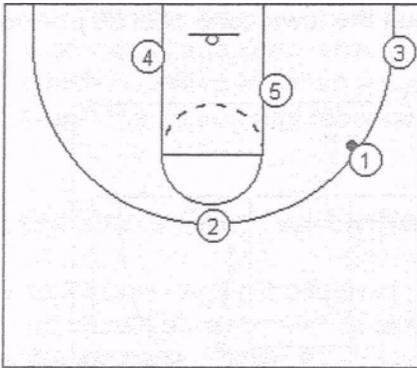




Iowa Zone Offense

We use Iowa to attack all zone defenses. Iowa is special because it is simple to learn, it can be used to attack all zone defenses, it provides great player movement, it produces great shots, and it has strong rebounding coverage.

Iowa is a continuity zone offense so player assignments and responsibilities are always the same. Below is the initial alignment of players:



Continuity

The offense starts when the point guard #1 sees that we are attacking a zone defense. He signals our Iowa zone offense by raising one finger high in the air. Once Iowa has been called, the point guard dribbles wide to a wing spot and our other offensive players move to their designated positions.

The point guard now has the option to pass to either #3 (cornerman), or to #2 (shooting guard). In our example below #1 passes to the corner man #3.

On the pass from #1 to the #3, player #5 rolls low and establishes himself below the block. Player #3 catches and faces the basket, looks inside, and then swings the ball back to the #1. Player #1 then swings the ball to #2 located at the top of the key.

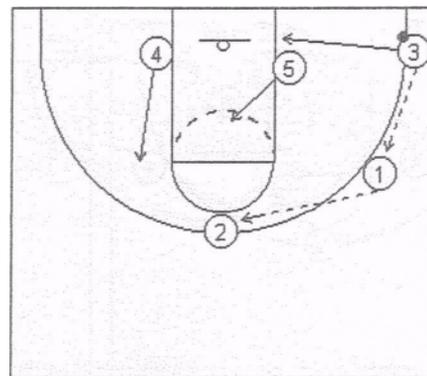
This #1 to #2 pass signals player #4 to flash from behind the defense to the elbow (one full stride off the corner of the free throw line extended), and for #5 to flash into the middle of the lane.

Corner-to-corner in Seven Seconds

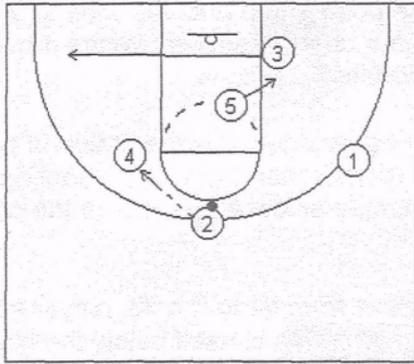
Initially we want to break the zone defense down by going corner to corner in seven seconds. We do not want any shots taken without the ball being reversed. We believe that every time we make the zone move it gets weaker and weaker.

To make the zone work even harder, we stress *pass fakes*, *shot fakes*, and *gap penetration* by before they pass the ball.

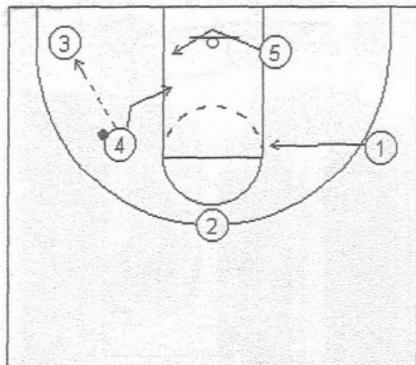
We also encourage the use of skip passes. Any time the immediate receiver is denied, we look to make the skip pass. We simply go by the denied receiver and throw the ball to the next player in the continuity of the offense,



As the pass is made from the #2 to the #4, player #3 shuffles the baseline and moves to the short corner on the opposite side of the court. Player #5 backs out of the power zone and moves to the weak-side block looking for the lob pass from #4.



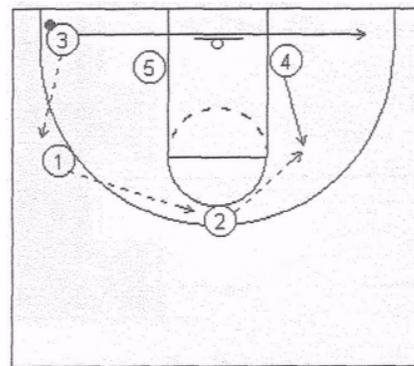
The real movement of players takes place on the pass from the #4 down to the #3. As #4 dumps the pass down to the #3, player #4 slashes through to the basket, player #1 sprints across the court to the opposite wing, and player #5 flashes across the lane.



Player #3 has the option to shoot or drive to the basket after receiving the ball from #4. Often this spot in the zone will be left unprotected by the defensive forward trying to give help at the elbow.

If #3 is well defended, he checks to see if #4 is open in the mid post, or if #5 is open in the low post. With #3 tightly guarded, it is almost impossible for the zone to stop pass penetration to either #4 or #5 without the defensive guards sinking and giving help. If the ball-side guard does sink to give help in the mid post area, our #1 will be wide open for the jump shot on ball reversal.

To continue the Iowa zone offense just repeat the continuity.



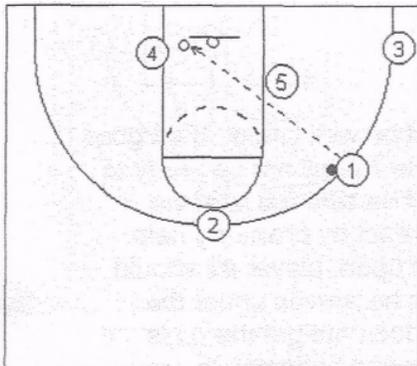
Iowa Zone Offense Fundamentals

- Fast break; beat the zone up the court.
- We do not want any shots taken without the ball being reversed.
- Read the defense,
- Don't force shots.
- Don't force passes.
- Swing the ball quickly.
- Use pass fakes and shot fakes to move the defense.
- Catch and face the basket.

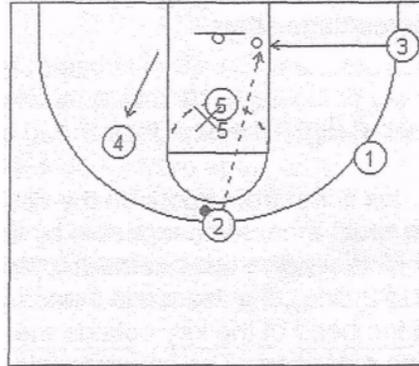
- Chin the ball and bend your knees
- Don't hold the ball over your head.
- Pass away from the defense.
- Get open as a receiver.
- Show a hand target and call for the ball.
- Create offense for your teammates.
- Look to penetrate the zone with either pass or dribble.
- When you dribble to penetrate look to attack the inside shoulders of the defenders.
- Dribble penetrate to pass not to shoot.
- Flash from behind the zone defenders into the open gaps.
- Screen-in on the backside of the zone.
- Take the ball away, and then bring it back.
- Use the skip pass
- Understand and know what kind of shots we are looking for.
- Crash the boards and rebound the offense!

Iowa Zone Offense Options

#1 to #4 Lob. Against odd front zones, the point guard should always check to see if #4 is open for the lob pass. Player #1 should aim his pass at the bottom corner of the backboard on #4's side.



#2 to #3 Lob. When #2 catches the ball, it signals #3 to switch sides of the court. Player #2 must look to see if #3 is open for the lob pass. Player #2 should aim his pass at the bottom corner of the backboard on #3's side.



#2 to #1 Reverse Pass for 3. After #1 swings the ball to #2, we want #1 to relocate towards the baseline looking for his 3 point shot. If the ball is reversed back to #1, player #3 screens-in on the bottom defender of the zone allowing #1 to shoot the open shot.

