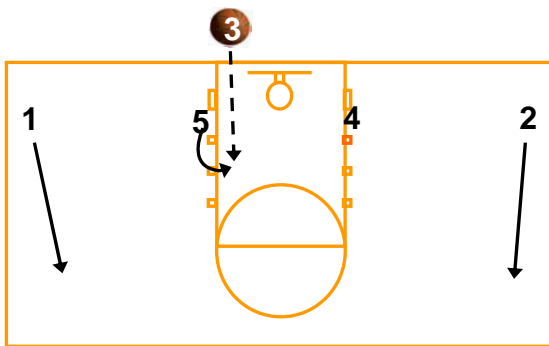


“Flat #1 and Flat #2” Inbounds Plays

Are you ready to try something different? These types of inbounds plays will throw the defense off (they are very hard to defend). Check it out...

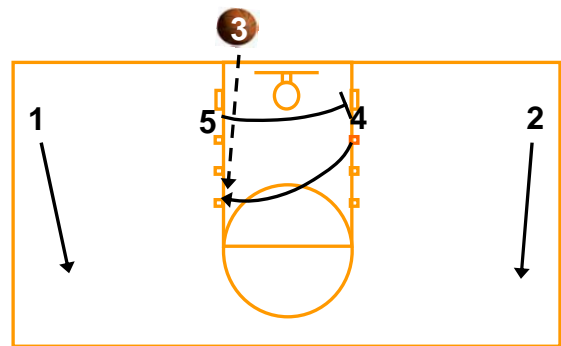
Flat #1



Flat #1: On the signal from 3 (“break”), the 5 turns and seals the defender with their right hand up and ready to catch the ball. The 3 should make a good “lob” pass to the 5, the 5 should immediately shoot. The 1 and 2 go up high after the ball is inbounded (not before). The 4 does not move. If for some reason the 3 cannot pass to the 5, the 2nd options are passes to the 1 and 2.

This play is all about getting the ball to the 5 – which is your best post player.

Flat #2



Flat #2: On the signal from 3 (“break”), the 5 moves towards the opposite block taking the defenders with them, the 4 slides up towards the elbow for the pass and quick shot. The 5 should turn and face the ball (boxing out a defender) and be ready for the pass (as the 2nd option). If for some reason the 3 cannot pass to the 4, the 2nd option is the 5, then passes to the 1 and 2. This play is all about getting the ball to the 4 – which is your best shooter. Flat 2 works best after Flat 1 has worked a few times.

Note: Inbounds plays can be run from either side of the paint area. Make sure you practice inbounds plays from both sides of the paint.