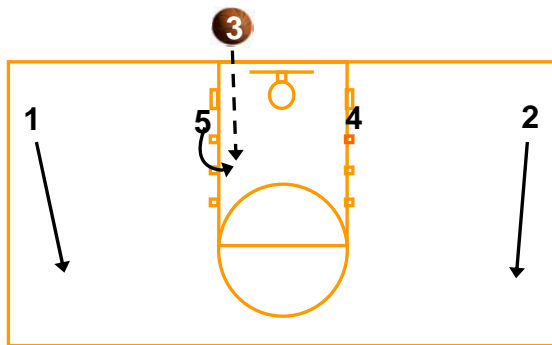


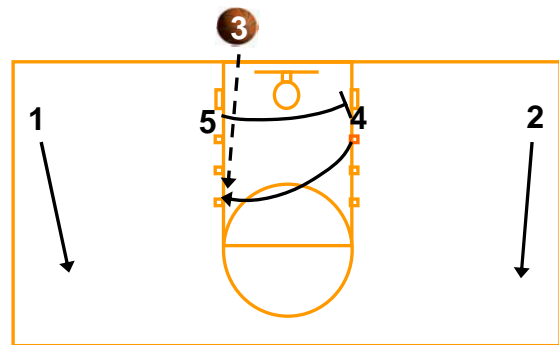
## “Flat #1 and Flat #2” Inbounds Plays

Are you ready to try something different with your youth basketball team? These types of inbounds plays will throw the defense off (they are very hard to defend).

Flat #1



Flat #2



**Flat #1:** On the signal from 3 (“break”), the 5 turns and seals the defender with their right hand up and ready to catch the ball. The 3 should make a good “lob” pass to the 5, the 5 should immediately shoot. The 1 and 2 go up high after the ball is inbounded (not before). The 4 does not move. If for some reason the 3 cannot pass to the 5, the 2<sup>nd</sup> options are passes to the 1 and 2.

This play is all about getting the ball to the 5 – which is your best post player.

**Flat #2:** On the signal from 3 (“break”), the 5 moves towards the opposite block taking the defenders with them, the 4 slides up towards the elbow for the pass and quick shot. The 5 should turn and face the ball (boxing out a defender) and be ready for the pass (as the 2<sup>nd</sup> option). If for some reason the 3 cannot pass to the 4, the 2<sup>nd</sup> option is the 5, then passes to the 1 and 2. This play is all about getting the ball to the 4 – which is your best shooter. Flat 2 works best after Flat 1 has worked a few times.

**Note:** Inbounds plays can be run from either side of the paint area. Make sure you practice inbounds plays from both sides of the paint.