



New Berlin Athletic Association
P.O. BOX 51123 New Berlin, WI53151-0123

SAMPLE PLAYS

BASKETBALL DRILLS

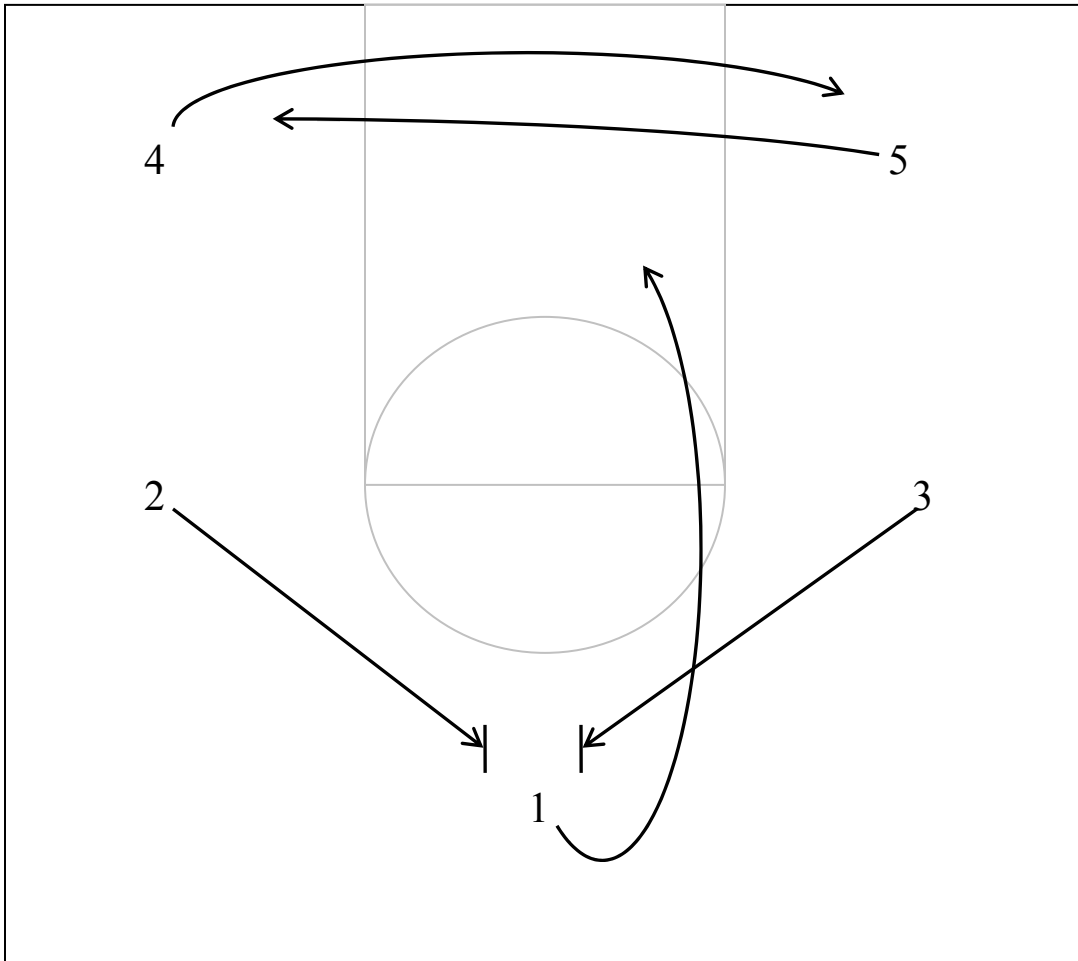
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10 SAMPLE PLAYS

10.1 Screen & Roll

Level: Beginner



Steps

- 1 calls the play.
- 2 and 3 set double high screen.
- 4 and 5 cross. Be ready for a pass.
- 1 dribbles around screen (either direction) *shoulder to shoulder* with screener and goes to the hoop.

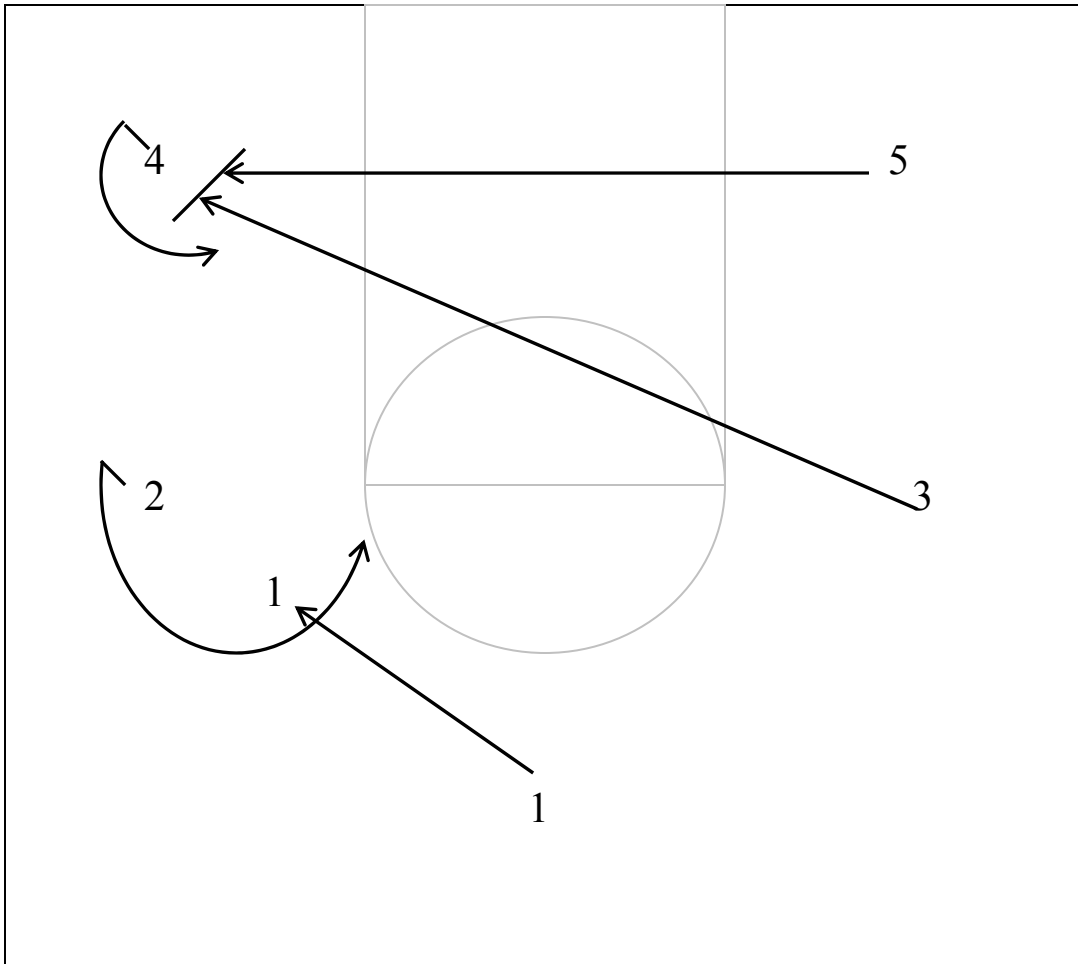
Options:

- If 1 is stopped by the defense in the lane, she looks to pass to open player 4 or 5.
- 2 and 3 “roll” to the hoop and look for pass.

SAMPLE PLAYS

10.2 Screen to Handoff

Level: Beginner



Steps

- 1 calls the play.
- 3 and 5 set double screen away for 4.
- 1 and 2 execute a screen to hand-off.
- 2 takes the ball to the hoop.

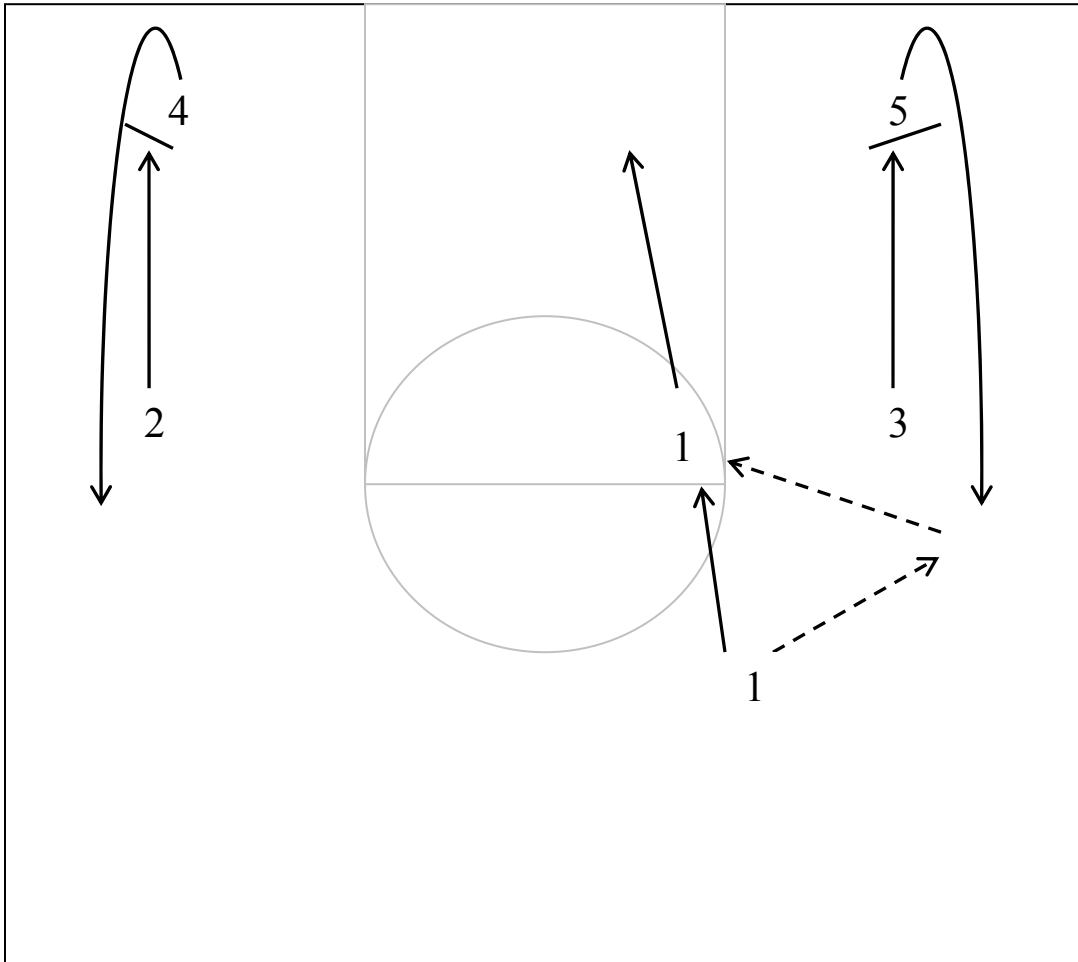
Options:

- 1 does not handoff to 2. She keeps ball, pivots toward the basket and passes to 4 or 2.
- 2 must continue to run-through.

SAMPLE PLAYS

10.3 Give-n-Go

Level: Intermediate



Steps

- 1 calls play and “cheats” to the side she is going to pass to.
- 2 and 3 set screens for 4 and 5 (called “pin down”).
- 4 and 5 peel around screens *shoulder to shoulder* and run to the wing (“pop out”).
- 1 passes to 5 *while she is still on the move*. Lead her.
- 1 breaks down the middle.
- 5 passes right back to 1.
- 1 takes it to the basket for a lay-up.

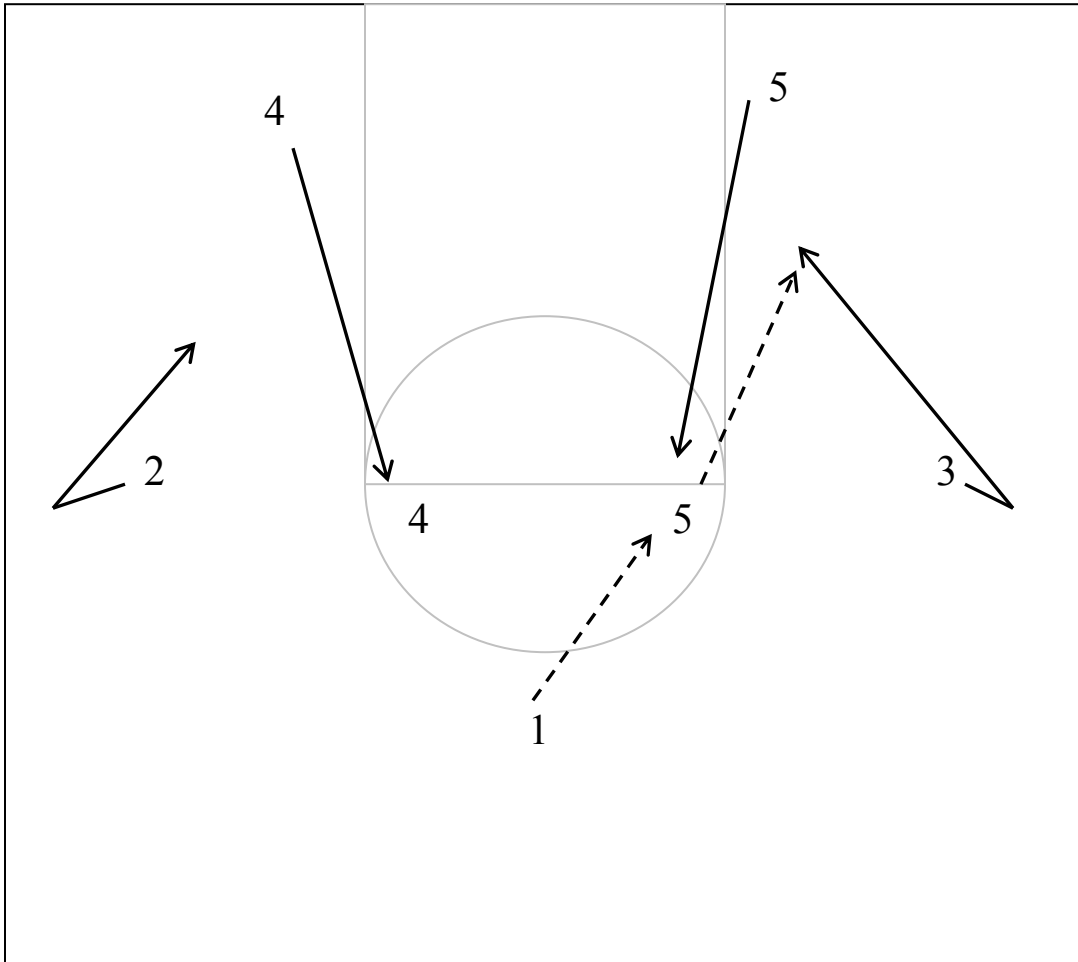
Options

- Can run it to either side.

SAMPLE PLAYS

10.4 Back Door Cut

Level: Advanced



Steps.

- 1 calls the play.
- 4 and 5 break to the high post.
- 1 passes to 5 *while she is still on the move*. Lead her.
- 2 and 3 fake away, then cut to the basket.
- 5 catches, pivots and passes to 3 for the lay-up.

Options

- 1 passes to 4 if 5 is covered.
- 4 passes to 2 cutting to the basket.

