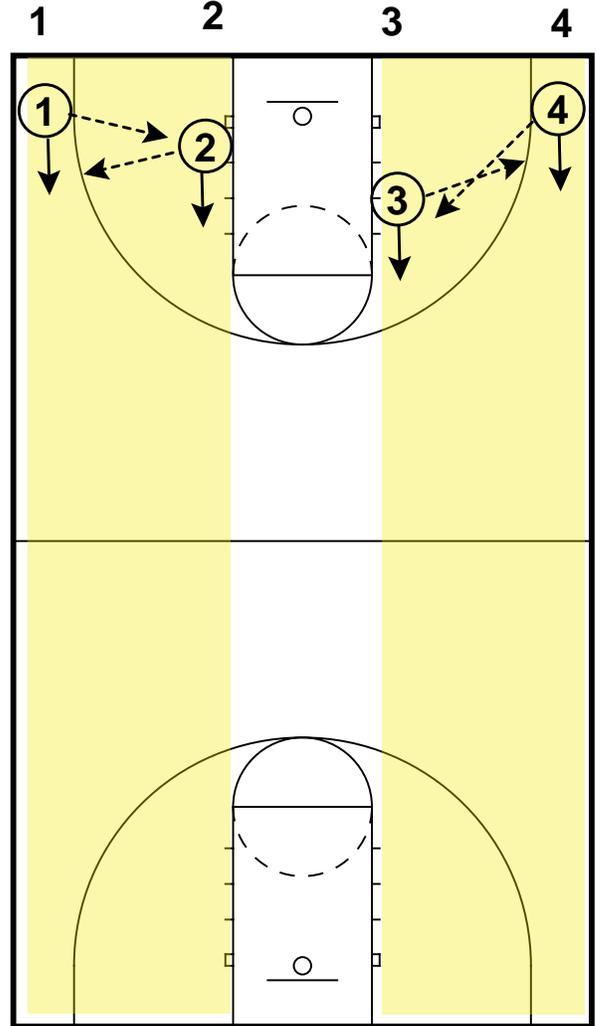
4 seconds - the defensive team runs to half court and back. Offensive team may attack at the buzzer.

Drills

Perfection - Team Warmup



Perfection - Team Warmup



4 Lines - 2 Balls

4 Lines of Players

2 Basketballs Total

1 in each line

Each set of partners go down and back

Chest Passes Day 1

Bounce Passes Day 2

Weak Hand Passes Day 3

Repeat

4 Lines - 4 Balls

4 lines of players

4 basketballs total

2 in each line with each set of partners

Partners go down and back

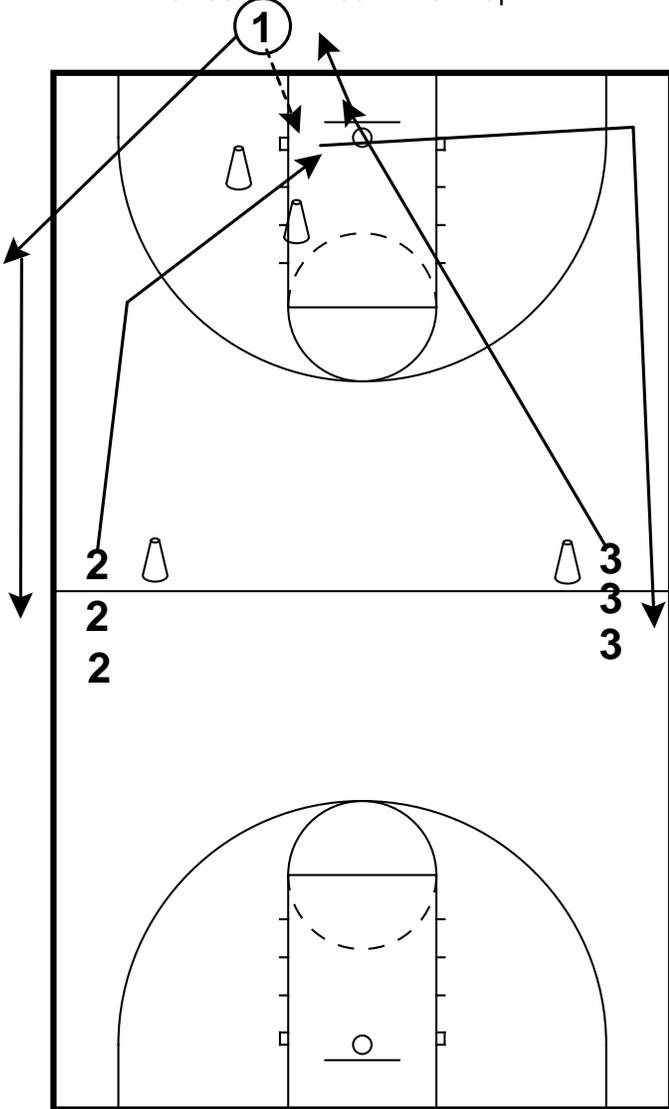
Outside line - chest passes

Inside line - bounce passes



Drills

Perfection - Team Warmup



Perfect Layups

Lines 1 and 3 start behind the cone; one player starts in Line 2 with a basketball. Line 1 sprints for a cut above the block as Line 3 is sprinting to rebound out of the net. Line 2 is out of bounds and bounces passes to Line 1 for the clean lay-up. Line 3 replaces 2, 2 replaces 1, 1 replaces 3.

Perfection - Team Warmup

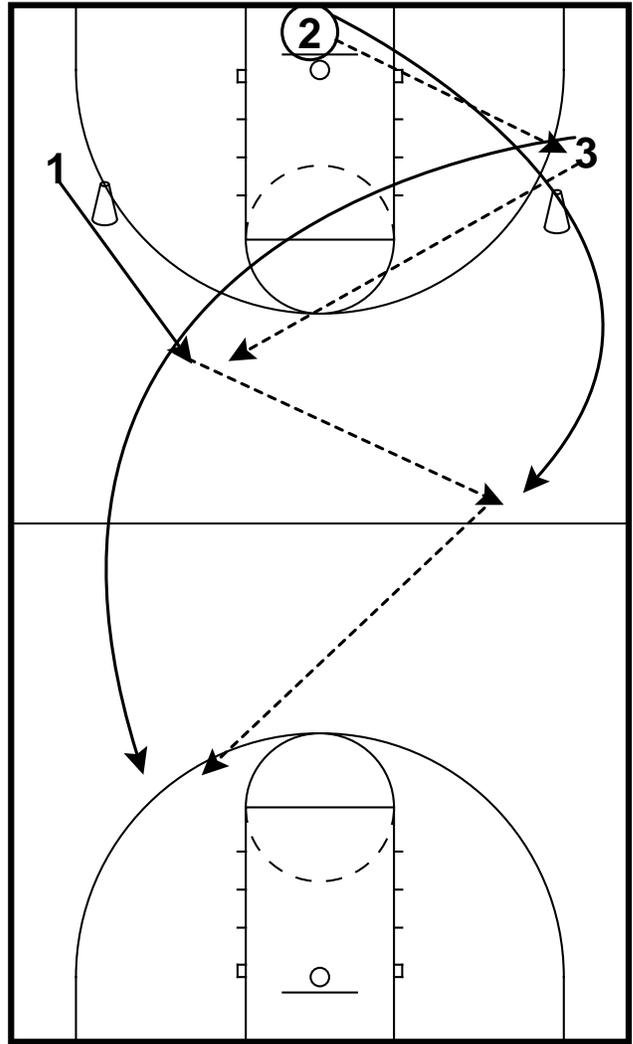


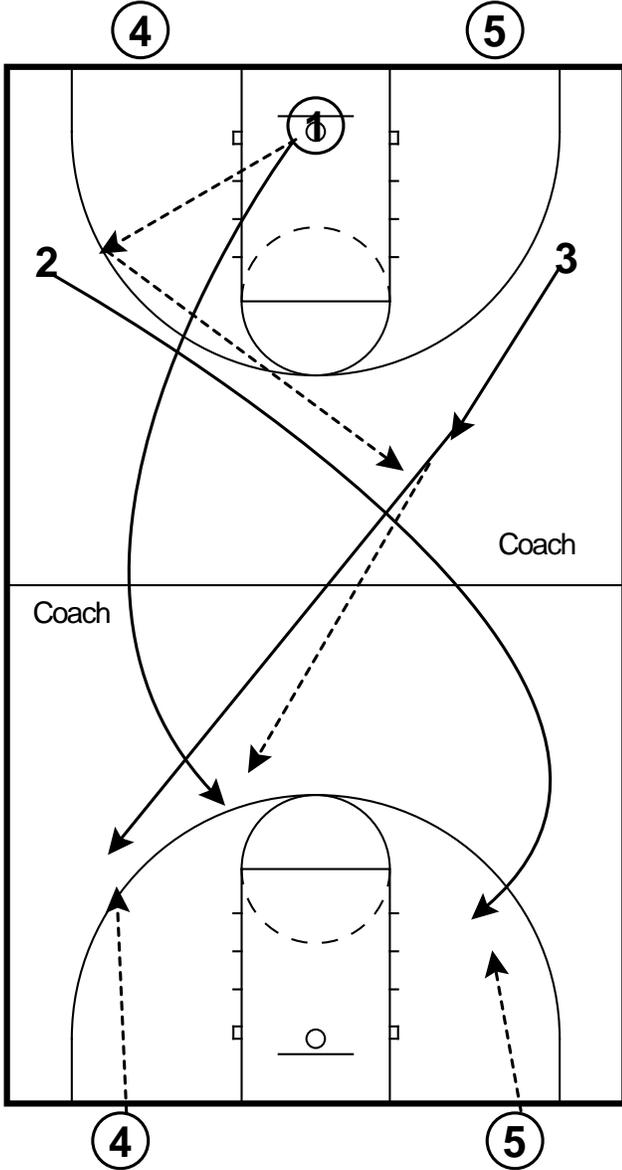
Figure 8 (3 Man Weave)

Ball starts in the middle; pass to either outside line, and fill behind the player the ball is passed to as the ball is moved downcourt.

All chest passes. Last pass is a bounce pass for a layup.

Drills

Perfection - Team Warmup

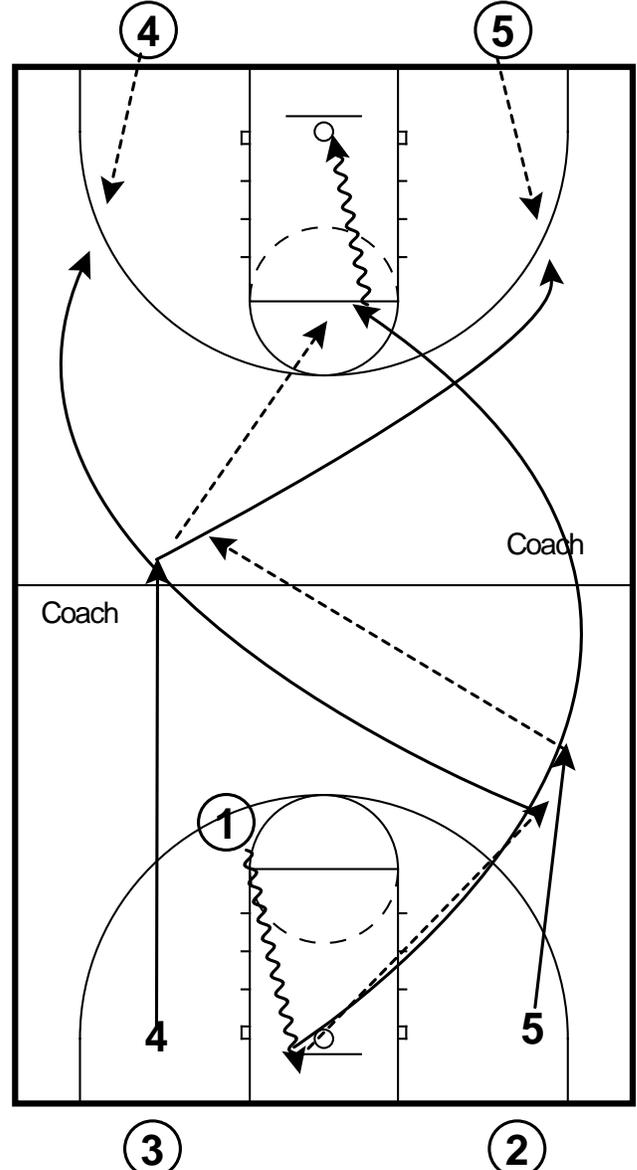


110 in 3

110 makes in 3 minutes. Every made shot is one point. Players find their range; centers shoot 15' and others shoot three point shots.

3 man weave to start; line 1 is the layup shooter down and back. Only two passes into layup for line 1 and a dribble is allowed to finish.

Perfection - Team Warmup



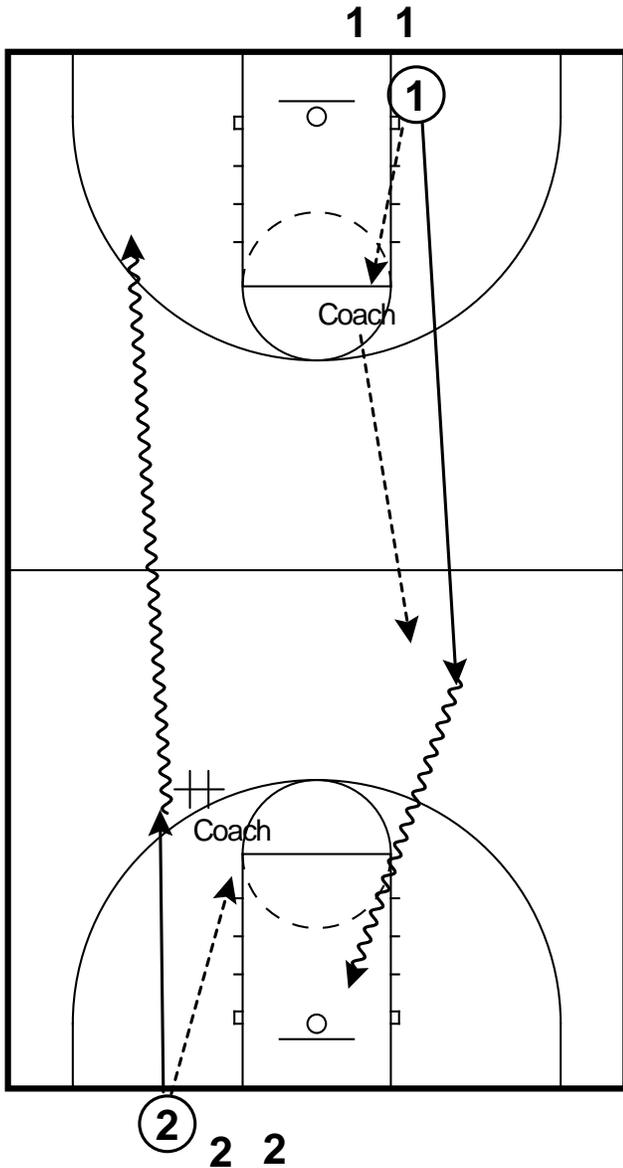
110 in 3 (continued)

Line 1 shoots layup as 2 and 3 spot up for passes from line 4 and line 5. Replace the passer with the shooter; so line 3 shot from line 4's pass, so shooter 3 becomes passer in 4 line. Simple. As soon as line 4 and 5 pass they fill in for the 3 man weave returning to the other end.

Coaches count each end and total after 3 mins.

Drills

Perfection - Team Warmup

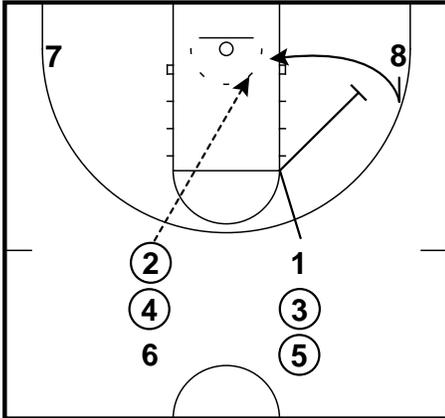


85 in 2 minutes

Each layup is worth one point. Player in line 1 passes to coach who can handoff or pass ahead for player to run into and make layup on other end. Line 2 passes to coach and has same rules.

Drills

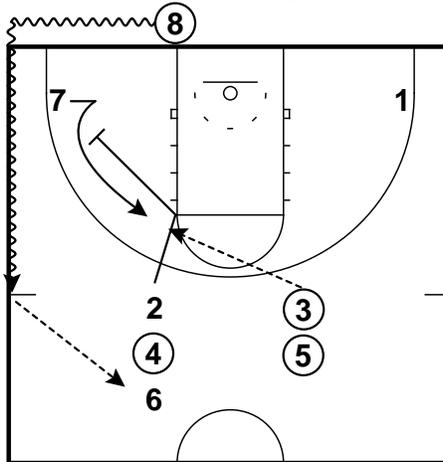
4 Corner Shooting (WPD)



4 Corner Shooting is one of our favorite motion team shooting drills. Incorporates 4 cuts when using a wide pin down screen (reject, straight, curl & flare). Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Screen Second 3) Shoot Third 4) Rebound Last 5) Change Lines. Our Goal: 15+ mfg for every minute!

1 sprints to set a "wide pin down". We emphasize a great screening angle (butt to ball) and change of speed. 8 rejects the screen and back cuts. 2 passes to 8. 8 closes his shoulder and attacks the rim!

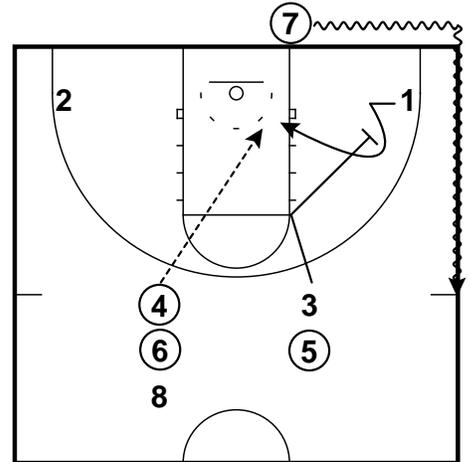
4 Corner Shooting (WPD)



Immediately after 2 passes to 8 (previous frame), 2 sprints to set a "wide pin down" for 7. On this side 7 uses the screen and makes a straight cut to the elbow. 3 passes to 7. 7 shoots (we emphasize an inside-pivot).

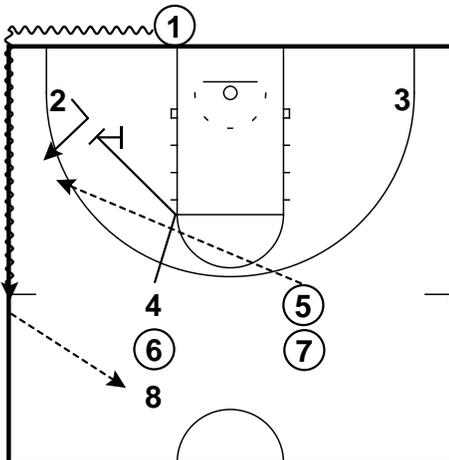
*This action would continue for 1-2 designated minutes, and then flip-flopped (reject the screen on the left and straight cut on the right).

4 Corner Shooting (WPD)



Now let's look at the next two pairs of cuts: 3 sprints to set a "wide pin down" for 1. 1 tight curls the screen. 4 passes to 1 attacking the basket.

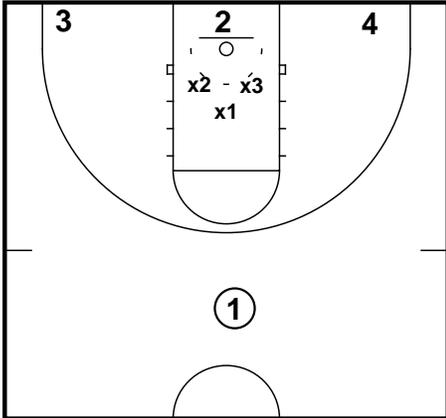
4 Corner Shooting (WPD)



On this side 4 sprints to set a "wide pin down" for 2. 2 flares and 4 repositions his screening angle. Again, this action would continue for 1-2 designated minutes, and then be flip-flopped (tight curl on the left and flare cut on the right).

Drills

4 vs 3 No Threes

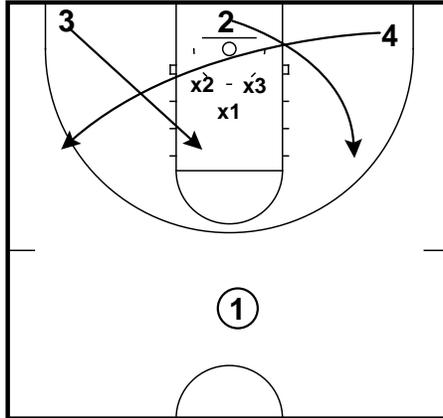


Starting Position for the drill

Four offensive players and three defenders

Option--change starting positions for offensive or defensive players before starting drill

4 vs 3 No Threes

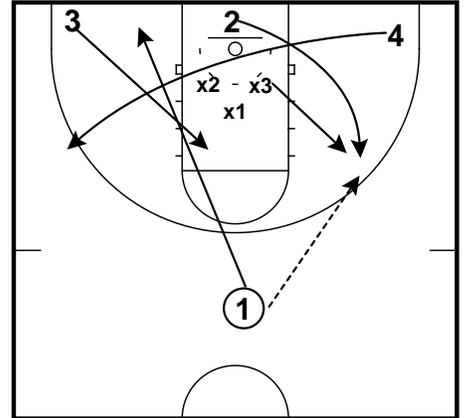


Offensive players can cut into any area on floor.

DEFENSIVE RULE:

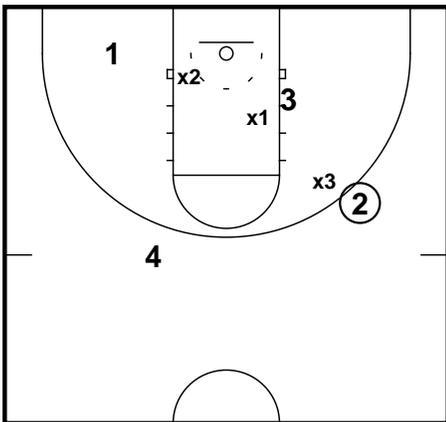
1. Must be there on the catch by offense
2. Ball pressure at all times
3. Communication entire possession
4. Two non-on ball defenders protect basket and lay ups
5. Secure rebound with two hands

4 vs 3 No Threes



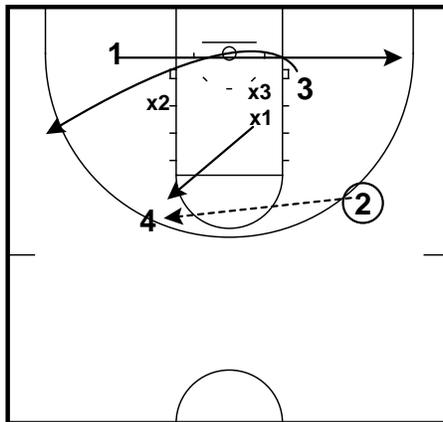
1 enters ball to 2 and cuts through the lane as other two offensive players move also

4 vs 3 No Threes



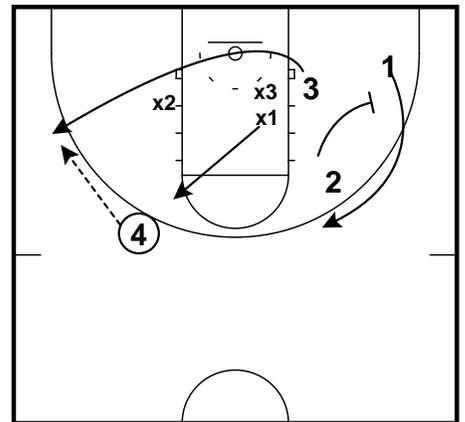
X3 rotates to 2 and is there on the catch. X2 and X1 adjust their positions according to players and basket.

4 vs 3 No Threes



X1 takes ball and X2 and X3 adjust to offensive spacing and basket.

4 vs 3 No Threes

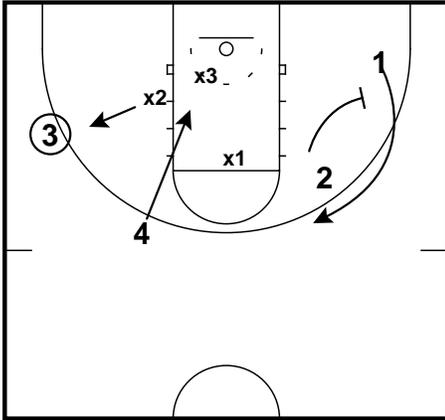


X2 anticipates pass to 3 and is there on the catch. X3 and X1 adjust.

It is KEY that X2 and X1 ANTICIPATE the next pass. The closest player has to sprint and close out to 4 and be there on the catch to take away the open 3.

Drills

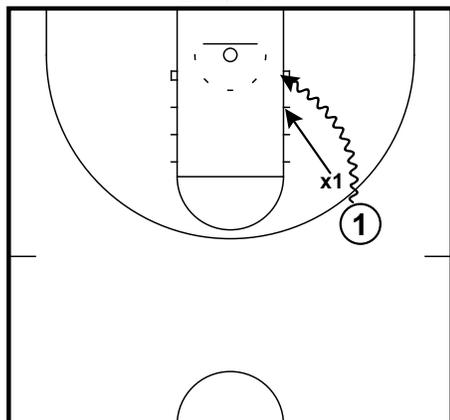
4 vs 3 No Threes



Every pass demands communication, sprinting to close out, being there on the catch, and proper defensive floor positioning to take away the basket.

Drills

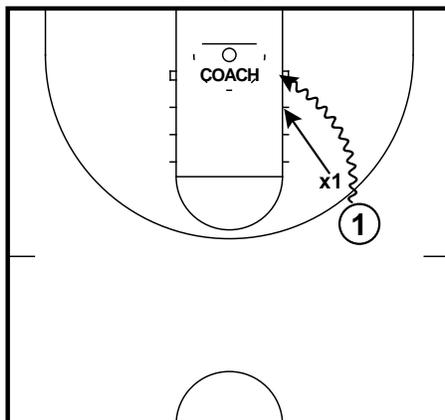
Blind 1v1



x1 is facing the hoop with their heels on the 3pt line. As soon as 1 puts the ball on the floor, it turns into live 1v1.

This drill works on the offense getting and maintaining a 1 second advantage over the defensive player.

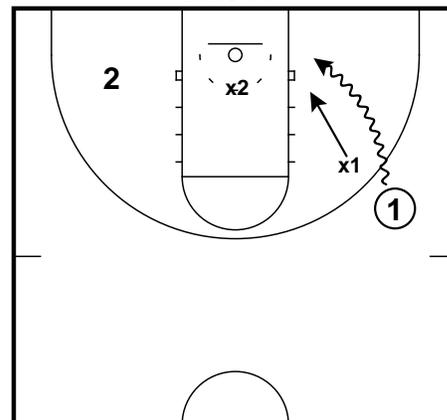
Blind 1v1



The second level now is to add a coach to the drill to be a guided help defender. This is a great time to teach the drive to land on 2 feet so they are balanced, strong, and controlled as they meet the help.

Be sure to emphasize straight line drives and players will try to loop drive to avoid the help.

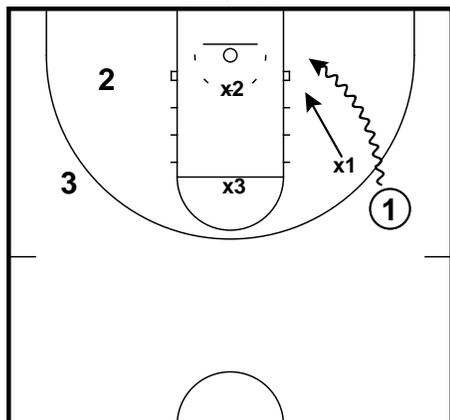
Blind 1v1



The next progression is to 2v2. It is now that you are teaching the driver to do 2 things:

1. Read the help defender (x2)
2. Keep the 1 second advantage by scoring if the stays, giving the advantage to 2 if x2 steps to help on drive.

Blind 1v1



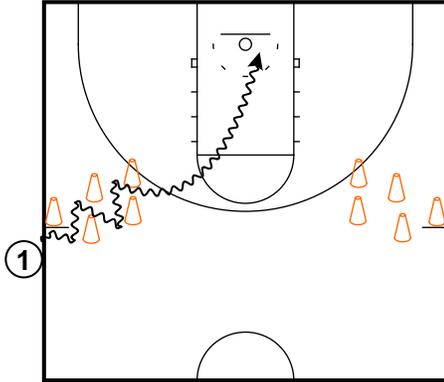
The last progression is to take it to 3v3. The same reads apply for the driver on the attack, but now you are also training 2 to keep or increase the advantage.

If x2 stops ball and 1 passes to 2, 2 then has to keep the advantage. 2 can accomplish this by:

1. If he is open, on balance, and in range - shoot the ball
2. If x3 stays home and x2 recovers hard, 2 can drive the ball
3. If x3 drops to help, 2 keeps the advantage by hitting 3 with a "click pass" (a pass that is in and out of the passers hand within a half second or less). 3 then shoot if open, drives a hard closeout, and makes a pass.

Drills

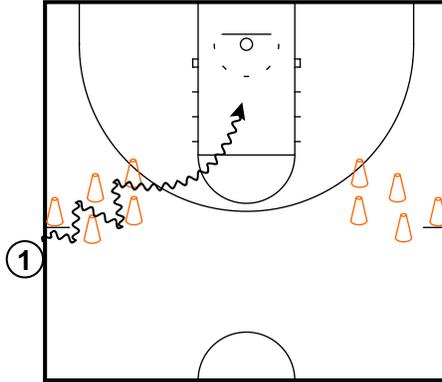
Cone Handle Shots



Strong/Reverse Lay-Up: Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly crossover, take one hard dribble at the next cone and crossover (keeping the ball below the knees). After the last cone the player takes no more than two dribbles and attacks the rim. Finish on the other side of the rim with strong hand, make 3 per side.

Next set is similar but the player will do an inside-out crossover at each cone. The finish is with the off hand (left hand reverse on right side).

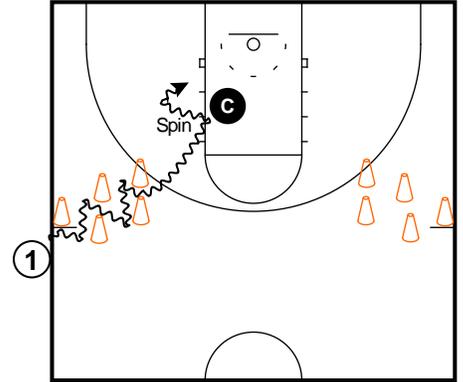
Cone Handle Shots



Floater: Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly dribble between the legs, take one hard dribble at the next cone and crossover (keeping the ball below the knees). After the last cone the player takes no more than two dribbles and attacks the rim and shoots a floater (1 and/or 2 feet) make 3 per side.

When driving right shoot right floater and left floater driving left

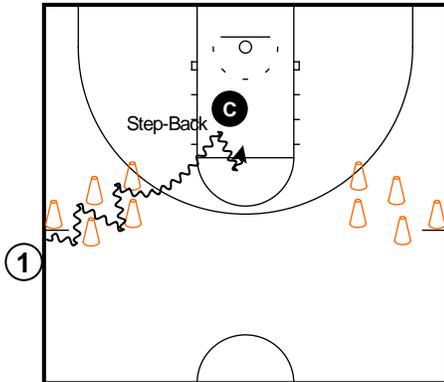
Cone Handle Shots



Spin Fadeaway: Players starts with 1 ball and dribbles at each cone. The player will take 1 hard inside-out dribble with the outside hand and quickly dribbles between the legs, take one hard dribble inside-out at the next cone and between the legs (keeping the ball below the knees). After the last cone the player takes one hard dribble and spins off the coach/pad for a fade away jumper. Make sure the player is not drifting, but slightly leaning/fading back to get the shot over a big.

Contest the shot without getting under the shooter (prevent ankle injuries).

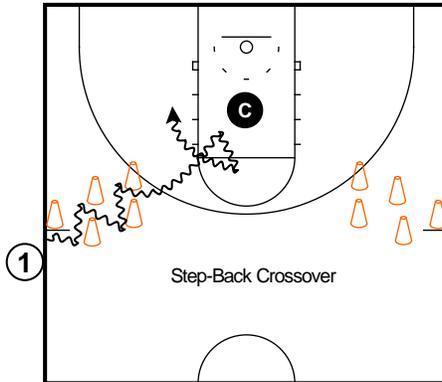
Cone Handle Shots



Step-Back: Players starts with 1 ball and dribbles at each cone. The player will take 1 hard inside-out dribble with the outside hand and quickly dribbles behind the back, take one hard dribble inside-out at the next cone and behind the back (keeping the ball low). After the last cone the player takes one hard dribble at the lane and steps one hard step back into a jumper.

Contest the shot without getting under the shooter (prevent ankle injuries).

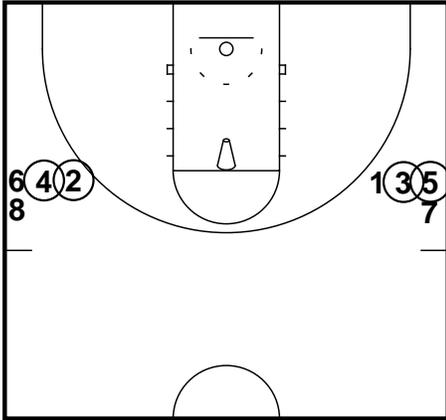
Cone Handle Shots



Step-Back Crossover: Players starts with 1 ball and dribbles at each cone. The player will take 1 hard dribble with the outside hand and quickly dribbles between the legs->behind the back->crossover, take one hard dribble at the next cone and dribbles between the legs->behind the back->crossover (keeping the ball low). After the last cone the player takes one hard dribble at the lane and steps one hard step back dribble and then quickly crosses over, creates space with 1 dribble for a jumper.

Drills

Continuous Blast-Cuts

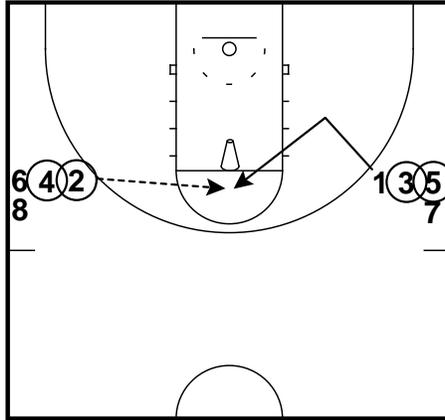


*Continuous Blast-cuts is one of our favorite footwork shooting drills. Teaches (cut & replace motion concept and incorporates 1) Catch & Shoot 2) Shot Fake Blow-by 3) Foot Fake Crossover and 4) Back-cut.

*Works best with 8 players and 4 basketballs. Drill Sequence: 1) Pass First 2) Cut Second 3) Shoot Third 4) Rebound Last 5) Change Lines.

*As a coach, we like to be where the cone is positioned to instruct and direct traffic.

Continuous Blast-Cuts

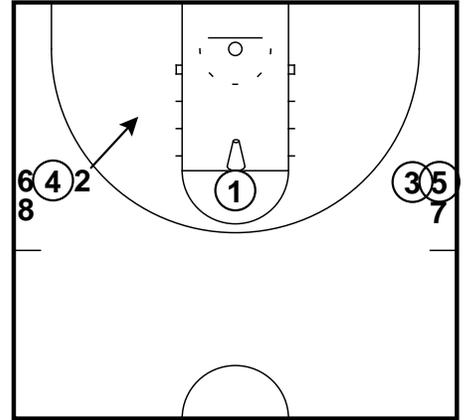


1 starts the drill with a fill cut. In this diagram, a v-cut (2-step rule). We emphasize going in slow and coming out fast.

2 is in triple threat position and makes a good pass to 1 (good pass = good shot).

1 uses an inside pivot to face up.

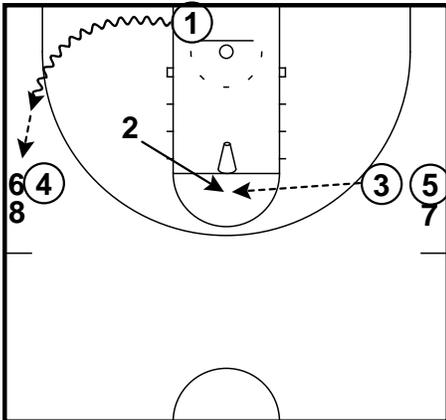
Continuous Blast-Cuts



1 will execute one of the following: 1) Catch & Shoot 2) Shot Fake Blow-by (1 dribble pull-up) 3) Foot Fake Crossover (2 dribbles, close shoulder lay-up) 4) Back-cut (lay-up).

2 begins 2-step rule (fill cut).

Continuous Blast-Cuts



1 follows his shot, rebounds and takes the ball to the opposite line.

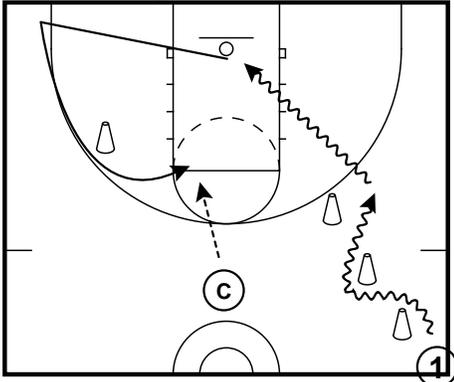
2 fills and the sequences starts all over again.

*Please emphasize the cutting, inside pivot and footwork (4 actions mentioned earlier).



Drills

Cougar Shooting Drill



#1 dribbles through the cones using various change of direction moves and attacks the basket

After taking a shot, the player widens out to the corner and cuts hard off the cone simulating cut off of a screen

Coach passes the player the ball for a shot

Utilize various moves on the first and second legs of the drill:

Regular lay-up

Power finish

Shot-fake finish

Floater

Runners

Reverse lay-up

Jump shot

Pull-up jump shot

Step-back move

Step-back counter move

Inside hand finish

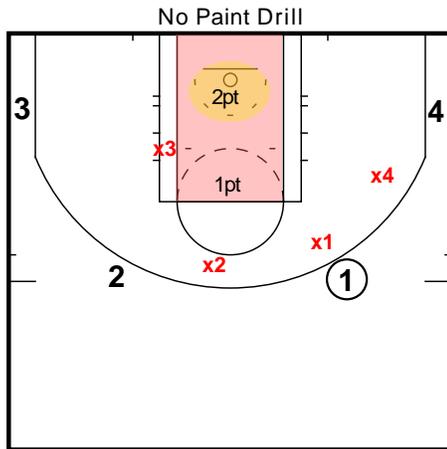
Hips across lay-up

Spin move

Up and under move

Etc.

Drills



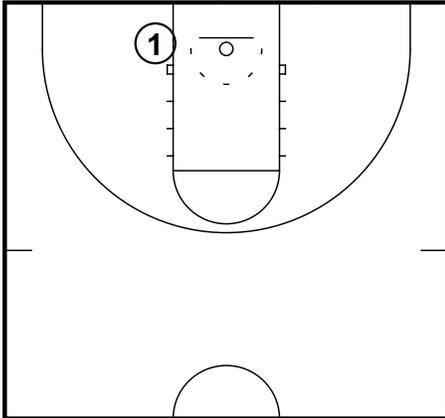
OFFENSE - Attack the paint with drive and kick.

DEFENSE - No straight line drives. Good gap positioning.

Scoring - 1 point for offense to get 2 feet in the paint. 2 points for a drive in to the charge circle.

Drills

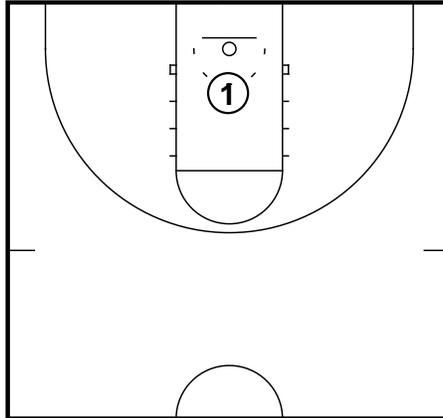
Shooting Warmup



PHASE 1: SIDE SHOOTING

Begin below the block so that your body is squared up to the side of the basket. Place both your hands on the ball in shooting position and place the ball at waist level. Without jumping, shoot the ball at the side of the backboard so that it falls directly back down to you. Repeat until you have 10 perfect shots.

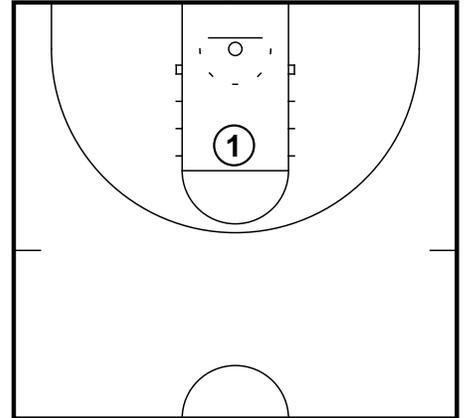
Shooting Warmup



PHASE 2: BANK SWISH SHOOTING

Stand in front of the rim so that you are about 1 foot away. Place the ball at waist level, hands at shooting position. Shoot the ball so that it banks off the backboard and then falls into a swish in the net. Repeat until you have 10 perfect bank swishes.

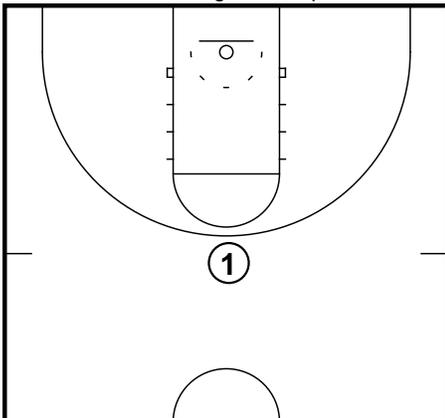
Shooting Warmup



PHASE 3: FLOW SHOOTING

Step back so that you are 1 foot in front of the free throw line. Place your hands in a shooting position on the ball, and place the ball at waist level. Take 1 hop straight up and down. As soon as you land out of your hop, explode up into your shooting motion. The objective is to swish 10 shots.

Shooting Warmup

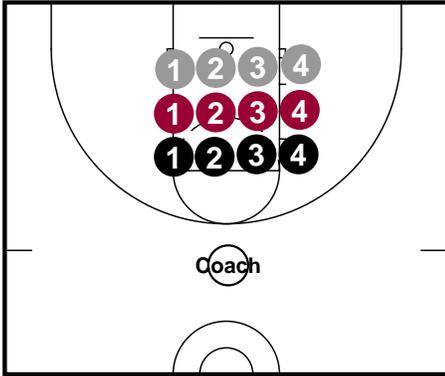


PHASE 4: DRIBBLE PULL-UP SHOOTING

Start behind the free throw line with your hands on the ball in a shooting position, and the ball at waist level. Rip the ball in a tiny circle and take 2 dribbles right. Your first dribble should cover ground, and the second dribble should slam straight down and act as brakes for your body. Raise up and shoot a shot. Repeat the same going left. Swish 10 shots.

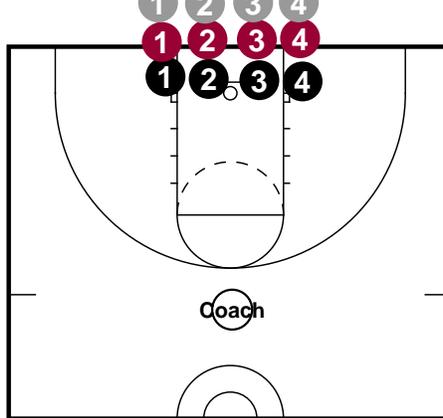
Drills

Snow Valley Cut Throat



Cut Throat is a 4 on 4 competition that started at Snow Valley Basketball School. It is a timed drill that teaches great habits. It can be used as an offense or defense drill.

Snow Valley Cut Throat



There are 4 rules for Cut Throat.

1. On the catch every player must "square up" with eyes on the basket and in a triple threat position.

(The only exception is on a cut toward the basket to score.)

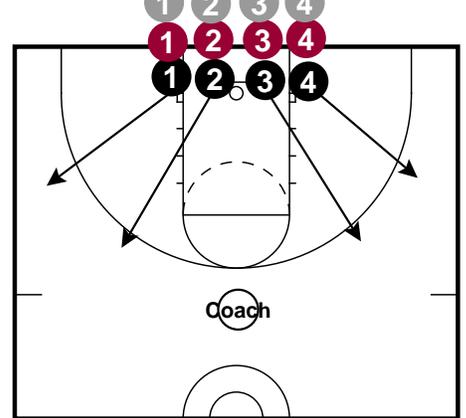
2. After every pass, each player must make a purposeful basket cut.

3. On a made shot, the player that made the shot must thank the passer. (This includes a pass from the Coach.)

4. There are no out of bounds.

The goal is to stay on offense

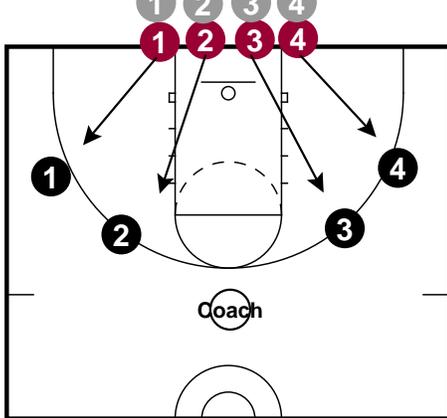
Snow Valley Cut Throat



Play begins with a whistle from the Coach. When the "Black" team sprints out, they must say their score.

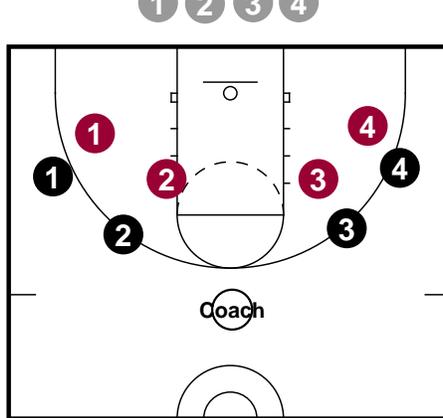
Drills

Snow Valley Cut Throat



The second whistle brings out the "Red" team on defense.

Snow Valley Cut Throat



Here is where the drill takes on the identity you need it to. You can make the offense do anything you wish.

Example:

Downscreen

All 4 players touch

No catch and shoot

Scoring is as follows (For Us, You can change it):

1pt for offensive rebounding

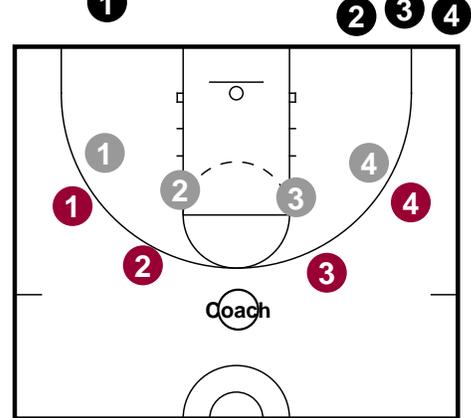
1pts for FG

2pts for 3pt Shot

Charge (Takes the Offense back to zero)

*You can also award 1 point for hustle

Snow Valley Cut Throat



You are in control of your court. Kick teams off for:

not communicating

breaking any of the 3 rules

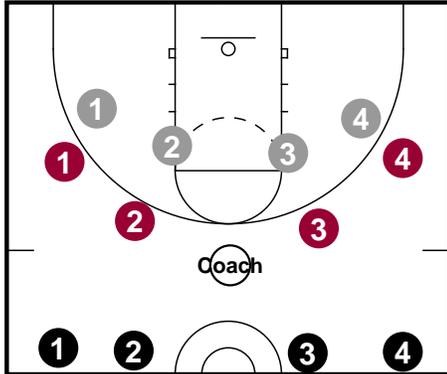
"boring" offense

complaining.

You can make this drill as intense as you want.

Drills

Snow Valley Cut Throat



In Defensive Cut Throat teams are at half court. Defense gets points for a stop.

Scoring:

1 point for stop

3 points for Charge

1 Point for Offensive for completing an "And-1"

3 stops in a row earns a Bonus point.

Defense gets points for a stop. Teams are removed for :

Not talking

Not Closing Out

Giving up middle or baseline drive

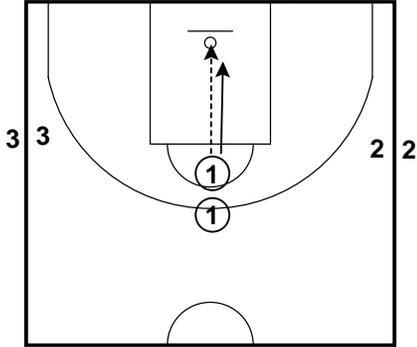
Not taking a charge

Whatever you stress is what you get accomplished



Drills

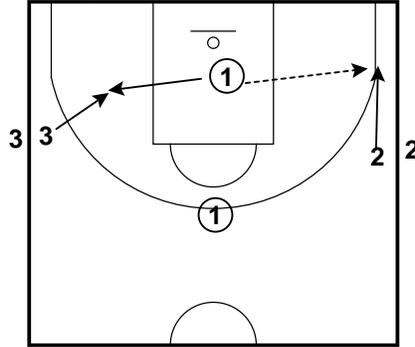
Spanish Rebounding Drill



Players in line 1 have basketballs

Player 1 throws ball off the board and goes to rebound it

Spanish Rebounding Drill



Player 1 secures the rebound and throws pass to either side.

In this example they pass to player 2 who has cut toward ball

Immediately after the pass, Player 1 goes to weakside to box out player 3

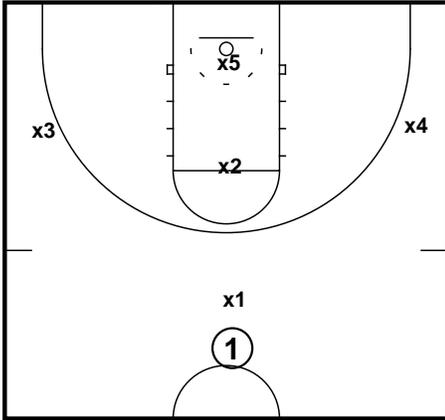
Player 2 takes a shot

Player 1 and 3 play "live" basketball.

If 3 gets rebound they try to score. If 1 gets it the drill ends

Defense

Baylor 1-1-3 Zone



Initial set up:

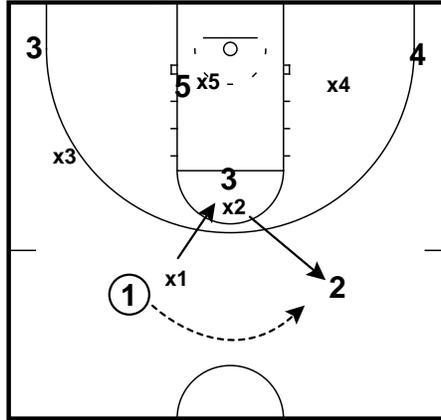
X1 will pick the ball early. This is NOT a "pack it in the paint" zone.

X2 guards any high post player and anticipates first pass

X3 & X4 are high and wide preventing pass into corners

X5 plays post defense

Baylor 1-1-3 Zone

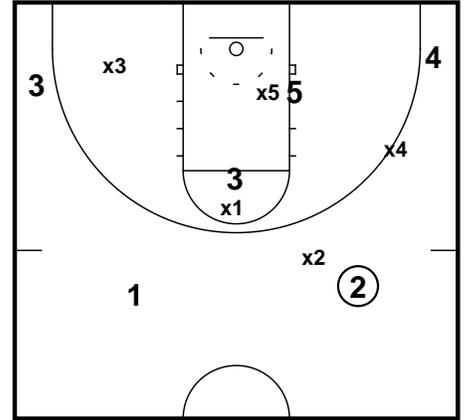


Commonly, Baylor's opponents use an two guard front.

It is the job of X1 and X2 to trade off ball pressure and high post coverage. When the pass is made from 1 to 2, X2 closes out the ball while X1 drops to high post coverage.

X3 and X4 can help the top guards cover the wings if needed, they come as high as the offense operates. If the ball is opposite of one of the wings, they want to be inside and deeper than the lowest man on their side of the court.

Baylor 1-1-3 Zone

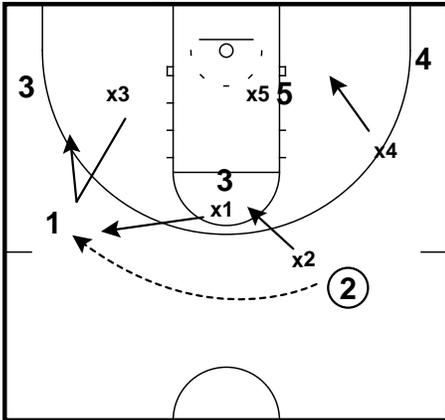


X1 and X2 have now traded ball pressure and high post coverage responsibility

X3 is inside of and deeper than the deepest man on his side of the floor.

X4 is in the passing lane preventing the pass to the corner

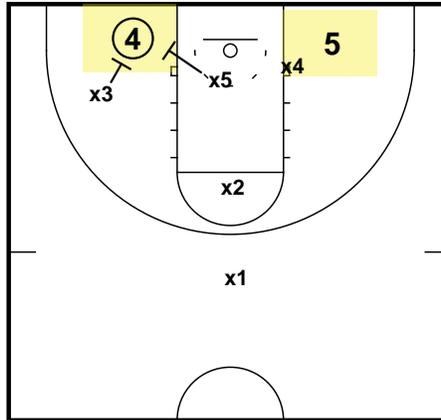
Baylor 1-1-3 Zone



On a long pass the wing (X3) can help close out but he bumps back so X1 can cover.

X2 drops to high post coverage. These trade offs of coverage require timing and communication.

Baylor 1-1-3 Zone

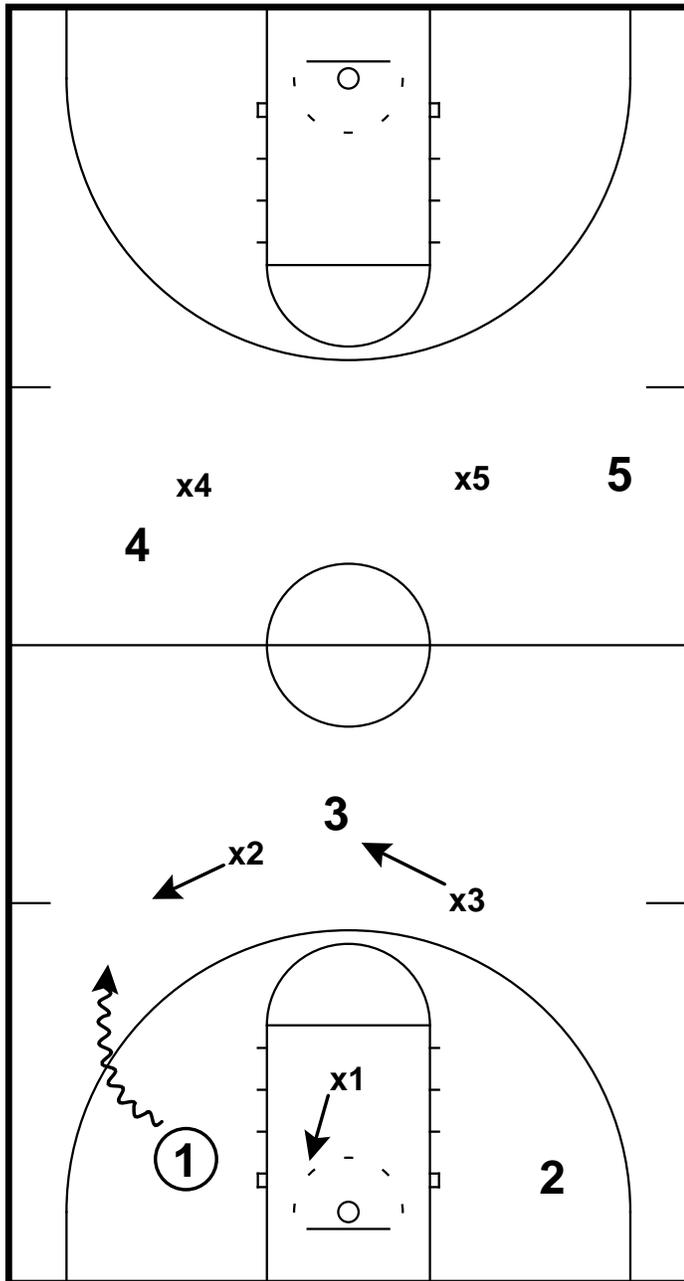


If the ball goes in the short corner, Baylor will trap

X4 must rotate over

Defense

Villanova 1-2-2 Press



Villanova 1-2-2 Press

