

TIME OUT™

A MONTHLY BASKETBALL CLINIC

PRESENTS

**THE BEST
OF**

TIME OUT™

BOOK FIVE

**ZONE OFFENSE, LAST-
SECOND SHOTS, PASSING,
AND SPECIAL SITUATIONS**

BY

JIM BAKER

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ZONE OFFENSE

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TECHNIQUES AND PRINCIPLES

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MISCELLANEOUS

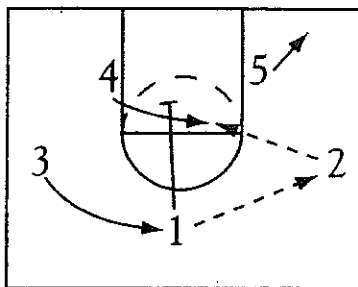
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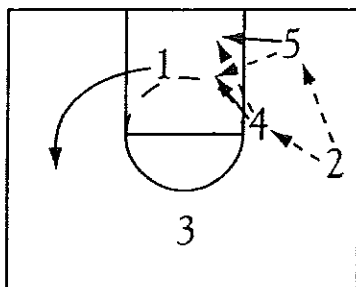
ZONE OFFENSE

INSIDE SCREEN

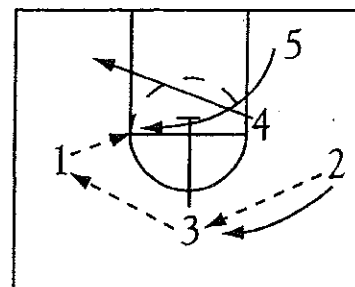
This zone offense provides good continuity along with an inside screen for the post. The offense keeps #4 and #5 inside and #1, #2, and #3 on the outside spots. The offense is ideal for against a match-up zone.



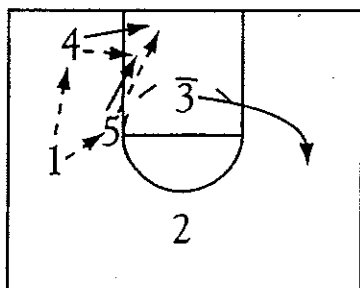
1. #1 passes to #2. #1 dives to the middle and screens the middle defender. #5 pops to the short corner. #3 comes to the top. #4 curls off #1 to the elbow. #2 looks for #4.



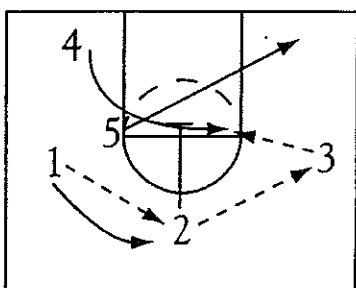
2. If #2 passes to #4, #5 goes to the basket, and #4 looks for #5. If #2 passes to #5, #4 goes to the basket, and #5 looks for #4. #1 pops out to the wing.



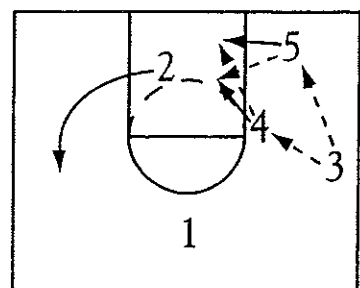
3. If #4 and #5 are defended, #2 passes to #3 who passes to #1. #4 sprints to the short corner. #3 dives to the middle and screens the middle defender. #5 curls off #3 to the elbow. #1 looks for #5.



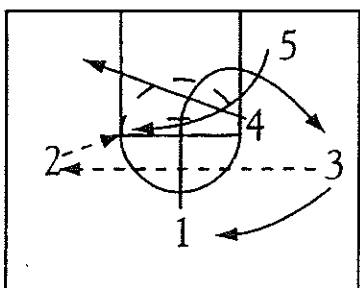
4. If #1 passes to #4, #5 goes to the basket, and #4 looks for #5. If #2 passes to #5, #4 goes to the basket, and #5 looks for #4. #3 pops out to the wing.



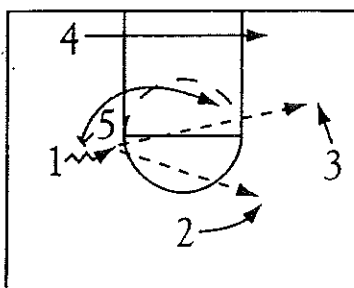
5. If #4 and #5 are defended, #1 passes to #2 who passes to #3. #5 sprints to the short corner.



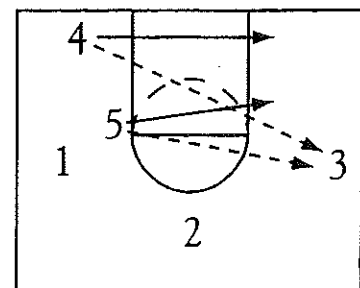
6. If #3 passes to #4, #5 goes to the basket, and #4 looks for #5. If #2 passes to #5, #4 goes to the basket, and #5 looks for #4. #2 pops out to the wing.



OPTION - SKIP PASS
The ball is skipped from #3 to #2. #4 sprints to the short corner. #1 dives to the middle and screens the middle defender. #5 comes to the ball, and the offense continues.



OPTION - BALL SCREEN
The post may step out and screen for the wing. #1 dribbles off #5's screen. #2 and #3 curl into the gaps. #1 may have the shot or pass to #2 or #3. The offense continues.

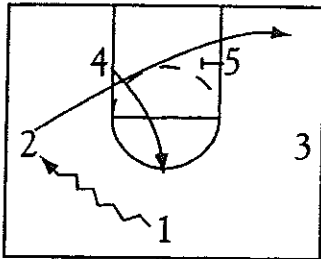


OPTION - INSIDE/OUT PASS
Anytime the ball is passed inside to #4 or #5, the post may pass out to the opposite wing. If the pass is made, #4 and #5 sprint across, and the offense continues.

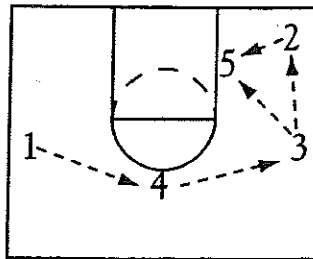
ZONE OFFENSE

CUTTERS

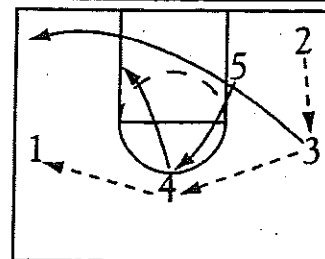
The following zone offense is ideal for use against all types of zone defenses including match-up zones. The offense provides a great deal of movement and rotates perimeter players to various players.



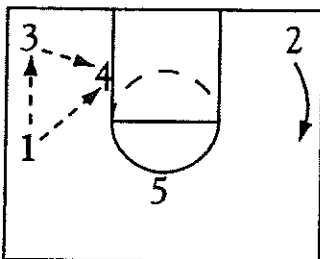
1. #1 dribbles to the wing. #2 clears through to the opposite corner. #4, the ballside post, flashes high. #5 screens in.



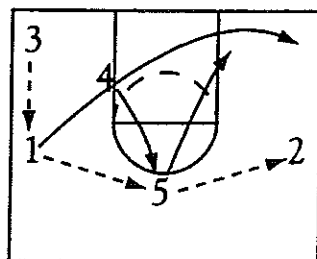
2. #1 passes to #4 who passes to #3. #3, #2, and #5 play the power triangle trying to work the ball inside.



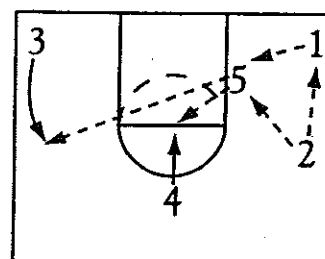
3. If no one is open, #2 passes to #3. #3 passes to #4 and cuts through to the opposite corner. #4 passes to #1. #4 dives low, and #5 flashes high.



4. #1 and #3 play the power triangle with #4. #2 rotates to the wing.

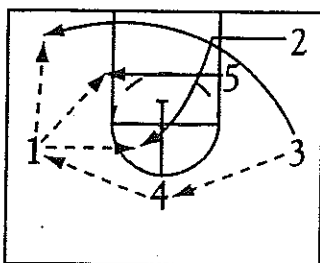


5. If no one is open, #3 passes to #1. #1 passes to #5 and cuts through to the opposite corner. #5 passes to #2. #5 dives low, and #4 flashes high. The offense continues.



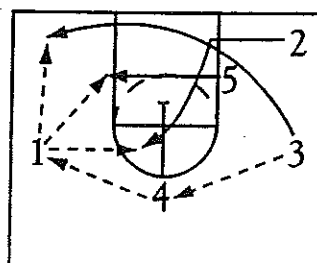
OPTION

On the pass to the low post (#5), the high post (#4) dives low and the opposite wing (#3) spots up. #5 looks for #4 or #3 for the shot.



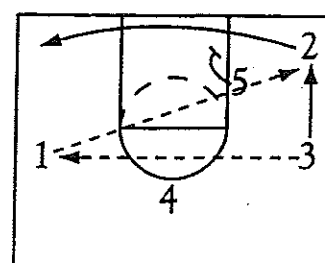
OPTION

#3 passes to #4 and cuts through to the corner. #4 passes to #1. #4 screens in, and #5 flashes to the ball. #2 breaks off #4 to the ball. #1 passes to #5 or #2.



OPTION

#3 skip passes to #1. #2 runs to the opposite corner. #5 screens in. #3 curls down. #1 skips back to #3 for the shot.



OPTION

#3 skip passes to #1. #5 rolls to the ball. #2 screens the backside forward, and #3 screens the guard. #4 passes to #1, and goes to the basket. #1 looks for #4.