



SHINSHU – GAME PLAN – G.1-2

GENERAL POINTS

- TOUGH, PHYSICAL CONNECTED DEFENSE - LIMIT SWITCHING
- DEFEAT THE SECOND/THIRD ACTIONS/PHASES
- TAKE AWAY EASY DRIVES & BASELINE ATTACK
- ATTACK McHENRY IN POST WITH CORRECT SPACING

BASE SCOUT DEFENSE

POST DEFENSE

MARSHALL (FIGHT/3/4 OFF BLOCK) START GAME – SINGLE COVERAGE
(ADJUSTMENT – RED STRONG/FULL ROTATION)
McHENRY – FIGHT/FRONT

#5-4 BS ACTIONS – JAM/UNDER

#GUARD RUB TO #50 OR #55 – JAM UNDER/EMERGENCY SHOW

SHINSHU SETS

#MOTION – NO BACK CUT FROM WING. GAP UNDER - #COVER/ICE TO OUTSIDE.
LOAD LANE (ON DOUBLE BIG SCREEN – TOP LOCK/BUST UP)

#2 SIDE – MID BS – IF D/H/O ON SIDE - #ICE
IF D/H/O IN MIDDLE - #COVER TO HIGH TAG

STRONG DOWN (CROSS SCREEN ACTIONS) - SOLID BALL PRESSURE. JAM AND
DISRUPT SCREEN ACTION. SWITCH OUT FROM CORNER TO SHOOTER.

1 DOWN (H/OFF TO STEP UP - DENY HAND OFF AND FORCE HIGH. # ICE TO
OUTSIDE/ DROP TO TAKE AWAY DRIBBLE DRIVE

SIDE BS (DRAG – EARLY) #ICE

ELBOW – 5/4 BS – JAM/UNDER

HORNS SIDE - #ICE

ENDLINE OB – MAN TO MAN

SIDELINE OB – MAN TO MAN

DEFENSE OPTIONS

RED STRONG ON MARSHALL ON CATCH - PASSER – FULL ROTATION
WHITE ALL ACTIONS PLAYERS 1 TO 4.
JAM/UNDER ON ALL BS ACTIONS

OFFENSE OPTIONS

POST MISS MATCH – CORNER FILL/SPACING - CATCH AND FACE OFF BLOCK
TRANSITION – WIDE PIN DOWN TO STEP UP

