PRINCIPLES OF "ZONE OFFENSE"

1) **DRIBBLE PENETRATION (ATTACK THE GAPS):** DRAW 2 DEFENDERS USING THE DRIBBLE BY DRIVING INTO THE GAPS OF THE ZONE. IN OTHER WORDS, MAKE 2 DEFENDERS GUARD ONE OFFENSIVE PLAYER. (THIS MEANS ONE OF YOUR TEAM-MATES WILL BE OPEN)

- IF THE DEFENSE CAN GUARD 2 OF OUR PLAYERS AT THE SAME TIME, THEN WE ARE NOT BEING ACTIVE ENOUGH ON OFFENSE AND/OR NOT USING PROPER SPACING.

2) **PULL DEFENDERS OUT OF POSITION:** USE THE "PULL-BACK" DRIBBLE TO PULL DEFENDERS OUT OF THEIR AREA OF RESPONSIBILITY.

3) **OFFENSIVE REBOUNDING:** CONSISTENTLY GOING TO THE GLASS, BOXING OUT, AND GETTING THE REBOUND IS VERY IMPORTANT AGAINST A ZONE DEFENSE. "CRASH THE BOARDS"

4) **PLAY BEHIND THE ZONE:** THIS ADDS ANOTHER DIMENSION TO THE OFFENSE. MAKES IT EASY FOR THE PLAYER TO LOOK FOR OPENINGS, GET OPEN FOR A SHOT, AND GO TO THE GLASS FOR THE REBOUND. KEEPS THE DEFENSE BUSY.

5) **SCREEN THE ZONE:** WHEN USING SCREENS IT ALTERS THE DEFENDERS ABILITY TO MOVE IN THE AREA THEY ARE RESPONSIBLE FOR. * WHEN MAKING CUTS, GET IN THE WAY OF DEFENDERS, THIS CAN ALSO ADD IN KEEPING DEFENDERS OUT OF THEIR AREA OF RESPONSIBILITY.

6) **POST PLAY:** MAIN RULE FOR POST PLAYERS VERSUS THE ZONE IS TO NEVER POST UP ON A SPOT ON THE FLOOR, BUT RATHER TO SEAL THE DEFENDER AND POST UP THE DEFENDER.

7) **PASS FAKES:** THIS IS A VERY EFFECTIVE MOVE THAT CAN MAKE A DEFENSE MOVE OUT OF SEQUENCE WHICH CREATES OPENINGS IN THE DEFENSE. (FREEZES THE DEFENSE)

8) **DRIBBLE FREEZE:** POINT GUARD SHOULD DRIBBLE AT A DEFENDER TO "FREEZE" THEM IN POSITION, THEN MAKE THE PASS.

9) **MOVEMENT WITHOUT THE BALL:** DON'T STAND STILL, ALWAYS BE ACTIVE, MOVE TO GAPS IN THE DEFENSE. DON'T MAKE IT EASY FOR A DEFENDER TO GUARD YOU. MAKE SURE YOU ARE IN A GOOD POSITION TO RECEIVE A PASS, HELP CREATE A GOOD PASSING LANE.

10) **PATIENCE:** MAKE THE DEFENSE WORK. DON'T RUSH YOUR PASSES. WE ARE LOOKING FOR THE 1ST AVAILABLE "OPEN" SHOT.

11) **WEAK SIDE REBOUNDING:** COVER THE WEAK SIDE – 70% OF ALL REBOUNDS USUALLY COME FROM THE WEAK SIDE. BOX OUT FOR POSITION.