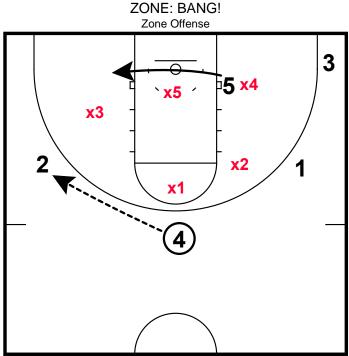
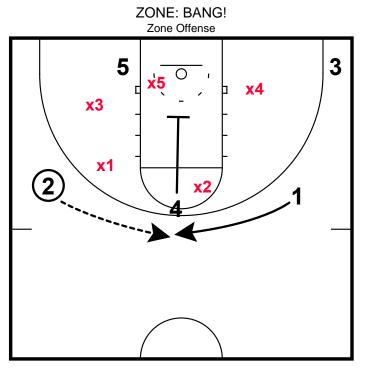


Stepping your post player out to the perimeter is a good way to stretch the zone. Make sure you have a post that has ball skill to be able to pass/catch



On the reversal pass 5 should follow the ball by working behind the zone and getting to the opposite block.

ZONE: BANG!

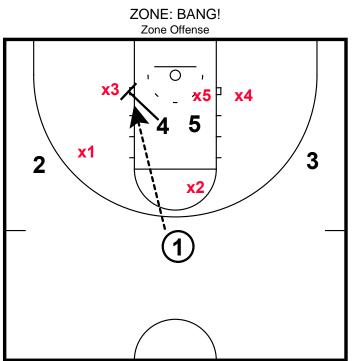


Zone Offense

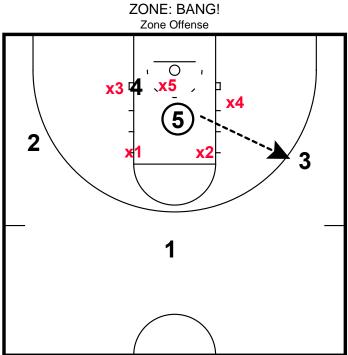
Once the reversal pass occurs, 4 should run through the seam of the zone and find x5 in the lane to set a solid screen. As that is happening, 1 (PG) immediately fills back behind to receive a pass at the top of the key.

Once 4 sets this screen, 5 will slip right behind the screener to receive the pass in the middle of the lane. This shoud allow for an easy bucket. ****Note**** Make sure your players time this correctly, because standing too long in the lane will result in a 3 Second call.





After you have ran this a few times, x5 is going to get smart & slip through the screen to break up the pass. This is where you can beat them on the second option. Once 4's screen is finished, he/she should look to seal x3 on the weakside of the zone for a h-lo pass.



Eventually the zone will begin to collapse around your post player and that is when your 3-point shooters should look to get ready. Having your best shooter in the 3 spot is important - you will get a lot of good looks here.

