



# Beginner Youth Basketball Plays

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# Introduction

This playbook was designed specifically with the rookie youth basketball coach in mind. All of the plays included in this playbook have actually been tested and refined by our coaching staff thru actual game day experience. We know for a fact that these plays will work for ANY youth basketball team regardless of coaching experience, player experience or talent level.

We hope that you find success this season, but above all we hope that you enjoy your youth basketball coaching experience as much as we have. Coaching a youth basketball team can be a very rewarding experience and we hope that by using these "court-tested" youth basketball plays you are one step ahead and enjoy your season even more.

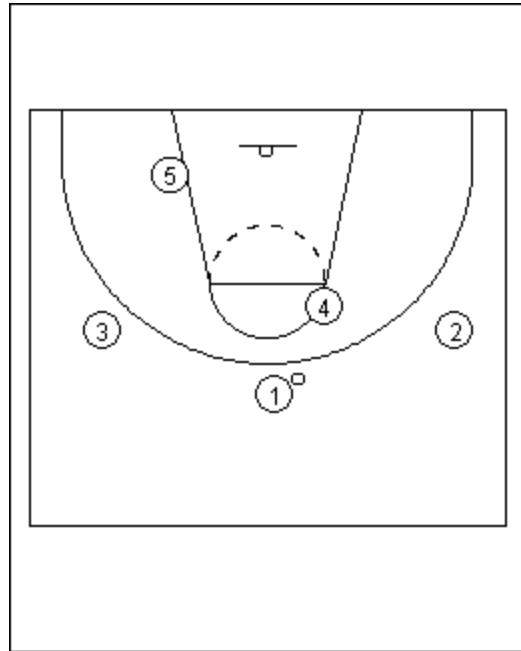
Good Luck and Have Fun,



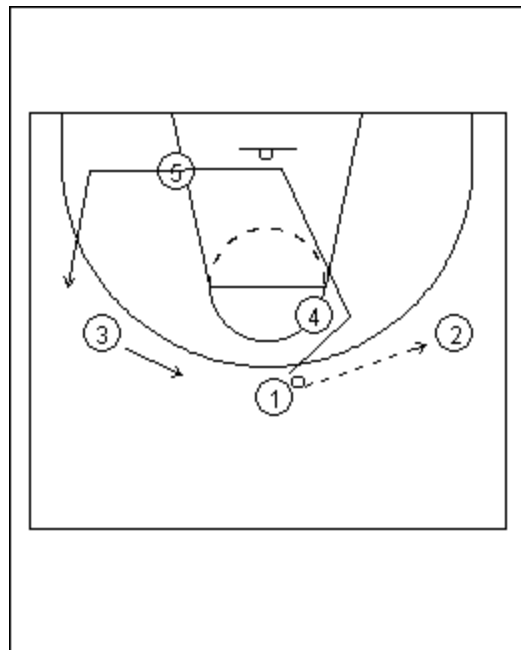
John Wamer  
*CoachYouths Founder*

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**(#1) 1-3-1 Offense: EASY 1-3-1**



Start position is a 1-3-1 with two wing players a High post and a Low post.

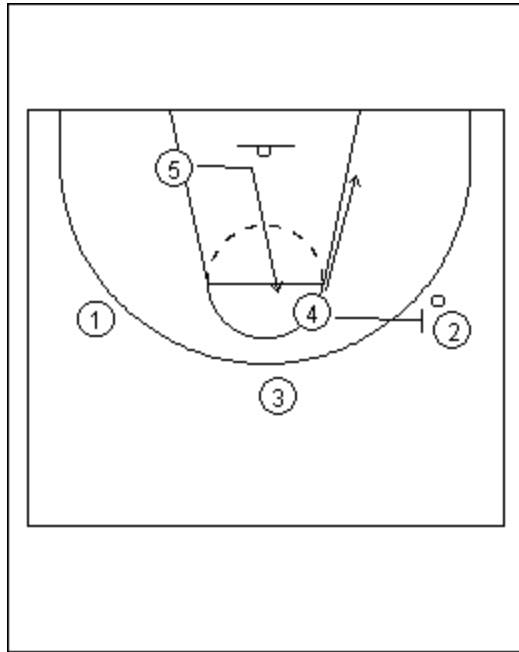


The play should start on the weak-side.

If this is not possible we play an overlay (square out-fit), or the low center frees the side.

As the first option the guard cuts to the basket using the (High post as a screen)

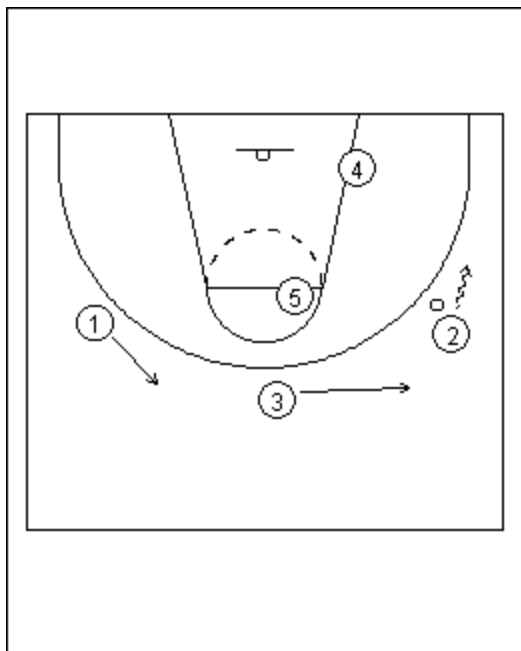
The other forward fills the place of the guard.



The next option is decided by the player on the high post.

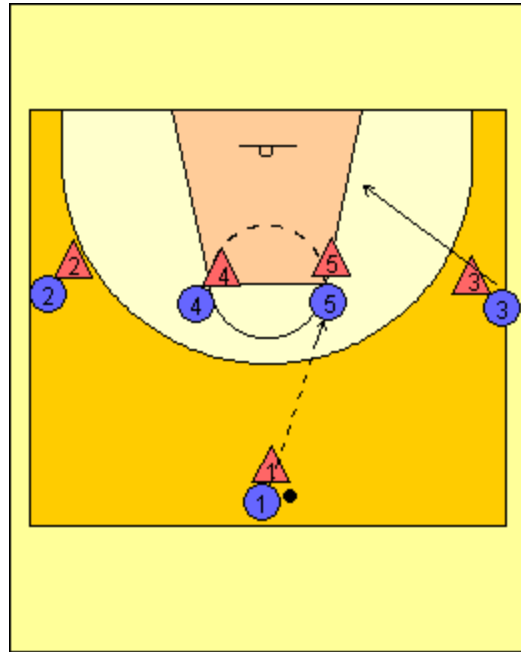
a) simple CUT to the board followed by posting up in the low post.

The low post cuts to the basket and takes the high post position.



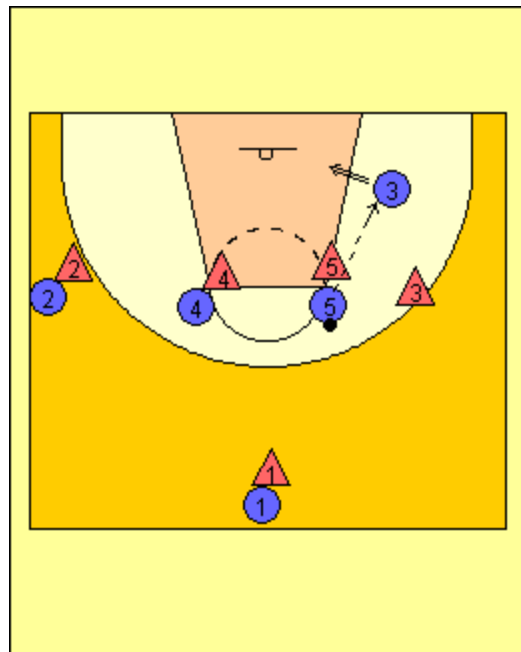
If both center playes are posting up on the ballside we can play a strongside square.

(#2) 1-4 Offense: **BACKDOOR**



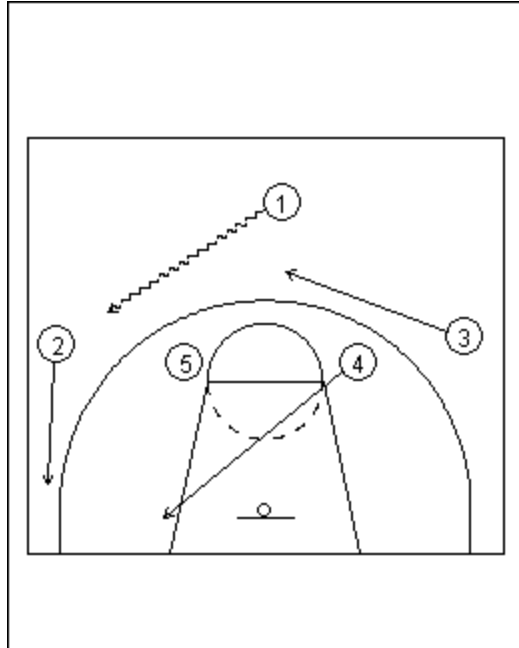
Starting in the 1-4 position the ball is passed to a high post.

3 makes a v-cut and cuts to the basket.



3 gets the backdoor pass from 5 and scores.

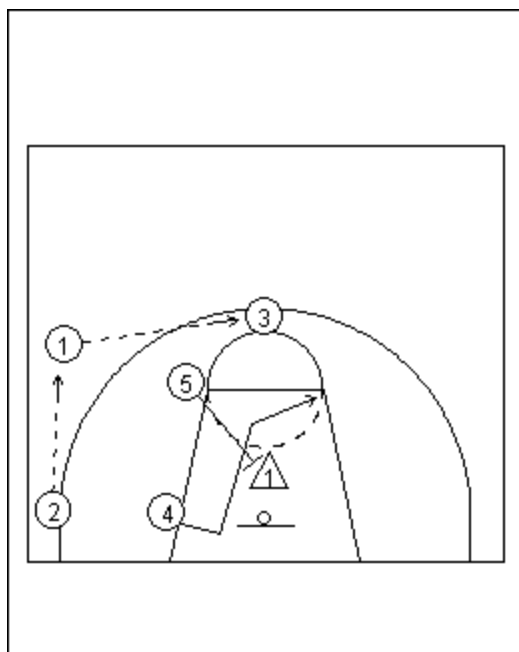
### (#3) 1-4 Offense: **OVERLOAD**



1 dribbles to either side after calling "O"

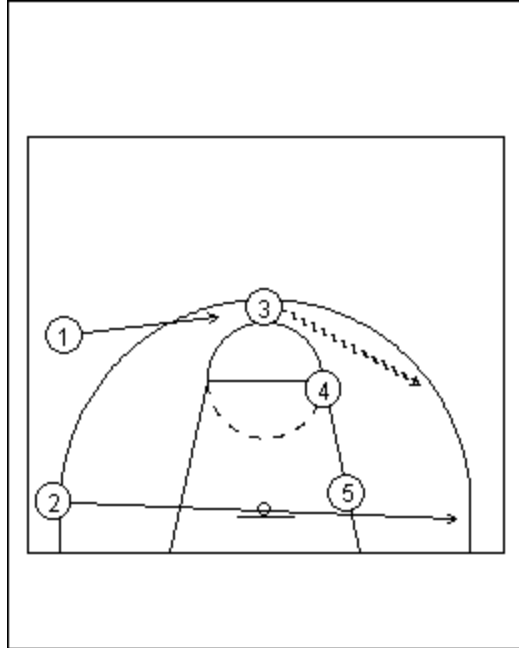
2 and 3 step-slide with 2 going to the corner and 3 step-sliding around arc keeping good spacing. The opposite post (4) crosses over and post up on the block.

Option 1: Our first option will be to see if we can hit 4 on the cut or 5 in a solid post-up position on the defense. If we cannot get the ball inside or the 4 or 5 kick it back out, we now have the option of a shot or to start reversing the ball.



Option 2: When the ball goes from the wing to the top of the key, the 5 will screen the middle defender in the zone as 4 cuts. If 4 does not get the ball for the easy

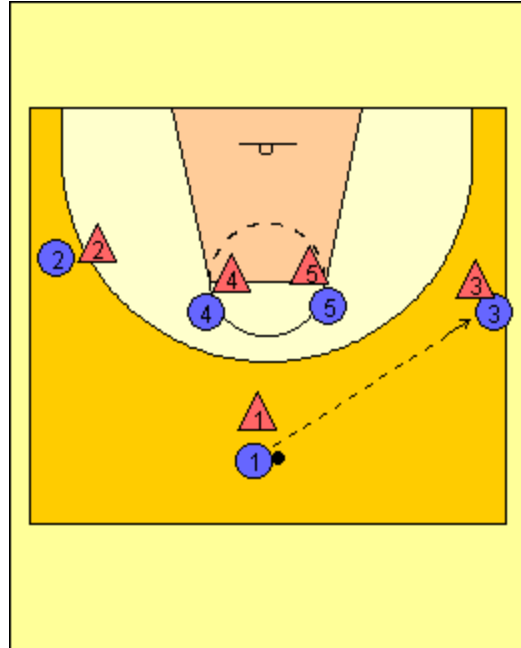
shot, then 4 continues on to the high post. After making the solid pick, the 5 will finally release and go to the low block.



Option 3: If the pass is not made to the middle, then the 3 will start dribbling over to the other wing with the 1 following by step-sliding and filling 3's spot. The 2 will cut to the opposite corner as soon as he sees the 3 taking the ball to the other wing. This now sets us up in the overload on the other side and we continue running our cuts and rotation until we score.

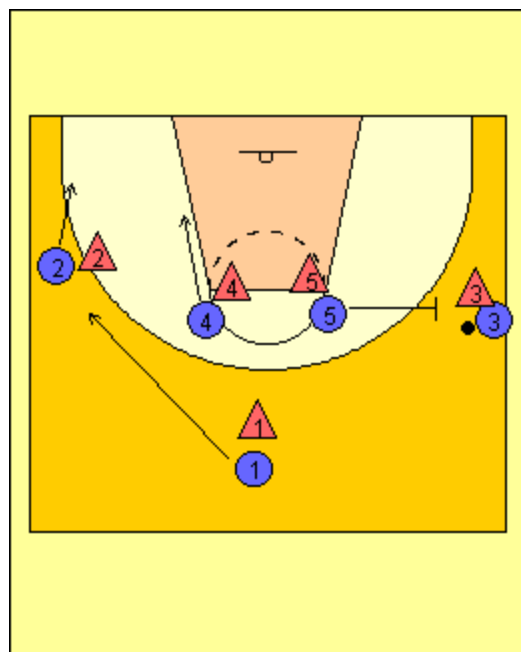


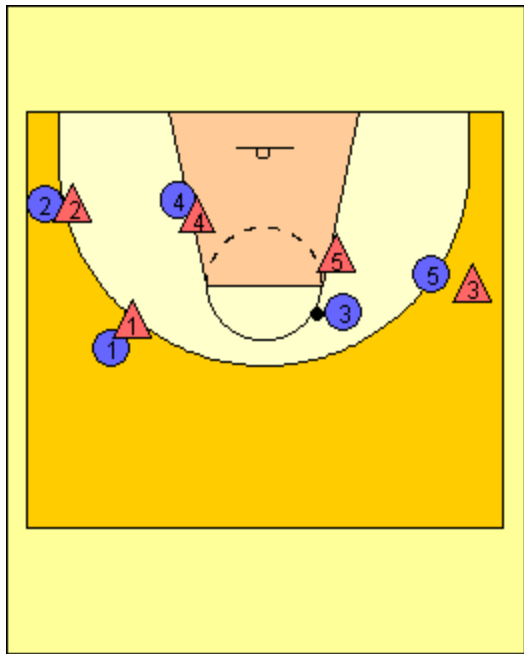
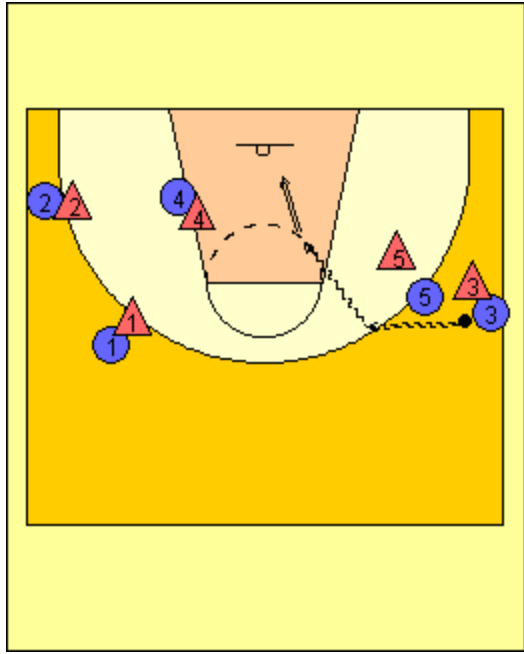
(#4) 1-4 Offense: **HIGH PICK-N-ROLL**

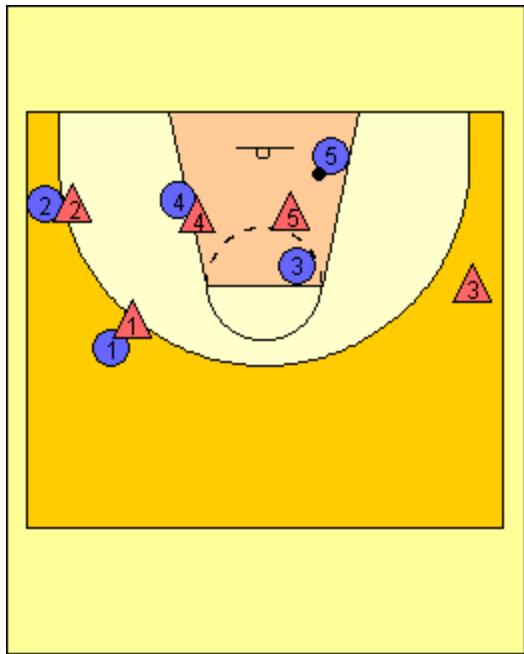
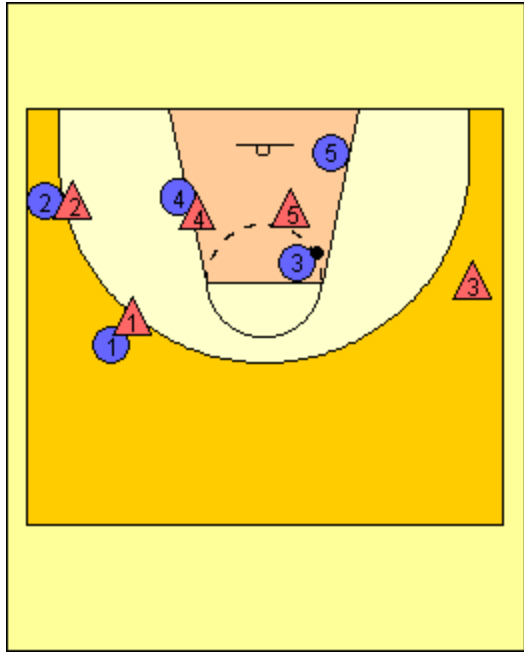


1 pass 2. The 1 - 2 and 4 are making a triangle. 5 sets a side screen.

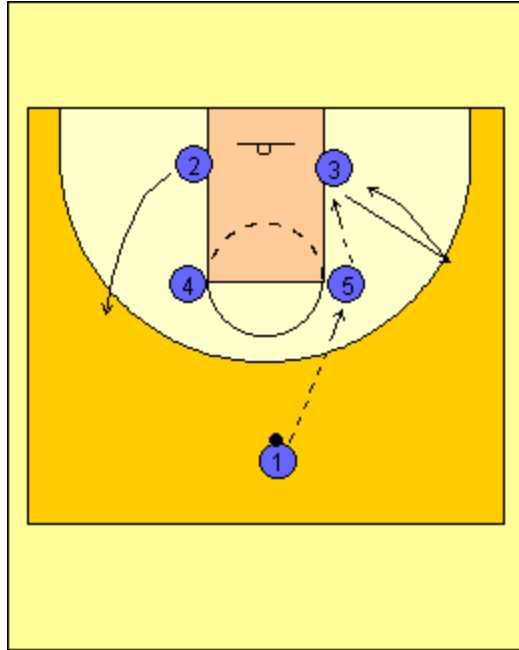
3 and 5 are playing pick and roll. This option is only used after another option is played. The defense has to be broad in its motion.







## (#5) Box Offense Play: **BACKDOOR**



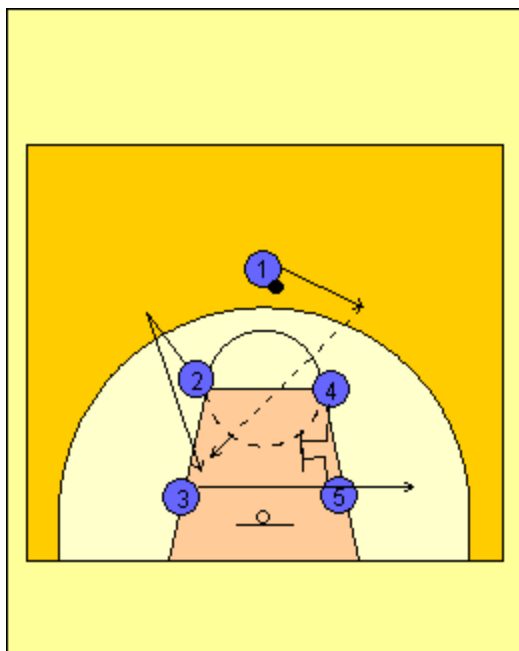
When facing tough man-to-man pressure, this backdoor quick hitter is a good play.

The #2 and #3 men break out quickly to the wings.

When the pass goes from #1 to #5, #3 immediately cuts backdoor for a layup.

This is more effective than playing it from a 1-4, due to the movement of 2 and 3.

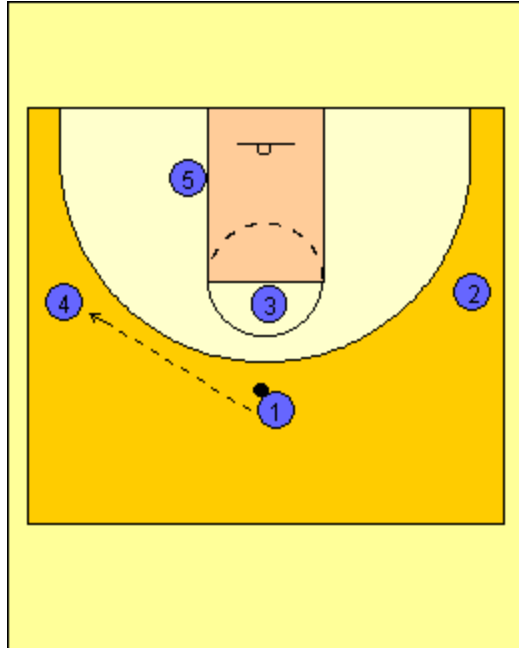
## (#6) Box Offense Play: **STACK**



1 dribbles to top of key 3 goes through double screen 4 and 5 set double screen 2 goes up and then cuts back door

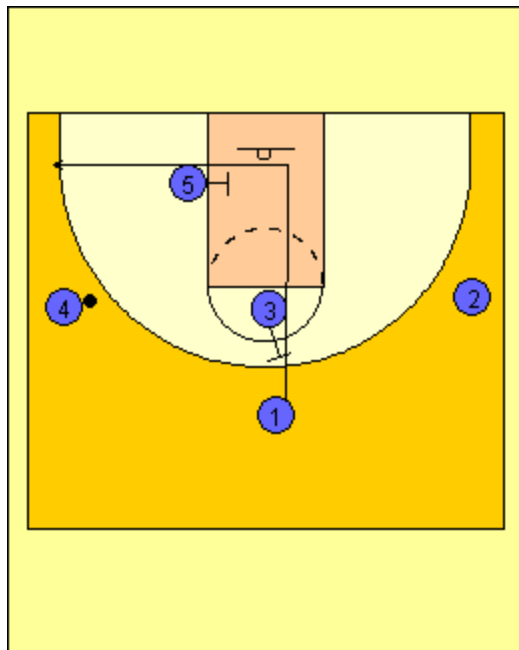
As the defense is focused on the stack 1 passes to 2.

## (#7) Flex Offense: **FLEX III**

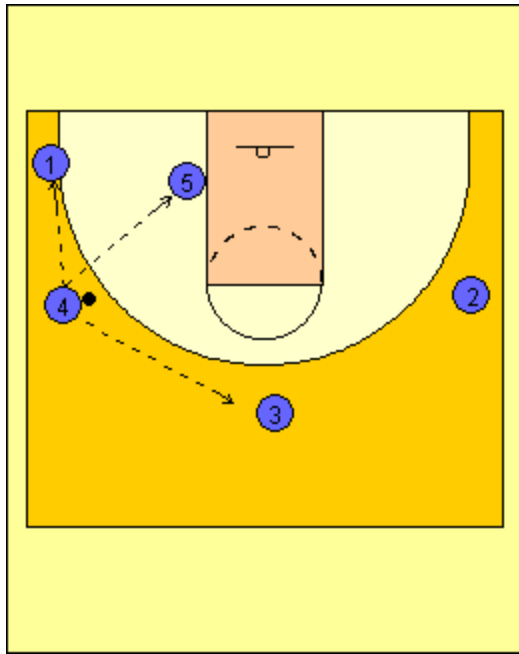


This offense can be used against man-to-man, zone or box-and-one defenses.

1 can pass in either direction, preferably towards the strong side.

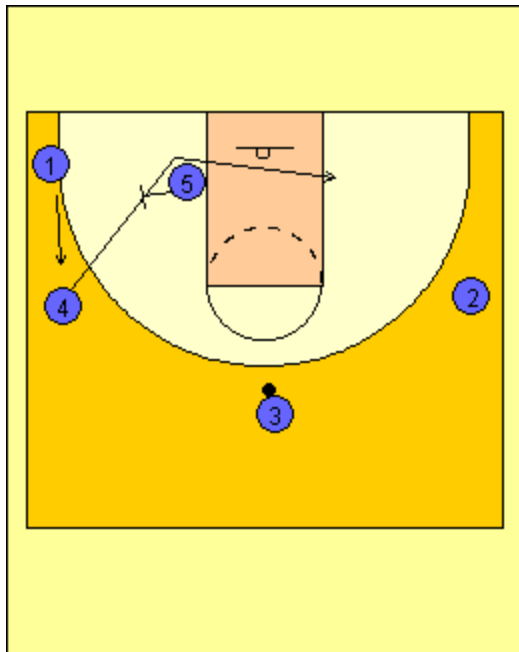


Pass from 1 to 4, 1 cuts to the corner with the help of the screens set by 3 and 5.



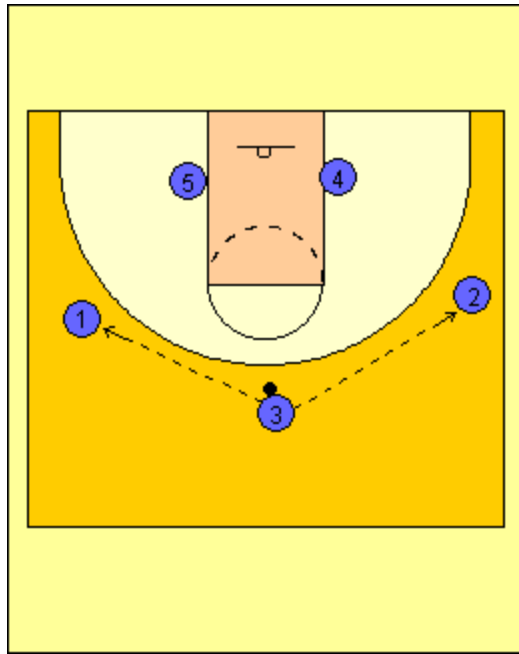
4 takes his jumper or look for 1 in the corner or 5 in the low post.

If nothing is there, 4 passes to 3.

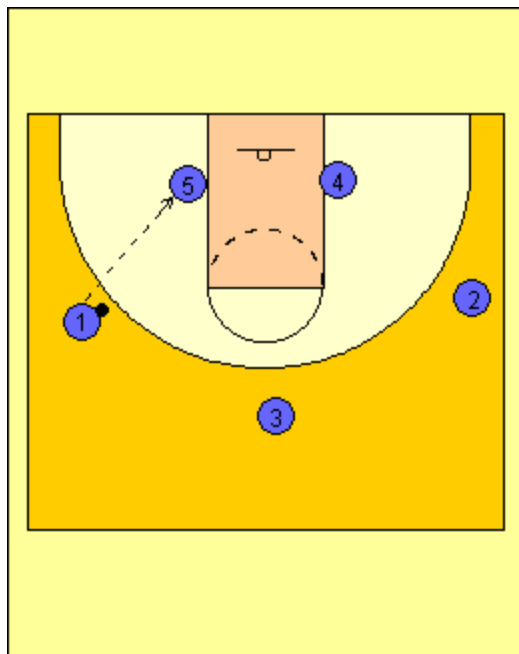


Pass from 4 to 3, 4 cuts to opposite low post with the help of the screen set by 5.

The moment 4 passes, 1 takes 4 position.



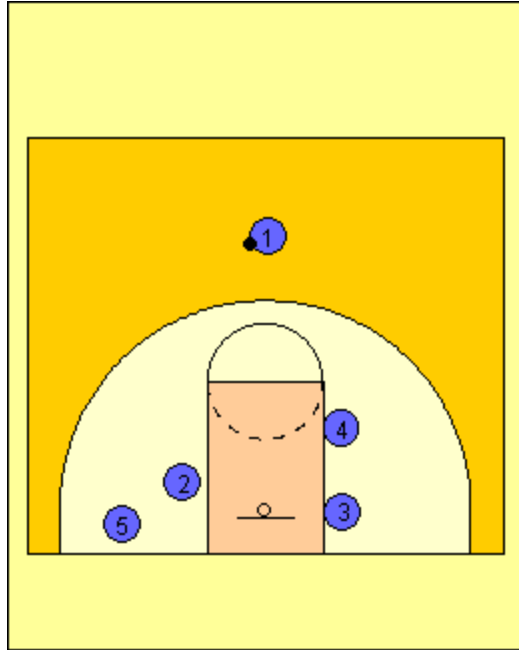
3 can takes his jumper or passes to the open guard.



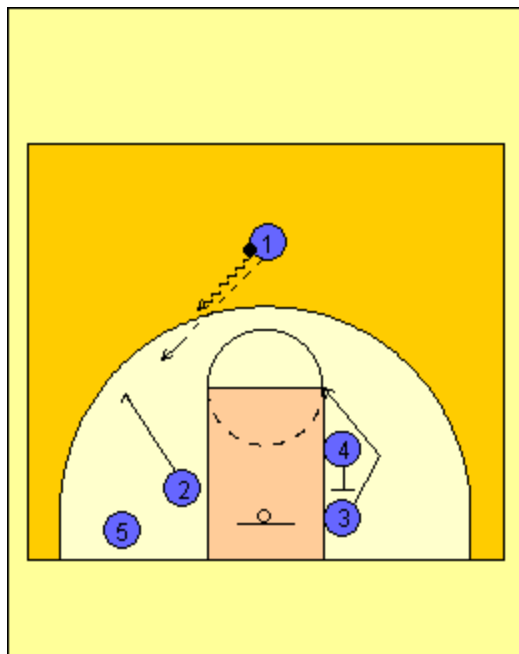
1 can takes his jumper or passes to 5 in the low post.



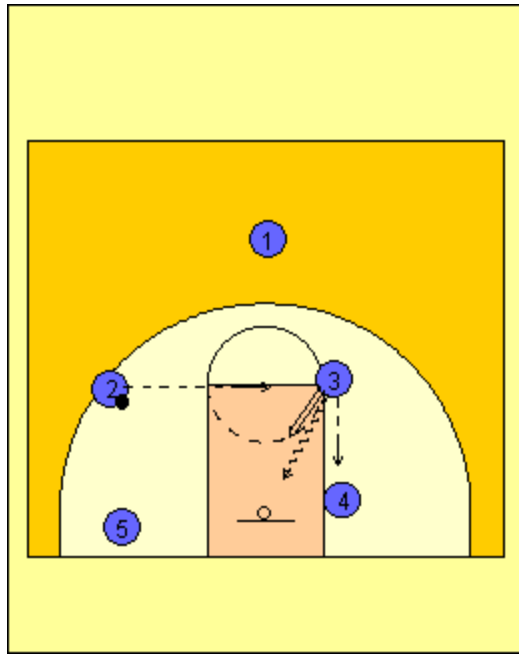
## (#8) Man Offense: **CELTIC-3DOWN**



1 is the Point Guard, 2 is the Off Guard, 3 is the Small Forward, 4 is the Power Forward and 5 is the Center.



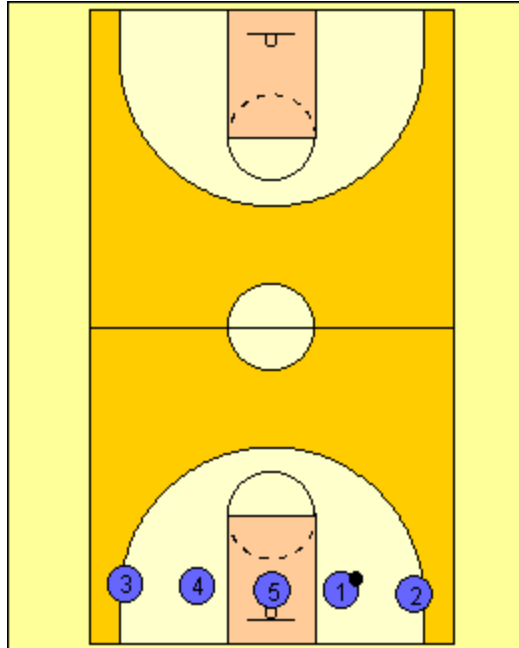
1 dribbles to 2. 2 cuts up high to free throw line extended and receives pass from 1. At the same time 4 sets a pick for 3 who curls up to the free throw line.



3 has three options:

- 1) 3 can shoot the jump shot.
- 2) 3 can dribble to the basket for layup or look to pass to 4 off the dribble or to 2 for a jump shot.
- 3) 3 can pass to 4 who is posting up.

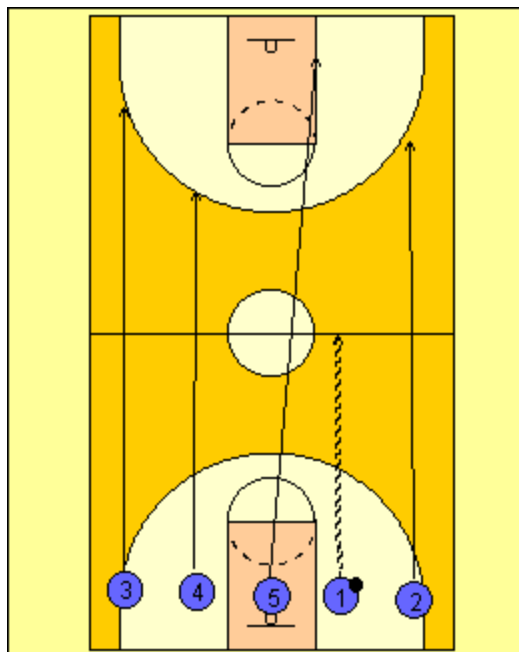
## (#9) Man Offense: **WILD-CAT TRANSITION**



To run Wildcat Transition you must first understand if you are a post player or perimeter player.

(4) & (5) are post players (1), (2) & (3) are perimeter players

Next you must always know where the ball is...

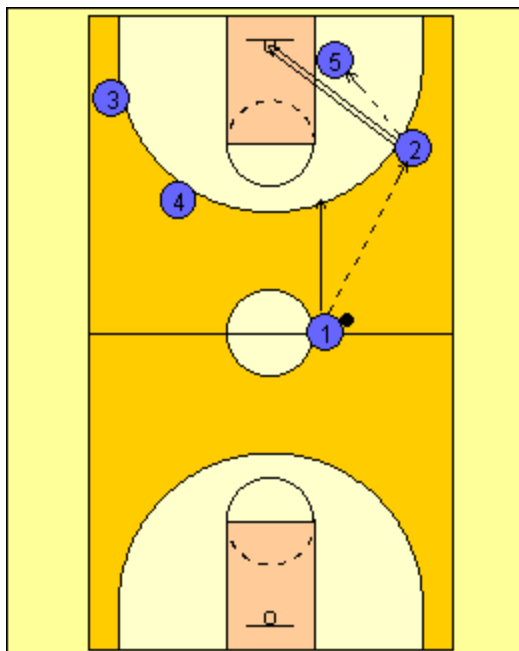


1. The first perimeter player (2) down will go to the ball side foul line extended.

2. The first post player (5) down will go to the box - ball side

3. The last perimeter player down (3) goes to weak side corner.

4. The second post player down (4) goes to weak side wing.



5. As soon as ball handler (1) can make a safe pass to (2) -he should.

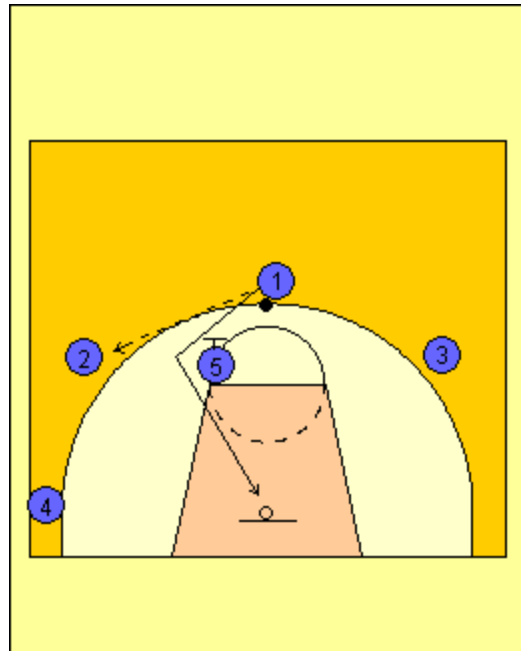
6. (2) immediately looks to box for post player (5). He should also look for open shot.

7. (1) then fills in on ball side top.

This is our 4 out/ 1 in transition set.

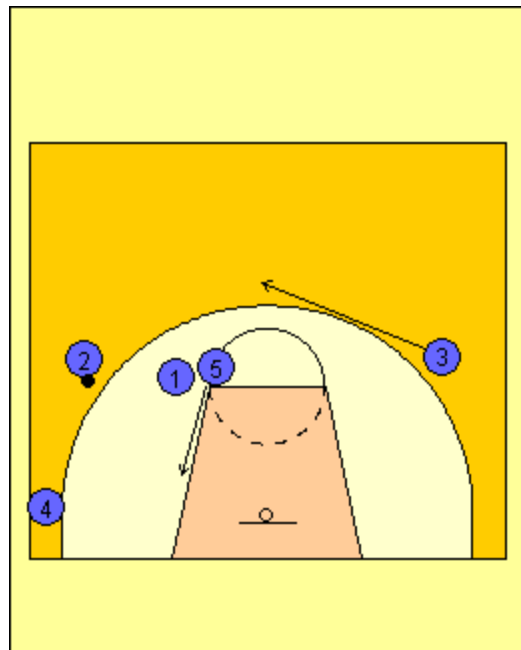
Remember - (4) & (5) are interchangeable. (1), (2), & (3) are interchangeable.

# (#10) Shuffle Offense: **KORU-STRONG**



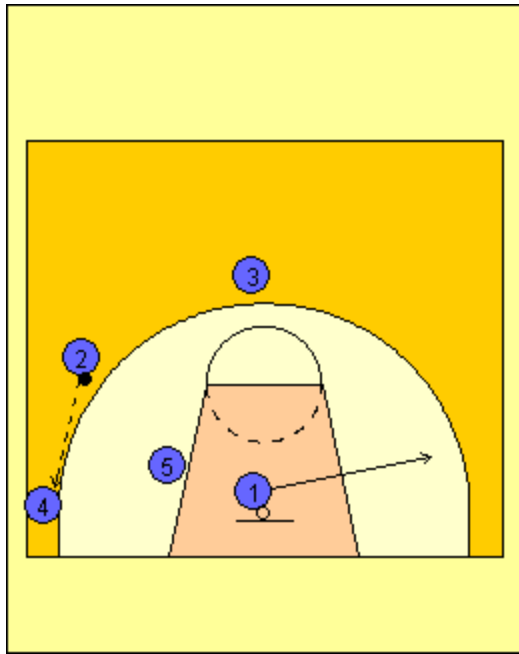
Pass to 2 on strong side.

1 cuts off 5.

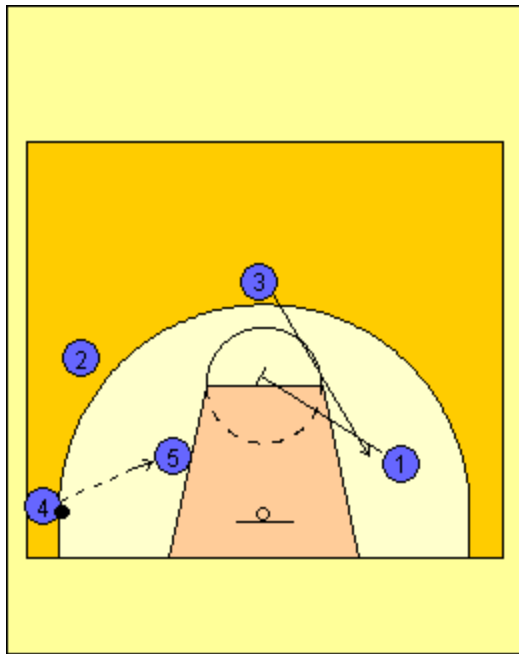


5 rolls down to low post.

3 replaces 1 at the top.



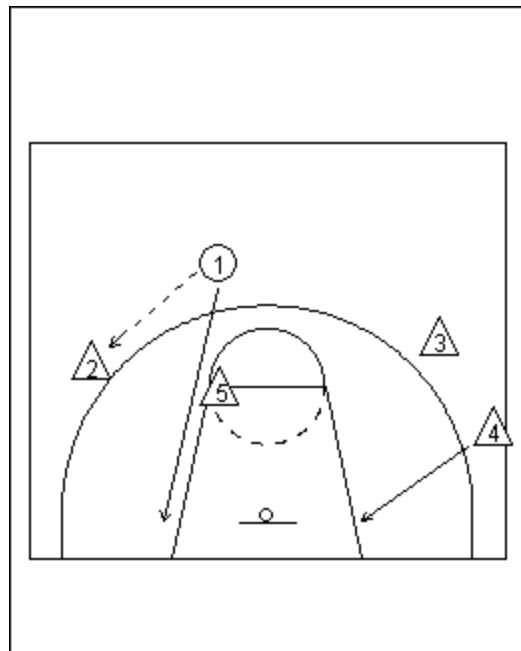
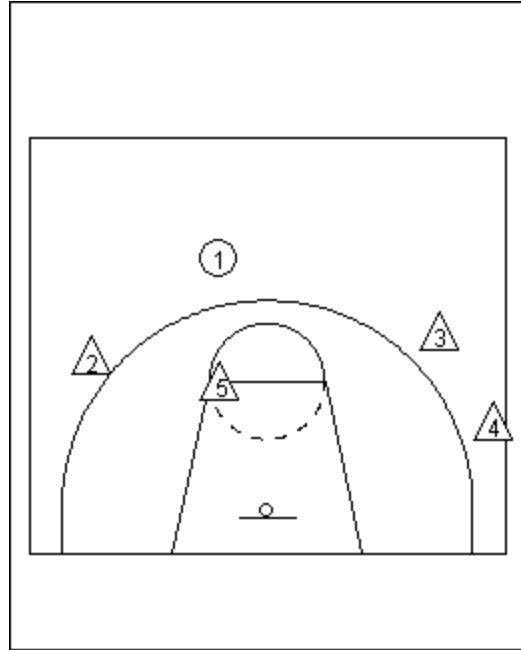
1 goes to corner. 2 passes to 4.

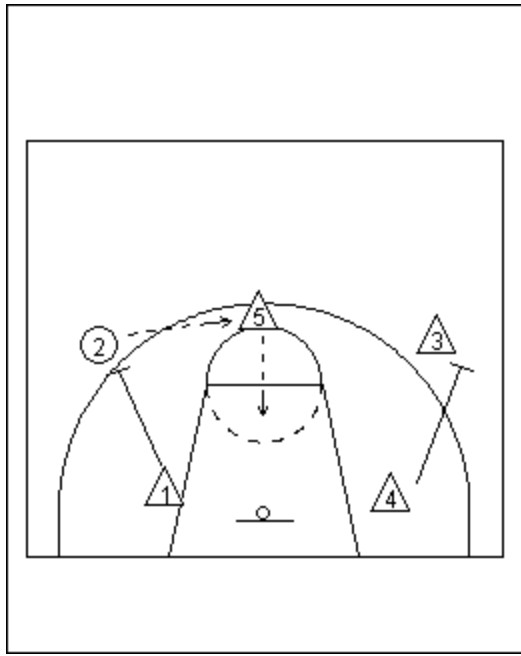


5 goes to work, with 4, 3 and 1 in receivers spots, and 2 as safety.

You can start with the 3 and 4 swapping positions.

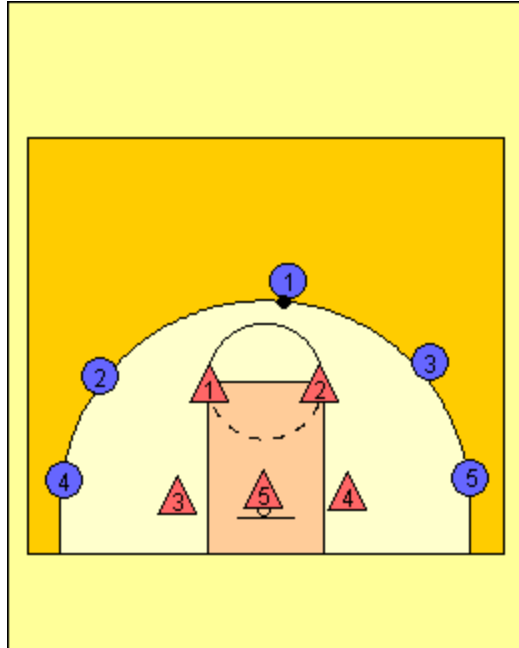
(#11) Shuffle Offense: **SHUFFLE-BLACK OPTION**





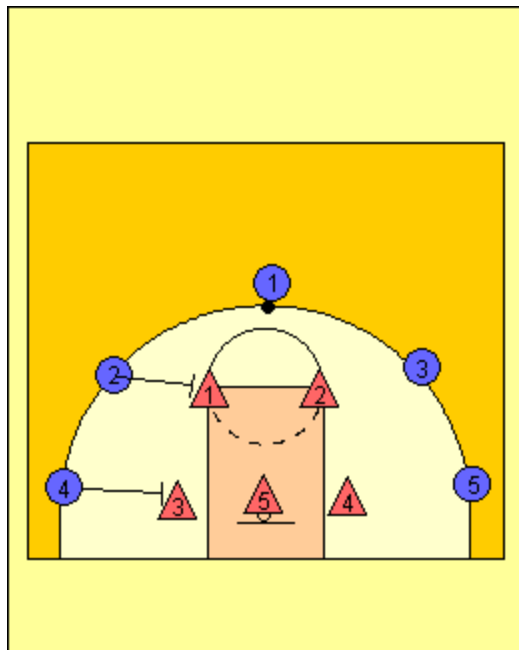


## (#12) Zone Offense: **CORNERS**



This play is designed to give you a variety of options and can be used against any 2-1-2 or 2-3 zone.

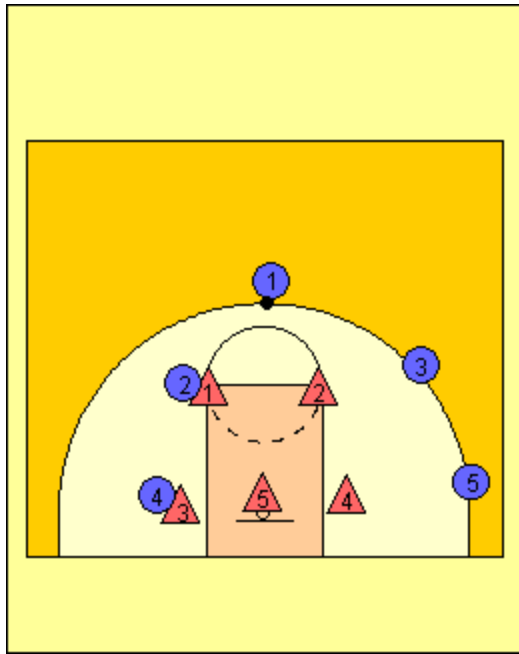
-The players are spaced out along the perimeter which will prove to be important.



This play has two sides to it. The point guard can call this play and say "left" or "right" to run it on either side. In this example, we are running it on the right (your left).

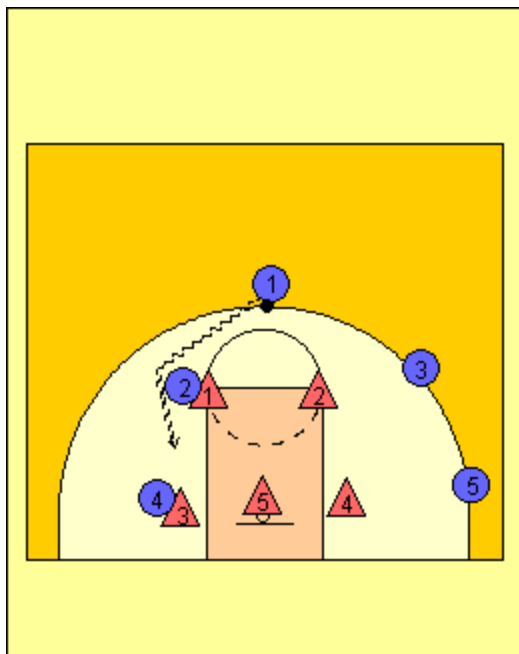
-2 and 4 screen the nearest defender. 2 screens a high defender, 4 screens the low post defender. 4 should look to post up the defender if he is open.

-Make sure to set good screens because this is possibly the most important part of the play.

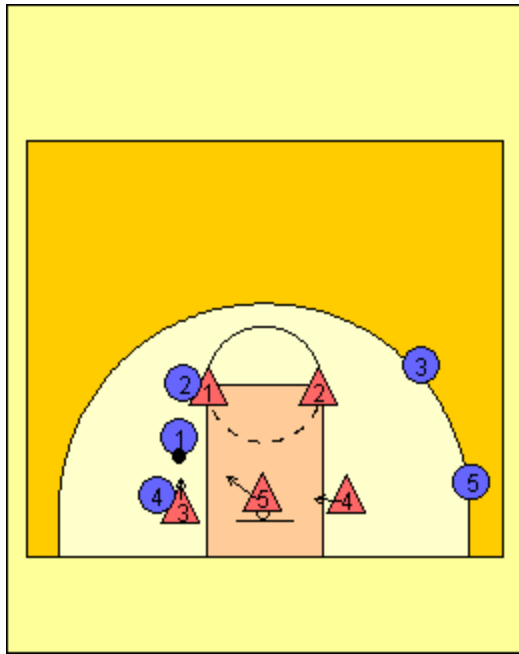


-2 and 4 complete their screen.

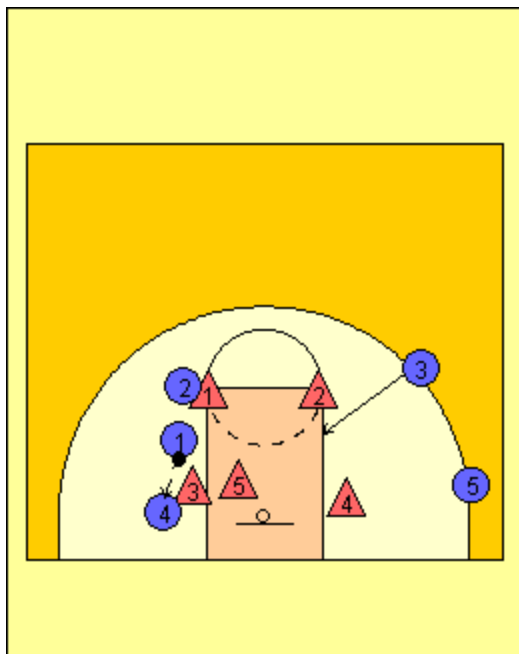
-2 should try to screen the defender with good position so he can't stop the point guard.



The point guard dribbles around the first pick and continues until stopped by the defense.



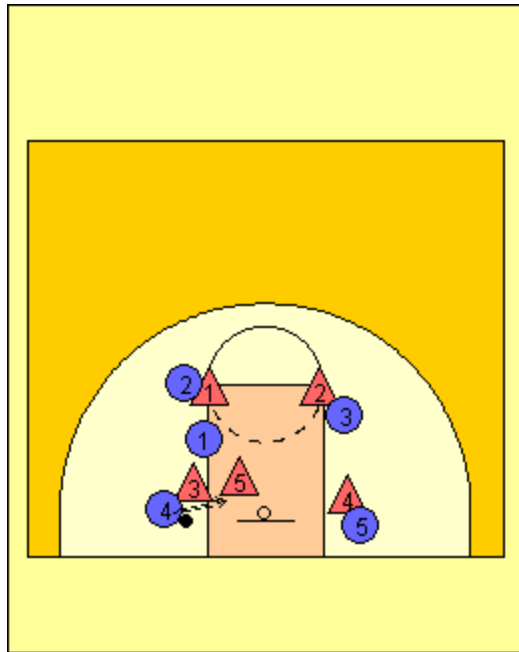
-The defense shifts over and stops the point guard. At this point 4 will be open.



The point guard has a few options here.

-An entry pass into number four for an open layup or short jumper. -Look for 3 and pass to him for a mid range jumper. -2 will be wide open if the defender he screened tries to stop the point guard. - The point guard is in good position for a jumpshot.

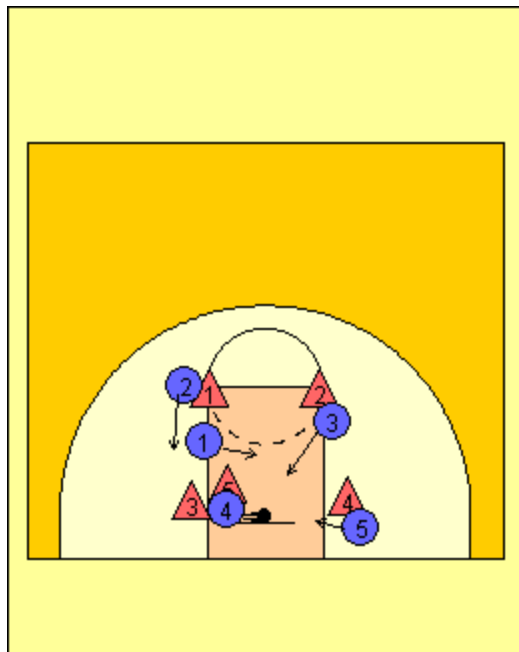
The main option is the entry pass to 4. The next sequence shows this option.



4 can dribble into the key and shoot an easy layup.

-If 4 gets too far under, power out and then shoot.

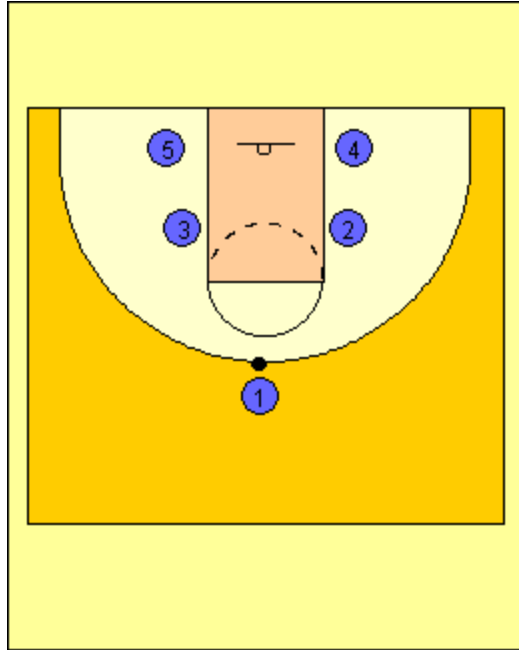
-Look to draw the foul. Use pump fakes.



All five players on offense should be able to get into a good area for the rebound or at least step in some.

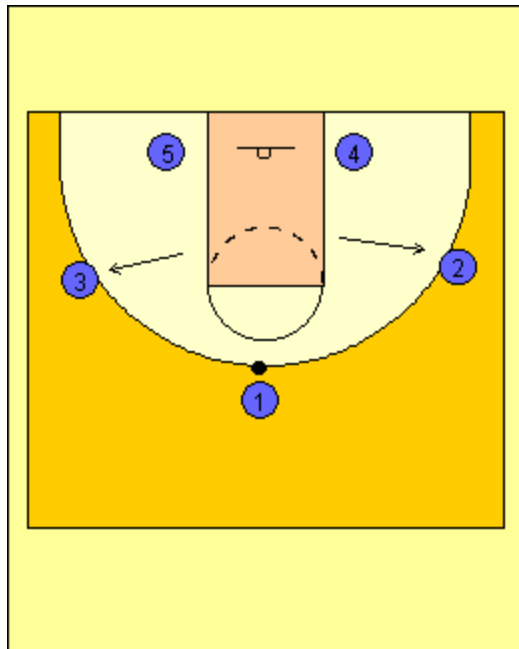
Important tips: -Coaches should teach all options of this play to their players. -Emphasize good screens. -Players will learn to roll off their screens.

## (#13) Zone Offense: **DOUBLE STACK LOW**

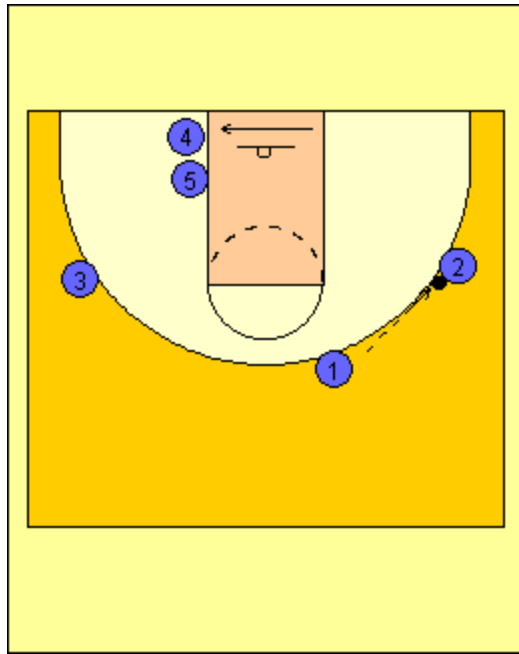


This is a simple zone play intended to get a jump shot from the weak side.

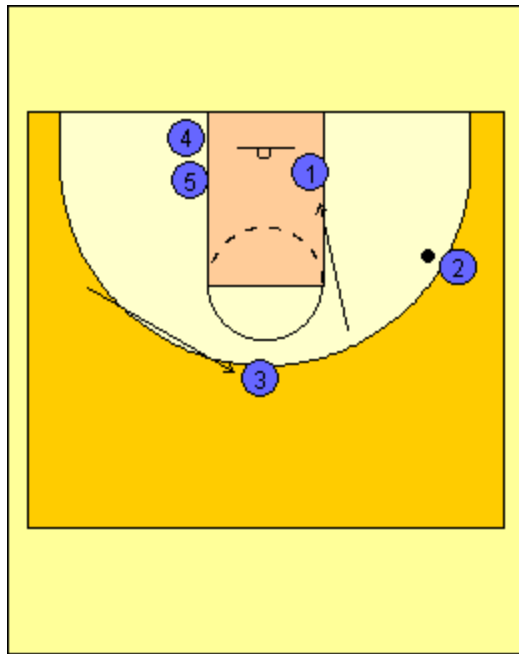
The play starts off with Player 1 (This should be your best jump shooter) bringing the ball to the middle.



Player's 2 & 3 pop out to the wings to receive the ball

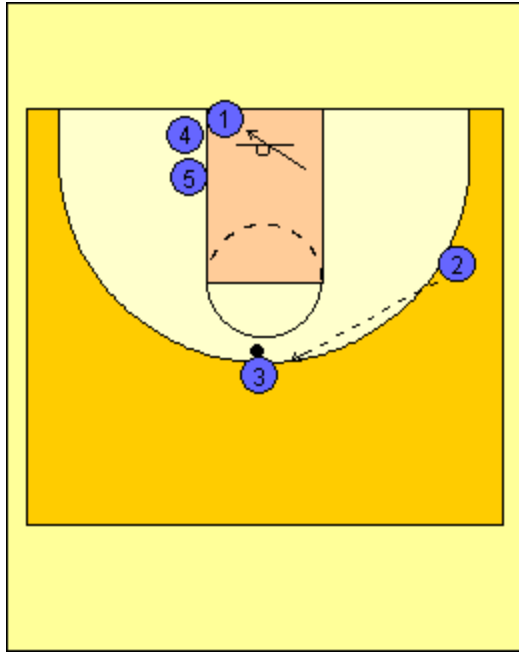


Player 1 passes the ball to Player 2. Once the two low post players see where the ball is being passed to, the Player on the same side of the court where the ball is passed (Player 4) goes to the opposite low post and sets a double screen.



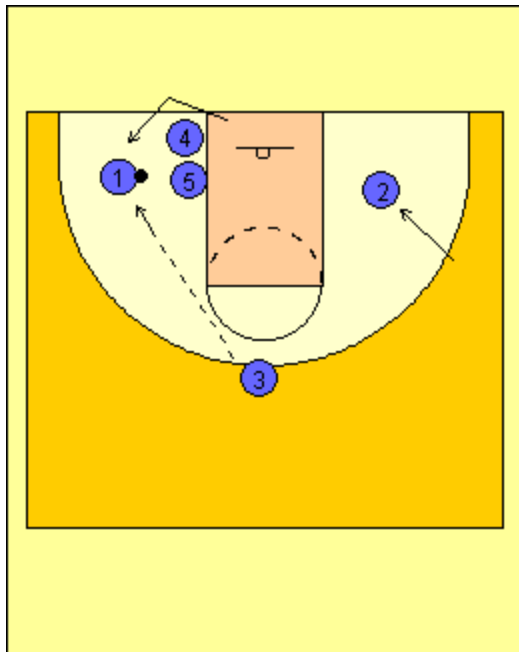
Player 1 cuts to the basket, looking for a pass from Player 2. If the pass isn't available the play continues.

Player 3 moves to the top of the key at the same time Player 2 is cutting to basket.



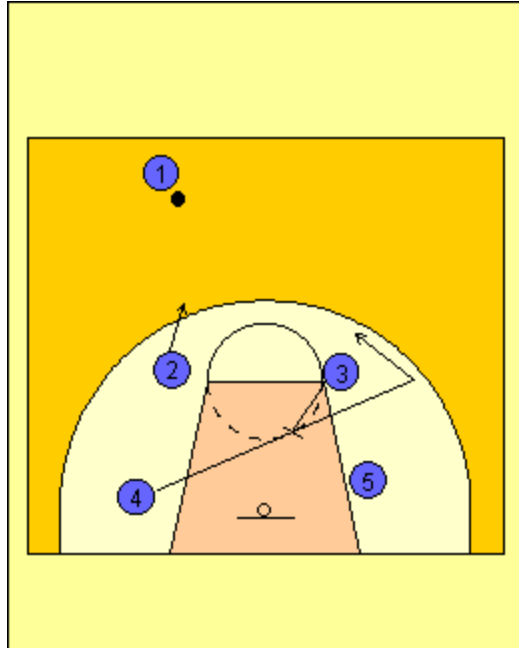
Player 1 goes behind the double screen set by Players 4 & 5.

The ball is passed back to the top of the key to Player 3.



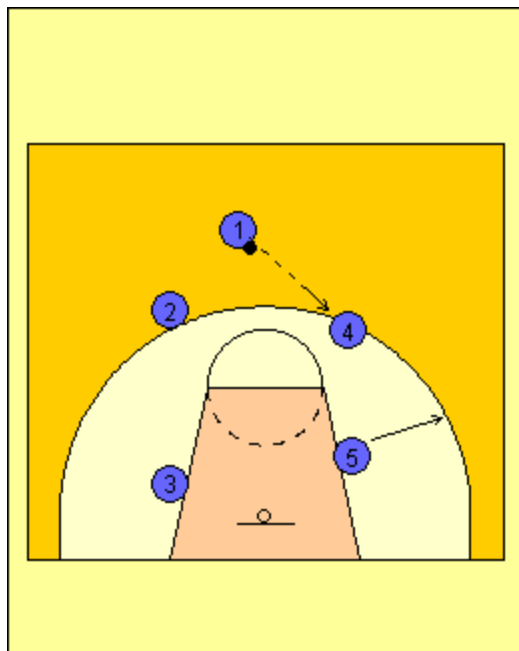
Player 3 passes the ball to Player 1 for the jump shot. Player 2 drops down to help rebound.

## (#14) Motion Offense: **ARROW**



As 1 moves from right to left the even 2 and 4 side moves up toward the ball.

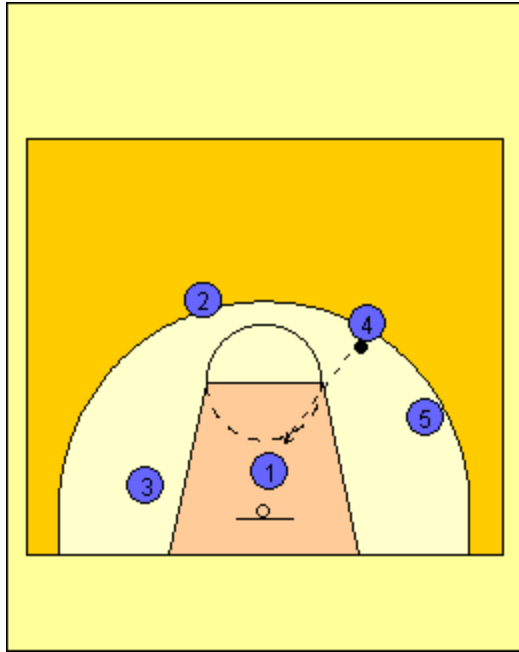
3 Moves down into the lane to set a screen for 4. If it is a zone then pick the man in the elbow. Immediately after the screen cut down and through lane. Hurry up because 1 will be cutting behind you.



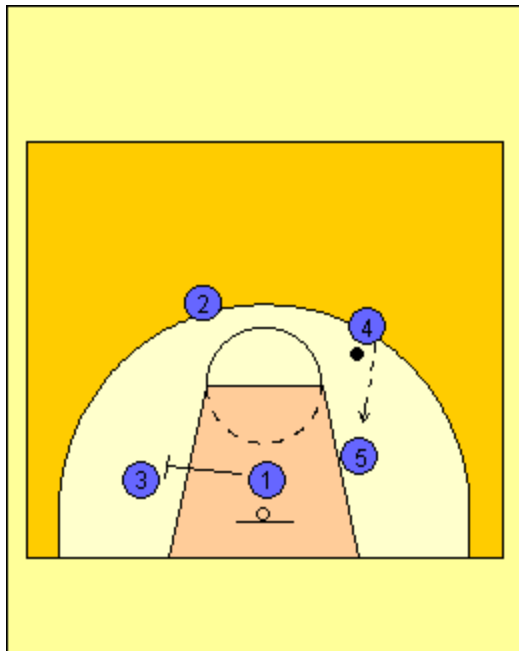
Option A: The pass goes to 4. 1 Cuts between his man and the ball for a give and go. When you reach the basket cut to your right to set a screen for 3.

5: As 1 makes his move down the lane, you should pop out and, if they are playing a man to man, your defender will follow opening up the lane for 1.



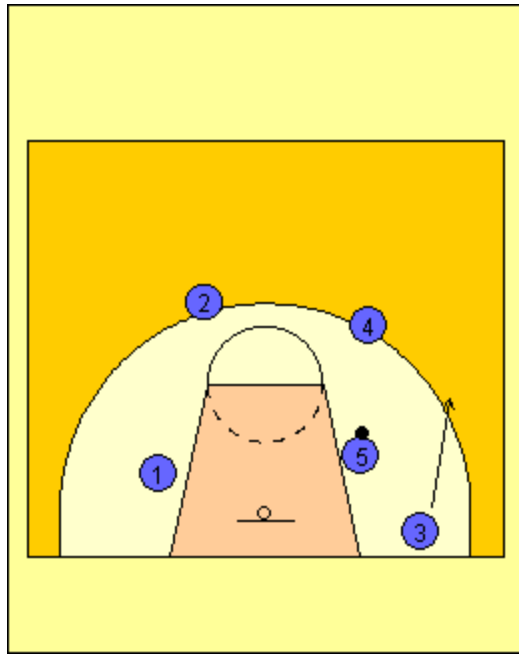


4: If you are being double teamed on closely guarded you can break down the lane after 1 or pass to 5. But this is not the first choice.



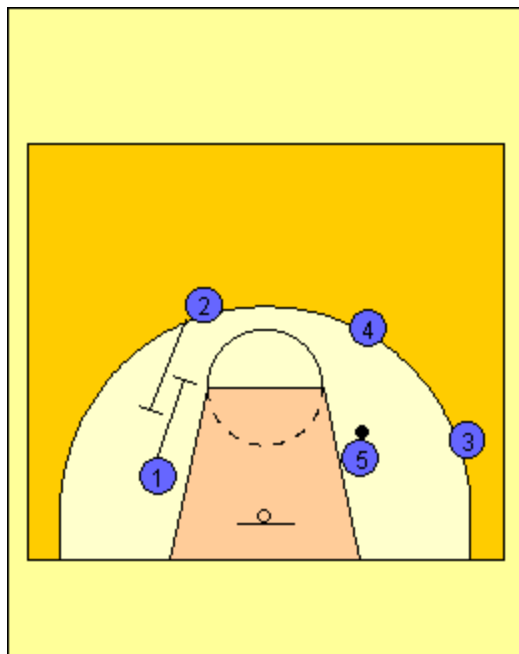
The first choice is 5 coming back to the mid Block and receiving a pass.

1 cuts out of lane and picks for 3.



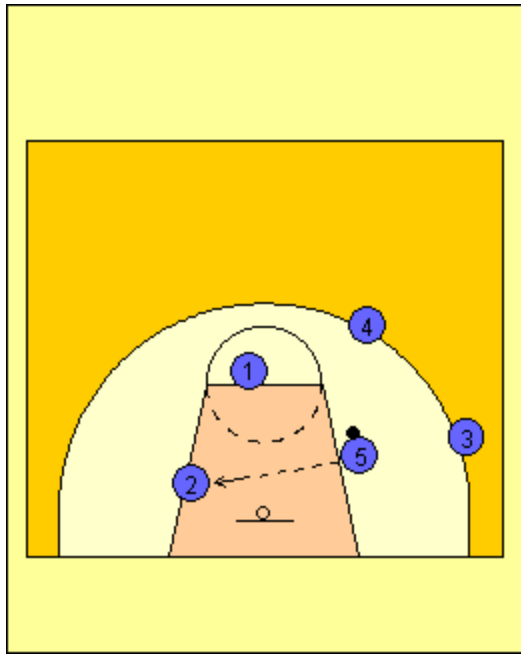
3: You MUST CUT LOW, under and away from the middle of the lane to the corner.

You'll do a curl up the 3-point arch in case 5 needs to pass the ball outside.



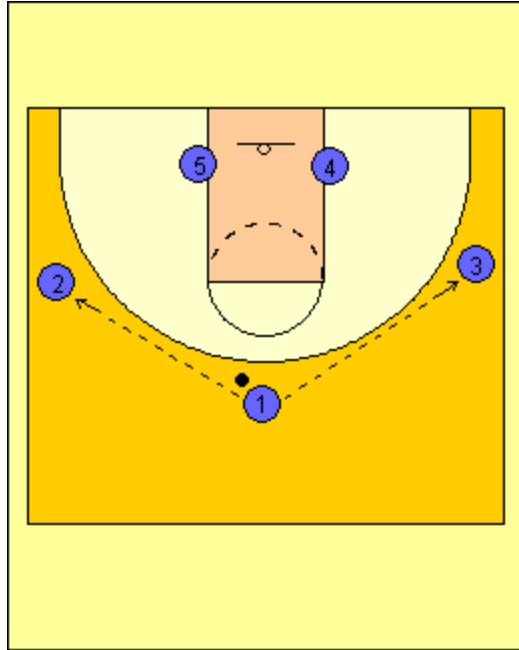
4 needs to fake a cut toward the middle of the lane and back out to the point on the triangle. At this point 5 has either taken a shot or passed it back out.

If you can stall and go into a Triple Threat position amazing things are about to happen. 1 and 2 will pick for each other. 2 will do a back door taking the pick from 1 and running behind the defense. 1 pops up to the foul line.



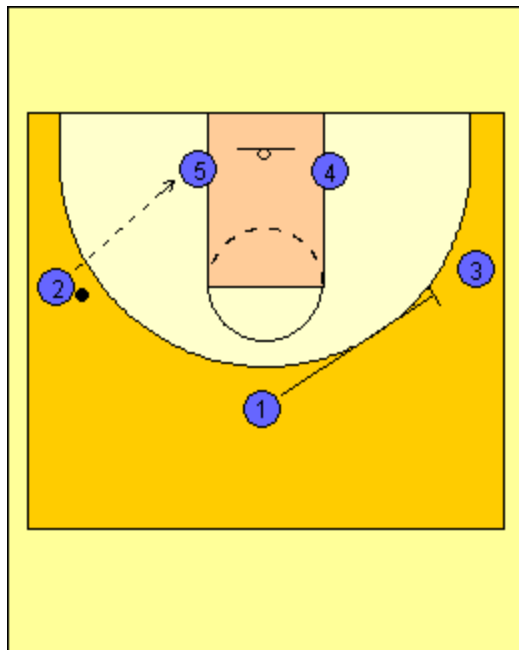
If none of this works. Kick it back out to 1 to reload the offense.

## (#15) Motion Offense: **F-VILLE MOTION**



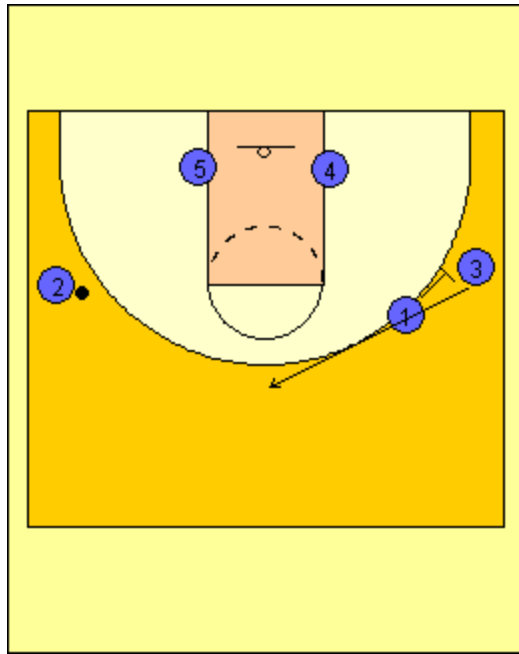
Set up with two low posts and two wings.

Then the point guard passes to either wing.

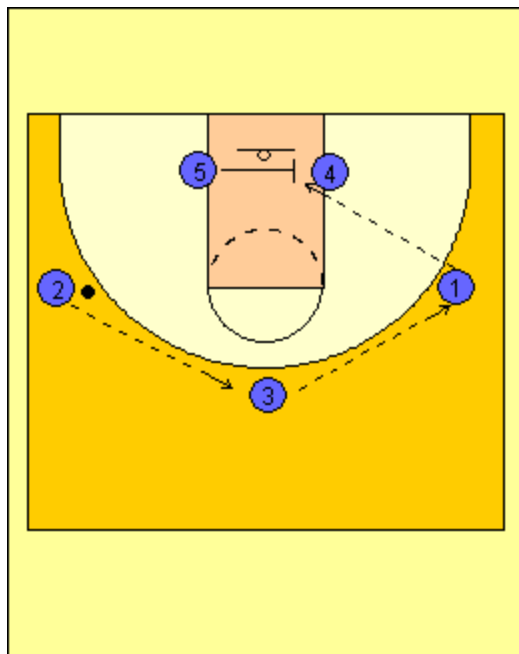


The wing with the ball looks to pass to the player in the post.

While that is happening the point after passing has turned and set a pick for the opposite wing.

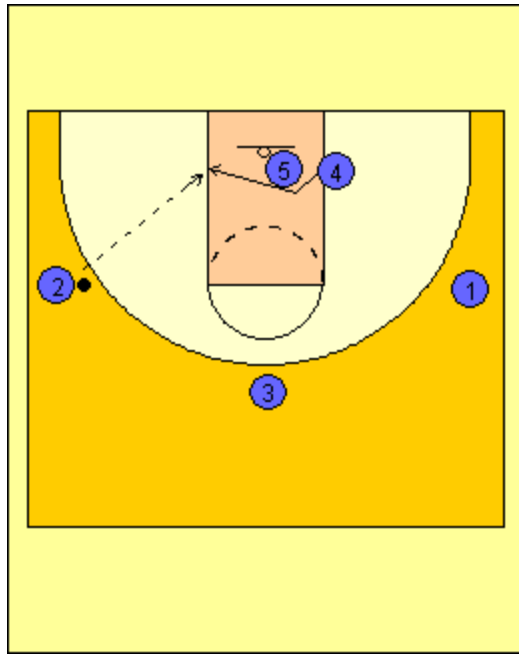


The wing without the ball runs off the screen to replace the point and cover safety.

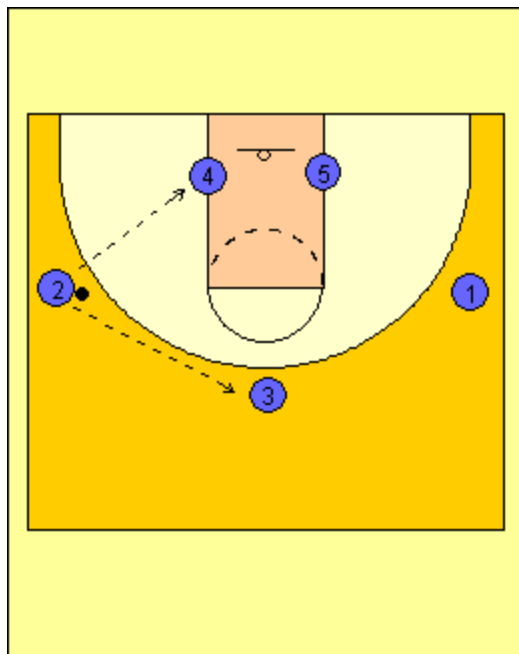


If the pass can't go inside the wing waves the post away. The post then rolls and sets a screen for the opposite post.

The wing now has two options: 1) Pass the ball back to the point guard, who then passes to the other wing player. The wing player is then looking to get the pass into the post player after he has screened.



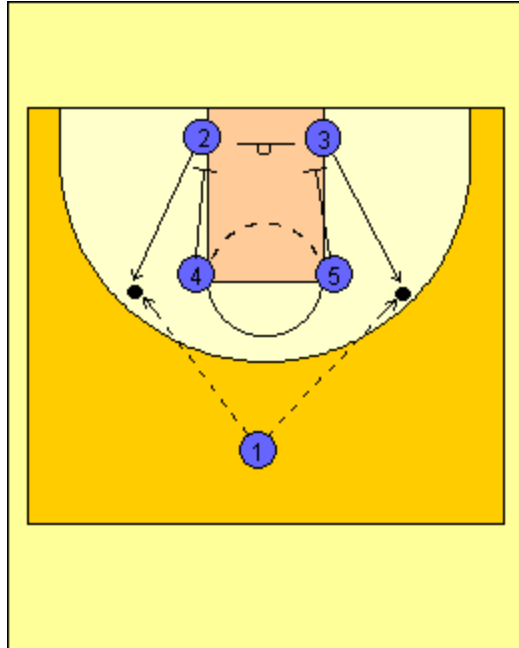
Option 2) Hold the ball and wait for the player to come of the screen.



If the pass can't be made the ball is then passed to the point and the play is reset.

The essence of this play is that the passes/ball rotation needs to be quick and the screens need to be set & used well.

## (#16) Triangle Offense: **TRIANGLE PRINCIPLES**

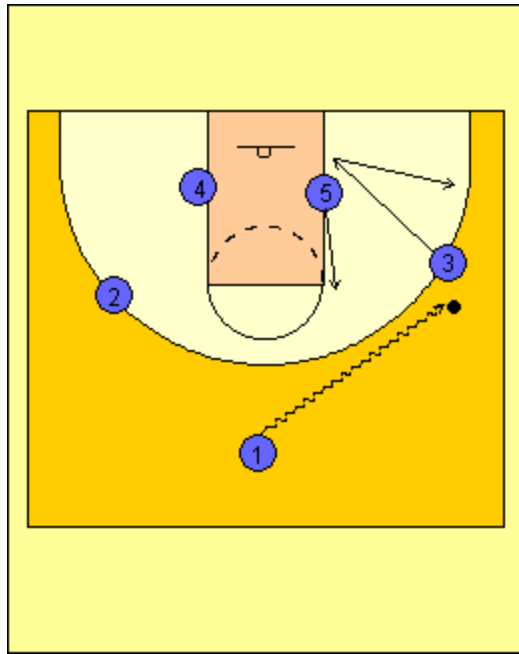


In the triangle offense 4 and 5 are the only players to play the post position. 1, 2 and 3 are interchangeable at the various perimeter positions (point guard, strong-side wing, weak-side wing and corner position).

The shape of a triangle is formed on the ball side by the post player, the wing player and the corner man. The triangle can be formed on either the right or left side; it can be initiated by either a pass from the point guard to one of the wing men or by the point guard dribbling over to one of the wing positions.

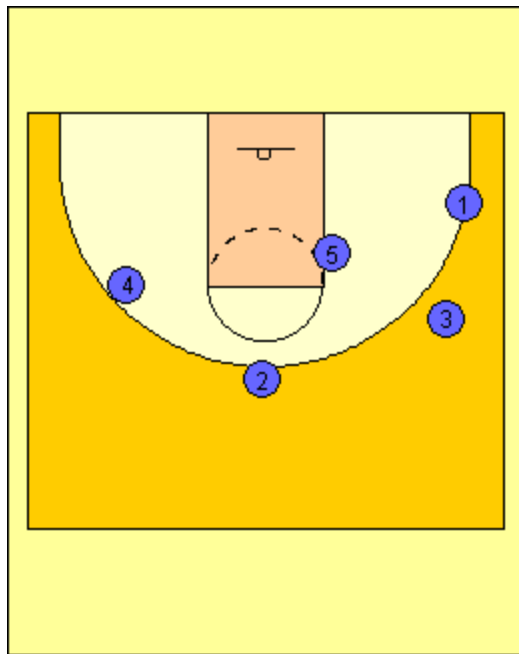
Whichever player ends up with the ball in the strong-side wing position becomes the "trigger man" - what he does with the ball determines the offensive movement.

The offense begins with 4 and 5 located at the elbows and the two wing players on the lower blocks, as shown. When the point guard reaches the bottom of the mid-circle, 4 and 5 then downpick for 2 and 3 to get them open in the wing areas for a pass from 1, as shown in the diagram.



Another way to begin the triangle is to have 1 dribble to either wing position with the wing player then v-cutting down to the corner position and the strong-side post player moving to the high-post elbow position, as shown here.

(We'll be showing only the wing pass entry in our play option examples, but all plays can also be initiated by the point guard dribbling over).



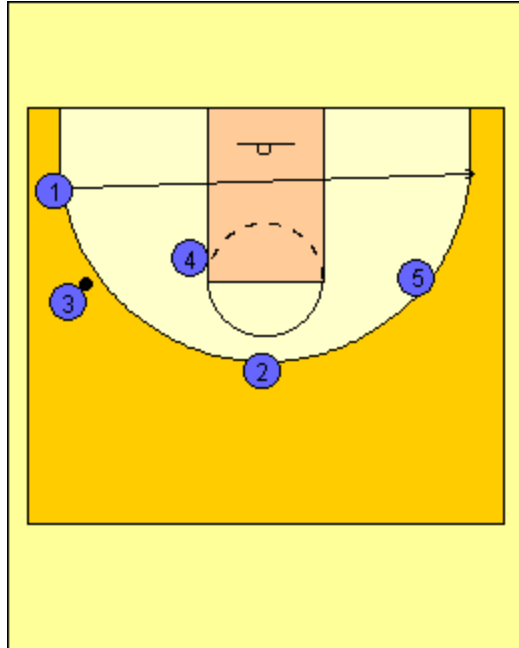
Either of these two ways to begin the offense will result in the triangle being set up. In this example, where 1 has passed to 3 on the wing then cut through to the corner, the triangle is set on the right side with 3 on the wing as the trigger man, 1 in the corner and 5 in the ball-side high post area.

2 moves up to the point area for defensive protection and 4 moves out to the weak side wing area.



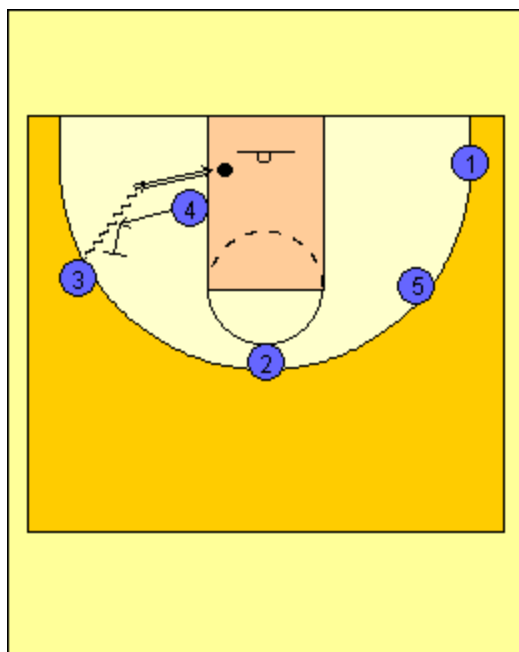
(All of the triangle offense options shown in the following pages can be run from either the right side or the left side - it doesn't matter which side the play begins on.)

## (#17) Triangle Offense: **CIRCLE-OPTION**



When the trigger man calls out "CIRCLE" then the corner man knows to run quickly and "circle around" to the opposite side corner. In this example, 3 is the trigger man. Upon calling out "CIRCLE", 1 runs to the opposite corner leaving 3 and 4 alone on the left side.

("Circle" can also be called out by the point guard. In this case if the point guard calls "CIRCLE" and he then passes to the wing, he will then cut through to the basket and continue out to the opposite corner area. If the point guard instead dribbles to the wing then the wing man clears out to the opposite corner area.)

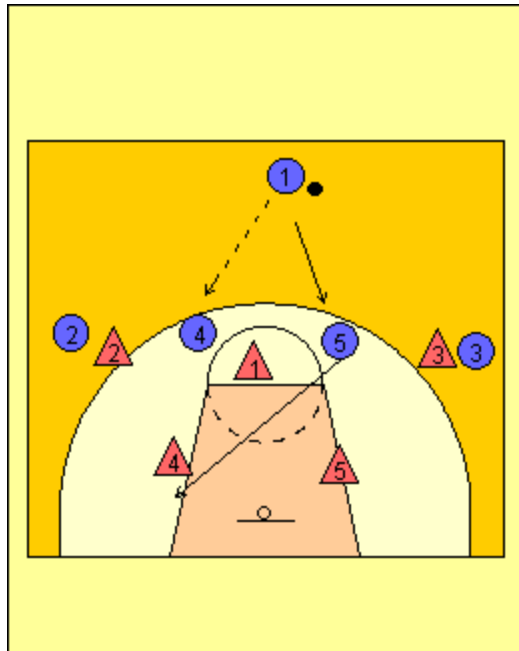


This results in a 2 on 2 game. 4 then sets a screen on the baseline side of 3's defender, then rolls to

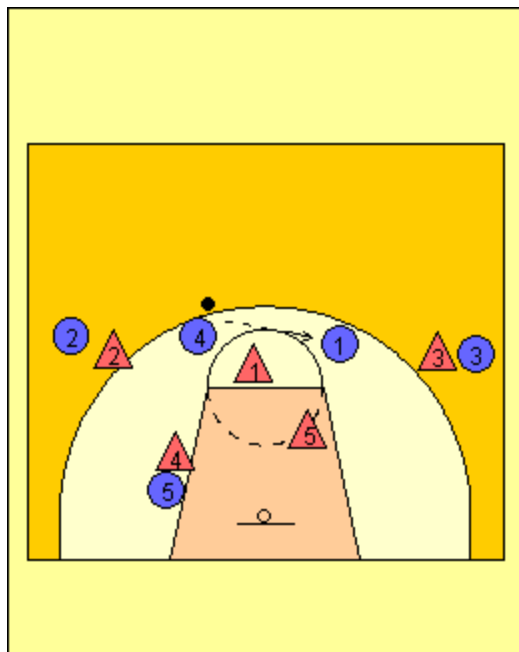
the basket after setting the screen. 3 dribbles off the screen from 4 and can either look for his own shot or pass to 4 rolling to the basket.

1 and 5 look to CRASH the boards if a shot is taken. 2 stays at the point for defensive protection.

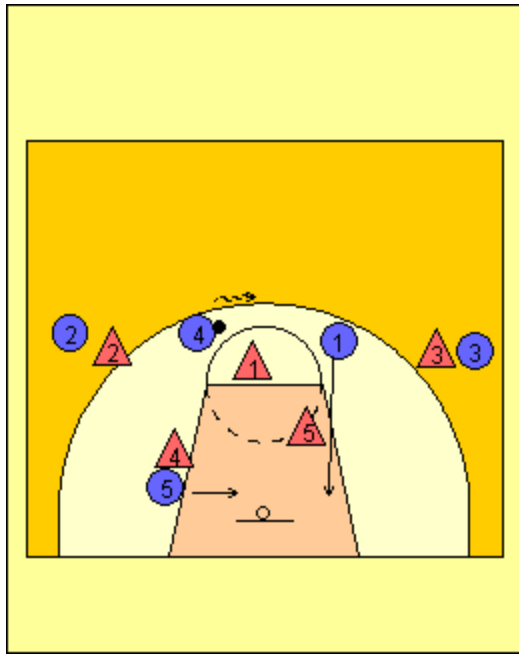
(#18) Specialty Offense: **TRIANGLE AND 2**



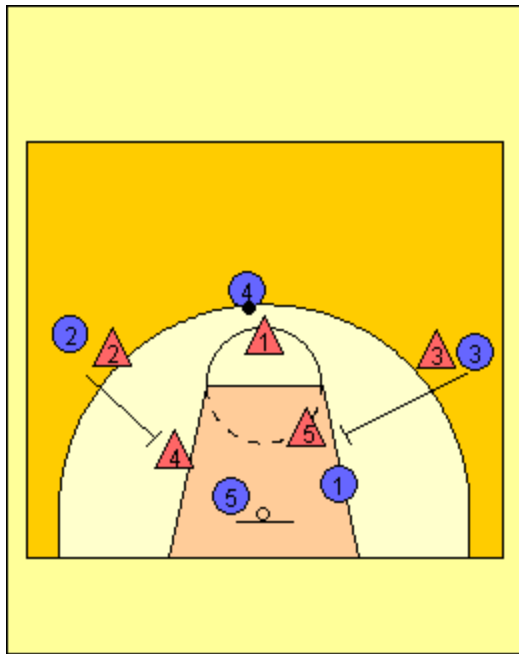
1/4 Set against triangle and 2 2 & 3 are defended in m/m 1 passes to 4/5 5 cuts to ball side low post 1 replaces 5



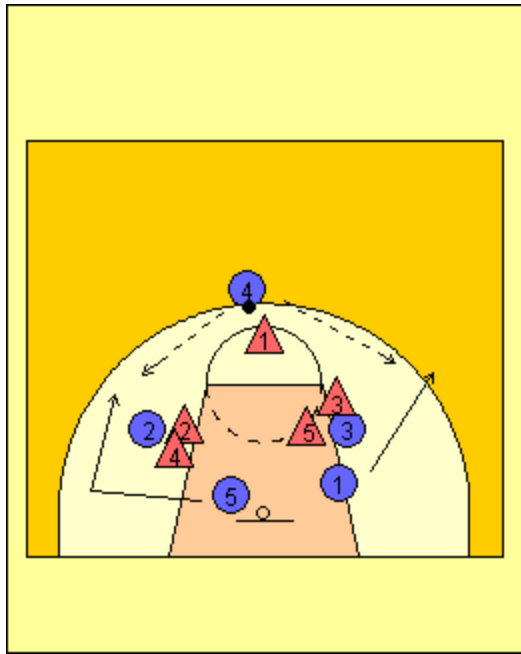
4 passes to 1 for shot (1st option)



4 dribbles towards the center of the floor 1 & 5 cut towards the basket



2 & 3 screen down on the triangle 2 & 3 will now occupy 2 defensive players



1 & 5 use the screens set by 2 & 3 1 & 5 can even cross under the bucket to create more movement  
4 passes to 1 or 5

