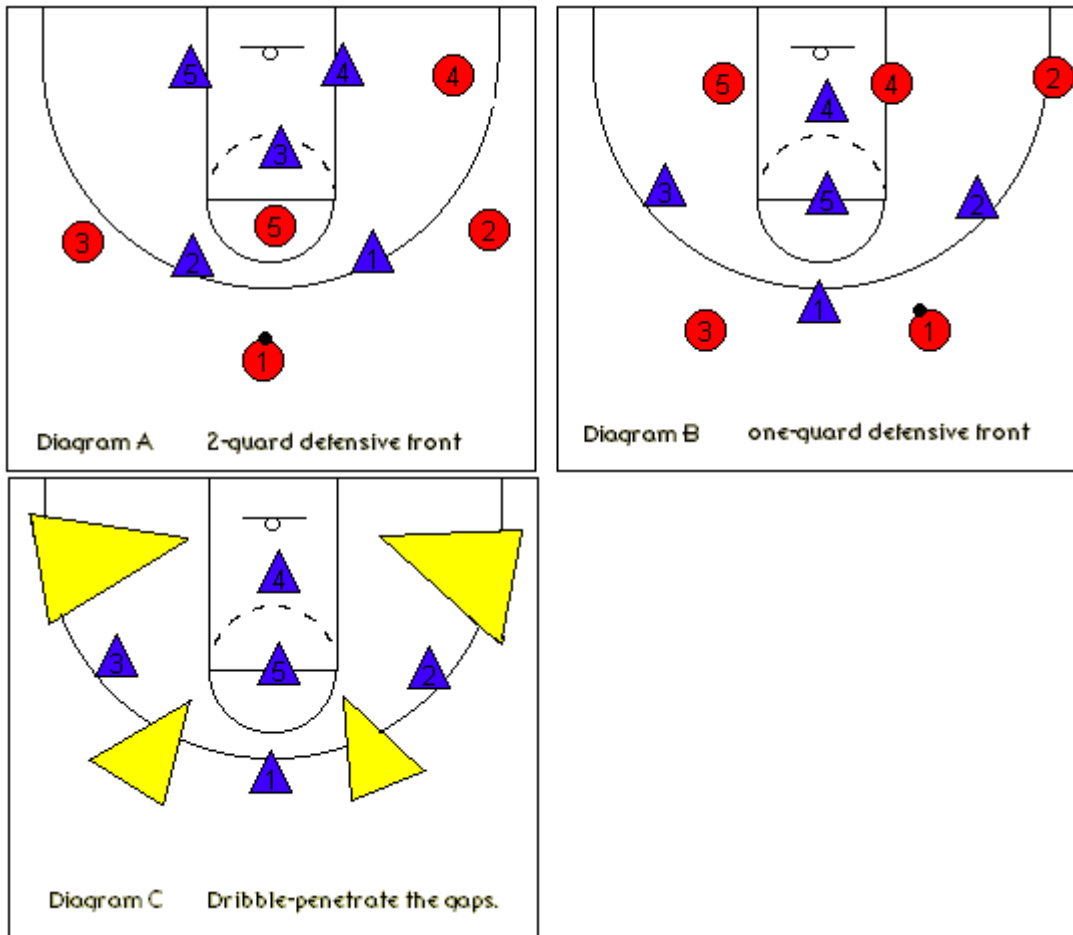


Basketball Coach Handout

Zone Offense

When you attack Zone Defenses, you should understand the type of zone you are playing against. There are several common set offenses that are used against zones.

One method of attacking a zone is to use an offset alignment. You attack a zone that has an even front (2 players) with an odd front (1 player), and vice versa. This allows you to get into the gaps or seams (areas between defensive players) of the zone where the defenders may be indecisive or late in covering. Other set attacks against the zone include sending a cutter or cutters through to open areas on the weak side and inside, and overloading a zone area.



Principles for Attacking Zones

Basic principles for attacking zones are more important than a set zone offense.

1. Fast Break
Beat the zone up-court & attack it before the defenders get to their zone positions.
2. Use Good Spacing
Spread the zone. Three point shooters should spot up behind the 3pt line.
3. Move the Ball
The ball can move faster than the zone can shift. Pass the ball from the ball side to the weak side. Move the ball inside, and then out.
4. Reverse the Ball
Pass the ball to make the defense move in one direction, then quickly reverse the ball back (snapback) to the opposite side.
5. Be a Triple Threat
Square up to the basket and be a threat to score. Make use of shot fakes & pass fakes.

Basketball Coach Handout

Zone Offense

6. Split the Zone
Outside players should move into the gaps or seams of the zone (between defenders) and within shooting range.
7. Draw and Kick
Penetrate between defenders to draw your teammate's defender to you and create an open passing lane to your teammate.
8. Send Cutter/s Through
Send a cutter or cutters through to the weak side or to the inside behind the defense. It is very difficult for the defense to have visual contact with both the ball and an offensive player cutting through and from behind.
9. Show Patience, Poise & Good Shot Selection
When you are patient the defense can become fatigued and make mistakes.
10. Attack the Offensive Boards
Although better rebounders can be positioned in the inside zone areas, they have a more difficult time matching up to block out aggressive offensive rebounders.