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# Basketball Zone Offense

Most teams play Zone defenses for various reasons, maybe to be able to contain a fast team, maybe they feel the opponents do not shoot very well from outside and many other reasons. Through the years a Zone defense has created problems for very good teams and has also won a couple of championships. Here are 10 key principles you can use or consider in designing any Zone offense.

## 10 Principles to Attacking any Zone Defense.

### 1. The Fast Break.

The first and easier way to beat a Zone defense is by a fast-break. Box out well and rebound, give a quick outlet pass go for your fast break. If the opponents scored, inbound fast and push the ball up the floor as quickly as possible, before the defensive zone can get set.

### 2. Out Number the defense (Overload)the zone

Outnumber the defense covering a Zone area. Some people refer to this as overload. By doing so, the defense finds it difficult to cover everyone, forcing a shift that will create an opening that could possibly lead to a basket. The diagram A here shows the possible approach you would give to a two guard front defense. Always go odd against an even front or even against an odd front alignment.

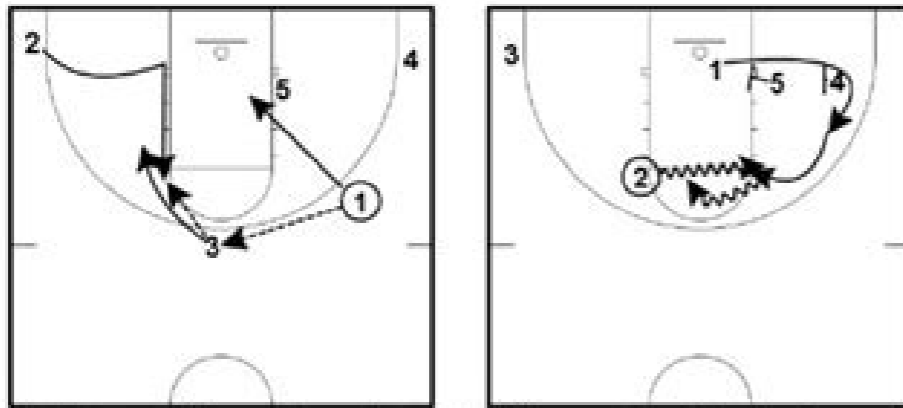


## June 4, 2010 Chalkboard

### 2 Los Angeles Lakers "Triangle" looks from last night

#### "Pinch Post Dribble"

This is a look off the triangle's fabled "pinch post" action that the Lakers love to put Kobe in because it allows him to be in the middle of the floor with the ball making decisions.

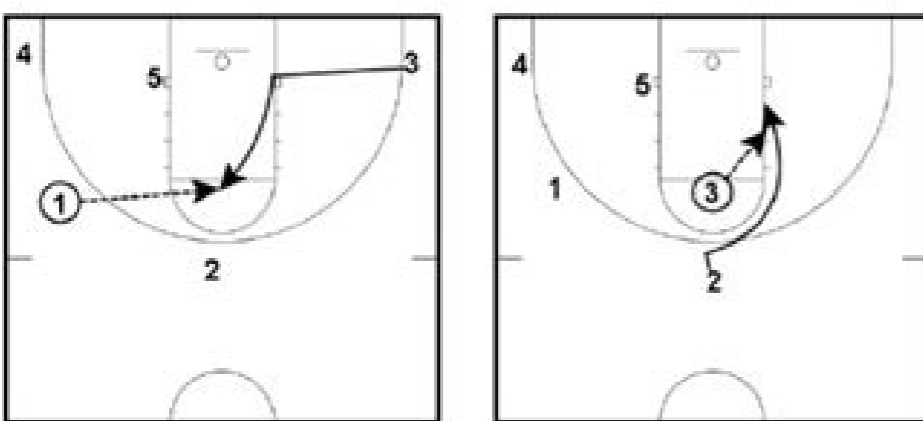


**Left Diagram:** The Triangle O being a sideline offense, 1 brings the ball up on the right side of the court roughly halfway between the sideline and the lane line. 1 passes it to 3 (the "key" guy) and cuts through. On 3's catch, 2 cuts to the elbow area (the "pinch post") and receives a bounce pass from 3. 3 follows his pass by running off 2 looking for a handoff.

**Right Diagram:** 5 and 4 set a double screen for 1 who curls and receives a dribble handoff from 2 looking to drive to the basket.

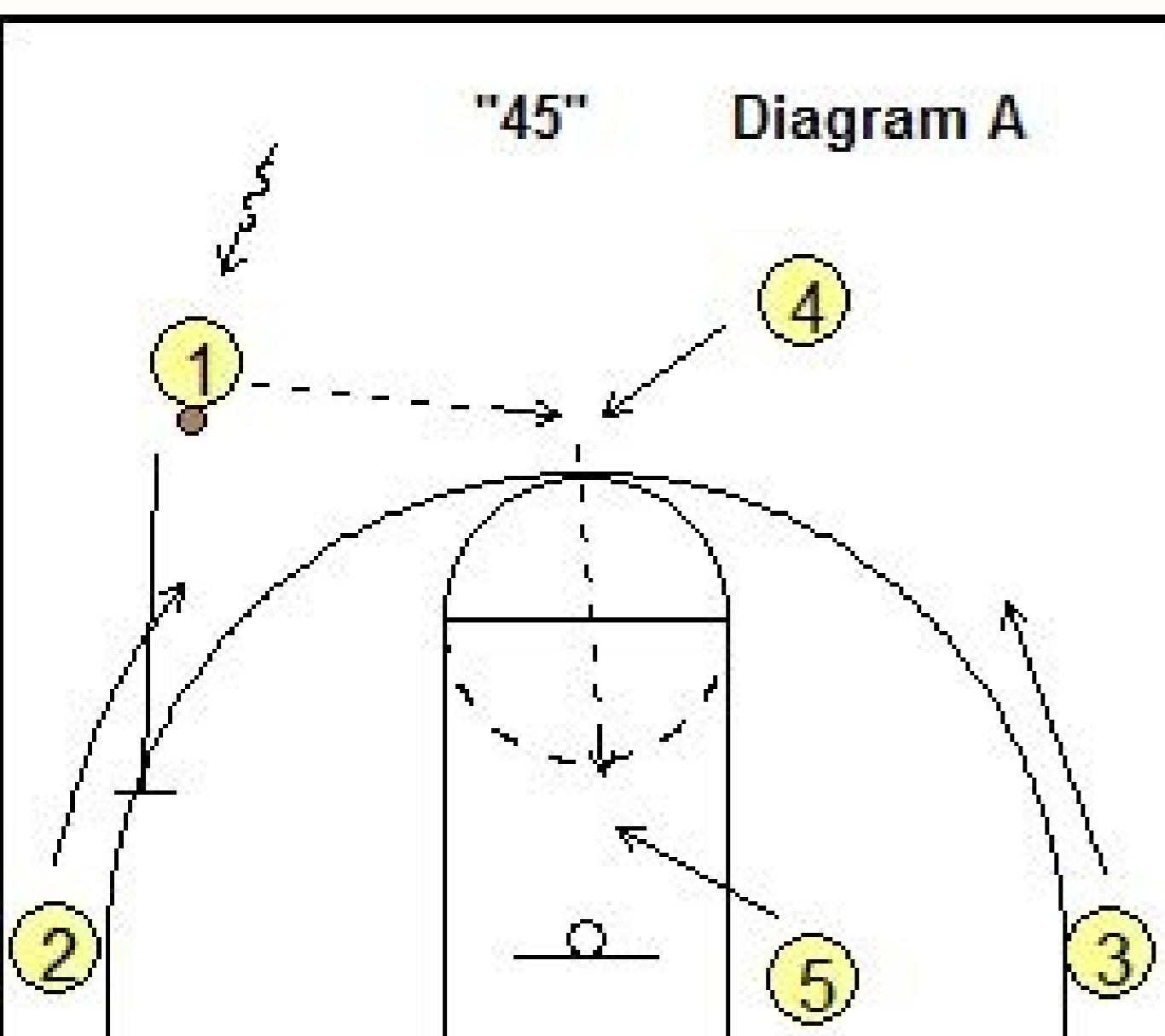
#### "Back Step"

This is a great pressure release within the Triangle Offense. Despite abandoning the triangle years ago, Uconn's women still runs this action when the defense pressures their passing lanes.



**Left Diagram:** With x2 and x4 denying the passing lanes and 1 unable to feed 5 in the post, 3 flashes from his weak side position to the free throw line.  
**Right Diagram:** On 3's catch, 2 steps left and busts backdoor to his right looking for a bounce pass from 3. It's such a tough situation for x2 to guard as he goes from heavy denial to actually being above the ball so quickly.

## "45" Diagram A





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