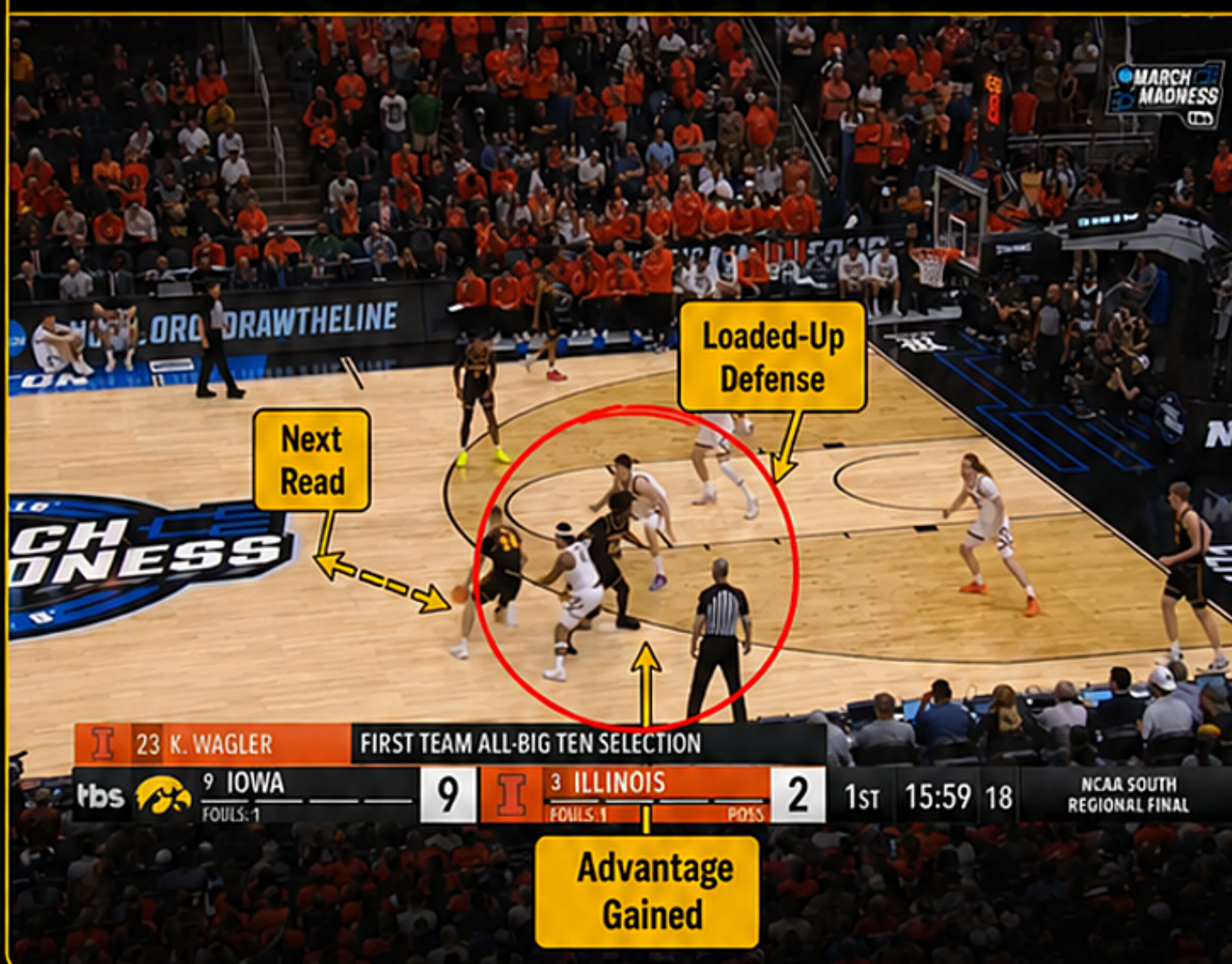




THE ADVANTAGE DNA™

- 1 passes to 5 and chases.
- 5 sets the inside ball screen.
- 1 uses the screen.
- Illinois loads up to contain the action.
- 1 throws to 4.
- 1 continues the chase off 4.
- Iowa gains the advantage before the defense resets.

ADVANTAGE FRAME — 15:59 1ST HALF



PAUSE HERE

Illinois is loaded up to stop the chase action, and that is exactly where Iowa creates the advantage. The inside ball screen pulls defenders to the ball, the help shifts toward the action, and the next pass becomes available before the defense can recover. Once the defense commits, Iowa must stay poised and keep the sequence moving.

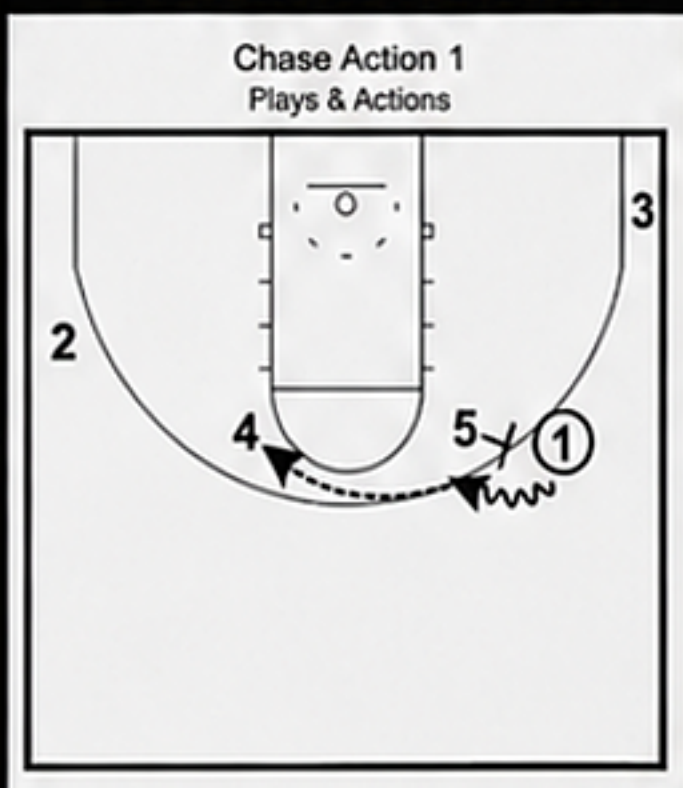
ACTION BREAKDOWN

1. TRIGGER



1 passes to 5 and chases, starting the action and forcing the defense to prepare for the handoff sequence.

2. DEFENSIVE REACTION



5 sets the inside ball screen for 1. As 1 comes off the screen and throws to 4, Illinois shifts to contain the action.

3. ATTACK THE ADVANTAGE



1 keeps the chase flowing from 4. Because the defense has already loaded up to the first action, Iowa gains an advantage on the next read.



STEAL THIS IDEA:

Use chase action to make the defense shift twice in a row. The first action may not score — but it can create the advantage for the next pass.



DNA TAKEAWAY:

The chase is not just movement. It is the trigger that forces the defense to commit.

COACHING INSIGHTS



WHY IT WORKS:

The pass-and-chase flows directly into an inside ball screen, forcing the defense to shift quickly and communicate. That creates a brief advantage window.



DEFENSIVE REACTION:

Illinois crowds the chase action and shrinks the floor around the ball-screen area to stop the first option.



OFFENSIVE READ:

Read the loaded-up coverage, move the ball on time to 4, and continue the chase before the defense resets.



COACHING POINT:

Keep the chase tight. Catch on balance. Make the next simple read immediately.