IN-BOUNDS PLAYS

Basketball - Low Box Play
Once the players understand the timing and execution, this play almost always results in a close shot at the basket or a trip to the foul line for two free throws. The screen seal and pass timing are the critical points to perfect.

1. The post player nearest the ball is the one to break and set a screen for the other low post player. As soon as the other post player cuts around the screen and contact is made with his defense man, the screener must pivot 180 degrees and seal out that defensive player from the inbounding pass. The passer throws the ball as the post player is beginning his pivot. This is the first option.

2. The post player furthest from the ball MUST wait until the screen is set. The most common error is for both post players to break at the same time. Once the screen is set, the far post player cuts around the screen and looks for a pass (second option).

3. The two outside players simply cross to the other’s wing position and look for a pass. This is the third option and usually does not result in a shot, but may be the best recourse if the inside play breaks down.
**Basketball - High Box Play**

This is an efficient alternative to the box low. It sets up the same, but creates an entirely different shot. The most common result is a short range jumper in the key.

1. The post player nearest the ball is the one to break and set a screen for the guard near the top of the key. As soon as the guard cuts around the screen and contact is made with his defense man, the screener must pivot 180 degrees and seal out the defensive player from the inbounding pass. The passer throws the ball as the post player is beginning his pivot. This is the first option.

2. The guard closest to the ball MUST wait until the screen is set. The most common error is for both post players to break at the same time. Once the screen is set, the far post player cuts around the screen and looks for a pass. (second option).

3. The other post player mimics the first, and is the third option after he pivots.

4. The guard furthest from the ball uses the screen to get a clear path to the right corner of the court. Sometimes this is an open three point opportunity.
**Basketball Middle Cross Play**
This is a great play against man to man or zone defense. The key is to get the players to cut hard and move quickly.

1. On the slap of the ball, players 4 and 5 crossover and post up on each low block. Player 2 cuts to the ballside wing. Player 3 slashes to the ball through the gap created by the exit movement of players 4 and 5. Player 4 and 5 are the second option and player 2 is the safety.