

NCAA DIVISION 1 PLAYBOOK:

Take your
team to the
NEXT LEVEL

"A Men's Basketball Hoop Scoop eBook"

Notes and Diagrams were compiled by
Coach Peterman

Introduction:

NCAA Division 1 Playbook:

This playbook was given to us by a NCAA Division 1 coach that has been to over 15 NCAA Tournaments as an assistant and Head Coach. He has had 20 plus wins each year as a Head Coach in a Major Conference. He has had over 10 former players playing or has played in the N.B.A.

It is a playbook designed with set plays to take advantage of the strengths of his team. It was used last year (2007-2008) and as you know. People tweak their playbook each year as they go along. It has 7 chapters to it and 66 plays.

I hope that it helps you as much as it helped my team.

NCAA Division 1 Playbook

March 6, 2009

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Half court sets

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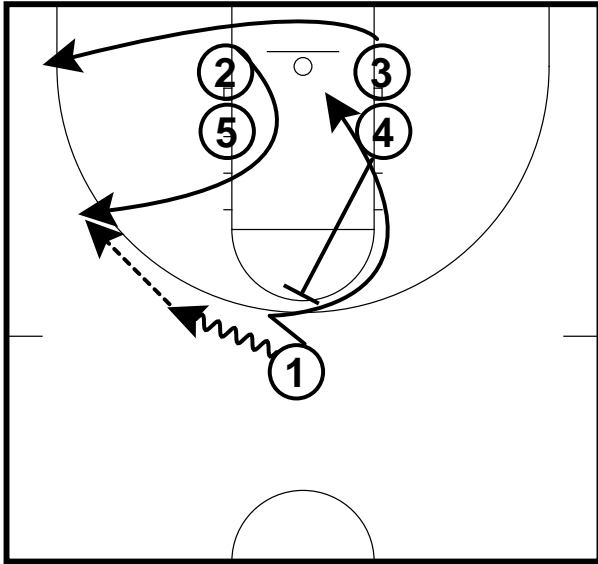
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Half court sets

One Set - Double Low

Half-Court Sets

Frame 1

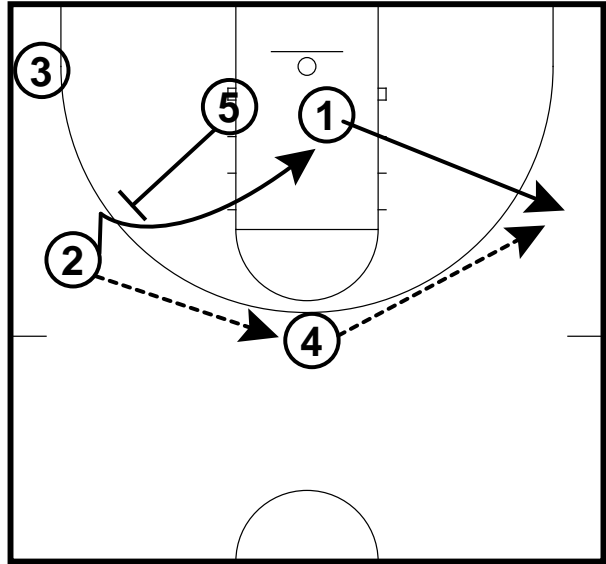


3 man sprints to the corner
 2 man pops to the left wing
 1 hits 2 after the cut
 4 back-screens 1 and 1 looks for lob.

One Set - Double Low

Half-Court Sets

Frame 2

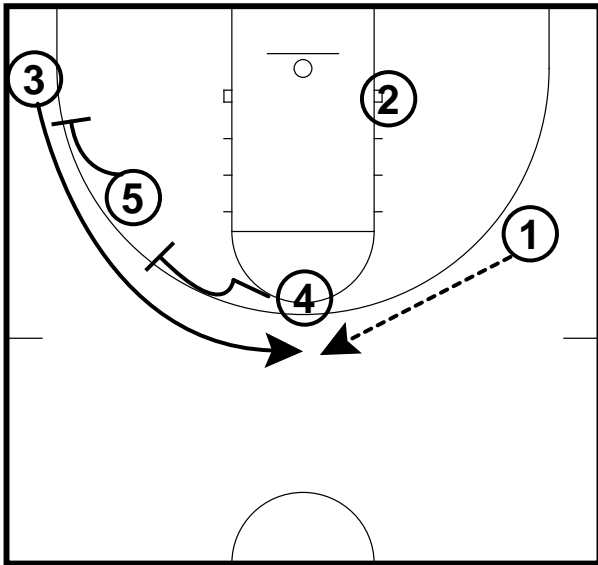


2 reverses the ball to 4
 4 pass to the 1 on the right wing
 2 cuts to the block off of the 5 back-screen

One Set - Double Low

Half-Court Sets

Frame 3

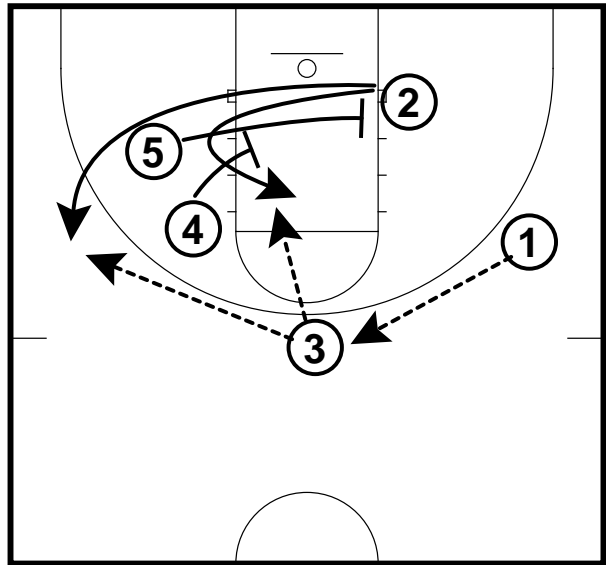


2 posts hard
 5 and 4 screen for 3
 1 hits 3 off two staggered screens

One Set - Double Low

Half-Court Sets

Frame 4

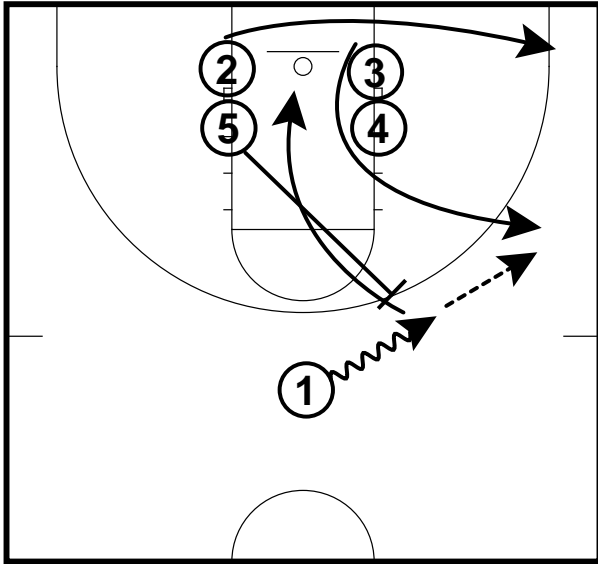


5 and 4 set staggered screen for 2
 2 can curl off staggered screens or fade out
 for three

Half court sets

One Set - Double Low - Half-Court Sets

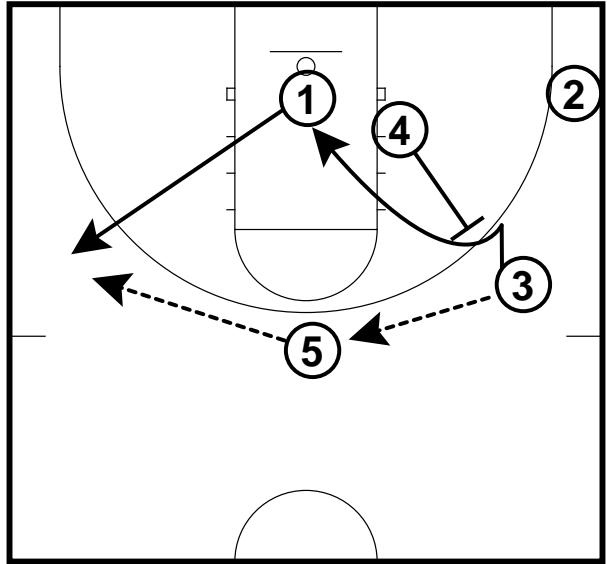
Frame 1



2 sprints to corner. 3 pops to the right wing.
1 hits 3. 1 cuts off of 5 back-screen for lob.

One Set - Double Low - Half-Court Sets

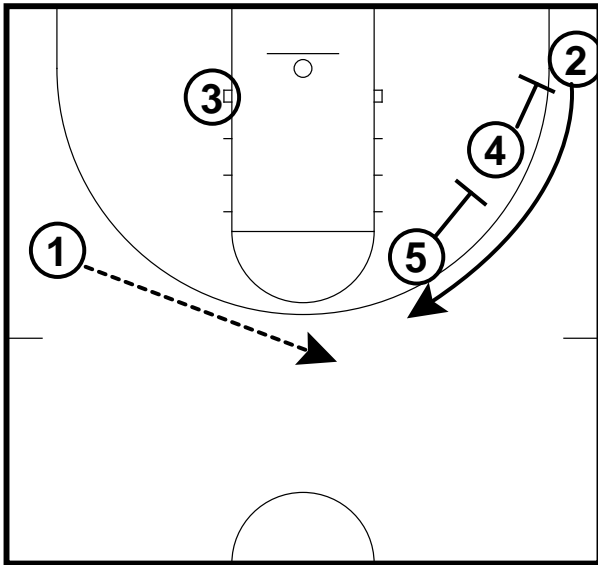
Frame 2



3 reverses ball to 5. 5 passes to 1.
3 cuts off the 4 back-screen.

One Set - Double Low - Half-Court Sets

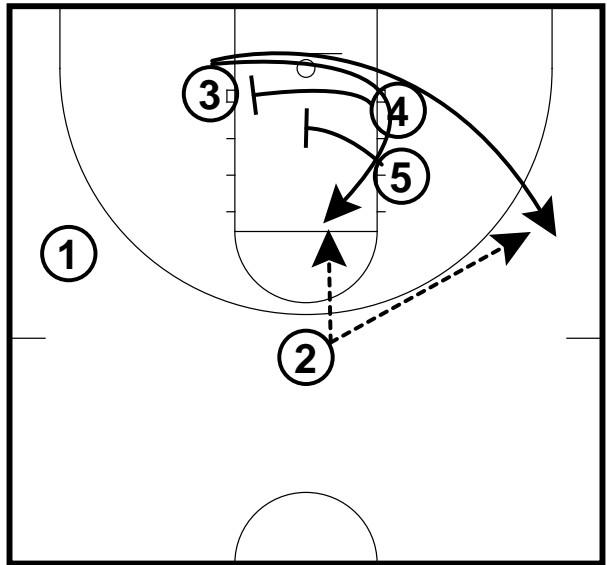
Frame 3



3 posts up hard. 4 and 5 set staggered
screen away for 2. 1 hits 2 on the pass.

One Set - Double Low - Half-Court Sets

Frame 4



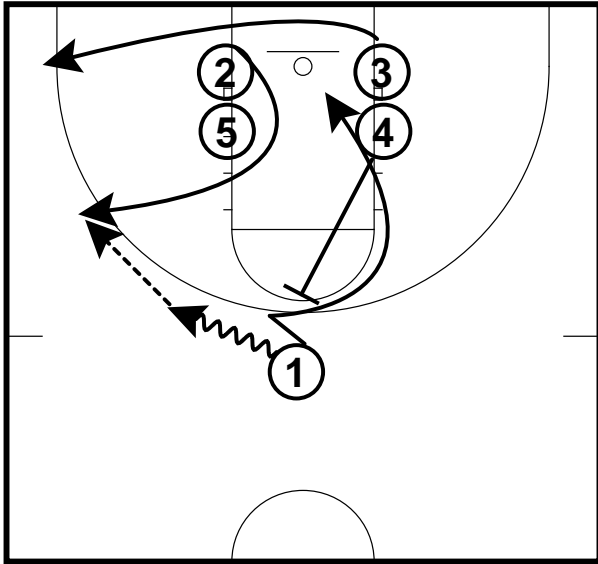
4 and 5 set staggered screen for 3 who can
curl or pop for the three point shot.

Half court sets

One Set - Double Low -

Half-Court Sets

Frame 1

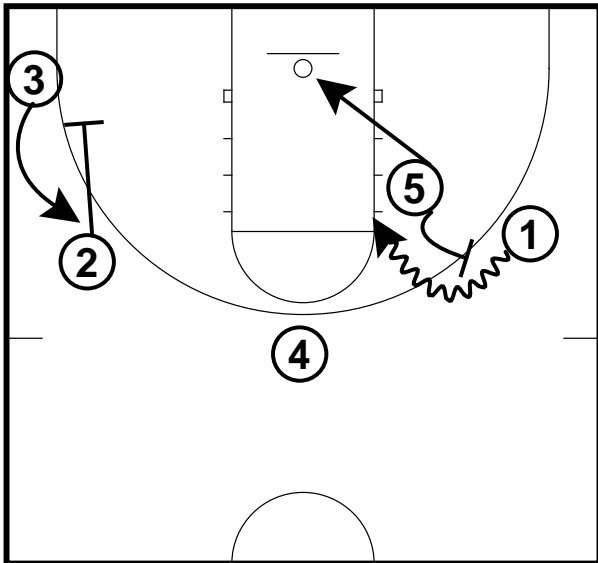


3 man sprints to the corner
 2 man pops to the left wing
 1 hits 2 after the cut
 4 back-screens 1 and 1 looks for lob.

One Set - Double Low -

Half-Court Sets

Frame 3

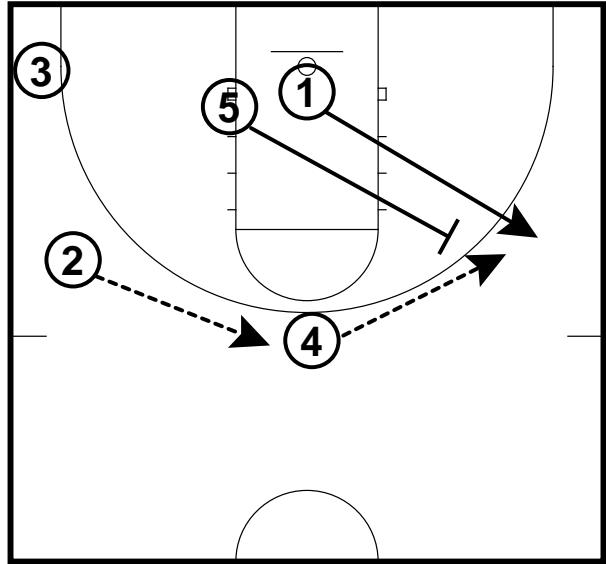


5 sets ball screen and 1 come off the ball screen. 1 turns the corner and 5 rolls to the basket. 2 downscreens for 3.

One Set - Double Low -

Half-Court Sets

Frame 2

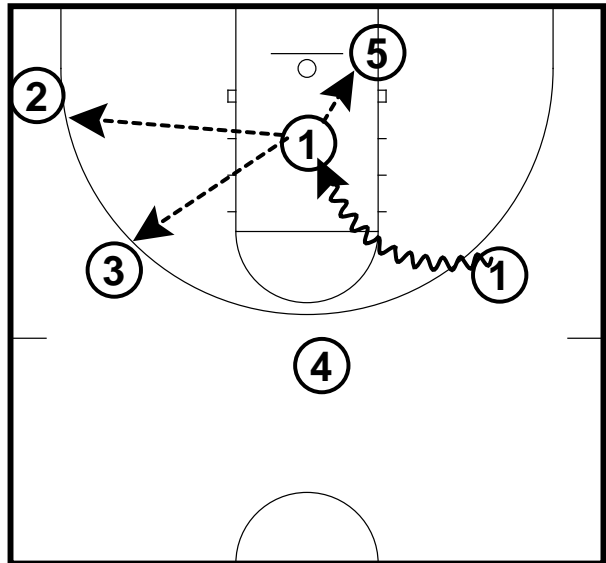


2 reverses the ball to 4
 4 pass to the 1 on the right wing
 5 sprints out to ball screen 1.

One Set - Double Low -

Half-Court Sets

Frame 4



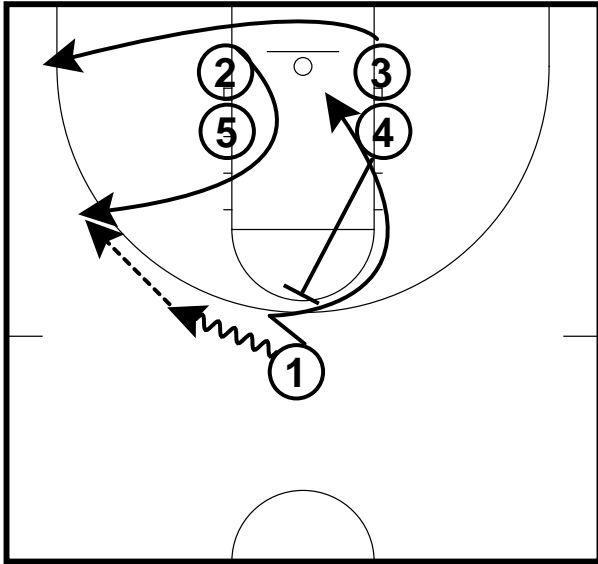
1 can go score the basket, pass to the 5, or kick out to 2 and 3.

Half court sets

One Set - Double Low -

Half-Court Sets

Frame 1

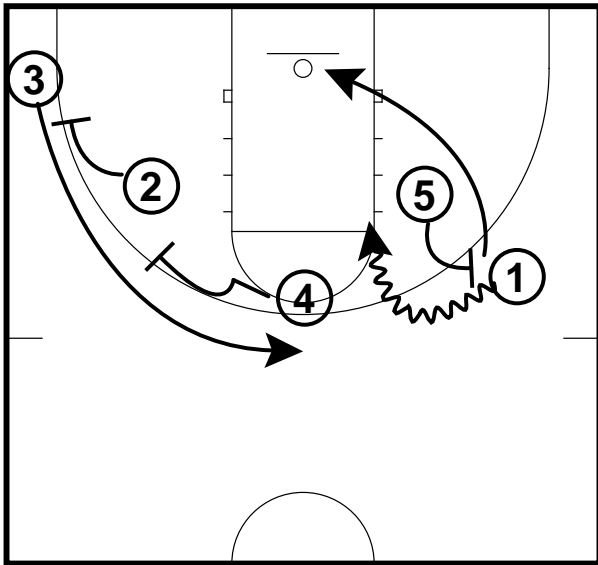


3 man sprints to the corner
 2 man pops to the left wing
 1 hits 2 after the cut
 4 back-screens 1 and 1 looks for lob.

One Set - Double Low -

Half-Court Sets

Frame 3

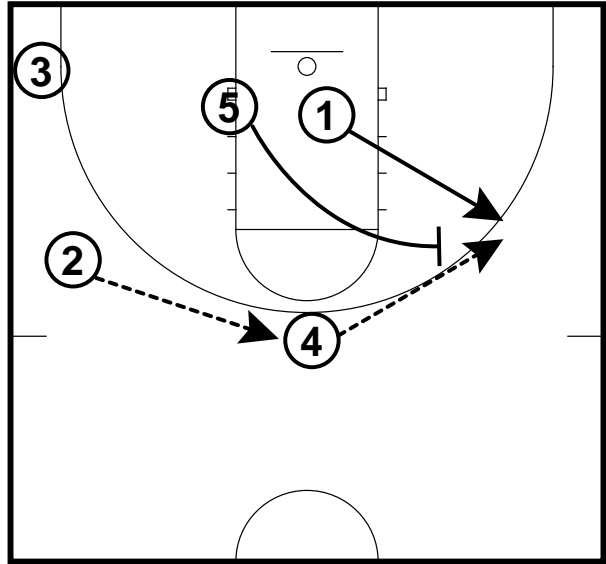


5 sets ballscreen and rolls to basket. 1 dribbles off screen. 2 and 4 set staggered screen for 3.

One Set - Double Low -

Half-Court Sets

Frame 2

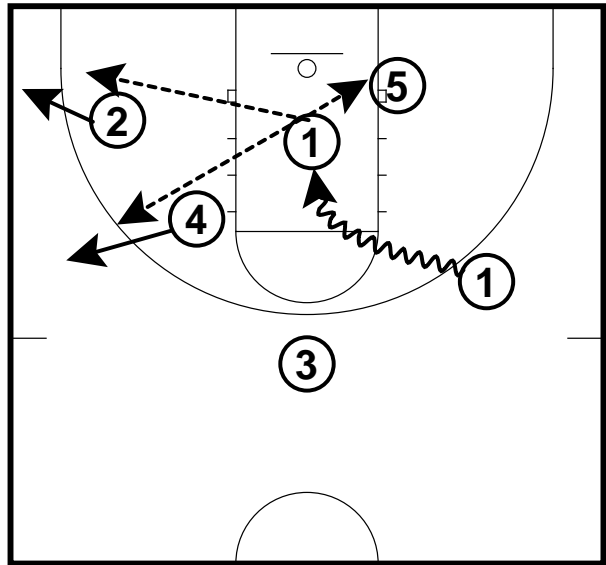


2 reverses the ball to 4
 4 pass to the 1 on the right wing
 5 sprints out to ballscreen 1 for pick-n-roll.

One Set - Double Low -

Half-Court Sets

Frame 4

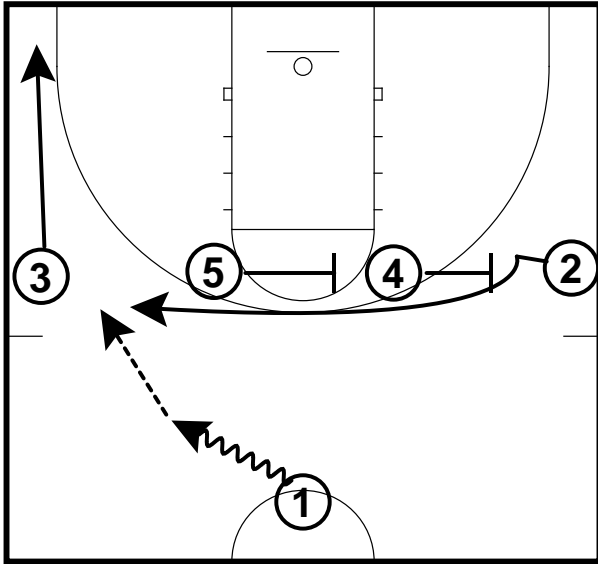


1 drives to the basket to score or pass to 5, kick out to 2 or 3.

Half court sets

One Chest Half-Court Sets

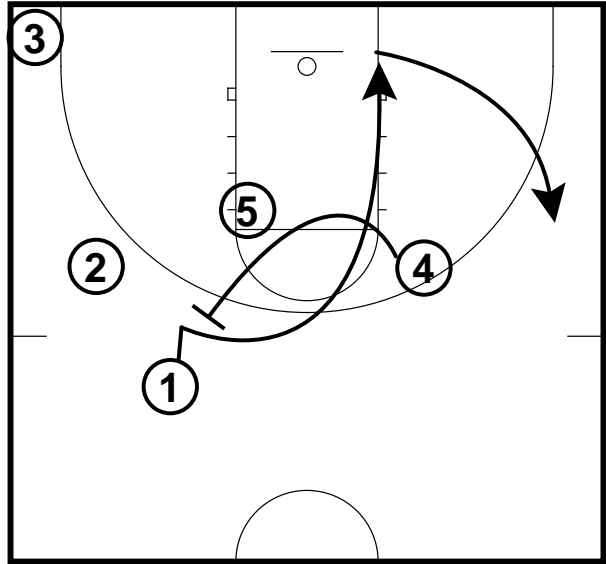
Frame 1



1 hits 2 off of the 4 and 5 backscreens. 3 drops to the corner.

One Chest Half-Court Sets

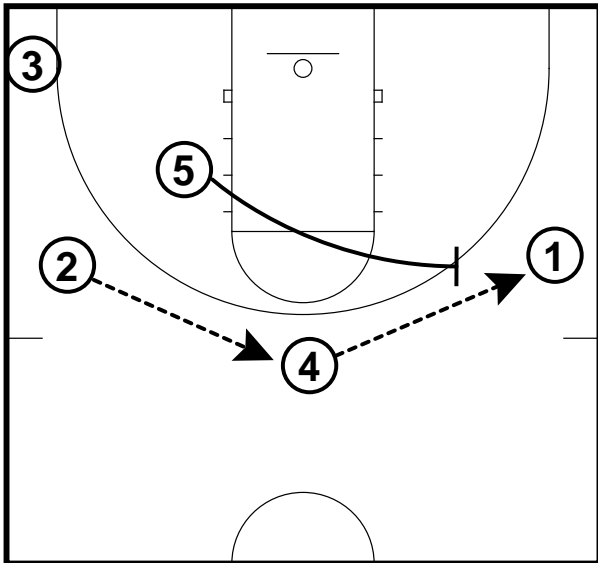
Frame 2



1 goes hard off of the 4 backscreen for lob. 5 stays as 2 looks to make lob pass to 1. 1 cuts for lob and then pops out to wing.

One Chest Half-Court Sets

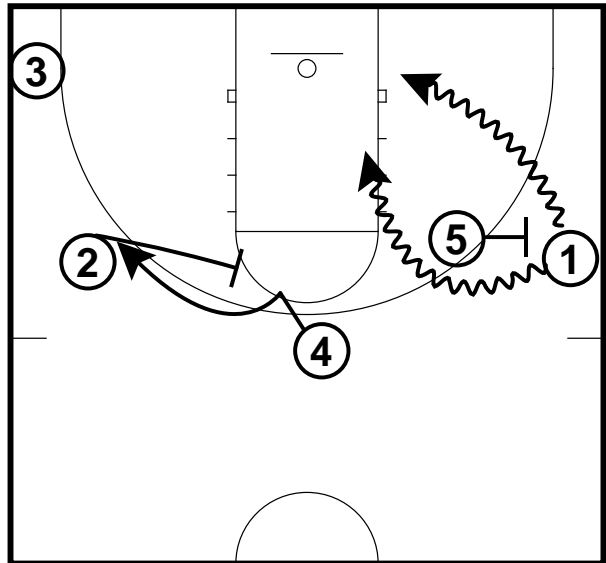
Frame 3



Ball reverses from 2 - 4 - 1. 5 ballscreens 1.

One Chest Half-Court Sets

Frame 4

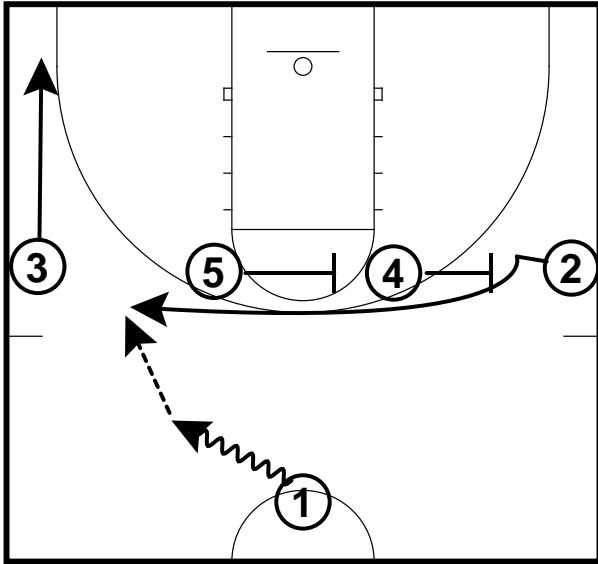


2 backscreens 4 for flarescreen. 5 sets ballscreen for 1. 1 drives baseline or over the top of ballscreen. 4 flares out. 3 stays.

Half court sets

One Chest Half-Court Sets

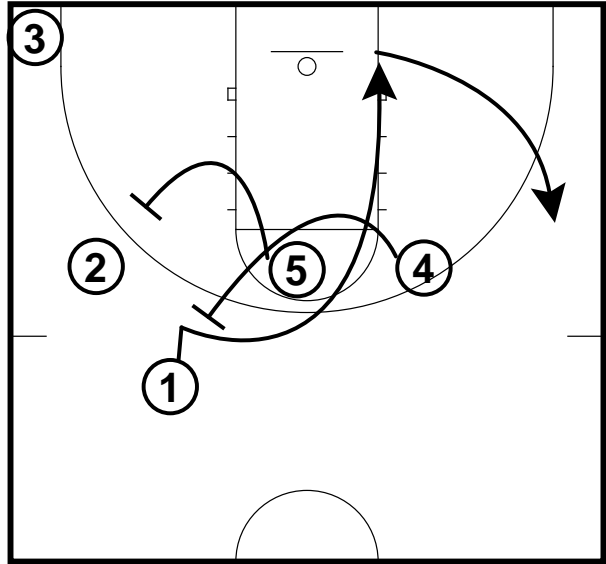
Frame 1



1 hits 2 off of the 4 and 5 backscreens. 3 drops to the corner.

One Chest Half-Court Sets

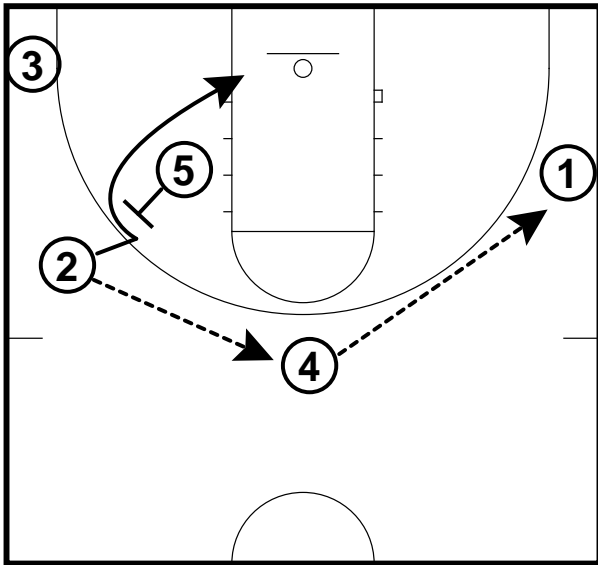
Frame 2



1 goes hard off of the 4 backscreen for lob. 5 prepares for a backscreen as he looks to make lob pass to 1. 1 cuts for lob and then pops out to wing.

One Chest Half-Court Sets

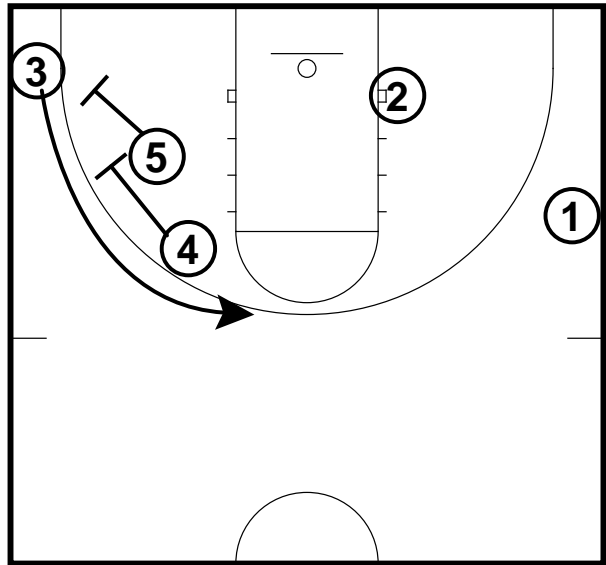
Frame 3



Ball reverses from 2 - 4 - 1. 5 backscreens 2. 2 comes off backscreen for pass from 1.

One Chest Half-Court Sets

Frame 4

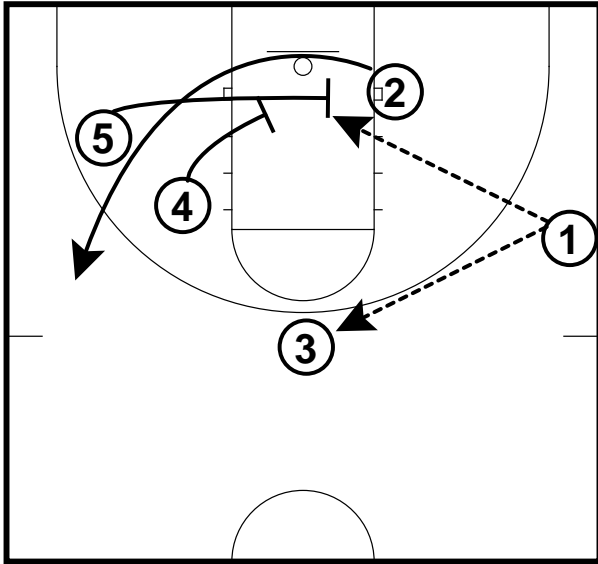


2 posts up hard. 5 and 4 downscreens 3. 1 looks at 2 posted up and 3 off the double staggered screens.

Half court sets

One Chest Half-Court Sets

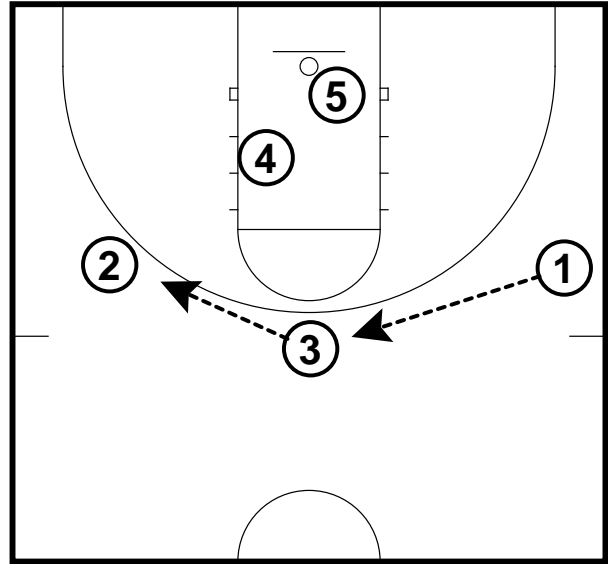
Frame 5



2 receives a backscreen from 4 and 5. 1 looks for 5 after backscreen or passes to 3.

One Chest Half-Court Sets

Frame 6



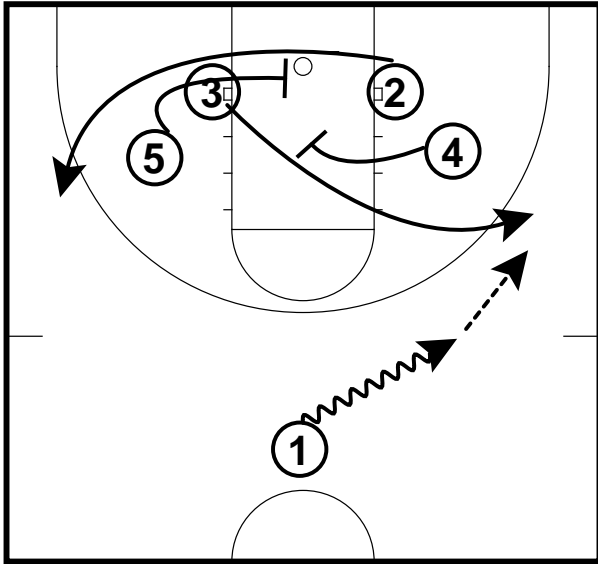
If not passed to 5, then 1 reverses ball to 3. 3 passes to 2 for shot. 4 and 5 look to rebound.

Half court sets

2 Down

Half-Court Sets - Shot clock action

Frame 1

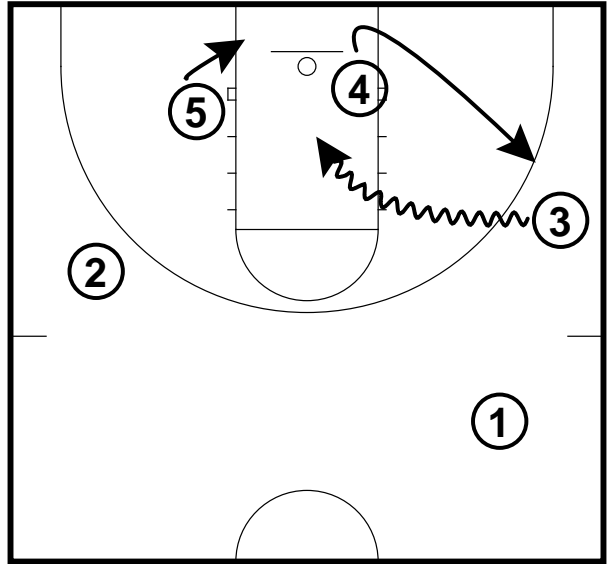


2 goes first and uses 4 screen for high curl or fade. After 2 clears, 3 goes off of 4's chest screen.

2 Down

Half-Court Sets - Shot clock action

Frame 2

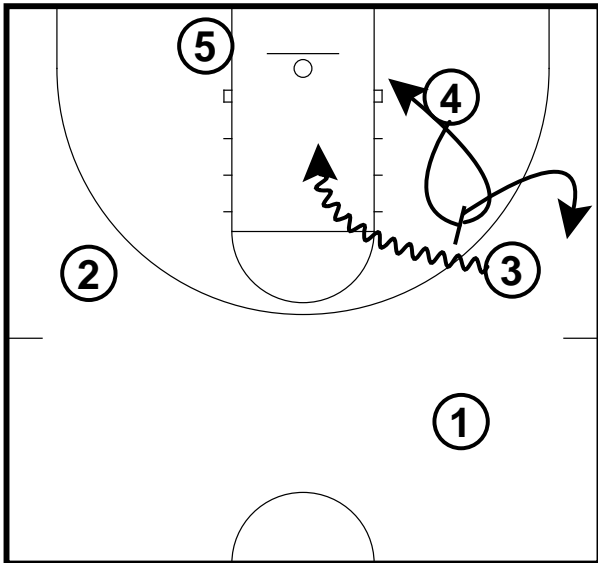


3 can drive and kick to 2. 5 drops to alley

2 Down

Half-Court Sets - Shot clock action

Frame 3



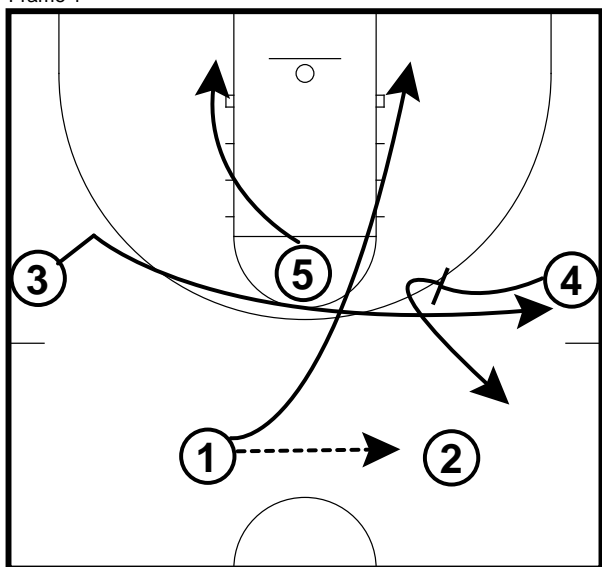
3 can call for a ballscreen from 4. 4 can roll or pop.

Half court sets

2 sprint set

Half-Court Sets

Frame 1

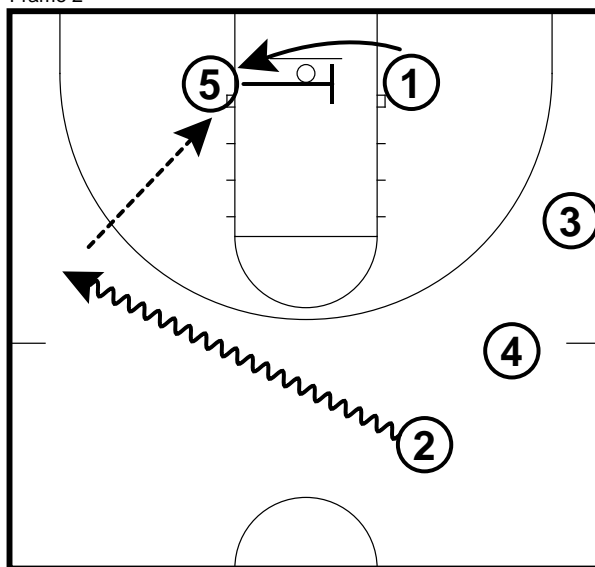


1 passes to 2. 1 cuts off 5 to the block. 5 cuts to the offside block. 4 screens for 3 and pops out.

2 sprint set

Half-Court Sets

Frame 2

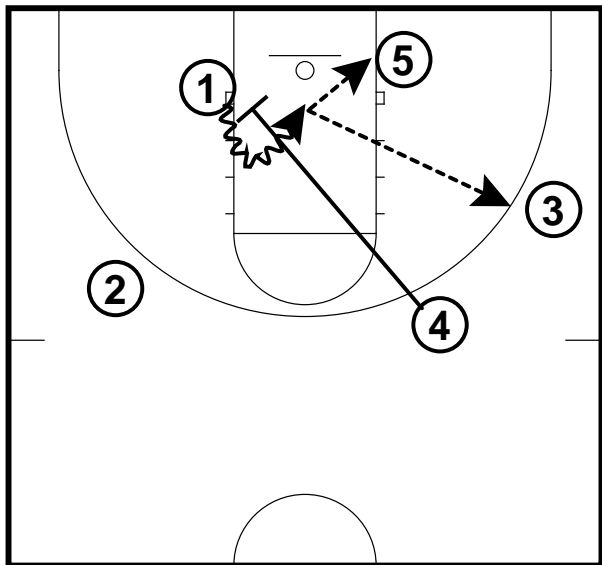


2 drags ball to wing. 5 cross screens for 1. 2 passes to 1 on the block.

2 sprint set

Half-Court Sets

Frame 3

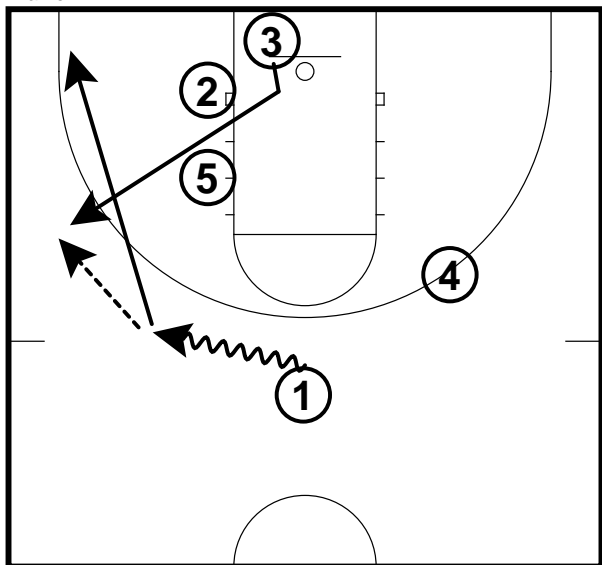


4 sets a downscreen for 1. 5 drops to alley. 3 spaces out. 1 looks to score or pass to 5 or 3.

Half court sets

3 curl Half-Court Sets

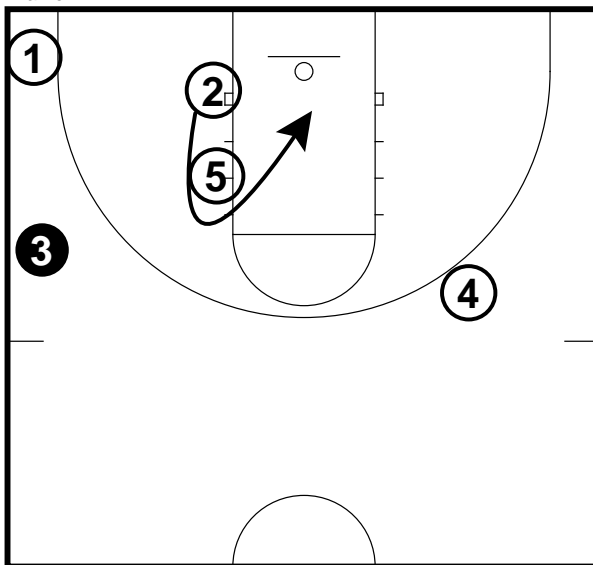
Frame 1



1 dribbles to the wing and passes to 3. 1 cuts to deep corner. 4 stays.

3 curl Half-Court Sets

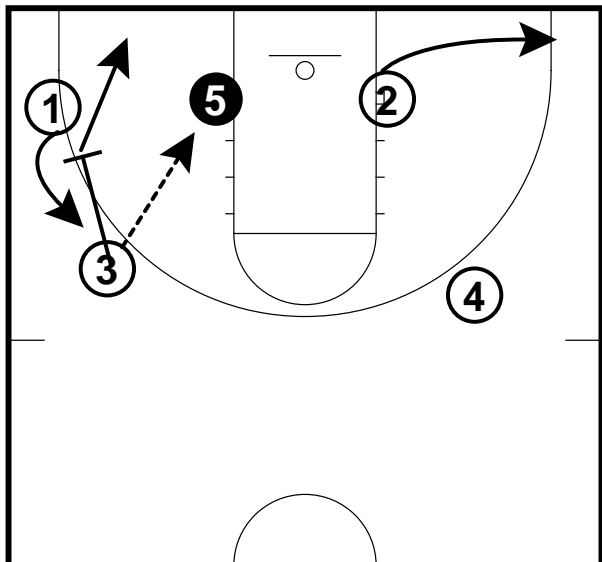
Frame 2



3 looks for lob for 2.

3 curl Half-Court Sets

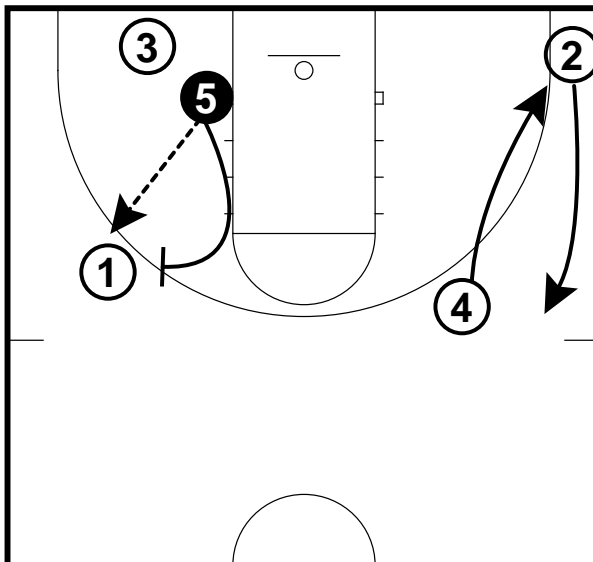
Frame 3



3 passes to 5 in the post. 3 downscreens for 1 and then goes to the baseline. 2 spaces out. 4 stays.

3 curl Half-Court Sets

Frame 4



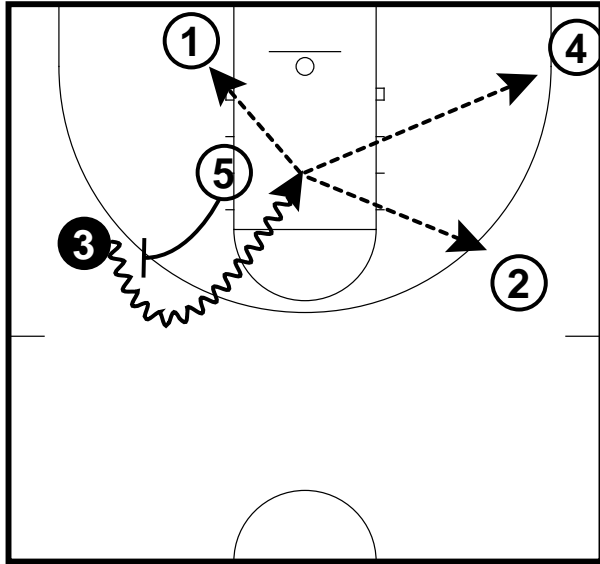
5 passes out to 1 and goes to ballscreen 1. 2 and 4 interchange. 3 stays on baseline.

Half court sets

3 curl

Half-Court Sets

Frame 5



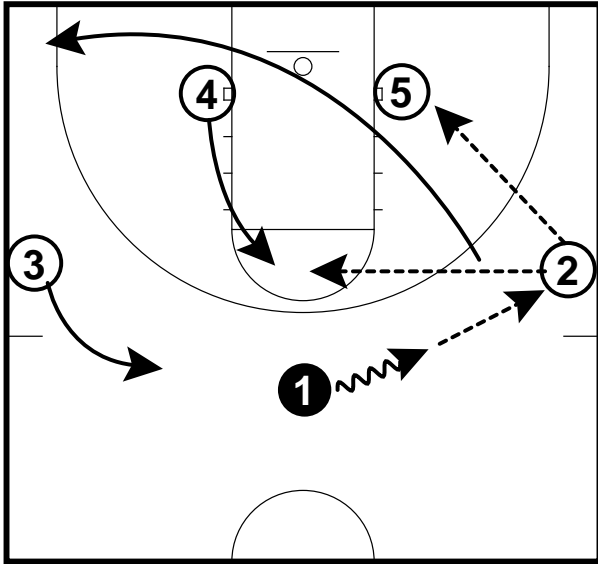
3 comes off 5 pick and roll looking to score.
3 can pass to 1 on baseline or kick out to 2
or 4.

Half court sets

32

Half-Court Sets - 3 out / 2 Hi low set

Frame 1

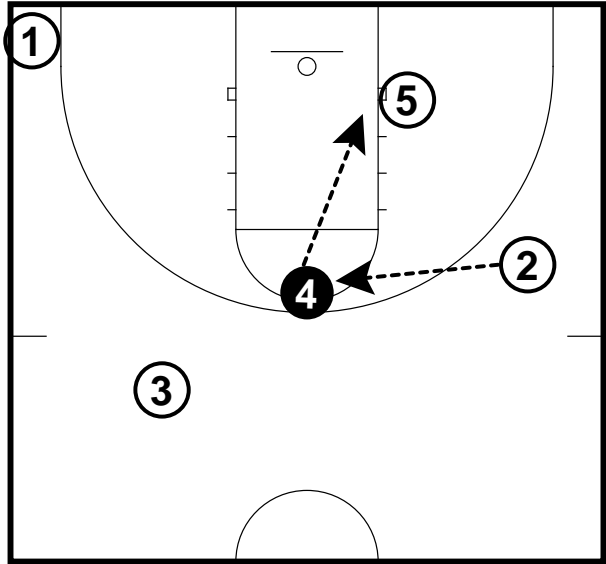


1 dribbles toward 2 and makes the pass. 1 cuts to offside corner. 4 breaks to top of key. 2 can pass to 5 or 4. 3 spaces up.

32

Half-Court Sets - 3 out / 2 Hi low set

Frame 2



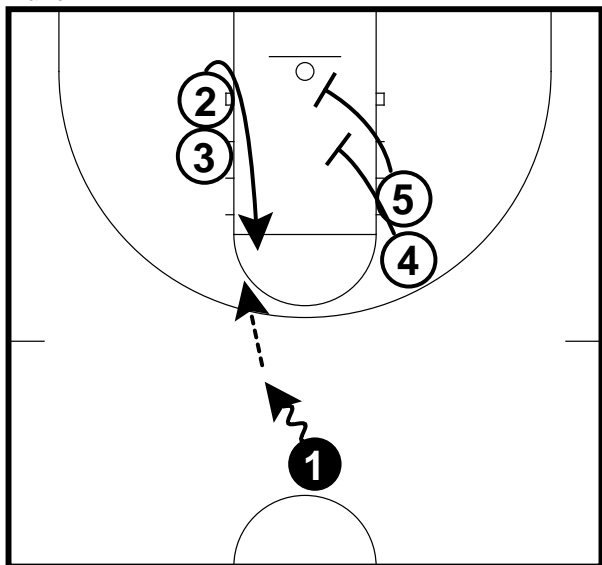
If 2 passes to 4 then 4 will look for Hi-Low Pass to 5.

Half court sets

4 Down

Half-Court Sets

Frame 1

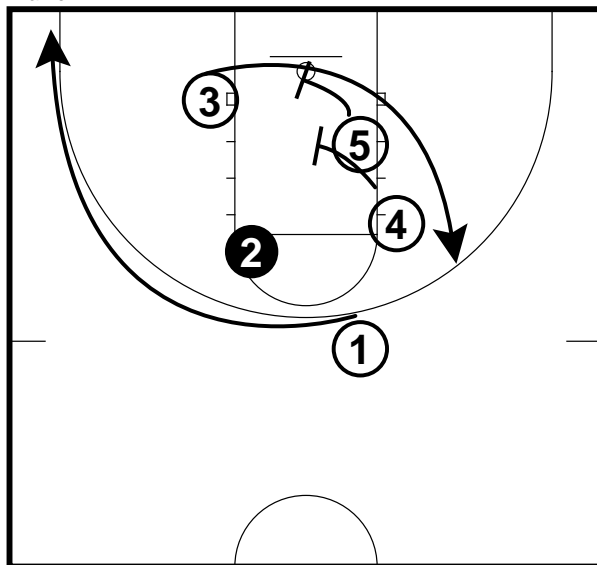


2 comes up the lane. 4 and 5 set staggered downscreens. 1 dribbles toward 2 and passes the ball to 2.

4 Down

Half-Court Sets

Frame 2

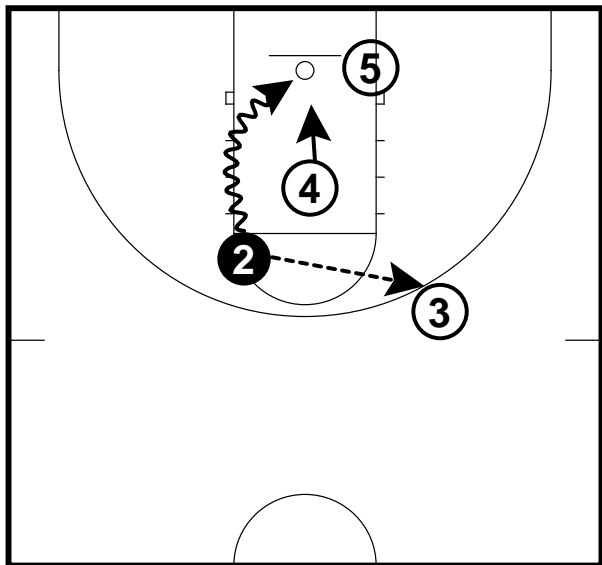


3 comes off downscreens by 4 and 5. 1 clears to the ballside corner.

4 Down

Half-Court Sets

Frame 3

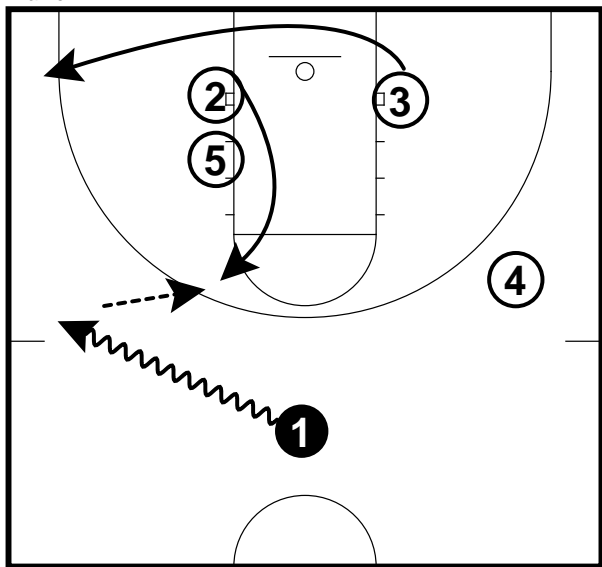


2 can drive to basket or pass to 3 for shot. 4 and 5 look for pass. If no pass to 4 and 5 then they rebound.

Half court sets

4 Up Half-Court Sets

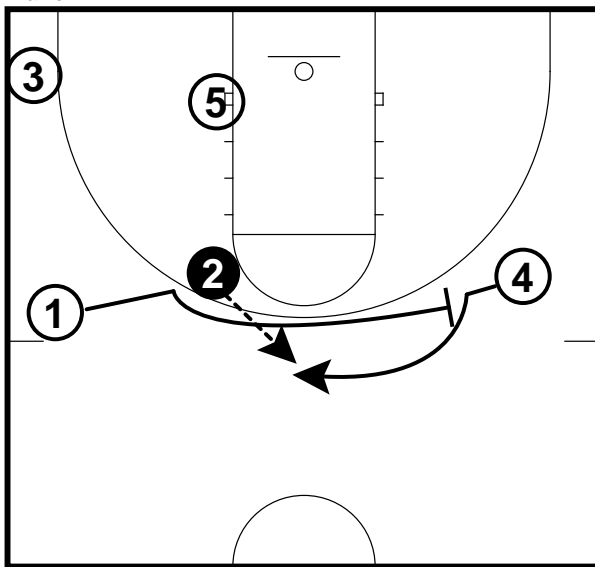
Frame 1



1 dribbles to the wing. 2 comes up the lane off brush screen and receives pass from 1. 3 clears to corner.

4 Up Half-Court Sets

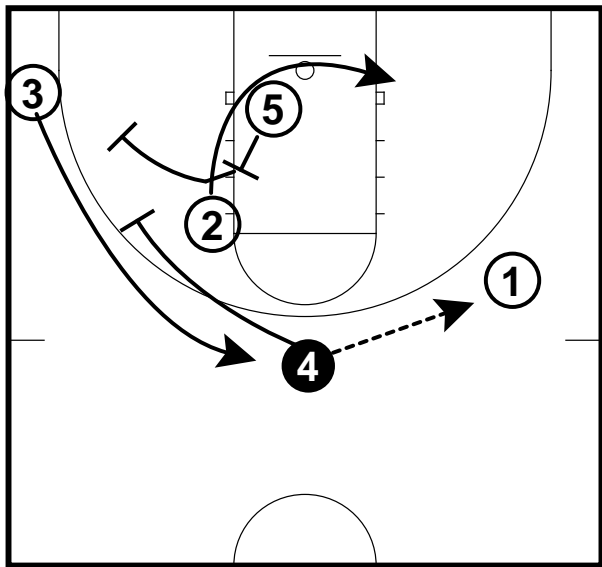
Frame 2



1 goes to 2 for handoff and if doesn't receive it then screens 4. 2 passes to 4.

4 Up Half-Court Sets

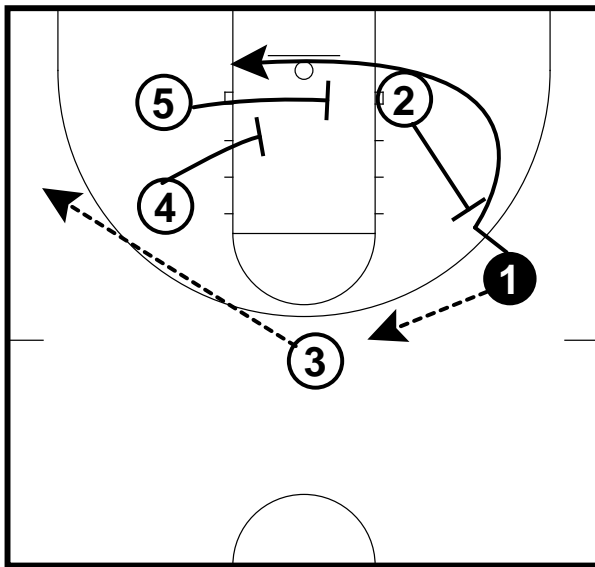
Frame 3



5 backscreens 2 and then screens for 3. 4 passes to 1 and screens for 3. 3 comes off double staggered screen to top of key.

4 Up Half-Court Sets

Frame 4



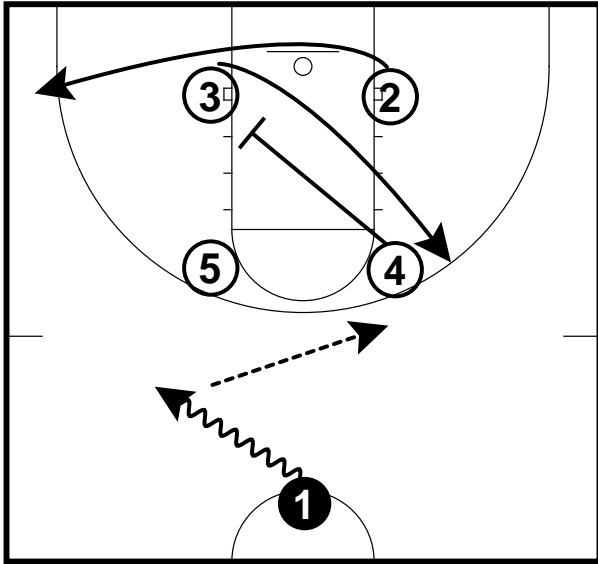
1 passes to 3. 2 backscreens for 1. 4 and 5 set double staggered screens for 1.

Half court sets

43 Slash

Half-Court Sets - shot clock action

Frame 1

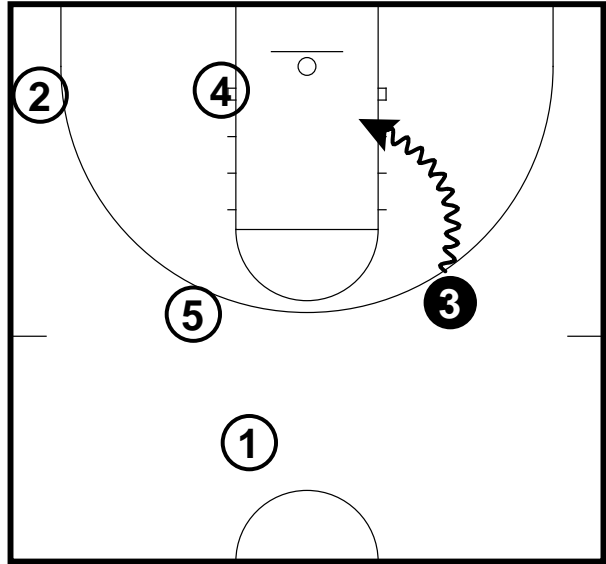


1 dribbles hard to the left. 2 sprints to corner. 4 diagonal screens for 3. 1 passes to 3.

43 Slash

Half-Court Sets - shot clock action

Frame 2



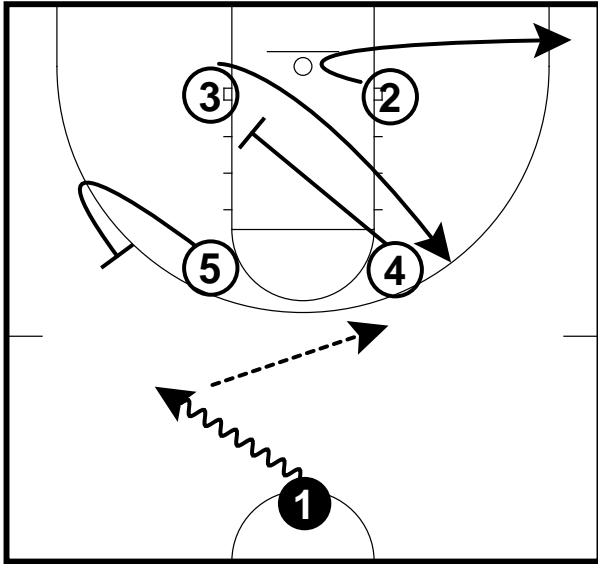
3 has isolation drive with shot clock running down.

Half court sets

43 Open

Half-Court Sets - shot clock action

Frame 1

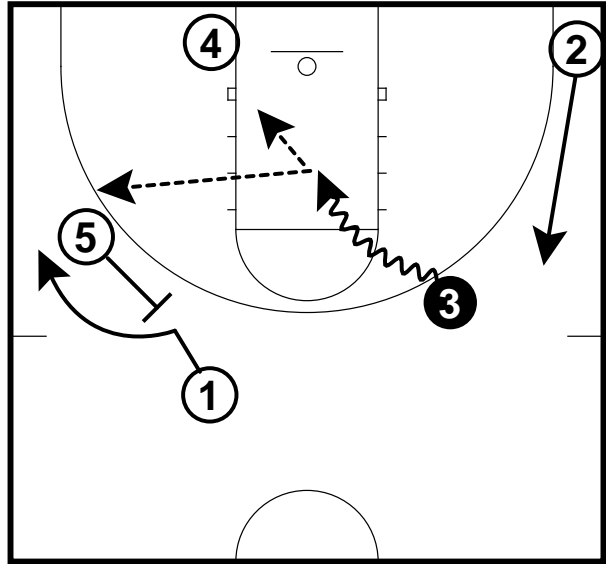


1 dribbles hard left. 2 fakes to corner and sprints to right corner. 4 diagonal screens for 3. 1 passes to 3.

43 Open

Half-Court Sets - shot clock action

Frame 2



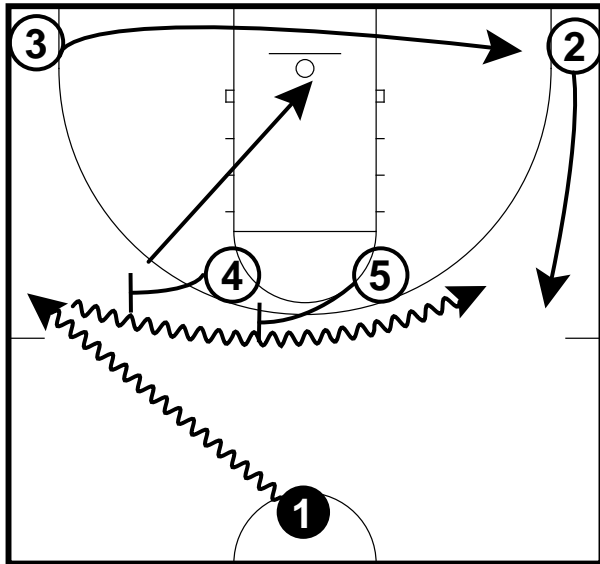
5 sets a flare screen for 1. 4 drops to alley. 3 looks for drive and kick game. 2 come up behind 3.

Half court sets

45 Up

Half-Court Sets - Isolation for 4 man

Frame 1

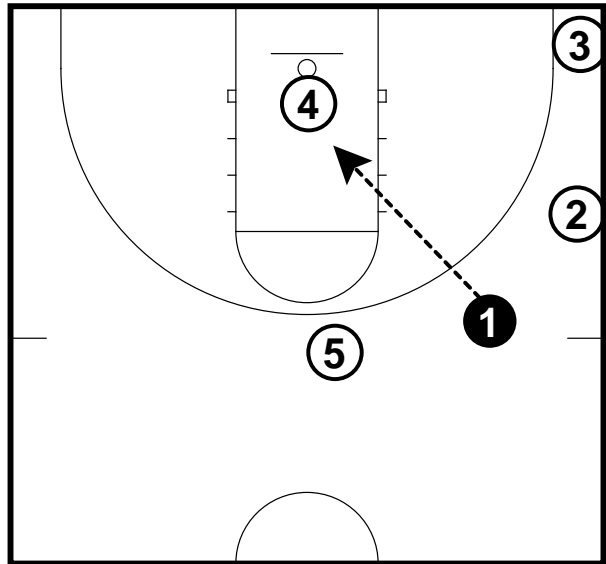


1 drags ball and comes off of 4 and 5 staggered ballscreens. 4 rolls after screen. 3 clears to corner. 2 comes up.

45 Up

Half-Court Sets - Isolation for 4 man

Frame 2

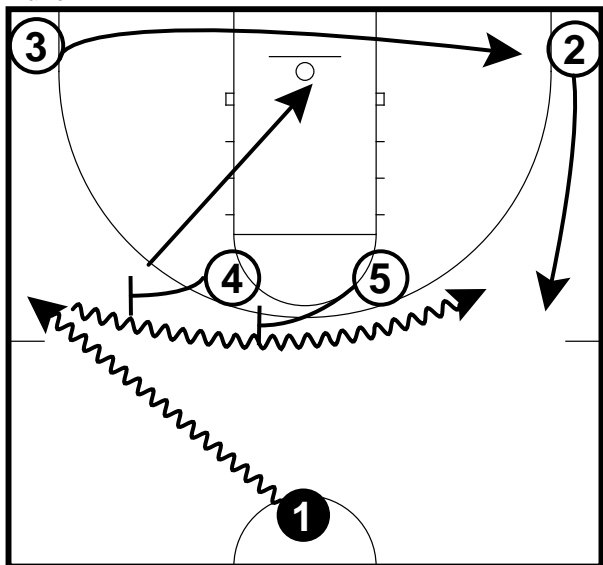


4 rolls to basket for isolation. 5 pops out. 2 and 3 space out. 1 passes to 4 for isolation.

Half court sets

46

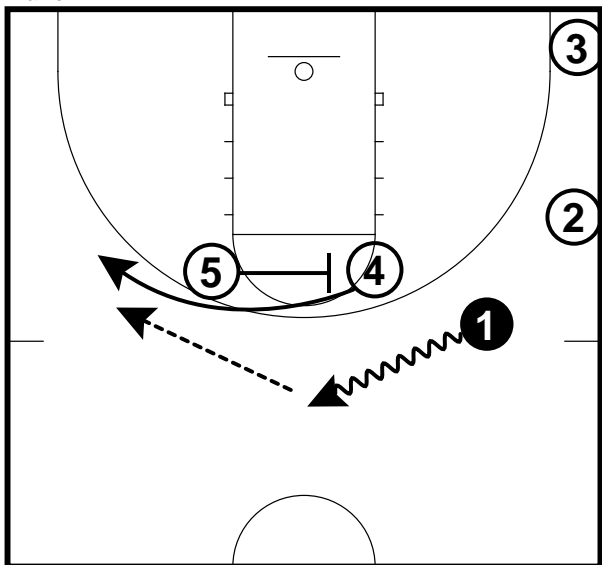
Half-Court Sets - Isolation for 4 man: Looking
Frame 1



1 drags ball and comes off of 4 and 5 staggered ballscreens. 4 rolls after screen. 3 clears to corner. 2 comes up.

46

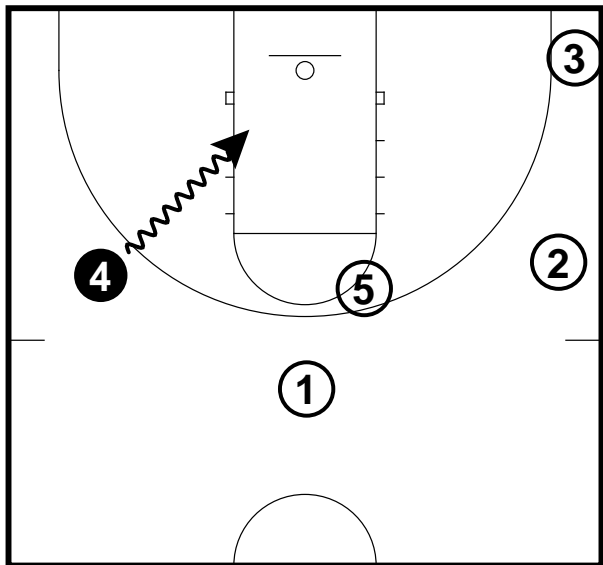
Half-Court Sets - Isolation for 4 man: Looking
Frame 2



1 clears 4. 5 screens for 4 in screen / screener action. 2 and 3 stay.

46

Half-Court Sets - Isolation for 4 man: Looking
Frame 3



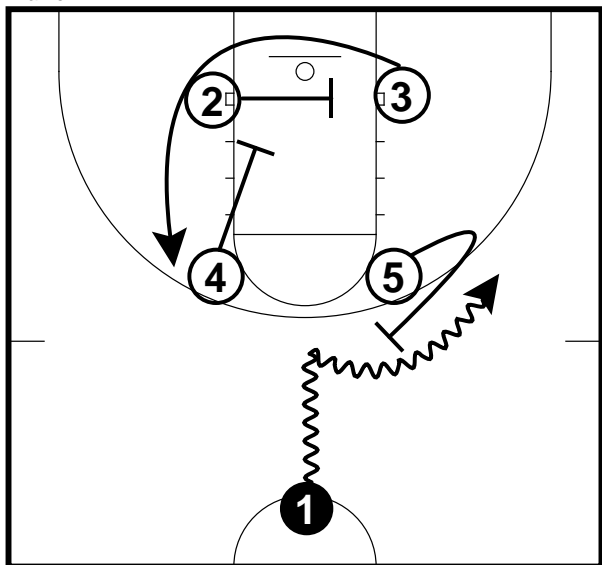
4 looks for jumper or isolation drive.

Half court sets

5 up

Half-Court Sets - Isolation for 5

Frame 1

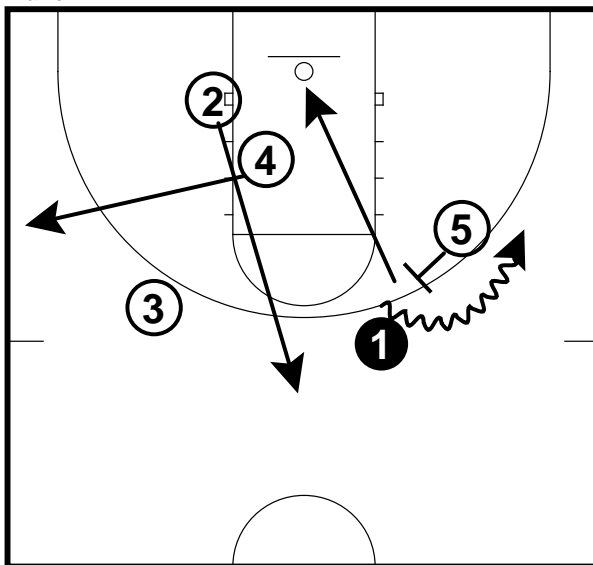


1 dribbles hard and comes off 5 ball screen. 2 sets a cross-screen for 3. 4 downscreens for 3. 3 comes up the lane.

5 up

Half-Court Sets - Isolation for 5

Frame 2

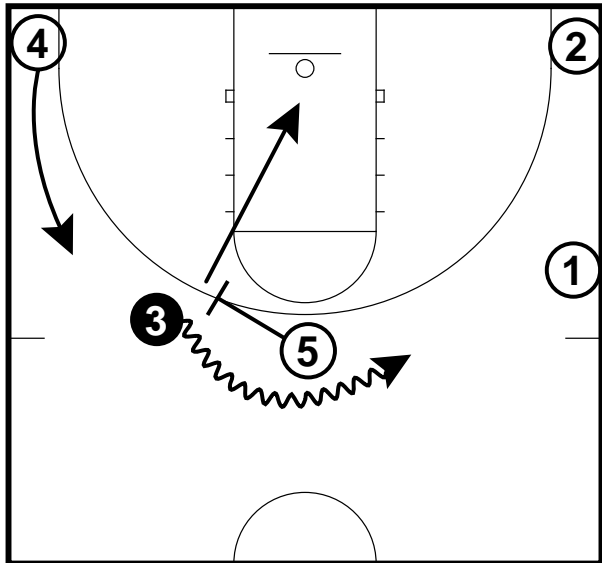


1 comes off 5 ballscreen. 5 rolls after 1 comes off ballscreen. 4 spaces out to right wing. 2 comes up to top of key. 3 stays.

5 up

Half-Court Sets - Isolation for 5

Frame 3



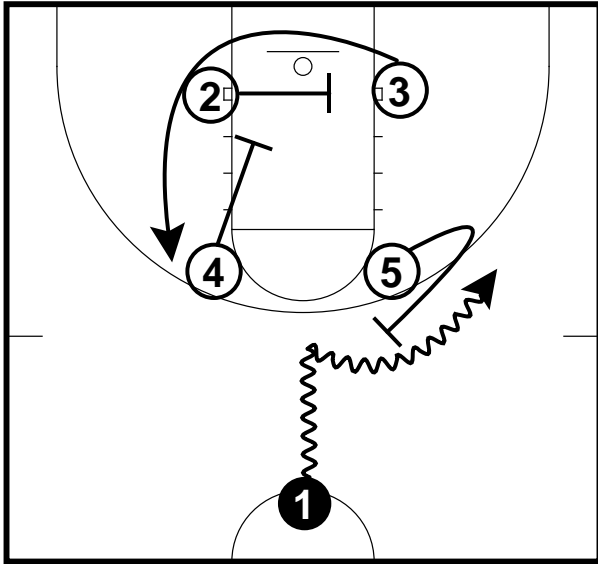
5 sets a ballscreen and then rolls when 3 comes off screen. 4 slides up. 1 and 2 space out.

Half court sets

5 down

Half-Court Sets - Isolation for 5

Frame 1

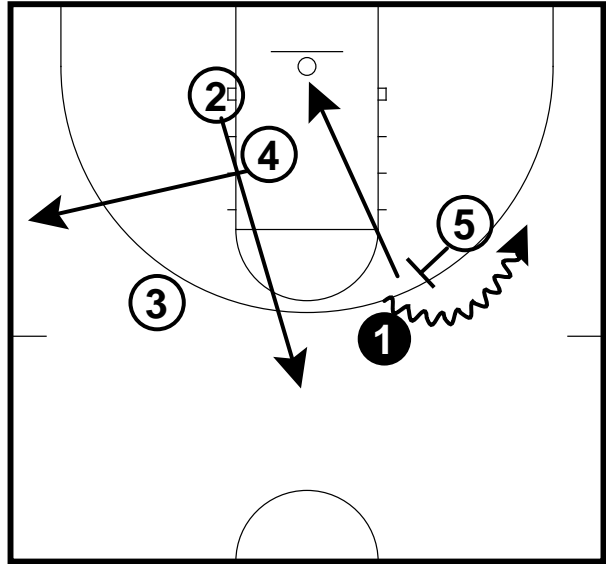


1 dribbles hard and comes off 5 ball screen.
2 sets a cross-screen for 3. 4 downscreens
for 3. 3 comes up the lane.

5 down

Half-Court Sets - Isolation for 5

Frame 2

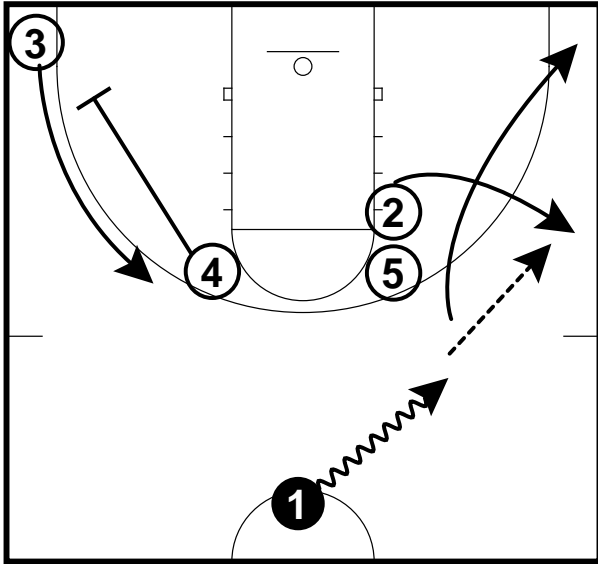


1 comes off 5 ballscreen. 5 rolls after 1
comes off ballscreen. 4 spaces out to right
wing. 2 comes up to top of key. 3 stays.

Half court sets

52 Wide Half-Court Sets

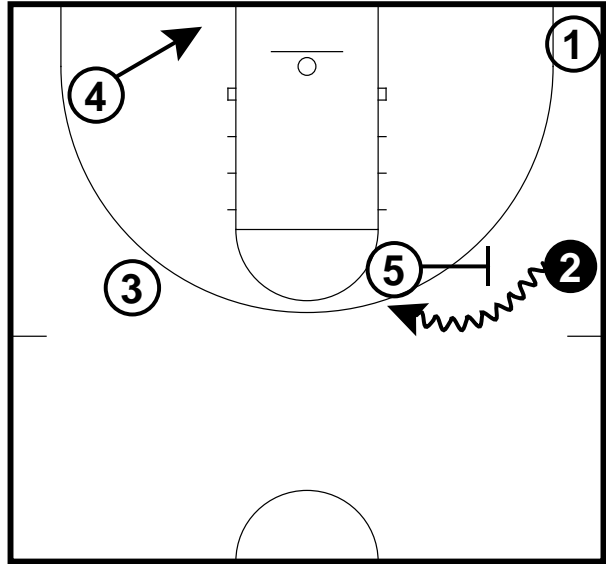
Frame 1



1 passes to 2 and cuts to the corner. 4 sets a wide screen for 3.

52 Wide Half-Court Sets

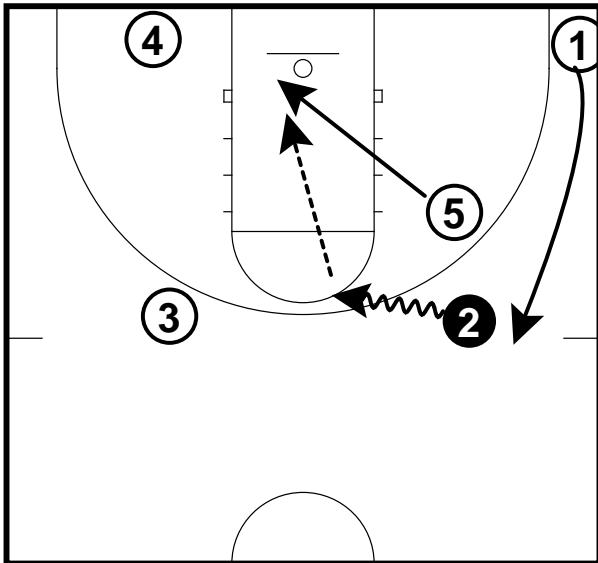
Frame 2



5 sets a ballscreen for 2. 3 and 4 space out. 1 stays.

52 Wide Half-Court Sets

Frame 3



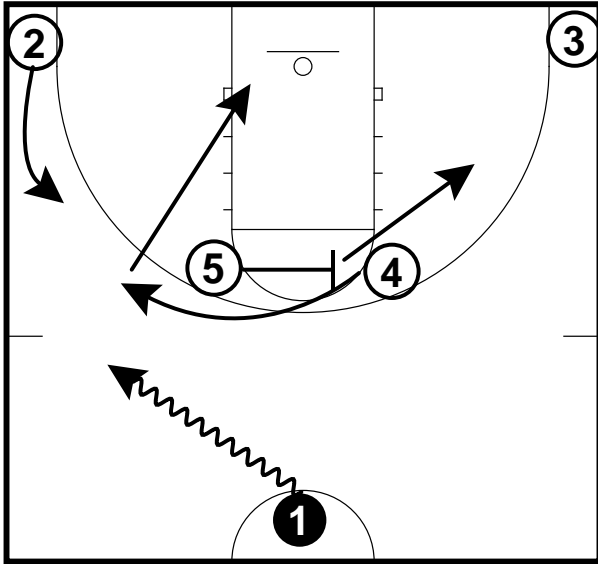
2 uses 5 ballscreen. 5 rolls to the basket. 2 can drive for shot or hit 5 on roll. 1 slides behind 2.

Half court sets

53 Dive

Half-Court Sets

Frame 1

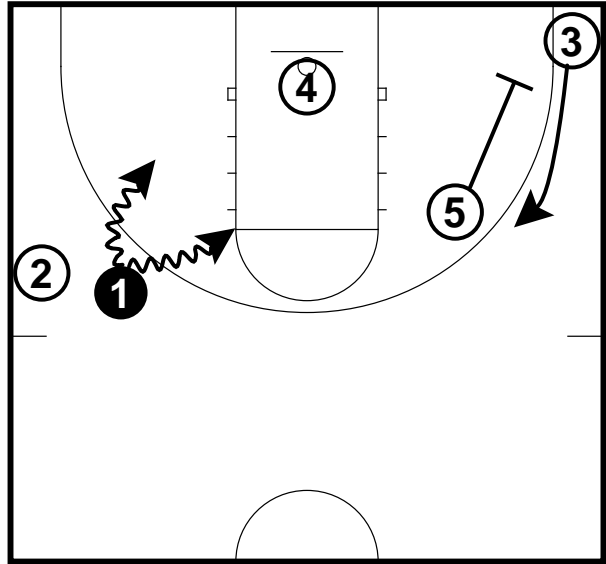


1 drags ball to left side. 5 cross-screens for 4. 4 sprints off screen and looks to set fake ball screen for 1 and slips it. 5 goes to wide screen for 3.

53 Dive

Half-Court Sets

Frame 2

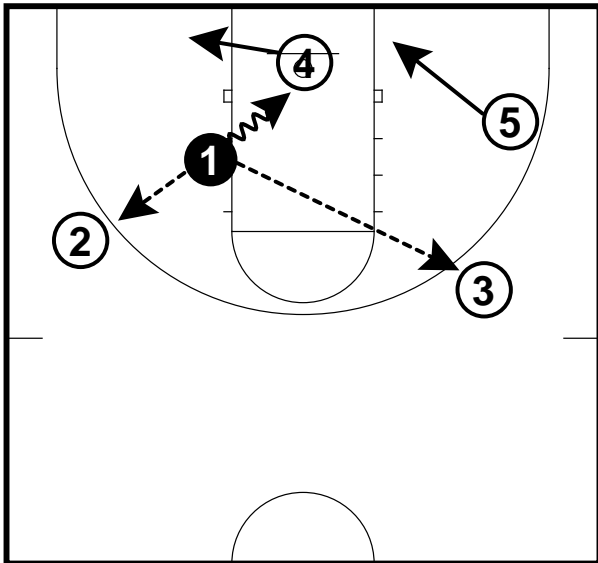


1 attacks or looks for 4 slip.. 1 looks for 3 off wide screen. 2 slide up behind 1.

53 Dive

Half-Court Sets

Frame 3



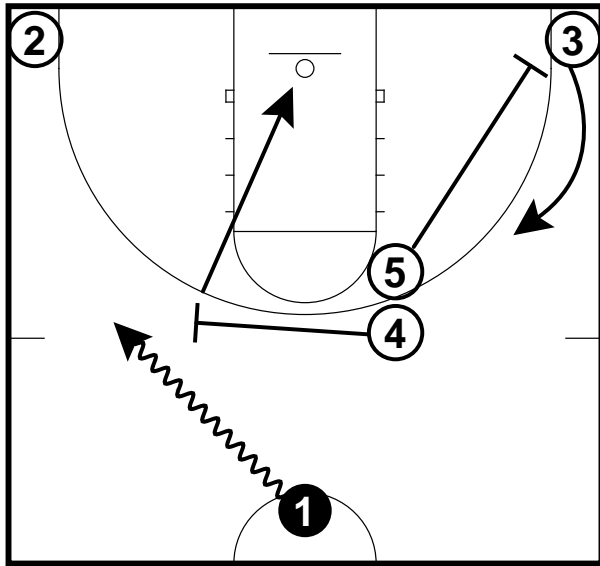
1 passes to drive and kick to 2 or 3. 1 can also look to score or drop off to 4 or 5 in the alley.

Half court sets

53 stack

Half-Court Sets - Play is slow developing

Frame 1

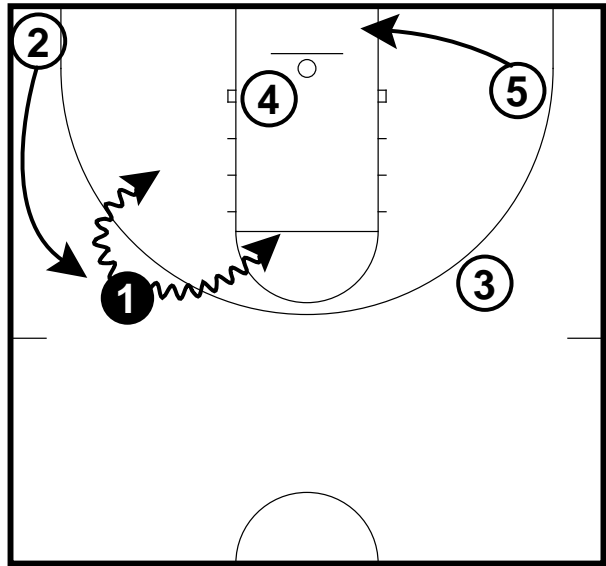


1 drags ball to left wing. 4 sprints out to screen 1 and slips it. 5 sets a wide screen for 3.

53 stack

Half-Court Sets - Play is slow developing

Frame 2

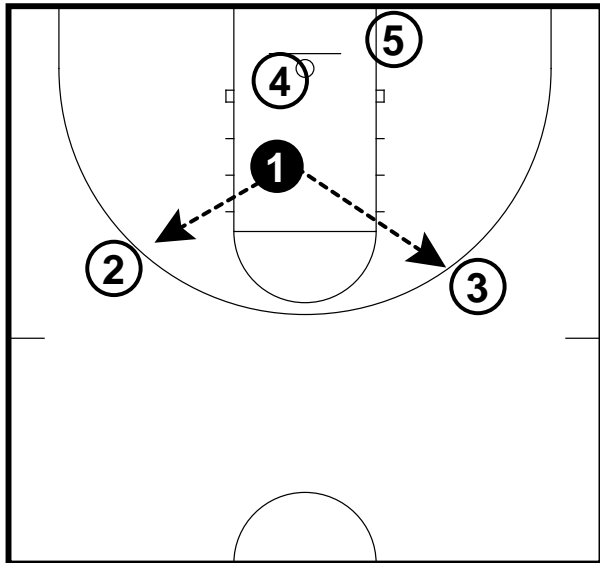


1 attacks the rim. 2 slides behind 1. 3 takes to the slot. 5 slips to the alley.

53 stack

Half-Court Sets - Play is slow developing

Frame 3



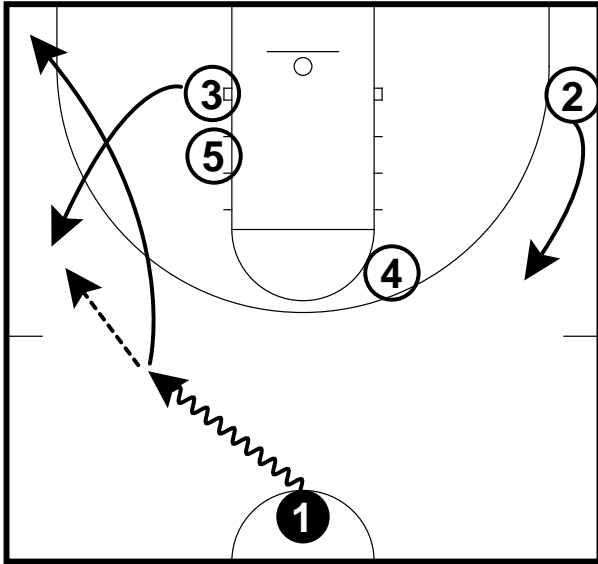
1 throws back to 2 or hits 3 in the slot. 1 can pull up or drop off to 4 or 5

Half court sets

53 Motion

Half-Court Sets

Frame 1

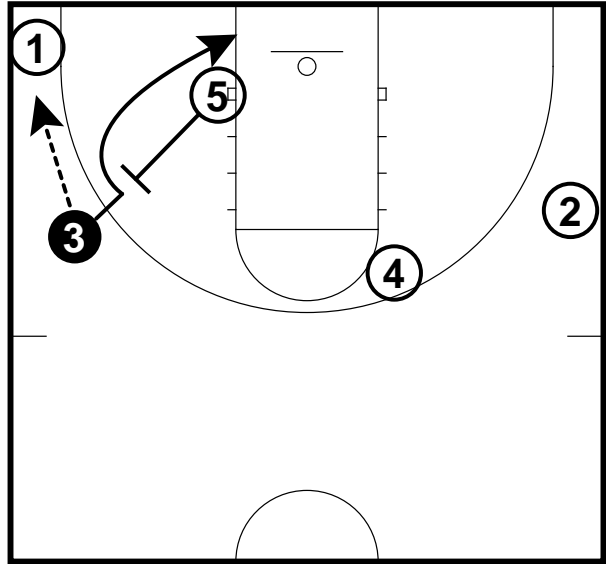


1 drags to the left wing and passes to 3. 1 cuts to the corner. 2 slides up to the slot.

53 Motion

Half-Court Sets

Frame 2

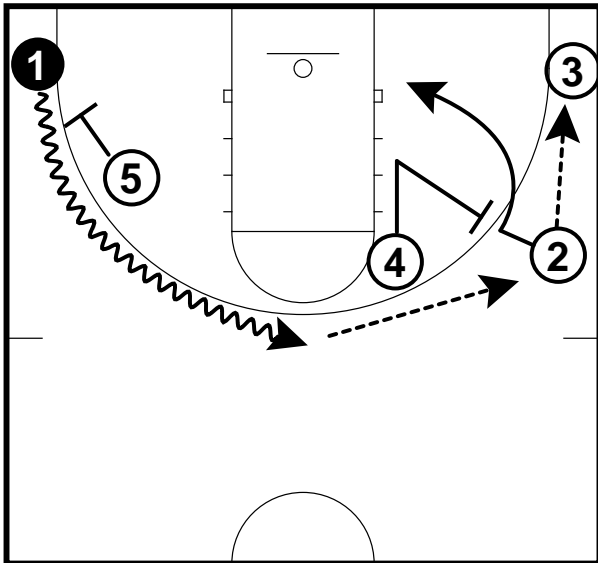


3 passes to 1 and receives a backscreen from 5 for a shuffle cut.

53 Motion

Half-Court Sets

Frame 3

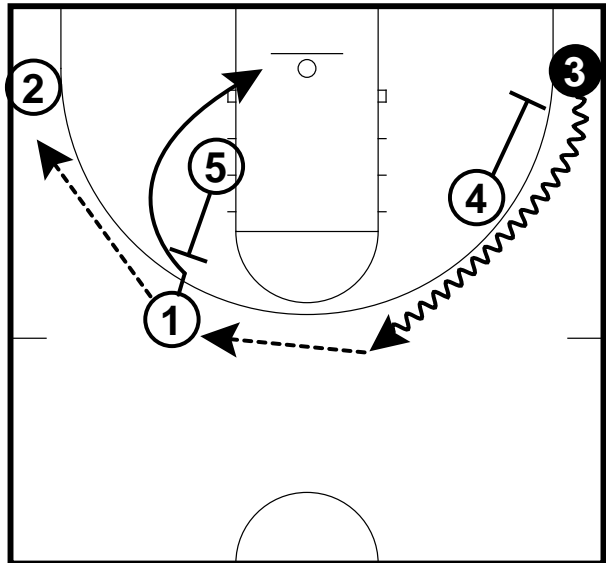


5 downscreens 1 after the shuffle cut of 3. 3 goes to the other corner. 1 comes off downscreen to top of key and passes to 2. 2 passes to 3 and receives backscreen. from 4

53 Motion

Half-Court Sets

Frame 4

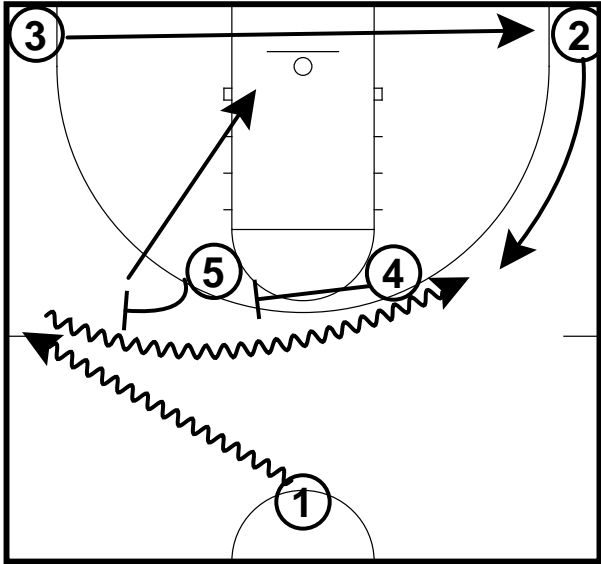


3 receives ballscreen from 4. 3 passes to 1. 1 passes to 2. 1 gets a backscreen for shuffle cut from 5.

Half court sets

54 up Half-Court Sets

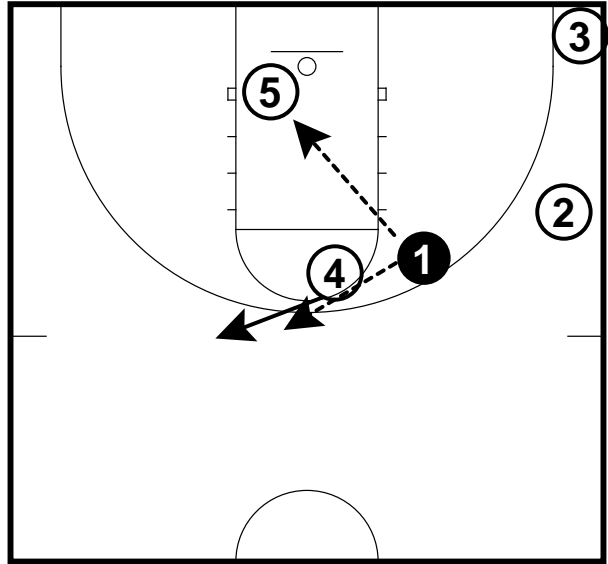
Frame 1



1 drags ball and comes off 4 and 5 staggered ballscreen. 3 clears to other corner. 2 slides up.

54 up Half-Court Sets

Frame 2



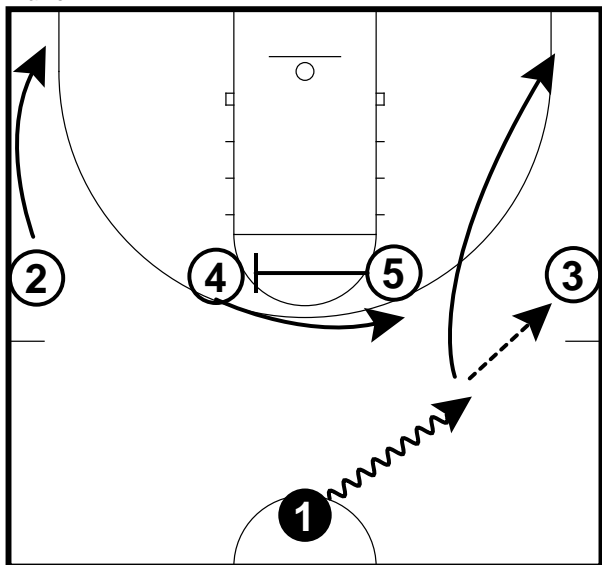
1 come off ballscreen and look for 5 on the roll or the pop out of 4 for jumper. 2 and 3 space out.

Half court sets

54 Clear

Half-Court Sets

Frame 1

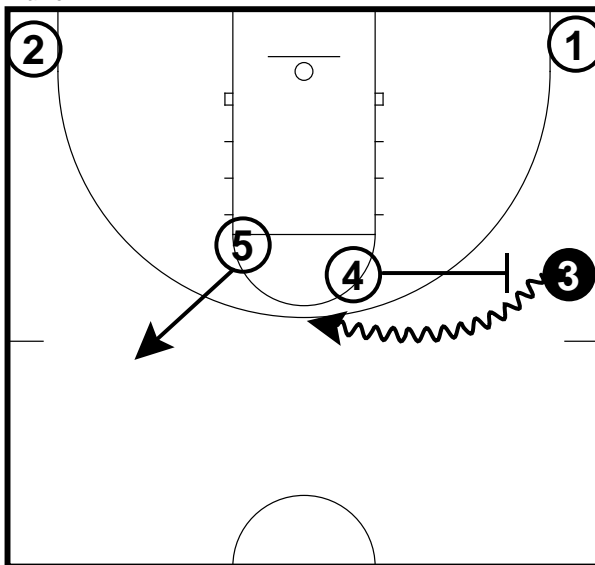


1 hits 3 and cuts to the ballside corner. 5 screens for 4. 2 drifts to corner.

54 Clear

Half-Court Sets

Frame 2

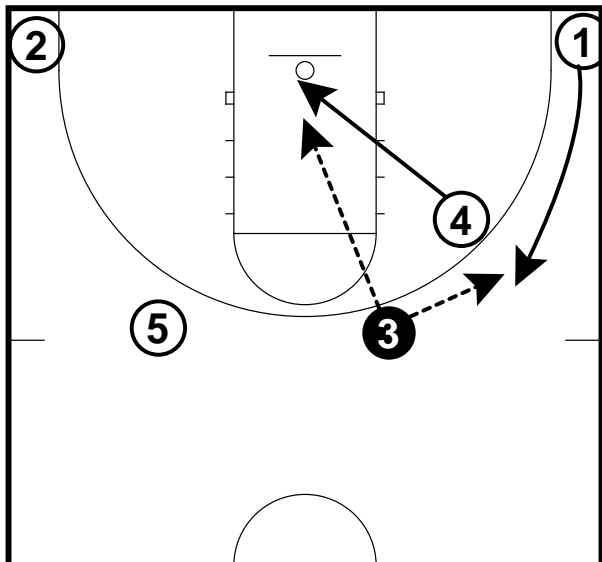


4 sprints out to ballscreen 3. 3 comes off ballscreen. 5 pops out. 1 and 2 stay.

54 Clear

Half-Court Sets

Frame 3



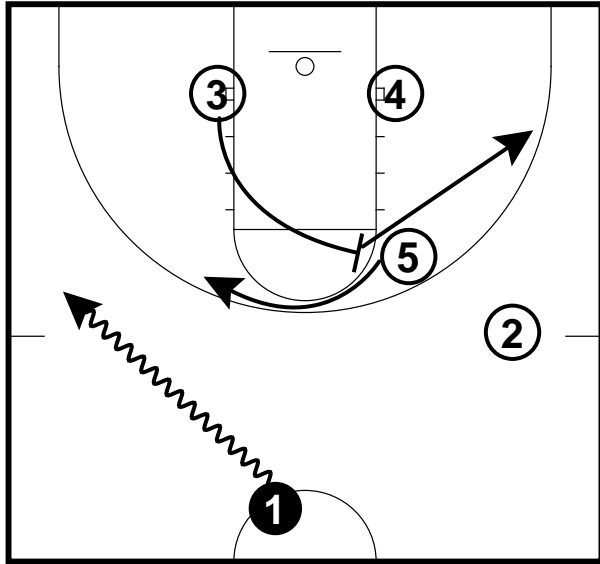
4 rolls to basket after the ballscreen. 1 slides up. 3 can hit 4 or 1 for shot. 2 and 5 space out.

Half court sets

Chicago 4 or 5

Half-Court Sets

Frame 1

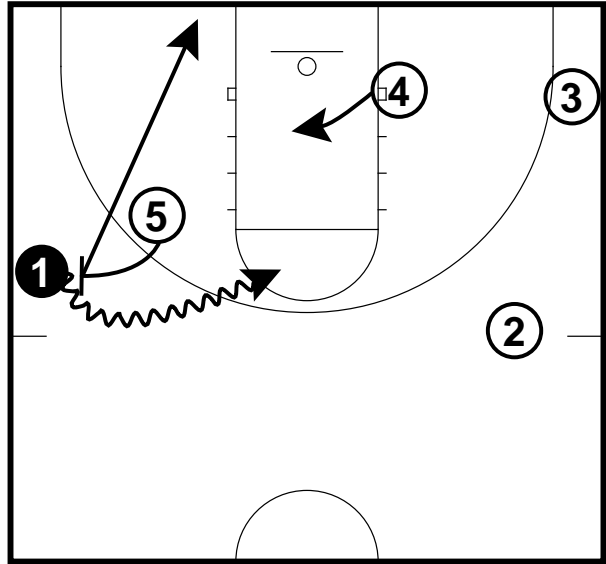


1 dribbles to the left side wing. 3 sets a backscreen for 5 and then sprints to the offside corner. 5 comes off screen and sprints to ballscreen 1.

Chicago 4 or 5

Half-Court Sets

Frame 2

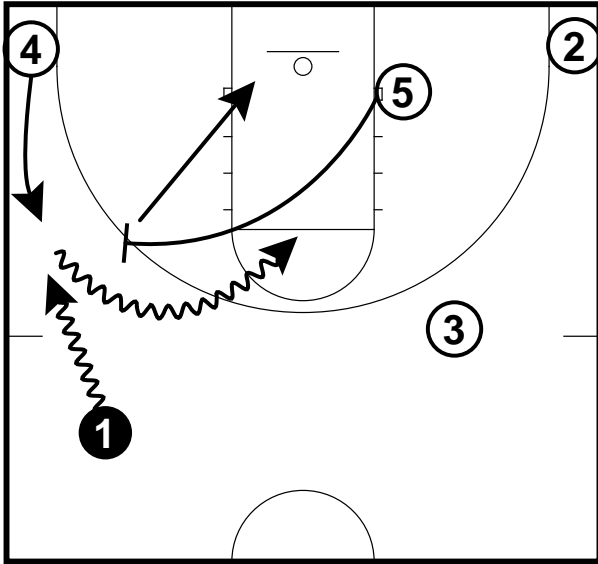


5 ballscreens 1 and rolls to the alley. 1 comes off screen hard and turns into the lane. 4 ducks into lane for post-up.

Half court sets

X action

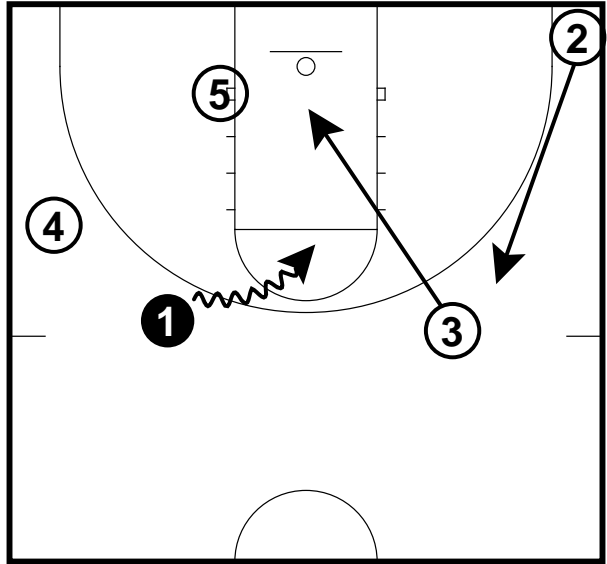
Half-Court Sets - Backcut and slide up to slot
Frame 1



1 comes off of 5 ballscreen. 5 rolls after screen. 1 drives at 3. 4 slides up behind 3.

X action

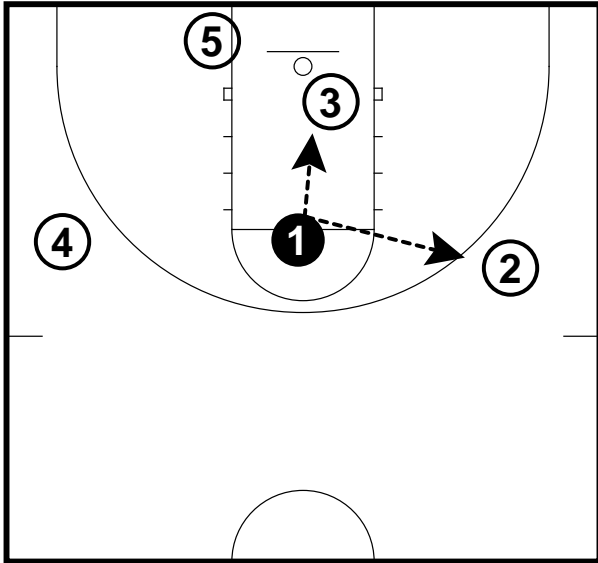
Half-Court Sets - Backcut and slide up to slot
Frame 2



1 drives toward 3 and looks for backcut or 2 sliding up.

X action

Half-Court Sets - Backcut and slide up to slot
Frame 3

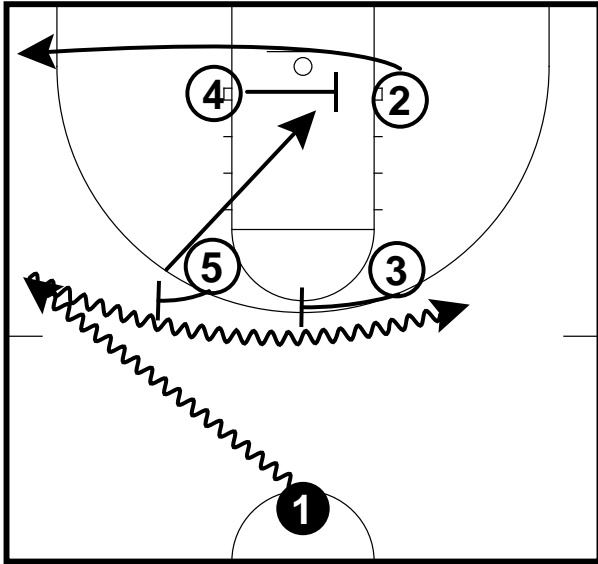


Half court sets

Clear 40

Half-Court Sets - Isolation for 5

Frame 1

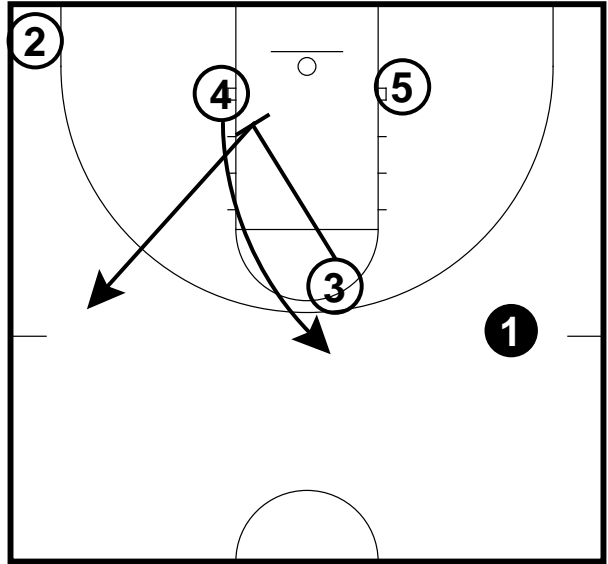


1 dribbles to left side and comes off 5 and 3 staggered cross-screens. 5 rolls as 1 comes off screen. 4 cross-screens 2. 2 clears to offside corner.

Clear 40

Half-Court Sets - Isolation for 5

Frame 2

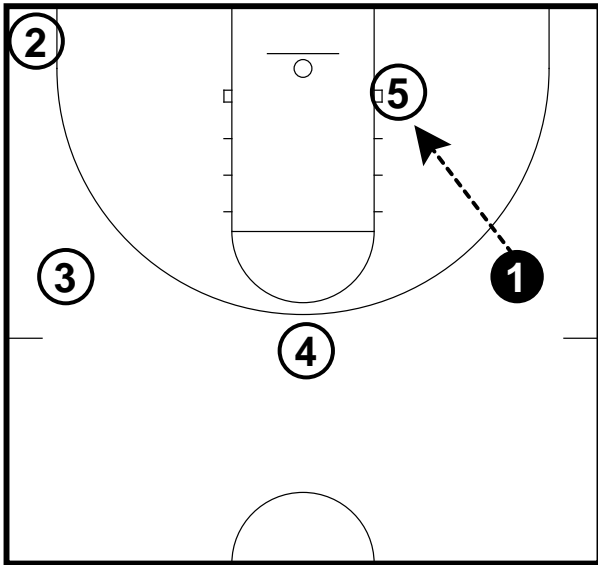


3 diagonal screens down for 4. 3 sprints after 4 passes him out to wing. 4 comes to top of key.

Clear 40

Half-Court Sets - Isolation for 5

Frame 3



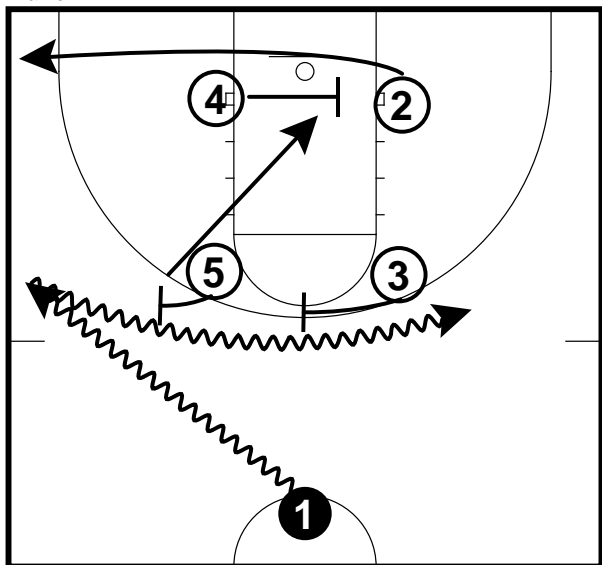
1 passes to 5 on the isolation post-up

Half court sets

Clear 40 Hold

Half-Court Sets

Frame 1

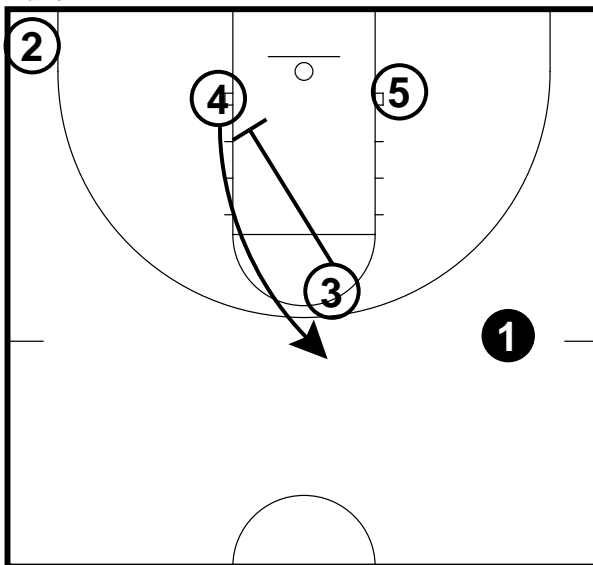


1 dribbles to left side and comes off 5 and 3 staggered cross-screens. 5 rolls as 1 comes off screen. 4 cross-screens 2. 2 clears to offside corner.

Clear 40 Hold

Half-Court Sets

Frame 2

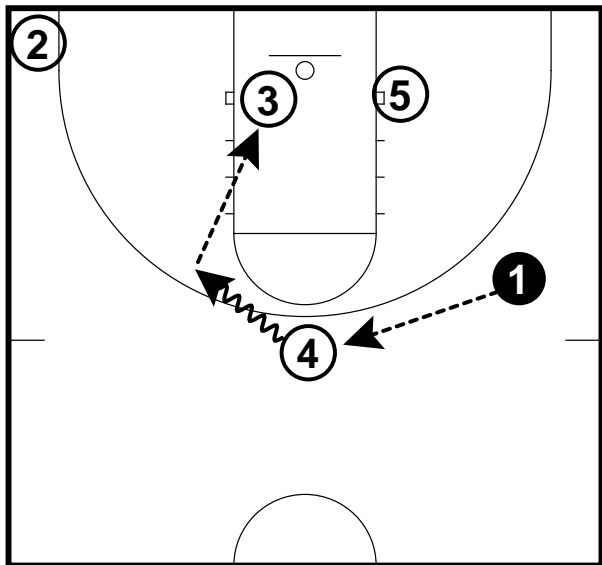


3 diagonal screens down for 4. 4 comes to top of key. 3 holds space.

Clear 40 Hold

Half-Court Sets

Frame 3

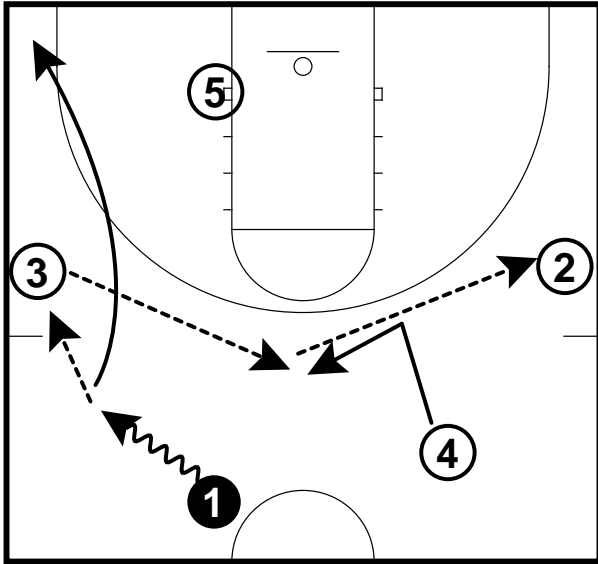


1 passes to 4. 4 dribbles over for angle and hits 3 on a "hold".

Half court sets

Early 4 Half-Court Sets

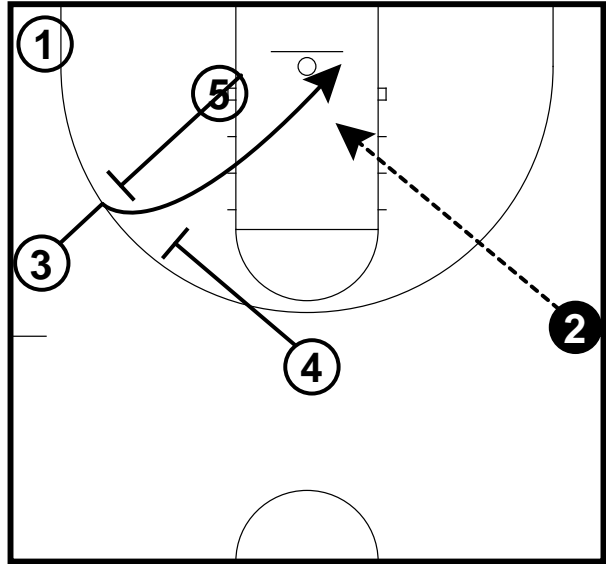
Frame 1



1 dribbles at 3 and passes to 3. 1 cuts to ballside corner. 4 take two steps and v-cuts. 3 reverses ball to 4 and 4 passes to 2.

Early 4 Half-Court Sets

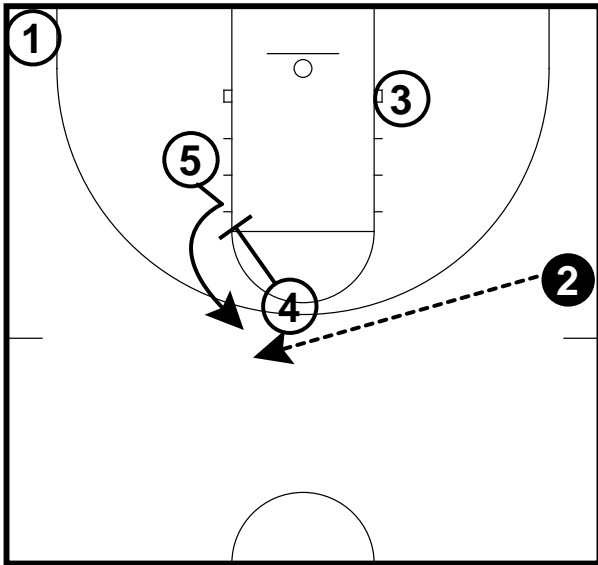
Frame 2



5 sets a backscreen for 3. 3 comes off screen to the basket. 4 downscreens for 5. 2 has the option to pass to 3.

Early 4 Half-Court Sets

Frame 3



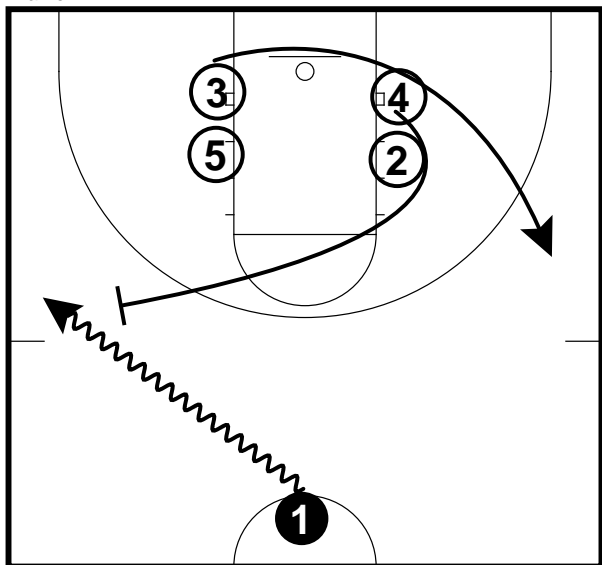
2 has the option to pass to 5 for shot.

Half court sets

Gator Reverse

Half-Court Sets

Frame 1

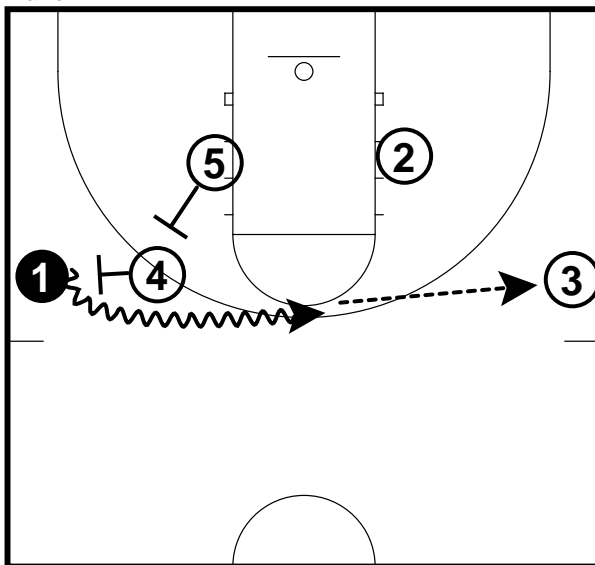


4 sprints out to ball screen for 1. 3 clears to opposite wing.

Gator Reverse

Half-Court Sets

Frame 2

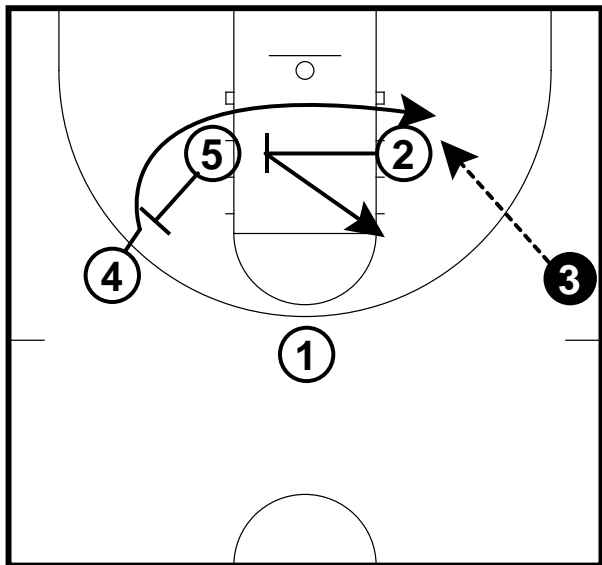


1 comes off the 4 ballscreen and reverses ball to 3.

Gator Reverse

Half-Court Sets

Frame 3



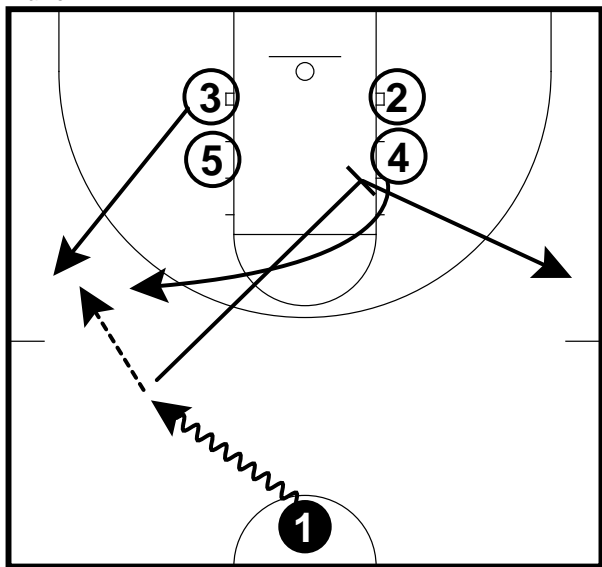
5 backscreens for 4. 4 comes off backscreen from 5 and cross-screen from 2. 3 can pass to 4 or 2 on setback.

Half court sets

Heat

Half-Court Sets

Frame 1

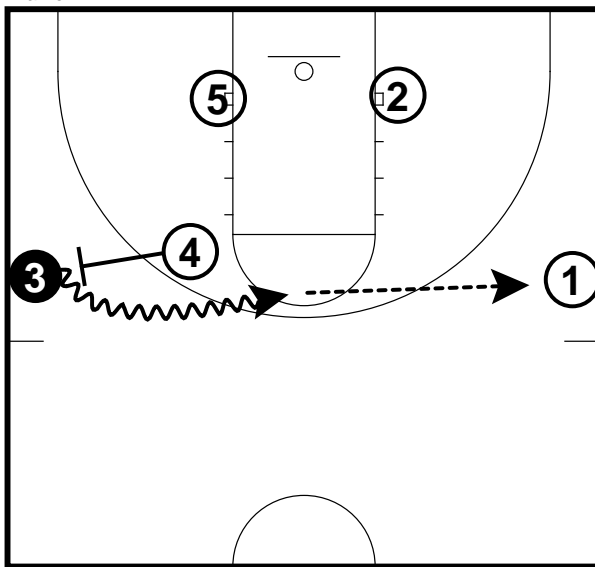


1 passes to 3 and downscreens for 4 and then releases. 4 comes off downscreen.

Heat

Half-Court Sets

Frame 2

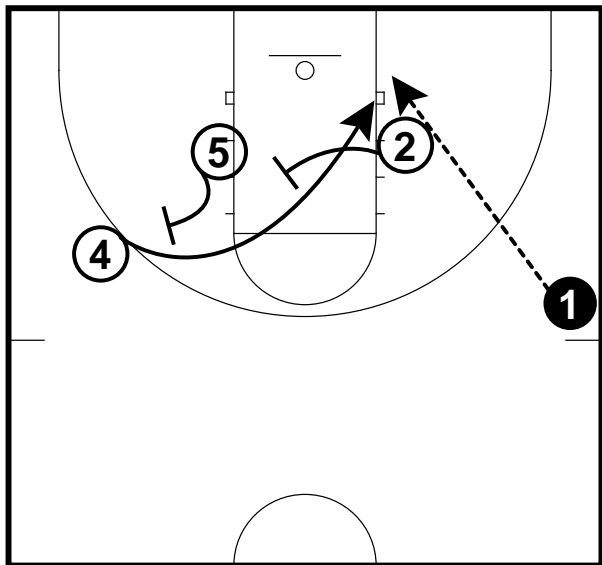


3 comes off 4 ballscreen and reverses ball to 1.

Heat

Half-Court Sets

Frame 3

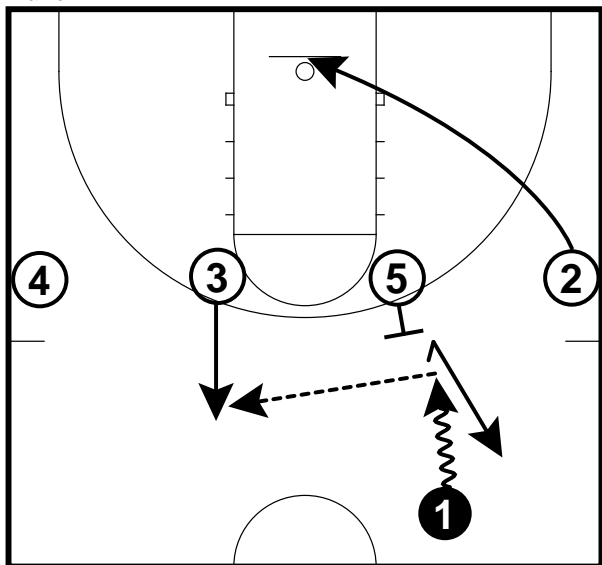


5 and 2 set a staggered screen for 4. 4 comes off screen to the block for shot.

Half court sets

Indy Half-Court Sets

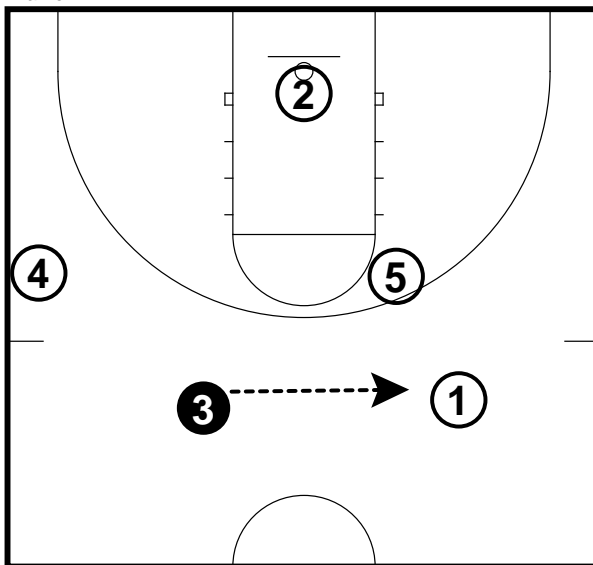
Frame 1



1 dribbles to 5 and passes to 3. 5 backscreens for 3. 2 makes a basket cut. 1 fakes the the ucla cut and steps back.

Indy Half-Court Sets

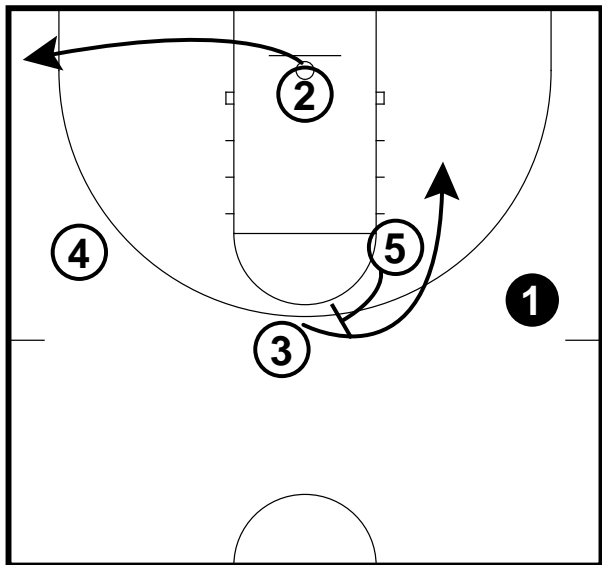
Frame 2



3 passes to 1.

Indy Half-Court Sets

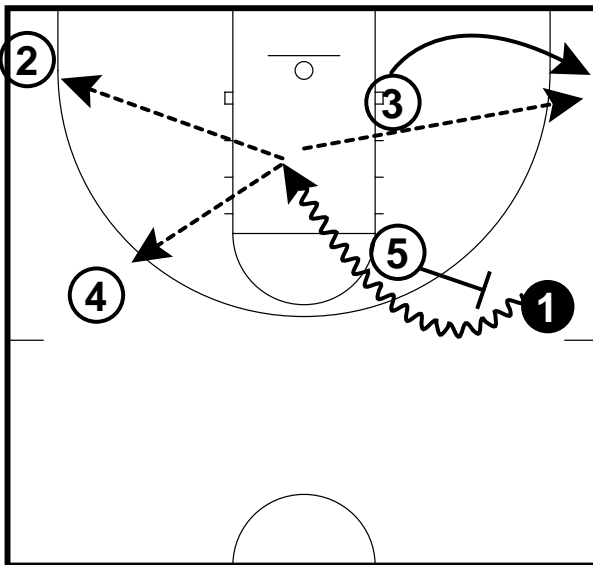
Frame 3



2 clears to the corner. 5 sets backscreen for 3.

Indy Half-Court Sets

Frame 4

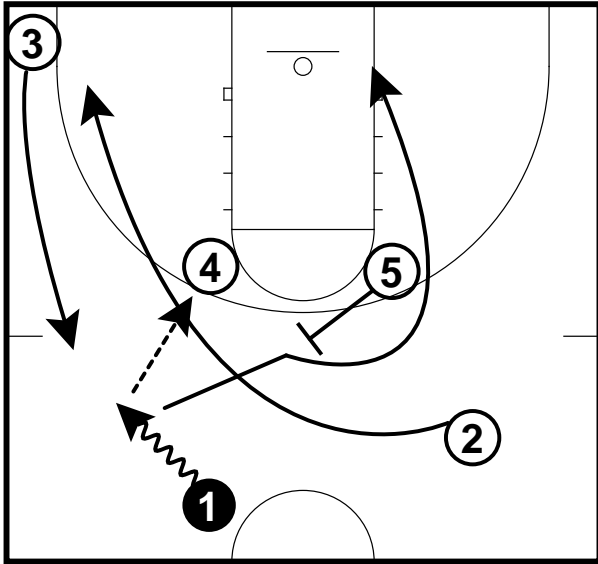


3 clears to the corner. 1 comes off 5 ballscreen and can drive or kick out for three.

Half court sets

Open X Half-Court Sets

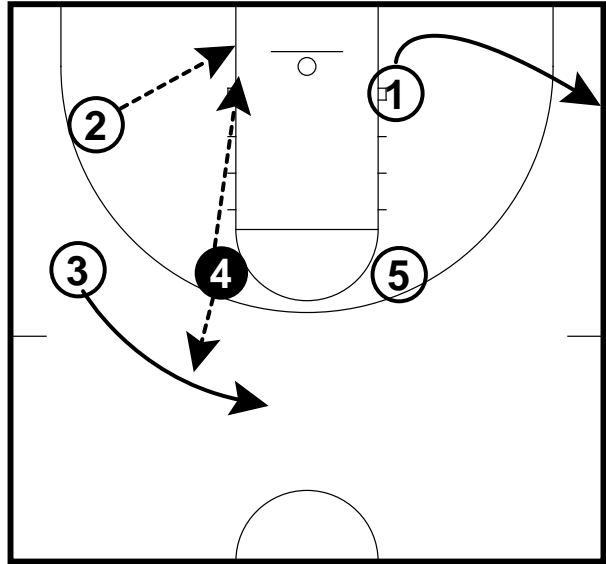
Frame 1



1 dribbles to the left wing and passes to 4 in high post. 1 comes off 5 backscreen for basket cut. 2 comes over the top to fake screen 3. 3 comes off the brush screen.

Open X Half-Court Sets

Frame 2

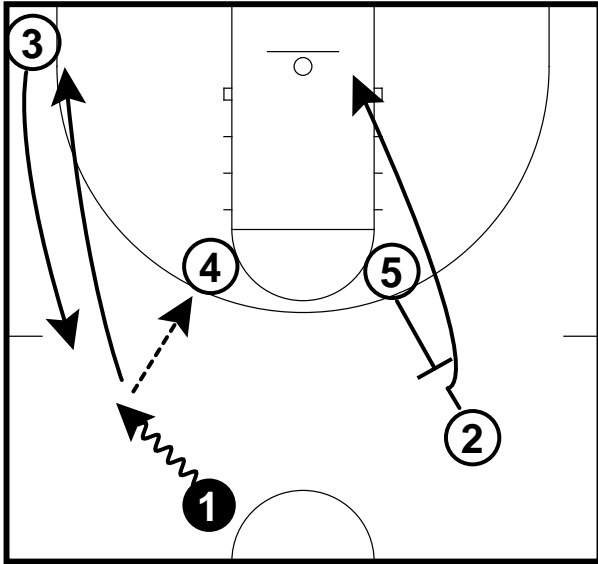


4 looks at 2 for the slip backcut for basket or 3 coming off the top for handoff.

Half court sets

Open Half-Court Sets

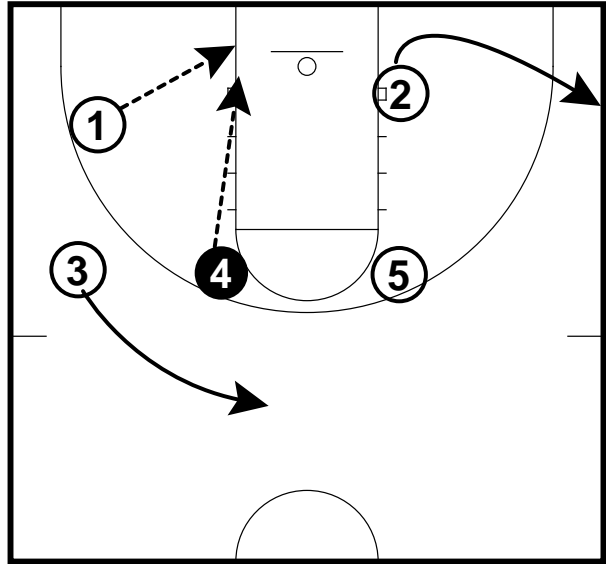
Frame 1



1 dribbles to the left wing and passes to 4 in high post. 1 cuts to the corner for a fake screen. 3 comes off the brush screen. 2 comes off 5 backscreen using a UCLA cut.

Open Half-Court Sets

Frame 2

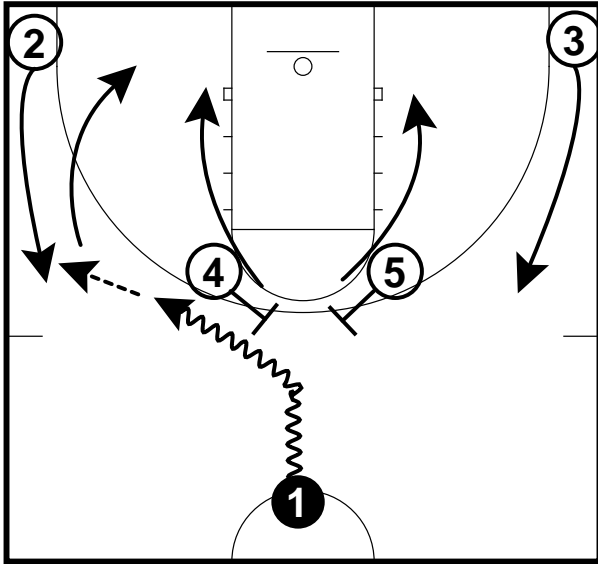


4 looks at 1 for the slip backcut for basket.

Half court sets

Phoenix Half-Court Sets

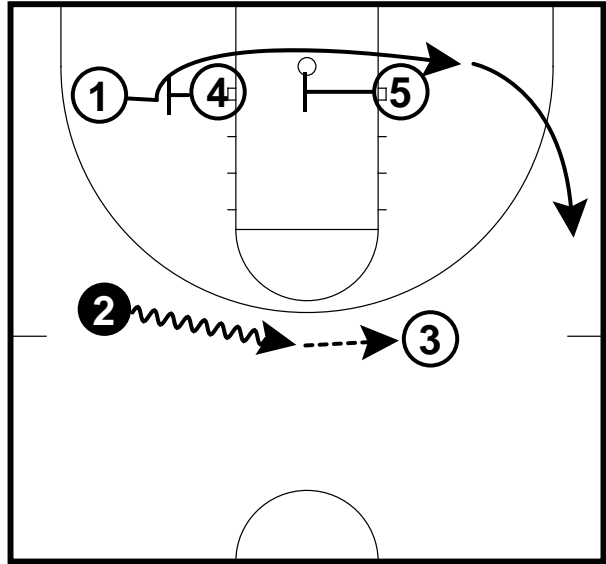
Frame 1



1 dribbles to 4 or 5 for a ballscreen. 2 and 3 slide up the floor. 1 passes to 2 and goes short corner. 4 and 5 roll when 1 passes them.

Phoenix Half-Court Sets

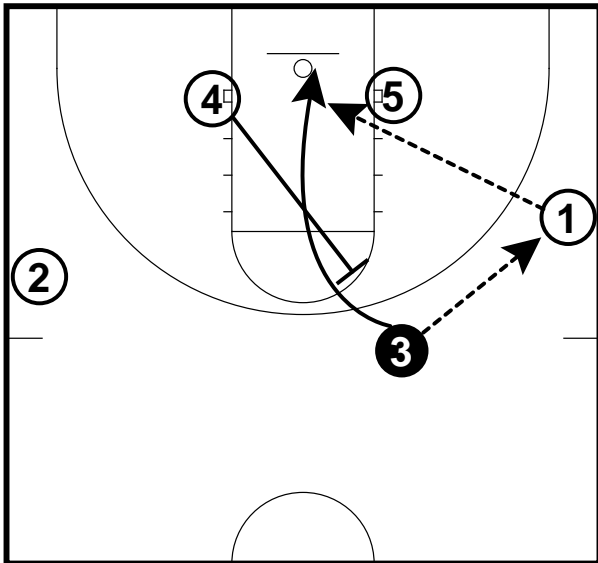
Frame 2



2 dribbles toward 3 and then passes to 3. 1 comes off a cross-screen from 4 and 5. 1 pops to the wing.

Phoenix Half-Court Sets

Frame 3



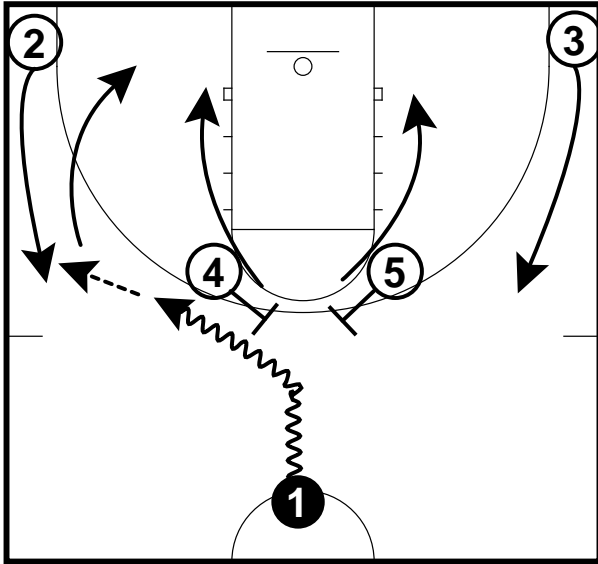
3 passes to 1 on the wing and receive a backscreen from 4 for a lob dunk or layup.

Half court sets

Phoenix Cross

Half-Court Sets

Frame 1

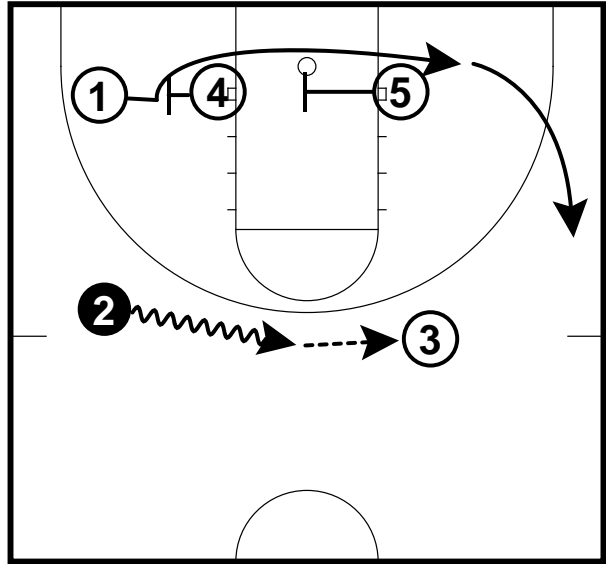


1 dribbles to 4 or 5 for a ballscreen. 2 and 3 slide up the floor. 1 passes to 2 and goes short corner. 4 and 5 roll when 1 passes them.

Phoenix Cross

Half-Court Sets

Frame 2

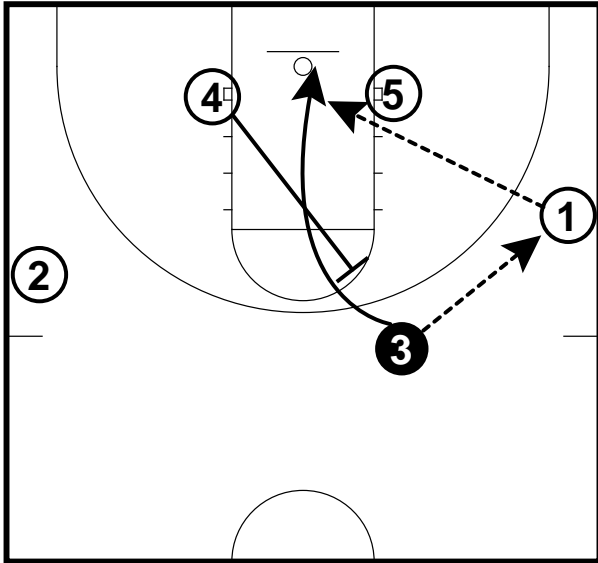


2 dribbles toward 3 and then passes to 3. 1 comes off a cross-screen from 4 and 5. 1 pops to the wing.

Phoenix Cross

Half-Court Sets

Frame 3

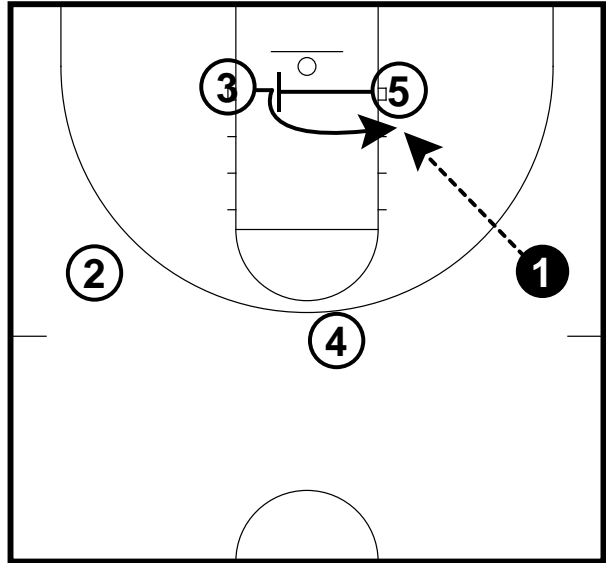


3 passes to 1 on the wing and receive a backscreen from 4 for a lob dunk or layup.

Phoenix Cross

Half-Court Sets

Frame 4



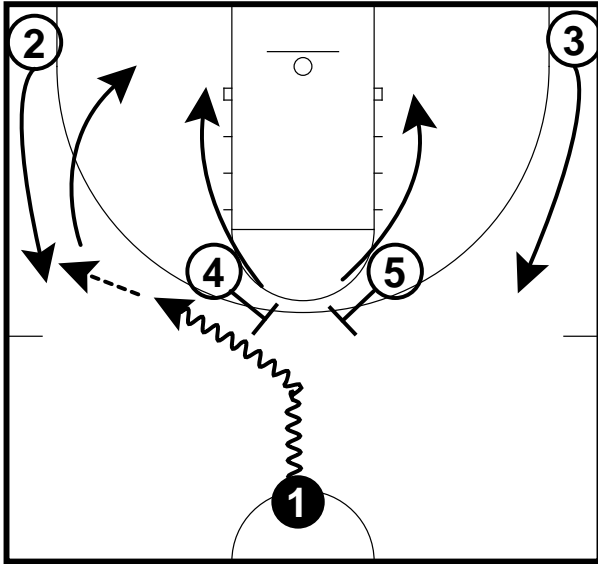
3 receives a cross-screen from 5 and 1 passes to 3 for the score.

Half court sets

Phoenix Set

Half-Court Sets

Frame 1

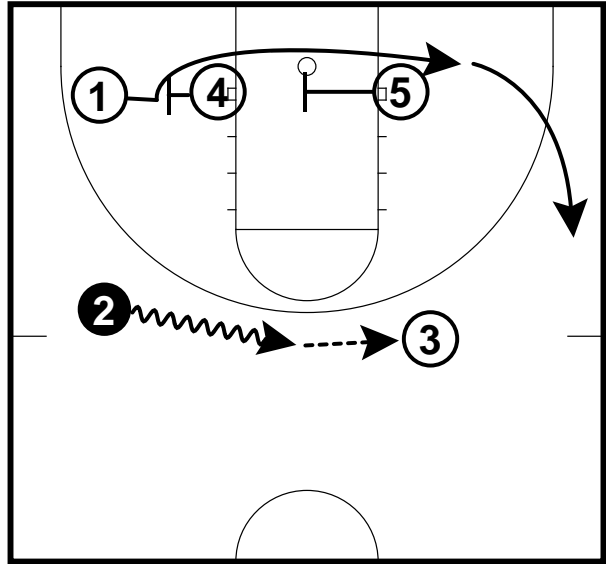


1 dribbles to 4 or 5 for a ballscreen. 2 and 3 slide up the floor. 1 passes to 2 and goes short corner. 4 and 5 roll when 1 passes them.

Phoenix Set

Half-Court Sets

Frame 2

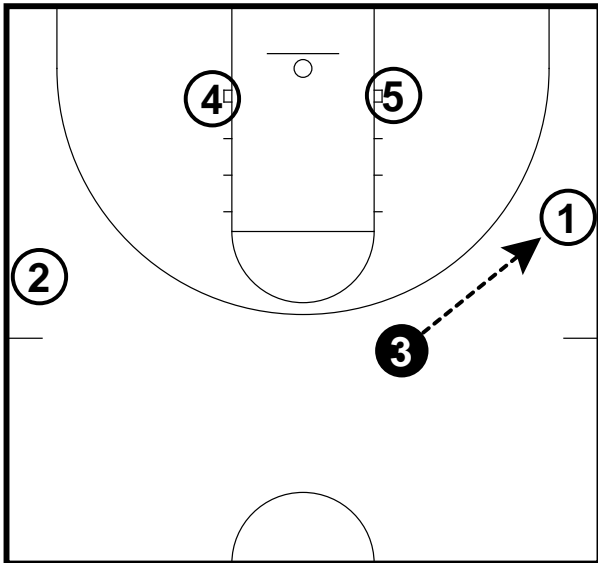


2 dribbles toward 3 and then passes to 3. 1 comes off a cross-screen from 4 and 5. 1 pops to the wing.

Phoenix Set

Half-Court Sets

Frame 3

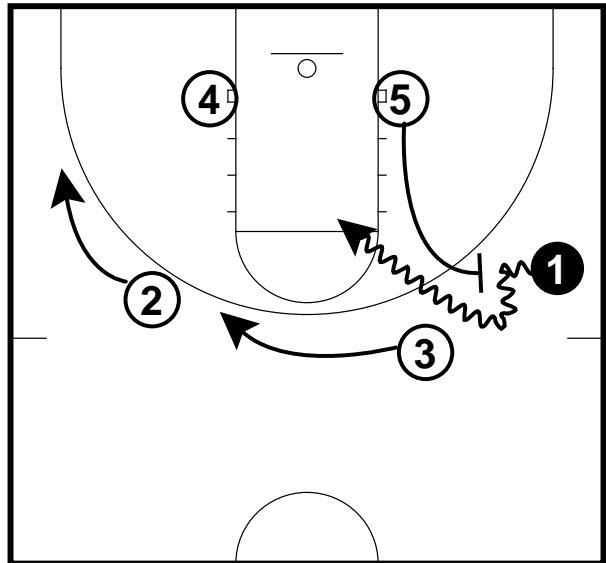


3 passes to 1 on the wing.

Phoenix Set

Half-Court Sets

Frame 4



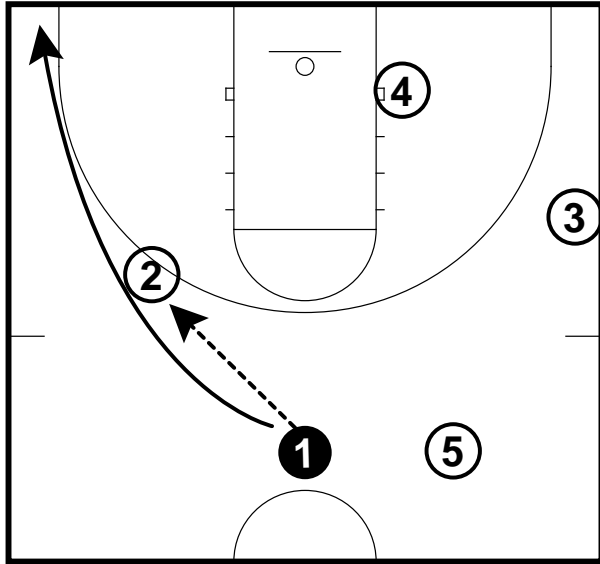
5 sets a ballscreen for 1. 1 drives into the lane looking to score or pass to 4, 2, or 3. 2 and 3 slide over to receive a better angle on the pass.

Half court sets

Pitch

Half-Court Sets

Frame 1

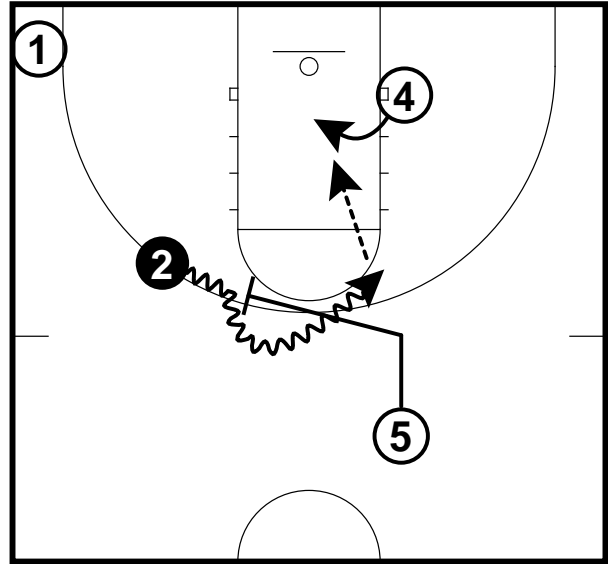


1 passes to 2 and does a brush screen with 2. 2 will either handoff the ball or fake a handoff.

Pitch

Half-Court Sets

Frame 2

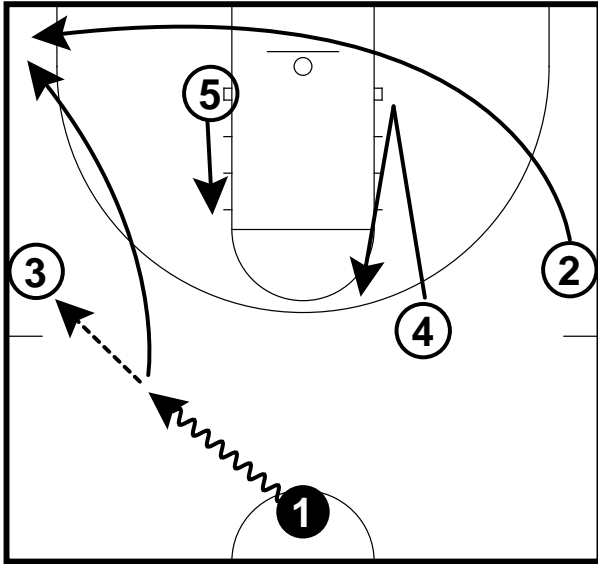


5 will set a ballscreen for 2. 2 dribbles off the ball screen looking for 4 on the isolation. 4 ducks into the midline for postup

Half court sets

Plant 4 Half-Court Sets

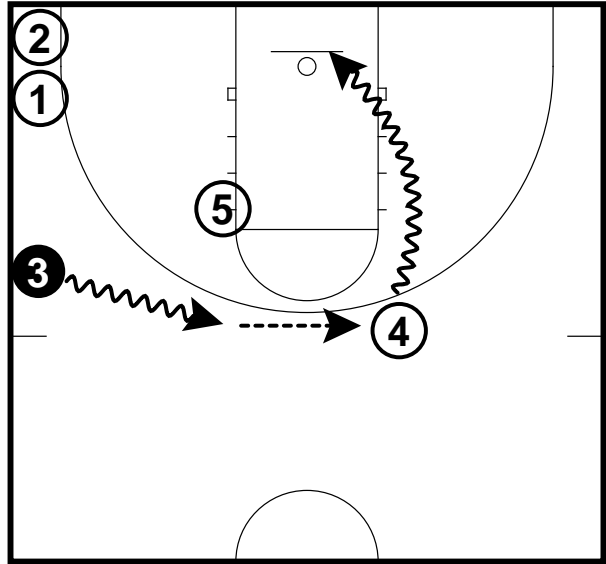
Frame 1



2 cuts through to opposite corner. 4 sprints down and plants and comes back up. 1 passes to 3 and cuts to the corner. 5 comes up the lane.

Plant 4 Half-Court Sets

Frame 2

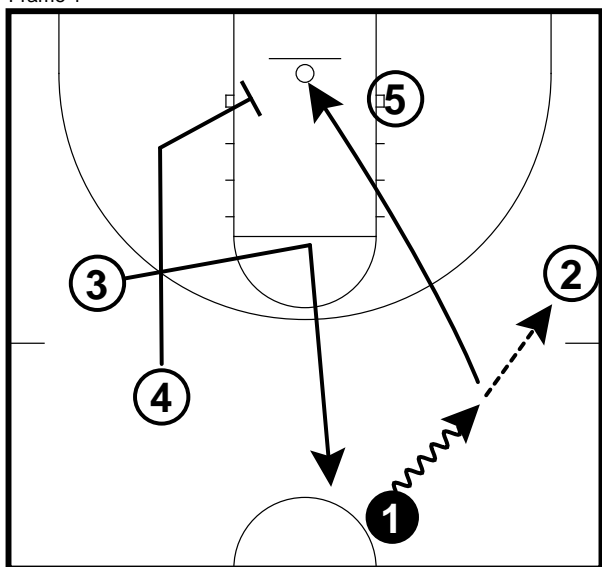


5 sets up at the third block. 3 dribbles to 4 and passes to 4. 4 drives it on isolation.

Half court sets

Thru Half-Court Sets

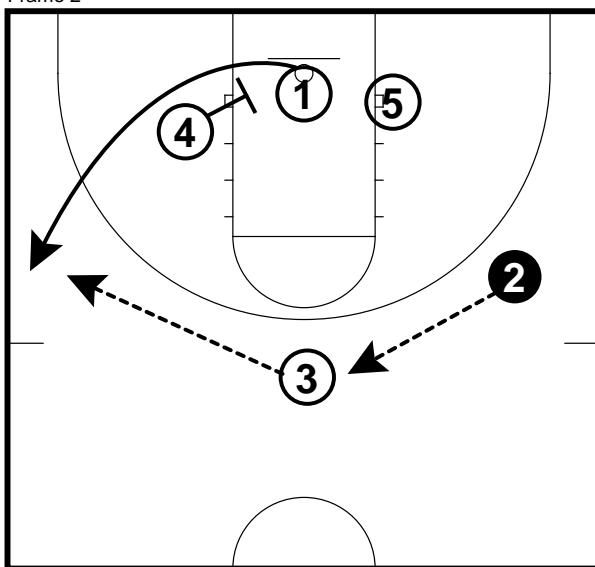
Frame 1



1 dribble toward 2 and pass the ball to 2. 1 cuts to the basket. 3 makes a L-cut to the top of key. 4 goes down to set a screen for 1.

Thru Half-Court Sets

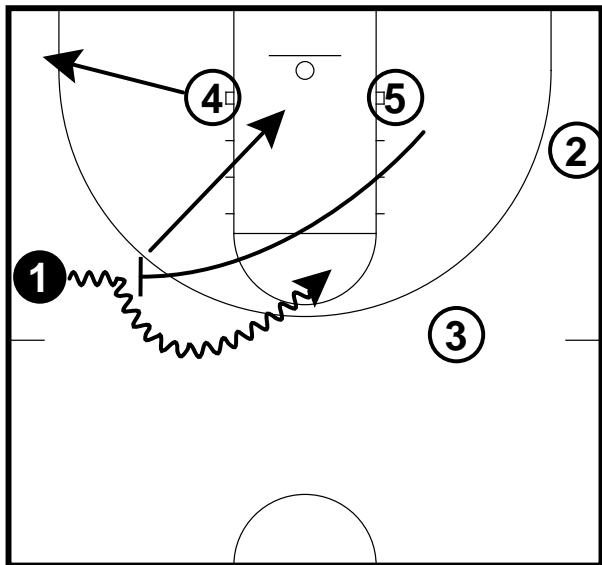
Frame 2



1 comes off 4 downscreen. 2 reverses ball to 3. 3 passes to 1.

Thru Half-Court Sets

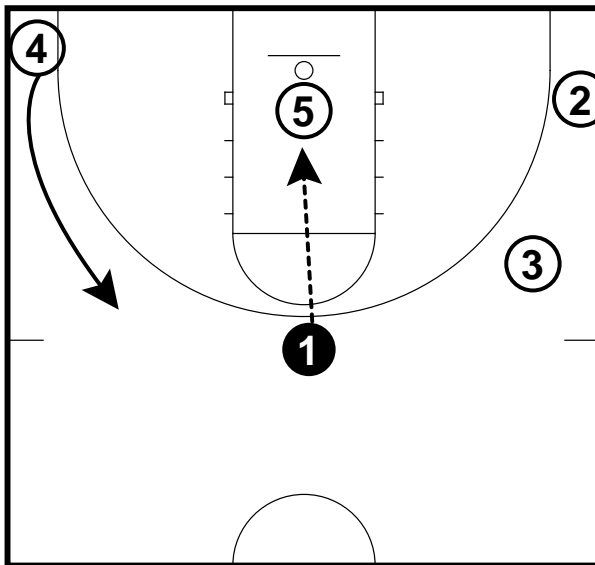
Frame 3



4 sprints to the corner. 5 sets a ballscreen for 1. 1 comes off ballscreen and turns the corner. 5 sets screen and rolls after 1 comes off screen.

Thru Half-Court Sets

Frame 4



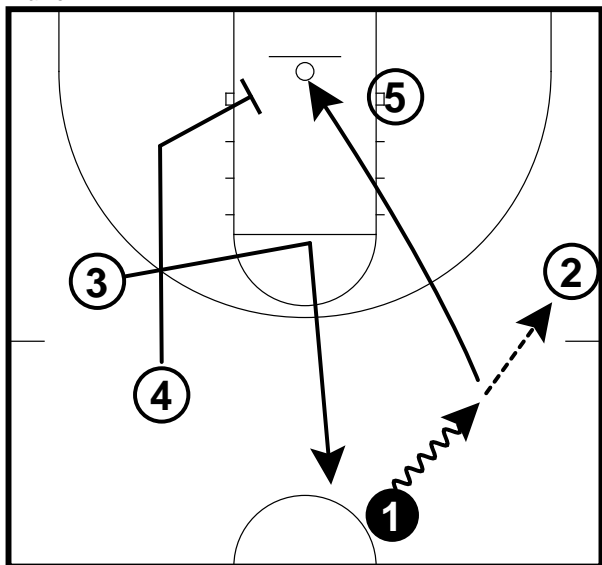
4 slides up the wing. 1 hits 5 on isolation.

Half court sets

Thru Screen

Half-Court Sets

Frame 1

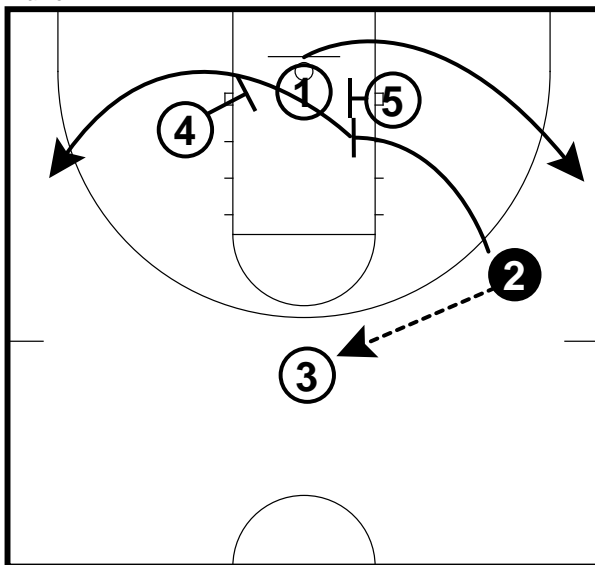


1 dribble toward 2 and pass the ball to 2. 1 cuts to the basket. 3 makes a L-cut to the top of key. 4 goes down to set a screen for 1.

Thru Screen

Half-Court Sets

Frame 2

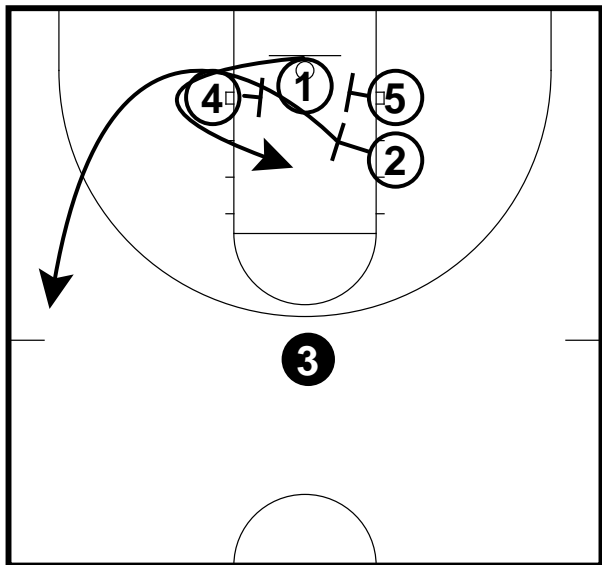


2 passes the ball to 3. 2 goes to set a double screen with 5 on the block. 1 comes off the double screen and as soon as 1 passes 2 comes off single screen from 4.

Thru Screen

Half-Court Sets

Frame 3



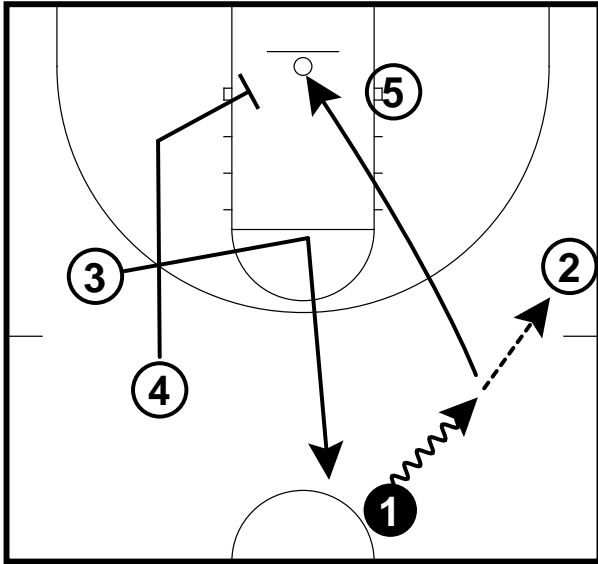
Another option to the play can be that 1 will curl the screen from 4. Then 2 comes off screen from 4 for three-point shot.

Half court sets

Thru Corner

Half-Court Sets

Frame 1

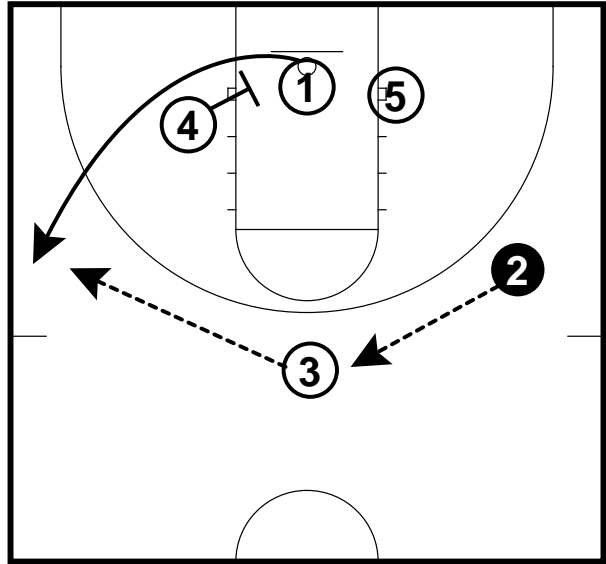


1 dribble toward 2 and pass the ball to 2. 1 cuts to the basket. 3 makes a L-cut to the top of key. 4 goes down to set a screen for 1.

Thru Corner

Half-Court Sets

Frame 2

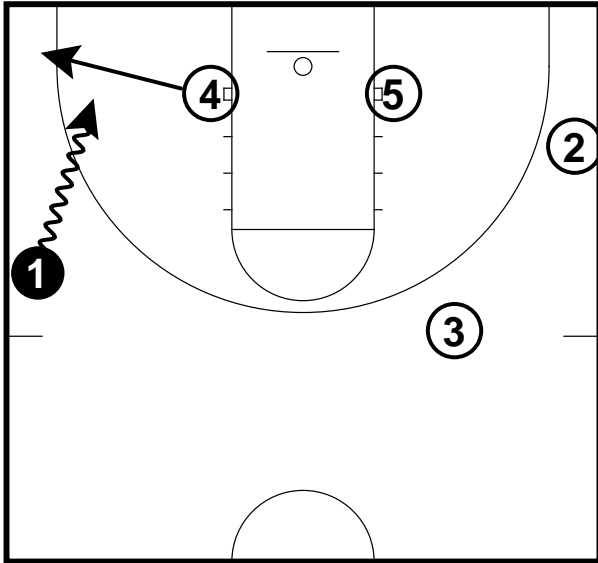


1 comes off 4 downscreen. 2 reverses ball to 3. 3 passes to 1.

Thru Corner

Half-Court Sets

Frame 3

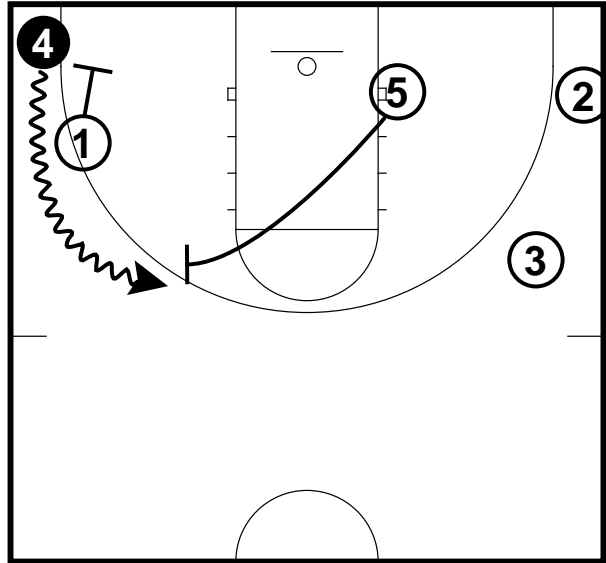


4 sprints to the corner. 1 dribbles to the corner of 4 for a dribble hand-off.

Thru Corner

Half-Court Sets

Frame 4



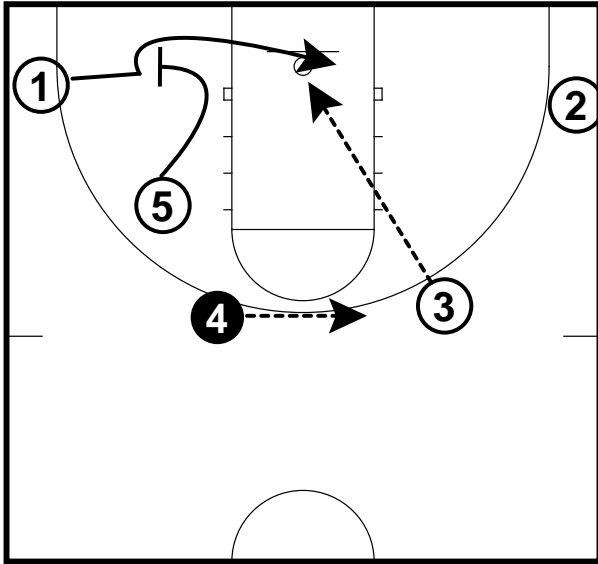
1 does a dribble hand-off and sets a brush screen. 4 drives out of the corner to the wing. 5 sets a ballscreen for 4.

Half court sets

Thru Corner

Half-Court Sets

Frame 5



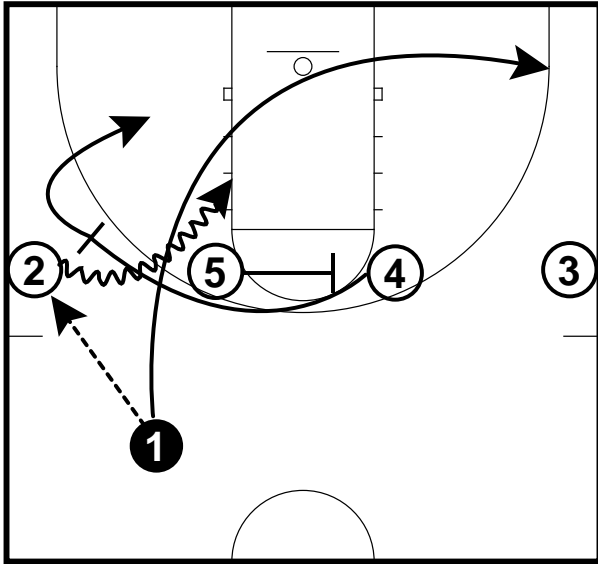
4 drives toward 3 and passes the ball to 3. 5 rolls back and sets a screen for 1. 1 comes off screen when 4 passes the ball. 3 passes to 1 for the score.

Half court sets

Get

Half-Court Sets

Frame 1



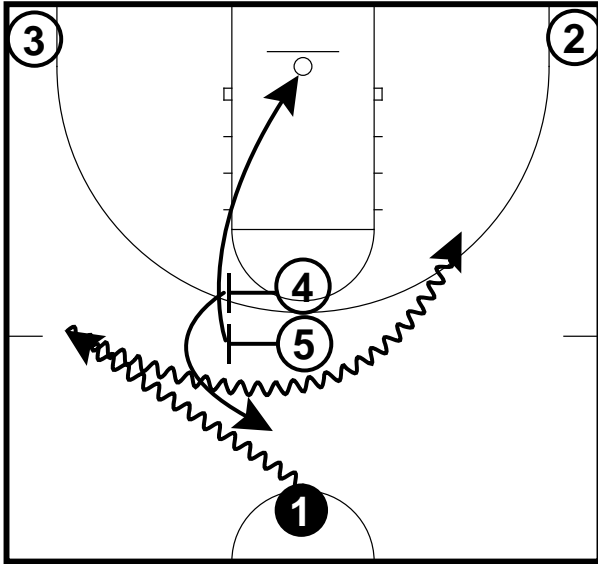
1 passes to 2 and cuts to the opposite corner. 5 screens 4. 4 comes off cross-screen and sets a ballscreen on 2 and then rolls. 2 comes off the ballscreen.

Half court sets

Toronto Spread

Half-Court Sets

Frame 1

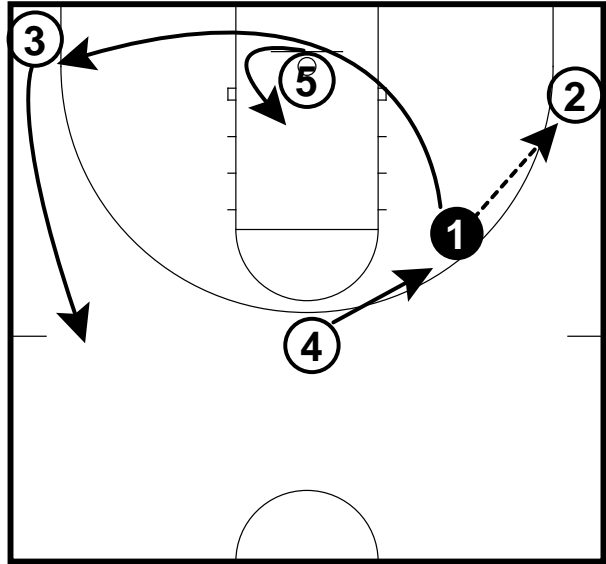


1 dribbles to the left wing and reverses to come off the double screen of 4 and 5. Once 1 comes off screen, then 4 pops to the top of key and 5 rolls to basket.

Toronto Spread

Half-Court Sets

Frame 2

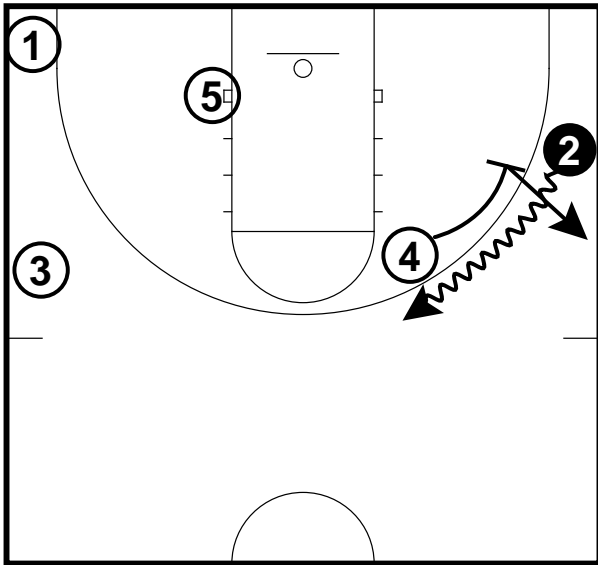


1 hits 2 and cuts thru to corner. 4 sprints to ballscreen 2. 5 punches or drops. 3 slides up the wing.

Toronto Spread

Half-Court Sets

Frame 3

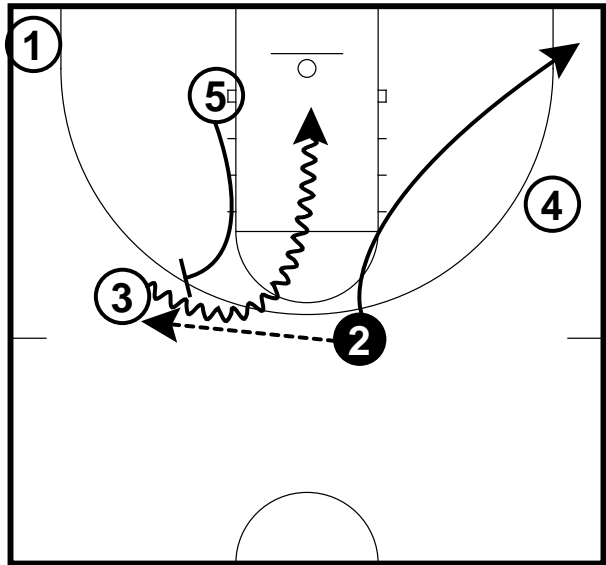


4 ballscreens 2 and then pops when 1 comes off screen. 1 turns the corner of the screen.

Toronto Spread

Half-Court Sets

Frame 4

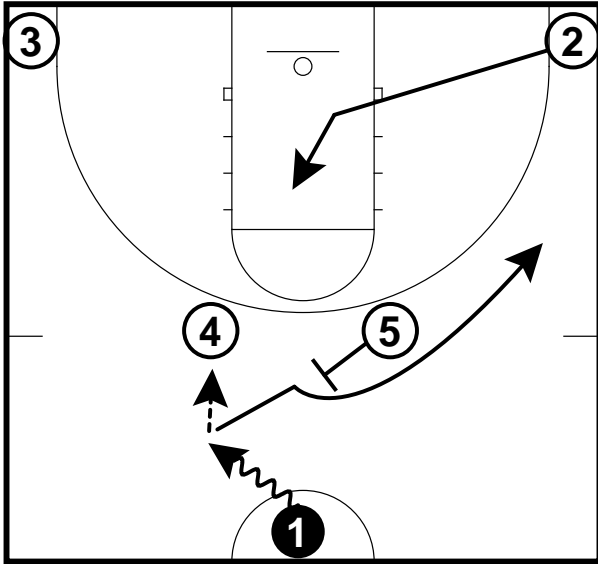


2 dribbles toward 3 and passes the ball to 3. 2 cuts to the corner. 5 comes and sets a ballscreen for 3. 3 comes off ballscreen to score.

Half court sets

Thumb Half-Court Sets

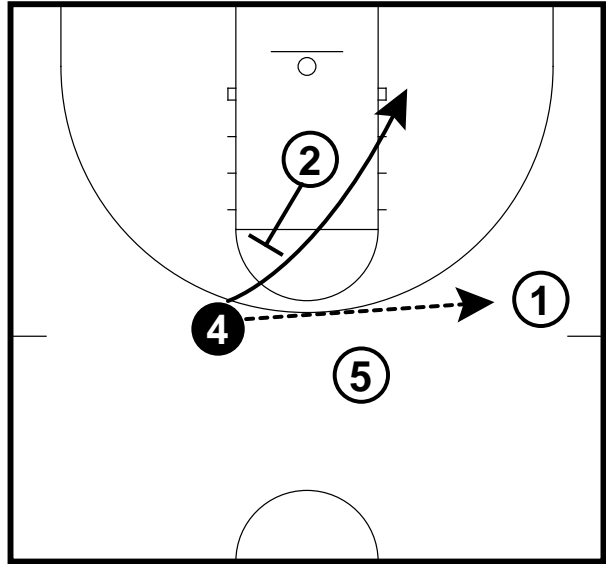
Frame 1



1 dribbles to the left and passes to 4. 5 sets a backscreen for 1. 1 comes off flare-screen to the wing. 2 breaks up to middle of the lane.

Thumb Half-Court Sets

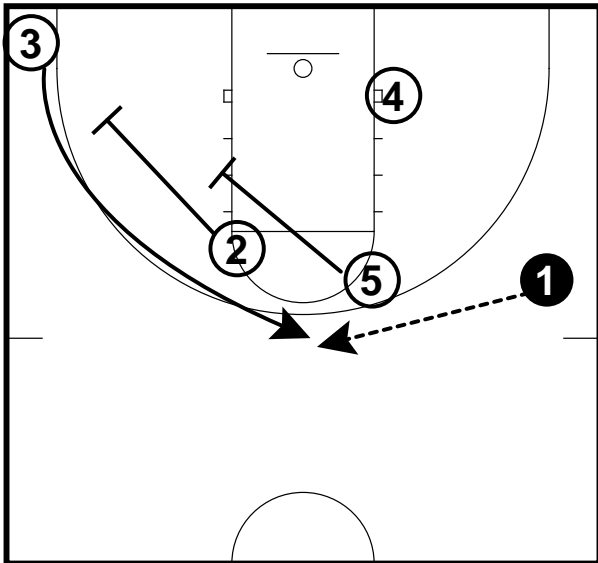
Frame 2



4 passes to 1. 2 sets backscreen for 4. 4 comes off backscreen to ballside block.

Thumb Half-Court Sets

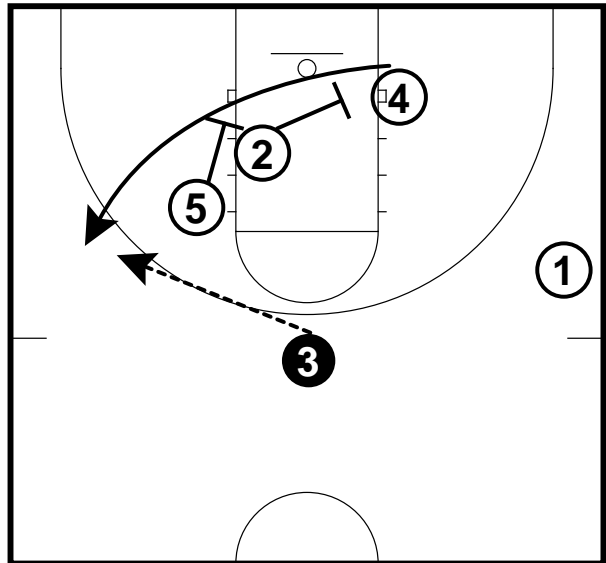
Frame 3



2 and 5 set a staggered downscreen for 3. 1 passes to 3.

Thumb Half-Court Sets

Frame 4



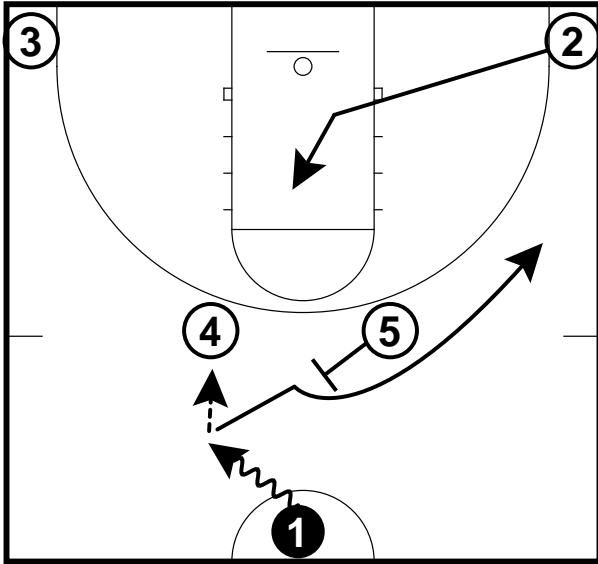
2 and 5 set a staggered downscreen for 4. 4 comes off the screens to the wing. 3 passes to 4 on the wing.

Half court sets

Thumb Clear

Half-Court Sets

Frame 1

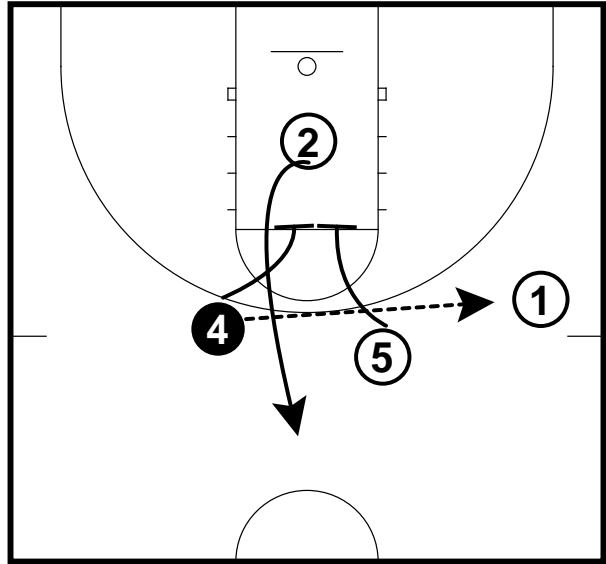


1 dribbles to the left and passes to 4. 5 sets a backscreen for 1. 1 comes off flare-screen to the wing. 2 breaks up to middle of the lane.

Thumb Clear

Half-Court Sets

Frame 2

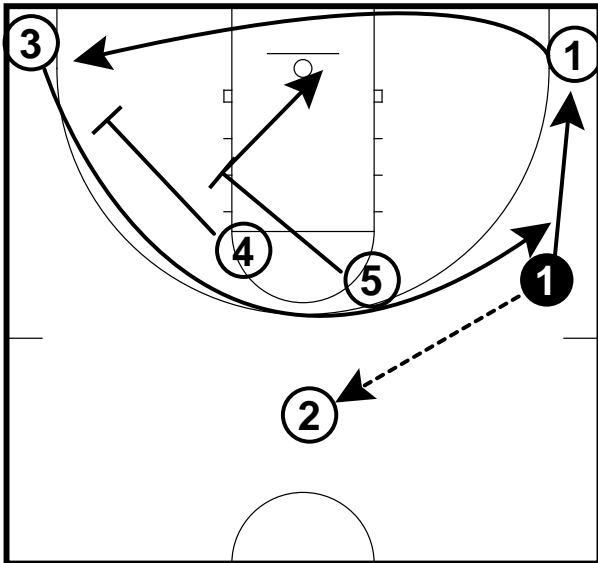


4 passes to 1. 4 and 5 set a double screen for 2. 2 comes off double screen for three.

Thumb Clear

Half-Court Sets

Frame 3



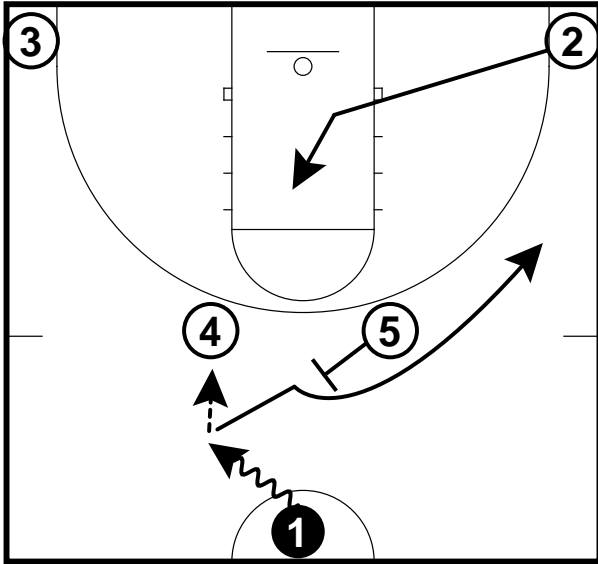
1 passes to 2. 1 clears to the corner. As 3 starts to come off staggered screen from 4 and 5. 1 goes to the opposite corner on a backcut. 5 slips screen.

Half court sets

Thumb Open

Half-Court Sets

Frame 1

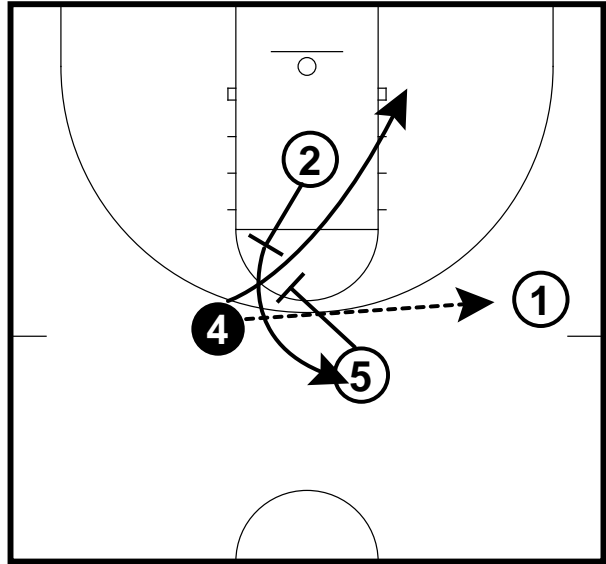


1 dribbles to the left and passes to 4. 5 sets a backscreen for 1. 1 comes off flare-screen to the wing. 2 breaks up to middle of the lane.

Thumb Open

Half-Court Sets

Frame 2

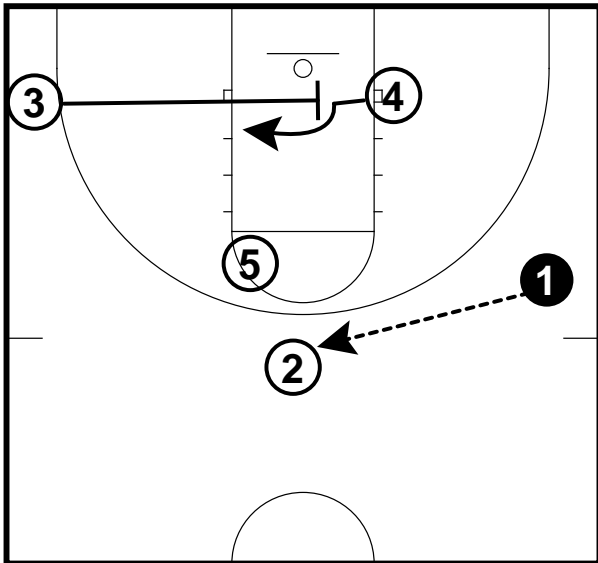


4 passes to 1. 2 sets backscreen for 4. 4 comes off backscreen to ballside block. 5 sets downscreen for 2 and 2 comes to top of key.

Thumb Open

Half-Court Sets

Frame 3

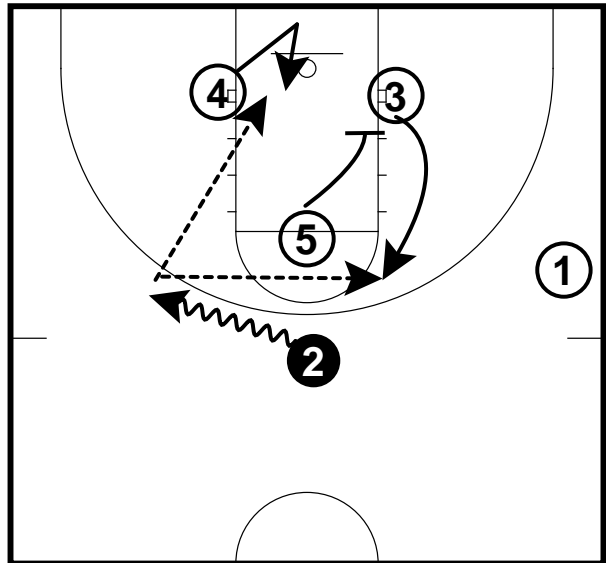


1 passes to 2. 3 sets a cross-screen for 4.

Thumb Open

Half-Court Sets

Frame 4



2 dribbles to the left wing. 4 ducks in the lane for the hard post-up. 5 sets a downscreen for 3. 3 comes up the lane to top of the key.

Drill Series

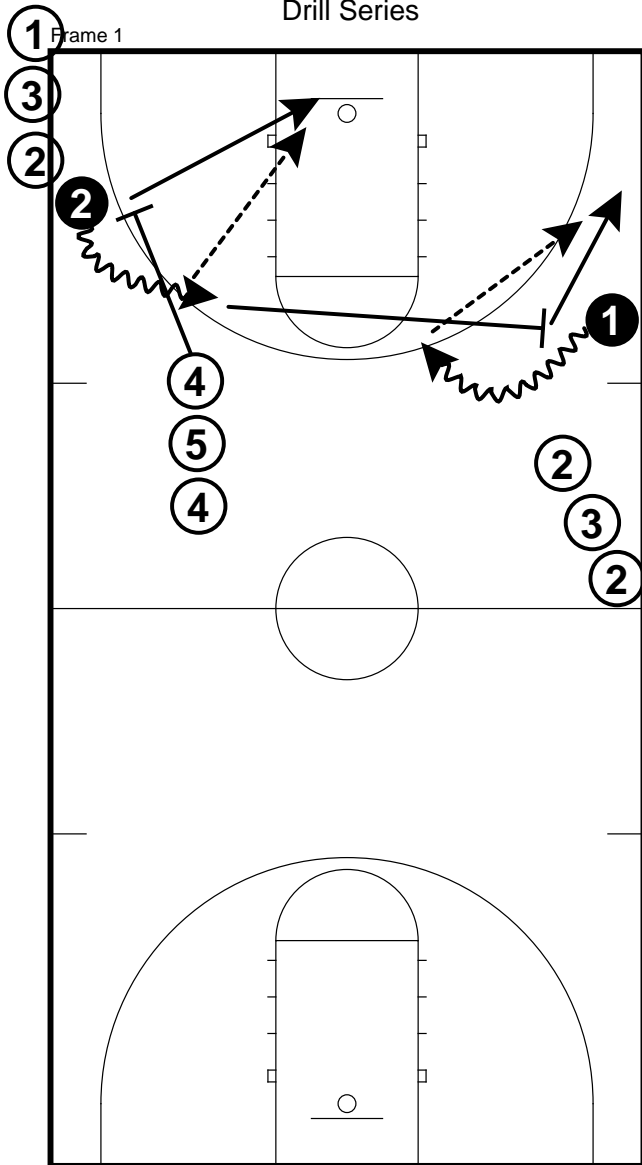
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Drill Series

Pick and Roll / Pick and

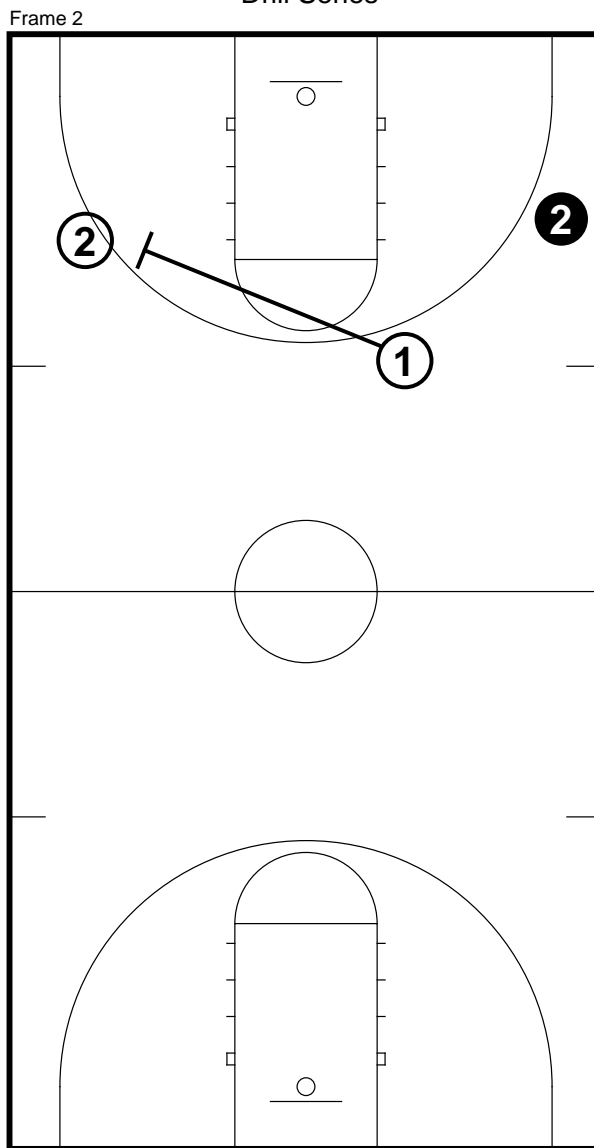
Drill Series



This drill incorporates continuous pick and roll and pick and pop.

Pick and Roll / Pick and Pop

Drill Series



Screening angles can be changed so that all areas of the floor are covered.

Press-breakers

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Orange 58

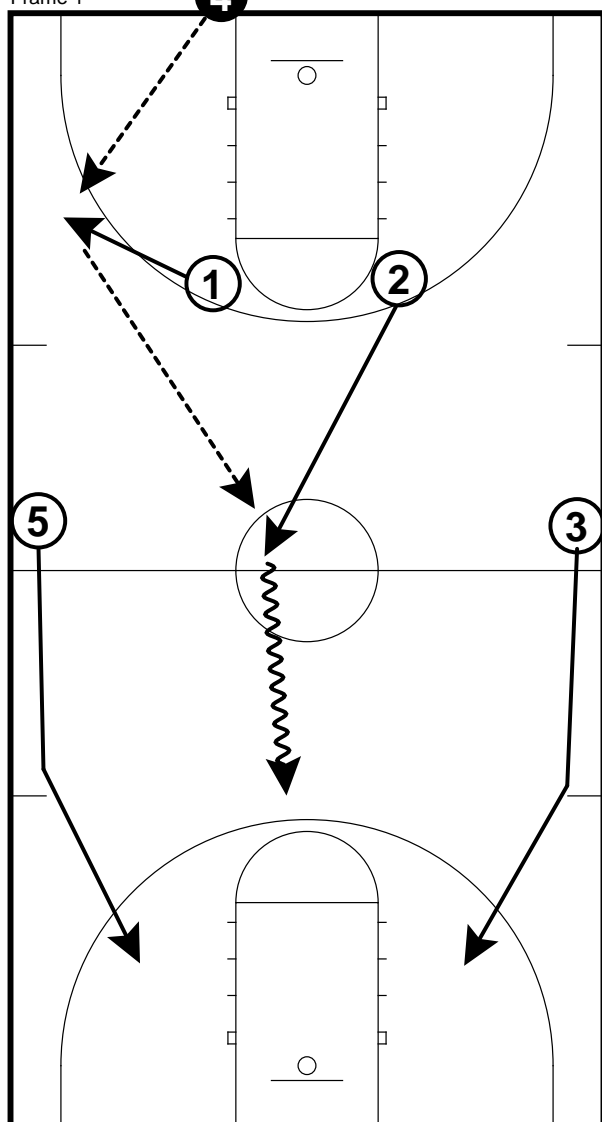
Throw back 59

Press-breakers

Orange

Press Break

Frame 1

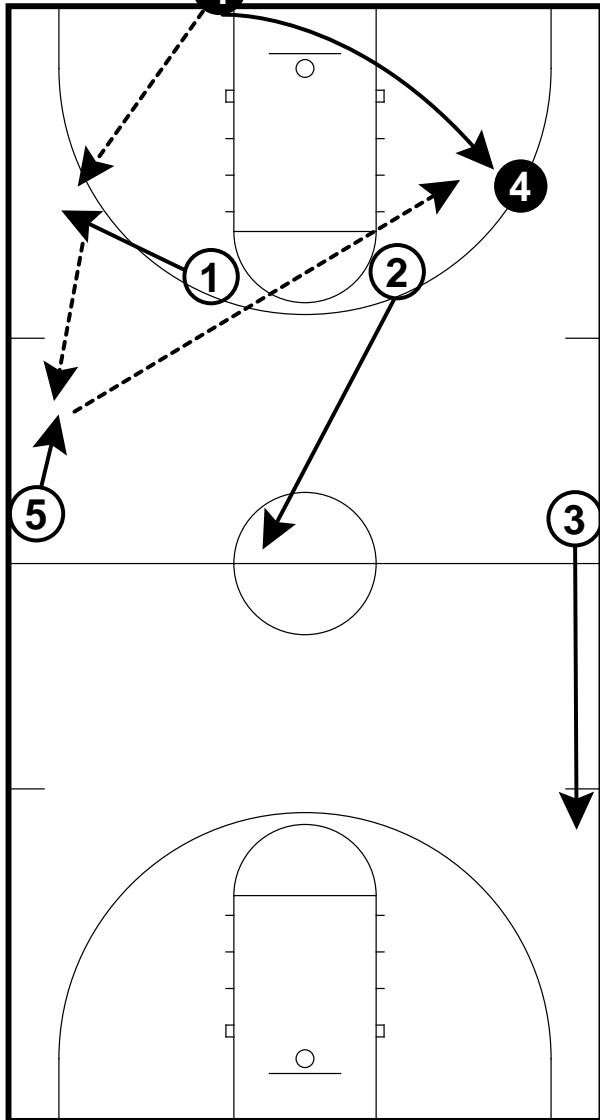


4 passes to 1 as he breaks open. 2 sprints to the middle of the half-court line and receives pass from 1. 5 and 3 sprint down the floor. 2 dribbles down the middle.

Press-breakers

Throw back

Frame 1

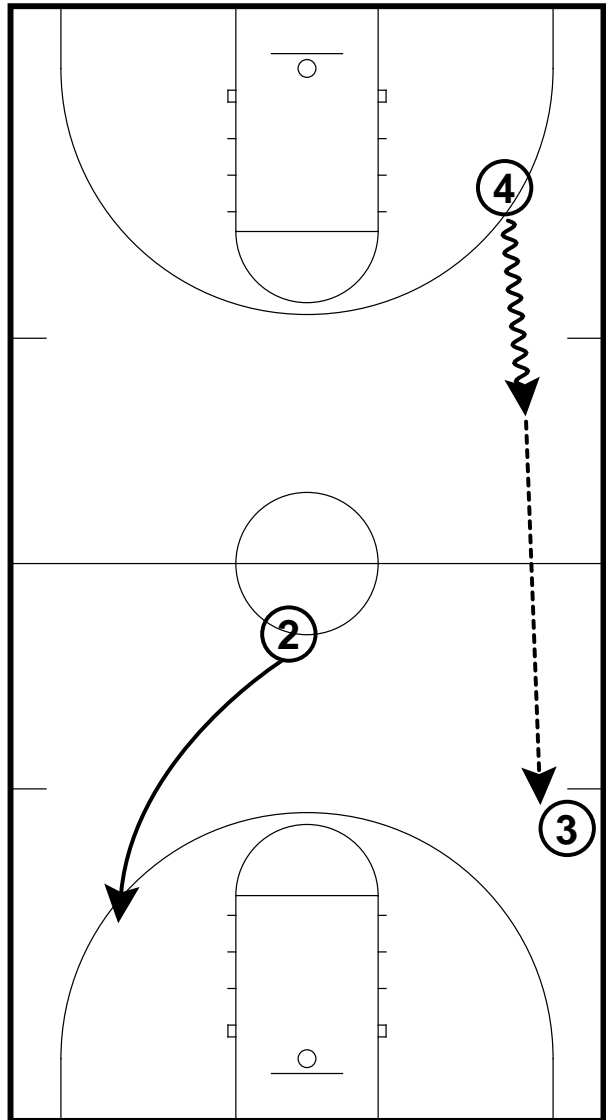


4 passes the ball to 1. 5 comes up the floor and receives pass from 1. 4 sprints to the offside of the floor and receives a throw back pass. 2 sprints to the middle.

Throw back

Press Break

Frame 2



2 comes to the other side. 4 dribbles up the floor and pitches the ball ahead to 3.

Quick Hitters

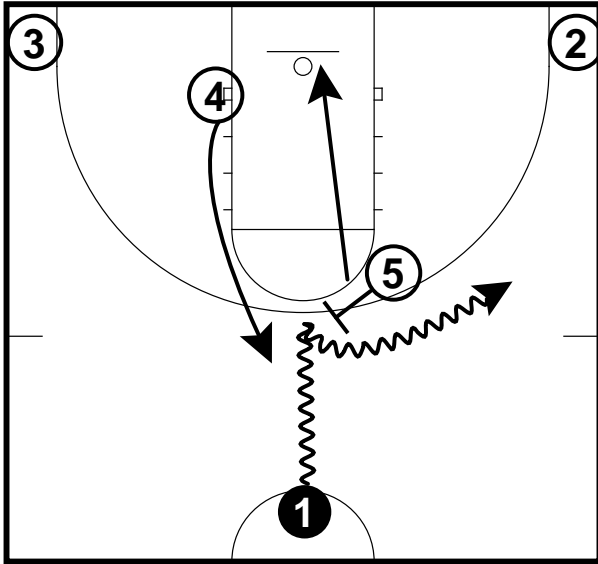
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Quick Hitters

Roll 54 Quick Hitters

Frame 1

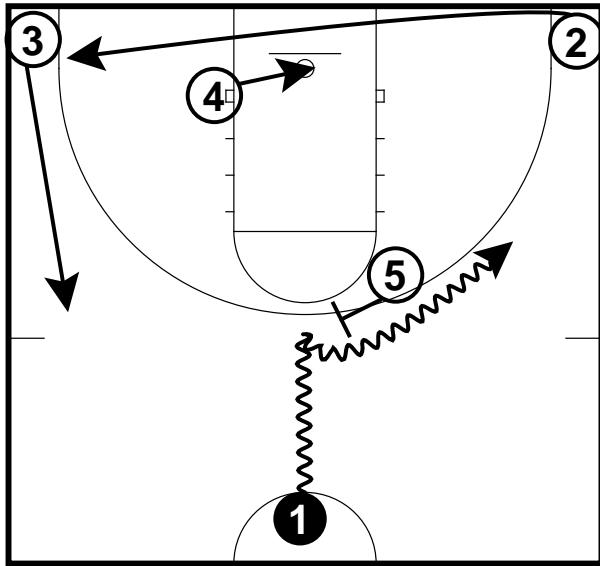


1 drives to the top of key and comes off the 5 ball screen. 4 comes up the lane and 5 rolls off screen. 2 and 3 stay.

Quick Hitters

Roll 45 Quick Hitters

Frame 1

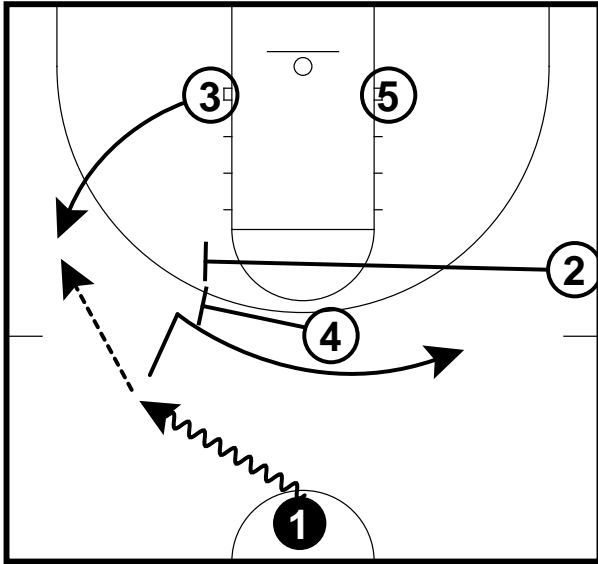


3 slides up the wing and 2 sprints to opposite corner. 5 sets a ballscreen for 1. 1 comes off ball screen hard. 4 ducks in for isolation.

Quick Hitters

Save 3 Quick Hitters

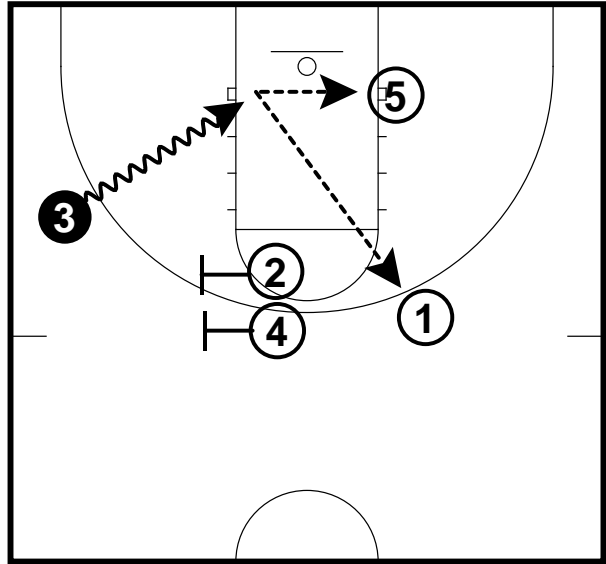
Frame 1



1 passes to 3 on the wing. 1 goes off of 2 and 4's flare-screen. 5 stays.

Save 3 Quick Hitters

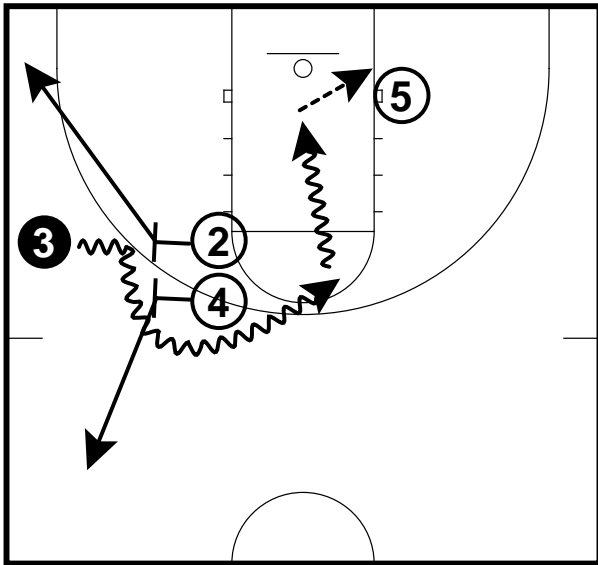
Frame 2



3 can drive to basket and score, or pass to 1 or 5.

Save 3 Quick Hitters

Frame 3



Another option. 3 can come off 2 and 4 ballscreen and turn corner to score or drop ball to 5. 2 and 4 space out.

Zone Offense

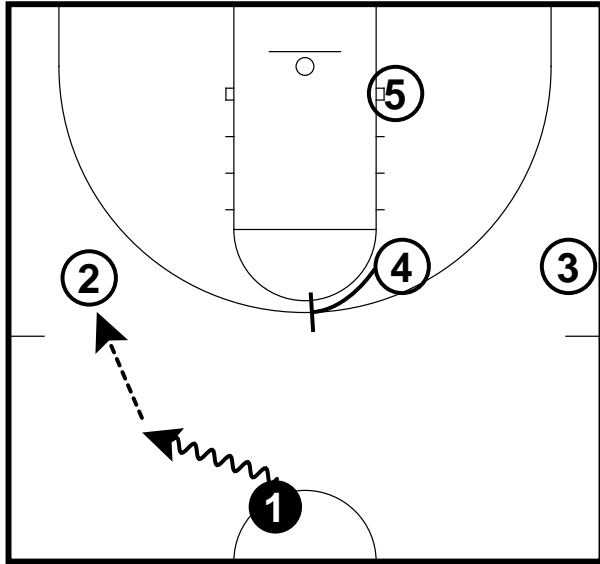
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Zone Offense

Port 1 Zone Offense

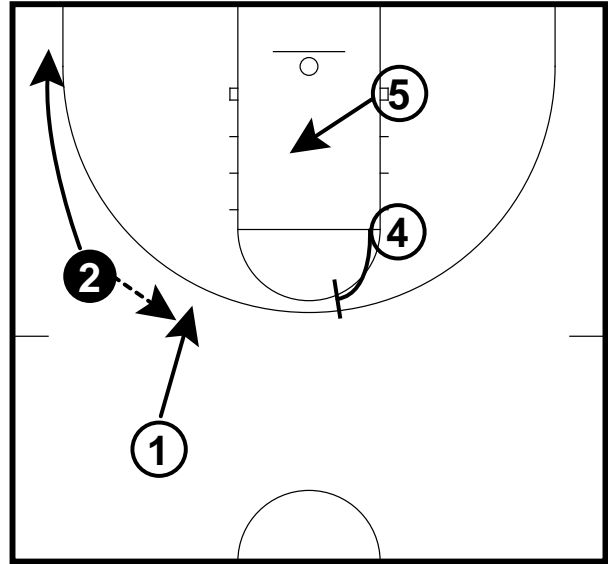
Frame 1



1 dribbles to the left and passes to 2. 4 gets ready to screen the top of the zone.

Port 1 Zone Offense

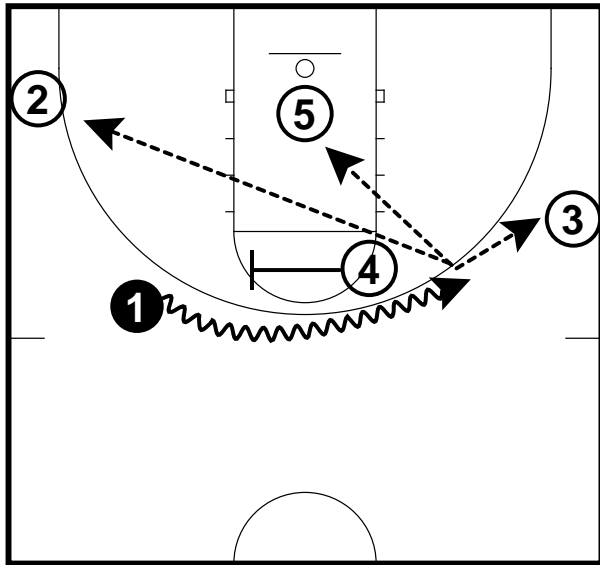
Frame 2



2 looks at 5 sprinting to the middle of zone. 4 sets screen at top of the zone. 2 passes back to 1 and cuts to corner. 2 is looking to shift the zone.

Port 1 Zone Offense

Frame 3



1 comes off the screen from 4 looking to pass to 3, 5, or 4 on the skip pass for a shot.

Blob's

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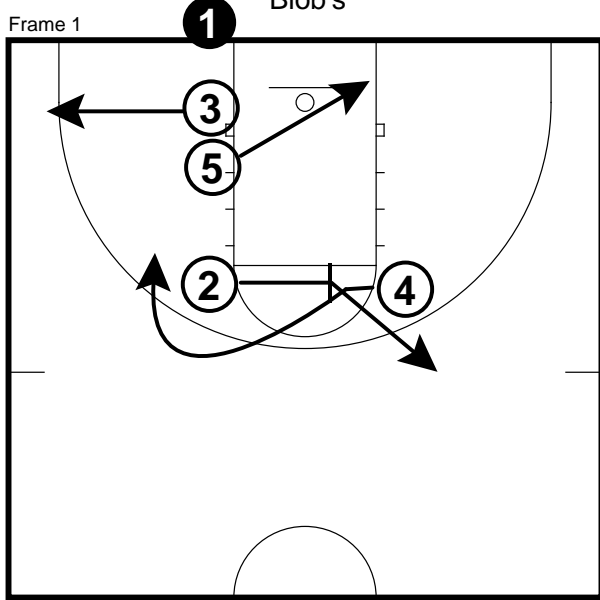
Detroit 1	67
Detroit 2	68
Detroit 23	69
Detroit 3	70
Clear	71
Zone 1	72
Zone 2	73

Blob's

Detroit 1

Blob's

Frame 1

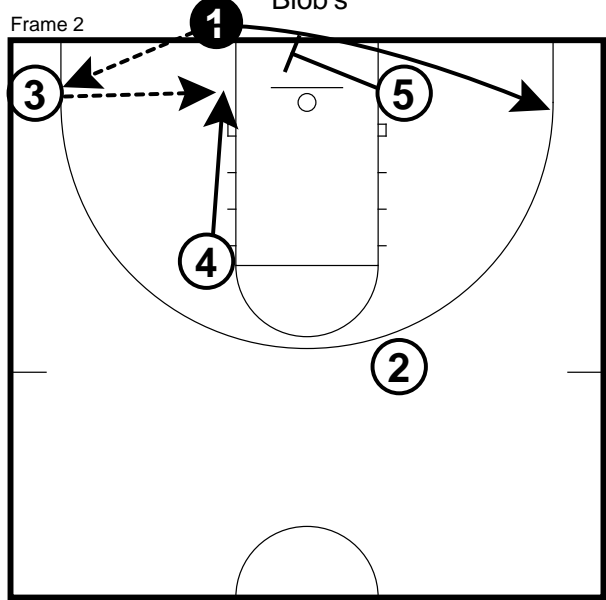


3 cuts hard to corner. 5 looks for seal on opposite block. 4 screens for 2

Detroit 1

Blob's

Frame 2



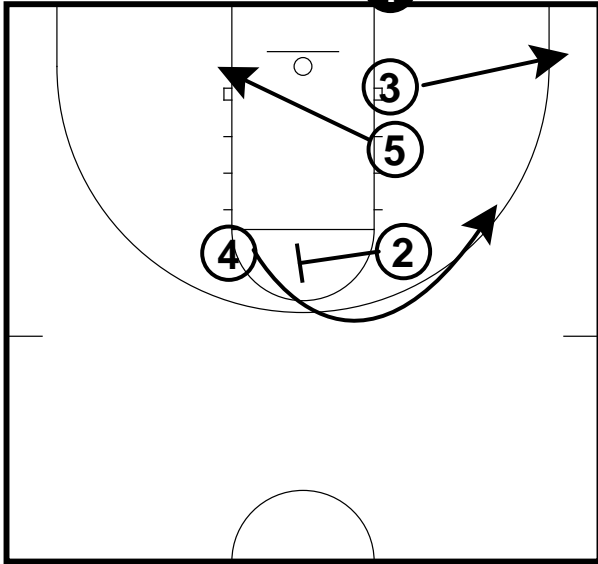
1 passes to 3. 1 comes off 5 downscreen. 2 spaces out. 4 come down the lane after curling off 2's cross screen. 3 passes to 4.

Blob's

Detroit 2

Blob's

Frame 1

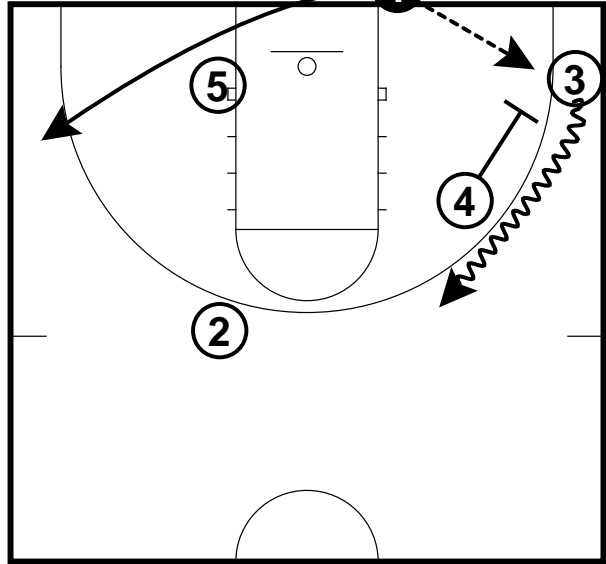


3 cuts hard to the corner. 5 flashes across the lane and looks for seal. 2 sets a cross-screen for 4. 4 comes off screen curling.

Detroit 2

Blob's

Frame 2



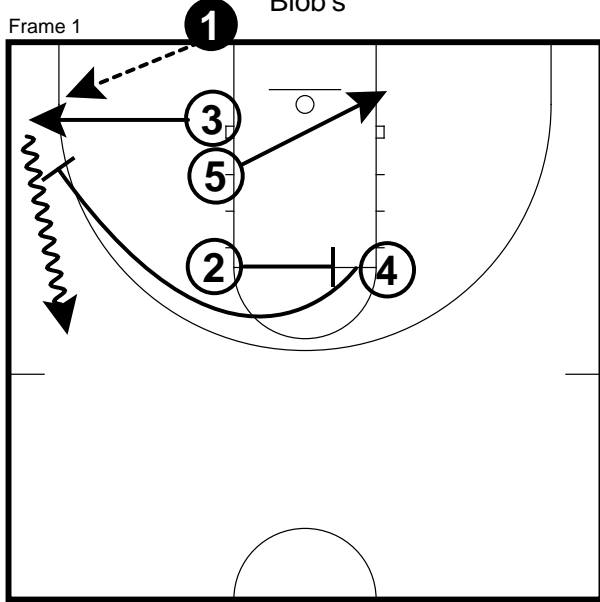
1 passes to 3. 4 sets a downscreen for 3. 3 uses the ballscreen to come off it looking at the seal of 5. 1 clears to the opposite wing.

Blob's

Detroit 23

Blob's

Frame 1

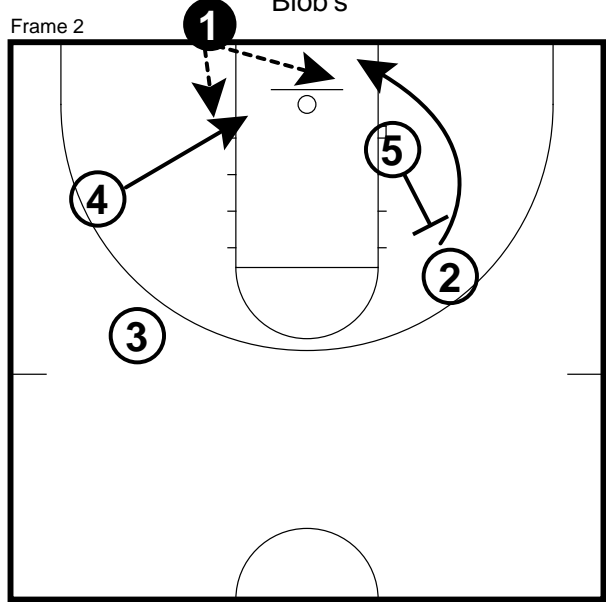


1st option - 3 breaks to the corner. 5 sprints across the lane to seal. 2 sets a cross-screen on 4. 1 hits 3 on the pass. 4 sets a ballscreen for 3. 3 dribbles out of the

Detroit 23

Blob's

Frame 2



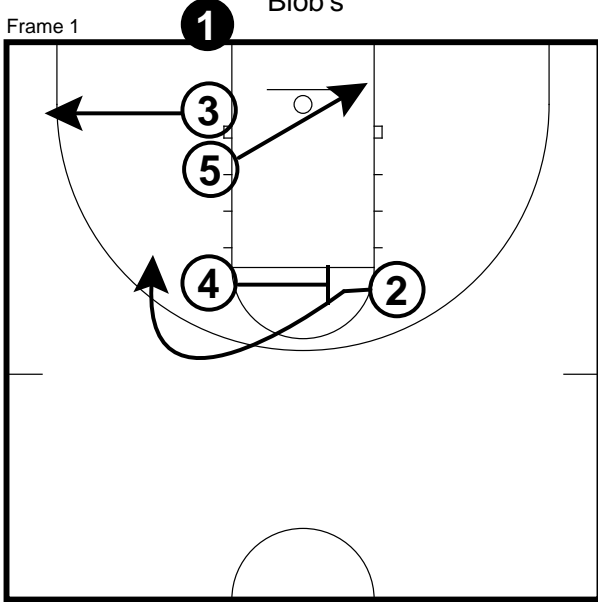
2nd option - 4 slips the screen and 5 sets a backscreen for 2.

Blob's

Detroit 3

Blob's

Frame 1

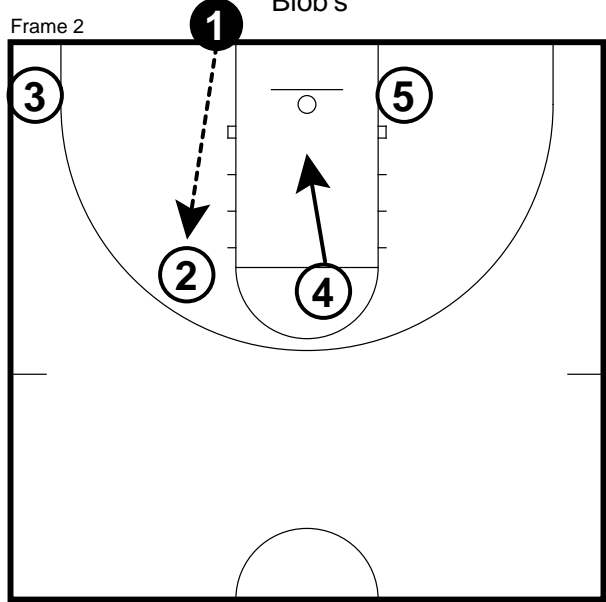


3 cuts hard to corner. 5 looks for seal on opposite block. 4 screens for 2

Detroit 3

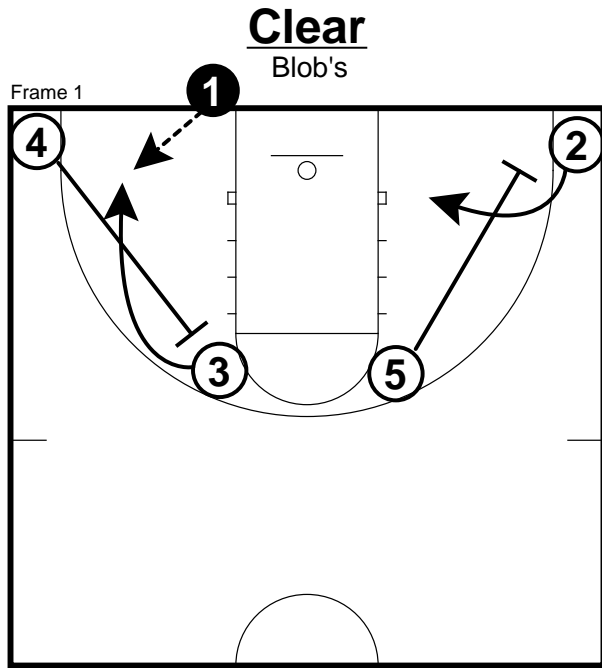
Blob's

Frame 2

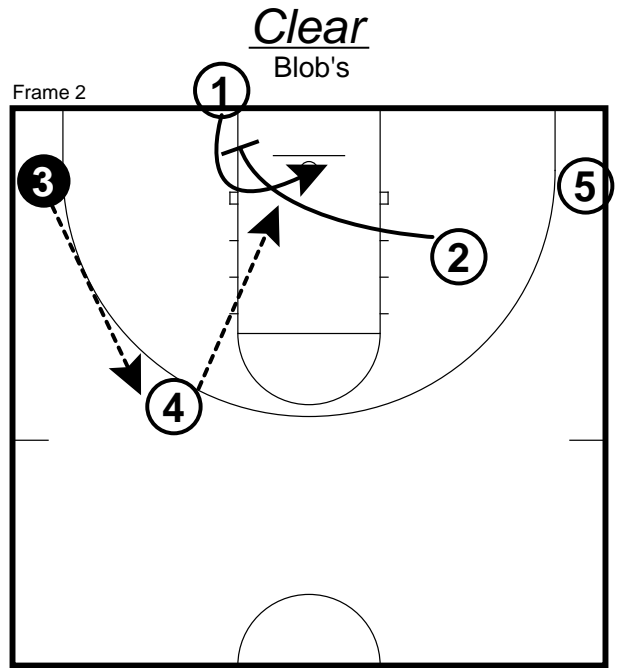


1 hits 2 for jumper. 4 dives to the middle of the lane for lob or rebound.

Blob's



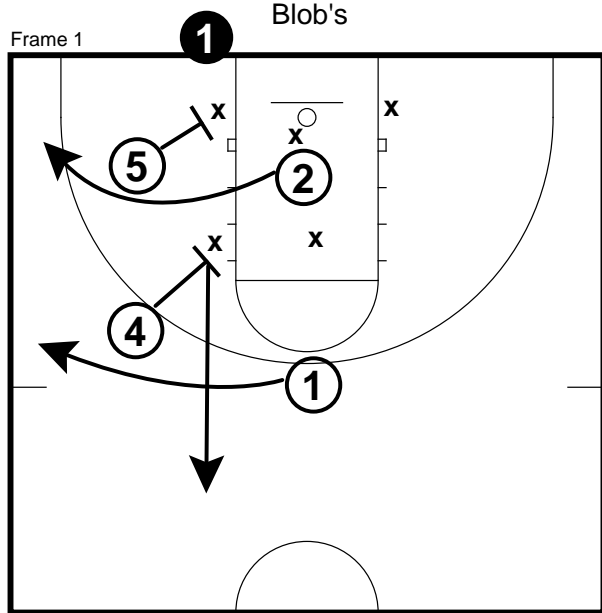
4 back-screens for 3. 5 down-screens for 2 and 2 curls. 1 hits 3.



3 reverses ball to 4. 2 curls into the paint and looks to screen 1. 4 hits 1 curling off of screen from 2.

Blob's

Zone 1



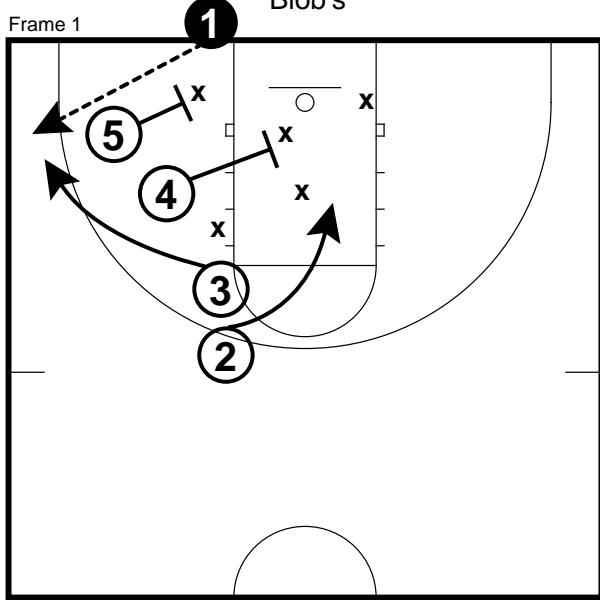
5 screens the bottom outside man and 4 screens the top outside man. 2 comes off screen to the corner. 1 comes off screen to the wing. 4 screens / pops out for release.

Blob's

Zone 2

Blob's

Frame 1

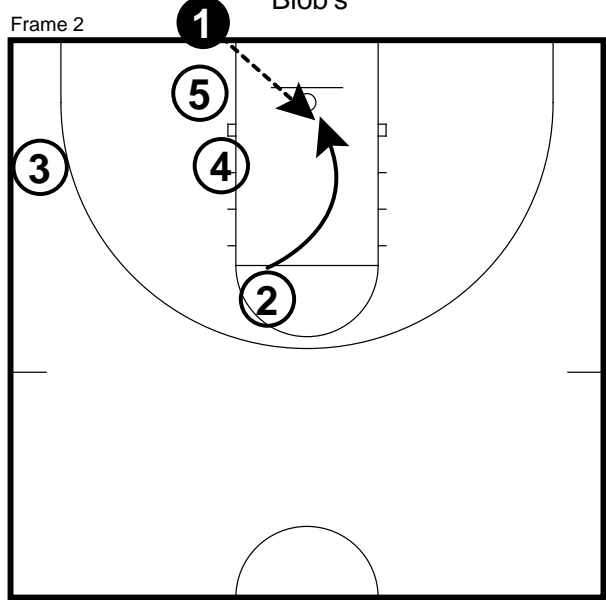


1st option - 5 and 4 set downscreens on bottom and middle man in the zone. 3 comes off screens to the corner for three point shot. 2 slides down the lane.

Zone 2

Blob's

Frame 2



2nd option- 1 hits 2 coming down the lane for layup or lob.

Slob's

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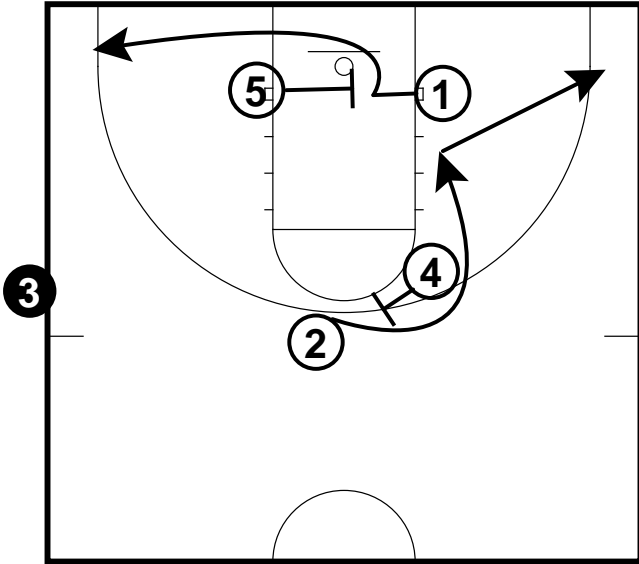
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Slob 1 corner option	76
Slob 1 Roll	77
Slob 2	78
Slob 2 Down	79

Slob's

Slob 1

Slob's

Frame 1

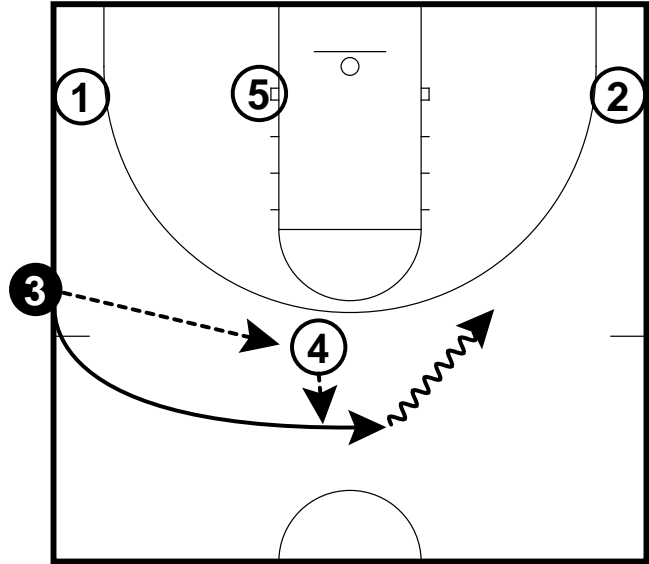


5 sets a cross-screen for 1. 1 sprints to the corner. 4 sets a backscreen for 2. 2 looks for lob and then sprints to corner.

Slob 1

Slob's

Frame 2

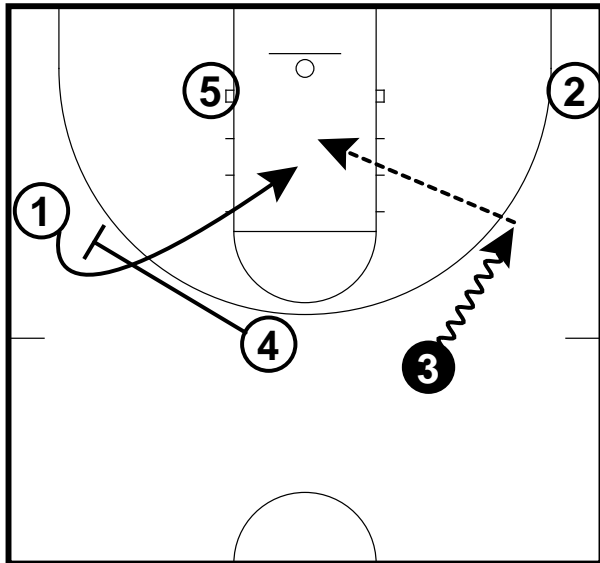


3 passes the ball to 4. 3 sprints for a dribble handoff from 4. 3 gets the ball from 4 and dribbles to the right side.

Slob 1

Slob's

Frame 3



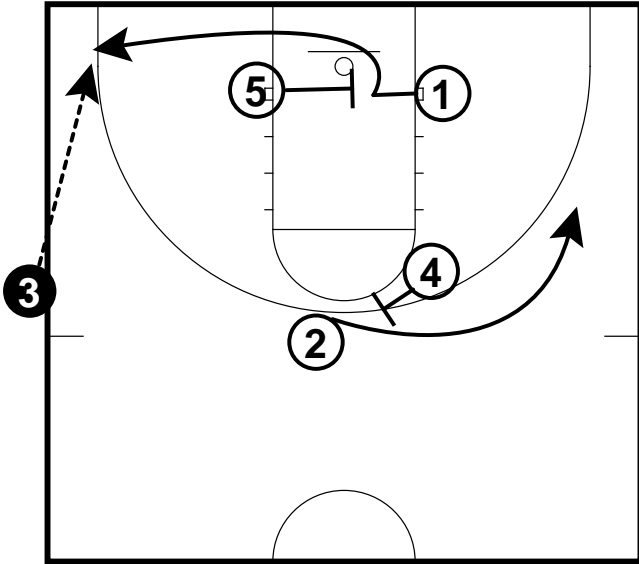
4 sets a downscreen for 1. 1 curls the screen and goes to the basket. 3 looks to hit 1 off the curl.

Slob's

Slob 1 corner option

Slob's

Frame 1

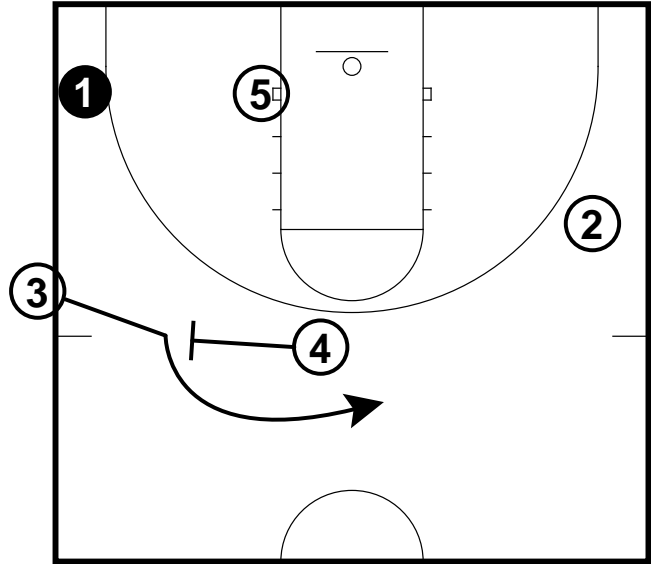


5 sets a cross-screen for 1. 1 sprints to the corner. 4 sets a backscreen for 2. 2 looks for lob and then sprints to corner.

Slob 1 corner option

Slob's

Frame 2

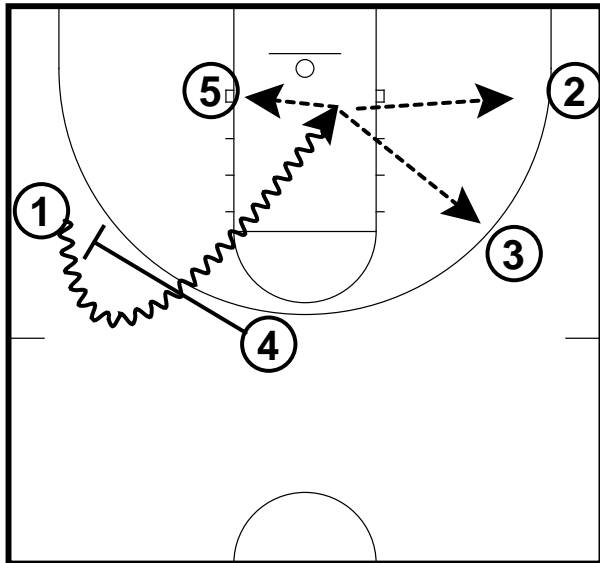


4 sets a backscreen for 3 from out of bounds.

Slob 1 corner option

Slob's

Frame 3



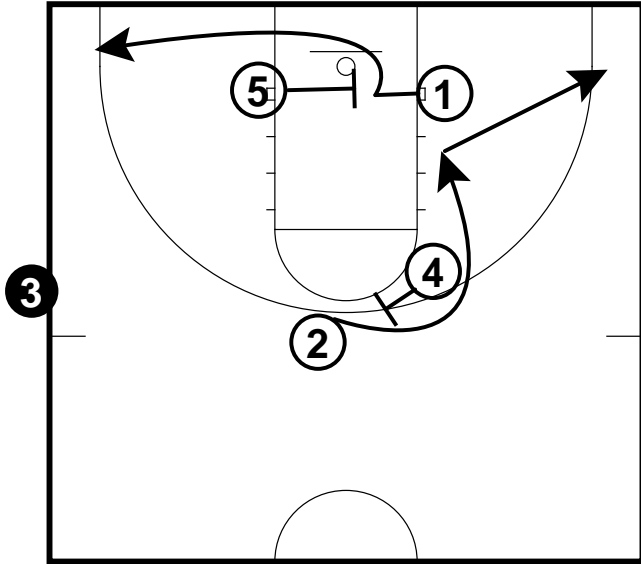
4 sets a downscreen for 1. 1 dribbles off the ballscreen looking to get into the lane to score. 1 can also look at passing to 5, 2, or 3.

Slob's

Slob 1 Roll

Slob's

Frame 1

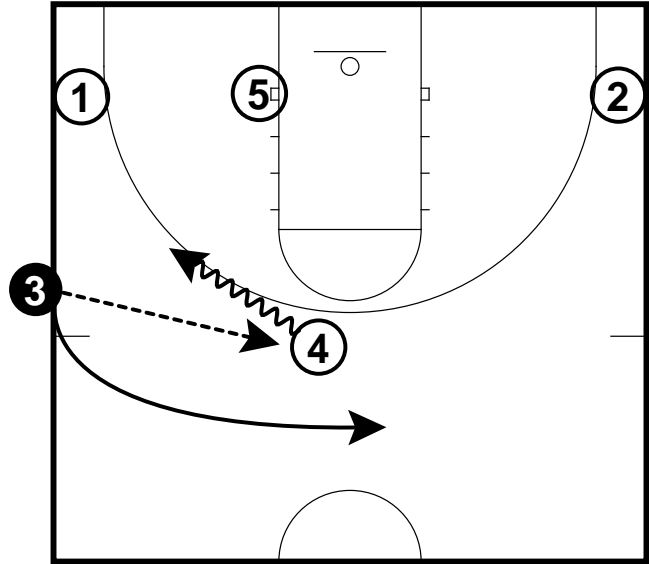


5 sets a cross-screen for 1. 1 sprints to the corner. 4 sets a backscreen for 2. 2 looks for lob and then sprints to corner.

Slob 1 Roll

Slob's

Frame 2

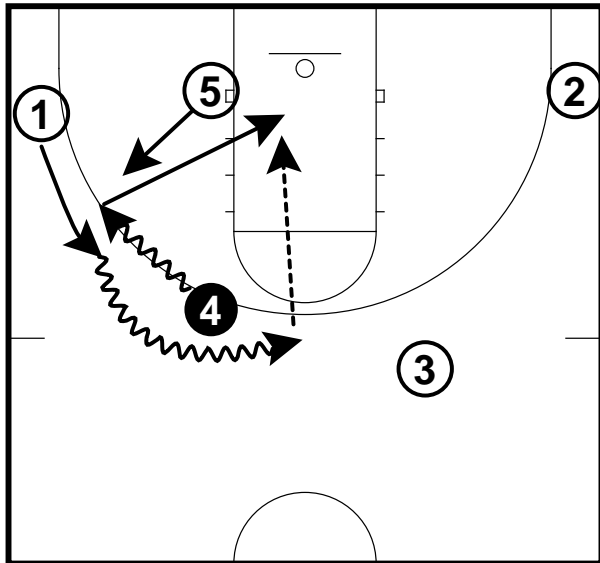


3 passes the ball to 4. 3 sprints for a dribble handoff from 4. 4 fakes the dribble-handoff and dribbles toward 1.

Slob 1 Roll

Slob's

Frame 3

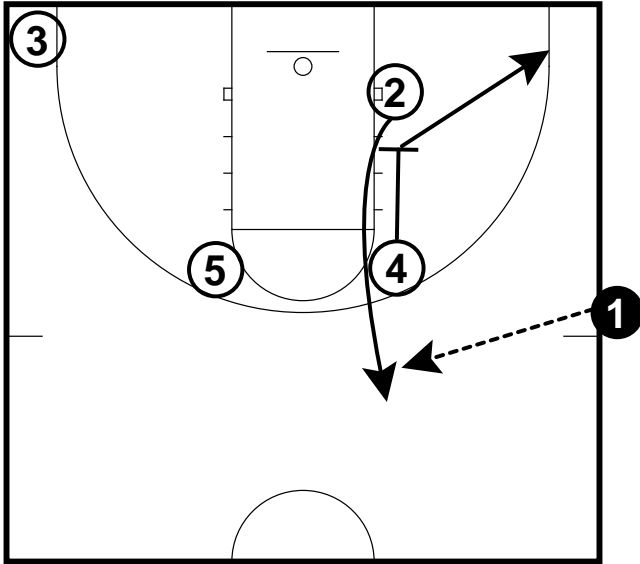


4 dribbles toward 1 for a dribble handoff. 1 comes hard off the brushscreen. 5 sprints out of the post. 4 slips the brush screen. 1 hits 4 on the pass off the slip.

Slob's

Slob 2 Slob's

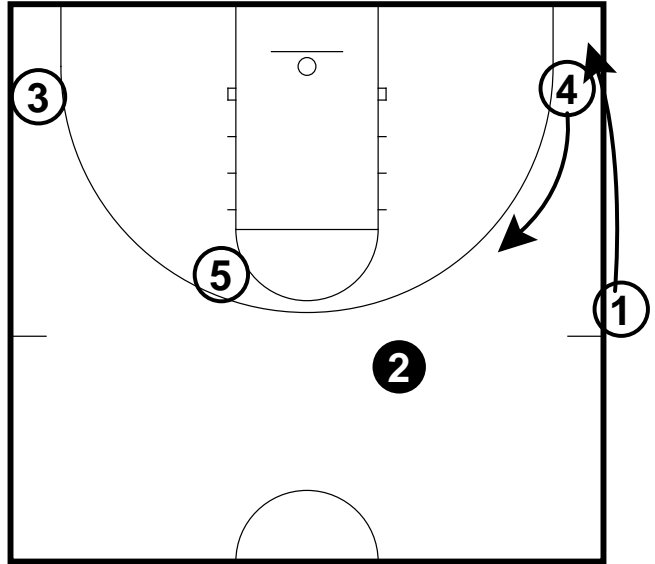
Frame 1



4 sets a downscreen for 2 and then sprints to the corner. 2 comes off downscreen and receives pass from 1.

Slob 2 Slob's

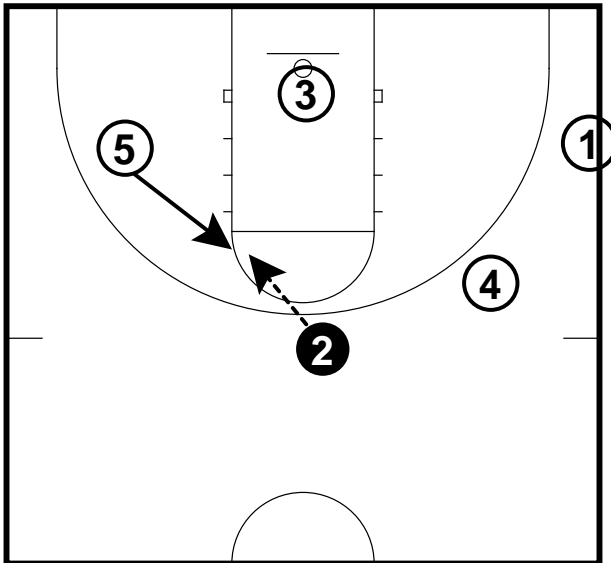
Frame 2



4 slides up the wing and 1 sprints to the corner.

Slob 2 Slob's

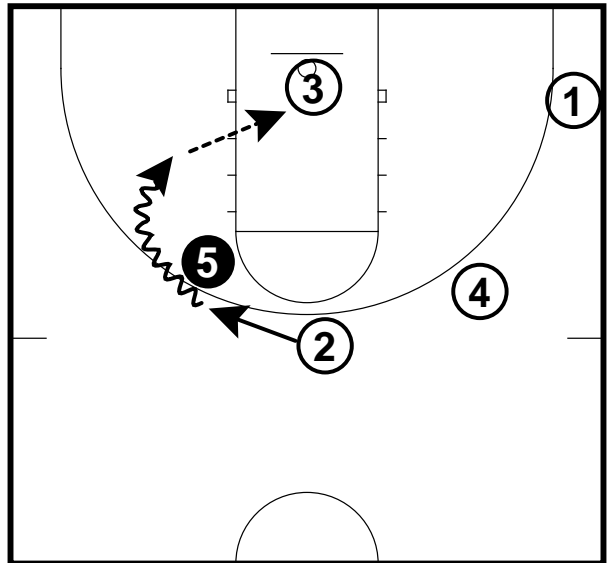
Frame 3



5 sprints to the high post and catches pass from 2.

Slob 2 Slob's

Frame 4



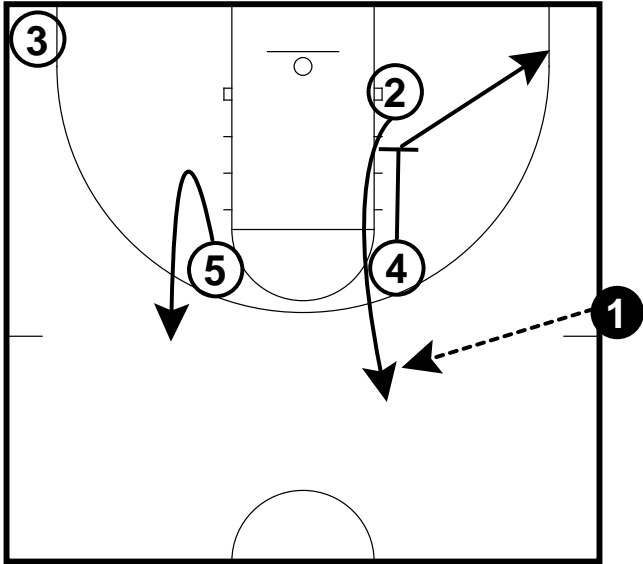
2 sprints for a handoff from 5. 2 rubs 5 as a brush-screen and then drives for the jumper or passes to 3 on the post-up.

Slob's

Slob 2 Down

Slob's

Frame 1

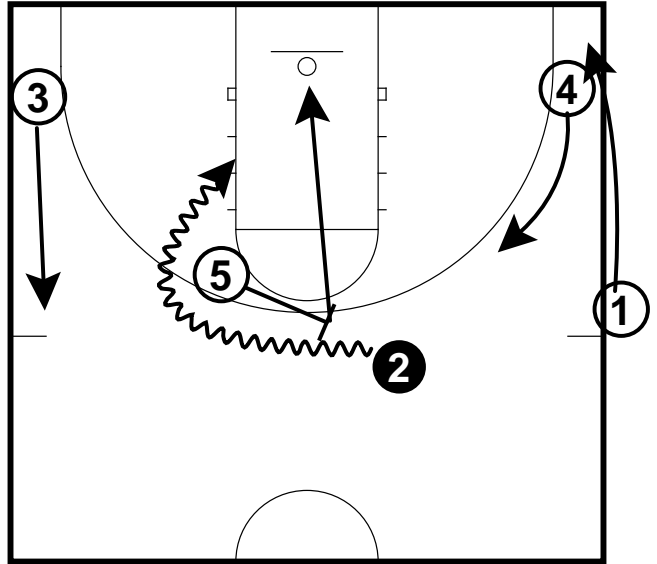


4 sets a downscreen for 2 and then sprints to the corner. 2 comes off downscreen and receives pass from 1. 5 fakes the downscreen and steps back out.

Slob 2 Down

Slob's

Frame 2



4 slides up the wing and 1 sprints to the corner. 5 sets a ballscreen on 2. 2 turns the corner on the ballscreen. 5 rolls to the basket as 3 comes up the wing.