

Common Errors Made Against Zone Defenses

1. Not organizing quickly, by delaying to getting to offensive positions.
2. Not having patience and spreading the floor.
3. Bouncing the ball (trap dribble) before passing or shooting.
4. Not faking or looking off receivers before passing.
5. Not splitting the defensive alignment, therefore, making it easier for the zone to match up.
6. Not passing the post into the post.
7. Not reversing the ball and attacking the weakside of the zone.
8. Relying too much on outside shooting.
9. Poor shot selection (forcing or hurrying shots).
10. Lack of offensive rebounding effort.

Zone Offense - Don'ts

1. Do not hurry. Have patience and spread the zone.
2. Do not telegraph passes. Look off the receivers.
3. Do not lob the ball. Use sharp, crisp passes.
4. Do not throw one handed passes.
5. Do not throw to the same receiver every time.
6. Do not forget to pass the ball inside.
7. Do not trap dribble.
8. Do not match up or stand behind defensive players. Move to the gaps in the zone.
9. Do not give up the ball if unguarded.
10. Do not forget to rebound.