CLUB DEPORTIVO LA PAZ

FULL COURT PROGRAM

Built by Coach John Sandberg

2026 COACH'S EDITION

A complete teaching system for ages 7–18: spacing-based offense, pressure defense at every level of the floor, and elite sets from the best staffs in basketball.

PHILOSOPHY · YOUTH 7–10 · MIDDLE 11–13 · HIGH SCHOOL 14–18
OFFENSE · ZONE OFFENSE · ELITE SETS · DEFENSE · PRESSES · OOB

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SECTION 01

Program Philosophy

Everything in this program hangs on four pillars. Every drill, play, and practice block should trace back to at least one of them — if it doesn't, cut it.

1 · Skills Before Schemes
Players are developed, not positions. Every athlete handles, passes, and finishes — bigs included. Schemes are only added once the skills underneath them exist.

2 · Space & Pace
We play in open floors. 5-out and 4-out-1-in spacing is our offensive identity at every age: drive lanes stay open, the ball moves ahead of the defense, and everyone is a threat.

3 · Pressure Is Identity
We make offense uncomfortable for 94 feet. Zone presses, man presses, and disciplined half-court defense — effort and communication are non-negotiable.

4 · Compete With Character
We keep score in practice, we sprint between drills, and we shake hands after. Effort, body language, and how you treat teammates are coached like skills.

Offensive Identity — Why Spacing First

This program teaches **5-out motion** as the foundation (Youth and Middle) and **4-out-1-in** as the varsity base. Spacing-based offense develops every player: there are no "stand on the block" kids, every possession involves reads instead of memorized patterns, and the habits scale directly to the modern game. Set plays (Horns family, zone attacks, OOB) are layered on top of spacing principles, never instead of them.

Defensive Identity — Pressure at Three Levels

- **Full court:** zone presses (Havoc 1-2-1-1 Diamond, 2-2-1 Cougar) and the Run & Jump man press — dictate tempo and force sideline decisions.
- **Three-quarter / half-court traps:** 1-3-1 wing trap to change rhythm out of timeouts.
- **Half court:** Pack Line man as the base with daily shell habits; zone menu of 1-3-1 (base and trapping) and the 2-1-2 trap — the 2-3 is a rare back-pocket look.

Player Development Ladder

Skill Area	Youth 7–10	Middle 11–13	High School 14–18
Ball Handling	Both hands, eyes up, change speed on command	Combo moves live vs pressure, weak-hand full court	Creates advantage vs pressure, pace manipulation, PnR handling
Shooting	One-hand form inside 10 ft, legs-driven	Repeatable form to the arc, on-balance off the catch	Range + off movement, contested C&S;, FT ≥70%
Passing	Two-hand chest/bounce on the move	Off the dribble both hands, hits cutters on time	Reads second defender, skip vs zones, pocket passes
Finishing	Both-hand layups off correct foot	Through contact, inside-hand and floater intro	Full package vs rim protection, decision finishes
Defense	Stance, sees ball + man, effort habits	Shell positions, closeouts, help-and-recover	Full scheme execution, personnel scouting, press rules
Game IQ	Spacing awareness, pass-cut-fill rhythm	Reads 2v1/3v2, recognizes advantage	Manages clock/score, attacks coverages, calls sets

How We Design Practice

- **Games teach the game.** At least 40% of every session is live, scored, small-sided play. Constraints (no dribble, must paint-touch) coach the emphasis for us.
- **Activity ratio ≥ 70%.** No lines longer than 3. If players are standing, the drill is redesigned or split across baskets.
- **Teach → Rep → Compete,** ideally inside one session: 3 minutes of teaching, blocked reps, then a live game that rewards the concept.
- **Standards travel between drills:** sprint to the huddle, talk on every defensive rep, catch ready to play.
- **Finish with the scoreboard:** every practice ends with something competitive and a free-throw consequence, so pressure is rehearsed daily.

8-Week Season Arc

Weeks	Youth 7–10	Middle 11–13	High School 14–18
WK 1–2	Ball mastery, footwork, layup mechanics	Skill baseline + 5-out spacing rules	Shell habits + 4-out-1-in install, conditioning base
WK 3–4	Pass–cut–fill intro, 1v1 competing	5-out live, man defense install, press break intro	Press package install (Diamond, Cougar), Horns layer
WK 5–6	3v3 spacing games, defensive stance habits	2-2-1 press intro, BLOB/SLOB basics	Zone offense, 1-3-1 trap, full OOB package, scout prep
WK 7–8	Festival play, skills testing, celebrate growth	Game-prep rhythm, situations, re-test benchmarks	Situational mastery: ATO, 2-minute game, matchup plans

Program Terminology

FILL	Replace the spot vacated by a cutter — spacing never stays broken for more than one beat.
45 CUT	Basket cut from the wing at a 45° angle after passing — our default action after every pass.
LAKER CUT	Cut off a post entry — high or low off the post player's shoulder.
DUNKER	The short-corner pocket along the baseline where the 5 lives in 4-out.
GAP / NAIL	Help-side positions: one pass away sits in the gap; the nail is the middle of the free-throw line.
JUMP TO THE BALL	On every pass, defenders move while the ball is in the air — never after the catch.
ICE / WEAK	Forcing a side ball screen down toward the baseline, refusing the middle.
TRAP / ROTATE	Two defenders commit to the ball; the three behind them play the passing lanes in a triangle.
ADVANTAGE	Any 2v1/3v2 moment. Offense must play fast enough to keep it; defense works to erase it.
PAINT TOUCH	The ball entering the lane by pass or drive — the trigger that bends every defense.

SECTION 02 · AGES 7–10

Youth Development

Stage Priorities

We spend time on:

- Ball-handling with both hands, eyes up
- Footwork: pivots, jump stops, correct-foot layups
- One-hand form shooting close to the rim
- Pass–cut–fill habits in 3v3 (the seed of 5-out)
- Athletic play: tag games, racing, jumping, landing

We deliberately avoid:

- Zone defense and zone presses (they hide skill gaps)
- Set plays beyond one simple BLOB
- Long-range shooting that breaks form
- Positions — everyone plays everywhere
- Standing in lines; laps as punishment

Weekly Plan — Session A: Ball Mastery & Finishing (60 MIN)

Time	Block	Detail & coaching cues
0–08	**Dynamic warm-up, ball in hands**	Skips, hops, lunges while dribbling. Cue: “eyes on me, not the ball.”
08–18	**Ball-handling circuit**	Stationary (pound, cross, wraps) → moving (Red Light Green Light). Both hands equally.
18–28	**Mikan + form shooting**	Both-hand Mikan ladder; 1-hand form inside 8 ft. Cue: “down together, up together.”
28–36	**Partner passing games**	Chest/bounce on the move, Bull’s-eye target scoring. Passes lead the runner.
36–48	**1v1 Cone Chase**	Live finishing vs a trailing defender. Winners stay, everyone counts makes.
48–58	**Sharks & Minnows**	Dribble tag full court — conditioning disguised as chaos.
58–60	**Huddle**	Hands in, program break: “1-2-3 HARD WORK — 4-5-6 CDLP!”

Weekly Plan — Session B: Pass, Cut & Play (60 MIN)

Time	Block	Detail & coaching cues
0–08	**Warm-up: mirror dribbling**	Partner copies leader’s moves. Creativity encouraged.
08–20	**Layup ladder**	Right hand, left hand, off the correct foot. Race format by teams.
20–32	**Pass–cut–fill intro (3v0)**	Pass, 45-cut to the rim, fill the open spot. This IS our offense — no play calls, just habits.
32–46	**3v3 no-dribble**	Live, scored. Constraint forces cutting and passing. Coach only spacing.
46–56	**Relay finishing races**	Teams race through cones to finish. Loudest drill of the week — let it be.
56–60	**FT fun + huddle**	Everyone shoots one “game winner” free throw with teammates rebounding.

Weekly Plan — Session C: Compete Day (60 MIN)

Time	Block	Detail & coaching cues
0–08	**Warm-up: dribble knockout**	Protect your ball, poke others' away. Eyes-up survival.
08–20	**Skill stations ×3**	4 min each: finishing, handling, form shooting. Small groups, big touch counts.
20–30	**Defense: stance & mirror**	Stance, slide, "see ball and man." Zig-zag 1v1 at walk speed → live.
30–52	**3v3 tournament**	Round-robin, games to 5. Mixed teams weekly so everyone plays with everyone.
52–60	**Skills challenge + huddle**	Rotating challenge (layup race, dribble course). Track scores across the season.

Drill Library

Drill	Min	Focus	Setup · How to run · Coaching point
Red Light, Green Light	8	Handling · eyes up	All dribble facing coach. Green = speed, yellow = change hands, red = jump stop. Caught looking down = back 3 steps. Eyes on the caller.
Mikan Ladder	6	Finishing · touch	Alternate right/left baby hooks off the glass; 4 makes each hand, then reverse layups. High off the square, opposite knee up.
Form Shooting Ladder	8	Shooting mechanics	Start 3 ft out, one hand. Make 3 in a row to step back; max 10 ft. Legs start the shot; hold the follow-through.
Bull's-eye Passing	8	Passing accuracy	Partners 10 ft apart, target hands up. Points for hitting the target: chest, bounce, on the move. Step into the pass.
1v1 Cone Chase	10	Pressure finishing	Offense one step ahead at half court; on "go" attack to finish vs the chaser. Long last dribble, body between ball and chaser.
Sharks & Minnows	8	Handling · conditioning	Everyone dribbles across; 2 sharks strip balls. Stripped = become a shark. Protect with body, eyes scanning.
3v3 No-Dribble	14	Spacing · cutting	Half court, games to 5, no dribbles — score off passes and cuts only. Pass and cut hard; fill the empty spot.
Relay Finishing Races	10	Layups · speed	Two teams race a cone course to the opposite rim; misses must be rebounded and made. Correct-foot takeoff even at speed.
Zig-Zag Stance Slides	6	Defensive footwork	Slide cone to cone, drop-step each turn; add a dribbler to shadow when ready. Nose behind knees, no crossed feet.

SECTION 03 · AGES 11–13

Middle School

Stage Priorities

We spend time on:

- Weak-hand and combo dribbling vs live pressure
- Form-to-range shooting: on balance, repeatable to the arc
- 5-out motion: pass–cut–fill live with reads
- Shell-drill defense: ball–you–man, help and recover
- 2-2-1 press intro and the 1-4 press break
- Advantage play: 2v1, 3v2 decisions at speed

Watch-outs at this age:

- Growth spurts wreck coordination — re-teach footwork patiently
- Don’t let one dominant handler bring the ball every trip
- Zone is allowed as a changeup only — man is the base
- Track FT and form-shooting numbers; celebrate improvement, not just makes

Weekly Plan — Session A: Skill Foundation (75 MIN)

Time	Block	Detail & coaching cues
0–10	**Warm-up + two-ball handling**	Two-ball pound, alternate, cross. Eyes up on coach’s hand signals.
10–22	**Change-of-pace cone series**	Hesitation, in-out, cross at each cone, finish. Both sides of floor.
22–36	**Form-to-range shooting**	Make 5 at each spot moving out. Partner rebounds, calls out form breaks.
36–46	**Star passing**	5-spot pattern, follow your pass. Add second ball when clean.
46–58	**Closeout 1v1**	Roll ball out, sprint to closeout, play live to a stop or score.
58–70	**3v3 Cutthroat**	Three teams rotate on scores/stops. Constraint of the week (e.g., paint touch first).
70–75	**FT routine + huddle**	Same routine every rep: breath, bounce, shot. Record makes.

Weekly Plan — Session B: Concept Install (75 MIN)

Time	Block	Detail & coaching cues
0–10	**Warm-up: full-court finishing**	Chase-down layups in waves — sprint, catch ahead, finish.
10–25	**5-out motion: teach → rep**	5v0 pass–cut–fill, then reads: deny = backdoor, help = fill behind. (See Playbook.)
25–40	**Shell drill**	4v4. Jump to the ball on every pass; help one pass away; talk on every rep.
40–52	**Press break: Breaker 1-4**	Walk the spots, then live vs 5 defenders. Middle first, sideline second, never a corner.
52–70	**5v5 halves**	One half 5-out only, one half vs token 2-2-1 press. Freeze replays, max 20 seconds each.
70–75	**Pressure FTs**	Team target (e.g., 12 of 18) — miss the target, quick down-and-backs, shoot again.

Weekly Plan — Session C: Compete Day (75 MIN)

Time	Block	Detail & coaching cues
0–10	**Warm-up + weak-hand full court**	Down and back weak hand only, then combos.
10–25	**2v1 / 3v2 continuous**	Defense sprints back each wave. One-more pass beats hero ball.
25–40	**Skill stations ×3**	Finishing package, C&S; from the arc, handling vs pads.
40–65	**Scrimmage with constraints**	Quarters: (1) press after makes, (2) 5-out no calls, (3) OOB plays live, (4) open play.
65–75	**Winner's circle**	1v1 bracket or hot-shot contest. End on competition + one "program standard" moment.

Drill Library

Drill	Min	Focus	Setup · How to run · Coaching point
Two-Ball Series	8	Handling · coordination	Two balls each: pound, alternate, one-high-one-low, walk → jog, then two-ball cone weave. Pound hard; eyes on the rim.
Form-to-Range	14	Shooting progression	5 spots from 6 ft to the arc; 5 makes to advance, form break resets the spot. Same shot every distance — legs change, arms don't.
Star Passing	8	Passing · timing	5 lines in a star, follow your pass; add a second ball, then a defender in the middle. Outside hand, on time, on target.
Closeout 1v1	10	Closeouts	Defender under rim rolls ball to wing, sprints 2/3, chops to balance, high hand; live to score or stop. Shot away first, then slide.
Shell Drill 4v4	12	Team defense	Pass-only first (jump to ball), then live drives (help and recover). Ball–you–man triangle; talk is mandatory.
3v3 Cutthroat	12	Motion habits	Three teams; score stays, stop rotates. Offense must honor the week's constraint to count a score. Coach between reps.
2v1 / 3v2 Continuous	12	Decisions	Full-court waves vs retreating defense; score or stop flips the wave. Attack the free defender; make the easy pass early.
Chase-Down Finishing	8	Finishing · speed	Outlet catch at half court with a trailing defender; two dribbles max, finish through the chase. Ball high and away.
FT Routine Reps	6	Routine	Pairs at each rim, tracked on the board; exactly the same routine every rep. The routine is the skill.

SECTION 04 · AGES 14–18

High School

Stage Priorities

We spend time on:

- 4-out-1-in motion with post reads and dunker spacing
- Pick-and-roll: handling it and defending it (Ice, hedge, drop)
- Full press menu: Havoc, Cougar, Run & Jump
- Pack Line base + 1-3-1 zones and 2-1-2 trap
- Special situations: ATO, BLOB/SLOB, 2-minute game
- Strength, conditioning, and film habits

Weekly rhythm (in-season):

- Day after game: film + regen + skill work (light legs)
- Mid-week: hardest practice — live defense, press reps
- Day before game: scout walk-through + shooting + situations
- Every practice keeps a skill block — varsity players still develop

Weekly Plan — Session A: Skill + Defensive Foundation (90 MIN)

Time	Block	Detail & coaching cues
0–08	**Dynamic warm-up**	Movement prep + band work; captains lead.
08–24	**Skill circuit**	3 stations: 55-second C&S;, PnR reads 2v2, finishing package vs pad.
24–38	**Shell → live 4v4**	Pack Line rules: gap positions, no middle, closeout short. Score stops.
38–50	**Defensive transition: 5v4 scramble**	Sprint back, build from the rim out, talk matchups.
50–70	**5v5 half-court: 4-out-1-in live**	Paint-touch constraint. Freeze replays under 20 seconds.
70–78	**Conditioning: 17s**	Sideline-to-sideline ×17 in :60 — leaders set the standard.
78–88	**Pressure free throws**	1-and-1s with team consequences; simulate bonus situations.
88–90	**Huddle + film cue**	Name tomorrow's emphasis; one clip assignment.

Weekly Plan — Session B: System Install (90 MIN)

Time	Block	Detail & coaching cues
0–08	**Warm-up + finishing waves**	Rim runs and catch-ahead finishes at game speed.
08–28	**Offense install**	4-out-1-in reads 5v0 → 5v5; layer of the week (Horns set, zone attack).
28–48	**Press install**	Havoc and Cougar walk → live. Trap technique: feet, hands, no reach fouls.
48–60	**Press break vs our own press**	Best pressure we'll see all week is our own. Middle–sideline–reverse reads.
60–75	**OOB package**	BLOB Box, Stack, SLOB Winner — rep each vs live defense.
75–88	**Situational 5v5**	Scripted: down 4 with 2:00, up 3 with :30, ATO needs a 3.

Time	Block	Detail & coaching cues
88–90	**Huddle**	Players teach the install back in 30 seconds.

Weekly Plan — Session C: Game Prep & Compete (90 MIN)

Time	Block	Detail & coaching cues
0–08	**Warm-up + hot-hand shooting**	Game-spot shooting with movement, partner competition.
08–22	**Scout walk-through**	Opponent's top 3 actions and personnel; scout team runs them.
22–40	**Live game-plan reps**	Coverage of the week (Ice all side PnRs, trap their star, etc.).
40–62	**Controlled scrimmage**	Refs if possible. Coach only the game-plan behaviors.
62–75	**2-minute game**	Score/clock scripted; use timeouts, fouls, press decisions correctly.
75–88	**Compete finisher**	5v5 to 7 by 1s and 2s, losers run — winners shoot the run away at the line.
88–90	**Huddle**	Game keys ×3, said by players, not coaches.

Drill Library

Drill	Min	Focus	Setup · How to run · Coaching point
55-Second Shooting	6	C&S; · conditioning	Shooter/passer/rebounder, 5 game spots; max makes in :55, sprint between spots. Hop into the catch, same release under fatigue.
PnR Reads 2v2	10	Ball-screen decisions	Defense calls coverage (drop/hedge/ice); offense makes the counter-read: pocket, reject, split, kick. Read the second defender.
Pack Line Shell Live	12	Team defense	4v4/5v5 fully live; a middle touch is an automatic loss. Two feet in the gap off the ball; closeout short and mean.
Circle Box-Out War	8	Rebounding	3v3 around the FT circle, coach shoots; hit, find, pursue. Offensive board = defense runs. Contact first, ball second.
11-Man Break	12	Transition	Continuous 3v2 both directions with outlet lines; scorers stay on. Sprint wide lanes; ball ahead of the dribble.
5v4 Scramble	10	Defensive transition	Offense outlets before defense matches up; build from the rim out, sprint to matchups, play to a stop.
Trap Technique 2v1	8	Press discipline	Two trappers vs a handler in a sideline box; trap the pickup, feet in an L, hands trace. We want the panic pass, never the foul.
Press Break vs Scout	10	Poise vs pressure	Starters vs scout press: +2 scoring off the break, +1 clean cross, defense point per turnover. Middle first, sideline second.
2-Minute Game	12	Game management	Scripted score/clock/bonus/timeouts, played with real rules; rotate scripts weekly. Rehearse who calls timeout, who fouls, who inbounds.

PLAYBOOK 01

Offense

Spacing is the system. 5-out motion is the program's foundation and the varsity's changeup; 4-out-1-in is the varsity base. Set plays are layered on top and always finish in our spacing.

Spacing rules — every age, every possession

- **15–18 feet between players,** always. If you can hand your teammate the ball, one of you is wrong.
- **Every pass is followed by an action:** 45-cut, screen away, or relocate.
- **Cut hard, fill fast.** An empty spot is a magnet — the nearest player fills it immediately.
- **Drives have exits:** baseline drive → drift and dunker; middle drive → lift and fill behind.
- **Paint touches create shots.** Hunt the lane by pass or drive, then play out of the collapse.

PISTOL SERIES · EARLY OFFENSE

Pistol 21 — Chase (Base Action)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: 21/Pistol Offense Breakdown
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

The Pistol (the NBA's "21" series, codified by Dave Severns with the Clippers and run by nearly every pro staff since the D'Antoni Suns): an EARLY-offense trigger, not a set play. The ball gets pitched ahead to the wing inside the first four seconds, the passer chases his own pass into a handback, and the trailing 5 stacks a step-up screen on top of it — three actions before the defense has even matched up.

When to run it: Every made or missed basket when the wing runs wide and the trailer fills the middle lane. Pistol is a flow trigger: call "21" and the first three actions are automatic.

Coaching points

- Pitch ahead EARLY — the whole series lives in the first six seconds of the clock.
- The chase is a sprint, not a jog: the handback is a moving screen at full speed.
- Stack the actions: handback INTO step-up with no pause between them.
- The screener's second job is the flare — Pistol always ends with a shooter relocating behind the play.
- If nothing comes, you are already in spacing: Pistol costs four seconds and flows straight into motion.

Age adaptation: Middle 11–13: Teach the pitch-and-chase two-man game first; add the step-up in preparatoria. **High School:** Full series with all three reads (Chase, Keep, Dribble) — our primary early offense.

Variations & counters

- Chase / Keep / Dribble is the series — all three animated here; rep them 50/50/dealer's choice.
- "21 Down" call: force the re-screen when you want the handler downhill twice.
- Flow rule: any dead Pistol becomes 5-out motion with zero reset — no play call needed.

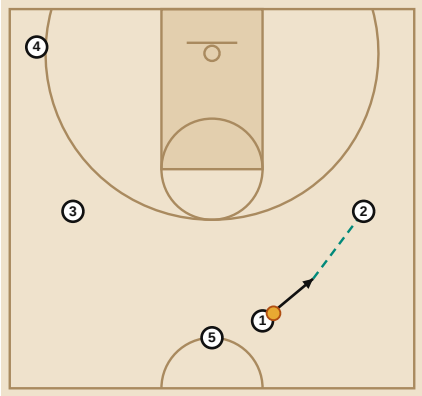
Common mistakes

- Jogging the pitch-ahead — Pistol at three-quarter speed is just a scouted handoff.
- Stacking late: the step-up must arrive DURING the handback, not after.
- Forcing the series when the defense beats it — the flow into motion IS an outcome.

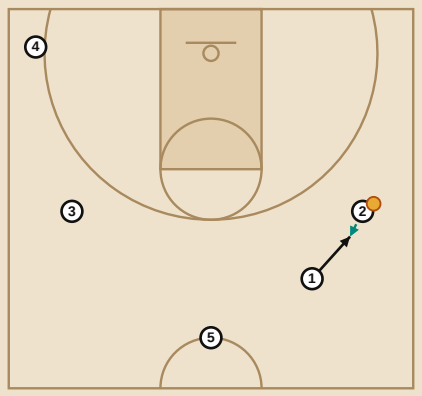
Teaching drills

- 2-man pitch-and-chase full court: pitch, chase, handback, finish — both sides.
- 3-man Pistol reps vs air then vs chairs then live: same windows every time.
- Early-offense scrimmage: every possession must begin with a Pistol entry before :24.

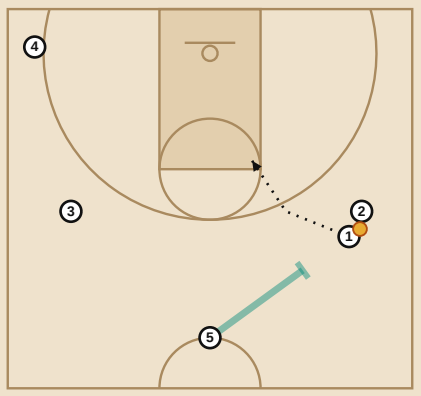
Personnel fit: Two interchangeable guards who sprint, one trailing big who screens and rolls hard. Shooters elevate it; speed requires it.



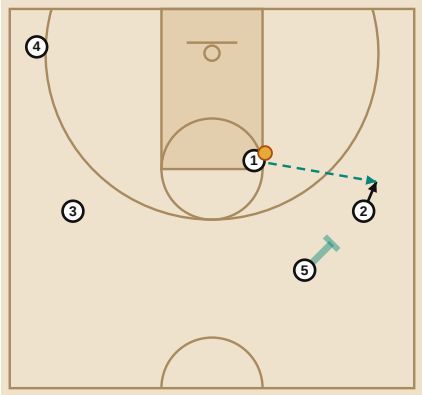
1. The pitch-ahead comes EARLY — before the defense is set. 1 passes ahead and keeps sprinting at his own pass.



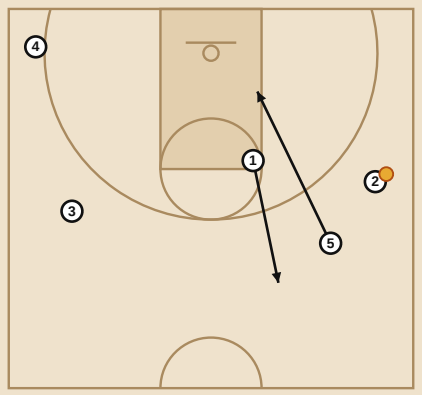
2. The CHASE: 1 arrives on the catch and takes the handback — a moving screen at full speed, four seconds into the clock.



3. The trailing 5 steps up — handback stacked straight into a ball screen. 1 turns the corner downhill.



4. The screener flips it: flare for 2 behind the play. Drive, pocket, or the flare throwback — take what the scramble gives.



5. Nothing clean? 5 rolls to the dunker and the floor is already spaced — Pistol flows into motion with zero reset time. That is the whole point.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PISTOL SERIES · COUNTER

Pistol 21 — Keep

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: 21 Series Basketball Offense: Simple Actions to Score Fast
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

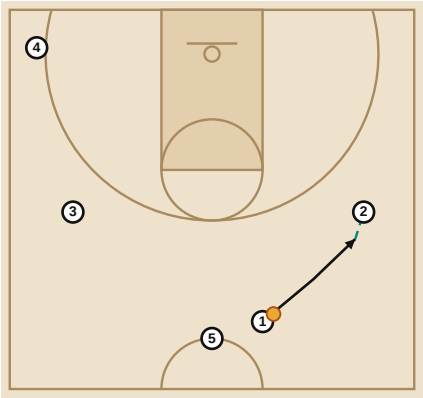
The counter that keeps the Chase honest. Defenders learn to cheat toward the handback — so the wing FAKES it and rips baseline instead. If the rim is walled off, the trailing 5 arrives into a loaded side pick-and-roll while the weak side runs its own pindown. One fake, three problems.

When to run it: The automatic read whenever the chaser's defender jumps the handoff, or by call when scouting shows a team that switches handbacks.

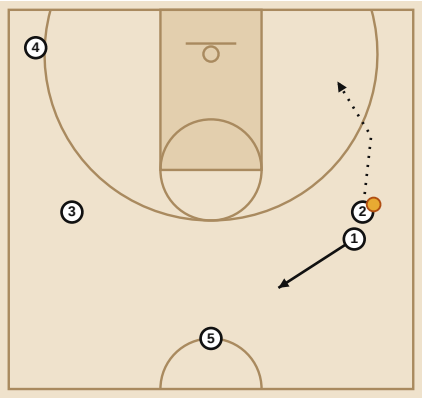
Coaching points

- Keep is a READ before it is a call: the wing feels the cheat and rips without thinking.
- Sell the handback with the eyes and the ball — the fake is the screen.
- If the baseline is walled, retreat and let 5 arrive: the side PnR hits a defense already in rotation.
- The weakside pindown is simultaneous, not sequential — the kick-out shooter is lifting WHILE the ball plays.
- Chase and Keep must look identical for three steps. That twin start is the series.

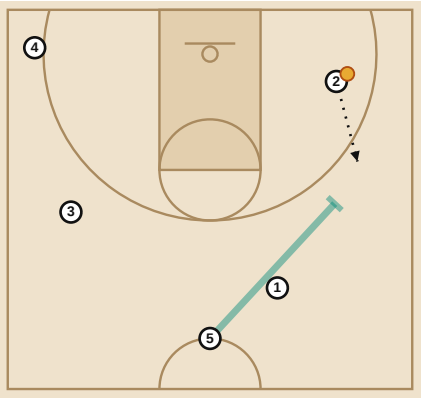
Age adaptation: Middle 11–13: — **High School:** Install the week after Chase; rep them 50/50 so the defense can never sit on either.



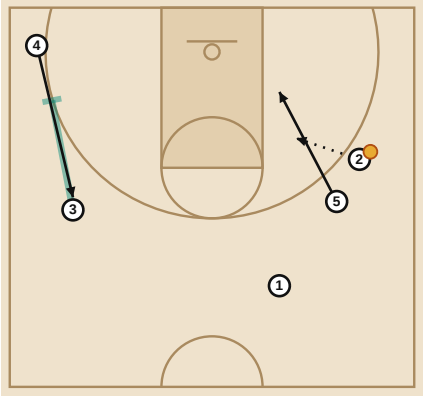
1. Same picture: pitch ahead, 1 chases. For three steps this IS the Chase — that's what makes it work.

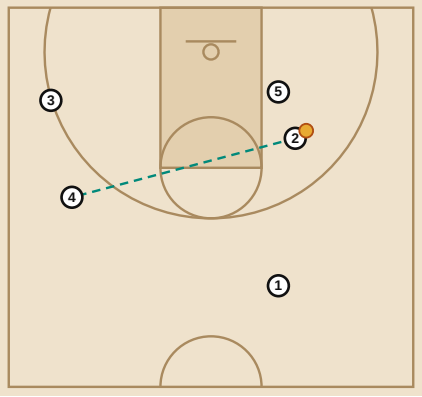


2. The KEEP: 2 fakes the handback and rips baseline. The chaser's defender cheated to the handoff — that's the crack he just paid for.



3. Rim walled off? Retreat one dribble — and 5 arrives into a loaded side pick-and-roll against a defense already scrambled.





4. 2 turns the corner as 5 rolls — and the weak side plays its own game: pindown lifts the shooter to the wing.

5. Pocket to the roller or the cross-court kick to the lifted shooter — then flow on. Keep punishes the cheat and still ends in spacing.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PISTOL SERIES · VS DENIAL

Pistol 21 — Dribble / Down

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

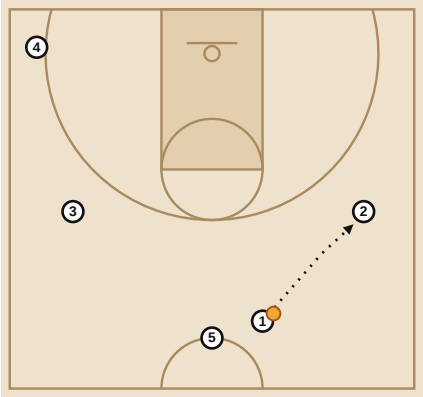
The third leg of the series: when the pitch-ahead is denied, 1 simply dribbles AT the wing — a handoff can't be denied. The DHO flows straight into 5's "Down" re-screen (handoff into ball screen, two screens in one breath) while the weak side runs the pindown that the 21 series always carries with it.

When to run it: Automatic whenever the wing is top-locked or the pitch lane is closed. Dribble-at converts denial into a two-screen advantage.

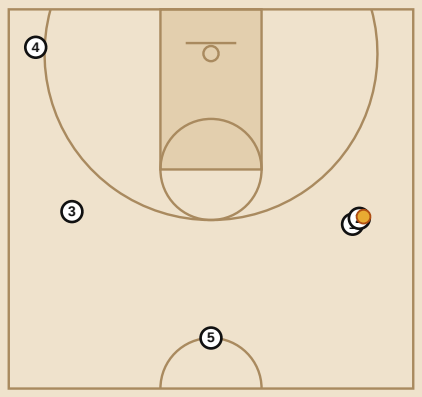
Coaching points

- Denial is a gift: the dribble-at handoff turns the denying defender into a trail defender.
- Hip to hip on the DHO, then 5 re-screens immediately — "Down" means no daylight between the two screens.
- The weakside pindown is part of the action, not an afterthought: shooter lifts as the ball turns the corner.
- Reads in order: rim, pocket to the roller, weakside kick, re-swing.
- All three Pistol entries — Chase, Keep, Dribble — start from the same two-lane sprint. One series, three deliveries.

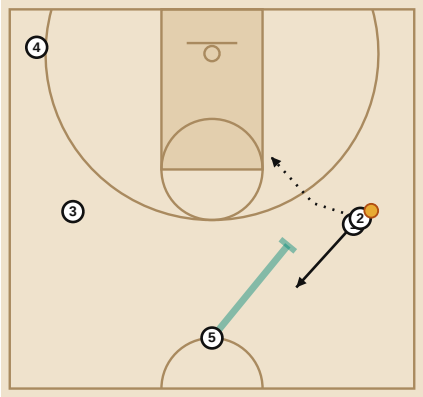
Age adaptation: Middle 11–13: Pairs with our 5-Out DHO habits — same skill, earlier in the clock. **High School:** Full read chain; tag "21 Down" to call the re-screen explicitly.



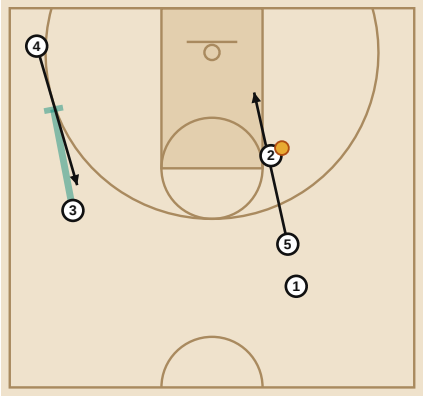
1. The pitch is denied — so 1 dribbles AT the wing. The handoff cannot be denied; the denier is about to be trailing.



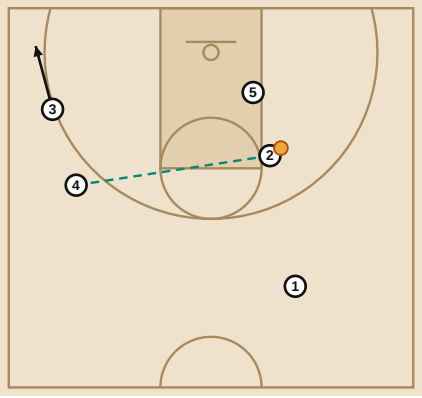
2. The handoff — and 2 is moving downhill at full speed with his defender locked on his back.



3. The DOWN: 5 re-screens instantly. Handoff into ball screen — two screens in one breath, nobody has recovered from the first.



4. While the ball plays two-man, the weak side plays its own: pindown lifts the shooter to the wing, corner stays spaced.



5. Swing to the lifted shooter — or pocket, or rim. Then the shape is already motion: Pistol never needs a reset, it just becomes offense.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BEILEIN · MICHIGAN · BASE SET

Chin — Beilein Two-Guard Offense

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: John Beilein Michigan Wolverines Offense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

The backbone of John Beilein's Michigan offense: a two-guard front with wings at the free-throw line extended and a skilled 5 at the high post — the "2-3 high." Chin is the engine: slot-to-slot pass, the passer cuts off the high post's body to the rim, and 5 steps straight from the cut into a ball screen… and POPS. Moe Wagner made a living on this possession.

When to run it: Base half-court set — Beilein ran Chin, Shuffle, and Motion as one chained system, and so do we. Needs a 5 who can shoot it; everything else is reads.

Coaching points

- The alignment IS the offense: two-guard front, wings high, 5 at the nail. Every action starts from the same picture.
- The chin cut scrapes the 5's shoulder — a lazy, wide cut lets both defenders slide through.
- Cut to SCORE: the chin cut is a layup threat first, a clear-out second.
- The 5 pops, never rolls, unless the switch gives him a seal — the pop three is the set's gravity.
- Same two reads every time: downhill drive or pop throwback. Simple, known, and still unguardable when run hard.

Age adaptation: Middle 11–13: Install the cut and the front; add the pick-and-pop when your 5 can shoot. **High School:** Full set, chained with Shuffle and Motion so the defense never gets a label.

Variations & counters

- Chin → Shuffle → Motion chain: the three sets share one alignment — call them in any order.
- "Chin Fist": convert the pop into a re-screen when the 5's three isn't falling.
- vs switch: the chin cutter seals the small — the entry beats the switch before it sets.

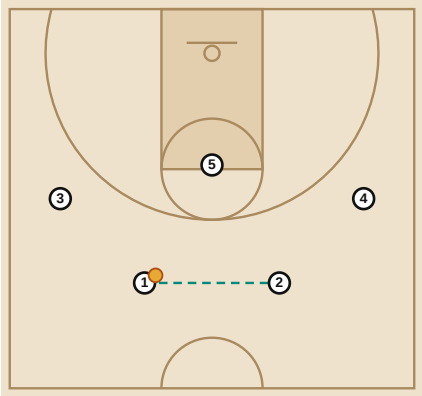
Common mistakes

- Wide, lazy chin cuts — scrape the 5's shoulder or both defenders slide through.
- The 5 drifting to the pop before screening — screen FIRST, the pop is earned.
- Guards skipping the slot-to-slot pass: the whole set is keyed by that first defensive shift.

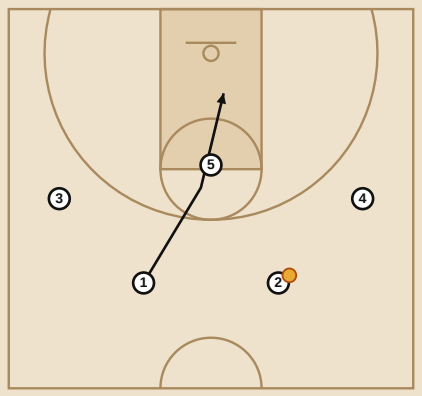
Teaching drills

- Chin-cut layup lines off the high post — 100 reps a week program-wide.
- 2-man screen-and-pop with a closeout defender on the 5.
- 5v5 chain scrimmage: Chin into Shuffle into Motion without the ball stopping.

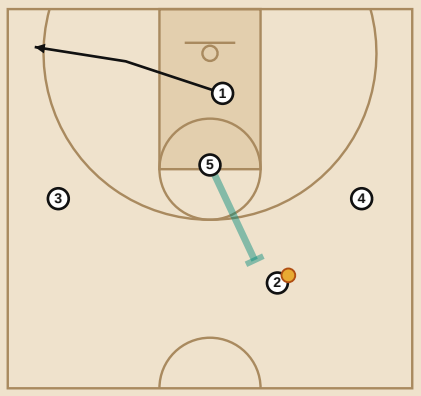
Personnel fit: Built for a 5 who shoots. No stretch big? Run Shuffle as the base and Chin only as a changeup.



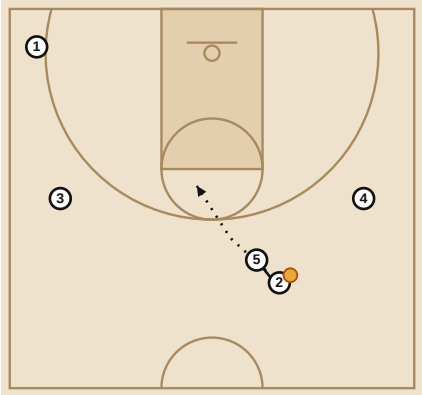
1. Everything starts from the two-guard front. Slot to slot — the pass that moves the defense before any action begins.



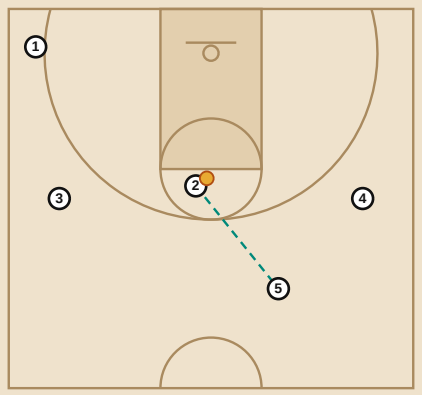
2. The CHIN cut: the passer scrapes off the high post's shoulder straight to the rim. Layup first, clear-out second.



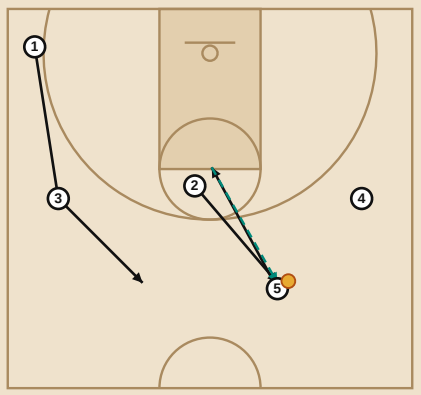
3. Cutter clears to the weak corner — and 5 steps from the cut straight into the ball screen. No pause between actions.



4. 2 turns the corner — and Beilein's twist: the 5 POPS behind the arc. The big's defender must pick the drive or the three.



5. The throwback for the trailing three — the shot that made Michigan's stretch fives famous. Or hit the corner the help abandoned.



6. Swing on and re-form: two-guard front, wings, high post — rotated personnel, same picture. Chin chains into Shuffle without a signal.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BEILEIN · MICHIGAN · SHUFFLE CUT

Shuffle — Beilein Two-Guard Offense

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Michigan 2 Guard Offense Series
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

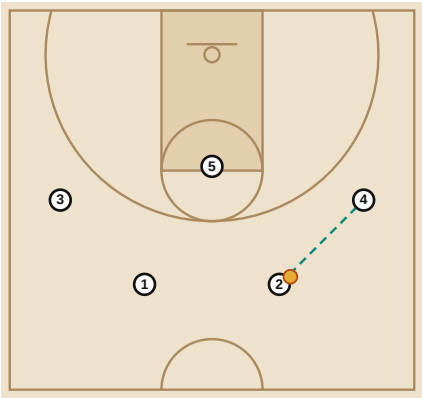
Beilein's signature cut, carried from West Virginia to Ann Arbor: wing entry, then the weak-side guard shuffle-cuts off the high post's screen to the ballside block — reading his defender the whole way. Then the set screens the screener: 5 pops to the top for the stretch-five three. One action plants a post-up AND a shooter.

When to run it: Chained with Chin — run Shuffle when the defense starts top-locking the slot exchange. The shuffle cut read (cheat high = cut low, sag = curl) cannot be scouted because the cutter chooses live.

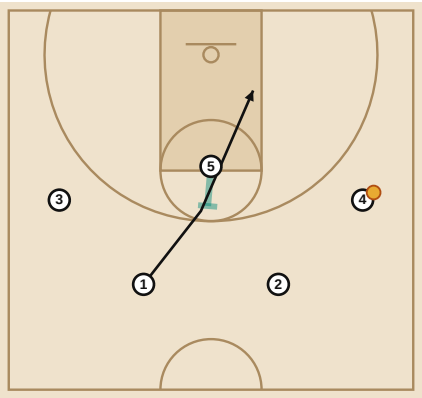
Coaching points

- The shuffle cut is a READ: defender cheats over the screen = dive to the block; sags = curl to the elbow.
- Set the cutter up — walk him away, then explode shoulder-to-shoulder off the high post.
- Screen the screener immediately: 5's pop to the top is where the three comes from.
- The cutter posts with purpose: two seconds of real seal before clearing. The post-up is a true option, not decoration.
- Shuffle flows back into Chin — the sets chain, so the defense never gets a label to call out.

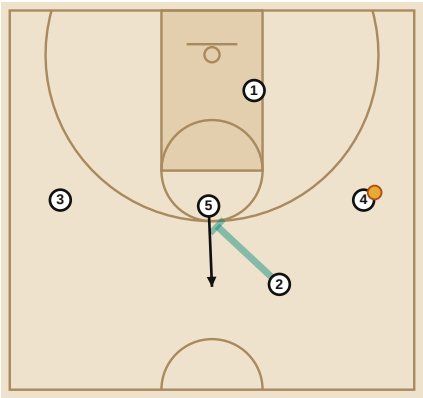
Age adaptation: Middle 11–13: Teach the cut with a coach as the screener before adding the full set. **High School:** Full chain; tag "Shuffle Fist" to convert the pop into a ball screen instead.



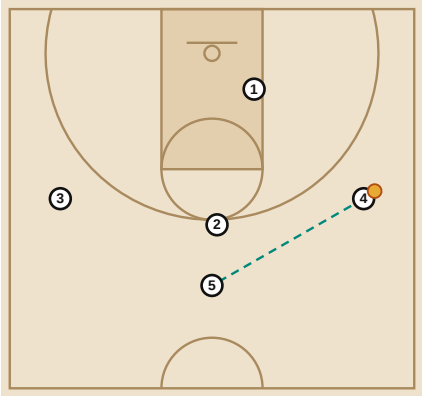
1. Wing entry triggers the Shuffle — and the weak-side guard starts walking his man in for the cut.



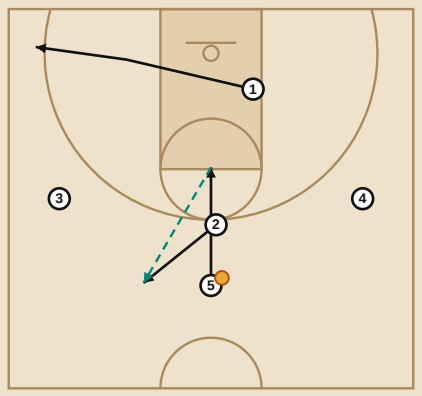
2. The SHUFFLE cut: 1 explodes off the high post to the ballside block. His defender cheated high — so he dives low. The read is made at full speed.



3. Screen the screener: 2 downs for the 5, who pops to the top. The shot that stretched every Big Ten defense for a decade is loading.



4. Reversal to the popping five: shoot it — or look inside, because the shuffle cut just planted a live post-up on the ballside block.



5. Play on and re-form: cutter clears, slots refill, 5 returns to the nail. Shuffle flows straight back into Chin — one system, no labels.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BEILEIN · MICHIGAN · MOTION + BACKDOORS

Two-Guard Motion — Beilein Backdoor Rules

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Michigan Two Guard Motion
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

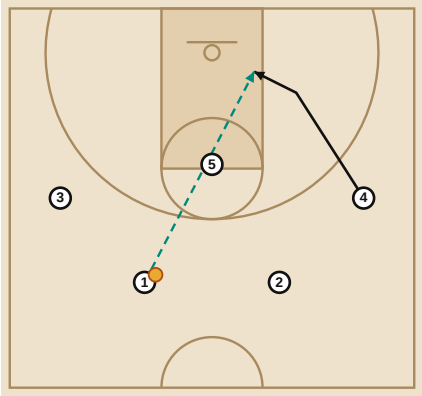
The connective tissue of Beilein's system — Princeton DNA through a Michigan lens. The two-guard front holds its shape while automatic rules punish every defensive sin: a denied wing backdoors without a signal, pressured guards hit the high-post release, and the moment 5 catches at the nail, BOTH wings cut behind their defenders' turned heads.

When to run it: Runs between the sets — this is what Michigan looked like when nothing was called. Best against denial-heavy, pressure man defense; the harder they deny, the more layups it makes.

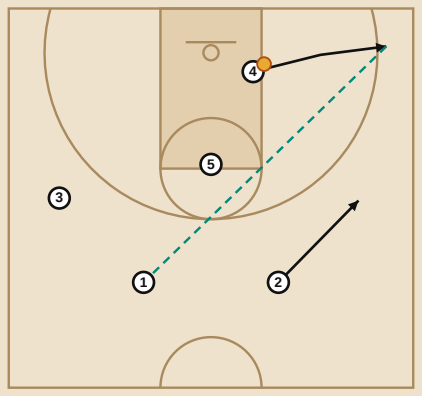
Coaching points

- Rule one: a denied wing is an automatic backdoor. No signal, no eye contact — the denial IS the signal.
- The shape heals itself: every cutter clears, every vacated spot refills, the front never dies.
- The high-post catch is the trigger: 5 faces up and both wings cut behind turned heads.
- Guards must pass with either hand off the dribble — the backdoor window is one beat wide.
- Patience is the weapon: Beilein teams ran this for full possessions until the defense broke a rule.

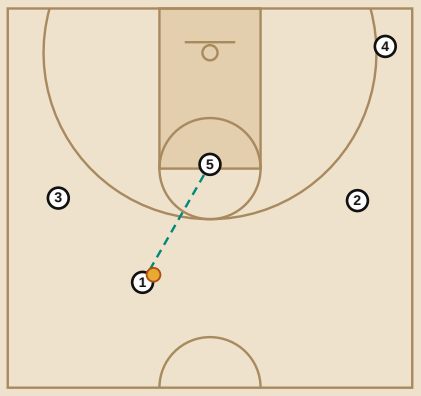
Age adaptation: Middle 11–13: The backdoor rule alone is worth installing — it fixes denial pressure forever. **High School:** Full motion chained with Chin and Shuffle; the three together are the complete Michigan system.



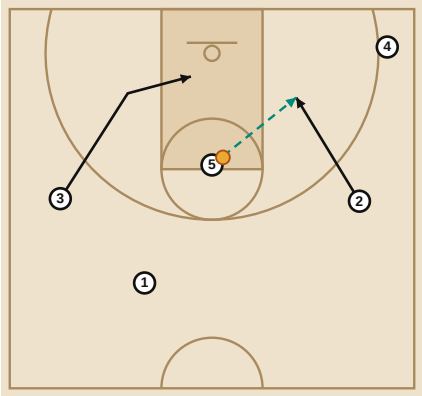
1. 1 looks to the wing — DENIED. Rule one fires: the wing backdoors automatically. The denial is the signal; the pass leads him to the rim.



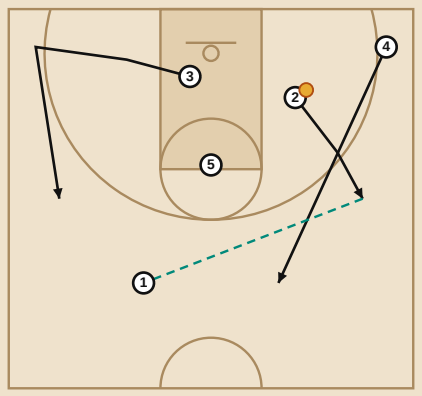
2. No layup? Cutter clears to the corner and the shape heals itself — the two-guard front refills like 5-out.



3. Pressure on the guards? The high post is the release valve — and this catch is the most dangerous moment in the whole system.



4. 5 faces up and BOTH wings cut behind turned heads — Princeton DNA. He picks the open one; the other clears through.



5. Score or play on: cutters fill out, 5 returns to the nail, front restored with new bodies. Every denial a layup, every sag a three — for as many passes as it takes.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · ALL AGES

5-Out Motion — Pass, Cut & Fill

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Learn the rules for 5 out Dribble Drive Motion Offense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

The program's foundation. Five players space the arc — top, wings, corners — and the offense is three habits repeated forever: pass, cut hard to the rim, fill the open spot. No play call, no pattern to scout, every player developing the same skills.

When to run it: Base half-court offense for Youth and Middle School; changeup and delay offense for High School.

Coaching points

- Cut at game speed with hands ready — lazy cuts kill the offense worse than turnovers.
- Fill immediately: an open spot should never exist for more than one beat.
- If your defender denies the pass, backdoor cut — the counter is automatic, not called.
- Spacing check: 15–18 feet apart, corners all the way down.

Age adaptation: Youth 7–10: This IS the offense. Teach it as 3v3 (top + two wings) before 5v5. **Middle 11–13:** Add reads: deny = backdoor, help off the cutter = fill behind. Layer screen-away. **High School:** Runs as the changeup and the delay game; blends with Drive & Space rules below.

Variations & counters

- "Screen away" layer: every pass can trigger a screen instead of a cut — call it for a week to re-teach angles.
- Ghost layer: any corner lift can ghost into the empty side (see Ghost in Elite Sets).
- vs switching: slip everything — the full counter is animated below (5-Out vs Switching).

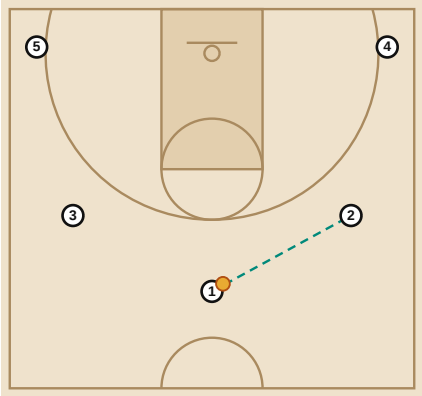
Common mistakes

- Cutting at 70% — the backdoor and the seal both die without a sprint cut.
- Filling early: leaving your spot before the cutter clears collapses two lanes at once.
- Catching flat-footed — every catch should land in a ready stance facing the rim.

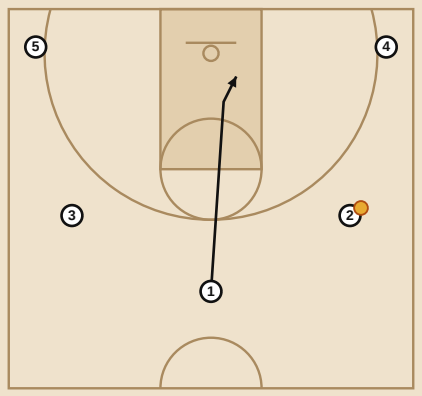
Teaching drills

- 3v3 no-dribble (games to 5): the whole offense in miniature.
- 5v0 cut-and-fill on a 20-second clock: five quality cuts or run it back.
- 4v4 deny: coaches overplay every wing — backdoor reads become automatic.

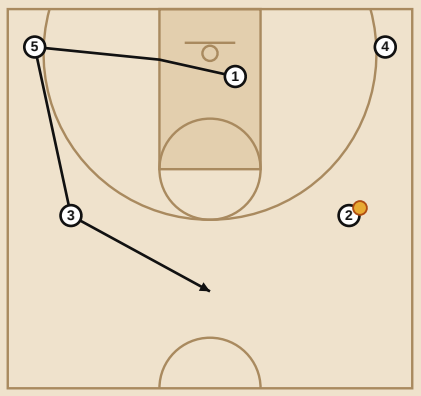
Personnel fit: Everyone — this is the program's shared language. No position requirements, which is exactly the point.



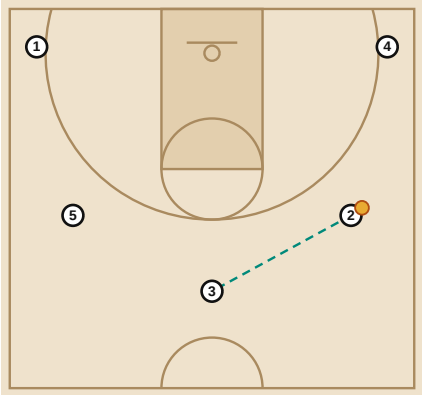
1. 1 passes to the wing. Every pass triggers an action — the defense never gets a still picture.



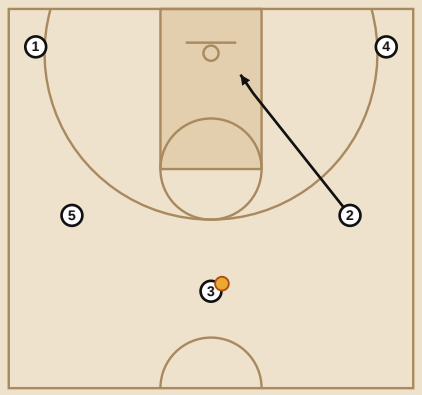
2. The passer 45-cuts hard to the rim, eyes on the ball, hands ready for the return pass.



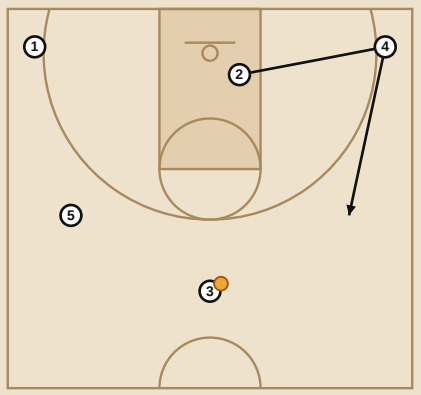
3. Cutter clears to the weak corner and the whole weak side fills up one spot. Spacing restored in one beat.



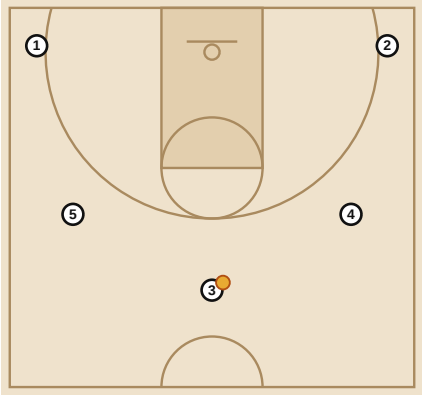
4. Ball reverses to the new top — the pattern repeats on the other side, forever.



5. 2 cuts on the pass. If the defense cheats into the lane, the backdoor window is already open.



6. Fill and play on. This is our offense: no play call, just habits the defense can't scout.



7. And look at the floor: top, two wings, two corners — the opening shape with every player one seat over. One full cycle, no reset needed, because the offense never leaves its shape. It runs until the defense cracks.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · DRIVE REACTIONS

5-Out — Drive & Space

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: 5 Out Backdoor Dribble Drive
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

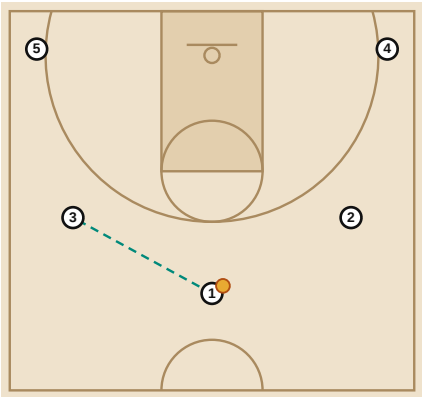
The second layer of 5-out: what the other four players do when someone drives. Baseline drive — ballside corner lifts out of the drive lane, top fills behind, weak side spaces low for the kick. Middle drive — wings lift, corners hold. The driver always has three outlets.

When to run it: Installed as soon as pass-cut-fill is clean. This turns dribble penetration from chaos into offense.

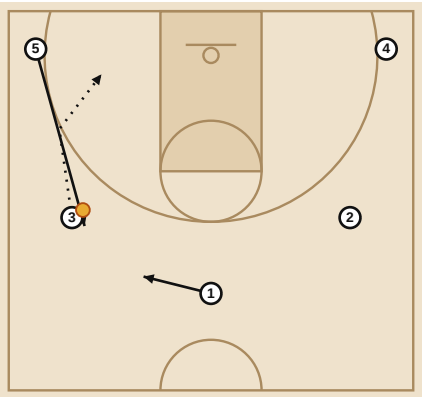
Coaching points

- The drive is FOR the team — collapse the defense, then spray. Score only what's given.
- Driver exits to the corner after kicking; spacing resets instantly.
- The second drive beats the first: attack the closeout after the kick.
- Reactions have names — Lift, Fill, Drift — so we can coach them in one word.

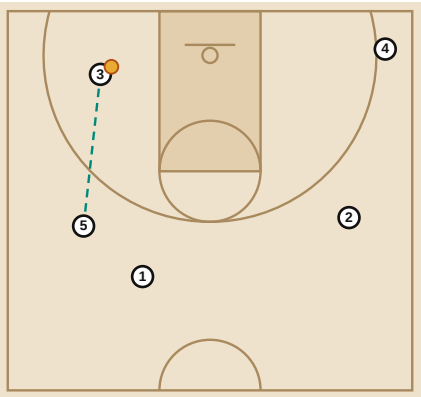
Age adaptation: Youth 7–10: Teach through 3v3 drive-and-kick games — no lecture needed. **Middle 11–13:** Name and quiz the reactions; add the weakside 45 exchange. **High School:** Full rules both directions; punish help with corner threes and dunker dumps.



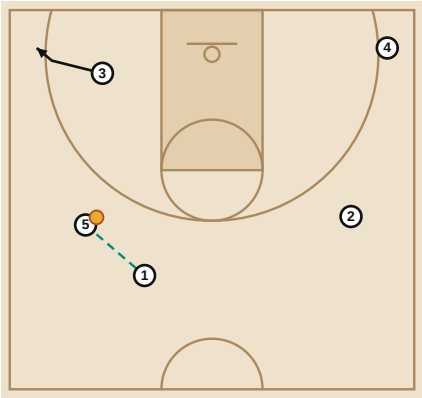
1. Entry to the wing — defense shifts, gaps open.

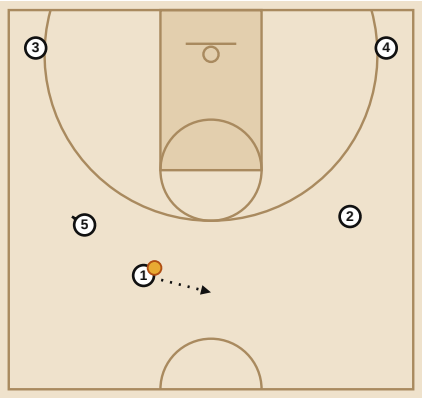


2. 3 attacks baseline. Ballside corner LIFTS out of the drive lane; top FILLS behind for safety.



3. The collapse creates the kick — out to the lift for the open three or the next attack.





4. Driver exits to the corner he emptied; ball swings on. Spacing is already reset — attack again.

5. Cycle closed: 1 walks it back to the top with all five spots refilled — top, wings, corners. Drive two starts now, against a defense that just had to rotate twice.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · DHO LAYER

5-Out — Weave (Dribble Handoffs)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Why 5 Out Dribble Drive Motion Offense?
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

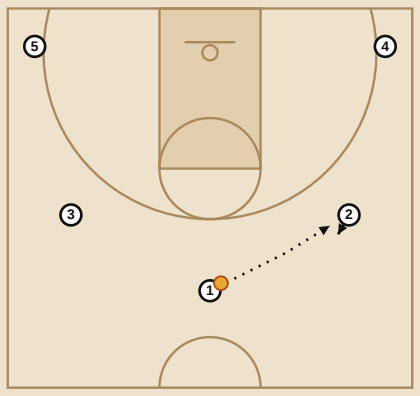
The handoff layer of 5-out. Instead of passing and cutting, the ball handler dribbles AT a teammate and hands the ball off — a moving screen the defense has to chase through at full speed. Handoffs chain side to side until somebody turns a corner.

When to run it: Against teams that deny passing lanes or switch everything — the DHO punishes both. Also our delay-game action with the lead.

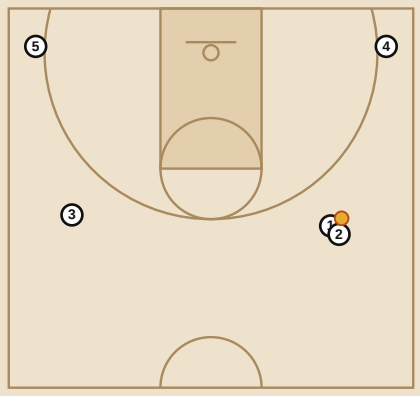
Coaching points

- Dribbling AT a teammate is the trigger — he sprints into the handoff, never stands and waits.
- The handoff is a screen: hand it off hip-to-hip and hold your ground for the brush.
- Receiver's eyes go to the rim FIRST — the trailing defender means the corner is already turned.
- If the defense jumps the handoff, keep it and drive — the fake DHO is the best DHO.

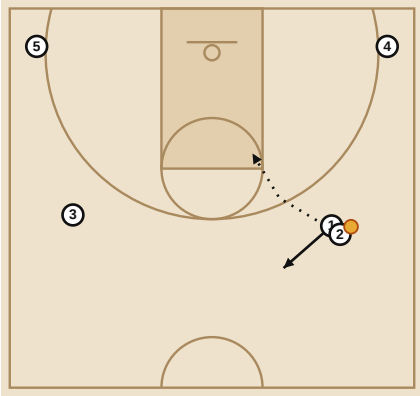
Age adaptation: Youth 7–10: Not yet — pass and cut only. **Middle 11–13:** Teach late season as a 2-man game on one side. **High School:** Full weave: chain 2–3 handoffs and flow straight into a step-up ball screen.



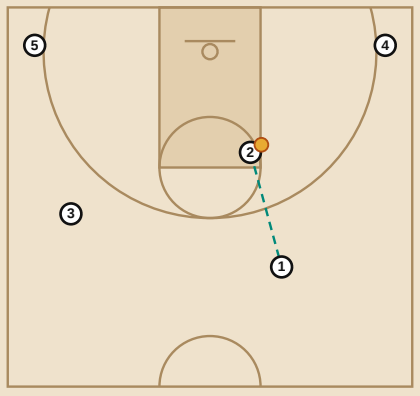
1. 1 dribbles AT the wing — that's the trigger. 2 sprints toward the ball to meet the handoff.

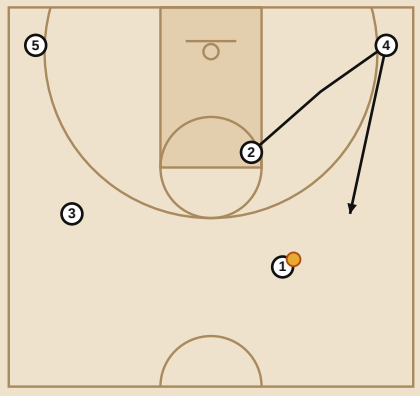


2. The handoff, hip to hip. It's a moving screen — 2 catches at speed with his defender stuck behind.



3. 2 turns the corner downhill off the brush; 1 pops behind the play for the throwback.





4. Reads in order: rim, corner drift, throwback. Here the throwback — 1 steps into the rhythm three.

5. Nothing clean? 2 clears through, corner lifts, and the weave restarts on the other side. Handoffs chain until the defense breaks.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE OFFENSE · PNR LAYER

5-Out — Step-Up Pick & Roll

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

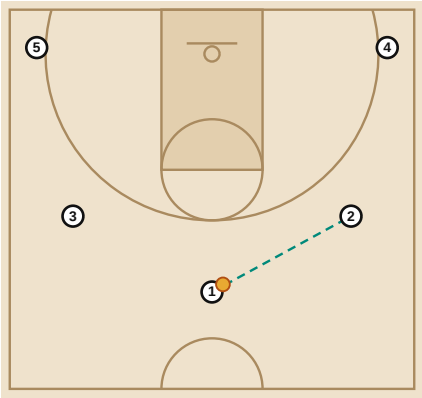
The ball-screen layer of 5-out. With no big clogging the lane, ANY player can sprint into a step-up screen — usually from the corner. The roll happens into an empty paint, and the three players behind the play shift one spot so the pocket, the corner, and the fill are all live at once.

When to run it: When the defense sits in the gaps and takes away cuts and handoffs — the ball screen forces two defenders to commit to the ball.

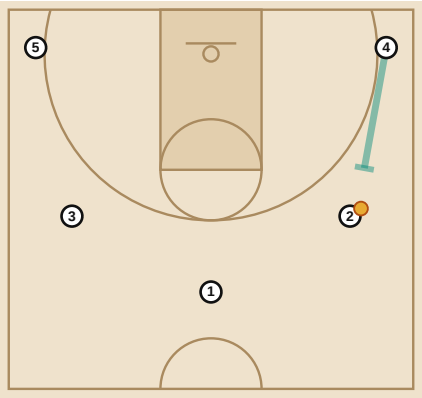
Coaching points

- Screener sprints INTO the screen — a walking screen lets the defense set its coverage.
- Handler's job is two defenders on the ball; then someone is open by math.
- Roll into space with hands ready — in 5-out the rim is empty and the pocket pass is a layup.
- Behind the play: everyone shifts one spot. The weakside corner NEVER moves — that three is the counter to the help.

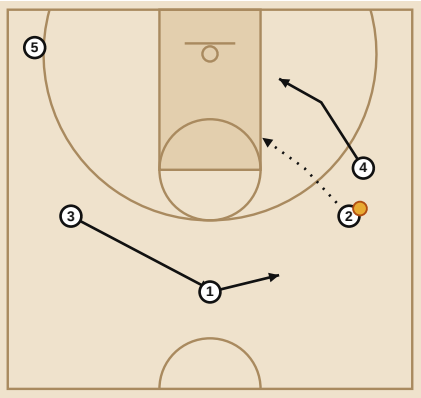
Age adaptation: Youth 7–10: Not yet — pass and cut only. **Middle 11–13:** 2v2 step-up reps on the side, no coverage reads. **High School:** Full layer with reads vs drop, hedge, and switch — plus "re-screen" call.



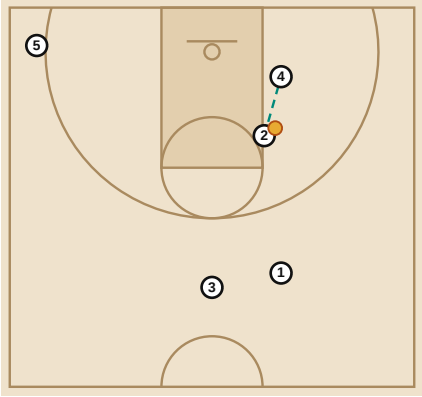
1. Entry to the wing — and watch the corner: he's the screener in 5-out.



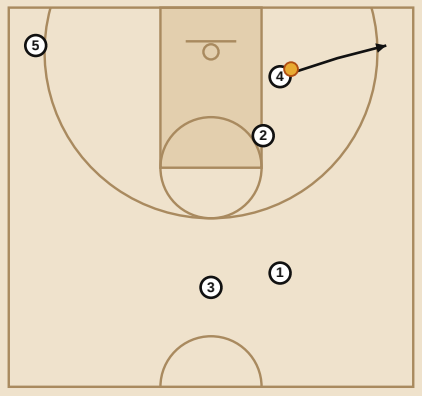
2. 4 sprints out of the corner into the step-up screen. In 5-out ANY player can be the screener.



3. 2 turns the corner; 4 rolls into an EMPTY lane. Behind the play everyone shifts one spot over.



4. Pocket pass to the roller — finish or dump-off. If the low man helps, the corner three is open behind him.



5. No advantage? 4 clears back to the corner, spacing resets, motion continues. The PnR is a layer, never a stoppage.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

COUNTER · VS SWITCH-EVERYTHING

5-Out Counter — vs Switching

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

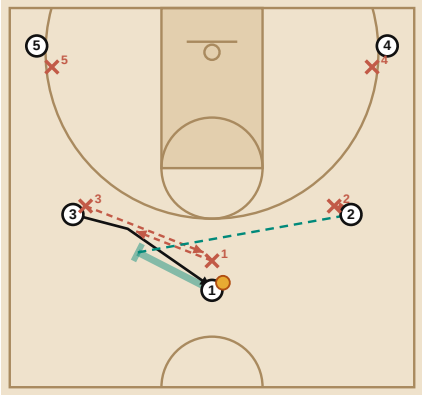
Teams that switch every exchange think they've solved motion — they've actually volunteered for two losing trades. Counter one: the SLIP, where the screen never lands and the screener dives through the switching defenders' hesitation. Counter two: the mismatch hunt, where every completed switch leaves somebody guarding somebody he can't. The 5-out shape makes both automatic.

When to run it: The standing answer whenever scouting shows switch-heavy defense — install it the same week as the base motion so switching never feels like pressure.

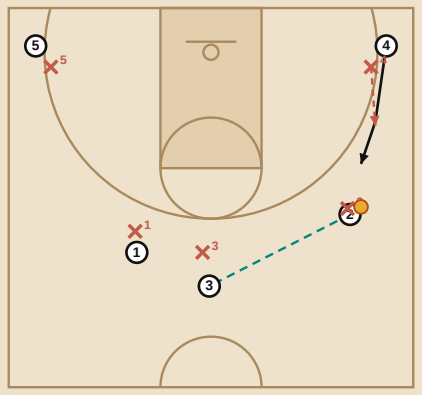
Coaching points

- The slip is a READ, not a call: the moment both defenders commit to the switch, dive. No contact, no pause.
- Slip to the FRONT of the rim — behind the switching pair, in the help's blind spot.
- After any completed switch, find the little-on-big and swing the ball to it within two passes.
- Keep cutting through mismatches — a frozen mismatch is a scouted mismatch.
- Spacing rules never change: slip, fill, re-space. Switching dies by a thousand 15-foot cuts.

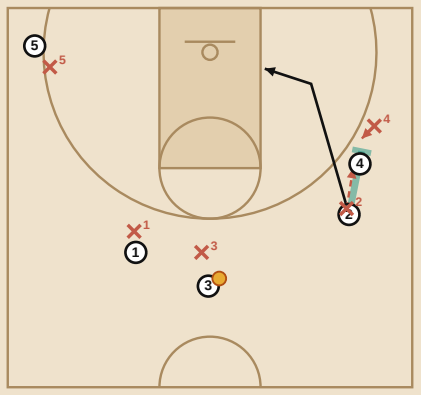
Age adaptation: Middle 11–13: Teach the slip as "screen and go" — kids learn it faster than the screen itself. **High School:** Full package: slip first, mismatch second, and the empty-side ghost as the third layer.



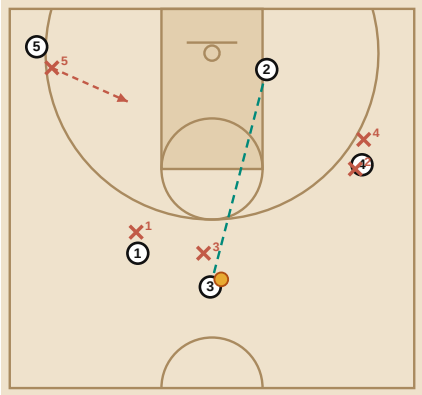
1. Motion as normal: pass, screen away — and they SWITCH it. Fine. The switch is the cue, not the problem.



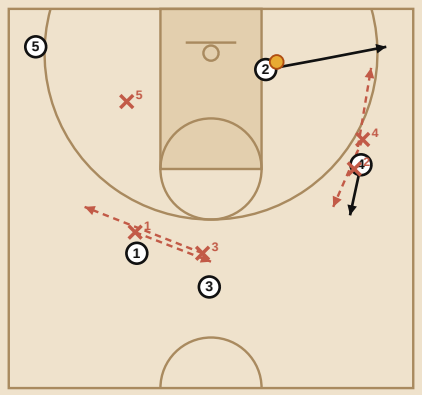
2. Ball swings on — and the next screen is bait. Watch the corner sprinting up to screen… or not.



3. The SLIP: the screen never lands. The instant both defenders commit to switching, 2 dives through their hesitation to the rim.



4. Hit the slip — layup. And remember the second trade: every switch they DID complete left a little on a big somewhere. Slip first, mismatch second, forever.



5. Shape heals, hunt resets. A switching defense makes one of these two mistakes every single possession — our only job is spacing and patience. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

VARSITY BASE · SPACING + POST

4-Out 1-In Motion

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

The varsity base: four perimeter players in the slots and wings, one big living block-to-block and in the dunker. All the 5-out habits carry over — pass, cut, fill — plus a post presence for seals, offensive rebounds, and inside-out threes.

When to run it: High school base offense when you have at least one capable interior player. Everything installs on top of the 5-out habits players already own.

Coaching points

- 5 follows the ball block-to-block; on baseline drives he slides to the dunker, never clogs the lane.
- Post entry is a trigger: passer Laker-cuts, weak side fills behind — layup first, spacing second.
- Inside-out is the best three in basketball — 5 must WANT to kick out of a crowd.
- All four perimeter spots are interchangeable — no “point guard only” spots.

Age adaptation: Youth 7–10: Not used — stay 5-out. **Middle 11–13:** Introduce late season only if you have a true post presence. **High School:** Base offense. Layer step-up and middle ball screens with the same spacing rules.

Variations & counters

- Step-up PnR layer off any wing catch (see 5-Out Step-Up — same rules, one big inside).
- High-low: when teams front the post, the 4-out slot man dives for the over-the-top feed.
- vs packed lanes: the flash-and-backdoor counter is animated below (vs the Packed Lane).

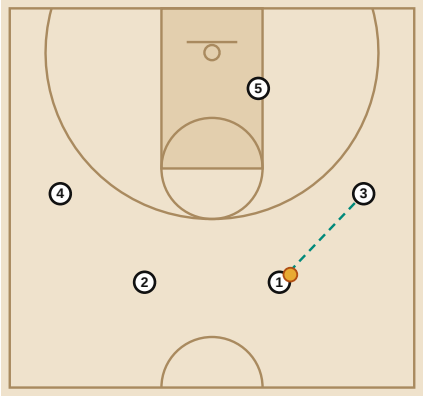
Common mistakes

- The 5 chasing the ball instead of the block-to-block rule — one beat late is unplayable.
- Laker cuts to nowhere: cut off the post’s SHOULDER or the defense doesn’t move.
- Perimeter players watching post feeds instead of relocating — the kick-out needs a target.

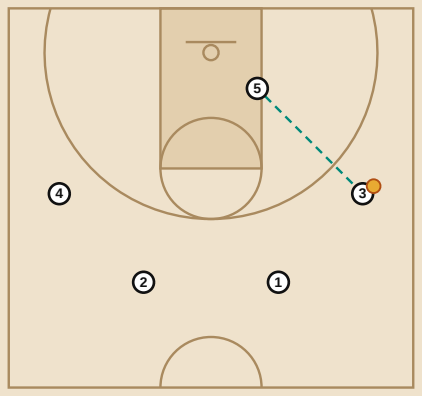
Teaching drills

- 4v4+post: perimeter runs motion, post plays live block-to-block.
- Post-entry/Laker-cut reps: entry, cut, replace — 10 reps a side, both sides.
- Inside-out shooting: feed the post, relocate, catch the kick — game shots at game speed.

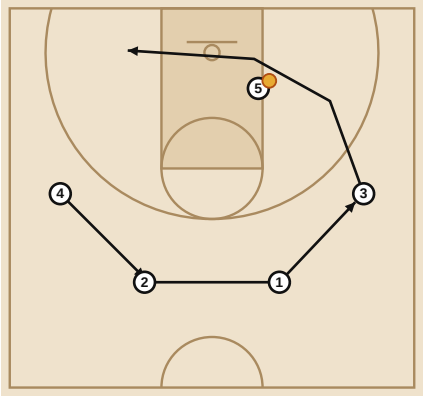
Personnel fit: Needs one interior player who can catch and decide; the other four are interchangeable guards/wings.



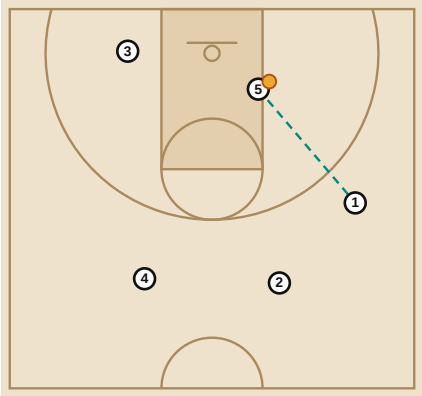
1. Wing entry — 5 fights for the ballside seal while the ball is in the air.



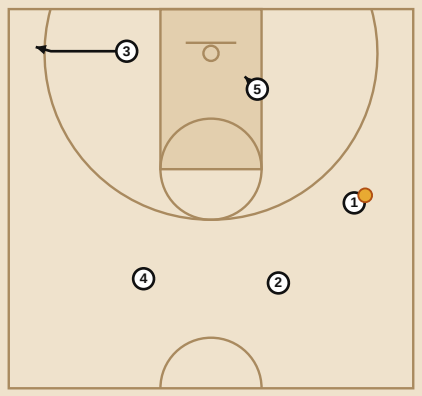
2. The seal wins: feed the post. Feeder’s defender turns to look — that’s the cue.



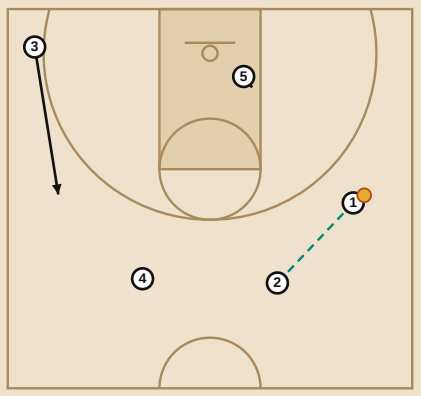
3. Passer Laker-cuts low off the post — layup window — then clears weak. Perimeter fills behind.



4. 5 plays the read: score 1-on-1, or inside-out to the refilled wing for the rhythm three.



5. Ball keeps moving, 5 re-posts following it. Every pass still triggers a cut — motion never stops.



6. Swing it once more and the picture is the opener exactly: two slots, two wings, 5 sealing the ballside block. One full cycle with rotated personnel — run it all night.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

COUNTER · VS SAGGING DEFENSE

4-Out Counter — vs the Packed Lane

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

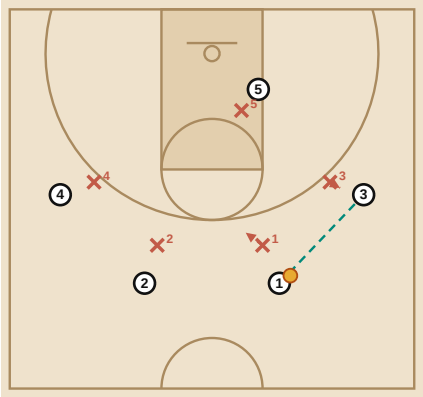
Some teams answer 4-out by refusing to guard it: five defenders sagged into the lane, daring the swing. Driving into that wall is what they want. The counter is the high-post flash — the one catch a packed defense concedes — and the twin backdoors that walk in behind every ball-watching head when it lands.

When to run it: Against pack-line copies and any defense whose help sits two feet in the paint. Also the medicine when your own drives keep hitting bodies.

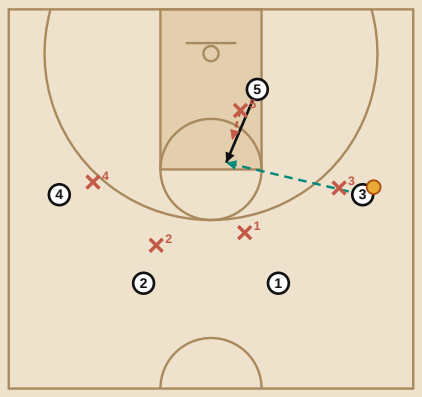
Coaching points

- Don't fight the wall — move it. The high-post catch is the lever that unpacks a packed lane.
- 5 flashes to the DEAD ZONE (dotted-line area): too high for the bigs, too deep for the guards.
- On the catch: face up instantly. A high-post player facing the rim turns every sagger's head.
- Backdoors go on the catch, not after it — the window is the half-second of turned heads.
- If they collapse on the flash, the skip beats the longest closeout in basketball. Flash, cut, skip.

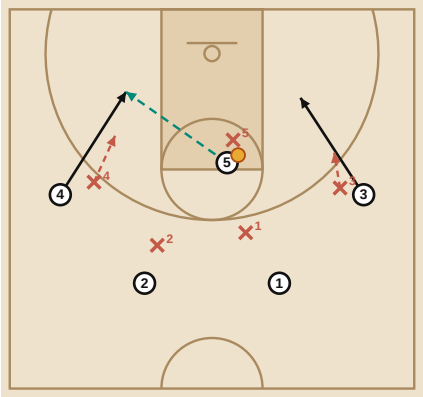
Age adaptation: Middle 11–13: Teach flash-and-face as its own drill before adding the cuts. **High School:** Full counter chain; pairs with the Laker-cut game so sag and pressure both lose.



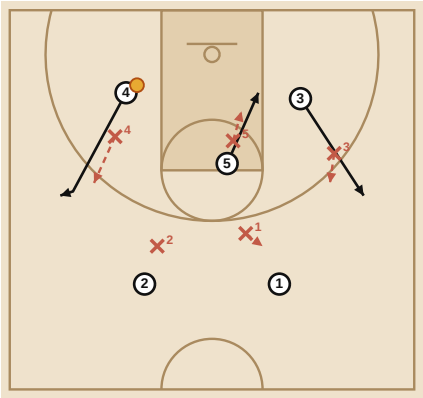
1. The packed lane: five defenders sagged in, daring the swing. Driving into this wall is exactly what they want — so we won't.



2. The lever: 5 flashes hard to the high-post dead zone — too high for the bigs, too deep for the guards. The one catch a sag concedes.



3. Catch, FACE — and every sagging head turns to the ball. The backdoors walk in behind them: this is why the flash exists.



4. Layup — or if they collapse on the flash, the skip to the lifted corner beats the longest closeout in the game. Flash, cut, skip: the packed lane unpacks itself. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · UCLA + FLEX

Swing Offense (Bo Ryan · Wisconsin)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: How To Run Bo Ryan's Wisconsin Swing Offense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

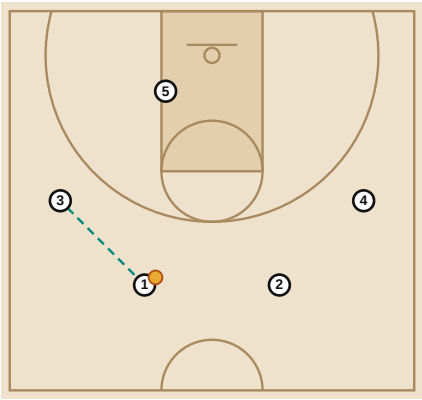
The continuity Bo Ryan rode to two decades of Wisconsin excellence. Four out, one in — but the post is a rotating job, not a person: every slot-to-wing pass triggers a UCLA back-screen that dives a guard onto the block, and every reversal crosses the post with the ball. Patient, physical, and impossible to scout because all five players play all five spots.

When to run it: Half-court base when you value every possession: control tempo, hunt post-ups and free throws, and make the defense guard 25+ seconds of screens. This animation runs the FULL cycle — watch it return to its opening shape with new bodies.

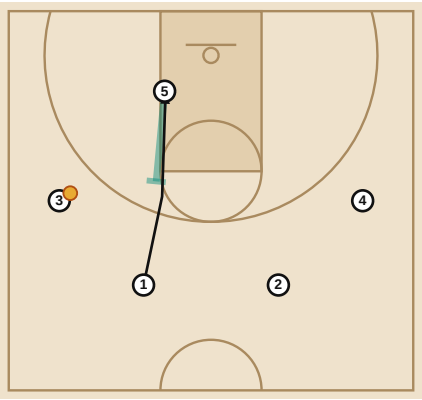
Coaching points

- Every slot-to-wing pass = UCLA screen behind it. No exceptions — the trigger is the teaching.
- Cut to the block wanting the ball: the seal IS the shot. Lazy UCLA cuts kill the Swing.
- The post crosses the lane on every swing, sealing ballside — he is always a target.
- Reversal passes must be on time: slot-slot-wing in two beats stretches the defense side to side.
- Guards must learn to post, bigs must learn to pass from the slot — that interchange is the weapon.

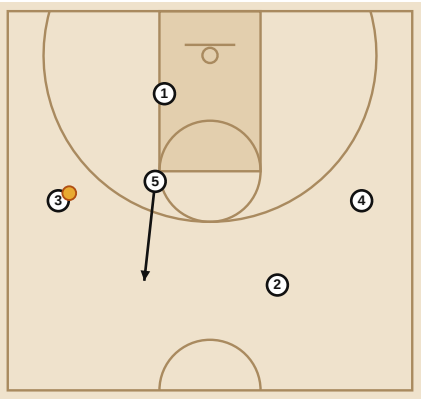
Age adaptation: Middle 11–13: Install the UCLA-cut trigger only; add the full continuity when reversals are crisp. **High School:** Full system. Layer the flex cross-screen counter when teams cheat the UCLA screen.



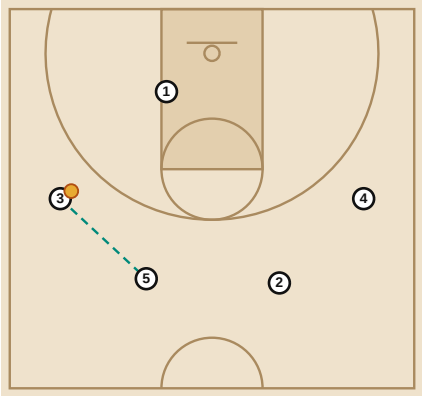
1. Slot-to-wing entry. In the Swing every pass triggers an action — this one triggers the UCLA screen.



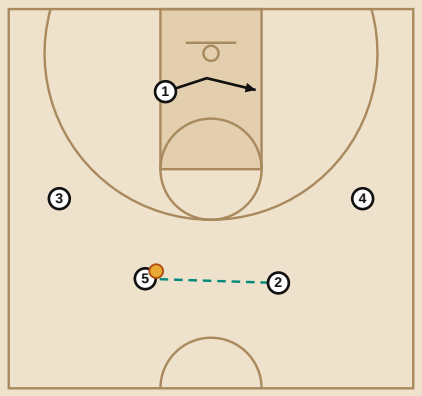
2. 5 back-screens and 1 UCLA-cuts to the block. First look every time: the post-up to a guard sealing deep.



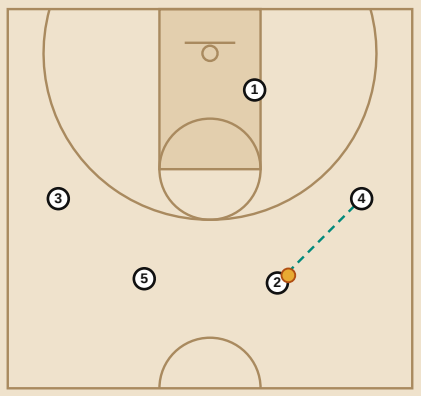
3. Screener pops to the vacated slot. Guard and post just traded jobs — all five players play every spot.



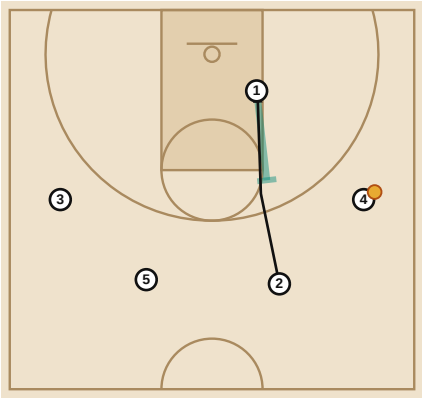
4. Reversal begins: wing back to the slot.



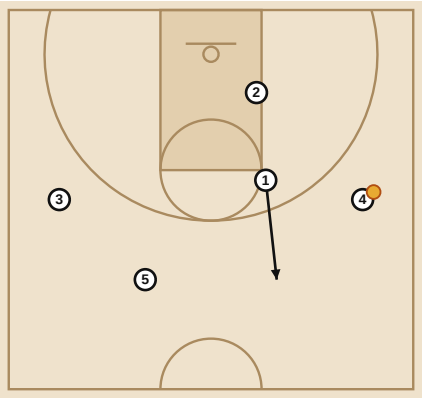
5. Slot to slot — and the post crosses the lane WITH the ball, sealing ballside on every swing.



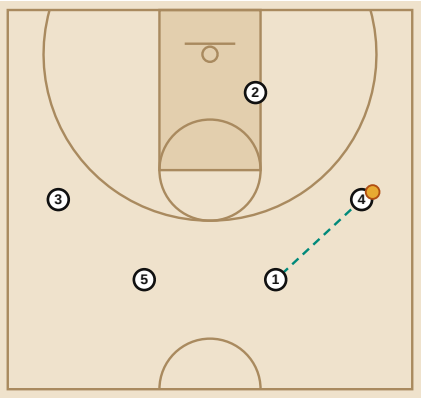
6. Wing entry on the new side. Same trigger, mirrored.



7. Now 1 is the screener: UCLA back-screen, 2 dives to the block. The pattern repeats with new bodies.



8. 1 pops out top, spacing heals itself.



9. Safety reversal — and look at the floor: two slots, two wings, one post. The EXACT opening shape, with 2 in the post and 5 running the point. Full cycle complete; it has no counter because it has no end.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · AASAA

Dribble Drive Motion (Walberg · Calipari)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Memphis Dribble Drive Motion Offense Film Study
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

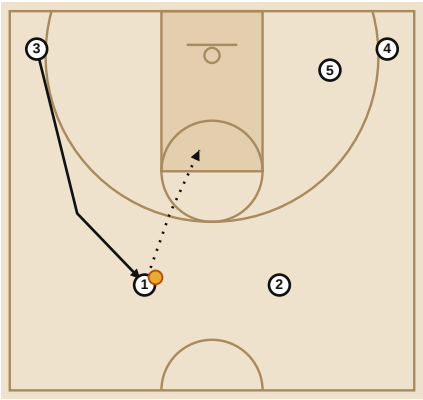
Vance Walberg invented it, John Calipari made it famous at Memphis and Kentucky: four out, 5 living in the weakside short corner, and NO entry pass — the offense is a chain of drives. Walberg called it AASAA: Attack, Attack, Skip, Attack, Attack. Every drive collapses the defense a little more until the rim, the corner three, or the dunker dump-off appears.

When to run it: When your guards beat people off the bounce. It punishes packed gaps with kick-ups and skips, and turns every closeout into the next attack. The animation runs the full Attack–Attack–Skip–Attack–dump cycle through reset.

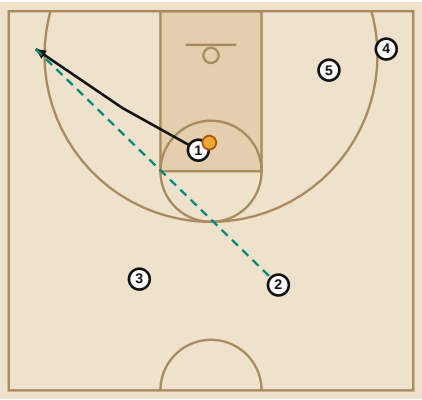
Coaching points

- Drive to score, not to pass — the kick-up is what the defense GIVES, never the plan.
- The driver who picks up loops out to the empty corner: spacing refills itself.
- 5 lives opposite the ball, always: his defender can never both protect the rim and find him.
- Corners are shooters first — feet set, ready on every drive.
- Second and third drives beat set defenses; attack before the floor resets.

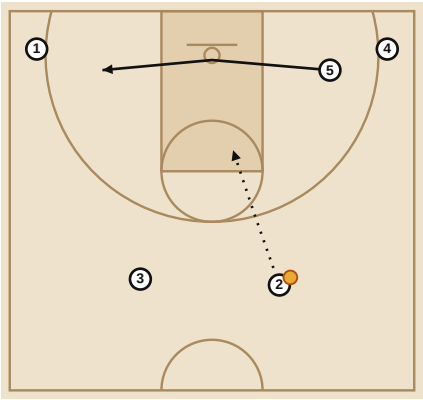
Age adaptation: Middle 11–13: Teach as 3-out drive-and-kick games first; add the dunker in year two. **High School:** Full AASAA with the loop, kick-up, and skip reads. Pairs perfectly with our 5-out habits.



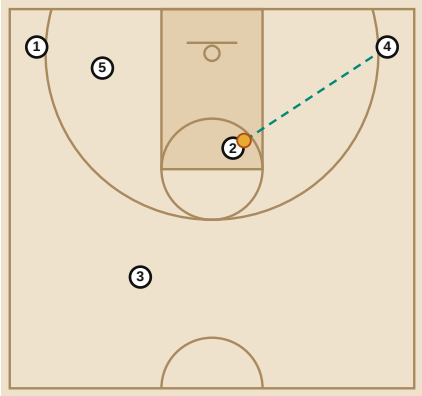
1. No play call, no entry pass — 1 just attacks the gap. The ballside corner lifts to fill behind him.



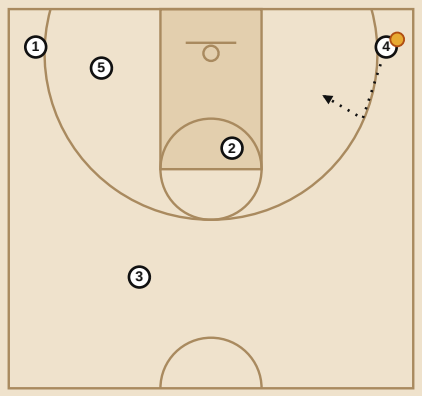
2. Help stops the drive: kick UP to the next slot and loop out to the empty corner. Attack two is already loading.



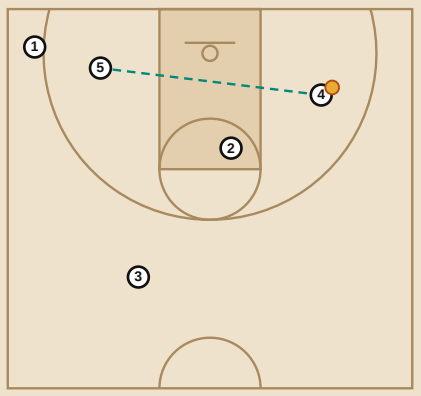
3. 2 attacks immediately — before the defense resets. 5 slides across the baseline to stay opposite the ball.



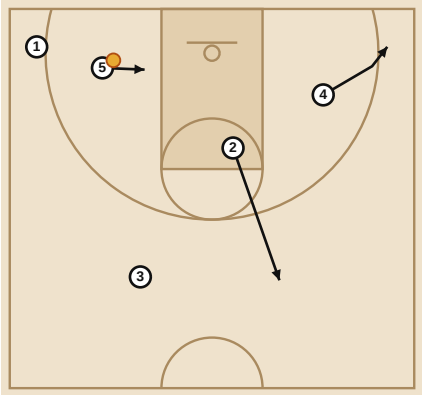
4. The “S” in AASAA: skip to the weakside corner, which is always open once the help has swallowed two drives.



5. Attack the closeout — the third drive in twelve seconds, against a defense that never got set.



6. The rim protector commits — so the dunker eats. Dump-off, layup or foul. This pass is why 5 lives down there.



7. And the reset is automatic: two slots, two corners, 5 opposite the ball — the opening shape, flipped. Attack, attack, skip, attack, attack. Forever.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · PNR CHAIN

Continuity Ball Screen

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Basics of the European Ball Screen Continuity Offense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

The modern college staple — run in some form by half of Division I. One big sprints from ball screen to ball screen, side to side, while the four perimeter players shift one spot behind every screen. The defense has to solve a fresh pick-and-roll every four seconds, each one arriving before the last rotation has recovered.

When to run it: The half-court base when you have one athletic big and guards who can read coverages. Every possession produces a PnR advantage somewhere; the reversal IS the counter. Animation runs the full side-to-side chain back to the opening picture.

Coaching points

- 5 sprints into every screen — a walking screen lets the coverage set, a sprinting one breaks it.
- Handler reads in order: rim, pocket, corners, kick-back. The kick-back is not failure — it loads the next screen.
- Perimeter shifts one spot behind every screen, automatically. Nobody watches the ball.
- Roll hard every time even when covered: the roll is what bends the floor for the corners.
- Coverage counters: vs drop — pull-up; vs hedge — slip; vs switch — post the mismatch or re-screen.

Age adaptation: Middle 11–13: Two-side pattern at walk speed; live once the shifts are automatic. **High School:** Full chain plus coverage counters called at the rim: “drop!”, “ice!”, “switch!”.

Variations & counters

- Slip/seal counter vs switching — animated below.
- “Keep” call: the handler rejects the screen when his man cheats over early.
- Double-drag entry in transition: the chain can start before half court.

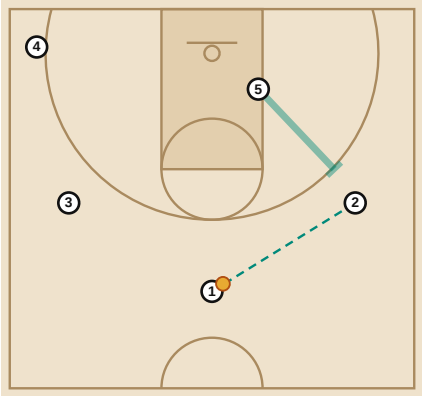
Common mistakes

- Walking into screens — the chain’s advantage is that the defense never gets set; pace is the weapon.
- The roller stopping on denial instead of sealing deep.
- Perimeter spectating: every screen must move all five players one spot.

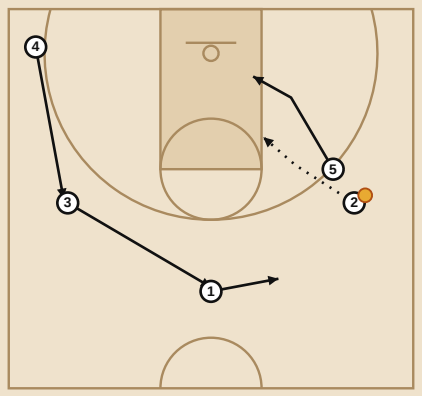
Teaching drills

- 5v0 chain on a clock: six screens, both sides, under 24 seconds.
- 2v2 live screen-roll with coverage called late by a coach.
- 5v5 coverage roulette: defense draws drop/hedge/switch per possession; offense must counter correctly.

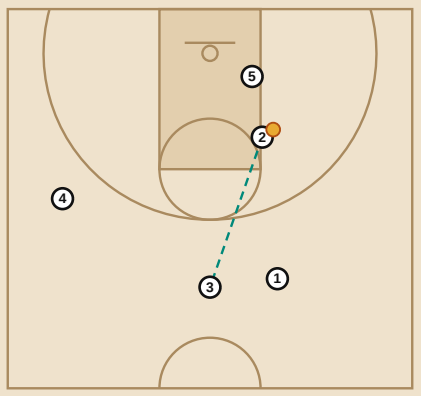
Personnel fit: One durable screener who sprints and four willing movers. The handler needs patience more than burst.



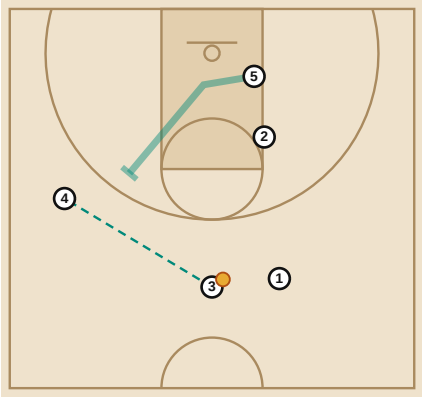
1. Wing entry — and 5 is already sprinting into the ball screen. The offense is a chain of these.



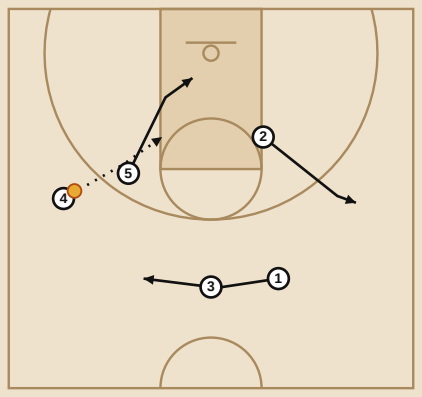
2. Screen and roll into an empty lane — and every perimeter player shifts one spot behind the ball. Read: rim, pocket, corners.



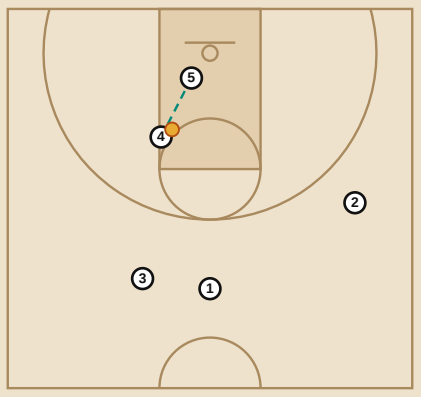
3. Nothing clean? Kick back. The reversal isn't a failure — it's the trigger for the next screen.



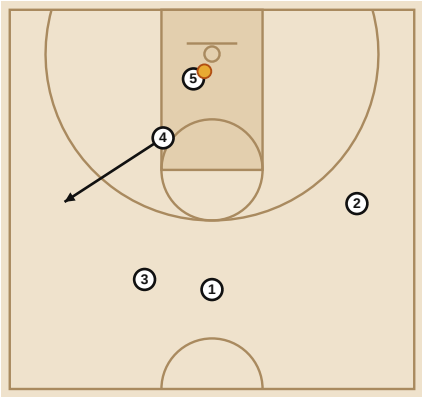
4. Swing to the wing while 5 sprints block to block into the next screen. The defense never gets a still frame.



5. Same picture, other side: turn the corner, roll hard, shift and fill. Two screens in and the floor is still perfectly spaced.



6. The reward comes when a rotation is a half-second late: pocket pass, layup.



7. And if it's covered? Kick out and keep the chain running — the shape under the ball is identical to the opening alignment. No beginning, no end.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

COUNTER · SLIP + MISMATCH

CBSO Counter — vs Switch-Everything

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

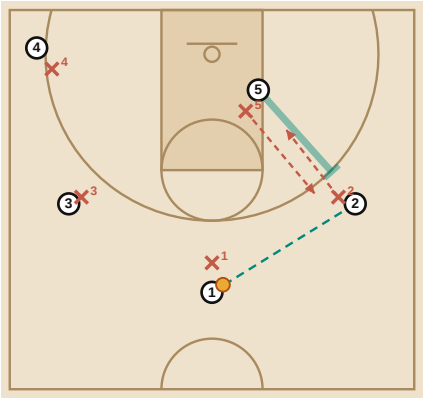
The modern answer to continuity ball screens is to switch all of them — put a big on the ball, drop the guard to the roller, kill the chain. The chain's counter is two words: SLIP and SEAL. The re-screen never lands, the big dives on the guard who switched onto him, and if the pocket is denied, the deep seal turns the mismatch into a post feed geometry can't defend.

When to run it: The standing counter whenever teams switch the continuity. Rep it the same week as the base CBSO — a chain that can't beat the switch isn't a chain.

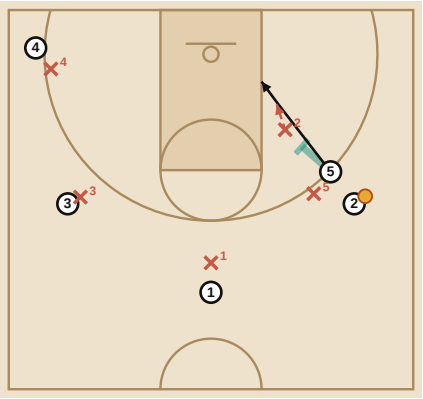
Coaching points

- Slip on the RE-screen, not the first: let them commit to switching twice, then vanish.
- The slip dives to the front of the rim — the switching guard is behind, the help is watching the ball.
- Pocket denied? SEAL: the big pins the little deep and the entry is thrown off two feet, high and outside.
- The handler's patience makes it work: hold the mismatch with the dribble until the seal is set.
- Perimeter keeps shifting behind the ball — a slipped defense recovers into closeouts, not shape.

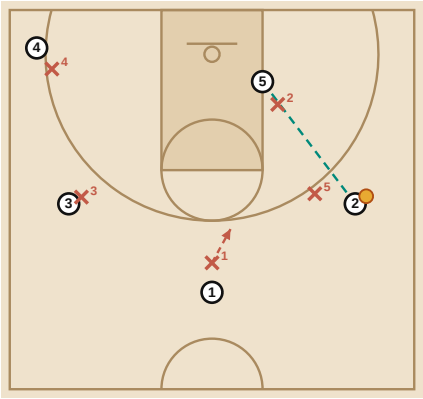
Age adaptation: Middle 11–13: Teach slip timing with a coach calling "switch!" live. **High School:** Full counter plus the guard-post option: your strongest guard can seal too.



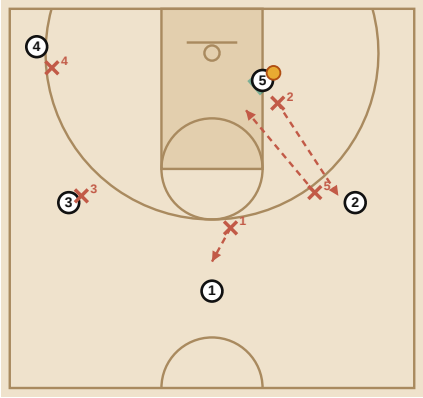
1. The chain starts as always — wing entry, 5 sprints into the screen — and they SWITCH it: big out on the ball, guard dropping to the roller.



2. The counter: 5 comes back to RE-screen… and SLIPS. The second screen never lands — he dives on the guard who switched onto him, straight to the rim.



3. Pocket pass into the dive — the little is on his back, the help is a step late. This is the slip the switch volunteered for.



4. And when they deny the pocket? 5 SEALS the mismatch deep, the entry goes high and outside, and geometry does the scoring. Switch-everything trades one problem for a worse one — every time. Chain resets. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT CONTINUITY · POST + SCREENS

Screening Motion (Rick Majerus)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

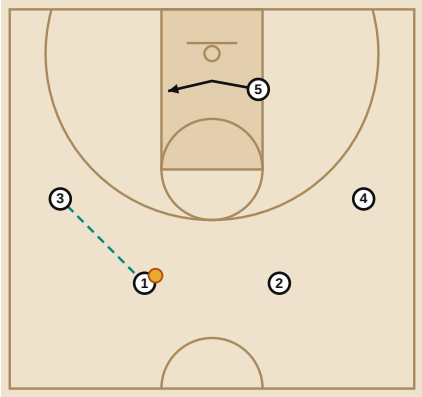
Rick Majerus — maybe the finest teacher of half-court offense the college game has produced — built his Utah teams on this: four out, one in, where every pass is followed by a screen away and the post crosses the lane to meet the ball on every reversal. Nothing fancy, everything precise: angles, timing, and a sealed post catch at the end of the chain.

When to run it: For teams that execute: it rewards screening angles and timing over athleticism. Runs full cycle here — entry, screen-away, reversal, mirror, and the post payoff, ending in the opening shape.

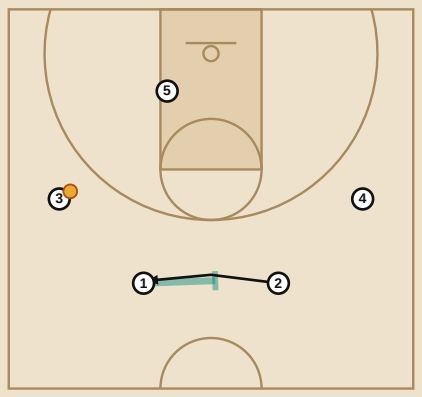
Coaching points

- Screens are set at the defender, not at a spot — chest to the shoulder he wants to go through.
- The cutter sets his man up: walk him in, then explode off the screen shoulder-to-shoulder.
- The post runs to the ball on EVERY pass across the floor — he is always a target, always sealing.
- Look inside before every reversal: the swing means nothing if the defense never fears the block.
- Weakside wing rule: overplayed = backdoor, sagged = expect the pindown.

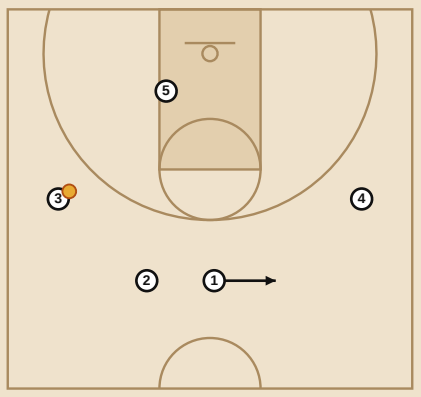
Age adaptation: Middle 11–13: The perfect first continuity: teaches screening angles with simple spacing. **High School:** Base or changeup; layer pindowns and flare screens on the weak side.



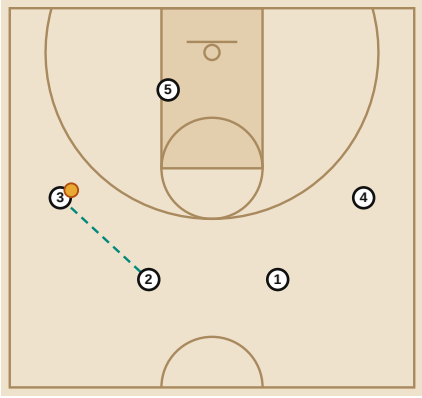
1. Wing entry — and the post runs to the ball. Majerus's first rule: the post is ALWAYS a target.



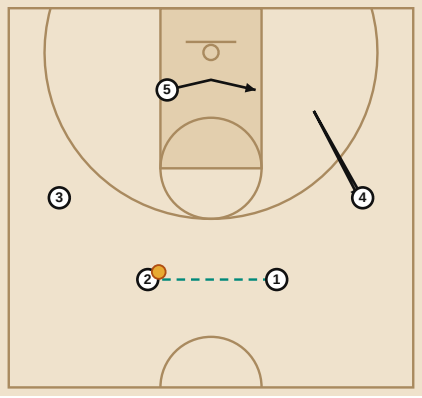
2. The passer screens away, slot to slot. Twenty-five feet from the ball, two defenders still have to solve a screen.



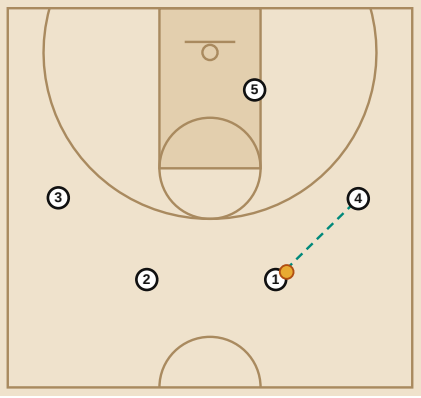
3. Screener pops to the open slot. Four out, always — the shape heals itself after every action.



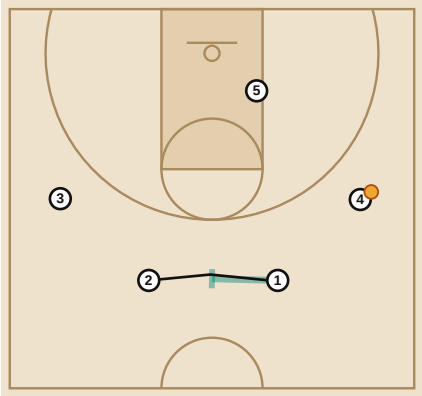
4. Look inside first. Then reverse.



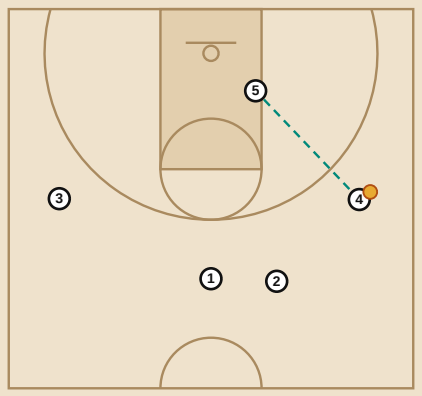
5. Swing — the post crosses with the ball and the weakside wing tests the backdoor before refilling.



6. Wing entry, new side. Post sealed. The motion has mirrored itself.



7. Screen away again — and the continuity is home: the exact opening shape, every player one seat over.



8. The payoff Majerus built it all for: a deep post catch against a defender who has chased screens all possession. Score — or spray out and run it again.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SET PLAY · BALL SCREEN

Horns Twist

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

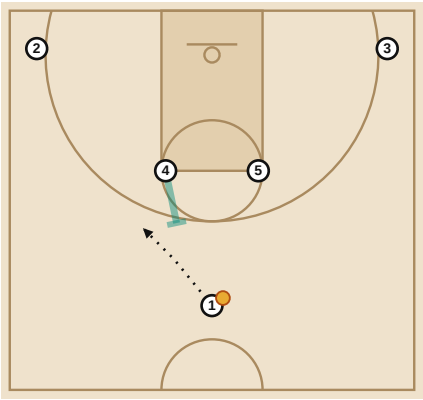
Our primary half-court set. Horns alignment — bigs at the elbows, shooters glued to the corners — with a double-drag twist: 1 refuses the first screen and turns the corner off the re-screen. Ends in 4-out spacing if nothing comes.

When to run it: Need-a-basket possessions, after timeouts, or to get a downhill paint touch against a set defense.

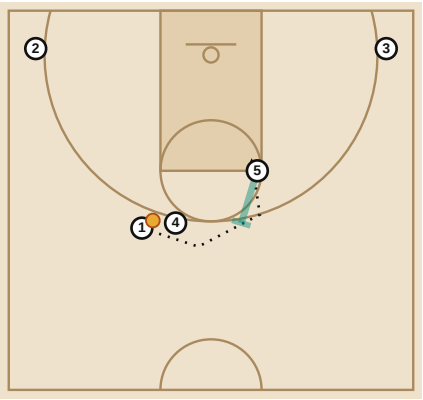
Coaching points

- Corners NEVER move early — their gravity is the play.
- Reads in order: rim (roller) → pocket → pop → corners. Say them in the huddle.
- The reject is always live: if X1 cheats over the first screen, 1 attacks the other way immediately.
- Call “Twist X” to flip the sides and screen order.

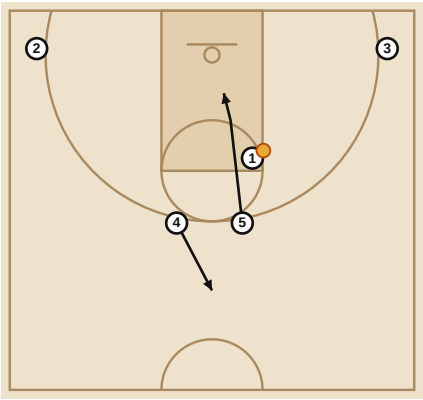
Age adaptation: Middle 11–13: Teach at walk speed as the intro to ball-screen play. **High School:** Primary set; add “veer” tag — second big slips to the rim instead of re-screening.



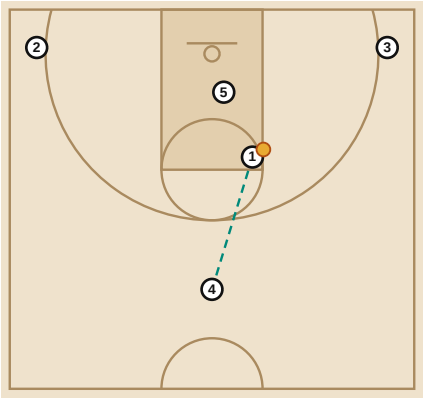
1. 1 attacks off 4’s screen going left — make the defense commit to that side.



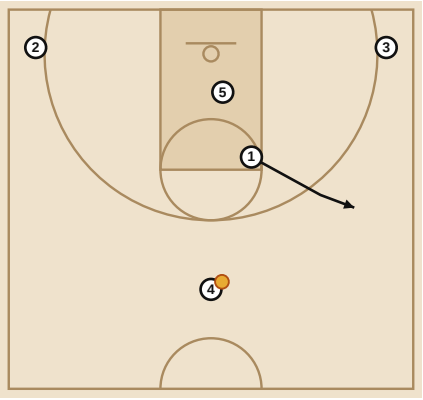
2. The twist: 5 re-screens and 1 snakes back right, turning the corner downhill.



3. 5 rolls hard to the rim, 4 pops to the top — pocket pass or throwback, pick your poison.



4. Pocket covered? Throwback to 4. The corners never moved — their defenders can’t help.



5. No shot: 1 exits to the wing and we’re in 4-out spacing with 5 inside. Motion continues.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 02

Zone Offense

One package for every zone you will ever see. The rule that organizes it all: match the OPPOSITE front — odd-front alignments (1-3-1) against even-front zones (2-3, 2-1-2), even-front alignments (2-guard) against odd-front zones (1-3-1, 3-2/1-2-2). Put a player in every seam, hunt the middle catch, and make the zone sprint until it cracks.

Zone principles — before any play call

- **Opposite fronts:** your alignment should put a player in every gap of their shape.
- **The middle catch beats every zone:** high post vs 2-3/2-1-2, free-throw line vs 3-2, nail vs 1-3-1.
- **Skips make zones sprint;** three hard reversals crack almost any shift pattern.
- **Screens work on zones too** — pin the back line on skips, screen the top on drives.
- **Crash everything:** zones can’t box out. Second shots are the zone tax we always collect.

ZONE ATTACK · VS 2-3

Loader — Zone Offense vs 2-3

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: 5 Out Basketball Offense vs 2-3 Zone Defense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

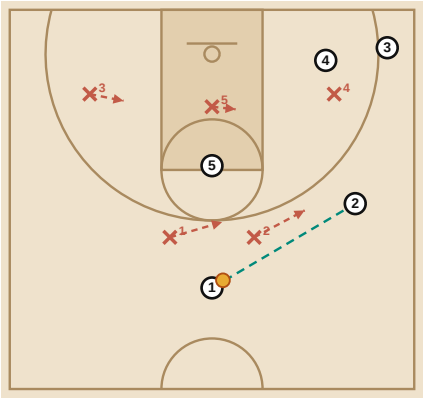
Overload one side of the zone and attack the seams it opens. Four perimeter players tilt the floor right; the high post is the release valve in the middle; the short corner lives behind the back line where zones can't see.

When to run it: Any 2-3 or matchup zone. The spacing principles are ours — only the target changes: attack seams and gaps, not defenders.

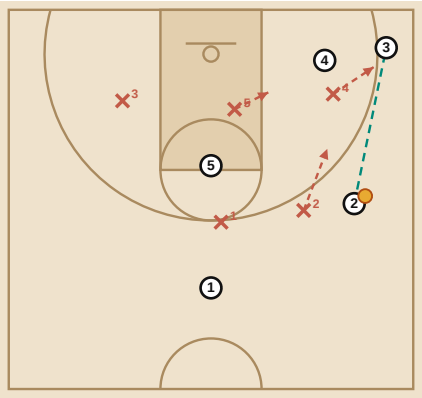
Coaching points

- A middle (high-post) catch beats every zone — hunt it first, every possession.
- The short corner is invisible to the back line — catch there and it's a layup or a foul.
- When the zone overloads with you, the skip to the weak wing is the kill shot.
- Screens work on zones too: pin the back forward when the corner catch is taken away.

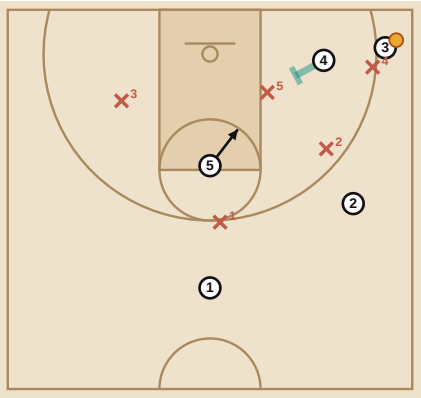
Age adaptation: Middle 11–13: Overload spacing only — keep it simple against occasional junk zones. **High School:** Full package; pair with the Cougar press to force tempo before the zone can set.



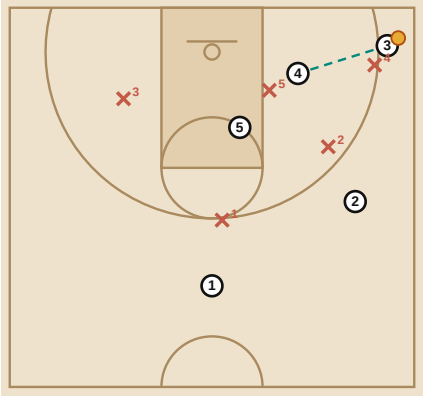
1. Wing entry tilts the zone — the whole overload is on one side now.



2. Corner catch: the back forward must sprint out, the center slides over — seams open behind them.



3. Attack the seams the shift created: 4 seals behind the zone, 5 dives to the middle gap.



4. Ball behind the zone — layup, or draw the center and dump to 5. If X4 recovers, skip weak and restart.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE · VS 2-3

Gap Attack — vs 2-3 (Brad Brownell)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: How to Embarrass a 2-3 Zone Defense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

The gap-attack concept Brad Brownell built at Clemson: line up 1-3-1 against the 2-3 so a player sits in every seam of their shape, then attack the gaps off the DRIBBLE. A real drive into a seam forces two zone defenders to take the ball — and once two guard one, somebody on the perimeter or in the middle is free by arithmetic.

When to run it: Primary half-court attack against any 2-3. The animation runs the full cycle: gap drive, kick, high-low, and reset back to the 1-3-1 shape.

Coaching points

- 1-3-1 vs 2-3 puts a player in all four seams — never let their shape match yours.
- Gap drives are SCORING drives: attack to shoot and the two defenders must both commit.
- The high-post catch is priority one every trip: the center steps up and the short corner eats, or he stays and 5 scores.
- Short corner and high post play permanent high-low — they are one two-man game.
- Crash everything: a shifting zone cannot box out.

Age adaptation: Middle 11–13: Teach the spacing and the high-low first; add gap drives when handlers are ready. **High School:** Full package — pair with Skip & Pin so zones get attacked two different ways per game.

Variations & counters

- Screen-the-extension counter — animated below.
- Overload blend: slide into Loader spacing mid-possession when the zone tilts.
- Short-corner exchange: 4 and 5 can swap jobs to put your better passer at the high post.

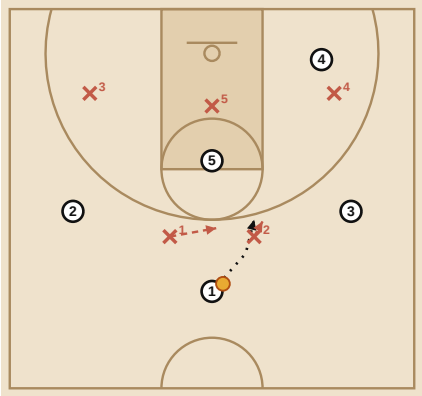
Common mistakes

- Gap drives with no intent to score — pinch nobody, kick to no advantage.
- The high post catching and holding: catch-face-decide in one second or the zone resets.
- Standing in the seams instead of arriving into them as the ball moves.

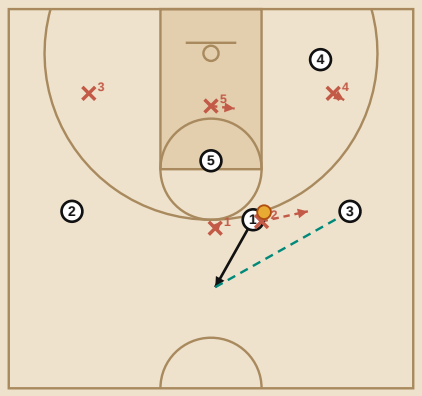
Teaching drills

- Gap 1v2: one handler attacks the seam between two chairs/defenders, kicks on the pinch.
- High-low rapid-fire: high post catch → short corner finish, 2 minutes each pairing.
- 5v5 vs scout zone with a 3-reversal minimum before any shot but a layup.

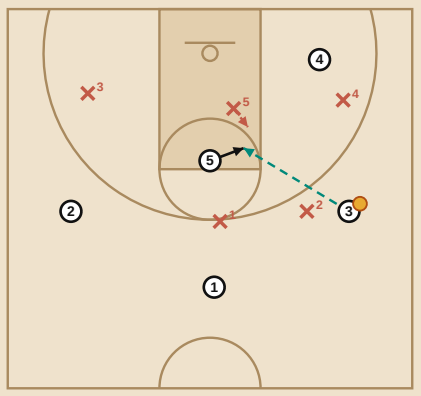
Personnel fit: Best decision-maker at the high post — it’s a passing position wearing a big’s number.



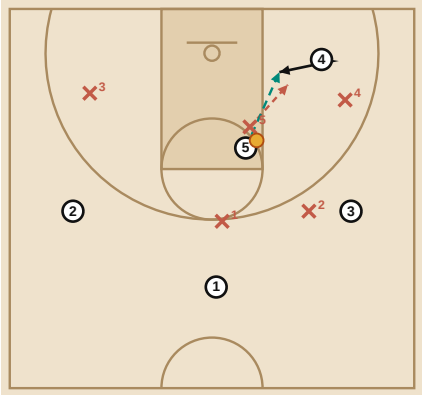
1. 1 drives INTO the seam between the two top guards — a real scoring drive, so both must take him.



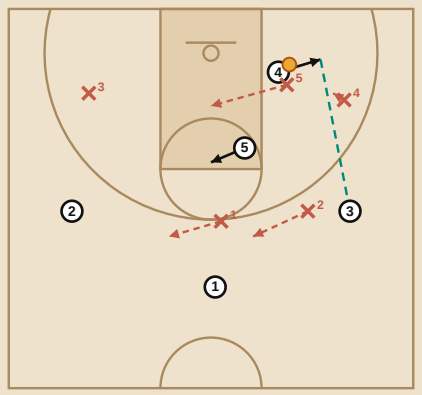
2. Two defenders on the ball = someone is free. Kick to the wing and the whole zone is chasing.



3. 5 flashes into the ballside seam. The high-post catch is the kill shot vs 2-3 — the center must choose.



4. He chose wrong: high-low to the short corner diving to the rim. Layup or foul.



5. No layup? Kick out and reset — 1-3-1 shape restored against their 2-3, and the next gap drive is loading. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

COUNTER · VS EXTENDED ZONE

Gap Attack Counter — Screen the Extension

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

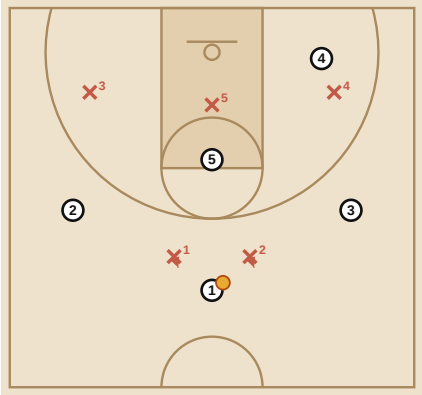
Smart zones adjust to the Gap Attack by extending their guards — pressure the dribble, kill the seams. The counter turns their adjustment into a trap: extended guards are SCREENABLE guards. The high post lifts to pin the extension, the ball walks into the abandoned seam, and the short corner ducks into a lane whose protection just got dragged uphill.

When to run it: The automatic answer when a 2-3 starts pressuring your guards at the arc. Call it once; most zones retreat back into their shell — which re-opens the base Gap Attack. Heads we win, tails they lose.

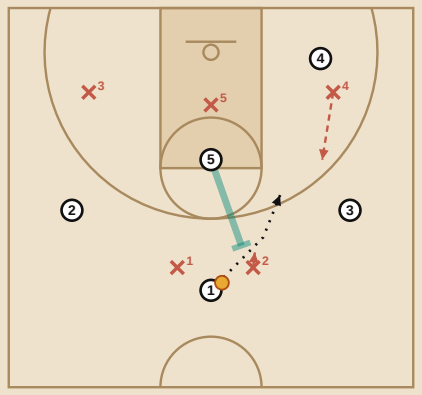
Coaching points

- Extension is a gift: a zone defender who leaves his area can be screened like a man defender.
- The high post screens the TOP guard — shoulders square, let the extension sprint into it.
- The dribbler walks in behind the screen, no hurry: the seam he enters has no owner for two full seconds.
- The short-corner duck-in is the dagger: paint protection moved up, so the paint belongs to us.
- Zones get one adjustment per possession — screen it, and the skip punishes whatever they do next.

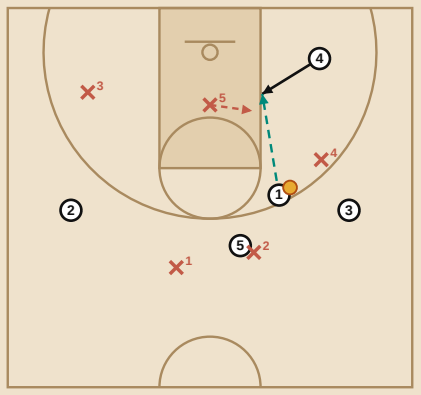
Age adaptation: Middle 11–13: Teach after the base Gap Attack is clean — same spacing, one new job. **High School:** Full counter; chain with Skip & Pin so the zone is wrong in both directions.



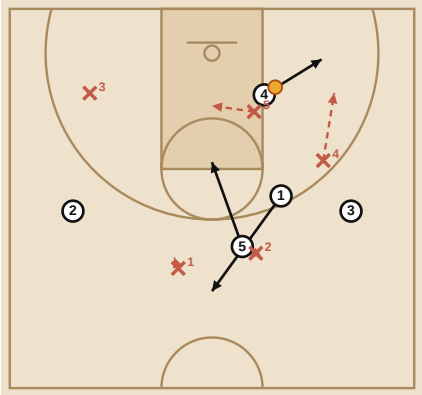
1. The zone adjusts: guards extend to the arc to kill the gap dribble. Their pressure is about to become our screen angle.



2. SCREEN THE ZONE: the high post lifts and pins the extended guard — and 1 walks into the seam the extension abandoned.



3. Behind the scrambled front, the short corner DUCKS IN — the paint's protection got dragged uphill, and the heart of the zone is open.



4. Finish inside — or if the back line swallows the duck-in, 2 is alone on the weak side and the skip ends it. Reset to 1-3-1: extension or paint, they can't protect both. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE · VS 2-3

Skip & Pin — Screening the 2-3

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: The Easiest Way To Beat A 2-3 Zone Defense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

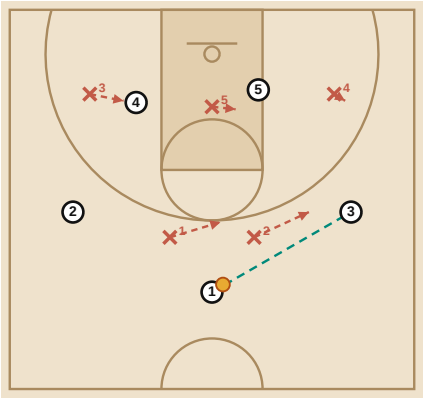
Zones die to screens because nobody hedges and nobody helps: the classic counter is the skip pass thrown over a PIN screen. Load the zone to one side, then skip it — while the weakside forward gets pinned inside by our big. The closeout that should arrive never does, and the shooter is in rhythm.

When to run it: Against 2-3 teams that shift well and take away the gaps. Also the best answer when their back line is slow-footed. Runs the full cycle: load, skip-and-pin, baseline counter, reset.

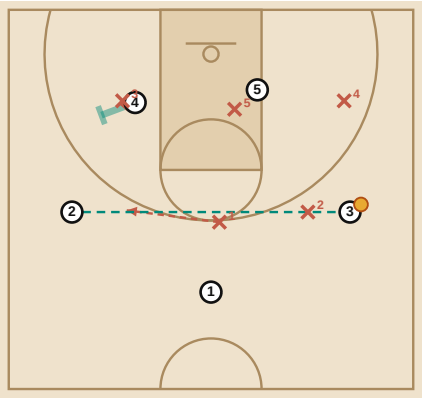
Coaching points

- The skip must be FLAT and fast — a rainbow gives the pinned defender time to fight out.
- Pin legally: screen the body to the inside, arms in, and let the defender run into it.
- After every pin the screener SEALS — the pin becomes a post-up, then a box-out.
- If the guard scrambles out to the shooter, the baseline drive behind the pin is automatic.
- Works on every zone with a back line — same action beats 2-1-2 and 2-3 alike.

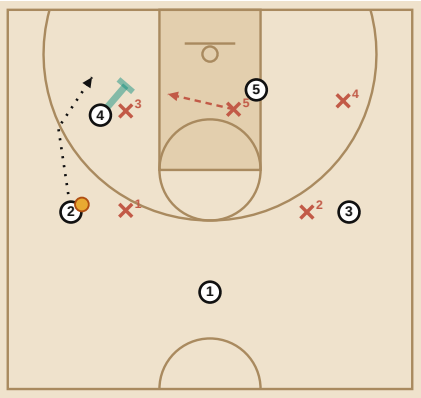
Age adaptation: Middle 11–13: Teach the skip first, add the pin when passes are strong enough to throw flat. **High School:** Full action both sides; tag “Re-Pin” to pin the same defender twice in one possession.



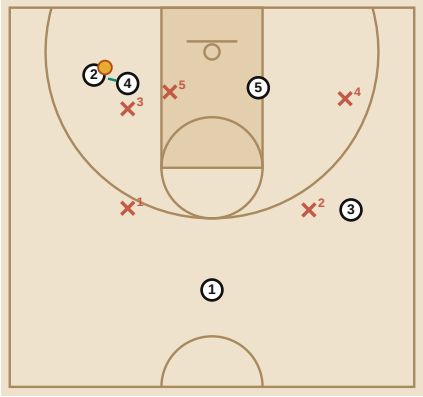
1. Load the zone right — every defender’s eyes and feet shift with the swing.

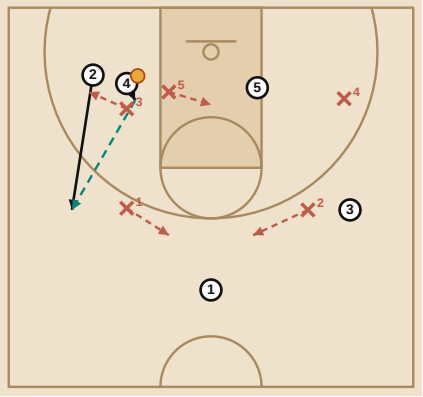


2. The SKIP — and 4 pins the weakside forward inside as the ball flies. The closeout never arrives; 2 catches in rhythm.



3. If the guard sprints out anyway, drive the baseline BEHIND the pin — the screener’s seal opens the runway.





4. Dump inside off the seal — or spray out if the center collapses. Either way the zone is broken behind its own back line.

5. Reset the shape and pin the OTHER side next trip — zones cannot chase screens all night. Cycle complete.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE · VS 2-1-2

Split — vs Even Fronts (2-1-2)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

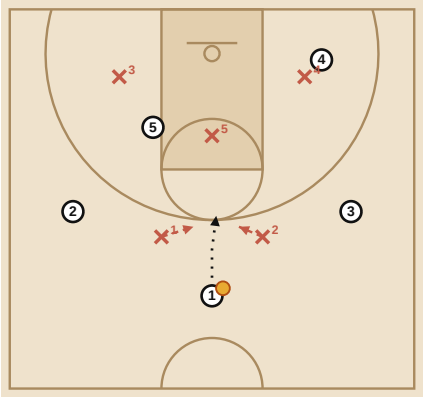
Even-front zones (2-1-2, and the 2-3 up top) leave one seam you can drive a truck through: straight up the middle between the two guards. We split it with the dribble, then flash a player BEHIND the middle defender — the one man a 2-1-2 cannot replace once its guards pinch.

When to run it: Any 2-1-2 or matchup zone with two up top. The 2-1-2's middle defender guards the high post, so all our middle catches happen BEHIND him. Full cycle: split, pocket catch, baseline spray, reset.

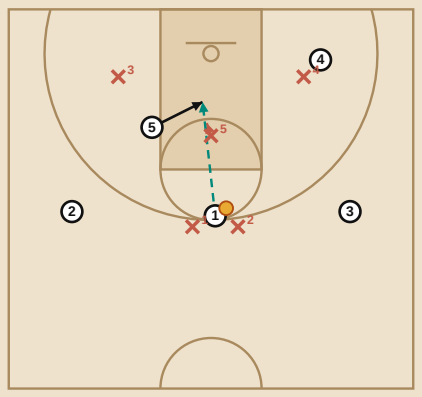
Coaching points

- Odd front vs even zone, always: 1-3-1 spacing puts shooters where their shape isn't.
- The split must threaten a layup — a jog into the seam pinches nobody.
- Flash BEHIND the middle defender, never beside him: the rim-side pocket is his blind spot.
- Corners drop to the baseline as the back line collapses — the spray pass is the payoff.
- Re-split immediately after every reversal; even fronts crack by the third seam attack.

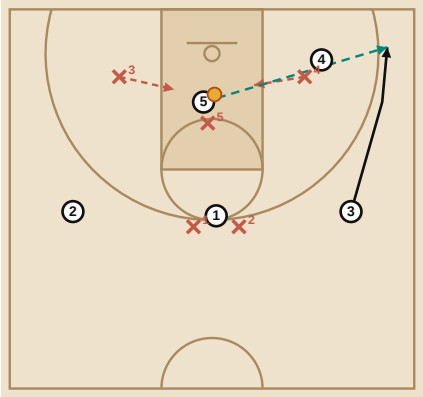
Age adaptation: Middle 11–13: Teach as "drive the middle gap, kick where help came from." **High School:** Full reads plus the corner exchange to punish the back line both ways.



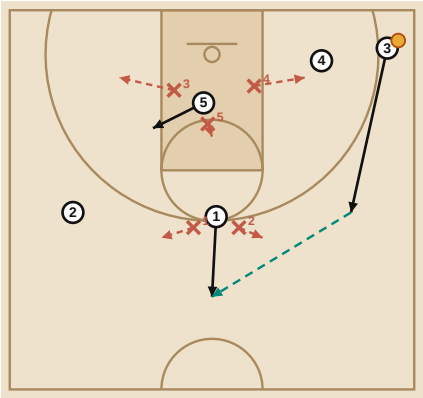
1. Even front = a seam straight up the middle. 1 splits the two guards with a live dribble — both must pinch.



2. The 2-1-2's middle man protects the high post — so 5 flashes BEHIND him to the rim-side pocket. That catch breaks the shape.



3. The back line collapses on the catch — and the corner drops to the baseline behind them. Spray it for the open three.



4. Nothing clean? Back out top, everyone home — the shape is reset and the next split is coming. Even fronts crack by seam three. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE · VS 1-3-1

Corner Hunter — vs 1-3-1

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

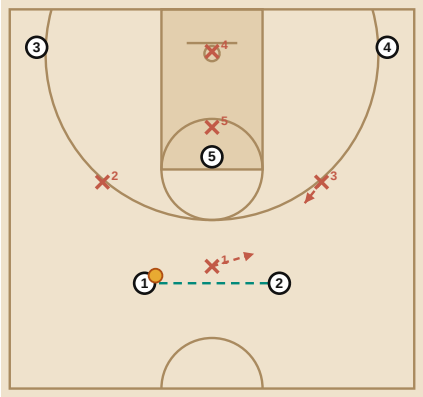
The 1-3-1 has one runner covering the entire baseline — so we make him defend both corners on every possession. Two-guard front sits in the gaps beside the chaser, both corners stay filled, and the ball moves corner to corner until the runner's legs give out. His sprint is our shot clock.

When to run it: Any 1-3-1, trapping or not. The corners are the 1-3-1's structural weakness; this play is a conditioning test we give their baseline runner every trip. Full cycle back to the two-guard front.

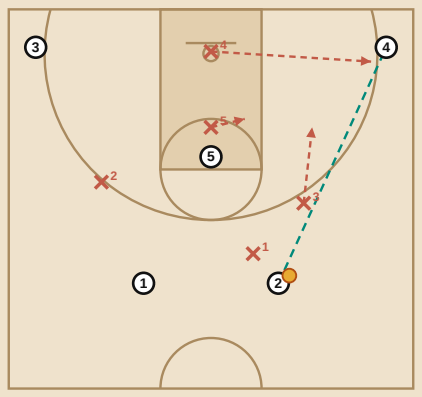
Coaching points

- Corners are ALWAYS filled vs a 1-3-1 — that rule alone breaks most of them.
- Every corner catch makes the runner sprint; every skip makes him sprint 15 meters. Count his trips.
- The high post seals the middle defender so the corner drives have a clean baseline.
- Guards stay in the gaps beside the chaser — never line up inside his shadow.
- Corner-to-corner skips must be flat; give the runner no time to arrive on balance.

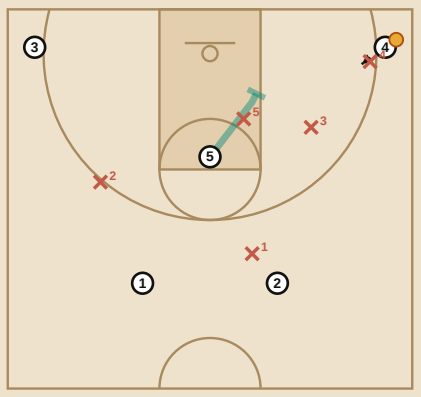
Age adaptation: Middle 11–13: Teach "fill both corners, swing till someone's open." **High School:** Full package with the post seal and the drive-behind counter when the runner cheats early.



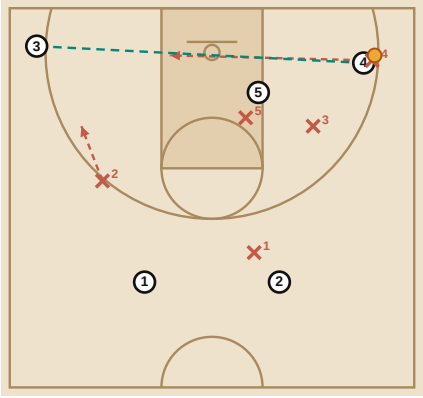
1. Two-guard front against the 1-3-1: both guards sit in the gaps beside the chaser, corners filled. The math problem starts now.



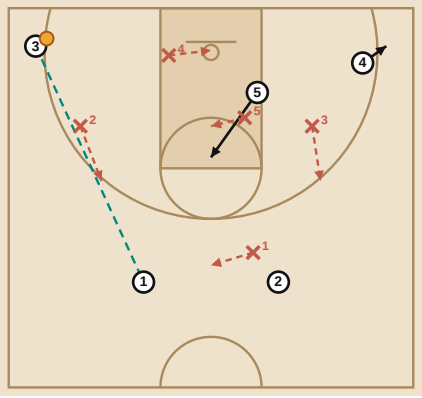
2. Corner catch — the baseline runner sprints. He can only ever cover one side.



3. Attack the closeout — the runner arrives at a sprint and can't sit down. 5 seals the middle defender out of the play.



4. Now the skip, corner to corner — 15 meters the runner must sprint. By the third one he's cooked and the catch is a walk-in three.



5. Reset the front and hunt corners again — full cycle. Corners are where 1-3-1s go to die.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE · VS 3-2

Flash — vs 3-2 / 1-2-2

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Motion Offense vs 3-2 or 1-2-2 Zone Defenses
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

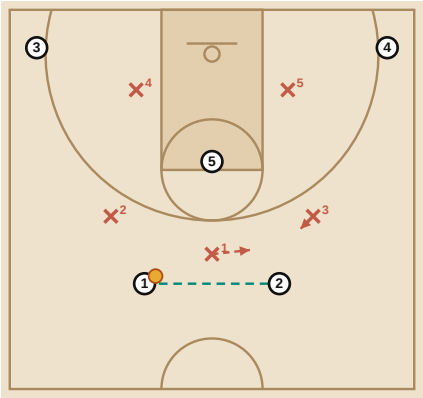
The 3-2 and 1-2-2 guard the arc with three and the blocks with two — and leave NOBODY at the free-throw line. So we take the free-throw line every single trip: two-guard front splits their top, 5 flashes to the open middle, and both corners cut along the baseline behind the collapsing bigs.

When to run it: Any 3-2 or 1-2-2 — common junk look from teams protecting the paint with two. The middle catch is free; the baseline cuts behind it are the knockout. Full cycle back to the even front.

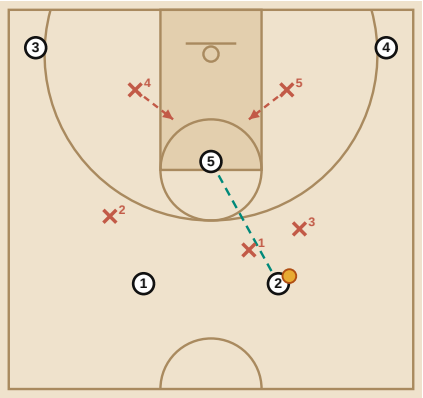
Coaching points

- Even front vs odd zones: two guards split their top defender and own both gaps.
- The free-throw line catch is AUTOMATIC vs a 3-2 — take it every trip, face up every time.
- Baseline runners live behind the front three; they cut the moment the bigs pinch.
- On every middle catch: face up, read low-to-high — layup cut first, then the corners.
- The 3-2 is the worst rebounding zone in basketball. Crash all five.

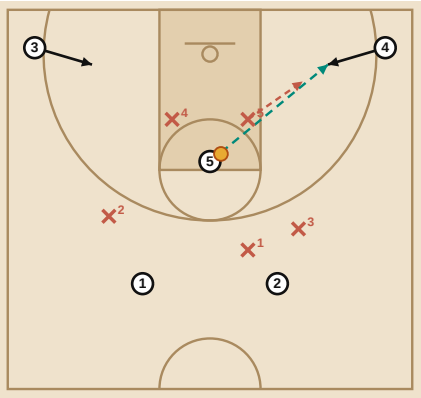
Age adaptation: Middle 11–13: “Catch at the line, face up, find the cutter” — that one habit beats most junk zones. **High School:** Full package with both baseline runners and the re-flash after reversal.



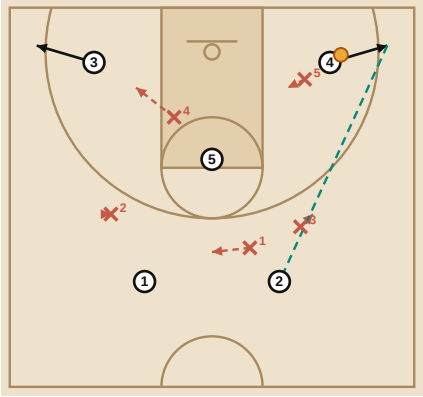
1. Even front vs their odd front: the slot swing makes the top defender pick a side he can’t hold.



2. The 1-2-2 has NOBODY at the free-throw line — 5 catches there every trip. Now the two bigs are wrong no matter what they do.



3. Both corners cut along the baseline BEHIND the pinching bigs — 5 faces up and picks a side. Layup or short bank.



4. Covered? Straight back out — the zone must re-form from scratch while we're already reset. Even front restored, next flash loading. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 03

Elite Sets & Pro Actions

Signature actions from the best staffs in basketball — Shaka Smart's Marquette ghost-screen flow, Spain pick-and-roll, Chicago Zoom action, the Spurs' Hammer, and the Warriors' Elevator Doors — translated into our language and finished in our spacing. Steal from the best; teach it your way.

ELITE SET · MARQUETTE FLOW

Ghost — Empty-Side Flow (Shaka Smart · Marquette)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

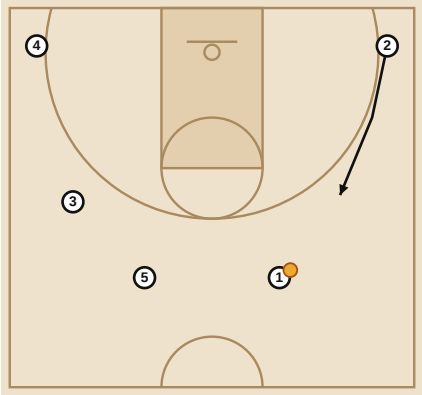
Straight from Shaka Smart's Marquette offense: stack the weak side to empty one half of the floor, then have the corner player sprint up as if to set a step-up ball screen — and GHOST it, slipping past with no contact. The on-ball defender braces for a screen that never comes; the corner defender is frozen between switching and staying. One second of indecision on an empty side is a layup.

When to run it: Flow action in any 5-out possession — no call needed once installed. Best against teams that pre-switch or "ice" ball screens: the ghost punishes the early commitment.

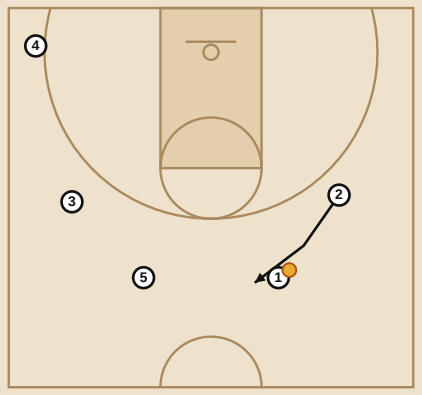
Coaching points

- The lie must be honest: 2 sprints out of the corner EXACTLY like a real step-up is coming.
- Empty side first — the whole action lives on the fact that there is no help defender within two passes.
- Ghost = no contact. Slip past the ball at full speed and lift behind it for the pullback three.
- 1 attacks the moment of the ghost, not after it — the indecision window is half a second.
- Mix them: real step-up one trip, ghost the next. The defense can never call it early again.

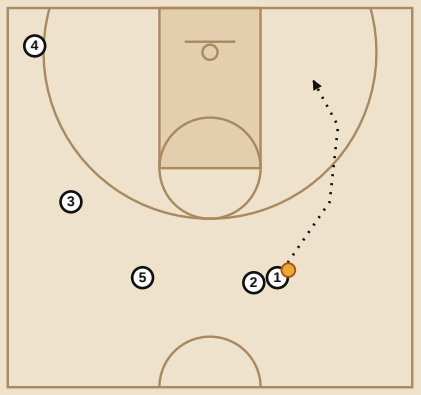
Age adaptation: Middle 11–13: Teach "empty side" spacing first; ghost comes when step-ups are clean. **High School:** Core flow layer — chain it: ghost into a real re-screen is nearly unguardable.



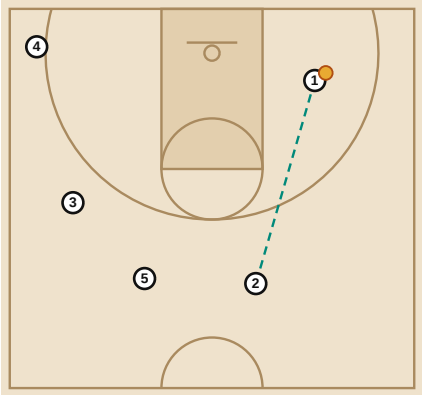
1. The whole left side is stacked — 1 and the corner are alone. 2 sprints up like a step-up screen is coming; X2 has to call it out and lean in.



2. The GHOST: no contact — 2 slips right past the ball and lifts to the slot. His defender is frozen between switch and stay.



3. 1 attacks the instant of indecision — downhill on the empty side with nobody home to help.



4. If X1 chased hard, the pullback to 2 is a walk-in three. Two scoring reads — and no screen was ever actually set.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · STACK PNR

Spain Pick & Roll

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Spain Pick-N-Roll - BREAKDOWN
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

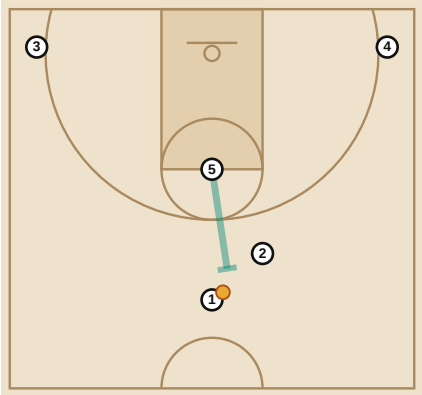
The most feared ball-screen action in modern basketball, popularized by the Spanish national team and now run by every NBA staff. A normal high ball screen — except a shooter back-screens the roller's defender at the nail, then pops. Three simultaneous threats from one action: the roll is un-helpable, the pop is unguardable if they switch, and the drive is open if they overload.

When to run it: Need-a-basket possessions and ATOs. Requires your best decision-maker on the ball and a shooter who screens willingly.

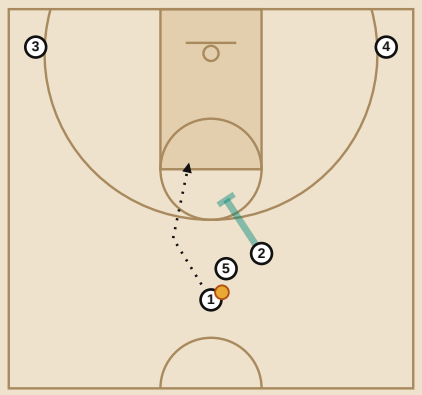
Coaching points

- The back screen is the play: 2 must actually HIT the roller's defender, then pop late.
- Read in order: lob/pocket to the roller → pop three → drive. Say it in the huddle every time.
- Timing: the back screen lands exactly as 1 turns the corner — early or late kills it.
- Corners stay glued: their gravity is what makes the lane empty for the dive.

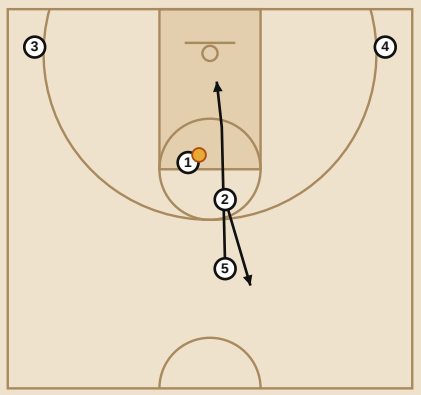
Age adaptation: Middle 11–13: Not yet — master the basic step-up first. **High School:** Install as the primary ATO. Tag "Spain X" to flip the sides.



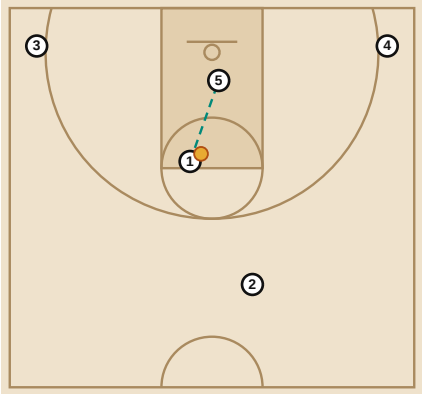
1. Looks like a normal high pick-and-roll: 5 sprints into the ball screen.



2. 1 turns the corner — and 2 slides to the nail to back-screen the roller's defender. That's the Spain.



3. 5 dives off the back screen with his defender pinned; 2 pops to the top behind the play.



4. First read: lob or pocket to the diving 5. If they switched the back screen, the pop three is wide open instead — pick your poison.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · PINDOWN + DHO

Zoom Action (Chicago)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: (NBA Film Study) Warriors running Zoom action against the Lakers
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

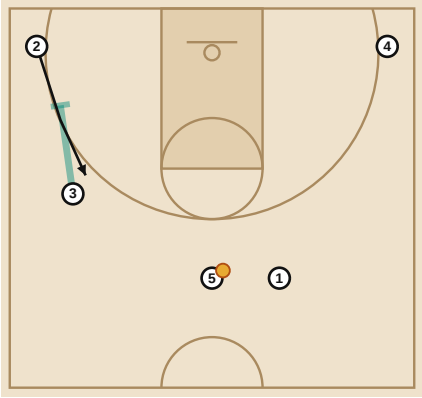
The modern NBA's favorite way to get a shooter downhill: a pindown screen that flows directly into a dribble handoff — two screens in two seconds, no pause between them. By the catch, the defender has fought through a pindown AND a handoff and is two steps behind a shooter moving at full speed.

When to run it: For your best movement shooter or downhill guard. Flow entry from 5-out — the corner player is always in position to start it.

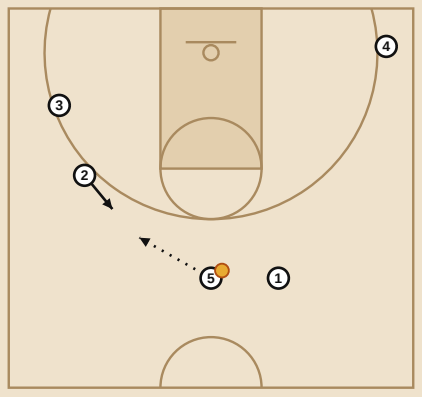
Coaching points

- No pause between pindown and handoff — the "zoom" is the seamlessness, not the pieces.
- The shooter reads his defender: chase = curl the handoff downhill; shortcut under = pop behind it for three.
- Handler dribbles AT the action so the handoff happens at speed, hip to hip.
- After the handoff, 5 flips into a roll — zoom becomes a pick-and-roll instantly.

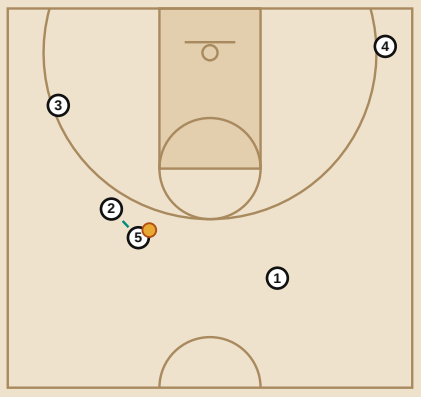
Age adaptation: Middle 11–13: Teach the pindown and the DHO separately; chain them when both are clean. **High School:** Base flow action; tag "Zoom Keep" — 5 fakes the handoff and attacks the sold-out chase.



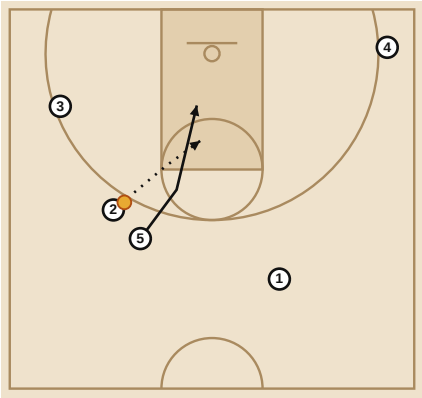
1. Pindown: 3 screens down for the corner shooter — 2 sprints off it like the shot is coming.



2. Zoom: 5 dribbles AT the action — the pindown flows straight into the handoff with no pause.



3. The handoff, hip to hip — 2 catches at full speed with his defender two screens behind.



4. 2 turns downhill as 5 flips into the roll — rim, pocket, or spray weak. The defense has been in rotation for three seconds.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · WEAKSIDE FLARE

Hammer (Spurs)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Why The Spurs Hammer Play is Unstoppable
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

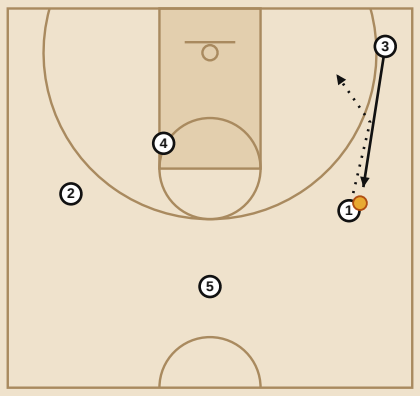
Gregg Popovich's masterpiece, drilled by San Antonio for two decades: a baseline drive on one side, and at the exact same moment a back-screen ("the hammer") along the opposite baseline drops a shooter into the weak corner. Help defenders watch the ball — none of them see the screen behind their heads.

When to run it: Automatic action any time we drive baseline: the weak side runs the hammer without a call. Also a set ATO.

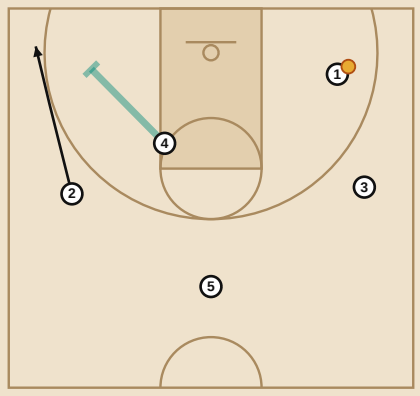
Coaching points

- The wraparound baseline pass is the skill — throw it flat and hard off two feet, outside the defender.
- Hammer screen angle: back to the baseline, screening the defender's low shoulder.
- Timing: screen arrives AS the driver picks up the ball, not before.
- If the corner is taken away, the screener slips to the dunker — second layer of the same action.

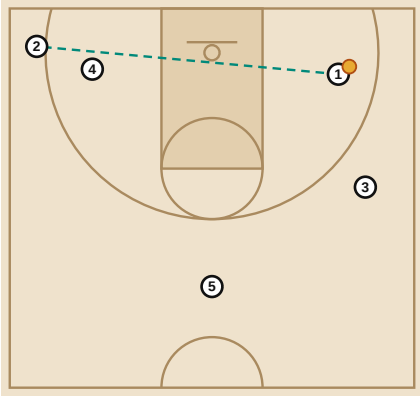
Age adaptation: Middle 11–13: Teach the concept in drive-and-drift games first. **High School:** Automatic on every baseline drive plus a called ATO version.



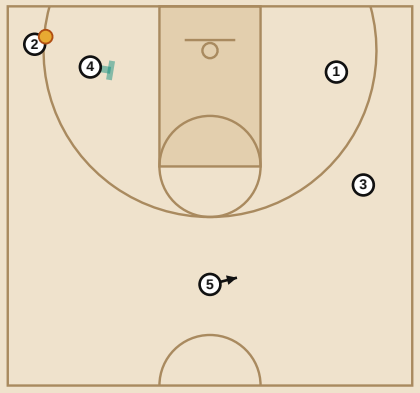
1. 1 attacks baseline — the ballside corner lifts to clear the runway and drag his defender out.



2. The HAMMER: as help collapses on the drive, 4 back-screens along the weakside baseline and 2 drops to the corner — behind everyone's heads.



3. The signature pass: baseline wraparound to the hammer corner — the one pass in basketball no help defense is built to stop.



4. Screener seals into the dunker for the crash; 5 balances top for safety. Corner three or offensive board — both are wins.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ELITE SET · SHOOTER SPECIAL

Elevator Doors (Warriors)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Warriors elevator doors screen
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

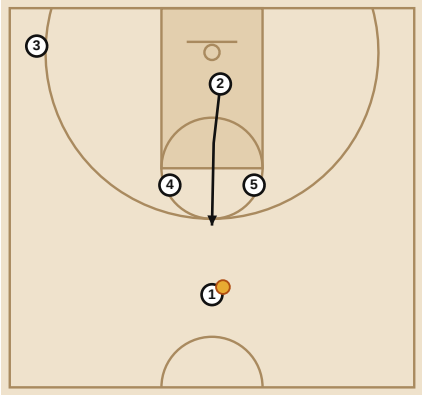
Golden State's signature look for Stephen Curry: the shooter sprints from under the rim through a gap between two teammates — and the "doors" slam shut behind him, shoulder to shoulder. The trailing defender runs into a legal two-man wall, and the shooter is open by the width of an elevator.

When to run it: Called set for your best shooter: ATOs, end of quarter, or any time the defense is top-locking him around normal screens.

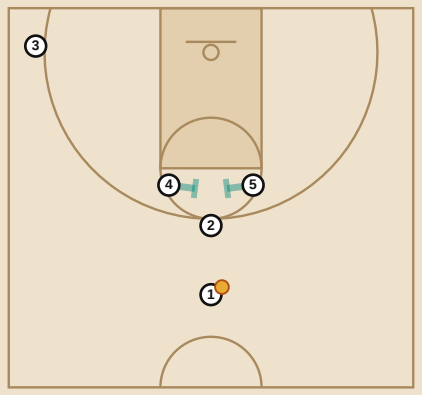
Coaching points

- Doors close shoulder-to-shoulder the instant the cutter clears — a gap is a foul waiting to happen, a wall is legal.
- The pass hits the shooter's hands AS the doors shut — rehearse the timing weekly.
- Cutter sprints through STRAIGHT — a curved path gives the defender the same gap.
- Counter is automatic: if the defender shoots the gap early, the cutter curls backdoor off the near door.

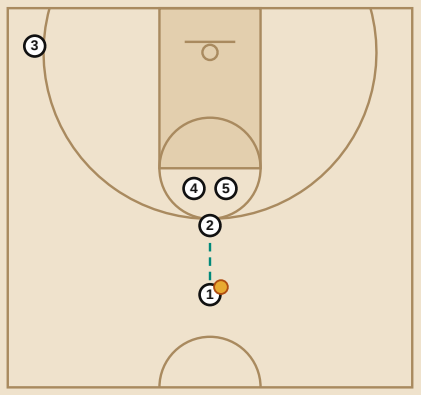
Age adaptation: Middle 11–13: — **High School:** Two reps a week keeps it ready; save it for moments that matter.



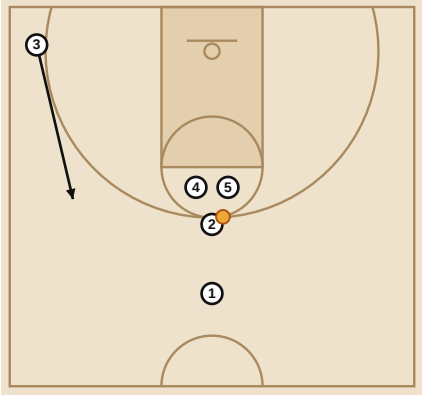
1. 2 sprints from under the rim straight through the gap between the two "doors."



2. The doors CLOSE — shoulder to shoulder, the instant 2 clears. The trailing defender hits a legal wall.



3. The pass arrives as the doors shut — catch and shoot behind the wall.



4. Counter: if X2 shoots the gap early, 2 curls backdoor off the near door for the layup. 3 lifts weak for balance.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 04

Half-Court Defense

Pack Line man-to-man is the base at every level once players leave the youth stage, with shell habits drilled daily. The zone menu is built on the 1-3-1 — a disciplined no-trap base and a trapping version out of the same shape — plus a 2-1-2 trap for short bursts. The 2-3 stays in the back pocket: we rarely play it.

Man-to-man non-negotiables

- **Jump to the ball** while every pass is in the air — position is earned early, not late.
- **Ball–You–Man:** off the ball you see both at all times.
- **No middle.** Force drives baseline and to help; the middle of the lane is ours.
- **Closeout short:** take away the drive first; scout dictates shooter closeouts at varsity.
- **Talk is a skill:** “ball” — “help left” — “screen right” — silence gets you subbed.
- **Ball-screen menu (varsity):** Ice sidelines, drop vs non-shooters, hedge vs elite handlers.

OUR LEAD CHANGEUP · MATCHUP + TRAPS

Shark 3-2 — Matchup Trap (Temple Rules)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Our signature half-court look, built from the rules John Chaney made famous with the Temple matchup zone: three across the top, two behind, and it LOOKS like a zone while it guards like man — whoever enters your area is yours, tight. Two non-negotiables run the whole scheme: nothing enters the paint, and once the offense declares a side, it stays there. Then the traps come — on baseline dribbles and deep corner catches, with the lane already packed behind them.

When to run it: Our lead changeup and identity look: call it for full halves against teams that can't beat a packed lane, or in bursts to kill a rhythm. The confusion IS the weapon — offenses prepare man offense and zone offense, and this punishes both.

Coaching points

- Match, don't watch: whoever enters your area is YOURS, man-tight. The zone is only what it looks like from the bench.
- Rule one: nothing enters the paint. High post fronted, cutters bumped, every drive meets three bodies.
- Once the offense declares a side, KEEP it there — deny the reversal and the floor shrinks to half.
- Traps fire on baseline dribbles and deep corner catches only — the two spots where the math is ours.
- Hands high in every lane: Chaney's Temple teams turned deflections into offense for 25 years. So do we.

Age adaptation: Middle 11–13: Install the matchup rules with NO traps first — match, bump, front the post. **High School:** Full package with both trap triggers; pairs with the 1-3-1 family so three different shapes come out of one defense.

Variations & counters

- No-trap call ("Shark Quiet"): matchup rules only — use it to protect foul trouble.
- Trigger flips: trap first-side corner only, or every reversal catch — change it by quarter.
- Pair with 1-3-1 looks: same personnel, three shapes, one defensive language.

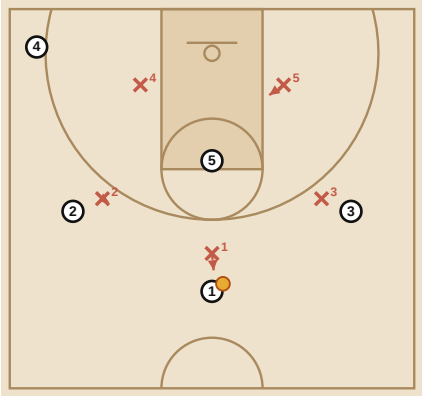
Common mistakes

- Chasing cutters across zones instead of passing them — one chase breaks the whole shell.
- Trapping on the catch instead of the dribble/deep-corner triggers — undisciplined traps bleed layups.
- Silent handoffs: an uncalled exchange is a wide-open flash every time.

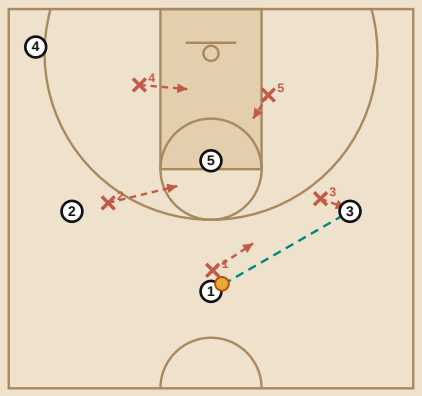
Teaching drills

- Shell vs cutters: offense only cuts, defense only matches and calls — no shots until it's loud.
- 5v5 trigger reps: offense scripts baseline dribbles and corner catches; defense springs and recovers.
- Scramble-out drill: coach kicks the ball out of a trap, defense must re-match in 2 passes.

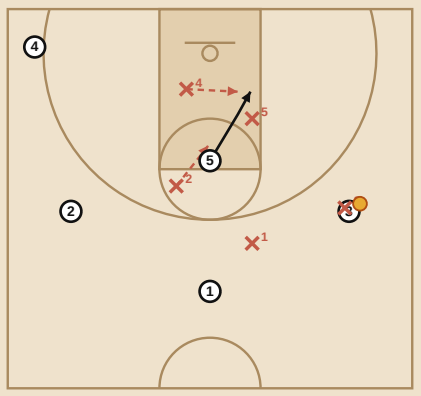
Personnel fit: Five communicators. Length helps the traps; discipline matters more — your smartest five, not your longest.



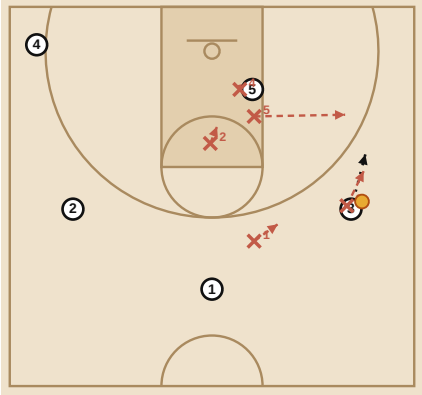
1. It LOOKS like a 3-2 zone — but the point defender is man-tight on the ball and every area defender matches the body in his zone. The offense can't tell what it's playing against.



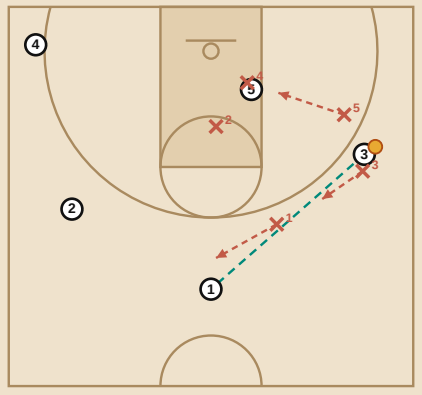
2. Wing catch declares the side — and the rule fires: KEEP IT THERE. Reversal denied at the nail, high post fronted, the lane already holds three bodies.



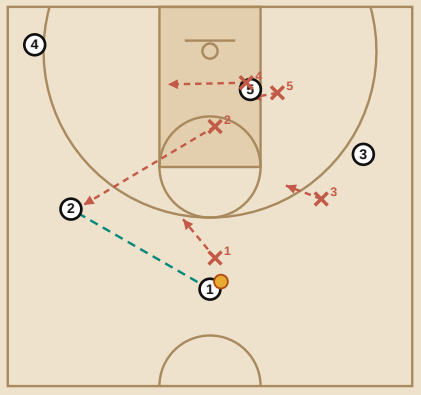
3. The matchup HANDOFF: the high post dives — d2 chases him one zone, then passes him to the back line. Man coverage, zone legs: the cutter never finds a seam, the shape never breaks.



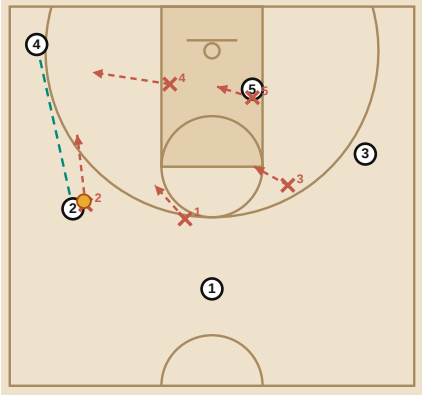
4. The baseline dribble springs TRAP ONE: wing and back-line close hard — while the diver stays fronted and the lane stays packed. Closed before the trap ever arrived.



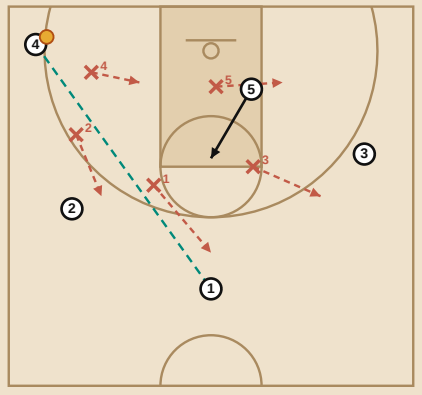
5. Out of the trap: the kick-back finds the nearest defender already matching the catch, and both trappers sprint home. The scramble never costs a layup — recover THROUGH the paint, never around it.



6. Skip to the weak wing: the far defender flies at the closeout, the nail is taken behind him, and the back line slides across — the paint is re-packed before the catch turns into a drive.



7. Deep corner catch — TRAP TWO, the second trigger: top and baseline defenders close from two angles, rim fronted, reversal lane shaded. Same rule as always: the lane is full while the ball is cornered.



8. The escape skip goes long — and everyone sprints home through their rotations: three up, two back, every catch matched. Full cycle, two traps, zero paint touches. That's the Shark.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SHARK PACKAGE · VS PNR

Shark 3-2 — vs Ball Screens

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

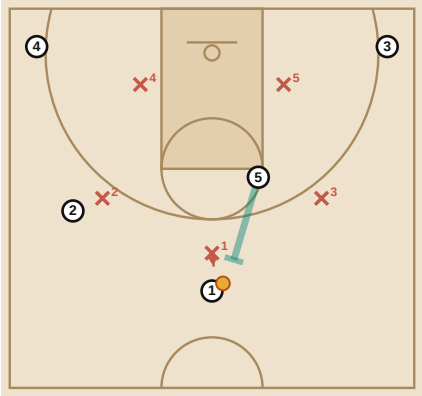
The first thing good teams try against the Shark: screen the point of it, betting the ball screen makes two defenders guard one. Our answer never changes the rules — the on-ball defender fights OVER, the near wing stunts without leaving his area, and the roller gets passed to the back line like every other cutter. No switches, no mismatches, no open lane.

When to run it: Scout prep vs ball-screen-heavy teams. Rep it weekly: the Shark only stays on the floor if it can survive a screen without breaking shape.

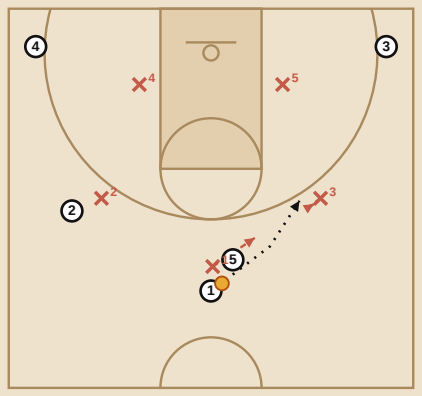
Coaching points

- Never switch the point screen — fight over it. A switch is exactly the mismatch the offense is shopping for.
- The wing STUNTS, never commits: one hard step and recover. Show two, give none.
- The roller is just a cutter: back line takes him, front line recovers. Same handoff rule as always.
- The pocket pass must die in traffic — that is the whole test of the possession.
- Trap triggers stay the same (baseline, deep corner). Vs the screen we contain; we never chase.

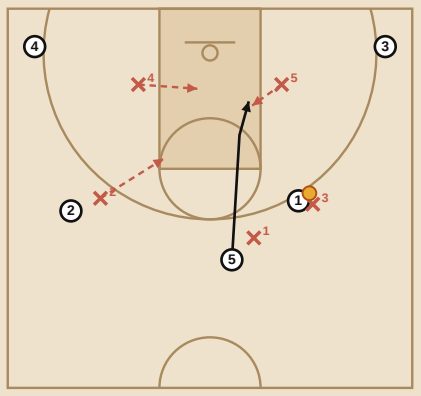
Age adaptation: Middle 11–13: — **High School:** Weekly scout rep — every opponent will try this within three possessions.



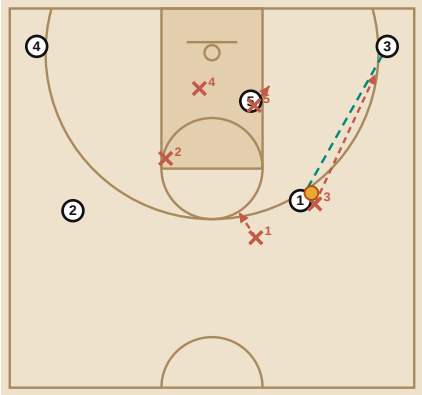
1. Here it comes: the screen on the point of the zone — the offense is betting one screen beats five rules.



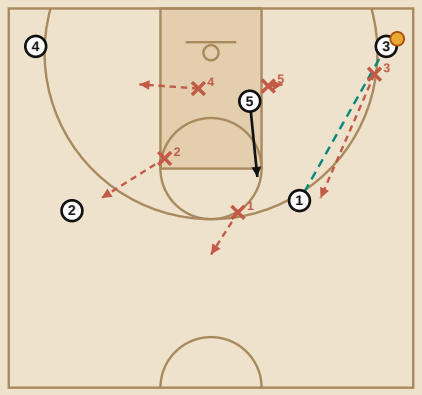
2. The handler turns the corner — and the Shark does NOT switch: d1 fights over the top while the wing stunts one hard step and recovers. Two defenders shown, zero areas abandoned.



3. The roll is just another cutter: the back line takes him, the weak side packs in behind. The pocket pass dies in traffic — that pass is the whole test, and it fails.



4. Kick to the corner: sprint closeout, block fronted behind it, nail taken. No trap here — vs the screen we contain, pass off, close out. The triggers never move.



5. Reversal out and everyone re-matches home: ball screen absorbed, zero switches, lane never opened. Full cycle — the screen cost the offense eight seconds and bought nothing.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SHARK PACKAGE · VS ZONE ATTACK

Shark 3-2 — vs Overload + Short Corner

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

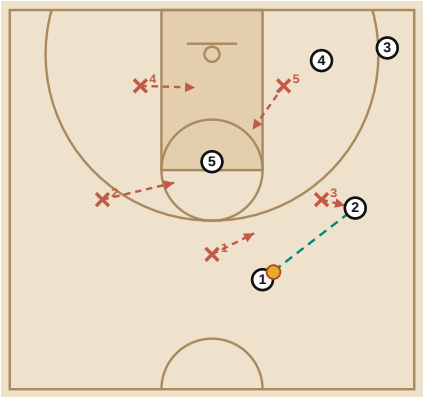
The classic zone-buster — overload one side, park a man in the short corner behind the back line, flash the high post — is exactly what our own Loader does to zones. The Shark survives it because it doesn't count bodies, it OWNS them: every player in the overload has a defender matched, both inside targets get fronted, and the deep corner catch still walks into the trap.

When to run it: Scout prep vs teams with a real zone-attack package. This is the possession that proves the matchup is not a zone.

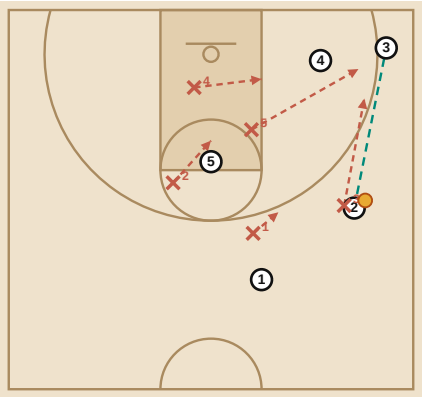
Coaching points

- The overload outnumbers a ZONE — it cannot outnumber a matchup. Match every body; never count.
- Both inside men get fronted: high post by the sinking guard, short corner by the back line sliding ACROSS.
- The deep corner trap still fires — the overload just put their worst passer inside it.
- On the bailout, re-match to the NEAREST home, not "your" spot — recover through the paint, never around it.
- Win condition: the short corner never catches facing the rim. Front early, front always.

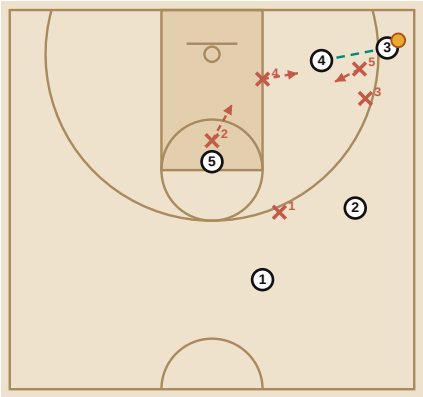
Age adaptation: Middle 11–13: — **High School:** Pair this rep with our own Loader in practice — offense and defense sharpen each other.



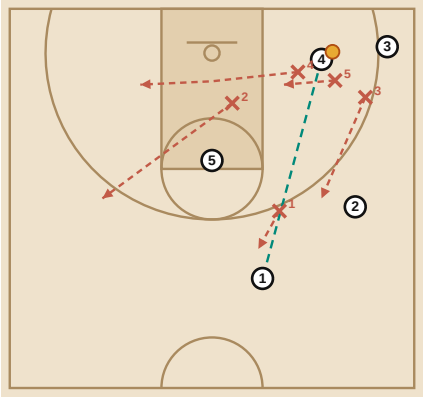
1. The overload tilts everything right: wing, corner, short corner, high post — four threats on one side. A zone counts and panics; the matchup just matches.



2. Deep corner catch — the trap fires as always, and watch the back line: the weak defender slides ACROSS to front the short corner while the trap closes. Both inside targets owned, ball cornered.



3. They force it to the short corner anyway — and the catch is smothered: the front becomes a double, the rim is walled, and there is no angle anywhere. The overload has run out of players.



4. The bailout skip — and the Shark RE-MATCHES: defenders sprint home through the paint and take the NEAREST spot, not “theirs.” The shape heals with whoever is closest. Overload defeated, full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SHARK PACKAGE · VS SCREENING MOTION

Shark 3-2 — vs Motion & Screens

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

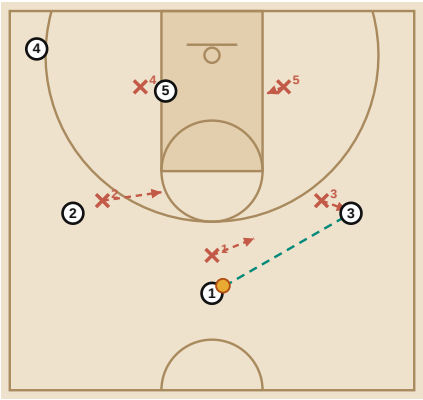
The third attack the Shark must survive: teams that simply run their man offense at it — pindowns, curls, give-and-gos — betting that screens beat zones. They don't beat this one: screens against a matchup hit air, because the cutter changes zones and simply changes OWNERS. The shooter curls off two screens into a defender who was already standing there.

When to run it: Scout prep vs teams that play man offense against everything. Also the best daily rep: our own motion vs our own Shark.

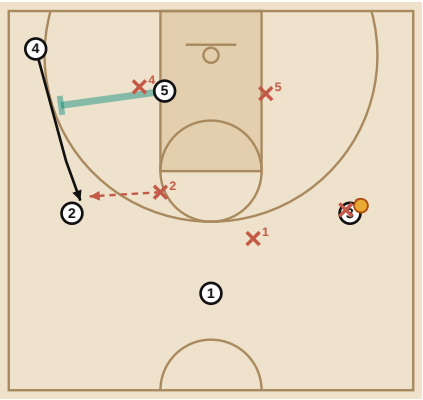
Coaching points

- Screens hit air: never chase a cutter through a screen — he changes zones, he changes owners. Call the handoff LOUD.
- The screener slipping is the real danger — the back line matches every slip like a cutter.
- Closeouts come from the catch-area owner, so they are short by definition — drives meet the same wall every set meets.
- Dig from the nail on every middle drive; the on-ball defender is never alone.
- One scheme, four attacks survived: PnR, overload, motion, swings. The rules never change — that is why nothing surprises us.

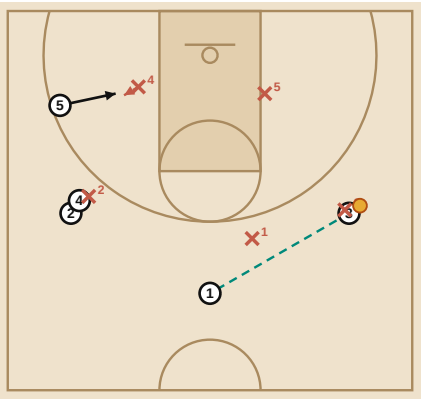
Age adaptation: Middle 11–13: This rep is where the matchup rules get learned — run it slow, call every handoff out loud. **High School:** Daily: first group motion vs second group Shark, then flip. Both ends sharpen.



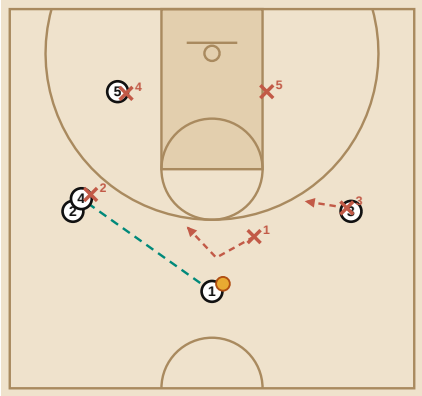
1. Man offense against the Shark: wing entry declares the side, same as always — and the weak side is already loading a pindown.



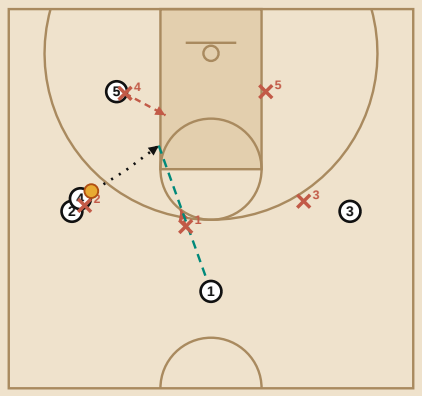
2. The pindown comes — and hits AIR: the curler changes zones, so he changes owners. d2 is already waiting at the wing; d4 matches the slipping screener. Nobody chased anything.



3. The screener slips to the lane — matched by the back line like every cutter. Two screens spent, zero advantages created.



4. Swing to the curler — his owner closes out SHORT, because he never left the area. You cannot screen a defense that owns its ground.



5. The drive meets the same wall every set meets: owner rides, nail digs, back line fronts. Kick-out forced, everyone re-matches — PnR, overload, motion: the rules never changed once. That is the Shark.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

DAILY DEFENSE · MAN PRINCIPLES

Shell — Help & Recover

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

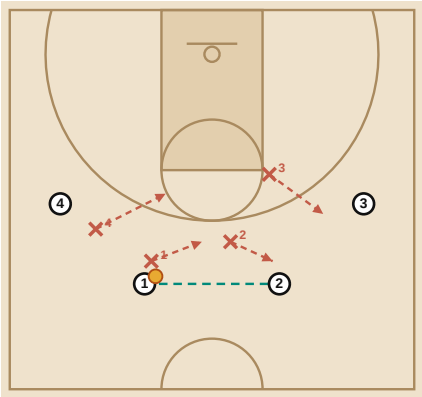
The drill that builds our half-court defense, run every practice from middle school up. Four defenders learn the three jobs they rotate through on every pass: pressure the ball, deny/gap one pass away, and sink to help two passes away.

When to run it: Every practice. Pass-only first (positions), then live drives (help and recover), then fully live with scoring.

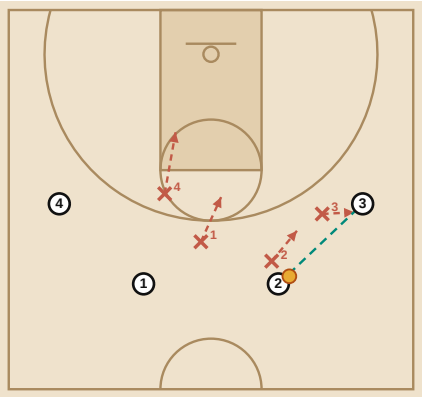
Coaching points

- Move while the ball is IN THE AIR — arrive with the catch, never after it.
- Ball–You–Man: off the ball you can always see both. Lose vision, lose your job.
- Help stops the ball; the NEXT defender covers the helper's man (the X-out). One rotation, not two gambles.
- Talk is graded: "ball", "gap", "help" called on every single pass.

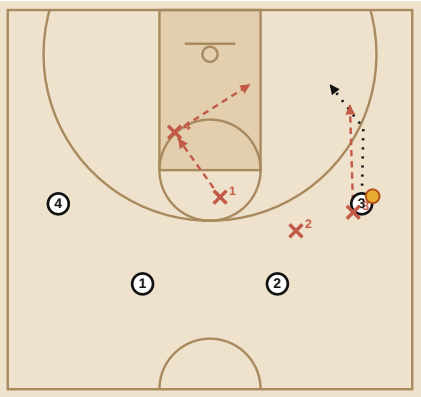
Age adaptation: Youth 7–10: 2v2 stance and vision only. **Middle 11–13:** Daily 4v4: pass-only → live drives. **High School:** Live with scoring, plus ball-screen and post-entry shell variants.



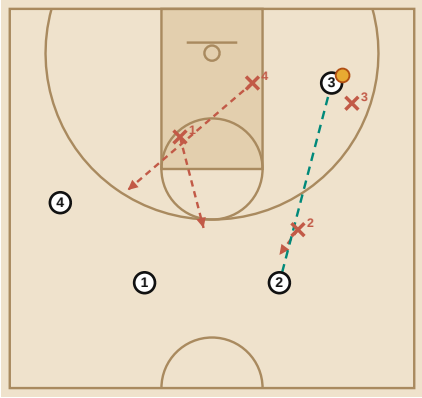
1. Pass in the air — all four defenders move at once: new ball pressure, new gaps, new help.



2. Second swing to the wing: weak-side defenders sink toward the lane — triangles everywhere.



3. Baseline drive! Lowest helper stops the ball outside the paint; next defender X's down behind him.



4. The kick: closeout short, recover the shell. Help created chaos — recovery turns it back into order.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BASE DEFENSE · MAN TO MAN

Pack Line — Base Defense

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

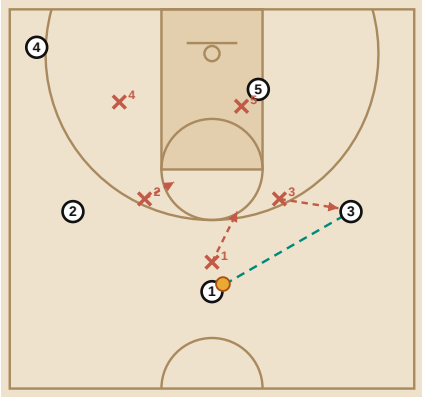
Our half-court identity from middle school up. One defender pressures the ball; the other four keep two feet inside an imaginary arc two feet inside the three-point line — the “pack.” Gaps are pre-filled before the drive ever starts.

When to run it: Base defense every possession. Built for teams that want to wall off the paint, defend without fouling, and rebound from position.

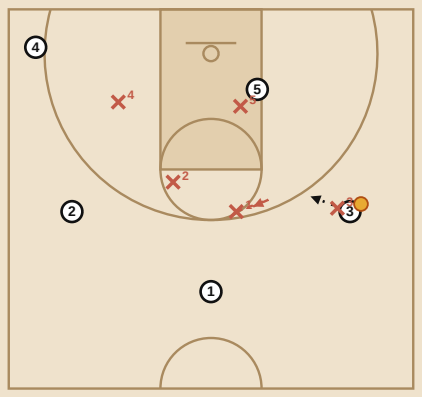
Coaching points

- Contain beats steals: few gambles, few fouls, no easy baskets.
- On-ball: influence sideline/baseline. Off-ball: two feet in the pack, period.
- Closeout SHORT — take away the drive, contest late and high. Blow-bys are worse than open threes here.
- Post defense: three-quarter ballside front. No easy catches on the block.

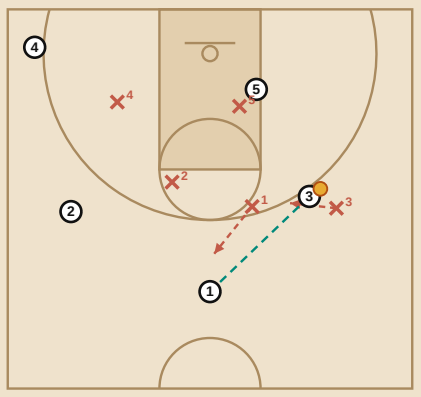
Age adaptation: Youth 7–10: Just stance + vision habits. **Middle 11–13:** Install as the base; simple language: “in the gap.” **High School:** Full scheme with scout adjustments (shooters get tighter closeouts).



1. Ball to the wing: X3 closes out short; everyone else already has two feet inside the pack.



2. Middle drive attempt hits a wall — the gap was filled before the drive started. Turned back.



3. Swing back out: short closeout on the catch, pack re-forms behind it. Every pass, same picture.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE DEFENSE · PRIMARY ZONE

1-3-1 Zone — Base (No Traps)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

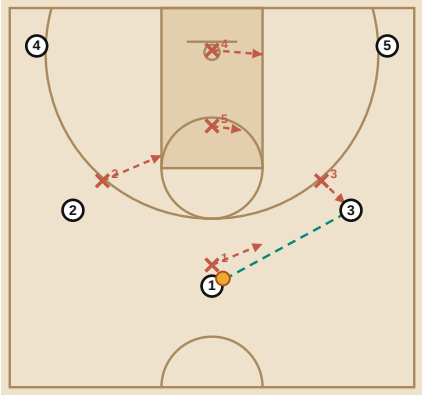
Our primary zone: a chaser on top, three across the free-throw line extended, one runner owning the whole baseline. This is the DISCIPLINED version — no traps, no gambles, just long arms in every passing lane and a shape that takes away the middle. Because it looks identical to our trapping 1-3-1, the offense can never tell which one is coming.

When to run it: Extended zone stretches: disrupt rhythm teams, protect foul trouble, shorten games. Pair it with the trapping version on a call — same alignment, different intent. Animation runs the full swing cycle back to base.

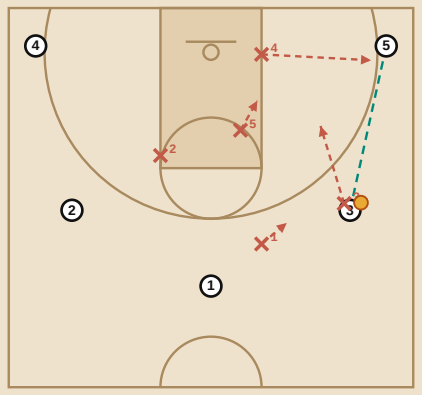
Coaching points

- No traps means NO traps — position and hands, never a reach. The discipline IS the disguise.
- The baseline runner covers corner to corner; he sprints the width on every skip, all game.
- Middle defender owns the high post: a catch there is the only thing that beats the shape.
- Hands stay high in the lanes — the 1-3-1 lives on deflections and tempo-killing.
- Rebounding is the tax: the weakside diagonal is open, so all five hit bodies on every shot.

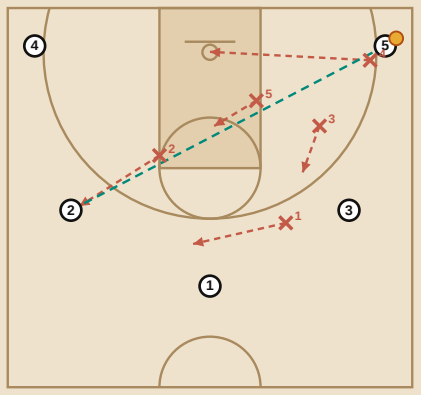
Age adaptation: Middle 11–13: Introduce as the first zone once man principles are solid. **High School:** Primary zone. One signal flips it into the trapping version mid-possession.



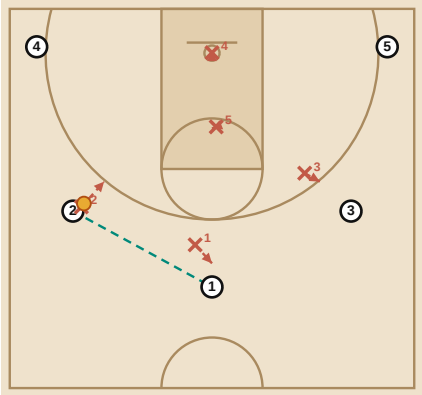
1. Wing catch: the wing takes the ball, the chaser shades to kill the easy reversal — position, not pressure.



2. Corner: the baseline runner covers — that is his entire job, corner to corner. Wing sinks to front the post.



3. The skip is the stress test: weakside wing flies to the ball, the runner sprints the full width, the middle holds the paint. No panic, no fouls.



4. Ball back to the top — and the zone is back in its base shape. Full cycle: no gambles, no fouls, nothing surrendered. Reset and smother again.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

CHANGEUP DEFENSE · HALF-COURT TRAP

1-3-1 — Wing Trap

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

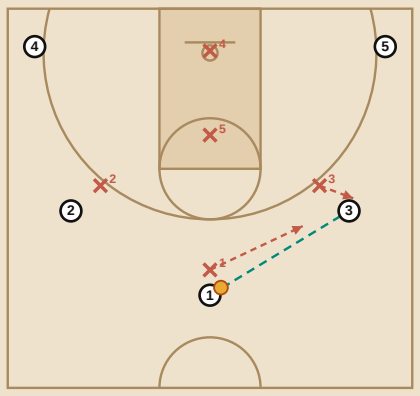
A rhythm-breaker: chaser on top, three across the free-throw line extended, one runner covering the whole baseline. Every wing catch triggers a trap with the sideline as the third defender. High risk, high reward — possessions get stolen or given.

When to run it: After timeouts, to close quarters, or any time the game needs chaos. A handful of possessions — the surprise IS the weapon.

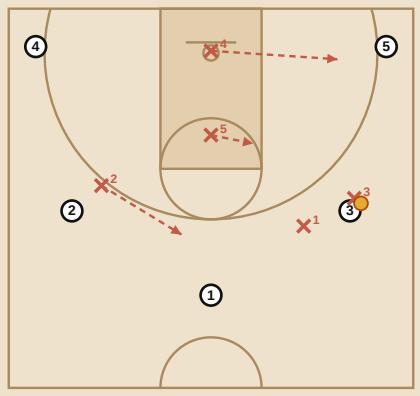
Coaching points

- Trap with feet and chest, hands tracing the ball — the foul bails out the panic.
- Corner catches get trapped hardest: baseline runner arrives with the catch.
- Behind the trap: middle, corner, and reversal are shaded — the only “open” pass is the lob, and lobs hang.
- Weakness is the boards: middle defender must crash every shot.

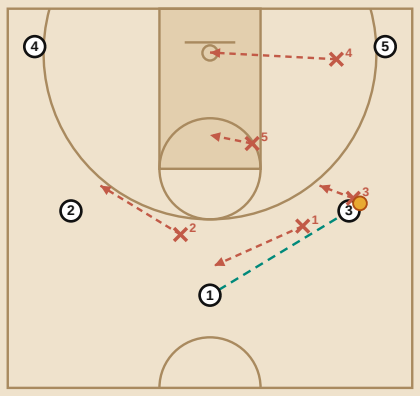
Age adaptation: High School: Varsity tool. JV can run it only after the pack line is reliable.



1. Wing catch = trigger. Chaser and wing spring the trap — the sideline is the third defender.



2. Behind the trap the triangle forms: middle shaded, corner covered by the runner, reversal shadowed.



3. Ball escapes backward — fine. Sprint home, reset the 1-3-1, hunt the next wing catch.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE DEFENSE · TRAPPING

2-1-2 Trap Zone

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

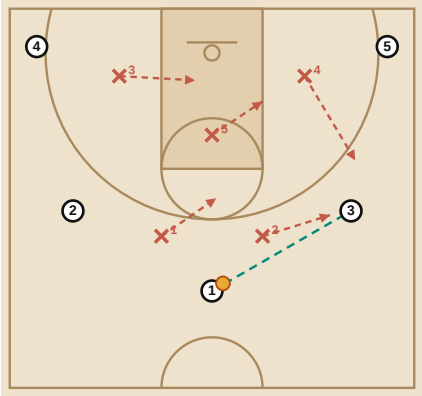
The third look in the zone menu: two up top, one anchoring the middle, two on the back line. Every wing and corner catch gets trapped from two angles while the middle defender walls off the high post. More aggressive than the 1-3-1 trap because the traps come from in FRONT of and BEHIND the ball at once.

When to run it: Short bursts — three or four possessions out of a timeout or after made free throws. Steal a possession, force a panic timeout, then get back to Pack Line before the offense solves it. Animation runs trap, re-trap, escape, and recovery to base.

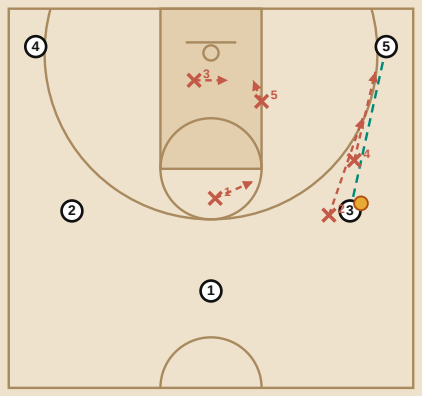
Coaching points

- Traps live on the wings and in the corners — NEVER at the top of the key.
- The middle defender owns the high post; a clean catch there is the only thing that breaks the 2-1-2.
- The back line never both leaves the paint — one traps, one protects the rim. Always.
- Let the escape skip go: sprint the rotation instead of fouling the arm.
- Same rule as every trap we teach: feet and chest form the wall, hands trace the ball.

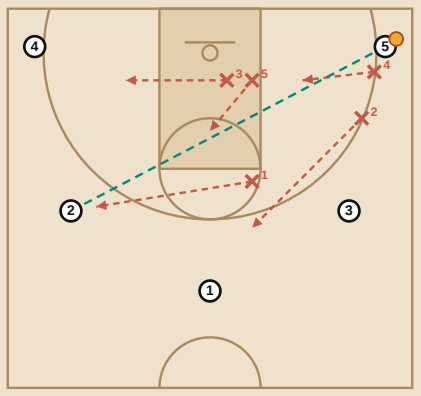
Age adaptation: High School: Varsity only — it needs five players who rotate on air time, not on the catch.



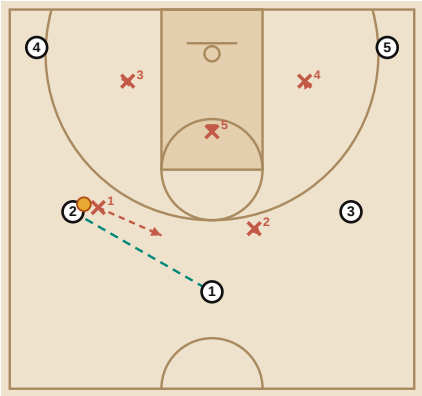
1. Wing catch springs it: the front guard and the back forward close from two angles — the sideline is the third trapper.



2. Corner is the kill zone: the trap tightens, every outlet up the line is contested — the lob over the top is the only escape, and lobs hang.



3. The skip escapes — fine. Sprint the rotation, no fouls on the release, and the far side is covered before the catch turns into a drive.



4. Ball to the top and the shape heals: two up, one middle, two back — full cycle. Run it a few more trips or melt back into Pack Line; the offense has to prepare for both.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BACK POCKET · RARELY USED

2-3 Zone — Shifts (Rare)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

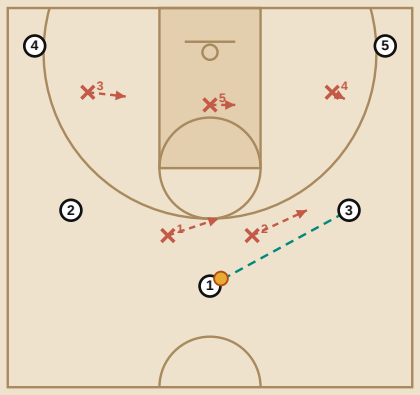
The break-glass zone. We RARELY play 2-3 — the 1-3-1 family and the 2-1-2 trap are our zone identity — but every team in the program knows its shifts, because one weekend you will meet a lineup this shape is built for. Two guards up top, three across the back; every pass moves all five defenders.

When to run it: A handful of possessions a season: a dominant post you must wall off, deep foul trouble, or a surprise look out of the Cougar press. If we are playing 2-3 for long stretches, something has gone wrong.

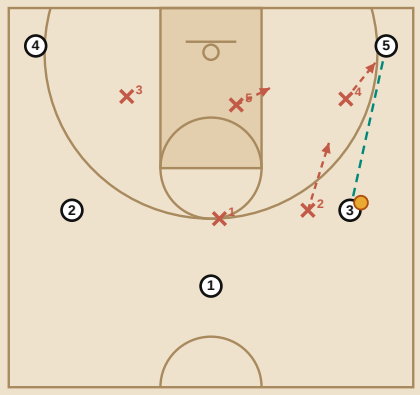
Coaching points

- Shift while the ball flies — a zone that moves on the catch is already dead.
- Hands high in the lanes: the zone's job is deflections and ugly possessions.
- Bump rule: when help arrives, the guard bumps back out — never two defenders on one ball.
- Zones give up boards: all five must find a body when the shot goes up.

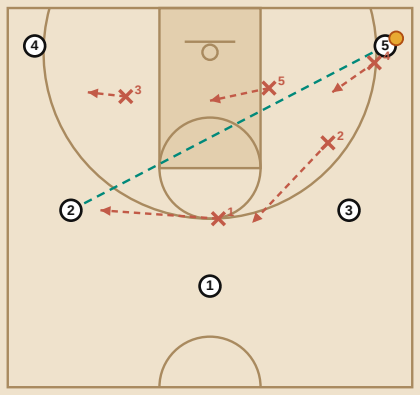
Age adaptation: Youth 7–10: Not allowed — man only. **Middle 11–13:** Shifts taught, rarely called. **High School:** Kept in the back pocket — the 1-3-1 looks and 2-1-2 trap come first.



1. Wing catch: ballside guard out, center fronts the block, weak forward slides to the lane.



2. Corner: forward covers, center slides behind him, guard sinks to the high post. The lane stays full.



3. The skip makes a zone sprint — nearest guard flies to the closeout, all five re-shift. This is where zones crack: make them do it over and over.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 05

Press Package

Four presses, three press breaks. Zone presses (Shaka Smart's Havoc 1-2-1-1, the 2-2-1 Cougar) dictate tempo and trap on our terms; the Run & Jump man press attacks weak handlers and dead dribbles. And when the pressure comes at us, we have an answer for every kind: the 1-4 Breaker, the over-the-top Home Run, and the half-court Trap Breaker.

Press principles

- **Traps are earned, not forced:** trap on triggers — a lob catch, a sideline dribble, a picked-up ball — never in open space.
- **Fouls kill presses.** Trace the ball with hands, move feet, live with a clean escape rather than a reach.
- **The three behind the trap play a triangle** on the passing lanes: closest outlet, middle, deep.
- **Sprint to Pack Line when beaten:** rim first, then shooters, reset the half-court defense.
- **Age gates:** Youth — no presses, ever. Middle — 2-2-1 contain intro only. HS — full menu.

ZONE PRESS · HAVOC SYSTEM

Havoc — 1-2-1-1 Diamond Press (Shaka Smart · VCU)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Shaka Smart 1-2-1-1 Havoc Full Court Press Breakdown
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

The press that carried Shaka Smart's VCU to the 2011 Final Four and defined a defensive era. Set after made baskets in a diamond: X4 — a long, active big — pressures the inbounder's vision, wings sit at the elbows extended, one interceptor patrols the middle, one goaltender protects the rim. Havoc's rule: trap the SHORT pass, close to the inbounder, the instant it's caught. The goal isn't just steals — it's making every possession start ugly and late in the clock.

When to run it: After made baskets and free throws. Smart ran it as an identity, not a gimmick: it recruits effort, conditions your team, and makes opponents practice all week for something they still can't simulate.

Coaching points

- Smart's five keys to a trap: (1) trap when the handler loses control, (2) element of surprise — sprint into it, (3) location — sideline and corner only, NEVER the middle, (4) no fouls, (5) no splits: feet and chests form a wall the dribbler cannot go through.
- The short corner inbound pass is BAIT — we want it thrown. Trap arrives with the catch.
- X4 on the ball mirrors the inbounder's eyes with high hands — deflected inbound passes are free points.
- Backward passes are gifts: let them go, re-form the diamond, let the 10-second count squeeze.
- Beaten? Sprint to the pack line — rim first, shooters second. Havoc lives with giving up nothing easy.

Age adaptation: Youth 7–10: Never. **Middle 11–13:** Not before the Cougar contain press is clean. **High School:** The signature weapon — run it in waves with fresh legs, like VCU did.

Variations & counters

- FIST (middle-flash denial) — animated below.
- "Soft" call: same shape, no traps — a free timeout-waster that still slows the break.
- Second-trap release: after the re-trap, peel into man — presses that END possessions confuse teams most.

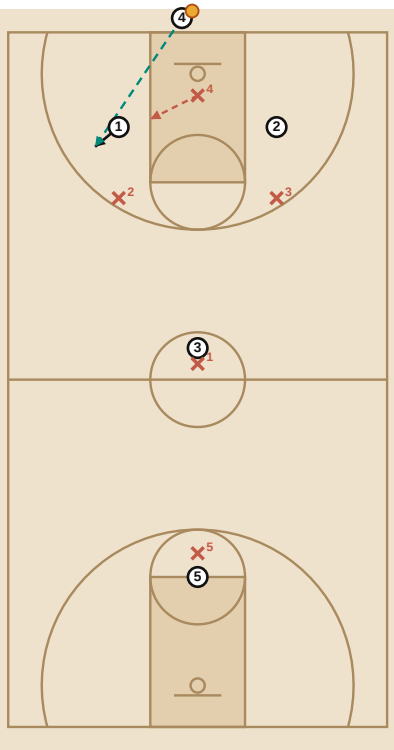
Common mistakes

- Reaching in the trap — one bail-out foul erases three steals of work.
- Interceptors watching the trap instead of the lanes: the steal comes from the triangle, not the trap.
- Goaltender creeping up without a call — the home-run ball punishes freelancing instantly.

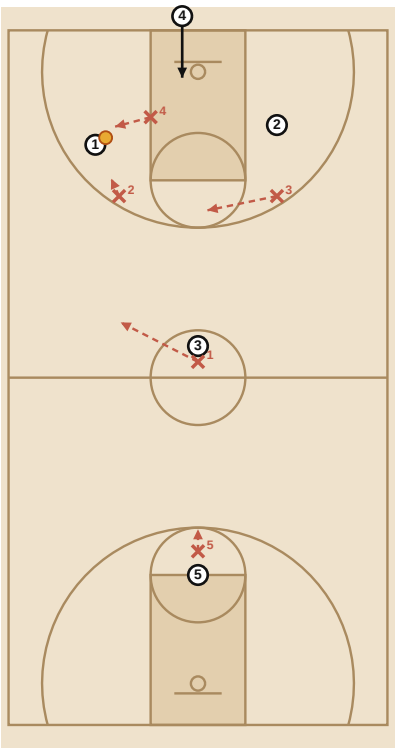
Teaching drills

- Trap technique 2v1 in the sideline box (feet, hands, no fouls).
- 3-lane interceptor drill: coach in the trap throws escapes; triangle rotates and picks.
- 5v5 press-to-packline: every rep ends sprinting into half-court shape — beaten or not.

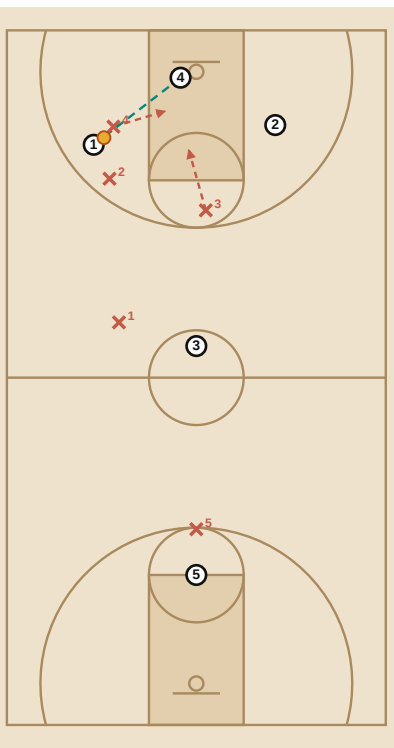
Personnel fit: X4 is your longest athlete, the goaltender your best rim protector, interceptors your fastest hands.



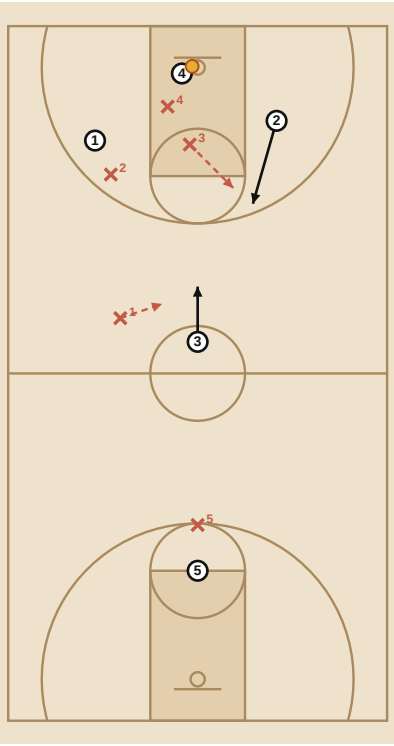
1. X4 mirrors the inbounder with high hands — and shades to invite the short corner pass. That's the trap zone.



2. Trap ON the catch: X4 and X2 spring it at the sideline — surprise, no fouls, no splits. Behind it the diamond rotates: middle, sideline, rim.



3. The only escape is backward — we allow it. X4 peels to the release man; everyone lifts and re-forms the diamond.



4. Now the count is our sixth defender: every forward pass hangs over the interceptor. Ugly, late, rattled — that's Havoc working even without the steal.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS ADJUSTMENT · VS 1-4 BREAKS

Havoc Adjustment — FIST vs the Middle Flash

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Shaka Smart VCU Havoc Full Court Press Defense System
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

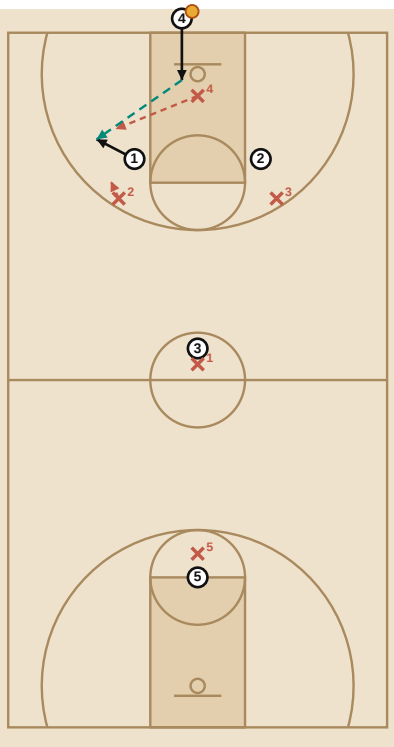
Every prepared opponent attacks Havoc the same way — flash a man to the middle, the one catch that beats any press. FIST is our one-word adjustment: the interceptor fronts the flash, the weak wing doubles the middle lane, and the goaltender cheats up a zone. Their best answer disappears, and the re-trap on the second sideline catch punishes the backward escape they're forced into.

When to run it: Call it the moment film or live play shows a disciplined 1-4 middle-flash break. One word changes four jobs; the shape never changes.

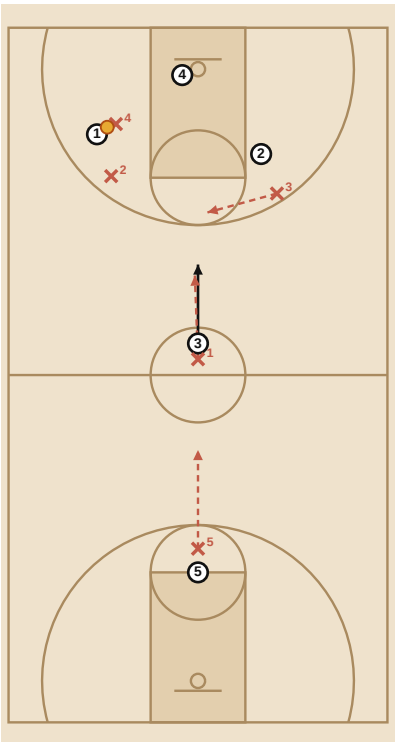
Coaching points

- FIST changes JOBS, not shape: same diamond, four new assignments on one call.
- The interceptor FRONTS the flash — body on, arm over, no catch. Denial, not reaction.
- Weak wing doubles the middle lane: two bodies own the zone their whole break aims at.
- The goaltender cheats up one zone — the deep ball is the gamble we accept to kill the middle.
- The re-trap is the payoff: teams celebrate the backward escape, then throw the second sideline pass into the blitz.

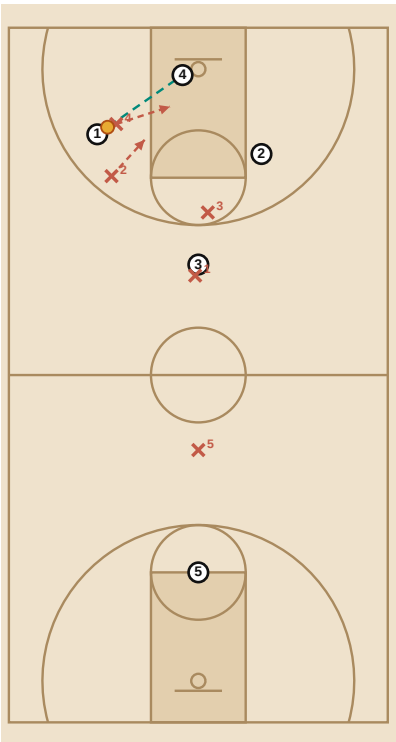
Age adaptation: Middle 11–13: — **High School:** Rep FIST against our own Breaker weekly — our press and our break sharpen each other.



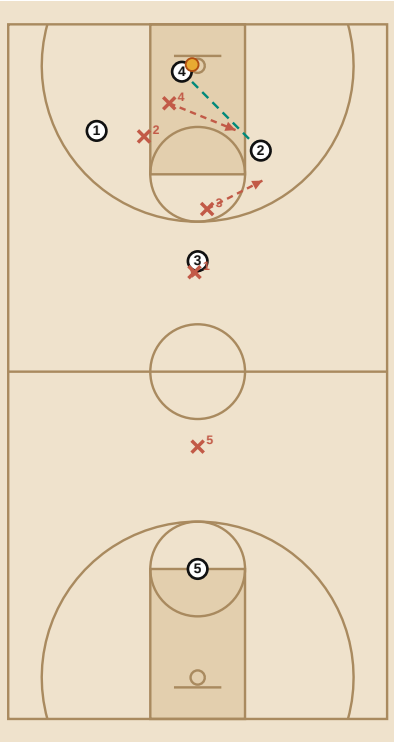
1. They run the break every coach teaches: corner entry — and the middle man starts his flash. Havoc traps the catch as always…



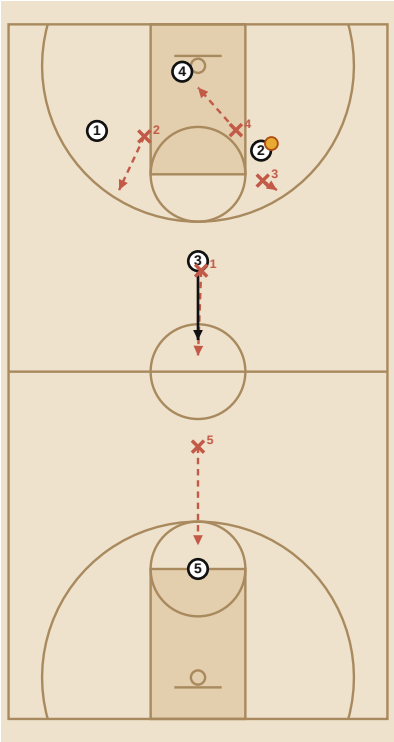
2. …and FIST fires: the interceptor FRONTS the flash, the weak wing doubles the middle lane, the goaltender cheats up. The catch they practiced all week no longer exists.



3. Middle denied, the ball goes backward — exactly as planned. Let it. The trap releases and the diamond re-loads facing the other sideline.



4. The RE-TRAP: the second sideline catch gets blitzed while the middle stays doubled. Teams survive the first trap and relax — that relaxation is what FIST hunts.



5. Count climbing, middle locked, sidelines on fire — and if they break it anyway, sprint to Pack Line as always. One word, four jobs, their best answer gone. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE PRESS · CONTAIN & TRAP

Cougar Press — 2-2-1

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: 2-2-1 Full Court Press Defense
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

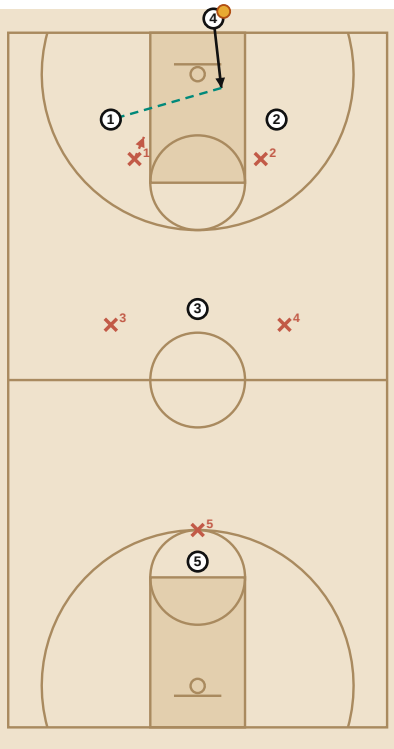
The workhorse press: two lines of two plus a goaltender. The front line doesn't trap — it steers the ball down the sideline into the second line's trap at the hash mark, where the half-court line becomes another defender. Low risk, endless annoyance.

When to run it: Extended stretches — it's a conditioning weapon that drains legs and clock. Also the first press we ever teach.

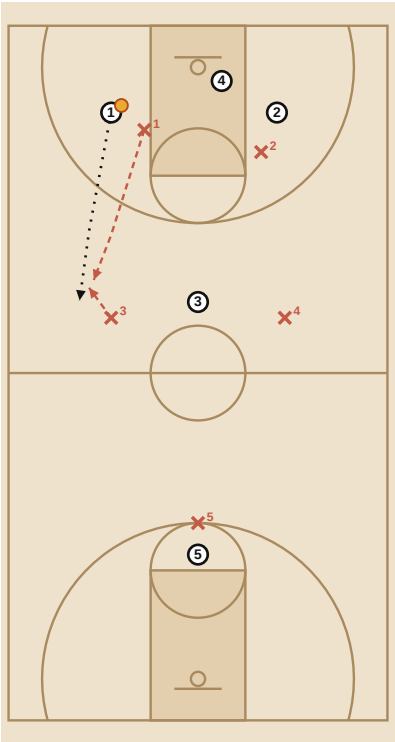
Coaching points

- Front line: contain and steer, never reach. 90 feet from the rim is no place for a foul.
- The trap happens at the hash — sideline + half-court line + two defenders = a cage.
- Give up the reversal, then steer it down the OTHER sideline. Three reversals in, most teams crack.
- X5 protects the rim above all — he leaves only for a sure interception.

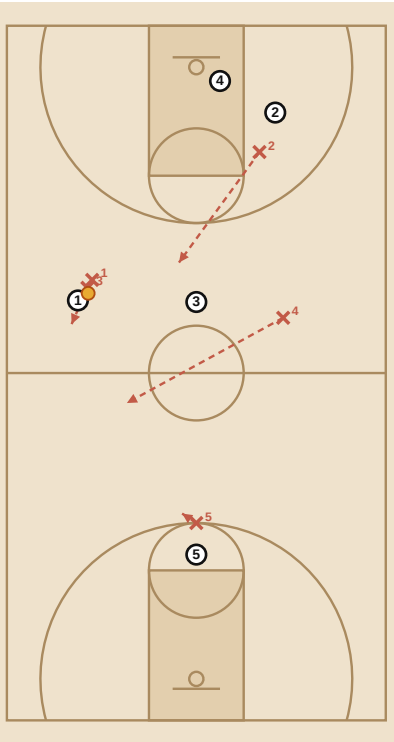
Age adaptation: Youth 7–10: Never. **Middle 11–13:** Intro version: contain and steer only, no traps until it's clean. **High School:** Full version with traps.



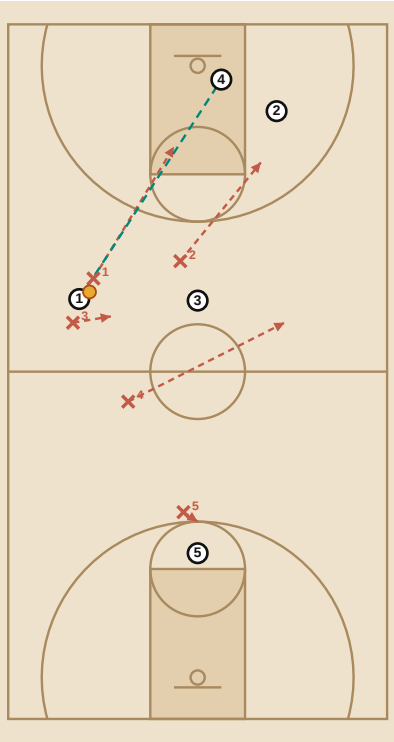
1. Inbound goes in — fine. X1 positions inside shoulder: the sideline is the only lane we offer.



2. Dribbler takes the bait down the sideline. X1 rides the hip; X3 creeps up to spring it.



3. TRAP at the hash. X2 sprints to the middle lane, X4 takes the up-the-sideline pass, X5 holds the rim.



4. Reversal escapes — exactly as planned. Sprint back to shape and steer it down the other sideline. Rinse, repeat, drain their legs.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

MAN PRESS · FULL COURT

Run & Jump — Man Press

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

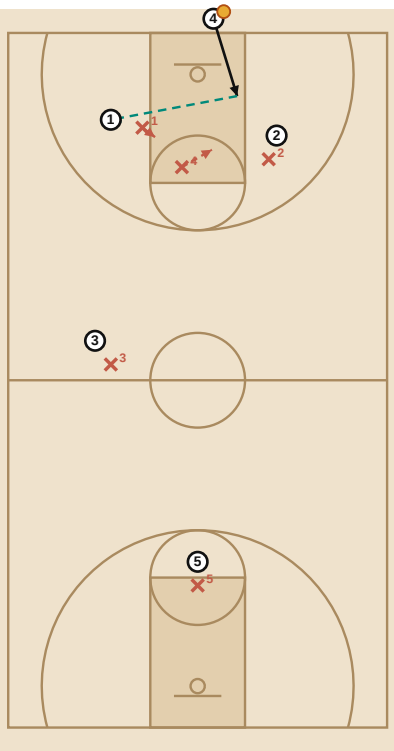
Full-court man pressure with a twist: when the dribbler gets moving at speed, a blind-side defender RUNS at the ball and the on-ball defender JUMPS off to the abandoned man. The dribbler turns into a surprise double — or picks up the ball 70 feet from the rim.

When to run it: Against one dominant handler, against teams that inbound and walk it up, or whenever the game needs energy. Safe gamble: if nothing happens, you're simply in man defense.

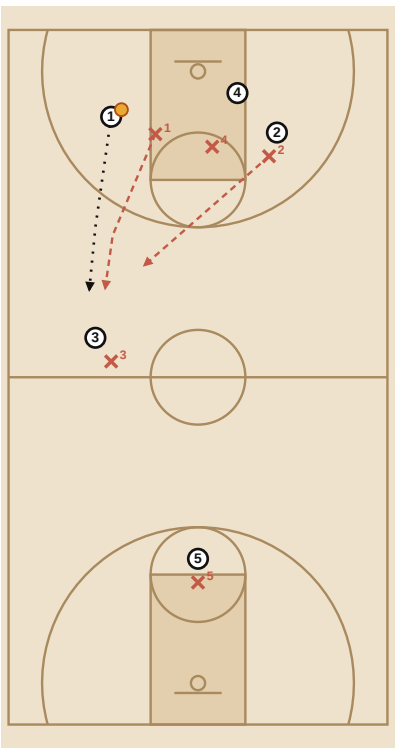
Coaching points

- The run only comes when the dribbler is moving at SPEED with eyes down.
- Jump calls are loud and early — a silent switch is a layup for them.
- The prize isn't the steal on the ball — it's the rushed lob to the man X1 is sprinting toward.
- Everyone else stays glued in deny — the press lives on the back side.

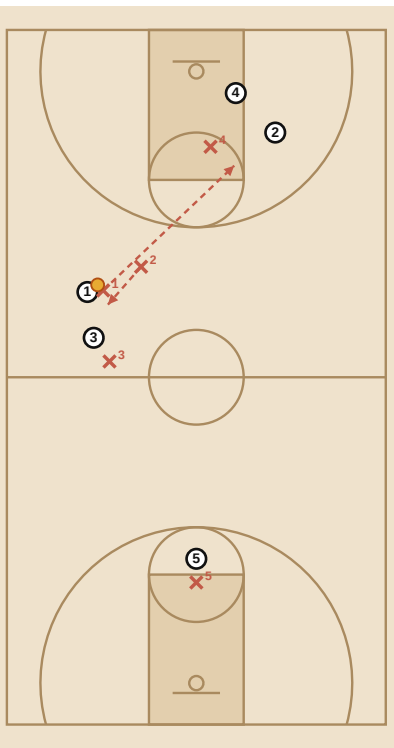
Age adaptation: Middle 11–13: Concept intro 2v2 in a lane. **High School:** Full package with jump, switch-back, and trap variants.



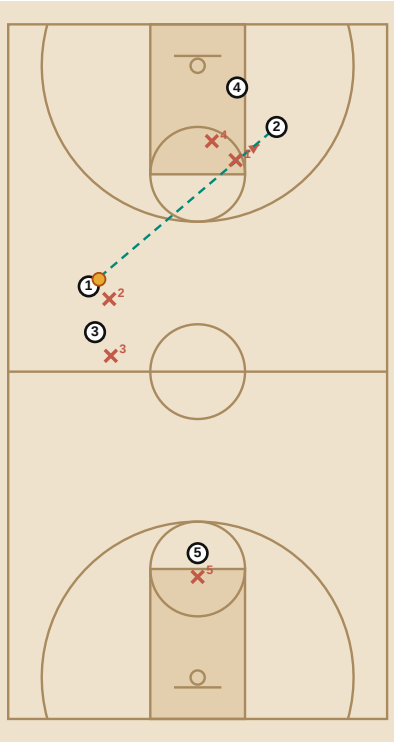
1. Straight man pressure. X1 turns the dribbler once, then forces him up the sideline at speed.



2. The RUN: X2 abandons his man and sprints at the ball from the blind side, full speed.



3. The JUMP: X2 takes the ball, X1 jumps off and sprints to the open man. The dribbler is doubled — or dead-balled.



4. The rushed pass is the prize — X1 arrives with the catch. And if nothing comes? We're simply in man. Nothing lost.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS OFFENSE · VS ALL PRESSES

Breaker — 1-4 Press Break

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: 1-2-1-1 Press Break Basketball Plays
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

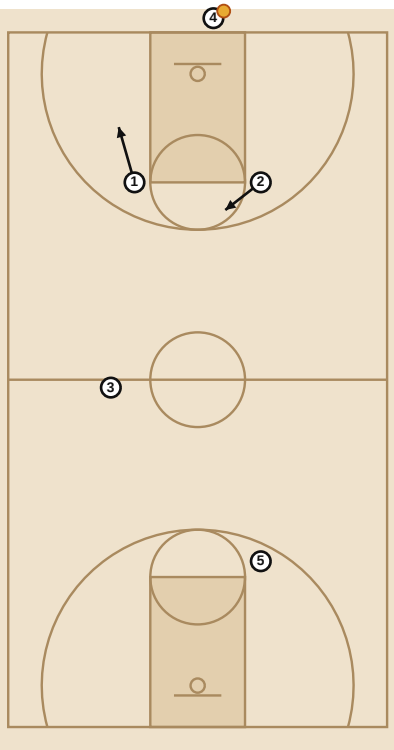
One press break beats every press if the rules are followed: four across the free-throw line extended, best passer inbounding. Middle first, sideline second, reverse to flip the floor — and never, ever dribble into a corner.

When to run it: Against every press — zone or man. The alignment reads the press; the rules don't change.

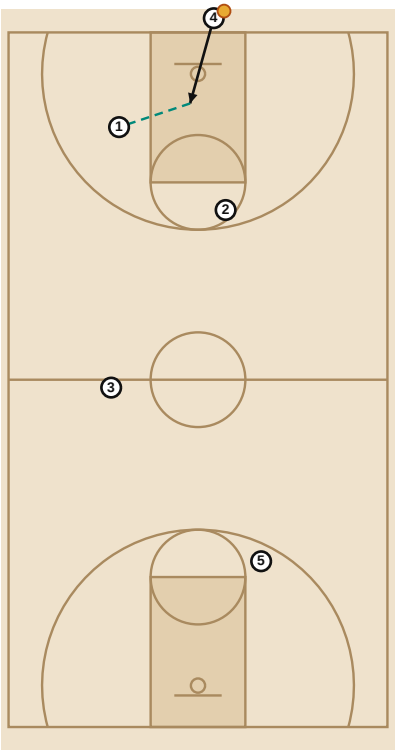
Coaching points

- MIDDLE FIRST: a catch in the middle beats every press ever designed. Face up and find the next line.
- The inbounder steps in BEHIND the ball as the release valve — backward is never a bad pass.
- Catch, face, look deep before you dribble. The rim-runner is open more than you think.
- Beat the press = numbers. Attack to score; if the advantage dies, flow straight into 5-out.

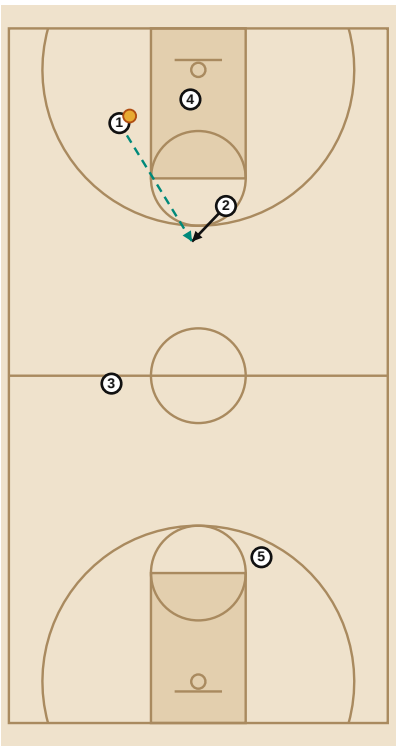
Age adaptation: Youth 7–10: Seed it with 3v3-plus-1 keep-away games. **Middle 11–13:** Core install — walk it, then live vs 5. **High School:** Run weekly against our own presses — the best pressure we'll see all season.



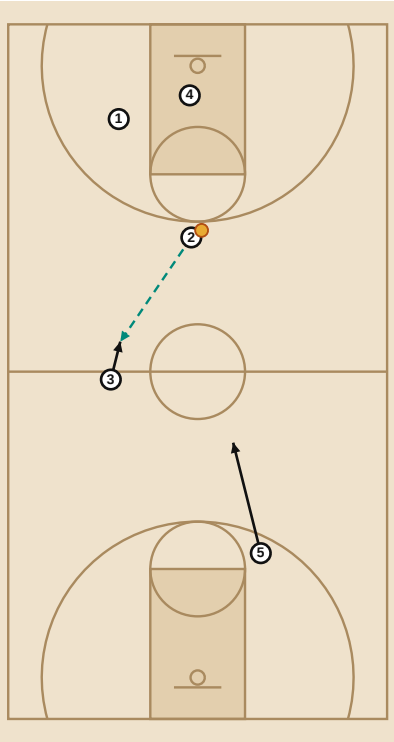
1. On the slap: 1 breaks to the ball side, 2 flashes toward the middle. Come TO the ball, never drift away.



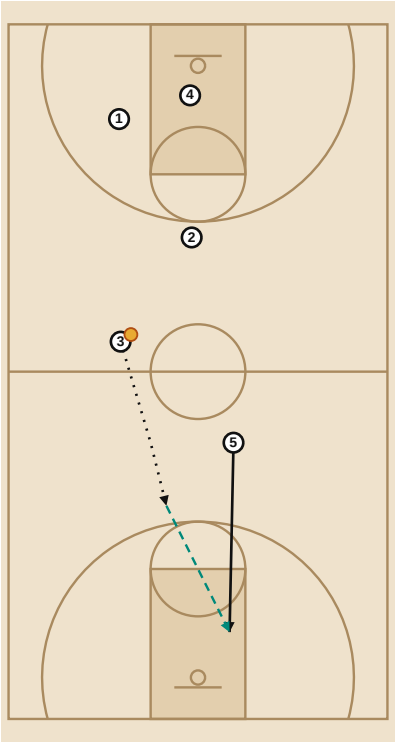
2. Inbound early — don't let the count build. Inbounder immediately steps in behind as the release.



3. Rule one: MIDDLE FIRST. 2 arrives in the middle window; the catch beats the whole press.



4. Face the rim, hit the next line: sideline lifts, 5 rim-runs behind the whole press.



5. Press beaten = attack the numbers. Hit the rim-runner for the layup wave — or flow into 5-out.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS OFFENSE · VS LOADED PRESSES

Home Run — Over-the-Top Breaker

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: How To Beat Any Full Court Press In Basketball
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

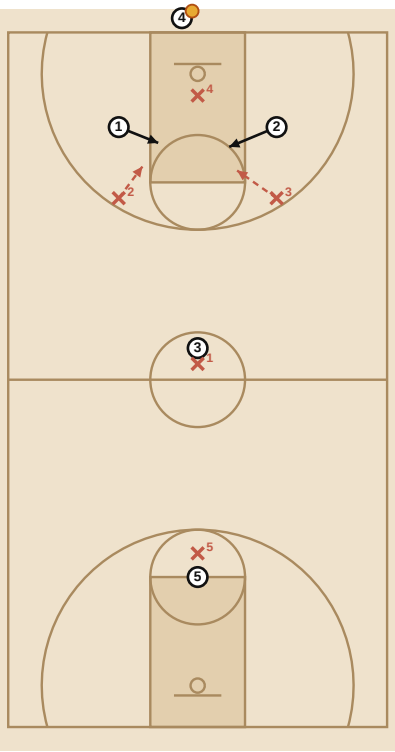
Every press has the same weakness: to trap up front it must send bodies up front. The Home Run punishes that greed — sell the short break, then throw one flat rope over the top to a streaker behind the whole press. Complete it once early and the press plays soft the rest of the night. That's the real win.

When to run it: Against presses that load their interceptors toward the ball (Diamond/1-2-1-1 especially). Call it EARLY in the game — even an incompletion teaches the press respect and opens the short passes for the 1-4 Breaker.

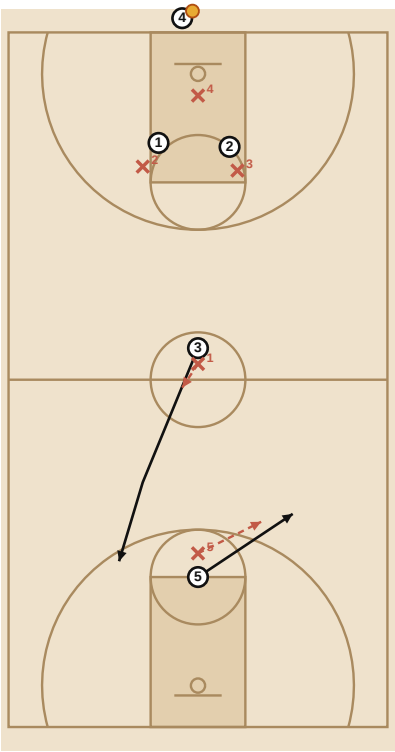
Coaching points

- The inbounder is your best PASSER, never your tallest player — this is a quarterback throw.
- Sell the short break honestly: the guards' cross must look like the real entry.
- The streaker breaks the moment both interceptors bite up — one step late is a jump ball, one step early is a walkover.
- Catch over the outside shoulder and attack immediately: the throw lands 2-on-1.
- One completion per game is enough. The threat is the weapon.

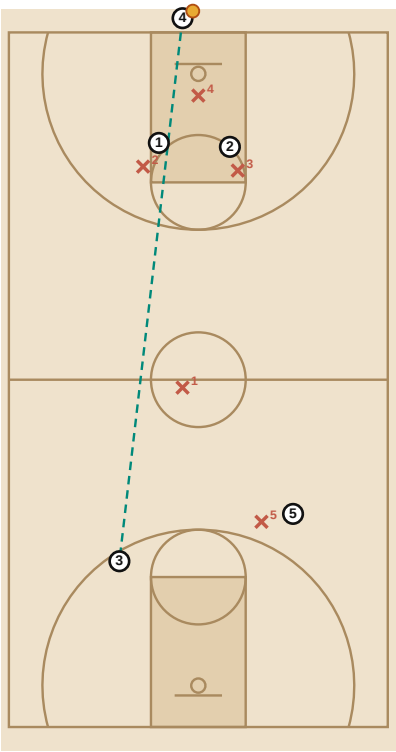
Age adaptation: Middle 11–13: Teach the read; throw it only when the deep half is truly empty. **High School:** Full install with the guard cross and the weakside clear — automatic call after timeouts vs pressing teams.



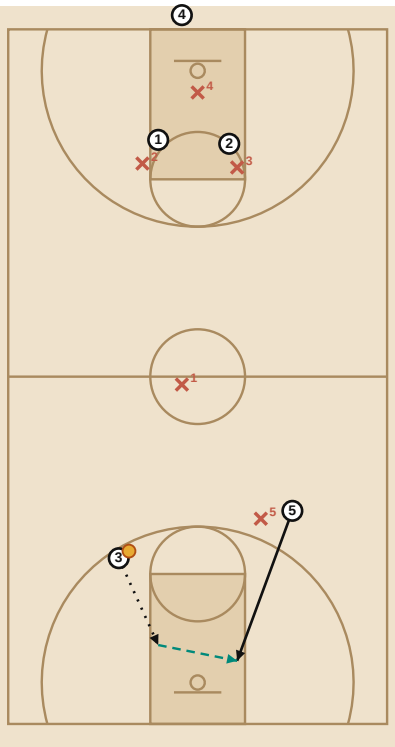
1. Presses load UP toward the ball — let them. The guards cross hard and sell the short break.



2. Both interceptors bite up — NOW 3 turns his man and streaks, while 5 drags the goaltender out of the middle.



3. The home-run ball: one flat rope over the entire press. This is why the inbounder is our best passer.



4. It lands 2-on-1 — finish the numbers. Complete this once and the press backs off all night; every short pass gets easier.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS OFFENSE · VS 1-3-1 / 2-1-2 TRAPS

Trap Breaker — vs Half-Court Traps

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

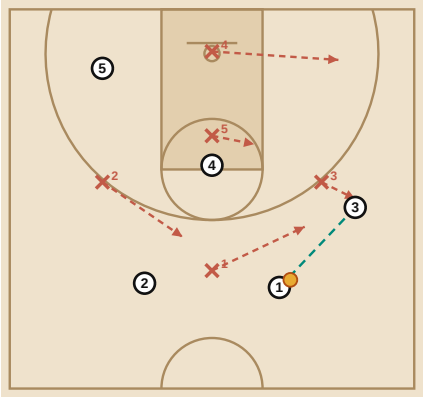
Half-court traps (1-3-1, 2-1-2) pay two defenders to attack the ball — which means they're playing 3-on-4 everywhere else. Our answer is spacing and two rules: never dribble out of a trap, and MIDDLE FIRST. The nail flash is the one catch no wing trap can cover once it commits, and everything behind it is numbers.

When to run it: The standing answer whenever a wing catch gets trapped in the front court. Same rules beat the 1-3-1 wing trap, the 2-1-2, and scramble traps out of timeouts.

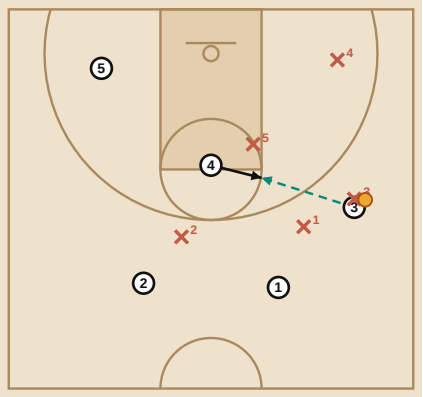
Coaching points

- Never dribble out of a trap — pass out. The dribble is what the trap is fishing for.
- MIDDLE FIRST: the nail flash is open the instant two defenders commit to the ball.
- The trapped player's job is a strong pivot and a two-hand pass — no spinning, no leaving his feet.
- After the middle catch: face, count, attack — it is 4-on-3 behind every trap.
- If the middle is denied, the fast reversal beats the rotation. Two passes, never two dribbles.

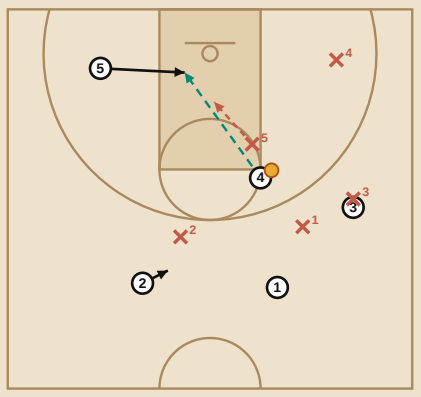
Age adaptation: Middle 11–13: Core install alongside the 1-4 Breaker — traps show up at every level. **High School:** Run weekly against our own 1-3-1 trap: the best trap we'll see all season is ours.



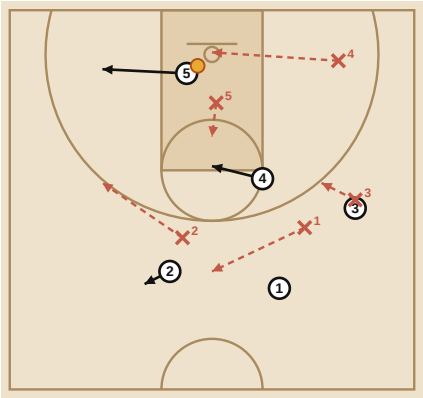
1. The trap springs on the wing catch — expected. Our answer is spacing, not dribbling: nobody leaves their spot to "help" the ball.



2. Rule one vs any trap: MIDDLE FIRST. 4 flashes to the nail — the one catch a wing trap cannot cover once it commits two to the ball.



3. Catch, face, count: it's 4-on-3 behind the trap. 5 dives from the dunker — rim first, weak corner second. The trap paid two defenders for nothing.



4. And if the middle is denied? The fast reversal — out to 1, swing to 2 — beats any rotation. Escape complete; the next trap comes softer. Reset.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PLAYBOOK 06

Out of Bounds & Special Situations

Dead-ball possessions are free points for prepared teams. Three core plays cover the season; each has a quick-hitter look, a second option, and a safety — and each flows straight into our spacing.

BLOB · SCREEN THE SCREENER

Box Fist — Baseline OOB

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

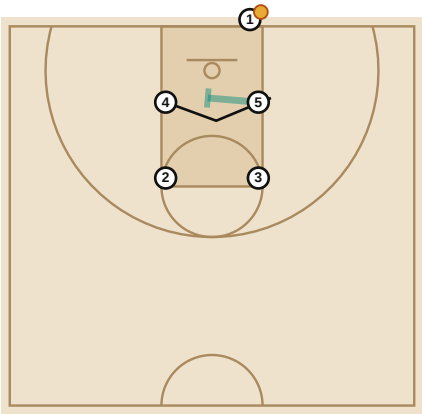
Our core baseline out-of-bounds play from a box set. First look: cross-screen for the layup. Second look: screen-the-screener for the free-throw-line jumper. Third look: safety lift. Three reads, one slap of the ball.

When to run it: Every baseline out-of-bounds. One play, drilled until automatic — tags change the final look week to week.

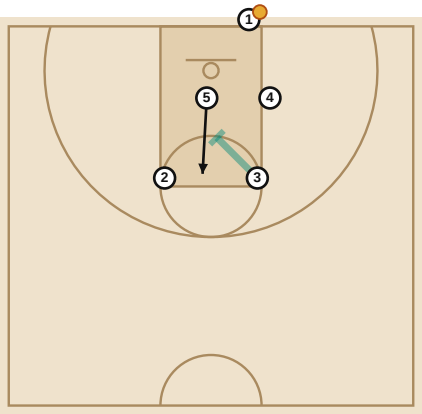
Coaching points

- Nothing moves until the inbounder slaps the ball — timing is the whole play.
- Read in order: 4 at the rim → 5 at the line → 2 for safety. Never skip the order.
- Screeners screen bodies, not air — make the defender choose a side.
- Versus zone: same set, 4 seals the middle defender instead of cutting.

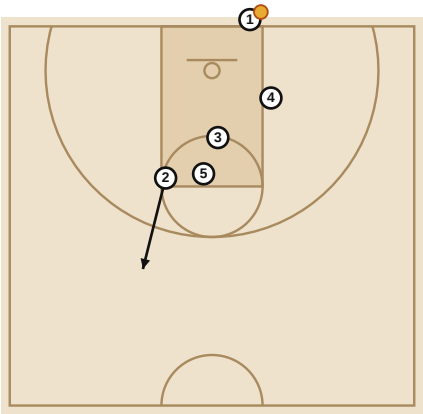
Age adaptation: Youth 7–10: The one BLOB we teach all season. **Middle 11–13:** Add the lob tag when a 4 can finish high. **High School:** Add “Fist-3”: 2 and 5 exchange jobs, corners flatten for the kick-out three.



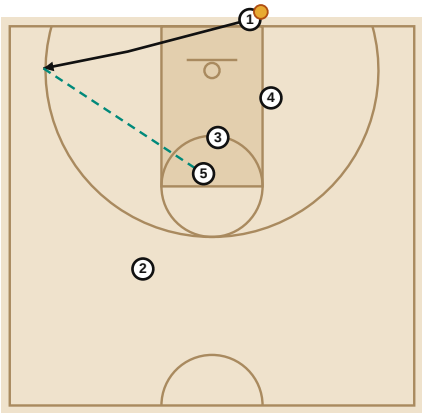
1. First look: 5 screens across, 4 cuts to the ball — the quick layup window opens for one beat.



2. Second look: screen the screener — 3 down-screens and 5 pops to the line for the jumper.



3. Third look: 2 lifts to the arc as the safety. There is never a reason to force this pass.



4. Hit the best look — then the inbounder space-cuts to the weak corner. Instant offense if nothing came.

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BLOB · VS MAN OR ZONE

Stack Pop — Baseline OOB

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

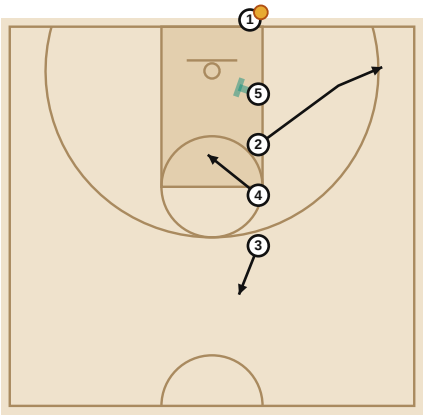
Four players stacked on the ballside lane line. One slap, four simultaneous cuts — corner, top, middle flash, rim seal — and the defense has one second to sort out who goes where. Works identically against man and zone.

When to run it: Change-up BLOB, especially against teams that switch or zone up baseline plays.

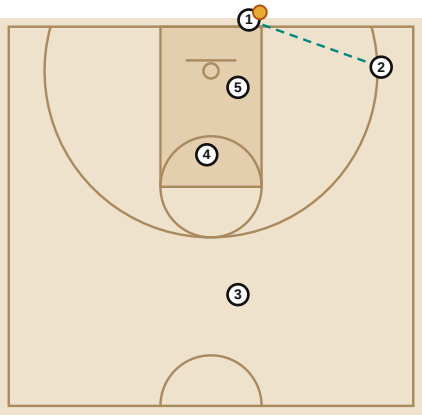
Coaching points

- The four cuts happen AT ONCE — hesitation lets the defense sort the chaos.
- Scout your order: put your shooter in the corner-pop spot, your finisher at the rim.
- The inbounder's step-in to the weak dunker is the hidden fourth option — defenses forget him.
- Nothing open = ball to the top, straight into motion. No wasted possessions.

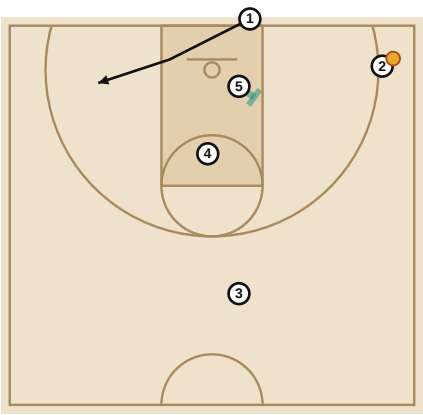
Age adaptation: Middle 11–13: Install as the second BLOB. **High School:** Rotate the pop assignments by scout — same shell, new looks weekly.



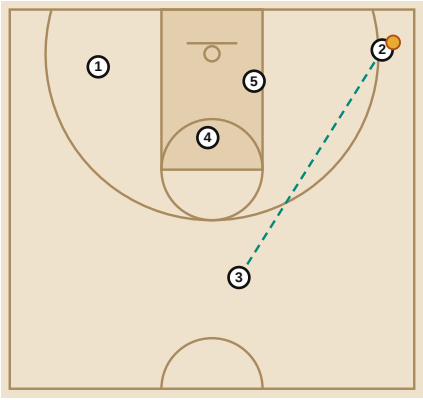
1. One slap, four cuts: 2 pops corner, 3 to the top, 4 flashes the lane, 5 seals deep.



2. First look: corner — catch and shoot, or attack the baseline off the closeout.



3. Inbounder steps in to the weak dunker; 5 seals his man ballside — the post entry is live if X5 helped anywhere.



4. Nothing there? Top for the reset — we're already spaced, already in offense.

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BLOB · SHOOTER SPECIAL

Elevator BLOB

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Steve Kerr - Baseline Inbound Elevator Action
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

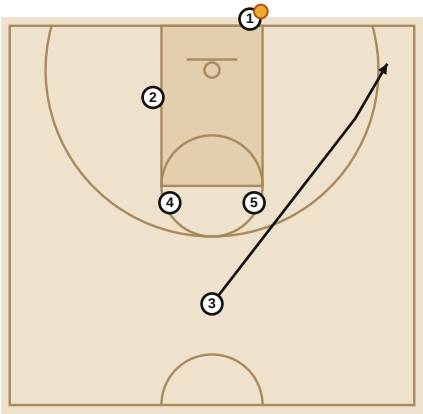
The Warriors' elevator doors, run off the baseline inbound: the shooter sprints from the weak block up through a gap between two teammates, the doors slam shut behind him, and the inbound pass arrives over the top as they close. The defense sees a routine box look — until the wall closes in their trail defender's face.

When to run it: Need a three from a dead ball, or any time their BLOB coverage switches bodies instead of chasing — the doors punish switch hesitation.

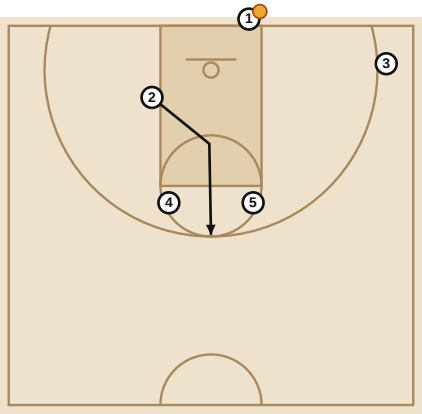
Coaching points

- The shooter sprints STRAIGHT through the gap — any curve gives the trailer the same lane.
- Doors close shoulder-to-shoulder the instant he clears: a gap is a foul, a wall is legal.
- The inbounder throws to the spot above the doors, timed to the close — rehearse the count: slap, two, THROW.
- The decoy corner cut matters: it drags low help away before the doors ever move.
- If the defender shoots the gap early, the near door slips to the rim — the backdoor is automatic.

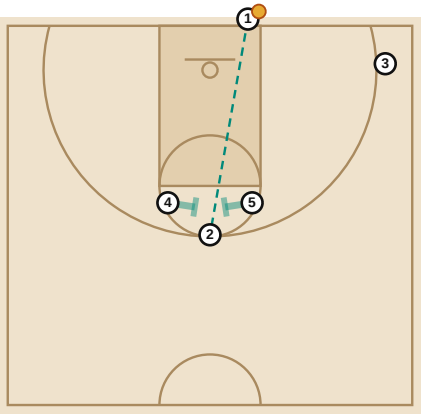
Age adaptation: Middle 11–13: Install after the Box is automatic. **High School:** Two reps a week; tag "Elevator Slip" for the rim counter.



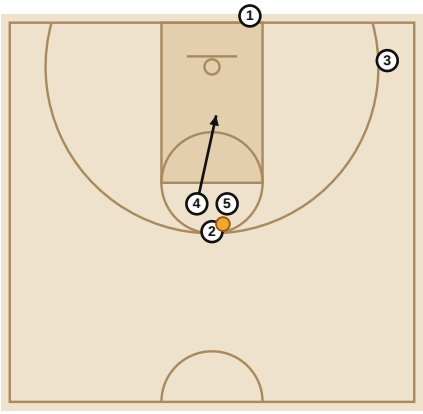
1. The decoy first: 3 sprints from the top to the strong corner — low help turns its head and follows.

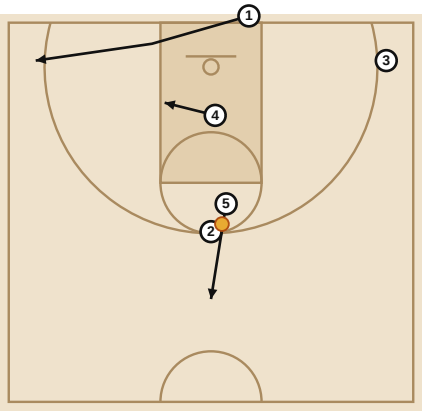


2. The shooter sprints from the weak block STRAIGHT up through the gap — full speed, no curve.



3. The doors SLAM shut behind him — shoulder to shoulder — and the inbound arrives over the top as they close. Catch and shoot.





4. Counter is built in: if the trailer shoots the gap early, the near door slips to an empty rim. Lob or layup.

5. Inbounder space-cuts to the weak corner, 5 pops top — nothing open means we are simply in offense. Dead ball to live spacing in four seconds.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

BLOB · LOB + THREE

Flat — 1-4 Low Lob

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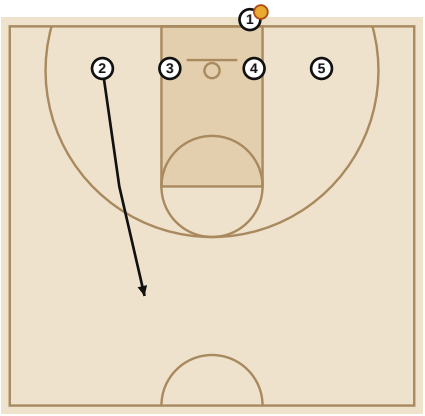
Four across the baseline, dead flat — and nothing for the defense to see until it explodes: the 4 steps up into a back screen, the 5 dives off it for the lob at the rim, the screener pops to the corner, and the safety lifts to the top. Three scoring outs from one screen, all arriving at the same moment.

When to run it: Against teams that play BLOBs straight-up man with no rim help — the flat alignment pulls every defender below the play, so the back screen attacks an empty sky.

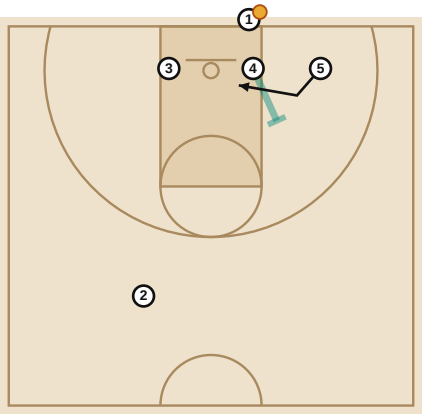
Coaching points

- Flat means FLAT: all four on the baseline, defenders pinned low with their backs to the play.
- The back screen springs upward — the screener's shoulders face the baseline so the lob window opens rim-side.
- Throw the lob to the square, not the man: 5 goes and gets what his defender can't see.
- Read order: lob → screener's corner pop → safety at the top. Say it in the huddle every time.
- The lift to the top is not decoration — it is the escape valve that makes the lob throwable.

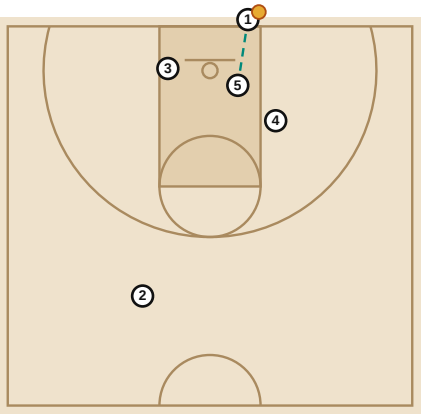
Age adaptation: Middle 11–13: Run it for the corner pop and the safety — save the lob until you have a finisher. **High School:** Full version; tag "Flat Hammer" to convert the pop into a weakside hammer.



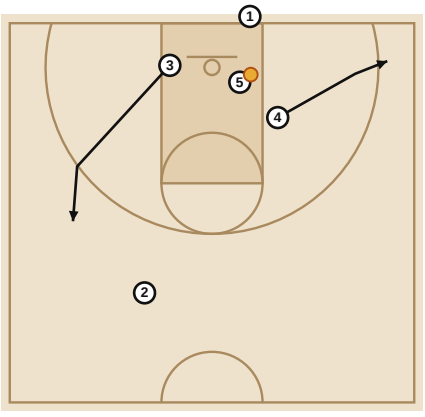
1. Dead flat — four on the baseline, four defenders pinned low with their backs turned. Now the safety lifts and the floor tilts.



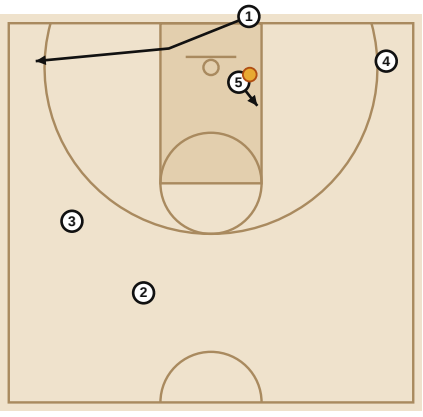
2. The spring: 4 steps up into the back screen and 5 dives off it — into a rim nobody is guarding.



3. The lob — thrown to the square, not the man. 5 goes and gets it above everything.



4. And the rest of the reads bloom with it: screener pops to the corner three, safety holds the top. One screen, three outs.



5. Inbounder steps in, spacing is already five-out — the flat look dissolves straight into motion. Full cycle.

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BLOB · VS 2-3 COVERAGE

Gate — BLOB vs Zone

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

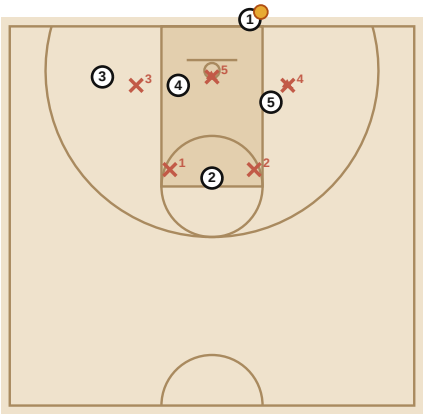
Most teams zone up baseline inbounds — and almost nobody attacks it correctly. The Gate does: two screeners close like a gate on the zone's bottom defenders while the shooter sprints the baseline behind them, from weak corner to strong corner, into a three the zone literally cannot rotate to. Screens work on zones; here is the proof.

When to run it: The automatic call whenever scouting shows zone BLOB coverage. The defense shows it once — we punish it the rest of the night.

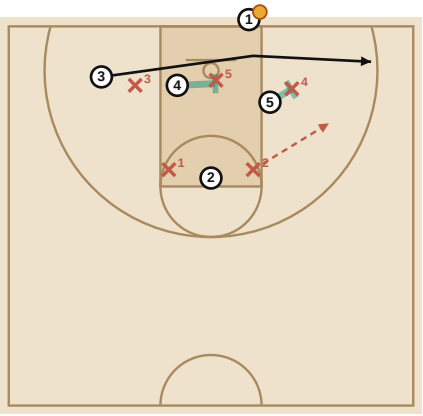
Coaching points

- The gate closes on BODIES, not spots: find the two low defenders and wall them in.
- The shooter runs the baseline BEHIND the gate — out of the zone's sight lines, under its hands.
- The pass is a rope to the corner, thrown on the shooter's first step out of the gate.
- If the guard flies to the corner, the near gate screener seals deep — the dump-off is a layup.
- Hold the screens a full count after the pass: the gate becomes two offensive rebounders.

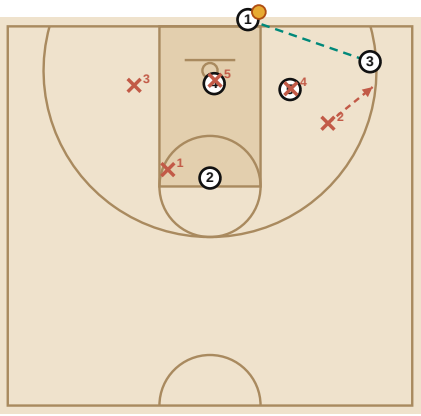
Age adaptation: Middle 11–13: Teach as the counter the week you first see zone coverage. **High School:** Carried all season; the look-off to the opposite corner is the varsity layer.



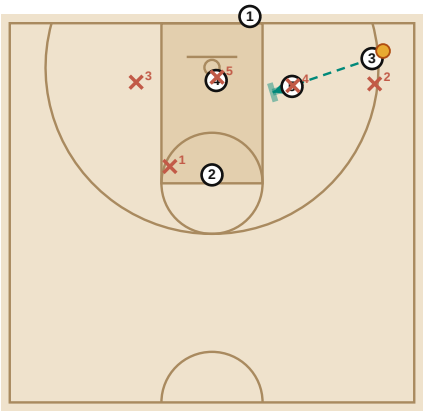
1. Zone coverage on the inbound — bottom line loaded, guards high. The gate is about to close on the two defenders nearest the ball.



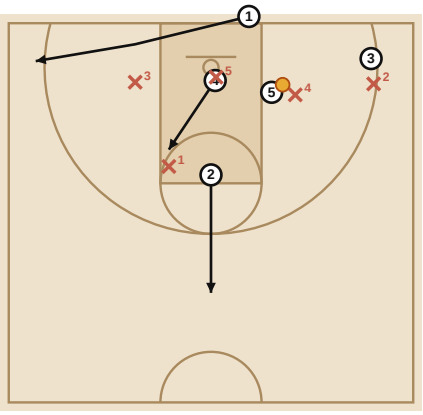
2. GATE: both screeners wall in the low line — and the shooter sprints the baseline behind it, weak corner to strong corner, invisible to the zone.



3. The rope to the corner — the only defender who can get there is sprinting from the top of the zone, and he is two steps too late.



4. And if he does arrive? The near gate screener is sealing the whole bottom line — the dump inside is a layup. The zone is broken either way.



5. Inbounder steps to the weak side, gate releases to the glass — dead ball, three points or a layup, and the zone coverage never comes back out. Full cycle.

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BLOB · SHOOTER SERIES

Floppy — Need-a-Three BLOB

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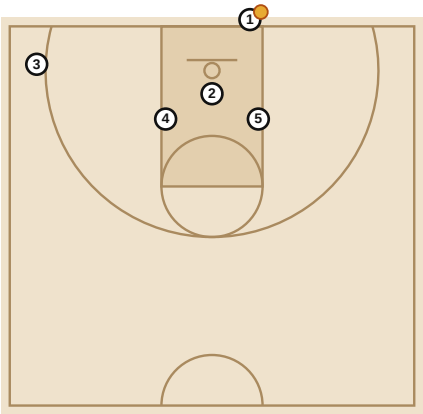
The classic NBA shooter series, folded into a baseline inbound: the shooter starts under the rim between a single screen on one side and a double on the other — and picks his exit LATE, reading his defender at full speed. Unscoutable by design: the defense cannot cheat to a side the shooter hasn't chosen yet.

When to run it: Need a three with more than :06 — enough clock for the shooter to set up his man and choose. For under :06, Elevator is the faster trigger.

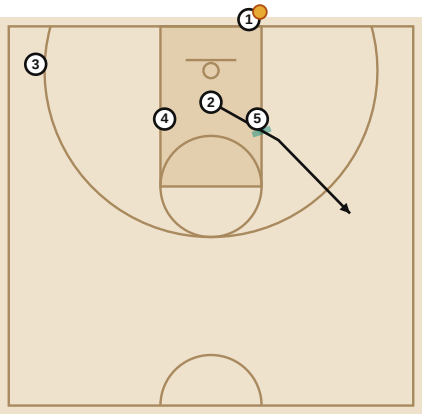
Coaching points

- The shooter chooses single or double side LATE — the choice is the weapon; never pre-call it.
- Set the man up: walk him under the rim, then explode off the chosen shoulder.
- Curl, flare, or straight cut off the single side — three reads off one screen, driven by how the defender chases.
- The weak-side lift is simultaneous: two shooters surfacing at once splits the defense's attention.
- Inbounder is the second look — his defender always ball-watches on floppy action.

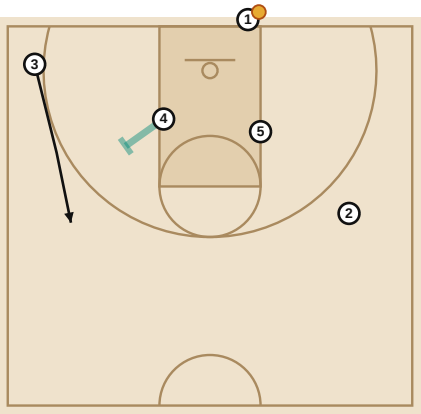
Age adaptation: Middle 11–13: Teach the single side only; the late choice comes with maturity. **High School:** Full series; tag "Floppy Fist" to flow into a ball screen when the shot is covered.



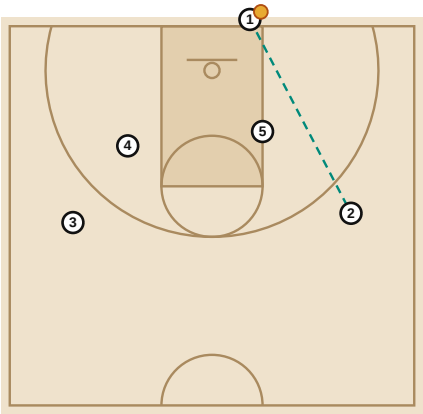
1. The shooter starts under the rim — single screen right, double side left — and nobody on defense knows which exit he takes. Neither does he, yet.



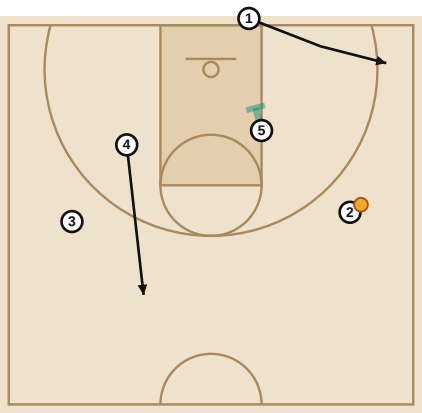
2. He reads the chase and explodes off the single side: shoulder to shoulder off 5, sprinting to the wing.



3. Simultaneously the weak side lifts: 4 downs for the corner shooter rising to the wing. Two shooters surfacing at once — pick the open one.



4. Inbound to the best look — here the single-side wing. Catch and shoot, or curl the closeout into the lane.



5. 5 seals inside, inbounder fills the corner — if the shot doesn't come, the floppy dissolves into spacing and we play. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SLOB · BACK SCREEN

Winner — Sideline OOB

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

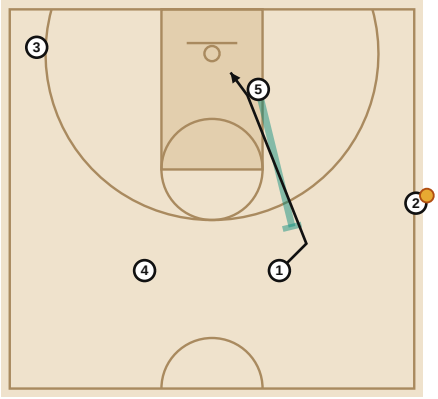
The sideline play: a back screen springs the best athlete to the rim while the screener pops for the safety catch. Two real scoring looks plus a guaranteed safe entry, from one simple action.

When to run it: Every sideline out-of-bounds in the front court. “Winner-3” tag flattens the dive into a flare for the shooter when a three is needed.

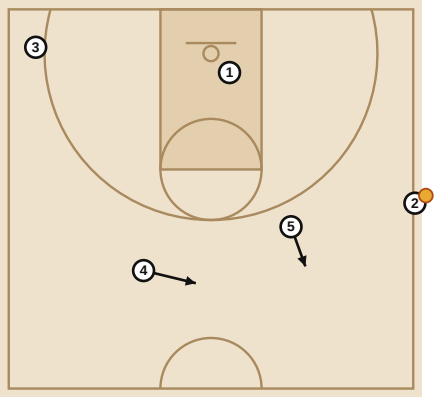
Coaching points

- The rim cut comes off the screen SHOULDER-TO-SHOULDER — space kills back screens.
- Versus switch: the screener slips to the rim early — the switch IS the opening.
- Under :04 on the count, take the safety — possession beats hero throws.
- Versus zone: 1 cuts to the short corner instead, same timing.

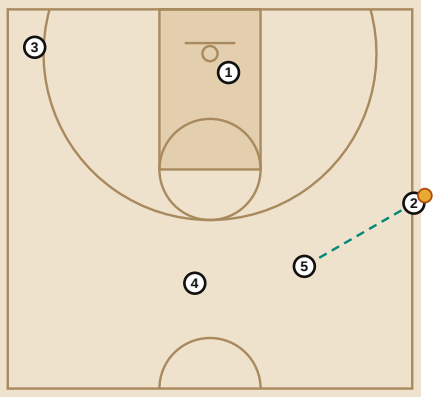
Age adaptation: Middle 11–13: Install with the BLOBs — one sideline play is enough. **High School:** Add “Winner-3” and “Winner Slip” tags.



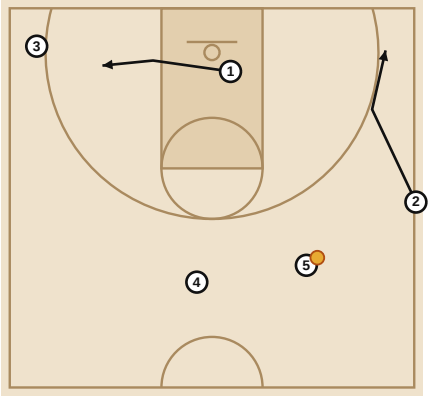
1. First look: 5 sprints to back-screen, 1 dives off it to the rim — layup or lob.



2. Screener pops behind the arc for the safety; 4 balances toward the top.



3. Take what’s there: rim first, then the pop. Never force a sideline throw.



4. Inbounder fills the corner — full spacing, straight into motion. Every dead ball ends in offense.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SLOB · SPURS ACTION

Hammer SLOB

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

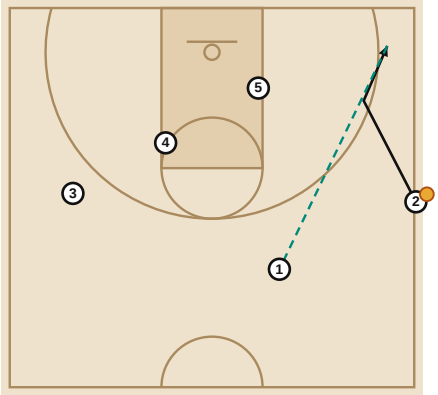
The Spurs' hammer, launched from a sideline inbound: entry to the guard, who immediately attacks baseline — and as every helper turns to the drive, the weakside baseline flare drops your shooter into the corner behind their heads. Popovich scored on this exact sequence from sidelines for two decades because help defense is built to watch the ball, and the hammer lives where nobody is watching.

When to run it: Sideline out of bounds in the front court, especially against aggressive help defenses — the harder they load to the drive, the more open the hammer corner.

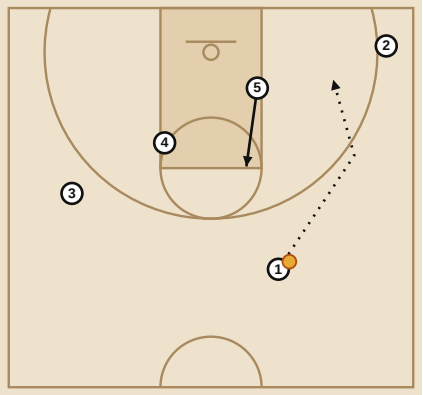
Coaching points

- The entry and drive must be ONE motion — any pause lets the weak side peek at the screen coming.
- Drive baseline with purpose: the drive is real, and the wraparound pass is earned by it.
- Hammer angle: screener's back to the baseline, hitting the low shoulder.
- The wraparound is thrown flat and hard off two feet — practice the pass more than the screen.
- Inbounder fills the strong corner immediately: he is the bail-out and the second three.

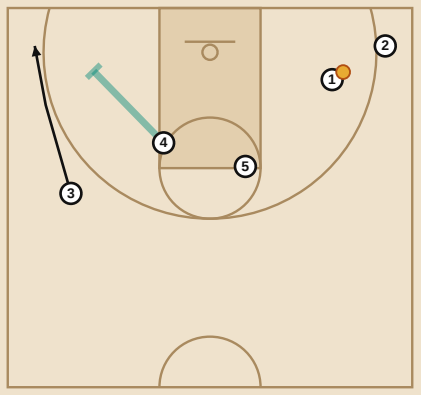
Age adaptation: Middle 11–13: Install after the base Winner SLOB is clean. **High School:** Automatic any time the SLOB entry catches going baseline.



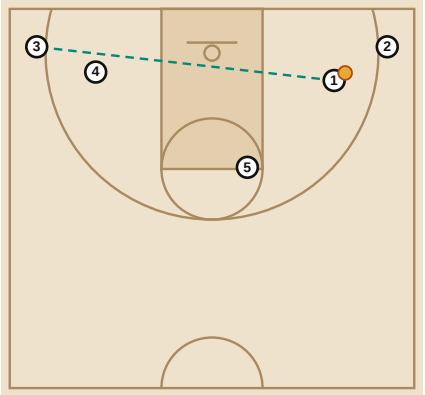
1. Entry to the guard — and the inbounder immediately fills the strong corner. The defense relaxes: it looks like a simple safe entry.



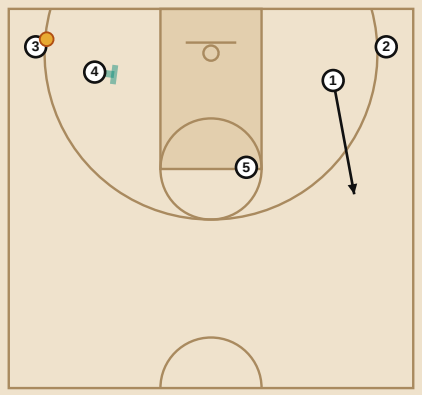
2. 1 rips baseline in the same breath — a REAL drive. Every helper turns his head to the ball… which is the whole point.



3. The HAMMER: behind every turned head, 4 flare-screens the weakside baseline and 3 drops into the corner.



4. The wraparound — flat, hard, off two feet — to the hammer corner. The one pass help defense is not built to stop.



5. Screener seals the dunker for the crash, 5 holds the elbow, both corners are filled — make or miss, we are spaced and the defense is scrambled. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SLOB · STACK PNR

Spain SLOB

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

Real film: Spain Pick & Roll vs Zone Defense (Create Space and Advantages)
Scan to watch — or press the ■ on this play at cdlpbasketball.com.

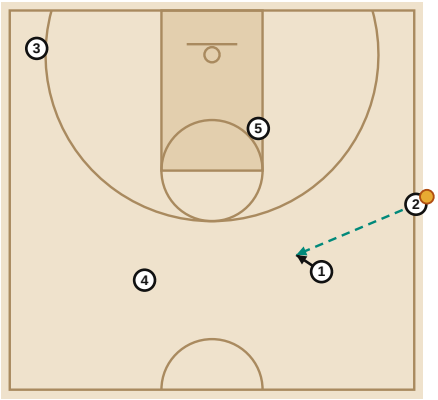
The nastiest thing you can do from a sideline: run Spain pick-and-roll where the INBOUNDER becomes the back-screener. The defense accounts for four players and relaxes on the man throwing it in — then he steps inbounds directly into the nail back screen as the ball screen arrives, and the whole Spain stack detonates before his defender finds him.

When to run it: ATO gold: sidelines in the front court when you need a basket against a set defense. The inbounder-as-screener is the hardest action in basketball to scout from a dead ball.

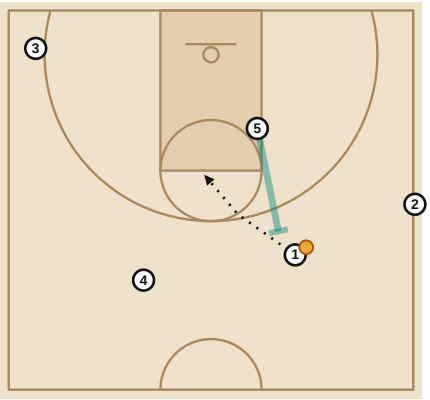
Coaching points

- The inbounder is the weapon: nobody guards the thrower — so make him the Spain back-screener.
- Entry, screen, step-in: three beats, no pauses. The stack must assemble while the defense is still matching.
- Same Spain reads in order: lob/pocket to the roller → pop three → drive.
- The roller dives off the back screen the instant it lands — early is better than late.
- Corners stay nailed to the floor: their gravity is what empties the lane for the dive.

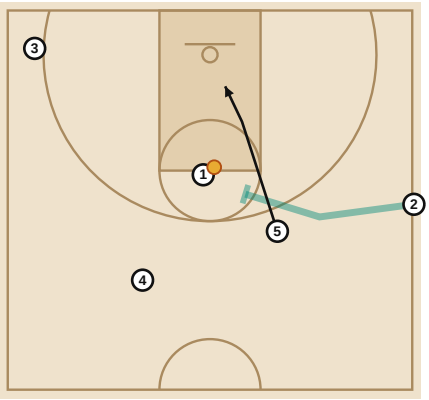
Age adaptation: Middle 11–13: — **High School:** The premier ATO; pairs with Hammer SLOB so the same entry threatens two endings.



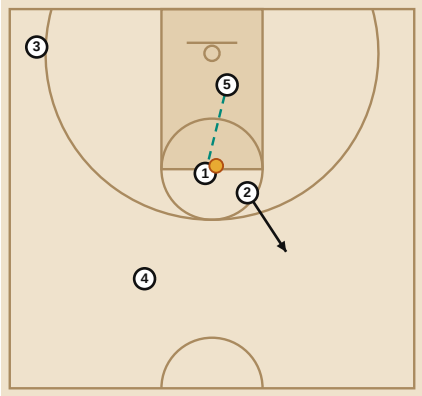
1. Simple entry to the guard — the defense exhales. Four players accounted for; nobody is thinking about the thrower.



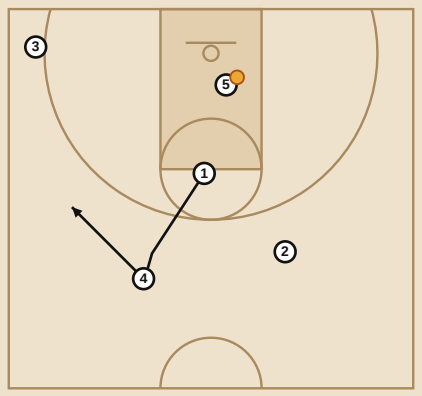
2. 5 arrives into the ball screen and 1 turns the corner — a normal side pick-and-roll, as far as anyone can tell.



3. The trap door: the INBOUNDER steps in straight to the nail and back-screens the roller's defender. The Spain stack assembles out of thin air.



4. Lob or pocket to the diving 5 — his defender is pinned by a man who didn't exist two seconds ago. If they switch it, the screener pops for the three.



5. And the floor is already spaced: corners nailed, popper at the slot, drive lanes open. Score or flow — the stack dissolves into offense. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SPECIAL SITUATION · LAST SECOND

Home Run — Full Court, :03

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

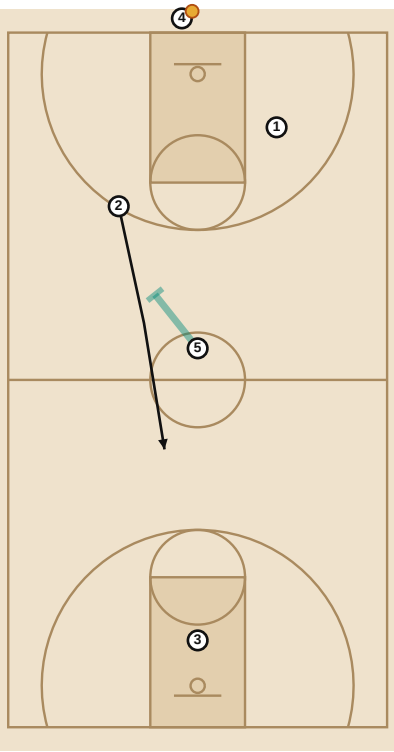
Three seconds, ninety feet, one play — and it is not a prayer, it is a rehearsed sequence: a half-court screen springs the sprinter into a catch window, the quarterback throws to the WINDOW, and a third man spots the rim for the tip. Teams that practice this win one game a year on it. Teams that don't, lose that same game.

When to run it: :04 or less, full court, no timeout — or after a timeout to set the screen personnel. Rehearse it ten minutes a month, every month.

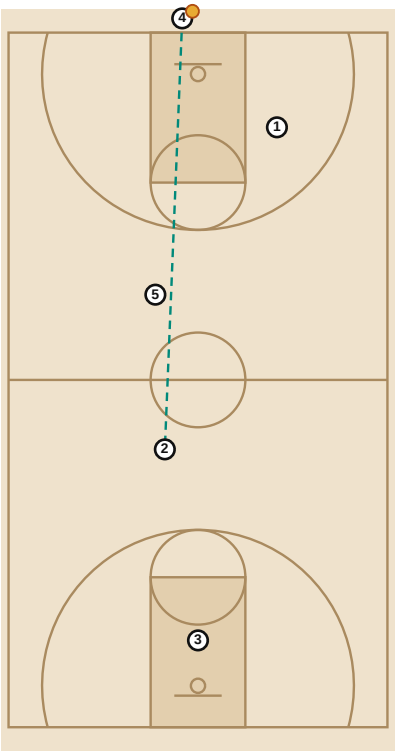
Coaching points

- The inbounder is your best passer — this is a quarterback throw to a spot, not to a man.
- The half-court screen is the play: set it early, hold it late — the sprinter must come off it at full speed.
- Catch over the outside shoulder, square in one dribble, shoot on balance — rehearse the exact rhythm.
- The rim-spotter is the secret: tips and fouls win these moments as often as the shot does.
- Assign the clock: :03 = catch+dribble+shot. :02 = catch+shot. :01 = tip play only.

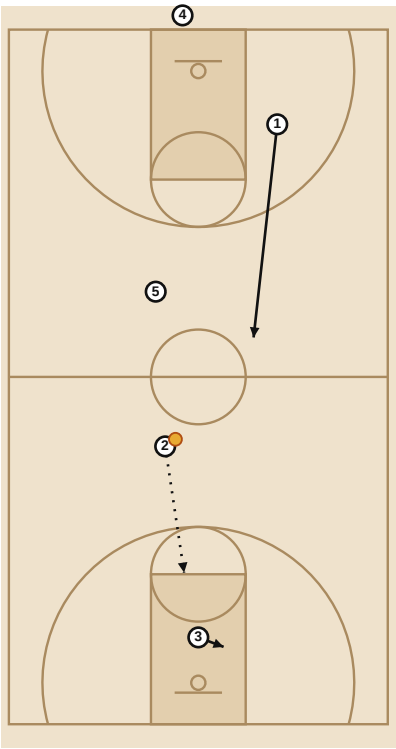
Age adaptation: Middle 11–13: Teach the roles; throw it only in real need. **High School:** Quarterly rehearsal, full speed, defended.



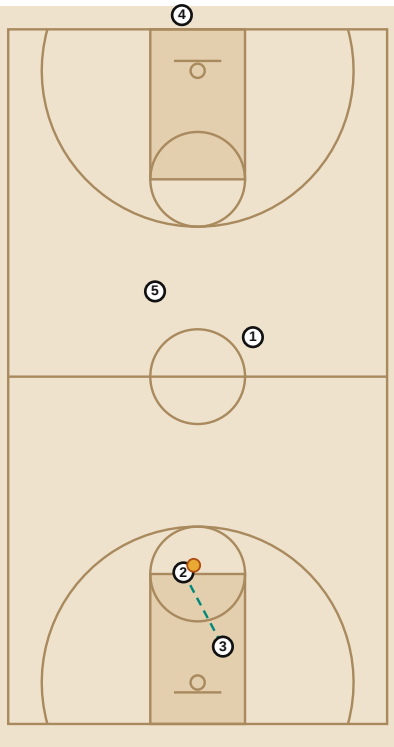
1. The screen is the play: 5 sets it just past half court while 2 walks his man in — then explodes off it downcourt.



2. The quarterback throw — flat, over the press, to the WINDOW at the hash. 2 runs through the catch at full speed.



3. Catch over the outside shoulder, one dribble to square — while 3 spots the rim for the tip and 1 trails for the garbage.



4. The shot — or the dump to the rim-spotter if the defense sells out to the ball. Three seconds, three touches, rehearsed until it is boring. That is how buzzer-beaters actually happen.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SPECIAL SITUATION · ATO THREE

Winner-3 — Need a Three

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

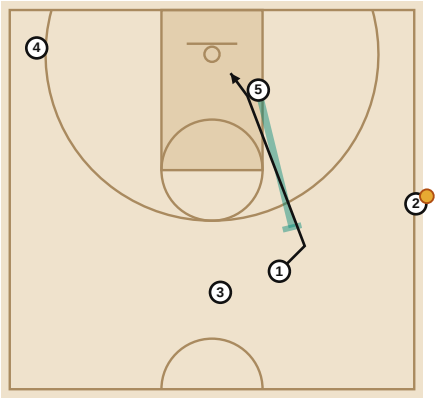
Our Winner SLOB with the ending flattened for a three: the rim dive still happens — as the decoy that sucks the defense two steps toward the paint — and then the 5 flips his screen into a FLARE for the best shooter drifting away from the rotation. Down three, this is the call; everyone in the gym knows a three is coming and the flare gets it anyway.

When to run it: Down three, under :24, sideline or after timeout. The decoy dive is what separates this from a scoutable flare — the defense must honor the rim first.

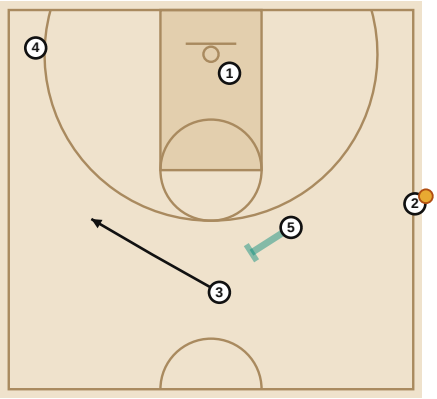
Coaching points

- The dive is REAL: if the defense ignores it, throw it — a layup plus a foul beats a contested three.
- The flare flips late — the screener's pivot from back screen to flare is one move, no reset.
- The shooter drifts AWAY from the ball on the flare: distance from rotation is the whole shot.
- Skip pass over the top, flat — floaty skips get picked at the worst possible moments.
- Safety lifts opposite: if the flare is blanketed, swing-swing gets a clean look with :08 left.

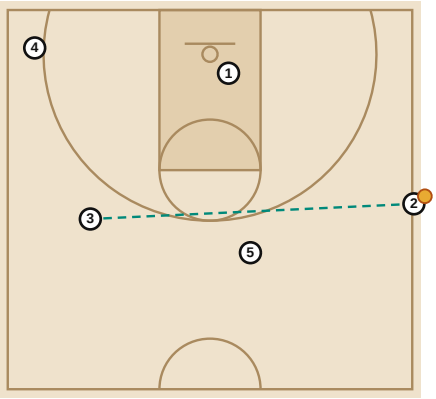
Age adaptation: Middle 11–13: Install the base Winner first; the flare flip is a varsity read. **High School:** THE down-three call; rep it weekly in the 2-minute game.



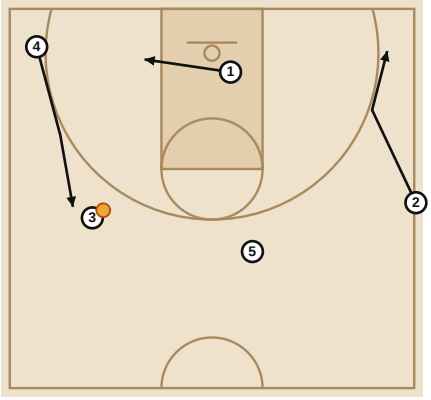
1. It opens exactly like Winner — 5 back-screens, 1 dives to the rim. The defense has scouted this; they sink to take the layup away. Good. That is the plan.



2. The flip: 5 pivots his back screen into a FLARE, and the shooter drifts off it away from every rotating defender.



3. The skip over the top — flat and hard — to a shooter moving away from the ball with the defense two steps toward the rim it was told to protect.



4. Catch-shoot for three. Covered? 4 has lifted weak and the swing-swing look comes with :08 — never one shot when the clock allows two. Full cycle.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SPECIAL SITUATION · CLOCK GAME

Delay — Protect the Lead

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

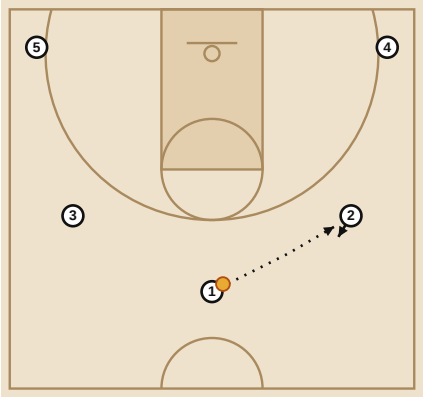
Up six with two minutes is where games are lost — so the delay is installed like an offense, not improvised like a panic. Five-out spacing at full width, dribble handoffs chaining side to side, and one rule about shots: layups and free throws only. The defense must foul or gamble; either one ends the game in our favor.

When to run it: Protecting a lead inside 2:00 (no shot clock) or bleeding to one final shot (with one). Also the frame for practicing being pressured without a bailout dribble.

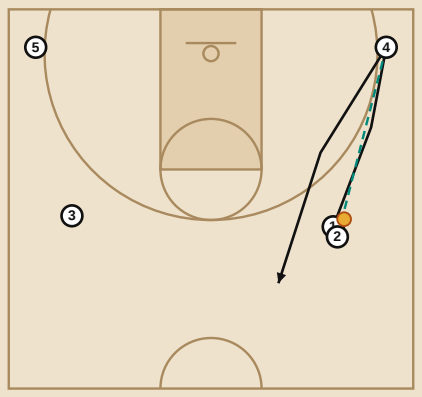
Coaching points

- Spacing WIDE: corners deep, handoffs at the slots — a steal attempt must travel, and travel fouls.
- Only two shots exist: the uncontested layup and the free throw. Everything else is a turnover we chose.
- Handoff, don't pass, under pressure: the DHO protects the ball with two bodies.
- The backdoor is the trap: overplay the weave and the gate opens — that layup ices games.
- Strongest ball-handlers finish the game ON the ball; this is why they practice tired free throws.

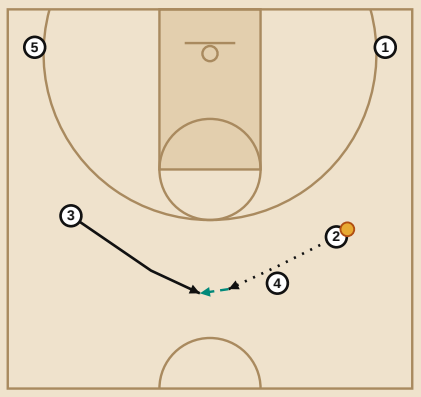
Age adaptation: Middle 11–13: Install as "keep-away with rules" — it wins more middle school games than any set. **High School:** Full package with the backdoor read and the foul-game free-throw lineup.



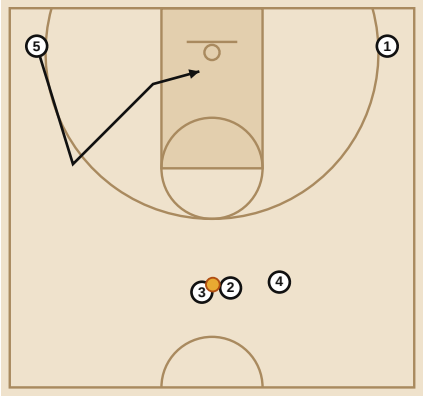
1. Five-out, full width, and the weave begins: 1 dribbles at the wing and hands off. The clock is our teammate now.



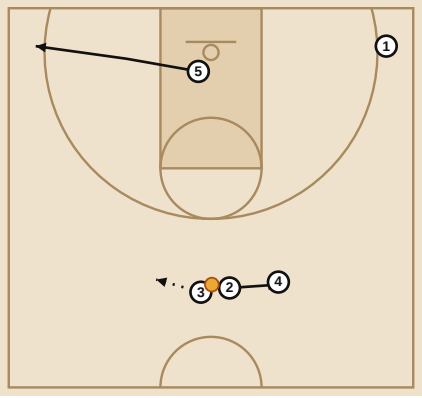
2. Handoff one — and 1 clears through to the corner while the corner lifts to the slot. Spacing never dies; seconds do.



3. Weave the other way: dribble-at, handoff two. Every exchange is two bodies protecting the ball — and six more seconds gone.



4. The trap springs itself: the next target lifts, gets overplayed — and the backdoor gate opens. The ONLY shot we take up six is this layup.



5. Or keep weaving: handoffs chain, corners stay deep, and the defense must pick between fouling our best free-throw shooters and watching the clock die. Full cycle — this is how leads become wins.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

Special Situations Menu

Situation	Call	Plan
Need a 3, under :10	**WINNER-3**	SLOB Winner with the back screen flattened into a flare for the best shooter; safety lifts for a second look.
Full-court, :03 or less	**HOME RUN**	Best passer inbounds; 5 screens the deep sprinter at half court; 2 streaks for the catch, 3 spots the rim for the tip.
Up 3, final possession	**FOUL / SWITCH**	Decision made at the timeout: foul at :05 before the shot, or switch everything and no fouls. Everyone knows before the inbound.
Protect a lead, 2:00	**DELAY**	5-out spread, dribble weave keep-away. Attack only layups and 1-more kicks.
Free-throw box-out	**WALL**	Lane players two-hand chest contact on the release; nearest guard checks the long rebound; sprint the outlet.

PLAYBOOK 07

Breakdown Drills

The teaching engine behind every system in this playbook: each drill diagrammed with phases, setup, and coaching standards. Offense drills build the motions, defense drills build the Shark and the Pack Line, press drills build Havoc and the poise to beat it.

MOTION DRILL · 5-OUT

Drill — Cut & Fill 5v0

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

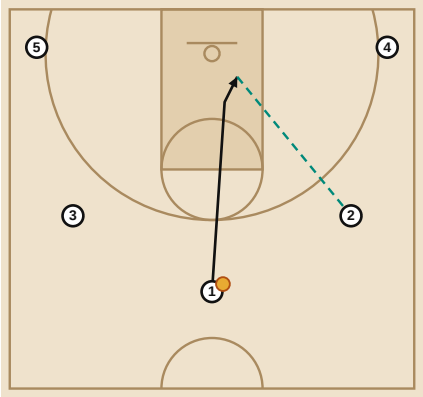
The daily rep that builds the 5-out engine: five players, no defense, a 20-second clock — pass, 45-cut, fill, repeat. The standard is five CLEAN rounds (hard cuts, instant fills, ready catches) before the clock dies. Miss the standard, run it back.

Setup: Five players on the 5-out spots, one ball, coach on the baseline with a 20-second count. Rotate groups through; losers of the clean-round count pick up balls.

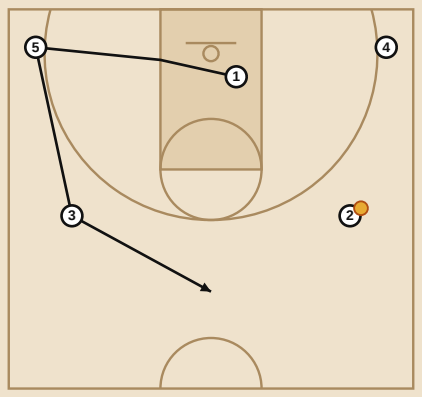
Coaching points

- Grade the CUT, not the pass — game-speed cuts with hands ready or the rep doesn't count.
- Fills must begin before the cutter clears the lane — spacing never sleeps.
- Every catch lands in a ready stance facing the rim; flat-footed catches reset the count.
- Coach calls "deny!" randomly — that pass becomes a backdoor read mid-drill.
- Make it competitive: group vs group on clean rounds. Standards beat minutes.

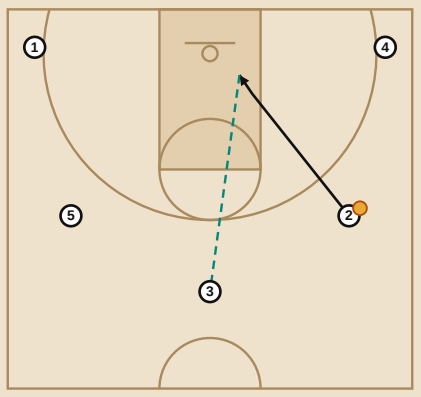
Age adaptation: Youth 7–10: 3v0 on three spots first. **Middle 11–13:** Full 5v0 with the deny call. **High School:** Add a chaser: one defender hunts one random cut per round.



1. Round one: pass and 45-cut at full speed — the cutter's hands are up and ready the whole way.



2. The fill wave: weak side rotates up one spot each BEFORE the cutter clears — if a spot sits empty for a beat, the round doesn't count.



3. Reverse and repeat the other way — same standard, new cutter. Five clean rounds in 20 seconds or run it back. This drill IS the offense.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

MOTION DRILL · LIVE

Drill — 3v3 No-Dribble Cutthroat

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

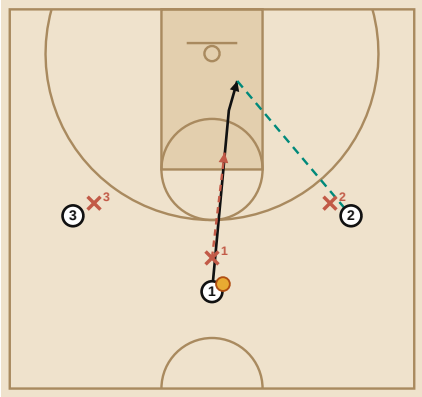
The single best motion teacher in basketball: three-on-three, games to 5, and the ball may never touch the floor. No dribble means the ONLY way to score is cutting hard and passing on time — the 5-out habits emerge by force, not lecture.

Setup: Three teams of three. Score stays on, stop rotates the defense off. Constraint of the week stacks on top (paint-touch first, 3 passes minimum, etc.).

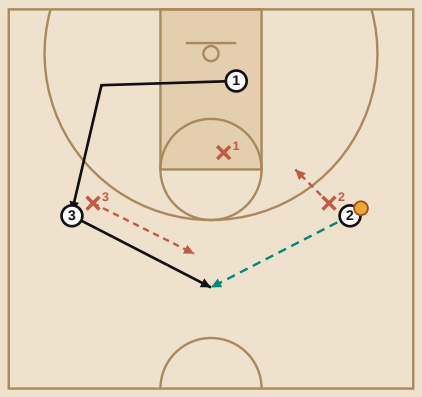
Coaching points

- Coach spacing between reps, never during — let the constraint do the teaching.
- Score only counts off a cut or an extra pass — hero shots rotate you off.
- Defense must talk on every exchange or the stop doesn't count.
- Keep rotations fast: the third team should never stand longer than one possession.
- This is the seed of everything: 5-out, backdoors, fills — all of it lives here.

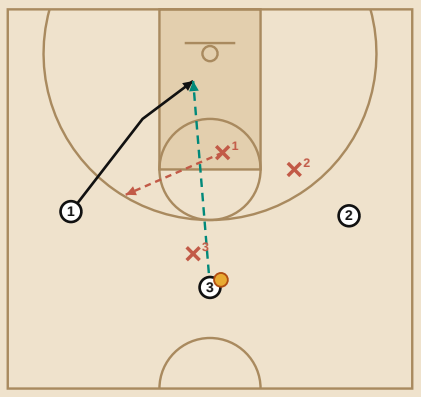
Age adaptation: Youth 7–10: THE core game — every practice. **Middle 11–13:** Add the weekly constraint. **High School:** Switchable defense allowed — forces the slip reads.



1. No dribble: 1 passes and cuts — there is literally nothing else he can do. That's the point.



2. Fill and swing: 3 replaces the cutter at the top, the ball keeps moving. The defense must jump to the ball every pass or die by backdoor.



3. The payoff read: deny the swing and the backdoor is automatic — layup, point, defense rotates off. Games to 5, winners stay.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

MOTION DRILL · HANDOFFS

Drill — DHO Chain

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

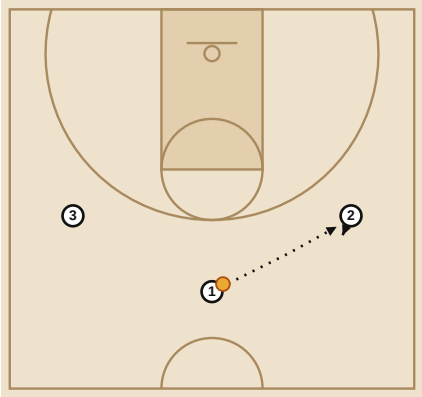
Three players, one ball, sixty seconds of continuous dribble-handoffs across the floor — the weave that builds the 5-Out DHO layer and the Delay game in one rep. The standard: handoffs hip-to-hip at full speed, receiver downhill on every exchange.

Setup: Three players across the arc (wing–top–wing), one ball. Sixty seconds continuous; count clean exchanges. Rotate trios; record the daily high.

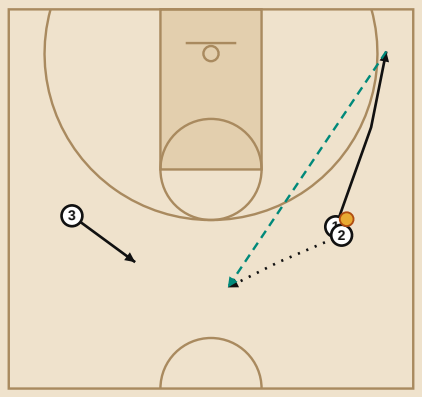
Coaching points

- Dribble AT your teammate — a handoff reached for is a turnover waiting.
- Hip to hip: the exchange is a screen; daylight between bodies is a failed rep.
- Receiver attacks downhill two dribbles before the next chain starts — simulate the threat.
- Eyes up through every exchange: coach flashes fingers, players call the number.
- Add a chaser defender in week two — the fake-keep read appears by itself.

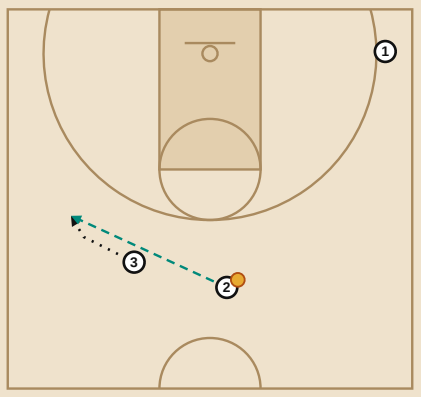
Age adaptation: Youth 7–10: Walk → jog pace, grip and timing first. **Middle 11–13:** Full speed with the finger-count. **High School:** Chaser plus a keep/slip read called live.



1. 1 dribbles AT the wing — 2 arcs into the exchange, hip to hip, and takes it downhill two dribbles.



2. The handoff — and the chain keeps moving: 2 attacks, 1 clears through, 3 lifts to the next exchange point.



3. Exchange two, other direction — sixty seconds of this and the weave is in their legs, not their notes. Count clean reps; beat yesterday.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT DRILL · POST PLAY

Drill — Post Entry & Laker Cut

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

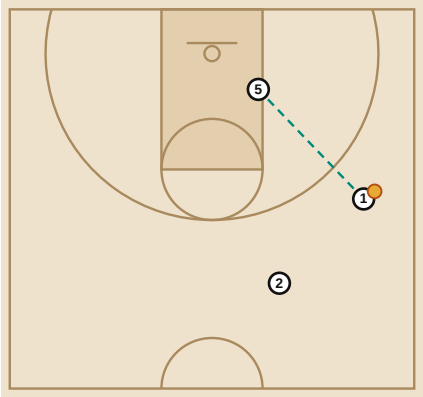
The two-man game that makes 4-Out-1-In run: wing entry to the post, Laker cut off the shoulder, finish or replace. Ten reps a side, both sides, every big-involved practice — the post learns to pass out of a crowd, the wing learns the cut that produces free layups.

Setup: Line at the wing, one post player on the ballside block, coach rebounding. Entry → Laker cut (low off the shoulder) → post hits the cutter or plays score. Cutter replaces himself through the weak corner; next man up.

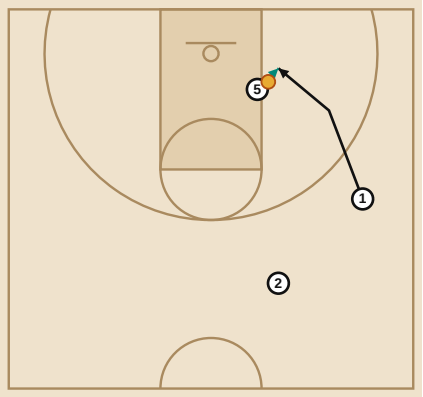
Coaching points

- Feed the post with a step-in bounce or overhead — lazy entries kill the rep before it starts.
- The cut scrapes the post's SHOULDER — high or low, but touching tight; wide cuts teach nothing.
- Post reads live: hit the cutter, or one-dribble score if the coach yells "late!"
- The cutter sprints to replace through the weak side — spacing is part of the rep.
- Track team makes per 10: entries that lead to points, not just completed passes.

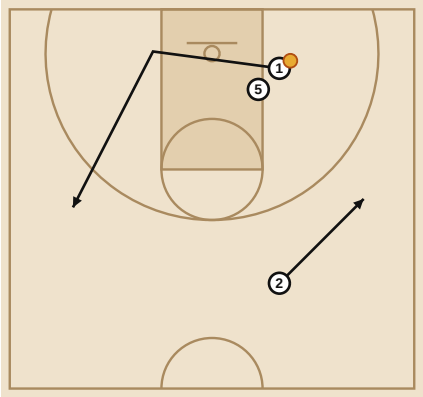
Age adaptation: Youth 7–10: — **Middle 11–13:** Walk the shoulder read first. **High School:** Add a live post defender every third rep.



1. Entry: step into the feed, hit the post's target hand away from pressure.



2. The Laker cut — scraping the post's shoulder, low side, hands ready. The post reads and delivers.



3. Finish, then replace through the weak side while the next wing steps up. Ten a side, both sides, every week the bigs exist.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

4-OUT DRILL · SHOOTING

Drill — Inside-Out Shooting

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

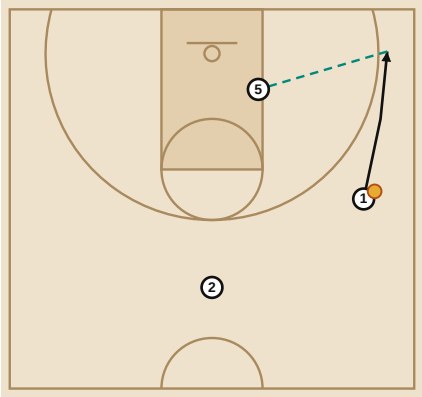
The best three in basketball is the one that touches the paint first. Feed the post, RELOCATE while the defense would collapse, catch the kick-out, shoot game shots at game speed. The drill grades the relocation as hard as the shot.

Setup: Shooter at the wing, post on the block, rebounder under. Feed → relocate (lift, drift, or corner slide — coach calls it) → kick-out → shot. Two minutes per shooter, track makes.

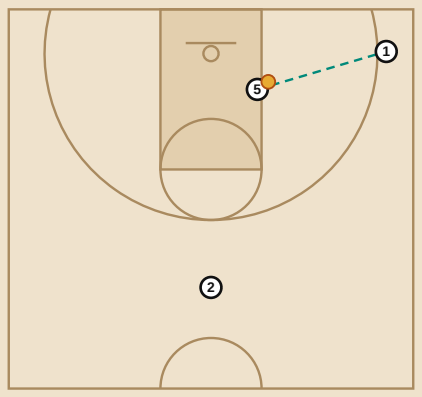
Coaching points

- The relocation IS the drill: move the instant the entry lands, to the spot the collapse would open.
- Catch ready: feet set in the air, shot up in rhythm — the kick-out window is half a second.
- Post holds a two-count before kicking — simulates the double arriving.
- Rotate the calls: lift, drift, corner — shooters must own all three landings.
- Score it: makes out of 20, posted on the board. Shooting drills without scores are warmups.

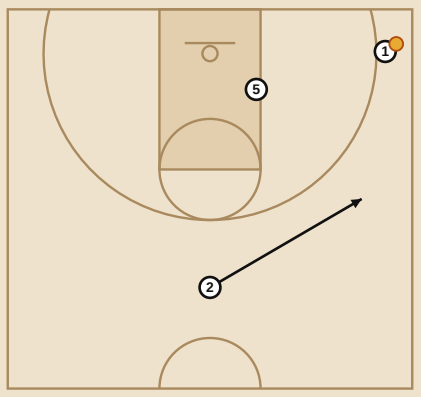
Age adaptation: Youth 7–10: — **Middle 11–13:** Fixed relocation (lift only) first. **High School:** Add a closeout defender sprinting on the kick.



1. Feed the post — and the moment it lands, the work starts: relocate to where the collapse would open.



2. Post holds the two-count (the double is arriving) — then the kick-out, thrown to the shooter's outside hand.



3. Game shot, game speed, graded. Twenty per shooter, rotate, post the scores. Inside-out is a habit before it's a play.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PISTOL DRILL · EARLY OFFENSE

Drill — Pitch & Chase Full Court

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

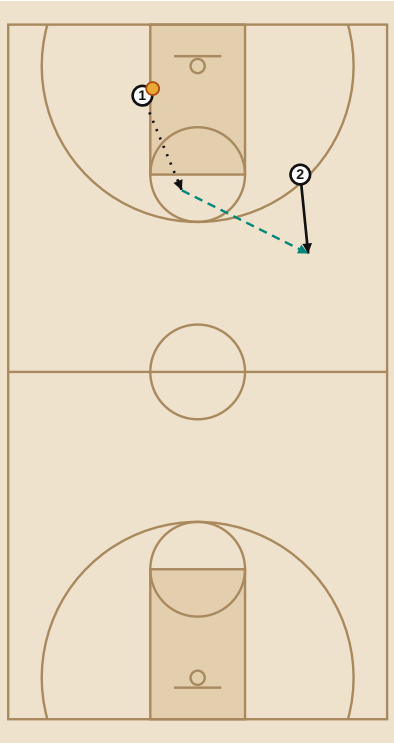
The two-man rep that installs the whole Pistol series: pitch ahead on the move, chase your own pass into the handback, finish at the far rim — then run it back the other way with roles flipped. Every reps the first six seconds of our offense.

Setup: Pairs, one ball, full court. 1 outlets to himself off the backboard or coach, pitches ahead to 2 sprinting the wing lane, chases into the handback, finishes. Return trip flips roles. Count team finishes in two minutes.

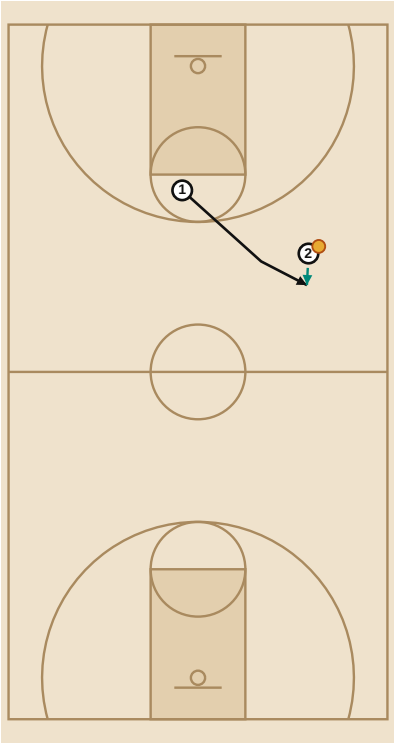
Coaching points

- The pitch is thrown EARLY and to the window ahead of the runner — never behind.
- Chase at a sprint: the handback is a moving screen; a jog makes it a turnover.
- Handback hip-to-hip, receiver downhill instantly — two dribbles max to the rim.
- Finish through contact pads on the block in week two.
- Time pressure makes it real: pairs compete on finishes per two minutes.

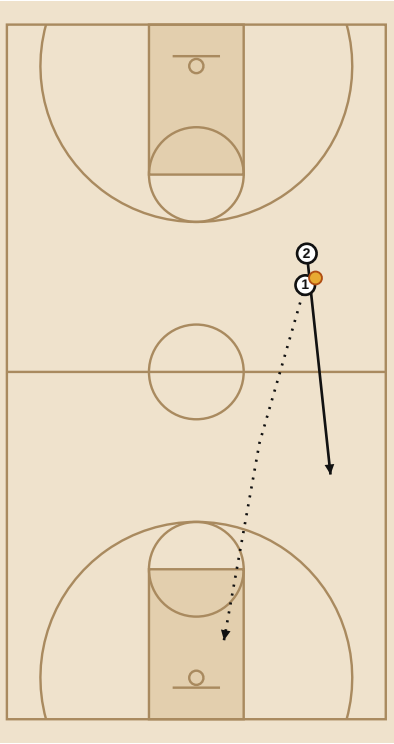
Age adaptation: Youth 7–10: — **Middle 11–13:** Teach pitch-and-chase before any Pistol call exists. **High School:** Add the trailing big: full 3-man Pistol windows.



1. Push off the rebound — and pitch AHEAD early, to the window in front of the sprinting wing.



2. Chase your own pass at a sprint — the handback lands hip to hip, a moving screen at full speed.



3. Downhill, two dribbles, finish at the far rim — then run it back the other way with roles flipped. Two minutes, count finishes, post the score.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE DRILL · DECISION

Drill — Gap 1v2

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

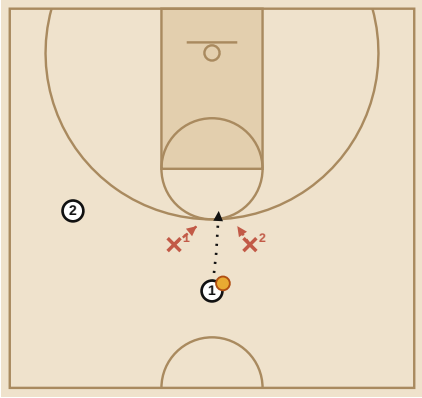
The zone-offense decision machine: one handler attacks the seam between two defenders with a shooter spotted weak-side. Drive to score — and the instant BOTH defenders commit, the kick. One read, repped until it's reflex.

Setup: Handler at the top, two defenders guarding the seam (live from the slot line), shooter at the weak wing. Handler attacks the gap; score if one defender takes him, kick if both do. Rotate all four spots.

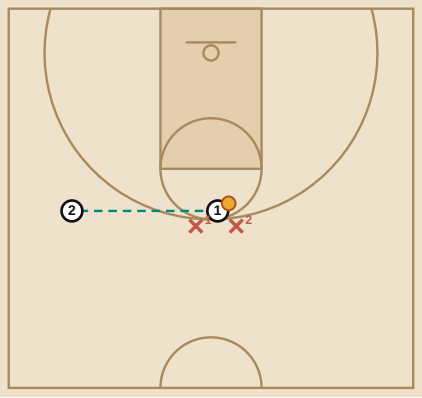
Coaching points

- Attack to SCORE — a drive that threatens nothing pinches nobody.
- The read is binary and late: one defender = finish, two = kick. Decide at the second step, not before.
- Kick off the inside foot, to the shooter's outside hand.
- Defenders play live — they're getting their gap-pinch reps simultaneously.
- Five decisions per turn, rotate; wrong reads cost the group a down-and-back.

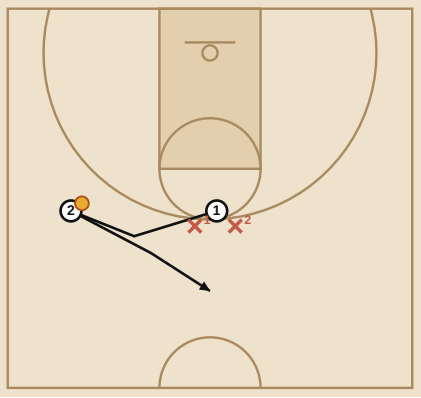
Age adaptation: Youth 7–10: — **Middle 11–13:** The core zone-prep drill. **High School:** Add a third defender rotating to the kick — now it's kick-swing.



1. Attack the seam at game speed — a REAL scoring drive. The two defenders must decide.



2. Both committed — that's the read. Kick off the inside foot to the spotted shooter.



3. Shot goes up, everyone rotates one spot: handler to shooter, shooter to defense. Five decisions a turn — the read becomes reflex.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

ZONE OFFENSE DRILL · FINISHING

Drill — High-Low Rapid Fire

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

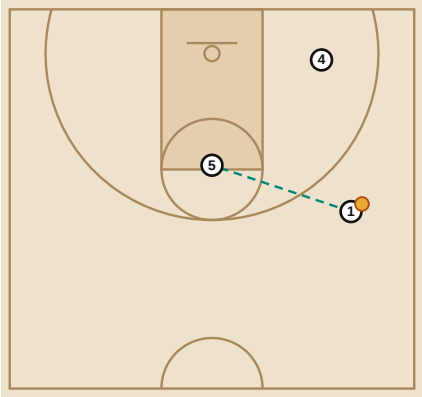
The two-man zone-killer repped raw: entry to the high post, instant high-low to the short corner diving rim-side, finish through traffic. Two minutes per pairing, swap jobs halfway — every big learns both ends of the zone's worst nightmare.

Setup: Feeder at the wing, one player at the high post, one in the short corner, coach with a pad under the rim. Entry → high-low → finish vs the pad. Two minutes, swap, count makes.

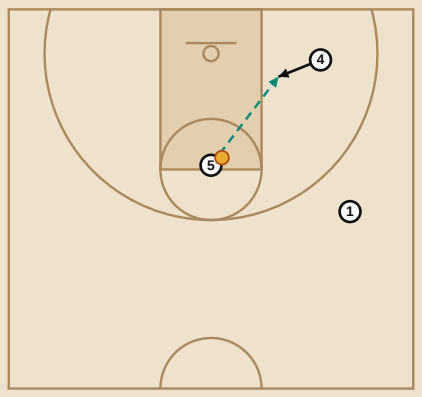
Coaching points

- High post catches FACING — the turn and look must be one motion.
- The short corner dives on the CATCH, not after: the window is the defense's blink.
- Throw the high-low as a bounce or lob by feel — pad pressure decides.
- Finish high off the glass through contact; and-one mentality.
- Rotate a live defender in for the pad in week three.

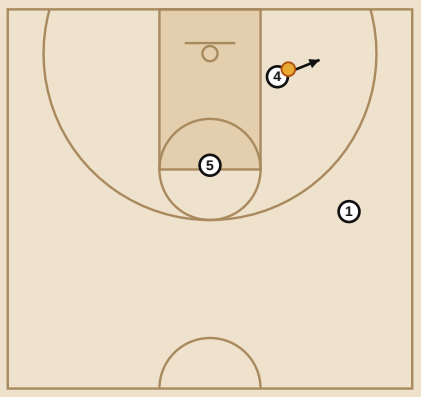
Age adaptation: Youth 7–10: — **Middle 11–13:** Pad pressure only. **High School:** Live low defender; add the kick-out when he fronts.



1. Entry to the high post — target hands, on time. The catch faces the rim in one motion.



2. High-low NOW: the short corner dives rim-side on the catch and the ball meets him through the window.



3. Finish through the pad, reset, again — two minutes, swap jobs, count makes. The zone's nightmare, mass-produced.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

DEFENSE DRILL · PACK LINE

Drill — Closeout 1v1

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

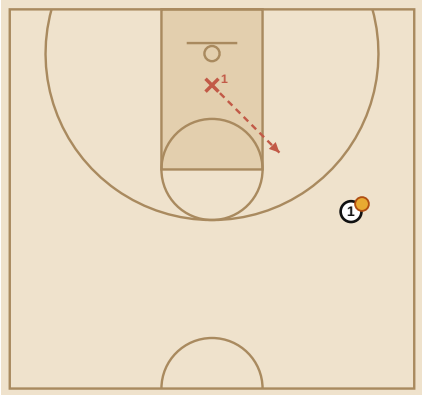
The rep that builds our closeout DNA: defender rolls the ball out from under the rim, sprints his closeout, and plays the possession live to a stop or score. Short, choppy, high hand — take the drive first, exactly as the Pack Line demands.

Setup: Defender under the rim with the ball, offense at the wing. Roll it out hard, sprint the closeout (sprint two-thirds, chop the last third), live 1v1 to a stop or score. Loser stays on defense.

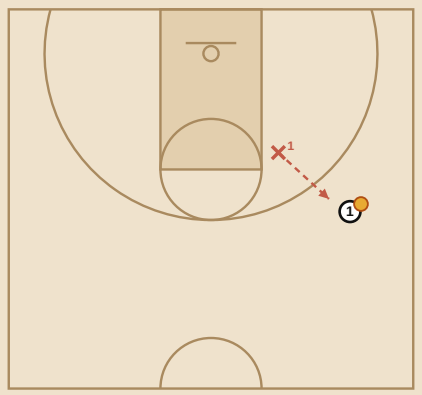
Coaching points

- Sprint two-thirds, CHOP the last third — arriving at full speed is a blow-by invitation.
- Closeout SHORT: take away the drive first; contest shots late and high.
- High hand matches the scout: shooter = hand up, driver = body low.
- After the stop: finish with a box-out even with no shot — habits chain.
- Keep score out loud; defense earns its way off.

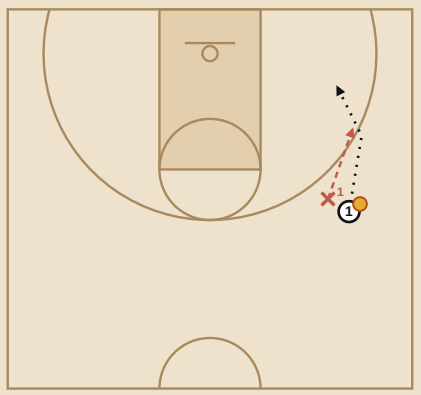
Age adaptation: Youth 7–10: Walk-speed slides first. **Middle 11–13:** The daily defensive starter. **High School:** Add the second closeout: kick-out to a corner coach, re-closeout.



1. Roll it out HARD — the defender's sprint starts the instant the ball leaves his hands.



2. Chop the last third: short, choppy steps, high hand, body ready to slide. Arrive balanced or get beaten.



3. Live to a stop or score — drive forced baseline into help that isn't there, so contain is everything. Loser stays. Pack Line is built one closeout at a time.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

DEFENSE DRILL · FOOTWORK

Drill — Zig-Zag Slides + Shadow

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

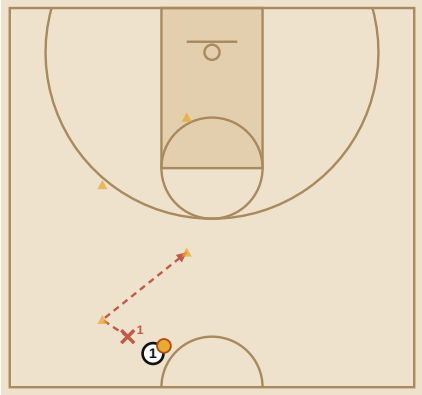
The oldest footwork drill in basketball because nothing has beaten it: slide cone to cone up the lane line, drop-step at every turn, nose behind knees — then add a live dribbler and SHADOW him the same route. Feet first, then feet under pressure.

Setup: Four cones zig-zagging up the side lane. Round one: slides only, drop-step at each cone. Round two: a dribbler attacks the route at half speed, defender shadows. Round three: live, defender must turn the dribbler at least twice.

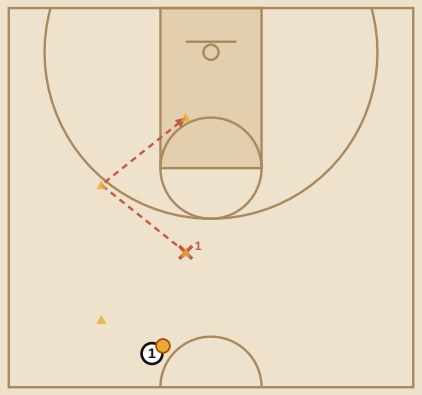
Coaching points

- Nose behind knees, palms up, back straight — posture is the whole drill.
- Never cross the feet: the drop-step swings the hips, the feet stay apart.
- Shadow phase: stay a half-body ahead, chest to the ball-side shoulder.
- Live phase is graded on TURNS — two forced direction changes minimum.
- Thirty seconds hard beats three minutes sloppy. Rotate fast.

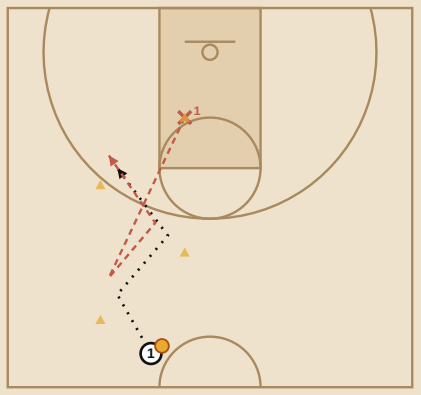
Age adaptation: Youth 7–10: Rounds one and two only. **Middle 11–13:** All three rounds. **High School:** Finish with full-court zig-zag live.



1. Round one — slides only: cone to cone, drop-step at each turn, nose behind knees the whole way.



2. Keep climbing: every cone is a hip swing, never a crossover. Posture holds or the rep restarts.



3. Now the shadow: live dribbler attacks the same route, defender rides a half-body ahead and forces two turns. Feet first — then feet under fire.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SHARK DRILL · COMMUNICATION

Drill — Match & Call (Shark Shell)

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

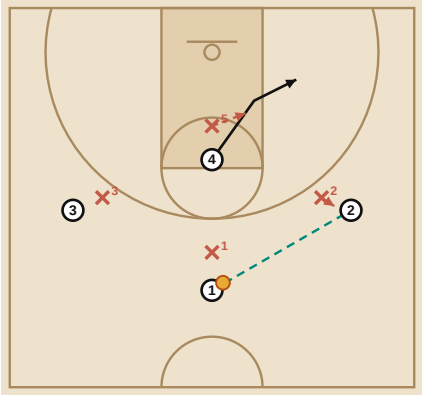
The Shark 3-2 lives or dies on the matchup handoff — so this shell drill reps nothing else. Offense may only cut and pass; defense may only match and CALL. No shots, no steals, until the gym can hear every exchange. Loud is the standard; the basketball comes later.

Setup: Four offense around the arc, four defense in Shark shape. Offense passes and sends cutters through on coach's signal. Every cutter must be passed between zones with a called handoff ("MINE!" / "YOURS!"). Coach kills any rep that goes silent.

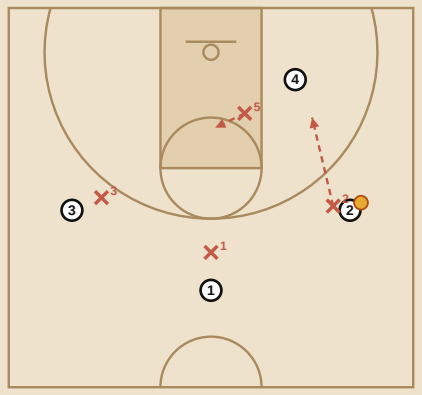
Coaching points

- The call comes BEFORE the cutter crosses zones — late calls are no calls.
- Chase one zone, pass him on: chasing two zones breaks the whole shell.
- Receiving defender points AND speaks — two signals, zero ambiguity.
- Silence stops the drill instantly. Restart, same offense.
- Graduate to live only when ten straight exchanges are loud and clean.

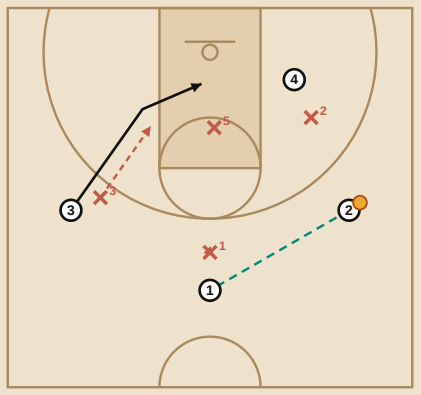
Age adaptation: Middle 11–13: THE install drill for the matchup rules. **High School:** Daily starter during Shark weeks; add live finish after ten clean.



1. Offense swings it, and the coach sends the first cutter through — the defense's only job: match and CALL.



2. The handoff: chase one zone — "YOURS!" — and the back line takes him. Point AND speak; two signals, zero ambiguity.



3. Next cutter, other side, same standard. Ten straight loud exchanges earns a live possession. The Shark is a language before it's a defense.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

SHARK DRILL · ROTATIONS

Drill — Trap Scramble Recovery

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

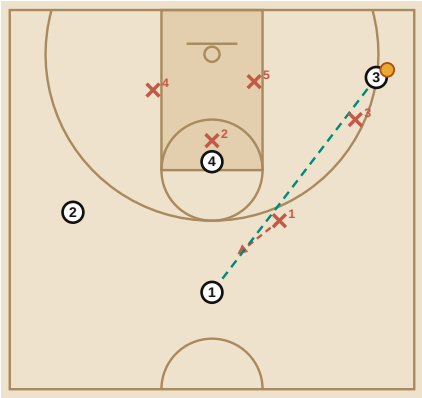
Traps fail in the recovery, not the trap — so this drill reps ONLY the ugly part: coach kicks the ball out of a sprung trap, and the defense must re-match completely within two passes. The rule that gets graded: recover THROUGH the paint, take the NEAREST home, never chase “your” man.

Setup: Set a sprung corner trap (two defenders on the ball, three behind in the triangle). Coach/offense escapes the trap; defense re-matches. Any open catch inside the arc within two passes = offense point, run it back.

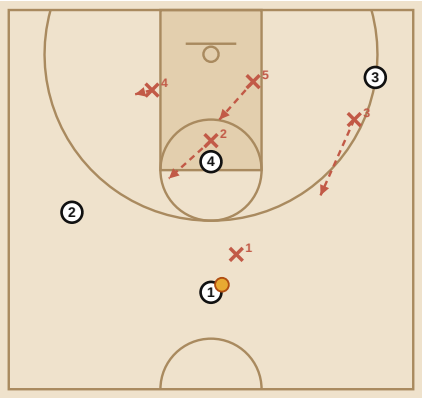
Coaching points

- Recover through the PAINT — the straight line home is also the line that protects the rim.
- Nearest home wins: re-match to the closest assignment, never cross recovery paths.
- The first pass out is conceded — sprint on the flight, match on the catch.
- Two-pass standard: by the second catch, every body is matched and the paint is full.
- Rotate the trap corner every rep; both sides must own the scramble.

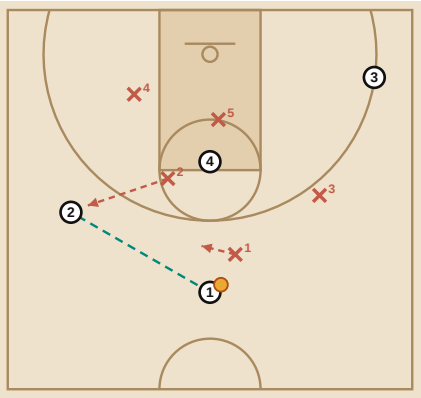
Age adaptation: Middle 11–13: Walk the recovery paths first. **High School:** Daily during Shark weeks; score offense vs defense.



1. The trap is sprung in the corner — now the part that decides everything: the coach kicks it OUT.



2. Sprint on the flight, THROUGH the paint: trappers release to the nearest homes, nobody chases “his” man across the floor.



3. Second pass — and everything is matched: ball pressured, paint full, shape whole. Two passes is the standard; an open catch inside the arc runs it back.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS DRILL · HAVOC

Drill — Trap Technique 2v1

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

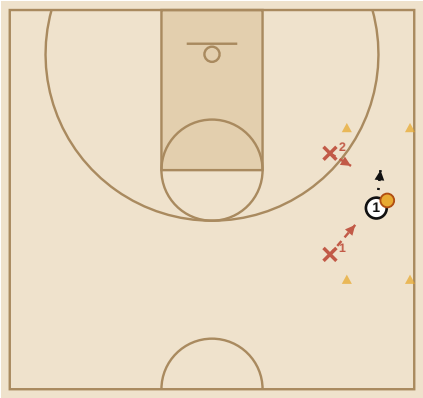
Havoc's trap, isolated in a box: two trappers versus one handler inside a cone square on the sideline. The grade is Shaka Smart's five keys — surprise, location, control, no fouls, no splits — and the only failure that matters is the reach. We want the panic pass, never the whistle.

Setup: Cone box on the sideline (free-throw line extended to half court). Handler lives inside it; two trappers start outside and spring on coach's call or the handler's pickup. 30-second rounds, rotate.

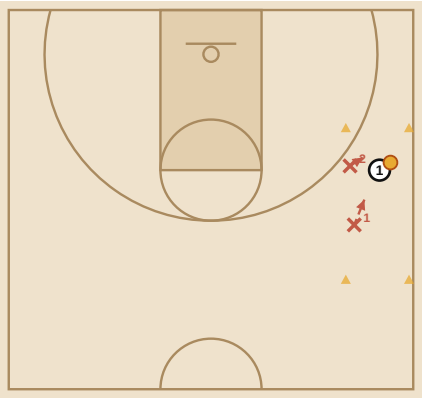
Coaching points

- Feet form the L, chests form the wall — the trap is a fence, not a mugging.
- Hands TRACE the ball, mirror its height — never stab at it.
- Spring on the pickup or the sideline dribble: the triggers are the teacher.
- A split between the trappers = instant loss; close the gap with feet, not arms.
- The win is a five-second count or a panic lob — celebrate those like steals.

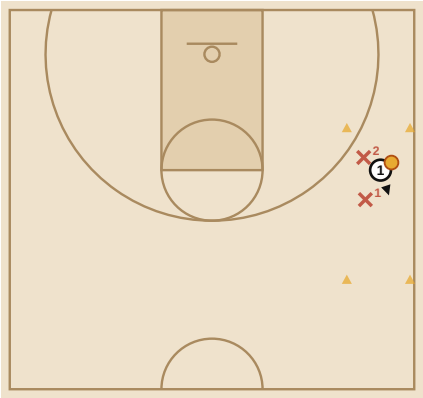
Age adaptation: Middle 11–13: Contain-only version first (no trap). **High School:** Full trap; track fouls-per-round at zero.



1. The handler lives in the box — trappers shade and wait for a trigger: the sideline dribble or the pickup.



2. SPRING: feet in the L, chests to the wall, hands tracing the ball. The sideline is the third trapper — no reach, no split.



3. Hold it: five-second count or the panic pickup-lob — that's the win. Thirty seconds, rotate all three jobs. Zero fouls is the only passing grade.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS DRILL · HAVOC

Drill — Interceptor Triangle

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

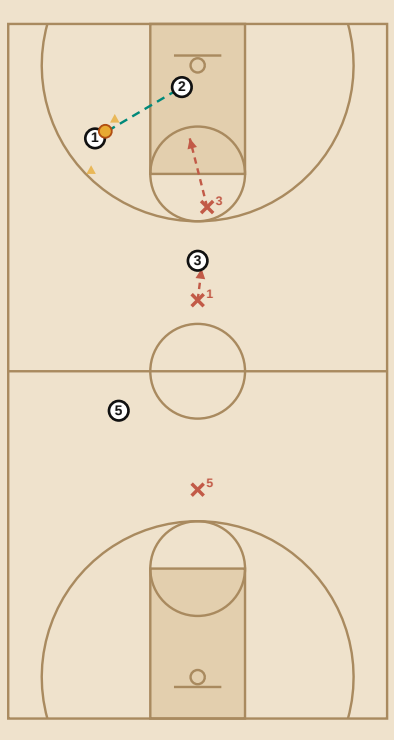
Behind every Havoc trap, three defenders play the passing lanes in a triangle — and this drill reps only them. A coach stands “trapped” and throws real escape passes; the triangle rotates on the FLIGHT of each one. Steals come from the triangle, not the trap: this is where they’re made.

Setup: Coach with ball in the trap corner (two chairs as the trappers). Three interceptors in the triangle: nearest outlet, middle, deep. Coach fires escape passes anywhere; triangle rotates, nearest lane attacks the catch. Score interceptions per 10 throws.

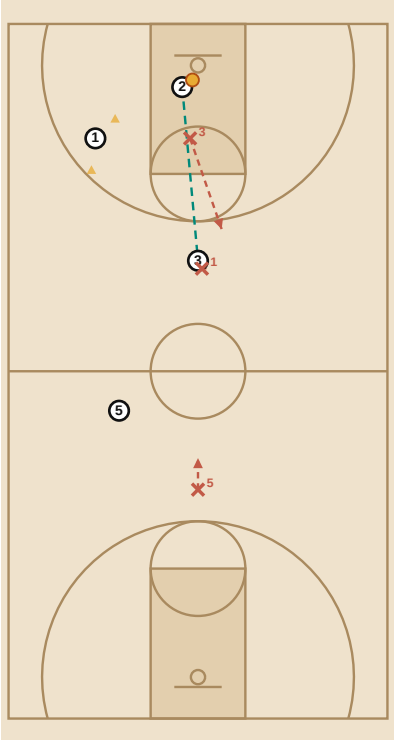
Coaching points

- Move on the FLIGHT, not the catch — the throw itself is the starting gun.
- One lane gambles, two lanes insure: the triangle never sends two to one pass.
- The deep man protects the rim first, always — he gambles last.
- Hands high in the lanes; deflections count as wins.
- Rotate all three jobs; your fastest hands live in the middle.

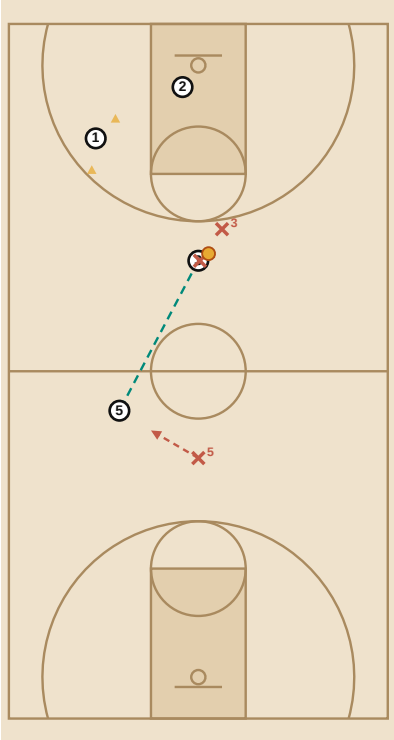
Age adaptation: Middle 11–13: — **High School:** Weekly with the press install; track interceptions per 10.



1. The coach is “trapped” between the chairs — and fires the first escape to the release man. Triangle moves on the FLIGHT.



2. Next throw hunts the middle — the lane the triangle insures twice. Nearest attacks the catch, deep man holds the rim.



3. The deep ball — the gamble we accept — and the goaltender is already home. Ten throws, count interceptions and deflections. The triangle is where Havoc’s steals are manufactured.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball

PRESS OFFENSE DRILL · POISE

Drill — Press Break +2/+1

■ **Watch this play animated** — open the interactive playbook at cdlpbasketball.com and press Run on this play.

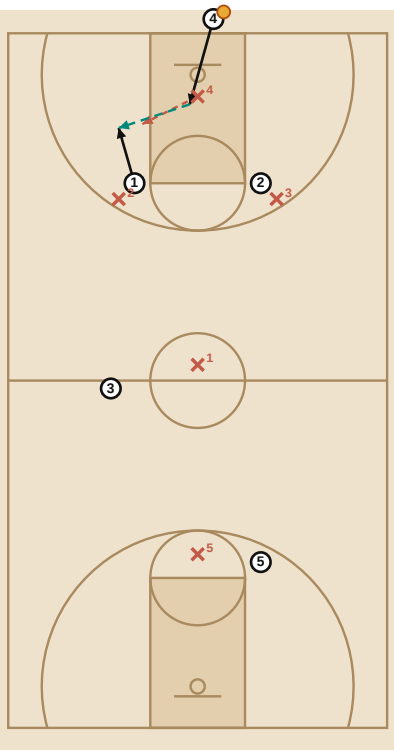
Poise against pressure is trained with a scoreboard: starters run the Breaker against the scout press, and everything is scored — +2 for scoring off the break, +1 for a clean cross, defense point for every turnover. The press break stops being theory the day it starts costing someone sprints.

Setup: Scout team in the opponent's press (or our own Havoc). Offense runs the 1-4 Breaker. Score each possession: +2 score off the break, +1 clean half-court entry, –1/defense point per turnover. First to 7.

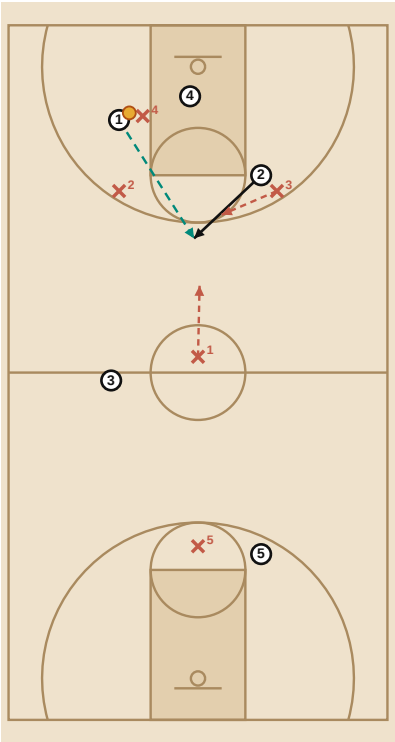
Coaching points

- Middle first, sideline second, NEVER a corner — the rules are the grade.
- The inbounder trails every entry as the release valve; using him is smart, not soft.
- Face the rim on every catch before dribbling — the deep look is open more than it feels.
- Turnovers teach loudest when they cost: losers run, winners shoot free throws.
- Flip the script weekly: our press vs our break sharpens both ends at once.

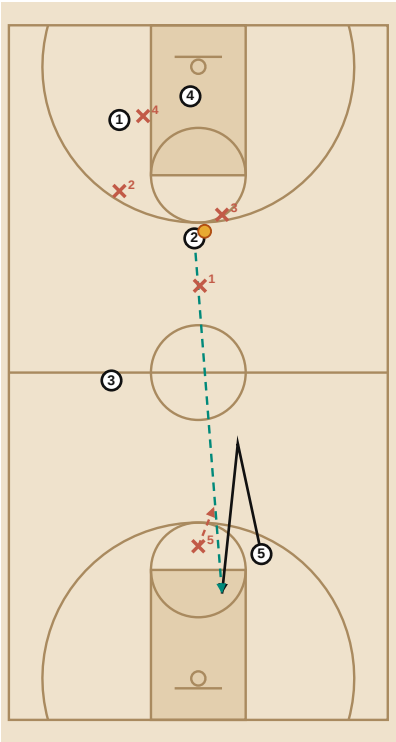
Age adaptation: Middle 11–13: Core weekly rep. **High School:** Versus the actual scout press of the week.



1. Live rep: inbound beats the count, and the scoring starts — every decision now has a price.



2. Middle first — the flash beats the trap and it's +1 the moment the ball crosses half clean.



3. Numbers ahead: finish it for +2, or settle the clean cross for +1. First to 7 — losers run, and suddenly everyone remembers the rules under pressure.

Legend: solid arrow = cut · dotted = dribble · dashed teal = pass · thick teal with T = screen · red X / dashed red = defense · orange dot = ball