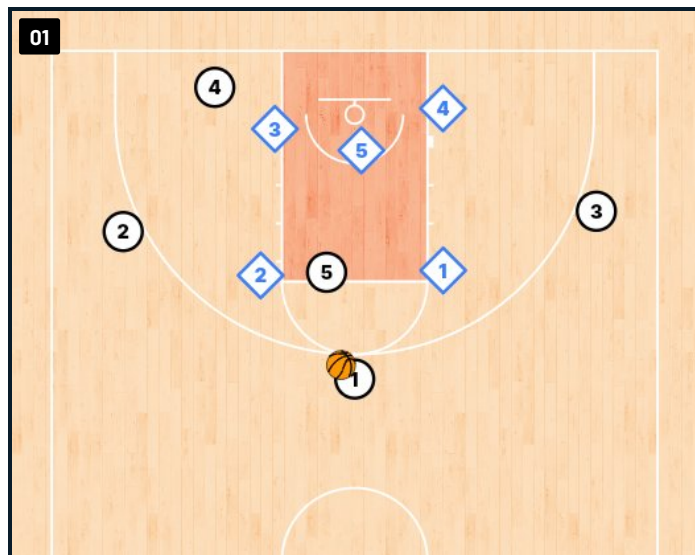


BASKETBALL PLAY

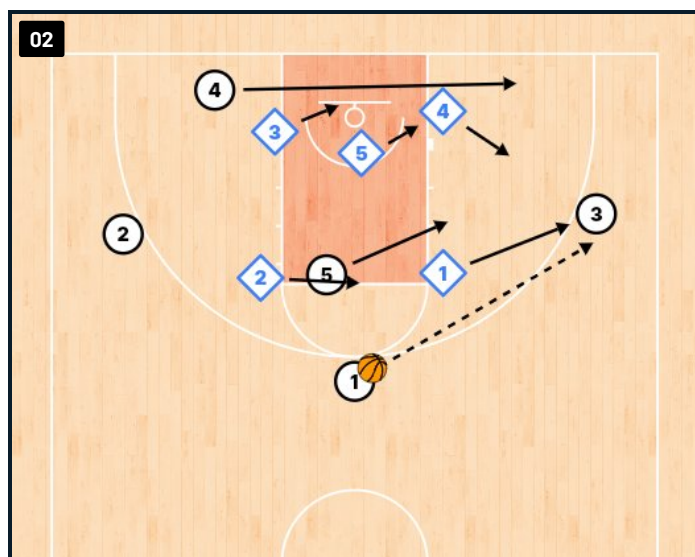
Hi Lo Basic

This is our fundamental set out of a hi-lo alignment. Used primarily vs a 2-3 zone.

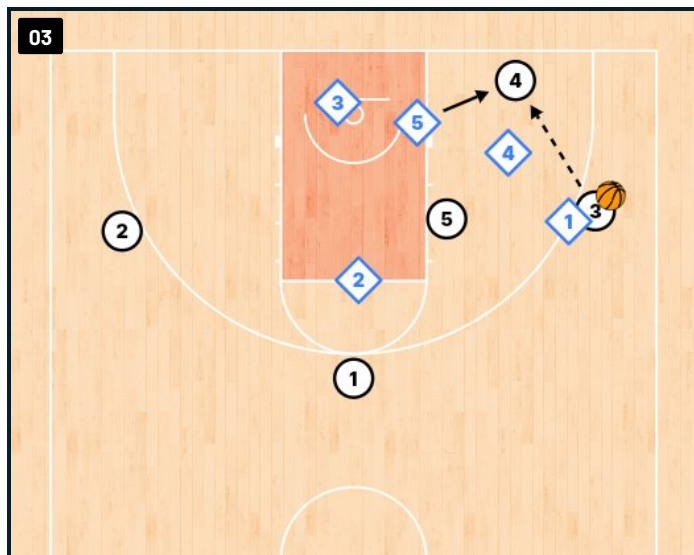
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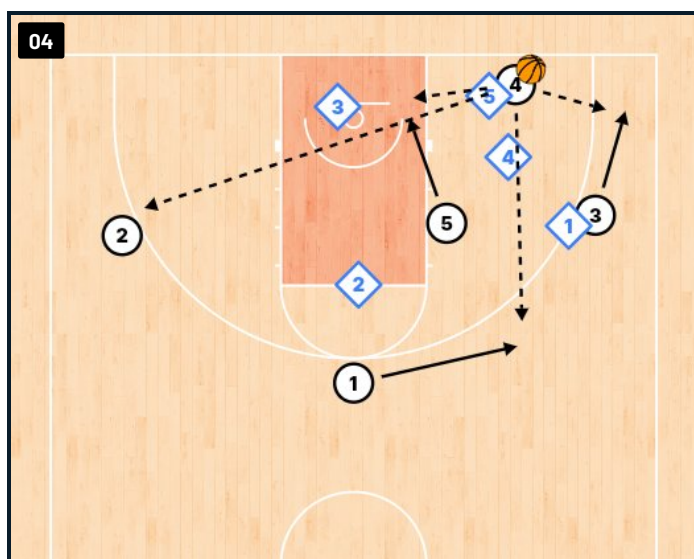
Our basic alignment. The 1, 2, and 3 are located in between defenders, ready to attack the "gray areas" or pass to the 5 if a safe passing lane can be established. The 4 is sneaking behind the back-line of the defense hoping to get a feed from the wing if the bottom defender vacates to guard the wing. The 5 is trying to find a direct-line passing lane from the ball.



On the pass to the wing, the 4 will sprint to the opposite short corner, while the 5 is finding an open passing lane from the 3.

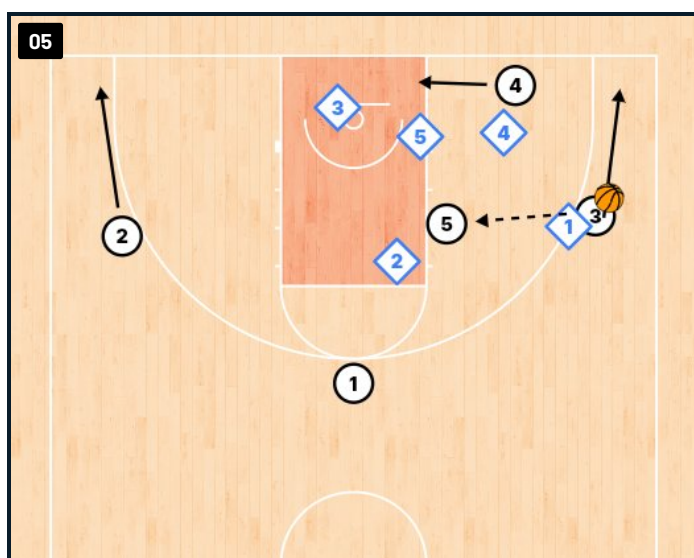


If we can get the #4 defender to step up, we can likely feed the short corner. This usually triggers the middle #5 defender to step towards the ball, creating a diving opportunity for our hi post player.

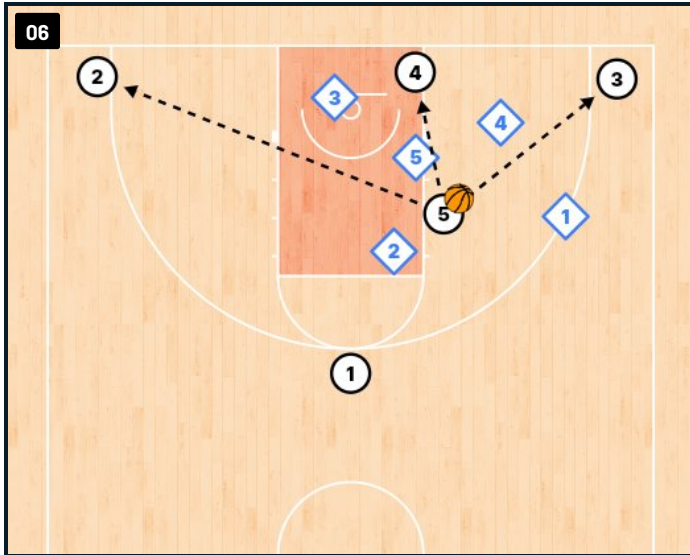


The short corner player can't attack the basket, so they should look for their partner (the 5) diving and then to the opposite wing (the 2). The 3 and 1 are also in position to receive kickout passes from the 4.

We believe that if the short corner receives the ball, we have a great opportunity to score.



If we feed the high post, they should face-up and look to score if possible. The 4 flashes to the basket, behind the zone. The wings flood the corners.



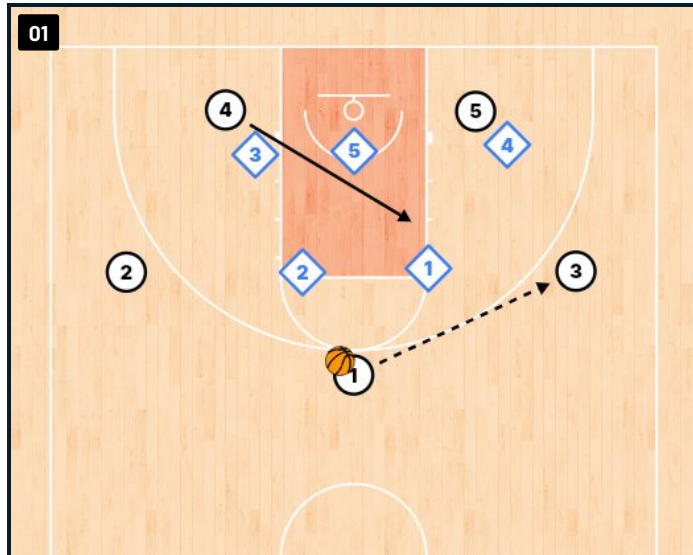
The 5 should have a great passing lane to the 4. If that is covered the kickouts to the 2 and 3 in the corners will be open.

BASKETBALL PLAY

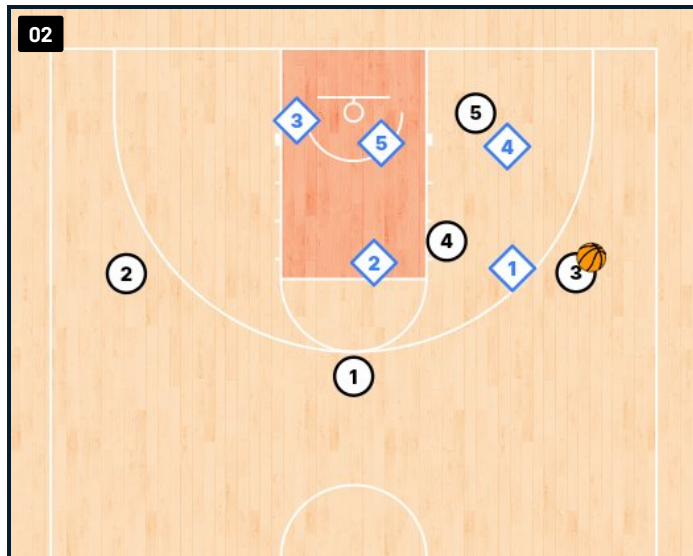
Hi-Lo X

This is an alternative to our Hi-Lo Basic. We get some movement from our posts, using an X pattern.

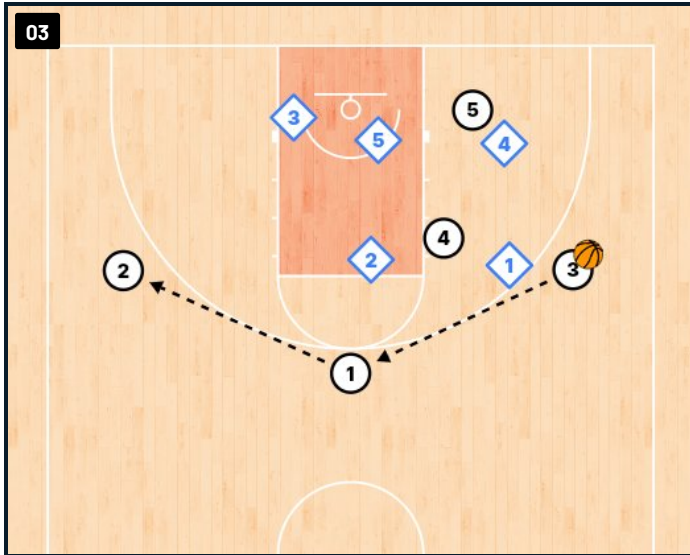
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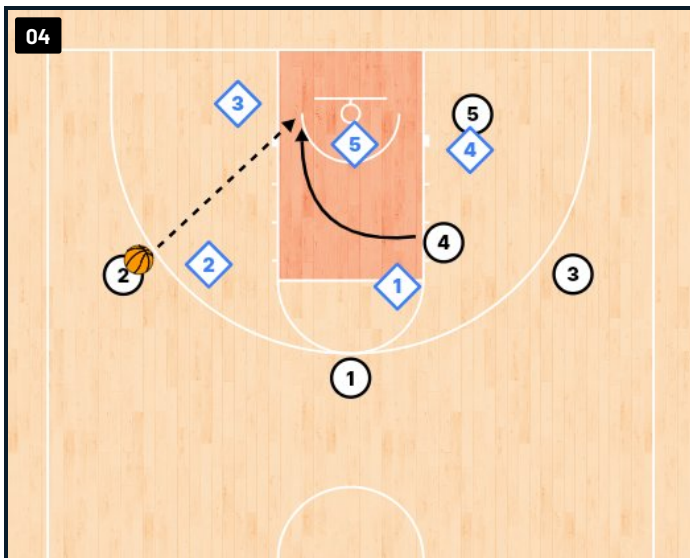
When we are running X, we like to start our post players near the blocks. As the ball is passed to wing, this triggers our first movement, which is a flash to the high post.



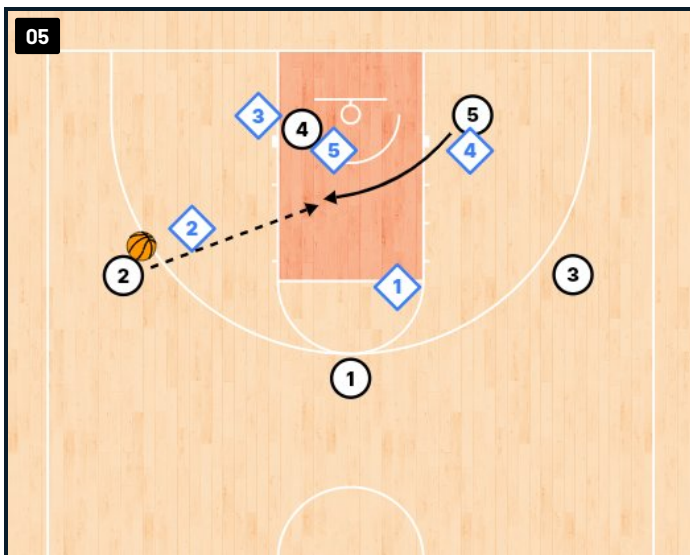
At any point during X, if we feed either post, our looks and actions are identical to our Hi-Lo Basic



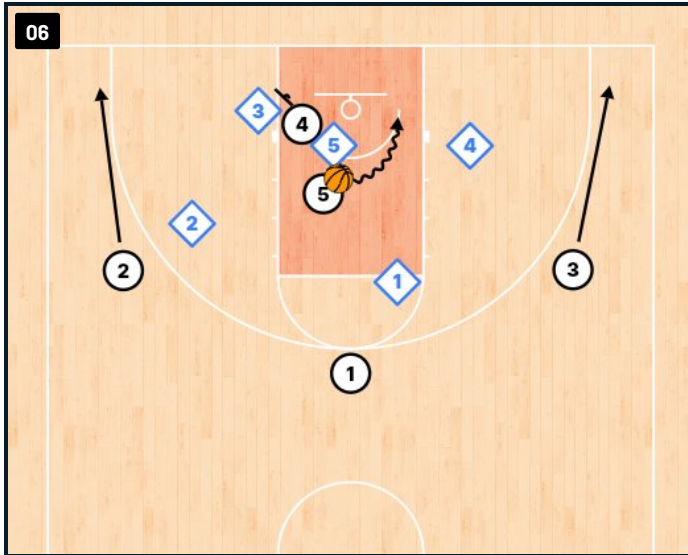
On the quick reversal, our X action will not begin until the weakside wing receives the ball. Timing is important.



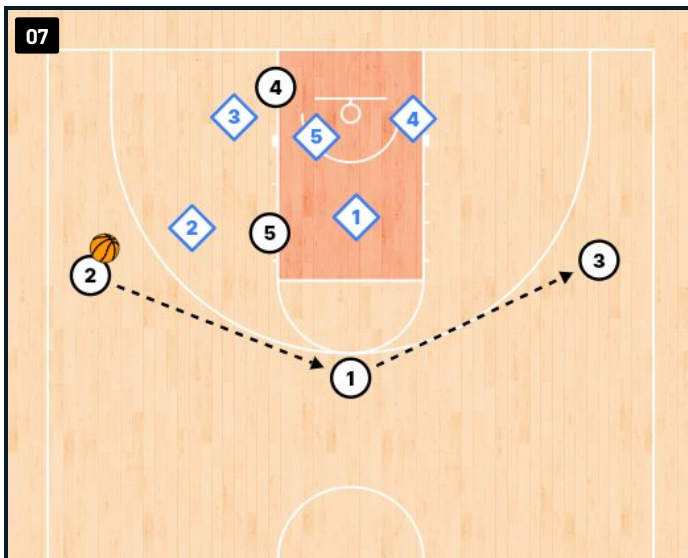
As the 2 receives the ball, the 4 dives towards the block. This is a great opportunity for a strong power post finish and probably a foul as well.



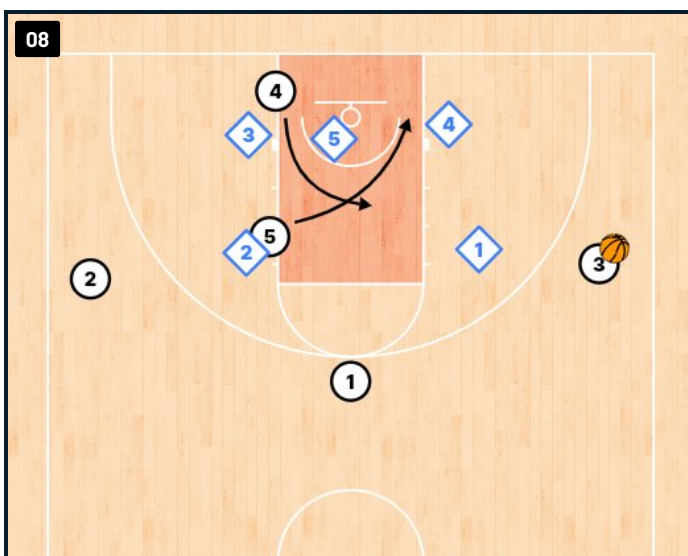
As the 4 dives, the other post flashes right off behind them. Their should be hole right in the middle of the lane as the #5 defender pinches the 4.



The 5 utilizes our "armpits to face" move and "attacks opposite" for a power shot. Meanwhile, using our Hi-Lo Basic triggers, our wings have flooded the corners for kickout opportunities. The 4 should seal the 3 and look to rebound.



If we were not able to feed the 4 or 5 in their X action, we will reverse the ball quickly



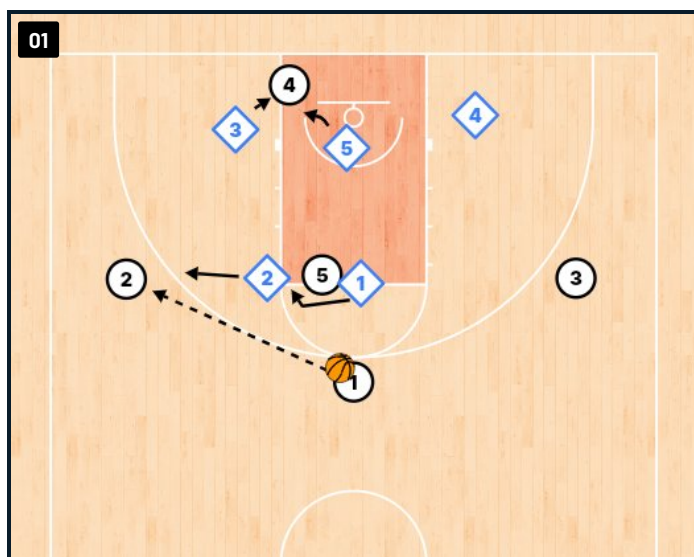
As soon as 3 receives the ball, the 5 dives and the 4 flashes right behind them. The pattern continues from here with any ball reversal.

BASKETBALL PLAY

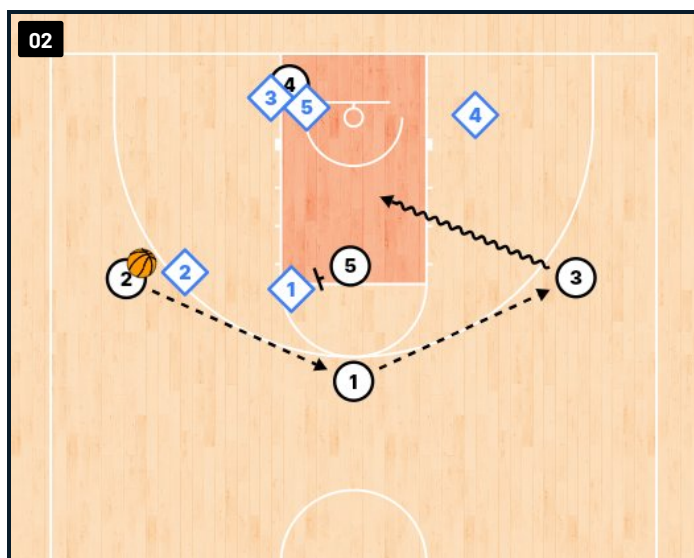
Hi-Lo Fire

This is a variation of our Hi-Lo Basic set. "Fire" involves rapid ball reversal and a high-post screening action. In this set, our perimeters will puncture the top of the zone on occasion rather than the high-post player.

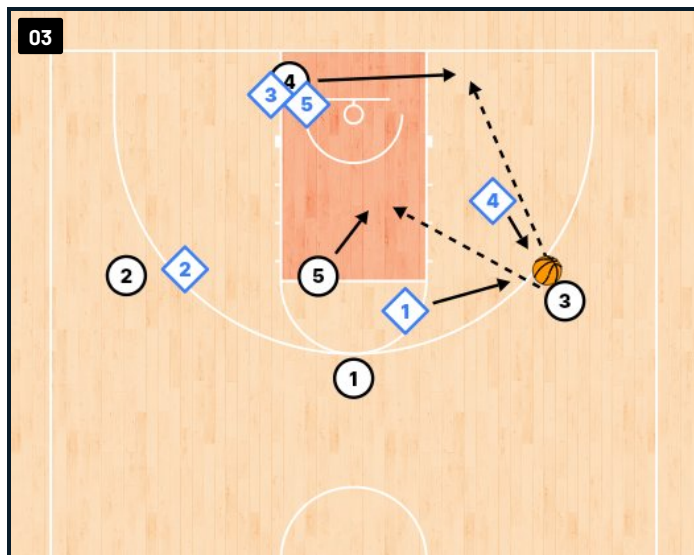
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We use "fire" when the defense becomes very intent on keeping our high post and short corner from receiving an entry pass.



Our high post will allow themselves to be fronted, and then seal the top of the zone on the reversal. The reversal must be swung quickly. If the wing can attack the heart of the zone, they should



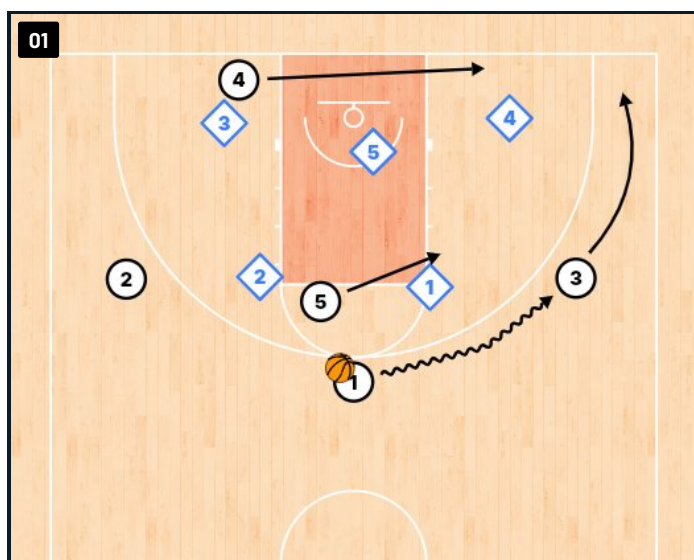
If the wing penetration is stopped, it is likely because the baseline defender came up and the top defender went on the high-side of the high-post. This is a great opportunity to get the short-corner the ball as they flash to ball-side. Additionally, the high-post could be open in the center of the key.

BASKETBALL PLAY

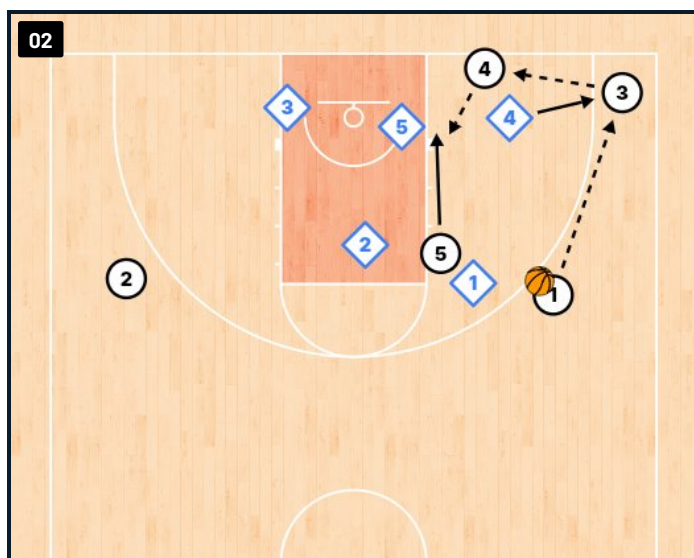
Hi-Lo Offset

Another very simple adjustment, is to change the alignment of your perimeter players. We will instruct our point guard to "off-set". This will trigger them to dribble entry to the wing and push the wing to the corner. The perimeter players are encouraged to dribble their defender away from the defenders typical coverage area. The 3 perimeter players should always be looking for easy reversal passes to each other.

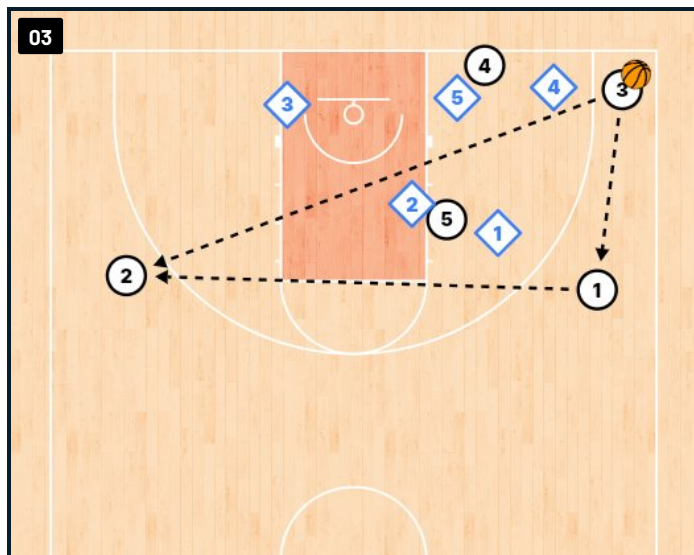
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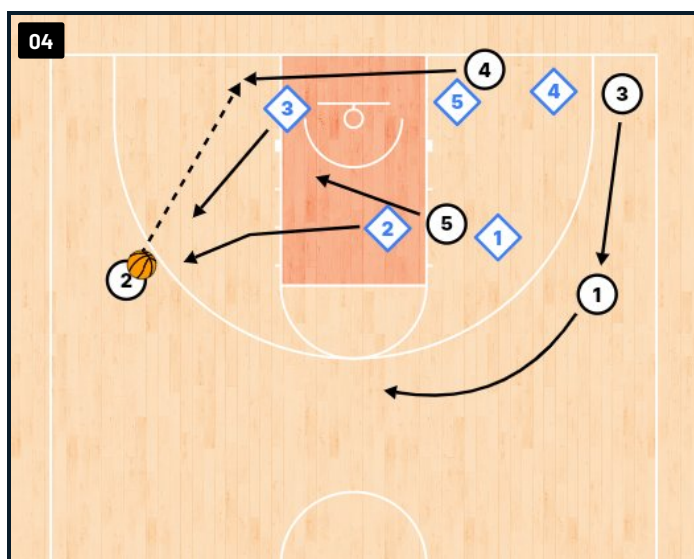
When we are in "off-set" our guard will start by dribbling to the wing and pushing the wing to the corner. The high and low post players treat this as an entry pass and flash to the ball-side



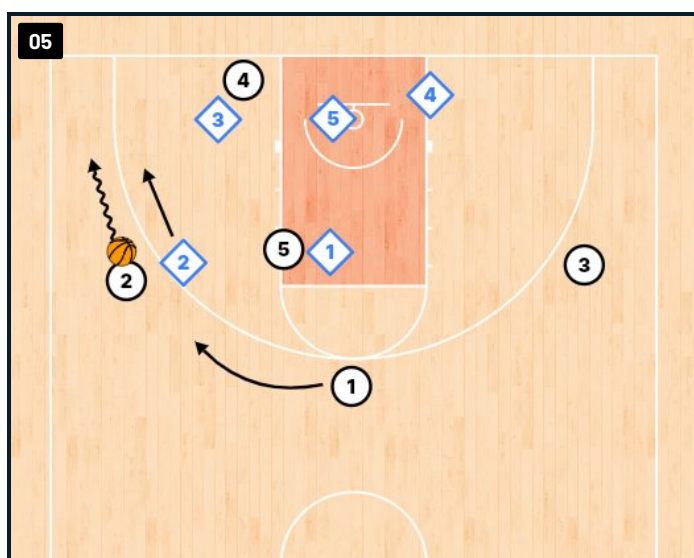
On the immediate pass to the corner, we can often get our short-corner the ball and then get our 5 the ball on the dive.



If neither the short-corner or the high post are open, the 3 can skip the ball to the 2, or (a safer option), reverse through the 1



When the 2 gets the ball, the baseline defender will likely have to cover for a moment which should give the flashing short-corner a great opportunity to receive the ball to score or pass to their diving high-post



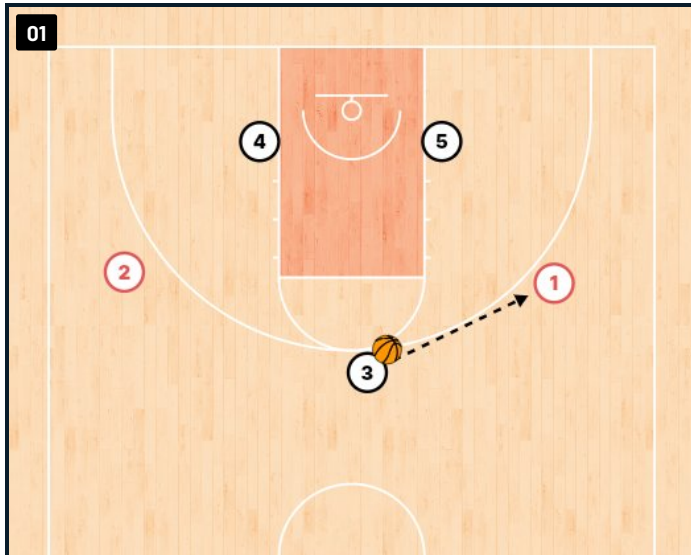
Another way to "off-set" is to have the wing slowly dribble towards the corner, dragging the wing defender down. As this happens, the point guard should slide over, filling the vacated wing area.

BASKETBALL PLAY

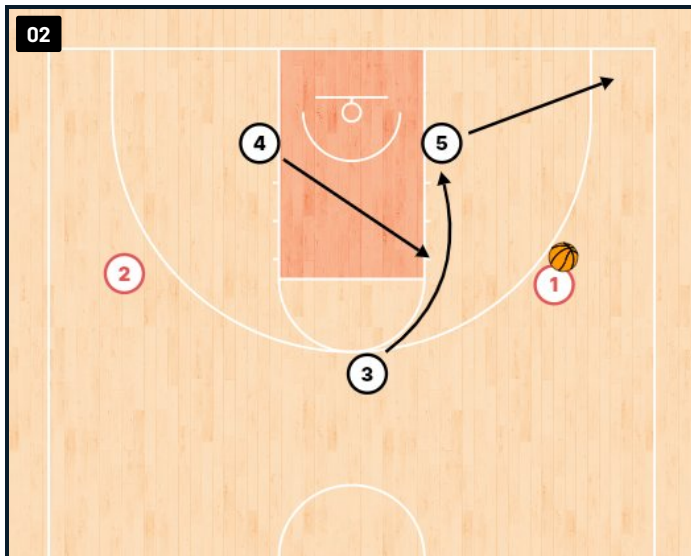
Rotation

We use this offensive pattern against a 1-3-1, 1-2-2, or even against a box and 1 or triangle and 2.

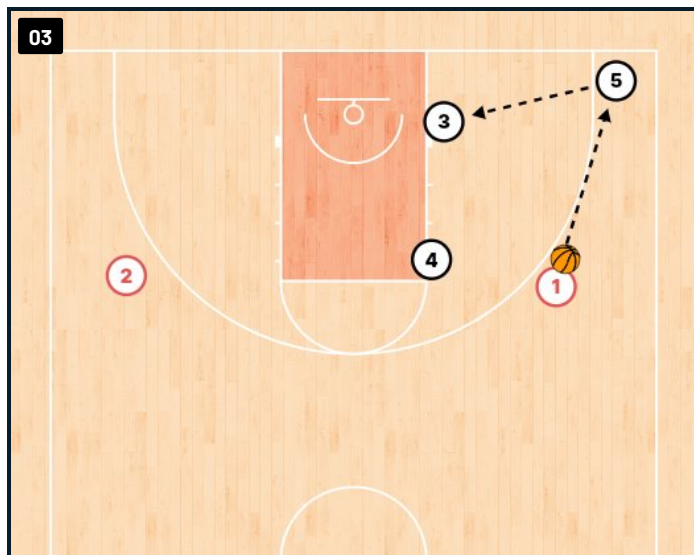
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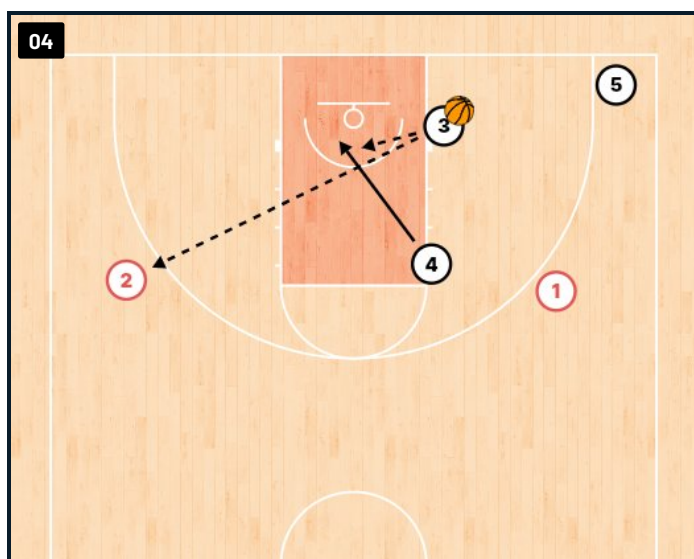
The players 1 and 2 need to be a threat from the 3 point line. They will stay in the wing areas throughout this offensive set. The 3, 4, and 5 do not necessarily have to be "post" players but they will need to be able to handle catching the ball in traffic and making strong moves in the paint. They are interchangeable and will follow the "rotation" pattern. This is our starting alignment. We initiate the set with a pass to either wing.



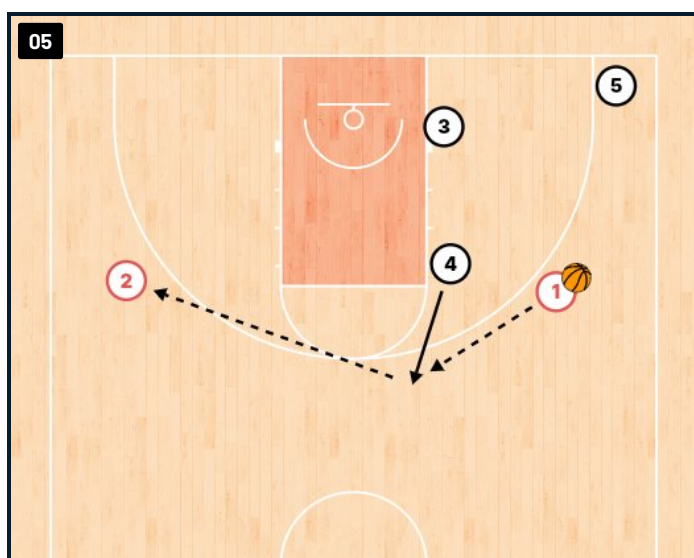
As soon as the ball is in flight to the wing, the 5 sprints to the corner looking to receive the pass. The 3 will dive looking for a return pass from the 1. The 4 flashes to the high post right off 3's back



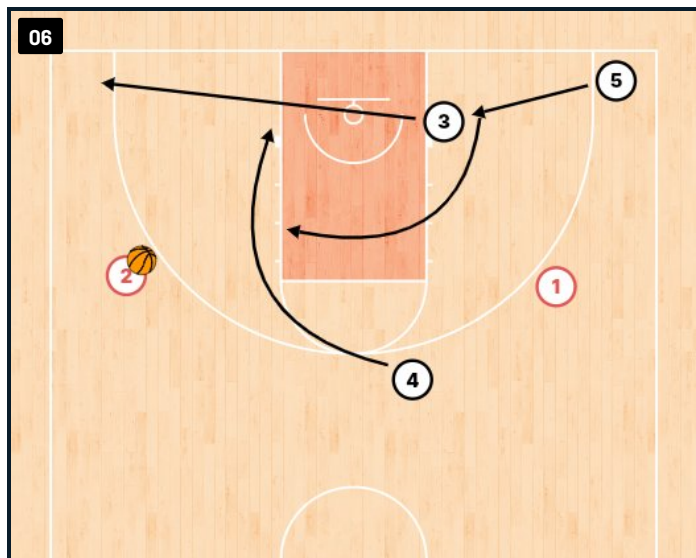
If the 5 receives the ball, they can shoot or hit the 3 for a scoring opportunity.



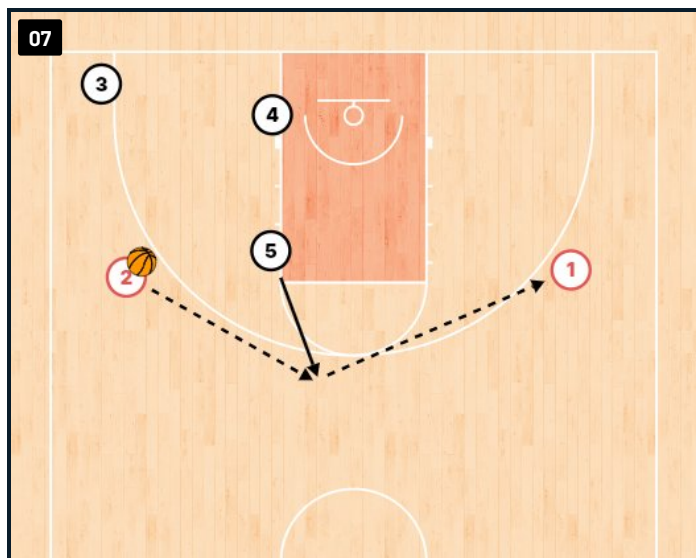
If the 3 receives the ball at the block, they should score. As soon as they receive the ball, the 4 will dive looking for a pass from the 3. The 3 also has the option to "look opposite" and hit the opposite wing.



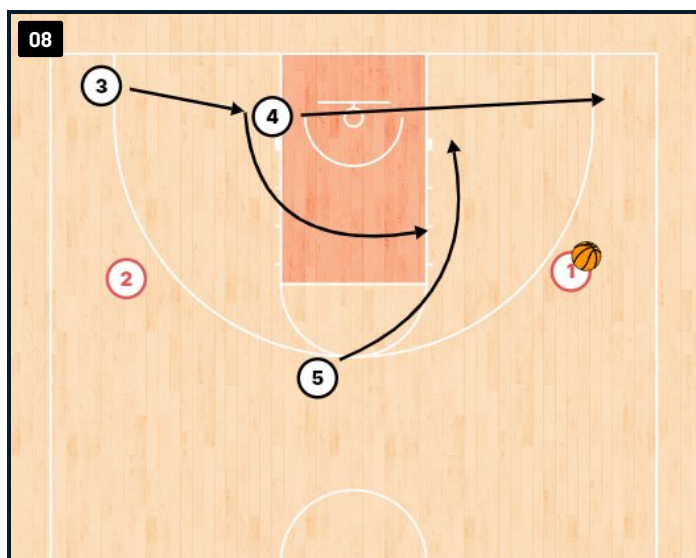
No corner, no feed. If we could not pass the ball to the corner or feed the 3 directly, it is time to reverse the ball. The 4 has to be able to "feel" when we have exhausted those passing opportunities (normally a couple of seconds). The 4 will then pop up and immediately swing the ball to the 2.



The reversal triggers the 3 to sprint to the opposite corner. As the 2 receives the ball, the 4 is diving, looking for a return pass. The 5 has moved to the weakside block area for a possible rebound if 2 shoots. Otherwise they will flash up to the high post right off of 4's back.

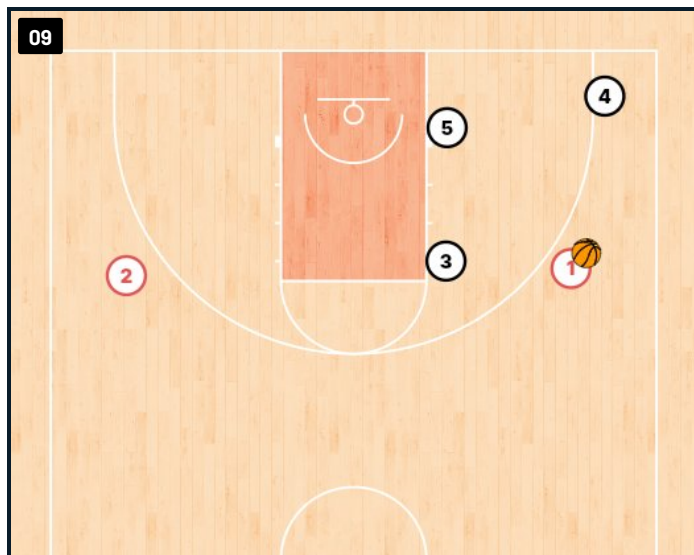


Now we are overloaded on the leftside and will prioritize feeding the 4. If we cannot, then the 5 will pop out to reverse the ball and we will rotate again.



The quick reversal triggers 4 sprinting to the corner, 5 diving, and the 3 moving in and flashing high.





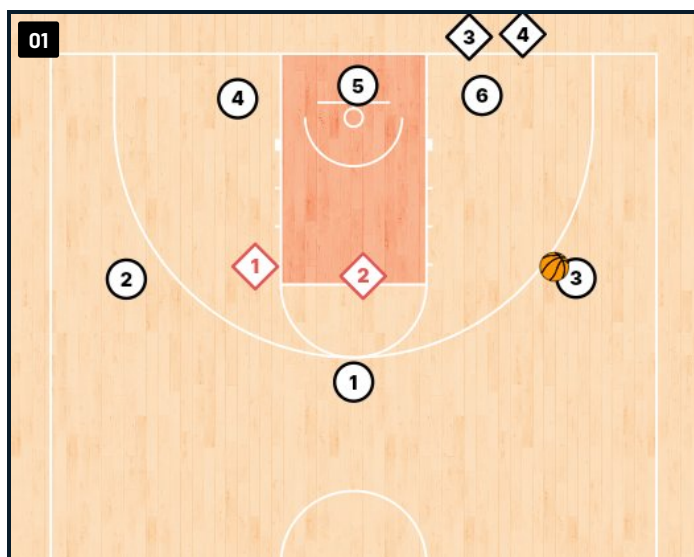
We're back to an overload on the right but with our 3, 4, and 5 in different positions.

BASKETBALL PLAY

Three-point Shooting Drills

These are a few of our shooting drills that we get quality, game-like shots up in a relatively short amount of time. The first two: "Jungle Shooting" and "30 Deeps" are competitive. The other three drills are not scored.

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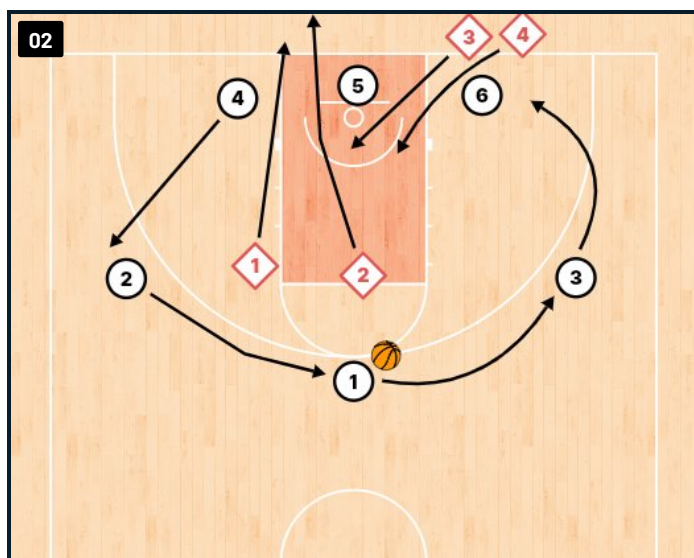


JUNGLE SHOOTING

The shooting team has 3 shooters and 3 rebounders. Shooting team has 2 basketballs (diagram only has 1 visible)

The defense has 2 defenders.

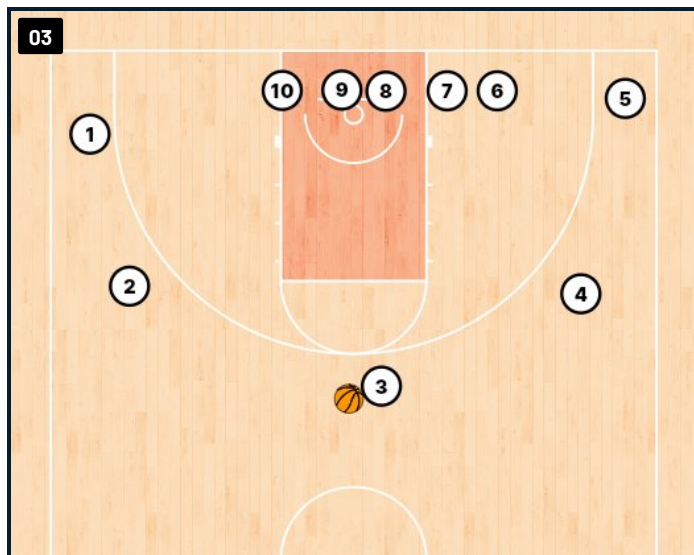
For 30 seconds the offense is trying to make as many three-pointers as possible. The defenders can block any shot and any passes between shooters. The defenders cannot deflect any passes from the rebounders out to the shooters.



JUNGLE SHOOTING part 2.

Every 30 seconds we rotate in one shooter and send one to the rebounding group and rotate in two new defenders.

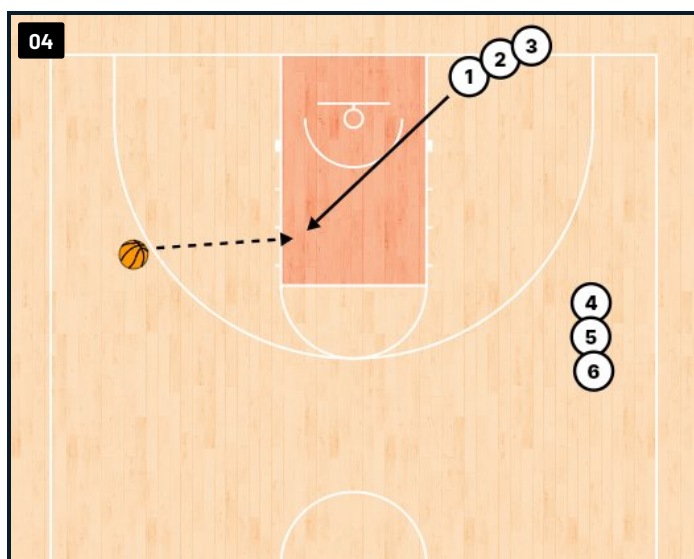
We do this drill for a set number of rotations (4 or 5) and then switch offense to defense. The team with the most made three-pointers wins.

**30 DEEPS**

This drill has 5 shooters and 5 rebounders on one end of the court on one team, and the same number at the other end on a different team. Each team has 5 basketballs.

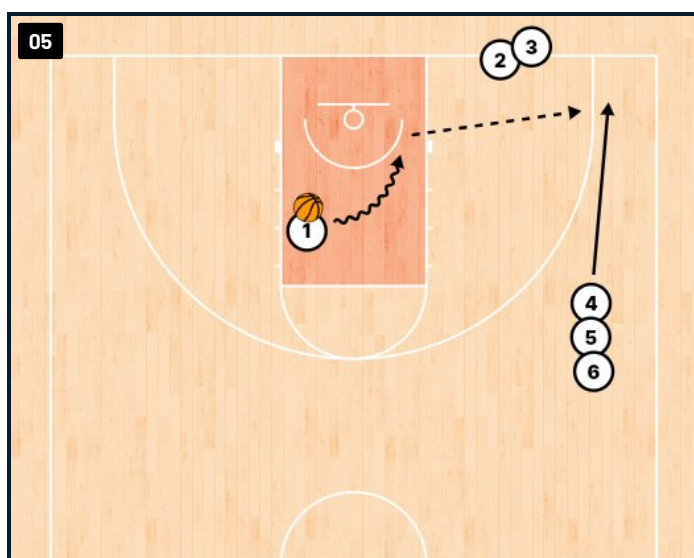
The object of the game is to make 30 three-pointers before the other team. Shooters rotate to the right every 15 seconds, with a rebounder becoming the new shooter.

The first team to 30 wins.

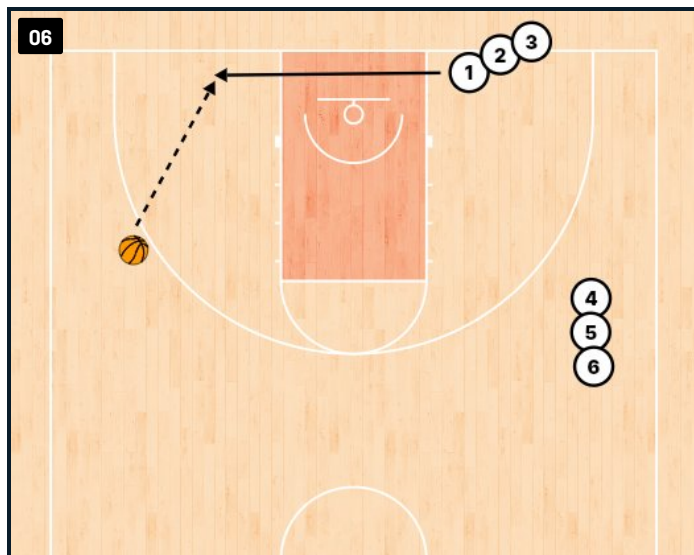
**FLASH & KICK -**

This is a great breakdown drill for any offense that requires your highpost to make effective kickout passes.

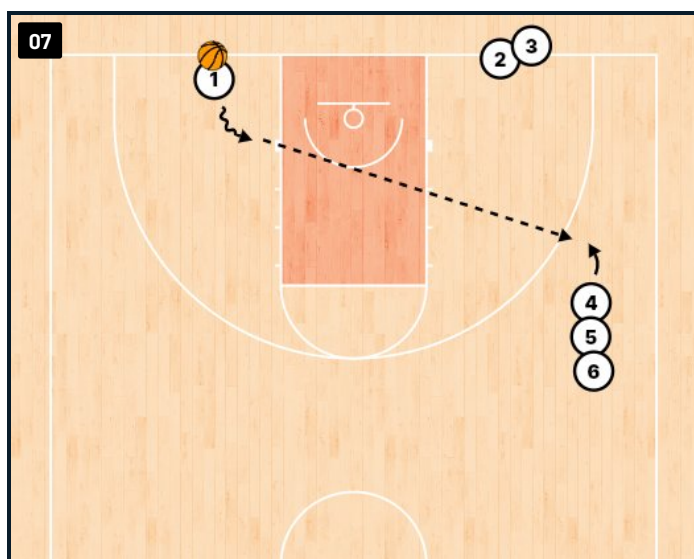
Two lines located at the weakside short corner and the weakside wing. Coach has the ball at the wing opposite.

**FLASH & KICK Part 2**

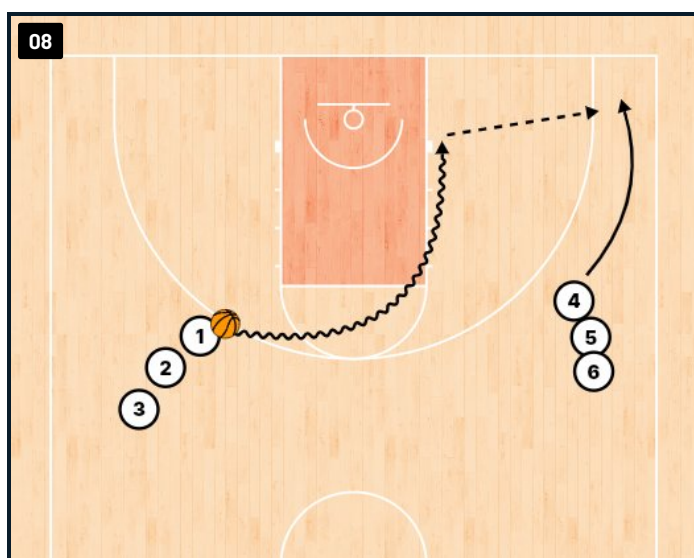
Upon receiving the pass in the highpost from the coach, the player should attack towards the opposite block from where the ball came from. Meanwhile the wing should flood the corner and receive the perfect pass out for a three-pointer

**SHORT CORNER FLASH, ATTACK, & KICK**

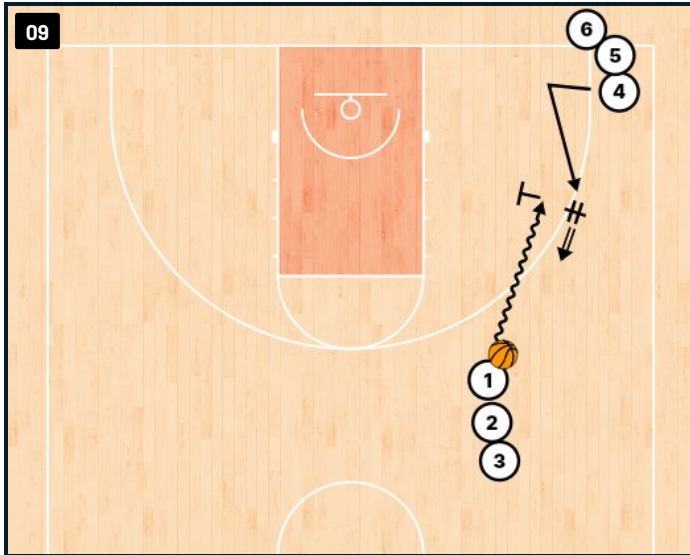
The #1 player sprints baseline from short corner to short corner. Coach feeds them.

**SHORT CORNER FLASH, ATTACK, & KICK (part 2)**

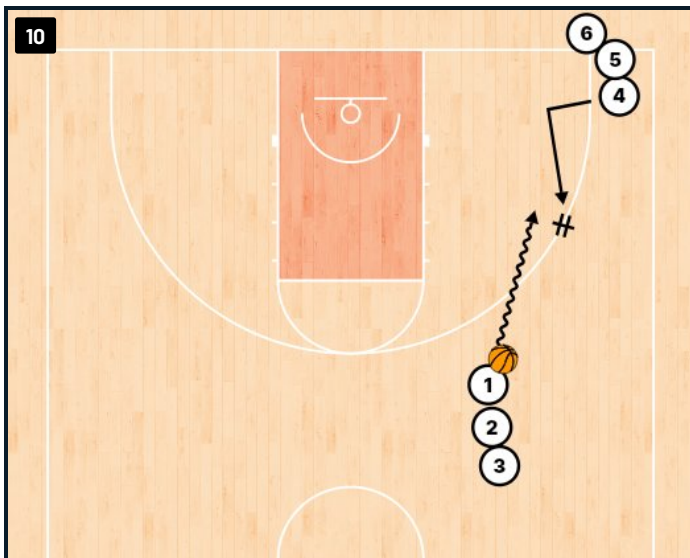
The short corner attacks the middle while the wing is "getting ready to shoot. The short corner then hits the wing with a "perfect pass" as they "get their feet under them" to shoot.

**DRIVE & PITCH**

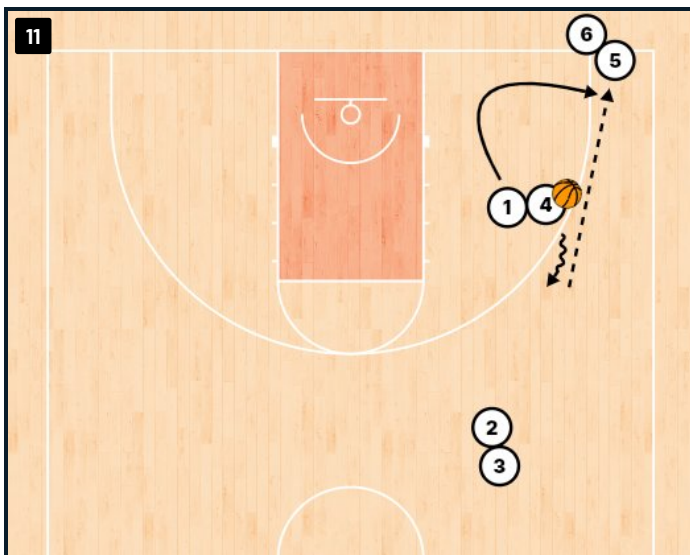
Slot attacks and receiver drifts towards the corner. Ball-handler should be controlled and square their shoulders towards the shooter when delivering the "perfect pass".

**DHO TO CORNER FOR 3**

Shooter sets up the defender while the ball-handler attacks the imaginary defender. After the handoff the passer sets a screen while the shooter hides behind it for a 3

**DHO TO CORNER, THEN RETURN 3**

Same as previous drill, but with the original ball-handler getting the return pass to the corner.

**DHO TO CORNER, THEN RETURN 3 (pt 2)**

After receiving the hand-off the #4 player takes another dribble or two, shot fakes, and then hits the #1 player who rolled back to the corner.