

KICK 3'S 1

SERIES: CUTTING & 3PT OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 4 attacks the paint and kicks to 3.
- 2 2 lifts behind the drive as the defense collapses.
- 3 3 makes the quick pass to 1.
- 4 4 relocates to the corner after the kick-out.
- 5 1 attacks the next gap while 2 slides with the drive.
- 6 The weak-side lift keeps the defense moving and leaves the top open.
- 7 1 relocates back to the top of the key.
- 8 2 drives and kicks to 1 for the open three.

ADVANTAGE FRAME — 6:52 1ST HALF



THE PAINT TOUCH PULLS THE DEFENSE IN. THE LIFT CREATES THE KICK-OUT THREE.

ACTION BREAKDOWN

1. PAINT TOUCH + KICK

1. 4 attacks the paint and kicks to 3.
2. 2 lifts behind the drive.

4 attacks the paint and kicks to 3. 2 lifts behind the drive, while 3 moves it quickly to 1 and 4 relocates.

2. DRIVE + LIFT

1. 1 attacks and 2 slides with the drives.
2. 1 kicks to 2.

1 attacks the next gap and 2 slides with the drive. Iowa keeps the weak side active so the defense cannot flatten out.

3. RELOCATE FOR 3

1. 1 relocates to top of the key.
2. 2 drives and kicks to 1 for open 3.

1 relocates to the top of the key. 2 drives and kicks it back to 1 for the open three.

PAUSE HERE

The advantage starts with the paint touch. Illinois collapses toward 4, and Iowa immediately moves the ball out of the crowd. The lift behind the drive changes the defensive angle and keeps the shell moving. Once the defense rotates to the first kick-out, the next pass creates the open three before Illinois can recover.

COACHING INSIGHTS

WHY IT WORKS

Every paint touch forces a rotation. Iowa keeps moving the ball and relocating behind the drive until the defense runs out of clean closeouts.

DEFENSIVE REACTION

Illinois collapses to the first drive, then has to chase the kick-out and the lift. Each recovery creates another driving or shooting window.

OFFENSIVE READ

Do not hold the first kick-out. Move it quickly, read the closeout, and attack again until the defense gives up the open three.

COACHING POINT

Relocate behind penetration. The pass is only half the action — the off-ball lift and one-more pass are what turn the paint touch into the shot.

STEAL THIS IDEA

Teach players to relocate behind every drive instead of standing in the same window. The first paint touch moves the defense; the lift and one-more pass make the defense cover another 15-20 feet before the shot.

DNA TAKEAWAY

TOUCH THE PAINT.
LIFT BEHIND THE DRIVE.
MOVE IT AGAIN FOR THE 3.