

### GOALS of 1-4

- a. Force Zone to Play Man to Man
- b. Disrupt Defensive set up by stretching
- c. Gives Defensive Teams more than one look.
- d. Skip Passing to 3-Pt Shooters
- e. Strong Post Plays / Foul Trouble

#### **SKILLS REQUIRED**

- a. Good Passing (Forwards)
- b. Dribbling
- c. Spacing
- d. Movement
- e. 3-Pt Shooting
- f. Post Play
- g. Patience + Timing
- h. Good Basketball I.Q.
- I. Communication

#### 1-4 OFFENSE RULES

Always Maintain Spacing = MOVE & REPLACE

When we **PASS** into the WING = FORWARDS go "Hi - LO"

When we PASS into the HI POST = LO POST CHANGES SIDE / SHOWS

When we PASS into the HI POST = SKIP PASS to 3-Pt Shooter at Corner

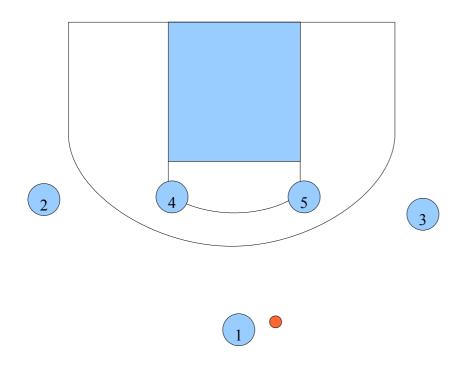
When we SKIP PASS = ALWAYS FOLLOW PASS with STRONG "X-CUT"

When we PASS into the HI POST = Look INSIDE for X-CUT or SHOW

When we PASS into the CORNER = PIVOT INSIDE

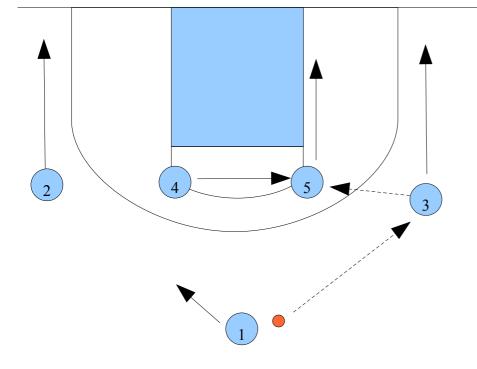
- X-CUT by Other Forward
- = SKIP PASS to 3-Pt Shooter at Corner
- = "DUCK IN" Hi
- = LO POST CHANGES SIDES or SHOWS





1-4 Set vs

Man to Man or Half Court Press



1 Passes to 3

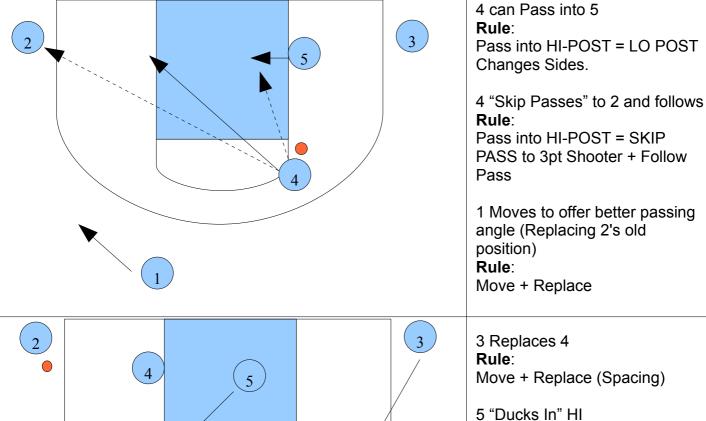
Rule:

When we Pass to the Wing = "Hi-Lo"

- 5 Goes LO POST and 4 takes the HI POST "HI-LO"
- 1 Moves away
- 3 Passes into 4 (HI-POST) and hits the corner
- 2 Hits the corner

PASS 1 - OPTION 1 > PASS TO WING



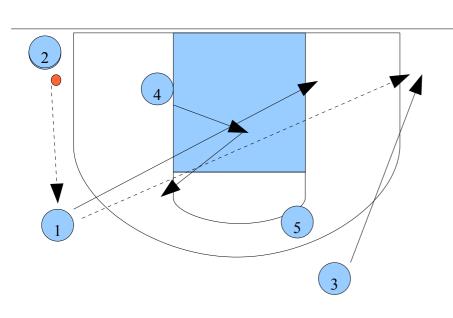


Rule: Pass into Corner - Duck-In Hi

If 2 Passes to 5 = Shot

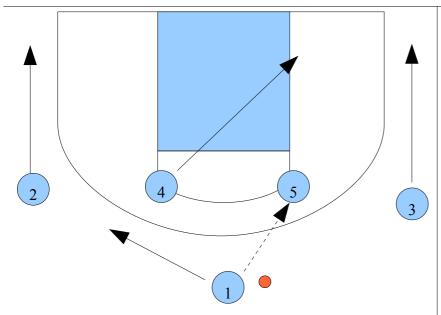
4 + 3 Rebound / 1+2 Safety

If NO PASS into 5 ... 5 Bumps 3 Off 3 Hits the Corner



- 2 Passes to 1 (Already Hi-Lo in place)
- 1 Skip Passes to 3 and Follows
- 4 Ducks in High
- 2 Replaces 1 (Move + Replace)
- 4 Flares out and Bumps 2 Off back to the Corner and we are set to run it again.





1 Passes to 5 (Hi Post)

5 Pivots INSIDE to Face Hoop **Rule**:

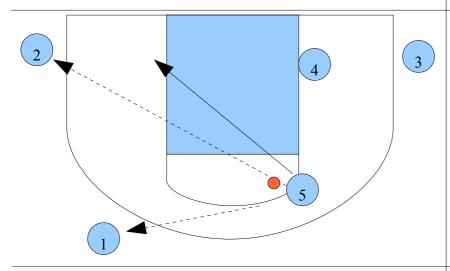
Look Inside - "X-Cut"

4 "X-CUTS" to Lo Post as 3 Hits the Corner

1 Bumps 2 Off

2 Hits the Corner

PASS 2 - OPTION 2 (PASS INTO HI-POST)

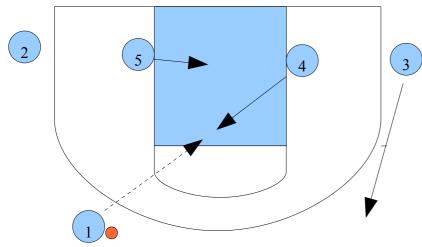


Strong Side Overloaded ...

5 Looks for pass into 3 - If 3 is wide open = pass + shoot

5 Skip Passes to 2 and follows Pass or ...

5 Passes to 1 and "X-Cuts"



Corner Shooters ALWAYS look for shot if WIDE OPEN

If 2 does NOT have a shot ...

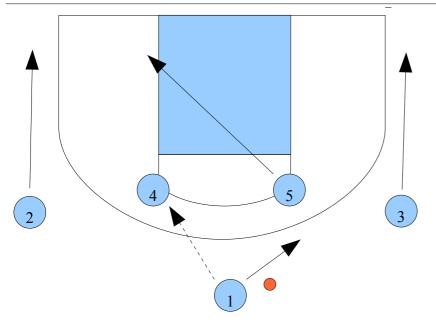
5 will pass to 1 ...

4 Ducks In High and 3 replaces 5

As 4 receives the ball ...

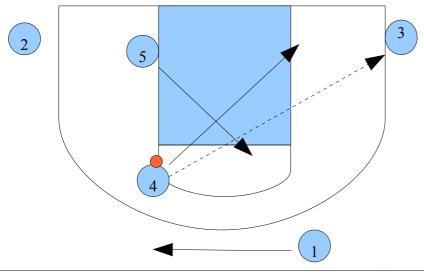
5 Changes Sides (Rule)



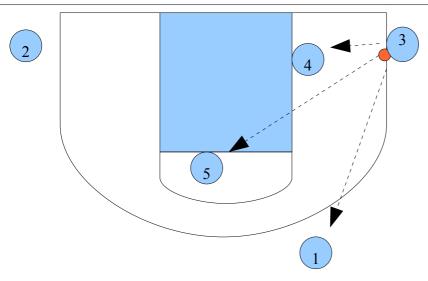


- 1 Passes to 4
- 5 "X-Cuts"
- 2 and 3 hit the Corners
- 1 Replaces 3

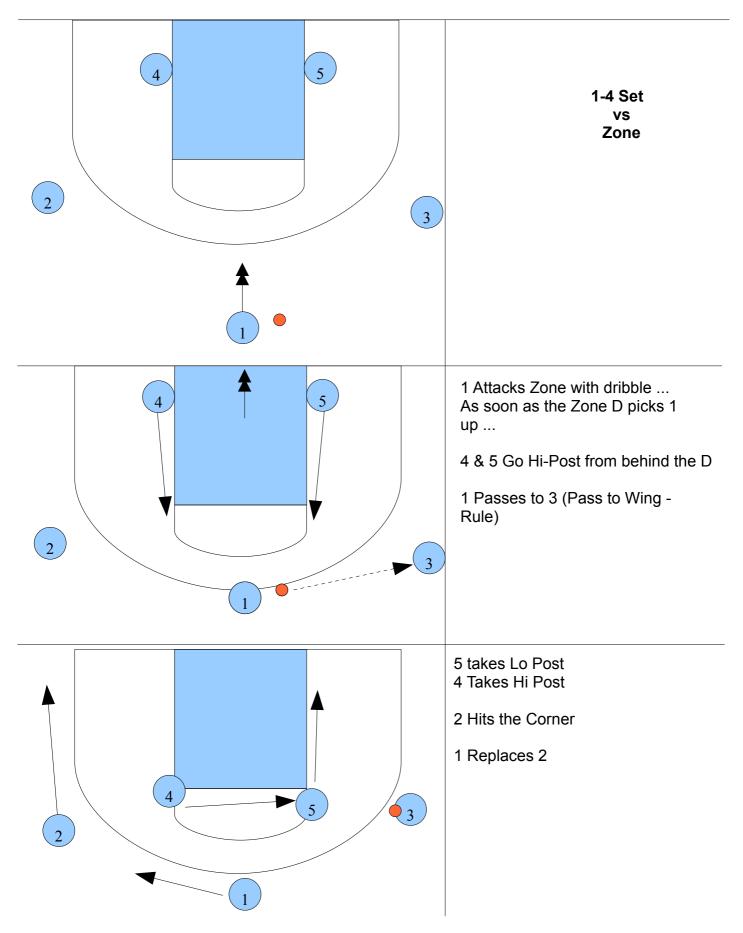
PASS 3 - OPTION 3 (PASS INTO HI-POST)



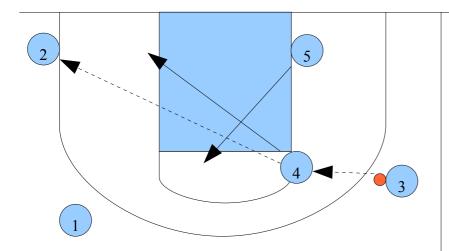
- 4 Skip Passes to 3 and Follows Pass (Rule)
- 5 Ducks in High (Rule)
- 1 Replaces 4 (Rule)
- 3 then has following options:
  - i. Shotii. Pass to 4
  - iii. Pass to 1
  - iv. Pass to 5











As Ball Hits 4 – Hi-Post

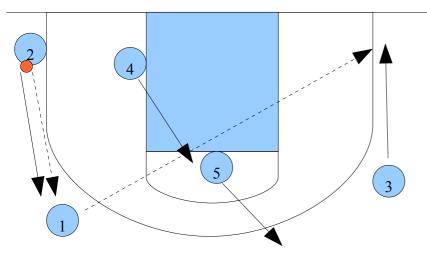
- 4 Skip Passes to 2 (Rule) and Follows
- 5 Ducks in High
- 2 Has Following Options:

i. Shoot (if wide open)

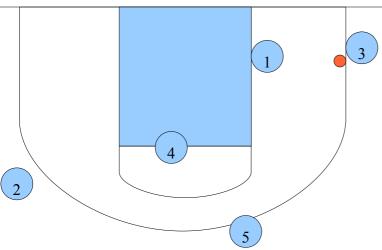
ii. Pass to 4 (X-Cut)

iii. Pass to 5

iv. Pass to 1



- If 2 Passes to 1 ...
- 3 Hits the Corner
- 5 Flares Out
- 1 Skip Passes to 3 & Follows
- 4 Ducks in High
- 2 Replaces 1



- 3 Would have the following options:
  - i. Shoot (if wide open)
  - ii. Pass to 1 (X-Cut)
  - iii. Pass to 4
  - iv. Pass to 5
  - v. Skip Pass to 2
- 5 Needs to offer a better passing angle
- 4 could help by adding a pick as the skip pass is made to 2