

TIME OUT™

A MONTHLY BASKETBALL CLINIC

THE BEST
OF

TIME OUT™

BOOK SIX
INBOUND PLAYS, DEFENSE,
TRANSITION DEFENSE,
REBOUNDING & TRANSITION

BY

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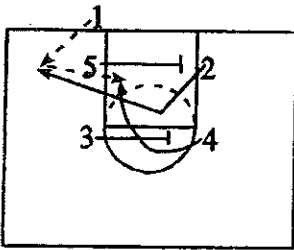
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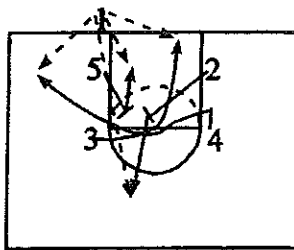
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INBOUNDS PLAYS

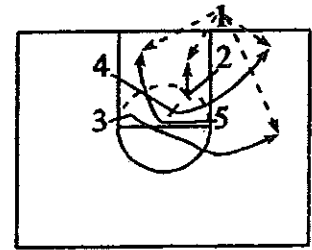
These inbounds plays from the box set provide good, quick scoring opportunities.



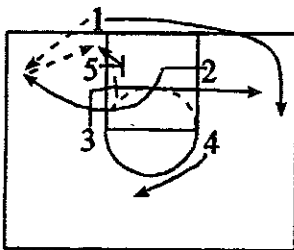
#5 and #3 screen across for #2 and #4. #2 breaks to the top, then cuts to the corner. #4 breaks off #3's screen. #1 passes to #2 who passes to #4 rolling to the basket.



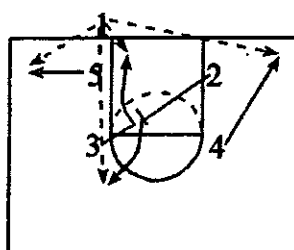
#5 and #2 set a double screen in the lane. #3 and #4 cross and go off the screens. #5 opens back up to the ball, and #2 continues to the top as the outlet. #1 passes to the open player.



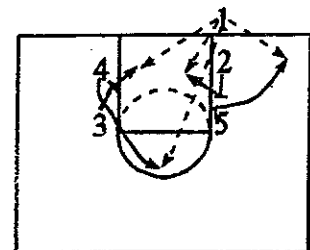
#5 screens for #3. #3 pops to the wing. #4 screens for #5 who cuts to the block. #2 upscreens for #4. #4 cuts to the corner. #2 steps back. #1 passes to the open player.



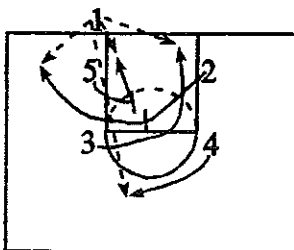
#5 and #3 set a double screen for #2. #2 goes off the double to the corner. #3 continues across the lane, and #4 goes to the top as the outlet. #1 passes to #3 who looks for #5 posting on the block.



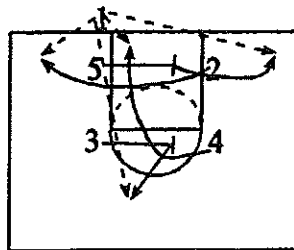
#2 screens up and across for #3. #5 and #4 slide to the corners. #3 fakes off the screen and breaks to the ball. #2 continues to the top. #1 passes to the open player.



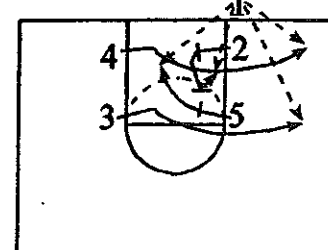
#3 down screens for #4. #4 comes to the top. #3 steps to the ball. #2 upscreens for #5. #5 goes to the corner. #2 steps back to the ball. #1 passes to the open players.



#2 screens for #3 who breaks to the basket. #5 screens for #2 who continues to the corner. #4 goes to the top as the outlet, and #5 opens back up to the ball. #1 passes to the open player.



#5 and #3 screen across for #2 and #4. #2 breaks off the screen across to the corner. #4 goes off #3 and cuts to the ball. #5 continues to the corner, and #3 goes to the top of the key.

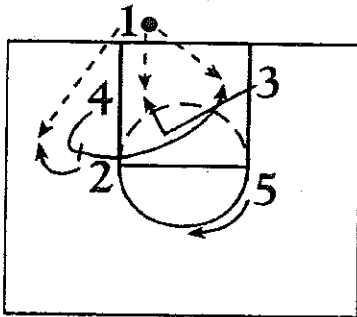


#3 fakes in and goes to the wing. #4 upscreens for #5. #5 cuts to the basket. #2 turns and screens for #4. #4 comes to the ball, and #2 steps back to the ball. #1 passes to the open players.

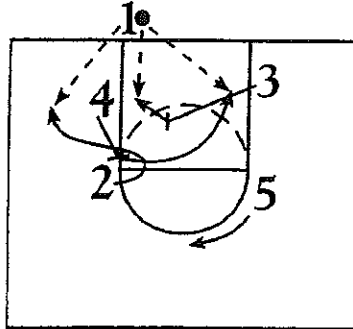
MAN OFFENSE

These six man offense baseline out of bounds plays are out of the popular box set.

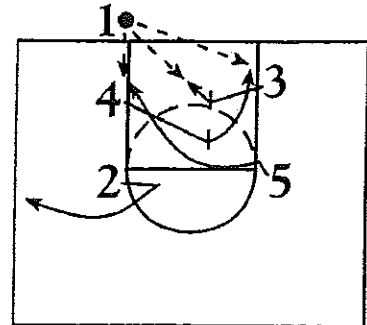
BASELINE OUT OF BOUNDS PLAYS - BOX SET



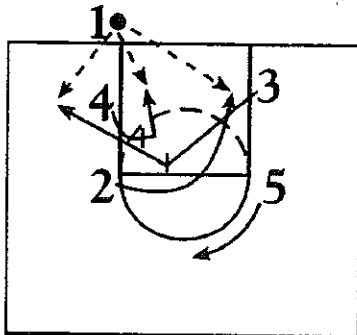
#4 turns and upscreens for #2. #2 pops to the corner. #3 upscreens for #4. #4 goes off #5, and #3 steps to the ball. #5 pops deep. #1 passes to #2, #4, or #3.



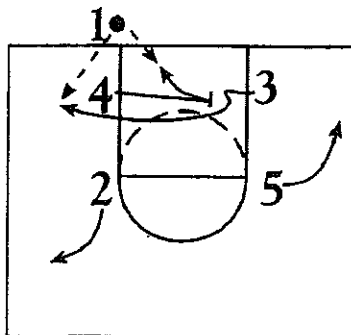
#4 turns and upscreens for #2. #2 loops around #4 to the wing. #3 upscreens for #4. #4 cuts off #3, and #3 steps to the ball. #5 pops deep. #1 passes to #2, #4, or #3.



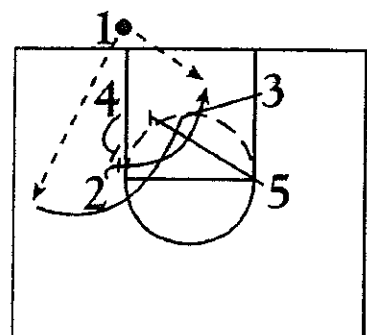
#4 upscreens for #5. #5 curls off #4 to the ball. #3 screens for #4. #4 goes off #3. #3 steps to the ball. #5 pops to the corner. #1 passes to #5, #4, or #3.



#3 upscreens for #2. #2 cuts to the basket. #4 screens in for #3. #3 pops out off #4. #4 steps to the ball. #5 pops deep. #1 passes to #2, #3, or #4.



#2 and #5 pop out. #4 screens across for #3. #3 cuts off #4 to the corner. #4 steps back to the ball after screening. #1 passes to #3 or #4.



#2 and #4 form a double screen. #3 comes off #2 and #4. #5 screens in for #2. #2 cuts to the basket. #1 passes to #3 or #2.

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