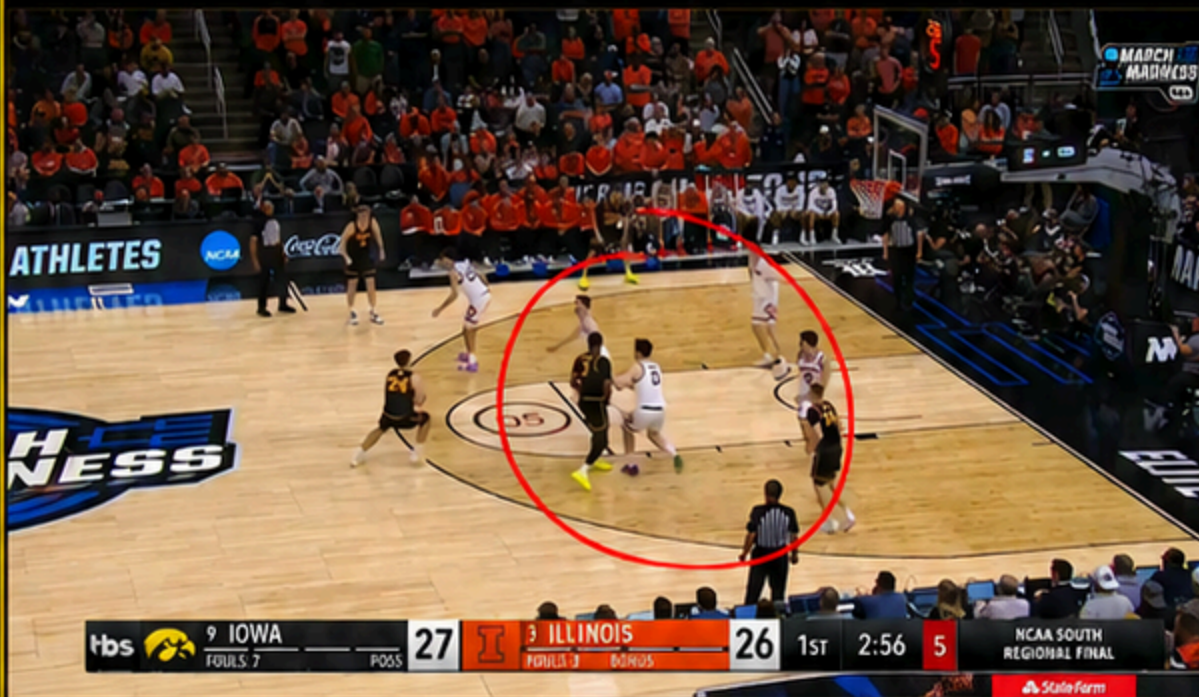


THE ADVANTAGE DNA™

- 1 Iowa extends the ball screen farther out to the ball instead of making the guard dribble to a fixed screening spot.
- 2 The screener travels farther away from the basket and meets the on-ball defender higher and wider on the floor.
- 3 That changes the screening angle and makes the defender fight through more space.
- 4 It also pulls the screener's defender farther away from the rim.
- 5 That creates a much longer downhill runway for the ballhandler.
- 6 Once the ballhandler turns the corner, Illinois has to collapse into the paint.
- 7 The collapse creates the kick-out window behind the help.
- 8 Iowa sprays it out for the three.

ADVANTAGE FRAME — 2:56 1ST HALF



EXTEND THE SCREEN → PULL THE BIG OUT → CREATE A LONGER DOWNHILL RUNWAY → FORCE HELP → SPRAY OUT FOR 3

PAUSE HERE

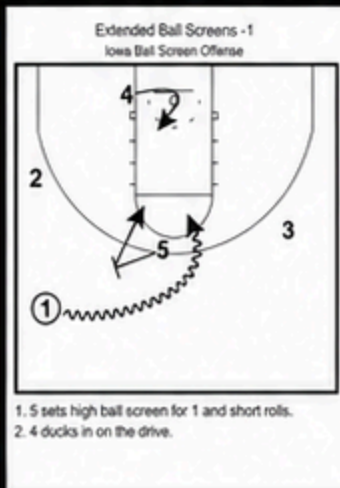
This is the advantage moment. The screen location itself creates the advantage before the ballhandler even uses it.

Iowa is not changing the action, only extending where the screen is set to complicate a simple ball screen.

The wider, higher meeting point pulls the big out, stretches the coverage, and gives our guard a bigger runway downhill.

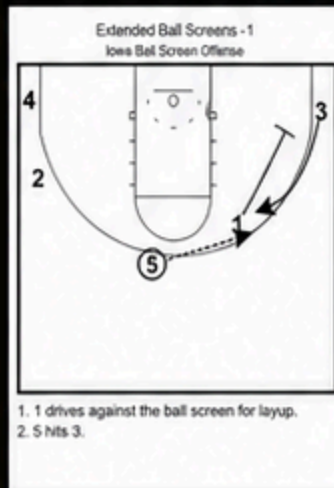
ACTION BREAKDOWN

1. EXTEND THE SCREEN



5 sets the high ball screen for 1, but instead of waiting at a fixed spot, the screener travels farther out to meet the ball. That changes the location and angle of the screen.

2. CREATE THE RUNWAY



Because the screen is set higher and wider, the on-ball defender has more ground to cover and the screener's defender is pulled away from the rim. The ballhandler now has more room to turn the corner and get downhill.

3. FORCE HELP → SPRAY OUT



Once Iowa gets into the paint, Illinois must collapse. That help creates the spray-out read, and the possession ends with the kick-out three.

WHY IT WORKS

The advantage is created by the screen location before the drive even happens. Extending the screen changes angle, spacing, and coverage.

DEFENSIVE REACTION

Illinois gets stretched. The screen defender has to fight through more space and the big is pulled farther from the rim, which opens the downhill lane.

OFFENSIVE READ

Turn the corner first. Attack paint, force the help to commit, then spray the ball out behind the collapse.

COACHING POINT

Don't make the ballhandler come find the screen. Extend the screen to where the defender is.

STEAL THIS IDEA

Teach your screener to adjust the location of the ball screen instead of automatically setting it at a fixed spot. A small change in screen location can create a completely different coverage and a much bigger driving lane.

DNA TAKEAWAY

EXTEND THE SCREEN.
PULL THE BIG OUT.
SPRAY OUT FOR 3.



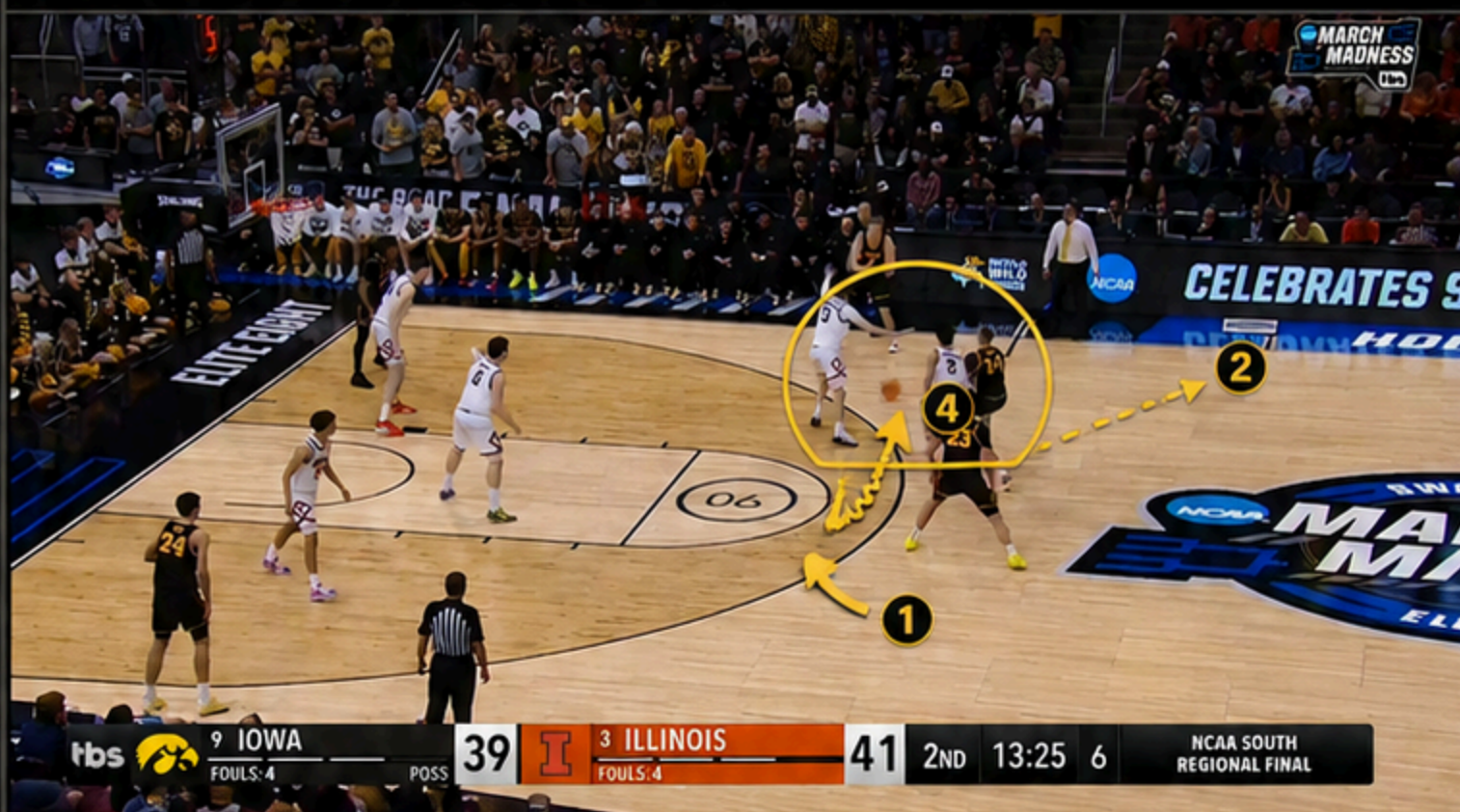
#1 Open 1-1 Iowa Ball Screen Offense

SERIES:
Open
DNA CATEGORY:
Create an Advantage
VS: Illinois

ADVANTAGE DNA™

- Ball swing to 1
- ↓
- 4 arrives into high ball screen
- ↓
- 5 slides to ball side
- ↓
- 1 attacks off the screen
- ↓
- Defense shifts to contain
- ↓
- Kick-out to 2

ADVANTAGE FRAME — 13:25 2ND



FASTDRAW SEQUENCE



1. Ball is swung to the 1 at the top.



1. 4 sets high ball screen for 1.
2. 5 slide to ball side.



1. 1 attacks and kicks to 2.
2. 4 pops on the ball screen

STARTING ALIGNMENT

Ball is swung to 1 at the top. Open spacing with 3 on the left side, 2 on the right side, 4 ready to screen, and 5 sliding to ball side.

WHAT HAPPENS

4 sets a high ball screen for 1. As 1 attacks, 5 slides to the ball side. 1 forces the defense to shift and kicks the ball to 2. After screening, 4 pops.

DEFENSIVE REACTION

Illinois loads to the ball and shifts to contain the drive as the screen and slide action create pressure on the coverage.

OFFENSIVE READ

Attack downhill first. If help commits, spray the ball to 2. If the kick is taken away, 4 is available on the pop.

WHY IT WORKS

The quick high ball screen creates an advantage, 5's slide occupies help, and 4's pop stretches the defense, opening the kick-out window.

MAIN COACHING POINT

Use the screen with pace, force the defense to react, and make the simple kick-out read on time.

FINAL RESULT

Kick-out to 2 for an open perimeter shot.



DNA TAKEAWAY

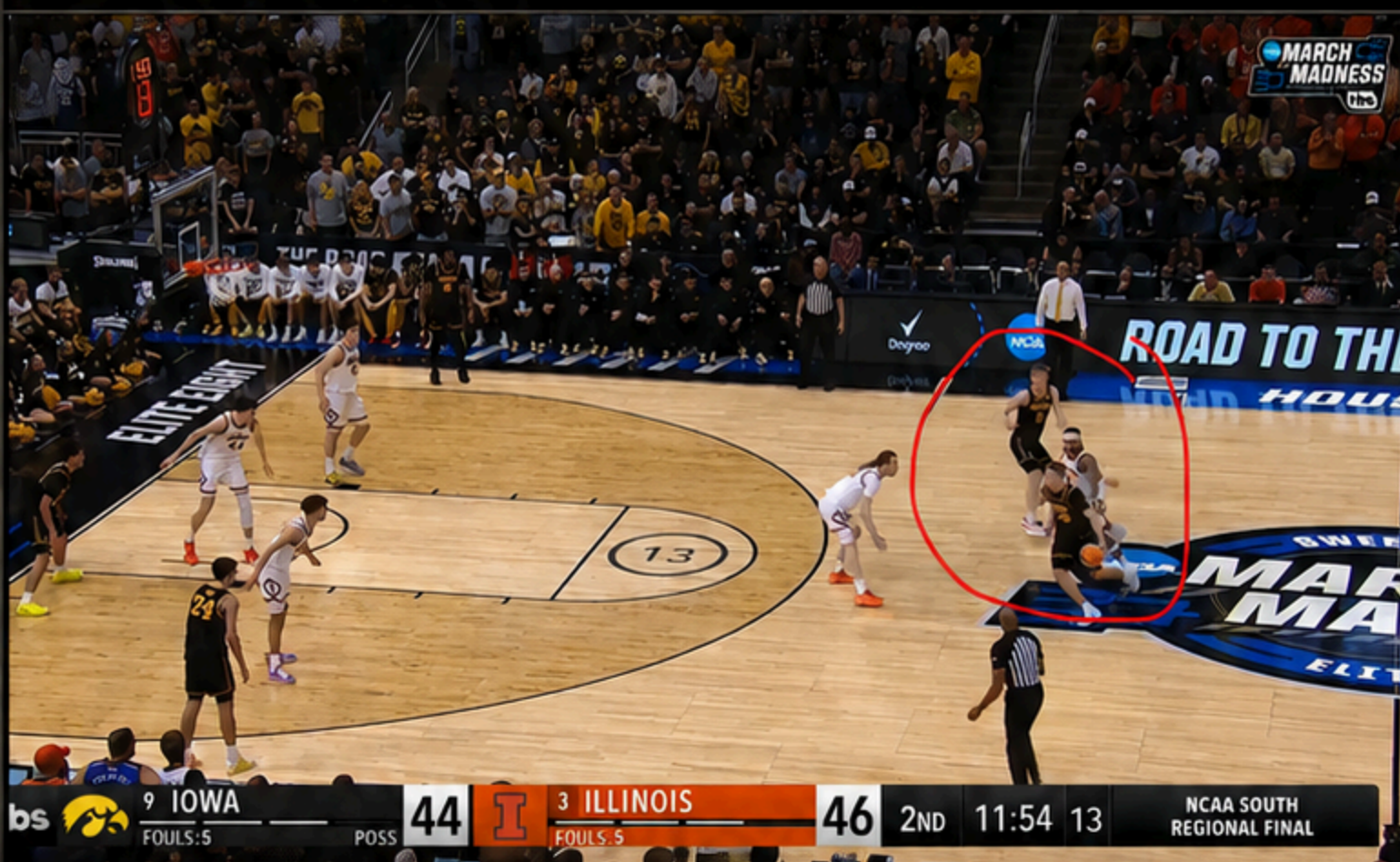
ATTACK THE HIGH BALL SCREEN → SHIFT THE DEFENSE → KICK OUT TO THE OPEN SHOOTER.



ADVANTAGE DNA™

- 4 gets to the short corner
- ↓
- 5 sets the high ball screen for 1
- ↓
- 1 gets to the other side of the floor
- ↓
- Ball-side corner cuts
- ↓
- Weakside clears out
- ↓
- 5 pops after screening

ADVANTAGE FRAME — 11:54



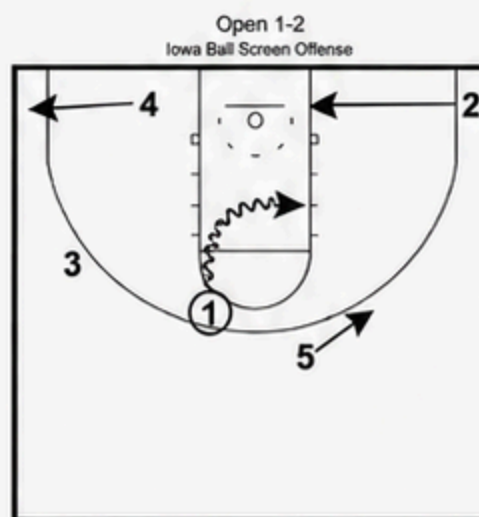
ACTION BREAKDOWN — FASTDRAW SEQUENCE



- 1 sets up the high ball screen.
- 4 gets to short corner.



- When 1 gets on other side of the floor, ball side corner cuts.
- Weakside clears out.
- 5 who set the ball screen pops.



WHAT HAPPENS

Iowa flows into Open 1-2, gets 4 to the short corner, and has 5 set the high ball screen for 1. Once 1 gets to the other side of the floor, the ball-side corner cuts, the weakside clears out, and 5 pops.

DEFENSIVE REACTION

Illinois is engaged in the high ball-screen action and must shift with the drive, which opens up spacing behind the play.

OFFENSIVE READ

Turn the corner, force the defense to shift, then read the corner cut, clear-out spacing, and 5's pop.

WHY IT WORKS

The action changes the floor after the screen. The corner cut and weakside clear-out reduce help clutter, and the screener's pop creates a clean next read.

MAIN COACHING POINT

Get 1 to the other side of the floor, then trigger the corner cut and weakside clear-out so the screener can pop into space.



DNA TAKEAWAY

Open 1-2 turns a simple high ball screen into a spacing advantage by shifting the floor, emptying help, and opening the pop.

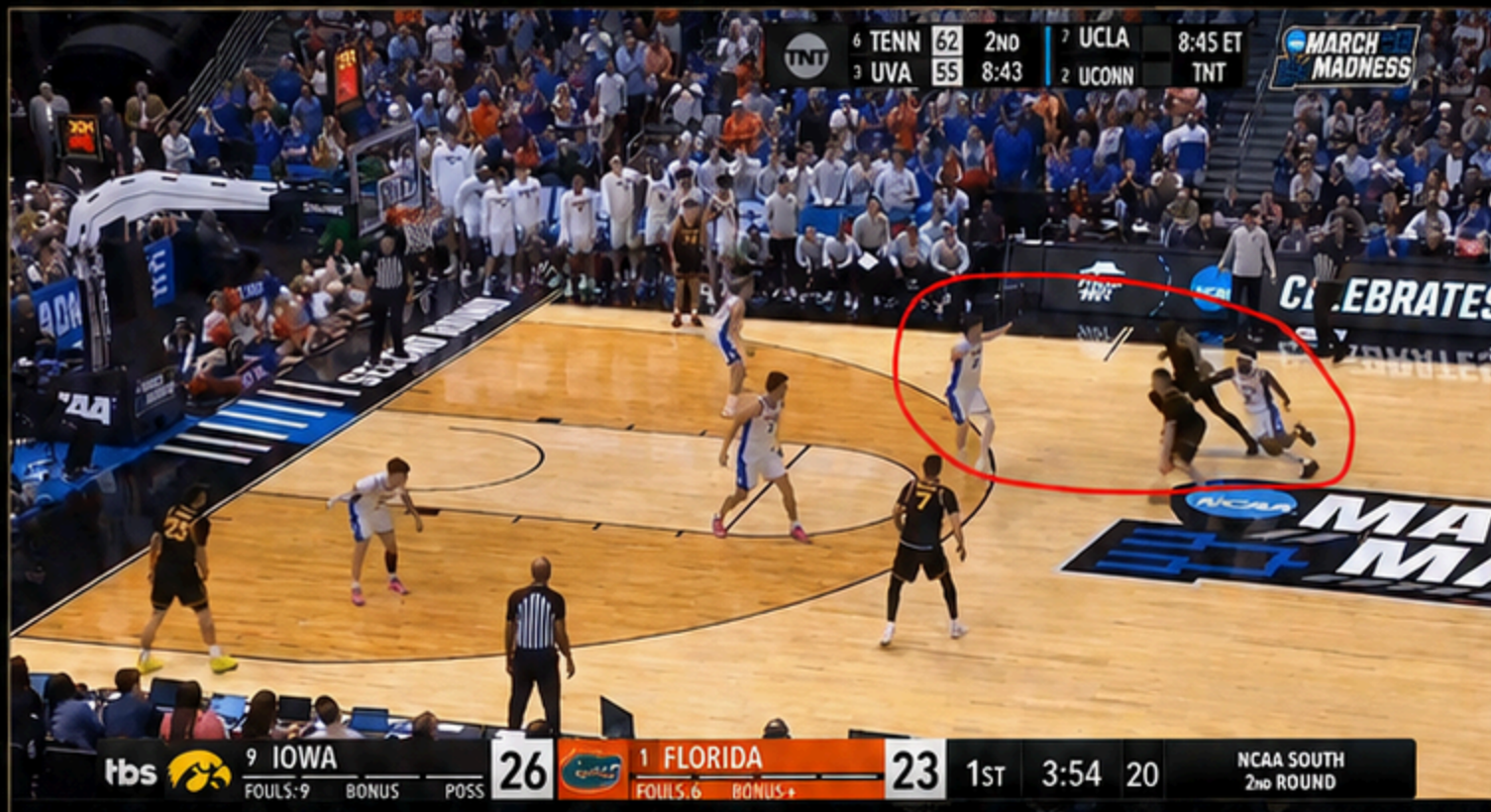




ADVANTAGE DNA™

- 1 5 sets the ball screen for 1
- 2 5 short rolls
- 3 Ball-side corner cuts through on 5's catch
- 4 Defense is occupied by the screen and roll action
- 5 5 attacks the opening
- 6 Advantage at the rim

ADVANTAGE FRAME — 3:54



Short roll catches as Florida is occupied by the ball-screen action, creating a driving window.



STARTING ALIGNMENT

5-out spacing.
5 sets a ball screen for 1.



WHAT HAPPENS

1 uses the ball screen, 5 short rolls, and the ball-side corner cuts through on the catch.



DEFENSIVE REACTION

Florida shifts toward the initial ball-screen action and is momentarily occupied by the roller and the cut.



OFFENSIVE READ

5 catches, attacks the seam, and finishes the advantage.



WHY IT WORKS

The short roll plus corner cut occupy help and create an immediate downhill lane for the screener.



MAIN COACHING POINT

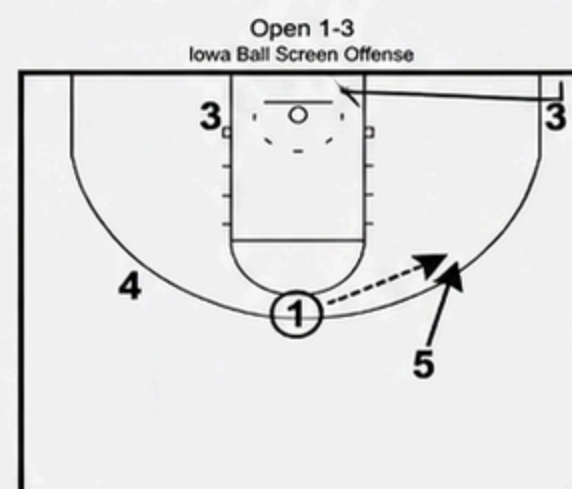
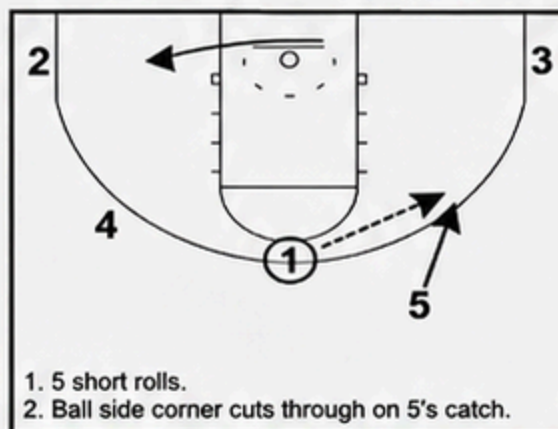
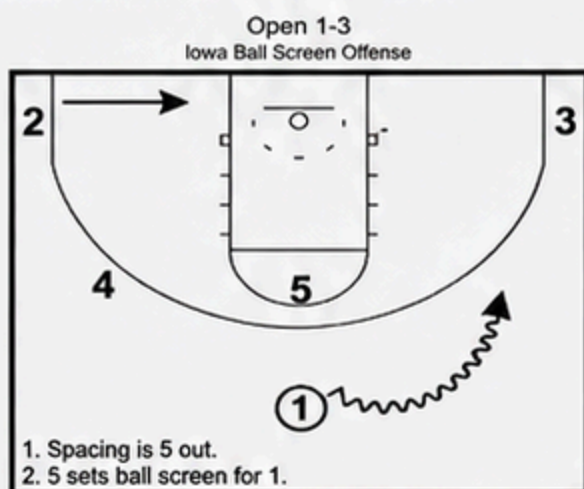
Short roll, occupy help, and attack the opening immediately.



FINAL RESULT

Paint touch / rim finish.

SEQUENCE BREAKDOWN



DNA TAKEAWAY

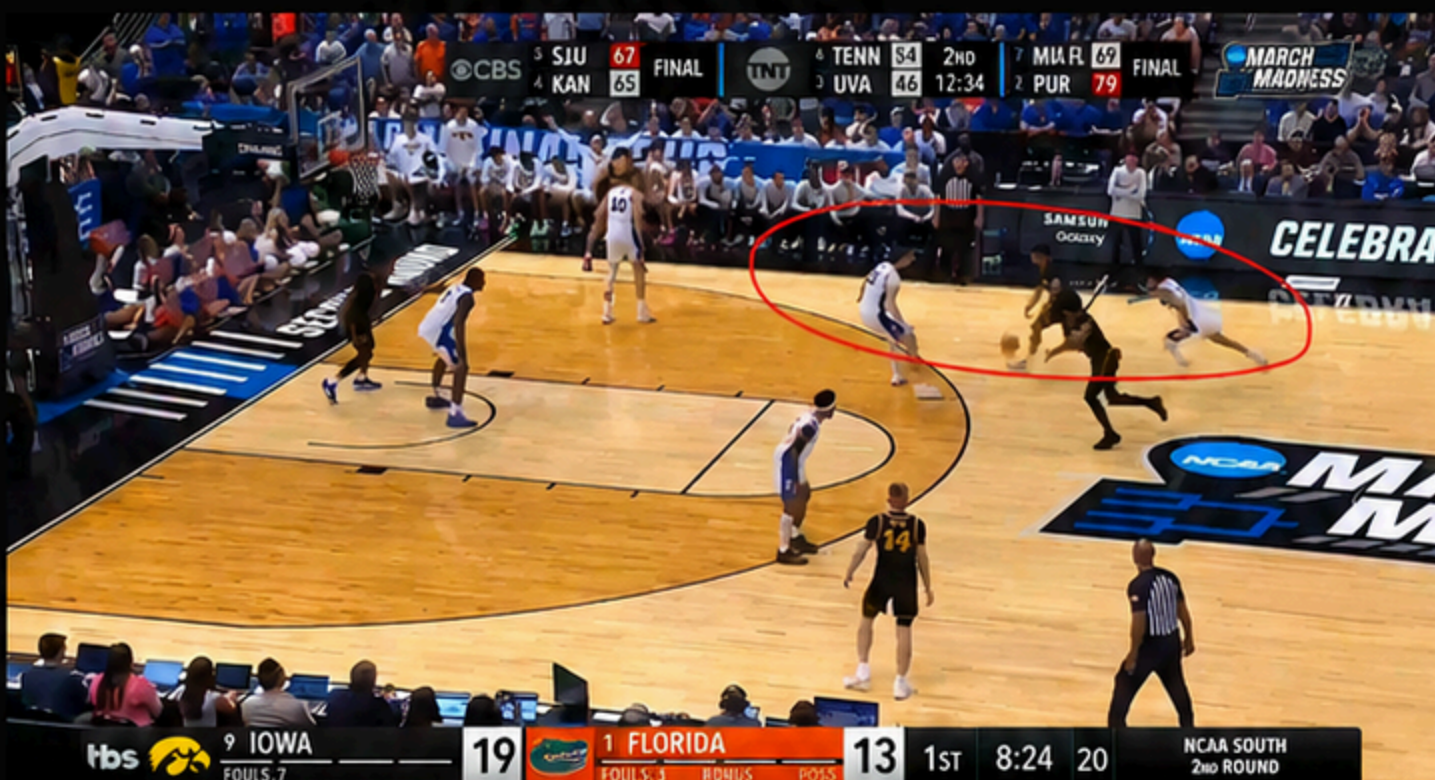
Open 1-3 turns a basic high ball screen into a second advantage by combining the short roll with a corner cut-through. The cut occupies help so the roller can attack space.



ADVANTAGE DNA™

- 1 Reversal and exchange initiate the action
- 2 4 hands off to 1
- 3 1 immediately reverses the ball to 2
- 4 4 cuts to the rim to clear space
- 5 5 sprints into a high ball screen for 2
- 6 2 attacks while the defense is shifting
- 7 5 short rolls into the advantage

ADVANTAGE FRAME — 8:24



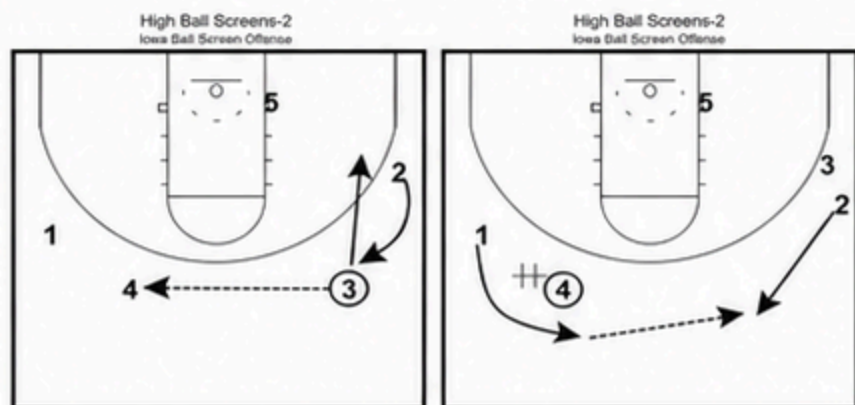
After the quick reversal, Florida is still shifting when the sprint screen arrives. The ballhandler attacks a defense that has not fully reset, and the short roll becomes available behind the coverage.

PAUSE HERE

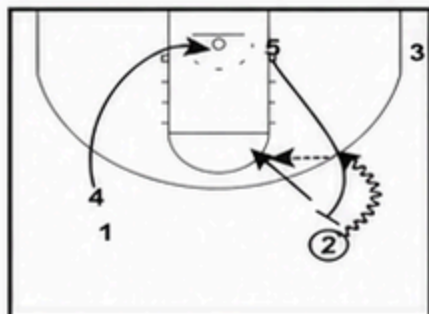
Pause on the reversal into the sprint screen. The key is not just the ball screen itself—the advantage is created by making the defense move first, then screening before it can get organized.

FASTDRAW BREAKDOWN — EXACT USER DIAGRAM

Iowa Ball Screen Offense



1. Action initiates with reversal and exchange.
2. 1 immediately reverses ball back to 2.



1. 4 cuts to rim for spacing on ball screen.
2. 5 sprints into high ball screen for 2.
3. 2 attacks, 5 short rolls.

STARTING ALIGNMENT

The action begins with a reversal and exchange on the side before Iowa flows into the high ball screen.

WHAT HAPPENS

4 hands off to 1, 1 reverses quickly to 2, 4 cuts to the rim, and 5 sprints into a high ball screen. 2 attacks and 5 short rolls.

ADVANTAGE CREATED

The reversal shifts the defense. The rim cut clears help. The sprint screen hits before the coverage is set.

DEFENSIVE REACTION

Florida has to change sides, sort out the exchange, and then defend the high ball screen while moving.

OFFENSIVE READ

Attack immediately off the screen. If the defense commits to the ball, hit 5 on the short roll. If help collapses, be ready to spray out.

WHY IT WORKS

The defense is forced to guard multiple actions in sequence—reversal, exchange, rim cut, and sprint screen—without getting comfortable.

MAIN COACHING POINT

Make the defense move first. Reverse it quickly, clear the lane, then sprint into the screen before the coverage resets.

REVERSE IT → CLEAR THE LANE → SPRINT INTO THE SCREEN → FORCE THE SHIFT

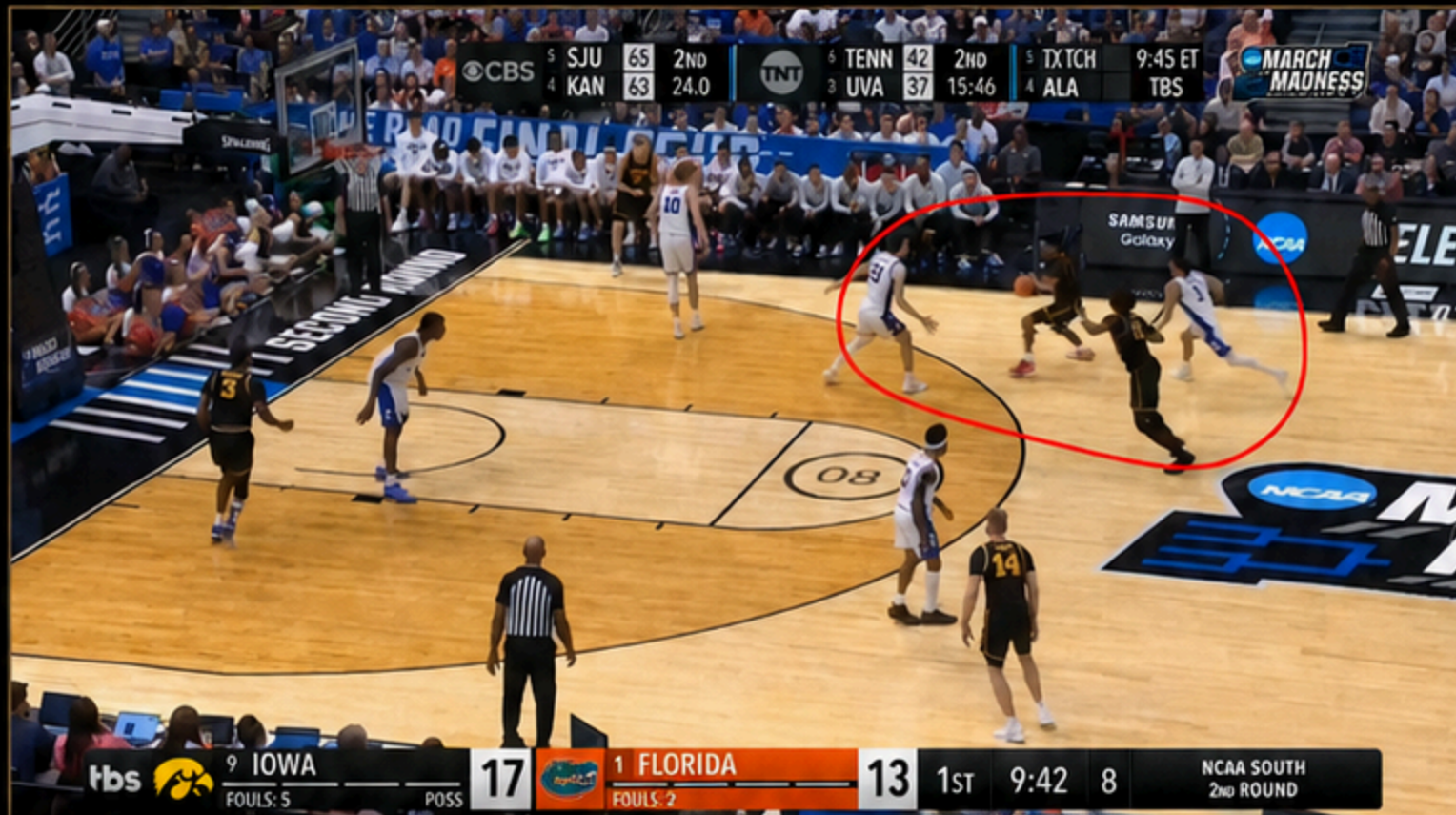
The screen is effective because the reversal and rim cut create the advantage before the ballhandler ever uses it.



ADVANTAGE DNA™

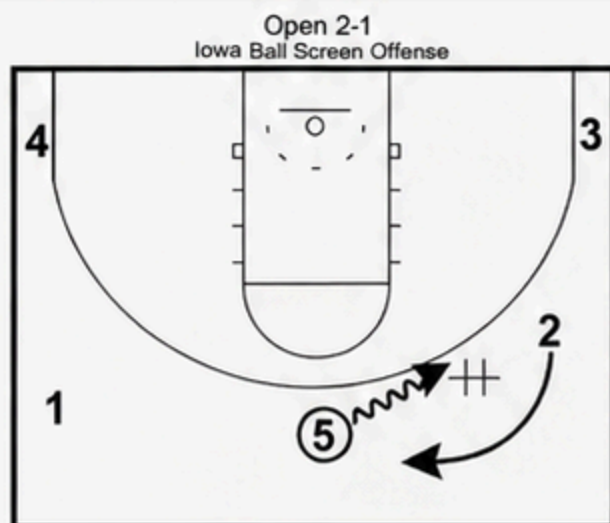
- 1 5-out spacing
- ↓
- 2 2 gets soft handoff from 5
- ↓
- 3 5 flips into ball screen for 2
- ↓
- 4 5 short rolls to free-throw line
- ↓
- 5 4 cuts to rim
- ↓
- 6 Advantage created

ADVANTAGE FRAME

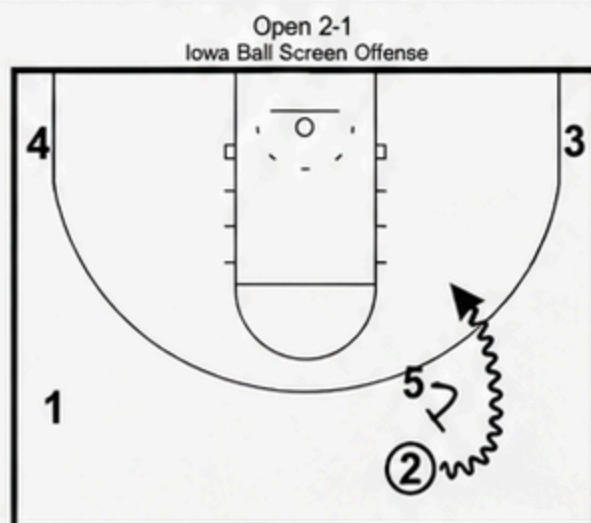


Soft handoff flows into a flipped ball screen, creating a two-on-two advantage and opening the short-roll read.

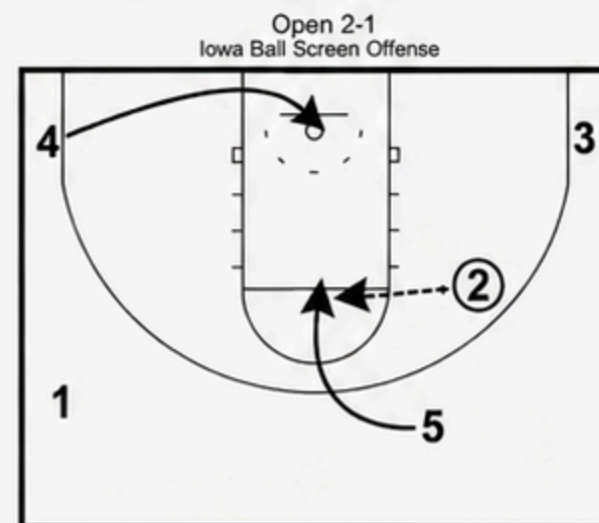
ACTION SEQUENCE



1. 5 out spacing
2. 2 gets soft hand off from 5.



1. 5 flips into ball screen for 2.



1. 5 short rolls to free throw line.
2. 4 cuts to rim.

STARTING ALIGNMENT

Iowa is spaced in 5-out. 2 begins on the wing and receives a soft handoff from 5.

WHAT HAPPENS

After the handoff, 5 immediately flips into a ball screen for 2. As 2 turns the corner, 5 short rolls into the middle and 4 cuts hard to the rim.

ADVANTAGE CREATED

The handoff-to-flip-screen sequence creates downhill momentum and forces the defense to defend both the short roll and rim cut.

OFFENSIVE READ

2 reads the screen, attacks the gap, and can hit the short roll or the rim cut depending on the low-man reaction.

WHY IT WORKS

The quick transition from handoff to ball screen changes the angle of coverage and makes the defense guard multiple threats at once.

MAIN COACHING POINT

Flow directly from the soft handoff into the flip ball screen. Sprint the short roll into the middle and cut the rim behind the help.

FINAL RESULT

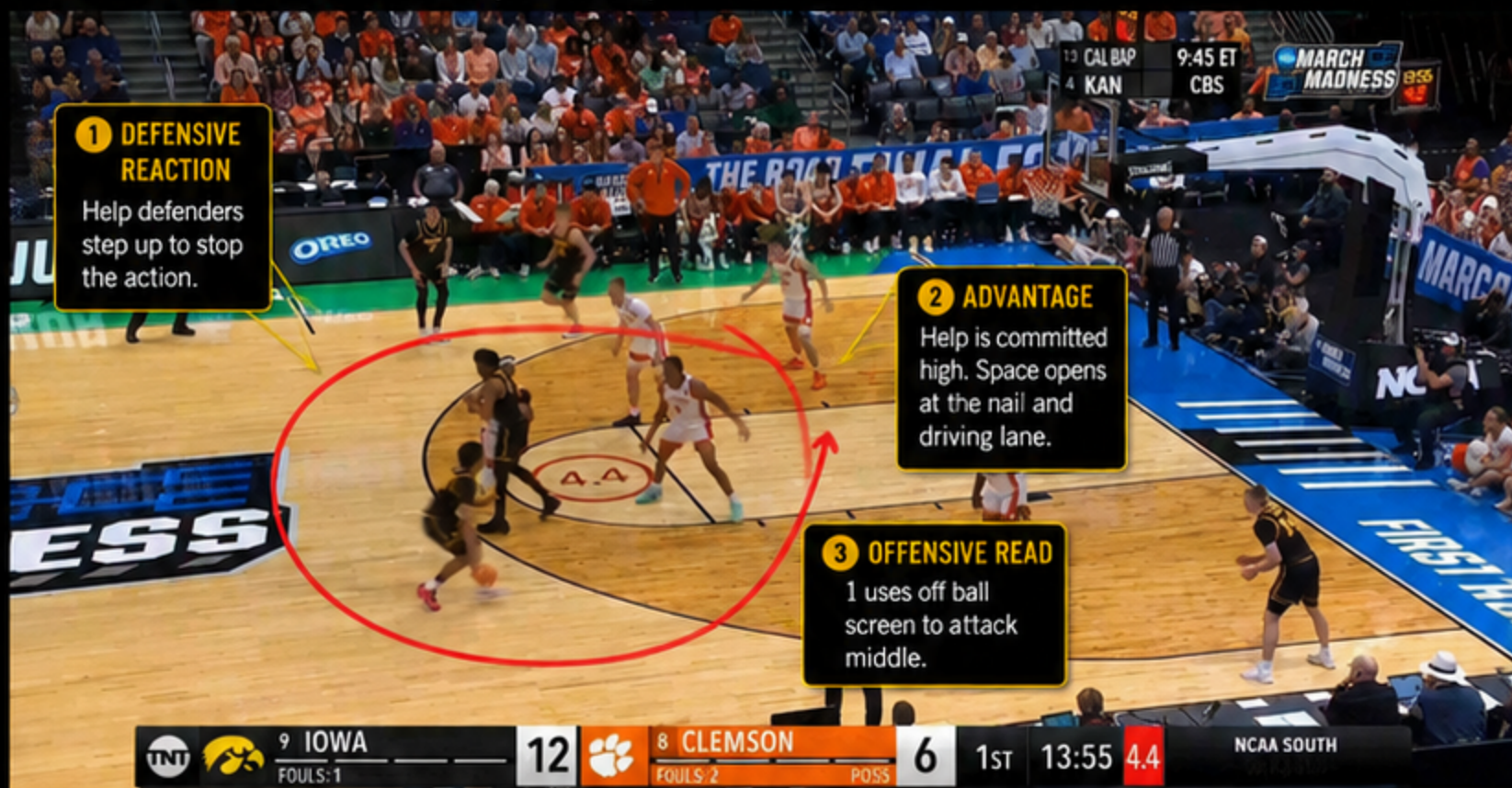
Create a two-on-two advantage out of the handoff and flipped ball screen action.



ADVANTAGE DNA™

- 1 Initial Trigger**
1 initiates with entry to 5.
- 2 Defensive Reaction**
Defense prepares to stop the entry.
- 3 Offensive Action**
Spain Action (5 sets screen for 2).
- 4 Advantage Created**
5 dives to the elbow. Help is committed.
- 5 Offensive Read**
1 attacks off ball screen into open driving lane.
- 6 Result**
Paint touch or high-percentage finish.

ADVANTAGE FRAME — 13:55 (1ST HALF)



PAUSE HERE: Watch how the defense steps up to help at the nail when 5 dives to the elbow. That creates space for 1 to use the off ball screen and attack the middle. The read happens once help is committed.

ACTION BREAKDOWN

- 1 TRIGGER**
Entry to 5

1 initiates the action by making an entry pass to 5 at the top.
- 2 DEFENSIVE REACTION**
5 Sets Screen for 2

5 hits 2 and follows into a ball screen on 2's defender. Defense shows help at the nail.
- 3 ATTACK THE ADVANTAGE**
1 Uses Screen, Attacks Middle

1 uses the off ball screen from 5 to turn the corner to the middle. 5 dives to the short roll/nail area.

COACHING INSIGHTS



WHY IT WORKS

The Spain Action forces help defenders to commit high. This creates driving lanes for the guard and space at the nail for the short roll.



DEFENSIVE REACTION

Most defenses will step up at the nail to stop 5's dive. This over-commitment opens the middle for the guard to exploit.



OFFENSIVE READ

1 must read the help early. If help comes high, use the screen to attack. If the defense plays back, 5 is open at the nail.



COACHING POINT

Get your shoulders turned the same direction as the screen and attack the open space with purpose.



STEAL THIS IDEA

Use actions that force the defense to help high and create space in the middle of the floor. When help comes, attack it. When help doesn't come, score at the nail.



DNA TAKEAWAY
CREATE HELP.
CREATE SPACE.
ATTACK THE ADVANTAGE.



WATCH THE ACTION

Scan this QR code to watch Open 2-2 in game action.



45 CUTS 1



IOWA HAWKEYES

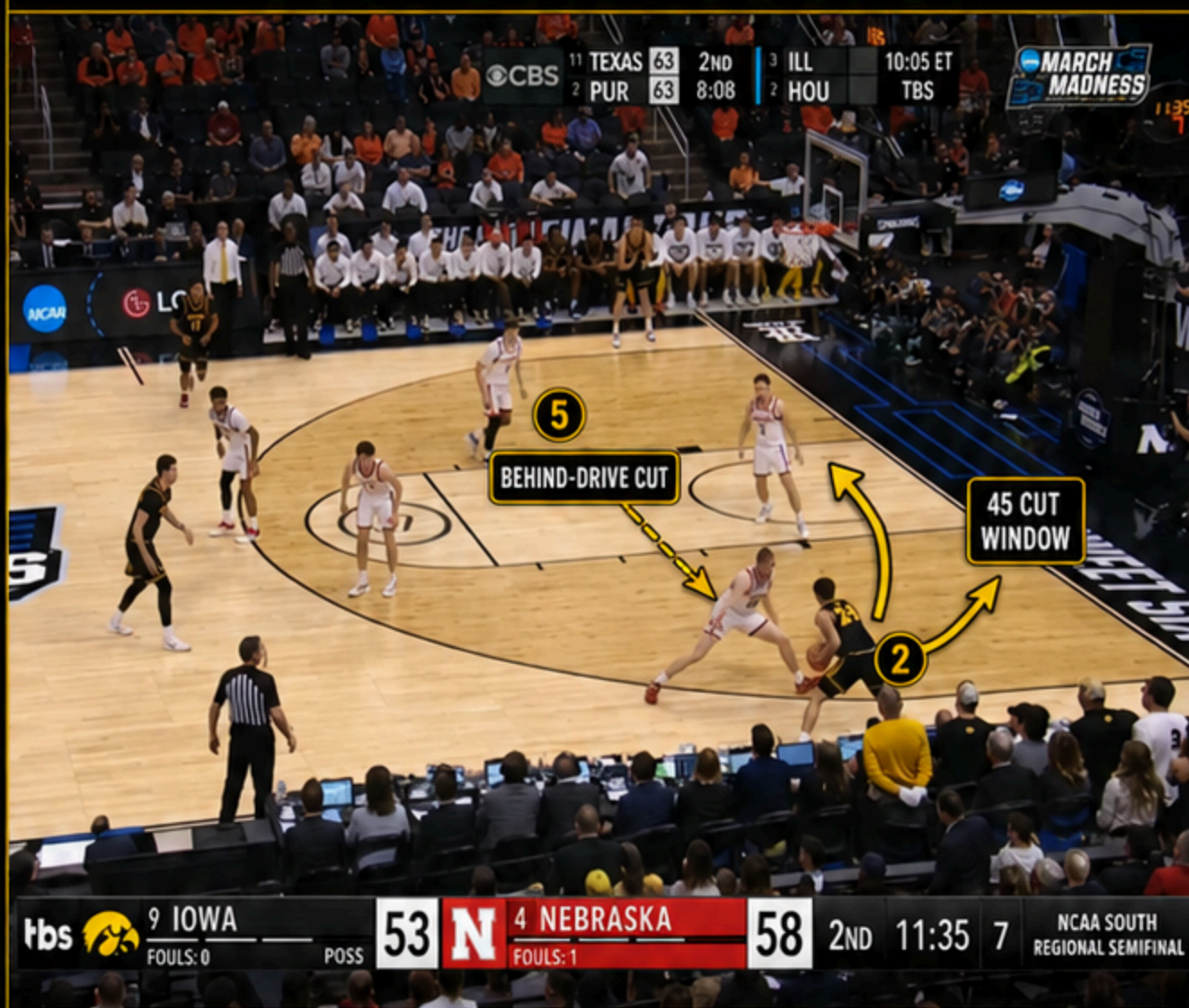
SERIES: CUTTING & 3PT OFFENSE

DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 3 attacks baseline.
- 2 The shell shifts to the ball.
- 3 5 cuts behind the drive.
- 4 Backline help reacts to the cutter.
- 5 2 45-cuts into the open window.
- 6 Finish the layup.

ADVANTAGE FRAME — 11:35 2ND HALF



PAUSE HERE

Notice how the baseline drive pulls help to the ball and opens space for the late 45 cut.

COACHING INSIGHTS

💡 WHY IT WORKS

The baseline drive shifts the shell. The behind-the-drive cut occupies the backline and opens the 45 window for the layup.

🛡️ DEFENSIVE REACTION

Nebraska collapses toward the drive and the backline rotates to cover the paint.

👁️ OFFENSIVE READ

If the help sinks to the drive and follows the cutter, hit the 45 cutter at the rim.

📋 COACHING POINT

Drive hard baseline, cut behind the drive with timing, and send the 45 cutter once the help commits.

45 CUTS - 1

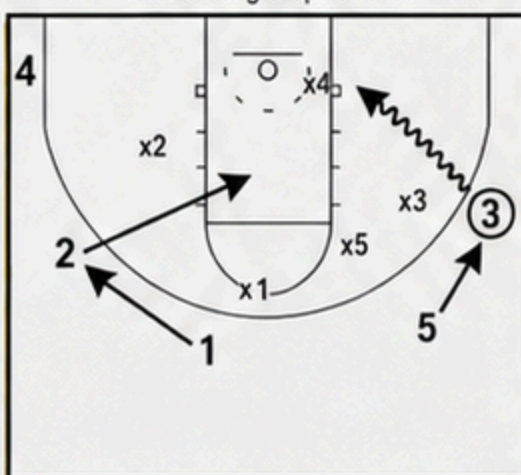
Iowa Cutting & 3pt Offense



5 receives on the wing and hits 3.

45 CUTS - 1

Iowa Cutting & 3pt Offense



3 drives baseline. 5 cuts behind the drive. 2 45-cuts.

45 CUTS - 1

Iowa Cutting & 3pt Offense



3 finds the 45 cutter for the layup.



STEAL THIS IDEA

Use a behind-the-drive cut to occupy the backline, then send the 45 cutter into the gap created by the baseline drive.



DNA TAKEAWAY

**DRIVE BASELINE.
CUT BEHIND. 45 CUT FOR THE LAYUP.**



45 CUTS 2

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

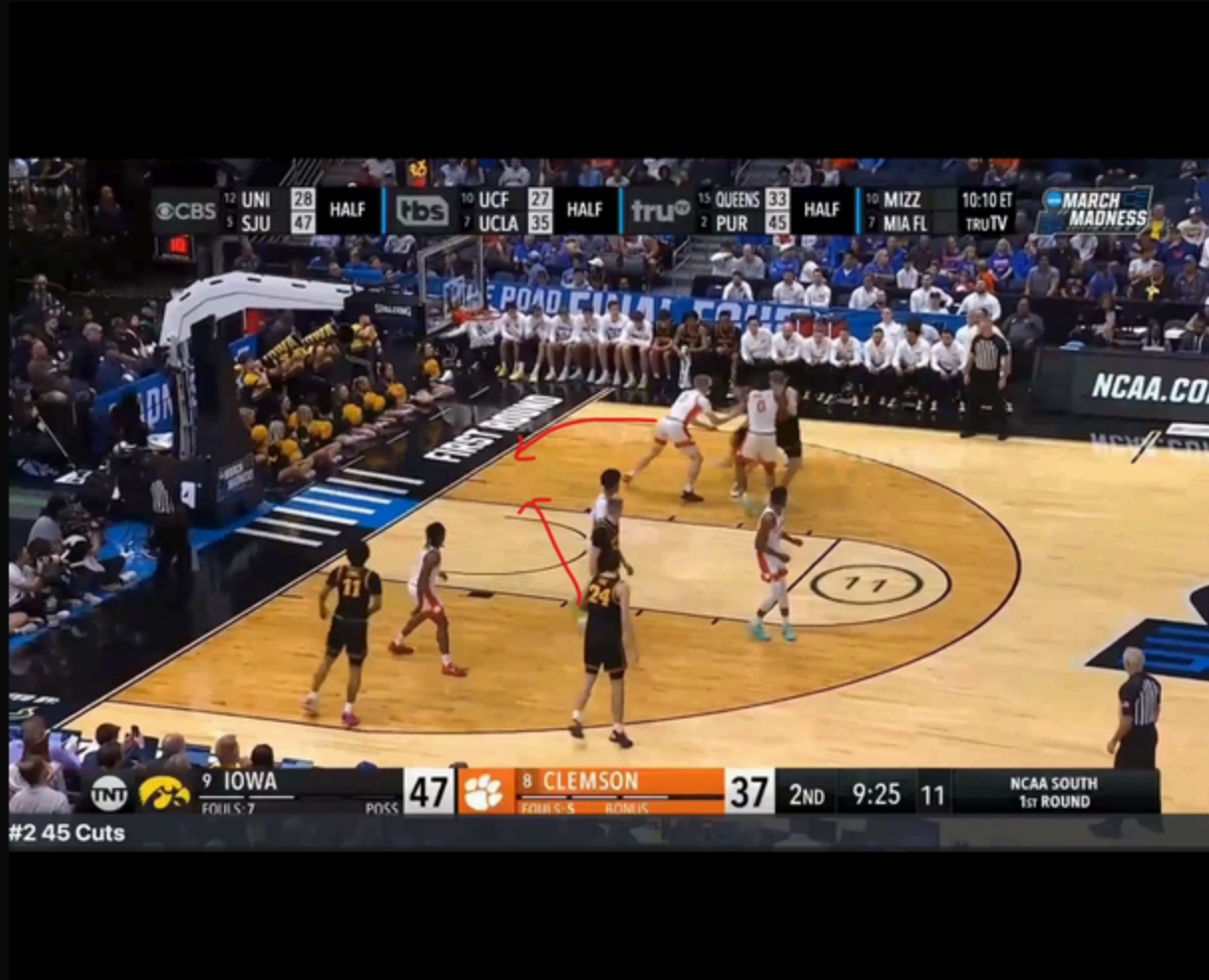
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 attacks baseline off 5's shallow cut.
- 2 The baseline drive pulls the help toward the ball.
- 3 1 relocates up the floor from the earlier action.
- 4 The defense has to account for the baseline drive and the relocation.
- 5 4 finds 3 on the 45 cut behind the rotating help.
- 6 2 lifts to maintain spacing away from the cut.
- 7 The 45 cut attacks the gap created by the defensive rotation.
- 8 Iowa turns the baseline drive into a cut to the rim.

ADVANTAGE FRAME — 9:25 2ND HALF



THE BASELINE DRIVE MOVES THE HELP. THE 45 CUT ATTACKS THE SPACE IT LEAVES.

ACTION BREAKDOWN

1. BASELINE DRIVE



4 attacks baseline off 5's shallow cut. 1 relocates as the defense begins to shift toward the drive.

2. 45 CUT



As the help collapses, 4 finds 3 cutting on the 45. 2 lifts to keep the lane and passing window clean.

3. ATTACK THE GAP



The 45 cutter attacks the rim before the help can recover. The advantage comes from moving the defense first.

PAUSE HERE

The key is the reaction to the baseline drive. Clemson's help turns toward the ball, which opens the 45 cut behind the rotation. Iowa uses the cut to attack the space the help just vacated. The cut has to arrive as the defense commits — not after the shell has recovered.

COACHING INSIGHTS

WHY IT WORKS

The baseline drive forces the defense to turn and shrink. The 45 cut attacks the open seam created by that rotation.

DEFENSIVE REACTION

Clemson collapses toward the baseline drive. Once the low help steps toward the ball, the space behind it becomes vulnerable.

OFFENSIVE READ

If the baseline help commits, hit the 45 cutter. If the help stays home, continue the drive or play off the next rotation.

COACHING POINT

The 45 cut must be timed with the help rotation. Cut as the defender turns his head and steps toward the baseline drive.

STEAL THIS IDEA

Use a baseline drive to turn the defense, then cut behind the help instead of standing and watching. The best 45 cuts happen while the helper is still moving toward the ball.

DNA TAKEAWAY

DRIVE BASELINE.

MOVE THE HELP.

45 CUT BEHIND THE ROTATION.

ATTACKING OFF SEALS 1

SERIES: PENETRATION & POST OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

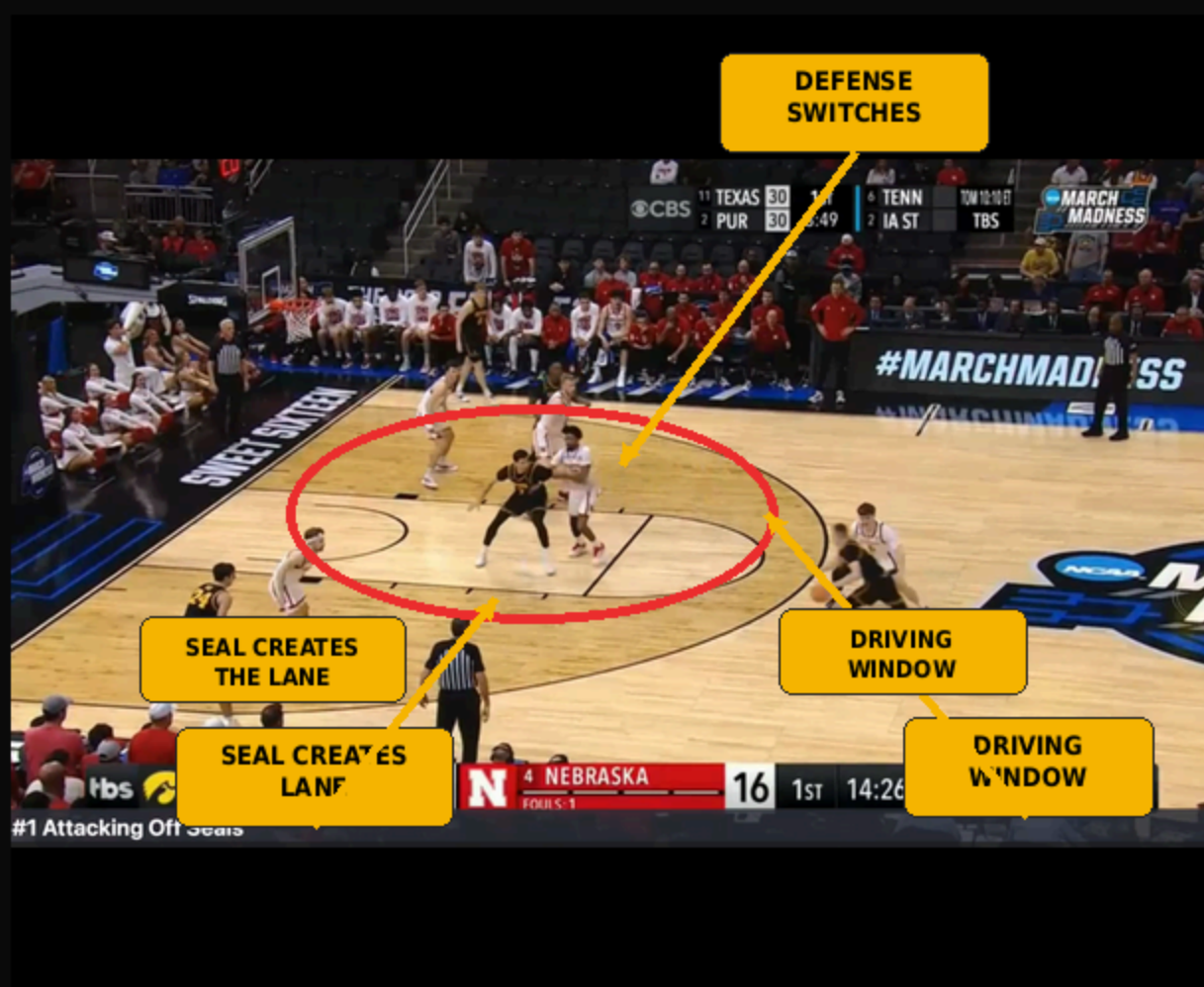
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 sets the high ball screen for 1.
- 2 Nebraska switches the ball screen.
- 3 5 short rolls toward the middle.
- 4 5 seals the smaller x1 defender inside.
- 5 The seal removes x1 from the driving lane.
- 6 1 keeps the dribble alive and attacks the open lane.
- 7 Help is late because the seal occupies the middle.
- 8 Iowa attacks the rim before Nebraska can switch back or recover.

ADVANTAGE FRAME — 14:26 1ST HALF



PAUSE HERE

Nebraska switches the high ball screen, but the switch is not the advantage by itself. The advantage appears when 5 short rolls and seals x1 in the middle of the floor. That seal removes the switch defender from the driving lane and gives 1 a clean window to attack the rim before the help can recover.

ACTION BREAKDOWN

1. HIGH BALL SCREEN



5 sets the high ball screen for 1. The screen forces Nebraska to choose how it will contain the ball.

2. SWITCH + SEAL



Nebraska switches. 5 short rolls and holds the seal on x1, taking the smaller defender out of the driving lane.

3. ATTACK THE LANE



1 attacks the lane created by 5's seal. The ball handler drives before the defense can peel back or recover.

COACHING INSIGHTS

WHY IT WORKS

The offense uses the switch against the defense. The short roll puts 5 in position to seal the smaller defender and clear the lane for the ball handler.

DEFENSIVE REACTION

Nebraska switches the ball screen. x1 ends up on 5, and the defense expects the switch to contain the action without giving up the rim.

OFFENSIVE READ

Do not attack the switch blindly. Read the seal. Once 5 pins x1 inside, 1 turns the corner and attacks the open lane immediately.

COACHING POINT

The seal must be early and physical without moving. 5 owns the inside position; 1 attacks the space created by the seal, not the defender.

STEAL THIS IDEA

When teams switch ball screens, teach the screener to do more than hunt a mismatch. A quick short roll into a hard seal can remove the smaller defender from the play and create a direct driving lane for the ball handler.

DNA TAKEAWAY

THE SWITCH IS NOT THE ADVANTAGE.
THE SEAL THAT REMOVES THE SWITCH DEFENDER IS.

BASELINE DRIVES 1

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: CREATE AN ADVANTAGE

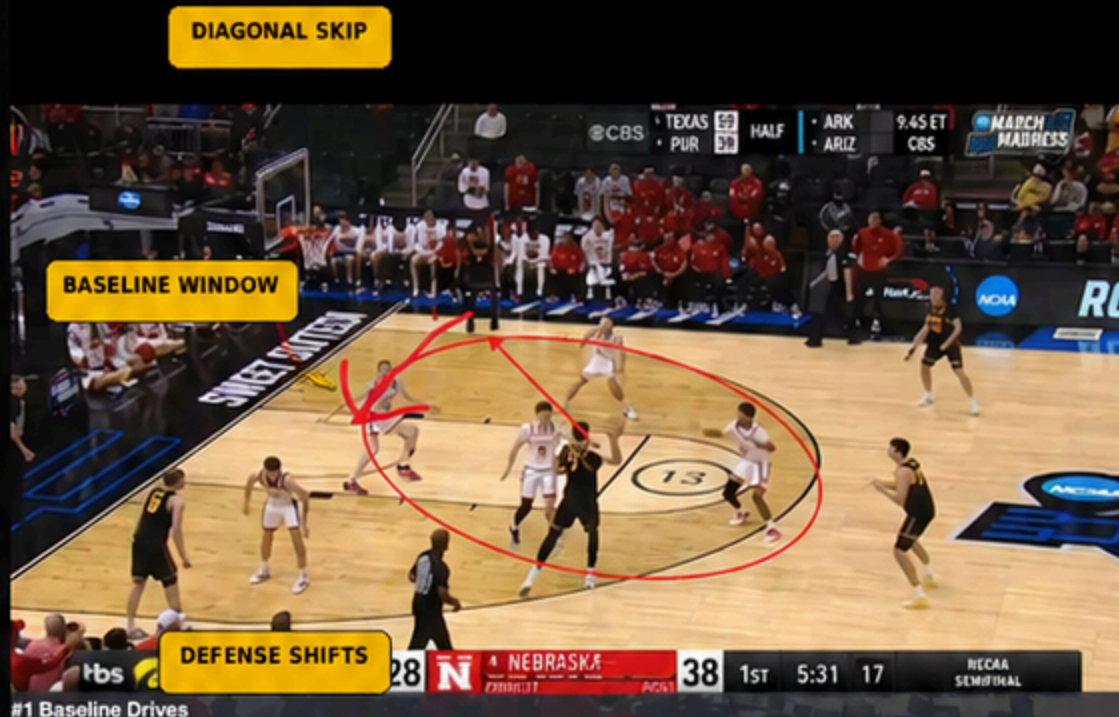
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 The guard sees the defense loaded to the ball.
- 2 He throws a diagonal skip pass to the opposite-side target.
- 3 The pass lands exactly at the spot marked by the red arrow.
- 4 Nebraska has to travel across the floor to recover.
- 5 The closeout arrives long and off balance.
- 6 The receiver attacks baseline on the catch.
- 7 Help is late because the skip stretched the shell.
- 8 Iowa punishes the over-commitment before the defense can flatten out.

ADVANTAGE FRAME — 5:31 1ST HALF



PAUSE HERE

The key is where the diagonal skip pass lands. Follow the red line: the guard throws the ball across the defense to that opposite-side catch point. Nebraska has already over-committed toward the ball, so the skip forces a long recovery. That moving closeout is what creates the baseline driving lane. The receiver should attack immediately before the shell can recover.

ACTION BREAKDOWN

1. DIAGONAL SKIP



4 throws the diagonal skip to 3. The pass changes the angle of the defense and forces Nebraska to travel across the floor.

2. BASELINE ATTACK



On the catch, 3 attacks baseline immediately. The slot player cuts to the rim while the closeout is still moving.

3. PLAY THE ADVANTAGE



The skip pass creates the advantage. Read the long closeout and attack the exposed baseline before the help can recover.

COACHING INSIGHTS

WHY IT WORKS

The diagonal skip makes the defense cover maximum distance. It attacks an over-loaded shell and turns the recovery into a long closeout.

DEFENSIVE REACTION

Nebraska commits extra bodies toward the original ball side. When the skip travels over the top, the backside defender has to sprint to the catch.

OFFENSIVE READ

Attack the direction the closeout gives you. If the defender is flying out and cannot square up, drive baseline immediately.

COACHING POINT

The pass must arrive at the exact opposite-side target shown by the red arrow. Throw it on time, catch ready to drive, and attack before the defense resets.

STEAL THIS IDEA

Use a diagonal skip pass to punish a defense that is leaning too far toward the ball. The goal is not simply to reverse the floor. The goal is to make the defense travel farther than it wants to travel, then attack the moving closeout with an immediate baseline drive.

DNA TAKEAWAY

THE SKIP PASS MOVES THE DEFENSE.
THE LONG CLOSEOUT CREATES
THE BASELINE ADVANTAGE.



ACTION #2

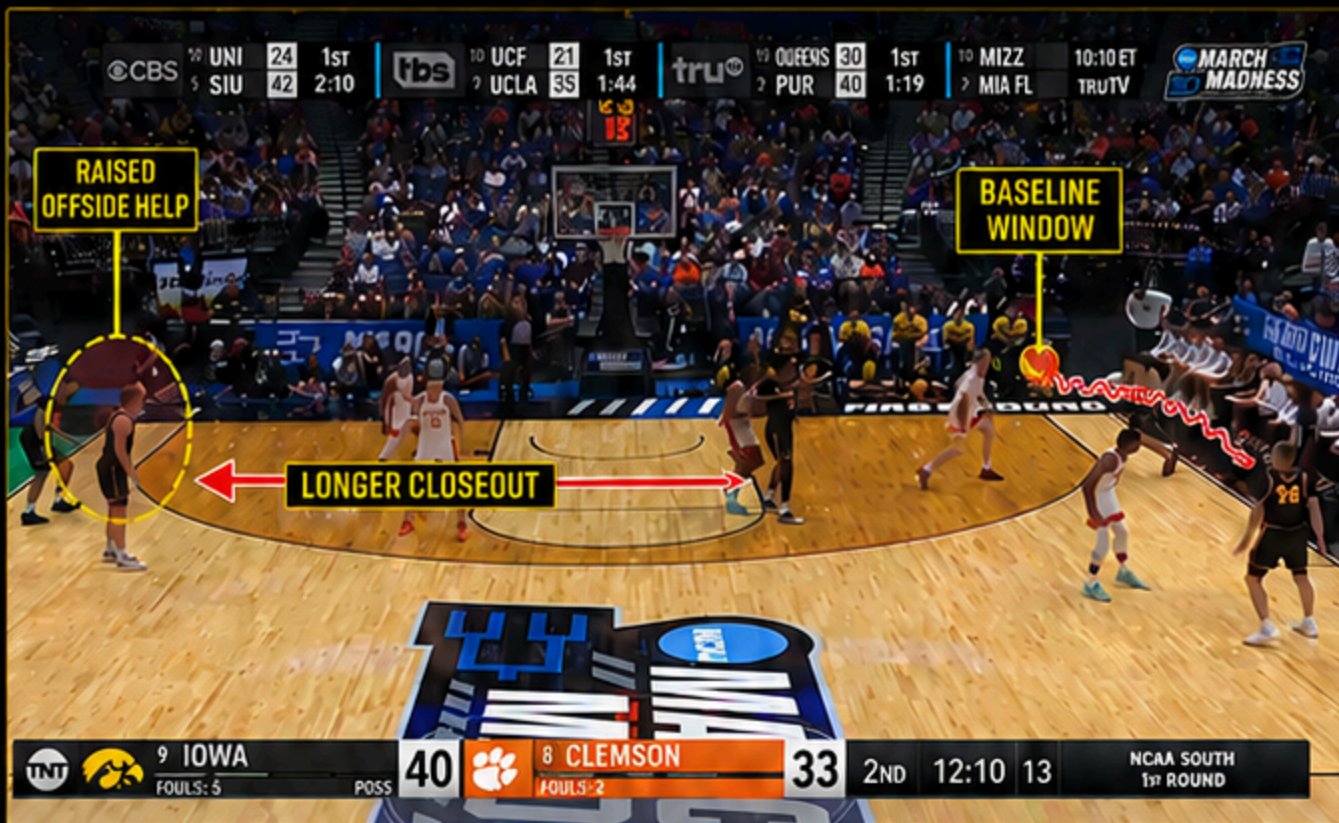
BASELINE DRIVES 2

SERIES: PENETRATION & POST OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 Defense is loaded to the strong side.
- 2 Iowa lifts the offside help from the corner to the 45 diagonal.
- 3 The diagonal pass forces the shell to shift.
- 4 The catch point changes the closeout distance.
- 5 The longer closeout creates the baseline window.
- 6 3 rips baseline immediately.
- 7 5 dives to the rim and weakside players lift into vision.
- 8 Iowa attacks the over-commitment before the defense can flatten out.

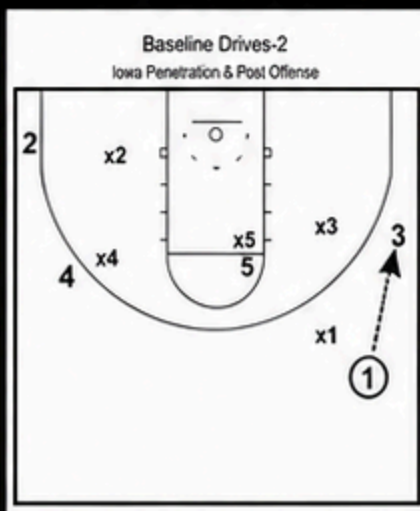
ADVANTAGE FRAME — 12:10 2ND HALF



PAUSE HERE

Notice how Clemson's weakside helper is not buried in the corner; he is raised to the 45 diagonal. Because of that lift, the next closeout has more distance and takes longer. The diagonal pass changes the help position, and that extra recovery distance creates the baseline driving window for Iowa.

1. SHIFT THE SHELL



1 throws the pass to 3. The diagonal reversal forces the defense to move and raises the offside helper out of the corner.

2. RIP BASELINE



On the catch, 3 attacks baseline immediately. 5 dives to the rim while 2 and 4 lift on the weakside circle to stay in vision and stretch the help.

3. PLAY THE ADVANTAGE



The raised help now has a longer closeout path. Iowa attacks the moving shell before the defense can recover and flatten out.

COACHING INSIGHTS



WHY IT WORKS

The diagonal pass moves the shell and lifts the offside help. That lifted defender has farther to travel, which creates the baseline window.



DEFENSIVE REACTION

Clemson raises the weakside helper from the corner to the 45 diagonal so the defense can see the ball and tag action earlier.



OFFENSIVE READ

Read the lifted helper. If the closeout has extra distance, catch and attack baseline before the shell can flatten out.



COACHING POINT

Use the diagonal pass to move the help. Skip it, catch it, rip it. The advantage is the longer closeout created by the lifted help.



STEAL THIS IDEA

Lift the offside help before you attack. When the helper has to rise from the corner to the 45, the recovery gets longer. Use the diagonal pass to create that longer closeout, then drive the exposed baseline.

DNA TAKEAWAY

LIFT THE HELP.
LENGTHEN THE CLOSEOUT.
ATTACK THE BASELINE.

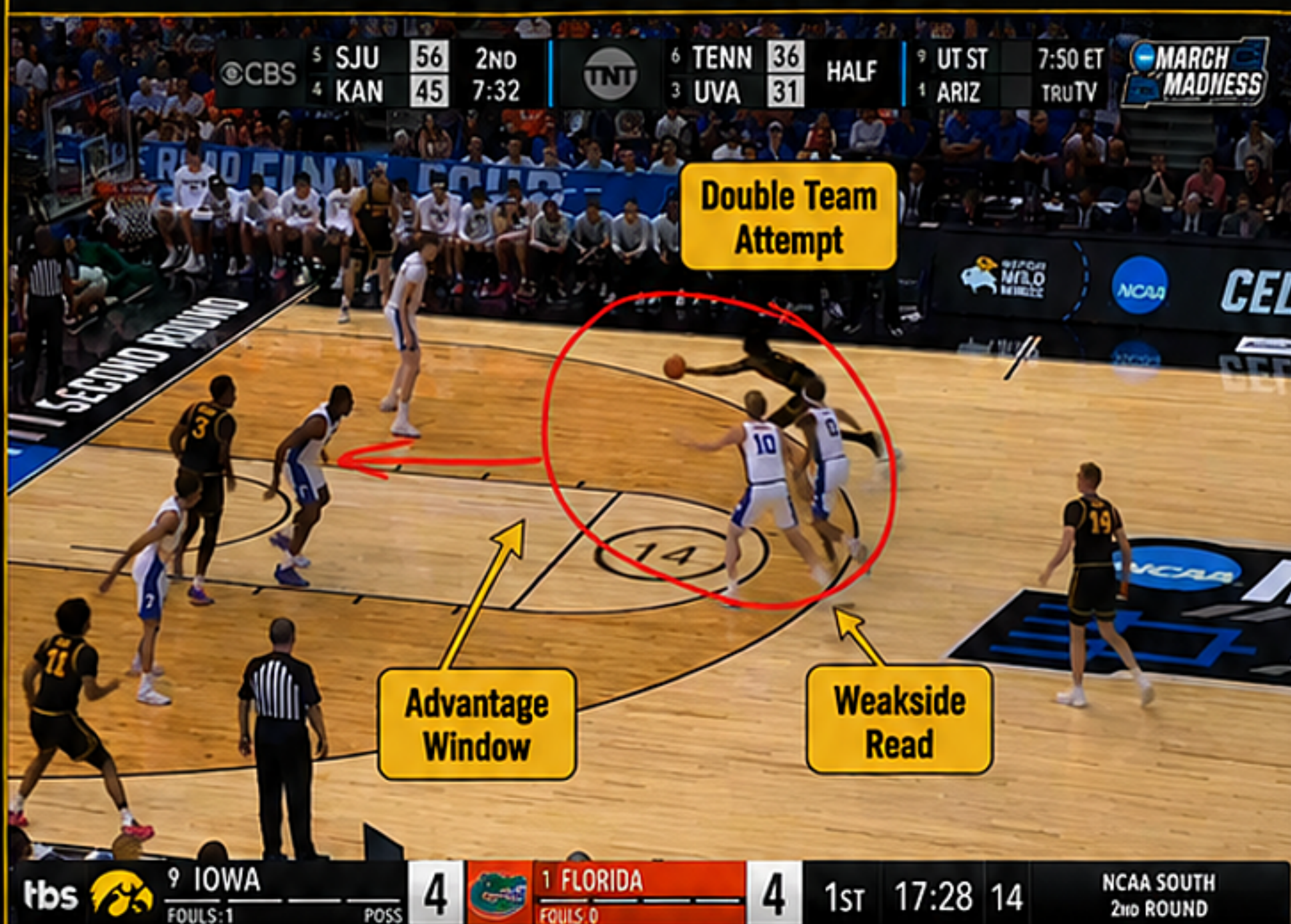




THE ADVANTAGE DNA™

- 1 4 hits 5 at the elbow.
- 2 5 advances it to 1.
- 3 5 sets the inside ball screen.
- 4 4 dives weak side.
- 5 5 short rolls to the middle.
- 6 Florida loads up to double the action.
- 7 Iowa reads the collapse and attacks the next pass.

ADVANTAGE FRAME — 17:28 1ST HALF



PAUSE HERE

Florida is trying to load up and double the action, but that is exactly where Iowa creates the advantage. The short roll draws two defenders, the help shifts toward the middle, and the next pass becomes available. Once the defense commits, Iowa must stay poised and punish the collapse.

ACTION BREAKDOWN

1. TRIGGER

Blood Action (Short Roll) 3
Plays & Actions



1. 5 passes to 1.

4 connects with 5 and starts the action. The floor is spaced to set up the next ball-screen sequence.

2. DEFENSIVE REACTION

Blood Action (Short Roll) 3
Plays & Actions



1. 5 sets inside ball screen for 1
2. 4 dives to weakside block

5 sets the inside ball screen for 1 while 4 dives weak side. The defense shifts and prepares to crowd the action.

3. ATTACK THE ADVANTAGE

Blood Action (Short Roll) 3
Plays & Actions



1. 5 short rolls

5 short rolls into the middle. When Florida commits extra help, Iowa has the advantage and can attack the next open pass.

COACHING INSIGHTS



WHY IT WORKS:

The inside ball screen and short roll pull multiple defenders to the middle. That creates a simple read and opens the next pass.



DEFENSIVE REACTION:

Florida tries to crowd and double the action, sending help toward the short roll and shrinking the lane.



OFFENSIVE READ:

Read the double team immediately. Stay balanced, keep vision, and move the ball to the next open teammate.



COACHING POINT:

Catch on balance. Eyes up. Do not over-dribble. Punish the help with the simple on-time pass.



STEAL THIS IDEA:

Short-roll offense is not only about the scorer. It is about forcing two defenders to commit, then using spacing to create the next advantage.



DNA TAKEAWAY:

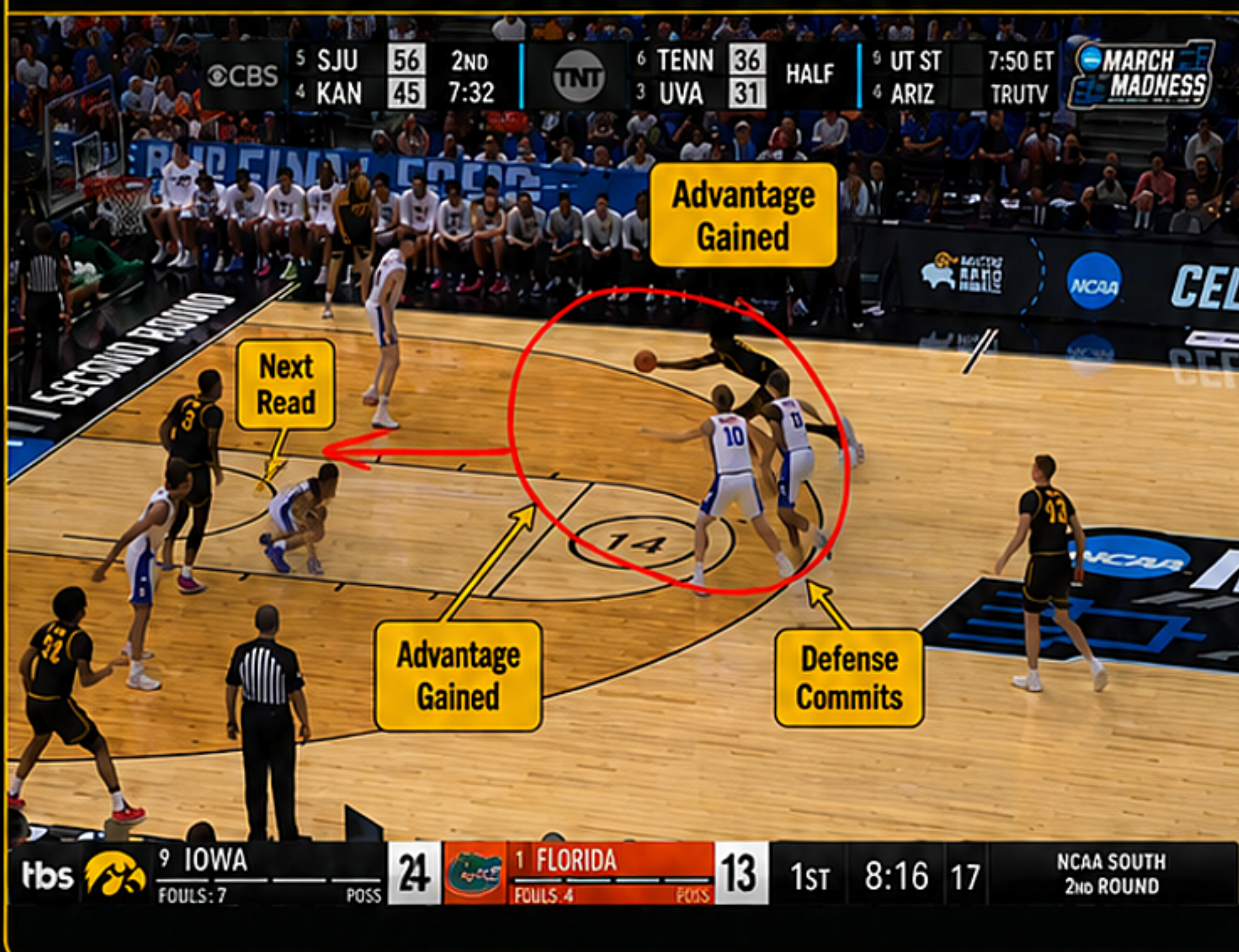
The double team is not the stop. It is the trigger for the next read.



THE ADVANTAGE DNA™

- 1 3 attacks and pitches the ball back to 2.
- 2 2 swings the ball to 1 at the top.
- 3 4 sets the immediate ball screen for 1.
- 4 Florida shifts to crowd the action.
- 5 4 short rolls to the foul line.
- 6 The defense commits to the ball-screen action.
- 7 Iowa gains the advantage and can attack the next pass.

ADVANTAGE FRAME — 8:16 1ST HALF



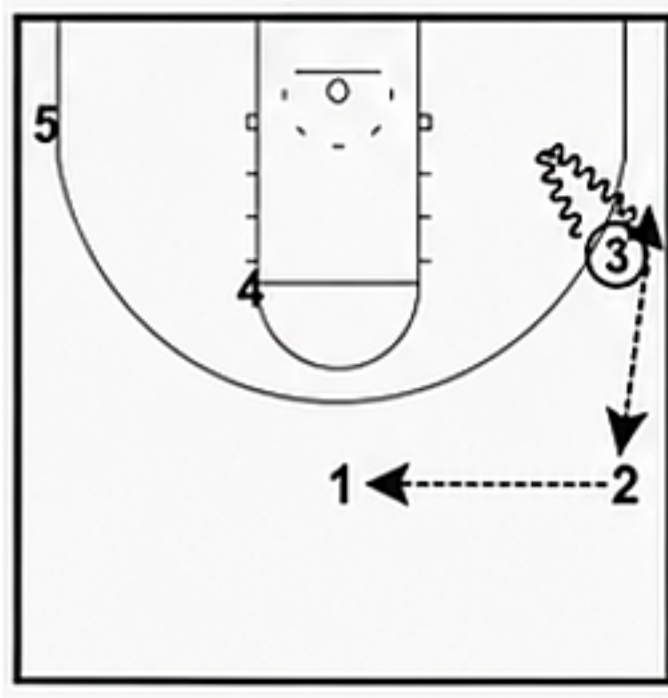
PAUSE HERE

Iowa gains the advantage when Florida commits multiple defenders to the slot ball-screen area. The short roll pulls help to the middle, and the next pass or spray-out becomes available. Once the defense loads up, Iowa must stay poised and make the simple read.

ACTION BREAKDOWN

1. TRIGGER

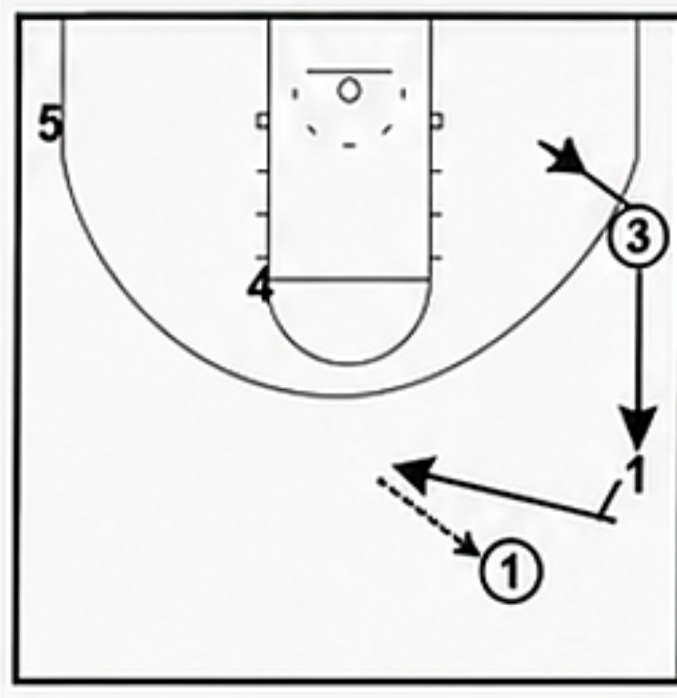
Blood Action Short Roll 4
Plays & Actions



3 attacks and kicks back to 2, then 2 swings it to 1 at the top to shift the defense and initiate the second action.

2. DEFENSIVE REACTION

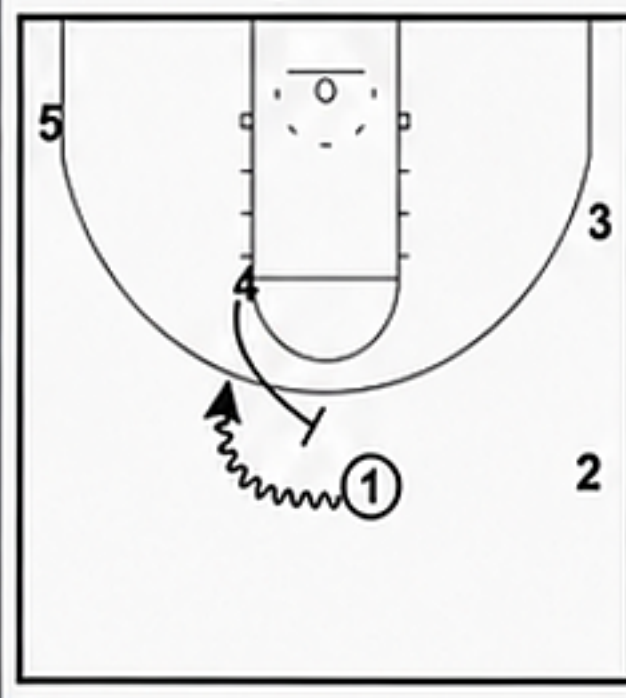
Blood Action Short Roll 4
Plays & Actions



4 immediately sets the ball screen for 1. Florida loads up on the action and starts to crowd the driving lane.

3. ATTACK THE ADVANTAGE

Blood Action Short Roll 4
Plays & Actions



4 short rolls to the foul line. As the defense commits, Iowa gains the advantage and can move the ball to the next open player.

COACHING INSIGHTS



WHY IT WORKS:

The quick swing into an immediate ball screen forces the defense to shift and react fast. The short roll exposes help coverage and opens the next pass.



DEFENSIVE REACTION:

Florida crowds the slot action and loads extra help into the middle, trying to take away the first drive.



OFFENSIVE READ:

Recognize the moment the defense commits to the ball-screen action. Hit the short roll or move it on to the next open teammate.



COACHING POINT:

Catch on balance, see the floor early, and make the simple on-time pass. The short roll must be ready immediately.



STEAL THIS IDEA:

Quick second-side ball screens are effective because they force the defense to shift twice before it is organized. The short roll creates the real advantage.



DNA TAKEAWAY:

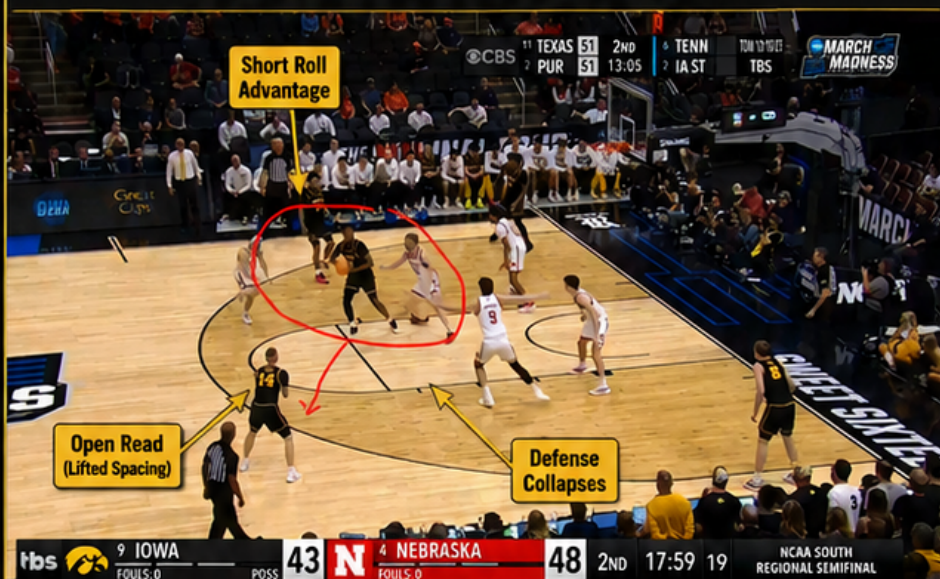
The advantage is created when the defense commits two to the action.



THE ADVANTAGE DNA™

- 1 Entry to 1 in the right slot.
- 2 5 stays inside while 2 spaces out.
- 3 1 uses the screen and moves the ball.
- 4 2 comes off 4's ball screen.
- 5 4 short rolls into the middle.
- 6 Nebraska collapses to the short roll.
- 7 Iowa sprays it out for a long closeout / open shot.

ADVANTAGE FRAME — 17:59 2ND HALF



PAUSE HERE

Iowa has created the advantage. The short roll has two defenders occupied and the weak-side defense is pulled in. The lifted slot player is now spaced and ready, which turns the next pass into a long closeout and a quality shot opportunity.

ACTION BREAKDOWN

1. TRIGGER

Blood Action (Short Roll) 2
Plays & Actions



1. 2 enters to 1 on right slot
2. 5 sets inside ball screen.
3. 2 spaces out to left slot area

1 enters to the right slot. 5 stays inside and 2 spaces out to stretch the help.

2. DEFENSIVE REACTION

Blood Action (Short Roll) 2
Plays & Actions



1. 1 uses ball screen and passes to 2.

1 uses the screen and advances the action. The defense shifts with the ball movement and prepares to contain the next ball screen.

3. ATTACK THE ADVANTAGE

Blood Action (Short Roll) 2
Plays & Actions



1. 5 rolls to opposite block.
2. 2 comes off ball screen from 4.
3. 4 short rolls

2 comes off 4's ball screen and 4 short rolls into the middle. When the defense collapses, Iowa can spray the ball out to the open shooter.

COACHING INSIGHTS



WHY IT WORKS:

Blood Action forces the defense to shift twice, then punishes the help with a short-roll read and clean perimeter spacing.



DEFENSIVE REACTION:

Nebraska sinks extra help into the lane and crowds the short roll, creating a long closeout away from the ball.



OFFENSIVE READ:

The short roller must read the collapse, stay poised, and spray the ball to the lifted slot or next open shooter.



COACHING POINT:

Catch on balance. Eyes up immediately. Make the simple pass on time. Perimeter players must stay spaced and shot-ready.



STEAL THIS IDEA

Use short-roll spacing to attack help-heavy defenses. You do not always need the first advantage to score — sometimes the best shot comes from the next pass after the defense collapses.



DNA TAKEAWAY

The short roll is not the finish. It is the trigger that forces the rotation.



BASKETBALL DNA™

BLOOD ACTION (SHORT ROLL) 1



IOWA
HAWKEYES

VS



ILLINOIS

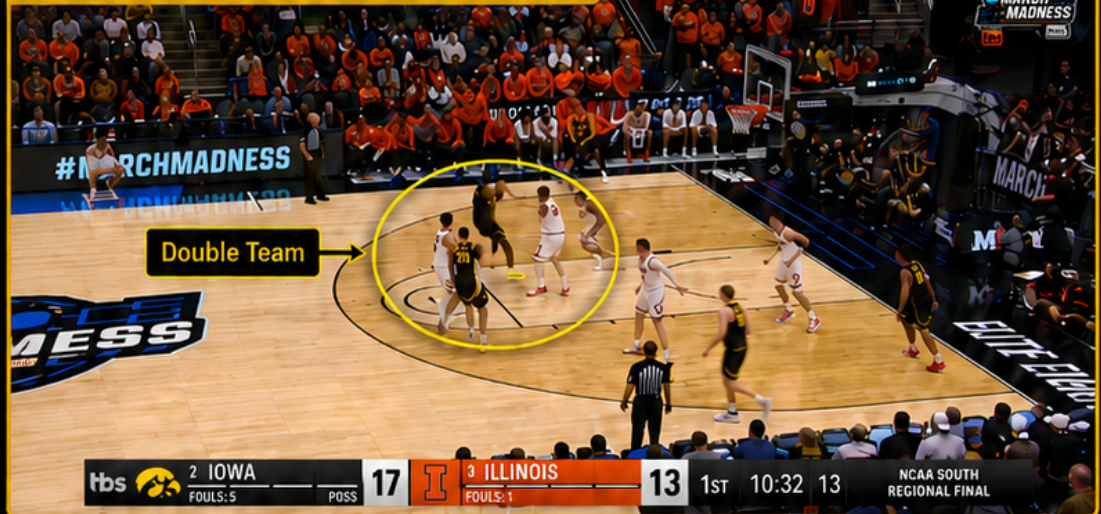
SERIES: BLOOD ACTION

DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 Touch Screen** — 5 sets the touch screen for 1.
- 2 Pop** — 1 hits 5 on the pop.
- 3 Chase & Flip** — 1 chases for the handoff, 5 flips and sets the ball screen.
- 4 Short Roll** — 5 short rolls to the nail.
- 5 Double Team** — the defense sends two defenders to 5.
- 6 Pitch to Shooter** — 5 reads the double team and pitches to the shooter in the TOP RIGHT corner.
- 7 Open Three** — the shooter is ready and knocks down the open 3-point shot.

ADVANTAGE FRAME — 10:32 1ST HALF

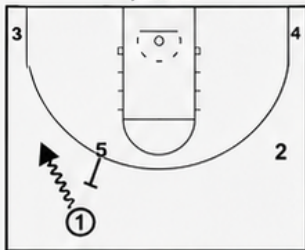


Iowa gets 5 to the nail in space. The short roll forces a double team in the middle. The next read is the pitch to the shooter in the TOP RIGHT corner for the open three.

ACTION BREAKDOWN

1. TOUCH SCREEN

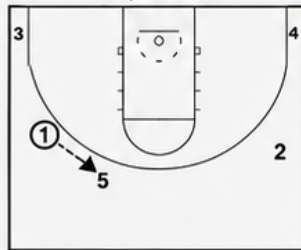
Blood Action(short roll) 1
Pysus Actions



1. 5 sets touch screen for 1.

2. POP

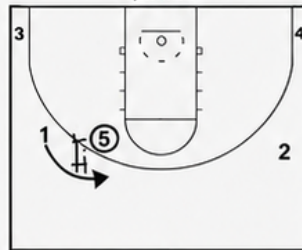
Blood Action(short roll) 1
Pysus Actions



1.1 hits 5 on a pop.

3. CHASE & FLIP

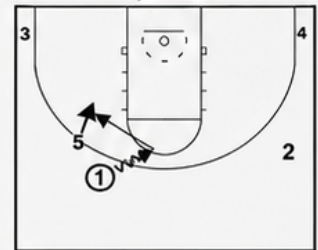
Blood Action(short roll) 1
Pysus Actions



1.1 chases for handoff
2. 5 flips and sets ball screen.

4. SHORT ROLL / READ

Blood Action(short roll) 1
Pysus Actions



1. 5 short rolls
2. 1 hits 5 on short roll

COACHING INSIGHTS



WHY IT WORKS

The touch screen and chase create movement and force communication. The short roll puts the defense in a tough spot and pulls help into the middle.



DEFENSIVE REACTION

Illinois sends a second defender to 5 on the short roll, creating the next pass.



OFFENSIVE READ

5 must read two on the ball and pitch to the shooter in the TOP RIGHT corner.



COACHING POINT

Short roll on balance, keep vision, and make the pitch on time. The shooter must stay spaced and ready.



STEAL THIS IDEA

The short roll does not need to score; it can force two defenders and create the next pass to an open shooter.



DNA TAKEAWAY

Force two to the ball.
Find the shooter.
Punish the rotation.



BASKETBALL DNA™

Recognize the pattern. Understand the advantage.
Teach it. Trust it. Win more possessions.

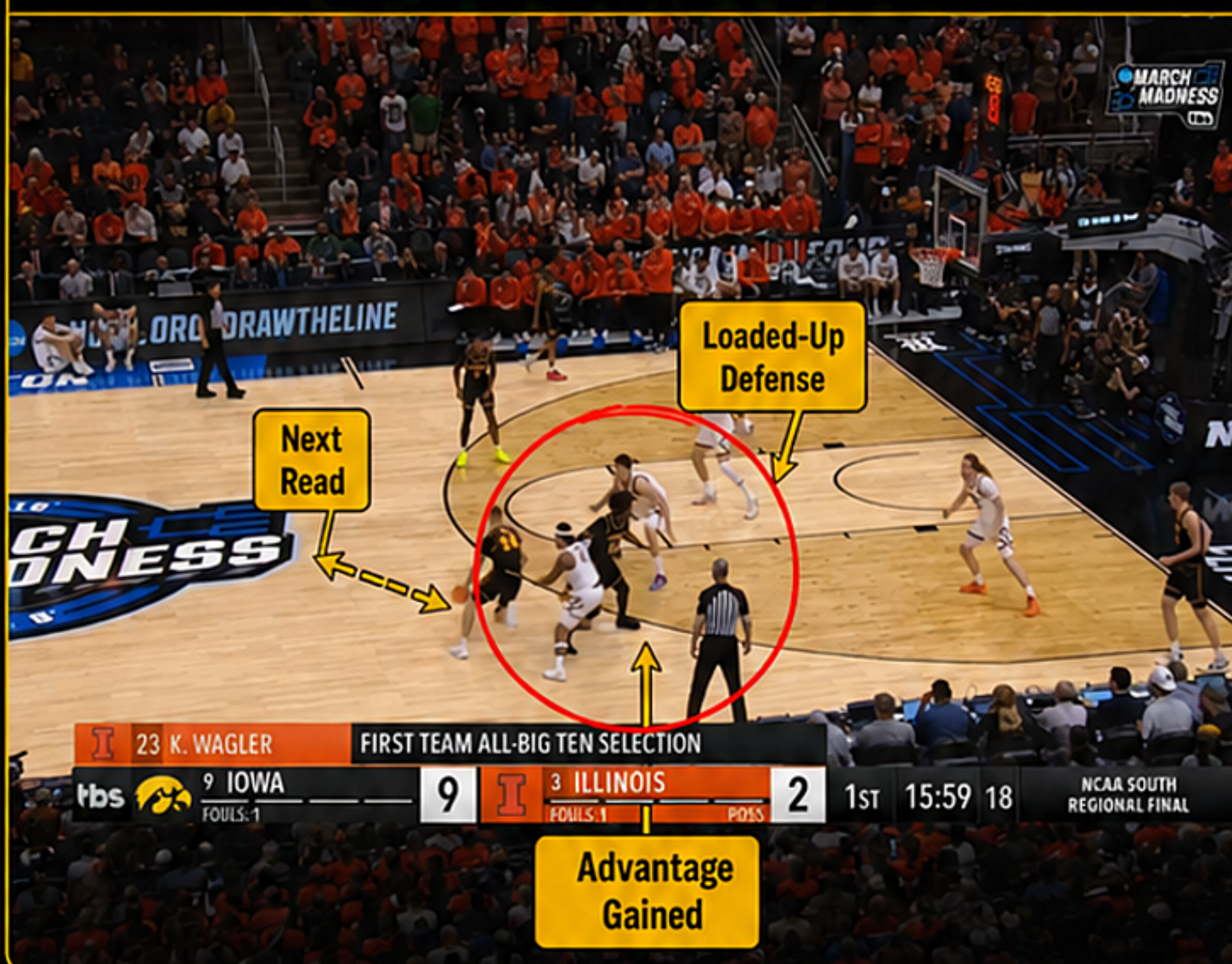




THE ADVANTAGE DNA™

- 1 passes to 5 and chases.
- 5 sets the inside ball screen.
- 1 uses the screen.
- Illinois loads up to contain the action.
- 1 throws to 4.
- 1 continues the chase off 4.
- Iowa gains the advantage before the defense resets.

ADVANTAGE FRAME — 15:59 1ST HALF



PAUSE HERE

Illinois is loaded up to stop the chase action, and that is exactly where Iowa creates the advantage. The inside ball screen pulls defenders to the ball, the help shifts toward the action, and the next pass becomes available before the defense can recover. Once the defense commits, Iowa must stay poised and keep the sequence moving.

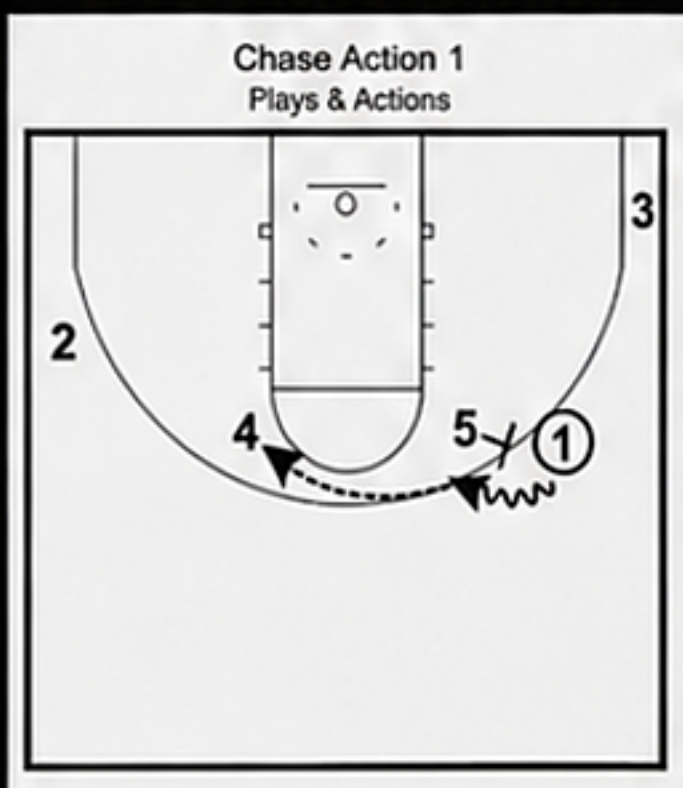
ACTION BREAKDOWN

1. TRIGGER



1 passes to 5 and chases, starting the action and forcing the defense to prepare for the handoff sequence.

2. DEFENSIVE REACTION



5 sets the inside ball screen for 1. As 1 comes off the screen and throws to 4, Illinois shifts to contain the action.

3. ATTACK THE ADVANTAGE



1 keeps the chase flowing from 4. Because the defense has already loaded up to the first action, Iowa gains an advantage on the next read.



STEAL THIS IDEA:

Use chase action to make the defense shift twice in a row. The first action may not score — but it can create the advantage for the next pass.



DNA TAKEAWAY:

The chase is not just movement. It is the trigger that forces the defense to commit.

COACHING INSIGHTS



WHY IT WORKS:

The pass-and-chase flows directly into an inside ball screen, forcing the defense to shift quickly and communicate. That creates a brief advantage window.



DEFENSIVE REACTION:

Illinois crowds the chase action and shrinks the floor around the ball-screen area to stop the first option.



OFFENSIVE READ:

Read the loaded-up coverage, move the ball on time to 4, and continue the chase before the defense resets.



COACHING POINT:

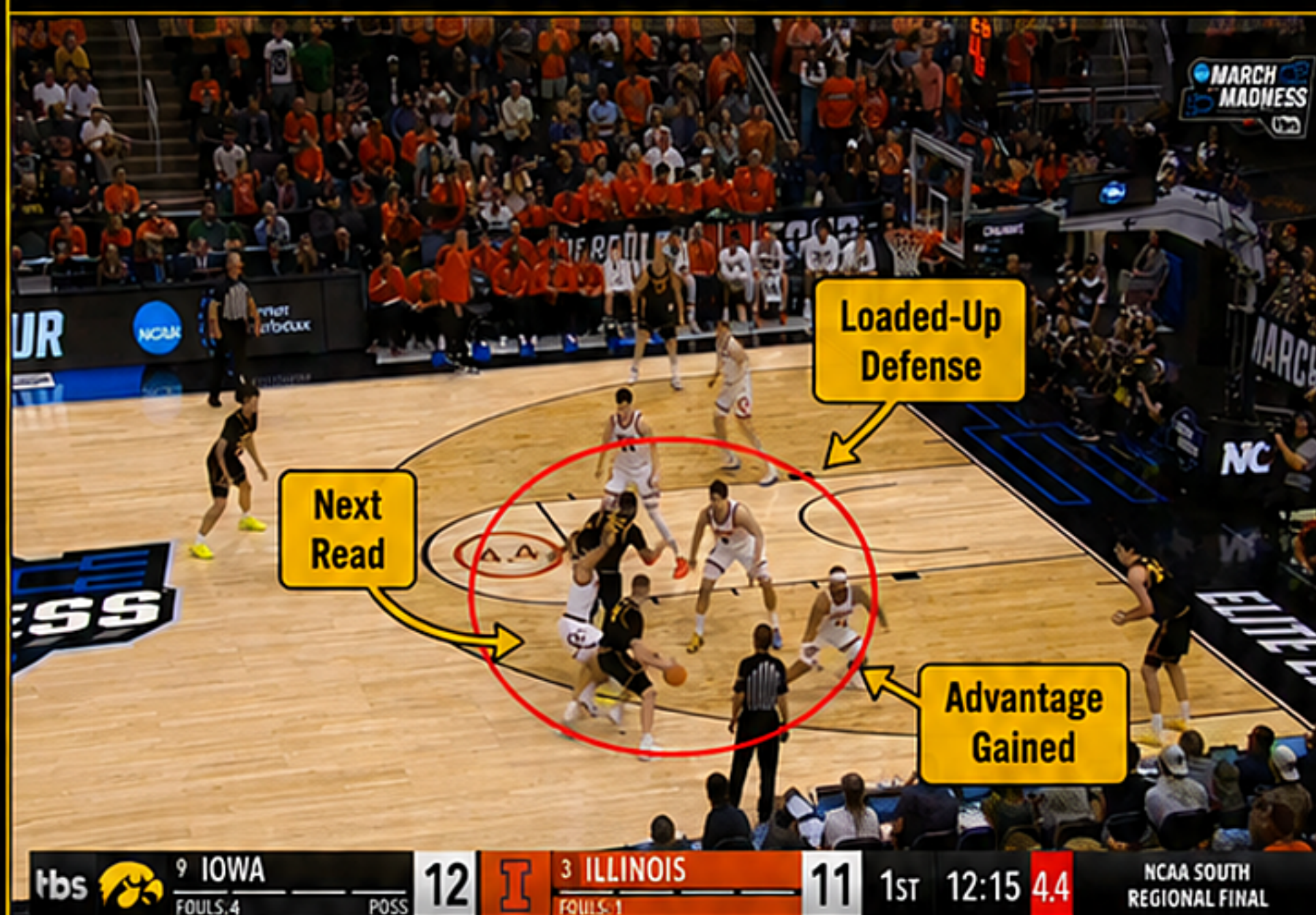
Keep the chase tight. Catch on balance. Make the next simple read immediately.



THE ADVANTAGE DNA™

- 1 4 sets flat ball screen for 1.
- 2 1 passes to flashing 5.
- 3 4 spaces out.
- 4 1 chases for throwback from 5.
- 5 5 sets immediate ball screen for 1.
- 6 Illinois loads up on the action.
- 7 Iowa gains the advantage from the loaded defense.

ADVANTAGE FRAME — 12:15 1ST HALF



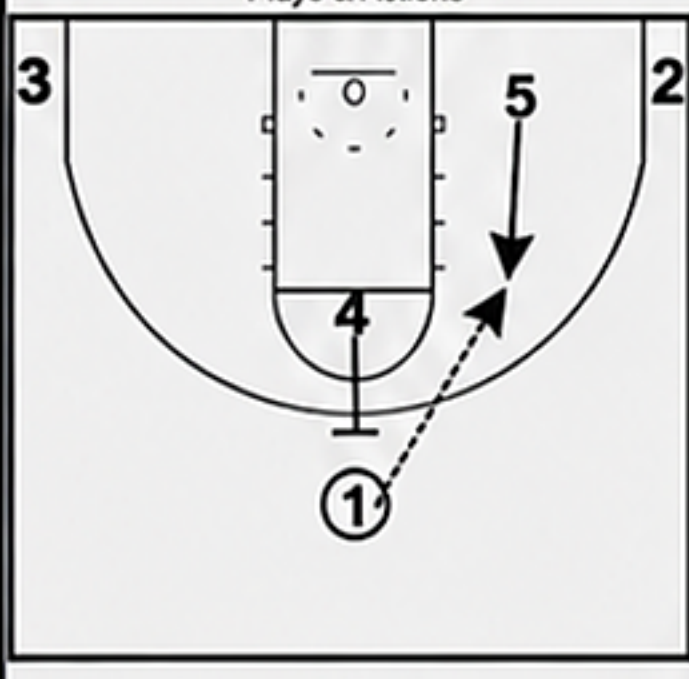
PAUSE HERE

Illinois has loaded multiple defenders into the action area, which is exactly where Iowa creates the advantage. The quick throwback and immediate ball screen force the defense to crowd the ball, creating the next read once the defense commits.

ACTION BREAKDOWN

1. TRIGGER

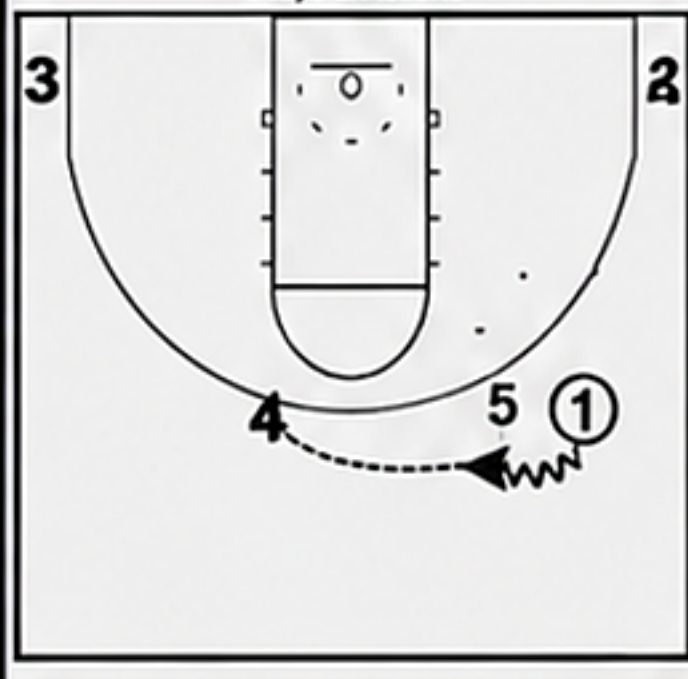
Chase Action 2
Plays & Actions



4 sets the flat ball screen for 1, and 1 hits the flashing 5.

2. DEFENSIVE REACTION

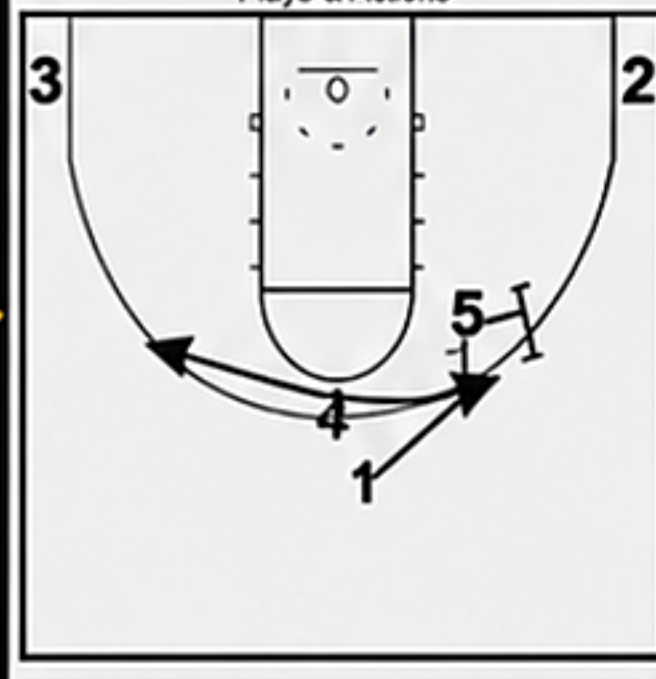
Chase Action 2
Plays & Actions



4 spaces away while 1 chases for the throwback from 5, forcing the defense to shift and prepare for the next action.

3. ATTACK THE ADVANTAGE

Chase Action 2
Plays & Actions



5 immediately sets the ball screen for 1, and Iowa attacks before the defense can recover.



STEAL THIS IDEA:

Use a throwback chase into an immediate ball screen to force the defense to shift twice before it can recover.



DNA TAKEAWAY:

The first action gets the defense moving. The next action creates the advantage.

COACHING INSIGHTS



WHY IT WORKS:

The quick sequence forces the defense to react to multiple connected actions in a short window, creating a brief advantage.



DEFENSIVE REACTION:

Illinois crowds the chase action and shrinks the floor around the ball-screen area to stop the first option.



OFFENSIVE READ:

Recognize the loaded coverage, use the throwback on time, and attack the next ball screen before the defense resets.



COACHING POINT:

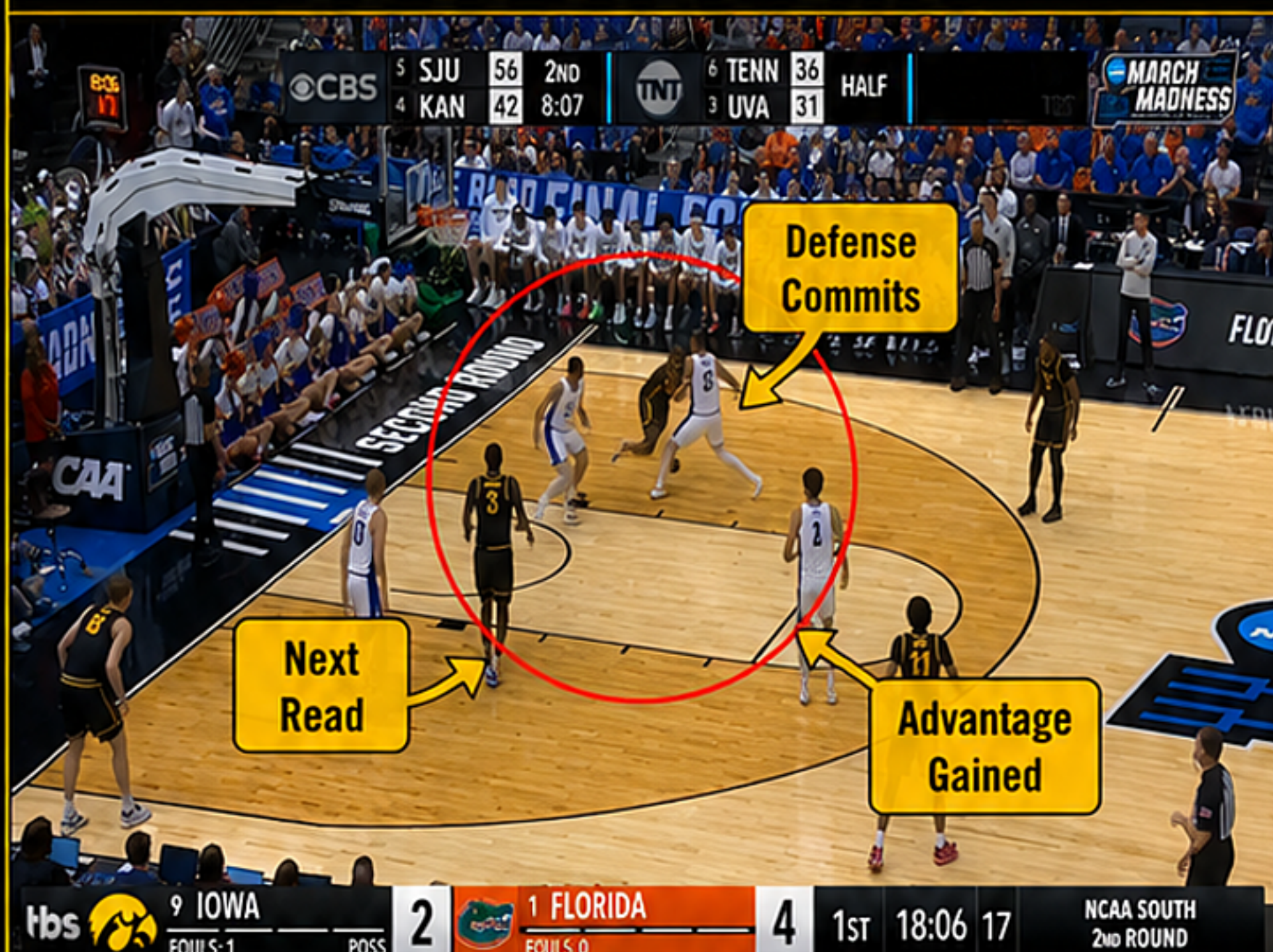
Keep the timing tight, catch on balance, and make the next simple read immediately.



THE ADVANTAGE DNA™

- 1 passes to 2 on the wing.
- 5 shows a fake ball screen.
- 2 throws it back to 1.
- 5 rolls to the weak-side block.
- 1 enters it to 4.
- 1 chases the pass and gets it back.
- Iowa attacks off the throwback before the defense can recover.

ADVANTAGE FRAME — 18:06 1ST HALF



PAUSE HERE

Florida loads up to stop the initial action, pulling extra defenders toward the ball and shrinking the paint. Iowa uses the throwback and chase to catch the defense leaning and creates an attack window before Florida can recover and rebalance.

ACTION BREAKDOWN

1. TRIGGER

Chase Action 3
Plays & Actions



1 passes to 2 on the wing while 5 fakes the ball screen to start the action.

2. THROWBACK

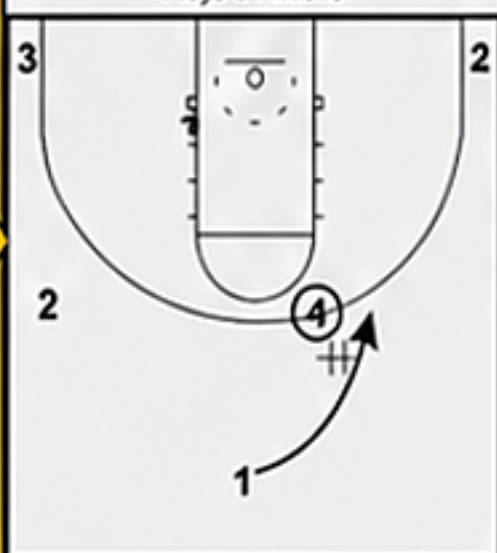
Chase Action 3
Plays & Actions



5 rolls weak side and 2 throws the ball back to 1.

3. CHASE RETURN

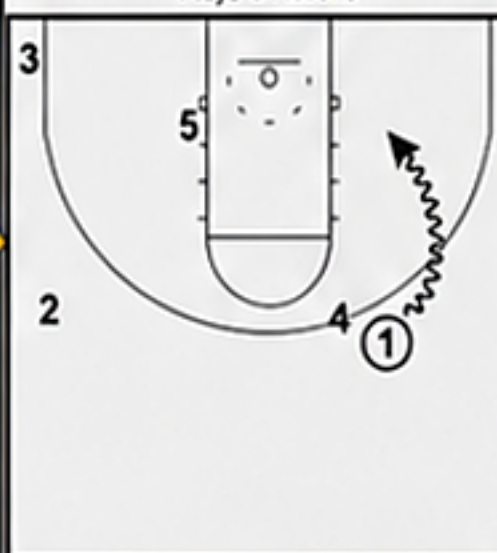
Chase Action 3
Plays & Actions



1 enters to 4, then chases the pass and receives it back.

4. ATTACK THE ADVANTAGE

Chase Action 3
Plays & Actions



1 attacks immediately off the throwback before the defense can recover.

COACHING INSIGHTS



WHY IT WORKS:

The fake screen and throwback shift the defense twice and create an attack window.



DEFENSIVE REACTION:

Florida loads help toward the ball and shrinks the lane around the chase action.



OFFENSIVE READ:

Recognize the loaded defense, hit the throwback on time, and attack before the floor resets.



COACHING POINT:

Keep the timing tight, stay on balance, and make the next simple read immediately.



STEAL THIS IDEA:

Use a fake screen and throwback chase action to force the defense to overreact, then attack the advantage before they can recover.



DNA TAKEAWAY:

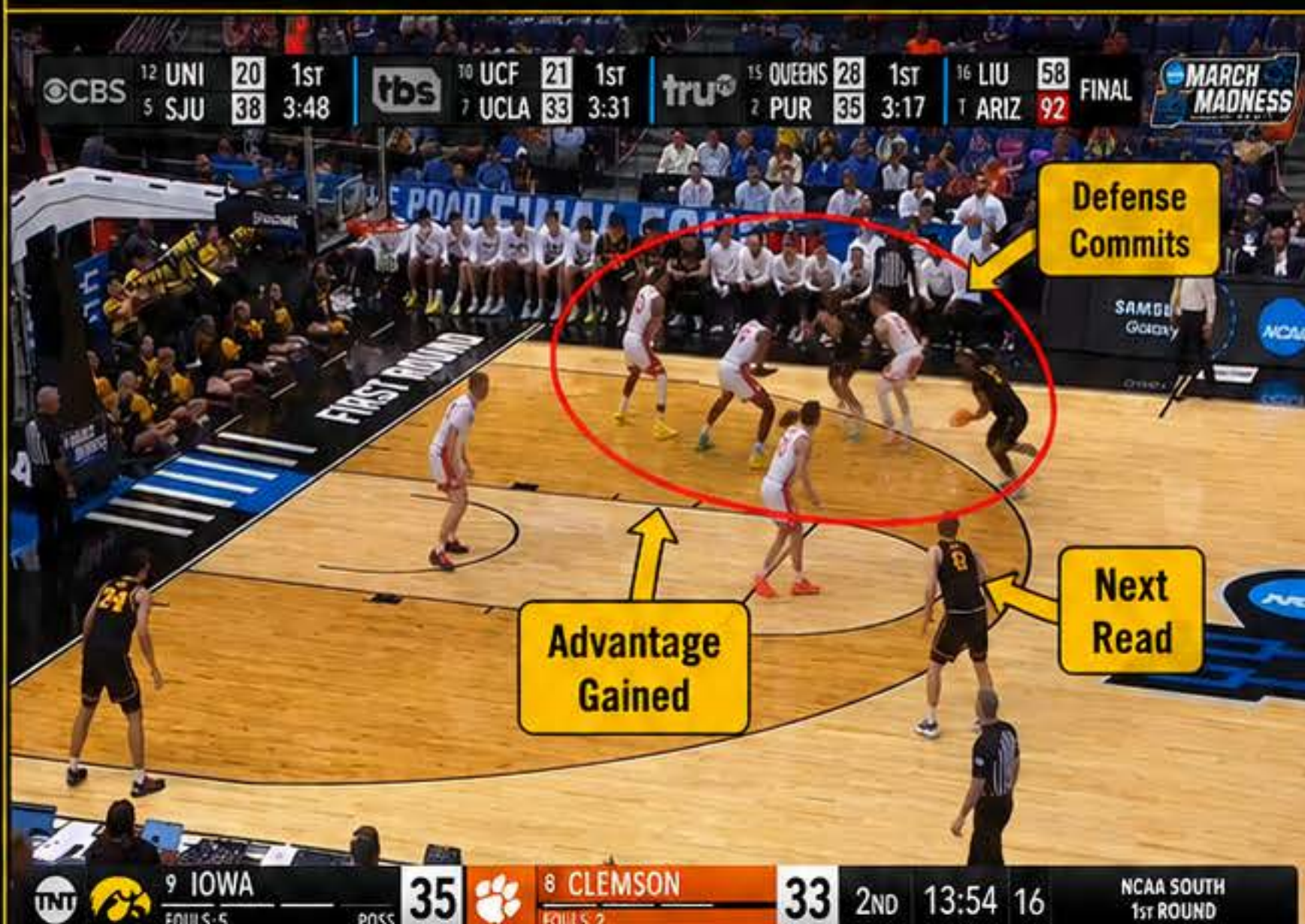
The first action moves the defense. The throwback creates the advantage.



THE ADVANTAGE DNA™

- 1 passes to 5 and initiates chase action.
- 5 throws it back to 1.
- 5 sets the immediate ball screen.
- 1 attacks off the screen.
- 5 short rolls into the middle.
- Clemson loads up on the action.
- Iowa gains the advantage and attacks the next read.

ADVANTAGE FRAME — 13:54 2ND HALF

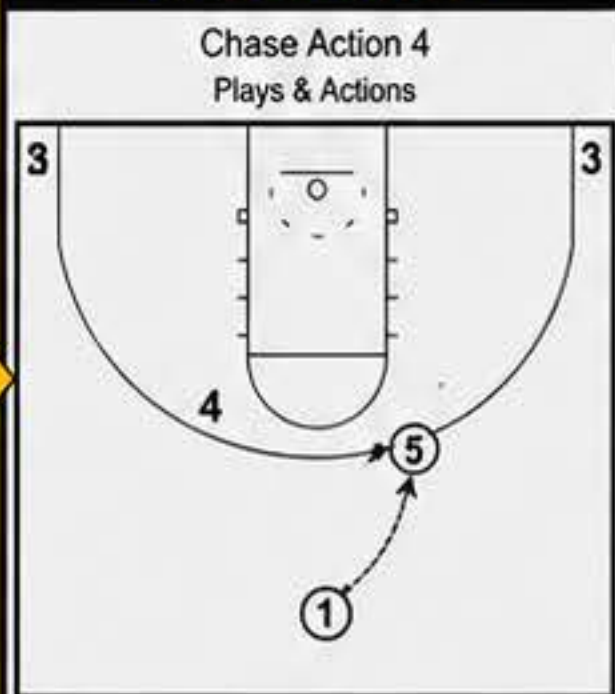


PAUSE HERE

Clemson has loaded multiple defenders into the chase action, and that is exactly where Iowa creates the advantage. The immediate ball screen and short roll force the defense to shrink the floor around the ball. Once the defense commits, Iowa can attack the next read off the short roll before Clemson can recover.

ACTION BREAKDOWN

2. RETURN PASS



5 throws the ball back to 1, which keeps the chase action flowing and sets up the next ball screen. The defense now has to react quickly to the second phase.

3. ATTACK THE ADVANTAGE



5 sets the immediate ball screen for 1 and then short rolls into the middle. As Clemson loads up to stop the drive, Iowa gains the advantage and can attack the next open read.

COACHING INSIGHTS



WHY IT WORKS:

The chase return into an immediate ball screen forces the defense to shift twice in quick succession. The short roll creates the real advantage.



DEFENSIVE REACTION:

Clemson crowds the chase action and sends extra help toward the ball, shrinking space around the drive.



OFFENSIVE READ:

Recognize the loaded defense, hit the short roll on time, and move the ball to the next open player before the defense resets.



COACHING POINT:

Keep the timing tight. Catch on balance, make the simple read, and be ready to play out of the short roll immediately.



STEAL THIS IDEA:

Use a chase action into an immediate ball screen to force the defense to shift twice before it can recover. The short roll often creates the best next advantage.



DNA TAKEAWAY:

The first action starts the shift. The short roll creates the advantage.

CLEARING EMPTY SIDE 1

SERIES: IOWA BALL SCREEN OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 2 clears through before the ball screen and removes the strong-side...
- 2 The clearing cut empties the side and stretches the help away from the drive.
- 3 5 follows the cut and arrives into a wing ball screen for 1.
- 4 2 continues through to the top while 4 finds space at the opposite elbow.
- 5 1 rejects the screen and attacks the newly created empty side.
- 6 With no corner defender sitting in the gap, the first help is late.
- 7 5 short rolls into the middle as the defense collapses toward the drive.
- 8 Iowa finishes the advantage by kicking the ball back out to 2.

ADVANTAGE FRAME — 16:46 1ST HALF



CLEAR THE CORNER. EMPTY THE SIDE. FORCE THE HELP TO COME FROM FARTHER AWAY.

PAUSE HERE

The key is the clearing cut before the ball screen. By moving the corner player through, Iowa removes the nearest help defender and creates an empty-side lane for the ball handler. Now the defense has to protect the drive from farther away. That extra distance gives 1 room to reject the screen, attack downhill and force the next rotation.

ACTION BREAKDOWN

1. CLEAR THE SIDE



Before the ball screen is initiated, 2 clears through and empties the strong-side corner. Iowa removes the closest help defender before attacking.

2. FLOW TO THE SCREEN



5 follows directly into the wing ball screen. 2 continues through to the top and 4 occupies the opposite elbow area to keep the back side spaced.

3. REJECT + SHORT ROLL



1 rejects the screen into the empty side while 5 short rolls. The defense must collapse from distance, creating the next pass and kick-out read.

COACHING INSIGHTS

WHY IT WORKS

The clearing cut changes the help map before the ball screen even happens. Empty-side spacing makes the drive harder to crowd.

DEFENSIVE REACTION

Illinois loses its strong-side corner helper and must pull help from the middle or weak side. That creates a longer rotation.

OFFENSIVE READ

If the on-ball defender leans toward the screen, reject it. Attack the open side first, then read the short roll and the kick-out.

COACHING POINT

Create the space before you use it. The cut is not window dressing — it removes help and turns the reject into a real advantage.

STEAL THIS IDEA

Before calling for a ball screen, ask where the help defender is coming from. If you can move that defender with a cut first, the ball screen becomes much more dangerous. Empty the side, stretch the rotation and make the defense cover more ground.

DNA TAKEAWAY

CLEAR THE HELP.
EMPTY THE SIDE.
ATTACK THE SPACE.



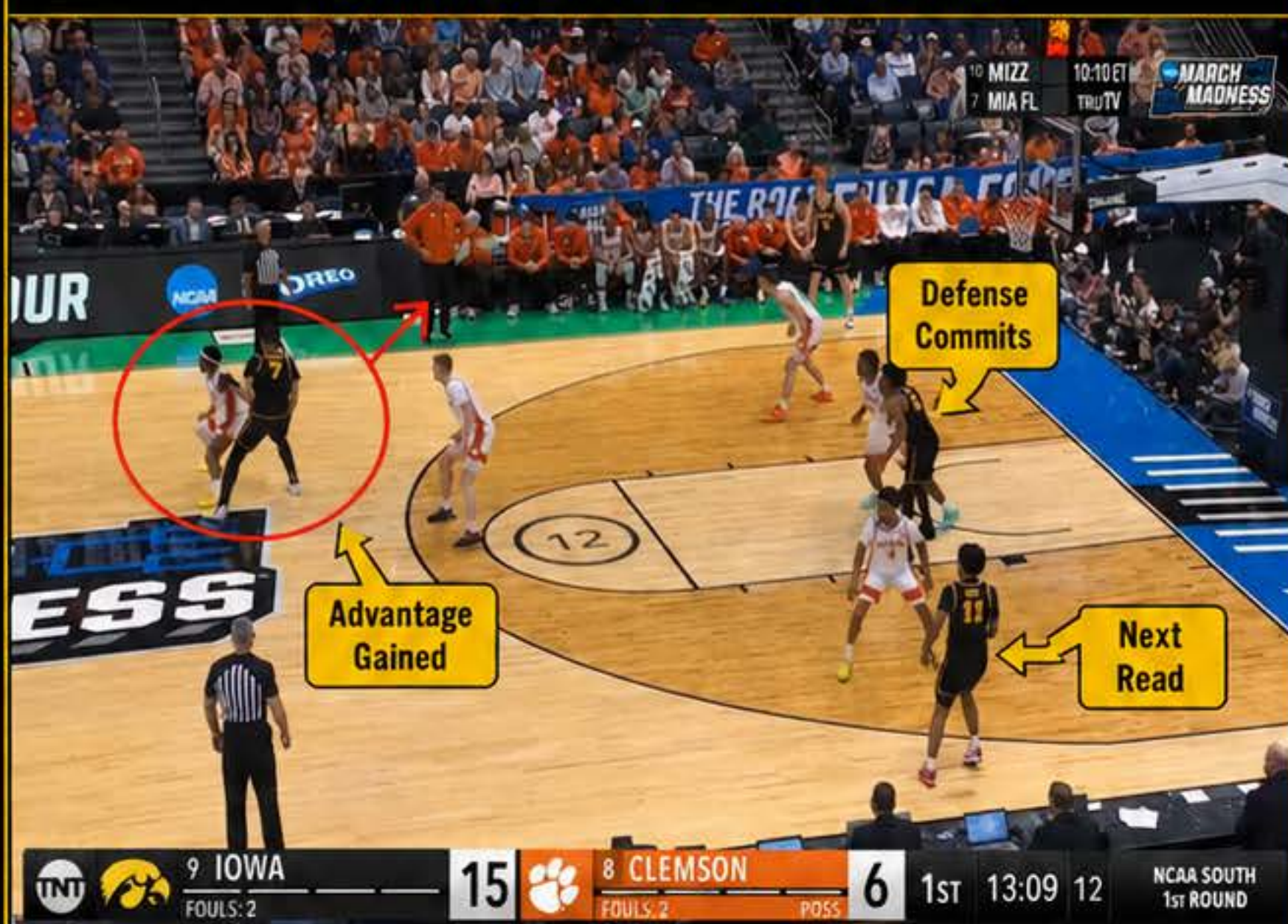
THE ADVANTAGE DNA™

- 1 2 cuts through the lane.
- 2 4 lifts into the action.
- 3 1 receives the ball on the wing.
- 4 1 uses the ball screen / handoff action.
- 5 5 and 4 create the next screen sequence.
- 6 Clemson shifts toward the action.
- 7 Iowa gains the advantage and attacks the next read.



2 cuts through the lane as the trigger. This movement initiates the continuous nova flow and sets the action.

ADVANTAGE FRAME — 13:09 1ST HALF



PAUSE HERE

Notice how Clemson is loaded to the left-side action as 1 uses the screen / handoff with 4 and 5. The continuous nova flow forces the defense to shift multiple guys toward the ball and the screen. The advantage is created at the exact moment the defense commits to the screening action.

ACTION BREAKDOWN

2. FLOW



4 lifts up to the wing and 1 uses the ball screen / handoff from 4 to start the screening action.

3. CONTINUE THE ACTION



5 and 4 create the next screen sequence, keeping the action continuous and forcing the defense to shift and communicate.

4. ATTACK THE ADVANTAGE



When the defense loads to the action, Iowa attacks the advantage by making the next simple read and putting pressure on the defense.

COACHING INSIGHTS



WHY IT WORKS:

The continuous nova sequence forces multiple defensive shifts and stretches communication. When the defense loads to the action, Iowa creates an advantage.



DEFENSIVE REACTION:

Clemson shifts help toward the ball and the screen action, bringing extra defenders into the side of the floor.



OFFENSIVE READ:

Iowa must recognize the loaded defense early and make the next simple read—attack the open space or the next open player before resets.



COACHING POINT:

Timing, spacing, and balance are critical. Keep the sequence moving and maintain spacing to force the defense to react, not reset.



STEAL THIS IDEA:

Use continuous screening flow to force the defense to shift repeatedly before it can recover. The more they move, the bigger the advantage when it appears.



DNA TAKEAWAY:

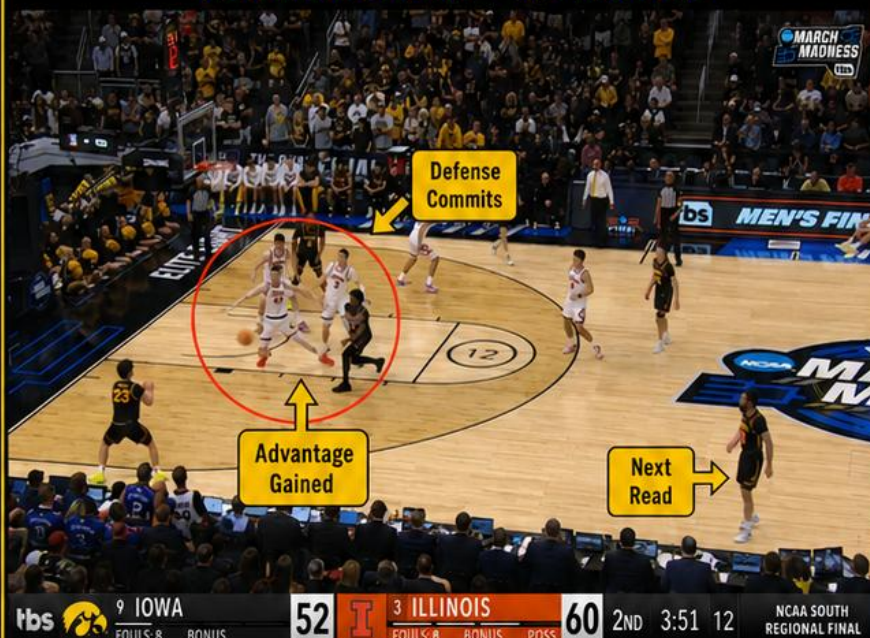
**THE FIRST ACTION STARTS THE SHIFT.
THE NEXT ACTION CREATES THE ADVANTAGE.**



THE ADVANTAGE DNA™

1. 4 and 5 set a double ball screen for 1.
2. 4 pops to the wing while 5 rolls to the ball-side block.
3. 1 passes to 4 and sprints for the toss back.
4. 4 throws the ball back to 1.
5. 4 flips to set the next ball screen for 1.
6. Illinois loads up to stop the chase action.
7. Iowa gains the advantage and finds the next open shooter.

ADVANTAGE FRAME — 3:51 2ND HALF



PAUSE HERE

Illinois has loaded multiple defenders into the chase action, and that is exactly where Iowa creates the advantage. The double ball screen flows into the toss-back and second screen, forcing the defense to shift twice and crowd the ball. Once Illinois commits extra help to the action, Iowa has created the next read and can move the ball to the open shooter before the defense recovers.

ACTION BREAKDOWN

1. TRIGGER



1. 4 and 5 set double ball screen for 1.
2. 4 pops to wing and 5 rolls to ball side block.

4 and 5 set the double ball screen for 1. As 4 pops and 5 rolls, the defense has to sort out two different movements right away.

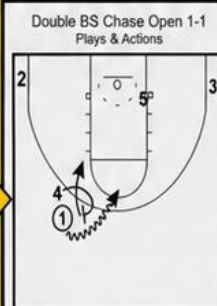
2. TOSS BACK



1. 1 pass to 4 the sprints for toss back.

1 hits 4, then sprints into the toss-back. This quick return keeps the chase action flowing and forces the defense to shift a second time.

3. ATTACK THE ADVANTAGE



1. 4 flips to set ball screen for 1.
2. 4 rolls

4 flips into the next ball screen for 1. When Illinois crowds the chase action, Iowa gains the advantage and can spray the ball to the next open shooter.

COACHING INSIGHTS



WHY IT WORKS:

The double-screen entry and toss-back action force multiple defensive shifts in quick succession. That movement creates the advantage window.



DEFENSIVE REACTION:

Illinois crowds the chase action and sends extra help toward the ball, shrinking the floor around the second screen.



OFFENSIVE READ:

Recognize when the defense commits to the action, then make the next simple pass to the open perimeter player.



COACHING POINT:

Keep the timing tight. Sprint into the toss-back, stay on balance, and be ready to make the simple on-time read.



STEAL THIS IDEA:

Use a double ball screen into a toss-back chase action to make the defense shift twice before it can recover. The best shot often comes from the next pass.



DNA TAKEAWAY:
THE FIRST SCREEN
STARTS THE SHIFT.
THE SECOND ACTION
CREATES THE ADVANTAGE.

DRIVING AGAINST 1

SERIES: IOWA BALL SCREEN OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 initiates with a dribble handoff to 2 on the right side.
- 2 The handoff flows directly into a ball-screen look and loads the defense t...
- 3 2 reads the coverage and drives against the screen instead of using it.
- 4 The change of direction attacks the defender's top-side positioning and get...
- 5 5 separates and pops away, creating room behind the drive.
- 6 3 makes the 45 cut as the defense collapses toward the ball.
- 7 Florida is forced to protect the rim with multiple defenders.
- 8 The reject creates a paint touch, a cutter read and a kick-out window.

ADVANTAGE FRAME — 15:07 1ST HALF



DRIVE AGAINST THE SCREEN. FORCE THE COLLAPSE. READ THE 45 CUT.

PAUSE HERE

Iowa wins the possession by driving against the ball screen. The defense is positioned to contain the expected screen use, so 2 attacks the opposite direction and gets downhill. Once the ball reaches the paint, Florida collapses with multiple defenders. That is the advantage: the reject forces help, while the 45 cutter and pop create the next reads.

ACTION BREAKDOWN

1. HANDOFF ENTRY



5 starts the action with a dribble handoff to 2. The entry puts the ball on the right side and creates the appearance of a normal ball-screen attack.

2. DRIVE AGAINST



2 rejects the ball screen and drives against it. The defender is forced to redirect while 5 separates from the action.

3. CUT BEHIND HELP



As 2 gets downhill, 3 cuts from the 45 behind the help. The drive occupies the defense and opens a layup, cutter or kick-out read.

COACHING INSIGHTS

WHY IT WORKS

The defense prepares for the screen. The reject attacks that anticipation and changes the driving angle before the defense can reset.

DEFENSIVE REACTION

Florida collapses multiple bodies toward the rim once 2 gets downhill. The paint touch pulls the shell inward.

OFFENSIVE READ

Drive first. If the rim closes, find the 45 cutter behind the help or spray the ball back out to the perimeter.

COACHING POINT

Do not use the screen automatically. Read the defender's leverage. If the top side is taken away, drive against the screen immediately.

STEAL THIS IDEA

Teach ball handlers that the screen is a tool, not a command. When the defense jumps to the screen side early, attack the open shoulder. The reject changes the help angle and turns a normal ball screen into a paint-touch advantage.

DNA TAKEAWAY

READ THE LEVERAGE.

REJECT THE SCREEN.

FORCE THE COLLAPSE.

DRIVING AGAINST 2

SERIES: IOWA BALL SCREEN OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa starts in 5-out spacing with the floor completely stretched.
- 2 5 passes to 2 and immediately follows the pass into the ball-screen action.
- 3 2 reads the coverage and drives against the screen instead of using it.
- 4 The reject puts 2 downhill before the defense can get organized to the...
- 5 5 pops away from the action, pulling a defender out of the paint.
- 6 Florida collapses toward 2's penetration and loads help around...
- 7 3 cuts from the 45 behind the collapsing help.
- 8 The reject creates a rim attack first, then the cutter and perimeter kick-out...

ADVANTAGE FRAME — 17:02 2ND HALF



REJECT THE SCREEN. GET DOWNHILL. MAKE THE HELP CHOOSE.

PAUSE HERE

This is the advantage moment. Iowa's guard drives against the screen and gets inside the defense before Florida can load to the expected ball-screen side. The defense now has multiple bodies collapsing around the ball. With 5 popping away, the paint is opened enough for the 45 cutter to attack behind the help. The key read is not the screen itself — it is the defender's leverage and the help that follows the reject.

ACTION BREAKDOWN

1. FOLLOW INTO SCREEN



5 passes to 2 and follows the pass directly into the ball-screen action. The movement creates the appearance of a normal side ball screen.

2. DRIVE AGAINST



2 rejects the screen and attacks in the opposite direction. The defense must turn and recover instead of containing the expected screen use.

3. CUT BEHIND HELP



5 pops away while 3 cuts from the 45 to the rim. The drive forces help toward the ball and opens the space behind the defense.

COACHING INSIGHTS

WHY IT WORKS

The defense prepares to guard the ball screen. Rejecting it attacks the space they just vacated and changes the help angle immediately.

DEFENSIVE REACTION

Florida collapses two and sometimes three defenders toward the penetration. That creates a numbers problem behind the help.

OFFENSIVE READ

Attack the rim first. If the paint closes, find the 45 cutter or the screener popping away from the action.

COACHING POINT

Teach the ball handler to read hips and leverage before the screen arrives. If the defender is sitting on the screen side, reject it with no hesitation.

STEAL THIS IDEA

Ball screens are most dangerous when the defense cannot predict which side the ball handler will use. Build the reject into your teaching as an equal option, then pair it with a 45 cut behind the help. That turns defensive anticipation into an advantage.

DNA TAKEAWAY

MAKE THEM GUARD THE SCREEN.
THEN ATTACK AWAY FROM IT.
PUNISH THE COLLAPSE.

DRIVING AGAINST 3

SERIES: IOWA BALL SCREEN OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa starts in 5-out spacing and brings 5 into a high ball screen.
- 2 2 comes off the action slowly, making the defense believe the screen is about...
- 3 1 changes pace and drives against the screen instead of using it.
- 4 The reject attacks the defender's top foot and gets the ball downhill...
- 5 Florida's help collapses toward the lane to stop the drive.
- 6 The ball handler gets inside the shell before the weak-side defenders can rotate...
- 7 The rim is now the first read; kick-out and dump-off reads appear only if the...
- 8 The possession finishes with a layup because the reject created the...

ADVANTAGE FRAME — 8:28 1ST HALF



SLOW INTO THE SCREEN. BURST AWAY FROM IT. GET TO THE RIM.

PAUSE HERE

This is the advantage moment. The ball handler has already rejected the screen and forced Clemson's defense to collapse around the lane. The important detail is the pace change before the attack. Coming off slowly sells the screen and allows the on-ball defender to lean toward the expected route. Once the guard drives against that leverage, the defense is late. Four defenders are now occupied by the rim attack, and Iowa has already won the possession.

ACTION BREAKDOWN

1. SELL THE SCREEN



5 sets the high ball screen for 1. The guard approaches under control and 2 comes off slowly, making the defense load toward the screen side.

2. DRIVE AGAINST



1 rejects the screen and attacks the opposite side. The defender's leverage is wrong, so the guard gets downhill before the help can square up.

3. FINISH THE ADVANTAGE

PACE CHANGE



REJECT



RIM PRESSURE

The reject is not just a direction change. The slow setup makes the burst more effective. Once the defense collapses, the ball handler keeps the rim as the first read and...

COACHING INSIGHTS

WHY IT WORKS

The defense commits to the expected screen route. The reject attacks the space created by that anticipation.

DEFENSIVE REACTION

Clemson collapses multiple defenders toward the ball once the guard gets downhill. The shell is now compressed around the lane.

OFFENSIVE READ

Rim first. If the low man fully commits, the next read is the open teammate created by the collapse.

COACHING POINT

Do not rush the setup. Approach the screen under control, read the defender's hips, then explode opposite the screen when the leverage is there.

STEAL THIS IDEA

Teach the reject as a pace-change read, not just a counter. A slow approach gets the defender leaning toward the screen. The moment that happens, attack the opposite gap. The advantage is created before the ball handler reaches the paint.

DNA TAKEAWAY

SELL THE SCREEN.
ATTACK THE LEVERAGE.
GET DOWNHILL NOW.



ACTION #2

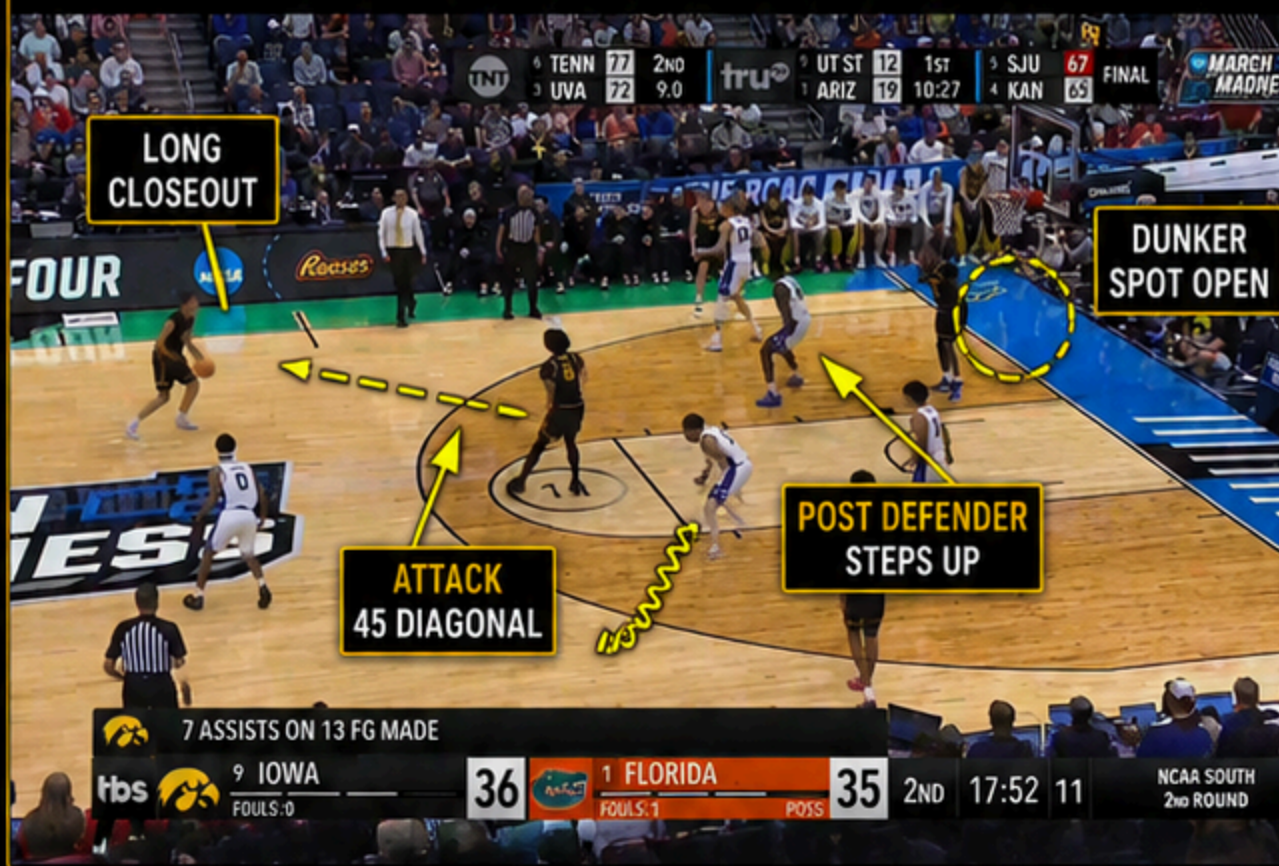
DROPPING TO DUNKER SPOT 2

SERIES: PENETRATION & POST OFFENSE | **DNA CATEGORY:** CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 High ball screen creates the short-roll catch.
- 2 Kick-out produces a long closeout to 1.
- 3 1 attacks the 45 diagonal.
- 4 The post defender steps up to help.
- 5 5 drops to the dunker spot.
- 6 Drop-off creates the layup.

ADVANTAGE FRAME — 17:52 2ND HALF



COACHING INSIGHTS

✓ WHY IT WORKS
The long closeout gives 1 a clear driving angle. Attacking the 45 diagonal forces the post defender to help, which opens the dunker spot.

🛡️ DEFENSIVE REACTION
Florida's closeout is long, the shell shifts late, and the post defense steps up to stop the interior touch.

👁️ OFFENSIVE READ
Attack the closeout, play downhill, feed the post, and hit the dunker drop when the help commits.

📢 COACHING POINT
Teach the guard to recognize the long closeout, attack the 45 diagonal, and play off the post defender's help.

1. LONG CLOSEOUT

Penetration & Post Offense
Dropping to Dunker Spot-2
Iowa Penetration & Post Offense



1. Possession starts with high ball screen and short roll.

The short roll and kick-out create a long closeout to 1 on the left wing.

2. ATTACK THE 45

Penetration & Post Offense
Dropping to Dunker Spot-2
Iowa Penetration & Post Offense



1. On kick out to 1. 1 attacks rim at the 5

1 attacks the 45 diagonal and enters the post as the help steps up.

3. PLAY THE DUNKER

Penetration & Post Offense
Dropping to Dunker Spot-2
Iowa Penetration & Post Offense



1. On drive towards player on the block the player(5) drops to dunker spot for drop off.

As the post defender helps, 5 drops to the dunker spot for the layup.



STEAL THIS IDEA

Use the kick-out to create a long closeout. Attack immediately so the defense has to help before it can flatten out.

DNA TAKEAWAY

**ATTACK THE LONG CLOSEOUT.
HIT THE POST.
DROP TO THE DUNKER.**





ACTION #1

DROPPING TO DUNKER SPOT

SERIES: PENETRATION & POST OFFENSE | **DNA CATEGORY:** CREATE AN ADVANTAGE

THE ADVANTAGE DNA™

- 1 2 drives toward 5 on the block.
- 2 5 drops to the dunker spot.
- 3 The defense collapses to the drive.
- 4 1 circles behind the drive.
- 5 The dunker spot movement occupies the rim help.
- 6 Iowa creates a finishing window at the rim.

ADVANTAGE FRAME — 15:53 1ST HALF



DUNKER SPOT ADVANTAGE

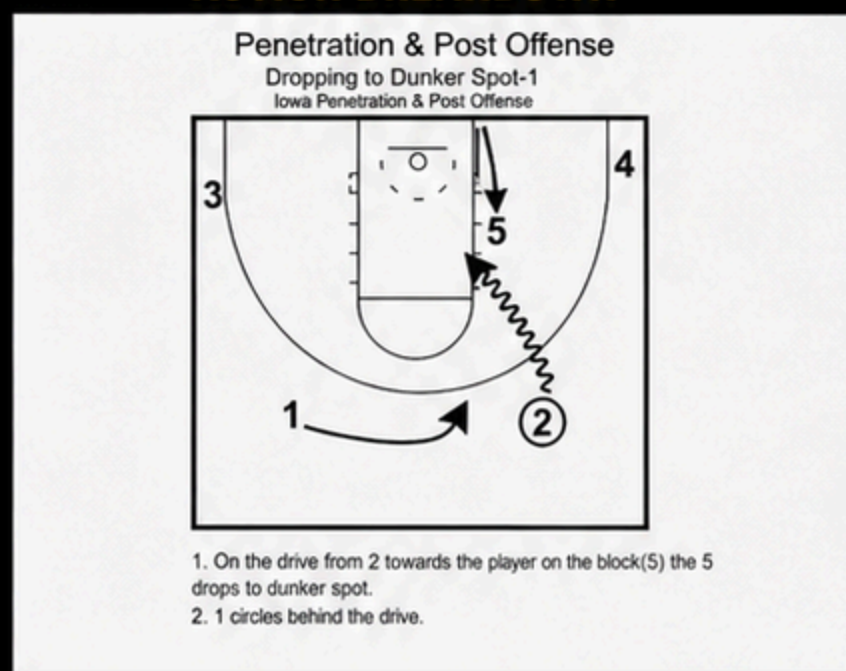
PAUSE HERE

As 2 drives toward the block, 5 drops to the dunker spot and occupies the low help.

That movement creates indecision at the rim and opens a finishing window.

The baseline and middle help are late because the defense is focused on the drive.

ACTION BREAKDOWN



1. On the drive from 2 towards the player on the block (5) the 5 drops to dunker spot.
2. 1 circles behind the drive.

On the drive from 2 toward the player on the block (5), the 5 drops to the dunker spot. 1 circles behind the drive.

COACHING INSIGHTS



WHY IT WORKS

The dunker-spot drop keeps the rim protector occupied and gives the driver a clean window.



DEFENSIVE REACTION

Nebraska loads to the drive and has to account for the low drop.



OFFENSIVE READ

Read the rim help. If the help commits high, finish or dump it off to 5.



COACHING POINT

Drive with force, make the help commit, and time the drop to the dunker spot.



STEAL THIS IDEA

When the block player drops to the dunker spot on penetration, it can freeze low help and create a direct path to the rim.

DNA TAKEAWAY

DROP TO THE DUNKER SPOT.
OCCUPY THE HELP.
OPEN THE RIM.





ACTION #2

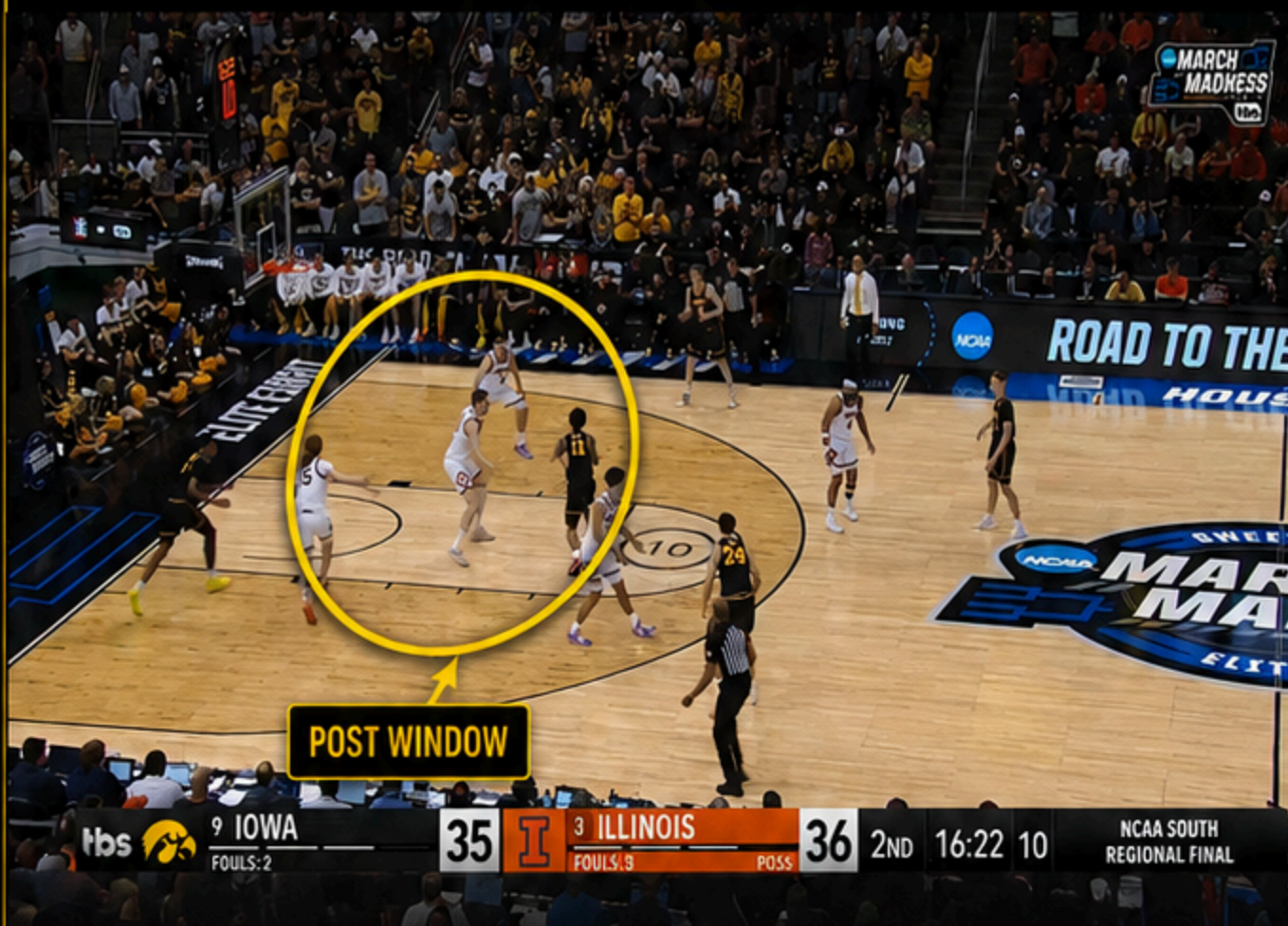
GOOD BALL MOVEMENT 1

SERIES: PENETRATION & POST OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 Zone recognition creates the post window.
- 2 5 empties from the strong-side low block.
- 3 2 reverses the ball to 1 at the top.
- 4 Corners lift and 1 reverses to 3.
- 5 3 enters the high post to 2.
- 6 The high-post touch shifts the zone.
- 7 2 kicks it opposite to 4 for the open shot.

ADVANTAGE FRAME



COACHING NOTES

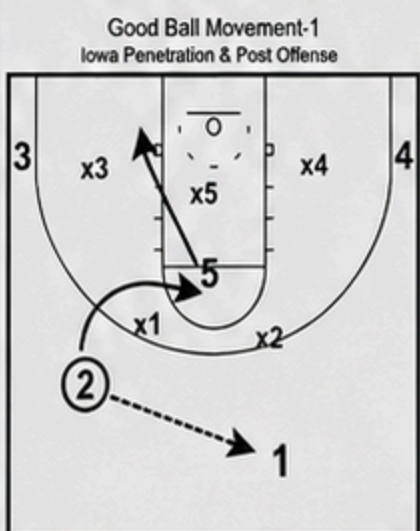
WHY IT WORKS
Good ball movement and lifted corners move the zone and open the high-post catch for a strong inside-outside advantage.

DEFENSIVE REACTION
Illinois' zone compresses toward the middle and shifts with the reversal, creating a passing window at the high post.

OFFENSIVE READ
Enter the high post when the window appears, then kick opposite to the weak side for the open shot.

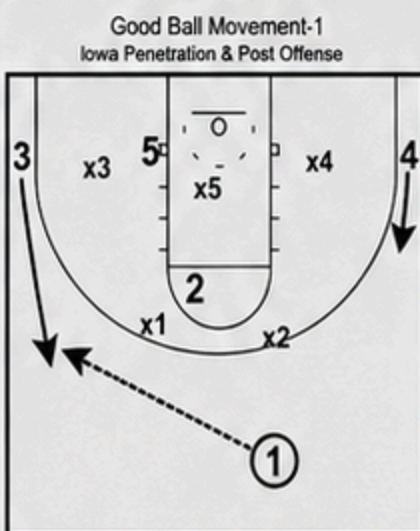
COACHING POINT
Teach players to recognize the post window, reverse the ball quickly, and play off the high-post touch to create the best shot.

1. GOOD BALL MOVEMENT-1



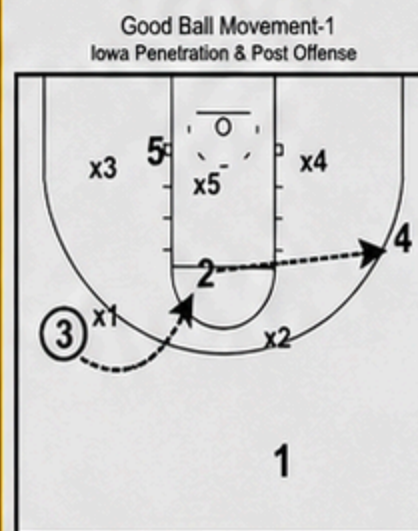
1. On zone recognition 5 empties high post for low block.
2. 2 reverses ball to top and fills high post.

2. GOOD BALL MOVEMENT-1



1. Corners lift and 1 reverses ball to 3.

3. GOOD BALL MOVEMENT-1



1. 3 enters to high post and ball is kicked out opposite for open 3.

DNA TAKEAWAY

MOVE THE ZONE. HIT THE HIGH POST. KICK OPPOSITE.



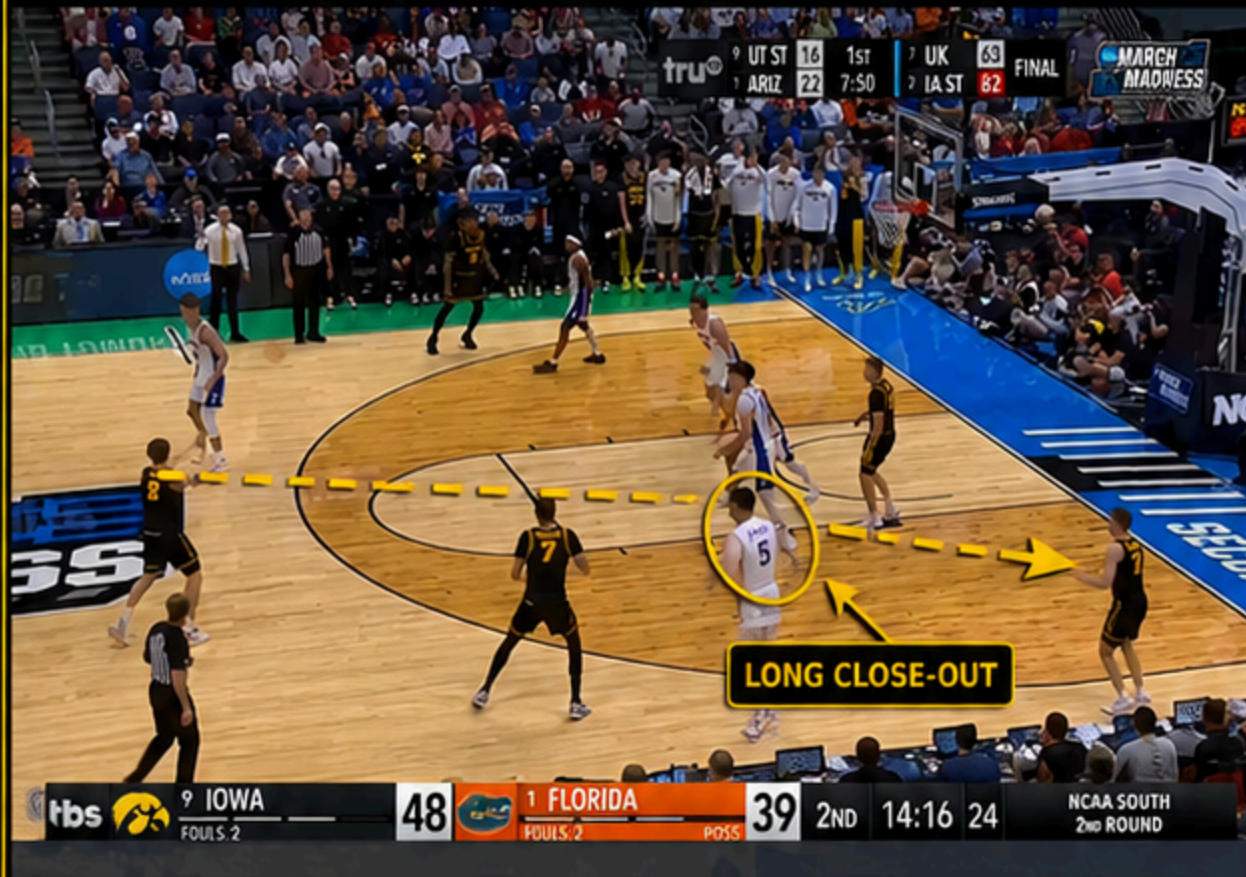
GOOD BALL MOVEMENT 4

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: CREATE AN ADVANTAGE

THE ADVANTAGE DNA™

- 1 4 passes to a cutting 1.
- 2 1 quickly reverses the ball out to 2.
- 3 The reversal shifts the defense.
- 4 5 and 3 trail the play.
- 5 2 hits 3 on the trail.
- 6 The extra ball movement forces a long close-out.
- 7 The trailing shooter catches in rhythm.
- 8 Iowa plays the advantage.

ADVANTAGE FRAME — 14:16 2ND HALF



PAUSE HERE

Great ball movement creates the long close-out. The reversal from 1 to 2 shifts the defense. 5 and 3 trail to keep the floor balanced and force the shell to keep moving. 2 hits 3 on the trail, and the defense has to cover ground. That extra ball movement makes the close-out long and late. The trailing shooter catches in rhythm with a clean look.

ACTION BREAKDOWN

1. REVERSE IT



1 is in transition, 4 passes to cutting 1. After the cut, 1 quickly reverses the ball out to 2.

2. TRAIL THE PLAY



5 and 3 trail the play to keep the floor spaced. 2 hits 3 on the trail for an open three.

3. LONG CLOSE-OUT



The extra ball movement forces the defense to cover more ground, creating a long close-out to the shooter.

COACHING INSIGHTS

WHY IT WORKS

Great ball movement forces the defense to shift more than once, which creates a longer close-out to the shooter.

DEFENSIVE REACTION

Florida's defense is late matching the trail shooter because the reversal and second pass stretch the shell.

OFFENSIVE READ

Recognize the late close-out, catch in rhythm, and be ready to shoot or attack the close.

COACHING POINT

Teach your players that the value of the extra pass is not just movement — it is creating longer, later close-outs.

STEAL THIS IDEA

Use reversals and trail action to make the defense move side-to-side and then back again. The more you make them move, the longer and later their close-outs become.

DNA TAKEAWAY

BALL MOVEMENT CREATES THE LONG CLOSE-OUT. PLAY THE ADVANTAGE.

GOOD BALL MOVEMENT 2

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: CREATE AN ADVANTAGE

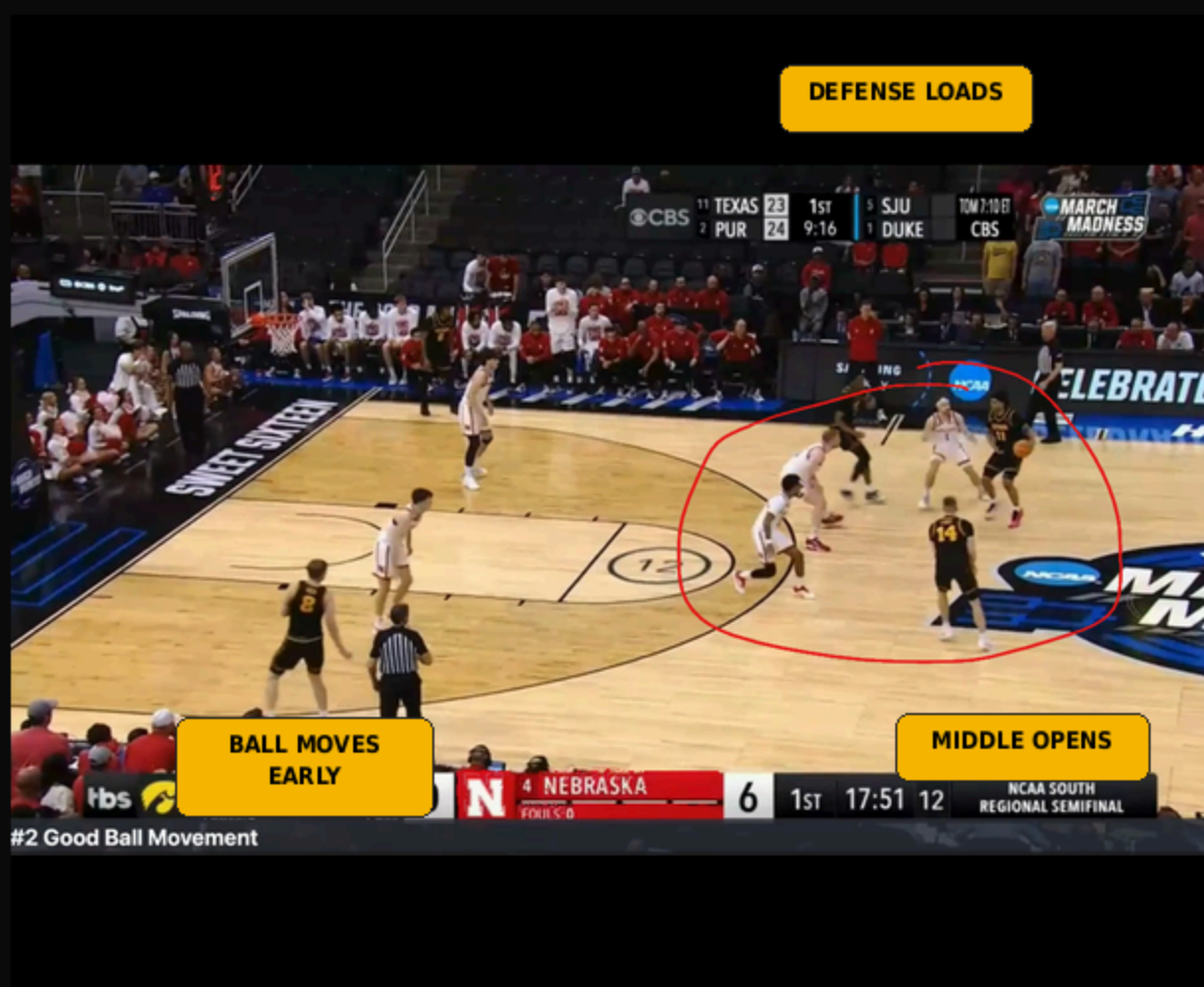
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa reverses the ball to 2 on the right side.
- 2 1 begins lifting out of the paint toward the top.
- 3 5 follows the reversal and arrives to ball screen for 2.
- 4 Nebraska loads multiple defenders toward the ball-screen action.
- 5 2 moves the ball to 1 before the screen is fully used.
- 6 The lift changes the angle and catches the defense leaning right.
- 7 1 attacks the middle immediately off the catch.
- 8 Iowa turns defensive anticipation into a direct rim attack.

ADVANTAGE FRAME — 17:51 1ST HALF



PAUSE HERE

Nebraska is loading up on the right-side ball-screen action before Iowa ever uses the screen. That anticipation is the advantage. As 1 lifts from the paint to the top, 2 moves the ball before the defense can flatten out. The pass changes the angle of attack and gives 1 a clean runway into the middle.

ACTION BREAKDOWN

1. REVERSE + LIFT



The ball reverses to 2 while 1 begins lifting from the paint. Iowa changes the floor before the defense can settle.

2. SHOW BALL SCREEN



5 follows the reversal and arrives to screen for 2. Nebraska loads toward the anticipated ball-screen action.

3. ATTACK THE MIDDLE



2 hits the lifting 1 before fully using the screen. 1 attacks immediately off the catch for a rim attempt.

COACHING INSIGHTS

WHY IT WORKS

The defense prepares for the ball screen before it happens. Iowa moves the ball early and attacks the space created by that anticipation.

DEFENSIVE REACTION

Nebraska loads multiple defenders toward 2 and 5 on the right side, shrinking the floor around the expected screen.

OFFENSIVE READ

If the defense loads early, do not force the screen. Hit the lifting guard and attack the open middle before the shell can recover.

COACHING POINT

Ball movement must be early. Lift with pace, catch ready to drive, and punish defenders who are guarding the next action instead of the current one.

STEAL THIS IDEA

Use the threat of a ball screen to move the defense even if you never use it. When defenders load early, reverse or lift the ball before the screen arrives and attack the space they just abandoned.

DNA TAKEAWAY

MAKE THE DEFENSE GUARD THE SCREEN.
MOVE IT BEFORE THEY ARE READY.
ATTACK THE SPACE THEY LEAVE.

GOOD BALL MOVEMENT 3

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: CREATE AN ADVANTAGE

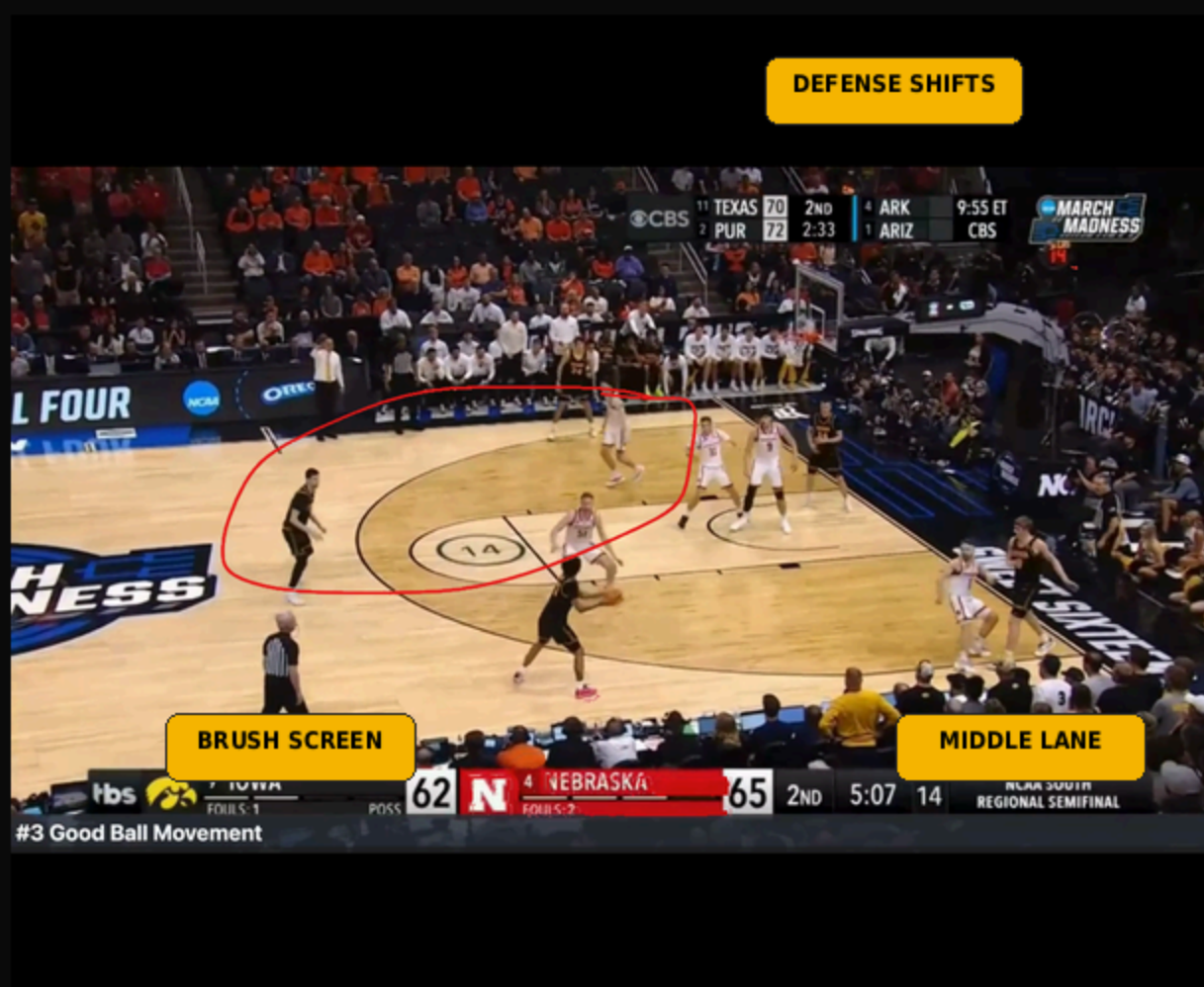
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 reverses the ball to 1 on the left wing.
- 2 5 steps up and gives 1 a small brush screen.
- 3 The reversal plus brush screen changes the defensive angle.
- 4 1 turns the corner and attacks the middle of the paint.
- 5 Nebraska collapses toward the paint touch.
- 6 1 kicks the ball to the corner.
- 7 The defense rotates hard to the first pass.
- 8 Iowa makes the one-more reversal for the open shot.

ADVANTAGE FRAME — 5:07 2ND HALF



PAUSE HERE

The reversal to 1 moves Nebraska toward the left side, then 5 gives a small brush screen that changes the on-ball defender's path. That creates the driving window. Once 1 gets into the middle, the defense has to collapse. The advantage is not just the paint touch — it is the rotation that follows. Iowa can kick it out and make the next pass before Nebraska recovers.

ACTION BREAKDOWN

1. REVERSE THE BALL



4 reverses to 1 on the wing. The reversal makes Nebraska shift before the attacking action begins.

2. BRUSH + PAINT TOUCH



5 gives 1 a small brush screen. 1 attacks the middle, forces the defense to collapse, and kicks to the corner.

3. ONE-MORE PASS



The defense rotates to the first kick-out. Iowa keeps the ball moving with the one-more pass to create the open perimeter shot.

COACHING INSIGHTS

WHY IT WORKS

The reversal moves the defense, and the brush screen changes the defender's angle just enough for 1 to reach the middle. The paint touch then forces a full rotation.

DEFENSIVE REACTION

Nebraska collapses toward the middle drive and then has to sprint out to the first kick-out, creating a second closeout on the next pass.

OFFENSIVE READ

Attack the middle first. If the defense collapses, kick to the corner and keep the ball moving until the rotation breaks.

COACHING POINT

Do not let the ball stick after the paint touch. The advantage grows with every forced rotation, so the one-more pass must be immediate.

STEAL THIS IDEA

Use a small brush screen after a reversal to change the defender's angle without slowing the ball. The paint touch creates the first advantage; the quick kick-out and one-more pass turn the defensive rotation into the open shot.

DNA TAKEAWAY

REVERSE IT. TOUCH THE PAINT.
FORCE THE ROTATION.
MAKE THE ONE-MORE PASS.

HI-LO 1

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: CREATE AN ADVANTAGE

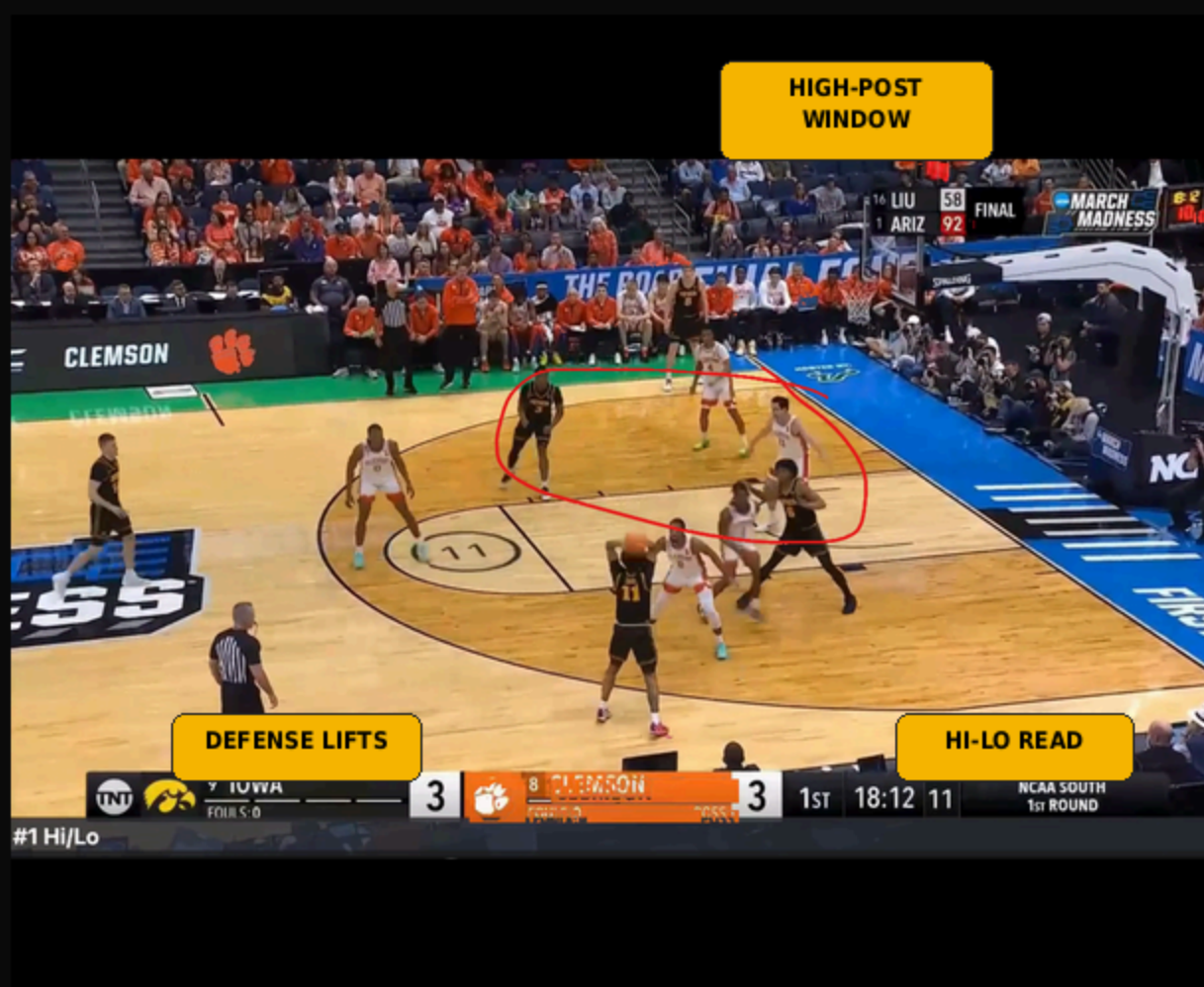
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 1 uses the high ball screen from 5.
- 2 5 rolls and 3 lifts from the corner behind the action.
- 3 1 hits 3 on the lift to move the defense.
- 4 4 flashes into the high post.
- 5 3 enters the ball to 4 at the high post.
- 6 The high-post catch pulls the defense up.
- 7 5 seals or holds inside position at the rim.
- 8 4 delivers the Hi-Lo pass to 5 for the layup.

ADVANTAGE FRAME — 18:12 1ST HALF



PAUSE HERE

The advantage is created when Iowa gets the ball to the high post while 5 is holding inside position. Clemson has to lift toward the high-post catch, which opens the space behind the defense. Once 4 receives it high, the read is simple: if 5 has the defender sealed on the low side, throw the Hi-Lo pass before the weak-side help can collapse.

ACTION BREAKDOWN

1. BALL SCREEN + LIFT



1 uses the high ball screen. 5 rolls and 3 lifts from the corner behind the screen to give Iowa the next passing angle.

2. FLASH HIGH POST



1 moves it to 3 on the lift. 4 flashes to the high post, forcing Clemson to raise its interior coverage.

3. HI-LO FINISH



3 enters to 4 at the high post. With 5 holding inside position, 4 makes the Hi-Lo pass for the layup.

COACHING INSIGHTS

WHY IT WORKS

The high-post catch makes the interior defense lift. That creates a vertical passing window behind the defense for the low-post seal.

DEFENSIVE REACTION

Clemson has to step up to 4 at the high post while also protecting 5 at the rim. One defender cannot take away both.

OFFENSIVE READ

Enter the high post, then read 5's seal. If the defender is high or on the outside hip, throw the Hi-Lo immediately.

COACHING POINT

The timing between the flash and the seal is everything. 4 must catch square, and 5 must own inside position before the pass is delivered.

STEAL THIS IDEA

Use the high post to make interior help step away from the rim. When the high-post catch pulls the defense up, the low player should seal immediately and present a target. The Hi-Lo pass attacks the space the defense just surrendered.

DNA TAKEAWAY

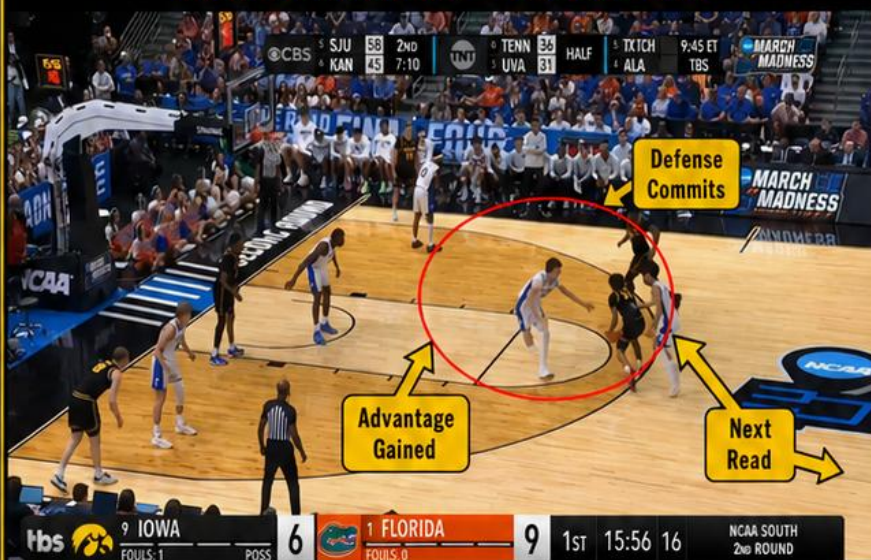
LIFT THE DEFENSE WITH THE HIGH POST.
SEAL THE LOW SIDE.
THROW THE HI-LO BEFORE HELP ARRIVES.



THE ADVANTAGE DNA™

- 1 1 enters to 5 and cuts over the top.
- 2 4 sets away screen for 2.
- 3 3 clears to the opposite corner.
- 4 4 dives to the opposite block.
- 5 5 flips and sets the inside ball screen for 2.
- 6 Florida loads up on the swivel action.
- 7 Iowa gains the advantage and attacks the next read.

ADVANTAGE FRAME — 15:56 1ST HALF



PAUSE HERE

Florida is loaded to the right-side swivel action as 2 uses the inside ball screen from 5. The over cut, opposite zoom action, and swivel force the defense to shift and crowd the ball. The advantage is created the instant Florida commits two defenders to the action, opening the next read before the defense can recover.

ACTION BREAKDOWN

1. TRIGGER



1. 1 enters to 5 and cuts over the top
2. 4 sets away screen for 2.
3. 3 clears to opposite corner

1 enters to 5, cuts over the top, and 4 sets the away screen for 2. That movement starts the over and opposite-side action.

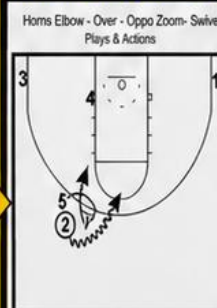
2. OPPO ZOOM



1. 4 dives to opposite block
2. 5 flips and sets inside ball screen

4 dives to the opposite block while 5 flips into position for the inside ball screen. The floor shifts and the defense has to track multiple cuts.

3. ATTACK THE ADVANTAGE



1. 2 uses inside ball screen
2. 5 rolls

2 uses the inside ball screen from 5 and attacks before the defense resets. Once Florida commits to the swivel action, Iowa can play off the next read.

COACHING INSIGHTS



WHY IT WORKS:

The over cut flows into opposite zoom and then a swivel ball screen, forcing the defense to change responsibilities multiple times in quick succession.



DEFENSIVE REACTION:

Florida crowds the swivel action and shrinks space around the ball to stop the immediate drive.



OFFENSIVE READ:

Recognize the loaded coverage, use the inside ball screen, and make the next simple pass or attack the open lane before the floor resets.



COACHING POINT:

Timing and spacing are critical. Sprint into the action, set the inside screen cleanly, and be ready to play instantly out of the swivel.



STEAL THIS IDEA:

Use over action into opposite zoom and a swivel screen to force the defense to shift twice before it can recover. The best shot often comes from the next read, not the first action.



DNA TAKEAWAY:

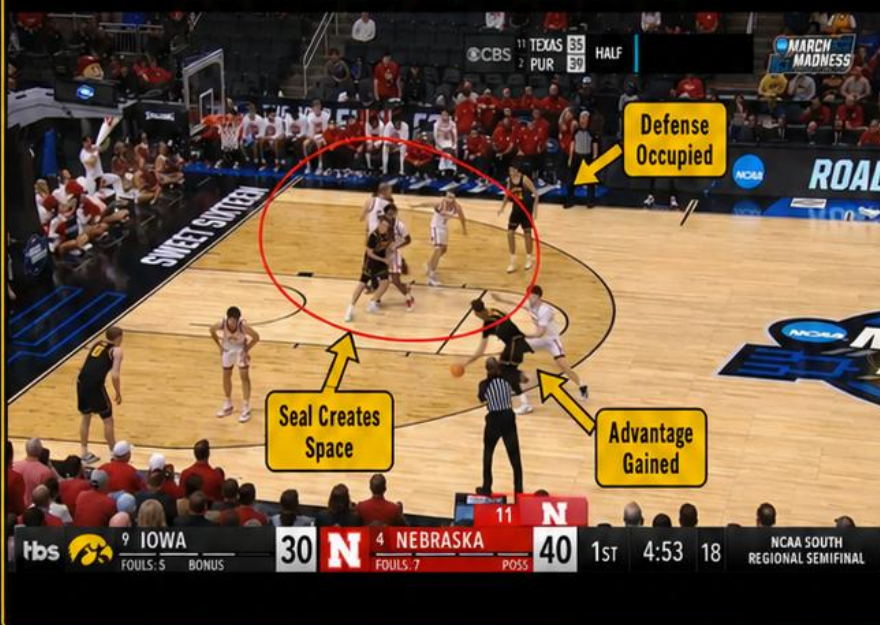
THE FIRST ACTION STARTS THE SHIFT. THE SWIVEL ACTION CREATES THE ADVANTAGE.



THE ADVANTAGE DNA™

- 1 1 dribbles to slot.
- 2 3 pin downs for 5 entry.
- 3 1 cuts into the paint.
- 4 3 clears to the corner.
- 5 5 passes to 4.
- 6 1 back screens 5 while sealing his own defender.
- 7 5 cuts and clears.
- 8 4 drives hard from the slot.
- 9 Nebraska gets occupied by the screening and sealing action.
- 10 Iowa gains the advantage and attacks the open lane.

ADVANTAGE FRAME — 4:53 1ST HALF



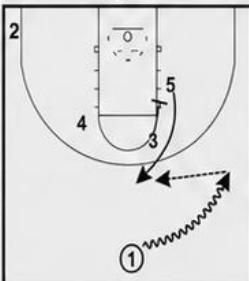
PAUSE HERE

Nebraska is occupied by the fake pin and the seal action, which is exactly where Iowa creates the advantage. As 1 back screens 5 while sealing his own defender, the weak-side defense gets tied up and the lane opens. When 4 catches from 5 and attacks immediately from the slot, Iowa has already created the driving window before the defense can recover.

ACTION BREAKDOWN

1. TRIGGER

Interference Swing Fake Pin Seal & Drive 1
Plays & Actions

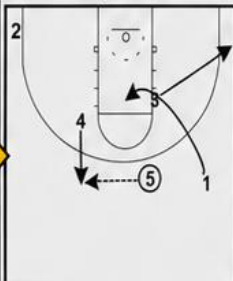


1. 1 dribbles to slot
2. 3 pin downs 5 for entry

1 dribbles to the slot and 3 pin downs for 5 to create the initial entry. That movement starts the interference action and forces the defense to react.

2. FAKE PIN / ENTRY

Interference Swing Fake Pin Seal & Drive 1
Plays & Actions

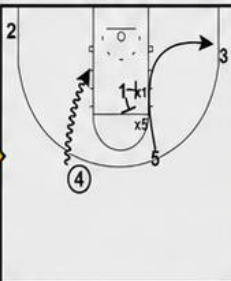


1. 1 cuts into paint.
2. 3 clears to corner
3. 5 passes to 4

1 cuts into the paint, 3 clears to the corner, and 5 passes to 4. The action disguises the next phase and keeps the defense occupied.

3. SEAL & DRIVE

Interference Swing Fake Pin Seal & Drive 1
Plays & Actions



1. 1 back screens 5 while also sealing his own defender.
2. 5 cuts and clears.
3. 4 drives hard from slot.

1 back screens 5 while sealing his own defender, 5 cuts and clears, and 4 attacks hard from the slot. The seal creates the driving window and Iowa plays off the advantage.

COACHING INSIGHTS



WHY IT WORKS:

The fake pin and seal sequence forces the defense to track multiple moving parts at once. That confusion opens the lane for the next attack.



DEFENSIVE REACTION:

Nebraska gets tied up around the screening action and cannot recover quickly enough to cut off the drive.



OFFENSIVE READ:

Recognize when the defense is occupied by the seal, then attack the lane immediately from the slot before the floor resets.



COACHING POINT:

Timing matters. Screen with purpose, seal your defender, clear space, and drive decisively on the catch.



STEAL THIS IDEA:

Use a fake pin into a seal-and-clear action to occupy help defenders before the drive. The best advantage often comes from the space created by the screen, not the first pass.



DNA TAKEAWAY:

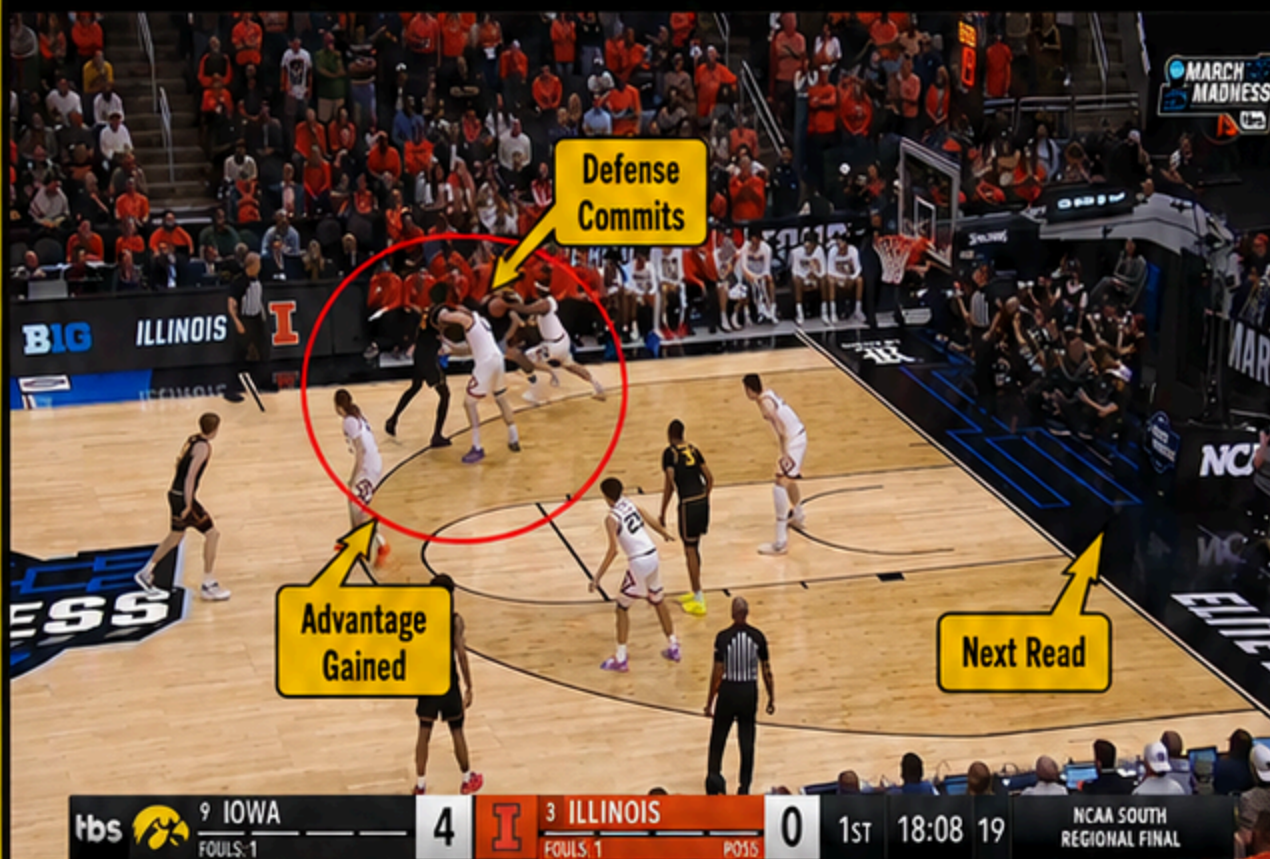
**THE SEAL CREATES THE SPACE.
THE DRIVE ATTACKS THE ADVANTAGE.**



THE ADVANTAGE DNA™

- 1 2 cuts over the top.
- 2 3 cuts to the top of the key.
- 3 PG drives the ball to the wing.
- 4 1 uses the ball screen from 4.
- 5 3 cuts to the opposite corner.
- 6 2 lifts up to the slot.
- 7 Illinois loads to the action.
- 8 Iowa recognizes the advantage and attacks the next read.

ADVANTAGE FRAME — 18:08 1ST HALF



PAUSE HERE

Illinois is loaded to the Iverson-to-open action as Iowa flows into the wing ball-screen sequence.

The defense commits multiple defenders to the action side, which creates the advantage.

Once Illinois loads to the ball and screen, Iowa has created the next read before the defense can fully recover.

ACTION BREAKDOWN

1. TRIGGER

Iverson Open 1
Plays & Actions

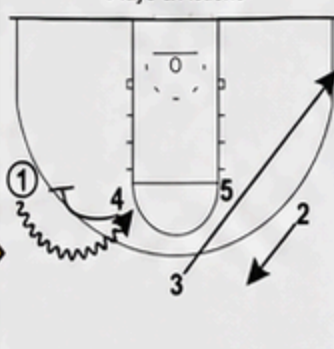


1. 2 Cuts over the top.
2. 3 cuts to top of key
3. PG drives ball to wing.

2 cuts over the top, 3 cuts to the top, and the point guard drives the ball to the wing to trigger the action.

2. OPEN ACTION

Iverson Open 1
Plays & Actions

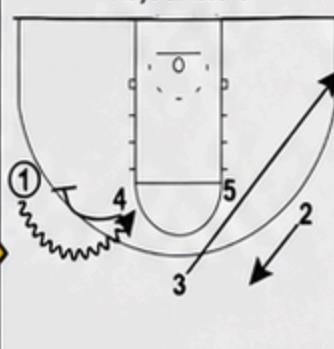


1. 1 uses ball screen from 4
2. 3 cuts to opposite corner.
3. 2 lifts up to slot

1 uses the ball screen from 4. As 3 cuts to the opposite corner and 2 lifts up, the spacing stretches the defense.

3. ATTACK THE ADVANTAGE

Iverson Open 1
Plays & Actions



1. 1 uses ball screen from 4
2. 3 cuts to opposite corner.
3. 2 lifts up to slot

With Illinois shifted to the action, Iowa recognizes the loaded coverage and attacks the next advantage on time.

COACHING INSIGHTS



WHY IT WORKS:

The Iverson cut flows directly into the open action and forces the defense to shift side-to-side before it can reset.



DEFENSIVE REACTION:

Illinois loads to the ball side and commits multiple defenders to the action, crowding the wing side.



OFFENSIVE READ:

Recognize when the defense is loaded and make the next simple read before the floor resets.



COACHING POINT:

Timing, spacing, and pace matter. Cut hard, screen cleanly, keep width, and attack the advantage immediately.



STEAL THIS IDEA:

Use an Iverson entry to trigger wing action and force the defense to shift before the ball screen. The advantage often comes from the next read, not the first action.



DNA TAKEAWAY:

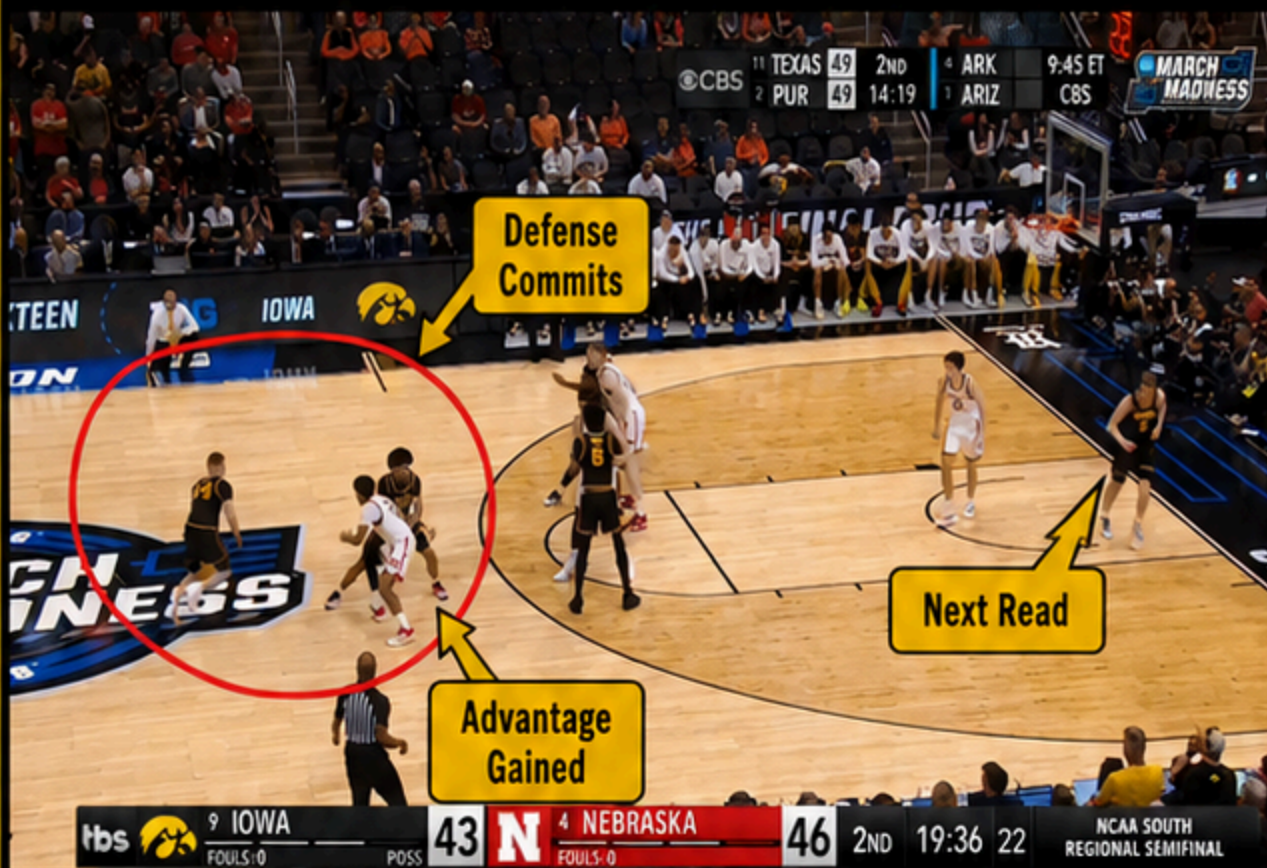
THE IVERSON CUT STARTS THE SHIFT.
THE OPEN ACTION CREATES THE ADVANTAGE.



THE ADVANTAGE DNA™

- 1 3 makes the Iverson cut across the baseline.
- 2 2 cuts over the top and hooks into the ball screen for 1.
- 3 1 attacks left off the hook screen.
- 4 Nebraska shifts multiple defenders toward the action.
- 5 The left side becomes the advantage area.
- 6 Iowa recognizes the help and attacks the next read.
- 7 Advantage created.

ADVANTAGE FRAME — 19:36 2ND HALF



PAUSE HERE

Nebraska is loaded to the left-side hook action as Iowa flows from the Iverson cut into the hook ball screen. Multiple defenders commit to the ball and the hook action, creating the advantage on the left side and opening the next read before the defense can recover.

ACTION BREAKDOWN

1. TRIGGER

Iverson Hook 1
Plays & Actions

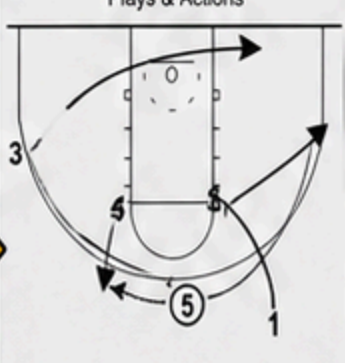


1. 3 cuts baseline.
2. 2 cuts over the top and hooks into ball screen for 1.

3 cuts across the baseline to start the Iverson action. 2 cuts over the top and hooks into the ball screen for 1.

2. HOOK ACTION

Iverson Hook 1
Plays & Actions

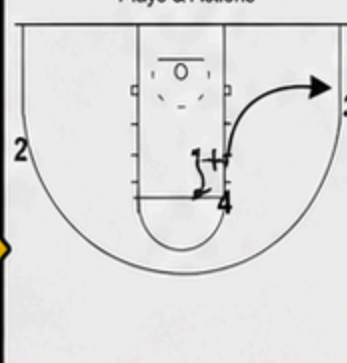


1. 1 attacks left off the hook screen.

1 uses the hook screen from 2 and attacks left into the lane.

3. ATTACK THE ADVANTAGE

Iverson Hook 1
Plays & Actions



1. Read the defense.
2. Attack the next advantage.

With the defense shifted, Iowa has an advantage to attack the next read quickly.

COACHING INSIGHTS



WHY IT WORKS:

The Iverson cut into the hook screen forces defensive communication and shifts the defense side-to-side before the drive.



DEFENSIVE REACTION:

Nebraska loads toward the ball and the hook action, bringing extra attention to the left side.



OFFENSIVE READ:

Recognize the loaded coverage and make the next simple play off the advantage.



COACHING POINT:

Timing and spacing matter — cut hard, screen cleanly, and attack immediately off the hook action.



STEAL THIS IDEA:

Use an Iverson cut into a hook ball screen to force help defenders to shift. The movement starts before the drive, creating an advantage that you can attack before the defense recovers.



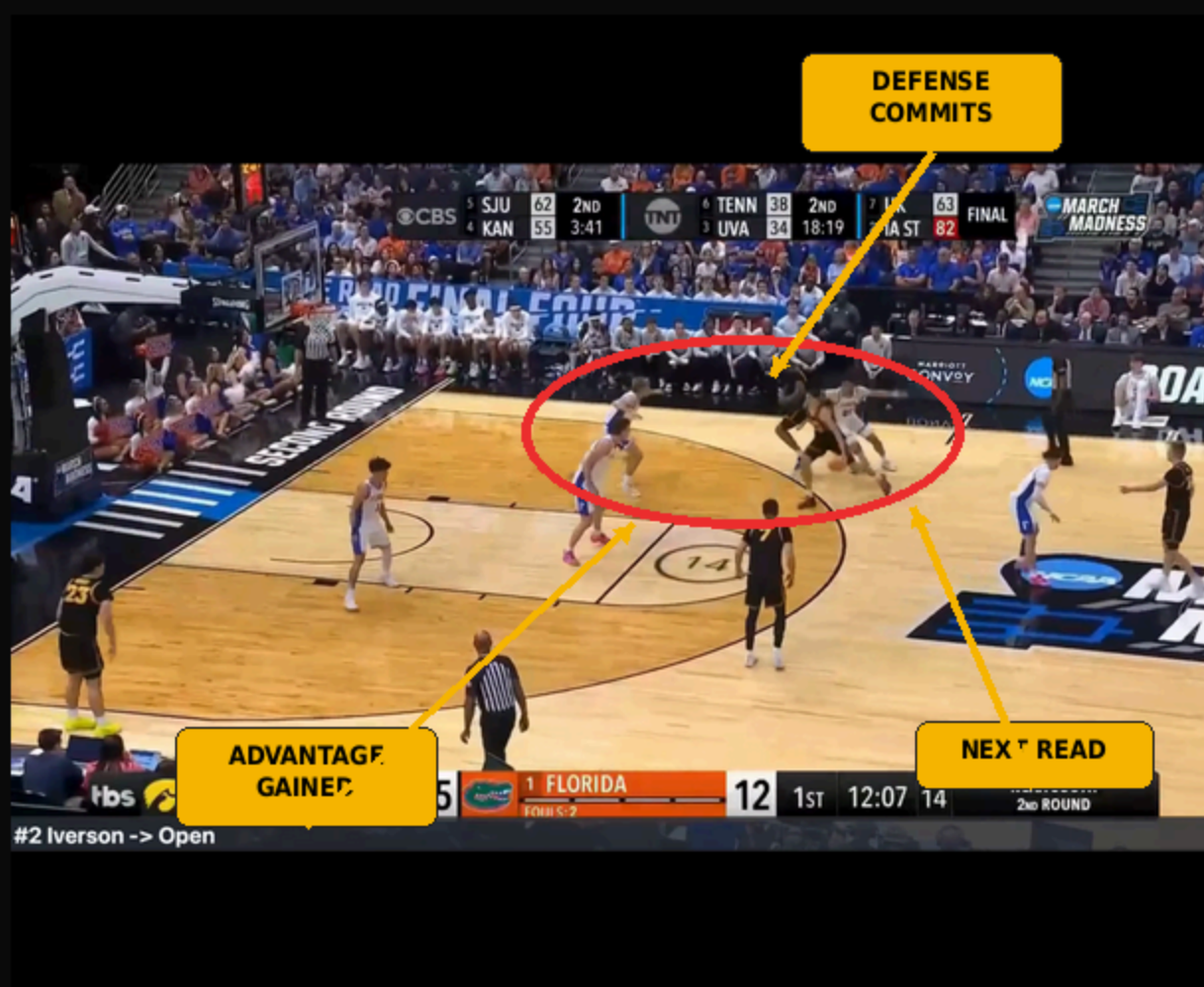
DNA TAKEAWAY:

THE IVERSON CUT STARTS THE SHIFT.
THE HOOK ACTION CREATES THE ADVANTAGE.

THE ADVANTAGE DNA™

- 1 5-out spacing stretches the defense.
- 2 2 receives a soft handoff from 5.
- 3 5 immediately flips into a ball screen.
- 4 2 turns the corner and gets downhill.
- 5 5 short rolls to the free-throw line.
- 6 4 cuts hard to the rim behind the help.
- 7 Florida commits two defenders to the ball-screen action.
- 8 Iowa attacks the short roll, rim cut, or next open pass.

ADVANTAGE FRAME — 12:07 1ST HALF



PAUSE HERE

Florida has two defenders occupied by the right-side handoff and flip ball screen. That is the advantage. As 2 turns the corner, 5 can short roll to the foul line while 4 cuts behind the help to the rim. Iowa now has a numbers advantage behind the ball and must make the next read before Florida can recover.

ACTION BREAKDOWN

1. SOFT HANDOFF



5-out spacing. 2 receives the soft handoff from 5, moving the defense before the next ball screen.

2. FLIP BALL SCREEN



5 flips immediately into a ball screen for 2. The quick second action forces Florida to communicate and commit.

3. SHORT ROLL + CUT



5 short rolls to the foul line as 4 cuts to the rim. Read the help and attack the first open window.

COACHING INSIGHTS

WHY IT WORKS

The soft handoff flows directly into a flip ball screen. Two connected actions force the defense to shift twice and create a brief 2-on-1 window.

DEFENSIVE REACTION

Florida commits two defenders to the ball and shrinks the lane, leaving the short roll and rim cut available behind the coverage.

OFFENSIVE READ

Turn the corner under control. If two stay with the ball, hit 5 on the short roll or find 4 cutting behind the help.

COACHING POINT

Do not predetermine the pass. Get downhill, keep vision on the middle, and make the simple read as soon as the second defender commits.

STEAL THIS IDEA

Use the soft handoff to move the on-ball defender, then flip immediately into the second ball screen. The first action does not have to score — it only has to force the defense to shift. The best advantage often appears on the short roll or rim cut behind the second action.

DNA TAKEAWAY

THE HANDOFF STARTS THE SHIFT.
THE FLIP SCREEN CREATES THE ADVANTAGE.

3E.

KICK 3'S 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 attacks the paint and kicks to 3.
- 2 2 lifts behind the drive as the defense collapses.
- 3 3 makes the quick pass to 1.
- 4 4 relocates to the corner after the kick-out.
- 5 1 attacks the next gap while 2 slides with the drive.
- 6 The weak-side lift keeps the defense moving and leaves the top open.
- 7 1 relocates back to the top of the key.
- 8 2 drives and kicks to 1 for the open three.

ADVANTAGE FRAME — 6:52 1ST HALF



THE PAINT TOUCH PULLS THE DEFENSE IN. THE LIFT CREATES THE KICK-OUT THREE.

ACTION BREAKDOWN

1. PAINT TOUCH + KICK

1. 4 attacks the paint and kicks to 3.
2. 2 lifts behind the drive.

4 attacks the paint and kicks to 3. 2 lifts behind the drive, while 3 moves it quickly to 1 and 4 relocates.

2. DRIVE + LIFT

1. 1 attacks and 2 slides with the drives.
2. 1 kicks to 2.

1 attacks the next gap and 2 slides with the drive. Iowa keeps the weak side active so the defense cannot flatten out.

3. RELOCATE FOR 3

1. 1 relocates to top of the key.
2. 2 drives and kicks to 1 for open 3.

1 relocates to the top of the key. 2 drives and kicks it back to 1 for the open three.

PAUSE HERE

The advantage starts with the paint touch. Illinois collapses toward 4, and Iowa immediately moves the ball out of the crowd. The lift behind the drive changes the defensive angle and keeps the shell moving. Once the defense rotates to the first kick-out, the next pass creates the open three before Illinois can recover.

COACHING INSIGHTS

WHY IT WORKS

Every paint touch forces a rotation. Iowa keeps moving the ball and relocating behind the drive until the defense runs out of clean closeouts.

DEFENSIVE REACTION

Illinois collapses to the first drive, then has to chase the kick-out and the lift. Each recovery creates another driving or shooting window.

OFFENSIVE READ

Do not hold the first kick-out. Move it quickly, read the closeout, and attack again until the defense gives up the open three.

COACHING POINT

Relocate behind penetration. The pass is only half the action — the off-ball lift and one-more pass are what turn the paint touch into the shot.

STEAL THIS IDEA

Teach players to relocate behind every drive instead of standing in the same window. The first paint touch moves the defense; the lift and one-more pass make the defense cover another 15-20 feet before the shot.

DNA TAKEAWAY

TOUCH THE PAINT.
LIFT BEHIND THE DRIVE.
MOVE IT AGAIN FOR THE 3.

KICK 3'S 2

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 drives baseline to force the shell to collapse.
- 2 2 cuts behind the drive into the space help vacates.
- 3 3 lifts to stay visible behind the penetration.
- 4 4 relocates back to the corner after the first drive.
- 5 The ball reverses back through 3 to 1 at the top.
- 6 1 attacks the paint against a defense still in rotation.
- 7 2 cuts off the help while 3 lifts behind the second drive.
- 8 1 kicks to 4 in the corner for the open three.

ADVANTAGE FRAME — 13:40 1ST HALF



THE FIRST DRIVE COLLAPSES THE SHELL. THE NEXT ATTACK PUNISHES THE ROTATION.

ACTION BREAKDOWN

1. BASELINE DRIVE



4 drives baseline. 2 cuts behind the drive and 3 lifts so Iowa keeps two passing windows alive as the defense collapses.

2. REVERSE + RESET



4 relocates to the corner, 3 reverses the ball to 1 at the top, and 2 lifts back to balance the floor.

3. SECOND PAINT TOUCH



1 attacks the paint again. 2 cuts off the help, 3 lifts behind the drive, and 1 kicks to 4 in the corner for the open three.

PAUSE HERE

Nebraska is packed into the paint because Iowa has already forced the defense to collapse. The value is in keeping the possession alive: cut behind the help, lift behind penetration, relocate, and reverse it. When 1 attacks the second time, the defense is still recovering — creating the kick-out three in the corner.

COACHING INSIGHTS

WHY IT WORKS

The first paint touch bends the defense. Iowa keeps cutting, lifting, and reversing until the second drive attacks a shell that has not fully recovered.

DEFENSIVE REACTION

Nebraska collapses into the lane to stop the baseline drive, then has to expand back out as Iowa reverses the ball and relocates.

OFFENSIVE READ

If the first kick does not produce the shot, keep the ball moving. Reverse it, attack the next gap, and find the defender who is late on the second rotation.

COACHING POINT

Do not let the possession die after the first drive. Cut behind help, lift behind penetration, relocate, and attack again before the defense resets.

STEAL THIS IDEA

The first paint touch does not have to create the shot. Use it to distort the shell, then keep cutting and reversing the ball. The second paint touch often produces the cleaner kick-out because the defense is already in recovery mode.

DNA TAKEAWAY

TOUCH THE PAINT.
KEEP THE DEFENSE MOVING.
ATTACK THE SECOND ROTATION.

KICK 3'S 3

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 sets the ball screen for 1 and short rolls to the free-throw line.
- 2 The ball-screen action pulls multiple defenders toward the middle.
- 3 3 and 4 circle out to the perimeter behind the collapsing defense.
- 4 5 receives the short-roll touch and immediately kicks to 3.
- 5 3 makes the one-more pass to 4 in the corner.
- 6 The defense is forced into multiple long closeouts.
- 7 On the next attack, 4 drives the middle while 3 and 1 slide with the drive.
- 8 2 lifts behind the penetration to stay available for the next kick-out.

ADVANTAGE FRAME — 10:30 1ST HALF



THE SHORT ROLL DRAWS THE DEFENSE IN. THE ONE-MORE PASS PUNISHES THE ROTATION.

ACTION BREAKDOWN

1. BALL SCREEN + SHORT ROLL



1. 5 sets ball screen for 1 and short rolls to free throw line.

5 screens for 1 and short rolls to the free-throw line. The action pulls the defense inward and creates the next passing window.

2. KICK + ONE MORE

1. 3 and 4 circle out to perimeter.
2. 5 kicks to 3 and 3 makes one more pass to corner.

3 and 4 circle out behind the defense. 5 kicks to 3, and 3 immediately makes the one-more pass to the corner.

3. ATTACK THE NEXT GAP

1. 4 drives it middle.
2. 3 and 1 slide with the drive.

4 attacks the middle. 3 and 1 slide with the drive while 2 lifts behind penetration to keep the defense stretched.

PAUSE HERE

The advantage is the crowd around the short roll. Nebraska has multiple defenders pulled into the middle, which leaves Iowa's perimeter players room to circle and relocate. Once 5 catches in the short roll, the ball cannot stick. Kick it out, make the one-more pass, and force the defense to cover the full width of the floor.

COACHING INSIGHTS

WHY IT WORKS

The short roll occupies the middle of the defense. Iowa then plays outside the collapse with a kick-out and one-more pass before the shell can recover.

DEFENSIVE REACTION

Nebraska crowds the paint around the ball-screen action. That compression leaves longer recovery paths to the perimeter.

OFFENSIVE READ

When the short roll draws two or more defenders, get the ball out quickly. Read the first closeout, then make the one-more pass if the next defender is late.

COACHING POINT

The short roll is not the finish. It is the trigger. Catch on balance, see both sides, and move the ball before the defense can fan back out.

STEAL THIS IDEA

Use the short roll to compress the defense, then attack the recovery instead of forcing a shot inside. Circle behind the ball, make the extra pass, and force the defense to sprint from the paint all the way back to the corner.

DNA TAKEAWAY

SHORT ROLL TO COLLAPSE THE SHELL.

KICK IT OUT.

ONE-MORE PASS TO BEAT THE ROTATION.

KICK 3'S 4

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

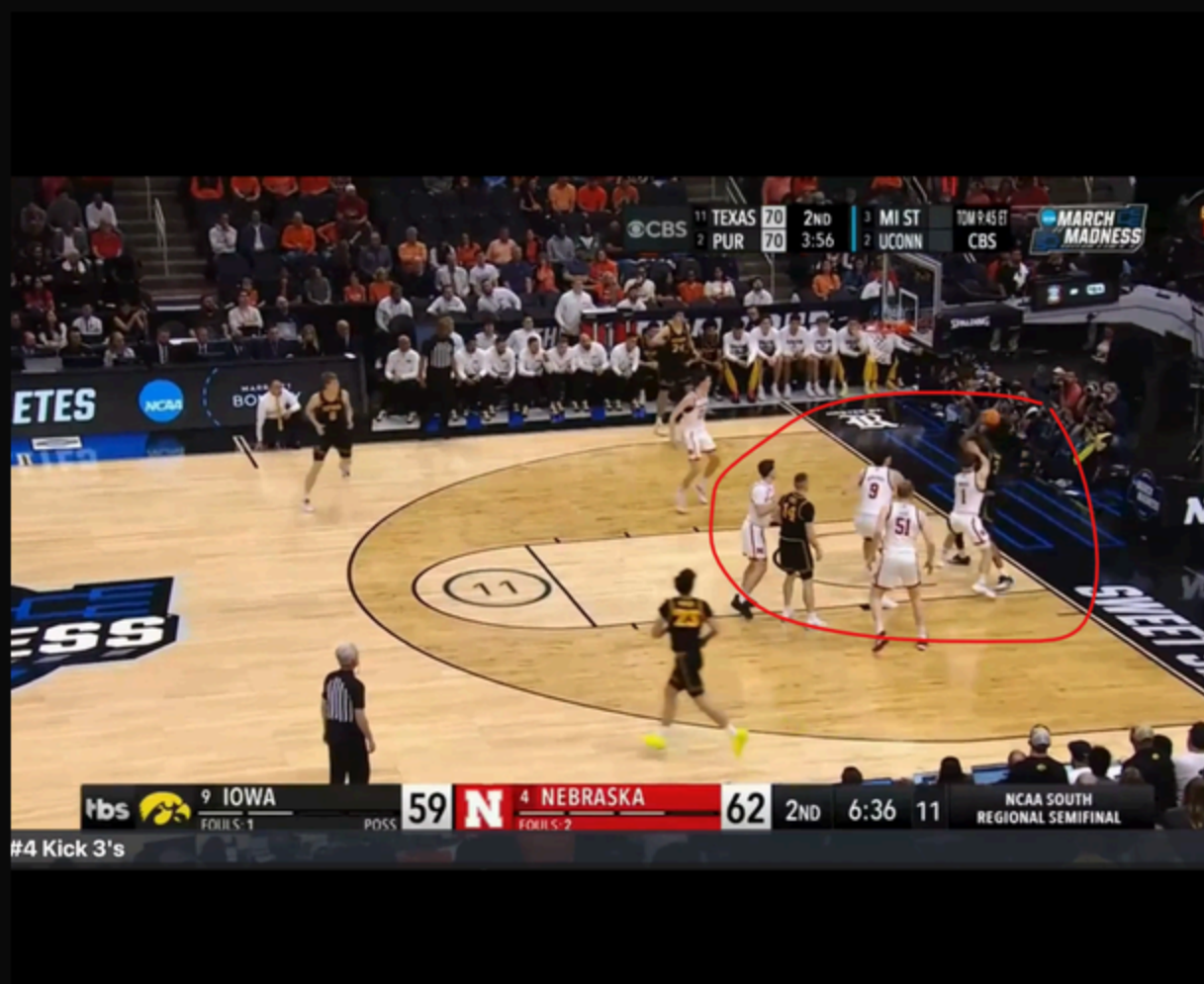
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 sets the ball screen for 1.
- 2 4 clears away to open the middle.
- 3 1 turns the corner and drives into the paint.
- 4 5 slides behind the defense along the baseline.
- 5 Nebraska collapses multiple defenders to the rim.
- 6 1 dumps the ball to 5 behind the help.
- 7 On the catch, 2 lifts to create space for 1's relocation.
- 8 4 lifts into the passer's vision for the next kick-out read.

ADVANTAGE FRAME — 6:36 2ND HALF



THE DRIVE DRAWS THE DEFENSE TO THE RIM. THE BASELINE SLIDE OPENS THE NEXT READ.

ACTION BREAKDOWN

1. BALL SCREEN + CLEAR

1. 4 sets ball screen for 1.
2. 4 clears to space

4 screens for 1 and then clears away. The emptying action gives 1 a clean middle lane to attack.

2. DRIVE + BASELINE SLIDE

1. 1 drives to paint.
2. 5 slides behind the defense

1 drives the paint while 5 slides behind the defense. As Nebraska collapses, 1 dumps the ball to 5 at the rim.

3. LIFT BEHIND THE CATCH

1. On 5 catch, 2 lifts to create space for 1's relocation.
2. 4 lifts to be insight of passer.

On 5's catch, 2 lifts to create room for 1's relocation and 4 lifts into the passer's line of sight for the next read.

PAUSE HERE

Nebraska has five defenders packed around the paint because 1 has forced the ball all the way to the rim. That collapse is the advantage. 5 slides behind the defense instead of standing in the crowd, giving 1 a dump-off target. Once 5 catches, Iowa immediately lifts and relocates around the play so the next kick-out is available if the defense stays collapsed.

COACHING INSIGHTS

WHY IT WORKS

The clear-out gives 1 a true downhill lane. When Nebraska collapses to stop the drive, 5's baseline slide creates a target behind the help.

DEFENSIVE REACTION

Nebraska sends multiple bodies to the rim. That protects the paint initially, but it leaves defenders staring at the ball and vulnerable behind the play.

OFFENSIVE READ

If the low help steps up, hit the baseline slide. If the defense stays collapsed on the catch, read the lift and relocation for the kick-out three.

COACHING POINT

Teach the baseline player to move behind the defense, not into it. The slide should arrive as the driver forces the final help defender to commit.

STEAL THIS IDEA

When the driver gets all the way to the rim, the off-ball players cannot stay frozen. Slide behind the final help defender, then lift and relocate around the catch. The rim touch creates the collapse; the movement behind it creates the next scoring window.

DNA TAKEAWAY

DRIVE THE DEFENSE TO THE RIM.

SLIDE BEHIND THE HELP.

LIFT FOR THE NEXT KICK-OUT.

PRESS OFFENSE 1

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: ATTACK THE PRESS

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa spaces the floor before the pressure can load to one side.
- 2 The first receiver presents a clean target instead of standing behind a...
- 3 The ball is advanced immediately to get the press moving backward.
- 4 The next receiver sprints ahead into open space on the opposite side.
- 5 The advance pass beats multiple defenders without using a dribble.
- 6 Once the ball crosses the pressure line, Iowa attacks before Nebraska can...
- 7 The middle of the floor stays available as a safety valve and reversal option.
- 8 The goal is not simply to survive the press — it is to turn pressure into an...

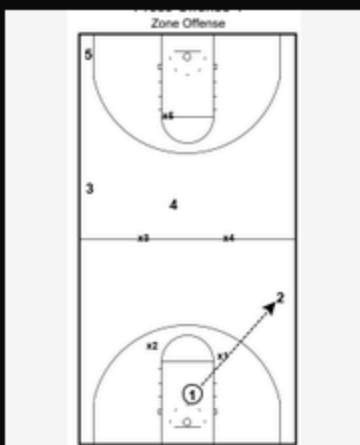
ADVANTAGE FRAME — 36.1 2ND HALF



THE PRESS COMMITS TO THE BALL. IOWA ADVANCES IT INTO OPEN SPACE BEFORE THE DEFENSE RECOVERS.

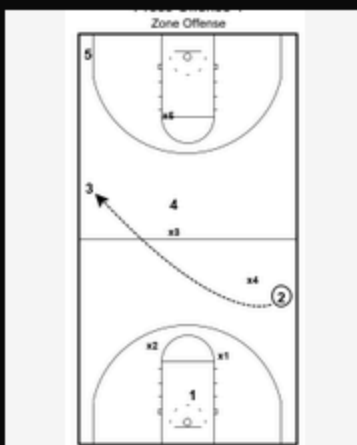
ACTION BREAKDOWN

1. ORGANIZE THE FLOOR



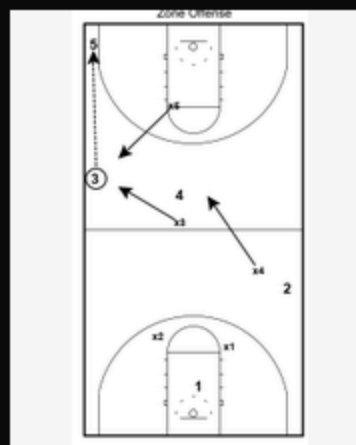
Iowa creates full-court spacing with outlets on both sides and a middle safety. The press cannot load everyone to the ball without exposing space elsewhere.

2. ADVANCE THE BALL



The next pass is made ahead and across the floor. This forces the press to turn, run and defend more space than it wants to cover.

3. ATTACK THE SPACE



After the pass beats the first wave, the next players sprint into the open floor. Iowa is now attacking a recovering defense instead of a set press.

PAUSE HERE

This is the moment to attack the press, not just escape it. Nebraska has committed bodies toward the first catch, but Iowa already has a receiver sprinting into open space ahead of the pressure. The ball should move faster than the defense. The advance pass turns Nebraska's aggression against itself and creates numbers before the press can get matched up again.

COACHING INSIGHTS

WHY IT WORKS

Pressure defense depends on shrinking the floor around the ball. Quick advance passes make defenders cover distance instead of trapping in a crowd.

DEFENSIVE REACTION

Nebraska sends defenders toward the first receiver and begins retreating once the ball is advanced. That retreat opens space behind the pressure.

OFFENSIVE READ

Do not over-dribble. If a teammate is ahead of the defense with a clean passing lane, move the ball immediately and make the press turn.

COACHING POINT

Catch facing up the floor. See the next receiver before the ball arrives. The best press offense plays one pass ahead of the trap.

STEAL THIS IDEA

Against pressure, teach players to think forward first. Every pass that advances the ball forces the defense to turn and run. If the press has committed two defenders to one area, there is almost always open space somewhere else. Find it early and attack before the defense can recover.

DNA TAKEAWAY

DON'T DRIBBLE INTO PRESSURE.

PASS AHEAD OF IT.

ATTACK BEFORE RECOVERY.

PULLING BACK TO ISO



IOWA HAWKEYES

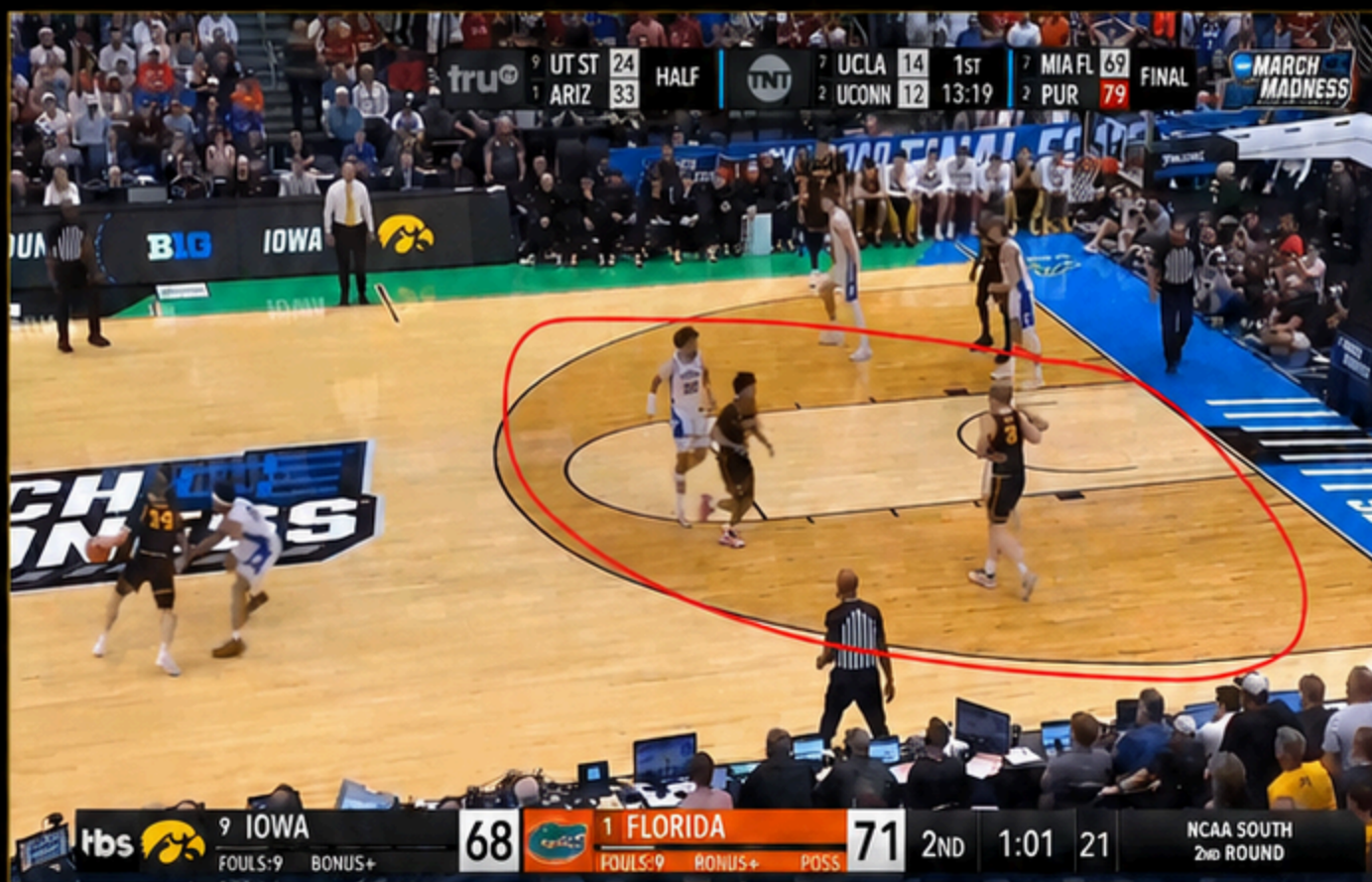
SERIES: PENETRATION & POST OFFENSE

DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 Ball screen action begins.
- 2 Defense switches.
- 3 2 clears out.
- 4 Offside exchange keeps the defense engaged.
- 5 4 moves toward the paint and is ready to pop behind the drive.
- 6 1 pulls back to attack the mismatch.
- 7 The offside exchange prevents early help.
- 8 1 penetrates the middle.

ADVANTAGE FRAME



OFFSIDE EXCHANGE KEEPS THE DEFENSE ENGAGED

WHY IT WORKS

The offside exchange occupies help defenders and keeps the weakside engaged, giving the point guard a cleaner lane to penetrate the middle.

DEFENSIVE REACTION

Because the defense must track the offside exchange, it cannot load up as early on the ball. The switch creates a mismatch and the help arrives late.

OFFENSIVE READ

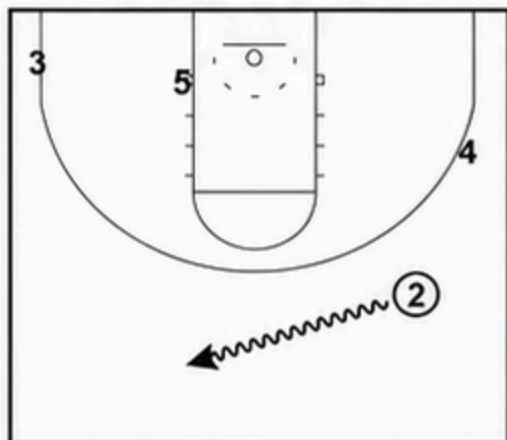
Read the mismatch after the pull-back. If the middle opens, attack it. If help stunts in, be ready for the pop or kick-out option.

COACHING POINT

Use the offside exchange with purpose. It is not empty movement — it keeps the defense occupied and creates a cleaner middle-drive window.

1. CLEAR THE SIDE

Pulling Back to Iso -3
Iowa Penetration & Post Offense

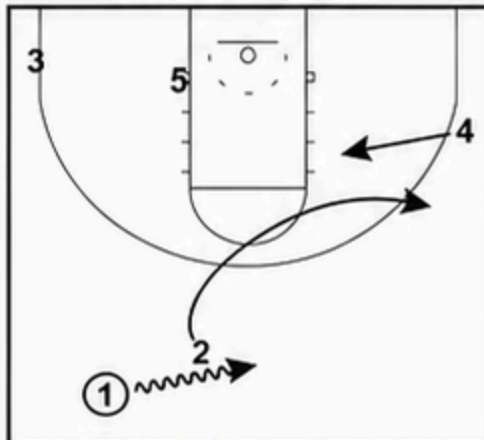


1. 2 clears
2. 4 moves toward paint ready to pop behind drive.

2 clears and the floor opens.

2. OCCUPY HELP

Pulling Back to Iso -3
Iowa Penetration & Post Offense



1. 2 clears
2. 4 moves toward paint ready to pop behind drive.

The offside exchange keeps the weakside defense engaged while 4 prepares to pop behind the drive.

3. ATTACK MIDDLE

Pulling Back to Iso -3
Iowa Penetration & Post Offense



1. 1 attacks iso
2. 4 pops behind drive.

1 attacks the middle on the iso while the offside exchange limits help.



STEAL THIS IDEA

Use the offside exchange after the switch to keep weakside help occupied before your point guard attacks the mismatch.



DNA TAKEAWAY

**KEEP THE DEFENSE ENGAGED.
CREATE THE MISMATCH.
ATTACK THE MIDDLE.**



PULLING BACK TO ISO 1

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: PUNISH THE SWITCH

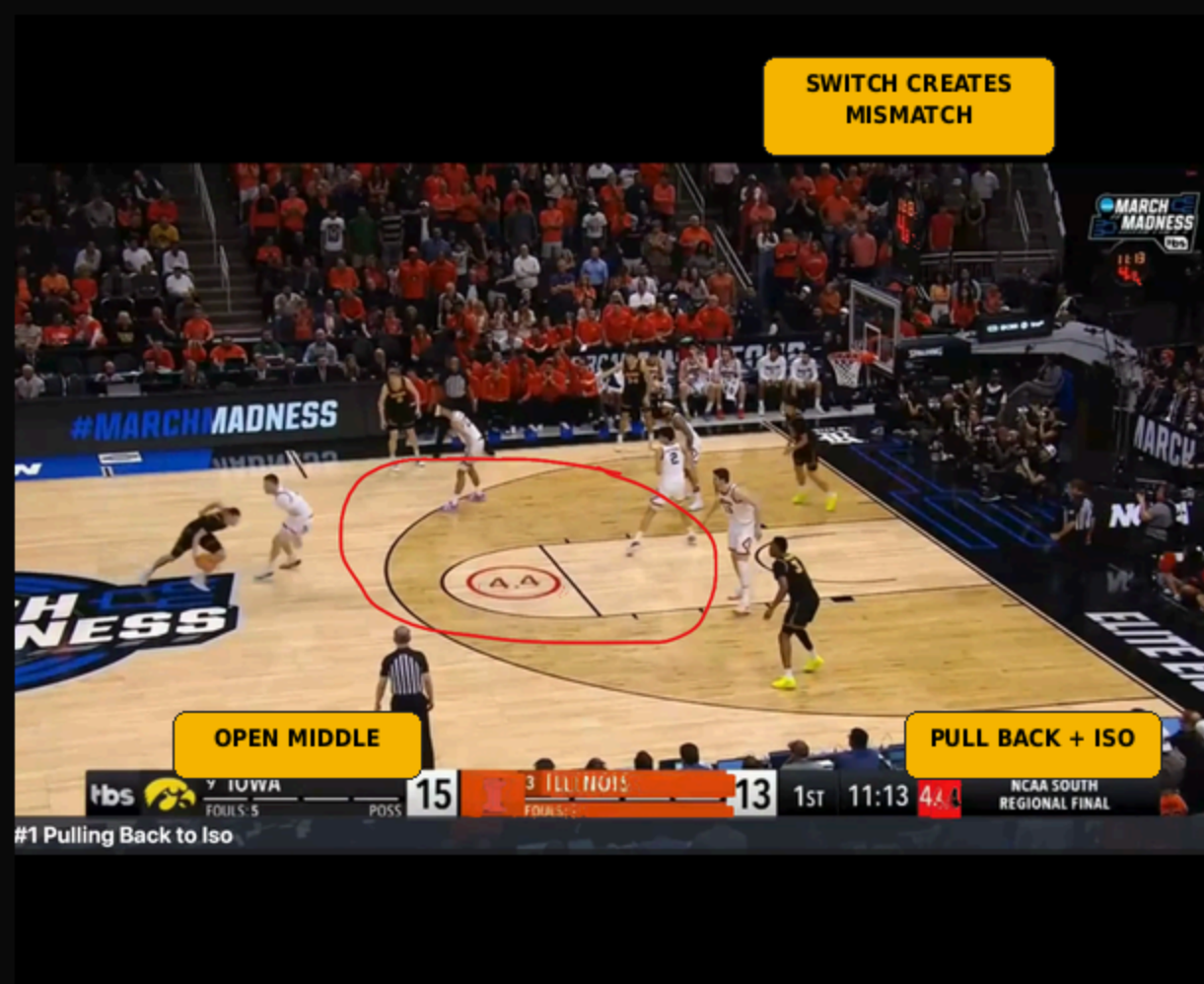
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 dribble-handoffs with 1 to start the action.
- 2 4 immediately turns and sets the high ball screen.
- 3 Illinois switches the ball screen.
- 4 4 rolls to the rim and clears the middle.
- 5 1 recognizes the mismatch created by the switch.
- 6 Instead of forcing the first drive, 1 pulls the ball back.
- 7 The floor is spaced and the middle is open.
- 8 1 attacks the isolated mismatch one-on-one.

ADVANTAGE FRAME — 11:13 1ST HALF



PAUSE HERE

Illinois switches the ball screen, but Iowa does not rush the first advantage. 4 rolls away and clears the middle, leaving 1 isolated against the switched defender. The key is the pullback: 1 creates space, lets the floor flatten, and then attacks the mismatch with the help spread across the court.

ACTION BREAKDOWN

1. DHO INTO SCREEN



4 dribble-handoffs with 1, then flows directly into the high ball screen. The second action forces Illinois to make a coverage decision.

2. FORCE THE SWITCH



4 sets the high ball screen for 1. Illinois switches, and 4 rolls away from the ball to clear the middle.

3. PULL BACK TO ISO



1 pulls the ball back and isolates the switched defender. With the middle open, Iowa attacks the mismatch one-on-one.

COACHING INSIGHTS

WHY IT WORKS

The switch gives Iowa a matchup advantage, and the roll clears the middle. The pullback gives 1 room to attack without driving into traffic.

DEFENSIVE REACTION

Illinois switches the high ball screen to keep the ball in front. The coverage solves the screen but leaves a defender isolated in space.

OFFENSIVE READ

Recognize the switch, then decide whether the lane is clean. If help is loaded, pull it back, flatten the floor, and attack the mismatch.

COACHING POINT

Do not confuse speed with advantage. Sometimes the best attack is to retreat one dribble, create space, and then go at the mismatch with a clear floor.

STEAL THIS IDEA

Teach players that a switch does not have to be attacked immediately. If the first driving lane is crowded, pull the ball back, let the roller clear, and isolate the mismatch with better spacing. The retreat dribble can create a better advantage than the first downhill drive.

DNA TAKEAWAY

THE SWITCH CREATES THE MATCHUP.
THE PULLBACK CREATES THE SPACE.
ATTACK THE MISMATCH.

PULLING BACK TO ISO 2

SERIES: PENETRATION & POST OFFENSE DNA CATEGORY: PUNISH THE SWITCH

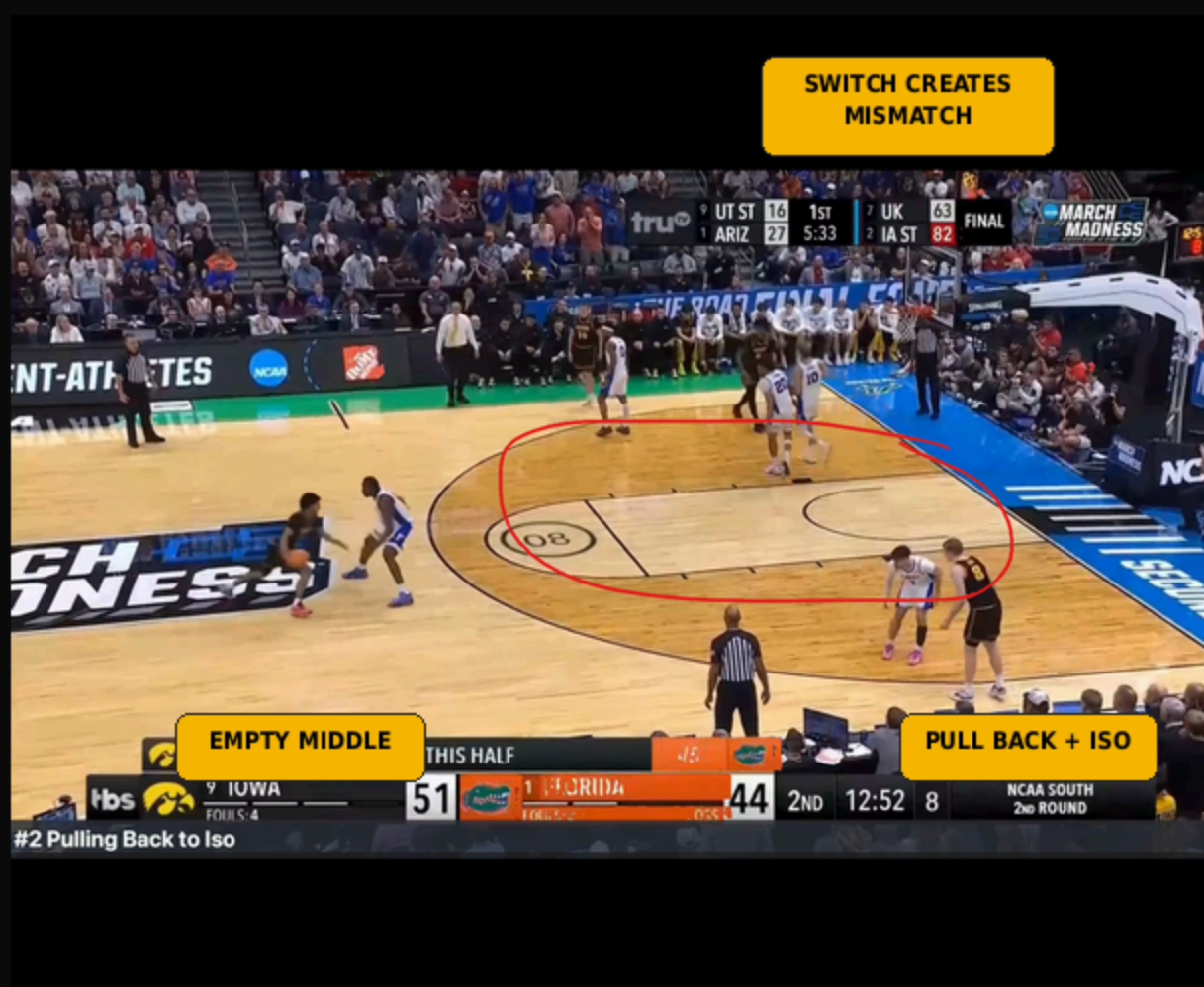
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 sets the ball screen for 2.
- 2 4 cuts through to clear the strong side.
- 3 Florida switches the ball screen.
- 4 5 rolls and then clears away from the action.
- 5 2 recognizes the mismatch created by the switch.
- 6 2 pulls the ball back instead of forcing the first drive.
- 7 The middle of the floor is completely open.
- 8 2 attacks the isolated defender one-on-one.

ADVANTAGE FRAME — 12:52 2ND HALF



PAUSE HERE

Florida switches the ball screen, but Iowa does not attack the first window. 5 clears away and 4 has already cut through, leaving the entire middle of the floor empty. That is the real advantage. 2 pulls the ball back to create separation, then attacks the switched defender with no rim help sitting in the lane.

ACTION BREAKDOWN

1. CLEAR + BALL SCREEN



4 cuts through to create space while 5 sets the ball screen for 2. Iowa clears the side before the isolation develops.

2. SWITCH + PULLBACK



Florida switches. 5 rolls, then clears, and 2 pulls the ball back to separate from the switched defender.

3. ATTACK THE ISO



With the middle empty, 2 attacks the mismatch one-on-one and drives directly at the rim.

COACHING INSIGHTS

WHY IT WORKS

The switch creates the matchup, but the spacing creates the attack. Once 4 and 5 clear, there is no second defender sitting in the middle.

DEFENSIVE REACTION

Florida switches the screen to contain 2. The coverage solves the first action but leaves a defender isolated in a huge amount of space.

OFFENSIVE READ

If the switch leaves the middle empty, pull it back. Create separation, square the defender up, and attack without bringing help into the play.

COACHING POINT

The clear-outs matter as much as the ball screen. The mismatch becomes dangerous only when the offense gives the ball handler room to use it.

STEAL THIS IDEA

Clear the middle before you attack a switch. The mismatch is only valuable if the ball handler has room to use it. A cut-through and a hard roll-and-clear can turn a normal switch into a true isolation advantage.

DNA TAKEAWAY

CREATE THE MATCHUP.

CLEAR THE MIDDLE.

PULL IT BACK AND ATTACK.

SHALLOW CUT 3'S 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 sets the ball screen for 1 and pops away.
- 2 5 shallow cuts under the ball-screen action to the wing.
- 3 1 uses the screen and delivers the ball to 5 on the move.
- 4 The shallow cut shifts the defense and opens the weak-side perimeter.
- 5 3 cuts up from the corner into the next passing window.
- 6 5 hits 3 immediately on the catch.
- 7 5 then cuts below the defender to occupy help and create separation.
- 8 The quick pass-out creates the catch-and-shoot three before the...

ADVANTAGE FRAME — 13:04 1ST HALF



THE SHALLOW CUT PULLS THE DEFENSE IN. THE QUICK PASS-OUT CREATES THE THREE.

ACTION BREAKDOWN

1. SCREEN + SHALLOW CUT



1. 4 sets ball screen on 1 and pops
2. 5 shall cuts underneath ball screen for wing entry

4 screens for 1 and pops. 5 shallow cuts underneath the ball-screen action and arrives on the wing as the next receiver.

2. CUT UP + QUICK PASS



1. 3 cuts up.
2. 5 passes to 3 immediately on the catch and cuts below into his

3 cuts up from the corner. 5 catches and immediately hits 3, then cuts below the defender to occupy the help.

3. ATTACK THE CLOSEOUT



1. 3 cuts up.
2. 5 passes to 3 immediately on the catch and cuts below into his

The advantage is the recovery distance. 3 receives the ball before Nebraska can square up, creating the open three or a closeout attack.

PAUSE HERE

The shallow cut is the trigger. Nebraska has multiple defenders turned toward 5 as he catches on the move, which creates a clean passing window behind the action. 3 cuts up from the corner at exactly the right time, and the ball comes out immediately. The defense is forced into a long recovery instead of being allowed to settle.

COACHING INSIGHTS

WHY IT WORKS

The shallow cut changes the point of attack and forces the defense to turn its head. The immediate pass-out hits the perimeter before the shell can recover.

DEFENSIVE REACTION

Nebraska sinks toward 5 on the catch and loads the lane. That creates a longer recovery path to the cutter lifting behind the action.

OFFENSIVE READ

If 3's defender helps toward the shallow cut, hit the lift immediately. If the closeout is late or wild, shoot it or drive the closeout.

COACHING POINT

The ball cannot stick on 5's catch. The value comes from catching on balance, seeing the lift, and moving it before the help can fan back out.

STEAL THIS IDEA

Use a shallow cut to shift the defense one gap, then punish the rotation with a quick pass-out. The second pass is often more important than the first because it attacks the defender who just helped.

DNA TAKEAWAY

SHALLOW CUT TO MOVE THE SHELL.
PASS IT OUT IMMEDIATELY.
ATTACK THE LONG RECOVERY.

SKIP 3'S 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

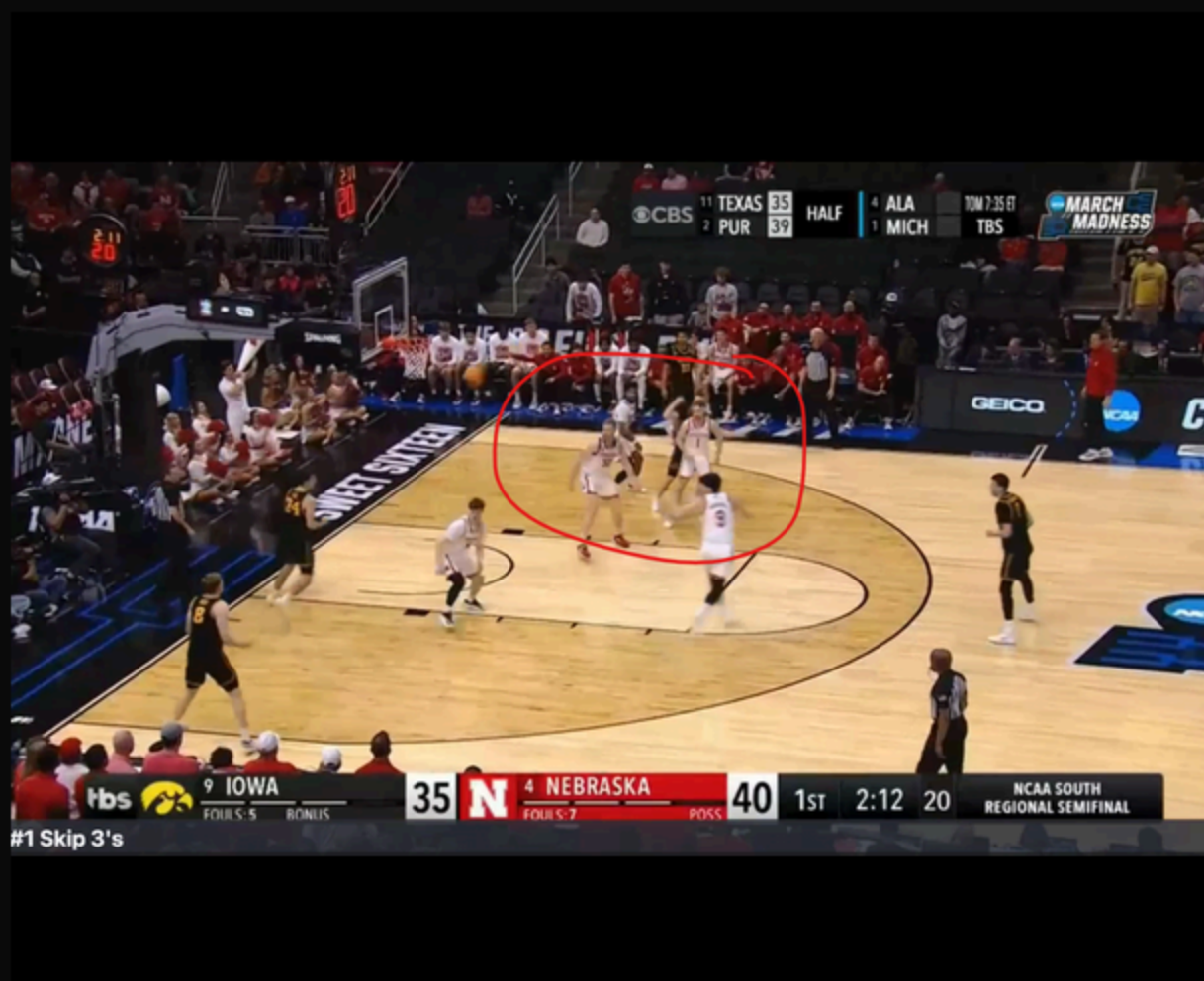
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 sets the ball screen for 1 and pops.
- 2 1 attacks off the screen and gets downhill into the paint.
- 3 3 baseline cuts behind the drive to occupy the low-side help.
- 4 Nebraska collapses multiple defenders toward the lane.
- 5 The weak-side corner defender is forced to help inward.
- 6 1 keeps his vision across the floor instead of forcing the finish.
- 7 1 skips the ball over the collapsed defense to 4 in the opposite corner.
- 8 4 receives it with space for the open three.

ADVANTAGE FRAME — 2:12 1ST HALF



THE DRIVE COLLAPSES THE PAINT. THE SKIP PASS PUNISHES THE WEAK-SIDE HELP.

ACTION BREAKDOWN

1. BALL SCREEN + POP



5 screens for 1 and pops away. The spacing gives 1 a lane to turn the corner and attack the paint.

2. DRIVE + BASELINE CUT



As 1 drives, 3 baseline cuts behind the defense. The cut occupies help and pulls the shell toward the ball.

3. SKIP THE COLLAPSE



With the defense collapsed, 1 skips the ball across the floor to 4 in the opposite corner for the open three.

PAUSE HERE

Nebraska has four defenders pulled toward the middle as 1 penetrates. The baseline cut keeps the low-side help occupied and makes the weak-side corner defender shrink even farther into the lane. That is the window Iowa wants. Instead of forcing a finish into traffic, 1 throws the skip pass over the entire shell to 4 for the open corner three.

COACHING INSIGHTS

WHY IT WORKS

The drive and baseline cut pull the defense into the paint. The skip pass attacks the defender who has traveled the farthest away from the corner.

DEFENSIVE REACTION

Nebraska loads the lane to stop penetration. The weak-side shell shrinks toward the ball and gives up the opposite corner.

OFFENSIVE READ

If the weak-side corner defender is inside the lane line, skip it. Do not force the finish into a crowded paint when the defense has already given up the three.

COACHING POINT

Drive with your eyes up. The skip pass must be thrown as the help commits — before the weak-side defender can start recovering back out.

STEAL THIS IDEA

The best skip passes are created before the ball leaves the passer's hands. Use penetration and a baseline cut to drag the shell into the paint, then throw over the help instead of trying to pass through it.

DNA TAKEAWAY

COLLAPSE THE PAINT.
OCCUPY THE HELP.
SKIP IT TO THE OPEN CORNER.

SKIP 3'S 2 — EXIT ACTION

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 sets the ball screen for 2.
- 2 3 cuts through to the weak side to clear space behind the action.
- 3 2 attacks the ball screen and forces the defense to load to the ball.
- 4 4 exits from the corner and screens in for 3.
- 5 The screening action delays 3's defender and occupies the weak-side help.
- 6 3 lifts behind the action into the open perimeter window.
- 7 2 sees the defense compressed around the ball and throws the skip pass.
- 8 3 catches with separation for the open three.

ADVANTAGE FRAME — 16:06 2ND HALF



THE BALL SCREEN LOADS THE DEFENSE. THE EXIT SCREEN CREATES THE SKIP-PASS THREE.

ACTION BREAKDOWN

1. BALL SCREEN + CLEAR



5 screens for 2 while 3 cuts through to the weak side. The cut clears the space behind the ball-screen action.

2. EXIT SCREEN



4 exits from the corner and screens in for 3. 3 lifts behind the action while 2 keeps the defense occupied with the ball.

3. SKIP TO THE SHOOTER



With the shell compressed, 2 throws the skip pass across the floor to 3 for the open three.

PAUSE HERE

Florida has two defenders committed to the ball and the rest of the shell is pinched toward the middle. That is exactly what Iowa wants. While 2 holds the defense on the strong side, 4 exits from the corner and screens in for 3. The screen delays the recovery just long enough for 3 to lift into space, giving 2 a clean skip-pass window for the open three.

COACHING INSIGHTS

WHY IT WORKS

The ball screen loads the defense to one side while the exit screen creates separation on the opposite side. The skip pass attacks both rotations at once.

DEFENSIVE REACTION

Florida commits two defenders to 2 and shrinks the weak side. That leaves 3's defender vulnerable to the exit screen and late to recover.

OFFENSIVE READ

If the weak-side defense is compressed and 3 gets separation off the exit screen, skip it immediately. The window is best before the defense can fan back out.

COACHING POINT

The exit screen must arrive as the ball-handler engages the second defender. Timing the screen with the defensive load creates the cleanest skip-pass window.

STEAL THIS IDEA

Pair your skip-pass offense with an off-ball exit screen. The ball screen forces the defense to shrink; the exit screen prevents the weak-side defender from recovering cleanly. Now the skip pass is not just finding space — it is arriving to a shooter with built-in separation.

DNA TAKEAWAY

LOAD THE BALL SIDE.
SCREEN THE RECOVERY.
SKIP IT TO THE OPEN THREE.

SLOT DRIVES



IOWA HAWKEYES

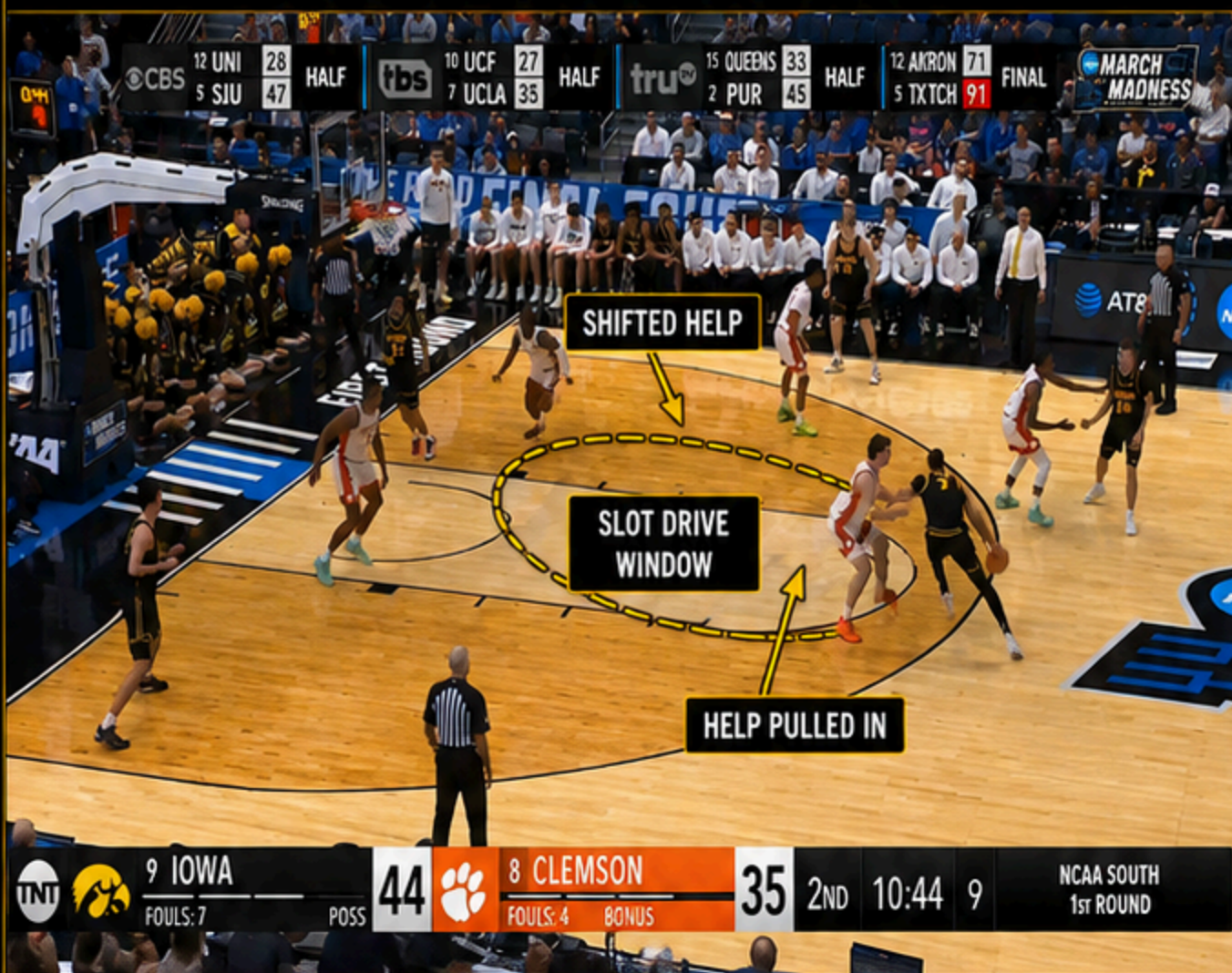
SERIES: PENETRATION & POST OFFENSE

DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 3 drives baseline
- 2 Help shifts to stop the baseline
- 3 3 kicks to 4 in the slot
- 4 4 reverses to 1
- 5 1 hits 4 right back
- 6 3 relocates back to the corner
- 7 4 attacks the slot gap while 5 relocates opposite

ADVANTAGE FRAME — 10:44 2ND HALF



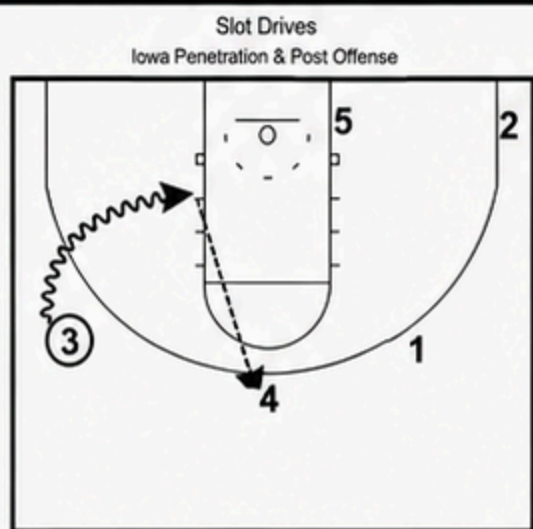
PAUSE HERE

- The first baseline drive pulls the shell toward the ball.
- The kickout, reversal, and return pass keep Clemson shifting.
- That movement opens a clean slot drive window on the second catch.
- As 4 attacks, 5 relocates from the dunker spot to the opposite block.

WHY IT WORKS

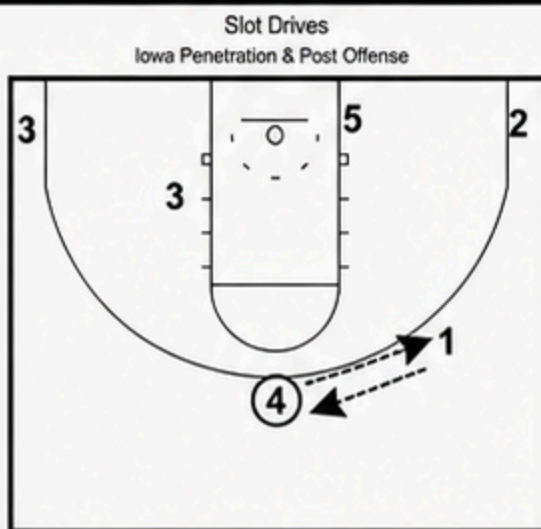
The baseline drive shifts the defense. Quick reversal makes the shell move again, creating the second-side slot drive lane.

1. 3 DRIVES BASELINE



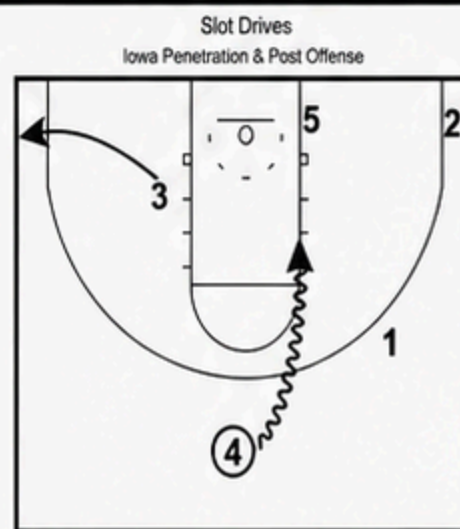
1. 3 drives baseline and kicks to 4 in the slot.

2. REVERSAL & RETURN



1. 4 reverses to 1 and 1 kicks it right back to 4 in slot.
2. 3 relocates back to corner.

3. ATTACK THE SLOT



1. On 4's slot drive 5 in the dunker spot relocates to opposite block.

DEFENSIVE REACTION

Clemson loads to the ball and shrinks the lane. The second-side catch finds the defense still shifting and late to contain.

OFFENSIVE READ

Attack immediately on the slot catch. Read the low help and dump the ball to the relocating 5 if the rim protector steps up.



STEAL THIS IDEA

Drive baseline to force rotation. Reverse it quickly, hit the slot again, and attack before the shell can flatten back out.



DNA TAKEAWAY

**SHIFT THE SHELL.
REVERSE IT. ATTACK THE SLOT.**



SLOT CUTS 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 attacks from the corner and drives the baseline.
- 2 The baseline drive pulls the low help toward the ball.
- 3 4 lifts from the slot instead of standing in the driver's path.
- 4 The lift clears the middle and stretches the next help defender.
- 5 1 and 2 lift behind the cut to keep the floor spaced.
- 6 Florida is forced to cover the rim and the slot at the same time.
- 7 The driver reads the help instead of forcing the finish.
- 8 Iowa now has a clean passing window created by movement behind...

ADVANTAGE FRAME — 2:18 2ND HALF



THE BASELINE DRIVE PULLS THE HELP DOWN. THE SLOT LIFT OPENS THE NEXT WINDOW.

ACTION BREAKDOWN

1. BASELINE DRIVE



5 drives from the corner and attacks the baseline. The drive forces the low help to commit toward the rim.

2. SLOT LIFT



4 lifts from the slot as the baseline drive develops. The lift clears the driver's path and stretches the next defender.

3. LIFT BEHIND THE CUT



1 and 2 lift behind the cut so Iowa keeps multiple passing windows alive while the defense is still collapsed.

PAUSE HERE

Florida is loaded toward the baseline drive, but Iowa does not let the weak side stay static. The slot player lifts as the ball goes down the baseline, which stretches the next help defender and clears the middle. At the same time, the guards lift behind the action. The result is a much longer recovery path and a clean passing window out of the drive.

COACHING INSIGHTS

WHY IT WORKS

The baseline drive forces the defense down and inward. The slot lift immediately stretches that help back up the floor, creating a larger passing window.

DEFENSIVE REACTION

Florida sinks to protect the rim. Once the slot lifts, the helper has to decide between staying in the lane or recovering out to the perimeter.

OFFENSIVE READ

Read the defender between the rim and the lifted slot. If that defender stays low, spray it out. If the defender leaves early, keep attacking the baseline.

COACHING POINT

Lift on the drive — do not wait for the pass. The timing of the relocation is what creates the distance the defense has to recover.

STEAL THIS IDEA

Do not let perimeter players become spectators on baseline penetration. Lift the slot as the ball goes down the baseline and lift the guards behind the cut. That movement stretches help in two directions and turns one paint touch into multiple passing windows.

DNA TAKEAWAY

DRIVE THE BASELINE.
LIFT THE SLOT.
STRETCH THE HELP.

SPAIN ACTION

SERIES: PLAYS & ACTIONS

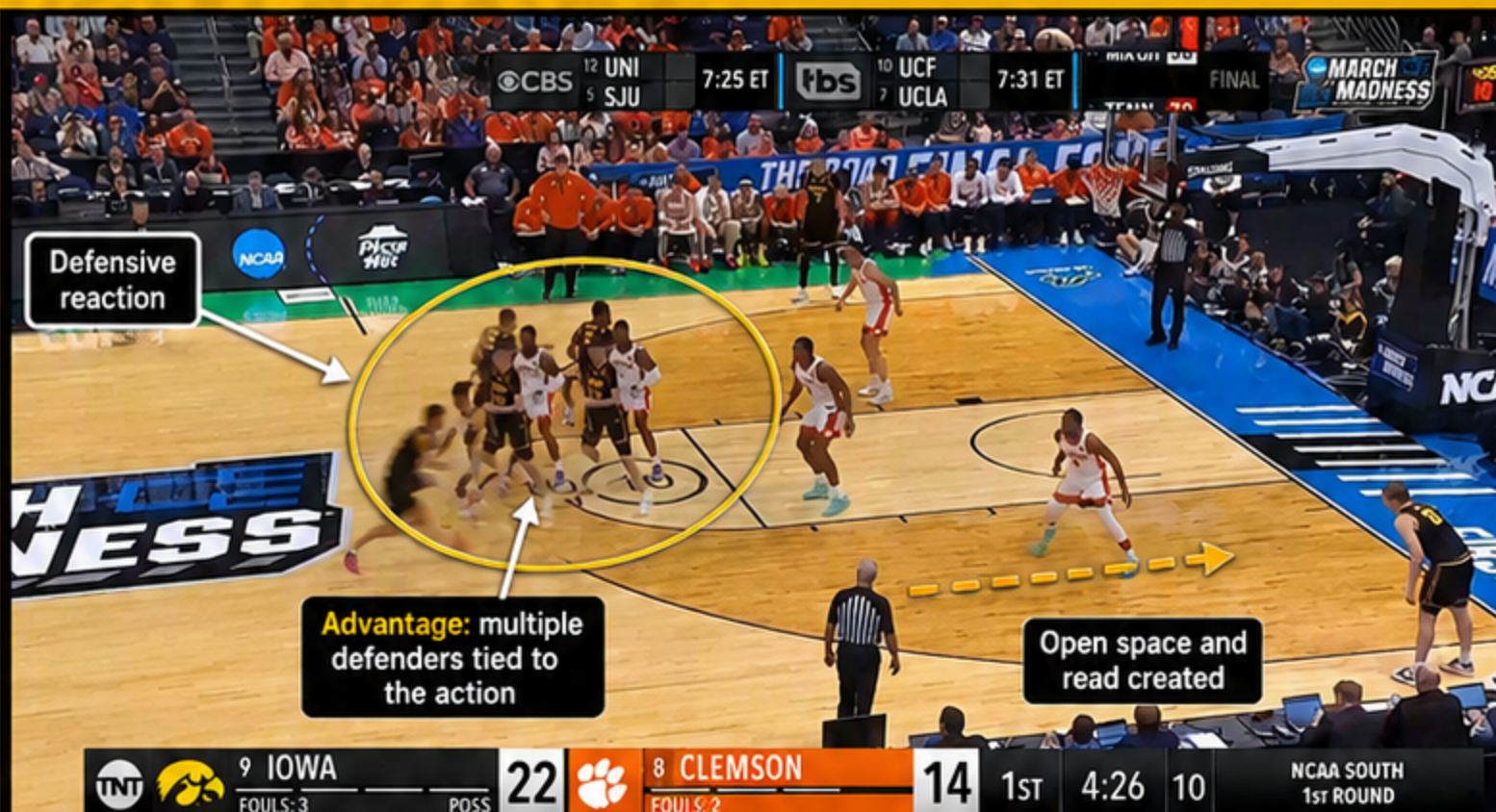
DNA CATEGORY — CREATE THE ADVANTAGE

VS.

THE ADVANTAGE DNA



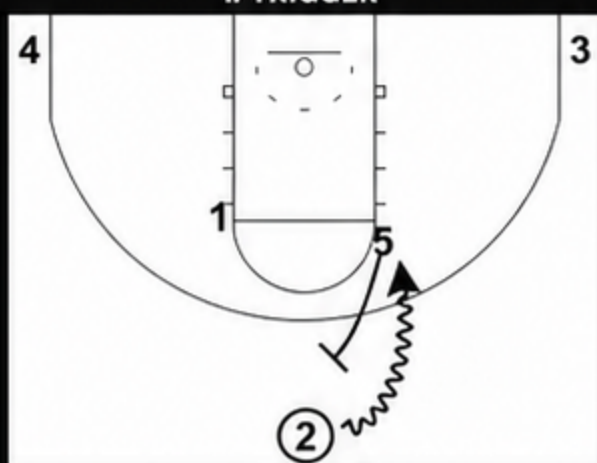
ADVANTAGE FRAME — 4:26 1ST HALF



PAUSE HERE: Spain Action forces Clemson to defend the ball screen, the back screen, and the roll at the same time. In this frame, the defense is compressed in the middle of the floor, which means Iowa has created the real advantage: multiple defenders are occupied and the next read can attack stretched help.

ACTION BREAKDOWN — PLAYS & ACTIONS

1. TRIGGER



5 sets the ball screen for 2 to start the action.

2. DEFENSIVE REACTION



1 back-screens the screener's defender, forcing the defense to sort out the screen, roll, and pop.

3. ATTACK THE ADVANTAGE



As 5 rolls and 1 pops, Iowa can attack whichever read the defense fails to cover first.

COACHING INSIGHTS



WHY IT WORKS

Spain Action layers the ball screen and back screen together, forcing the defense to guard two problems at once. That brief confusion creates the advantage.



DEFENSIVE REACTION

The defense gets pulled into the middle to handle the ball, the screener, and the roll. Help defenders are stressed by the timing.



OFFENSIVE READ

The offense must recognize which defender commits early. If the defense tags the roll, the pop or next pass is available. If the defense stays with shooters, the roll can be open.



COACHING POINT

The first screen starts the action. The second screen creates the real decision.



STEAL THIS IDEA

Do not teach Spain Action as a memorized play call only. Teach players to recognize how layered screening compresses the defense and creates the next read.



DNA TAKEAWAY

The action is not the advantage.
The defensive confusion it creates is the advantage.

SPAIN ACTION 1

SERIES: SPAIN ACTION | DNA CATEGORY: CREATE AN ADVANTAGE

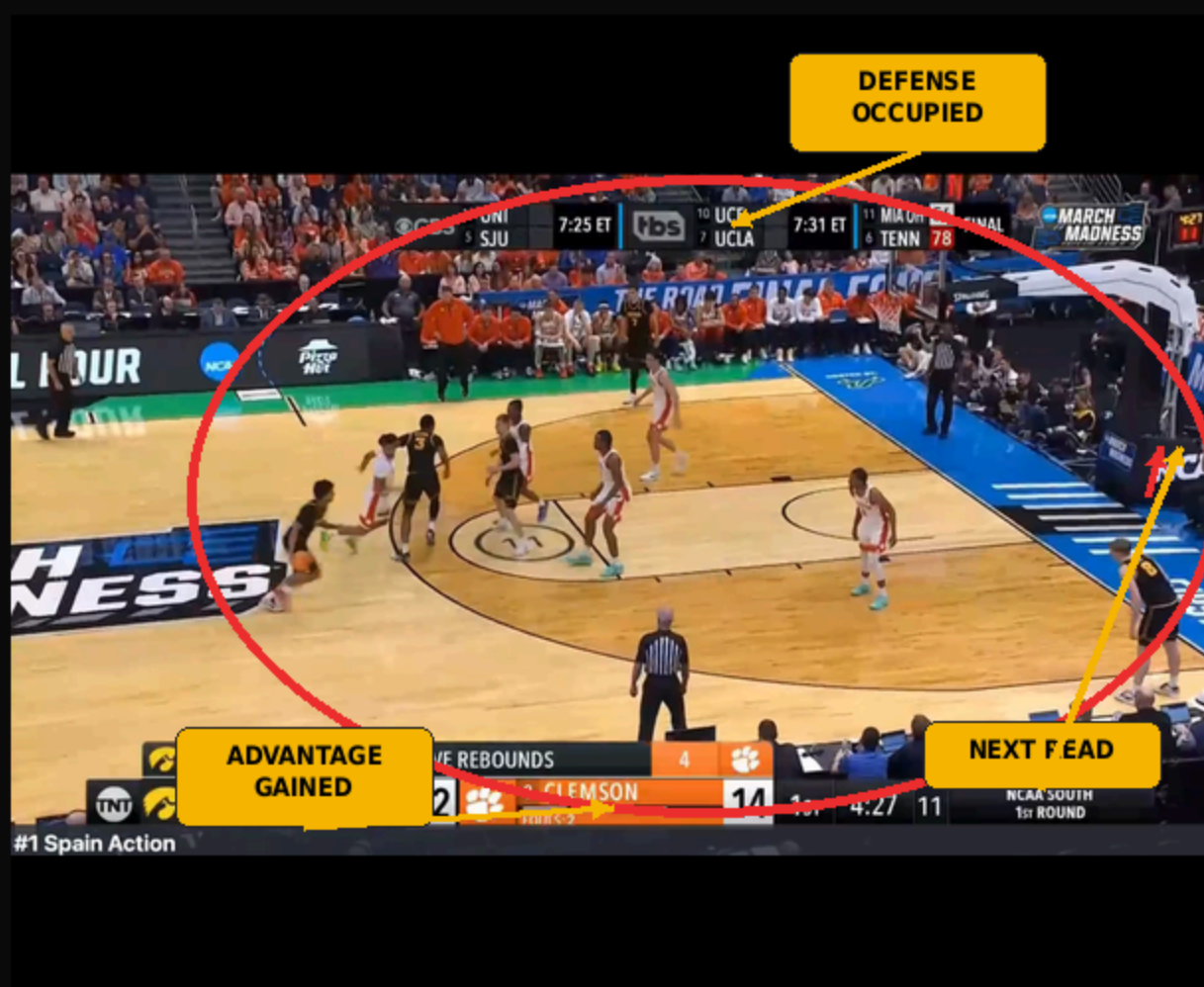
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 5 sets the initial ball screen for 2.
- 2 2 turns the corner and forces the defense to engage.
- 3 1 back screens the defender responsible for the roller.
- 4 5 rolls hard down the opposite lane line.
- 5 1 pops after setting the back screen.
- 6 Clemson gets occupied by the ball, roller, and back screen.
- 7 Iowa creates a numbers advantage behind the coverage.
- 8 Read the roll, the pop, or the open space before Clemson recovers.

ADVANTAGE FRAME — 4:27 1ST HALF



PAUSE HERE

Clemson is occupied by the Spain action. The initial ball screen pulls two defenders toward 2, while 1 back screens the defender responsible for 5. That creates the advantage: 5 can roll down the lane and 1 can pop into space. Iowa must read which defender helps and attack the open option immediately.

ACTION BREAKDOWN

1. BALL SCREEN



5 sets the ball screen for 2. The first screen forces Clemson to engage the ball and begins the rotation.

2. SPAIN BACK SCREEN



1 back screens for the rolling 5. As the defense gets tied up, 5 rolls opposite lane line and 1 pops to space.

3. ATTACK ADVANTAGE



Once Clemson commits to the ball and roller, Iowa reads the open window: hit 5 on the roll, 1 on the pop, or attack the open space.

COACHING INSIGHTS

WHY IT WORKS

Spain action puts three defenders into one decision. The ball screen, roll, and back screen force communication and create a temporary numbers advantage.

DEFENSIVE REACTION

Clemson crowds the ball screen and must decide who stays with the roller after the back screen. That moment creates the opening.

OFFENSIVE READ

If the back screen frees 5, hit the roll. If the defense sinks, find 1 on the pop. If the floor opens, keep the ball moving downhill.

COACHING POINT

The back screen must arrive on time. 5 must roll with force, 1 must pop with spacing, and 2 cannot pick up the dribble before the read appears.

STEAL THIS IDEA

Spain action is most effective when the defense thinks it has solved the first ball screen. The back screen attacks the defender who is preparing to protect the roll. That second action creates the real advantage and gives the ball handler multiple simple reads.

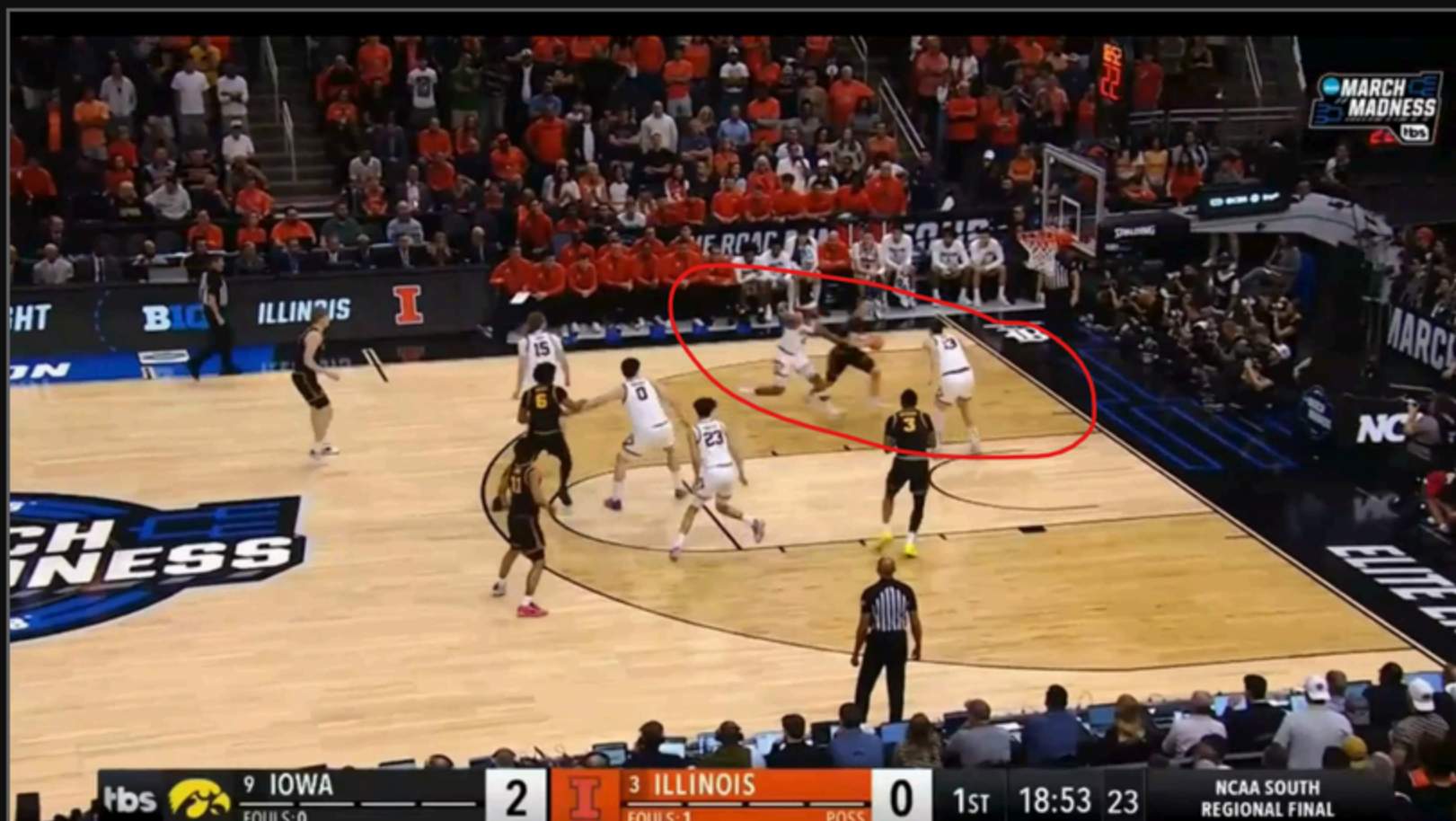
DNA TAKEAWAY

TO THE BALL SCREEN STARTS THE ROTATION. V.
THE BACK SCREEN CREATES
THE ADVANTAGE.

ADVANTAGE DNA™

- 1 Guard starts low on the wing.
- 2 2 steps up into the screening angle.
- 3 1 attacks immediately off the step-up.
- 4 Screen angle turns the corner toward the paint.
- 5 Illinois collapses two defenders to the ball.
- 6 Finish at the rim before the defense can reset.

ADVANTAGE FRAME — 18:53



#1 Step Ups

PAUSE HERE The step-up screen arrives from below the ball and changes the defender's angle. 1 turns the corner before Illinois can square the coverage, forcing two defenders to collapse at the rim.

ACTION BLUEPRINT — FASTDRAW BREAKDOWN



WHAT HAPPENS

2 steps up from the wing to set a guard-to-guard ball screen. 1 turns the corner immediately and gets downhill for the layup.

ADVANTAGE CREATED

The step-up changes the screen angle and keeps the defense from loading early. The ballhandler gets a direct runway into the paint.

DEFENSIVE REACTION

Illinois trails the screen and sends a second defender toward the drive. The circled frame shows two defenders converging near the rim.

OFFENSIVE READ

Turn the corner before the coverage can square up. Finish if the second defender stays back; hit the drop-off if he fully commits.

WHY IT WORKS

The screener comes to the ball instead of waiting at a fixed spot. That changes timing and angle without changing Iowa's spacing.

COACHING POINT / DNA TAKEAWAY

STEP UP TO THE DEFENDER → TURN THE CORNER → FORCE TWO → FINISH AT THE RIM

RESULT: LAYUP

SWING 3'S 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 1 attacks the middle to force x5 to step up.
- 2 5 flashes up behind the help into the open window.
- 3 The paint touch pulls multiple defenders toward the ball.
- 4 1 delivers the ball to 5 before the defense can recover.
- 5 5 catches on balance and immediately sees the weak side.
- 6 The catch creates a 2-on-1 against the next perimeter defender.
- 7 5 swings the ball to 3 instead of holding it.
- 8 3 receives the pass with the defense stretched for the open three or...

ADVANTAGE FRAME — 1:20 2ND HALF



THE DRIVE DRAWS THE BIG. THE FLASH CATCH CREATES THE SWING-PASS ADVANTAGE.

ACTION BREAKDOWN

1. DRIVE + DRAW x5



1 attacks the paint and forces x5 to step up. 5 flashes into the space created behind the help.

2. FLASH + SWING



5 receives the ball and immediately swings it to 3. The speed of the second pass keeps the defense from recovering.

3. PLAY THE 2-ON-1



The swing puts Iowa into a 2-on-1 on the weak side. 3 can shoot if the closeout is late or attack if the defender flies out.

PAUSE HERE

Nebraska has been pulled toward the middle because 1's penetration forces x5 to step up. That movement creates the window for 5 to flash into the lane line area. The key is what happens next: 5 does not hold the ball. He catches, turns, and swings it to 3 before the defense can fan back out. The advantage is created by the drive, but finished by the quick second pass.

COACHING INSIGHTS

WHY IT WORKS

The drive forces the big to help and creates a temporary numbers advantage behind the play. The flash catch turns that help into a swing-pass three.

DEFENSIVE REACTION

Nebraska collapses the middle to stop penetration. Once x5 steps up, the next defender has to guard two offensive players on the weak side.

OFFENSIVE READ

If x5 commits to the drive, hit the flash. On the catch, read the next defender immediately — shoot the gap with the swing pass before the shell recovers.

COACHING POINT

Catch to pass. The advantage disappears if 5 holds the ball. The flash should arrive on balance with eyes already scanning the weak side.

STEAL THIS IDEA

Use penetration to move the big, then flash a passer into the space behind the help. The flash is not the finish — it is the bridge to the next advantage. If the second pass comes immediately, the defense has to guard two players with one recovering defender.

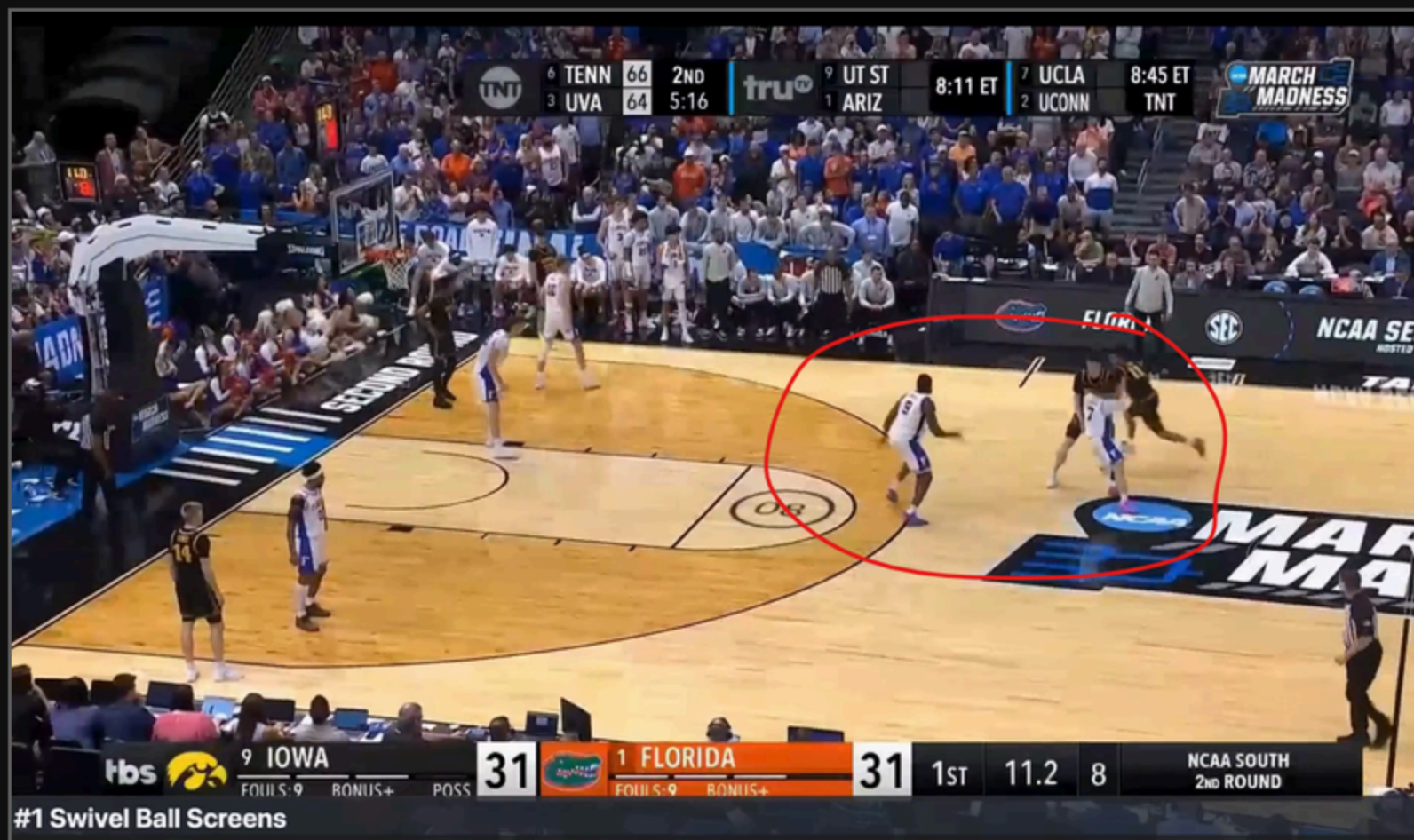
DNA TAKEAWAY

DRIVE TO MOVE THE BIG.
FLASH BEHIND THE HELP.
SWING IT BEFORE THEY RECOVER.

ADVANTAGE DNA™

- 1 4 follows into the ball-screen action.
- 2 4 makes contact with the screen defender.
- 3 4 swivels and flips the screen to the opposite side.
- 4 The defender has to change direction a second time.
- 5 The ballhandler turns the new angle and gets downhill.
- 6 Florida collapses late and Iowa finishes at the rim.

ADVANTAGE FRAME — 11.2



PAUSE HERE The key is the swivel. The screener touches the ball-screen defender, then flips the angle to the opposite side. That second change of direction keeps the defense from getting square and opens the downhill lane.

ACTION BLUEPRINT — FASTDRAW



1. TOUCH

Make contact with the ball-screen defender so he cannot sit comfortably in the first coverage.

2. FLIP

Swivel the screen to the opposite side and force the on-ball defender to redirect.

3. ATTACK

Use the new angle immediately. The defense is changing direction while the ballhandler is accelerating.

WHAT HAPPENS

4 follows the ball screen, gets a touch on the screening defender, then swivels and flips the screen to the other side.

ADVANTAGE CREATED

The second screening angle forces the same defenders to solve the action twice. The ballhandler gets a cleaner downhill path.

DEFENSIVE REACTION

Florida tries to contain the first side, then has to redirect as the screen flips. Help is late because the coverage changes on the move.

OFFENSIVE READ

Do not pause after the flip. As soon as the defender redirects, turn the corner and attack the open hip before the big can recover.

WHY IT WORKS

The screen is not stationary. Iowa changes the angle after contact, making a simple ball screen harder to guard without adding extra players or spacing.

COACHING POINT / DNA TAKEAWAY

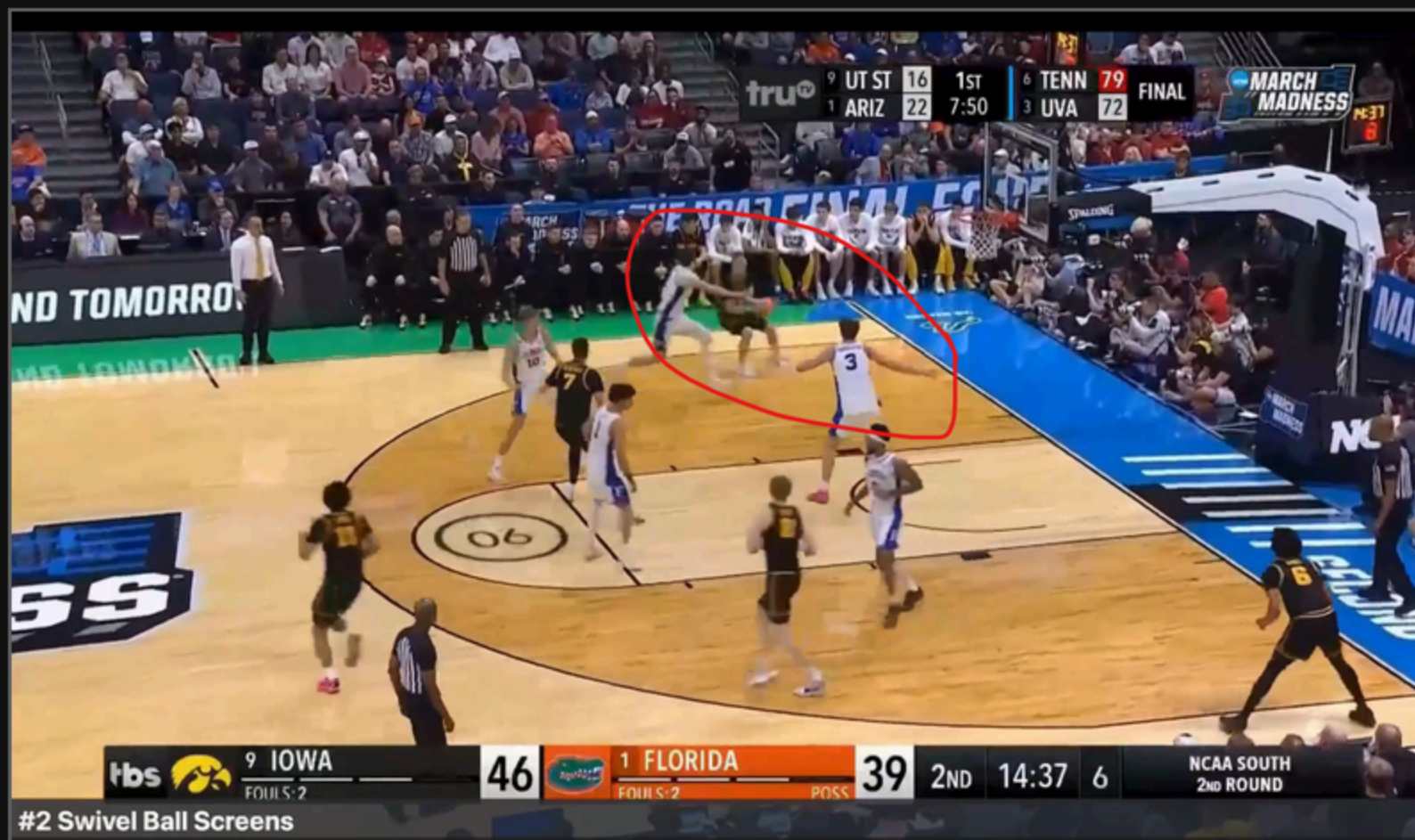
TOUCH THE DEFENDER → FLIP THE ANGLE → MAKE THEM TURN TWICE → ATTACK

RESULT: LAYUP

ADVANTAGE DNA™

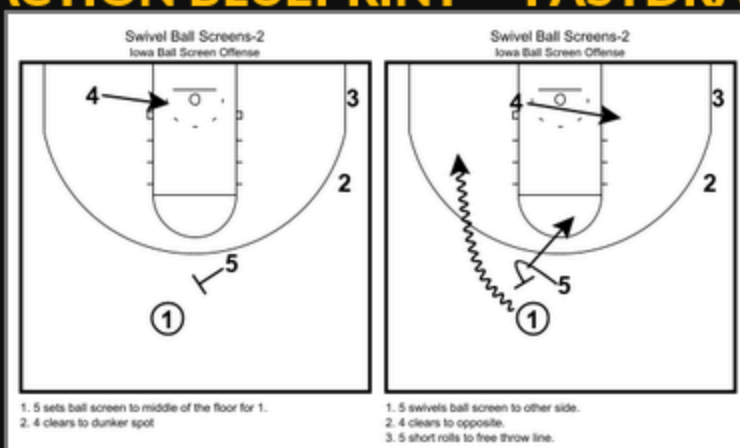
- 1 5 sets the high ball screen in the middle of the floor.
- 2 4 clears down to the dunker spot and opens the lane.
- 3 5 swivels the screen and sends 1 back to the other side.
- 4 4 clears opposite so the second side stays open.
- 5 The defense has to turn and recover again.
- 6 1 attacks before the coverage can reset.
- 7 5 short rolls to the free-throw line as a release.
- 8 The downhill drive creates the layup.

ADVANTAGE FRAME — 14:37



PAUSE HERE The swivel has already changed the side of the attack. Florida is turning and recovering while Iowa is accelerating into the lane. Because 4 cleared the lane and 5 can short roll behind the play, the defense has to protect both the rim and the middle release.

ACTION BLUEPRINT — FASTDRAW



1. CLEAR

4 clears to the dunker spot so the ball screen starts with the middle open.

2. SWIVEL

5 flips the screen to the other side and makes the on-ball defender redirect.

3. PUNISH

Attack the second side immediately. 4 clears opposite and 5 short rolls as the release.

WHAT HAPPENS

5 screens in the middle, then swivels to the opposite side. The weakside movement clears the paint and gives 1 room to attack.

ADVANTAGE CREATED

The defense must guard the same ball screen twice from two different angles. The second turn creates the downhill window.

DEFENSIVE REACTION

Florida redirects after the flip and the back line has to step toward the drive. That movement opens space behind the first line.

OFFENSIVE READ

Once 5 flips it, go. Do not let the defense square back up. Attack the new angle and read the rim first, then the short roll.

WHY IT WORKS

The swivel changes the direction of the coverage without changing the spacing. Iowa creates a second advantage before the defense can reset.

COACHING POINT / DNA TAKEAWAY

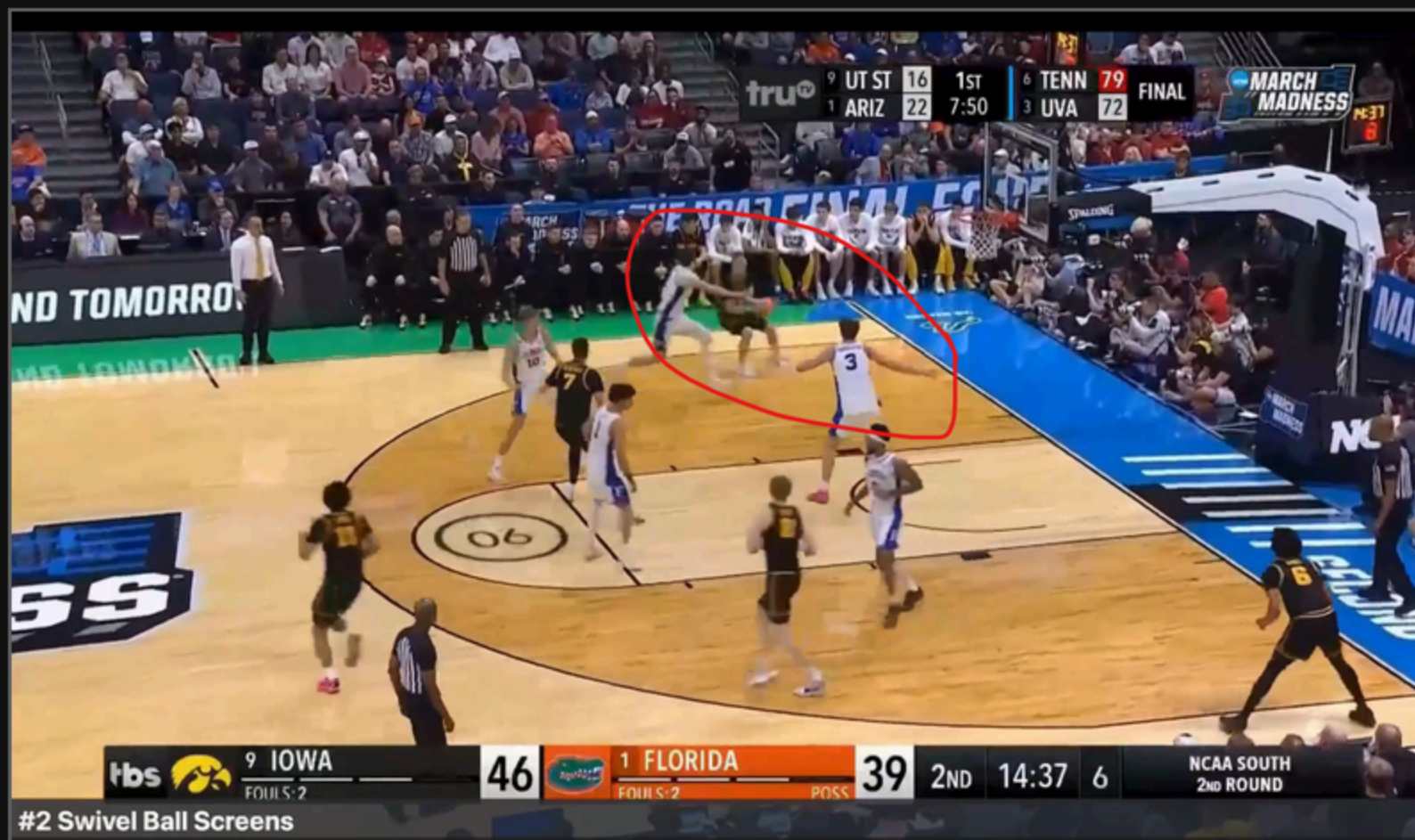
CLEAR THE LANE → FLIP THE SCREEN → FORCE A SECOND TURN → ATTACK

RESULT: LAYUP

ADVANTAGE DNA™

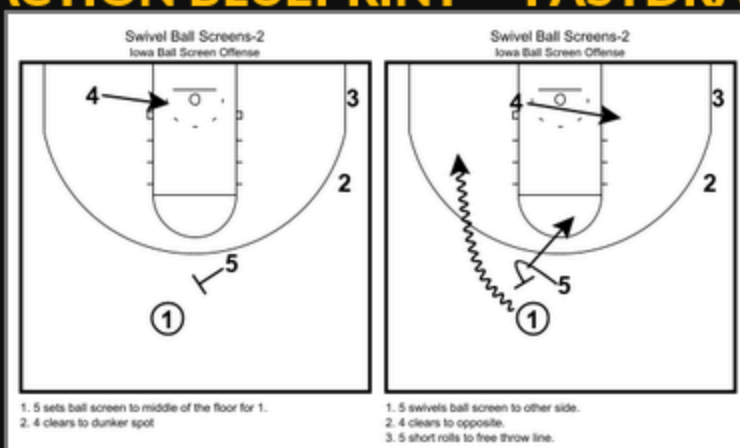
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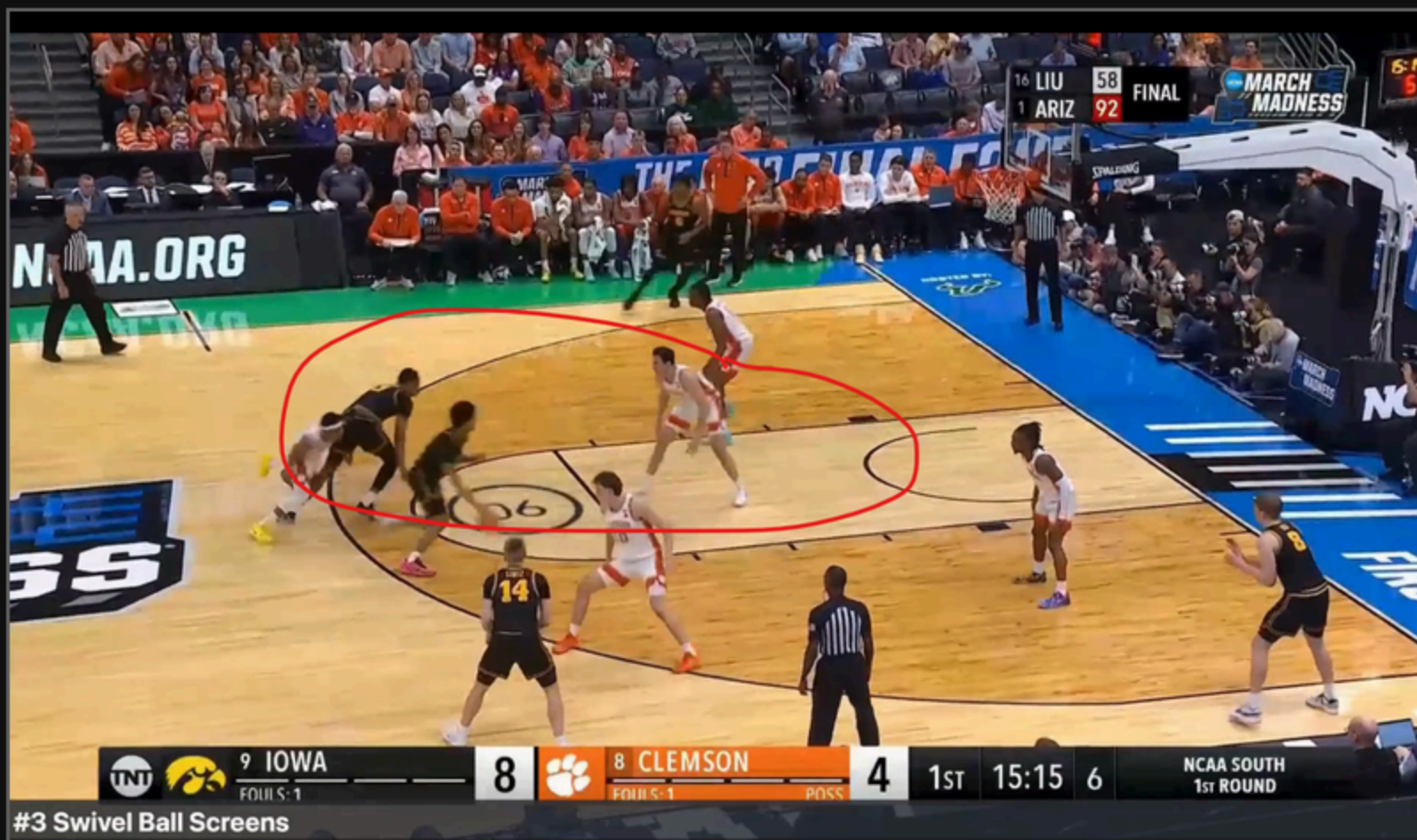
CLEAR THE LANE → FLIP THE SCREEN → FORCE A SECOND TURN → ATTACK

RESULT: LAYUP

ADVANTAGE DNA™

- 1 reverses the ball to 2 at the top.
- 5 arrives to set the first high ball screen.
- 3 starts clearing toward the corner.
- 2 uses the first screen and forces Clemson to shift.
- 5 swivels the screen back to the other side.
- The on-ball defender has to redirect a second time.
- 2 turns the corner before the defense can reset.
- 3 lifts behind the drive as 2 finishes at the rim.

ADVANTAGE FRAME — 15:15



PAUSE HERE The advantage is the second turn. Clemson has already reacted to the first ball screen. When 5 swivels the screen back, the defender must change direction again while the big is still recovering. That hesitation gives 2 the downhill lane.

ACTION BLUEPRINT — FASTDRAW



1. SHIFT

Reverse to 2 and let 5 meet the ball with the first high screen.

2. SWIVEL

5 flips the angle back to the opposite side while 3 clears away.

3. ATTACK

2 attacks the second angle immediately. 3 lifts behind the drive as the safety valve.

WHAT HAPPENS

5 screens for 2 at the top, then swivels the screen to the opposite side. 3 clears to the corner and later lifts behind the drive.

ADVANTAGE CREATED

The same defender has to negotiate two different screen angles in one possession. The second redirect creates the driving seam.

DEFENSIVE REACTION

Clemson shifts toward the first screen, then has to turn its hips and recover again when 5 flips the angle.

OFFENSIVE READ

Attack the second turn immediately. If the lane is there, get downhill. If help commits, 3 is lifting behind the play.

WHY IT WORKS

The swivel makes a simple ball screen feel like two actions. The defense has to solve the same problem twice before it can get organized.

COACHING POINT / DNA TAKEAWAY

MAKE THE DEFENDER TURN TWICE. ATTACK THE SECOND ANGLE.

RESULT: LAYUP

ZONE 1

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: RECOGNIZE THE GAP

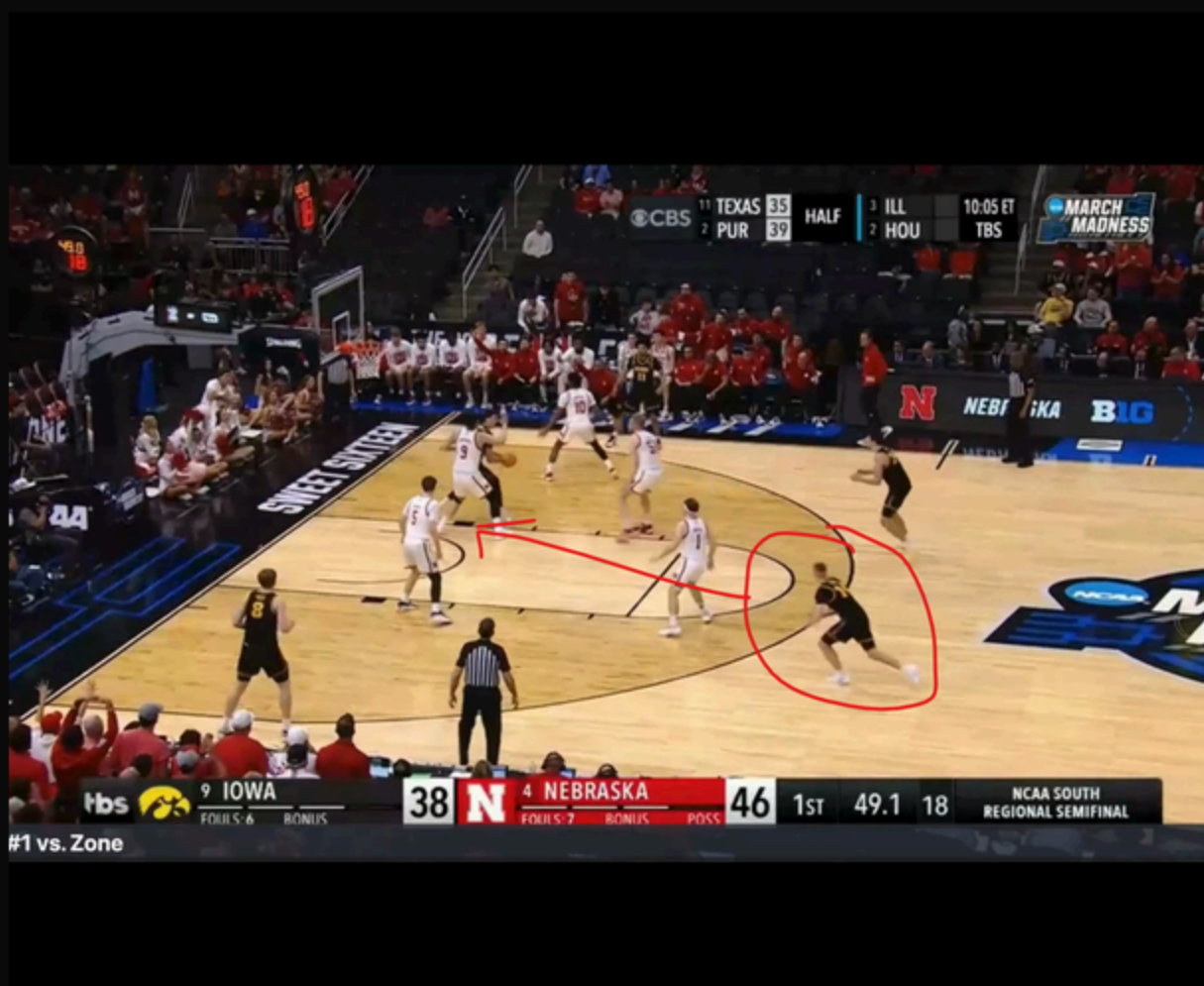
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa reverses the ball to shift Nebraska's zone.
- 2 The ball handler attacks a gap instead of standing outside the shell.
- 3 Nebraska's interior defenders collapse toward the ball.
- 4 #1 cuts hard to the basket behind the occupied defenders.
- 5 The rim-cut window is open even though Iowa does not throw the pass.
- 6 The key read is seeing the cutter before the zone can recover.
- 7 If the cutter is covered, keep the ball moving and make the zone shift...
- 8 Recognition comes first: the defense gave up the cut even if the possession...

ADVANTAGE FRAME — 49.1 1ST HALF



THE PASS IS NOT MADE — BUT THE CUT IS THERE. RECOGNIZE THE WINDOW.

ACTION BREAKDOWN

1. MOVE THE ZONE



1 and 4 reverse the ball to force the zone to shift. Ball movement changes the defenders' angles before penetration begins.

2. ATTACK THE GAP



4 attacks the gap and pass-fakes to move the shell again. The goal is to occupy the middle, not just move the ball around the perimeter.

3. SEE THE CUT



As the zone collapses, #1's cut to the basket appears behind the help. Even if the pass is not thrown, this is the read the offense must see.

PAUSE HERE

This is the teaching moment. Iowa does not actually throw the pass to #1, but the cut to the basket is available. Nebraska's zone is occupied by the ball and has opened a lane behind the help. The lesson is not simply whether the pass was completed — it is whether the offense recognized the window. Good zone offense sees the advantage before the defense can close it.

COACHING INSIGHTS

WHY IT WORKS

Reversals and gap attacks force the zone to turn and collapse. Once defenders lose vision behind the ball, the cutter can slip into the rim window.

DEFENSIVE REACTION

Nebraska contracts toward the ball. That protects the gap initially, but it leaves space behind the second line of the zone.

OFFENSIVE READ

Do not stare only at the ball. When the zone collapses, scan the backside and the rim line. If the cutter has a step, the pass is available now.

COACHING POINT

Reward recognition, not just completions. If the player sees the rim cut but cannot deliver it safely, the offense can still flow into the next reversal.

STEAL THIS IDEA

When teaching zone offense, do not grade only the pass that was made. Grade the advantage that was recognized. A cut can be the correct read even when the passer chooses not to throw it. Train players to see the rim window first, then decide whether the pass is clean enough to make.

DNA TAKEAWAY

THE PASS WASN'T MADE.
THE ADVANTAGE WAS STILL THERE.
RECOGNIZE THE CUT.

ZONE 2

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: ATTACK THE WEAK SIDE

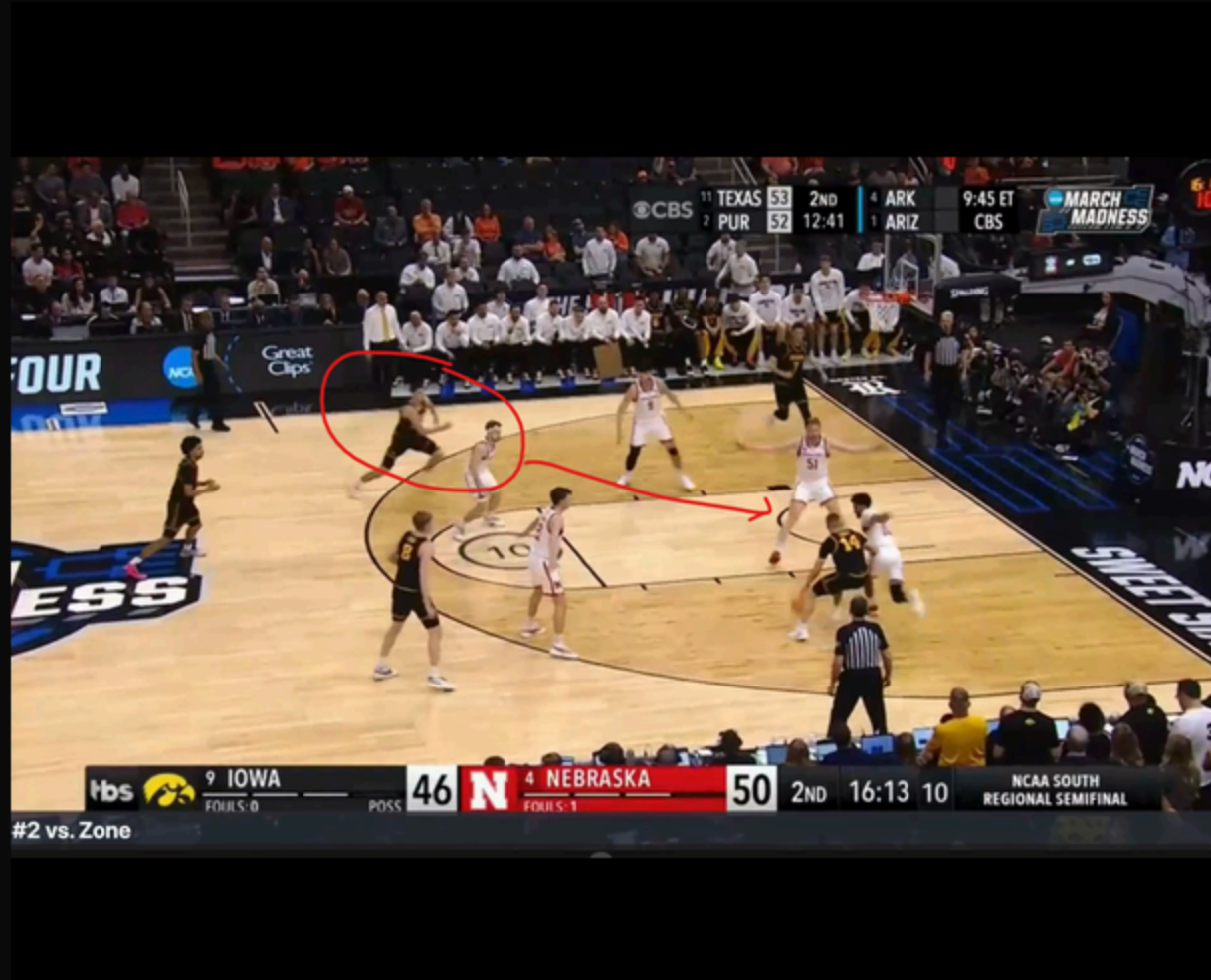
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa moves the zone with the ball and creates a gap on the right side.
- 2 2 catches and attacks the gap instead of holding the ball.
- 3 Nebraska's zone turns its eyes and shoulders toward penetration.
- 4 The middle and low defenders step toward the ball to protect the paint.
- 5 The weak-side cutter starts moving behind the defense.
- 6 As the ball reaches the paint, the cutter accelerates to the rim.
- 7 The zone is now occupied by the ball and late to recover behind the play.
- 8 The read is simple: when the defense turns to the drive, attack the space...

ADVANTAGE FRAME — 16:13 2ND HALF



THE DRIVE HOLDS THE ZONE. THE WEAK-SIDE CUT ATTACKS THE SPACE BEHIND IT.

ACTION BREAKDOWN

1. SHIFT THE ZONE



Iowa moves the ball side-to-side and spaces the zone. The goal is to make defenders shift before the penetration starts.

2. ATTACK THE GAP



2 attacks the gap and forces the zone to collapse toward the ball. This movement pulls eyes and bodies away from the weak side.

3. CUT BEHIND THE HELP



As the ball enters the paint, the weak-side cutter goes hard to the rim. The cut attacks the space created behind the rotating zone.

PAUSE HERE

The important read is away from the ball. As 2 attacks the right-side gap, Nebraska's zone shifts and turns toward the penetration. That is when the weak-side cutter becomes dangerous. The cutter is moving behind the defense toward the rim while the low defenders are occupied by the drive. This is exactly what good zone offense should recognize — drive the gap, make the zone turn, then cut behind the help.

COACHING INSIGHTS

WHY IT WORKS

Gap penetration makes every zone defender react to the ball. The weak-side cut attacks the blind spot created when those defenders turn and collapse.

DEFENSIVE REACTION

Nebraska's shell shifts toward 2 and the low defenders step inward to protect the paint. That leaves space behind the defense on the weak side.

OFFENSIVE READ

The cutter should go when the ball penetrates the gap and the weak-side defender loses vision. If the lane opens behind the help, sprint to the rim.

COACHING POINT

Cut on the defender's head turn. Do not wait until the ball handler is trapped. The best cut arrives while the zone is still moving toward the drive.

STEAL THIS IDEA

Against a zone, penetration should trigger movement away from the ball. When the defense turns to stop the drive, the weak-side cutter can attack the space directly behind the help. Teach the cutter to read the defender's eyes and shoulders — the cut is there before the pass ever is.

DNA TAKEAWAY

DRIVE THE GAP.
MAKE THE ZONE TURN.
CUT BEHIND THE HELP.

ZONE 3

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: CUT BEHIND THE ZONE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa reverses the ball to make Nebraska's zone shift side-to-side.
- 2 The ball reaches the wing and pulls the top and side defenders toward it.
- 3 4 moves through to stretch the right side of the zone.
- 4 The weak-side interior defender is forced to watch the ball instead of the...
- 5 5 begins the cut from behind the zone while the defense is occupied.
- 6 The cutter attacks the middle of the lane before Nebraska can recover.
- 7 The ball movement creates the cut — the cut is not random.
- 8 Recognize the defender's head turn and attack the blind spot immediately.

ADVANTAGE FRAME — 13:54 2ND HALF



THE ZONE TURNS TO THE BALL. THE WEAK-SIDE CUT ATTACKS THE BLIND SPOT.

PAUSE HERE

Watch the weak side, not the ball. Nebraska's zone has shifted toward the right wing and the interior defenders are looking at the pass. That creates the moment for the weak-side cutter to go. The cutter is moving behind the defense and into the middle of the lane while the zone is still turning. The advantage comes from timing: move the zone first, then cut through the defender's blind spot.

ACTION BREAKDOWN

1. REVERSE THE BALL



1 reverses the ball to 2 while 4 occupies the right side. The reversal starts shifting Nebraska's shell away from the weak-side cutter.

2. STRETCH THE ZONE



2 attacks and the floor stretches to the opposite side. The zone turns toward the ball and loses vision behind the second line.

3. CUT THE BLIND SPOT



As the ball is moved again, 5 cuts hard to the rim behind the defense. The cut attacks the space created by the shifting zone.

COACHING INSIGHTS

WHY IT WORKS

Ball reversal forces the zone to turn its head and shift its feet. The weak-side cut attacks the moment when defenders are seeing the ball instead of the cutter.

DEFENSIVE REACTION

Nebraska slides toward the wing and protects the ball side. That movement creates a temporary seam behind the interior defenders.

OFFENSIVE READ

Read the weak-side defender's vision. When the defender turns to the ball, cut behind the head and get to the rim before the shell can shrink back.

COACHING POINT

Do not cut before the zone moves. Reverse it, occupy it, then cut behind it. Timing creates the window more than speed alone.

STEAL THIS IDEA

Against a zone, use the pass to create the cut. Move the shell until a weak-side defender turns his head, then cut directly behind his vision. The best cutters do not simply run to open space — they attack the moment the defender can no longer see both ball and man.

DNA TAKEAWAY

MOVE THE ZONE.
WAIT FOR THE HEAD TURN.
CUT THE BLIND SPOT.

ZONE 4

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: HIGH-LOW ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa shifts the zone with perimeter ball movement before entering the high...
- 2 The ball is delivered into the middle, forcing Florida's zone to collapse inward.
- 3 5 catches in the high-post area and immediately becomes a scoring...
- 4 The middle touch pulls the low defenders toward the ball and shrinks the...
- 5 4 stays spaced on the weak-side baseline behind the defense.
- 6 Once the zone collapses, the short high-low passing lane appears behin...
- 7 The inside touch creates a 2-on-1 decision for the low defender.
- 8 The advantage is simple: touch the middle, force the collapse, then play...

ADVANTAGE FRAME — 6:52 2ND HALF



THE HIGH-POST TOUCH PULLS THE ZONE IN. THE BASELINE PLAYER STAYS BEHIND THE HELP.

ACTION BREAKDOWN

1. ENTER THE MIDDLE



Iowa enters the ball toward the middle of the zone and brings 5 into the high-post area. The touch forces the interior shell to react.

2. FORCE THE COLLAPSE



As 5 catches, the low defenders pinch inward to take away the middle. That movement opens the baseline space behind the zone.

3. PLAY HIGH-LOW



With the back line collapsed, 5 reads the baseline and delivers the high-low pass to 4 behind the help for the finish.

PAUSE HERE

The advantage is created by getting the ball into the middle of the zone. Florida has to collapse toward the high-post catch, which pulls the back-line defenders inward and away from the baseline. The weak-side baseline player is now sitting behind the help. Once 5 catches and turns, Iowa has a high-low window before the zone can fan back out.

COACHING INSIGHTS

WHY IT WORKS

A high-post touch attacks the center of the zone. Once the defense collapses inward, the baseline becomes vulnerable behind the help.

DEFENSIVE REACTION

Florida's middle and low defenders squeeze toward 5 to protect the paint. That shortens the shell but exposes the space behind it.

OFFENSIVE READ

5 must catch ready to score, then immediately see the baseline. If the low defender steps up, the high-low pass is available.

COACHING POINT

Do not hold the middle touch. Catch, turn and read. The passing window is best before the zone can recover back to the baseline.

STEAL THIS IDEA

Against a zone, the middle touch should force two reactions at once: defenders collapse toward the ball and baseline players become exposed behind the help. Teach the high-post player to catch looking to score first, then immediately find the space the defense just abandoned.

DNA TAKEAWAY

TOUCH THE MIDDLE.
COLLAPSE THE ZONE.
PLAY BEHIND THE HELP.