

# Northern Basketball

## Special Situations

- **Jump Ball:** Sandwich, hands up, BOPCRO, steal, run secondary, violate
- **Baseline OB Defense:** Body up, tag, free man, fist to trap corner
- **Sideline OB Defense:** On/up line, free man, ball side of screen, Purdue adjustment on/up handler, 130 let it in with free man in front of post
- **1-4 Low Defense:** Fake trap, 1-1-3 tandem, dork trap, cross fist and rotate out
- **Delay Game Defense:** Regular, zipper, trap, foul (grab left wrist)
- **Sideline OB:** Spread, line, secondary, Kentucky, Purdue, wrong way play @ half, short seconds slip a screen
- **Free Throws:** X, Y, slow X, Miss it X, Violate if ahead, double violation
- **Presses:** Fast break, 12/13/14 vs. zones, spread, line, Iowa State, spread pull Iowa State, Kentucky run out, step out Kentucky run out, 1.) Best in-bounder 2.) Three available with deep diagonal finisher 3.) Best in middle 4.) Post commits ball side 5. Shorten the pass 6.) Reverse it twice 7.) Engage 2 8.) Crack back 9.) Clear crack back 10.) Attack the middle 11.) Pass fake and look opposite 12.) Step out and step in free throw shooter when they are fouling
- **Pressure:** CLOCK – attack it with chaser, back screen, be aggressive, 5 and 5 high, down
- **Comeback Game:** Platoon shooters / foulers / defenders, keep rebounders in on free throws, getting three's (crack backs, 33/66, down to a 3, #1 penetrate, green, up, Florida up, Denver
- **Triangle and 2:** #1 play into motion, use zone defenders for screens
- **Box and 1:** #2 motion with 1 player screening and use the zone defender as a screener
- **Giving a Foul:** Fouls to give, three point lead. Don't foul \_\_\_ Who to foul \_\_\_
- **Last Shot of the Game:** Who, What, When – rebound to stop or get put back – long heave off 1 foot at buzzer, one more dribble, trap the dribbler with the shadow, foul if up three in short seconds
- **Full Court Specials Verses Pressure:** Spread, spread Iowa State, spread pull Iowa State, Kentucky, Wake up, home run, line (especially if they are fouling)
- **Don't bank timeouts, cant eat them, use wisely control tempo-running TO's**
- **Who has the possession arrow:** Double violate to get possession when on defensive or offensive free throw, don't let them
- **Don't leave the bench or celebrate on last shot (technical)**

### Substitution

Listen to instructions  
Report to scoreboard  
Ref beckons you in  
Run in, touch and talk  
Run off and get instructions

### Match Up Point and Talk (Bump or Trap)

Positioning, anticipation, and technique  
Guard someone, don not guard air  
No two on the ball / front the post  
Keep it out of the middle, drives and high post  
Rear end to baseline / hoop count the sideline  
Middle post defender talk constantly

<p><b>Motion ----Sureness----Shot Discipline----OBC</b></p> <p>Tight triple threat face spacing  Center the ball, reversals  On top twice, slow the ball down on top  Pipe cuts  Basket cuts  Back pins  Back flares  Indiana's  Curl screens to post or pop  Cut and space  Drive and space  Concepts vs switches  7 passes no dribble</p>	<p><b>Man vs. BOB</b></p> <p>1 = top  2 = Post spin or OOP  3 = Triple  4 = 4 triple  5 = Box up  Flex / flex box up  Box step out and step in</p> <p>**** Single/double away for inbounding shooter</p>
<p><b>Zone Attack ----Sureness----Shot Discipline----OBC</b></p> <p>San Francisco  Inside – no perimeter lapses  Flash middle pocket / short corner  Basket cut / short cuts  Dribble off and step out top and corner  Indiana's and Indiana off step outs  Screen in / seal in / post next one  Screen in for flasher to pocket / seal out  Pass fake / shot fake  Pass back into 3 or more  2/1 weak side boards</p>	<p><b>Zone vs. BOB</b></p> <p>Box screen in  Box X  Box step out / screen in  Box step out / screen out  Stack  Oklahoma  #1 Top  Screen in for inbounder</p>