

4 Set Plays to use Against a 2-3 Zone



Let's get straight the point...

On the following 5 pages I'm going to share with you 4 of my favorite plays to use against a 2-3 zone defense.

This report was created to accompany my blog post "How to Beat a 2-3 Zone - 13 Strategies".

In it contains one baseline play and three normal plays to use when competing against a 2-3 zone. The reason it doesn't contain a sideline play is because most teams will simply pass in and set up a normal set.

If you received this report without signing up for my email list, I would be super appreciative if you head over to www.basketballforcoaches.com and sign up to my newsletter there.

(If you do, I promise I'll send you some cool stuff!)

If for any reason you want to get in contact with me, the best way to do that is on Twitter by sending a tweet to @bballcoachmac.

Without further adieu, here are the 4 set plays!

And thanks again for downloading.

- Coach Mac

Set Play #1 - Rollers

This play is designed to get your tall players a shot close to the basket or your guards an open three point shot.

The premise behind the play is that the three defenders along the baseline cannot guard four offensive players along the baseline so they must leave one of them open.

(1). 2 and 3 both sprint out to the sidelines calling for the basketball. Their goal is to drag both X3 and X4 with them to clear out the middle.

Option One: If 2 or 3 have an open look at the ring, pass them the basketball for the open shot.



(2). 4 screens for 5.

(3). 5 uses 4's screen and cuts towards the strong-side block looking for the pass.

Option Two: Pass to 5 for the shot off the block or layup.

(4). 4 rolls after setting a screen for 5 and cuts to the weak-side block looking to receive the pass.

Option Three: Pass to 4 for the shot off the block or layup.



Set Play #2 - Swing

The play starts in a 1-3-1 set.

This is a play designed to get your best decision maker inside the key where they're able to either score or set up a shot for a teammate.

They must start at the top of the key with the basketball.

For this example, 1 is the best decision maker.

(1). 1 passes the basketball to the wing which forces X1 and X2 to shift.



(2). Once the defense shifts, 2 passes back to 1 at the top of the key.

(3). As the pass is being made, 4 slides over to the opposite short corner and 3 slides down to the corner.

(4). 5 sets a good screen on the back of X2.



(5). 1 immediately uses 5's screen and penetrates into the open space leaving them with 4 options...

Option One: Take the small jump-shot or floater in the lane.

Option Two: If 4 collapses, kick the basketball out to 3 for the three-point shot.

Option Three: If 5 steps up to stop the ball, bounce pass to 4 for the easy layup.

Option Four: Pass to 5 as they roll to the basket.



Set Play #3 - Double Low

Start out in a 1-3-1 formation.

This play is designed to get an open jump-shot for the player that starts with the basketball at the top of the key.

For this example, 1 is the best shooter on the team.

(1). 1 passes to 3 on the wing.



(2). After passing, 1 will cut towards the basket and hesitate for a second under the ring.

(3). As 1 cuts, 5 sneaks to the back of X3 and sets a double screen with 2.

(4). 4 pops out to the top of they key.

(5). After hesitating for a second, 1 cuts out to the three-point line or mid-range and prepares to receive the basketball for a shot.



(6). When 4 pops out to the perimeter, 3 immediately reverses the basketball to the top of the key.

(7). 4 now passes the basketball to 1 making sure it's an accurate pass to 1's shooting pocket.

Option One: 1 takes the open three-point shot or open mid-range shot.



Set Play #4 - Overload

Start out in a 1-3-1 formation.

This set is designed to overload one side of the floor. By doing so, the offense takes advantage of the fact that the defense is assigned an area and not a player.

With smart ball-movement, this will often lead to an open shot or layup.

If possible, you want to put your best passer in the high post.

(1). The set starts by 1 passing to either side of the floor and then cutting through to the ball-side corner.

(2). Both post plays (4 and 5) move to the strong-side of the floor as well in both the high post and short corner.

(3). The best option for 3 is to get the pass into the high post. This forces the defense to collapse and creates many easy passes for open shots.

Option One: Quick pass to 5 on the baseline for the easy layup.

Option Two: If X4 defends 5, pass to the corner for the open three-point shot.

Option Three: If X2 digs in to get the basketball out, 4 can pass to 3 for the open three-point shot.

