Stanford Motion-Zone Offense

Below are diagrams of the offense presented in the video by Coach VanDerveer. This is a "patterned zone offense" and could be used not only by higher level teams, but also is simple enough that it could be taught to youth teams. It uses the basic 1-3-1 set, attacking from the short corner, which works well against the 2-3 zone defense (the most commonly used zone defense).

In diagram A, we are in a 1-3-1 set, but we have O4 move to the corner. O1 passes to O2 (diagram B), and O5 posts-up above the block. O2 passes to O4. This causes the outside low defender X4 to come out and guard the ball. O4 dribbles up, taking the X4 defender along, as O2 cuts around O5 to the ball-side short corner. O2 is often open here for a pass as the X4 defender has moved outside. A quick pass to O2 might produce a shot (diagram D), or O2 could dump a pass into O5 for a lay-up. O3 could also come open on the back-side of the zone.

If the pass to the short corner is not open, O4 reverses the ball to O1 (diagram E), and O1 passes to O3. O2 sprints to the ball-side corner (left), and O5 now posts-up above the left block. O3 passes to O2 in the corner and cuts around O5 to short corner (diagram F), as O2 dribbles up to the wing (taking the X3 defender along).

If the pass O3 in the short corner is not open, O2 reverses the ball to O1 (diagram G), and O1 passes to O4. O3 sprints to the ball-side corner (right), and O5 now posts-up above the right
block. In diagram H, the pass does not go to the corner, but back out to O1. In this case, the wing O4 cuts through to the opposite corner as the ball is reversed to O1 and then to O2. O3 rotates up to fill the wing.

Diagram I once again shows the corner pass denied, so the ball is reversed back to O1. The rule here is that if on ball-reversal, if the ball is not passed to the corner (but back to the point instead), the wing O2 cuts through to the opposite corner, as O4 rotates up to the wing. Notice also that with O5 at the high post, the wing O2 cuts low to the corner. In diagram H, O5 was on the low block, so the wing O4 cut high over the post player.

In addition to attacking from below the zone (short corner), we want our point guard O1 to attack from the top as well. This might be just a simple dribble-penetration splitting of the two top defenders for a jump shot just inside the lane, or we could run a play as seen in diagram J.

Here we start with O5 at the weak-side short corner and O4 in the ball-side corner. O2 ball-screens the top right defender and O1 dribbles-hard around this screen for a pull-up jump-shot near the right elbow. O1 could also pass to O5 pinning inside, or to O4 in the corner.

**Counter for the Corner Trap**

A youth coach (7th graders) wrote in that he had a problem running this offense when the opponent aggressively trapped the corner pass. This is done by the top defender X1 trapping with the low outside defender X4 (diagram K). A quick pass back out to O2 (or O1 if O2 has already made the inside cut) is the remedy, followed by either dribble-penetration or quick ball-reversal to O3 for a shot.

But the trap could look like diagram L where X2 denies the pass back to the wing. Youth teams would have a problem here since most young kids are not strong enough to make the skip pass all the way from the corner out to the top or to the opposite wing O3. Diagram M shows a
counter to this aggressive trapping. O5 stays at the high post. O2 back-cuts hard to the hoop for the pass from the corner, and now we have a 2-on-1 situation with the X3 defender. O3 cuts in from the weak-side for a possible dump pass from O2. As soon as O2 cuts, O1 moves quickly to the ball-side wing. If the pass to O2 cutting through is not open, O1 will now be open on the wing as the X2 defender will tend to trail inside with O2 on the cut, freeing up O1 on the wing.

My 7th graders were really having difficulty playing against the 2-3 zone, which we seem to be running into frequently in youth tournaments. If you find your team in a similar situation, I think this article will help.

I dedicated an entire practice session to learning how to beat this defense in a simple way that young kids could understand. I used some visuals and made it interactive for them, instead of me just talking (the kids get bored after a couple minutes of me lecturing). First, I pulled a table out on the floor, and we all got around it with my clipboard and some tokens (pennies and dimes) that they could move around on the clipboard. I let the kids set up the board and helped them with placing the defense in a 2-3 zone. Then I told them to set the offense markers in a 1-3-1. I had one orange marker for the person with the ball. Then I let them just start figuring out where the gaps in the zone are. So every time they would position the offense, I would then move the defense and then they would have to find the gaps again. They really got into this, like playing checkers. Then we went out onto the court to practice what they discovered on their own. Amazingly, the kids, on their own, came up with the same offensive scheme that I had devised, and it is diagrammed in the drawings below.

Now, on the court, I used hula hoops and some old car floor mats that I threw down in the gaps so they could see where to move to. Having these visuals seemed to help them understand where to move on the floor. One caution: players could trip and injure themselves with these objects on the floor, so we just used them in "walk through" ball rotations, not up to speed.

First things to stress to the kids: you beat the zone by quick passing and movement, and avoid unnecessary dribbling (which allows the zone to recover). Dribble only to penetrate a gap, or improve a passing angle, or to get out of trouble. Offensive rebounding is very important since the zone defenders do not have clear-cut box-out assignments (as in a man-to-man).
Now study the diagrams below, and at the end I will give you just a few simple rules that the kids have to remember.

This zone offense will start with a 1-3-1 offensive set where our offense is already positioned in the gaps. One tip: your high post O4 might initially be positioned along the lane, and then as the point guard brings the ball into the forecourt, O4 makes a quick flash into the high post at the free-throw line. Make sure the wings are high and wide, so that the point-to-wing pass is not easily intercepted.

Now notice in the Diagrams A thru D below how the offense moves as the ball moves. Each move is to fill a gap in the zone where you can get open for a pass and shot. When we pass to the right wing, O4 moves to the right lane and O5 moves to the corner and O3 moves inside the 3-point arc (Diagram A). If the ball is passed to the corner, O4 cuts hard down to the low block for the bounce pass from O5 (Diagram B), and O3 moves to the free-throw line area because if O4 does not get the ball, then O3 is often wide open (Diagram C).

Now look at Diagram D. If the pass from the wing goes instead to O4 near the elbow, O4 can either shoot or pass to O3 for an open shot, or to O5 in the corner.

Here’s an option where we can attack the zone straight up the middle, by passing, not dribbling. See the diagrams below. O1 passes to O4. O4 pivots and faces the basket and if open can shoot it. Meanwhile, O5 who has been hiding behind the defenders down low, cuts into the paint for the pass from O4, and the lay-up. O4 makes the decision here… if the middle defender comes up to block the shot, then just fake a shot and bounce pass it to O5 down low. If the middle defender stays low, then just shoot it. If a wing defender moves in, pass off to that wing.
"Zone 1"
Now here is a play for our point guard, O1. If O1 yells "1", then both post players move down low to the low blocks. Now O1 will try to dribble between (split) the two outside defenders right up the middle and will pull up for a shot just inside the free throw line. Do not try to take it all the way to the hoop as the low defenders will get you!

Now, going back to the start of this play, if the two outside defenders stop the point guard from getting inside, then O1 should immediately pass off to either O2 or O3 on the wings, and then move back out to the point.

"Zone 21" (or "31")
Here is another play using a wing screen for O1. See the diagrams below. You can see that if O2 sets a screen for O1, and then O1 dribbles into the gap on the right he/she can stop and shoot the mid-ranged shot, or pass into the corner to O5. Again, do not dribble all the way to the hoop as the low defenders will get you! If O5 gets the ball, then O4 should cut down to the block looking for the pass from O5 (Diagram C).

So you can see that there are certain areas (hula hoops) that we want to fill as the ball moves. The diagrams below show red circles that should be filled when the ball is in that location.
In the end, the entire system is very easy for them to understand with very few rules.

**Low post rules:**
1. Run the baseline and always be in ball-side short corner when ball is on the wing.
2. When the ball is at the high post, duck under the zone into the paint for the pass down low.
3. Offensive rebounding

**High post rules:**

1. Move with the ball... always point toward the ball. Ball at point, be at the FT line. Ball on the wing, fill the hula hoop just below the ball-side elbow. Ball in the corner, cut down to the low block.
2. Look to score, or pass inside or opposite wing.
3. Offensive rebounding

**Wings rules:**

1. Look to penetrate from the wing, and make good passing decisions, avoid too much dribbling.
2. Look for the shot, and when the high post is at the elbow, the opposite wing drops down into the gap on the weak-side.
3. When high post dives to low block, the opposite wing slides into the high post or ball-side elbow area.
4. Offensive rebounding

**Point rules:**

1. Keep the ball moving, with little dribbling, except to penetrate or open a passing lane.
2. Look for opportunity to dribble and split the two top defenders, and if they collapse, dish out to either wing.
3. Responsible for staying back (on top) to prevent the fast break.

2. "Carolina"

3. This play is designed to attack the 2-3 zone from the back-side of the zone, using a skip pass and screening the back-side of the zone. Younger kids may have difficulty making the long skip pass and might find "Zone-1X" below a better alternative. But this is an excellent play for stronger high school teams.

   In diagram A, O1 passes to O2 and this will cause the zone to shift. O3 slides down into the weakside corner. O5 backscreens the outside low zone defender so that O3 is open for the skip pass from O2. As the pass is being made, O4 cuts to the ball-side elbow (diagram B). Once the pass is made, O5 lets the outside defender slip by out to the corner and O5 now screens the middle defender in the zone. O4 cuts off O5’s screen to the block for the pass and lay-up (diagram C).
6. Zone-1 "X"

This play is similar to Carolina above but without the long skip pass, and younger teams would find this easier to run than Carolina. Sometimes the middle low defender will cheat up to the high post to guard O4 and the 2-3 zone now looks more like a 2-1-2. This play takes advantage of that. O1 dribbles to the right to engage the outside top defender. O5 sets a screen on the outside low defender while O2 slides down to the corner. O1 passes to O2. O5 allows the defender to slip outside (diagram B), and then O5 screens the middle defender in the zone. O4 cuts around O5’s screen for the pass from O2 and the layup (diagram C).

10. "91"

Some years, we have a point guard who is an excellent outside shooter and we want to get some shots for him/her. "91" is part of our "90 Series" that we run against man-to-man defense. We can also run a simplified "91" against the 2-3 zone. O4 and O5 move up to the top. O1 passes to either O4 or O5 (can run it right or left). The opposite post (in this case O4), sets a back-screen for O1. O1 flares to the wing. Meanwhile the ball-side wing (O2 in this case) moves inside to clear the wing for O1, and this also keeps the X4 defender down low.

The pass goes over the top to O1 on the wing, and assuming O4 makes a good screen, O1 will almost always be wide open for the outside shot. This is because of a fault in the zone itself. Versus the zone, when O4 moves up top to screen, ordinarily no defender will
move up with O4 and this results in no defender being there to switch on the back-screen. This ensures O1 is wide open.

After passing, O5 moves inside to rebound, as does O4. O3 rotates to the point.

12. "Corners 52"
13. We run this play out of a 4-out zone offense, our "Corners" offense. O1 passes to O2, while O5 slides up and screens X2. O3 slides down to the corner. O4 cuts underneath the zone to the ball-side block. O2 dribble-penetrates the seam, looking for (1) the pull-up jumper, or (2) the pass to O3 in the corner (if X3 drops inside), or (3) the pass to O4 cutting underneath the zone (if X5 comes up to defend).

16. "Chicago"
17. Submitted by Coach Ken Sartini, Arlington Heights, IL

Here is another play attacking the 2-3 zone defense. Having an athletic O3 who can jump and finish inside is key. See the diagrams below. O2 sets up on the left wing, v-cuts and gets the pass from O1. O5 and O4 set up below the defense. O5 back-screens the middle defender (X5), while O4 back-screens the weak-side low defender (X4). By crossing O4 and O5, we get better screening angles on both screens. O3 slides below the screens for the lob pass from O2, and possible dunk. Or if unable to dunk, O3 catches the pass, gathers and scores off the glass.
21. "Miami"

22. There is also a man-to-man version of this play. In diagram A, O1 passes to O3 and O1 moves outside to the left wing, with O3 dribbling toward the top. The initial pass to O4 curling around O2 is less likely to be open against the 2-3 zone (but could be open against a 1-2-2 zone). O4 mainly becomes a screener. After cutting, O4 locates in the left short-corner area (diagram B). O3 passes to O2. O2 skip passes to O1 who has dropped down toward the left corner. This causes the low outside defender to run out to defend O1. O4 will bump and delay the X3 defender just enough to make the skip pass to the corner open. Then O4 lets the X3 defender move out to defend, and now O4 screens the middle low defender. O5 cuts underneath for the pass from O1 and the power lay-up.

23. The straight 3-2 zone defense is similar to the 1-2-2 zone, except that the middle defender sags into the high post area. Click here, to look at the 1-2-2 zone attack.

24. First, if your point guard can shoot the three-pointer, he/she should get some open shots against this zone, since the middle defender is playing off the point.

25. Use a two guard front and put your best shooter in the ball-side corner, running the baseline. Put your two post players along both sides of the lane, in the gaps above the low defenders but below the outside defenders (Diagram A). Attack this zone from the corners.

26. Let's assume the defense covers the corner by having their low defender come out. If your corner shooter hits a couple, the low post defender will have to come out to defend and then you should be able to pass into the low post or lane (Diagram B). If the opposite low post defender comes over to help, you can dump it to your weak-side low post
(Diagram C). But if he/she is being covered by the weak-side wing defender, then kick it out to O3 for the shot from the wing... either the weak-side low post or weak-side wing should be open.

27. Now let's look at two options for inside screens. For success, you will have to recognize how the zone covers the ball-side low block when the ball is in the corner. They can cover it by either:

29. (A) having the middle defender slide down from the high post area, or
30. (B) having the opposite low defender slide over to the ball-side block.

31. (A) As the ball goes into the corner, if the middle defender slides down to cover the ball-side low block, have your ball-side post screen the middle defender and seal him/her outside (Diagram D). The opposite post can now cut over for the pass inside. If the weak-side post covers this, then your post player who set the screen (O4) should have inside position (if he/she sealed correctly) and should cut to the opposite block for the pass (Diagram E). If their X3 defender is playing down, kick it out to the weak-side wing for a shot (Diagram F).

32. (B) As the ball goes to the corner, if the opposite low defender slides over to cover the ball-side block, have your ball-side post player set a screen on the opposite post defender, before he/she slides over (Diagram G). You just screen that opposite post so he/she can't get there and O5 should be open for the pass and lay-up (Diagram H).
35. Now, let's assume the defense covers the corner by having the wing defender slide down. First of all, if the passing is crisp, your best shooter (O2) should get some open shots, as it will take time for the wing defender to get there. So look for the three-pointer from O2 as the first option.

36. As the ball is passed into the corner (Diagram I), O4 sets a down-screen on the low defender, and O5 cuts into the gap on the ball-side just outside the lane for the pass and shot (Diagram J). Another option (Diagram K) is to just have O4 step out into the gap for the shot... if the O4 defender comes out to defend, pass underneath to O5 cutting to the ball-side low block. Skip passes to O3 on the opposite side will be effective also.

37. The 1-2-2 and the 3-2 zone defenses are similar, with the exception of the position of the middle defender. In the 1-2-2, the middle defender plays out on the point, and in the straight 3-2, the middle defender sags into the high post area. Also see Zone Defense.

39. "Zone-2" Offense

40. Like the 3-2 zone attack, we want to attack this zone from the corner, as this puts pressure on the low defenders. We call it "zone-2" because we use a two-guard front (vs the 1-guard defensive front). We can also use this against the 1-3-1 zone defense, or any 1-guard zone defensive front. In fact, we have also run this offense successfully against tightly packed 2-3 zone defenses. It also works well against the box and 1 defense, when O2 the is player being defended man-to-man.

41. See diagram A below. Set your offense in a 2-out, 2-in set with O1 and O3 flanking the X1 defender, and O4 and O5 down on the blocks, or just above. Your best shooter, O2, runs the baseline from corner to corner, always on the ball-side. If he/she can make a couple from the corner, the X4 defender will have to come out to defend (diagram B). This frees up O4 on the low block. If the X5 defender slides over to pick up O4, then O5 should be open for the pass from O4 and the lay-up (diagram C). Or, although not shown in the diagrams, O4 can screen the X5 defender (before he/she slides over) and this frees O5 for a cut to the ball-side low block and the lay-up.

42. Another pointer... the middle of the paint is open when the ball is on the top. We have our opposite low post player "flash and go back". If O1 has the ball, we want O5 to flash into the middle of the paint (diagram A) looking for the pass from O1, and the shot. If the pass goes to O2 in the corner instead, O5 should immediately go back to the opposite block area (weaksie rebounding position for O2's shot). If O3 has the ball on top, the O4 flashes to the middle, and goes back if the pass goes to the corner.
Diagram D. After O2 makes a couple shots, the outside low defender will run out early. In this situation, often O1 can make the pass directly to the ball-side low post for the lay-up. To set this up, have O1 dribble a little toward the wing, getting the X2 defender to come out... then make the pass inside to O4. O3 can do the same thing on the left side of the court, with a direct pass into O5.

45. "45" (or "54")
46. We can run these simple plays from the "zone-2" offense, and these will actually work against the 2-3 zone as well. The same rules apply as above. In "45", the pass goes to O2 in the right corner. O4 screens the X5 defender and this frees O5 for a cut to the ball-side low post and the lay-up. Against a 2-3 zone (diagram C), O4 screens the middle low defender. In "54", it's all the same, except on the opposite side with the pass going into the left corner, O5 setting the inside screen and O4 cutting to the ball-side low post for the pass and lay-up.

47. More "Zone-2" options
48. O2 is usually our best shooter. The diagrams below show three more options to get O2 the ball. You can name these options and call them as set plays.

In diagram A below, we run the "Back" option. After running the baseline a few times, O2 will start the run and then cut back hard to original spot for the pass and shot.
In diagram B, we run the "middle cut" option. Instead of running all the way to the opposite corner, O2 cuts into the open area in the paint for the turn-around jump-shot. Notice that the low post (O4) does not flash into the paint. O2 could shoot, or dump the ball to O4 or O5 (when the low defender comes up to guard O2). If O2 does not get the pass in the middle, he/she just runs out to the corner, and you can run your normal "zone-2" offense from there.

In diagram C, we run the "Back - Skip Pass") option. The ball is passed to the opposite wing. O2 starts the baseline cut, but suddenly cuts back to his original spot. As the defense shifts, the low post (O5), instead of flashing into the paint, screens or pins the outside low defender, allowing a skip pass from the opposite wing to O2 in the corner. This is usually wide-open for a 3-point shot.

49. **Zone-2 'Flex' option**

50. In addition to the baseline "runner" cut, we can run a "flex" cut, similar to that used in the "Flex Offense". See the diagrams below. In diagram A, O2 has the ball and passes back out to the wing (O3), and then it is reversed to the opposite wing (O1). Instead of O5 cutting into the paint, O5 screens for O2, who makes the flex cut into the paint (diagram B). Again, O2 has the option of shooting, or dumping the ball inside to O4 or O5, as the low defender rotates up on O2. If O2 does not receive the pass, he/she runs out to the corner (diagram C), and you can run your regular "zone-2" offense.

51. **Final Comments on the Zone-2 Offense**

52. After your runner O2 hits a couple shots from the corners, it's amazing how the defense gets caught up in watching the runner. The middle flash cut and pass to O4 or O5 (diagram A at the top), or the direct pass from the wing (O1 or O3) into the low post (diagram D above) become open for easy baskets. This offense is very effective against
the 1-2-2 and 1-3-1 zones, and also against a tightly packed 2-3 zone. Using this offense against the 2-3 zone will stretch the zone, as the low defender has to come outside to defend the corner. We will often slide a post player up to the ball-side elbow or high post.

53. **Attacking the 1-2-2 zone with the 4-Out Offense**

54. Either a 4-out, 1-in motion offense (using the “high” set) or the 4-out zone offense would work very well. Take a look at the diagram below.

With this offense, you split the X1 defender with a two guard front. Start with your inside player (O5) at the high post. O3 and O4 cause problems for their wing defenders, especially as they stretch the defense toward the corners. This may cause the low post defenders to come out to defend. Then O5 cuts down the lane, or to the low block for the pass and shot.

Look at the spacing... O3 and O4 are in excellent position to attack the short corner gaps in the zone. If O3 dribble penetrates the short corner, and the X5 defender comes over to stop him, there is a good chance for a dish off to your O5 cutting down the lane.

56. With this offense, O5 is already in good position between defenders at the high-post and causes problems when he slides down to the ball-side block. And O1 and O2 are also in a position to attack the outside gaps.

57. **Attacking the 1-2-2 zone with a 1-3-1 set**

58. In this case, O1 passes to the wing and cuts under the wing defender into the corner. At the same time, the high post dives to the ball-side low block. This puts a lot of stress on the wing defender and the down defender.

1 passes to 2 and then cuts to the right corner. O2 passes back to O1. O4 cuts down to the block. O1, O2, and O4 have a 3 on 2 situation with the defenders, if the passing is crisp.

Options: After O4 goes to the block, O5 can flash to the ball-side elbow, and O3 can cut back-door to the weak-side block.

There are a number of ways of attacking the 1-3-1 zone defense, but most success will come with attacking from the corner or short corner, and underneath the zone. Screening the low defender and back-screening the middle defender create opportunities as well. As in any zone offense, we move the ball with good quick passing, use skip passes, look to dribble penetrate the gaps, and drive and dish (either inside to a post player, or a kick out to the opposite side for a 3-point shot).
Also, we try to take advantage of how the defense covers the corner. As in any zone offense, attacking the offensive boards for rebounds is important for second and third shots, especially since there is only one inside defender.

"Zone-2" - adapting the "Zone-2" offense to the 1-3-1

Use a two-guard front to attack the 1-3-1 zone defense, and attack it from the corner where it is most vulnerable. See the "Zone-2" offense. Put O2 (your best shooter) in the ball-side corner. O2 runs the baseline, always to the ball-side corner. Have both posts low on opposite sides of the lane. In the first diagram, O1 engages the top outside defender with the dribble, and passes to O2 in the corner. After the ball is passed into the corner, the weak-side post can flash to the ball-side elbow. If nothing is there, reverse it back out and to the opposite side.

After a ball-reversal or two, things tend to open up much better. Notice how the corner is defended, especially after ball-reversal. In diagram C, if the low X5 defender runs out to the corner to defend O2, a quick pass to the ball-side low post is sometimes open for the lay-up... note that for this to work, O4 must "stay" on the opposite side.

"Corners" - 4-Out Zone Offense

See the 4-Out Zone Offense. Notice in the diagram below how we position the 4 outside players. O1 and O3 are on top staggering the X1 defender, and O2 and O4 are below the free-throw line, half-way between the wing and the corner. O5 will have a better chance of getting open on the low blocks, since there is only one low defender (X5), but he/she can move up to the elbows and high post as well.

Perimeter players should keep the ball moving with quick passes, including skip passes. By reversing the ball back and forth, we should be able to stretch the zone and really make them tired chasing the ball. Patience is a key in running this offense. Quick perimeter passing, reversing the ball from side-to-side, and skip passing should eventually cause the zone to become over-shifted and out of position... creating open shots, chances to pass into the post, and gaps that
our outside players can attack.

Notice in diagram B how O1 engages the top outside X2 defender with the dribble. This makes the pass to O2 easier. O2 can shoot, but if X5 runs out to defend O2, O5 might be open for the quick pass inside. Again, ball-reversal tends to open things up. Notice in diagram C, after a skip pass, O4 could shoot. But if the X3 defender flies out, O4 should shot-fake and dribble baseline for the lay-up or short jump-shot.

"Zone-23" - adapting the 2-3 zone offense to the 1-3-1

Usually we think of attacking a zone with a "one guard front" (like the 1-3-1 or 1-2-2 zone), with a two-guard offense. But we have discovered that we can use "Zone-23", our standard 2-3 zone offense, in attacking the 1-3-1 zone. The "Zone-23" offense uses a 1-3-1 set, which positions us directly lined up with the defenders, instead of in the gaps. With this, the zone defenders tend to "match-up", almost like man-to-man. A trapping 1-3-1 defense that likes to trap the wings and corners may have a more difficult task with our "zone-23", as with three perimeter players, there is usually an easy pass out of the trap. The defense tends to "stay at home" more. But probably the main reason this offense works is because it attacks the zone from the short corner, and below the zone, which is where it is weakest. Here, we'll discuss how to use it against the 1-3-1 zone.

In the left diagram below, notice how O1 makes the pass to the wing a little easier, by dribbling at the X2 defender. O2 pops out for the pass. This pass is usually not too difficult, as most zone defenses don't deny outside passes very well. O5 runs short corner to short corner, always on the ball-side, and we try to pass from the wing to O5 in the short corner. If O5 is a good shooter, we allow O5 to take the shot from the short corner, or take his defender 1-on-1 with a shot-fake and dribble-penetration along the baseline. Meanwhile, O4 seals the middle defender, and then cuts hard up the lane to the hoop for the pass from O5 and lay-up.

We look at penetrating the gaps. Diagram B shows how O3 might be able to attack the top seam in the zone. Sometimes we can open this gap a little with a pass fake to O2 or O1, and get the X4 and X1 defenders to lean opposite. If O3 is able to split the X3 and X4 defenders, he/she will have a 2-on-1 inside with a possible dish to O4, our weak-side post. Or, O3 might kick the pass out to a wide open O2, for the 3-point shot.
Diagram C shows a skip pass, and the zone is over-shifted. O3 might have an open 3-point shot. But if the X3 defender is flying out of control, O3 should shot-fake and dribble baseline for the lay-up, or pass to O5 inside.

Set Plays vs the 1-3-1

"4"

Using an inside screen. Refer to the diagrams below. O2 runs the baseline, always in the ball-side corner. The ball-side post (O4) is positioned halfway up the lane, near the elbow. We once again pass to the corner. O2 can shoot the 3-pointer or dribble-penetrate the baseline. Meanwhile O4 screens the middle defender in the zone, resulting in a 2-on-1 situation with O2 driving to score, or dish off to O5 (Diagram B). The screener O4 must be aware of the three-second violation, but if the initial screen is set above the free-throw line, O4 could release up the middle as another option (Diagram C).

"45"

See the diagrams below. Set O3 and O4 on the blocks and O5 at the free-throw line. Use a two-guard front (Diagram A). O1 draws the defense and passes to O4 who has cut out to the corner. O5 now cuts to the ball-side block for the pass (Diagram B). If the pass to the block is not open, usually O2 will be open for the skip pass on the opposite wing (Diagram C). O2 can shoot the outside shot or pass into either O3 or O5 who should have good position after pinning their
When we are looking for a 3-point shot, we can call "22". See diagram C above. Here, we run the play exactly the same as "45", but have O3 and O1 back-screen the zone so that O2 is wide open for the pass and shot.

You may find these 4-out, 1-in zone offenses helpful in counteracting zone defenses, especially if your main man-to-man offense is a 4-out, 1-in motion offense. You can stay in your familiar 4-out set, but run it a little differently against zones. A 4-out zone offense would also be helpful if you have a shortage of post players (foul trouble, injury, etc).

**41 Patterned Zone Offense**

This is one way of using the 4-out, 1-in set to attack zone defenses. This offense has a pattern and continuity.

Refer to the diagrams below which show this offense vs a 1-2-2 zone defense. We start in our familiar 4-out set with O1 and O2 on the top and O3 and O4 at the wing-corner areas (Diagram A). O5 starts on the weakside low block. O1 dribbles at the X1 and X2 (trying to get the defenders to commit). O5 flashes into the middle of the paint, and if open, O1 could pass there. Notice that O3 has also crept down to the weakside low block. But let's say O1 passes to O4. Notice that the X4 defender will probably come out to guard O4. O5 cuts to the ball-side low block and posts-up for the possible pass from O4. But let's say the defense is solid and the pass goes back from O4 to O1 (Diagrams B and C). Now O3 flashes to the middle of the paint and O5 slips back to the weakside block. O1 could pass to O3 in the paint or, if X5 defender comes up on O3, O1 could make the lob pass over the top directly to O5. O3 could shoot or pass to O5 on the opposite block (Diagram D).

Diagram E... let's say the pass from O1 to O3 is denied. O3 cuts back outside and must avoid the 3-second call. The ball is swung over to O2 and then to O3. Diagram F... O5 posts-up on the ball-side block while O4 slips down to the weakside block. As the ball is passed back out to O2,
O4 now flashes to the middle of the paint while O5 slips to the weakside low block (Diagram G). Again, the pass could go from O2 to either O4 or directly to O5. O4 could shoot or pass to O5 (Diagram H). If the pass from O2 to O4 (or O5) is denied, O4 cuts back out to the corner, O5 moves to the weakside block (Diagram I), and the ball is passed from O2 to O1. We are now in the same setup that we started with in Diagram A and can continue to run this pattern until something is open. Or we can go into our "Corners" offense (below).

### 41 "Corners" Zone Offense

Here is another 4-out, 1-in zone offense that is less-structured than the patterned offense, and is easy to teach. Refer to the diagram to see the basic set-up for this offense. We use four perimeter players and one post player. We can run this really against any zone defense. It is different from our "4-out" motion offense in the way we run it. In the 4-out motion offense (vs man-to-man), we are looking to pass, cut, screen, etc. In 41 "Corners", we do more outside passing and the post player inside follows the ball.
**"41 Corners" Zone Offense**

Post moves with the ball.

The post player moves as the ball moves.

When the ball is on top (O1 or O2), O5 should locate at high-post, ball-side elbow area.

When the ball is on the low wing, corner (O3 or O4), then O5 should move down to the ball-side low post.

If the ball is passed to O5 at the high post, O3 and O4 should be thinking about a back-cut to the hoop if they are being denied the pass. O5 passes to the back-cutter for the easy lay-up.

Perimeter players should keep the ball moving with quick passes, including skip passes. By reversing the ball back and forth, we should be able to stretch the zone and really make them tired chasing the ball. Patience is a key in running this offense. Quick perimeter passing, reversing the ball from side-to-side, and skip passing should eventually cause the zone to become over-shifted and out of position... creating open shots, chances to pass into the post, and gaps that our outside players can attack.

Against the 1-2-2 zone, O5 should be able to get open between the two defenders at the high post, free-throw line area, or by cutting into the center of the paint (in the middle of the box created by the four defenders). Also, we ought to get the ball to the corners. When the low defender comes out, O5 again can dive to the ball-side low block looking for the quick pass from the corner.

Against the 1-3-1 zone, O5 may have an easier time getting the ball down on the low block, since there is only one down defender. This offense should create alignment problems for the 1-3-1 zone as we have O1 and O2 on either side of the top defender, and our corners O3 and O4 are set lower than their outside wing defenders want to be, which should cause problems for the wing defenders. Here too, we ought to get the ball to the corners and look to shoot or pass inside to the low post from there.

Against the 2-3 zone, O5 will have a better chance to get the pass inside at the free-throw line or in the gap just below the elbows. Since there are three down defenders in this zone, it would be pretty hard to post up on the low block. However, if the ball is in the corner and the outside low defender goes out, then O5 should dive to the ball-side low block looking for the pass.

These various zone attacks are choreographed in the animated diagram.

"Corners 52"

Here is a set play you can run vs the 2-3 zone. See the diagrams below. Note that we start in our 4-out "Corners" offense. O1 passes to O2, while O5 slides up and screens X2. O3 slides down to the corner. O4 cuts underneath the zone to the ball-side block. O2 dribble-penetrates the seam, looking for (1) the pull-up jumper, or (2) the pass to O3 in the corner (if X5 drops inside), or (3) the pass to O4 cutting underneath the zone (if X3 comes up to defend).
Basic Swing Set - Numbering and Positions

Diagram A below shows the basic set, which is 4-out, 1-in. O1 is the point guard, O3 is your best athlete and a good shooter, and O2 the off-guard is also a good shooter and ball-handler. O4 and O5 are your "bigs", but remember that all players will post-up inside and all players will play on the perimeter. O2 and O3 are at the free-throw line extended outside the arc, while O1 and O4 are balanced at the top. O5 (and all post-players) will locate just above (not below) the block.

Notice that there is always a triangle (red lines) on the ball-side. Diagram B emphasizes that the first look every trip up the court is the initial pass inside to O5 posting up, as this can result in a quick, high-percentage basket (or free throws).

Basic Swing Pattern - Continuity

Diagram C shows the initial movement with the pass to the wing O3. Rule: all pass receivers on the perimeter will catch the ball, get in triple-threat position, and look into the post. Here, O3 looks to O5 posting up inside. Rule: The pass from the wing is a bounce-pass or overhead-pass, but never a lob-pass.

Rule: Whenever the ball is passed from the top to the wing, the weak-side players (here O4 and O2) will always exchange positions. This is not a "lazy" exchange, but a hard basket-cut for each player, as O3 might be able to pass to either cutter here for an easy basket. This also occupies the
helpside defenders. But if the pass is not there, both cutters (O4 and O2) cut back outside, exchanging original positions.

**UCLA Cut.** If O5 is not open, O5 cuts up to the elbow to back-screen for O1 (diagram D). O1 makes the UCLA basket-cut on either side of O5's back-screen... (*Rule:* cutters always take the path of least resistance... take what the defense gives you). O3 looks to pass to O1 on the cut. If the pass is not there, O1 posts-up on the low block and O5 pops out on top (diagram E).

Next O3 passes back out to the top to O5 (diagram E). This triggers a weak-side flare-screen with O4 back-screening for O2 (*Rule:* whenever the ball is passed from the wing to the top, the weak-side wing flare-screens). On receiving the pass, O5 could be open for the outside jump-shot. Otherwise, O5 looks to feed O1 in the low post.

**Flex-cut.** Next, the ball is reversed from O5 to O4 (diagram F). This pass triggers a flex-cut. O1 steps out and back-screens for O3. O3 makes the flex-cut to the ball-side low block. After screening for O3, O1 flashes to the middle. O4 could pass to either O3 or O1 for a shot. It's not unusual for O1 to get the pass and shot, as the defense oftentimes gets all caught up with the flex-cutter and forgets the screener. In real time, this wing back-screen does not always look like a true flex-cut, as sometimes the back-screen is high on the wing, and the cutter may cut high.

Diagram G shows the pass from the top to the wing, and you can begin to see the continuity. Now we are running the offense just the same, but on the left side. Again, we have a triangle on the ball-side (O4, O2 and O3). Once again, the pass from the top to the wing (O4 to O2) triggers the weak-side basket-cuts and exchange. The wing O2 looks to pass to O3 posting up, or one of the weak-side cutters. If nothing develops, O3 moves up to the elbow and back-screens for O4 (diagram H). O4 makes the UCLA cut, looking for the pass from O2, and then posts-up on the ball-side block.

Next, (diagram I) the pass from the wing to the top (O2 to O3) triggers the weak-side flare-screen (O5 screening for O1). On receiving the pass, O3 may have a jump-shot, or looks to O4 in the post. Here is one instance where you could use a lob-pass to the post... if O4's defender is full-fronting and O4 can move the defender up the lane-line, there may be spacing for O4 to make a quick cut to the hoop for the lob-pass.
The guard-to-guard pass (diagram J) from O3 to O5 once again triggers the flex-cut. O4 steps out and back-screens for O2. O2 flex-cuts for a possible pass inside, and then posts-up on the low block. After screening, O4 flashes to the middle for a quick pass and shot inside.

Diagram K shows the completed cycle, the continuity of the offense. We are now back in the original set as seen in diagram A, although the players have interchanged. The ball-side triangle is a key point.

There a a number of entries into the offense and numerous variations that can occur including elements of the dribble-drive and the Princeton offense (back-cuts). Skip-passes are effective against the packline defense and zones. And of course, set plays can be run as well. When a play breaks down, the offense re-estabishes the ball-side triangle and runs the Swing.

The Flex offense has been around since the 1970's and is a patterned offense featuring passing, screening, ball-reversal, options and counters. This offense is most effective against man-to-man defenses. Most scoring opportunities come off the "flex cut" inside, or a jump-shot from the elbows. Still you can run various options, counters, post plays, etc. Size mismatches often occur due to the screening and defensive switching. This article describes the basic flex motion and a few options.
Advantages of running the Flex offense are that it is a "continuity" or patterned offense, it is somewhat flexible, and it is relatively easy to teach. Disadvantages are it's predictability, and that it can be defended by switching the screens. To effectively run the Flex offense, most coaches will use a few counter plays, which then discount the predictability factor. And if the defense switches screens, you can actually exploit this and take advantage of big-little defensive mis-matches.

**Flex Offense - Basic Motion**

(Diagrams A - E) In diagram A, O1 passes to O2, while O3 makes the "flex cut" off O5's screen. Depending on how the defense is playing, O3 can cut either over (ball-side) or under (baseline side) the screen. O2 could pass to O3 for the inside shot. If the pass to flex cutter is not there, notice in diagram B that O1 then down-screens for O5. The screener O1 then moves out to the corner (the down-screener always moves out to the corner). Using the down-screen, O5 cuts up to the elbow for the pass and jump-shot. If the elbow pass is not there, O5 steps outside to get the pass from O2. Now in diagram C, O3 screens as O4 makes the flex cut from the opposite side. After the flex cut, we again note in diagram D that O2 down-screens for O3, who cuts to the elbow looking for the pass and jump-shot. Notice how in diagram E we are in the same basic set as in diagram A, and that the pattern has continuity and can repeat from side to side.

**Flex Offense - Corner Options**

Basic Motion. The next three diagrams below show the basic motion when the ball is passed into the corner (wing). The passer becomes a screener, making two screens and ending up in the opposite corner. In diagram CP1, O1 passes to O2 in the corner. O1 then screens for the opposite
guard O3. If the pass into the post O5 is not there, O3 receives the pass back from O2 (diagram CP2). Meanwhile, O1 down-screens for O4, who cuts up top for the pass from O3. O1 then moves out to the weakside corner. Now notice in diagram CP3 that we are back in the basic Flex motion with O2 making the flex cut over (or under) O5’s screen.

Give and Go Option. Diagram F shows the pass to the corner and a simple "give and go" cut by O2. If O2 does not receive the pass on the cut, then all perimeter player rotate to fill the spots. O5 screens for O2 cutting to the opposite corner. Diagram G shows quick ball reversal (possibly a skip pass to the opposite guard) and a pass to O2 for the possible 3-point shot in the opposite corner. Notice in diagram G2 the continuity when the ball is passed from corner back out to the guard O1. O2 now makes the familiar flex cut over (or under) O5.

Guard-to-guard pass denial... double-screen option. Diagram H shows another option. Here the pass from O1 to O2 is being denied, so the pass goes to O3 in the corner instead. O1 and O2 then set a double-screen for O4, who cuts to the ball-side guard spot as seen in diagram I. The screeners O1 and O2 then rotate into the flex spots as seen in diagram J.

Back-screen option. Diagram J shows a back-screen with the post O5 back-screening for the ball-side guard O4. If none of these options are productive, the pass goes back out to the top and we are in our basic flex set.

Corner-to-guard pass denial. If the pass from the corner to the wing is being denied, instead of a back-screen as seen in diagram J, we do the opposite and have O4 (the guard being denied) down-screen for the post O5. O5 pops out on top for the pass from the corner.
Flex Offense - Point Guard Clear-Out Option

(Diagrams K - L) Start with O1 on top and the other four players down low (diagram K). O1 dribbles to either side, as the two ball-side teammates (O3 and O5) move opposite and set a double-screen for the opposite post player (O2 in this example). O1 can try to take the defender 1-on-1. A second option seen in diagram L is a pass to O2 coming off the double-screen. After screening, O5 rotates out on top and O3 screens for O4 who cuts to the ball-side block as another option.

Flex Offense - Feeding the post

(Diagrams M - O) If you have a good, strong post player, you'll want to get the ball inside. Size mismatches often occur with all the screening and switching that goes on. You could feed the post from either the top, or from the corner. In diagram M, the defender is denying the pass from the top. O4 should try to move the defender up the lane a little. Not shown in the diagrams, if O4 goes all the way up to the elbow and is still being denied, there may be an opportunity for the lob pass over the top (from O2 to O4). Diagram M shows how to get the ball inside when the post is fronted being from the top... pass quickly to the corner, while O4 seals the defender outside and receives the curl bounce-pass from the corner for the baseline drop-step and lay-up.

Diagram N shows how the post player, who is being well-defended, can skip pass back outside to the opposite wing. Now notice in diagram O that we are back in our basic flex set.
Flex Offense - Entries - Getting into the Flex

From Transition. Diagram TE below shows how we flow into the Flex from transition, after securing a defensive rebound. Our post who does not actually get the rebound (O4 or O5), sprints up the middle and will locate on the ball-side block, the side that our point guard O1 chooses to start on. O1 gets the outlet pass and dribbles middle and then picks a side, either right or left... it's good to vary this, starting sometimes on the right and sometimes on the left. O2 and O3 sprint up the court to the corners. The rebounder trails to the guard spot opposite O1... this could be either on the left or the right, depending which side O1 starts on.

Diagram 14B shows O4 being denied the pass at the top. O4 back-cuts this for a quick pass and shot. If the pass to O4 is not open, O4 down-screens for O3 (diagram 14C), and O3 moves up top for the pass from O1 (diagram 14D), and we are in the Flex.

Dribble-Entry. Here is another option, helpful especially if the guard-to-guard pass and/or the guard-to-corner pass are being denied. O1 simply dribbles to the corner (diagram 14E), while O2 curl cuts around the post O5 to the elbow for a possible pass and jump-shot. Or O1 could pass to O5 in the post. If O2 does not receive the pass at the elbow, he/she moves out on top and could get the pass there from O1. A pass then from O2 to O4 and we are in the Flex set, with O1 ready to make a flex cut over (or under) O5.
There are many other options and plays that you can draw up. Players should learn how to back-cut if being aggressively denied the pass. If the guard-to-guard pass on top is being denied, the ball can be dribbled over to that spot, while the player being dribbled at, must back-cut out of the area toward the hoop and fill toward the weakside, while other players then rotate to fill the spots. For example, in diagram N above, if O2 wanted to pass to O5, but O5 was being denied the pass, O2 could dribble to O5's spot, while O5 cuts through to the basket and out to the left corner to take O1's spot. O1 would rotate up to take O2's vacated spot on top (left).

Learn to take advantage of size mis-matches in the low post that occur when the defense switches the flex's down-screens.

Remember that your best and most frequent scoring options are off the flex cut inside, or the jump-shots at the elbows. Teams that have strong post players will also try to take advantage of mis-matches in the low post, especially at crucial times in the game when you want to get the ball inside or get to the free-throw line.

Contributed by Coach Thomas J. Koeller, Southwestern High School, Hazel Green, WI

This is our "Thunder" motion offense, which is a variation of flex offense.

**Initial Setup of the Thunder Offense**

Keys to remember in this step:
Spacing - O3 must not setup too deeply outside.
Step One (First movement and ideal shot)

Keys to remember in this step:
1. O3 must get open for pass from O1 to start the play. Use a v-cut.
2. O4 cuts only when pass is thrown from O1 to O3.
3. O5 MUST set a good pick for cutter, and cutter, use O5’s pick.
4. O3 then passes around defender to O4 on the block if O4 is open.
5. O4 turnaround jump shot, kiss off of the glass, on corner near-side top corner of the square.

Step Two (Pass or shot not open to O4 on cut)

Now we motion to new set.
Keys to remember in this step:
1. O3 immediately passes back to O1.
2. O2 moves down and sets a screen for O5 to come up and replace him/her.
3. O2 then floats out to the wing.
4. We are now in the original formation just on the other side.
5. O1 passes to O5 (now the other guard).

Original setup from opposite side (The result of first rotation).

Key points to remember in this setup:
1. O5 is now essentially the point guard.
2. Spacing should remain the same as the original set. Get to the correct spot on the floor.
Step One (First movement and ideal shot)

Keys to remember in this step:
1. O2 must get open for pass from O5 to start the play. Use a v-cut.
2. O3 cuts only when pass is thrown from O5 to O2.
3. O4 MUST set a good pick for cutter and cutter uses O4's pick.
4. O2 then passes around defender to O3 on the block if O3 is open.
5. O3 turnaround jump shot, kiss off of the glass, on corner near-side top corner of the square.

Step Two (Pass or shot not open to O3 on cut)

Now we motion to new set.
Keys to remember in this step:
1. O2 immediately passes back to O5.
2. O1 moves down and sets a screen for O4 to come up and replace him/her.
3. O1 then floats out to the wing.
4. We are now in the original formation just on the other side.
5. O5 passes to O4 (now the other guard).

This offense can be rotated an infinite number of times. After 5 rotations, everyone is back in their original position, only on the opposite side (i.e. O1 is point again, and O5 is setting the screen again). After 10 rotations, you are back to the very first setup.

This offense can be difficult to learn at first. Patience, timing, and repetition will end the frustration of learning this offense and increase the frustration experienced by the opponent trying to defend it.

After mastering this offense, many things can be done out of it to keep the defense guessing. The scoring options that are available from this offense are nearly impossible to stop even by a team that knows exactly how to run it themselves. For example, if the defense is getting used to the pass to the wing and begins cheating out, the wing needs only to signal to the point guard that instead of v-cutting, they will be back-cutting to the basket for a quick hit.

Another option is to cut at the middle block or the elbow if a "cheating" defender is filling the low post. Also, be sure to know what to do if the point guard picks the left side. If this happens we simply move O4 out to the wing on that side and shift O5 to the other block and make O3 the first cutter. More than anything, if the screens are good and the passes are crisp, after a few
motions you will always get a shooting window. If this offense begins failing to produce points there are some keys to it that are likely being neglected that must be practiced or re-learned.

**Key 1. The screen**

Failure to set or use the screen deep in the lane is the cause for this play not working 75% of the time. The screen must be set and used.

**Key 2. Timing**

Timing is everything to a motion offense. Timing is everything to this play. The cutter **absolutely cannot** begin the cut before the wing has the ball to pass it to them. This is a bang-bang play.

**Key 3. Poor passing**

More than with any other play that we will run, quick, crisp passing is vital. The wing should almost always use the step around method with their pivot foot to pass to the cutter. The bounce pass should be used most of the time in this play.

**Key 4. Lazy/slow cuts**

There is no excuse for a slow/lazy cut on any play, however a lazy cut will definitely kill this play. A lazy cut will destroy the timing of this play. Timing is everything (Key 2). Cut hard and deliberately this will open up your already small window of opportunity for shooting on the block after the cut.

**Key 5. Forgetting where to move to if the entry pass and shot is not open.**

We will drill this play over and over again. Not knowing the motion kills the play. Forget the play, forget playing.

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**Zone Offense Formation: Easy**
Zone Offense "Easy" plays will give your team several chances to get to the basket. This zone offense play gives player 1 an open shot. But if that doesn't work, we have some more choices to clear the situation. 1 passes to 2. This is the signal for 4 to go to the weak side.
1 runs through the zone (there is a chance for a give and go with 2) and gets behind players 5 and 4. 3 steps a bit higher to receive the pass from 2.
When 1 gets behind the screen, he receives the pass from 3. Now 1 has the chance to take the shot.
If 1 cannot shoot, 3 drives through the zone.
1 can now pass to 3. 2 takes the old position of 3. If 1 cannot pass to 3, he can now pass back to 2. 3 gets out of the zone to the weak side and gets to the old position of 2.
4 now clears the screen and gets into the zone. 2 can now pass to 4. If 4 is not open, which is mostly the case, 4 gets to the opposite side.

Then 5 gets into the zone and 2 has the second chance to pass into the zone.

If 5 is not open, 1 can cut to the forward position on the right side and receive a pass from 2.

If nobody is open, 5 returns to his old position and 2 slides over the very top.

Now we are back in the starting positions and we can try to play the same on the other side.
Zone Offense Formation: 2 - 1 - 2
For this zone offense play, set up in a two-one-two. Have the 4 at the high post, 5 and 3 will play on the block.
The defense has shifted on the pass from 2 to 1. D2 has to cover the high post and now D1 has the ball. 1 has a few options here, if D4 extends out too far, then 5 can post up on D5. If D4 stays in, then 1 can pass to 2 for a shot if open. If 2 shoots the ball, then we have rebounding coverage with 3 on the backside, 5 ball side and the 4 in the middle.
The pass is made to 2. Now D2 is at a disadvantage by being behind 4. If D1 stays out on 1, then 2 has the option of passing to 5 or look to hit 4 at the high post.
To reverse the ball, 2 will pass the ball back to 1 and cut back to the opposite wing up high.

With D1 having to guard 1 and with 2 cutting high we hope that D2 will cover the cutter. This will leave 4 open at the high post. 1 will pass to 4 and cut to the corner.

4 has the ball and the defense should collapse. 4 will look down low to see if 5 or 3 are open under the basket. This depends if D5 comes up to cover 4. If so, then a scoring opportunity exist. If nothing there then 4 will pass out to 2 then to 1. In this case: 2 receives the pass from 4. 1 receives the ball from 2.

The 1 has the option to pass into the low post to 3 or high to 4. If 1 has a shot, then we should have good rebounding coverage.
Zone Offense Formation: #2
For this zone offense play, 1 brings the ball over half court to start the play in motion. Once 1 has dribbled over the half court mark, 4 sets a pick for 3 to break out to the wing and 5 flashes to the free throw line for the pass. The first option should be 5.
If 5 is not open for the pass then 1 will pass to 3. When the pass goes to 3, 2 will set a pick for 1 for the break to the basket. 4 is posting hard at the block for a possible pass and 5 is the **security** blanket for the entire play. If 3 gets stuck and doesn’t have anyone to pass it to he can always go to 5 and the play continues the exact same way. The option to 4 is always there depending on his willingness to "duck in" or half flash to the ball.
Depending on who has the ball. The pass to the cutter can come from the 3 position or the 5 position. It doesn't matter because the play will continue from either pass. The option for 4 is always there... it depends on his willingness to "duck in" or half flash to the ball.
If 1 doesn't receive the ball on the cut he will continue to the baseline. Let's say that 3 had the ball but couldn't make that pass to 1 on the cut. 3 will pass the ball to 1 at the baseline for a shot. 1 has the option to shoot the ball or pass to 4 at the block. 5 will always flash down a bit for a consideration pass in the paint. What if neither option is open?

1 didn't have a shot and couldn't pass to 4 at the block, he swings the ball back to 3. 5 pops out to the 3 point range to swing the ball and passes to 2 on the cut to the basket.

2 and 1 are cutting at the same time in different directions. The play may never get this far at some age brackets but it is good to see the ending.

The pass could come from 5 to 2 or 1. The option to 4 is always available. And 5 has the option to shoot.
Zone Offense Formation: Corners
This zone offense play is designed to give you a variety of options and can be used against any 2-1-2 or 2-3 zone. The players are spaced out along the perimeter which will prove to be important.
This play has two sides to it. The point guard can call this play and say "left" or "right" to run it on either side. In this example, we are running it on the right. 2 and 4 screen the nearest defender. 2 screens a high defender, 4 screens the low post defender. 4 should look to post up the defender if he is open. Make sure to set good screens because this is possibly the most important part of the play.
2 and 4 complete their screen. 2 should try to screen the defender with good position so he can't stop the point guard.
The point guard dribbles around the first pick and continues until stopped by the defense.

The defense shifts over and stops the point guard. At this point 4 will be open.

The point guard has a few options here. An entry pass into 4 for an open layup or short jumper. Look for 3 and pass to him for a mid range jumper. 2 will be wide open if the defender he screened tries to stop the point guard. The point guard is in good position for a jumpshot. The main option is the entry pass to 4.

4 can dribble into the key and shoot an easy layup. If 4 gets to far under, power out and then shoot. Look to draw the foul. Use pump fakes.

All five players on offense should be able to get into a good area for the rebound. Important tips: Coaches should teach all options of this zone offense play to their players. Emphasize good screens. Players will learn to roll off their screens.
Offensive Basketball Play #1: PLAY #2

1. #1 brings the ball over half court to start the play in motion. Once #1 has dribble over the half court mark #4 sets a pick for #3 to break out to the wing and #5 flashes to the free throw line for the pass. The first option should be #5.

2. If #5 is not open for the pass then #1 will pass to #3. When the pass goes to #3, #2 will set a pick for #1 for the break to the basket.

#4 is posting hard at the block for a possible pass and #5 is the security blanket for the entire play. If #3 gets stuck and doesn't have anyone to pass it to he can always go to #5 and the play continues the exact same way.

The option to #4 is always there depending on his willingness to “duck in” or half flash to the ball.
Depending on who has the ball. The pass to the cutter can come from the #3 position or the #5 position. It doesn't matter because the play will continue from either pass. The option for #4 is always there... it depends on her willingness to "duck in" or half flash to the ball.

If #1 doesn't receive the ball on the cut she will continue to the baseline. Let's say that #3 had the ball but couldn't make that pass to #1 on the cut. #3 will pass the ball to #1 at the baseline for a shot.

#1 has the option to shoot the ball or pass to #4 at the block. #5 will always flash down a bit for a consideration pass in the paint. What if neither option is open?
#1 didn't have a shot and couldn't pass to #4 at the block. She swings the ball back to #3. #5 pops out to the 3 point range to swing the ball and passes to #2 on the cut to the basket. #2 and #1 are cutting at the same time in different directions.

The pass could come from #5 to #2 or #1. The option to #4 is always available. And #5 has the option to shoot.

Offensive Basketball Play #2: CORNERS
This play is designed to give you a variety of options and can be used against any 2-1-2 or 2-3 zone.

- The players are spaced out along the perimeter which will prove to be important.

This play has two sides to it. The point guard can call this play and say "left" or "right" to run it on either side. In this example, we are running it on the right (your left).

- 2 and 4 screen the nearest defender. 2 screens a high defender, 4 screens the low post defender. 4 should look to post up the defender if he is open.

- Make sure to set good screens because this is possibly the most important part of the play.
- 2 and 4 complete their screen.

- 2 should try to screen the defender with good position so he can't stop the point guard.

The point guard dribbles around the first pick and continues until stopped by the defense.

The defense shifts over and stops the point guard. At this point 4 will be open.

The point guard has a few options here.

- An entry pass into number four for an open layup or short jumper.
- Look for 3 and pass to him for a mid range jumper.
- 2 will be wide open if the
defender he screened tries to stop the point guard.
- The point guard is in good position for a jumpshot.

The main option is the entry pass to 4. The next sequence shows this option.

4 can dribble into the key and shoot an easy layup.
- If 4 gets too far under, power out and then shoot.
- Look to draw the foul. Use pump fakes.

All five players on offense should be able to get into a good area for the rebound or at least step in some.

Important tips:
- Coaches should teach all options of this play to their players.
- Emphasize good screens.
- Players will learn to roll off their screens.

Offensive Basketball Play #3: DOUBLE STACK LOW
1. This is a simple zone play intended to get a jump shot from the weak side.

The play starts off with Player 1 (This should be your best jump shooter) bringing the ball to the middle.

2. Player's 2 & 3 pop out to the wings to receive the ball.

3. Player 1 passes the ball to Player 2. Once the two low post players sees where the ball is being passed to, the Player on the same side of the court where the ball is passed (Player 4) goes to the basket, looking for a pass from Player 2. If the pass isn't available the play continues.

4. Player 1 cuts to the basket, looking for a pass from Player 2. If the pass isn't available the play continues.
Player 1 goes behind the double screen set by Players 4 & 5.

The ball is passed back to the top of the key to Player 3.

Player 3 moves to the top of the key at the same time Player 2 is cutting to basket.

Player 3 passes the ball to Player 1 for the jump shot. Player 2 drops down to help rebound.

Offensive Basketball Play #4: TEMPO
This play should be used against a 1-3-1 half court defense which your opponent may use to try to change the tempo of the game. This is an excellent counter and will give you a quick basket.

2, 5, and 4 screen the nearby defender.

- 5 and 4 should do v-cuts before the screen so the defender doesn't see it coming.

As you can see 3 is open for the lob.
If you are 4, watch 3 in the key.

If you are 3, jump to the ball if necessary.

3 dribbles in until picked up by the defending #5.

4 should spin off his defender and be open for the entry pass.

4 lays it in.
3, 4, and 5 are in decent position for the rebound. 4 should try to step out of the paint momentarily to get a fresh 3 seconds.

Offensive Basketball Play #5: UCLA-TOBY
To start the set 1 passes to 2 or 3, who have made a V-cut.

Ball-side post (4) comes up and weak-side post cuts through to the ball. 3 cuts through to ball-side corner.

2 has three passing options.

After passing 2 cuts through. If 3 receives the ball, he should look for an open shot.
If nobody gets open 3 passes the ball back to 1. 1 swings the ball to the other side to 2.

4 and 5 are cutting to ball-side as shown 3 cuts to ball-side, too.

Same SET like before on the other side with 3 passing options (continuum).
Offensive Basketball Play #6: ZONE A

1 is at the high post.

1 passes to the weak side (the side with no center).

The high post (4) cuts to the ball and then to the basket. If 4 is free he will receive the ball.

3 cuts behind 4 to the free throw line.

If 3 is free then 2 can also pass the ball to him/her.
If the ball is not passed: 4 sets a screen for 5. 5 flashes towards the ball and if free gets the ball. If none of the cutters is free the ball goes back to the guard.

The guard dribbles towards the wing. At the same time 5 gets another block from 4 and cuts free at the baseline.

5 can shoot directly from the pass, or can play a 2-man-game with 4 at the baseline.

5 shoots and 4, 2 and 3 all go for the rebound. 1 is the safety.
Offensive Basketball Play #1: **FLEX STACK ENTRY**

1) This is Flex with a stack entry. 1 is in the middle up top.

2) 2 and 3 set screens for 4 and 5. 4 and 5 pop out to the 3 point line. 1 passes to 4 or 5.
3) Ball-side: 2 pops out to 3 point line. 3 flashes inside looking for the ball, then screens away at 5. 5 cuts to the middle for an open shot or lay-up.

4) 1 picks the picker (3) and rolls to get open for a pass. 3 pops out at 3 point line. 2 gets open for a 3-pointer.

5) 5 sets screen for 2. 2 cuts inside. 4 picks the picker and rolls. 1 pops out. 5 cuts of the screen and pops out at 3 point line.

Offensive Basketball Play #2: FLEX II
1) The offense starts in a stack...

2) The guard (1) chooses a side, it doesn't matter which, and drives to the elbow. When the guard is doing that, the forward (3) flashes up to receive the ball. The center (5) moves to the three-point line to make room for the action that will take place in a few seconds. On the other side the center (4) moves also to the three-point line.

3) After the guard (1) passes the ball to the forward (3), the center (4) flashes over the screen that has been set by the forward (2) and the guard comes.

4) When the forward (2) runs to the elbow and receives the ball, the guard runs to the three point-line. The center (4) sets the screen while the other
down to set the screen for the other guard (2).

Make sure that when the center (4) comes over the screen he shows his hands to receive the pass inside from the forward (3). When the forward (2) has set the screen, make sure he also shows his hands to the forward with the ball (3) so that he can receive the ball from him.

center (5) takes it. Actually it's kind of the same, during the rest of the play, it's always the same!

5) When the ball can't be passed to the elbow, the center (4) moves out to the three point line and gets the ball from the forward (3) or whoever is on the elbow, in this case the forward (3). After he has given the ball, he gives a DOUBLE SCREEN AWAY. First on the other forward (or who is on the other elbow) and after that on the person that is at the three point line. And you get into the flex.

Offensive Basketball Play #3: FLEX III
1) This offense can be used against man-to-man, zone or box-and-one defenses. 1 can pass in either direction, preferably towards the strong side.

2) Pass from 1 to 4, 1 cuts to the corner with the help of the screens set by 3 and 5.

3) 4 takes his jumper or look for 1 in the corner or 5 in the low post. If nothing is there, 4 passes to 3.

4) Pass from 4 to 3, 4 cuts to opposite low post with the help of the screen set by 5. The moment 4 passes, 1 takes 4 position.
Offensive Basketball Play #4: KENNY'S FLEX

5) 3 can takes his jumper or passes to the open guard.

6) 1 can takes his jumper or passes to 5 in the low post.
1) 1 dribbles in and sends ball over to 2 while 4 kicks out and 5 sets a screen for 3.

Keys to success:
- set good screens
- don't set screen too soon
- ball fake before pass
- low player's ability to finish under pressure

2) 2 passes the ball down to 4 and makes a basket cut before setting a screen for 1

4 is looking for 3 as he is cutting across the key.

A quick pass down low should allow 3 an easy basket.

3) 1 is free for a reverse pass if 3 is heavily guarded or double-teamed. Or 1 could use the screen and

4) Once the ball goes back to 1 the play is ready to be reset from the opposite side.
cut toward the basket for a short feed from 3.

Double Down Option: 1 and 2 set double screen for 3 who circles to the elbow for a quick shot.

Offensive Basketball Play #5: SPACE I

1) 1 dribbles to one side which becomes the ball-side. 2 goes for the double-screen with 5. 4 pops out up top. 3 cuts through using the double screen.

2) 2 pops out to ball-side elbow after double-screening. 1 has four passing options. The following set is dealing with the first option: pass to the wing 3.
3) 3 should look for an open shot after receiving the pass. 2 screens for 1; 1 cuts through. 3 could look for a give and go with 1 or plays with 5 who is posting up down low.

4) If 3 passes to 5 he cuts after the pass. 5 should look for an 1 on 1 option down low. He could give a hand-off to 3 or dribble out to the 3 point line.

5) 2 gets a hand-off from 5 at 3-point line. 2 and 5 have a two-men game on ball-side weak-side players (1,3,4) go for the FLEX motion on weak side.
Offensive Basketball Play #3: TRIANGLE AND 2

1/4 Set against triangle and 2 2 & 3 are defended in m/m 1 passes to 4/5 5 cuts to ball side low post 1 replaces 5

4 passes to 1 for shot (1st option)

4 dribbles towards the center of the floor 1 & 5 cut towards the basket

2 & 3 screen down on the triangle 2 & 3 will now occupy 2 defensive players
Basketball Zone Offense Player Requirements

Below are the player requirements for each basketball player position.

.Point Player: This basketball player should be a sharp passer and a good shooter from around the free-throw line. He must be able to get the shot away quickly. The point man must also be able to detect weaknesses in the basketball zone defense and be able to attack it while on the floor, without waiting for instructions from the bench.

.Wing Players: These basketball players should be the best shooters on the team. If only one excellent shooter is available to you, place him on the right wing. These basketball players also will have to go to the boards when they are on the weak-side wing, so they must be capable of rebounding. Their basketball passing ability needs to be at least average.

.Post Players: These two will have to be the primary rebounders and should be good shooters from about five to twelve feet from the basket. They must be alert and quick. If there is a marked difference between the two, put the better one on the right side and allow him and the best shooter to work together on the strong side.

Basketball Zone Offense Strategy

This basketball zone offense is predicted on moving the players and the ball into areas where the zone defense is not. We make moves along these lines and make the defense try to cover areas that they
cannot get to as fast as we can with the ball. We stress the idea of floor balance and movement, and
learn five basic basketball plays or maneuvers to key the offense.

First Zone Offense Basketball Play

The first move that we make – and probably the simplest – is to pass to the right wing, our best shooter,
and have him work for the shot on the wing, while the low-post man on the strong side moves according
to what his defensive man does. If the defender goes out to cover the shooter, we dump-back a pass to
our strong-side, low-post basketball player for the shot. If the defense stays in to cover this man, we hit
from the wing. All this makes the defense concerned about the offensive power of the wing shooters.

Second Basketball Zone Offense Play

Once we have established the offensive effectiveness of this first move, we make a change: the weak-
side post player breaks into the middle of the lane. Usually each team played will attack this basketball
zone offense differently, but most will send the top man on the side of the wing shooter to cover that man.

Options: As this happens, there develops a hole for the weak-side post player to break into and have a
good shot or a dump-back pass to the strong-side post player rolling behind the defensive player to the
basket. At times, you may have the zone defense collapse around the player with the ball, allowing a
short pass to the wing player moving toward the basket for the shot.

Third Basketball Zone Play

Another basketball strategy move is to have the ball reversed to the weak-side. The pass back to the
point man is the key to a move that requires a little patience but is most effective. As we reverse the ball
to the left, the zone defense, having seen what happens to the play on the other side, will usually jump
out very aggressively to prevent the play from developing there as it did on the right. To meet this
defensive move, we have the low-post player on the new strong side move out from the lane to a wide-
post position and receive a pass from the wing player. He looks for the dump-back pass to the low-post
man on the new weak side moving into the spot he just vacated. Usually our low-post man will get the ball
close enough for a good shot and basket.

Fourth Zone Offensive Basketball Play

When the defensive low-post player stays home and covers the offensive low-post player, another move
results that offers a good high percentage shot. The low-post player on the strong-side turns in and picks
/screens-in on the zone defense) the defensive man, while the offensive post player on the other side of
the floor breaks along the baseline and sets up behind the screen for the shot.

Fifth Basketball Zone Offensive Play

In order to get the point player a good shot, as we have for all of the other players, we have the wing man
and the low-post man on one side of the floor simply pick in (screen the zone defense) for him to drive for
the shot off the picks. This will usually work a couple of times during the game.

Against basketball zone defense, this basketball zone offense features ten points that make it an
advantageous one for all levels of basketball play:

- It is extremely simple for any basketball level of play.
- There is good basketball floor balance.
- There is good basketball player movement.
- This basketball zone offense works against a variety of even-front zone defenses.
- This zone offense is easy to teach during basketball practice drills.
- Good high percentage basketball shots will result.
- Zone offense produces good inside and outside shoots.
- There is good offensive rebounding strength inside.
- This zone offense does not simply stand and shoot.
- There is good use of the fundamental principles of basketball.

This basketball zone offense has produced results for coaches at all levels of play and will do the same for you using it in the prescribed manner. The term “unbeatable zone” may soon come to be the “unused zone.”

DESCRIPTION OF PLAY: This play will be successful if you have a point guard that is a good leader and decision maker on the court. Your point guard needs to be a good penetrator with the ability to hit the mid-range shot. Your center needs to set screens, your small forward needs to be a decent perimeter shooter, and your power forward needs to score underneath the basket.

INSTRUCTIONS:

1. Shooting guard (Player 2) brings the ball up on the left side of the court and makes the defender at the top of the key commit towards them.
2. Once the defender commits, the shooting guard (Player 2) passes it to the point guard (Player 1).
3. The center will set a screen on the outside defender at the top of the zone once the pass is being thrown. It’s important the point guard catches the ball at the top of the key to set up the screen. The point guard (Player 1) will dribble off the screen and take a shot if nobody guards him. When the point guard (Player 1) starts to dribble, the power forward (Player 4) will cut towards the basket and the small forward (Player 3) will move to the corner. The shooting guard (Player 2) will run to the left side to take one of the defenders out of the play.

4. If the defender takes away the point guard’s shot and the center moves into the passing lane to the power forward, the small forward will be open for an outside shot.
5. If the outside shot is covered, and the center covers the point guard, the power forward should be open under the basket.
DECIPTION OF PLAY: This offense works very well against the 2-3 zone defense. Your team should get an easy basket underneath or an open three-point shot. This play focuses around the center and small forward.

INSTRUCTIONS:

1. Point guard (Player 1) passes to shooting guard (Player 2). The small forward starts out on the left block and runs toward the three-point line when the ball is passed to the shooting guard (Player 2).

2. Shooting guard (Player 2) passes the ball to the small forward (Player 3). Small forward passes back to the shooting guard and runs to the opposite corner.
3. If the small forward (Player 3) is denied the original pass, he cuts to the opposite corner and the shooting guard (Player 2) passes to the point guard (Player 1).
4. The power forward (Player 4) sets a screen on the defender in the paint, which lets the center (Player 5) get open for the pass. It is important the screen is not set until the small forward (Player 3) has run by them on the baseline. The point guard passes the ball to the center (Player 5). The power forward (Player 4) retrieves towards the basket for the rebound.
5. If the center (Player 5) is covered, the point guard (Player 1) should pass to the small forward (Player 3) to give the center the opportunity to get open again.
6. If the small forward (Player 3) attracts the defender, a pass to the center (Player 5) should be open.
The Flex Offense explained in simple, teachable terms:

Offensive floor positions and Terminology

- There are 3 primary positions in the flex – Guard, Wing, and Post. These terms refer to areas of the court, not to individual players’ positions within the team.
- Since players interchange positions in the flex offense, it is most effectively run with versatile players who possess at least an understanding of ‘how to play the game’ – fundamental principles of play regardless of position.
- Post players must understand and develop perimeter skills. Since every player in the flex is required to handle the ball on the perimeter, every player must develop the ability to catch, pass, make decisions and move actively on the perimeter in order for the Offense to function at all. Perimeter players will often find themselves in the basket area and can benefit greatly from an understanding of matchups, positioning and rebounding angles.

- The Flex begins in a 1-4 low set. Though the Flex is one of the most team-oriented offenses in basketball, starting the action in a 1-4 low set may require the point guard to be able to handle pressure defenses reasonably well. It is important in all offenses for the point guard to pick a side when initiating the offense. If the offense were initiated from the middle, the point guard would most likely have a difficult passing angle to the wings.
- The post players are cued by the side that 1 chooses. The weak-side post player pops to a guard spot when 1 leaves the middle.
If 4 is overplayed on the pop-out, he has plenty of space to run a backdoor cut to the basket for a layup. 3 fills the guard spot. 4 clears to the weak side corner if he does not receive the backdoor pass.

Another option if 4 is overplayed, is to screen away for 3. As we will see in a moment, this follows our basic rule to 're-screen' - accept the pressure and screen away to the baseline – against denial defense.
Since 3 and 4 are the only two offensive players on this side of the floor, there is ample space for 3 to read his defender on 4’s screen. In this example, 3’s defender trails around the screen, so 3 curls the screen, while 4 rolls back to the ball.

Now we enter the meat of the offense. The first rule of the Flex Offense is: On any Guard to Guard pass, the weak side wing player (2) runs a flex cut off of the post (5). 2 must influence his man by taking 2 steps towards the baseline before executing a hard change of speed, change of direction cut to come off of 5’s screen.
• It is important for the post player (5) to take **one step up** and **one step off the block** to set the screen on the flex cut. In most standard (non-switching) man to man defenses, 2’s defender will attempt to bump 2 and fight over the top of the screen as shown. By stepping up and off the block to set the screen, 5 gives 2 room to back-cut the screen if X2 aggressively tries to ride 2 over the screen.

• 1 starts towards the baseline after passing to 4. 1 down screens for 5 immediately after 5 sets the screen for 2.
• This is called **screen the screener** action because 1 screens for 5 immediately after 5’s screen for 2. This screen the screener sequence is the defining sequence of any flex offense.
• 1 pops to the corner after screening for 5 in order to balance the floor.

• **Screening the screener** can be very effective. If 5 and 2 execute properly on their screen, X5 might be forced to help cover 2 momentarily in order to prevent a layup, as shown. Sometimes this is all the space 5 needs to get an open look coming off of the down screen.
The Second rule of the Flex Offense: On any Guard to Wing Pass, the passer screens away to baseline, as shown. Once a team has Rules 1 and 2 down, they are running the basic action of the flex offense.

Again the rules are: 1. On any Guard to Guard Pass, the weak side Wing runs a flex cut, followed by a down screen from the Guard who passed the ball. 2. On any Guard to Wing Pass, the passer screens away to the baseline.

These are only the basics movements. Far too many teams stop here and call it a day. Many teams will even stop one step earlier and spend the entire possession completing only the Guard to Guard pass, looking to score off the flex cut and/or down screen over and over again. These teams aren’t really running a sound offense as much as they are looking for the cheap bucket.

Many of these teams don’t realize how close they are to a complete, fundamentally sound offense. What’s worse is…by presenting the defense with so few challenges, the flex often becomes steadily less effective over the course of game. By executing just a few fundamental offensive concepts, these teams can place significantly greater stress on the defense, resulting in much more diverse
scoring opportunities within the same basic scheme.

- This rule is a basic principle of almost all continuity offenses such as flex, motion, and the like. **We DO NOT pass the ball to stationary players on the perimeter.** So..what it really boils down to is: **if you’re not moving, you’re making a mistake.** If a player finds himself standing on the perimeter, he screens away to the baseline.

- This illustrates the same principle from a different position on the floor. One of the most common and frustrating fundamental errors players make on offense is to go to a spot and call or wave for the ball. Sometimes, this player is frustrated himself, because he didn’t receive the pass when he was open. Even if a teammate did miss an open pass, it is critical for the waving player to realize that this reaction causes a much bigger immediate problem for the team. In any motion-type of offense like the flex, and particularly against pressure defenses, **any player that finds himself standing and calling for the ball probably hasn’t been open for long time.** Even if he feels like he’s open, he runs a huge risk of a turnover.

- Any active defender near the passing lane has a great shot at a steal against a standing offense; the difference in inertia between the two players gives the defender a huge advantage. If a player is standing on the perimeter, he should ‘set the table’ by screening away for a teammate to fill the open spot. This simple motion principle is critical because it ‘keeps the wheels greased’ on offense. Teams that struggle with this find
things grinding to a halt far too often in games.

- Good flex teams pass into the post early and often. Since players interchange floor positions in the flex, everybody on the team will spend some time in the post. We'll look to feed any post player with a favorable matchup. The flex can be great at providing post-up opportunities to big guards with a defensive mismatch. Players should learn to recognize mismatches and capitalize on them from within the offense.

- Guards should yell 'Mouse' if they establish post position on a smaller guard. On a pass to the post, the wing player reads his man's reaction to the pass, and cuts out of his man's field of vision. In this diagram, 3 cuts along the baseline and clear to the weak side if he doesn't receive the pass. This clears the side for 2 to make a scoring move from the post.

- If 2 is not a 'back to the basket' type of player, he can jump to the ball on the pass from 3 and catch the ball off the block. When 3 clears, 2 will often find himself 7 feet from the basket with a 1 on 1 opportunity and half of the floor to work with.
The direction **3 cuts after feeding the post is based on reading and reacting** to the defense. 95% of perimeter defenders will turn and 'dig' towards the post after a post-feed; for most players this is a natural response, like responding “What?” when they hear their name spoken out loud.

- 3 watches his man react to the pass and cuts outside the defender’s field of vision. 3 cuts to a spot directly in front of the defender on the pass to the post in the depiction on the right (The player’s are Zeros). The defender can easily recover and close out on a pass back out.

In the depiction on the right (the players are Triangles) **3 cuts away from the defender's field of vision.** This time the defender’s job is much more difficult since he must locate his man before he can close out.

Here, 3 screens away for 5 after the post pass. 5 should look for the shot off of 3’s screen, and 3 can step back to the ball after the screen.
3’s defender makes an inside turn to dig into the post so 3 responds with a baseline cut.