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Pregame Warmup

Four Corner Layups

One player is in each of the four corners, the rest line up under the basket. The drill starts when the ball is passed to a half court corner. This play can go either direction, depending on whether the pass goes to #1 or #4. Run it so that each player has a few left handed lay-ups and a few right handed lay-ups.

The only rule to remember is take the place of the person you pass to. Its that simple. O5 passes to O1 and takes O1’s place. O1 passes to O3 and takes that corner.

After O4 makes the lay-up, he/she goes to the end of the line under the basket. O6 takes the ball and passes to O5 to begin again.
Offensive Plays

Earthquake

O1 passes the ball to O2

Earthquake

After passing the ball to O2, O1 sets a screen for O2. O2 goes off the screen looking to pass to O3 or O1.

Earthquake

At the same time that the O1 is screening for O2, O5 sets a screen for O3. O3 goes off the screen looking for the pass from O2. O1 cuts to the goal as well, looking for the pass. O4 clears out to the short corner.

Earthquake

If O3 does not get the ball then he curls to the corner. After setting the screen for O3, O5 cuts to the goal. If O1 does not get the ball he sets a screen for O4. O4 goes off the screen looking for the pass.
Offensive Plays

Hurricane

O1 brings the ball up the court. O2 makes a V-cut and screens for O1.

Hurricane

When O1 goes off the screen from O2, O4 also screens for O1. O1 goes to the hole for the layup.

Hurricane

When O1 goes off the screen from O4, O3 cuts to the goal to get the pass or rebound.

Hurricane

O1 can shoot the ball or pass to O5 or O3 for their shots.
Offensive Plays

**Tornado**

O1 brings the ball up. O3 does a V-cut and returns to get the ball from O1.

O4 then sets a screen for O1. O5 cuts out to clear space.

O3 is looking to pass to O1. O5 cuts back to the goal for a pass or rebound. O4 also cuts to the goal for rebounding.
O1 passes to O3 and stays back on defense.

O5 sets a pick for O3 and rolls to the goal. O3 goes off the screen for the layup, jumpshot or pass to cutting O5.

O2, O4 and O5 all cut to the goal looking for the pass from O3 or to get the rebound.

O3 can also pass to O5, O4 or O2 who are cutting to the goal.
Offensive Plays

Volcano

O5 sets screen for O1 and then rolls to the goal. O1 is looking to pass the ball to O5 cutting to the basket.

At the same time, O2 pretends to follow O1. O4 sets a screen for 2 who cuts to the goal for the pass from O1.

Volcano

If O5 or O2 are unavailable, O2 will cut back to 3pt line to shoot. O4 will cut to top of key to receive ball from 1 and then pass to O2 for the open O3.

O1 can also look to pass to O3 in the corner for a shot.
Offensive Plays

Blizzard

O4 passes to O1 and shuffle cuts off of O5's screen. O1 swings to O2 looking to feed O4 in the post.

Blizzard

O4 catches looking to kick out to O2 in the corner or to O1 who sets up and uses a screen from O5 to get open.
Side Out of Bounds Plays

Cobra

O2 goes off the screen set by O4 and O5. O3 is looking to pass to O2 for the easy score.

Cobra

At the same time that O2 cuts, O1 cuts to the backcourt to receive the pass as an outlet and to set up the offense.

Cobra

After setting the screen for O2 and after O1 cuts to the backcourt, O5 cuts to the front court as an outlet.

Cobra

After setting the screen for O2, O4 cuts directly to O3, looking for the pass. O4 then passes the ball to O1 to set up the offense.
Side Out of Bounds Plays

Lobo

O3 inbounds the ball
O5, O1, and O2 are stacked but slightly spread out
O4 is at the mid-post

This play is designed to get O3 an easy layup or to get a O2 on O1 situation with O3 and O4 against O1 defender.

O4 make a V-cut and comes back to O3, looking for the pass

Lobo

O3 passes to O4 and then sprints to O4 to receive the pass for the layup.

O1 sets the screen for O2 who goes to get the ball as an outlet.
Side Out of Bounds Plays

After setting the screen for O2, O1 cuts to the goal to receive the ball. O5 cuts to the goal to receive the ball from O3 as the outlet. O5 will then give the ball to O3, O2 or to O1 to set up the offense.
Baseline Plays

This is a stack play with 4 inbounding and O1, O2, O5, and O3 stacked along the lane line. Stack will **ALWAYS** be on the same side as the inounder.

**Option 1: Pass to O2** - O2 is going to curl around O5 and O3, looking for the pass from O4.

**Option 2: Pass to O3** - After setting the screen for O2, O3 cuts to the basket looking for the pass. O2 cuts to the corner.

**Option 3: Pass to O1** - When O4 yells break, O1 cuts to the near corner for the pass.

**Option 4: Pass to O5** - After setting the screen for O2 and O1 cuts to the corner, O5 will either cut to the goal or go out to receive the outlet pass. After receiving the pass, O5 will pass to O1 to reset the offense.
Option 1: Pass to O3. O3 goes off the screen from O5, looking for the pass. If O3 does not get the ball, then roll out to the corner.

Option 2: Pass to O5. O5 sets the screen for O3 and then rolls back for the pass.

Option 3: Pass to O1 (outlet): At the same time, O2 is setting a screen for O1. O1 goes off the screen and curls to the ball to receive the outlet pass from O4.

Option 4: Pass to O2. After setting the screen for O1, O2 cuts to the far corner for shot or reset the offense.
Baseline Plays

O4 is inbounding the ball
O5 is **ALWAYS** directly in front of the ball and O3 is across O1 and O2 are at the free throw line, opposite O5 and O3.

**Option 1: Pass to O3.** O5 sets the screen across for O3. O3 goes off the screen looking for the pass from O4.

**Option 2: Pass to O5.** After O5 sets the screen he boxes out his man and looks for the pass from O4.

**Option 3: Pass to 2 (outlet)** - If the other options are not available, pass the ball to 2 to reset the offense.

After setting the screen for 2: 1 goes back to the top of the key for the outlet from 2 and reset the offense. Also back on defense.
The 1-2-2 zone has the advantages of being able to pressure the ball on the outside arc, allow for some trapping, and can be effective against a good outside shooting team.

The major weaknesses are the (1) high post area, and (2) this defense can be attacked from the corners. Study the diagrams to understand how the zone shifts, or moves.

If you want to gamble a little and trap the wing, use X1 and the ball-side wing to make the trap. The opposite wing slides into the high post. Although trapping the wing adds an element of risk to your defense, you might consider this when the ball-handling skills of the offensive perimeter players is suspect, or if you are behind and need to get pressure on the ball.

Defending the Corner

X4 will come out on the ball, and X5 must really move and "get there" to defend the ball-side low post. The weak-side wing (X3) will drop down to the weak-side low block and cover the backside. X2 will deny the pass back out.
Trapping the Corner

You can try trapping the corner if X2 can get down there quickly. Once again, X4 will come out on the ball, and the ball-side wing (X2) will drop down and create the trap. X5 must really move and "get there" to defend the ball-side low post. X1 fills the gap between the ball-side elbow and the three-point arc. The weak-side wing (X3) will move just inside the free-throw line and cover the high post and backside.
Defensive Plays

2-3 Zone Defense

Set up for the 2-3 Zone

2-3 Zone Defense

2-3 Zone Position, ball on the wing

The outside (top) defender on the ball-side will cover the wing. The exception is on the skip pass from wing to the opposite wing, where the low outside defender will initially run out and defend until the top defender can get there... then the low defender will drop back down low

2-3 Zone Defense

Deny the pass from the corner to wing and force O4 to drive to the basket

The outside low defender on the ball-side will cover the corner and short-corner. It’s imperative that the middle X5 defender quickly drop to the ball-side block area to prevent a inside pass there. Here, X2 denies the pass back to the wing (their best shooter) while X1 covers the ball-side elbow (high post). Depending on the offense’s strengths, we may instead have X2 sag inside the paint to help prevent O4 from dribble-penetrating (arrow).

2-3 Zone Defense

Trapping in the corner

The corner is a trapping opportunity if you have the quickness to do it. In addition to the outside low defender (X4) coming out, the top ball-side defender (X2) will sprint down and trap the corner. X1 will deny the pass back to the wing and X3 covers the elbow (high post). The long skip pass to the opposite wing is covered by quick reversal with X3 sprinting over and X1 dropping to the high post.

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Defensive Plays

2-3 Zone Defense

Defending the High Post

Ball reversal. Opposite post out.
Defensive Plays

O1 and O2 are set at the free throw line.
O3 and O4 are positioned just inside the half-court line
O5 plays "prevent" - never let anyone get behind you.
The in-bounds pass is not contested or guarded
Do not allow a pass in the middle of the floor

Wait until the ball-handler commits and starts dribbling. Once the dribble is started, attack and trap him near the sideline.
The other two defenders then position themselves in the passing lanes to other would-be receivers and look for the steal.
O5 should ONLY come up if he has a clear-cut interception.

If the ball gets part way up the sideline, the mid-court defender (O3 or O4) should stop the penetration along the sideline, and trap the ball-handler along with the guard from that side (O1 or O2).
Now the opposite guard and mid-court defenders play the passing lanes.
Allow a backward, retreating pass, as the 10-second rule is in your favor.

If the ball moves to the opposite side, the traps and zones are set on that side the same, only with the opposite defenders positioned as above.
The defenders should never let the ball get ahead of them on the court. If that happens, they must sprint down-court quickly to recover.

Once the press is broken, or the offense crosses mid-court, all defenders not on the ball should sprint back to the paint to protect basket (unless there is an easy trap in the sideline, mid-court line corner).
The on-ball defender should stay on the ball and stop dribble penetration, EVEN IF IT IS NOT YOUR MAN.
Blank Forms - Test yourself

Blank Forecourt
Blank Forms - Test yourself

Blank Forecourt
Blank Forms - Test yourself

Blank Forecourt
Blank Full Court
Blank Forms - Test yourself

Blank Full Court

[Diagram of blank full-court basketball layouts]
Blank Forms - Test yourself

Blank Full Court

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