

Scituate Sailors 2015-16 Playbook

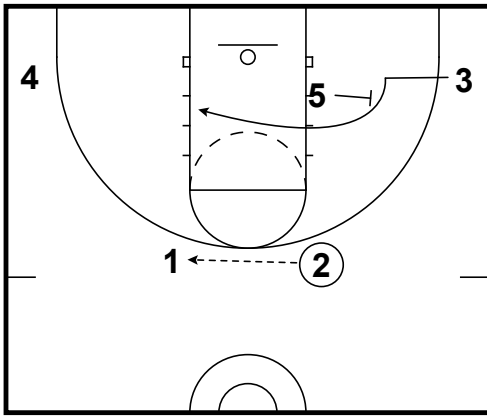
Table of Contents

1.	Man-to-Man Offense	2
2.	Zone Offense	17
3.	Inbounds	20
4.	Press Breaks	30
5.	Special Teams	33
6.	Defense	36

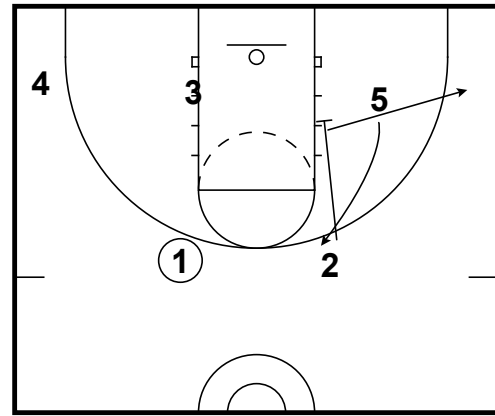
Man-to-Man Offense

Man-to-Man Offense

Flex
Guard-to-Guard Pass



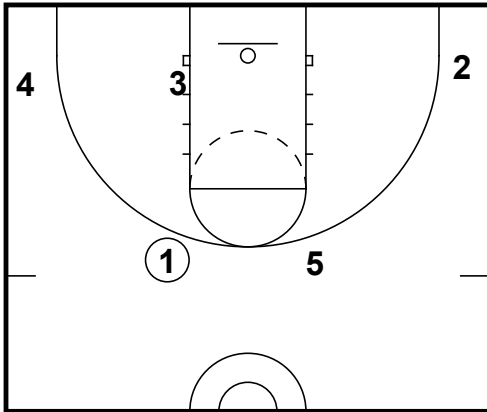
Flex
Frame 2



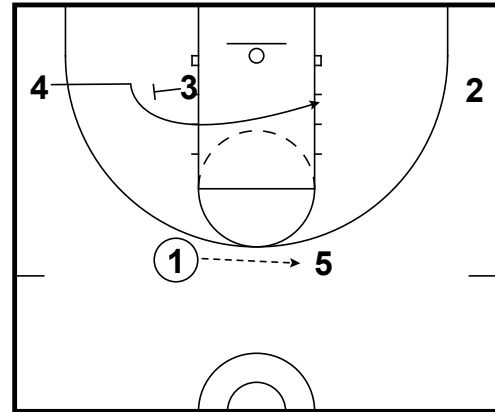
- Triangle Side, and "2" side
- On Guard to Guard pass, 5 back screens for 3
- 3 cuts HIGH off screen to opposite low post area

- After passing, 2 sets inside screen for 5 and then gets out to corner.

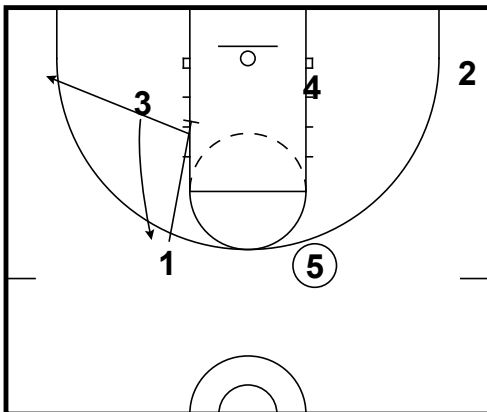
Flex
Frame 3



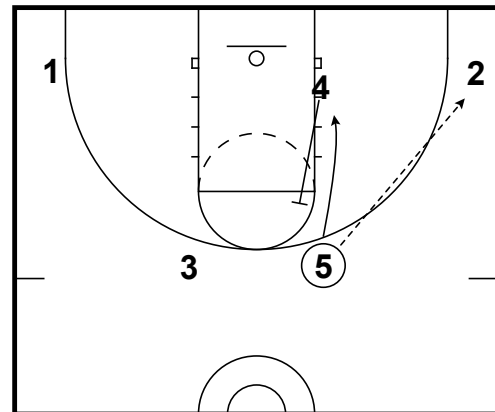
Flex
Guard-to-Guard Pass



Flex
Frame 5



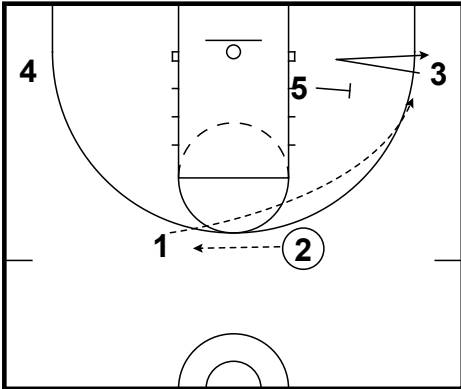
Flex
Pass to Corner



- On pass to corner, post player will set UCLA screen for 5 flashing to post.

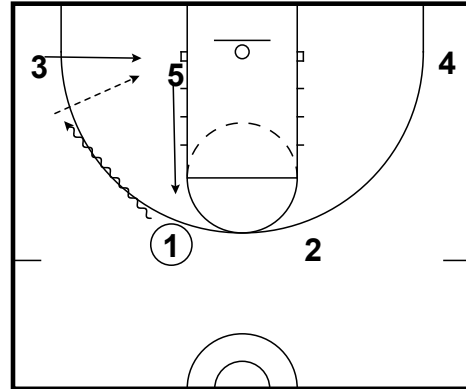
Man-to-Man Offense

Flex Reads
"Michigan State"



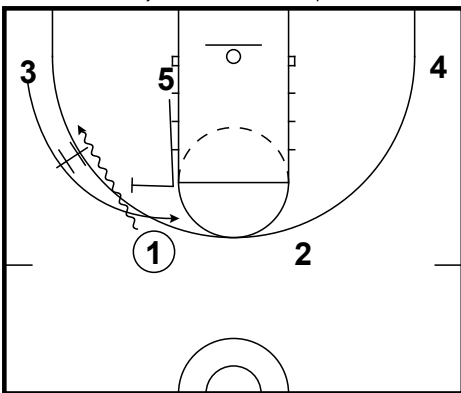
- If defender is undercutting the flex cut, 3 quickly backs up to corner.
- 1 hits 3 with skip pass.

Flex Reads
"Stay" Backdoor Option



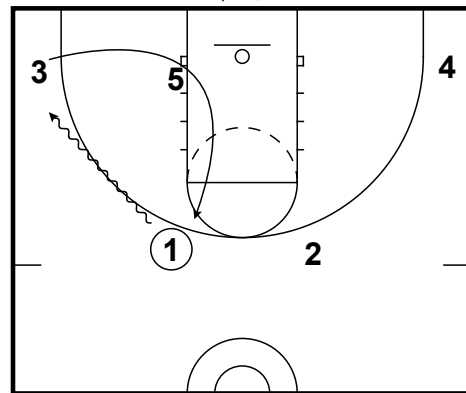
- BACKDOOR OPTION
- Slot dribbles at corner.
 - Corner basket cuts looking for backdoor pass.
 - Post player slides to slot.

Flex Reads
"Stay" Handoff Ballscreen Option



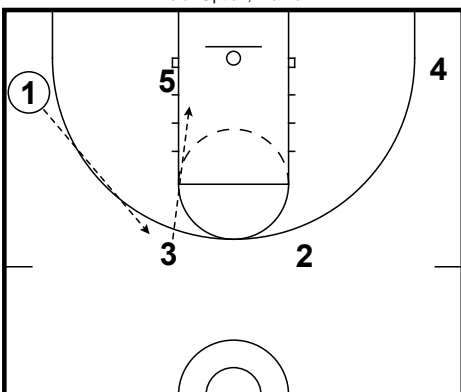
- HANDOFF BALLSCREEN OPTION
- Slot dribbles at corner and gives dribble handoff.
 - Post does L-cut right into a ball screen for corner man.

Flex Reads
"Hold" Option, Frame 1



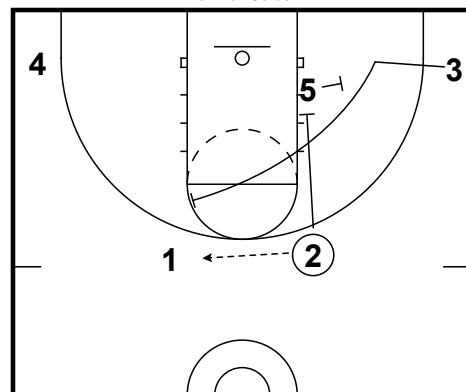
- 1 dribbles at 3 in corner.
- 3 basket cuts then loops back to the slot.
- 5 posts up hard.

Flex Reads
"Hold" Option, Frame 2



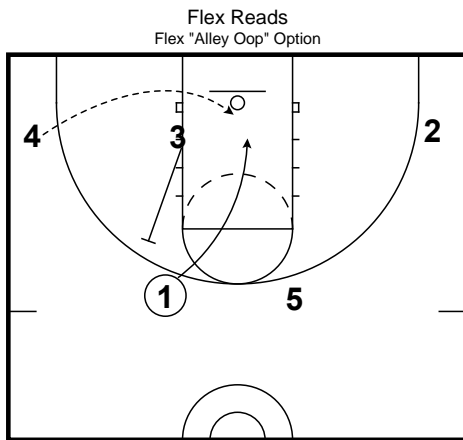
- 1 passes it to 3
- 3 immediately looks for high-low action for 5 sealing on the low post.

Flex Reads
Flex Ball Screen



- Triangle Side, and "2" side
- On Guard to Guard pass, post player back screens for corner
- Corner cuts high off screen right into a ball screen for 1.

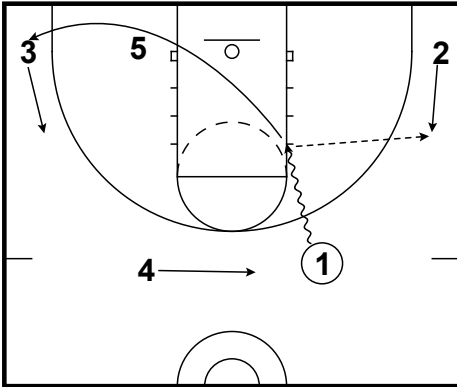
Man-to-Man Offense



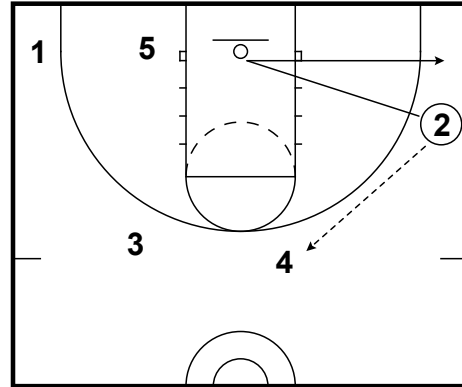
-1 passes to 4 in corner; 5 sets UCLA back screen for 1

Man-to-Man Offense

Maryland
Frame 1



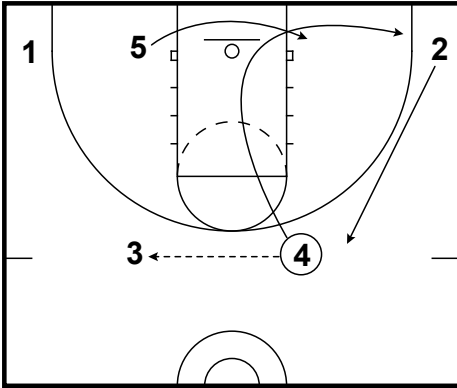
Maryland
Frame 2



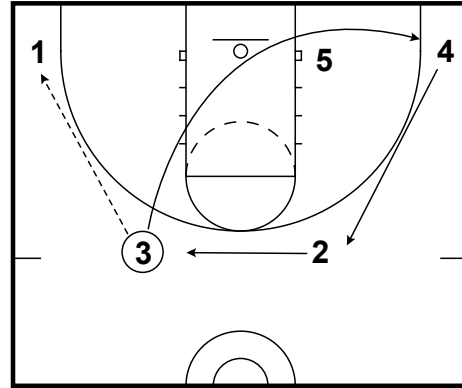
If person in corner passes to top, they basket cut and replace themselves.

- 1 dribble penetrates
- 2 relocates (kick up) towards wing when 1 jump passes foul line
- 4 & 3 "circle move" in direction of drive to fill empty spots
- 5 stays at home on weak-side post waiting for lob or dump down
- On pass top 2, 1 basket cuts and exits weak-side.

Maryland
Frame 3

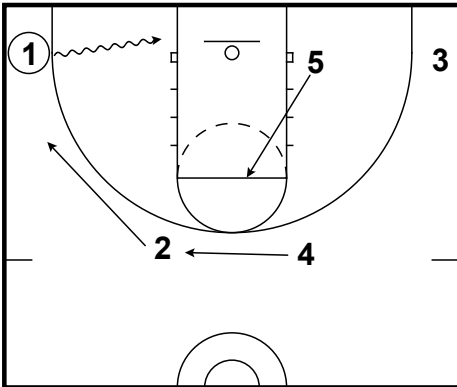


Maryland
Frame 4



- 4 passes to 3, basket cuts, exits weak side
- 2 fills open spot one pass away from ball-handler
- 5 relocates to weak-side

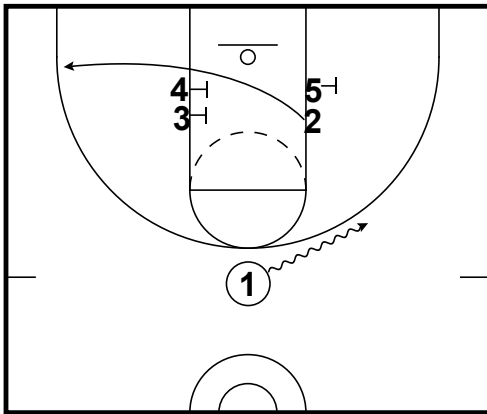
Maryland
Frame 5



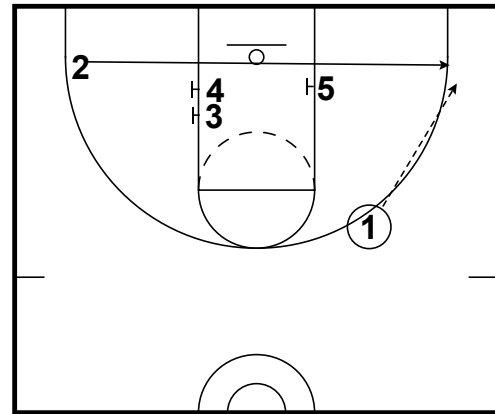
- 1 drives baseline
- 2 & 4 "circle move" in direction of drive to find natural pitch windows
- 5 slides to nail to find natural pitch window
- 3 stays home in corner to find natural pitch window

Man-to-Man Offense

Swing
Frame 1



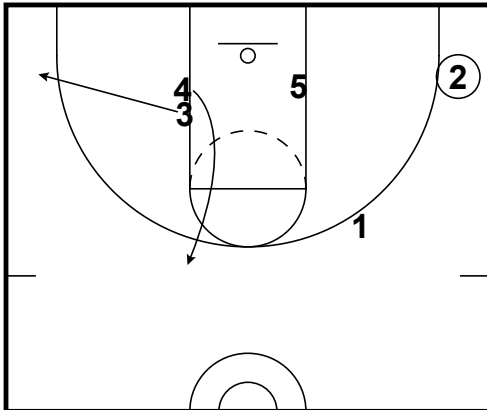
Swing
Frame 2



- Start in double stack.
- 2 curls off of single screen from 5 and double screen from 3 & 4.
- 1 dribbles to opposite wing.

- 2 plants hard and comes back across baseline screens.
- 1 passes to 2 in corner.

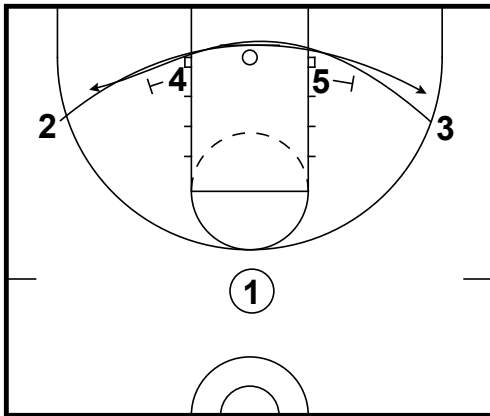
Swing
Frame 3



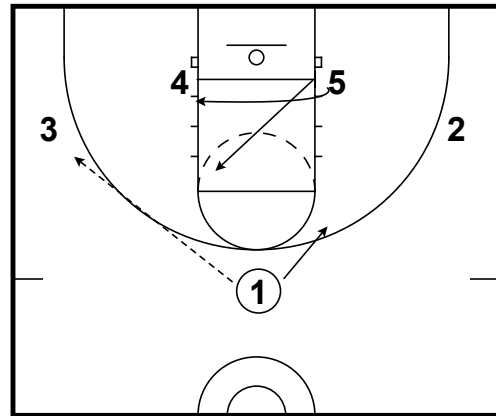
- 3 spaces to corner, 4 goes to slot.
- Can move right into Flex.

Man-to-Man Offense

Cross
Frame 1



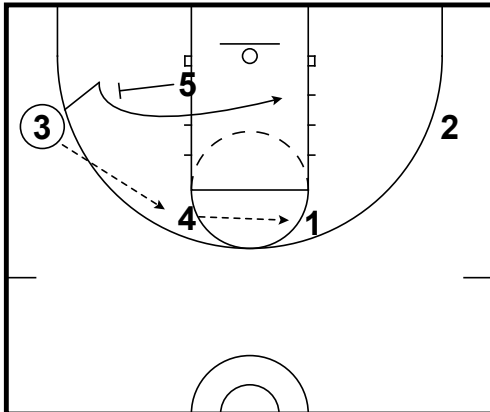
Cross
Frame 2



- Post players set screens on block for perimeter players cutting through.
- 2 & 3 cut all the way through to wing spots, foul-line extended.

- Point guard passes to wing and goes weak-side.
- Strong side post screens for weakside post, then flashes high for high-low action.

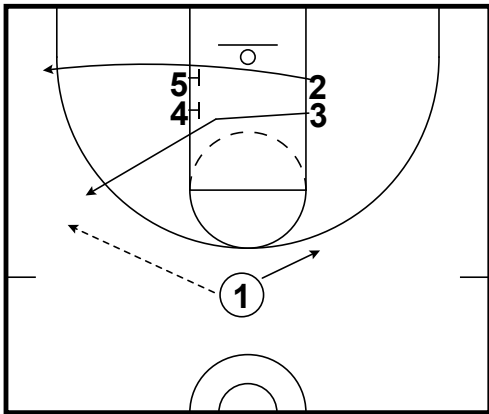
Cross
Frame 3



- If nothing develops inside, this effectively establishes the "Triangle" and "Two" sides of the Flex offense.
- Flows right into Flex rules and actions

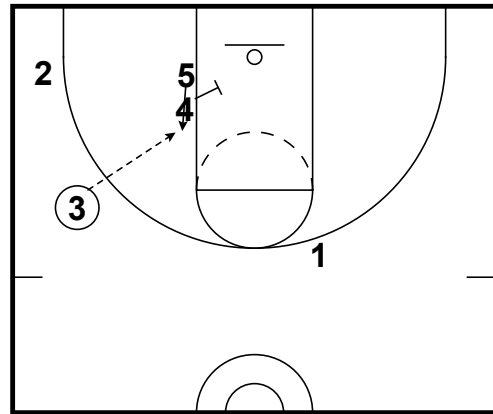
Man-to-Man Offense

X & X-Iso
Frame 1



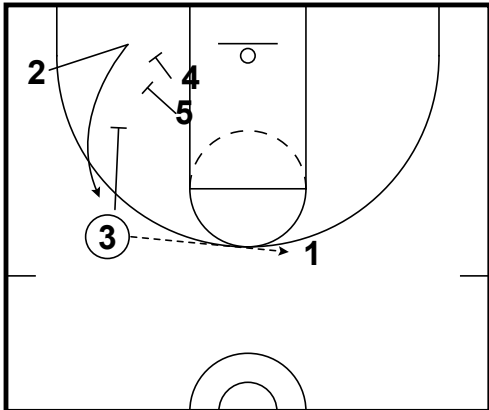
- Start in double stack.
- 5 and 4 double screen. 2 flashes to wing.
- 1 passes to 3 on wing and goes to opposite slot.

X & X-Iso
Frame 2



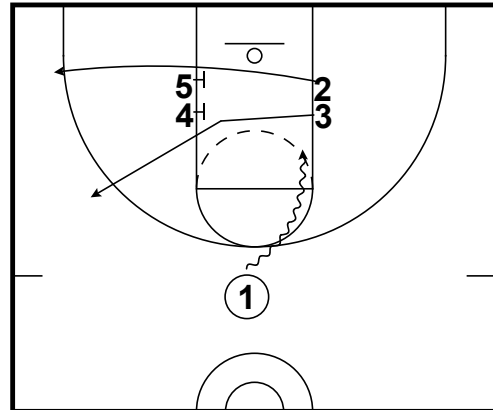
- 4 immediately screens down on 5's defender.
- 3 immediately hits 5 curling around screen.

X & X-Iso
Frame 3



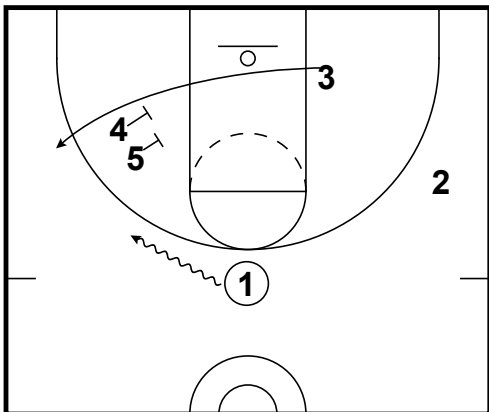
- If no entry to 5, 3 reverses to 1.
- 2 comes off staggered screens from 4, 5, and 3 for jumpshot.

X & X-Iso
Option: X-ISO



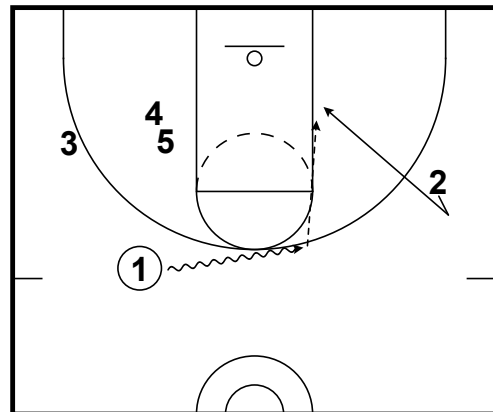
- 1 attacks open half of the court once 2 & 3 clear the screens.

Williams
Frame 1



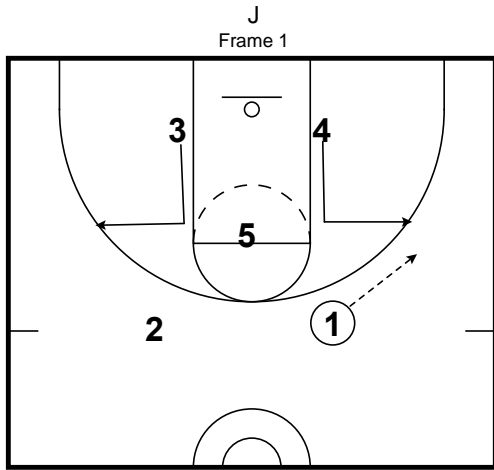
- 4 and 5 set double screen for 3 cutting hard to wing.
- 1 looks to pass to 3 for three pointer behind screen.

Williams
Frame 2

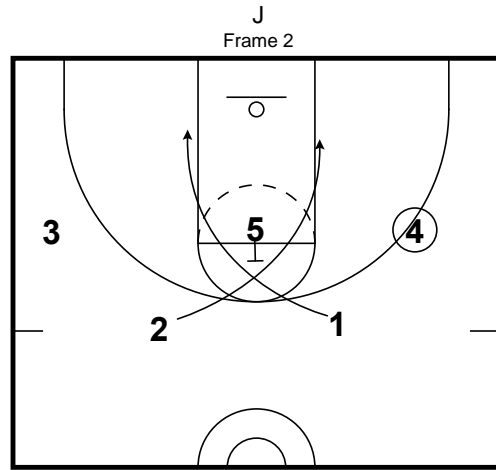


- If three pointer not available, 1 dribbles at 2 for backdoor cut and layup.

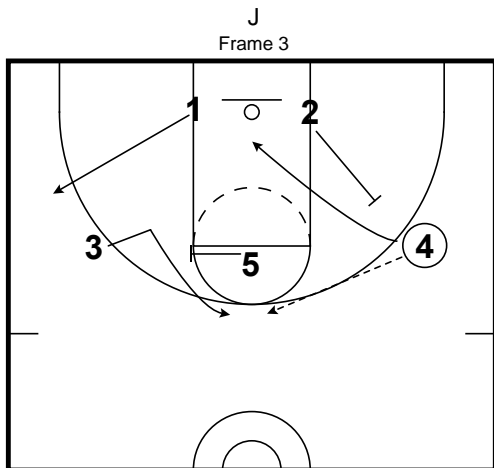
Man-to-Man Offense



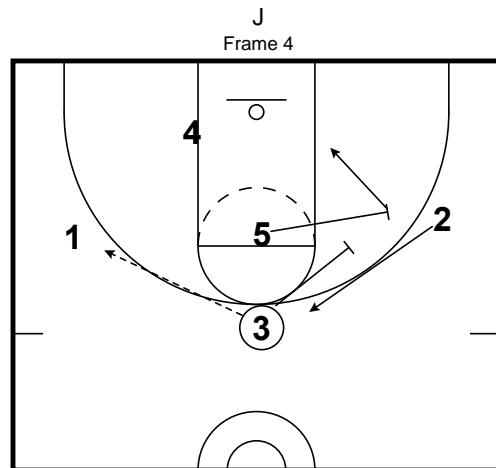
- 3 & 4 "L" cut out to wings.
- 1 passes to 4 on wing.



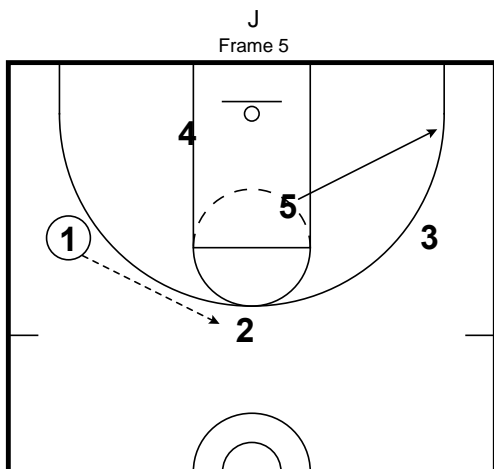
- 1 scissor cuts off of 5, followed by two cutting off of 5.



- 5 screens for 3 popping to top of key.
- 4 passes to 3 then flashes to basket off of 2's backscreen.

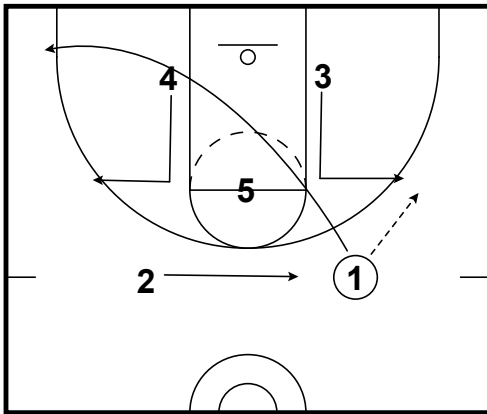


- 3 passes reverses ball to 1 and then sets staggered screen away.
- 1 can hit 4 isolated on block, or 2 coming off of staggered screen for a three pointer.

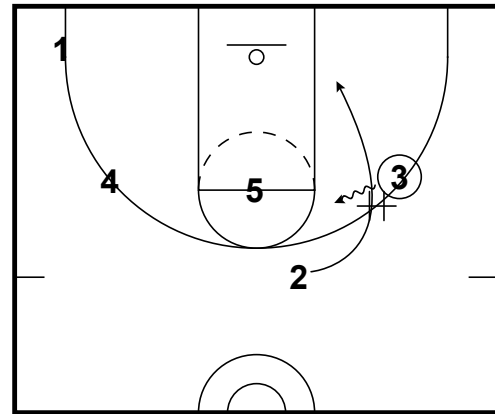


Man-to-Man Offense

Double
Frame 1



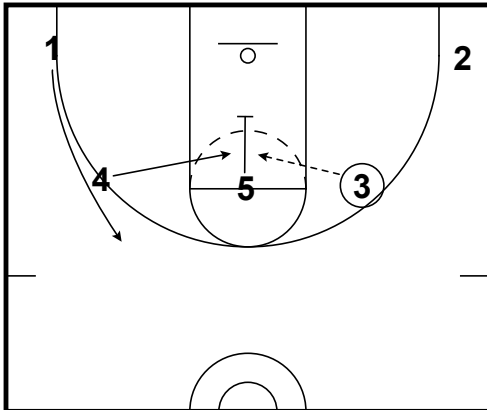
Double
Frame 2



- 4 and 3 perform L cuts to the wings.
- 1 passes to 3 and cuts to opposite corner.
- 2 fills ball-side slot.

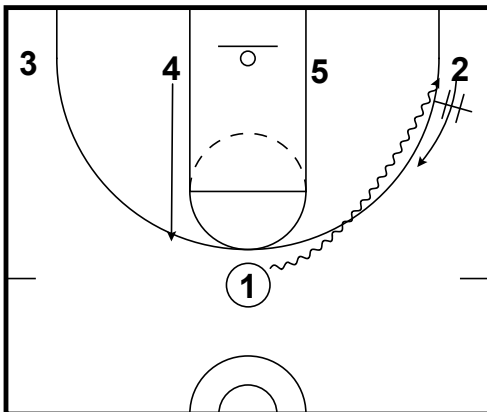
- 3 dribbles towards foul-line and gives dribble hand-off to 2 cutting around outside.

Double
Frame 3



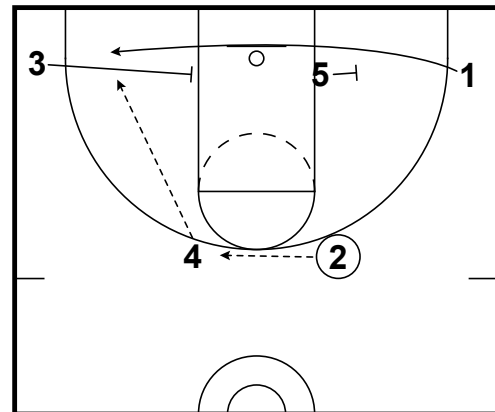
- 5 screens down in the middle.
- 4 flashes to open space below foul-line.
- 3 passes to 4 for shot.

Duke
Frame 1



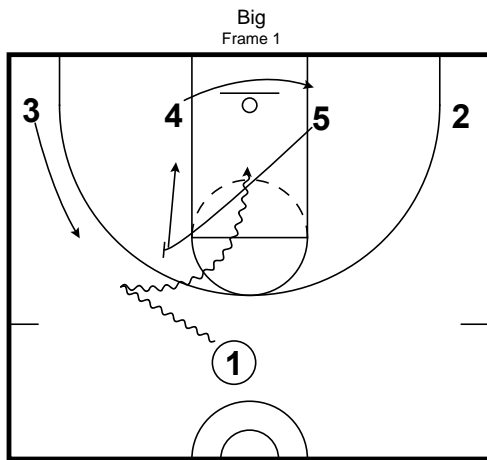
- 1 dribbles at 2 in corner for dribble handoff.
- 4 elevates to slot.

Duke
Frame 2

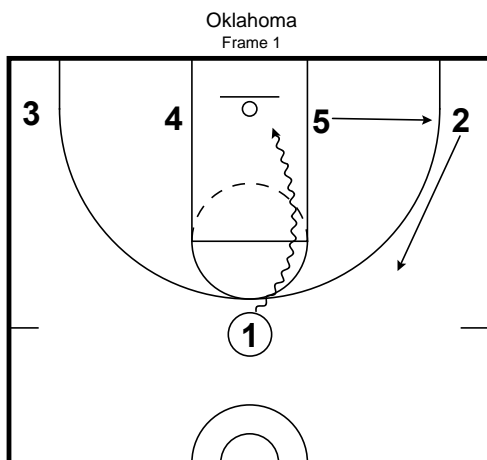


- 5 & 3 set staggered screens for 1 running the baseline.
- 2 reverses ball to 4 who hits 1 for the jumpshot.

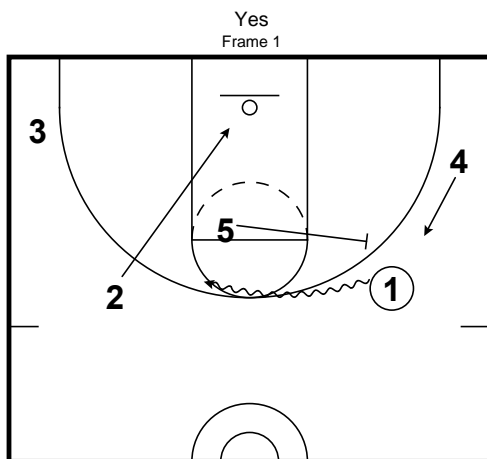
Man-to-Man Offense



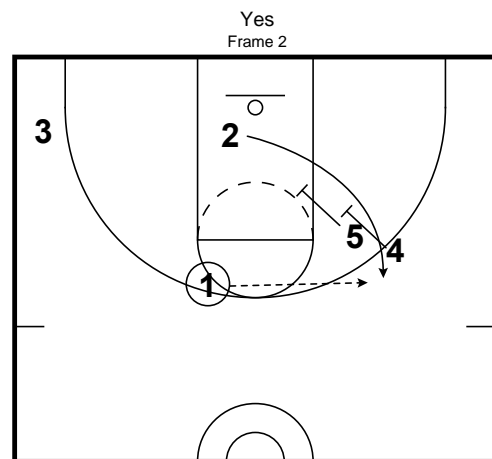
- 1 declares side and calls for screen.
- Opposite low post sets ball screen with shoulders parallel to sideline.
- 1 can get to rim, hit roll man, pitch to corner, or hit low post for dump down.
- 3 acts as safety valve.



- Isolation play for point guard.
- If 1 goes right, 2 slides up to wing and 5 slides to corner.



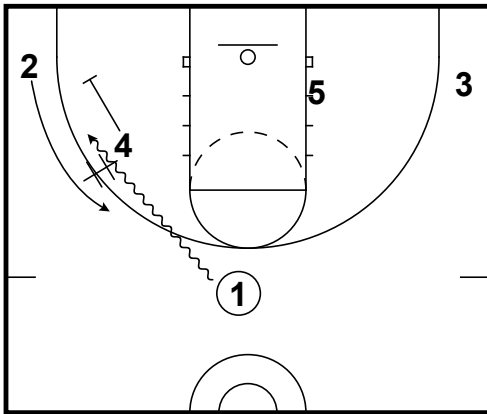
- 5 sets wing ball screen for point guard.
- 1 dribbles at 2; 2 flashes backdoor.
- 4 fills open spot that 1 vacated.



- 5 and 4 set staggered screen for 2.
- 2 cuts hard off screens for three pointer off pass from 1.

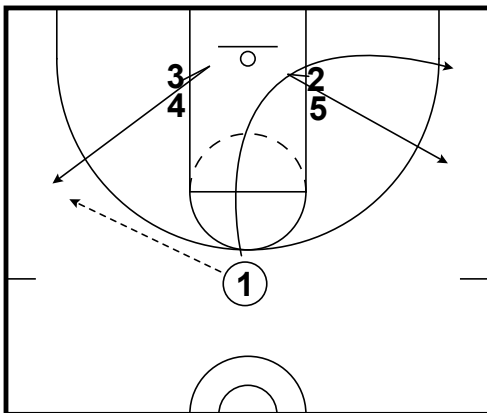
Man-to-Man Offense

2 for 1
Frame 1



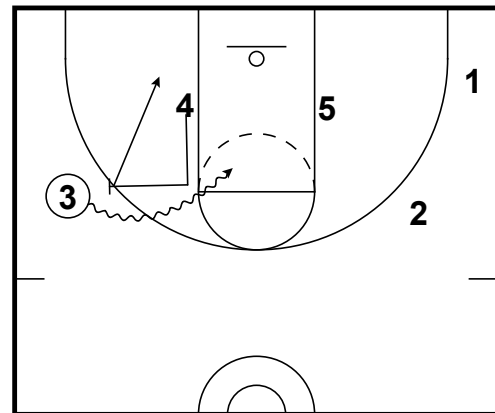
- 4 sets pindown screen for 2
- 1 gives dribble handoff to 2 for quick three pointer

Wing
Frame 1



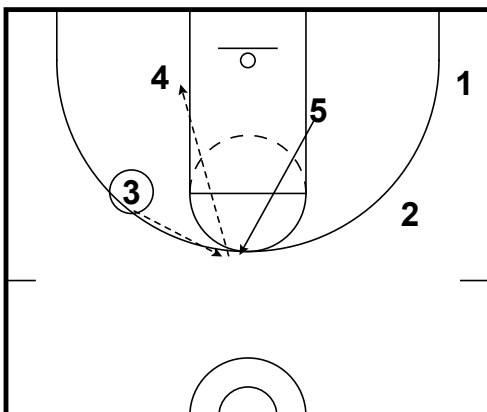
- Start in double stack.
- 2 and 3 pop out to wings off screens from 4 and 5.
- 1 passes to 3 and runs to opposite corner.

Wing
Frame 2



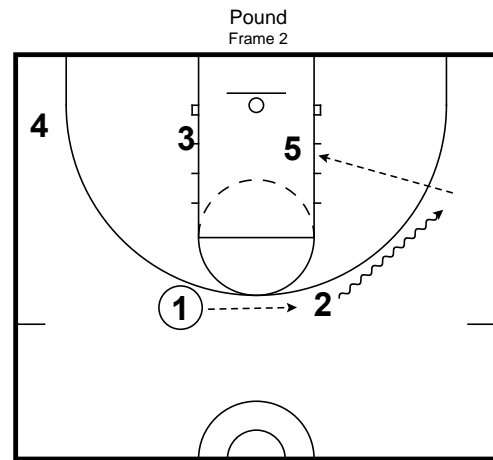
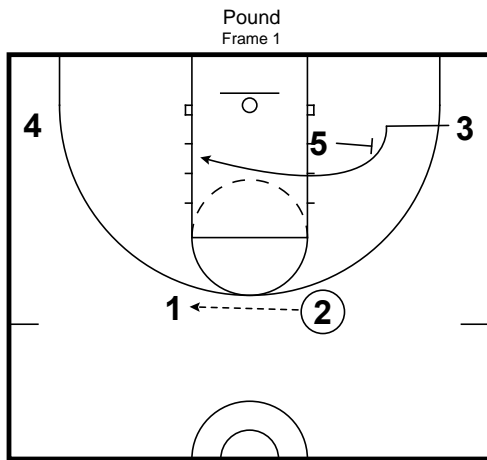
- 4 runs pick and roll with 3 on the wing.

Wing
Frame 3

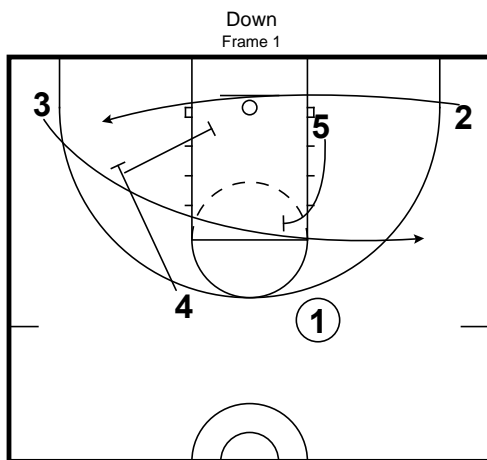
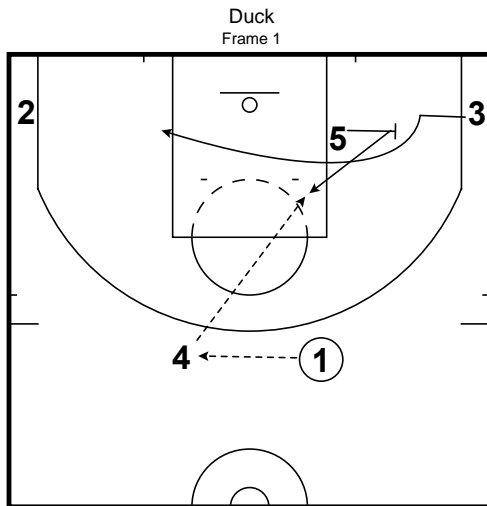


- If pick and roll does not work, 5 flashes high for the high-low with 4.

Man-to-Man Offense



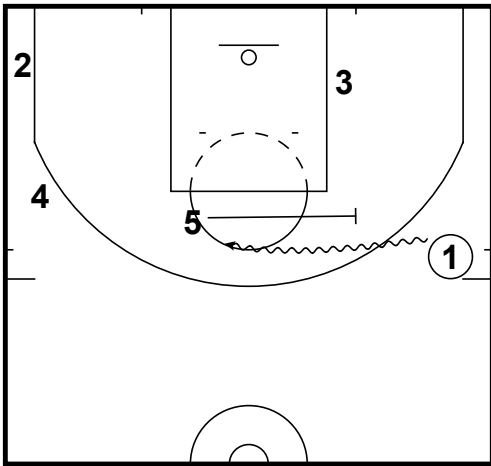
- 5 digs in hard as soon as flex cutter passes him, burying defender as deep as he can in paint.
- 1 gives hard ball fake to 4 in corner, then reverses back to 2.
- 2 rips ball through, dribbles to wing to create good passing angle to get ball to 5 on post.



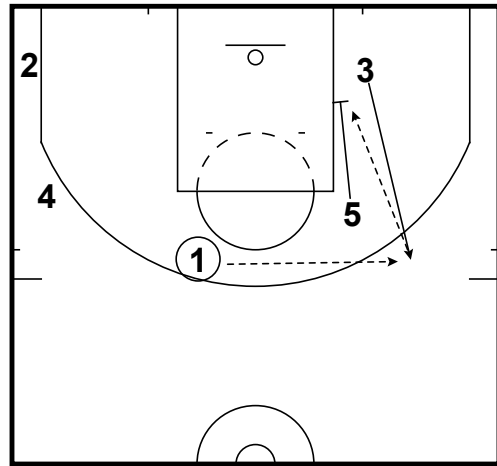
- 4 sets pindown screen for 3 in corner; 3 should look to curl off screen into lane for quick pass & lay-in.
- 5 elevates to elbow and sets flare screen for 3 coming across
- 4 sets screen for 2 running baseline.

Man-to-Man Offense

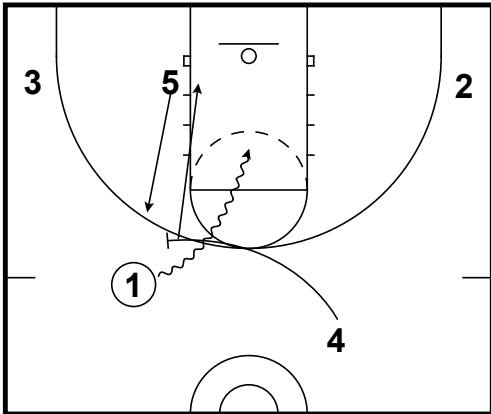
Knuckle
Frame 1



Knuckle
Frame 2



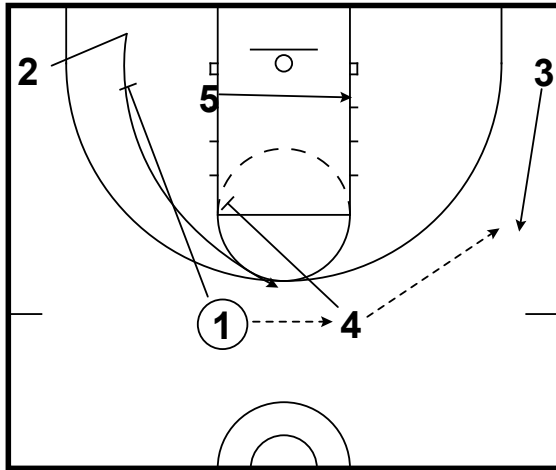
Drag
Frame 1



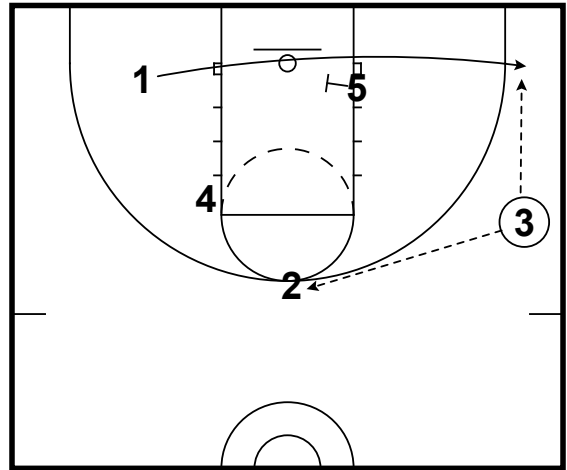
- Trailing weak-side slot sets ball-screen for 1.
- 5 replaces the screener at top of slot, or slides across lane under backboard to opposite post.

Man-to-Man Offense

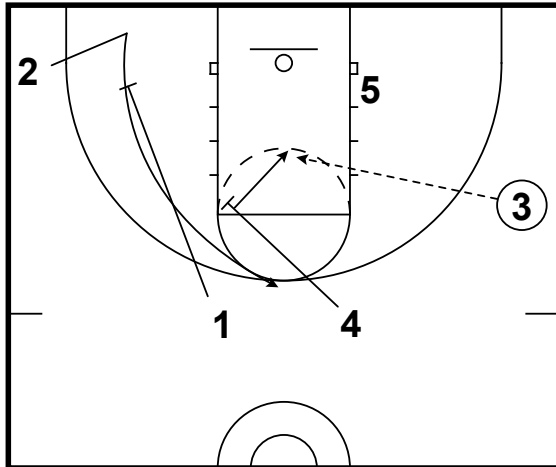
Strong
Frame 1



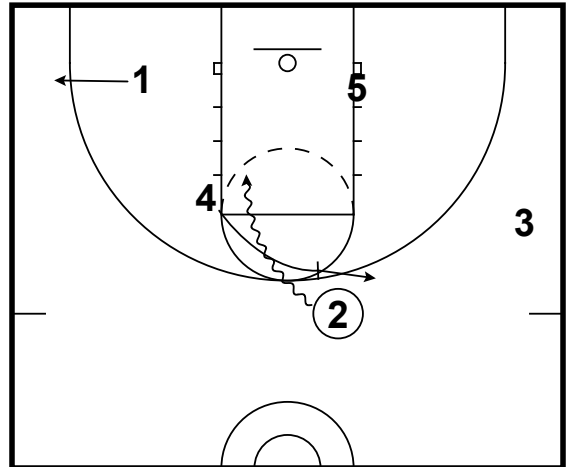
Strong
Strong "Swing" option



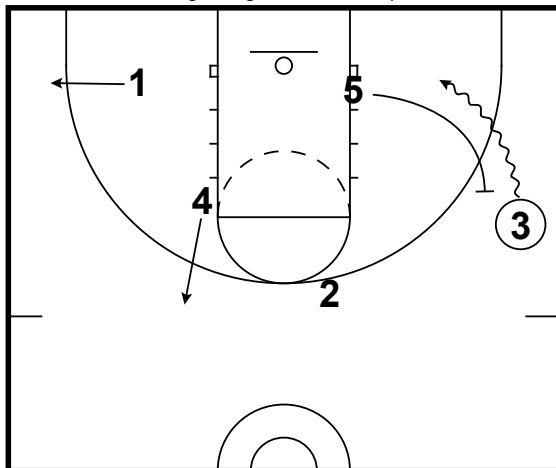
Strong
Strong "Slip" option



Strong
Strong "Fist" option



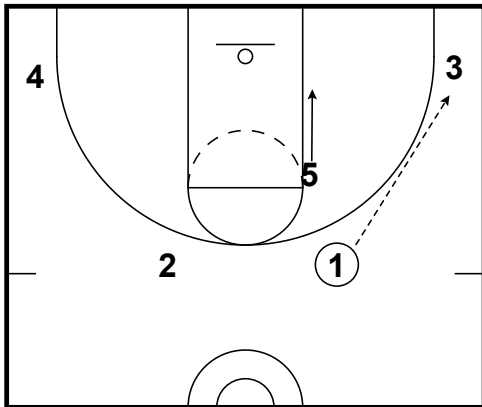
Strong
Strong Wing Ball Screen option



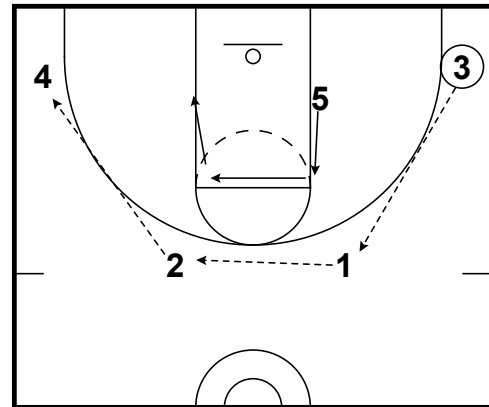
Zone Offense

Zone Offense

4 Out
Frame 1

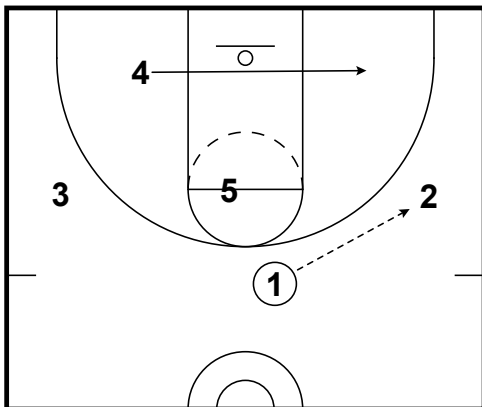


4 Out
Frame 2

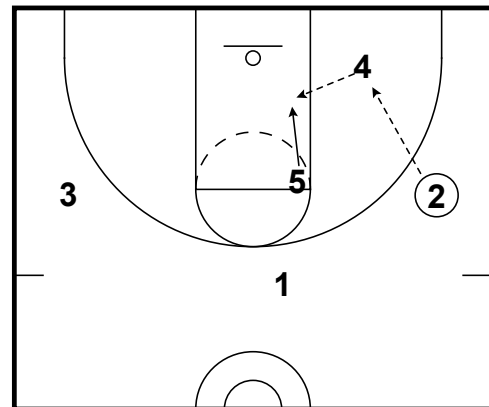


- Four-out formation: two corners and two slots
- Post player follows ball from high post to low post on the ball-side.

Hi Post
Frame 1



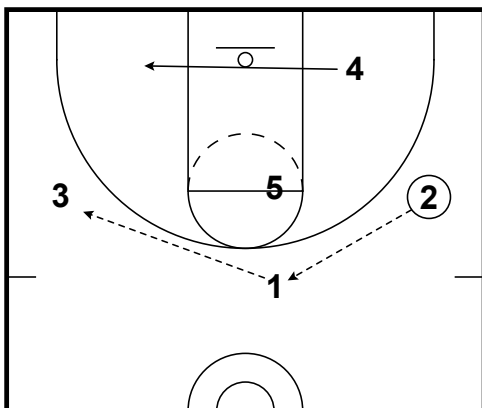
Hi Post
Frame 2



- 1-3-1 setup with low person in the short corner.
- 1 passes to 2 on the wing
- 4 flashes to ball-side short corner.

- On pass to short corner, 4 immediately looks to 5 flashing to basket.
- On pass to high post, 5 immediately looks to 4 flashing to basket.

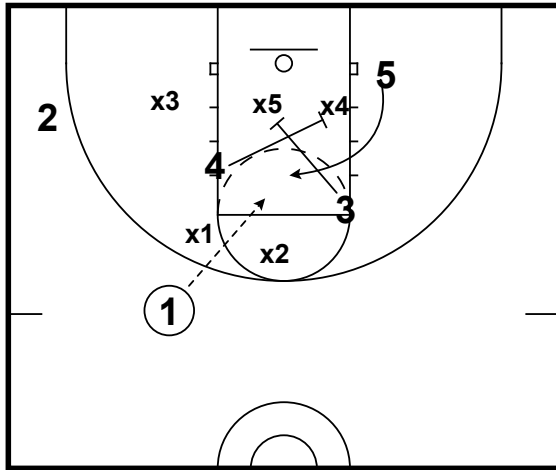
Hi Post
Frame 3



- On ball reversal, 4 runs to ball-side short corner to short corner.

Zone Offense

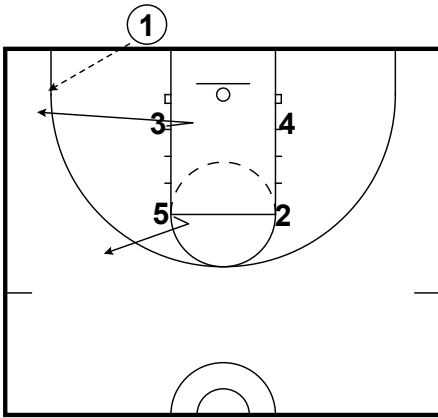
Thumb
Frame 1



Inbounds

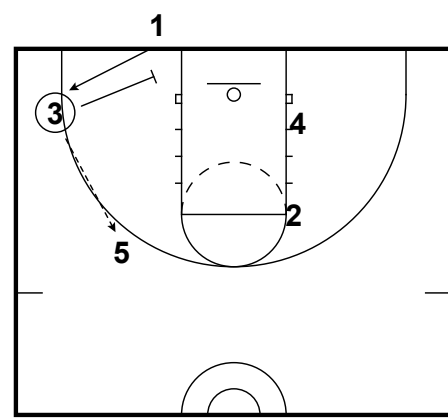
Inbounds

Under 20
Frame 1



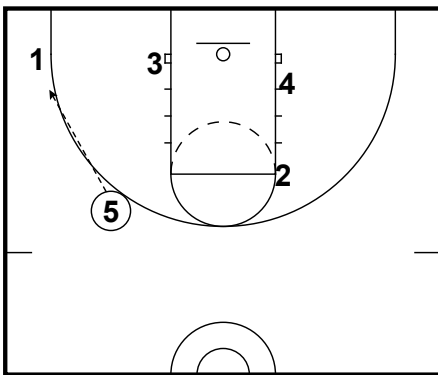
- 3 creates separation and flashes to corner.
- 5 flashes to high wing.
- 1 passes to 3 in corner.

Under 20
Frame 2



- 3 begins to reverse ball to 5, then sets downscreen for 1.
- 1 pops out to corner.

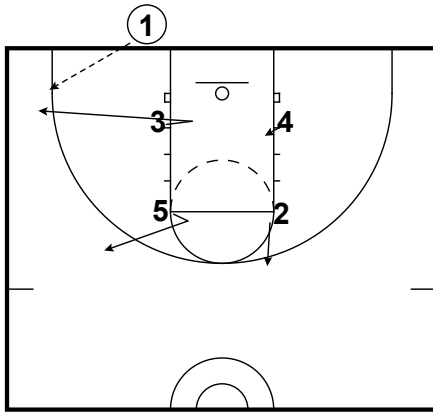
Under 20
Frame 3



- 2 passes to 1 in corner for jump shot or quick dump-in to 3 sealing on the post.

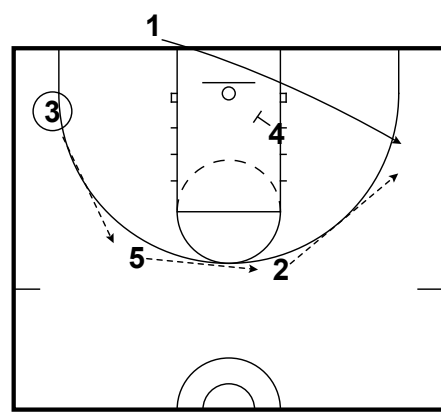
Inbounds

Over 20
Frame 1



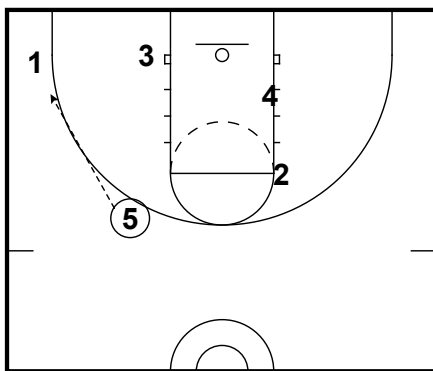
- 3 creates separation and flashes to corner.
- 5 flashes to high wing.
- 1 passes to 3 in corner.

Over 20
Frame 2



- 4 sets screen for 1 sneaking behind defense to weak-side corner.
- Ball gets reversed to 1 for jumpshot.

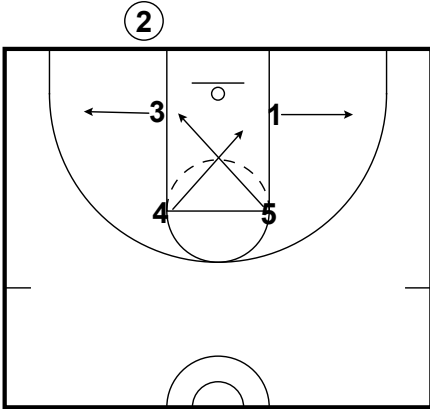
Over 20
Frame 3



- 5 passes to 1 in corner for jump shot or quick dump-in to 3 sealing on the post.

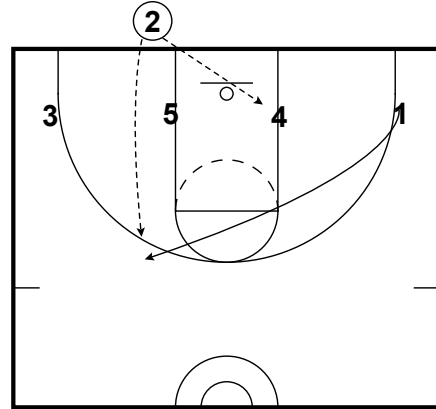
Inbounds

Shake & Shake High
Frame 1



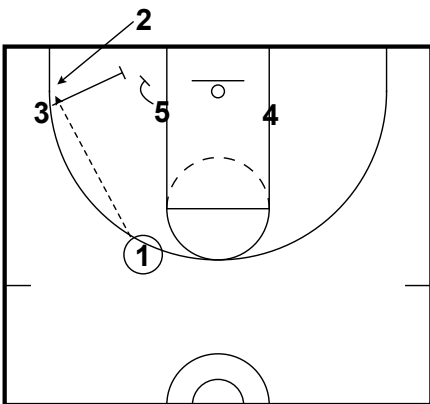
- Box formation.
- 3 and 1 flash to corners.
- 5 flashes first to ball-side post.
- 4 delays a moment then flashes to weak-side post.

Shake & Shake High
Frame 2



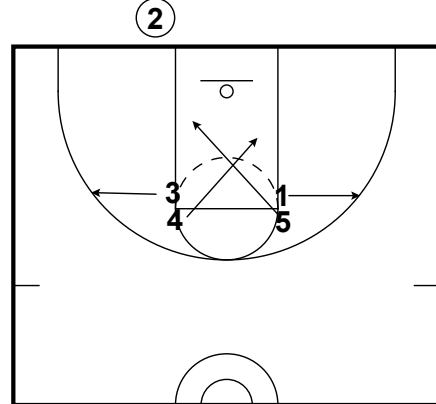
- 2 hits 4 for layup or hits 1 coming back to top as safety valve.

Shake & Shake High
Frame 3



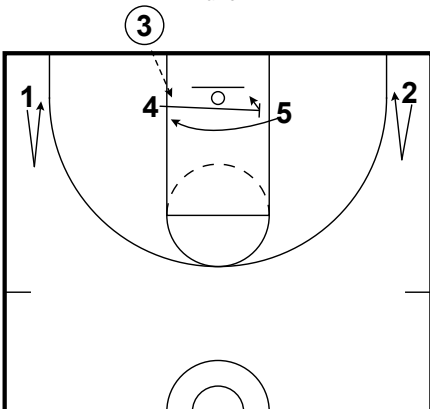
- 3 and 5 screens for 2; 2 flashes to ball-side corner.
- 1 hits 2 for three pointer.

Shake & Shake High
Shake High



- SHAKE HIGH
- Same as shake but start in double stack at elbows.

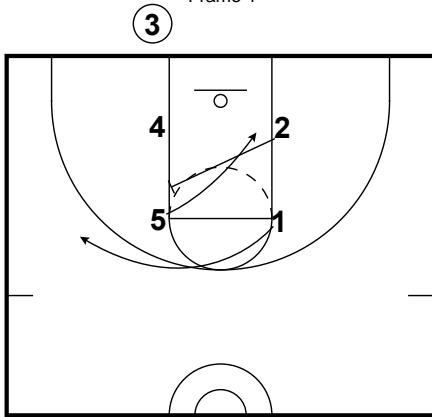
Flat
Frame 1



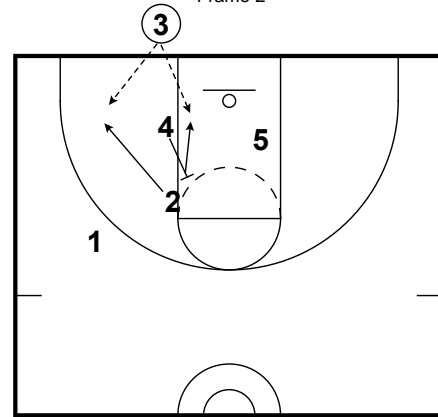
- Four across low alignment.
- 4 sets cross screen for 5 and then seals hard shaping up to inbounder.
- 1 and 2 v-cut hard away from the ball and then back to corners.

Inbounds

Providence
Frame 1



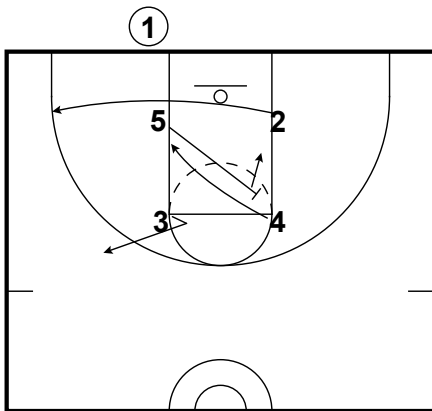
Providence
Frame 2



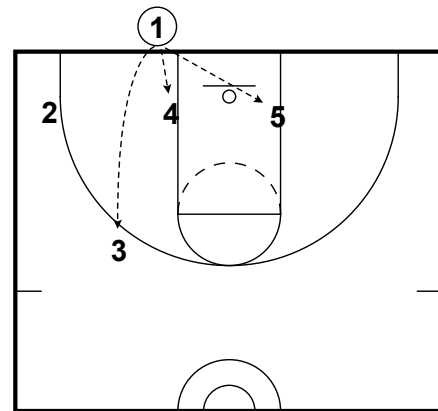
- Box formation, best shooter on weak-side block.
- 2 sets diagonal cross screen for 5; 5 flashes to weak-side box.
- 1 flashes to opposite wing as long safety valve.

- 4 screens for 2 and then comes directly back to the ball.
- 2 flashes to short corner for jump shot.

Diagonal
Frame 1

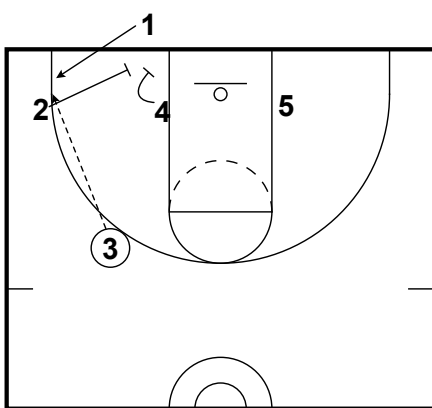


Diagonal
Frame 2



- 2 flashes to ball-side corner.
- 5 sets diagonal screen for 4, then comes down to weak-side block.
- 3 v-cuts and acts as safety valve.

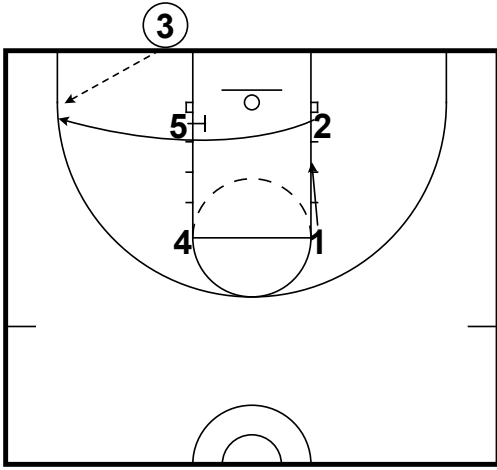
Diagonal
Frame 3



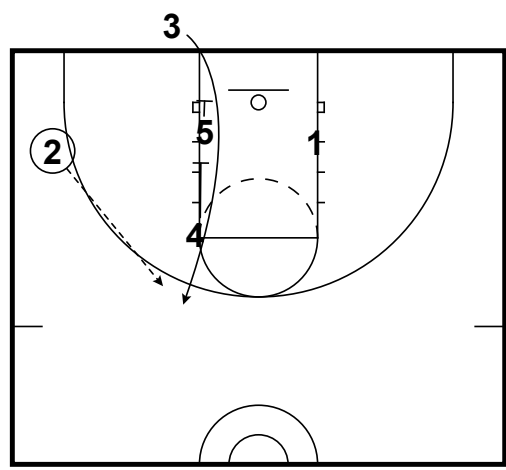
- 1 passes to 3.
- 2 and 4 set screens for 1.
- 3 hits 1 in corner for shot.

Inbounds

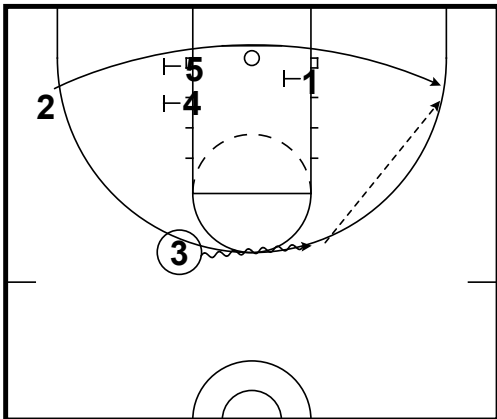
Box
Frame 1



Box
Frame 2

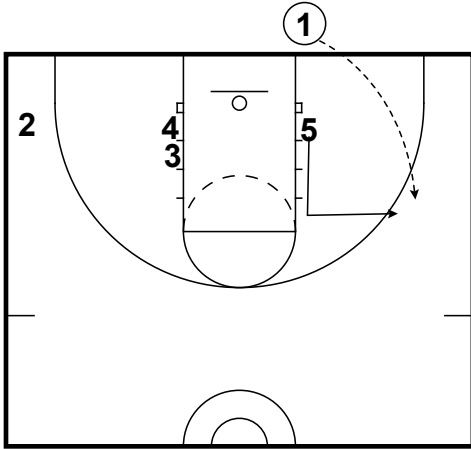


Box
Frame 3

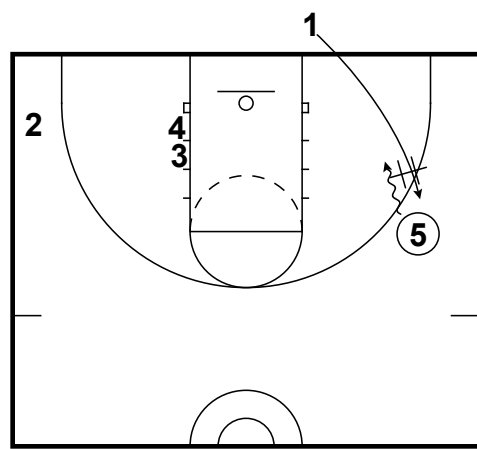


Inbounds

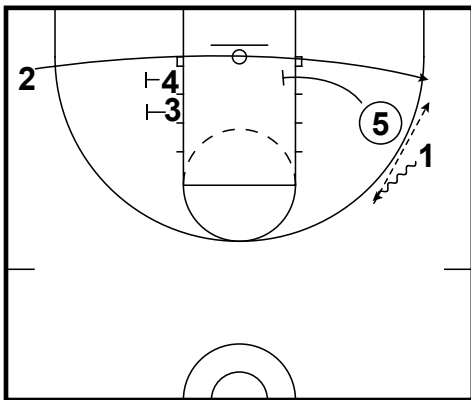
Tulsa
Frame 1



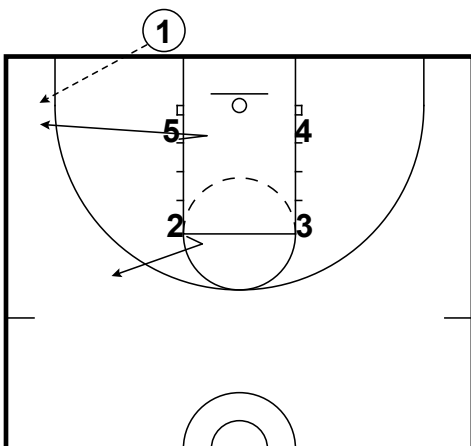
Tulsa
Frame 2



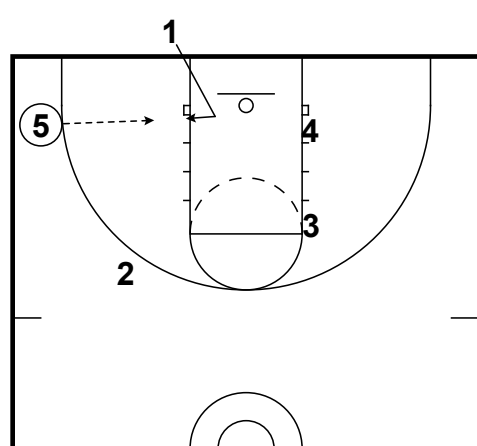
Tulsa
Frame 3



Explode
Frame 1



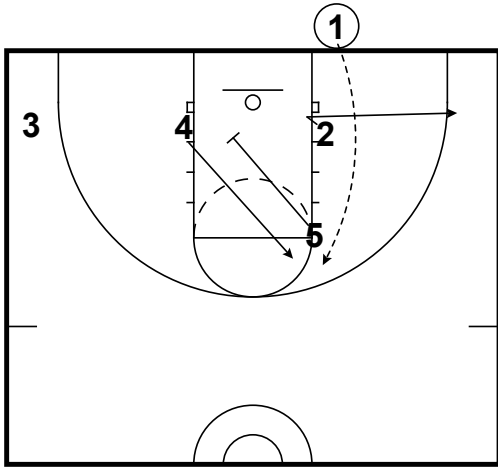
Explode
Frame 2



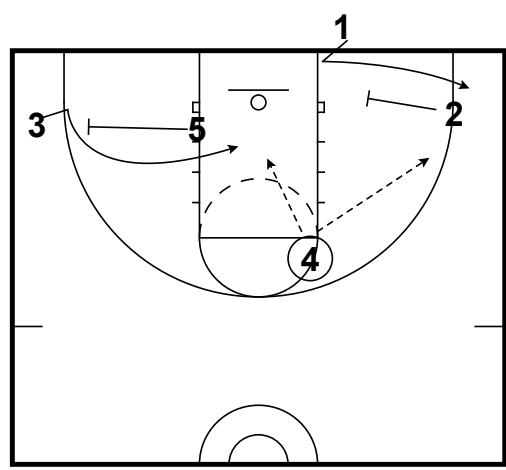
-1 passes to 5, steps in bounds, then seals & posts up hard.

Inbounds

Boston
Frame 1

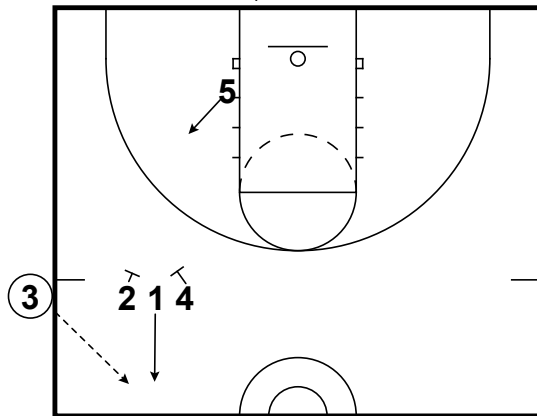


Boston
Frame 2

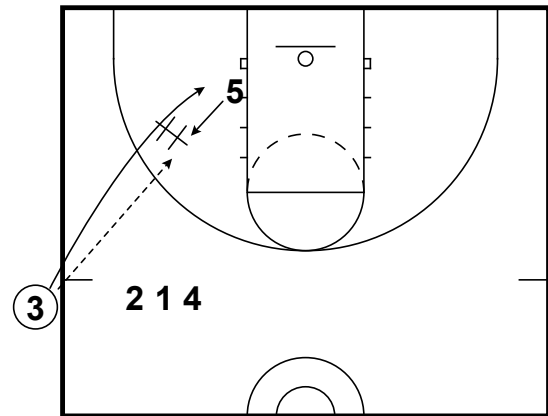


Inbounds

"Line" & Options
Option 1

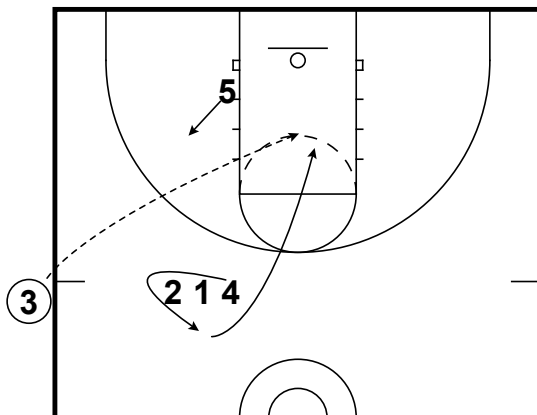


"Line" & Options
Line Attack



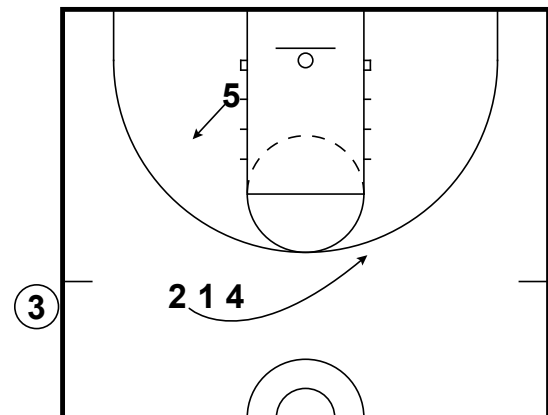
LINE ATTACK
 - 3 passes to 5 flashing to ball and basket cuts.
 - 5 looks for handoff back to 3.

"Line" & Options
Line Curl



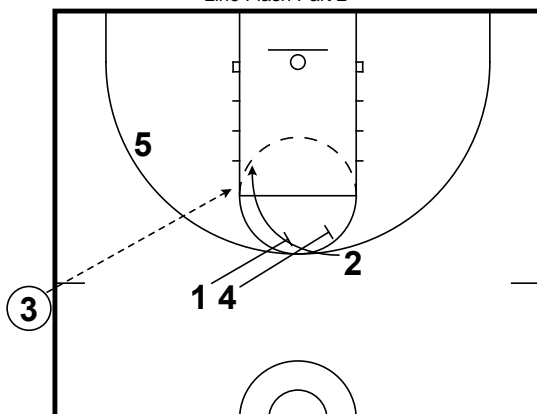
LINE CURL
 - 4 curls around stack and then back towards basket.
 - 3 passes to 4.

"Line" & Options
Line Flash Part 1



LINE FLASH (part 1)
 - 2 cuts off double screen from 1 & 4.

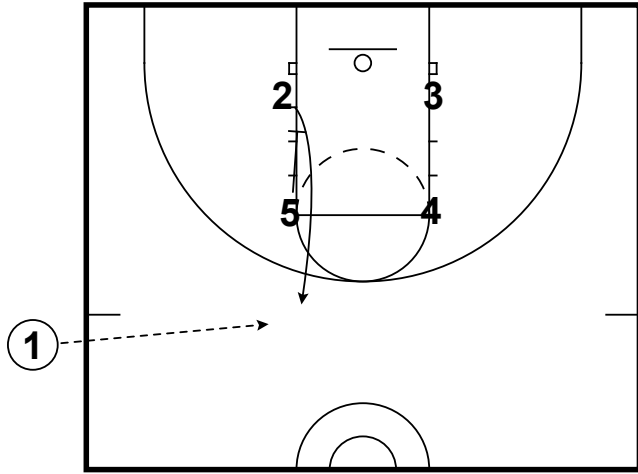
"Line" & Options
Line Flash Part 2



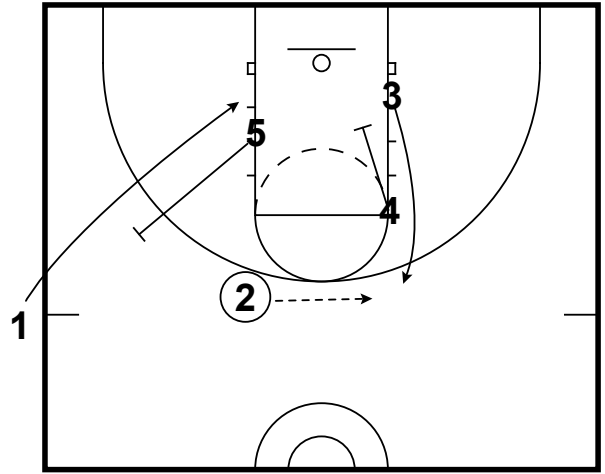
LINE FLASH (Part 2)
 - 1 & 4 turn and set double staggered screen for 2.
 - 2 curls off staggered screen to the basket; 3 passes to 2 for layup.

Inbounds

Low
Frame 1



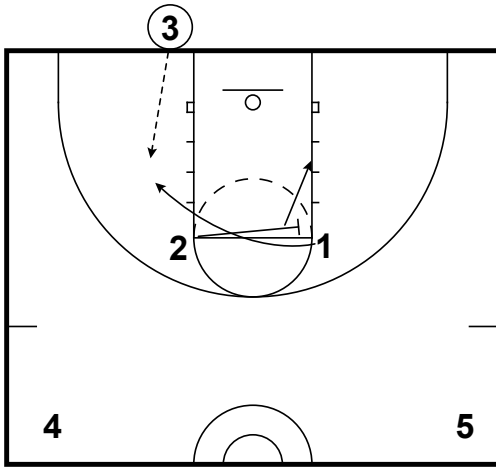
Low
Frame 2



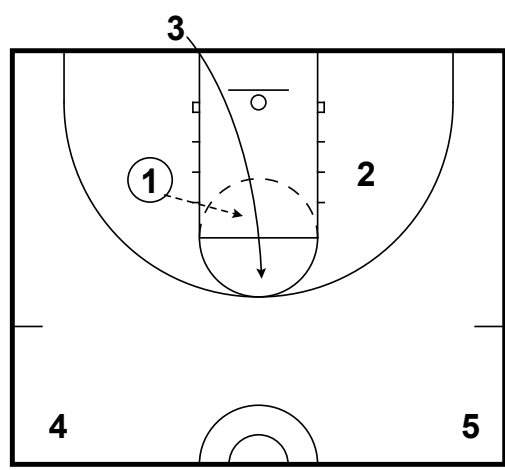
Press Breaks

Press Breaks

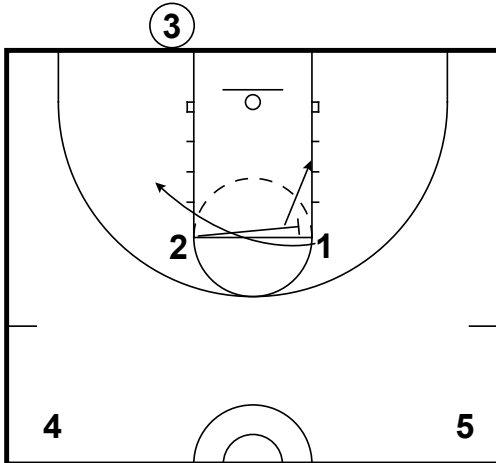
12 Press Break
Option 1



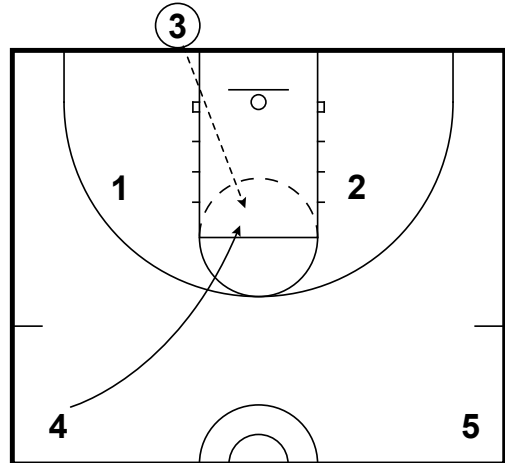
12 Press Break
Option 1



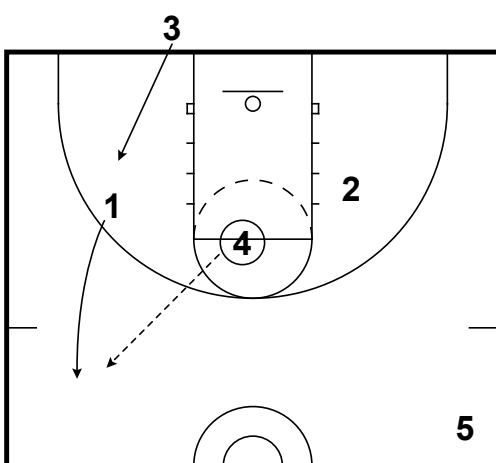
12 Press Break
Option 2



12 Press Break
Option 2

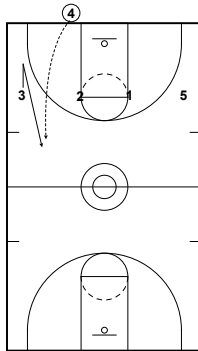


12 Press Break
Frame 5

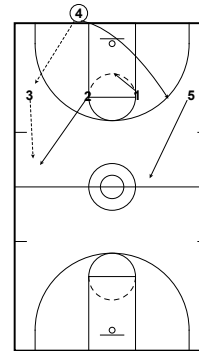


Press Breaks

14 Press Break
"3" Deep Option



14 Press Break
First Diagonal



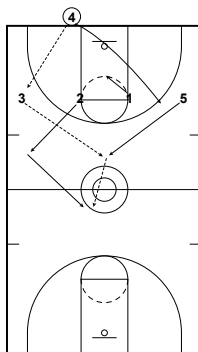
3 DEEP OPTION

- 4 across alignment.
- Any given player can go long if they are being overplayed.
- "3" deep is called by coach; in this case #3 player will go long.

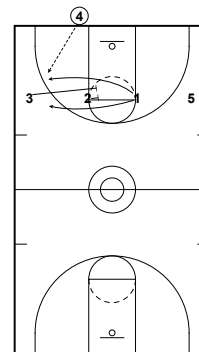
FIRST DIAGONAL

- 4 inbounds to 3.
- 3 passes to 2 cutting hard diagonally to sideline.
- 5 runs to rim looking for breakaway.
- 4 runs wide down weak-side of court.

14 Press Break
Second Diagonal



14 Press Break
14 Double Screen Part 1



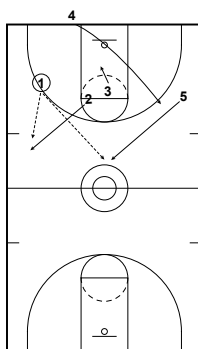
SECOND DIAGONAL

- 4 inbounds to 3.
- 3 passes to 5 cutting hard to center court.
- 4 runs wide down weak-side of court.

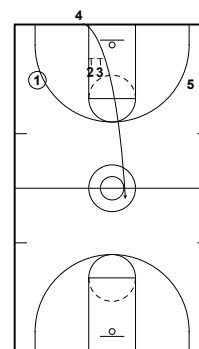
14 DOUBLE SCREEN (Part 1)

- 3 and 2 set double screens for 1 (primary ballhandler).
- 1 reads defense and cuts on either side of screen.

14 Press Break
14 Double Screen Part 2



14 Press Break
14 Double Screen Deep



14 DOUBLE SCREEN (Part 2)

- On 1's catch, 2 and 5 angle hard looking for the ball.

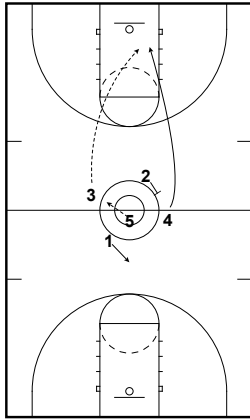
14 DOUBLE SCREEN DEEP

- After 3 and 2 double screen for 1, they set a double screen for inbounder who streaks down the court.
- 1 throws long to 4 for layup.

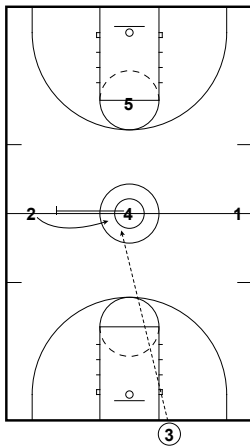
Special Teams

Special Teams

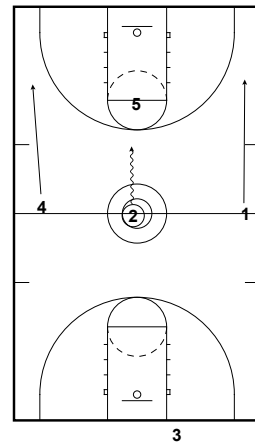
Jump Ball
Frame 1



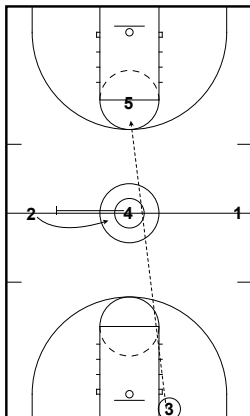
Pitt & Pitt Deep
Frame 1



Pitt & Pitt Deep
Frame 2

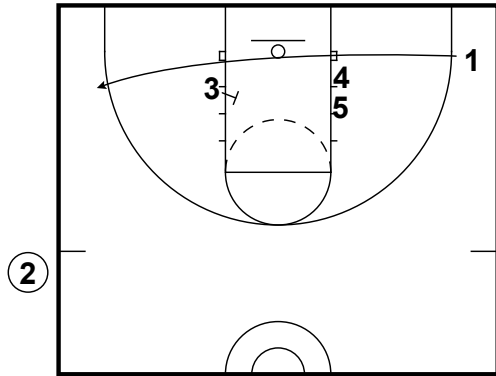


Pitt & Pitt Deep
Option: Pitt Deep



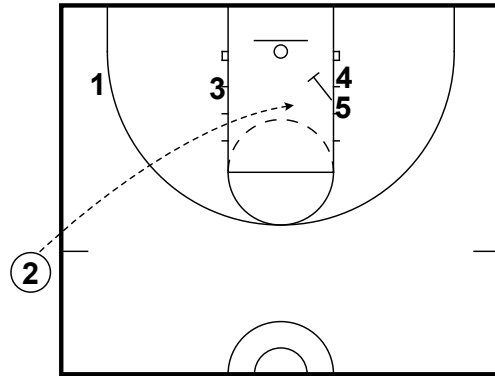
Special Teams

"I" Last Second
Frame 1



- 1 flashes across floor to ball-side corner.

"I" Last Second
Frame 2

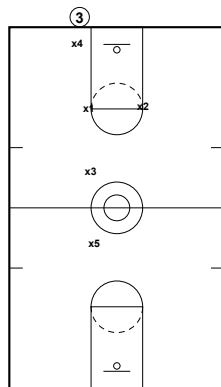


- 5 pins down 4's defender.
- 2 throws lob to 4 for shot.

Defense

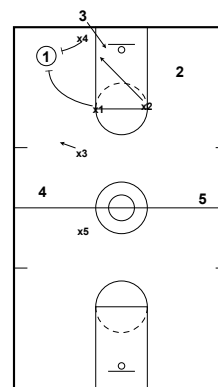
Defense

"Blue" 1-2-1-1 Zone Press
Initial Alignment



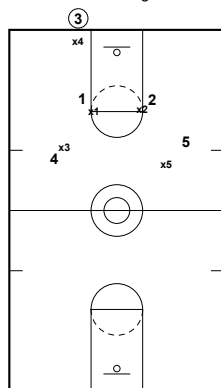
- x4 man lines up on inbounder
- x1 & x2 at elbows, strongly influencing nearby offensive players to catch ball in corners.
- x3 is "taker" reading the inbounder
- x5 protects the rim.

"Blue" 1-2-1-1 Zone Press
Frame 2



- x4 immediately traps ball from behind.
- x2 MUST deny quick pass back to inbounder.
- x3 watching alignment of ballhandler: if shoulders turned towards sideline, then pass will be up the sideline and must be taken away.

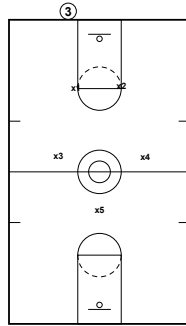
"Blue" 1-2-1-1 Zone Press
Alternative Alignment



- If offense flashes their 4 & 5 men towards the ball, x3 and x5 should shadow them conservatively. Close enough to be able to get deflection while ball is in air, but still staying between the person and the basket.

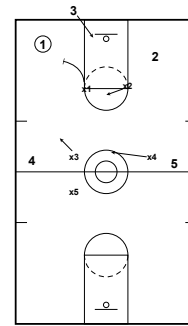
Defense

"White" 2-2-1 Zone Press
Initial Alignment



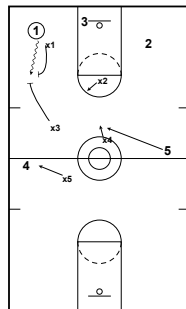
- x1 & x2 at elbows, strongly influencing nearby offensive players to catch ball in corners.
- x3 & x4 are lined up behind and slightly outside x1 & x2
- x5 protects the rim.

"White" 2-2-1 Zone Press
Frame 2



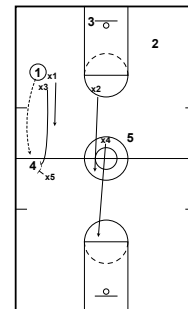
- x1 influences 1 to receive pass in corner; x1 MUST keep ball-handler out of the middle and into the side alley. x1 must engage the ball-handler to make it difficult to throw long passes.
- x2 drops to mid-line slightly below the level of the ball.
- x3 is responsible for long pass up sideline AND must be ready to trap 1 when 1 starts to lose control.
- x4 drops to mid-line watching for weak-side flash to the middle.
- x5 begins to shade to the ball-side of court.

"White" 2-2-1 Zone Press
Frame 3



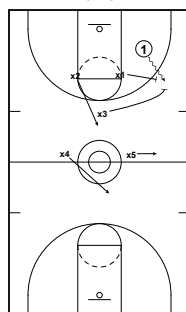
- x1 & x3 trap ball against sideline. x3 MUST NOT let ball get outside of her.
- x2 plays below level of ball preventing any pass to middle.
- x5 takes away sideline pass.
- x4 taking away flash to middle. Must be ready to sprint back to protect rim if pass gets up ball-side sideline.

"White" 2-2-1 Zone Press
Frame 4



- If ball gets up sideline:
- x4 should sprint to protect rim.
 - x5 stops ball.
 - x3 should look to back-tap or spring a second trap with x5.
 - x1 should and x2 should recover to half-court defense.

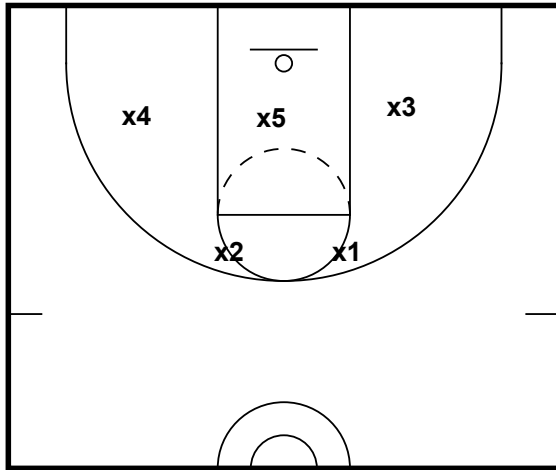
"Gold" 2-1-2 Zone Press
Frame 1



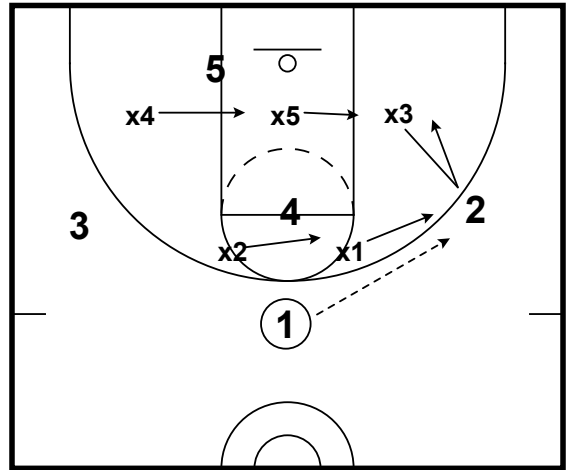
- 2-1-2 initial alignment.
- 1 influences ball-handler to sideline.
- 3 traps with 1 on sideline, 2 rotates down to cover the middle hole.
- 5 takes away pass up the sideline.
- 4 protects the rim.

Defense

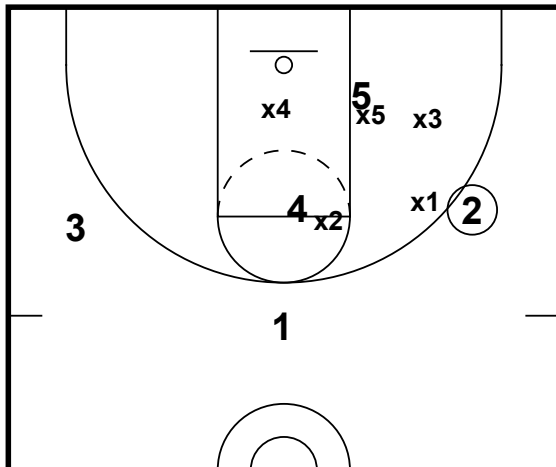
"Orange" 2-3 Zone
Frame 1



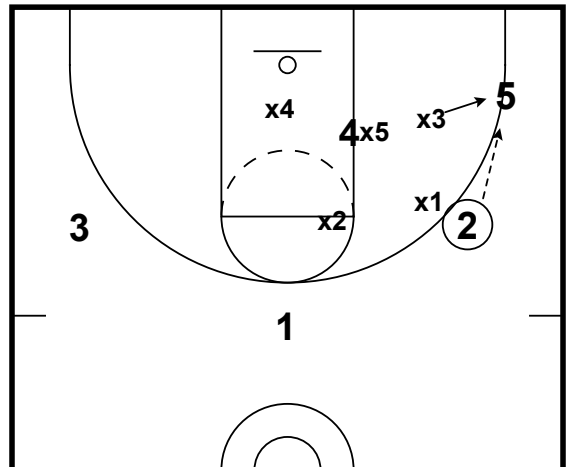
"Orange" 2-3 Zone
Frame 2



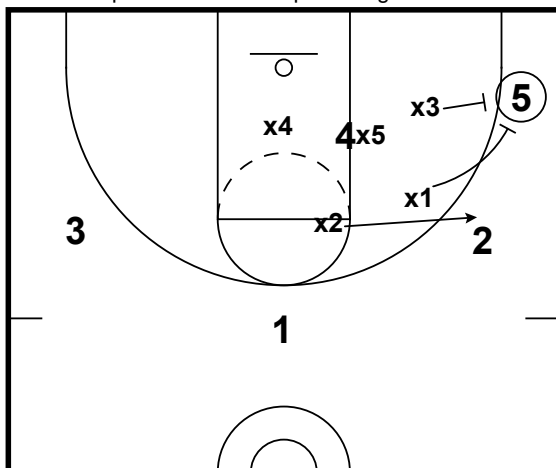
"Orange" 2-3 Zone
Frame 3



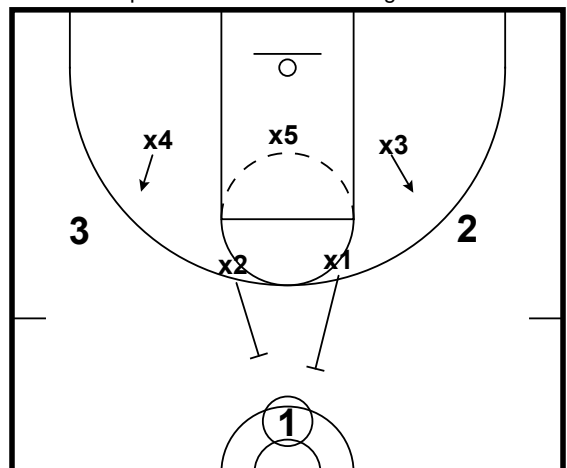
"Orange" 2-3 Zone
Frame 4



"Orange" 2-3 Zone
Optional Corner Trap: "Orange Crush"

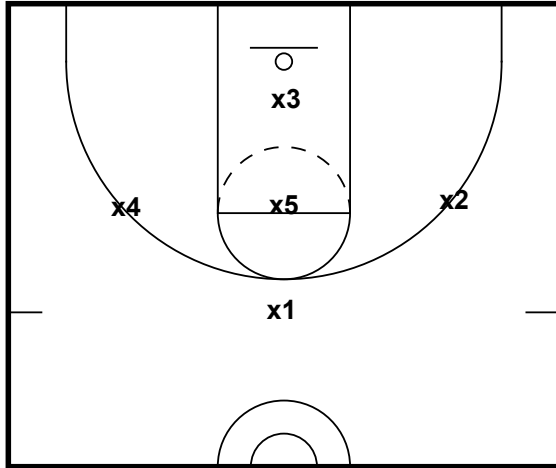


"Orange" 2-3 Zone
Optional PG Double: "Orange Blitz"

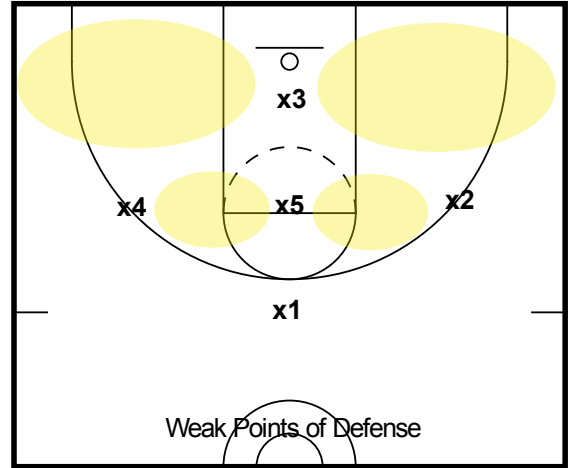


Defense

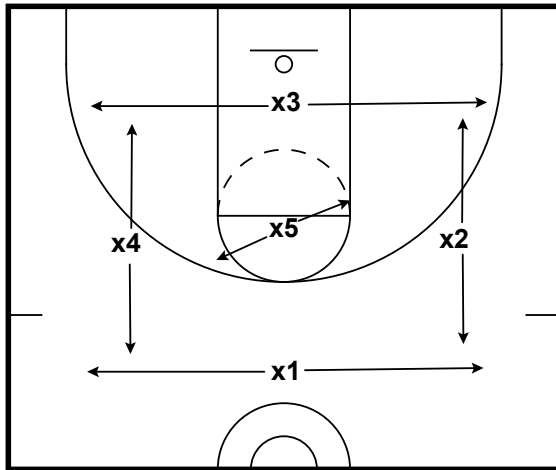
"Black" 1-3-1 Zone
Initial Setup



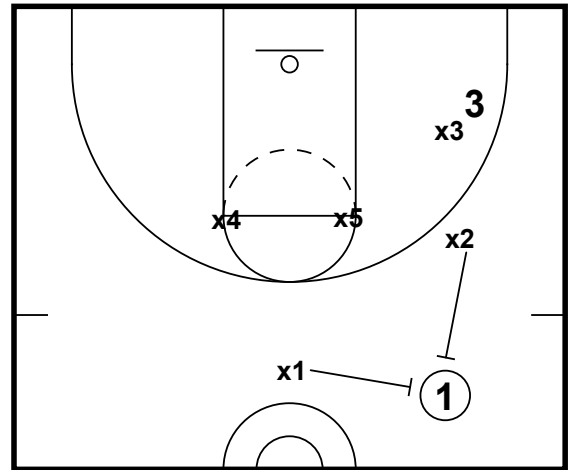
"Black" 1-3-1 Zone
Frame 2



"Black" 1-3-1 Zone
Basic Responsibilities



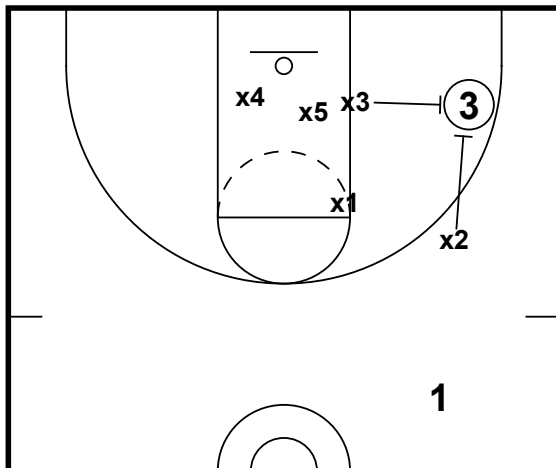
"Black" 1-3-1 Zone
Ball On Side



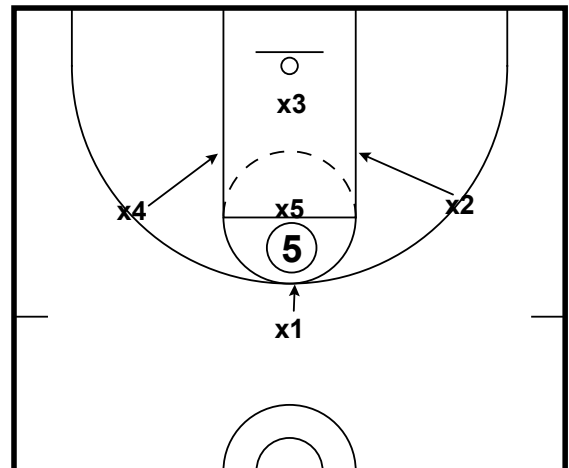
-x1 Meets the ball and tries to influence it to sidelines. Covers side-to-side in backcourt. ...

- Ballhandler crosses half-court. ...

"Black" 1-3-1 Zone
Ball In Corner



"Black" 1-3-1 Zone
Ball In Middle



- x1 On line between ball and foul-line. Defends high-post entry pass. ...

- x1 Double-team ballhandler with x5. ...