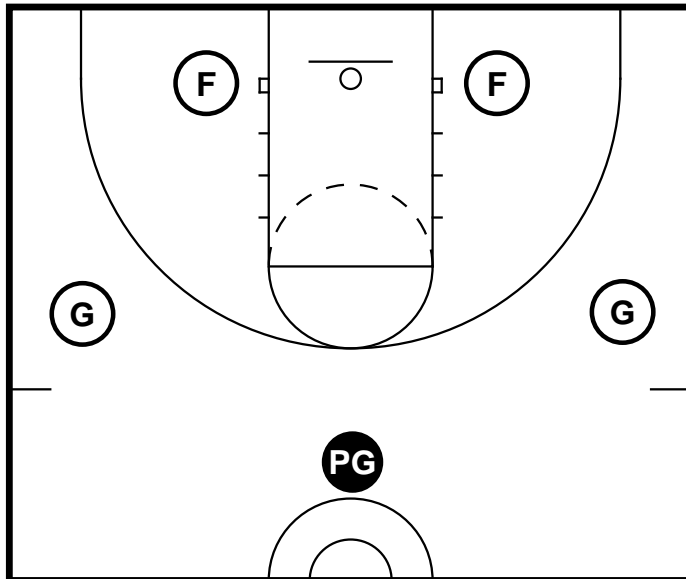


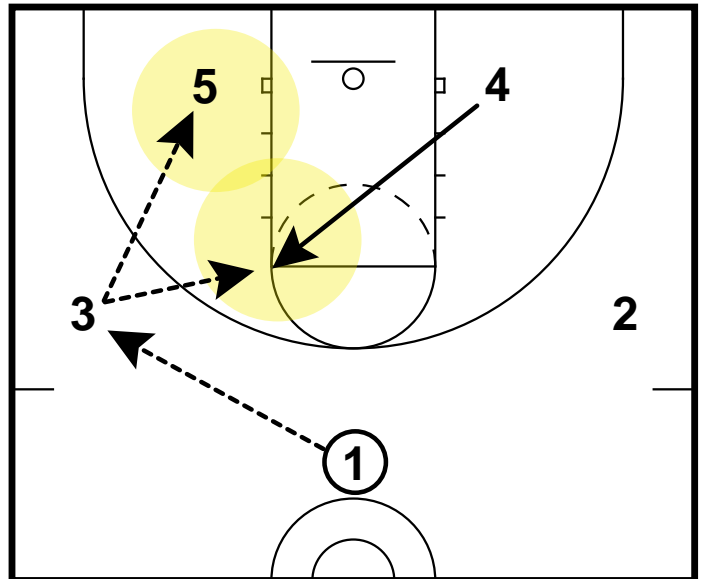
South Titan Basketball

1-Game Principles



1-Game Spacing:
This is our basic alignment to attack an even front zone defense. Each player gaps the zone. It is our objective to get the ball to the landmark, short corner (aka Porch) and/or high post.

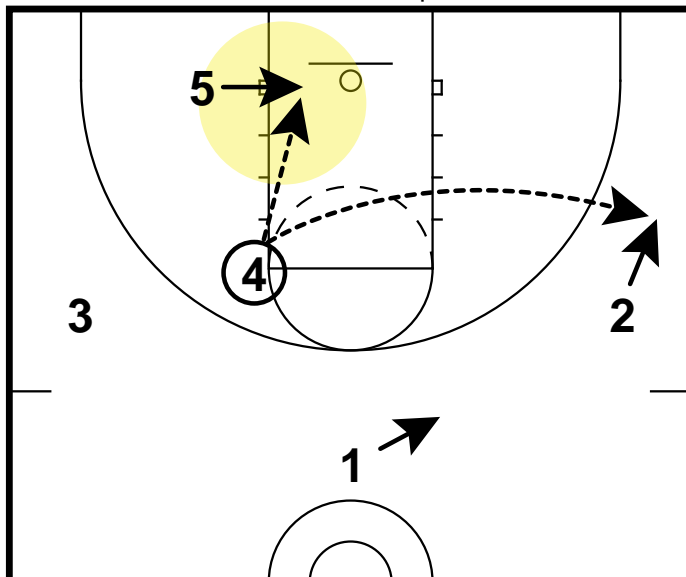
1-Game Principles



1-Game Sweet Spots:
1 passes to 3.
4 flashes to the middle (aka Daylight).
3 passes to 4 or 5 (Sweet Spots).

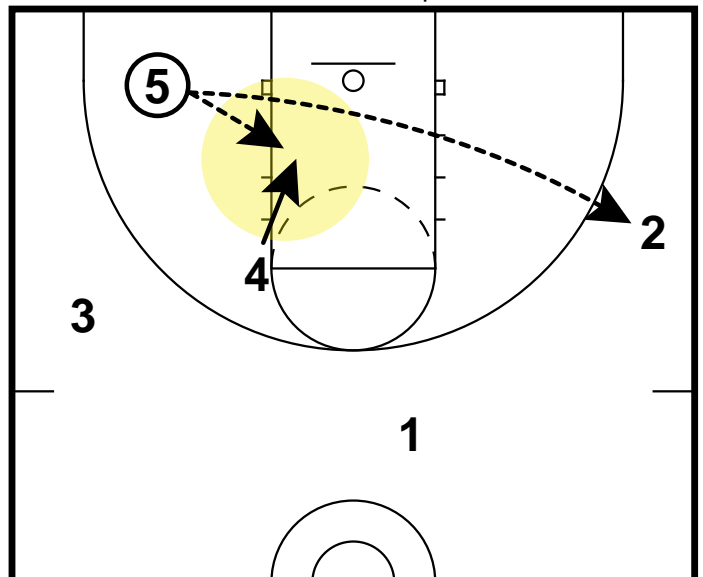
Points of Emphasis:
*The ball moves the zone.
*Fake a pass to make a pass.
*Make two guard you.

1-Game Principles



R-P-F:
4 follows this sequence: Rim (shoot), Post (high-low), Fling (skip opposite).

1-Game Principles

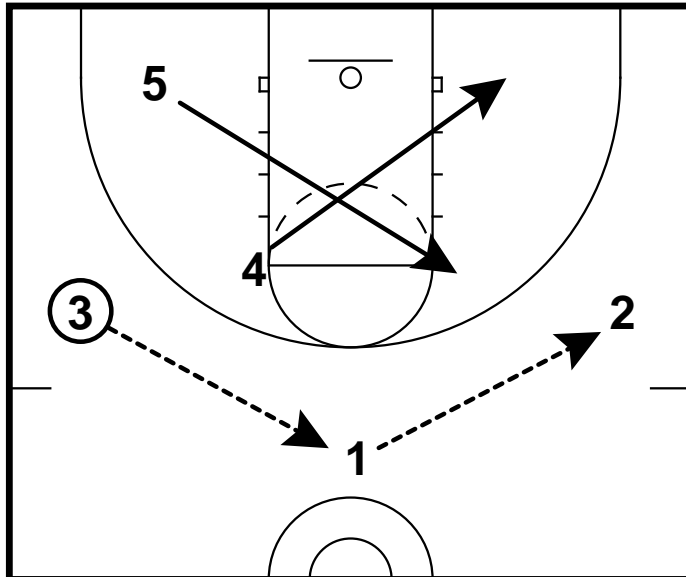


R-P-F:
5 follows this sequence: Rim (shoot), Post (dive), Fling (skip opposite).



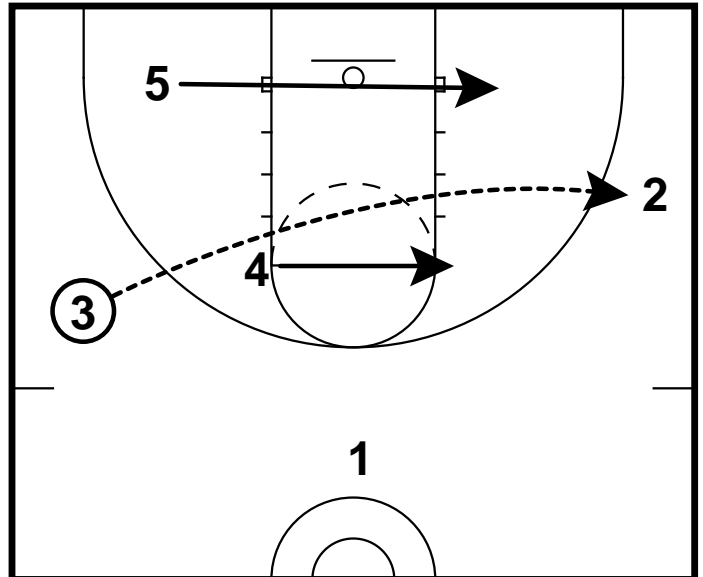
South Titan Basketball

1-Game Principles



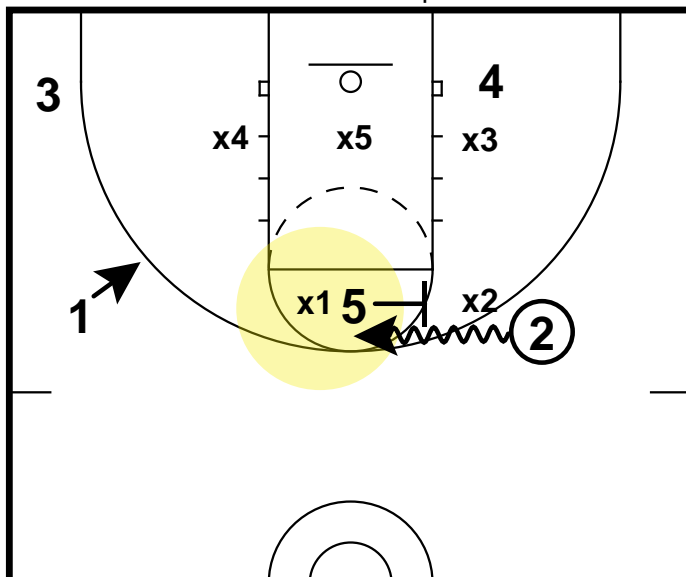
Xing:
When the ball is changed through the top, 4 and 5 cross as they cut. This is called "Xing".

1-Game Principles



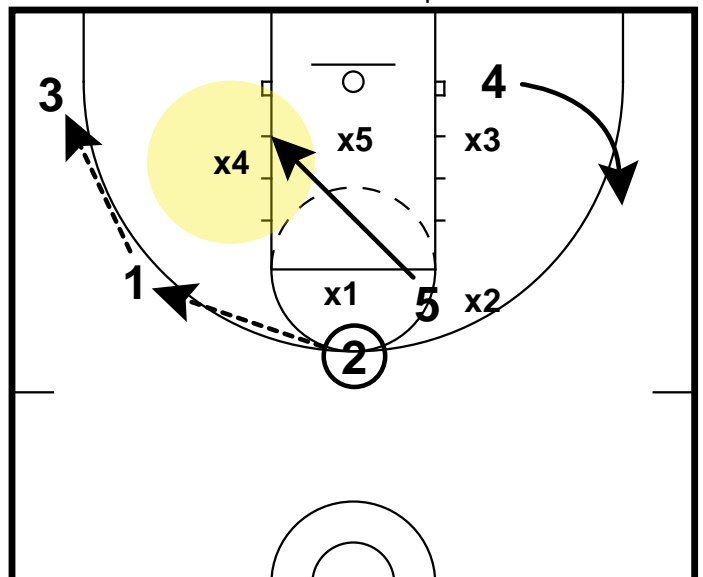
Bleeding:
On a skip pass, they "Bleed" (aka Straight Cut).

1-Game Principles



1-Game Ball Screen:
Ideally, we drive to the double side (1 and 3). There a variety of actions to align this, but the simplest is to space with the ball (as shown here).
5 ball screens for 2.
X1 usually helps to stop the ball.

1-Game Principles



Double Side:
2 passes to 1.
5 dives to front x5.
X4 is "triangulated": A) If X4 stays flat, 1 is open to shoot or drive. B) If X4 closes out on the ball, 1 passes to 3. C) If X4 chases the pass, 3 passes to 5. D) Lastly, always recognize possible back action.

