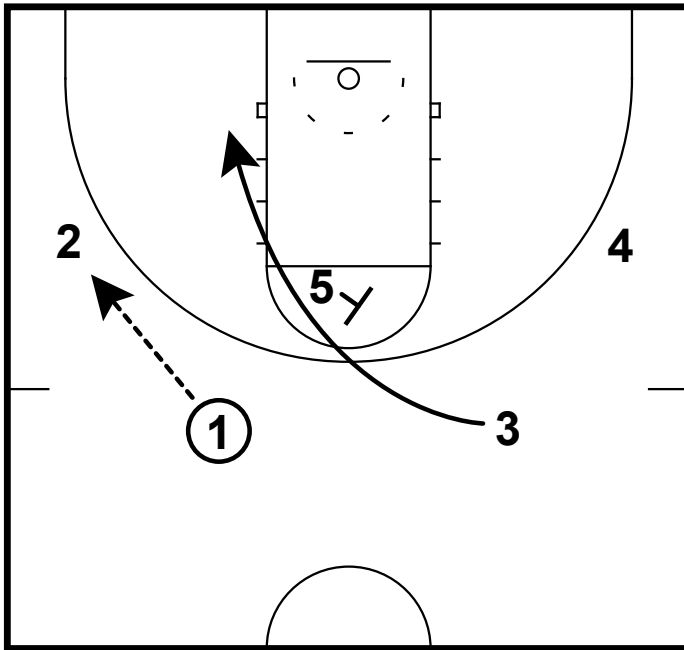


HALF-COURT: SFA MOTION

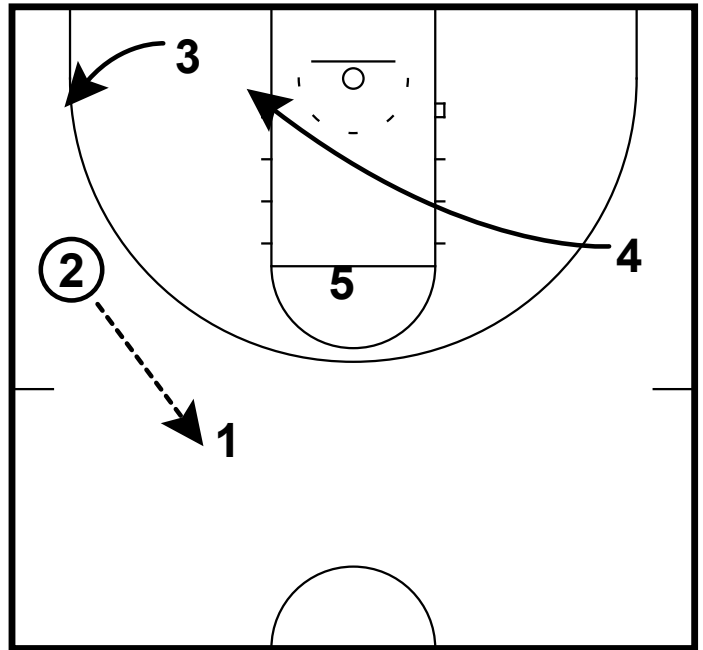
Half-Court Sets



This high post offense is initiated anytime the ball is swung to the wing. Immediately the opposite top slot will make a scissor cut off of the high post.

HALF-COURT: SFA MOTION

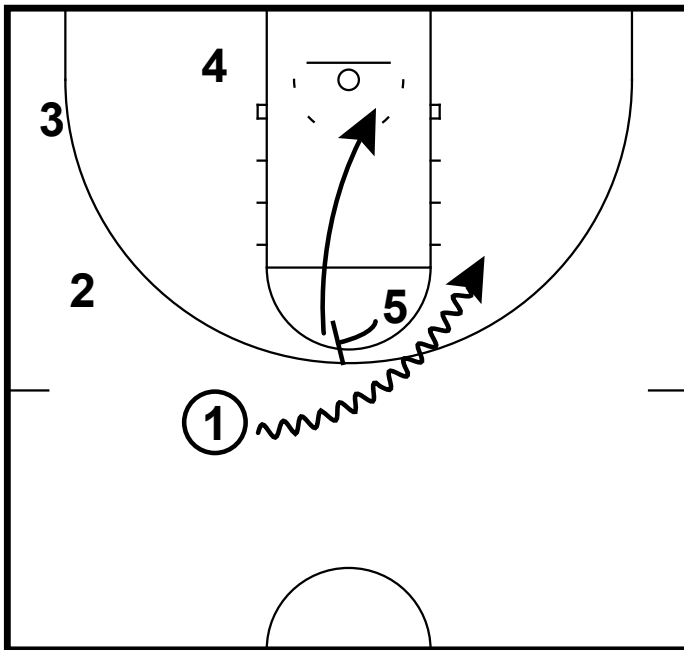
Half-Court Sets



The opposite wing will also cut over & look to post on the block if an advantage is there. However, what SFA really wants to do is create an overload situation to set up the next frame.

HALF-COURT: SFA MOTION

Half-Court Sets

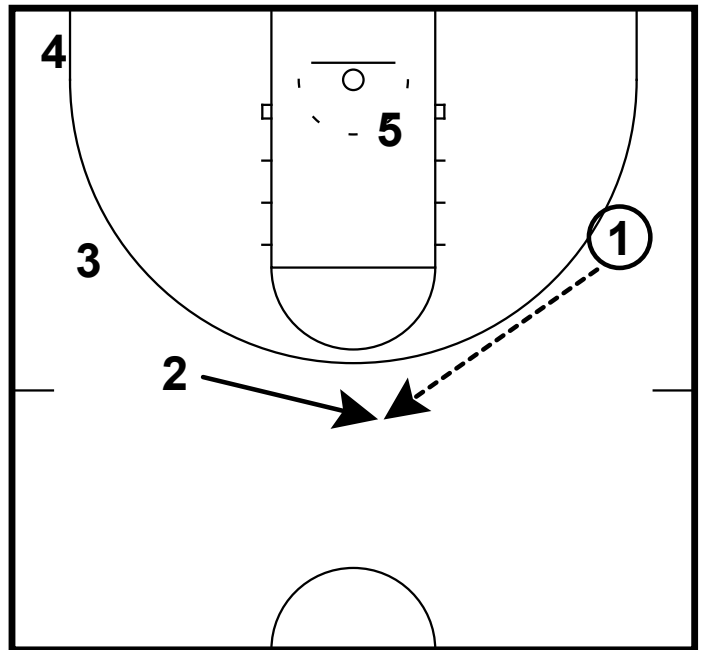


Here they will run a 2 man game at the top of the key with the post rolling hard to the rim.

\*\*Another option here to initiate this action is for 2 to throw the ball directly to 5 and get a handoff action at the top of the key\*\*

HALF-COURT: SFA MOTION

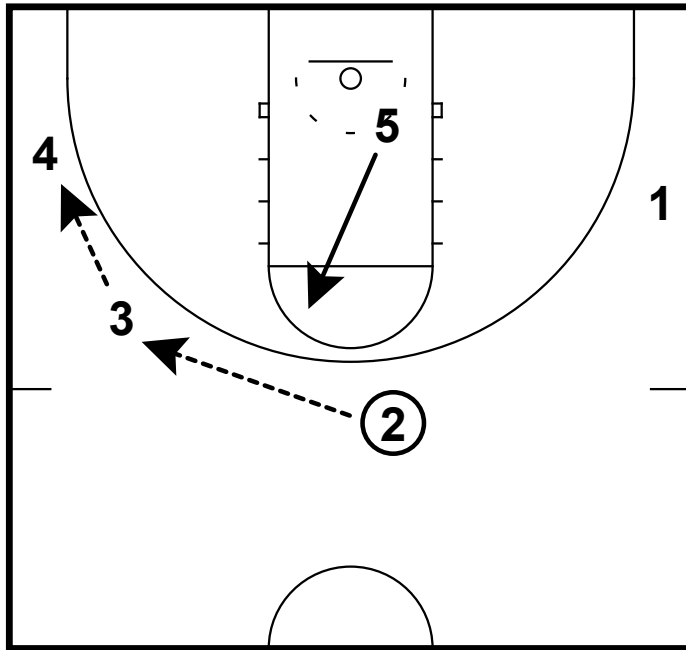
Half-Court Sets



If the pick and roll action is successful the other players roll up. In fact, if 5 seals out here this is a great chance for a hi-lo opportunity.

HALF-COURT: SFA MOTION

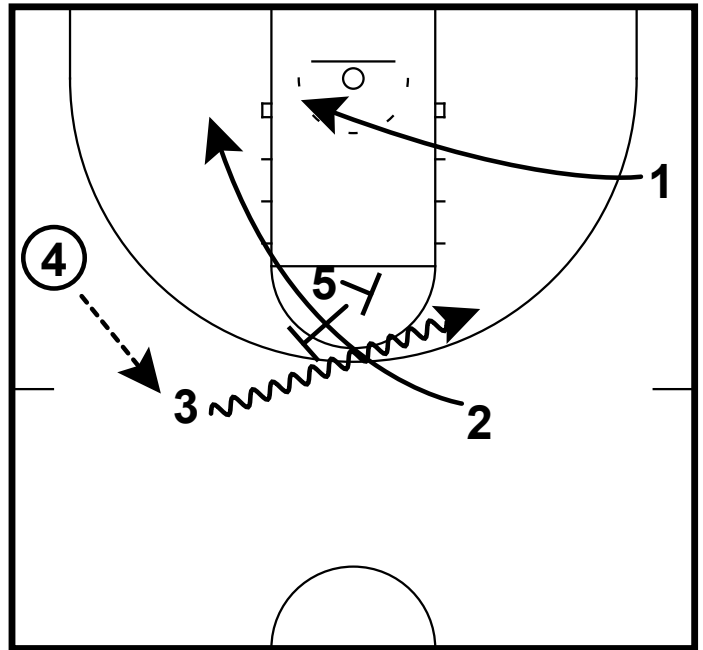
Half-Court Sets



This is a 'motion' offense or some would call a pattern. Here the ball is swung back to the other wing and 5 fills back to the high post area.

HALF-COURT: SFA MOTION

Half-Court Sets



Once again we see the same action. The opposite wings overloading the ball side and then a two man game on the weakside.