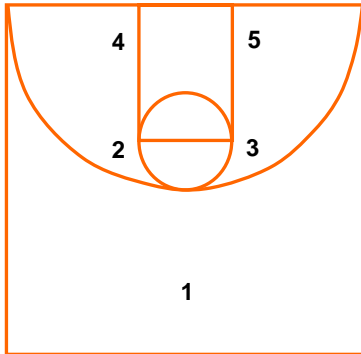


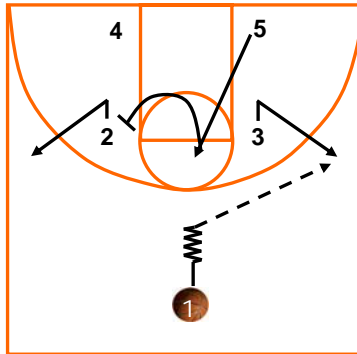
"5 HIGH" A Very Basic Zone Offense

Many coaches make the mistake of showing their players the most difficult plays first, thinking that it will take longer for the players to learn, so why not start the difficult plays now? A more logical first step is to start with something easy, get the players familiar with it, and allow them to gain a little confidence before moving on to something more challenging.

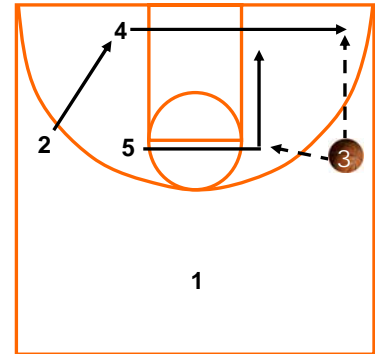
Basic Set Positions



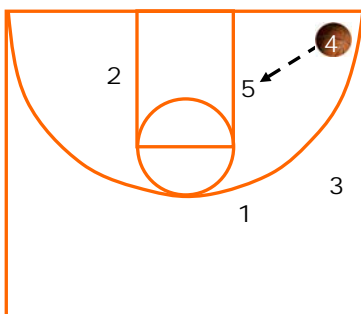
- * 5 Flashes high, then moves to opposite elbow
- * 1 dribbles at the defense, passes to the 3.



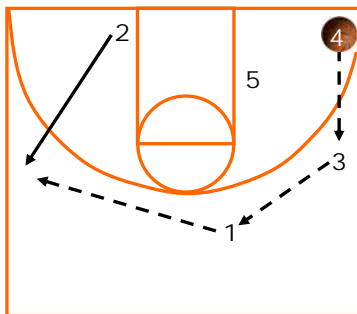
- * 4 Runs Baseline, 2 Drops to block to cover the weak side rebound area **
- * 3 passes or fakes to 5, then passes to 4
- * 5 Flashes to Elbow, then drops down.



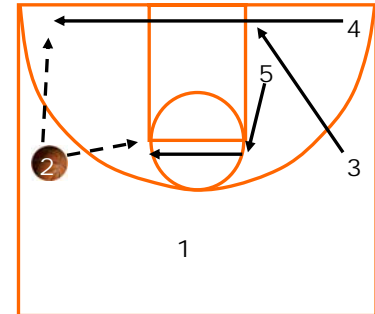
- * 4 Looks for 5 posting up near the Block,
- * 4 should also (always) look to drive the baseline if the opportunity is there!



- * The players should use a Quick Swing Pass to Reverse the ball to weak side player.
- * 2 should look to shoot or drive quickly.

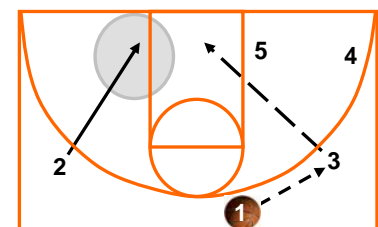


- * 4 Runs baseline, 3 Drops to cover the weak side rebound area **
- * 5 goes high to the elbow, then flashes across to the opposite elbow. And so on ...



- Practicing Plays: The plays should be run from one side to the other, over and over until the players get comfortable with it. The coach should dictate when the team should shoot while running the plays. Ex: Shoot after 6 passes, or just call a players name to shoot! Either way, it is important to keep running the play over and over until the players are comfortable with it.
- Start adding players on defense when you feel the players are ready for live action. Scrimmaging is a must and always a great way for the players to gain some live game experience (always include scrimmaging in your practices).
- Make sure that the point guard (1) calls out the play loud enough for the other players to hear.
- Coaches should try different players at different positions whenever possible; this allows you to be more versatile during special situations. Ex: The other team is small or larger than most, players are in foul trouble, player discipline problems, and you need a player to fill in on the spot, etc. It's really not fair to put younger players in unfamiliar positions until they are ready.

The "Weak Side" Rebound!



70% of all rebounds usually come from the weak side. It is extremely important to ensure that your players drop down to this position when it is their responsibility! This is a great opportunity for a quick basket.
Many easy baskets occur here!

Ex: 3 Shoots the ball, 2 drops down to cover the weak side rebound area (gray).