Coaches Checklist

HOOPZONE BASKETBALL CLUB

✓	Offense	✓	Defense
	Half Court Plays - Man		Man
	Half Court Plays - Zone		Tri and Trap or Tri and Two
	Out of Bounds - Side		Box and One
	Out of Bounds – End		2-1-2
	Out of Bounds - Desperation		1-3-1
	Press – Man Full		1-2-2
	Press – Man ¾		1-1-3
	Press – Man ½		Press Break – Man Full
	Press – Zone Full		Press Break – Man ¾
	Press – Zone ¾		Press Break – Man ½
	Press – Zone ½		Press Break – Zone Full
	Delay/Stall		Press Break – Zone ¾
	Last Second Play		Press Break – Zone ½
	Last Shot of Quarters		Foul Line – Box out
	Fast break - Jump		Out of Bounds - End
	Fast break - Foul shot		Out of Bounds - Side
	Fast break - Miss		
	Fast break - Make		

Reminders:
Help line
Box-out
Do not pick up dribble at half
Run offense
Good Passes
BUB
Pistil Pete
Good pic or no pic
Use outlets
Do not dribble into corners
Trap in corners
Talk! Talk! Talk!
Head up at all times
Push the ball if permits
Set shots
Penetrate and pass