

30 Set Plays And Quick Hitters For The High Alignment - Unlocking Offensive Potential

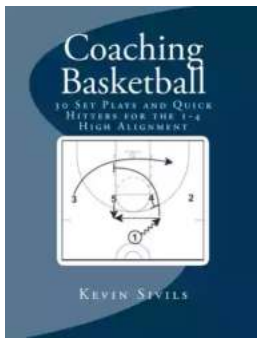
1-4 Back Screen



Set plays and quick hitters are essential for any basketball team looking to maximize their offensive potential. The high alignment, also known as the high-post offense, involves positioning players near the free-throw line extended. This strategic placement opens up numerous opportunities for smart plays, precise passing, and effective scoring.

The Power of the High Alignment in Basketball

The high alignment offers a unique advantage to offenses due to its ability to confuse defenses and create open shots. By positioning players closer to the key, teams can execute quick cuts, backdoor plays, and strategic pick-and-roll situations. This offensive strategy demands sharp communication, impeccable timing, and solid execution.



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

by Kevin Sivils (Kindle Edition)

★★★★☆ 4.4 out of 5

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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 86 pages
Lending : Enabled
Screen Reader : Supported



5 Best Shooting Drills to better your Game

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1. Form Shooting Drill

— a basic drill to improve and fine-tune basic form

2. Five Spot Shooting Drill

— an around-the-court drill that strengthens shots at different distances



3. Solo 3 point Shooting Drill

— an endurance drill that emphasizes long shots and catching passes

4. 180 Degree Drill

— a quick-turn drill that improves your rapid shooting

5. Ray Allen Shooting Drill

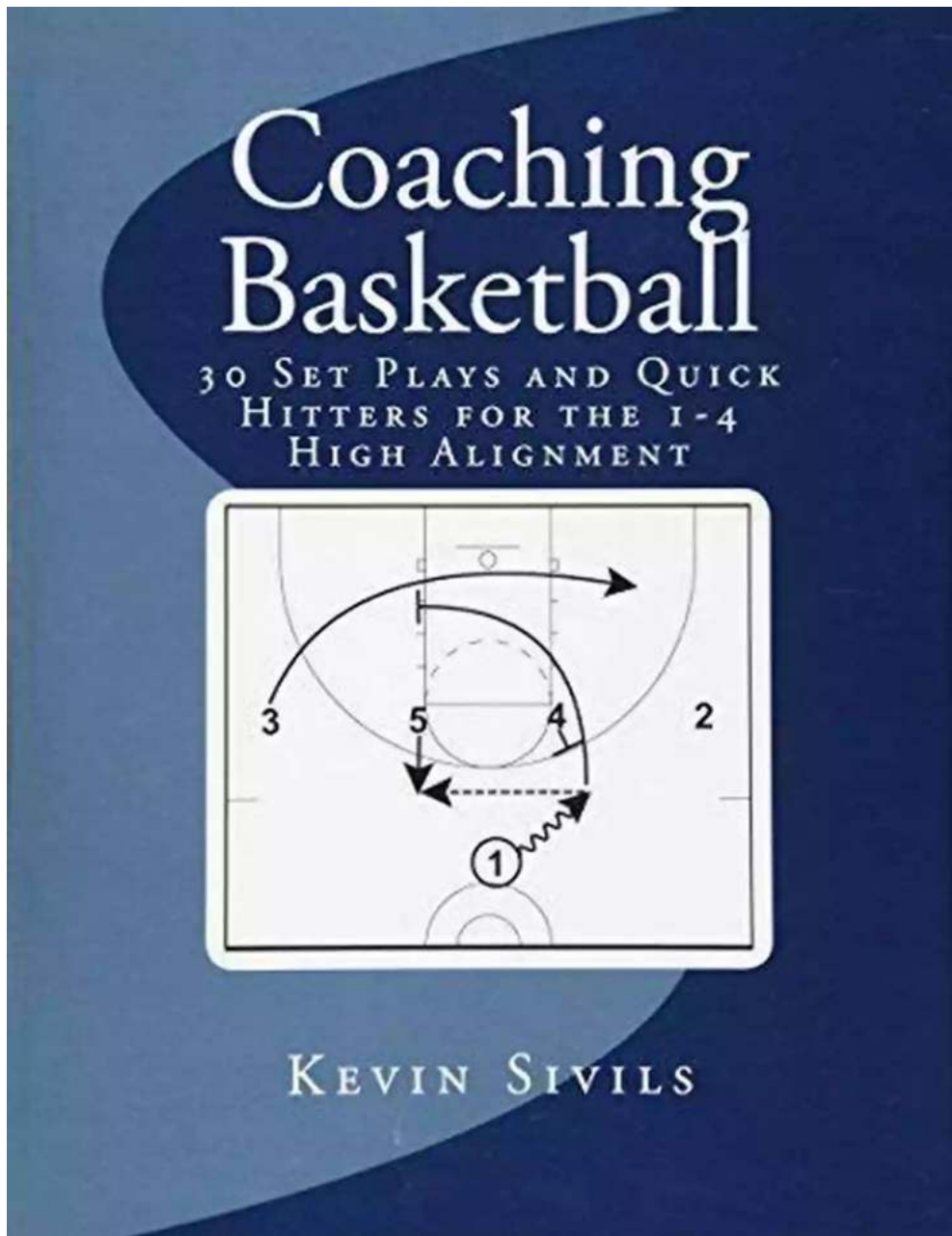
— a precision drill that tunes up shooting from precise locations on the court

30 Set Plays and Quick Hitters to Dominate in the High Alignment

Here are 30 effective set plays and quick hitters you can use to unleash your team's offensive firepower:

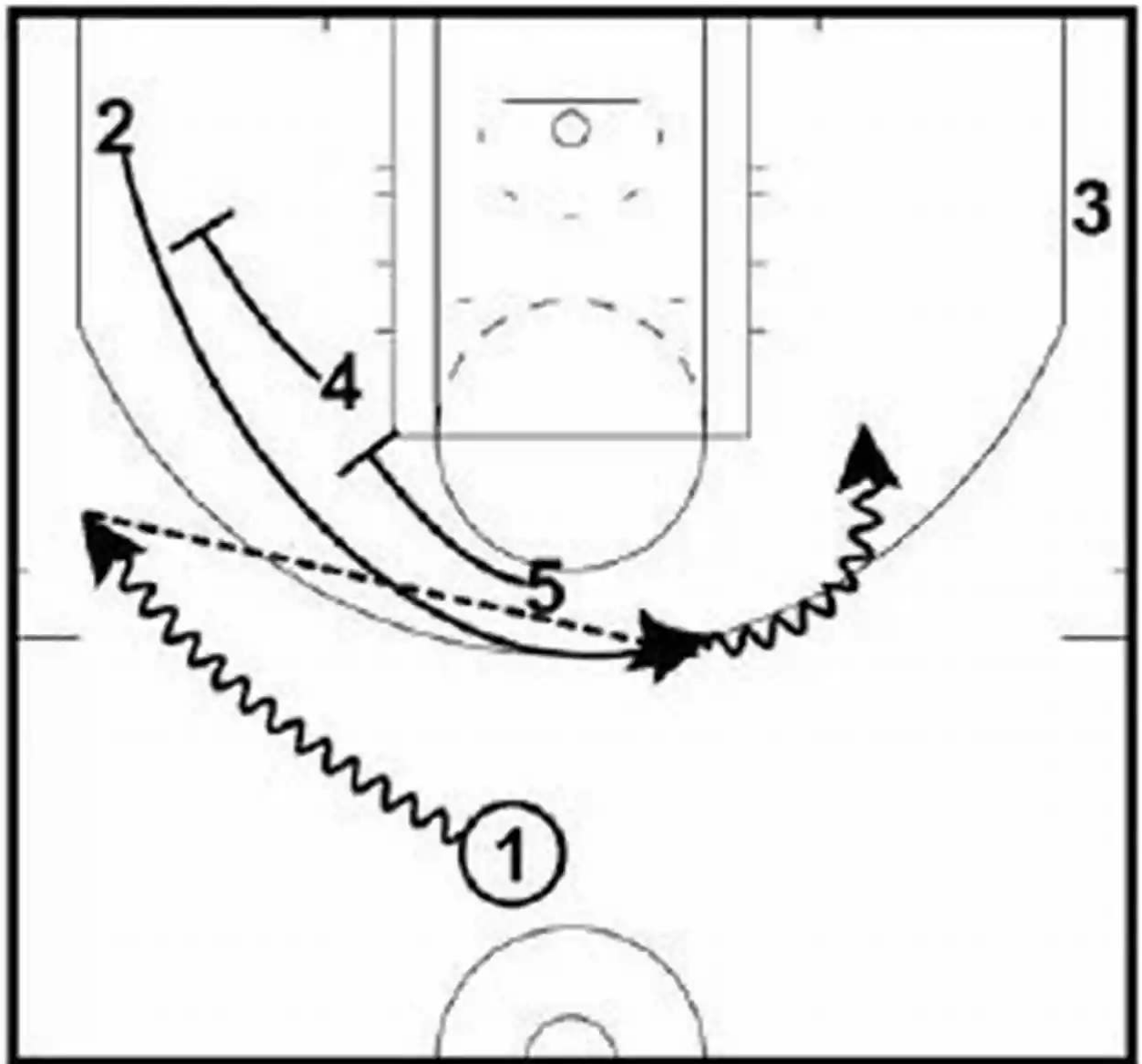
1. Diamond Focus

Description: This play involves a series of passes and cuts that create confusion among defenders and often lead to open shots around the perimeter.



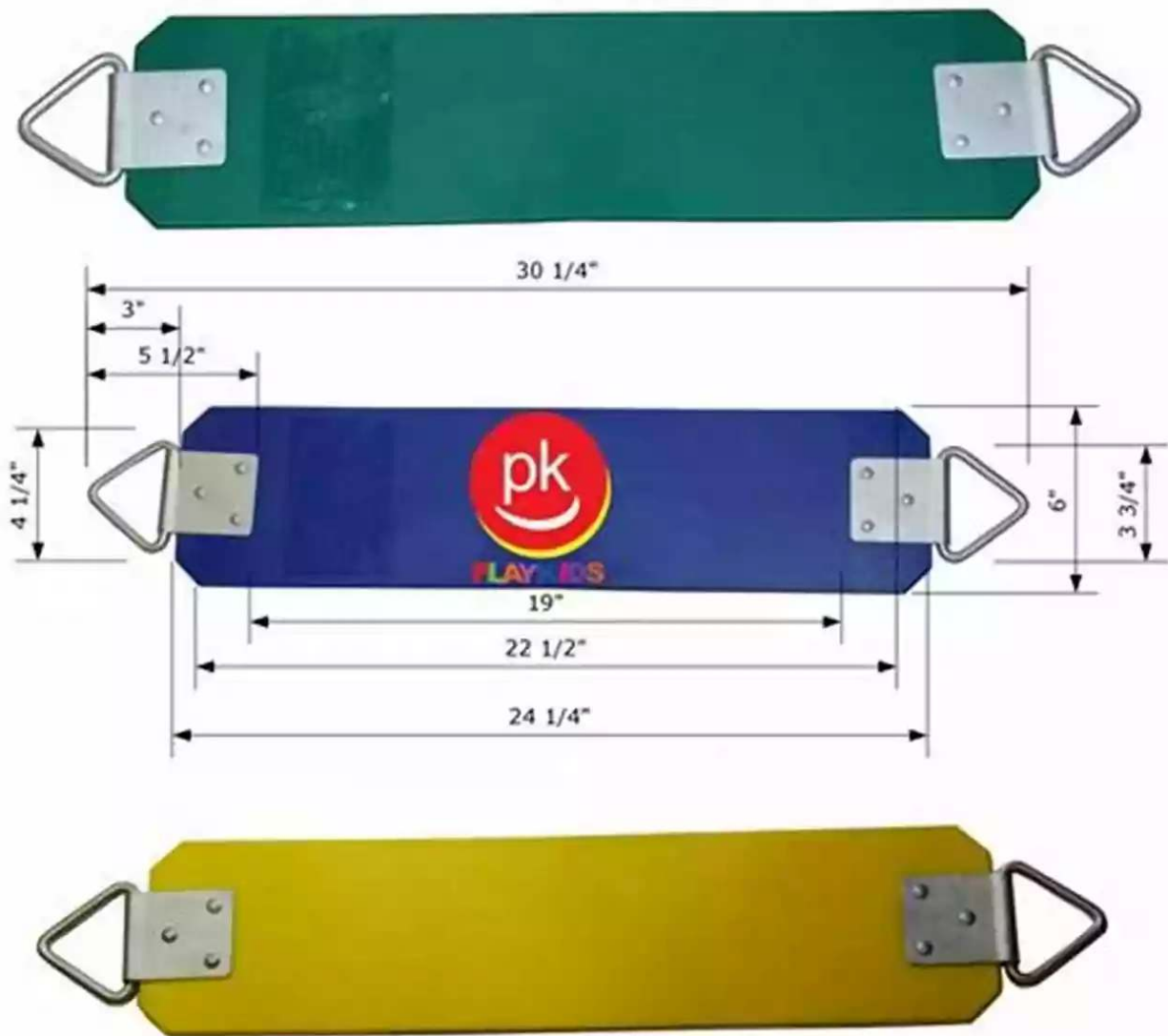
2. Loop Path

Description: This play utilizes a loop around the high-post to set up a strong pick-and-roll situation. It opens up opportunities for both quick perimeter shots and strong drives to the basket.



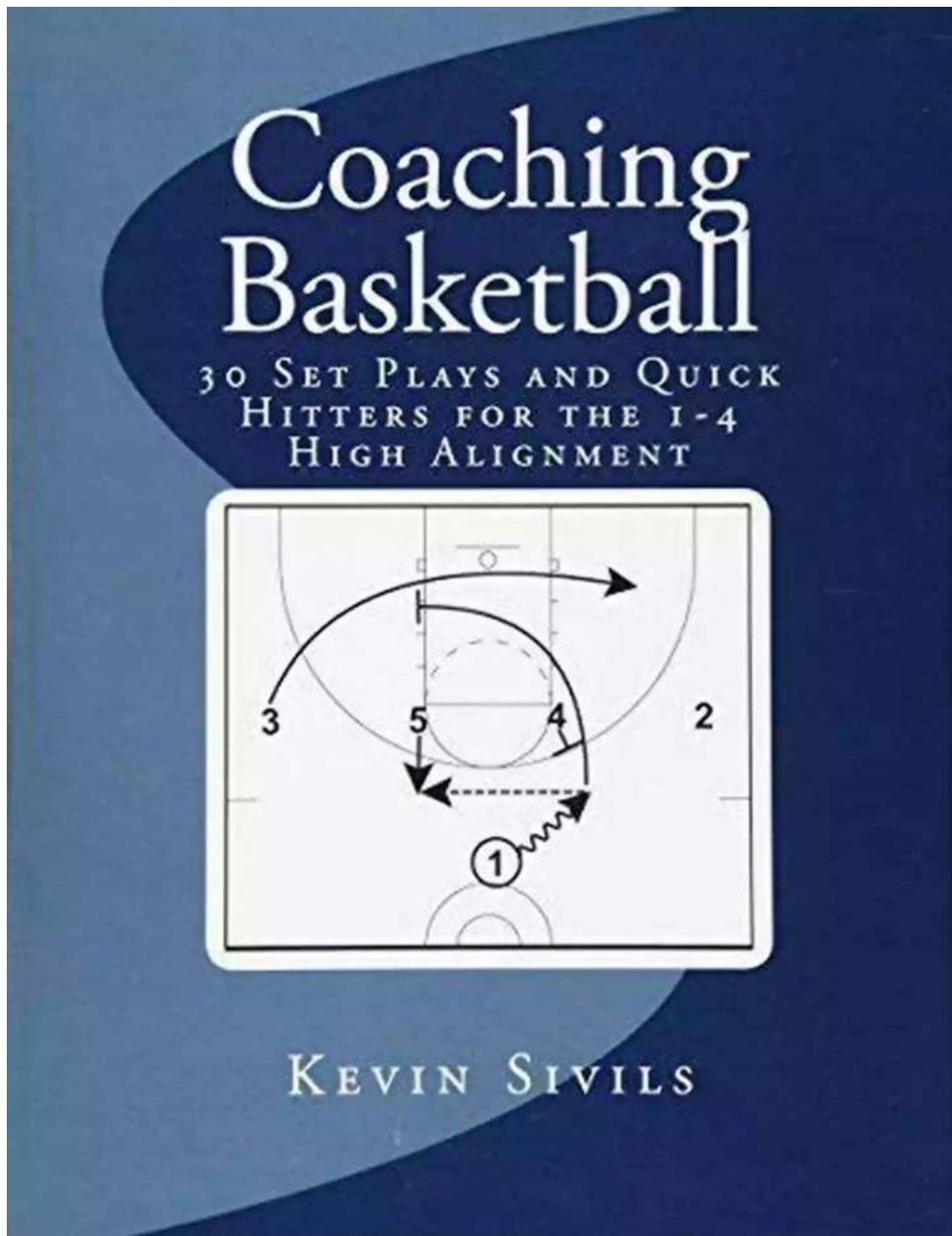
3. Swing and Slash

Description: This play focuses on quick ball movement along the perimeter, forcing the defense to shift constantly. It creates open lanes for slashing players to drive to the basket or dish it out for open perimeter shots.



4. High Roller

Description: This play combines a high pick-and-roll with a backdoor cut, catching the defense off guard. It offers scoring opportunities at the rim or open shots from the perimeter.



Mastering Set Plays and Quick Hitters

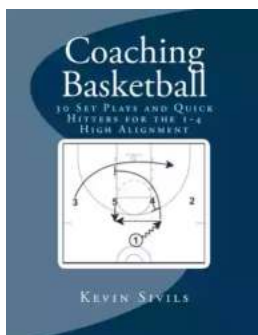
Executing set plays and quick hitters effectively requires practice, teamwork, and attention to detail. Here are some tips to help you and your team master these offensive strategies:

- Communicate effectively: Clear and concise communication is crucial when executing set plays. Everyone on the court needs to understand their roles

and responsibilities.

- **Develop chemistry:** Spend time practicing these plays to build chemistry and trust among your teammates. Understanding each other's movements and preferences will lead to better execution.
- **Timing is everything:** Precise timing is vital for successful set plays. Practice the sequences relentlessly until every player knows exactly when to make their move.
- **Stay adaptable:** Defenses will try to anticipate your plays, so be prepared to make adjustments on the fly. Encourage your team to stay flexible and read the defense.

The high alignment is a powerful offensive strategy that can unlock a team's offensive potential. With 30 set plays and quick hitters at your disposal, you now have the tools to confuse defenses and create scoring opportunities. Remember to practice, communicate, and adapt to maximize your team's offensive efficiency. Incorporate these plays into your training sessions and witness a significant improvement in your team's performance.



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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.



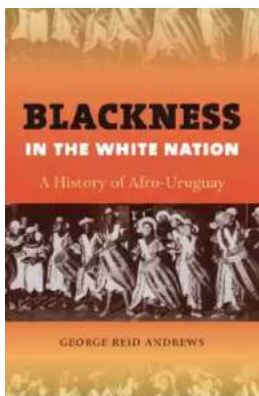
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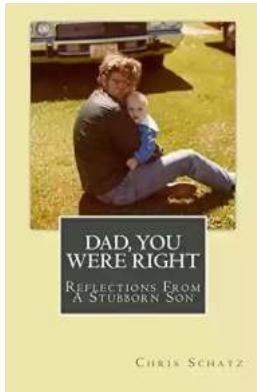
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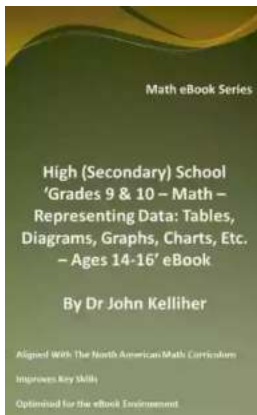
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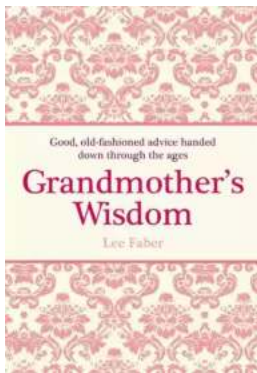
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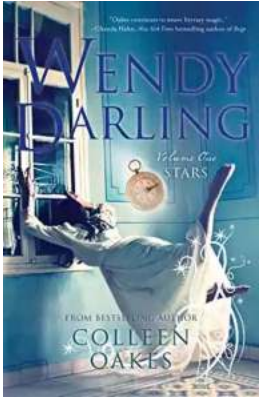
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