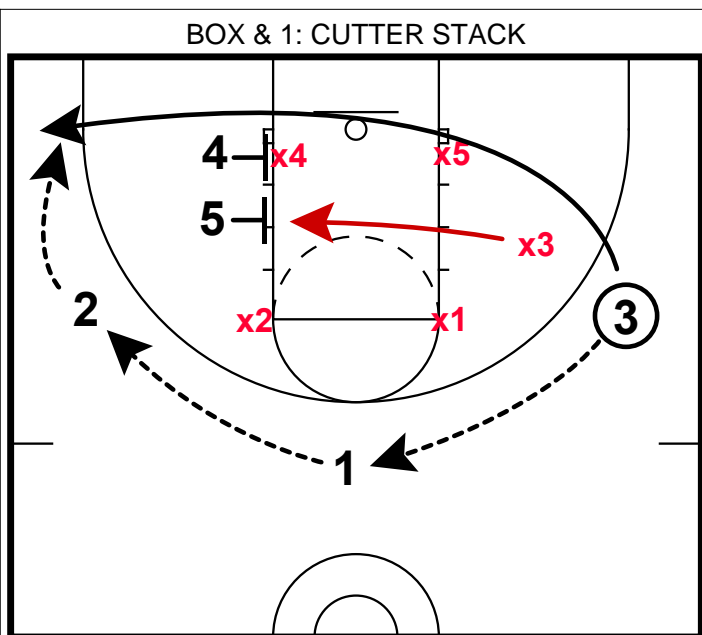


1) For shooters who face a Box & 1, it can be very discouraging if not utilized properly. Around this time every year, teams begin to gameplan against the best players in their region & conference, a Box & 1 is a popular defense that we often see.

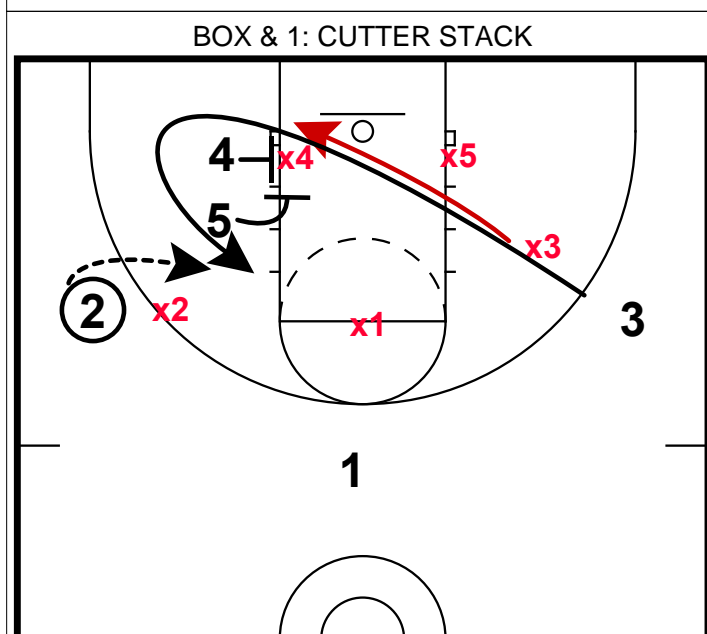
2) Here is an action that could open some looks up for a shooter or play maker. Although we must say that normally in order to win games - someone other than the "shooter" is going to have to make some plays.



1) To set this action up we like to give the ball to the shooter and then throw it right back to the top of the key - to at least get the ball moving.

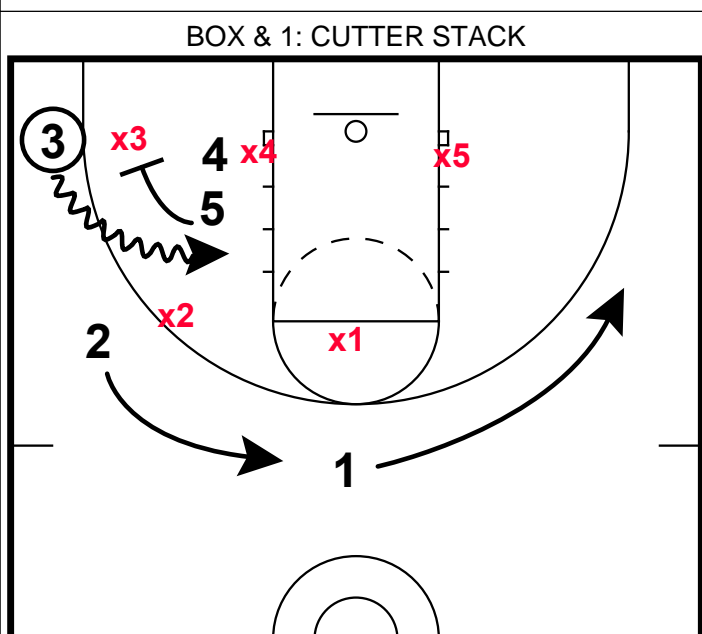
2) We have moved both post players & stacked them up opposite of our shooter (3). Once 3 has given the ball up he/she will make a baseline cut to the other corner.

3) In this frame we see what should happen if **x3** tries to go over the top of the screen - 5 should be able to set a solid screen and get a good look for 3.



1) A 2nd option that could open up here is a "curl" cut if **x3** tries to chase this cut around the double screen.

2) In this case, 5 will need to find **x4** and make sure he/she does not clog the lane on the curl.



1) Our last option here will occur if 3 catches the ball in the corner and **x3** has chased through the screen.

2) The idea here is to follow with an immediate ball screen. the timing will need to be quick to prevent the defense from collapsing too quickly.

3) However, if executed right - this could get a nice up pull-up jumper or even a drive to the basket.