

SWING 3'S 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 attacks the middle to force x5 to step up.
- 5 flashes up behind the help into the open window.
- 3 The paint touch pulls multiple defenders toward the ball.
- 1 delivers the ball to 5 before the defense can recover.
- 5 catches on balance and immediately sees the weak side.
- 6 The catch creates a 2-on-1 against the next perimeter defender.
- 5 swings the ball to 3 instead of holding it.
- 3 receives the pass with the defense stretched for the open three or...

ADVANTAGE FRAME — 1:20 2ND HALF



THE DRIVE DRAWS THE BIG. THE FLASH CATCH CREATES THE SWING-PASS ADVANTAGE.

ACTION BREAKDOWN

1. DRIVE + DRAW x5



1 attacks the paint and forces x5 to step up. 5 flashes into the space created behind the help.

2. FLASH + SWING



5 receives the ball and immediately swings it to 3. The speed of the second pass keeps the defense from recovering.

3. PLAY THE 2-ON-1



The swing puts Iowa into a 2-on-1 on the weak side. 3 can shoot if the closeout is late or attack if the defender flies out.

PAUSE HERE

Nebraska has been pulled toward the middle because 1's penetration forces x5 to step up. That movement creates the window for 5 to flash into the lane line area. The key is what happens next: 5 does not hold the ball. He catches, turns, and swings it to 3 before the defense can fan back out. The advantage is created by the drive, but finished by the quick second pass.

COACHING INSIGHTS

WHY IT WORKS

The drive forces the big to help and creates a temporary numbers advantage behind the play. The flash catch turns that help into a swing-pass three.

DEFENSIVE REACTION

Nebraska collapses the middle to stop penetration. Once x5 steps up, the next defender has to guard two offensive players on the weak side.

OFFENSIVE READ

If x5 commits to the drive, hit the flash. On the catch, read the next defender immediately — shoot the gap with the swing pass before the shell recovers.

COACHING POINT

Catch to pass. The advantage disappears if 5 holds the ball. The flash should arrive on balance with eyes already scanning the weak side.

STEAL THIS IDEA

Use penetration to move the big, then flash a passer into the space behind the help. The flash is not the finish — it is the bridge to the next advantage. If the second pass comes immediately, the defense has to guard two players with one recovering defender.

DNA TAKEAWAY

DRIVE TO MOVE THE BIG.
FLASH BEHIND THE HELP.
SWING IT BEFORE THEY RECOVER.