

- Set Up Tape On The Floor Looking Like Broken X
- C's = Coaches

- Focus on Having the Guys Elevated
- Start: Coach With Ball Attacks middle and forces Other top defender to shut him off
- Back Row Guys Will Move On Tape Lines
- Coach Gets Shut Off and Passes To Other Coach

- Coach Attacks Sideline and The Defender Who Started on Ball will continue on the proper angle to turn Coach
- Guy who Stopped Middle Pen on First Attack will Come from Behind

- Coach Passes it Back to Other Coach and That Coach attacks Sideline
- High Side Guy On Trap Will Take Angle Across Court To Turn Coach

- Coach Will Pass It Up The Sideline To Coach At Half Court
- Guy On High-side of Trap Will Follow To Trap At Half
- Key: Everyone Needs To Move To The Level Of The Ball
- Opposite Coach Will Move Up The Court

- Coach Passes The Ball Up The Sideline To Coach In The Corner
- Make Sure Weakside Floods To The Ball Side

- Coach Skips it across court to the other coach
- Make Sure Everyone Sprints On The Pass

- Coach Shoots a Miss and The Players Rebound and Run