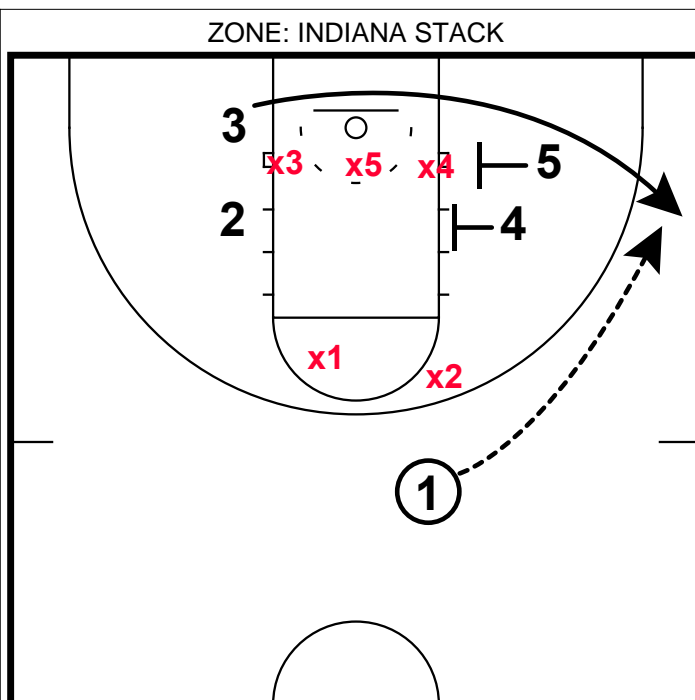
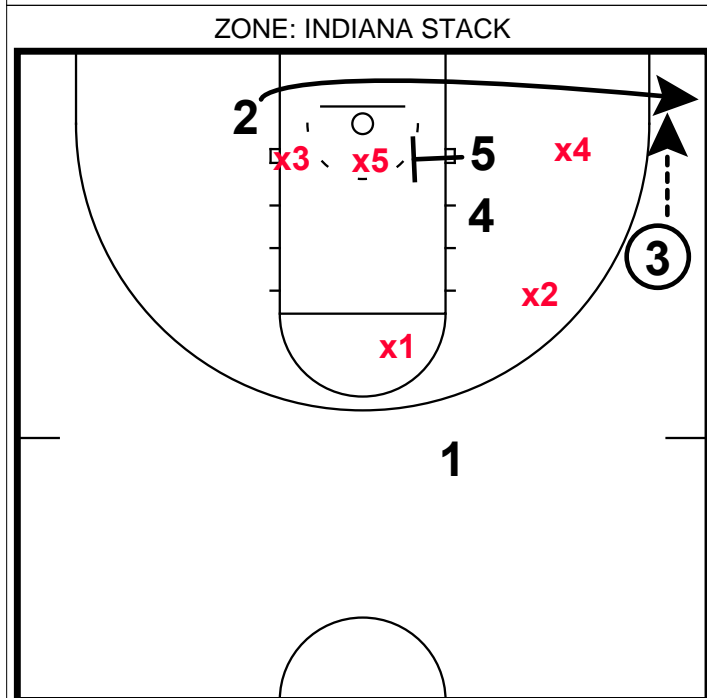


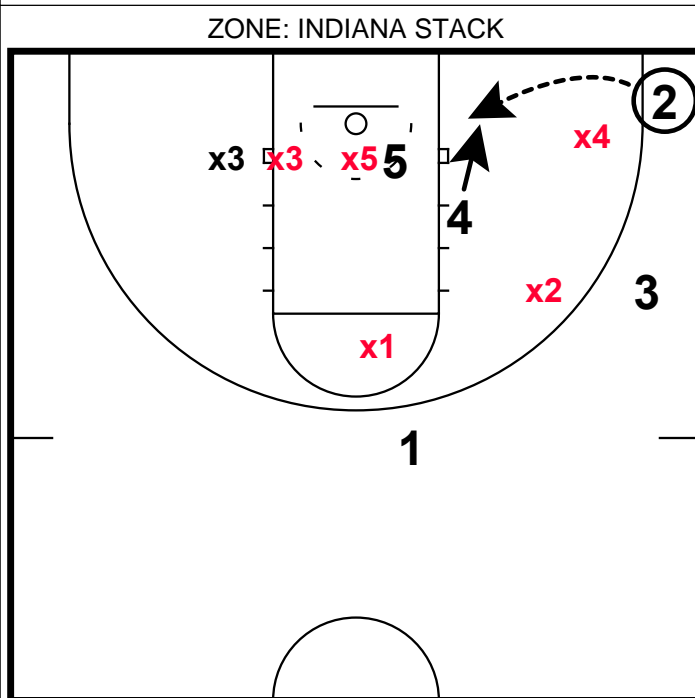
- 1) This is a zone over load set vs. a 2-3 zone or an odd front zone.
- 2) Line up both post players on side of the lane. Start the ball opposite of the posts. Start the two wings stacked on the ball side.
- 3) The point guard should dribble the ball the post side to initiate the defense on the opposite side of the court.



- 1) As the ball is dribbled from one side to the other, the first wing (3) will make a baseline cut to catch the ball on the wing.
- 2) The two post players will set a double screen on the baseline to pin-in x4.
- 3) **Coaching Note:** Often times 4 will pop wide open in the lane because of all the action and the defense adjusting.



- 1) With 3 with the ball on the wing, 2 makes a baseline cut to the corner.
- 2) 5 will then slide over to screen x5 in the middle of the lane.
- 3) A good shooter might be able to pull it from there. If you want a 3 late in the game, time up 2 to come a little quicker to catch and shoot.



- 1) 2 now has the ball in the corner and with 5 screening the middle of the zone off, 4 is free to catch on the block to score.
- 2) **Coaching Point:** Timing is everything here. If the pass does not come on time, a 3 second violation could occur.