

PULLING BACK TO ISO



IOWA HAWKEYES

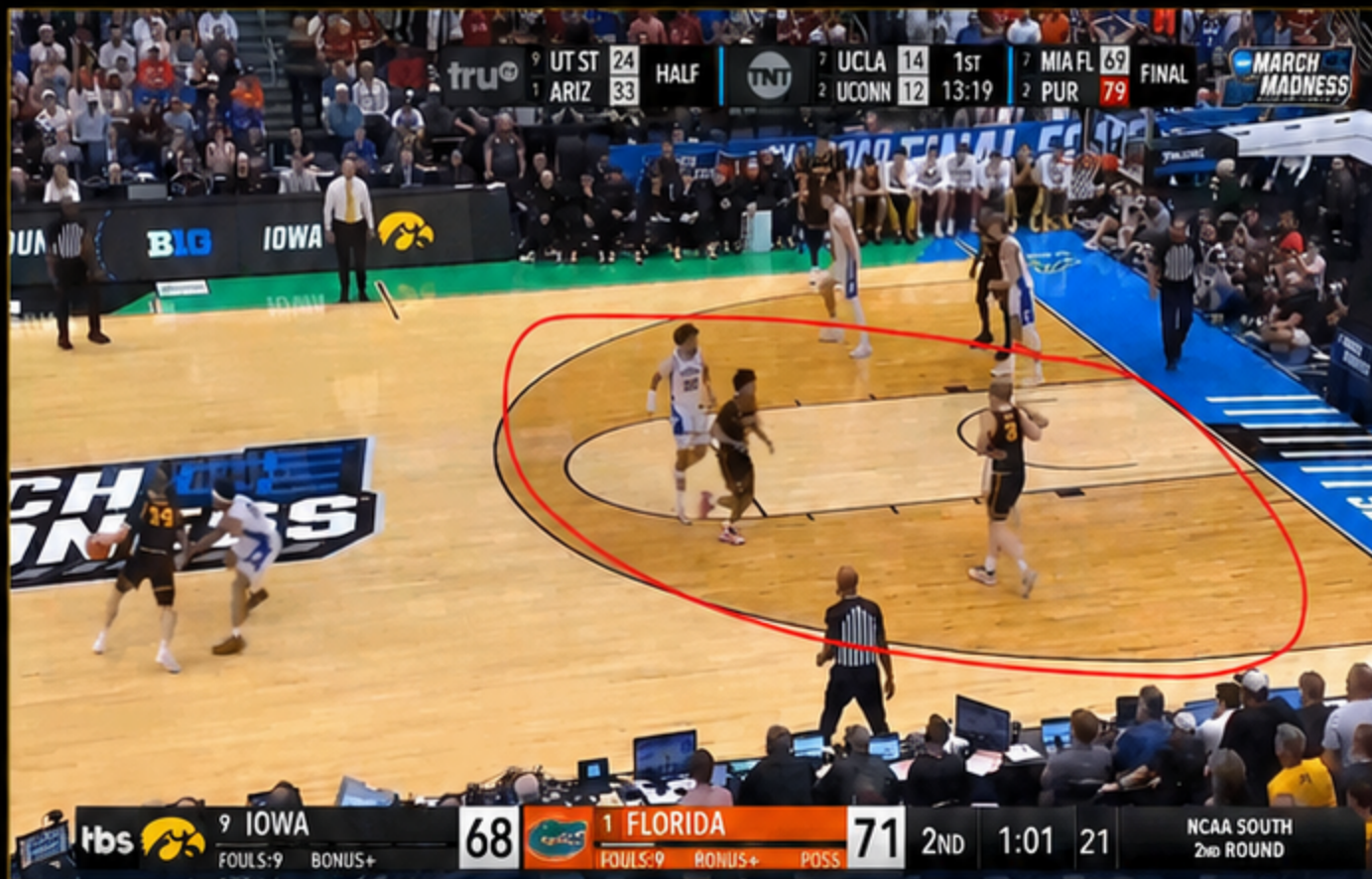
SERIES: PENETRATION & POST OFFENSE

DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 Ball screen action begins.
- 2 Defense switches.
- 3 2 clears out.
- 4 Offside exchange keeps the defense engaged.
- 5 4 moves toward the paint and is ready to pop behind the drive.
- 6 1 pulls back to attack the mismatch.
- 7 The offside exchange prevents early help.
- 8 1 penetrates the middle.

ADVANTAGE FRAME



OFFSIDE EXCHANGE KEEPS THE DEFENSE ENGAGED

WHY IT WORKS

The offside exchange occupies help defenders and keeps the weakside engaged, giving the point guard a cleaner lane to penetrate the middle.

DEFENSIVE REACTION

Because the defense must track the offside exchange, it cannot load up as early on the ball. The switch creates a mismatch and the help arrives late.

OFFENSIVE READ

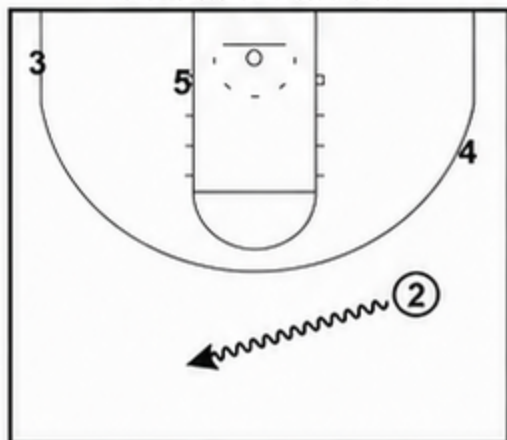
Read the mismatch after the pull-back. If the middle opens, attack it. If help stunts in, be ready for the pop or kick-out option.

COACHING POINT

Use the offside exchange with purpose. It is not empty movement — it keeps the defense occupied and creates a cleaner middle-drive window.

1. CLEAR THE SIDE

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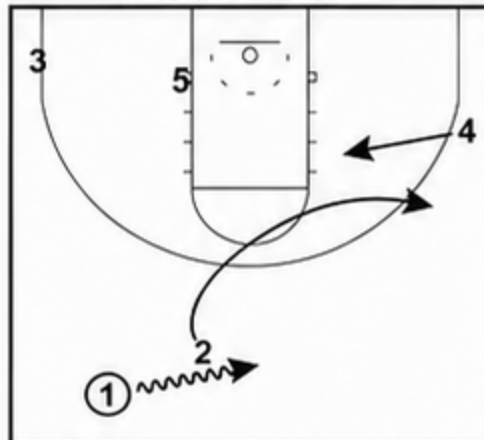


1. 2 clears
2. 4 moves toward paint ready to pop behind drive.

2 clears and the floor opens.

2. OCCUPY HELP

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1. 2 clears
2. 4 moves toward paint ready to pop behind drive.

The offside exchange keeps the weakside defense engaged while 4 prepares to pop behind the drive.

3. ATTACK MIDDLE

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1. 1 attacks iso
2. 4 pops behind drive.

1 attacks the middle on the iso while the offside exchange limits help.



STEAL THIS IDEA

Use the offside exchange after the switch to keep weakside help occupied before your point guard attacks the mismatch.



DNA TAKEAWAY

**KEEP THE DEFENSE ENGAGED.
CREATE THE MISMATCH.
ATTACK THE MIDDLE.**

