

Basketball Out-Of-Bounds Plays

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Basketball Out-Of-Bounds Play

OOB Play No: 01 **Name:** Box 1
Type: Offensive Baseline

Description:

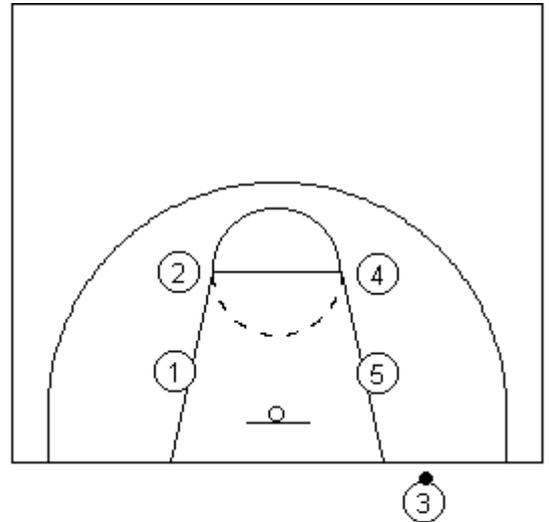
Players line up as shown in diagram A. Big men (4 & 5) are on ballside, guards are on weakside.

1. Player 4 screens across for player 2.
2. Player 5 screens across for player 1.
3. Player 2 cuts high off screen and comes to corner as pressure release.
4. Player 1 cuts high (this is critical - we don't want 1 cutting low so screen must be set appropriately), and comes to ball.
5. As player 1 cuts off screen, player 5 pivots and blocks out defender.
6. Inbounder looks for pass to player 5 as she turns and blocks out.
7. Other options are 1 and 2.

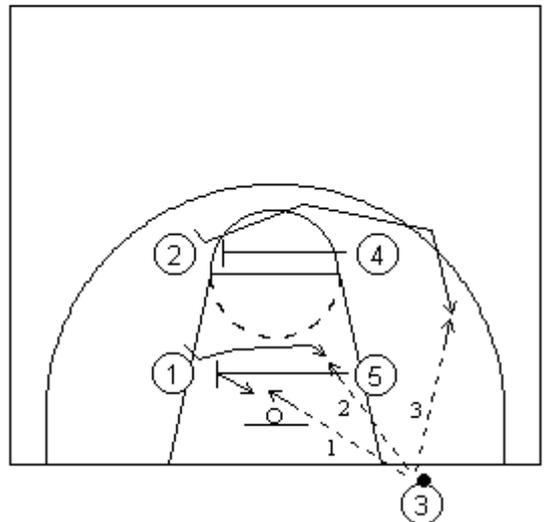
Some important points for all "set" out-of-bounds plays.

- Should be one of our best passers with the ball behind the baseline.
- In these circumstances often the best inbound pass is a bounce pass.
- The inbounder should not step out of court and take the ball from the referee until players are ready and lined up.
- The inbounder should take a step back from the line to give herself plenty of room.
- The inbounder should slap the ball or make a loud call to indicate the start of the play.
- All players moving to the ball should do it using a "V" cut. That is step towards your defender to put them off balance and then cut in the opposite direction.

A.



B.



Basketball Out-Of-Bounds Play

OOB Play No: 02 **Name:** Stack 1
Type: Offensive Baseline

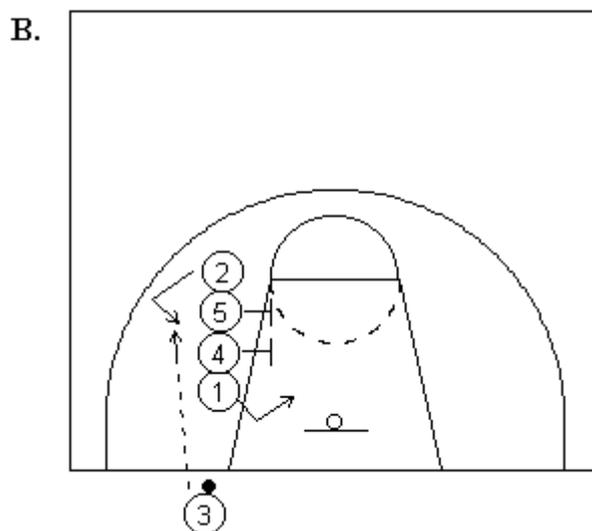
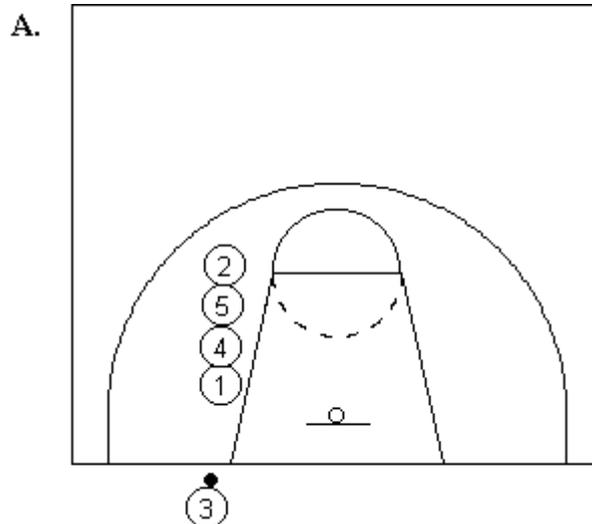
Description:

The idea behind this play is to create an open shot for one of our better shooters.

1. The shooter is the last in line.
2. The first player in line cuts to the basket, calling loudly for the ball. Although meant as a decoy, if she is open give her the ball!
3. The second and third players pivot on their inside foot and present a wide double screen. It is important that there is no gap between them.
4. The shooter does a short "cut" in behind the screen and receives the pass and takes an uncontested (hopefully) shot.
5. The screeners and the shooter should push into the key to contest any rebound. The third in line should head for the opposite side of the key.
6. The first in line should sprint back to the top of the key to be in a good defensive position.

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Basketball Out-Of-Bounds Play

OOB Play No: 03 **Name:** Stack 2
Type: Offensive Baseline

Description:

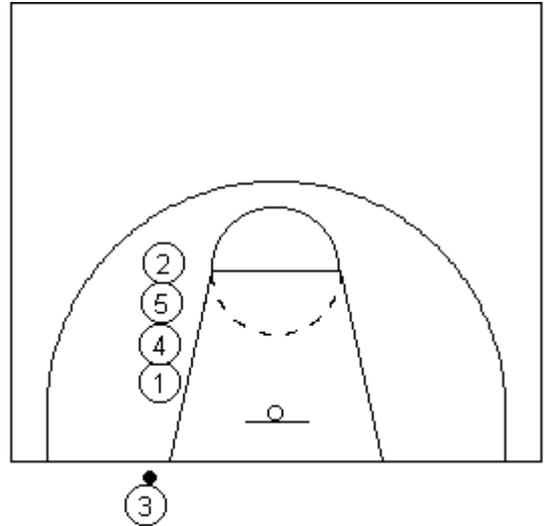
The idea behind this play is to confuse the defense and get one or more players "open" close to the basket.

1. In this play all players call loudly for the ball and "present" a target.
2. The first player in line cuts inside to the basket.
3. The second player in line cuts to the corner.
4. The third player in line cuts towards the ball once the first and second players have gone.
5. The fourth player in line cuts to the wing.
6. The inbounder should only pass to a player who is open. Ideally we would try and get the ball to player 1 or 3 who are closer to the basket.
7. The inbounder should cut to the basket once she has passed the ball.

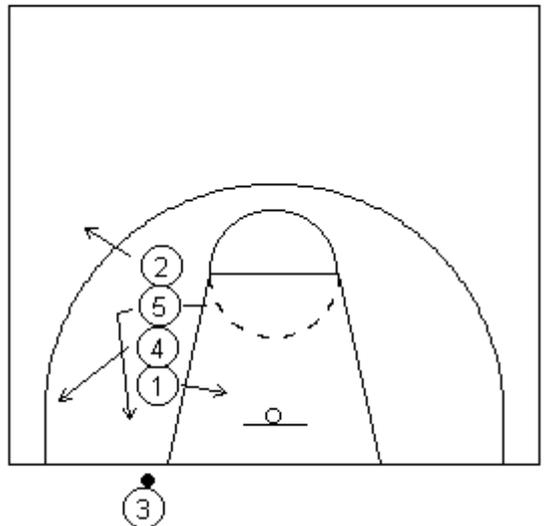
Some important points for all "set" out-of-bounds plays.

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A.



B.



Basketball Out-Of-Bounds Play

OOB Play No: 04 **Name:** Split Line
Type: Sideline

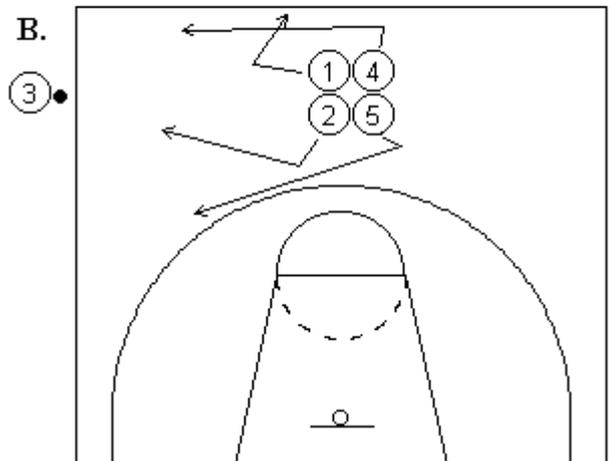
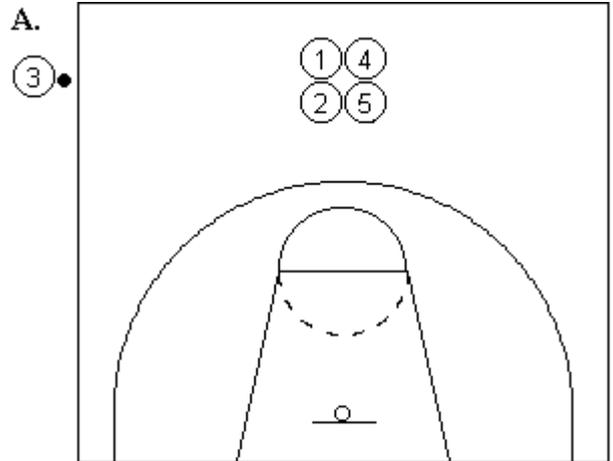
Description:

The main idea of this move is to create open space in front of the person throwing the ball.

1. Four on-court players stand together in a tight group on the imaginary "split line" down the middle of the court.
2. On the "slap", all players "cut" to open space. Don't forget the initial "jab" or step to get the defender off-balance.
3. It is not important in this move which player goes where, just that all players move in different directions to get open.
4. The inbounder should pass to the most "open" player, preferably one who is closer to the attacking basket.
5. The inbounder should cut towards the basket once she has passed the ball.
6. Be careful of the centre line - avoid back-court violations.

Some important points for all "set" out-of-bounds plays.

- Should be one of our best passers with the ball behind the baseline.
- In these circumstances often the best inbound pass is a bounce pass.
- The inbounder should not step out of court and take the ball from the referee until players are ready and lined up.
- The inbounder should take a step back from the line to give herself plenty of room.
- The inbounder should slap the ball or make a loud call to indicate the start of the play.
- All players moving to the ball should do it using a "V" cut. That is step towards your defender to put them off balance and then cut in the opposite direction.



Basketball Out-Of-Bounds Play

OOB Play No: 05 **Name:** Box 2
Type: Sideline

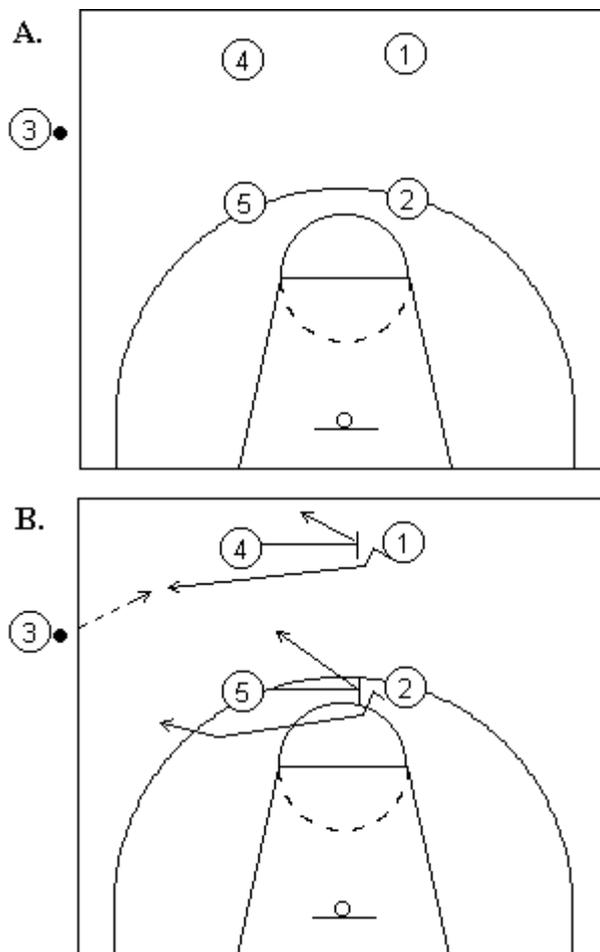
Description:

Be careful of the position of the box relative to the centre line - avoid back-court violations.

1. Four on-court players line up in "box" (square) formation at least 3 metres apart.
2. The box straddles the imaginary "split line" down the middle of the court, 4 & 5 are closer to the inbounder.
3. All players initially face the passer.
4. On the "slap", 4 screens for 1 and 5 screens for 2.
5. 1 & 2 wait until the screeners are "set" and then cut of them into space.
6. After 1 & 2 have cut, 4 & 5 turn and move to the ball.
7. The inbounder should pass to the most "open" player, preferably one who is closer to the attacking basket.
8. The inbounder should cut towards the basket once she has passed the ball.

Some important points for all "set" out-of-bounds plays.

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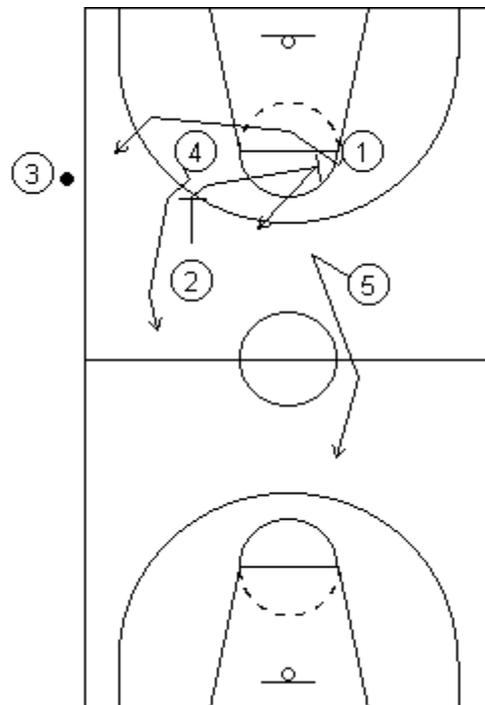
Basketball Out-Of-Bounds Play

OOB Play No: 06 **Name:** Screener
Type: Sideline

Description:

With this play we want one of our longest and best passers with the ball at the sideline.

1. Four on-court players move quickly into a box formation well spread either side of the split line.
2. At the ball slap, player 5 fakes towards the ball and then breaks toward basket. A long pass to 5 is the first option if the defense is not covering the break.
3. Also at the ball slap, 2 screens down for 4. 4 must wait until the screen is set and then run her man into the screen and cut down the sideline looking for the inbound pass. 4 is the second in-bound option if she has lost the defense.
4. Once 4 has used the screen, 2 screens across for 1, who uses the screen and cuts towards the ball. 1 is the next option, again if open.
5. After 1 has used the screen, 2 looks to get open in the middle of the floor as the final option.
6. After passing the ball 3 cuts to the middle of the floor looking for a return pass from 1 or 2, or to join the fast break if 4 or 5 were used.



Some important points for all "set" out-of-bounds plays.

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Basketball Out-Of-Bounds Play

OOB Play No: 07 **Name:** Call A Number
Type: Defensive Baseline

Description:

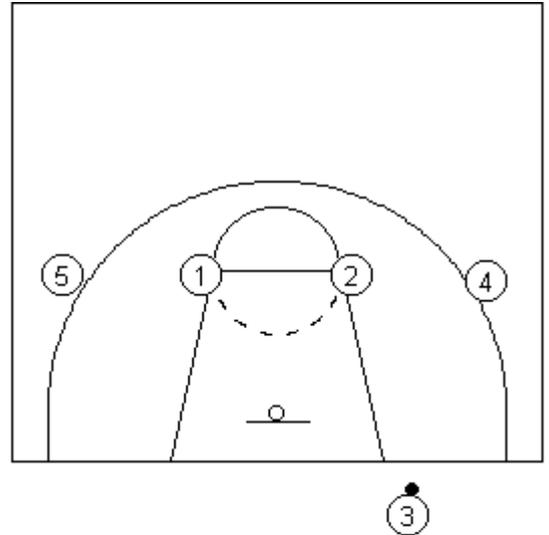
We want one of our longest passers with the ball behind the baseline, she must be competent with the baseball pass.

1. Four on-court players line up across the free-throw line extended. Players must be evenly spread with one player near each sideline and one near each elbow.
2. Each position, from left to right across the court is numbered 1-4. These numbers do not correspond to the player position numbers, they are just used for this play.
3. On the "slap", the inbound passer calls a number from 1-4 (in the diagram to the right she has called "3". All players move towards the ball, but the player whose number was called takes two slow steps in towards the ball, then explosively v-cuts looking for a pass and fast break.
4. The inbound passer should try for the long baseball pass to the player whose number she called, or if this is not possible look for the short pass to any other "open" player.
5. If the long pass is made, other players should sprint down to help the player with the ball on the break. The inbound passer is the defensive trailer.

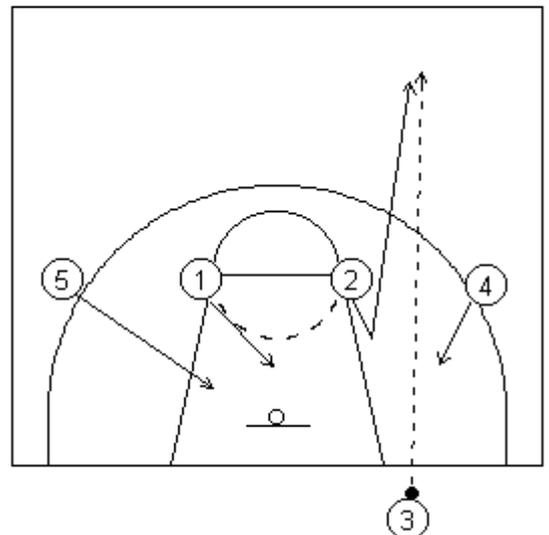
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A.



B.



Basketball Out-Of-Bounds Play

OOB Play No: 08

Name: Isolate

Type: Defensive Baseline or Sideline

Description:

In this play we try to isolate one of our guards or ball-handlers into a one-on-one situation where it should be easy for her to get open and get the ball.

First we need to teach players how to get open against their defender.

It is up to the guard who is going to receive the ball to walk slowly to a position where he is level with his teammate who is inbounding the ball. He must now react according to how his defender is playing him.

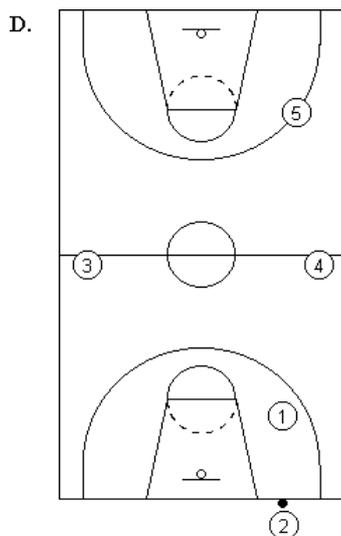
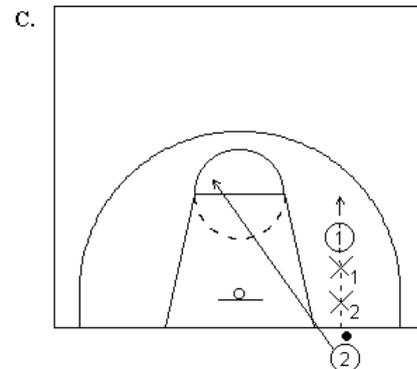
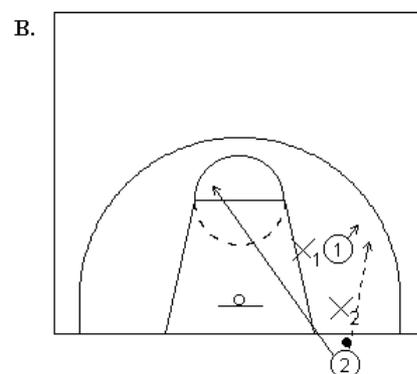
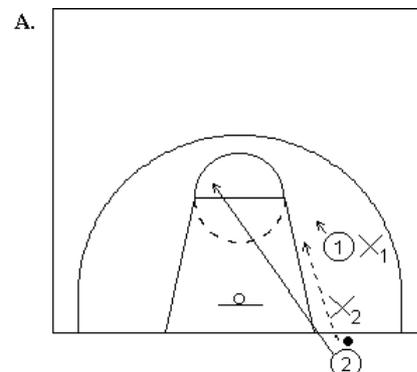
If playing him tight the defender will be in one of three positions.

1. If the defender is playing him on the left or right side (see diagrams A and B), the receiving guard should take a small step at the defender to freeze him, use an armbar to hold him off if necessary, indicate a target hand and move opposite to the defender. A pass to this side should be easy.
2. If the defender is fronting the receiving guard, he should signal for a lob pass over the top of the defender (see diagram C). Again this should be an easy pass.

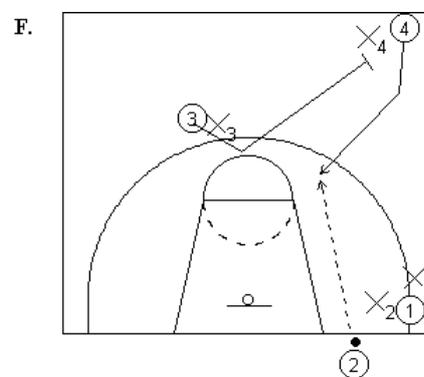
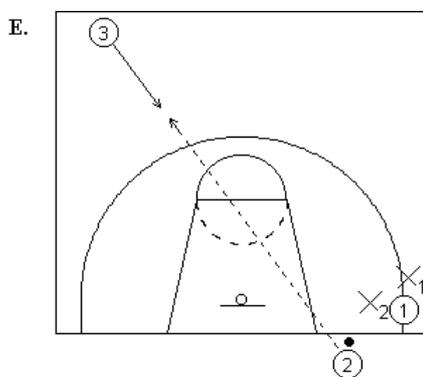
Drill this one-on-one by splitting players into groups of three and having them take a baseline or sideline area and rotate through the positions of inbounder, offense and defense.

We can also now teach some team techniques for building on this. A set used from the defensive baseline against full-court man-to-man is shown in diagram D.

If the defender decides to leave the inbound passer and double-team the receiving guard, he should move to the closest corner of the court dragging the defenders with him. This will free up the court for a move for one of the forwards to sprint into space to receive the inbound pass (see diagram E).



If forward 3 is denied by his defender, he should screen up for the other forward who should flash to the ball (see diagram F).



Players should position themselves at all times so that they can see their four team-mates. One example of this is stressing to the forwards coming to the ball that they land in the “knife position”. That is land side-on with your back to the closest sideline. That way, you can see all of the court and your four teammates.

Basketball Out-Of-Bounds Play

OOB Play No: 09 **Name:** Diamond
Type: Sideline

Description:

This play is best used in the back court, or just over the half-court line. It is not really suitable when the inbound position is well into the offensive half of the court.

1. Players line up in a diamond formation (see diagram A).
 2. Player 5 (centre) is on opposite side of court near sideline.
 3. Player 4 (other big man) is a few steps off of the inbound passer. He will act as a stationary screener for the first two cuts.
 4. Guards 1 & 2 are arranged as shown to form the diamond or "kite" shape.
 5. The first cutter is guard 2 who runs straight at 4. Depending upon the position of his defender he cuts inside or outside of 4 up the side of the court. First inbound pass option is to 2 running up the side of the court.
 6. If 2 does not get pass, the second cutter is 1 who also runs at 4 and depending on his defender goes to the left or right of 4. 1 is the second pass option.
- If 1 does not get the pass he continues his cut across the lane and up the court.
7. 5 is also an option running the opposite lane if left undefended.
 8. If neither 2, 1, or 5 get open, 4 will step into open space away from the defender looking for the pass.
 9. The inbound passer cuts up the court after the inbound pass.

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