



BASIC INBOUNDS PLAYS



**PROVEN DRILLS AND PLAYS FOR
SIDELINE AND BASELINE INBOUNDS**

Copyright Notice - IT IS ILLEGAL TO POST THIS DOCUMENT ONLINE

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email support@knowledgespotinc.com to report any illegal distribution.

Copyright © eBasketballCoach.com and Knowledge Spot Inc. All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional. The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

Contents

INTRODUCTION	4
INBOUNDS SKILL DEVELOPMENT	
CATCH AND SHOOT DRILL	5
8 PLAYER PASSING DRILL	6
60 PASSES DRILL	7
BASELINE INBOUNDS	
Z	8
1-4 LOW	9
INBOUNDS STAGGER	10
QUICK LOB	11
BASELINE INBOUNDS	
SIDELINE STACK	12
SG STAGGER	13
BOX	14
T	15
MORE RESOURCES	16

Introduction

Beating a set defense from your offense can be very difficult proposition. Easy shots don't come very easy, and even when they do, they don't come very often. That's why when you have the opportunity to run an inbounds play underneath the hoop or from the sideline, you have to use it to your advantage.

With a couple well timed screens, crisp passing, and a dash of misdirection, you can always manufacture a good shot out of a dead ball situation – some teams are so concerned about it, that they will switch to zone defense on every inbounds play. Don't worry – we've got designed zone beaters as well.

It's also important to remember that when it comes to inbounds play, quality is more important than quantity. It's better to have three plays that your team can execute flawlessly than having seven that create chaos and confusion on every call.

Getting the most out of your team means taking advantage of every situation you're presented with, which is why learning how to create an easy shot out of the inbounds should be a top concern for every coach.

Catch and Shoot Drill

Purpose

To help players get comfortable with taking jumpshots off the catch, both under balance and with the correct footwork.

Setup

Place 5 cones around the arc (or closer depending on which shot you want to work on). One in each corner, one at the top of the arc, and on each wing.

You'll need two coaches – one underneath the hoop to rebound and pass the ball to the other, the passer, who will stand on one of the wings and hit the player on the hands when he pops out to each cone.

The player going through the drill will start in the corner closest to the passer.

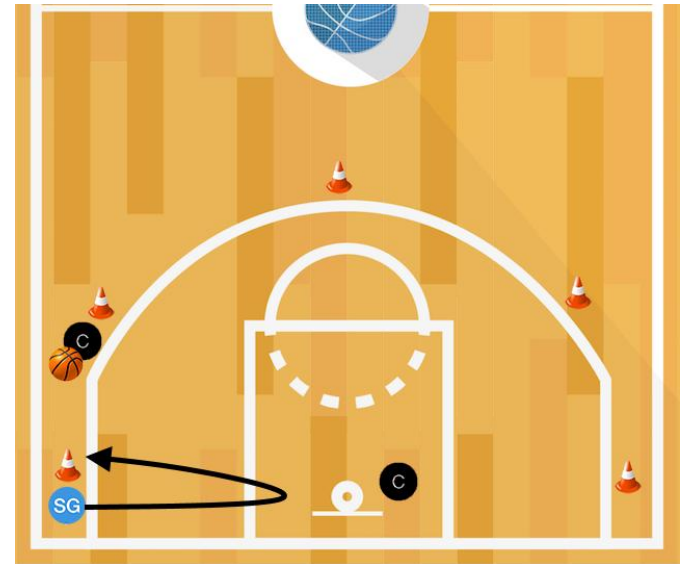


Figure 1: Catch and Shoot Drill

Execution

The passer will start with a ball on the wing. On his signal, the player will execute a V-cut, sprinting down into the paint, planting and sprinting back out to the first cone. The passer will pass him the ball as he comes up to the cone, with the player stepping into the pass, squaring himself up, and taking the shot. Immediately after, the player will sprint back into the paint and V-Cut out to the next cone, rotating around the arc until he gets to the cone in the corner opposite the one he started in.

Coaching Tips

Players will be tempted to rush through – make sure before speeding it up you emphasize the importance of catching under control and jumping straight up and down, we don't want to see any fadeaways or travels on the catch.

8 Player Passing Drill

Purpose

To improve your players' passing ability, conditioning, and ability to coordinate and communicate as a team.

Setup

You'll need 8 players for this next drill – one under each hoop, one in each corner of the court, and one on each side where the halfcourt line meets the sideline. You'll also need two basketballs, each given to the players starting underneath the hoop.

Execution

This drill looks complex in action, but is actually based on two very simple principles. The first, is that all passes will be made in the same direction, either right or left – you designate a direction at the beginning of the drill, and every player will continue to pass in that direction. The second principle is that after passing, you will always exchange with the player directly across from you, on the position opposite yours on the court. For example, when the drill starts, the players underneath the hoop will pass to the players directly to their right, and then sprint from one end of the court to the other, exchanging spots with the player underneath the other hoop, as seen in Figure 1.

Coaching Tips

This drill works best as a timed drill, as it will keep the players focused as well as giving you a chance to work on not only passing to both the right and left, but to work on bounce passes, overhead passes, and any other kind of pass you wanted to get practice time in on.

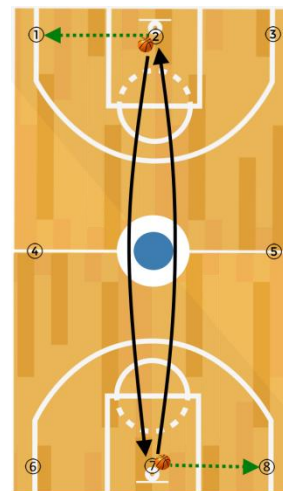


Figure 1: 8 Player Passing Pt. 1

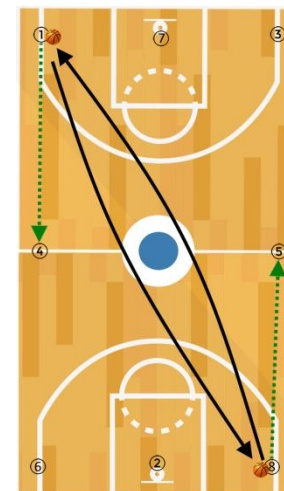


Figure 2: 8 Player Passing Pt. 2

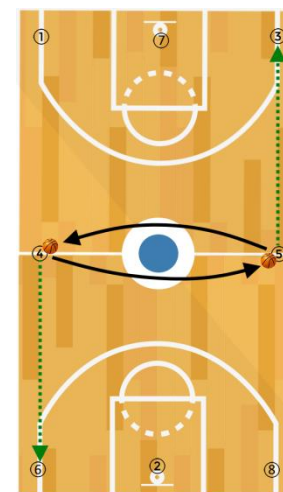


Figure 3: 8 Player Passing Pt. 3

50 Passes Drill

Purpose

By adding an extra defender, this passing drill forces players to get comfortable making passes in an extremely difficult situation, which will not only improve their ability to anticipate where and when players get open, but also their confidence, especially in real game situations when there are only five defenders on the court.

Setup

The players are pretty much free to line up however they like, but you will need six players per team. Try to distribute them evenly by both skill and size, so that players are able to matchup evenly.

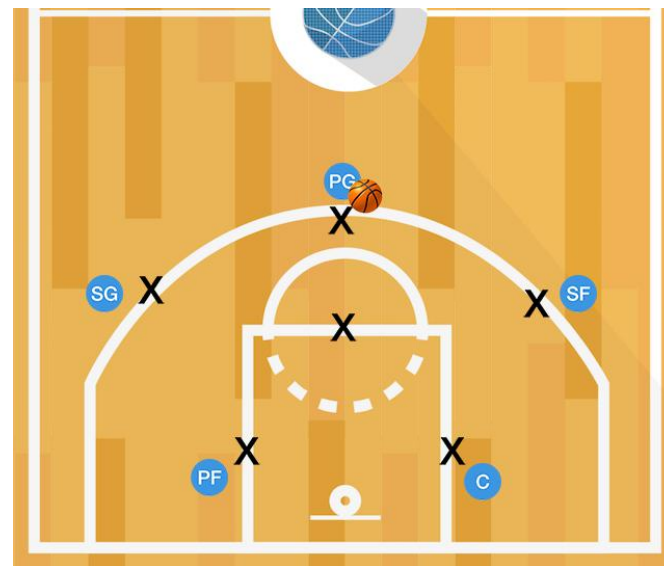
Execution

The goal for both teams is to get to 50 points. The only way to amass points is to be on offense – you get a point for every completed pass, and two points if you are able to take and make an uncontested layup, but there is no shooting allowed.

The defense can't get points, but if they force a turnover, they get to switch on to offense. Once either team is able to get to 50 points, they switch on to defense, and the offense gets one chance to beat their score.

Coaching Tips

While you should step in if things get rough or there are violations of any kind, other than that, you want to let the players figure out how to best attack this drill on their own. Screens are encouraged, and players have the entire half to work within. And don't forget to raise the stakes to raise the competitiveness – losing team runs wind sprints!



Baseline Inbounds – Z

Setup

For this inbounds play, we are going to have our players line up in an offset box, so that it looks almost like a Z. This play can work against a man defense, but is designed to attack a zone, specifically the 2-3.

Execution

When the inbounder slaps the ball to start the play, the center will cut to the middle of the paint, and set a screen on the man closest to the shooting guard. The shooting guard will use that screen to cut out to the ball side corner. As this is happening, the power forward will dive down the left lane line right to the hoop while the small forward fills in at the left elbow.

Options

With the center occupying the middle defender of the 2-3, and the shooting guard dragging the low wing defender out, there will be a moment when, if timed correctly, the power forward can dive right through the middle of the zone uncovered, and get hit in stride for the lay-up – this is our primary option. If this is unavailable, the shooting guard is available in the corner and the small forward will curl around to the elbow as a safety valve.

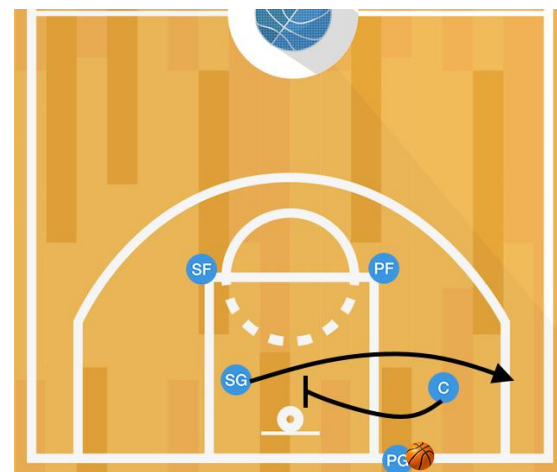


Figure 1: Z Pt. 1, C Cross-Screen

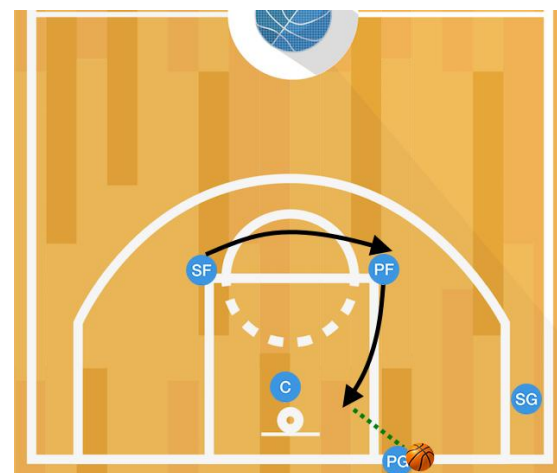


Figure 2: Z Pt. 2, PF Dive

Baseline Inbounds – 1-4 Low

Setup

This next inbound is effective against both zone and man. The offense will line up in a 1-4 low alignment, with the point guard on the ball side corner and the small forward in the weak side corner. The center will take the strong block and the shooting guard will take the weak block.

Execution

The play will begin with the center coming across the paint to set a downscreen for the shooting guard, who will then flash to the ball side elbow to receive the pass from the power forward. Immediately after throwing the pass the power forward will receive a screen from the point guard, allowing him to curl out behind the three point arc on the ball side corner. After setting the screen, the point guard will slip to the hoop.

Options

While the first pass is going to the shooting guard, our primary option here is the three pointer for inbounder. The inbounder is the small forward here, but the position isn't important so much as the players shooting ability is. Because the better their shooting ability, the more the defense will be forced to bend to help off the screen – which will in turn make our second option, the point guard slipping to the hoop after the screen, more likely to be open.

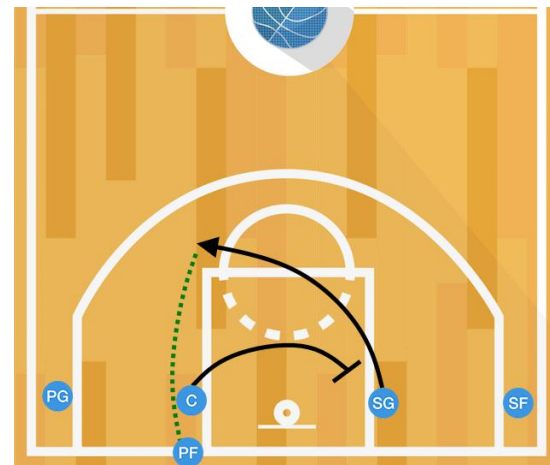


Figure 1: 1-4 Lo Pt. 1, C Cross Screen

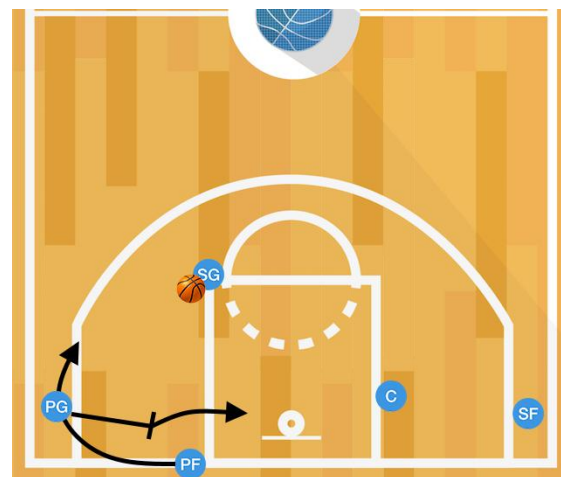


Figure 2: 1-4 Lo Pt. 2, PG Downscreen

Baseline Inbounds – Inbounder Stagger

Setup

This next play will have the offense align in a large box, with the power forward and center both outside of the arc – the center in the ball side corner, and the power forward on the ball side wing. The shooting guard will start underneath the hoop, and the small forward will start at the top of the arc.

Execution

The inbounder will slap the ball to initiate the play, with both the power forward and center sprinting towards the middle of the lane. The center will V-Cut out, popping back out to the corner to receive the pass, while the power forward will set a cross screen for the small forward, who will curl out to the wing on the ball side.

Next, the shooting guard and power forward will set staggered screens for the point guard, who will use them both as he sprints out the middle of the paint to the top of the arc to receive the pass from the small forward.

Options

Our primary option is the point guard on the catch and shoot at the top of the arc, however if the defense over extends attempting to take it away, the small forward should keep his eye on the power forward, who will have a chance to slip to the hoop. If neither of these options are viable, the point guard can simply take us into the offense, with the center sliding down to the block and the shooting guard popping out to the left wing, putting us back in a standard 3-2 alignment.

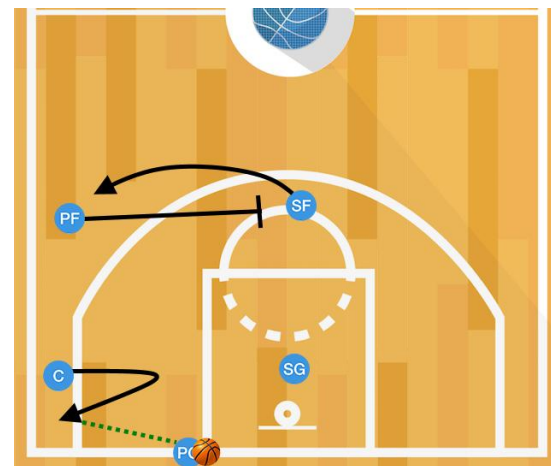


Figure 1: Inbounder Stagger Pt. 1, PF Cross Screen

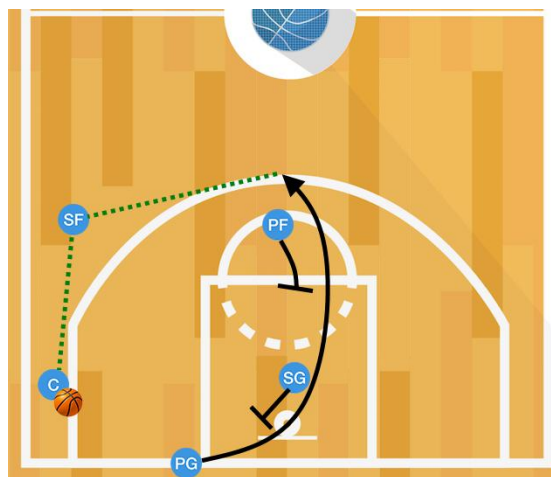


Figure 2: PG receives Stagger Screen, Cuts to Top of Arc

Baseline Inbounds – Quick Lob

Setup

The setup for this next very simple yet very effective inbounds play is as follows – the power forward will inbound, while the center and small forward form a stack on the ball side block, with the center on top. The shooting guard and point guard will both be high on the wings, a little higher than free throw line extended.

Execution

This play is very simple, and relies on a combination of catching the defense off guard, a good rub action from small forward and center, and a good pass from the inbounder to work.

When the inbounder slaps the ball, the center will immediately step down to set a downscreen on the small forward's defender. The small forward will head up, away from the baseline, pulling his man into the screen, and then back down, looking to catch the lob or bounce pass from the power forward and go straight up for the easy layup.

While this is happening, both the shooting guard and point guard will sprint to their respective corners and spot up behind the three point line.

Options

This play only really has the one scoring option – the quick lob. If the small forward isn't available, this generally means the center's man is helping. If that happens, the center should flash to the ball – while he likely won't have much of a scoring chance, the ball will be safely inbounded and allow you to get into your offense.

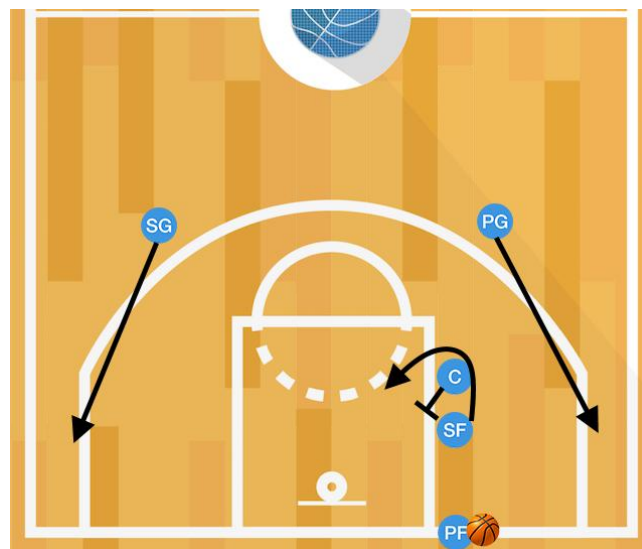


Figure 1: Quick Lob

Sideline Inbounds – Sideline Stack

Setup

The sideline stack is a great way to get the ball inbounded with a variety of scoring options right off the bat. To setup, the small forward will inbound, and the center, shooting guard, and power forward will form a stack at the top of the arc, weak side to ball side, respectively. The point guard will start on his own, down on the ball side block.

Execution

The shooting guard will pop out of the middle of the stack to receive the inbound pass. As this pass is being made, the point guard will come up to set a backscreen on the small forward's man, allowing him to cut backdoor to the hoop.

Next, the shooting guard will begin to dribble over to the left wing, with the small forward following across to fill on the left block. The center and power forward will step up to set a double screen for the point guard, who will use that screen to curl around to the top of the arc for a catch and shoot opportunity.

After their screen is used, the center will dive and the power forward will pop.

Options

If the backdoor cut from the small forward is there right off the top, hit it – this is our first option out of the stack. Otherwise, we're looking to get the point guard on the catch and shoot at the top of the arc. If neither of those options are available, then the shooting guard can look at hitting the small forward down on the block, or the center diving as well.

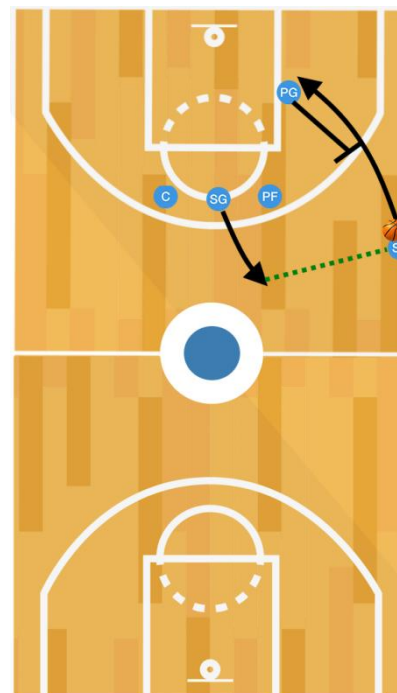


Figure 1: Sideline Stack Pt. 1, SF Backdoor

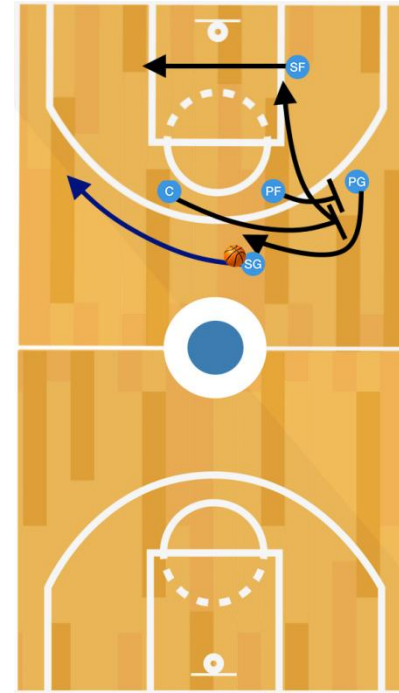


Figure 2: Sideline Stack Pt. 2, PG getting Double Screen

Sideline Inbounds – SG Stagger

Setup

For this next play, your small forward will inbound, while the shooting guard sets up on the left block and the point guard sets up on the right block. The center will start in the right corner and the power forward will begin at the top of the arc.

Execution

To start the play, the point guard will step into the paint to set the first of two stagger screens for the shooting guard, with the second coming from the center. The shooting guard will sprint out to the right corner, looking to catch and shoot for three. After setting the screen for the shooting guard, the point guard will receive a downscreen at the dotted line from the power forward, allowing him to curl up to the top of the arc for the three.

Options

Our first option is the shooting guard coming off the stagger in the corner. This should produce a high percentage look, especially if the point guard and center lay good screens. The point guard will also act as a second option at the top of the key – but if he isn't there for the catch and shoot, he should continue running through towards the ball to give the inbounder an easier entry pass.

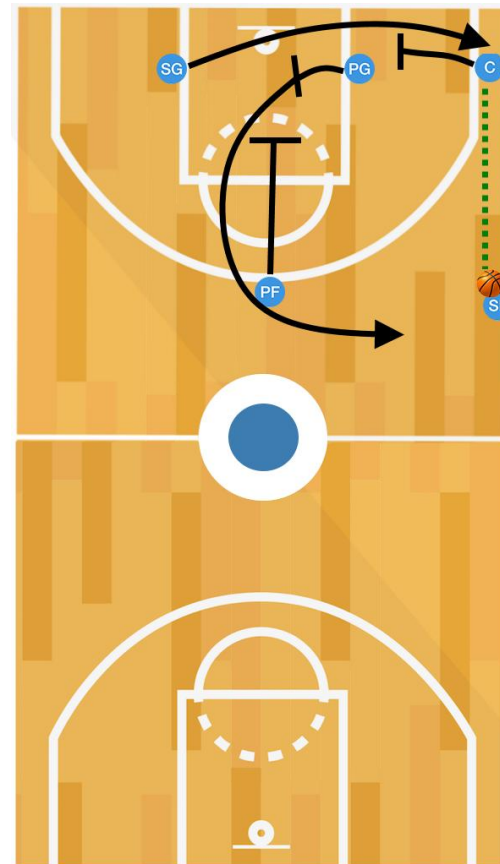


Figure 1: SG Stagger Action

Sideline Inbounds – Box

Setup

Here the players will line up in a box, with the small forward down on the far block, the center on the near block, and the point guard and power forward out beyond the arc, forming the far and near corners of the box, respectively. The shooting guard will act as inbounder.

Execution

This is a very simple inbounds play, using two parallel cross screen actions from the bigs designed to free up the small forward and point guard. The center will set his low, with the small forward taking off along the baseline to get out to the right corner. The power forward will set his high, with the point guard misdirecting inside before curling back out deep as a safety valve.

Options

The only scoring option on this play is the small forward on a catch and shoot for three – however he can look to inbound to the center immediately after the catch if the center is able to establish and maintain good low post position after the screen. If the small forward isn't available, the point guard will be as a safety valve out near the inbounder, allowing you to get the ball inbounds and get into your offense.

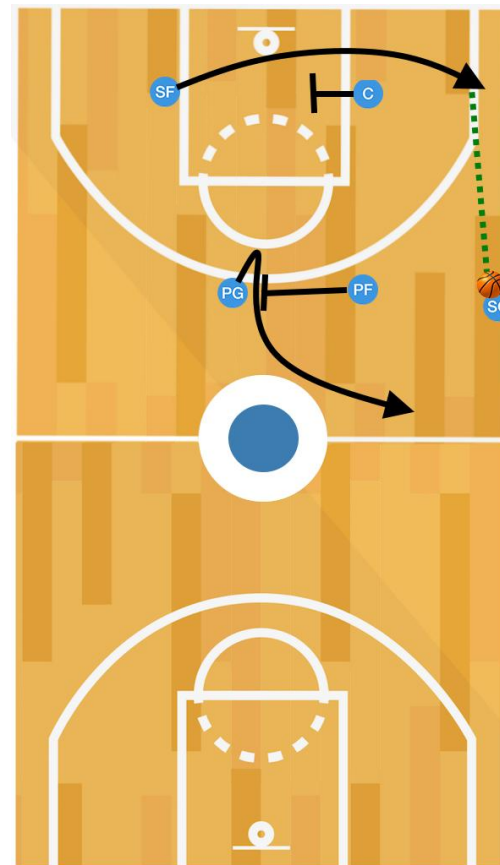


Figure 1: Box Action

Sideline Inbounds – T

Setup

To setup the 'T' inbounds, the players will all gather closely to the inbounder. Here, the small forward will form the bottom of the 'T', with the power forward next up the stack, and the center at the top. The point guard will stand up near the hash, in line with the center, while the shooting guard stays in the mirrored position, just in the backcourt.

Execution

The center and power forward will split first, with the center setting a down screen for the point guard, and the power forward setting a down screen for the shooting guard. Immediately after setting his first screen, the center will set a back screen, this one for the power forward, who will loop back towards the far side of the hoop, looking to catch the defense napping.

Options

The shooting guard and point guard are both very likely to be wide open from this action, but it's best to hold off on making the pass for a half a second longer than you would normally, as we want to see if we

can catch the defense asleep and get the power forward on the backdoor cut towards the hoop. If that isn't there, the small forward should look to hit the shooting guard cutting down court, or make the safe pass back to the point guard in the backcourt.

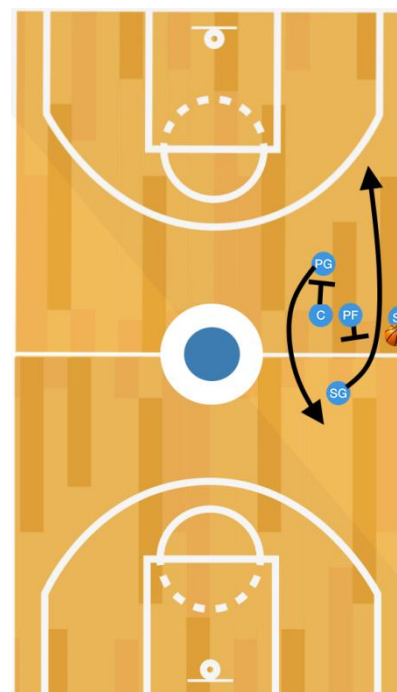


Figure 1: T Action Pt. 1

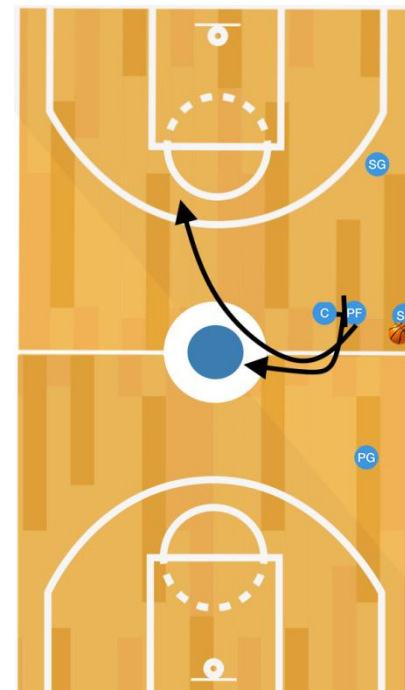


Figure 2: T Action Pt. 2

Looking For More Basketball Coaching Resources?

Visit www.OnlineBasketballDrills.com for a complete listing of playbooks, drill collections, and online video clinics from some of the top high school, NCAA and NBA coaches of all time!

Join us on Facebook! <https://www.facebook.com/BasketballDrillsandPlays>

Subscribe to our YouTube Channel <https://www.youtube.com/user/CoachPat30>

SPECIAL OFFER: You're invited to receive 51 killer drills and 7 proven plays... for just one dollar!

➔ www.BasketballInnerCircle.com/signup