

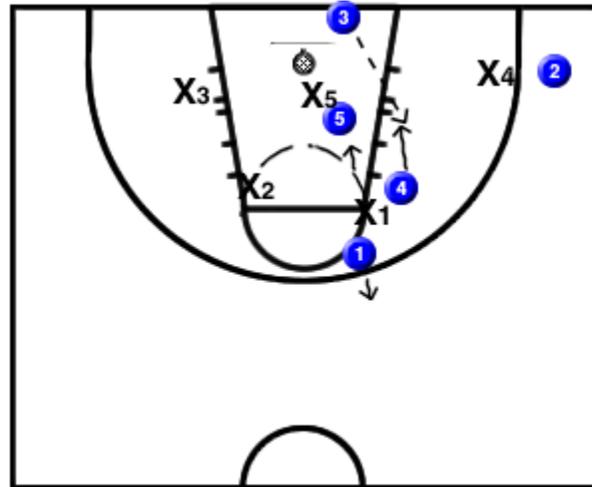
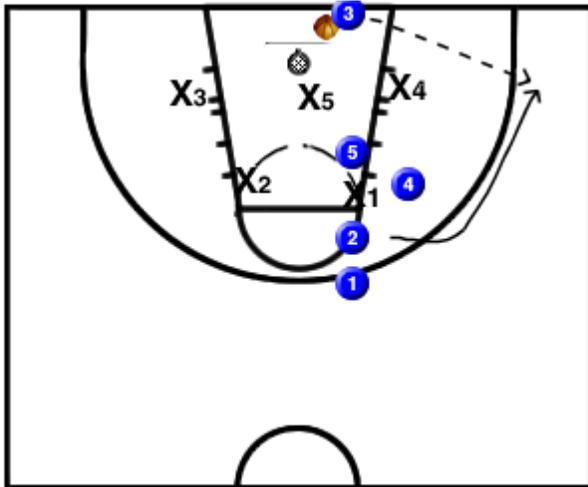


Nike Basketball

Zone Baseline out of bounds 1

#3 has the ball out of bounds. #5 lines up above the blocks, between the X4 and X5 defenders. #4 stacks outside the X1 defender. #1 and #2 form a stack above the X1 defender.

On the slap of the ball, #5 seals the inside defender. #2 (your best shooter) cuts around #4's screen to the ball-side corner. #2 could get the pass here and the three-point shot. Now if the X4 defender moves out toward the corner, #4 slides down the lane into the gap looking for the pass and shot. You should have a 2-on-1 situation with the X4 defender. Either #2 or #4 should be open.



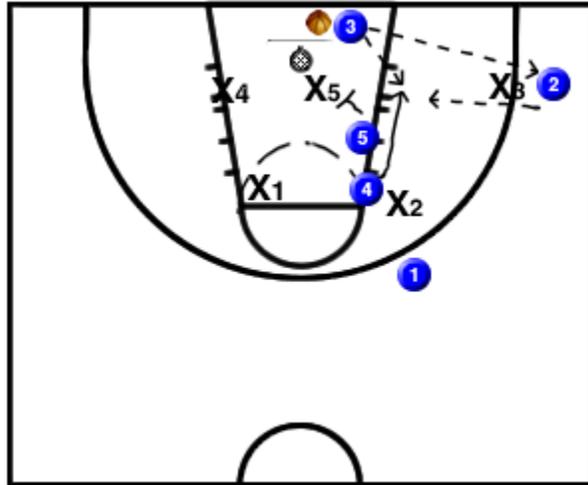
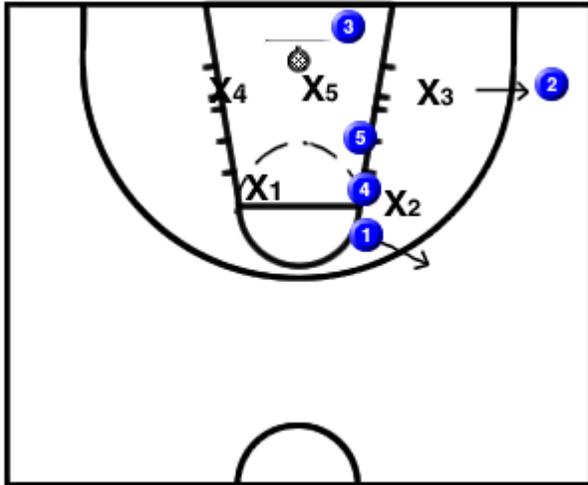
Zone b-o-o-b 2

Your best outside shooter is #2, and #4 and #5 are post players. #1 is the point guard. In this play, start with #2 just outside the bottom outside defender (X3). #2 then flashes out to the corner looking for the three-pointer, or to take the X3 defender with him/her. #1 is your safety and splits out to the ball-side wing.

If #2 is open in the corner, that's where the pass goes for the three-point shot. Meanwhile, #5 sets a screen on the middle defender, and #4 slides into the gap created by the screen. If the X3 defender goes to the corner, then #4 should be wide open for the easy shot. Another option could be this pass sequence: #3 to #2 to 4.



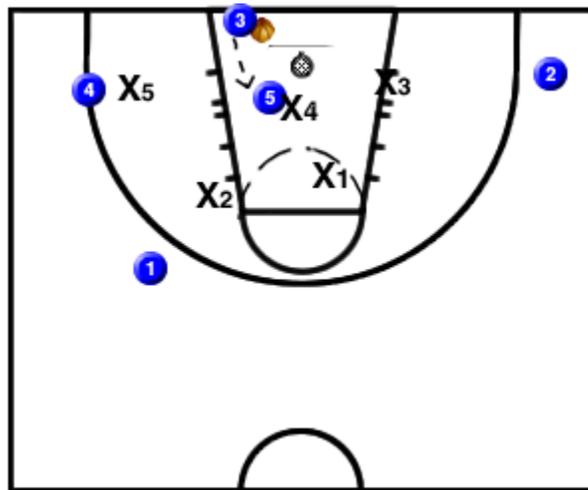
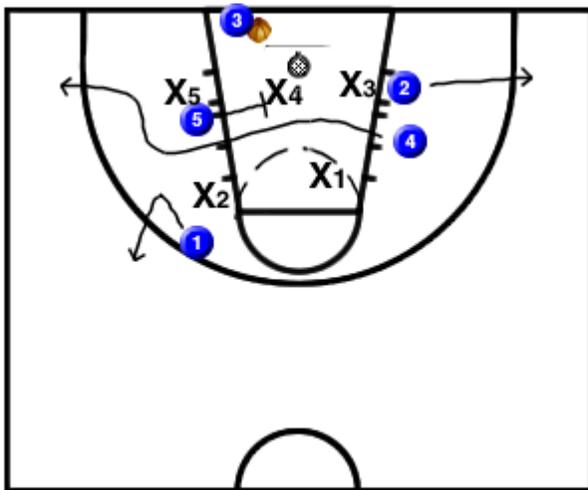
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Zone b-o-o-b 3

Your strong post player (#5) sets a screen on the middle defender X4. #4 cuts around the screen, moving out to the short corner or corner area, calling "ball, ball, ball". This should get the X5 defender to move outside also onto #4. Now #5 seals for inside position, gets the inbounds pass and the power lay-up

Notice that #2 can cut to the opposite short corner for a shot, or maybe even steal the inside position from the X3 defender for a lay-up. #1 is our safety for the outlet pass if nothing develops inside. After making the inbounds pass, #3 should move to the opposite corner-wing area.



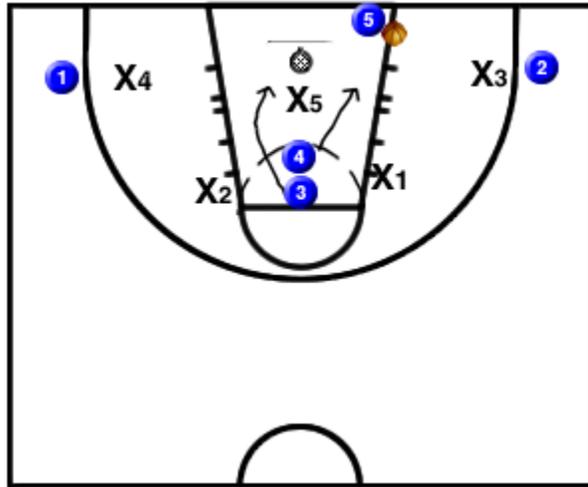
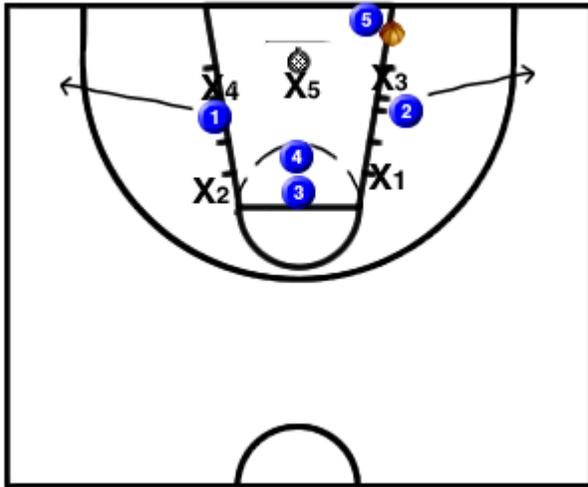
Zone b-o-o-b 4

Put your best shooters on the blocks. They will split out wide to the corners looking for the pass and corner 3-point shot. Stack your two post players in the middle near the free-throw line. After 1 and 2 start their cuts to the corners, hopefully the outside low defenders will go with them to the corners. 3



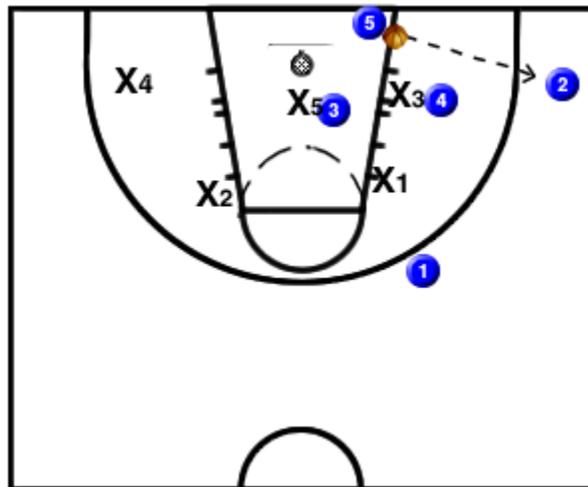
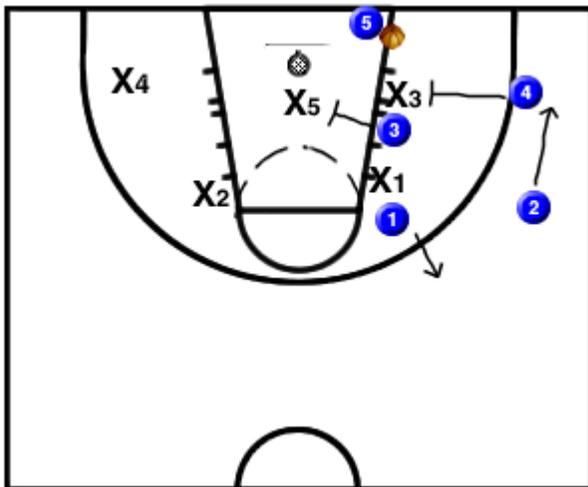
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and 4 cut around the middle defender to each block... one should be open for the lay-up. The first time you run this play, the low defenders may not move out to the corner, so look to hit a 3-pointer first. Then the next time, beat them inside.



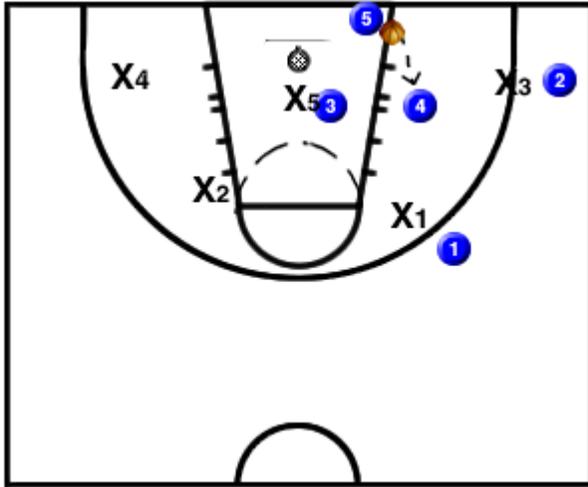
Zone b-o-o-b 5

This play will get us a corner 3-point shot the first time we run it, and the inside shot the second time. Notice that our post players 3 and 4 screen the middle and outside low defenders. Our best shooter (2) slips into the corner for the pass and shot. The next time, let the outside defender slip out to the corner, and 4 should be open inside for the pass and shot. 1 has to occupy the X2 defender so that X2 will not cover the corner.





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Zone b-o-o-b 6

This is a very effective play if you have a good tall post player with long arms. 2 tries to duck inside the weakside low defender calling "ball, ball, ball" to occupy that defender. 1 drops out to the point. 3 screens the backside of the middle low defender, pinning him/her underneath the basket. 4 slides in behind 3's screen for the lob pass and shot

