ADVANTAGE VOLUME 1

FILM ROOM 03

MICHIGAN BASKETBALL

TRADITION FUELS TOMORROW

DHO → MOVE THE HELP → OPEN THE RIM

CREATE

SIMPLE ACTIONS
BIGGER ADVANTAGES

Michigan vs Duke | Clip ID: ADV-068

1 2 HITS 5



2 hits 5 and chases into the action as the defense starts to shift.

2 5 DHO WITH 1



5 flows into the DHO with 1, creating a downhill drive and forcing help to react.

3 1 DRAWS TWO → DROP TO 5

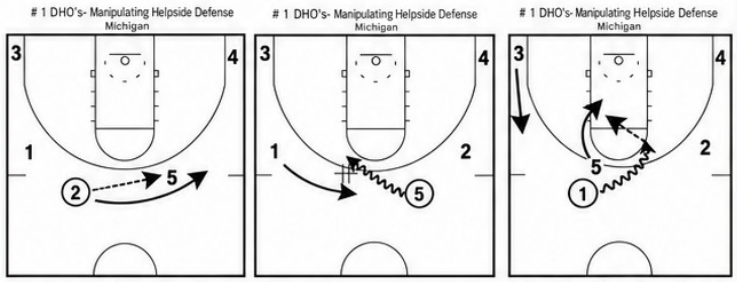


The drive forces help up. Backside help is late, so 1 creates a deep paint touch and the rim opens.

PLAY DIAGRAMS *(From FastDraw – pg. 46)*

Advantage Offense Final

 # 1 DHO's- Manipulating Helpside Defense



2 hits 5 and chases for handoff but 5 keeps

5 DHO with 1

1 draws two and drops off two 5 for dunk. 3 lifts to prevent tag.

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TEACHING POINTS

1. Use the DHO to get downhill and force the help defender to step up.
2. The drive manipulates the help and opens the rim behind it.
3. When the drive draws two, play behind the coverage.
4. The backside help is late because the action moves the defense first.
5. This creates a deep paint touch and a high-percentage finish.

ADVANTAGE CREATED

Drive Forces Help to Step Up / Backside Help Is Late

KEY TEACHING CUE

"Move the help. Open the rim."

WHY IT WORKS

The DHO creates momentum and gets the ballhandler downhill. As the drive forces the primary help defender to step up, the backside help is late arriving. That opens the rim for a deep paint touch and a clean finish behind the coverage.

PRACTICE LAB IDEA

DHO Help-Manipulation 3v3

- Start with the DHO alignment.
- Flow into the handoff and attack downhill.
- Live defense: make the help defender react.
- Read when help steps up and finish behind it.
- Emphasize deep paint touches and drop-off finishes.