



U19 Girls

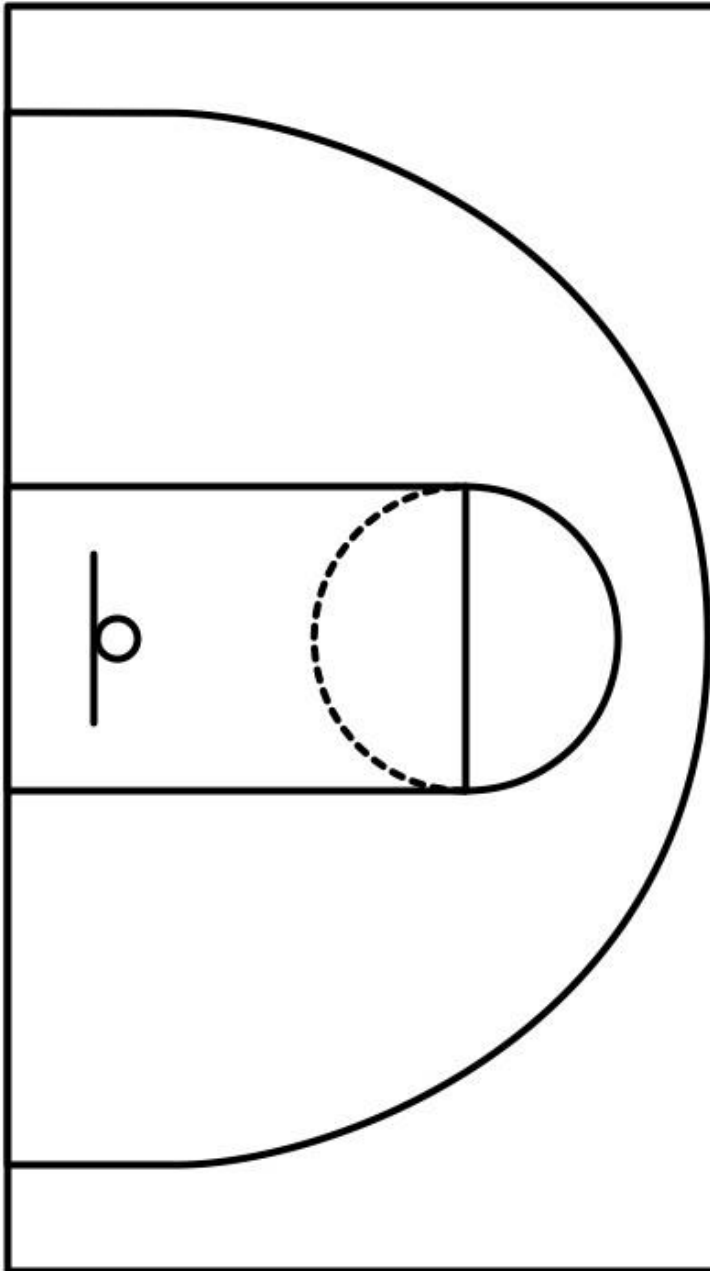
Huntsville Hurricanes Teams Meeting

This Saturday

- play at 10:30 am & 5 pm
- Rides
- Vaccine QR code / contact tracing
- Uniforms
- Pace

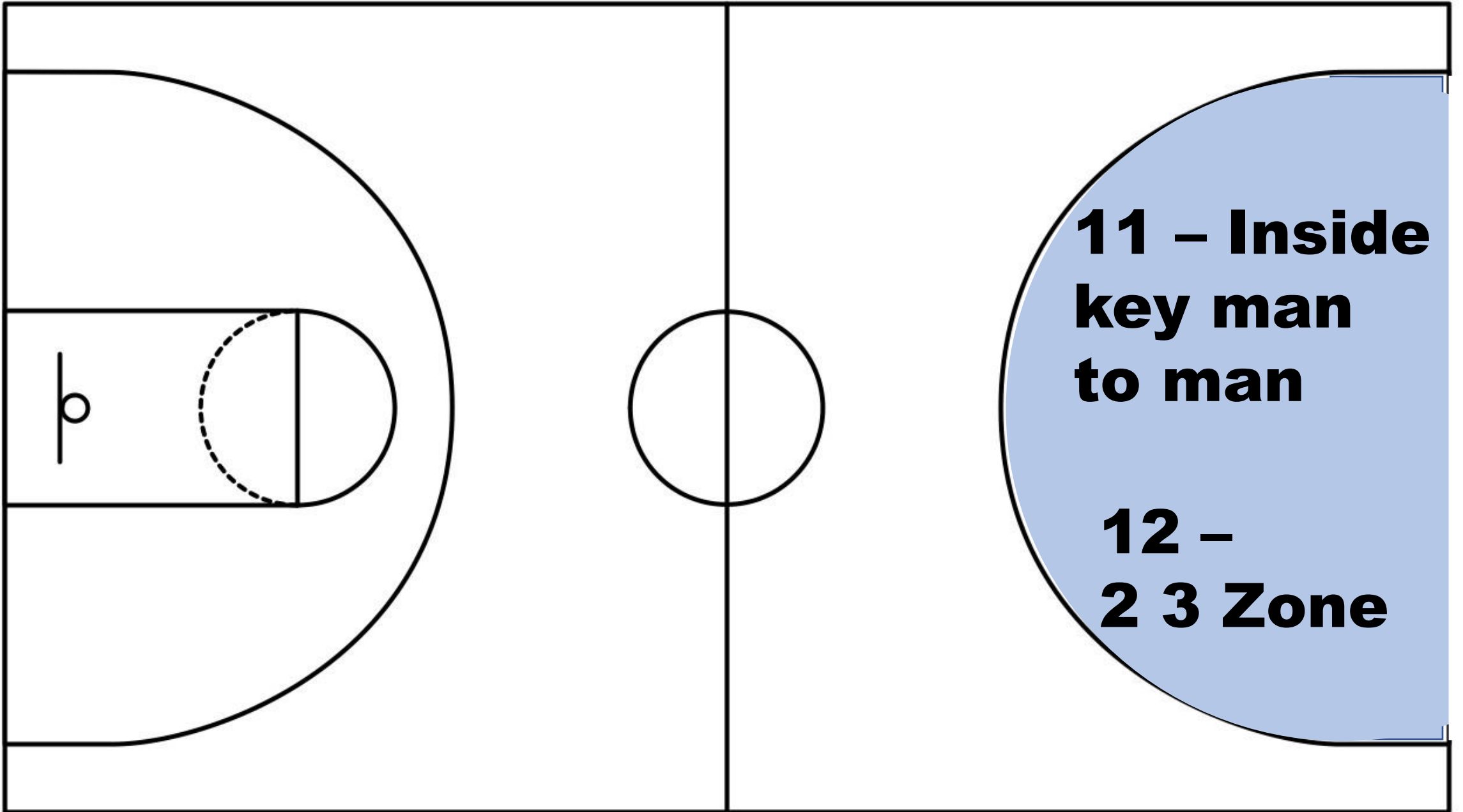
41 – Full Court man to man

42 – Full Court zone



**21 – Half Court
man to man**

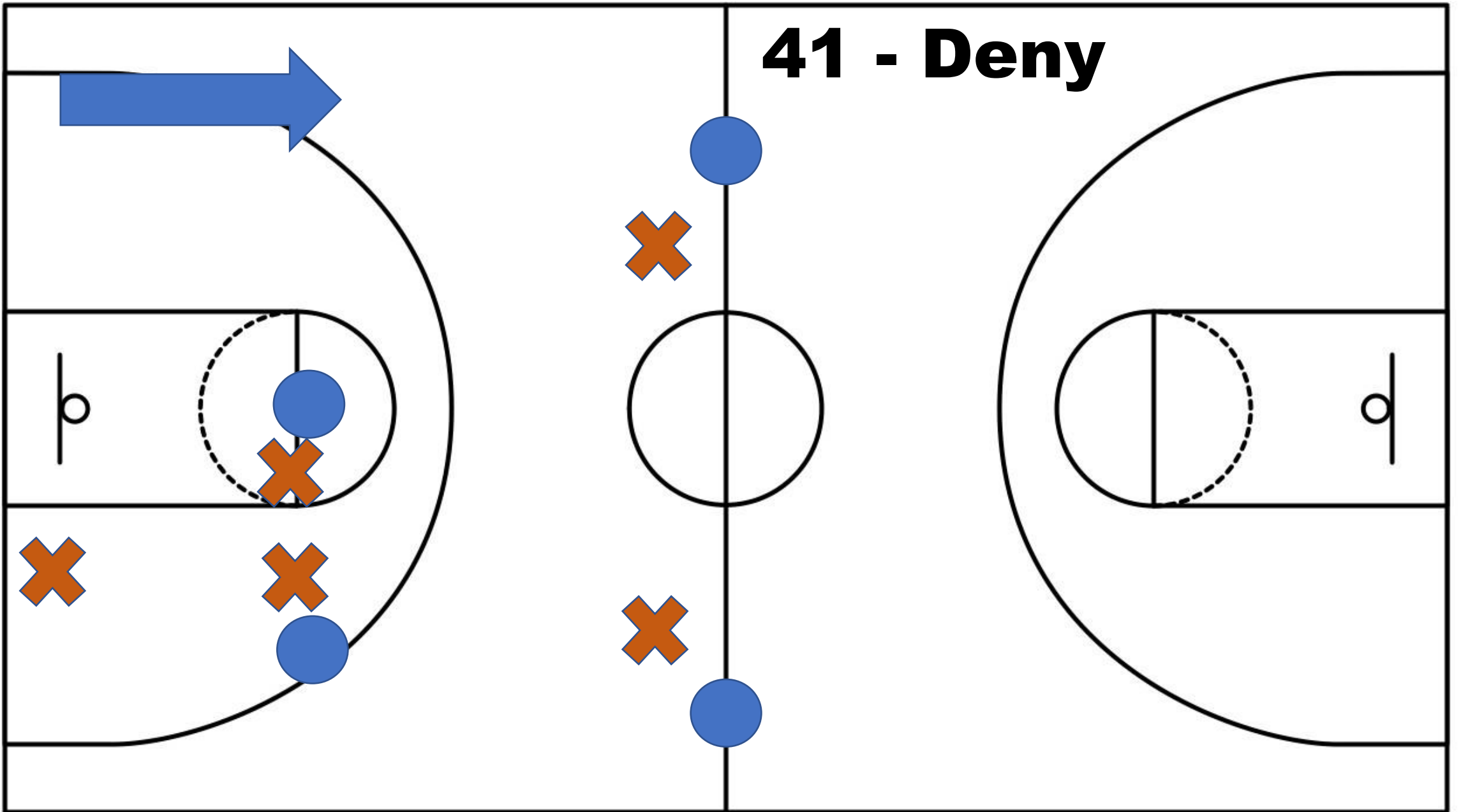
**22 – Full Court
zone**



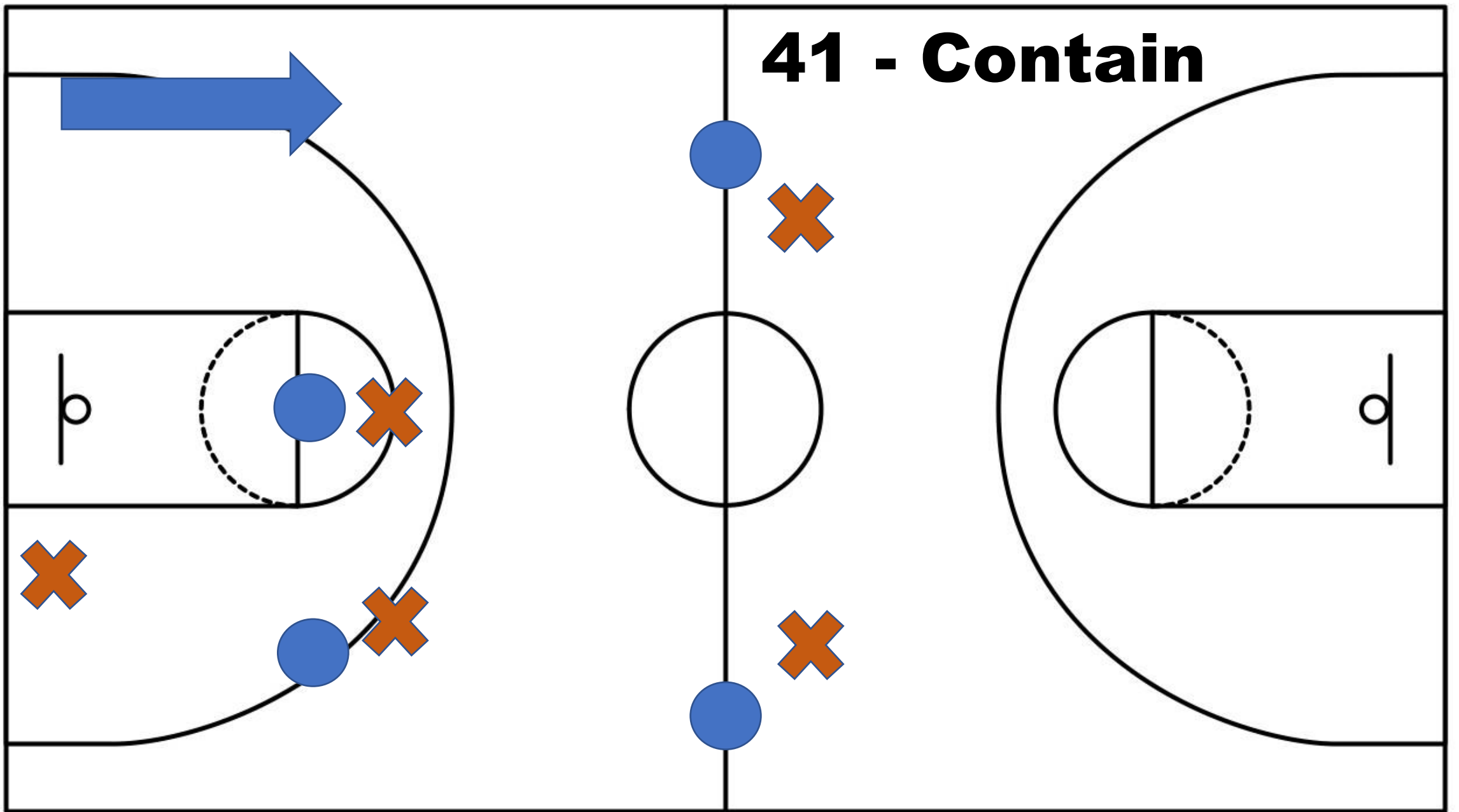
**11 - Inside
key man
to man**

**12 -
2 3 Zone**

41 - Deny

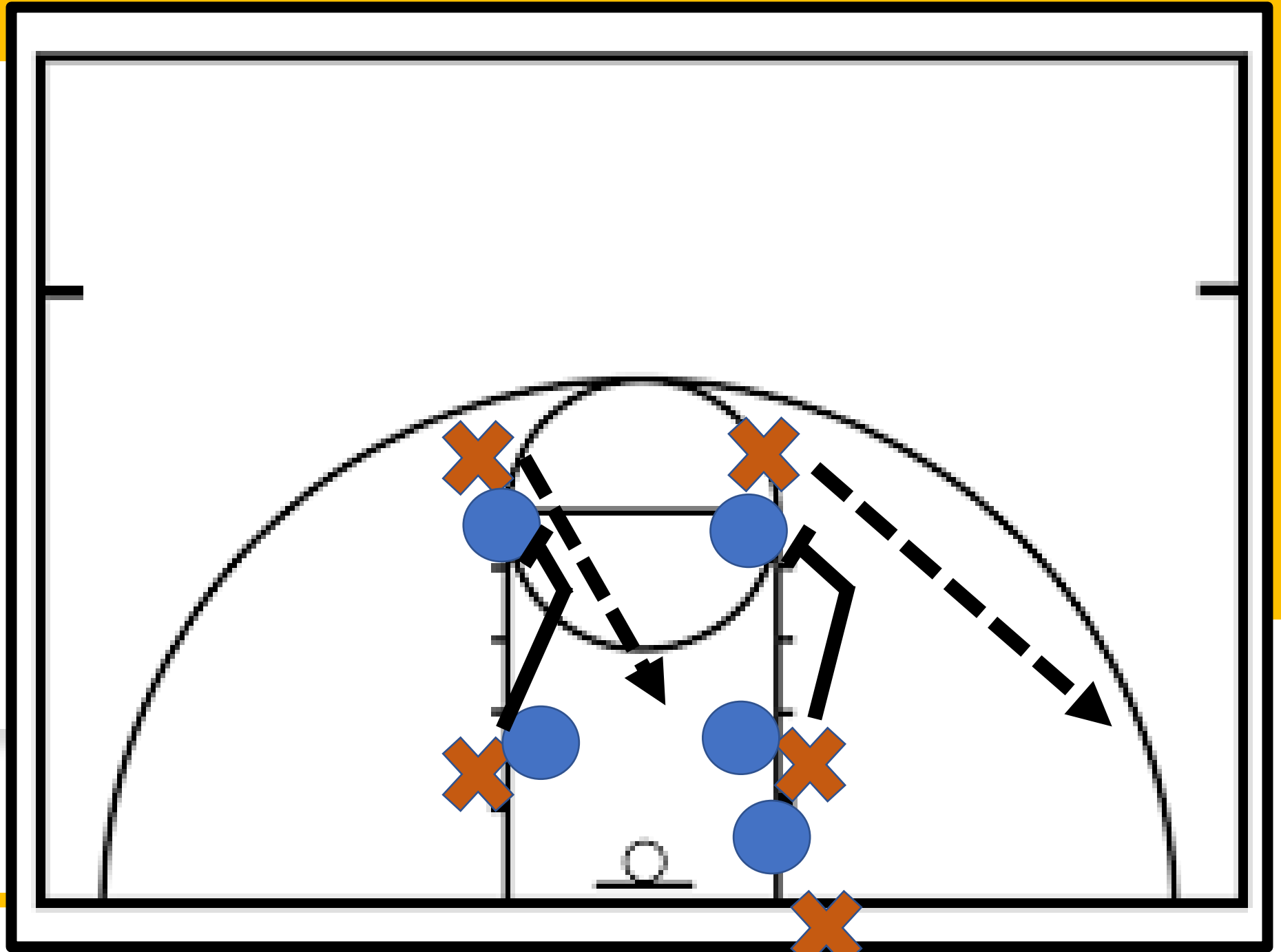


41 - Contain



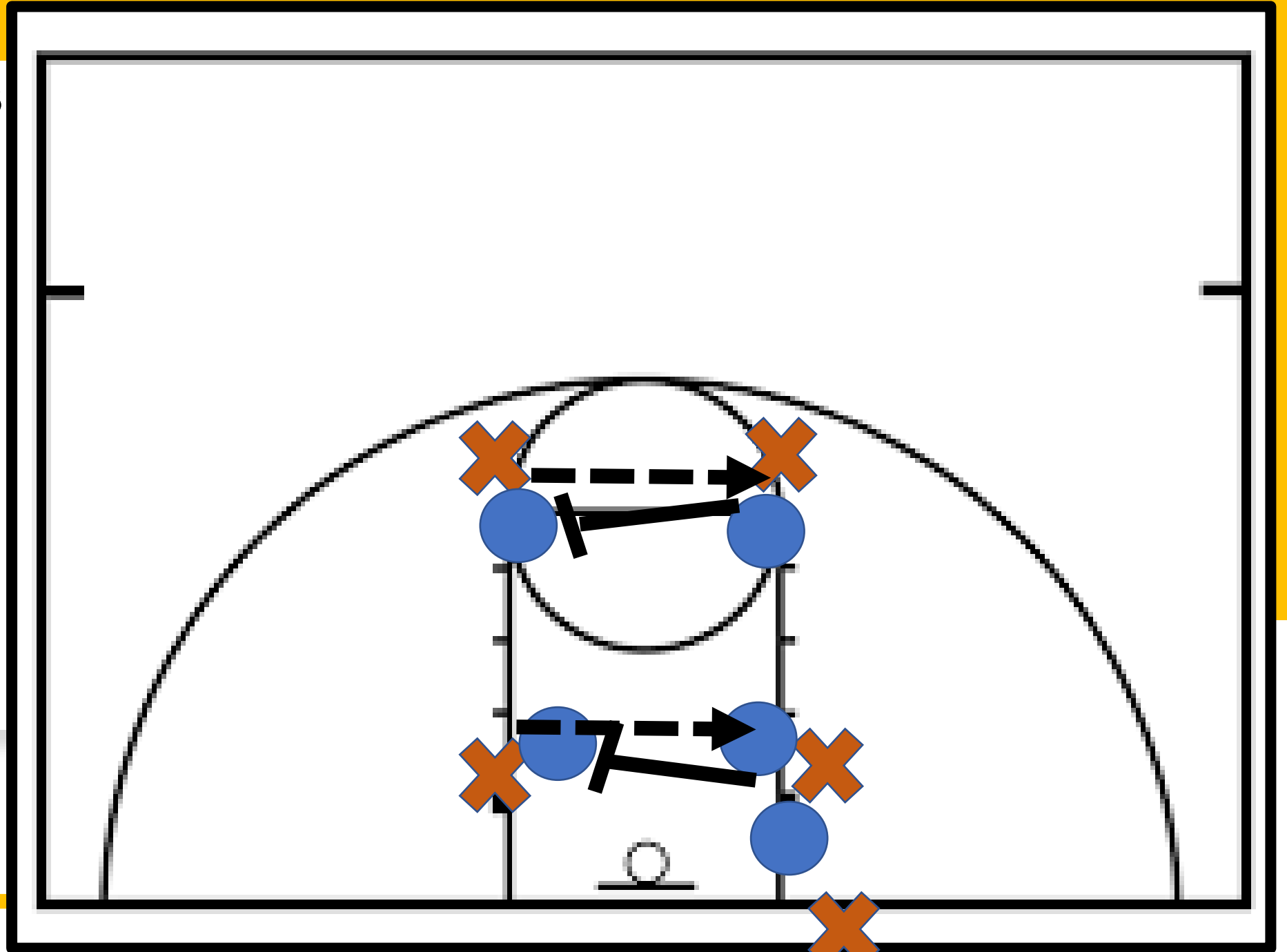
**In Bounds
Number**

**Screen Away
Up**



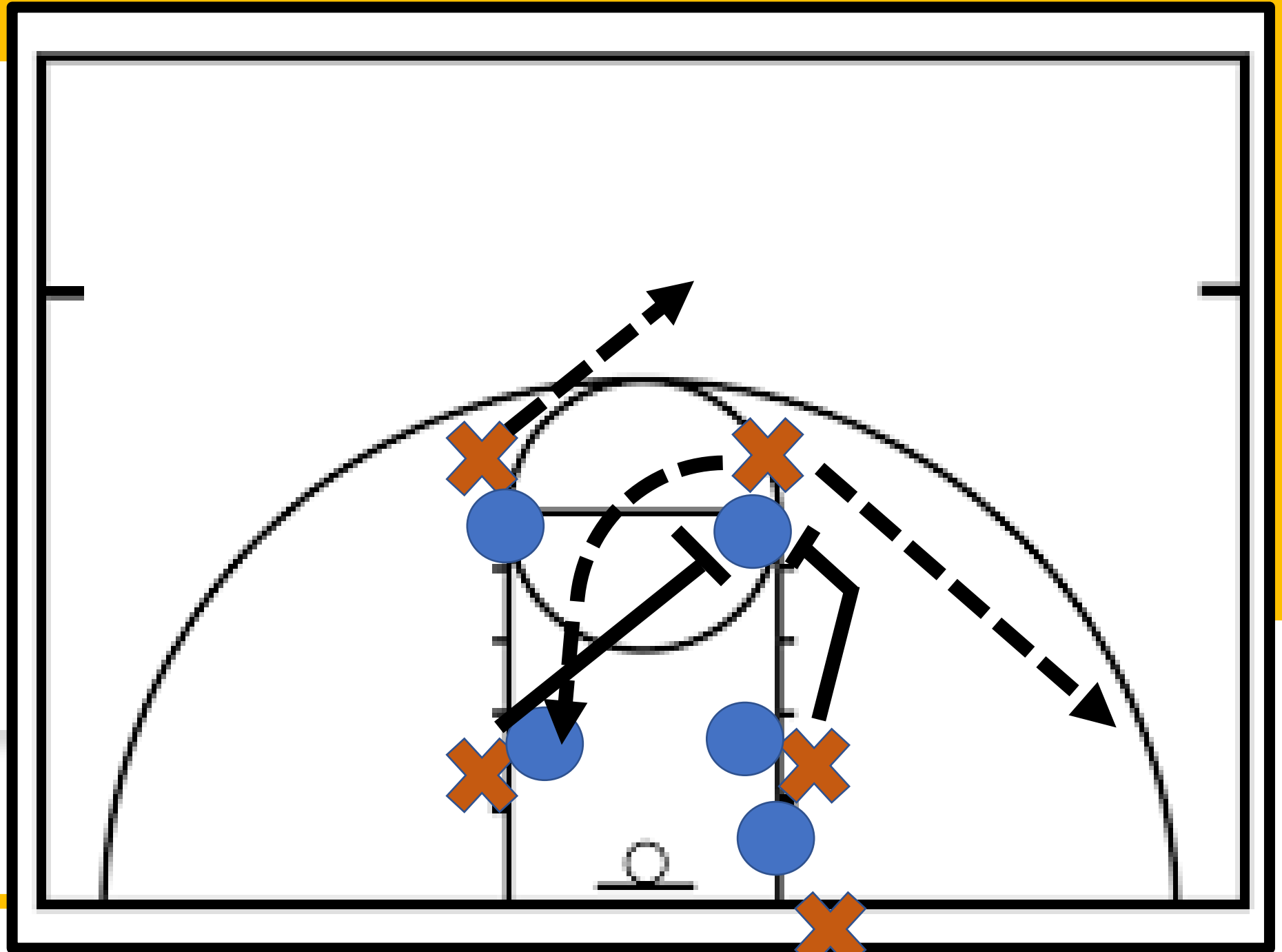
**In Bounds
Colour**

**Screen Away
Cross**



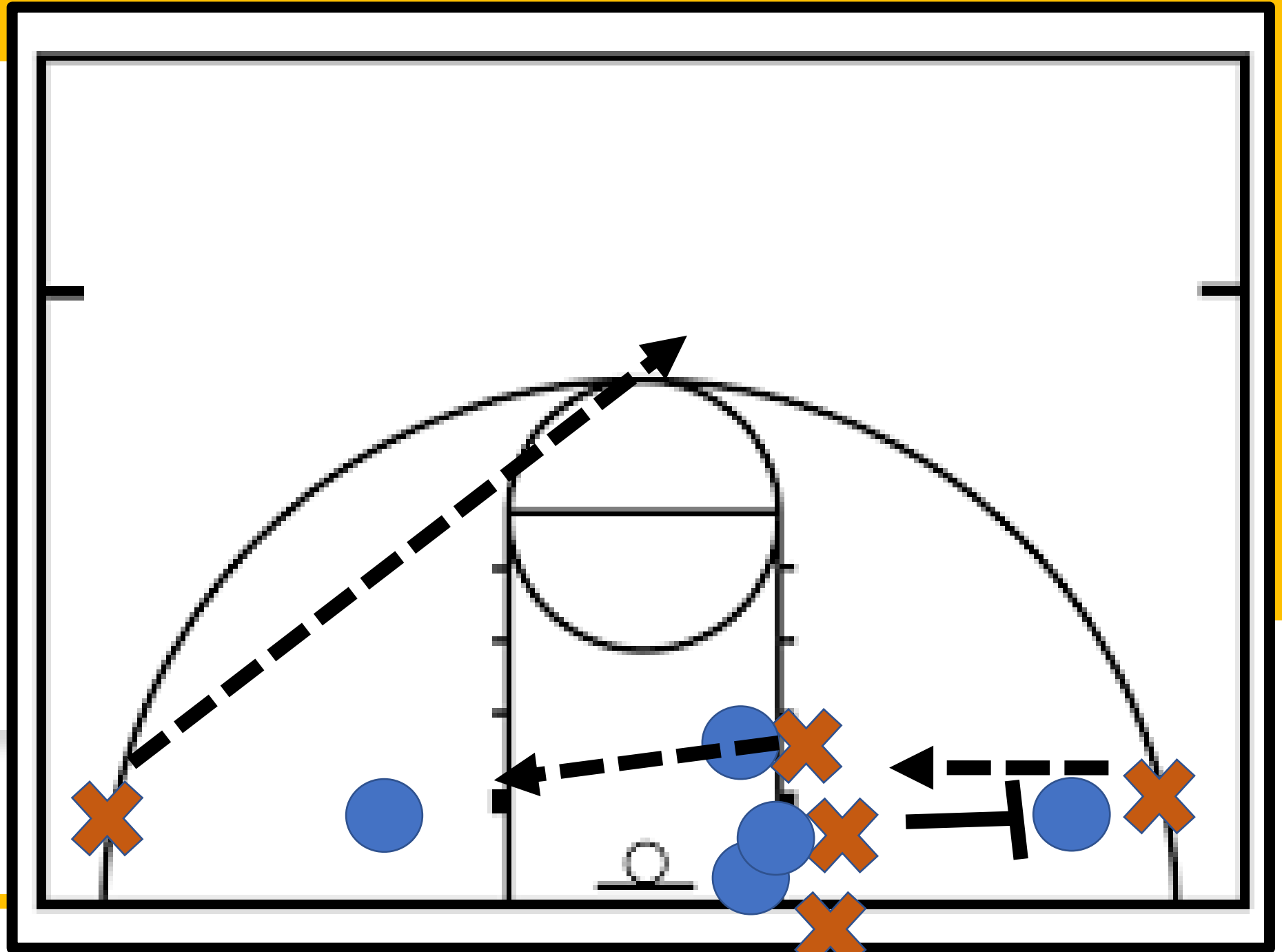
In Bounds University

Screen the
Screener



In Bounds Hoya

Posts screen
for each other
first



Some Basic Rules

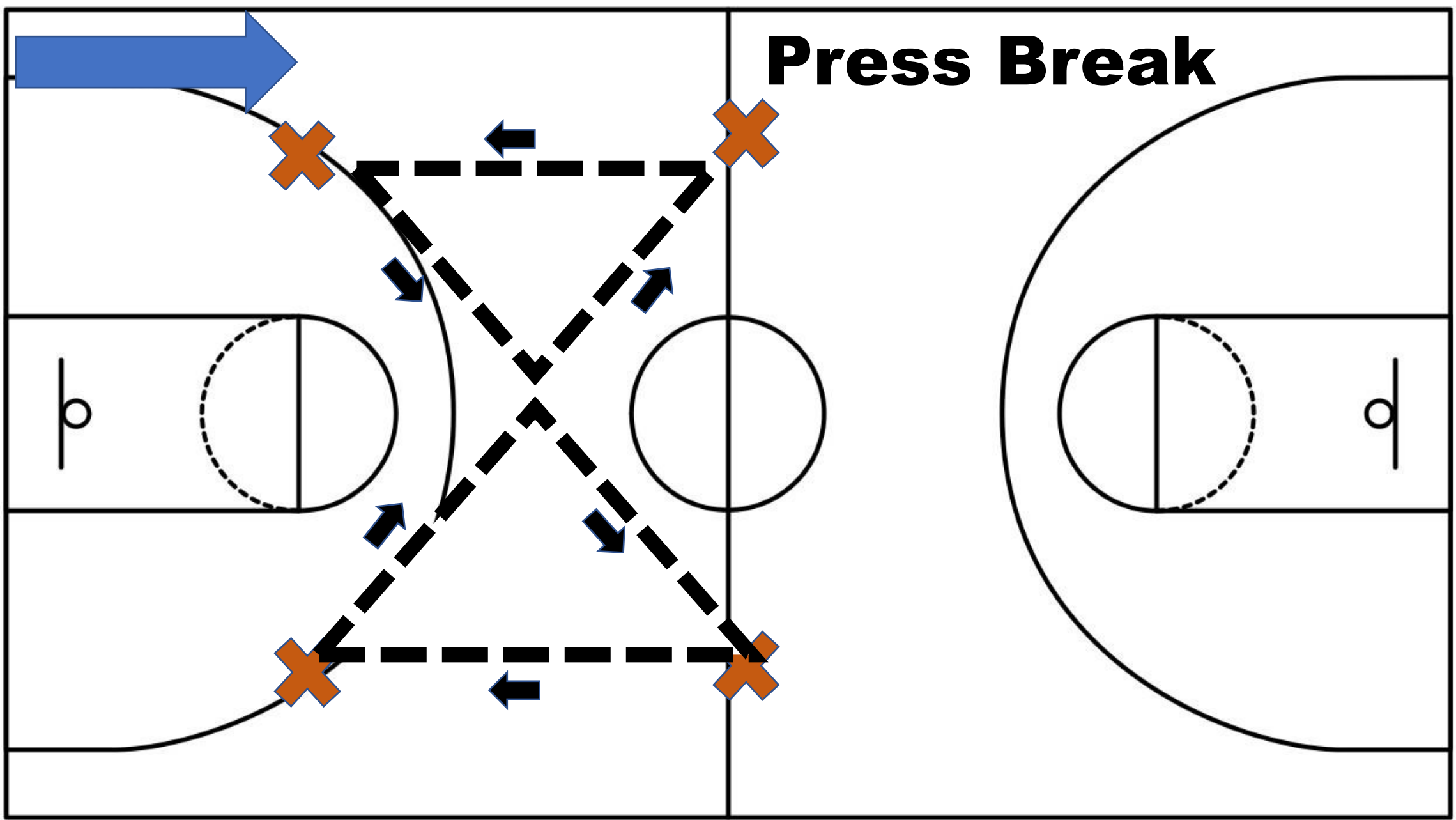
- **Defensive end line throw ins always play 12 (zone)**
- **Stand to greet & congratulate players subbing off**
- **Make a mistake by doing something (not doing nothing)**
- **After you set a screen, you must roll**
- **Box Out (tag, hit, look for the ball)**
- **If you get beat hustle back to the key and look to help**
- **Where is your check, where is the ball**

Flex Offense

1. https://www.youtube.com/watch?v=ILsj3_ddGck
2. <https://www.youtube.com/watch?v=NluHA--SUkc>
3. <https://www.youtube.com/watch?v=-bMv48y3RhE>
4. https://www.youtube.com/watch?v=DWv_MSITZGI&t=123s

Keys: Spacing, Decisive movement, good screens, take good shots

Press Break

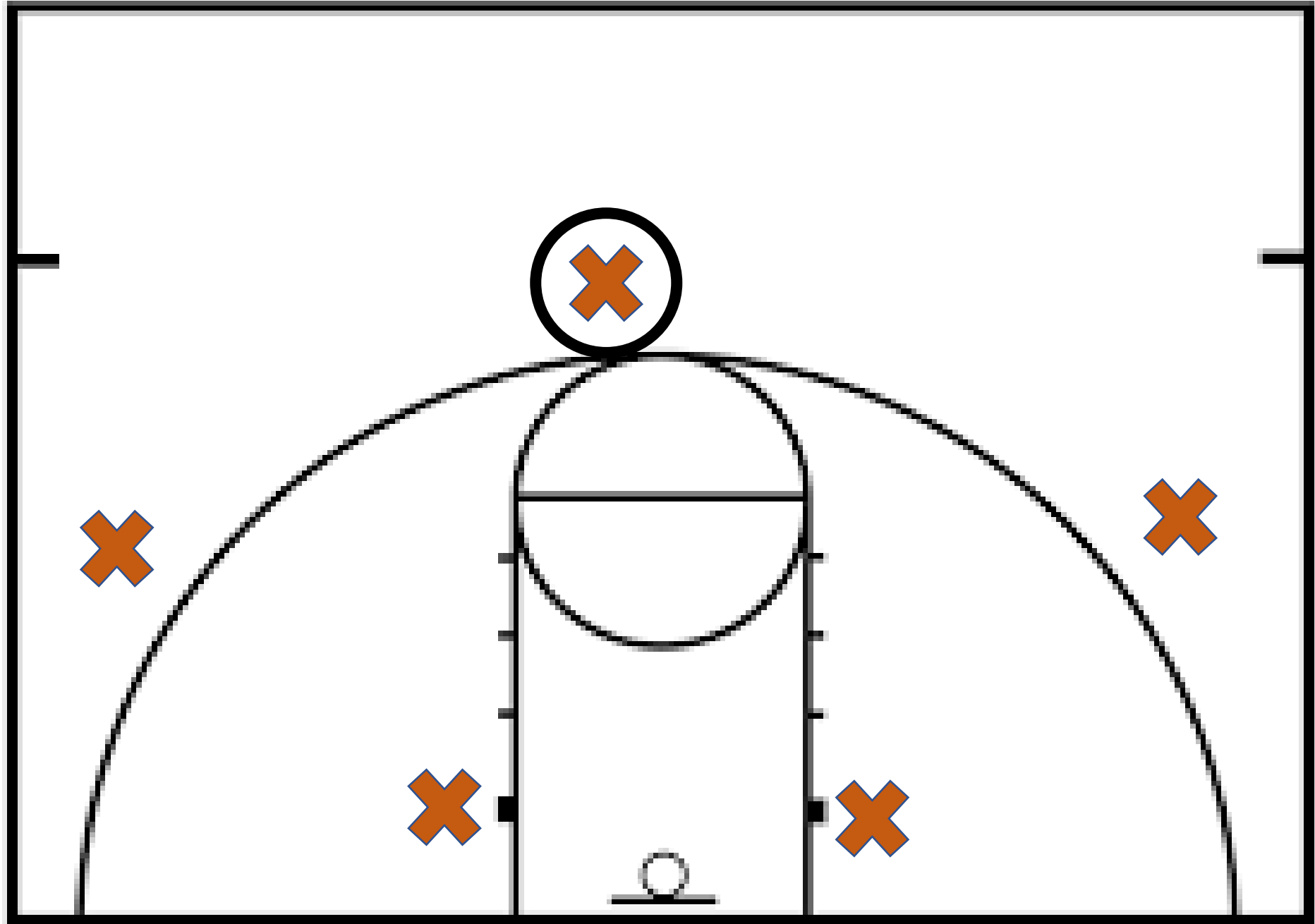


Zone Offense

Shallow cut only 1st time

Don't be predictable –
change the pattern

Always look to the post
positions for entry
passes including fakes

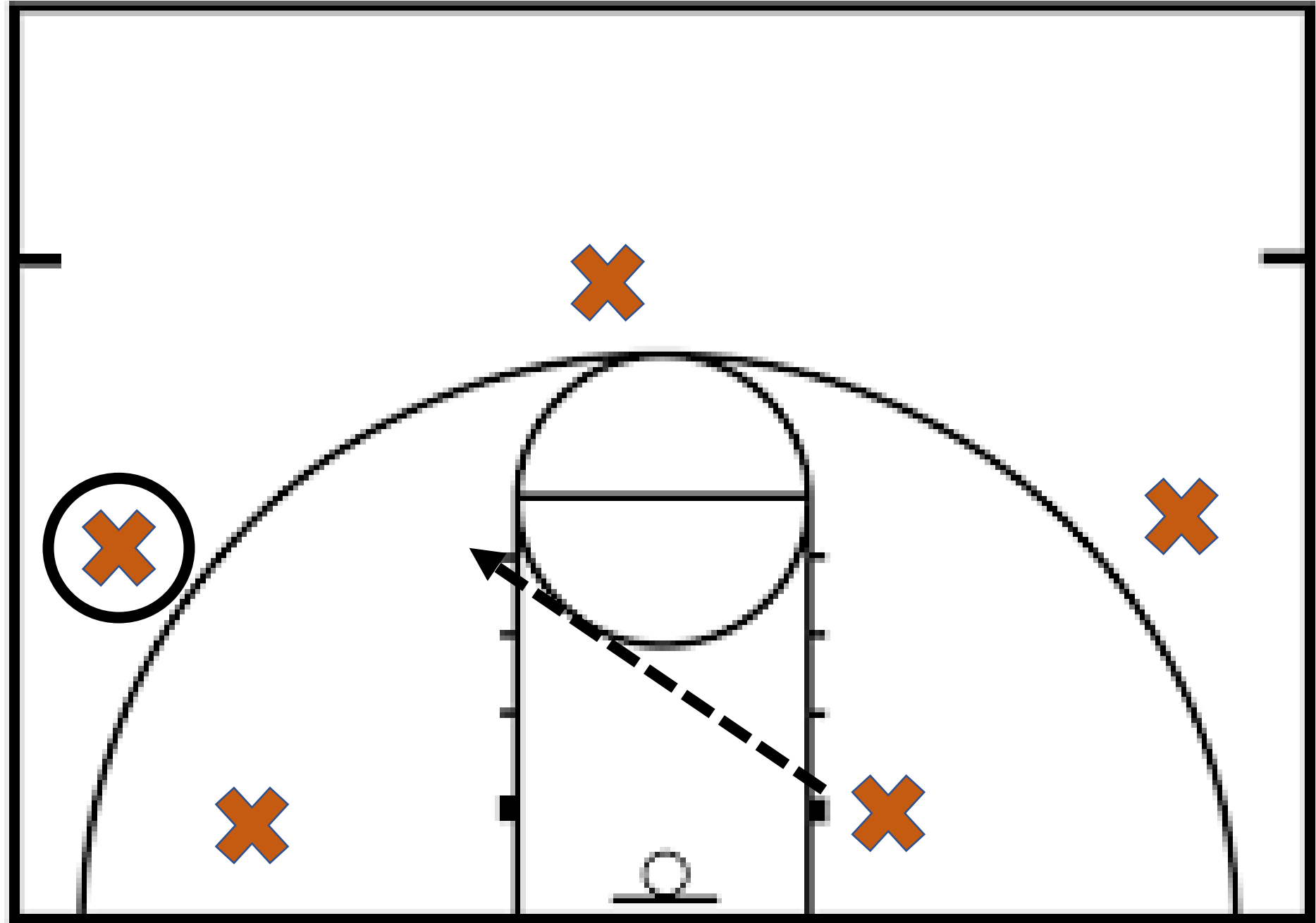


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Season Goals



Get better individually

Get better as a team

Have fun

Play our best games at the Ontario Cup

Win a medal at the Ontario Cup

Keys: Spacing, Decisive movement, good screens, take good shots