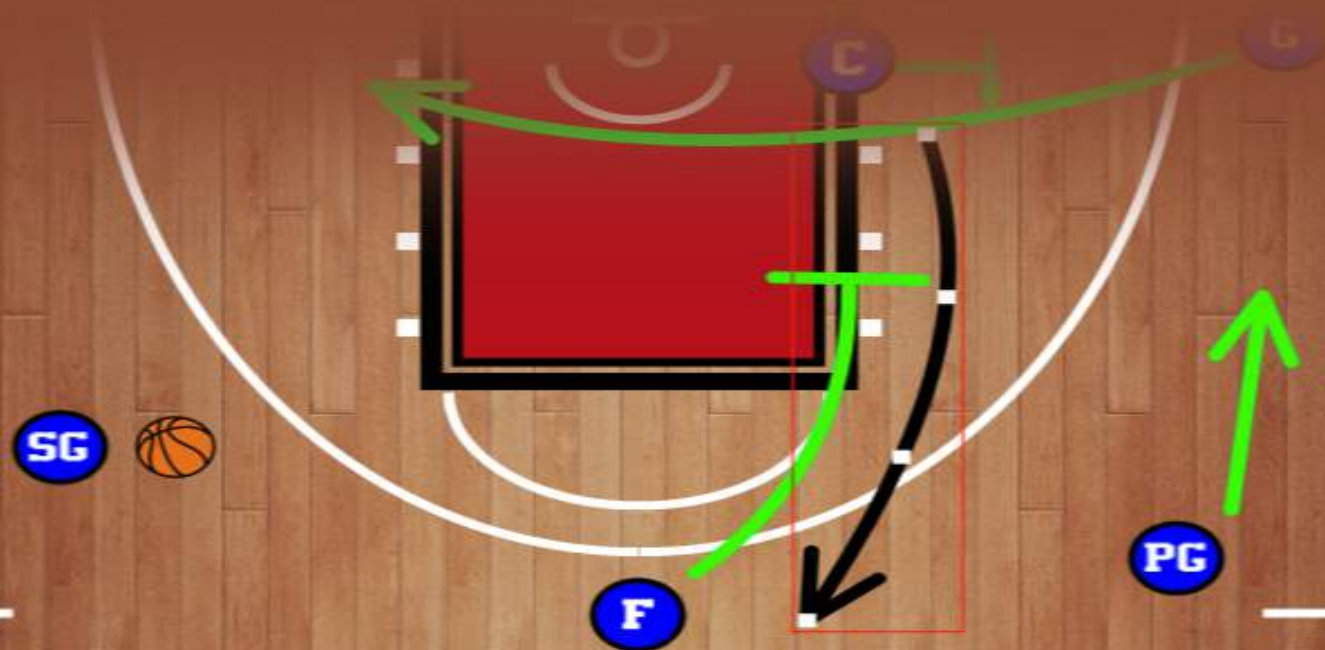


Killer OBU PLAYS

That Every Coach
Should Have



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Table of Contents

PREFACE	2
TERMINOLOGY	3
ABOUT THE AUTHOR	5
DISCLAIMER	6
NEWSLETTER	6
1. BOX	7
2. STACK OPPOSITE	9
3. FLARE	10
4. DOWN SCREEN	12
5. PICK-PLAY	14
5 TECHNIQUES TO IMPROVE YOUR SCREENING	15

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Preface

Any good coach knows that games can be won or lost on the margins. What are exactly are the margins? Basically, the little things can make all the difference: player rotations, timeouts, substitutions, game prep, scouting, and...OUT OF BOUNDS PLAYS could be the difference between a 1 point win and a devastating loss. The reality is that individually this stuff on the margins is not significant enough to directly lead to a win or a loss, but over the course of an entire game it can have a big impact.

Out of Bounds underneath (OBU) is one specific area of the game that coaches have a high degree of control over. Creative OBU plays can lead directly to scores and will help your team steal a couple of cheap buckets throughout the course of the game. These easy buckets are invaluable and can demoralise an opponent's psyche.

Unfortunately, a team only gets a limited number of opportunities to sting their opponents with a cleverly designed play. In reality you might have 5-10 chances to score from an OBU possession during a game. In this short E-Book, we've put 5 killers OBU plays to help push your team over the top. In addition to the OBU play diagrams we will include a description of the responsibilities of each player within the set, as well as counters and other tidbits of valuable information to make sure you get the most out of your OBU opportunities.

BONUS!!!

As an added bonus for purchasing this E-Book we have included a list of **5 simple ways to improve** your screening. Better screen-setting means more open players, which means more points for your team!

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Screening is one of them most under-taught, under-valued, and under-appreciated parts of the game of the basketball, so we've included a list of suggestions to help you improve.

Terminology

The OBU positions are all interchangeable depending on how you want to use your personnel, some coaches may want to target a specific defender, or put players in positions depending on their strengths.

PG – Point Guard (1-man or primary ball handler)

SG – Shooting Guard (2-man)

G – Guard (3-man)

F – Forward (4-man)

C – Center (5-man)

Key: the combination of the free throw lane and free throw circle

Downscreen: when a player (usually a 4 or 5 man) sets a screen facing the baseline for another player (usually a 2 or 3 man) to come off the screen either towards the perimeter or into the lane looking to score.

Backscreen: when a player is facing towards half court and sets a screen for a player diving to the rim. Usually a good backscreen hits the defender in the "back" or on the "blindside"

Lane: the rectangular area below the free throw line

Perimeter: the area around the 3pt line

Slip: when a player (usually a 4 or 5 man) sets a screen for a teammate but their defender hedges out or helps to cover the player coming off the screen, leaving the screen to "slip" or go to the rim uncovered

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Cross-screen: when a player moves across the lane to set a screen (usually this is a player setting a screen for a 4 or 5 man to get inside position)

For a more complete list of terms visit [Arete Hoops Glossary of Terms](#).

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About the Author

Quinn McDowell is a professional basketball player, aspiring writer, and founder of Arete Hoops. He completed a four-year liberal arts degree (in Religion and Economics) at the College of William and Mary while excelling on the court for the Tribe. He finished his career scoring over 1500 points and grabbing 500 rebounds while being honored as the Colonial Athletic Association's only two-time winner of the Dean Ehlers Leadership Award. He has excelled as a shooter and a scorer in his career, shooting over 40% from three-point range in the last 7 seasons (4 college, 3 professional). Quinn was also selected as a top-10 finalist for the Lowe's Senior Class Award in 2012.



Since graduation Quinn has played professionally for 2 years in Perth, Au, the NBA-Development League, and in Spain's second division (Leb Oro). He desires to share the diversity of his basketball experiences with other coaches and players who are trying to seek excellence in all that they do.

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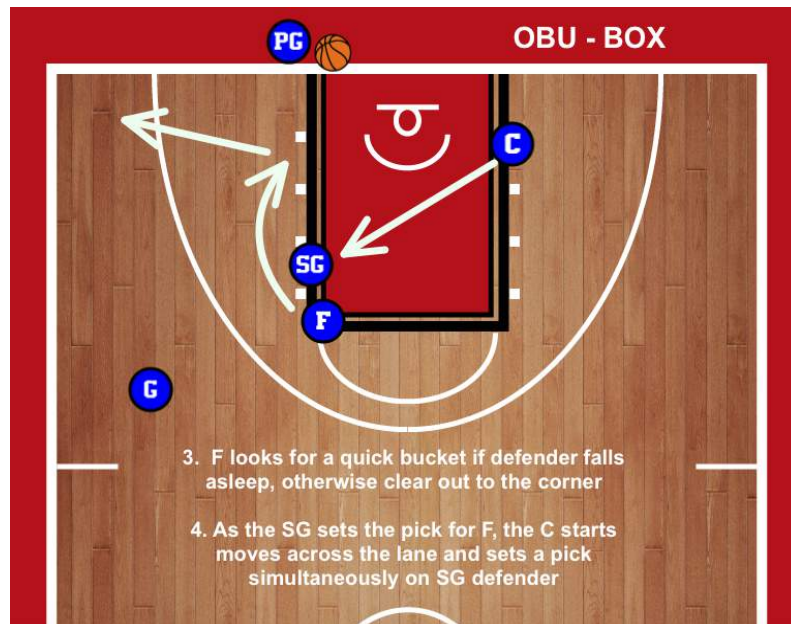
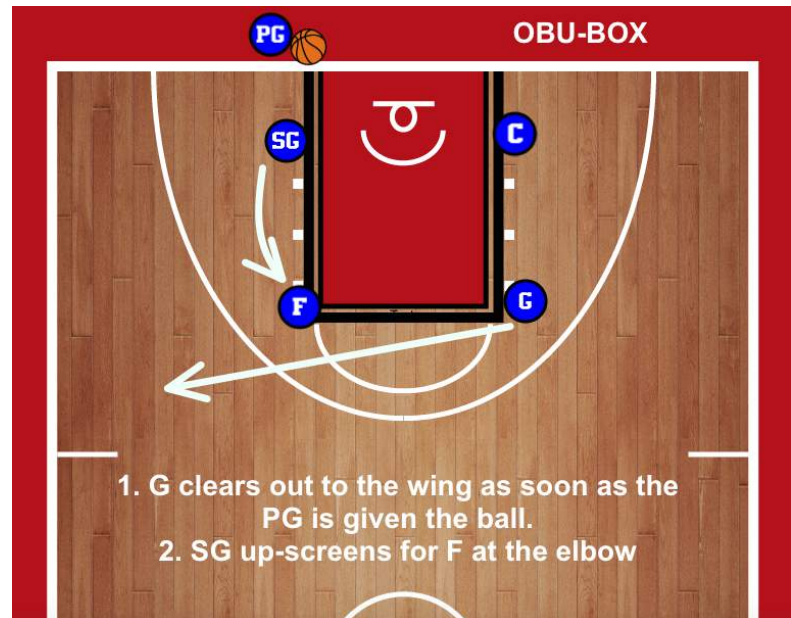
1. BOX

BOX is a simple concept, but incredibly effective if you can be disciplined enough to run the play the right way.

The Guard needs to clear out and the SG should start their movement as the Guard is clearing out to the opposite wing.

All screens in BOX need to be "Head-Hunting" screens, meaning that each player searches for the defender of their teammate instead of looking to screen an area.

That means that regardless of where the defender drifts to on the floor the offensive player needs to find that defender and hit them with a hard screen.



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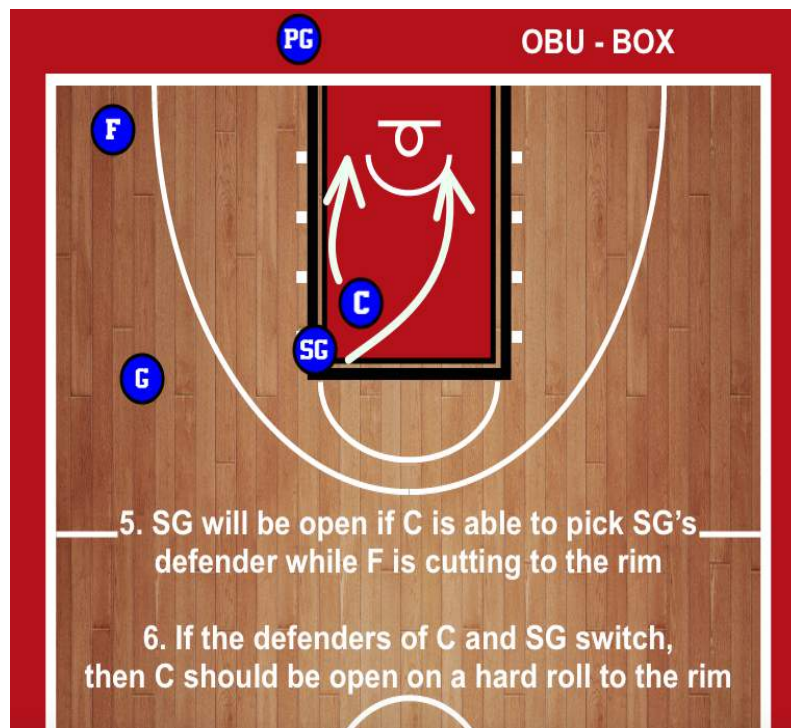
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As SG sets a screen for F, C needs to be moving towards SG to screen SG's defender to catch them distracted by the screen between SG and F.

SG is the first option coming off the C screen. If C gets the timing right they can often catch SG's defender paying attention to the screen on F's man.

Many teams will try to switch the screen between C and SG but this works well for the offense if C rolls strong to the rim keeping the switching defender behind them.

Last option is to fake the ball towards the C/SG screening action and kick the ball out to F in the corner or G on the wing.



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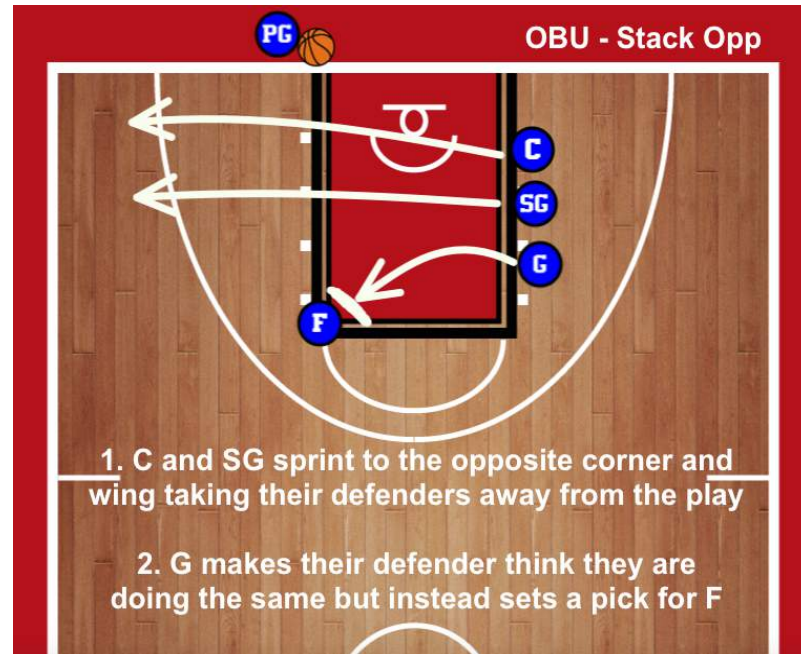
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2. Stack Opposite

The entire premise of Stack Opposite is to get the defense moving to the other side of the floor then using a cutter that counters that movement.

C and SG need to sprint and draw attention from their defenders so that F's defender gets distracted by the movement of players to the ball-side of the floor.

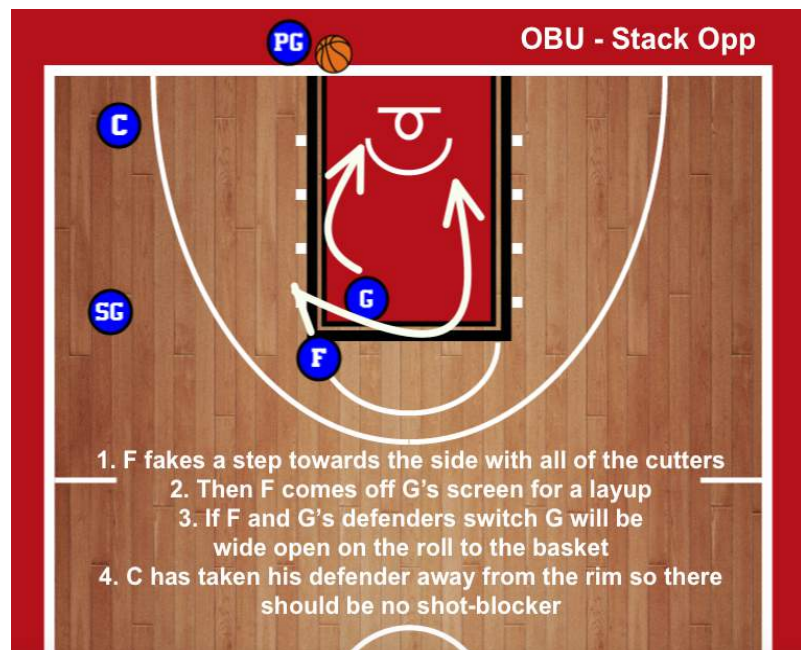
G should start their cut as if he is following the lead of C and SG, but instead go and set a screen for F.



The key to the play is for F to make the defender think he is following the other cutters to the ball side of the floor by making a hard step towards the ball.

After F's hard step he comes off G's screen for a layup.

Just as in BOX, if the defenders switch the screening action, G will be open rolling to the rim.



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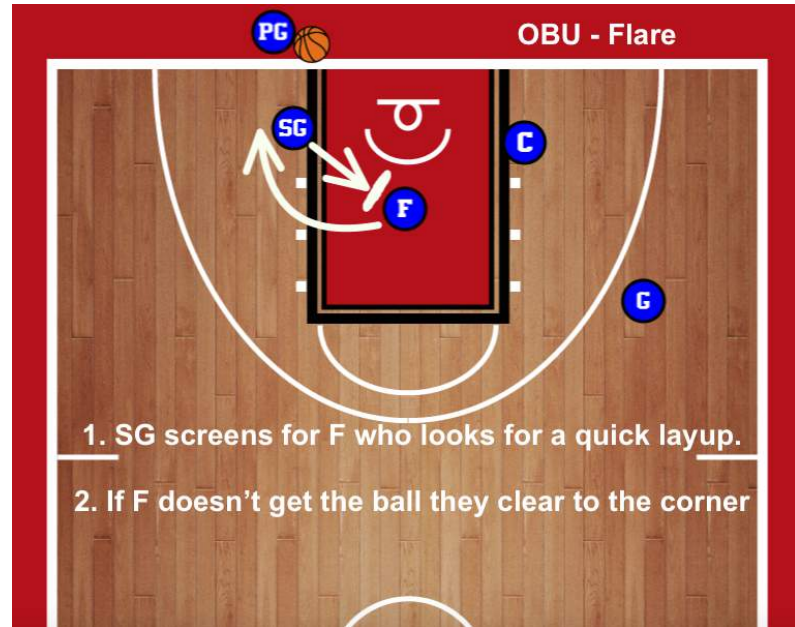
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3. Flare

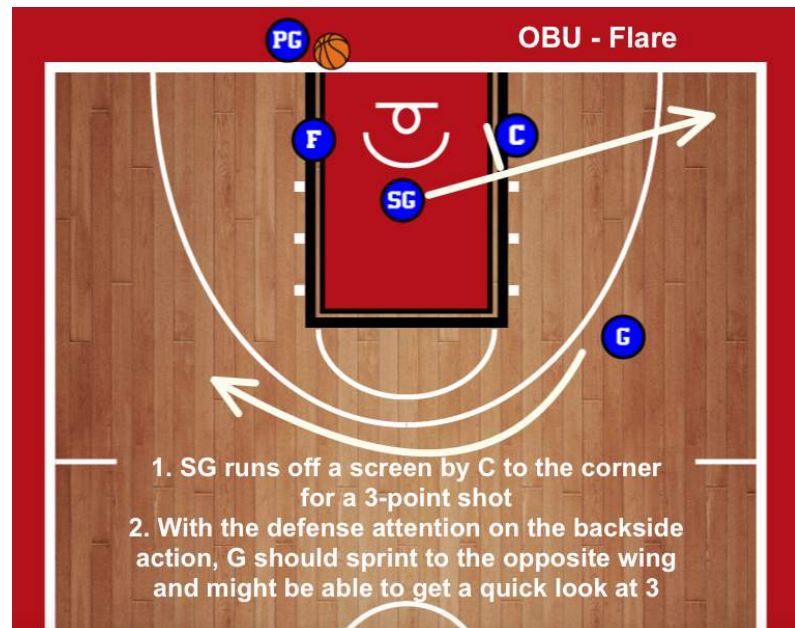
Flare is a great play to run against zone or man-to-man because it puts the defense in a position to choose what they want to cover.

The initial screen between SG and F should be a quick scoring option if F's defender falls asleep. But the goal of this screen is actually to get SG's defender out of position to set them up for the next action.



After SG sets the screen they should run off C's screen to the corner or baseline for a jump shot.

If SG sets a good screen for F then his defender should be behind the play and should have trouble fighting over C's screen.



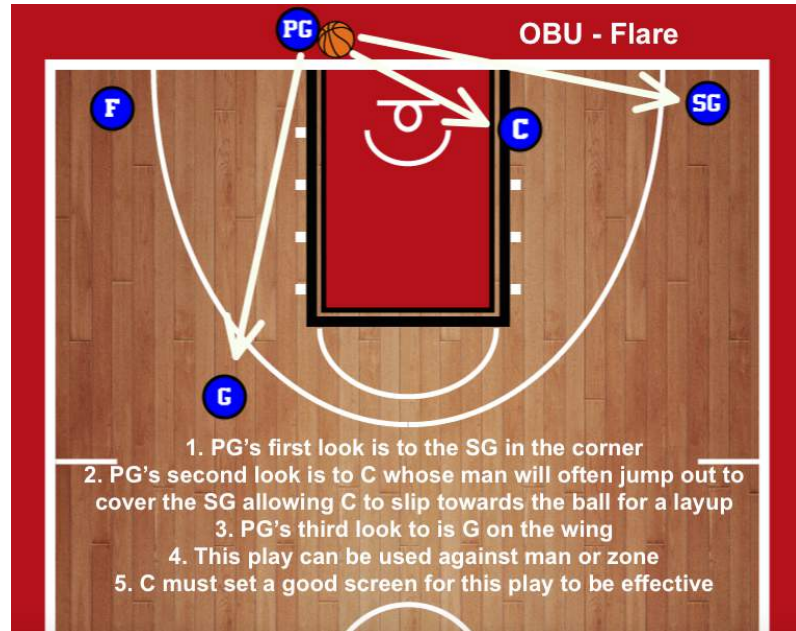
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PG has the important job of reading the defense to see whether or not SG is open for a shot, or if C's man has jumped out into the passing lane, opening a slip for C to the rim.

If the defense has collapsed and cut off both of these options, G could be open for a jumper on the wing if PG does a good job of faking the pass to the baseline.



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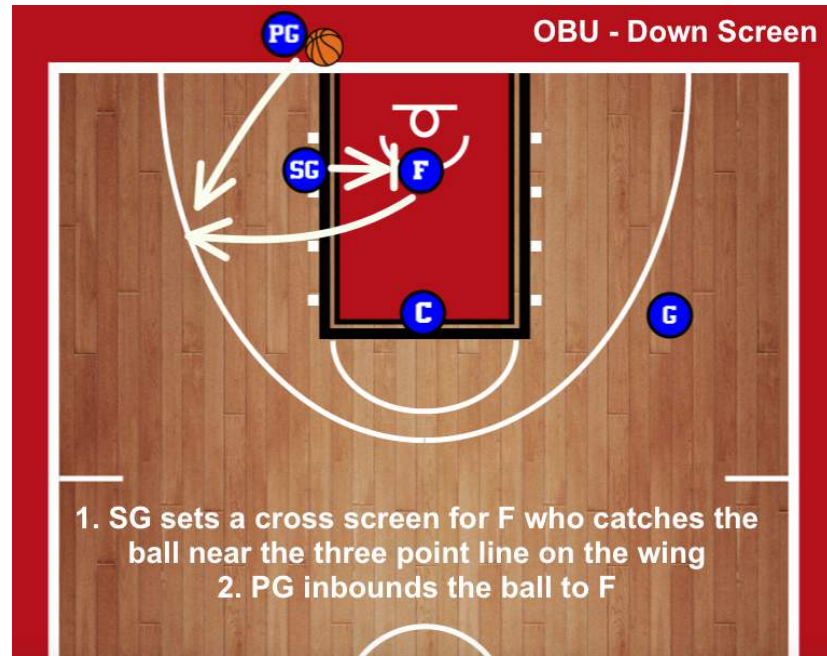
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4. Down Screen

SG sets a quick cross-screen for F to pop out to the short corner and receive a pass from PG.

SG should set a good screen so his man has to help prevent F from getting an easy look.

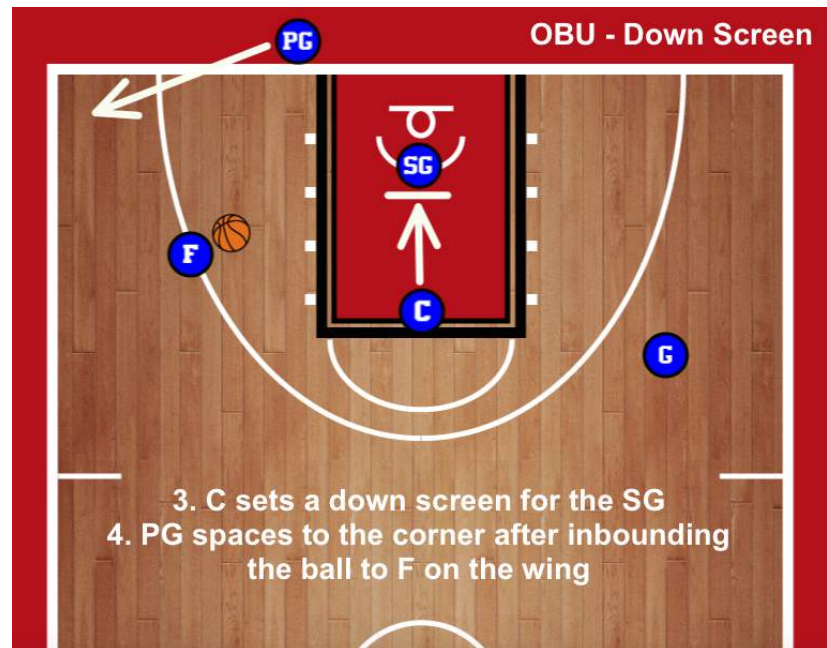
If F is wide open for a quick 15ft jumper they should take it.



PG should clear to the corner after inbounding to F.

SG needs to prepare for the down-screen from C by creating a little bit of space using their body or arms.

C needs to "headhunt" the screen and search out SG's defender.



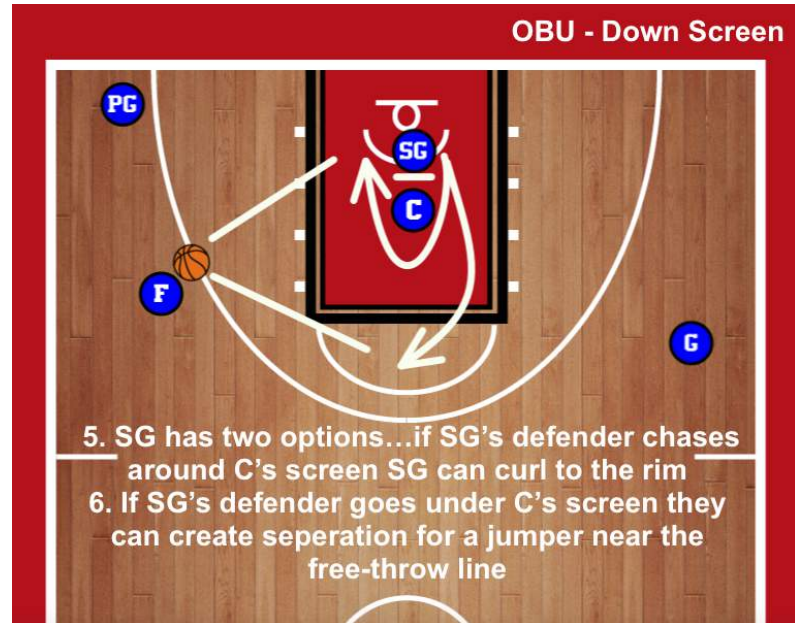
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If SG's defender stays behind, they can either go to the top of the key for a jumpshot or curl to the rim.

If C's man hedges out towards the top of the key to prevent F from delivering a pass to SG, C may have inside position for a slip to the rim and a quick bucket.



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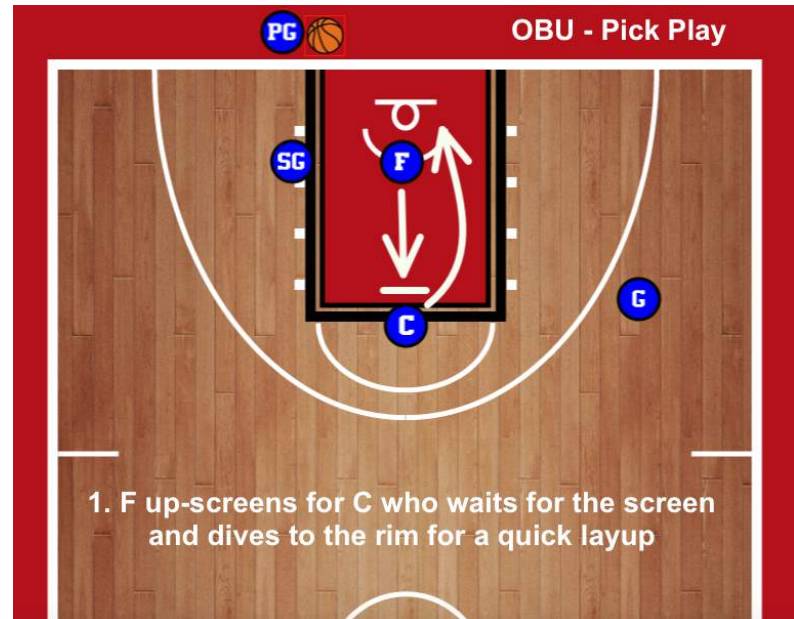
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5. Pick-Play

"Pick Play" is a great set to get your 3 or 4 man an easy quick jumper on an OBU.

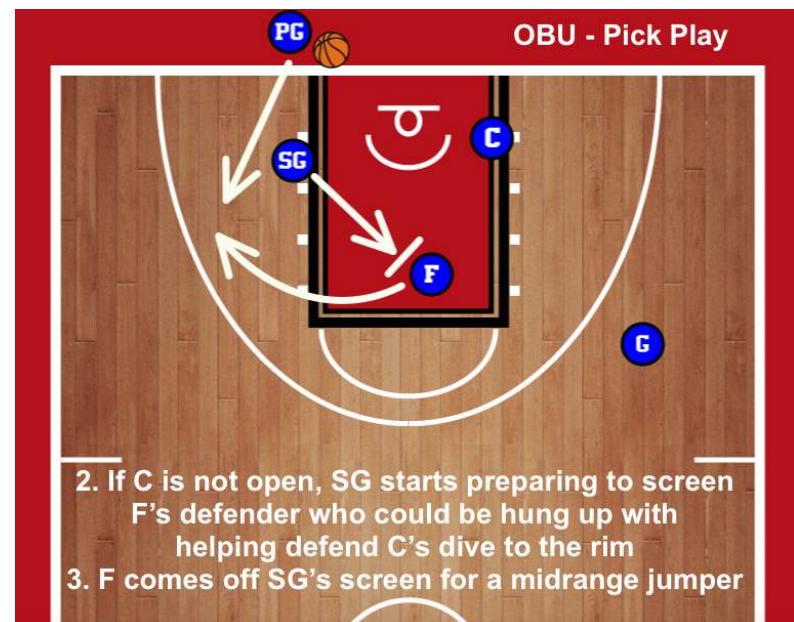
F should backscreen for C who dives to the rim looking for a quick bucket.

Once again this screen between F and C is important because ideally F's defender has to help on C's cut to the rim.



As F is setting the backscreen for C, SG should start to locate F's defender.

SG should hit F's defender (who may be deeper in the lane because of the backscreen) and F will come off SG's screen for an easy shot.



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5 Techniques to Improve your Screening

1. Contact is King

The bottom line when it comes to setting good screens is that “Contact is King”. When the screener makes contact with the opposing defensive player, this immediately creates an advantage for the offense. If the defender gets hit by a screen and has to change their path to cover the offensive player this means that they are already behind the play. Also, creating contact on your screens can often cause the defender of the screener (usually a 4 or 5 man) to have to over-help by hedging out in the passing lane. This puts the screen defender out of position, which can often lead to offensive rebounds, or slips to the rim – assuming that the screener is a 4 or 5 man which is usually the case.

2. Set Screens with your Feet

The idea here is that on indirect picks (i.e. screens away from the ball) the screen should move their feet to either make contact with the defender or force the defender to run around them. There is a certain amount of skill in getting the timing right here, because you don’t want to move your feet as the defender is passing the screen and get called for an offensive foul. But if you see a teammate preparing to run off a screen, you can usually see which path the defender is going to take and move accordingly.

3. Use your Hips and Shoulders

The traditional screen is set using a double arm bar to create contact with the defender. However, skilled defenders will learn to avoid this contact and slip past the arm bar, in which case great screeners will learn to use their hips or shoulders to get a piece of the defender. The trick here is to clip the defender enough to give the offensive player an advantage, but not to be so obvious as to get called for a offensive

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foul. For example, instead of setting a hip screen by sticking your butt way out in the air, a good screener will turn their body so the angle of their hip catches the defender on the way past. The same goes for shoulder screens. You don't want to lean into the defender creating obvious contact, but turn your shoulder so that you clip a piece of the defender as they pass the screen.

4. Use Angles

The NBA is the best place to study how big men use different angles of screens to get their teammates open. Particularly with on ball screens, big men can set a "flat" type of screen where they are directly facing the other end of the floor, or they can set a "flush" screen where they face the sideline, or an "angled" screen that is 45 degrees between a flat and flush screen. The type or angle of the screen can vary depending on how a defense is playing and what the coach wants to get out of a particular set.

5. Headhunt Screens

One of the biggest reasons for ineffective screening is that players screen nothing instead of something. All screens need have the purpose of creating contact with another player. Sometimes the defender will not be exactly where they are supposed to be so its up to the screener to search out and screen the defender wherever they are. This is called headhunting for screens. There are great screening counters – like slips, fake screens, passed screens – that are all useful tools to surprise a defense. But none of these counters will be effective unless you set great screens to begin with. Screening is a matter of concentration and willingness to hit somebody. Find the defender, and set a screen!

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