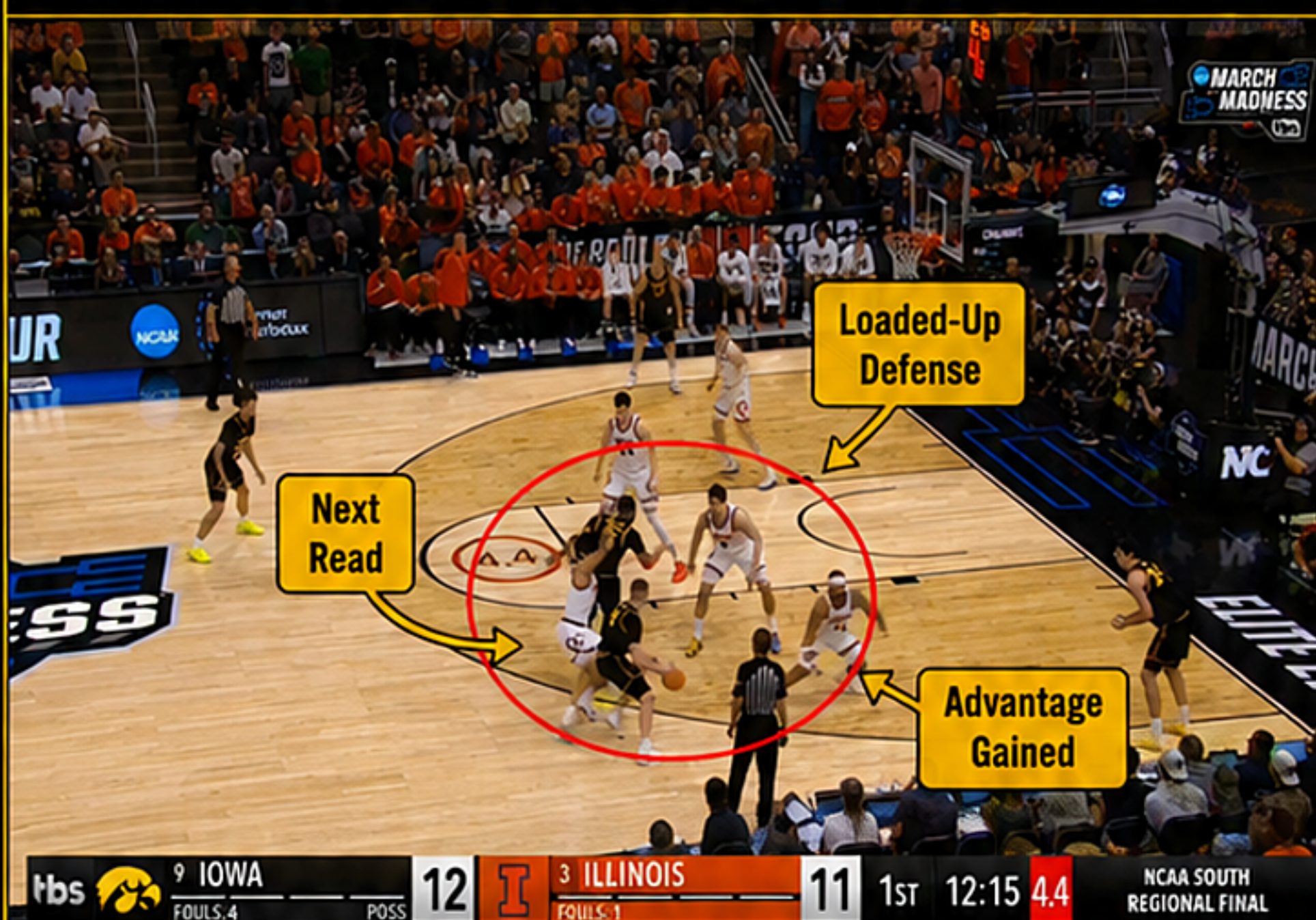




THE ADVANTAGE DNA™

- 1 4 sets flat ball screen for 1.
- 2 1 passes to flashing 5.
- 3 4 spaces out.
- 4 1 chases for throwback from 5.
- 5 5 sets immediate ball screen for 1.
- 6 Illinois loads up on the action.
- 7 Iowa gains the advantage from the loaded defense.

ADVANTAGE FRAME — 12:15 1ST HALF



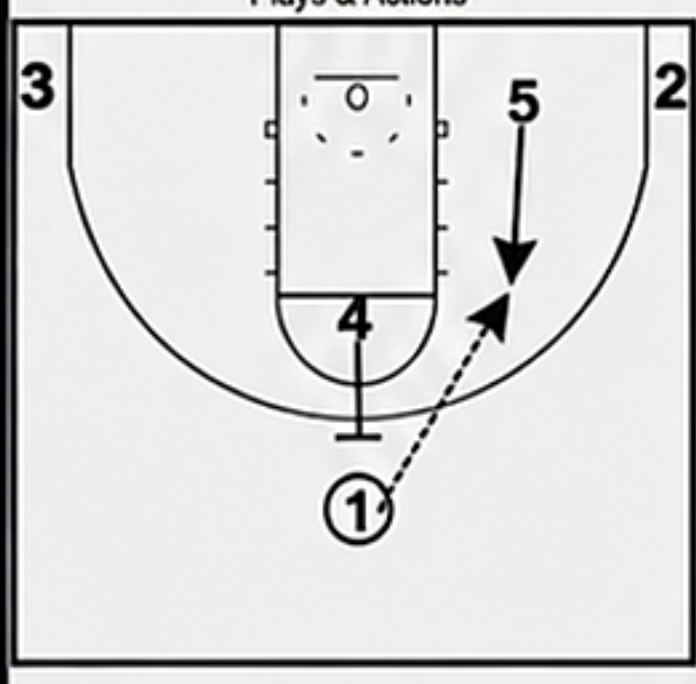
PAUSE HERE

Illinois has loaded multiple defenders into the action area, which is exactly where Iowa creates the advantage. The quick throwback and immediate ball screen force the defense to crowd the ball, creating the next read once the defense commits.

ACTION BREAKDOWN

1. TRIGGER

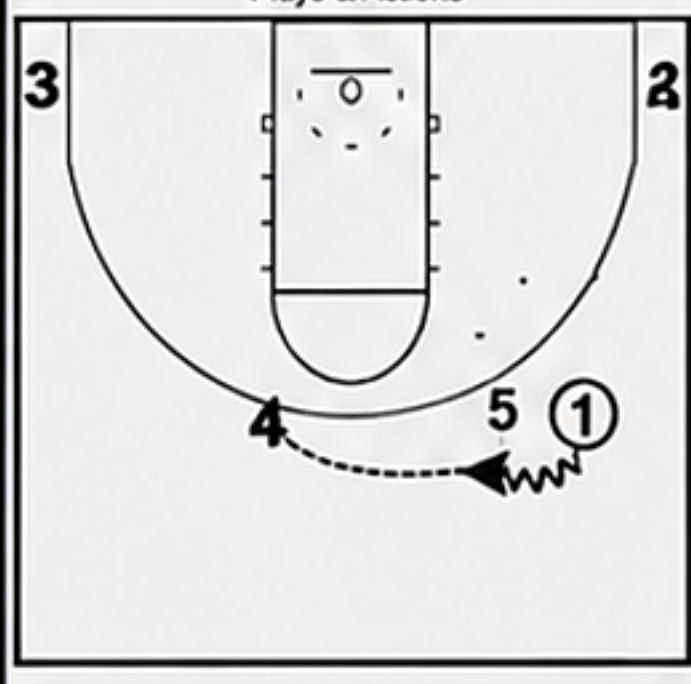
Chase Action 2
Plays & Actions



4 sets the flat ball screen for 1, and 1 hits the flashing 5.

2. DEFENSIVE REACTION

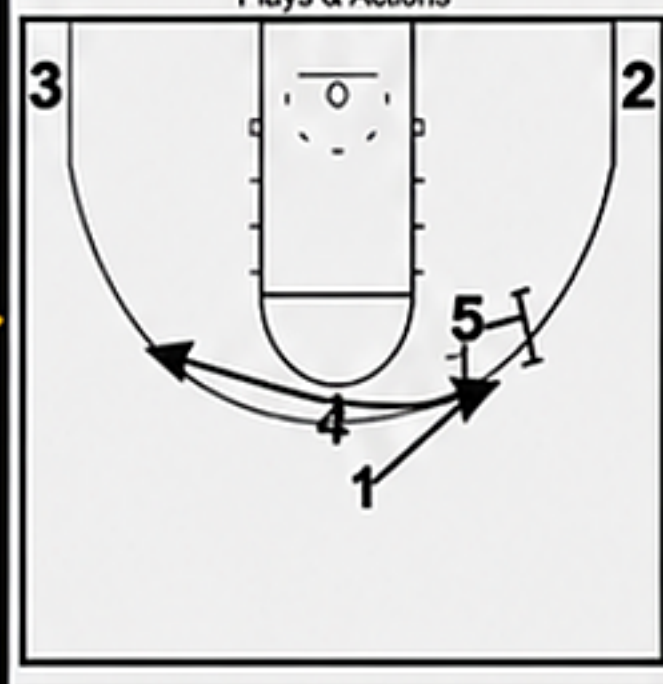
Chase Action 2
Plays & Actions



4 spaces away while 1 chases for the throwback from 5, forcing the defense to shift and prepare for the next action.

3. ATTACK THE ADVANTAGE

Chase Action 2
Plays & Actions



5 immediately sets the ball screen for 1, and Iowa attacks before the defense can recover.



STEAL THIS IDEA:

Use a throwback chase into an immediate ball screen to force the defense to shift twice before it can recover.



DNA TAKEAWAY:

The first action gets the defense moving. The next action creates the advantage.

COACHING INSIGHTS



WHY IT WORKS:

The quick sequence forces the defense to react to multiple connected actions in a short window, creating a brief advantage.



DEFENSIVE REACTION:

Illinois crowds the chase action and shrinks the floor around the ball-screen area to stop the first option.



OFFENSIVE READ:

Recognize the loaded coverage, use the throwback on time, and attack the next ball screen before the defense resets.



COACHING POINT:

Keep the timing tight, catch on balance, and make the next simple read immediately.