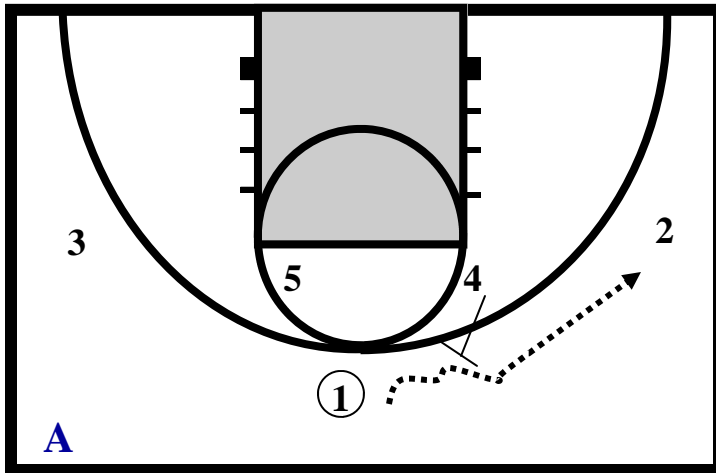


X UP/DOWN



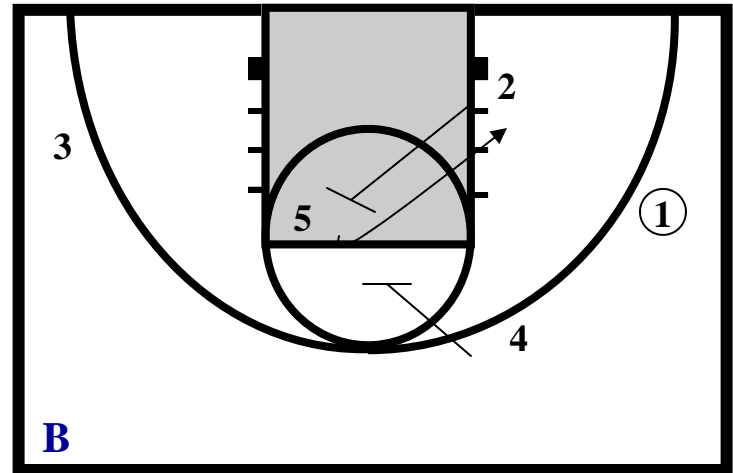
Lots of teams run this action and get into from several sets... this is from 1-4 high

5 steps out to ball screen for 1
1 dribbles 2 out to the box

A

HOW WE DEFEND IT

X1 stays tough on the ball with pressure
X2 cuts when 2 cuts to back door
X3 is big in HELP
X4 calls screen and plugs in case 1 turns corner
X5 is in HELP jumped to ball when dribbled away from her side...



As 1 gets ball to the wing, 2 sets up screen on 5 who posts up...

4 sets down screen for 2...

A lot of people end this action with 4 re-screening for 2 as an on-ball if there was no catch and shoot...

B

HOW WE DEFEND IT

X1 active hands to take away vision of passer and active feet as not to get beat outside as the post area is emptied
X2 calls the back screen and protects basket as long as needed
X3 huge in HELP with all action in paint
X4 see's ball and calls the down screen on 2
X5 gets to the screen by 2, hit and peel to chin on shoulder as she works 5 out of the post

X2 must now read the down screen... We teach them to go 2nd but allow a quick 3rd if they move the screen since X4 is available to be there ONLY if the ball is passed to 2 and X2 is hung up...

On the ball screen, we go 2nd with a big hedge since the ball handler has no where to attack