
Breakthrough Basketball Plays

33 of Our Favorite Basketball Plays that Will Help You Develop a Winning Basketball Team!

By Jeff & Joe Haefner

<http://www.BreakthroughBasketball.com>

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Basketball Plays: The Art of Running Set Plays and Scoring More Points

It seems that almost everyone loves to draw up set plays and come up with new ways to get easy buckets for their team.

It's not surprising because there's nothing more exciting than drawing up a special play to get a basket when you really need it!

Imagine for a moment...

Your team is down by one.

There's 8 seconds left in the game.

You draw up a special play during time a out.

Your players execute to perfection...

And your team makes a wide open lay up right as the buzzer goes off and they win the game!!!

Does it get any better than that?

I think this is why so many people are intrigued by the set play and they're always trying to find new ones. It's a lot of fun!

But before we get too far, let's define a set play so we're all on the same page...

What is a set play?

A set play is a strategically planned and choreographed sequence of movements to get open shots and score points. Generally speaking the sequence is run through just one time.

Set plays are quick hitters to score points at a certain point during the game. They should not be your entire offensive system.

When should you use set plays?

A set play typically adds a twist to an offense. It gives you the opportunity to show the defense something different to keep them off balance. Plays can run into your motion offense, or you could choose to run a play after running your offense for a certain amount of time.

Set plays are most commonly run out of the following special situations:

- after time outs
- at the beginning of games (right after the tip off)
- at end of games
- when you really need a basket
- when your offense is stagnant
- after your secondary break

How do you choose the right set plays for your team?

Not everything in this eBook will be applicable to your situation, but I'm confident you'll find at least a couple plays that will work great for your team. And don't be afraid to experiment, create your own variation of these plays, or make up your own.

To choose the right set plays, you need to consider the following:

- Your offensive set. It's best to choose set plays that have the same formation as your offensive set. So for example, if you run your primary offense from a box set, it's best to choose plays that have a similar box formation. This way the defense doesn't get a cue to what's coming.
- Your personnel. This is important. If you have a phenomenal post player that is great at scoring inside, then you'll want to choose lots of plays that will get them open inside. If your post game is poor but you have great shooters and ball handlers, then choose plays that spread things out and keep the defense off balance. You'll need to carefully consider your players strengths and weaknesses when choosing your set plays.
- Your coaching preferences and philosophy. Not much needs to be said about this because it happens naturally. But this is a consideration. Are you a conservative coach that likes to slow things down and execute in the half court? Do you want to run and gun? Do you want to shoot lots of three pointers? All this will reflect the plays that you choose.
- Will you run the same plays and set offense every year? Or will you find new ones each year? This could obviously eliminate the plays you ran last year.
- What are your plays designed to do? Most coaches have a dozen or so plays in their back pocket to deal with various situations. So the first thing you should do is make a list of the various situations you want to be prepared for. To give you an idea, you might want a couple plays to get post players open, a couple plays when you need a basket during the game, a couple plays for end of game situations, and a couple plays for the end of periods. But keep in mind, it's better to just have a few good plays, that your players become really good at, rather than overloading your team with too many options.

How to Score More Points: 16 Tips for Running Effective Set Plays

Tip #1 - Stress execution

The reason that set plays work so well is that you have the opportunity to practice them ahead of time. However, if you don't stress execution and make sure your players are doing things correctly, then your plays will be lack luster.

You'll need to make sure that your players are setting solid screens, rubbing off screens shoulder to shoulder, setting up their man before the screen, cutting quickly to the basket, and so on.

Tip #2 - Stress concentration

Again, the reason set plays can be effective is because they can be practiced and executed to near perfection. This means your players really need to concentrate to run it correctly. The concentration starts in your practices and continues into games.

Tip #3 - Make sure players know their roles

If the key to a certain play is to have a screener that jab steps to set up their man and set a solid back screen, make sure they know their job. It takes five players all working together to make the play successful.

As always, communicating with your players and letting them know their roles makes you more successful. This gets your players to take ownership, feel more involved, and improve the execution of your plays.

Tip #4 - Timing

Timing is critical in order to run plays effectively. It can also be one of the trickiest things for coaches and players to master.

If your screener leaves too early, then your shooter will be open before the ball gets to them. And by the time the ball arrives, the defense has already recovered and the open shot is gone!

You'll need to constantly monitor and be aware of your timing.

Tip #5 - Practice

The recurring theme to all these tips revolves around practice. Practice is where points are scored. You should continually practice and refine your plays so your players know their roles, fundamentals, and everything so they can run the play in their sleep. Repetition, repetition, repetition!

Tip #6 - Run your plays for the right people

Great coaches get the ball in the hands of the players at the right time so they can succeed. At the end of the game, you might want to get the ball in the hands of your best player. Or perhaps you'll want to position your players on their favorite side of the floor. Bottom line, your plays have to fit your players.

Tip #7 - Maintain good spacing

Plenty of spacing between your players is important because it keeps the defense honest and spread out -- so your offense has more room to cut and drive to the basket.

It's much easier to play good defense against a team that has their players bunched together because there's less ground to cover.

That's why almost all the successful coaches stress good spacing. Not only does it give you more scoring opportunities, but it prevents defenses from easily trapping your team.

Tip #8 - Design your plays to flow into the offense

In a perfect world, all your plays finish in the same formation of your primary offense. This allows you to immediately flow into your offense without hesitating. This means the defense doesn't have a chance to recover and can also reduce your team's turnovers (because they won't have to scramble to reset the offense).

Tip #9 - Put your players in good position to get the rebound

Coaches often overlook offensive rebounding when designing plays and this could increase your scoring significantly. Can you get a second or third shot if a miss occurs? Where are your best rebounders located when the shot is taken?

Make sure to position your players appropriately to set them up for success. If a particular play does not provide you with good rebounding position, you might want to re-evaluate the play.

Tip #10 - Teach players to react to the defense

Even though you want your players to know all the plays, you never want them to become mechanical within the plays. When defenses overplay a pass, the player should recognize this and execute a back-door cut.

Teaching your players how to read the defense and react does take time, but it's time well spent! This pays off late in the season and in the playoffs. Almost all good teams will play this style in the playoffs and into championship games because no coach in his right mind is going to let you get into your set plays.

Why not teach from day one how to make proper cuts and screens based on how the defense is playing? That will make your plays even more difficult to defend.

Tip #11 - Teach the fundamentals

No matter what type of offense or plays you use, you must teach your players the fundamentals.

To get the most from your team, you should teach and emphasize the basics of passing, cutting, screening, setting up the defender, reading the defense, and so on.

This is before you even begin running your plays. They need to know how to dribble and shoot. They need to understand how to do a pivot. They need to understand when to do a back-door cut versus a v-cut. They need to understand when to slip a screen on a screen and roll.

It doesn't matter what level of play you are at, you cannot get away from the basics.

Tip #12 - Have big players screen for smaller guards

If the defense chooses to switch on screens, then this creates mismatches and problems for the defense. You can clear out the lane for your post player or you could clear a wing so your guard can take the bigger, slower post player to the basket. Make sure to try this during scrimmages and practices to make sure your players recognize the switches and mismatches.

Tip #13 - Make sure the help side defense is occupied

Whether you're using one of our plays or designing your own, be sure that the help side of the defense is occupied. What's happening away from the ball? Are your players standing or moving to keep their defenders out of the play?

Some players don't take their part seriously because the ball is away from them. But they need to know their role is just as important, even though they are simply a decoy to keep the defense occupied. As a coach, be sure to keep an eye this.

Tip #14 - Make sure you get the type of shot you want

Your plays should always have a purpose and don't let yourself or your players lose sight. Do you want a lay up out of the inbounds? Do you want to get to the free throw line? Do you want a quick post up?

Sometimes it's really easy for players to force things because they anticipate a certain shot will be open. So be sure your players understand the type of shot you want.

Tip #15 - Run plays from the same initial set

You should use plays that run off your initial offensive sets. For example, if you run a 1-2-2 set, you should use this same set with your plays. It provides simplicity for the players and the defense gets confused more easily.

If the defense knows that you run a certain play out of a certain set, they'll know what to look for. If your plays occur in the same set, they won't know what play comes next.

Tip #16 - Have visual and verbal cues to let your team know which play to run

It's best to have both verbal and visual cues for your players so you can make sure your players get the message. There's nothing worse than having four players run the play to perfection and one guy has no idea what's happening.

Sometimes the crowd is noisy and your players can't hear you. And other times your players have their back to you. So have both types of cues ready for any situation.

Man to Man Plays

1-4 High Screener

(Level – Beginners and up)

Summary

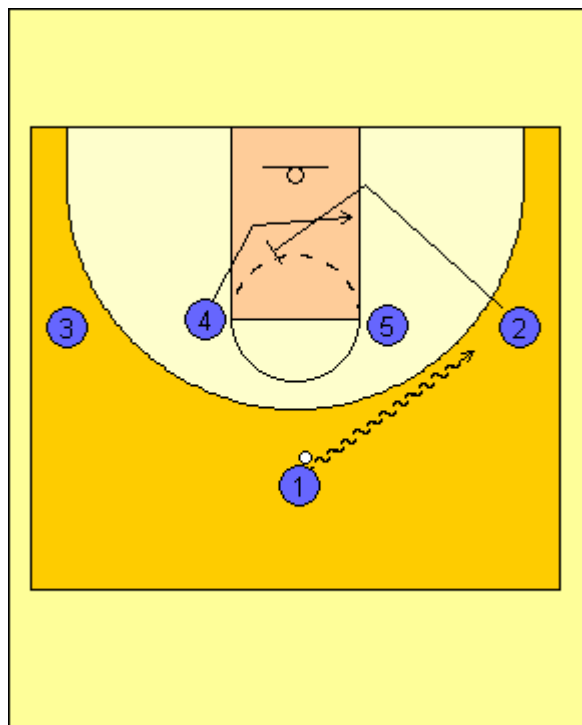
This is a simple youth play that involves a couple screens that will open up a shot close to the basket. If that's not open, your best shooter will get an opportunity to knock down a shot.

Personnel

Player 2 should be a good shooter. Player 1 should be a good ball handler and an outside threat. Player 4 should be able to finish near the hoop.

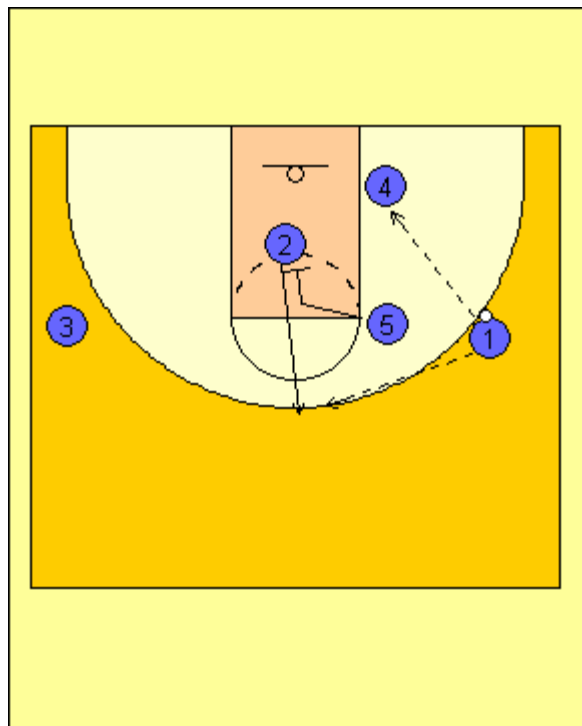
Instructions:

1. Player 1 dribbles to the right wing.
2. As soon as Player 1 starts dribbling towards the wing, Player 2 cuts through the lane and sets a back screen for Player 4. Player 4 jabs away from the screen to set their man up for the screen then goes straight to the ball side block.

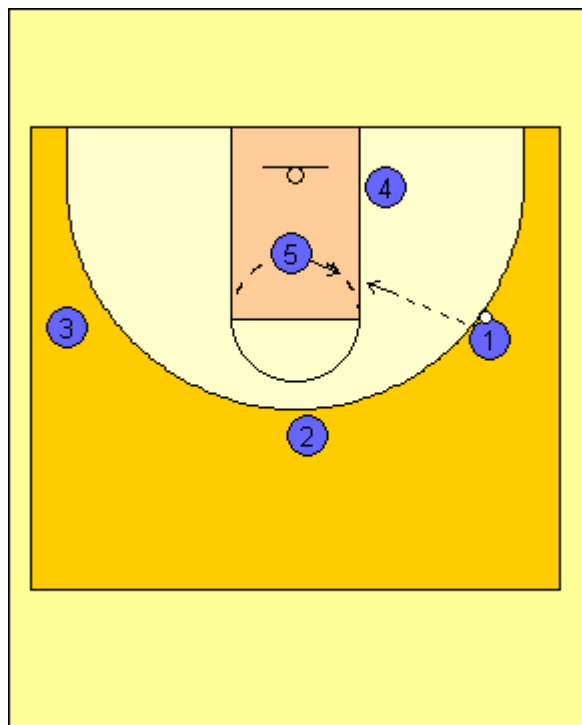


3. Player 1's first option is to pass the ball to Player 4 on the block.
4. After 4 runs to the block, Player 5 goes into the lane and set a screen for Player 2. Player 2 goes to the top of the key. Player 1's other option is to pass the ball to Player 2 after they come off the screen.

For youth players, Player 2 does not need to go much past the free throw line. Player 5 also should set the screen a little closer to the hoop.



5. If neither one of those options is open, Player 1 can shoot, dribble drive, or pass the ball to Player 5 who should flash to the ball after Player 2 clears the screen.



Cutters

(Level – Beginners and up)

Summary

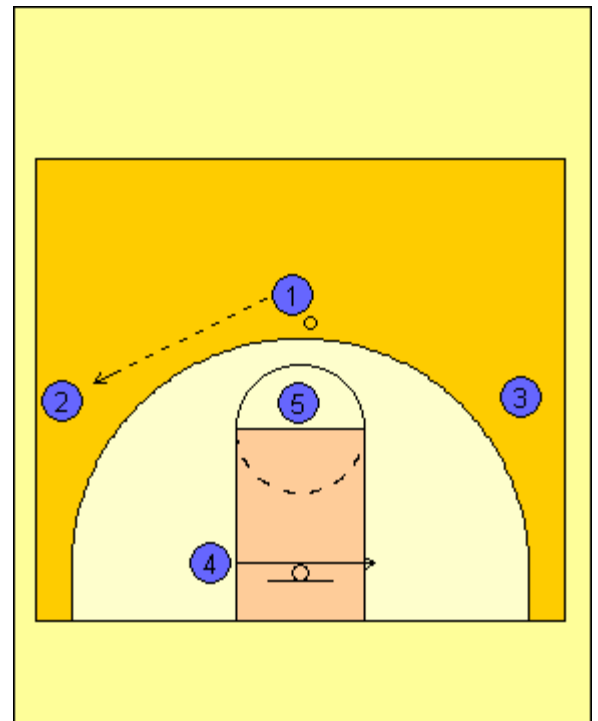
This play is great to use for youth and advanced coaches because it is very simple to teach, yet effective. You can also use this as a simple, continuity offense that you will run over and over. The offense starts in a basic 1-3-1 set. It will also provide dribble-drive opportunities.

Personnel

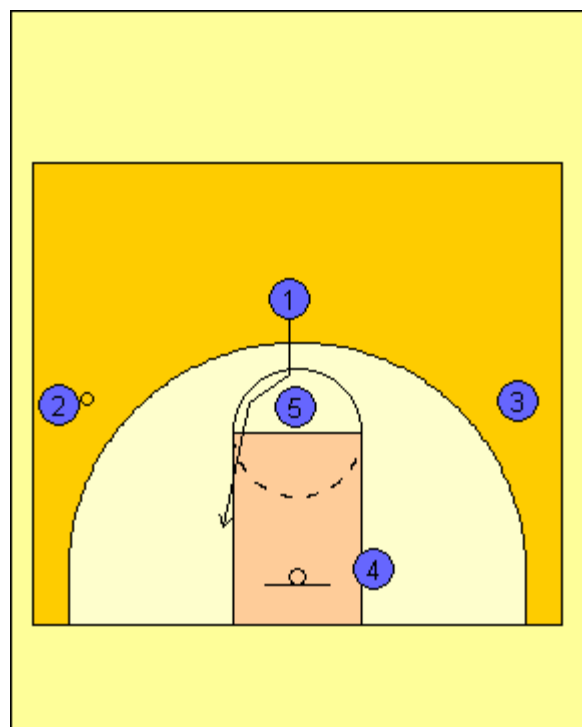
You want Players 4 & 5 to be your post players. You want players 1, 2, & 3 to have good ball handling skills.

Instructions:

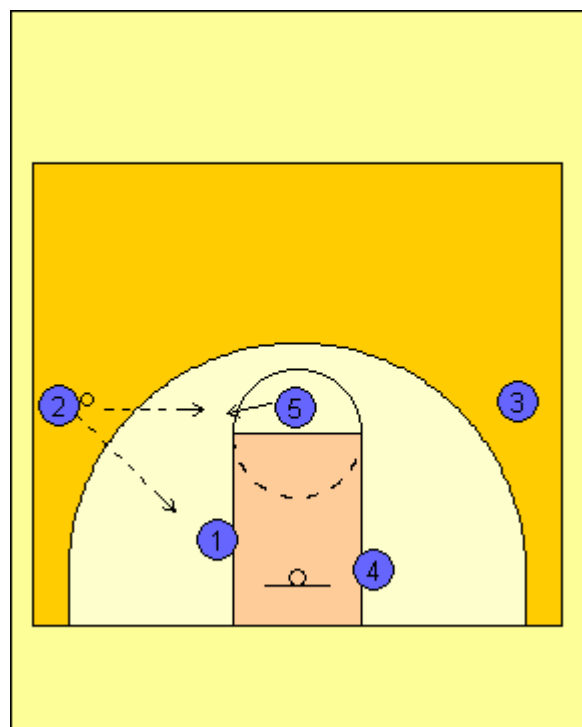
1. Player 1 can pass to either wing, Player 2 or 3. If the player is on the block on the ball side, they will cut to the opposite block to clear out the ball side. In this case, Player 4 goes to the opposite block to open up a basket cut for Player 1. It will also create an opportunity for Player 2 to dribble drive, if he/she sees an advantage.



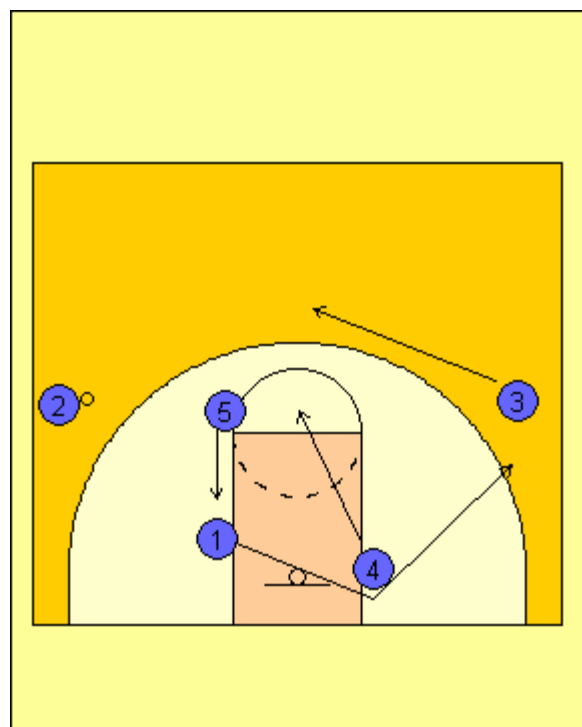
2. Player 1 fakes towards the opposite wing, then brushes their man off Player 5 as they cut to the basket.



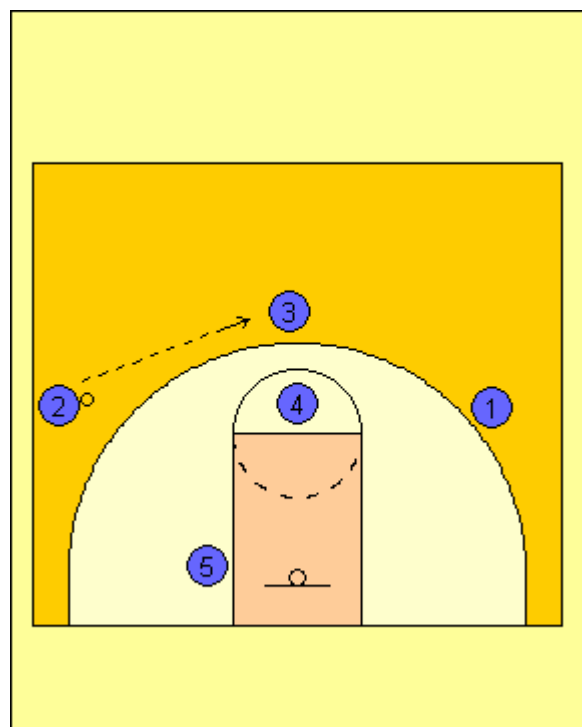
3. When Player 1 reaches the block area, Player 5 flashes to the high post. Player 2 can pass to either Player 1 or Player 5. If Player 5 gets the ball in the high post, they can also dump the ball down to Player 1. If Player 1 can get the defensive player on their outside hip, they can get an easy score.



4. If Player 1 is not open, he/she cuts to the opposite wing, and Player 5 replaces them on the low block. Player 3 cuts to the top of the key. Player 4 cuts to the free throw line.



5. If Player 5 & Player 4 are not open, Player 2 returns the ball to the top of the key. They are back in the original set, and Player 3 can start the offense again by passing to either Player 2 or Player 1. If the ball is passed back to Player 2, Player 5 will have to cut to the opposite block again. If the ball is passed to Player 1, Player 5 stays on the left block.



Three

(Level – Beginner/Intermediate and up)

Summary

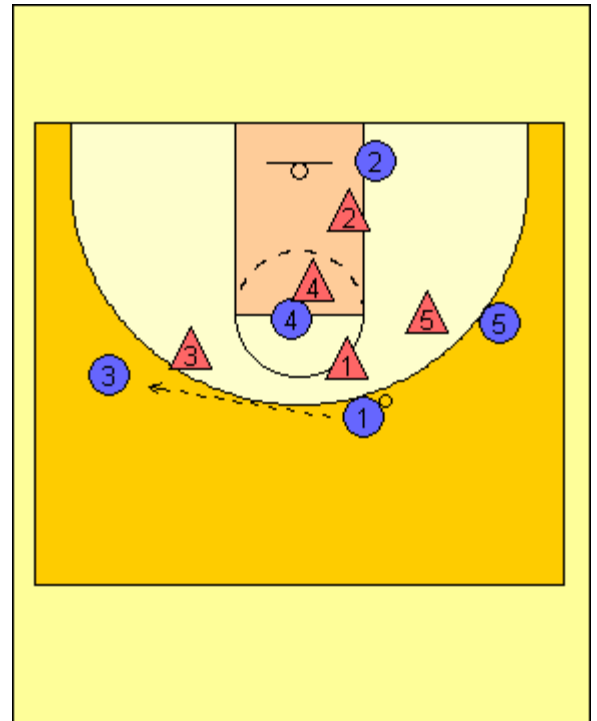
This play is a great decoy to set up for an outside shot in the corner. There are also options to pick-n-roll, post up, and dribble drive.

Personnel

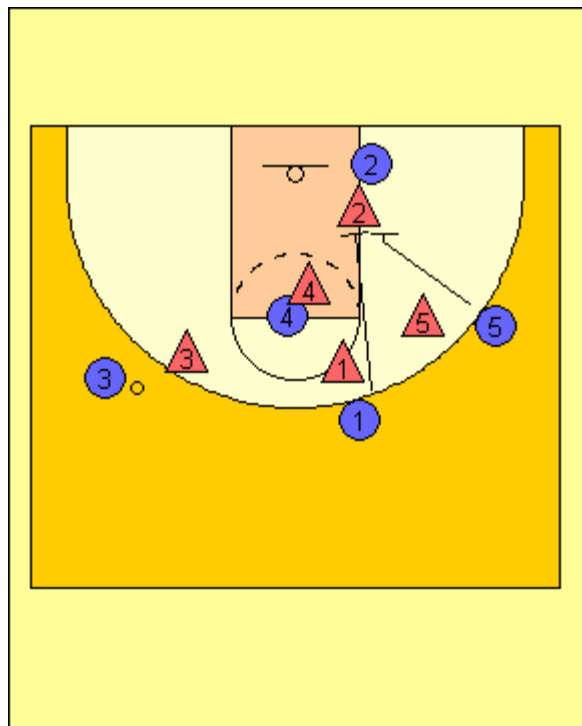
Player 1 & 2 should be able to hit an outside shot. Player 3 should be able to dribble drive. Player 5 should be a strong post player. Player 4 should have the ability to roll after setting a screen.

Instructions:

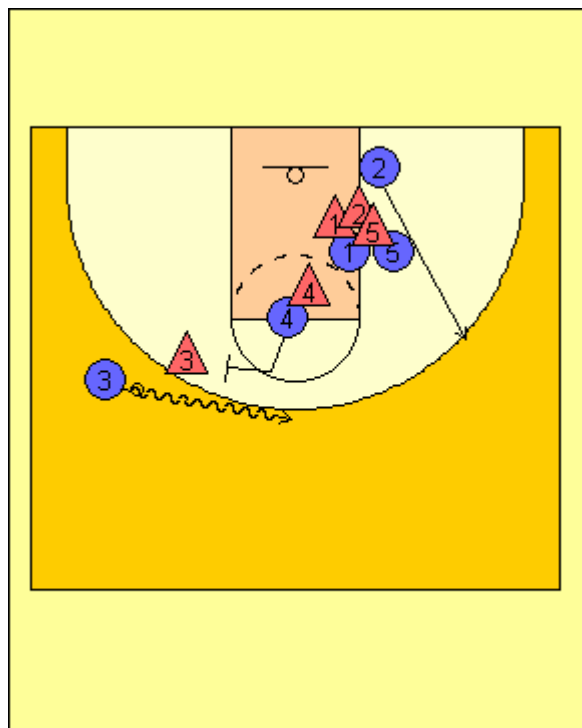
1. Player 1 passes to Player 3.



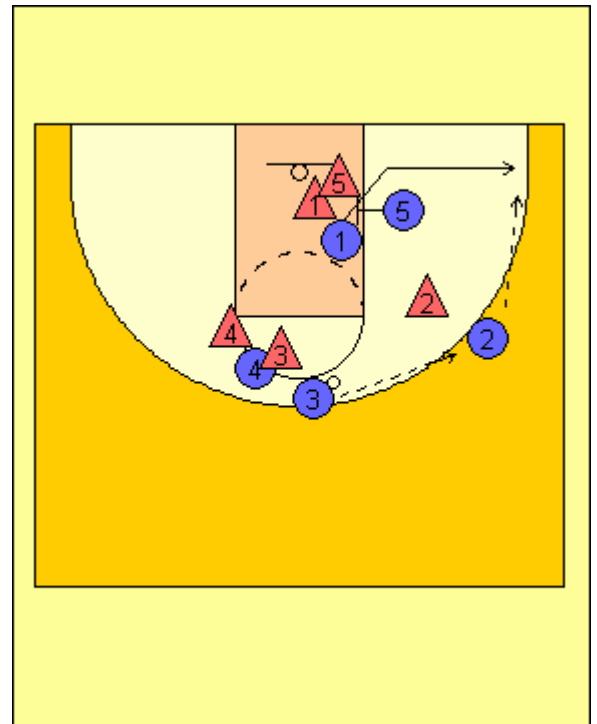
2. Player 5 & Player 1 set a double screen for Player 2.



3. When Player 3 receives the ball, Player 4 comes out and sets a ball screen for Player 3 at the top of the key. Player 3 dribbles around the screen.



4. Player 3 passes to Player 2 who is coming off the double screen to the right wing.
5. When the pass is thrown to Player 2, Player 5 turns and sets a screen on Player 1's defender.
6. Player 2 shoots or passes to Player 1 who runs off the screen to the corner for a shot.



3-2 Shuffle

(Level – Intermediate and up)

Summary

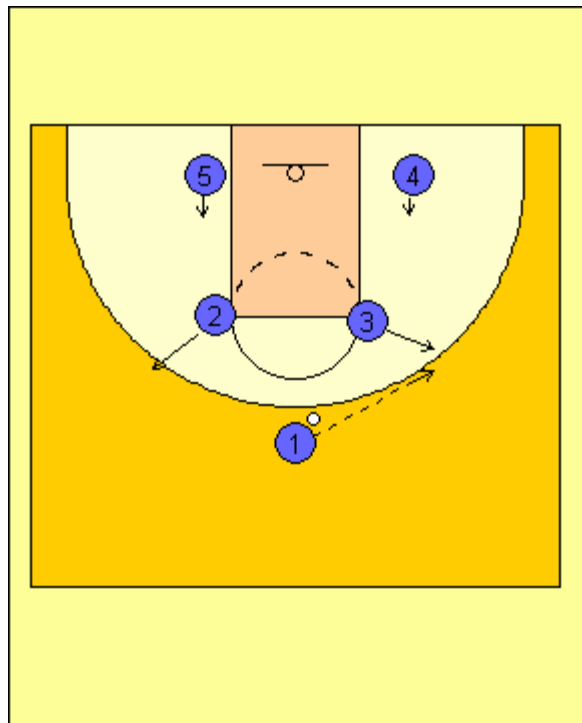
This play gives you opportunities to score inside, shoot an outside shot, or use it as a continuous offense. You can pass the ball to the left or the right to start the play.

Personnel

Players 2 & 3 should be good shooters and Players 4 & 5 should be your strongest post players.

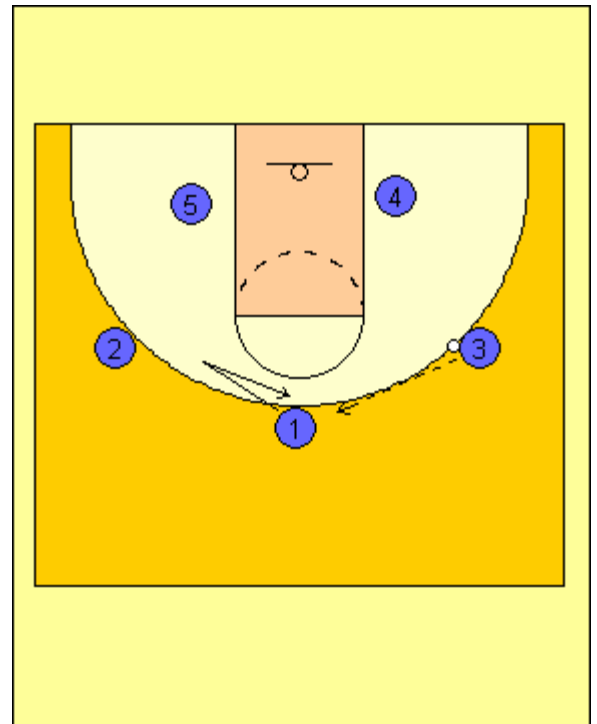
Instructions:

1. Players 2 & 3 pop out to the wings. Player 1 passes to Player 3.

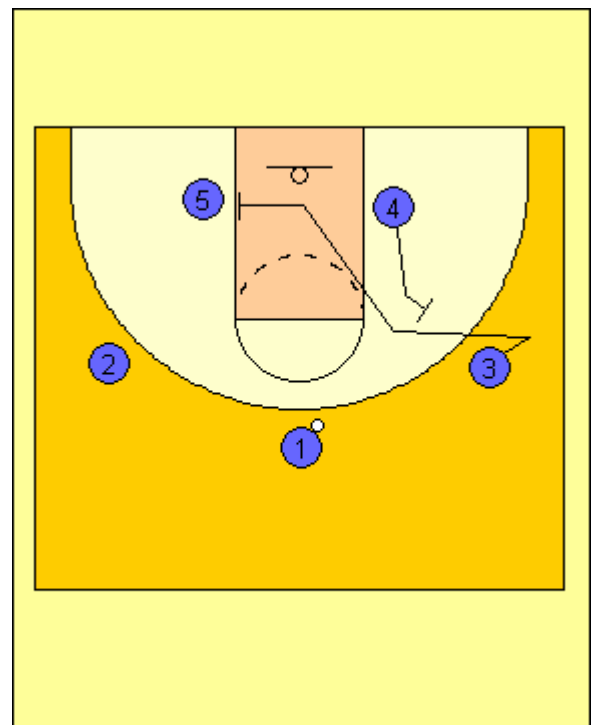


2. Player 1 fakes to screen Player 2, then cuts back to the top of the key.
3. Player 3 looks to pass to Player 4 in the post. If Player 4 is not open, Player 3 passes the ball to Player 1.

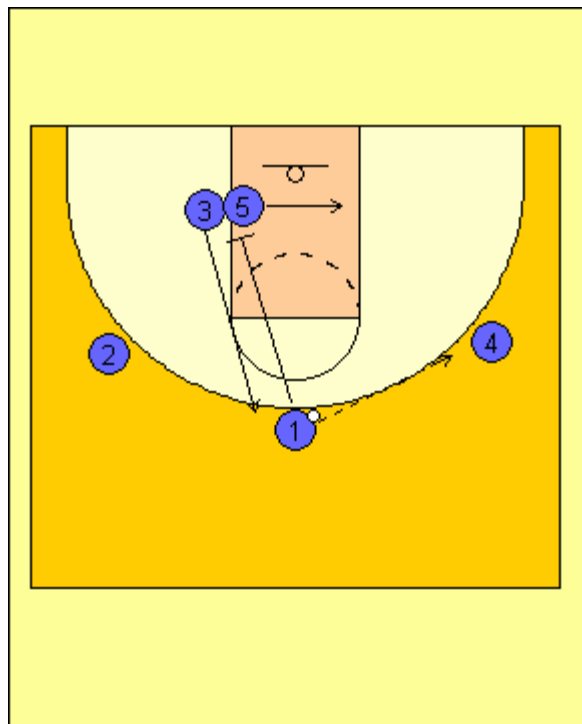
If Player 1 is not open on the cut back to the ball, they can go set a screen for Player 2.



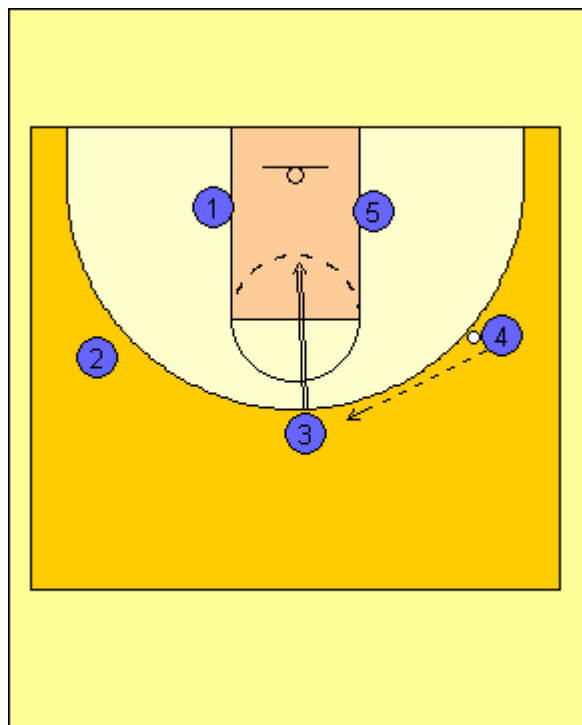
4. Player 4 sets a back screen for Player 3. Player 3 will take a step towards the sideline to set their man up for the back screen. Player 3 will try to cut over the top of the screen and looks for the pass from Player 1.
5. If Player 3 is not open cutting through the lane, they set a screen for Player 5.



6. After Player 4 sets the back screen for Player 3, he/she opens up to the ball. Player 1 passes to Player 4. Player 4 will look for Player 5 coming across the lane. Player 1 sets a down screen for Player 3 who will look for a shot at the top of the key.



7. If Player 3 does not shoot, the offense is in its original set to run the play again. The play can go to either side.



Box

(Level – Intermediate and up)

Summary

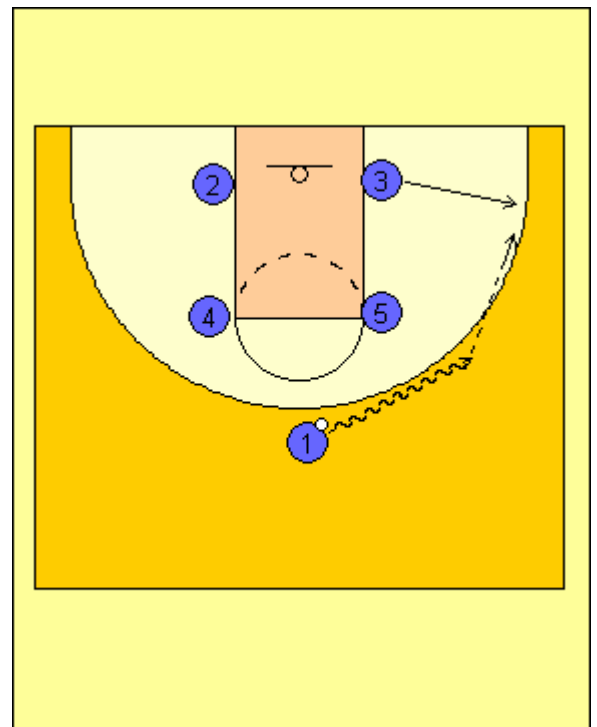
This play is great because you have multiple options: an easy inside score, dribble penetration off a screen, mid-range shot, or a 3-point shot.

Personnel

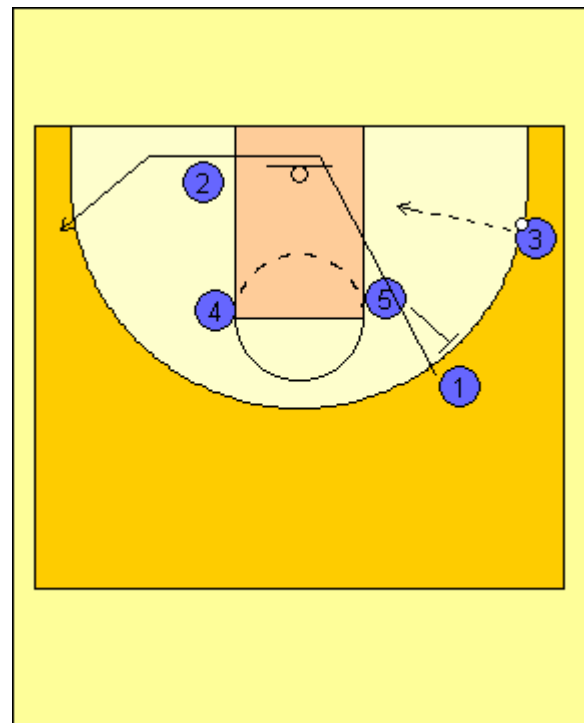
Player 3 should be a slasher that can go all the way to the hoop or pull up for a jump shot. Player 5 should be a post player. Player 2 should be one of your good shooters.

Instructions:

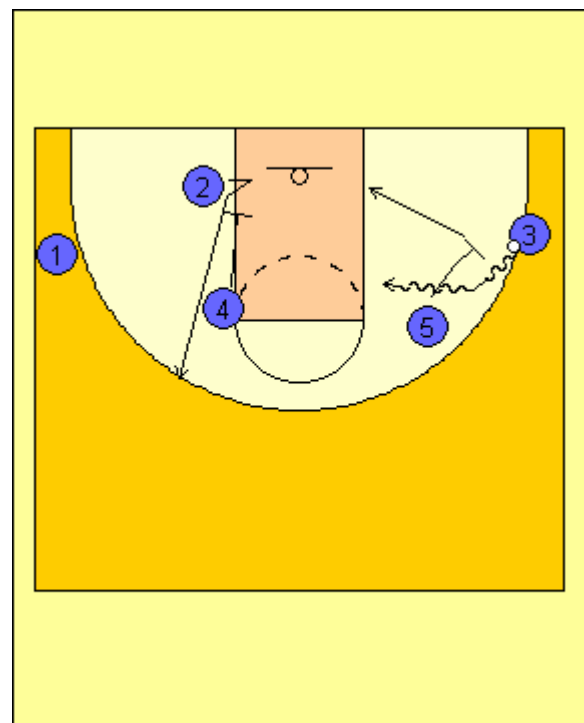
1. Player 1 dribbles to the wing.
2. When Player 1 reaches the wing area, Player 3 goes to the corner. Player 1 passes the ball to Player 3.



3. After the pass, Player 5 goes to wing to set a backscreen for Player 1. On the backscreen, it's very important that Player 5 gives the defensive player one step. Otherwise, it is an illegal screen.
4. Player 3 looks to pass to Player 1 if it is open. If it is not there, Player 1 clears out to the opposite wing.



5. After Player 1 reaches the low post area, Player 5 will go set a screen for Player 3. Player 3 looks to dribble drive or pull up for short jump shot. After Player 5 sets the screen, they look to roll to the basket.
6. As Player 5 is going to set the screen, Player 4 sets a down screen for Player 2. Player 2 takes a step into the lane before the screen arrives to set up their defender for the screen.
7. If Player 3 does not have an open shot or a pass to Player 5 rolling to the basket, he/she should look for Player 2 for an open outside shot.



Xavier

(Level – Intermediate and up)

Summary

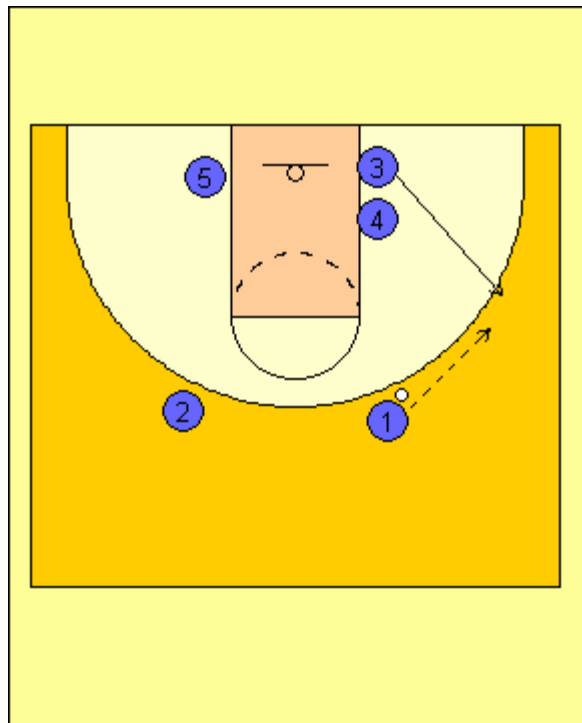
This play gives you three great looks into the post for easy scoring opportunities.

Personnel

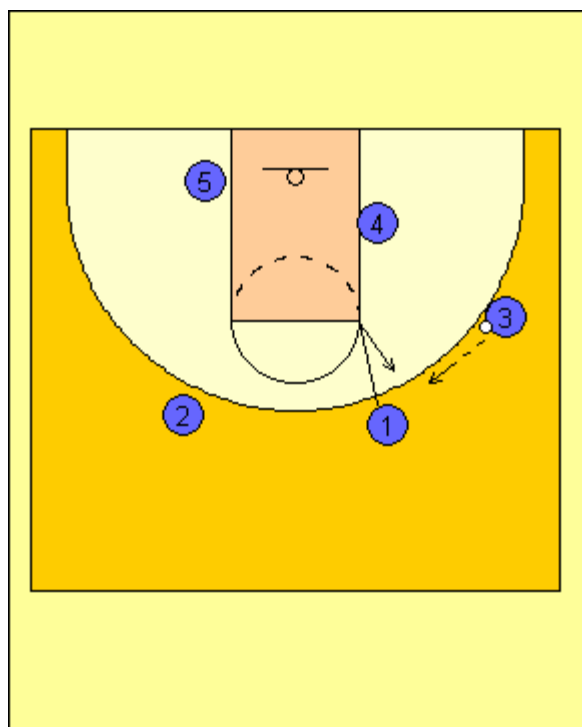
Player 1 should be your good ball handler. Player 2 should be an outside shooter. Player 3 should be a slasher and able to score close to the hoop. Player 5 should be a good post scorer.

Instructions:

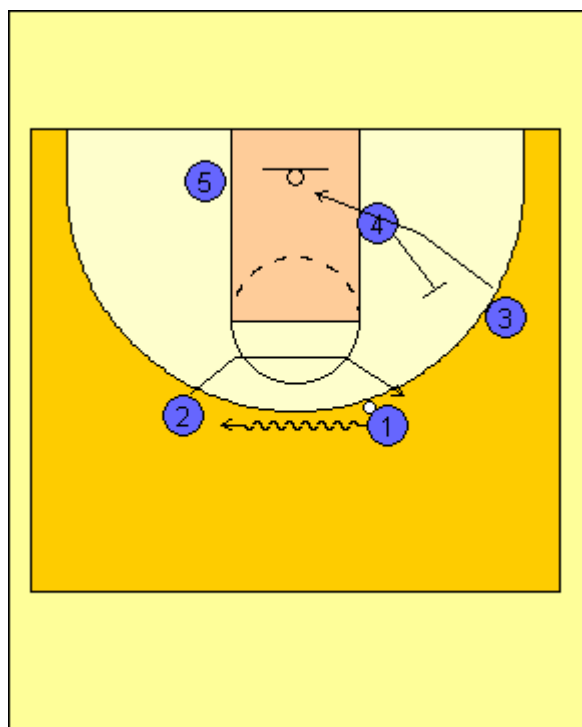
1. Player 3 stacks under Player 4. Player 3 pops out to the wing to receive a pass from Player 1.



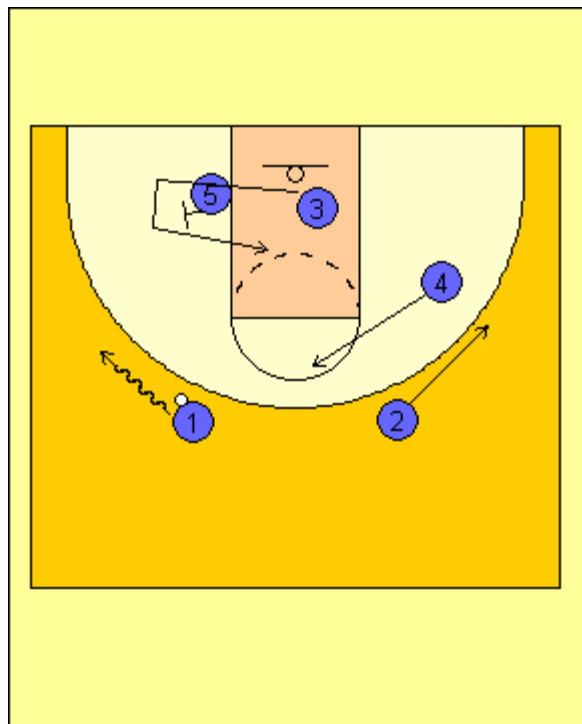
2. Player 1 makes a v-cut and receives the pass back from Player 1.



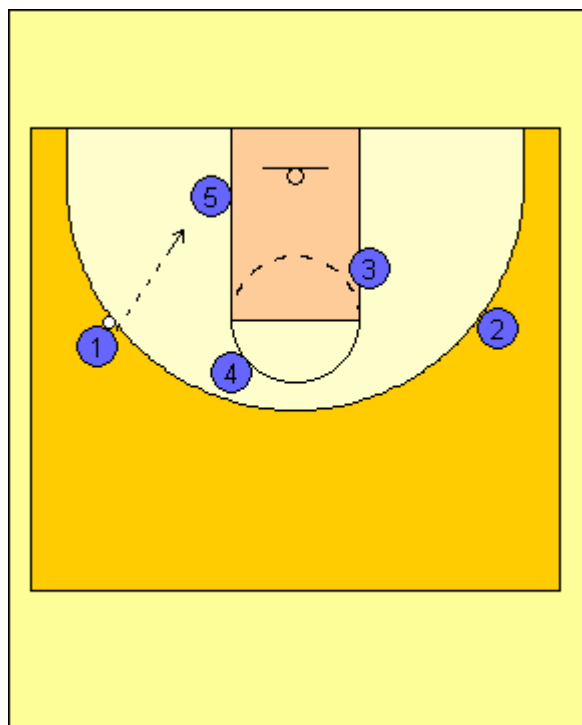
3. Player 1 dribbles the ball to the left wing, and Player 2 does a flare cut to replace where Player 1 was. As this is happening, Player 4 sets a back screen for Player 3.



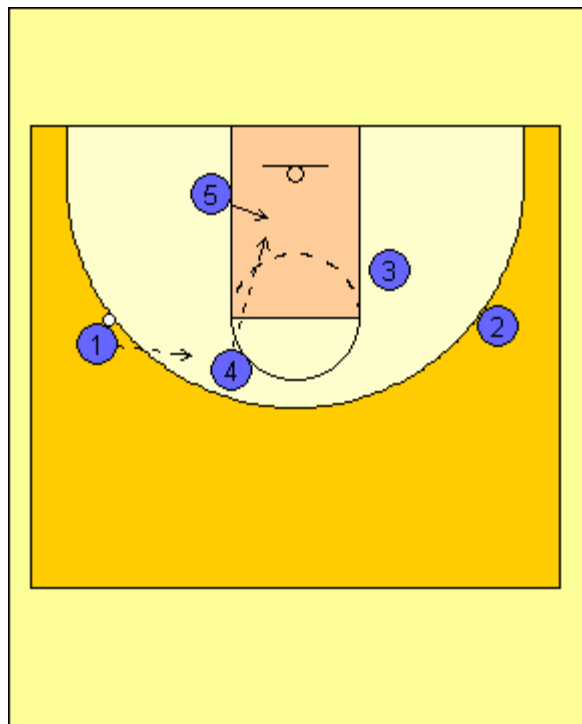
- Player 3 curls over the top of a screen set by Player 5. If the pass to Player 3 is not open, Player 1 dribbles down the left wing. Player 4 flashes high and Player 2 drops down on the wing.



- Player 1 can pass the ball to Player 5 who should be isolated on the block.



6. Player 1 can also pass to Player 4.
7. Player 4 can look to attack or hit Player 5 with a pass, who should be cutting into the lane.



UNI

(Level – Intermediate/Advanced and up)

Summary

I picked up this play watching University of Northern Iowa when current Iowa State coach Greg McDermott used to coach there. This is by far one of my favorite plays out of a box set. It involves two ball screens, a back screen, and a screen the screener that opens up a 3-point shot.

Personnel

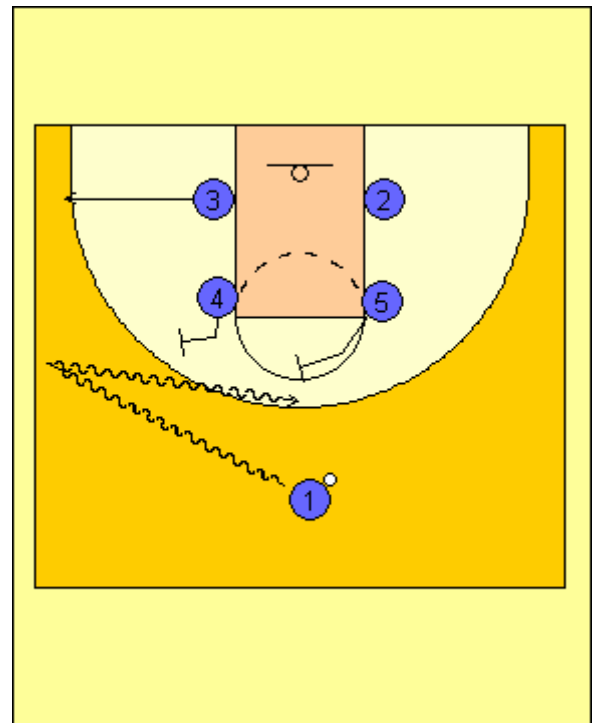
Player 1 should be an excellent ball handler with the ability to drive. Player 2 should be a good shooter. Player 3 should also be a good shooter. Players 4 & 5 should be your post players.

Instructions

1. Player 1 dribbles to the left wing and switches directions with the dribble. As soon as Player 1 comes to the wing, Player 4 should step out to the 3-point line to set the screen and Player 3 will pop out to the wing.

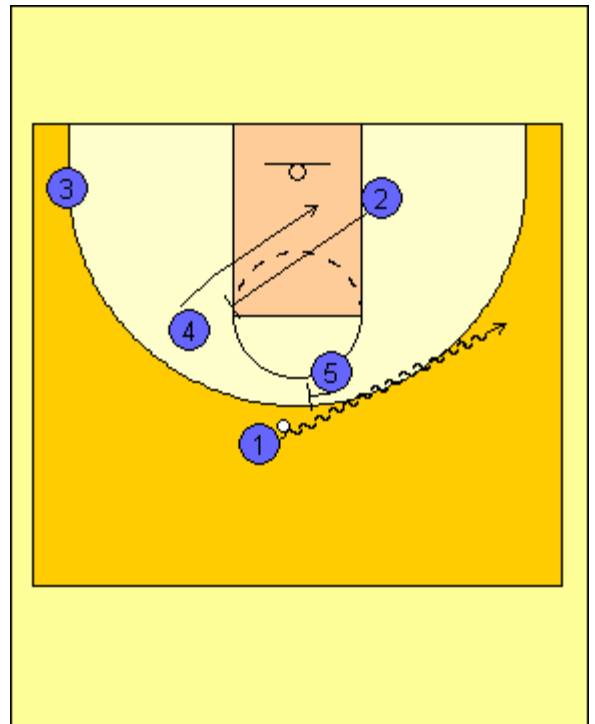
Player 5 will follow almost instantly to set a second screen for Player 1 near the top of the key.

Timing is crucial here. You don't want Player 5 to come out too early or too late. It will take practice to get the timing down.



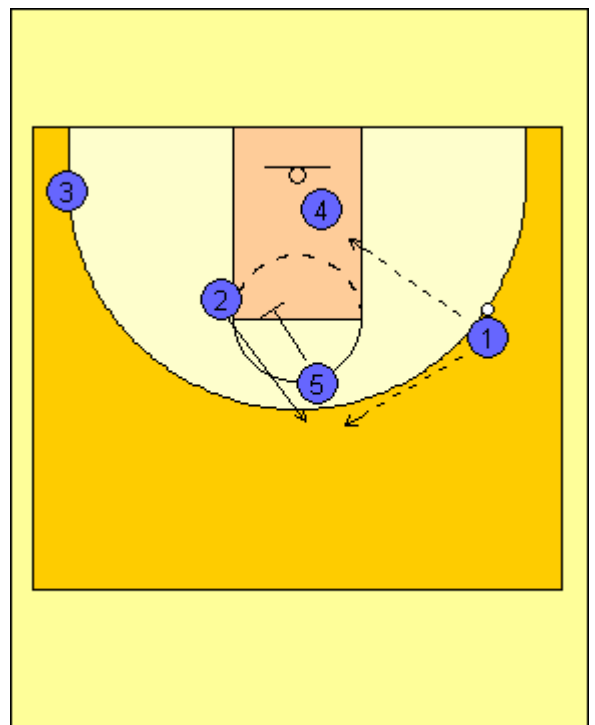
2. As Player 1 dribbles around the second screen set by Player 5, Player 2 sets a back screen for Player 4.

After dribbling around the second screen, Player 1 will have a split second where they can attack the hoop. He/she will want to utilize a hesitation dribble here. If nothing is open, it's very important not force it.



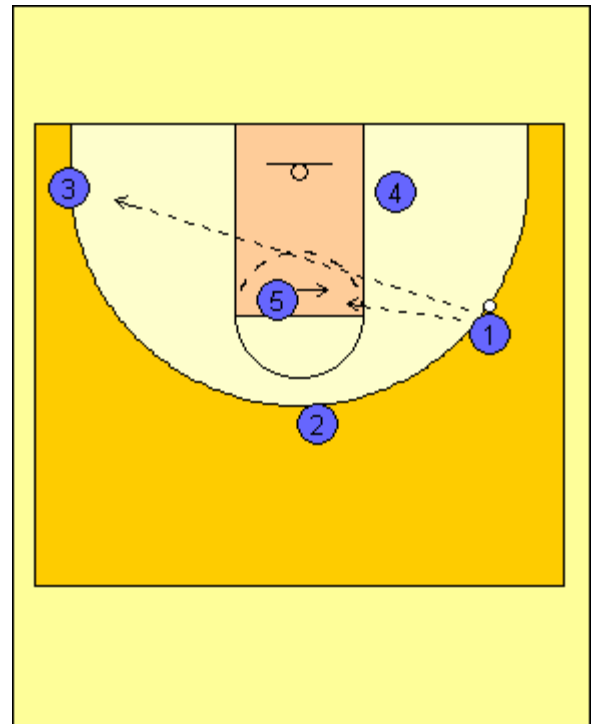
3. As soon as Player 4 clears the screen set by Player 2, Player 5 sets a down screen for Player 2. Player 2 will flash to the top of the key for an open 3-point shot.

If Player 4 is open flashing across the lane, Player 1 will throw the pass. If that's not open, the second option is to pass the ball to Player 2 at the top of the key.



-
- -
 -
 4. If neither one of the first two options are open, Player 5 may be open flashing to the ball after Player 2 has cleared the screen.

If defensive player guarding Player 3 cheats into the lane to help, Player 3 may be open for the skip pass.



Blue

(Level – Advanced and up)

Summary

This play is very effective because it has three different plays off the same initial set that could be used throughout the game to fool the defense.

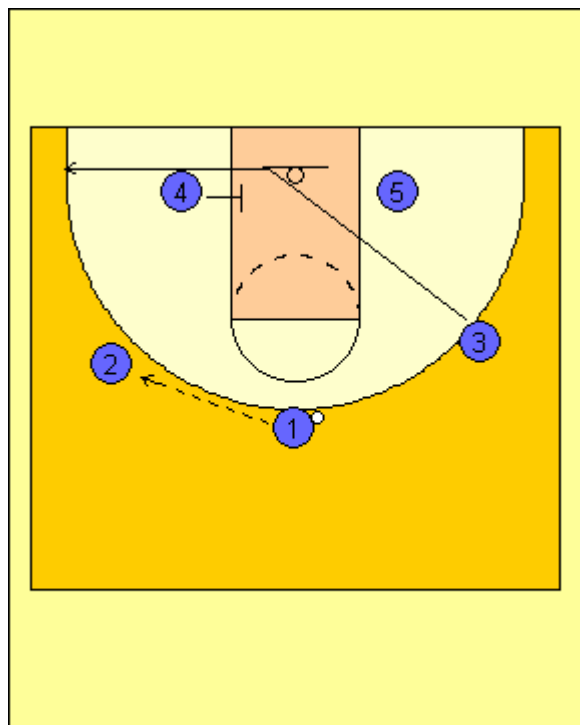
Personnel

Player 1 should be able to catch a lob pass and have the ability to make the outside shot. Player 2 should be a good passer. Player 4 should be a strong post player.

Instructions:

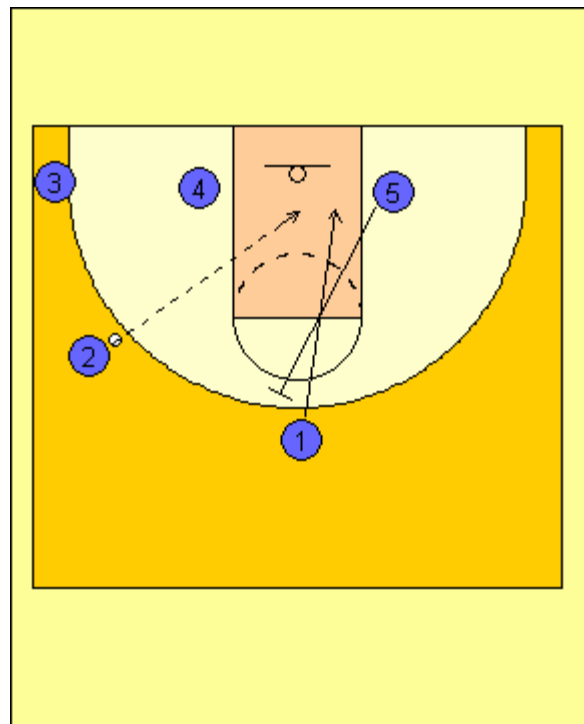
This play starts with this initial step for all three plays off the lob:

1. Player 1 passes the ball to Player 2.
2. When the pass is thrown to Player 2, Player 3 cuts through the lane and runs off a screen set by Player 4 around the block area.
3. After Player 3 clears Player 4's screen, Player 4 turns to the ball and posts up looking for the ball.



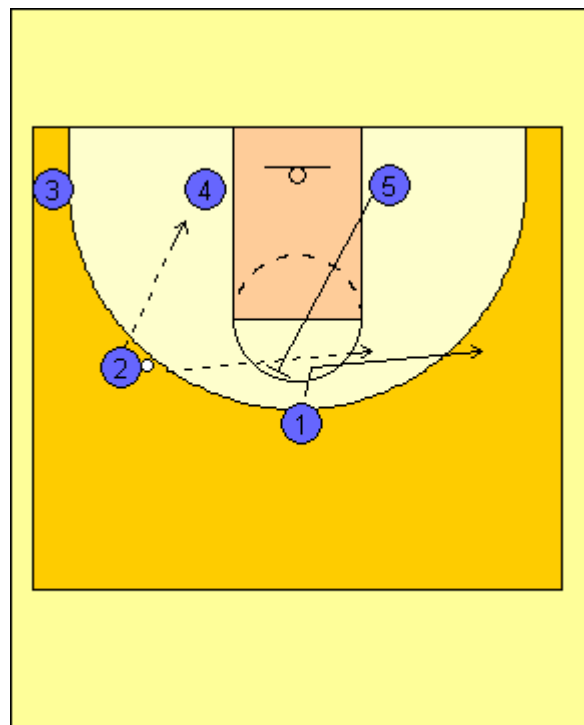
Option A:

4. Player 5 sets a back screen for Player 1. Player 1 must wait for the screen and set his man up by stepping towards the ball. Player 4 must be posting up hard in order to draw the defense's attention away from the back screen. Player 2 will throw the lob pass to Player 1 if it's open.



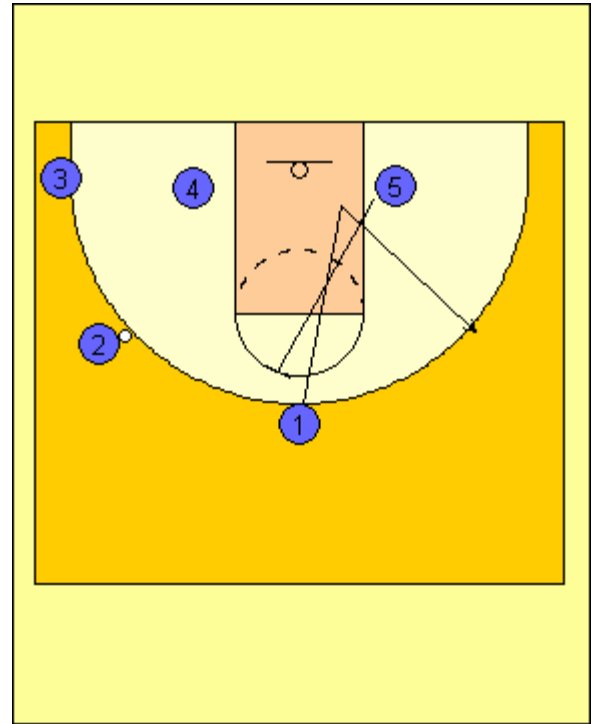
Option B:

5. Instead of going in for the lob, Player 1 does a flare screen to the opposite wing for a 3-point shot.
6. Player 2 can pass it to either Player 4 or Player 1.

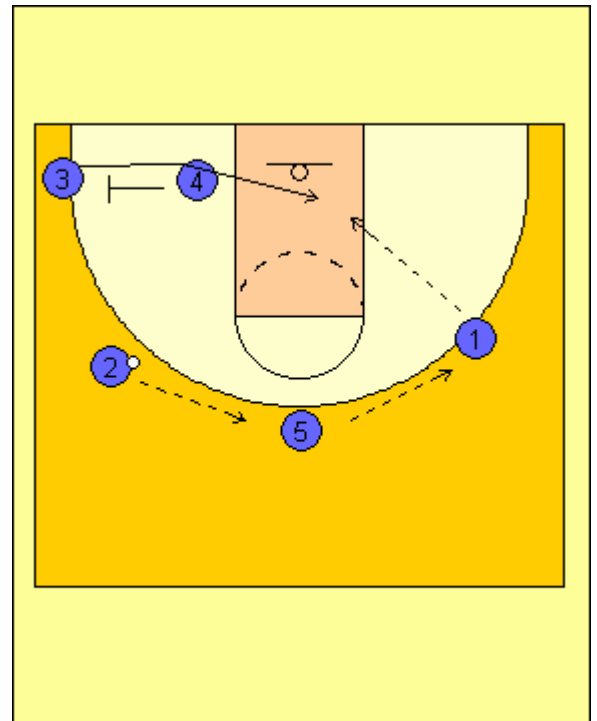


Option C:

7. This time Player 1 goes off the back screen all the way to the block, then v-cuts out back to the opposite wing.



8. Player 2 passes the ball to Player 5. As soon as this happens, Player 4 sets a back screen for Player 3. Player 5 quickly passes the ball to Player 1. And Player 1 looks for Player 3 in the post.



44

(Level – Advanced and up)

Summary

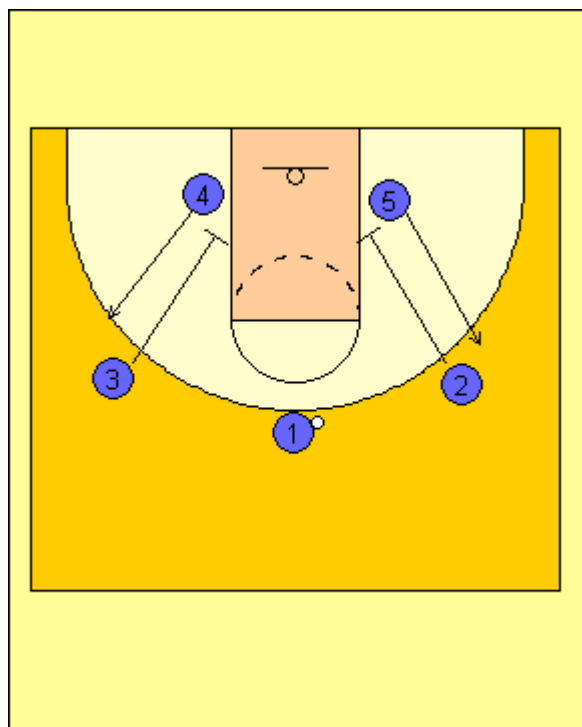
This play works well because it involves lots of movement and it gives you three scoring opportunities close to the basket and multiple options for a mid-range shot

Personnel

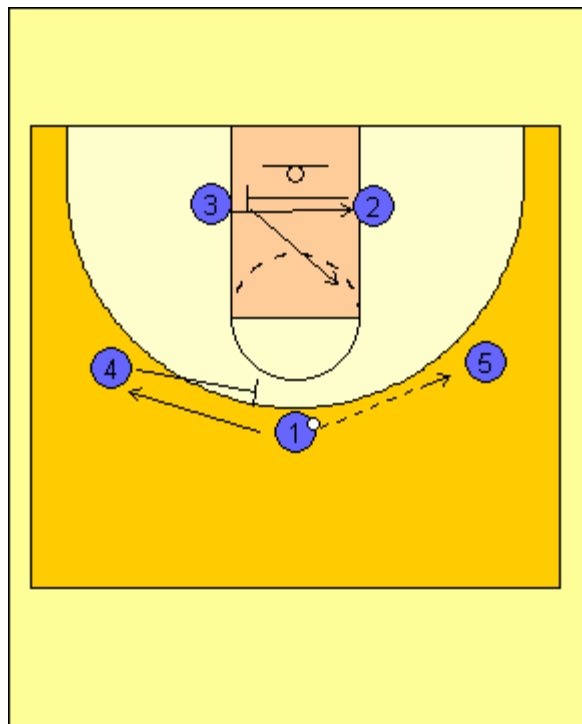
Player 4 should be your best jumper. Player 1 should be your ball-handler. Player 3 should be able to finish around the basket and make the outside shot. Player 5 should be able to finish down low. Player 2 may be a good shooter that you could use as a decoy.

Instructions:

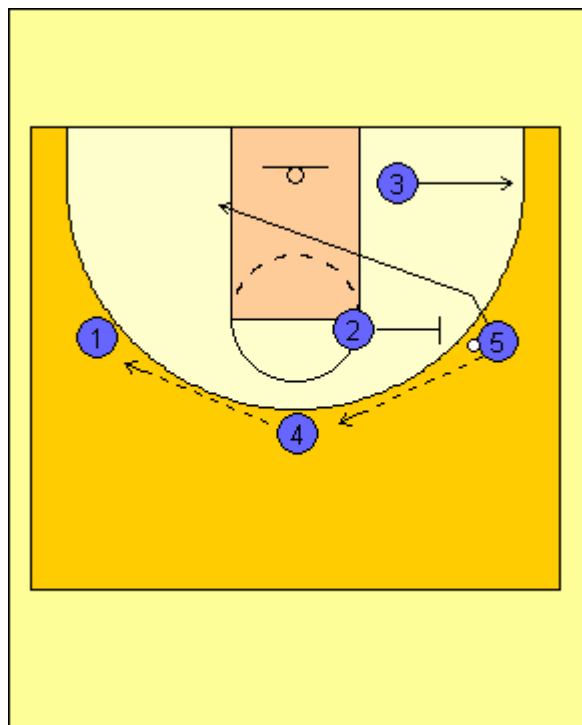
1. Player 2 down screens for Player 5. Player 3 down screens for Player 4. Players 3 & 4 pop out to the wings.



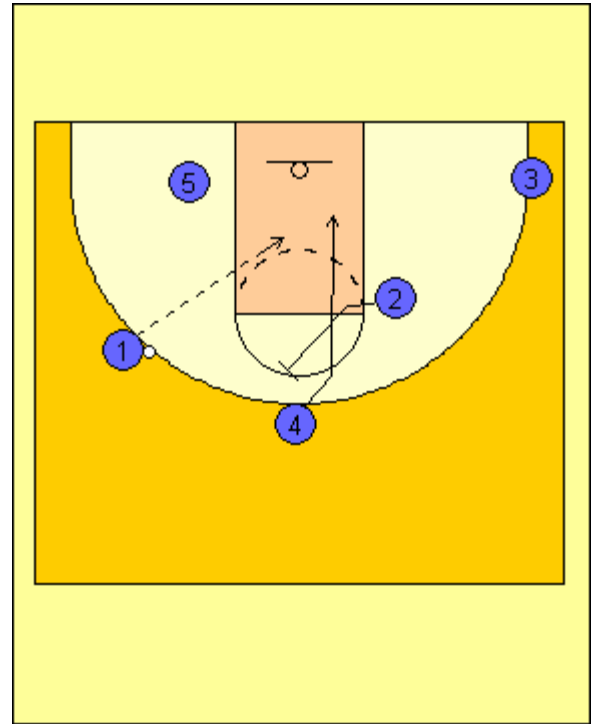
- Player 1 passes to Player 5. When the pass goes to the wing. Player 2 sets a screen across the lane for Player 3 and Player 4 sets a flare screen for Player 1. After Player 2 sets the screen, he/she flashes to the ball side elbow.



- If Player 3 or Player 2 is not open, Player 5 returns the ball to the top of the key to Player 4. Player 3 continues through the lane to the corner.
- After the pass is thrown to Player 4. Player 4 immediately swings the ball to Player 1, and Player 2 goes to the wing to set a back screen for Player 5. Player 5 cuts through the lane looking for the pass.



5. After Player 5 has passed through the screen, Player 2 will step up and set a back screen for Player 4 at the top of the key. Player 1 looks to lob the ball to Player 4. Player 2 should open up to the ball for a shot at the top of the key after they set the screen.



Zone Plays

Flat

(Level – Beginner and up)

Summary

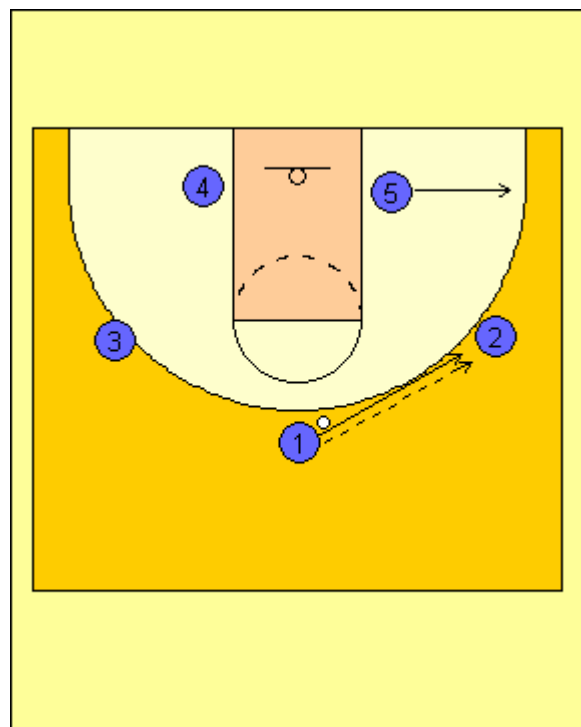
This play is a simple, quick-hitter for a three point shot against the 2-3 zone.

Personnel

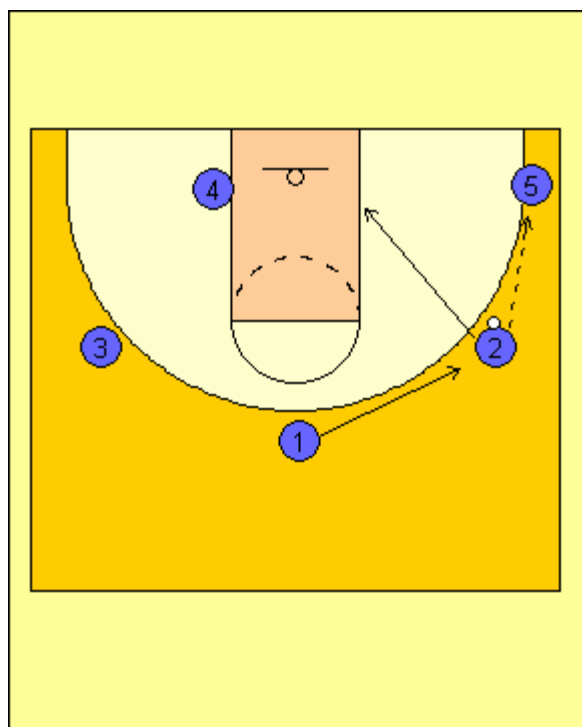
Player 2 should be your shooter. Player 5 should be a big body to set a solid screen.

Instructions:

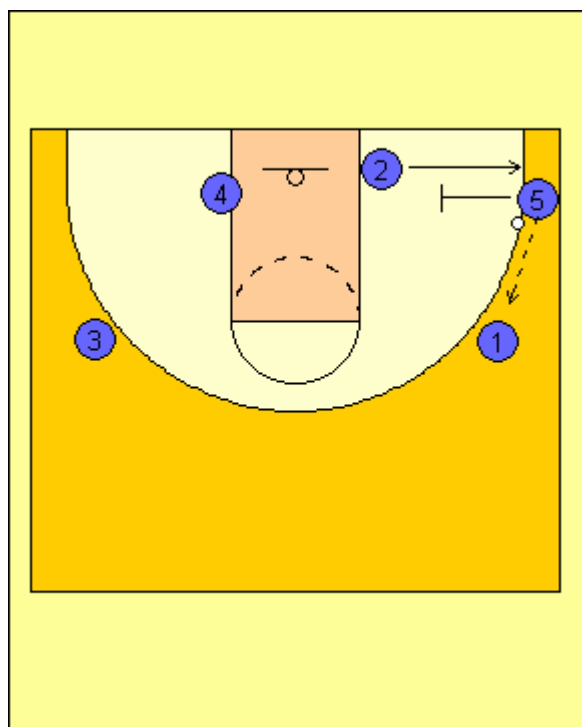
1. Player 1 passes to Player 2 on the wing.
Player 5 runs to the corner.



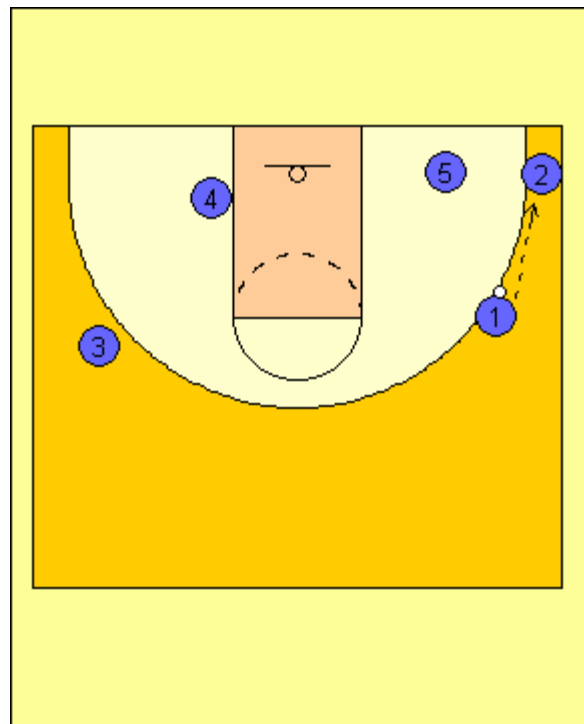
2. Player 2 passes to Player 5. After the pass, Player 2 cuts to the block on the ball side and Player 1 fills his spot on the wing.



3. Player 5 passes to Player 1 on the wing and sets a screen on the outside guy on the zone and Player 2 runs off the screen to the corner.



-
4. Player 1 passes to Player 2 for an open 3-point shot. For youth, it could be a 12-18 foot shot.



Alabama

(Level – Beginner and up)

Summary

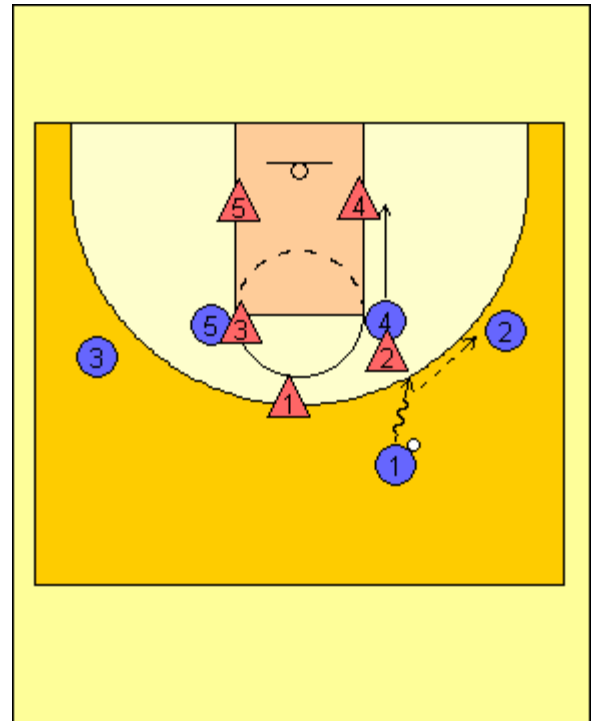
This play works great against an odd-man front zone. It will work at all levels of basketball and it's very easy to teach and execute.

Personnel

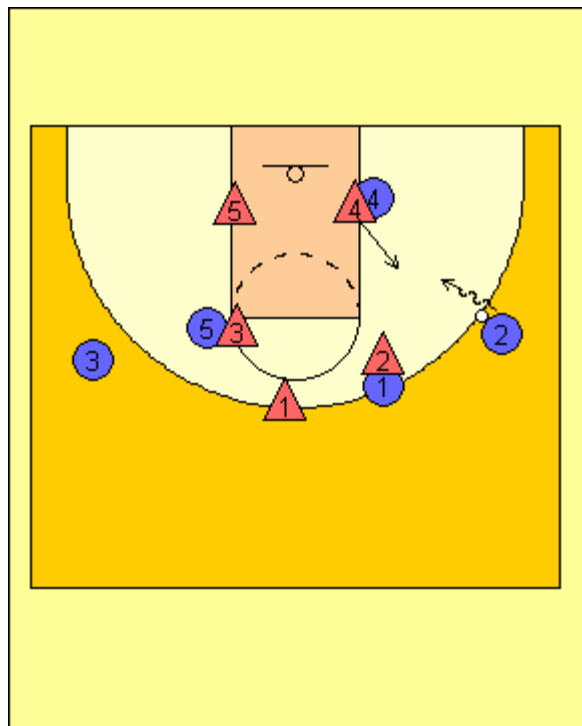
Player 1 should be a good ball-handler. Player 2 should be a good shooter. Player 4 should be a good post player.

Instructions:

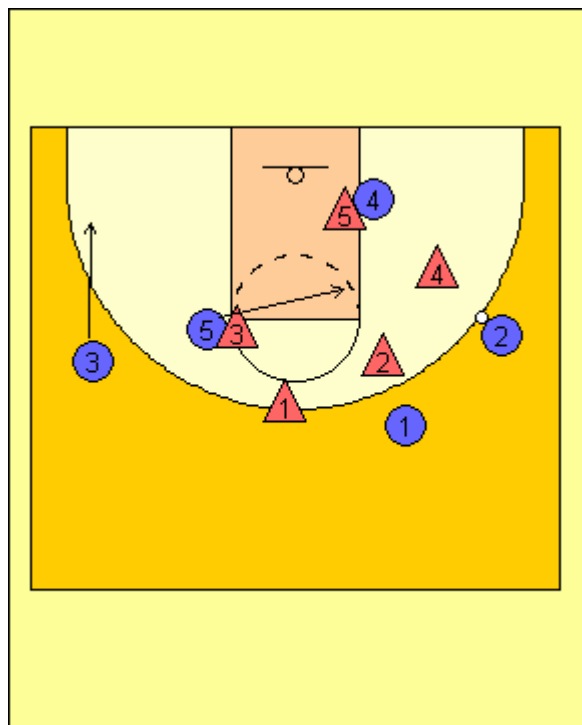
1. Player 1 dribbles at the outside shoulder of the top outside player of the zone. Player 1 needs to make that defender commit to him.
2. Player 4 should slide down to the low post area when Player 1 starts to attack.
3. Once the defender commits to Player 1, he will pass to Player 2.



4. Player 2 can shoot or dribble drive. If the defensive player commits to Player 2, (s)he should look to pass to Player 4 in the low post area.



5. If the defensive player covers Player 2 and the bottom guy of the zone slides over to take away Player 4, Player 5 should flash to the high post and Player 3 should drift towards the corner.



Double

(Level – Beginner and up)

Summary

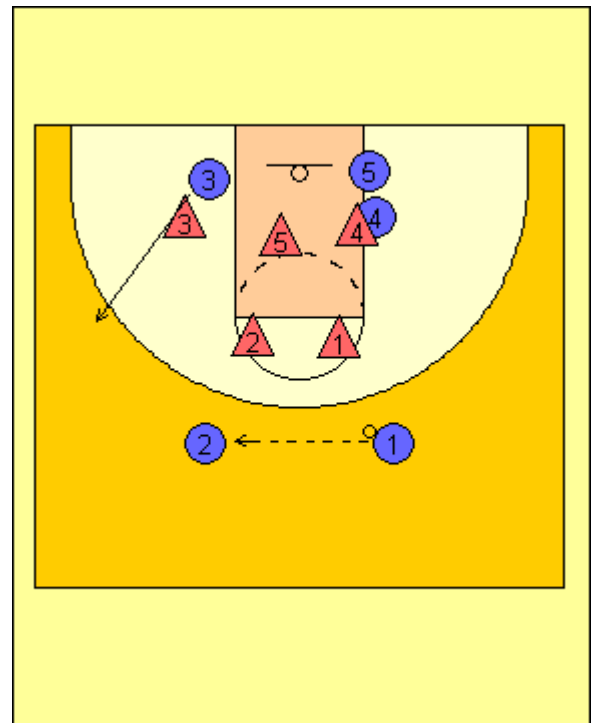
This play works great against any zone defense but works especially well against the 2-3 zone. It will get you an easy basket in the low post or an open 3 point shot. It can be used at the end of the game/period or any time when you need to get a good look at the basket.

Personnel

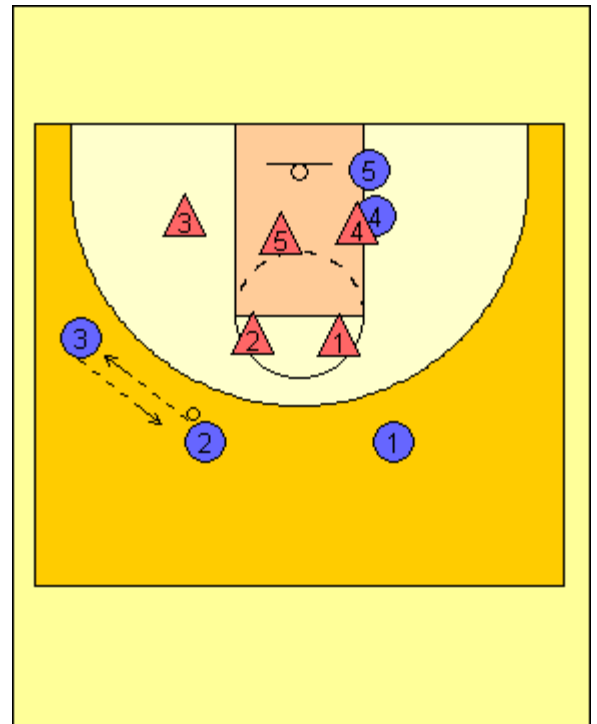
Player 5 should be your best post player and Player 3 should be your best three point shooter.

Instructions:

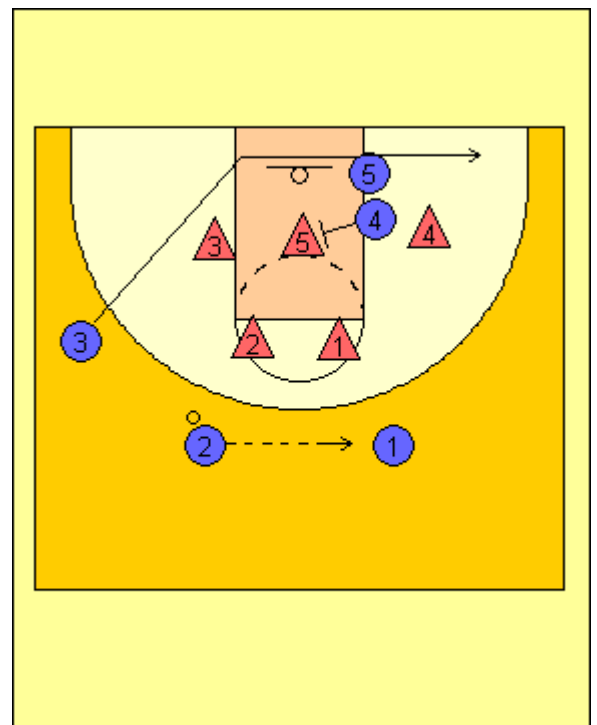
1. Player 1 passes to Player 2
2. Player 3 starts out on the left block and pops out when the ball is passed to Player 2.



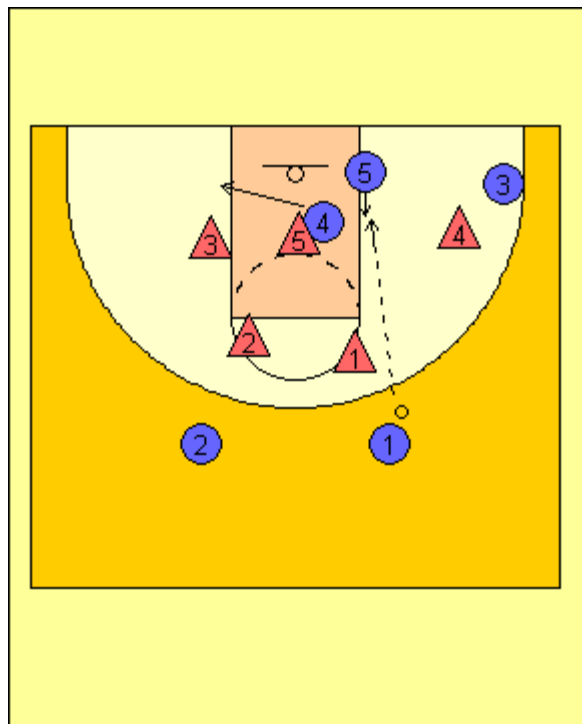
3. Player 2 passes to Player 3.
4. Player 3 returns the pass to Player 2.



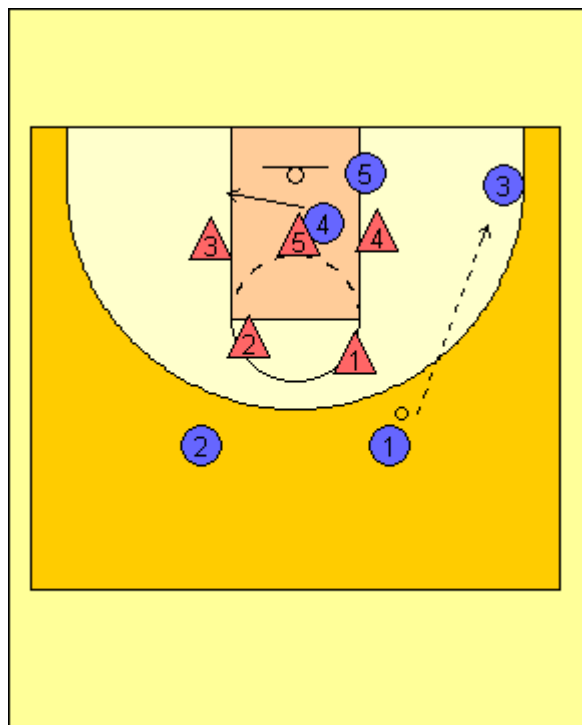
5. As soon as 3 passes the ball back to Player 2, he runs to the opposite corner.
6. If Player 3 is denied that initial pass, Player 3 just makes his cut to the opposite corner, and Player 2 passes to Player 1.
7. Player 4 sets a screen on the middle guy of the zone and 5 opens to the ball. It is important for Player 4 to wait to set the screen until Player 3 has passed them.



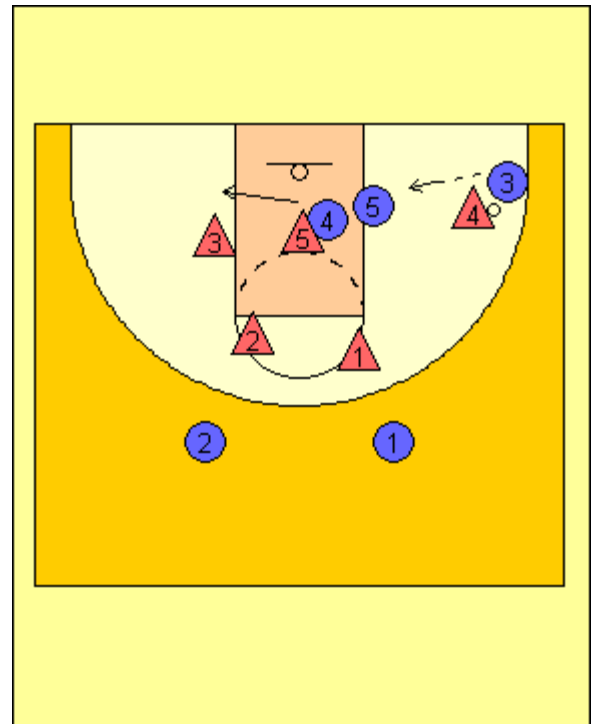
8. Player 1 passes the ball to Player 5. Player 4 goes to the opposite block for weak side rebounding. It is important for Player 4 to only hold the screen for a fast 2-count to avoid the 3-second call in the lane.



9. If player 5 is covered, Player 1 should pass to Player 3. At the same time, Player 5 should be reestablishing post position.



10. If the outside guy of the zone (Defensive Player 4) closes out on Player 3 in time to prevent the shot, a bounce pass by Player 3 to Player 5 should be open.



Valley

(Level – Intermediate and up)

Summary

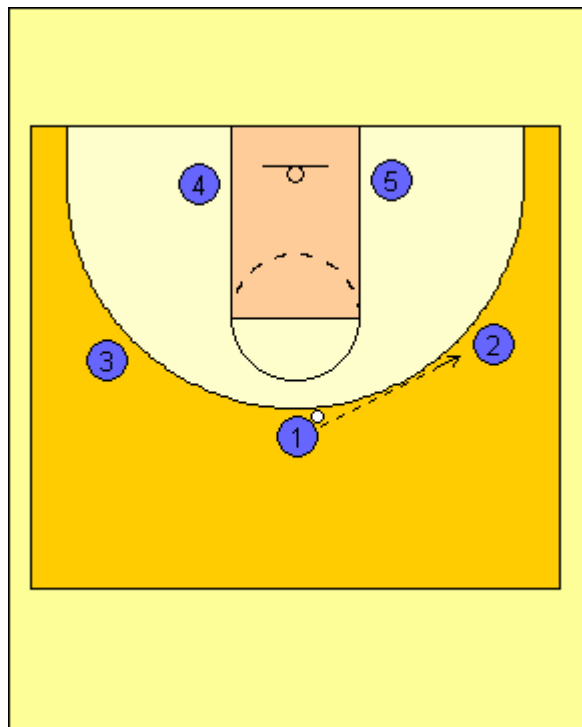
This play will overload one side of the zone and give you an option for a 3-point shot, short jump shot in the lane or an easy lay up.

Personnel

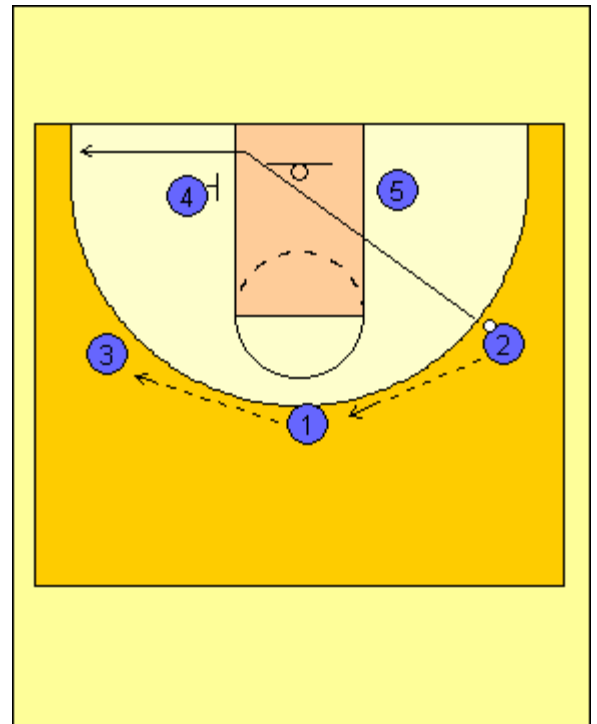
Player 2 should be a good outside shooter. Player 5 should be able to hit a short jump shot and Player 4 should be able to score down low. It also helps to have Players 1 & 3 to be decent outside shooters, but not necessary.

Instructions:

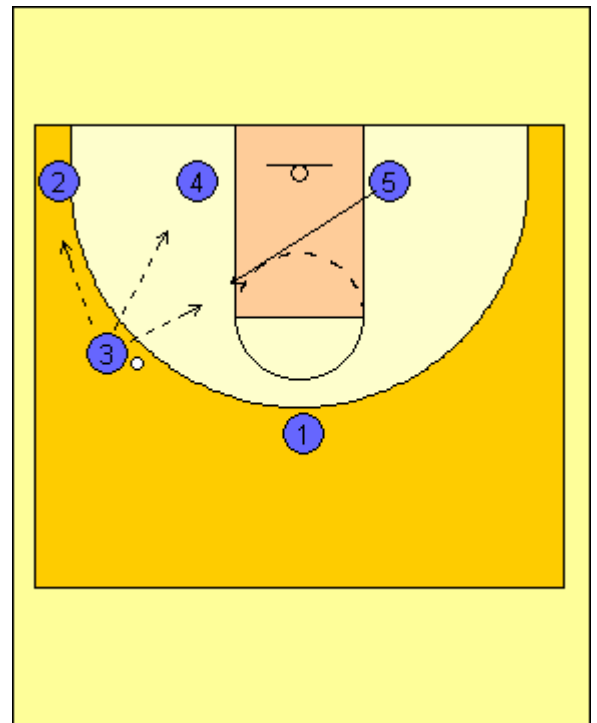
1. Player 1 brings the ball down the court and passes to Player 2 on the wing.



2. Player 2 passes the ball back to Player 1. Player 1 swings the ball to Player 3.
3. As soon as Player 2 passes the ball, he cuts through the lane to the opposite corner. Player 4 will set a screen on the outside bottom guy on the 2-3 zone.



4. Player 3 has three options:
 - a. Pass to Player 2 in the corner.
 - b. If the zone shifts to cover Player 2, he can pass to Player 4 who should be opening up to the ball after setting the screen.
 - c. He can also pass the ball to player 5 cutting across the lane to the high post.



Flare

(Level – Intermediate and up)

Summary

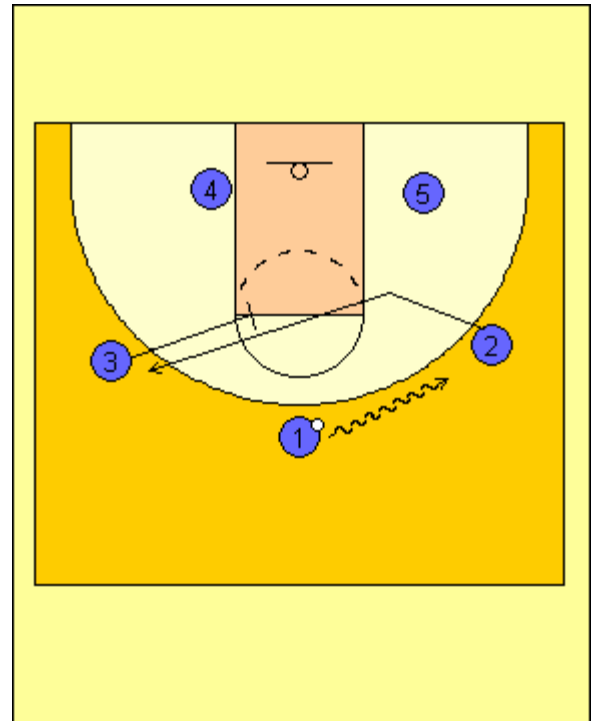
This play is a quick-hitter against a zone that will get you an open 3-pointer or a shot in the lane, if the player reads the defense correctly.

Personnel

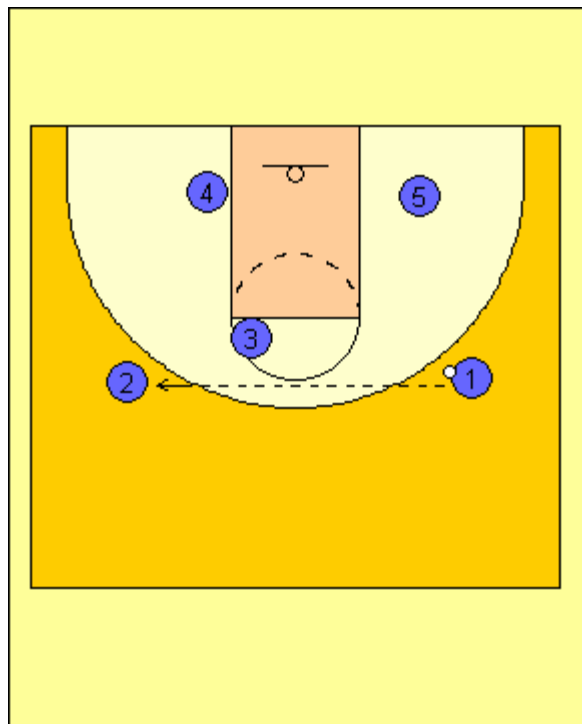
Player 2 should be a good decision maker who can hit an outside shot. Player 4 should be able to finish in the lane and Player 5 should be a versatile player who can hit the outside shot.

Instructions:

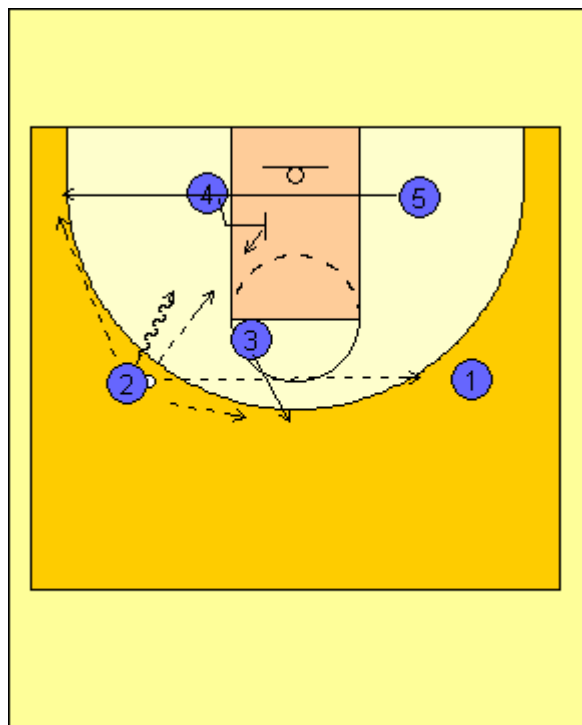
1. Player 1 dribbles to the right wing. Player 2 cuts to the opposite wing. As Player 2 starts to near the lane, Player 3 sets a screen on the top outside guy on the zone.



2. Player 1 throws a skip pass to Player 2.
3. Player 2 has the option to shoot the ball.



4. If player 2 does not shoot, Player 4 will set a screen on the middle of the zone. Player 3 will slide out to the top of the key and Player 5 will cut along the baseline to the corner.
5. Player 2 has the option to:
 - a. Dribble Drive
 - b. Pass the ball to Player 4 who will open up to the ball after he sets the screen.
 - c. Pass to Player 5 in the corner
 - d. Pass to Player 3 on the top of the key
 - e. Or return a skip pass to Player 1



Pitt

(Level – Intermediate and up)

Summary

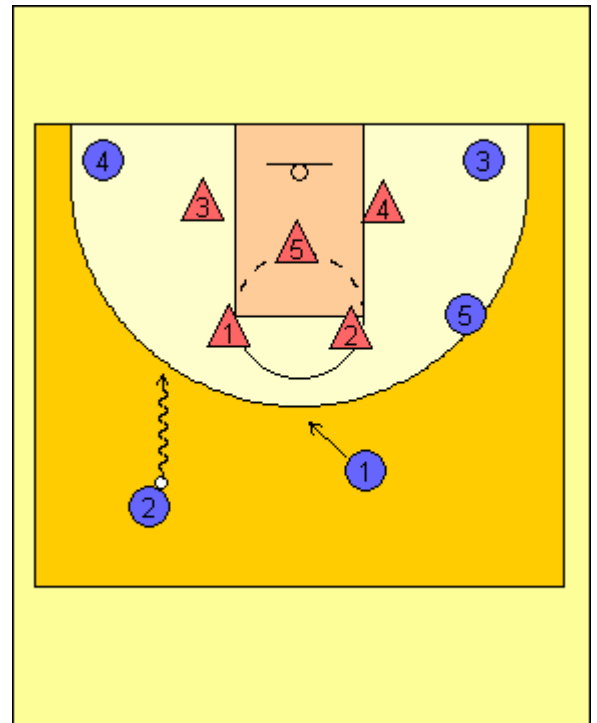
If you have a point guard who is a solid decision maker, this play can work at any level. I've seen it used by Pittsburgh against Syracuse's deadly 2-3 zone, and I've used it with 12 year olds as well.

Personnel

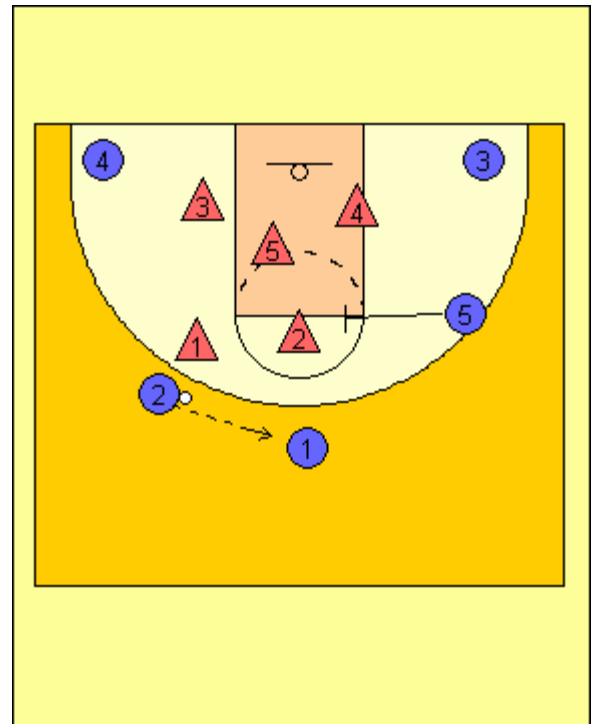
Player 1 should be a good penetrator with the ability to hit the mid-range jump shot. Player 5 should be able to set a good screen. Player 4 should be able to score underneath the basket and Player 3 should be a good perimeter shooter.

Instructions:

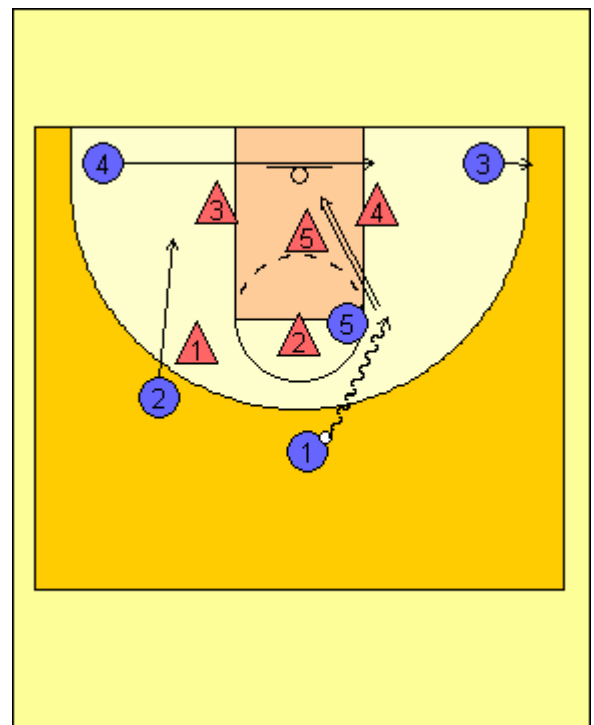
1. Player 2 will bring the ball up on the left side. (S)he makes the top guy of the zone commit to him/her.



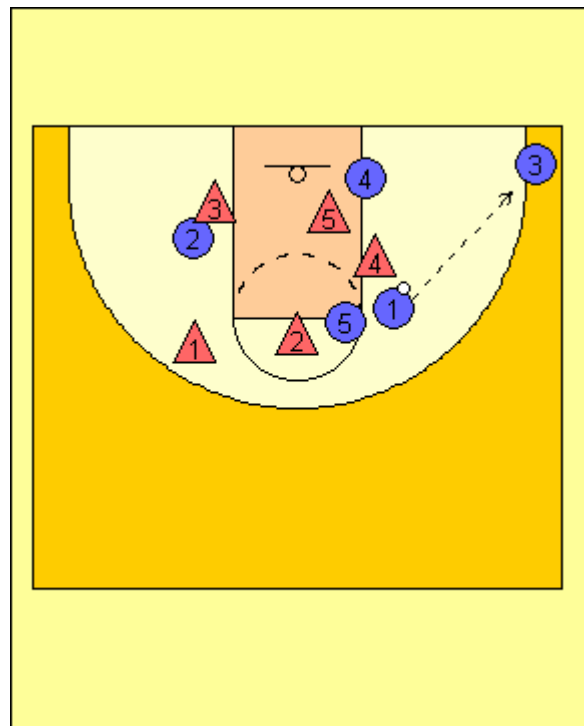
2. Once the defender commits, Player 2 passes to Player 1 who should've floated near the top of the key.
3. As the pass is being thrown, Player 5 comes to set a screen on the outside guy on the top of the zone. That's why it is important for Player 1 to slide over to the top of the key to set up the defensive player.



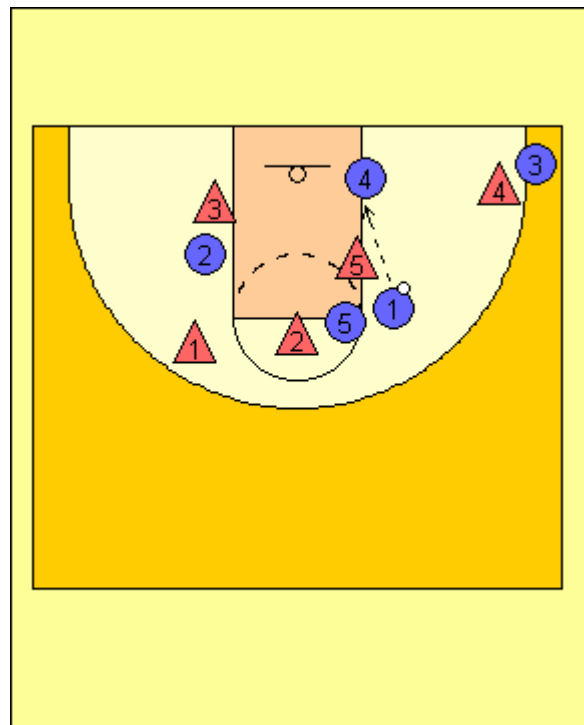
4. Player 1 will dribble off the screen. If nobody steps up to guard him, (s)he will shoot the 12-15 foot jump shot.
5. Soon as Player 1 starts to dribble Player 4 will cut underneath the hoop to the ball side and Player 3 will float to the corner.
6. Player 2 cuts to the weakside to keep the defensive Player #3 honest.



7. If the outside person on the bottom of the zone takes away Player 1's shot and the middle person takes away the pass to Player 4. Player 3 will be wide open for an outside shot.



8. If the defensive player covers the outside shot and the middle guy of the zone covers Player 1, Player 4 should be open underneath the hoop.



Iowa

(Level – Advanced)

Summary

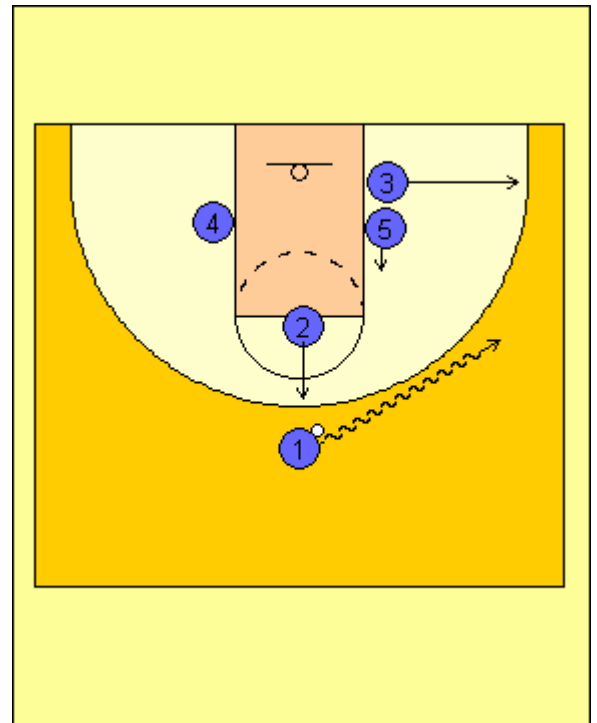
This is an advanced play that works great if you have a good passer and a great leaper. I've seen it work many times at the college level. Dr. Tom Davis used this play to perfection when he coached at the University of Iowa.

Personnel

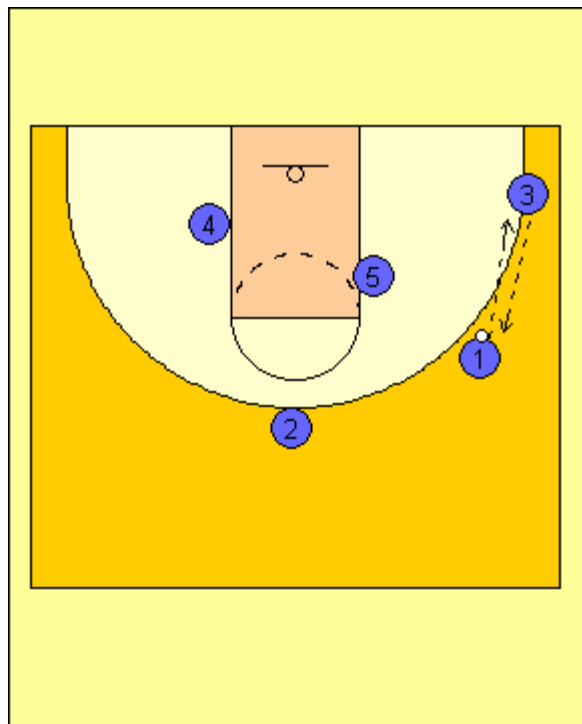
Player 2 needs to be a shooting threat that can pass the ball well and Player 4 should be a great leaper who can finish near the rim.

Instructions:

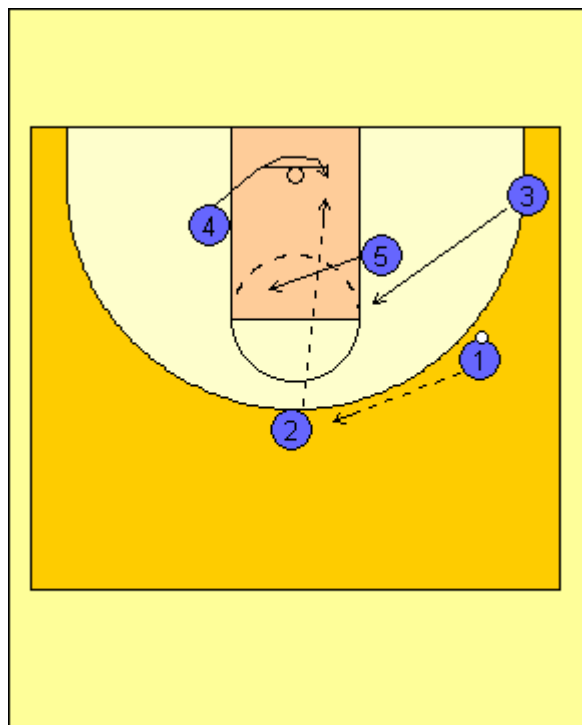
1. As Player 1 dribbles to the wing, Player 2 cuts to the top of the key, Player 3 goes to the corner and Player 5 flashes to the elbow area.



- Player 1 passes to Player 3 in the corner to bring the zone down. Player 3 quickly returns the pass.



- Player 1 passes to Player 2. As this happens, Player 5 flashes to the opposite high post, and Player 3 cuts to the other high post area.
- Player 2 will act like he's shooting the ball, but instead will shoot the ball to right of the hoop where Player 4 will cut underneath the hoop and leap up for the alley oop.



Red

(Level – Advanced)

Summary

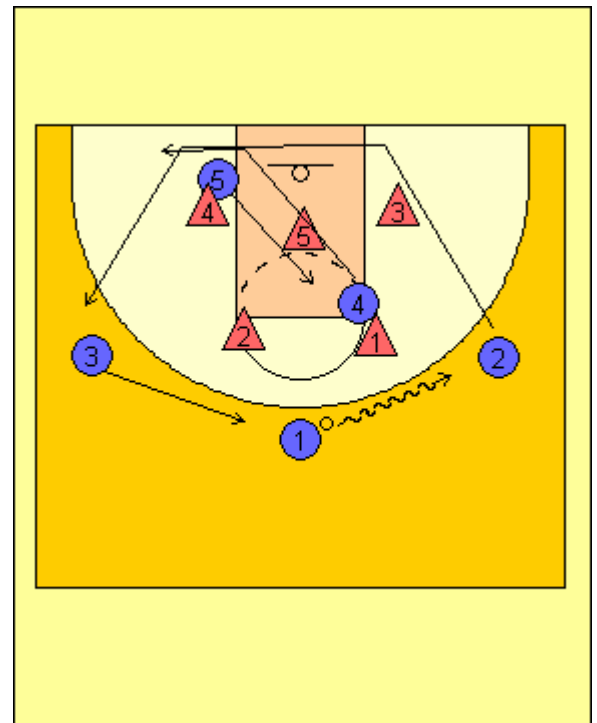
This is a great zone play that you can run against both odd man and even man fronts. It gives you several opportunities for the outside shot. You can also dribble penetrate or shoot the mid-range jump shot depending on how the defense reacts.

Personnel

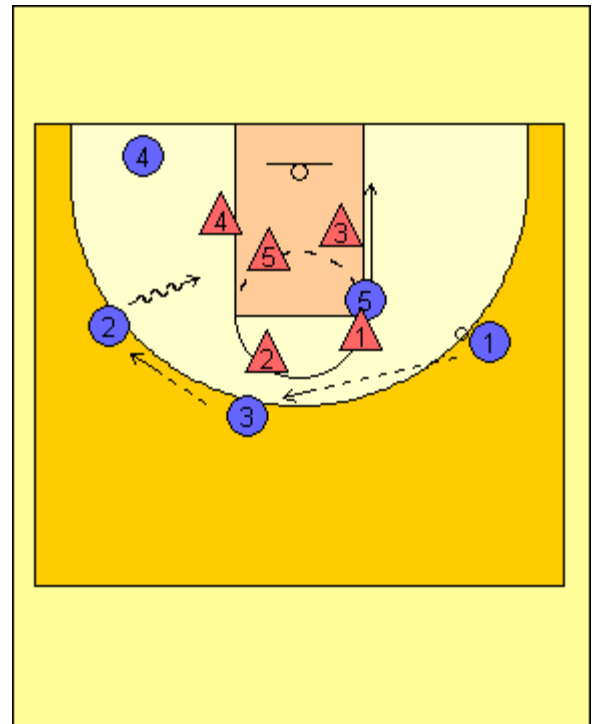
Player 2 should be your best 3-point shooter. It's also good to have Player 1 & Player 3 as 3-point threats. Players 4 & 5 should be able to finish near the basket, if the opportunity presents itself. Player 4 should be a slasher as well.

Instructions:

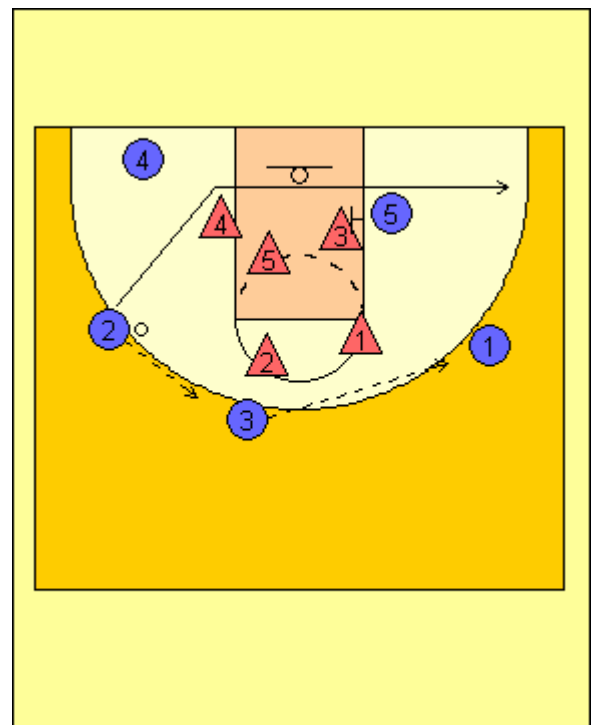
1. Player 1 clears Player 2 out by dribbling to the wing.
2. Player 2 clears out of the right wing and cuts to the opposite wing.
3. Player 4 follows Player 2 and cuts to the short corner
4. After Player 4 has left the elbow, Player 5 replaces him by cutting across the lane to the right elbow.
5. Player 3 cuts to the left side of the top of the key after Player 1 has the ball on the wing.



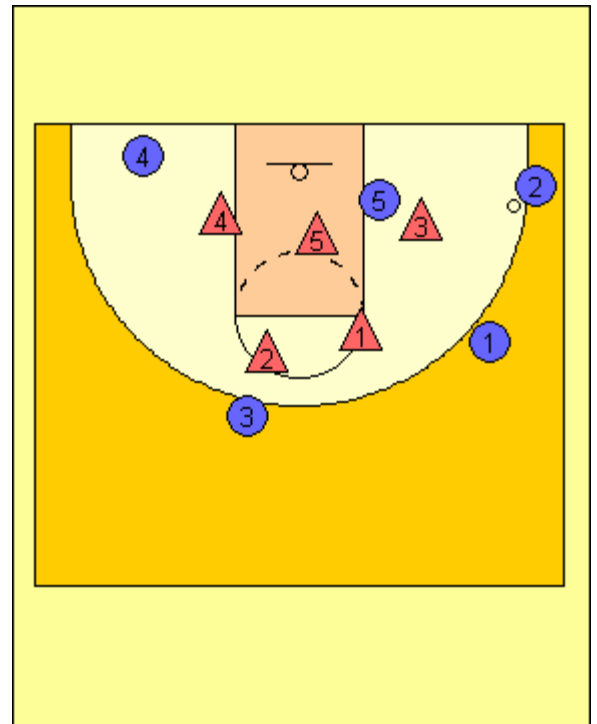
6. Player 1 passes to Player 3. Player 3 tries to occupy the left guy of the zone, so Player 2 & Player 4 can have a 2-on-1 scoring opportunity.
7. Player 3 passes to Player 2.
8. Player 2 looks to dribble drive and shoot or pass to Player 4 in the short corner for an open shot.
9. As this is developing, Player 5 drops down to the low block on the right side.



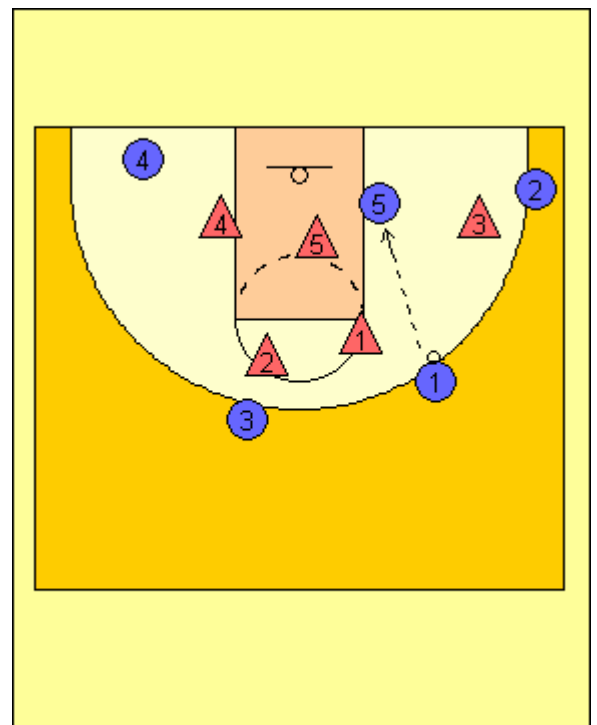
10. If nothing is there Player 2 reverses the ball back to Player 3 and Player 2 cuts underneath the zone to opposite baseline.
11. As the pass is being thrown, Player 5 gets ready to set the screen on the outside guy of the zone.
12. Player 3 quickly reverses the ball to Player 1.



13. Player 1 passes the ball to Player 2. Player 2 shoots if he is open.
14. After Player 5 sets the screen, he turns and establishes position in the post to receive a pass from Player 2.
15. Player 2 can fake a shot and throw a bounce pass into Player 5 on the post.



16. If the defensive player 3 fights over the screen and gets to deny the pass to Player 2. Player 1 can fake a pass to Player 2 and throw a pass into Player 5 on the post.



Inbounds Plays

Sideline

(Level – Beginner and up)

Summary

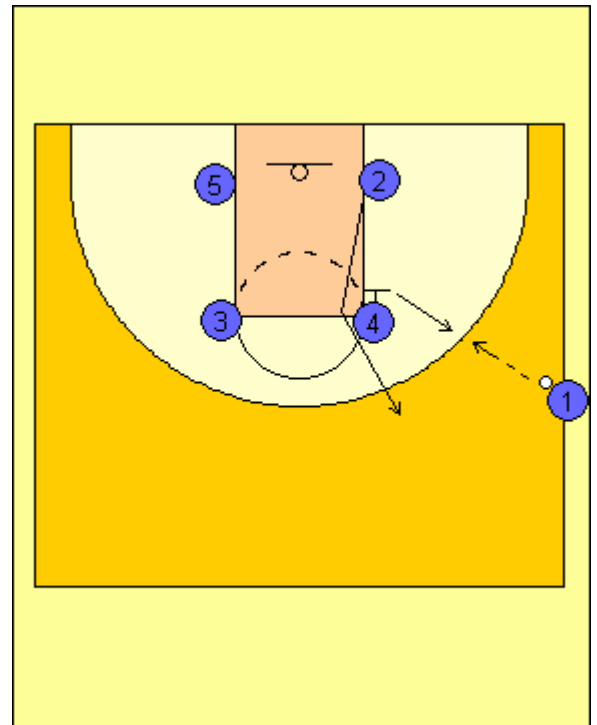
This play gives you some options because it has the same set as Sideline Play # 2. If you have a good post player, this play will be very useful as it should get them an open look near the hoop if properly executed. First, I like to run Side Out Play # 2 during a game, which will set this play up for another time during the game. If you have youth players, this play is easier to run by itself.

Personnel

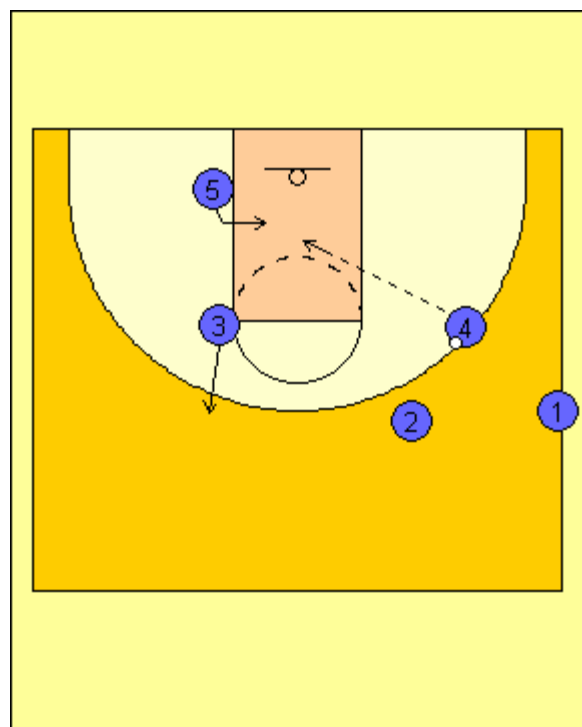
Player 4 should be able to make an entry pass into Player 5 who should be your best post player.

Instructions:

1. Player 4 sets a screen for Player 2. After Player 2 clears the screen, Player 4 cuts to the ball.
2. Player 1 will pass the ball to Player 4.



3. Once the ball is inbounded to Player 4, Player 3 pops out to the wing and Player 5 seals their defender and flashes to the ball.
4. Player 4 turns and looks to pass the ball to Player 5.



Sideline 2

(Level – Intermediate and up)

Summary

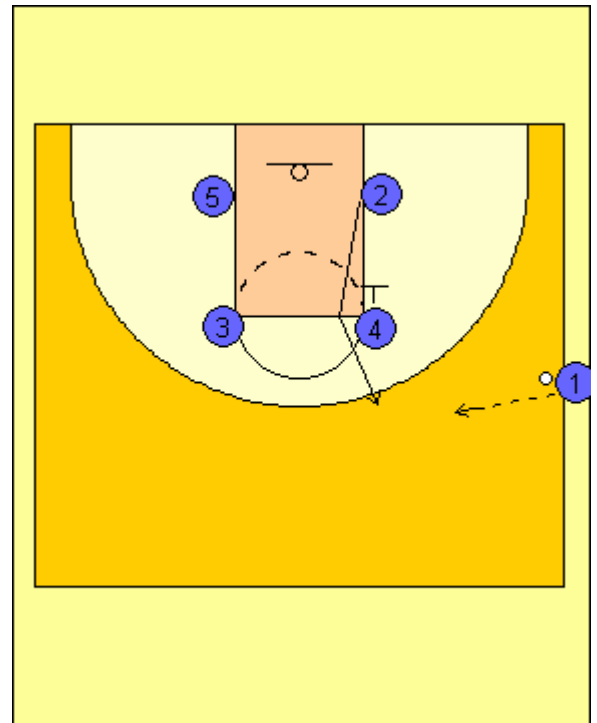
This play is a quick-hitter which should get the inbounder an open shot in the lane. After running this play a few times, you can run Sideline # 1 as a change up.

Personnel

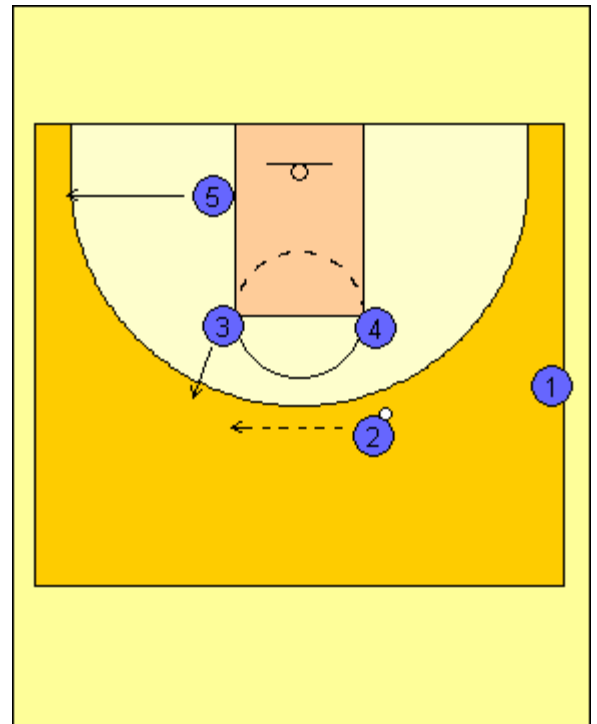
Player 1 should be able to score in the lane. Player 4 needs to set a good screen.

Instructions:

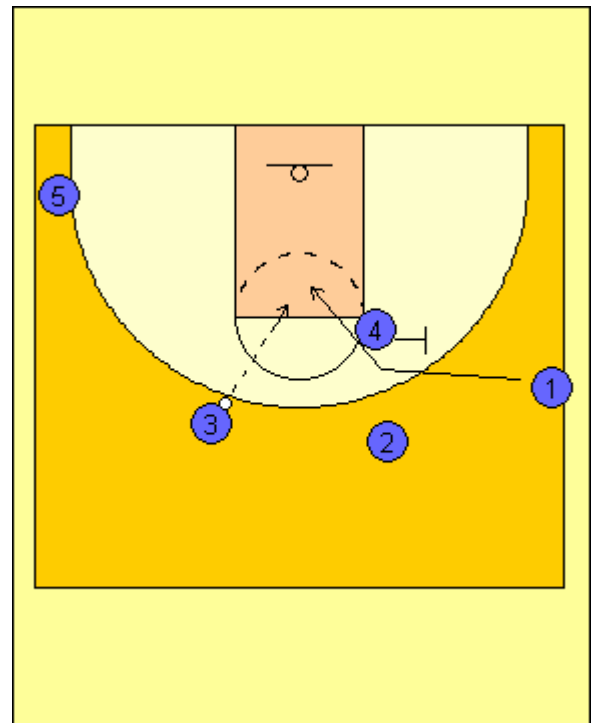
1. Player 1 takes the ball out of bounds.
2. Player 4 turns and sets a screen for Player 2.
3. Player 1 passes to Player 2 who flashes to the ball near the wing.



- When the ball is thrown into Player 2, Player 3 cuts to the wing for a pass from Player 2. As this happens, Player 5 will clear out the lane by cutting to the corner.



- When the ball is passed to Player 3, Player 4 will turn towards Player 1 and set a screen.
- Player 3 looks to pass the ball to Player 1 curling off the screen and cutting to the basket. Player 4 will open up to the ball after he sets the screen, which will be open if Player 4's defender switches or goes to guard Player 1.



Stack

(Level – Beginner and up)

Summary

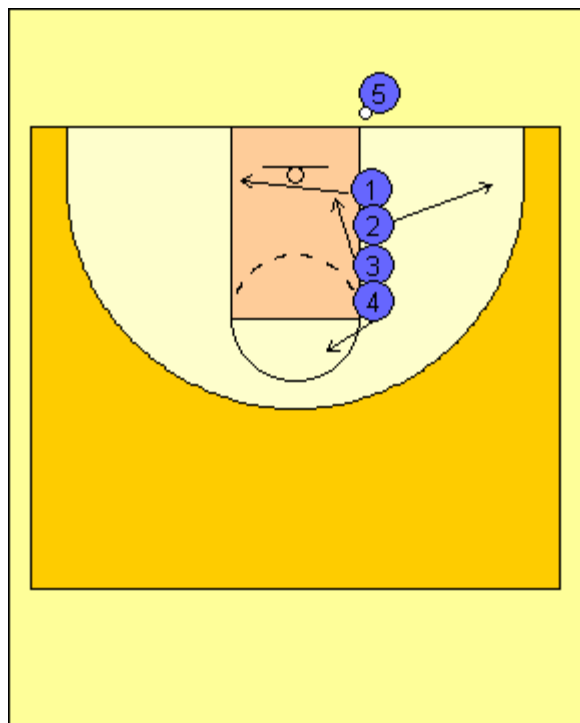
This play is very simple, which is great for youth players. If your players run this correctly, they can score some easy buckets throughout the game. It can be used against a man-to-man or zone defense.

Personnel

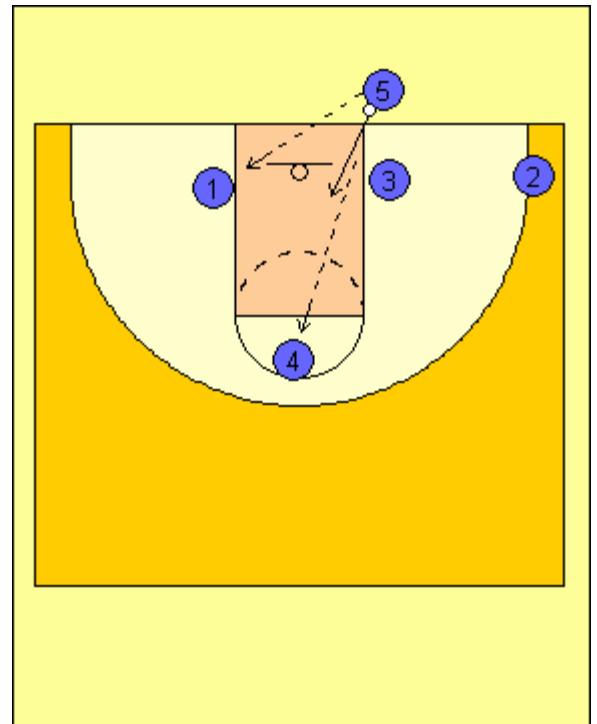
Player 5 should be a taller player that can pass. Player 3 should be able finish near the basket.

Instructions:

1. Player 2 clears to the right corner. Player 1 cuts to the left block area.
2. Soon as Player 1 & 2 clear, Player 3 cuts down the middle of the lane.
3. Player 4 will float towards the free throw line at first. If Player 4 can not get the ball, s(he) will drift towards half court as a safety valve.



4. If Player 5 passes to Player 1 or Player 4, (s)he will step inbounds looking for the return pass immediately from either Player 1 or Player 4.



Shooter

(Level – Intermediate/Advanced)

Summary

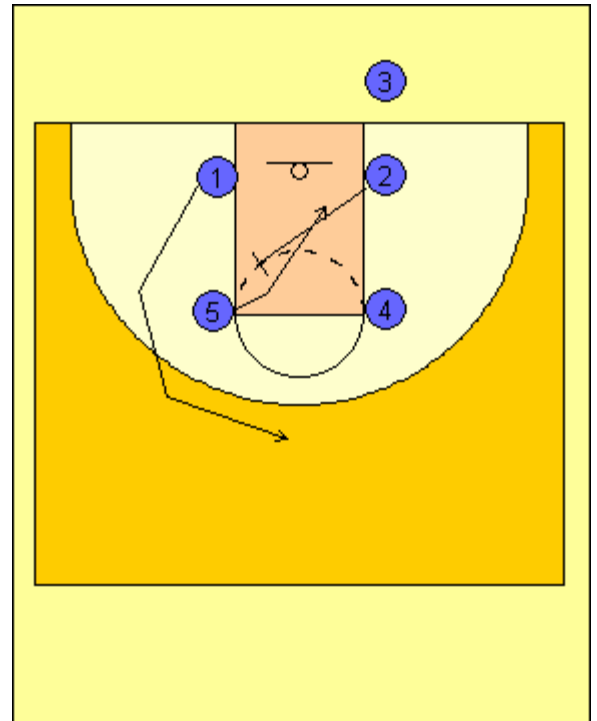
This is a great out of bounds play that offers multiple opportunities near the hoop and a wide open 3-point shot if executed correctly.

Personnel

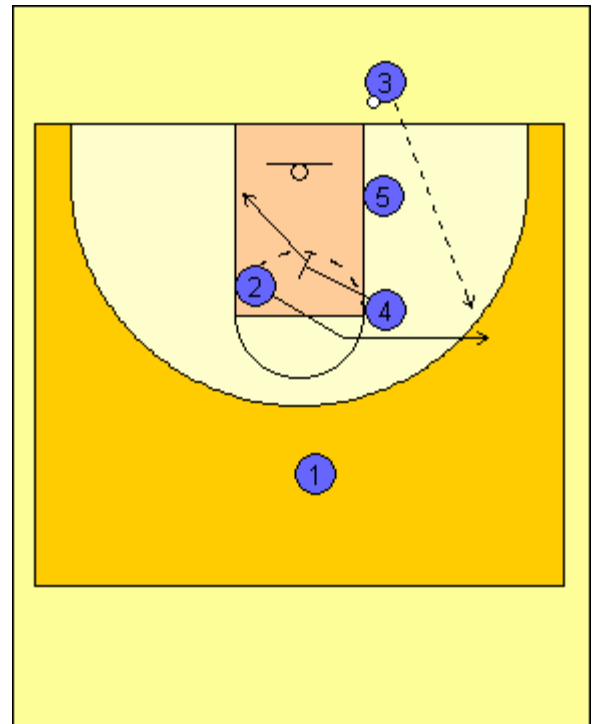
Player 4 & 5 should be strong post players. Player 3 should be a good outside shooter.

Instructions:

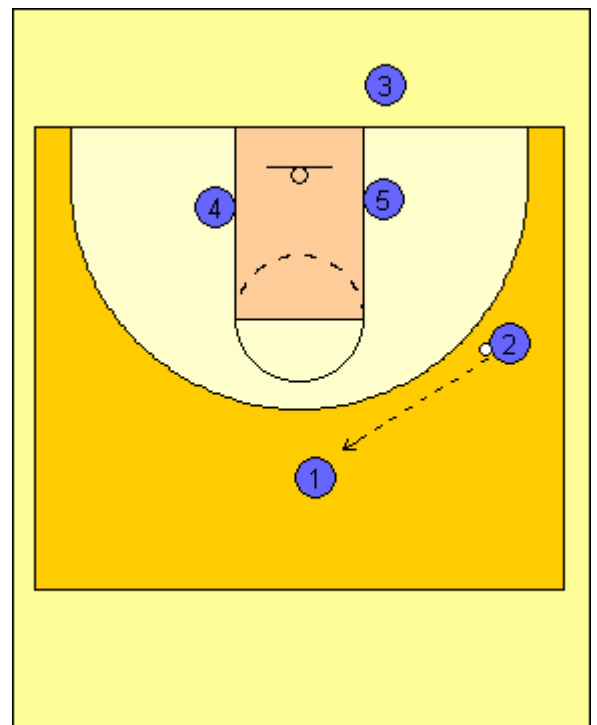
1. Player 3 takes the ball out of bounds.
2. Player 1 loops around to the top of the key as a safety valve.
3. Player 2 cuts diagonally across the lane to set a screen on Player 5 who rolls off the screen to the basket.



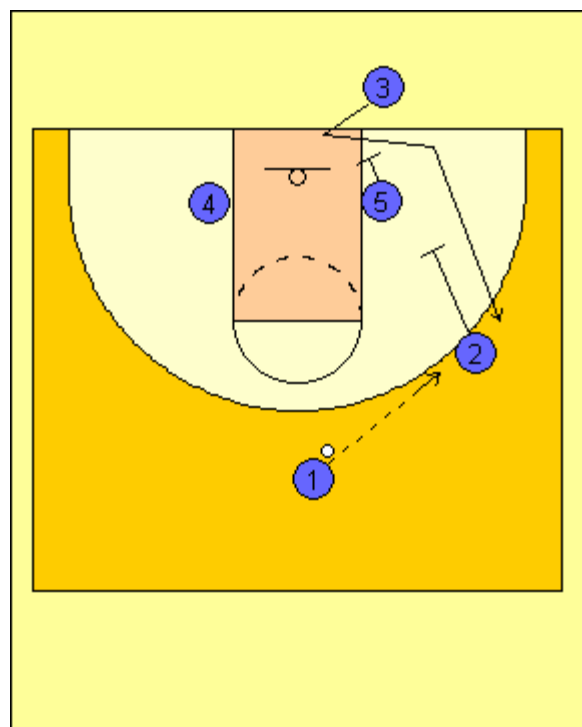
4. Player 4 sets a screen on Player 2 in the middle of the lane. Player 2 cuts to the wing. After Player 2 clears the screen, Player 4 cuts to the basket looking for an open lay up.
5. Player 3 passes the ball to Player 2 on the wing.



6. As soon as Player 2 catches the ball, s(he) passes the ball to the top of the key to Player 1.



7. As soon as Player 1 receives the pass, Player 5 sets a screen on Player 3's defender and Player 2 sets the second staggered screen on Player 3's defender.
8. Player 1 passes to Player 3 for a wide open 3-point shot.



“T”

(Level – Beginner and up)

Summary

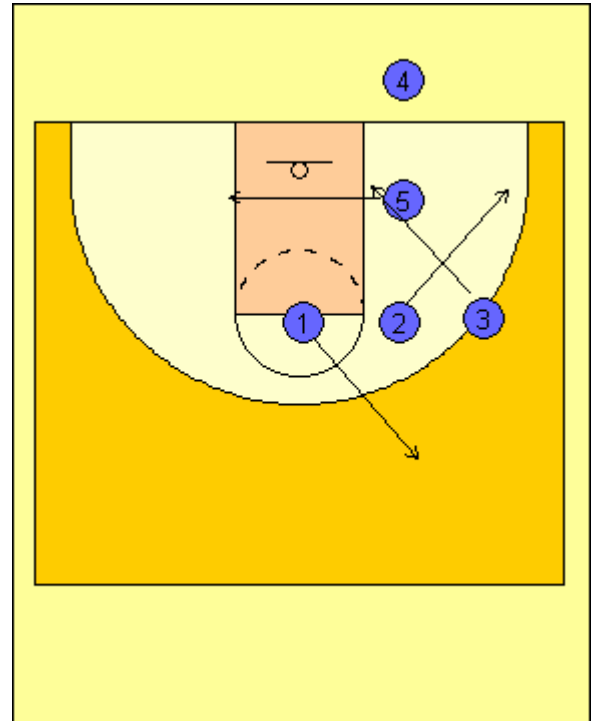
This play works great against either a zone or man-to-man defense.

Personnel

Player 4 should be a good passer. Player 1 should be your point guard. Player 2 should be an outside threat. Player 3 & 5 should be able to score near the basket.

Instructions:

1. Player 5 cuts to the opposite block.
2. Player 2 & 3 will criss-cross.
3. Player 3 will replace Player 5's spot.
4. Player 2 cuts to the corner for the outside shot.
5. Player 1 will float outside the 3-point line as a safety valve.



1-3-1 Option

(Level – Intermediate and up)

Summary

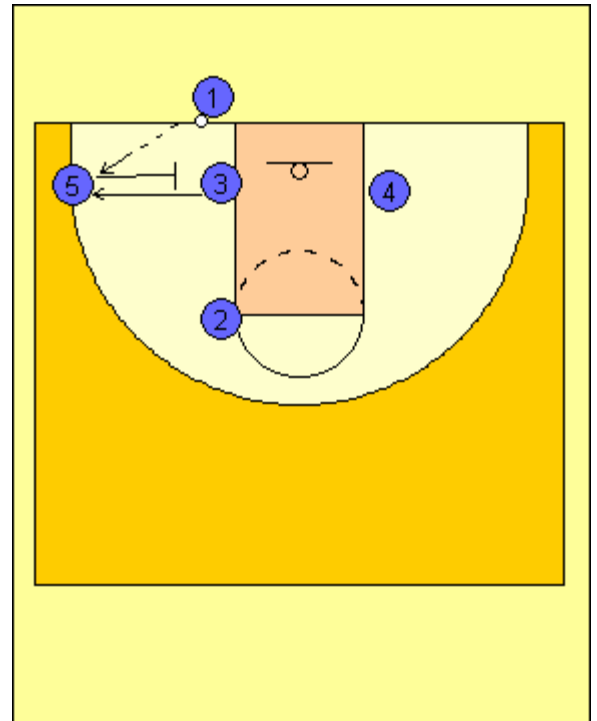
This play has options for an outside shot or a few low post opportunities depending on how the defense reacts.

Personnel

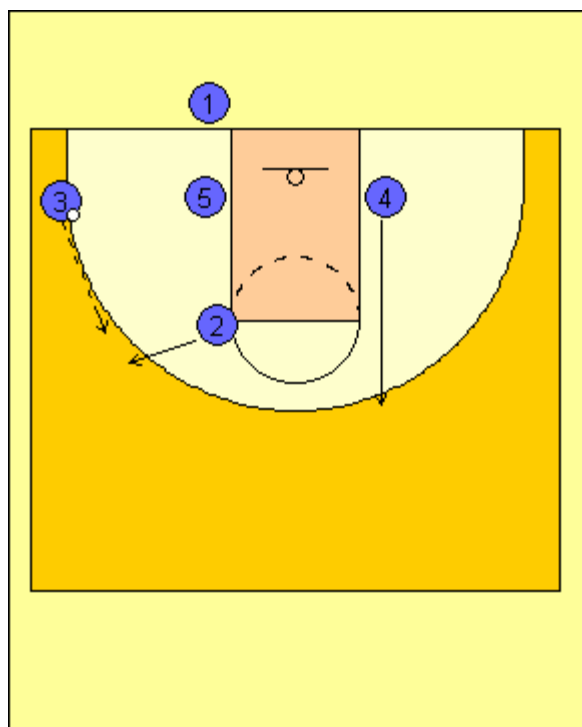
Player 1 should be a good shooter and Player 3 & 5 should be able to score down low.

Instructions:

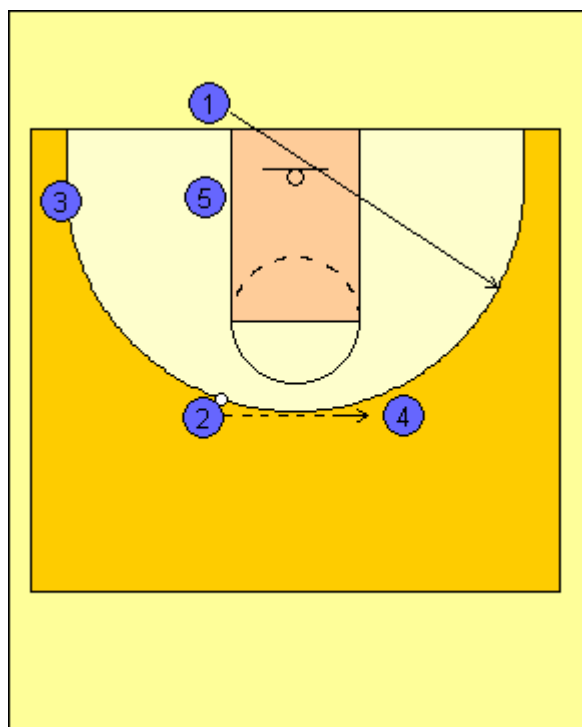
1. Player 5 sets a screen on the outside guy on the bottom of the zone. Player 1 passes the ball to Player 3 who should be open on the baseline.



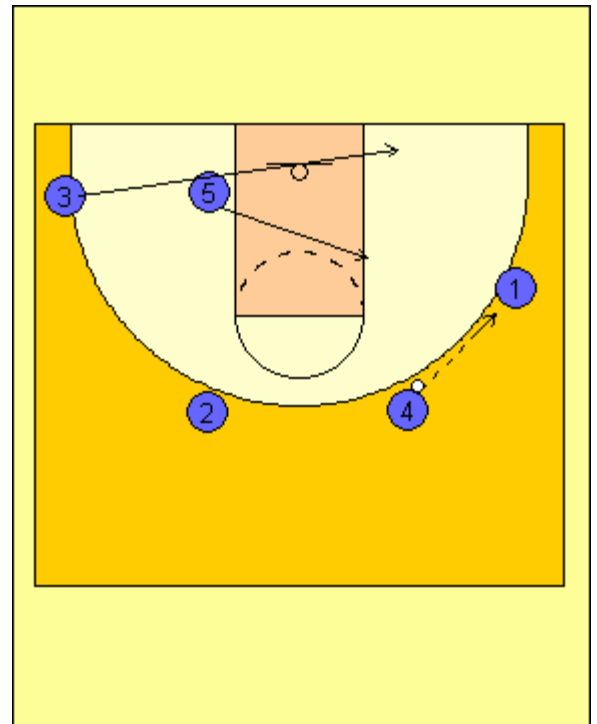
2. As the ball is being inbounded to Player 3, Player 2 cuts to the wing. Player 3 passes the ball to Player 2.
3. As the ball is being passed to Player 2, Player 4 cuts to the right of the top of the key.



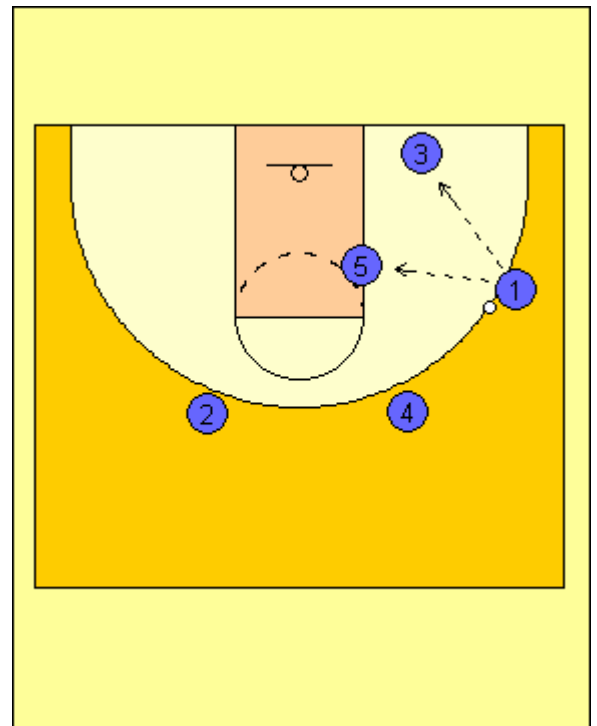
4. When the ball is passed to Player 4, Player 1 cuts to the opposite wing.



5. When the ball gets passed to Player 1, Player 5 cuts to an open area between the low post and the high post. Player 3 cuts to the short corner.



6. Player 1 can shoot the ball, pass to Player 5, or pass to Player 3.



Line

(Level – Beginner and up)

Summary

This press breaker works extremely well against teams that pressure the inbounds pass. If your team is struggling to get the ball inbounds, try this play and I can almost guarantee you'll see a big difference and reduce turnovers.

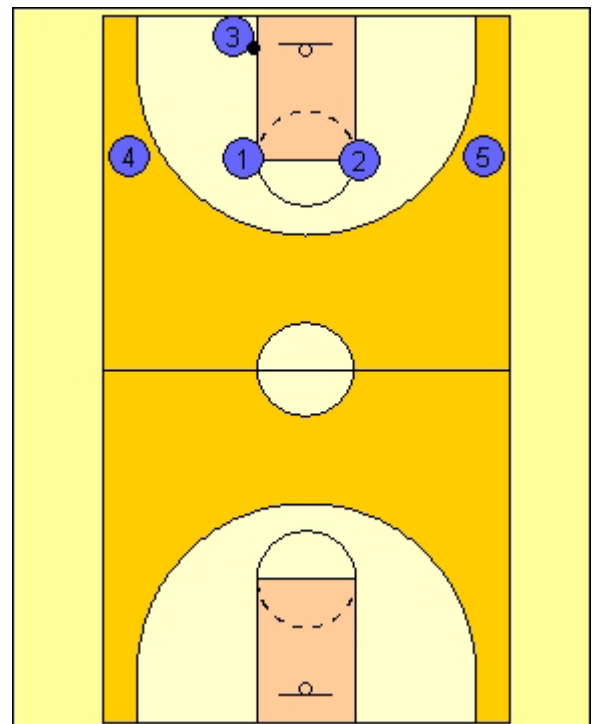
Personnel

Player #5 and #4 are generally your post players. Players 1, 2, and 3 should be your best ball handlers.

Instructions:

1. Start by simply lining up your players as shown in the diagram.
2. If you're facing a zone press that is pressuring the inbounds pass, you'll find that you'll be able to easily inbounds the pass to one of the outside players.

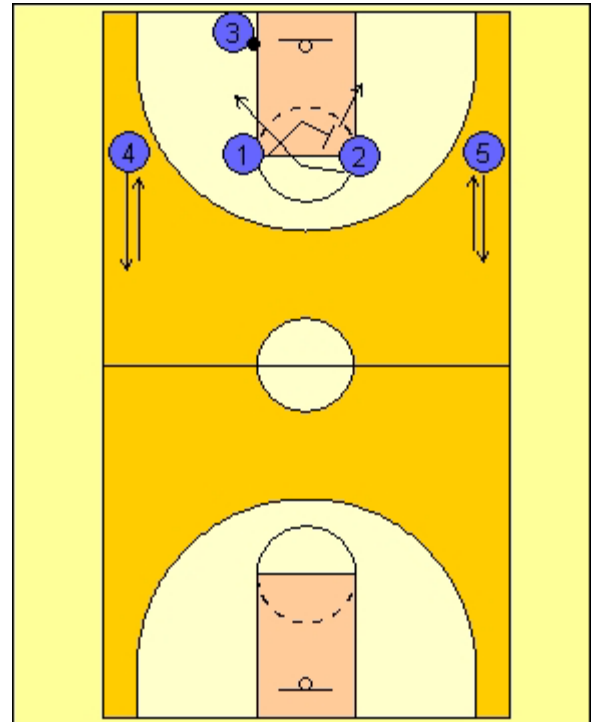
If you're facing a full-court man-to-man press that is denying the inbounds, you'll want your outside players to break down the court as shown in the diagram below.



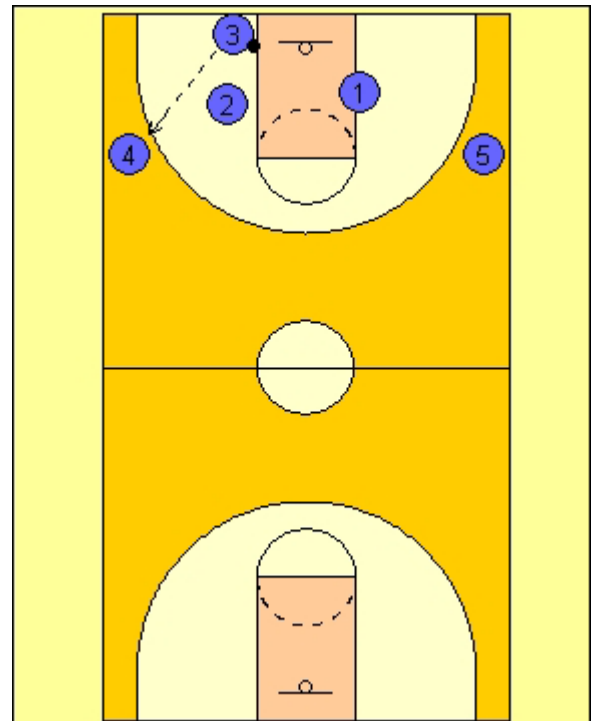
3. Assuming the ball was not immediately thrown to one of the outside players, you'll want Player 1 and Player 2 to set screens for each other trying to get open.

TIP: If the defense is denying the inbound pass, teach your guards to position their body between the passer and their defender. It's just like a post player using their pivot to establish position and seal their man to get the ball. This is an extremely effective method to get open. Simply back pivot into the defender, seal him behind you, and call for the ball.

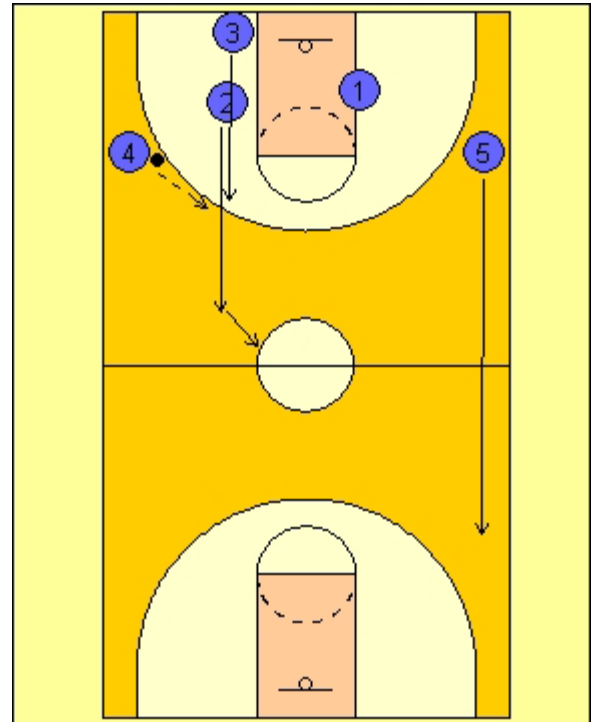
4. If the ball is thrown to Player 1 or 2, then the rest of the team should get in their press breaker positions and work the ball down the court. If it's man-to-man, everyone should clear out and run down the court so the guard can bring the ball up.



5. If the ball is thrown to an outside player, follow the sequence in the diagrams.



6. Once Player 4 receives the ball, Player 2 should cut and run down the court looking for the ball. If he's open, Player 4 should pass him the ball and Player 2 might be able to dribble all the way down the court.
7. Player 3 should maintain spacing and cut a split second after Player 1 begins to run down the court. Many times, Player 3 will be wide open for the pass because the previous cut drew the defensive players away. If open, Player 3 might be able to dribble all the way down the court for an easy fast-break opportunity.



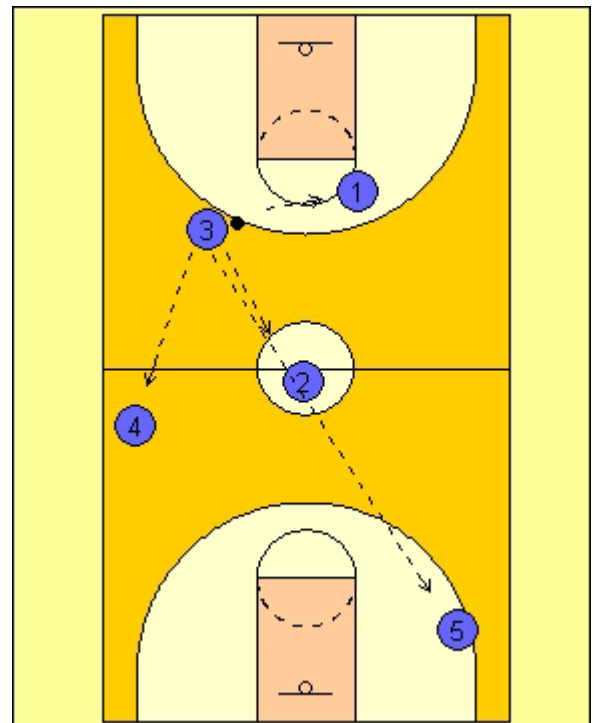
8. Once the ball is passed to Player 2 or 3 and they could not dribble up the court, the other players should get in their normal press breaking positions (assuming it's a zone press). The pass usually goes to Player 3. This diagram shows the positioning in that situation.

9. Player 3 should immediately look at Player 5 running down the court. Many times all the cutting on this side of the court opens up the other side, sometimes for a lay-up.

If Player 5 is not wide open, look to the middle for Player 2 coming back to the ball. Advance the ball to Player 4. Or reverse the ball to Player 1.

10. Keep reversing the ball until you can advance the ball up the court or hit the player in the middle.

* The best thing about this play is that by lining up your players at the beginning, it's much easier to inbound the ball against pressure. And the cutting afterwards really opens up the court, especially if you have a couple players that can really run and handle the ball.



Press Breaker # 2

(Level – Intermediate and up)

Summary

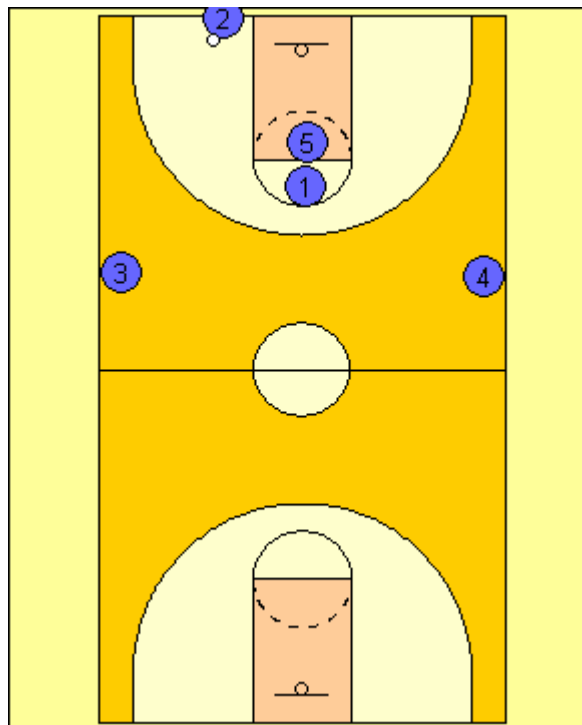
This press breaker is geared towards a team that has a one or two players that handle pressure very well.

Personnel

Players 1 & 2 are your good ball handlers. Player 5 should be your big man to set a screen.

Instructions:

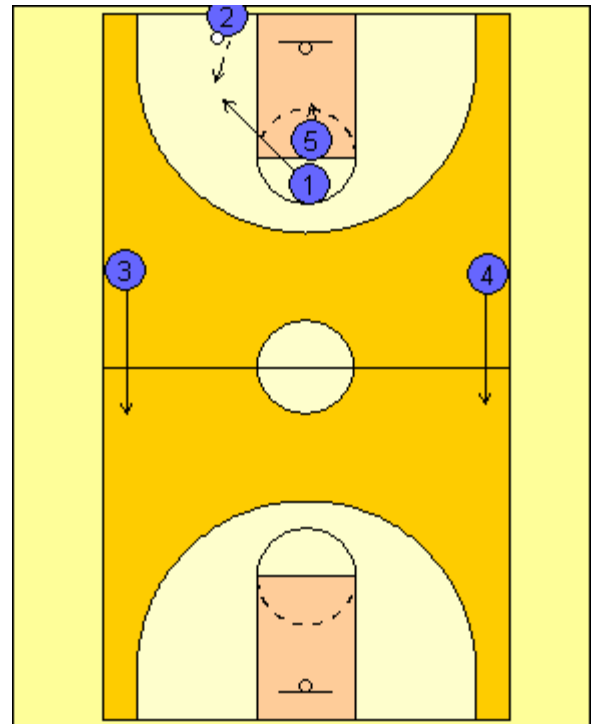
1. Start by simply lining up your players as shown in the diagram.



2. Initially, Player 5 screens for Player 1 and Player 1 cuts to either side. After Player 5 sets the screen, he opens up to the inbounder (Player 2) for a pass in case Player 2 can not inbound the ball to Player 1.

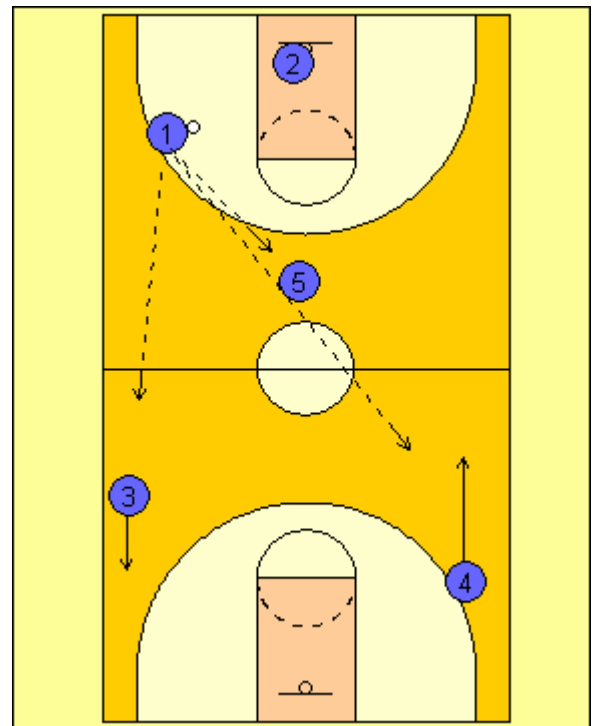
3. Player 3 & Player 4 cut deep to clear out the defense.

If the defense is in a zone, Players 3 & 4 may want to take a couple steps back towards the ball, if nobody is guarding them. This is also important to do if Players 1 & 5 are denied the inbounds pass.



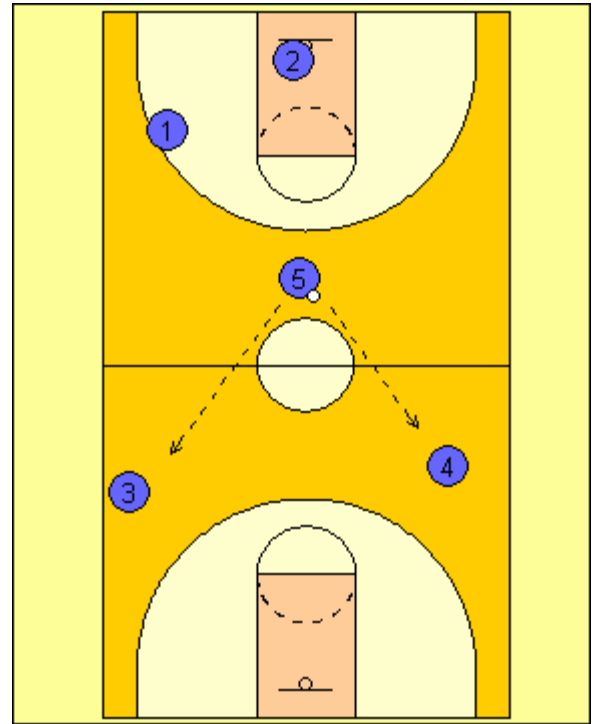
4. Once, the ball is inbounded to Player 1, Player 1 looks up the court to pass the ball to Player 3, Player 4, or Player 5 who should locate somewhere in the middle of the court where there is an opening.

Notice, Player 4 comes back up the court to create a passing angle for Player 5.

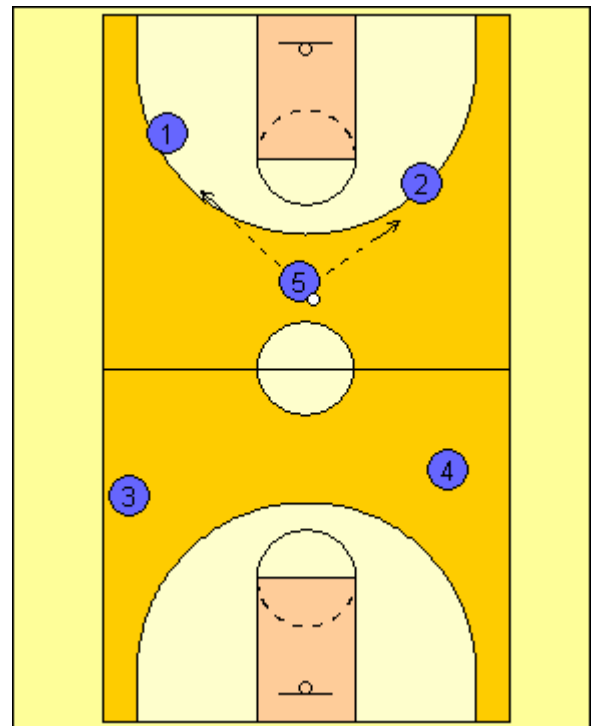


5. Player 5 turns and looks to pass the ball up the court to either Player 3 or Player 4 to start a fast break opportunity.

Player 5 does not need to be in a rush. Only pass the ball to Player 3 or 4 if it's open.



6. If nothing is open down court, Player 5 can pass the ball to Player 1 or Player 2 to bring the ball up the court. Depending on who has the ball, Player 1 or 2 will want to stay behind the ball at 45 degrees in case the ball handler has trouble breaking the press with the pass or the dribble.



End of Game Plays

Valparaiso Victory

Summary

You want to use this play with under 3 seconds left on the clock in an inbounds play in which you are on the opposite end of your basket. If this play is executed properly, you should be able to get a three pointer from the wing.

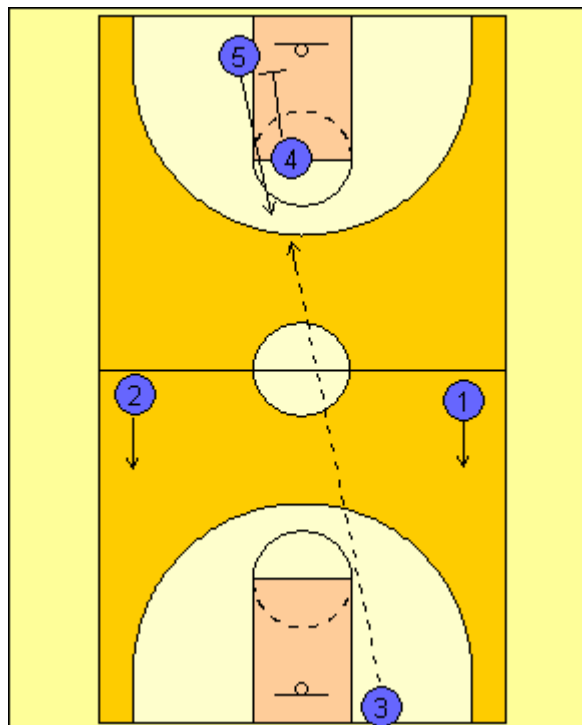
This play was used by Coach Homer Drew of thirteen seed Valparaiso in a first round NCAA tournament game. With 2.5 seconds left and Valparaiso down two, Valparaiso inbounded the ball from the opposite end of the court. The inbounder threw a baseball pass to just behind the three point line, and after catching the ball, a touch pass was thrown to a streaking Bryce Drew. He pulled up from twenty-three feet and hit a three pointer to win the game and complete the upset over the number four seed Ole Miss team.

Personnel

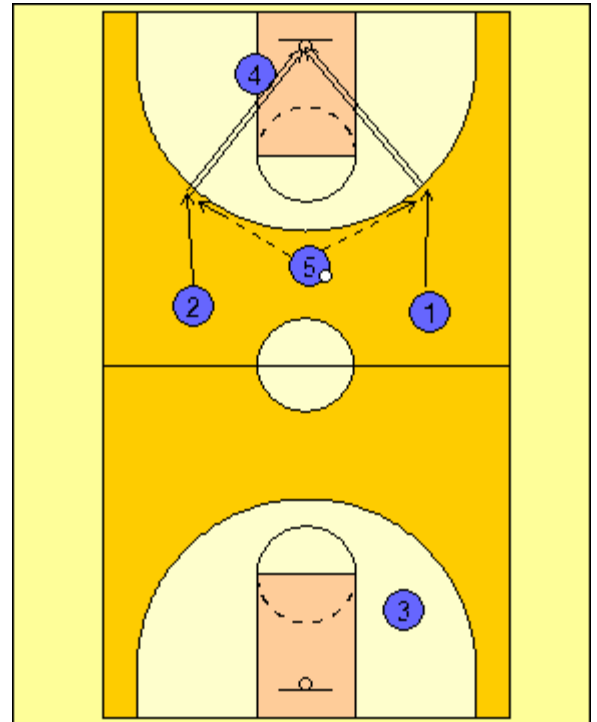
- 1 – Shooter – located on the wing closest to the team’s basket
- 2 – Shooter – located on the wing opposite the 1.
- 3 – Best Long Passer – Located out of bounds at the opposite end
- 4 – Located on either block by the basket.
- 5 – Big man who can jump – located on the free throw line of the team’s basket.

Instructions:

1. 1 and 2 will make a cut towards the inbounder.
2. 4 will set a screen for 5 to free him up.
3. 5 will sprint to just above the three point line from the block.
4. The inbounder passes to 5.



5. Once the ball is in the air, the players 1 & 2 will make another cut back to the wing to elude their defenders.
6. The 5 will catch the ball and throw a pass as quickly as possible to the 1 or 2, whichever is open.
7. 1 or 2 will square up and attempt to knock down a three pointer with the 4 being under the hoop for a tip-in if there is time left.
8. 5 will also have the option of turning and shooting when he catches the ball.



Carolina

Summary

This play should be used with less than 4 seconds left on the clock and when inbounding the ball from the opposite end of the court. The game should be tied or your team down 1 or 2 points. You will want to have a timeout available to set up another play, if the foul is not called. Ideally, two free throws will be the result.

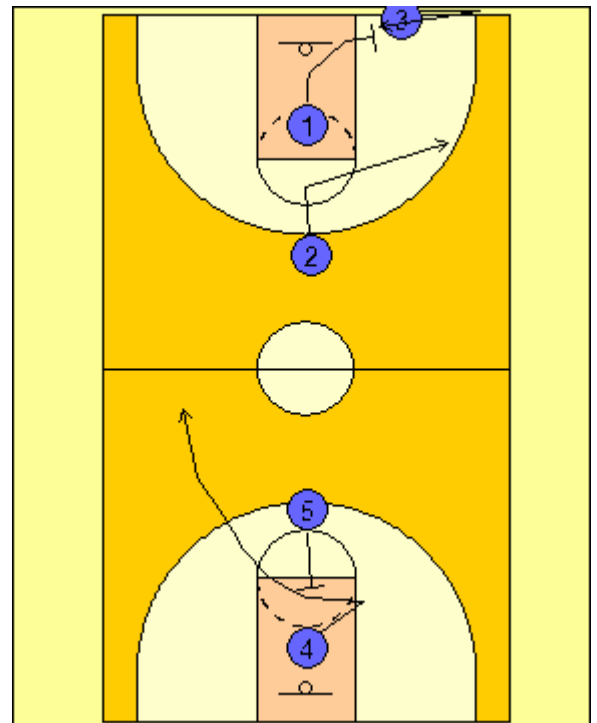
This play has been used in the past by the great Dean Smith, former coach of the North Carolina Tar Heels. The beauty of this play is the fact that, if executed properly, the only weapon necessary is a good free throw shooter.

Personnel

- 1 – Screener/Free Throw Shooter – This player should be your best free throw shooter
- 2 – Outlet – A fast player who can beat his defender down the court – should also be a good dribbler
- 3 – Inbounder – Your best long passer
- 4 – Screener– A wide, tall body should be in this position, with the capability of catching a long pass.
- 5 – Deep Outlet – A tall and athletic player should be in this position to receive a long pass if necessary.

Instructions:

1. 3 will run to the end of the sideline with the ball and then come back.
2. 2 will cut toward the sideline and look for a pass.
3. 1 will sneak in and set a screen on the defender guarding the inbounder. Once, the defender runs into him, he will fall to the ground looking for the foul.
4. 5 will set a screen for 4 who will free himself up down court. 5 will turn and look for the ball.
5. If the defender of the inbounds pass doesn't run over player 1, call a timeout.
6. If you don't have any timeouts left, look for one of the players down court and attempt to get a quick shot off.



Last Second Free Throw

Summary

This play should be used with less than 4 seconds left on the clock and when inbounding the ball from the opposite end of the court. Any number of shots can be taken from this play, but generally, it will probably be a 3 pointer.

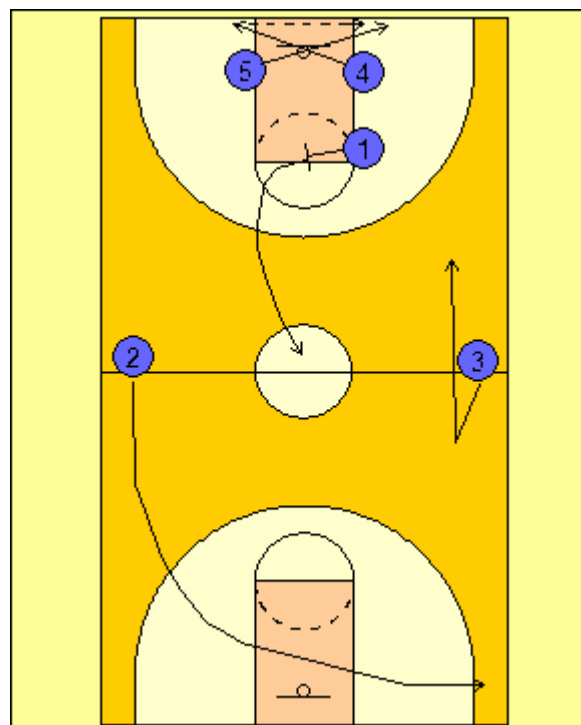
This play is used by the coach of Northern Illinois University in last-second situations after a made free throw. With all the options created by this play, a high percentage shot can usually be found which will give your team the a chance to win the game.

Personnel

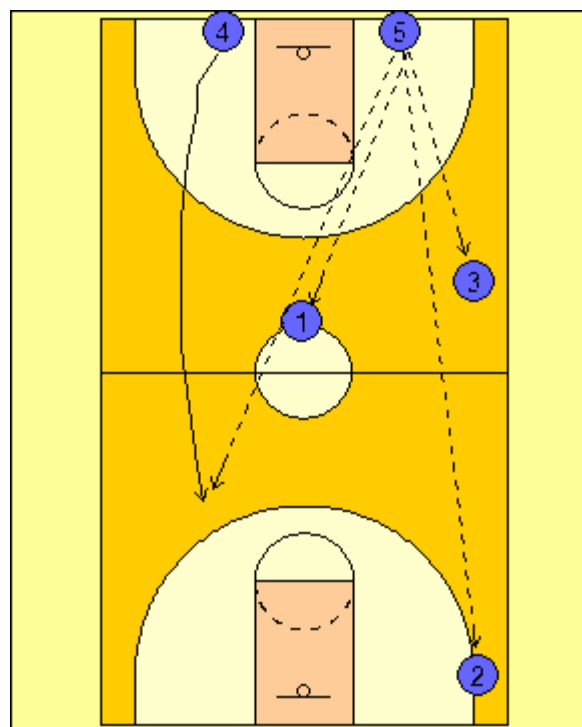
- 1 – Box Out – This player will be boxing out the shooter after his free throw
- 2 – Sprinter – A fast player who can beat his defender down the court – should also have good hands
- 3 – Safety/Passer – If alternatives fail, this player should be open and be able to make an extra pass
- 4 – Sprinter – A tall player at this spot may help when receiving a long pass
- 5 – Inbounder – Your best long passer

Instructions:

1. 1 will box out the shooter.
2. 4 will take the ball out of bounds.
3. 5 will step out of bounds on the opposite side of the court.
4. While being out of bounds, 4 will pass it to 5 who is also out of bounds
5. 1 will come off the box out and sprint to midcourt.
6. 2 will sprint from the midcourt line to the opposite corner of the court.
7. 3 will make a cut to his own basket, and then come back to receive a pass.



8. 4 will sprint from the inbounds line down the court.
9. 5 will look to pass to any of the open players. 4 is often the open player.
10. The receiver of the ball will look to take a quick, open shot to win the game.



Ladder

Summary

This play should be used with less than 4 seconds left on the clock and when inbounding the ball from the opposite end of the court. Any number of shots can be taken from this play, but generally, it will probably be a 3 pointer.

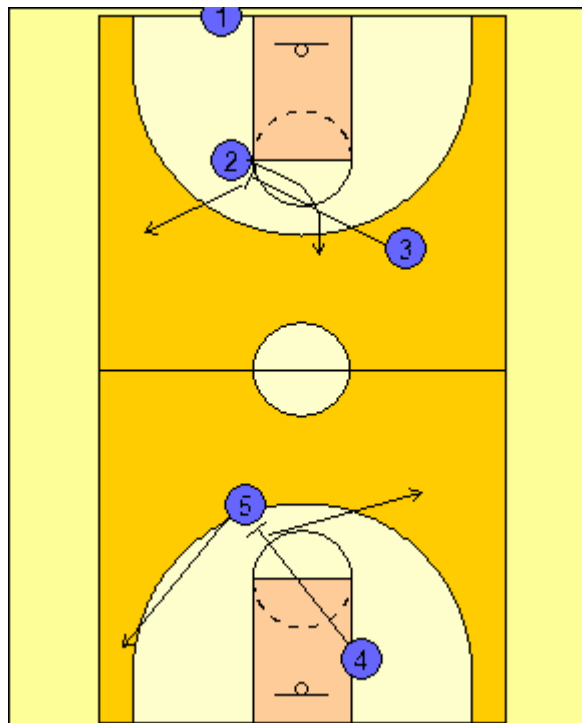
This play is used by one of the best high school coaches that ever lived, Morgan Wootten. He has had great success with this play, and his 1274-192 career record makes him the most successful high school basketball coaches ever and proves that he must know what he's talking about.

Personnel

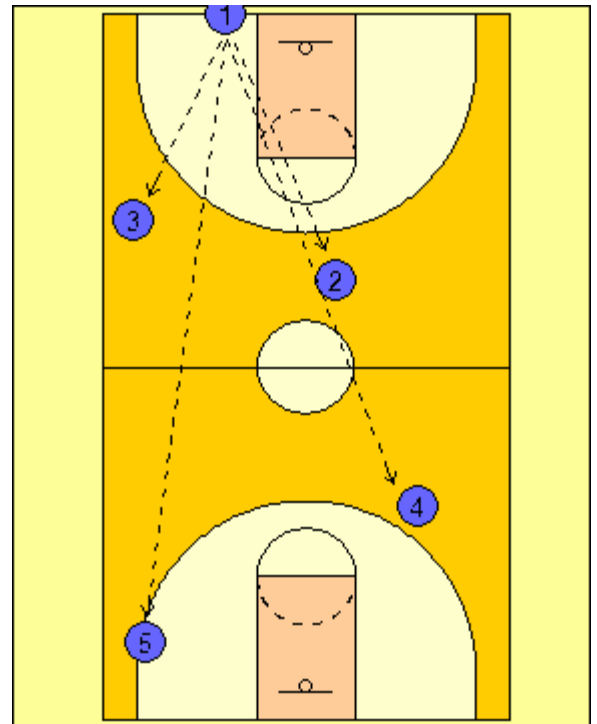
- 1 – Inbounder – Your best long passer
- 2 – Receiver – A player who can handle the ball
- 3 – Screener – Should also be able to handle the ball
- 4 – Screener – A tall player at this spot may help when receiving a long pass
- 5 – Receiver – Another tall player (good jumper) that can catch a long pass.

Instructions

1. 4 will set a back screen for 5. 5 will make his cut based on his read on which way the defense is going.
2. 3 will set a back screen for 2. 2 will make his cut based on his read on which way the defense is going.
3. 4 and 3 will flash to an open spot on the floor after setting their screens.



4. 1 will look deep and make a pass if 4 or 5 is open. Otherwise, he will throw short to 2 or 3.
5. Whoever receives the ball will look for an open shot and quickly take one.



Last

Summary

This play should be used with less than 8 seconds left on the clock and when inbounding the ball from the opposite end of the court. Your team should be losing the game at this state by 1-3 points.

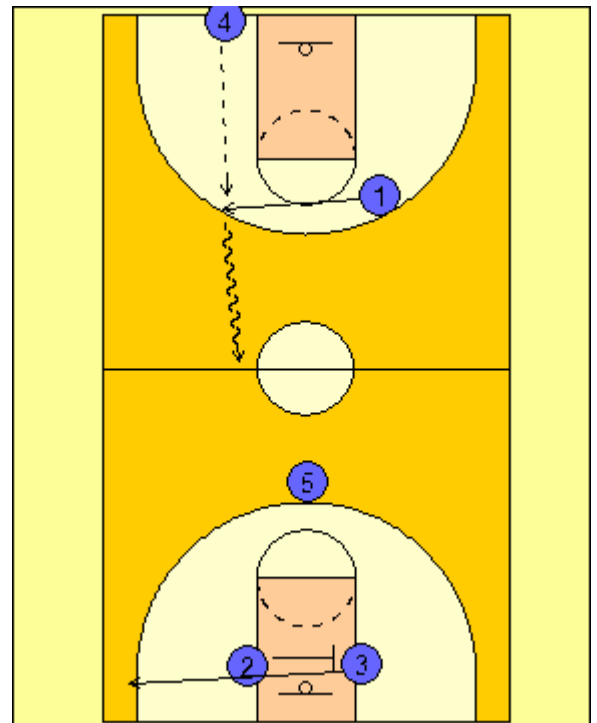
Multiple opportunities will develop in the paint and on the perimeter, so it depends on how many points you need/want.

Personnel

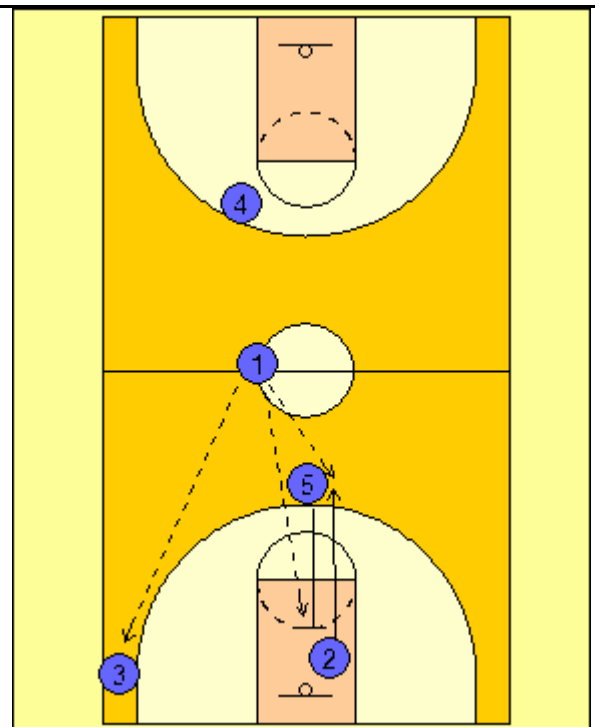
- 1 – Ball Handler/Perimeter Shooter – Will start in the backcourt – typically your point guard.
- 2 – Perimeter Shooter – A shooter who is adept at hitting three point shots.
- 3 – Perimeter Shooter – Another shooter that can hit a three if needed.
- 4 – Inbounder– One of your taller players that can find the open point guard on the inbound.
- 5 – Post Player – A tall and athletic player that can hit a shot inside the three point arc.

Instructions:

1. 4 will inbound the ball to 1.
2. 1 dribbles the ball across the half court line.
3. 2, located on the block, will set a screen for 3, who is on the opposite block.
4. 3 will come off the screen set by 2 and streak to the corner, looking for the ball and an open three pointer.



5. 5 will then come down and set a screen for 2.
6. 2 will pop out to the top of the key and look for the ball and a three point attempt.
7. 5 will be posting up in the middle, so 1 has the option of passing to 2,3, or 5, or taking a shot of his own, whichever is available.



Michigan

Summary

This play should be used with anywhere from 4 to 8 seconds left on the clock. Usually a jumper will be taken somewhere from 15-20 feet, but if there's enough time, a lay up is a possibility.

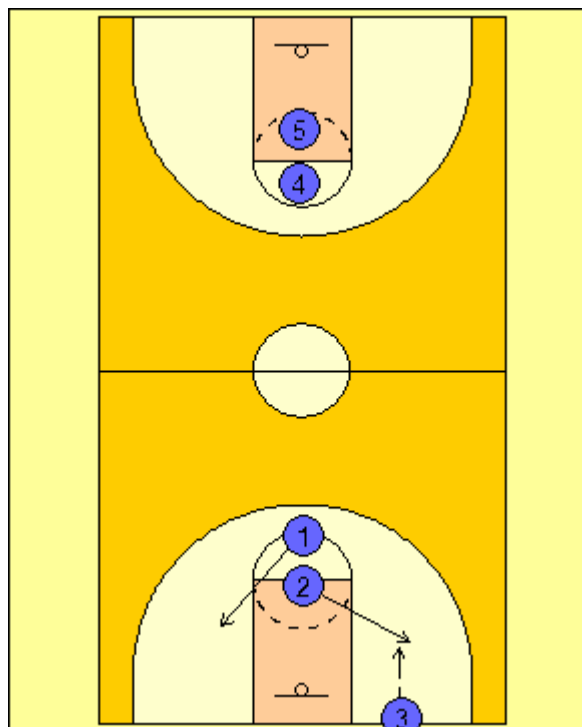
This is another play that was used by the coach at our high school in crunch-time situations. This play is designed to create an open shot somewhere on the floor, and gives a team at least three options to find one. Again, the point guard is an intricate part of this play, and after freeing myself from my defender, I received a pass from a teammate and dribbled the length of the court and hit a layup as time expired to win the game. This play is so lethal that any number of teammates can get open for a chance to win the game.

Personnel

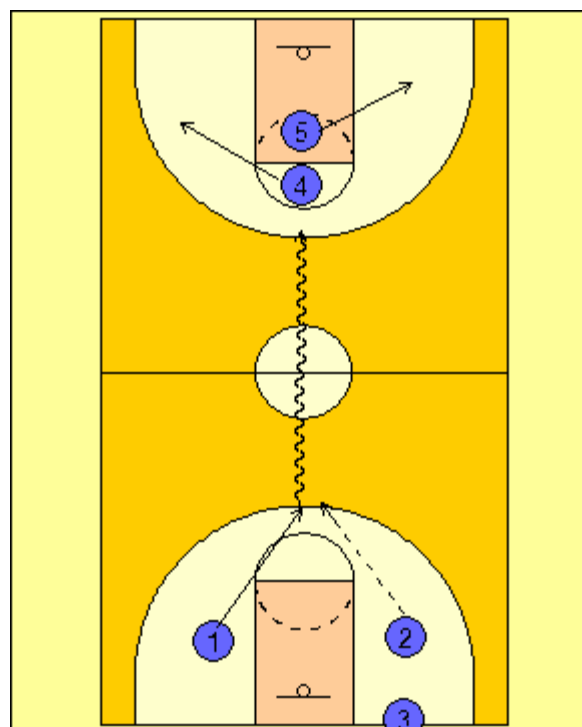
- 1 – Ball Handler/Passer/Shooter – Begins at the free throw line opposite the team's basket.
- 2 – Ball Handler/Passer/Shooter – Begins at the free throw line opposite the team's basket right behind 1.
- 3 – Inbounder – Makes the initial pass inbounds
- 4 – Shooter/Rebounder – Begins at the free throw line of the team's basket.
- 5 – Shooter/Rebounder – Begins at the free throw line of the team's basket right behind 4.

Instructions:

1. 3 will inbound the ball to 1 or 2, whoever is open after cutting to opposite sides.



2. 1 or 2, whoever doesn't receive the pass, will cut to the middle of the court and receive a pass from the other. In this example, 1 does not receive the initial inbounds pass.
3. The receiver (Player 1) will then dribble up the court.
4. 4 and 5 will both cut in opposite directions in an attempt to get open.
5. The ball handler (1 or 2) will look for a shot or a pass to an open player.



Laettner Does It Again

Summary

You want to use this play with under 3 seconds left on the clock in an inbounds play in which you are on the opposite end of your basket. A baseball pass should give the receiver a shot somewhere between the free throw line and three point line

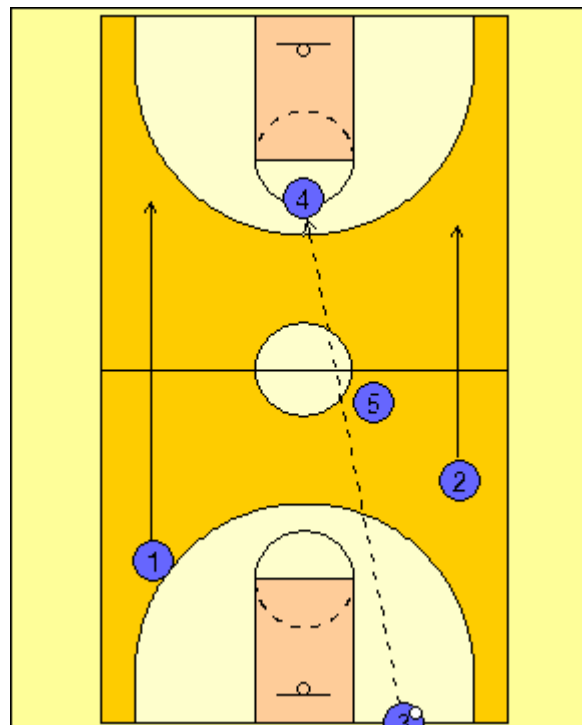
This play was used by Coach K and the Duke Blue Devils in an Elite Game in the 1991-92 NCAA Tournament. With 2.1 seconds left, Grant Hill was left unguarded and threw a baseball pass all the way to the opposite end of the court. Christian Laettner caught the ball, turned, and nailed a 17 footer to give the Blue Devils a one point victory over the Kentucky Wildcats. This double overtime thriller was one of the most memorable college basketball games of all time.

Personnel

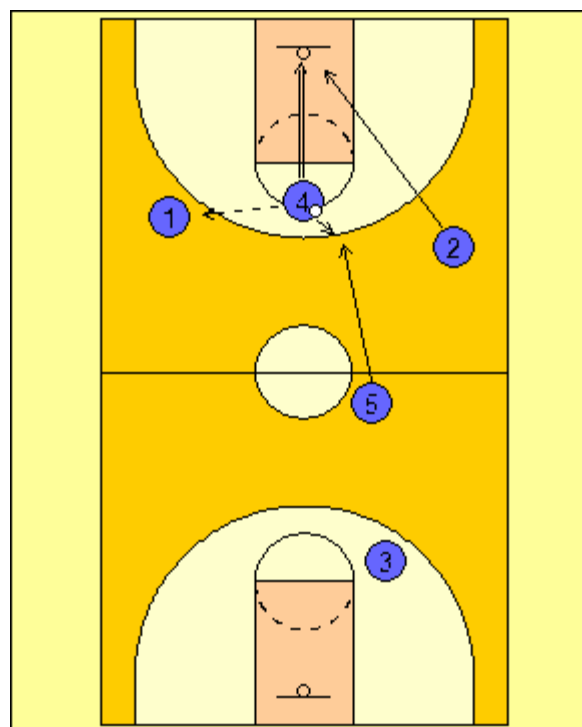
- 1 – Shooter – located on the wing opposite the team's basket
- 2 – Shooter – located on the wing opposite the 1.
- 3 – Best Long Passer – Located out of bounds at the opposite end
- 4 – Best jumper who can shoot – Located near the free throw line by the basket.
- 5 – Shooter – located near half court.

Instructions

- 1. One and two will sprint down court as the baseball pass is being thrown.
- 2. The 4 will get position on his man so he is in good position to catch the baseball pass.



3. If the 4 doesn't think he can get a good shot off, he can quickly pass it to the streaking 1 or the 5 man who will be trailing the play.
4. If he shoots, player 4 must quickly turn and shoot a jumper. The 2 man will crash the boards in hopes of getting a quick tip in with as time expires.



Hoover

Summary

You can use a set play like this at any point in the game, but it's best to use it when you really need a quick basket. A lay-up by the 1 is the ideal shot from this play.

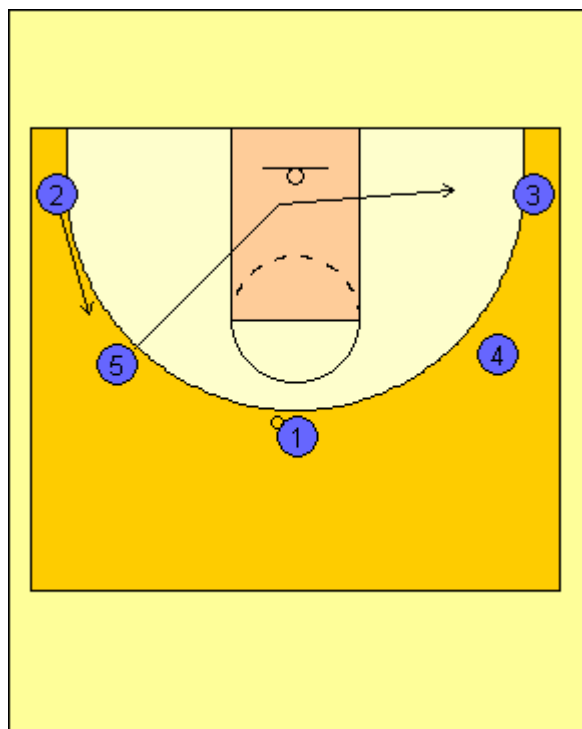
This play was used by the my high school in crunch-time situations. This play is designed for the point guard to get a lay-up, and I was fortunate enough to be the point guard and win a game on a last second shot with this play. If executed properly, the defense can become extremely confused.

Personnel

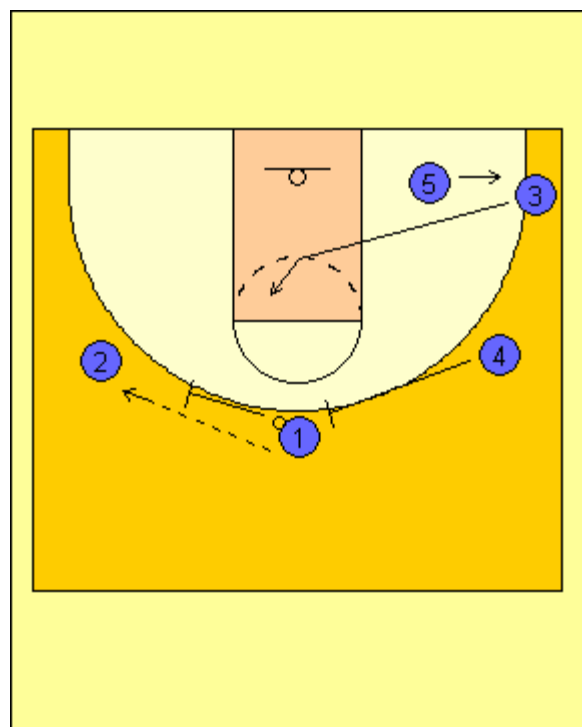
- 1 – Shooter – Begins at the top of the key.
- 2 – Ball Handler/Passer – located in the corner.
- 3 – Screener – Located in the opposite corner of 2.
- 4 – Screener – Located on the wing.
- 5 – Cutter – located on the wing opposite 4.

Instructions

1. 5 cuts through the lane – 2 fills his spot on the wing.



2. 1 passes to 2 and follows his pass to set a screen for 2.
3. 4 comes and sets a staggered screen that will be used by 2.
4. 3 gets himself into position to set a back screen for 1.



5. 2 dribbles off the two screens and passes to 5 who has rotated to the wing from the corner.
6. 3 sets the back screen for 1, who comes off the screen to the low block.
7. 5 looks inside to player 1 who should be wide open for a layup.

