



Spring NTB 2022-2023 Playbook



Table of Contents

1.	General Information	3
1.1	How to read a Playbook	3
2.	Inbound Actions (Press break, Baseline and Sideline)	4
2.1	Baseline Out of Bounds (BLOB): Flex	4
2.2	Zone 1	5
2.3	Sideline Attack	6
2.4	(Zone press break)	7
2.5	(Man press break)	8
3.	Defensive Schemes (Full-court/Half-court)	9
3.1	Blue Defense	9
3.2	Red Defense	10
3.3	TEXAS	11
4.	Offensive Plays	12
4.1	50-Attack	12
4.2	Flow (Roll & Replace)	13

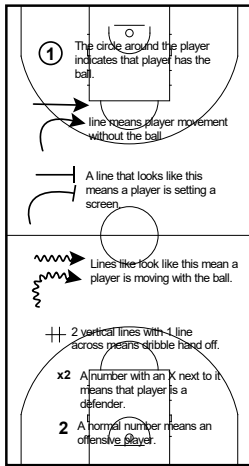


	Spring NTB 2022-2023 Playbook - Contents (cont.)	
4.3	Reset	14
4.4	Zone O (13)	15
4.5	Zone Fist	16
4.6	ISO-Series	17
4.7	Flex	18



General Information

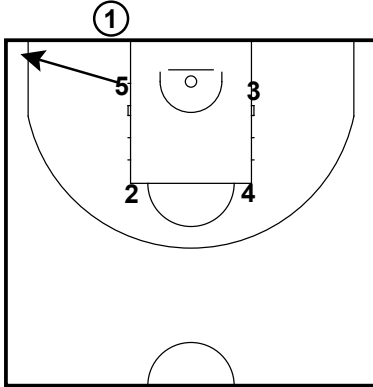
How to read a Playbook



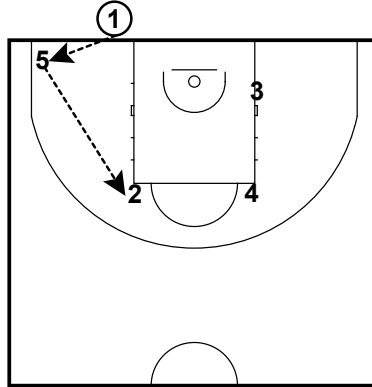


Inbound Actions (Press break, Baseline and Sideline)

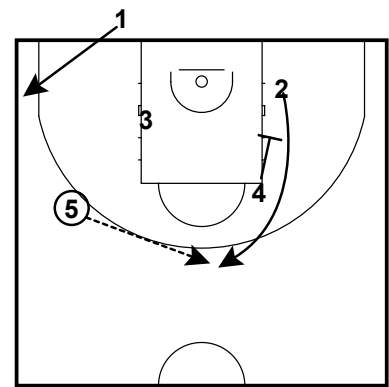
Option 1



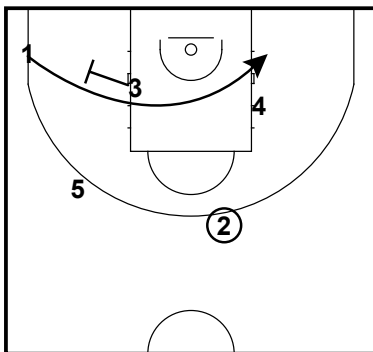
Option 2



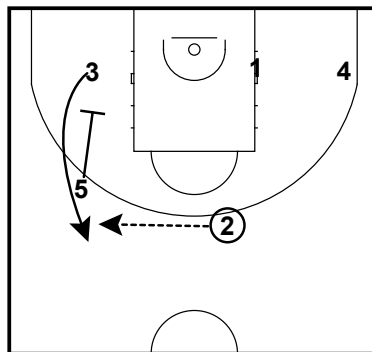
Flex Motion



Flex Motion

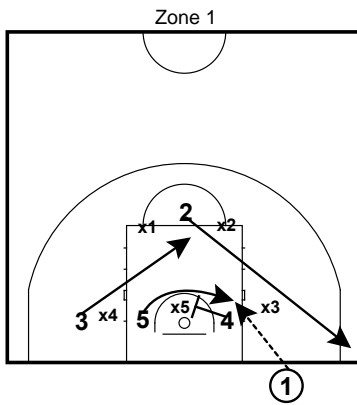


Flex Motion





Inbound Actions (Press break, Baseline and Sideline)



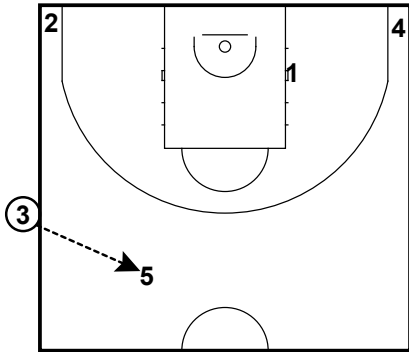
Baseline play against Zone D

1. Player 2 cuts to the corner
2. Player 4 screen the player in the middle of their zone.
3. Player 5 flashes to the ball
4. Player 3 flashes to the mid-range area.



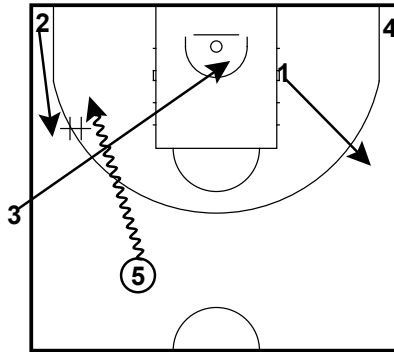
Inbound Actions (Press break, Baseline and Sideline)

Sideline Attack

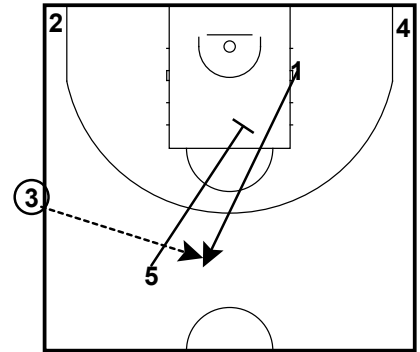


First look is to get the ball to 5 but if he is being pressured he can run Down or up screen action with 1.

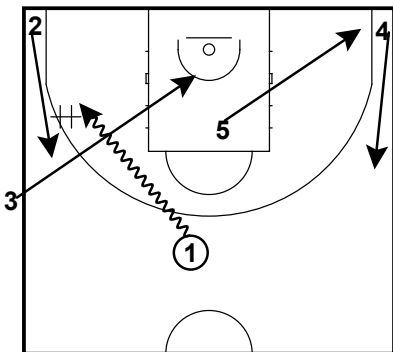
Sideline Attack



Sideline Attack



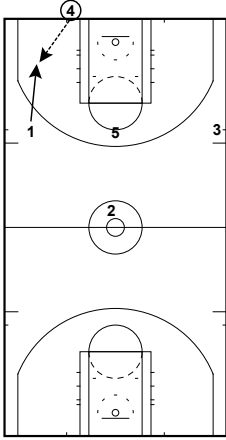
Sideline Attack



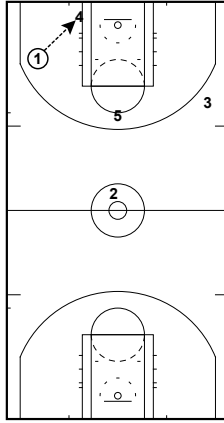


Inbound Actions (Press break, Baseline and Sideline)

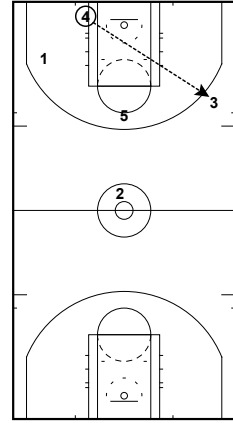
(Zone press break)



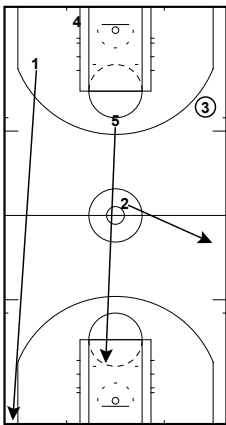
(Zone press break)



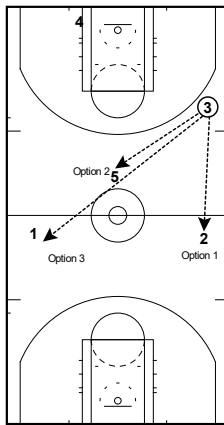
(Zone press break)



(Zone press break)



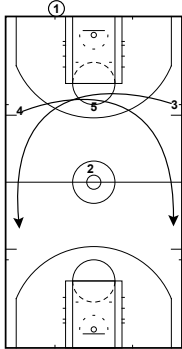
(Zone press break)



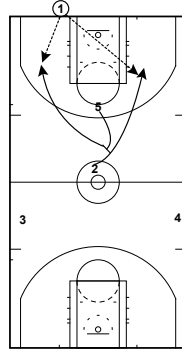


Inbound Actions (Press break, Baseline and Sideline)

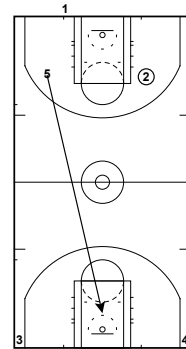
(Man press break)



(Man press break)



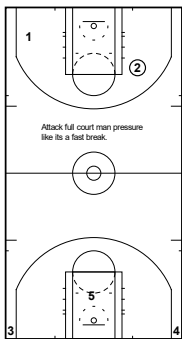
(Man press break)



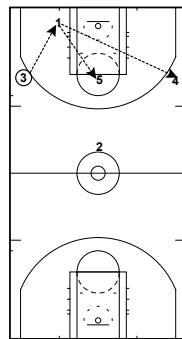
Part 1

The first look of our press break is for 4 to get the ball to 1 as he cuts across the lane as he receives a "Screen" from 5. If the team is in a zone press players 2 & 3 will not cross each other

(Man press break)



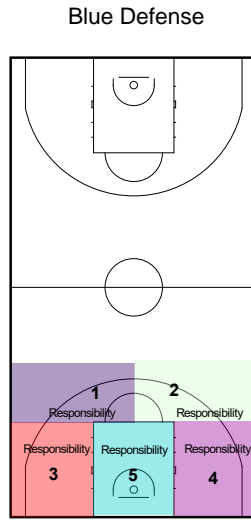
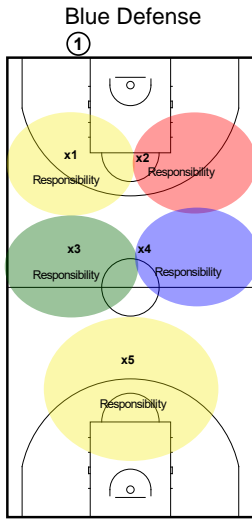
(Man press break)



Once ball is entered. Player who receives ball is pass back to 1 who will reverse the ball to break the zone pressure. Ball must be reversed to make the defense cover the full court.



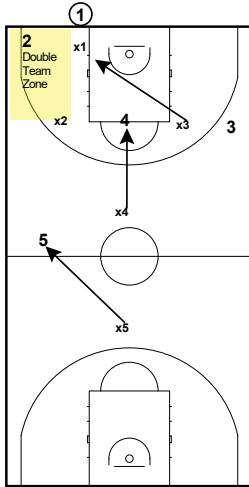
Defensive Schemes (Full-court/Half-court)



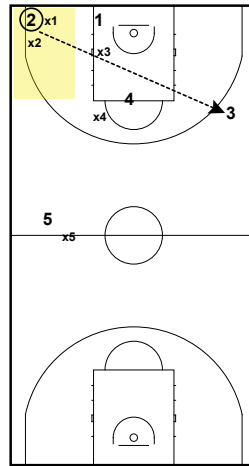


Defensive Schemes (Full-court/Half-court)

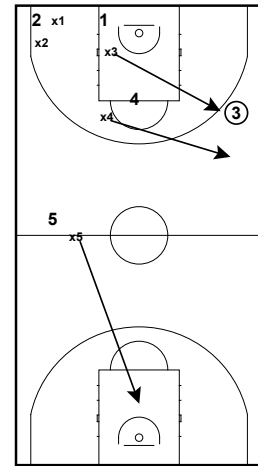
Red Defense



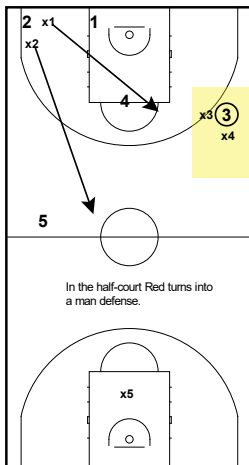
Red Defense



Red Defense



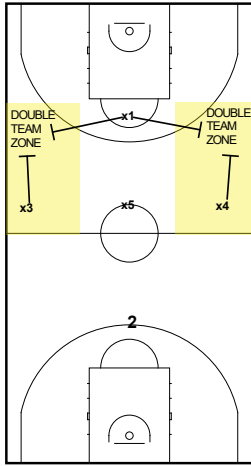
Red Defense



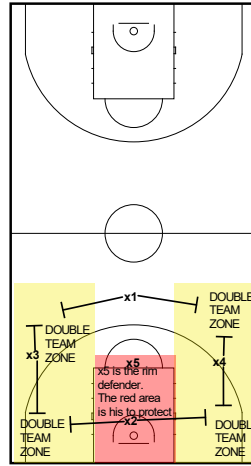


Defensive Schemes (Full-court/Half-court)

TEXAS



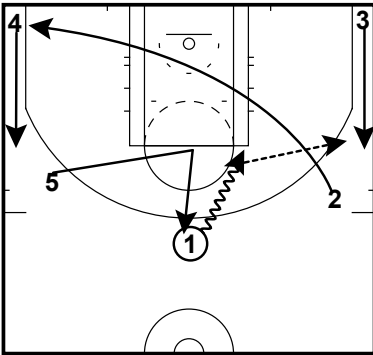
TEXAS



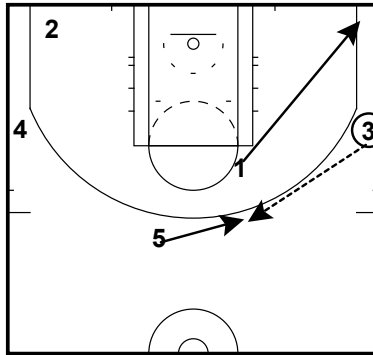


Offensive Plays

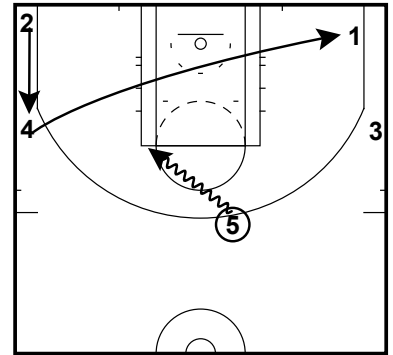
50-Attack



50-Attack

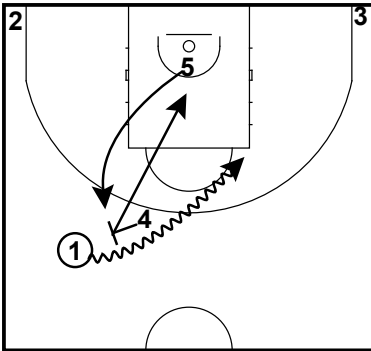


50-Attack



Offensive Plays

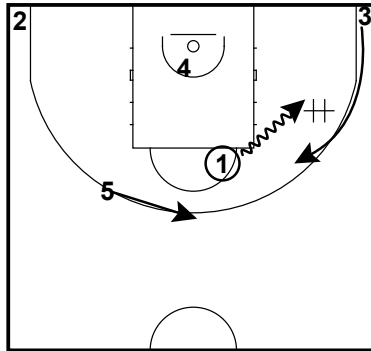
Heat Action



Actions Involved

- 1. Mid-High ball screen & roll & replace
- 1 & 4 Mid-high ball screen
- 4 & 5 Roll & Replace

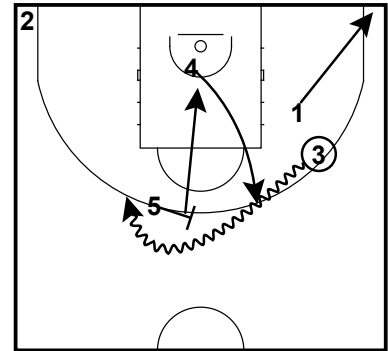
DHO



Action Involved: Dribble Hand Off (DHO)

- 1. Side 1 & 3 DHO
- If we can't get an advantage from our roll & replace action 1 will dribble at 3's defender and get into a 2 man DHO action looking to create an advantage.

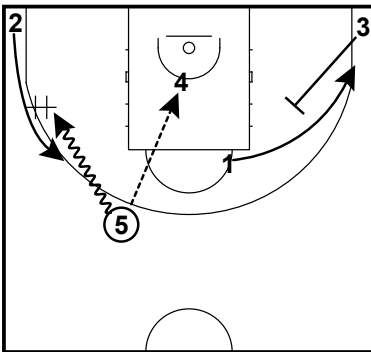
Reset



Action Involved: High Ball Screen

- 1. Reset High Ball Screen
- 3 will look for a quick advantage off of the DHO if he doesn't have one he will maintain his momentum and engage in a high ball screen with 5.

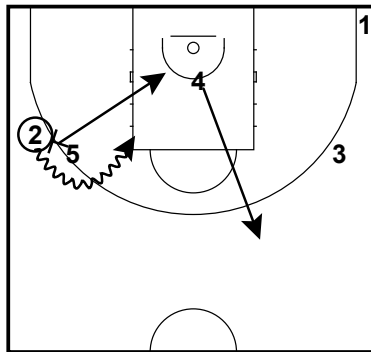
Side 2-Man



Actions Involved: High Low, Thumbs, 2-man on ball

- 1. What happens if the replace man gets the ball?
- 5 & 4 High Low
- 1 & 3 thumbs actions (down screen or up screen)
- 5 & 2 on ball 2 man action

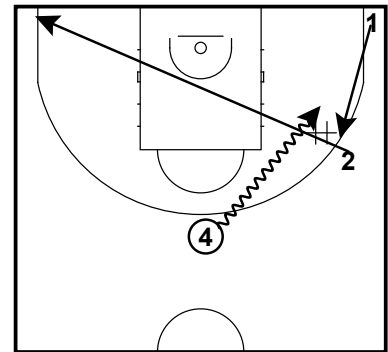
2-Man Screen Action



Actions Involved: 2-man on ball actions (DHO- ball screen)

- 1. What happens if we take the 2-man action?
- If 5 chooses to take the 2 man action we automatically get into Motion.

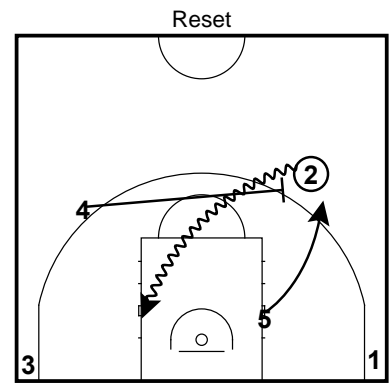
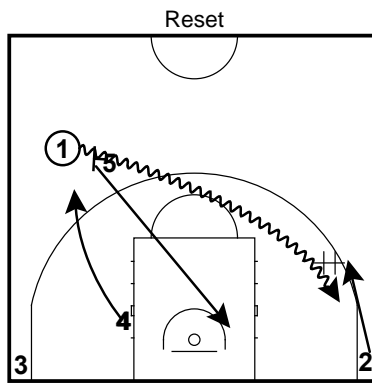
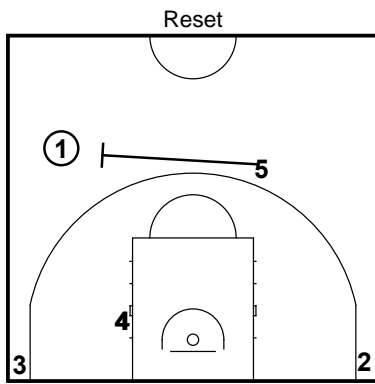
3-Man cut action



MOTION SEQUENCE



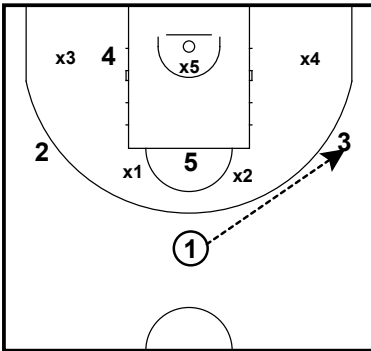
Offensive Plays



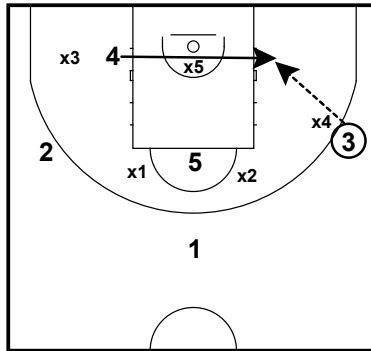


Offensive Plays

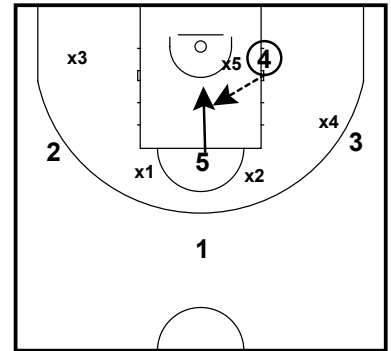
Zone O (13)



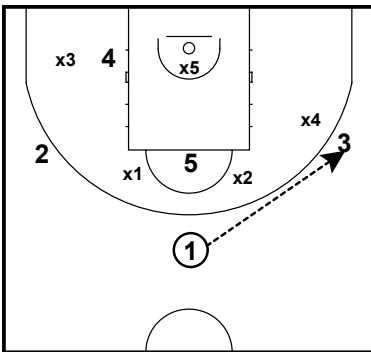
Zone O (13)



Zone O (13)



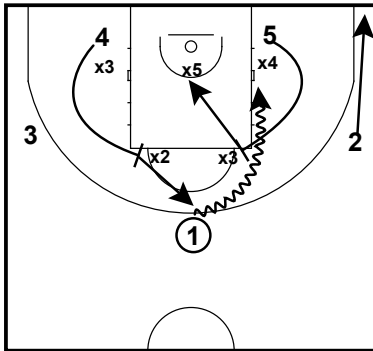
Zone O (13)





Offensive Plays

Zone Fist High vs 32

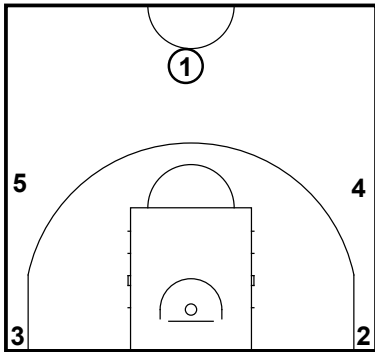




Offensive Plays

ISO-Series

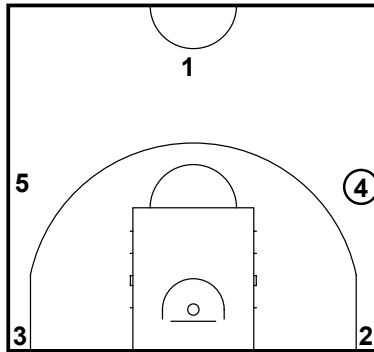
This is an isolation series from the 5 main perimeter locations



Top ISO is an isolation play from the top. The player with the ball should get a running start at defender.

ISO-Series

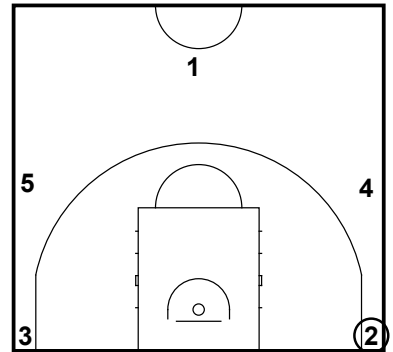
This is an isolation series from the 5 main perimeter locations



Side-ISO is an isolation play from the 45 degree angle.

ISO-Series

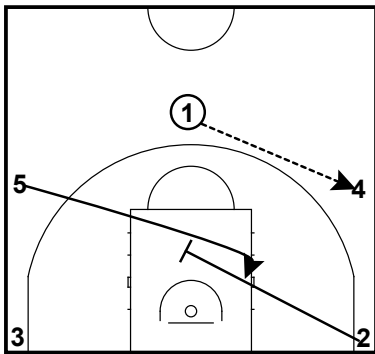
This is an isolation series from the 5 main perimeter locations



Corner-ISO is a isolation play from the Corner.

ISO-Series

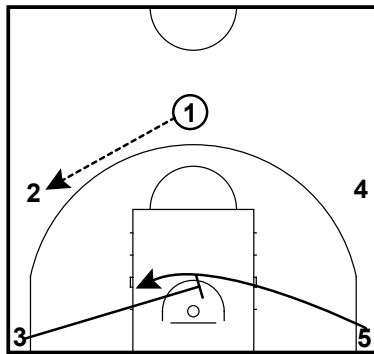
This is an isolation series from the 5 main perimeter locations



Punch is a post isolation play on the right or left block.

ISO-Series

This is an isolation series from the 5 main perimeter locations

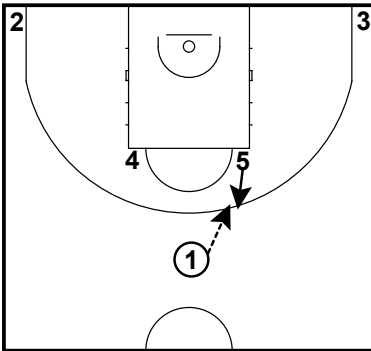


PUNCH from the corner

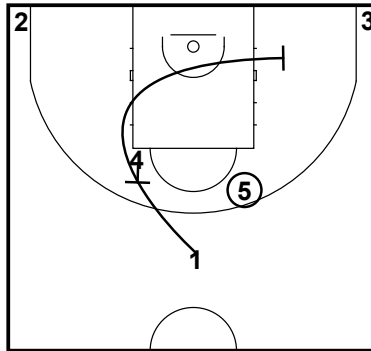


Offensive Plays

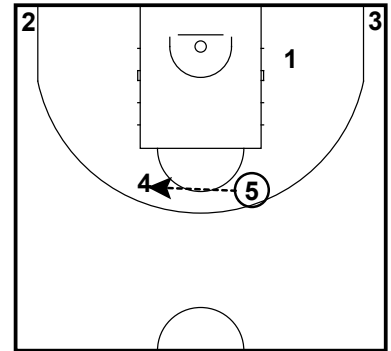
Flex



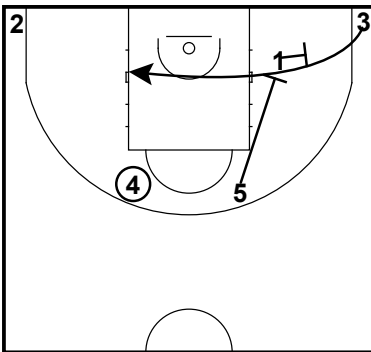
Flex



Flex



Flex



Flex

