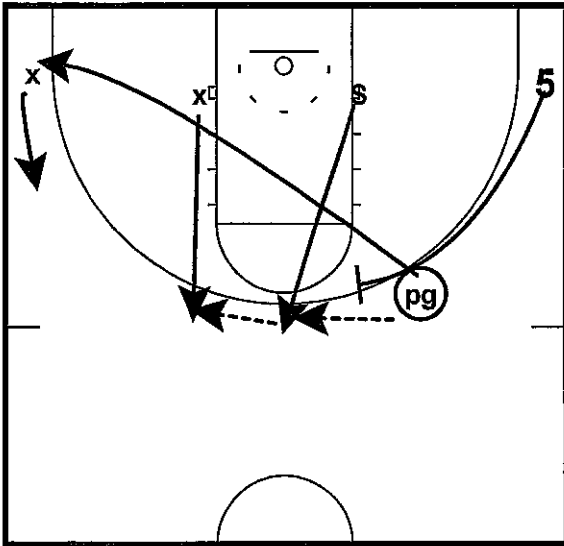


# Detroit

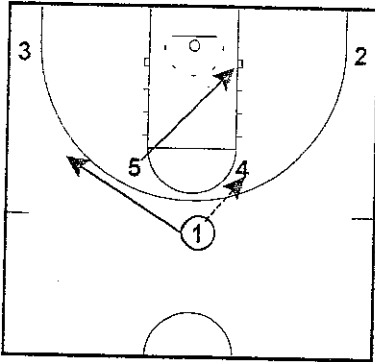
Weak- Quick Hitter  
Quick Hitter



The shooter flashes and receives the ball. Then passes to the player flashing from the block. The Pg clears out opposite. 5 sets a flare for the shooter.

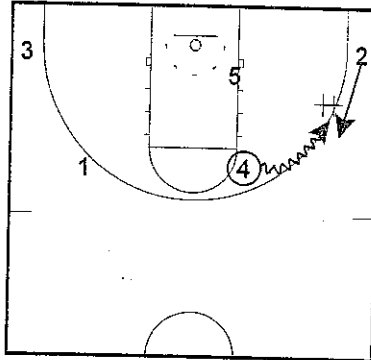
# Quick Hits

Horns Pistol  
Quick Hits



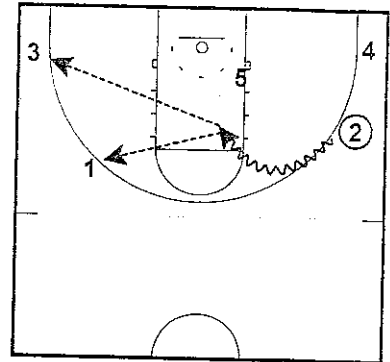
1 enters the ball to the 4 and the 5 dives hard to the ball side block. 1 cuts to opposite wing.

Horns Pistol  
Quick Hits



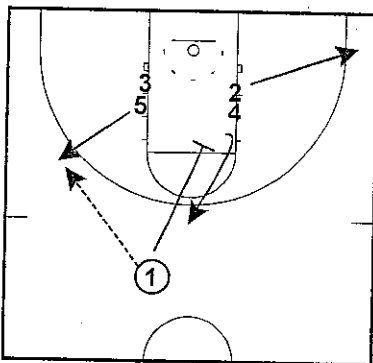
4 dribble handoffs with the 2. The 5 is posting big on the block. 1 and 3 are spotting up for pen and pitch

Horns Pistol  
Quick Hits



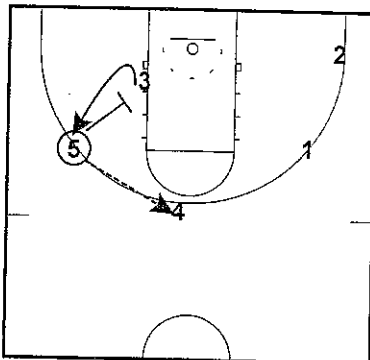
2 dribbles and drives for shot or layup. 1 and 3 spot up for pen and pitch.

Ronnie  
Quick Hits



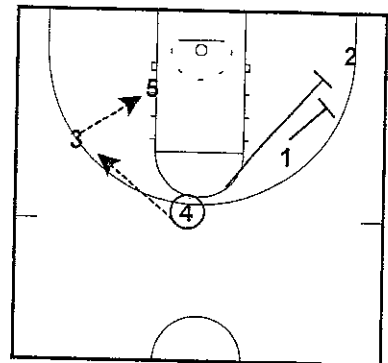
5 pops out to receive ball and 1 down-screens for 4

Ronnie  
Quick Hits



if 4 doesn't have shot or take she hits 3 off 5's down screen

Ronnie  
Quick Hits



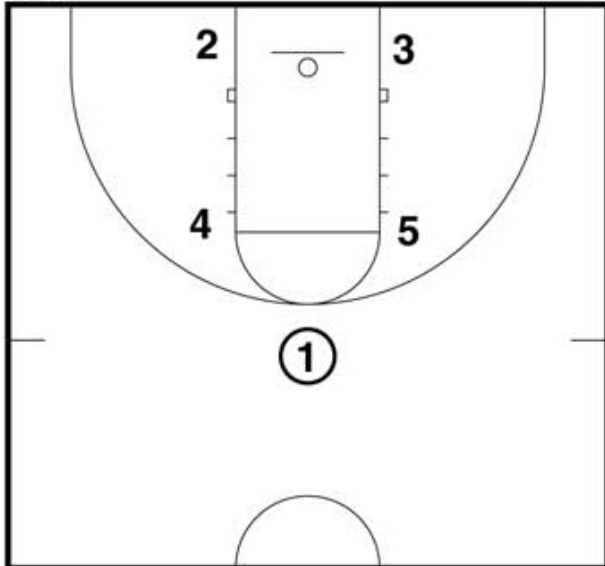
3 looks for 5 on open up, 4 and 1 set double away for 2 in the corner

# Offensive Play: Box "52"

Submitted by Ty Evans, University of Alabama

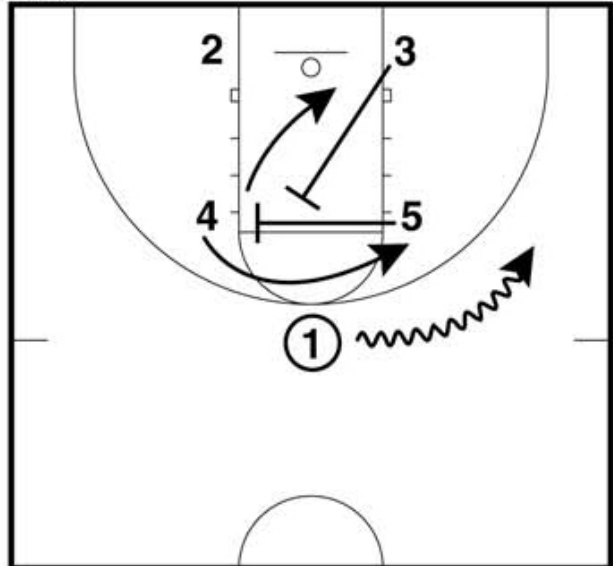
This is an offensive "quick-hitter" designed to get your best post player isolated in the post while freeing up your best perimeter shooter for an opportunity to take a high percentage shot in "rhythm."

Frame 1



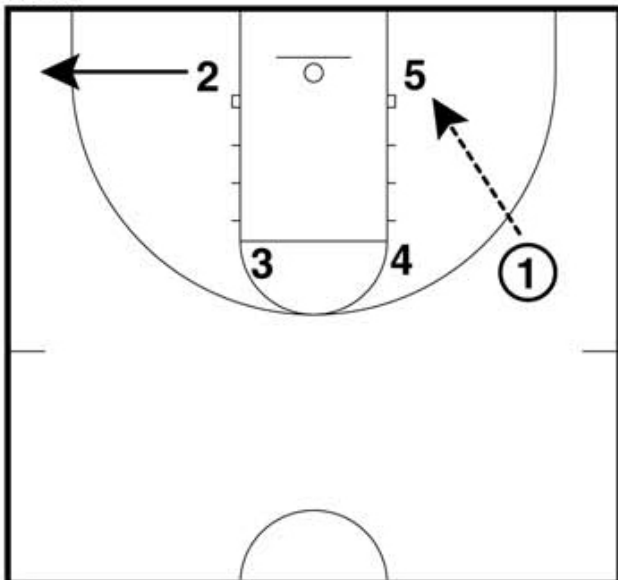
Set-up in a box set with Player 5 as your best post player and Player 2 as your best shooter.

Frame 2



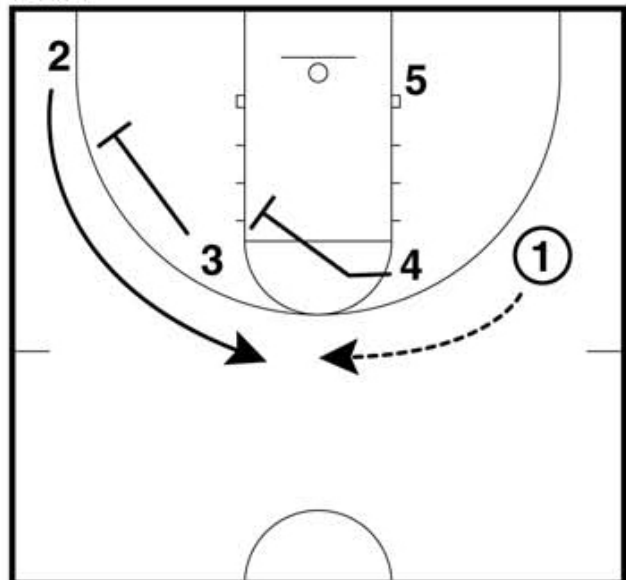
As Player 5 screens Player 4, Player 3 sets up to backscreen for Player 5, (Player 1 dribbles to right wing to initiate the action).

Frame 3



First Option: Player 1 looks to pass to Player 5 while Player 2 cuts to weakside corner.

Frame 4



Second Option: Player 3 and Player 4 set stagger for Player 2.

# Offensive Play: Quick Hitters

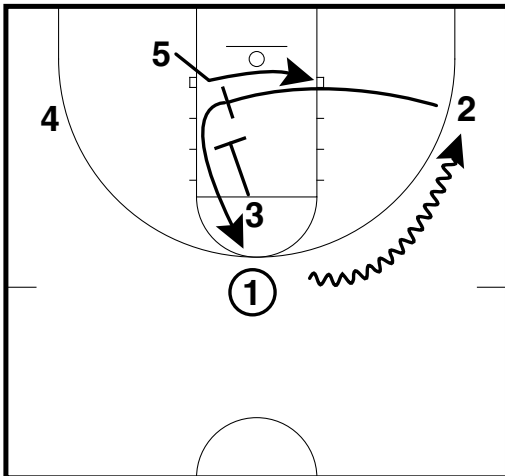
Submitted by Bill Agronin, Former head coach at Niagara University

Quick hitting plays can be a compliment to your continuity offense and provide you with a means of scoring when you need a basket at a crucial time in a game. The “1-3-1 Quick Hitter” provides a number of options to score, is easy to run and can be taught in a short amount of time.

There are several reasons to use “quick hitters” as part of your offensive philosophy:

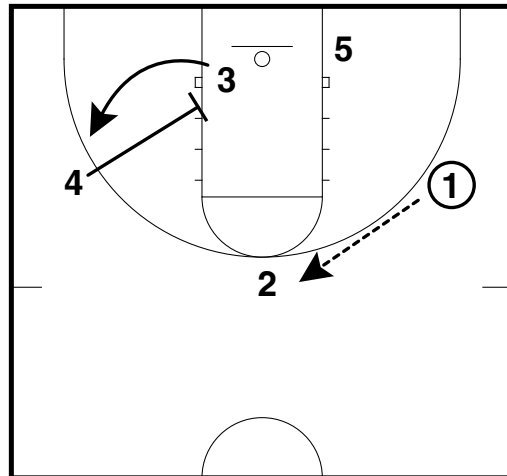
- They compliment your continuity offense
- They give you something to go to when your continuity offense isn't working
- They are difficult for your opponents to prepare for
- They allow you to isolate a specific player to get her the ball and a shot
- They are easy to teach because each player has a specific role in the play

Frame 1



Player 1 dribbles toward Player 2, sending Player 2 to screen for Player 5. Player 3 quickly screens for Player 2 (screen the screener).

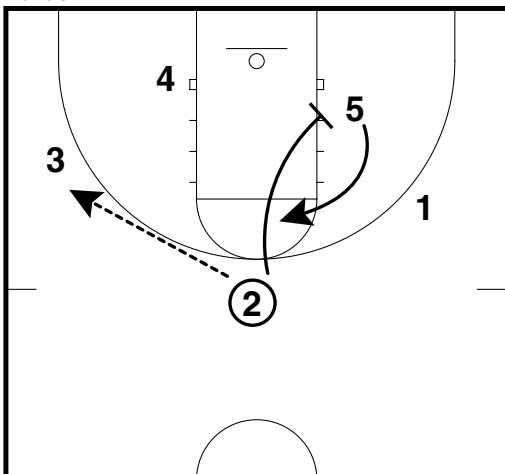
Frame 2



On the pass from Player 1 to Player 2, Player 4 sets a down screen for Player 3. Player 3 looks for an open jump shot.

## Quick Hitters

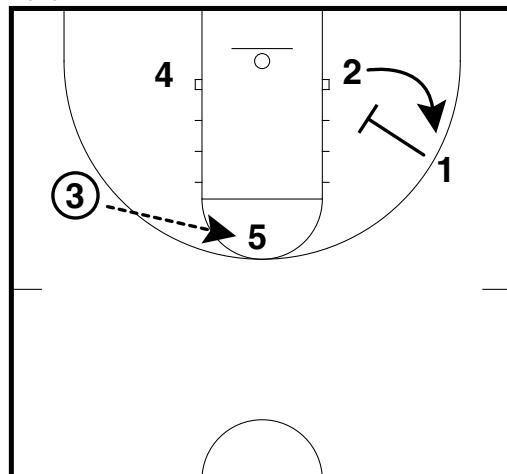
Frame 3



After the pass to Player 3, Player 2 screens down for Player 5 coming toward the top of the key.

## Quick Hitters

Frame 4



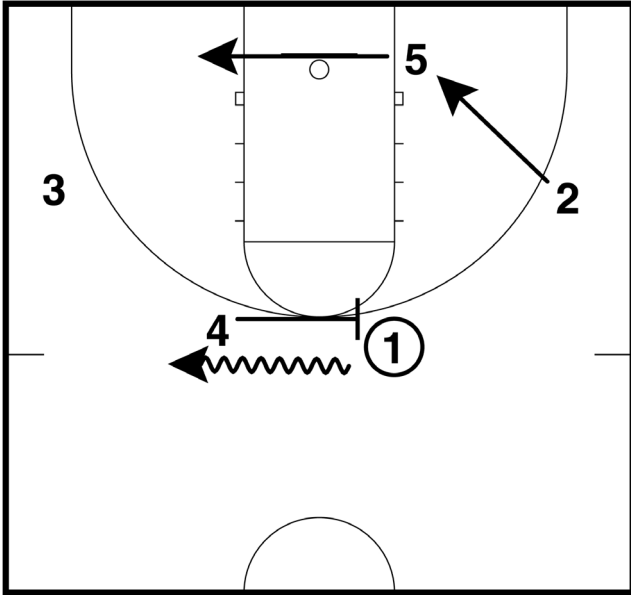
When Player 5 receives the pass, Player 5 can either shoot or pass to Player 2 coming off a screen from Player 1.

# Offensive Play: Thumbs Up

Submitted by Jan Azar, Wesleyan School

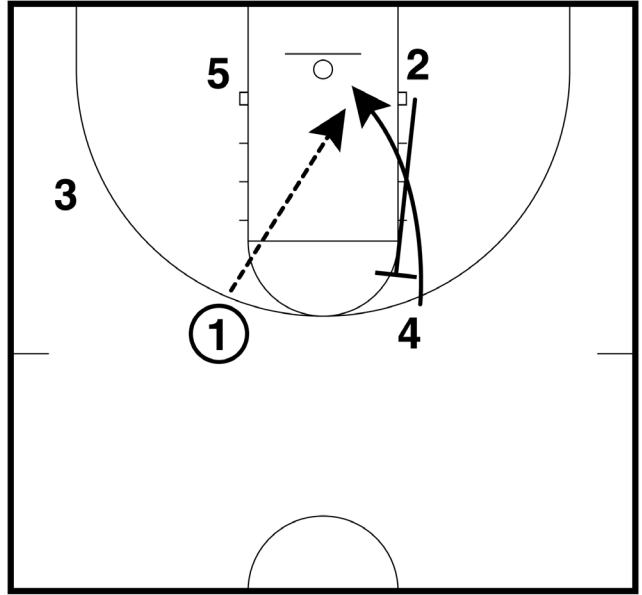
This is a quick hitter that we use at the end of the quarter for a basket. It works best against a man-to-man defense.

Frame 1



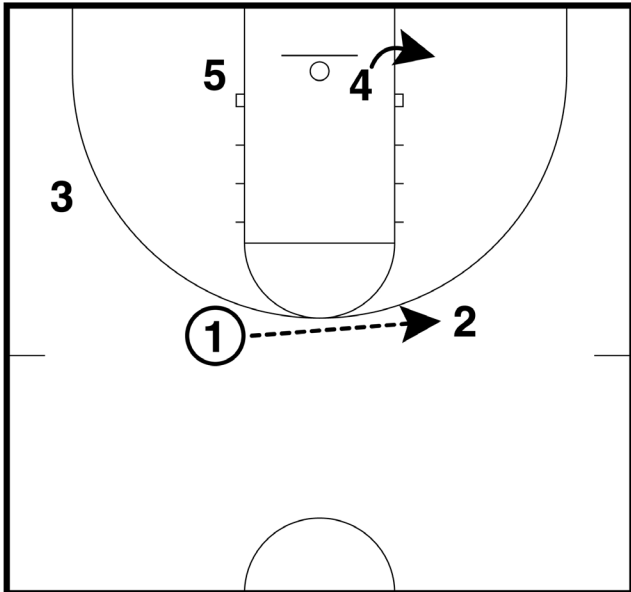
Player 4 screens for 1, who dribbles off of it. Player 2 pushes 5 through.

Frame 2



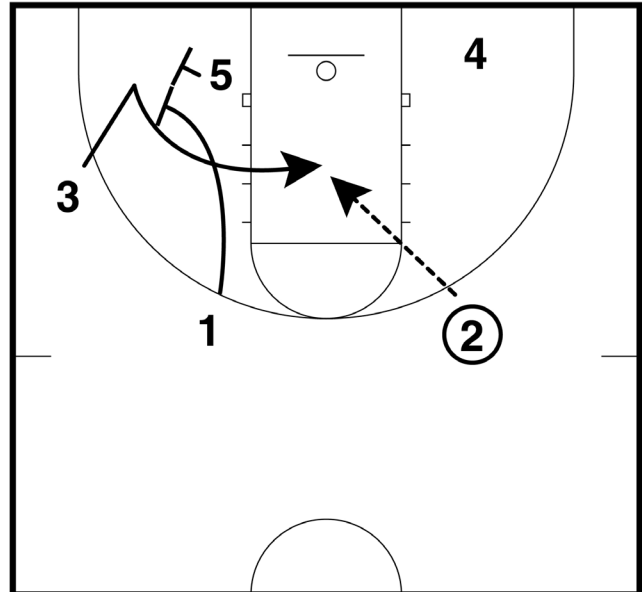
Player 2 sets a backscreen for 4. Player 1 looks to lob to 4.

Frame 3



Player 4 clears out. Player 1 reverses the ball to 2.

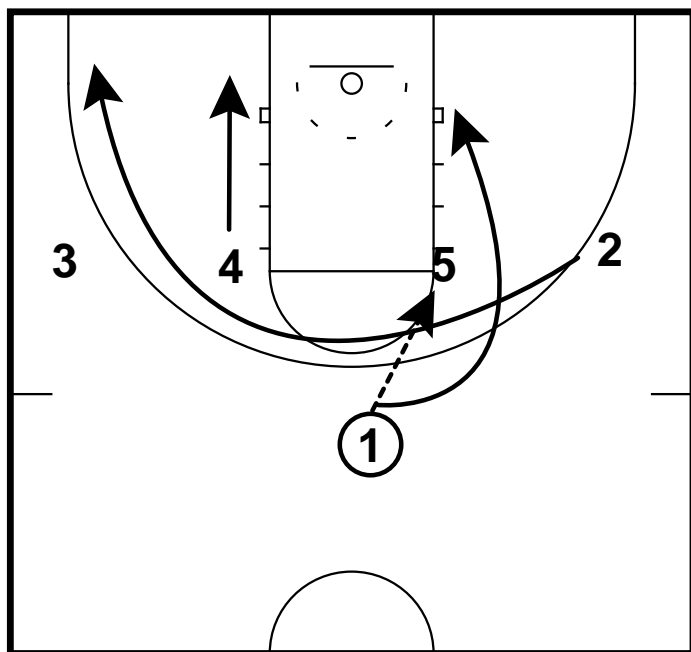
Frame 4



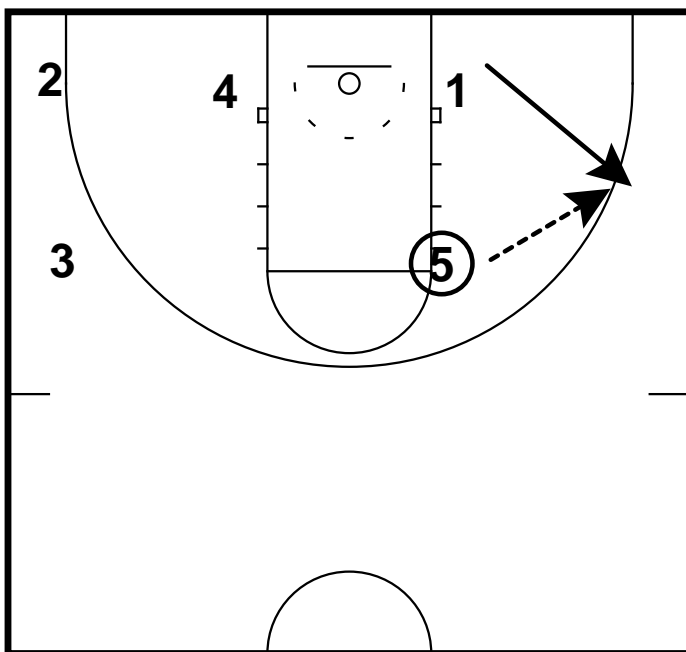
Players 1 and 5 set a staggered screen for 3. Player 2 looks to pass to 3.

# Brown U (Post Catch)

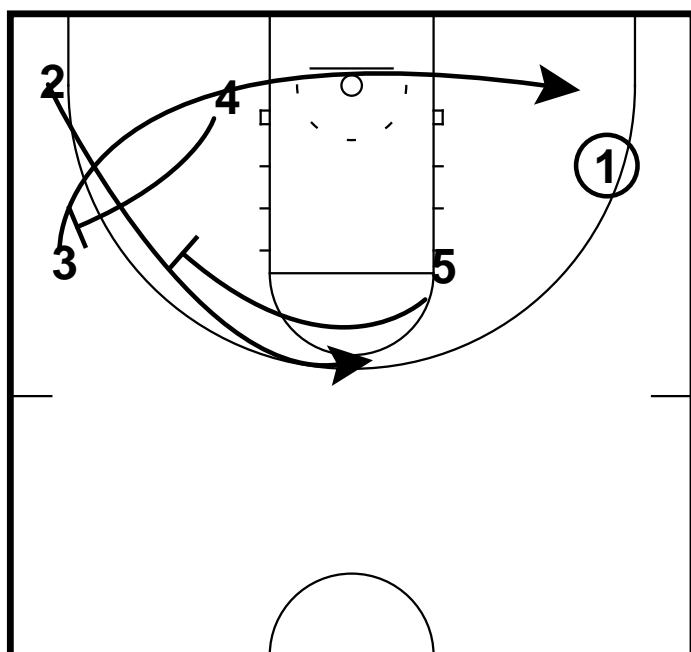
Submitted by Sarah Behn, Head Coach



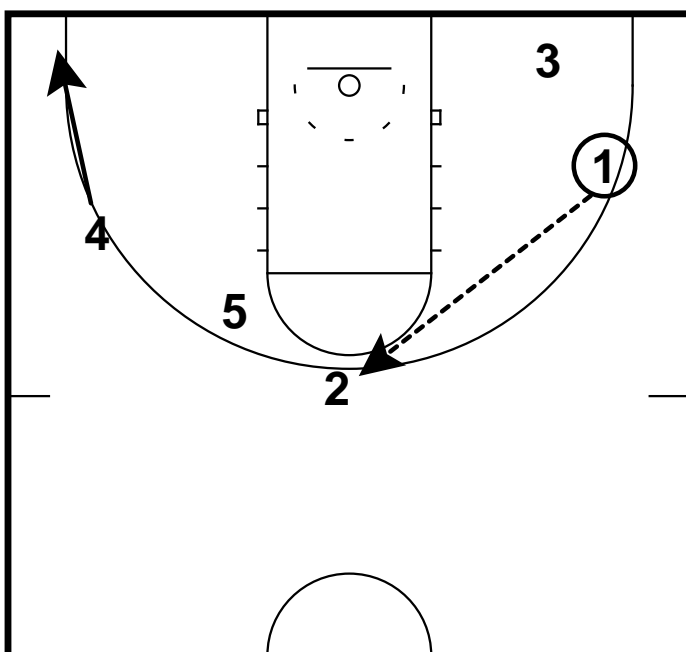
1 passes to 5 and cuts through right side of 5  
2 cuts left side of 5  
4 lowers



1 flashes to wing and gets ball passed from 5

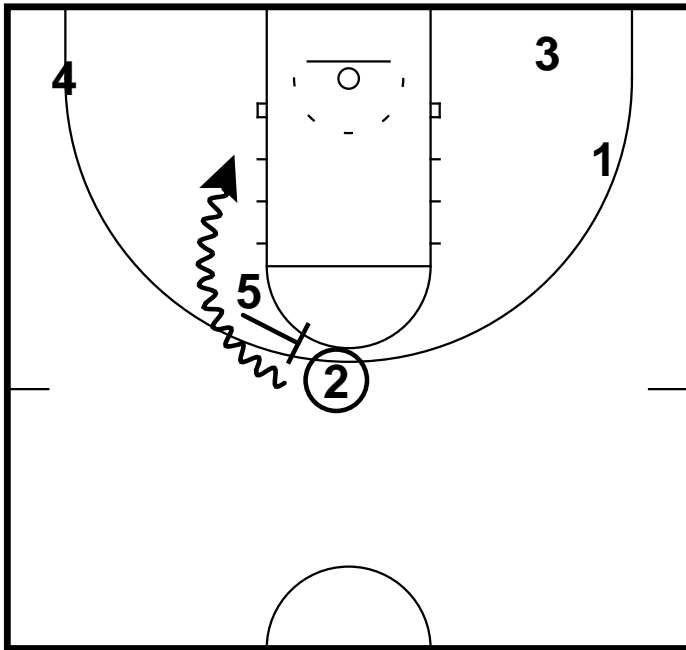


4 screens 3 who goes through  
5 screens 2 who cuts high



1 passes to 2  
4 drops

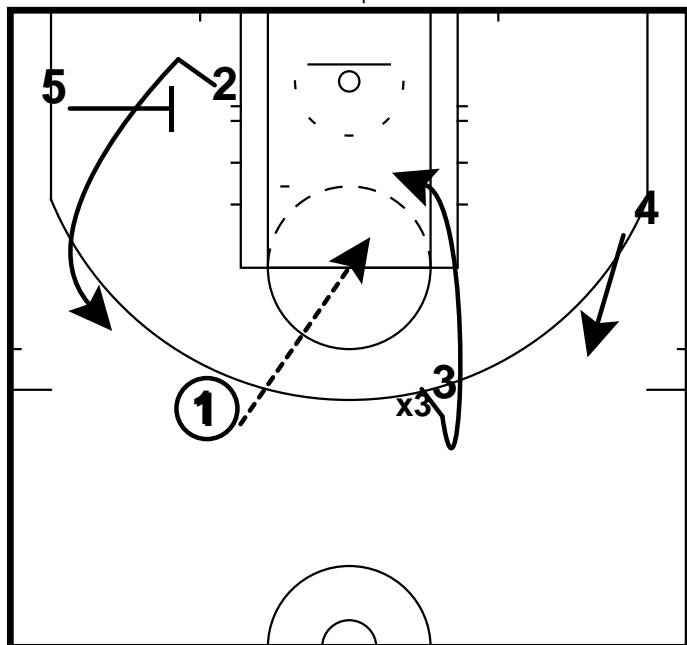
# Brown U (Post Catch)



5 ball screens 2

# Fordham WBB

## SPECIAL BACK Break Special



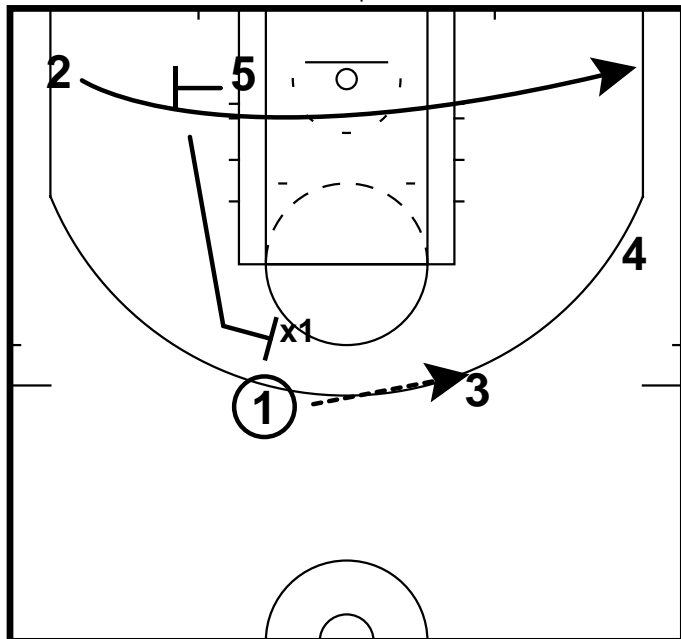
Back door look for our 3 if defense is denying hard.

1 dribbles over to the elbow extended  
3 sets her player up as soon as 1 is in position to make a pass back door.  
Right before this is happening, 5 sets a screen for the 2.  
4 pulls high calling for the ball.



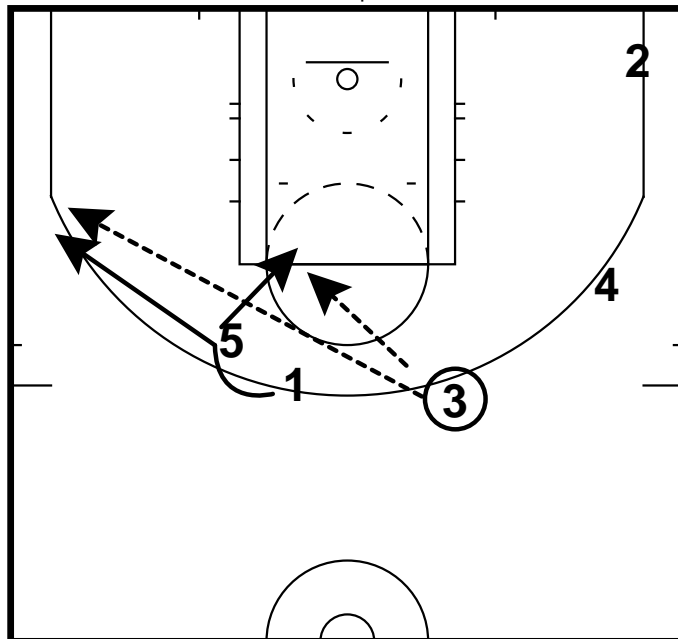
# Fordham WBB

SPECIAL FLARE  
Break Special



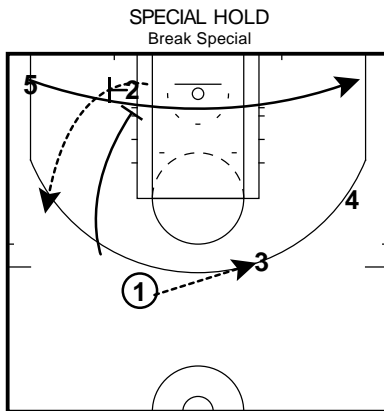
1 passes to the 3.  
2 comes off 5's back screen and goes all the way through  
5 then sprints up and sets a flare screen for the 1.

SPECIAL FLARE  
Break Special



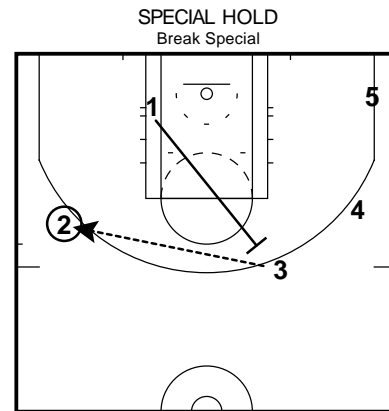
5 sets a flare screen for the 1.  
if 1 is open, 3 passes.  
if 1 does not have a shot, she can attack baseline side and  
feed 2 opposite.  
3 can also pass to 5 slipping the screen for a lay up.

# Fordham WBB

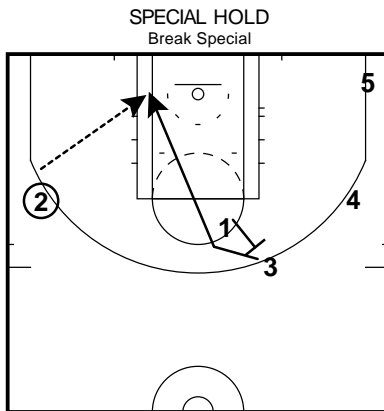


This play is for the 2 to attack the basket 1 on 1.  
Whoever's name is called - that person goes to the 2's spot.

1 passes to the 3.  
5 comes off 2's back screen and goes all the way through.  
1 screen downs for the 2.  
4 calls hard for the ball.



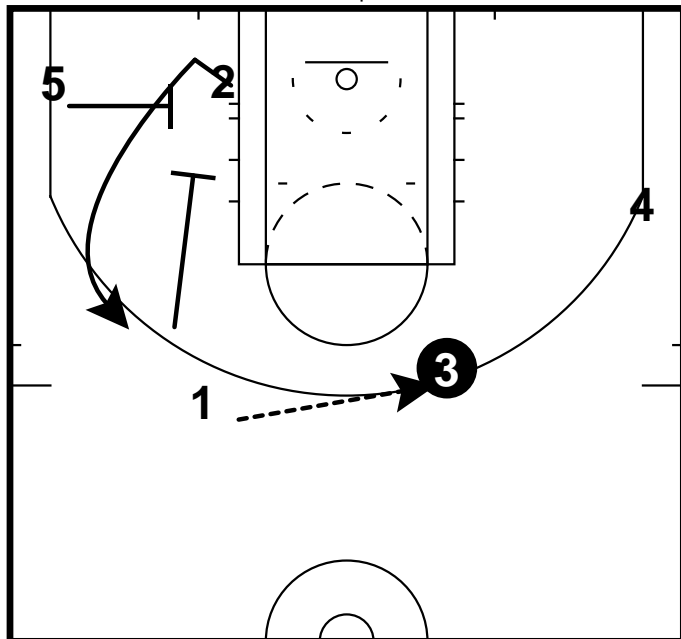
3 passes to the 2.  
1 sets a fake up screen for the 3 (1 MUST sprint up and call the screen out loud to make here defender believe the back screen is happening).  
4 and 5 interchange.  
2 attacks the basket.



**If 2 does not have the drive:**  
3 will come off 1's back screen.  
We can also switch 3 and 4 to ensure a bigger mismatch if 1's defender decided to switch on the back screen.

# Fordham WBB

SPECIAL NAME  
Break Special



This is a play for our shooter (2)

1 passes to the 3.

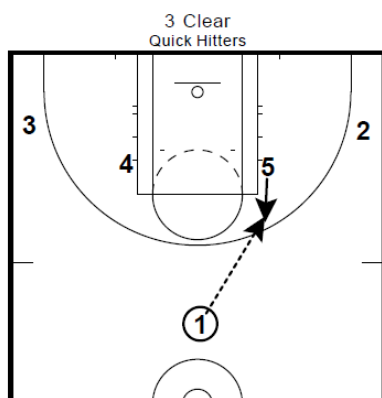
5 and 1 set a double screen for the 2.

3 passes to the 2 coming off double screen.

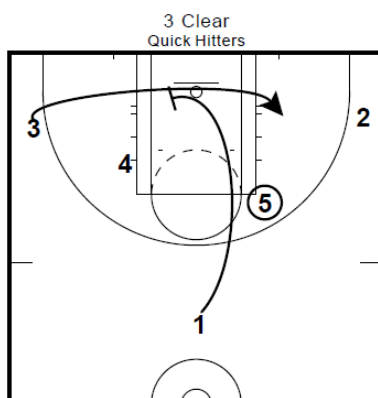
# St. Mary's College

## 3 Clear

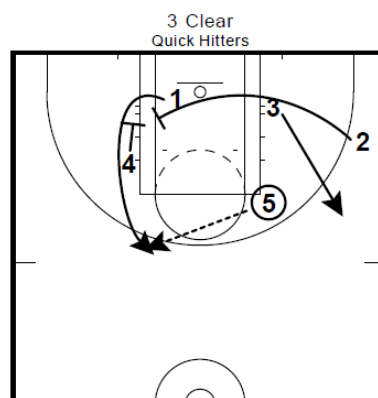
Submitted by Paul Thomas, Head Coach



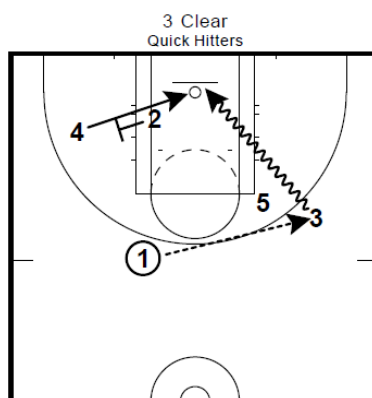
1 enters the ball to 5 in high post.



1 basket cuts, then screens for 3 cutting across the lane.



If 3 was not open, 4 downscreens for 1 who receives a pass from 5 as 2 screens across the lane.

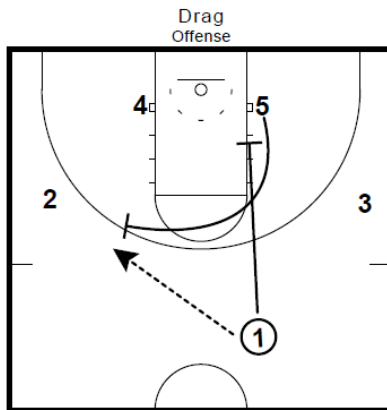


1 delivers the ball to 3 on the wing. 3 attacks the basket looking to score or dump to 4 coming off 2's screen.

# St. Mary's College

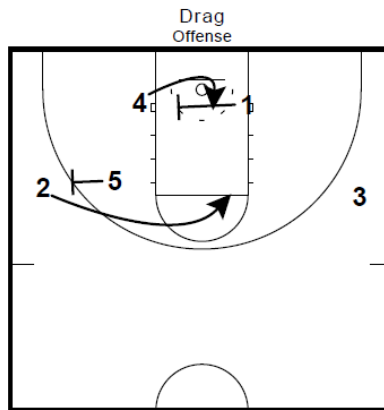
## Drag Offense

Submitted by Paul Thomas, Head Coach

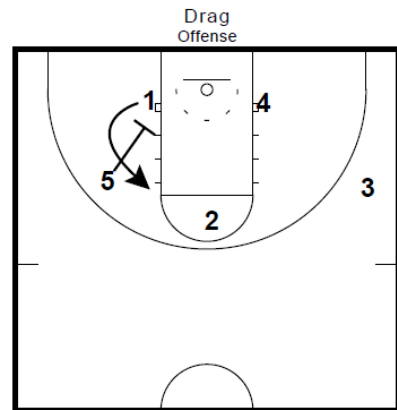


entry to the wing to look like normal offense  
1 sprints to screen for 5  
5 sprints to screen for 2

All Contents Proprietary



as 2 comes off the on-ball, 1 sets a drag  
screen for 4 coming across the lane



5 (the screener) dives and sets a down  
screen for 1

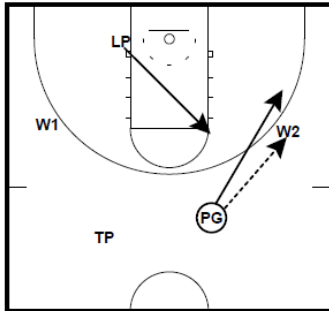
# St. Mary's College

Larry

Sets to "Offense"

Submitted by Paul Thomas, Head Coach

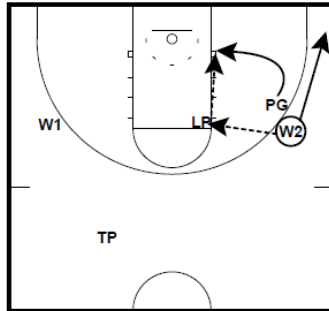
Larry  
Sets to "Offense"



On Pass entry to W2, LP will forward blast to ball side elbow, and PG will begin cut to ball side corner

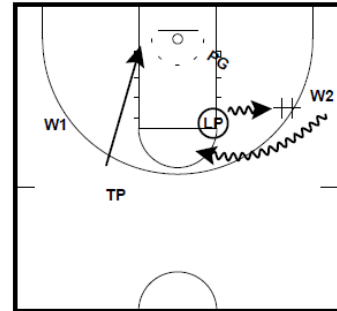
\*this play can also be run for whichever wing player has a smaller defender, put that person in PG spot\*\*

Larry  
Sets to "Offense"



When PG cut clears W2 will pass to LP at the elbow, on this pass PG will time her backcut to the basket looking to receive pass from LP

Larry  
Sets to "Offense"

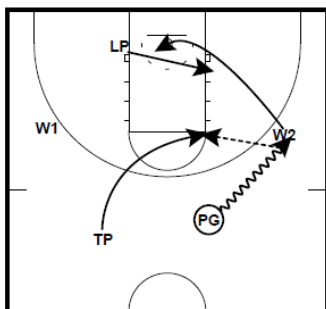


If the back door is not open then, look high low, if that is not there ball is passed to W2 who looks to enter ball to post. If none of this is available then W2 keeps and comes off and onball and into offense. PG will cut to corner

# St. Mary's College

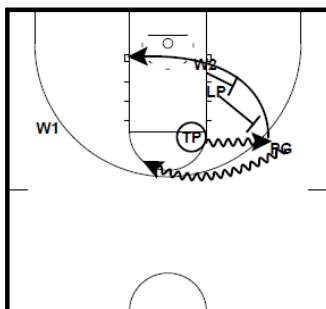
## Roscoe

Roscoe  
Sets to "Offense"



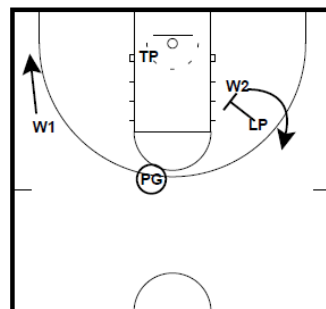
PG dribbles out W2 then makes a high post (on the elbow) entry to TP.

Roscoe  
Sets to "Offense"



TP runs a dribble handoff with PG. Then LP comes off two back screens for LP and W2

Roscoe  
Sets to "Offense"



PG has multiple looks:  
TP on post up, or  
W2 coming off down screen from LP