Inbounds play-One

3

3



4 upscreens for 5. 1 stays out. 5 uses screen top side to cut to ball.

5 screens from ball side for 2. 1 pops out. 2 uses screen top side to cut to ball.

3

4

4

2

1

5

2

1

5

 

3 passes to open option- first looking for 2, then 5, then 4, then 1.

1

2

4

5

3

2

1

5

4

 

4

3

2

1

5

4

3

2

1

5

Inbounds play-Viking

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3

5

Option 2-4 upsscreens for 2. 2 uses screen topside to cut to ball.

1

2

4

Option 1- pass to 5 who has pinned their player to go one on one. 1 uses screen topside to cut to ball.

1

4

2

5

 

Option 3- 3 passes to whoever is open after cuts.

2

5

4

1

3

2

1

5

4

 

4

3

2

1

5

4

3

2

1

5

Inbounds play -Taphead

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3



Option 2- immediately after 4 goes to set screen for 1, 5 goes to set topside screen for 2 who uses screen to cut to the ball. 4 then cuts opposite ball side to the hoop.

Option 1- 4 screens for 1 away from ball. 1 uses topside screen to cut to ball.

3

1

4

5

2

4

5

2

1

 

3 passes to whoever is open starting with looking for 1, then 2, then 4 and then 5.

1

2

5

4

3

2

1

5

4

 

4

3

2

1

5

4

3

2

1

5

Inbounds Taphead 2

3

3



Immediately after 1 cuts through 5 cuts opposite ball side to set a top side screen for 2 who uses screen to cut to ball side for second pass option. At the same time 4 uses 2 as screen to cut to opposite ball side as third pass option.

4 cuts opposite ball side to screen for 1 who uses topside screen to cut down middle to ball. 3 looks for 1 as first pass option.

3

1

2

5

4

1

2

5

4

 

3 passes to whoever is open starting with looking for 1, then 2, then 4 and then 5.

5

1

3

2

1

5

4

2

4

 

4

3

2

1

5

4

3

2

1

5

Inbounds play -Doors

3

3



3

If 1 doesn’t get the ball they screen up for 2 who uses screen to cut towards ball and then through the gap provided by 4 and 5 before they squeeze together to shut the door.

1

2

2 upscreens for 1 on ball side. 1 uses screen to cut to middle for first possible pass option. 4 and 5 set up ball side in the post side by side.

1

2

4

5

4

5

 

3 passes to whoever is open starting with looking for 2, then 1, then 4 or 5.

1

5

2

3

2

1

5

4

4

 

4

3

2

1

5

4

3

2

1

5

Inbounds play- Zone Stack

3

3



Stack up on ball side. 2 sets screen on middle of zone. 1 pops to ball to pull out bottom player on zone. 4 cuts straight to the hoop looking for the pass. 5 cuts straight back for safety pass.

3 passes to whoever is open starting with looking for 4, then 1, then 5 and then 2.

1

5

4

1

2

4

5

2

Inbounds play- Regular Stack

3

3

 

4

5

1

3 passes to whoever is open starting with looking for 5, then 1, then 2 and then 4.

Players stack. 1 and 1 split to opposite sides. 4 takes a step inside and then cuts back for safety pass. 5 cuts towards ball through lane left by 1,2, and 4. 3 looks to pass to 5.

5

4

2

1

2

Inbounds play- Kris

3

3



1

2

4

5

Players set up 4 high with 1 and 2 at wings and 4 and 5 at elbows. 2, opposite ball side, crosses to ball side and outside the key, followed immediately after by 1 who crosses to opposite ball side. 3 can look to either for pass.

Once 2 and 1 have crossed, before they reach the opposite sides, 4 and 5 cut straight down to the hoop looking for the ball. 3 passes to whoever is open.

5

4

2

1

Inbounds play- Kris-Kross

3

3

 

Immediately after 2 and 1 cross, 5 (opposite ball side) and 4 cross and head towards baseline for pass. 3 passes to whoever is open starting with 5, 4, 2, and 1.

5

4

2

1

Players set up 4 high with 1 and 2 at wings and 4 and 5 at elbows. 2, opposite ball side, crosses to ball side and outside the key, followed immediately after by 1 who crosses to opposite ball side. 3 can look to either for pass.

1

2

4

5

Inbounds play- Shoulders

3

3



1

2

4

5

As soon as 5 and 4 have cut, 1 cuts backwards to ball side outside 3 point line, followed by 2 cutting backwards away from ball to outside 3 point line. 3 looks to pass to 1 or 2 if 5 or 4 aren’t open.

5, opposite ball side cuts towards ball, followed by cutting to baseline opposite ball side and box out their defenders for the pass. 3 looks to pass to 5 or 4.

5

1

4

2

 

3

2

1

5

4

4

3

2

1

5

 

4

3

2

1

5

4

3

2

1

5

Plays- Man to man- 4 out 1 in (stagger)



3 passes to 5 posting up or 2 for the shot off the screen. If the ball is given to 2 the 5 player reverse seals their player for possible pass and shot. 1 is safety. Everyone else crashes the boards.

5

1 passes to 3. 4 screens for 2 and then 1 screens for 2 coming around for a pass from 3. 5 posts up.

3

1

4

2

3

2

4

1

5

 

3

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5

 

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2

1

5

3 out-1 in man to man



5 comes up and sets backscreen for 1. 1 uses screen to dribble around to hoop for layup. (possible 2 on 1 pick and roll)

Start in 4 out-1 in. 1 dribbles towards 3. 4 replaces 1 and 2 replaces 4. 3 cuts to hoop and then across to short corner opposite ball.

1

4

2

3

5

2

4

1

5

3

 

Now the play can be rest- back to 4 out.

3

2

1

4

1

5

If 1 or 5 doesn’t score- pass to 3 for the shot. Or if 1 can’t score 5 goes back to post, 1 reverse passes to 4 and goes to wing, and 3 goes to wing to reset.

4

2

3

5

 

4

3

2

1

5

4

3

2

1

5

Split- man to man



5 then sets screen for 4 who uses screen to cut to ball side for pass from 3. 1 cuts out to wing and 2 fills spot left by 4.

2

1

4

Set up like 4 out 1. 5 cuts up to high post. 1 passes to 3. 5 sets backscreen for 1 who uses screen to cut to hoop. 3 may have a pass to 1 for a shot.

3

5

3

2

4

1

5

 

5

4

2

1

3 passes back to 2. Play can be run again once reset.

If pass to 4 isn’t there players fill spots vacated by players so that 4 out is reset.

4

1

2

3

3

5

 

4

3

2

1

5

4

3

2

1

5

4 low- man to man play



Players go from 4 out set to 4 low. 2 and 3 cut up to wings, foul line extended. 4 cuts back to regular 4 out spot outside 3 point line. 5 cuts to middle of key.

1 dribbles towards the hoop then using screen set by 5 to take a lay up or pick and roll.

1

4

2

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5

1

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4

 

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