



## **THREE OF A KIND**

### **Course 03: Coach Zeljko Obradovic**

#### **Lesson 17: Zone Offense**

**Language: English**

### **ZONE OFFENSE**

When your opponent switches to play a zone defense –teams rarely begin games playing zone defense – it is because they want to change the rhythm of the game or they want to change something with the intention of recovering an option of winning the game. As you probably know, it is not very common to see teams change from man to man to zone defense when they are winning the game. For this reason, the first 2 or 3 offensive sets against a zone defense are key in the development of the game.

If you are in control of the game tempo and you are running and capturing offensive rebounds the situation is not so critical but if the game is tied the first possessions against a zone defense are very important. Before talking about our options against a zone defense, we want to stress two points: offensive rebound and game tempo.

1.- Offensive rebound: it is easier to capture an offensive rebound against a zone defense than it is against a man-to-man defense. Everybody knows that to perform a great box out when in a zone defense is more difficult because the positions are different and normally players are more accustomed to practice boxing out when playing a man-to-man defense.

2.- Game tempo: more often than not a team playing zone defense will lose some concentration in their defensive transition. Having less individual responsibility can produce some mistakes when taking care of the defensive balance.

These two concepts are the first aspects that we talk about with our players when we start to work against a zone defense. After that, we start to talk about how to take advantage in our offensive sets against the zone.

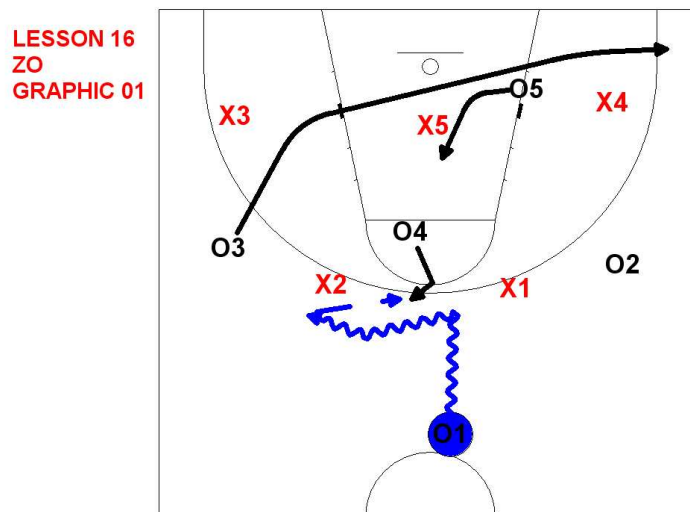
Basically we do not want to lose our game spirit. We like to play on offense with two main concepts: inside game and pick & roll options. For this reason, we focus our offense against zone defense also on these two aspects.

It is impossible to read the game well if you have a huge number of offensive sets in your playbook. For this reason, we prefer to help the players in correctly reading the game: this is more important than if the defense are playing a zone or man-to-man.

### LOW POST OFFENSE

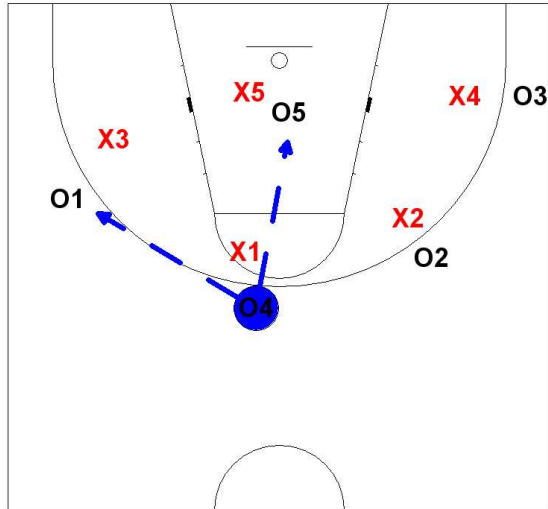
Our first option against a zone defense is the use of our inside game. In this case, we prefer to use only the inside game with inside players because it is easier to find great passing lanes inside if you have a big man in the paint that causes the defense to collapse.

**Graphic 01:** O1 will dribble straight to take one defender with him. O3 will overload the help side once this has happened.



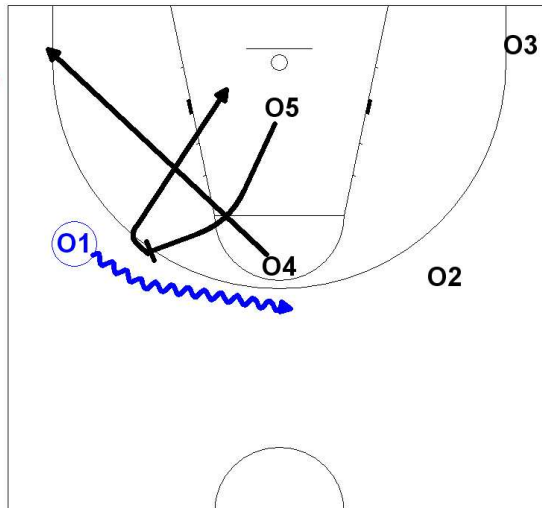
**Graphic 02:** First option is the high/low game. O5 must perform a strong SEAL when O3 overloads.

LESSON 17  
ZO  
GRAPHIC 02



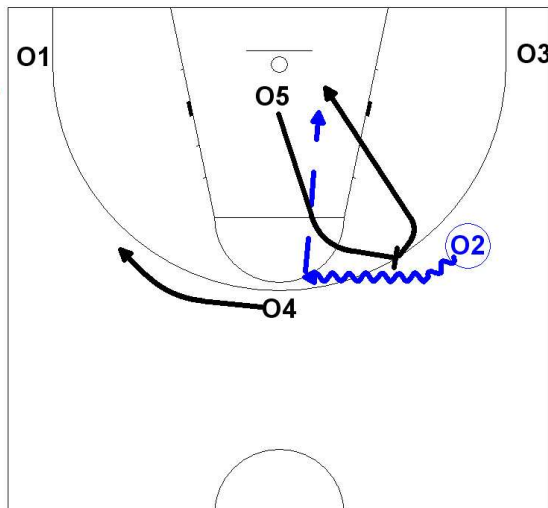
**Graphic 03:** If O4 swings the ball back to O1, he will cut to the corner and O5 play side pick & roll with O1.

LESSON 17  
ZO  
GRAPHIC 03



**Graphic 04:** If O4 swings the ball to O2 then we play side pick & roll (similar to Horns).

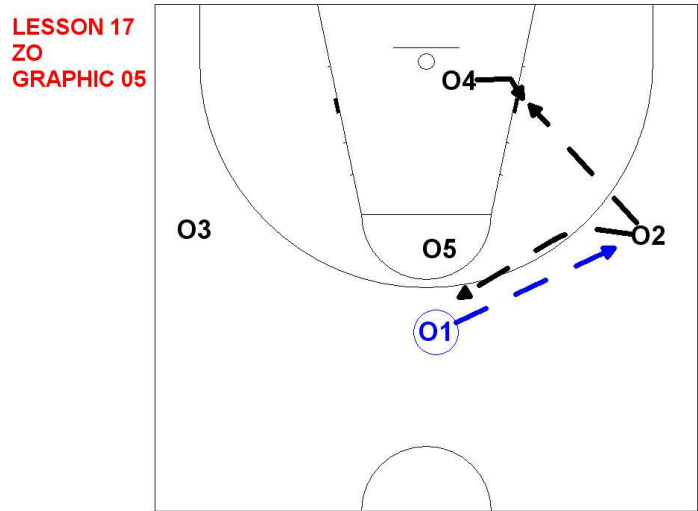
LESSON 17  
ZO  
GRAPHIC 04



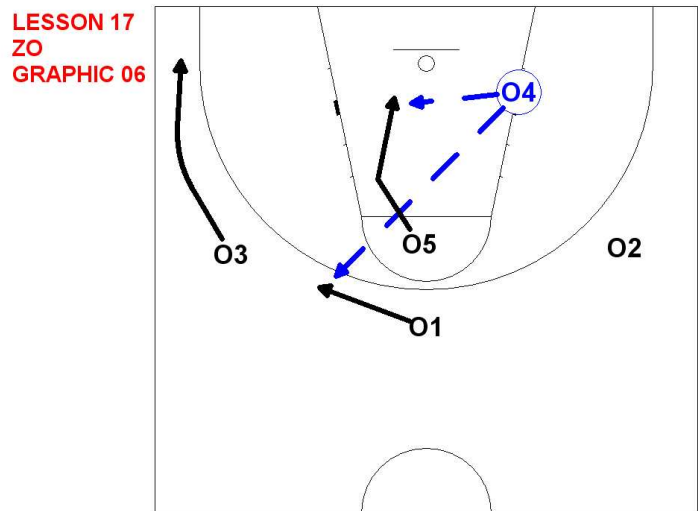
### PICK N ROLL OFFENSE

This is our main game style and for this reason our players have a great read of different situations. We want to use this advantage against man-to-man or any type of zone defense.

**Graphic 05:** After a first pass to O2, O4 must move to ask for the ball down low. If O4 is not open we continue with our passing game.



**Graphic 06:** If O4 can receive the ball he can look to score, O5 can make a basket cut, or O4 can kick the ball out to O1.



**Graphic 07:** The end of the play involves a middle pick & roll.

L17 ZO Zone Offense ENG

LESSON 17  
ZO  
GRAPHIC 07

