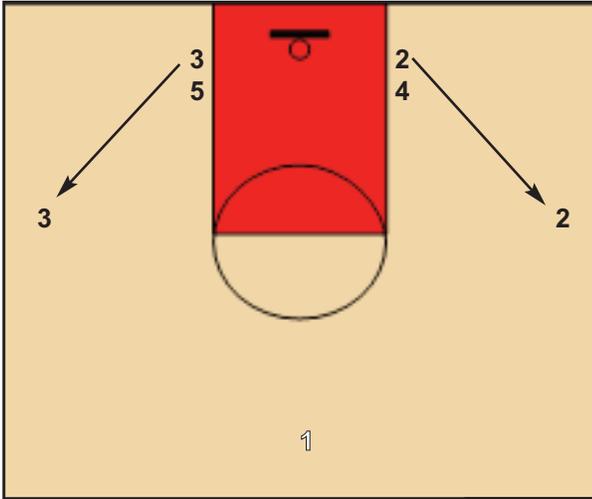


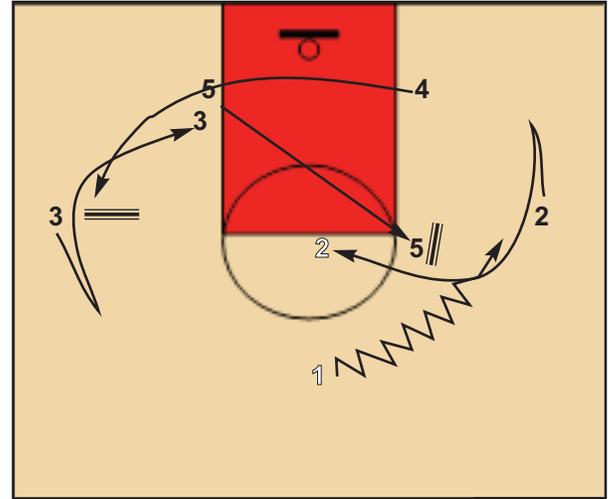
(Man-to-Man) OFFENSIVE PLAY: HAND OFF



NOTES:

FRAME 1

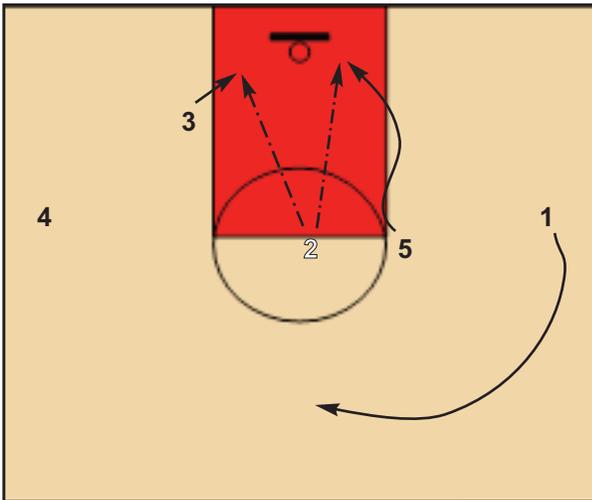
Play ran from either side of the court. 4 and 5 set pick for 3 and 2 to get open on the wings for pass from 1. 1 dribbles to either 2 OR 3 as the wing takes his defender toward the baseline with a mis-direct and v-cut to set up the 'HANDOFF'.



NOTES:

FRAME 2

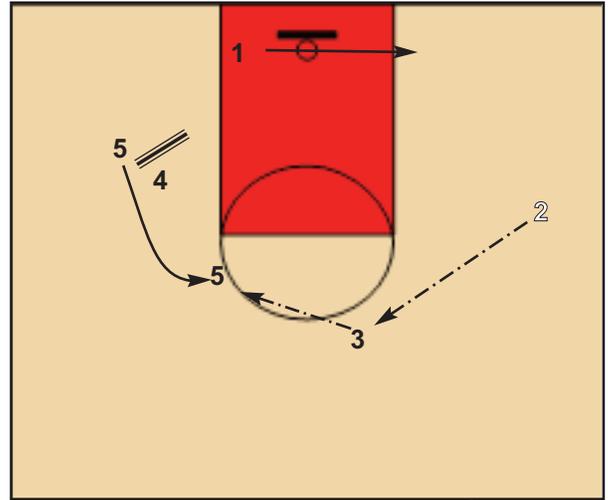
The same side post takes off to the opposite wing to set a back pick. 3 must start high as if he is replacing at the top of the key to set up his back pick. The opposite post, 5 then flashes up to the ball-side elbow to pick for the ball, 2 as he dribbles of the pick outside the elbow.



NOTES:

FRAME 3

2 should have open jump shot at the foul line. 1 circle back out to the top. 3 will look for pass off of the back pick if open. 5 will seal off and roll to the basket on basic pick and roll. If they switch at the elbow, 5 should be open. 1 can reset the offense if no options are available.



NOTES:

FRAME 4

If 2 can't get by his defender for a shot and 1 doesn't pop open from the weakside, then kick the ball up top to 3 and 4 will lean down on 5's man for him to pop to the foul line and then 4 will assume the low post....right into one of your motion sets...