

HS Girls 2025

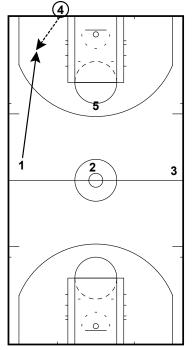


Table of Contents

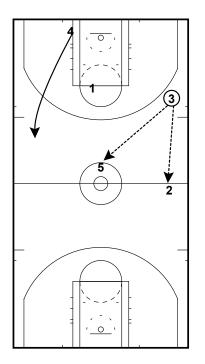
1.	Good Hoops Tournament		2
	1.1	(Zone press break)	2
	1.2	(Man press break)	3
	1.3	Baseline 1-2-3	4
	1.4	Sideline Attack	5
	1.5	5-out-Attack	6
	1.6	5Out (against zones)	7
	1.7	Blue Defense	8
	1.8	RED	9

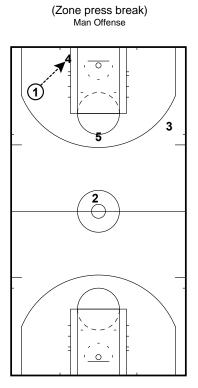


(Zone press break) Man Offense

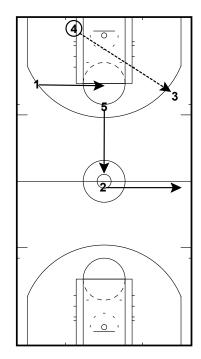


(Zone press break) Man Offense

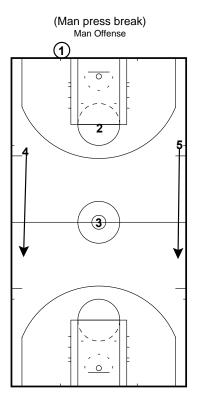




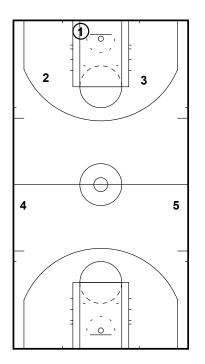
(Zone press break) Man Offense

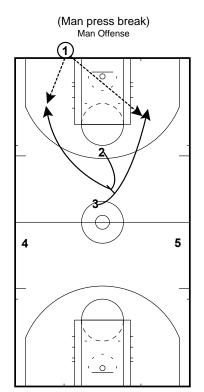




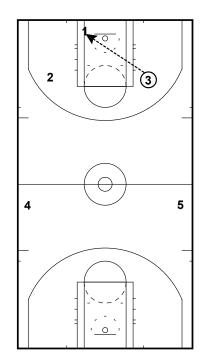


(Man press break) Man Offense





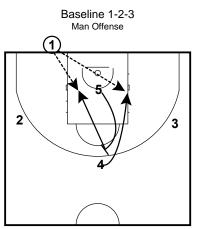
(Man press break) Man Offense



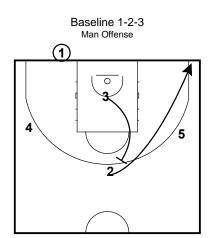




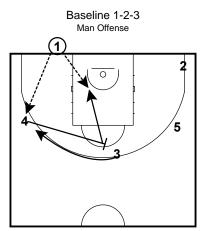
Baseline 1 option- ISO Seal for 5 or best inside finisher on court



Baseline 2 option- 5 is setting or ghost screen (slipping the screen). The ghost screen is similar to a stop and go move. As soon as his feet stop to set the screen he must start them again as he cuts towards the basket.



Baseline 3



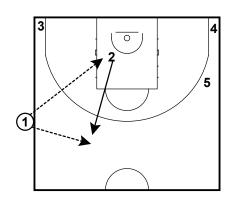
Inbounders options are player 4 for the lay-up or player 3 for the 3P shot.

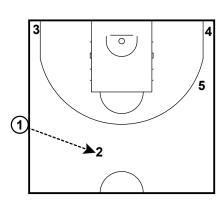


Sideline Attack

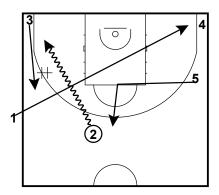
Man Offense

Sideline Attack Man Offense

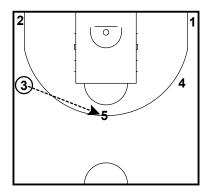




Sideline Attack Man Offense



Sideline Attack Man Offense

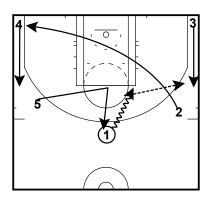


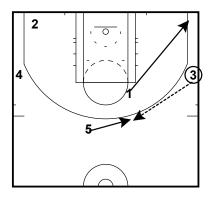


5-out-Attack

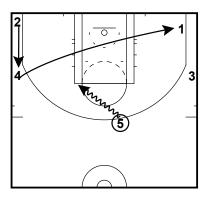
Man Offense

5-out-Attack Man Offense



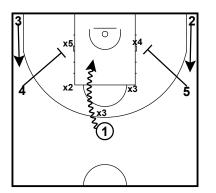


5-out-Attack Man Offense





Against 32 Man Offense

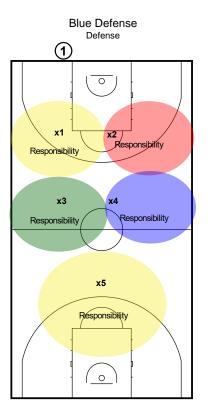


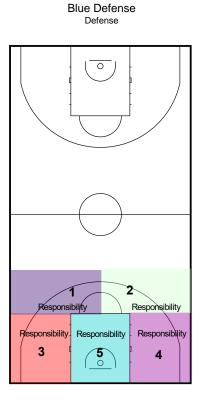


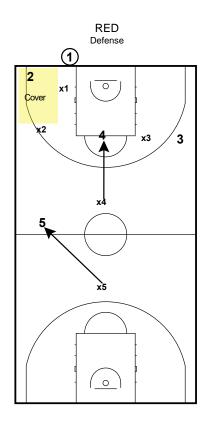
5Out (against zones) Man Offense











RED Defense

