26 PLAYS TO DOMINATE YOUR COMPETITION

COACH MAC

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Table of Contents

Legal Disclaimers 2

Introduction 5

How To Read The Diagrams 6

Baseline Plays 8

Cross-Screen 8

Diagonal Option 9

Screen Both Sides 11

Back Double 13

Baseline Plays vs 3-2 Zone 16

Stack 16

Stack Variation - 3 Pointer 17

Rollers 18

Low Cut 20

Sideline Plays 23

Circle 23

Surprise Backdoor 25

Screens 26

Bold 28

Misdirection 30

High Gate 32

Down Sceen Triangle 33

X 35

Set Offenses 38
Crossover 38
One 40
Strong 42
Square 44
Weak 46
Horns 48

Set Offense vs 2-3 Zone 51
Skip Pass 51
Swing 52
Doubles 54
Triangle 55

Conclusion 57

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INTRODUCTION

Hello and welcome to the eBook '26 Plays to Dominate Your Competition'.

For those who don't know me yet, let me share a little about myself…

My name is Trevor McLean and I own and run the blog www.basketballforcoaches.com.

I have been a passionate basketball coach, player, and fan for many years.

It seems like just the other day when I first begun coaching. I thought I knew a lot about the game at that time, but little did I realize how much more there was I needed to learn.

One of the biggest areas I had trouble in was finding the right plays that suited the teams I was coaching. This was hard at first, but through hours and hours of studying and trying out a lot of different plays, I eventually started to see which plays worked more than others.

In this eBook I'm going to share with you the 26 plays that I believe will lead any team to a lot of success.

Do I expect you to memorise and use them all? Of course not. As you're going through the eBook, I encourage you to pick out your favorites or write down which ones you like for future reference.

My goal is to provide you with an eBook that you can refer back to any time you need new plays.

The plays I'm showing you aren't ones I made up on my own (although I've made adjustments to many of them). They're tried and tested plays by many coaches all over the world coaching many different age groups.

Hopefully you find a few that you like that work for you!

I wish you the greatest success in your future coaching endeavours.

Now, let's jump straight into the 26 plays that will allow you to dominate your competition!

How To Read The Diagrams

1 This number indicates the offensive team and which position the player is. The number will be between 1 and 5.

(1) The circle around the number shows the player that has the ball. It will be a number between 1 and 5 and will obviously be on the offensive team.

(1) When a number is surrounded in a black circle this shows that they are the defensive team. They will only be shown on the 2-3 zone plays.

A straight, full coloured line means a cut. This will be the offensive player moving without the ball.

A dotted line means the player is passing the ball.

A zig-zag line means the player is dribbling the ball.

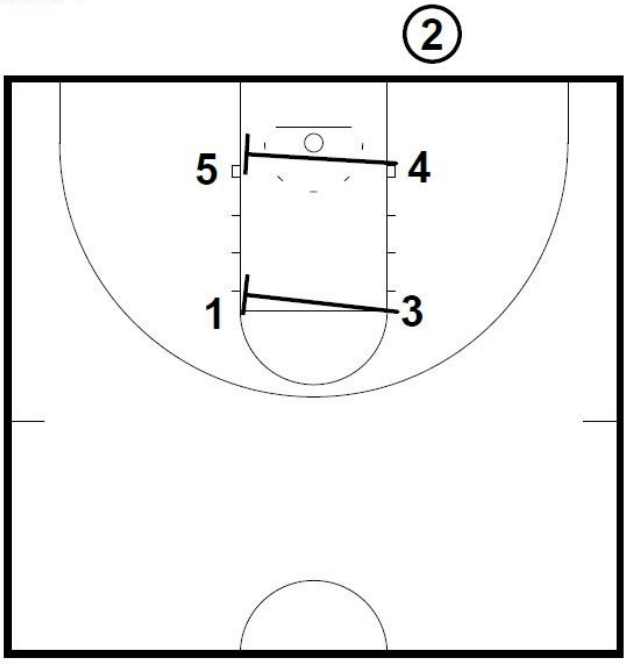
A line that ends with another line blocking it means the player is setting a screen.

BASELINE PLAYS

BASELINE PLAYS

Cross-Screen

Frame 1



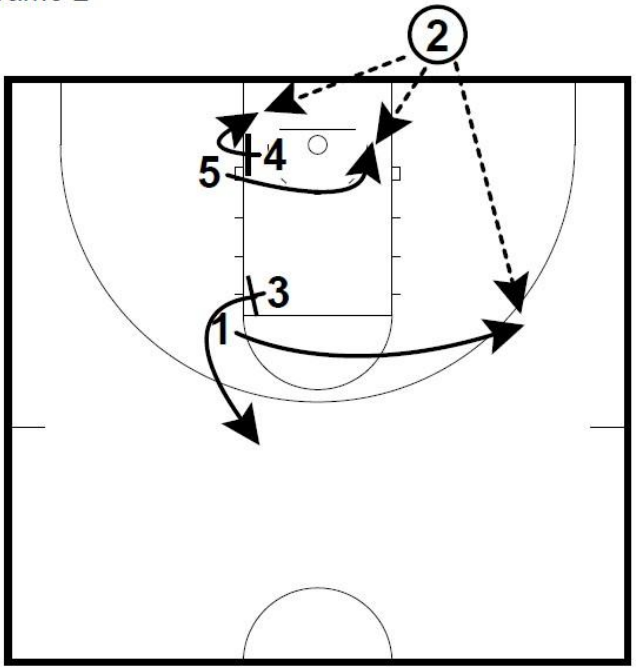
Starts in a box format. This is a very well-rounded play that creates many opportunities to score.

The most important thing is to put your best decision maker as the passer. This is because two out of the three options are close to the key so the pass will need to be fast and accurate.

(1). 4 sets screen for 5.

(2). 3 sets screen for 1.

Frame 2



(3). 5 uses the screen and looks for easy pass in and score.

Option One - Pass to 5 using the screen.
(4). 4 opens up to the ball immediately after setting the screen sealing 5's man behind him.

Option Two - Pass to 4 sealing 5's defender.
(5). 1 uses screen and pops to the 3-point line to look for shot.

Option Three - Pass to 1 for 3-point shot.
(6). 3 pops out for the safety pass if no one else is open.

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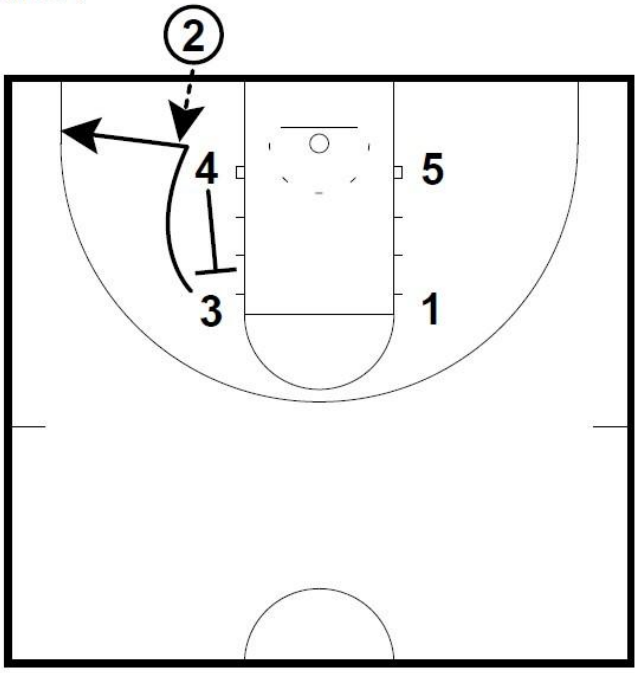
Diagonal Option

Frame 1



Starts in a box format. This play is designed to get either one of your two big men and easy shot near the basket.

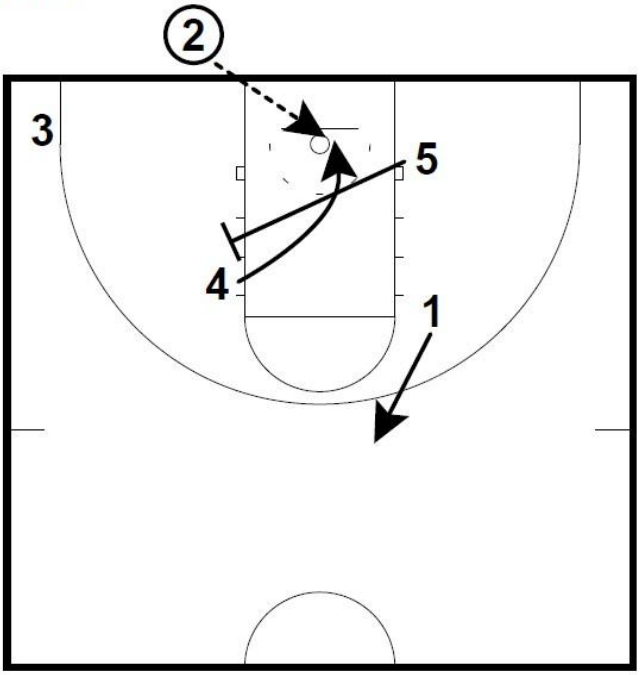
Most important that you have your best passer passing the ball in.

(1). 4 up-screens for 3.

(2). 3 comes off the screen looking for the easy layup. If it's not there, 3 goes to the corner.

Option One - Pass to 3 on cut.

Frame 2



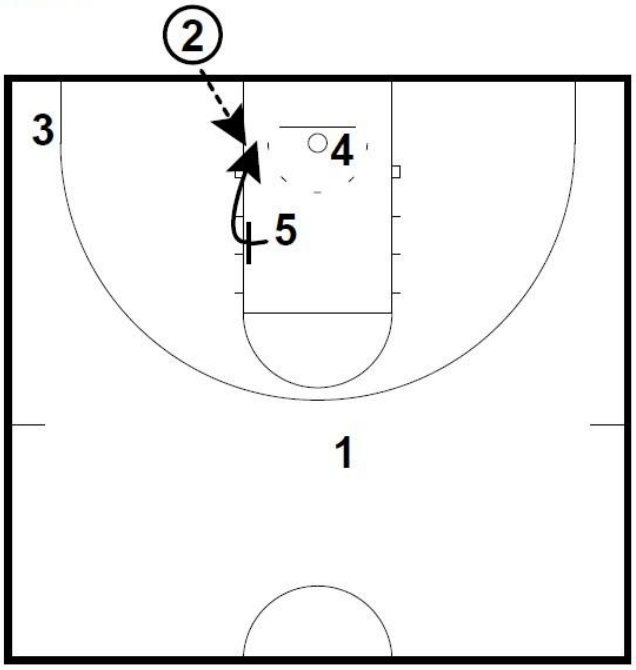
(3). 5 sets a diagonal screen on 4.

(4). 4 uses screen and looks for easy layup.

Option Two - Pass to 4 using the screen.

(5). 1 goes back for the safety pass.

Frame 3

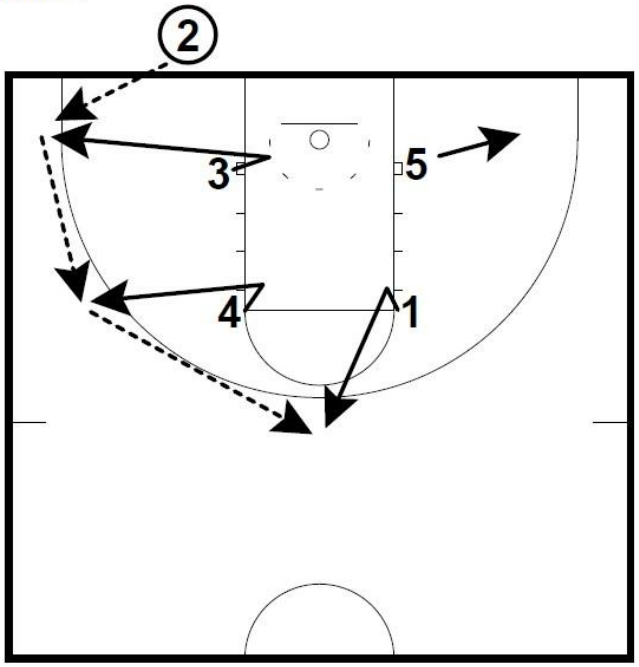


(6). After setting the screen for 4, the 5 seals 4's defender and rolls to the basket.

Option Three - Pass to 4 sealing 5's defender.

Screen Both Sides

Frame 1



Start in a box format. This play is designed specifically to get your best shooter an open jump shot from either wing.

As the inbounder is the one that shoots, it's important that your best shooter inbounds the ball.

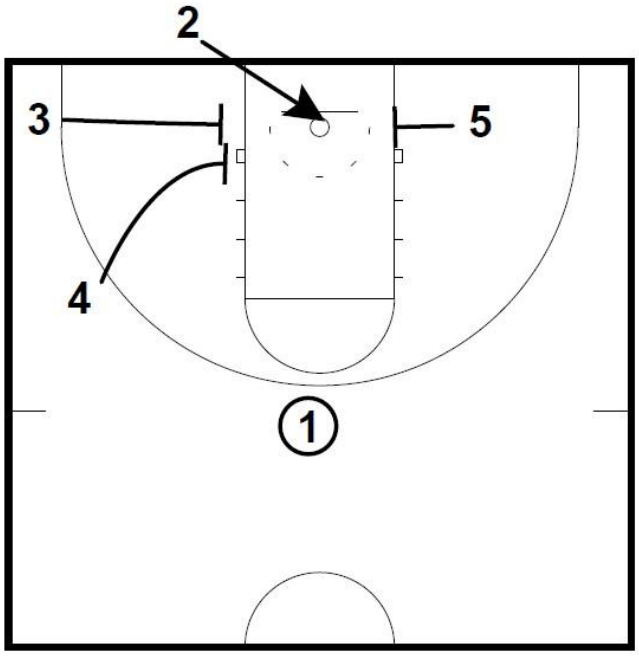
(1). 2 passes to 3 who v-cuts to receive the ball.

(2). 3 passes to 4.

(3). 4 passes to 1.

(4). 5 steps to the short corner.

Frame 2



(5). After passing to 3, 2 now walks his defender slowly underneath the basket.

(6). 3 and 4 set a double screen.

(7). 5 also sets a screen on the other side.

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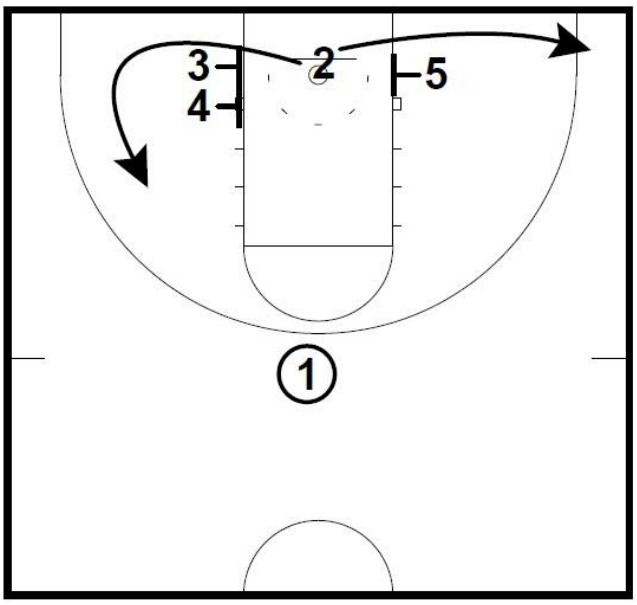
Frame 3

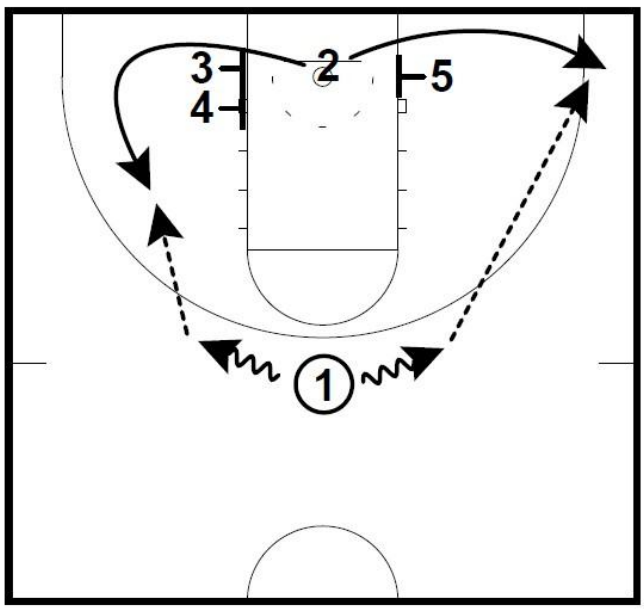


2 now has two different routes he can take.

(8a). 2 can choose to use the double screen and curl or flare for a jumpshot.

(8b). Or 2 can choose to use the single screen and curl or flare for a jumpshot.

Frame 4



(9). 1 must read 2's movements and dribble to create the correct passing lane.

(10). 2 gets an easy shot.

Option One - Pass to 2 for the shot.

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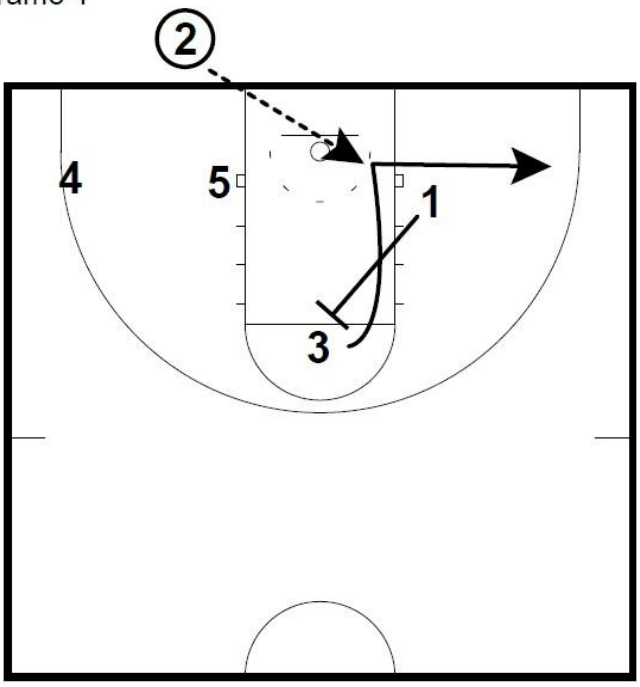
Back Double

Frame 1



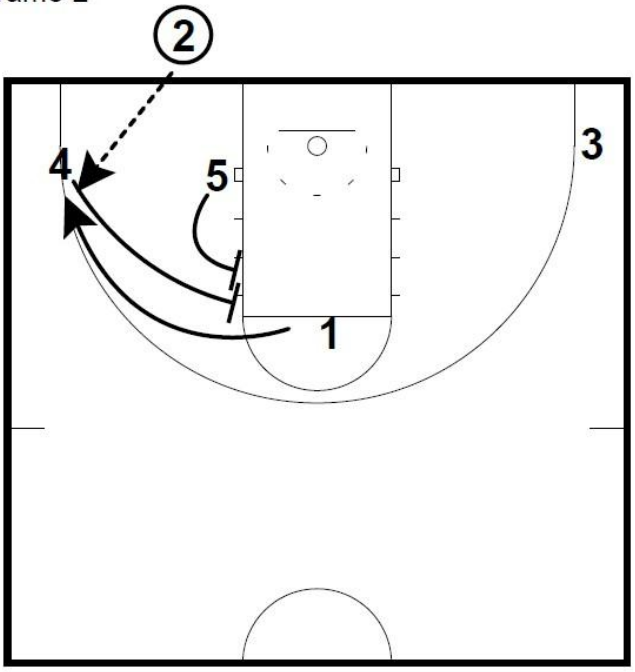
This play is designed to get your best shooter open for the jump shot. In this example, the best shooter on the team is the 1.

(1). 1 up-screens for 3.

(2). 3 uses the screen and looks for easy layup. if it's not there, 3 goes to the corner.

Option One - Pass to 3 on cut.

Frame 2

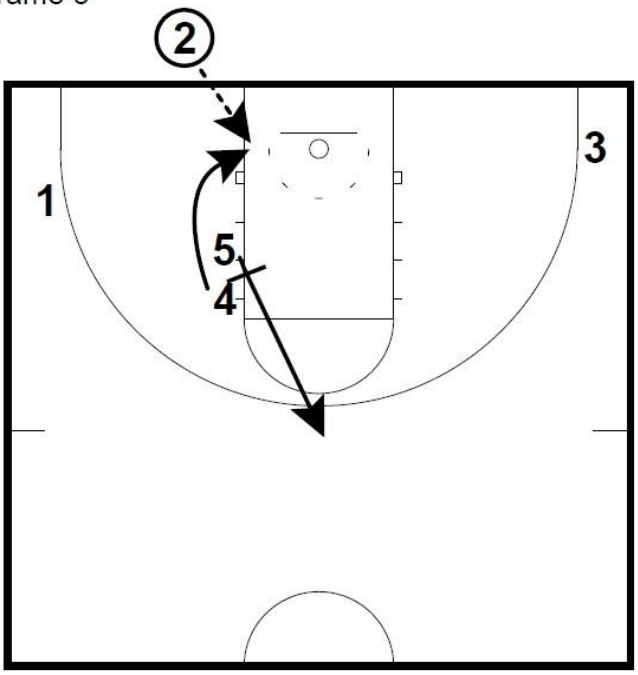


(3). 4 and 5 set a double screen for 1.

(4). 1 uses screen and sets up for an open shot.

Option Two - Pass to 1 for shot.

Frame 3



(5). 5 screens 4's defender and then pops out for safety.

(6). 4 uses screen and cuts to basket.

Option Three - Pass to 4 on cut.

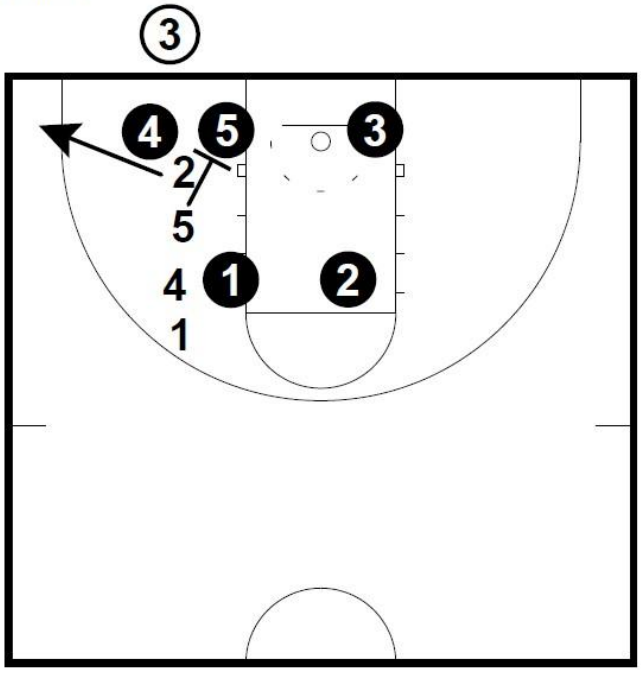
BASELINE PLAYS

VS. 3-2 ZONE

BASELINE PLAYS VS 3-2 ZONE

Stack

Frame 1



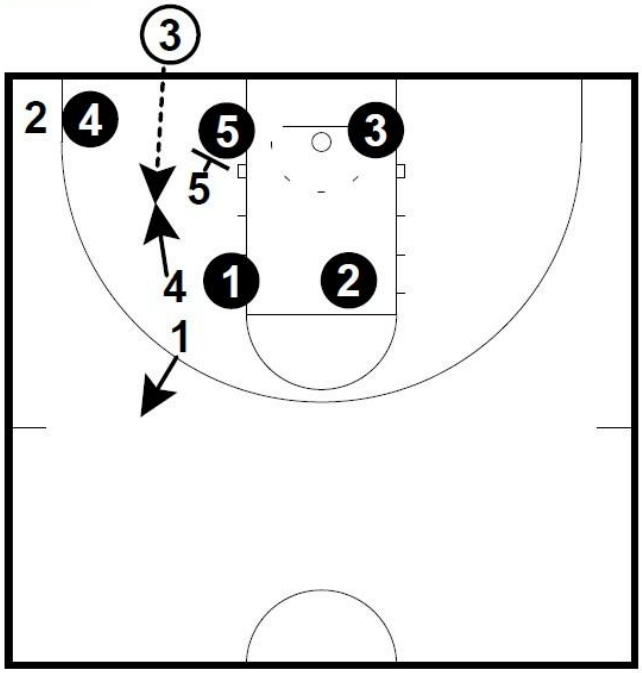
Start out in a stack formation.

This play will work best if you have a big man that can consistently hit a mid-range jump shot.

(1). O2 flashes out to the corner forcing D4 to respect the 3-point shot and deny the inbounds pass to O2.

Option One - If D4 doesn't respect O2. Pass to O2 for shot in the corner.
(2). O5 screens D5 deep in the key.

Frame 2



(3). O4 should be able to step right into an open jump shot.

Option 2 - Pass to O4 for the open jump shot.
(4). O1 steps back as safety.

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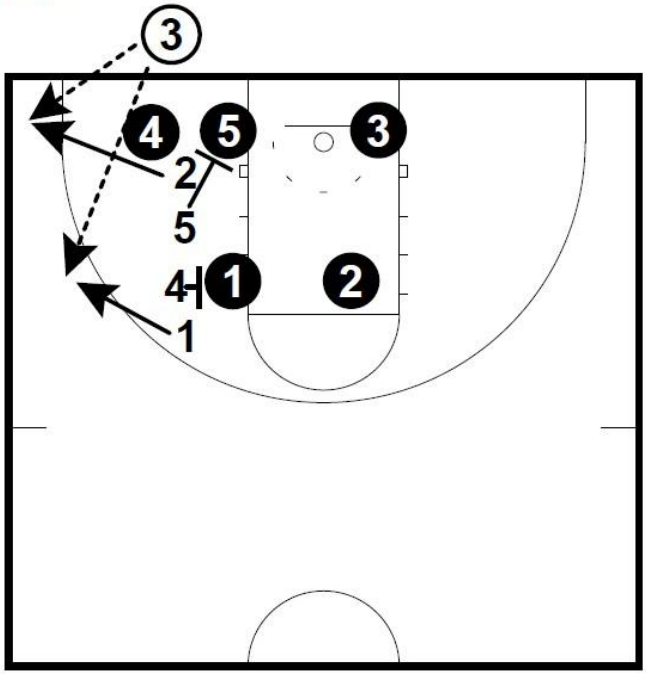
Stack Variation - 3 Pointer

Frame 1



This is a variation to Stack to get a three-point shot instead of a mid-range jump shot.

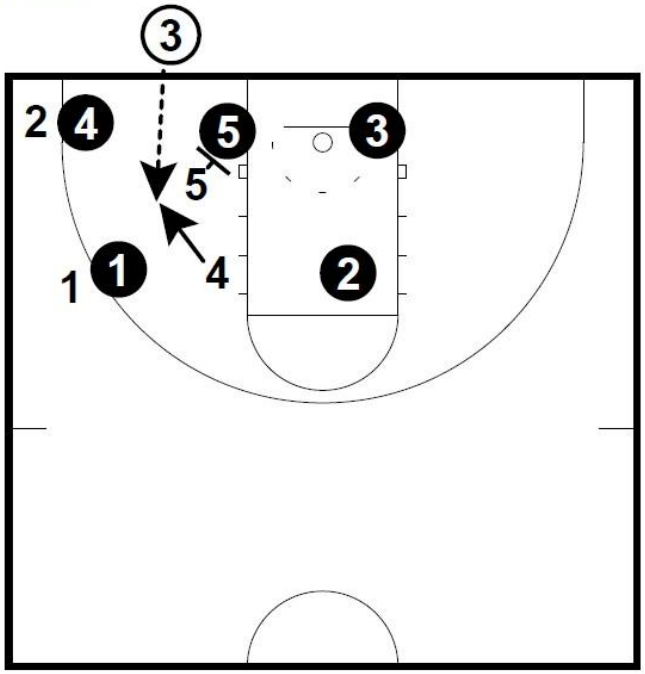
Your best shooter should start at the top. In this example, 1 is the best shooter.

(1). O2 flashes out to the corner. This forces D4 to respect the 3-point shot and deny the inbounds pass to O2.

Option One - If D4 doesn't respect O2. Pass to O2 for shot in the corner.
(2). O5 screens D5 deep in the key.
(3). O4 screens D1.
(4). O1 steps behind the screen set by O4.

Option Two - If D1 doesn't get through O4's screen. Pass to O1 for the 3-point shot.

Frame 2



(5). If the D1 does get through the screen by O4, O4 will find that he has a lot of space.

Option Three - O4 steps in behind the screen set by O5 for the easy jump shot.

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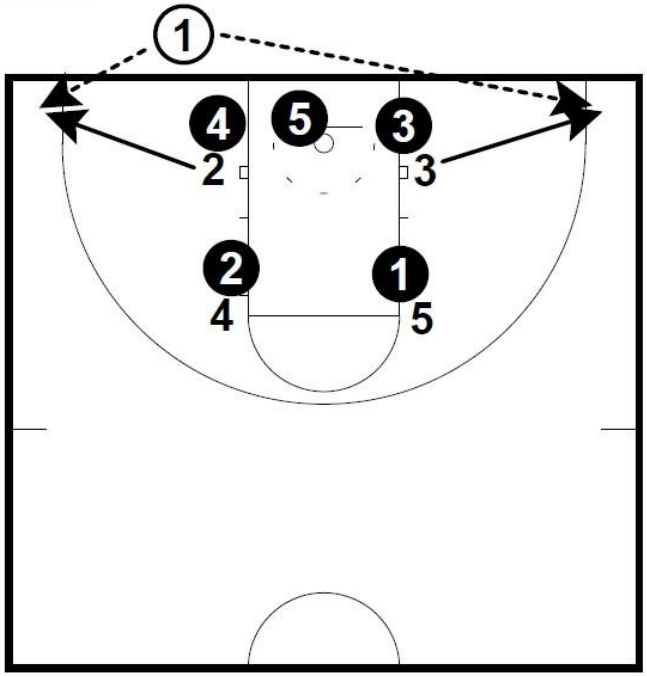
Rollers

Frame 1



This play is designed to get your big men shots close to the basket.

The works best with big men with good catching skills. And the person inbounding the ball should be your best passer.

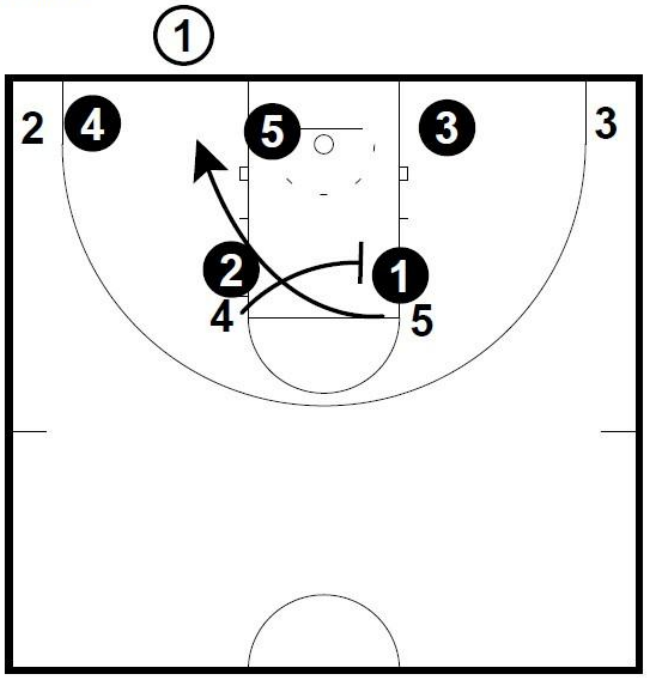
Also, It doesn't matter who screens out of O4 or O5.

Get your players to talk before the play to switch it up.

(1). Both O1 and O2 cut out to the corners. This will force D4 and D3 to respect the shooters.

Option One - If the defence doesn't play honest against either O2 or O3, pass to either for a shot in the corner.

Frame 2



(2). O4 screens O5.

(3). O5 uses O4's screen and cuts to the basket.

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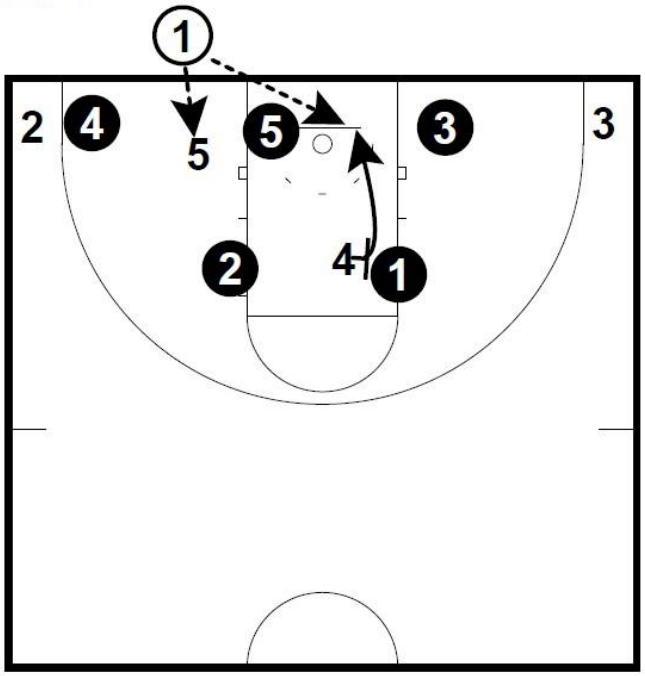
Frame 3



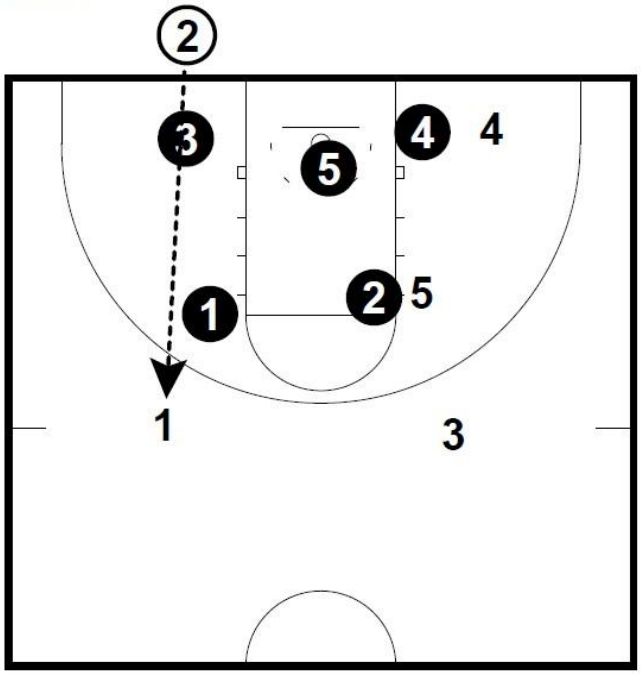
Option Two - Pass to the cutting 5 for the layup or shot off the block.

(4). After screening, O4 seals D1 and opens up and rolls to the basket.

Option Three - Pass to O4 cutting after sealing D1.

Low Cut

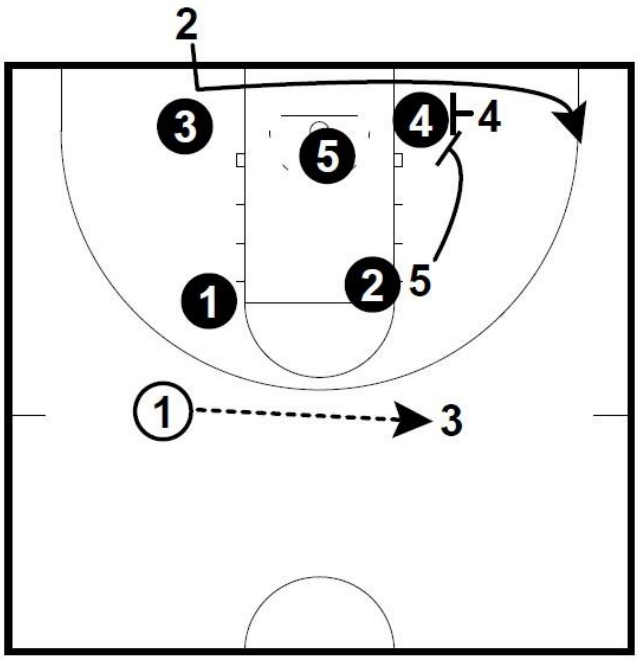
Frame 1



This play is designed to get your best shooter an open jump shot on the wing.

(1). O1 backs up and receives the inbounds pass over the top.

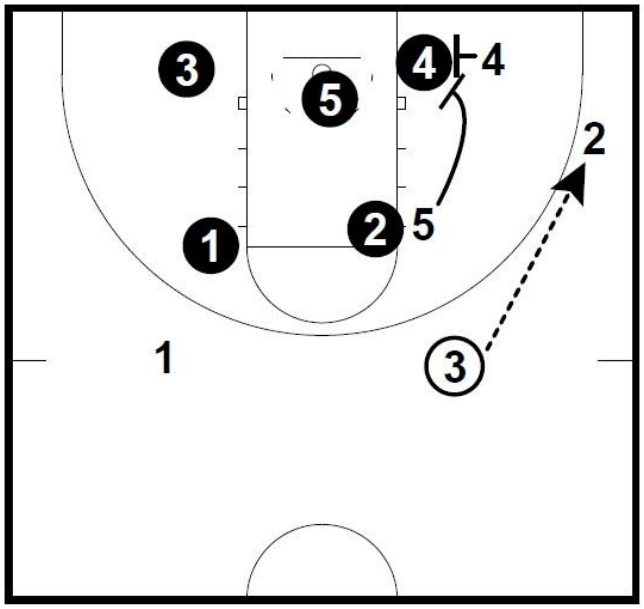
Frame 2



(2). O4 and O5 set a double screen on D4.

(3). O1 passes to O3.

Frame 3



(4). O3 passes to O2.

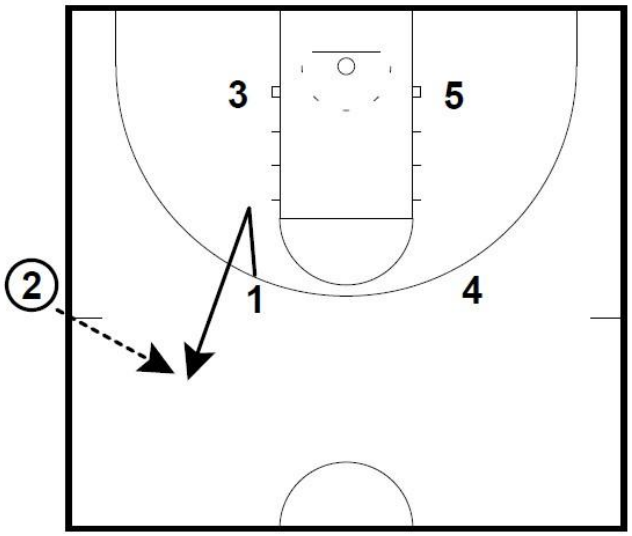
<u>Option One - Pass to O2 for the 3-point shot.</u>

SIDELINE PLAYS

SIDELINE PLAYS

Circle

Frame 1

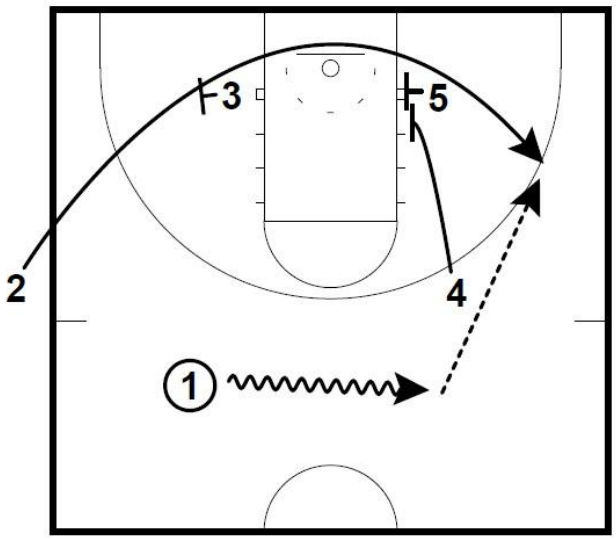


Start in a box formation.

This play is designed to get your best shooter and open three-point shot. And if that's not open then into a pick and roll.

(1). 1 v-cuts and receives the inbounds pass off 2.

Frame 2



(2). 4 and 5 set a double screen on the weak side low block.

(3). 2 cuts all the way to the other side of the screen by 3 and the double screen by 4 and 5.

(4). 1 dribbles across the top of the key and improves the angle for the pass to 2.

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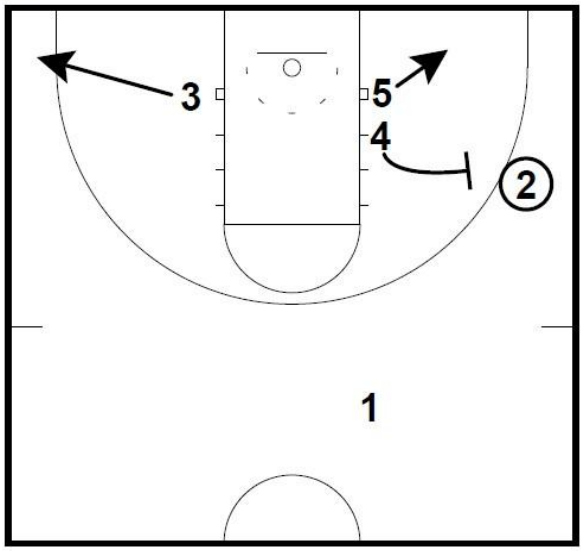
Frame 3



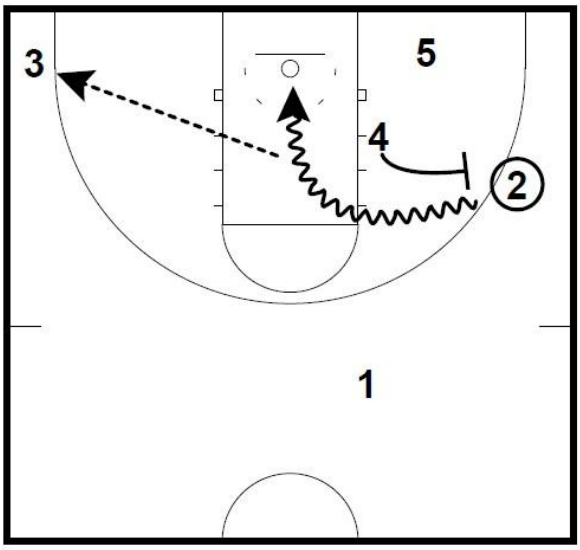
Option One - pass to 2 for the shot.

(5). If 2 doesn't have an open shot, 4 screens 2 for the pick and roll.

(6). 5 pops to the strong side short corner.

(7). 3 pops to the weak side 3-point line to create space.

Frame 4



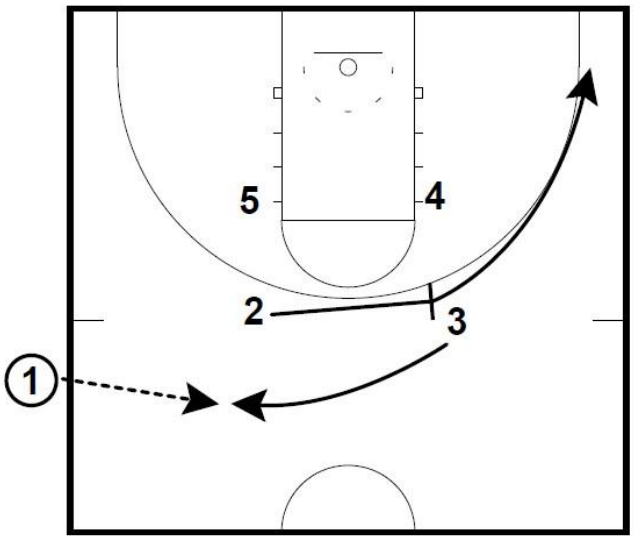
(8). 2 uses the pick by 4 and drives to the basket.

Option Two - 2 drives the lane for the layup.

Option Three - 2 drives and kicks to 3.

Surprise Backdoor

Frame 1



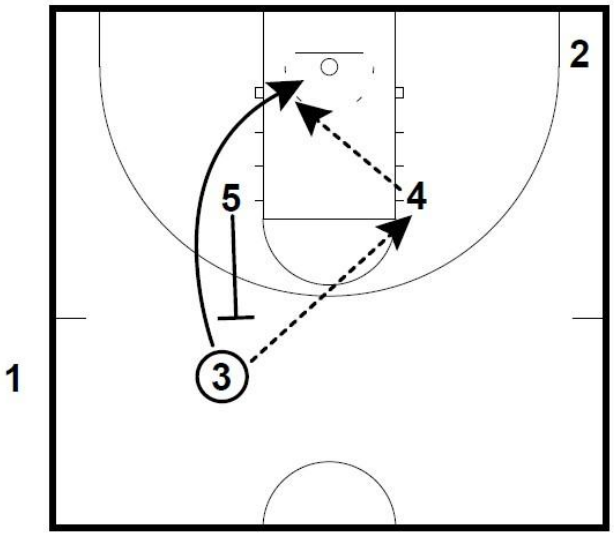
Set up in a high box format.

This play is designed to get your 3 man an open layup.

(1). 2 screens for 3 and then goes down to the corner.

(2). 3 uses the screen from 2 and receives ball from 1.

Frame 2



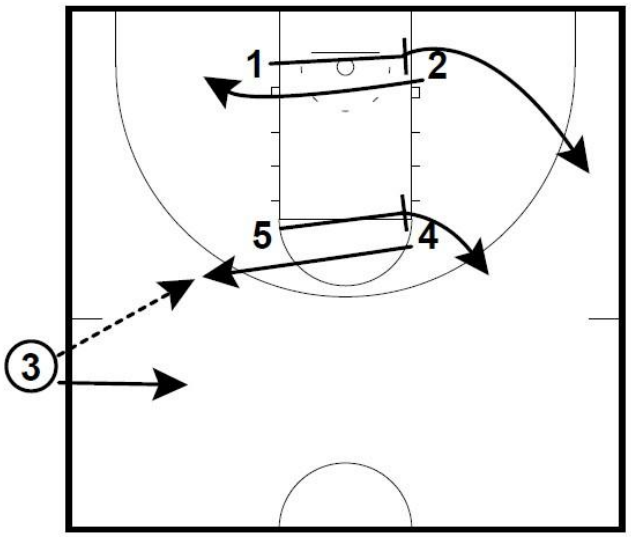
(3). 3 passes to 4 on the elbow.

(4). 5 up-screens for 3. This is a good screen because it catches 3's defender by surprise.

(5). 4 passes to 3 for the layup.

Screens

Frame 1



Start in a box format.

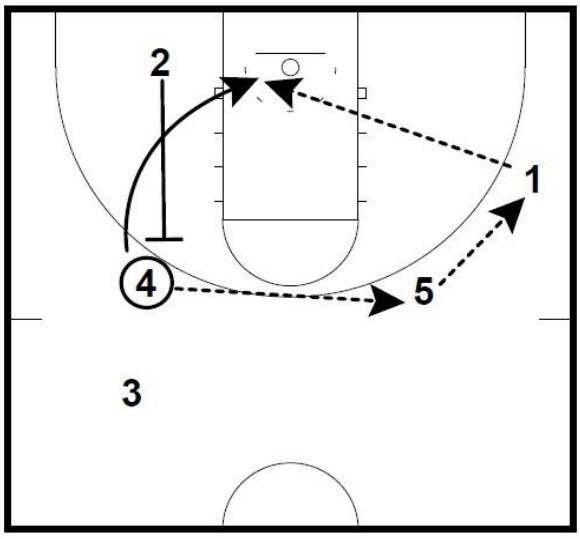
This play looks to get your big man a deep catch near the ring and then your shooter open.

(1). 5 cross-screens for 4 and then pops out. 1 cross-screens for 2 and then pops out.

(2). 2 and 5 both run off the screens.

(3). 3 passes to 4 and then steps back as safety.

Frame 2



(4). 4 passes around the perimiter to 5.

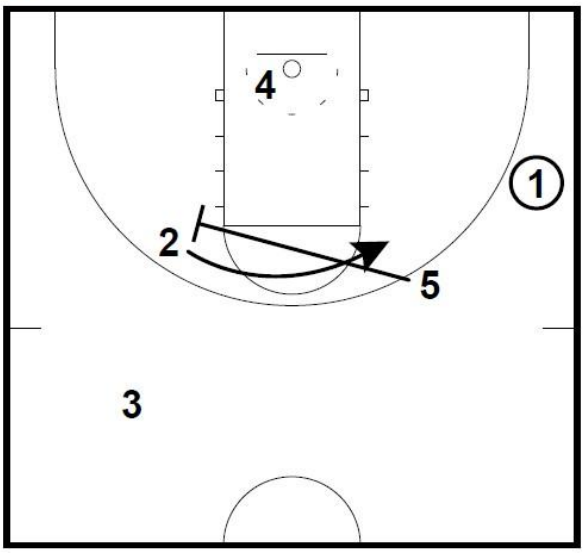
(5). 5 passes to 1.

(6). 2 up-screens for 4.

(7). 4 cuts off 2's screen for the layup.

Option 1 - 1 passes to 2 for the layup.

Frame 3

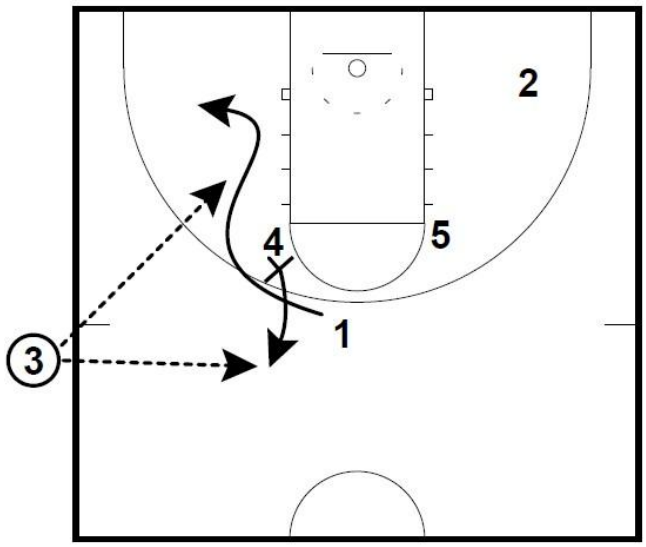


(8). 5 cross-screens for 2.

Option Two - 1 passes to 2 coming off the screen from 5 for the shot.

Bold

Frame 1

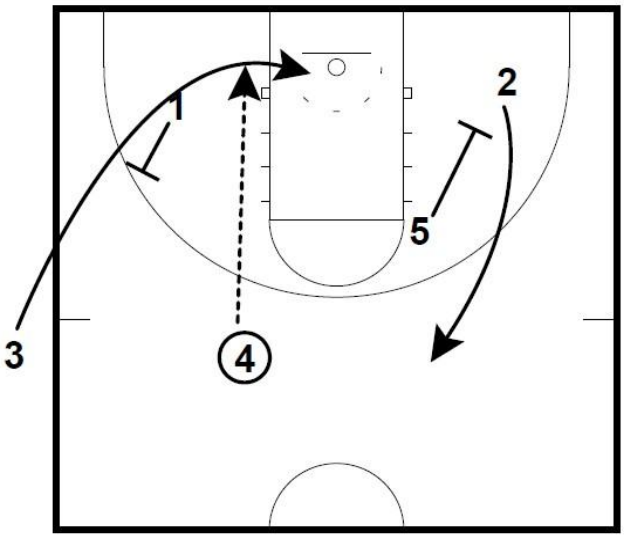


This play is designed to get the inbounder open for a shot.

(1). 1 cuts off the screen from 4 and looks for the layup.

Option 1 - Pass to 1 for the layup.
(2). If pass to 1 isn't open. 4 pops out and receives pass from 3.

Frame 2

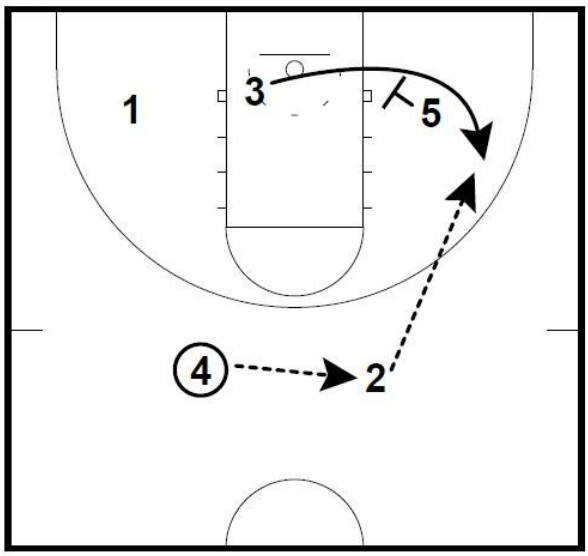


(4). 5 screens to. 2 pops out.

(5). Immediately after passing, 3 cuts off a back screen from 1.

Option Two - 4 passes to 3 off the back screen for a layup.

Frame 3



(6). 5 sets screen for 3.

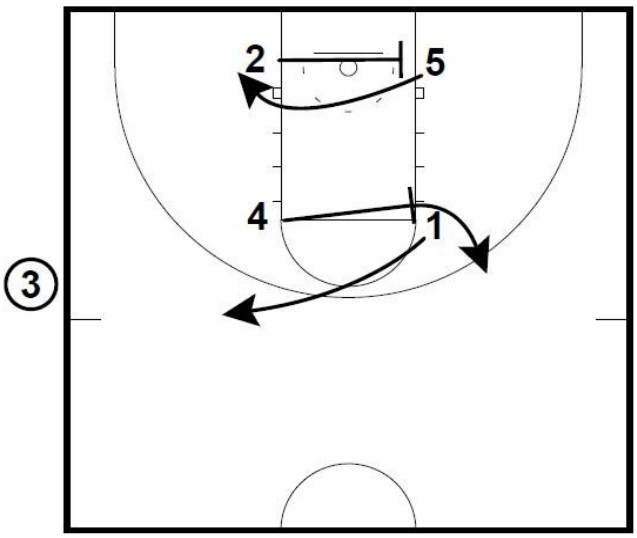
(7). 4 passes to 2.

(8). 3 reads the defense and curls or flares off the screen.

Option Three - 2 passes to 3 on the curl or flare for the layup or shot.

Misdirection

Frame 1



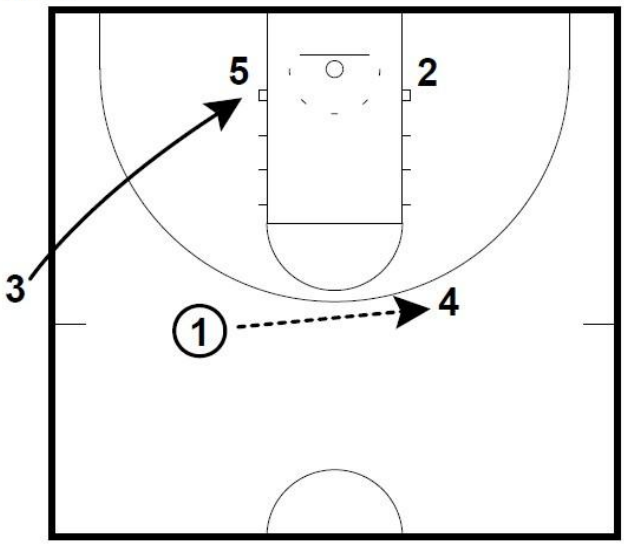
This play is used as a mis-direction to get a shooter open for a shot. There are many plays that involve the inbounder deep cutting around two screens to get open. This time they set a double screen for a shooter on the other side.

(1). 2 screens across for 5.

Option One - Look at the quick pass to 5 for the easy layup.

(2). 4 screens across for 1 who receives pass off 3. 4 then pops out.

Frame 2

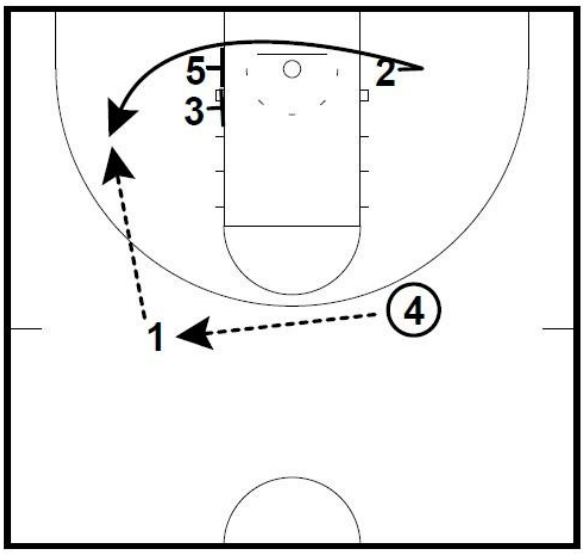


(3). 1 passes to 4.

(4). 3 cuts down to near 5 getting ready to set a double screen.

Option Two - If 2 has a mismatch, look to post up 2.

Frame 3



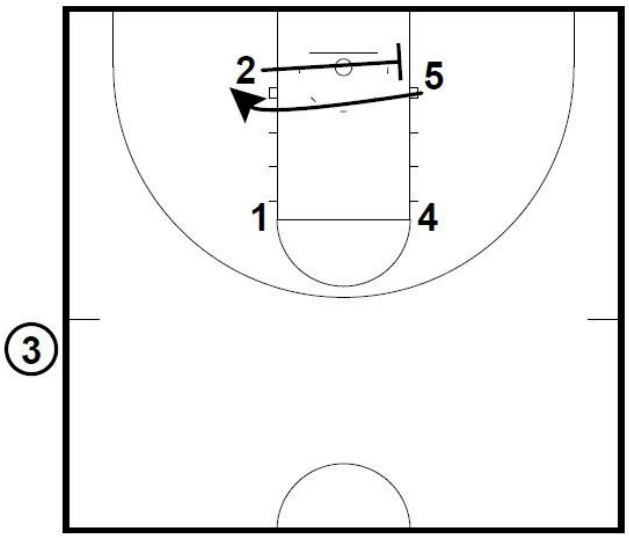
(5). 2 gives a quick jab step like he's going to receive the perimeter pass from 4 and to put the defender off, then runs off the double screen set by 3 and 5.

(6). 4 passes it to 1.

(7). 1 passes it to 2 for the shot.

High Gate

Frame 1



Start in a box formation.

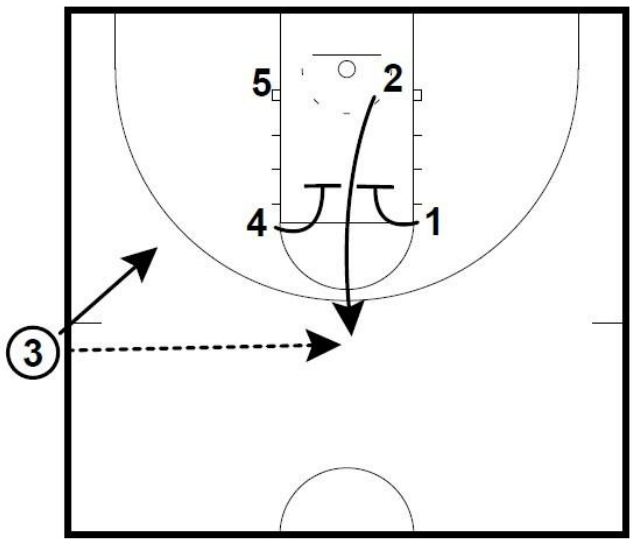
This play is designed to get your best shooter open for a quick jump shot. This play should be used when you don't have much time left on the clock and need a quick three-pointer.

(1). Play starts with 2 screening across for 5.

(2). 5 uses the screen and fights for good position.

Option One - Pass to 5 if they have good position.

Frame 2



(3). 1 and 4 now set a double screen for 2 to run through.

(4). Once 2 has run through the double screen, close off.

Option Two - Pass to 2 for the shot at top of the key.

(5). 3 then steps in to the 3-point line.

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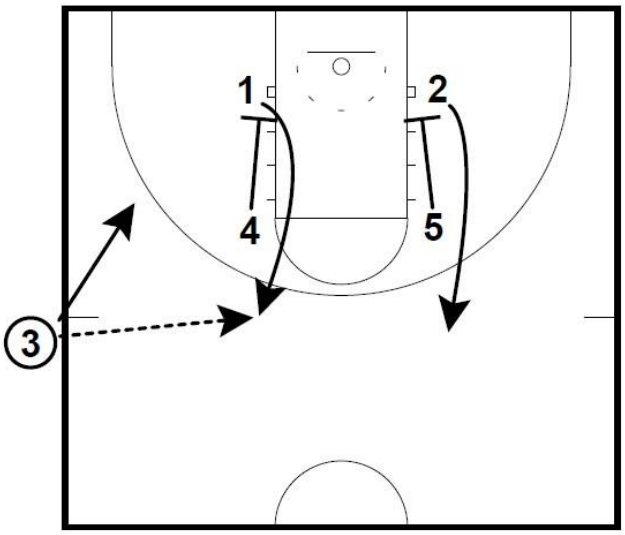
Down Sceen Triangle

Frame 1



Start in a box formation.

The play is designed to first get your inbounder an open three-point shot, and if that's not there then into a two-man game with 5.

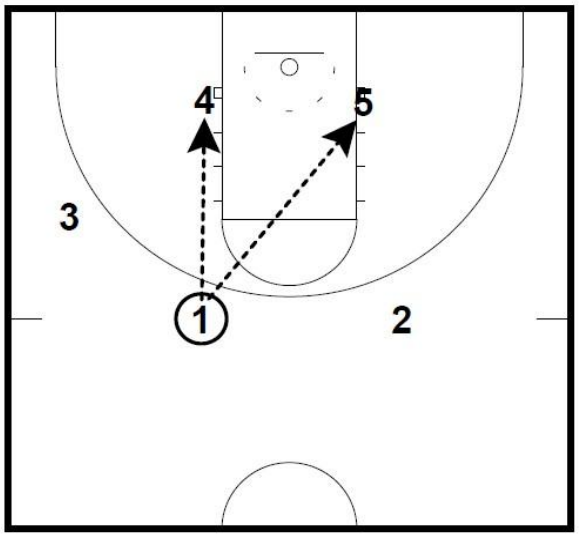
(1). Play starts with 4 and 5 down screening for 1 and 2.

(2). They both use the screen and go to the top.

(3). 3 passes to 1.

Option One - Pass to 1 or 2 for the shot if open.
(4). After pass, 3 steps in to the 3-point line.

Frame 2



(5). Immediately after screening, 4 and 5 will try and establish a deep post presence for the easy score. If

1 or 2' s players have switched onto 4 or 5, this should be an easy score.

Option Two - 1 passes to 4 or 5 in the deep post.

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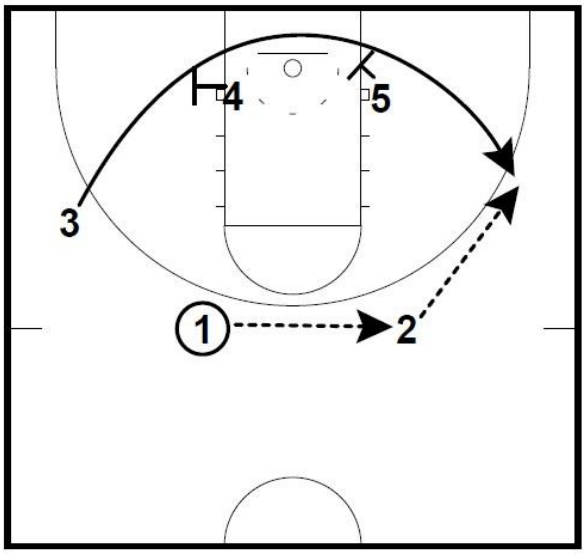
Frame 3



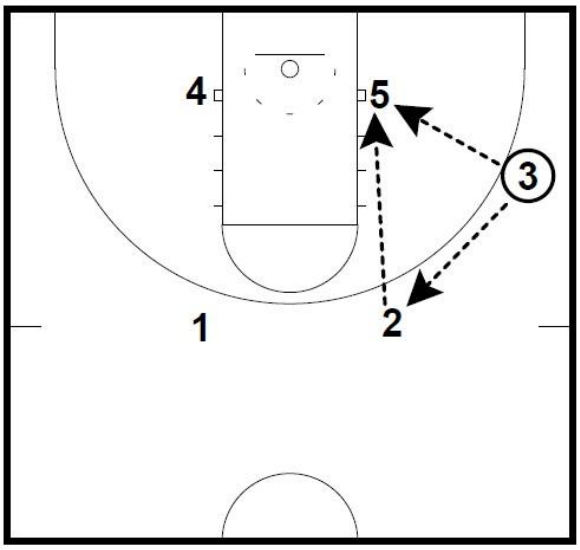
(6). If pass to 4 or 5 isn't there, 3 cuts around the baseline off a staggered screen by 4 and 5.

(7). 1 passes to 2.

(8). 2 passes to 3.

Option Three - 2 passes to 3 for the shot.

Frame 4

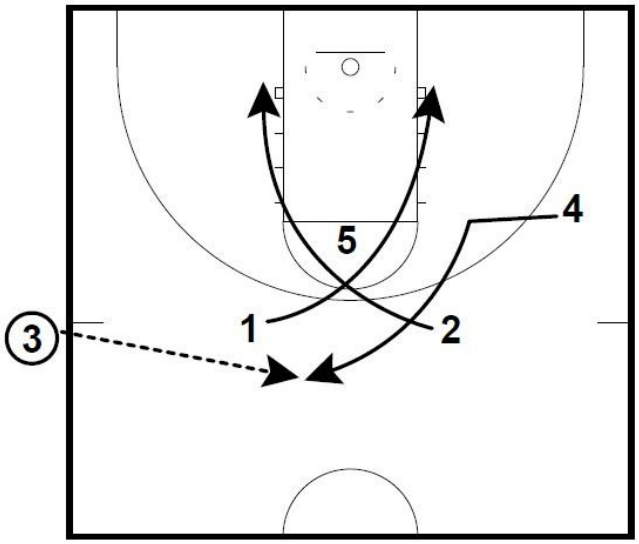


(9). If the shot isn't open for 3, he is now in a triangle with 5 and 2.

Option Four - Pass to 5 in the post.

X

Frame 1



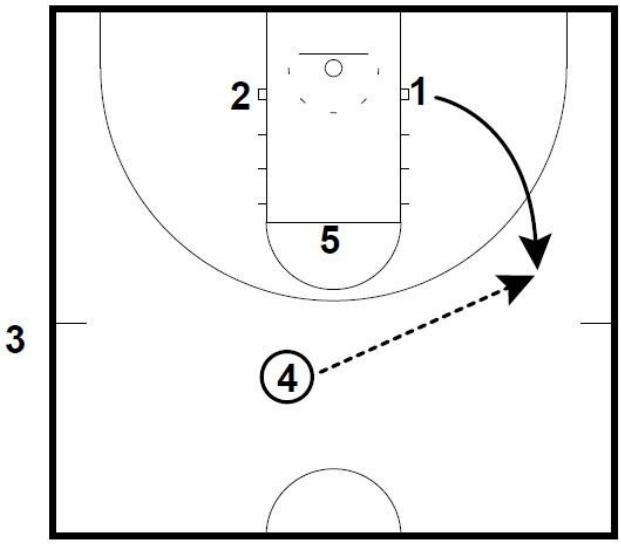
This is a well rounded play that looks for either a basline cutting 3 man or a shooter from the top of the key.

Your best shooter should be the number 2.

(1). 1 and 2 both cross over 5 and head down to the block.

(2). 4 then v-cuts and then pops out to receive the pass from 3.

Frame 2



(3). 1 pops out to where 4 was and receives the pass from 4.

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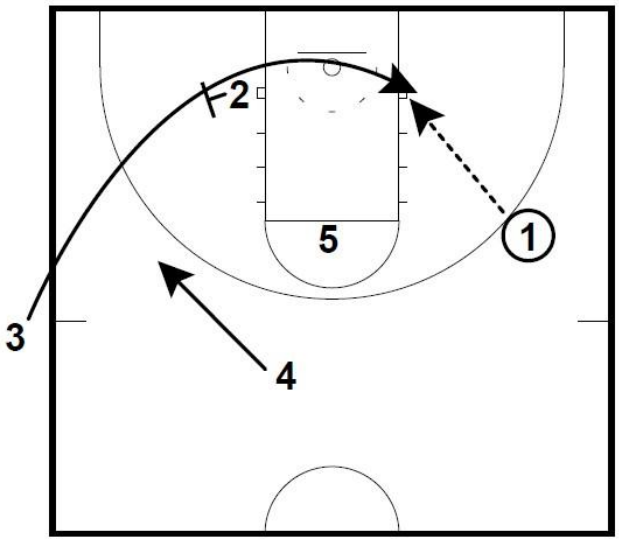
Frame 3

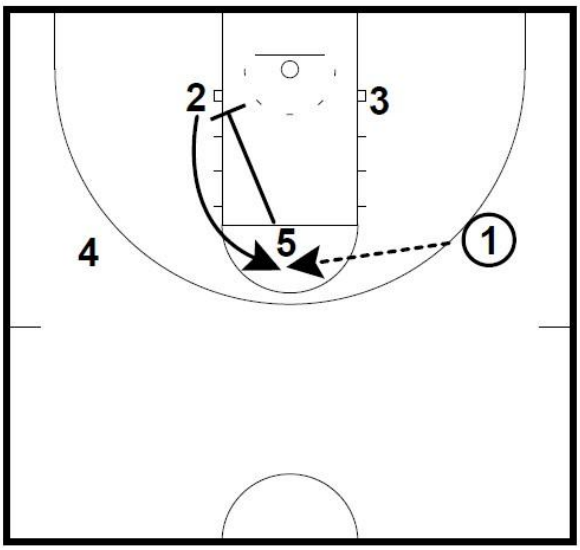


(4). 3 cuts to the strong side low post off a screen from 2.

Option One - Pass to 3 on the cut or post up.

(5). 4 moves to the weak side wing.

Frame 4



(6). 5 down screens for 2.

(7). 2 uses the screen and gets to the free throw line for a shot.

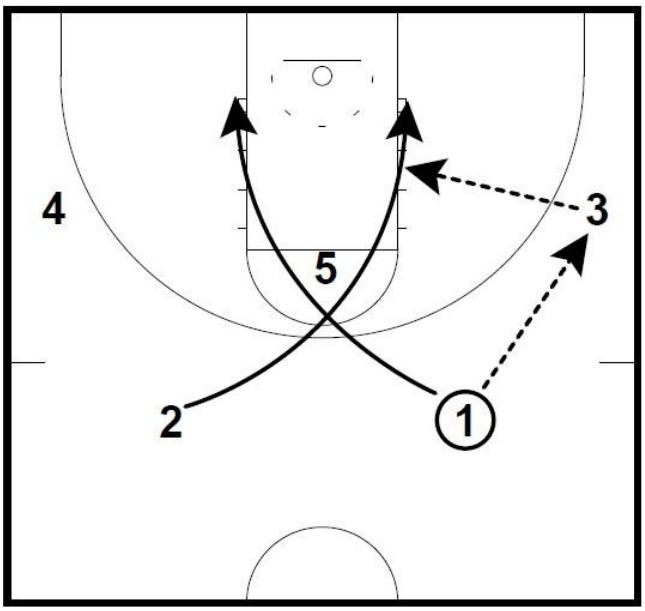
Option Two - Pass to 2 for the shot.

SET OFFENSES

SET OFFENSES

Crossover

Frame 1



Start in a 2-3 high format.

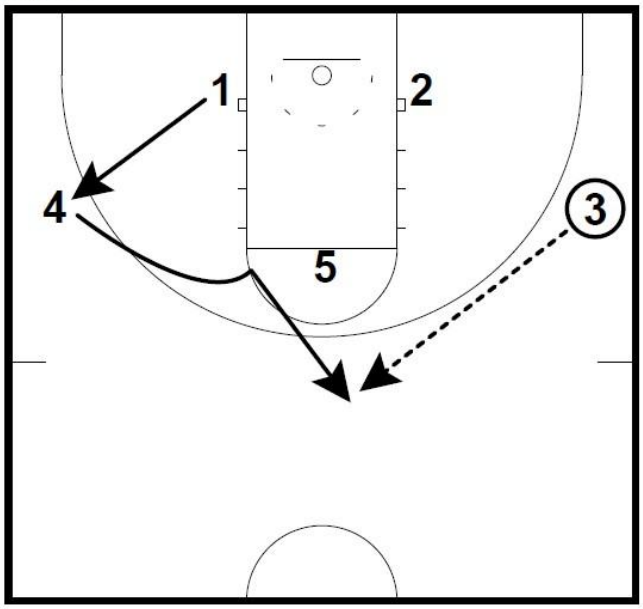
This play is designed to get an easy back cut layup or a jump shot for 2.

(1). 1 passes to 3.

(2). 1 and 2 both cross and cut down to the block.

Option One - Pass to 2 for the lay-up.

Frame 2



(3). 4 pops to the top and receives the pass from 3.

(4). 1 replaces 4 and pops out to the wing.

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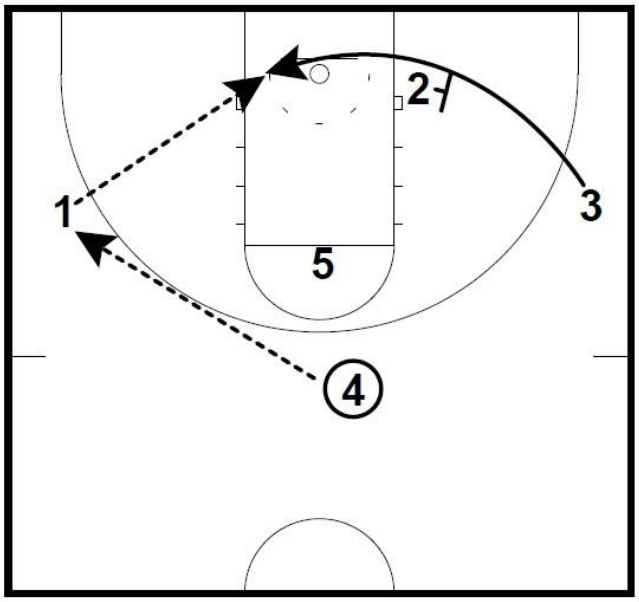
Frame 3

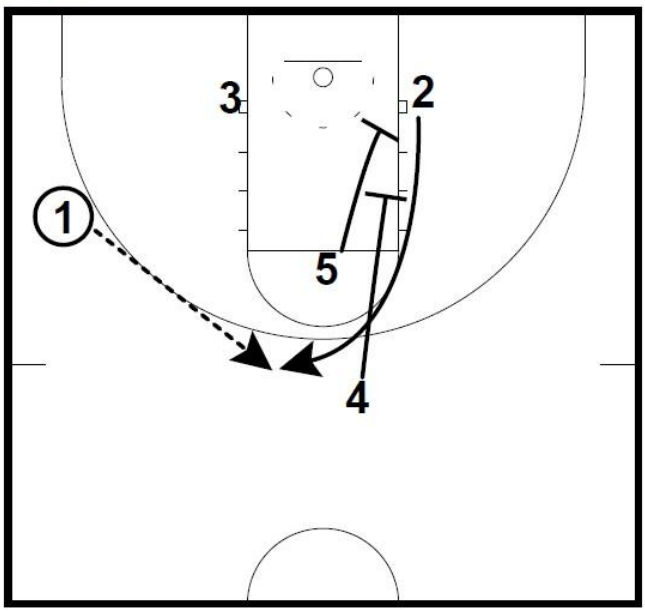


(5). After passing, 3 cuts baseline to the block on a screen from 2.

(6). 4 passes to 1.

Option Two - Pass to 3 on the baseline cut.

Frame 4



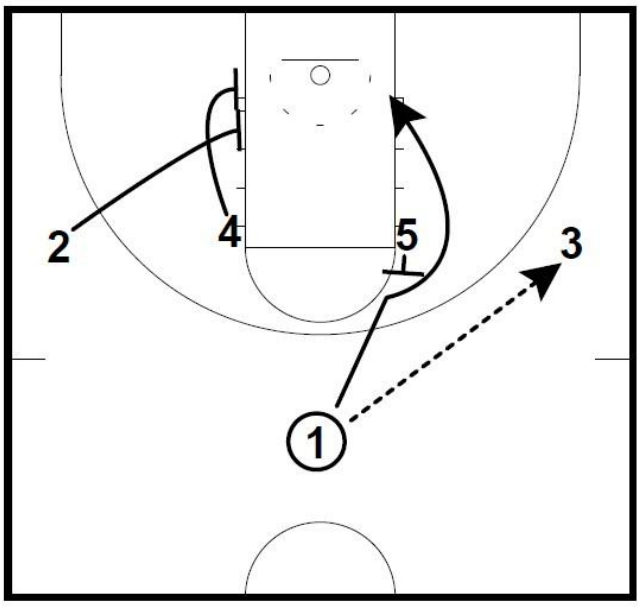
(7). If pass to 3 isn't open, 5 and 4 stagger screen for 2.

(8). 2 uses the screens and pops to the top looking for the pass from 1 and shot.

Option Three - Pass to 2 for the shot.

One

Frame 1



Start in a 4-high format.

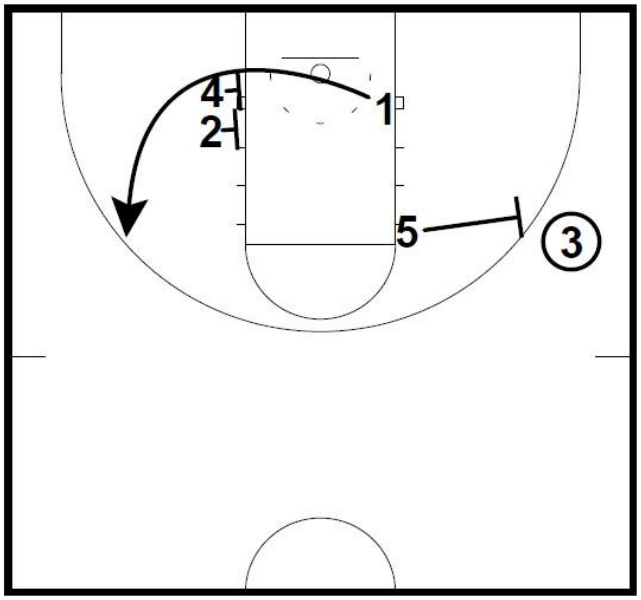
This play can be run on either side and is designed to get 2 open for a shot, or a pick and roll with the 1 and either 4 or 5 man.

(1). 1 passes to 3 on the wing.

(2). 1 makes a UCLA cut off a screen from 4.

Option One - 3 passes to 1 for the layup.
(3). Immediately after 1 passes to 3, 2 and 4 go to the weak side block and set a double screen for 2.

Frame 2



(4). If the pass on the cut isn't open, 2 continues through the key and comes off the double screen by 2 and 4.

(5). While this is happening, 5 sets an on-ball screen for 3.

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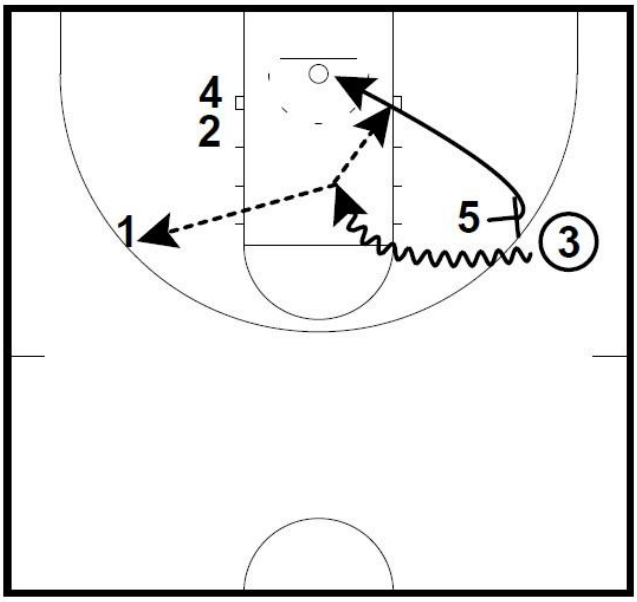
Frame 3



(6). 3 uses the on-ball screen to get into the key set by 5.

(7). 5 rolls to the basket.

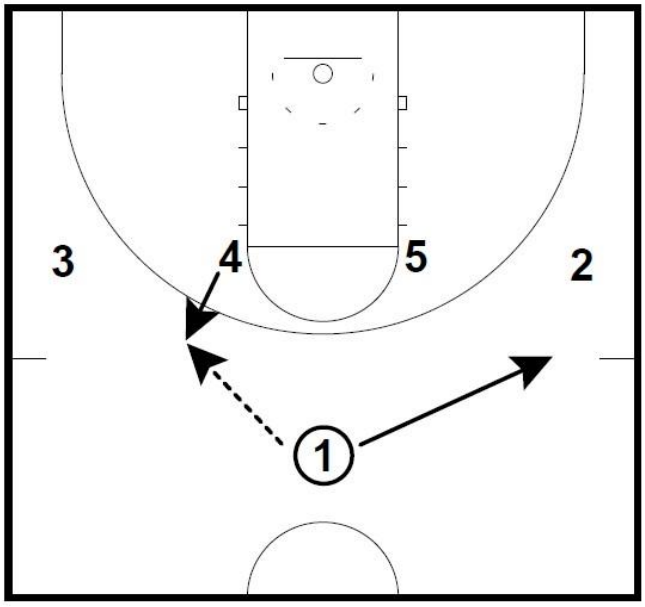
Option One - 3 gets a lay-up.

Option Two - 3 passes to 1 coming off the double screen for the shot.

Option Three - 3 passes to 5 on the roll to the basket.

Strong

Frame 1



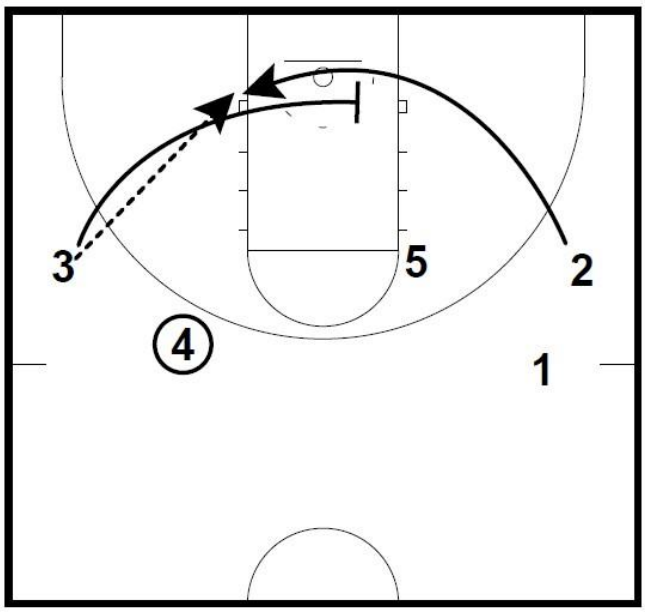
Start out in a 4 high formation.

This play is designed for a post up, or a jump shot from 2.

(1). 4 pops out and receives the pass from 1.

(2). After passing to 4, 1 drags his defender out of the play and moves to the weak side.

Frame 2

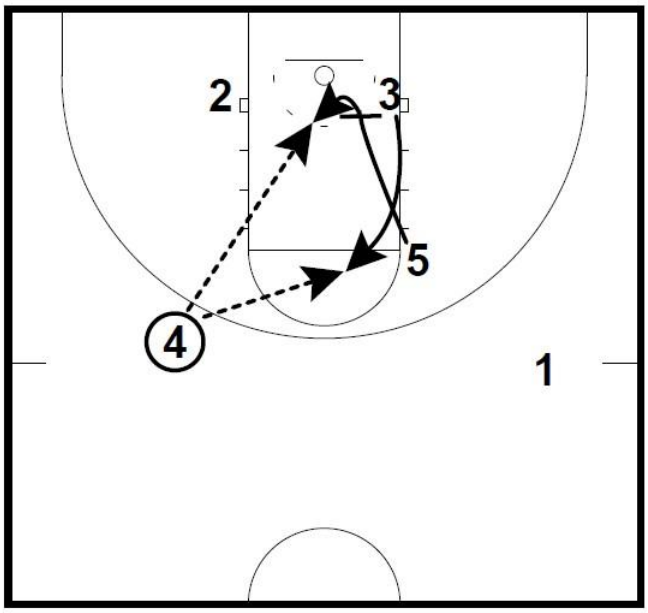


(3). On the pass to 4, 3 cuts to the key and sets a screen for 2.

(4). 2 cuts baseline using the screen from 3 and looks for the pass and easy layup from 3.

Option One - Pass to 2 on the baseline cut if open.

Frame 3



(5). 5 then sets a down screen on 3.

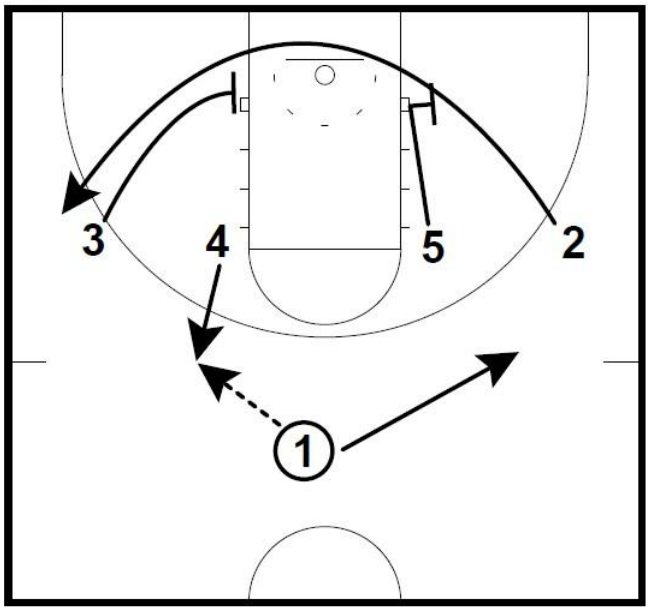
(6). 3 pops to the free throw line for the shot.

Option Two - Pass to 3 for the shot.
(7). Having screened a smaller defender, 5 opens up and gets a low seal on 3's defender.

Option Three - Pass to 3 under the basket.

Square

Frame 1



Start in a 1-4 high set.

This play will get two shooters open for shots. If they're not open, then there's a pass into the post.

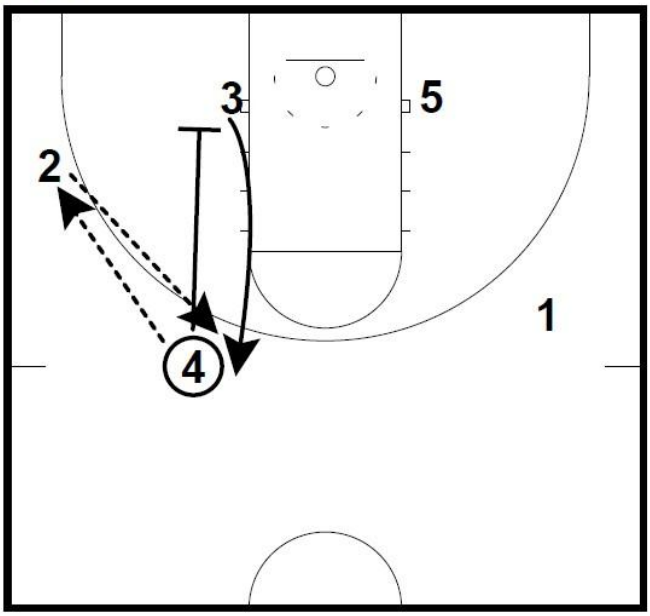
(1). 4 steps out and receives pass from 1.

(2). 3 and 5 go to the block and set a staggered screen for two.

(3). 2 cuts baseline to the other side.

(4). 1 replaces 2.

Frame 2

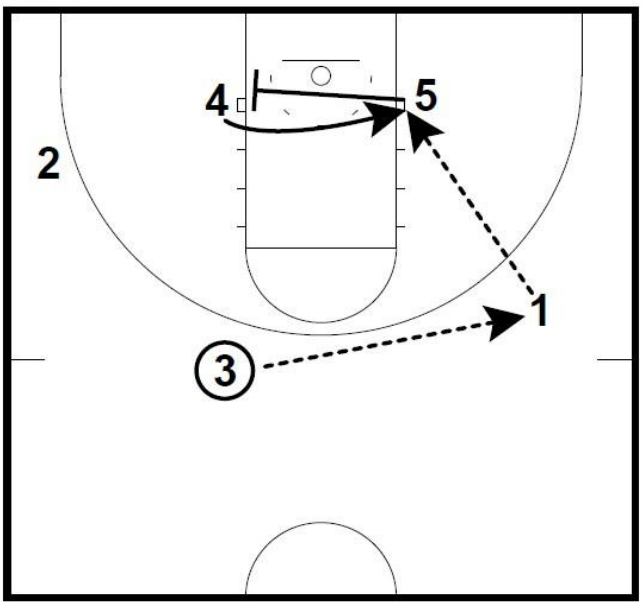


(5). 4 passes to 2.

Option One - Pass to 2 coming off the staggered screen for the three-point shot.
(6). 4 then sets a down screen for 3.
(7). 3 pops to the top looking for the ball.

Option Two - Pass to 3 for the three-point shot.

Frame 3



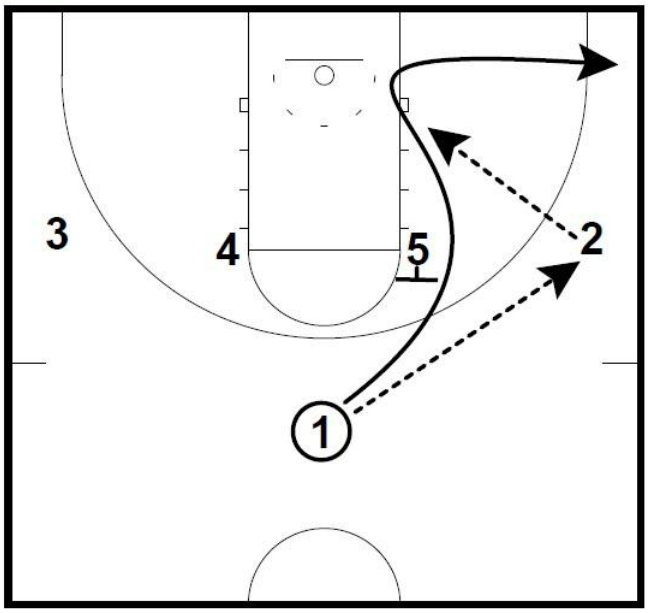
(8). If the shot isn't open, 3 passes to 1.

(9). 5 cross screens for 4.

Option Three - Pass to 4 for lay-up or post-up.

Weak

Frame 1



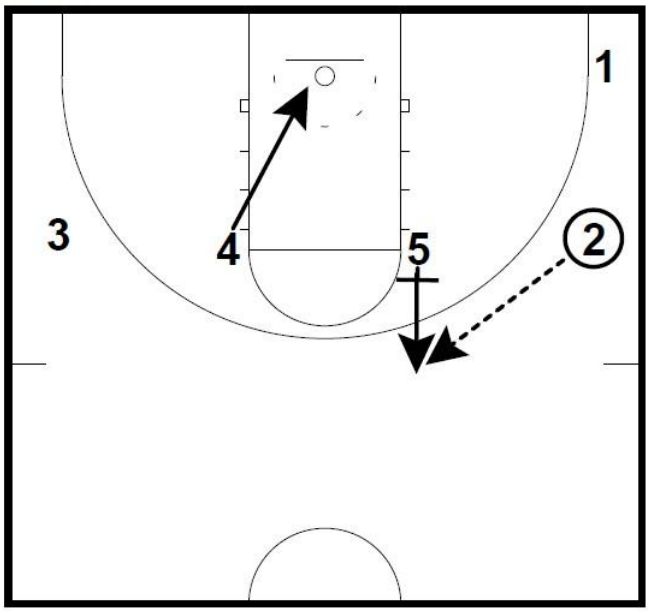
Start in a 4-high formation.

This play is specifically designed to take advantage of a mismatch in the post. In this example I've used the 4, but it can be any position on the floor.

(1). 1 passes to 2 and then UCLA cuts off 5's screen.

Option One - 2 passes to 1 for the lay-up.
(2). If the pass isn't open, 1 pops to the three point line.

Frame 2



(3). After the UCLA cut by 1, 4 walks his defender down to the post and establishes low post position.

(4). After setting the screen, 5 pops out and receives the pass from 2.

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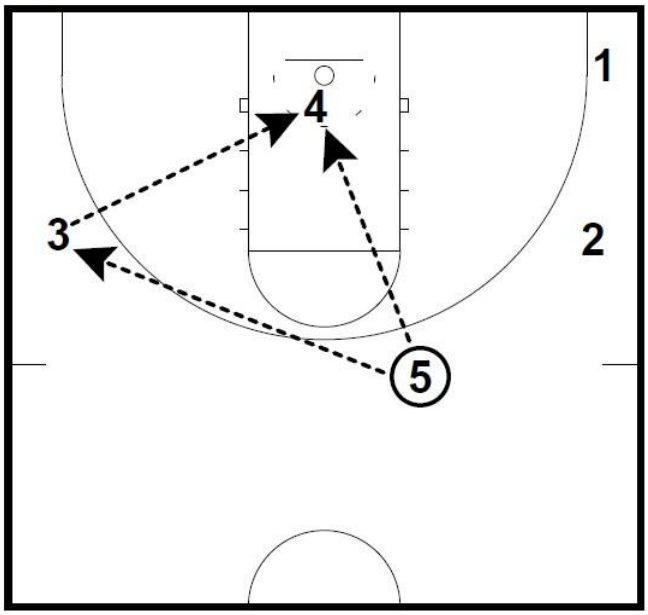
Frame 3



(5). 5 now has the choice of passing directly to 4 if they have established position in front of the basket.

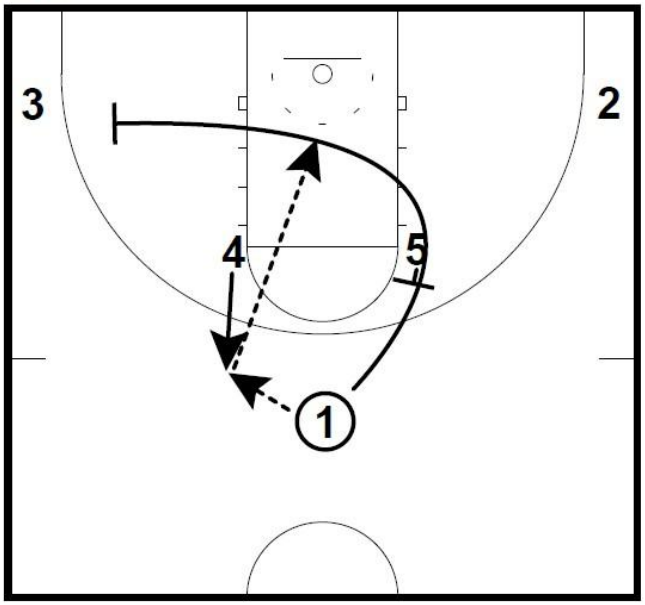
Option Two - 5 passes to 4.

(6). Or, 5 passes to 3 and 3 passes to 4 in the low post.

Option Three - 3 passes to 4.

Horns

Frame 1



Start in a horns set.

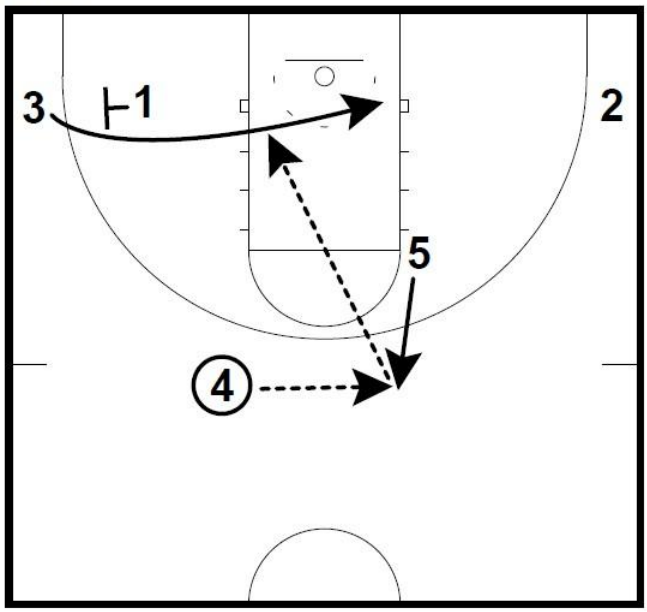
This play is designed to get 3 a cut to the basket, or the 1 an open jump shot.

(1). 4 pops out and receives the pass from 1.

(2). 1 cuts around 5's screen and looks for the ball.

Option One - Pass to 1 on the cut.
(3). If 1 isn't open, set back screen for 3.

Frame 2



(4). Upon receiving the ball from 1, 4 immediately passes it to 5 who has popped out also.

(5). 3 uses the screen set by 1 and cuts to the hoop looking for the ball.

Option two - Pass to 3 cutting to the basket.

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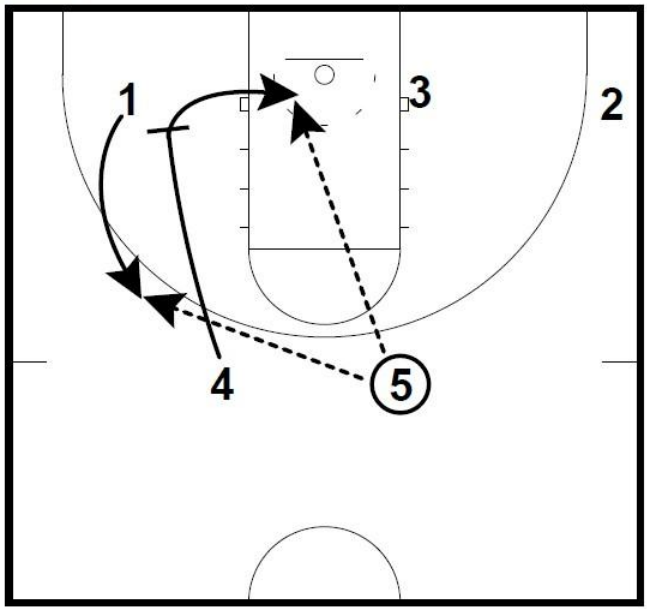
Frame 3



(6). 4 down screens for 1 and then opens up to the ball.

(7). 1 comes off the screen looking for the pass and shot from 5.

Option Three - Pass to 1 coming off the screen.

Option Four - Pass to 4 for the layup or deep post up.

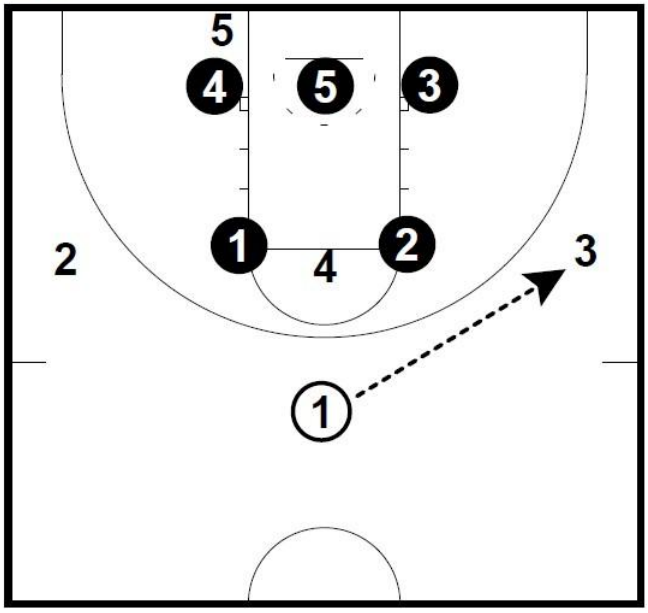
SET OFFENSE

VS. 2-3 ZONE

SET OFFENSE VS 2-3 ZONE

Skip Pass

Frame 1

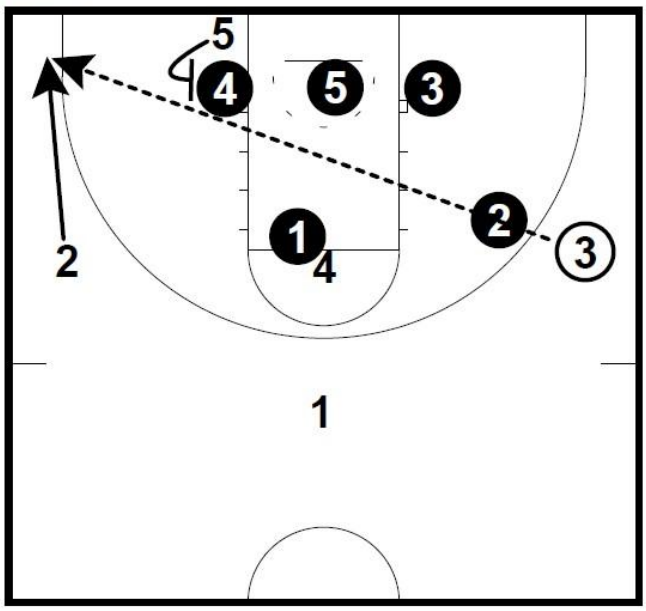


Start in a 1-3-1 set.

This is a quick-hitter play for the 2.

(1). Play starts with 1 passing to 3.

Frame 2



(2). 5 sets a screen behind D4.

(3). 2 slides to the weak side baseline behind 5's screen.

(4). 3 makes the skip pass to 2 for the shot.

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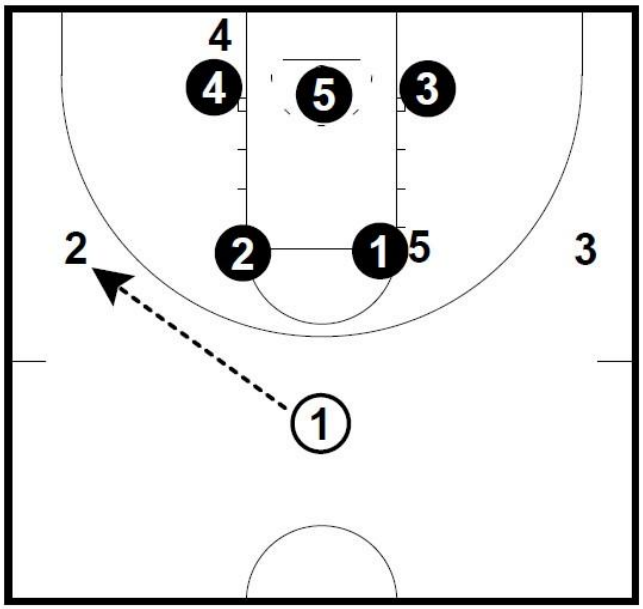
Swing

Frame 1

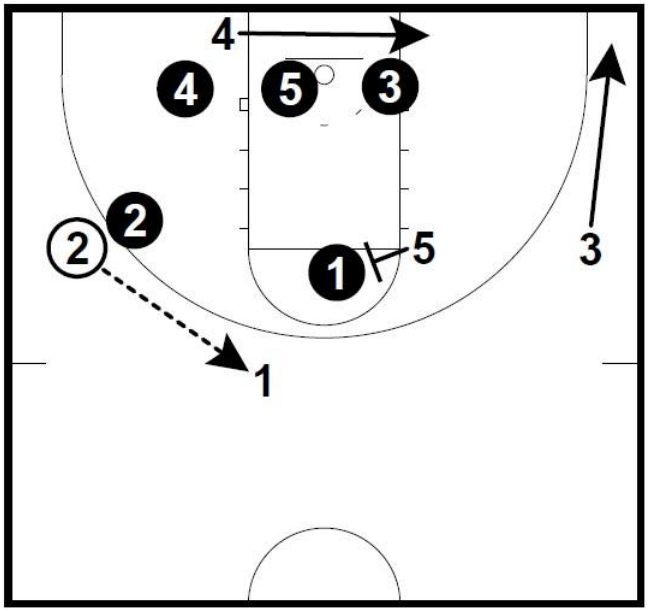


Play starts in a 1-3-1 set.

This play is designed to set up a pick and roll for the 1 and 5. This play will be run best if your 1 is a great decision maker.

(1). 1 passes to 2 to shift the defense.

Frame 2



(2). Once the defense shifts, 2 passes back to 1 at the top of the key.

(3). 5 sets a screen on D4.

(4). 3 pushes down to the corner.

(5). 4 slides baseline to the other side of the key.

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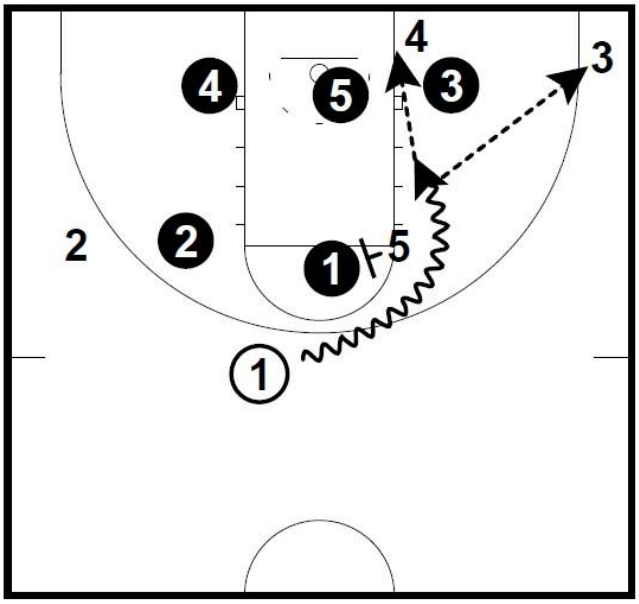
Frame 3



(6). 1 uses 5's screen and drives inside. Now there are 2 defenders to guard 3 offensive players. 1 has 3 options.

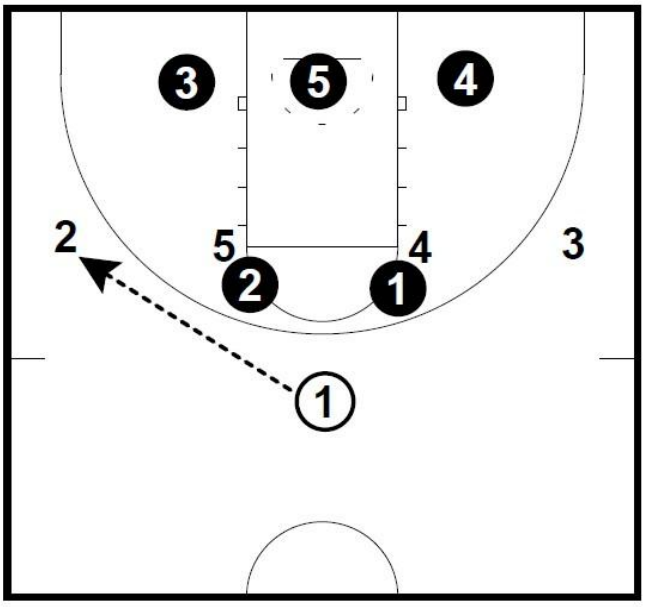
Option One - If no defender comes to the ball, 1 pulls up for a jump shot.

Option Two - If D3 pops out to defend 1, pass to 3 in the corner.

Option 3 - If 5 pops out to defend 1, pass to 4 on the baseline for a layup.

Doubles

Frame 1

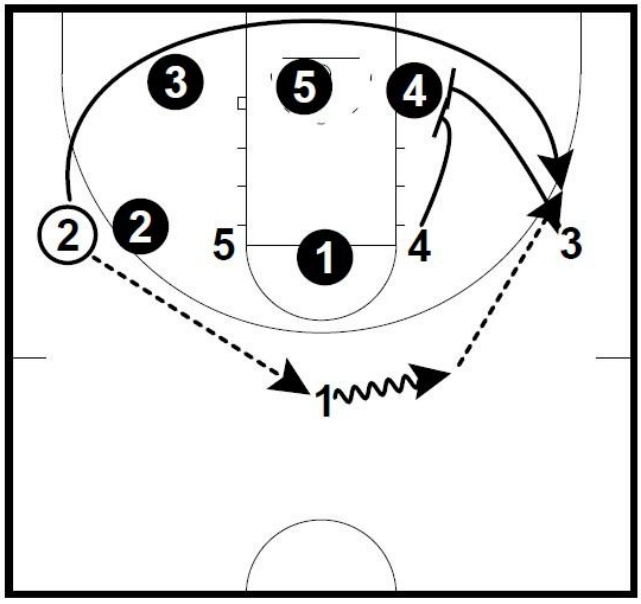


Start in a 4-high formation.

This play is specifically run to get a jump shot for 2.

(1). Play can be run either side. For this example, 1 will pass to 2 to make the defense shift.

Frame 2



(2). 2 passes back to 1.

(3). 3 and 4 set a double screen on D4.

(4). 2 deep cuts to the opposite wing.

(5). 1 dribbles across to create a better angle for the pass and then passes to 2 for the shot

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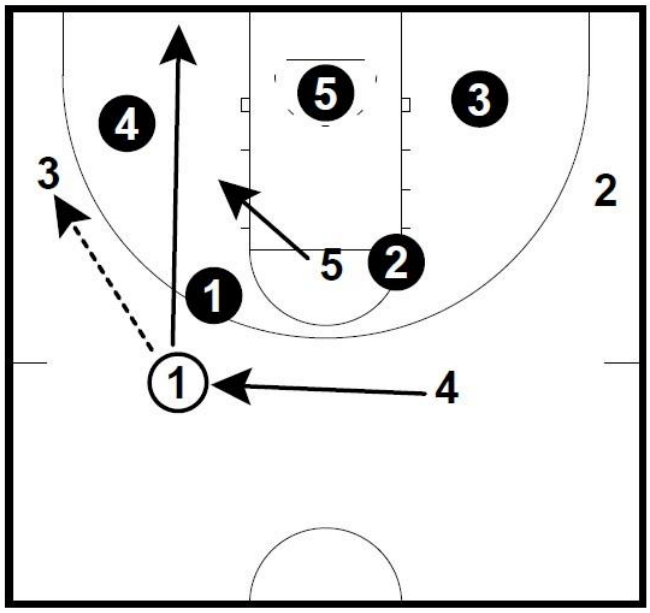
Triangle

Frame 1



This play starts in a 2-3 set.

This play is designed to penetrate the 2-3 zone.

Good passing is essential to make this play run correctly. So if you've got a great passing team, this should be a great play for you.

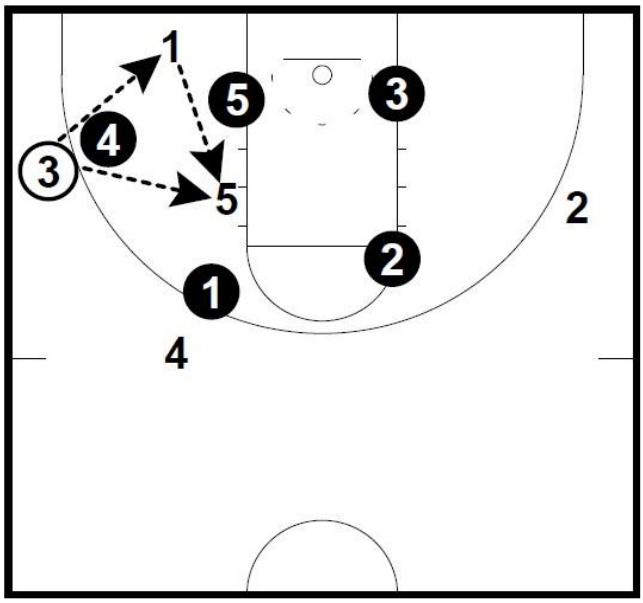
This play will work best if you have a 4 that can stretch the defense.

(1). 1 passes to 3 on the wing and then cuts to the short corner.

(2). 5 goes to the mid block.

(3). 4 replaces 1.

Frame 2



Now 3, 5, and 1 are in a small triangle with only 4 and 5 to defend them.

(5). 3 can either make the pass to 1 or 5, or skip pass to 2. If 3 passes to 1, 1 can then quickly pass to 5 diving to the bucket.

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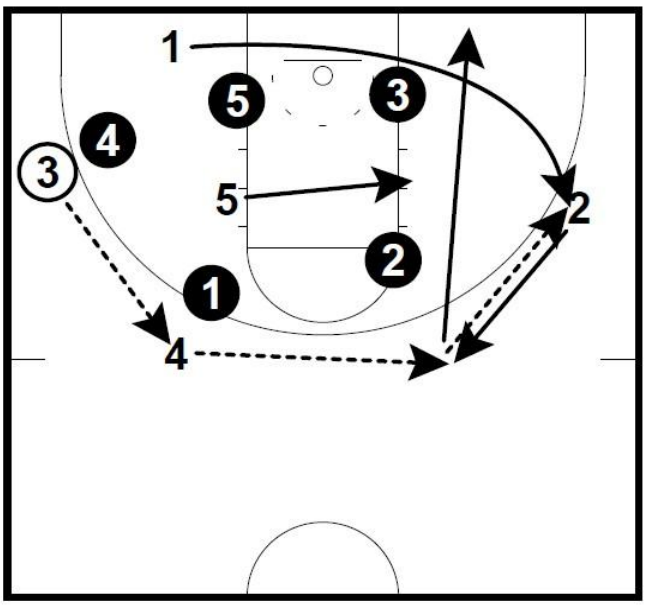
Frame 3



(6). If nothing is on 3 passes back to 4 at the top and 4 then passes to 2 who has moved high.

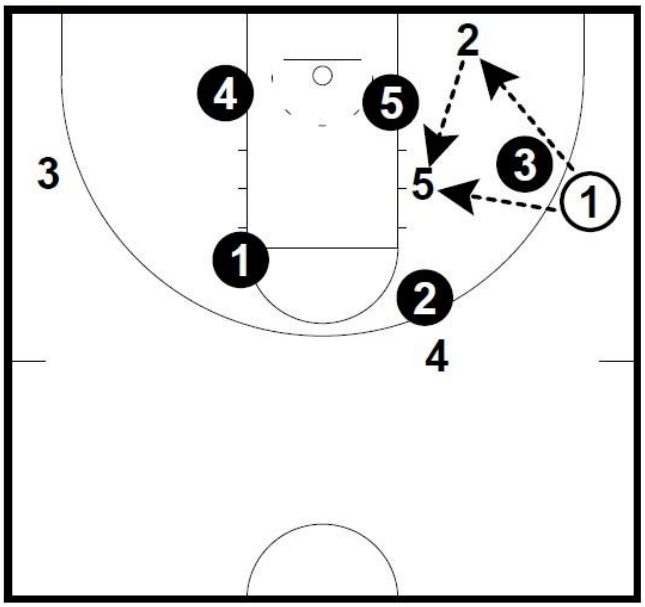
(7). 1 deep cuts baseline to the opposite wing and receives the pass from 2.

(8). 2 passes to 1 and then cuts to short corner.

(9). 4 replaces 2 at the top.

(10). 5 switches sides to the other mid block.

Frame 4



Now it's the same thing from the other side.

(11). 1, 2, and 5 are in a triangle.

CONCLUSION

Some of these plays have their original names… some are plays that I have changed the names of and have included them in this eBook under that name. You can change them to anything you want.

In fact, you should change their names. A lot of the plays are named after what is happening in the play. I did this so that you could remember them easily.

I sincerely hope you've gained a lot from this eBook.

My advice is to print it off and keep it in a folder so that you'll be able to reference back to it whenever you need to.

If you liked the eBook and would like more information on all different aspects of basketball coaching, check out my blog at www.basketballforcoaches.com.

If you'd like to get in contact with me, the easiest place you can do that is on Twitter. My username is **@bballcoachmac**.

If you'd like to get in touch more directly, send me an email to coachmac@basketballforcoaches.com. I reply to every email I get sent :)

Thanks again for purchasing my eBook.

Now get out there and put the plays to good use!

Coach Mac

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