

Bentley University Women's Basketball

Principles of Zone Attack

1. Spacing

- Put players into natural gaps of the zone
- Perimeter shooters stretch the defense
- Low Post player always looking to seal the middle of the zone

2. Ball Reversal

- Move the ball to move the defense – side/top/side concept
- Pass penetration into the gaps - inside/outside/extra
- Skip passes
- Utilize a high post to step out for ball reversal
- Pass fakes and Shot fakes

3. Intelligent Use of the Dribble

- Attack the gaps of the zone with dribble penetration
- Dribble freeze the defense - dribble directly at a defender to force her to commit to the ball

4. Keep a Player or Two Behind the Zone

- The defense may lose sight of players behind them as they focus on the ball and/or cutters
- Gives us great offensive rebounding position

5. Flash From Behind the Zone

- Flash with a post player from behind into the middle
- Flash a wing into a weak side gap

6. Screen the Zone

- Screen the back line of the zone for perimeter shots
- Screen the top of the zone for perimeter shots
- Screen the middle defender and send a cutter to the open gap
- Screen the defender guarding the ball