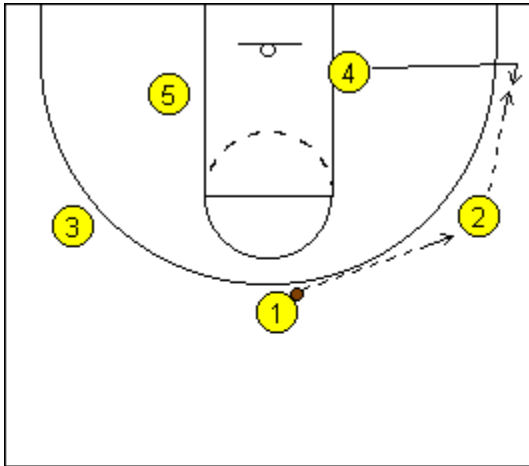


Set Plays

Play "32"

This is a simple "give and go" play to either side of the floor.



Setup:

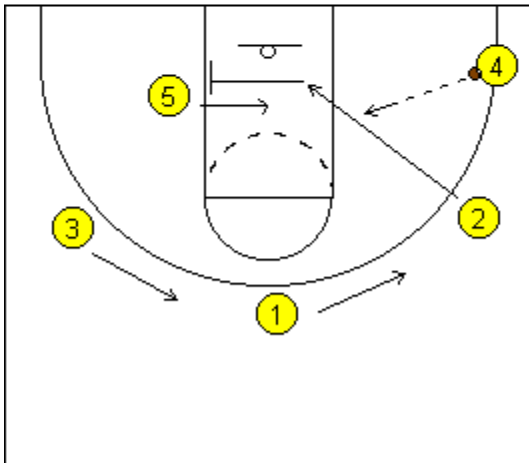
#1 is at the point, 2 and 3 are on the wings, 5 and 4 are the post players.

1 starts the play by passing to either 2 or 3... can run this right or left.

5 stays on the block opposite the ball side.

4 cuts to the ball-side corner.

2 passes to 4 in the corner, and then makes a quick, sharp cut to the basket, and gets the pass from 4



If the defensive player guarding 5, picks her up, 2 then dishes to 5.

If #2 does not receive the ball, then she sets a pick for #5, who cuts to the ball-side block for the pass.

1 rotates over to the 2 spot, and 3 rotates out to the point.

Remember, this can be run in either direction, left or right. The first pass from the point guard determines the direction of the play, and #5 should remember to be on the block opposite the ball, and 4 goes to the ball-side corner.

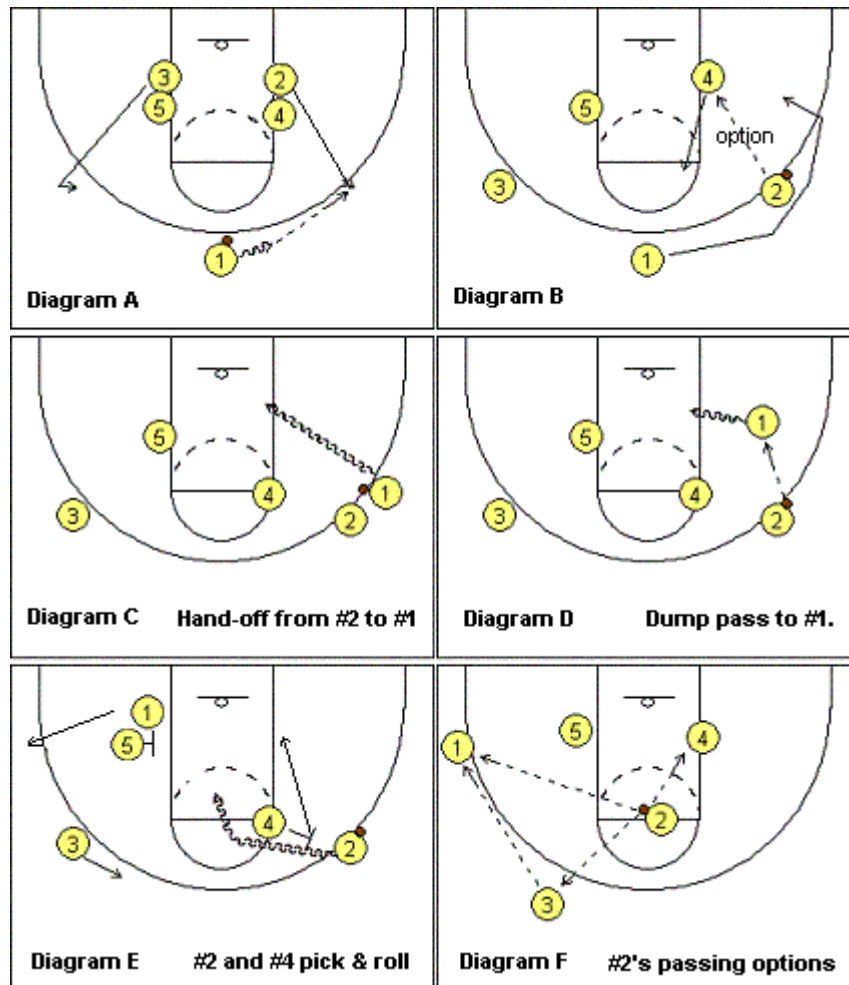
3-Out, 2-In "Options" Series

The first is called "**Option**" because of the many options available off this play.

Diagram A. Set up in a double stack as shown. #2 breaks out to the right wing and receives the pass from #1. #3 cuts out to the left wing. #4 posts up hard on the ball-side block. If open, #2 can make the pass to #4 for the post move and shot (Diagram B).

Meanwhile, after making the pass, #1 cuts around #2. If #1 is able to lose his defender, #2 can simply handoff to #1 passing by (Diagram C), or make a little delayed "dump" pass to #1 who is cutting toward the hoop (see Diagram D). In either case, #1 dribbles the ball to the hoop for the lay-up. You will note that #4 moved out of the low block area, up to the high post, to clear the area for #1. #4 should be taught that if he does not receive the pass immediately from #2, he should move to the high post.

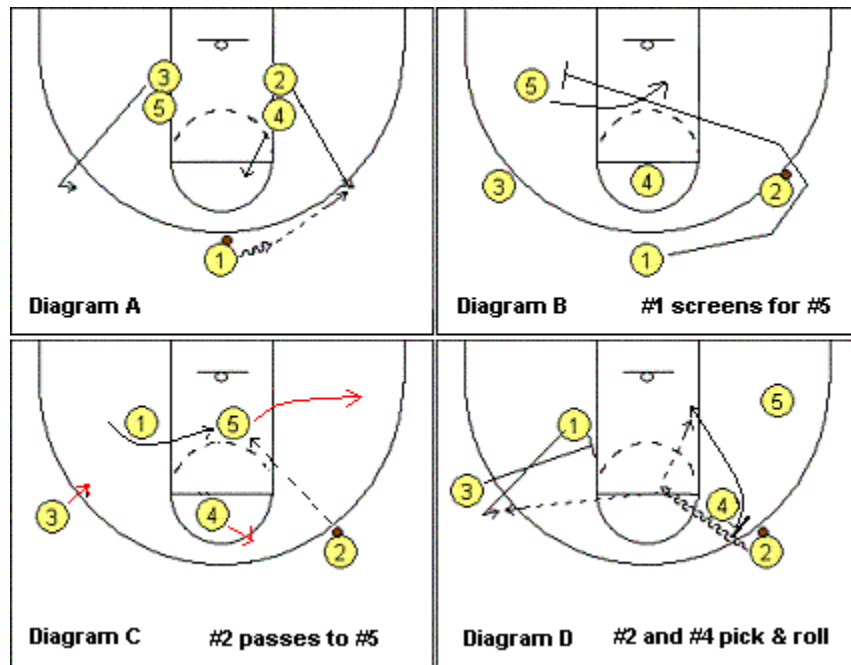
If #1 does not receive the ball, he then moves along the baseline, receives a screen from #5, and cuts to the weak-side corner-wing area (Diagram E). Diagrams E and F. Now the ball-side is cleared out for a pick and roll play with #4 setting the pick for #2 and then rolling to the hoop. #2 can drive to the hoop for the lay-up, or dump the pass off to either #4 for the lay-up, or #3 or #1 for the outside three-pointer.



"Fist" Option

After the opponent begins to "cheat" on #1 coming off the screen on the "Options" play above, then use this play. It starts the same way with the double low stack, and once again #1 passes to #2 on the wing, and makes the cut around #2. #4 immediately moves up to the high post area. This time, #1 cuts around #2 and sets a screen for #5 (Diagram B). #5 receives the pass from #2 for the lay-up (Diagram C). If #5 is not open for the pass, he clears to the short corner area and once again, you have a pick and roll play with #4 setting the pick for #2 (Diagram D).

While #5 is making his initial cut, #3 sets a down-screen for #1. #1 pops outside to the three-point line. #2 can drive to the hoop, or pass to #4 for the lay-up, or #1 for the three-point shot (Diagram D).



3-2 "Reverse"

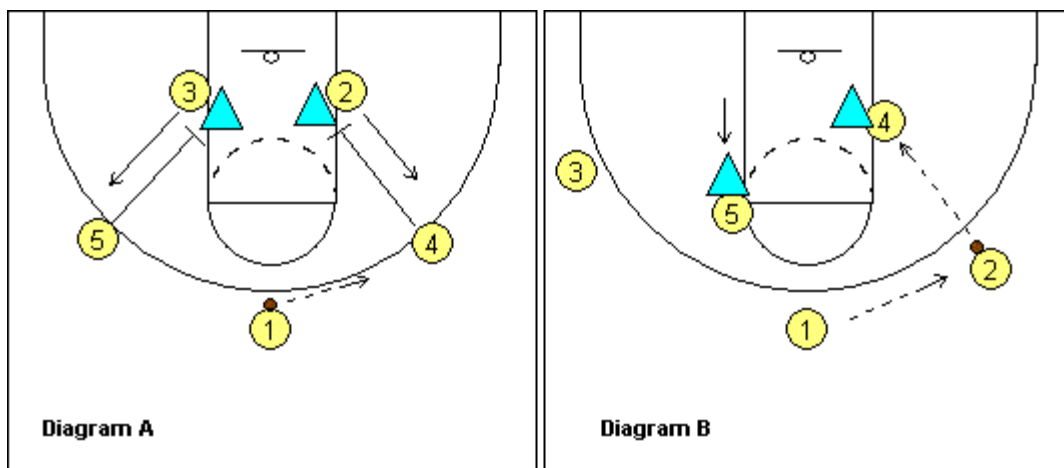
Do you have a good post player who can score in the low block, but he/she is not getting the ball often enough. Are you having difficulty getting the pass from the point guard to the wing? This simple play should help that also. I call this "reverse" because it is easy for the players to remember.

Refer to Diagram A. We use the 3-out, 2-in set. But in this instance, the low posts #4 and #5 start at the wing positions and #2 and #3 start at the low blocks... just the "reverse" of their normal positions. #4 and #5 set picks for #2 and #3, who cut off the screen hard to the wing areas looking for the pass from #1 (it is easier to complete pass from the point to the wing when the receivers are cutting and not stationary).

As soon as #2 and #3 cut off their screens, #4 and #5 immediately pivot and seal the defender and get into the "post position" to receive the quick pass from the wing (Diagram B). The passes from #1 to #2 and from #2 to #4 should be made without delay... like a "quick hitter". Of course, you can run this on the left side too... the point guard makes the wing pass to whoever is open for the pass. Once the post opposite the ball sees the pass going to the opposite side, he/she can move up to the elbow to keep that defender "occupied".

Another advantage of using this "reverse" (over simply passing down into the low post) is that often the defense will switch on the screen, and now you have your tall post player going against a shorter guard on the low block... a possible "mismatch" for the defense.

After the two quick passes, you only need your post player to "finish". Have him/her practice low post moves and do the low post drills in practice.



Back-Door Play "Baseline 3"

This is a simple back-door play. The low post player running the baseline (5), sets a weak-side screen for the opposite wing (3). We use the label "baseline 3" because it tells our players that our baseline low-post is going to pick for 3, and because the defense might erroneously think that "baseline 3" might mean a 3-point shot from the corner.

Diagram A. Setup:

#1 is at the point, 2 and 3 are on the wings, 5 is low post and 4 is high post.

3 slides down toward the corner. The defender may think she is looking for the 3-pointer there.

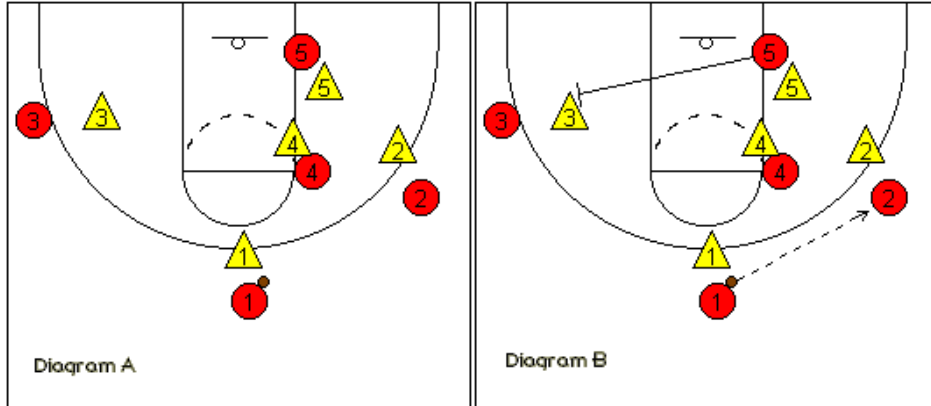


Diagram B.

1 passes to 2, while 4 comes to the ball-side elbow. 2 will pass to 4 at the elbow. Meanwhile, the baseline post player (5), sprints over and sets a pick for 3.

Diagram C.

3 cuts hard around the screen to the hoop. 4 pivots quickly and passes to 3 coming in the "back door". Or the pass can go directly from 2 to 3.

2 slides toward the hoop for either the rebound, or a dish from 3.

1 stays on the point to be back on defense, and also, if the play fails, she could get the pass back from 4 for an open 3-point shot.

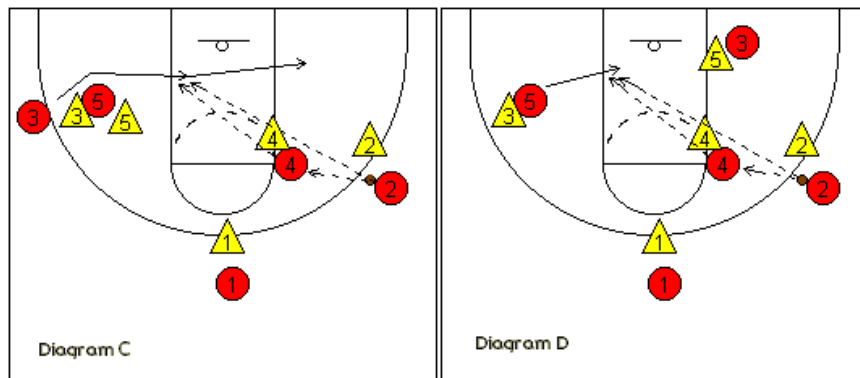


Diagram D. Option on the screen.

If the yellow #5 defender switches and goes with 3, then 3 clears out, #5 has inside position on the screen and seals the defender and cuts to the hoop for the pass.

Isolation "2"

The defense is in man-to-man. Let's suppose your #2 wing player is your best scorer and offensive threat. You want to get the ball in her hands, and give her the chance to beat her defender one on one. You can run this simple isolation play. Essentially, you have three of your players move off to the left side of the court, resulting in a "clear-out" for #2 on the right side. See Diagram A. Now you have several options.

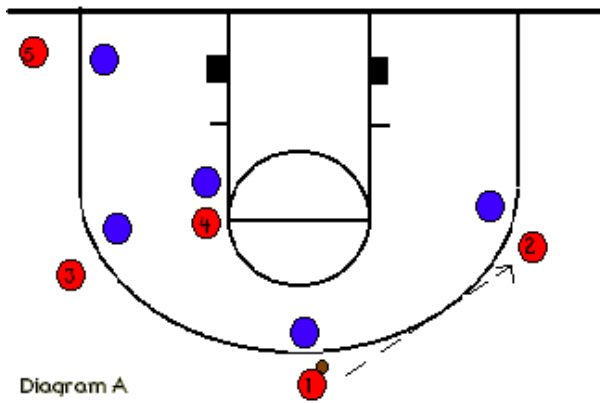


Diagram A

1. Diagram A. The point guard (#1) can pass directly to #2, who can then shoot the 3-pointer, or execute a drive move to the hoop (see Outside Moves).

2. Diagram B. Another option is to have #2 make a jam-down, V-cut move back out to receive the ball for the shot or drive. To execute this, #2 walks her defender down to the block, and then makes the sharp, quick V-cut back out to receive the pass for either a two or three-point shot.

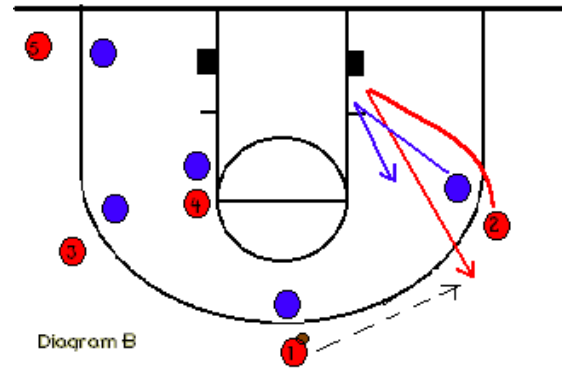


Diagram B

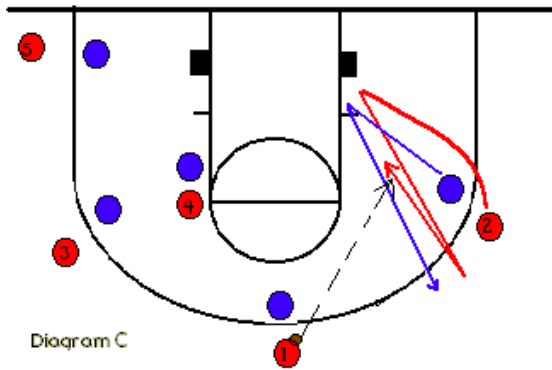


Diagram C

3. Diagram C. After making a couple of outside shots off option #2 above, the defender will be looking to deny the pass on the V-cut. So this time #2 does the same jam-down, V-cut as described in option 2. But this time, she signals the point guard that she is going "back-door" (use a hand signal), and makes the quick back-door cut after the V-cut.

On any of these options, if the defenders on #4 or #5 come over to help on #2, then dish the pass off to your #4 or #5 player going to the hoop.

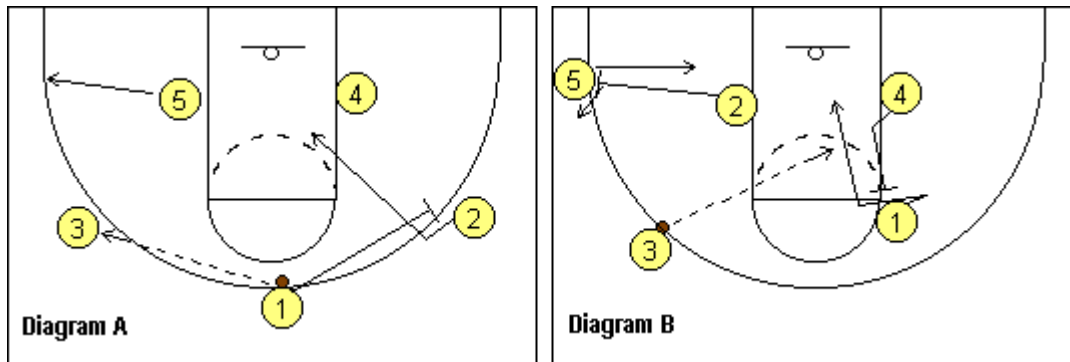
Also, #4 and #5 should be looking for the weak-side rebound when #2 shoots.

"Slip"

This play starts off as a simple screen and wing cut-through, but there's more to it!

See Diagram A.

#1 is at the point, and starts the play. 1 passes to 3 and screens away for #2. 5 moves out to the ball-side corner. #2 cuts through. If open, 3 could pass to 2.



See Diagram B.

As 1 is setting the pick for 2, 4 comes up and sets a pick for 1.

After 2 has cleared through, 1 cuts off 4's screen and "slips through" to the hoop, and gets the pass from 3 for the lay-up. If 4's defender switches to cover 1, then 1 should clear out to the right corner and now, if 4 sealed the defender off correctly (when she made the screen for 1), she should have inside position for the roll cut through the lane and the pass from #3.

2 continues through and sets a pick for 5, who is also an option. 2 then rolls off the screen for the three-point option in the corner.

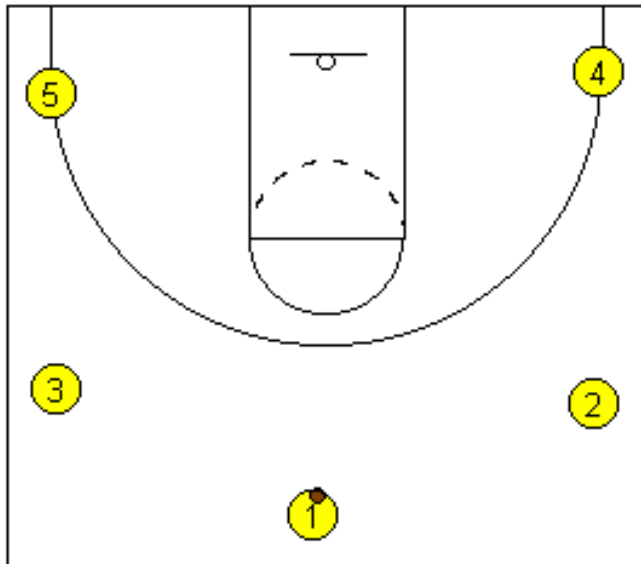
This play features two picks, and usually the defense will not defend the second pick. They will defend the first cut by 2, then relax, thinking they have the play stopped. It's at this point that 1 will make the hard cut and get the lay-up.

Delay Spread Offense -- "Butter"

This offensive half-court set is used when we want to stall and take time off the clock, or when we want to go for a last shot, or when we want to go for only a good, high percentage shot.

Also, if you have the lead and the opponent changes to zone defense, this can also be a counter strategy to get the zone defense to come out and play man-to-man. You can hold the ball until they come out of their zone.

See the diagram. We use a basic "4-corner" setup with 2,4,3 and 5 on the corners, and the point guard #1 is free to dribble, move around and cut inside the four corners.



The point guard #1 can dribble-penetrate the middle of the box, but as she picks up a defender, or the double team comes, she should quickly dish the ball off to one of the four corner players. The corner player can just hold the ball until challenged by a defender, or pass to another corner player, or back to the point guard. All passes must be crisp and accurate and high percentage. Do not throw across court into traffic, where it could be intercepted and taken for the game-winning lay-up on the other end. When you pass, fake a pass one

way, and pass another. You can look the defender off to open the passing lane. If you are in trouble with a double-team, or can't find someone to pass to, call a time-out (but you must know if you have any time-outs left, otherwise it's a technical foul on you). If #2, #4, #3 and #5 are being guarded closely and being denied the ball, #2 and #4 can screen and replace each other, and so can #3 and #5.

Here's a little tip that works sometimes for an easy lay-up. The point guard dribble-penetrates the middle to the circle, but then pops back out with a pass to a corner. She gets the ball back and does this a couple more times. Now the defense is expecting her to pass back out the next time she goes in, and so they overplay for the pass... but this time she makes the hesitation move and then the quick drive to the hoop for the easy lay-up. But it doesn't always work out like this, so if the defender challenges the point guard's lay-up, she should just dribble it back out or get it out to a corner... remember, only uncontested, easy lay-ups.

Situation 1, we have a small lead with only a minute to go in the game.

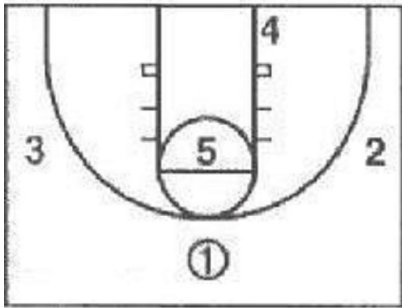
In this situation the only acceptable shot that is permitted is the uncontested lay-up. At this point in the game, the concept that is very important for everyone to understand is: "The clock is your enemy!" (Al McGuire, Marquette U National Champs). We have the lead and don't need any more points or shots... we just have to keep the ball out of the hands of the opponent so they can't score, as we run time off the clock. So then, you ask, why even shoot the uncontested lay-up, because we could miss it and the opponent could get another possession. Here's my thinking. I would shoot the uncontested lay-up because it's a 90 percent shot, and it can put the "last nail in the coffin" for the opponent. Just trying to run "butter" and taking time off the clock is not always a guarantee that we won't make a turnover, or that the defense won't steal the ball. Also, they will foul us, and I would rather have an uncontested lay-up than a 1-and-1, high-pressure free throw. It's all how you play the odds, and the uncontested lay-up is a good bet. Coaches, this is the time to have your best ball-handlers and best free-throw shooters in the game.

Situation 2, we are going for the last shot of a quarter.

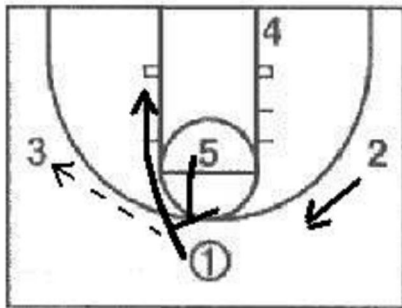
You can also use "Butter" to stall the clock for the last shot of a quarter. When the coach yells "Go" (usually about 10 seconds left), then the corners move in and you start working to get a good shot off. If the shot is taken with about 4-5 seconds left in the period, it may give you time for a quick rebound and a second shot, but not enough time for the opponent to take it all the way down and get a shot. But don't foul going for the rebound, especially if the free-throw bonus is on.

1-3-1 Motion Offense, "1"

Run this motion offense against a man-to-man defense.



#1 is at the point, 2 and 3 are on the wings, 5 is high post and 4 is low block (see diagram A).

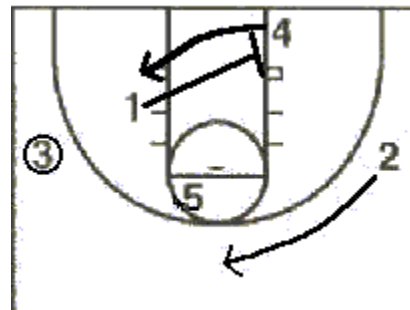


#1 starts the play on either side by passing to either 3 or 2. #4 goes to the opposite block from the ball (see diagram B).

#5 sets pick for 1. #1 cuts around the pick on the ball side. #3 can pass to the cutting 1 who can take it for the lay-up or shot.

If #1 does not get the pass, she continues through and sets pick for #4 (Diagram C). #4 then cuts to the ball-side block to post up.

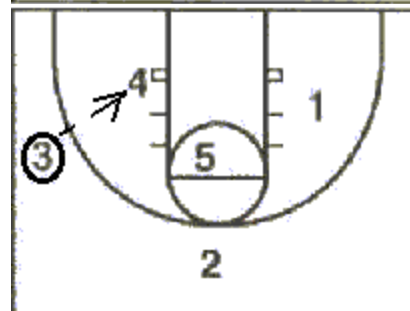
Meanwhile, 5 drifts back to the free throw line, and 2 rotates out to the point.



#3 tries to pass to #4. #4 then uses her post move for the shot. #1 should get into the box-out position on the opposite side, to get the rebound. If the ball is passed out, 1 goes out to the right wing.

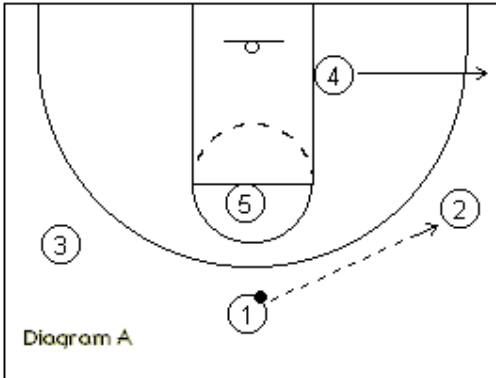
Options:

#3 can pass to the cutting #1, or to the posting #4, or to #5 at the free throw line, or back out to #2. Or 3 can take an open shot.



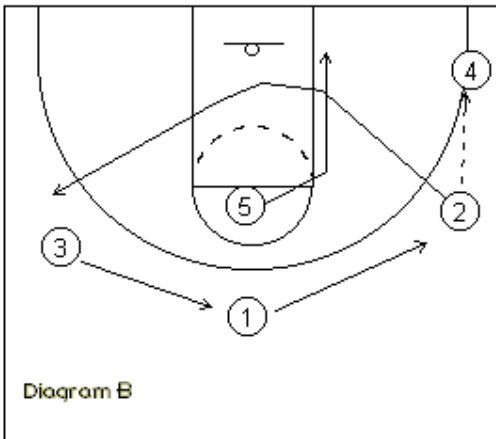
1-3-1 Motion Offense, "2"

Run this motion offense to run against a team who likes to switch between man-to-man and 2-1-2 (or 2-3) zone defenses.



#1 is at the point, 2 and 3 are on the wings, 5 is high post and 4 is low block (see diagram A). It may be helpful to have a good 3-point shooter playing 4, as 4 may get the 3-point corner shot.

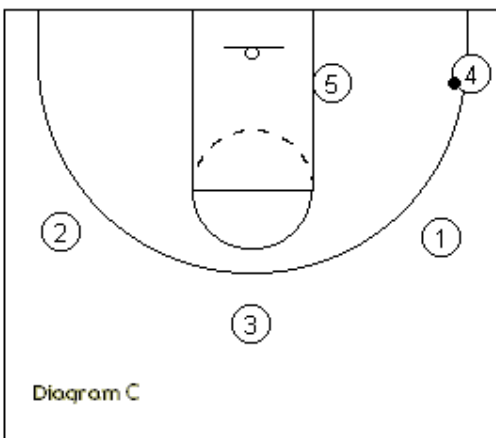
Try to overload the zone. #1 starts the play on either side by passing to either 2 or 3. 4 sprints to the ball-side corner (see diagram A).



Next (Diagram B), #2 passes to 4 in the corner and cuts through looking for a pass back from 4. If 2 does not receive the pass, she goes on through to the opposite side and fills the #3 spot. #1 should rotate over to the 2 (right wing) position, and 3 should now rotate to the 1 position at the point.

5 waits until 2 has cleared through. If 2 does not get the ball, 5 then cuts down to the low block for a pass from 4.

The zone on the right side is now overloaded, and there are now 2 on 1 offensive opportunities



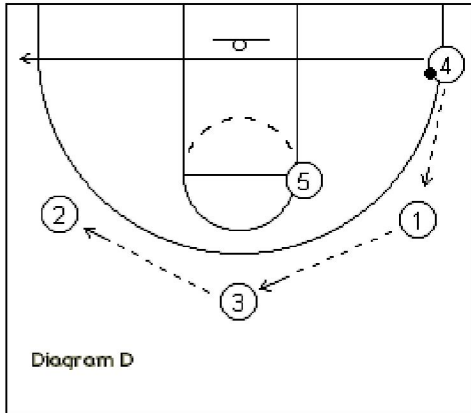
Now the offensive options are:

Diagram C.

4 can shoot the 3 pointer, or drive, or pass to 5 down on the block, or pass out to 1 on the right wing.

#1 could then shoot, or hit 2 with a back door pass, or reverse it back out to 3 on the point

Reverse the ball



If there are no good options, reverse the ball quickly to the opposite side. 4 passes to 1, who passes quickly to 3, who then passes to 2.

By this time, 5 should be back up to the high post position (free throw line). 4 should always follow the ball to the ball-side corner (Diagram D).

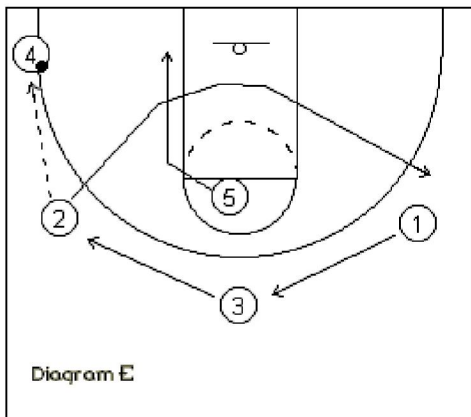


Diagram E. Now #2 passes to 4, and cuts through. If she doesn't get the pass, she goes to the right wing position. 1 and 3 rotate back to the left. If 2 doesn't get the pass, 5 waits and cuts through to the block.

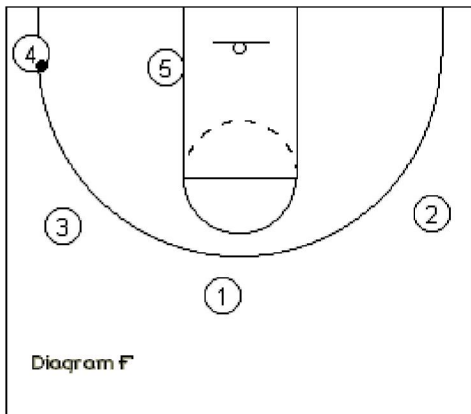


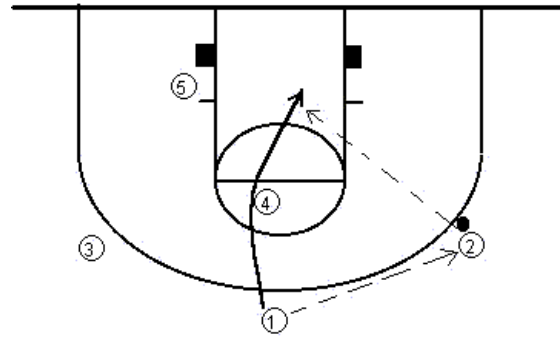
Diagram F. Now you have all the same options, except now on the left side. 4 can shoot or drive, or pass to 2 or 5 cutting through, or pass back to 3 on the left wing. 3 could step up for a shot or hit 2 back door on the right, or pass out to 1.

1-3-1 Motion "3"

This play starts from the 1-3-1 set. This is triple option play, or "3".

First Option:

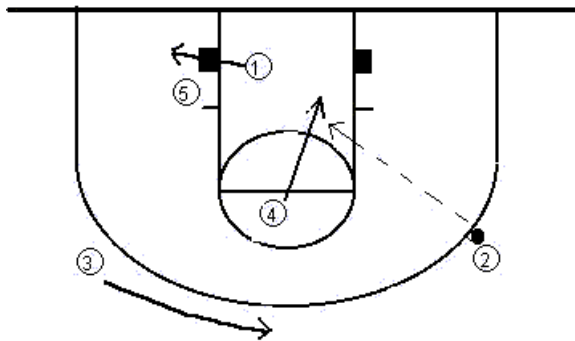
#1 at the point, passes to 2, and cuts around 4.
2 passes to 1 for the lay-up if 1 is open.



Second Option:

If 1 is not open, she clears out and cuts around 5. At the same time, 4 breaks to the hoop. 2 passes to 4 for the lay-up, if 4 is open.

3 swings out to the point for two reasons: to protect against the other team's fast break, and for the outlet pass for the next option

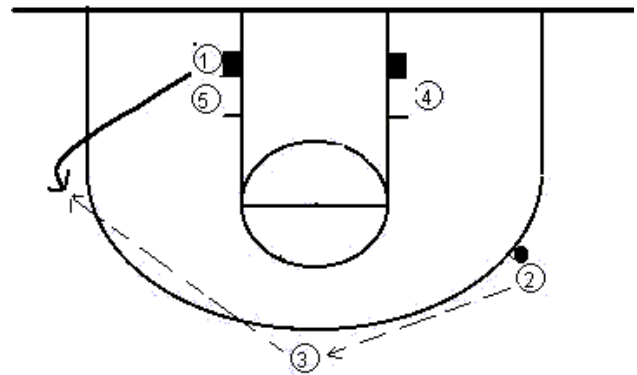


Third Option:

If 4 is not open, she moves over to the post-up low block position. She can post-up there and 2 can still try to get the ball to 4.

If 4 is not open, 2 passes out to 3 at the point. 5 screens for 1 and 1 cuts hard around 5's screen, and gets the quick swing pass from 3.

1 takes the outside shot, which could be a two or three pointer, depending on where she spots up, and which shot she is comfortable with.



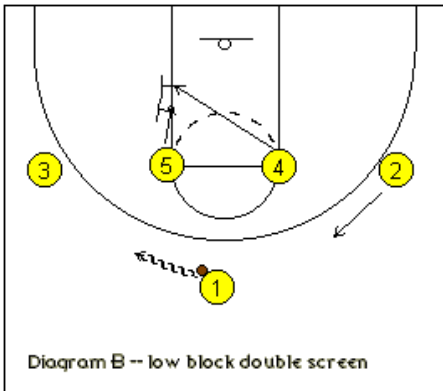
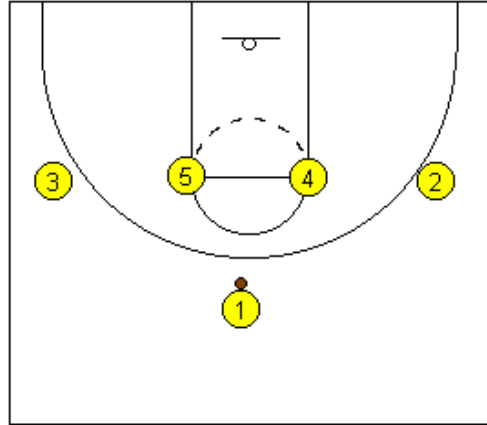
There are actually a number of other options. 2 could take the outside shot if open, or cross-over dribble and drive to the paint once 4 clears. 3 could take the outside shot if she is open. Once 1 cuts around 5's screen, 5 could cut to the high-post (free throw line) to get a pass from 2 or 3. She could then shoot, drive or pass off to a wing, or down low to 4.

1-4 Play Series
"1-4 Stack"

The 1-4 tends to "flatten" the defense. Here's just one play off that set.

Setup:

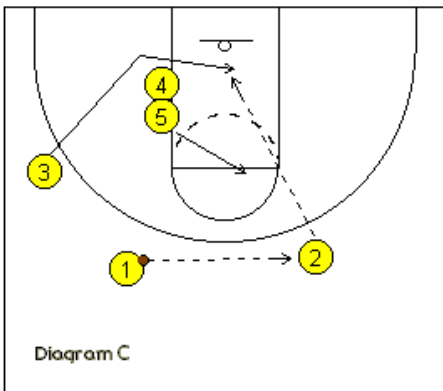
#1 is at the point, 2, 3,4 and 5 stack across, at the free-throw line extended.



1 dribbles left.

4 drops down to the left block area. And 5 slides down next to 4, to set a double screen.

2 moves a little toward the top to receive the pass from 1 (diagram c).



3 cuts baseline around the double screen.

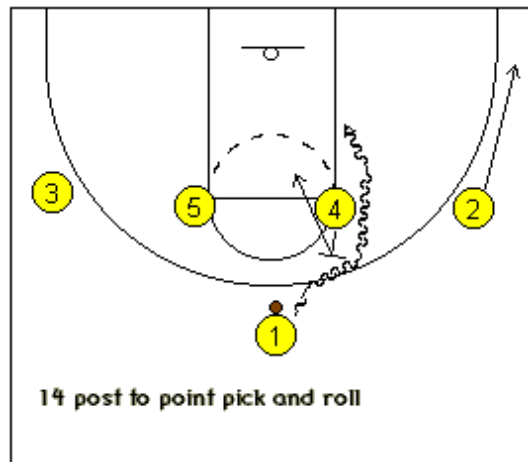
1 passes sharply back to 2.

2 passes to the cutting 3 down on the block for the easy lay-up.

If 3 does not get the pass, 5 flashes to the high post and 3 moves out to the right corner. A 2 to 5, or a 2 to 5 to 4 play are then options.

1-4 Stack, Post-Point Pick 'n Roll

Use this if the defense is in man-to-man. This play uses a simple high post screen for the point guard, and then the seal and roll by the screener. The same side wing slides to the corner to clear his defender out, and also for the outlet pass to the corner (3-point shot).



"1-4 High Post Pick and Roll"

Use this if the defense is in man-to-man. This is a simple high post pick and roll where the pass goes to the player rolling off the screen.

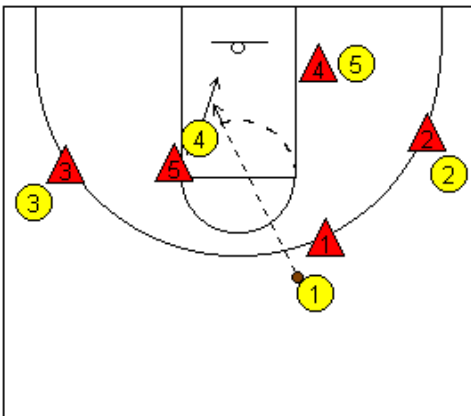
Setup: (yellow = offense, red = defense)

#1 is at the point, 2, 3, 4 and 5 stack across, at the free-throw line extended.

1 calls the play and starts to dribble to the right to clear a passing lane for himself. A jab step to the right or a pass fake to the right might work as well.

#4 sets a pick for 5 and seals the #5 defender.

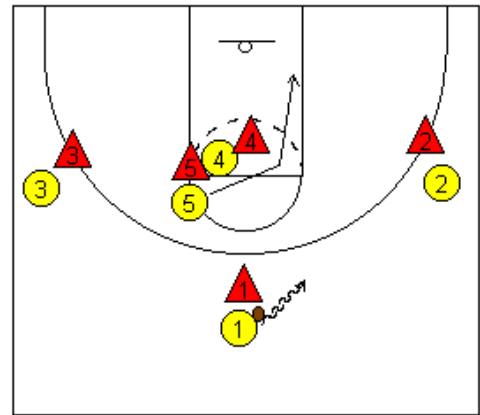
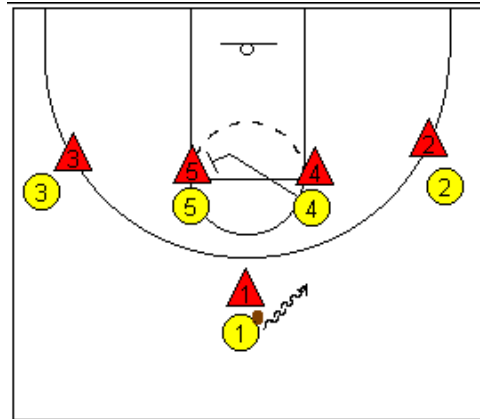
5 cuts around the pick. 4's defender will probably switch and go with 5 on the cut.



5 takes the #4 defender with him to the baseline (out of the way and out of the paint).

4 now has inside position on the #5 defender and cuts to the hoop, for the lob pass from 1.

Make sure your players know correct screening techniques.



"1-4 Stack Low"

This play works well if you have an outstanding point guard (#1), and the defense is in man-to-man.

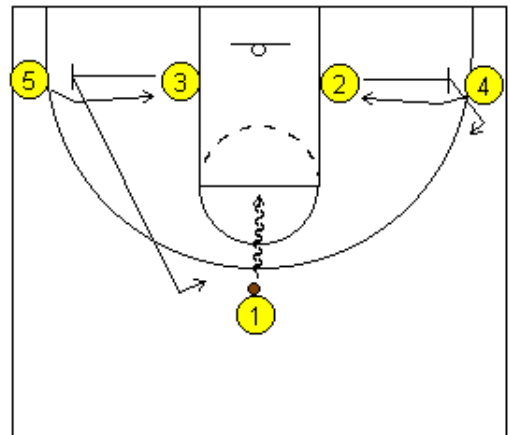
Setup:

#1 is at the point.

Set the stack down low, with your best three point shooters at the #2 and #3 spots, and your best post players at the #4 and #5 positions.

Running the play:

Your outstanding point guard (#1), will try to drive on his man. He may create his own shot, or as the defense collapses on him, he dishes off to an open teammate. This could be an open post player, or an open corner 3-point shot. #2 flares to the three-point line after the screen. #3 moves out to the top and is the prevent man on defense.



3-on-3 Plays

There are a lot of 3-on-3 tournaments out there that you can get into. Although, generally I'm not a great fan of these events (no refs, street ball, injuries, lack of sportsmanship, etc), you can use these events to perfect your motion offense screen, seal and roll plays. Then when basketball season starts, these simple plays will be a part of your team game and "second nature".

In 3-on-3 tournaments, play with teammates from your school team... players whose abilities (strengths and weaknesses) you are already know and whom you will be playing with next season. Learn to play together and "read" what each other is doing. Have fun and remember your sportsmanship. These battles sometimes become heated and very personal... don't lose your cool.

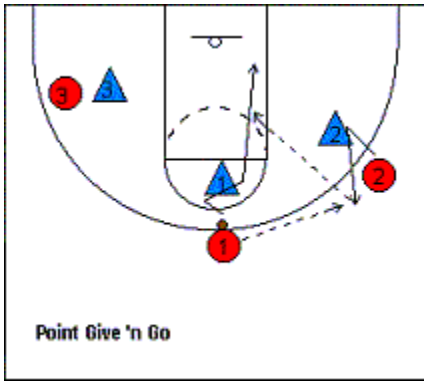
Strong defense and rebounding will win many of these games. Outside shooting is difficult on windy days outdoors, or when looking into a bright sun... get the ball inside.

Parents... let the kids play. Nowadays I see parents coaching 3-on-3 teams! I think this is not a good trend. Kids today have almost all their play-time structured by parents and coaches. When I was a kid (long ago!), we would just get a bunch of kids together, choose up sides and play. We worked out any close calls or differences of opinion on our own without a lot of fights (because we all wanted to keep playing, and if we got into a fight, we were done). Kids need to learn these skills in dealing with other kids and how to work things out. I believe they really don't need parents yelling at them, or the other team, or (if there is one) the ref. Let them coach themselves and see what they can come up with on their own... you might be surprised! These events should just be fun things... not the world championships.

Having said all that, kids here's some simple pick (screen) plays that may work well for you. First learn how to set a good screen and how to seal the person you screened, and then roll to the open spot for the pass.

The secret to all these screen plays is this. Realize that the person setting the screen will often be the person receiving the pass for the shot. So if you set a screen correctly, you may actually be setting yourself up for an easy shot. After you set the screen, "seal" (box-out) the person you are screening, so that you get inside position on him/her. Then when your teammate cuts around the screen, he/she could be open for the shot, but chances are the defense will "switch" and your defender will go with the cutter. Now if you have sealed (boxed-out) correctly, you can step toward the hoop for the pass and shot. The other important element is the cutter must "clear out" if he/she doesn't receive the pass, so you maintain spacing.

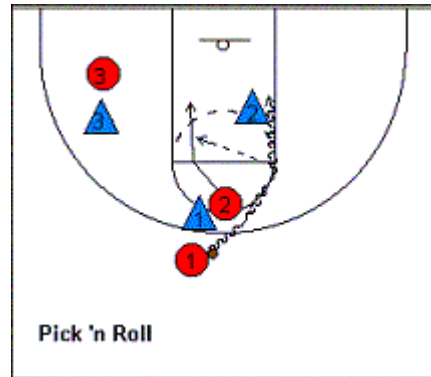
Here are some simple, but very effective plays if run correctly. These plays are all part of any motion offense that your school team might want to use.



Point Give 'n Go

Give and Go

The give and go involves a V-cut by #2 to receive the ball, and a fake step left and lane cut by #1 for the pass and lay-up.



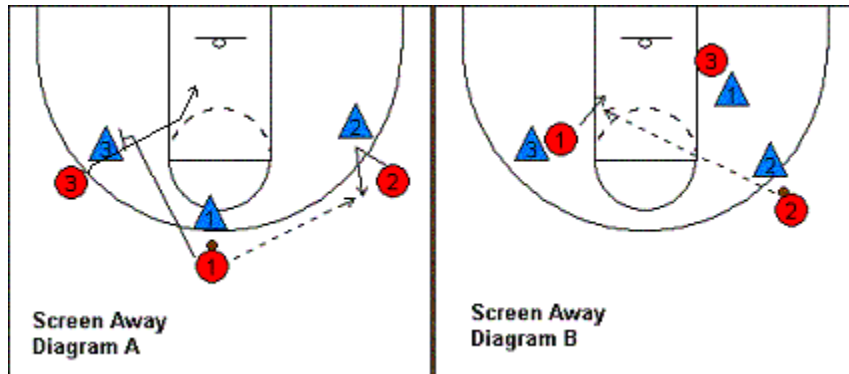
Pick 'n Roll

Pick and Roll

The pick 'n roll works if #2 seals the #1 defender correctly.

Screen Away

#2 makes a V-cut to receive the pass from #1. #1 passes to #2, and "screens away" for #3 on the opposite wing. #3 rubs off the screen and cuts to the hoop. Make sure that #3 waits for the screen to arrive, and that #1 sets the correct angle on the screen. Also, make sure that #1 seals the defender, and then rolls to the hoop after #3 cuts around the screen. #2 can pass to either cutter.

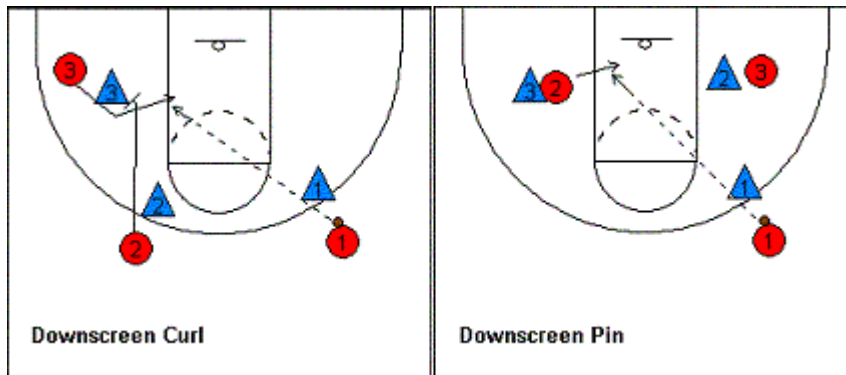


Screen Away Diagram A

Screen Away Diagram B

Down-screen Curl and Pin

#2 sets a down-screen for #3. The low post player (#3) curls around the screen for the pass and shot. #2 pins (seals) the #3 defender and gets inside position. If the defense switches, then #2 should be open for the pass, assuming #3 clears out to the opposite side. Work this on both sides of the court.

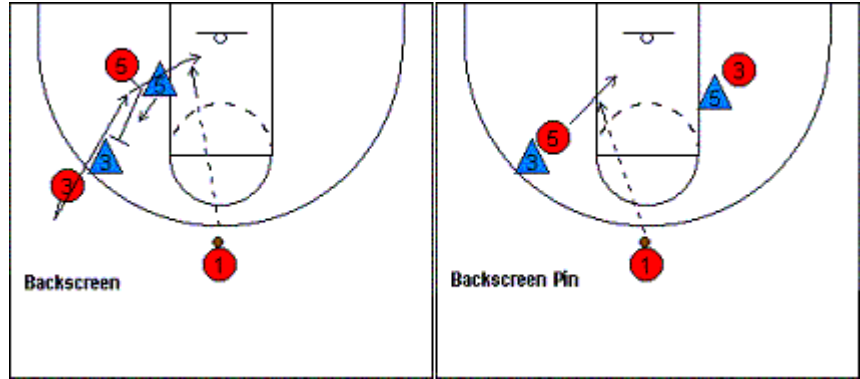


Downscreen Curl

Downscreen Pin

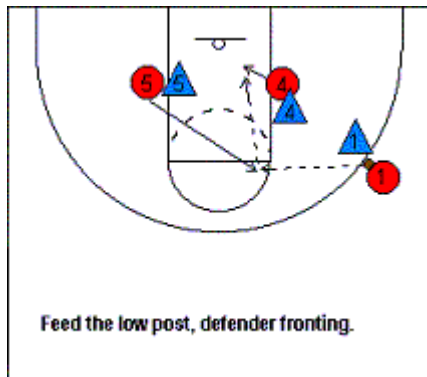
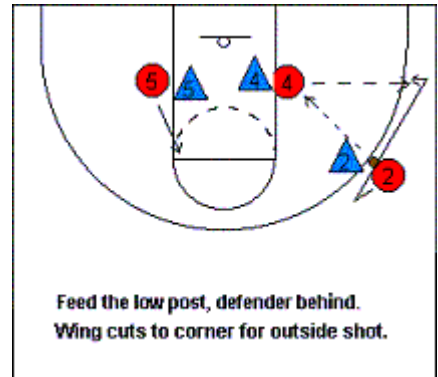
Back-screen and Pin

#5 (low post) comes up and sets a back-screen for the wing (#3). The wing cuts backdoor around the screen to the hoop for the pass and shot. #5 who has screened the #3 defender, "pins" the defender and gets inside position. If the defense switches, he/she (#5) should be open after releasing to the hoop for the pass and lay-up, assuming that #3 clears out to the opposite side.



Feed the Low Post, Defender Behind

The wing player should try to make the pass to the low post when the defender is playing behind him/her. Once the pass is made, the opposite post should move to the high post, to allow spacing for #4 to make the post move on his defender. #2 can cut to the corner for the "inside-out" pass and shot.



Defender Fronting the Low Post

#5 has to recognize this situation, and then flash to the ball-side high post position to receive the pass from #1. #4 should "pin", or seal, his defender and get inside position for the bounce pass (or high lob) from #5. The passing must be quick from #2 to #5 to #4. The other option here is having #4 pin the defender and "step-off" toward the hoop for the high lob pass directly from #2 to #4.

Double Low Post Pick and Seal

Use two post players working together, reading the defense, and screening for each other. #4 sets a screen for #5, who cuts around the screen for the pass and shot (option 1). #4 seals the #5 defender. If the defense switches and #5 does not receive the pass, then #4 should be open with inside position. (option 2).

