

# 2019 U16 VM Men - Playbook

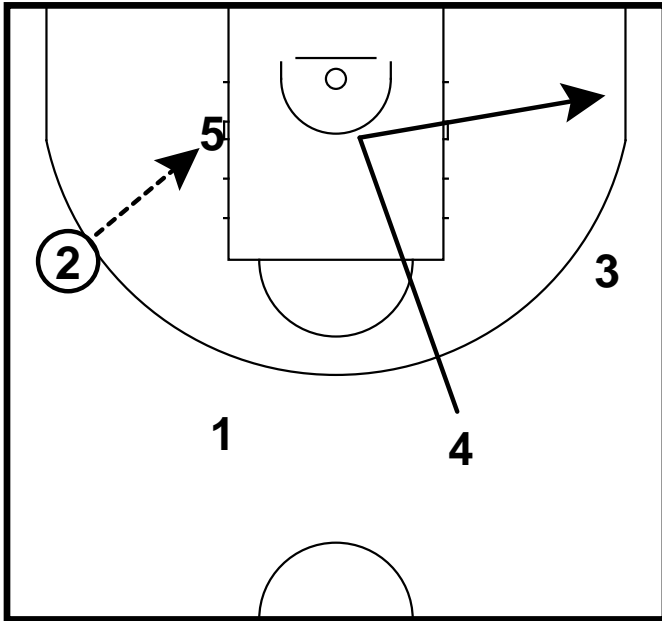
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# Man O

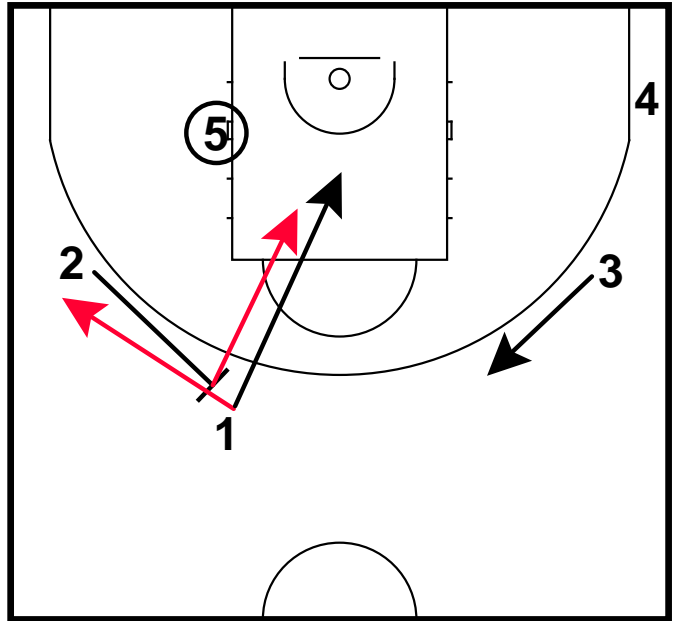
Post Entry Action - Splits  
Team O



Post entry pass.

Highest player opposite the ball dives (o4)  
- Clears to weakside corner.

Post Entry Action - Splits  
Team O



Second action (simultaneous to dive cut).

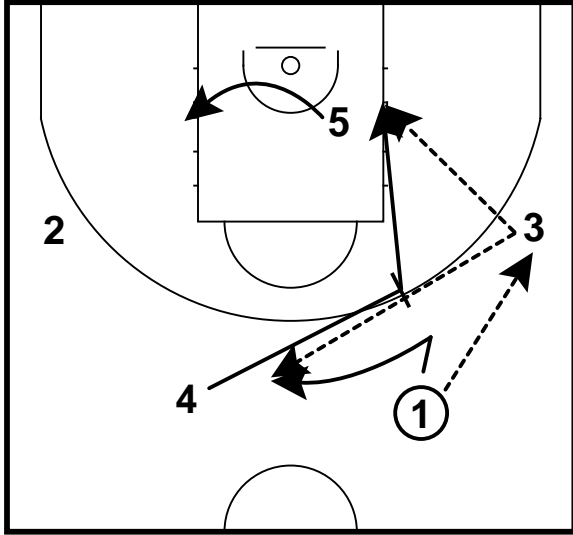
Strong side guard upscreens for strong side lane line guard.  
'Splits' Action - screener goes opposite cutter.

Cutter has options.

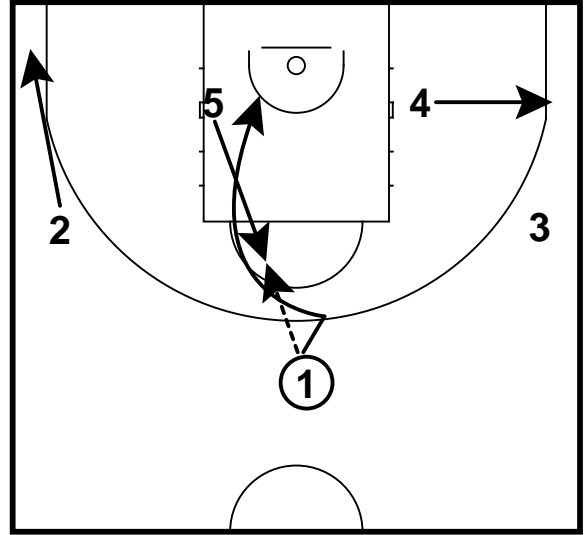
- A) Come off the pick and space to strong side corner
- B) Refuse screen and dive on ring.

# Man O

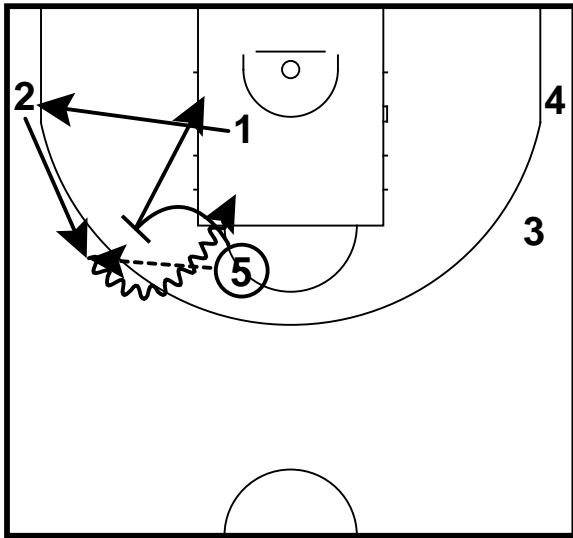
Games  
Team O



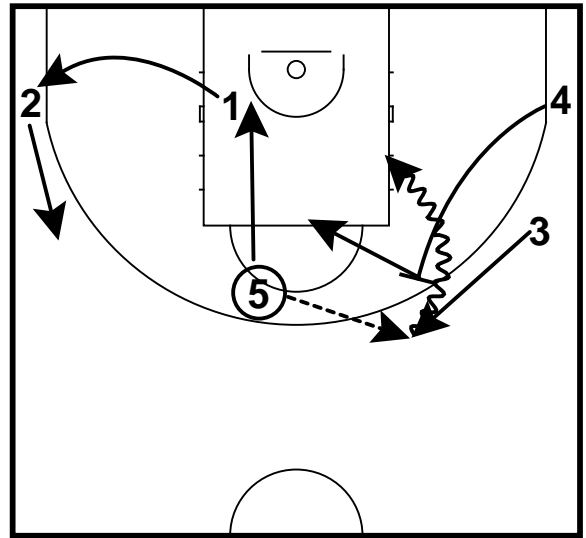
Games  
Team O



Games  
Team O

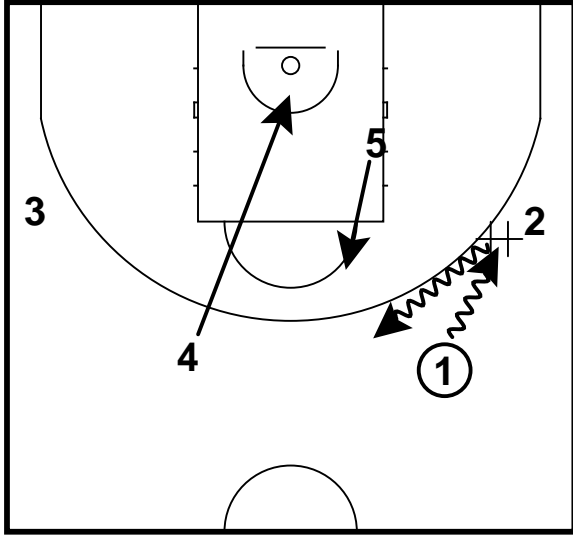


Games Flip  
Team O

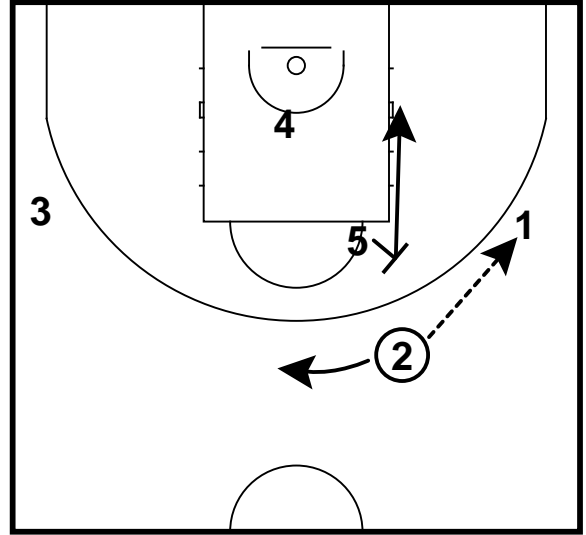


# Man O

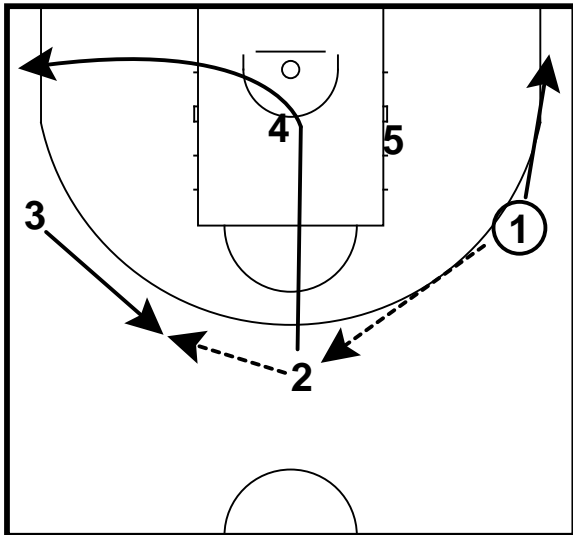
Games - VT Pop  
Team O



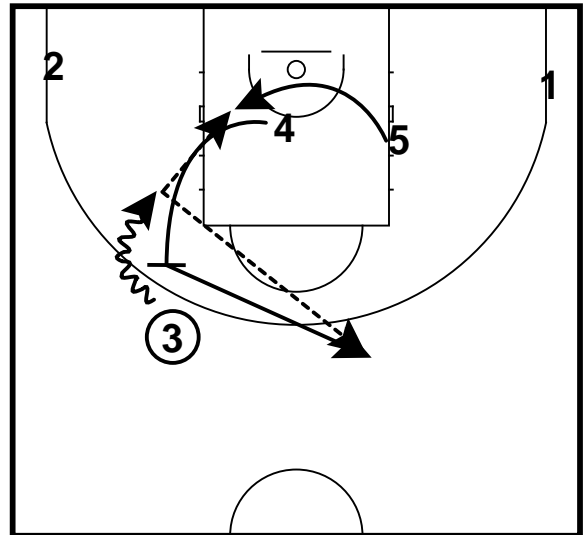
Games - VT Pop  
Team O



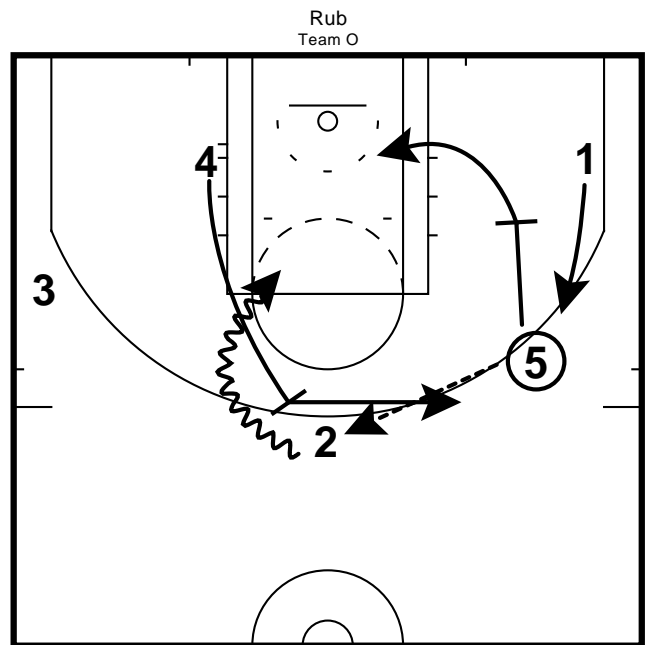
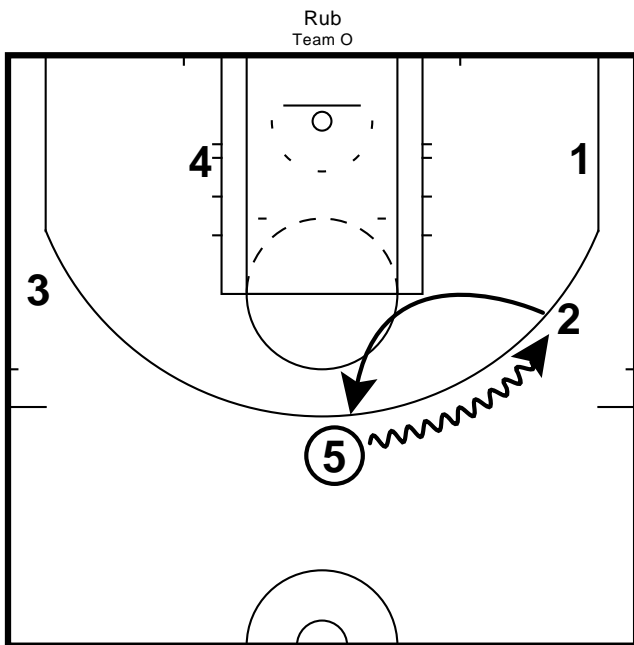
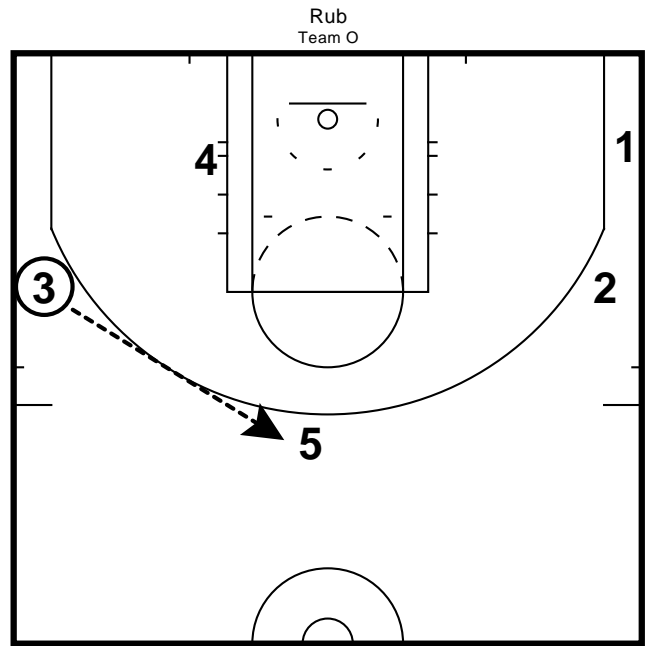
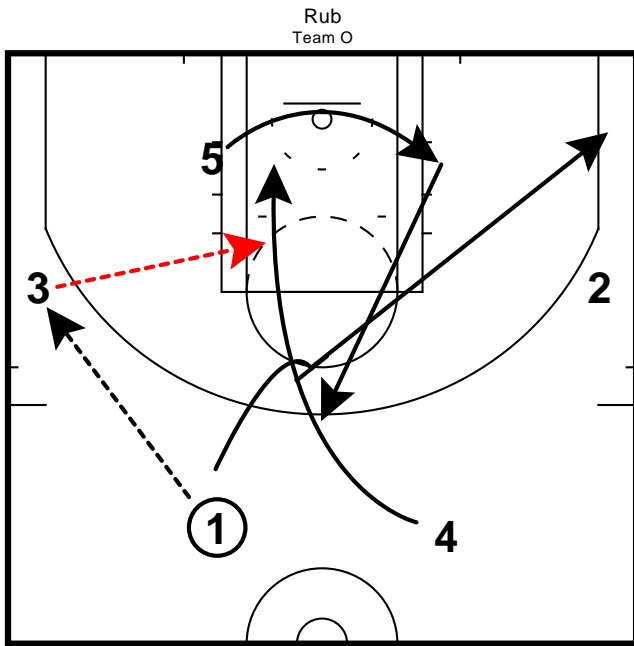
Games - VT Pop  
Team O



Games - VT Pop  
Team O



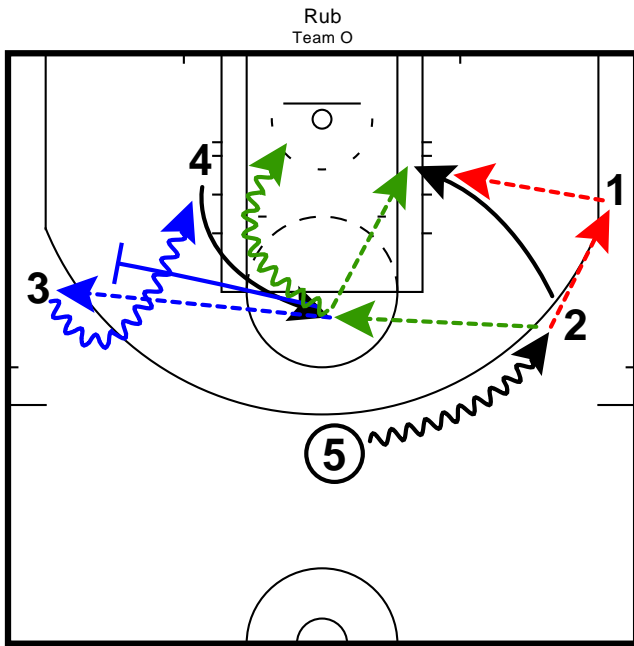
# Man O



OPTION 1:  
Flow Series - Shallow On

OPTION 1:  
4 Step-Up Screen for 2 into pop.  
5 downscreen for 1 into roll spot.

# Man O



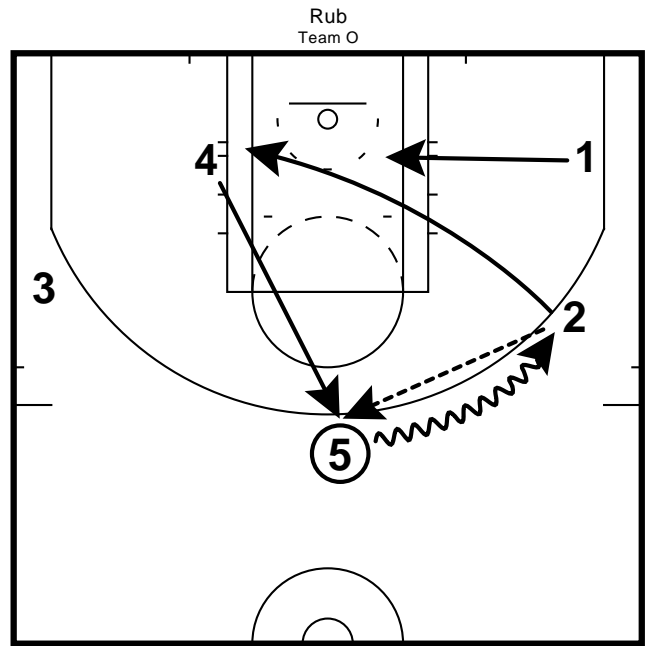
OPTION 2:

Dribble @ - Guard Post-Up.

Wing Entry

High-Low OR Big on Rip/Go

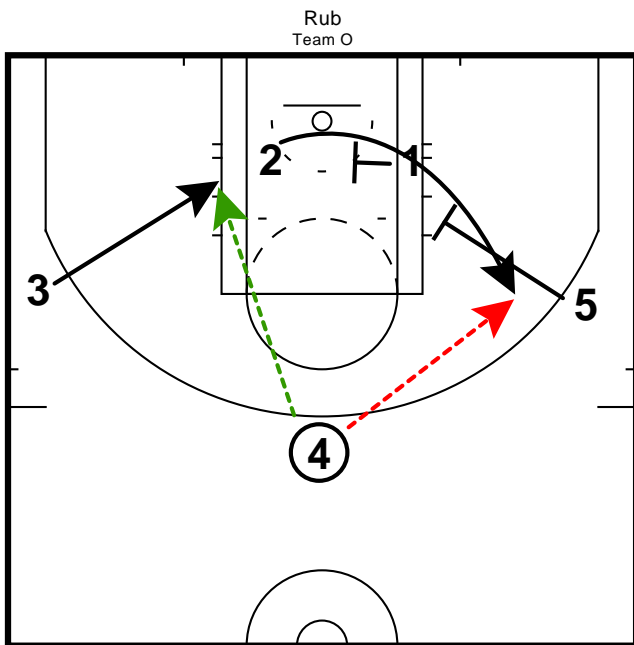
Ball Reversal into OB



OPTION 3:

Double Guard Back-Cut.

Ball Reversal to flashing 4.



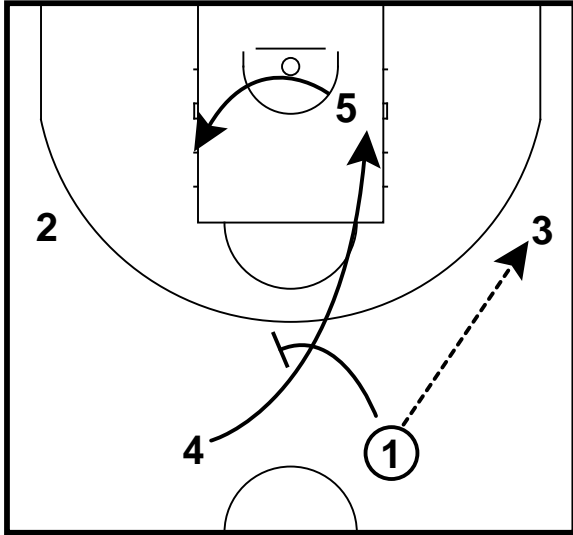
OPTION 3:

Double Down Screen Action.

Cheeky Back-Door Layup whilst D is engaged on Double Down.

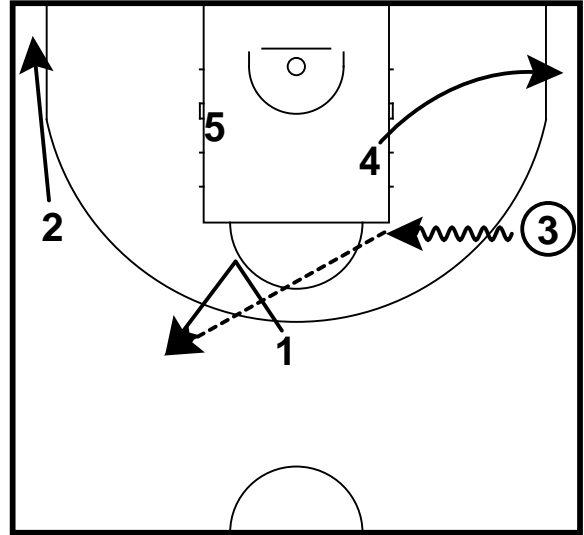
# Man O

RUB  
Team O



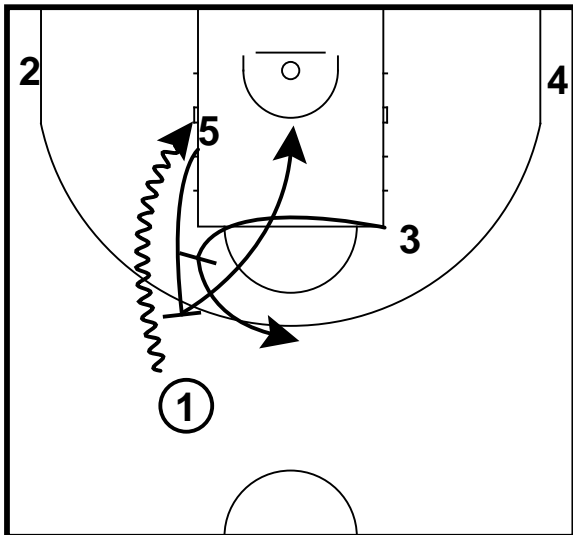
RUB early call  
 - o4 rubs off the back of o1 (Shuffle ass screen)  
 o5 MUST empty out to u12 FT line

RUB  
Team O



If o3 can't make entry pass to o4, penetrates in behind the cut.  
 o1 on HARD drift & then pop.  
 o3 makes read on penetration:  
 - o5 dump off pass  
 - o4 kick out  
 - o1 continuation

RUB  
Team O

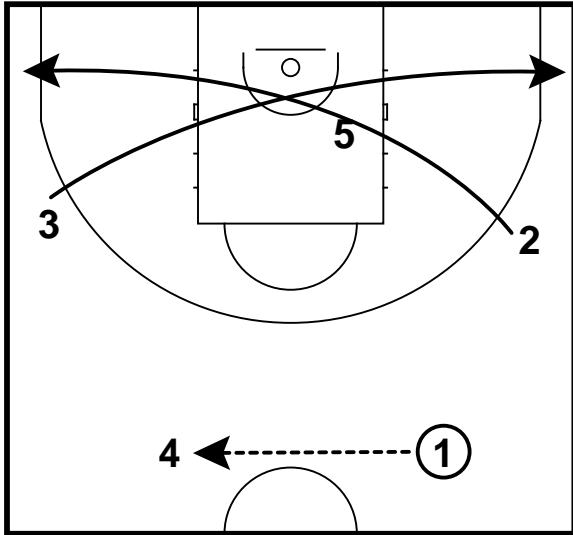


o1 continuation:  
 o5 lifts into Step-Up screen action.  
 o3 continues cut to backscreen x5 & circle behind penetration.

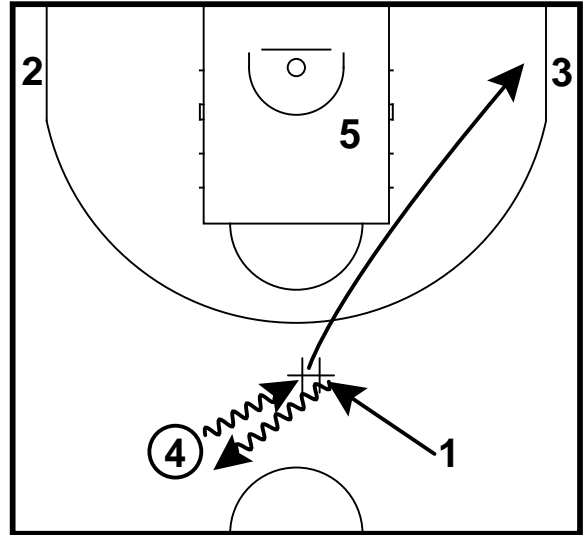


# Man O

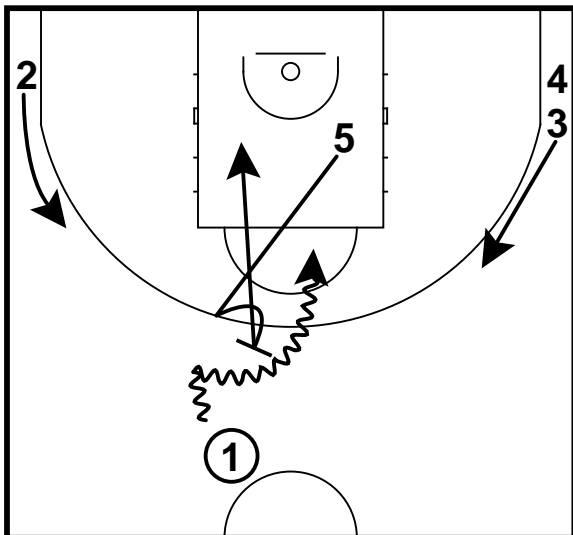
Push  
Team O



Push  
Team O

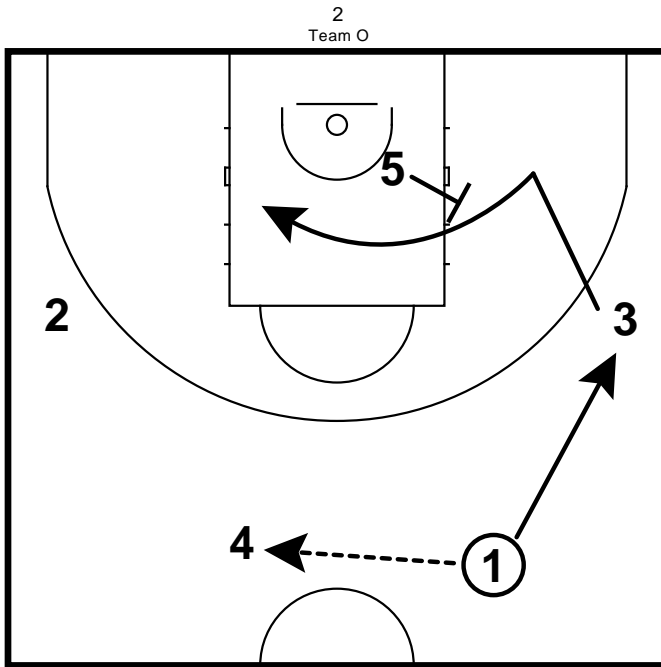


Push  
Team O



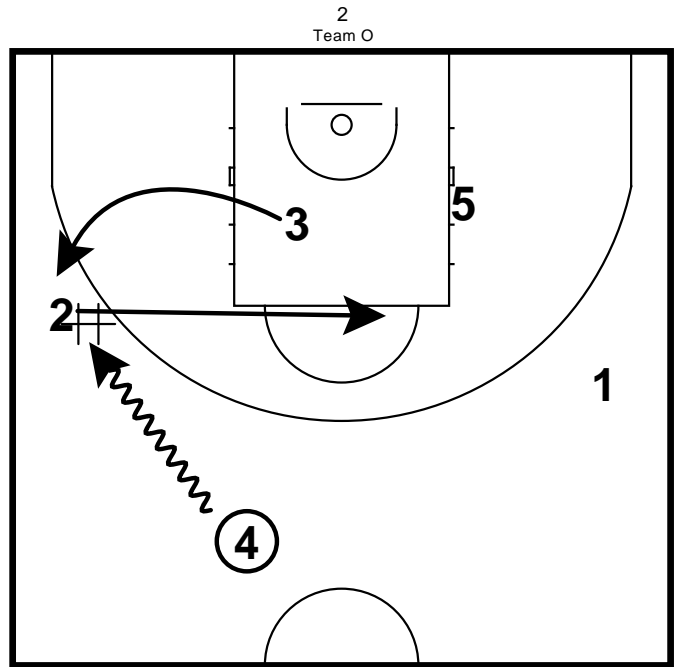
O5 FLIPS the HMO late, so that o1 can attack @ 2-man side.

# Man O



Reverse = Flex

- o1 spaces weakside



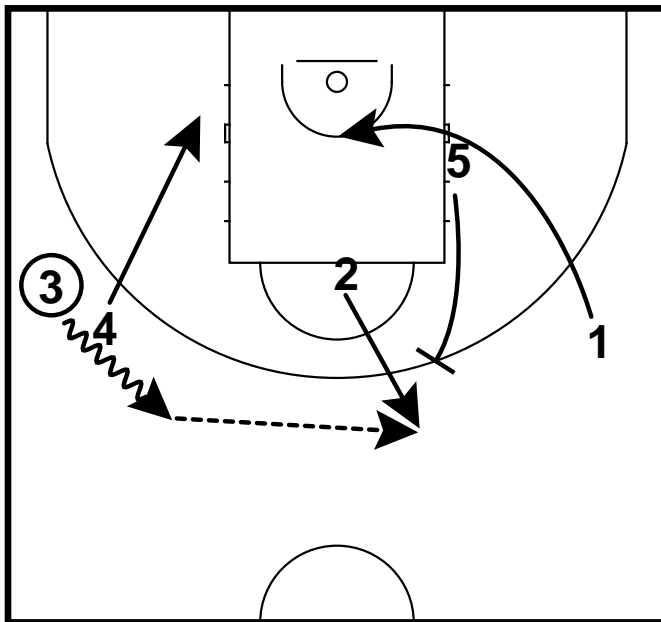
No Flex catch = DHO

- o2 backcuts across FT line.

- o4 DHO w / o3

(denial = o3 circle cut off o4, o4 reverse pivot)

Reverse Flex Options  
Team O

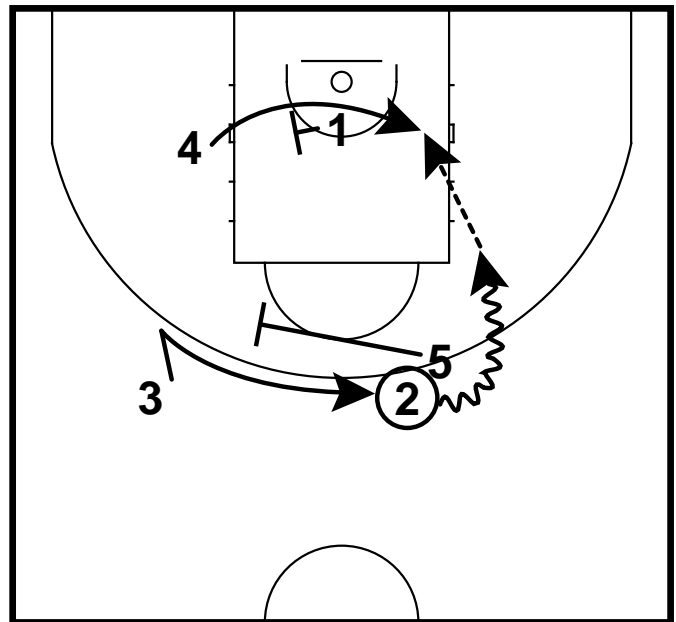


o3 EARLY PITCH to o2 lifting to weakside lane line.

o5 step-up screen  
- Boozer roll

o1 back-cut on o2 catch to under rim

2  
Team O



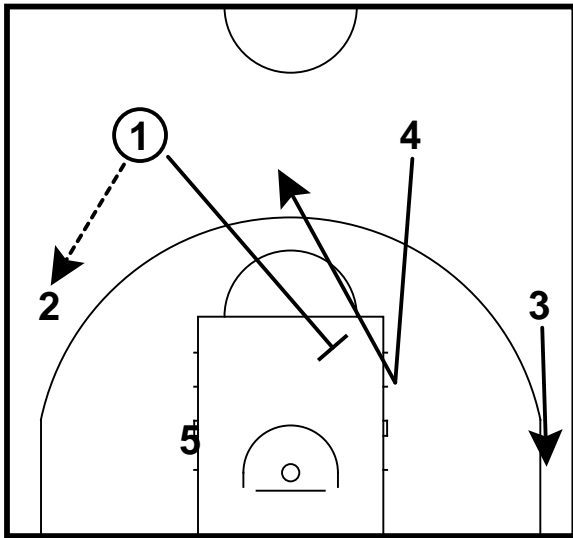
o1 cross pick for o4

- o5 continues into RICKY SCREEN action for o3.

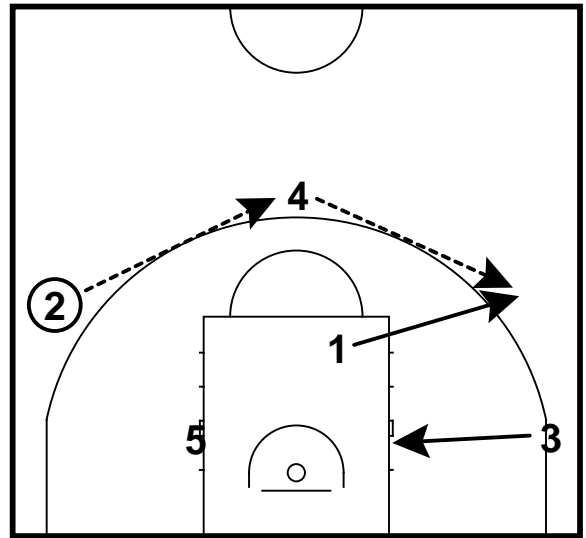
o2 check-down:  
- Lay-up  
- Post  
- Ricky 3

# Man O

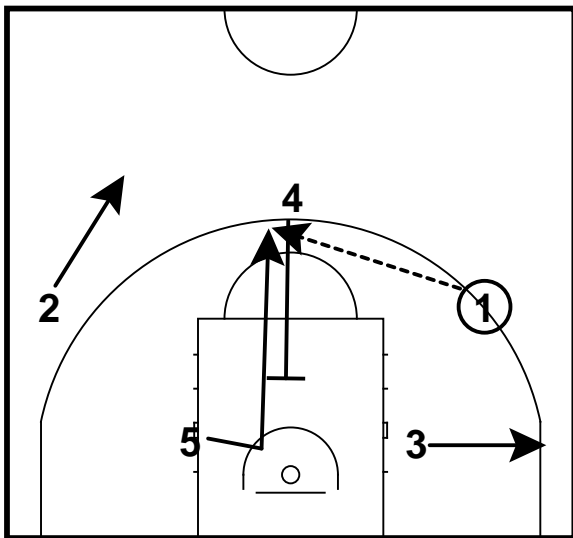
Inside Motion  
Team O



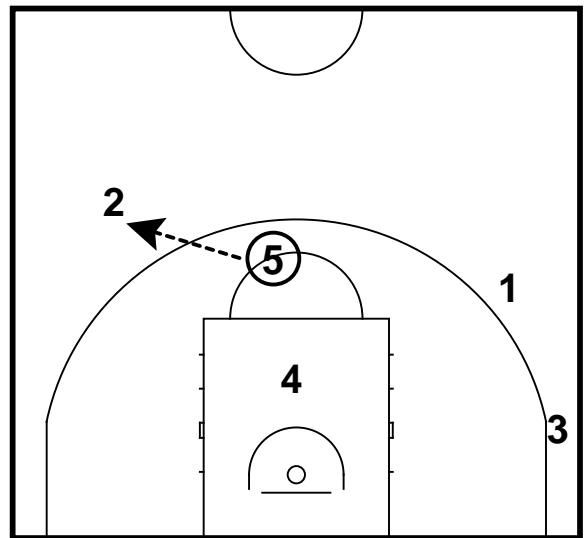
Inside Motion  
Team O



Inside Motion  
Team O

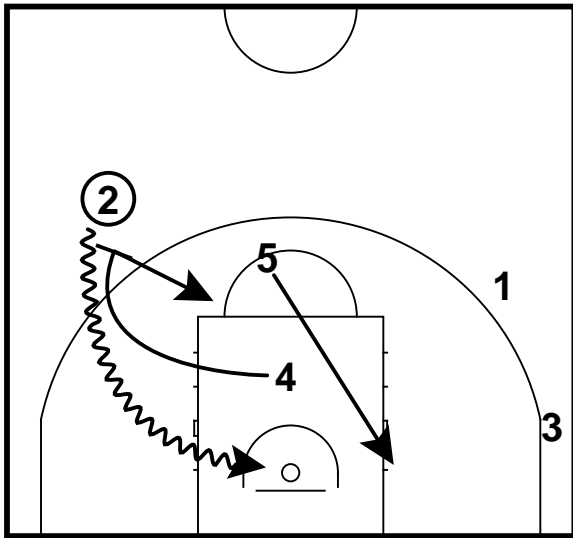


Inside Motion  
Team O

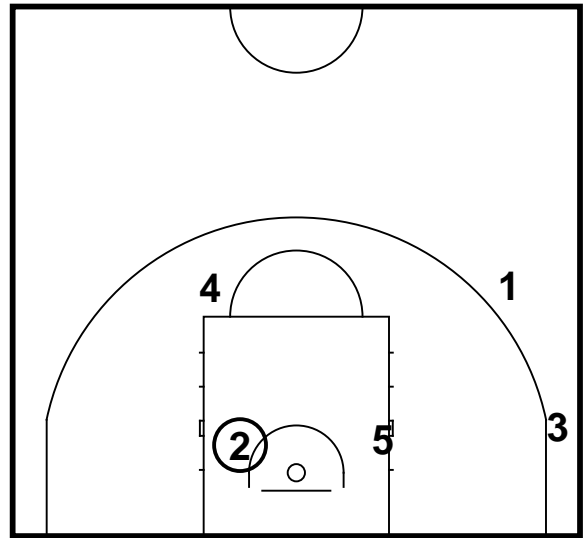


# Man O

Inside Motion  
Team O

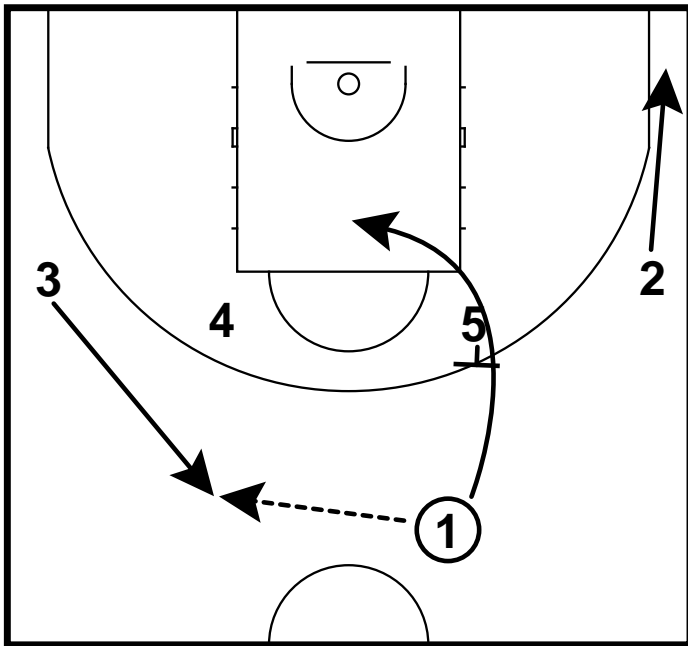


Inside Motion  
Team O

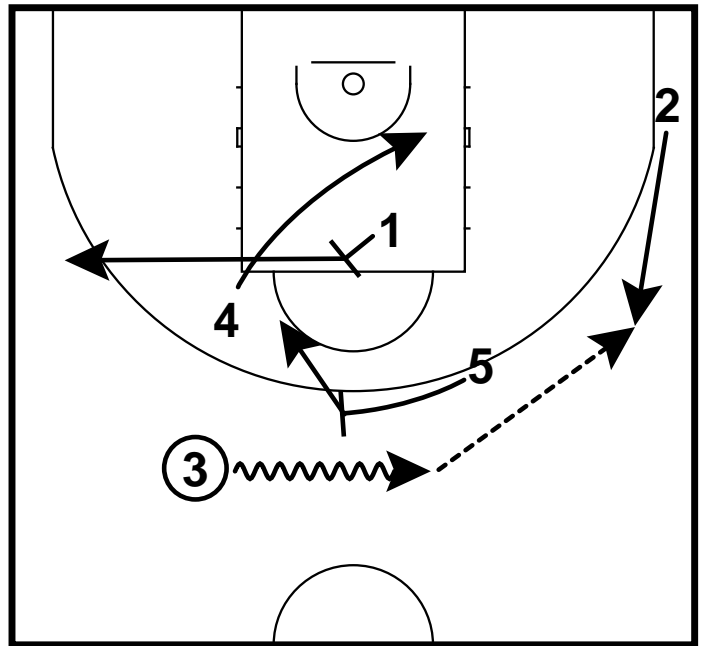


# 1 4 Sec O

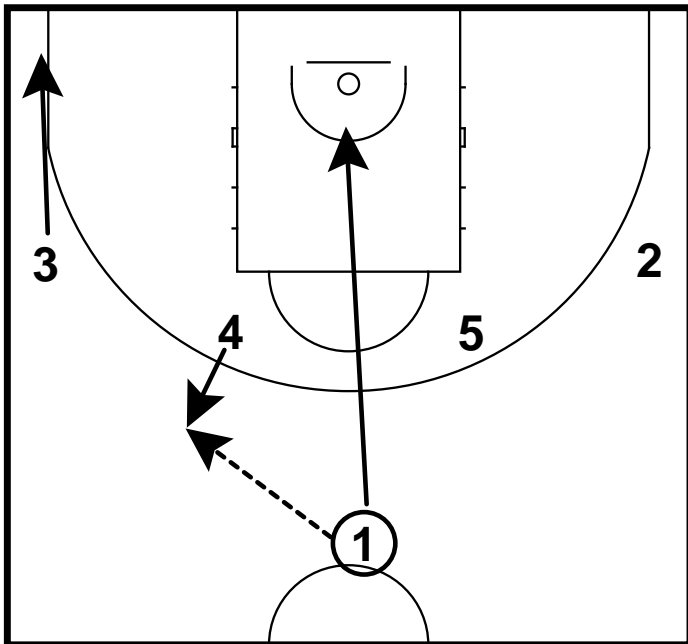
Horns - Izzo  
Team O



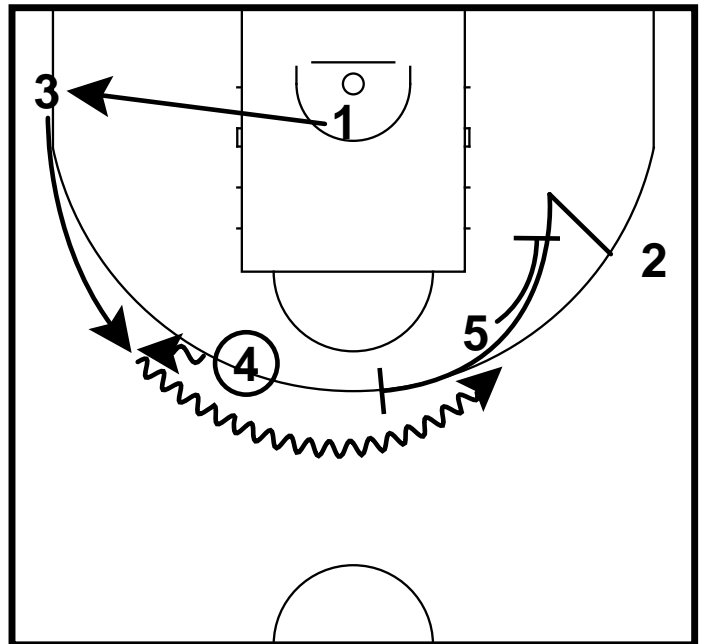
Horns - Izzo  
Team O



Horns - Arnotts  
Team O

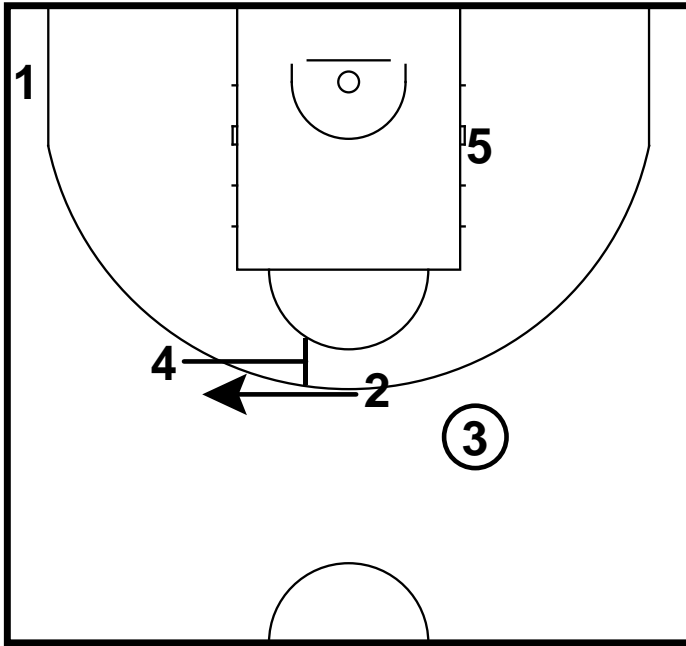


Horns - Arnotts  
Team O

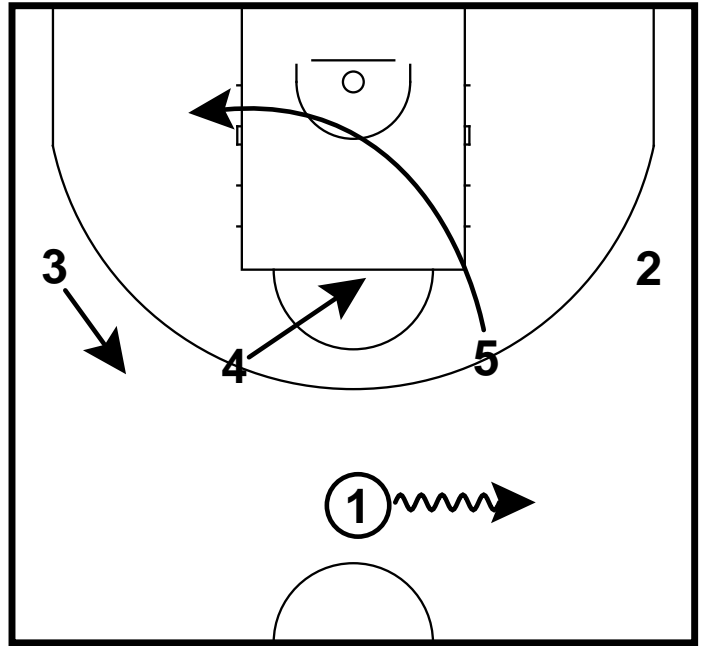


# 1 4 Sec O

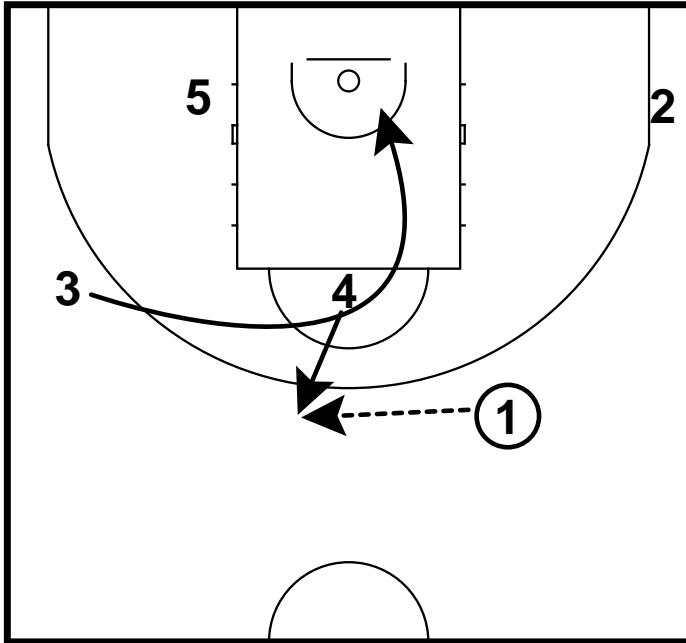
Horns - Arnotts  
Team O



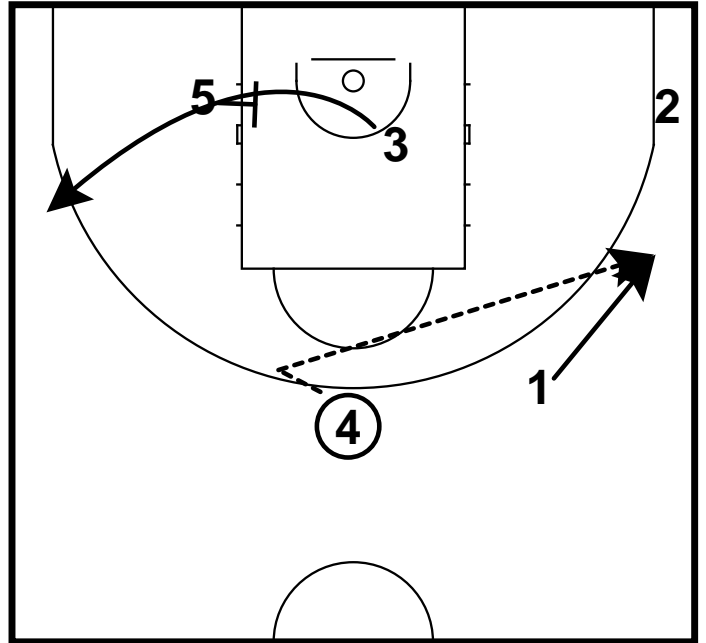
Horns - ODU  
Team O



Horns - ODU  
Team O

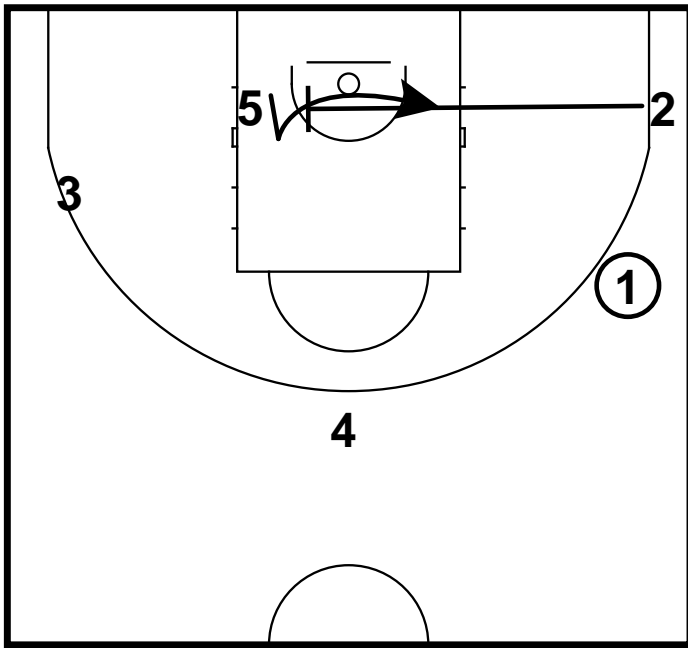


Horns - ODU  
Team O



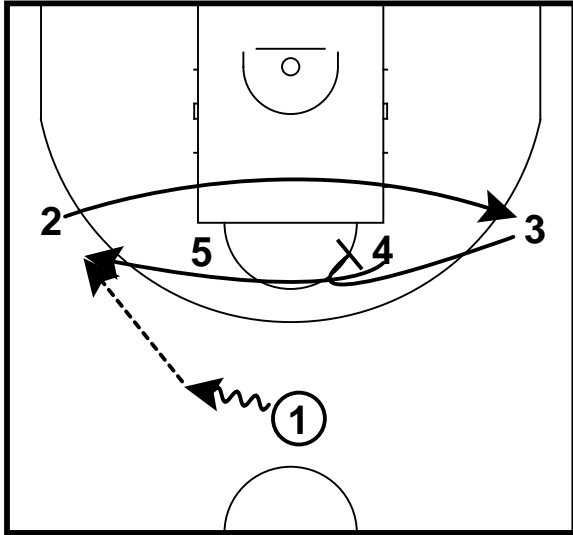
# 1 4 Sec O

Horns - ODU  
Team O



# 1 4 Sec O

Horns 'Buffalo'  
Team O



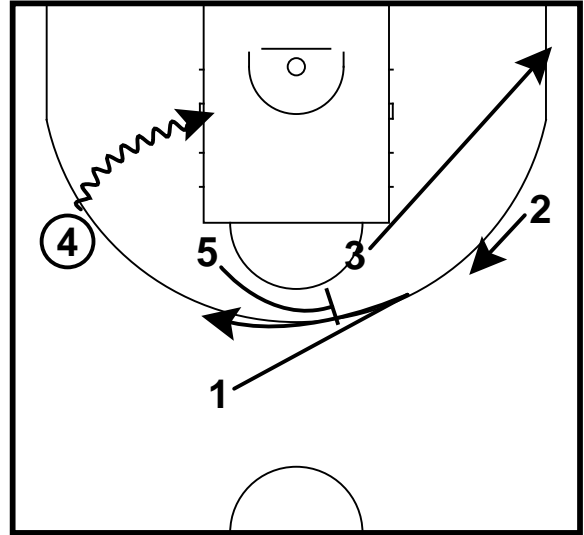
RUN FOR o4 MIS-MATCH ON PERIMETER

Horns set-up.

o1 dribbles receiver side triggers Iverson cut action.  
Weakside wing 'RUB' screens o4  
- o4 continues Iverson cut

o1 kicks to o4.

Horns 'Buffalo'  
Team O

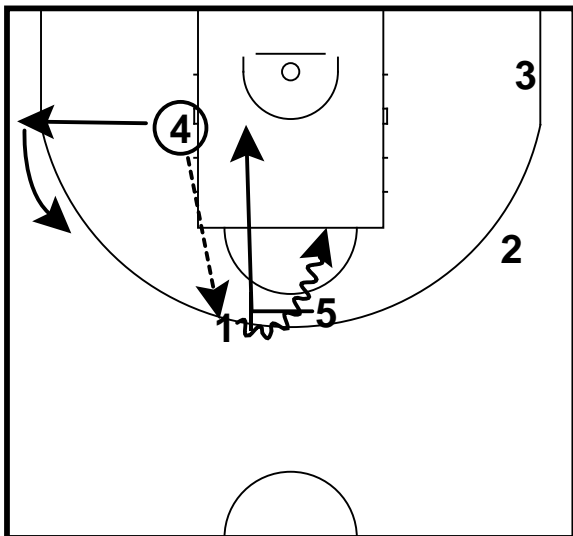


o4 plays 1-on-1 off the wing catch (quick decision).

o3 spaces to weakside corner.  
o2 spaces to DIAGONAL receiver.

o5 & o1 in RICKY action  
- o1 drifts to weakside lane-line  
- o5 curls into RICKY screen.

Horns 'Buffalo'  
Team O

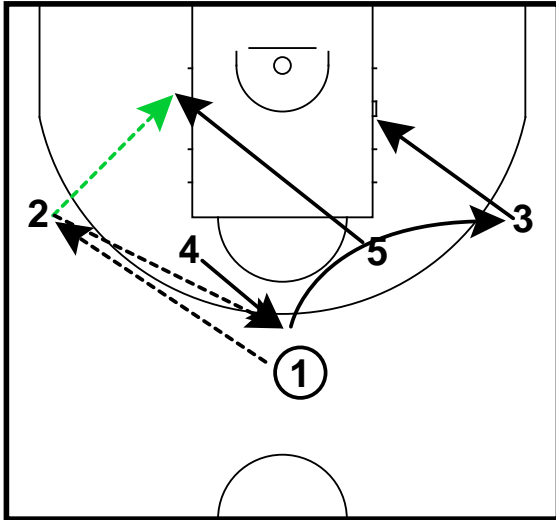


Any kick-out pass that doesn't result in a shot, triggers OBA with o5.



# 1 4 Sec O

Horns 'Loyola Weak'  
Team O



Horns set-up.

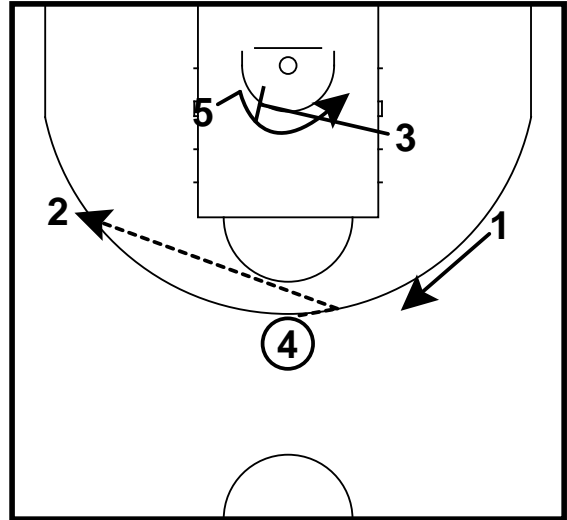
Ball is thrown AWAY from preferred wing post-up.

Weakside big dives to strongside block.  
Strongside big lifts to reversal spot

o1 loops to weakside wing.

Weakside wing drops to weakside block

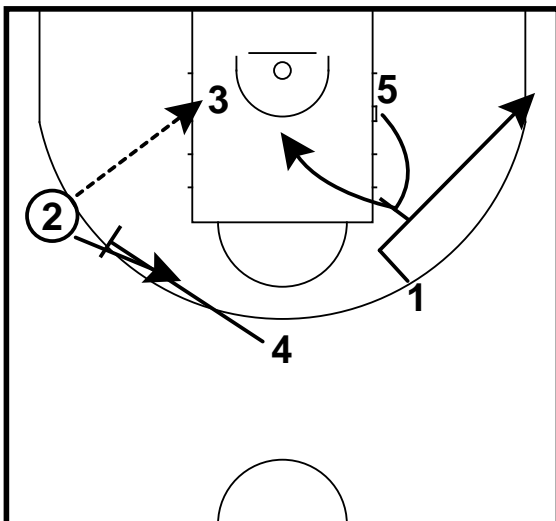
Horns 'Loyola Weak'  
Team O



Ball reversal triggers 'WEAK' guard-big screen action.

o4 BALL FAKES to o2, snaps pass back to o2.

Horns 'Loyola Weak'  
Team O



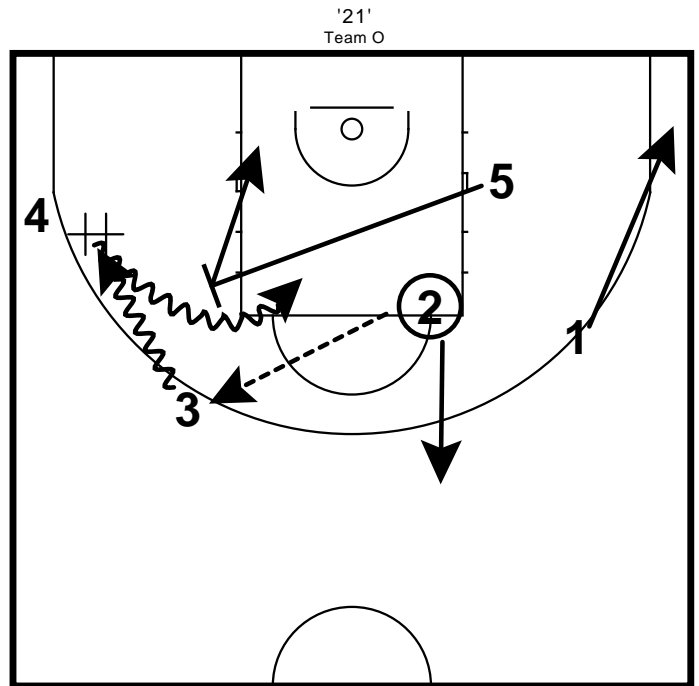
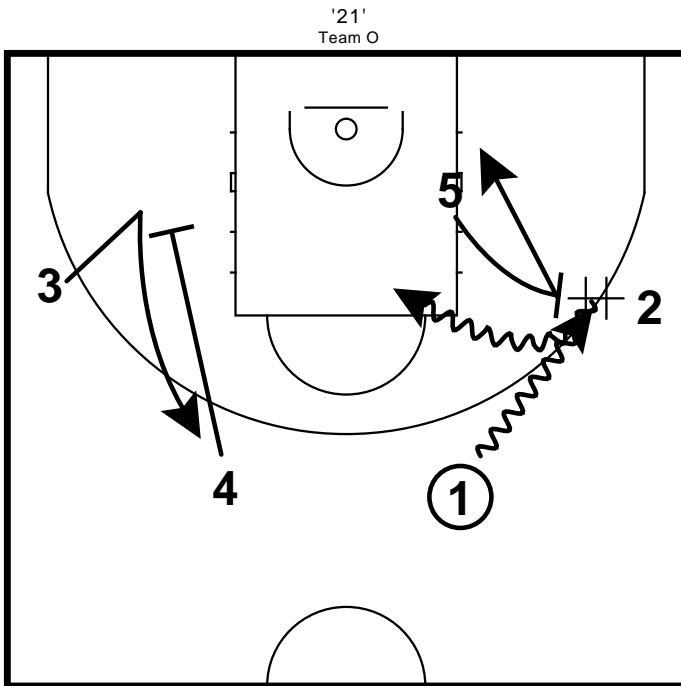
Post entry to o3 - scoring threat.

o2 & o4 follow POST ENTRY rules (SPLITS game).

o5 lifts to HAMMER screen o1, rolls to dunkers spot (weakside of ring).

Any kick-out pass that doesn't find a shooter = OBA with o5.

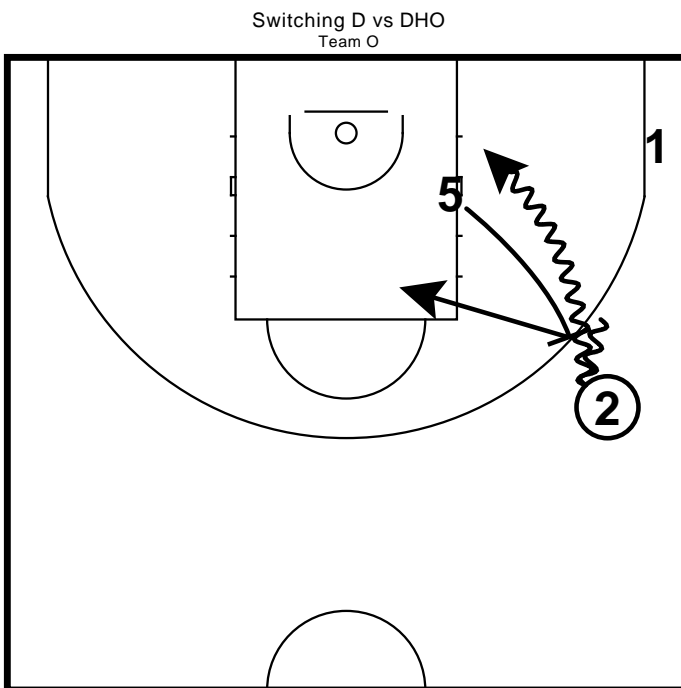
# 1 4 Sec O



DHO Action on strong side.  
o5 lifts into elbow OBA.  
- ALWAYS hard roll by o5.

4 sprints into downscreen for weakside wing (o3)

o2 explores off the OBA ...

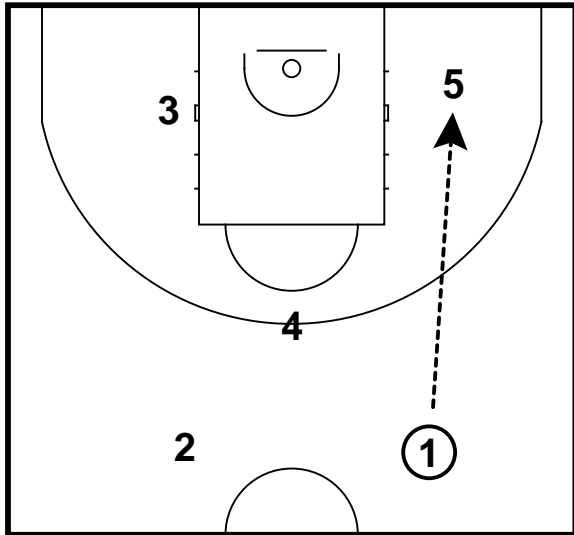


If the D switches the DHO:

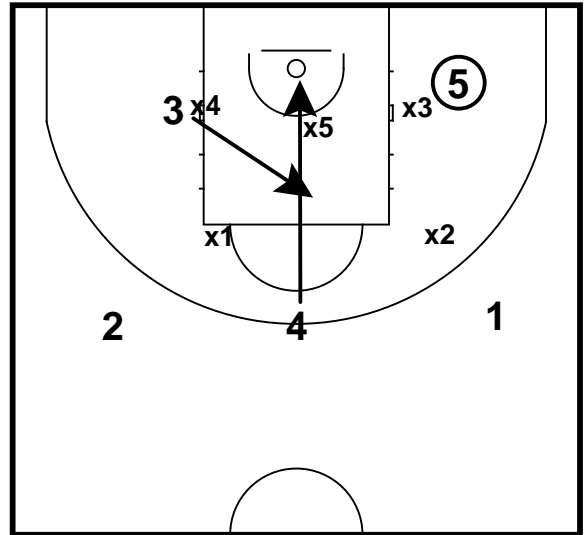
- o5 switches into a flat punch screen, and roll is directed through the elbow to the dunker's spot.

# Zone O

3 Post  
Zone O



3 Post  
Zone O



3 Post Set-Up

First Receiver (5 in this case) should be your best post passer.

Diver (4 in this case) should be your best post sealer / post player 1-on-1.

Flasher (3 in this case) should be your best driver / slasher.

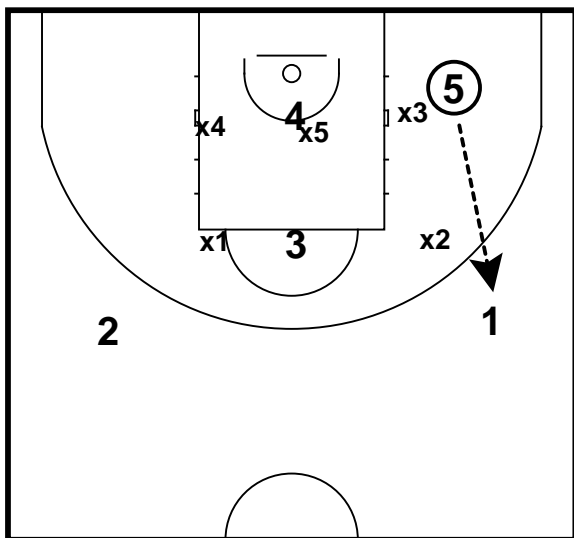
On 5s catch:

4 dives from high post and looks to bump the middle of the zone (x5).

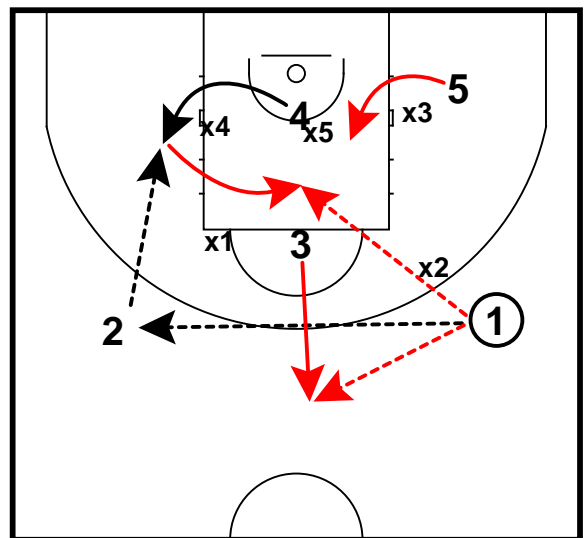
3 flashes behind the 4 into the high-post area..

2 and 1 get to spots where they are a threat so x1 & x2 have to guard them / be wary of them.

3 Post  
Zone O



3 Post  
Zone O



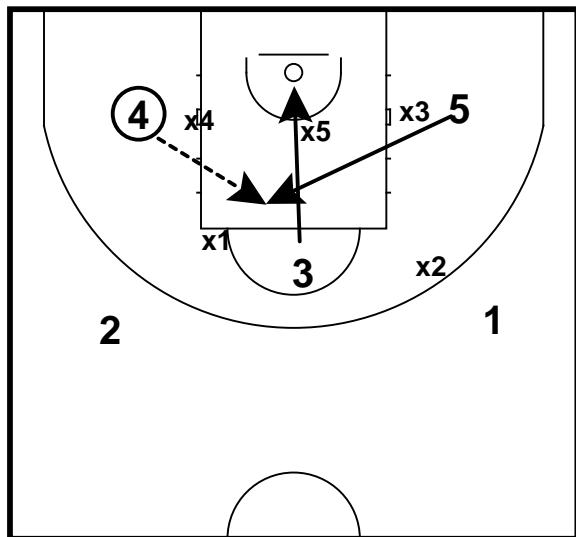
If the 5 can't find either a) the diver or b) the flasher, the ball is kicked out.

Ball reversal triggers the same action.

OPTION - may step the 3 out to make the reversal easier / provide options for High-Low catch, depending on how the zone defends the High Post.

# Zone O

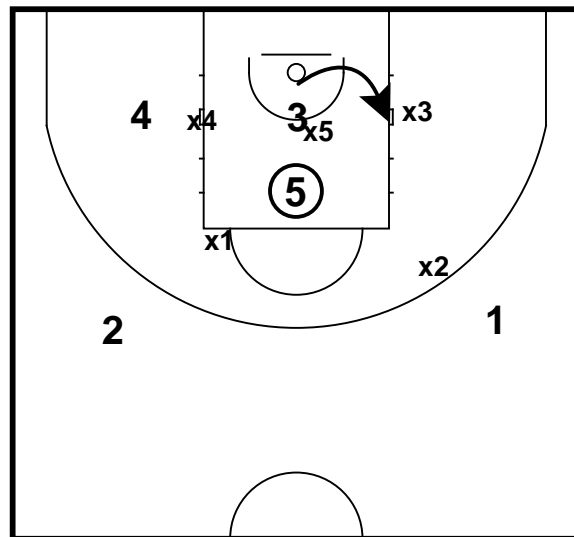
3 Post  
Zone O



Continuation:

Same action (Diver & Flasher).

3 Post  
Zone O



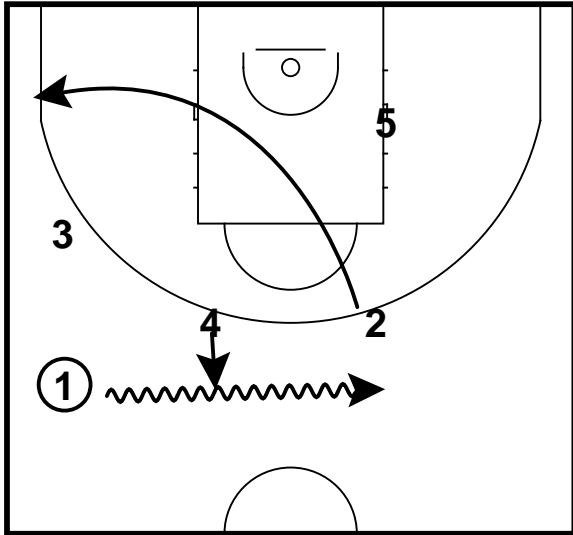
On Flash catch (5), Diver (3) ducks in to seal back side of the low forward (x3).

Passer (4) should space to short corner.

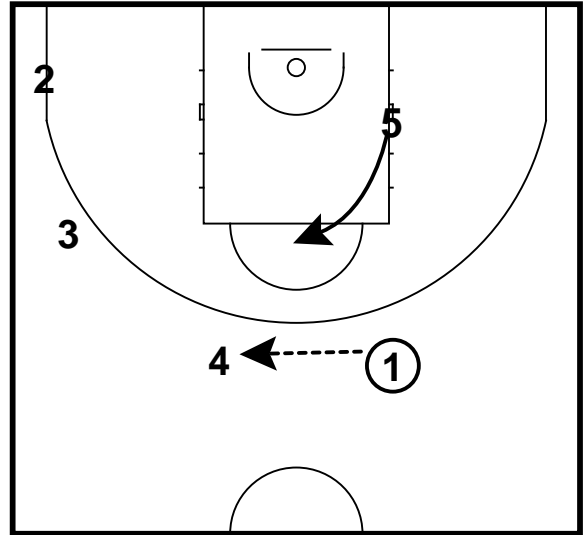
5 should look to score on catch.

# Zone O

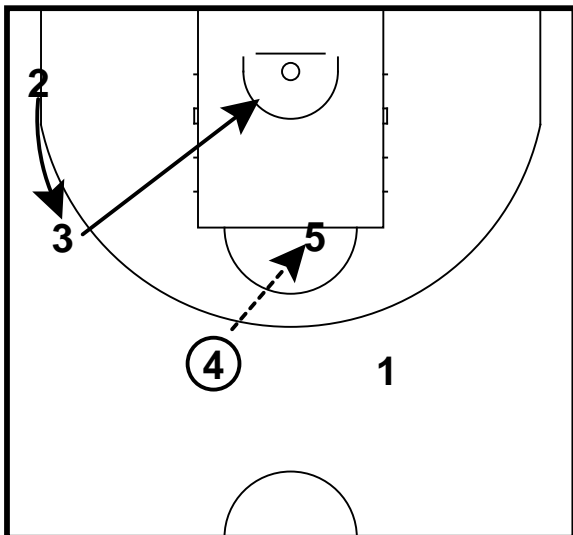
Power  
Zone O



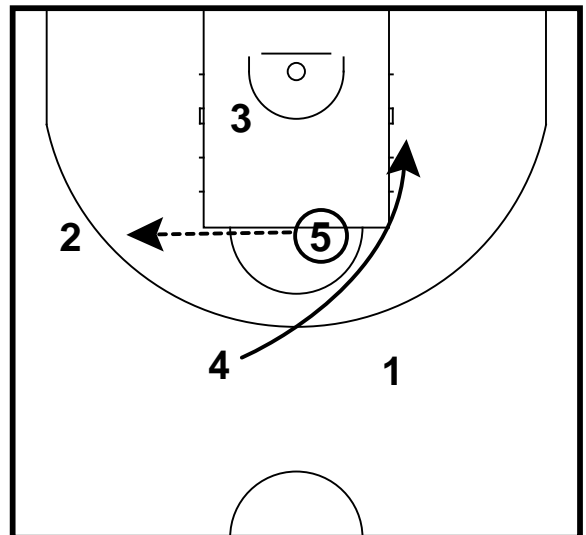
Power  
Zone O



Power  
Zone O

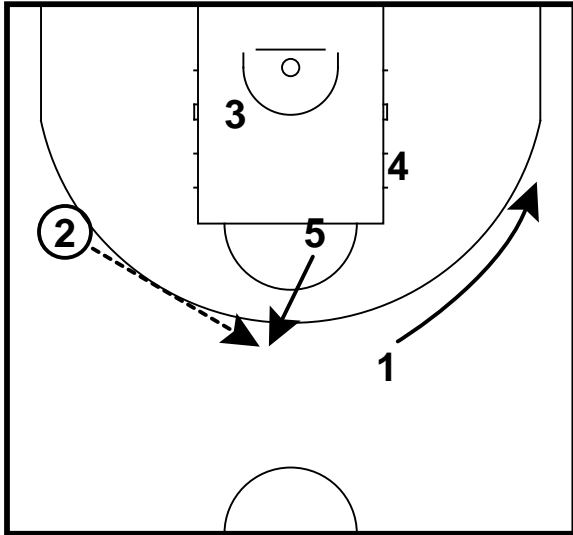


Power  
Zone O

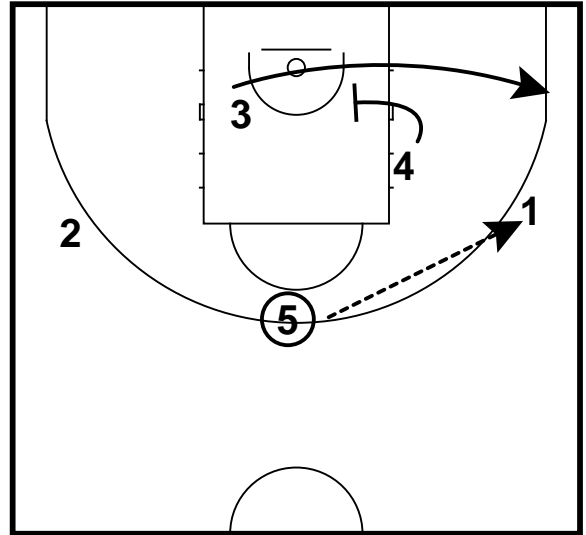


# Zone O

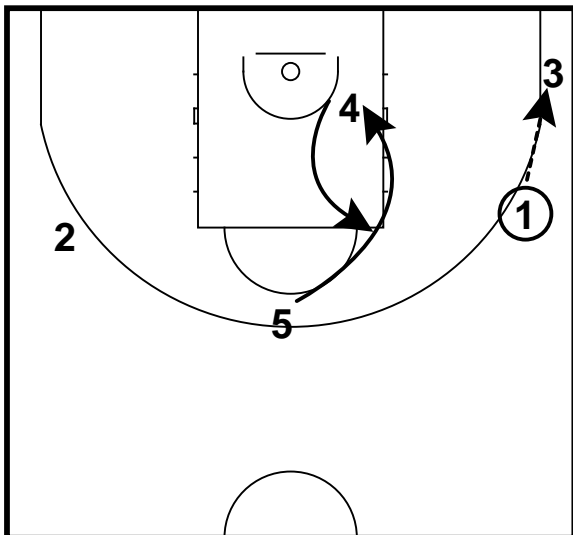
Power  
Zone O



Power  
Zone O

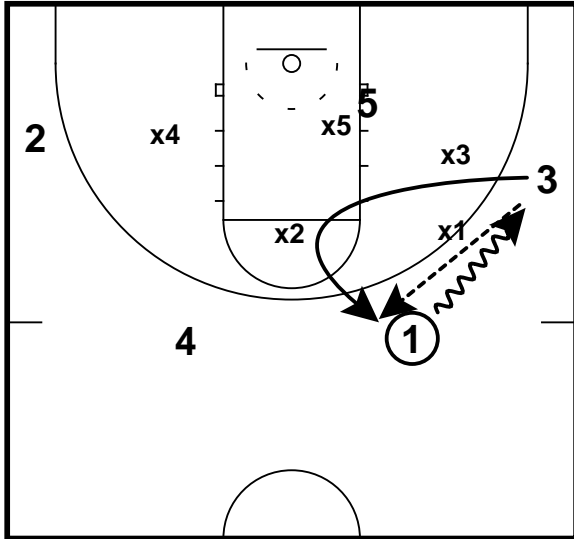


Power  
Zone O

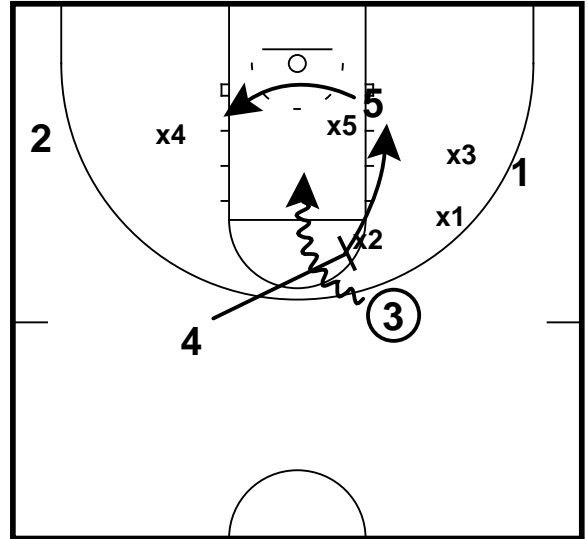


# Zone O

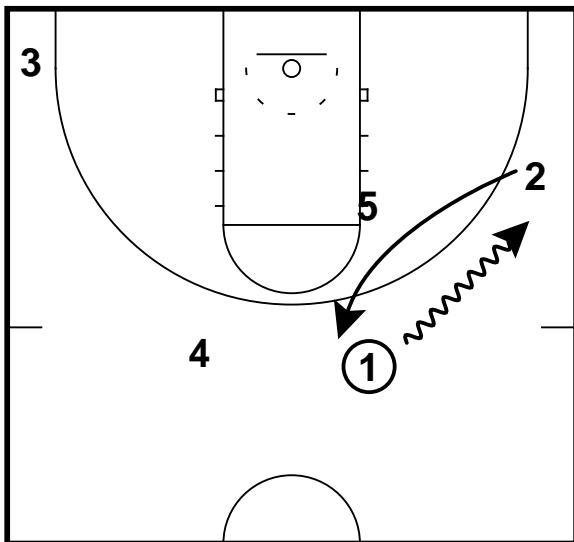
Shallow On - Fist  
Zone O



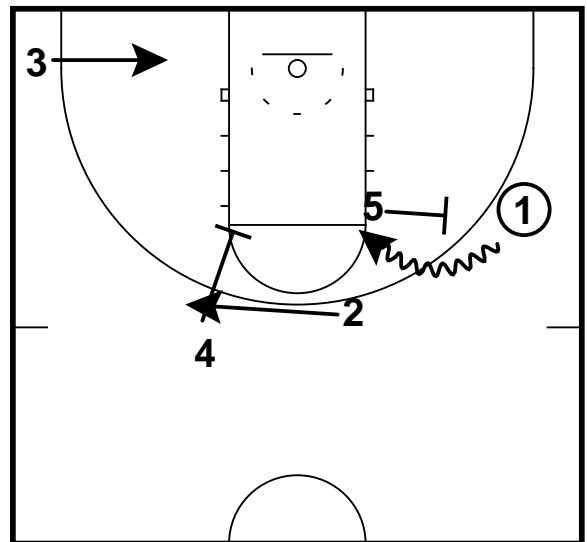
Shallow On - Fist  
Zone O



Shallow On - Shirt  
Zone O



Shallow On - Shirt  
Zone O



Dribble at the Shooters Wing.

Loop cut to ball-side lane line

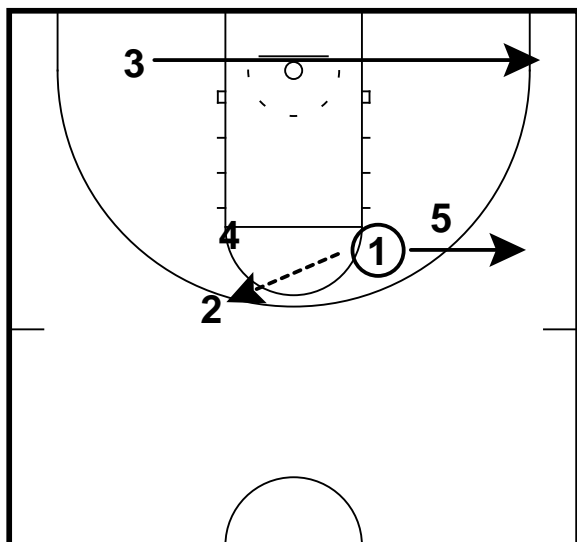
On-ball triggers:

1. Downscreen vs top guard by Trailing big.  
Flare cut off the screen by shooter.

2. Short corner cheat cut by 3 to keep weakside forward active.

# Zone O

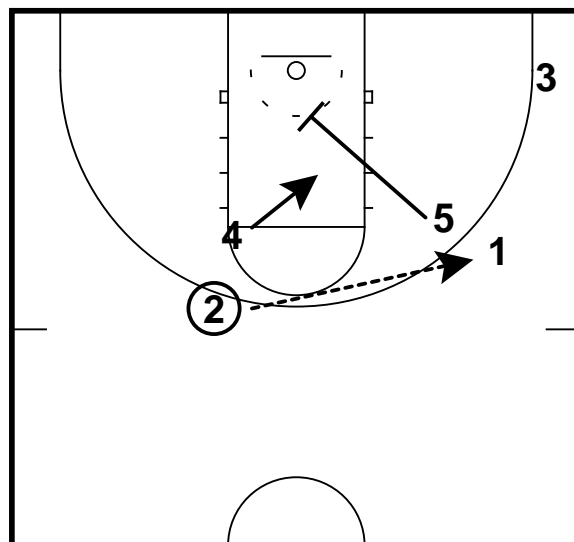
Shallow On - Shirt  
Zone O



Ball pitch to shooter triggers:

1. Flare screen set by 5 on high guard.  
1 flares off the screen (either flat to FT line or lane-line on reading the D).
2. Flat cut by 3 to corner.

Shallow On - Shirt  
Zone O



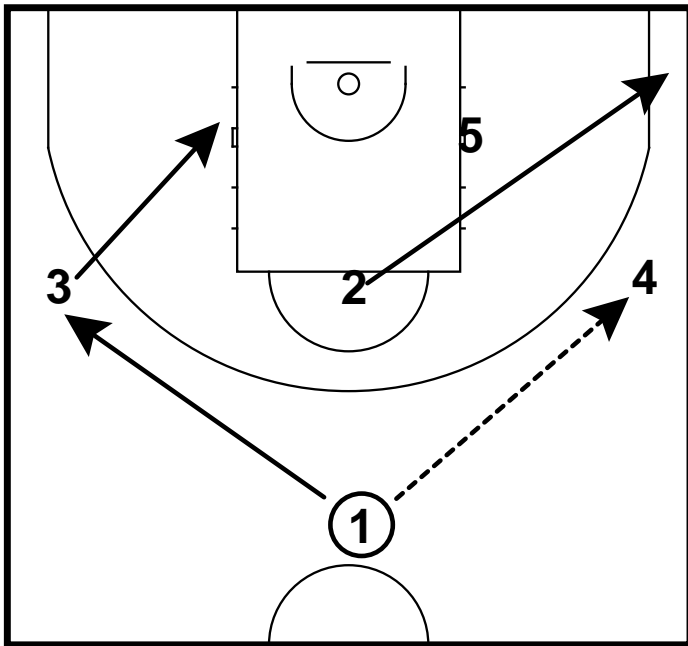
Ball reversal to 1 triggers:

1. 5 slips to ring & buries defender on charge circle (against the zone, hits the middle defender).
2. 4 slips to open mid-post / U12 FT line area.
- 1 looks to make entry pass, or penetrate & pitch with receivers.

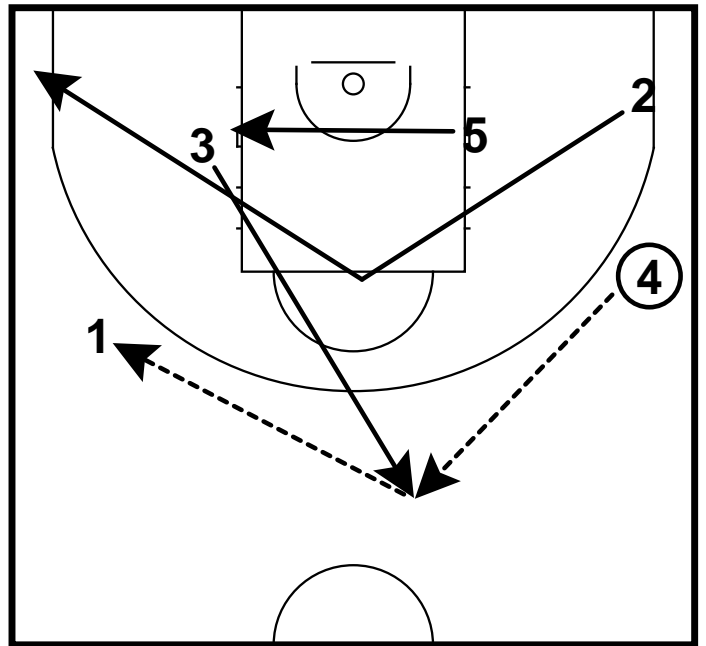


# Zone O

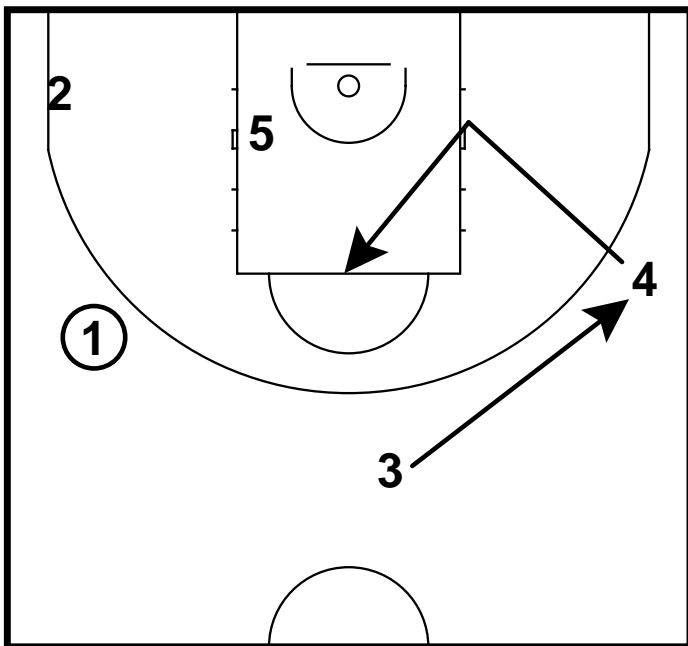
'13'  
Zone O



'13'  
Zone O

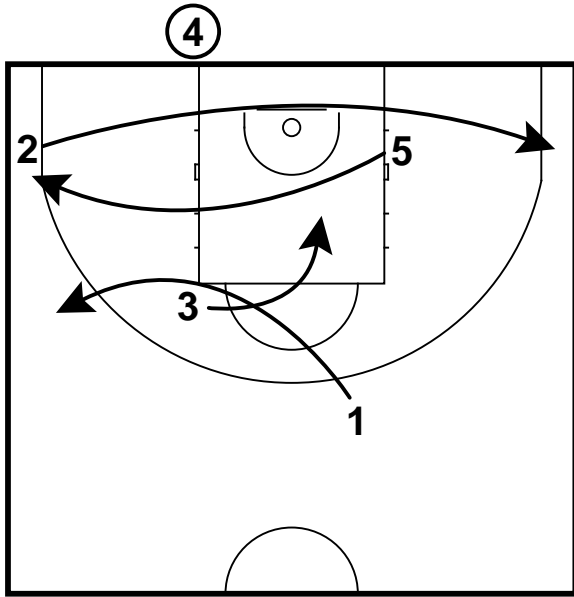


'13'  
Zone O

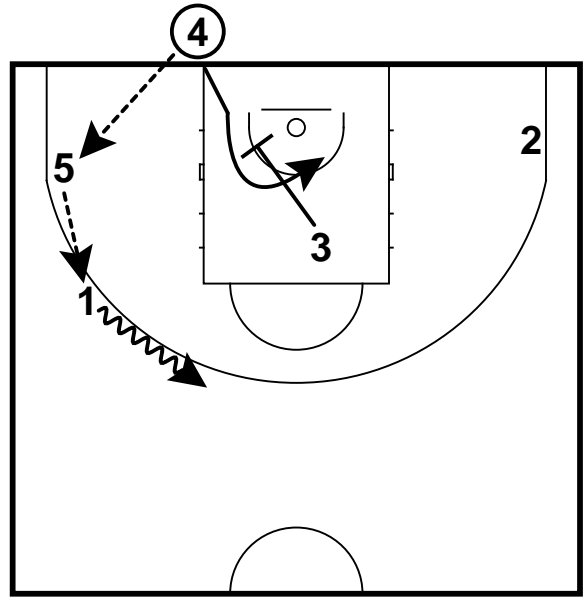


# BLOB

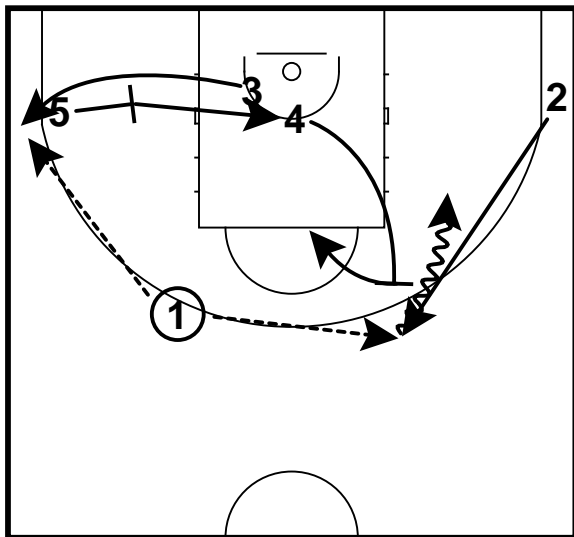
Same - Izzo Box  
BLOB



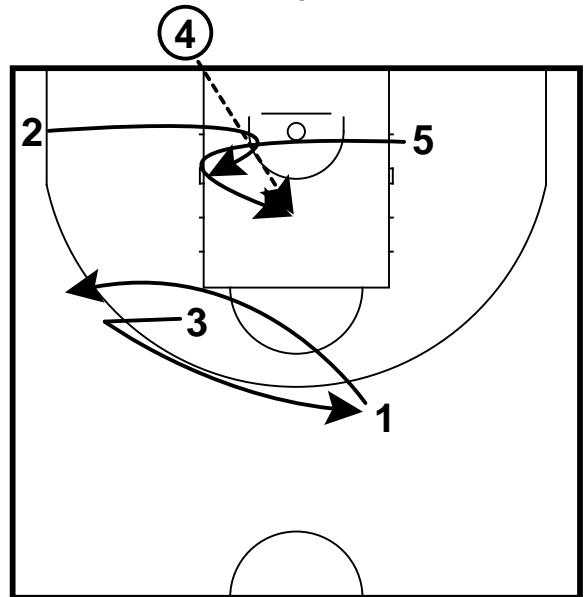
Same - Izzo Box  
BLOB



Same - Izzo Box (Punch)  
BLOB

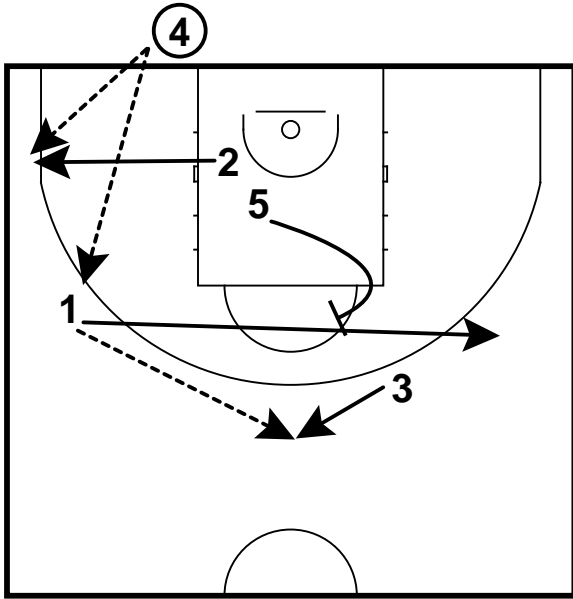


Same Again - VT Clearout Lob  
BLOB

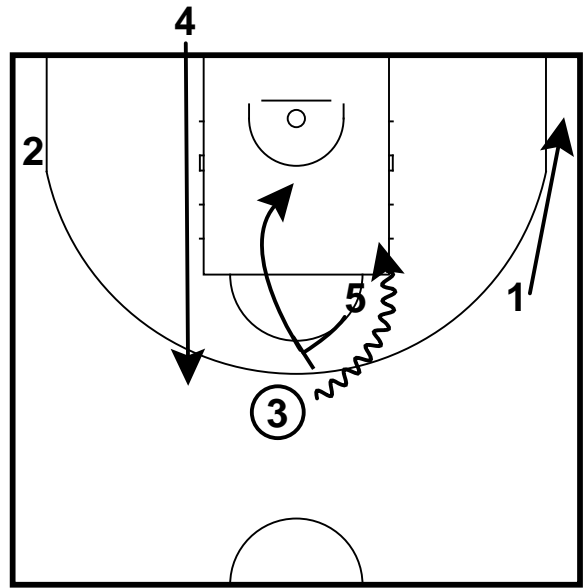


# BLOB

Same Again - VT Clearout Lob (cont)  
BLOB

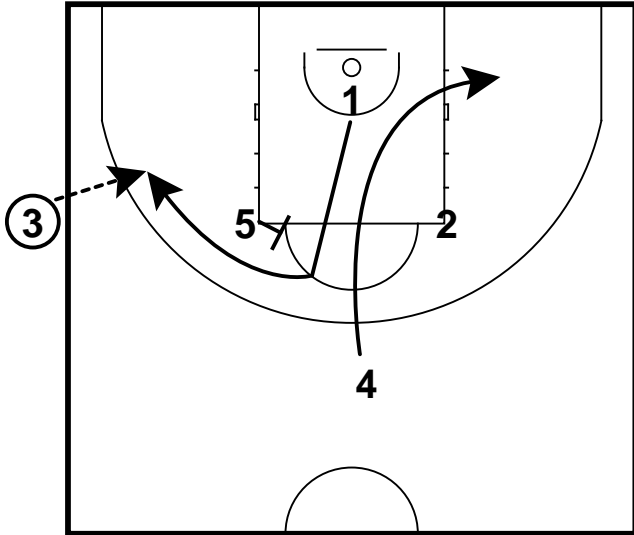


Same Again - VT Clearout Lob (cont)  
BLOB

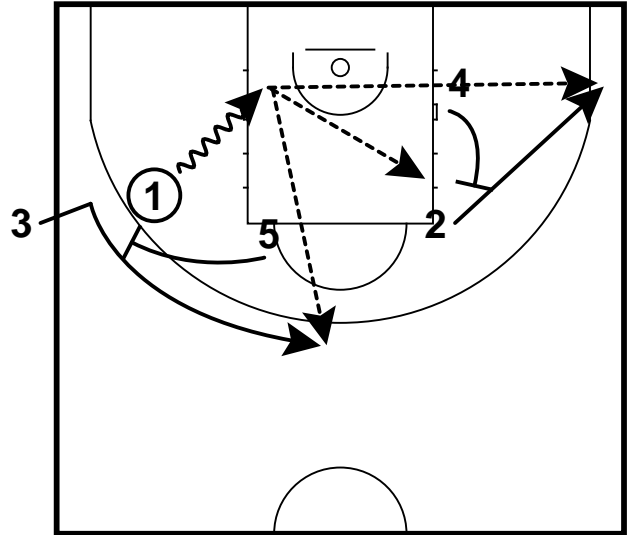


# SLOB

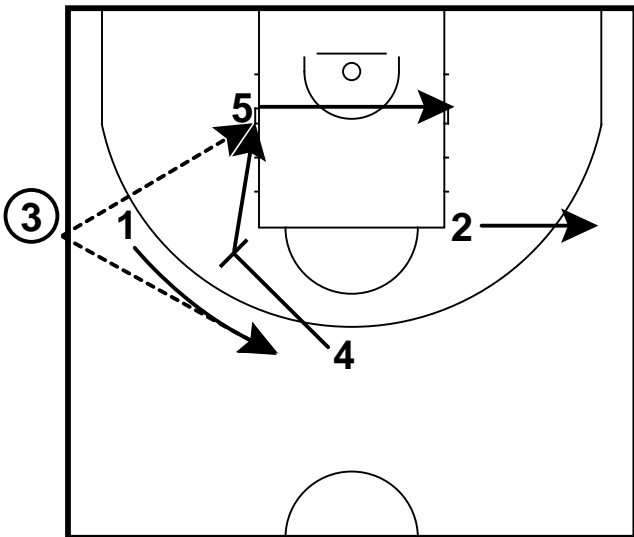
SLOB - Diamond  
SLOB



SLOB - Diamond  
SLOB

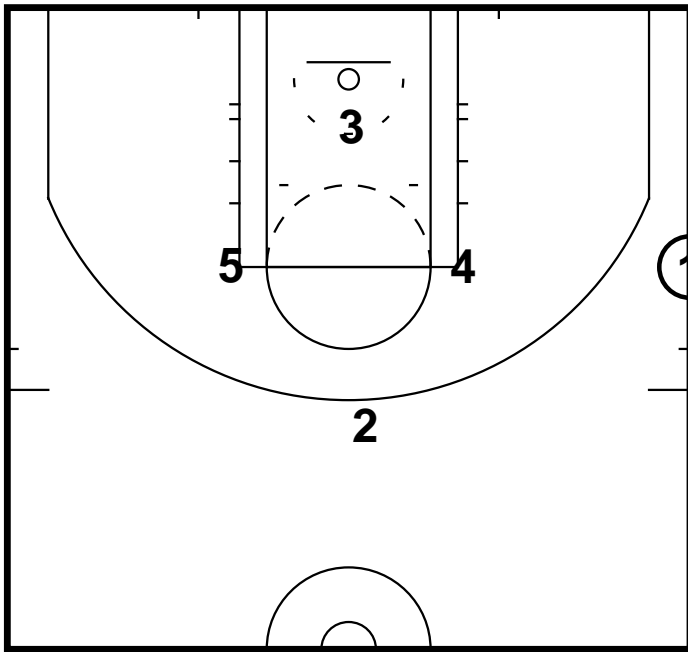


SLOB - Games  
SLOB

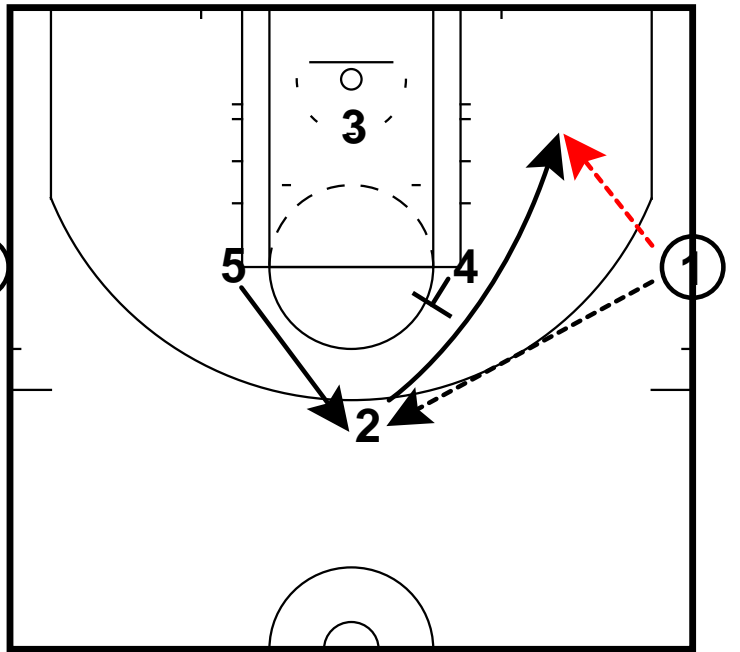


# SLOB

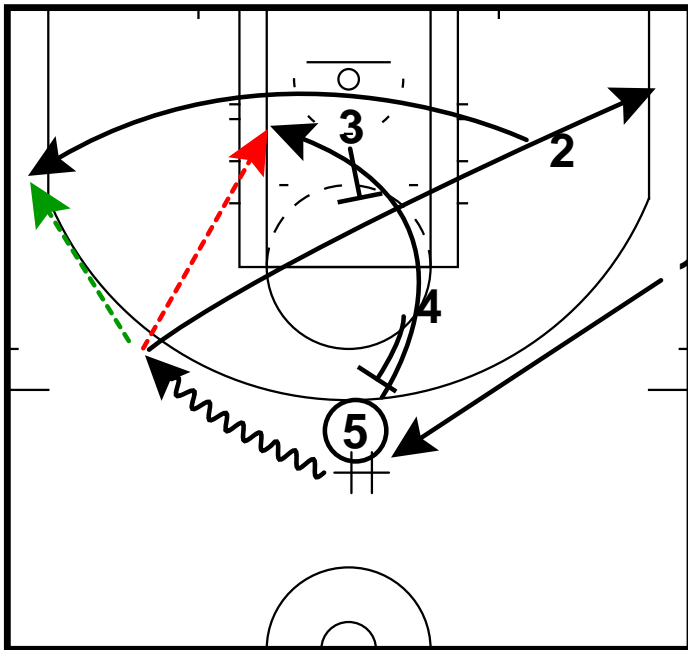
Diamond  
SLOB



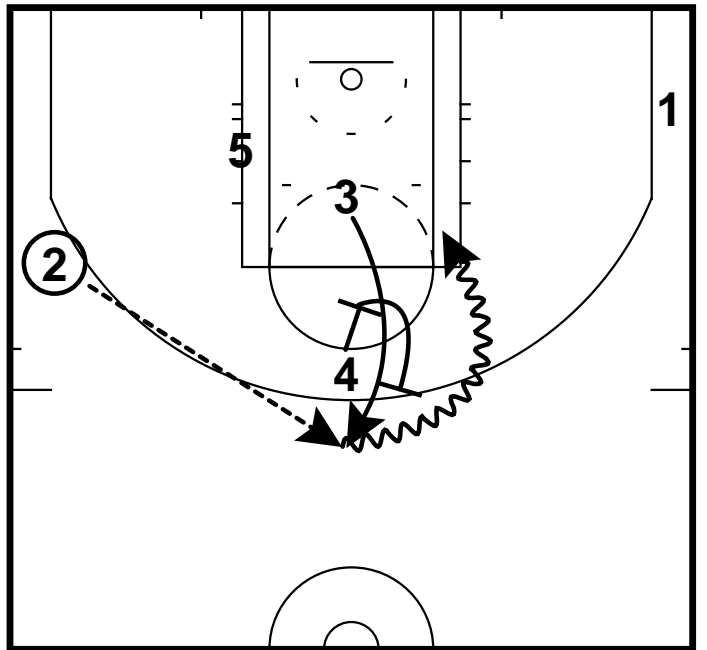
Diamond  
SLOB



Diamond  
SLOB

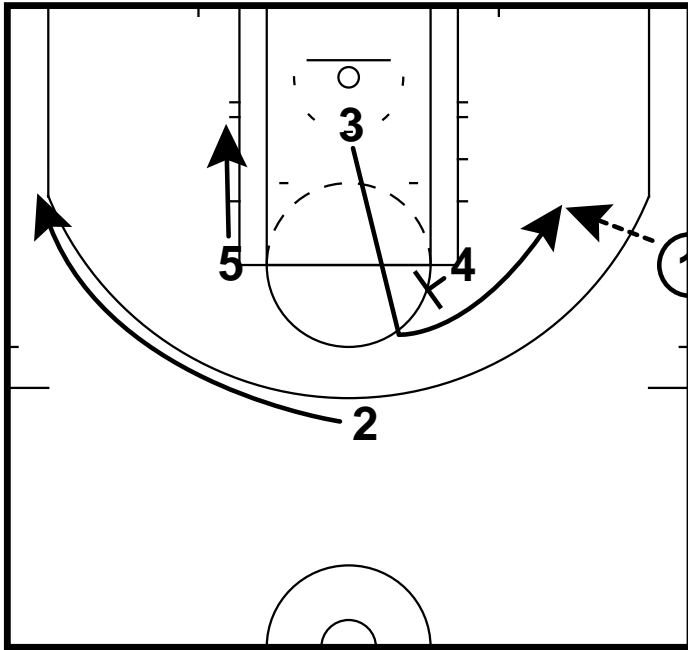


Diamond  
SLOB

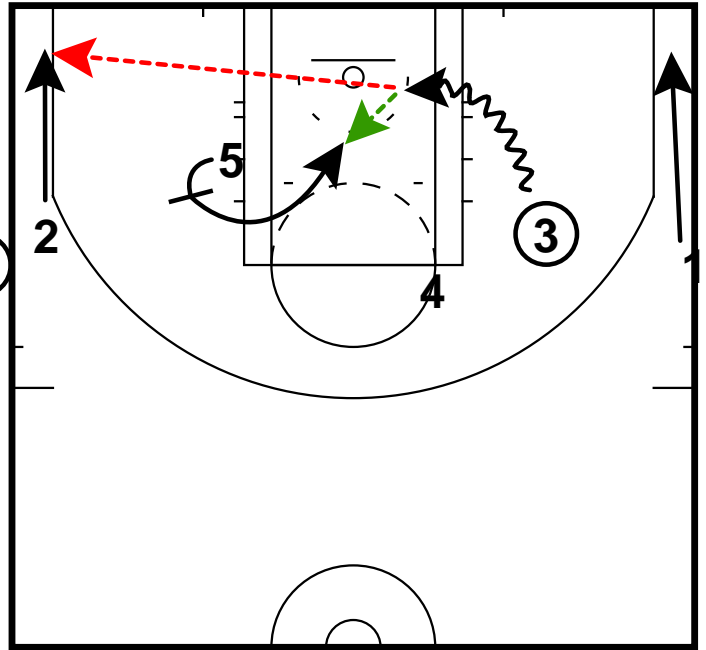


# SLOB

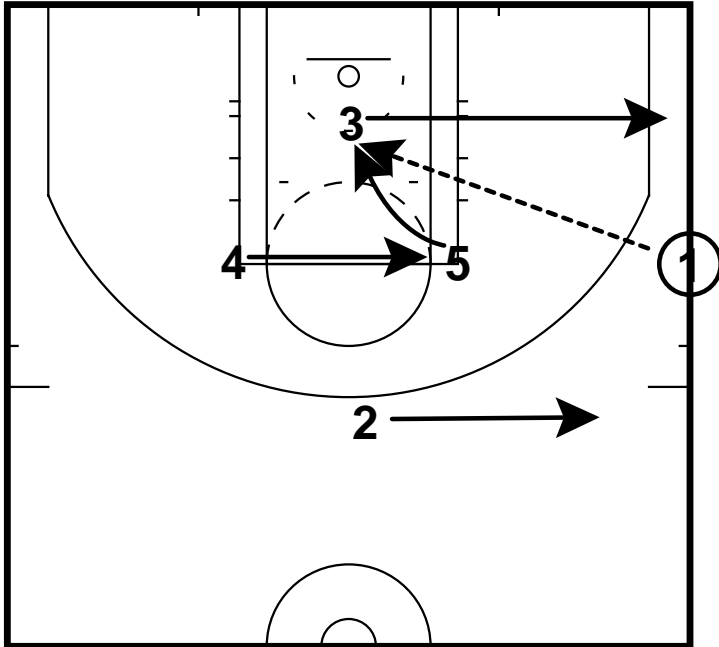
Diamond - Fist  
SLOB



Diamond - Fist  
SLOB



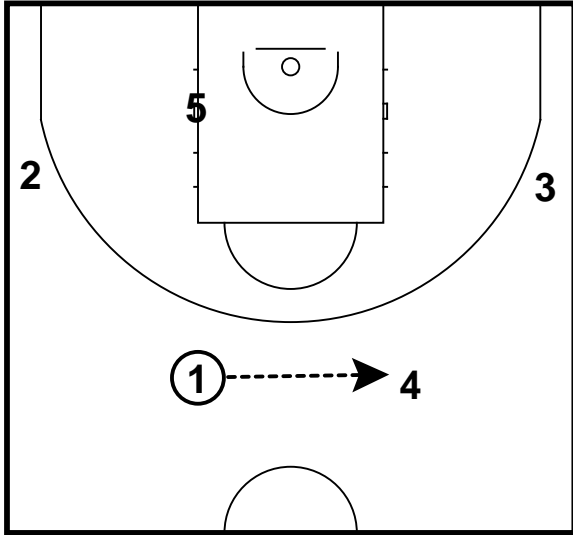
Diamond - Shakes  
SLOB



Clear out Action to space for Lob to 5.

# Special Situations

Handoff Lob - "Cap"  
Unknown

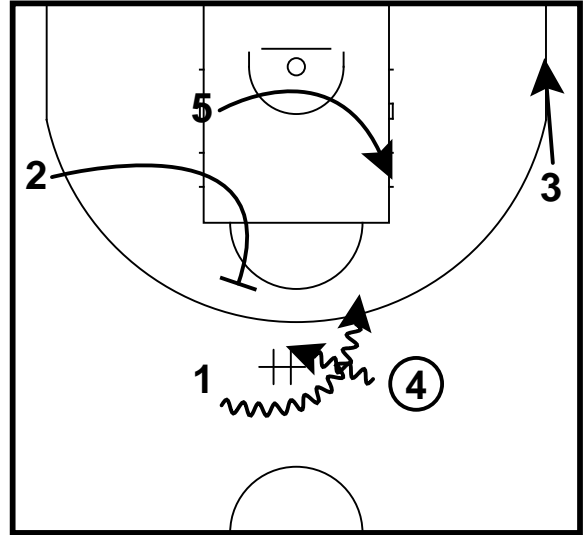


Start in usual 4-out alignment.

Dunker - 4  
Shooter - 2  
Passer - 1

Kick to the 4 on ball reversal, triggers the shift of the D.

Handoff Lob - "Cap"  
Unknown



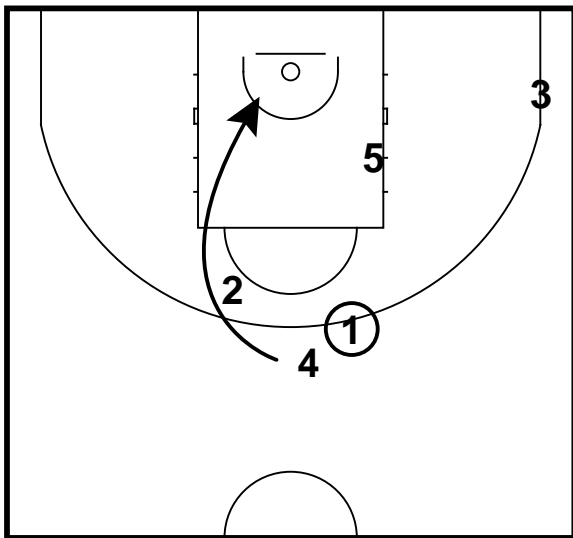
Handoff action at the top.

Strong side corner shifts.

5 lifts to midpost, looking like he will "punch screen" the 1.

Weakside Shooter (2) lifts in to set a back pick for the Dunker (4).

Handoff Lob - "Cap"  
Unknown



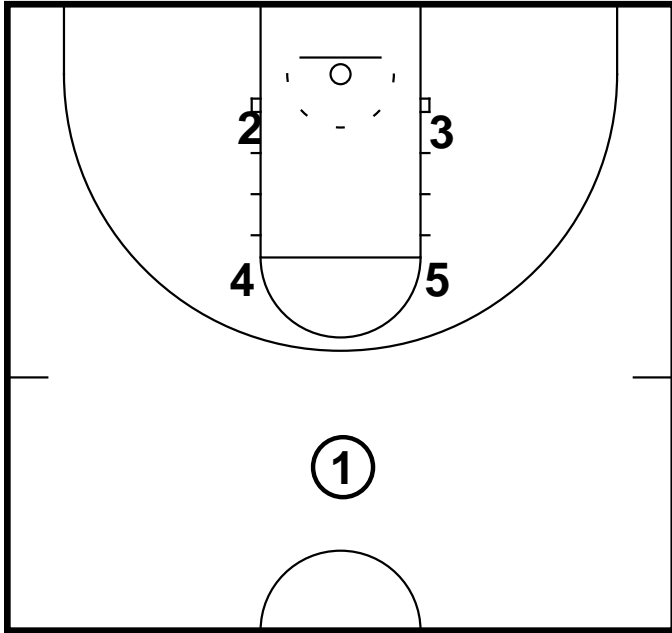
Options:

- A) Defence switch - triggers shooter slip on ring
- B) Defence get caught on screen = dunk
- C) Defence both help on dunker = kick back to shooter
- D) Defence do a good job staying with it and fighting the pick = kick back to shooter, find 4 on post up iso.

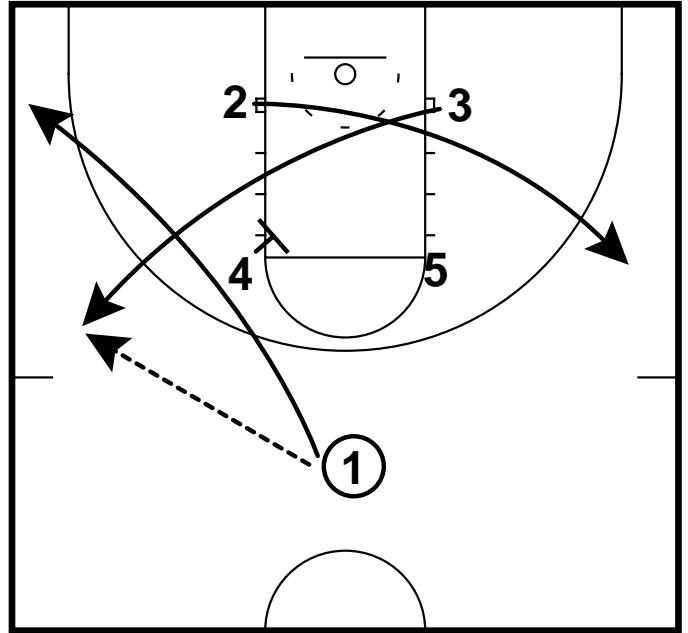
Lob City

# Special Situations

Box  
Team O



Box - 1  
Team O

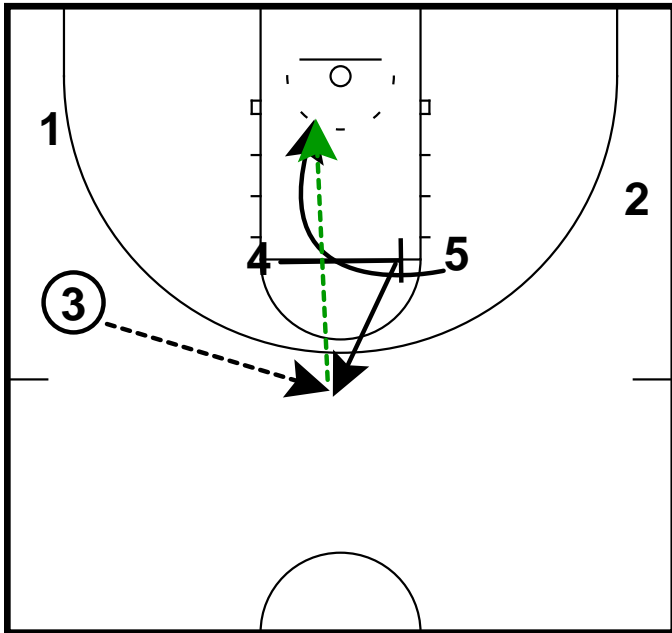


1 passes to 3 coming to the wing off an elbow screen from 4

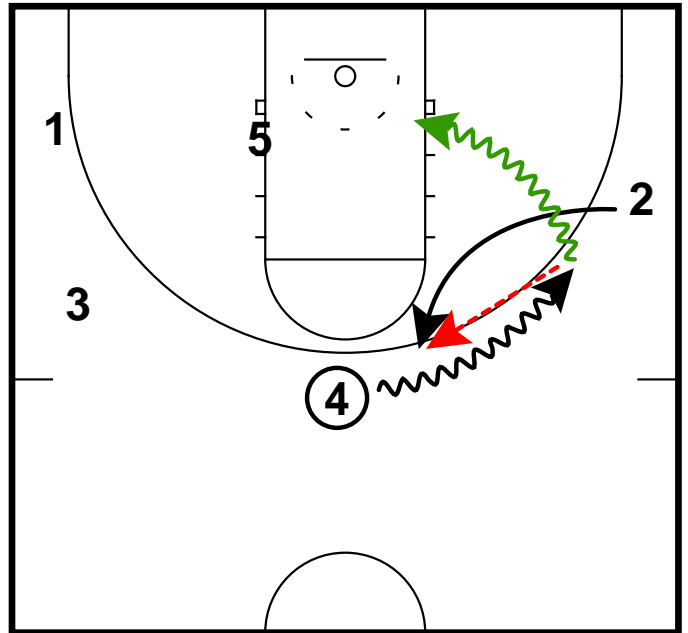
2 crosses over to the weak side wing

1 makes the pass and cuts strong side

Box - 1  
Team O



Box - 1  
Team O



4 screens across for 5 who cuts to the ball side block

4 steps out after screening and receives the pass from 3 (should automatically look High-Low)

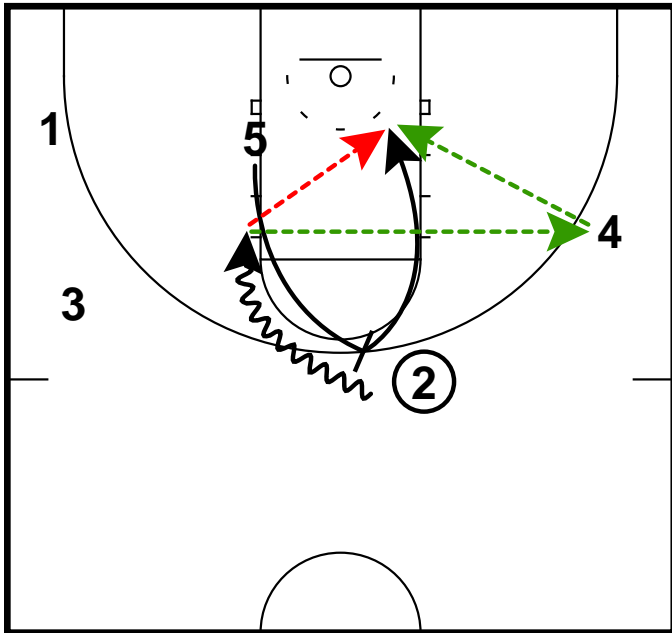
Any big-to-big switch triggers High-Low catch.

Dribble @ triggers Shallow On

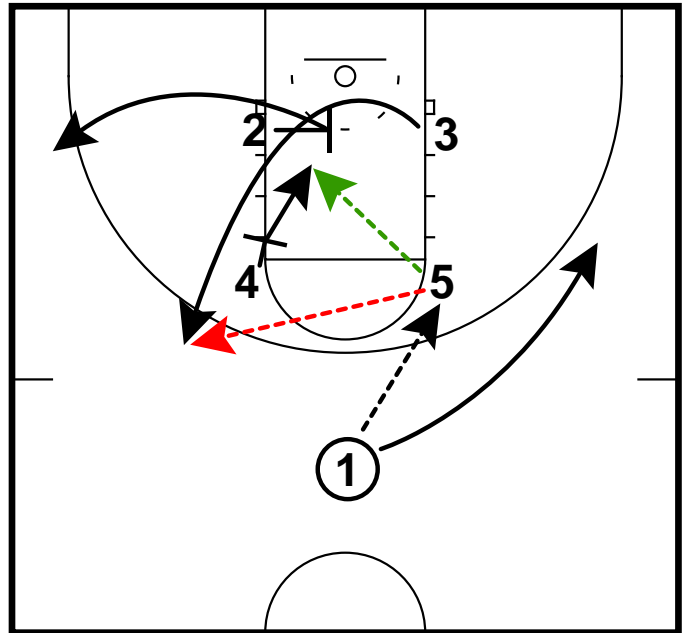


# Special Situations

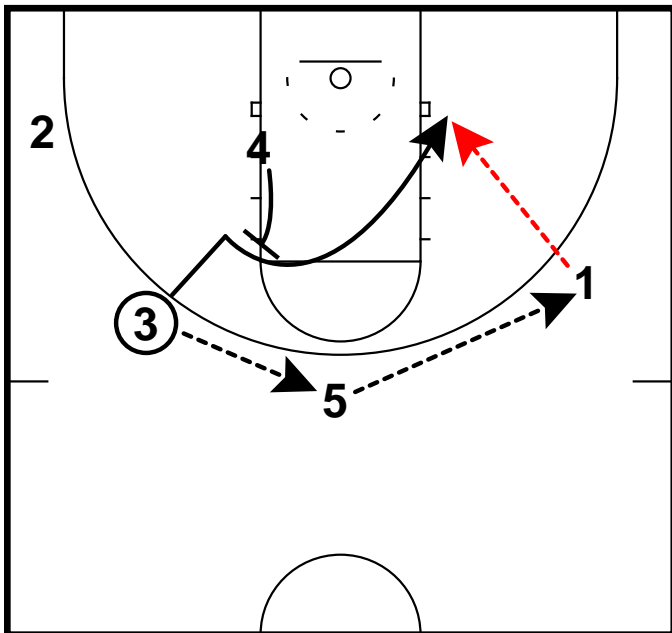
Box - 1  
Team O



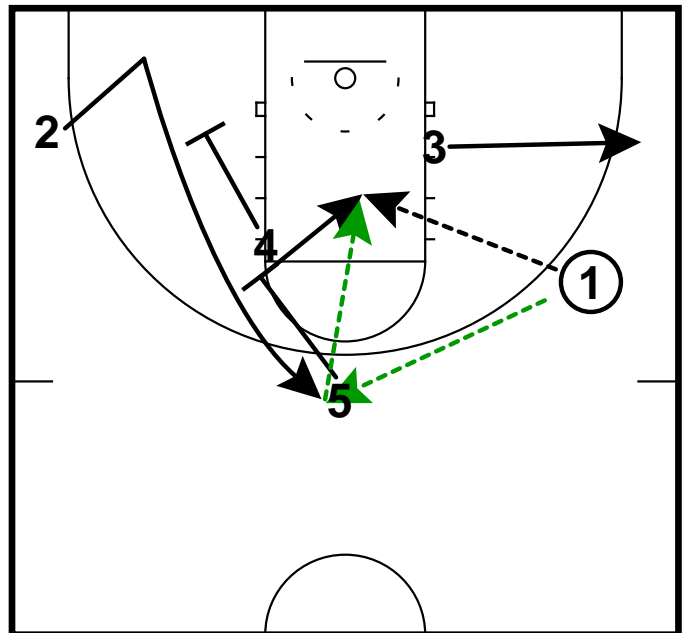
Box - 2  
Team O



Box - 2  
Team O



Box - 2  
Team O

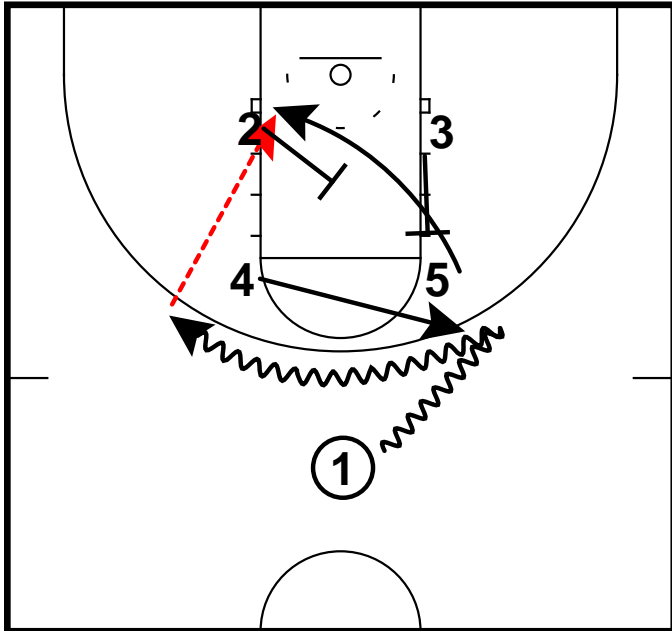


Looking for 5 on Slip Screen.

May throw ball to 2 off double-away and look high-low.

# Special Situations

Box - 3  
Team O

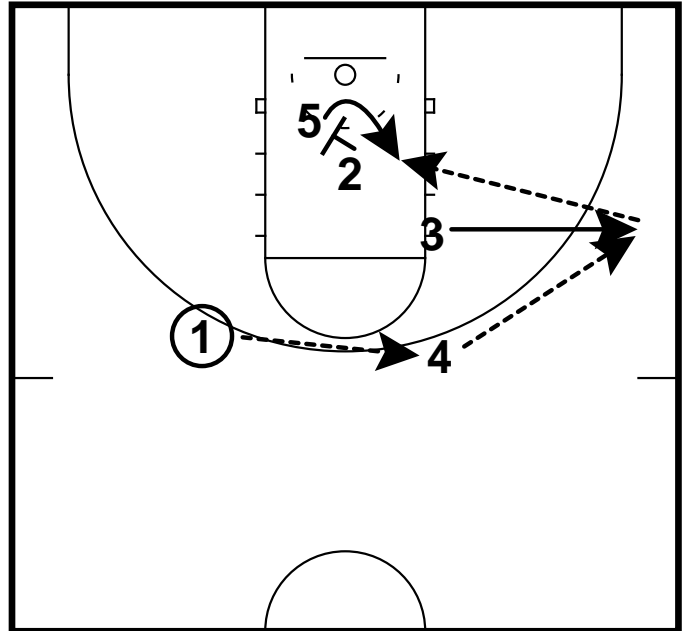


Dribble over the top of the 4 & 5.

Dribble triggers double back-picks for the 5.

Primary Scoring Option - find the 5 quick.

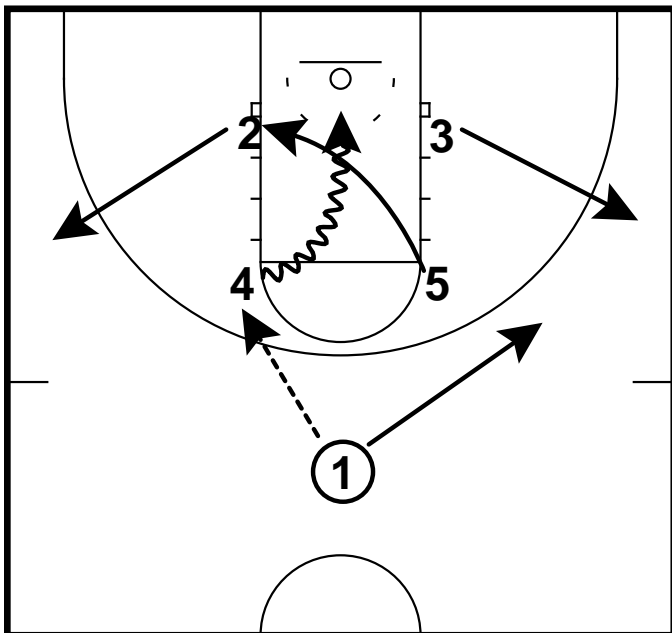
Box - 3  
Team O



If D cheat over the top of the back-picks, triggers THROWBACK through 4.

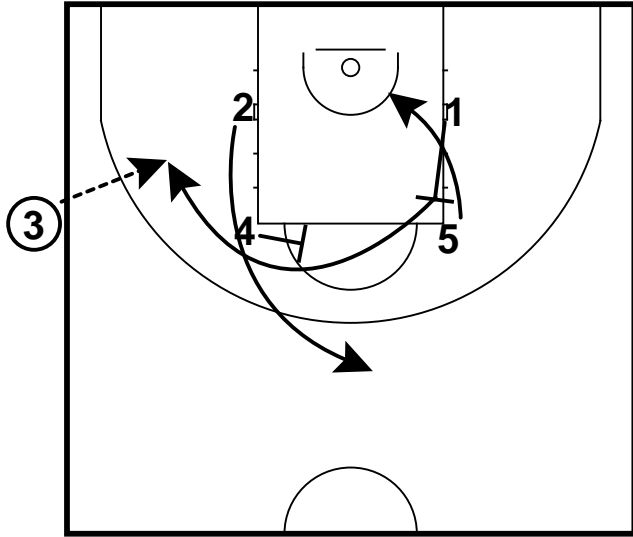
2 rescreens for 5.

Box - HeadTap  
Team O

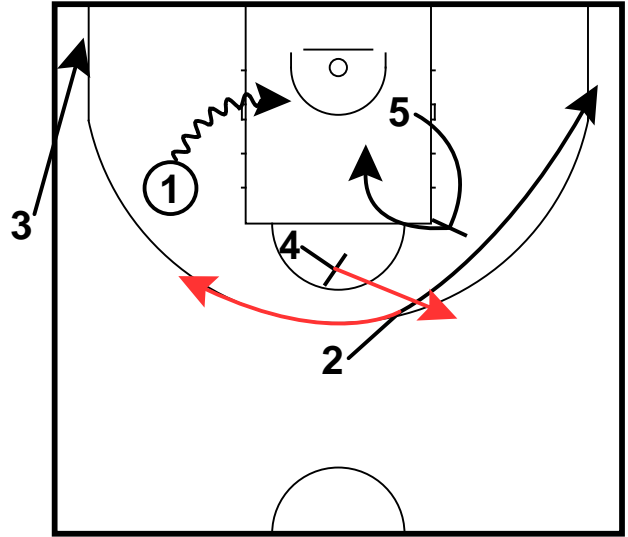


# Special Situations

Snyder Box Jingles  
SLOB

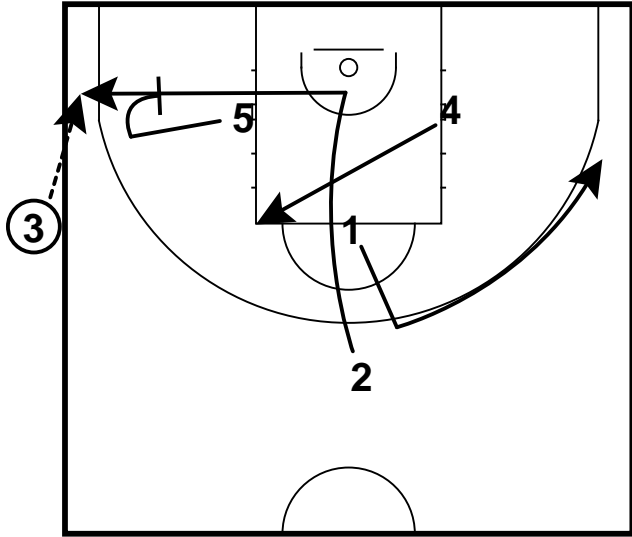


SNyder Box Jingles  
SLOB

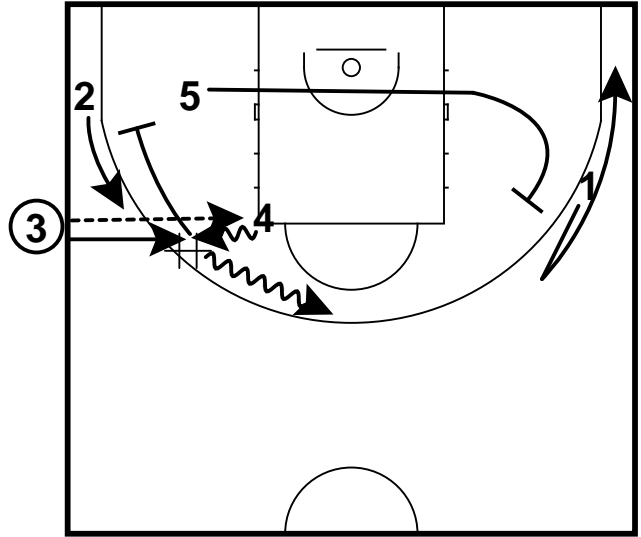


# Special Situations

Snyder 3 Shooter  
SLOB

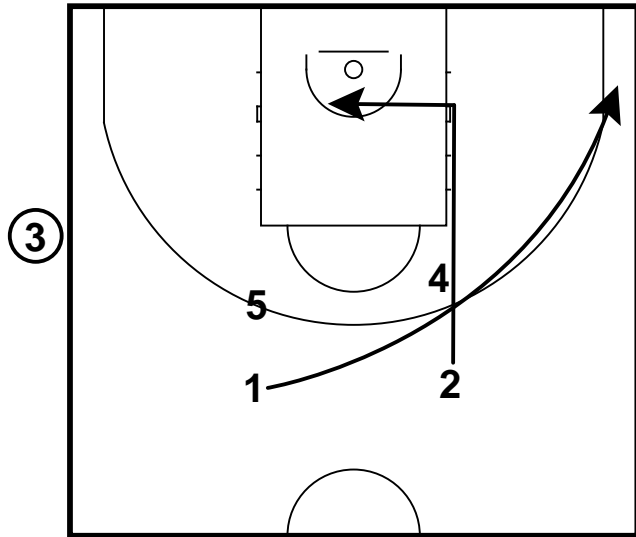


Snyder 3 Shooter  
SLOB

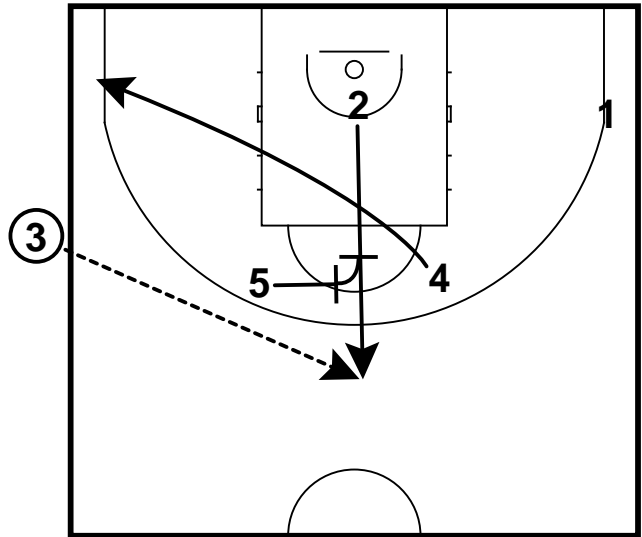


# Special Situations

Heat Box  
SLOB



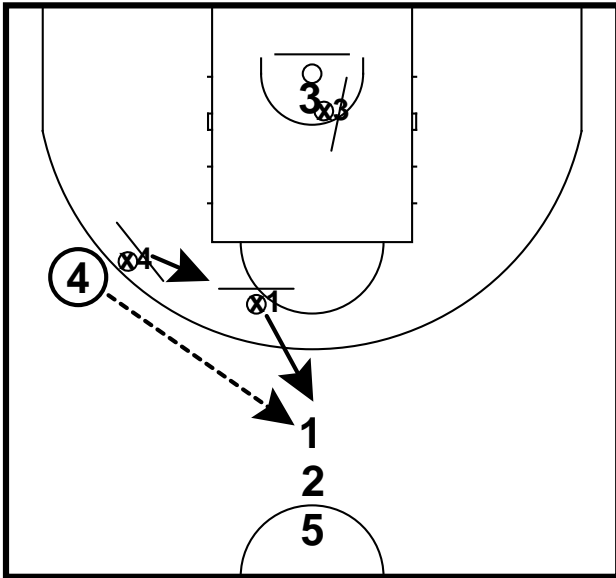
Heat Box Shooter  
SLOB



o2 rubs off o4 back (simultaneous cut)

# Team D

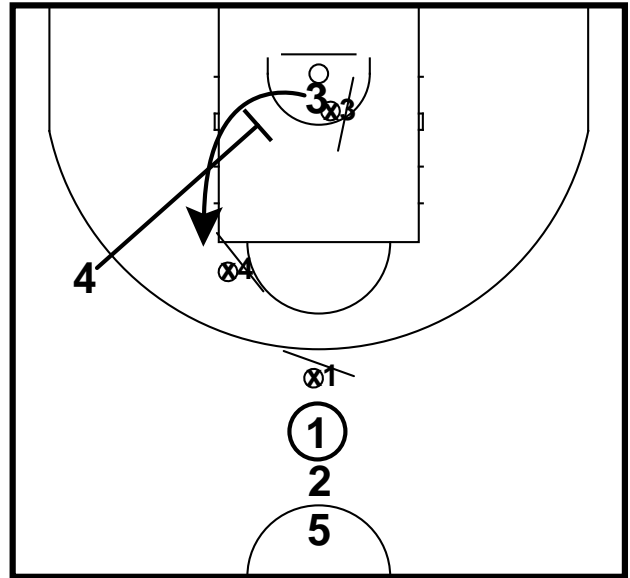
Lock & Trail - 'Show VIC'  
Team D



Ball reversed to o1.

- x4 turns & sprints to PLUG spot.
- x1 close-out on the ball (high hands, wide hands).
- x3 shades o3 into the oncoming screen.

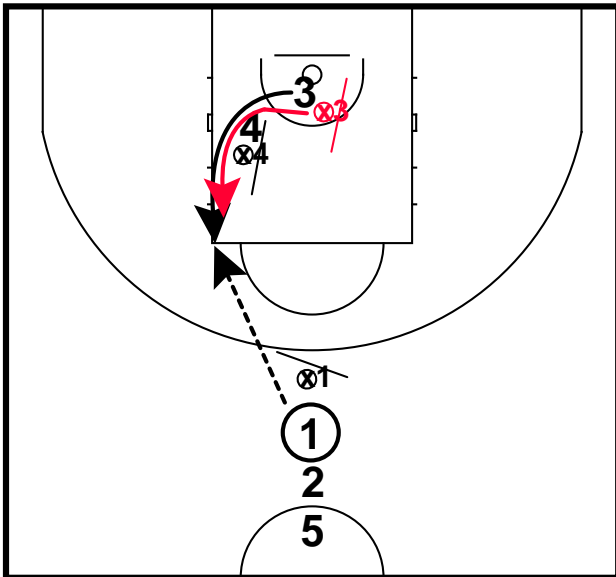
Lock & Trail - 'Show VIC'  
Team D



o4 sets downscreen from the wing.  
o3 looking to come off downscreen for an elbow jumper.

- x1 in stance containing ball to push points, and shading to o1's weak hand (for sake of the drill, this is left).

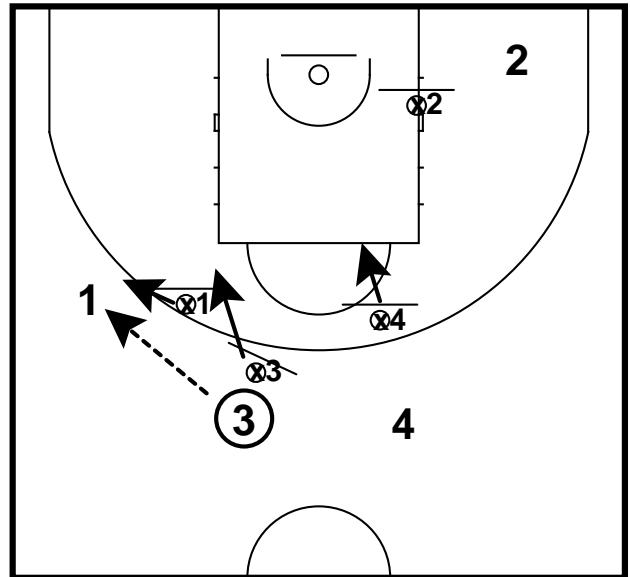
Lock & Trail - 'Show VIC'  
Team D



- x4 follows 'Show VIC' rules:
- closed fist connected to the hip of the screener (means that he won't get back-cut on by staying connected).
  - wide ball side hand to discourage pass.
  - shows full chest (VIC) to o3 to discourage curl cut.

- x3:
- closed fist connected to the hip of the cutter.
  - straight cut on first step to try and make self skinny & get through screen.
  - runs to short side of o3 on catch (closest to split) with closeout rules (high hands, wide hands, chopped feet)

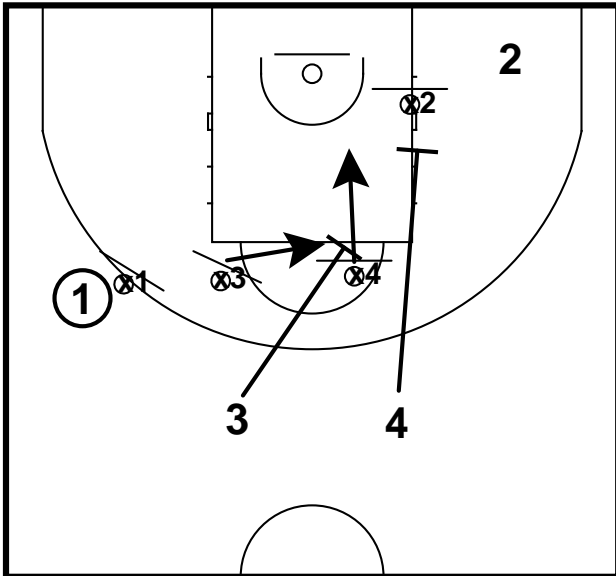
Staggered Screen  
Team D



- o3 passes to wing (o1).  
x1 - x4 all adjust on flight of ball.  
Note: x2 'split' default position is straddling the weakside lane line, not all the way over to the split line.

# Team D

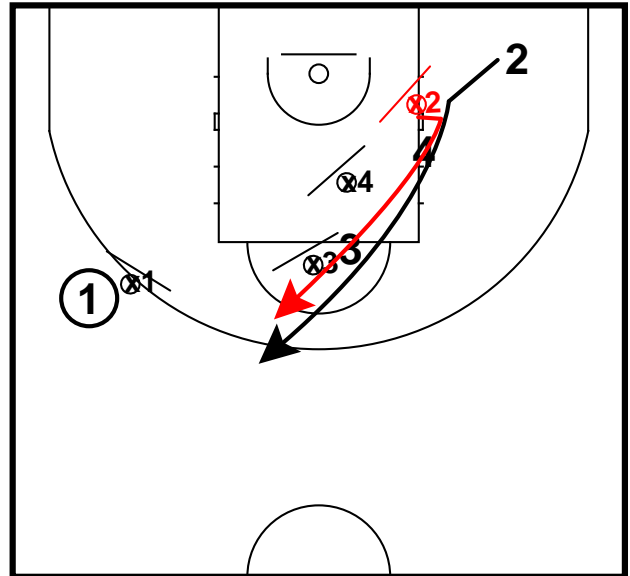
Staggered Screen  
Team D



As o3 and o4 move to double staggered screen, x3 & x4 adjust to appropriate positions.

Important to note that x3 has two movements - turn & sprint to PLUG 1st BEFORE moving to guard the staggered double.

Staggered Screen  
Team D



o2 comes off the staggered double.

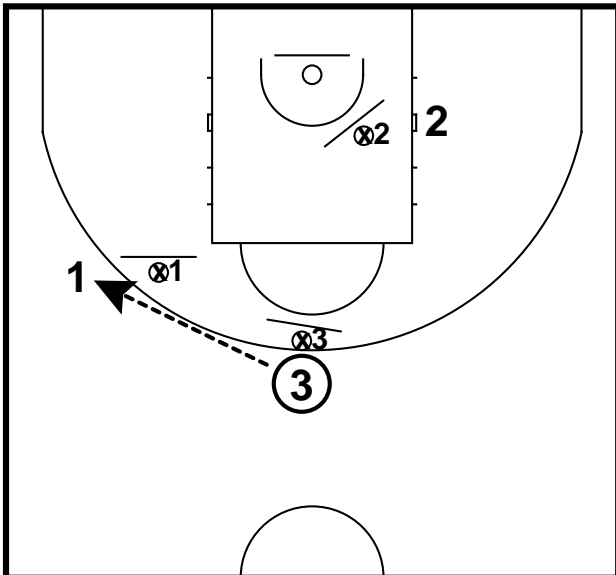
x4 gaps off o4, and plugs the space, guarding both o3 & o4. Main responsibility is to guard o3 on the slip screen.

x3 locks into hip of o3 and plays by 'Show VIC' rules.

x2 engages the hip of o2.

Straight cut into cutter, making self skinny to get through both screens. Close out to short side of o2 to contain dribble pen to push points.

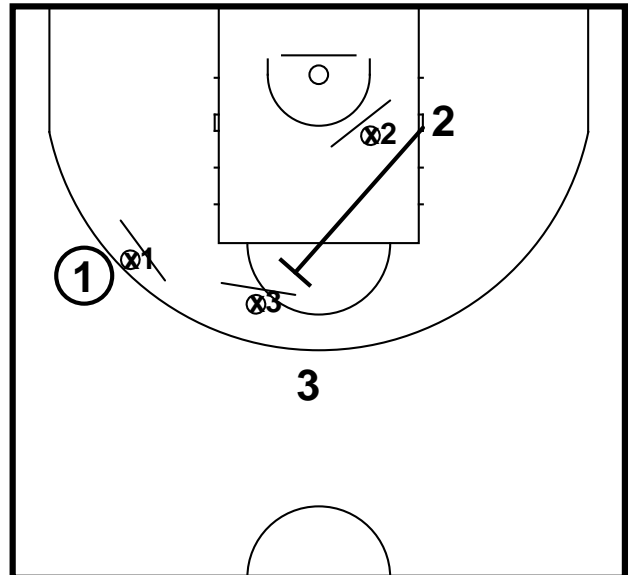
Back Screen  
Team D



o3 passes to o1.

x3 & x1 adjust to ball positions, shading ball to weak hand and containing penetration to push points.

Back Screen  
Team D

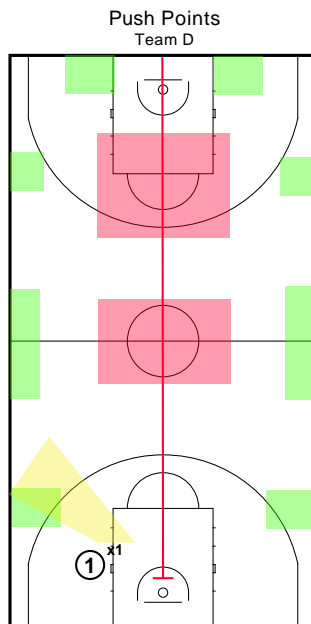


o2 lifts to set the back screen on x3





# Team D



**Push Points** are where we want to influence the ball to defensively.

**Green** are the GO areas - we want the ball to go there.

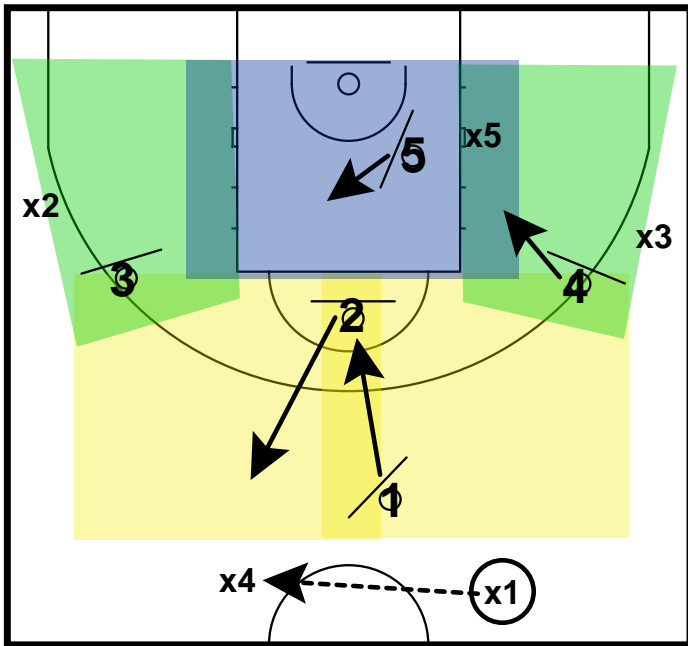
**Red** are the STOP areas - the areas we want to keep the ball out of.

**Yellow** highlights what we want the ball to see (shift our stance).

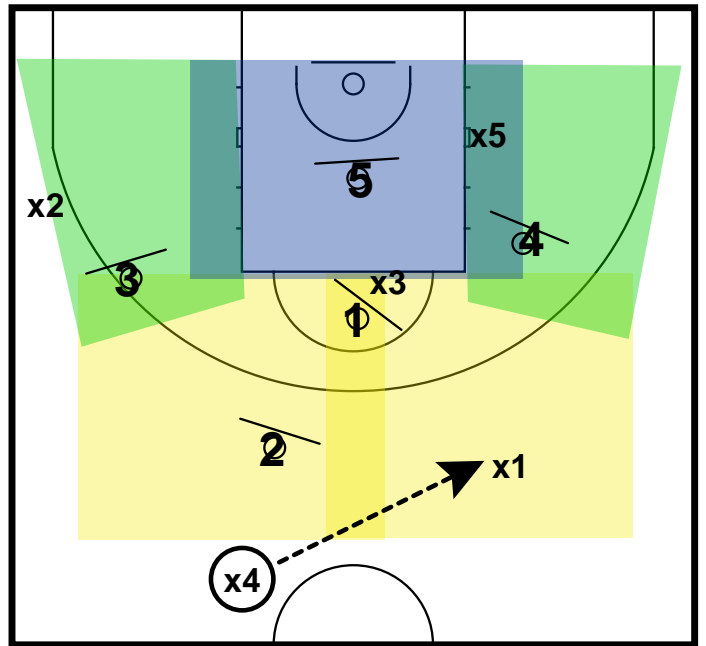
**Red line** indicates that once the ball has been sent to a side, the court stays 'halved' - no ball reversals allowed. We always want to shade the ball to the Os weak hand - this is the only time we allow it to cross the red line, if they are headed to their weak hand.

# Team D

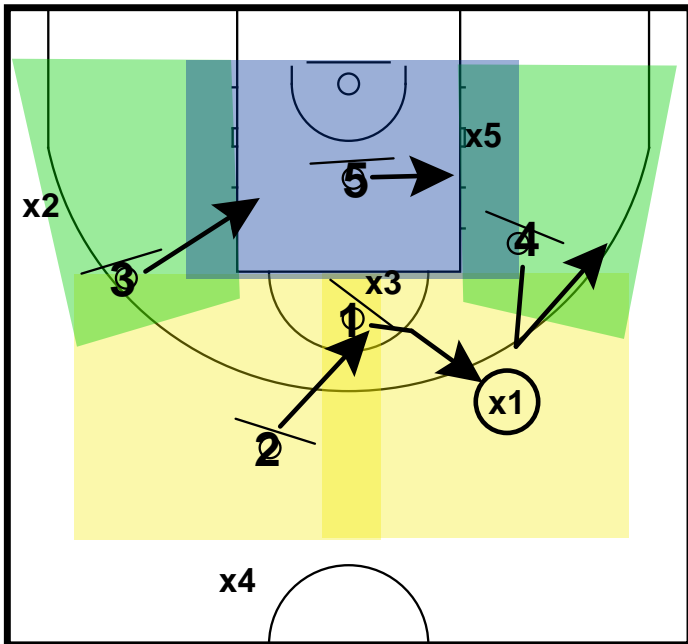
Orange 1-1-2-1  
Team D



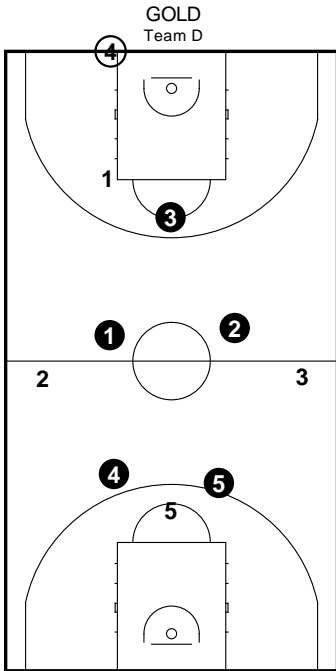
Orange 1-1-2-1  
Team D



Orange 1-1-2-1  
Team D



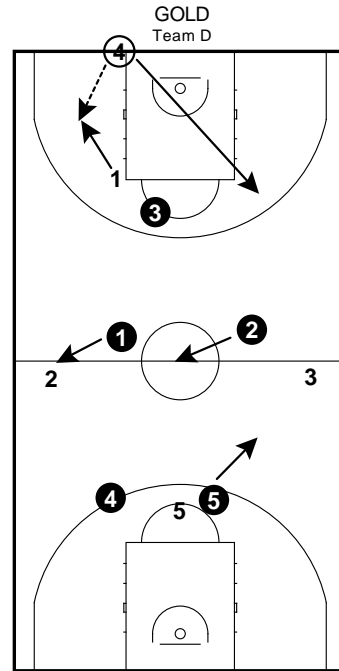
# Team D



Run primarily off FTs.

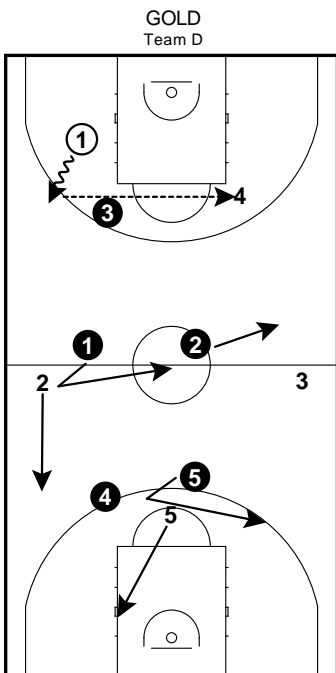
Weakside Middle has 2 feet inside C circle (X2).

X5 can look to step up & pinch any 'High Lob' pass.



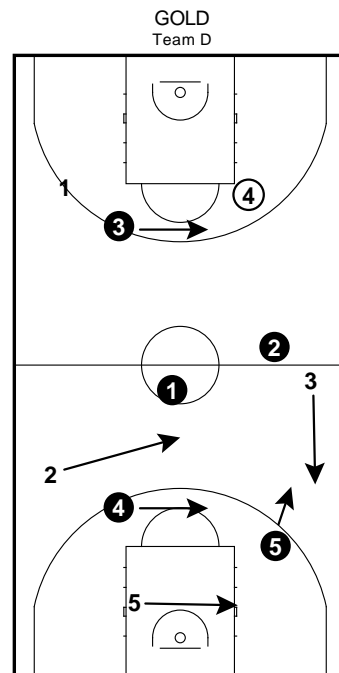
O1 catch = X3 steps inside, taking away middle penetration.

X3 MUST contain the ball / keep ball in front.



Strong side wing (X1) must sink as the ball is dribbled - take away the kick ahead pass down the line.

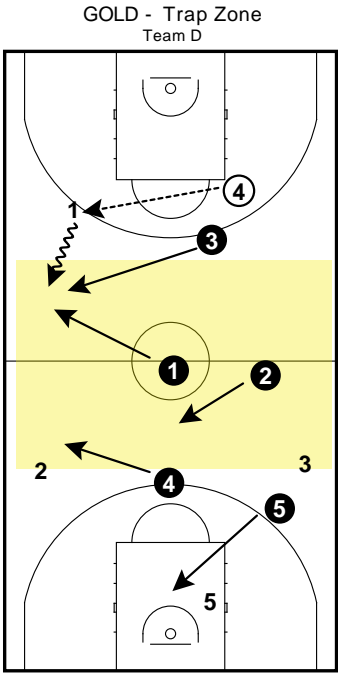
When get to 3/4 court, they can hold that position (anything below X5 can rotate and steal).



Ball Reversal, everyone adjusts.

Weakside Middle (X1) to get 2 feet inside the C circle.

# Team D



Any time the ball gets DRIBBLED into the GOLD zone, triggers TRAP action.

Same rules as BLUE UP (R & J). Ballside guard to push dribble outside lane lines (X3), choose a spot on the floor and make O1 turn there. Trap to come from middle strong side guard (X1).

Back strong side to take away kick ahead pass (X4).  
Middle weakside to take away middle catch (X2).