Quick Hitters - Zone

O5 cross screens for O4 and then ducks in hard.

O1 cross screens for O3.

O2 looks to hit O4 or O3.

Quick Hitters - Zone

O4 passes out to O3.

O2 steps in and receives a screen from O4. O4 can slip the screen.
Press Offense

**OPTION 1** O2 and O3 fake in and touch hands setting up the defense. O2 comes off of O4’s screen on ball side. O3 comes off of O5’s screen opposite the ball. O4 shapes up to the ball. O5 screens and sprints the floor. O1 gets the ball in to whoever is open and gets it right back. O2, O3, and O4 fill lanes.

Press Offense

**OPTION 2:** O1 passes to O2. O1 then sprints to the elbow and cuts hard to the sideline to receive a pass back from O2. O2, O3, and O4 fill lanes.
**4 to 3**

Press Offense

**OPTION 3:** O1 passes in to O2. If option 2 is not open, then O2 reverses the ball to O3. O1 then cuts to the middle of the floor and receives a pass from O3. O2 and O3 then fill lanes.
O1 takes a dribble and then passes to O3 as he cuts across the floor.

O1 sets up his man and then receives a screen from O4 for the lob.

O1 clears to the corner. O4 ball screens from O3.

O4 loops in behind O3 for the shot.
Box

SLOB

1 sets pick for 2 then goes through double
2 goes to corner
3 finds open man for last second shot.
BYU
Quick Hitters - Zone

1) O2 passes to O1 who dribbles to drag the zone. O3 posts off of block as a decoy.

2) O1 passes back to O2. On the pass O3 sprints to ball side corner.
3) O4 screens the middle man of the zone.

4) O2 passes to O5 if x4 takes O3 in the corner. If x4 stays in and helps O2 passes to O3.
Celtic

Quick Hitters - Man

-O1 dribbles to the wing.
-O4 backcuts to the block.
-O5 sprints to set a ball screen for O1.

-O1 comes off of O5 ball screen.
-O4 comes up and sets a back screen for O5.
-O2 and O3 space the floor.

-O1 can pass to O5 or dribble at O2 and get into the low post triangle.
Corner 1
Princeton Offense

- O1 passes to O2.
- O2 passes to O4 and then cuts to the corner.
- O4 passes to O2.

- O5 sets a screen for O4 to go over the top.
- O5 sets a ball screen for O2 in the corner.

- O2 comes off of the ball screen as O5 rolls to the rim.
- O1 and O3 come together to set a double screen for O4.
- O2 can hit O5 when he rolls or hit O4 coming off the double.
Corner 2

Princeton Offense

-Play begins just as Corner 1 does.

Princeton Offense

-If O3 cannot pass to O2 and he reverses the ball to O1 we start Corner option 2.
-O3 reverses the ball to O1 and then O1 reverses the ball to O4.

Princeton Offense

-O3 and O1 then set a double stagger for O2.
Coach J's Playbook - pg. 10

Denver

SLOB

-O3 screens for O4 to go to ball side corner.
-O2 screens for O5 to go to ball side block.

SLOB

-O2 then back screens for O3 going up for the over the top pass.
-O2 then shapes up for the ball.
Double
Quick Hitters - Zone

1) O1 passes to O2 and then O1 and O4 exchange.
2) O2 takes a dribble to drag the zone.

3) On the pass to O4, O1 sprints off the double screen of O5 and O3.
4) If the bottom man of the zone does not fight over O5's screen O4 will pass to O1 for the medium range jump shot.
5) As O1 comes off of the double screen O3 steps to the middle of the lane and O5 steps toward the rim.
6) O4 reads the middle man of the zone defense. If the middle man stays with O5 then O4 will pass to O3. (O3 can catch and kick out to O2) If the middle man steps up and takes away O3 then O4 lobs the ball up to O5.
Double Post
Princeton Offense

-O4 and O5 set double ball screen for O1.
-O1 looks to turn the corner and score or if stopped he will hand off to O3.
-If O3 defender jumps the handoff O3 should cut back door.

(O2 has cut back door)

Princeton Offense
-On a backdoor cut, the cutter will sprint to the top off of a double screen to keep the continuity going.
Elbow

Quick Hitters - Man

- O1 passes to O4 as he sprints up to the elbow.
- O4 fakes a hand off to O1.
- O1 then sets a down screen for O3. This should happen at the same time as the ball screen action between O4 and O5.

Quick Hitters - Man

- O5 sets a ball screen for O4.
- O5 rolls and O3 fills in behind.
Fist
Princeton Offense

-O5 loops to receive the ball above the three point line.
-O1 passes to O5 and then O1 and O2 cut acting as though they are going to the block. They then turn and screen for the wings to curl to the rim.
-O5 can pass to either wing cutting.
-O1 and O2 then flare to the wings.

Princeton Offense
-O5 passes to either wing. After the pass he receives an UCLA screen from the player on that ball side block.
-When O5 gets to the block we get into our Low Post offense.
Heat

Quick Hitters - Man

Heat
High-Low Press Offense

1) O2 screens for O1 and then steps straight back for the ball. O4 can pass to either and then sprint to the middle of the press.

Press Offense

2) O1 dribbles hard up the sideline and O2 fills in behind him to give him an outlet for ball reversal. (Spacing is important from the 2 guards. Ideal spacing is 13-15 feet.) O4 works to get open in the middle. O3 moves down the floor as the ball is dribbled at him and O5 moves toward the ball on his sideline to get himself open for a possible skip pass.
High-Low
Press Offense

Press Offense

Players adjust on ball reversal.

3) On pass up the sideline to forward the opposite forward should sprint to the ball side block for a post feed.

4) On a pass to the O4 both forwards will sprint toward the basket for a 3 on 2 or 3 on 1 fast break.
Players set up in the High-Low press offense. O1 breaks ball side and O2 breaks to the opposite side. (If either or both are denied they will screen for one another as they do in High-Low.) O3 passes to whoever is open. O4 and O5 space down the court using their same rules as in High-Low Press Offense.

O2 dribbles hard up the sideline, trying to draw the defenders. O3 gets in behind the ball and O1 moves up the court on the other side of the floor. O2 reverses the ball to O3. O3 jams the ball up the middle one or two dribbles and then reverses the ball to O1.
Kansas
Press Offense

Press Offense

When O1 catches the reversal pass O5 flashes middle and O2 sprints to the rim. O1 looks to hit O2 over the top or O5 flashing in the middle. This same action would happen on the other side of the floor if the ball was reversed again.
Low Post Triangle
Princeton Offense

- We get into the triangle when a wing is dribbled at and then cuts back door and stops at the block.
- The post player must move up the lane line opposite the wing with the ball.
- Ball side corner should fill up to the vacated spot to receive the pass.

Princeton Offense
- O4 back screens for O5 and then O2 down screens for O4. (Screen the screener action)
- O2 then sprints to the opposite corner.
- O3 passes to O5 on the block, O4 at the top of the key, or skips the ball to O1 on the opposite wing.
Over
Quick Hitters - Zone

1) O1 passes to O2. O2 passes to O4. This is just as a decoy.

2) O4 passes to O2. O2 passes to O1 after this pass O5 loops around and screens x1 as O4 screens x3.

3) O1 skips the ball to O2 for the three point shot. O5 and O4 should slip after screening.
Quick Hitters - Man

-O5 receives a pass at the elbow.
-O1 passes to O5 then cuts right off of his hip acting like he's getting a handoff.
-O2 cuts hard to set up his man.

Quick Hitters - Man

-O5 dribbles at O2 and will hand off to him. This gets into double post.
-O4 moves to screening area.
Special
Quick Hitters - Zone

1) O1 passes to O3 and then cuts through the zone to the block. O4 pops out to ball side lane line extended.

2) O3 takes a dribble to drag the zone and then passes to O4. On the pass O1 is sprinting off of O5 screen to the opposite corner. O4 then passes to O2.
3) O2 looks to O5 as he seals after his screen for O1. O2 can take the shot or pass to O1 in the corner.
4) O1 can feed O5 in the post. (O3 has backside offensive rebounding coverage.)
Quick Hitters - Man

-O1 dribbles to the wing.
-O4 sets a UCLA screen for O2 and then pops out to the top of the key.

Quick Hitters - Man

-O1 reverses the ball to O4.
-O2 runs off a double screen from O3 and O5.
-O4 looks for O2 for the three or O5 slipping to the basket.
Turtle
Quick Hitters - Zone

1) O1 passes to O3 then cuts to the ballside corner.

2) O4 sets a ball screen on x2 and O3 drives hard and attacks x1's inside shoulder.
3) O5 cuts behind the zone defense to the block.
First Option - Kick out to O2 for three pointer.
Second Option - Pass to O5 for layup.
Third Option - O4 rolling to the basket.
Tyre Press Offense

Press Offense

-O1 steps to the ball and then sprints deep between O2 and O3 screens.
-O5 takes two hard steps deep and then comes straight back to the ball.
-After screening O2 sprints ball side and O3 sprints opposite side.
Valpo
Press Offense

Press Offense

O1 screens for O3 as O5 screens for O2. O4 hits O3 who catches and immediately passes to O2 for the three point shot.
3 Out

November 2010 FastTrade

R&R Quickhitters

4 flashes inside the FT line elbow, 1 feeds 4 and "X-cuts" with 3.

R&R Quickhitters

4 has two options - 1 cutting to the goal or 3 cutting to the top of the key.

R&R Quickhitters

1 continues to cut to the opposite wing while 5 and 2 set staggered pin screens for 1.

R&R Quickhitters

5 is open for the slip sometimes, but at this time 4 is isolated and can attack 1 on 1. If not, any pass to anyone will continue the R&R attack.
4 Out

November 2010 FastTrade

R&R Quickhitters
1 passes and cuts (1st Option). If 1 is not open, then 1 screens for 5 in the short corner. 5 cuts to the front of the rim (2nd option)

R&R Quickhitters
If 5 is not open, 4 passes to 2 while 1 fills out and 5 fills the mid-post.

R&R Quickhitters
4 cuts after the pass to 2. 5 sets a post screen (3rd option)

R&R Quickhitters
5 ducks into the lane right off the tail of 4's cut (4th option). 4 fills out ball side. If 5 is not open, R&R continues...
5 Out
November 2010 FastTrade

R&R Quickhitters
1 dribbles at 2 looking for rear cut layup

R&R Quickhitters
If 2 is not open, 2 fills out toward 3 in the short corner. 4 fills the empty spot and looks for a "Read Line Rear Cut" if defender crosses the Read Line.

R&R Quickhitters
If the defender of 4 stays inside the Read Line, 5 sets a pin screen for 4 and 1 looks to skip. At the same time, 2 sets a back screen for 3 for a layup or screen and pop option.

R&R Quickhitters
If nothing is open, 5 and 3 fill out and the R&R continues...
Baseline

November 2010 FastTrade

R&R Quickhitters
4 sets a screen for 5. 3 delays one second then sets a screen for 4.

R&R Quickhitters
4 uses the screen for the 2nd scoring option. After the screen, 3 cuts to the wing and 1 releases as a safety valve.

R&R Quickhitters
If 4 is not open, 2 enters to 3 and steps under the basket. 3 passes to 1 and cuts (Layer 1).

R&R Quickhitters
2 can choose the pin screen by 4 or to use the double staggered provided by 5 and 3, The R&R continues...
Baseline (New)

November 2010 Fast Trade

R&R Quickhitters

4 sets a screen for 5. 3 delays one second then sets a screen for 4.

R&R Quickhitters

4 uses the screen for the 2nd scoring option. After the screen, 3 cuts to the wing and 1 releases as a safety valve.

R&R Quickhitters

If 4 is not open, 2 enters to 3 and steps under the basket. 3 passes to 1 and cuts (Layer 1).

R&R Quickhitters

2 can choose the pin screen by 4 or to use the double staggered provided by 5 and 3. The R&R continues...
**Side Out**

**November 2010 FastTrade**

R&R Quickhitters

5 down screens for 1, 3 back screen for 4. Lob layup for 4 or entry pass to 1.

R&R Quickhitters

If neither are open, 5 flashes to corner, 3 flashes to wing. 4 fills out to opposite wing.

R&R Quickhitters

Regardlesss of which teammate receives the entry pass, the first option is a give and go basket for 2.

R&R Quickhitters

**EXAMPLE:** If 1 receives the inbounds pass, 2 can choose to back screen out with any teammate. The R&R attack continues...
1 (New)
North Star Prem

Defense
1. Every Player must always be in Stance!
2. Watch the eyes of the passer
3. Move while ball is in the air
4. Look for deflections
5. 5 Players go to Boards Mad

1 must make the ball handler either dribble to one side or pass to a player on the wing.

Defense
The 2 man will pick up this player and shout "Ball"

The 4 is one step off the baseline and outside key

5 must be between ball and basket.

1 Must make ball reversal difficult
1 (New)
North Star Prem

On a skip pass x3 must close out high, strong and balanced.

If 2 penetrates baseline x4 must be ready to step up and help. If 2 penetrates middle 1 can step up and double team.

Even if 2 was to split those players x5 is always between ball and basket and will provide another line of defense.

If the ball hits the corner...

x4 is closing out on ball calling "ball"
x5 is the same as usual - always between ball and basket - in this case if 4 was to move up the lane a bit x5 would not follow him, it would be up to x1 to move down a bit. x5 is always between ball and basket!
x2 Denies pass back to wing
x1 covering high post and x3 covering low block but ready to explode out of a skip pass
On a corner to corner skip pass (very difficult pass!)

Impossible for x4 to cover corner to corner so x3 must provide help by closing out on 4. x3 must get on his high side, high ball hand pressure until 4 can recover.

Once the 4 recovers we return to our strong side box shape where we *ALWAYS* have 4 players ball side.
1 (New)

North Star Prem

On ball slap 3 flashes to receive inbounds and 1 peels off going away from action 2 cuts hard looking for give and go and trying to drag x2 with him.

As soon as 2 cuts to the key 4 and 5 turn and screen x1 while 1 cuts back up top for the open 3.
"10" is our 1-2-1-1 full court press. This is a high tempo, high risk high reward press, the opposite of our "20".

This press will speed the opposition up and create turnovers right under the other teams basket.

We line up in a 1-2-1-1 formation. With a big man at the very front and one at the very back with guards/wings in the three other spots. In this case we will put the x4 man on the ball and the x5 man back.

**x4** man must do the following:
- React fast and be waiting for opponent to take it out
- Hands high on inbounders strong side to take away homerun pass (usually passers right hand) for

**Defense Trapping**

We want to trap when the ball is in bounded ball side. If they get a pass into the other side then we wont trap as there is too much ground to cover.

Players must sprint in and sprint out of all traps.

First thing x2 must do in this case is have hands high to take away direct pass and ensure 2 cannot dribble past him down the sideline. x2's foot should actually be out of bounds.

When trapping, belly up but do not reach in!! Foul with your belly because that's never called but do not reach in!

x4 must sprint in with hands up to take away pass

All Content Proprietary
13 (New)
North Star Prem

Zone Offense
A very simple offense that requires quick ball movement and sharp cuts in order to shift the zone.

We line up in a 1-3-1 set up with a high and low post.

We always pass to the weakside wing first.

Zone Offense
The 4 man will run the baseline trying to find gaps in the zone and get “behind the zone” if he can’t catch in the low block he will clear out to the corner.

5 man will shadow the ball around the edge of the key.
13 (New)
North Star Prem

Zone Offense
The 2 man will pass to the corner and cut through the zone. the 2 man should ALWAYS keep his eyes on teh ball as he often will not be open initally but may well be open under the basket. The passer should also be aware of this.

Once the 2 man clears the key the 5 man will drop to the low block looking for the ball.

The other guards will rotate filling the 3 guard spots up top.

Zone Offense
The ball is then reveresd QUICKLY through the guard spots as 4 runs the baseline again looking to catch behind the zone near the basket and clearing out to the corner if this is not possible.

5 man shadows the ball around the key.

We can then repeat the pattern.

At any stage one of the 3 guards can cut off the ball or penetrate with the ball as long as they complete their cuts and the other guards rotate to fill the 3 guard spots.
There are various ways in which we can play our 2-3 zone and it will depend on what team we are playing and their strengths.

It may change into a 1-1-3 zone with one guard up top applying ball pressure and the other guard helping in to the high post.

However if a team has good outside shooters we will play them more honest. Wings x3 and x4 will have to help out to the three point line on skip passes until they are "bumped" down.

A typical look vs the 2-3 zone will be the overload we see here.

In this case if the ball is skipped to 3 or reversed to 3 via 2 then it will be impossible for x1 and x2 to cover 3 effectively.

x4's position depends on what players are around him. If there is no offensive player behind him he can afford to cheat higher up the lane like in this example. This allows him to be ready to sprint out to steal a skip pass and be in a better position to close out.

It is up to x4 to close out on the wing until x2 can recover and "bump" him down to his natural position.
2 (New)
North Star Prem

Defensive Diagram

x1 and x2 will move while the ball is in the air and x2 will sprint to 3 and shout "bump" as he arrives to let x4 know he can now drop back down towards the baseline.

x3 and x5 will have to be aware of any baseline runners (4) and provide help until x4 can recover.

It is very important for the back line of the zone to communicate here.
20 (New)

North Star Prem

20 is our 3/4 court 2-2-1 press.

We use this press to either speed the other team up or slow them down, but the main thing is it lets us play at our tempo.

It is a safe press and the number 1 priority is not to allow a lay-up! All 5 players must always be below the line of the ball.

We can trap in this press along the sidelines but who, when, and aggressively we trap will depend on the game and situation.

Important point - x5 is ALWAYS the last man back.

We allow the inbounds pass.

As soon as the ball is in bounded we want to force the ball handler towards the sideline.

In this case the offense inbound the ball to 2 so x1 steps up and forces 2 towards the sideline.

x2 drops below the line of the ball and towards the middle. At this stage his job is to not allow and dribble penetration middle and discourage a pass to the middle.

x3 steps towards the sideline. His role depends on who is behind him, in this case ether is none
In this diagram you can see how x1, x2, x3 and x4 form a box shape.

The rule of this defense that as long as the ball doesn't go through the "box" we can't be hurt.

We must stop and dribble penetration or pass into the middle of the "box".

We allow them to reverse the ball and go down the other side of the court as long as it is outside the "box". Next diagram will show the shifts for a ball reversal from 1 to 1.

x2 is now on the ball forcing towards the other sideline and x1 drops below the line of the ball and helps into the middle.

X4 waits for x3 to bump him out to the sideline and x3 takes responsibility to stop the middle pass.

Note that the skip pass from 1 to 3 looks open now. The long diagonal pass is one which we allow for several reasons. Firstly it is a difficult pass which will often go out of bounds. Secondly our x5 may be able to intercept and thirdly even if made it gives us plenty of time to hustle back and get behind the line of the ball again in our half court defense.
20 (New)
North Star Prem

Defense

Traps

In this press we can trap anywhere along the sideline but the premium trap area is as soon as the ball crosses the halfcourt at the sideline as shown by the red areas on the diagram.

As soon as 2 players decide to trap they must commit 100%. We cant start to trap then change our minds.

In this case x4 must make sure that 1 cant get past him on the sideline so x4s right foot should be on the sideline. x2 must make sure that 1 cant split the trap and get between x2 and x4. Both players
23 (New)  
North Star Prem

**Option 1**

3 Man V cuts and goes backdoor to basket and 1 looks for the pass for the easy layup.

Man Set Plays

If the backdoor pass to 3 isn't on then 1 dribbles to the wing as 5 comes to set a ball screen. After the backdoor doesn't work 3 continues and curls off a double screen set by 4 and 2.
**23 (New)**

**North Star Prem**

At this stage 1 should have 3 options. He can drive the ball to the basket after coming off the ball screen, pass to 5 who is rolling to the basket or hit 3 for the jump shot.

**Option 2**

1 man hits the 3 man on the wing. The 5 man steps up and sets a back screen for 1 to make a UCLA cut straight to the basket. 3 should look to see if 1 gets open for the lay-up and 5 should open up for a split second to see if he can get an open look if the defenders switch on the back screen.
After setting the Backscreen 5 man goes to the wing and sets a ball screen for 3. 1 clears out and curls off a double screen set by 4 and 2.

Man Set Plays

We can now see that 3 will have three options. He can drive straight to the basket off the ball screen, he can hit the 5 man who should be rolling to the basket or he can pitch to the 1 man who should be open for the jump shot.
33/32 (New)

North Star Prem

Quick Hitters - Zone
33 if we run it for the 3 man and 32 if we run it for the 2 man.

Line up in box formation with bigs high. 1 Hits the high post then cuts hard off the ball calling for it.

3 Starts his cut

Quick Hitters - Zone
4 fakes the hand off to 1 and instead pivots and hits 3 with a good pass for an open three with 2 and 5 screening in.
4 Low (New)

North Star Prem

Man Set Plays
If the point guard can dribble past his man then he will penetrate and go to the basket until 4 or 5's defenders play help. At this stage he can simply pass to 4 or 5 for the easy basket.

Man Set Plays
If 1 calls the name of 4 or 5 they will sprint to top of the key to set a ball screen. In this case 1 called 4's name.
4 Low (New)

North Star Prem

After setting the screen 4 will roll to the basket at the same time the other post player, 5 in this case, will flash hard to the high post to force his defender to either play help or stick with 5.

The other other defender that should be able to help out is 3's man in the corner 3 and 2 should slide slightly up the lane and spot up for 3's.
Quick Hitters - Man

Starting in a 1-4 High set 1 dribbles at 3 for the dribble hand-off

Quick Hitters - Man

3 takes two dribbles to the middle of the floor before hitting 2 coming off 4's screen. As soon as the ball leaves 3's hand 5 steps up to set a back screen for 3 to cut to the rim and 2 is looking to throw the lob over the top.
4-High (New)
North Star Prem

Quick Hitters - Man
Hoping to catch x5 helping on the lob 5 quickly turns and screens away for 1 who will be open for the three.
Key Points of the Defense:

- Keep ball on one side of floor
- Ball should not enter high % area (post)
- Make offensive players receive ball at least 1 step outside 3 point line
- Deny 1 pass away with **strong** help 2 passes away

**Defense**

x1 Forces 1 to 1 side of the floor

x3 and x2 are 1 pass away and will deny forcing 2 and 3 to catch 1 large step outside the three point line

As ball is above FT line x4 will be just inside key

x5 will have a “step cushion” up he lane
5 (New)
North Star Prem

Defense
Ball passed to Wing - all players jump to ball.

- The ball defender x3, forcing baseline.
- x5 is now full fronting
- x1 jumps to ball and gets hand in passing lane
- x2 and x4 will now be on the wall playing strong help defense
- x2 will have his back to the ball at this stage ready to close out on 2 on a skip pass but wil turn and play help if 3 puts ball on floor and drives.
 x4 will have back to basket and will be ready to help on any lob pass to 5

Defense
On a skip pass

- Players that are closing out must now aim to keep ball on that side of the floor, chop feet when nearing player and force baseline with high hand pressure to discourage shot. x2 in this case.
- X5 should never be below 5, bump him through the lane.
5 (New)

North Star Prem

Defense

 If they get a post feed (in this case to 5)

- x5 must ALWAYS stay between ball and basket.
- One pass away help in and "dig up" at the ball - x2 and x4
  x1 and x3 pinch
- Four defenders helping in must remain in a position to close out fast.
50 (New)

North Star Prem

Defense

10 is our full court man to man defense. Depending on the team and situation we may run and jump or run and double.

However the base "10" defence will be simply man to man extended full court where the aim is to turn the ball handler as many times as possible and to not let anyone get beat off the dribble.

The more decisions we make the offense make the more likely they will make a poor decision.

As with all defense communication is important and the players must behind must speak up and let the players up top know what is happening.

Similarly if a players man is setting a screen it is up to that player to shout either "screen left" or...
BOX - Double "Players Name" (New)

North Star Prem

Quick Hitters - Man

In this case we will imagine 3 is the shooter, the point guard will call Double and 3's name.

Quick Hitters - Man

5 will set a screen and 2 will cut to the low block to set a double screen with 4 as 3 curls the screens looking for the corner 3.

Quick Hitters - Man

1 will have the option of hitting 3 for the corner three or using 5 who will be SPRINTING to set the screen for the Pick and roll action.
Quick Hitters - Man

On the call 2 and 3 sprint to the wings while 4 and 5 try to get position.

Depending on who we want to post up 1 will pass to either 2 or 3 and they will look for the post feed.
BOX - Spread (New)

**North Star Prem**

Quick Hitters - Man

On the ball slap all players will cut hard to the three point line. If 1 can penetrate then he can go to the basket looking for the kick out if any defenders help. Otherwise 1 will hit 2 or 3 and our "wheel" action will begin.

Quick Hitters - Man

This wheel motion can continue as cutters look to step behind their man and get an easy lay-up opportunity.

Quick Hitters - Man

If 2 hits the corner then our second wheel motion can begin with 2 and 3 in this case.
Set up in a box with posts at the elbows. 3 breaks out of the box to make a catch on the left wing while 2 runs to the left corner. After making the pass to 3, 1 receives a back screen from 4 to look for the pass over the top. On 3's catch, 5 moves into the block area looking for the post catch.

After setting the back screen 4 moves to set a wing ball screen for 3. After clearing 3's shoulder, 1 has finished his cut right into a back screen for 5 who rolls off his strong side block position to a seal position looking for the bounce pass from 3.
4 finishes the play by setting a down screen for 2 to fill the wing area and look for the open three.
Dribble Drive Attack (New)

North Star Prem

Offense

Here are the zones that we will talk about when discussing the dribble drive. There are too many options to put on paper for this offense.

The one thing to remember is that our number one goal is to penetrate and get to the "Rack"

Our motto is "3 or Key" - ie either a high % shot in the key or a three pointer.
Duke (New)

North Star Prem

Duke (New)

1

4

2

"Woof, Woof"

3

5

Trick Plays

Can be run on a BLOB or SLOB.

In this case a BLOB. On the ball slap 2 sprints to the corner, gets down on his hands and knees and starts to slap the floor and bark like a dog. Important to slap the floor with palms of his hands and bark as loud as possible to make as much noise and distraction as possible.

5 then cuts hard to the basket for the easy lay-up while everyone is distracted. 4 can set a back screen on 5's man or the middle zone defender.

3 is safety.
Hot (New)
North Star Prem

Zone Offense

Incredibly simple "offense" against a 3-2 zone. Players simply line up in a 2-1-2 alignment.

All players must be ready to receive the ball. Simply a matter of quick passing to expose the gaps in the zone. If we can get the ball to 3 or 4 we should get a wide open jump shot of 5 diving to the rim.
J (New)

North Star Prem

Quick Hitters - Zone
1 Hits 2 then 4 pops out to the corner and 2 hits 4 in the corner and cuts through (same as our 13 zone offense)

Quick Hitters - Zone
2 stops under the basket and 4 gives the ball back to 1 who must do a good acting job pretending he is looking to dribble back to the middle. But as soon as 4 passes the ball he walks x4 in and screens him allowing 2 to pop for the jumper.
J (New)
North Star Prem

Quick Hitters - Zone

Note: If x4 fights around the screen then look inside to 4 for the post up. 5 can also flash to the high post.
Zone BLOB

On the ball slap the guards 2 and 3 flare out to the wings looking for the open 3.

4 and 5 will stack at the free throw line and decide which one is going to the right block and which one is going left.

Whoever is cutting to the weak side should cut a split second early to occupy the middle defender and in this case we would be looking for 5 to get the easy lay-up.
Motion (New)
North Star Prem

Zone Offense

Motion (New)

Zone Offense

Motion (New)

Zone Offense

Motion (New)

Zone Offense
Numbered Break (New)  
North Star Prem

Fast Break

OPTION 1
5 Inbounds the ball to point guard who passes ahead to 2 who is running the right lane for the lay-up.

Fast Break

OPTION 2
5 Inbounds the ball to point guard who passes ahead to 3 who is running the left lane for the lay-up.
**Numbered Break (New)**

**North Star Prem**

Fast Break

**OPTION 3**

5 Inbounds the ball to point guard who passes ahead to 2 who is running the right lane.

Fast Break

**OPTION 3**

4 trails the middle and cuts to the ball side low block for the post up.
Numbered Break (New)

North Star Prem

Fast Break

OPTION 4
5 Inbounds the ball to point guard who passes ahead to 2 who is running the right lane.

Fast Break

OPTION 4
4 trails the middle and cuts to the ball side low block for the post up but doesn't get the ball. 5 trails behind and receives the pass at the high post for the shot/drive/high-low look.
**Numbered Break (New)**

**North Star Prem**

**OPTION 5**
Option 5 follows on from 4. After receiving the ball in the high post 5 reverses the ball to 3 and cuts to the low block ball side while 4 flashes to the high post looking for the catch.

If 4 can make the catch he should have a open shot or a good high/low opportunity.
Phoenix (New)
North Star Prem

Quick Hitters - Man
4 and 5 set up at the three point line with 2 and 3 spotting up in the deep corners.

Quick Hitters - Man
1 Cuts hard off the staggered screens set by 4 and 5. The first screener (5) will roll hard to the basket and the second screener will pop for the three point look.
Phoenix (New)

North Star Prem

Quick Hitters - Man

1 now has loads of options. He can come hard off the second screen and go straight to the basket or he can look to hit 5 who has rolled to the basket or possibly kick it back to 4 for the open three.

If 3's man plays help defense on the drive then he is spotting up to knock down the three.

Quick Hitters - Man

"Cheat Option"

Once this play has been run more than once the defense will sometimes cheat and either step around the first screen or go under it early.

In this case the point guard can fake using the first screen and instead make a hard drive to the basket.
Purdue (New)
North Star Prem

Zone BLOB

4 makes a hard cut out of the corner to carve out space on the opposite block in front of the weakside forward. If he does a good job it draws the middle defender towards him as well.

At the same time 3 loops from the weak side elbow to the strong side wing with 5 screening in for him.

Zone BLOB

2 follows a similar path to 3 once 3 has cleared the wing area. 2 is guaranteed to be open on this as the ball side guard defender will have chased 3 the the next guard will be caught on 5's screen.
Screen (New)
North Star Prem

Quick Hitters - Zone

Very simple quick hitter.

Line up in 1-2-2 set.

1 passes to to 2, x2 should close out on ball and 1 will pretend to cut through but set a down screen on xx allowing 3 to curl for the open three.
Seal (New)
North Star Prem

Quick Hitters - Zone

Action is initiated by 3 running off of 5 to loop up to the left elbow while 2 cuts over the top to head to the right wing. 4 pops to the left corner.

Quick Hitters - Zone
1 hits 3 at the elbow who turns to hit 5 sealing the bottom wing defender.
Seal (New)  
North Star Prem

Quick Hitters - Zone
Here we show the same play with the defenders in a 2-3 zone. (can also be run against a 3-2)

Quick Hitters - Zone
This is a good play for teams that "match-up" in their zones (not a match-up zone but teams that run a more man orientated zone). What ends up happening is that 2 and 3's cuts happening at the same time and in opposite directions distorts the zone and on 3's catch at the elbow it is x5 who plays him leaving 5 to seal the bottom wing defender.
Shooter (New)

North Star Prem

Zone Offense

Play will start with the point guard calling shooter and then a players name. That player will be the designated player to run the baseline. Don't use the same player each time as it will tire them out!

Zone Offense

In this example the point guard calls shooter for the 2 man. 2 makes his cut and comes off a staggered screen. The first time this is run we should get an open corner 3.

Note that for the 5 man instead of screening in it is better to seal his defender and post up. This will have the same effect as a screen but will make the 5 man more dangerous.

As soon as 4 sets his screen he will turn and flash hard to the ball side high post.
Shooter (New)

North Star Prem

Zone Offense

1 will leak to the weakside and we now have an overload situation.

4 will have the option of hitting 1 in the corner or looking for 3 flashing to the highpost.

If we get the ball to 4 there is a great high-low option to 5 or if he turns 1 should be cutting backdoor for the easy lay-up

Zone Offense

If none of these options are on, we simply reverse the ball to the other side.

4 and 5 will criss cross in the key while our shooter, 2, will run the baseline.

4 must remember to seal his defender on the low block to help get 2 open.
Shooter (New)
North Star Prem

Zone Offense
We now have an overload on the opposite side of the floor.

The key is to have patience and run this play from side to side a few times to find the gaps in the zone.
Slash "Player Name" (New)
North Star Prem

Point guard will inbound the ball and call slash and then the name of the player on the weak side elbow. This player will cut to the strong side deep corner yelling for the ball.

The low man in the zone, x3, should follow 2 to the corner or if he doesn’t we will get an open three.

5 sets a screen on the middle man in the zone as 2 cuts.

4 creates a diversion for x4 with a strong v-cut away from the ball and 3 releases.

The key to this is that it gives us a 1 on 1 in the post. After screening the middle man 5 should turn and seal looking for the inbounds pass and will be in an excellent position to make a power move and score or draw the foul.

If x5 fights around the screen ever better as 5 will simply turn and seal him off on the basket side looking for the bounce pass for the easy lay-up.
**Spartan (New)**

**North Star Prem**

Quick Hitters - Zone

Action starts with 1 passing to 2 and then following his pass. 2 Takes two dribbles occupying x2 before passing back to 1.

Quick Hitters - Zone

As soon as he passes back he sprints under the basket and between the screens set by 3 and 5

Quick Hitters - Zone

We now have unlimited options. We can get the ball to 2 who can curl and shoot or depending on what the defense does 4 will be fading to the corner for the wide open three or 3 and 5 will have a lay-up.
Special (New)

North Star Prem

Quick Hitters - Zone

Line up in 1-3-1 set up.

1 hits 2 then cuts down for post up, 5 steps out.

Quick Hitters - Zone

Ball is quickly reversed. As soon as ball leaves 2's hand 1 should be sprinting to the corner and 4 will be screening in.
Sprint (New)
North Star Prem

Zone SLOBs
Play is called sprint because that is what players have to do.
On ball slap:
3 sprints to nearside corner.
4 sprints to far corner
5 sprints to a downscreen on x5 and 1 sprints off screen for high catch

Zone SLOBs
After down screening 5 turns and seals his man. We inbound to 1 if he has an open shot or else hit 5 for post up.
2 then steps inbounds for the wide open three on the inside out pass.
The Old Switcheroo... (New)

North Star Prem

Trick Plays

To be run at the start of the second half or the start of the third quarter.

In the diagram we are attacking the bottom basket. But we make sure we take to the court before the other team and we line up as if we are attacking the top basket. Other team set up their defense on the wrong side of the court and we pass to 2 for the easy lay-up. Simples.
Quick Hitters - Zone
1 hits 2 and then 4 cuts down for the post up. At the same time 3 will move down getting ready to set the double screen with 5.

Quick Hitters - Zone
1 moves towards right side of floor and gets ball back from 2. 4 cuts under the double screen.
Triple (New)

North Star Prem

Quick Hitters - Zone

IMPORTANT! 4, 3 and 5 only move when all 3 are in a line (so just as 4 passes the double screen.)

4 continues his cut looking for the three, 3 explodes into the middle of the key and 5 looks for the lob or high/low if 3 makes a catch.
**2-2 (New)**

Albright College - M

Offense vs M2M
The play starts in a 1-4 high and both the 4 and 5 are interchangeable as are the 2 and 3.

Offense vs M2M
1 enters to a big on the elbow and goes to ball side corner.

Offense vs M2M
5 comes over the top of 4 to screen the 3 man.

Offense vs M2M
3 can take a handoff or pitchback from 4 and looks to attack.
2-2 (New)

Albright College - M

Offense vs M2M

From this point you can roll the 4 or set a stagger away for the 1.

Offense vs M2M

If you stagger the 3 can kick out and get out while a big rolls to the paint creating a 4 out 1 in.
Butler (New)

Northern Kentucky University - M

1 hits 3 on the wing and then shallow cut under the ball and x2. 2 than cuts to the ball side block behind x1.

5 runs up and set ball screen for 3. You want to force x2 over the screen. Let him over. 1 fills the wing with drag action. 2 slips out to corner.
Butler (New)
Northern Kentucky University - M

Offense vs Zone
5 than turns and rescreens x2. 3 hits one (prefer pass-almost flare action) or can even skip to 2 depending on what x3 does.

Offense vs Zone
Option A:
4 cuts below x5 to force him to make decision. Screen if possible to open 2 even more. If ball is skipped to 2 than 1 cuts ballside of x5 and 4 holds screen for him.

5 could also dive from top instead of 1 depending on personnel.
Butler (New)
Northern Kentucky University - M

Option B: 4 cuts in front of x5 face to draw him up to high post area to force x5 to make a decision on to take him or help with 2.

Option C:
5 rolls hard and allows x2 to take 1. 4 comes up and flares x1 and 3 flares. 2 runs baseline as 1 dribbles up.
Butler (New)
Northern Kentucky University - M

Offense vs Zone
Option C -cont-

1 skips to 3. x4 should have to come up and take 3. This leaves 2 open. If x5 had gone out, than look to hit 5 or 4 in post.
Cyclone (New)

Concordia University (OR) - W

Offense vs M2M
1 passes to 3, 2 cuts off 5 man through the key to the basket then empties out to ballside corner

Offense vs M2M
5 screens opposite elbow, 4 cuts off to ballside block, 1 relocates

Offense vs M2M
3 looks to pass directly to 5, or to 1 who passes to 5

Offense vs M2M
1 cuts off 5 for a handoff, 3 rotates up to the slot, 2 rotates to wing, 4 rotates to corner
Cyclone (New)
Concordia University (OR) - W

Offense vs M2M
1 looks to turn corner off handoff, if not then dribble
drags to corner, 5 rolls to ballside block, 3 rotates
to ballside slot, 2 rotates to opposite slot, 4 rotates
to wing

Offense vs M2M
1 looks to 5 or reverses to 3 who looks to 5
Cyclone (New)
Concordia University (OR) - W

Offense vs M2M
For continuity of the offense, 3 looks to pass to 4 or retreat dribbles and passes to 1

Offense vs M2M
If ball is passed to 4, 3 cuts to basket then empties out to ballside corner, 5 screens opposite elbow, 1 pops to wing

Offense vs M2M
5 screens opposite elbow, 1 cuts to ballside block, 2 relocates
Fake Hand-Off to Slip Screen
Hendrix College - M

1 passes to 4 then cuts to opposite corner off back-screen set by 5. After screening, 5 steps to ball for catch as 2 sets man up for back-door cut.

Secondary

If 2 doesn't have back-door catch, 4 plays fake hand-off with 5 and then sets down-screen for 2. The read is for 4 to slip and catch quick bounce pass from 5 for lay-up as X4 is probably trailing and ready to show on downscreen for 2. 1 flares for 3 weakside to help keep defense honest.
Gold
Bluefield State College - W

Quick Hitters - Zone

This zone play is used to get open looks for the 2 and 3, however depending upon how the defense plays the screens 5 and 4 may get open looks by sealing after screening the zone.

Quick Hitters - Zone

1 will pass to the 3 on the wing, 3 will dribble down to the corner (block extended) as 1 replaces on the wing.
Gold
Bluefield State College - W

Quick Hitters - Zone
3 will pass back to 1 and cut behind the zone to the basket

Quick Hitters - Zone
Once 3 Geys to the basket: 1 dribbles toward point making the weakside guard in the zone defend
4 screens the middleman in the zone
5 slides down and screens the weakside wing in the zone
3 circles behind the screen and flashes the middle of the zone
Quick Hitters - Zone

1-has an option to pass to 2 or 3
Counter options are available for 2 and 3
If the weak side wing defender fights through the screen 5 should be open on the block
If the middle man fights through the screen to pick up 3 in the high post, 4 should look to seal X4 for the dump down.

Quick Hitters - Zone

If the weak side wing defender fights through the screen 5 should be open on the block
If the middle man fights through the screen to pick up 3 in the high post, 4 should look to seal X4 for the dump down.
Over 2
Baldwin-Wallace College - W

Quick Hitters - Zone

Quick Hitters - Zone

Quick Hitters - Zone
Slip (New)
McMurry University - W

Offense vs M2M
1 passes to 2 or
1 drives and 2 and 2 shallow cuts back up to replace 1

5 steps up to set ball screen then immediately SLIPs screen

4 flashes high

Offense vs M2M
4 screens for 2 Pick and roll
5 goes to opposite side of lane
1 screens opposite for 3 then relocates to corner
Slip (New)

McMurry University - W

2 drives off screen by 4

4 rolls to the basket
Gator (New)
Rochester Community Tech - M

Offense vs M2M
Pt will pass to either wing

Offense vs M2M
pt will shuffle cut to the corner/3 man will reverse to 4

Offense vs M2M
4 will reverse to 2/5 man will diagonal screen for 3

Offense vs M2M
5 and 4 will double stagger for 1
Gator (New)

Rochester Community Tech - M

Offense vs. M2M

5 and 4 double stagger for 3
Shallow (New)
Rochester Community Tech - M

Offense vs M2M
Pt guard will dribble enter at the wing

Shallow (New)

Offense vs M2M
2 will cross screen for 5

Shallow (New)

Offense vs M2M
2 will get a downscreen from 4
Post Curl (New)
Southwestern College - M
St. Mary's (New)
UC Santa Cruz - M

Offense vs M2M
Start out in 5 high set.
1 passes to 3 as 5 slides down to opposite block

Offense vs M2M
1 screens for 4 and 2 screens for 5.
4 cuts off of 1’s screen and looks for pass from 3.

Offense vs M2M
If 3 doesn’t pass to 4, 3 will reverse ball to 5. 5
reverses ball to 1 on the wing.

Offense vs M2M
2 sets back screen for 4 to come to the ball.
St. Mary's (New)
UC Santa Cruz - M

Offense vs M2M
If 1 can't pass to 4, they reverse the ball to 5 who looks for 2 coming off 3's pin-down.

Offense vs M2M
If 2 has NO shot, they look for 5 diving to block off 3's back-pick.
If we have No shot we go int motion.
Spread Corner (New)

Trine University - M

Offense vs M2M
pt guard dribbles off of 5 man hig ball screen. as this action is taking palce 3 man shuttles up to wing area waiting on 4 to backscreen

Offense vs M2M
Alley opp pass to 3 man coming off 4 backscreen

Offense vs M2M
If alley-opo is not there pt guard looks for 4 man coming off of 5 screen for "3"
Spread Down (New)
Trine University - M

Offense vs M2M

All Contents Proprietary
Wing Lob (New)

University of Minnesota Duluth - M

Offense vs Zone

5 Screens the Middle of a 2-3 zone
Key to get Outside Bottom Defender of 2-3 up on the 2
Big Cockrill Cowboys

Secondary Break
#1 passes to #2 on the wing.
#5 has posts up on the low block

Secondary Break
#2 hits #5 with the ball

Secondary Break
#4 flashes to basket looking for put back or possible pass

Secondary Break
If #5 is being fronted we will call "Seal"
#3 will come across and hit #5 for the score.
Quick Hitters - Man
- #4 sets a high ball screen for #1
- #3 cuts hard inside and spaces the floor

Quick Hitters - Man
- #2 sets a back/shuffle screen for #5
- #3 drifts to baseline for spacing

Quick Hitters - Man
- #1 searches out the wing for a post entry ISO for #5
- If #1 drives to the rim he has #5 on a shape-up or #3 on a baseline drift
Crackdown
Cockrill Cowboys

Secondary Break
1 passes to wing player and goes opposite
4 sets pick and roll and receives back screen from
post player.
3 times down screen for 1

Secondary Break
2 comes off pick set by 4 and looks to attack the
basket or pass to open shooter.
1 gets down screen from 3
5 sets backscreen to open up 4 for shot or good
rebounding position.
Debbie
Cockrill Cowboys

Quick Hitters - Man
#2 comes off of a double screen from #4 and #5 and cuts to corner.

Quick Hitters - Man
- #5 sets a ball screen for #1 and rolls to the basket.
- #2 gets a double staggered screen from #3 and #4
Hawk
Cockrill Cowboys

3

4

5 2 1

SLOB

#3 hits post with ball then follows looking for give and go
#2 sets screen for 1 to get open
#5 gets out of the way
Indiana Ballscreen

Cockrill Cowboys

Quick Hitters - Man

#1 passes to #3 on wing and goes to the corner
#5 sets pick and roll

Quick Hitters - Man

#3 scores, passes to #5 rolling or passes the ball out for reset of the continuity
Open 1 (Basket Cut)
Cockrill Cowboys

First option in the Open Post Offense is to attack the basket to score or find an open teammate.

4 & 5 Positions go in on dribble penetration from top.

2 & 3 men flare for open shot.

If the ball is passed from the top of the key, the player has two options.

- pass and look for the give & go and use the rules to replace to end up in the weak side corner

- pass and look for the give & go and post up for a 2 count then get back out to a spot.
Open 1 (Basket Cut)

Cockrill Cowboys

Open 1 (Basket Cut)

Once the player at the top of the key is below the free-throw line the weak-side wing (3) will utilize his Rules to Replace to fill the spot at the top of the key.

If defender is above 3 or follows him above the three point line then 3 will automatically back door his man.

If defender is below 3 then he will replace the top of the key. Which will force 5 to move up to the wing spot on the floor.

Open 1 (Basket Cut)

When the ball is on the wing, the player also has two options for the basket cut.

He can pass to the corner (which is not advised in most situations) or pass back to the top of the key.

If the ball goes to the corner, 2 will basket cut and replace opposite.

4 will make an L cut to replace as shown above and has the option to backdoor his man as well.
Open 1 (Basket Cut)

Cockrill Cowboys

When 5 has the ball he only has one option.

Post up, if he has a hard time getting rid of the ball. The second cutter will set a pick and roll.
Open 2 (Screen Away)
Cockrill Cowboys

1. #1 passes and screens away
2. #3 sets up screen and hits shoulder and cuts to basket
3. #5 moves up to wing following the Rules to Replace
4. #1 will come back to the ball after screen

From wing
1. #2 will pass and screen away for #4
2. #4 will use screen and come across
3. #2 after screen will seal and come back to the ball
4. #4 will replace his spot in corner

From wing to Corner
1. #2 passes to #4
2. #2 sets back cut on #1 and comes back to the ball
3. #3 and #5 fill due to Rules to Replace
Reversal
Cockrill Cowboys

Secondary Break
#1 reversals ball to #5 then to #3
#4 follows ball to midline

Secondary Break
If Post up not available
#5 sets shuffle cut for #2
#4 screens #1

Secondary Break
If shuffle cut is not open
#5 sets backscreen lob for #4 then comes back to the ball.
SMU
Cockrill Cowboys

Secondary Break

#5 flashes to high post and fake pass to #2
#1 passes the ball to high post if wing is not open
#2 fakes and then backdoors looking for the lay up

Secondary Break

#1 follows #2 and reads his options the first option is below.
#1 sets a down screen for #2

Secondary Break

Hand-off to 2 for score or pass to 3 off double screen
Trail

Cockrill Cowboys

Secondary Break

The secondary break is on. The 2 and 3 fill wings on either side of the floor while the post sets up on the block.

Our rebounder stays behind the outlet player as a safety.

As the ball is advanced, no players are open so the 1 dribbles the ball up the floor.

If no pass is open to the wing and the ball is on the opposite side of the floor then trail will be run.

Secondary Break

The safety (4), will set a pick and roll with the player with the ball (1).

The guards job is to get the ball to the rim and look for his shot or a shot for another player (5 off the roll, 2 or 3 on the flare, or 4 whose defender may help).
**Secondary Break**

1 passes the ball to the wing and receives a back cut from the 5 man.

2 Looks to pass the ball after the backcut for a lay up.

Opposite side wing and post set up a double screen for 1.

**Secondary Break**

1 goes around double screen looking for 3 point shot.

2 goes around pick and roll looking to shoot or pass to 1 coming off double screen or 4/5’s roll after the pick.
Secondary Break
If no options are open and 2 cannot drive to the basket the following scenario could happen.

4 sets a screen for 3 and then posts up.

5 sets a screen for 1 and posts up.

Secondary Break
If 1 recieves the ball from 2 then the following scenarios could happen.
- 1 shoots the 3 point shot (3,4,5 rebound) 1 has outlet, and 2 gets back in transition.
- 1 has no shot and the following scenario is set up.

4 sets a down screen for 3 and then posts up looking for feed.

3 comes off screen tight with low body position looking to shoot or duck the ball back into 3.

2 sets downscreen for 5
Barcelona Entries to Mid PNR

International
Barcelona Entries to Mid PNR

International
Barcelona Handoff
International

PNR

PNR

PNR
Barcelona Mid PNR
International
Barcelona Mid PNR

International

Horns Entry into PNR
Box Entry into Barcelona Mid PNR
International

PNR

PNR

PNR
Croatia 2 Up
International
Croatia Step Up
International

2 hand off to 1

All Contents Proprietary
Maccabi Middle PNR
International

PNR

PNR

PNR
Maccabi Zipper

International

3 2 4 5

1

Can run to either side

3 5

2 1 4

PNR

If 2 cannot penetrate, reverse and look high-low.
Panathinakos Ball Screen

International

Panathinakos Ball Screen

PNR

Panathinakos Ball Screen

PNR

Panathinakos Ball Screen

PNR
Panathinaikos High Ball Screen

International

Panathinaikos High Ball Screen

Panathinaikos High Ball Screen

Panathinaikos High Ball Screen

All Contents Proprietary
Panathinakos Horns Action

International
Real Madrid 3

International

PNR

PNR
Real Madrid Side

International

PNR

3 can cut to either wing, 2 cuts to opposite corner

Real Madrid Side

PNR
Scariola Mid PNR

International

Scariola Mid PNR

Scariola Mid PNR

Scariola Mid PNR

PNR

PNR

PNR
Scariola Side PNR

International
Transition Entry into Barcelona Mid PNR

International

PNR

PNR

PNR

All Contents Proprietary
Quick Strikes

1 passes ball to 2
5 sets backscreen for 1
3 dives to block

Quick Strikes

2 skips ball to 1
5 pops to top of key
3 backscreens for 4
1 looks to 4 on post dive

Quick Strikes

If 4 doesn't receive pass
1 passes to 5
5 passes to 2 for reversal
3 back screens 5

Quick Strikes

2 passes 5 for post up or lay-up
Quick Strikes

If 5 doesn't get post up or lay-up 3 steps to ballside slot and 4 sprints to backside slot to get into 4 out motion. 5 needs to flash middle on ball reversal.
Man Set

- Shooters get in the corners, post below the backboard
- PG dribble penetrates to get to the rack
- Posts look to seal or find open dish window
- Shooters look to find open kickout window
14 High Zone Attack

Tea Area Titans Boys Basketball

**Attack the 1-2-2 - Part 1**
- Start in a 1-4 high alignment
- PG should enter the ball to the opposite side of your best post player
- Ball side post dives to the short corner
- This should force the ball side post defender to match with the 4 man

**Attack the 1-2-2 - Part 2**
- From the wing position, you are looking to the short corner, the post who is pinning the middle of the zone, and the high post flash from the opposite wing
- 1 fills opposite wing

**Note:** Whoever is diving to the middle of the zone, needs to work very hard at pinning the middle of zone, even if you are not getting the ball.
14 High Zone Attack

Tea Area Titans Boys Basketball

Zone Offense

Attacking the 1-2-2 Zone - Part 3 (Short Corner Entry)
- If the ball goes to the short corner, he should:
  * Look to score if the post defender stays in the lane to pinch the offensive post player in the middle of the lane
  * Enter the ball to the low post if his defender comes out to guard

Note: It is important that post in the middle of the lane be aware of the 3 second count. He needs to leave the lane at any time to avoid this violation

Attacking the 1-2-2 Zone - Part 4 (Short Corner High Post Look)
- If the high post (X1) starts to dig in the post because you are getting good low post feeds from the wing and the short corner, the short corner should look to pass to the high post
- 2, which is probably a good shooting guard, can shoot the 15 foot jump shot, or give a high low feed if X1 closes out hard on the shot
14 High Zone Attack
Tea Area Titans Boys Basketball

Zone Offense

**Attacking the 1-2-2 Zone - Part 5 (Ball Reversal)**
- The high post steps out for a reversal pass

Zone Offense

**Attacking the 1-2-2 Zone - Part 6 (Rotations)**
- Middle post cuts to the ball side short corner
- High post dives to pin the middle of the zone
- Weak side short corner flashes to the high post
- You now have the same looks as you did on the other side
14 Pinch

Tea Area Titans Boys Basketball

Man Set

1 Dribble at 2
23 Chin

Tea Area Titans Boys Basketball

Man Set
- Ball gets entered to the high post
- Guards cut to the blocks

Man Set
- Posts set pin down screens for the guards to pop out to the wing
- Posts look for slips and high low duck in
23 Chin Cross

Tea Area Titans Boys Basketball

Man Set
- Same initial start as 23 Chin

Man Set
- Guards will cross and go opposite to pop out to the wings
- Posts look to slip screens and for the high low duck in
23 Chin Double
Tea Area Titans Boys Basketball

Man Set
- Same initial action as 23 Chin

Man Set
- The guard that made the high post entry will receive a double staggered screen
- The other guard will use the single pin down screen after he sets the double staggered
- Posts are looking for slips and duck in
40

Tea Area Titans Boys Basketball

Transition sets
Man Set
- PG uses high ball screen to dribble entry to the wing
- The corner man on the ball side sets a shuffle screen for the opposite post to ISO on the ball side block

Man Set
- If no scoring opportunity, the post and wing set a staggered screen for the opposite corner man
A Set Double Fist

Tea Area Titans Boys Basketball

Man Set
- PG dribble entries to a side
- Post players set a double staggered ball screen for the PG
- The first post player to set the ball screen will roll to the basket
- The PG looks to score, hit the roll man, or kick to the shooter in the corner

Man Set
- The second post to set the ball screen will set a down screen for the opposite corner man to pop to the key
- The post player will pop back to the ball after setting the down screen
A Set Fist

Tea Area Titans Boys Basketball

Man Set
- PG can use either high ball screen from the post
- The post that sets the ball screen rolls to the basket
- PG looks to score, hit the roll man or kick to the corner

Man Set
- If no scoring opportunity takes place the high post sets a down screen for the opposite corner man to pop to the key
A Set Floppy

Tea Area Titans Boys Basketball

Man Set
- Post set down screens for the shooters
- Shooters look to pop cut, or curl cut
- Post players look to slip the screens
A Set Post Double

Tea Area Titans Boys Basketball

Man Set
- PG dribble entries to the wing which will trigger the corner man to come off a down screen from the ball side post
- The opposite post dives to the ball side block
- The corner man will get a pass from the PG

Man Set
- 2 will then dribble entry to the opposite wing
- The corner man and the post will set a double screen for the other post for a post ISO
A Set Triple
Tea Area Titans Boys Basketball

Man Set
- High post flashes to receive pass from PG
- PG cuts to the ball side block
- The opposite post down screens for the opposite corner

Man Set
- 5 runs a dribble hand off with 2
- 3 cuts of a triple baseline staggered screen
A Set Wheel

Tea Area Titans Boys Basketball

Man Set

- PG dribble entries to the wing
- The corner man on that side cuts to the block to post up
- The posts set a double staggered screen for the opposite corner man to get to the top of the key

Man Set

- If no scoring opportunity, the posts set another double staggered screen for the man on the block
- The ball gets reversed to 2 who can hit the cutter on the staggered screen or look to hit the slip man
Attacking the Box and 1

Tea Area Titans Boys Basketball

Attacking the Box and 1

Zone Offense
Basic

Tea Area Titans Boys Basketball

Man Set

1 dribble to slot
5 dive to post
4 flashes to open slot

Man Set

1 passes to 4
4 looks to 5 flashing middle if nothing passes to 3
5 back screens for 1 then screens for 2
3 looks to pass to 1 1st and 2 2nd in nothing
reverses to 4
if 1 doesn’t get the ball he fades to wing

Man Set

4 ball reversal to 5
5 ball reversal to 1
2 screens for 3 to post up if nothing goes to corner
4 and 5 stagger screen 2 to top of key

Man Set

4 shapes up perimeter
5 shapes up to ball side post to get into motion
Butler
Tea Area Titans Boys Basketball

Man Offense

Man Offense
Carolina-Kickback

Man Sets

1 has passed ahead to 2 in the corner. 5 posts between the ball and the basket. 1 breaks the line twice with a V cut. 2 reverses the ball to 1 and starts cut toward the basket.

Man Sets

4 breaks the line twice and 1 reverses the ball to 4. 5 continues to post between the ball and the basket.

Man Sets

4 fakes a pass to 3 and then kicks it back to 1. 2 continues her cut and sets a back screen for 4 cutting to the basket. 1 hits 4 if she is open.

Man Sets

If 1 can't hit 4 she dribbles over to wing. 4 sets finish cross screen for 5 and then rolls to high post. 2 screens away for 3.
Carolina-Kickback
Tea Area Titans Boys Basketball

Man Sets

We are into our continuity.
Corner Continuity Offense

Tea Area Titans Boys Basketball

Man Offense

Corner Continuity Offense

Man Offense

Corner Continuity Offense

Man Offense

Corner Continuity Offense

Man Offense
Corner Continuity Offense

Tea Area Titans Boys Basketball

Man Offense

All Contents Proprietary
Dribble Entry

Tea Area Titans Boys Basketball

Man Sets

1 dribbles to the wing. 3 makes a zipper cut off 5's downscreen. 1 looks inside to 5 then reverses the ball to 3.

Man Sets

On 3's catch 4 steps up and runs pick and roll with 3. 5 balances the post by flashing high. 2 clears to the corner. We are into our continuity.
Gooden

Tea Area Titans Boys Basketball

Gooden Special
-3 v-cuts to get open
-5 and 1 set staggered downscreens for 2
-5 curls back into the lane
-1 pops out to wing
-4 pops out to short corner
-3 hits 2 for the jumpshot

Man Set

Gooden cont.
-if 5 curls and is open, 3 looks to get them the ball
-3 passes to 2, 2 passes to one
-5 sets a backscreen for 4 cutting to the low block
-is 4 doesn’t receive the ball, runs a pick and roll with 1
-5 rolls to high post
Home Run

Tea Area Titans Boys Basketball

Special Situations

**Home Run**
- 1 cuts hard to the ball
- 2 and 3 cut hard to the ball and then make quick cuts up the floor
- 4 makes a baseball pass trying to get 5 the ball
- 5 needs to get to the ball and look to hit 2 or 3 cutting to the basket
Horns Down

Tea Area Titans Boys Basketball

Man Sets
1-4 High entry into Kansas. 4 and 5 set staggered screen for 2 cutting across the top of the free throw line. 3 crosses underneath the free throw line to the opposite wing.

Man Sets
As 2 clears to the wing 1 hits 4 stepping to the ball. 2 immediately cuts backdoor hard. 4 looks to hit 2 on the backdoor cut.

Man Sets
If 4 doesn’t hit 2 she turns and hits 1 cutting to the ballside wing. 4 and 2 set double stagger screen for 5 cutting to ballside block. 4 clears to top of the key and 2 clears to 3 pt. line. We are in Kansas.
1 hits 2 and 4 steps up to set back screen for 1. 5 flashes across to ballside block. Any way the post defends this cut will be wrong. 2 looks for 1 then 5.

2 reverses the ball to 4. 1 sets back screen for 3. 4 reverses the ball to 1.

3 sets a cross screen for 5 who goes under. 4 sets a downscreen for 3. 1 reverses the ball to 3 at the top and we are back into our continuity.
Indiana

Tea Area Titans Boys Basketball

Special Situations

**Indiana**
- 2 cuts to ball side corner
- 5 flashes to get the inbounds pass
- 2 sprints to middle to get pass from 5
Special Situations

Full Court Quick Hitter
- 5 sprints to ball side corner to receive pass
- 2 sprints middle to receive pass from 5
- 3 sprints sideline to get pitch pass from 2
Izzo Offensive Tip 2

Tea Area Titans Boys Basketball

Man Set
- Tip goes back to 1
- Wings clear to the wing position
- 4 and 5 go set a double staggered screen for 2

Man Set
- 2 comes off the double staggered
- 4 slips
Izzo Offensive Tip 3

Tea Area Titans Boys Basketball

Man Set
- Tip goes back to 1
- 2 and 3 clear to the wings
- 4 and 5 set a double staggered for 2
- 3 dives to strong side block

Man Set
- 2 curls around the staggered screen
- 3 pops out off of staggered screen for a 3
Special Situations

Kentucky
- 1 cuts to ball side corner
- 5 flashes to middle
- 2 C cuts deep for home run pass
Loop Zone Offense

Tea Area Titans Boys Basketball

Loop Zone Offense

- Guards use a loop action to get the defensive guards to match up

Loop Zone Offense

- Once the looping action has taken place, the weak side wing flashes to the middle
- Guard at the top of the key replaces wing flasher
- Weak side post screens the out the back of the zone

Loop Zone Offense

- If the ball does not go to the flasher, the flasher pops out for a ball reversal
- Once the ball is swung to the wing, the 4 man screens the middle of the zone

Loop Zone Offense

- As 4 screens the middle of the zone, 5 flashes to the short corner
- 4 ducks in
Loop Zone Offense

Tea Area Titans Boys Basketball

Zone Offense
- If no scoring opportunity, the ball gets reversed to the top
- 4 V cuts to the short corner

Zone Offense
- If the ball gets passed to the short corner, the opposite post flashes middle
- Opposite wing flares to the corner

Zone Offense
- The post can come ball screen the wing for a middle drive
- We want to have a triangle set on the back side of the zone (corner man, short corner, and wing)
- The person with the ball needs to get middle penetration to commit the guard defender and the middle of the defense
Memphis SLOB

Tea Area Titans Boys Basketball

SLOB
- 1 breaks high and 3 passes to 1
- 2 sets a back screen for 3 coming inbounds

SLOB
- 1 dribbles to weakside wing
- 2 cuts to ballside block
- 4 and 5 set double stagger screen for 2
- 1 looks for 3 or 2 coming off double stagger screen
**Motion Secondary**

**Tea Area Titans Boys Basketball**

**Transition**

**Primary Break**
- 4 takes the ball out
- 5 sprints tot the

**Right Entry**
- If the ball is pitched to the right wing, should look to get a quick 3 or drive to the basket
- 4 and 1 exchange to keep the 2 post posts opposite high low of each other
**Motion Secondary**

**Tea Area Titans Boys Basketball**

**Transition**

- If there is no shot or driving opportunity, the ball should be skipped or reversed quickly for a post entry

**Note:** if the ball cannot be reversed or skipped, get in to your motion offense

**Transition**

- The wing Laker cuts through to take away help defender
- On the post entry, the opposite post in the slot should dive
**Motion Secondary**

**Tea Area Titans Boys Basketball**

**Transition**

**Left Side Entry**
- Ball gets pushed to left wing
- Post goes opposite
- Wing looks to shoot or drive to the rim

**Note:** if the reversal pass is denied or the ball cannot be skipped, you go straight into your motion offense

**Transition**
- On the post entry, the wing Laker cuts through to take away help defender
- Opposite high post dives
Special Situations

**Northern**
- 5 banana screens for 1 to get the ball
- 1 uses a dribble if needed to get a better passing angle or for a 3 point shot
- 4 back screens for 3 to get pass from 1
Offensive Tip Quick Hit
Tea Area Titans Boys Basketball

**Initial Tip**
- Tip should go to 3
- Wings are wide. On the catch by 3, wings sprint,
3 kicks to on the wings
Purdue SLOB

Tea Area Titans Boys Basketball

Purdue SLOB

- 3 and 2 set double staggered screen for 1 to pop out to the top of the key
- 3 shapes up back to the ball after setting the screen
- 5 sets a cross screen for 2 to pop to the corner
Quick Free Throw Quick Hitter

Tea Area Titans Boys Basketball

Quick Strikes

**FT Quick Hitter - Made FT**
- On the make, closest post takes the ball out
- 2 and 3 cut to the sideline to receive pass
- 1 cuts to the ball side sideline to receive pass and then dribble attacks
- The post that does not take the ball out spints to rim
- The opposite wing sprints to weak side 3 point line
- The outlet guard trails to ball side slot position
- The post that takes the ball out trails to weak side slot position

Quick Strikes

**FT Quick Hitter - Miss FT**
- On a miss, you will have the same options as you do off a made free throw
Quick Free Throw Quick Hitter

Tea Area Titans Boys Basketball

Quick Free Throw Quick Hitter

Quick Strikes

**FT Quick Hitter - Counter 1**
- If teams try to deny the pass to 1, the person with the ball should middle dribble
- 1 should release up the sideline
Quick Strikes Playbook

Tea Area Titans Boys Basketball

Twist (Option 1)
- 1 comes off a high ball screen
- 2 comes off double staggered screen from 3 and 5
- 2 sets back screen for 4

Twist (Option 2)
- If X2 cheats and goes under, 2 can pop to the wing for a 3 point shot

Fade (part 1)
- 3 cuts hard to ball side block for a post up
- 1 fakes a UCLA cut and then uses a flare screen from 5
- 5 man dives immediately after setting the screen

Fade (part 2)
- On the skip pass to the 1, he can shoot, drive or hit the 5 in teh post
- 4 sets a down screen for 3
Quick Strikes Playbook
Tea Area Titans Boys Basketball

**Fist (part 1)**
- 5 sets a high ball screens and shapes up
- 2 comes off a double staggered baseline screen

**Fist (part 2)**
- 3 comes off a screen from 4
- Ball gets reversed or skipped to 3 for a 3
- 4 ducks in

**Fist 2**
- 1 man attacks high ball screen from 4
- 2 reads defense and uses double screen from 5 adn 3

**High Post Set**
- 1 fakes dribble hand off
- 3 man looks to curl
- 5 man on curl will fade, on pop cut by 3, 5 man will up cut
- 4 man looks to 2 man on back door then to weak side action
Quick Strikes Playbook
Tea Area Titans Boys Basketball

**High Wing Set (part 1)**
- Wing entry to 2
- 4 sets UCLA screen for 1
- 4 pops for ball reversal; 5 should WALK his defender down to the block
- Looks for 5 on low post seal
- If no low post entry, swing the ball to 3 and then into 5

**High Wing Set (part 2)**
- 4 pops for ball reversal; 5 should WALK his defender down to the block
- Looks for 5 on low post seal
- If no low post entry, swing the ball to 3 and then into 5
Quick Strikes Playbook
Tea Area Titans Boys Basketball

**High Ball Screen (part 1)**
- 1 passes to the wing and UCLA cuts off the 4 man

**High Ball Screen (part 2)**
- 4 goes and ball screens for the wing (4 can shape up or dive)
- 5 sets a down screen for 3

**Open**
- 4 sets a high ball screen
- 5 comes and head hunts 4’s man for a back screen lob from 2
- If 2’s defender starts to cheat in, 1 can skip to 2 for a 3

**Dribble Out**
- 2 comes off a series of screens to the top of the key for a 3
- Look for 3’s defender to cheat where the ball can be skipped to 3
- Post players should read defense for slips and seals

[All Contents Proprietary]
Quick Strikes Playbook

Tea Area Titans Boys Basketball

3 Man ISO (Option 1)
- 3 cuts up the middle to receive the pass from 1
- 3 looks to create

3 Man ISO (Option 2)
- 4 comes and sets a high ball screen for a 2 man game

3 Man ISO (Option 3)
- 4 comes and sets a flare screen for the ball to be skipped
- 5 and 1 set a double for 2

3 Man ISO (Option 3)
- 2 can go high or low depending on how his defender plays the screens
Quick Strikes Playbook

Tea Area Titans Boys Basketball

**Return**
- 1 passes to 2 and reads defense and uses a re-screen from 4
- 3 uses back screen to cut to ball side block for post up

**Stagger**
- 2 sets a cross screen for 3
- 4 and 5 set a double staggered screen for 2 to pop to the key
- 1 dribble entries to the wing
- 5 looks to post up on the ball side block after setting screen

**Red Post (part 1)**
- 3 cuts to corner off of cross scree from 2
- 2 then sets back screen for 5 for lob look

**Red Post (part 2)**
- 2 then sets back screen for 5 for lob look
- 4 then screens for 2 to pop up for a 3
Quick Strikes Playbook
Tea Area Titans Boys Basketball

Quick Strikes

**Triple**
- 1 dribbles at a wing, that wing will come off a triple staggered screen
- The other wing will come out the back end off a screen from the post
- Post players look to slip and pin their man after the guards clear out
Shuffle

Tea Area Titans Boys Basketball

Man Sets

1 hits 2 and cuts to the weakside corner. 4 steps across and then flashes to the high post.

Man Sets

2 reverses the ball to 3. 3 reverses it to 1. 5 posts between the ball and the basket.

Man Sets

On 3’s pass to 1, 5 sets a back screen for 3. 4 screens away for 2 then rolls to the basket.

Man Sets

5 and 1 run a side pick and roll. We are back into 3 out, 2 in continuity.
Tap

Tea Area Titans Boys Basketball

Tap

Man Set

5 man spins for lob from 1
Man Set
1 dribble to opposite slot
2 runs thru to opposite wing
4 and 5 set stagger screen
3 uses stagger and dives to middle of hoop
5 pop out to receive pass from 1

Man Set
5 passes back to 1
4 screens 5 and cuts to basket for lay-up or post up
4 down screens for 3 and pops top of key
1 passes to 5 or 3 if open

Man Set
5 back screens for 4
1 passes 4 if open
5 seals on switch
5 flashes to high post on no switch and we look for the high low action

Man Set
If we don’t get the ball to the post 5 flashes to slot and we get into motion.
Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

Man Offense

Initial Set Up
- PG fills the right slot
- 4 fills the left slot
- 2 and 3 fill the wings free throw line extended
- Post is ball side

-Strong Side = Ball is on the side with a slot man, wing man, and post man
- Naked Side = Ball is on the side a slot man, wing man (no post on the ball side)

Notes
- Perimeter players need to maintain high and wide spacing (15 feet apart)
- On every catch, look to score, enter the ball to the post, or make an action pass
- All cuts and screens should be made to create scoring opportunities or to get out of a trouble situation
- Use the dribble to score, create a scoring opportunity for a teammate, to create a better passing angle, or get out of trouble
- Pass the ball to teammates where they can do something with the ball
- Post player should not chase the ball, wait for it to come back and pin
- Offense is designed to create post scores, lay-ups and rhythm jump shots

Motion Cut to Get Open (V-Cut)
- Players can use a V-Cut to receive a pass
- Take defender down and pop back in the direction of the pass
- Need to use a change of speed and change of direction
- Get tight to the defender
- Give a target for the pass
Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

**Motion Cut to Get Open (V-Cut)**
- The opposite slot man should use a V-cut to receive a pass from the slot

**Motion Cut to Get Open (7-Cut)**
- Cut away from the ball and then quick cut towards the ball
- Be sure to have a change of speed and a change of direction
- This cut will primarily be used when

**Motion Cut to Get Open (Back Cut)**
- If the defender is denying the pass, you can look to the defender 2 steps higher and then back cut to the rim
 Titan 4 Out Motion Offense
 Tea Area Titans Boys Basketball

**Man Offense**

**Strong Side Slot To Wing Pass (Ball Screen)**
- On the strong side wing pass, the slot man can ball screen for the wing.
- The opposite slot man needs to sit for a kick out.
- The opposite wing drifts with the driving trying to find the kick out window.
- The strong side post should try to seal his man for a low post feed.

**Strong Side Slot To Wing Pass (Ball Screen)**
- On the kick out, fill the 4 perimeter slots.
Titan 4 Out Motion Offense

Tea Area Titans Boys Basketball

**Man Offense**

**Strong Side Slot To Wing Pass (Screen Away)**
- On the strong side wing entry, the slot man can screen away for the weak side slot
- The man receiving the screen needs to V-cut prior to receiving the screen and use a change of speed and change of direction
- The man setting the screen should always show back to the ball for a pass

**Naked Post Slot To Wing Pass (Quick Cut)**
- On the wing entry to the naked side, the player who passed the ball can look to make a quick cut to the basket for a score
- If the defender jumps the pass, rear quick cut the defender
- If the defender drops on the pass, front quick cut the defender
**Titan 4 Out Motion Offense**

**Tea Area Titans Boys Basketball**

**Man Offense**

**Naked Post Slot To Wing Pass (Screen Away)**
- If the side stays naked, the player using the screen can look to curl cut
- The man setting the screen should show back to the ball

- If the post happens to slide ball side on the wing pass, the player using the screen should pop cut off of the screen instead of curl cut

**Naked Post Slot To Wing Pass (Ball Screen)**
- On the ball screen, the player driving should look to kick to perimeter shooters, dump to the post, or hit the screen man on the roll or pop
- The perimeter shooters need to find the kick out windows
Titan 4 Out Motion Offense
Tea Area Titans Boys Basketball

Strong Side Wing to Post Pass (Laker Cut)
- On the post entry, the wing can Laker cut high or low off of the post
- The opposite slot man reads his man. If his defender turns his head, he dives to the opposite block
- The ball side slot man can drift to the wing

Strong Side Wing to Slot Pass (V-Cut Replace)
- On the strong side wing to slot pass, the wing can V cut to replace himself

Strong Side Wing to Post Pass (Pinch Post)
- The wing can also come screen the elbow for a Pinch Post action for the strong side slot man
- If the screeners man

Strong Side Wing to Slot Pass (Back Screen Re-Screen)
- The post can back screen the wing for a pass
Titan 4 Out Motion Offense
Tea Area Titans Boys Basketball

Man Offense

**Strong Side Wing to Slot Pass (Back Screen Re-Screen)**
- If there is no scoring opportunity, the post can then re-screen for the wing to pop back out
- The naked side can work with each other during this action to free each other to get open with either an elbow screen or a down screen

Man Offense

**Naked Side Wing to Slot Pass (Ball Screen)**
- The wing can set a ball screen
- The screener can roll or pop
- If the screener rolls, the opposite post should flash mid post

Man Offense

**Naked Side Wing to Slot Pass (V-Cut Replace)**
- The wing can V-cut replace himself

Man Offense

**Strong Side Slot to Post Pass (Pinch Post)**
-
Titan 4 Out Motion Offense
Tea Area Titans Boys Basketball

Man Offense

**Slot to Slot Pass (Screen Away)**
- On the slot to slot pass, the slot can screen away for the wing
- The wing needs to V cut before receiving the screen

Man Offense

**Slot to Slot Pass (Ball Screen)**
- The slot man can set a ball screen for the other slot
- The screener can roll to the basket. The opposite post should flash mid lane behind the roller
- The naked side wing should drift with the drive
Man Set
1 passes to 2
5 backscreen 1
4 dive to post

Man Set
2 passes to 5
2 down screen for 1
3 and 4 stagger screen

Man Set
1 uses single screen of 2
2 uses double screen of 3 and 4
4 flashes middle
3 flashes short corner
5 passes to 1, 2 or 4

Man Set
2nd option
1 uses staggered screen
2 pop back out
4 flashes middle
3 flashes short corner
5 passes to 1, 2 or 4
Victory
Tea Area Titans Boys Basketball

SLOB
1 sets pick for 2 then goes through double
2 goes to corner
3 finds open man for last second shot.
Wing entry

Tea Area Titans Boys Basketball

Man Sets

1 hits the wing and cuts through to either the ballside corner or weakside corner. 4 screens away for 5. 5 can cut high or low and then 4 goes opposite. We are into our continuity.
**Hand-Up**

**Butler Bulldogs**

Quick Hitters - Man

O1 passes to O4.
O4 looks for O2 on the back-cut.

Quick Hitters - Man

O1 screens for O5.
O5 curls and then O1 pops back out to the top of the key.

Quick Hitters - Man

O3 runs off of a stagger screen from O2 and O5.
O4 dribbles out to get a good passing angle.
High Ball Screen Offense

Curt Miller (Bowling Green State University)

Offense

Initial Set Up
- 4 splits the mid line, wings are FT line extended
- 5 starts low block on the same side as 1

Offense

Wing Drift
- PG drives defender into the screen to get LANE LINE penetration
- PG should try to score and wings hunt should hunt for shots

Note: Need to wing LANE LINE battles

Offense

Wing Read 1
- Wing can drift with the ball

Offense

Wing Read 2
- Wing can fill behind the ball
High Ball Screen Offense

Curt Miller (Bowling Green State University)

Offense

Wing Read 3
- Wing can back cut on defensive over play

Offense

Wing Kick Out
- On the wing kick out, the PG cuts to the ball side corner
- 4 rolls to the basket
- 5 flashes to the top of the key

Note: Posts are always opposite high low from each other
High Ball Screen Offense
Curt Miller (Bowling Green State University)

**Wing Dribble Out**
- The wing dribbles out to get a good angle for the high ball screen
- 5 rolls to the ball side block after setting the high ball screen
- 1 fills wing
- 2 cuts ball side corner on the kick out to the wing

**High Post Pass**
- 3 reads
  1. Shoot
  2. High Low Pass
  3. Rip and Drive
- 3 looks to hunt for shot

**Strong Side Pass**
- If the post cannot shoot, drive or make a high low pass, he can pass back to the strong side and then ball screen

**Dribble Hand Off**
- If the post cannot shoot, drive, or make a high low pass, he can also dribble hand-off
High Ball Screen Offense

Curt Miller (Bowling Green State University)

Offense

Weak Side Wing Pass
- If the post passes to the weak side wing the post can
  1. Pass and follow
  2. Dribble hand-off
     - Low post goes opposite
     - Top guard cuts through to ball side wing

Offense

PG to High Post Pass Flash
- Post can shoot, rip and drive, or look for high low pass or run any of the wing pass options
Jimmer
BYU Cougars

Quick Hitters - Man

Quick Hitters - Man

Quick Hitters - Man

Quick Hitters - Man
1 Back Double
Golden State Warriors

Zone Offense
1 offsets the ball, 4 pops out, 1 passes to 4. 5 backscreens 1 who cuts to the block as 4 passes to 3. 5 & 4 stagger away for 2.
Diamond-Thumb Up Spread
Golden State Warriors

SLOB

2 curls off a screen from 4 & 3 back to the opposite corner. 3 & 4 elevator screen 1 to the top.
5 passes to 1.

SLOB

4 sets middle pick & roll for 1.
1 zippers up the lane, 3 passes to 1. As 1 centers the ball, 2 cuts over 4 to the opposite short corner. 1 hits 4 at high post. 1 cuts over top of 4 to the corner.

3 sets up his man and shoots backdoor off a backscreen from 5. Then 5 pins for 2. 4 can hit 2 or 3 coming off screens.
15 Rub
Kentucky Wildcats

Side Pick & Roll
3 cuts to the wing, 1 hits 3. 2 sprints to opposite corner and 4 backscreens 1 to the block. 3 reverses the ball to 4, 4 swings to 1.

Side Pick & Roll
4 rub cuts to the corner and 5 sprints into a side pick & roll with 1.
**Quick Hitters**

2 has the option to screen across for 3 (in this play he just rub screened), 3 cuts to the ball side corner. 2 sets backscreen for 4, 5 ducks in hard. 1 hits 4 overtop for Lob.
1 Elbow Exchange
Boston Celtics

Half-Court Sets
3 hits 1 a few steps off the elbow. 3 cuts over top and sets a screen for 2. 2 curls looking for a shot.

(In the play shown in video, defense overhelped on the curl which left 3 wide-open in the corner for a shot.)

Half-Court Sets
2 hits 1 a few steps off the elbow. 2 cuts over top and sets a screen for 2. 2 curls looking for a shot.

(Clip 2 of the video shows X4 overhelping. 4 saw this and popped out for a wide open 15 footer.)
2 Loop Down
Boston Celtics

Half-Court Sets

2 loops around a screen from 5, and curls back off another screen from 5. Same time 4 pins down for 3. 1 hits 2, 2 hits 5 on the roll.
3 Back
Boston Celtics

5 pops out, 1 backscreens 3, 4 pins down for 1.
35 Quick
Boston Celtics

Half-Court Sets

3 brings the ball up court and passes to 5 in the post, as 4 dives, 3 pins down for 2. 5 hits 2 for an open shot.
53 Out
Boston Celtics

Half-Court Sets
1 hits 3 and sprints off screen from 2 and curls out to corner. 5 flares 2, then 5 sets middle pick & pop with 3.
EOG-LOB

Boston Celtics

Late Game/ Specials

5 screens 3, 5 fakes a flash back to the ball and 2 backscreens 5 for a Lob. At the same time, 3 screens 4 into a pin-down for 2.
Late Game/ Specials

5 sprints into middle pick & pop with 1. 4 pins down for 3, 3 reads the defense and shoots backdoor for wide open lay-up.
Horns 52
Boston Celtics

Half-Court Sets

1 comes off elbow pick & roll from 5, 2 sprints over and sets double wing pick & roll with 5. As 1 comes off, 4 pins down for 3.
4 pins down for 3, 4 clears out to opposite elbow. 2 passes to 3, 1 pops to wing. 5 sprints into middle pick & roll.
1 Hook
Oklahoma City Thunder

Pick & Roll

5 pins down on 3. 3 sets middle pick & roll for 1.
1 Special
Oklahoma City Thunder

Half-Court Sets
1 Thru Hook

Oklahoma City Thunder

1 advances the up the court quickly to 2. 1 cuts to the opposite wing as the ball is swung back to him through the 5.

Note: As 1 is cutting through 3 starts moving toward the lane.

Pick & Roll

3 screens 4 (Kevin Durant) into a wing pick & roll. 5 pins down on 3 after setting the screen.

Your first option is the 4 on the roll. If the defense overhelps on the roll 3 is your second option.
Box 3-Pin

Oklahoma City Thunder

SOB
4 pops out and catches from 2. 2 sprints to opposite corner as 4 passes to 5

SOB
4 pins down for 3 for an open shot at the top of the key.
Horns Thumb

Oklahoma City Thunder

Half-Court Sets

3 rhody cuts over the top of 4 & 5, 2 cuts opposite, 1 hits 3. 4 sprints into a wing pick & roll.
SWING TWIST

Oklahoma City Thunder

Transition
2 Rip
San Antonio Spurs

Half-Court Sets
3 screens 2 into a Rhody cut.

Half-Court Sets
4 sets side pick & roll for 2. 2 turns the screen down and dribbles baseline. 3 releases to the corner and 5 screens in.
Box Triple
San Antonio Spurs

1 hits 5 and sprints in bounds to get hand-off back from 5. 4 sets middle ballscreen for 1. 2 & 3 set stagger back/cross screen for 5.

4 pins down for 2, 1 cuts opposite to clear out the post for 5. Shooters spot up.
Elbow-Side
San Antonio Spurs

Half-Court Sets

1 hits 5 and goes to pin down for 2, 2 rejects screen and shoots back door.
EOG-3X

San Antonio Spurs

Late Game/ Specials

2 cuts to the corner, 4 screens 5 into a screen for
3. 1 inbounds to 3.
2 Loop Again
Orlando Magic

2 Loop Again

UOOB vs Man
2 screened in on X5, 5 popped out and 3 passed to 5. 1 cut to the ball and 5 passed to 1. 3 sprinted to the opposite wing. 1 centered the ball.

UOOB vs Man
4 and 5 set a stagger screen for 2.
2 wraps and screens in on X5, 5 pops out to catch the ball from 3. 5 passes to 1.

4 and 5 set a double screen for 2 who gets a wide open three in the corner.
Elbow 4-Opposite

Orlando Magic

Half-Court Sets
1 hits 4 at elbow. 1 pins down for 2 and 5 cleans it up.

Half-Court Sets
4 and 2 go into dribble hand-off as 5 rolls.

Half-Court Sets
2 turns corner looking to kick out, dump to 5's roll, or score.
Elbow 5-Roll
Orlando Magic

Half-Court Sets
4 sets a screen to get 5 open on the left elbow. 1 passes to 5.

Half-Court Sets
1 and 4 pin-down for 2. 5 and 3 go into dribble hand-off. 3 hits 5 on the roll for a dunk.
End of Game/Arc

Orlando Magic

Late Game/ Specials

1 screens 3 into setting a screen for 5 who screens for 4. 1 cuts to corner, 3 flashes.

Late Game/ Specials

OPTION 2
EOG-Need 3
Orlando Magic

Late Game/ Specials
2 and 3 "X" off 5 (2 goes first), 1 cuts to the corner.

Late Game/ Specials
5 pins down for 3, 4 inbounds to 3. 5 pins down for 2. (4 and 1 exchange on the weak side)
Lob-Dwight
Orlando Magic

Quick Hitters
5 screens for 2. 2 loops and re-screens 5 for a Lob
Baseline Flex
Georgia

Quick Hitters
5 flashes to elbow to receive pass from 1. 2 flex cuts over top of 4 to get an easy lay-up.
Box Zone
Florida

Box Zone

UOOB vs Zone

1 and 2 pop, 5 up screens for 4 and rolls back to the ball and seals the defender for a lay-up.
Elevator
Florida

Half-Court Sets

Half-Court Sets
1 Up
Dallas Mavericks

5 cuts to opposite block, 2 cuts to corner, 1 screens for 4 who wraps to the block. 1 pops out and 3 passes to 1.

3 curls around a screen from 5 to the elbow area. 2 cuts along the baseline and curls off 5. 1 passes to 2. As 2 attacked the lane the defense stepped up so 2 dropped a pass off to 5.
13 Rub Thru
Dallas Mavericks

Half-Court Sets
1 screens 3 into a side pick & roll with 2. 2 comes off and hits 1.

Half-Court Sets
4 and 5 set baseline stagger for 3. 1 hits 3 posting on block and go into iso. Everyone else spots up.
Early Offense

1 quickly advances the ball to 2, 1 cuts down to the block area. 5 sprints into a corner pick & roll with 2. On the dribble 1 cuts back up the lane and receives the pass from 2. On the roll 5 seals his man for a look over top.

Early Offense

OPTION 2: 4 sets middle pick & roll/pop for 1. 3 spots up.
3 Hook Out
Dallas Mavericks

Half-Court Sets

3 screens 4 into a middle pick & roll. As 1 comes off, 5 screens in on 3. 1 hits 3.
52 High X

Dallas Mavericks

Half-Court Sets

2 pins down for 3, 1 hits 3 off the elbow. 4 cuts through to opposite corner and 1 cuts away to the wing. 5 sprints into an elbow pick & roll and slips to the rim.
Elbow 5-15
Dallas Mavericks

Elbow 5-15

1 hits 4 at elbow. 2 screens in on X1 and then runs to opposite corner. 4 passes back to 1.

Elbow 5-15

4 sets side pick & roll for 1. 5 screens in on X3 for a possible shot.
Elbow Exchange
Dallas Mavericks

Half-Court Sets
1 goes into dribble hand-off with 2. 1 & 4 set stagger pick and pop for 2. 3 goes through to opposite corner. 5 moves to weakside block.
Elbow Motion
Dallas Mavericks

4 and 5 set stagger screens on elbows for 2, 3 cuts to opposite corner. 1 hits 2. 5 moves to opposite elbow as 4 sprints into wing pick and roll with 2.

As 2 comes off, he passes to 1. 3 and 5 set stagger screen along baseline for 4. 1 has option to hit 4 or look at 3 who shapes back to the ball after screening.
3 curls off screens from 4 & 5 to the opposite corner. 2 cuts off screens from 4 & 5, 1 passes to 1. 1 sprints to the corner.

5 sets middle pick & roll for 2.
Post-Flare
Dallas Mavericks

Half-Court Sets
1 hits 4 at elbow and pins down for 2. 4 hands the ball back off to 2.

On the hand-off (once 2 starts dribbling at 3), 5 flares 3 for a shot or a baseline drive.

Half-Court Sets
1 hits 4 at elbow and pins down for 2. 4 hands the ball back off to 2.

On the hand-off (once 2 starts dribbling at 3), 5 flares 3 for a shot or a baseline drive.
Push 24
Dallas Mavericks

Half-Court Sets
2 dribbles down and fakes a pass to 5, passes to 3. 2 Screens 5 to the block and pops out. 3 passes back to 2, 4 sets middle pick & pop for 2. (5 searches, 1 sprints to the corner.)
Quick Hitters

3 inbounds to 4 after he pops out. 4 passes back to 3 after inbounding the ball.

3 dribbles middle and hits 5 at the high post (5 faces up). 2 fakes coming up for hand-off and shoots backdoor for a wide open lay-up.
Elbow Dive Rub
Memphis Grizzlies

Middle Pick & Roll
1 brushing dribbles off 5 and then goes into dribble hand-off with 3.

Middle Pick & Roll
4 dives to opposite elbow. 5 sets pick & roll for 3. 3 hits 5 on the roll.
Elbow- 2 Up

New York Knicks

Quick Hitters

1 hits the high post and pins down for 2. The other 4/5 cleans up the stagger.
1 passes to 4. On the pass 2 cuts into the lane; 5 backscreens 1 and pops out. 4 passes to 5.

1 v-cuts and receives a pass from 5, 2 backscreens 4 into a post-up on the block.

2 and 5 set a double stagger for 3 to make it more difficult to Double the Post and also are create an open look for their shooter.
2 Arc
LA Lakers

Late Game/ Specials

5 & 4 set double screen for 2, 3 posts off the block, 5 slips the screen and 1 hits 5.
2 Early
LA Lakers

1 basket cuts, 3 pops out, 4 hits 3 and 4 cuts over top to the wing. 5 pins down for 2.
3 Curl
LA Lakers

1 passes to 2 and cuts to the corner. 2 passes to
4. 5 screens for 3. 4 hits 3.
Elbow Rub
LA Lakers

2 sets elbow pick and pop for 1. 5 and 3 set double screen for 4.
Early Offense

1 hits 2, 1 cuts through the lane, as 2 hits 5 and cuts baseline, 1 screens 4. 3 spots up.
Half-Court Sets

1 passes to 3, 3 feeds 5 posting on the block. After feeding the post, 3 Jet Cuts under 5 to opposite short corner; 1 pins 4 for a jumper at the elbow.
1 passes to 2. 1 UCLA cuts off 5. 5 sets side pick & roll for 2. At the same time, 3 and 4 set a stagger for 1. 3 goes out the opposite side. 4 and 5 roll as 2 attacks the paint.
Elevator Double
North Carolina

2 fakes backscreen for 2. 5 and 4 elevator screen for 1. 5 moves loops up and 1 passes to 5.

2 screens 4 over top to the elbow and pops out, 5 passes to 2. As 2 dribbles over, 5 and 3 stagger down for 1.
Weak Power

North Carolina

Early Offense

4 pins down for 2, 1 passes to 2. 3 & 4 walk their man down to the block area. 3 comes off a stagger from 5 & 1 as 4 ducks in hard on the block.
Zone Lob
North Carolina

Zone Offense
1 hits 2, 5 pops out to shift the zone, 2 passes to 5.

Zone Offense
5 passes back to 2 who swings the ball to 1.
At the same time, 3 and 4 "backscreen" the zone to get 5 a Lob.
5 Go-Back
North Carolina Tar Heels

Early Offense
4 sprints into a pick & roll. 1 starts coming off and 4 slips to short corner as 3 backscreens for 4. 5 rolls to middle of lane.
3 Loop
Alabama

Zone Offense
1 dribbles at 3. 3 loops up the lane. 4 sets a pick on X1.
Motion Low
Alabama

1 dribbles the ball up as 5 cuts to the top and 2 cuts through opposite. 1 passes to 5, 3 curls off the back of 4, 4 pops out and 5 passes to 4.

5 pins down for 3, 3 curls/rub screens off 5. 4 dribbles over to feed 5 in post.
Early Offense

1 hits 2 and cuts to the opposite corner. On the dribble 4 cuts to the rim. 3 Starts cutting toward the top and shoots backdoor.
Horns Side
Atlanta Hawks

Half-Court Sets
1 hits 3 and UCLA's over the stop to pin down for 4. 4 curls over top and 1 pops back out. 3 hits 1. 4 screens 5 into a wing pick & roll.
2 Dive
Portland Trailblazers

Half-Court Sets

1 dribbles at 2, 2 lifts and then UCLA'a off 5. 1 passes to 5, 2 rub screens 3, 4 pins for 2. 5 passes to 2 for shot.
Elbow Out- Down
Portland Trailblazers

Half-Court Sets
As 1 comes off the elbow pick & roll from 4, 2 cuts through. 4 re-screens for 1 to get him into the lane. At the same time 3 & 5 pin down for 2.
13 Hook
Miami Heat

2 screens 1 into a middle pick & roll with 3.
2 Down Floppy

Miami Heat

Half-Court Sets

2 UCLA's off of 1, 1 sets side pick & roll for 3. 1 pins screens for 1. (2 could also come off double from 4 & 5).
As Chalmers brings the ball up, Wade and James set a stagger for Jones. Wade button hooks and cross screens for James. Anthony pins down for Wade.
24 Power
Miami Heat

Half-Court Sets

5 sets a brush pick and roll for 3. At the same time, 2 screens 1, and immediately turns to cross screen for 4. (4 brush/fake screens 1). 5 pins down for 2.
Down Loop
Miami Heat

Half-Court Sets
4 pins down on 3 who sets side pick & roll for 1. As 1 comes off 2 pops out and 1 passes to 2. 4 and 5 set a stagger screen looping 3 along the baseline.
Elbow Slip
Miami Heat

2 hits 4 and cuts over top to the corner. 5 and 1 screen in for 3. 5 slips to the rim.
End of Game/Angle

Miami Heat

Bosh, Lebron, House set triple screen for Wade who curls into the lane. House Cuts to strong side wing.

Bosh screens in for Lebron. Miller inbounds to Lebron. Bosh then screens for Wade and House flares Miller.
EOG-P&R

Miami Heat

Late Game/ Specials

DW screens CB into a middle pick & roll for LBJ. DW curls back out and gets dribble hand-off from LBJ. DW drives to the rim. MC and JJ exchange.
Point Double

Miami Heat

Point Double

Half-Court Sets

1 dribbles up and passes to 4. 1 and 5 set a stagger for 2. 4 hits 2 (Who takes jumper). 4 pins down for 3 as a second option if 2 can't get a shot off.
"33"

Chicago Bulls

Quick Hitters

1 hits 2 and cuts to the corner. 4 dives to ball side block, 5 cuts off 4's back and pins down for 3.
12 Quick
Chicago Bulls

Early Offense

2 sets pick for 1. 2 sprints to the corner as 1 continues his dribble to corner area. 4 sets pick and roll for 1. As 1 comes off to the elbow, 5 ducks in, and 3 spot up.
15 Thru
Chicago Bulls

4 pins down for 3, 1 passes to 3. 1 cuts through to the wing off a screen from 4. 1 passes back to 3, 4 sets side pick & roll for 1. (Play out of that)
3 Double Rub

Chicago Bulls

Middle Pick & Roll
3 Loop X
Chicago Bulls

Half-Court Sets
1 hits 2 and cuts off 5, 3 cuts off 5 to ball side block, 2 reverses the ball back to 5.

Half-Court Sets
1 & 5 stagger for 3, 2 pins down for 1. 5 hits 3 on the curl, 3 dumps the ball down to 4.
35 Power
Chicago Bulls

2 & 3 exchange, 1 hits 2 and cuts through the lane.

Post Ups
1 pops out to the wing as 2 passes to 4. As 4 is passing to 1, 3 cuts through and cross screens for 5. 4 pins down on 3.
Curl Post
Chicago Bulls

1 hits 5 and sprints to get the ball back. 5 sets a cross screen for 2 (MJ) who goes into post up.
1 hits 2 and UCLA cuts off 3. 3 wheels and pins down for 4. 1 screens across for 3.
Wing Opposite

Chicago Bulls

SOB

SOB
Elbow 52
Richmond

Quick Hitters
4 sprints to the corner. 1 dribbles at the elbow as 5 flashes, 1 hits 5 on a drop pass, 1 pins down for 3, 3 rejects the screen and 1 pops. 5 goes into a dribble-pitch with 2.
3 Zipper Down
Ohio State

Half-Court Sets

1 dribbles at 2 who curls back to the top of the key, 1 passes to 2. 1 cuts off a screen from 3. 5 pins down on 4, 2 passes to 4.

Half-Court Sets

2 pins down for 3 who curls into the lane.
Stack Double
Ohio State

Quick Hitters
1 pins down for 2, 3 hits 2 at the top of the key. 5 backscreens for 3.

Quick Hitters
4 pins down for 1, 5 pins down for 3.
1 Corner
Florida State

Half-Court Sets

1 dribbles to wing, 4 & 5 stagger down for 3, 1 hits 3.

Half-Court Sets

2 backscreens 1, 4 & 5 set a baseline stagger for 1. 3 dribbles over and passes to 1.
43 Side
Florida State

Side Pick & Roll

4 pins down on 3. 1 hits 3 and UCLA cuts off 4 to the rim. As 4 sets side pick & roll for 3, 5 & 2 set a stagger for 1.
Elbow Power
Connecticut Huskies

Half-Court Sets
1 hits 4 and cuts to the corner.

Half-Court Sets
5 pins down for 2, 4 goes into dribble hand-off with 2. 4 pops back, 3 backscreens for 5.
1 Double
Connecticut

Middle Pick & Roll

3 and 5 set stagger pick and roll/pop for 1.
1 Hook Out

VCU

Side Pick & Roll

4 sets screen for 3, 3 screens 5 into a middle pick and roll with 1. 2 sprints to opposite corner. 4 replaces to the top.