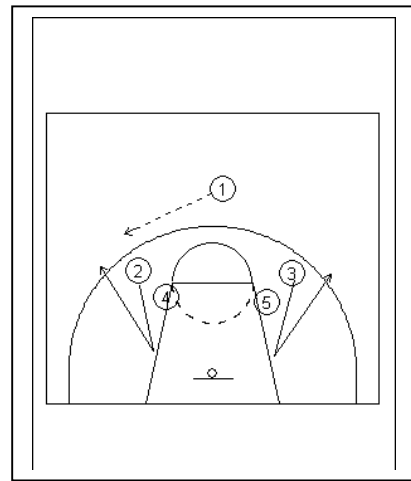
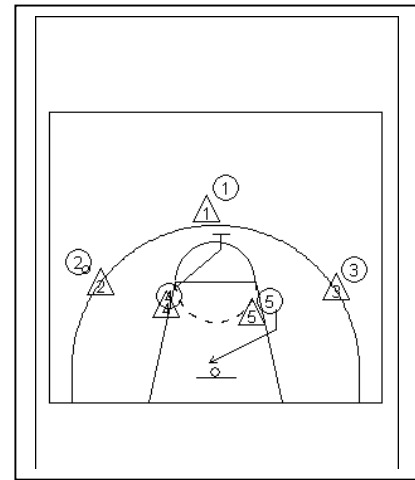


Category = Offense
 Playname = 1-4 set

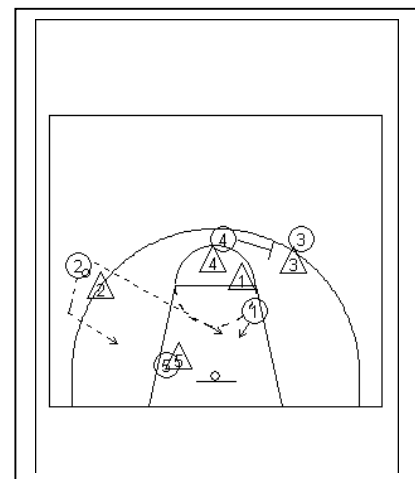
1-4 starts in a high post set across the foul line the wings deep v Cut to receive the ball



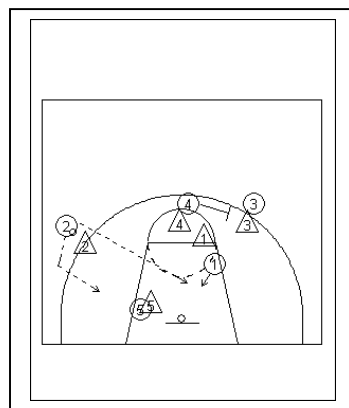
This is now where the fun begins
 5 rolls behind their defender and cuts to the ball
 4 sets a screen for 1
 3 replaces 1 at the safety



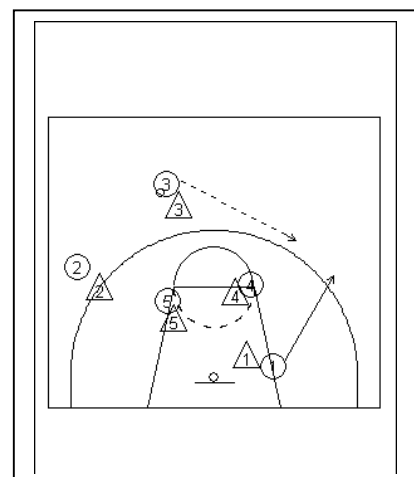
2 has two options passing to 5 at the block and this fake if not on allows the pass to the 1 guy cutting hard to the basket.



4 screens for 3 who looks for the three point shot



If nothing is on then the reverse begins

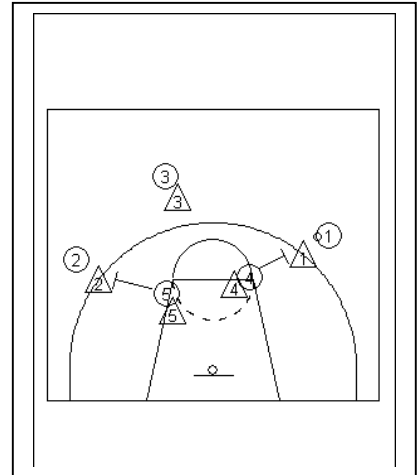


3 receives the ball and passes out to 1 now on the wing and we are set ready to start from the other side

Motion principle

Never do the same thing twice in a row

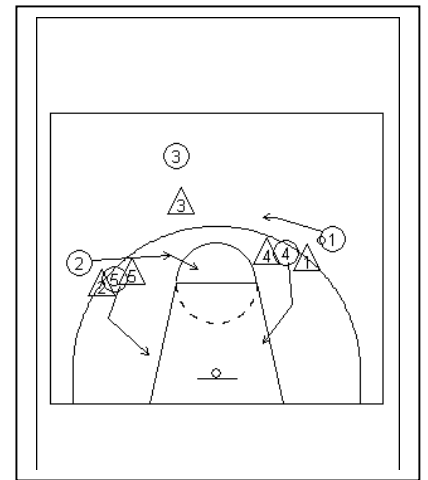
This time instead of rolling to the bucket the 4 and 5 guy screen hard for the wings



The wings Use the screen and cut to the high side the 4 and 5 guy rolls seals the screened player and cuts hard to the basket

This creates at least four scoring options and if we still haven't scored after all this, remembering we have played transition when we first come down the floor, it is now time to "PANICK". No just kidding we set and run again

There is no rush to score as long as we keep control of the ball only make good passes and protect it at all times. In fact, the longer we have it the more frustrated defenders will become and the more likely they are to do silly things thus giving us a better scoring opportunity



Remember After all this planning we must still be ready for anything Everybody can shoot and MUST be prepared to do so. The RIGHT shot is the open shot!! If your open Take it but no your limitations.

Cal Bruton school of shooting the more that go up the more that go in!