



ACTION #2

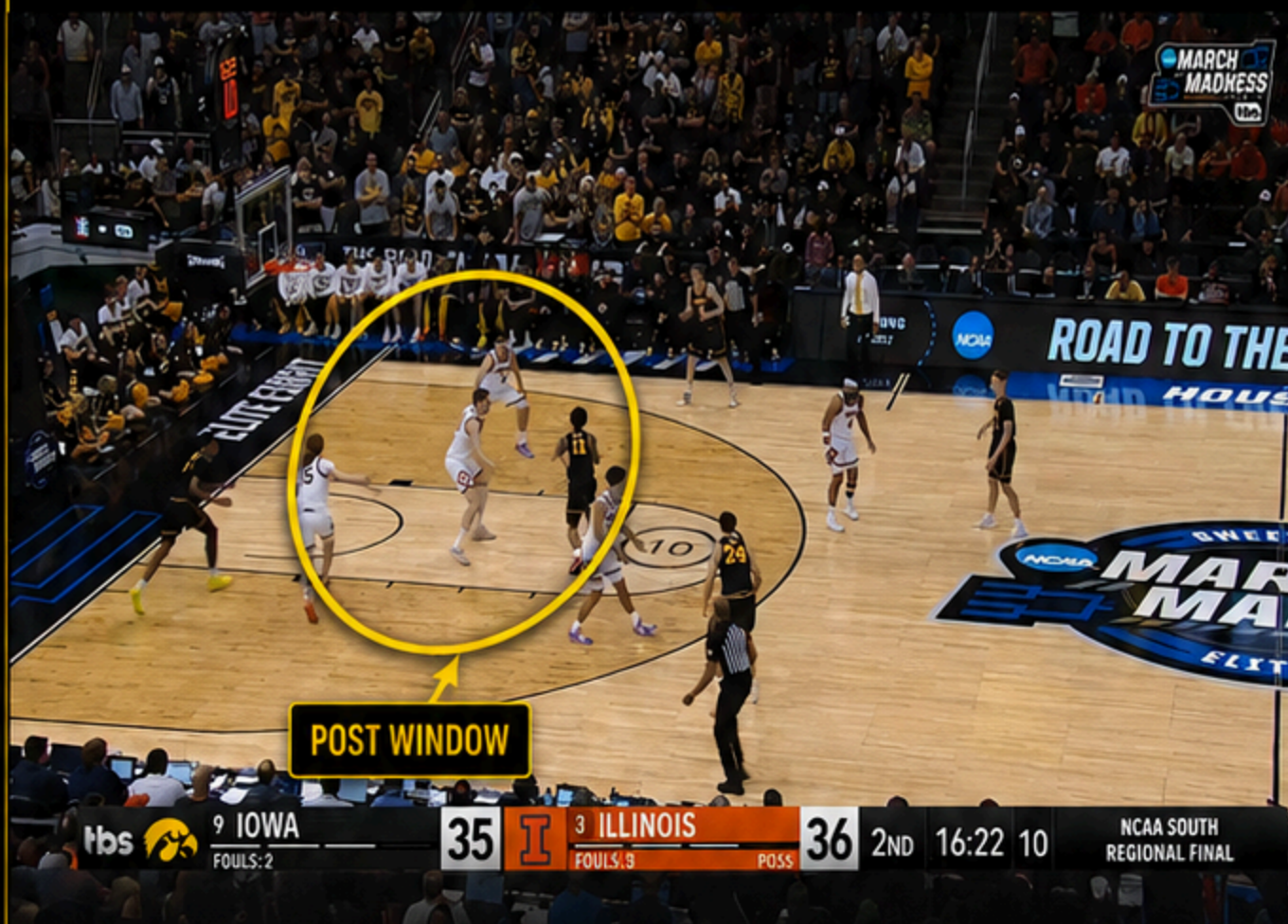
GOOD BALL MOVEMENT 1

SERIES: PENETRATION & POST OFFENSE | DNA CATEGORY: CREATE AN ADVANTAGE

ADVANTAGE DNA™

- 1 Zone recognition creates the post window.
- 2 5 empties from the strong-side low block.
- 3 2 reverses the ball to 1 at the top.
- 4 Corners lift and 1 reverses to 3.
- 5 3 enters the high post to 2.
- 6 The high-post touch shifts the zone.
- 7 2 kicks it opposite to 4 for the open shot.

ADVANTAGE FRAME



COACHING NOTES

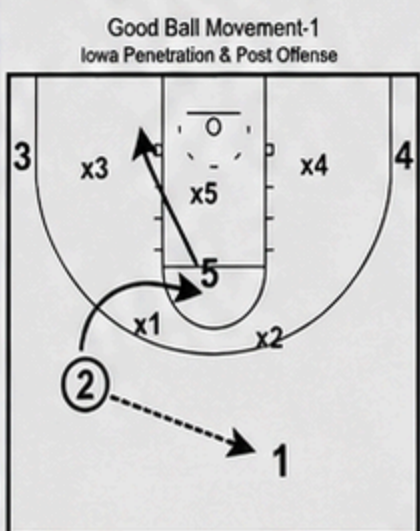
WHY IT WORKS
Good ball movement and lifted corners move the zone and open the high-post catch for a strong inside-outside advantage.

DEFENSIVE REACTION
Illinois' zone compresses toward the middle and shifts with the reversal, creating a passing window at the high post.

OFFENSIVE READ
Enter the high post when the window appears, then kick opposite to the weak side for the open shot.

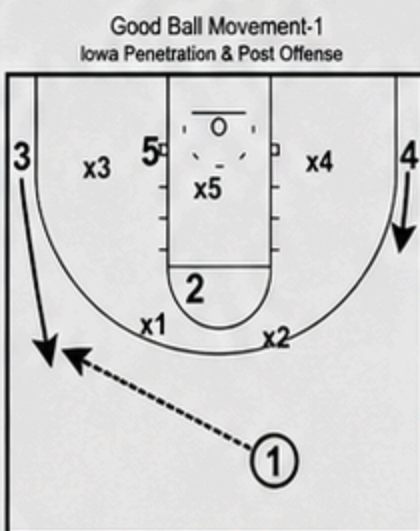
COACHING POINT
Teach players to recognize the post window, reverse the ball quickly, and play off the high-post touch to create the best shot.

1. GOOD BALL MOVEMENT-1



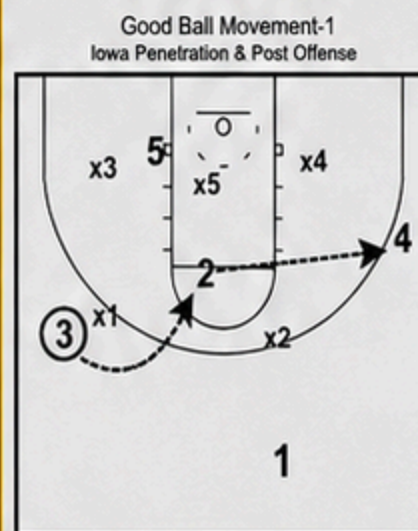
1. On zone recognition 5 empties high post for low block.
2. 2 reverses ball to top and fills high post.

2. GOOD BALL MOVEMENT-1



1. Corners lift and 1 reverses ball to 3.

3. GOOD BALL MOVEMENT-1



1. 3 enters to high post and ball is kicked out opposite for open 3.

DNA TAKEAWAY

MOVE THE ZONE. HIT THE HIGH POST. KICK OPPOSITE.

