

## **Coaches Plays / Defenses “Cheat Sheet”**

### **OFFENSES**

5 High (Zone)

Diamond (Zone)

Diamond #1

Jump Ball Play (Quick hitter, start of Game)

### **DEFENSES**

2 – 3

2-3 Trap

1-2-2

1-3-1

Orange (Half Court Trap)

Red (Full Court Press)

Man to Man

### **INBOUNDS PLAYS**

Stack 1

Stack 2

Box 1

Box 2

Blue (Press Breaker)

Sideline (high or low)