

ZONE 4

SERIES: ZONE / PRESS OFFENSE | DNA CATEGORY: HIGH-LOW ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 Iowa shifts the zone with perimeter ball movement before entering the high...
- 2 The ball is delivered into the middle, forcing Florida's zone to collapse inward.
- 3 5 catches in the high-post area and immediately becomes a scoring...
- 4 The middle touch pulls the low defenders toward the ball and shrinks the...
- 5 4 stays spaced on the weak-side baseline behind the defense.
- 6 Once the zone collapses, the short high-low passing lane appears behin...
- 7 The inside touch creates a 2-on-1 decision for the low defender.
- 8 The advantage is simple: touch the middle, force the collapse, then play...

ADVANTAGE FRAME — 6:52 2ND HALF



THE HIGH-POST TOUCH PULLS THE ZONE IN. THE BASELINE PLAYER STAYS BEHIND THE HELP.

ACTION BREAKDOWN

1. ENTER THE MIDDLE



Iowa enters the ball toward the middle of the zone and brings 5 into the high-post area. The touch forces the interior shell to react.

2. FORCE THE COLLAPSE



As 5 catches, the low defenders pinch inward to take away the middle. That movement opens the baseline space behind the zone.

3. PLAY HIGH-LOW



With the back line collapsed, 5 reads the baseline and delivers the high-low pass to 4 behind the help for the finish.

PAUSE HERE

The advantage is created by getting the ball into the middle of the zone. Florida has to collapse toward the high-post catch, which pulls the back-line defenders inward and away from the baseline. The weak-side baseline player is now sitting behind the help. Once 5 catches and turns, Iowa has a high-low window before the zone can fan back out.

COACHING INSIGHTS

WHY IT WORKS

A high-post touch attacks the center of the zone. Once the defense collapses inward, the baseline becomes vulnerable behind the help.

DEFENSIVE REACTION

Florida's middle and low defenders squeeze toward 5 to protect the paint. That shortens the shell but exposes the space behind it.

OFFENSIVE READ

5 must catch ready to score, then immediately see the baseline. If the low defender steps up, the high-low pass is available.

COACHING POINT

Do not hold the middle touch. Catch, turn and read. The passing window is best before the zone can recover back to the baseline.

STEAL THIS IDEA

Against a zone, the middle touch should force two reactions at once: defenders collapse toward the ball and baseline players become exposed behind the help. Teach the high-post player to catch looking to score first, then immediately find the space the defense just abandoned.

DNA TAKEAWAY

TOUCH THE MIDDLE.
COLLAPSE THE ZONE.
PLAY BEHIND THE HELP.