BASKETBALL DNA™
ADVANTAGE VOLUME 1 | BUILD SMARTER PLAYERS

PRACTICE LAB 01
CREATE | RECOGNIZE | ATTACK

BETTER PLAYERS BRIGHTER GAME

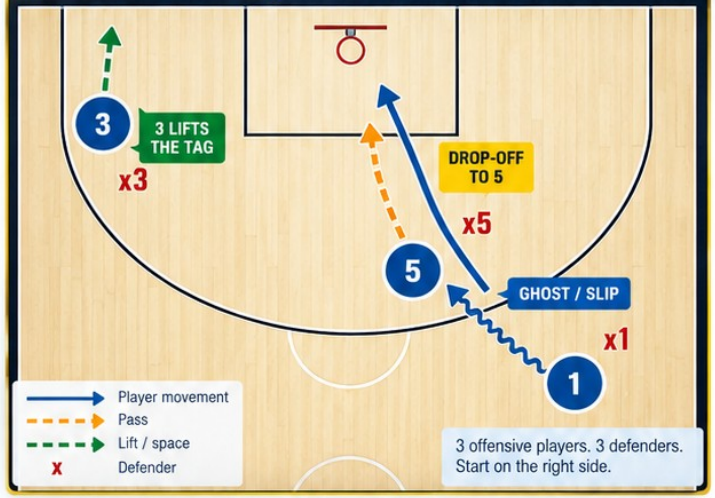
GHOST + TAG READ 3v3

Occupy the tag. Slip behind the help.

READ. ATTACK. CREATE ADVANTAGE.

COURT DIAGRAM

GHOST ACTION → SLIP → FINISH



ADVANTAGE DRILL

SIMPLE ACTION. BIG ADVANTAGES.

PURPOSE

Teach players to use ghost action to occupy the tag defender, recognize missing help, and slip behind the coverage for a finish at the rim.

SETUP

- 3 offensive players, 3 defenders
- Ballhandler (1), weakside spacer/lifter (3), screener/slipper (5)
- Start on the right side of the floor
- 1 ball

EXECUTION

1. 1 starts with the ball on the right side.
2. 5 ghosts the screen and slips quickly to the rim.
3. 3 lifts on the weak side to occupy the tag.
4. 1 reads the tag defender and delivers the pass to 5.
5. Finish at the rim and reset.

TEACHING POINTS

1. Occupy the tag before the slip arrives.
2. Ghost fast — sell screen, then get out.
3. 1 must attack under control and read help early.
4. 3 lifts with timing to remove weakside help.
5. Deliver the pass on time, on target.

PROGRESSIONS

1. Walk-through
2. Guided 3v3
3. Live 3v3
4. Add a coach as tag helper
5. Start from both sides

FILM ROOM CONNECTION



*"What removed the tag?
Where was the help?
When did 5 become open?"*

GAME APPLICATION

Use this when teams help aggressively from the weak side or are slow to tag the roller.

Great against teams that overreact to ghost action.

SAME READS. DIFFERENT JERSEYS. REAL RESULTS.

CAN YOU TEACH THIS?

- [ ] Recognizes the tag defender
- [ ] Times the lift correctly
- [ ] Ghosts and slips with pace
- [ ] Makes the correct read
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps with the correct ghost timing, weakside lift, and on-time pass to the slip. Reset the count after a poor read, late lift, or missed finish.

CONSISTENCY CREATES CONFIDENCE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. **Create the tag conflict** →
2. **Remove the help** →
3. **Slip behind the coverage** →
4. **Finish the advantage**

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

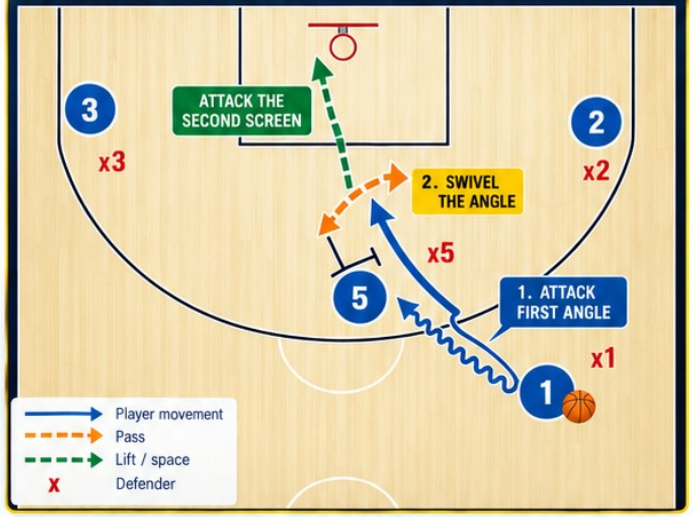
SWIVEL THE ANGLE

Make the defense guard the second screen.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

SWIVEL + RE-SCREEN



ADVANTAGE DRILL

SECOND SCREEN. NEW ADVANTAGE.

PURPOSE

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

SETUP

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

EXECUTION

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

TEACHING POINTS

1. Set up the screen before you use it.
2. Make the defender guard two angles in one action.
3. Screener swivels only after reading the defender's route.
4. Ballhandler must stay tight and attack the new angle with pace.
5. Keep spacing wide so the second read stays clean.

PROGRESSIONS

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

FILM ROOM CONNECTION



ADV-121 — UCONN

"What forced the defender to commit to the first angle?"

"When did the swivel create the new advantage?"

"Where was the best scoring window after the second screen?"

GAME APPLICATION

Use this when defenders jump to the first screen angle or try to beat the ballhandler to the spot.

Great against teams that overplay ball screens or show too early.

The next counter can be a short roll, empty-side attack, or kick-out to the shooter.

MAKE THEM GUARD IT TWICE.

CAN YOU TEACH THIS?

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

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

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

SECOND ADVANTAGES CREATE REAL PRESSURE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. **Set up the first angle**
2. **Force the defender to commit**
3. **Swivel into the second angle**
4. **Attack the new advantage**

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

PRACTICE LAB 03

LIFT THE HELP

Create the long closeout before attacking baseline.

ADVANTAGE: CREATE
Manipulate help with spacing and a pass.

1 PURPOSE

Teach players to move the help defender with a diagonal skip pass, create a long closeout, and immediately attack the baseline before the defense can recover.

2 SETUP

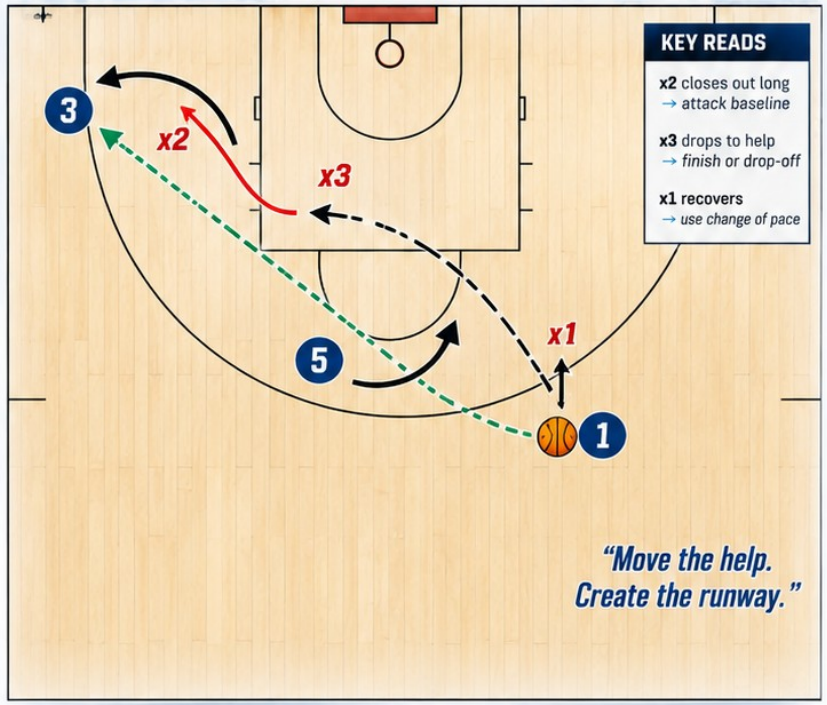
- 4 offensive players to start (passer, receiver, driver, corner spacer)
- 3 defenders to start (on-ball defender, help defender, tag)
- Start with the ball on one side (wing)
- Weakside player lifted to the short corner or slot
- 1 ball; optional coach as extra help defender
- Scoring: 1 point for a paint touch, 2 points for a kick-out three, 3 points for a finish through contact

3 EXECUTION

1. Ballhandler passes to the opposite wing (diagonal skip pass).
2. The pass lifts the help defender and creates a long closeout.
3. Receiver catches and immediately attacks the baseline.
4. Read low help for finish, drop-off pass, or kick-out.
5. Reset and repeat from both sides.

4 DIAGRAM

LIFT THE HELP – CREATE SPACE, ATTACK BASELINE.



5 TEACHING POINTS

- Pass with purpose – move the help.
- Lift the help defender with a strong diagonal pass.
- Catch ready – be in an attack stance.
- Attack baseline immediately.
- Keep weakside spacing.

6 PROGRESSIONS

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

7 VARIATIONS

- Start from either wing.
- Add a dunker-spot or corner drift option.
- Change the help coverage (drop, switch, ICE, or tag).
- Add a short-roll option after the drive.
- Make it a competitive 4-on-4 or 5-on-5 dribble-drive game.

8 GAME APPLICATION

- Use this when the help is sitting in the gap or low-man area.
- It works well against teams that overhelp.
- The next adjustment may be a stunt or switch.
- Be ready to read the low defender and make the next pass.

9 MASTERY CHALLENGE

Play to 10 points.

- 1 point – paint touch
- 2 points – kick-out three
- 3 points – finish through contact

Complete 8 consecutive possessions with a correct read and quality attack (chain multiple reads).

10 FILM ROOM CONNECTION

Watch Film Room: ADV-003

1. What moved the help defender?
2. How did the spacing create the angle?
3. What did the receiver read on the catch?
4. Where was the next pass if help rotated?
5. How did the offense continue the advantage if the baseline was taken away?

PRACTICE LAB 04

KICK, RELOCATE, ATTACK AGAIN

Create a second advantage when the defense overhelps.

ADVANTAGE: CONTINUE
Turn defensive help into more good shots.

1 PURPOSE

Teach players to make the right pass when the defense helps, then relocate quickly and attack the next advantage. Emphasize spacing, timing, and playing with pace.

2 SETUP

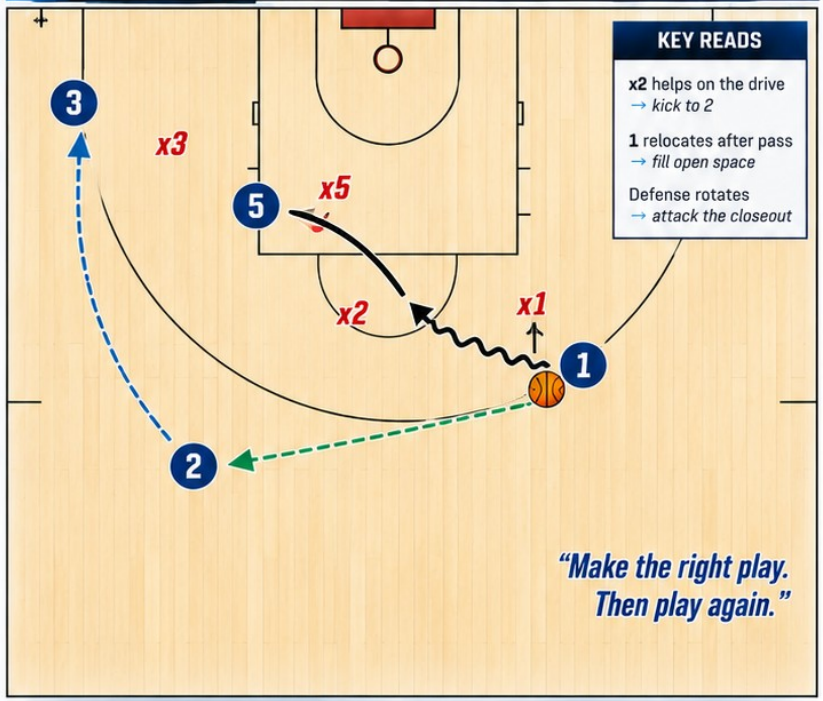
- 4 offensive players to start (ballhandler, screener, two spacers)
- 3 defenders to start (on-ball, screener's defender, help defender)
- Start with the ball on the right slot or wing
- Weakside spacer in the corner, other spacer on the left slot/wing
- 1 ball; optional coach as a live help defender
- Scoring: 1 point for a paint touch, 2 points for a kick-out three, 3 points for a finish after relocation

3 EXECUTION

1. Run a ball screen to initiate the action.
2. Read the help: if the low defender helps, kick the ball to the open player.
3. After the pass, the passer relocates (spaces, cuts, or drifts) to create a new advantage.
4. Play 3-on-2 or 4-on-3 and attack the closeout or rotated defense.
5. Reset and repeat from both sides.

4 DIAGRAM

KICK, RELOCATE, ATTACK AGAIN – TURN HELP INTO ADVANTAGE.



5 TEACHING POINTS

- See the help early.
- Make a strong, on-time pass.
- Relocate with purpose after the pass.
- Keep proper spacing (don't crowd).
- Attack the closeout or next rotation.
- Play with pace and make the defense cover multiple actions.

6 PROGRESSIONS

1. Walk-through (no defense)
2. Half speed
3. Full speed
4. Add help defender
5. Add weakside defender
6. Play live (4-on-4 or 5-on-5)

7 VARIATIONS

- Start from the left side.
- Add a short-roll option.
- Use a corner lift or 45 cut after the pass.
- Change the help coverage (strong-side, weak-side, or nail).
- Make it a continuous action (multiple reps without stopping).

8 GAME APPLICATION

- Use this concept when the defense is aggressive in help.
- Great for teams with good passers and shooters.
- Teaches players to keep playing and find the next advantage.
- Builds confidence in reading and reacting.

9 MASTERY CHALLENGE

Play to 10 points.
- 1 point – paint touch
- 2 points – kick-out three
- 3 points – finish after relocation

Complete 8 consecutive possessions with a correct read, good spacing, and a quality shot.

10 FILM ROOM CONNECTION

Watch Film Room: ADV-014
(Second Side Actions)

1. When did the help defender commit?
2. Where did the pass go and why?
3. How did the passer relocate?
4. What advantage was created on the second action?
5. How can your team use this in your offense?

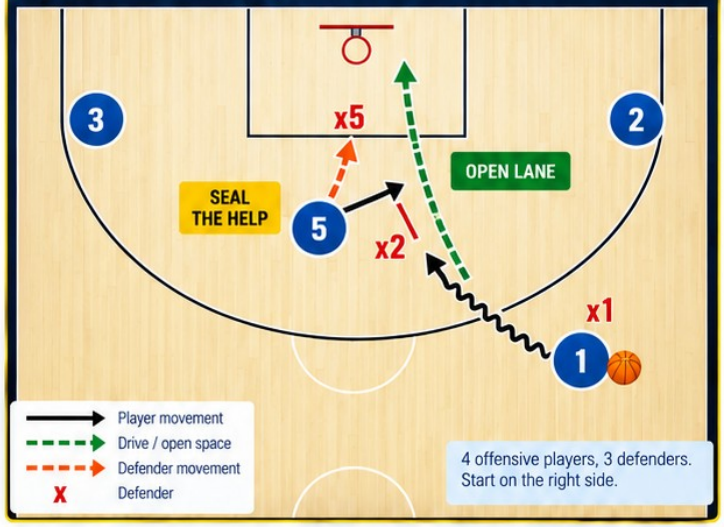
SEAL THE HELP

Turn a help defender into an offensive advantage.

READ.
ATTACK.
CREATE ADVANTAGE.

COURT DIAGRAM

DRIVE + SEAL → OPEN LANE



ADVANTAGE DRILL

SIMPLE ACTION. BIG ADVANTAGE.

PURPOSE

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

SETUP

- 4 offensive players to start
- Ballhandler (1), sealer/big (5), weakside shooter (3), opposite spacer (2)
- 3 defenders to start: on-ball defender, help defender, rim protector/low help
- Start with the ball on the wing or slot
- Big begins near the lane line, dunker spot, or short corner area
- 1 ball
- Scoring example: 1 point for paint touch, 2 for finish, 3 for and-1 or correct kick-out read

EXECUTION

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

TEACHING POINTS

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

PROGRESSIONS

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

FILM ROOM CONNECTION



ADV-104 — FURMAN

"Who is the help defender?"
"What forced the help to step up?"
"When should the big seal instead of screening?"
"What space opens after the seal?"
"What is the next read if the rim protector rotates?"

GAME APPLICATION

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

TURN HELP INTO OPPORTUNITY.

CAN YOU TEACH THIS?

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

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

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

CONSISTENCY CREATES CONFIDENCE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1 Create the help → 2 Seal the help → 3 Attack the space → 4 Finish the advantage

COACH NOTES

PLAYERS SEE PLAYS. WE TEACH ADVANTAGES.

GHOST SWITCH-DECISION GAME

Punish hesitation before the switch is complete.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

GHOST ACTION → SWITCH CONFUSION → ATTACK



ADVANTAGE DRILL

SIMPLE ACTION. BIG ADVANTAGE.

PURPOSE

Teach players to use ghost action to force a switch decision, read hesitation, and attack before the defense gets organized.

SETUP

- 3 offensive players to start
- Ballhandler (1), weakside spacer/lifter (3), screener/slipper (5)
- 3 defenders to start: on-ball defender, screener's defender, weakside helper
- Start on the right side of the floor
- 1 ball

EXECUTION

1. 1 starts with the ball on the right side.
2. 5 ghosts the screen and forces a switch/communication decision.
3. 3 lifts or spaces to remove help.
4. 1 reads the hesitation: attack, hit 5, or play behind the switch.
5. Finish the advantage and reset.

TEACHING POINTS

1. Make the defense communicate.
2. Ghost fast — sell screen, then get out.
3. Attack hesitation immediately.
4. Keep weakside spacing to remove help.
5. Read whether the defense switched early, late, or not at all.

PROGRESSIONS

1. Walk-through
2. Guided 3v3
3. Live 3v3
4. Add a coach as weakside helper
5. Start from both sides

FILM ROOM CONNECTION



ADV-004 — NEBRASKA

"Who was responsible for the switch?"
"Where did the confusion happen?"
"When did 1 gain the edge?"

GAME APPLICATION

- Use this when teams switch late or communicate poorly in ghost action.
- Great against defenses that overreact to slips and quick screening actions.
- Best counter: attack fast before the switch settles.
- Next counter can be kick-out, slip finish, or mismatch attack.

MAKE THEM DECIDE. THEN MAKE THEM PAY.

CAN YOU TEACH THIS?

- [ ] Recognizes switch confusion
- [ ] Times the ghost correctly
- [ ] Attacks hesitation with pace
- [ ] Makes the correct read
- [ ] Keeps spacing intact
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense creates switch confusion, attacks the hesitation, and produces a paint touch, finish, or quality kick-out. Reset the count after a poor read, slow pace, or spacing mistake.

QUICK DECISIONS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1 **Create confusion** → 2 **Force the decision** → 3 **Attack the hesitation** → 4 **Finish the advantage**

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

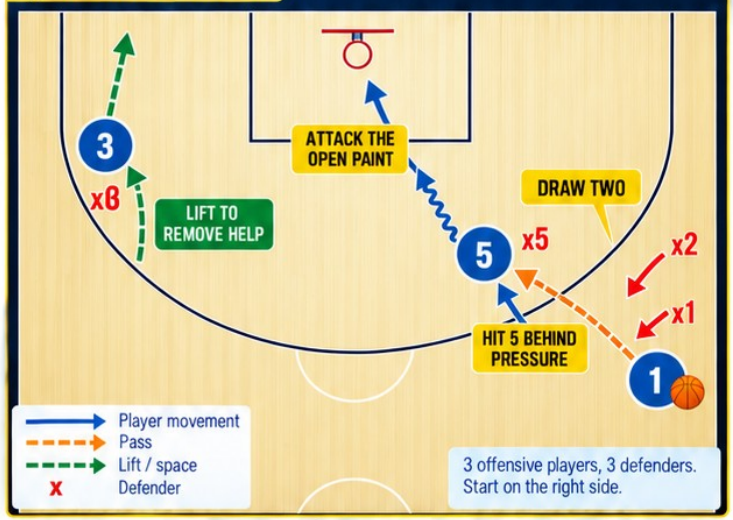
GHOST TWO-ON-BALL READ GAME

When two guard the ball, attack behind the coverage.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

GHOST ACTION → DRAW TWO → PLAY BEHIND IT



ADVANTAGE DRILL

TWO GUARD ONE. SOMEBODY IS OPEN.

PURPOSE

Teach players to recognize when ghost action draws two defenders to the ball and to attack the advantage by finding the open slip, pop, or next pass before the defense can recover.

SETUP

- 3 offensive players to start
- Ballhandler (1), weakside spacer/lifter (3), screener/slipper (5)
- 3 defenders to start: on-ball defender, screener's defender, weakside helper
- Start on the right side of the floor
- 1 ball

EXECUTION

1. 1 starts with the ball on the right side.
2. 5 ghosts the screen and draws a two-on-the-ball reaction.
3. 3 lifts or spaces to remove weakside help.
4. 1 recognizes two on the ball and hits 5 behind the pressure.
5. 5 catches and attacks the open paint, or makes the next pass if help rotates.
6. Finish the advantage and reset.

TEACHING POINTS

1. See two defenders on the ball.
2. Ghost fast — sell screen, then get out.
3. Deliver the pass early, before the defense reloads.
4. Catch behind pressure and attack immediately.
5. Keep weakside spacing to remove extra help.

PROGRESSIONS

1. Walk-through
2. Guided 3v3
3. Live 3v3
4. Add a coach as help defender
5. Require 5 to attack on the catch
6. Start from both sides

FILM ROOM CONNECTION



"When did two guard the ball?"
"Who was open behind the pressure?"
"What was the best next read after the catch?"

GAME APPLICATION

- Use this when teams overreact to ghost action or bring aggressive coverage to the ball.
- Great against teams that trap, hedge, or show high.
- Best counter: play behind the pressure before help can reload.
- Next counter can be a kick-out, paint finish, or one-more pass.

PLAY BEHIND THE PRESSURE.

CAN YOU TEACH THIS?

- [ ] Recognizes two on the ball immediately
- [ ] Times the ghost correctly
- [ ] Makes the pass on time
- [ ] Attacks behind pressure
- [ ] Keeps spacing intact
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense creates two on the ball, finds the open player behind the pressure, and produces a paint touch, finish, or quality kick-out. Reset the count after a poor read, slow decision, or missed finish.

QUICK READS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. Create two on the ball
2. Read the pressure
3. Attack behind it
4. Finish the advantage

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

ZOOM TRAIL READ 2v2

When the defender trails, turn the corner and attack the advantage.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

ZOOM ACTION → DEFENDER TRAILS → ATTACK



ADVANTAGE DRILL

TRAILING DEFENDER. BIGGER ADVANTAGE.

PURPOSE

Teach players to recognize when the defender trails over Zoom action and to attack the open driving lane before the defense can recover.

SETUP

- 3 offensive players to start
- Receiver/attacker (1), passer/initiator (2), screener/Zoom trigger (5)
- 2 defenders to start: on-ball/receiver defender and screener's defender
- Start on the right side of the floor
- 1 ball

EXECUTION

1. Initiator starts the Zoom action on the right side.
2. Receiver comes off the Zoom and reads the defender's path.
3. If the defender trails over and ends up behind the play, the receiver turns the corner immediately.
4. Attack downhill to the elbow/rim before the defense can reload.
5. If help steps in, make the next read or finish the advantage.
6. Reset and repeat.

TEACHING POINTS

1. Put the defender on your hip.
2. Attack before he can recover.
3. Keep the dribble tight and downhill.
4. Maintain spacing so help is late.
5. Read the next defender, not just your own.

PROGRESSIONS

1. Walk-through
2. Guided 2v2
3. Live 2v2
4. Add a weakside spacer
5. Add a coach as help defender
6. Start from both sides

FILM ROOM CONNECTION



"When did the defender get behind the play?"
"What created the driving lane?"
"What was the best next read after the attack?"

GAME APPLICATION

- Use this when teams chase hard over Zoom action.
- Great against defenders who trail and lose contact.
- Best counter: attack immediately before help gets set.
- Next counter can be the pull-up, kick-out, or next pass.

PUT HIM ON YOUR HIP. THEN GO.

CAN YOU TEACH THIS?

- [ ] Recognizes trailing coverage
- [ ] Turns the corner with pace
- [ ] Attacks without hesitation
- [ ] Keeps spacing intact
- [ ] Makes the next read
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense recognizes the trailing defender, turns the corner, attacks the advantage, and produces a paint touch, finish, or quality next pass. Reset the count after a slow read, poor spacing, or missed finish.

EARLY ATTACKS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1 Create the trail → 2 Read the hip → 3 Attack the gap → 4 Finish the advantage

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

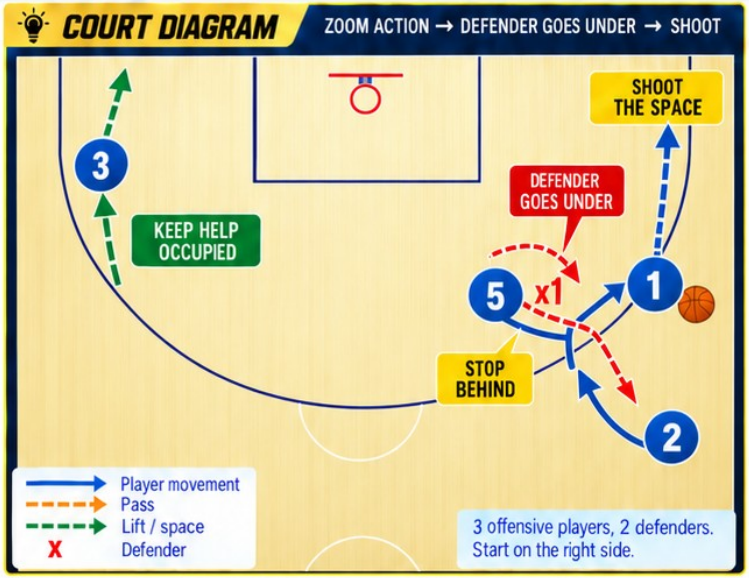
ZOOM UNDER-COVERAGE READS

If they go under, stop behind and make them pay.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

ZOOM ACTION → DEFENDER GOES UNDER → SHOOT



ADVANTAGE DRILL

UNDER COVERAGE. OPEN SPACE.

PURPOSE

Teach players to recognize when the defender goes under Zoom action and to punish the coverage immediately with a stop-behind three or quick shot before the defense can recover.

SETUP

- 3 offensive players to start
- Receiver/attacker (1), passer/initiator (2), screener/Zoom trigger (5)
- 2 defenders to start: on-ball/receiver defender and screener's defender
- Start on the right side of the floor
- Weakside spacer (3) holds space if used
- 1 ball

EXECUTION

1. Initiator starts the Zoom action on the right side.
2. Receiver comes off the Zoom and reads the defender's path.
3. If the defender goes under, the receiver stop-behinds into open space.
4. Catch balance, rise into the shot, or take the next simple attack if the defender flies out late.
5. Keep weakside spacing alive so extra help cannot crowd the play.
6. Reset and repeat from both sides.

TEACHING POINTS

1. Read the defender's feet and path.
2. Under coverage = space. Stop behind it.
3. Be shot-ready on the catch.
4. Do not drift too deep—own the window.
5. Spacing keeps the read clean.

PROGRESSIONS

1. Walk-through
2. Guided 2v2
3. Live 2v2
4. Add a weakside spacer
5. Add a coach as help defender
6. Start from both sides

FILM ROOM CONNECTION



ADV-026 — MICHIGAN

"When did the defender go under?"
"How much space did the offense create?"
"Why must the shot be immediate?"

GAME APPLICATION

- Use this when teams chase under to take away the drive.
- Great against defenders who lose urgency around Zoom action.
- Best counter: stop behind and shoot before the closeout recovers.
- Next counter can be re-drive, kick-out, or next pass.

UNDER = SPACE. SHOOT IT.

CAN YOU TEACH THIS?

- [ ] Recognizes under coverage immediately
- [ ] Creates clean stop-behind footwork
- [ ] Gets shot-ready on the catch
- [ ] Punishes space without hesitation
- [ ] Maintains spacing
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense recognizes under coverage, creates the stop-behind window, and produces a quality shot, paint touch, or next read. Reset the count after a slow read, poor spacing, or missed decision.

QUICK RECOGNITION CREATES CLEAN LOOKS.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. Recognize the under
2. Create the window
3. Stop behind the coverage
4. Finish the advantage

COACH NOTES

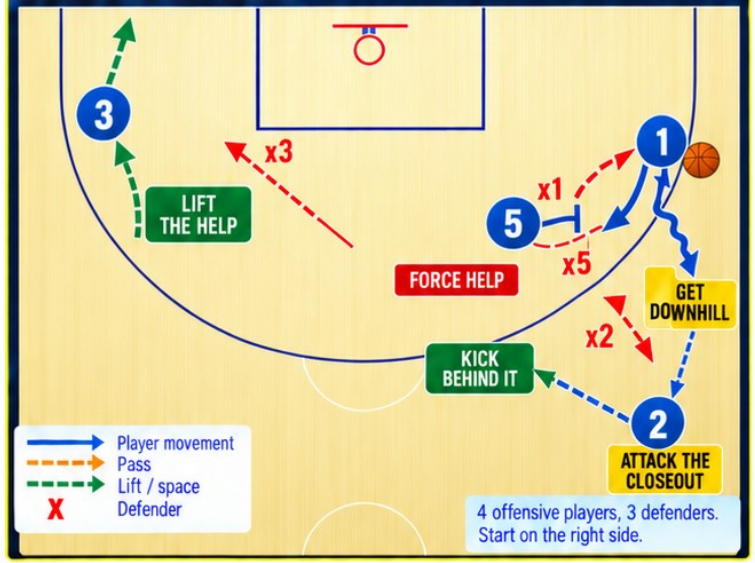
PLAYERS TODAY. BETTER TOMORROW.

ZOOM HELP-MANIPULATION 3v3

Move the help defender. Attack behind the rotation.

COURT DIAGRAM

ZOOM ACTION → FORCE HELP → PLAY BEHIND IT



ADVANTAGE DRILL

MOVE HELP. CREATE THE NEXT PLAY.

PURPOSE

Teach players to use Zoom action to get downhill, force help rotation, and play behind the defense with a kick-out, one-more pass, or closeout attack.

SETUP

- 4 offensive players to start
- Receiver/attacker (1), initiator/passer (2), screener/Zoom trigger (5), weakside spacer/lifter (3)
- 3 defenders to start: on-ball/receiver defender, screener's defender, help defender
- Start on the right side of the floor
- 1 ball

EXECUTION

1. Initiator starts the Zoom action on the right side.
2. Receiver comes off the Zoom and attacks downhill.
3. Weakside spacer lifts or holds spacing to move the help defender.
4. If help commits, the ballhandler kicks behind the rotation.
5. Catch player attacks the closeout or makes the next pass.
6. Finish the advantage and reset.

TEACHING POINTS

1. Recognize where the help is before the attack.
2. Use the Zoom to create downhill pressure.
3. Move the helper before you need to beat him.
4. Make the kick-out pass on time and on target.
5. Play behind the rotation, not into it.

PROGRESSIONS

1. Walk-through
2. Guided 3v3
3. Live 3v3
4. Add a coach as help defender
5. Require one-more pass or closeout attack
6. Start from both sides

FILM ROOM CONNECTION



ADV-032 — NEBRASKA

"What moved the help defender?"
"When did the defense commit?"
"Where was the best next pass?"

GAME APPLICATION

- Use this when teams help aggressively on Zoom action.
- Great against defenses that load to the ball or over-help.
- Best counter: kick behind the help before the defense reloads.
- Next counter can be one-more pass, closeout drive, or extra pass.

MOVE THE HELP. THEN PLAY BEHIND IT.

CAN YOU TEACH THIS?

- [ ] Recognizes the help defender immediately
- [ ] Uses the Zoom to get downhill
- [ ] Moves help with spacing
- [ ] Makes the kick-out on time
- [ ] Attacks the closeout correctly
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense gets downhill, forces help, makes the correct next pass, and produces a paint touch, finish, or quality shot. Reset after a poor read, late pass, or missed finish.

SMART READS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1 Create the drive → 2 Force the help → 3 Kick behind it → 4 Finish the advantage

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

EMPTY-SIDE SHORT-ROLL READS

When two guard the ball, hit the short roll and attack behind the pressure.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

EMPTY BALL SCREEN → DRAW TWO → HIT THE SHORT ROLL



ADVANTAGE DRILL

TWO GUARD ONE. SOMEBODY IS OPEN.

PURPOSE

Teach players to recognize when an empty-side ball screen draws two defenders to the ball and to attack the advantage by finding the short roller behind the pressure.

SETUP

- 3 offensive players to start
- Ballhandler (1), screener/roller (5), weakside spacer/lifter (3)
- 2 defenders to start: on-ball defender and screener's defender
- Start in empty-side alignment on the right side of the floor
- 1 ball

EXECUTION

1. 1 starts with the ball on the right side in empty alignment.
2. 5 sets the screen and 1 attacks to draw two defenders.
3. 3 lifts or spaces to remove extra help.
4. 1 recognizes two on the ball and hits 5 on the short roll.
5. 5 catches behind pressure and attacks the open paint, or makes the next pass if help rotates.
6. Finish the advantage and reset.

TEACHING POINTS

1. Empty the side so help has farther to travel.
2. Recognize when two defenders commit to the ball.
3. Deliver the short-roll pass early and on time.
4. Catch behind pressure and attack immediately.
5. Play behind the coverage before the defense reloads.

PROGRESSIONS

1. Walk-through
2. Guided 2v2
3. Live 2v2
4. Add a weakside spacer
5. Add a coach as tag/helper defender
6. Start from both sides

FILM ROOM CONNECTION



ADV-034 — MICHIGAN

"When did two guard the ball?"
"Where was the short roll?"
"What made the catch open?"
"Why must the attack happen quickly?"

GAME APPLICATION

- Use this when teams trap, hedge, or aggressively show on empty-side ball screens.
- Great against coverage that brings two defenders to the ball.
- Best counter: hit the short roll before the help rotates.
- Next counter can be a paint finish, kick-out, or one-more pass.

PLAY BEHIND THE PRESSURE.

CAN YOU TEACH THIS?

- [ ] Recognizes two on the ball immediately
- [ ] Makes the short-roll pass on time
- [ ] Catches behind pressure
- [ ] Attacks the open paint
- [ ] Maintains spacing
- [ ] Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense creates two on the ball, finds the short roll, and produces a paint touch, finish, or quality kick-out. Reset the count after a poor read, late pass, or missed finish.

QUICK READS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. Create two on the ball
2. Find the short roll
3. Attack behind it
4. Finish the advantage

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

BASKETBALL DNA™

ADVANTAGE VOLUME 1 | BUILD SMARTER PLAYERS

PRACTICE LAB 12

CREATE | RECOGNIZE | ATTACK

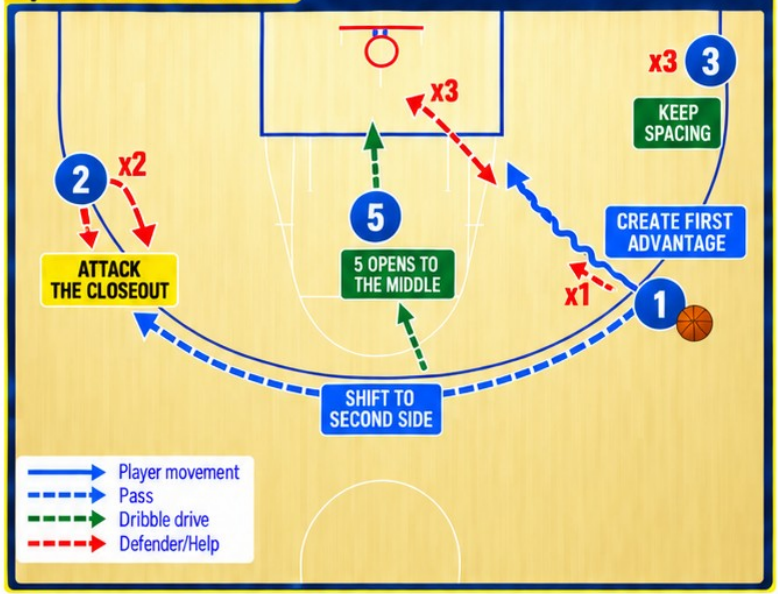
SECOND-SIDE ADVANTAGE GAME

Shift the defense. Attack the next rotation.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

FIRST-SIDE ACTION → HELP ROTATES → SHIFT TO SECOND SIDE → ATTACK



ADVANTAGE DRILL

SAME PLAYERS. BIGGER PLAYERS.

PURPOSE

Teach players to create a first-side advantage, shift the defense to the second side, and attack the next rotation before the defense reloads.

SETUP

- 4 offensive players to start: ballhandler (1), second-side receiver (2), weakside spacer (3), screener / middle option (5)
- 4 defenders to start: on-ball defender, help defender, second-side closeout defender, interior defender
- Start with the ball on the right side of the floor
- 1 ball

EXECUTION

1. 1 creates the first advantage with a drive or quick screen action.
2. Help commits from the lane or gap.
3. 1 shifts the ball to 2 on the second side.
4. 2 attacks the catch before the defense can reload.
5. 3 stays spaced or lifts to remove low help.
6. 5 opens to the middle for the next read if the drive is cut off.
7. Finish the advantage and reset.

TEACHING POINTS

1. Create a paint touch or force help on the first side.
2. Move the ball before the defense can reload.
3. Attack the second side immediately on the catch.
4. Keep the weakside spaced to stretch the next helper.
5. If help rotates again, make the one-more or interior pass.

PROGRESSIONS

1. Walk-through
2. Guided 4v4
3. Live 4v4
4. Add short-roll / middle read
5. Require second-side attack
6. Start from both sides

FILM ROOM CONNECTION



ADV-041 — SECOND SIDE

"What created the first help rotation?"
"When did the second side become open?"
"What was the best next read after the catch?"

GAME APPLICATION

- Use this when teams load up to drives or over-help on first-side action.
- Great against gap or nail help.
- Best counter: attack the second side before the defense reloads.
- Next counter can be one-more pass or 5 in the middle.

SHIFT IT. SWING IT. ATTACK IT.

CAN YOU TEACH THIS?

- ☐ Recognizes first help
- ☐ Moves the ball on time
- ☐ Attacks the second-side catch
- ☐ Maintains spacing
- ☐ Makes the next read
- ☐ Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense creates first-side help, shifts to the second side, and produces a paint touch, finish, or quality shot. Reset after slow ball movement, poor spacing, or a missed read.

QUICK READS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. Create help
2. Shift the defense
3. Attack the second side
4. Finish the advantage

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.

BASKETBALL DNA™

ADVANTAGE VOLUME 1 | BUILD SMARTER PLAYERS

PRACTICE LAB 13

CREATE | RECOGNIZE | ATTACK

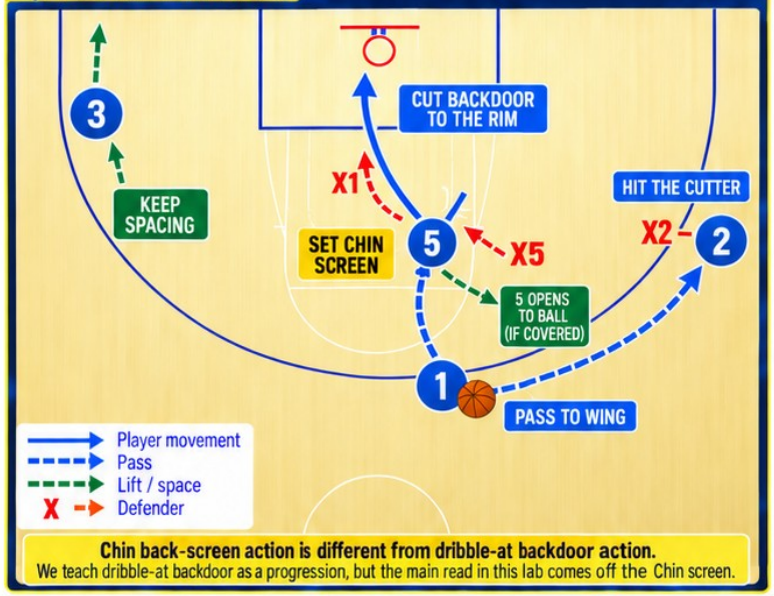
CHIN BACK-CUT READ GAME

Recognize the bump. Deliver the pass. Finish the cut.

READ. ATTACK. CREATE ANOTHER ADVANTAGE.

COURT DIAGRAM

CHIN ACTION — PASS TO WING → BACK SCREEN → CUT → HIT THE CUTTER



Chin back-screen action is different from dribble-at backdoor action.
We teach dribble-at backdoor as a progression, but the main read in this lab comes off the Chin screen.

ADVANTAGE DRILL

RECOGNIZE TODAY. BETTER PLAY TOMORROW.

PURPOSE

Teach players to use Chin action to create a back-cut opportunity, recognize bump / no-bump / overplay by the cutter's defender, and deliver the pass before help recovers.

SETUP

- 4 offensive players to start: passer/cutter (1), wing receiver (2), weakside spacer (3), screener (5)
- 3–4 defenders to start: X1 on cutter, X2 on wing, X5 on screener, optional help defender
- Start in Chin spacing with 1 at the top, 2 on the wing, 5 at the elbow, 3 weakside
- 1 ball

EXECUTION

1. 1 passes to 2 on the wing.
2. 5 sets the Chin back screen for 1.
3. 1 reads X1: if there is no bump, late bump, or overplay, cut hard to the rim.
4. 2 delivers the pass on time to 1 for the finish.
5. If the cut is covered, 5 opens to the ball and the offense flows to the next read.
6. Reset and repeat from both sides.

TEACHING POINTS

1. Set a real screen: angle, base, contact.
2. Cutter must set up the defender before using the screen.
3. Read bump / no-bump immediately.
4. Wing must pass on time and on line.
5. Keep weakside spacing to remove extra help.

PROGRESSIONS

1. 3-on-0 Chin Cuts.
2. Top Backdoor drill (dribble-at backdoor as a separate progression).
3. Guided 3v3 Chin read.
4. Live 3v3.
5. Add a help defender.
6. Start from both sides.

CHIN ACTION ADVANTAGE



Study real game examples and discuss:

1. Did the cutter get bumped or held?
2. When was the back-cut open?
3. What was the next read if the cut was taken away?

GAME APPLICATION

- Use this when teams overplay cutters or fail to bump the cut.
- Great against denial and late defensive communication.
- Best counter: hit the cutter early before help arrives.
- Next counter can be 5 on the pop/roll or flow into the next action.

READ THE BUMP. HIT THE CUT.

CAN YOU TEACH THIS?

- ☐ Sets the Chin screen correctly
- ☐ Cutter sets up the defender
- ☐ Recognizes bump / no-bump
- ☐ Delivers the pass on time
- ☐ Maintains spasing
- ☐ Finishes the advantage

TEACH IT. REINFORCE IT. SEE IT PLAY OUT.

MASTERY CHALLENGE

Complete 8 straight reps where the offense makes the correct read and produces a score, paint touch, or clean advantage. Reset after a poor screen angle, late pass, or missed read.

QUICK READS CREATE REAL ADVANTAGE.

BUILD THE DNA

FOUR HABITS. BIGGER PLAYERS.

1. Pass to the wing
2. Screen and read
3. Deliver the cut
4. Finish the advantage

COACH NOTES

PLAYERS TODAY. BETTER TOMORROW.