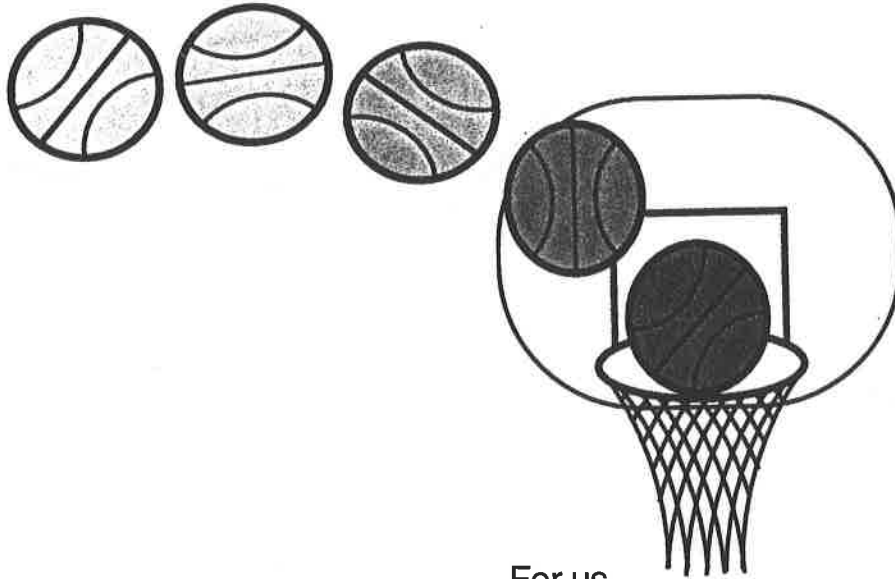


Varsity Girls



W o l f p a c k B a s k e t b a l l



For us
excellence is
an inspiration
an attitude
a pursuit
a way of life.

Excellence is
all of us working together,
aspiring to the fullness
of our potential
always in pursuit
of a higher standard
determined to do
everything we do
somehow better
than it ever
has been done before.

Excellence is found
in the caring
in the trying
in the doing.
It is our objective.
We seek it with dedication.
It is the mark of our team!

PARK WOLFPACK BASKETBALL
"WORDS TO LIVE AND PLAY BY"

- *Gossip Kills!
- *Should you experience defeat , do not lose heart - this is the mark of courage.
- *Far better is it to **dare** mighty things, to **win** glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither **enjoy much** nor **suffer much**, because they live in the gray twilight that knows not **victory** nor defeat. - Theodore Roosevelt
- *Success is only gratifying when the possibility of failure exists.
- ***Discipline** - 1. Do what has to be done, 2. When it has to be done, 3. As well as it can be done. 4. Do it that way all of the time. - Bob Knight
- * We will not stop every shot. We do need to stop every good shot. Don't allow good looks at the basket.
- * The will to win is not nearly as important as the will to prepare to win.
- * Good players take instruction. Great players take instruction and learn.
- * Work used to be an attitude, now it's an ability; something people used to grow up knowing how to do; now it has to be learned.
- * Don't set goals that are easily attainable. Your reach must exceed your grasp.
- * If you fail to plan, you are planning to fail.
- * On defense, "parallel feet get you beat."
- * Five C's: **C**onditioning, **C**onfidence (in yourself & team), **C**onsistency, **C**ommunication, and **C**ommitment.
- * Passers are the eyes of the receiver of the post pass. They see the defenders when the receiver may not. The passer should not attempt a post pass unless she can see the receiver's number. The receiver must work to get open, call for the ball, and meet the pass.
- * Defense is an attitude.
- * When attacking a zone, use ball and pass fakes.
- * When looking to pass from the perimeter, look at these options in this order : 1. to the post 2. across to reverse 3. back where you received the ball.
- * Fake a pass to make a pass.
- * Winners do what losers will not.
- * There has never been an undisciplined champion.
- * You are most vulnerable for a traveling violation when you initiate the dribble. Push off of your pivot foot. Do not shuffle your feet.
- * In our press breaker, if you get the pass in the middle, pivot and look to the help side to pass the ball. The defense should rotate on the pass and leave the help side open.
- * You should almost never pass and stand still. Pass and move. Pass and move.
- * Think in practice. React in games.
- * You should almost never dribble down to the baseline unless you are about to shoot.
- * When practice begins, topics that do not directly relate to our task at hand (basketball) should be left outside the gym and not be talked about.

Park Boys' Basketball Points of Emphasis Checklist

A	W	
		<u>Ball Handling</u>
		- head/eyes up
		- use off hand
		- cross over dribble
		- behind back dribble
		- between legs dribble
		- spin dribble
		<u>Pivots</u>
		- right front
		- right reverse
		- left front
		- left reverse
		- rip through with arm
		- jump stop / control / land soft
		<u>Passing</u>
		- chest pass
		- bounce pass
		- elbows out
		- both hands equally
		- follow through w/ thumbs down
		- step to pass
		- bounce 2/3 away from you to target
		<u>Screening</u>
		- arms down
		- head hunt on man to screen
		- widest part of you to narrowest of his
		- hold screening position
		- roll and open to ball
		- shape up
		<u>Running Off Screen</u>
		- set up man
		- shoulder to shoulder
		- wait for screen
		<u>Cuts</u>
		- basket cut
		- curl cut
		- replace yourself
		- up cut
		- fade / flair cut
		<u>Fakes</u>
		- shot fake
		- pass fake
		- drive fake
		<u>Shooting</u>
		- elevate ball
		- guide hand in proper position
		- ball on pads of fingers not palm
		- elbow-knee-toe alignment
		- step to balance position
		- feet in balance position
		- square to basket
		- backwards ball rotation
		- high arc on flight of ball
		- keep eye on target
		- follow through
		- follow your shot

S	A	W	
			<u>Ball Defense</u>
			- proper stance
			- identify "BALL"
			- lead hand down off hand up
			- control dribbler
			- slide to cut off dribble
			- yell "SHOT"
			- hand up to contest shot
			- forearm contact
			- block out shooter
			<u>One Pass Away</u>
			- see the ball
			- see your man
			- shuffle to pass (jump to ball)
			- deny pass
			- keep ball you man position
			<u>Help Side Defense</u>
			- see the ball
			- see your man
			- two feet in lane - 2 pass away
			- help on drive
			- take charge
			- block weak side cutter / flash
			<u>Defending Ball Screen</u>
			- call out pick
			- 90 degree hard hedge
			- stop dribbler progress
			- step over top when screened
			- recover to man
			<u>Posting Up</u>
			- post up intermediate block
			- wide base ready to receive ball
			- elbows shoulder height
			- seal the defender
			- keep feet moving
			<u>Post Defense</u>
			- work to front position
			- inside position on shot
			<u>Rebounding</u>
			- identify / find man
			- establish position
			- aggressive to ball
			- chin the ball
			<u>Offensive Transition</u>
			- run court wide
			- communicate
			- under control
			<u>Defensive Transition</u>
			- see the ball
			- sprint back to lane
			- stop the ball early
			- find man

Coach's Signature _____
 KEY = S - Strength A - Average W - Weakness

"Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed.

"Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

"So...it doesn't matter whether you are a lion or a gazelle...When the sun comes up, you'd better be running."

TO WIN IT ALL,
A TEAM HAS TO BE OBSESSIVE
ABOUT THE FUNDAMENTALS
AND THE LITTLE THINGS.

COMING TOGETHER IS A BEGINNING;

KEEPING TOGETHER IS PROGRESS;

WORKING TOGETHER IS SUCCESS.

FOUR KEY INGREDIENTS OF A CHAMPIONSHIP TEAM

- * A coach and staff who the players know want the best for them on and off the field.**
- * Players who believe in the coach's system and follow it.**
- * Team and staff that keep their eyes on the rewards and not the obstacles.**
- * Teammates that are willing to sacrifice self for the team; who are there to support, encourage, build-up and hold each other accountable.**

**If you give 92 or 95%, people figure they're doing fine
as long as they get somewhere near excellence.
Excellence gets reduced to acceptable,
...and before long,
acceptable doesn't seem worth the sweat
if you can get by with adequate.**

After that... mediocrity is only a breath away.

INDIVIDUAL SKILLS

Fundamental skills are the keys to success at every level of basketball. Emphasize technique and repetition when practicing shooting, dribbling, passing, and lay-ups.

SKILLS TO EMPHASIZE

Shooting - B E E F

1. Balance -

**feet (shoulder width) /knees bent/
shoulders square**

**shooting hand - ball rests on finger pads
(not palm)/ hand directly behind
ball (not on the side)**

weak hand - on the side of the ball

**2. Eyes on the target - front of rim or back
of rim (personal preference)
at angle - corner of the square of the
backboard**

**3. Elbow in - don't let the elbow come out/
keep at side of ribs in line with the
shoulder**

**4. Follow through - full elbow extension of
shooting arm/ full snap of wrist of
shooting hand/ jump and let knees bend
when you land/ land where you jumped
from (don't twist or lunge forward)**

Dribbling

***Eyes looking up at the net ahead (can see the whole floor)**

***Practice weak hand twice as much as strong hand**

***Keep ball low and off of palm (use finger pads)**

Passing - one hand pass. Same rules as shooting.

***Balance - changes by taking a step with either foot toward the target.**

***The target is now the receiver's hands.**

May not always look directly at target

***Follow through with the wrist and arm is still important to get backspin on the ball.**

***Make sure the pass receiver gives a target with the hands and looks the ball into her hands.**

***Should be able to throw left handed and right handed chest and bounce passes.**

1 on 1 Defense(on the ball) - Stay in stance

***Balance - feet wider than shoulder width/knees bent/butt down/back straight and tall/palms up/elbows in at chest/weight shifted forward to be on the balls of feet**

***Shuffle steps - short, quick steps/keep feet apart/don't cross feet/stay low**

Warm-up Basketball Drills

1. Dribble Series:

Have the players form lines in even groups of 3-5 players per group.

One player at a time from each group will go. Every player can have a ball or only 2-4 balls per group, depending on skill being performed.

Players will dribble the specified skill and distance as directed by coach.

Can do this full court or half court. Each skill should be done right handed and left-handed. On skills 3-9, cones should be set up to represent defense where players should make the speed changes.

1. 2 ball dribbling: dribble both balls at the same time.
2. 2 ball dribbling: dribble both balls alternating.
3. Hesitation dribble. Drive hard (explode), hesitate, drive hard, hesitate, etc...
4. Drive hard, stutter step, drive hard (explode), stutter step...
5. Hard (explode), stutter, cross-over, hard, stutter, cross-over
6. Dribble the lane (down and back) behind the back dribble.
7. Dribble the lane (down and back) through the legs
8. Drive hard (explode), hesitate, behind the back, go...
9. Drive hard (explode), hesitate, through the legs, go...
10. Any kind of individual dribbling skill.

*After doing this drill a few practices regularly, players should be able to lead this drill. Coach should supervise and help on any corrections necessary.

2. Two ball partner passing drill.

Partners practice passing the balls back and forth to one another by using two balls and passing simultaneously.

- Chest pass
- Bounce pass
- Chest, bounce (one player bounce, one chest pass)
- Return the pass you received. (one starts with the chest pass, the other starts with the bounce pass).
- One handed right to partners left (shooting form)
- One handed left to partners left (shooting form)

Dribble, Pivot, Pass

This is a combination drill. Players should have a good understanding of these skills as individual skills before putting them together.

Improving right and left handed dribbling skills, pivoting and passing skills.

Players are in line formation 3-4 players per line on baseline.

Before each set, the coach will tell the players what skill they are performing:

- Right hand dribble or left hand dribble
- Right foot or left foot
- Reverse or front pivot
- Type of pass: chest, bounce, cross-over bounce, or overhead pass.
- Example: Right hand, left foot reverse pivot, chest pass

First player from each group begins drill by dribbling out to free throw line and then stopping with a *two foot jump stop*.

After the jump stop, player will do a pivot.

Player will then pass the ball to the next person in line.

*Emphasize proper mechanics of all of these skills. Dribble hard to the FT line, stay low on dribble, jump stop and pivot. Step into pass. Have good follow through on passes.

*Once players are accustomed to this drill, you can have the second player in line play defense by sprinting out to the dribbler once she has reached the FT line.

PARK WOLFPACK DEFENSIVE PHILOSOPHY

Team Goals -

1. Make the offense react to what we do: Make them start their offense outside the 3-point line
2. Make the offense use their second option: Keep them from getting into any type of rhythm
3. CONTEST ALL SHOTS: 1.Hand on ball 2.Hand in face 3.Run at shooter(in control)
4. No reversal
5. Yell “five, five, five” on any picked up dribble
 - *On a dead dribble - on ball: in face of player with ball creating havoc
 - off ball: full denial of your player
6. Keep the ball out of the lane
7. Fan the ball to the sideline and cut off the baseline
8. Always be ready to help teammates

Individual Goals -

1. Stay down in an athletic stance the entire time on “D”
2. Stay between your player and the basket (almost all of the time)
3. Keep your back to the basket
4. In **any** and **all** situations keep your eye on the ball **at all times**
5. Keep your feet apart when moving
6. Stay relaxed and ready to move quickly
7. Look for the double team in the forecourt

On the ball:







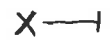



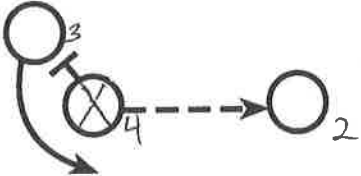
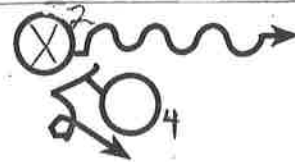
1. Turn your player as many times as you can
2. Cut off their path to the basket
3. Head on ball
4. One hand up, one hand down
5. Watch the dribbler’s hips - it’s the only part of the body they cannot fake with
6. Mirror the ball with one hand

Off the ball:

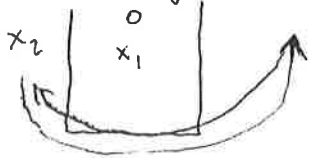
1. See the ball and your player at all times whenever possible
2. Have the arm and leg closest to the ball in the passing lane
3. Have your opposite hand at the hip
4. Make and maintain contact with your player if inside of the lane
5. The farther away from the basket your player gets, the farther away from her you get - maintain a cushion when necessary

- You will notice this talks nothing of stealing the ball or stopping the opposing team from scoring. Our opponents will score. That is a fact of life. We will prevent them from doing this often by reaching these goals listed above. The steals will also come when we complete our assignments individually and as a team.

DIAGRAM KEY

<u>OFFENSE</u>	<u>DEFENSE</u>
 Offensive player	X1 Defender guarding Player #1
 Offensive player with ball	X2 Defender guarding Player #2
 (1) V cuts to get open	X3 Defender guarding Player #3
 (1) up and out cuts to get open	X4 Defender guarding Player #4
 Shot option	X5 Defender guarding Player #5
 Offensive player sets a screen	 Defender stopping the ball
	Player #2 passes to player #1
	Player #2 dribbles
	Player #1 cuts
	Player (4) passes to (2) and screens for Player (3) who cuts
	Player (4) screens for player (2) who dribbles and then (4) rolls

① Partner shooting



X2 shoots and moves using correct footwork pivoting on the inside foot as she moves around the floor. X1 will hustle after the rebounds + fire a solid pass to X2. After 30-45 sec., blow whistle + switch.

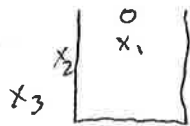
Stress: ① Footwork

② shooting technique

③ Rebounder/Passer makes the drill work well; they must hustle

Equipment: 1 ball

② 3 person Shooting



X1 is the rebounder. X2 is the passer (receiving the pass from X1). X3 receives pass from X2 and is the shooter. Switch after 30-45 seconds.

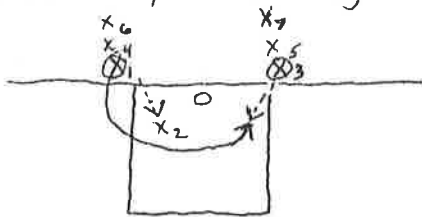
Equipment: 2 balls

Stress: ① Footwork

② shooting technique

③ Rebounder + passer - work hard

③ Kentucky shooting



X2 begins just to the left of the basket and receives a pass from X1. As X2 is shooting, X1 cuts around the back side of X2 to receive a pass from X3. As X1 shoots, X3 cuts around her back side to receive a pass from X4. While that was going on, X2 rebounded her shot, got her own rebound, and gave the ball back to the next person in the line where she received her pass which was X4.

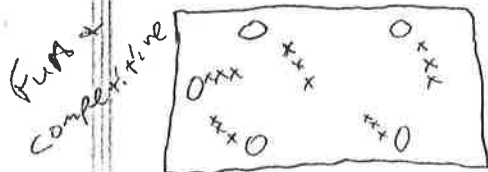
Equipment: 2 balls

Stress: ① Footwork

② Techn'que

③ Pass + go around the shooter.

④ 7-up

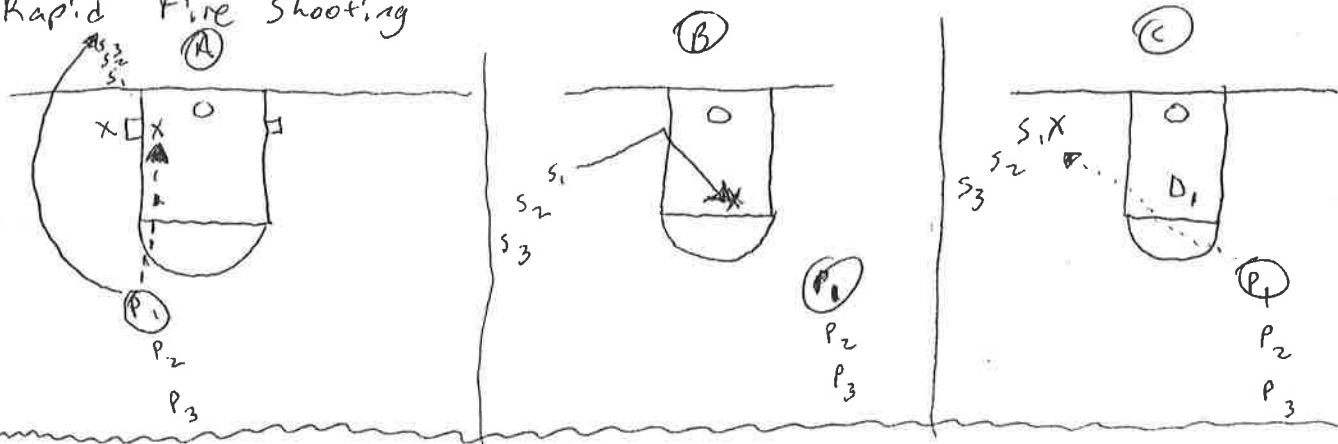


At multiple baskets, 3-5 per team per basket. One ball per team. Coach picks the spot. shooter gets own rebound + hustles it to next person in their line.

Stress: ① correct technique in competitive drill.

② optional: non-winners for each spot can do sit-ups / push-ups / jumping jacks / burpees etc.

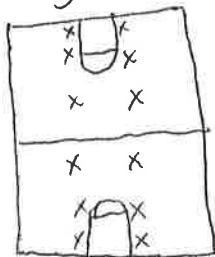
⑤ Rapid Fire Shooting



$S_{1,2,3}$ = Shooters $P_{1,2,3}$ = Passers/Dribblers D_1 = Defender

- $P_{1,2,3}$ - Keep dribbling whenever they are up top ready to pass.
- $S_{1,2,3}$ - prepare to shoot by planting the inside foot as they catch pass.
- P_1 will pass to S_1 ; S_1 will plant, pivot + shoot from the block (X)
- P_1 will go to the end of the shooting line, S_1 will get her own rebound begin dribbling + go to the end of the passing line.
- shots are done from the (X). 1st shot = bank shot from block. 2nd shot is from 4-5 feet away from hoop along the baseline. 3rd shot, move the lines (Diagram B) V-cut from wing to block to middle of the lane. 4th shot, same V-cut + catch/bake and drive. 5th shot (Diagram C) - skip pass to short corner over the passive defender.

⑥ Partner Passing



- ① One Ball per group of 2, standing across from each other from lane line to lane line. Practice good chest pass, bounce pass skip pass.

stress: ① follow thru with hands, take a step toward target.

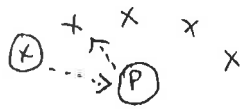
- ② Look ball into hands on the catch
- ③ Bounce Pass - 2/3 of the way to partner in the air - ball should go straight down + then straight up to hands.

⑦ Pass with "D"



- ① A_1 has the ball + can take one step + one dribble in either direction without travelling/Double Amble Pass successfully to B_1 + A_1 will be on "D". X will go behind A_3 , B_1 will pass to A_2 .

⑧ Horseshoe passing



⑧ P will pass to the X's back and forth down the line. The X's will pass it back to P after it leaves her hands.

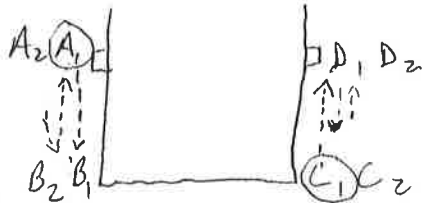
Stress: ① Passing technique

② X's must wait until ball leaves P's hands before they pass it back.

③ Go as fast as they can

Equipment: 2 balls per group of 5-7

⑨ 4 * passing



⑨ A₁ + C₁ will pass to B₁ + D₁. A₁ + C₁ will immediately follow the pass and receive a shorter pass back from B₁ + D₁. As A₁ + C₁ continue toward B₁ + D₁ and give them a final hand-off pass before going to the end of the line behind B₂ + D₂. B₁ + D₁ turn to the right + pass to A₂ + C₂.

Stress: ① Pass + follow the pass; long chest pass, short chest pass, and hand off

② Receivers of the 1st pass must wait to move until after the hand off.

Equipment: 2 balls

Key: On all drills -

-----> = Pass

—————> = Player movement w/out ball

~~~~~> = Player movement while dribbling

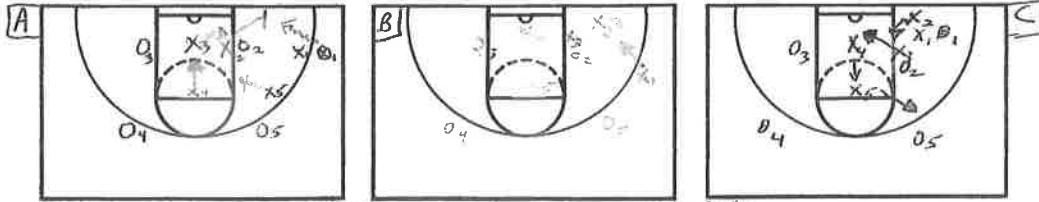
Ⓐ or ⓧ = Player with ball (any letter circled)



NIKE, INC.  
Corporate Headquarters  
One Bowerman Drive  
Beaverton, OR 97005  
(503) 671-8453

"5 man rotation"

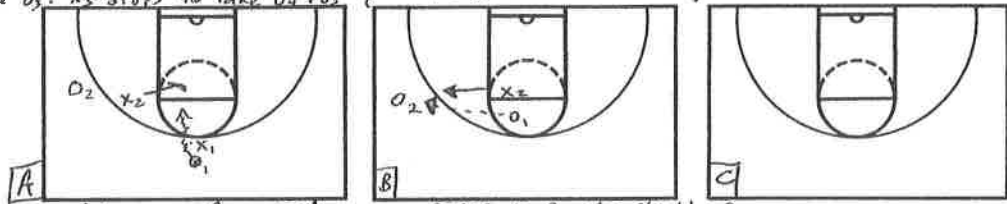
CLINIC "5 man rotation"  
DATE "Help + Recover"



NOTES On the drive by O1, X1 plays a momentary "dummy" defender. X2 steps out to stop the ball. X3 goes to O2. X4 drops to take O4. X5 drops to take O4 + O5.

Once everyone has rotated, X1 recovers back to O1. X2 + X3 + X4 + X5 also recover back to original person.

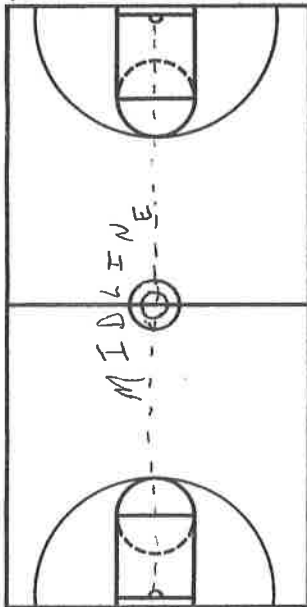
The recovery should be communicated verbally by the one who is recovering. Do NOT recover until your teammate you helped has recovered.



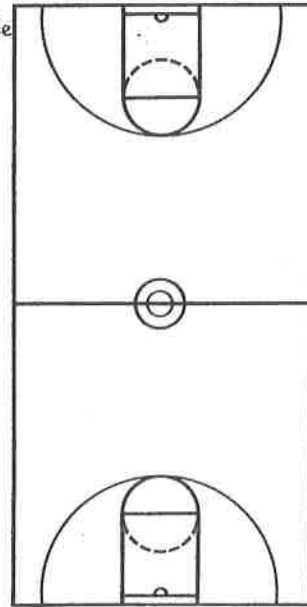
"Help + Recover"  
• X1 plays a "dummy" defender.  
• O1 drives straight to the hoop + continues until stopped by X2.

# JUST DO IT

O1 passes to O2 who should be in shooting range. X2 recovers in balance. O2 will catch + shoot (phase 1) + fake + drive (phase 2).



- NOTES
- "Ball" Side = "Strong" Side
  - "Help" Side = "Weak" Side
  - All defenders on the "weak" side should have one foot on the "midline."
  - "Weak" side defenders should be belly to belly with the player they are guarding. Their front foot should be forward and on the "midline."

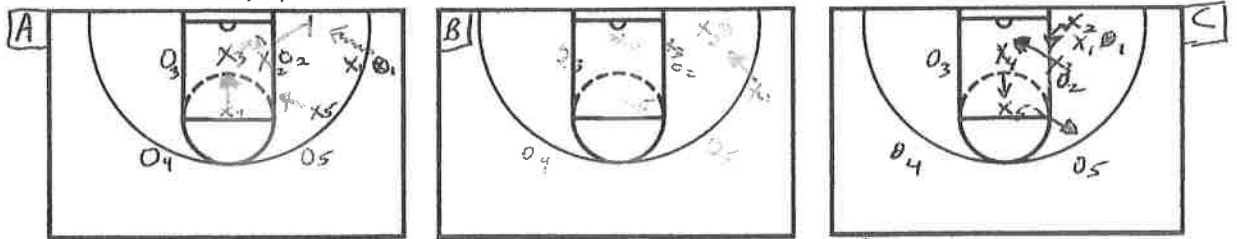




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"5 man rotation"

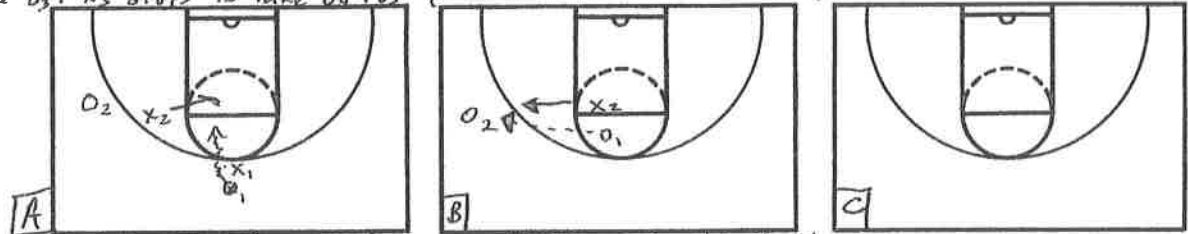
CLINIC "5 man Rotation" +  
DATE "Help + Recover"



**NOTES** On the drive by O<sub>1</sub>, X<sub>1</sub> plays a momentary "dummy" defender. X<sub>2</sub> steps out to stop the ball. X<sub>3</sub> goes to O<sub>2</sub>. X<sub>4</sub> drops to take O<sub>3</sub>. X<sub>5</sub> drops to take O<sub>4</sub> + O<sub>5</sub>.

Once everyone has rotated, X<sub>1</sub> recovers back to O<sub>1</sub>. X<sub>2</sub> + X<sub>3</sub> + X<sub>4</sub> + X<sub>5</sub> also recover back to original person.

The recovery should be communicated verbally by the one who is recovering. Do NOT recover until your teammate you helped has recovered.

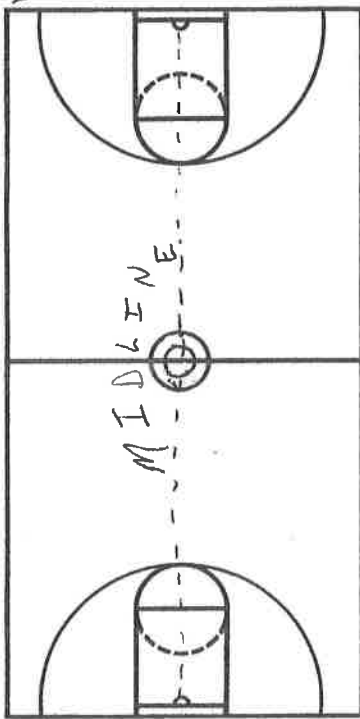


**"Help + Recover"**  
• X<sub>1</sub> plays a "dummy" defender.  
• O<sub>1</sub> drives straight to the hoop + continues until stopped by X<sub>2</sub>.

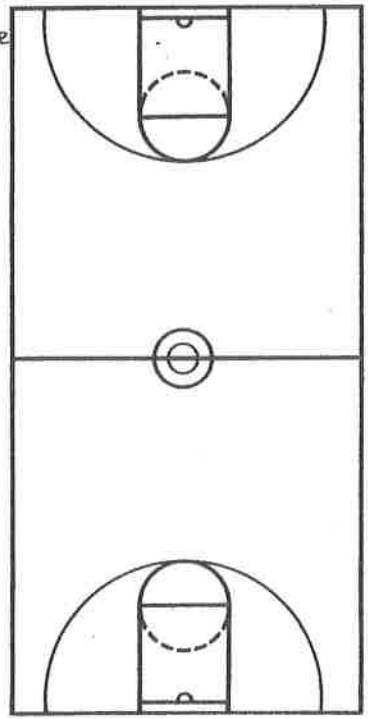
O<sub>1</sub> passes to O<sub>2</sub> who should be in shooting range. X<sub>2</sub> recovers.

X<sub>2</sub> must recover in balance. O<sub>2</sub> will catch + shoot (phase 1) + fake + drive (phase 2)

# JUST DO IT



- NOTES**
- "Ball" Side = "Strong" Side
  - "Help" Side = "Weak" Side
  - All defenders on the "weak" side should have one foot on the "Midline."
  - "Weak" side defenders should be belly to belly with the player they are guarding. Their front foot should be forward and on the "Midline"

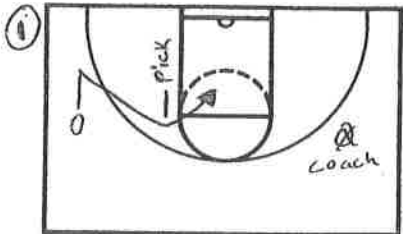




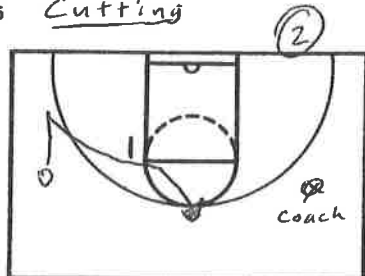
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Beaverton, OR 97005  
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Motion Offense CLINIC DATE \_\_\_\_\_

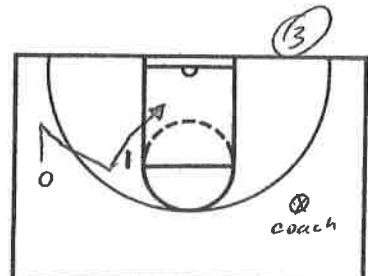
Cutting



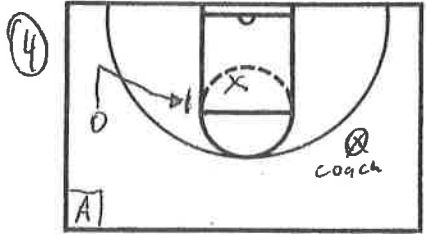
NOTES "Curl Cut"  
• done when the defender trails behind the cutter



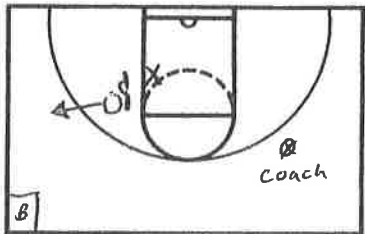
"Straight Cut"  
• used to keep offense going by getting to open spot  
• used to get open shot on top



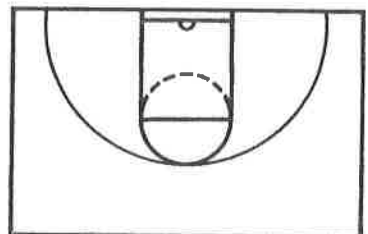
"Back Cut"  
• used when the defensive player goes on top of the pick.



NOTES "Out Cut" (A+B)  
• used when the defender goes toward the ball side of the screen. see "B"

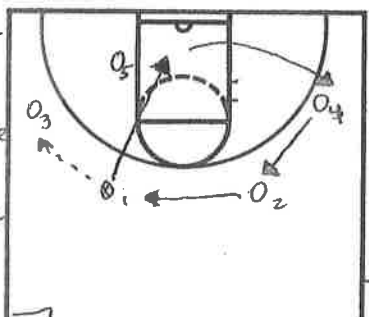


• The screener turns the angle of the screen + the cutter goes "out"



# JUST DO IT

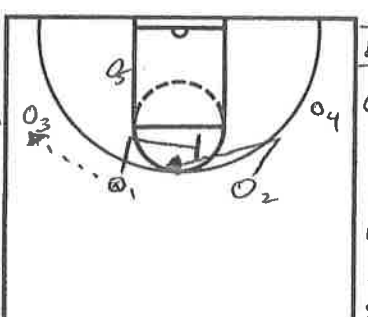
Start the offense with a pass + Basket Cut.



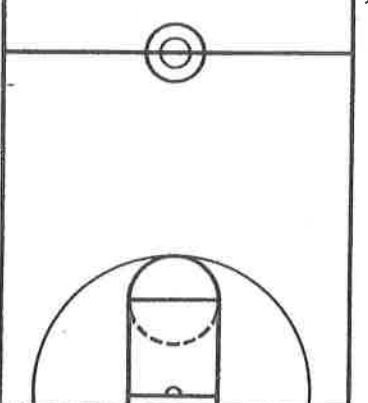
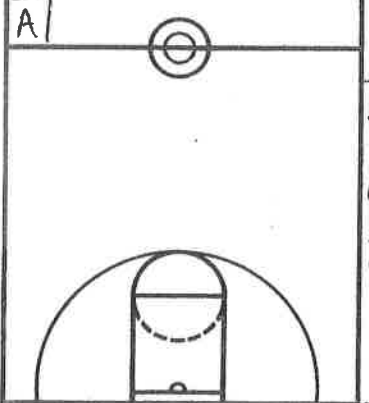
NOTES  
• O<sub>1</sub> passes the ball to O<sub>3</sub> and does a "basket" cut. O<sub>2</sub> + O<sub>4</sub> "fill the center" of the court. O<sub>1</sub> fills the open spot on the perimeter.

THE BASKET CUT IS THE FOUNDATION OF THE MOTION OFFENSE!

B- This is the other way to have movement on offense. O<sub>1</sub> will pass to O<sub>3</sub> and start a "basket" cut. O<sub>1</sub> will break off the "basket" cut + go screen for O<sub>2</sub>. O<sub>2</sub> will set up the screen by walking the defender down the "arc" + use one of the 4 cuts shown above.



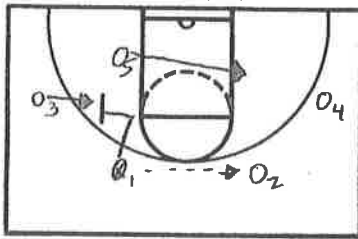
Start the offense with a pass + screen



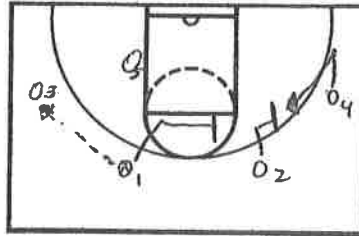


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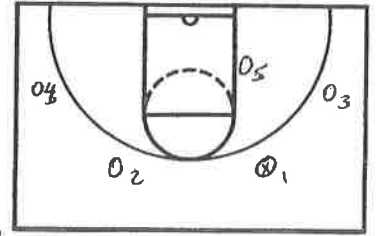
CLINIC \_\_\_\_\_  
DATE More options for motion



NOTES O<sub>1</sub> can also pass across + break off the basket cut + screen for O<sub>3</sub> + O<sub>5</sub> would move around the lane toward the ball.

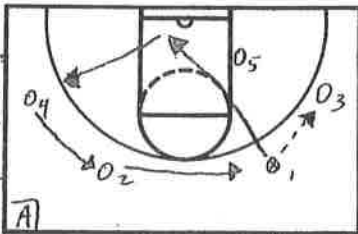


O<sub>1</sub> + O<sub>2</sub> could also set a double screen for O<sub>4</sub> who could then use one of the cuts.

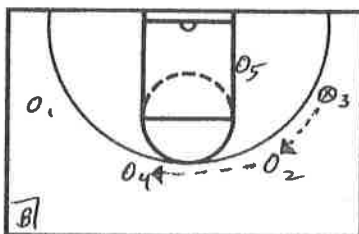


We should also start in different spots, as long as the 4 spots on the perimeter are occupied

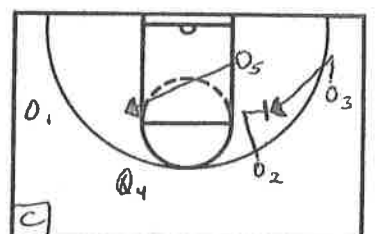
Example of motion (A, B, C)



NOTES O<sub>1</sub> passes to O<sub>3</sub> + basket cuts. O<sub>2</sub> + O<sub>4</sub> "fill the center." O<sub>1</sub> fills the open spot, O<sub>3</sub> can hit O<sub>1</sub> on the basket cut or O<sub>5</sub> at the post.

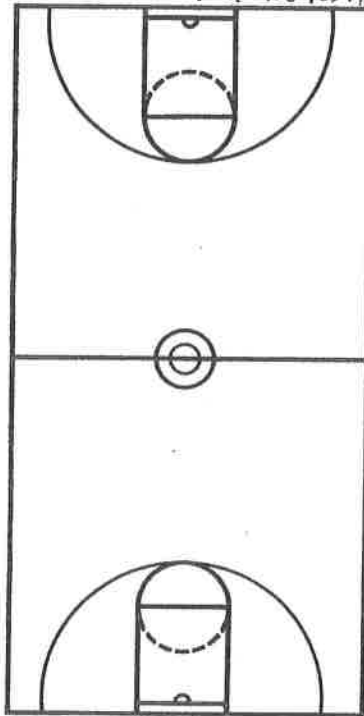


If O<sub>5</sub> + O<sub>1</sub> are not open, O<sub>3</sub> could reverse the ball to O<sub>2</sub> to O<sub>4</sub>



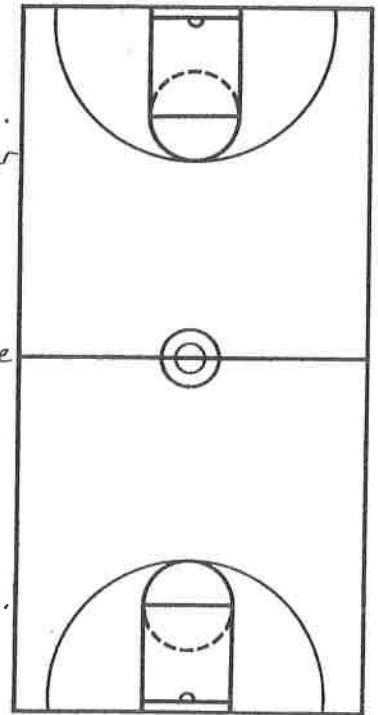
After O<sub>2</sub> reverses the ball to O<sub>4</sub>, O<sub>2</sub> could screen for O<sub>3</sub>, O<sub>5</sub> would post up to the ball.

# JUST DO IT

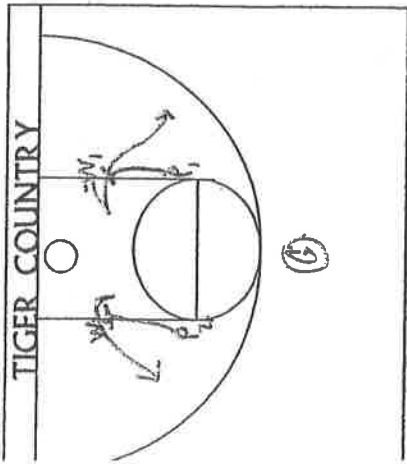


NOTES

- All cutters set up the pick by walking the defender down the arch.
- All picks are set after the picker breaks off the basket cut, this is done so that the defense can never predict what the offense is doing.
- All picks should be set by using a two foot jump stop. It is the cutters job to run the defender into the pick.



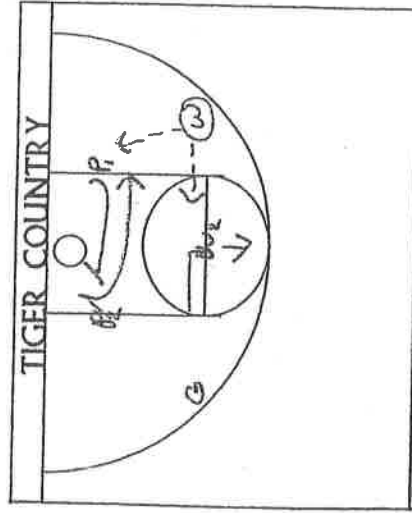
Passing Game - Man to Man Offense



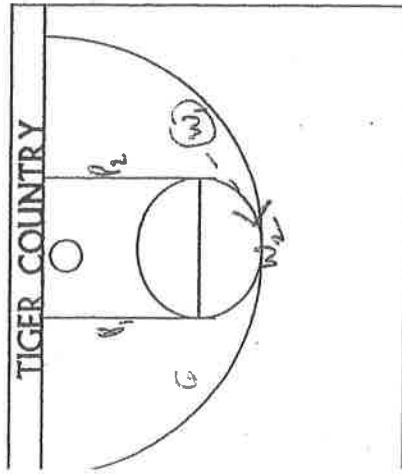
guard set  
 1- Post Guard  
 2- wings- wait for screens- cut to outside  
 3- Post/forward- screen & down for wings  
 Post up low.



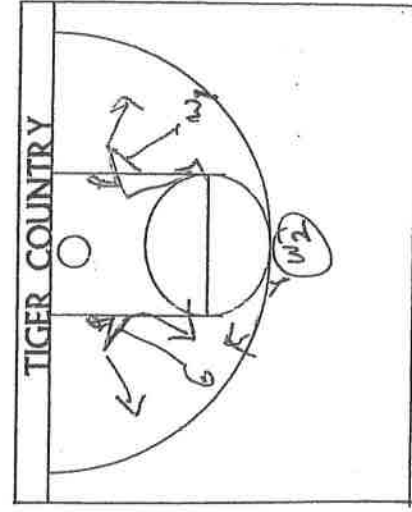
G- Entry pass to wing- screen away to weakside wing-  
 W2- cuts in lane



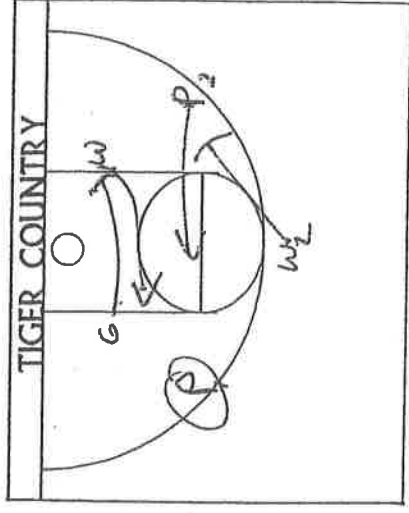
W2- cuts off screen to ~~lane~~ lane  
 P1- out if doesn't get ball.  
 P1- Post up- count to 2-3 sec- backscreen for P2 -  
 P2 comes across look for ball  
 (P1) - may want to flash back for ball



If nothing goes- Reverse ball to top

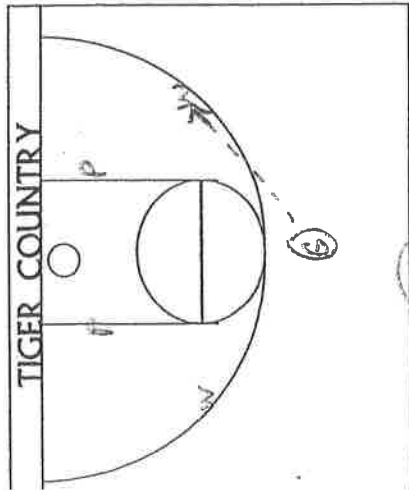


When pass goes to top- wings (G+W1) pick down for P1 & P2 - P1 & P2 flash to open area- inside or at wing spot-

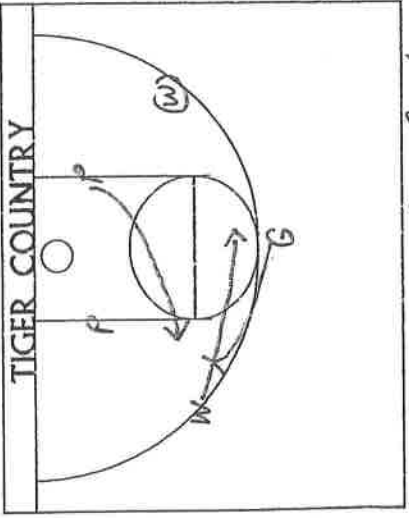


Pass goes to wing spot -  
 Screens go across -  
 Weakside players cut to ball.

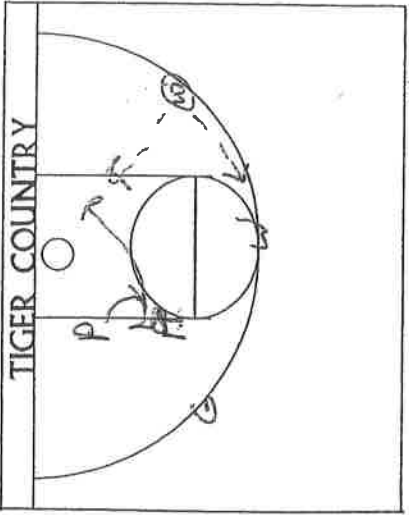
Passing Game - Set Plays - All plays begin in base set -



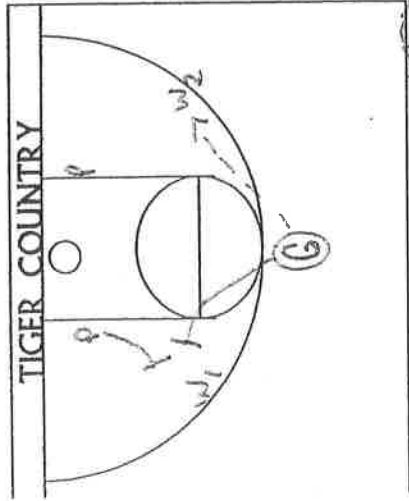
Clear Out - (P11)  
After posts screen down:



- Wing gets pass from Guard.
- Guard & weakside wing exchange
- Ballside post goes to high post
- Weakside of ball.
- Wing takes offense on 1 to basket

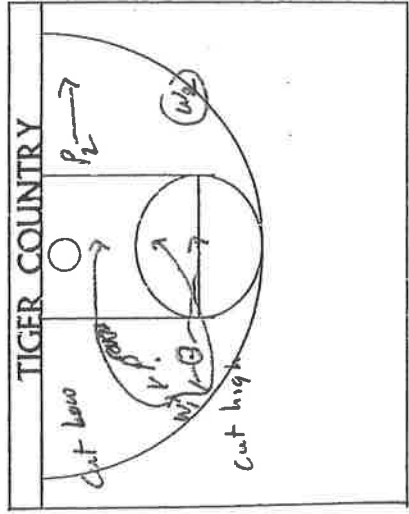


If wing cannot get the drive or shot off:  
1) Reverse to to  
2) Low post come up back screen for high post to cut down.  
- Go into regular set



Double Pick on Weakside Wing (P22)  
After posts screen down:

- Pass to wing -
- Ballside post & Guard set double screen for W.

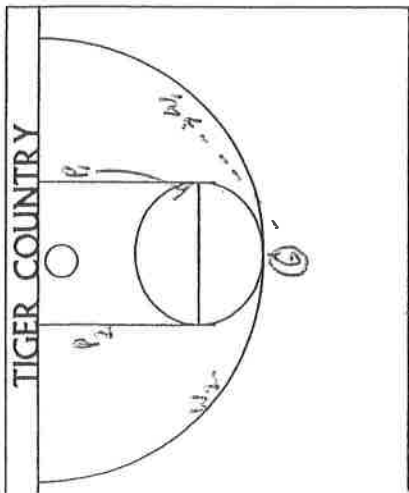


W<sub>1</sub> cuts high or low into lane to receive pass from W<sub>2</sub>



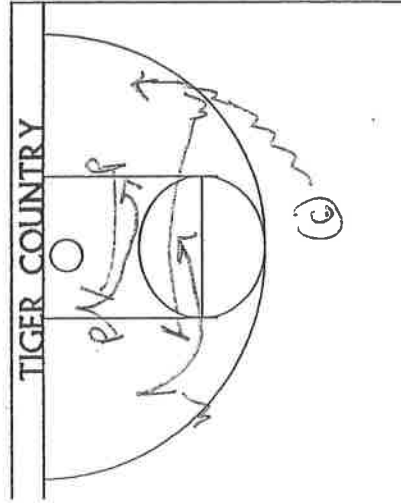
If W<sub>1</sub> doesn't get pass - continue through & pick for P<sub>2</sub> what then cuts in for pass.  
If ball goes to Top - G will dribble, entry to wing & reset - to Runway

Set Plays - Passing Game



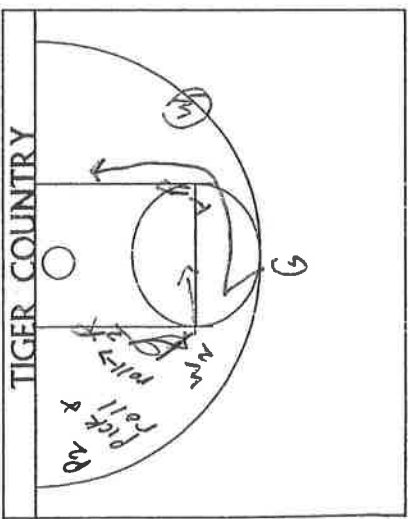
Give and Go # 33

After posts screen down:  
- Ball goes to wing  
Ball side post comes up to screen for Guard.

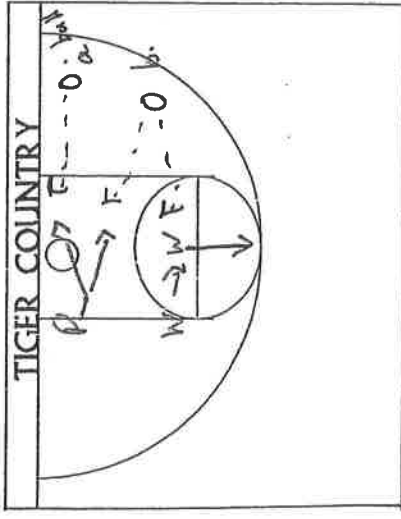


Drizzle Entry - # 44

G - dribbles into wing spot  
Ball side wings & post screen away to weakside wings & post.

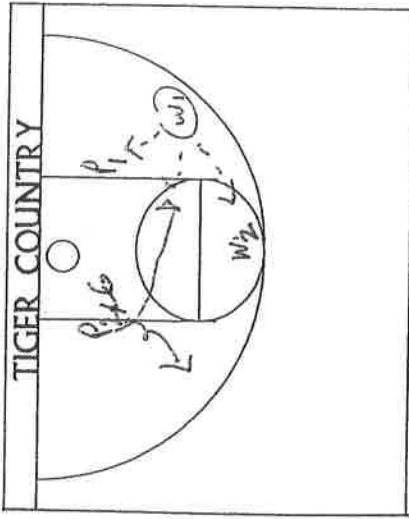


Guard makes cut away from ball - then a quick cut back to ball off the screen of P1.  
① W1 - Fouls ball to G.  
② P1 should roll off pick in case W2 - off screen  
G - doesn't get pass ③ from P2.

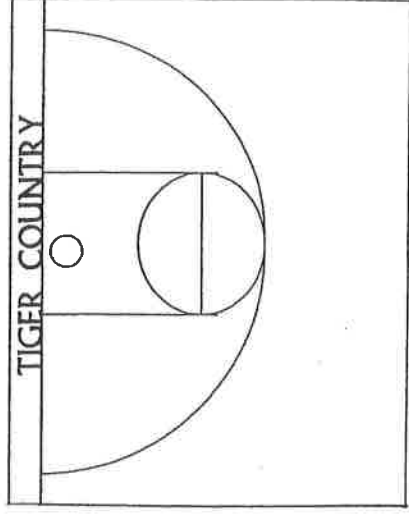


Cuts off Screens

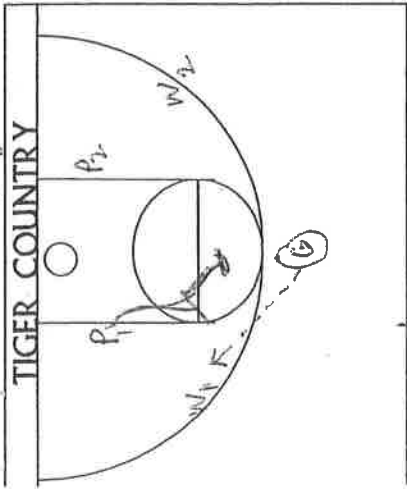
Post - Depending where ball is & where screen is set  
- baseline - low cut, wing high - high cut  
Wings - in to lane - then back out



If G doesn't get the ball - she should go all the way through & pick for P2 (at low weakside post) - G - rolls up to weakside wings -  
Wing looks to pass inside & low - if nothing reverse - reset - regular offense

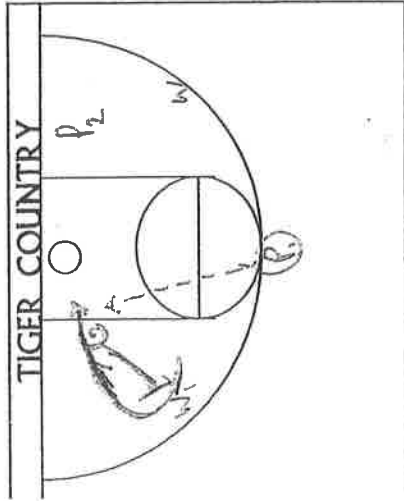


Tapping game - XT plays -

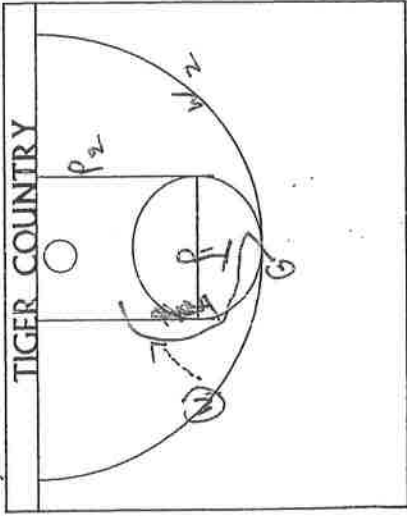


UCLA Rub # 55

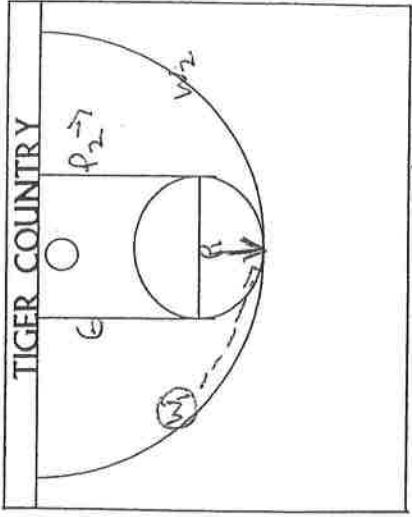
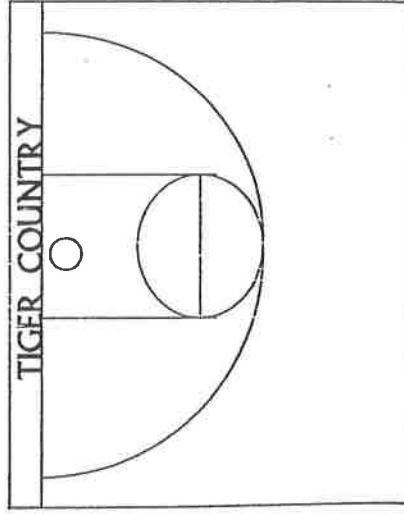
After initial screen down:  
 - entry pass to wing to screen  
 - Post (ballside) comes up to screen for Guard - who cuts through



Back screen & cut to basket.  
 If - nothing, reset - go into Passing Game



Wing looks to pass to G on cut. & post rolling to low post -



If wing cannot get pass in to Guard on cut - P1 pops out to stop of Key - W1 - passes to P1 - P1 pass fakes to W1 then W1 cuts to basket off backscreen from G - (See next diagram)

