1-3-1 Zone Offense

Most of this information comes from the Coaches Clipboard

When the other team is playing a 2-3 zone we will use a 1-3-1 Zone offense.

1 (call out "1")

Here is a play for the point guard. If the point guard yells "1", then both post players move down low to the low blocks. Now the point will try to dribble between (split) the two outside defenders right up the middle and will pull up for a shot just inside the free throw line. Do not try to take it all the way to the hoop, as the low defenders will get you!

Now, going back to the start of this play, if the two outside defenders stop the point guard from getting inside, then she should immediately pass off to either 2 or 3 on the wings, and then move back out to the point.

21 or 31 (call out "21" or "31")

Here is a play using a wing screen for #1. See the pictures below. You can see that if #2 sets a screen for #1, and then #1 dribbles into the gap on the right she can stop and shoot the mid-ranged shot, or pass into the corner to #5. Again, do not dribble all the way to the hoop as the low defenders will get you! If #5 gets the ball, then #4 should cut down to the block looking for the pass from 5 (Diagram C).

13 (call out "13")

We will use this motion offense against a team who likes to use a 2-1-2 (or 2-3) zone defense. #1 is at the point, #2 and #3 are on the wings, #5 is high post and #4 is low block (see diagram A).

When we use this play, remember: "Reversing the ball quickly causes the zone to shift, and may cause it to break down." Use quick passes and pass fakes to shift the zone.

The idea is to try to overload the zone. #1 starts the play on either side by passing to either #2 or #3. #4 sprints to the ball side corner (see diagram A).

Next (see Diagram B), #2 passes to #4 in the corner and cuts through looking for a pass back from #4. If #2 does not receive the pass, she goes on thru to the opposite side and fills the #3 spot. #1 should rotate over to the #2 (right wing) position, and #3 should now rotate to the #1 position at the point.

#5 waits until #2 has cleared thru. If #2 does not get the ball, #5 then cuts down to the low block for a pass from #4.

The zone on the right side is now overloaded. Now the offensive options are: (see Diagram C) #4 can shoot or drive to the hoop, or pass to #5 down on the block, or pass out to #1 on the right wing.
#1 could then shoot, or hit #2 with a back door pass, or reverse it back out to #3 on the point.

**Reversing the 13 play**

We reverse the ball quickly to the opposite side if there are no good options. #4 passes to #1, who passes quickly to #3, who then passes to #2 (see Diagram D).

By this time, #5 should be back up to the high post position (free throw line). #4 should always follow the ball to the ball side corner (see Diagram D).

(see Diagram E) Now #2 passes to #4, and cuts thru. If she doesn't get the pass, she goes to the right wing position. #1 and #3 rotate back to the left. If #2 doesn't get the pass, #5 waits and cuts thru to the block.

(see Diagram F). Now you have all the same options, except now on the left side. #4 can shoot or drive, or pass to #2 or #5 cutting thru, or pass back to #3 on the left wing. #3 could step up for a shot or hit #2 back door on the right, or pass out to #1.