

HI-LO 1

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

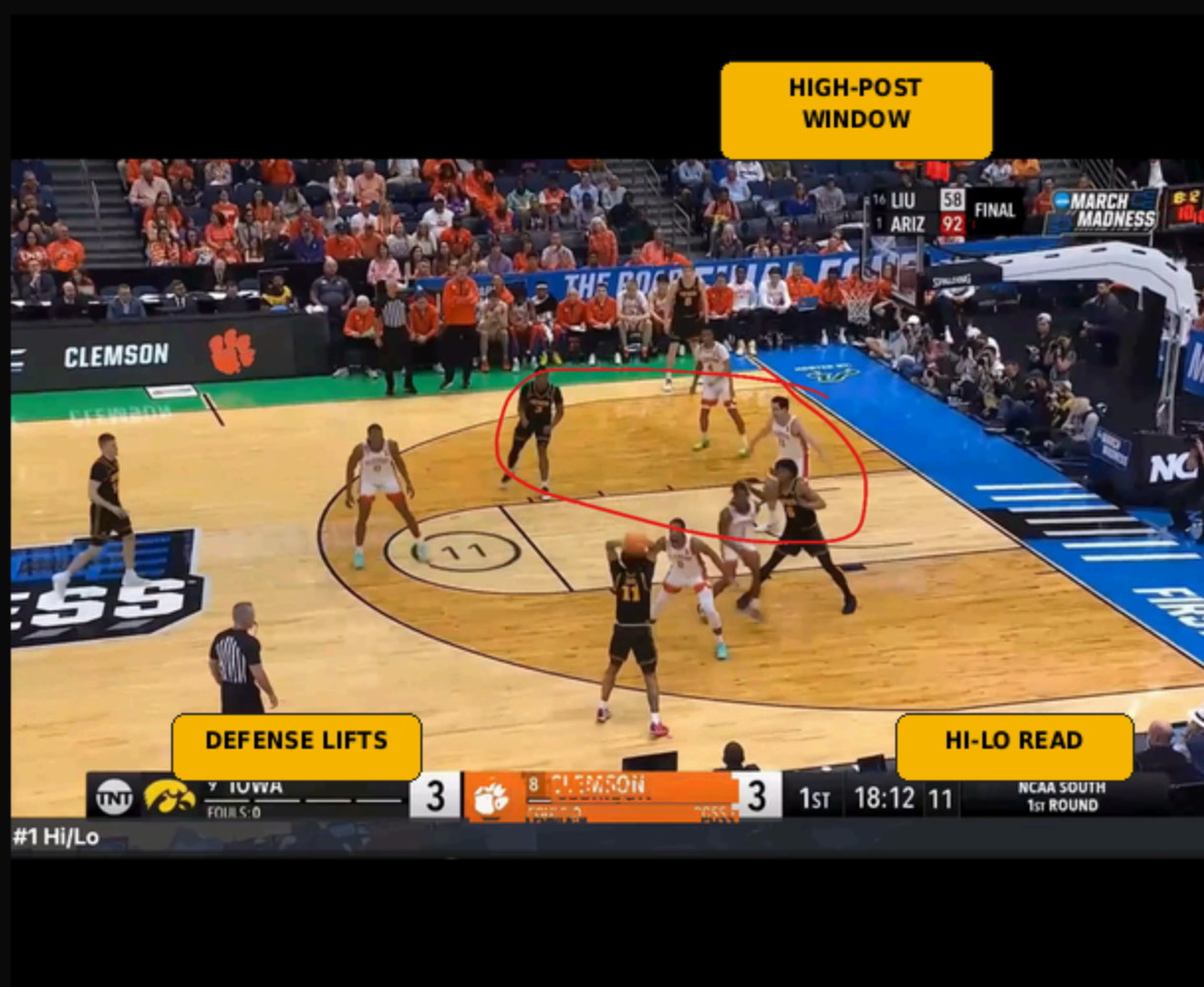
IOWA

HAWKEYES

THE ADVANTAGE DNA™

- 1 1 uses the high ball screen from 5.
- 2 5 rolls and 3 lifts from the corner behind the action.
- 3 1 hits 3 on the lift to move the defense.
- 4 4 flashes into the high post.
- 5 3 enters the ball to 4 at the high post.
- 6 The high-post catch pulls the defense up.
- 7 5 seals or holds inside position at the rim.
- 8 4 delivers the Hi-Lo pass to 5 for the layup.

ADVANTAGE FRAME — 18:12 1ST HALF



PAUSE HERE

The advantage is created when Iowa gets the ball to the high post while 5 is holding inside position. Clemson has to lift toward the high-post catch, which opens the space behind the defense. Once 4 receives it high, the read is simple: if 5 has the defender sealed on the low side, throw the Hi-Lo pass before the weak-side help can collapse.

ACTION BREAKDOWN

1. BALL SCREEN + LIFT



1 uses the high ball screen. 5 rolls and 3 lifts from the corner behind the screen to give Iowa the next passing angle.

2. FLASH HIGH POST



1 moves it to 3 on the lift. 4 flashes to the high post, forcing Clemson to raise its interior coverage.

3. HI-LO FINISH



3 enters to 4 at the high post. With 5 holding inside position, 4 makes the Hi-Lo pass for the layup.

COACHING INSIGHTS

WHY IT WORKS

The high-post catch makes the interior defense lift. That creates a vertical passing window behind the defense for the low-post seal.

DEFENSIVE REACTION

Clemson has to step up to 4 at the high post while also protecting 5 at the rim. One defender cannot take away both.

OFFENSIVE READ

Enter the high post, then read 5's seal. If the defender is high or on the outside hip, throw the Hi-Lo immediately.

COACHING POINT

The timing between the flash and the seal is everything. 4 must catch square, and 5 must own inside position before the pass is delivered.

STEAL THIS IDEA

Use the high post to make interior help step away from the rim. When the high-post catch pulls the defense up, the low player should seal immediately and present a target. The Hi-Lo pass attacks the space the defense just surrendered.

DNA TAKEAWAY

LIFT THE DEFENSE WITH THE HIGH POST.
SEAL THE LOW SIDE.
THROW THE HI-LO BEFORE HELP ARRIVES.