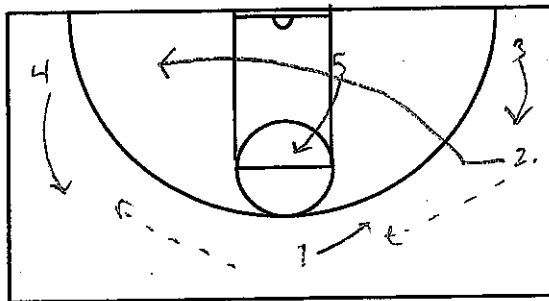


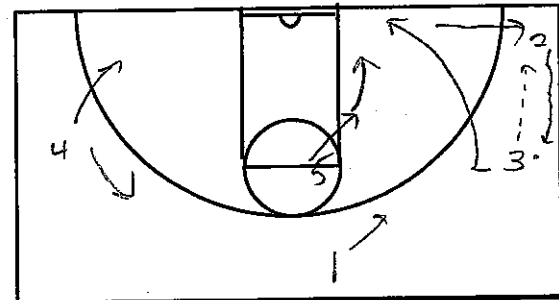
**Circle**

4 out set with Figure 8 movement vs 2-3 and 3-2 zones

- Start the motion with the 1 player passing to the single side guard, 3 cuts through the lane on the pass to the strong side of the floor. On the cut, 5 now follows and posts hard on the power box
- \* The 5 player: starts in the high post opening up the baseline right away, cuts into the open area after the cutter goes through, is a distributor with the ball, and a 1 On 1 scorer inside. She moves high to mid post area

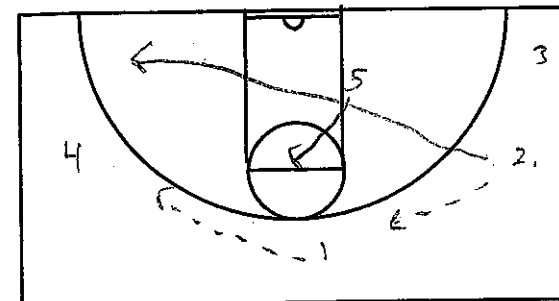


- 4 moves up from the baseline after 3 cuts through
- 1 is the quarterback and she reverses the ball, looks to the high post, reads scoring opportunities for herself, and looks for passes over the top of the zone
- On ball reversal 2 cuts through and this is the figure 8 motion.



**Dribble Options:**

- 3 passes to 2 on the baseline and cuts into the short corner
- 2 dribbles up from the baseline, 5 stays at the mid post
- 1 overloads strong side, look to work the short corner for a score



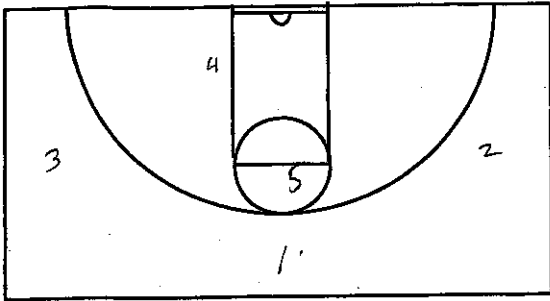
**Ball Reversal:**

- 1 reverses the ball and continue the figure 8 motion again

## Pios

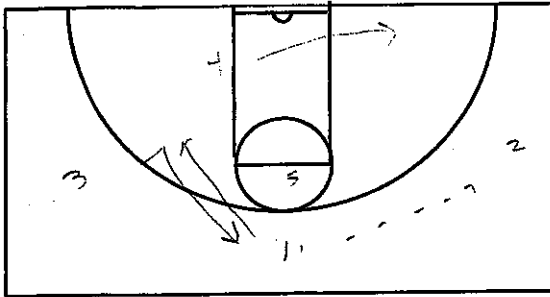
1-3-1 set vs 2-3 zone

In order to make the offense effective, we must hit post in the short corner as often as possible. By forcing the defense to cover the short corner, the shifts create gaps in the middle of the defense and for the weak side baseline



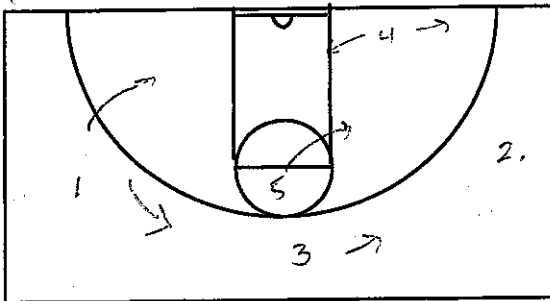
### \* Basic Movements

- 4 and 5 X - cut high post and short corner area with ball reversals
- 1, 2, and 3 pass and drive gaps looking for shots and cuts into any open areas in the zone
- you can have the guards exchange at the top on the pass to the wing



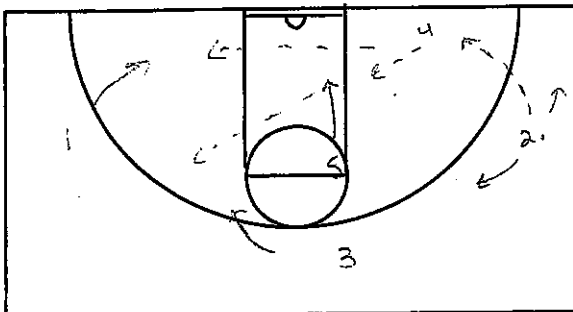
If 1 passes to 2

- 4 cuts to the short corner
- 5 posts <sup>mid</sup> to high post
- 1 & 3 spot up for shots or look to cut into any open gaps



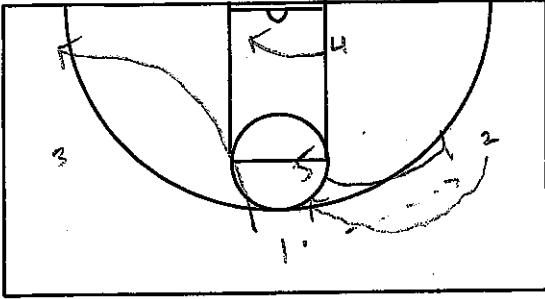
If 2 hits 4:

- 5 cuts down the lane looking for a quick pass from 4
- 3 & 1 spot up for shots or look to cut into any open gaps in the defense
- 4 looks for 5 on the basket cut or for weak side skip pass to the 3 on the wing
- If ball goes to the 5 at mid to high post, 4 will cut hard to the basket for the high low pass 2 & 3 space out to open areas on the wings for the kick out and shot

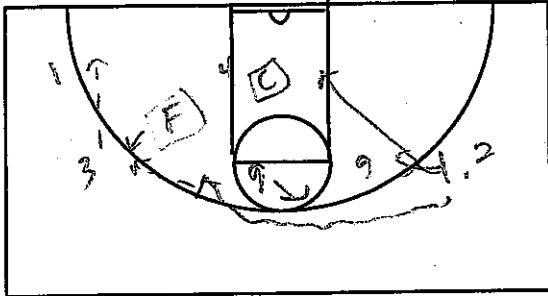


### Motion

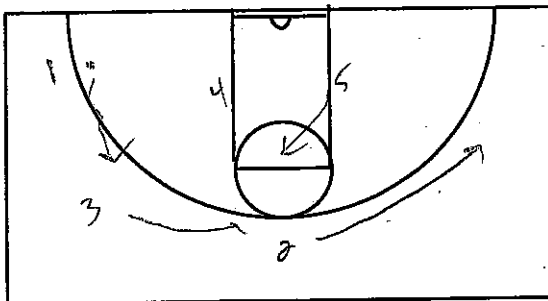
#### 1-3-1 set vs a 2-3 zone



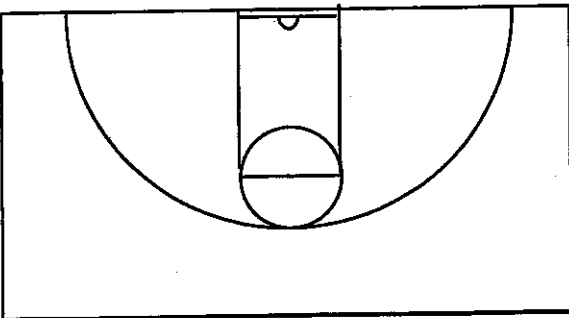
- 1 passes to 2 and cuts through to the weak side of the floor baseline
- 2 waits for 5 who will set an on ball screen on the guard
- 4 will cut block to block as 2 is getting screened

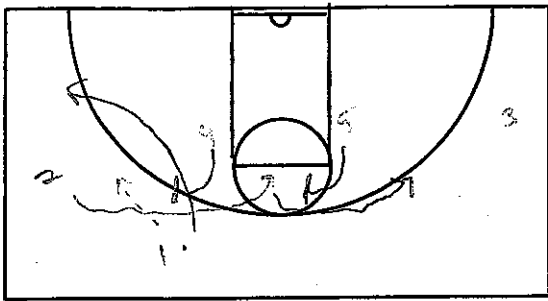


- 2 must drive hard off the screen to make the second defensive guard pick her up
- 3 slides up the wing to receive the pass from 2
- on the screen, 5 rolls to the basket
- you've now created a strong side triangle with 3, 1, and 4 and defense only has the forward guarding 3 & 1



- 2 spaces out stretches out weak side for the skip and spacing
- Continue into Pios

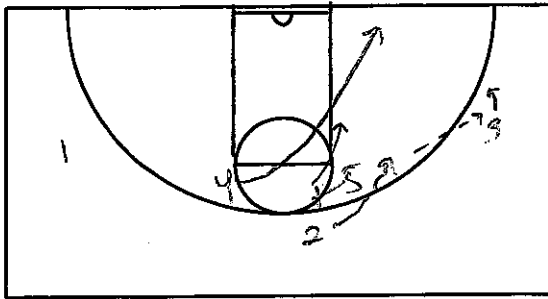




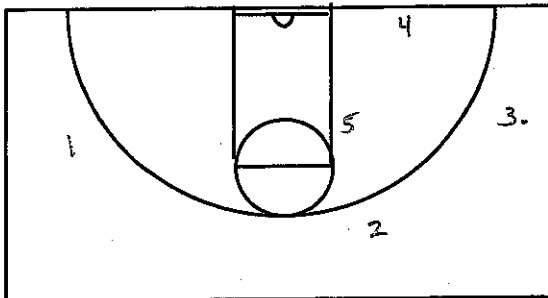
**Motion 2:**

High on ball screens vs a 2-3 zone

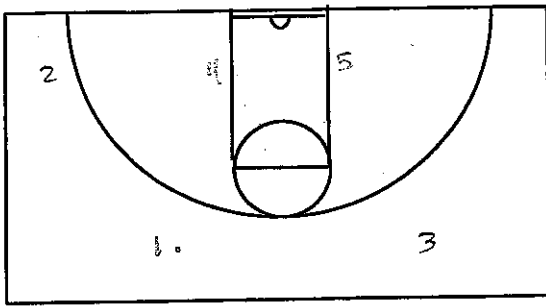
- 1 passes to the 2 then cuts to the wing
- 2 dribbles off the screen set by 4 then dribbles off the screen set by 5. If 2 is open off the screen by 4 she can turn the corner and drive down the lane to score.



- When 2 comes off the screen by 5 she must drive hard to draw the forward defensively
- 4 will roll and cut hard to the short corner after setting her screen
- 5 cuts to mid post
- 2 looks for 3 for the shot
- 3 looks for 4 in the short corner if center must come out
- 1 stretches out weak side for skip pass



- On ball reversal continue into Pios offense 1-3-1 set
- Post players X cut

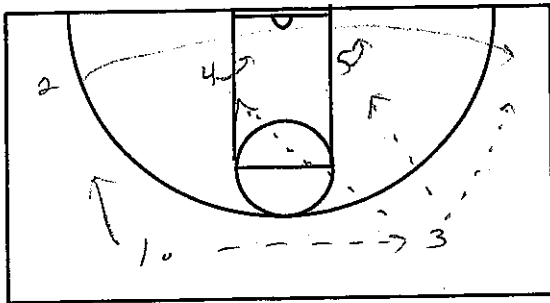


**Baseline:**

2 guard front with a baseline runner vs a 3-2 or 1-3-1 zone

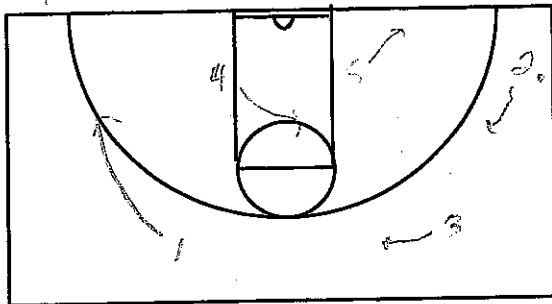
**\* Initial set**

- 1 & 3 at high wing areas on either side of floor
- 4 & 5 set on either block
- Best shooter on the baseline

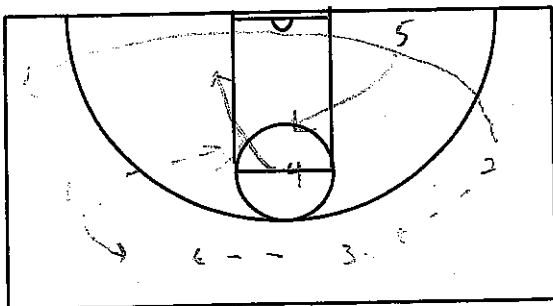


- 1 reverses the ball to 3
- 4 and 5 sets screens along the baseline for 2
- 2 cuts along the baseline off the screens looking for the pass from 3
- 5 will roll after screening and seal in the post

**\*NOTE:** after screening on the weak side...4 will pin defender on the outside and look for thee diagonal pass inside from the 3



- 2 looks inside to 5 on the strong side pin then dribbles up the wing a bit to draw the baseline defender out of position
- 5 steps out to the short corner looking for the dump from 2 &:
  - the baseline drive
  - a pass cross court to 4 at the high post
  - 1 on the opposite wing
- 4 swings from behind the defense to the middle of the key looking for the pass from 5
- 1 swings deep on the opposite wing looking for the skip pass from 5



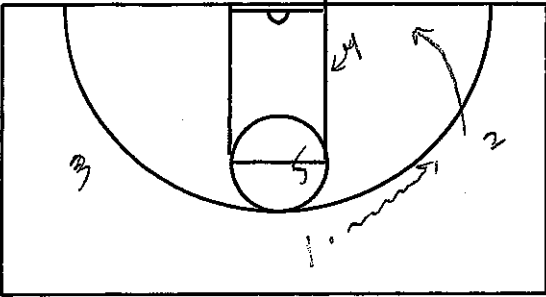
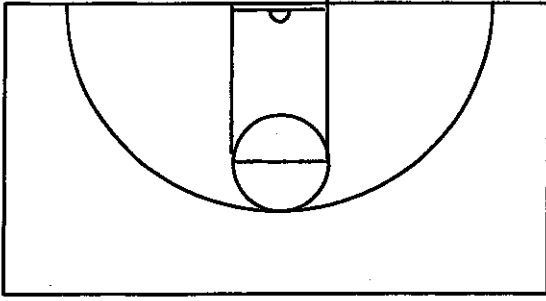
**On the Reversal:**

- 4 cuts back to the opposite block area looking for pass inside from 1 and sets up screen for 2 running the baseline again
  - 5 waits for the defense to shift then cuts from behind to the middle of the paint looking for the pass, 3 balances the floor weak side
- NOTE:** 2 can fake running the baseline and 5 can set a screen on the Weak side of the zone when 1 gets it

## Loop Low

1-3-1 set vs a 2-3 zone

Good set to run for a 4 player who can shoot outside or drive from short corner



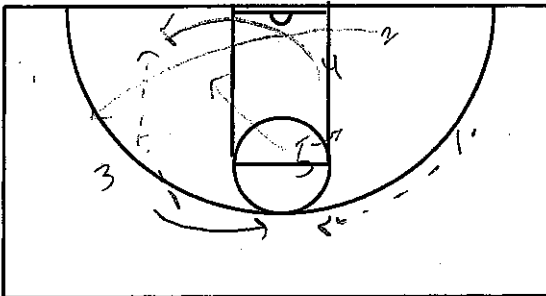
- 1 starts by dribbling at the 2

- on the dribble at, 2 is going to begin her cut baseline to the other side of the floor

- 5 stays high post to occupy opposite guard

- 4 is strong side low block posting hard on dribble to wing

- 3 is on the opposite wing preparing to come high for reversal



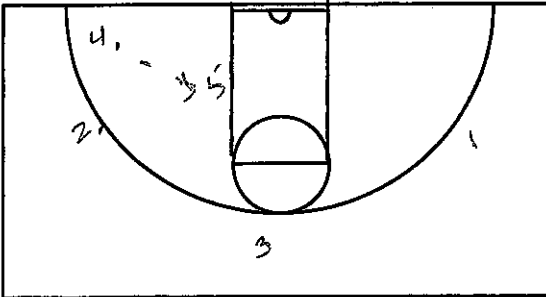
- 1 quickly passes the ball to 3

- 3 draws the guard defender and quickly passes the ball to 2 coming to the wing

- 5 posts mid to high post drawing the center a little higher

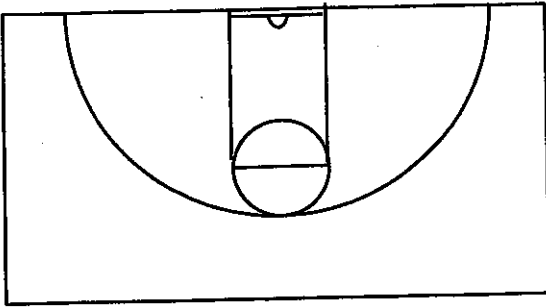
- 4 cuts right after 2 and gets in the short corner or if a good shooter goes further out to the baseline. On pass from 2 to 4 look for shot

- 5 will dive on pass to 4 for the shot



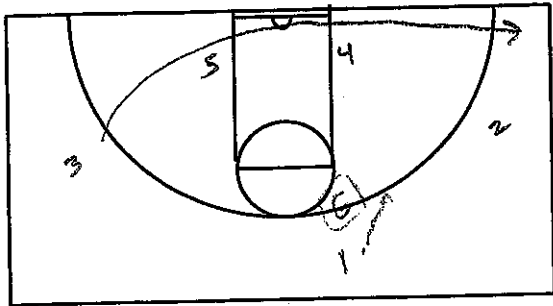
- Goes into Pios from here

Double



Quick hitter vs a 2-3

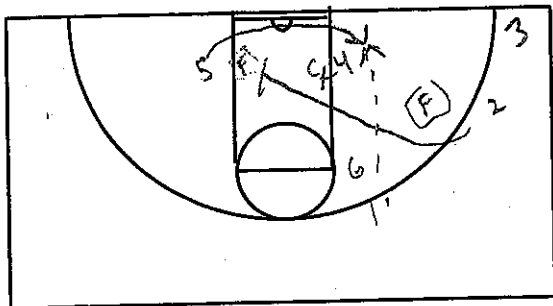
Staggered screens for your post to score



- 3 out 2 in set

- 1 goes to the side opposite the <sup>post</sup> pot you want to set up

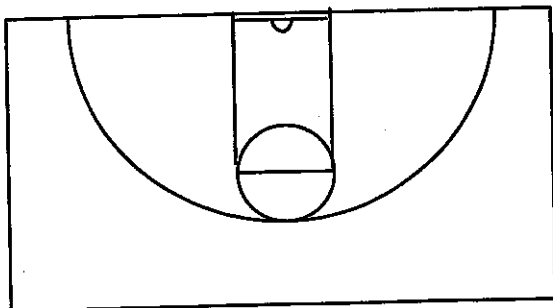
- 3 cuts baseline to the corner



- 2 runs in to screen the opposite forward

- 4 gets the center pinned in and then screens her

- 5 uses both screens and goes baseline side to post for the ball  
it's important that the player in the corner is a shooter



- Get into Pios after that

