

U20 PLAYBOOK

Key things in every possession / set:

- Always run, sprint after a stop or defensive rebound (2 wings sidelines, 1st trailer rim run)
- Make good, strong screen (screen means you hit someone - enjoy the contact)
- Player receiving the screen – WAIT for the screen
- On ball screens – ballhandler try to reject the screen first, screener sprint to the screen
- Always change the speed, rhythm, pace, tempo
- Always keep the good spacing (5-6 steps between the players)
- Attack the close outs, 0.5 sec decision and again keep the spacing
- Always move without the ball, never stand and watch
- Share the ball to your teammate in better position
- The simple the better
- Be happy when your teammate scores, it's our point, not his
- Extra pass makes basketball God very happy

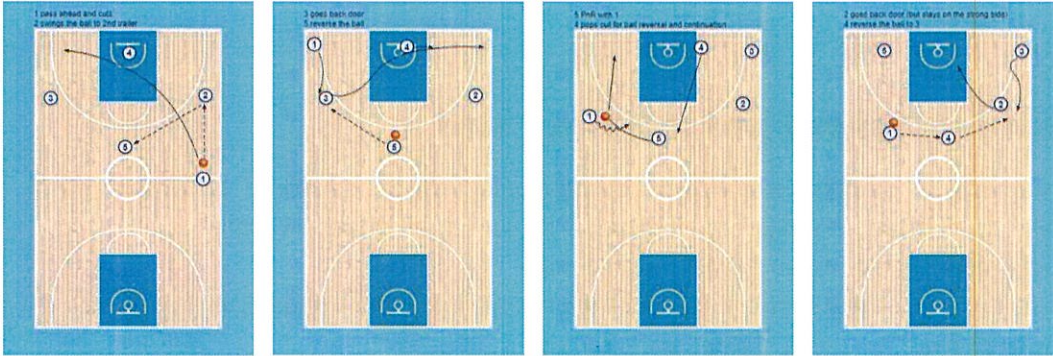
Basic offensive principles and rules:

- Guard/guard screen, player receiving the screen curls
- Guard denied at the 3p line = backdoor cut
- Big denied at the 3p line = screen away

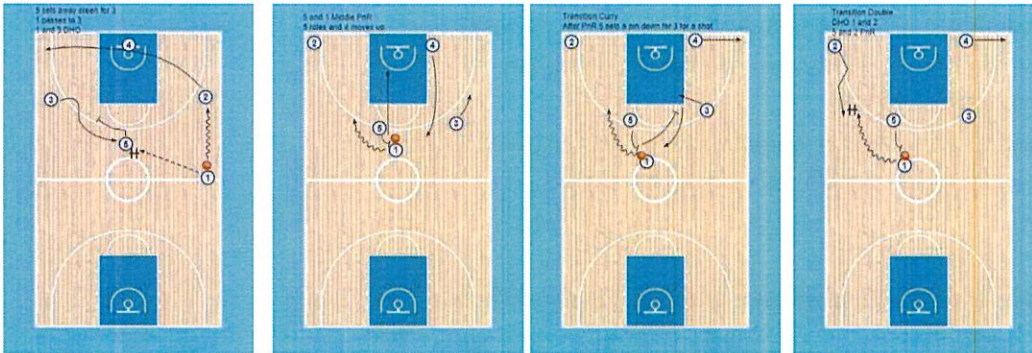
“Secret” language in offense:

- INS = Ball reverse from side to side
- Curry = Pin down for a shot (Transition Curry)
- Double = 2 DHO (Transition double)
- Casper = Ghost screen

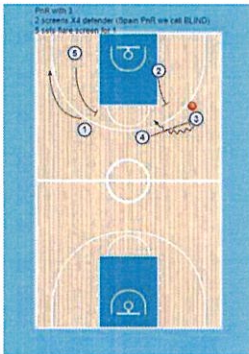
TRANSITION



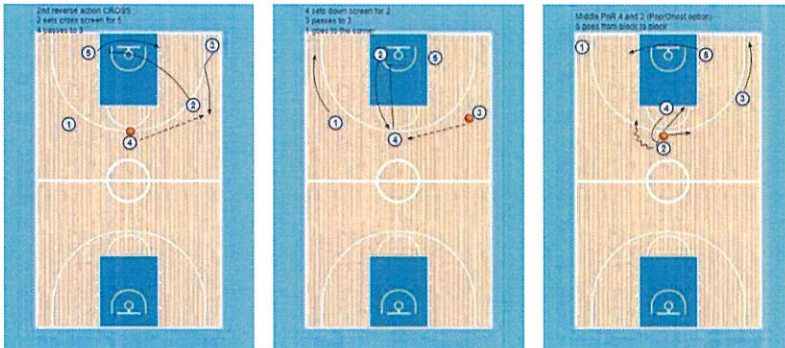
TRANSITION DRIBBLE ENTRY (Curry, Double)



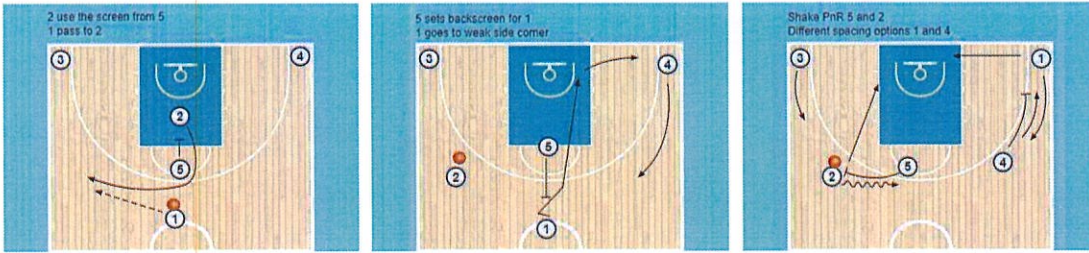
TRANSITION BLIND - Spain PnR on 2nd ball reversal (2nd INS)



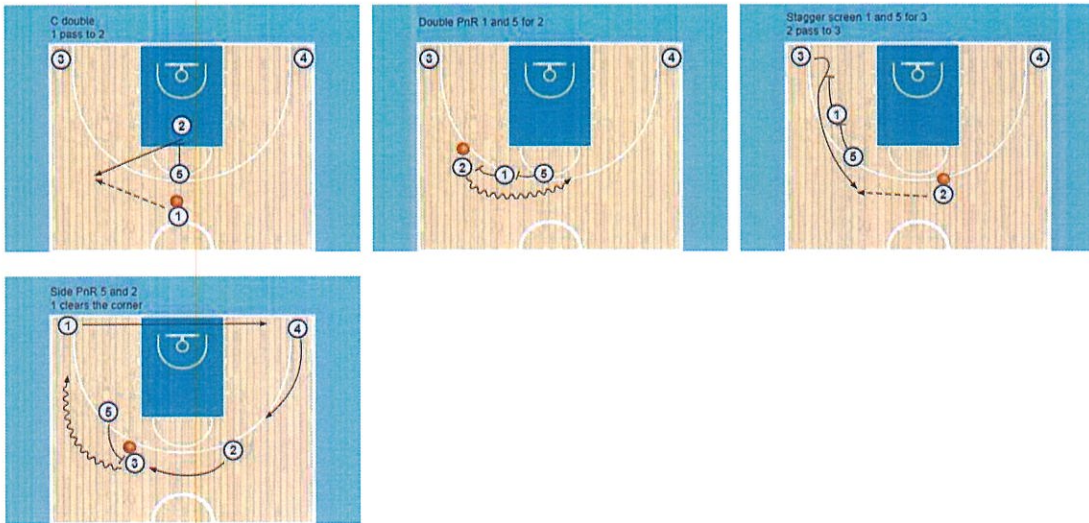
TRANSITION CROSS – Cross screen + screen for screener + middle PnR (2nd INS)



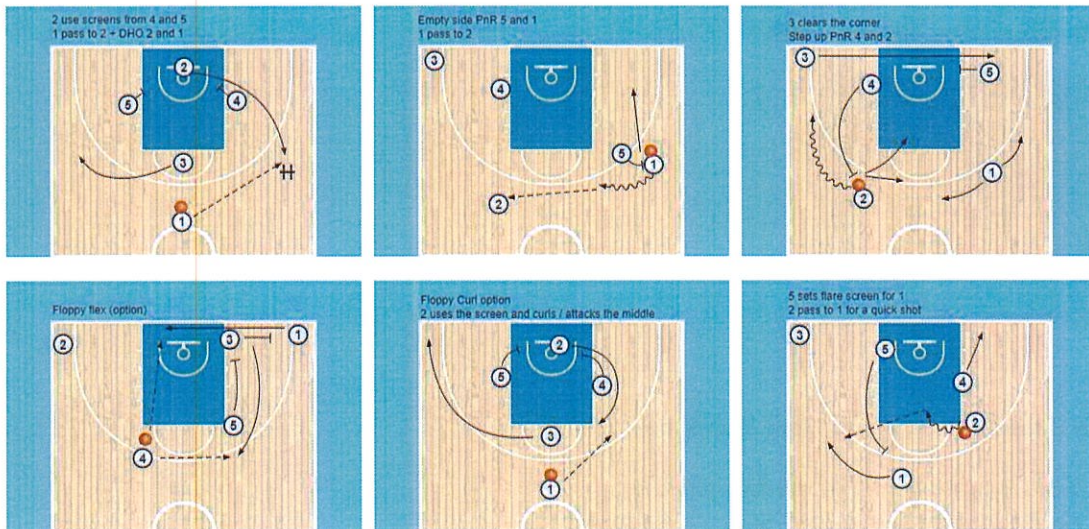
C



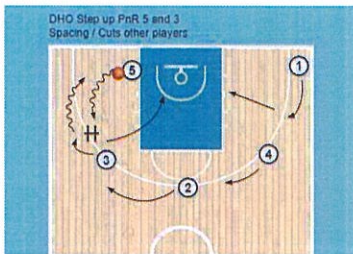
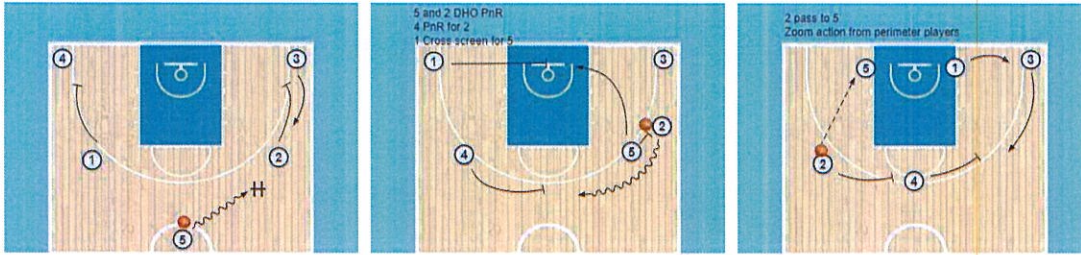
C DOUBLE



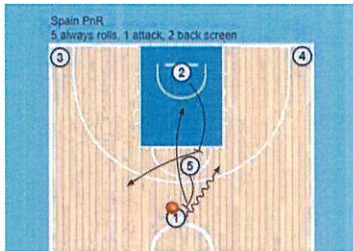
FLOPPY (Flex, Curl)



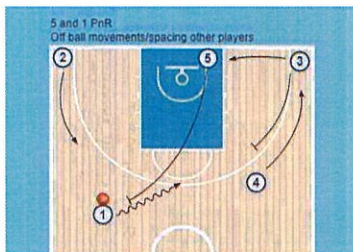
HEAD / Zoom Action



FIST (Spain PnR)



FIST SIDE (After offensive rebound)

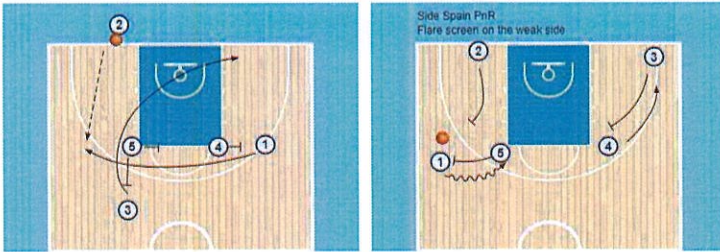


MOTION (Free style / movements / decisions)

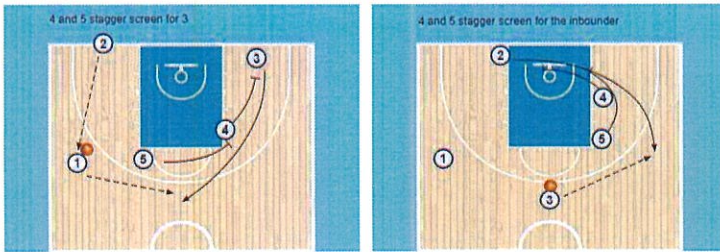
- 5 out, say the name of the ball screener.
- Don't hold the ball longer than 2 seconds!
- No 2 penetrations in a row!
- Drive – kick – shot / extra pass!
- No over dribble (preferably max 2 dribbles)!
- Free cuts, free off ball screens, down screens, flare screens, etc
- 1 on 1 whenever you want + keep the spacing, 5-6 steps!

BLOB

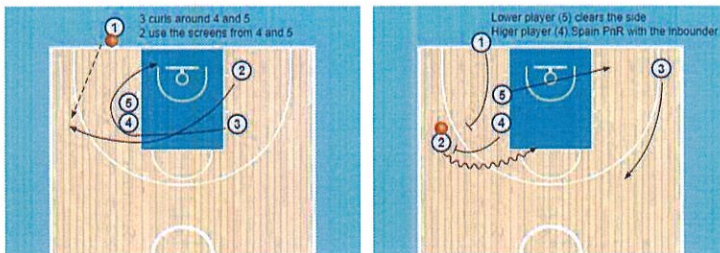
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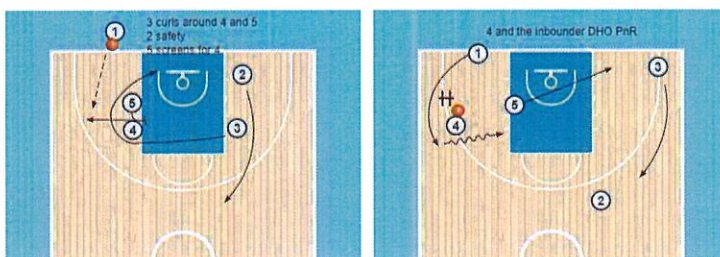
42 (same entry as 41 + stagger screens)



51

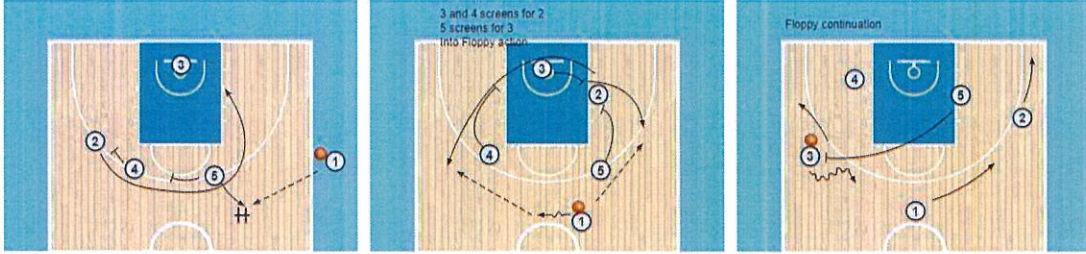


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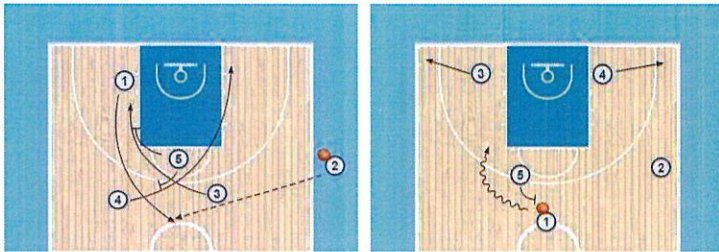


SLOB

Clancy

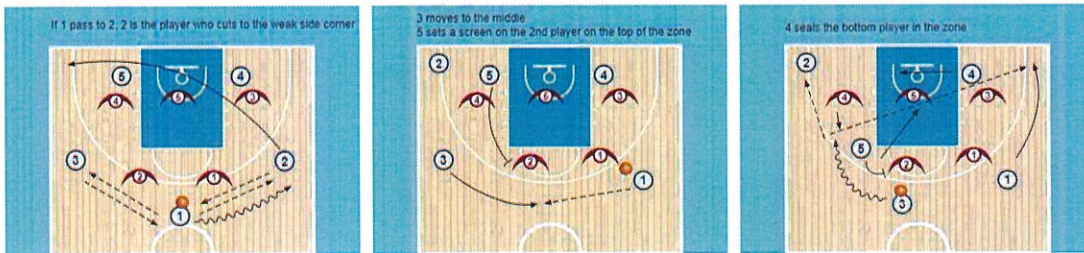


X

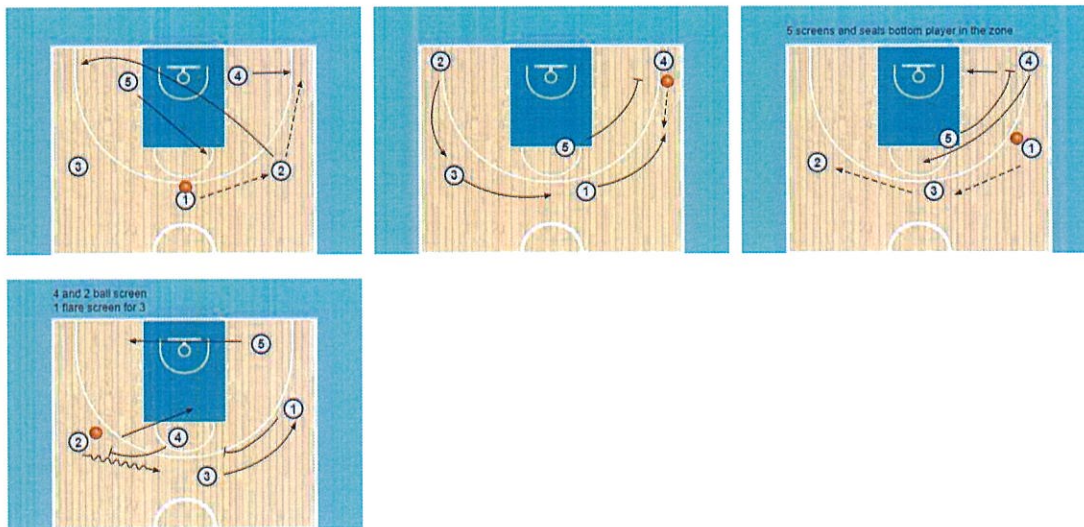


ZONE OFFENSE

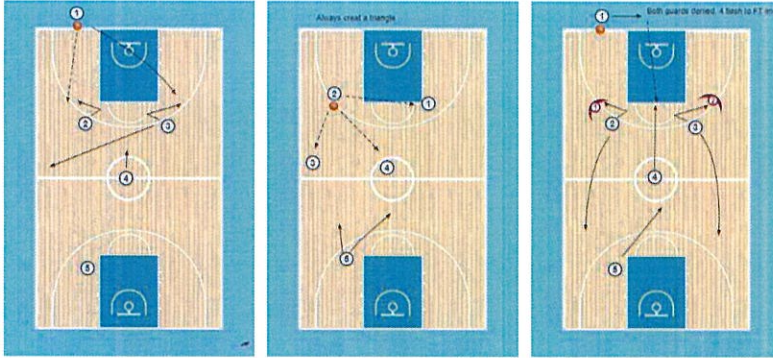
23 (Zone offense vs 2-3 zone or M2M)



32 (Zone offense vs 3-2 or 1-3-1)



PRESSBREAK



“Secret” defensive language / colors / signals:

- SHIRT = Use foul to give / stop the fastbreak
- ESPRESSO = double team / trap
- BLACK = aggressive defense on the ball
- WHITE = less aggressive (we are in bonus)
- RED = PnR defense hedge (strong side player bumps the roller)
- BLUE = PnR defense drop
- GREEN = PnR defense push and under (we use it on drag screens)
- GOLD = Switching defense
- SILVER = 2-1-2 zone into switching M2M (after 2nd pass or high post feed we go to gold)
- YELLOW = 3-2 zone defense

**WE GIVE OUR 1000 % every day, WE WIN
VS EVERY Opponent IN ENERGY, FIGHT,
HUSTLE and TOGETHERNESS and the
score will take care of itself!**

