



50

BASKETBALL PLAYS

C O A C H M A C
basketballforcoaches.com

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HOW TO READ THE DIAGRAMS

1

This symbol indicates an offensive player that does not have possession of the basketball. The number will be between 1 and 5.

1

When a number is surrounded by a black circle this indicates that they are on the defensive team. The number will be between 1 and 5.

1

This symbols indicates an offensive player that does have possession of the basketball. The number will be between 1 and 5.



A straight, full-coloured line indicates a player is making a cut.



A dotted line indicates a player is making a pass.



A zig-zag line means a player is dribbling the basketball.



A line that ends with another line indicates a player is setting a screen.



This symbol similar to a hash indicates a hand-off between two players.



This symbol will represent either a cone or a chair depending on what you have available to you.

INTRODUCTION

Welcome!

Thanks for checking out the '50 Basketball Plays' eBook which is part of the 'Championship Coaching Course'.

Utilizing plays that suit your team's personnel and that put your best players in positions to score will increase any team's chance of being successful.

A word of warning before you continue...

If you're coaching a youth basketball team, I do not recommend implementing more than 1 or 2 plays on your team.

I see far too many youth basketball coaches spending an incredibly large amount of time running through plays every practice when that time could be better spent on skill development.

My recommendation: 1 - 2 regular plays and 1 baseline out-of-bounds (BLOB) play.

Also, I don't usually recommend SLOB (sideline out-of-bounds) plays as it's simple enough for players to pass in and then run a regular set.

The less plays players have to practice and remember the better.

With that said, I have included a few SLOBs against man-to-man defense for those who do want to use them.

Before we begin, here are a couple of tips to keep in mind when deciding which plays you're going to use...

1. Choose plays that begin in the same formation.

By choosing plays that start in the same formation the defense won't be able to predict what you're going to run before you even start the play.

I have coached against numerous teams in the past that would walk out on the court, set up in their positions, and we knew exactly what they were going to run before the ball was in play.

2. Start facing different directions.

This is probably a more useful tip when talking about baseline and sideline plays, but can be used for regular plays too.

A lot of young players will set up facing the exact direction they're about to cut or screen.

This gives the action away to the defense too early.

3. Select plays that utilize your team's strengths.

Don't simply flip to any page in this eBook or choose a basketball play because you think it will 'look cool'.

Evaluate the personnel on your team, understand where your team's strengths are, and then select plays based on that.

If you have several good outside shooting guards, select plays that have guards running off screens and getting open on the wings.

If you have a dominant post player, select plays that get them the basketball in the post with room to isolate.

Good luck!

— Coach Mac

BLOB 2-3

ZONE PLAYS

Belmont Flash

Overview of the Play:

The play is designed to get your team an open three-point shot in the corner by catching the low ball-side post player off-guard. The ball gets to the top of the key, a quick flash from the weak side, and then a pass to the corner to the in-bounder off strong screen.

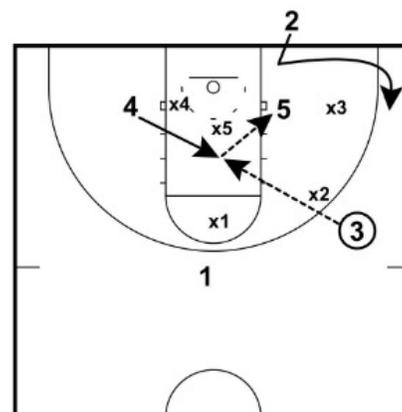
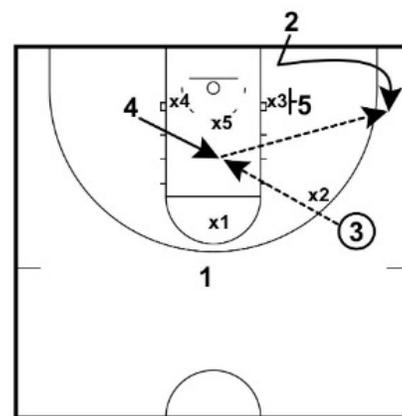
Key Personnel:

- Your best shooter should be in-bounding the basketball.
- A player capable of setting a strong screen on the ball-side low block.
- Preferably a good decision-maker on the weak side low block.

Instructions:

Setup: Players start in a wide box set. This means that instead of being on the low blocks and elbows, players are approximately 3 feet wider than usual.

1. The play begins with 3 popping out to the wing and catching the pass from 2.
2. 1 also cuts to the top of the key in case it's easier to use an extra pass before feeding the basketball inside the key.
3. On 3's catch, 4 immediately flashes to the middle of the key to receive the pass.
4. 5 will set a screen on the low ball-side post player and 2 will curl around to the corner to catch the pass from 4 and take the three-point shot.
5. If x3 does get around the screen, 5 will be open for the bounce pass and layup as x5 is forced to defend the player in the middle of the key.



Coaching Points:

- As this is a play where we catch the defense off-guard, it's not going to work if you run it too regularly. Save it for special occasions.
- It's very important that 4 is able to make the read on x3 and then deliver the correct pass to 2 or 5.
- If 5 does get the catch inside, they must go up strong because x5 will usually turn around and foul.

Box Flash

Overview of the Play:

This is a 2-3 zone BLOB box set with multiple scoring options. This set overloads a side of the zone and forces the zone defense to make a decision on who to guard. Great play for teams of all levels!

Key Personnel:

A strong shooter (2) who can make the three-point shot or mid-range shot at a high percentage.

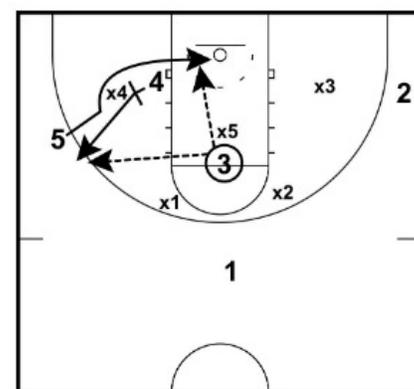
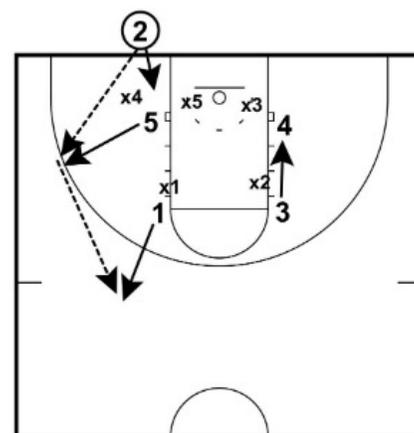
A post player who can shoot the basketball from the outside is preferable (4).

Put your best playmaker in the (3) position.

Instructions:

Setup: The play begins in a box formation. Post players are positioned on the two low blocks and your guards are positioned on the two elbows.

1. 5 sprints up to the wing and 2 enters the ball in-bounds to 5.
2. 1 pops high to the slot and 3 moves down to the block with 4 to set a double screen.
3. 2 steps on the court and positions themselves in the ball-side short corner.
4. 5 passes the ball to 1 at the top of the key.
5. 2 then sprints off the double screen screen from 3 and 4 to the corner.



- 6.** 1 dribbles to the top of the key to improve the passing angle and makes the pass to 2 in the corner for the open shot.
- 7.** If 2 isn't open for the shot, 3 flashes to the high post and 1 passes the basketball to 3.
- 8.** 4 then sets a back screen on the bottom wing defender and 5 sprints backdoor looking for the open pass and layup.
- 9.** 4 pops out to the wing after setting the back screen and is then open for a three-point shot depending on how x4 decides to play it.
- 10.** If 3 feels like they have a speed mismatch against x5, they can also attack the rim from the high post.

Coaching Points:

- 1's pass to 2 in the corner must be on-time and on-target. Ensure this is a pass you're practicing often at practice.
- Put your best playmaker in position #3. The decision made from this spot will often decide whether your team gets an open shot/layup or not.
- Teach your players what option will be open depending on how the defense guards them.
- Emphasize to player 4 on setting a good back screen and also be shot ready when popping after setting the back screen.

Cross

Overview of the Play:

This baseline out of bounds play is a fantastic play for youth basketball teams. It's simple, easy to remember, and effective. The theory behind the play is to get 4 offensive players low and force 3 defenders to guard 4 players. As long as the spacing is even, someone must be open.

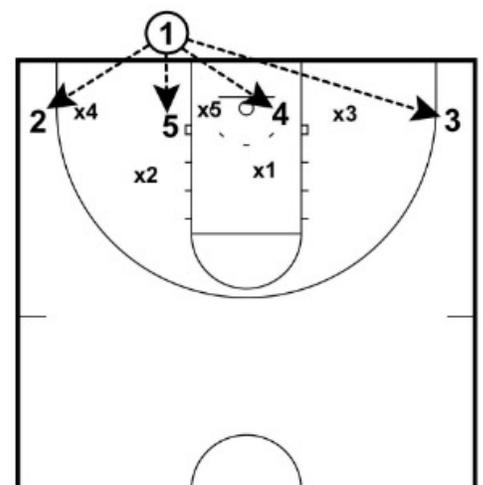
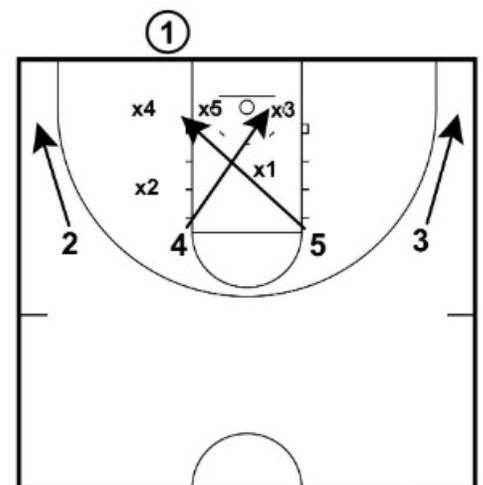
Key Personnel:

- Two players who can knock down the open three-point shot (2 and 3).
- Two players who can finish strong inside (4 and 5).
- One player who can read the situation and make the correct pass (1).

Instructions:

Setup: The play starts in a 1-4 high formation. Post players are at the elbows, and two best shooters on the wings.

1. The play begins with 2 and 3 cutting to their respective corners calling loud for the basketball. This will draw out both bottom wing defenders.
2. 4 and 5 wait a second and then cross paths and cut to opposite low blocks.
3. 1 then reads where the defenders moved to and passes to the open player for the shot.



Coaching Points:

- If one of the shooters does receive the pass and takes the shot, the opposite corner must immediately sprint back on defense to prevent the fast break.
- I always advise the in-bounder to look at the player cutting to the opposite corner at the start of the play. The ball-side low player will nearly always deny the corner pass, but it's the weak-side low player we need to move out of position before the post players can get open.
- All players must be calling loud for the basketball. This will draw the defenders.
- The in-bounder can't give away where they're going to pass the basketball with their eyes.

Double Skip

Overview of the Play:

This is a 2-3 zone BLOB 1-4 high set that moves the defense from side to side and creates an advantage with a double flare screen for the in-bounder on the weak side out of sight of the zone defenders.

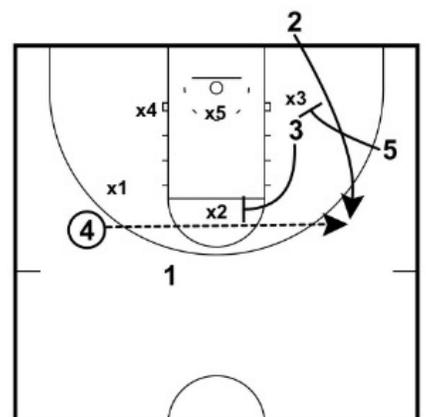
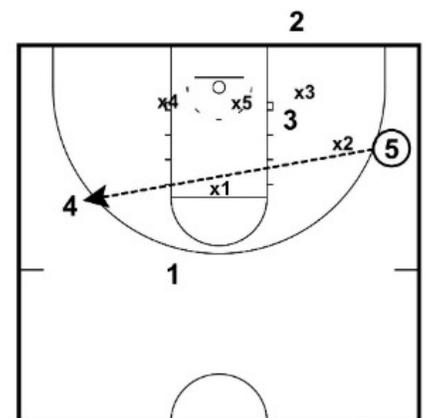
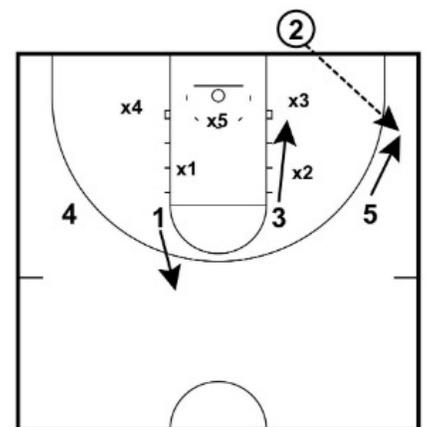
Key Personnel:

- A strong shooter (2) who can make the three-point shot at a high percentage.
- Post players (4) and (5) who are capable of making a strong skip passes.

Instructions:

Setup: The play starts in a 1-4 high formation. Post players should be on the wings of the 1-4 high. Best shooter is the in-bounds passer.

1. 5 sprints to the strong side corner. 3 sprints to the strong side short corner at the same time.
2. 2 enters the ball in-bounds to 5 in the corner.
3. 5 skip passes the ball opposite to 4. 1 can also screen in on x1 in order to make this pass easier and safer.
4. 1 spaces up to the top of the key when 4 receives the skip pass.
5. 3 sprints up to flare screen the top zone defender (x2). 5 screens in on the bottom wing defender (x3) at the same time.
6. 2 sprints behind the bottom wing zone defender (x3) and positions himself on the wing.



7. 4 skips the basketball to 2 when as they're arriving to the wing. 2 should have an open three point shot.

Coaching Points:

- 5 can also dribble to the wing to make the skip pass to 4 easier.
- 3 and 5 can also slip the flare screens and show themselves to 4 if the wing defenders fight over the flare screen.
- 4 can also use a pass fake to shift the zone away from where 2 is cutting to.
- Timing of the screens is very important. 3 should arrive to screen near the same time the skip pass is thrown so that the skip pass isn't given away too early.

Hawk

Overview of the Play:

This 2-3 zone quick hitter BLOB play results in either an open three-point shot in the corner or a post player shooting an open jump shot from the low block. This occurs by forcing the low zone defender to make a decision on who to guard.

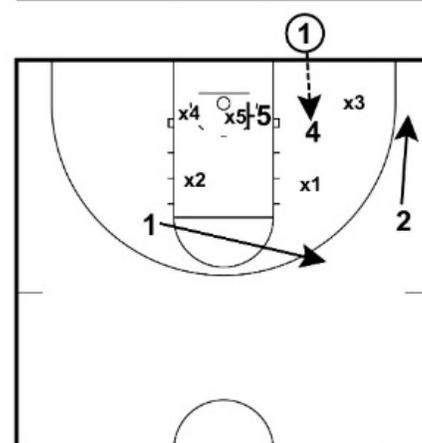
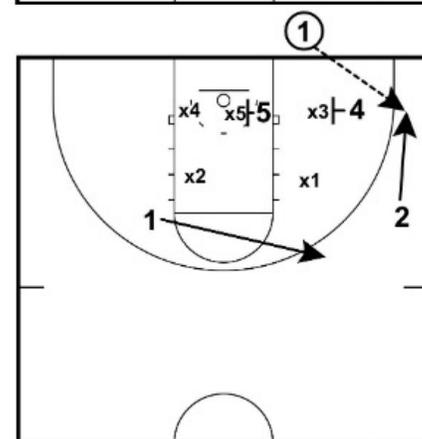
Key Personnel:

- A strong shooter (2) who can make the 3-point shot at a high percentage.
- A post player (4) who can make a midrange shot close to the basket.
- A player who can set a strong screen (5).

Instructions:

Setup: Players begin in an irregular formation with 3 players along the free-throw line extended and one player in the ball-side corner.

1. The play begins with 5 cutting down the key and sealing the middle zone defender (x5) with a screen.
2. At the same time, 4 walks their defender (x3) closer to the basket with a screen.
3. 2 cuts towards the ball-side corner and should be open for the pass and shot if 4 and 5 have done a good job of sealing their opponents.
4. 1 cuts to the ball-side slot to force the ball-side guard defender (x1) to hold their position.
5. If x3 cheats over the screen to deny the corner shot, 4 should be open for the catch and shoot midrange jump shot.



Coaching Points:

- Timing is very important during this play. 4 and 5 should be setting the screen at the same time and 2 must immediately cut to the corner for the shot.
- 2 must not make it obvious that they're going to cut to the corner. Face the middle of the floor and they can even make to set a screen before cutting there.
- This quick hitter won't work if you're running it every time you have a baseline inbounds. Save it for a special occasion where you need a three-point shot.
- The player in-bounding the basketball must make the correct read and pass.

Side Cross Elevator

Overview of the Play:

This is a 2-3 zone BLOB set designed to get your best shooter an open shot on the strong side corner. The play works by screening the two side defenders in the zone in a creative way.

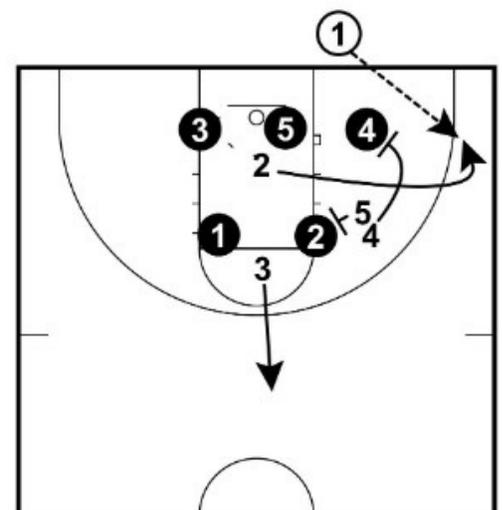
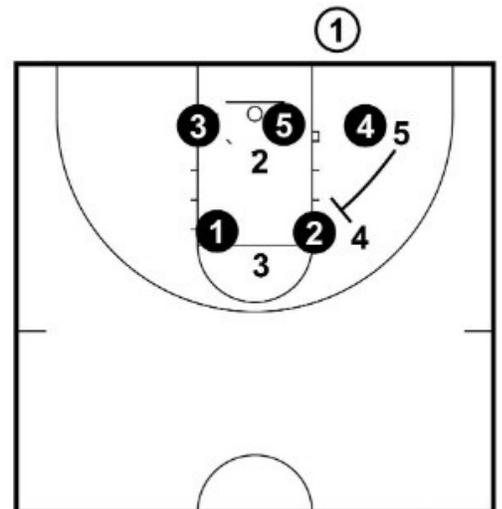
Key Personnel:

- A strong shooter (2) who can make the three-point shot at a high percentage.
- Your two post players to set strong screens (4) and (5).

Instructions:

Setup: Begin in a box formation that's pushed closer to ball-side. Your 4 and 5 must begin on the outside of the two zone side defenders.

1. 5 sprints up and sets a screen on the top wing defender (x2).
2. 4 runs off the screen and sets screen on the bottom wing defender (x4).
3. When 2 sees that 5 has just set the screen on x2, 2 will then sprint off 4s back to the corner preparing to shoot.
4. 1 passes the basketball to 2 in the corner for the three-point shot.



Coaching Points:

- If x2 goes under the screen from 5 to jam 2 from going through the elevator, have 2 go over top of the screen to the corner.
- If the side defenders fight over top of the screens, use 3 as a safety option over the top and also teach 4 and 5 to slip their screens and show themselves to the in-bounder.
- 4 and 5 should not start the play by facing where they're going to set a screen. Don't give the play away.

Stack

Overview of the Play:

A basic BLOB 2-3 zone play that's incredibly common (and successful) at the youth basketball level. It involves clearing out two of the low zone defenders and creating a gap for a player to receive the pass for a quick midrange shot.

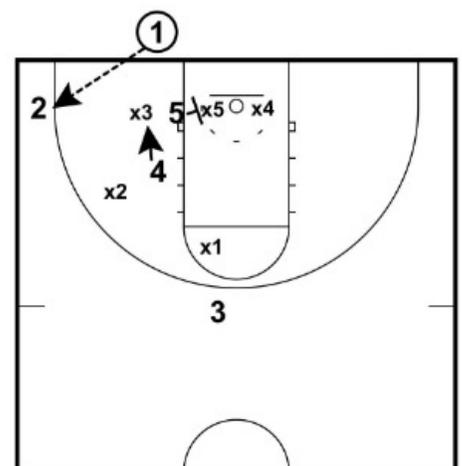
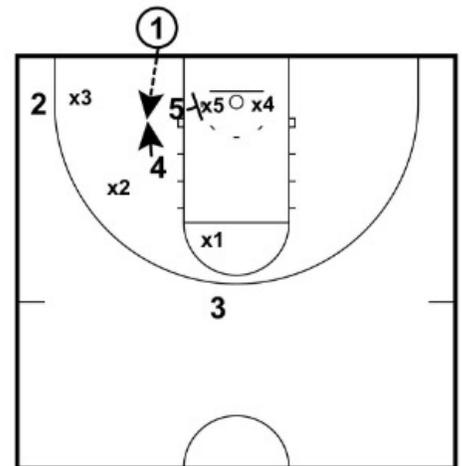
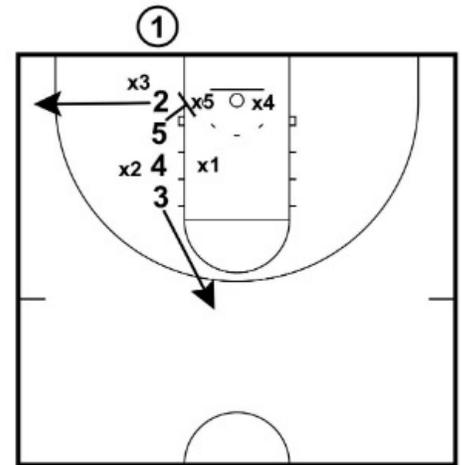
Key Personnel:

- A strong shooter (2) who can make the three-point shot at a high percentage..
- A post player (4) able to cut into the gap and make a short midrange shot.

Instructions:

Setup: Players are set up in a stack formation on the ball-side edge of the key.

1. 2 immediately cuts to the corner calling for the basketball to drag out the low wing defender (x3).
2. 5 steps towards the middle of the key and sets a screen on the middle zone defender (x5).
3. This leaves a gap for 4 to step into and receive the pass from 1 for the open shot.
4. 3 must clear out to the top of the key to drag out the top defender (x1) and for safety..
5. If x3 does stay and cut off the pass to 4, that will leave 2 open in the corner for the catch and shoot three-pointer.



Coaching Points:

- As always, timing of the screens and cuts is crucial for the play to be successful. 4 needs to wait for the gap to open up before stepping up and calling for the basketball.
- 4 must have their hands up and be ready to catch and shoot quickly. There's not enough time to take a dribble or lower the basketball.
- Very important that 2 is calling for the basketball as they cut to the corner to drag the defender out with them.
- 1 must read x3 and then make the correct pass to the open player. Since they will be forced to guard two players, one of them should be open.

**BLOB MAN-TO-
MAN PLAYS**

4-Low Flex

Overview of the Play:

From a 4-low formation, the ball is passed to the middle players at the top of the key. The play then involves a flex screen and pin down which provides two great open shot opportunities.

Key Personnel:

- Best shooter should inbound the basketball.
- Best post player should start outside the three-point line on ball-side.

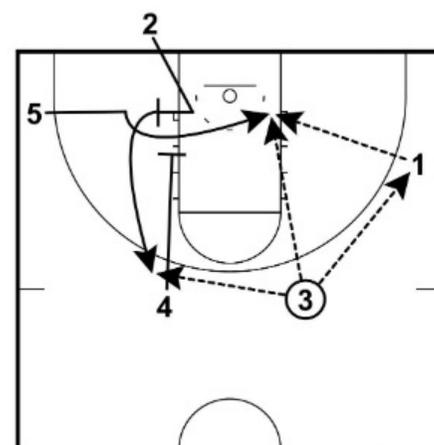
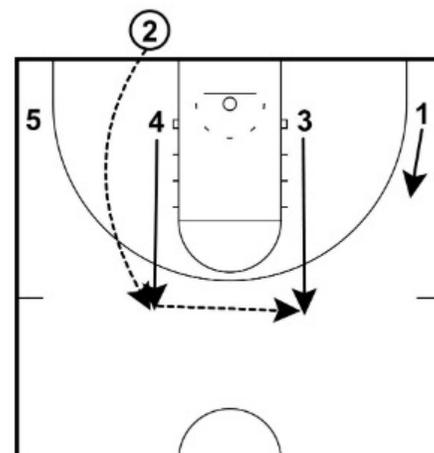
Instructions:

Setup: The play begins in a 4-low formation with the bigs on ball-side.

1. 4 cuts to the top of the key and receives the inbounds lob pass.
2. 3 waits an extra second and then cuts to the top of the key and receives the pass from 4.
3. 2 then steps inbounds and sets a flex screen for 5 who flex cuts looking for the pass and open layup.
4. We then use a screen-the-screener action as 4 sets a pin down for 2.
5. 2 cuts to the top of the key looking for the catch and shoot from a pass from 3.

Coaching Points:

- 3 must be able to make smart decisions with the basketball and hit the open player at the right time and on-target.
- It's important that every player sets strong screens during this play.



Box Gate

Overview of the Play:

The play begins in a box formation and involves your best shooter setting a simple back screen for a center to get open for a quick layup. The screener then uses a gate screen to open up a catch and shoot from the wing. The play finishes with an open post up by the center.

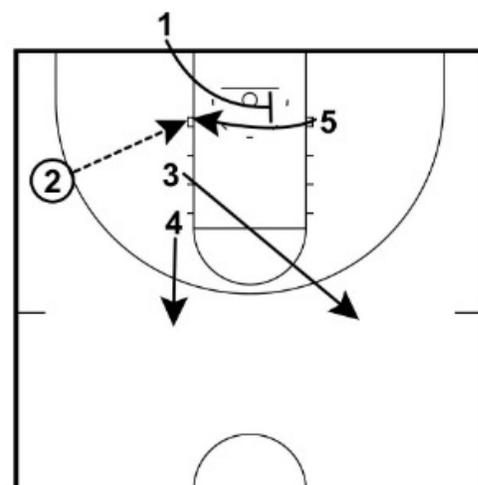
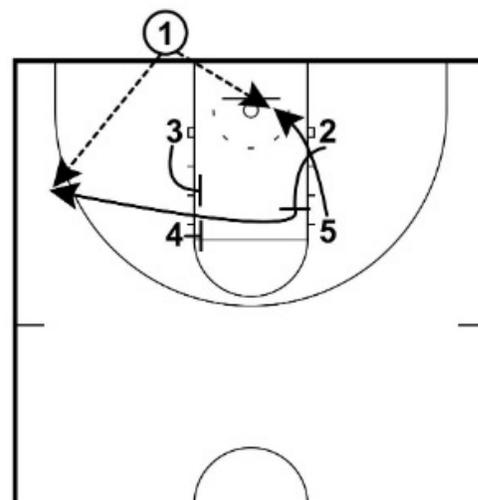
Key Personnel:

- Best shooter should start on the weak-side low block.
- Best post-up player should start on the weak-side elbow.
- Point guard should inbound the basketball.

Instructions:

The play begins in a box formation.

1. 2 sets a back screen for 5 who cuts to the rim looking for the basketball.
2. As 2 sets the screen, that's when 3 starts to move up the side of the key. 3 can't move too early or the defense will read the play.
3. Immediately after setting the screen for 5, 2 sprints through a gate screen set by 3 and 4 looking for a catch and shoot on the wing.
4. After screening, 3 and 4 clear out to the top of the key.
5. 1 steps inside the court and sets a cross screen for 5 who looks to duck in for the pass or post up on the ball-side low block.



Coaching Points:

- The reason the point guard should inbound the basketball is so that the help on the cross screen is a small defender.
- 3 must wait until 2 is ready to sprint off the gate screen before moving. They should arrive at the same time.
- 1 must make the pass to 2's inside shoulder. If they pass to the outside of their body, it will be difficult to catch and shoot.

Flip

Overview of the Play:

An incredibly simple play that often leads to an open layup under the basket. Involves a cross-screen at the top of the key and then two players attacking the rim.

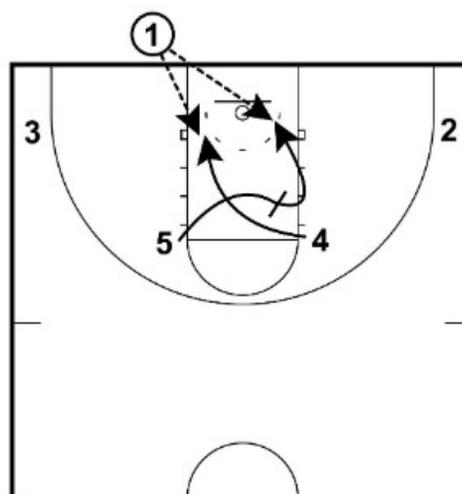
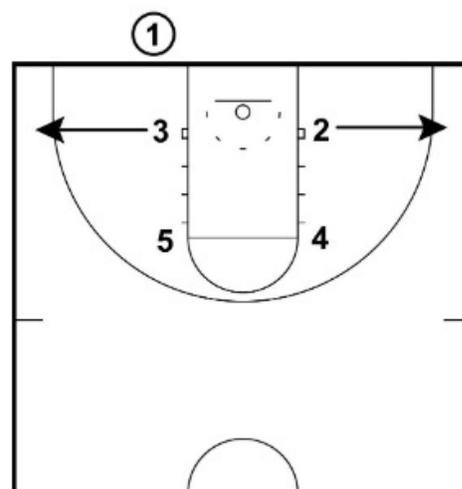
Key Personnel:

- 1 should be the team's best passer.
- 4 and 5 should be players with the ability to finish at the rim under pressure.

Instructions:

Setup: The play begins in a box formation with the two bigs on the elbows and the two guards on the low blocks.

1. 1 slaps the basketball to start the play and the 2 and 3 immediately flash out to the corners calling for the ball to drag their defenders out.
2. The post player on the ball-side (5) sets a cross screen for 4.
3. 4 immediately flashes towards the ball-side low block calling for the basketball.
4. After screening, 5 seals off 4's defender and then flashes to the basketball on the opposite side of the rim calling for the basketball.
5. 1 reads the defense and makes the correct pass in for the layup.



Coaching Points:

- 5 must set the screen on the correct angle that doesn't allow 4's defender to slip under the screen and beat 4 to the rim. The screen should be set on the back hip.
- The post players must have target hands where they want the basketball as they're flashing towards the rim.
- 3 can cut to the top of the key and receive the lob pass over the top if the pass to 4 or 5 isn't available.

Stack Double

Overview of the Play:

A great play out of the common stack set to get your best shooter an open midrange or three-point shot on the wing.

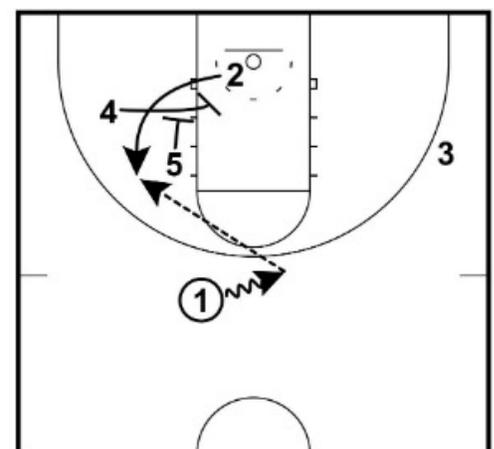
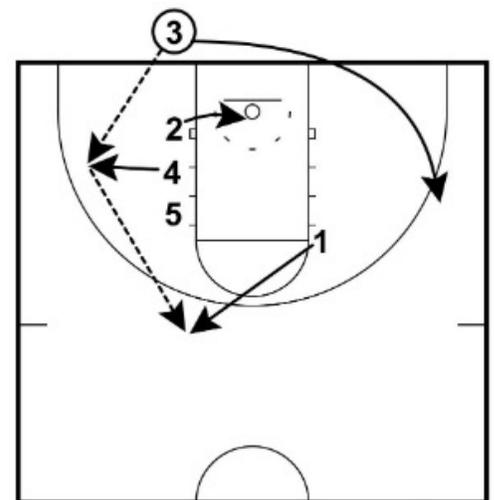
Key Personnel:

- Your best shooter should be in the position of 2.
- 1 should be your point guard.

Instructions:

Setup: The play starts in a stack formation with the exception of the point guard (1) who is on the weak-side elbow.

1. The play begins with 4 popping out to the perimeter and receiving the pass from 3.
2. As this happens, 2 drags their defender lower by taking a few steps towards the hoop and calling for the basketball.
3. After inbounding, 3 sprints the baseline and clears out to the weak-side wing.
4. 1 cuts to the top of the key and receives a pass from 4.
5. 1 should take a dribble in the opposite direction to get the defenders moving towards the middle and to open up the pass to 2.
6. 4 and 5 immediately set a staggered screen for 2 who reads their defender and cuts out and receives the pass from 1 for either the midrange or three-point shot on the wing.



Coaching Points:

- It's important for 1 to sell the fake dribble towards 3 at the top of the key to get the defense moving across.
- At the beginning of the play, players shouldn't face the direction they're going to go or they'll give away their movements.

Stack

Overview of the Play:

This is a simple play that is great for youth basketball teams to run. The players begin in a stack formation and then spread out to different parts of the court to get someone open for a shot.

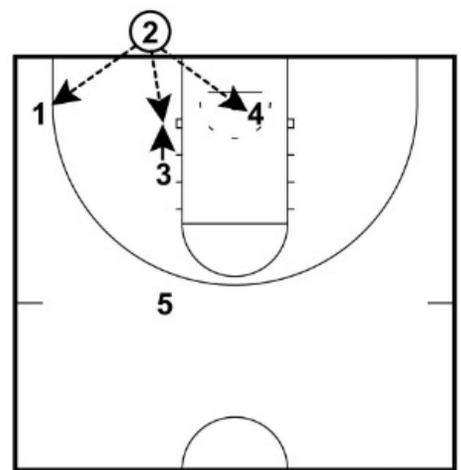
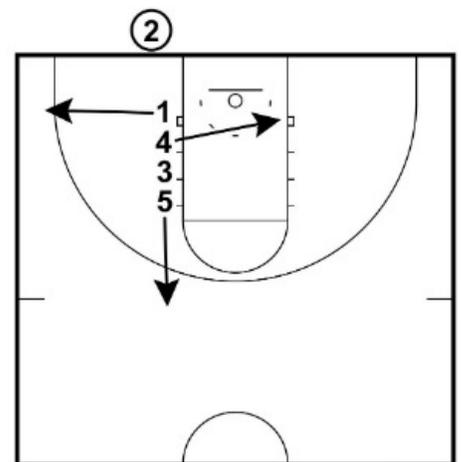
Key Personnel:

- No key personnel required.
- The third player in line will be open the most often, so put your best big shooter there.

Instructions:

Setup: Start in a stack formation.

1. The play begins with 1 blasting out to the corner.
2. 4 then quickly cuts to the opposite side of the rim near the block.
3. This will often leave 3 open to step in and receive the pass for the shot near the block or close to the rim.
4. 2 now has three scoring options to pass to.
5. If none of these options are open, 5 steps out to the top of the key to receive the pass.



Coaching Points:

- The initial cuts by 1 and 4 must be hard cuts calling for the basketball to ensure their defenders go with them.
- The third player in line (3) is the primary scoring option. 2 should not pass to 1 initially but can pass to 4 if they've got an easy layup. Be patient.

Two Inside

Overview of the Play:

The aim of the play is to get the basketball inside to one of the two post players. The play does this by using a screen-the-screener action. The two guards move to safety positions and keep their defenders occupied.

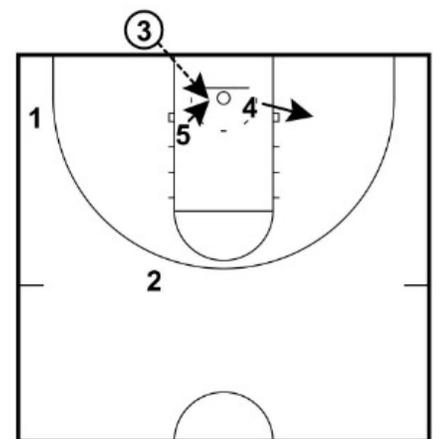
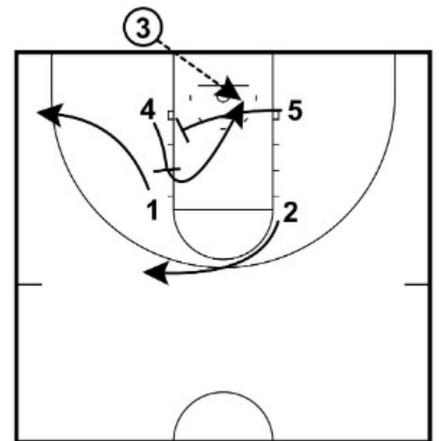
Key Personnel:

- Best used on a team with great post players.
- Can also be used for any player that has a height advantage against their direct opponent.
- The best passer should pass the basketball in.

Instructions:

Setup: The play begins in a box formation with the two posts down low and two guards at the high post elbows.

1. The play begins with 4 setting an up-screen for 1 who pops out to the corner.
2. As 1 is cutting to the corner, 2 cuts to the ball-side slot calling for the basketball to keep their defender out of the paint.
3. 5 waits for one to two seconds while facing 2 and then cuts across the lane to set a strong screen on 4's defender.
4. This screen-the-screener action should allow 4 to cut to the weak-side of the rim for an open layup.
5. If 5's defender cuts off the pass, 4 should back out to the short corner to open up the paint for 5.
6. After screening, 5 seals 4's defender and pivots towards the hoop where 3 should be able to pass to them for the open layup.



7. If no options are open, 3 passes over the top to 2 and the team sets up the half-court offense.

Coaching Points:

- 1 and 2 must call for the basketball while cutting even if they know they won't receive it. It drags the defenders away.
- 5 must start the play by looking in 2's direction so that the screen-the-screener action isn't given away.

Yo-Yo

Overview of the Play:

This simple basketball play begins in a box formation and is designed to get the basketball to either of two post players cutting off up-screens to the basket for a layup.

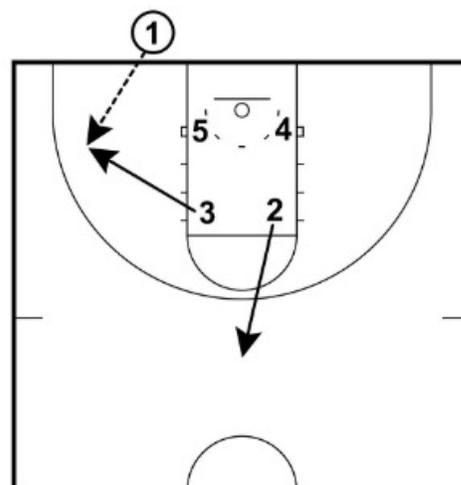
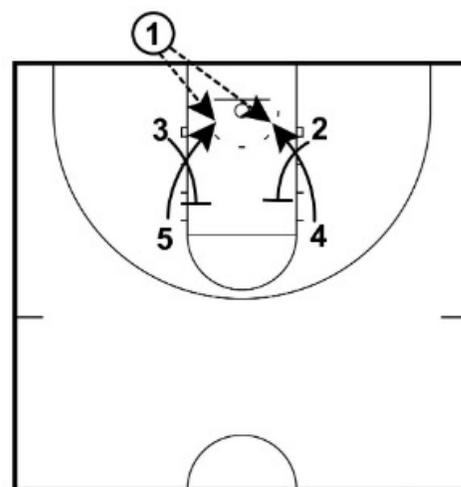
Key Personnel:

- 5 and 4 should be the players most capable of finishing at the rim with tight defense and will most likely be the post players of the team.
- 2 and 3 must be able to set strong screens and will most likely be the guards.
- 1 must be a good passer.

Instructions:

Setup: The play starts in a box formation with the bigs on the elbows and guards on the low blocks.

1. The play begins with 2 and 3 stepping up and setting screens for 4 and 5.
2. 4 and 5 both immediately cut to the outside of the screen and explode to the basket.
3. 1 will make the pass to 4 or 5 for the finish.
4. If the pass is unable to be made to 4 or 5, 3 cuts to the wing and receives the pass for the midrange shot or to bring the basketball back out and set up.



Coaching Points:

- The two players on the low blocks planning to set screens should not start the play facing the direction they're going to screen. Instead they should face each other in order to not give away that play the team is in.
- The screeners must seek out the defenders and set strong screens. The screen should be the only thing on the screener's mind.
- 4 and 5 must do their best to stay to their own sides when cutting to the rim. If they get too close, one defender will be able to deflect a pass to either offensive player.

SET 2-3

ZONE PLAYS

23 Flare

Overview of the Play:

A quick hitter to use against a 2-3 zone to get your best shooter an open shot off a flare screen on the wing.

Key Personnel:

- 2 should be the best shooter on the team.
- 1 must be able to make an on-point pass over the flare screen.
- 5 must be able to set a solid screen.

Instructions:

Setup: The play starts in a 1-3-1 formation with a player that can shoot in the corner on the same side as your best shooter.

1. The play begins with 1 take a few dribbles and passing to 2 on the wing. 1 then stays at the top of the key.
2. 5 steps to the strong-side elbow.
3. 2 immediately passes to 4 in the corner.
4. 4 passes back to 2 and begins walking their defender towards the rim.
5. 2 then takes two or three dribbles towards the top of the key forcing X2 to follow in order to deny the open shot.
6. 2 passes to 1 at the top of the key.
7. 5 immediately sets a flare screen for 2.
8. While this is happening, 4 has walked x4 towards the rim and sets a screen so that X4 can't contest the shot.



9. 2 uses the flare screen and 1 makes the pass over the top for the open three-point shot by 2.

Coaching Points:

- The flare screen set by 5 must be quick so that X2 is caught off guard.
- This play will only fool the defense once or twice a game so keep it in mind for special occasions where you need a three-point shot.

32 Lob

Overview of the Play:

This play is designed to get a backdoor lob for an athletic perimeter player. It involves moving the defense over and then screening the weak side low defender to open a lane for the lob pass and finish.

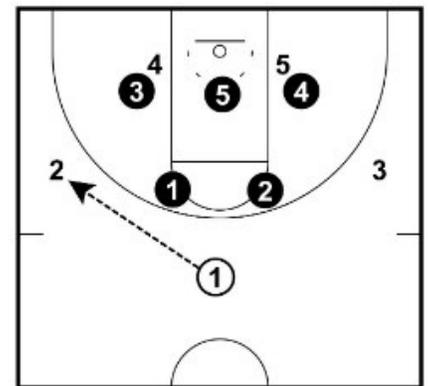
Key Personnel:

- A point guard that can throw an great lob pass.
- An athletic perimeter player to catch the lob pass and score either by dunk or layup.

Instructions:

Setup: The play starts in a 3-out 2-in formation.

1. The play begins with 1 passing the basketball to the perimeter player that will not be receiving the lob pass (2).
2. 2 then dribbles towards the corner to force X4 to defend the basketball. This means X5 will guard 4.
3. At the same time that 2 dribbles to the corner, 3 slides down to the weak-side corner behind the sight of the defense.
4. 2 passes back to 1 on the wing.
5. Having forced the defense to rotate to one side, 5 established position behind X4 and nudges them up the lane to create space on the baseline.
6. 3 then cuts hard to the ring behind the screen from 5 and catches the lob pass from 1 for the easy score.



Coaching Points:

- Since this play is designed to catch the defense by surprise, don't use it more than once or twice each game.
- Lob plays can be a great way to get the crowd involved. If you have an athletic player that can finish, use this play to engage the crowd!

Baseline Swing

Overview of the Play:

A 2-3 zone play designed to get a shooter an open shot on the baseline from midrange or the three-point line. The play achieves this by forcing the baseline defender to play the wing and cutting a player baseline to the short corner.

Key Personnel:

- 4 must be able to hit the midrange or three-point shot.
- 5 must be able to set a solid screen.

Instructions:

Setup: The play begins in a 4 out 1 in formation with the shooter in the corner.

1. The play begins with 1 passing to the wing on the same side as the corner player. For this example, that means 1 passes to 3.
2. 3 immediately passes back to 1 who is now a few steps to the right of the middle of the court.
3. As this is happening, 2 slides up from the wing to create space for 3 to cut to.
4. 3 then cuts all the way across the court under the high zone defenders to the opposite wing.
5. 1 passes to 2 and 2 passes to 3.
6. Since X2 defended 2 at the top, X3 must close out and defend 3 on the wing to prevent the open shot.
7. 5 screens X5 as 4 cuts baseline to the wide open space on the ball-side baseline.
8. 3 passes to 4 for either the midrange shot or the three-point shot.



Coaching Points:

- 5 must not telegraph that they're going to set a screen or X5 will fight through it early and be able to contest the shot.
- 4 must cut hard and quickly along the baseline for the catch and shoot.
- If you're going to use this play, make sure your players work on this shot during practice.

Doubles

Overview of the Drill:

This is a quick hitter play for your team's best shooter. The play starts by moving the defense and then your shooter will run off a double screen and receive the basketball for the open shot.

Key Personnel:

- 2 should be your team's best shooter.
- 1 must be able to make a good pass at exactly the right time to the shooter.

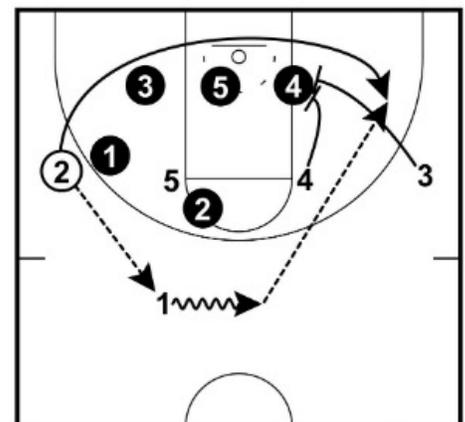
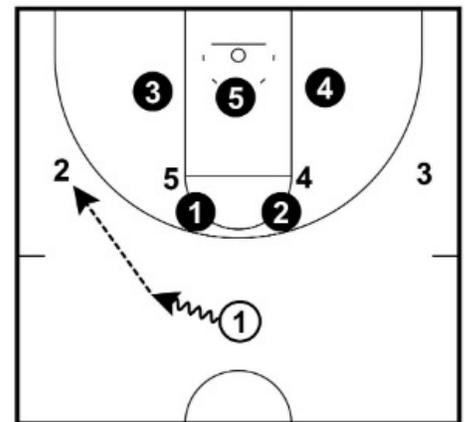
Instructions:

Setup: Begin in a 1-4 formation.

1. 1 will start the drill by making a pass to the team's best shooter (2) on the wing.
2. 2 passes back to 1 at the top of the key.
3. 2 immediately makes a deep cut behind the defense as 1 dribbles across to top of the key to create a better passing angle.
4. As 2 is cutting, 3 and 4 set a double screen on D4.
5. 1 then passes to 2 who shoots the open shot.

Coaching Points:

- This play can be run on either side of the floor.
- The shot can be a midrange shot or a three-point shot depending on the skill level and age of your players.



Flare Overload

Overview of the Play:

This 2-3 zone play attempts to get a perimeter player open for a three-point shot by forcing 1 defender to guard 3 offensive players.

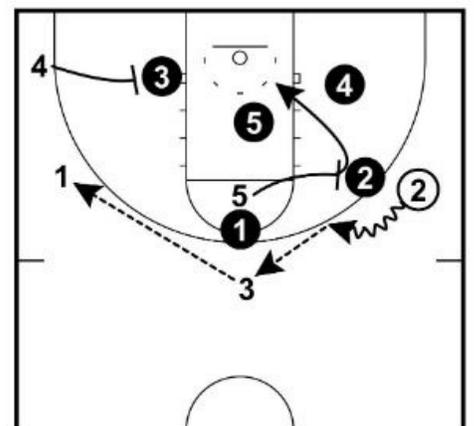
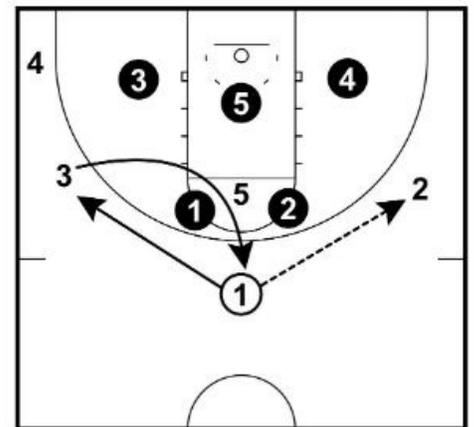
Key Personnel:

- 2 should be a good decision-maker and able to make a skip pass.
- 1 should be the team's best three-point shooter.

Instructions:

Setup: The play starts in a 1-3-1 set with the bottom player in the corner behind the three-point line.

1. The play begins with 1 making the pass to 2 on the wing.
2. On this pass, 1 and 3 swap positions with 1 straight cutting to the wing and 3 cutting under the weak-side top player and then popping out to the top of the key.
3. 5 steps across and sets an on-ball screen for 2 before rolling to the basket.
4. 2 uses the screen looking to read x1 and see how they rotate before deciding the best action.
5. If x1 doesn't rotate to help, 2 will open open for the outside shot.
6. If x1 does rotate, 2 can either make the skip pass to 1 or rotate to 3 for the open outside shot.
7. At the same time, 4 screens x3 to prevent them from rotating out to contest the shot.



Coaching Points:

- The first pass must always be made opposite the side the offensive player in the corner is on.
- 1, 2, and 3 must ensure they have good spacing around the perimeter to make it difficult for x1 to guard them all at the same time.
- 4 must time their screen on x3 so that they're not attempting to fight over it too early.

Low Split

Overview of the Play:

A simple 2-3 zone play relying on spacing and the ability to execute smart passes in tight space. The play looks to pass the basketball into the heart of the zone resulting in an open layup, close shot, or a foul by the opposition.

Key Personnel:

- It's important that 4 and 5 have good hands and are able to make smart passes inside.
- 2 and 3 on the wings must be able to make a good feed pass into the low post.

Instructions:

Setup: The play starts in a 1-3-1 set with a post player on the free-throw line and one in the short corner while the wings are set up between the wing and the corner.

1. The play begins with 1 dribbling to a side and the making a pass to the player on the low wing. For this example, 1 passes to 2.
2. On the catch, 4 flashes to the ball-side mid-post from the free-throw line and 5 flashes across to the ball-side baseline.
3. As long as x3 has been forced to play on-ball defense, it will be difficult for x5 to guard both. 2 makes a pass to either 4 or 5.
4. When this catch is made, the post player must quickly evaluate their options. They can make a pass to the other post player, turn and shoot, kick out to the perimeter, or take one dribble and finish at the rim.
5. If the pass inside isn't open, 2 rotates back to 1 who dribbles across and passes to 3. The two post players then set up on the opposite side of the key.



6. This continues until the offense gets a good shot.

Coaching Points:

- Being able to make fake passes is crucial if this play is going to be effective. Players must use fake passes to force the defense to move and create small pockets of space to pass to.
- This is a great defense to put a high amount of pressure on the defenders in the paint and draw fouls. Ensure your players are practicing their free-throws as they'll get a lot of them!
- Encourage the wing players not to force the pass inside. If it's not open, rotate the basketball and try again on the opposite side of the key.
- The wing player must be positioned low enough to force the low defender to rotate out and guard them instead of the high defender sliding down.

Pick Overload

Overview of the Play:

This 2-3 zone play is designed to get an open three-point shot on the wing or in the corner by overloading one side of the zone and forcing 2 defenders to guard 3 offensive players.

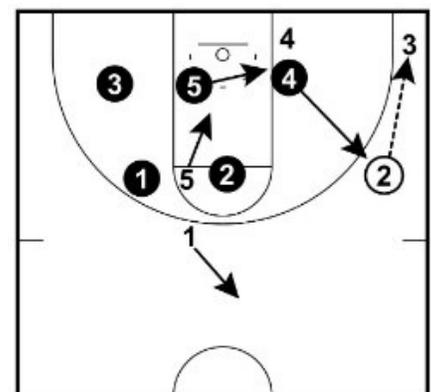
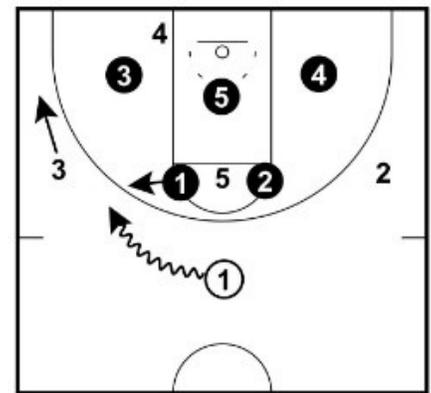
Key Personnel:

- A point guard (1) with good decision making skills. Should be able to hit a floater or midrange pull-up.
- Two players that can make the three-point shot at a high percentage - (2) and (3).

Instructions:

Setup: The play begins in a 1-3-1 formation.

1. The play begins with 1 dribbling to either side of the floor to drag the high defender in the zone X1 to the wing.
2. At the same time 3 slides down towards the corner to give 1 more space on the wing.
3. 5 steps out from the high post and screens X1.
4. 1 uses the screen and attacks the high post. If X2 doesn't slide across to stop dribble penetration, 1 can finish with a floater or midrange pull-up.
5. At the same time that 1 uses the screen from 5, 3 deep cuts along the baseline to the opposite corner.
6. If X2 does stop dribble penetration (as we expect they will), 1 passes to 2 on the wing who should be wide open for the three-point shot.



7. As X2 stopped the drive, the only defender that can contest 2's shot is X4. If X4 does sprint out to contest the shot, 2 passes to 3 on the baseline for the open three-point shot.
8. On the shot 1 immediately retreats and plays safety.

Coaching Points:

- It doesn't matter which side of the floor this play is run on since both wing players will be in shooting positions. 4 on the baseline can start on either side but must go to the ball-side when the ball is reversed.
- 5 and 4 must rebound on the shot.

Skipper

Overview of the Play:

This is a quick hitter designed to get a good shooter an open three-point shot from the corner off a skip pass. Due to the skip pass, this may be hard for young teams to execute, but high school teams and older will find a lot of success using this play.

Key Personnel:

- #3 should be able to make a strong skip pass.
- #2 should be the team's best three-point shooter.

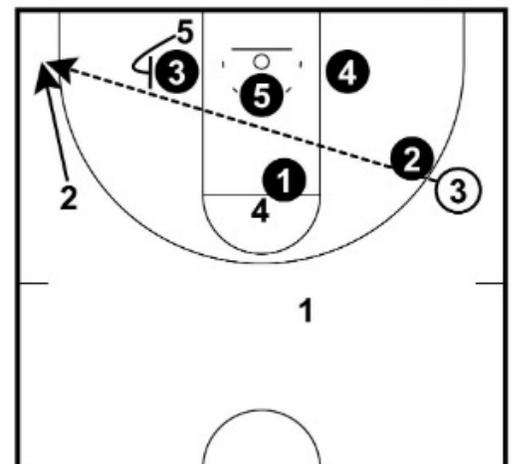
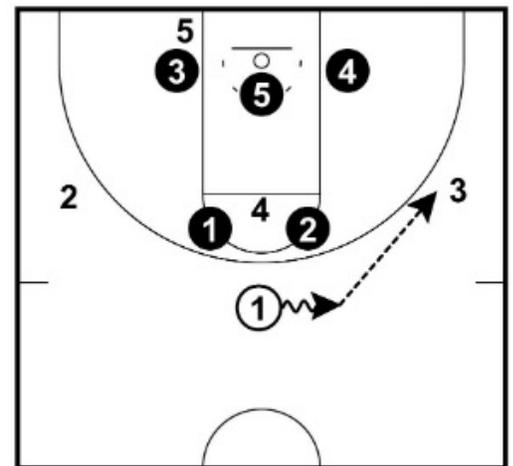
Instructions:

Setup: Your team starts in a 1-3-1 set with the low post player on the same side as your best three-point shooter.

1. The play begins with 1 passing to 3 on the wing.
2. 5 sets a screen on the back side of D4.
3. 2 slides down to the corner behind 5's screen.
4. 3 makes the strong skip pass to 2 for the shot.

Coaching Points:

- When 5 sets the screen on the back side of D4, they need to make sure they don't do it until the pass is about to be made. If they do it too soon, the defense will instantly know what's happening and can fight through the screen.
- To make sure the ball isn't tipped, 2 should through an overhead pass. Make sure to practice this with your team at practice!



Step Up

Overview of the Play:

This 2-3 zone play is designed to catch the defense off-guard and should only be used 1 - 2 times per game. It involves a player catching on the wing and then driving baseline off a step-up screen. This will force the defense to rotate leading a dive and score.

Key Personnel:

- 2 should be the player you want attacking the ring.
- 5 should be the player you want scoring at the basket.

Instructions:

Setup: The play is set up in a 1-3-1 set with the wings slightly lower than free-throw line extended.

1. The play begins with the point guard dribbling to one of the slot positions and then passing to 2 on the wing.
2. As the pass is being made to 2, the low wing defender (x4) will be forced to close out to prevent the outside shot.
3. 4 immediately follows x4 out and sets a step-up screen for 2.
4. 2 receives the pass on the wing and immediately attacks baseline on the catch.
5. x5 will be forced to rotate so 5 dives from the free-throw line to the rim and receives the pass for the open layup.
6. If x3 correctly rotated across quickly enough, 5 should be able to quickly kick the basketball out to 3 who will be alone on the wing for an open three-point shot.



Coaching Points:

- When on the wing, 2 must be low enough that it forces the low defender to play on-ball defense on them while high enough to attack the baseline.
- This play will only work successfully 1 - 2 times per game. Consider saving it for special occasions.
- The play works great for teams who have a 5 with soft hands and who's able to pass.

Swinger

Overview of the Play:

This play is designed to get a blindside pick-and-roll for your point guard at the top of the key. After using the pick-and-roll, the point guard has a number of options to give your team in the best opportunity to score.

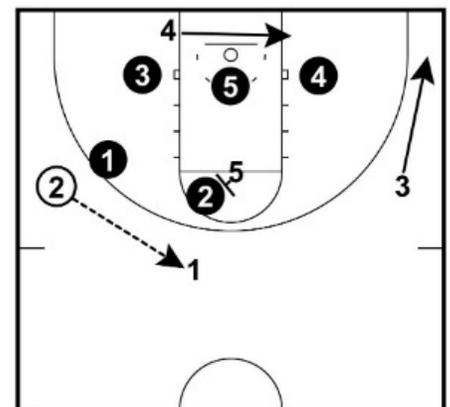
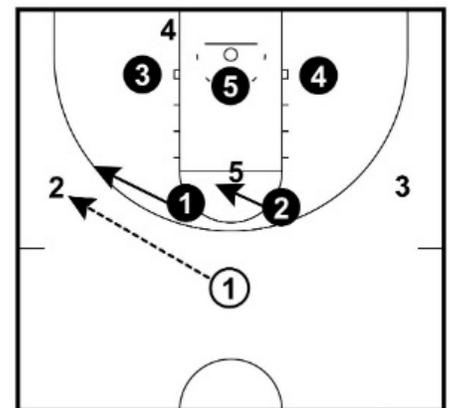
Key Personnel:

- 1 must be a great decision maker.
- 5 must be able to set a strong screen.
- 3 must be able to knock down the three-point shot.

Instructions:

Setup: Players start in a 1-3-1 formation with your best decision maker running the point guard position.

1. 1 passes to 2 on the wing to shift the defense.
2. Once the defense shifts, 2 passes back to 1 at the top of the key.
3. As this pass is made, 5 sets a blindside screen on D1.
4. 1 immediately uses the screen and attacks towards the rim.
5. As 1 is driving off the pick-and-roll, 3 slides down to the corner and 4 slides along the baseline to find a hole in the defense.
6. 1 now has three scoring options depending on what the defense does.



Option 1 - If no defender steps up to stop the ball, 1 pulls up for a jump shot.

Option 2 - If D4 steps out to defend, 1 passes to 3 for the corner three-point shot.

Option 3 - If D5 steps out to defend, 1 bounce passes to 4 for the baseline layup.

Coaching Points:

- 5 must set the screen on a good angle so that 1 can attack the rim. A lot of youth players set the screen on the side of the defender and they easily slip under it.
- 3 and 4 must be down in stance ready to catch and shoot when they receive the pass from 1.

**SET MAN-TO-
MAN PLAYS**

1-4 Quick Floppy

Overview of the Play

This play allows a team to get open looks on the perimeter early in an offensive possession. This happens by running an immediate 'floppy' out of the 1-4 set where both guards cut off screens to find open space.

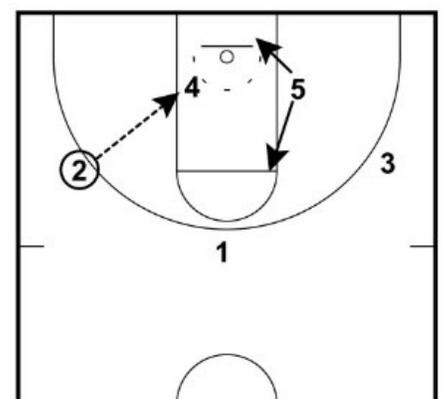
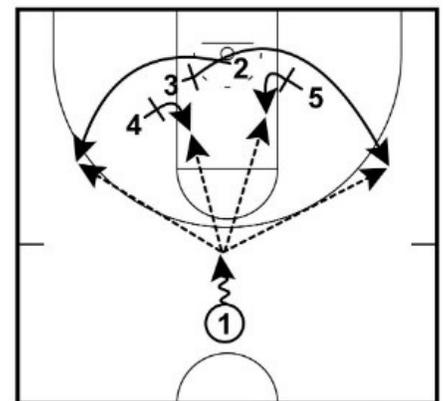
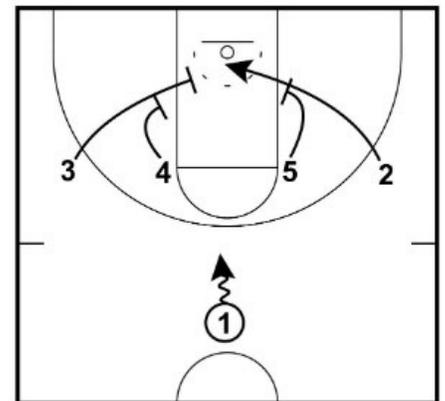
Key Personnel:

- This is a versatile play as every player can potentially get a shot out of it.
- Preferably your 2 and 3 are good shooters.
- The point guard must be a good decision maker to find the open player.

Instructions:

Setup: The play starts in a 1-4 high set.

- 1 dribbles down the floor and calls out the name of the play.
- 2 and 3 cut along the baseline with 2 stopping close to under the rim.
- 4 and 5 turn and trail once 2 and 3 have cut past them.
- 3 sets a screen just inside the paint as 4 and 5 set screens a foot outside the low blocks on their respective sides.
- 2 now has the option of using the staggered screen or the single screen. For this example, 2 uses the staggered screen and cuts to the perimeter.
- Once 2's defender has passed through the screen, 3 will cut off the screen the opposite side to 2. For this example, 3 cuts off the single screen by 5.



(If 2 were to use 5's single screen, 3 would turn and cut to the perimeter off 4's screen.)

7. After screening, 4 and 5 immediately duck in and look to receive the quick pass for the layup. Often 4 or 5's defender will be forced to help on the player cutting to the perimeter which leaves 4 and 5 on smaller defenders.
8. The point guard has now had 4 great passing options which lead to quick open shots.
9. If 2 or 3 catch on the perimeter, the closest post player immediately attempts to get a low seal while the other post player clears to the high post to give them space.

Coaching Points:

- The players must know who the initial cutter is going to be so that the the guards know who must set the screen.
- The point guard must be a great decision maker at the top of the key. There will be open looks from this play... your point guard must be able to make the pass on-time and on-target.

Back Screen Post

Overview of the Play:

One of my favorite plays for catching the defense off guard getting a quick post up. This occurs on a back screen out of a staggered screen to an open block. If the post isn't open, there's a staggered screen for a weak side shooter.

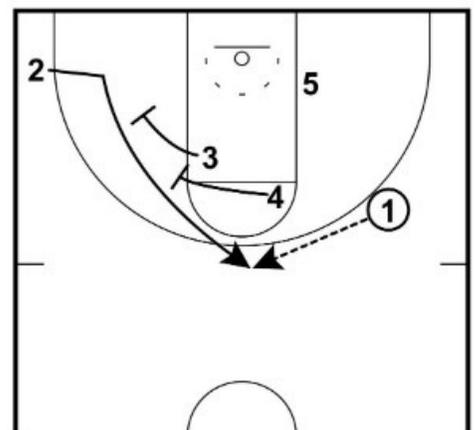
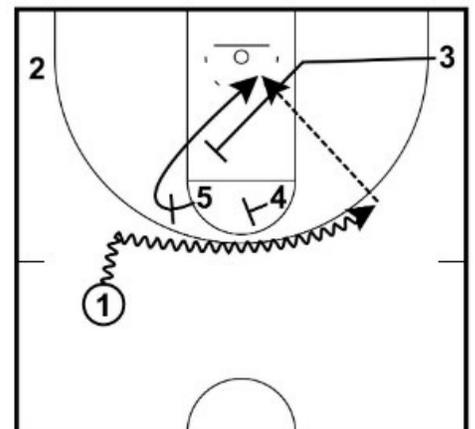
Key Personnel:

- A great post player at the 5 position. The key goal of this play is to get a quick and clear post up.
- 2 should be your team's best shooter.

Instructions:

Setup: The play starts in a 3-out 2-in formation with the posts on the elbows and the wing players in the corners.

1. 1 starts the drill by dribbling their defender down one side of the floor to create good screening angle.
2. 3 walks their defender down to the low block.
3. 4 and 5 set a staggered screen for 1 as they dribble around the top of the key.
4. As 1 is dribbling off the screens, 3 sprints up and sets a strong back screen on 5's defender.
5. 5 immediately rolls to the basket looking for the pass for the quick layup. If that's not open, they establish deep post position.
6. If 1 can't get the basketball into the post, 3 and 4 set a staggered screen for 2 who cuts to the top of the key ready for the open shot.



Coaching Points:

- Start the play with your best shooter on the same side as the best post player.
- If 3's defender stays in the key to deter the pass, 3 can pop to the top of the key off a quick screen by 4 for the open shot.

Black

Overview of the Play:

A quick play to catch the defense off-guard give the wing player an opportunity to attack the baseline. Also involves the opposite post flashing to the key to counter the defense stepping across to help.

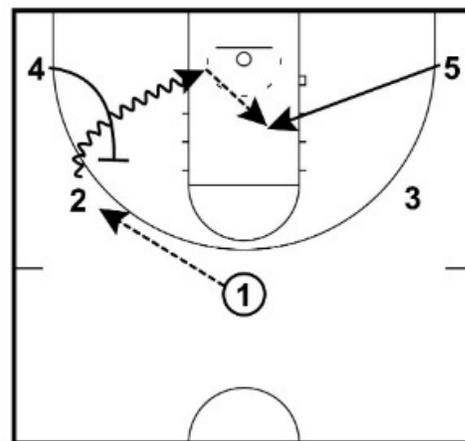
Key Personnel:

- The player who first receives the basketball on the wing (2) should be the player you want attacking the rim.
- 4 can be any player as long as they can set a strong screen.

Instructions:

Setup: The play starts in a 5-out formation with the post players in the corners.

1. The play starts with the point guard (1) passing to either wing. In this case, passing to 2.
2. As soon as this pass is made, the corner steps up and sets a strong screen on the wing player's defender.
3. 2 immediately rips the basketball through and attack the baseline.
4. If the defense is set up correctly, 5's defender will be in help position. To take advantage of the help, 5 flashes into the key and creates an angle for the correct pass.
5. 2 should either finish the drive or drop the pass to 5 for the score inside. 3 will be open on the perimeter if the defense rotates down correctly.



Coaching Points:

- It's incredibly important that 4 steps up to set the screen as soon as the pass is made to the wing. The timing of this screen is very important.
- The angle of the screen that 4 sets is very important too. If the screen is set too high, 2's defender can easily slip under and prevent the drive. The screen must be set on the backside of 2's defender.
- This can be an easy play for the opponent to pick up on if ran too many times, but it's great for a quick score when your team needs one occasionally.

Drive Hammer

Overview of the Play:

This box set play is designed to get a player attacking the rim off a pick-and-roll with two open passing options in the corners and also the ability to score at the rim depending on how the defense adjusts.

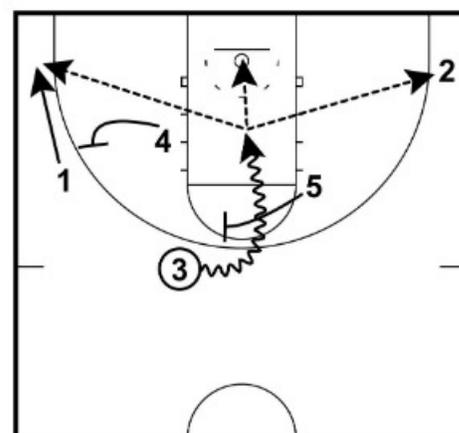
Key Personnel:

- Two guards who can shoot the basketball at a high percentage (1 and 2).
- Another guard who can attack off the pick-and-roll and make the right basketball play (3).

Instructions:

Setup: The play begins in a box formation with 4 and 5 at the top and 2 and 3 on the low blocks. 1 starts out the top with the basketball.

1. 1 starts the play by dribbling the basketball to either wing. For this example, the left wing.
2. The ball-side low block player then cuts high off the screen on the elbow and receives the pass from 1.
3. As this is happening, the weak-side low post player retreats out to the corner to provide good spacing for the next actions.
4. On 3's catch, 5 immediately steps across and sets an on-ball screen. We want this to surprise the defenders and give them little time to react.
5. While this screen is happening, 4 beginning the movement to set a hammer screen on 1's defender as 3 is driving to the rim.
6. 3 uses the screen and attacks the rim looking to score while also having both players in the corners as passing options.



Coaching Points:

- Very important that the screen from 5 is set immediately on the catch to try and catch the on-ball defender off-guard.
- The back screen for 1 must be set as 3 is driving to the hoop. Any sooner and x1 will have too much time to fight over the screen and pick off or deflect the pass.
- The weak-side corner defender will usually be the one that helps on the drive so 3 must be ready to pass out to 2 in the corner as soon as that happens.

Flex Warrior

Overview of the Play:

This play involves numerous screens and many open shot opportunities. I recommend this play to high school and older teams because timing, screening angles, making the right play, and being able to shoot from the outside are all very important.

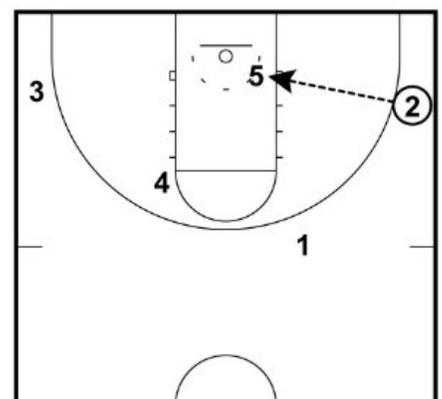
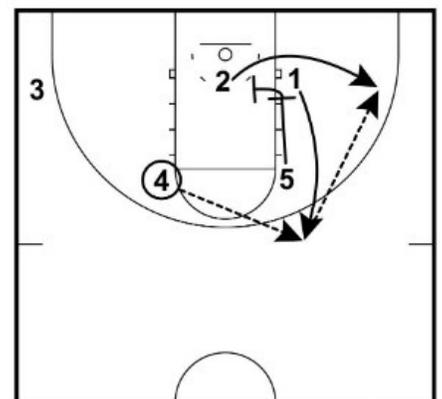
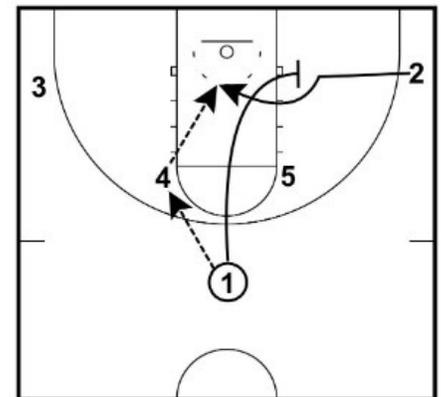
Key Personnel:

- Your point guard and shooting guard should be able to consistently make an open outside shot.
- Your center must be able to set strong screens at the correct angles with good timing and it's a plus if they have a post game too!

Instructions:

Setup: The play begins in a horns set with your wing players level with the lower blocks.

1. The play starts with 1 passing to either of the two post players on the elbow. Preferably the side with the best shooter on the wing.
2. 1 then cuts down the center of the lane and sets a flex screen for 2.
3. 2 can cut either high or low off the flex screen and looks for the pass from 4 and the easy layup.
4. 5 sets a down screen for 1 for a screen the screener action. 1 cuts to the top of the elbow or slot looking for the catch and shoot.
5. After screening for 1, 5 immediately sets another screen for 2 who cuts out to the wing.



6. If 1 wasn't open for the shot, they must swing the basketball to 2 who should be open on the wing for the shot.
7. After screening 2's player, 5 attempts to get a deep seal in the paint. If 2 wasn't open, they can pass in for the score.

Coaching Points:

- The play can be run either side of the floor, but the point guard should attempt to pass to the side of the team's best scorer.
- Screens must be set with the correct timing and angles.
- Shot selection is crucial. Your players must read what the best shot is and be willing to pass up an 'okay' shot for a 'great' shot.

Flip Gate

Overview of the Play:

This is a great play with numerous scoring opportunities. Specifically, the first option is to get an inside pass to a post player cutting to the rim and the second option is to get a shooter open off a gate screen.

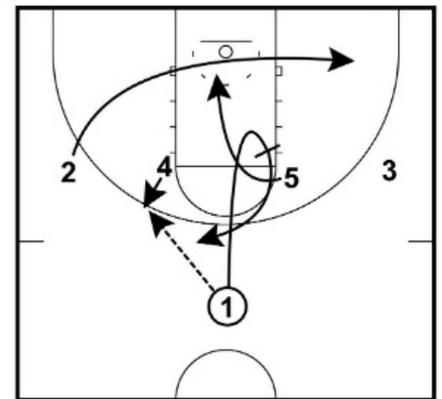
Key Personnel:

- The team's best shooter (2) should start on the same side the basketball is initially passed to.

Instructions:

Setup: The play starts in the classic 1-4 high formation.

1. The play begins with 4 stepping out to the slot and receiving the pass from 1.
2. 2 immediately and quickly cuts along the baseline to the opposite short corner.
3. 1 acts like they're cutting through the key but flips around and sets a back screen on 5's defender.
4. 5 uses the screen and cuts to the rim looking for the pass from 4.
5. 1 then cuts back to the top and receives the hand-off from 4.
6. 4 cuts down the middle of the key and sets a gate screen with 5.
7. As 4 is cutting down the key, 2 explodes from their position and cuts through the gate screen that's about to be set. 2 should clear past the screens just as 4 arrives to screen 2's defender.
8. 1 takes a dribble and passes to 2 at midrange or the three-point line for the open shot.



Coaching Points:

- The most important part of the play is the gate screen. All players involved must time it so that 2 cuts through but their defender is closed off and screened.
- Players must not give away their movement too early. Especially important for 1 when setting the initial quick flip screen.
- The first few times you run this play 5 will always be open on the cut to the rim. Look for it!

Inside Isolate

Overview of the Play:

This play involves isolating your best mismatch on the low post and then keeping the 4 other offensive players active above the free-throw line to keep the defense busy. Great play against youth teams as most players don't understand help defense and will stay with their player.

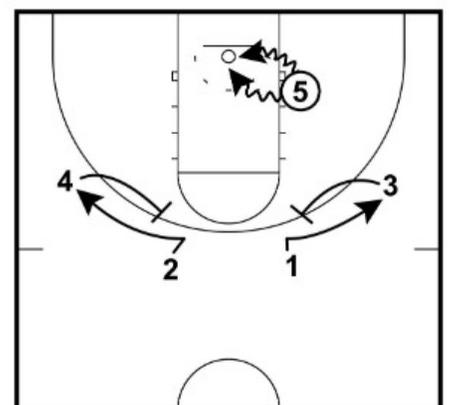
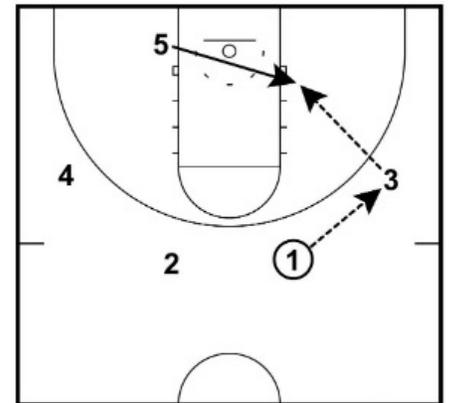
Key Personnel:

- 5 should be the player you want to isolate inside.

Instructions:

Setup: Players start in a 4-out 1-in formation with the 4 outside players above the free-throw line on the wings and in the slots.

1. The play begins with the basketball being passed either wing. For this example, 1 passes the basketball to 3 on the ball-side wing.
2. 5 immediately flashes to the basketball to take advantage of their mismatch inside.
3. When the pass is made into the low post, the wing players both screen up for the slot players and they both replace each other. This keeps the defenders occupied.
4. 5 can back down in the post or face up and attack to the middle or baseline.



Coaching Points:

- This play can be used to take advantage of any mismatch in the post. This doesn't necessarily mean a post player and can even be your point guard if they have a favourable mismatch inside.
- This is a great play to use against a player who is in foul trouble. Put their match up on the block and have your offensive player attack them off the dribble and they'll likely foul.
- Unless it's completely open, players should refrain from passing into the post from the slot position as this can be easier for the defense to deflect or steal.

Iverson Ram

Overview of the Play:

The play involves both wing players exchanging sides and then leading into a pick and roll. The play does a great job of creating space with a post player screening for the on-ball screener before clearing out.

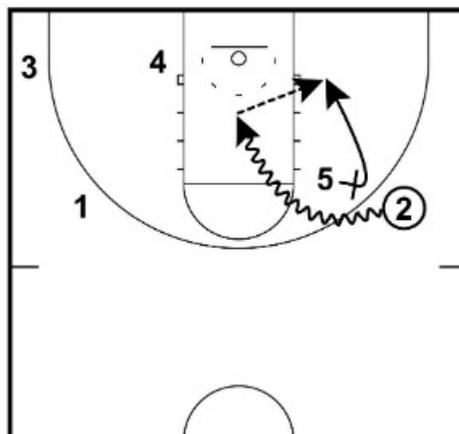
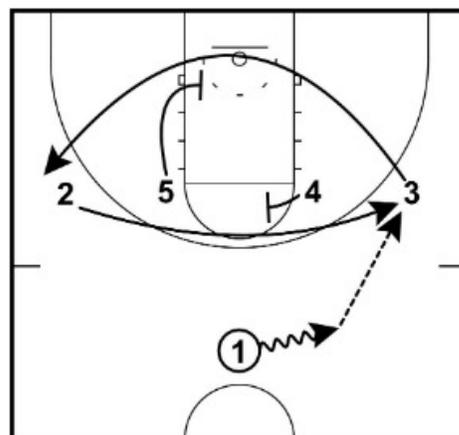
Key Personnel:

- The player you want handling the basketball in the pick and roll should be in the 2 position.
- The player you want screening in the pick and roll should be in the 5 position.

Instructions:

Setup: Players set up in a 1-4 high formation with the post players on the elbows.

1. The play begins with the two wing players exchanging sides. 2 will go over top receiving a screen from 4.
2. 3 will go under receiving a screen from 5 on the low block.
3. 1 opens up the angle with a dribble and makes the pass to 2 as they come off of 4's screen. Occasionally this will be open for 2 to turn and drive to the rim.
4. 1 then clears out to the opposite wing to create space and 3 rotates down to the corner.
5. 4 screens down on 5's defender as 5 sprints up and sets an on-ball screen for 2.
6. 2 dribbles off 5's screen and makes the best basketball play to create a score.



Coaching Points:

- It's very important that 5 sprints to set the on-ball screen. With 4 screening their player, it gives the player with the basketball a lot of space to create without a help defender.
- 1 signals which wing player will go over by dribbling to one side of the floor. The side of the floor dribbled to always goes under the screens.

Piston Elevator

Overview of the Play:

This is a great play for getting a quick three-point shot. The two guards will look like they're exchanging wings but your best shooter will quickly cut to the top of the key off an elevator screen for the three-point shot.

Key Personnel:

- A great shooter on the wing who will run the baseline cut.

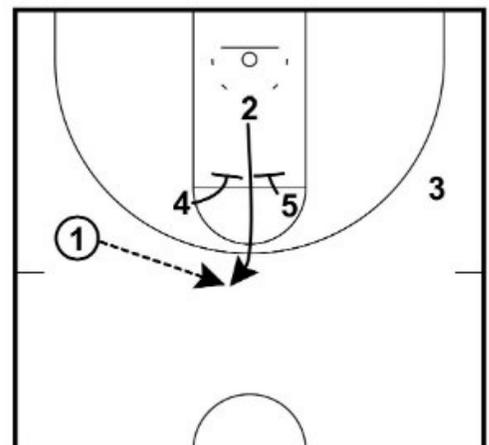
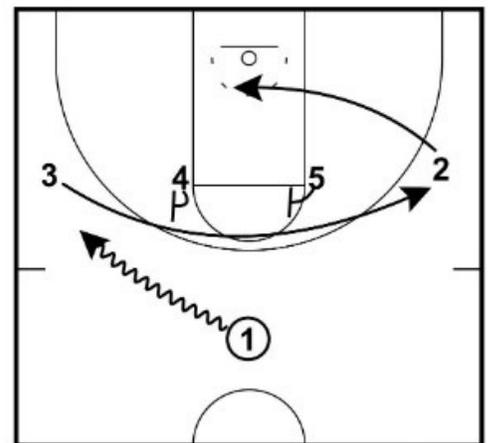
Instructions:

Setup: The play begins in a 1-4 high formation.

1. The play starts with 1 dribbling towards one side of the court.
2. 3 Iverson cuts off the screens set by 4 and 5 on the elbows while 2 baseline cuts to the middle of the key.
3. Immediately after setting the screens on the elbows, 4 and 5 set a elevator screen for 2.
4. 2 shoots through the screens to the top of the key for the catch and shoot three-pointer.

Coaching Points:

- The player who 1 dribbles at will always go over top of the screens. Therefore, 1 must make sure they don't dribble towards the better shooter.
- There should be no slowing down by 2 in the key. They must make a quick change of direction and burst through the elevator screen. For this reason, 2 should wait an extra second before starting their baseline cut.



- 4 and 5 must 'close the gate' after 2 has cut through to screen 2's defender. That's why it's important for 2 to quickly change direction and create separation so that the post players have time to step closer.
- If 4's defender predicts the pass and cuts it off, 4 should dive to the hoop for the layup.

Side Blaze

Overview of the Play:

A simple, quick, and effective play that utilises a dribble hand-off on the wing leading into a pick-and-roll. The pick-and-roll results in the guard getting into the middle of the lane with great spacing and many passing options.

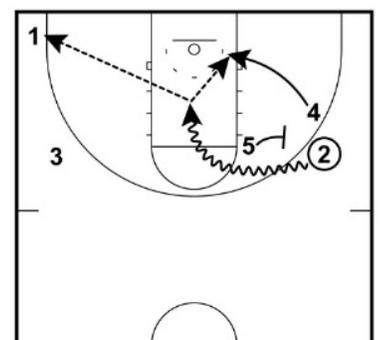
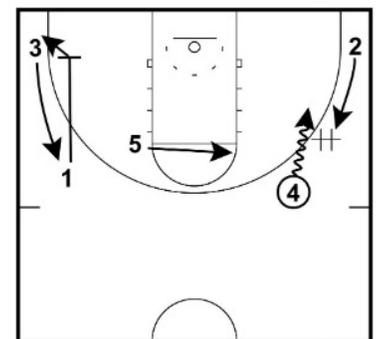
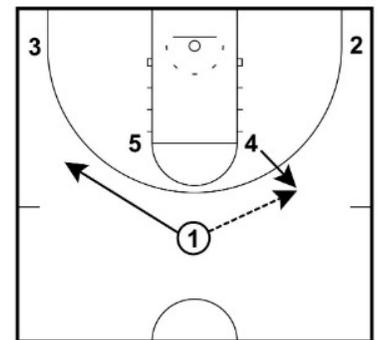
Key Personnel:

- Post player (4) must have the skill to complete a hand-off on the wing.
- The guard you want penetrating the key (2) will start in the corner of the side first passed to.

Instructions:

Setup: The play starts in a horns set with the post players at the top and two guards in the corners.

1. The play begins with 4 stepping out and receiving the pass from 1.
2. 1 then cuts to the opposite wing.
3. 4 turns and dribbles down the wing towards 2.
4. 2 takes a step towards the basket and then explodes to the wing to receive the dribble hand-off from 4.
5. On the opposite side of the court, 1 down-screens for 3 as they exchange places to keep their defenders moving.
6. As soon as the hand-off is completed, 5 sprints across and sets and on-ball screen for 2.
7. 4 rolls to the rim off the hand-off looking to receive the pass for an easy layup.



8. 2 dribbles into the middle of the key and must make the right basketball play. The most common finishes are a layup or a pass to either 4 or 1.

Coaching Points:

- Players must not give away their next movement too early. Stay in a low stance and then explode into the next action.
- After you run this a few times, 2's defender will attempt to cheat and get in-between the hand-off. This is a great opportunity for 2 to go backdoor.
- The movement of 1 and 3 on the opposite side of the court is very important to remove the help defense in the key.

UCLA Double Curls

Overview of the Play:

Double Curls attempts to get open layups at the basket by keeping the lower key open and running guards off screens towards the ring. If the first two players can't get open, the play ends with a traditional wing pick and roll.

Key Personnel:

- A well-rounded play that doesn't require any player to have a specific skill-set.
- The player that receives the basketball on the wing (3) should be able to attack and make good decisions out of the pick and roll.

Instructions:

Setup: The play starts in a 1-4 high formation.

- 1 passes to 3 on the wing.
- 1 then performs a UCLA cut off 5's screen looking to receive the pass for the open layup. If it's not open, 1 clears out to the weak side corner.
- 4 and 5 then set a staggered screen for 2 who curls towards the ring looking to receive the pass for the open layup also. If they don't receive the pass they clear out to ball side corner.
- 4 pops out to the top after screening to create space.
- 5 then sets a pick and roll for 3 who attacks the rim hard looking to score or create a play for a teammate.



Coaching Points:

- This is a great play because it keeps the post defenders out of the paint. On the pick and roll, the only inside defender will be the defensive point guard.
- The players curling to the rim should be leading with a hand where they want the basketball and calling for it if they're open.

UCLA

Overview of the Play:

This man-to-man play is named after the initial UCLA cut made by the point guard. The play is designed to get your point guard an open shot on the wing off a double screen while the wing player performs a pick and roll.

Key Personnel:

- The point guard (or a player who initiates the offense) must be a good shooter.
- The wing player that receives the basketball must be a good decision maker and preferably can shoot the midrange shot and also finish at the rim.

Instructions:

Setup: The play begins in a 1-4 high formation.

1. The play starts with 1 passing to either 2 or 3 on the wing (2 in this example).
2. 1 then makes a UCLA cut off the screen by 5 looking to receive the pass for the layup.
3. If 1 isn't open on the cut, 5 steps across and sets another screen for 2.
4. As this is happening, 3 and 4 walk their players down towards the weak side low block to set a double screen for 1.
5. 2 uses the screen from 5 and attack the middle of the floor. After the pick, 5 rolls to the rim.
6. As 2 is dribbling off the screen, 1 cuts hard off the double screen from 3 and 4 and gets open for the open shot.



7. 2 now has three options: They can pass to 1 for the jump shot, attack the rim or pull up for the shot themselves, or pass to 5 rolling towards the rim.

Coaching Points:

- One of the advantages of this play is that it can be run on either side of the floor.
- Off the double screen, 1 should cut to a distance that they can shoot from. If you're coaching a young team, they shouldn't cut outside the three-point line.
- Make sure 5 sets the pick and roll screen on the correct angle that allows 2 to attack the rim.

X-Cross

Overview of the Play:

X-Cross is a unique play with many scoring options. The name of the play comes from the opening cuts made by the guards. This play is guaranteed to get your team open shot opportunities.

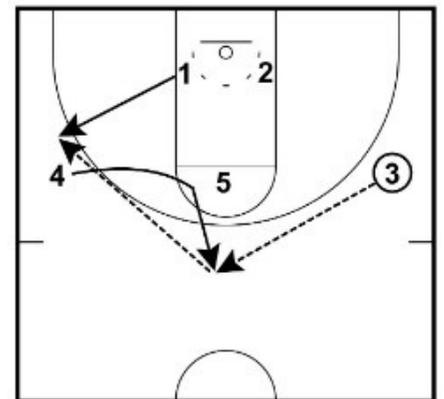
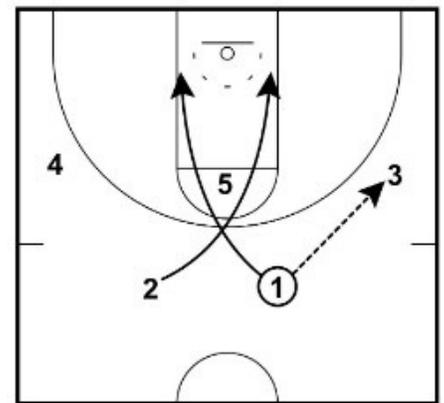
Key Personnel:

- There is no specific personnel needed as there are scoring opportunities for nearly all players.

Instructions:

Setup: The play starts in a high 2-3 formation.

- The play begins with either of the top two guards making a pass to a wing player. For this example, 1 passes to 3.
- After the pass, 1 and 2 then cut off 5 towards the opposite blocks. 1 should always cut first and then 2 follows. 3 should watch both of these cutters and if they're open pass them the basketball for the open layup.
- 4 then cuts to the top of the key using 5 as a screen and 1 pops out to the wing.
- 3 swing the basketball to 4 who immediately passes to 1 on the wing.
- Immediately after passing, 3 cuts baseline using a flex screen from 2. 1 must look inside and see if they can pass to 3 for the easy layup.
- If 3 isn't open, 4 and 5 set a staggered down screen for 2 who cuts to the top of the key for the open shot.



Coaching Points:

- 5 must hold their position on the high post as 1, 2, and 4 use them as a screen. If 5 moves, a moving screen may be called.
- If possible, the first pass to the wing should go to the player you want coming off the flex screen.

Zipper Curl

Overview of the Play:

This play is designed to get your best shooter an open jump shot on the wing from the midrange or the three-point line. This occurs by running them off a single screen and a double screen. There's also a quick flash from a post player.

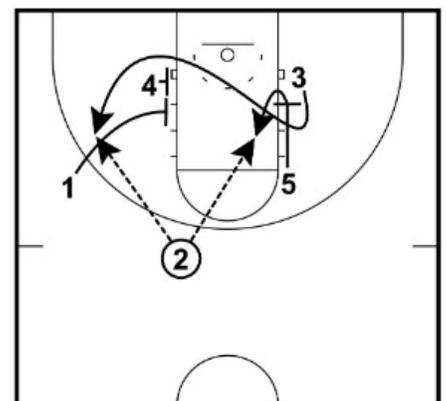
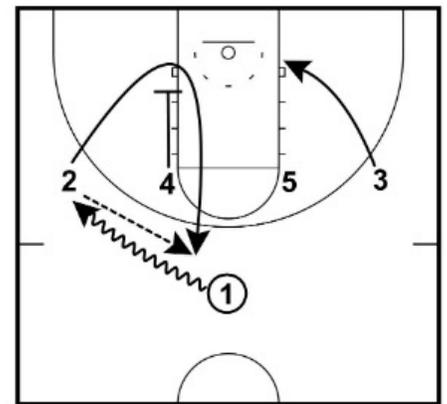
Key Personnel:

- 3 should be the team's best shooter from the perimeter.

Instructions:

Setup: The play starts in the classic 1-4 high formation.

- 1 begins the play by dribbling to the wing.
- 3 cuts baseline to the weak-side low block.
- 2 cuts baseline and then runs a zipper cut off 4's down screen and receives the basketball in the slot.
- On the catch, 5 sets a down screen for 3.
- 3 must read their defender off the screen and has the option to pop out for the catch and shoot or they can curl off 5's screen and then receive the double screen from 1 and 4.
- After this screen 3 should be open on the ball-side wing for the shot.
- After down screening, 5 quickly flashes to the ball to see if there's a quick pass inside for the easy score.



Coaching Points:

- If 3 pops out the top and receives the pass but the immediate shot isn't open, consider this immediately triggering 5 to step up and set and on-ball screen.
- 3 must do a good job of reading the defense on the down screen. Often whether the play is successful or not will rely on their decision.
- 1 must time their cut to set the double screen so that 3's running off the screen as 1 arrives. Don't want to give the action away early.

**SLOB MAN-TO-
MAN PLAYS**

Box Loop Post

Overview of the Play:

A simple play off a sideline out of bounds that allows you to get your best post player in the high post in a one-on-one situation.

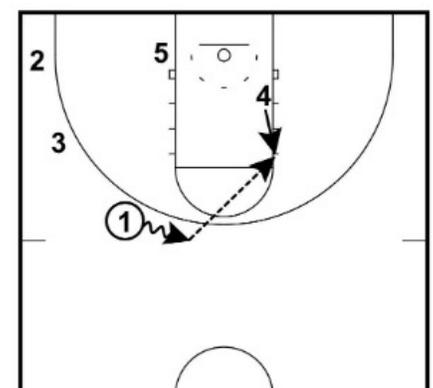
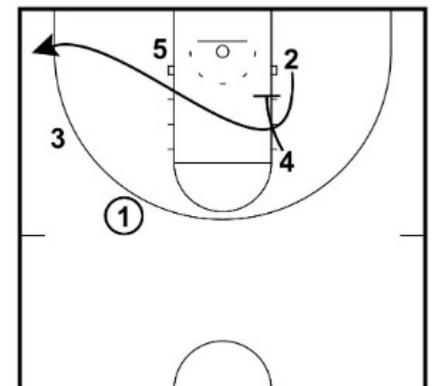
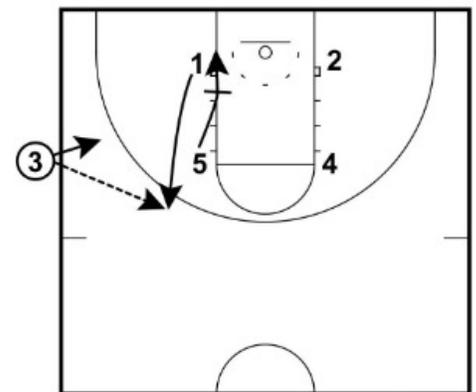
Key Personnel:

- The player you want in the high post should be on the weak side high post when setting up (4 in this example).

Instructions:

Setup: The play begins in a box formation.

1. The drill begins with 5 setting a down screen for 1 who cuts to the top of the key to receive the basketball from 3.
2. After screening, 5 stays below the block.
3. After passing in, 3 steps onto the court.
4. A second or two after 5 has set the down screen for 1, 4 sets a down screen for 2.
5. 2 curls off the down screen and clears out through the key and to the weak side corner.
6. After screening, 4 seals their defender in the high post.
7. 1 takes a couple of dribbles across to improve the passing angle and then passes to 4.
8. 4 is now in a one-on-one situation where it will be difficult for the defensive team to help.



Coaching Points:

- The timing of the second screen is crucial. 4 must not set it too early.
- If 2's defender cheats under the screen after using this play a couple of times, there is the option to flare to the wing and receive the pass from 1 for the shot.

Box Spin

Overview of the Play:

This quick hitter is designed to get a player curling off two screens towards the rim for a layup and also create an open three-point opportunity for the team's best three-point shooter.

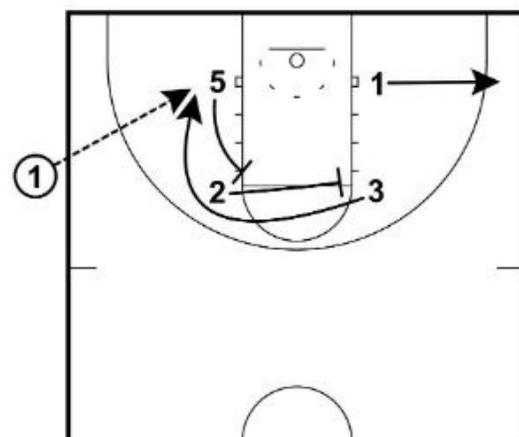
Key Personnel:

- 2 should be the team's best 3-point shooter.
- 3 should be the player you want curling to the rim to finish strong.
- 5 should be the post player capable of setting strong screens.

Instructions:

Setup: The play begins in a box set with the shooter on the ball-side elbow, curler on the weak-side elbow, and screener on the ball-side low block.

1. The play begins with 2 and 5 rotating around to set screens for 3.
2. 3 uses 2's screen on the weak-side elbow and 5's screen on the ball-side elbow before cutting strong to the rim looking for the pass and finish.
3. 1 clears out to the weak-side corner to create space.
4. After 3's defender has battled past 5's screen, 5 steps across and sets a strong screen for 2.
5. 2 explodes out towards the three-point line looking for a quick catch and shoot.



Coaching Points:

- The player inbounding the basketball must make the passes on-time and on-target.
- 3 must sprint towards the ball after the first screen before quickly cutting towards the rim off the second screen.
- 2 must not give away that they're about to pop out to the three-point line. Best to catch the defender off-guard.

Deception

Overview of the Play:

This SLOB play starts in a box set with the low weak-side player behind the three-point line. From here we cut the point guard to the top and then aim to get an open layup for the inbounder or a three-point opportunity for the team's best shooter.

Key Personnel:

- 1 must be a good decision maker and passer.
- 2 should be the team's best 3-point shooter.
- 3 should be able to finish at the rim.

Instructions:

Setup: The play starts in a box formation with the three-point shooter on the weak-side outside the three-point line.

- 1.** The play begins with 4 setting a down screen for 1 who pops to the top of the key and receives the basketball.
- 2.** As soon as this pass is made, 5 sprints towards 2's defender and sets a strong screen.
- 3.** 2 cuts to the top of the key looking to receive the pass and take the shot.
- 4.** On the other side of the floor, 3 takes a few steps towards the basketball setting their defender up and then receives a screen from 4.
- 5.** 3 cuts hard towards the basketball looking to receive the pass from 1 for the easy layup.
- 6.** 1 must quickly evaluate their options and make the correct play.



Coaching Points:

- It's incredibly important that 3 sets their defender up and doesn't give away that they're going to be cutting backdoor.
- Since this play is designed to catch the defense off-guard, save it for when you really need a basket!
- 5 must wait until 1 makes the catch or 2 will be cutting to the top of the key too early.

Diamond

Overview of the Play:

This SLOB play is designed to provide the offense with numerous scoring opportunities including a player curling off a screen, a flare screen, and a pick and roll at the top of the key.

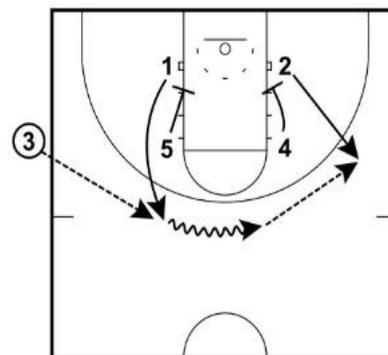
Key Personnel:

- 2 should be the team's best play maker.
- 1 should be able to consistently hit a three-point shot as they'll be cutting off the flare screen.

Instructions:

Setup: The play starts in a box formation with the two guards on the low block, the two post player on the elbows, and the small-forward passing the basketball in.

1. The play begins with 5 setting a down screen for 1 who cuts to the top of the key and receives the pass from 3.
2. On the catch, 4 sets a down screen for 2 who pops out to the wing and receives the pass from 1.
3. 3 cuts along the baseline using a screen from 4. They can either pop out to the three-point line or curl around the screen looking to receive the pass for the shot.
4. As 2 dribbles, 5 will set a flare screen for 1 who cuts to the wing looking to receive the skip pass for an open shot.
5. If this pass isn't open, 5 sets an on-ball screen for 2.
6. 2 uses this screen and attacks the rim with the main scoring options being to shoot, pass to 4, or kick the basketball out to 1 on the wing.



Coaching Points:

- 2 has the biggest responsibility in this play and must be able to make great passes and also be able to attack the ring. Great play for teams with a great player surrounded by shooters.
- 1 must not give away that a flare screen is about to be set. When it is, they quickly cut to the wing looking to receive the skip pass.
- The coach must decide whether they want 5 rolling to the rim or backing out and playing safety after setting the on-ball screen.

Loop Fly

Overview of the Play:

The main action in this SLOB play is an alley-oop from the inbounder to a post player cutting towards the rim. Due to this, I would only recommend this play for teams who have a player who can finish this play.

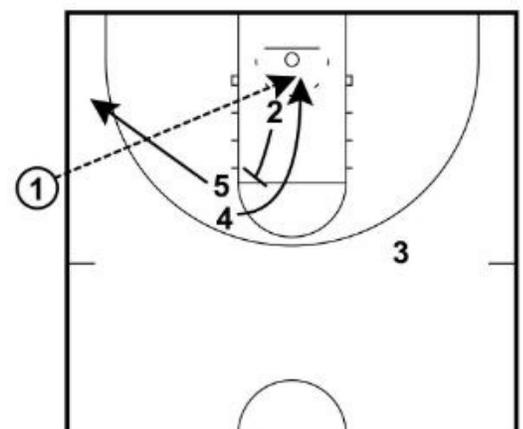
Key Personnel:

- 4 should be the player you want finishing inside the paint.
- 1 should be the team's best passer.
- 2 must be capable of finishing strong at the rim and also setting a strong screen.

Instructions:

Setup: The team sets up in a wide box formation with the two player at the top in the slot positions and the two bottom players 2-3 steps off the low block.

1. The play starts with 5 cutting to the top to set a double screen with 4.
2. 2 must time their cut so that they're cutting off the double screen as 4 arrives and establishes their screening position.
3. 2 cuts hard to the rim looking to receive the pass for an open layup.
4. As 2 clears out, 3 cuts to the top of the key to drag out their defender.
5. If 2 doesn't receive the pass on the cut, 5 flashes towards the ball-side corner.
6. 2 curls around in the key and then sets a strong back screen on 4's defender.



7. 4 explodes towards the key looking to receive the pass and finish in the air or catch, land, and then go up strong.

Coaching Points:

- Best passer must be inbounding the basketball.
- It's not compulsory that 4 finishes with a dunk or in the air. They can land with the basketball and then go back up strong.
- It's very important that 2 hunts 4's defender and sets a strong screen!
- Players must not give away the play with their eyes or the direction they're facing. Including the inbounds passer.

Option

Overview of the Play:

This SLOB play allows your team's best shooter to read their defender and then choose whether to cut to the top for a shot or cut baseline for a shot. Great play as it doesn't allow the defense to cheap either direction anticipating the play.

Key Personnel:

- 2 must be the team's best shooter.
- 1 should be able to make a good pass to the shooter's shot pocket.

Instructions:

Setup: The play starts in a box set with the shooter inbounding the basketball, two post players on the elbows, and two guards on the low blocks.

1. The play begins with 5 setting a down-screen and 1 cutting to the top of the key and receiving the basketball.
2. 4 will immediately set an on-ball screen for 1 who will dribble across the top of the key.

(1 could attack the rim off this screen if it's clearly going to lead to an open layup. If this happens, 3 pops out to the corner to create space and a potential catch-and-shoot.)

3. 2 then cuts low as 5 holds their position to avoid a moving screen while still being an obstacle for 2's defender to avoid.
4. From here, 2 reads their defender and makes a decision to cut baseline or to the top of the key for a catch-and-shoot opportunity.



5. Depending on the direction they choose, 3 or 4 set a screen and the pass is made leading to an open jump shot.

Coaching Points:

- 2 doesn't need to rush as they cut low. Instruct them to read the defense and then allow the screens to give them an advantage.
- 1 should be focusing on passing to the inside shoulder of the shooter as they curl around. If it's too far out, the shooter won't be able to catch and shoot quickly.
- This can be a great play to run late in the game when you need a three-point shot.

Prowl

Overview of the Play:

A quick sideline out of bounds play that begins in a box formation and ends with a ball-screen at the top of the key with good spacing.

Key Personnel:

- 2 should be the player you want as the dribbler in the pick-and-roll.
- 5 should be the player you want as the screener in the pick-and-roll.

Instructions:

Setup: The play starts in a box formation.

1. The play begins with the post players (4 and 5) setting down screens for the guards (2 and 3).
2. 2 cuts to the top and receives the basketball while 3 pops out to the weak-side wing.
3. After making this pass, 1 steps inbounds to the wing.
4. 5 immediately sprints up and sets an on-ball screen for 2 who attacks the rim.
5. 2 can either finish at the basket or drop the pass down to 4 for the finish if 4's defender helps on the drive.



Coaching Points:

- 5 must set the screen on the correct angle to prevent 2's defender from slipping under the screen.
- 5 should also aim to create as much separation as possible between themselves and their defender by exploding out to set the screen. This prevents their defender from hedging.
- 2 must be a good decision maker when attacking. If 4's defender steps up to help, pass. If they don't, finish at the rim.

Triangle

Overview of the Play:

This SLOB play is designed to get the basketball to either a strong post player close to the basket or a good shooter for a perimeter shot after screen-the-screener action.

Key Personnel:

- 1 should be the team's best 3-point shooter.
- 5 should be the team's best scorer in the low post.

Instructions:

Setup: The play starts with 3 players in a triangle with the post player on the weak-side low block and the shooter on the ball-side low block.

- 1.** The play starts with 1 setting a cross-screen for 5 who can cut high or low looking to catch close to the rim and finish.
- 2.** If 5 doesn't receive the basketball they establish position on the ball-side low block.
- 3.** Immediately after 1 has set a screen for 5, 4 cuts down from the free-throw line and sets a strong screen on 1's defender.
- 4.** After holding the screen, 1 cuts off 4's screen to the top of the key looking for a catch and shoot opportunity off the pass from 2.
- 5.** 2 now has the option to pass into the low post to 5 or pass to the 1 at the top of the key.
- 6.** If the pass is made to 5, 4 clears out to the weak-side wing.



7. If the pass is made to 1, 4 re-screens and 1 drives hard to the rim towards an open side of the court.

Coaching Points:

- As always, timing is very important to the success of this play. The one players have the most trouble with is 4 setting the down screen at the correct time.
- Very important to have a smart passer inbound the basketball. If the basketball is passed too late it's easy to miss out on scoring opportunity.
- Ensure players are holding their screens and not allowing the defense to easy slip past.
- Screeners have to hunt the player they're screening. Don't screen space!

Twist

Overview of the Play:

This SLOB play has numerous scoring opportunities including a possible lob pass to at the start. If the lob pass isn't open or the players aren't capable, the play finishes with a ram screen and the point guard attacking the basket.

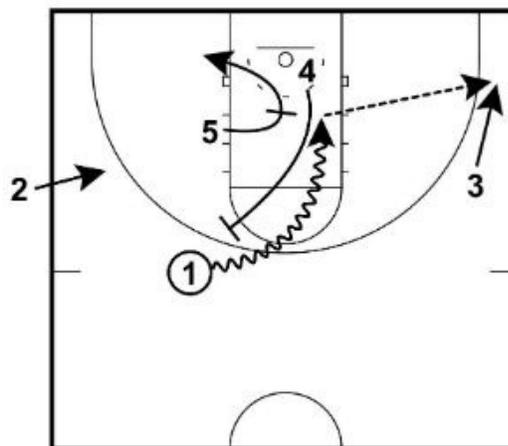
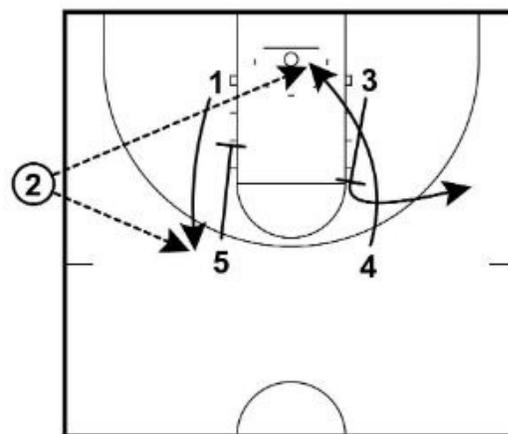
Key Personnel:

- 1 should be the team's best creator and have the ability to finish inside.
- If using the lob option, 4 must be able to finish at the rim.
- Put the best shooter out of 2 and 3 in the 3 position.

Instructions:

Setup: The play begins in a box formation with the two high players in the slots instead of on the elbows of the high post.

1. The play starts with 5 setting a down-screen at approximately the elbow area of the court and 3 setting an up-screen at the same time.
2. 2 should have a quick look at the lob and make the pass if it looks open.
3. If not, 2 inbounds the basketball to 1.
4. 2 step inside the court to the wing.
5. 5 now hunts out 4's defender who should be under the ring and sets a solid screen on them before clearing out of the key.
6. 4 sprints out to take advantage of the trailing defender and sets an on-ball screen for 1.



7. As the help will be late, 1 quickly attack the paint and looks to create a shot for themselves or a teammate.

Coaching Points:

- It's imperative that 4 sprints out to take advantage of their defender being screened by 5.
- 1 must not rush to use the screen too quickly or 4 may be called for an illegal screen.
- 1 must attack the rim looking to score!

X

Overview of the Play:

A great SLOB play designed to get two shooters running off staggered screens to open up either a mid-range or three-point shot.

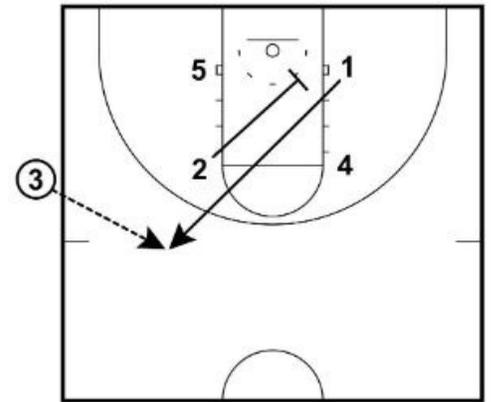
Key Personnel:

- 2 and 3 should be the team's best three-point shooters.
- 1 should be the team's point guard or best play maker.

Instructions:

Setup: The play begins in a box formation with one shooter on the ball-side elbow and the other shooter inbounding the basketball.

1. The play begins with 2 setting a diagonal down-screen for 1 to pop to the top and receive the basketball from 3.
2. After inbounding the basketball, 3 steps on to the court.
3. 2 then cuts of a staggered screen set by 5 and 3 looking to receive the basketball for the open shot on the wing.
4. 4 begins walking down to the weak-side low block.
5. 5 then turns around and sets another screen on 3's defender.
6. 3 sprints the baseline cutting off screens from 5 and 4 before popping out to the wing to receive the pass from 1 for the shot.



Coaching Points:

- Make sure you're allowing your players to practice shooting off screens. Players must be able to get their feet set and shoot on-balance.
- The best look will usually be for 2 off the first staggered screen. Always make this pass if it's open.
- 1 should be aiming to pass to the inside shoulder of the shooter so that they can curl into the shot.

CONCLUSION

I hope you enjoyed these 50 Basketball Plays and that they help your team get more scoring opportunities!

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at coachmac@basketballforcoaches.com I welcome all feedback and love hearing from the readers of BFC.
2. This PDF is part of the '*Championship Coaching Course*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at coachmac@basketballforcoaches.com and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

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— Coach Mac