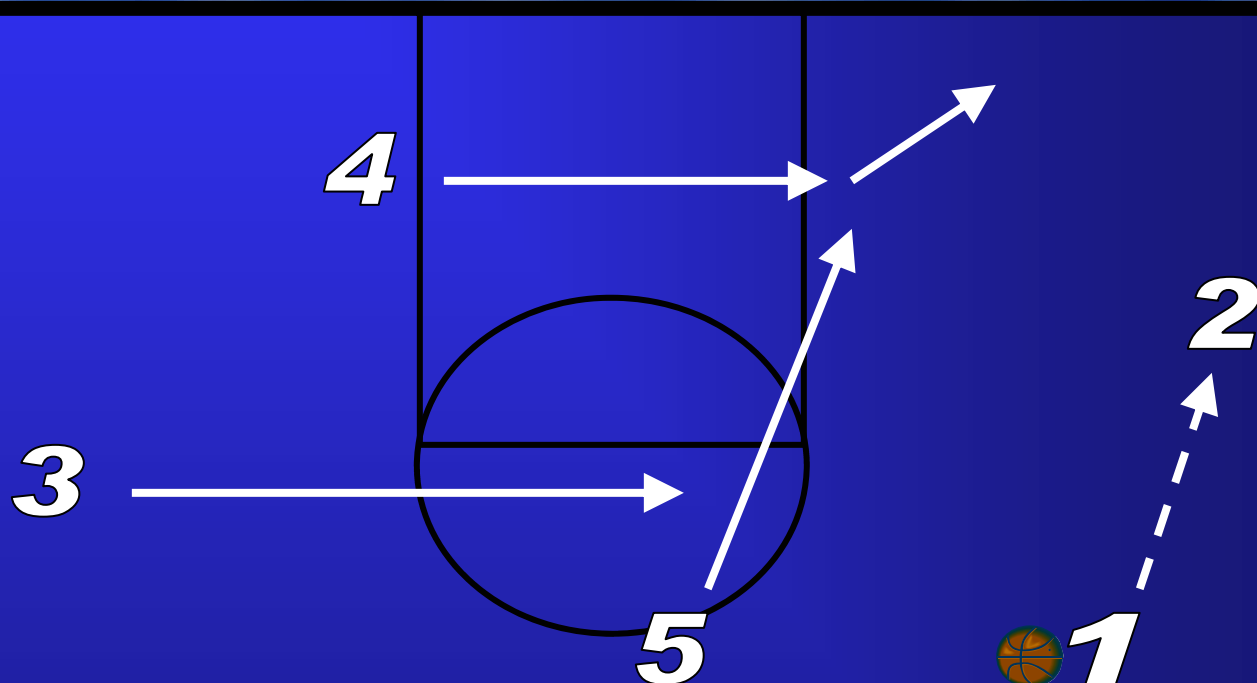


The Single - Double - Triple Post

Zone Motion Offense



- 2 & 3 post player zone attack
- 20 Set plays / 2 Quick Hitters
- 10 Out of Bounds Plays
- 6 Zone Shooting Drills
- Plus Zone Transition Offense

Includes:

by Jamie Angeli

The Single - Double - Triple Post

Zone Motion Offense



Table of Contents

Section 1 Introduction	>	Page 3
Section 2 Keys to a Successful Zone Attack	>	Page 4
Section 3 Zone Transition / vs. Full & Half Ct. Press	>	Pages 5 — 10
Section 4 Single Post Zone Offense	>	Pages 11 — 15
Section 5 Double Post Zone Offense	>	Pages 16 — 22
Section 6 Triple Post Zone Offense	>	Pages 23 — 27
Section 7 Quick Hitters and Entries	>	Pages 28 — 32
Section 8 Set Plays	>	Pages 33 — 62
Section 9 Out-of-Bounds Plays	>	Pages 63 — 74
Section 10 Shooting Drills	>	Pages 75 — 86
Section 11 Other Products and Services from Jamie Angeli	>	Pages 87 — 88

The Single - Double - Triple Post

Zone Motion Offense



Introduction

"I hope the opposing coach decides to play a zone defense against us the entire game tonight..."

In all my years in the basketball profession I don't believe I have ever heard a coach make that statement.

Attacking zone defenses has always been an Achilles heel for many coaches and for several reasons. Some are obvious and some are not. Some coaches fear the thought of relying primarily on their outside shooting to determine the outcome of the game, which of course, is one of the desired goals of the coach employing the zone defense. Other coaches are upset because they won't have the chance to use those fancy new set plays with incredible screening action he just picked up watching college basketball over the weekend. Some get worked up over the different zone fronts they will be facing (the 1-3-1, 1-1-3, 2-3 or 1-2-2) and consider making drastic changes in their attack. And still others believe now that they are facing a zone defense that their transition game will be limited and will have to rely on half court offense. All are legitimate concerns, yet they are all remedied with the Double and Triple Post Zone Motion Offensive System.

The Zone Motion will allow you to:

- Attack inside and out, utilizing your post and / or perimeter strengths.**
- Execute set plays that will free up your best scorers in their comfort spots.**
- Show quick hitting zone entries that will force the zone defense into uncomfortable zone coverages.**
- Enable you to use one offense vs. all types of zone defenses.**
- Utilize a zone transition offense that will put constant pressure on the defense.**

The Double and Triple Post Zone Motion Offense is here! Bring on those zone defenses!

The Single - Double - Triple Post

Zone Motion Offense

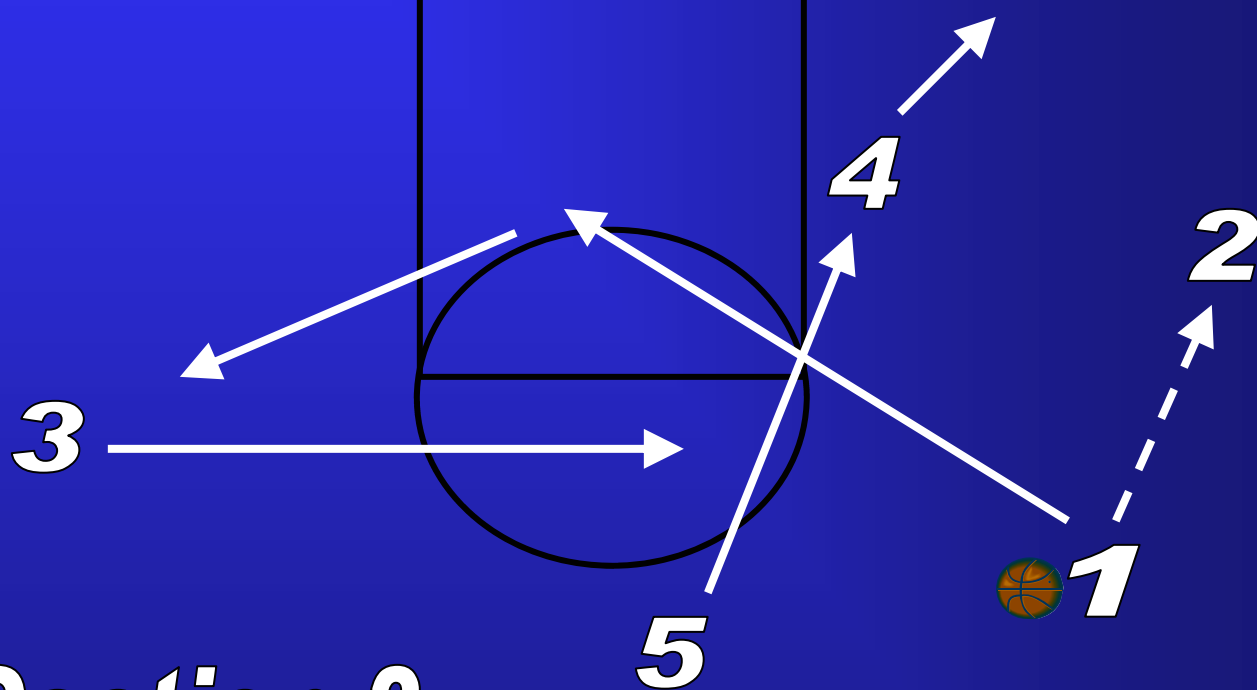


Keys to Success

- 1) **Fast Break** — Beat the zone defense down the floor for easy baskets.
- 2) **Early Offense / Secondary Break** — Attack quickly from transition without allowing the defense to get set. Attacking from your transition without always having to reset the offense is critical.
- 3) **Offensive Rebound Position** — A good zone offense should keep a triangle of rebounders near the basket on a shot.
- 4) **Ball Reversal and Man Movement** — Stretching and shrinking the zone through ball reversal and moving personnel is paramount.
- 5) **Post Touches** — Learn to attack the zone from the inside / out. This will again force the zone to contract and expand, giving you more seams and gaps in which to attack.
- 6) **Dribble Penetration** — Practice getting in the gaps and finding open players both on the perimeter and in the post; “sitting down” with the ball once inside the zone and not out of control creating a turnover situation.
- 7) **Attack From Behind the Zone** — Cut from baseline out (especially in the short corner area) behind the zone defenders.
- 8) **On Perimeter or Post Catches** — Always turn and face the basket, look inside and then opposite for ball reversal.
- 9) **Avoid Driving Baseline** — (unless in early transition) You will have a sea of defenders already waiting for you and will also give them a potential trap situation.
- 10) **Screen the Zone** — Screening the zone can create openings for shots when zone defenders are forced to help in other areas of the floor due to screening on the ball, on the perimeter, and inside, allowing you to attack additional gaps and seams.

***The Single -
Double - Triple
Post***

Zone Motion Offense



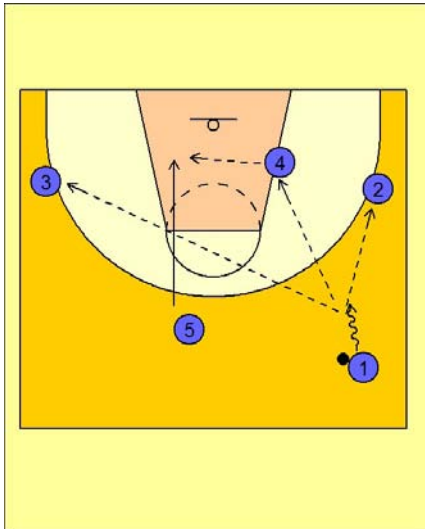
Section 3

***Zone
Transition
Offense***

Zone offense

Zone offense transition

1



Zone Offense Transition

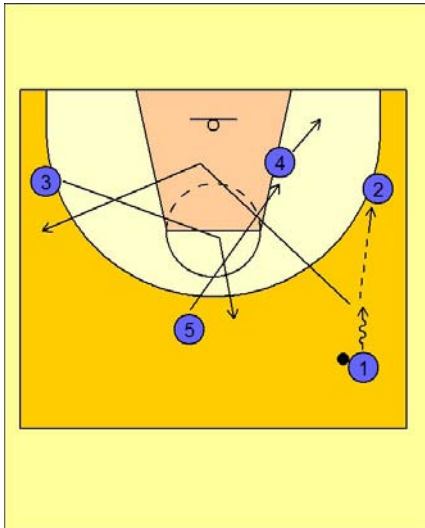
It is important that we push the basketball quickly down the floor looking for easy baskets before the zone has a chance to setup.

I run a sideline break into both my man and zone offense. Later, I will diagram how we quickly get into our press breaker against full and half court traps.

If the lay-up is not available to either post player running the floor or our wing players catching and driving or perhaps an occasional three point shot in transition (with #4 and #5 running there is a good offensive rebound opportunity), then we must get quickly into our zone attack. I will show you each of the options we use to get into our zone alignment quickly out of transition depending on the entry pass from the point guard. Right out of transition, the point guard has these options:

- Attack the basket for lay-ups
- Enter to the wing player
- Reverse the ball to the trailing post man
- Use the trailing post man for a ball screen on top of the zone

Let's look at those options out of our transition.



2

Zone Offense Transition

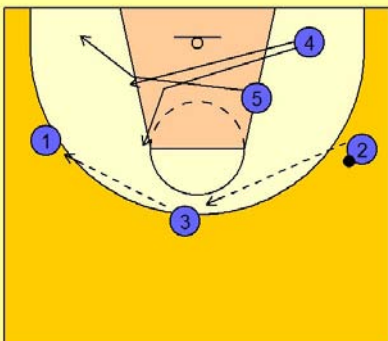
Here we see #1 bringing the ball up the floor and entering the ball to the wing player #2. #4 immediately steps to short corner. #1 passes and cuts through the lane with #5 cuts right behind him and into the gap created by #4 stepping to the short corner. #3 cuts to the high post area looking for the potential post pass. If we are in our double post zone offense (see previous newsletter), he will flash into the ft line area and then out to the top of the key. If we are in our triple post zone offense he will flash to the high post area and remain there trying to receive the entry pass from #2.

Zone offense

Zone offense transition

3

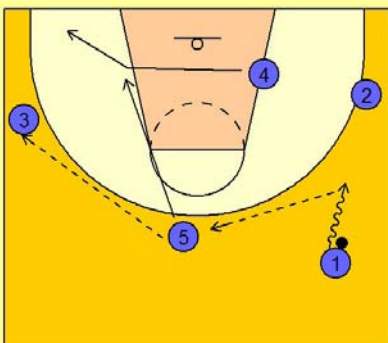
Zone Offense Transition



#2 would then reverse the ball to #3 on top who would then reverse to #1 on the left wing. #5 and #4 would make their respective cuts across the lane depending upon whether we are in our double post or triple post zone offense.

4

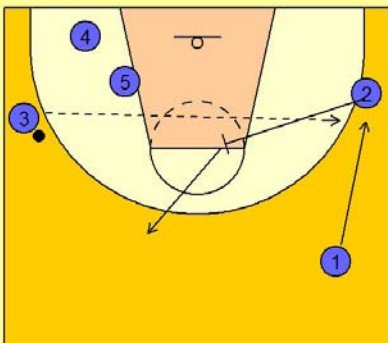
Zone Offense Transition



Another option is for #1 to bring the ball up the floor and reverse the ball quickly on top to the trailer man #5. #4 follows the ball across the lane. #5 looks inside and then opposite to #3 on the left wing. #4 cuts across to the low post and then to the short corner area. #5 cuts down to the low post area just vacated by #4.

5

Zone Offense Transition



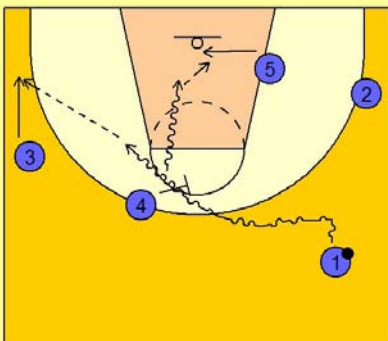
While the post players are making their cuts, the back side wing would then flash to the high post area (who could also back screen the zone for a potential skip pass to #1). #2 would then step out for ball reversal.

Zone offense

Zone offense transition

6

Zone Offense Transition

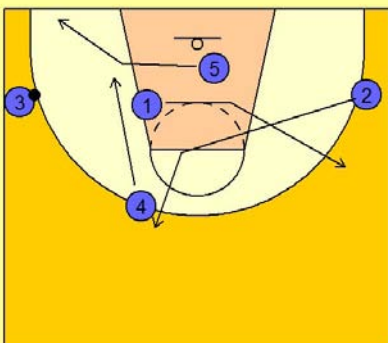


The last zone offensive transition option would be for #1 to get a ball screen from the trailer man #4 in this diagram. This is an excellent option against the zone.

#4 should look to back screen the back side top zone defender while #1 drives hard over the top of the screen in transition. #1 would look to drive the gap to score, kick out to #3 on the left wing or dump the ball down to #5 inside.

7

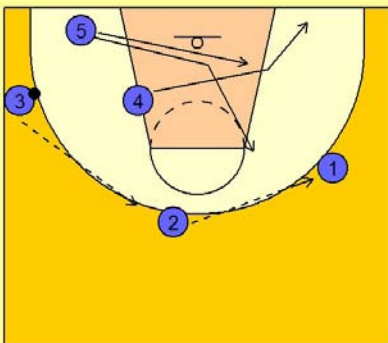
Zone Offense Transition



After #1 penetrated in the gap, #2 would start his movement in the lane and then to the top of the key area. This movement on the back side of the floor from #2 is a must, if not only for transition defensive purposes. #1 drove, passed the ball, and then cut out to the opposite wing area.

8

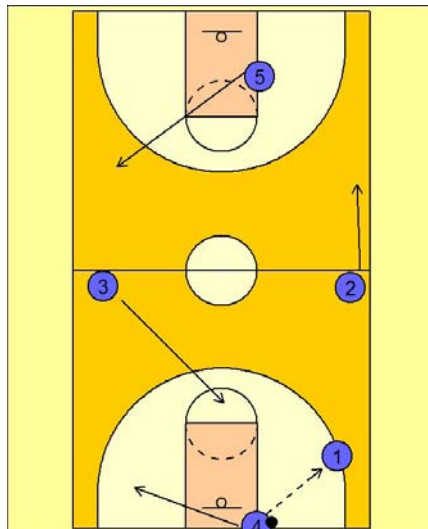
Zone Offense Transition



You are now ready to reverse the basketball to #2 on top and continue your zone attack right from your transition.

Zone offense

Zone offense transition

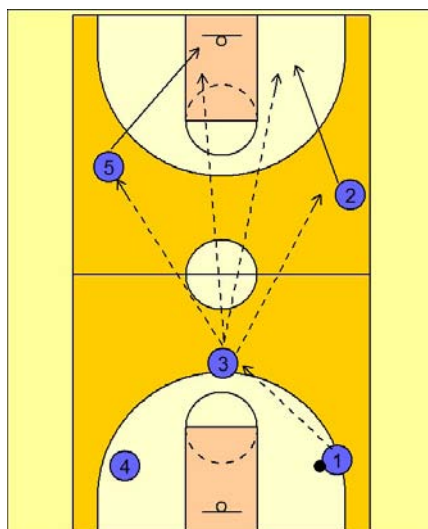


Zone Offense Transition vs. Full Ct. Trap

9

Our players are in alignment to quickly set up our press break attack.

Once we read the full court press, the opposite wing player (#3 in this diagram), will come back to the ball in the middle of the floor. #5 will move over to fill the area vacated by #3. #4 steps inbounds opposite the area he passed to.

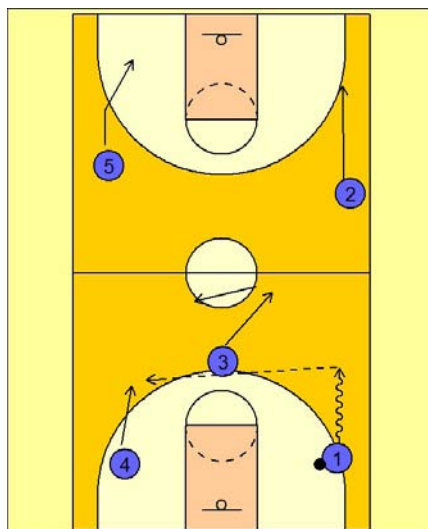


Zone Offense Transition vs. Full Ct. Trap

10

We are now in a 2-1-2 alignment; an alignment we use to attack all full and half court pressure.

#1 can look to hit #3 in the middle and we will look up the floor on the pass first and the dribble second.



Zone Offense Transition vs. Full Ct. Trap

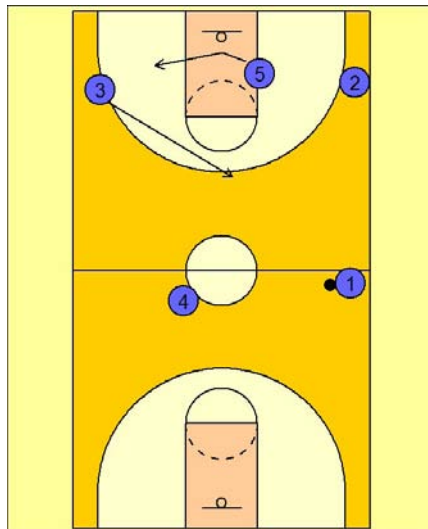
11

#1 can also look to take the ball up the sideline with #3 following the ball in the middle. #3 does not leave the middle area once he enters.

If the ball is reversed to #4, #3 moves toward the ball on the left side of the floor, but remains as an outlet in the middle all the way up the floor.

Zone offense

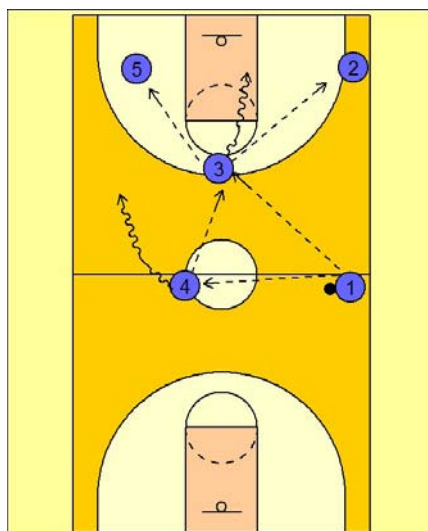
Zone offense transition



Zone Offense Transition vs. Half Ct. Trap

If we recognize a half court trap coming, again the opposite wing player flashes to the middle of the floor looking for the entry pass from #1. #4 stays behind as the trailer looking for a reverse pass from #1. #5 slides over and takes the spot vacated by #3.

12



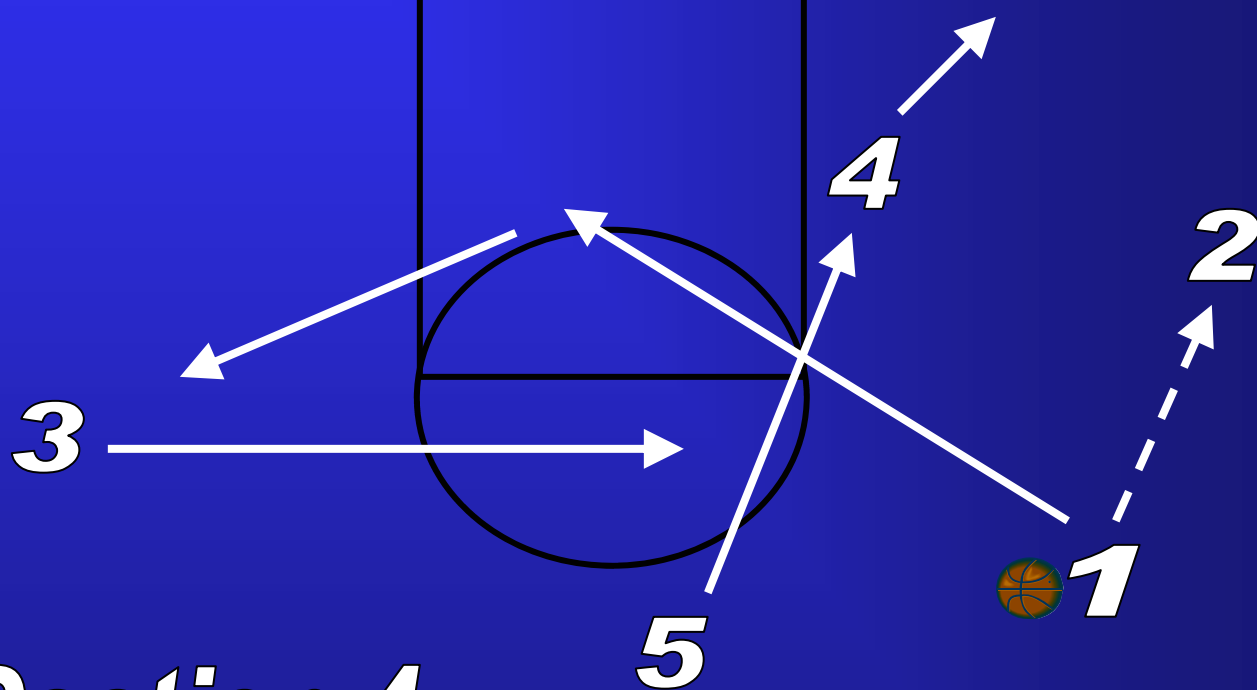
Zone Offense Transition vs. Half Ct. Trap

Again, if we hit #3 in the middle we look to attack on the pass first and dribble second. If we reverse the ball to #4 he can look to hit #3 in the middle or attack on the dribble second. #1 will stay back keeping the 2 - 1 - 2 attack alignment.

13

***The Single -
Double - Triple
Post***

Zone Motion Offense

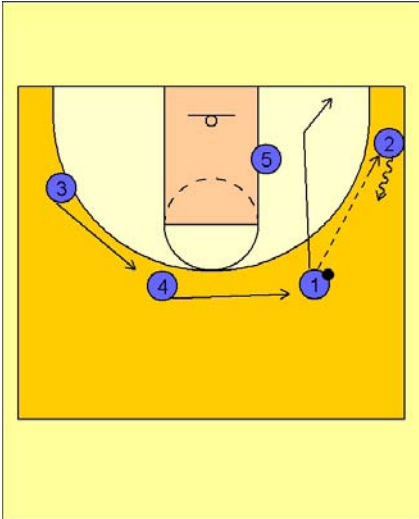


Section 4

***The
Single Post
Offense***



Single post



Single Post Zone Offense

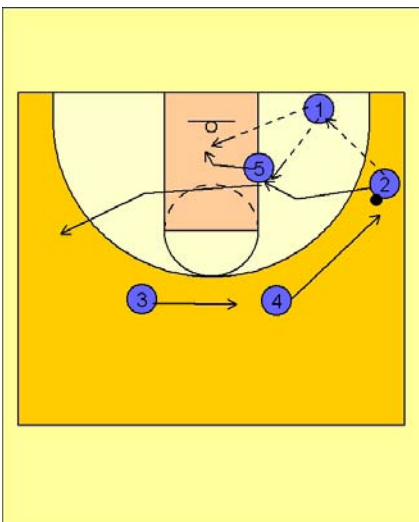
There are times when we will try and load the floor with shooters around one post player.

This is our single post attack. We will still use the same zone transition with #5 stepping to the short corner and #4 cutting into the low post. It does not matter that #4 is a perimeter player.

After our normal zone transition (as described in a separate section in this book), we will reverse the ball and move into our 4-out 1-in attack.

#1 enters the ball to #2 in the corner area. #1 will then cut to the short corner area. #2 will dribble the ball up a few dribbles to improve the spacing between him, the short corner man and the low post man.

#4 and #3 are filling any open vacancies on the perimeter.



Single Post Zone Offense

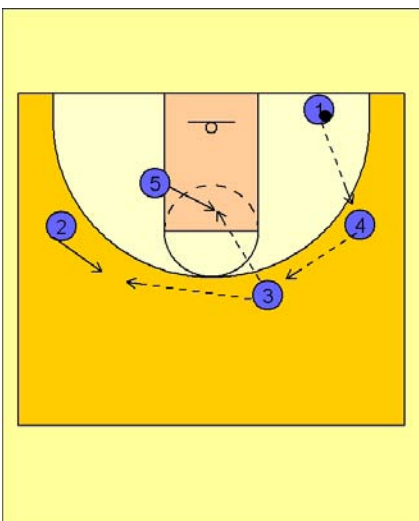
If #2 passes to the short corner man, #1, we will use the same rotation we have used in our double and triple post attack.

#1 will always have the opportunity to rip the ball across his body and attack the rim if it is available first.

Next, #5 cuts to the front of the rim, #2 loops in from the top to the hole in the low block area and #4 fills the hole created by #2's cut.

#3 move over to take #4's original spot.

After #2 cuts through and does not get the ball, he will cut out to the opposite wing area.



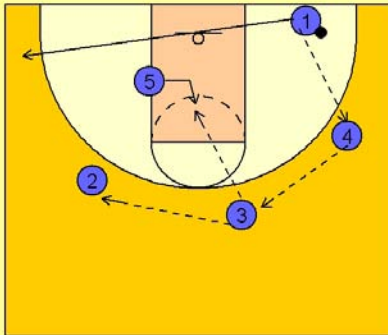
Single Post Zone Offense

If #1 does not make any of the interior passes to #2 or #5, he will reverse the ball out to #4 who will then reverse the ball to #3 on top. #3 then passes to #2 on the left side of the floor.

#5 is waiting on the ball side block. He may also flash in the middle of the zone on ball reversal.

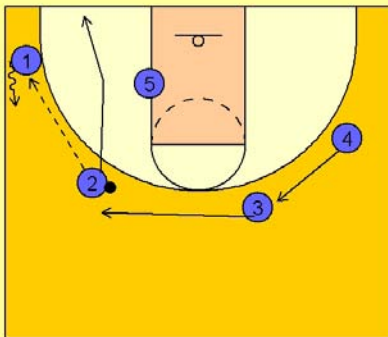


Single Post Zone Offense



Once #1 has passed the ball out to #4, he is cutting across the lane and out to the opposite corner area.

Single Post Zone Offense

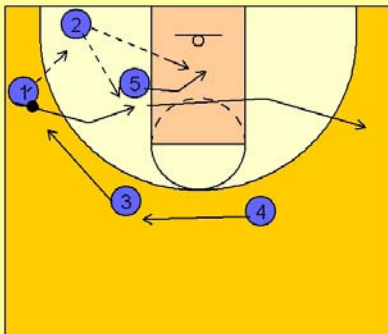


We are now in the same alignment on the opposite side of the floor as we were at the beginning of our 4-out 1-in action.

#2 passes to #1 in the corner and cuts to the short corner area.

#1 moves up a few dribbles to improve spacing, #3 and #4 are moving over to keep proper 15 to 18 feet spacing on the perimeter.

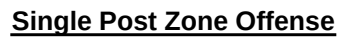
Single Post Zone Offense



We will again repeat the same actions on the left side of the floor as we just did on the right side of the floor when the ball is passed to the short corner man.



- The person who made the entry pass will spot up on the perimeter looking for the pass out just in case his man doubles inside.



- The man who has the ball on the wing and DOES NOT pass to the corner man and make the short corner cut....we will cut that man through the lane and out to the opposite corner.

That would be #1 in this diagram.

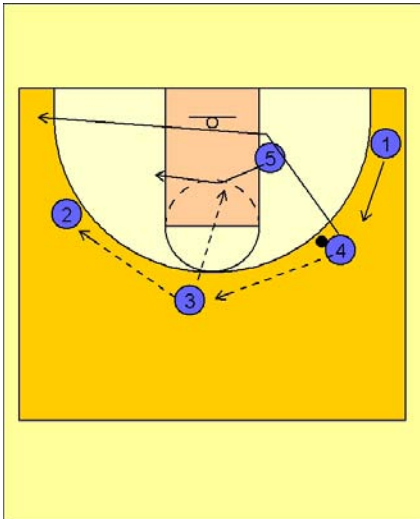


- We are now ready to make the same attack on the other side of the floor.



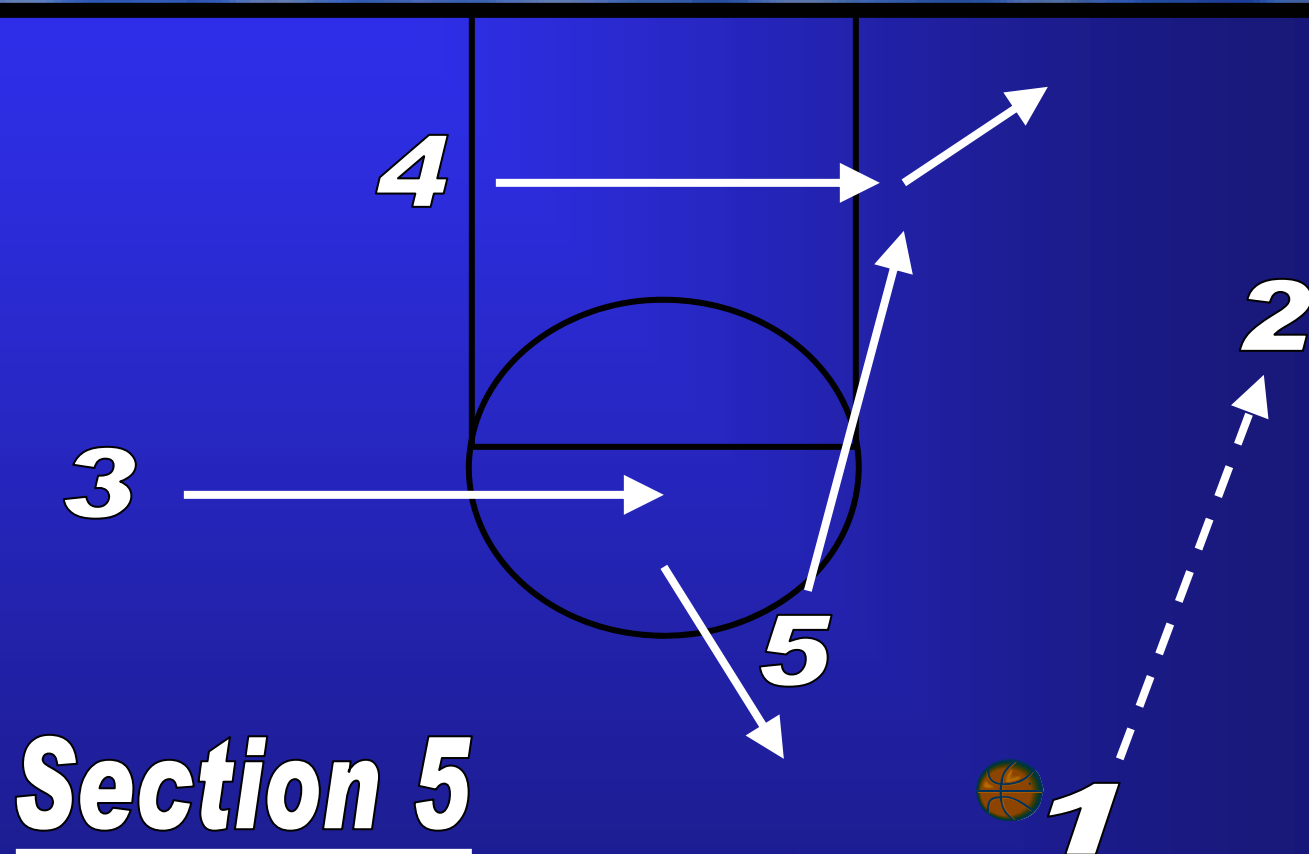
Single Post Zone Offense

Again, if #4 DID NOT pass to #1 in the corner, he would reverse the ball to #3 and cut through the lane himself and out to the opposite corner.



***The Single -
Double - Triple
Post***

Zone Motion Offense



Section 5

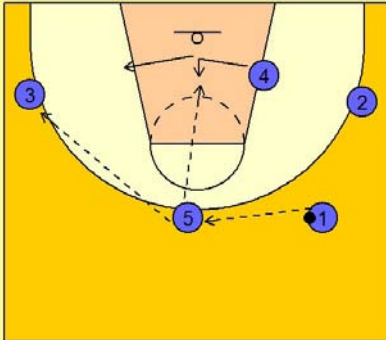
***The
Double Post
Offense***

Zone offense

Double post

1

Double Post Zone Offense

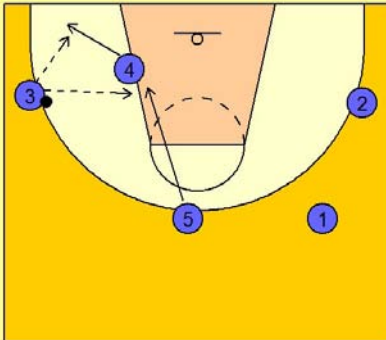


#1 will look to reverse the ball on top to #5. As the ball is in flight to #5, #4 is looking for good post position, possibly a nice high/low pass from #5 over the top if #4 was fronted defensively.

If #4 does not receive the pass, he continues across the lane to the ball side low block. #5 passes to #3 on the left wing.

2

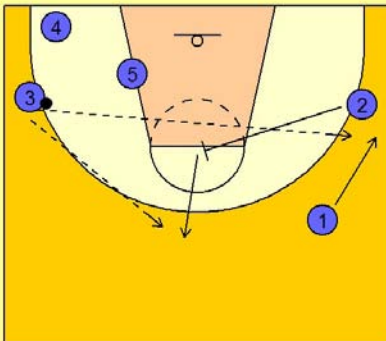
Double Post Zone Offense



Once #3 has the ball, #4 if not open right away, will look to step to the short corner area. This is extremely effective as #4 has now taken the low post defender with him to the short corner creating a hole for #5 to slide into.

3

Double Post Zone Offense



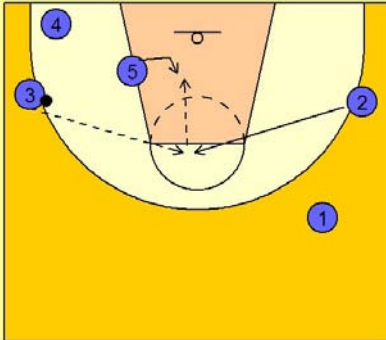
As that action happens, #2 flashes into the high post area. He can either flash to the high post looking for a pass or he can back screen the weakside defender so that #1 can slide to the back side for the potential skip pass and shot. Whatever he decides to do, #2 will then break to the top of the key for floor balance. If the skip is not available #3 will look to reverse the ball to #2 on top.

Zone offense

Double post

4

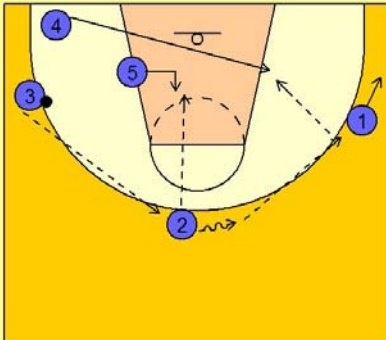
Double Post Zone Offense



As mentioned before, #2 can decide to break straight towards the high post looking for a pass without backscreening for #1. If he receives the ball in the high post he can certainly look to score or make the high/low entry pass to #5 who has ducked into the post area.

5

Double Post Zone Offense

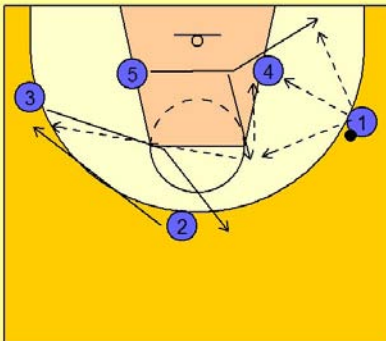


Continuing on with ball reversal. #2 has the ball on top and looks to reverse the ball to #1 on the right wing. He may look to catch and pass or catch and drive the gap as he reverses the ball. It is a good idea to get your wings low enough so that the backside wing defender will guard him, as opposed to the top zone defender. This will enable you to attack the low post and short corner with more success.

As the ball is reversed to #2, #5 ducks in the post in the same manner as if the ball was thrown to the high post. He may have an opportunity for a post entry pass from #2. As that is happening, #4 is sprinting across the lane looking to post up on the now ball side of the floor as the ball is passed over to #1 on the right wing.

6

Double Post Zone Offense



As #1 catches the ball he looks to #4 inside or to #5 who has the option to break off the back of #4 to either the short corner area or the high post.

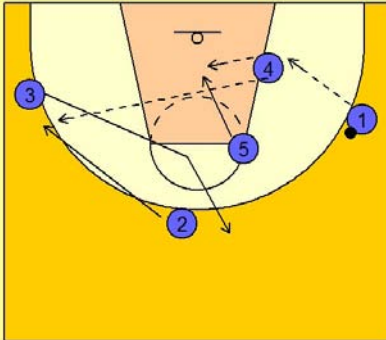
If the ball goes into the high post player #5, he will look to make the high low pass to #4 then will look to reverse the ball to #3. Our post players are taught to always turn and face the basket, look inside and then opposite (when receiving the ball in both the high and low post area)

Zone offense

Double post

7

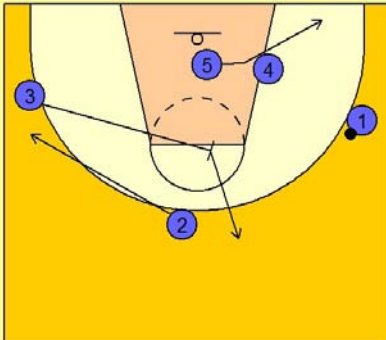
Double Post Zone Offense



If #4 receives the ball in the low post area, again, #5 is instructed to always dive to the basket looking for a pass from the low post man #4. #4 would then look inside to #5 and then opposite to #2.

8

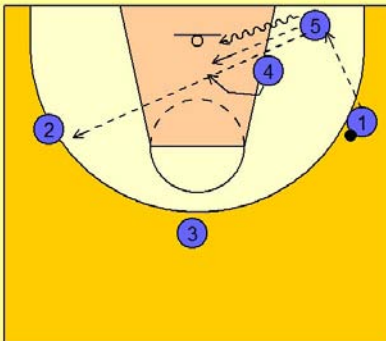
Double Post Zone Offense



#5 may also break off the back of #4 to the short corner area. #3 will look to flash into the high post area to receive the pass OR he may set a back screen on the back side top zone defender for #2 to move into an open area on the opposite side of the zone. In any event, #3 then pops out to the top of the key for floor balance and ball reversal.

9

Double Post Zone Offense



Anytime the low post player in the short corner area receives the ball he again will look inside and then opposite.

This is also a great area of the floor for our short corner man to catch the ball and drop step to the baseline looking to get underneath the zone and score coming out from the basket.

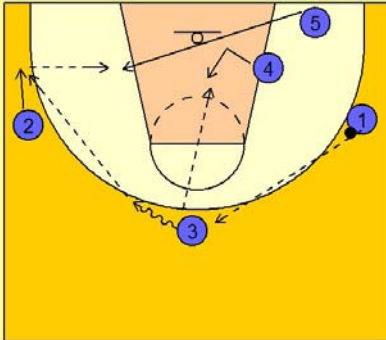
You may look back a month or two on our zone shooting drills and you will see both the short corner shot and back screen skip pass on the perimeter that we try and work on at least every other day.

Zone offense

Double post

10

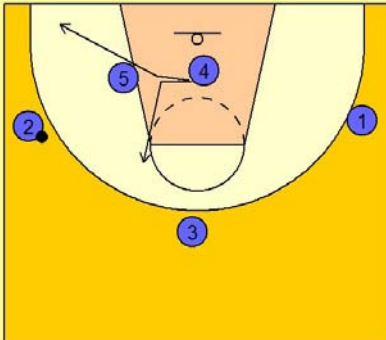
Double Post Zone Offense



Continuing on, the ball is reversed to #3 on top. #4 ducks in looking for a high/low pass from #3. #5 sprints across the lane looking to post up on the now ball side low post area. #3 moves the ball over to #2 on the left wing.

11

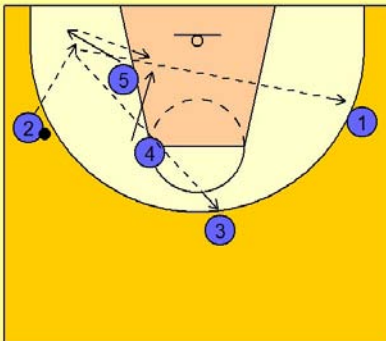
Double Post Zone Offense



#4 repeats the post action be either breaking off the back of #5 to the short corner or high post area.

12

Double Post Zone Offense



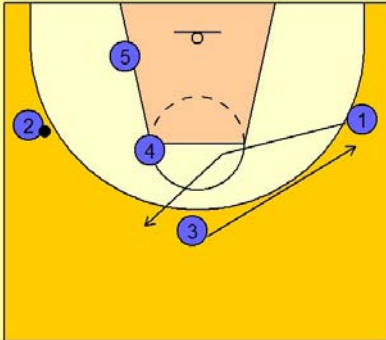
When #5 sees #4 flash to the high post a great option here is to have #5 step to the short corner (as in the beginning of the offense) and creating a gap in the middle for #4 to slide down into. Again, #5 would look inside to #4 and then opposite to #3 or #1.

Zone offense

Double post

13

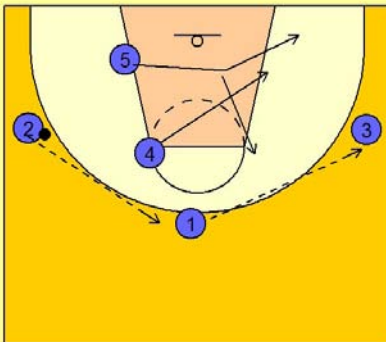
Double Post Zone Offense



If #4 did flash into the high post area, repeating their previous action, #1 would then either back screen for #3 or just flash in and out to the top of the key area while #3 replaces him on the right wing.

14

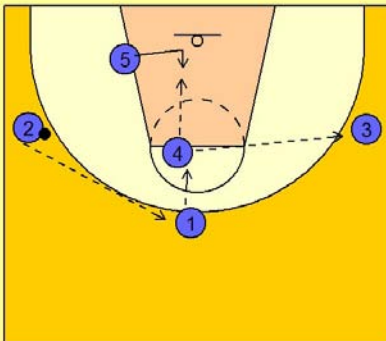
Double Post Zone Offense



On ball reversal when there is a high post offensive man, the top man, #4 would look to break down to the ball side low post while #5 would then break off his back to either the short corner or high post area on the other side.

15

Double Post Zone Offense



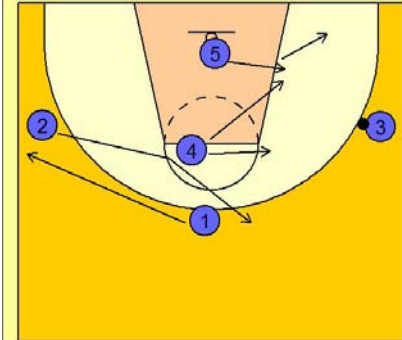
If the ball entered the high post, #5 would look to duck in the middle of the lane for a high/low pass from #4. #4 would then look inside and opposite to #3 on the right wing.

Zone offense

Double post

16

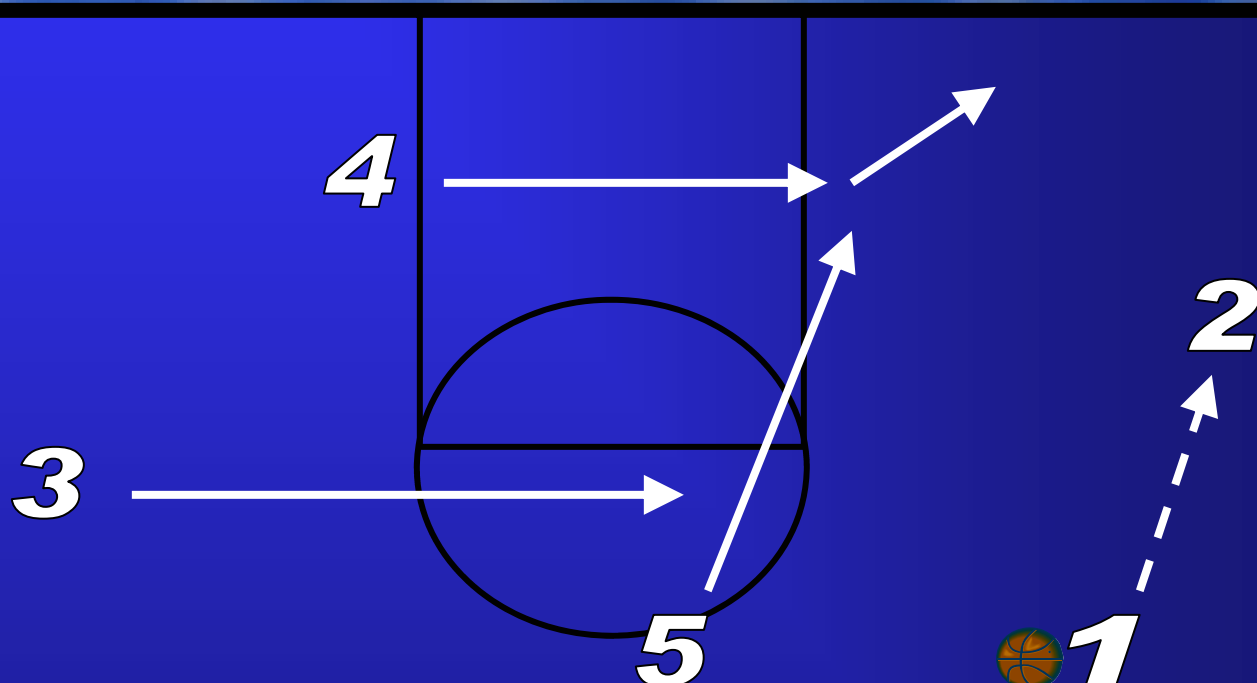
Double Post Zone Offense



After #4 reversed the ball to #3, #5 would then take the low post and then step to the short corner. #4 would either continue to the high post on the right side or break down to the low block on the right side. #2 and #1 continue their interchange or back screen action.

***The Single -
Double - Triple
Post***

Zone Motion Offense



Section 6

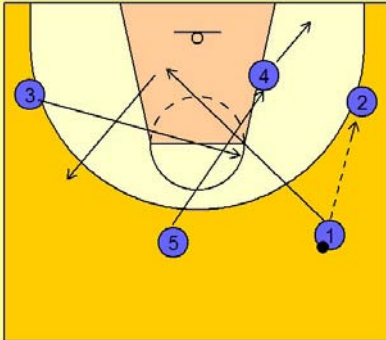
***The
Triple Post
Offense***

Zone offense

Triple post

1

Triple Post Zone Offense

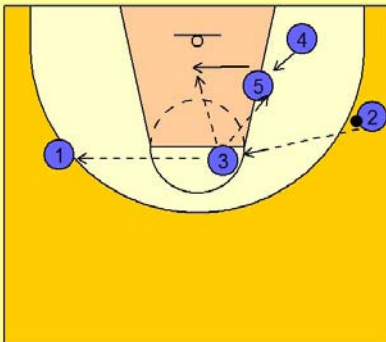


Similar action to the double post, but now we will get our third post player (#3) into the post rotation.

#1 enters to #2 on the right wing. Cuts through the lane and out to the opposite wing. #4 steps to short corner while the high post player #5 cuts down to the low post position. Hopefully, with #4 stepping to short corner, he has taken the low post defender with him leaving a gap for #5 to fill in the low post. #3, your other wing / post player in the triple post, flashes to the high post area.

2

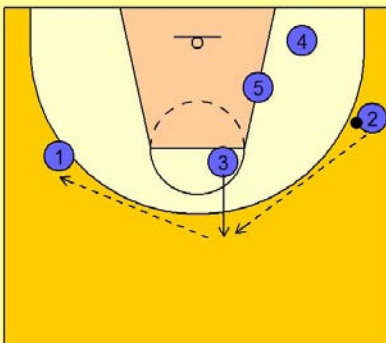
Triple Post Zone Offense



If #3 receives the ball in the high post, #5 is taught to always duck in the middle of the lane looking for the high / low entry pass from #3. #4 steps up looking for the post pass to the block. #3 is taught to always catch and face the basket, look inside and then opposite (to #1 on the left wing).

3

Triple Post Zone Offense



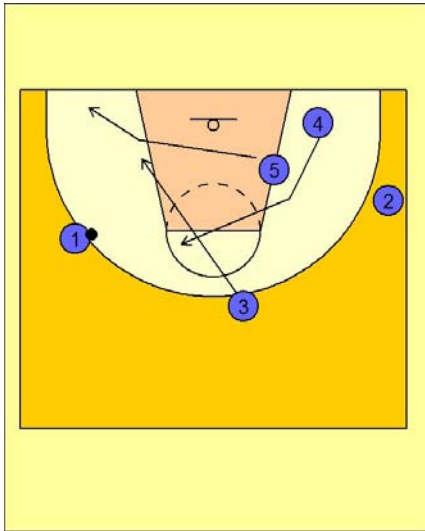
If #3 cannot receive the pass in the high post area, he quickly steps out to the top of the key area to receive the pass for ball reversal.

Zone offense

Triple post

4

Triple Post Zone Offense



Once #3 reverses the ball, the post movements are always the same. The low post player, #5, cuts across the lane to the left low block and then steps out to the short corner area. #3, after passing to #1 on the left wing, cuts down to the space in the low block just cleared out by #5. #4 flashes to the high post area.

Post players must remember where they move to on ball reversal. Again, here is their movements:

Low post player cuts across to the opposite block and then steps to the short corner area.

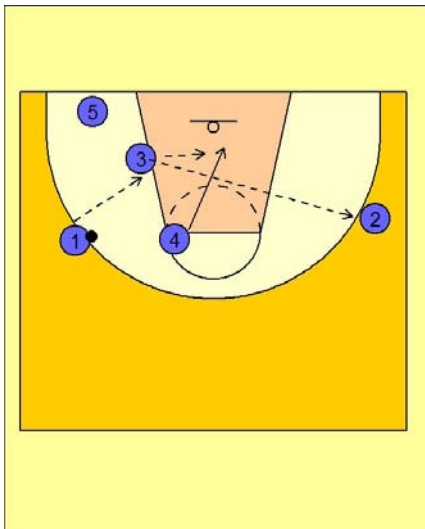
High post player cuts down to the low post.

Short corner player flashes into the high post.

It is important, however, to teach your players this concept: If someone makes a wrong rotation, the other post players simply fill the open area (high post, low post or short corner) and continue with the correct zone offensive rotations.

5

Triple Post Zone Offense



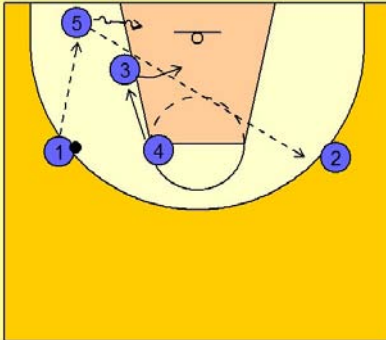
Anytime the ball enters the low post, in this diagram #3, the high post player is taught to dive to the basket. This will cause the defense to collapse to help on #4 and if he is not open, will allow for the skip pass on the back side of the floor to #2. The post players are again taught to turn and face the basket on the catch, look inside (to #4) and then opposite (to #2).

Zone offense

Triple post

6

Triple Post Zone Offense



When the ball enters the short corner area, your players have to be taught to make a slight adjustment in the post.

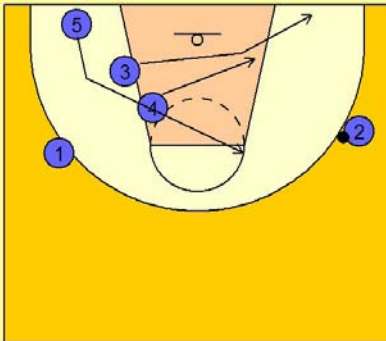
#5 first must always catch and face the basket and look to score on the baseline with the drive or the short jump shot.

Second, #5 must look inside to #3 or #4 and then opposite to #2.

Here is where the adjustment comes when the short corner player receives the pass. #4 normally would dive to the basket when the low post player receives the ball. Instead with the short corner person receiving the ball, #3 would dive towards the middle of the basket looking for the pass from #5 while #4 would slide down into the hole just created by #3.

7

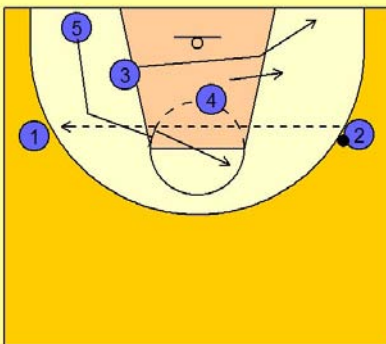
Triple Post Zone Offense



Once #2 has the ball, the movement to the other side remains the same for the post players. The high post player (who just dived) continues to the low post on the right side. #3 cuts across the lane and then steps to the short corner area. #5 now flashes to the high post area.

8

Triple Post Zone Offense



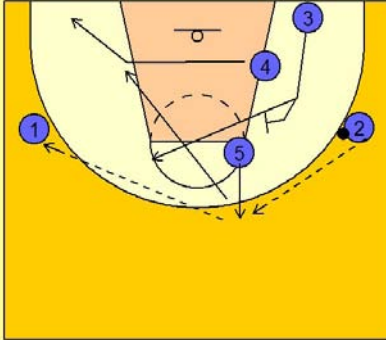
At anytime, the post player flashing into the post has the option to stop and back screen the backside defender. #1 would look to spot up while #2 reads the screen and skips the ball over the top of the defense to #1.

Zone offense

Triple post

9

Triple Post Zone Offense



Once again, if #5 does not or cannot receive the ball in the high post, he will always step out to the top of the key for ball reversal. This is a must as we do not have anyone on top to reverse the ball. In this diagram we see #5 stepping out and receiving the pass from #2. #5 reverses the ball to #1 on the left wing and the rotations continue.

#4 moves across the lane to the low post and then out to the short corner area.

#5 cuts down to the low post area.

#3 flashes to the high post area, or again, he could back screen the zone trying to free #2 on the right side for a skip pass back from #1.

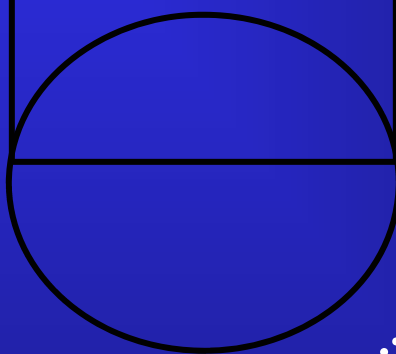
***The Single -
Double - Triple
Post***

Zone Motion Offense



2
3

5
4



1

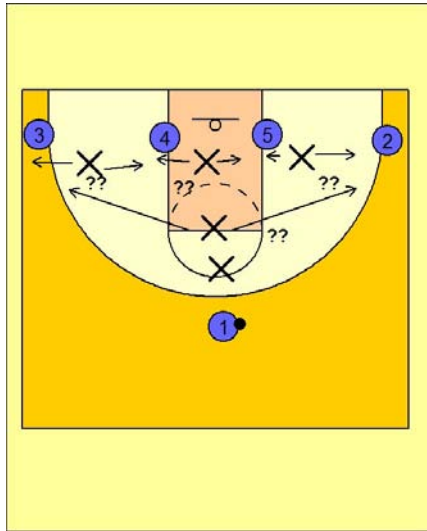
Section 7

***Quick Hitting
Zone Entries***

Zone offense

Zone quick entry (flat)

1

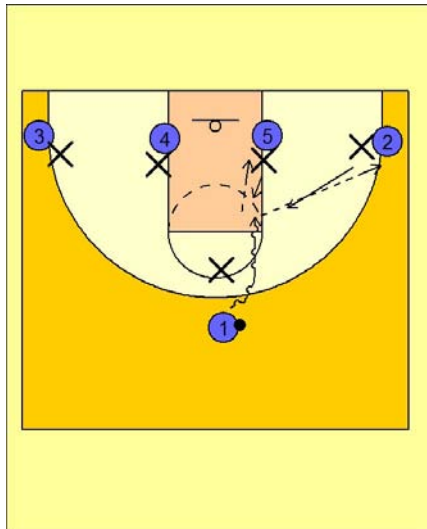


Zone Offense Quick Hitter Entries (Flat)

Here we take a 1 - 4 low alignment, forcing the standard zone defense to make unusual decisions on who to guard.

This quick hitting alignment can lead to an easy basket due to the indecision.

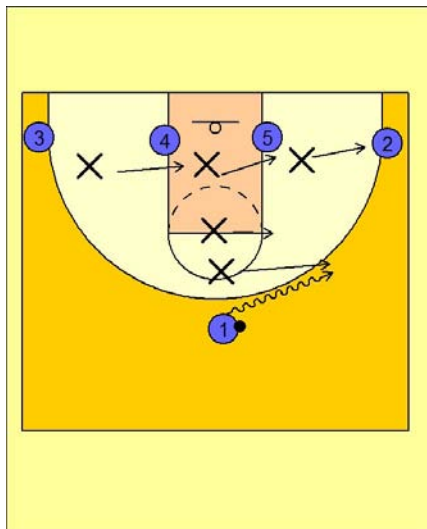
2



Zone Offense Quick Hitter Entries (Flat)

If the defense does match up, your point guard, #1, has the first option to drive in the gap looking to score, dump it down to the open post if his man helps up hill or out to the corners if their defenders drop in and help.

3



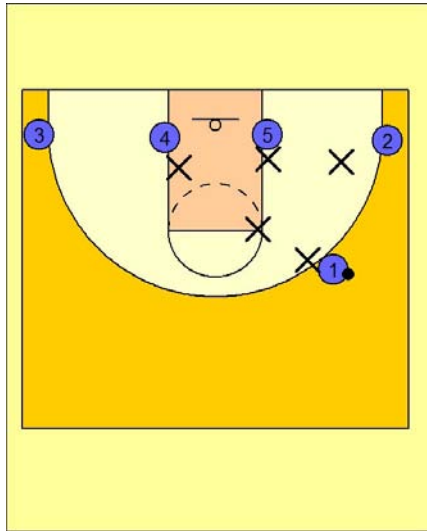
Zone Offense Quick Hitter Entries (Flat)

If no penetration is available, the point guard will pick a side of the floor and take it there on the dribble.

At this point the defense is now more comfortable as they are use to making the zone shifts if the ball is on the wing or in the corner.

Zone offense

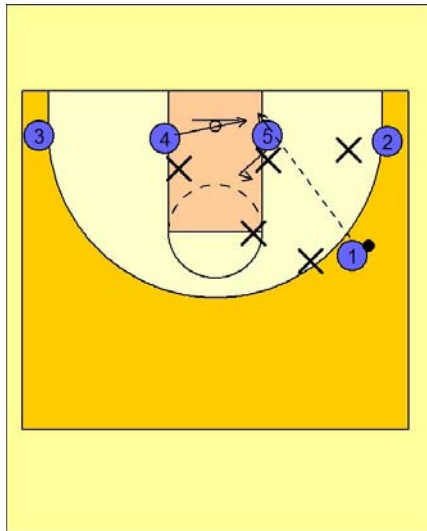
Zone quick entry (flat)



Zone Offense Quick Hitter Entries (Flat)

Now the zone defense is matched up on the ball with the defenders in their appropriate positions.

4



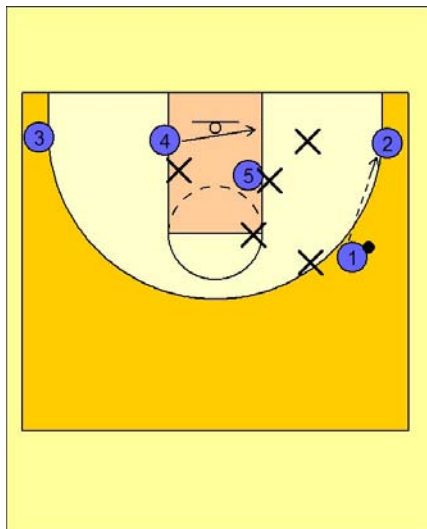
Zone Offense Quick Hitter Entries (Flat)

As soon as #1 arrives on the wing with the dribble, #5 will step up the lane and pin and seal his defender, occupying him in the "mid-post" area. #4 will not slide into the gap created by #5. #1 will look to enter the ball to #4 on the right low block.

It is important to note that #5 must not move up too high in the post area as the middle post defender would then check him off to the high post guard.

If this action happens quickly enough in the post, #4 should have a nice gap to break into before #4 or #5's defender (or the high post guard) can make the adjustment.

5



Zone Offense Quick Hitter Entries (Flat)

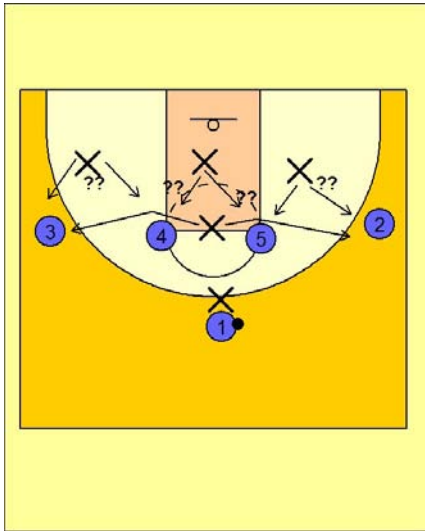
If the corner defender sinks in to help on this action, #2 must be ready to catch and shoot. Obviously, having a player in the corner who is an outside threat will make this quick hitter more effective.

6

Zone offense

Zone quick entry (high)

1

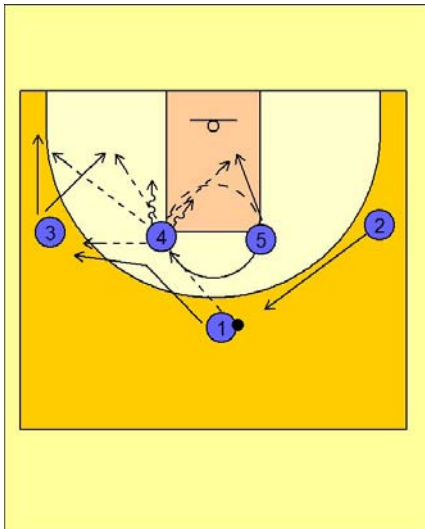


Zone Offense Quick Hitter Entries (High)

Here we take a 1 - 4 high alignment, once again forcing the standard zone defense to make unusual decisions on who to guard.

This quick hitting alignment can lead to an easy basket due to the indecision.

2



Zone Offense Quick Hitter Entries (High)

If we enter the ball to either of the high post players (#4 or #5), we will run the same action.

Here we see #4 catching the ball in the high post left elbow. On catching the ball, #3 has two options:

He can fade down the wing / corner area for the spot up jumper or He can cut to the basket if he defender matched up with him on the wing. This could be effective as many zone defenders on the wing may let him cut through thinking someone else is going to pick him up as in most zone defenses. With no one to pick him up, you could get a quick hitting layup.

If #3 does cut through and his defender goes with him, #1 is following behind him to the wing for a potential pass out from #4 for the open shot on the wing. When #1 cuts to the left wing, #2 must fill the top for ball reversal and transition defense.

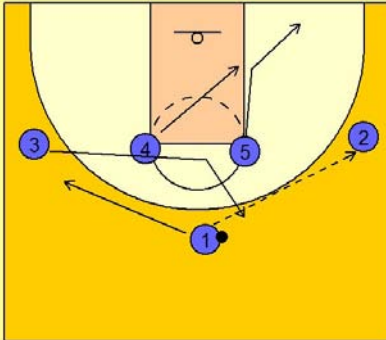
#5 is cutting to the basket looking for the high / low pass from #4.

Zone offense

Zone quick entry (high)

3

Zone Offense Quick Hitter Entries (High)

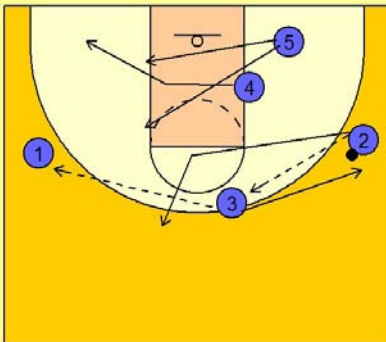


If we enter to the wing, the ball side post, in this diagram #5, will continue his usual route cutting down to the block and then stepping out to the short corner. #4 will follow in behind stepping into the gap just created by #5 stepping out to the short corner.

#3 flashes into the high post looking for the pass from #2 while #1 cuts to the back side of the zone.

4

Zone Offense Quick Hitter Entries (High)



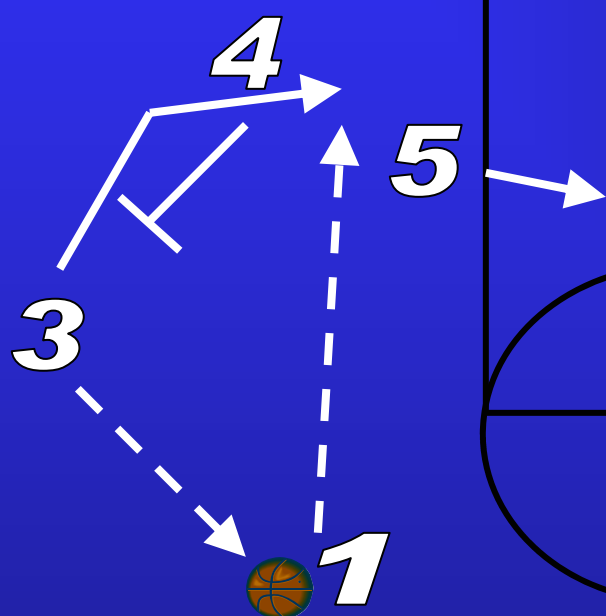
From here the ball is reversed normally with #2 passing to #3 on top and then #3 passing to #1 on the left wing. #3 then cuts to the backside with #2 flashing in and then out to the perimeter.

#4 follows the ball across and then steps short corner. #5, if playing the double post options, will cut across either to the low post or mid to high post area. If you are running the triple post offense, #5 would flash to the high post area.

***The Single -
Double - Triple
Post***



Zone Motion Offense



Section 8

Set Plays



Favorite zone sets

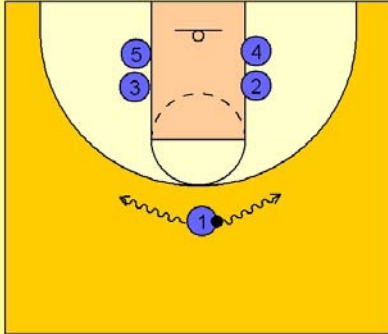
My Favorite Zone Sets

"STACK"

We stack on the blocks with your best shooter, #2 on the right block. Your forward, #4, is below #2 on the right stack. Your best post scorer, #5, is on the other low block. Your second best shooter, #3, is on top of #5 on the left stack.

The play starts with #1 choosing a side on the dribble.

We will first look at the best scoring option that I like and take the ball to the left.



My Favorite Zone Sets

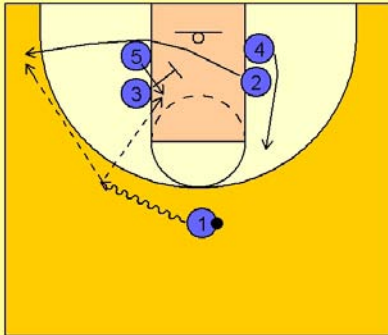
"STACK"

On the drive to the left, your best shooter, #2, is breaking out to the left corner area.

As #2 breaks off the double screen, #3 screens down while #5 steps in behind #3 looking for the entry pass from #1.

If the wing defender helps on the screening action inside, #1 will look to make the pass to #2 in the left corner for the open 3 point shot.

The opposite post player, #4, breaks to the top as #1 drives the ball away. You may find from time to time he will be open for a shot if the off guard defender helps inside on the screening action.

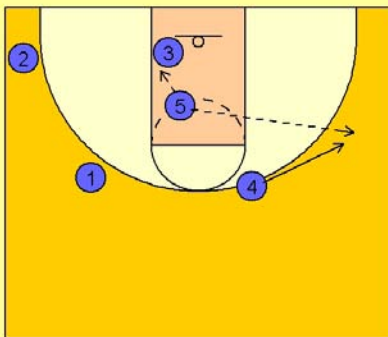


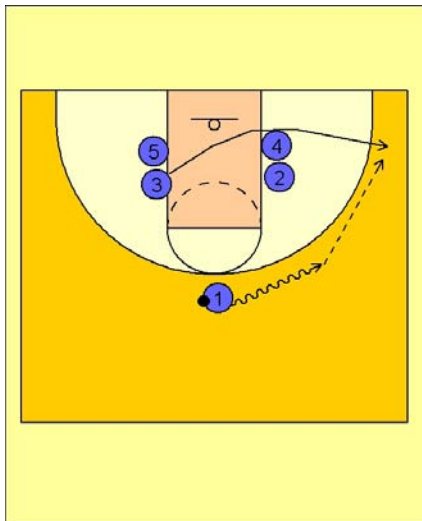
My Favorite Zone Sets

"STACK"

Once #5 gets the ball inside he will look to shoot or dump the ball down to #3. #3 will be open from time to time if his defender has helped on #5 inside.

If #5 does not have the shot or the dump down pass to #3, he will look to skip the ball opposite to #4 on the right wing and we will continue our zone offense from here.



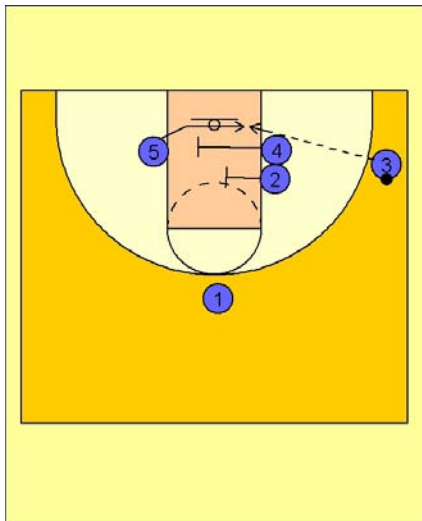


My Favorite Zone Sets

"STACK"

If #1 chooses to drive the ball to the right side of the floor, #3 will break out to the ball side corner area.

On the right side, #2 and #4 will not move when #3 cuts off the double stack. On the right side, #2 and #4 will wait to move until the pass is made to #3 on the right wing / corner.

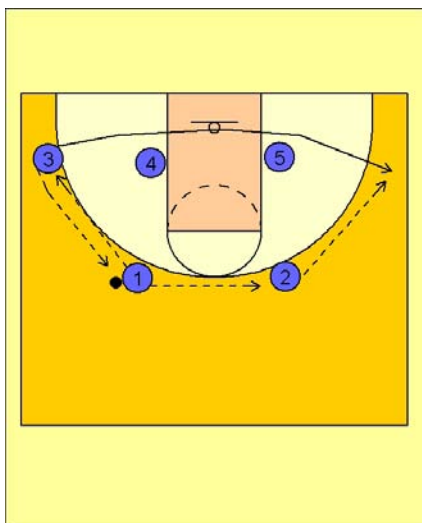


My Favorite Zone Sets

"STACK"

On the pass to #3 in the corner, #4 cuts across the lane and screens the back defender while #2 screens the middle defender.

#5 breaks under the basket looking for the entry pass from #3.

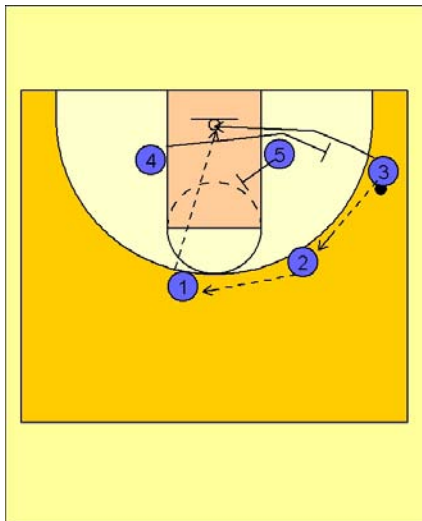


My Favorite Zone Sets

"NORTH CAROLINA"

Anytime you watch North Carolina attack a zone defense, you can bet you will see this set very soon.

#3 reverses the ball to #1 who reverses the ball to #2. As #3 passes the ball, he will cut across the lane out to the right side of the floor.

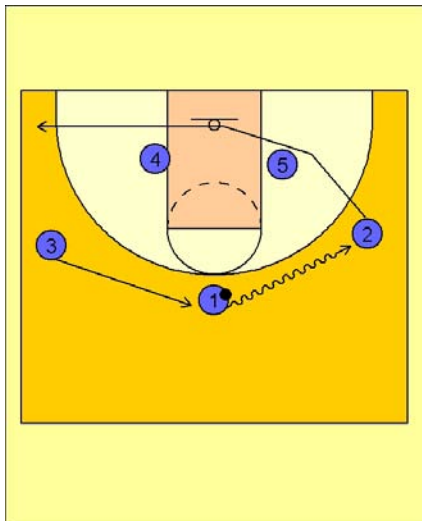


My Favorite Zone Sets

"NORTH CAROLINA"

#3 passes back to #2 who passes to #1 on top.
As soon as #3 passes the ball to #2, #5 screens in the middle defender while #4 cuts across the lane and screens the wing defender.

#3 cuts to the rim for the lob pass.



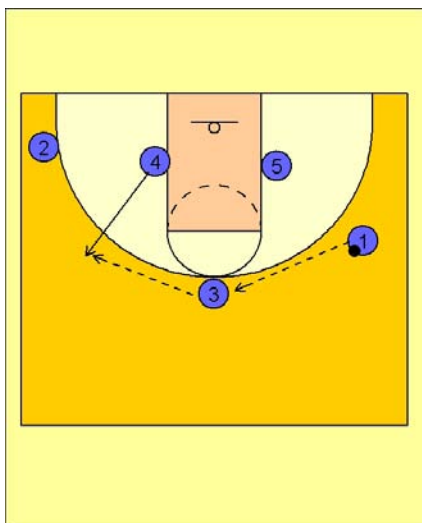
My Favorite Zone Sets

"UTAH"

3 - 2 alignment to begin.

#1 drives the ball at #2 on the right side of the floor. #2 clears out to the opposite corner area.

#3 fills the open spot on top.



My Favorite Zone Sets

"UTAH"

#1 now reverses the ball to #3 on top.

#4 steps out to receive the next pass on the left wing.

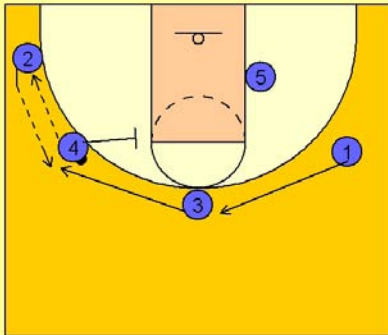


My Favorite Zone Sets

"UTAH"

#4 now passes to #2 in the left corner and then screens in on the top zone defender.

#3 cuts into the open spot behind #4. #1 cuts to the top of the key.

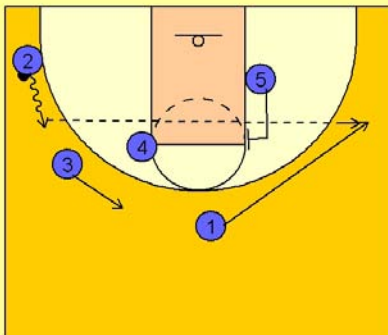


My Favorite Zone Sets

"UTAH"

If #3 does not get the ball, he will drive the ball up while #1 cuts to the back side wing area.

#5 slides up and screens the back side top man. #2 uses the skip pass over the top to #1 on the right wing.



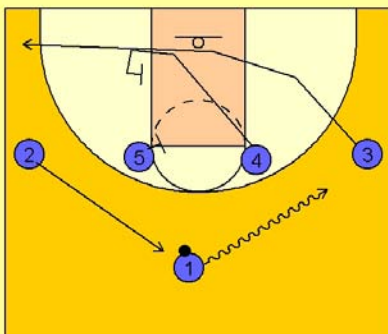
My Favorite Zone Sets

"SCREEN BACK"

1 - 4 high to begin.

#1 drives the ball to the right side. #3 clears out to the opposite corner area. #4 follows #3 and turns to screen on the low block.

#2 cuts to the top on #1's dribble penetration to the right side.



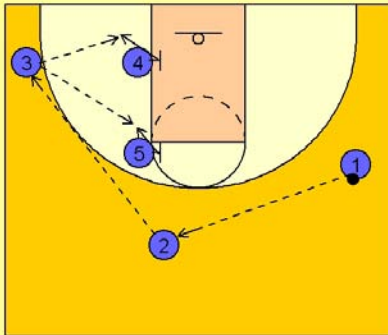


My Favorite Zone Sets

"SCREEN BACK"

#1 passes quickly back to #2 on top. #4 and #5 are screening in for #3 to get an open shot on the left side of the floor.

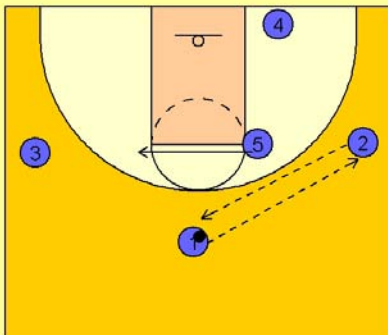
If #3 does not get a shot, he can look inside to #5 or #4 in the low and high post.



My Favorite Zone Sets

"1 - 3 - 1 Short"

#1 passes to #2 on the right wing. #2 passes back to #1 on top while #5 cuts across to the other FT line elbow.



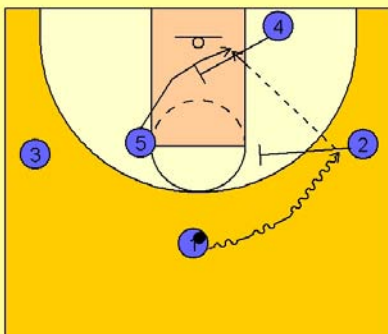
My Favorite Zone Sets

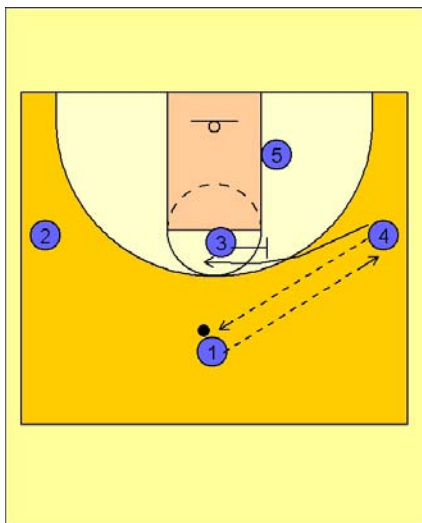
"1 - 3 - 1 Short"

On the catch, #1 drives the ball to the right wing area. As he is driving, #2 screens in against the top defender and #4 screens the middle defender.

The screening action will hopefully draw up the wing defender to take #1. This will open the low post on #4's screen.

#5 now cuts under the basket looking for the pass from #1.





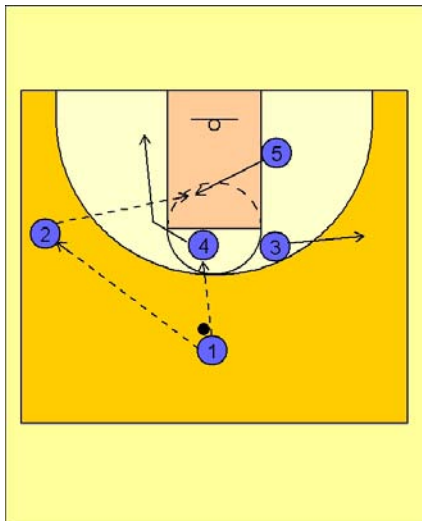
My Favorite Zone Sets

"1 - 3 - 1"

1 - 3 - 1 alignment to begin. #3 is your best shooter.

#1 passes the ball to #4 on the right wing. #4 passes the ball back to #1 on top

#3 screens out on #4. #4 cuts over the top into the FT line area..



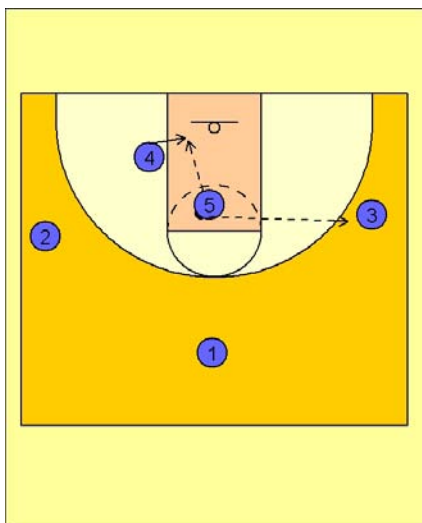
My Favorite Zone Sets

"1 - 3 - 1"

#1 will look to hit #4 if he is open. If not, #1 will pass to #2 on the left wing.

#4 cuts to the ball side low block while #4 steps in behind him in the mid-lane area looking for the pass from #2.

#3, after screening, pops out to the back side wing area.



My Favorite Zone Sets

"1 - 3 - 1"

On #5's catch, he will look "inside" and then "opposite".

His first look is to score, dump it down to #4, and then skip to his best shooter on the opposite wing area for the open 3 point shot.



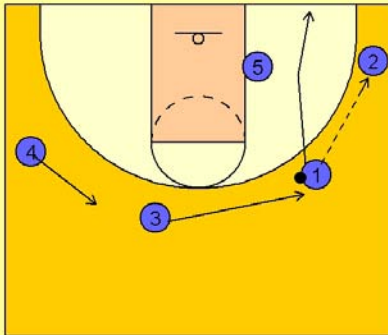
My Favorite Zone Sets

"SHORT CORNER 3"

With a new line-up this year in Kuwait of primarily "jockeys", I have scraped the Zone Motion Offense and I am experimenting with a 4-out 1-in zone offense.

In our continuity, #1 will pass to the corner player and then cut down to the short corner.

#3 slides over to replace #1 and #4 slides up to replace #3.

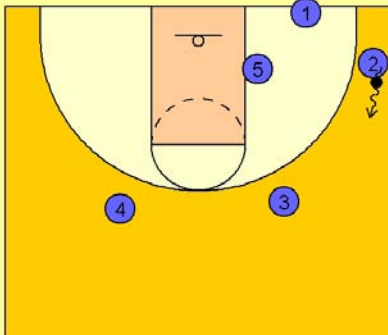


My Favorite Zone Sets

"SHORT CORNER 3"

On the catch, #2 dribbles the ball up a few dribbles for better spacing with the low post and short corner player.

First I will show you what we do when the short corner player receives the pass and then I will show you are "special" play call when we reversed the ball.



My Favorite Zone Sets

"SHORT CORNER 3"

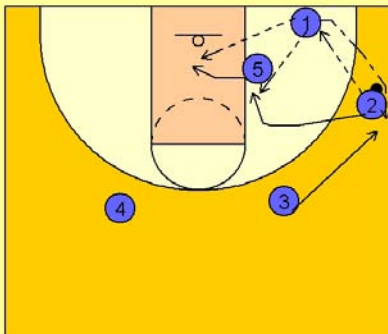
Here is the normal routine when the ball enters the short corner player.

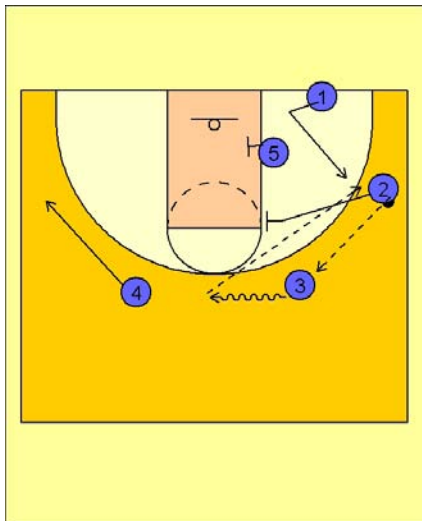
#5 will cut to the front of the rim and look for the lob from #1.

#2 loops in from the top and into the hole created by #5.

#3 cuts to the wing to replace the spot vacated by #2's cut.

If we don't get a shot here we reverse the ball, #2 and #1 cut across the lane and #3 reverses to keep us in our continuity.





My Favorite Zone Sets

"SHORT CORNER 3"

If we are not running our normal continuity, we will call out a play special where our players know to run this option.

#2 will not pass to the short corner and will pass the ball back to #3.

#3 drives the ball to the top of the key while #5 screens in on the low defender and #2 screens in on the top defender.

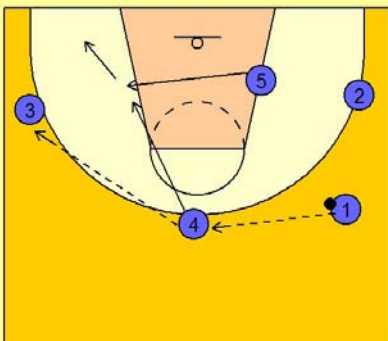
#3 picks up his dribble and skips the ball over the top of the defense for the open shot on the right wing / corner area.

Zone offense

Zone set play #1

1

Zone Offense Set Play

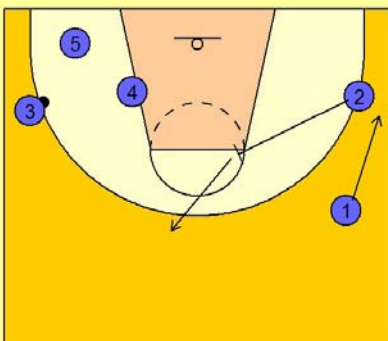


Here we reverse the ball to #4 on top right out of transition looking to pass to #3 on the left wing.

#5 comes across the lane as always coming to the ball side low block and then stepping out to the short corner. After passing to #3, #4 steps into the space created by #5 stepping to the short corner.

2

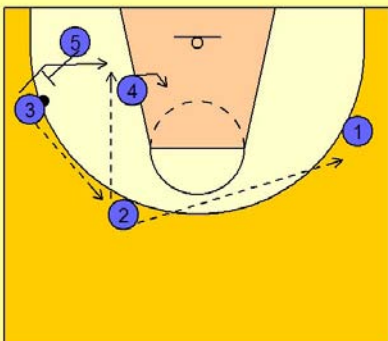
Zone Offense Set Play



#1 and #2 execute their exchange as always in our zone offense.

3

Zone Offense Set Play



#3 then looks to reverse the ball on top to #2. #4 steps into the lane to look for the post up opportunity at the same time occupying the middle defender slightly towards the middle of the lane. #5 back screens the low defender and #3 cuts to the basket either for the lob pass to the rim or a direct pass from #2. I believe you would be better suited looking for the direct pass to #3 running behind the screen as opposed to the lob pass to the rim.

If #4 or #3 is not open, #2 reverses the ball to #1 on the right wing.

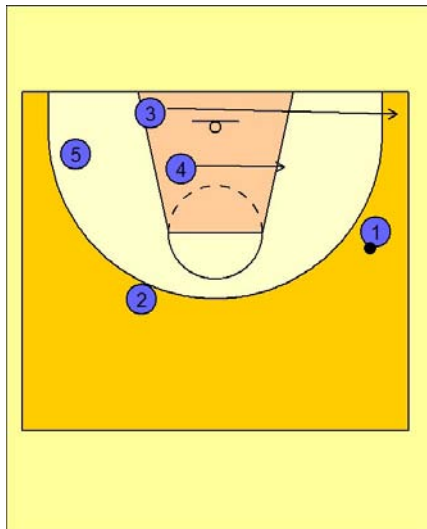
Zone offense

Zone set play #1

4

Zone Offense Set Play

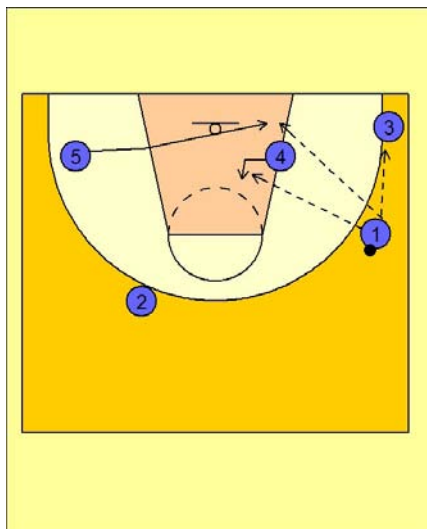
#4 continues across the lane and #3 cuts out to the ball side corner.



5

Zone Offense Set Play

Just as #4 arrives on the block he quickly turns and screens in the lane on his post defender at the same time turning back to post up. #5 ducks in behind #4 in the hole that he has created. #1 can look to hit either #4 or #5 inside or #3 in the corner if his man sags to help in the post.

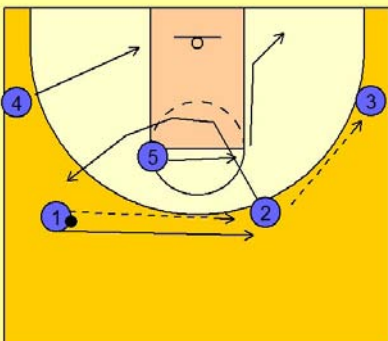


Zone offense

Zone set play #2

1

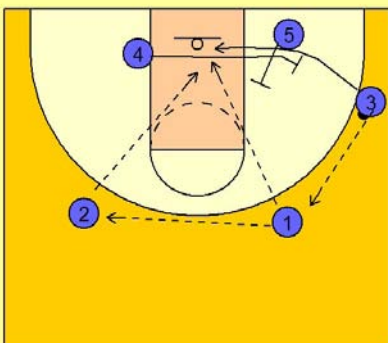
Zone Offense Set Play



(#1) passes to (#2) who passes to (#3).
 (#2) cuts through and out to the opposite side perimeter spot.
 (#5) follows the ball to the elbow and then down to the short corner area when (#3) receives the pass.
 (#1) slides over to replace the spot (#2) vacated.
 (#4) moves down to the block opposite the ball.

2

Zone Offense Set Play



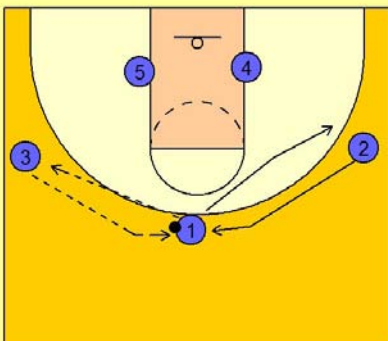
(#3) reverses the ball to (#1) who can then pass to (#2).
 (#5) screens the middle of the zone while (#4) comes across and screens the back side defender. (#3) moves along the baseline for the lob pass from either (#1) or (#2).

Zone offense

Zone set play #3

1

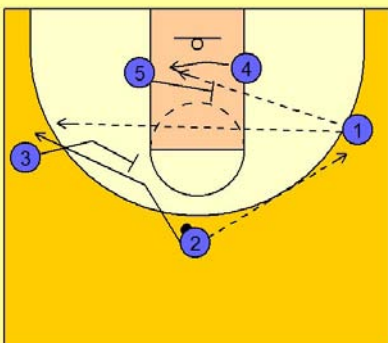
Zone Offense Set Play



(#1) passes to (#3) and cuts to the opposite wing while (#2) replaces him at the top. (#3) returns the pass to (#2) at the top of the key.

2

Zone Offense Set Play



(#2) passes to the wing player (#1). After the pass, (#3) sets a back screen on the top of the zone while (#5) steps in and screens the low post defender while (#4) slides in behind (#5) looking for a lob or post pass to the rim.

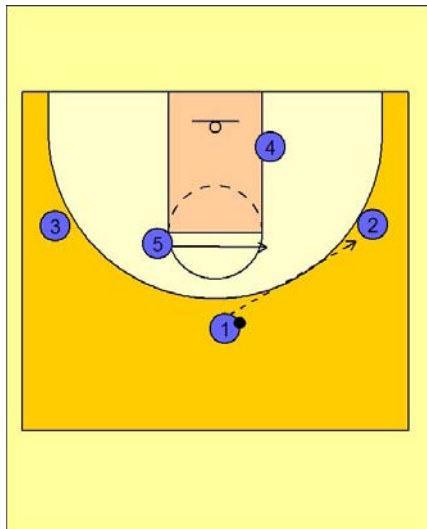
Zone offense

Zone set play #4

1

Zone Offense Set Play (#4)

#1 passes to #2 on the wing. #5 follows the ball to the ball side high post.

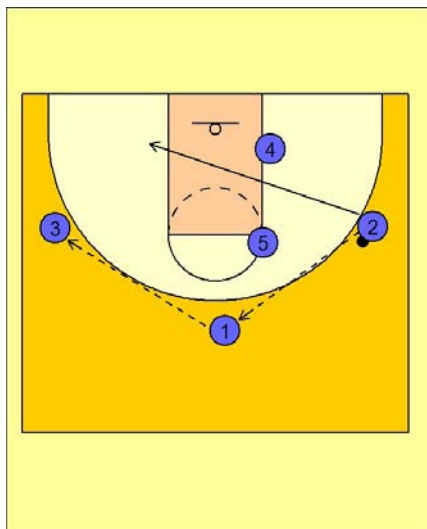


2

Zone Offense Set Play (#4)

#2 passes the ball back to #1 on top and then cuts across the floor to the opposite low block.

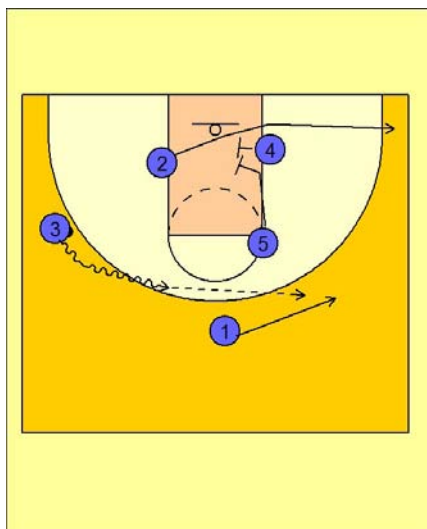
#1 passes the ball to #3 on the opposite wing.



3

Zone Offense Set Play (#4)

#3 now puts the ball on the floor towards the middle of the floor. #1 slides over and receives a pass from #3. #4 and #5 set a double screen for #2 breaking to the ball side corner.

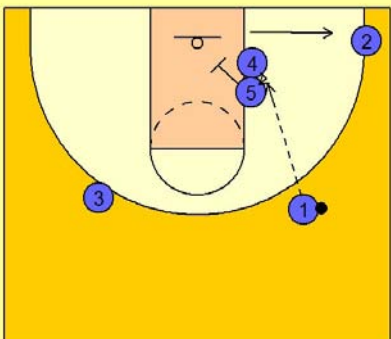


Zone offense

Zone set play #4

4

Zone Offense Set Play (#4)



As #2 breaks off the double screen, #5 steps in and sets a screen on the inside defender, while #4 steps over the top and posts up for the ball and entry pass from #1.

This is a great play because it forces the defenders to make decisions on who they are going to cover. Somebody has to go with #2 to the corner. Someone has to guard the ball #1. This leaves one defender inside vs. #4 and #5. Someone has to be open, especially inside.

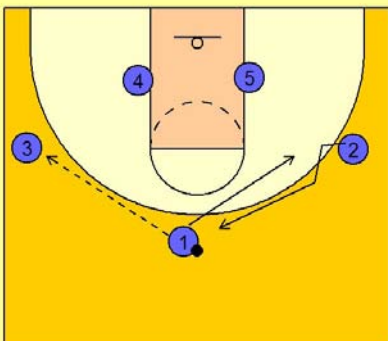
Rarely will you see the back side opposite low defender come across and help on this play. If so, the back side is open and you could have #3 fade to the back side for a quick shot.

Zone offense

Zone set play #5

1

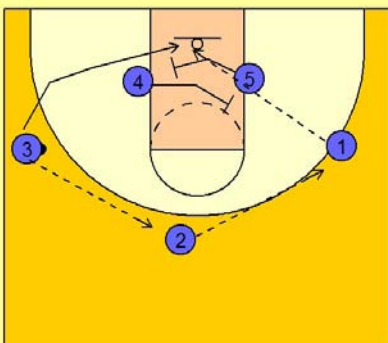
Zone Offense Set Play



3 out 2 in alignment. #1 enters to the left wing player #3. #1 will cut away and #2 will replace #1 on the top of the key area.

2

Zone Offense Set Play

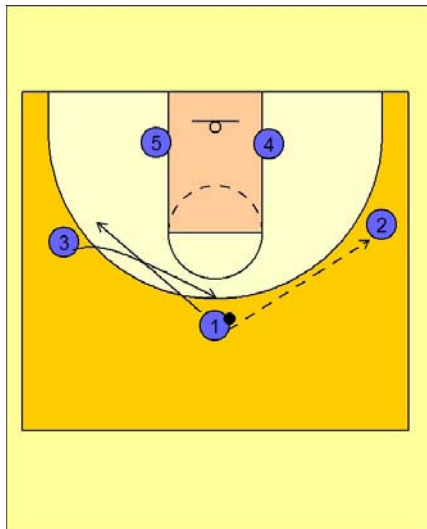


#3 reverses the ball back to the top man #2. As the ball is reversed to #1, #4 comes to the ball side and back screens the low zone defender. While this is happening, #5 moves across away from the ball and screens the back side low defender. #3 will sneak in behind the defenders for a lob pass or a direct pass for a layup.

Zone offense

Zone set play #6

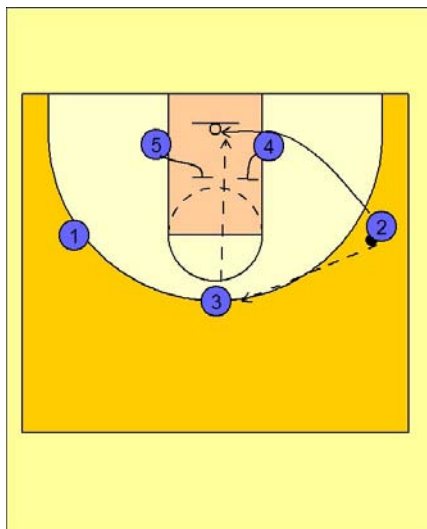
1



Zone Offense Set Play

#1 passes to #2 on the right wing and exchanges spots with #3.

2



Zone Offense Set Play

#2 passes to #3 on top and then begins to cut down to the low block.

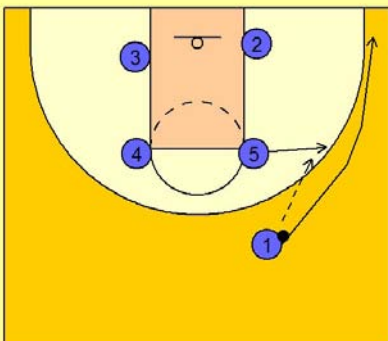
#4 and #5 back screen the low defenders while #2 sneaks behind the defense for the lob pass from #3.

Zone offense

Zone set play #7

1

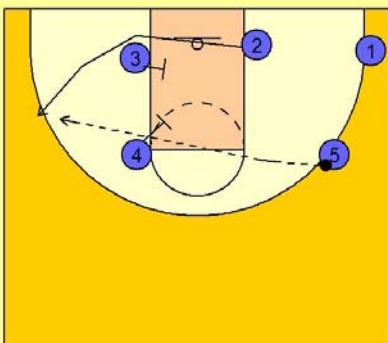
Zone Offense Set Play



Box set to start. (#5) breaks out to the wing.
 (#1) enters the ball to (#5) and then follows his pass and clears out to the ball side corner.

2

Zone Offense Set Play



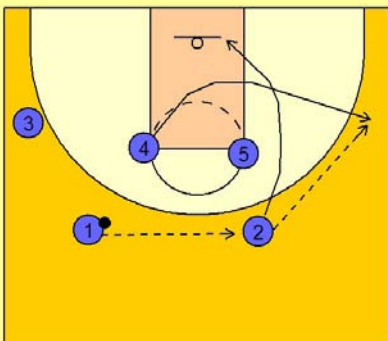
(#3 and #4) step in the paint and find the nearest zone defenders and screen the backside of the zone for a skip pass to the cutting (#2) for the three point shot.

Zone offense

Zone set play #8

1

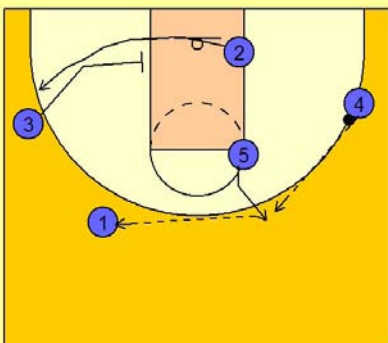
Zone Offense Set Play



#1 reverses the ball to #2 on the right high side. #4 steps out to the right wing area to receive the pass from #2. As #2 passes to #4 he cuts through the lane to down underneath the basket.

2

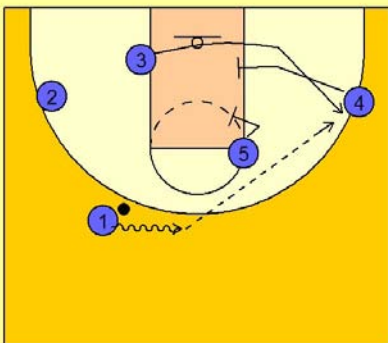
Zone Offense Set Play



#5 now steps out to receive the reversal pass from #4. #5 passes to #1 while #3 screens the back side low defender. #2 comes out to the left side looking for an open jumper. This is primarily a decoy as what they are looking for is the next action.

3

Zone Offense Set Play



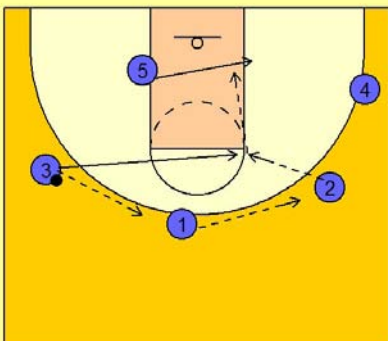
#1 takes the ball over to the right side while #4 and #5 screen the zone defenders trying to free #3 breaking out to the right wing looking for an open jumper. #1 skips the ball over the top if #3 is open.

Zone offense

Zone set play #9

1

Zone Offense Set Play

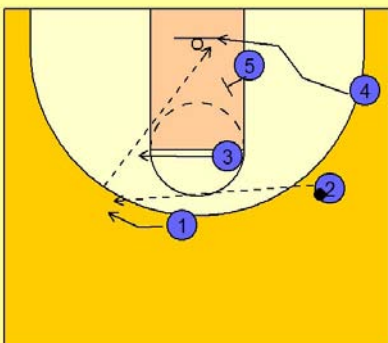


(#3) reverses the ball to (#1) who passes to (#2).

(#3), after passing, cuts to the high post area looking for a high / low passing opportunity with (#5).

2

Zone Offense Set Play



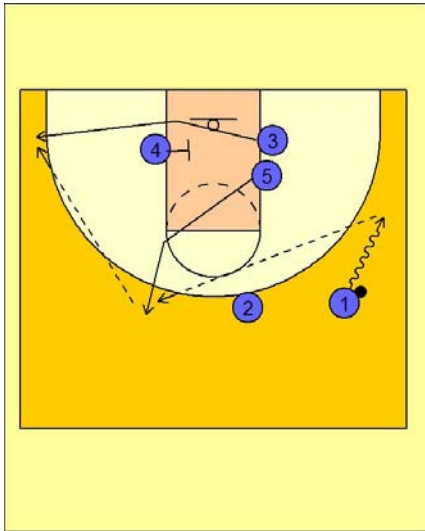
(#2) will reverse the ball to (#1). (#3) follows the ball across the high post while (#5) steps in and sets a back screen for (#4) breaking to the basket for a lob pass.

Zone offense

Zone set play #10

1

Zone Offense Set Play



#1 takes the ball over to the right wing area. #5 breaks out to the top of the key area. #1 reverses the ball to #5 on top. #3 breaks to the opposite corner area getting a screen from #4.

#5 looks for #3 coming off the screen from #4.

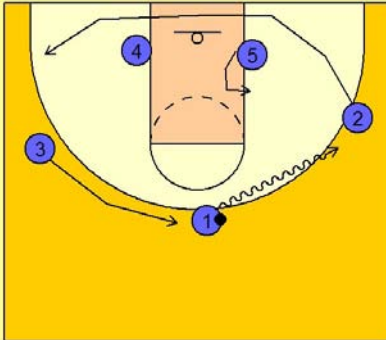
This man and ball movement creates difficult decisions for the defense on who to guard by starting with three players inside then overloading the perimeter area of the floor on ball reversal.

Zone offense

Zone set play #11

1

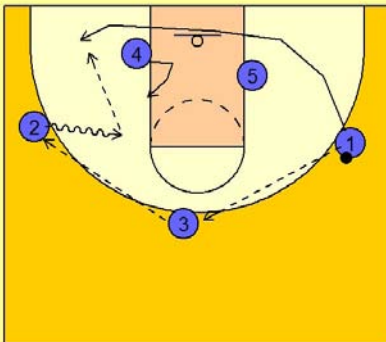
Zone Offense Set Play (#11)



(#1) dribbles towards (#2). (#2) goes behind (#4) and (#5) to opposite wing. (#3) comes to the top. (#5) posts up on the ball side.

2

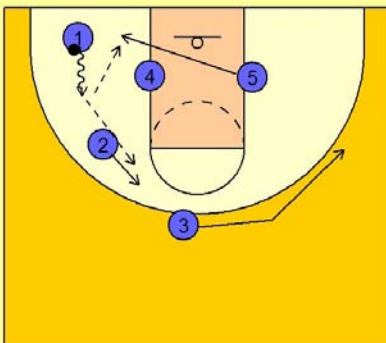
Zone Offense Set Play (#11)



(#1) passes to (#3) and sprints to the short corner. (#3) passes to (#2). (#4) steps to medium post. (#2) begins to dribble to the top to pull the forward up. (#2) passes to (#1).

3

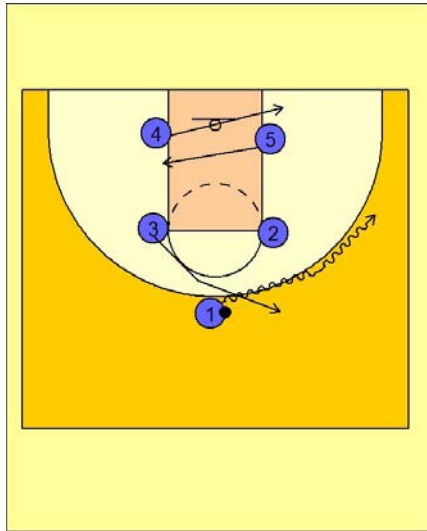
Zone Offense Set Play (#11)



If (#1) doesn't have a shot, (#3) curls to the wing and (#2) slides to the top. (#1) dribbles out from the short corner. (#5) sprints to short corner. (#1) may have shot or skip to (#2) or (#5).

Zone offense

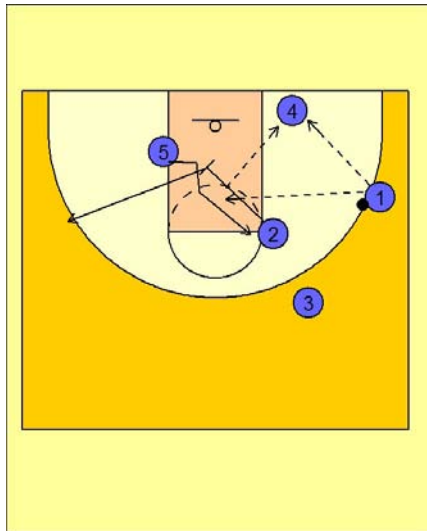
Zone set play #12



Zone Offense Set Play (#12)

The start against a zone for this play is out of a box as (#1) then takes his dribble over to the right wing. (#4) crosses along the baseline to the ball side short corner. (#5) slide across the middle of the key to the opposite block watching where the seams in the zone develop as they react to (#1) on the wing with the ball and (#4) now in the short corner. (#3) rotates out of the box and fills up top for a release for (#1) if needed.

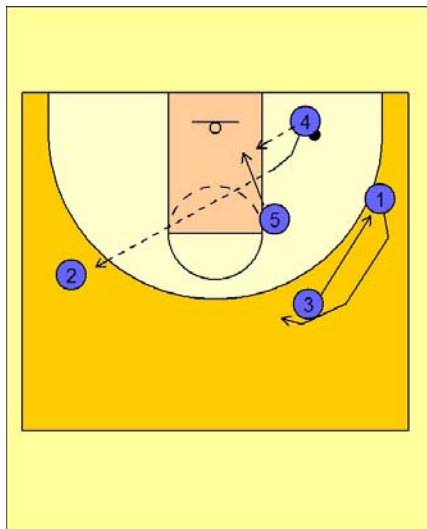
1



Zone Offense Set Play (#12)

(#2) cuts down the middle of the key and sets a pick on the middle defender of the zone, or (#5's) man as (#5) uses the pick to flash the elbow. If (#5) is open we want (#1) to make the entry pass to (#5) and square up for a jumper or hit (#4) with a pass who just popped in bounds to the short corner. If (#5) is not open, (#1) pass fakes to (#3) up top which just moves the defense a little to allow for (#1) to pass to (#4) in the short corner. (#5) remains in the high post for a count.

2



Zone Offense Set Play (#12)

(#4) gets the pass from (#1) and (#5) is now in the high post. As the zone defense reacts to the pass in the short corner we want (#5) to hit the seam where the defense left to defend (#4). If (#5) slides into the low post open (#4) makes the entry pass to (#5). If not, we have an exchange with (#3) and (#1) and (#4) will then skip pass to (#2) across to the opposite wing.

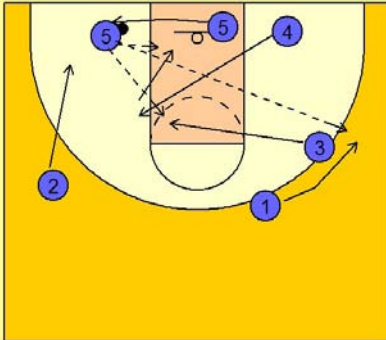
3

Zone offense

Zone set play #12

4

Zone Offense Set Play (#12)



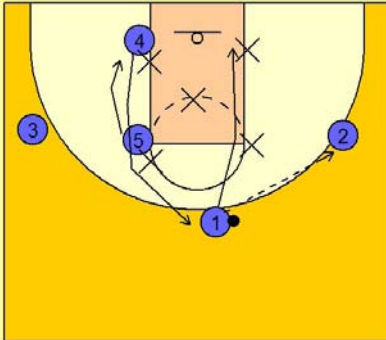
(#5) continues through to the short corner on the left side. (#2) may have to dribble to create a passing angle, but we want the ball in the short corner. (#2) passes to (#5). (#4) flashes to the elbow and then slide down to the low post looking for the seam in the defense. As (#4) leaves the defense may go with him, so we have (#3) cut across the key in the hole in the defense at the elbow. (#1) then just fades to the weak side of the court. Guaranteed, if (#4) is defended and (#3) is defended, the skip pass to (#1) for an open 3-pointer will be there.

Zone offense

Zone set play #13

1

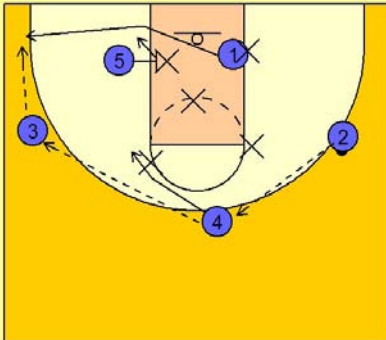
Zone Offense Set Play (#13)



This is a great set play to run against any zone. There are so many options if you just remain patient and pass the ball crisp and quickly. (#1) passes to (#2) on the right wing then cuts through the right side of the key. (#4) immediately cuts through the zone to come up as high as he needs to in order to get the ball reversal from (#2). (#5) loops around down low to set up for a pick.

2

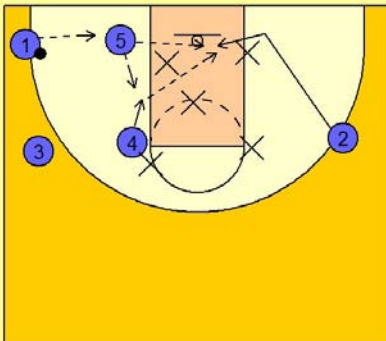
Zone Offense Set Play (#13)



(#2) reverses the ball to (#4) who reverses it to (#3) on the left wing. (#5) is set up to pick the bottom defender of the zone and (#1) comes off of that pick wide open to the corner. (#1) has a 3-point shot as Option #1. (#4) then flashes to the elbow posting hard and asking for the ball as (#5) spins out to the short corner along the baseline also asking for the ball from (#1).

3

Zone Offense Set Play (#13)



If (#1) doesn't have the jump shot, then he wants to try to get the ball to the short corner so the defense has to react to the ball in that "zone breaking" place - the short corner. (#1) passes to (#5) and (#4) slashes hard to the block looking for the quick pass from (#5) as the defense opens a seam reacting to (#5). (#2) has to be reading the floor reacting to whatever the defense gives him. If (#5) receives the pass, (#2) may receive a pass from (#5) along the baseline if the middle of the floor reacts to (#4's) cut. If not, (#5) wants to get a quick pass into (#4) cutting and (#4) either finishes or dumps off to (#2) cutting to the basket on the weak side of the floor.

Zone offense

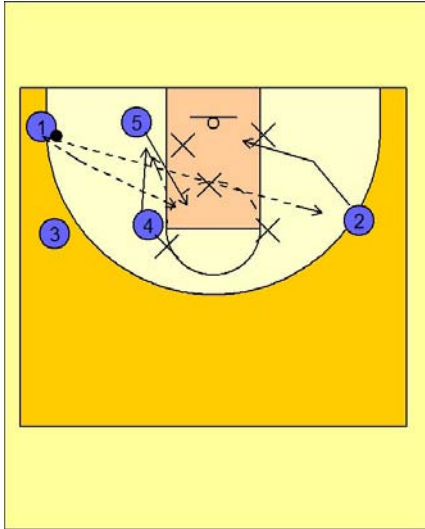
Zone set play #13

4

Zone Offense Set Play (#13)

This looks confusing, but it's not and will get you two post players sealing off with inside position asking for the ball.

If (#1) can't make the pass to (#5) in the short corner then patience is truly a virtue. This play is designed for two strong post players in order to destroy a zone. (#5) leaves first and just flashes up to the elbow, reverse pivots and seals off the elbow defender getting low and wide asking for the ball. (#4) only hesitates a count and then flashes down to the block and also reverse pivots and seals off the defender on the block. If neither is open, then the skip pass to (#2) has to be open. You can run your normal zone offense from here.

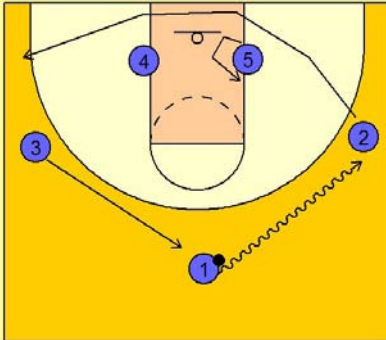


Zone offense

Zone set play #14

1

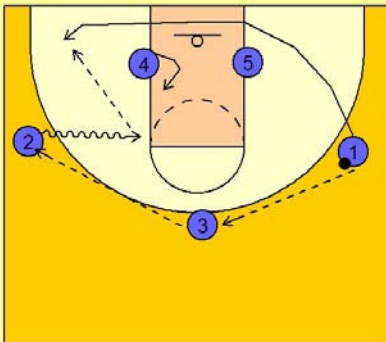
Zone Offense Set Play (#14)



#1 dribbles at #2 on the right wing. #2 clears out to the opposite wing area. #3 fills the top spot that #1 just vacated on the dribble. #5 posts up on the ball side low block.

2

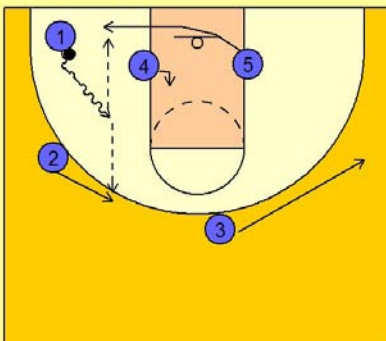
Zone Offense Set Play (#14)



#1 passes to #3 on top and then sprints to the short corner area on the left side of the floor. #3 passes to #2. #4 steps to the mid-post area while #2 drives toward the free throw line / top area to pull the defensive forward away from the wing. #2 looks to hit #1 in the short corner area.

3

Zone Offense Set Play (#14)



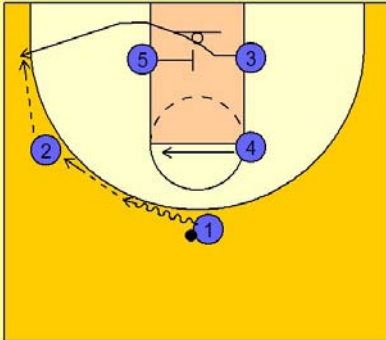
If #1 does not have a shot, #3 cuts to the right wing area while #2 moves up to the top. #1 dribbles out from the short corner while #5 cuts underneath and into the short corner area just vacated by #1. #1 can hit #5 in the short corner or he can reverse the ball to #2 on top.

Zone offense

Zone set play #15

1

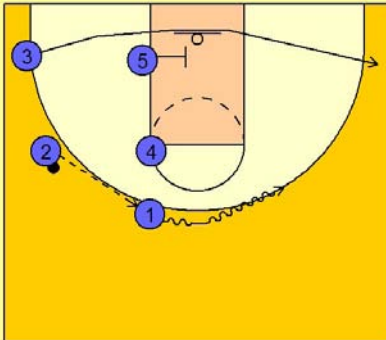
Zone Offense Set Play (#15)



Could be used as a complete continuity offense. #1 drives the ball to the left wing area and passes the ball to #2. #5 screens in for #3 cutting to the ball side corner area. #4 follows the ball to the high post elbow. #2 passes to #3 in the right corner.

2

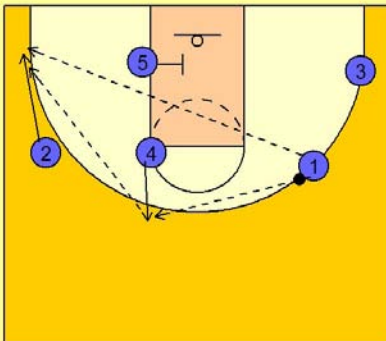
Zone Offense Set Play (#15)



The ball is reversed back to #1 on top. #1 begins his dribble to the opposite side of the floor. #3 runs to the opposite corner and stops just off the baseline. #1 looks to #3.

3

Zone Offense Set Play (#15)



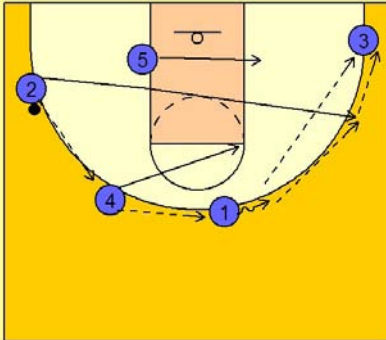
#4 steps out to receive the pass. #5 screens in. #2 floats down to the left corner area behind the screen from #5. #1 either skips the ball to #2 in the left corner or hits #4 on top who passes to #2 in the left corner.

Zone offense

Zone set play #15

4

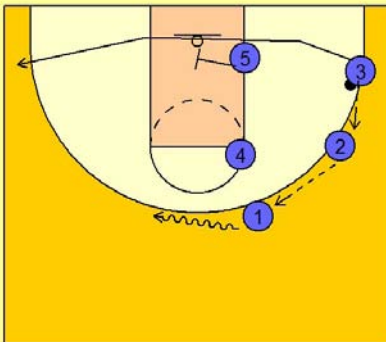
Zone Offense Set Play (#15)



If #2 does not have a shot, he reverses the ball to #4 on top and cuts across the lane out to the right wing area. #4 reverses the ball to #1 on top who takes a few dribbles toward the right wing area. If #2 is there #1 passes to #2 who passes to #3 in the right corner. If #2 is not there yet, #1 may pass directly to #3 in the right corner. #4 follows the ball to the high post elbow while #5 follows the ball to the right low block.

5

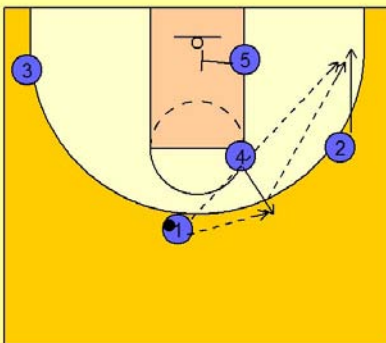
Zone Offense Set Play (#15)



The ball is reversed back to #2 who passes to #1 on top. #3 cuts across the lane to the opposite corner area. #5 screens in the lane. #1 takes the ball on the dribble toward the left side of the floor.

6

Zone Offense Set Play (#15)

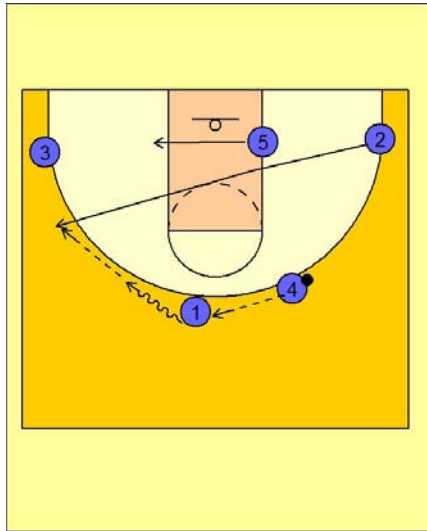


#4 steps out and #2 floats down to the right corner. #1 can skip pass to #2 in the corner or he can pass to #4 stepping out who will then pass to #2 in the right corner for the shot.

Zone offense

Zone set play #15

7



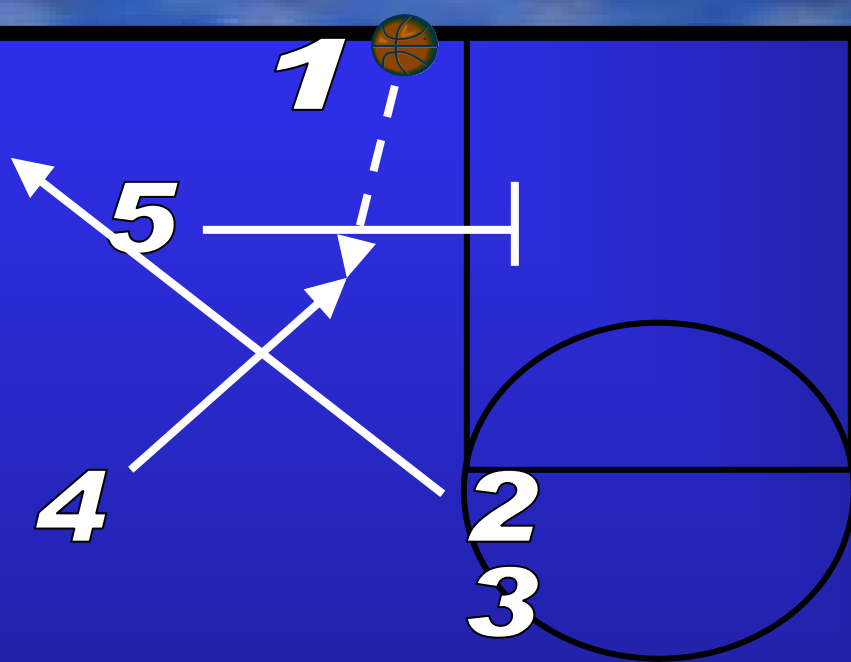
Zone Offense Set Play (#15)

If #2 does not have a shot, the offense is repeated on the other side of the floor.

***The Single -
Double - Triple
Post***



Zone Motion Offense



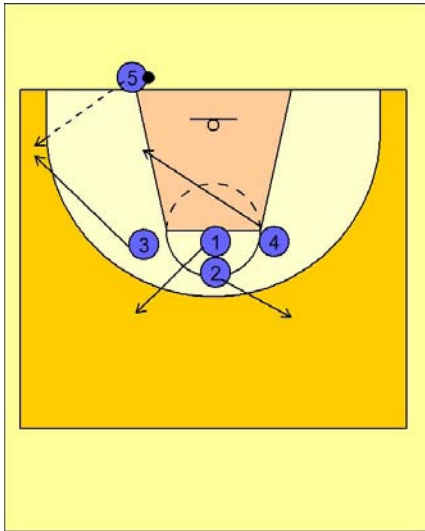
Section 9

***Out-of-Bounds
Plays***

Zone offense

Zone ob play #1

1



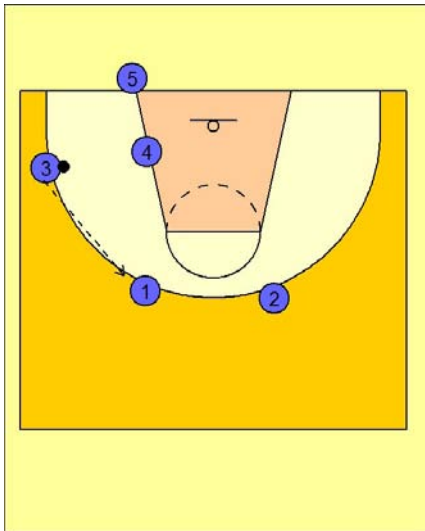
Zone Offense OB Play (#1)

Similar action here in our ob play that we have in our zone offense set play.

#3 breaks to the ball side corner area to receive the inbounds pass. #4 breaks to the ball side low post.

#1 and #2 break out to their respective spots in the diagram.

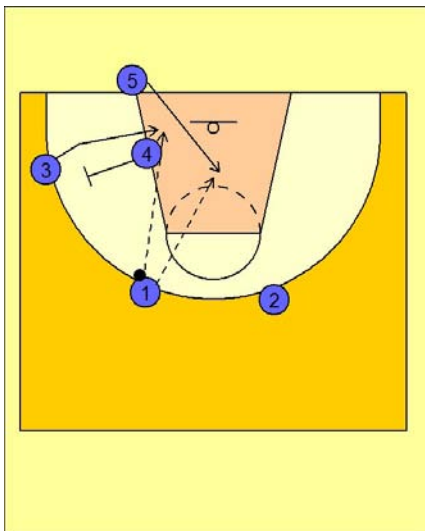
2



Zone Offense OB Play (#1)

Once #3 has the ball, #4 and #5 must wait to move until #1 has the ball on top.

3



Zone Offense OB Play (#1)

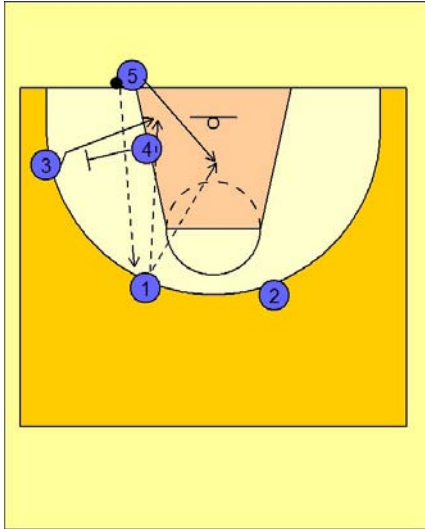
Once #1 has the ball, #5 breaks inbounds to the low post area in front of the basket, occupying the middle zone defender.

#4, at the same time, steps out and back screens the wing defender.

#3 breaks to the basket looking for the direct pass or lob pass from #1 on top.

Zone offense

Zone ob play #1



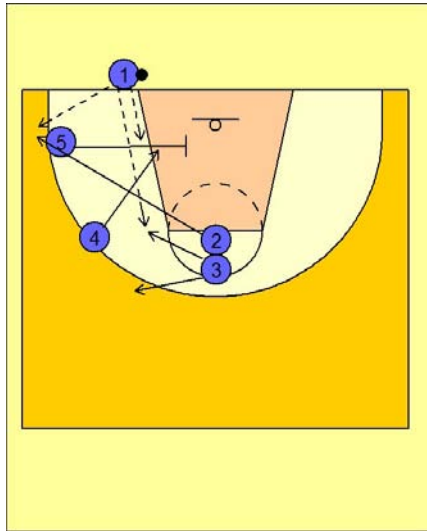
Zone Offense OB Play (#1)

If #5 cannot enter to #3 on the right wing he may skip the ball out on top directly to #1. In that case, since #1 has received the ball, the post and screening action would start upon #1 catching the ball.

Zone offense

Zone offense play #2

1

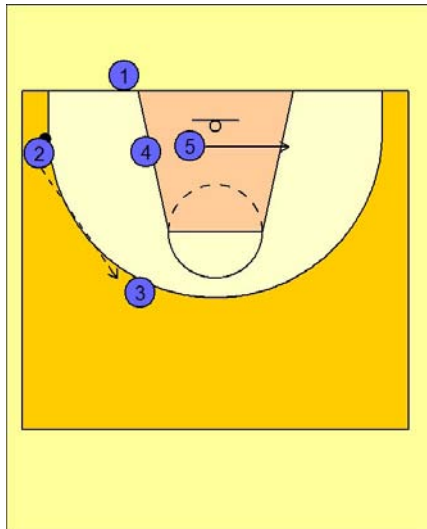


Zone Offense OB Play (#2)

When you look at this action you can immediately see some interesting possibilities. The first question might be "who is going to guard the post player #4 if #5 sets a good screen or post up move in the lane?" The second question is "who is going to guard the corner player #2 if the wing defender stays at home to help on the cutting #4 man?" Additionally, if the guard sinks down to help on this action you may get a nice 15 - 20 ft. jump shot for #3 stepping into the open gap.

In any event you could get a quick hitting open three point shot or post pass to the block.

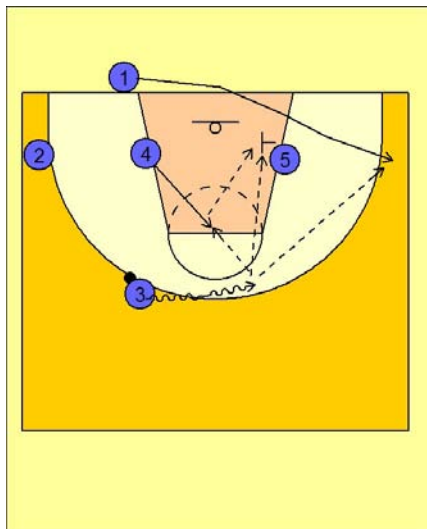
2



Zone Offense OB Play (#2)

Once #2 has the ball, #5 cuts across the lane to the opposite low block. #2 reverses the ball to #3 on top.

3



Zone Offense OB Play (#2)

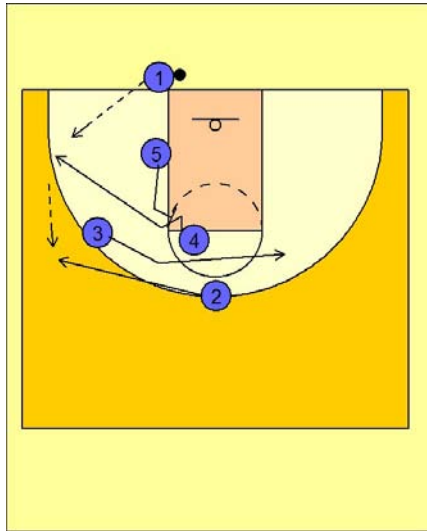
While #3 brings the ball across on the dribble, #5 tries to screen the backside low defender hoping to get #1 an open shot in the right corner.

#3 may look to pass the ball inside to #5 (or #4) after #1 has cut off the screen.

Zone offense

Zone ob play #3

1

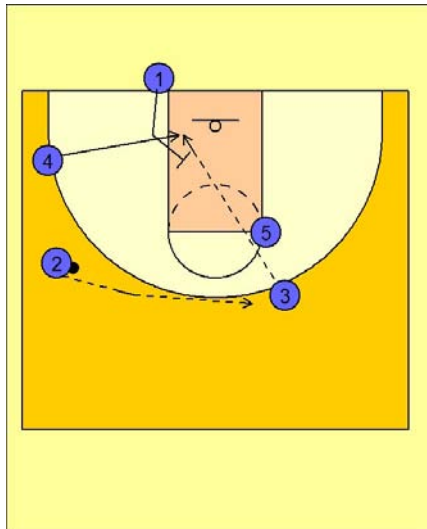


Zone Offense OB Play (#3)

(#5) back screens for (#4) to catch the entry pass in the ball side corner.
(#3) and (#2) exchange spots on the perimeter.

(#1) enters the ball to (#4) who passes to (#2).

2



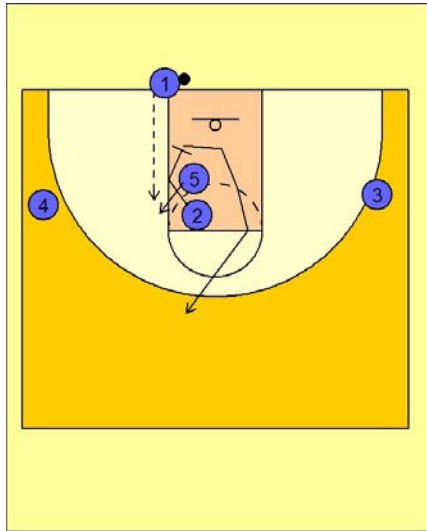
Zone Offense OB Play (#3)

(#2) reverses the ball to (#3). (#1) steps inbounds and sets a back screen on the back side zone defender creating an open alley for (#4) to attack the basket for a lob pass from (#3).

Zone offense

Zone offense play #4

1



Zone Offense OB Play (#4)

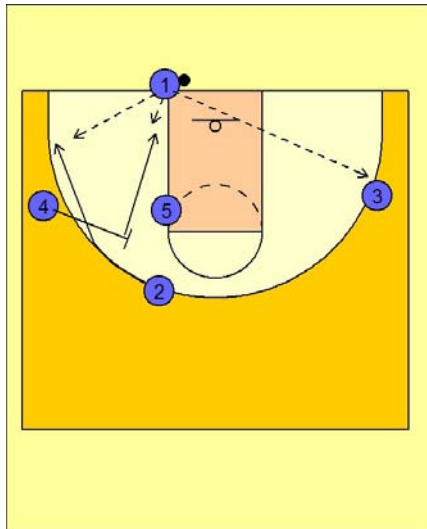
#3 and #4 are spread out wide.

#2 and #5 are stacked in the middle, near the mid-FT line area.

#2 comes over the top of #5 and sets a screen on the middle defender.
#5 moves to the open area in the middle for an entry pass from #1.

After #2 screens, he breaks to the top of the key area.

2



Zone Offense OB Play (#4)

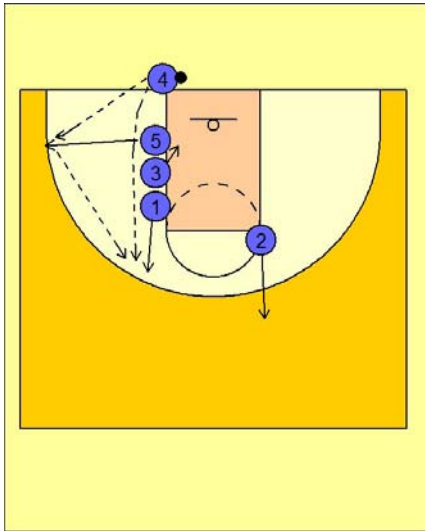
If that is not available, #4 sets a screen for #2 to come to the ball side wing area for a shot. Depending on how the defenders react to the screen, #4 may have an open area to break to the basket for the shot.

Also, with the action inside, the wing defenders may have to help, allowing a skip pass to the opposite wing man, #3 in this diagram.

Zone offense

Zone ob play #5

1



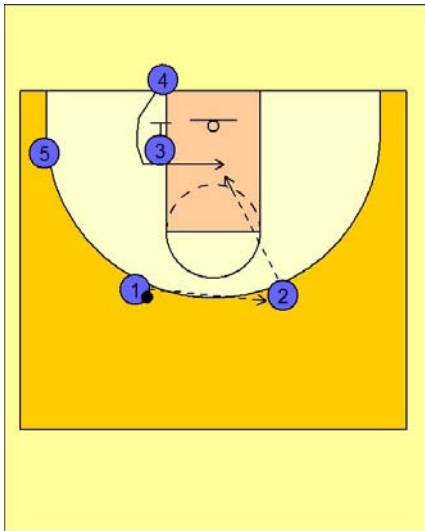
Zone OB Play (#5)

#1, #3, and #5 stacked up on the left lane line. #2 is on the opposite lane line near the right elbow.

#5 breaks toward the corner.
 #3 steps toward the ball.
 #1 breaks straight out.
 #2 breaks straight out.

#4 will look to enter the ball to either #5 who will pass it to #1 or #4 will look to pass it straight out to #1 himself.

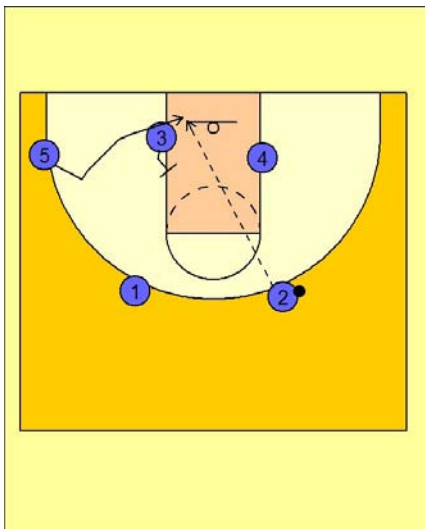
2



Zone OB Play (#5)

Once #1 has the ball he will reverse it to #2 on the right wing area. #4 will step in using a screen from #3 and will curl over the top of the screen and into the middle of the lane looking for the post entry pass from #2.

3



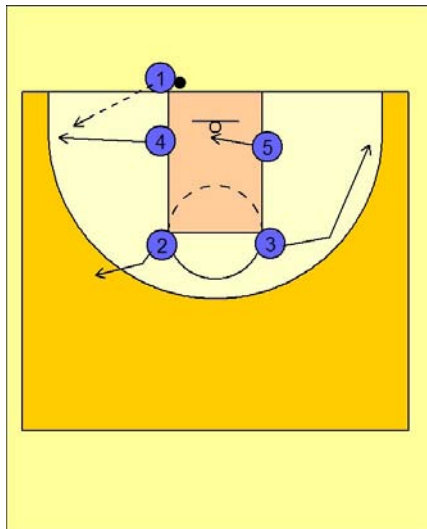
Zone OB Play (#5)

If #4 is not open, #3 will move in and back screen the low back side defender while #5 sneaks in behind looking for the lob pass to the rim.

Zone offense

Zone ob play #6

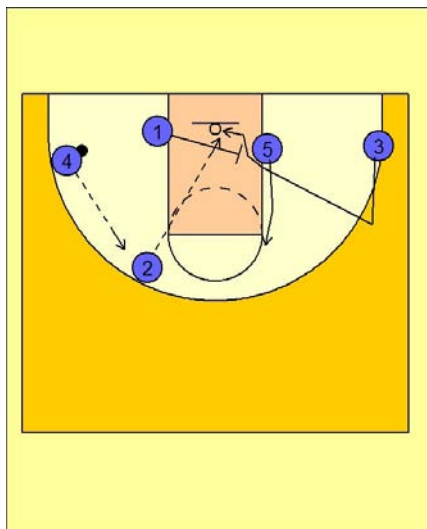
1



Zone Offense OB Play (#6)

(#4) pops to the corner. (#3) fades behind the zone. (#5) steps hard to the ball. (#2) steps out on the wing as an outlet. (#1) passes to (#4) or to (#2).

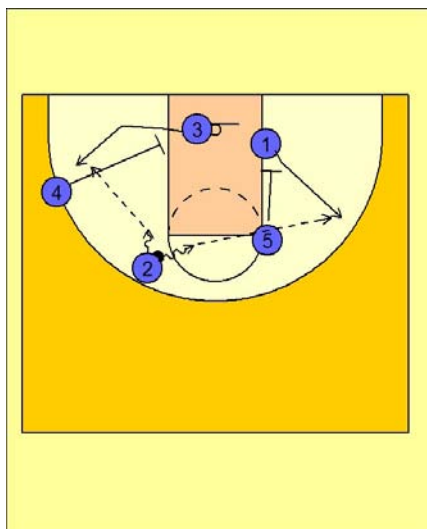
2



Zone Offense OB Play (#6)

(#4) passes to (#2). (#5) pops to the elbow. (#3) walks up then goes for the lob. (#1) steps on the court and screens the back zone defender. (#2) passes to (#3) if open.

3



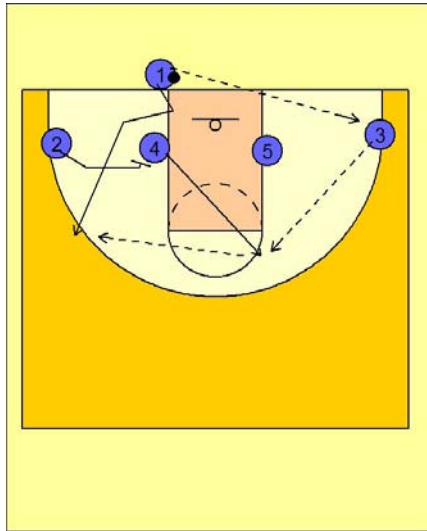
Zone Offense OB Play (#6)

(#5) then screens down for (#1), (#4) screens down for (#3). (#1) comes off (#5's) screen and (#3) comes off of (#4's) screen. (#2) tries to penetrate then passes to either (#3) or (#1) for the shot.

Zone offense

Zone ob play #7

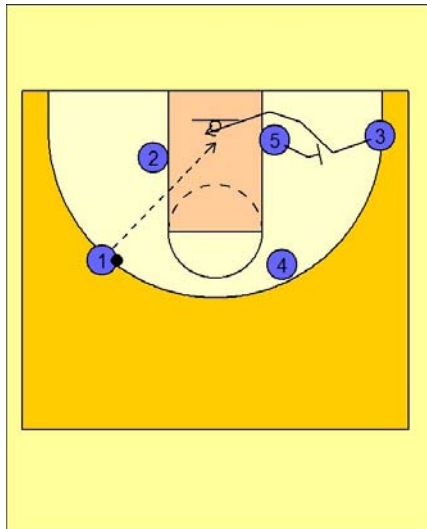
1



Zone Offense OB Play (#7)

(#1) passes to opposite wing (#3). (#4) comes high. (#2) screens in for (#1). (#3) reverses ball to (#4) who passes to (#1). (#5) steps out and screens for (#3). (#1) looks for (#3) or (#2).

2



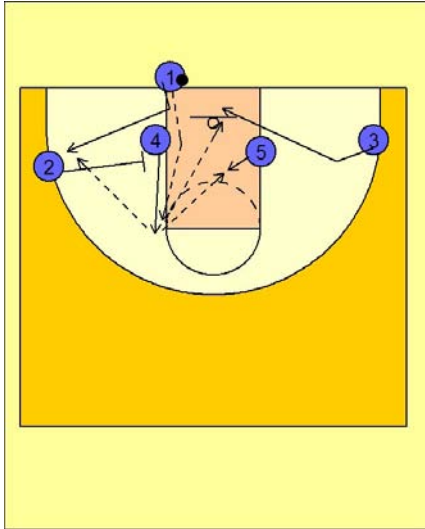
Zone Offense OB Play (#7)

(#5) steps out and screens for (#3). (#1) looks for (#3) or (#2).

Zone offense

Zone ob play #8

1



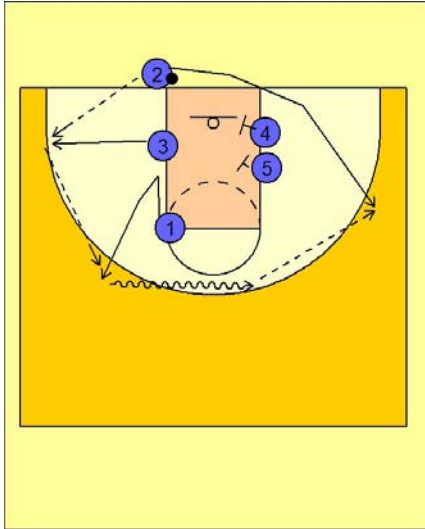
Zone Offense OB Play (#8)

(#2) is denied so (#4) pops back for pass from (#1). (#2) sets screen for (#1). (#5) runs into lane and (#3) goes off (#5) for lob. (#4) may pass to (#1), (#5), or (#3).

Zone offense

Zone ob play #9

1



Zone Offense OB Play (#9)

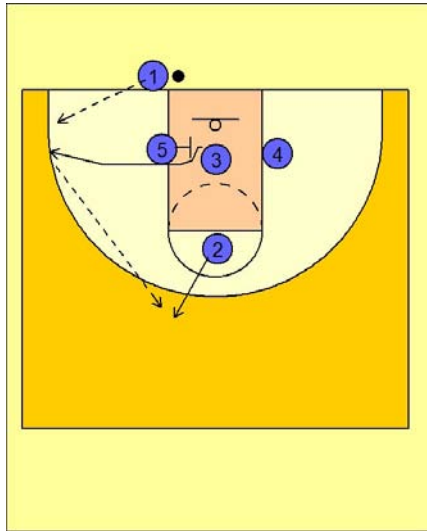
Your best shooter should be inbounding the ball on this play. On the break, #3 breaks to the ball side corner while #1 fakes down the lane towards #3 and then out to the perimeter.

#3 passes to #1 on top who puts the ball on the floor toward the right side looking for a good passing angle to #2 coming off the double screen on the back side of the floor.

Zone offense

Zone ob play #10

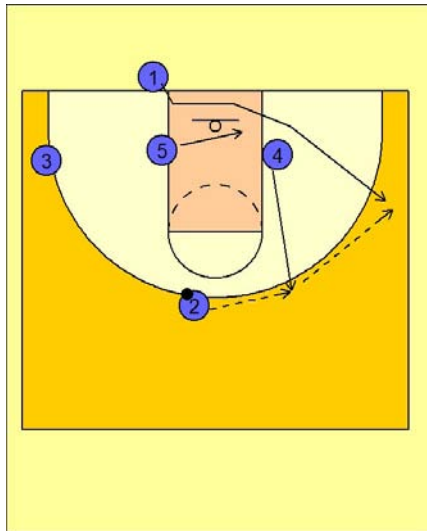
1



Zone Offense OB Play (#10)

#5 screens for #3 in the middle of the lane. #3 pops to the ball side corner. #1 enters the ball to #3 in the corner. #2 pops out from the foul line to outside the circle to receive the next pass from #3.

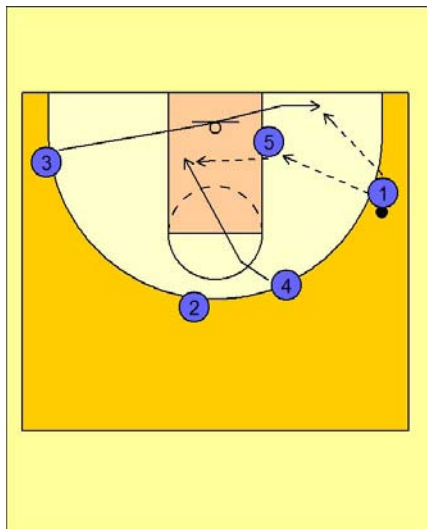
2



Zone Offense OB Play (#10)

#4 pops to outside the circle and receives the next pass from #2. #1 sprints to the right wing to receive the next pass from #4. #5 rolls across the lane looking for a pass from #1. #1 looks inside to #5.

3

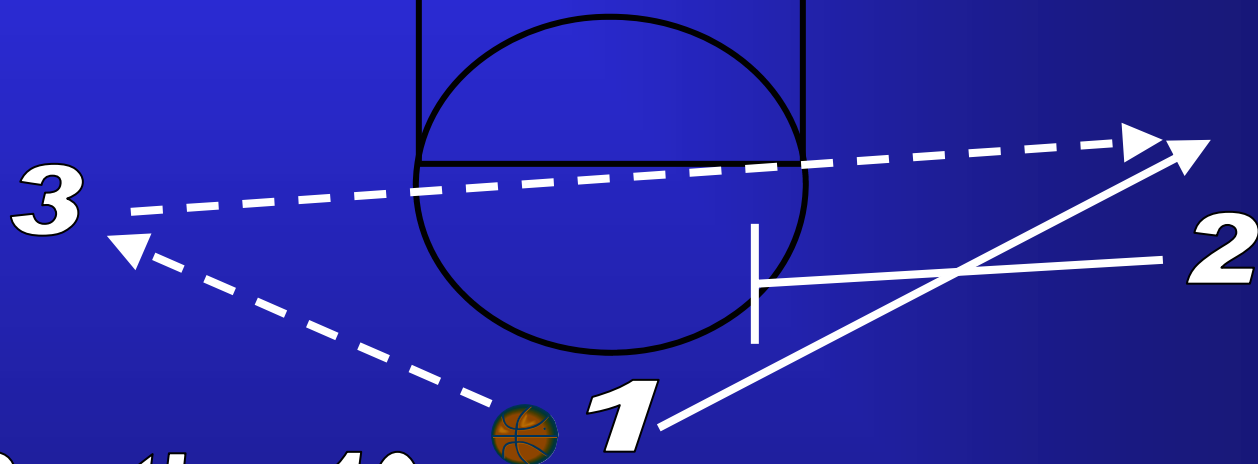


Zone Offense OB Play (#10)

As #1 looks inside to #5, #3 sprints to the short corner. #1 passes to #3 for a potential shot. Once #3 or #5 receives the ball, #4 dives to the basket looking for the pass back from either #3 or #5 and then looks for good offensive rebound position.

***The Single -
Double - Triple
Post***

Zone Motion Offense



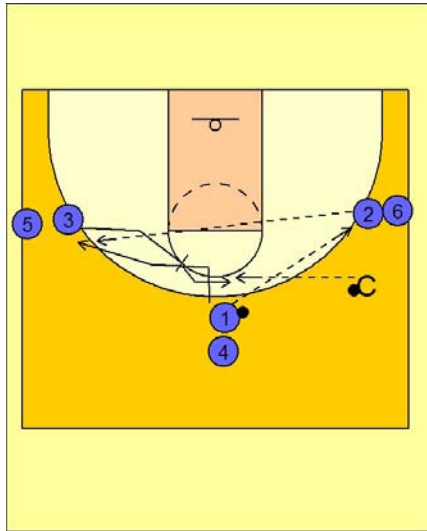
Section 10

***Shooting
Drills***

Zone offense

Zone offense shooting (1)

1



Zone Offense (Flare Screen Shooting)

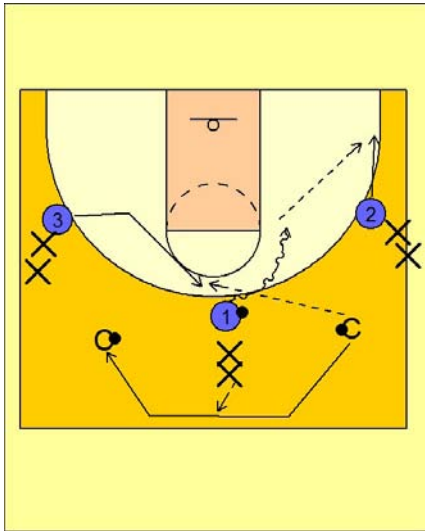
Three lines with the ball on top. Coach or manager will have ball on right side on top.

#1 passes to #2 on the right wing and receives a flare screen from #3. #1 cuts to the back side of the floor looking for the skip pass from #2. #2 catches and shoots the basketball while #3, after screening, shapes up and pops to the basketball receiving a pass from the coach or manager for the jump shot. All three players rotate one line to the right and the next three players step up to start the drill again. After several repetitions, begin again by passing the ball to the left side and flare screen shooting to the right side.

Zone offense

Zone offense shooting (2)

1



Zone Offense (Drive and Kick Shooting)

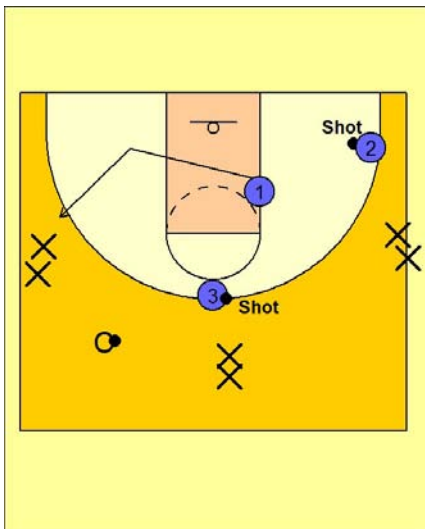
Three lines. One on top and one on each wing area. Either one or two coaches (or managers) are needed.

Note: If one coach or manager used, they have to hustle to make sure they move from side to side, receive basketballs from the players waiting in line, and then making the appropriate passes.

Drill starts with #1 driving in the zone gap and looking to pass (after a nice jump stop) to #2 spotting down in the corner area for a jump shot. Once #1 drives in the gap, #3 replaces #1 on top and receives a pass from the coach or manager for a shot.

If using only one manager or coach, he would then receive another basketball from the guys in line and hustle to the top side on the other side of the floor.

2

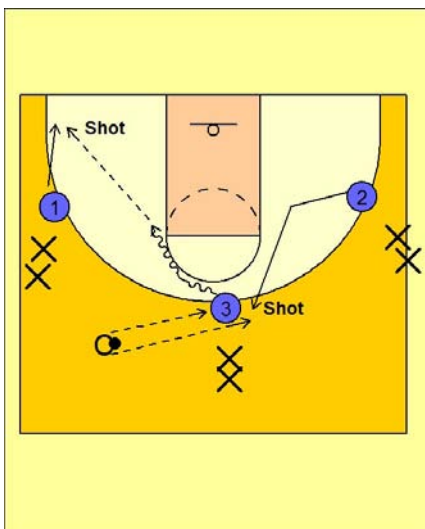


Zone Offense (Drive and Kick Shooting)

The drill continues with the same three players. #1, after passing to #2 for the shot, cuts across the lane and out to the opposite wing area.

Again, #3 and #2 are getting the first shots in this drill as shown in the diagram.

3



Zone Offense (Drive and Kick Shooting)

The coach now throws the basketball to #3 on top who looks to drive in the left zone gap. #1 spots down and receives the pass from #3. #1 takes the shot. #2, as in the first rotation, looks to fill the top spot vacated by #3. #2 receives a pass on top from the coach or manager for a jump shot.

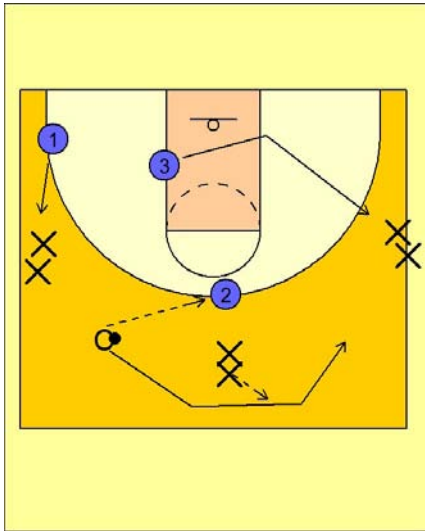
Zone offense

Zone offense shooting (2)

4

Zone Offense (Drive and Kick Shooting)

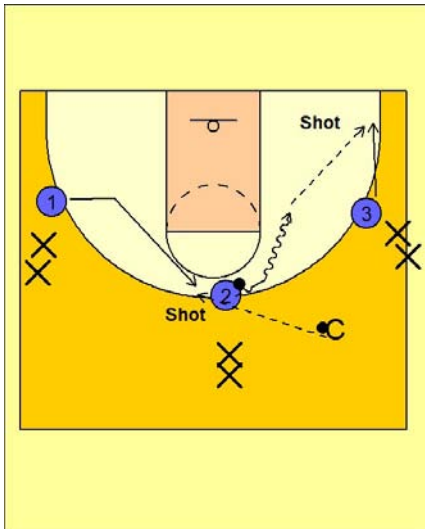
After shooting, #2 receives another basketball from the coach or manager on top. #1 moves back to his spot on the left wing area while #3, after driving the gap, looks to cross the lane and come out on the opposite wing area.



5

Zone Offense (Drive and Kick Shooting)

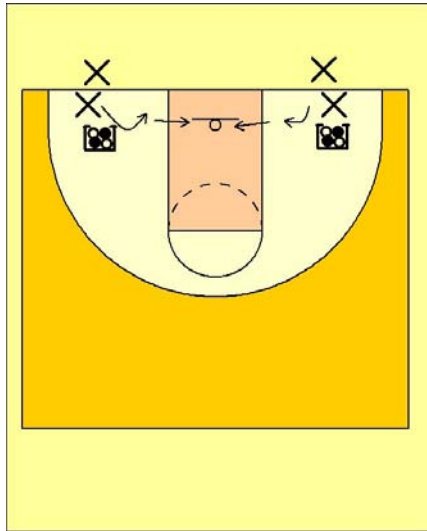
The last sequence in this drill is #2 driving the gap looking to hit #3 spotting up in the corner for a shot while #1 fills on top for the top of the key jumper. After this sequence (which guarantees each player and opportunity to drive, shoot and fill the top), three new players would begin.



Zone offense

Zone offense shooting (3)

1



Zone Offense (Short Corner Shooting)

This drill is intended to develop the proper catch, footwork and shot when receiving the ball on the short corner area of the zone offense.

The ball rack in the diagram represents a chair with a basketball sitting on it. The player faces the chair, picks up the basketball in a good low stance, takes a long drop step towards the baseline, squares his shoulders around so he is facing the baseline. He then makes a power slide move toward the basket and finishes the power layup on his side of the basket with the defense on his back. No more than two dribbles on this drill. You can have the players mix it up if they would like to shot fake underneath from time to time before shooting.

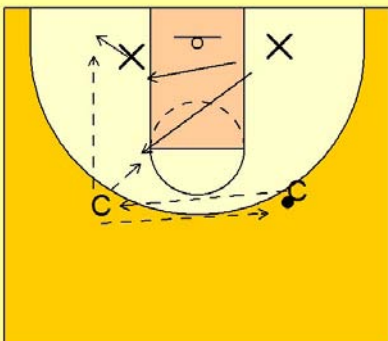
After the players complete the shot, they switch lines and the next player steps up to "receive the pass" off the chair.

Zone offense

Zone offense shooting (4)

1

Zone Offense (X Post Shooting)



The drill starts with two passers on top (could be your players, managers or coaches). This drill will help develop the double post options in the Zone Motion.

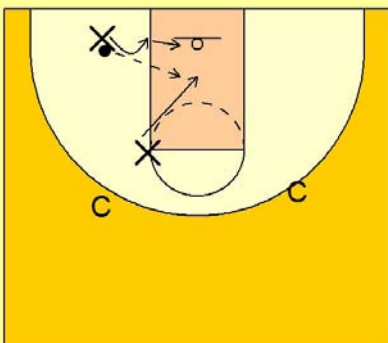
The ball is passed across the top. The ball side low post steps out to the short corner while the opposite post flashes to the high post.

The passer has three options here.

He can hit the post in the short corner
He can hit the post flashing into the high post or low post
Or he can reverse the ball back to the opposite side without making a post entry pass

2

Zone Offense (X Post Shooting)

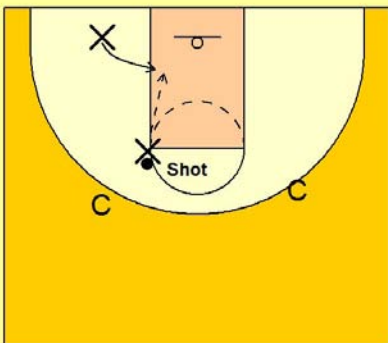


If the player in the short corner receives the pass he can:

Use the drop step moved described earlier in our short corner break down shooting drill
Or he can look to hit the high post man who has dived to the basket looking for the basketball or rebound position on the opposite side of the basket. If other post player was in the low block when the short corner player received the ball, the post player would dive into the middle of the lane in front of the rim.

3

Zone Offense (X Post Shooting)



If the high post player receives the pass he can:

Take the jump shot at the elbow
Or he can look to hit the low post man who is stepping in and looking for post position.

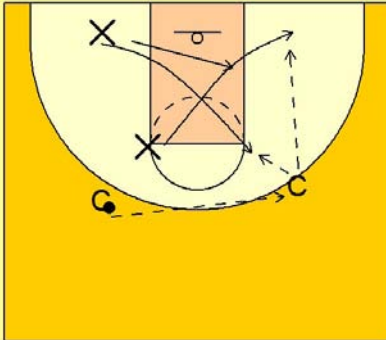
Note: The low post man in the short corner should look to get low block position as the ball is in flight to the high post (not after he receives it in the high post).

Zone offense

Zone offense shooting (4)

4

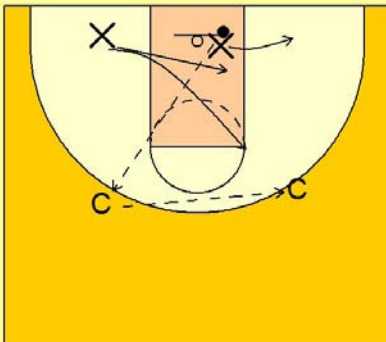
Zone Offense (X Post Shooting)



No matter who receives the ball or who takes the shot, the drill is continued to the other side by the coach passing another basketball across the top with the post players exchanging positions.

5

Zone Offense (X Post Shooting)

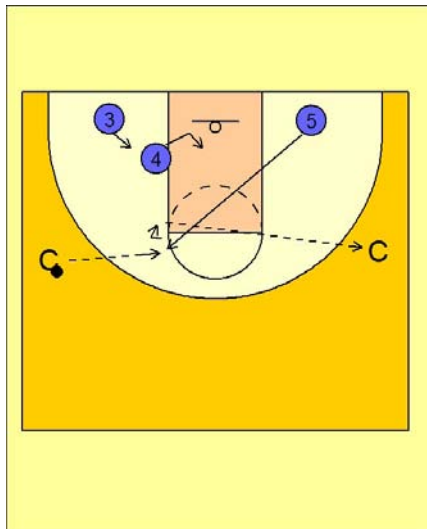


If a shot was taken, simply get the ball out of the net and back out to the coach and continue to the drill to the other side.

Zone offense

Zone offense shooting (5)

1



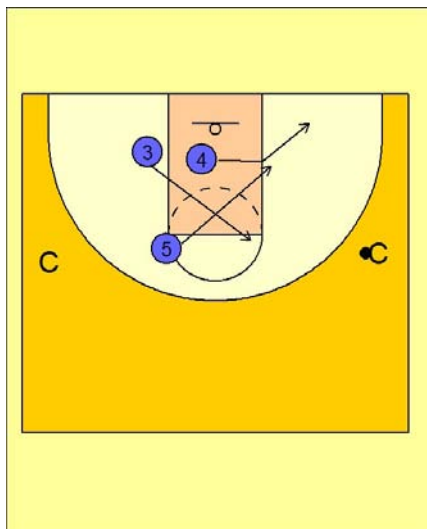
Zone Offense (Triple Post Shooting / Passing)

This drill will help to teach your triple post players the correct rotations as well as the shots you are looking to take and passes you are looking to make.

The drill needs either two coaches or two managers or two other players on the wings.

The drill starts with the short corner man away from the basketball flashing to the high post. Once #5 catches the ball in the high post he must turn and face the basket, look inside to #3 and #4 and then pass it opposite to the other coach, manager or player on the right wing.

2



Zone Offense (Triple Post Shooting / Passing)

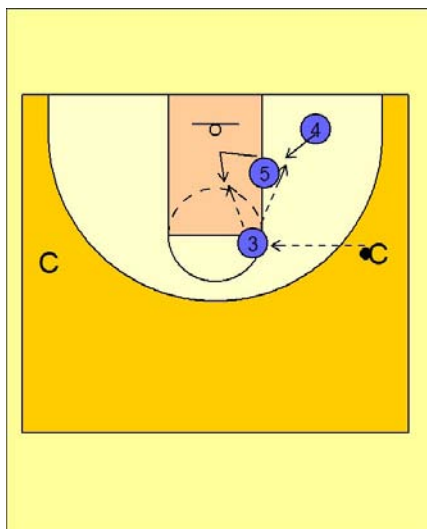
Now #3, #4 and #5 will execute the proper rotations for the triple post offense.

The low post player, #4, continues his movement across the lane and to the low post and then steps to the short corner.

The high post player, #5, cuts down to the low post area just vacated by #4.

The short corner player, #3, flashes to the high post.

3



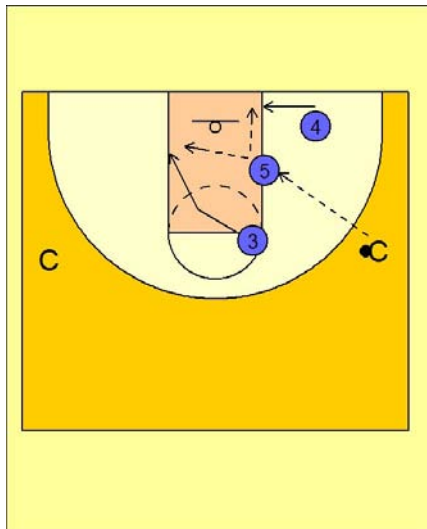
Zone Offense (Triple Post Shooting / Passing)

Here is where you need to make the decision as the coach before you start the drill. Do you want them to shoot after one ball reversal or two? You can change it up each time you run the drill. If it is one ball reversal, the coach or manager will hit #3 in the high post, he will turn and look inside and will pass to either #5 or #4 cutting into their appropriate positions.

Zone offense

Zone offense shooting (5)

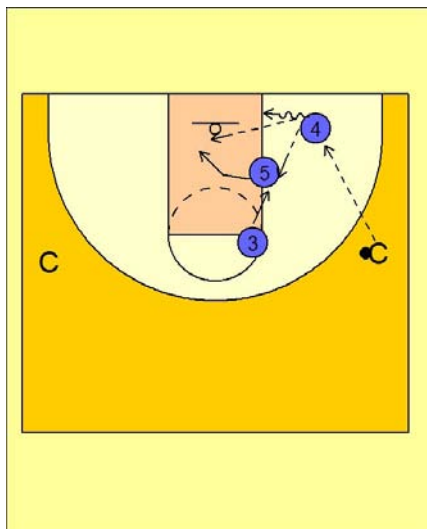
4



Zone Offense (Triple Post Shooting / Passing)

The coach or manager may also hit the low post player #5. If that happens, #3 will dive to the basket for the pass back and / or offensive rebound position. #4 will cut under the basket for the same reason.

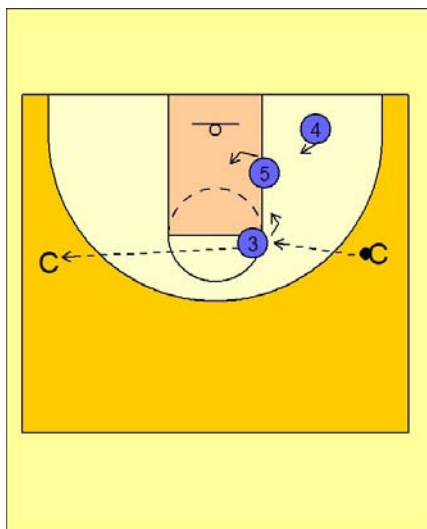
5



Zone Offense (Triple Post Shooting / Passing)

The coach or manager may also hit the short corner player #4. If that happens, #5 dives in the lane while #3 looks to slide into the gap just created by #5.

6



Zone Offense (Triple Post Shooting / Passing)

If you designate two ball reversals before a shot, then #3 will catch in the high post, look inside to #5 and #4 and then opposite to the coach. They would then make their usual slides:

Low post, #5 cutting across the lane to the opposite low block and then out to short corner.

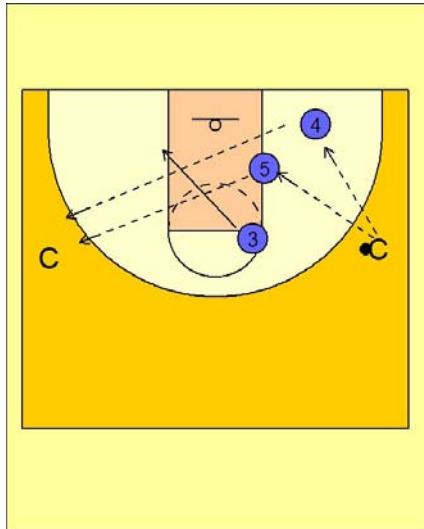
High post, #3, cutting to low block.

Short corner, #4, flashing to high post.

Zone offense

Zone offense shooting (5)

7

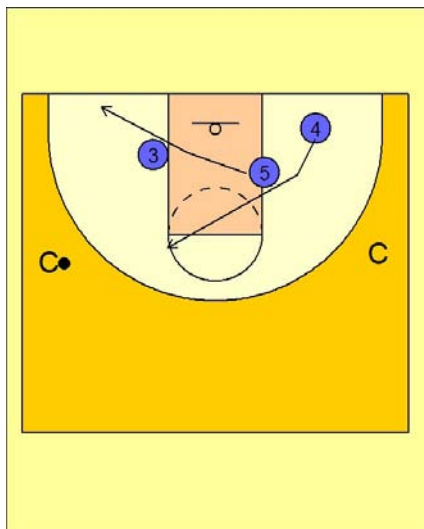


Zone Offense (Triple Post Shooting / Passing)

The same rules apply if you designate two ball reversals in this drill when the ball reaches the low post on the first ball reversal.

#4 or #5 would catch the ball, turn and face the basket, look inside and then opposite to the coach or manager on the left wing.

8



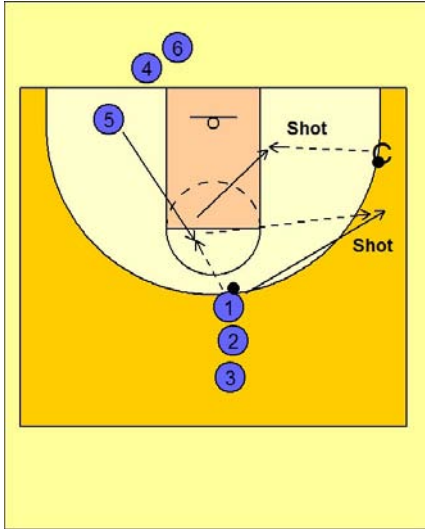
Zone Offense (Triple Post Shooting / Passing)

In the last scenario, the rotations do not change. #3 dove to the basket when it reached the low post, so he continued his movement to the opposite low block. #5 cut across the lane and then off the back of #3 to the short corner area. #4 flashes to the high post area.

Zone offense

Zone offense shooting (6)

1



Zone Offense (Post Relocation Shooting)

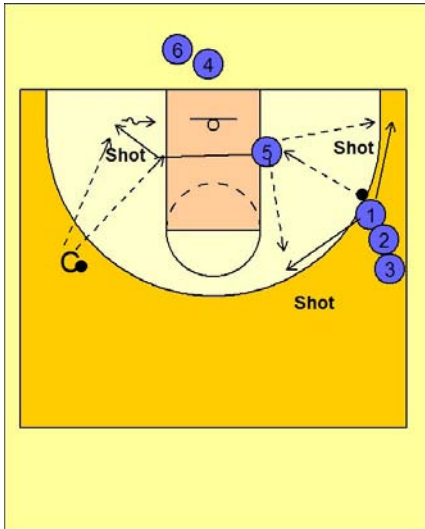
Here we are striving to develop good inside out action from your post and perimeter players while continuing to teach the proper rotations of the zone offense.

Perimeter players are in a line on top while the post players are underneath the basket. One post player (#5 in this diagram) starts in the short corner area.

#1 passes to #5 flashing into the high post area. After passing, #1 relocates on the right wing for a return pass from #5. #1 shoots the jumper on the right wing. #5, after passing to #1 cuts to the low block and receives a post entry pass from a coach or manager. #5 executes one of your post moves and scores.

#1 moves to the end of the perimeter line while #5 moves to the back of the post line. #2 and #4 step out and the drill continues.

2

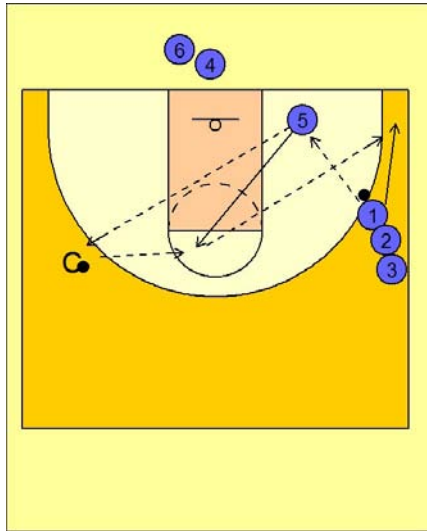


Zone Offense (Post Relocation Shooting)

You can also move this drill to the low block to begin with. #1 enters to #5 in the post and then will relocate to either the corner or high wing area for a pass back from #5. #5 will then cut across the lane to the low block and then step to short corner. The coach can hit #5 for a shot either in the post or after he steps to the short corner.

Zone offense

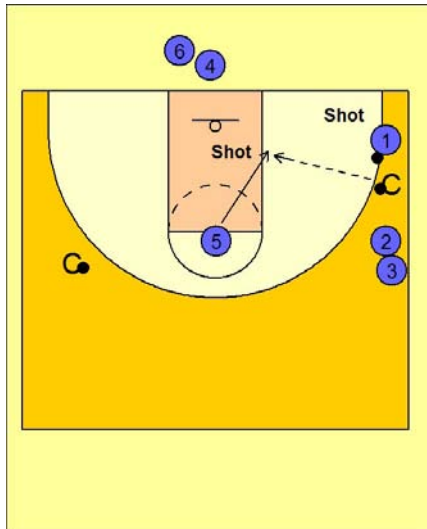
Zone offense shooting (6)



Zone Offense (Post Relocation Shooting)

Similar drill but now we start from the short corner area. #1 enters to #5 in the short corner. #5 looks inside and then opposite to the coach on the left wing. #5 passes to the coach and then follows his pass to the high post area. #5 catches and then #1 fades to the corner to receive the pass from #5.

3



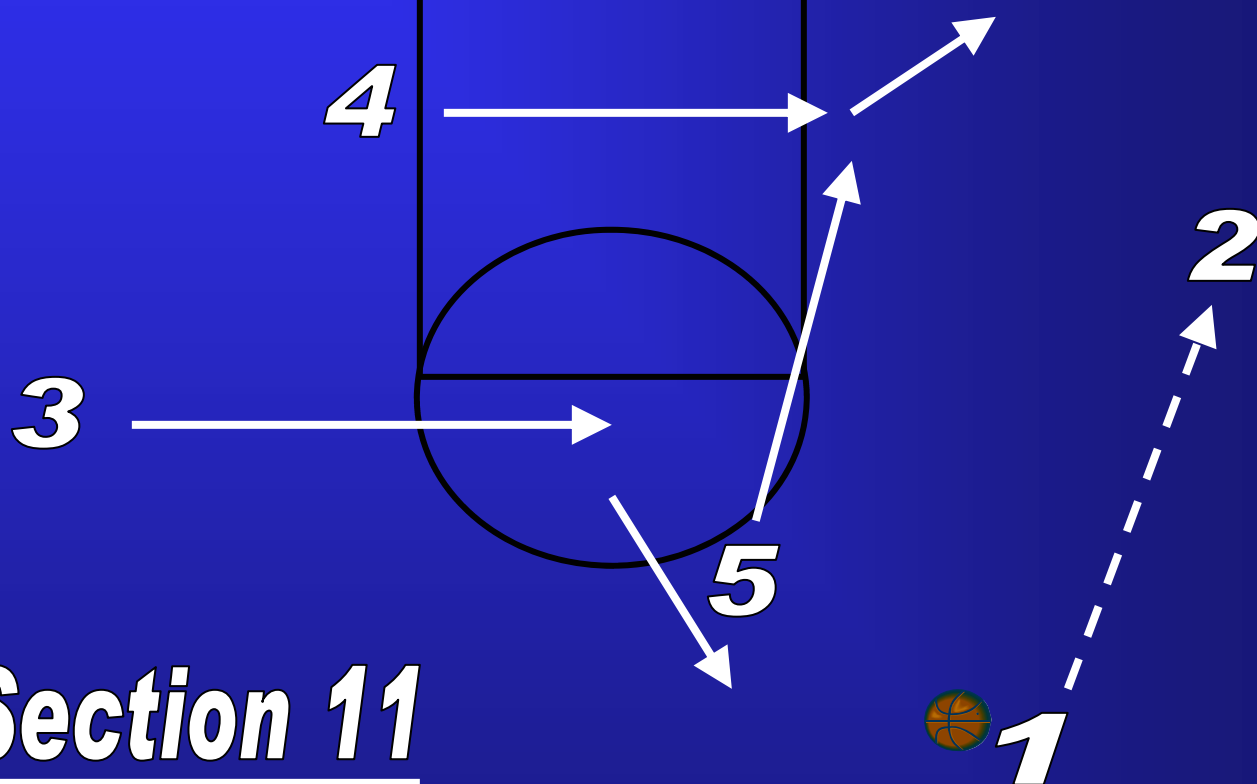
Zone Offense (Post Relocation Shooting)

#1 will take the shot in the corner. #5, after reversing the ball to #1 for the shot will cut down to the ball side low block to receive the post entry pass from the coach. #5 will then execute one of his post moves to score.

4

***The Single -
Double - Triple
Post***

Zone Motion Offense



Section 11



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