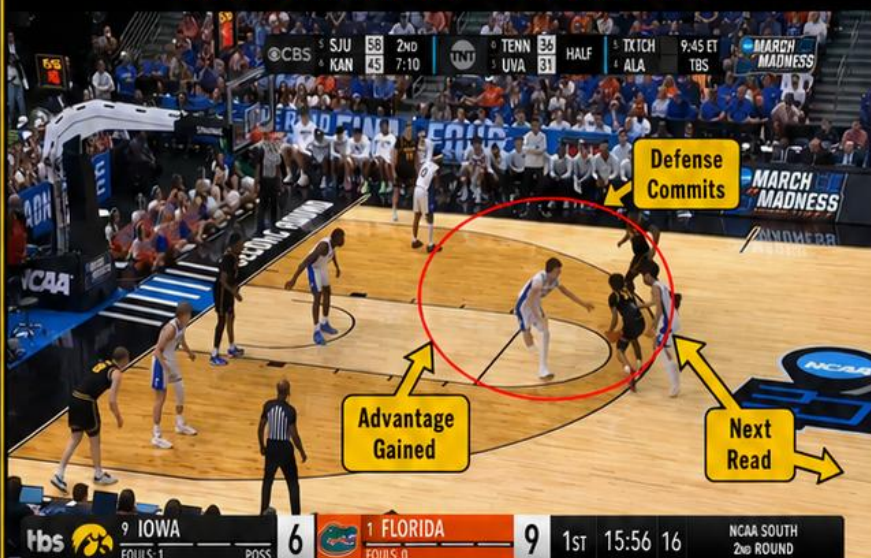




THE ADVANTAGE DNA™

- 1 1 enters to 5 and cuts over the top.
- 2 4 sets away screen for 2.
- 3 3 clears to the opposite corner.
- 4 4 dives to the opposite block.
- 5 5 flips and sets the inside ball screen for 2.
- 6 Florida loads up on the swivel action.
- 7 Iowa gains the advantage and attacks the next read.

ADVANTAGE FRAME — 15:56 1ST HALF



PAUSE HERE

Florida is loaded to the right-side swivel action as 2 uses the inside ball screen from 5. The over cut, opposite zoom action, and swivel force the defense to shift and crowd the ball. The advantage is created the instant Florida commits two defenders to the action, opening the next read before the defense can recover.

ACTION BREAKDOWN

1. TRIGGER



1. 1 enters to 5 and cuts over the top
2. 4 sets away screen for 2.
3. 3 clears to opposite corner

1 enters to 5, cuts over the top, and 4 sets the away screen for 2. That movement starts the over and opposite-side action.

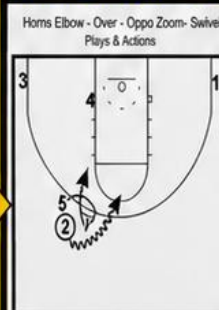
2. OPPO ZOOM



1. 4 dives to opposite block
2. 5 flips and sets inside ball screen

4 dives to the opposite block while 5 flips into position for the inside ball screen. The floor shifts and the defense has to track multiple cuts.

3. ATTACK THE ADVANTAGE



1. 2 uses inside ball screen
2. 5 rolls

2 uses the inside ball screen from 5 and attacks before the defense resets. Once Florida commits to the swivel action, Iowa can play off the next read.

COACHING INSIGHTS



WHY IT WORKS:

The over cut flows into opposite zoom and then a swivel ball screen, forcing the defense to change responsibilities multiple times in quick succession.



DEFENSIVE REACTION:

Florida crowds the swivel action and shrinks space around the ball to stop the immediate drive.



OFFENSIVE READ:

Recognize the loaded coverage, use the inside ball screen, and make the next simple pass or attack the open lane before the floor resets.



COACHING POINT:

Timing and spacing are critical. Sprint into the action, set the inside screen cleanly, and be ready to play instantly out of the swivel.



STEAL THIS IDEA:

Use over action into opposite zoom and a swivel screen to force the defense to shift twice before it can recover. The best shot often comes from the next read, not the first action.



DNA TAKEAWAY:

THE FIRST ACTION STARTS THE SHIFT. THE SWIVEL ACTION CREATES THE ADVANTAGE.