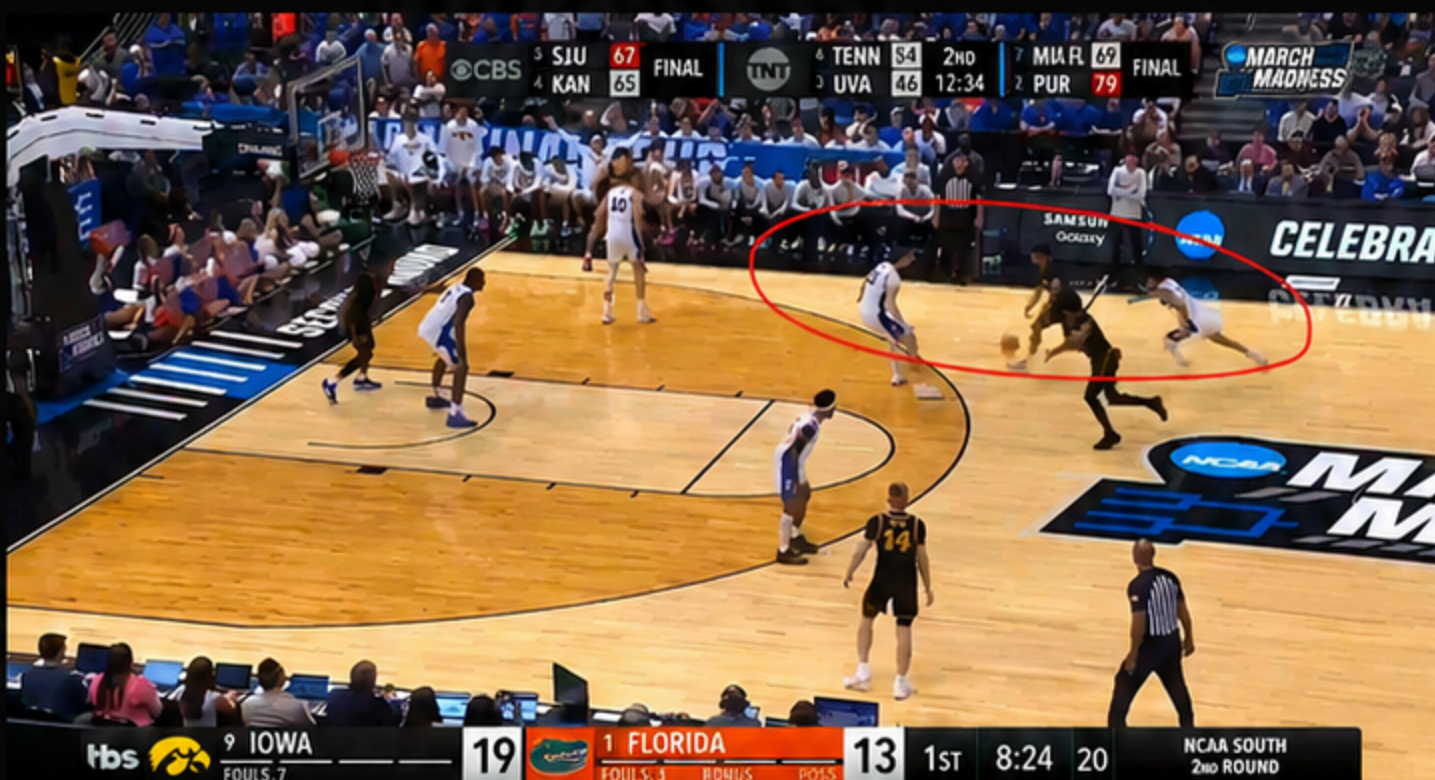


ADVANTAGE DNA™

- 1 Reversal and exchange initiate the action
- 2 4 hands off to 1
- 3 1 immediately reverses the ball to 2
- 4 4 cuts to the rim to clear space
- 5 5 sprints into a high ball screen for 2
- 6 2 attacks while the defense is shifting
- 7 5 short rolls into the advantage

ADVANTAGE FRAME — 8:24



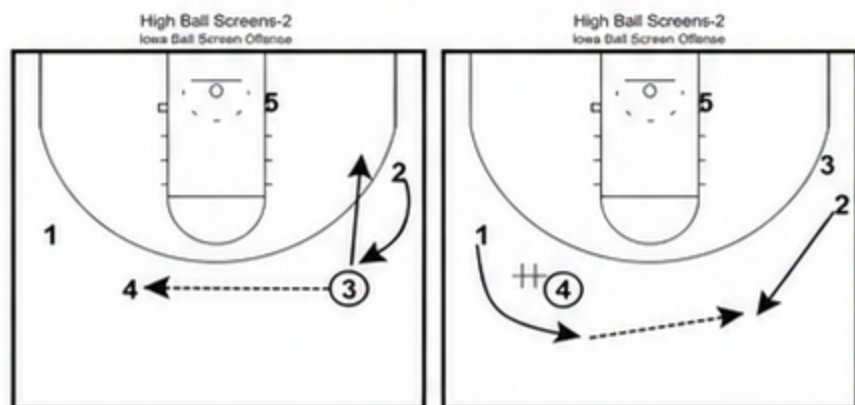
After the quick reversal, Florida is still shifting when the sprint screen arrives. The ballhandler attacks a defense that has not fully reset, and the short roll becomes available behind the coverage.

PAUSE HERE

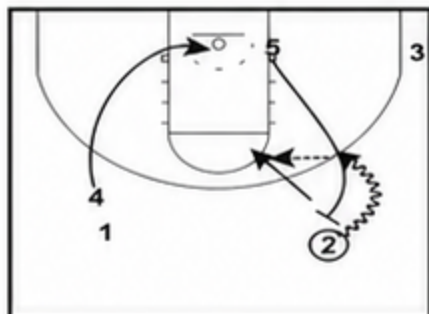
Pause on the reversal into the sprint screen. The key is not just the ball screen itself—the advantage is created by making the defense move first, then screening before it can get organized.

FASTDRAW BREAKDOWN — EXACT USER DIAGRAM

Iowa Ball Screen Offense



1. Action initiates with reversal and exchange.
2. 1 immediately reverses ball back to 2.



1. 4 cuts to rim for spacing on ball screen.
2. 5 sprints into high ball screen for 2.
3. 2 attacks, 5 short rolls.

STARTING ALIGNMENT

The action begins with a reversal and exchange on the side before Iowa flows into the high ball screen.

WHAT HAPPENS

4 hands off to 1, 1 reverses quickly to 2, 4 cuts to the rim, and 5 sprints into a high ball screen. 2 attacks and 5 short rolls.

ADVANTAGE CREATED

The reversal shifts the defense. The rim cut clears help. The sprint screen hits before the coverage is set.

DEFENSIVE REACTION

Florida has to change sides, sort out the exchange, and then defend the high ball screen while moving.

OFFENSIVE READ

Attack immediately off the screen. If the defense commits to the ball, hit 5 on the short roll. If help collapses, be ready to spray out.

WHY IT WORKS

The defense is forced to guard multiple actions in sequence—reversal, exchange, rim cut, and sprint screen—without getting comfortable.

MAIN COACHING POINT

Make the defense move first. Reverse it quickly, clear the lane, then sprint into the screen before the coverage resets.

REVERSE IT → CLEAR THE LANE → SPRINT INTO THE SCREEN → FORCE THE SHIFT

The screen is effective because the reversal and rim cut create the advantage before the ballhandler ever uses it.