



EXTEND THE SCREEN

— PRACTICE LAB —

Meet the defender where he is.

1 ADVANTAGE DRILL

MEET THE DEFENDER

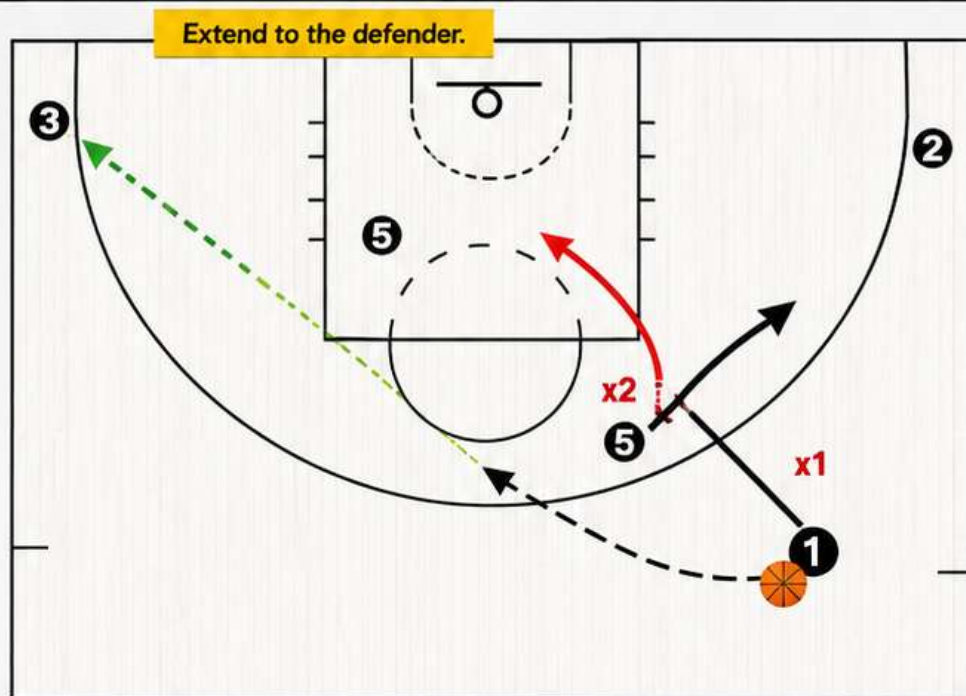
PURPOSE: Teach the screener to extend the ball screen to the defender's location, create better screen contact, pull the big away from the rim, and give the ballhandler a downhill runway with kick-out reads.

SETUP:

- 3 offensive players to start: ballhandler, screener, shooter
- 2 defenders to start: on-ball defender and screener's defender
- Start with the ball on the right slot or wing
- Weakside shooter spaced deep in the corner
- 1 ball; optional coach with pad or cone as help defender
- Scoring: 1 point for a paint touch, 2 points for a kick-out 3, 3 points for an and-1 finish

EXECUTION:

1. Ballhandler starts on the right side while the screener begins inside, then sprints out to meet the on-ball defender high and wide.
2. Screener sets the extended ball screen on the defender's path; ballhandler rubs the screen and attacks downhill immediately.
3. Read the big: score if he is late, hit the short roll if he steps up, or spray the ball to the shooter if help collapses.
4. Reset quickly and repeat from both sides.



2 TEACHING POINTS

- Screener finds the defender — do not make the guard search for the screen.
- Meet the on-ball defender higher and wider to change the angle.
- Ballhandler attacks shoulder-to-hip and gets downhill right away.
- Hold weakside spacing so the help defender has a long closeout.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add primary defender
5. Add help defender
6. Play live

4 VARIATIONS

- Add a weakside tag defender and require the kick-out read.
- Change the coverage: drop, switch, or ICE.
- Add a short-roll decision after the screen.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at 0:04.

1. What created the initial advantage?
2. What coverage is the defense using?
3. Which defender is being pulled away from the rim?
4. Where is the next pass if help collapses?
5. What happens if the defense switches the screen?
6. What spacing detail makes the action work?

6 CAN YOU TEACH THIS?

- ☐ Recognizes the coverage immediately
- ☐ Maintains proper spacing
- ☐ Executes the screen with correct timing and angle
- ☐ Attacks the advantage without hesitation
- ☐ Makes the correct read against help
- ☐ Understands the counter
- ☐ Executes consistently at game speed



7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense identifies the coverage, extends the screen correctly, maintains spacing, makes the correct read, and produces a paint touch or high-quality shot. Reset the count after an execution mistake.

8 GAME APPLICATION

- Use this when the on-ball defender is pressuring and the big is sitting near the rim.
- It attacks drop coverage and passive contain coverage.
- The next adjustment may be a switch or ICE.
- The next counter can be a swivel re-screen, step-up angle, or kick-out attack.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

- 1 SWIVEL THE ANGLE
- 2 CLEAR THE SIDE
- 3 CREATE THE LONG CLOSEOUT
- 4 KICK. RELOCATE. ATTACK AGAIN.



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____

TERMINOLOGY: _____

COUNTERS: _____

PRACTICE NOTES: _____

GAME-PLAN IDEAS: _____



BASKETBALL DNA™

ACTION #2

SWIVEL THE ANGLE

— PRACTICE LAB —

Make the defense guard the second screen.

1 ADVANTAGE DRILL

SWIVEL & RE-SCREEN

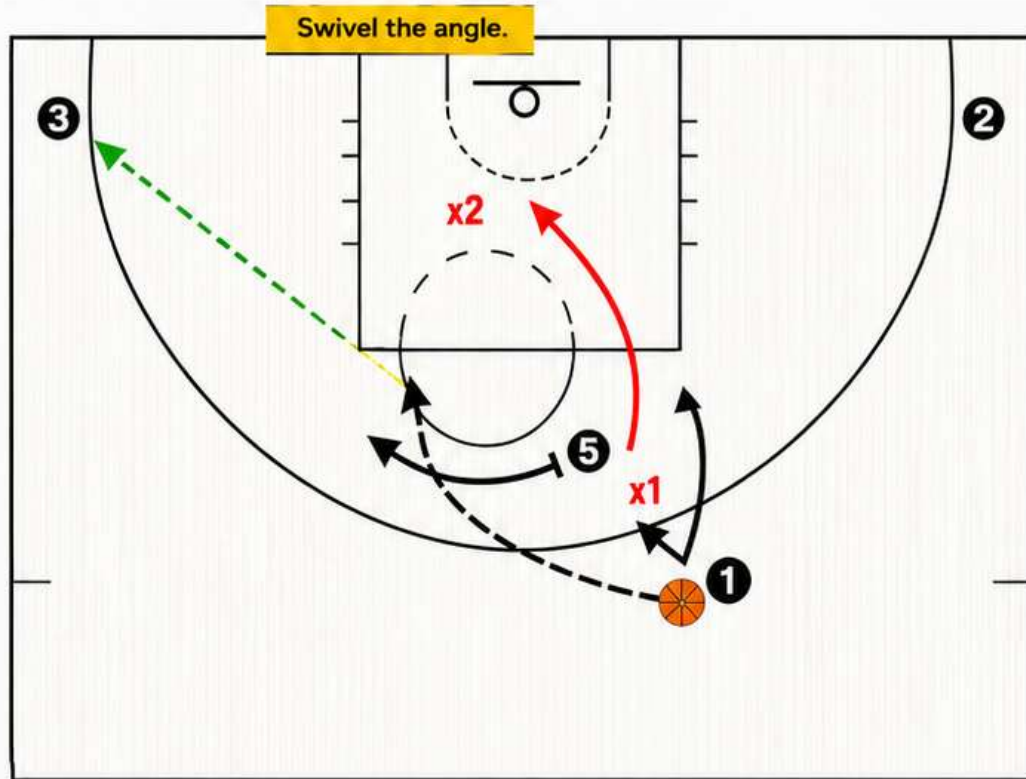
PURPOSE: Teach the screener and ballhandler to use an initial screen angle to set up the defense, then swivel/re-screen to create a second angle and attack the opposite side. Emphasize reading the defender's position, changing the route, and turning the second screen into a downhill advantage or pull-up pocket.

SETUP:

- 3 offensive players to start: ballhandler, screener, weakside shooter
- 2 defenders to start: on-ball defender and screener's defender
- Start with the ball on the slot or wing
- Screener begins above or beside the ballhandler
- 1 ball; optional coach or helper as low-man/help defender
- Scoring: 1 point for paint touch, 2 for pull-up, 2 for kick-out 3, 3 for finish through contact

EXECUTION:

1. Ballhandler attacks off the screener's first angle and forces the on-ball defender to react.
2. Screener reads the defender's path, swivels or flips the angle, and gives the ballhandler a second route back the other way.
3. Ballhandler comes off shoulder-to-hip on the swivel screen and reads the big: attack downhill, stop in the pocket, or spray the ball to the shooter.
4. Reset and repeat from both sides, changing coverages and reads.



2 TEACHING POINTS

- Set up the screen before you use it.
- Make the defender guard two angles in one action.
- Screener swivels only after reading the defender's route.
- Ballhandler must stay tight and attack the new angle with pace.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add primary defender
5. Add screener's defender
6. Play live

4 VARIATIONS

- Start from the right side or left side.
- Change the coverage: drop, switch, ICE, or aggressive contain.
- Add a short-roll read after the swivel.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the swivel.

1. What forces the defender to commit to the first direction?
2. What tells the screener to swivel the angle?
3. Is the on-ball defender trailing or recovering?
4. What is the best read after the second screen?
5. If the big stays back, where is the scoring window?
6. How does spacing improve the second advantage?

6 CAN YOU TEACH THIS?

- ☐ Recognizes the coverage immediately
- ☐ Sets up the first screen angle correctly
- ☐ Swivels the screen with correct timing
- ☐ Attacks the second angle without hesitation
- ☐ Makes the correct read against help
- ☐ Understands the counter
- ☐ Executes consistently at game speed



7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense creates a second screen angle, identifies the coverage, attacks the correct read, maintains spacing, and produces a paint touch, pull-up, or quality kick-out. Reset the count after a poor screen angle, late swivel, or wrong read.

8 GAME APPLICATION

- Use this when defenders are jumping to the first screen angle.
- It is especially effective against teams that overplay ball screens or try to beat the guard to the spot.
- The next adjustment may be a switch or big contain.
- The next counter can be a short roll, empty-side attack, or kick-out to the shooter.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. CLEAR THE SIDE
3. CREATE THE LONG CLOSEOUT
4. KICK. RELOCATE. ATTACK AGAIN.



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____

TERMINOLOGY: _____

COUNTERS: _____

PRACTICE NOTES: _____

GAME-PLAN IDEAS: _____

BASKETBALL DNA™

Recognize the pattern. Understand the advantage. Teach the concept. Win more possessions.



LIFT THE HELP

— PRACTICE LAB —

Create the long closeout before attacking baseline.

1 ADVANTAGE DRILL

LIFT THE HELP → ATTACK BASELINE

PURPOSE:

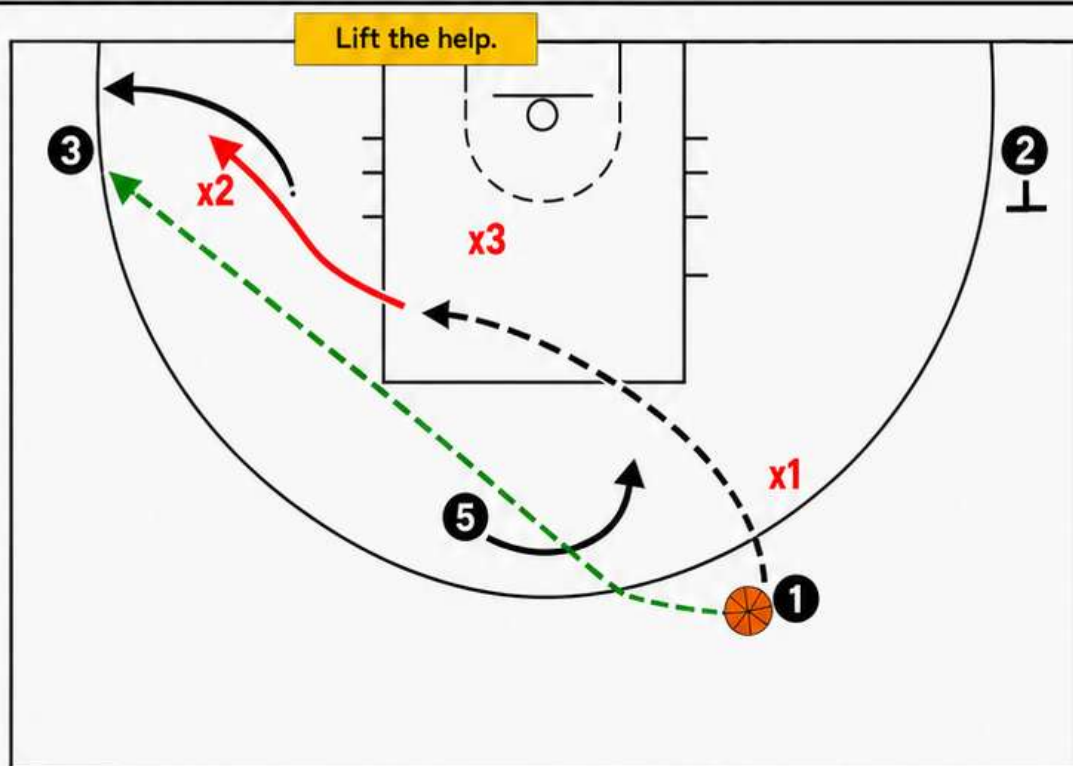
Teach players to move the help defender with a diagonal skip pass, force a long closeout, and immediately attack baseline before the defense can recover. Emphasize manipulating off-ball help before the drive.

SETUP:

- 4 offensive players to start (passer, receiver, baseline driver, corner spacer)
- 3 defenders to start (on-ball defender, help defender, closeout defender)
- Start with the ball on one side of the floor
- Weakside player lifted on the diagonal
- 1 ball; optional coach as extra help defender
- Scoring: 1 point for paint touch, 2 for kick-out three, 3 for finish through contact

EXECUTION:

1. Drive or paint touch draws help.
2. Diagonal skip pass lifts the help defender and creates a long closeout.
3. Receiver catches and attacks baseline immediately.
4. Read low help for finish, drop-off, or kick-out.



2 TEACHING POINTS

- Move the help before you attack.
- Lift the weakside defender with the diagonal pass.
- Catch ready and beat the closeout baseline.
- Hold spacing so the next help rotation is longer.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add closeout defender
5. Add low help defender
6. Play live

4 VARIATIONS

- Start from either wing.
- Require a one-dribble baseline attack.
- Add a dunker-spot or corner drift option.
- Change the help coverage.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the catch.

1. What moved the help defender?
2. Why is the closeout so long?
3. What is the first read on the baseline drive?
4. Which defender is late to rotate?
5. Where is the next pass if low help steps up?
6. What spacing detail makes the closeout harder?

6 CAN YOU TEACH THIS?

- ☐ Recognizes when help has been lifted
- ☐ Delivers the diagonal skip on time
- ☐ Catches ready to attack
- ☐ Attacks the closeout baseline without hesitation
- ☐ Makes the correct read versus low help
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed



7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense lifts the help defender, creates a long closeout, attacks baseline, makes the correct read, and produces either a paint touch or high-quality shot. Reset after a poor skip pass, slow catch, or wrong read.

8 GAME APPLICATION

- Use this when help is sitting in the gap or low-man area.
- It punishes heavy help and late closeouts.
- The next adjustment may be an earlier stunt or switch-out.
- The next counter may be a drop behind help, one-more pass, or kick-relocate attack.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. SWIVEL THE ANGLE
3. DROP BEHIND THE HELP
4. KICK. RELOCATE. ATTACK AGAIN.



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____



DROP BEHIND THE HELP

— PRACTICE LAB —

Make the rim protector choose.

1 ADVANTAGE DRILL

DRIVE → DROP → DUNKER FINISH

PURPOSE:

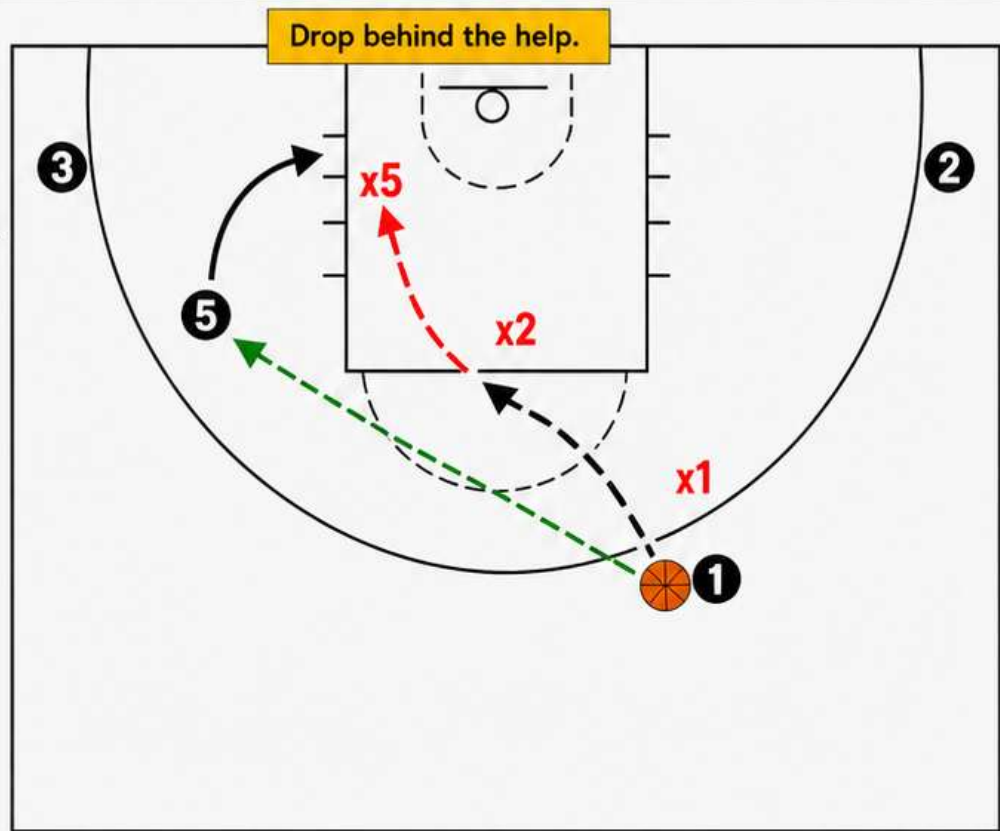
Teach players to attack from the 45°, force the post defender to step up, and relocate the interior player behind the help into the dunker spot for an easy finish. Emphasize reading the rim protector and timing the drop.

SETUP:

- 4 offensive players to start (ballhandler, post/roller, corner spacer, weakside spacer)
- 2–3 defenders to start (on-ball defender, post defender/rim protector, optional low help)
- Start with the ball on the wing/slot at the 45°
- Interior player begins near the lane line or short corner area
- 1 ball
- Optional coach with pad at the rim
- Scoring example: 1 point for correct drop read, 2 points for dunker finish, 3 points for and-1 finish

EXECUTION:

1. Ballhandler attacks from the 45° and gets downhill.
2. As the rim protector steps up to contain the drive, the interior player drops behind the help into the dunker spot.
3. Ballhandler reads the help and delivers the drop pass at the right moment.
4. Dunker catches and finishes quickly at the rim; reset and repeat from both sides.



2 TEACHING POINTS

- Attack the 45° to force the post defender to commit.
- The drop must happen as the rim protector steps up.
- Relocate behind the help, not into the help.
- Deliver the pass early enough for a quick finish.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add rim protector
5. Add low help defender
6. Play live

4 VARIATIONS

- Start from either 45°.
- Add a kick-out read if the low help tags the dunker.
- Add a short-roll catch before the drop.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the help step-up.

1. What forces the rim protector to step up?
2. When should the interior player begin the drop?
3. What makes the dunker spot open?
4. Which defender is being manipulated?
5. Where is the next pass if low help takes away the dunker?
6. What spacing detail keeps the lane open?

6 CAN YOU TEACH THIS?

- ☐ Recognizes when the rim protector steps up
- ☐ Times the drop correctly
- ☐ Attacks downhill without hesitation
- ☐ Delivers the drop pass on time
- ☐ Finishes quickly at the rim
- ☐ Maintains proper weakside spacing
- ☐ Executes consistently at game speed

7

MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense attacks the 45°, forces the help up, drops behind the help, makes the correct read, and produces a dunker finish or another high-quality shot. Reset after a mistimed drop, missed read, or poor spacing.

8 GAME APPLICATION

- Use this when the ballhandler can get downhill and the rim protector is eager to help.
- It punishes aggressive help at the rim.
- The next adjustment may be earlier low help or a full switch.
- The next counter may be a kick-out three, drift pass, or one-more pass.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. SWIVEL THE ANGLE
3. LIFT THE HELP
4. KICK. RELOCATE. ATTACK AGAIN.



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____



SEAL THE HELP

— PRACTICE LAB —

Turn a help defender into an offensive advantage.

1 ADVANTAGE DRILL

SEAL THE HELP DRILL

PURPOSE:

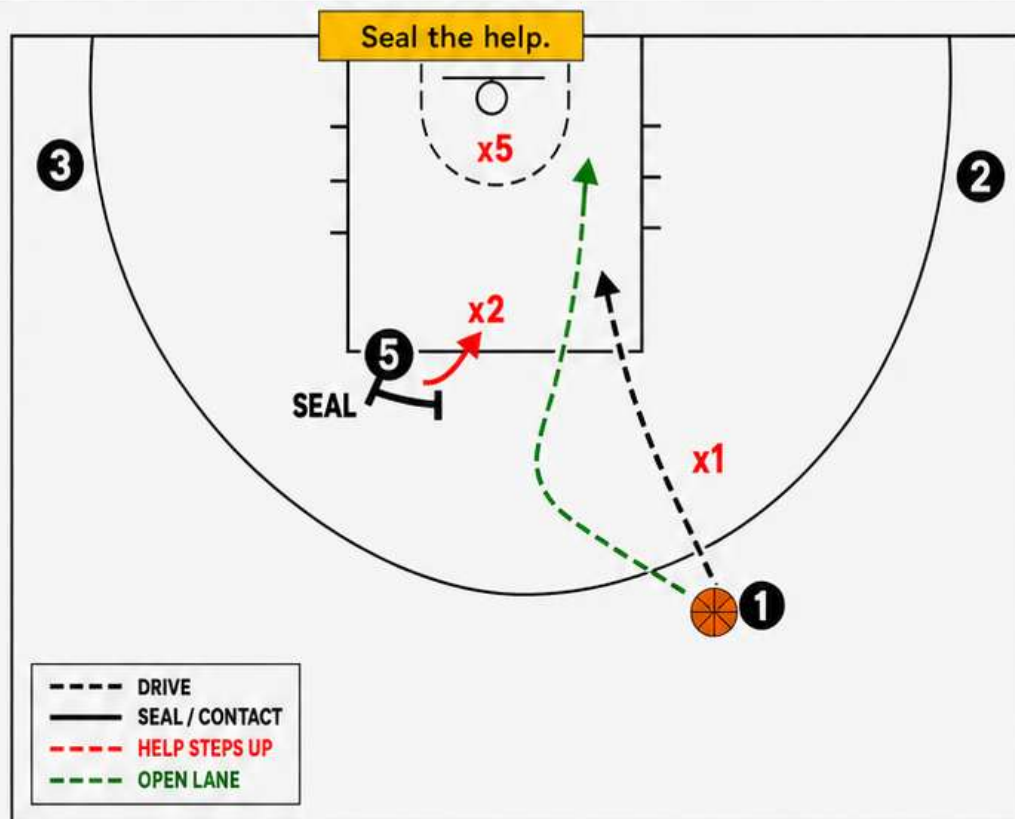
Teach the big to seal the help defender instead of always screening the ball. The seal removes the help, creates a driving lane, and turns a help defender into an offensive advantage.

SETUP:

- 4 offensive players to start: ballhandler, sealer/big, weakside shooter, opposite spacer
- 3 defenders to start: on-ball defender, help defender, rim protector/low help
- Start with the ball on the wing or slot
- Big begins near the lane line, dunker spot, or short corner area
- 1 ball
- Scoring example: 1 point for paint touch, 2 for finish, 3 for and-1 or correct kick-out read

EXECUTION:

1. Ballhandler attacks downhill off the wing and forces help.
2. The help defender steps into the driving lane.
3. The big reads that help defender and seals him by stepping into his path and making solid contact.
4. The ballhandler turns the corner off the seal and finishes, or makes the correct next read.
5. Reset and repeat from both sides.



2 TEACHING POINTS

- Read the help defender — seal him, don't screen empty space.
- Step into the help defender's path early.
- Make contact and hold position on the seal.
- Driver attacks the space behind the seal immediately.
- Keep weakside spacing so extra help is late.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add help defender
5. Add rim protector or low help
6. Play live

4 VARIATIONS

- Start from either wing.
- Allow baseline or middle attack.
- Add a drop-off read if the rim protector rotates.
- If the help defender stays home, flow into a ball screen.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the seal.

1. Who is the help defender?
2. What forces the help to step up?
3. When should the big seal instead of screening?
4. What space opens after the seal?
5. What is the next read if the rim protector rotates?
6. What spacing detail makes the seal work?

6 CAN YOU TEACH THIS?

- ☐ Recognizes the help defender immediately
- ☐ Seals with correct timing
- ☐ Makes solid contact and holds position
- ☐ Attacks the space without hesitation
- ☐ Makes the correct read against rim help
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense identifies the help defender, seals the help correctly, attacks the created lane, makes the correct read, and produces a paint touch or high-quality shot. Reset after a late seal, poor spacing, or wrong read.

8 GAME APPLICATION

- Use this when teams load the gap or bring aggressive help on drives.
- It punishes help defenders who step up early.
- The next defensive adjustment may be earlier low help or no-help discipline.
- The next counter may be a kick-out three, a drop-off, or flowing into a ball screen.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. SWIVEL THE ANGLE
3. LIFT THE HELP
4. DROP BEHIND THE HELP



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____

TERMINOLOGY: _____

COUNTERS: _____

PRACTICE NOTES: _____

GAME-PLAN IDEAS: _____



CUT THE 45

— PRACTICE LAB —

Attack behind defenders watching the ball.

1 ADVANTAGE DRILL

DRIVE-TRIGGERED 45 CUT

PURPOSE:

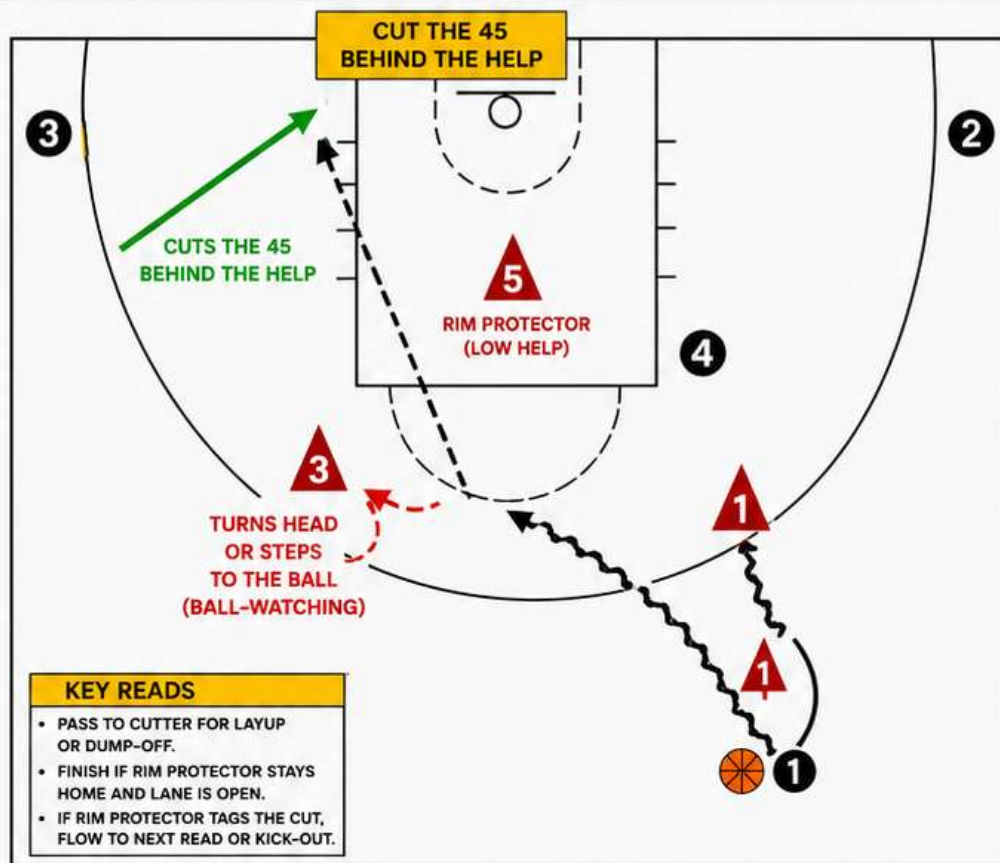
Teach the weakside 45 cutter to make an automatic cut when the driver or post attacker gets downhill and the help defender becomes ball-watching. The cut is timed off penetration, not made too early.

SETUP:

- 4 offensive players to start:
 - Ballhandler/driver on right slot or wing.
 - Post or baseline attacker on right side.
 - Weakside player on opposite 45/slot.
 - One additional spacer.
- 3 defenders to start:
 - On-ball defender.
 - Help defender (nail/slot or low help).
 - Rim protector (in the paint).
- 1 ball
- Optional coach as helper or passer

EXECUTION:

1. Attack from the right side or baseline.
2. Help defender turns head or steps to the ball.
3. Weakside player cuts the 45 behind the help.
4. Driver rewards the cut or finishes if open.
5. If the rim protector takes the cut, flow to next read or kick-out.



2 TEACHING POINTS

- Penetration triggers the cut.
- Cut only when the defender loses vision and turns to the ball.
- Cut behind the help, not into traffic.
- Show hands early and finish quickly.
- Driver keeps eyes up and reads the rim protector.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add primary defender
5. Add help/rim defender
6. Play live

4 VARIATIONS

- Start from wing or from slot.
- Allow baseline or post drive.
- Add a drift pass or kick-out read if the rim protector takes the cut.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

1. What triggers the 45 cut?
2. Which defender is ball-watching?
3. Where is the open space?
4. What if the rim protector steps up to take away the cut?
5. What spacing detail helps make the cut possible?
6. How does the driver reward it?

6 CAN YOU TEACH THIS?

- ☐ Recognizes the cue (defender turns head).
- ☐ Times the cut—never too early.
- ☐ Cuts behind the help, not into traffic.
- ☐ Makes correct read (pass or finish).
- ☐ Maintains proper weakside spacing.
- ☐ Finishes or passes on time.

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the drive triggers the 45 cut off penetration and produces a paint touch, layup or high-quality shot. Reset after a late cut, poor spacing, or wrong read.

8 GAME APPLICATION

- Use this when the ball gets downhill on one side and the weakside help defender watches the ball.
- If the defense tags the cut early, use a drift pass, skip pass, or re-screen to attack again.
- Keep shooters spaced to open the lane for the cut.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1. EXTEND THE SCREEN
2. LIFT THE HELP
3. DROP BEHIND THE HELP
4. SEAL THE HELP



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____



KICK. RELOCATE. ATTACK AGAIN.

— PRACTICE LAB —

Don't let the defense recover after the first paint touch.

1 ADVANTAGE DRILL

DRIVE → KICK → RELOCATE

PURPOSE:

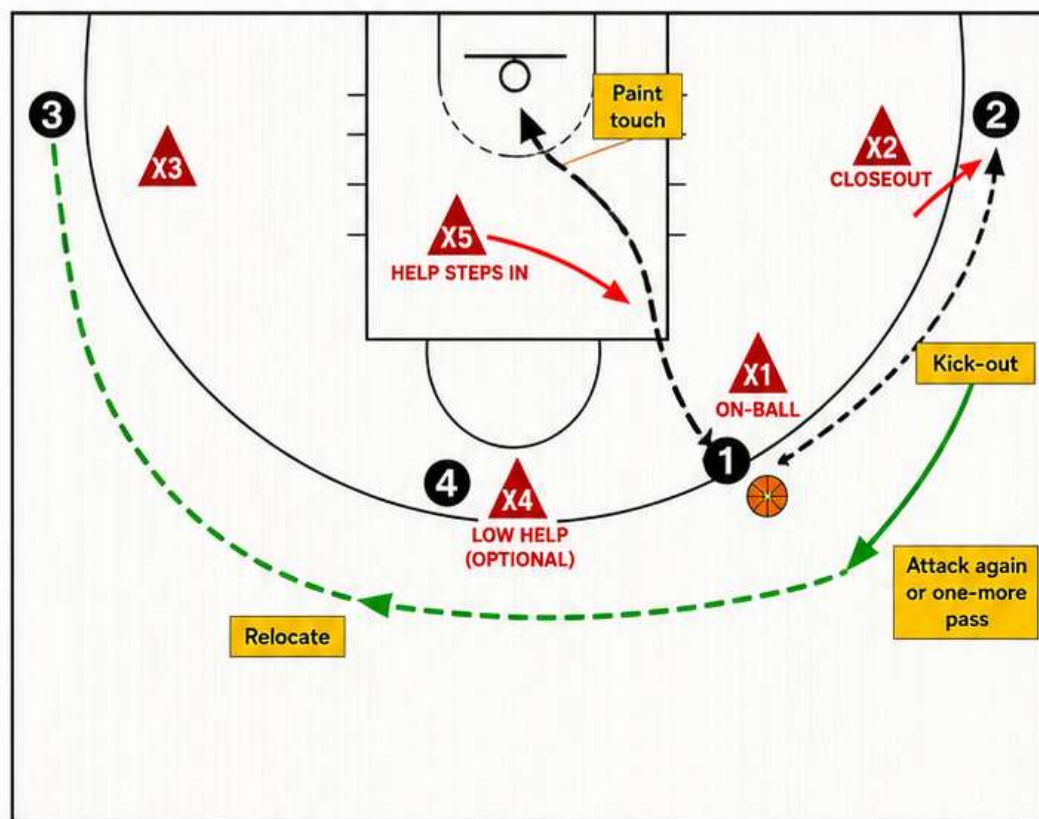
Teach players that the possession does not stop after the first kick-out. The initial paint touch forces help, the kick-out shifts the defense, and the perimeter player relocates or attacks again before the defense can recover.

SETUP:

- 4 offensive players to start: ballhandler, kick-out receiver, relocater / second perimeter player, and interior spacer or dunker.
- 3-4 defenders to start: on-ball defender, help defender, closeout defender, optional low help.
- Start with the ball on a side slot or wing.
- One shooter spaced in the corner or wing, one teammate lifted for the relocation / one-more option.
- 1 ball.
- Scoring example: 1 point for paint touch, 2 for kick-out three, 3 for kick → relocate → score or second attack finish.

EXECUTION:

1. Ballhandler drives aggressively to the paint and forces help.
2. Ball is kicked out to the first perimeter receiver.
3. As the pass is made, the next perimeter player relocates to open space or the receiver attacks the closeout.
4. Offense makes the next read: shoot, one-more pass, or attack again off the catch.
5. Reset and repeat from both sides.



2 TEACHING POINTS

- The first paint touch must force help.
- Kick the ball out on time, before the defense can fully recover.
- Relocate as the ball is in the air, not after the catch.
- Attack a long closeout or make the one-more pass.
- The possession stays alive after the first pass.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add closeout defender
5. Add low help defender
6. Play live

4 VARIATIONS

- Start from either wing or slot.
- Require the receiver to shot fake and attack baseline.
- Add a one-more pass to the lifted shooter.
- Add a dunker-spot finish if low help rotates.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film after the kick-out.

1. What created the first advantage?
2. Which defender had to help on the drive?
3. Where should the relocation go?
4. Is the best next play the shot, the one-more pass, or the attack?
5. What makes the closeout long?
6. How does spacing create the second advantage?

6 CAN YOU TEACH THIS?

- ☐ Recognizes when the drive has forced help
- ☐ Delivers the kick-out on time
- ☐ Relocates into open space immediately
- ☐ Attacks the closeout without hesitation
- ☐ Makes the correct next read
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense creates a paint touch, makes the kick-out, relocates correctly, and produces another paint touch or a high-quality shot. Reset after a poor read, late relocation, or spacing mistake.

8 GAME APPLICATION

- Use this when your driver can collapse the defense from the slot or wing.
- It punishes teams that over-help and then scramble back out.
- The next defensive adjustment may be earlier stunt help or switching the perimeter action.
- The next counter can be a one-more three, baseline attack, or drop-off to the dunker.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____



BASKETBALL DNA™

ACTION #8

CREATE THE LONG CLOSEOUT

— PRACTICE LAB —

Ball movement creates driving opportunities.

1 ADVANTAGE DRILL

ONE-MORE → LONG CLOSEOUT ATTACK

PURPOSE:

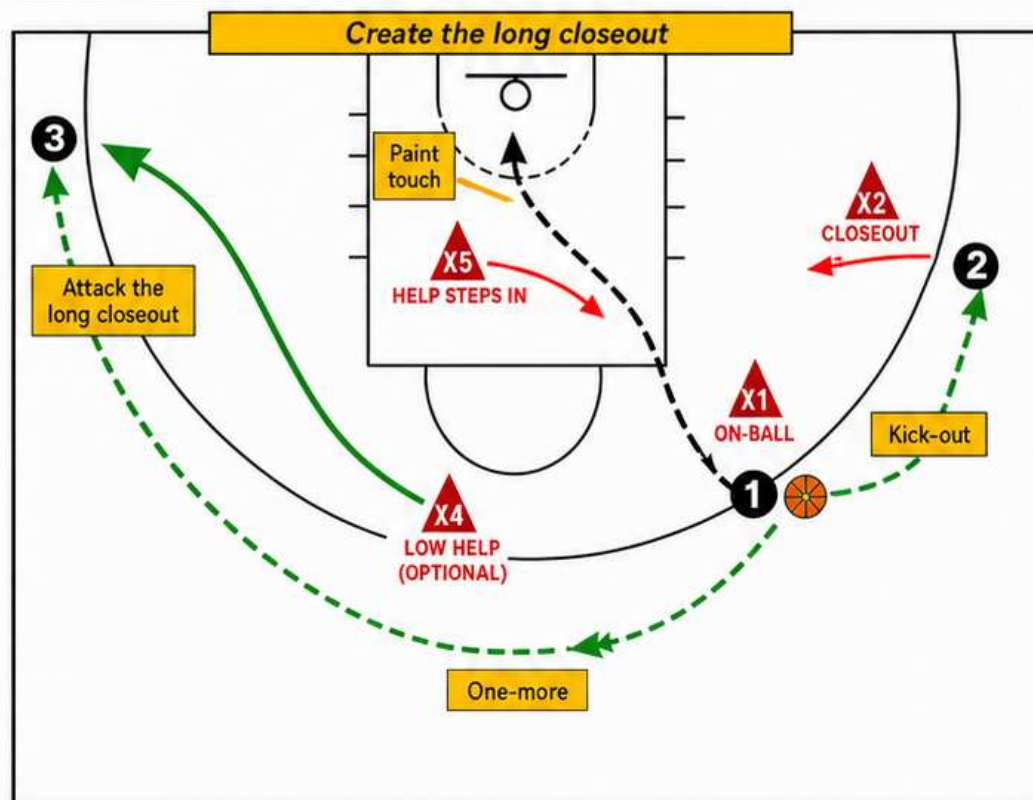
Teach players that the possession does not end with the first kick-out. The first paint touch forces help, the one-more pass stretches the defense even farther, and the catch attacker must immediately use the long closeout to create the next advantage.

SETUP:

- 4 offensive players to start (driver, first receiver, second receiver/attacker, interior spacer or dunker).
- 3-4 defenders (on-ball defender, help defender, first closeout defender, optional low help).
- Ball starts on the slot or wing.
- One player spaced one pass away and one player spaced two passes away.
- Score: 1 for a paint touch, 2 for a one-more to attack, 3 for a finish or kick-out three.

EXECUTION:

1. Driver attacks and gets a paint touch.
2. Driver kicks out to the first receiver.
3. First receiver makes the immediate one-more pass.
4. Catch attacker attacks the long closeout.
5. Finish at the rim or make the next read.



2 TEACHING POINTS

- The paint touch must force help first.
- Do not hold the ball on the first kick-out.
- The one-more pass creates the longest closeout.
- Catch ready and attack before the defense can recover.
- Relocate and keep spacing alive around penetration.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add closeout defender
5. Add low help defender
6. Play live

4 VARIATIONS

- Start from either side of the floor.
- Require a baseline attack after the one-more.
- Add a drift pass if low help takes the drive.
- Add a dunker spot finish.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

Pause the film at the one-more pass.

1. What created the first advantage?
2. Which defender had to help?
3. Why is the closeout to the shooter long?
4. What should the catch player attack?
5. Where is the next pass if low help rotates?
6. How does spacing create the second advantage?

6 CAN YOU TEACH THIS?

- ☐ Recognizes when the drive forces help
- ☐ Delivers the kick-out on time
- ☐ Makes the one-more pass immediately
- ☐ Attacks the long closeout without hesitation
- ☐ Makes the correct read against low help
- ☐ Maintains proper spacing
- ☐ Executes consistently at game speed

7 MASTERY CHALLENGE



Complete 8 consecutive possessions where the offense creates a paint touch, makes the kick-out, makes the one-more, and turns the long closeout into another paint touch or high-quality shot. Reset after a poor read, late pass, bad spacing, or failure to attack.

8 GAME APPLICATION

- Use this when the driver can collapse the defense and the next defender has to help early.
- It punishes teams that over-help and then scramble back out.
- The next adjustment may be earlier stunt help or switching the perimeter action.
- The next counter can be a shot fake and drive, drift pass, drop-off, or one-more skip.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1 EXTEND THE SCREEN



2 LIFT THE HELP



3 CUT THE 45



4 KICK, RELOCATE, ATTACK AGAIN



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____

BASKETBALL DNA™

Recognize the pattern. Understand the advantage. Teach the concept. Win more possessions.



CLEAR THE SIDE

— PRACTICE LAB —

Remove help before the attack.

1 ADVANTAGE DRILL

CLEAR THE SIDE → SCREEN & SLIP

PURPOSE:

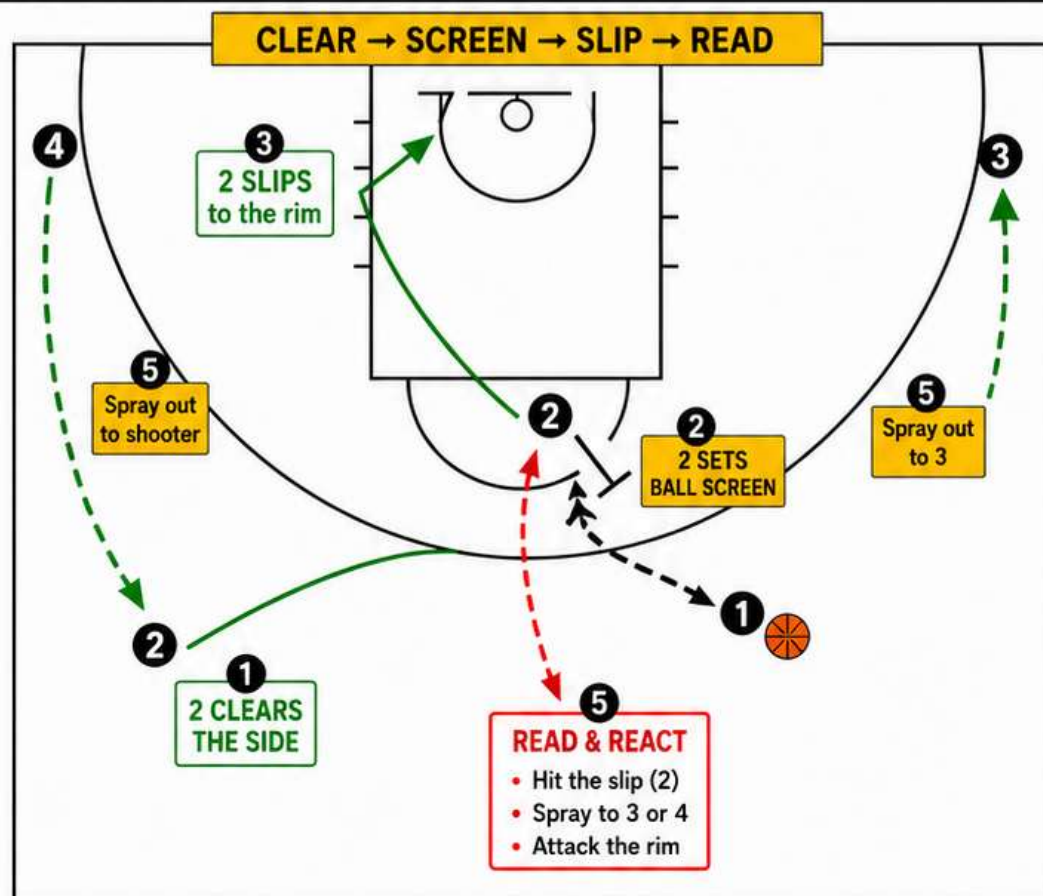
Teach players to clear the side, use a same-side ball screen, slip the screen, and make the right read: hit the slip, spray, or finish.

SETUP:

- 4 offensive players to start: ballhandler (1), screener/slip (2), weakside spacer (3), corner shooter (4).
- 3–4 defenders to start on-ball, help, and weakside.
- Start with the ball in the left wing.
- Same-side teammate clears the side first.
- 1 ball.

EXECUTION:

1. Same-side player (2) clears the side to empty the help.
2. 2 comes up to set a ball screen for 1.
3. 2 slips the screen quickly into open space (toward the rim).
4. 1 attacks off the screen and reads the defense.
5. 1 makes the read:
 - Hit the slipping 2
 - Spray to 3 or 4
 - Attack the rim and finish



2 TEACHING POINTS

- Clear the side first to remove help.
- 2 sets a firm ball screen for 1.
- 2 slips immediately—hard and early.
- 1 attacks off the screen under control.
- Read the floor: hit the slip, spray, or finish.
- Play fast—before help can recover.

3 PROGRESSIONS

1. Walk-through
2. Half speed
3. Full speed
4. Add primary defender
5. Add help defender
6. Play live

4 VARIATIONS

- Start from slot or wing.
- Change sides.
- Use a basket cut or lift-out cut.
- Add a weakside flare screen.
- Make it live 4-on-4 or 5-on-5.

5 FILM ROOM QUESTIONS

1. Who cleared the side first?
2. Did 2 set a good screen and then slip hard?
3. Did 1 attack under control?
4. Did 1 make the right read?
5. Was the slip pass on time and on target?
6. Was the ball sprayed when the slip was taken away?

6 CAN YOU TEACH THIS?

- ☐ Clears the side before the screen
- ☐ Sets a solid ball screen
- ☐ Slips the screen immediately
- ☐ Reads the defense under control
- ☐ Hits the slip, sprays, or finishes
- ☐ Executes consistently at game speed

7 MASTERY CHALLENGE



Complete 8 consecutive possessions starting on the left wing where the offense clears the side, runs a ball screen, slips the screen, and scores or gets an open shot. Reset after a turnover, contested shot, or wrong read.

8 GAME APPLICATION

- Use in half-court sets to punish help defenders.
- Great after reversals or skips.
- Forces defenses to tag early.
- Creates high-percentage shots at the rim or in the corners.
- Helps build quick, unselfish decision makers.

9 BUILD YOUR PLAYBOOK

WORKS GREAT WITH

1 EXTEND THE SCREEN



2 LIFT THE HELP



3 CREATE THE LONG CLOSEOUT



4 KICK, RELOCATE, ATTACK AGAIN



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____
TERMINOLOGY: _____
COUNTERS: _____
PRACTICE NOTES: _____
GAME-PLAN IDEAS: _____

SEE THE CUT

— PRACTICE LAB —

Recognize the opening behind the zone—even when the pass isn't thrown.

1 ADVANTAGE DRILL

ATTACK THE GAP → CUT BEHIND THE ZONE

PURPOSE:

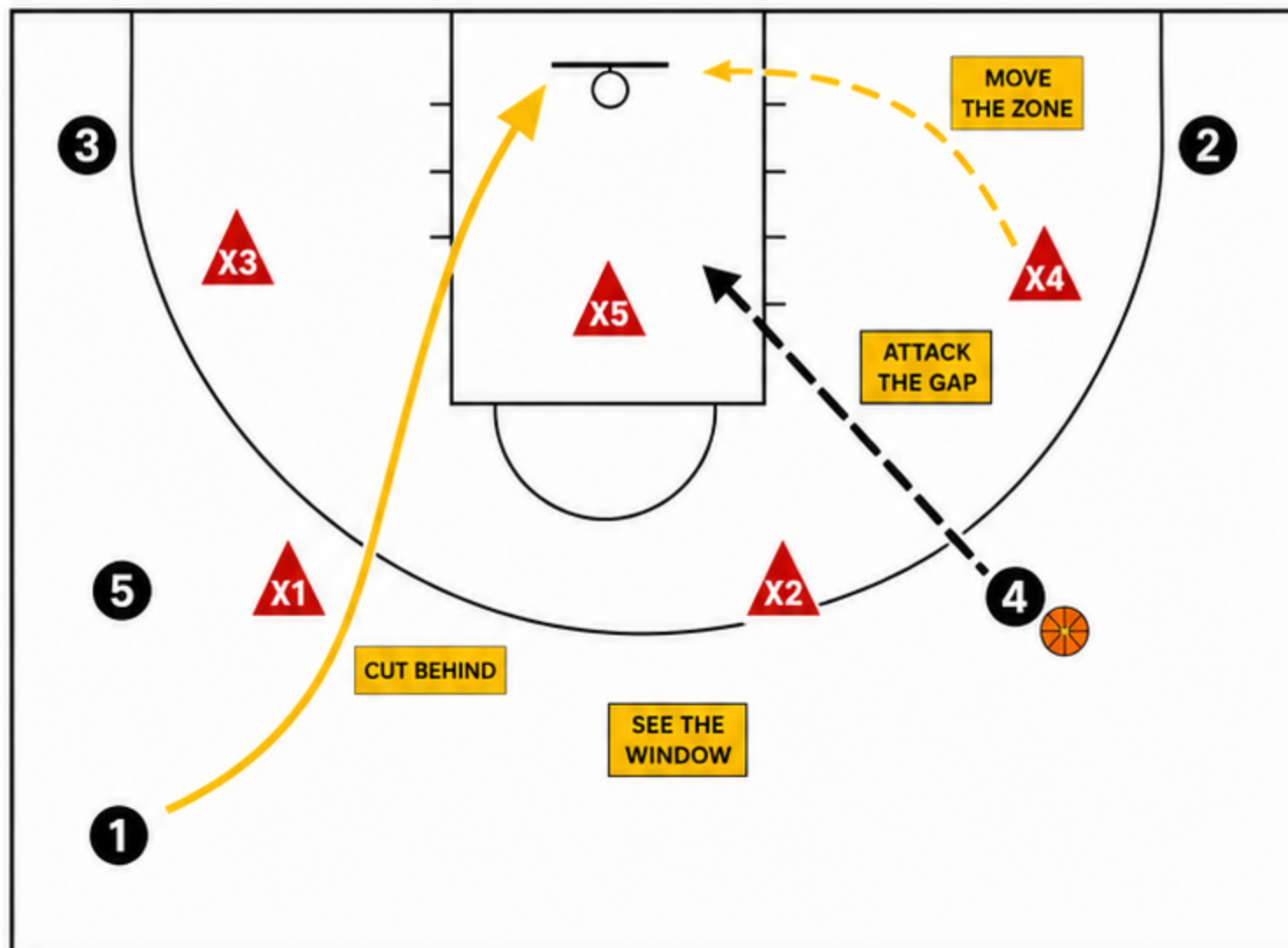
Train players to move the zone, attack a gap, and recognize the weakside cutter behind the second-line defender. The read can be correct even when the pass is not thrown.

SETUP:

- 5 offensive players vs. a 2-3 zone.
- Offense begins in 4-out, 1-in spacing.
- Ball starts on the left side and is reversed to #4 on the right wing.
- #1 begins on the weakside baseline.
- Coach may freeze the action to identify the cutting window.

EXECUTION:

1. Reverse the ball to shift the zone.
2. #4 catches and attacks the seam.
3. The interior defenders collapse toward the ball.
4. #1 cuts behind the occupied bottom defenders.
5. #4 reads the rim-cut window before the zone recovers.
6. Finish with the cutter, score, or make the next open pass.
7. Reset and repeat from both sides.



2 TEACHING POINTS

- Move the zone before attacking.
- Attack the seam under control.
- The cutter reads the defender—not the ball.
- Cut behind the defender's vision.
- Arrive as the driver reaches the paint.
- See the cut without forcing the pass.

3 PROGRESSIONS

1. Guided walk-through
2. 3-on-2 recognition
3. 4-on-4 live zone
4. 5-on-5
5. Add an 8-second shot clock
6. Play live

4 VARIATIONS

- Run from either side.
- Use a baseline runner.
- Add a dunker-spot cut.
- Allow the skip pass when low help sinks.
- Require a paint touch before any shot.

5 FILM ROOM QUESTIONS

Pause as #4 attacks the gap.

1. What moved the zone?
2. Which defender lost sight of #1?
3. When did the cutting window open?
4. Was the cut still correct without the pass?
5. What is the next read if the cut is covered?

6 CAN YOU TEACH THIS?

- ☐ Reverses the ball to shift the zone
- ☐ Attacks the correct seam
- ☐ Cuts behind the defender's vision
- ☐ Times the cut with the paint touch
- ☐ Sees the window without forcing it
- ☐ Maintains spacing after the cut
- ☐ Executes at game speed

7 MASTERY CHALLENGE



Complete 6 consecutive possessions with the correct zone shift, gap attack, weakside cut, and next read. Reset after a forced pass, early cut, spacing mistake, or missed recognition.

8 GAME APPLICATION

- Against a zone, the weakside cut opens when the ball enters the gap and the bottom defender turns toward the drive.
- Even without a pass, the cut occupies help and can open the rim, short corner, or skip.

9 BUILD YOUR PLAYBOOK

1 MOVE THE ZONE



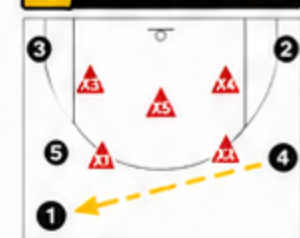
2 ATTACK THE GAP



3 CUT BEHIND



4 MAKE THE READ



10 COACH'S NOTES

PERSONNEL ADJUSTMENTS: _____

TERMINOLOGY: _____

COUNTERS: _____

PRACTICE NOTES: _____

GAME-PLAN IDEAS: _____