GHOST → TWO ON BALL → CATCH & ATTACK

Michigan vs Ohio State | Clip ID: ADV-018 | ATTACK

1 TWO ON BALL / POST SLIPS



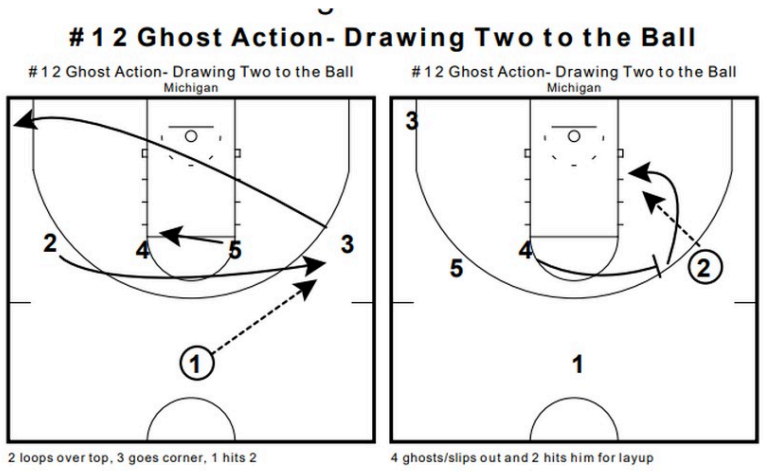
Two defenders are committed to the ball while the post slips behind the pressure toward the basket.

2 DEEP PAINT TOUCH → LAYUP



The ball gets behind the two-on-ball. The helpside defender is in poor position, creating a deep paint touch and layup.

PLAY DIAGRAM — LOCKED FASTDRAW ASSET



TEACHING POINTS

1. Recognize two defenders committed to the ball.
2. The ghost/slip puts the post behind the pressure.
3. Catch behind the two defenders and attack immediately.
4. Do not allow the helpside defense time to recover.
5. Turn the advantage into a deep paint touch and finish.

ADVANTAGE CREATED

Two On-Ball / Paint Open

Result: Deep Paint Touch → Layup

KEY TEACHING CUE

“Catch behind two. Go now.”

WHY IT WORKS

The ghost action draws two defenders toward the ball. Once the pass gets behind that pressure, the receiver has a brief window before the helpside defense can rotate. Attacking immediately turns the advantage into a paint touch.

PRACTICE LAB IDEA

Ghost Two-on-Ball Read Game

- Create two defenders on the ball.
- Slip behind the pressure.
- Catch and attack immediately.
- Add a live helpside defender.
- Finish before the recovery.