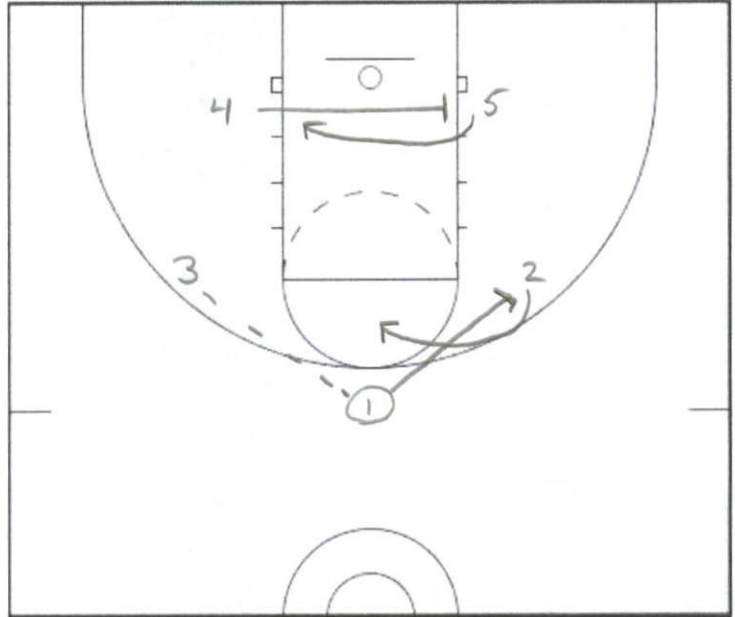
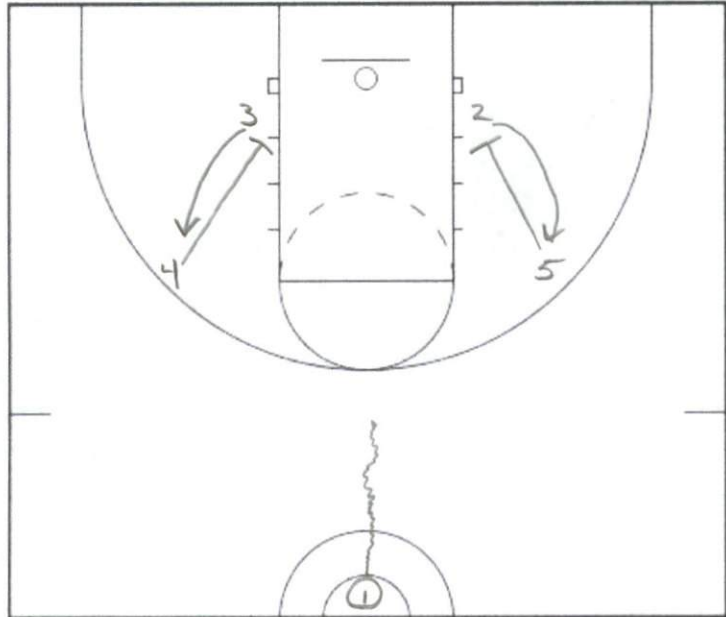


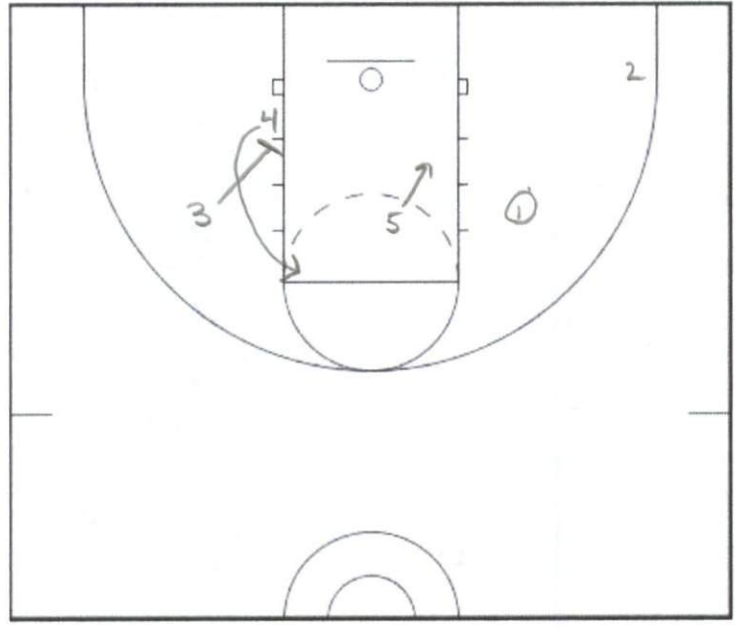
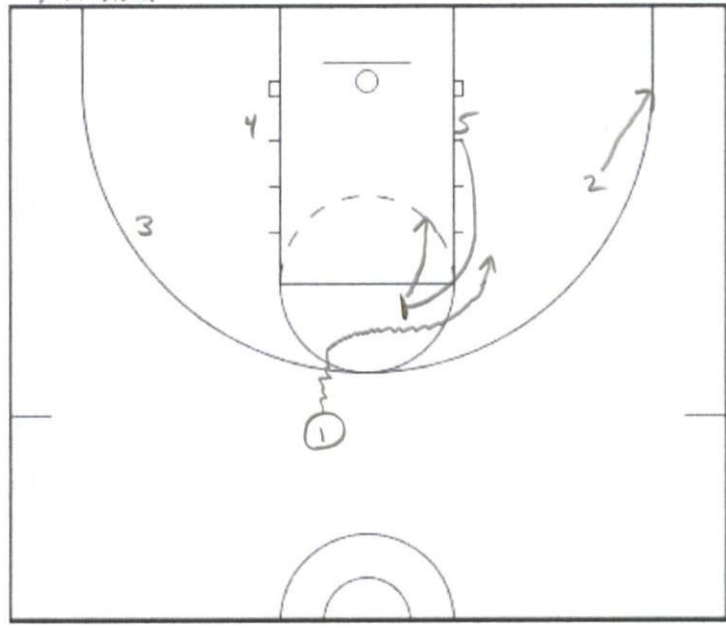


"Motion"

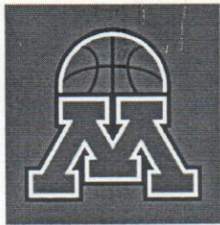


Notes: Point Crosses half court, players pick away from ball, once ball passed pick away again

"Thunder"

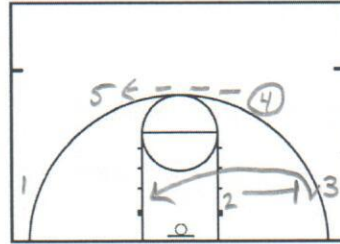
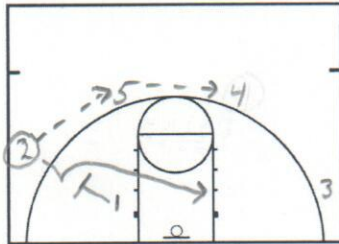
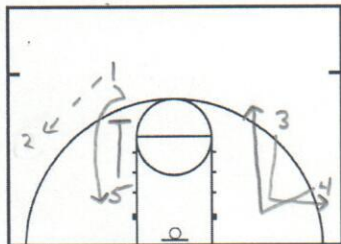


Notes: Post sets a screen for point, post rolls as point can go to basket, pass to post or 2 in corner or back side screen forces up other post at elbow

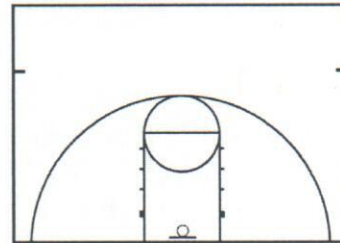
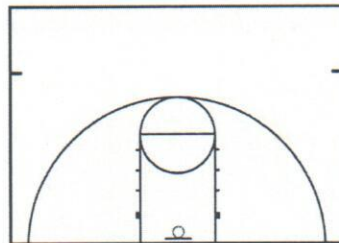
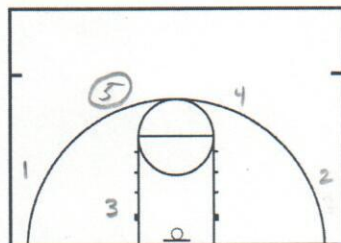


"Offenses"

"Swing" (Required)

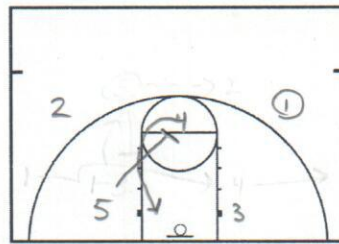
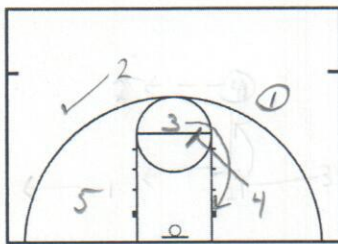
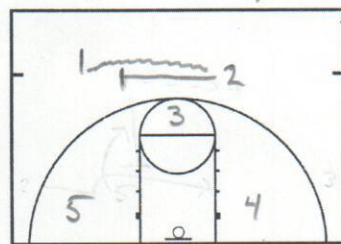


Notes

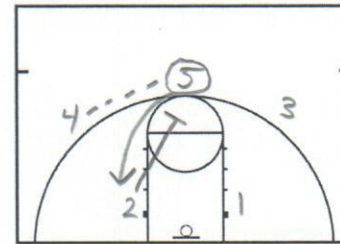
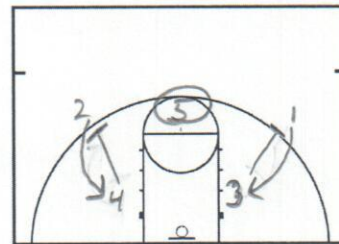
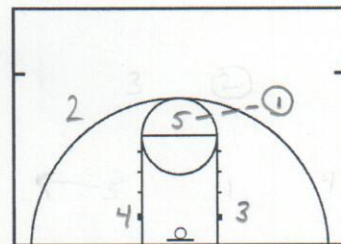


Notes Repeat in new positions

"X" (Required)



Notes



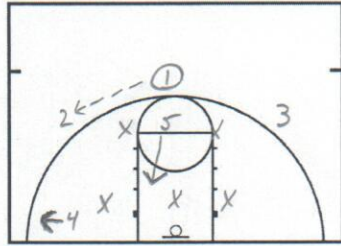
Notes

Repeat in new positions opposite sides

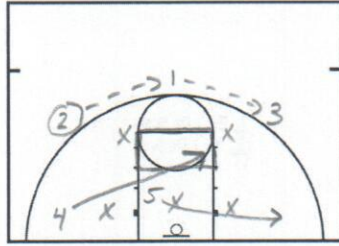


"Offenses"

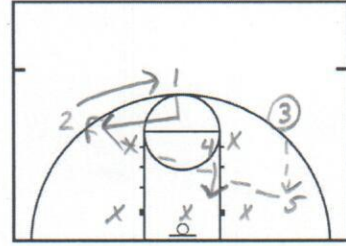
"Zone" (Required)



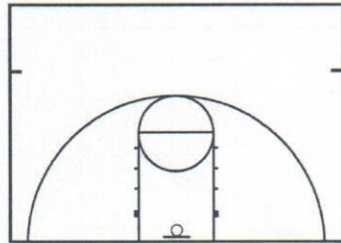
Notes



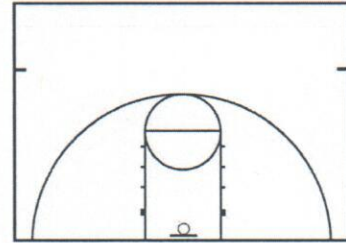
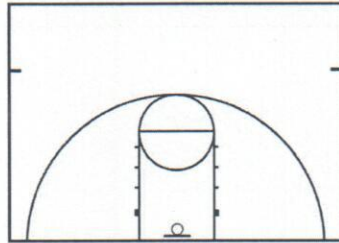
4 & 5 work the power box



5 look to skip to 2
Guards Rotate

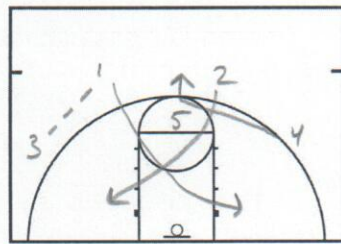


Notes

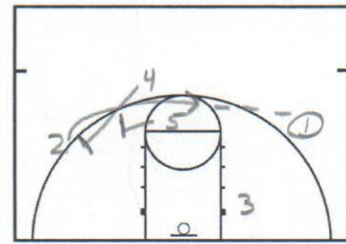
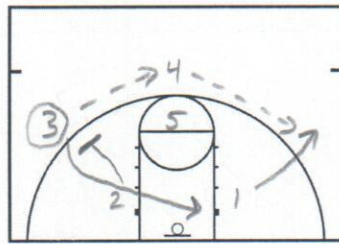


offensive sets

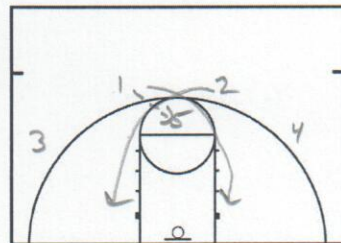
"Cross" (Optional)



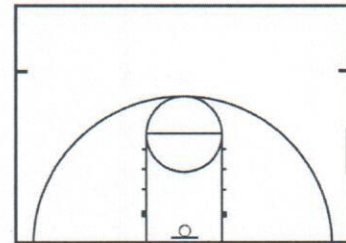
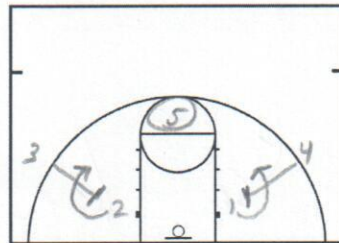
Notes



"Cross Counter" (Optional)



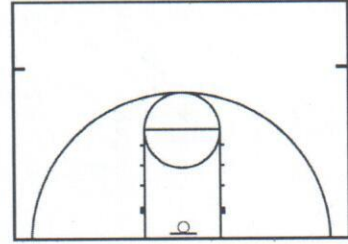
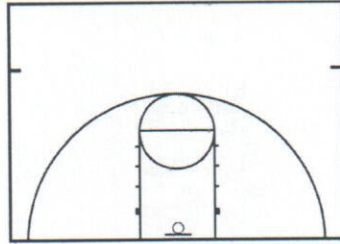
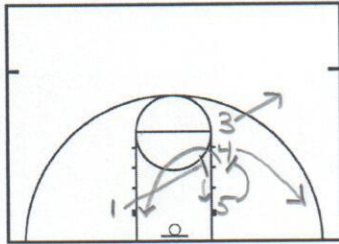
Notes





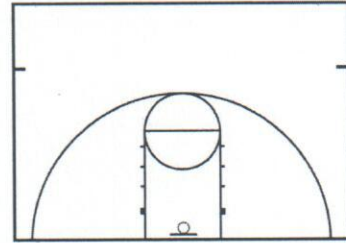
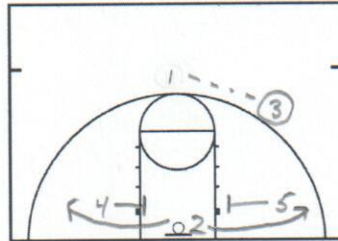
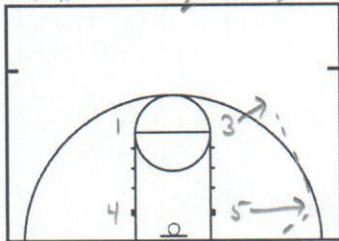
"Out of Bounds"

"Double" (Required)



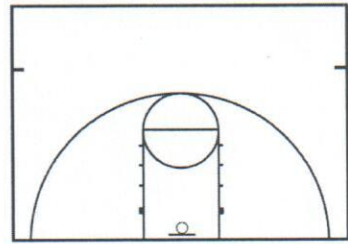
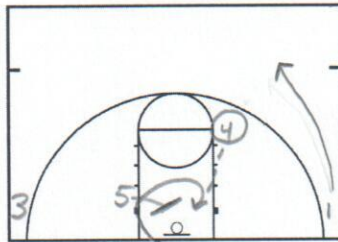
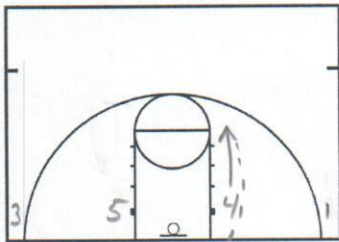
Notes
 2
 5 screens 4
 1 screens 5, then rolls to Basket

"Ax" (Required)



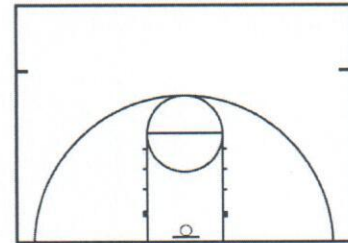
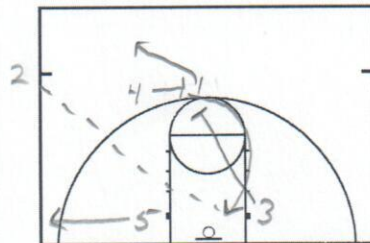
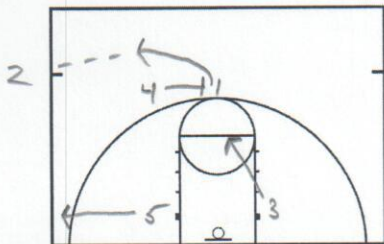
Notes
 2

"Cobra" (Optimal)



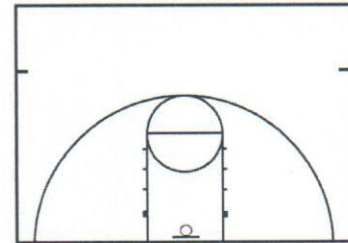
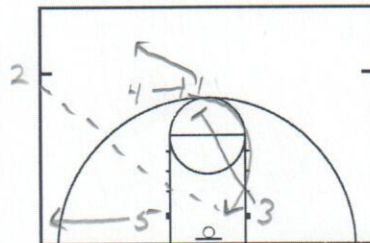
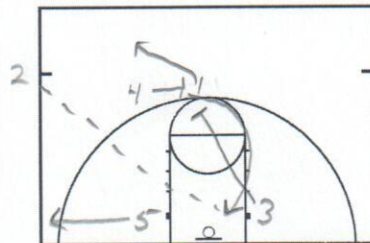
Notes
 2

"Bison" (Required)



Notes

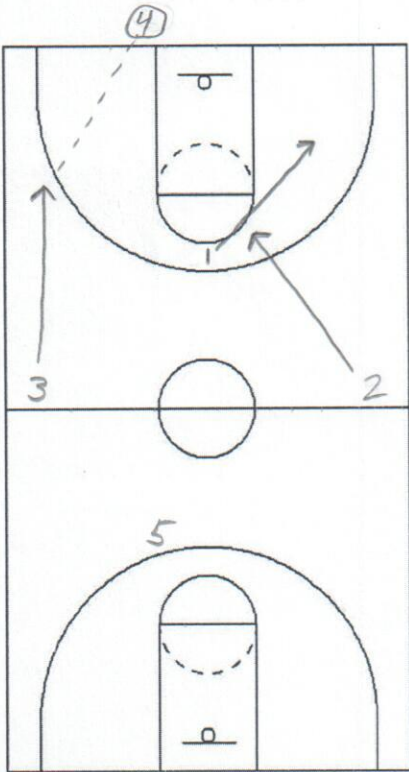
"Bison Back" (Required)



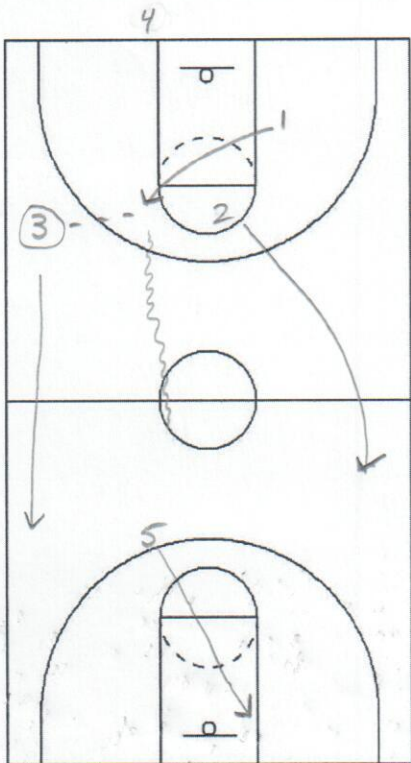
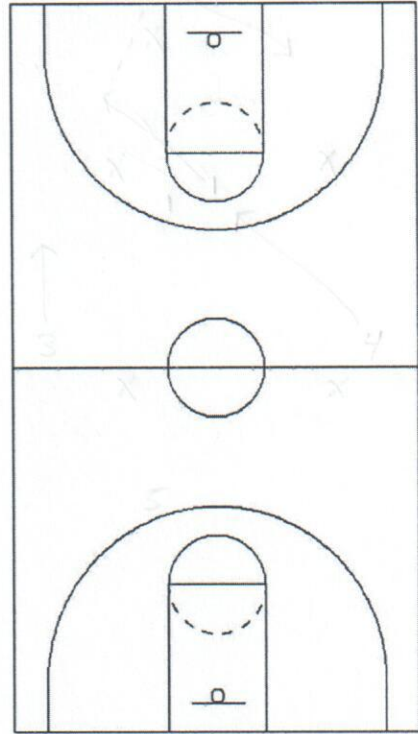
Backscreen for 4



Breaking Full Court Man Press (Required)

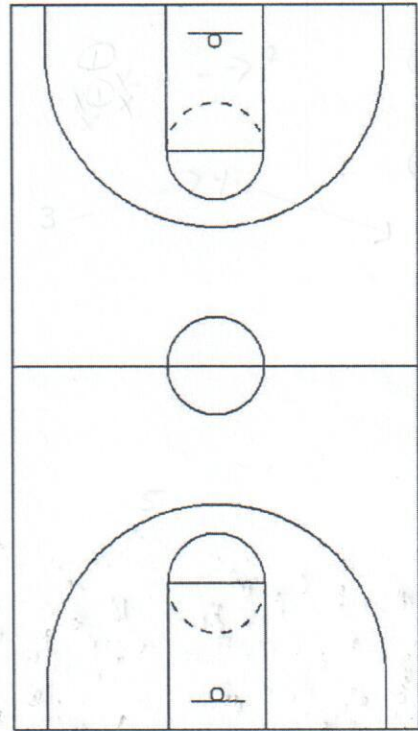


Notes



Notes

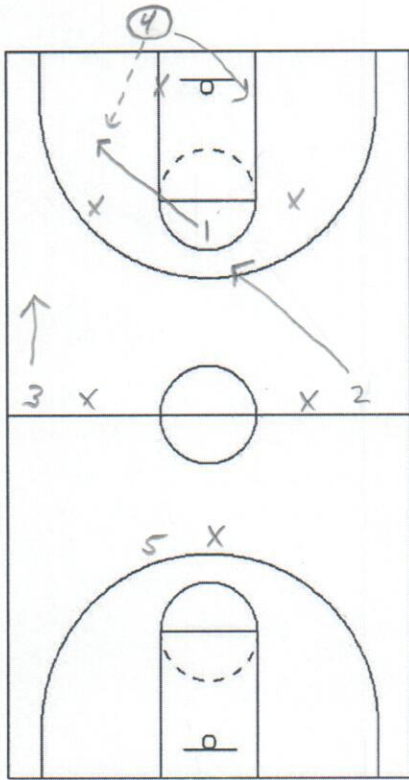
- ① 3 can dribble
- ② 3 look to 1



Look to 3 or 4
then fill lanes
Pressure to 2

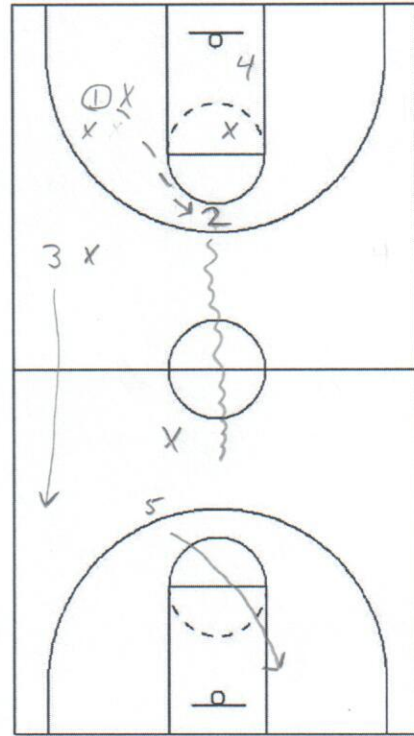


Breaking Full Court 1-2-2 Press (Required)

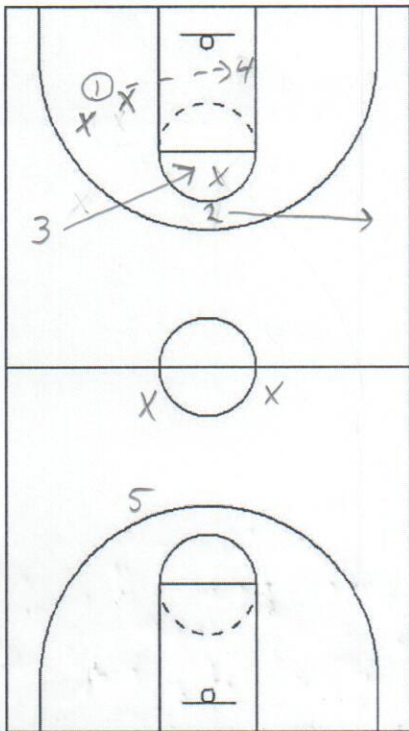


Notes
1 can go either
left or right

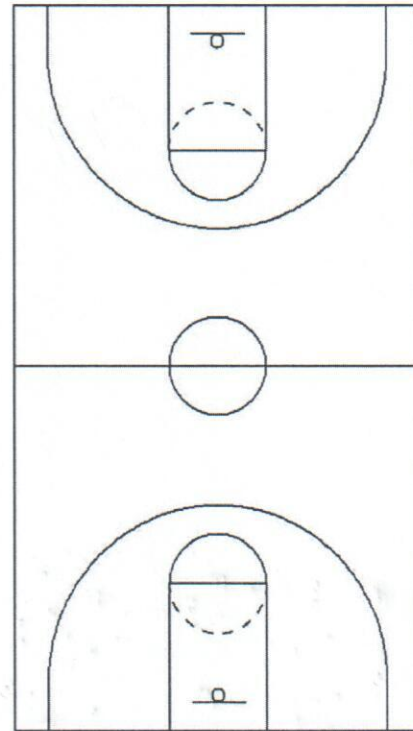
→ Option 1



Option 2



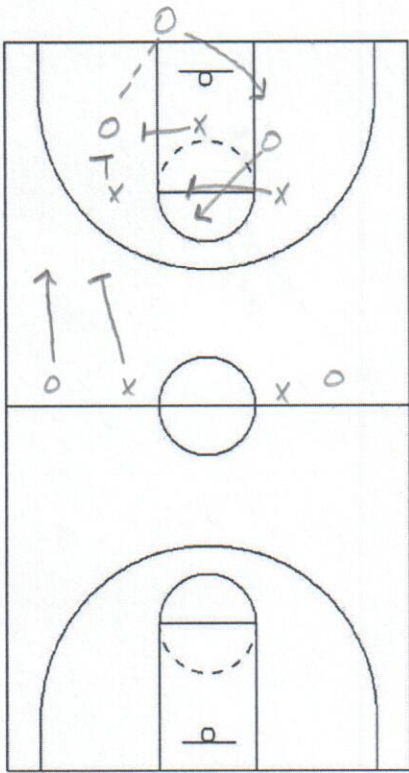
Notes
4 can pass to 2 or 3





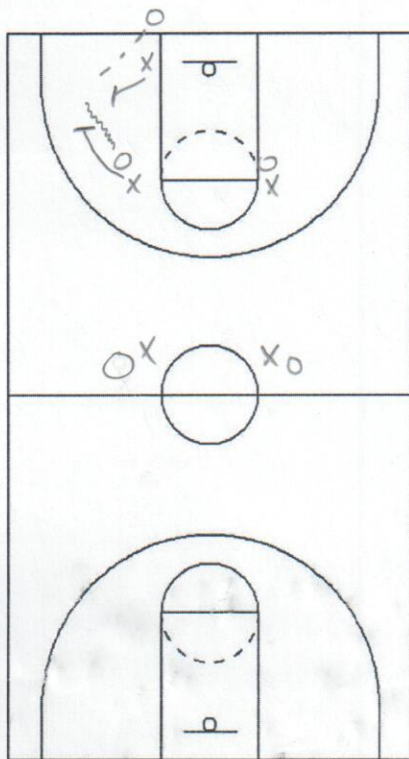
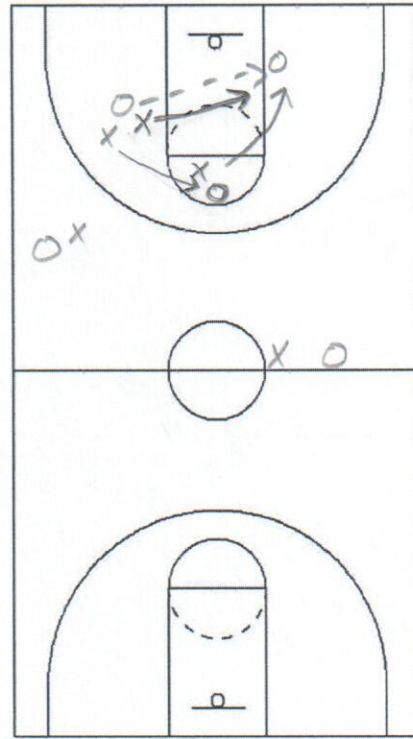
Minnetonka Press (Required)

1-2-1



Notes

- Trap 1st Pass
- Take away middle & sideline, allow reversal
- Rotate as Ball Moves



Man

Notes

- Trap 1st Pass
- 2nd Pass - Trap or Fall Back (situation)
- Fall Back on 3rd Pass

