

# Alabama

(Level – Beginner and up)

## Summary

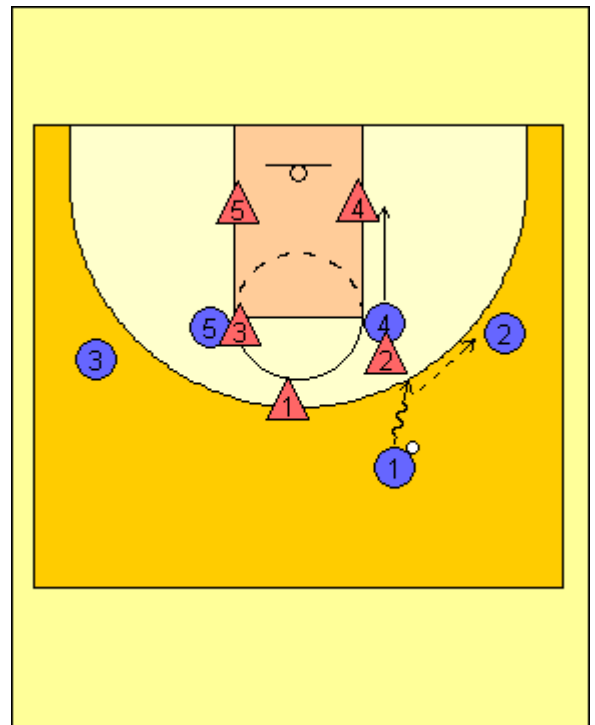
This play works great against an odd-man front zone. It will work at all levels of basketball and it's very easy to teach and execute.

## Personnel

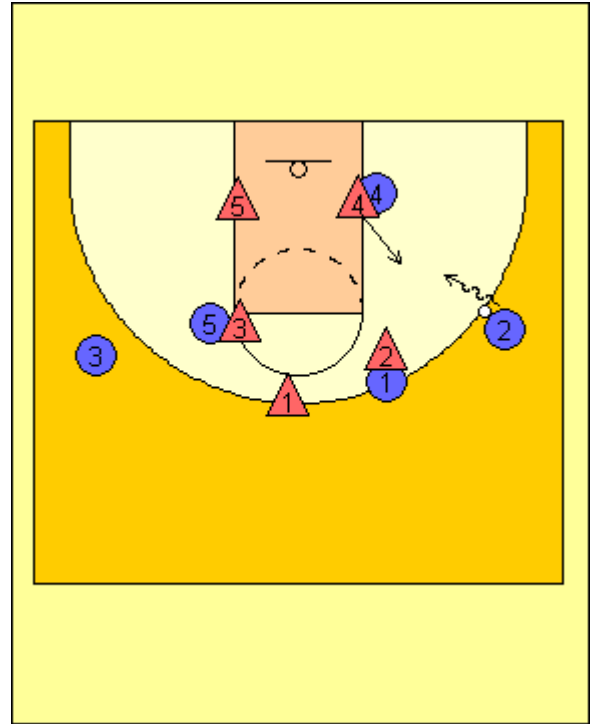
Player 1 should be a good ball-handler. Player 2 should be a good shooter. Player 4 should be a good post player.

## Instructions:

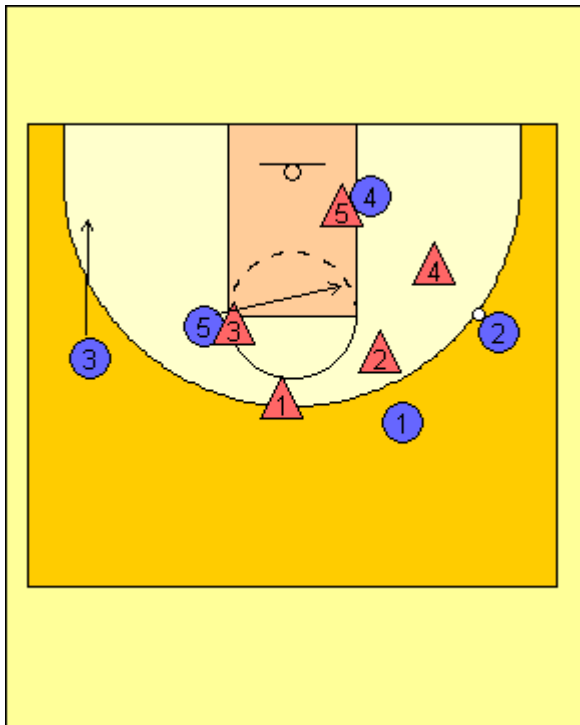
1. Player 1 dribbles at the outside shoulder of the top outside player of the zone. Player 1 needs to make that defender commit to him.
2. Player 4 should slide down to the low post area when Player 1 starts to attack.
3. Once the defender commits to Player 1, he will pass to Player 2.



4. Player 2 can shoot or dribble drive. If the defensive player commits to Player 2, (s)he should look to pass to Player 4 in the low post area.



5. If the defensive player covers Player 2 and the bottom guy of the zone slides over to take away Player 4, Player 5 should flash to the high post and Player 3 should drift towards the corner.



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