



LA PAZ CABO VELAS TIBURONES

FULL COURT PROGRAM

Built by Coach John Sandberg 2026 COACH'S EDITION

A complete teaching system for ages 7–18: spacing-based offense, pressure defense at every level of the floor, and elite sets from the best staffs in basketball.

PHILOSOPHY • YOUTH 7–10 • MIDDLE 11–13 • HIGH SCHOOL 14–18

OFFENSE • ELITE SETS • DEFENSE • PRESS PACKAGE • OUT OF BOUNDS

Contents

Contents	1
Program Philosophy	4
Offensive Identity — Why Spacing First	4
Defensive Identity — Pressure at Three Levels	4
Player Development Ladder	4
How We Design Practice	5
8-Week Season Arc	5
Program Terminology	5
Youth Development	6
Stage Priorities	6
Weekly Plan — Session A: Ball Mastery & Finishing (60 MIN)	6
Weekly Plan — Session B: Pass, Cut & Play (60 MIN)	6
Weekly Plan — Session C: Compete Day (60 MIN)	7
Drill Library	7
Middle School	8
Stage Priorities	8
Weekly Plan — Session A: Skill Foundation (75 MIN)	8
Weekly Plan — Session B: Concept Install (75 MIN)	8
Weekly Plan — Session C: Compete Day (75 MIN)	9
Drill Library	9
High School	10
Stage Priorities	10
Weekly Plan — Session A: Skill + Defensive Foundation (90 MIN)	10
Weekly Plan — Session B: System Install (90 MIN)	10
Weekly Plan — Session C: Game Prep & Compete (90 MIN)	11
Drill Library	11
Offense	12

5-Out Motion — Pass, Cut & Fill	13
5-Out — Drive & Space	15
5-Out — Weave (Dribble Handoffs)	16
5-Out — Step-Up Pick & Roll	17
4-Out 1-In Motion	18
Swing Offense (Bo Ryan · Wisconsin)	19
Dribble Drive Motion (Walberg · Calipari)	21
Continuity Ball Screen	23
Screening Motion (Rick Majerus)	25
Horns Twist	27
Loader — Zone Offense vs 2-3	28

Elite Sets & Pro Actions 29

Ghost — Empty-Side Flow (Shaka Smart · Marquette)	30
Spain Pick & Roll	32
Zoom Action (Chicago)	33
Hammer (Spurs)	34
Elevator Doors (Warriors)	35

Half-Court Defense 36

Shell — Help & Recover	37
Pack Line — Base Defense	38
1-3-1 Zone — Base (No Traps)	39
1-3-1 — Wing Trap	41
2-1-2 Trap Zone	42
2-3 Zone — Shifts (Rare)	44

Press Package 45

Havoc — 1-2-1-1 Diamond Press (Shaka Smart · VCU)	46
Cougar Press — 2-2-1	48
Run & Jump — Man Press	50
Breaker — 1-4 Press Break	52

Out of Bounds & Special Situations **54**

Box Fist — Baseline OOB 55

Stack Pop — Baseline OOB 56

Winner — Sideline OOB 57

Special Situations Menu 58

SECTION 01

Program Philosophy

Everything in this program hangs on four pillars. Every drill, play, and practice block should trace back to at least one of them — if it doesn't, cut it.

1 • Skills Before Schemes

Players are developed, not positions. Every athlete handles, passes, and finishes — bigs included. Schemes are only added once the skills underneath them exist.

2 • Space & Pace

We play in open floors. 5-out and 4-out-1-in spacing is our offensive identity at every age: drive lanes stay open, the ball moves ahead of the defense, and everyone is a threat.

3 • Pressure Is Identity

We make offense uncomfortable for 94 feet. Zone presses, man presses, and disciplined half-court defense — effort and communication are non-negotiable.

4 • Compete With Character

We keep score in practice, we sprint between drills, and we shake hands after. Effort, body language, and how you treat teammates are coached like skills.

Offensive Identity — Why Spacing First

This program teaches **5-out motion** as the foundation (Youth and Middle) and **4-out-1-in** as the varsity base. Spacing-based offense develops every player: there are no “stand on the block” kids, every possession involves reads instead of memorized patterns, and the habits scale directly to the modern game. Set plays (Horns family, zone attacks, OOB) are layered on top of spacing principles, never instead of them.

Defensive Identity — Pressure at Three Levels

- **Full court:** zone presses (1-2-1-1 Diamond, 2-2-1 Cougar) and man presses (Run & Jump) — dictate tempo and force sideline decisions.
- **Three-quarter / half-court traps:** 1-3-1 wing trap to change rhythm out of timeouts.
- **Half court:** Pack Line man as the base, shell-drill habits daily, and a 2-3 zone changeup.

Player Development Ladder

Skill Area	Youth 7–10	Middle 11–13	High School 14–18
Ball Handling	Both hands, eyes up, change speed on command	Combo moves live vs pressure, weak-hand full court	Creates advantage vs pressure, pace manipulation, PnR handling
Shooting	One-hand form inside 10 ft, legs-driven	Repeatable form to the arc, on-balance off the catch	Range + off movement, contested C&S, FT ≥70%
Passing	Two-hand chest/bounce on the move	Off the dribble both hands, hits cutters on time	Reads second defender, skip vs zones, pocket passes
Finishing	Both-hand layups off correct foot	Through contact, inside-hand and floater intro	Full package vs rim protection, decision finishes
Defense	Stance, sees ball + man, effort habits	Shell positions, closeouts, help-and-recover	Full scheme execution, personnel scouting, press rules
Game IQ	Spacing awareness, pass-cut-fill rhythm	Reads 2v1/3v2, recognizes advantage	Manages clock/score, attacks coverages, calls sets

How We Design Practice

- **Games teach the game.** At least 40% of every session is live, scored, small-sided play. Constraints (no dribble, must paint-touch) coach the emphasis for us.
- **Activity ratio $\geq 70\%$.** No lines longer than 3. If players are standing, the drill is redesigned or split across baskets.
- **Teach $\rightarrow$ Rep $\rightarrow$ Compete,** ideally inside one session: 3 minutes of teaching, blocked reps, then a live game that rewards the concept.
- **Standards travel between drills:** sprint to the huddle, talk on every defensive rep, catch ready to play.
- **Finish with the scoreboard:** every practice ends with something competitive and a free-throw consequence, so pressure is rehearsed daily.

8-Week Season Arc

Weeks	Youth 7–10	Middle 11–13	High School 14–18
WK 1–2	Ball mastery, footwork, layup mechanics	Skill baseline + 5-out spacing rules	Shell habits + 4-out-1-in install, conditioning base
WK 3–4	Pass–cut–fill intro, 1v1 competing	5-out live, man defense install, press break intro	Press package install (Diamond, Cougar), Horns layer
WK 5–6	3v3 spacing games, defensive stance habits	2-2-1 press intro, BLOB/SLOB basics	Zone offense, 1-3-1 trap, full OOB package, scout prep
WK 7–8	Festival play, skills testing, celebrate growth	Game-prep rhythm, situations, re-test benchmarks	Situational mastery: ATO, 2-minute game, matchup plans

Program Terminology

FILL	Replace the spot vacated by a cutter — spacing never stays broken for more than one beat.
45 CUT	Basket cut from the wing at a 45° angle after passing — our default action after every pass.
LAKER CUT	Cut off a post entry — high or low off the post player's shoulder.
DUNKER	The short-corner pocket along the baseline where the 5 lives in 4-out.
GAP / NAIL	Help-side positions: one pass away sits in the gap; the nail is the middle of the free-throw line.
JUMP TO THE BALL	On every pass, defenders move while the ball is in the air — never after the catch.
ICE / WEAK	Forcing a side ball screen down toward the baseline, refusing the middle.
TRAP / ROTATE	Two defenders commit to the ball; the three behind them play the passing lanes in a triangle.
ADVANTAGE	Any 2v1/3v2 moment. Offense must play fast enough to keep it; defense works to erase it.
PAINT TOUCH	The ball entering the lane by pass or drive — the trigger that bends every defense.

SECTION 02 · AGES 7–10

Youth Development

Stage Priorities

We spend time on:

- Ball-handling with both hands, eyes up
- Footwork: pivots, jump stops, correct-foot layups
- One-hand form shooting close to the rim
- Pass–cut–fill habits in 3v3 (the seed of 5-out)
- Athletic play: tag games, racing, jumping, landing

We deliberately avoid:

- Zone defense and zone presses (they hide skill gaps)
- Set plays beyond one simple BLOB
- Long-range shooting that breaks form
- Positions — everyone plays everywhere
- Standing in lines; laps as punishment

Weekly Plan — Session A: Ball Mastery & Finishing (60 MIN)

Time	Block	Detail & coaching cues
0–08	Dynamic warm-up, ball in hands	Skips, hops, lunges while dribbling. Cue: “eyes on me, not the ball.”
08–18	Ball-handling circuit	Stationary (pound, cross, wraps) → moving (Red Light Green Light). Both hands equally.
18–28	Mikan + form shooting	Both-hand Mikan ladder; 1-hand form inside 8 ft. Cue: “down together, up together.”
28–36	Partner passing games	Chest/bounce on the move, Bull’s-eye target scoring. Passes lead the runner.
36–48	1v1 Cone Chase	Live finishing vs a trailing defender. Winners stay, everyone counts makes.
48–58	Sharks & Minnows	Dribble tag full court — conditioning disguised as chaos.
58–60	Huddle	Hands in, program break: “1-2-3 HARD WORK — 4-5-6 TIBURONES!”

Weekly Plan — Session B: Pass, Cut & Play (60 MIN)

Time	Block	Detail & coaching cues
0–08	Warm-up: mirror dribbling	Partner copies leader’s moves. Creativity encouraged.
08–20	Layup ladder	Right hand, left hand, off the correct foot. Race format by teams.
20–32	Pass–cut–fill intro (3v0)	Pass, 45-cut to the rim, fill the open spot. This IS our offense — no play calls, just habits.
32–46	3v3 no-dribble	Live, scored. Constraint forces cutting and passing. Coach only spacing.
46–56	Relay finishing races	Teams race through cones to finish. Loudest drill of the week — let it be.
56–60	FT fun + huddle	Everyone shoots one “game winner” free throw with teammates rebounding.

Weekly Plan — Session C: Compete Day (60 MIN)

Time	Block	Detail & coaching cues
0–08	Warm-up: dribble knockout	Protect your ball, poke others' away. Eyes-up survival.
08–20	Skill stations ×3	4 min each: finishing, handling, form shooting. Small groups, big touch counts.
20–30	Defense: stance & mirror	Stance, slide, "see ball and man." Zig-zag 1v1 at walk speed → live.
30–52	3v3 tournament	Round-robin, games to 5. Mixed teams weekly so everyone plays with everyone.
52–60	Skills challenge + huddle	Rotating challenge (layup race, dribble course). Track scores across the season.

Drill Library

Drill	Min	Focus	Setup · How to run · Coaching point
Red Light, Green Light	8	Handling · eyes up	All dribble facing coach. Green = speed, yellow = change hands, red = jump stop. Caught looking down = back 3 steps. Eyes on the caller.
Mikan Ladder	6	Finishing · touch	Alternate right/left baby hooks off the glass; 4 makes each hand, then reverse layups. High off the square, opposite knee up.
Form Shooting Ladder	8	Shooting mechanics	Start 3 ft out, one hand. Make 3 in a row to step back; max 10 ft. Legs start the shot; hold the follow-through.
Bull's-eye Passing	8	Passing accuracy	Partners 10 ft apart, target hands up. Points for hitting the target: chest, bounce, on the move. Step into the pass.
1v1 Cone Chase	10	Pressure finishing	Offense one step ahead at half court; on "go" attack to finish vs the chaser. Long last dribble, body between ball and chaser.
Sharks & Minnows	8	Handling · conditioning	Everyone dribbles across; 2 sharks strip balls. Stripped = become a shark. Protect with body, eyes scanning.
3v3 No-Dribble	14	Spacing · cutting	Half court, games to 5, no dribbles — score off passes and cuts only. Pass and cut hard; fill the empty spot.
Relay Finishing Races	10	Layups · speed	Two teams race a cone course to the opposite rim; misses must be rebounded and made. Correct-foot takeoff even at speed.
Zig-Zag Stance Slides	6	Defensive footwork	Slide cone to cone, drop-step each turn; add a dribbler to shadow when ready. Nose behind knees, no crossed feet.

SECTION 03 · AGES 11–13

Middle School

Stage Priorities

We spend time on:

- Weak-hand and combo dribbling vs live pressure
- Form-to-range shooting: on balance, repeatable to the arc
- 5-out motion: pass–cut–fill live with reads
- Shell-drill defense: ball–you–man, help and recover
- 2-2-1 press intro and the 1-4 press break
- Advantage play: 2v1, 3v2 decisions at speed

Watch-outs at this age:

- Growth spurts wreck coordination — re-teach footwork patiently
- Don't let one dominant handler bring the ball every trip
- Zone is allowed as a changeup only — man is the base
- Track FT and form-shooting numbers; celebrate improvement, not just makes

Weekly Plan — Session A: Skill Foundation (75 MIN)

Time	Block	Detail & coaching cues
0–10	Warm-up + two-ball handling	Two-ball pound, alternate, cross. Eyes up on coach's hand signals.
10–22	Change-of-pace cone series	Hesitation, in-out, cross at each cone, finish. Both sides of floor.
22–36	Form-to-range shooting	Make 5 at each spot moving out. Partner rebounds, calls out form breaks.
36–46	Star passing	5-spot pattern, follow your pass. Add second ball when clean.
46–58	Closeout 1v1	Roll ball out, sprint to closeout, play live to a stop or score.
58–70	3v3 Cutthroat	Three teams rotate on scores/stops. Constraint of the week (e.g., paint touch first).
70–75	FT routine + huddle	Same routine every rep: breath, bounce, shot. Record makes.

Weekly Plan — Session B: Concept Install (75 MIN)

Time	Block	Detail & coaching cues
0–10	Warm-up: full-court finishing	Chase-down layups in waves — sprint, catch ahead, finish.
10–25	5-out motion: teach → rep	5v0 pass–cut–fill, then reads: deny = backdoor, help = fill behind. (See Playbook.)
25–40	Shell drill	4v4. Jump to the ball on every pass; help one pass away; talk on every rep.
40–52	Press break: Breaker 1-4	Walk the spots, then live vs 5 defenders. Middle first, sideline second, never a corner.
52–70	5v5 halves	One half 5-out only, one half vs token 2-2-1 press. Freeze replays, max 20 seconds each.
70–75	Pressure FTs	Team target (e.g., 12 of 18) — miss the target, quick down-and-backs, shoot again.

Weekly Plan — Session C: Compete Day (75 MIN)

Time	Block	Detail & coaching cues
0–10	Warm-up + weak-hand full court	Down and back weak hand only, then combos.
10–25	2v1 / 3v2 continuous	Defense sprints back each wave. One-more pass beats hero ball.
25–40	Skill stations ×3	Finishing package, C&S; from the arc, handling vs pads.
40–65	Scrimmage with constraints	Quarters: (1) press after makes, (2) 5-out no calls, (3) OOB plays live, (4) open play.
65–75	Winner's circle	1v1 bracket or hot-shot contest. End on competition + one “program standard” moment.

Drill Library

Drill	Min	Focus	Setup · How to run · Coaching point
Two-Ball Series	8	Handling · coordination	Two balls each: pound, alternate, one-high-one-low, walk → jog, then two-ball cone weave. Pound hard; eyes on the rim.
Form-to-Range	14	Shooting progression	5 spots from 6 ft to the arc; 5 makes to advance, form break resets the spot. Same shot every distance — legs change, arms don't.
Star Passing	8	Passing · timing	5 lines in a star, follow your pass; add a second ball, then a defender in the middle. Outside hand, on time, on target.
Closeout 1v1	10	Closeouts	Defender under rim rolls ball to wing, sprints 2/3, chops to balance, high hand; live to score or stop. Shot away first, then slide.
Shell Drill 4v4	12	Team defense	Pass-only first (jump to ball), then live drives (help and recover). Ball-you-man triangle; talk is mandatory.
3v3 Cutthroat	12	Motion habits	Three teams; score stays, stop rotates. Offense must honor the week's constraint to count a score. Coach between reps.
2v1 / 3v2 Continuous	12	Decisions	Full-court waves vs retreating defense; score or stop flips the wave. Attack the free defender; make the easy pass early.
Chase-Down Finishing	8	Finishing · speed	Outlet catch at half court with a trailing defender; two dribbles max, finish through the chase. Ball high and away.
FT Routine Reps	6	Routine	Pairs at each rim, tracked on the board; exactly the same routine every rep. The routine is the skill.

SECTION 04 · AGES 14–18

High School

Stage Priorities

We spend time on:

- 4-out-1-in motion with post reads and dunker spacing
- Pick-and-roll: handling it and defending it (Ice, hedge, drop)
- Full press menu: Diamond, Cougar, Run & Jump
- Pack Line base + 2-3 zone and 1-3-1 trap changeups
- Special situations: ATO, BLOB/SLOB, 2-minute game
- Strength, conditioning, and film habits

Weekly rhythm (in-season):

- Day after game: film + regen + skill work (light legs)
- Mid-week: hardest practice — live defense, press reps
- Day before game: scout walk-through + shooting + situations
- Every practice keeps a skill block — varsity players still develop

Weekly Plan — Session A: Skill + Defensive Foundation (90 MIN)

Time	Block	Detail & coaching cues
0–08	Dynamic warm-up	Movement prep + band work; captains lead.
08–24	Skill circuit	3 stations: 55-second C&S; PnR reads 2v2, finishing package vs pad.
24–38	Shell → live 4v4	Pack Line rules: gap positions, no middle, closeout short. Score stops.
38–50	Defensive transition: 5v4 scramble	Sprint back, build from the rim out, talk matchups.
50–70	5v5 half-court: 4-out-1-in live	Paint-touch constraint. Freeze replays under 20 seconds.
70–78	Conditioning: 17s	Sideline-to-sideline ×17 in :60 — leaders set the standard.
78–88	Pressure free throws	1-and-1s with team consequences; simulate bonus situations.
88–90	Huddle + film cue	Name tomorrow's emphasis; one clip assignment.

Weekly Plan — Session B: System Install (90 MIN)

Time	Block	Detail & coaching cues
0–08	Warm-up + finishing waves	Rim runs and catch-ahead finishes at game speed.
08–28	Offense install	4-out-1-in reads 5v0 → 5v5; layer of the week (Horns set, zone attack).
28–48	Press install	Diamond and Cougar walk → live. Trap technique: feet, hands, no reach fouls.
48–60	Press break vs our own press	Best pressure we'll see all week is our own. Middle–sideline–reverse reads.
60–75	OOB package	BLOB Box, Stack, SLOB Winner — rep each vs live defense.
75–88	Situational 5v5	Scripted: down 4 with 2:00, up 3 with :30, ATO needs a 3.

Time	Block	Detail & coaching cues
88–90	Huddle	Players teach the install back in 30 seconds.

Weekly Plan — Session C: Game Prep & Compete (90 MIN)

Time	Block	Detail & coaching cues
0–08	Warm-up + hot-hand shooting	Game-spot shooting with movement, partner competition.
08–22	Scout walk-through	Opponent's top 3 actions and personnel; scout team runs them.
22–40	Live game-plan reps	Coverage of the week (Ice all side PnRs, trap their star, etc.).
40–62	Controlled scrimmage	Refs if possible. Coach only the game-plan behaviors.
62–75	2-minute game	Score/clock scripted; use timeouts, fouls, press decisions correctly.
75–88	Compete finisher	5v5 to 7 by 1s and 2s, losers run — winners shoot the run away at the line.
88–90	Huddle	Game keys ×3, said by players, not coaches.

Drill Library

Drill	Min	Focus	Setup · How to run · Coaching point
55-Second Shooting	6	C&S; · conditioning	Shooter/passers/rebounder, 5 game spots; max makes in :55, sprint between spots. Hop into the catch, same release under fatigue.
PnR Reads 2v2	10	Ball-screen decisions	Defense calls coverage (drop/hedge/ice); offense makes the counter-read: pocket, reject, split, kick. Read the second defender.
Pack Line Shell Live	12	Team defense	4v4/5v5 fully live; a middle touch is an automatic loss. Two feet in the gap off the ball; closeout short and mean.
Circle Box-Out War	8	Rebounding	3v3 around the FT circle, coach shoots; hit, find, pursue. Offensive board = defense runs. Contact first, ball second.
11-Man Break	12	Transition	Continuous 3v2 both directions with outlet lines; scorers stay on. Sprint wide lanes; ball ahead of the dribble.
5v4 Scramble	10	Defensive transition	Offense outlets before defense matches up; build from the rim out, sprint to matchups, play to a stop.
Trap Technique 2v1	8	Press discipline	Two trappers vs a handler in a sideline box; trap the pickup, feet in an L, hands trace. We want the panic pass, never the foul.
Press Break vs Scout	10	Poise vs pressure	Starters vs scout press: +2 scoring off the break, +1 clean cross, defense point per turnover. Middle first, sideline second.
2-Minute Game	12	Game management	Scripted score/clock/bonus/timeouts, played with real rules; rotate scripts weekly. Rehearse who calls timeout, who fouls, who inbounds.

PLAYBOOK 01

Offense

Spacing is the system. 5-out motion is the program's foundation and the varsity's changeup; 4-out-1-in is the varsity base. Set plays are layered on top and always finish in our spacing.

Spacing rules — every age, every possession

- **15–18 feet between players**, always. If you can hand your teammate the ball, one of you is wrong.
- **Every pass is followed by an action:** 45-cut, screen away, or relocate.
- **Cut hard, fill fast.** An empty spot is a magnet — the nearest player fills it immediately.
- **Drives have exits:** baseline drive → drift and dunker; middle drive → lift and fill behind.
- **Paint touches create shots.** Hunt the lane by pass or drive, then play out of the collapse.

BASE OFFENSE · ALL AGES

5-Out Motion — Pass, Cut & Fill

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

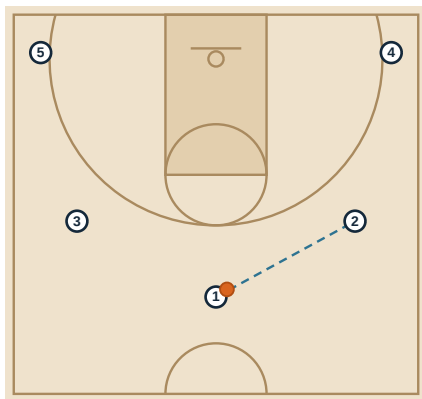
The program's foundation. Five players space the arc — top, wings, corners — and the offense is three habits repeated forever: pass, cut hard to the rim, fill the open spot. No play call, no pattern to scout, every player developing the same skills.

When to run it: Base half-court offense for Youth and Middle School; changeup and delay offense for High School.

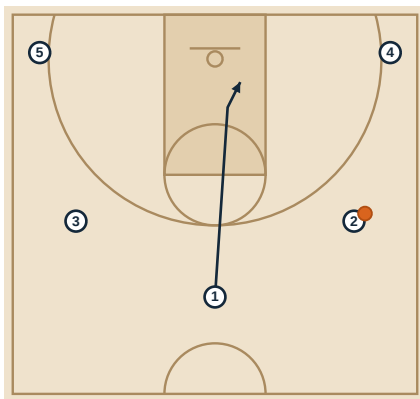
Coaching points

- Cut at game speed with hands ready — lazy cuts kill the offense worse than turnovers.
- Fill immediately: an open spot should never exist for more than one beat.
- If your defender denies the pass, backdoor cut — the counter is automatic, not called.
- Spacing check: 15–18 feet apart, corners all the way down.

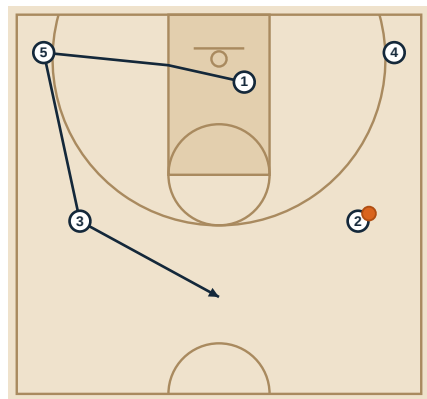
Age adaptation: **Youth 7–10:** This IS the offense. Teach it as 3v3 (top + two wings) before 5v5. **Middle 11–13:** Add reads: deny = backdoor, help off the cutter = fill behind. Layer screen-away. **High School:** Runs as the changeup and the delay game; blends with Drive & Space rules below.



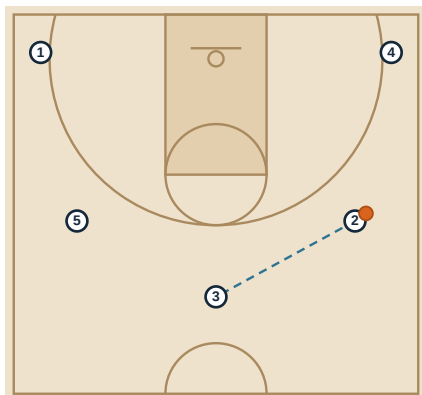
1. 1 passes to the wing. Every pass triggers an action — the defense never gets a still picture.



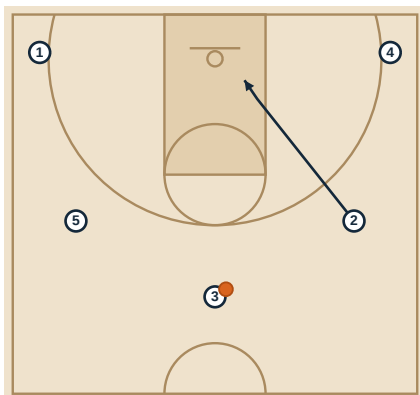
2. The passer 45-cuts hard to the rim, eyes on the ball, hands ready for the return pass.



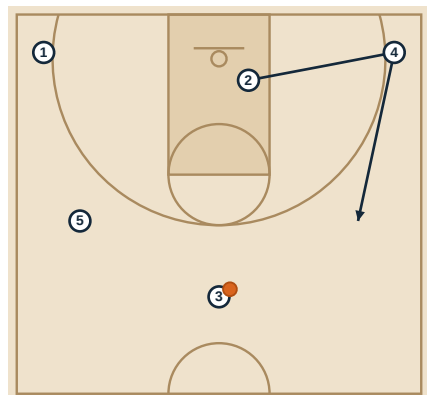
3. Cutter clears to the weak corner and the whole weak side fills up one spot. Spacing restored in one beat.



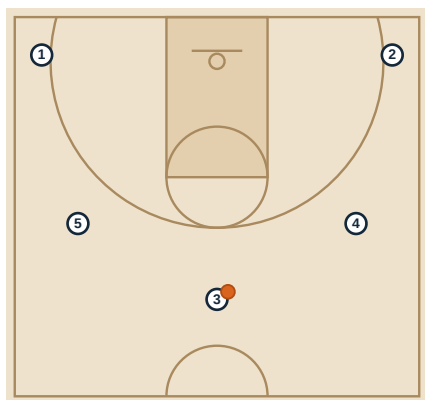
4. Ball reverses to the new top — the pattern repeats on the other side, forever.



5. 2 cuts on the pass. If the defense cheats into the lane, the backdoor window is already open.



6. Fill and play on. This is our offense: no play call, just habits the defense can't scout.



7. And look at the floor: top, two wings, two corners — the opening shape with every player one seat over. One full cycle, no reset needed, because the offense never leaves its shape. It runs until the defense cracks.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · DRIVE REACTIONS

5-Out — Drive & Space

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

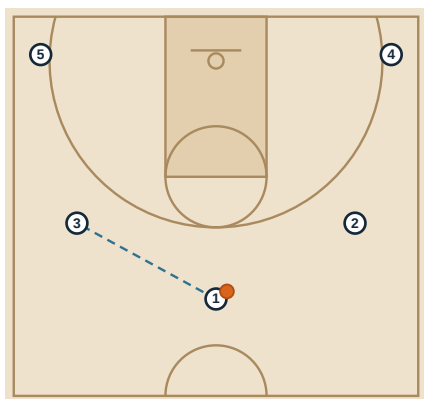
The second layer of 5-out: what the other four players do when someone drives. Baseline drive — ballside corner lifts out of the drive lane, top fills behind, weak side spaces low for the kick. Middle drive — wings lift, corners hold. The driver always has three outlets.

When to run it: Installed as soon as pass-cut-fill is clean. This turns dribble penetration from chaos into offense.

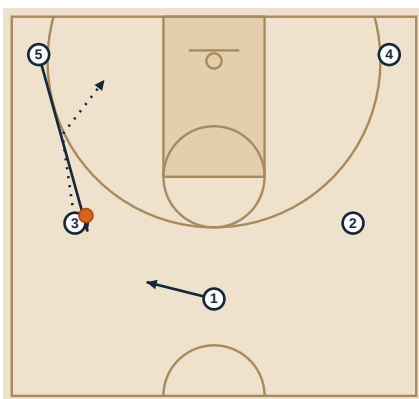
Coaching points

- The drive is FOR the team — collapse the defense, then spray. Score only what's given.
- Driver exits to the corner after kicking; spacing resets instantly.
- The second drive beats the first: attack the closeout after the kick.
- Reactions have names — Lift, Fill, Drift — so we can coach them in one word.

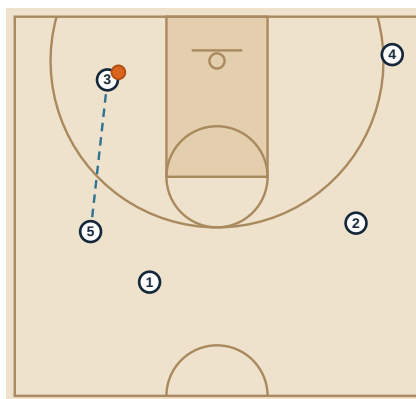
Age adaptation: Youth 7–10: Teach through 3v3 drive-and-kick games — no lecture needed. **Middle 11–13:** Name and quiz the reactions; add the weakside 45 exchange. **High School:** Full rules both directions; punish help with corner threes and dunker dumps.



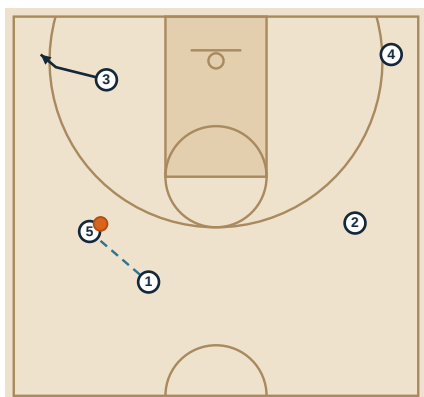
1. Entry to the wing — defense shifts, gaps open.



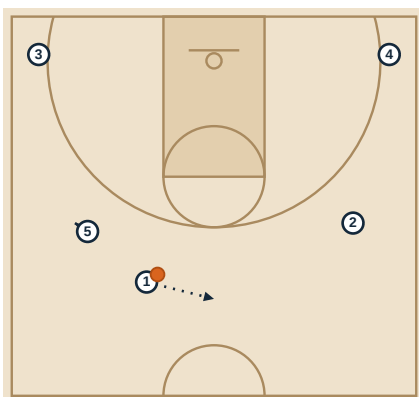
2. 3 attacks baseline. Ballside corner LIFTS out of the drive lane; top FILLS behind for safety.



3. The collapse creates the kick — out to the lift for the open three or the next attack.



4. Driver exits to the corner he emptied; ball swings on. Spacing is already reset — attack again.



5. Cycle closed: 1 walks it back to the top with all five spots refilled — top, wings, corners. Drive two starts now, against a defense that just had to rotate twice.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · DHO LAYER

5-Out — Weave (Dribble Handoffs)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

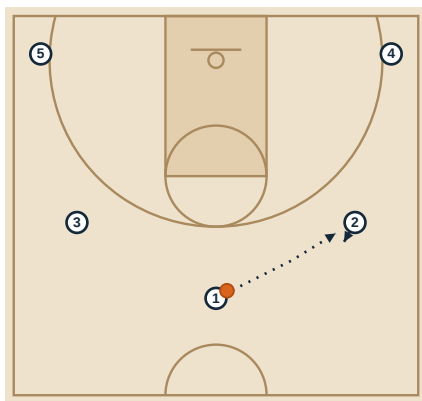
The handoff layer of 5-out. Instead of passing and cutting, the ball handler dribbles AT a teammate and hands the ball off — a moving screen the defense has to chase through at full speed. Handoffs chain side to side until somebody turns a corner.

When to run it: Against teams that deny passing lanes or switch everything — the DHO punishes both. Also our delay-game action with the lead.

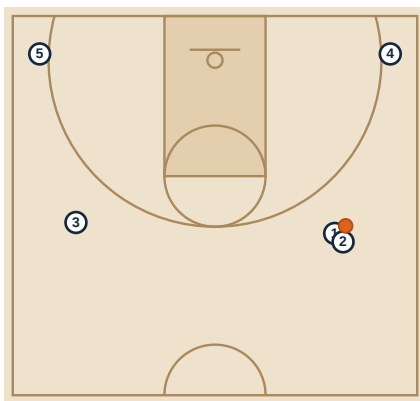
Coaching points

- Dribbling AT a teammate is the trigger — he sprints into the handoff, never stands and waits.
- The handoff is a screen: hand it off hip-to-hip and hold your ground for the brush.
- Receiver's eyes go to the rim FIRST — the trailing defender means the corner is already turned.
- If the defense jumps the handoff, keep it and drive — the fake DHO is the best DHO.

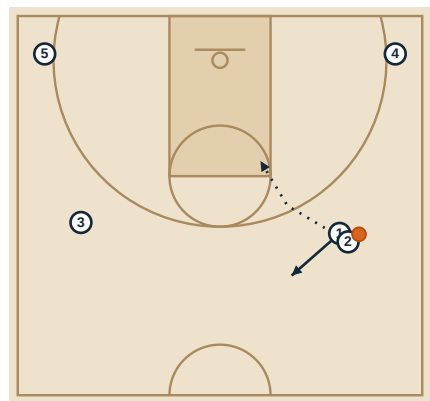
Age adaptation: Youth 7–10: Not yet — pass and cut only. **Middle 11–13:** Teach late season as a 2-man game on one side. **High School:** Full weave: chain 2–3 handoffs and flow straight into a step-up ball screen.



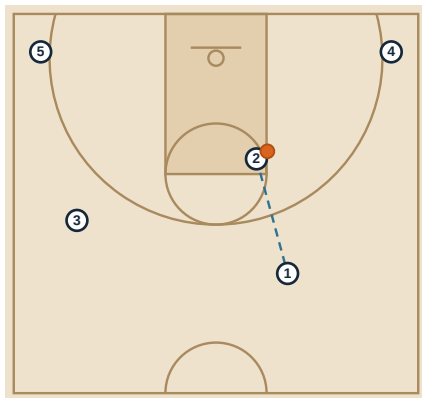
1. 1 dribbles AT the wing — that's the trigger. 2 sprints toward the ball to meet the handoff.



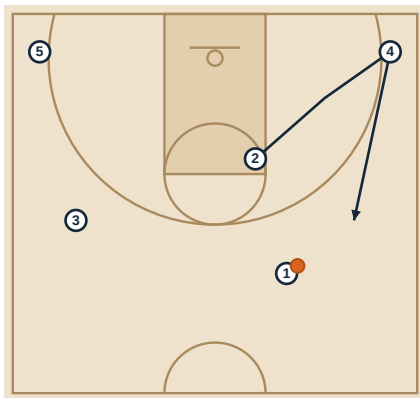
2. The handoff, hip to hip. It's a moving screen — 2 catches at speed with his defender stuck behind.



3. 2 turns the corner downhill off the brush; 1 pops behind the play for the throwback.



4. Reads in order: rim, corner drift, throwback. Here the throwback — 1 steps into the rhythm three.



5. Nothing clean? 2 clears through, corner lifts, and the weave restarts on the other side. Handoffs chain until the defense breaks.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · PNR LAYER

5-Out — Step-Up Pick & Roll

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

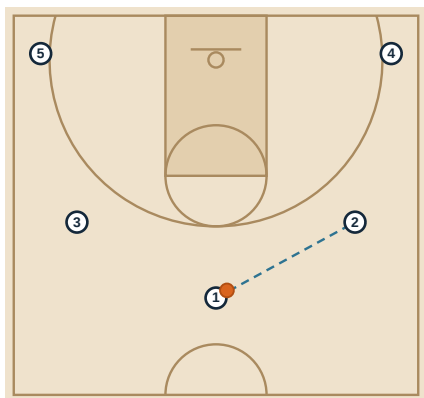
The ball-screen layer of 5-out. With no big clogging the lane, ANY player can sprint into a step-up screen — usually from the corner. The roll happens into an empty paint, and the three players behind the play shift one spot so the pocket, the corner, and the fill are all live at once.

When to run it: When the defense sits in the gaps and takes away cuts and handoffs — the ball screen forces two defenders to commit to the ball.

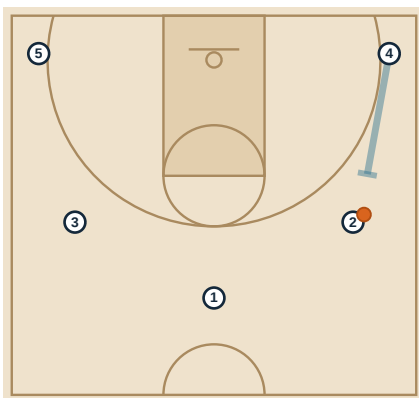
Coaching points

- Screener sprints INTO the screen — a walking screen lets the defense set its coverage.
- Handler's job is two defenders on the ball; then someone is open by math.
- Roll into space with hands ready — in 5-out the rim is empty and the pocket pass is a layup.
- Behind the play: everyone shifts one spot. The weakside corner NEVER moves — that three is the counter to the help.

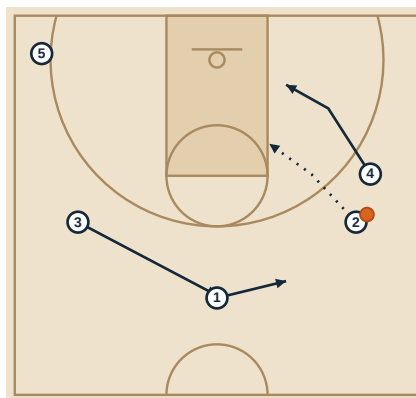
Age adaptation: Youth 7–10: Not yet — pass and cut only. **Middle 11–13:** 2v2 step-up reps on the side, no coverage reads. **High School:** Full layer with reads vs drop, hedge, and switch — plus “re-screen” call.



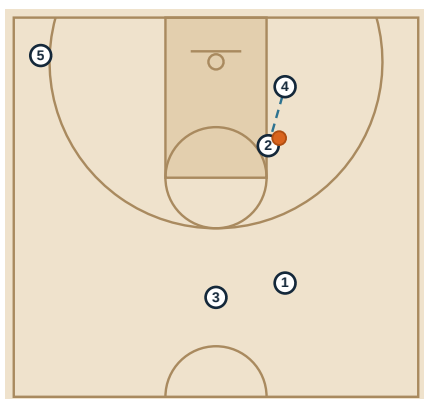
1. Entry to the wing — and watch the corner: he's the screener in 5-out.



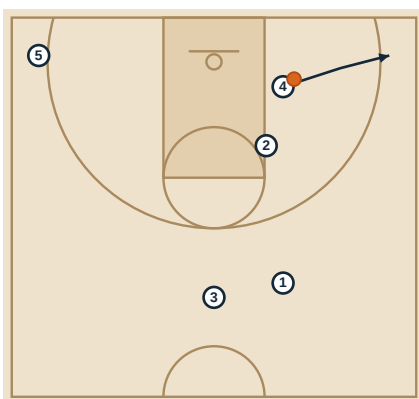
2. 4 sprints out of the corner into the step-up screen. In 5-out ANY player can be the screener.



3. 2 turns the corner; 4 rolls into an EMPTY lane. Behind the play everyone shifts one spot over.



4. Pocket pass to the roller — finish or dump-off. If the low man helps, the corner three is open behind him.



5. No advantage? 4 clears back to the corner, spacing resets, motion continues. The PnR is a layer, never a stoppage.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

VARSITY BASE · SPACING + POST

4-Out 1-In Motion

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

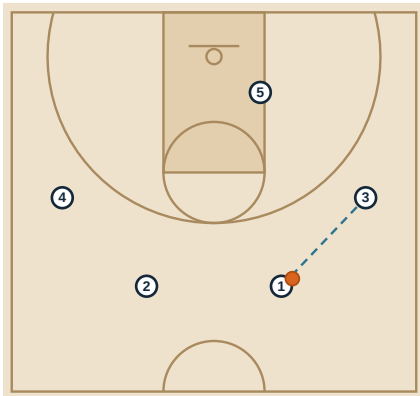
The varsity base: four perimeter players in the slots and wings, one big living block-to-block and in the dunker. All the 5-out habits carry over — pass, cut, fill — plus a post presence for seals, offensive rebounds, and inside-out threes.

When to run it: High school base offense when you have at least one capable interior player. Everything installs on top of the 5-out habits players already own.

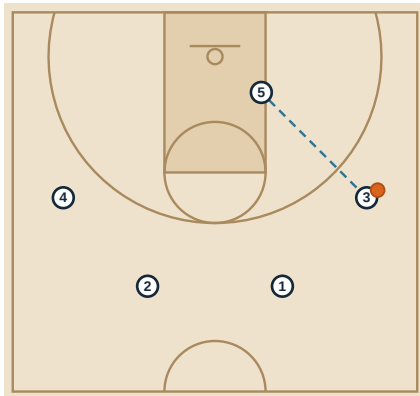
Coaching points

- 5 follows the ball block-to-block; on baseline drives he slides to the dunker, never clogs the lane.
- Post entry is a trigger: passer Laker-cuts, weak side fills behind — layup first, spacing second.
- Inside-out is the best three in basketball — 5 must WANT to kick out of a crowd.
- All four perimeter spots are interchangeable — no “point guard only” spots.

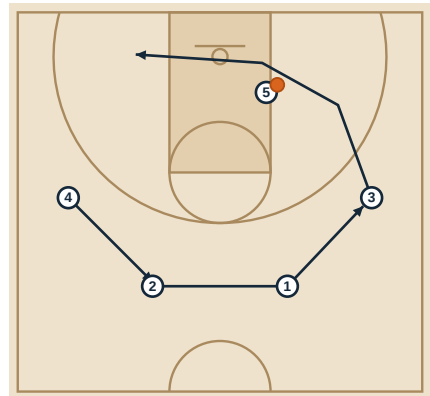
Age adaptation: Youth 7–10: Not used — stay 5-out. **Middle 11–13:** Introduce late season only if you have a true post presence. **High School:** Base offense. Layer step-up and middle ball screens with the same spacing rules.



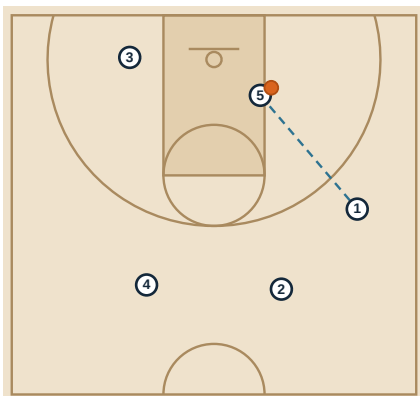
1. Wing entry — 5 fights for the ballside seal while the ball is in the air.



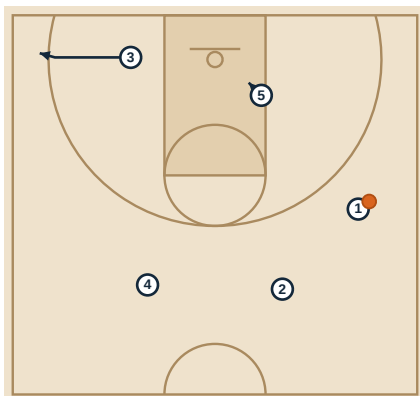
2. The seal wins: feed the post. Feeder's defender turns to look — that's the cue.



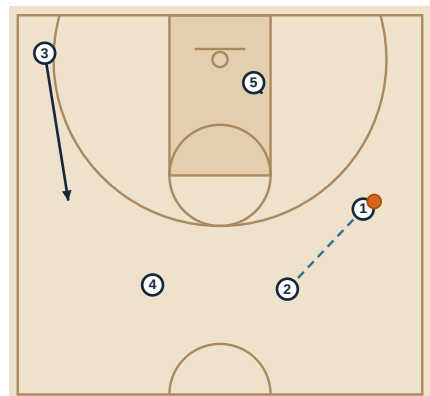
3. Passer Laker-cuts low off the post — layup window — then clears weak. Perimeter fills behind.



4. 5 plays the read: score 1-on-1, or inside-out to the refilled wing for the rhythm three.



5. Ball keeps moving, 5 re-posts following it. Every pass still triggers a cut — motion never stops.



6. Swing it once more and the picture is the opener exactly: two slots, two wings, 5 sealing the ballside block. One full cycle with rotated personnel — run it all night.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · UCLA + FLEX

Swing Offense (Bo Ryan · Wisconsin)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

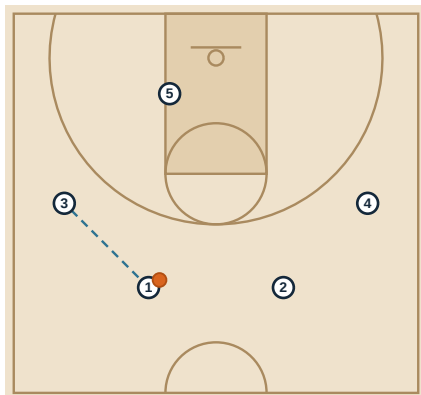
The continuity Bo Ryan rode to two decades of Wisconsin excellence. Four out, one in — but the post is a rotating job, not a person: every slot-to-wing pass triggers a UCLA back-screen that dives a guard onto the block, and every reversal crosses the post with the ball. Patient, physical, and impossible to scout because all five players play all five spots.

When to run it: Half-court base when you value every possession: control tempo, hunt post-ups and free throws, and make the defense guard 25+ seconds of screens. This animation runs the FULL cycle — watch it return to its opening shape with new bodies.

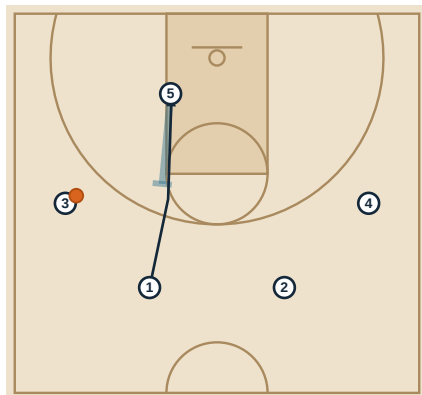
Coaching points

- Every slot-to-wing pass = UCLA screen behind it. No exceptions — the trigger is the teaching.
- Cut to the block wanting the ball: the seal IS the shot. Lazy UCLA cuts kill the Swing.
- The post crosses the lane on every swing, sealing ballside — he is always a target.
- Reversal passes must be on time: slot-slot-wing in two beats stretches the defense side to side.
- Guards must learn to post, bigs must learn to pass from the slot — that interchange is the weapon.

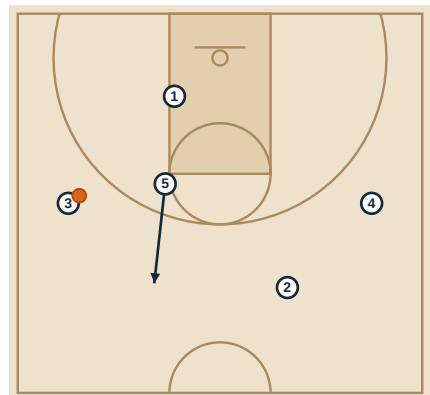
Age adaptation: Middle 11–13: Install the UCLA-cut trigger only; add the full continuity when reversals are crisp. **High School:** Full system. Layer the flex cross-screen counter when teams cheat the UCLA screen.



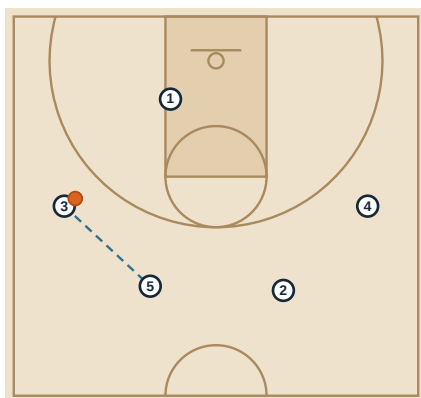
1. Slot-to-wing entry. In the Swing every pass triggers an action — this one triggers the UCLA screen.



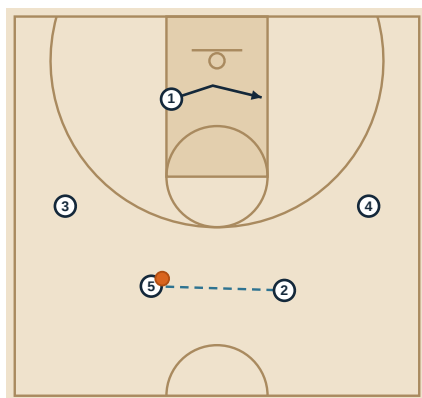
2. 5 back-screens and 1 UCLA-cuts to the block. First look every time: the post-up to a guard sealing deep.



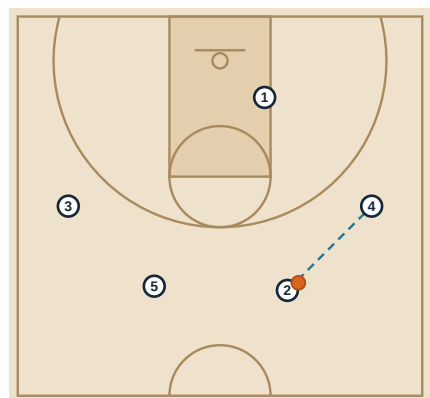
3. Screener pops to the vacated slot. Guard and post just traded jobs — all five players play every spot.



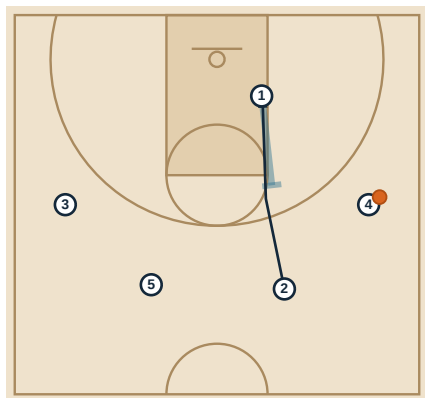
4. Reversal begins: wing back to the slot.



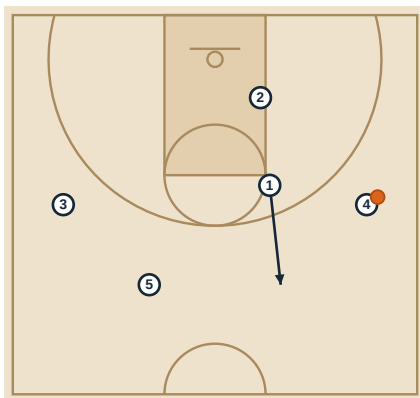
5. Slot to slot — and the post crosses the lane WITH the ball, sealing ballside on every swing.



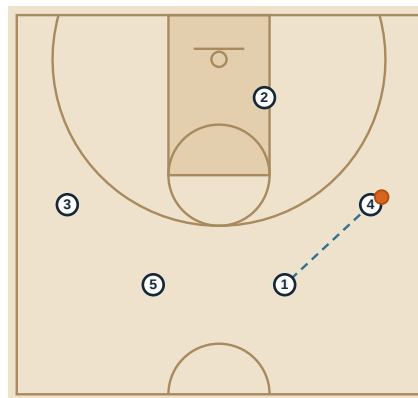
6. Wing entry on the new side. Same trigger, mirrored.



7. Now 1 is the screener: UCLA back-screen, 2 dives to the block. The pattern repeats with new bodies.



8. 1 pops out top, spacing heals itself.



9. Safety reversal — and look at the floor: two slots, two wings, one post. The EXACT opening shape, with 2 in the post and 5 running the point. Full cycle complete; it has no counter because it has no end.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · AASAA

Dribble Drive Motion (Walberg · Calipari)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

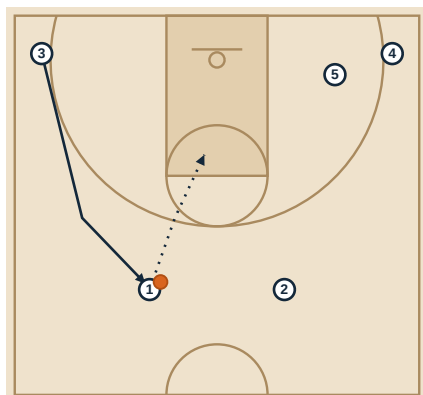
Vance Walberg invented it, John Calipari made it famous at Memphis and Kentucky: four out, 5 living in the weakside short corner, and NO entry pass — the offense is a chain of drives. Walberg called it AASAA: Attack, Attack, Skip, Attack, Attack. Every drive collapses the defense a little more until the rim, the corner three, or the dunker dump-off appears.

When to run it: When your guards beat people off the bounce. It punishes packed gaps with kick-ups and skips, and turns every closeout into the next attack. The animation runs the full Attack–Attack–Skip–Attack–dump cycle through reset.

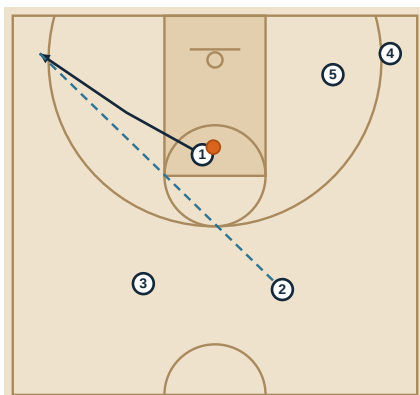
Coaching points

- Drive to score, not to pass — the kick-up is what the defense GIVES, never the plan.
- The driver who picks up loops out to the empty corner: spacing refills itself.
- 5 lives opposite the ball, always: his defender can never both protect the rim and find him.
- Corners are shooters first — feet set, ready on every drive.
- Second and third drives beat set defenses; attack before the floor resets.

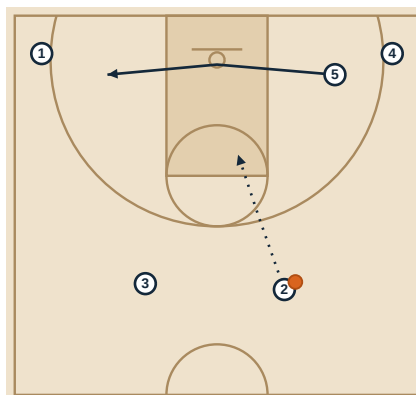
Age adaptation: Middle 11–13: Teach as 3-out drive-and-kick games first; add the dunker in year two. **High School:** Full AASAA with the loop, kick-up, and skip reads. Pairs perfectly with our 5-out habits.



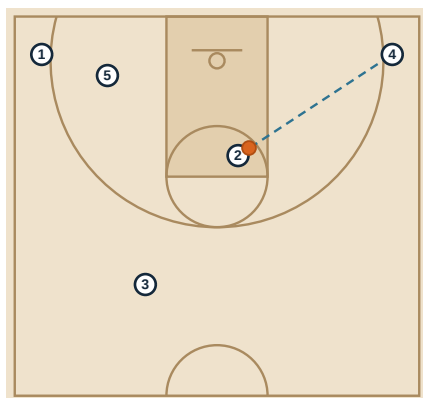
1. No play call, no entry pass — 1 just attacks the gap. The ballside corner lifts to fill behind him.



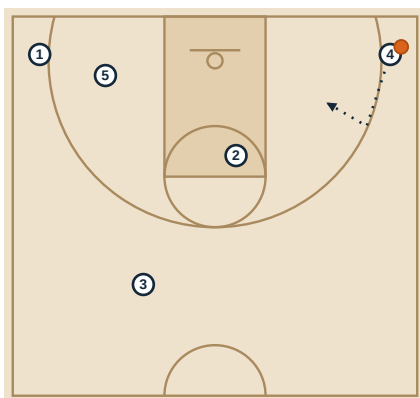
2. Help stops the drive: kick UP to the next slot and loop out to the empty corner. Attack two is already loading.



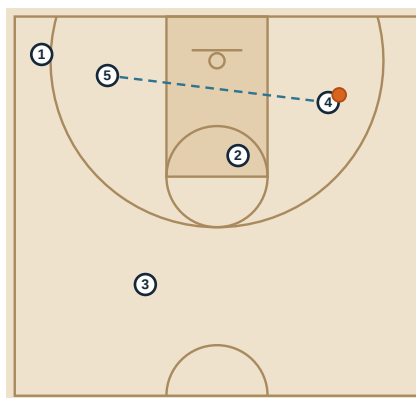
3. 2 attacks immediately — before the defense resets. 5 slides across the baseline to stay opposite the ball.



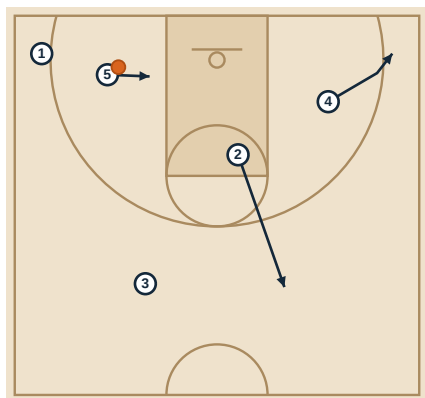
4. The “S” in AASAA: skip to the weakside corner, which is always open once the help has swallowed two drives.



5. Attack the closeout — the third drive in twelve seconds, against a defense that never got set.



6. The rim protector commits — so the dunker eats. Dump-off, layup or foul. This pass is why 5 lives down there.



7. And the reset is automatic: two slots, two corners, 5 opposite the ball — the opening shape, flipped. Attack, attack, skip, attack, attack. Forever.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · PNR CHAIN

Continuity Ball Screen

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

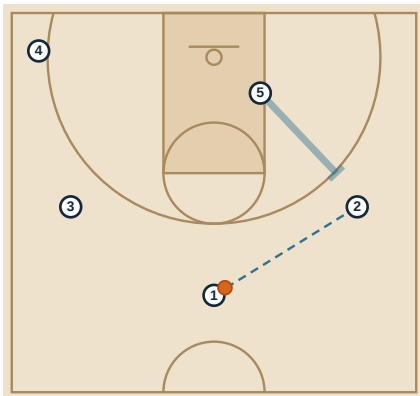
The modern college staple — run in some form by half of Division I. One big sprints from ball screen to ball screen, side to side, while the four perimeter players shift one spot behind every screen. The defense has to solve a fresh pick-and-roll every four seconds, each one arriving before the last rotation has recovered.

When to run it: The half-court base when you have one athletic big and guards who can read coverages. Every possession produces a PnR advantage somewhere; the reversal IS the counter. Animation runs the full side-to-side chain back to the opening picture.

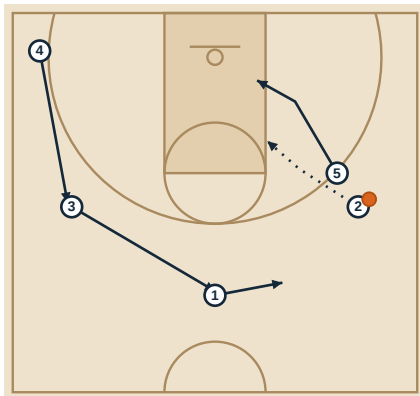
Coaching points

- 5 sprints into every screen — a walking screen lets the coverage set, a sprinting one breaks it.
- Handler reads in order: rim, pocket, corners, kick-back. The kick-back is not failure — it loads the next screen.
- Perimeter shifts one spot behind every screen, automatically. Nobody watches the ball.
- Roll hard every time even when covered: the roll is what bends the floor for the corners.
- Coverage counters: vs drop — pull-up; vs hedge — slip; vs switch — post the mismatch or re-screen.

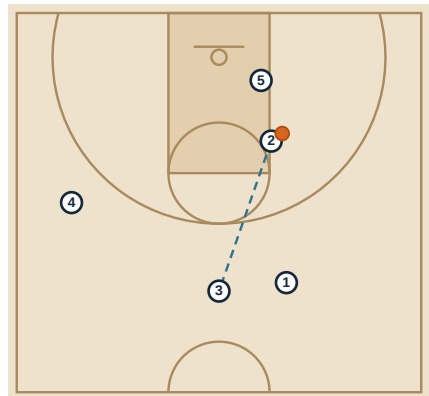
Age adaptation: Middle 11–13: Two-side pattern at walk speed; live once the shifts are automatic. **High School:** Full chain plus coverage counters called at the rim: “drop!”, “ice!”, “switch!”.



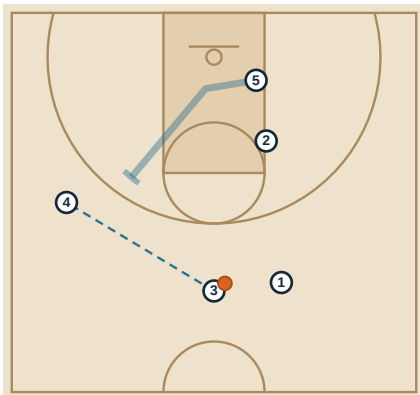
1. Wing entry — and 5 is already sprinting into the ball screen. The offense is a chain of these.



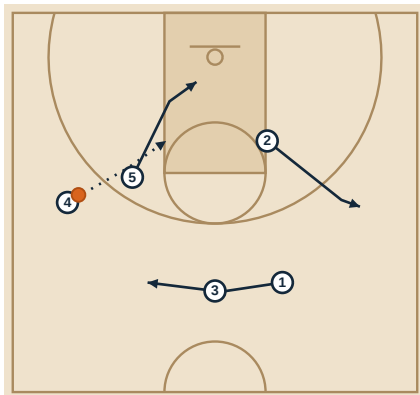
2. Screen and roll into an empty lane — and every perimeter player shifts one spot behind the ball. Read: rim, pocket, corners.



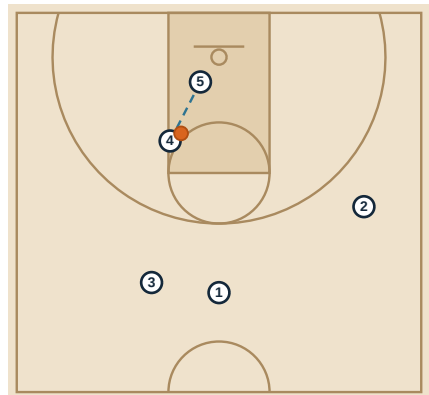
3. Nothing clean? Kick back. The reversal isn't a failure — it's the trigger for the next screen.



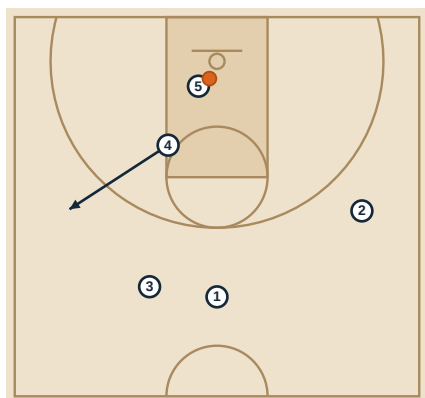
4. Swing to the wing while 5 sprints block to block into the next screen. The defense never gets a still frame.



5. Same picture, other side: turn the corner, roll hard, shift and fill. Two screens in and the floor is still perfectly spaced.



6. The reward comes when a rotation is a half-second late: pocket pass, layup.



7. And if it's covered? Kick out and keep the chain running — the shape under the ball is identical to the opening alignment. No beginning, no end.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · POST + SCREENS

Screening Motion (Rick Majerus)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

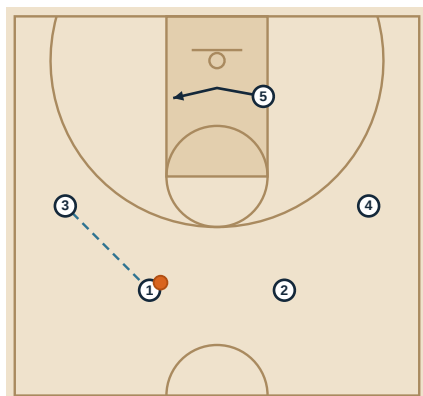
Rick Majerus — maybe the finest teacher of half-court offense the college game has produced — built his Utah teams on this: four out, one in, where every pass is followed by a screen away and the post crosses the lane to meet the ball on every reversal. Nothing fancy, everything precise: angles, timing, and a sealed post catch at the end of the chain.

When to run it: For teams that execute: it rewards screening angles and timing over athleticism. Runs full cycle here — entry, screen-away, reversal, mirror, and the post payoff, ending in the opening shape.

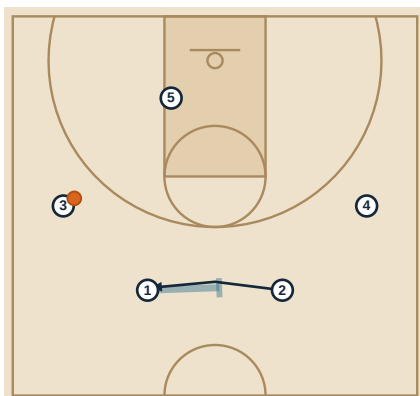
Coaching points

- Screens are set at the defender, not at a spot — chest to the shoulder he wants to go through.
- The cutter sets his man up: walk him in, then explode off the screen shoulder-to-shoulder.
- The post runs to the ball on EVERY pass across the floor — he is always a target, always sealing.
- Look inside before every reversal: the swing means nothing if the defense never fears the block.
- Weakside wing rule: overplayed = backdoor, sagged = expect the pindown.

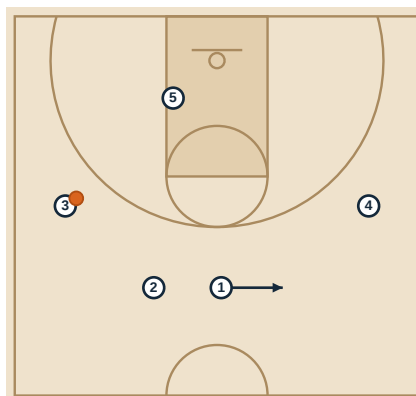
Age adaptation: **Middle 11–13:** The perfect first continuity: teaches screening angles with simple spacing. **High School:** Base or changeup; layer pindowns and flare screens on the weak side.



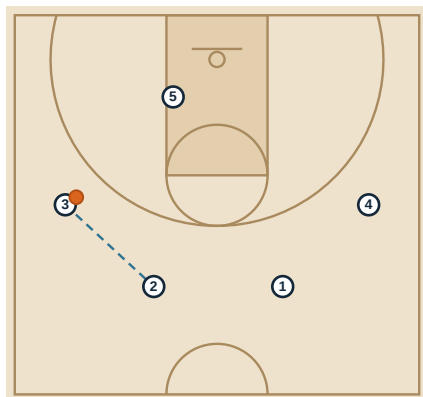
1. Wing entry — and the post runs to the ball. Majerus's first rule: the post is ALWAYS a target.



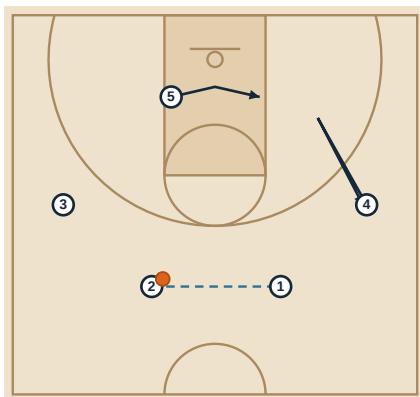
2. The passer screens away, slot to slot. Twenty-five feet from the ball, two defenders still have to solve a screen.



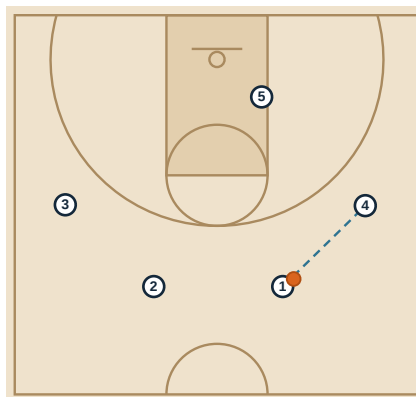
3. Screener pops to the open slot. Four out, always — the shape heals itself after every action.



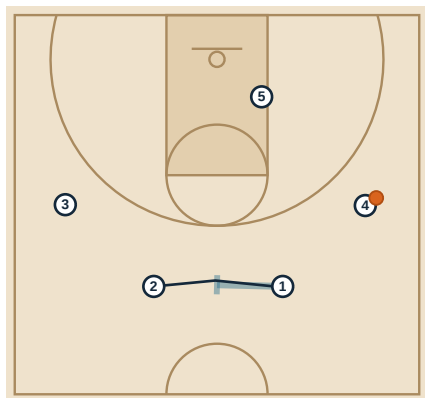
4. Look inside first. Then reverse.



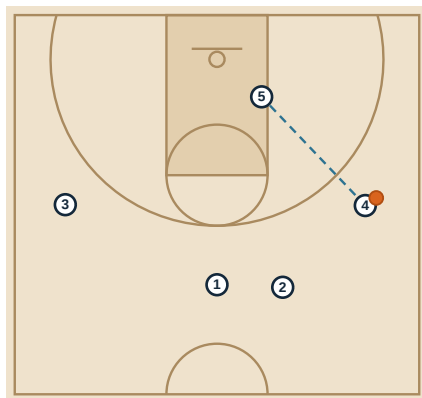
5. Swing — the post crosses with the ball and the weakside wing tests the backdoor before refilling.



6. Wing entry, new side. Post sealed. The motion has mirrored itself.



7. Screen away again — and the continuity is home: the exact opening shape, every player one seat over.



8. The payoff Majerus built it all for: a deep post catch against a defender who has chased screens all possession. Score — or spray out and run it again.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SET PLAY · BALL SCREEN

Horns Twist

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

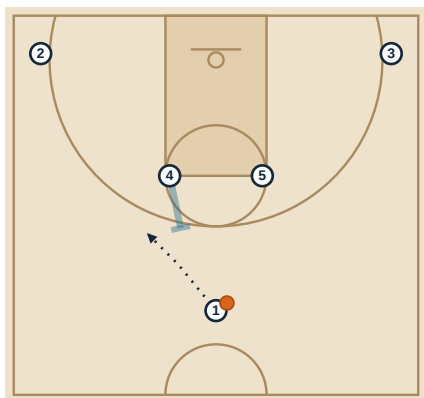
Our primary half-court set. Horns alignment — bigs at the elbows, shooters glued to the corners — with a double-drag twist: 1 refuses the first screen and turns the corner off the re-screen. Ends in 4-out spacing if nothing comes.

When to run it: Need-a-basket possessions, after timeouts, or to get a downhill paint touch against a set defense.

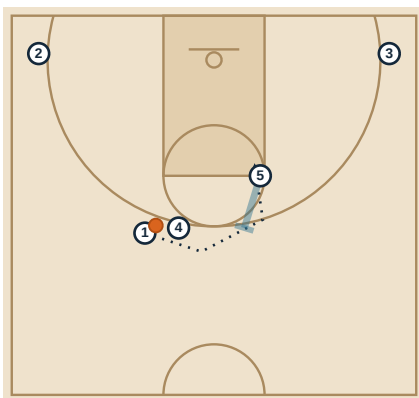
Coaching points

- Corners NEVER move early — their gravity is the play.
- Reads in order: rim (roller) → pocket → pop → corners. Say them in the huddle.
- The reject is always live: if X1 cheats over the first screen, 1 attacks the other way immediately.
- Call “Twist X” to flip the sides and screen order.

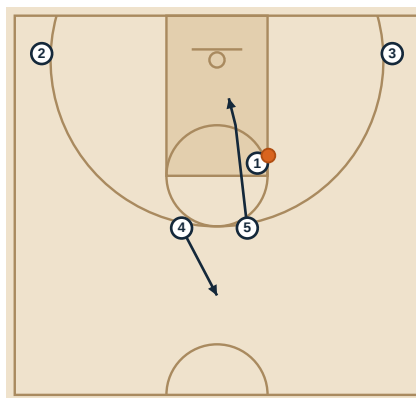
Age adaptation: Middle 11–13: Teach at walk speed as the intro to ball-screen play. **High School:** Primary set; add “veer” tag — second big slips to the rim instead of re-screening.



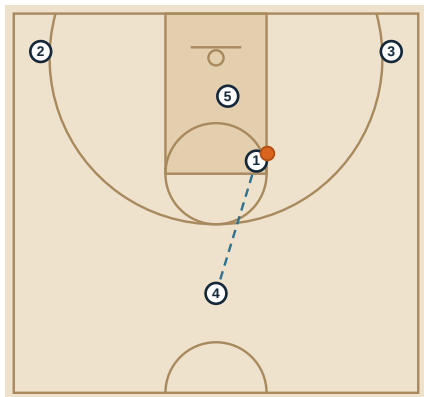
1. 1 attacks off 4's screen going left — make the defense commit to that side.



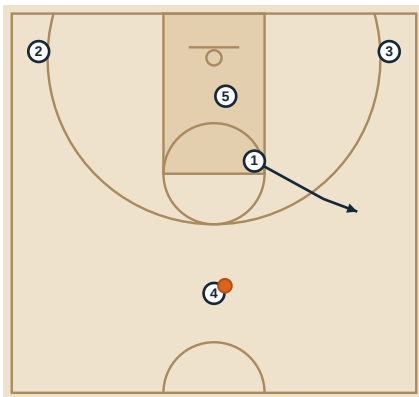
2. The twist: 5 re-screens and 1 snakes back right, turning the corner downhill.



3. 5 rolls hard to the rim, 4 pops to the top — pocket pass or throwback, pick your poison.



4. Pocket covered? Throwback to 4. The corners never moved — their defenders can't help.



5. No shot: 1 exits to the wing and we're in 4-out spacing with 5 inside. Motion continues.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE ATTACK · VS 2-3

Loader — Zone Offense vs 2-3

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

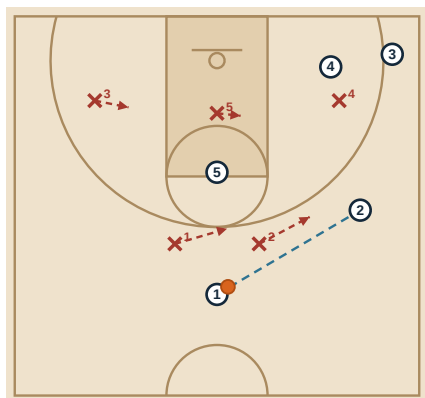
Overload one side of the zone and attack the seams it opens. Four perimeter players tilt the floor right; the high post is the release valve in the middle; the short corner lives behind the back line where zones can't see.

When to run it: Any 2-3 or matchup zone. The spacing principles are ours — only the target changes: attack seams and gaps, not defenders.

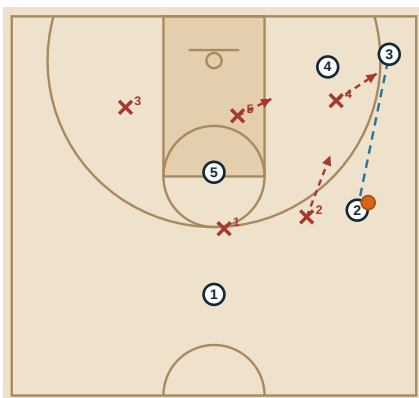
Coaching points

- A middle (high-post) catch beats every zone — hunt it first, every possession.
- The short corner is invisible to the back line — catch there and it's a layup or a foul.
- When the zone overloads with you, the skip to the weak wing is the kill shot.
- Screens work on zones too: pin the back forward when the corner catch is taken away.

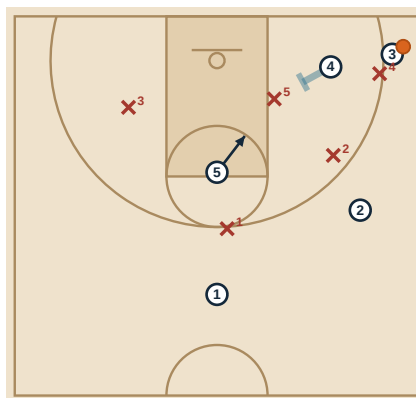
Age adaptation: **Middle 11–13:** Overload spacing only — keep it simple against occasional junk zones. **High School:** Full package; pair with the Cougar press to force tempo before the zone can set.



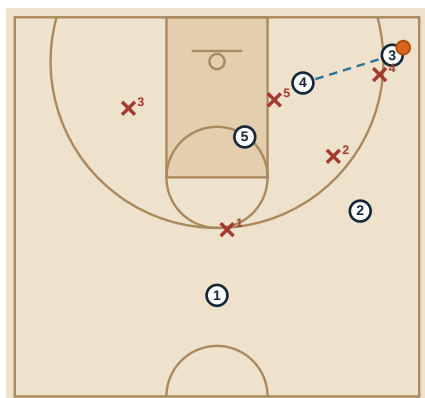
1. Wing entry tilts the zone — the whole overload is on one side now.



2. Corner catch: the back forward must sprint out, the center slides over — seams open behind them.



3. Attack the seams the shift created: 4 seals behind the zone, 5 dives to the middle gap.



4. Ball behind the zone — layup, or draw the center and dump to 5. If X4 recovers, skip weak and restart.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 02

Elite Sets & Pro Actions

Signature actions from the best staffs in basketball — Shaka Smart's Marquette ghost-screen flow, Spain pick-and-roll, Chicago Zoom action, the Spurs' Hammer, and the Warriors' Elevator Doors — translated into our language and finished in our spacing. Steal from the best; teach it your way.

ELITE SET · MARQUETTE FLOW

Ghost — Empty-Side Flow (Shaka Smart · Marquette)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

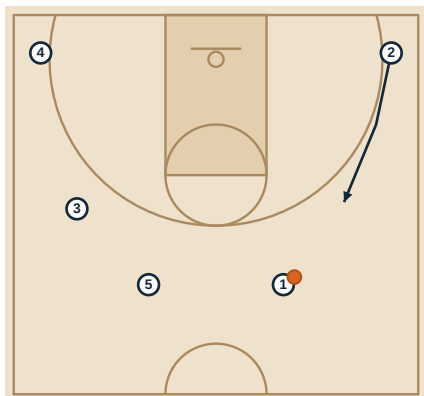
Straight from Shaka Smart's Marquette offense: stack the weak side to empty one half of the floor, then have the corner player sprint up as if to set a step-up ball screen — and GHOST it, slipping past with no contact. The on-ball defender braces for a screen that never comes; the corner defender is frozen between switching and staying. One second of indecision on an empty side is a layup.

When to run it: Flow action in any 5-out possession — no call needed once installed. Best against teams that pre-switch or “ice” ball screens: the ghost punishes the early commitment.

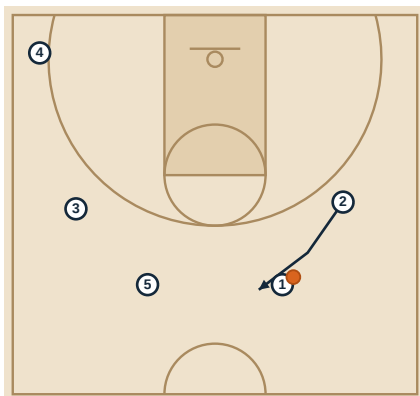
Coaching points

- The lie must be honest: 2 sprints out of the corner EXACTLY like a real step-up is coming.
- Empty side first — the whole action lives on the fact that there is no help defender within two passes.
- Ghost = no contact. Slip past the ball at full speed and lift behind it for the pullback three.
- 1 attacks the moment of the ghost, not after it — the indecision window is half a second.
- Mix them: real step-up one trip, ghost the next. The defense can never call it early again.

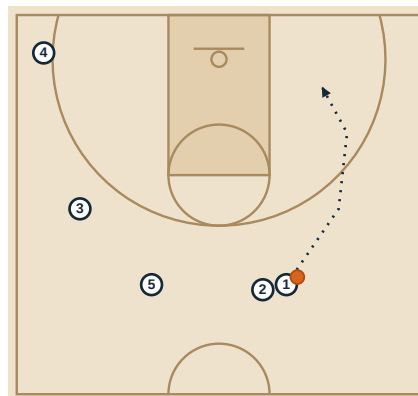
Age adaptation: Middle 11–13: Teach “empty side” spacing first; ghost comes when step-ups are clean. **High School:** Core flow layer — chain it: ghost into a real re-screen is nearly unguardable.



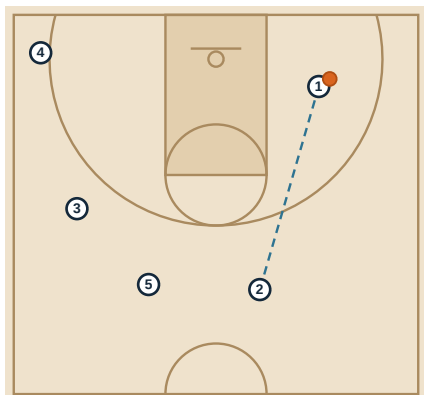
1. The whole left side is stacked — 1 and the corner are alone. 2 sprints up like a step-up screen is coming; X2 has to call it out and lean in.



2. The GHOST: no contact — 2 slips right past the ball and lifts to the slot. His defender is frozen between switch and stay.



3. 1 attacks the instant of indecision — downhill on the empty side with nobody home to help.



4. If X1 chased hard, the pullback to 2 is a walk-in three. Two scoring reads — and no screen was ever actually set.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · STACK PNR

Spain Pick & Roll

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

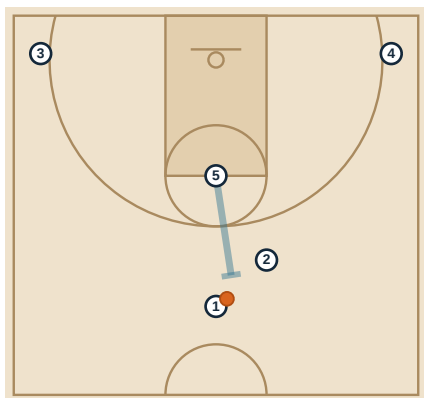
The most feared ball-screen action in modern basketball, popularized by the Spanish national team and now run by every NBA staff. A normal high ball screen — except a shooter back-screens the roller's defender at the nail, then pops. Three simultaneous threats from one action: the roll is un-helpable, the pop is unguardable if they switch, and the drive is open if they overload.

When to run it: Need-a-basket possessions and ATOs. Requires your best decision-maker on the ball and a shooter who screens willingly.

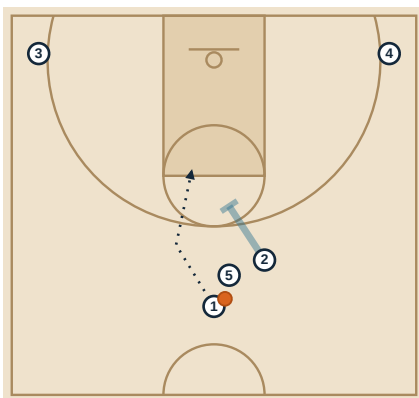
Coaching points

- The back screen is the play: 2 must actually HIT the roller's defender, then pop late.
- Read in order: lob/pocket to the roller → pop three → drive. Say it in the huddle every time.
- Timing: the back screen lands exactly as 1 turns the corner — early or late kills it.
- Corners stay glued: their gravity is what makes the lane empty for the dive.

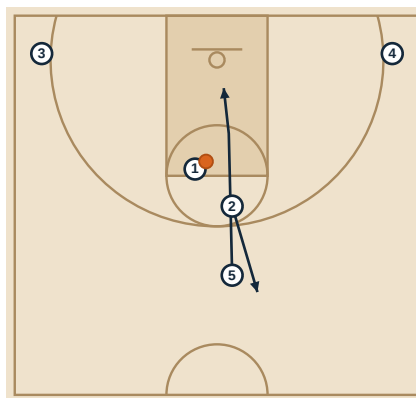
Age adaptation: Middle 11–13: Not yet — master the basic step-up first. **High School:** Install as the primary ATO. Tag "Spain X" to flip the sides.



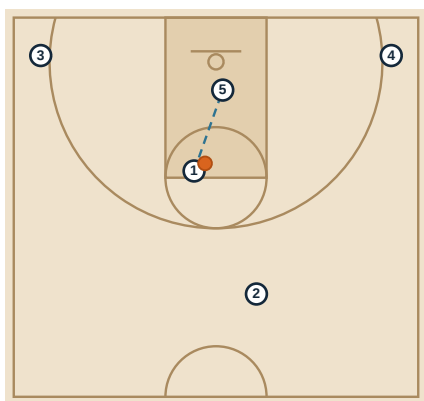
1. Looks like a normal high pick-and-roll: 5 sprints into the ball screen.



2. 1 turns the corner — and 2 slides to the nail to back-screen the roller's defender. That's the Spain.



3. 5 dives off the back screen with his defender pinned; 2 pops to the top behind the play.



4. First read: lob or pocket to the diving 5. If they switched the back screen, the pop three is wide open instead — pick your poison.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · PINDOWN + DHO

Zoom Action (Chicago)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

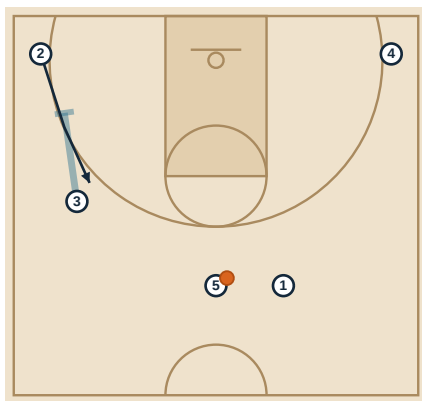
The modern NBA's favorite way to get a shooter downhill: a pindown screen that flows directly into a dribble handoff — two screens in two seconds, no pause between them. By the catch, the defender has fought through a pindown AND a handoff and is two steps behind a shooter moving at full speed.

When to run it: For your best movement shooter or downhill guard. Flow entry from 5-out — the corner player is always in position to start it.

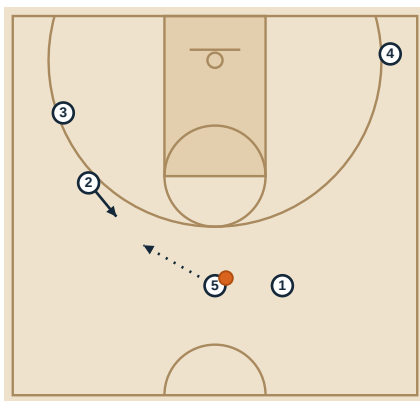
Coaching points

- No pause between pindown and handoff — the “zoom” is the seamlessness, not the pieces.
- The shooter reads his defender: chase = curl the handoff downhill; shortcut under = pop behind it for three.
- Handler dribbles AT the action so the handoff happens at speed, hip to hip.
- After the handoff, 5 flips into a roll — zoom becomes a pick-and-roll instantly.

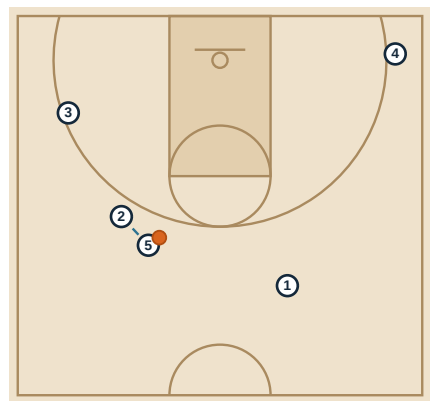
Age adaptation: Middle 11–13: Teach the pindown and the DHO separately; chain them when both are clean. **High School:** Base flow action; tag “Zoom Keep” — 5 fakes the handoff and attacks the sold-out chase.



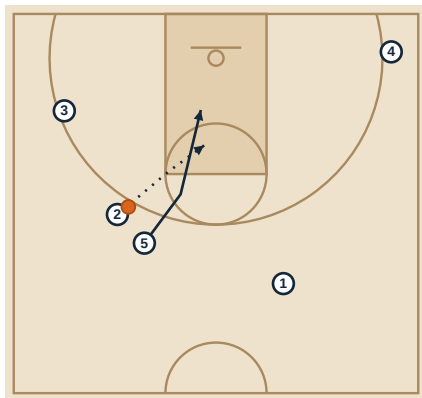
1. Pindown: 3 screens down for the corner shooter — 2 sprints off it like the shot is coming.



2. Zoom: 5 dribbles AT the action — the pindown flows straight into the handoff with no pause.



3. The handoff, hip to hip — 2 catches at full speed with his defender two screens behind.



4. 2 turns downhill as 5 flips into the roll — rim, pocket, or spray weak. The defense has been in rotation for three seconds.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · WEAKSIDE FLARE

Hammer (Spurs)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

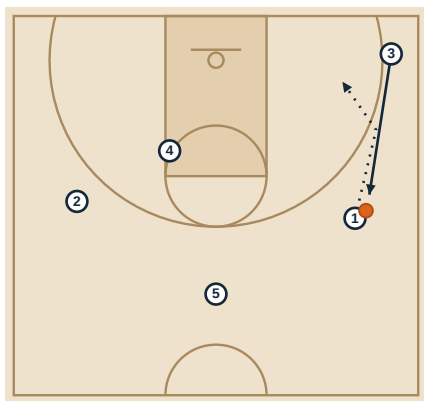
Gregg Popovich's masterpiece, drilled by San Antonio for two decades: a baseline drive on one side, and at the exact same moment a back-screen ("the hammer") along the opposite baseline drops a shooter into the weak corner. Help defenders watch the ball — none of them see the screen behind their heads.

When to run it: Automatic action any time we drive baseline: the weak side runs the hammer without a call. Also a set ATO.

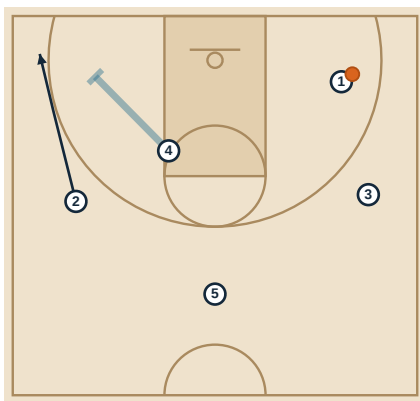
Coaching points

- The wraparound baseline pass is the skill — throw it flat and hard off two feet, outside the defender.
- Hammer screen angle: back to the baseline, screening the defender's low shoulder.
- Timing: screen arrives AS the driver picks up the ball, not before.
- If the corner is taken away, the screener slips to the dunker — second layer of the same action.

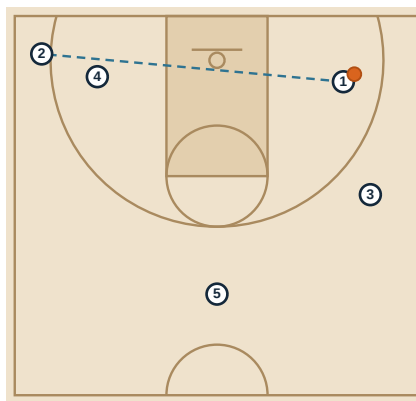
Age adaptation: Middle 11–13: Teach the concept in drive-and-drift games first. **High School:** Automatic on every baseline drive plus a called ATO version.



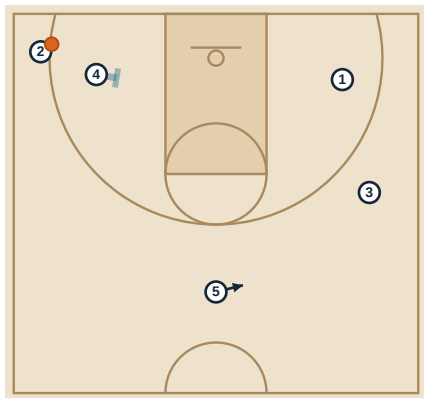
1. 1 attacks baseline — the ballside corner lifts to clear the runway and drag his defender out.



2. The HAMMER: as help collapses on the drive, 4 back-screens along the weakside baseline and 2 drops to the corner — behind everyone's heads.



3. The signature pass: baseline wraparound to the hammer corner — the one pass in basketball no help defense is built to stop.



4. Screener seals into the dunker for the crash; 5 balances top for safety. Corner three or offensive board — both are wins.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · SHOOTER SPECIAL

Elevator Doors (Warriors)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

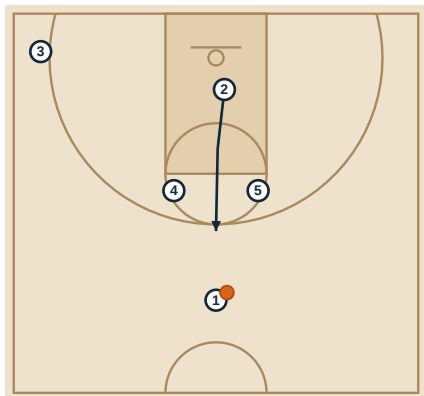
Golden State's signature look for Stephen Curry: the shooter sprints from under the rim through a gap between two teammates — and the “doors” slam shut behind him, shoulder to shoulder. The trailing defender runs into a legal two-man wall, and the shooter is open by the width of an elevator.

When to run it: Called set for your best shooter: ATOs, end of quarter, or any time the defense is top-locking him around normal screens.

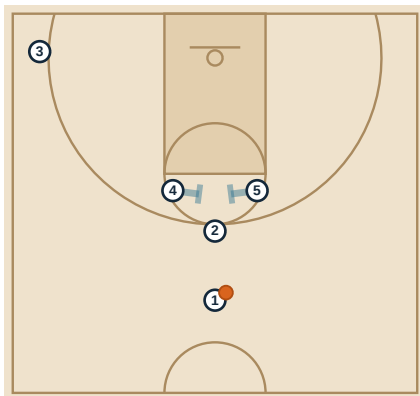
Coaching points

- Doors close shoulder-to-shoulder the instant the cutter clears — a gap is a foul waiting to happen, a wall is legal.
- The pass hits the shooter's hands AS the doors shut — rehearse the timing weekly.
- Cutter sprints through STRAIGHT — a curved path gives the defender the same gap.
- Counter is automatic: if the defender shoots the gap early, the cutter curls backdoor off the near door.

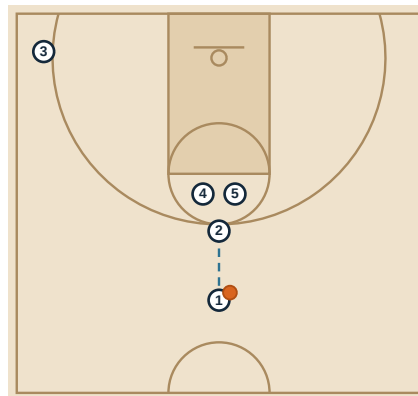
Age adaptation: Middle 11–13: — High School: Two reps a week keeps it ready; save it for moments that matter.



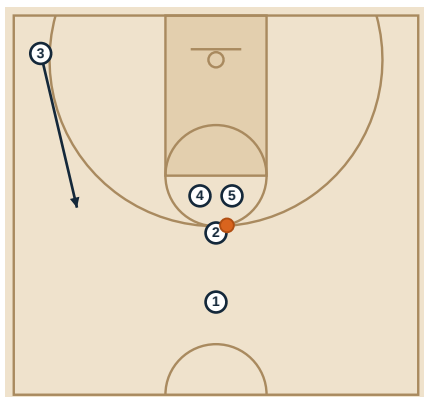
1. 2 sprints from under the rim straight through the gap between the two “doors.”



2. The doors CLOSE — shoulder to shoulder, the instant 2 clears. The trailing defender hits a legal wall.



3. The pass arrives as the doors shut — catch and shoot behind the wall.



4. Counter: if X2 shoots the gap early, 2 curls backdoor off the near door for the layup. 3 lifts weak for balance.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 03

Half-Court Defense

Pack Line man-to-man is the base at every level once players leave the youth stage, with shell habits drilled daily. The zone menu is built on the 1-3-1 — a disciplined no-trap base and a trapping version out of the same shape — plus a 2-1-2 trap for short bursts. The 2-3 stays in the back pocket: we rarely play it.

Man-to-man non-negotiables

- **Jump to the ball** while every pass is in the air — position is earned early, not late.
- **Ball-You-Man:** off the ball you see both at all times.
- **No middle.** Force drives baseline and to help; the middle of the lane is ours.
- **Closeout short:** take away the drive first; scout dictates shooter closeouts at varsity.
- **Talk is a skill:** “ball” — “help left” — “screen right” — silence gets you subbed.
- **Ball-screen menu (varsity):** Ice sidelines, drop vs non-shooters, hedge vs elite handlers.

DAILY DEFENSE · MAN PRINCIPLES

Shell — Help & Recover

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

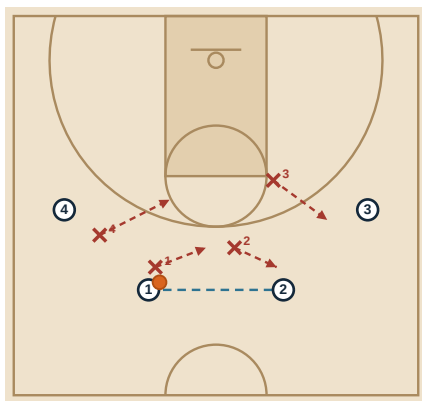
The drill that builds our half-court defense, run every practice from middle school up. Four defenders learn the three jobs they rotate through on every pass: pressure the ball, deny/gap one pass away, and sink to help two passes away.

When to run it: Every practice. Pass-only first (positions), then live drives (help and recover), then fully live with scoring.

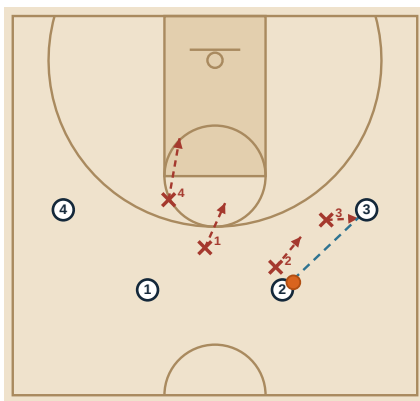
Coaching points

- Move while the ball is IN THE AIR — arrive with the catch, never after it.
- Ball–You–Man: off the ball you can always see both. Lose vision, lose your job.
- Help stops the ball; the NEXT defender covers the helper's man (the X-out). One rotation, not two gambles.
- Talk is graded: “ball”, “gap”, “help” called on every single pass.

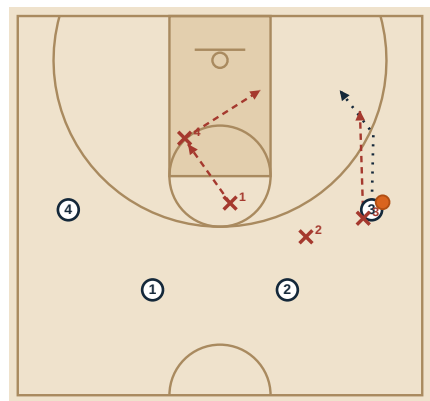
Age adaptation: **Youth 7–10:** 2v2 stance and vision only. **Middle 11–13:** Daily 4v4: pass-only → live drives. **High School:** Live with scoring, plus ball-screen and post-entry shell variants.



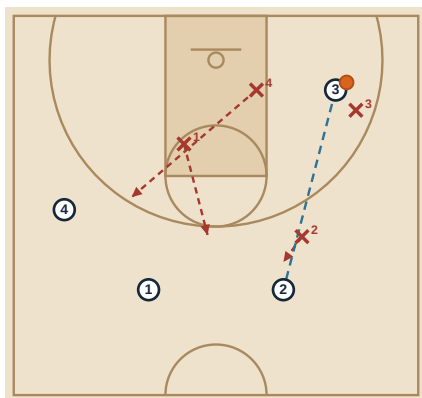
1. Pass in the air — all four defenders move at once: new ball pressure, new gaps, new help.



2. Second swing to the wing: weak-side defenders sink toward the lane — triangles everywhere.



3. Baseline drive! Lowest helper stops the ball outside the paint; next defender X's down behind him.



4. The kick: closeout short, recover the shell. Help created chaos — recovery turns it back into order.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE DEFENSE · MAN TO MAN

Pack Line — Base Defense

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

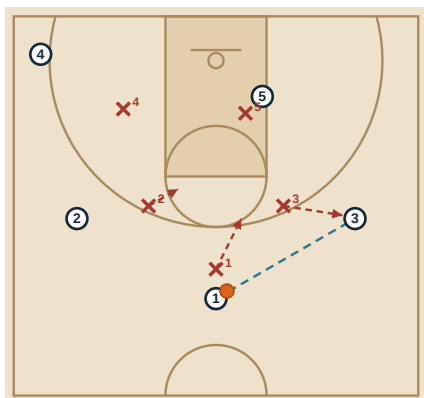
Our half-court identity from middle school up. One defender pressures the ball; the other four keep two feet inside an imaginary arc two feet inside the three-point line — the “pack.” Gaps are pre-filled before the drive ever starts.

When to run it: Base defense every possession. Built for teams that want to wall off the paint, defend without fouling, and rebound from position.

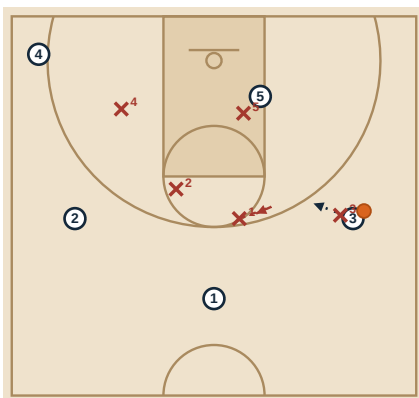
Coaching points

- Contain beats steals: few gambles, few fouls, no easy baskets.
- On-ball: influence sideline/baseline. Off-ball: two feet in the pack, period.
- Closeout SHORT — take away the drive, contest late and high. Blow-bys are worse than open threes here.
- Post defense: three-quarter ballside front. No easy catches on the block.

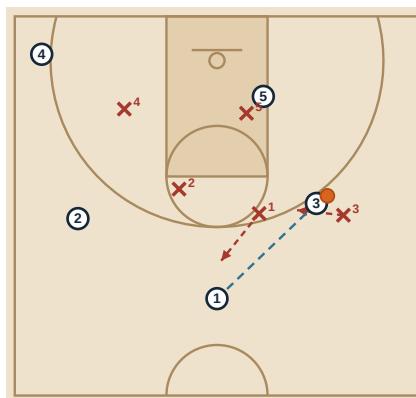
Age adaptation: **Youth 7–10:** Just stance + vision habits. **Middle 11–13:** Install as the base; simple language: “in the gap.” **High School:** Full scheme with scout adjustments (shooters get tighter closeouts).



1. Ball to the wing: X3 closes out short; everyone else already has two feet inside the pack.



2. Middle drive attempt hits a wall — the gap was filled before the drive started. Turned back.



3. Swing back out: short closeout on the catch, pack re-forms behind it. Every pass, same picture.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE DEFENSE · PRIMARY ZONE

1-3-1 Zone — Base (No Traps)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

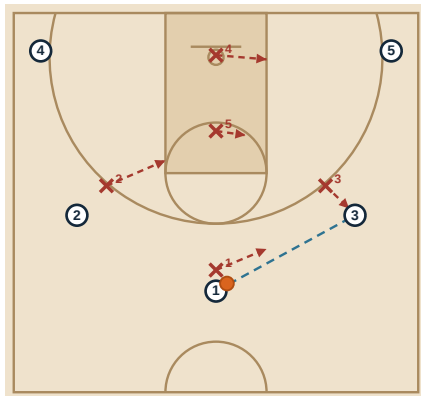
Our primary zone: a chaser on top, three across the free-throw line extended, one runner owning the whole baseline. This is the DISCIPLINED version — no traps, no gambles, just long arms in every passing lane and a shape that takes away the middle. Because it looks identical to our trapping 1-3-1, the offense can never tell which one is coming.

When to run it: Extended zone stretches: disrupt rhythm teams, protect foul trouble, shorten games. Pair it with the trapping version on a call — same alignment, different intent. Animation runs the full swing cycle back to base.

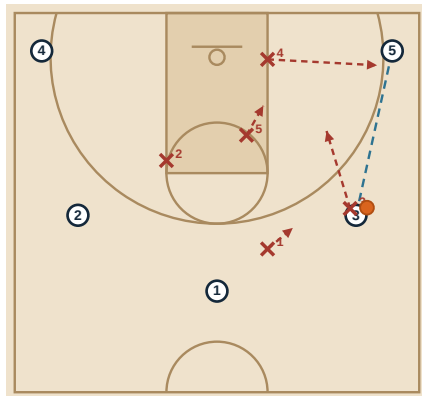
Coaching points

- No traps means NO traps — position and hands, never a reach. The discipline IS the disguise.
- The baseline runner covers corner to corner; he sprints the width on every skip, all game.
- Middle defender owns the high post: a catch there is the only thing that beats the shape.
- Hands stay high in the lanes — the 1-3-1 lives on deflections and tempo-killing.
- Rebounding is the tax: the weakside diagonal is open, so all five hit bodies on every shot.

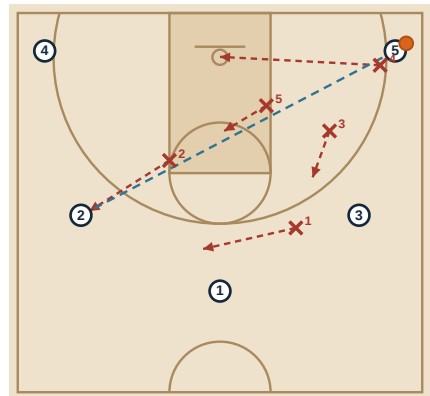
Age adaptation: **Middle 11–13:** Introduce as the first zone once man principles are solid. **High School:** Primary zone. One signal flips it into the trapping version mid-possession.



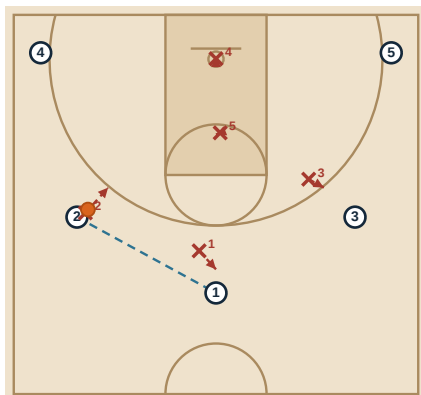
1. Wing catch: the wing takes the ball, the chaser shades to kill the easy reversal — position, not pressure.



2. Corner: the baseline runner covers — that is his entire job, corner to corner. Wing sinks to front the post.



3. The skip is the stress test: weakside wing flies to the ball, the runner sprints the full width, the middle holds the paint. No panic, no fouls.



4. Ball back to the top — and the zone is back in its base shape. Full cycle: no gambles, no fouls, nothing surrendered. Reset and smother again.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

CHANGEUP DEFENSE · HALF-COURT TRAP

1-3-1 — Wing Trap

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

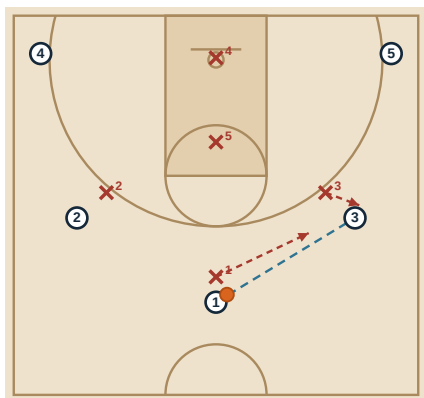
A rhythm-breaker: chaser on top, three across the free-throw line extended, one runner covering the whole baseline. Every wing catch triggers a trap with the sideline as the third defender. High risk, high reward — possessions get stolen or given.

When to run it: After timeouts, to close quarters, or any time the game needs chaos. A handful of possessions — the surprise IS the weapon.

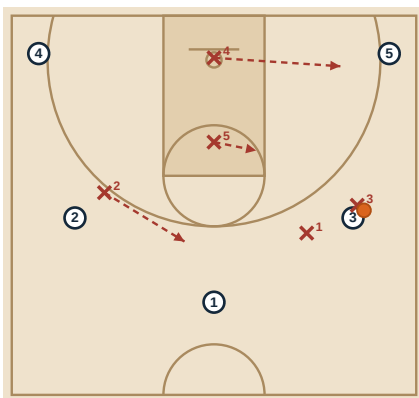
Coaching points

- Trap with feet and chest, hands tracing the ball — the foul bails out the panic.
- Corner catches get trapped hardest: baseline runner arrives with the catch.
- Behind the trap: middle, corner, and reversal are shaded — the only “open” pass is the lob, and lobs hang.
- Weakness is the boards: middle defender must crash every shot.

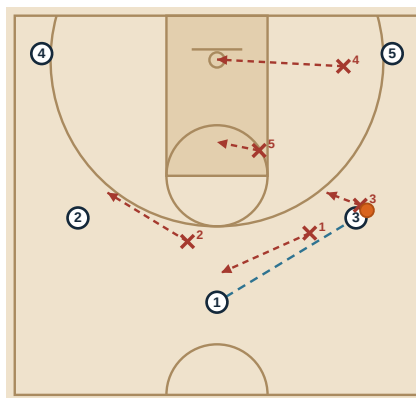
Age adaptation: High School: Varsity tool. JV can run it only after the pack line is reliable.



1. Wing catch = trigger. Chaser and wing spring the trap — the sideline is the third defender.



2. Behind the trap the triangle forms: middle shaded, corner covered by the runner, reversal shadowed.



3. Ball escapes backward — fine. Sprint home, reset the 1-3-1, hunt the next wing catch.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE DEFENSE · TRAPPING

2-1-2 Trap Zone

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

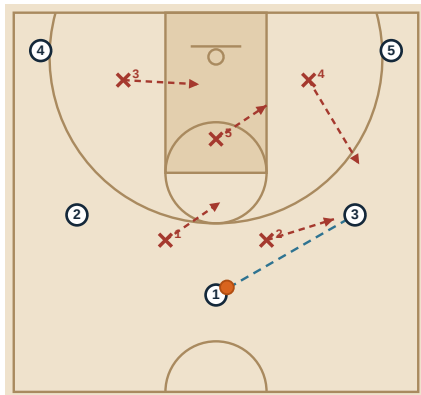
The third look in the zone menu: two up top, one anchoring the middle, two on the back line. Every wing and corner catch gets trapped from two angles while the middle defender walls off the high post. More aggressive than the 1-3-1 trap because the traps come from in FRONT of and BEHIND the ball at once.

When to run it: Short bursts — three or four possessions out of a timeout or after made free throws. Steal a possession, force a panic timeout, then get back to Pack Line before the offense solves it. Animation runs trap, re-trap, escape, and recovery to base.

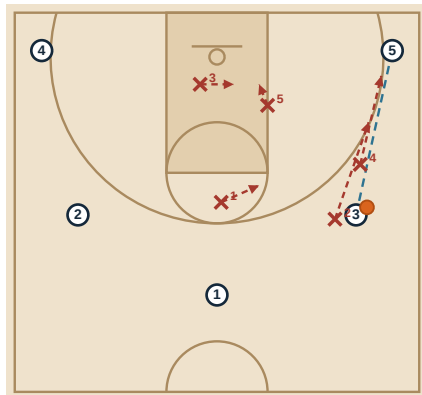
Coaching points

- Traps live on the wings and in the corners — NEVER at the top of the key.
- The middle defender owns the high post; a clean catch there is the only thing that breaks the 2-1-2.
- The back line never both leaves the paint — one traps, one protects the rim. Always.
- Let the escape skip go: sprint the rotation instead of fouling the arm.
- Same rule as every trap we teach: feet and chest form the wall, hands trace the ball.

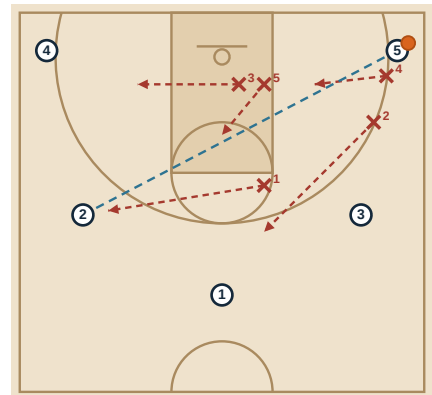
Age adaptation: High School: Varsity only — it needs five players who rotate on air time, not on the catch.



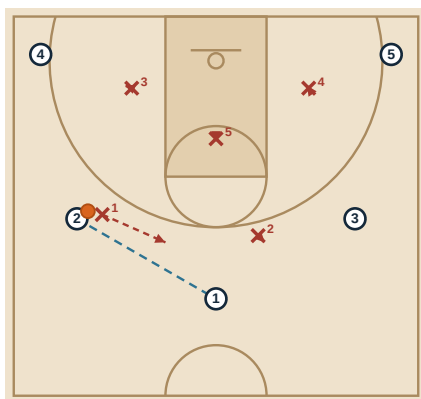
1. Wing catch springs it: the front guard and the back forward close from two angles — the sideline is the third trapper.



2. Corner is the kill zone: the trap tightens, every outlet up the line is contested — the lob over the top is the only escape, and lobs hang.



3. The skip escapes — fine. Sprint the rotation, no fouls on the release, and the far side is covered before the catch turns into a drive.



4. Ball to the top and the shape heals: two up, one middle, two back — full cycle. Run it a few more trips or melt back into Pack Line; the offense has to prepare for both.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BACK POCKET · RARELY USED

2-3 Zone — Shifts (Rare)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

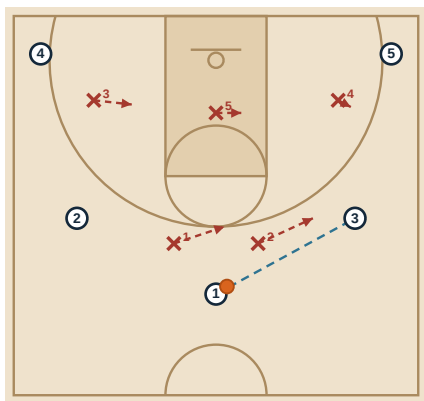
The break-glass zone. We RARELY play 2-3 — the 1-3-1 family and the 2-1-2 trap are our zone identity — but every team in the program knows its shifts, because one weekend you will meet a lineup this shape is built for. Two guards up top, three across the back; every pass moves all five defenders.

When to run it: A handful of possessions a season: a dominant post you must wall off, deep foul trouble, or a surprise look out of the Cougar press. If we are playing 2-3 for long stretches, something has gone wrong.

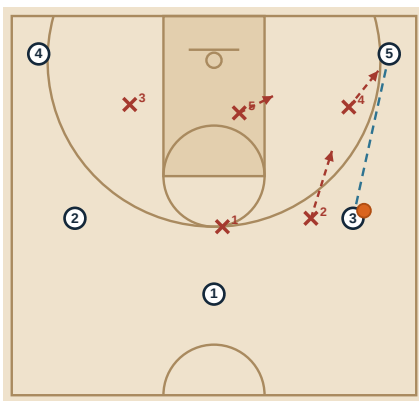
Coaching points

- Shift while the ball flies — a zone that moves on the catch is already dead.
- Hands high in the lanes: the zone's job is deflections and ugly possessions.
- Bump rule: when help arrives, the guard bumps back out — never two defenders on one ball.
- Zones give up boards: all five must find a body when the shot goes up.

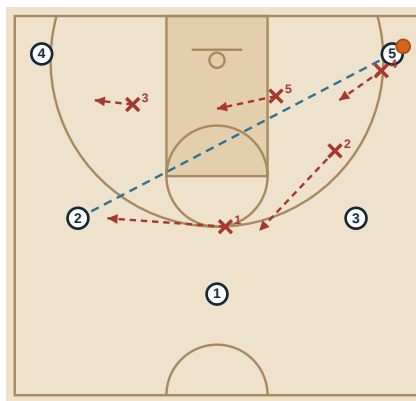
Age adaptation: **Youth 7–10:** Not allowed — man only. **Middle 11–13:** Shifts taught, rarely called. **High School:** Kept in the back pocket — the 1-3-1 looks and 2-1-2 trap come first.



1. Wing catch: ballside guard out, center fronts the block, weak forward slides to the lane.



2. Corner: forward covers, center slides behind him, guard sinks to the high post. The lane stays full.



3. The skip makes a zone sprint — nearest guard flies to the closeout, all five re-shift. This is where zones crack: make them do it over and over.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 04

Press Package

Four presses, one press break. Zone presses (Shaka Smart's Havoc 1-2-1-1, the 2-2-1 Cougar) dictate tempo and trap on our terms; the Run & Jump man press attacks weak handlers and dead dribbles. Every press has the same goal: bad decisions before half court.

Press principles

- **Traps are earned, not forced:** trap on triggers — a lob catch, a sideline dribble, a picked-up ball — never in open space.
- **Fouls kill presses.** Trace the ball with hands, move feet, live with a clean escape rather than a reach.
- **The three behind the trap play a triangle** on the passing lanes: closest outlet, middle, deep.
- **Sprint to Pack Line when beaten:** rim first, then shooters, reset the half-court defense.
- **Age gates:** Youth — no presses, ever. Middle — 2-2-1 contain intro only. HS — full menu.

ZONE PRESS · HAVOC SYSTEM

Havoc — 1-2-1-1 Diamond Press (Shaka Smart · VCU)

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

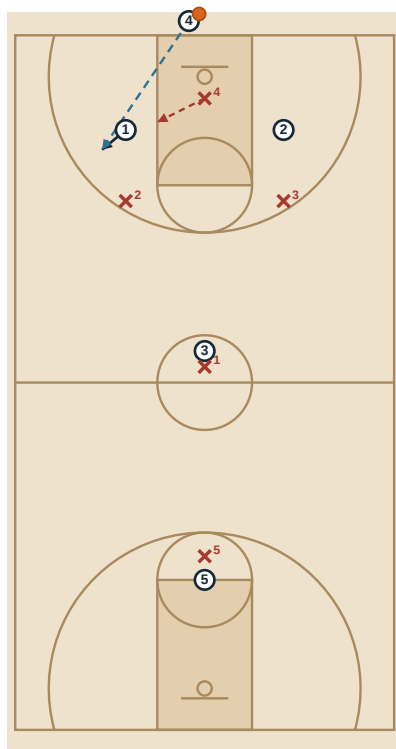
The press that carried Shaka Smart's VCU to the 2011 Final Four and defined a defensive era. Set after made baskets in a diamond: X4 — a long, active big — pressures the inbounder's vision, wings sit at the elbows extended, one interceptor patrols the middle, one goaltender protects the rim. Havoc's rule: trap the SHORT pass, close to the inbounder, the instant it's caught. The goal isn't just steals — it's making every possession start ugly and late in the clock.

When to run it: After made baskets and free throws. Smart ran it as an identity, not a gimmick: it recruits effort, conditions your team, and makes opponents practice all week for something they still can't simulate.

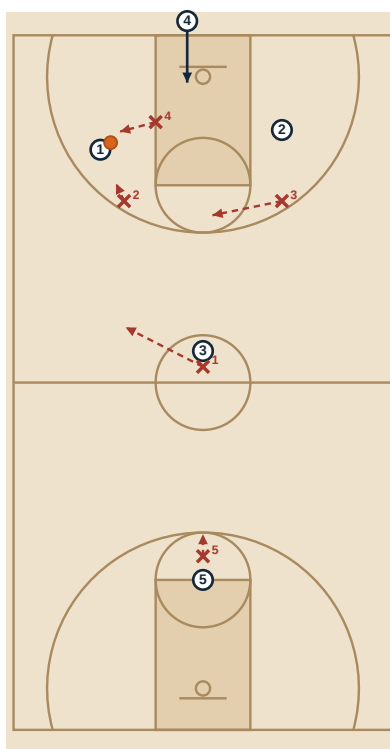
Coaching points

- Smart's five keys to a trap: (1) trap when the handler loses control, (2) element of surprise — sprint into it, (3) location — sideline and corner only, NEVER the middle, (4) no fouls, (5) no splits: feet and chests form a wall the dribbler cannot go through.
- The short corner inbound pass is BAIT — we want it thrown. Trap arrives with the catch.
- X4 on the ball mirrors the inbounder's eyes with high hands — deflected inbound passes are free points.
- Backward passes are gifts: let them go, re-form the diamond, let the 10-second count squeeze.
- Beaten? Sprint to the pack line — rim first, shooters second. Havoc lives with giving up nothing easy.

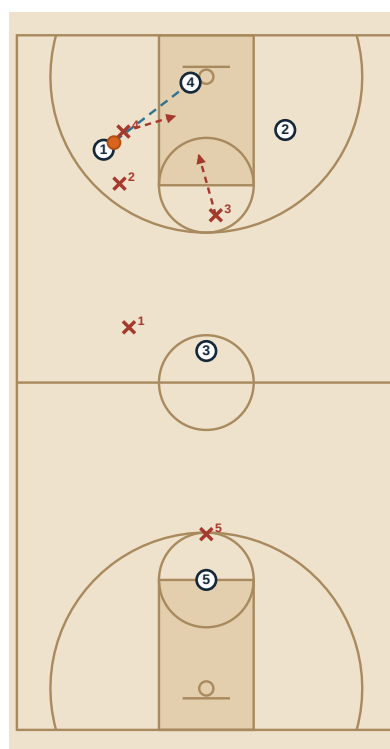
Age adaptation: Youth 7–10: Never. **Middle 11–13:** Not before the Cougar contain press is clean. **High School:** The signature weapon — run it in waves with fresh legs, like VCU did.



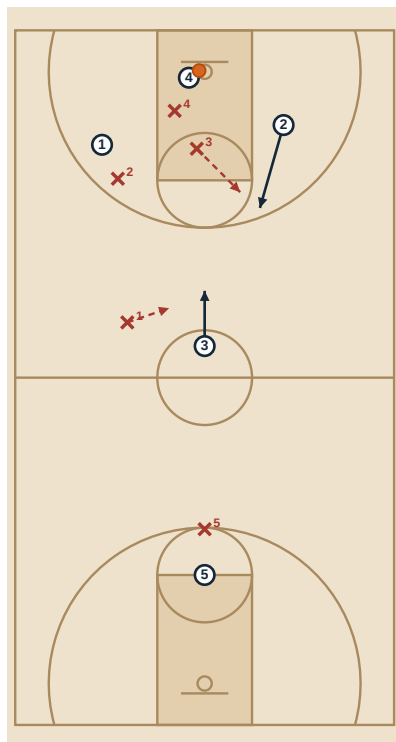
1. X4 mirrors the inbounder with high hands — and shades to invite the short corner pass. That's the trap zone.



2. Trap ON the catch: X4 and X2 spring it at the sideline — surprise, no fouls, no splits. Behind it the diamond rotates: middle, sideline, rim.



3. The only escape is backward — we allow it. X4 peels to the release man; everyone lifts and re-forms the diamond.



4. Now the count is our sixth defender: every forward pass hangs over the interceptor. Ugly, late, rattled — that's Havoc working even without the steal.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE PRESS · CONTAIN & TRAP

Cougar Press — 2-2-1

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

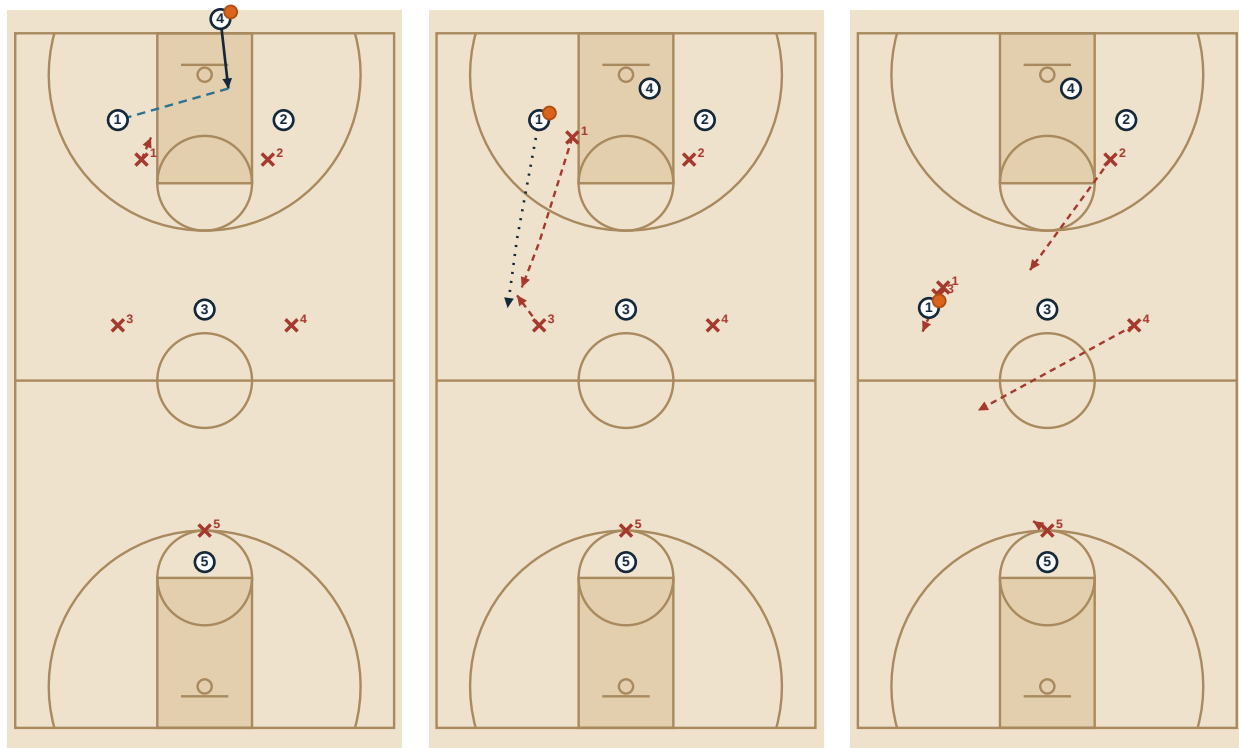
The workhorse press: two lines of two plus a goaltender. The front line doesn't trap — it steers the ball down the sideline into the second line's trap at the hash mark, where the half-court line becomes another defender. Low risk, endless annoyance.

When to run it: Extended stretches — it's a conditioning weapon that drains legs and clock. Also the first press we ever teach.

Coaching points

- Front line: contain and steer, never reach. 90 feet from the rim is no place for a foul.
- The trap happens at the hash — sideline + half-court line + two defenders = a cage.
- Give up the reversal, then steer it down the OTHER sideline. Three reversals in, most teams crack.
- X5 protects the rim above all — he leaves only for a sure interception.

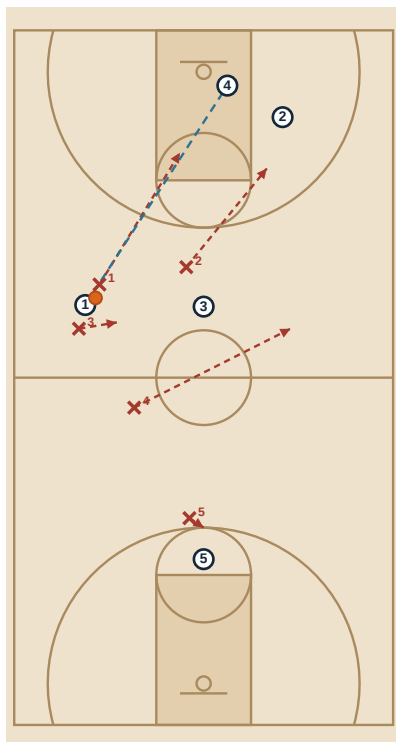
Age adaptation: Youth 7–10: Never. Middle 11–13: Intro version: contain and steer only, no traps until it's clean. High School: Full version with traps.



1. Inbound goes in — fine. X1 positions inside shoulder: the sideline is the only lane we offer.

2. Dribbler takes the bait down the sideline. X1 rides the hip; X3 creeps up to spring it.

3. TRAP at the hash. X2 sprints to the middle lane, X4 takes the up-the-sideline pass, X5 holds the rim.



4. Reversal escapes — exactly as planned.
Sprint back to shape and steer it down the other
sideline. Rinse, repeat, drain their legs.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

MAN PRESS · FULL COURT

Run & Jump — Man Press

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

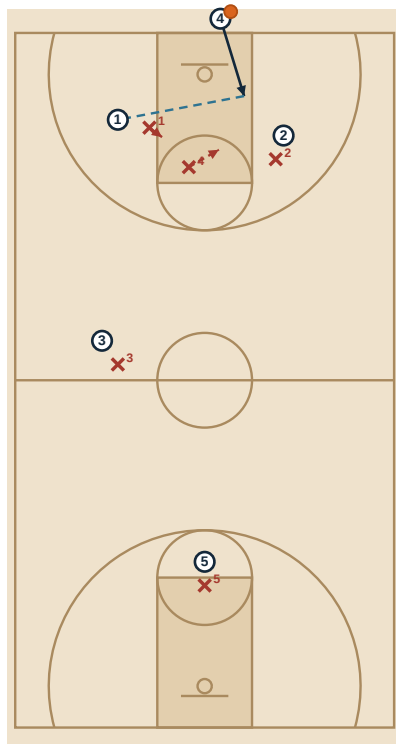
Full-court man pressure with a twist: when the dribbler gets moving at speed, a blind-side defender RUNS at the ball and the on-ball defender JUMPS off to the abandoned man. The dribbler turns into a surprise double — or picks up the ball 70 feet from the rim.

When to run it: Against one dominant handler, against teams that inbound and walk it up, or whenever the game needs energy. Safe gamble: if nothing happens, you're simply in man defense.

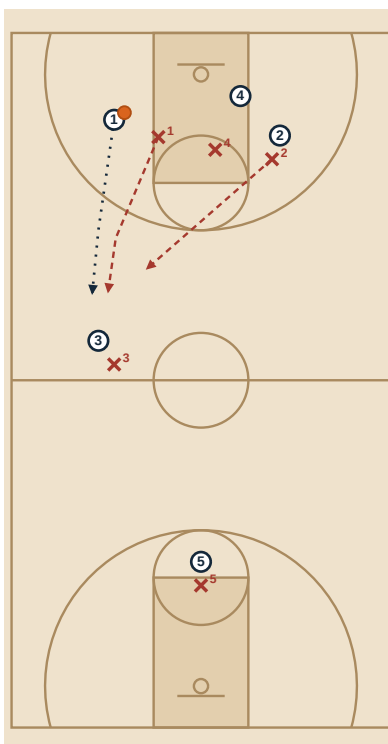
Coaching points

- The run only comes when the dribbler is moving at SPEED with eyes down.
- Jump calls are loud and early — a silent switch is a layup for them.
- The prize isn't the steal on the ball — it's the rushed lob to the man X1 is sprinting toward.
- Everyone else stays glued in deny — the press lives on the back side.

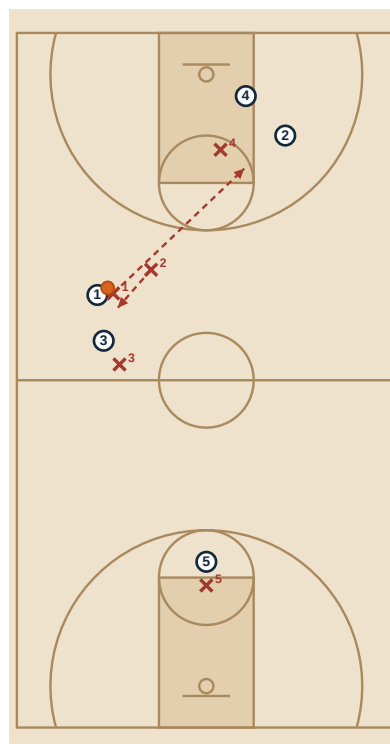
Age adaptation: Middle 11–13: Concept intro 2v2 in a lane. **High School:** Full package with jump, switch-back, and trap variants.



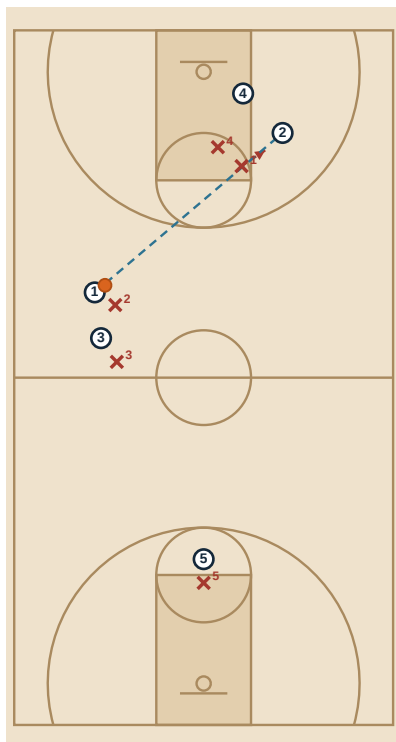
1. Straight man pressure. X1 turns the dribbler once, then forces him up the sideline at speed.



2. The RUN: X2 abandons his man and sprints at the ball from the blind side, full speed.



3. The JUMP: X2 takes the ball, X1 jumps off and sprints to the open man. The dribbler is doubled — or dead-balled.



4. The rushed pass is the prize — X1 arrives with the catch. And if nothing comes? We're simply in man. Nothing lost.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS OFFENSE · VS ALL PRESSES

Breaker — 1-4 Press Break

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

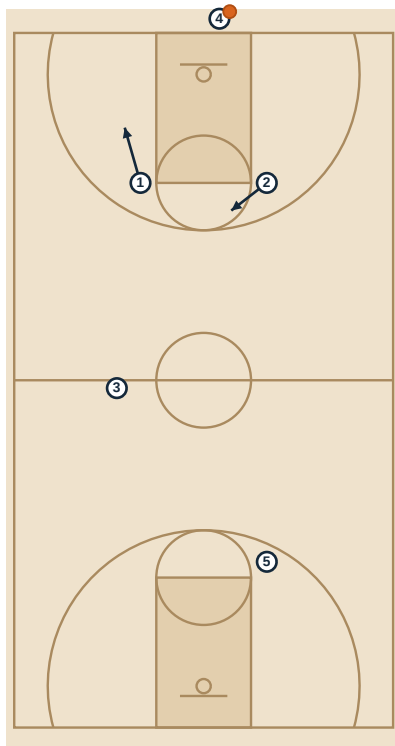
One press break beats every press if the rules are followed: four across the free-throw line extended, best passer inbound. Middle first, sideline second, reverse to flip the floor — and never, ever dribble into a corner.

When to run it: Against every press — zone or man. The alignment reads the press; the rules don't change.

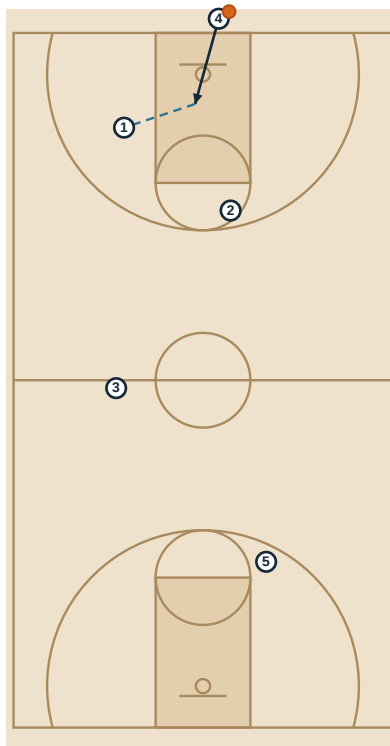
Coaching points

- MIDDLE FIRST: a catch in the middle beats every press ever designed. Face up and find the next line.
- The inbounder steps in BEHIND the ball as the release valve — backward is never a bad pass.
- Catch, face, look deep before you dribble. The rim-runner is open more than you think.
- Beat the press = numbers. Attack to score; if the advantage dies, flow straight into 5-out.

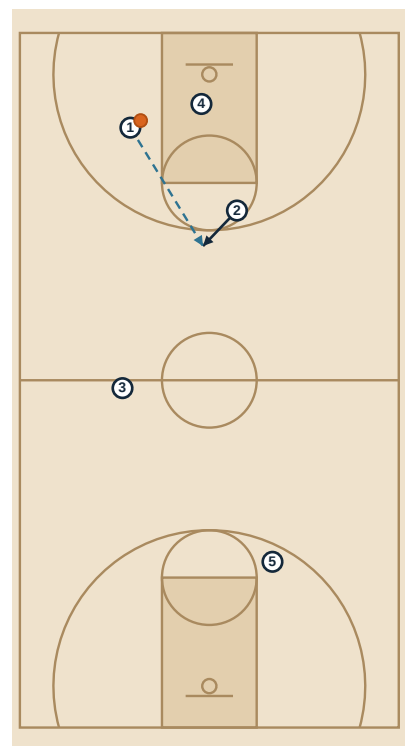
Age adaptation: Youth 7–10: Seed it with 3v3-plus-1 keep-away games. **Middle 11–13:** Core install — walk it, then live vs 5. **High School:** Run weekly against our own presses — the best pressure we'll see all season.



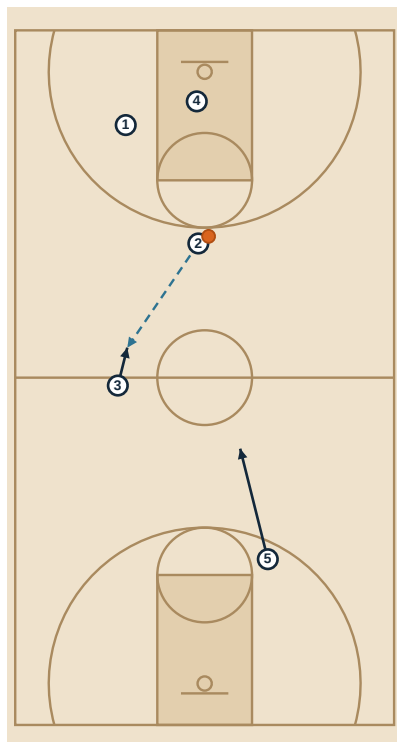
1. On the slap: 1 breaks to the ball side, 2 flashes toward the middle. Come TO the ball, never drift away.



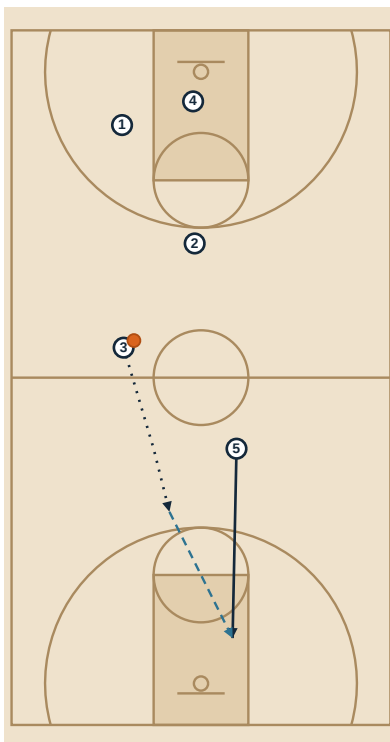
2. Inbound early — don't let the count build. Inbounder immediately steps in behind as the release.



3. Rule one: MIDDLE FIRST. 2 arrives in the middle window; the catch beats the whole press.



4. Face the rim, hit the next line: sideline lifts, 5 rim-runs behind the whole press.



5. Press beaten = attack the numbers. Hit the rim-runner for the layup wave — or flow into 5-out.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 05

Out of Bounds & Special Situations

Dead-ball possessions are free points for prepared teams. Three core plays cover the season; each has a quick-hitter look, a second option, and a safety — and each flows straight into our spacing.

BLOB · SCREEN THE SCREENER

Box Fist — Baseline OOB

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

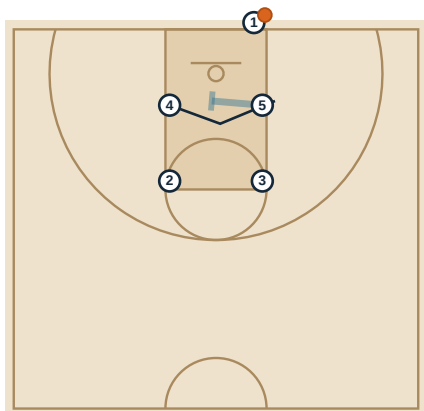
Our core baseline out-of-bounds play from a box set. First look: cross-screen for the layup. Second look: screen-the-screener for the free-throw-line jumper. Third look: safety lift. Three reads, one slap of the ball.

When to run it: Every baseline out-of-bounds. One play, drilled until automatic — tags change the final look week to week.

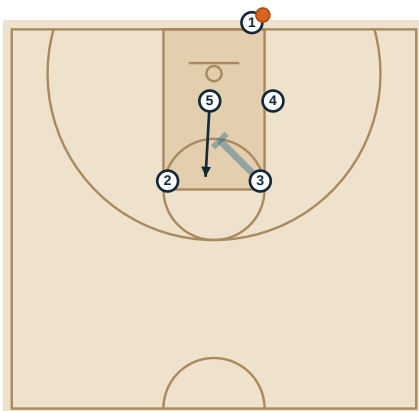
Coaching points

- Nothing moves until the inbounder slaps the ball — timing is the whole play.
- Read in order: 4 at the rim → 5 at the line → 2 for safety. Never skip the order.
- Screeners screen bodies, not air — make the defender choose a side.
- Versus zone: same set, 4 seals the middle defender instead of cutting.

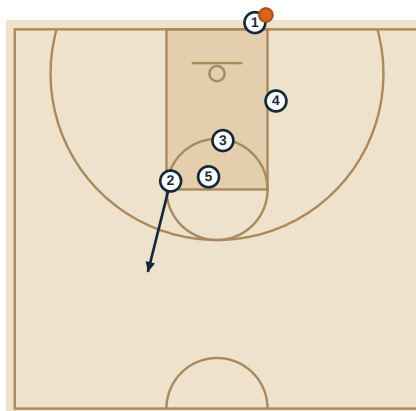
Age adaptation: Youth 7–10: The one BLOB we teach all season. **Middle 11–13:** Add the lob tag when a 4 can finish high. **High School:** Add “Fist-3”: 2 and 5 exchange jobs, corners flatten for the kick-out three.



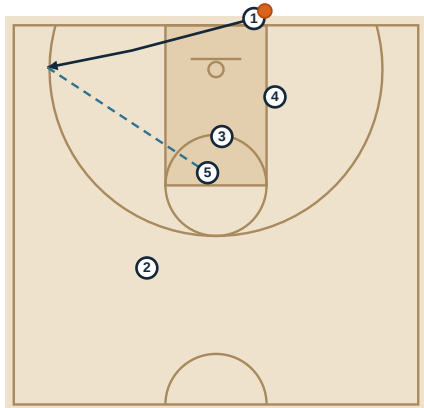
1. First look: 5 screens across, 4 cuts to the ball — the quick layup window opens for one beat.



2. Second look: screen the screener — 3 down-screens and 5 pops to the line for the jumper.



3. Third look: 2 lifts to the arc as the safety. There is never a reason to force this pass.



4. Hit the best look — then the inbounder space-cuts to the weak corner. Instant offense if nothing came.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BLOB · VS MAN OR ZONE

Stack Pop — Baseline OOB

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

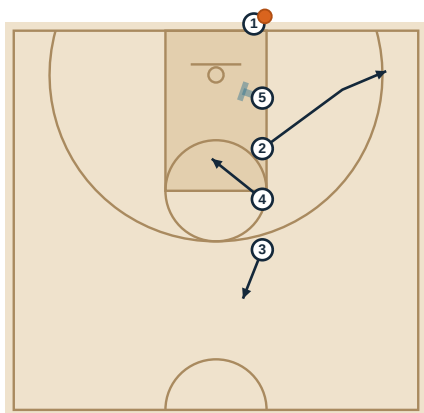
Four players stacked on the ballside lane line. One slap, four simultaneous cuts — corner, top, middle flash, rim seal — and the defense has one second to sort out who goes where. Works identically against man and zone.

When to run it: Change-up BLOB, especially against teams that switch or zone up baseline plays.

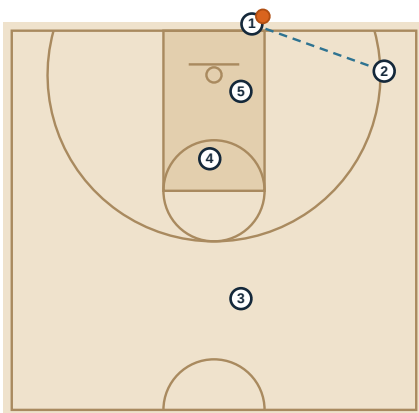
Coaching points

- The four cuts happen AT ONCE — hesitation lets the defense sort the chaos.
- Scout your order: put your shooter in the corner-pop spot, your finisher at the rim.
- The inbounder's step-in to the weak dunker is the hidden fourth option — defenses forget him.
- Nothing open = ball to the top, straight into motion. No wasted possessions.

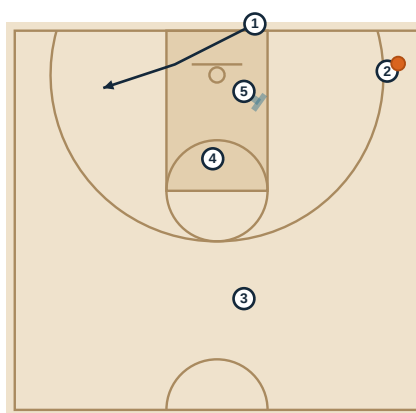
Age adaptation: Middle 11–13: Install as the second BLOB. **High School:** Rotate the pop assignments by scout — same shell, new looks weekly.



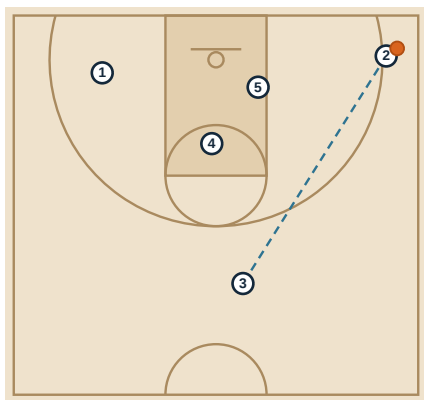
1. One slap, four cuts: 2 pops corner, 3 to the top, 4 flashes the lane, 5 seals deep.



2. First look: corner — catch and shoot, or attack the baseline off the closeout.



3. Inbounder steps in to the weak dunker; 5 seals his man ballside — the post entry is live if X5 helped anywhere.



4. Nothing there? Top for the reset — we're already spaced, already in offense.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SLOB · BACK SCREEN

Winner — Sideline OOB

■ **Watch this play animated** — open the interactive playbook and press Run on this play.

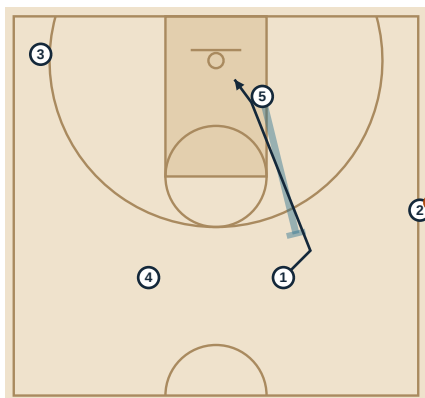
The sideline play: a back screen springs the best athlete to the rim while the screener pops for the safety catch. Two real scoring looks plus a guaranteed safe entry, from one simple action.

When to run it: Every sideline out-of-bounds in the front court. “Winner-3” tag flattens the dive into a flare for the shooter when a three is needed.

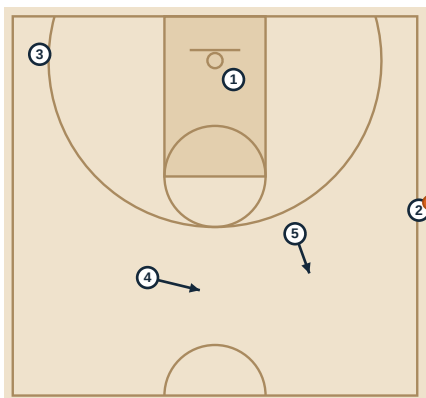
Coaching points

- The rim cut comes off the screen **SHOULDER-TO-SHOULDER** — space kills back screens.
- Versus switch: the screener slips to the rim early — the switch **IS** the opening.
- Under :04 on the count, take the safety — possession beats hero throws.
- Versus zone: 1 cuts to the short corner instead, same timing.

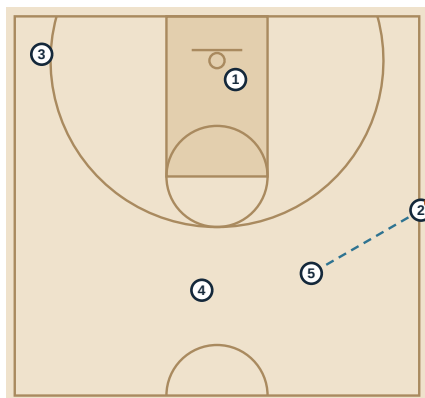
Age adaptation: Middle 11–13: Install with the BLOBs — one sideline play is enough. **High School:** Add “Winner-3” and “Winner Slip” tags.



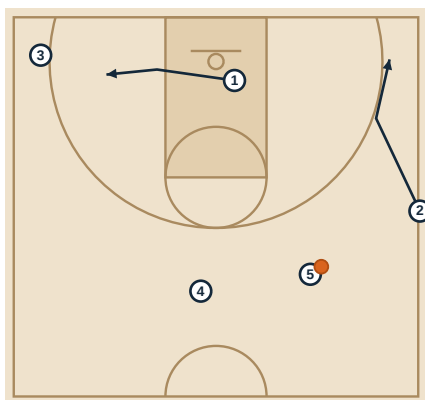
1. First look: 5 sprints to back-screen, 1 dives off it to the rim — layup or lob.



2. Screener pops behind the arc for the safety; 4 balances toward the top.



3. Take what's there: rim first, then the pop. Never force a sideline throw.



4. Inbounder fills the corner — full spacing, straight into motion. Every dead ball ends in offense.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

Special Situations Menu

Situation	Call	Plan
Need a 3, under :10	WINNER-3	SLOB Winner with the back screen flattened into a flare for the best shooter; safety lifts for a second look.
Full-court, :03 or less	HOME RUN	Best passer inbounds; 5 screens the deep sprinter at half court; 2 streaks for the catch, 3 spots the rim for the tip.
Up 3, final possession	FOUL / SWITCH	Decision made at the timeout: foul at :05 before the shot, or switch everything and no fouls. Everyone knows before the inbound.
Protect a lead, 2:00	DELAY	5-out spread, dribble weave keep-away. Attack only layups and 1-more kicks.
Free-throw box-out	WALL	Lane players two-hand chest contact on the release; nearest guard checks the long rebound; sprint the outlet.