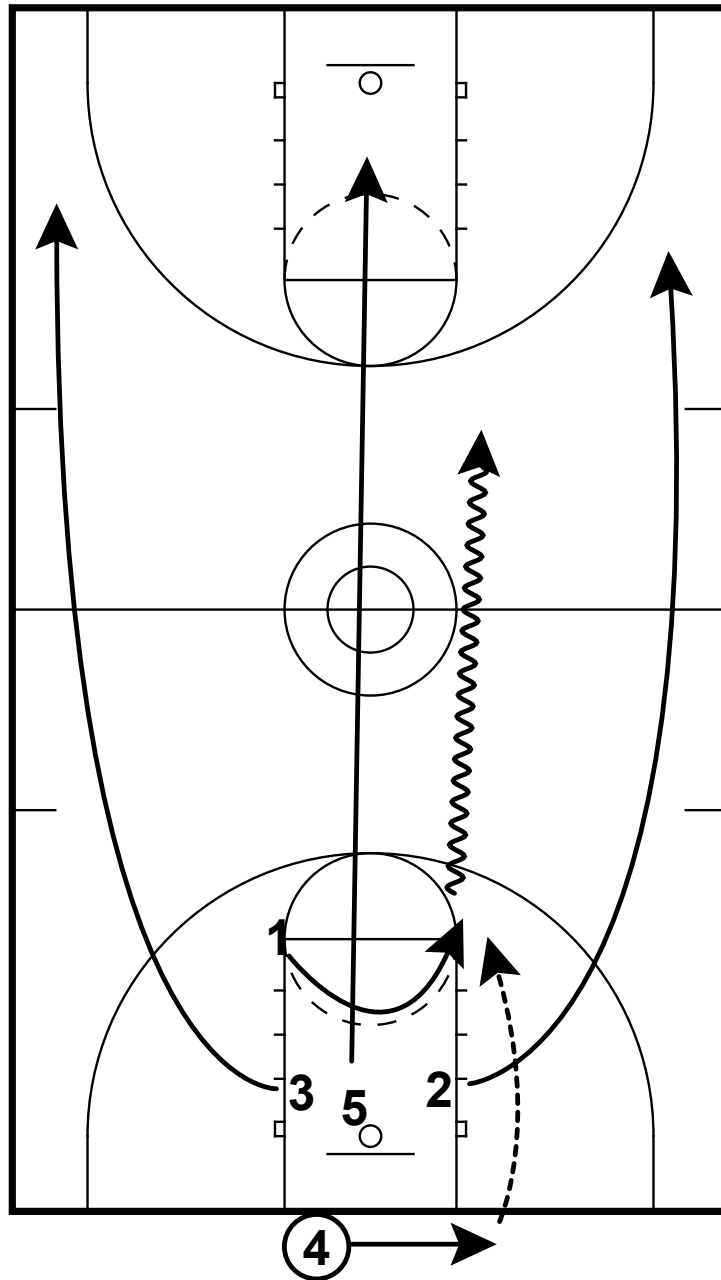


Running Lanes/Positions Concepts



- 1 - "C" Cuts and catches the ball from the "4" going downhill and looks to throw ahead to 5, 2, or 3.
- 2 - Always runs the right wing. Get wide to the sideline quickly
- 3 - Always runs the left wing. Get wide to the sideline quickly
- 4 - Always inbounds the ball on a made basket. Goes to the opposite side of the floor as 1 and stays at least one step behind the ball
- 5 - Rim Runner! Run straight to the rim looking for the ball. If you don't get it, move to the opposite block from where the ball is.