

Plays

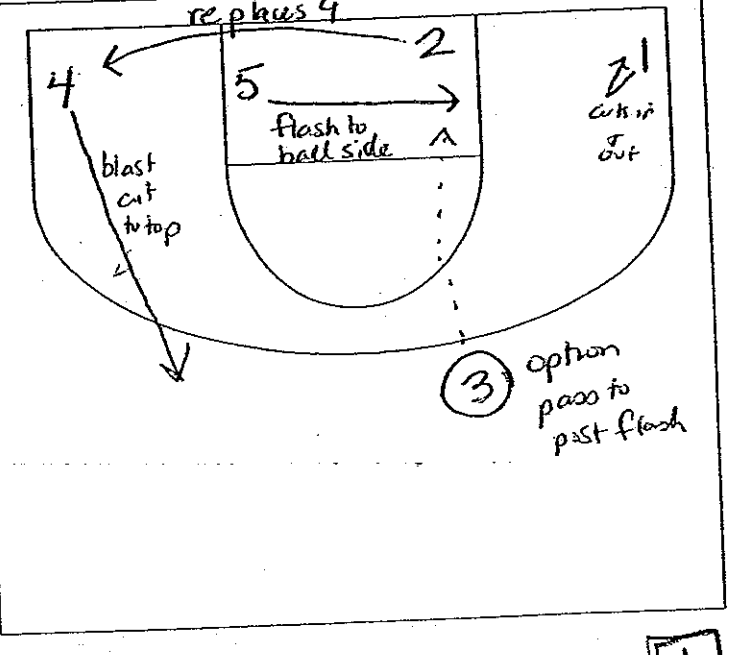
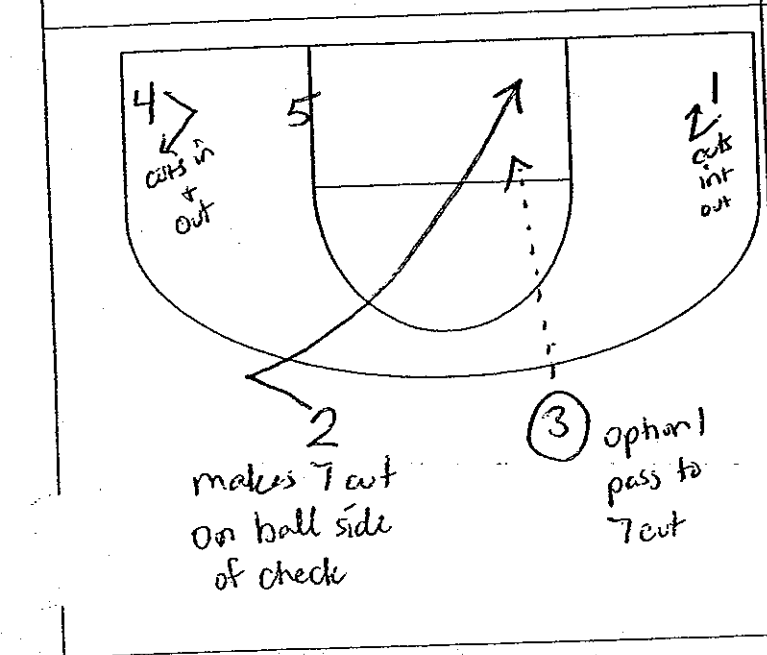
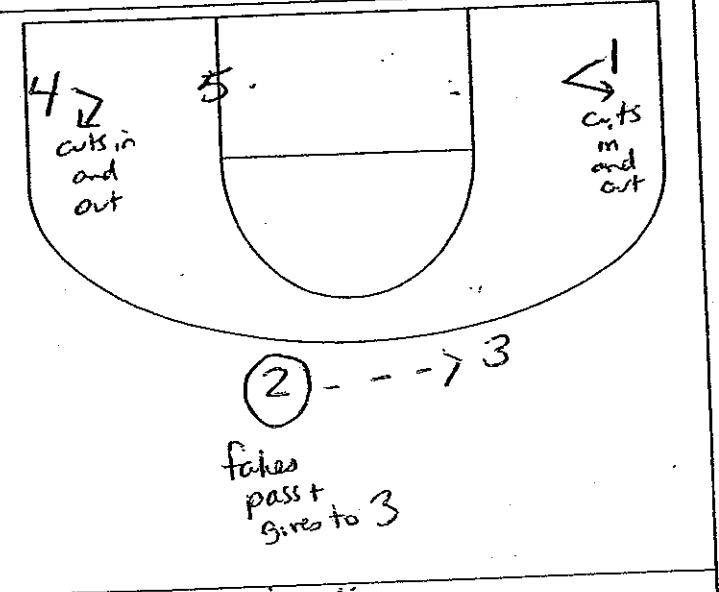
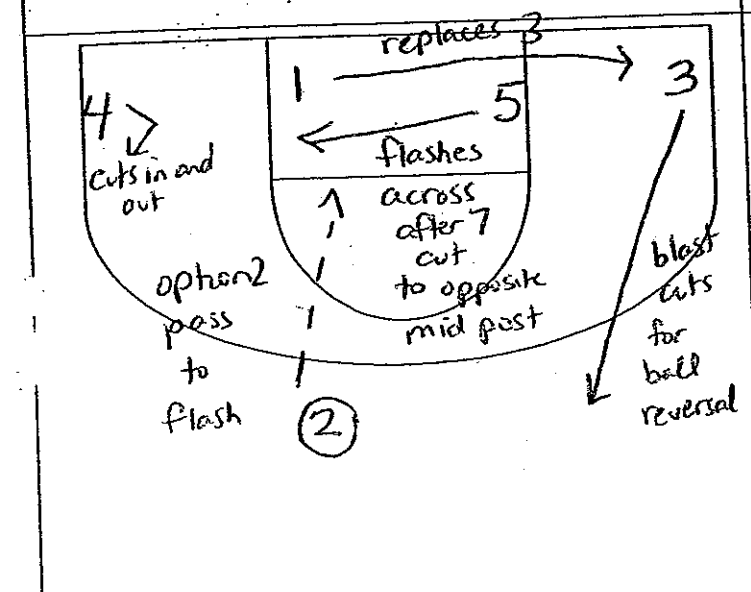
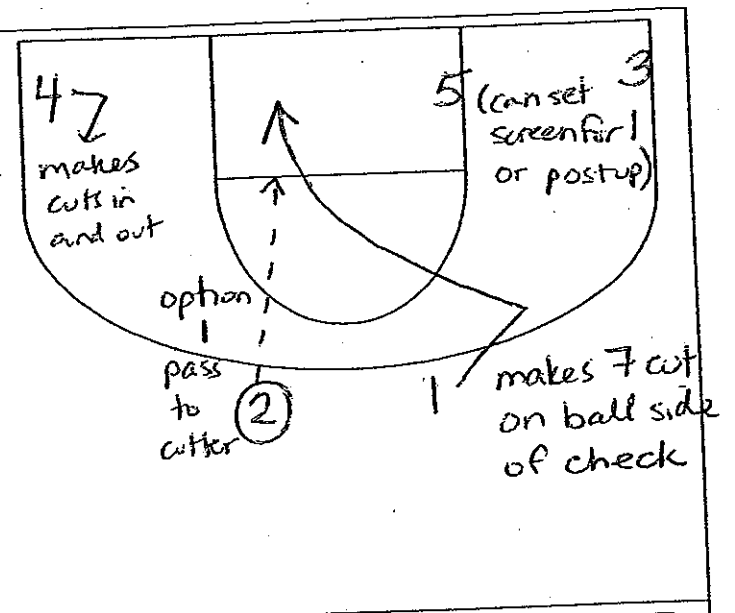
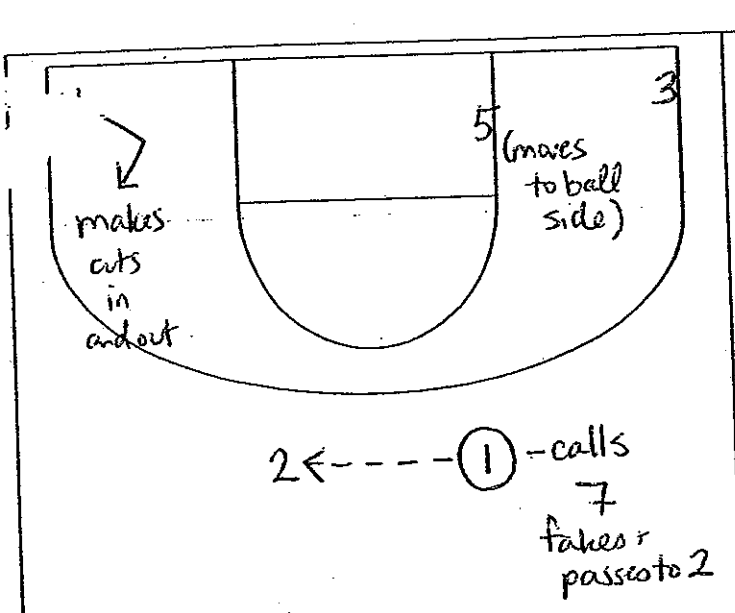
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(Note change #2 with #4 in plays to comply with SR. GIRLS) - for all 4 out plays (pg 1-6)

4 out - 1 in - 7 cuts

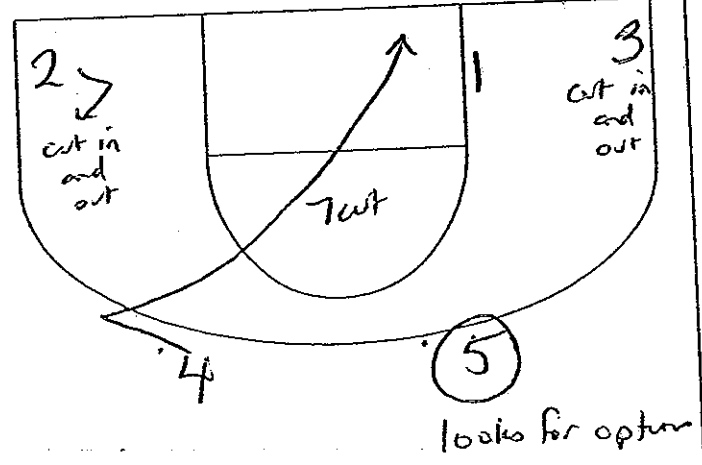
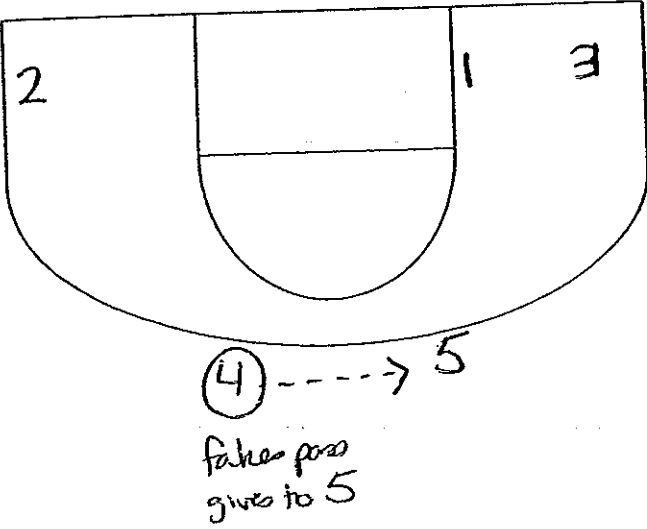
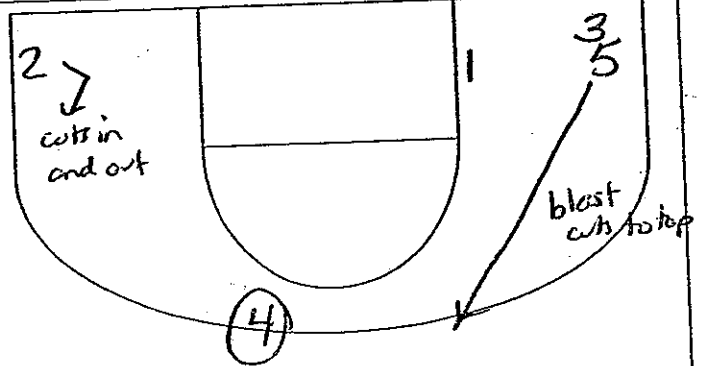
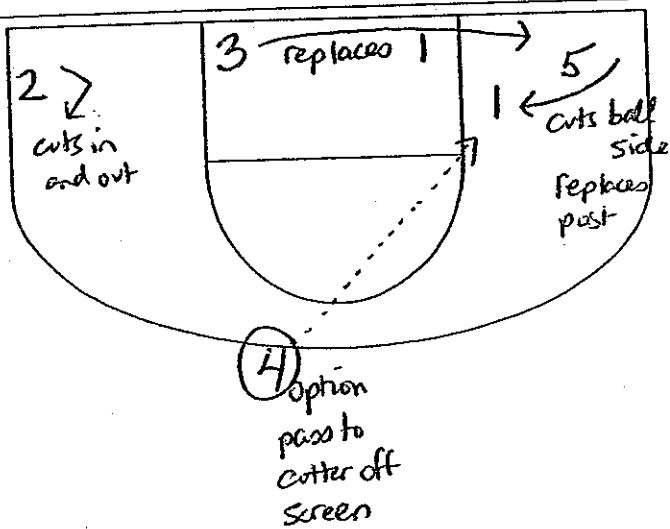
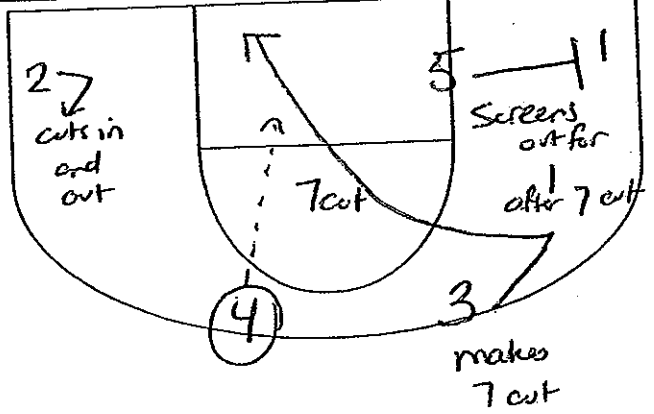
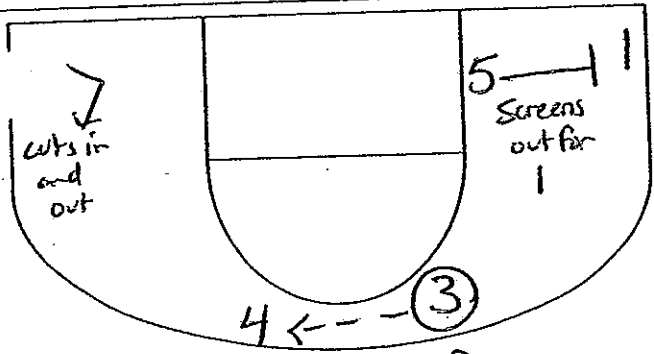
①



1

4 out - 1 in - 7 cuts cont

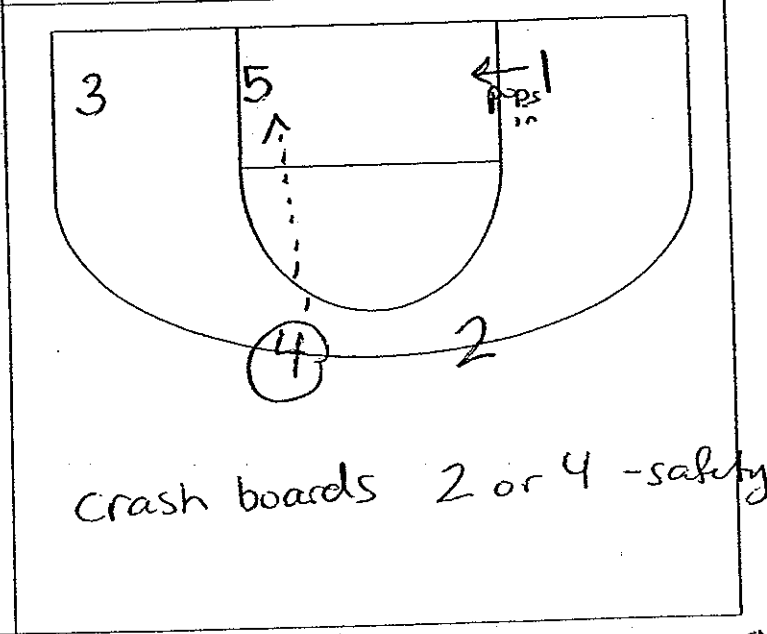
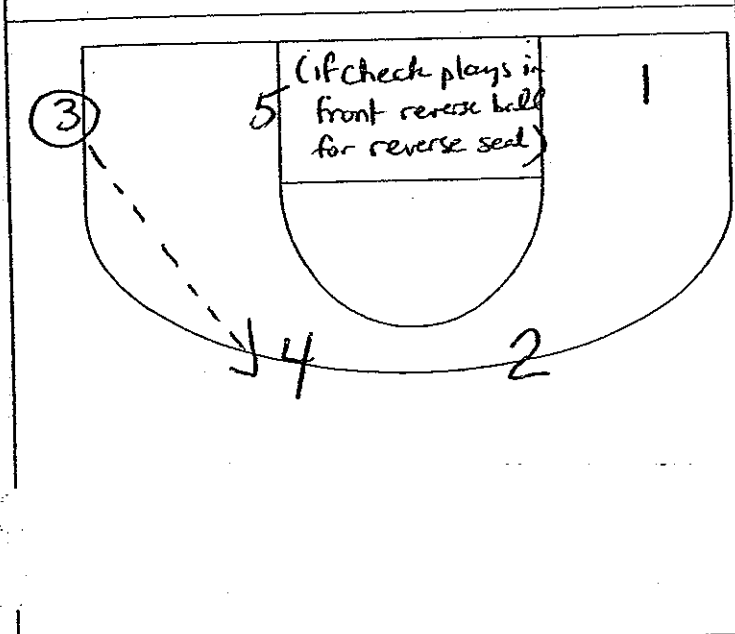
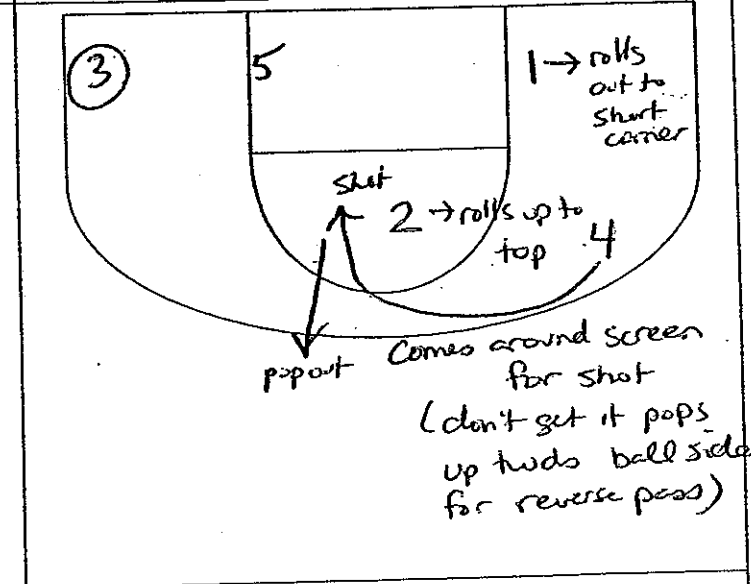
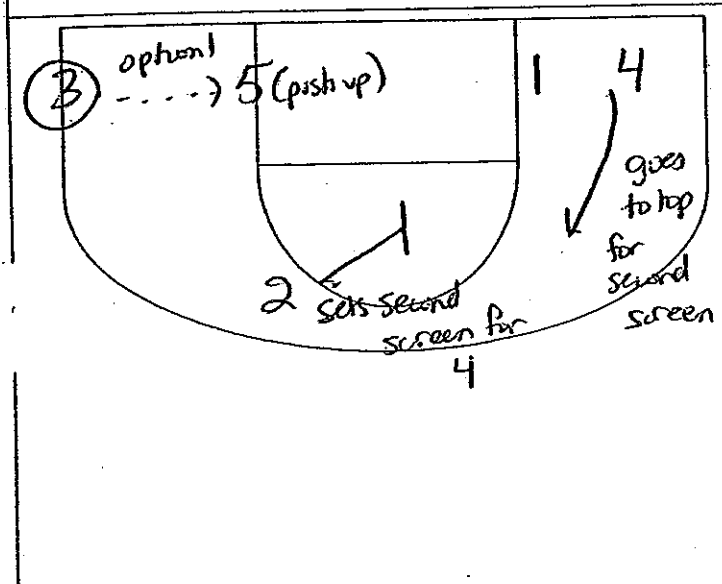
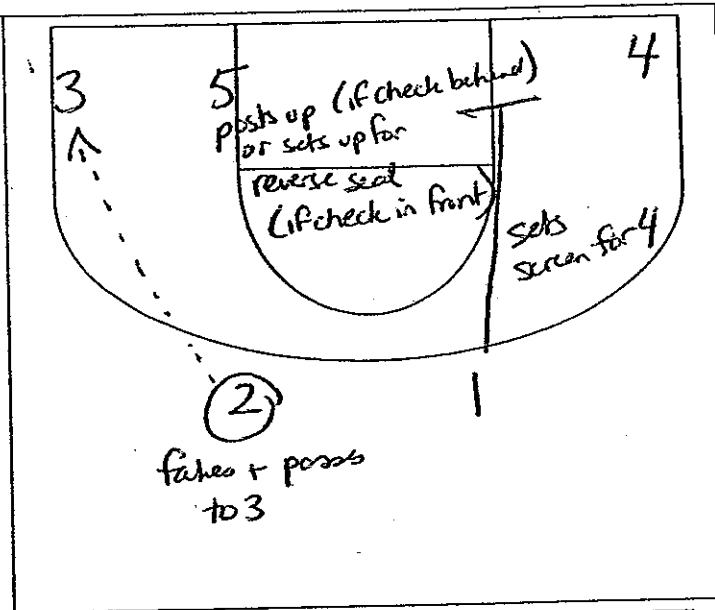
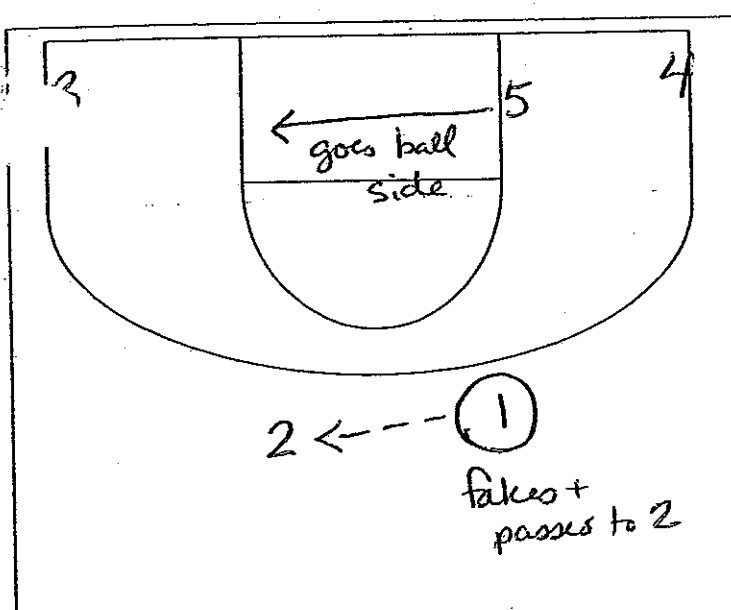
(2)



(repeat)

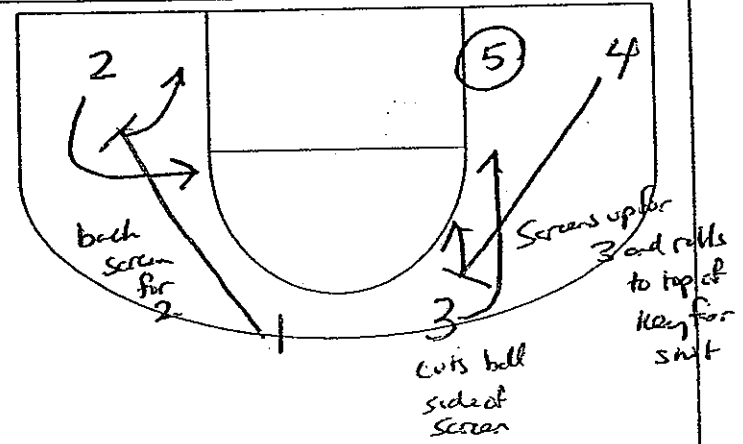
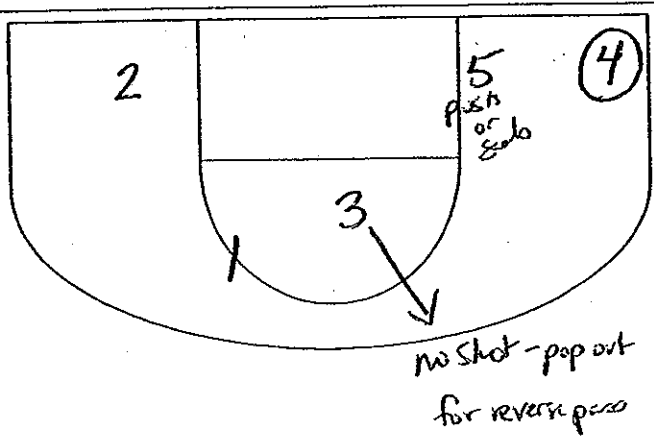
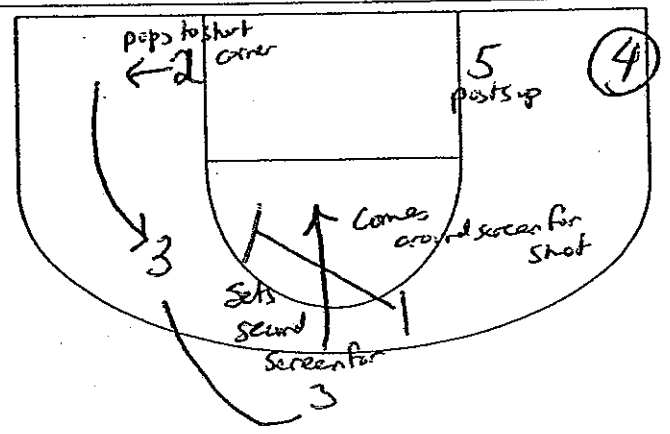
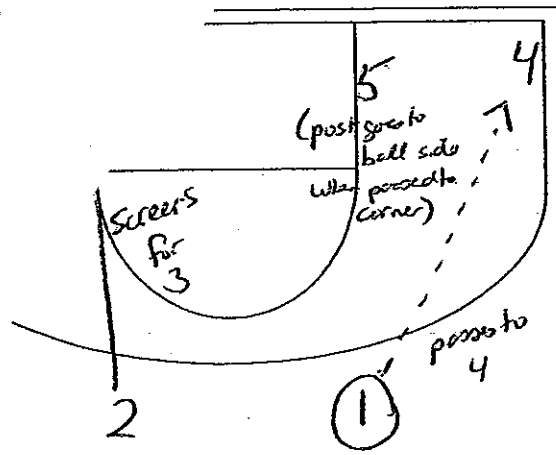
2

4 out - 1 in - stagger (remember screens go opposite the ball) 3

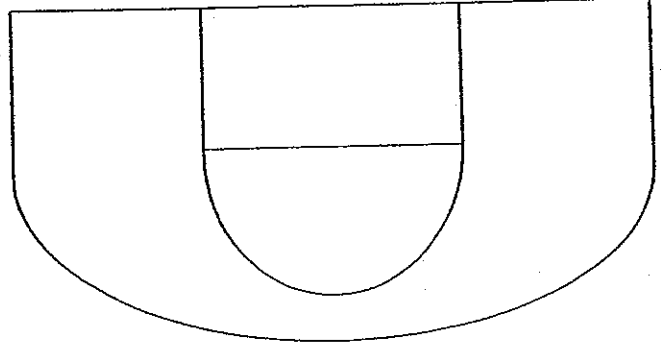
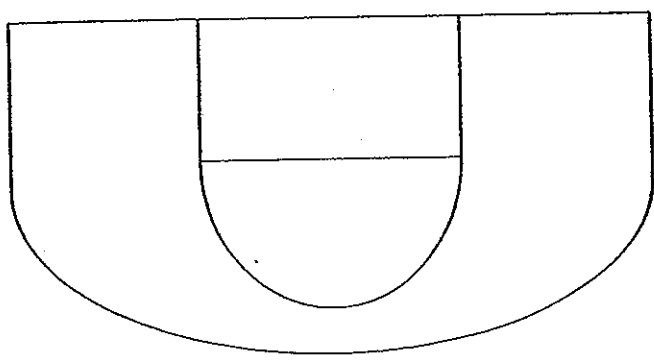


Crash boards 2 or 4 - safety

out - 1 in - stagger - to corner right away
 Screen away from ball (4)

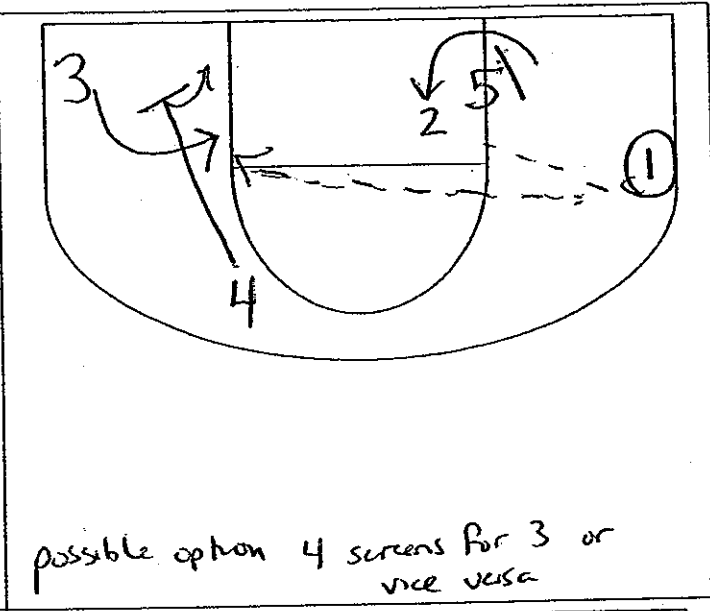
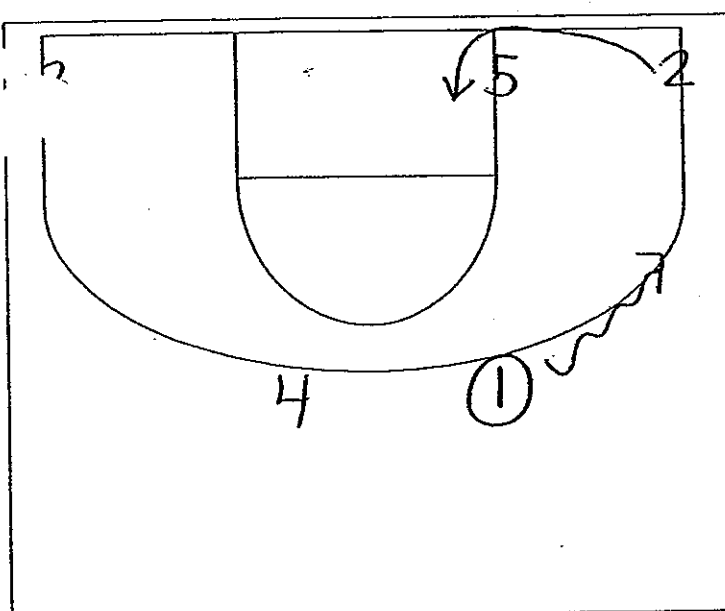


IF ball goes to post - options

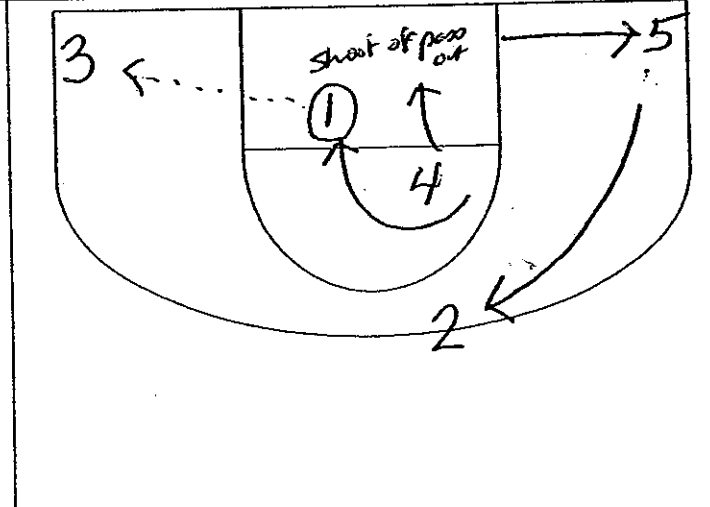
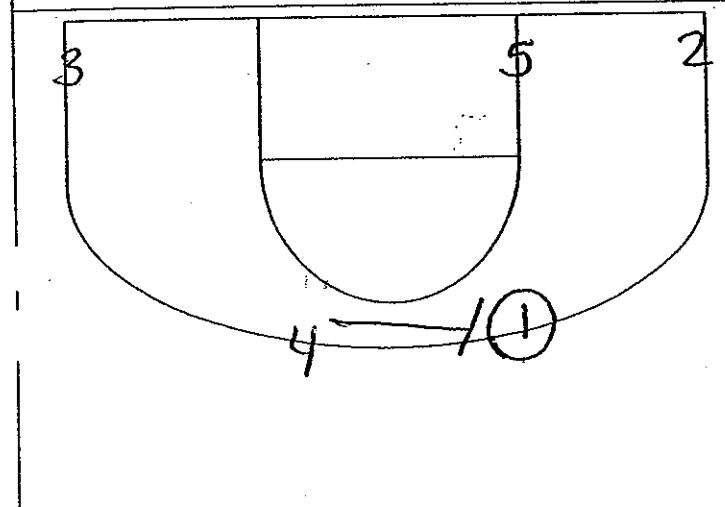


4 out - push

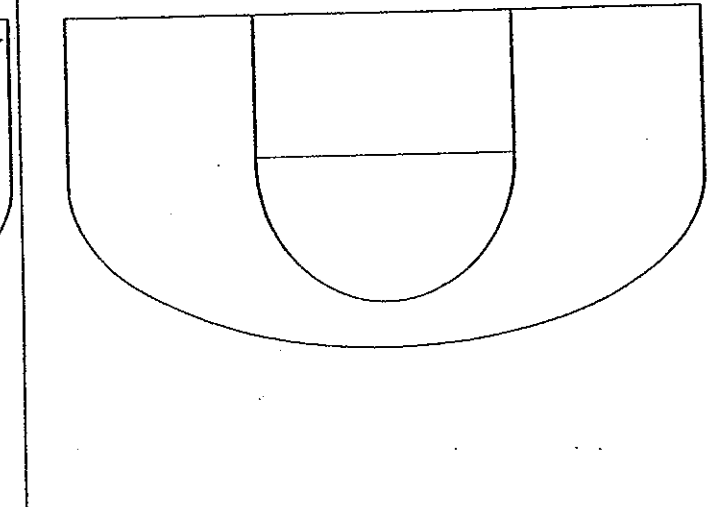
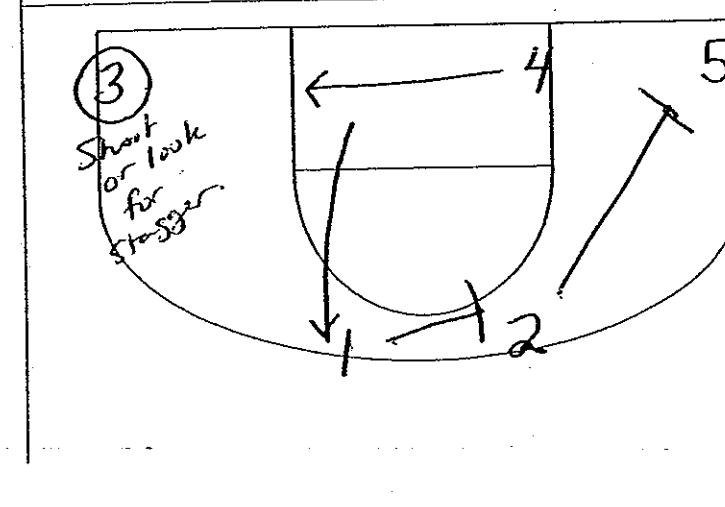
(5)



possible option 4 screens for 3 or vice versa



4 out - screen on ball at point

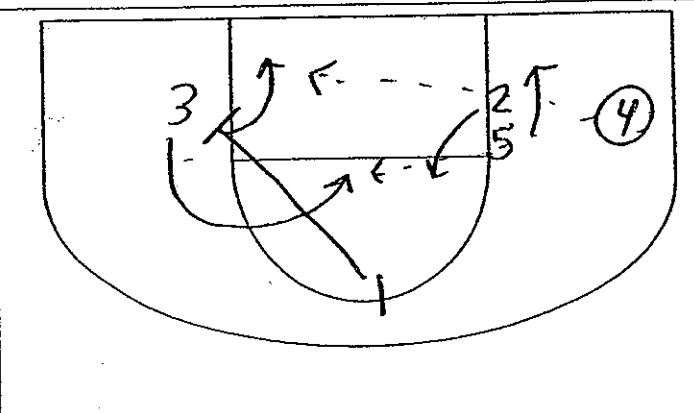
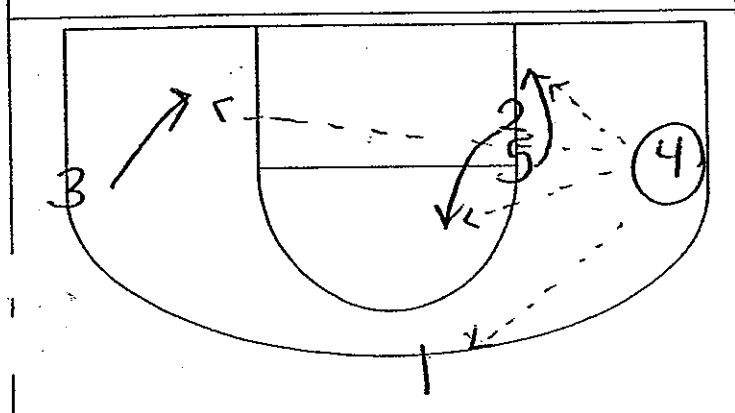
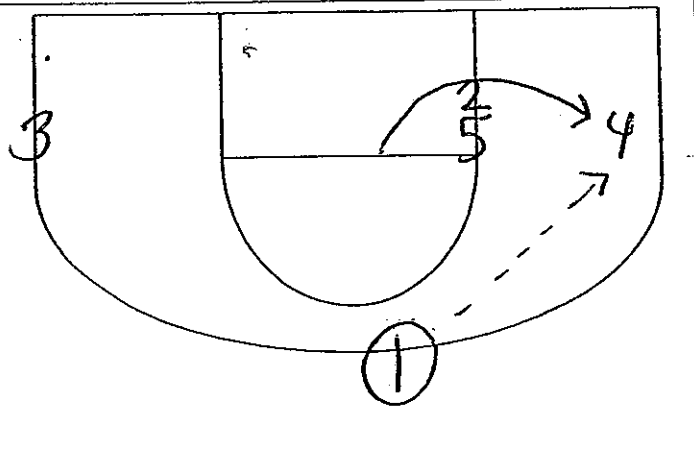
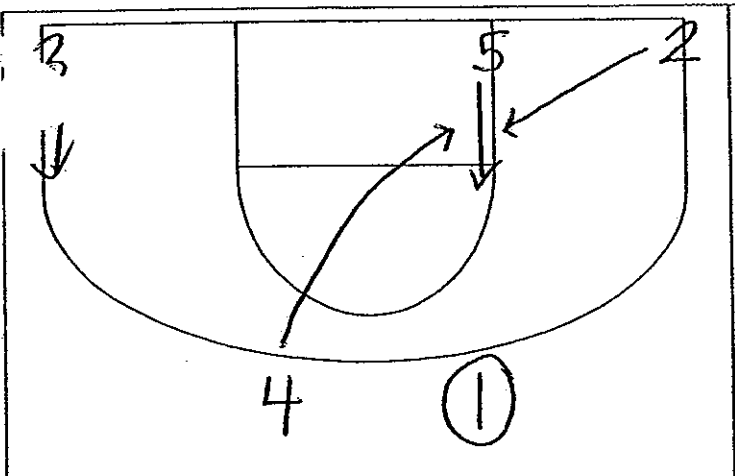


if nothing reset - stagger away
post move to ball

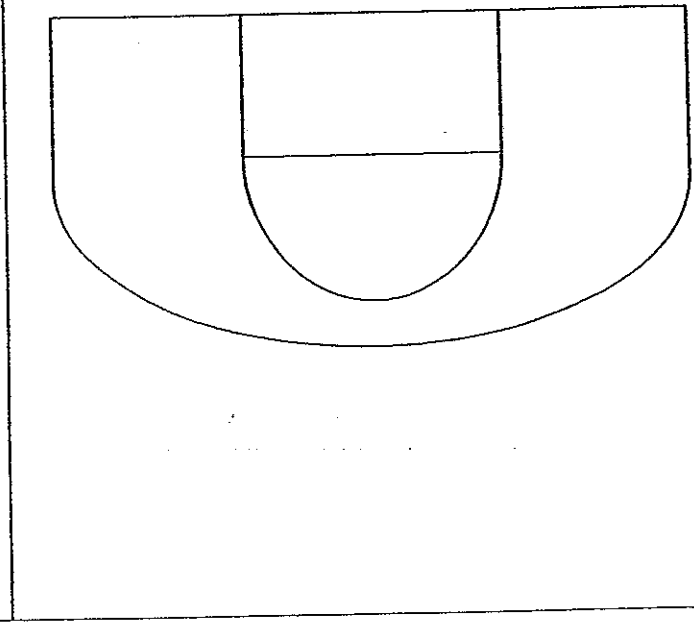
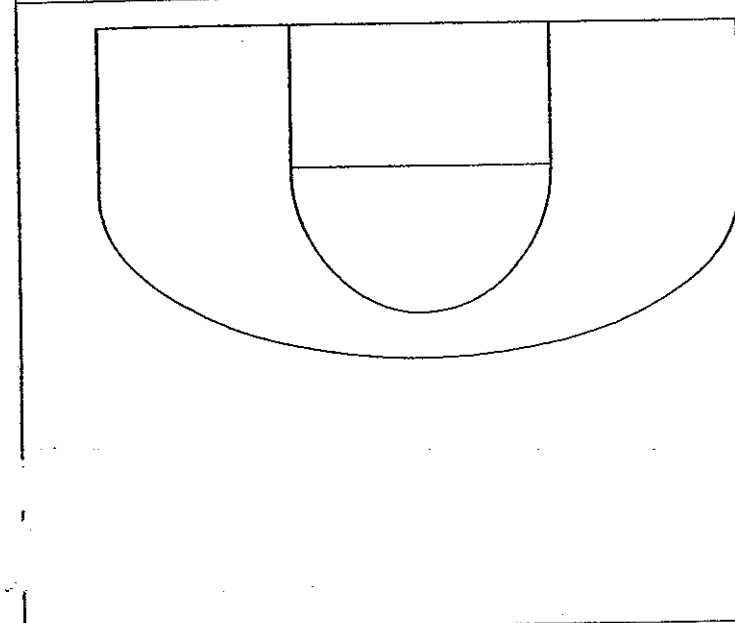
(5)

Triple (new)

(6)

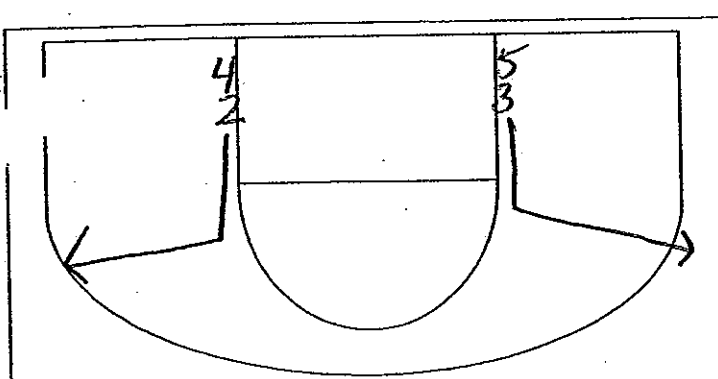


Screen option for 1 + roll



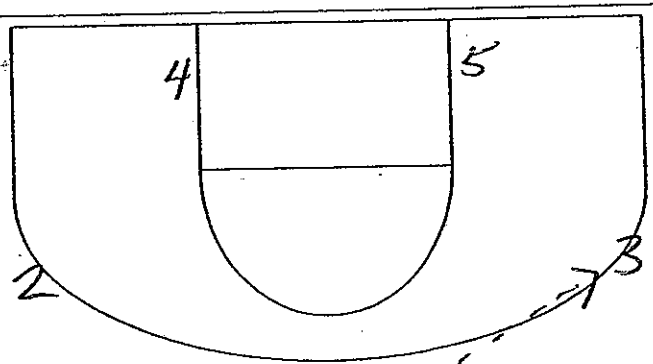
Zone - hi low - secret (high set)

⑦

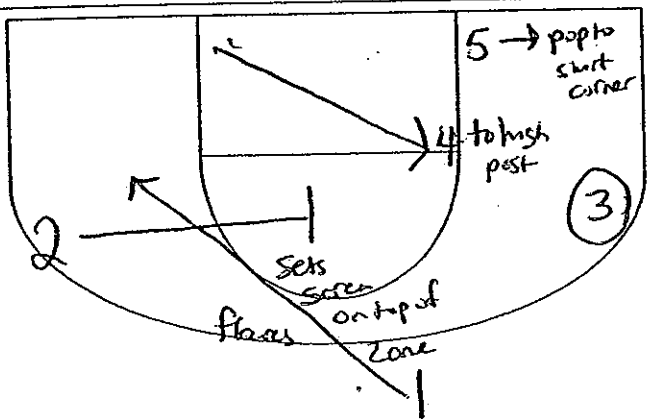


①

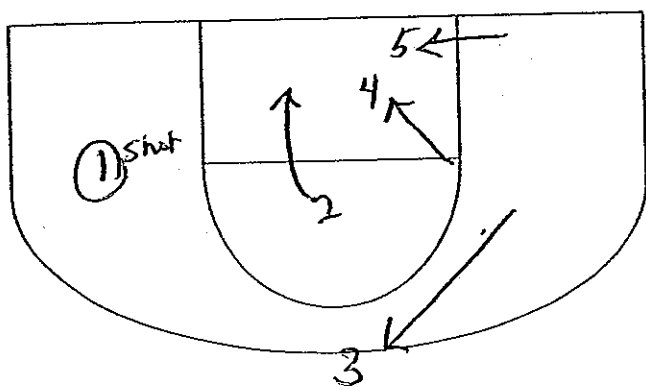
Start double stack - cut hard out



① pass to open player



passes to flare if open
or reverses to 2
or passes to open post players



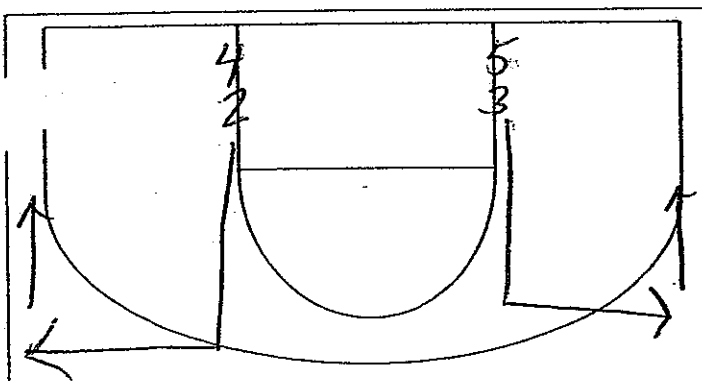
If ball gets to 1 - take shot or
look for 2 to roll down
3 - safety

4/5 crash boards

⑦

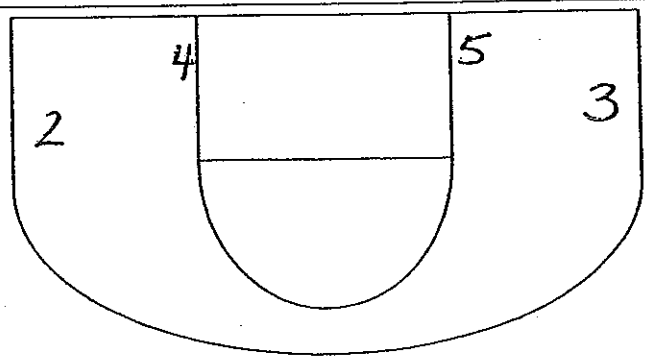
Zone - hi-low - low set secret

(8)

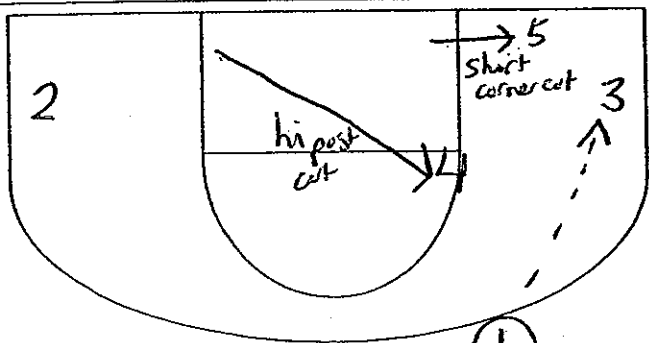


①

2/3 cut up + out - start lower

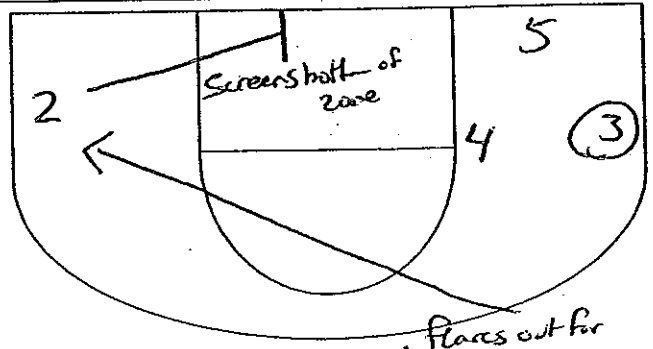


① dribble to side you want to pass

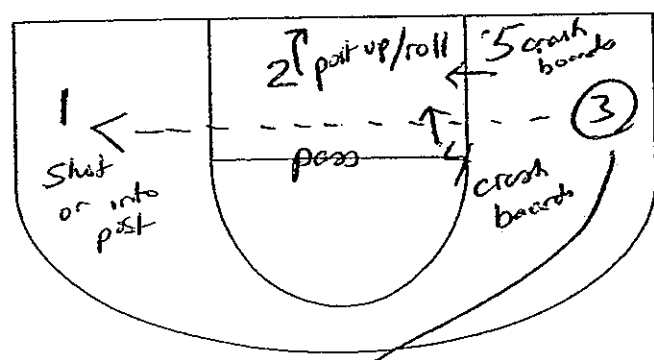


④

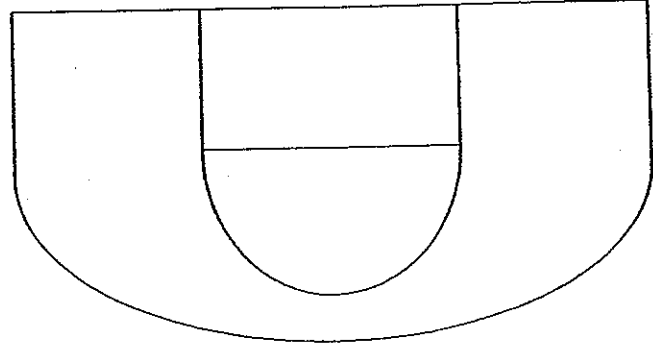
① pass to wing



flares out for shot

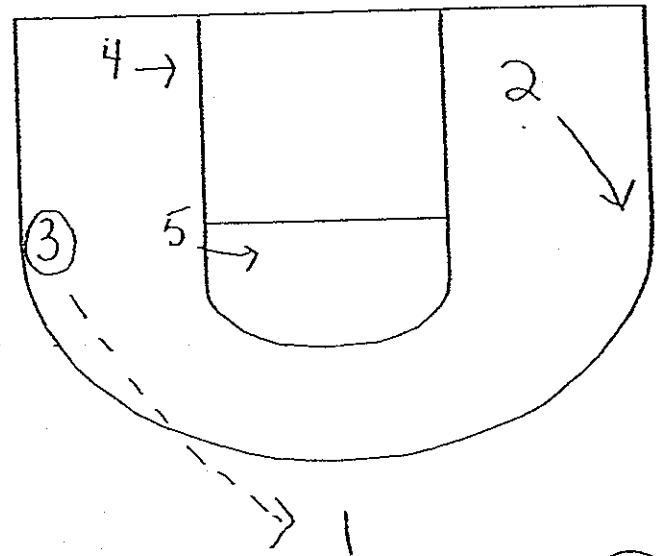
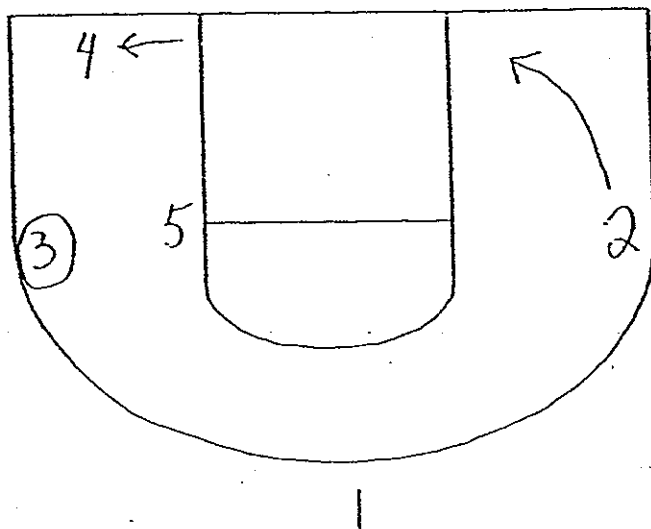
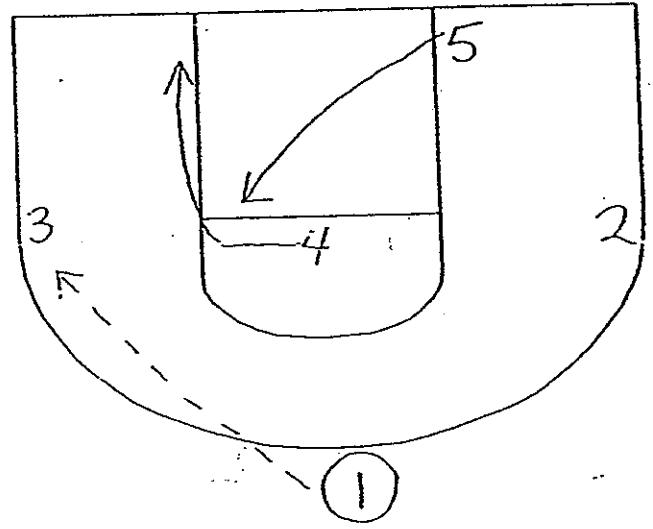
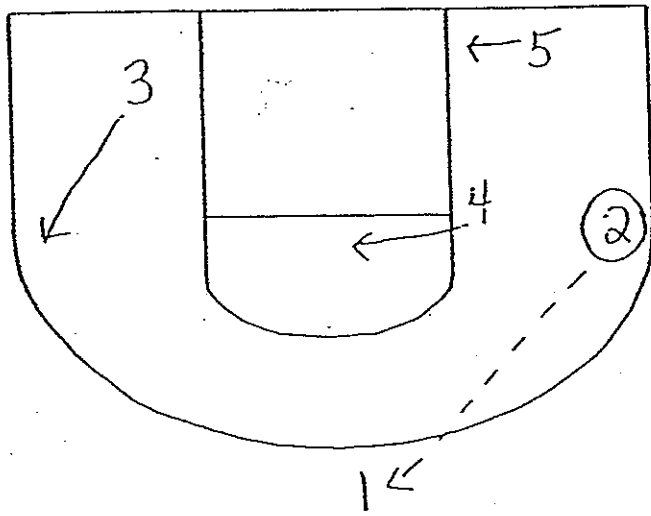
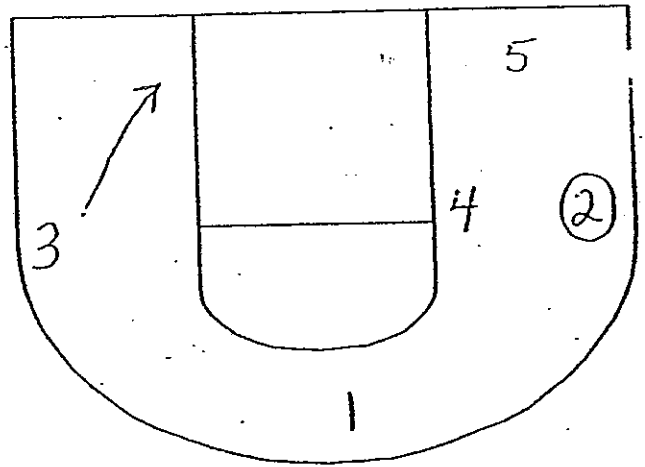
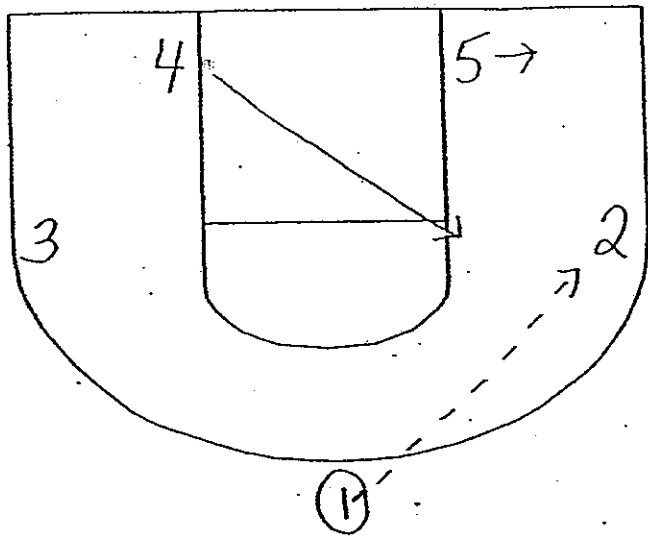


safety.



Hi-Lo (regular)

⑨

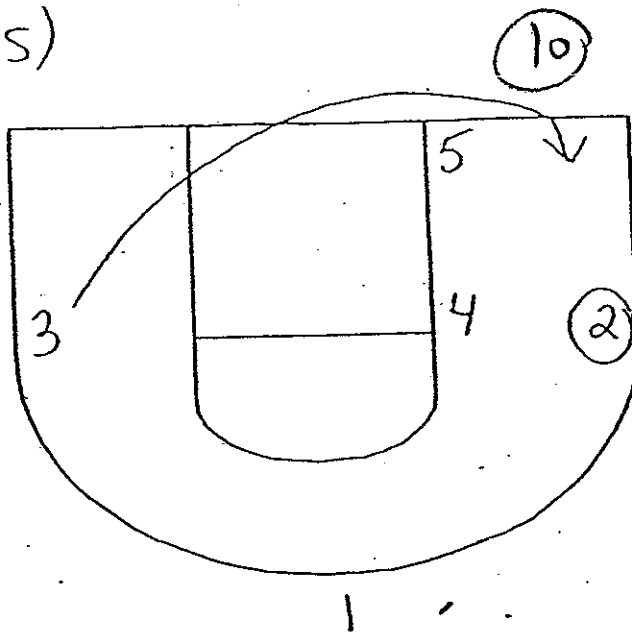
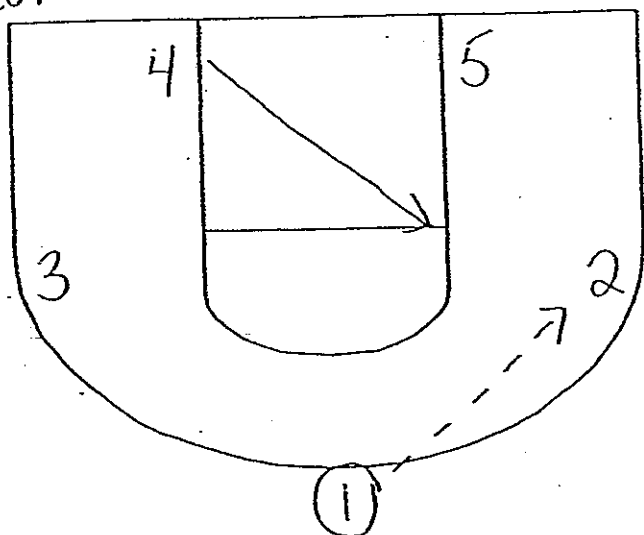


(Renzat)

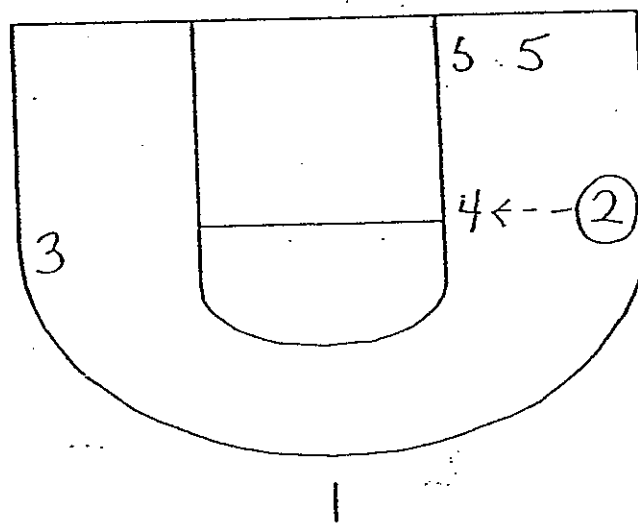
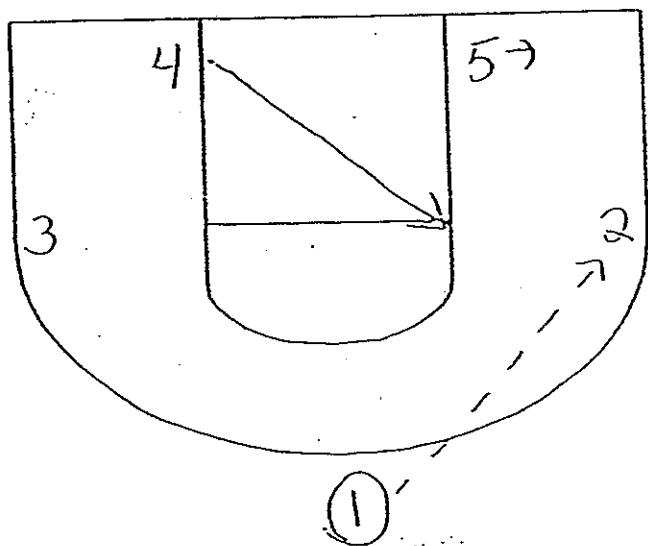
⑨

Hi-Lo (options)

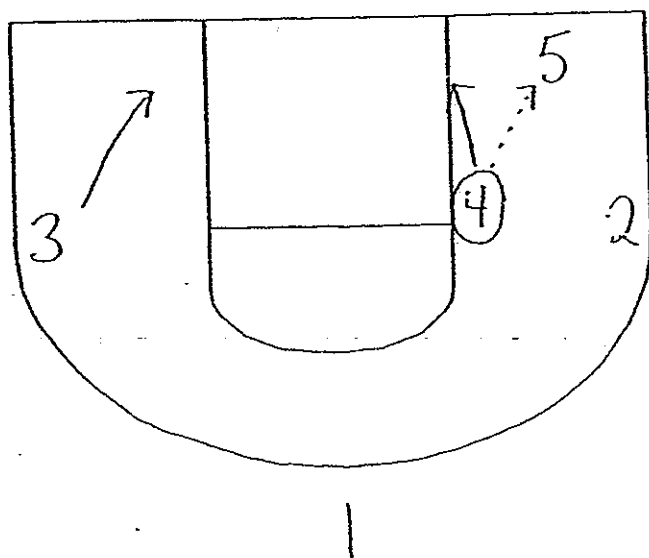
A) cutter



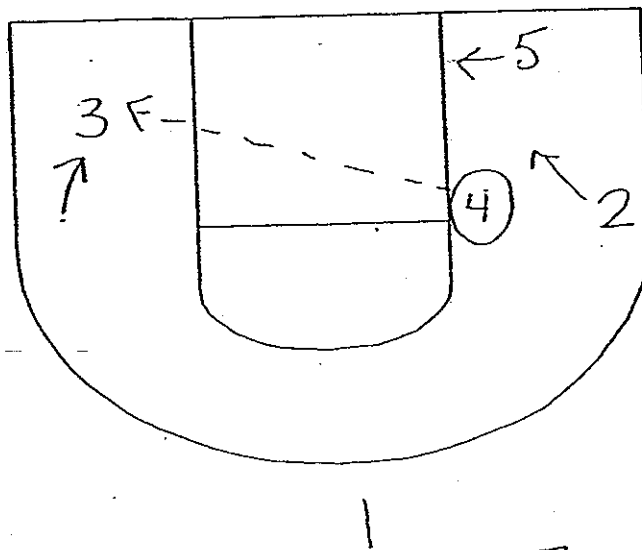
B) regular



① give r go

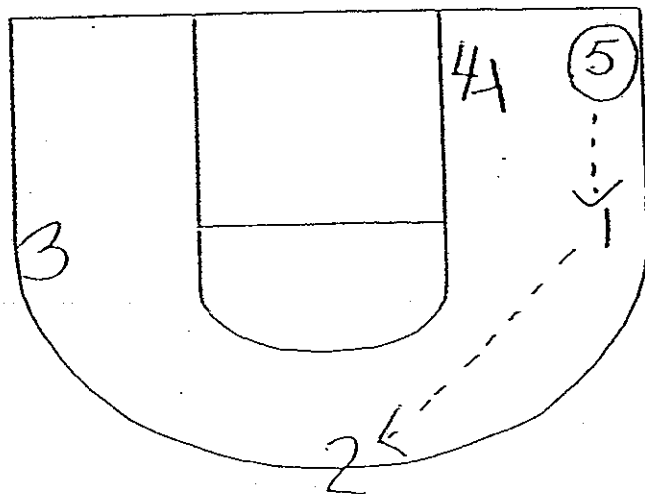
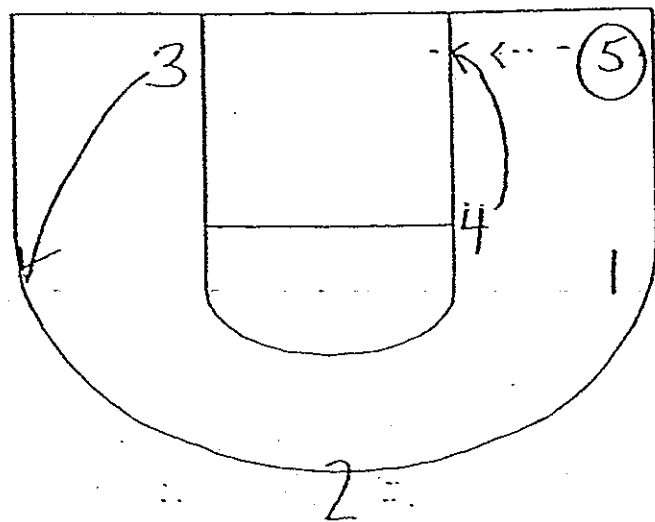
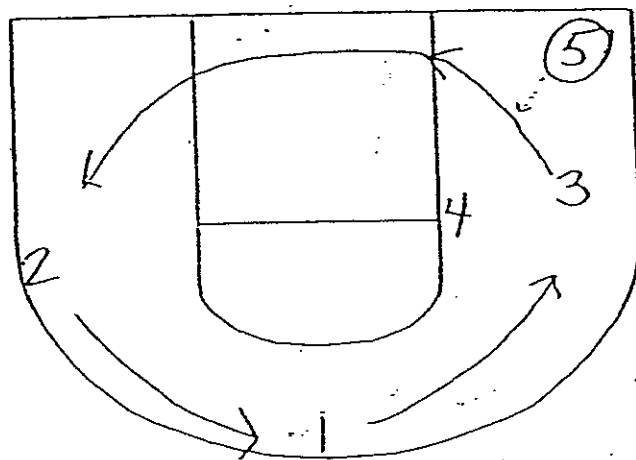
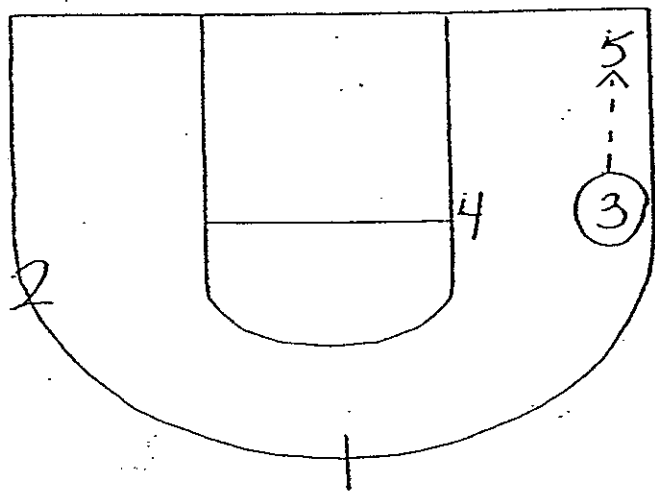
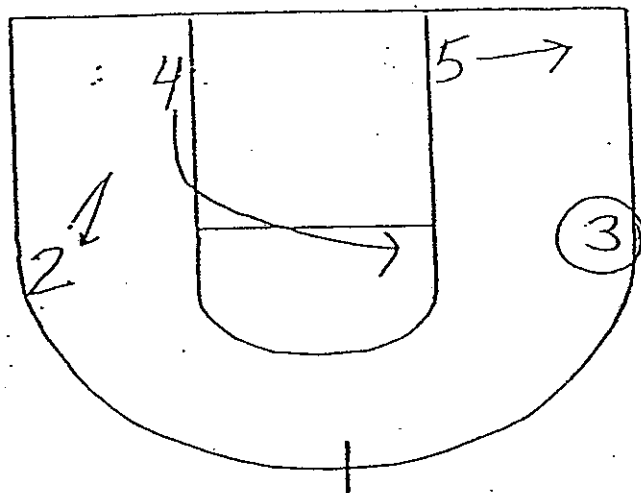
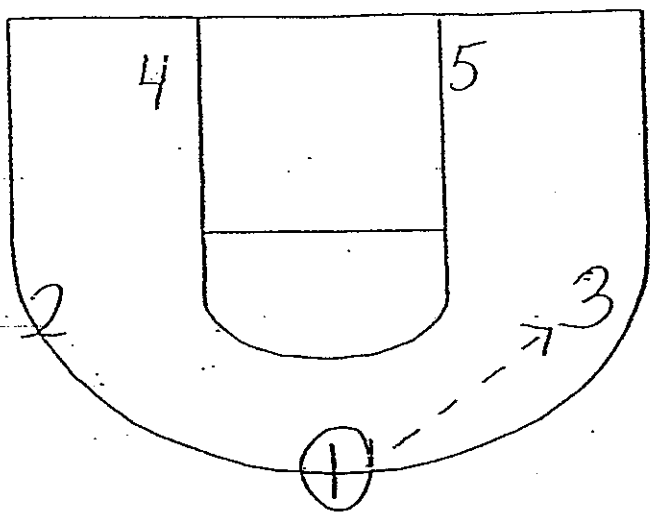


② back door



HOOPS

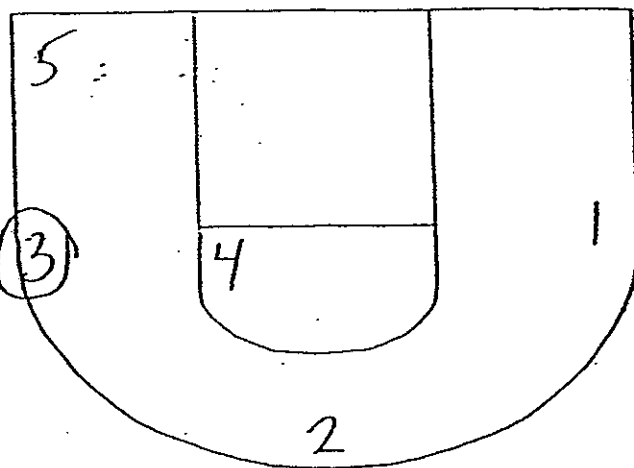
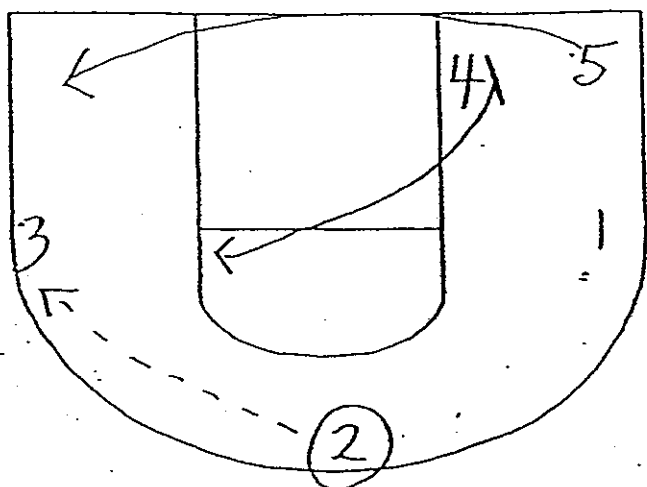
①



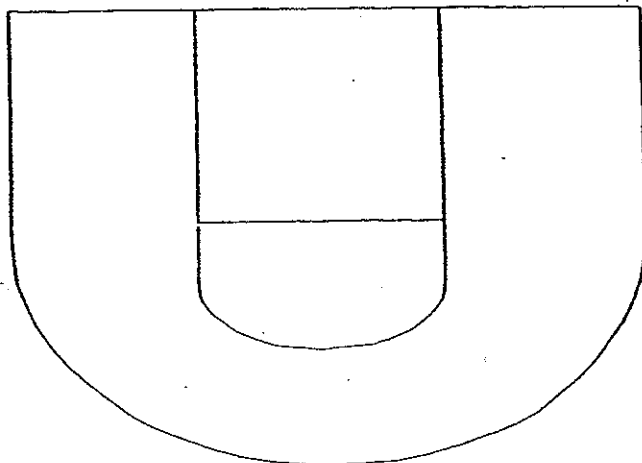
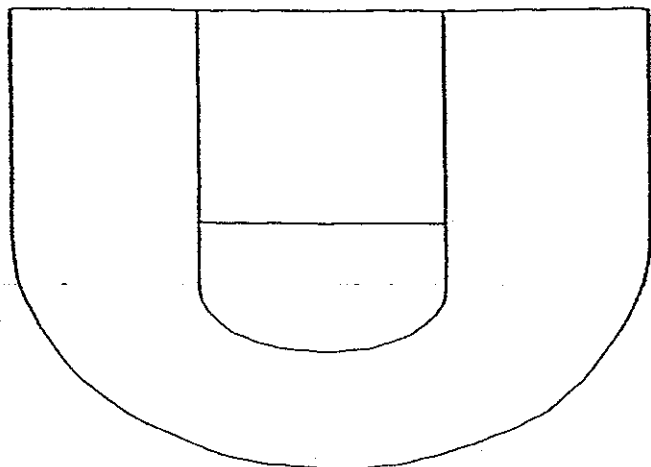
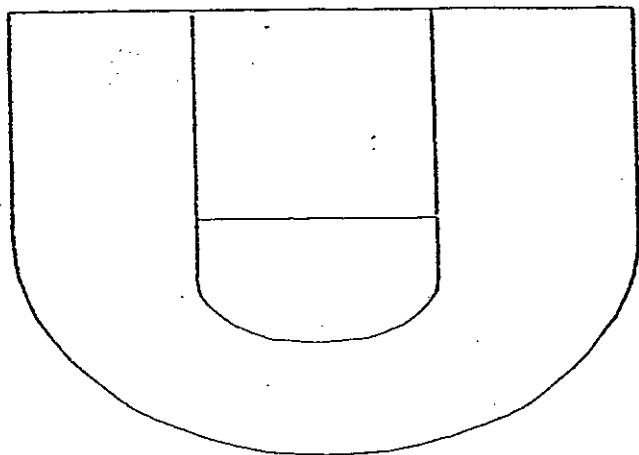
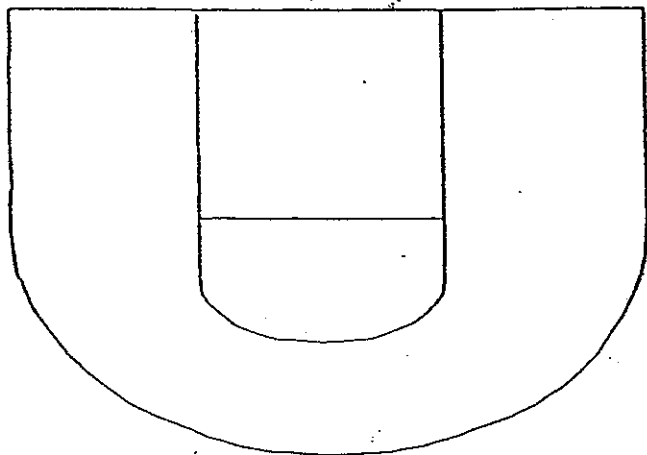
②

HOOPS CONT.

(12)



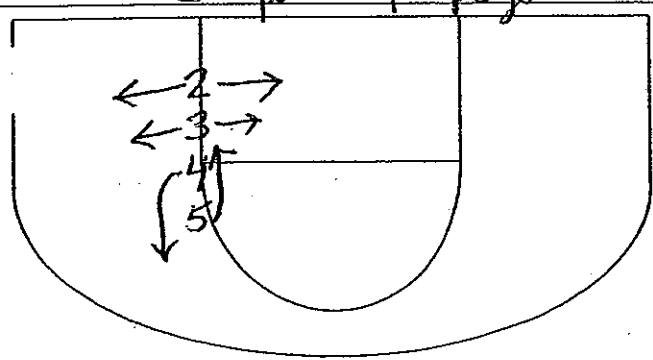
Reset



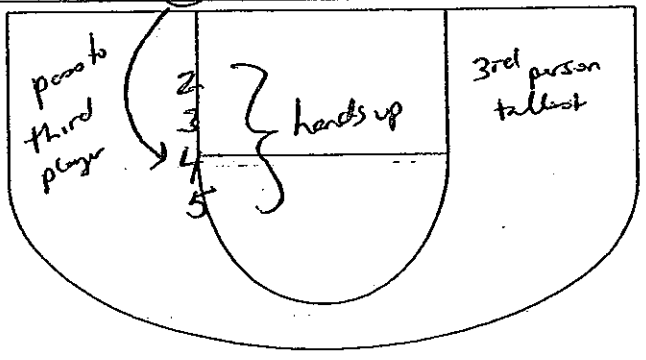
(12)

Inbounds plays

① pass to open player

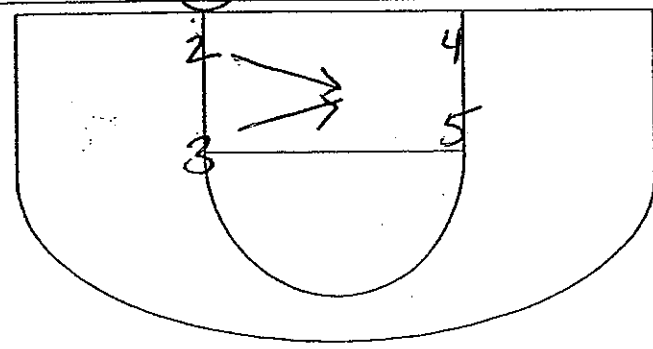


①

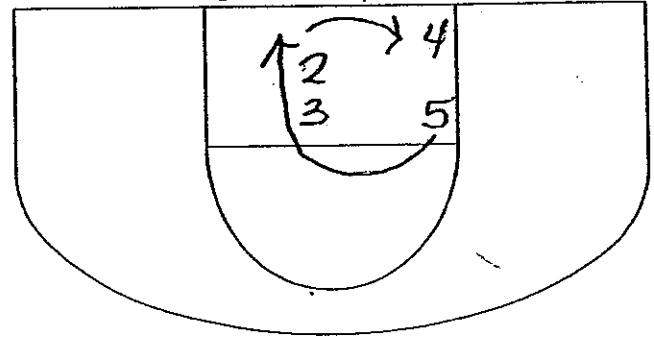


STACK

①



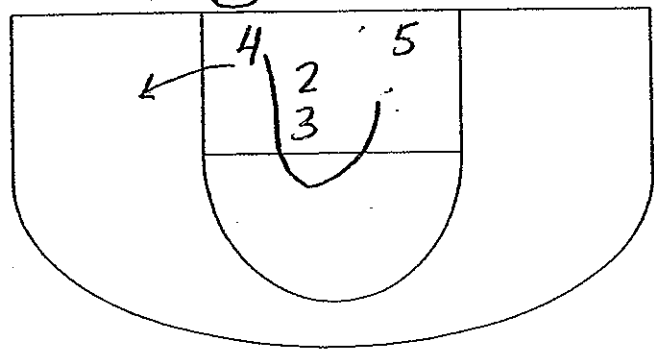
BIG COUNTRY ①



1. Call box
2. ball side of box set double screen

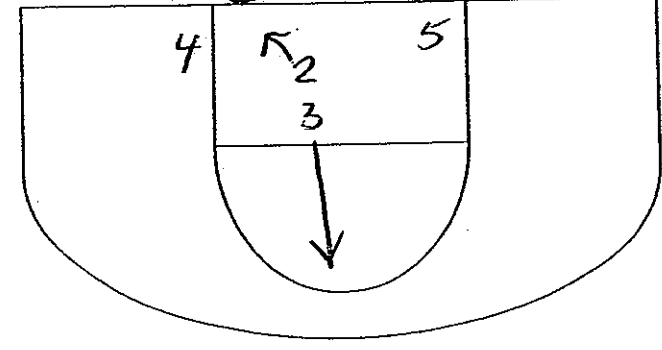
Double A

①



Double B

①

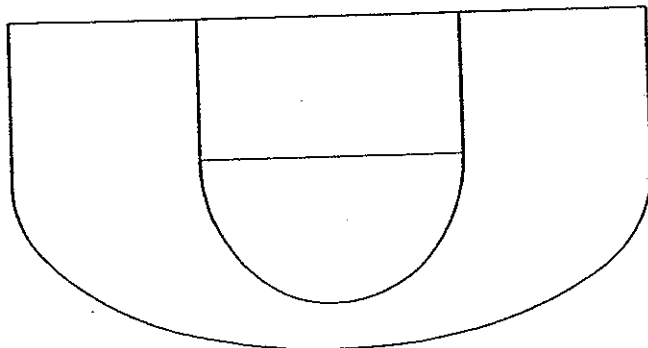
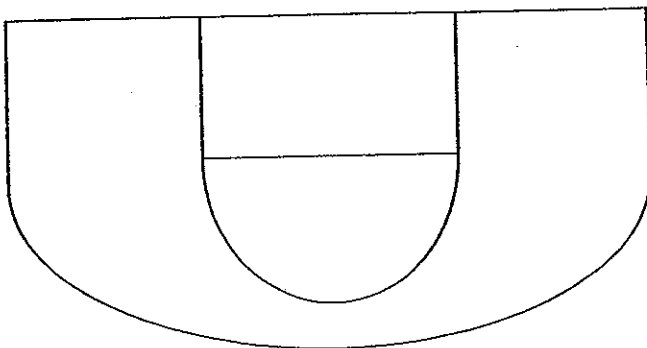
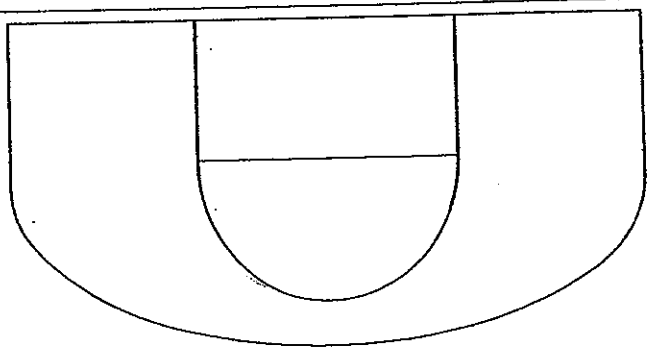
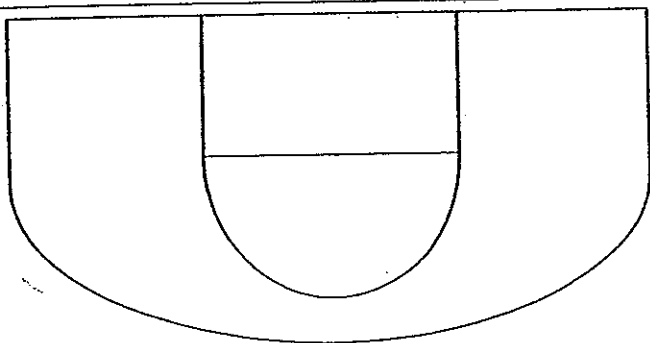
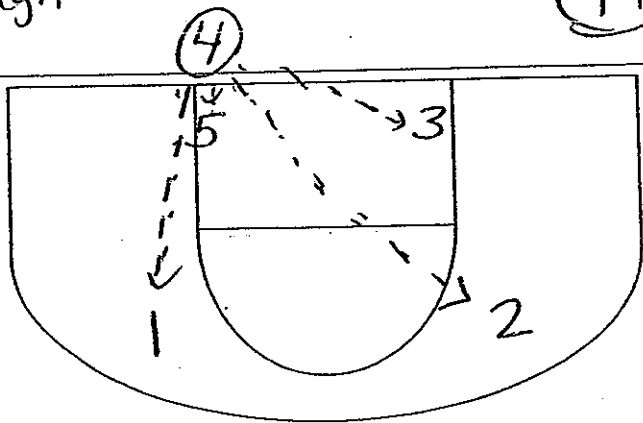
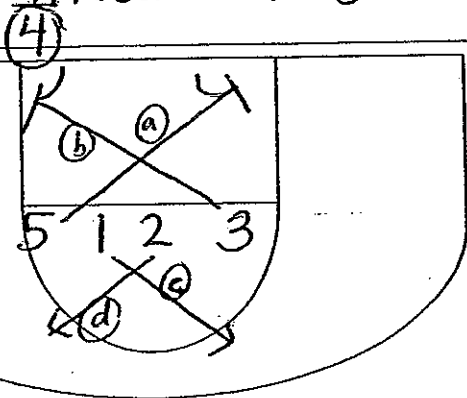


Double C

Double D

Inbounds play 4 high

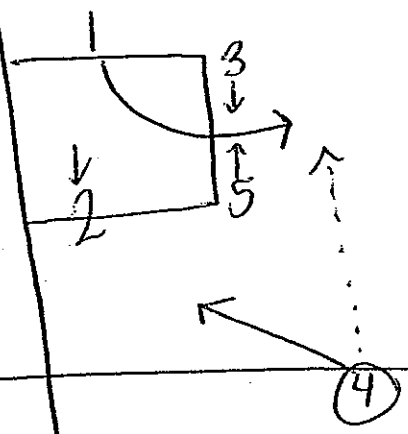
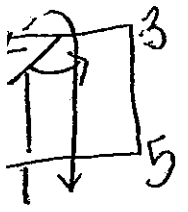
14



14

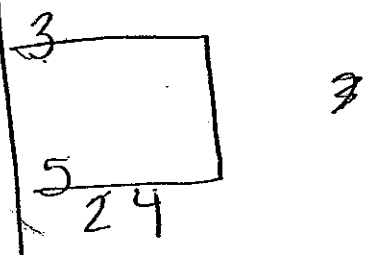
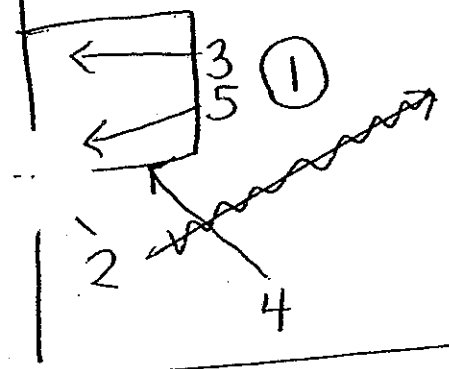
Door (sideline - inbounds)

15



4

4

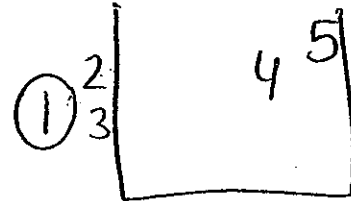
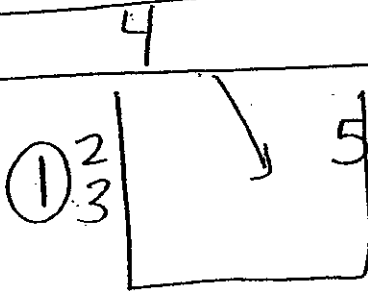
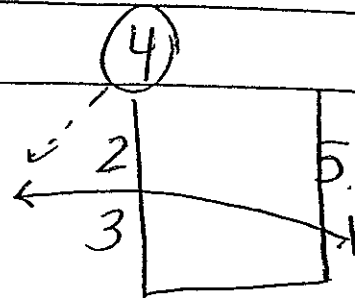
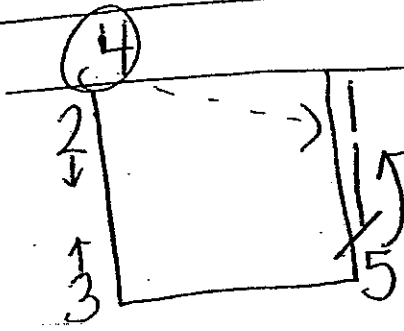


15



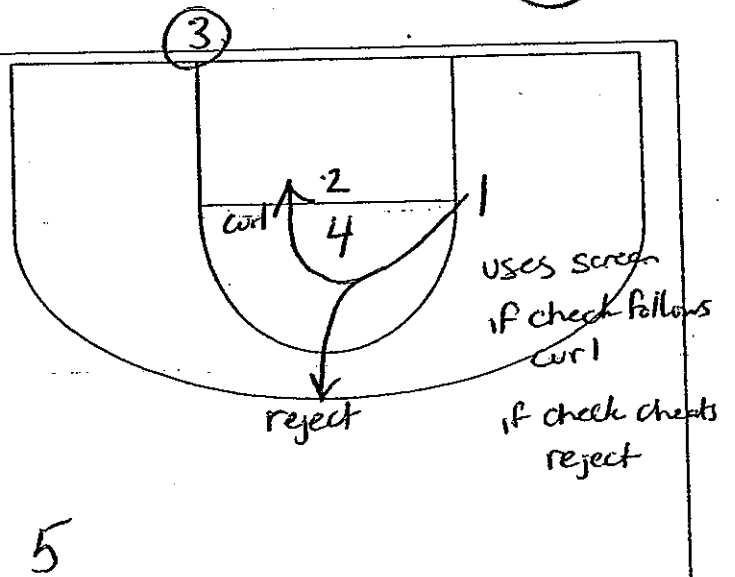
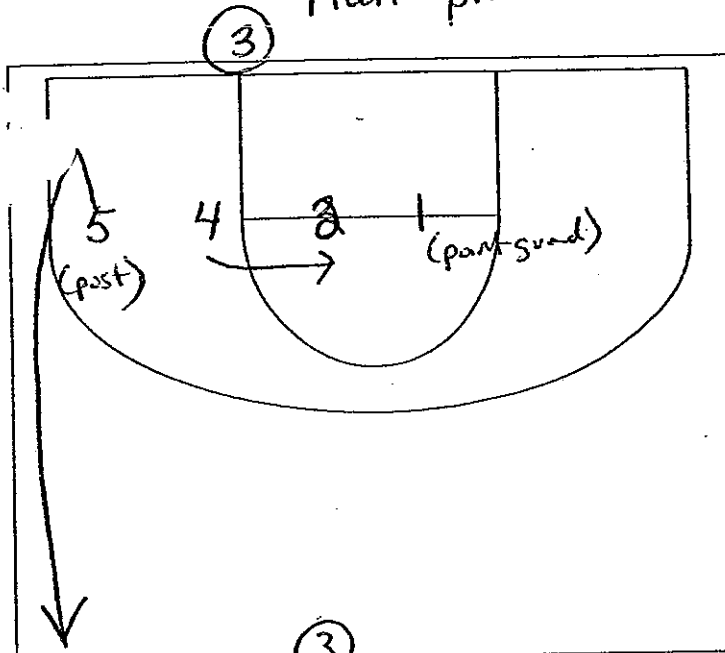
Door (endline inbands)

16



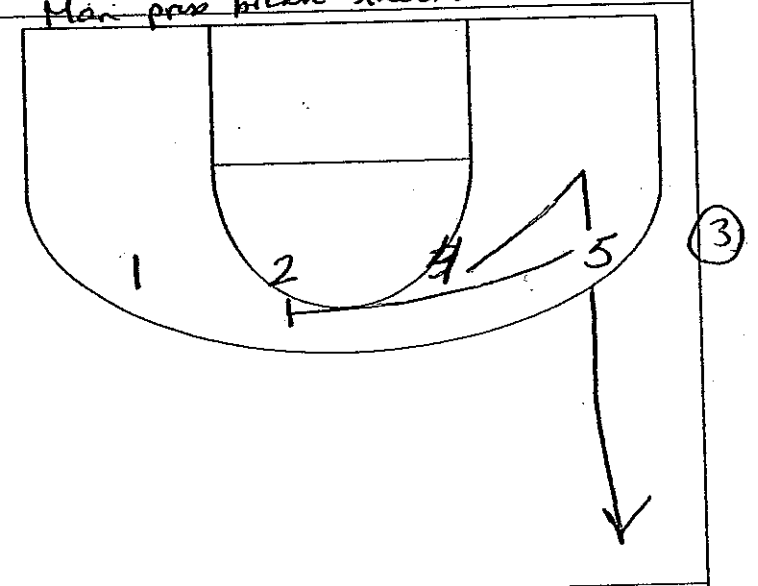
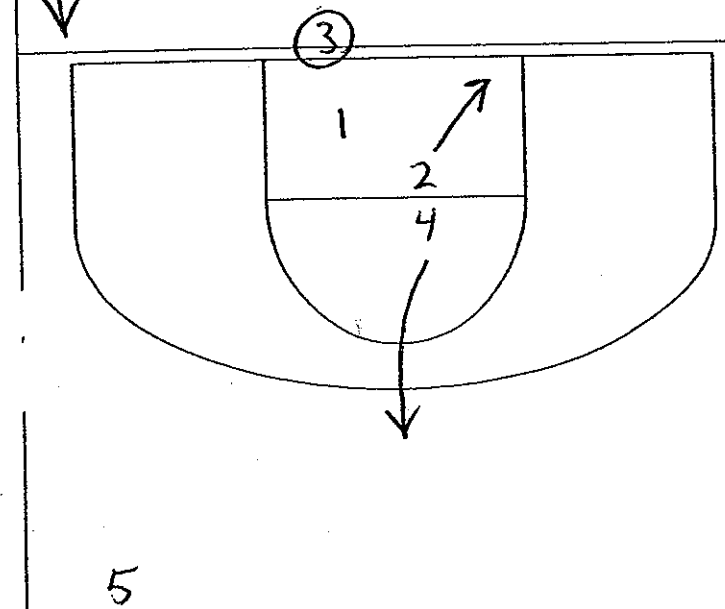
16 ~~32~~

Man press break (endline)

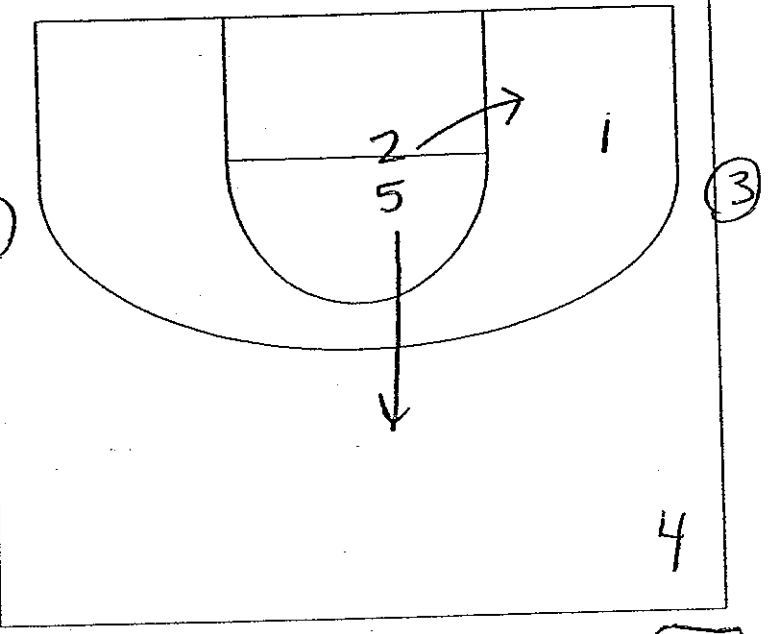
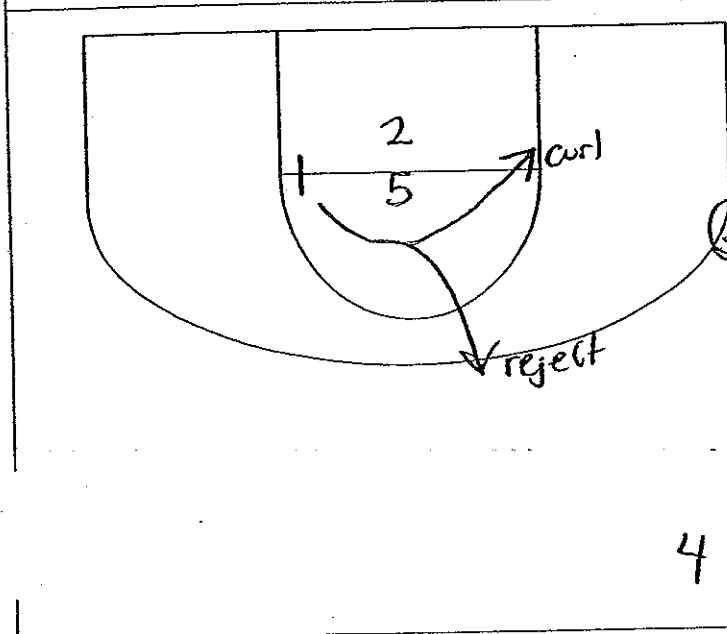


5

Man press break sideline



5



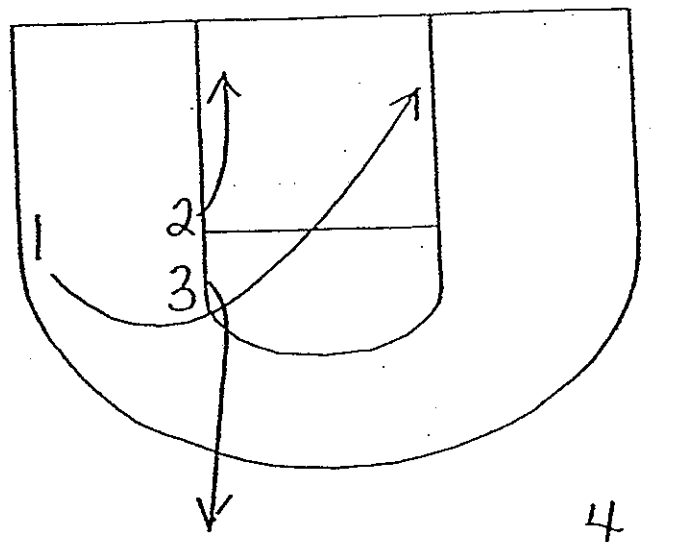
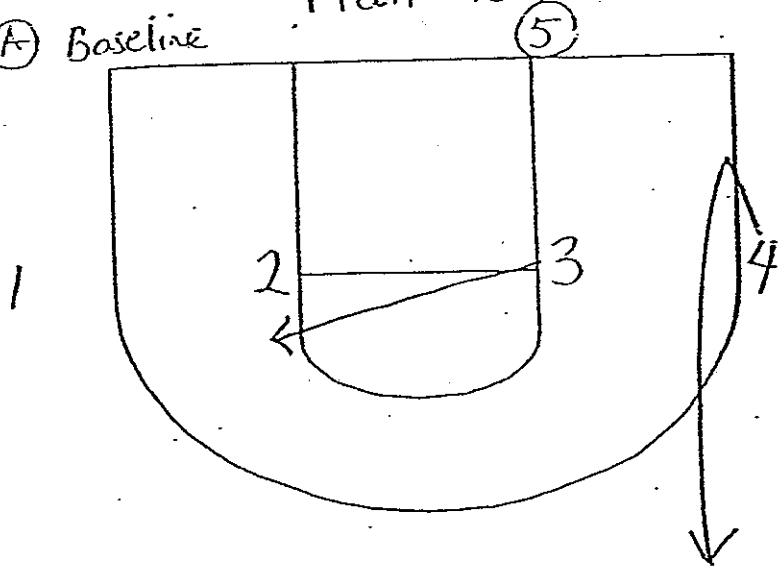
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4

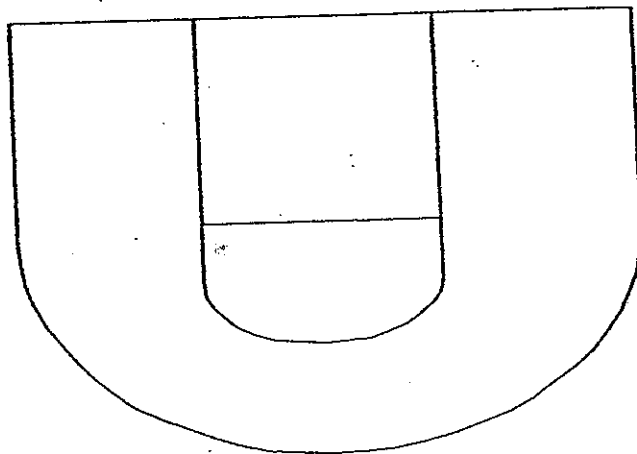
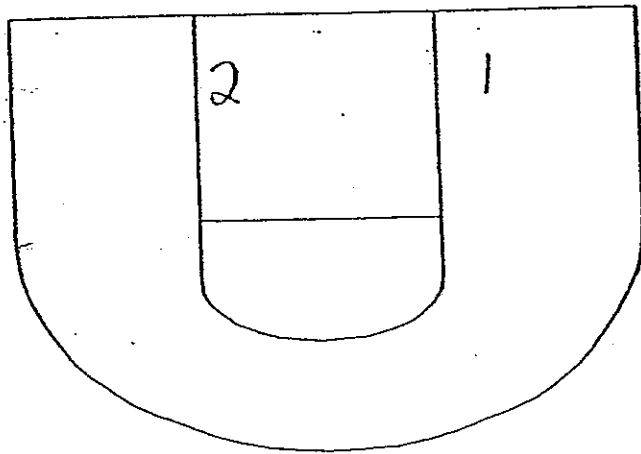
Man to Man Press Break

(18)

A) Baseline



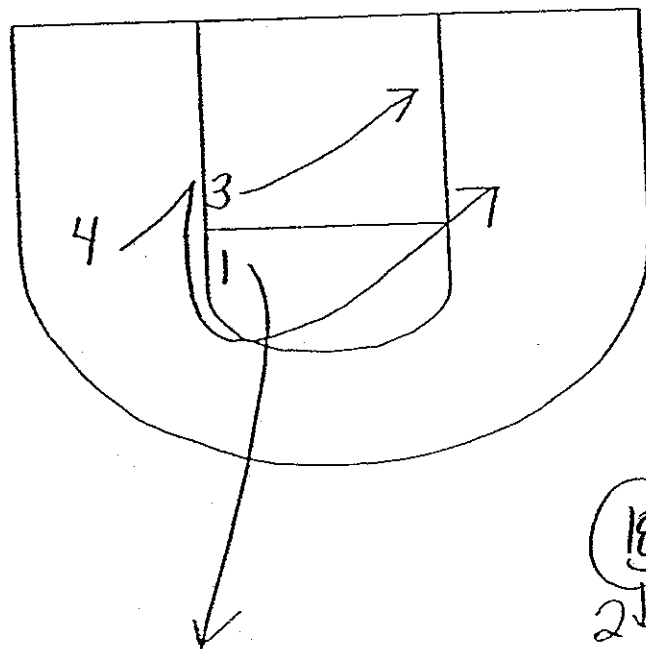
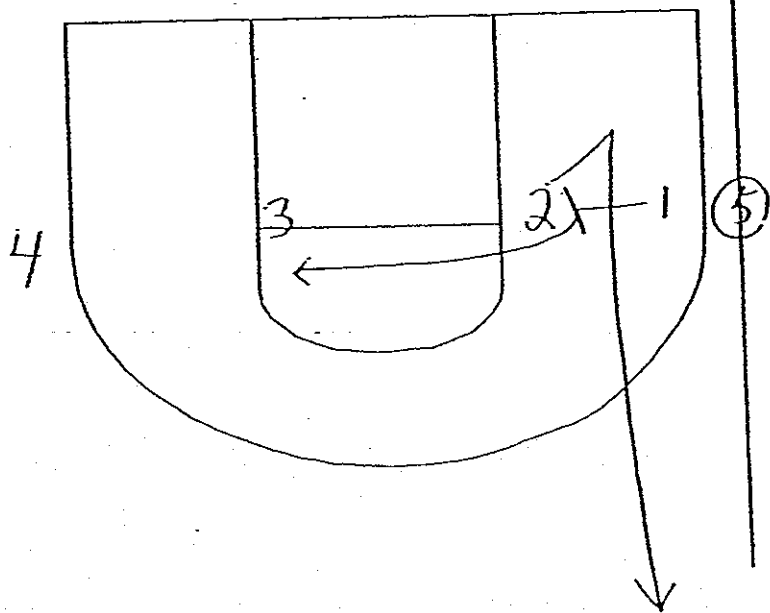
(5)



↓3

↓4

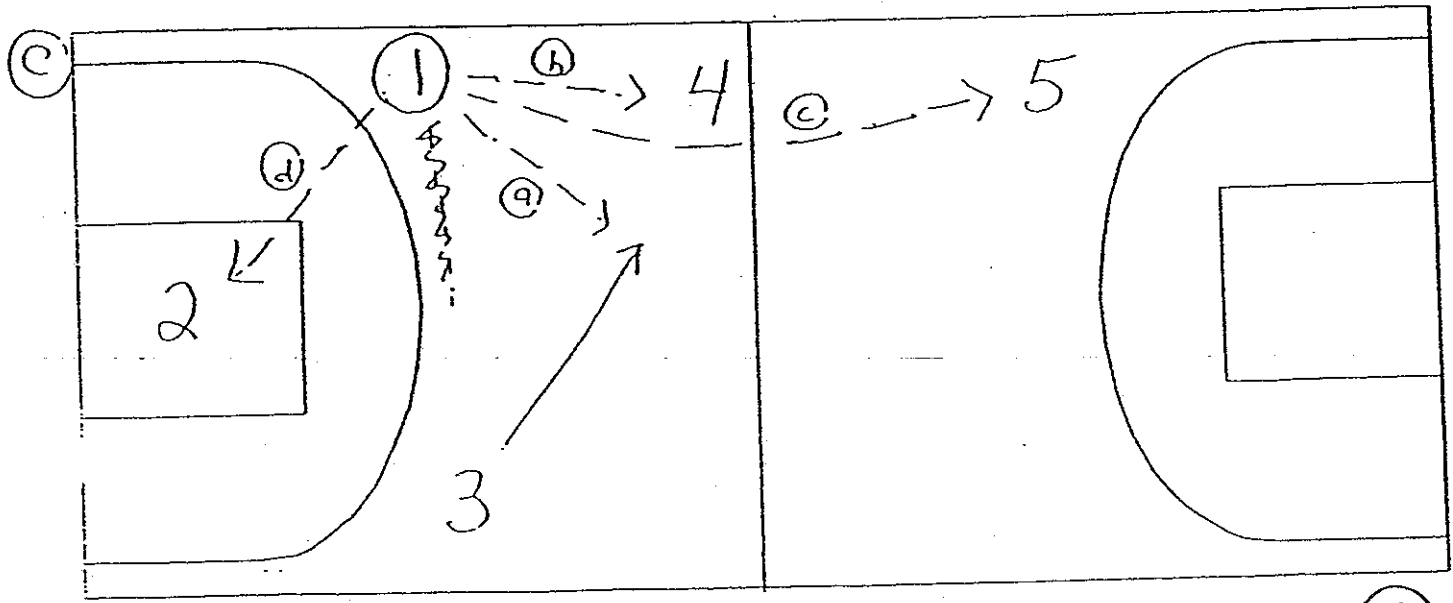
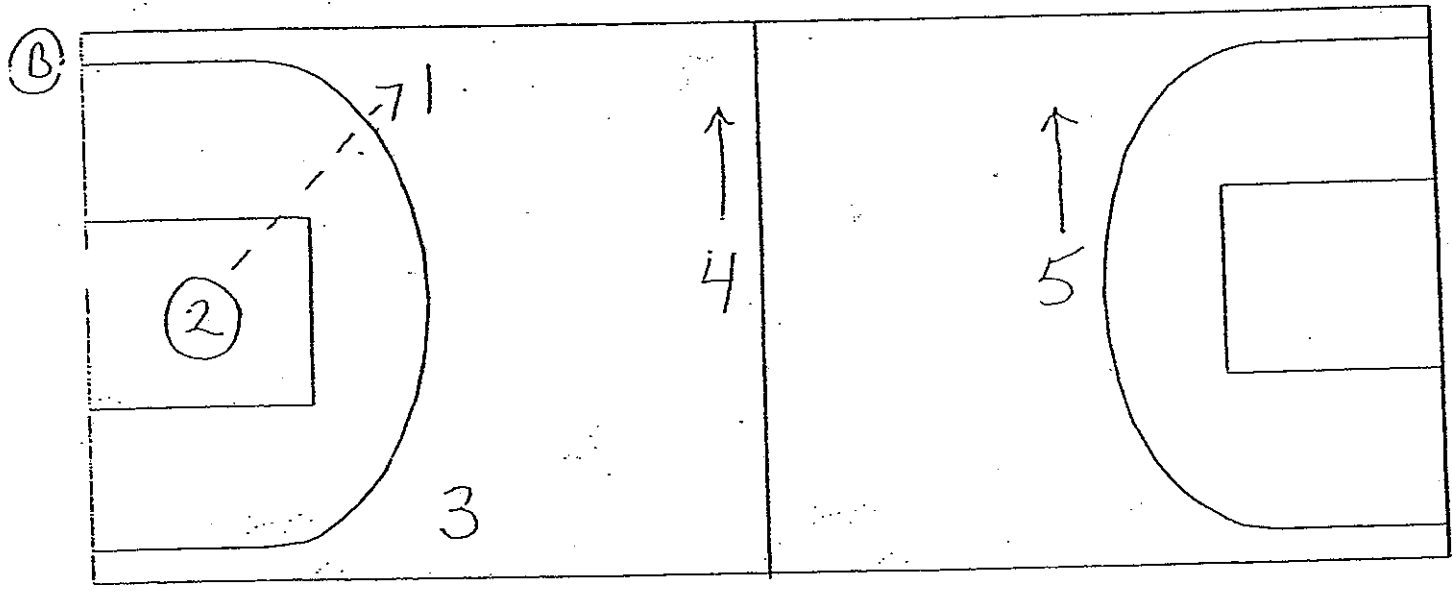
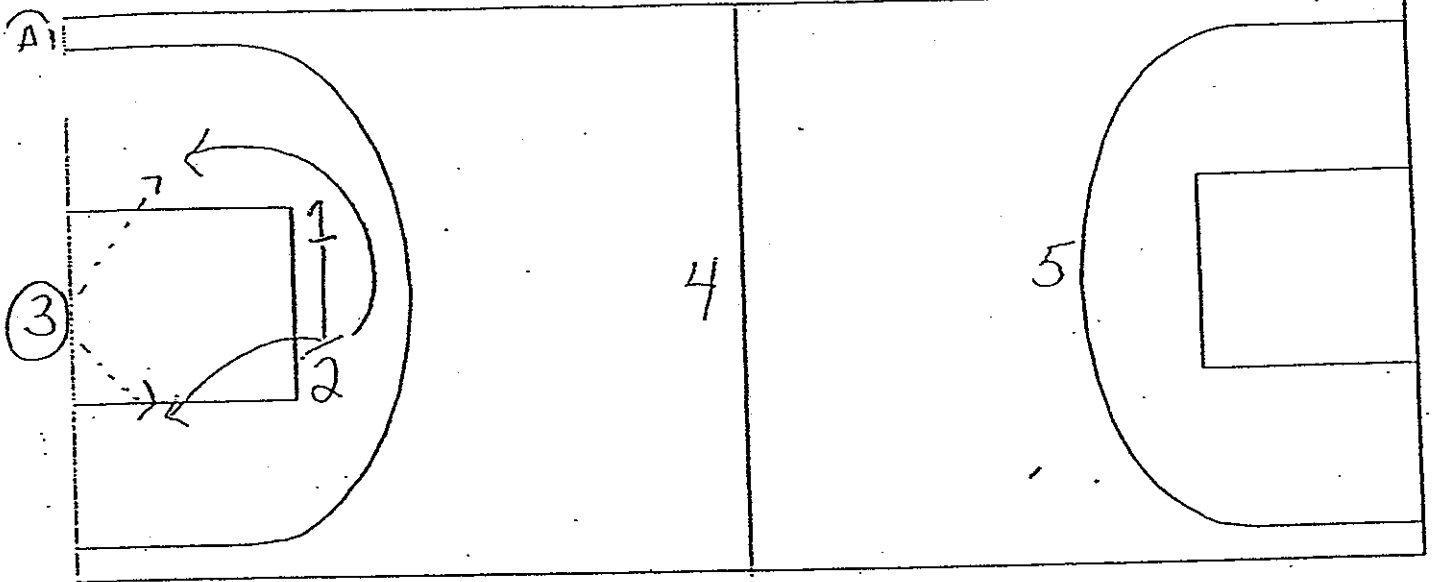
B) Setline



(18)
2↓

ZONE PRESS BREAK 1

19

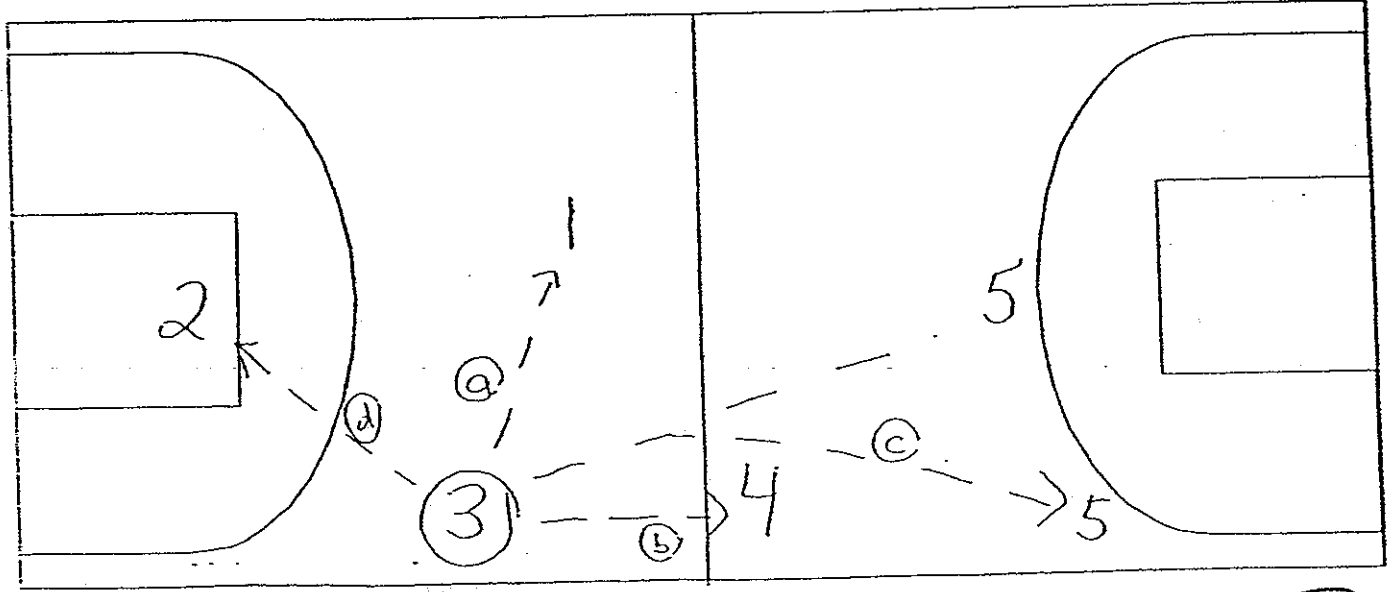
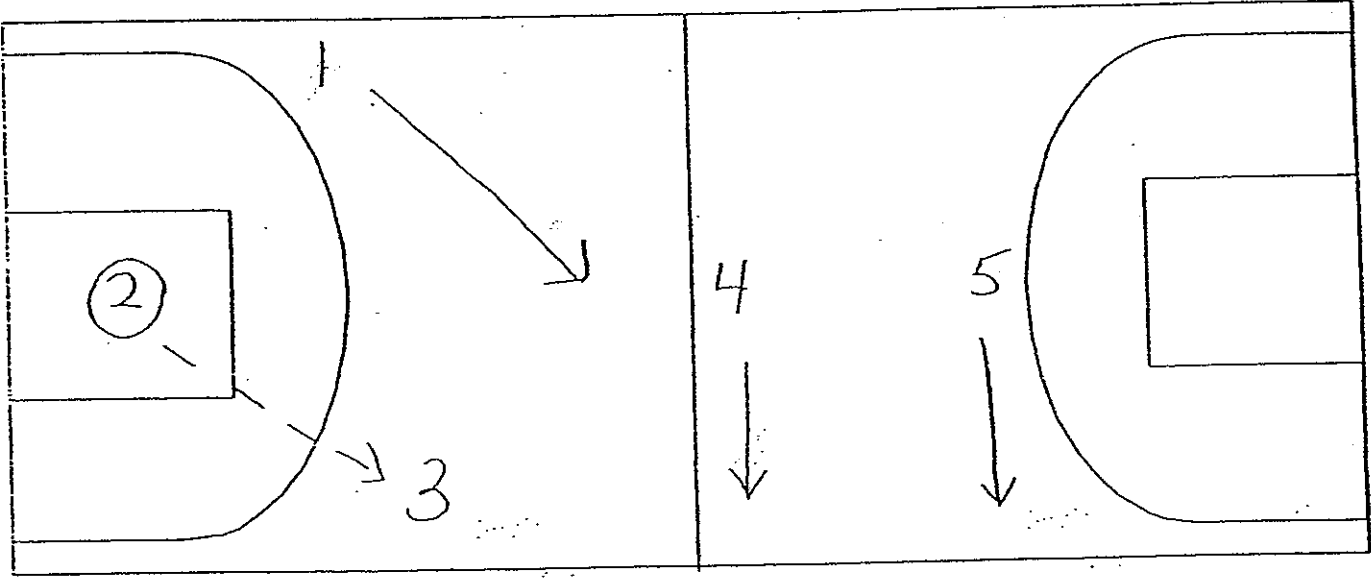
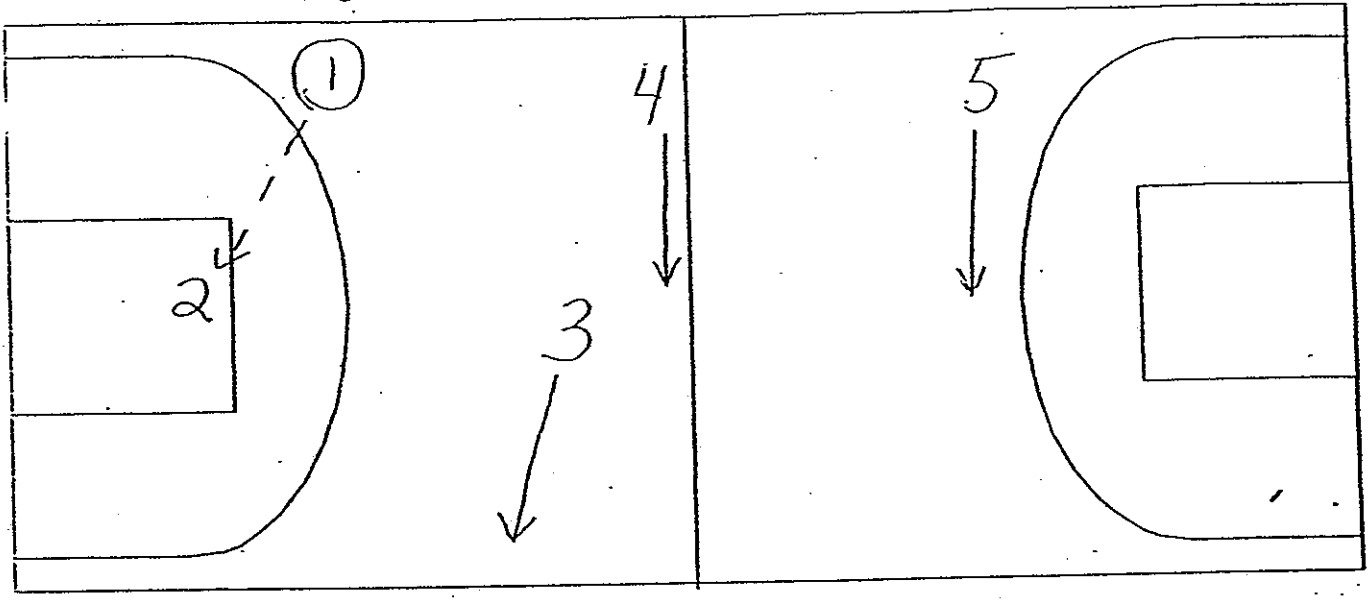


19 18

ZONE PRESS BREAK 2

20

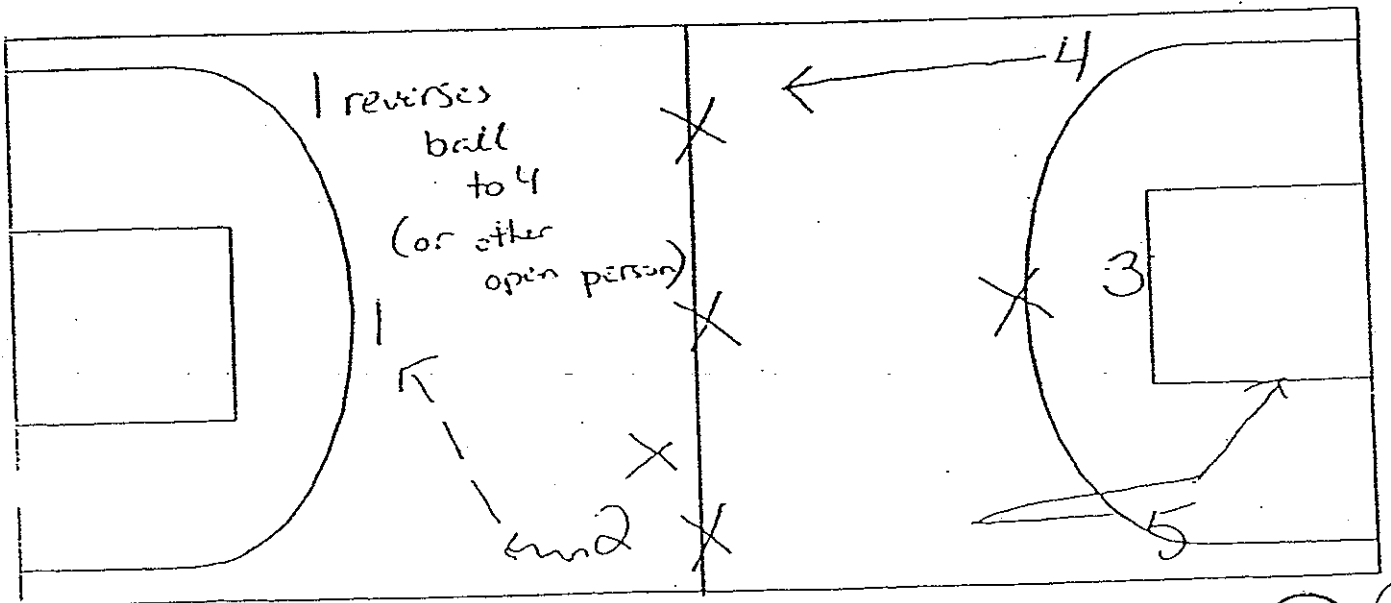
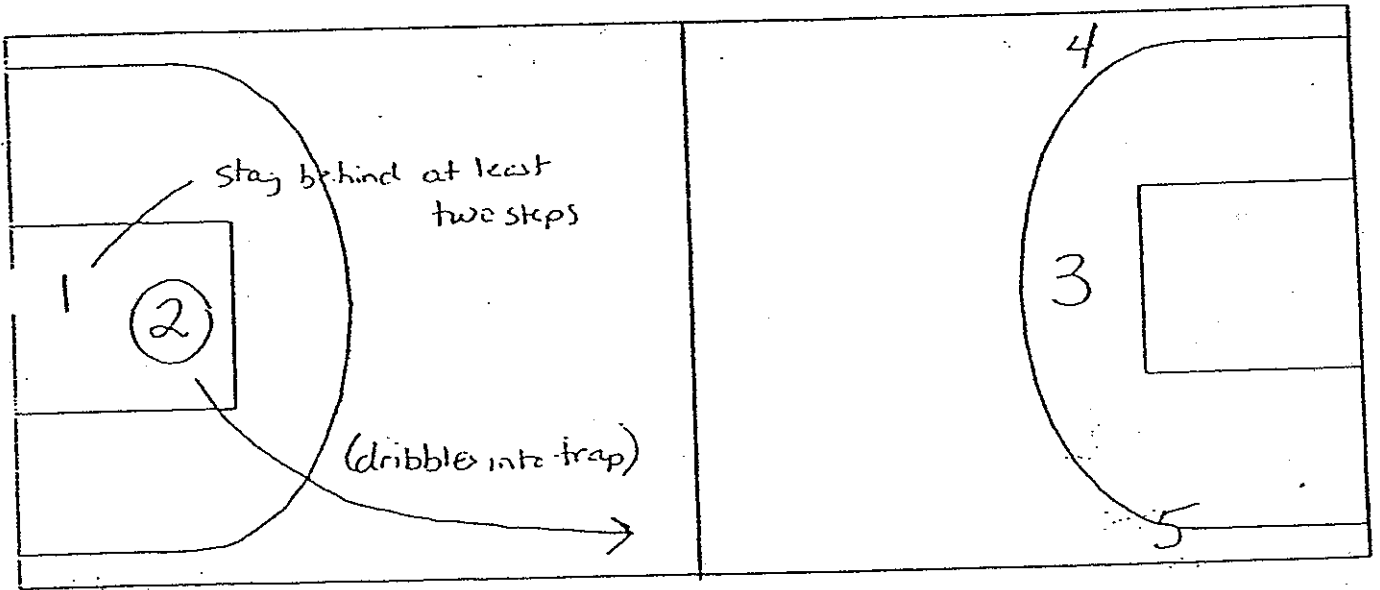
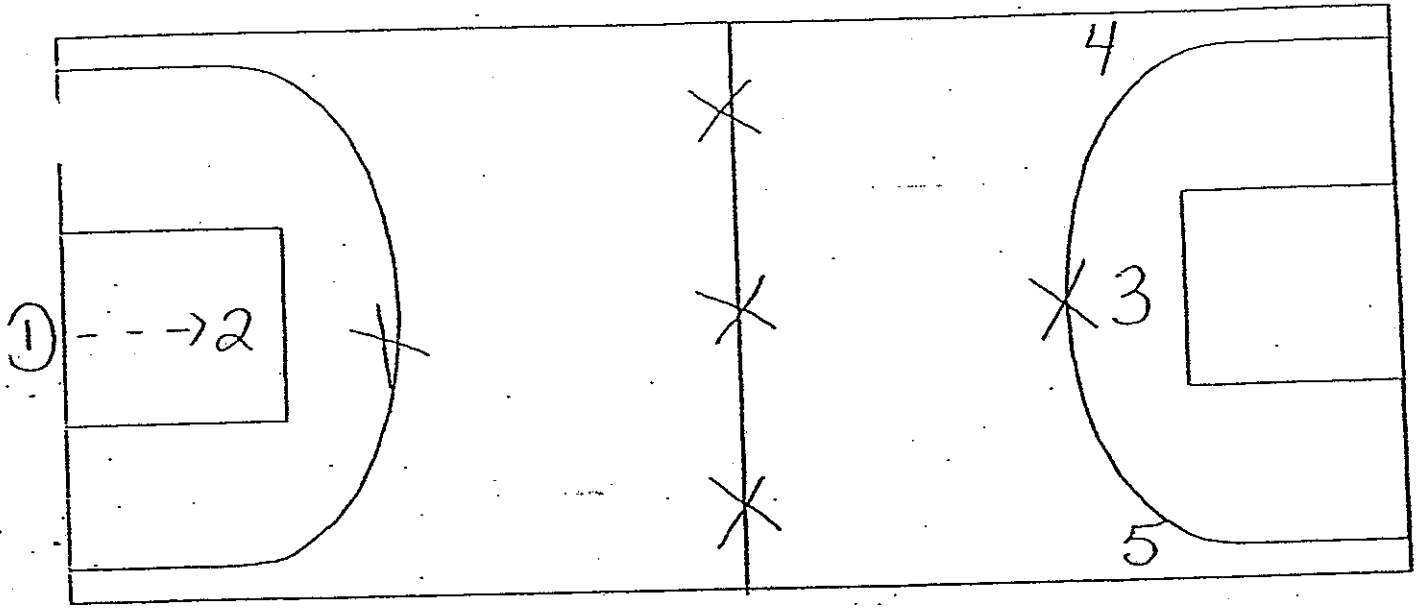
D



20



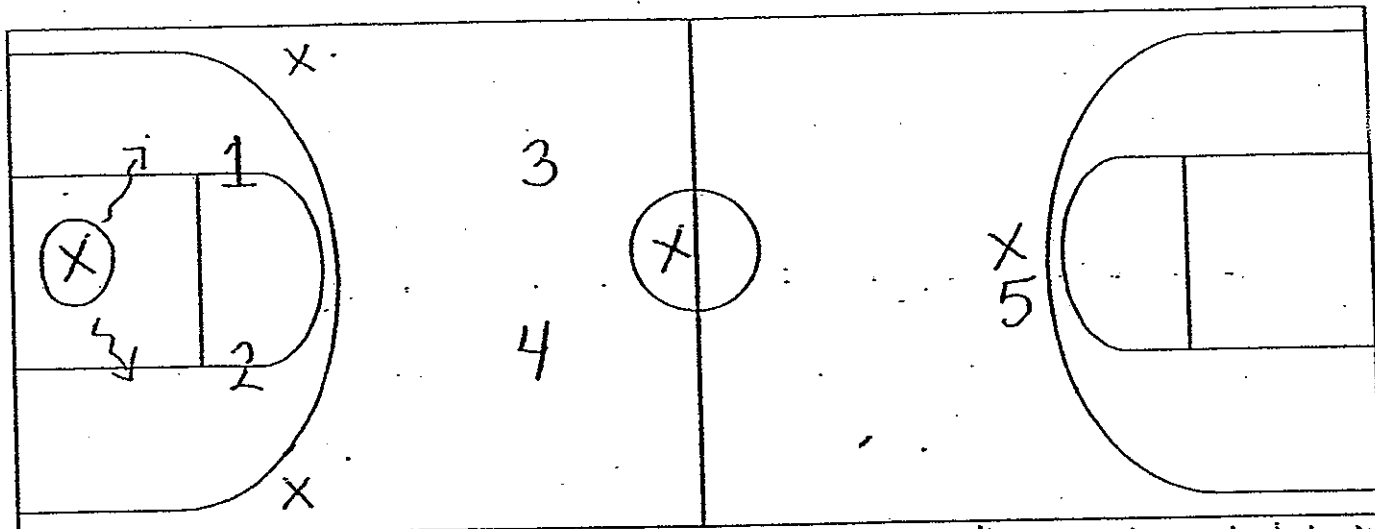
1-3-1 Half Court Press Break (21)



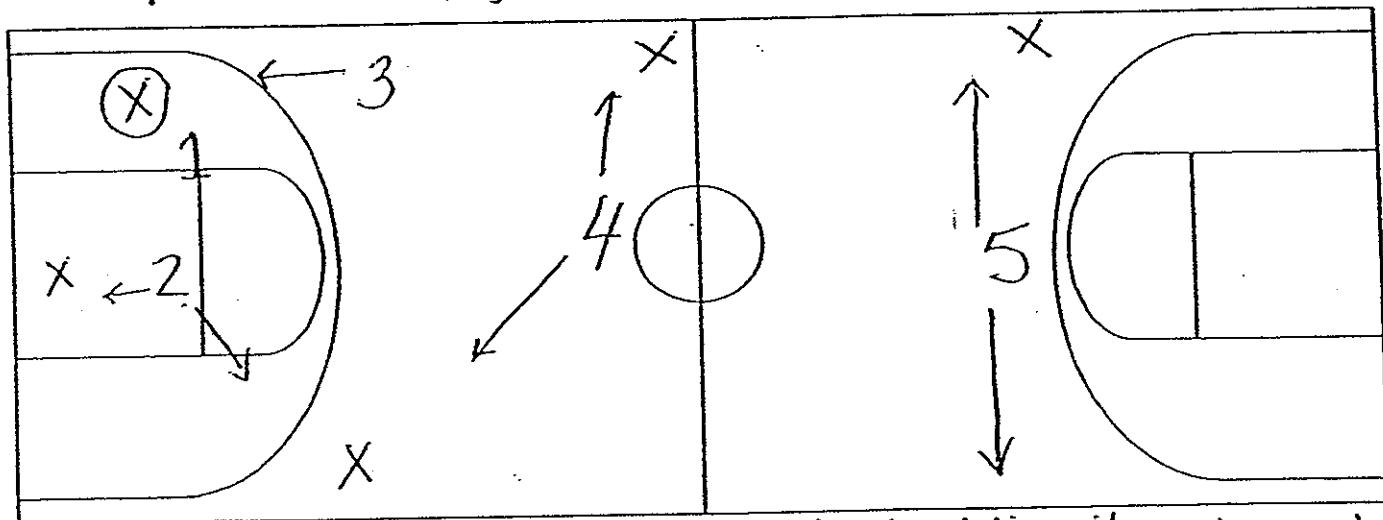
Reverse dribble (pivot - pass to 1)

2-2-1 Zone Press

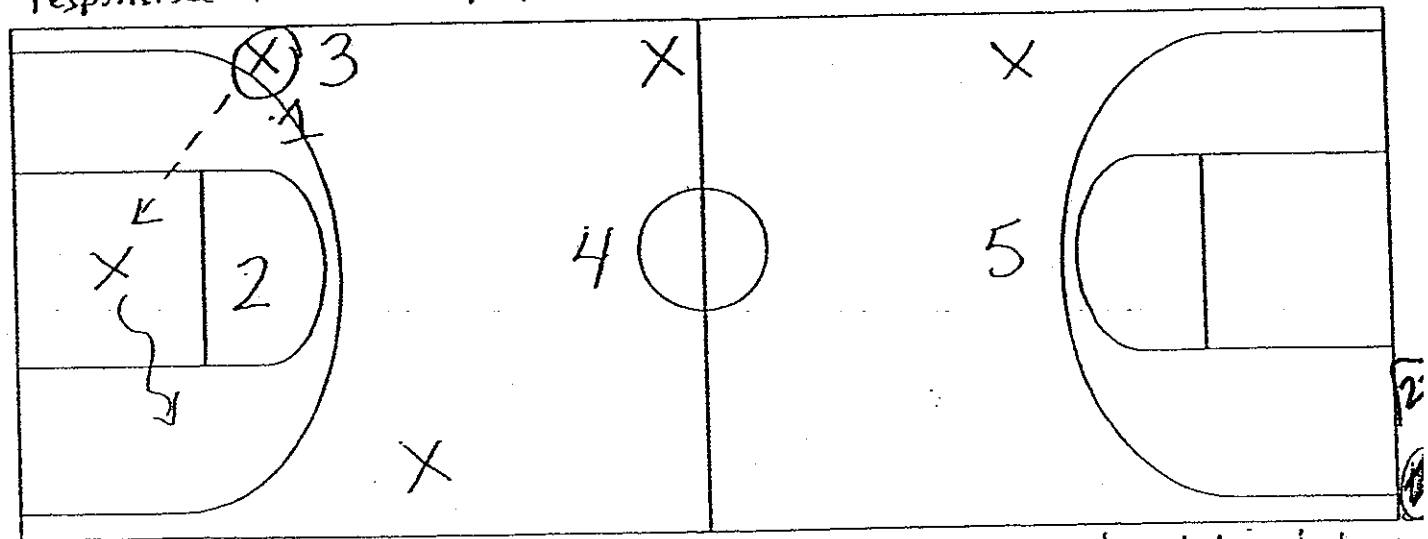
(22)



1 and 2 move ball to sideline for sideline trap, whoever doesn't take ball is responsible for stopping reversal pass.



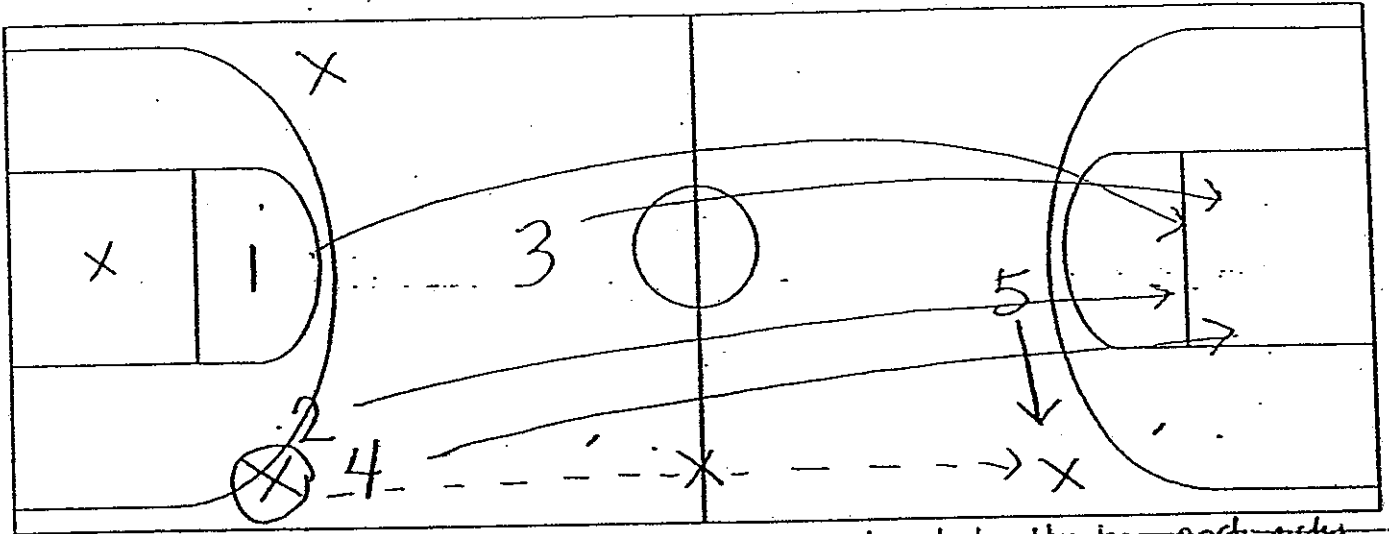
1 moves ball to sideline. 3 traps with 1 at sideline. 4 splits gap to cover cross court reversal and down the line pass to center. 2 splits gap to stop reversal back to middle and cross court reversal pass. 5 is responsible for all deep passes down the line or cross court.



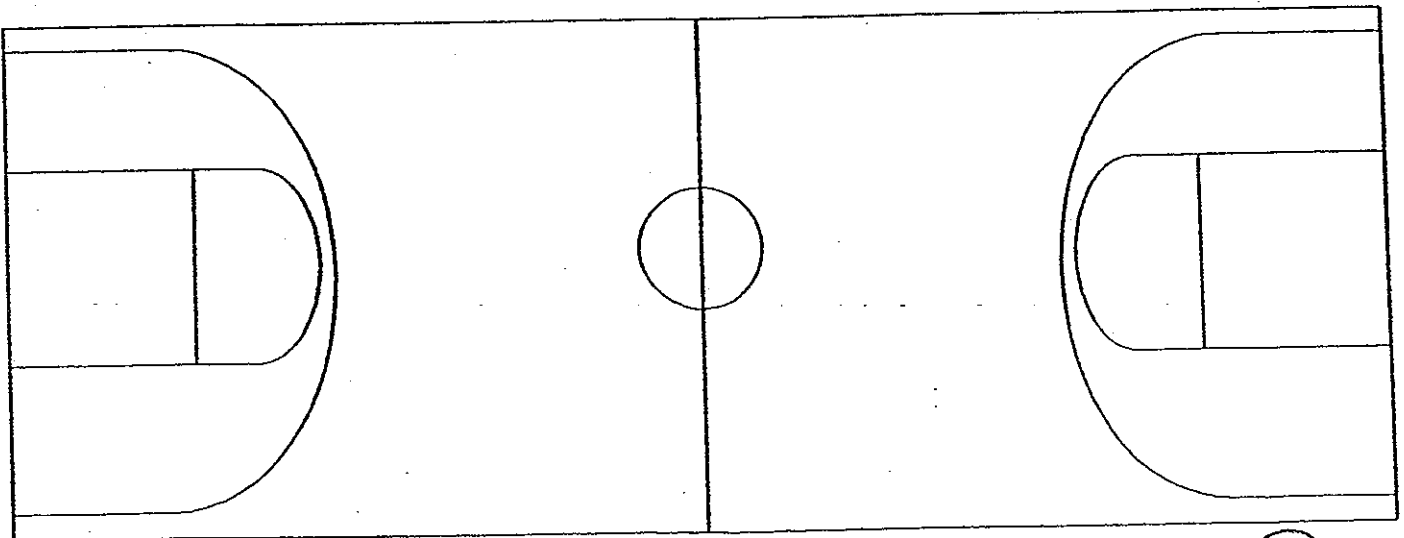
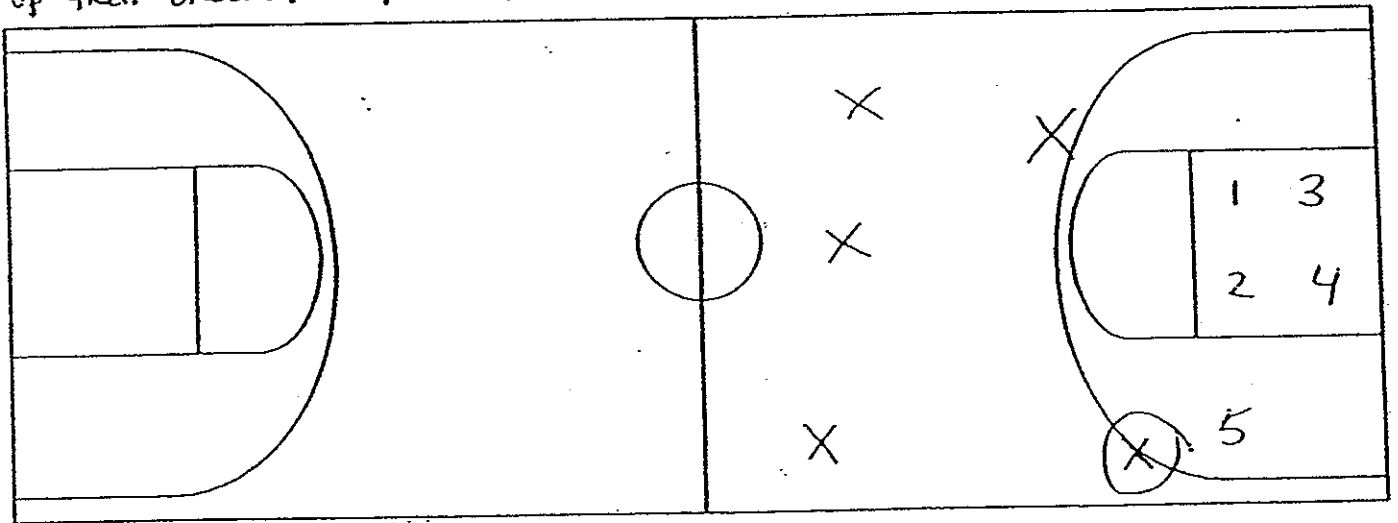
If ball is reversed back to middle, 2 moves ball to sideline to trap reversal pass to middle. 3 splits gap for down the line / cross-

2-2-1 Zone Press cont.

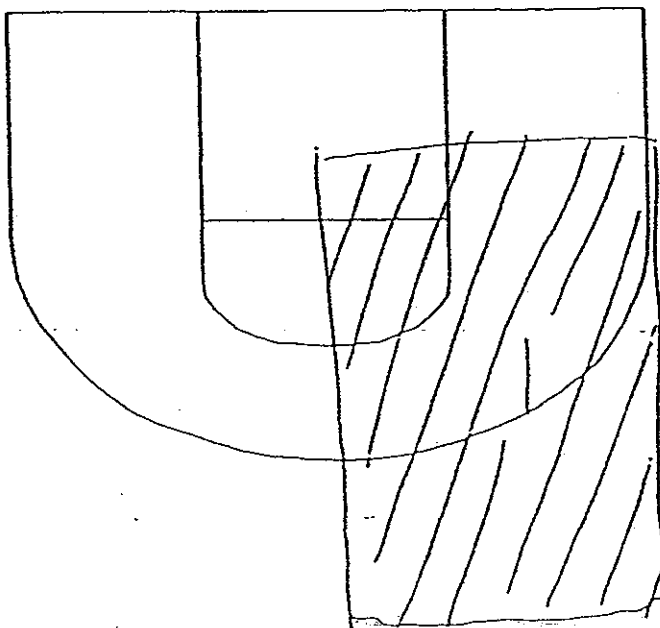
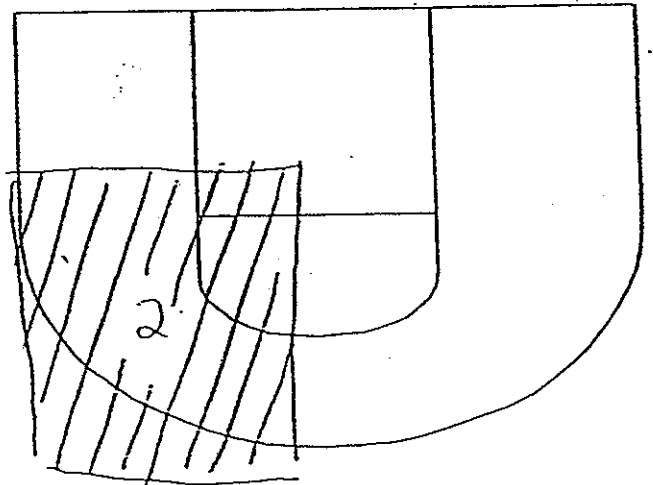
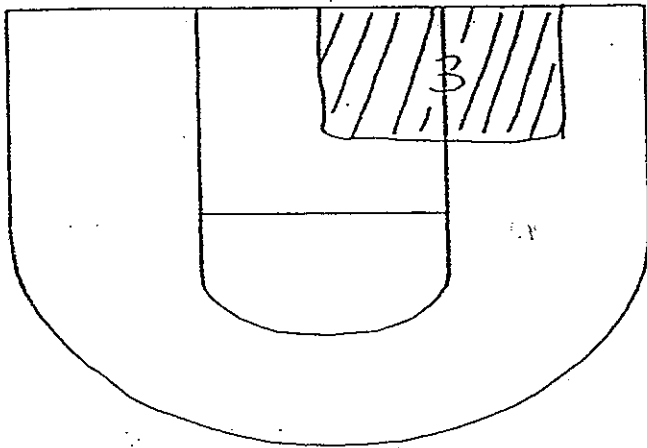
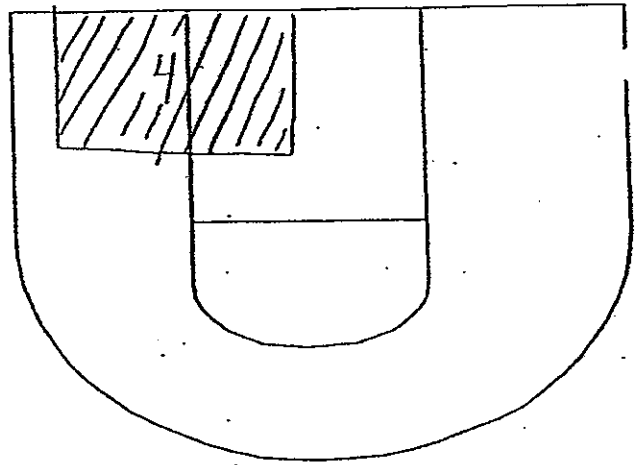
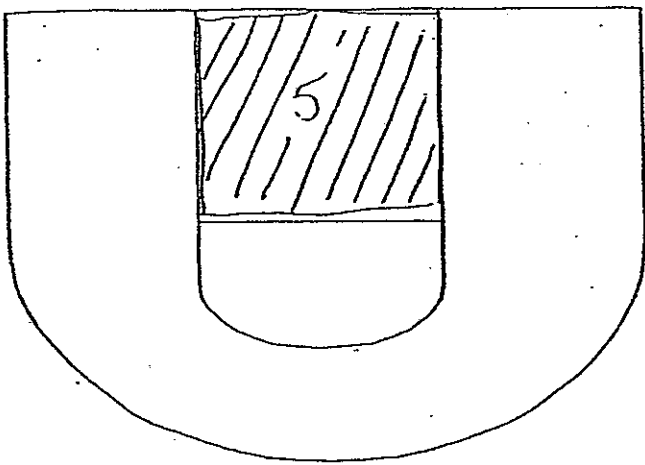
23



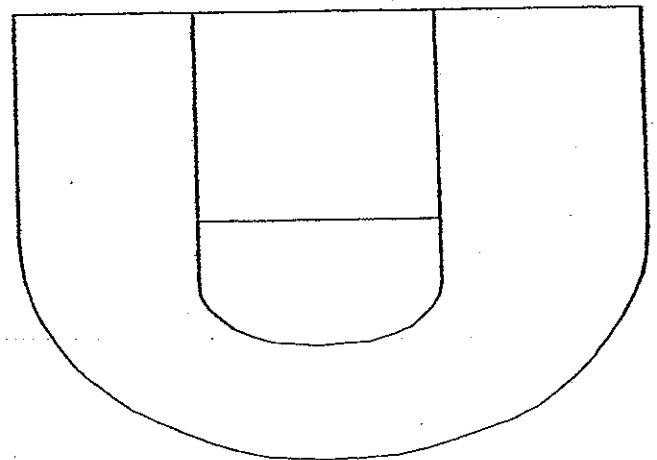
If ball is passed deep everyone sprints back to the key and picks up their checks. 5 picks up ball - slows it down until everyone gets back on del



Zone defense (2-1-2) (Areas of Responsibility)



1/2 cover point/wing passes

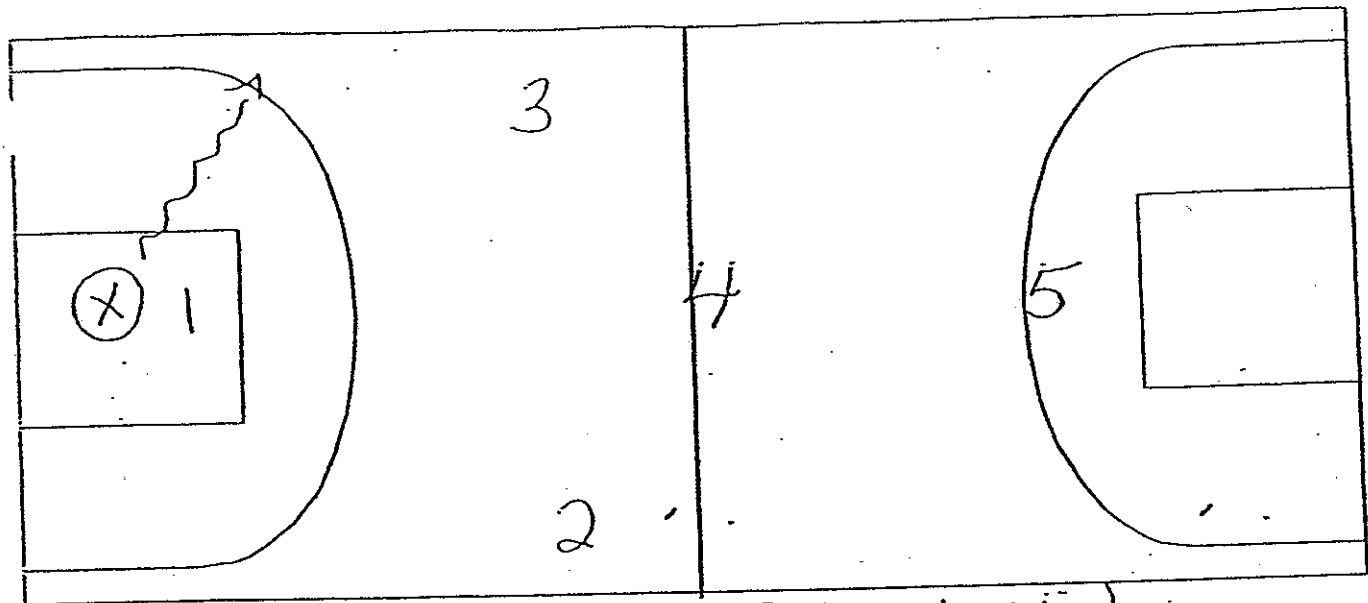


3/4 cover baseline passes

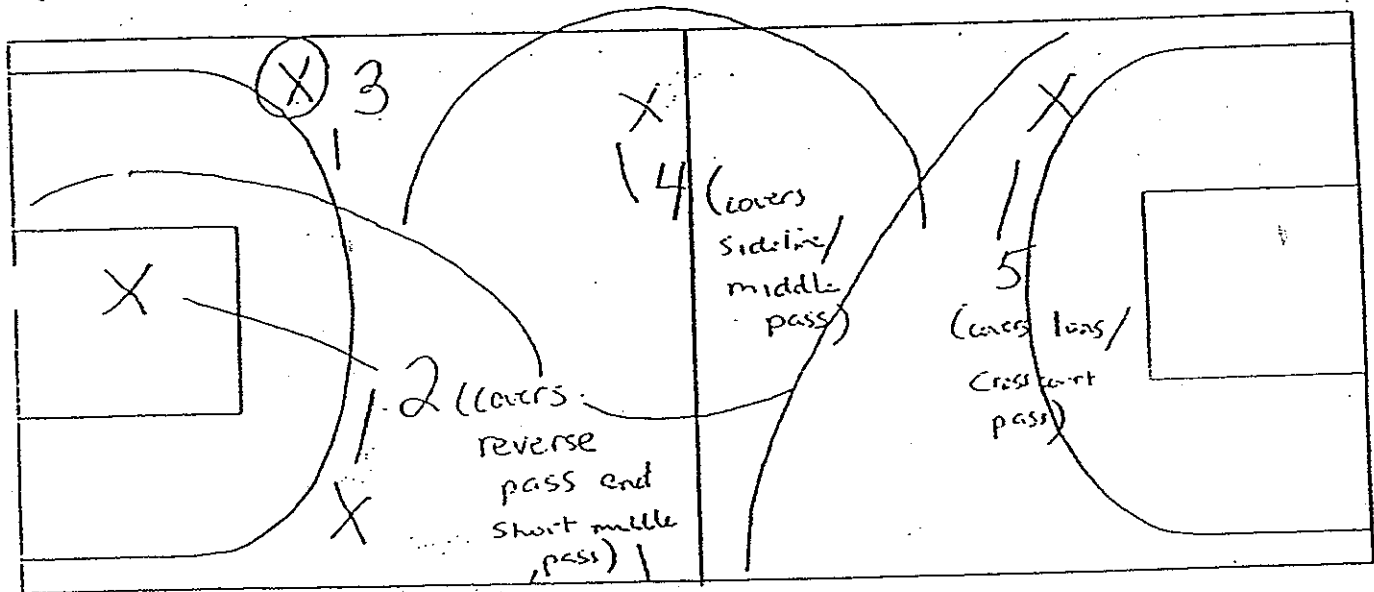
5 fills holes

Diamond Press

(25)



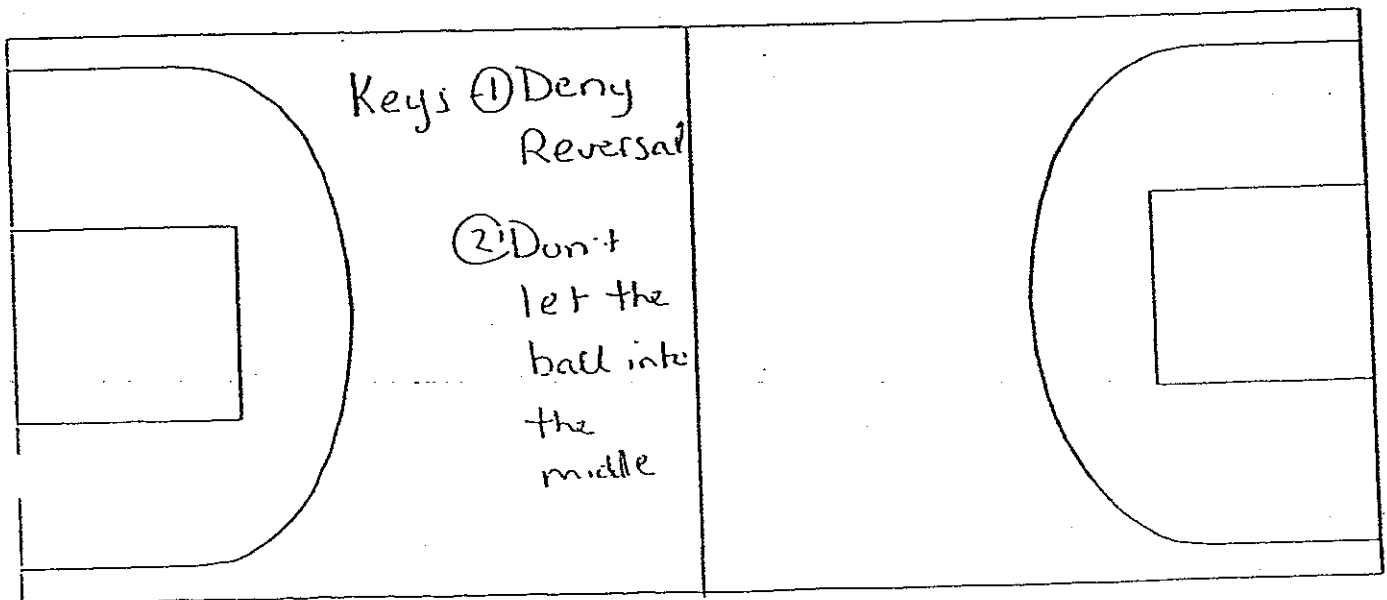
(1 forces ball to sideline / 2 or 3 trap at sideline)



2 (covers reverse pass end short middle pass)

4 (covers sideline/middle pass)

5 (covers long/cross-court pass)



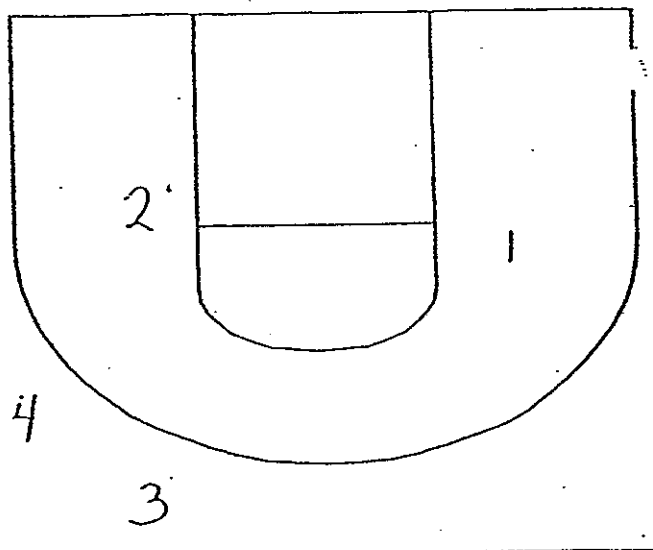
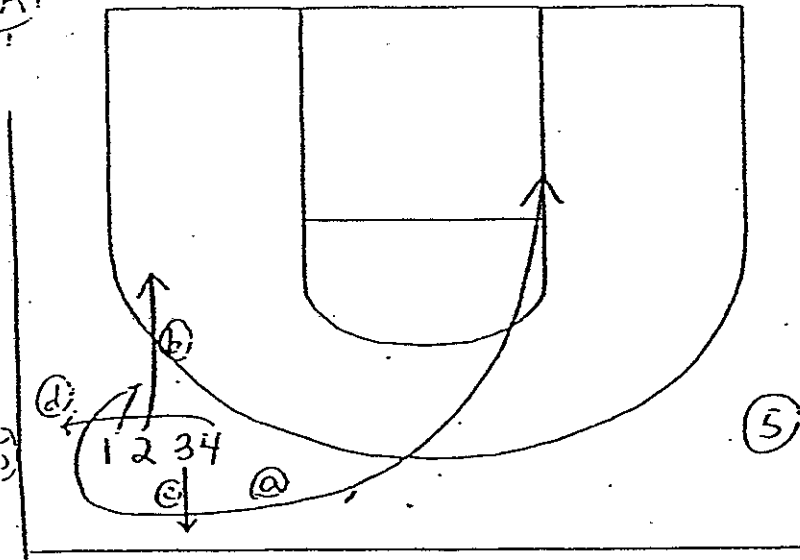
Keys ① Deny Reversal

② Don't let the ball into the middle

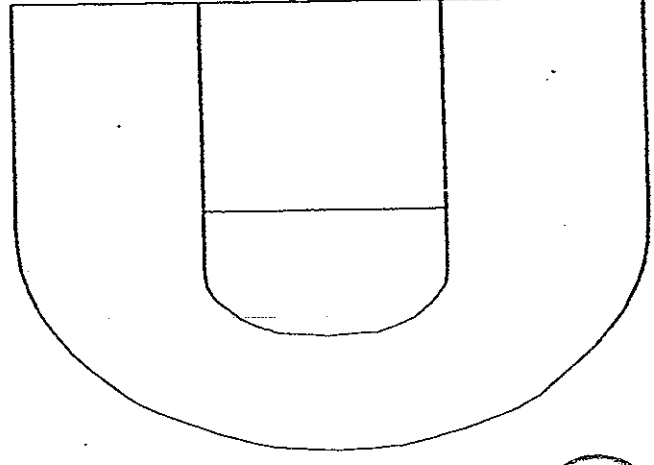
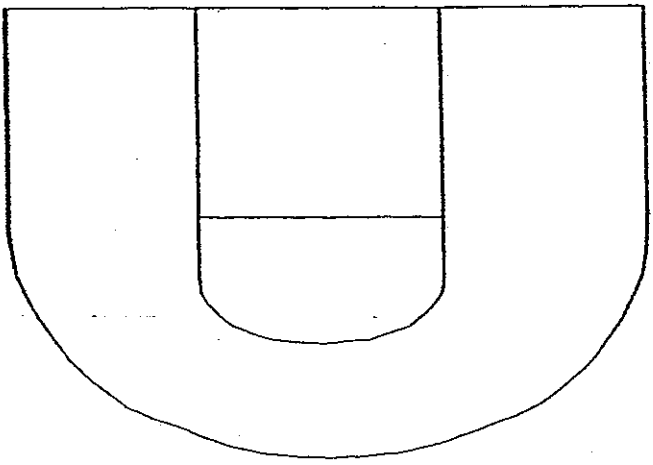
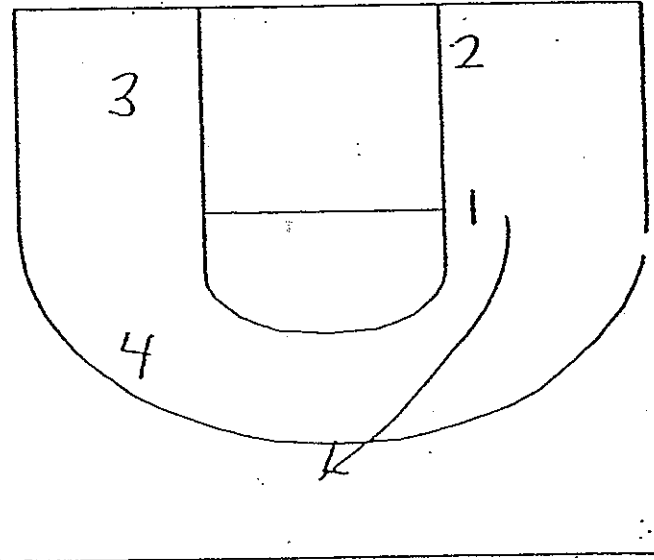
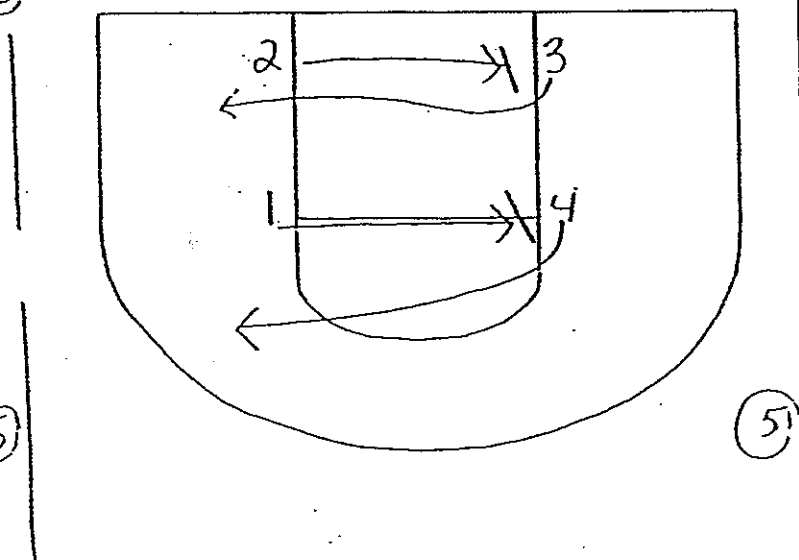
SIDELINE INBOUNDS PLAYS

(26)

A) STACK



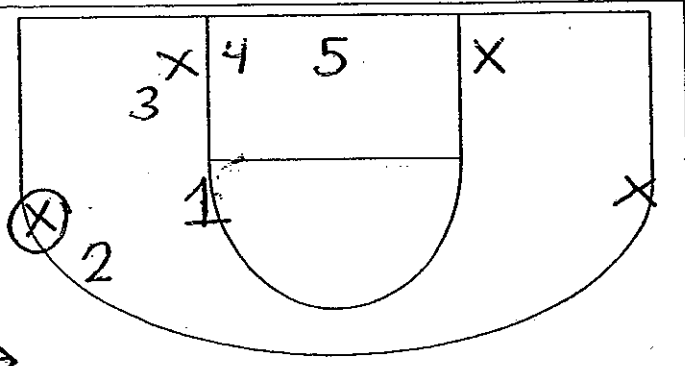
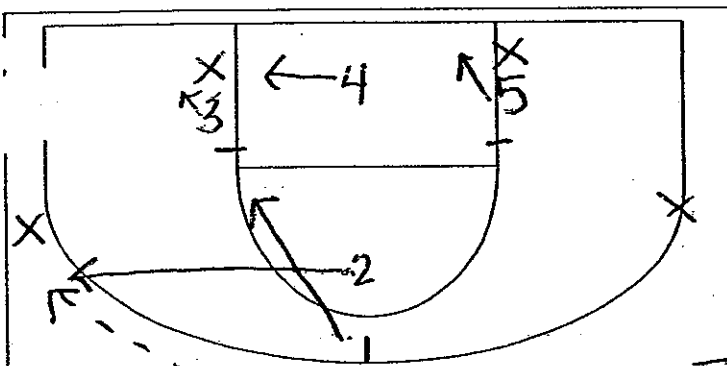
B) BOX



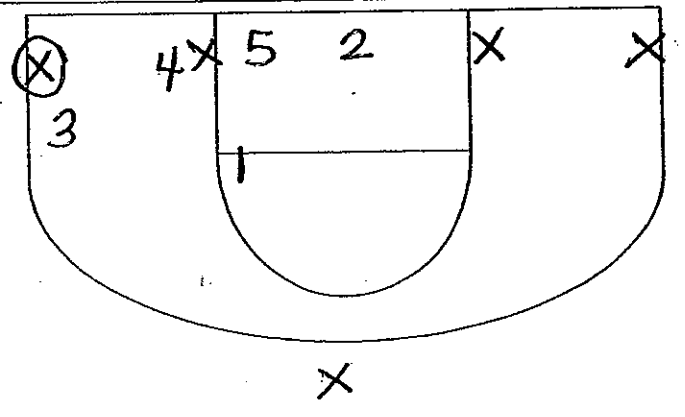
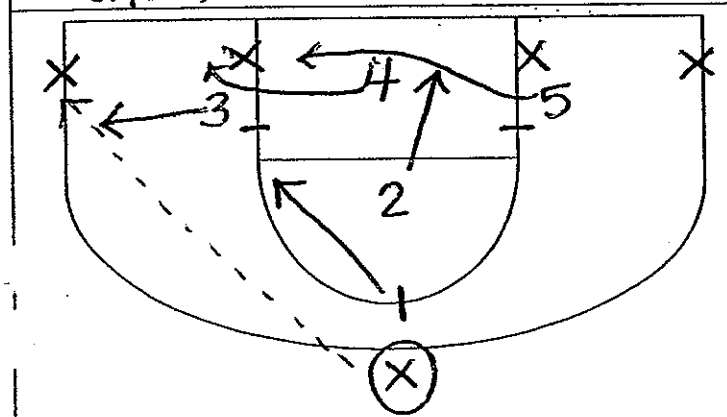
(26)
(27)

1-1-3 Match up Zone

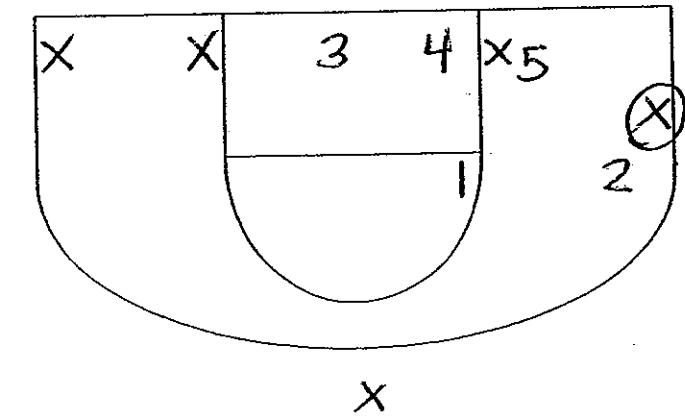
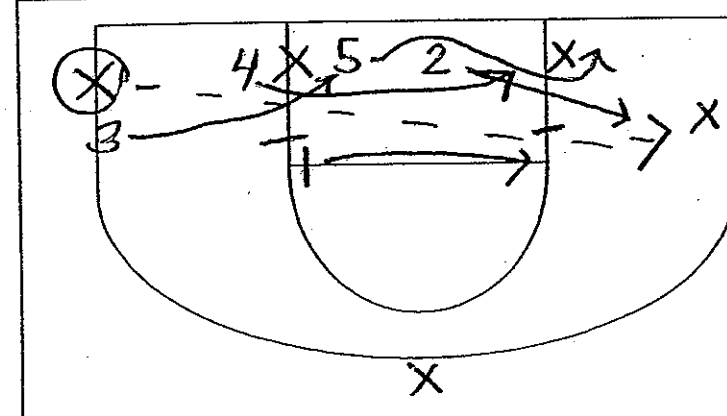
27



1st pass to wing above hash mark - 2 closes out - 1 covers hi post cut (topside)



1st pass to wing below hash mark - low post (3/5) gets it - 2 drops to help - 1 covers hi post cut

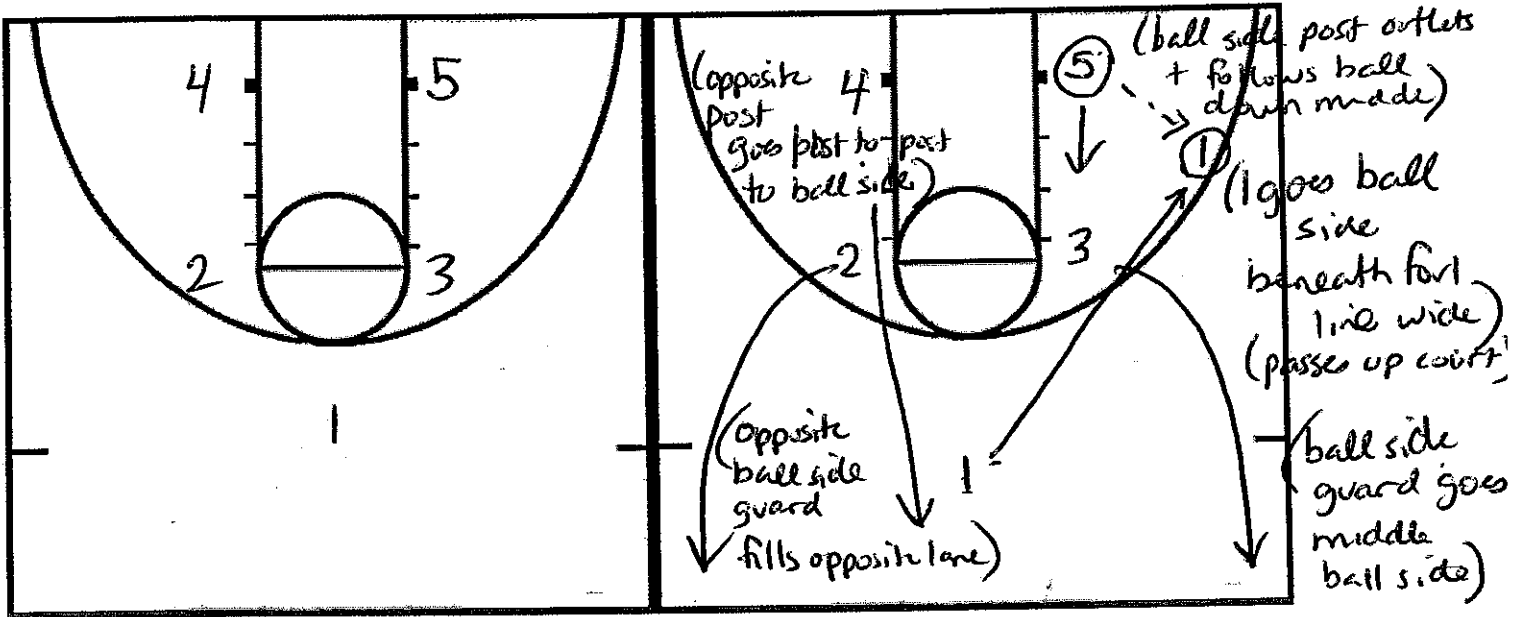


On a skip pass weak side closes it - if doubled - person whose area it is kicks the other out and we adjust

27

Fast Break

on rebound



(Opposite Post goes post to post to ball side)

(Opposite ball side guard fills opposite lane)

(ball side post outlets + follows ball down made)

(1 goes ball side beneath foul line wide (passes up court))

(ball side guard goes middle ball side)

