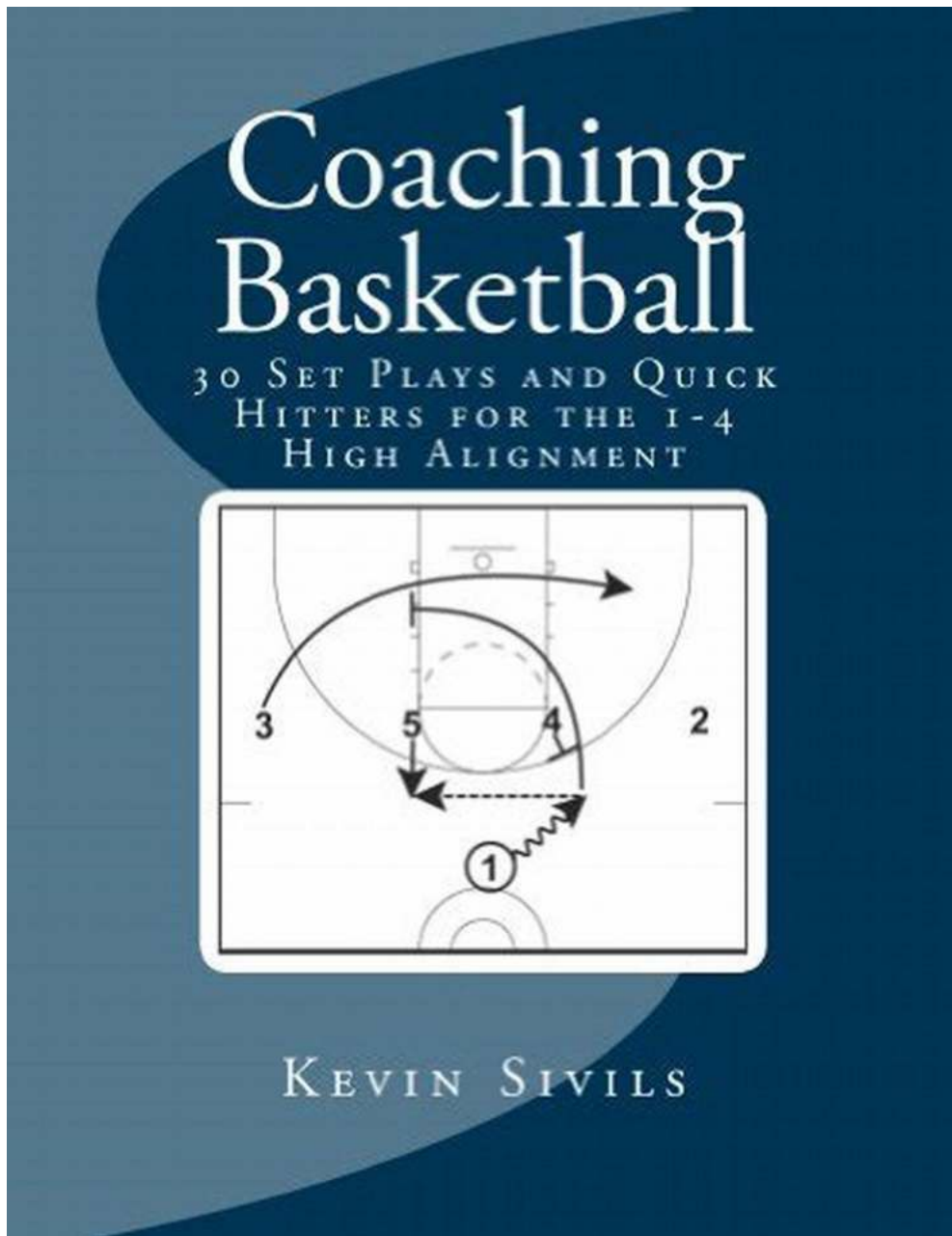


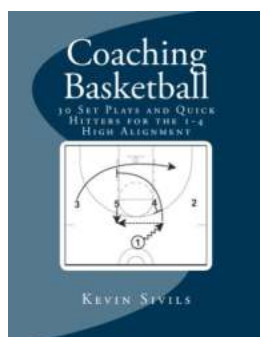
30 Set Plays And Quick Hitters For The High Alignment



Are you looking to elevate your basketball team's performance on the court? Well, you've come to the right place! In this article, we will discuss 30 set plays and quick hitters specifically designed for the high alignment, enabling your team to dominate their opponents and secure victory.

Why High Alignment Matters

The high alignment is a strategic offensive formation where players position themselves near the three-point line. This formation creates numerous opportunities for scoring, as it stretches the defense, opens up passing lanes, and provides clear driving lanes to the basket. Implementing effective set plays and quick hitters in this formation can surprise opposing teams and help your team gain a competitive edge.



Coaching Basketball: 30 Set Plays and Quick Hitters for the 1-4 High Alignment

by Kevin Sivils (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

Hardcover : 424 pages

Item Weight : 1.28 pounds

Dimensions : 6.14 x 0.94 x 9.21 inches

File size : 3014 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 86 pages

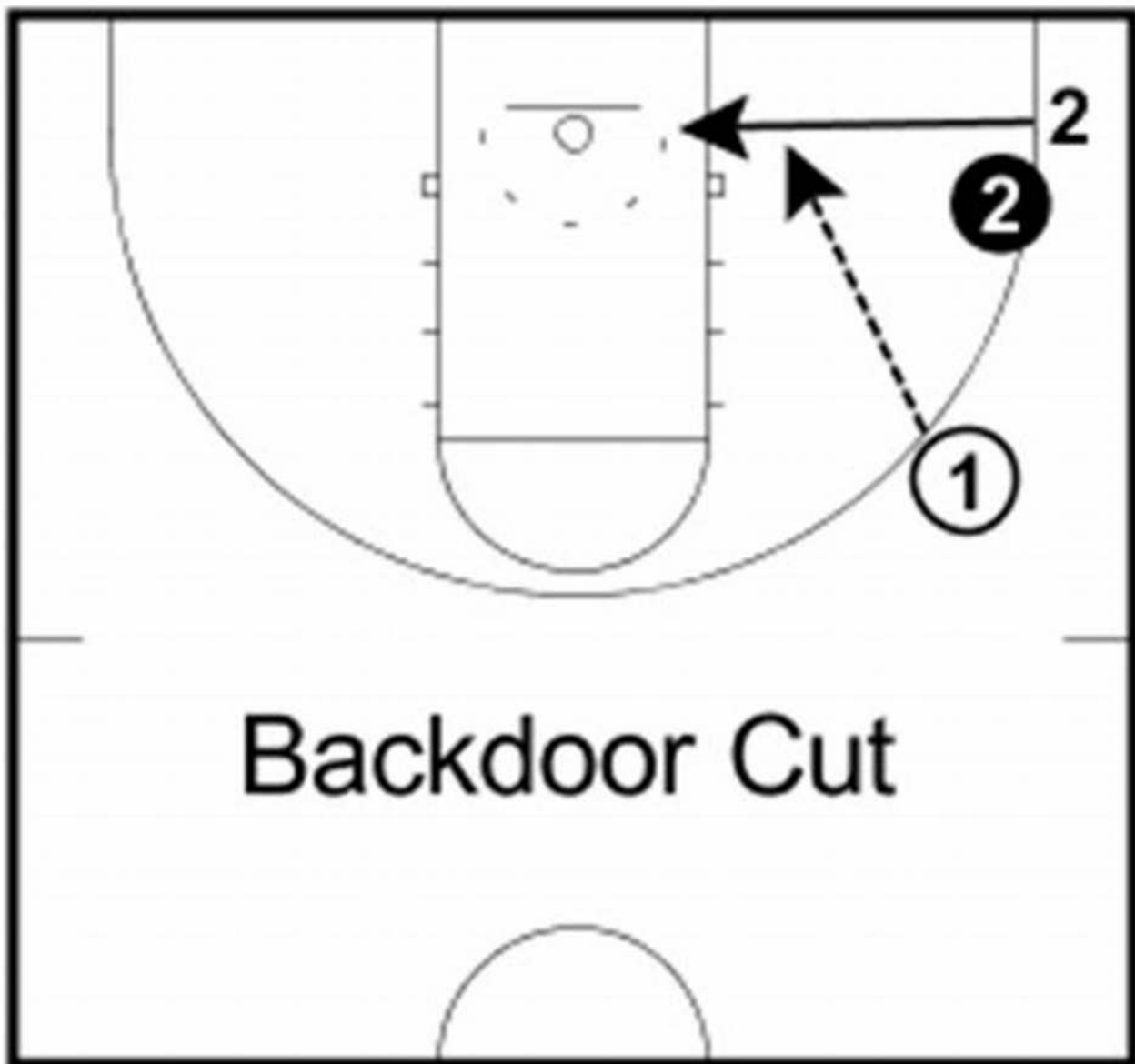
Lending : Enabled

Screen Reader : Supported



Play #1: The Backdoor Cut

One effective play is the backdoor cut. This play involves a player cutting behind the defender and receiving a pass for an uncontested layup. Proper timing, communication, and execution are key to successfully executing this play.

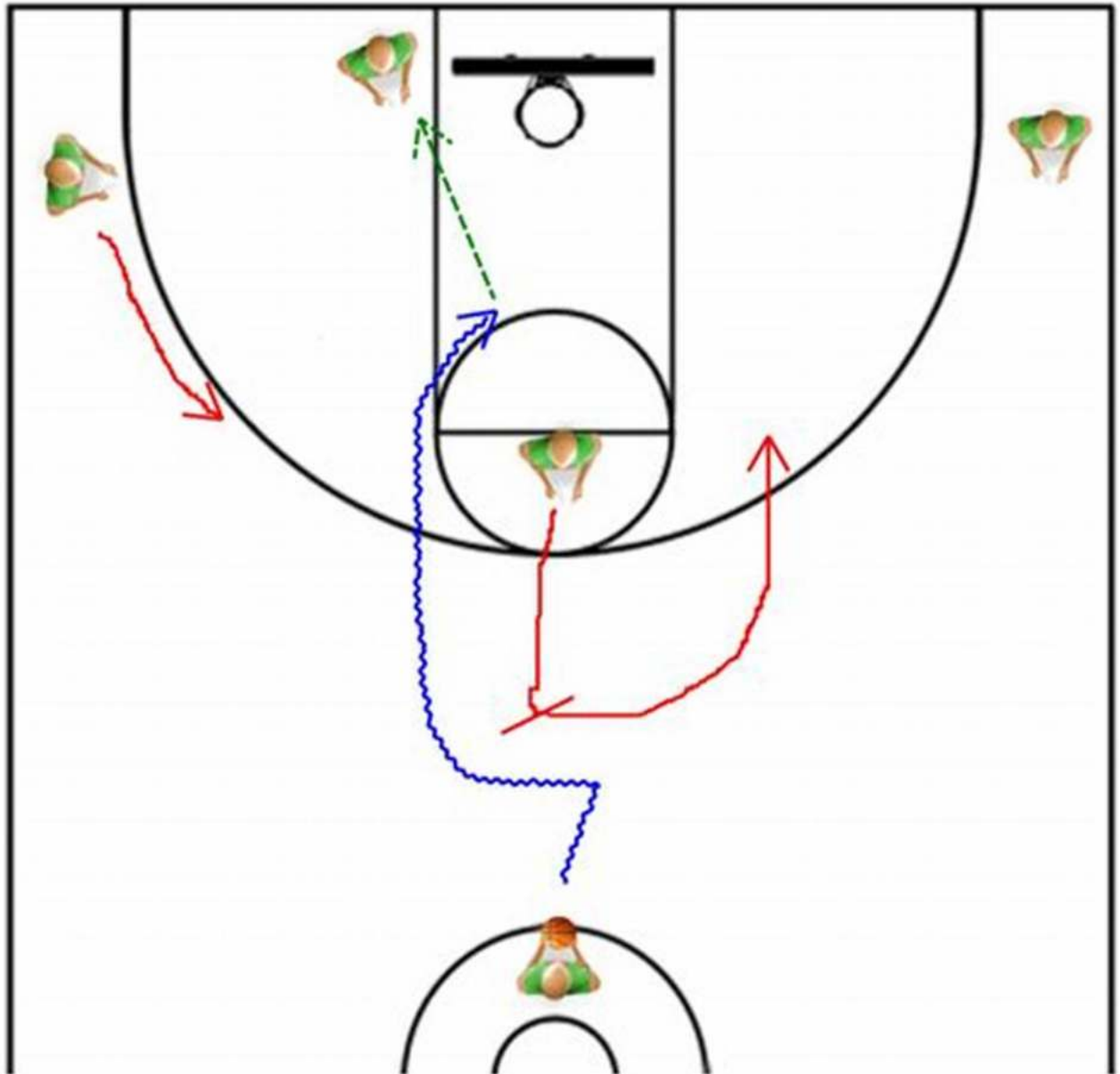


Play Design:

1. Player 1 dribbles towards the wing, drawing the defender.
2. Player 2 fakes moving towards the wing, then quickly cuts backdoor towards the basket.
3. Player 1 delivers a quick pass to Player 2 for an easy layup.

Play #2: The Pick-and-Roll

The pick-and-roll is a classic play that can be highly effective in the high alignment. This play involves one player setting a screen for the ball handler and then rolling towards the basket. It forces the defense to make a decision, creating scoring opportunities for both the ball handler and the roller.

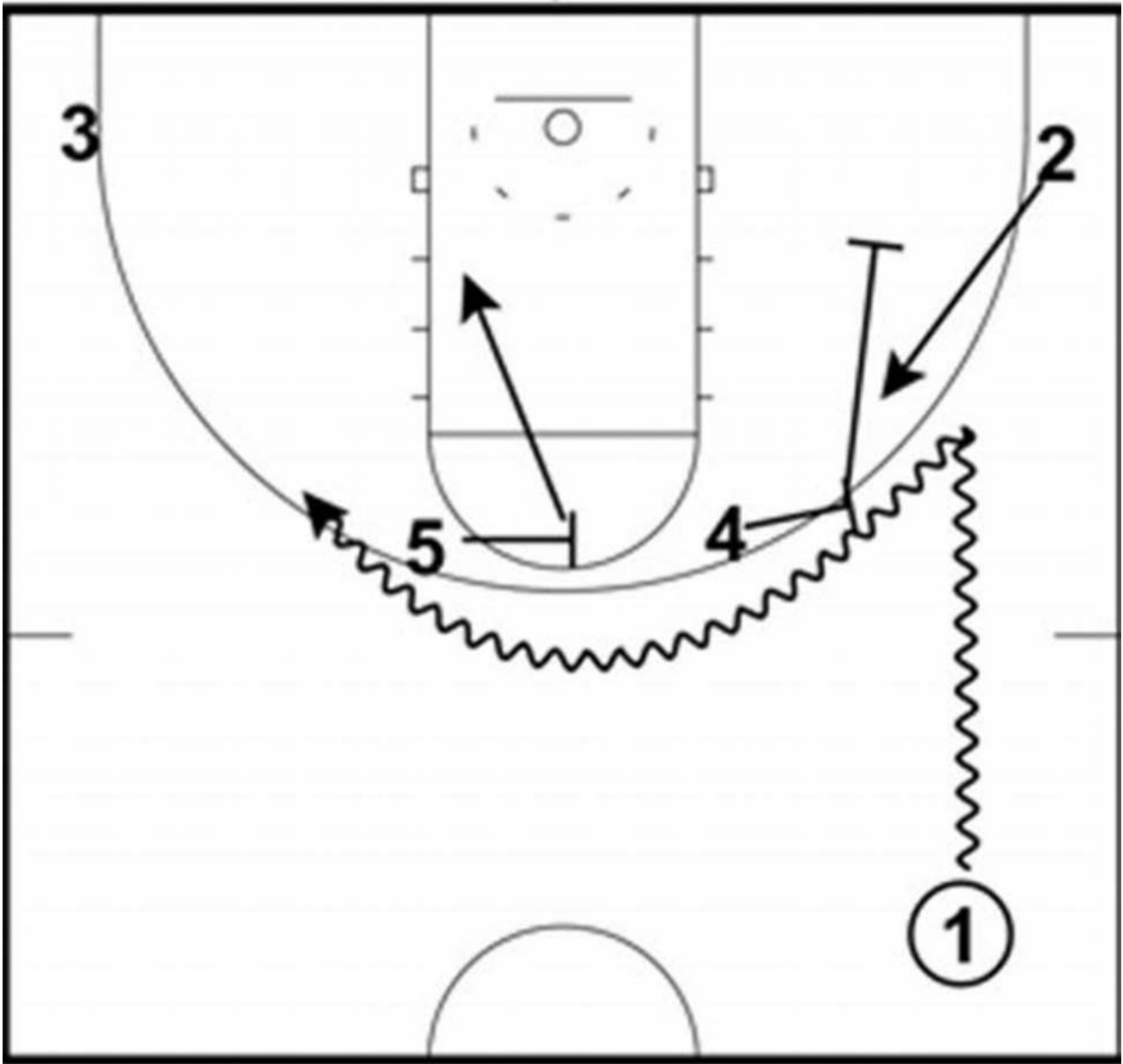


Play Design:

1. Player 1 dribbles towards Player 2, who sets a screen at the top of the key.
2. Player 1 uses the screen and drives towards the basket.
3. If the defense collapses on the ball handler, Player 2 rolls towards the basket, ready to receive a pass for an open shot or layup.
4. If the defense stays with the roller, the ball handler has a clear path to the basket.

Play #3: The Double Screen

The double screen play is designed to free up a shooter for an open three-point shot. It involves two players setting screens simultaneously, giving the shooter an opportunity to get open and receive a pass for an uncontested shot.



Play Design:

1. Player 1 and Player 2 set screens on both sides of the ball handler (Player 3).
2. Player 3 uses the screens to receive separation from the defenders.
3. Player 3 positions themselves to catch the pass from Player 4 and take the open three-point shot.

4. If the defender switches, Player 2 rolls towards the basket, ready to receive a pass for an easy layup.

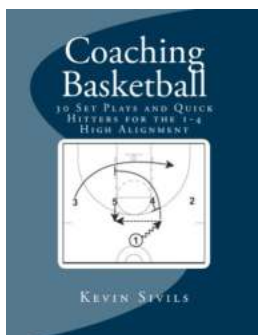
These were just three examples of the 30 set plays and quick hitters you can implement to elevate your team's performance in the high alignment. Remember to practice these plays diligently and adapt them to your team's strengths and playing style. By utilizing these strategic plays, you can outsmart your opponents and enjoy more wins on the basketball court.



Coaching Basketball: 30 Set Plays and Quick Hitters for the 1-4 High Alignment

by Kevin Sivils (Kindle Edition)

★★★★☆ 4.4 out of 5



Language	: English
Hardcover	: 424 pages
Item Weight	: 1.28 pounds
Dimensions	: 6.14 x 0.94 x 9.21 inches
File size	: 3014 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 86 pages
Lending	: Enabled
Screen Reader	: Supported



Why the 1-4 High?

Why run all of your set plays, quick hitters or entry plays from a 1-4 high set?
Good question.

Here are the reasons this alignment is great for all set plays:

Less is more. This one set keeps things simple for your players.

It creates excellent spacing. Offense is all about good spacing.

This alignment creates good scoring opportunities for every position.

It is easy to create plays for any type of shot necessary from this alignment.

The plays can be run to either side of the court simply by running the mirror image of the play.

It is very easy to get into from a numbered fast break system.

It denies the defense from establishing its defensive priorities, making this alignment difficult to defend from the onset.

What are defensive priorities? Regardless of the type of defense run, most traditional defensive systems want to establish the following priorities:

Be able to apply tremendous pressure on the ball and provide help to the on-the-ball defender.

Be able to provide help in any situation.

Protect the rim and low post areas.

Force the ball out of the middle to one side to establish a ball side and help side, allowing the defense to outnumber the offense 5-3 by virtue of the two help defenders.

Defend two offensive players with one defender if possible (usually a zone defense).

Establish good inside positioning for defensive rebound coverage.

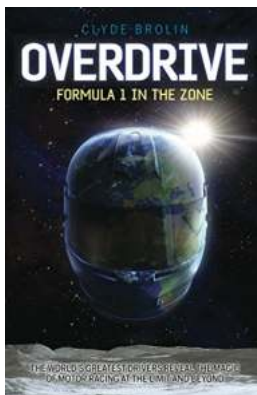
Clog the lane area with help defenders to prevent lane penetration via pass, cut or dribble; low post entry passes; backdoor cuts for lay-ups.

Some of the ways the 1-4 high alignment prevents the defense from establishing its priorities include preventing the defense from being able to establish a help side defense, forcing the defense away from the lane area and rim, opening the area up for penetration of one form or another, and requiring the defense to guard each offensive player, including the ball, with only one defender, and operating the offense from the middle of the court to initiate the attack.

In addition to the advantages the 1-4 high set denies the defense, it is versatile due to the fact all of the plays can be run as mirror images. Any play depicted being run to the right hand side of the court can be run in its mirror image on the left hand side of the court.

This short book contains 30 plays to attack man-to-man defenses, zone defenses, to obtain 3-point shots, low post shots, and on-the-ball screens to create penetration opportunities.

These simple plays are an excellent way to score after a time out, a dead ball or as an entry to motion or other offenses.



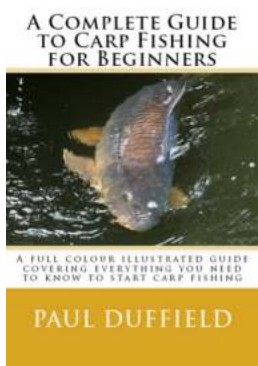
Overdrive Formula In The Zone: Unleashing Your True Potential

The pursuit of excellence and achieving peak performance is a common desire for many individuals, whether in sports, business, or any other aspect of life. It is the state...



Betsy and the Great World - A Grand Wedding Celebration

Are you ready for a heartwarming tale filled with love, adventure, and a grand wedding? Look no further than Betsy and the Great World, where the beloved character Betsy Ray...



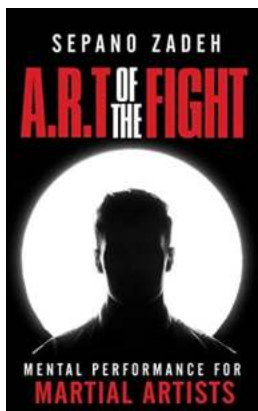
The Ultimate Carp Fishing Guide for Beginners - Land Your First Trophy Catch Today!

Are you eager to embark on your carp fishing journey but don't know where to start? Look no further! This complete guide will equip you with the essential knowledge and...



My Guide To Successful Relocation

Relocating to a new place can be both exciting and overwhelming. Whether you are moving to a new city or a different country, the process of uprooting your life and starting...



The Secret to Mastering Martial Arts: Unveiling the Power of Mental Performance

If you are an aspiring martial artist, you are probably aware that physical strength, technique, and discipline play significant roles in your training. However, there is...



The Captivating Tale of Young Love in Mail Order Bride: A Historical Romance Extravaganza

Love has always been a driving force that transcends borders, cultures, and time. In the captivating world of historical romance, one subgenre that stands prominently is the...

