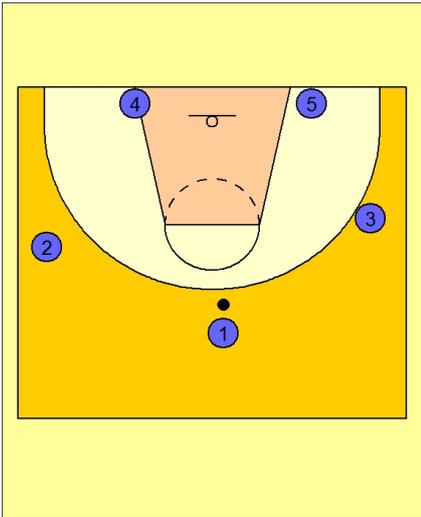




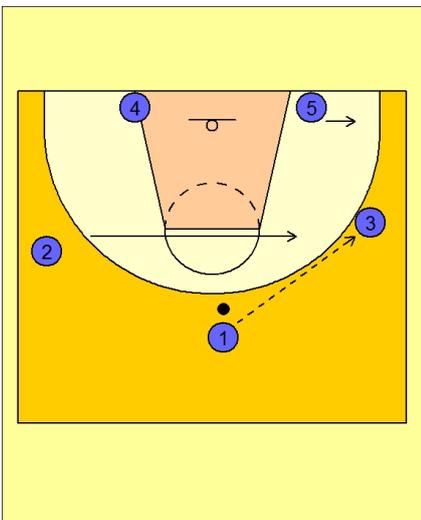
Stanford

Stanford Zone Offense

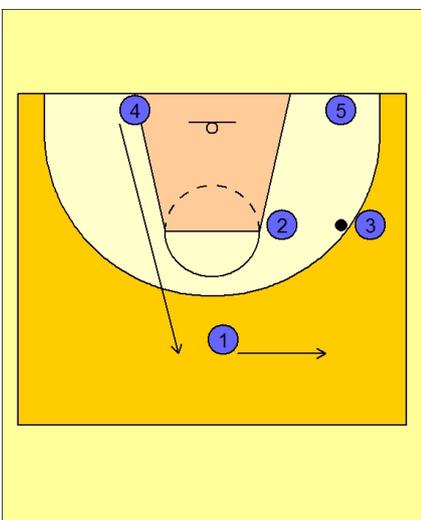
Stanford's starting alignment has the point guard (1) at the top of the offence shooting guards and forwards at (2) and (3) and forwards/center at (4) and (5).



When (1) passes to the wing (5) cuts to short corner and (2) flare cuts to the gap at high post.

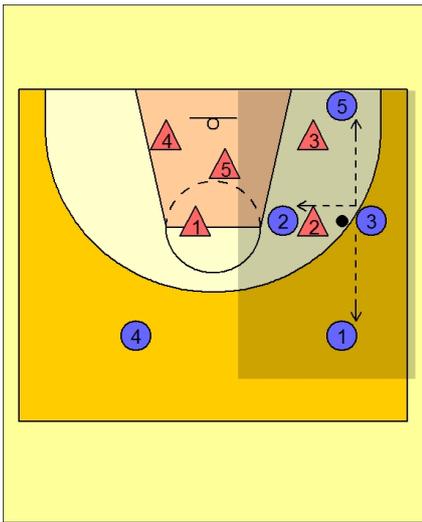


(1) then moves to the strong side point position and (4) flare cuts from low block to the second point position.





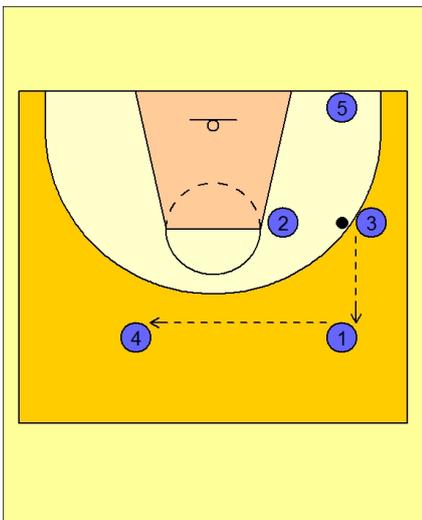
Offense



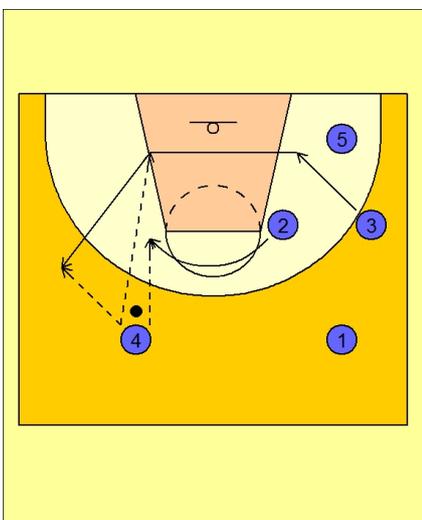
In doing this we overload the zone giving (3) a number of passing options.

An overload means we have more players on that side of the court than the opposition players have defenders in their zone alignment.

In this shaded area we have four players against two defenders. (3) Just needs to read the most open player.



If (2) and (5) are not open at short corner or high post (3) reverses to (1) who reverses to (4).

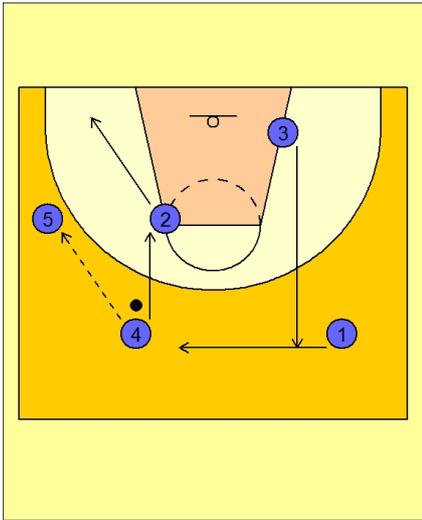


On the reversal (2) runs a curl cut around high post elbow to elbow presenting as a passing target to (4).

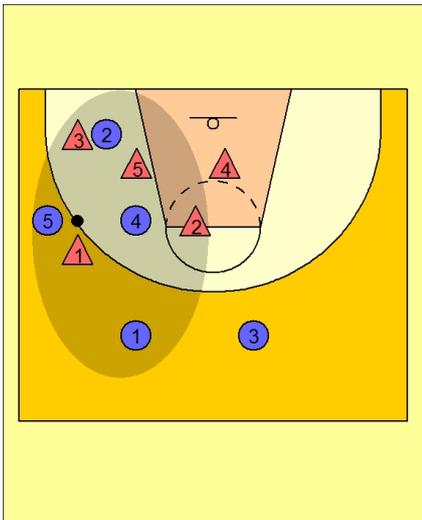
(5) Cuts from Short corner to low block on the opposite side of the key where he looks quickly for a pass from (4). If he is not open there he continues to the strong side elbow.



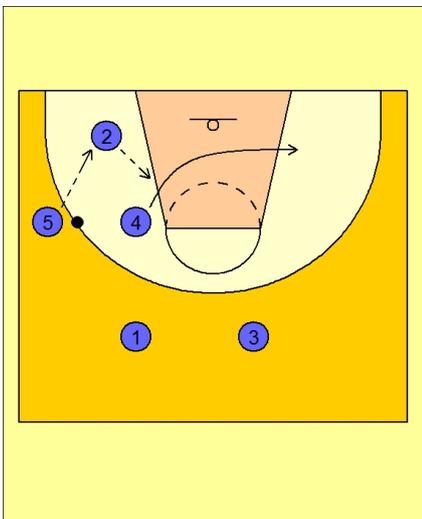
Offense



When reversed to (5) on the elbow, (2) cuts to short corner and (4) cuts into vacant gap at high post. When (4) cuts to high post (1) replaces his position and (3) cuts to the second point.



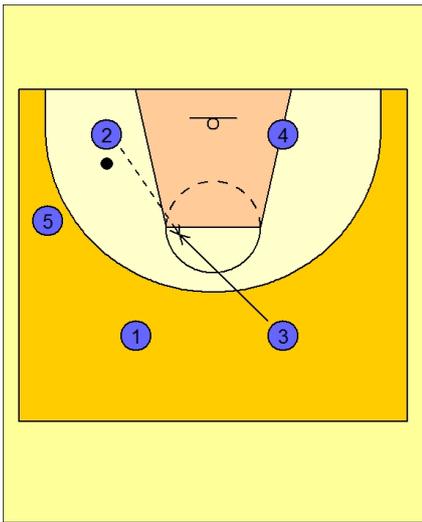
Again we have overload the opposite side of the court with the same alignment of short corner, high post, wing and point positions all being filled with (3) position for the ball reversal.



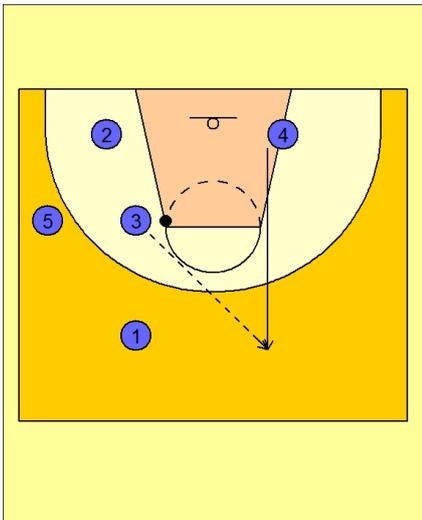
When we pass into (2) at the short corner (4) cuts diagonally through the key looking for the pass from (2).



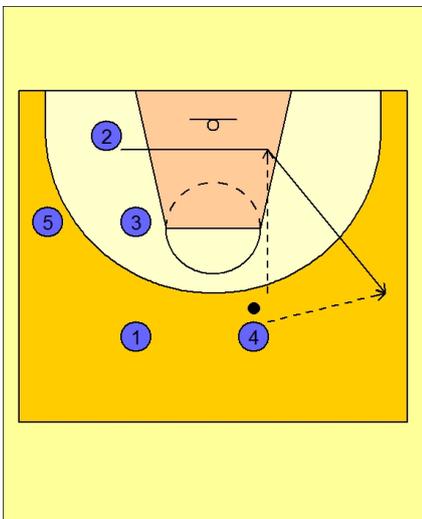
Offense



If (4) isn't open, a gap should open up for (3) to cut into for a pass from (2) and a shot from around the foul line and elbow.



When (3) cuts to the elbow (4) then flare cuts to the second point position for the reversal and potential shot.

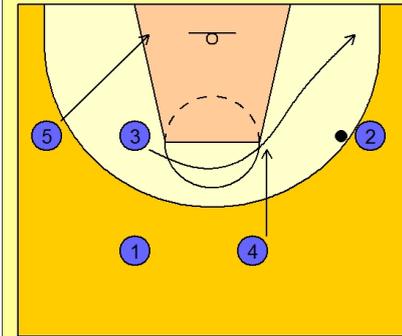


If (4) isn't open (2) cuts to the low block looking for the pass from (4). If not open at low block (2) cuts to the extended elbow for pass from (4).

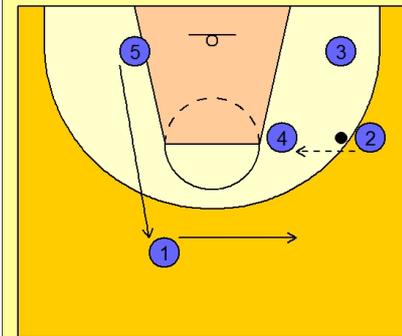


Offense

We then repeat the same movement (3) cuts to the short corner, (4) cuts to high post and (5) cuts to low block.

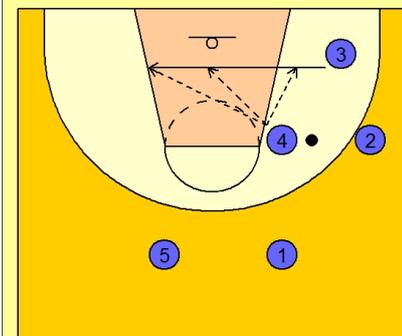


When the ball is passed to the wing we again repeat the same movement with (1) cutting to strong side point position and (5) cutting to the weakside point position.



In this example we are passing into the high post.

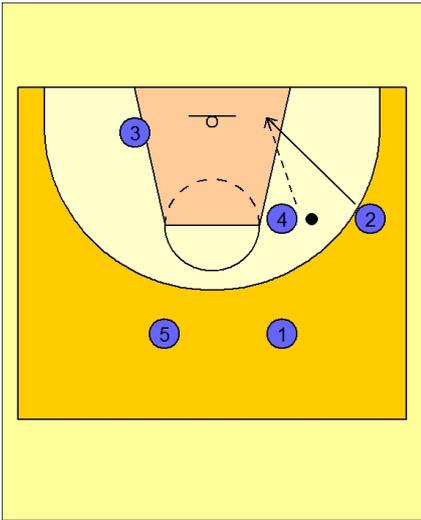
When the ball goes to (4) at high post (3) cuts the baseline to the opposite low block where he can be passed the ball at any stage of the cut when open.



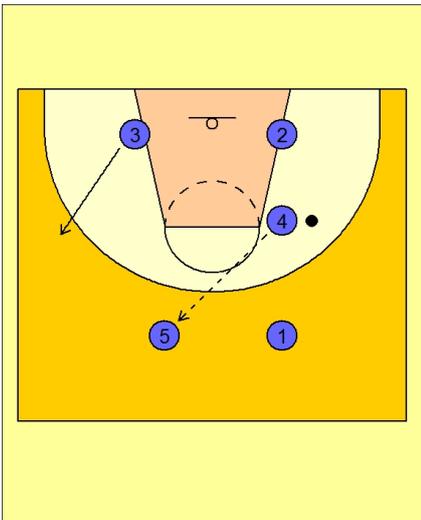


Offense

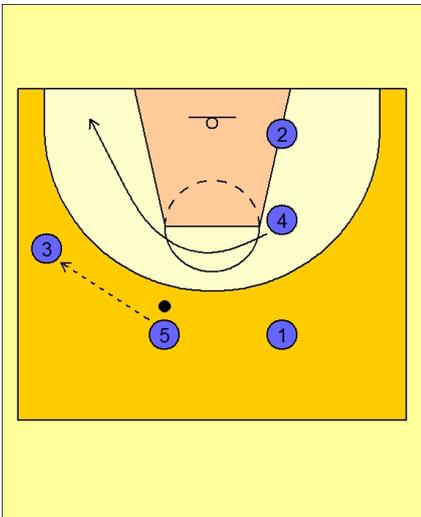
After (3) vacates short corner (2) cuts into the gap that should open up at the low block.

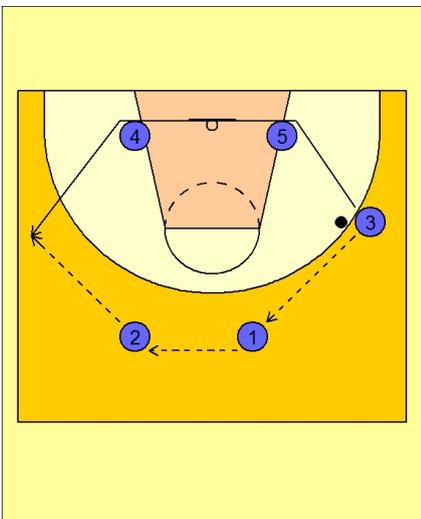
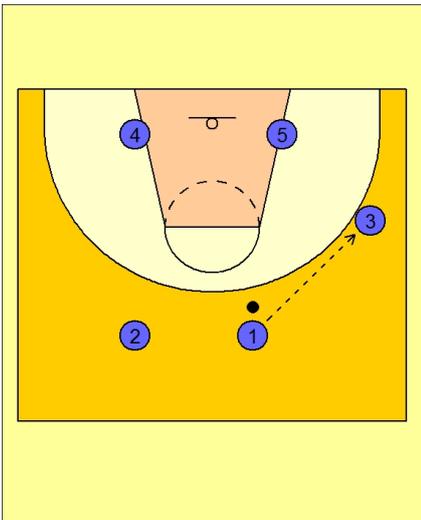
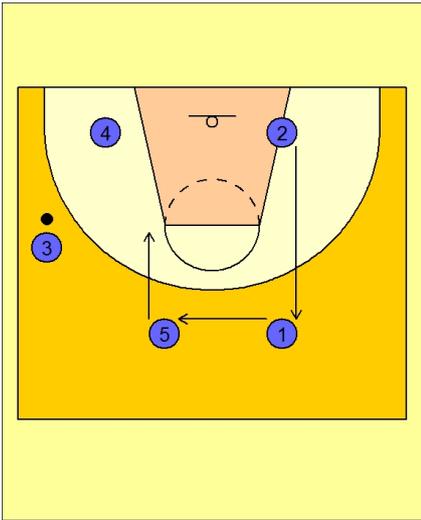


If neither are open (4) reverses to (5) for potential shot or reversal.



On reversal we again repeat the same movement to achieve the overload.





Stanford swing

Out of Stanford we can run two quick hitters for 3 point attempts or to open up inside players at short corner and high post.

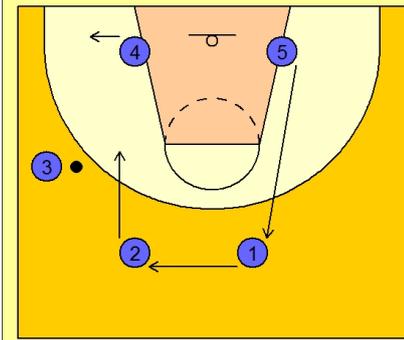
On Stanford swing we start our shooter on the wing and start the offense with players in both point positions.

To start the play our point guard gets the ball to the shooter on the wing.

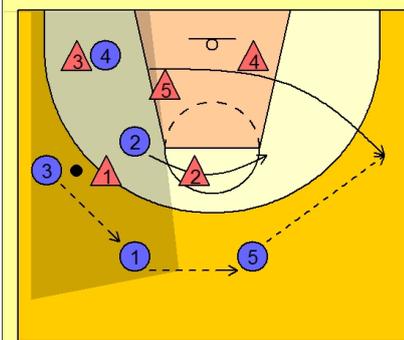
The shooter then reverses the ball to the point guard and cuts baseline off screens by (5) and (4). The ball gets reversed to (2) who reverse the ball to (3) coming off the screen for a 3 point shot.



If (3) doesn't have a shot we simply continue the normal Stanford movement.



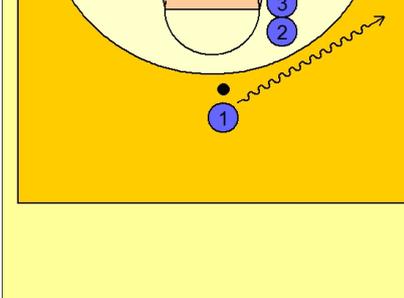
Here we have overload the zone once from this movement.



Stanford Stack

Another quick hitter in Stanford is stack. Here we set up double screens (or stacks) at the high post elbow and low block.

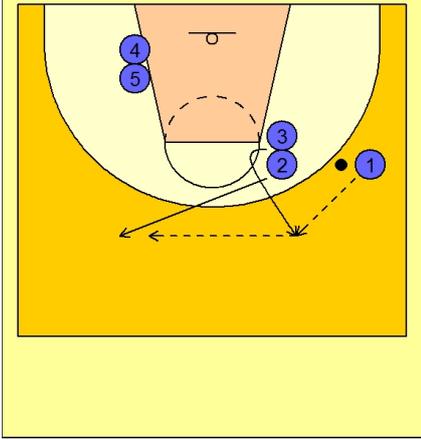
To start the play (1) dribbles to the wing.



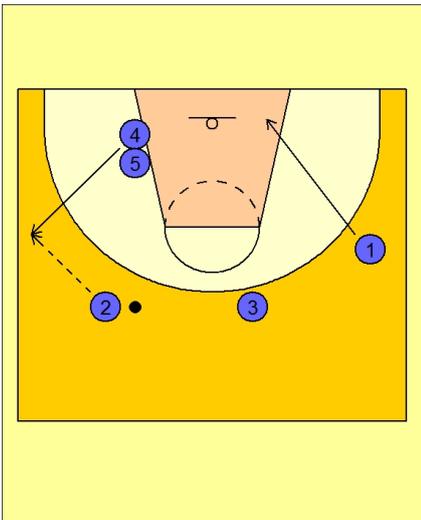


Offense

Once at the wing (2) screens for (3) who cuts to the strong side point. (2) then rolls to the second point position.



After being reversed to (2), (1) cuts to the low block and (4) pops out off (5)'s screen for the three point attempt.



If (4) isn't open (5) rolls to short corner of the screen. If (4) isn't open for the three (5) should be wide open in short corner.

From here we simply run the same Stanford movement to overload the zone.

