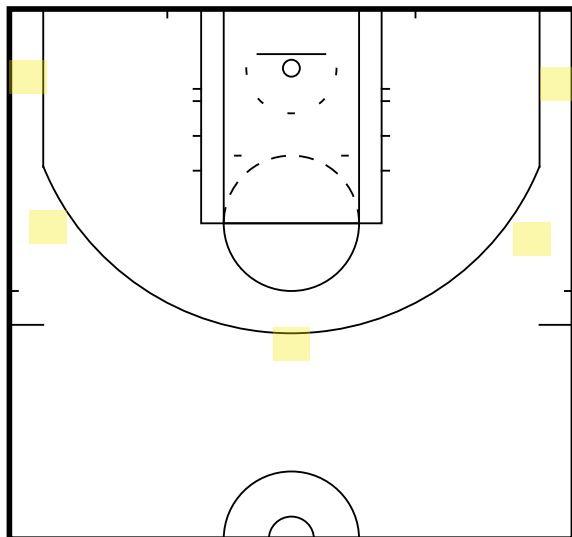


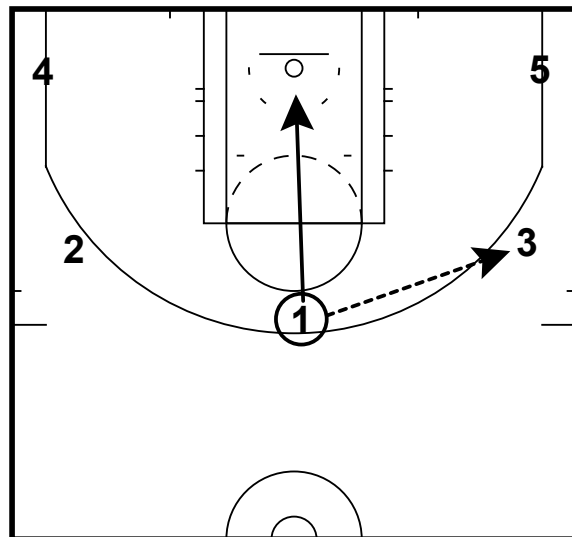
Team Offence

5 out Motion - circle and fill
Offence



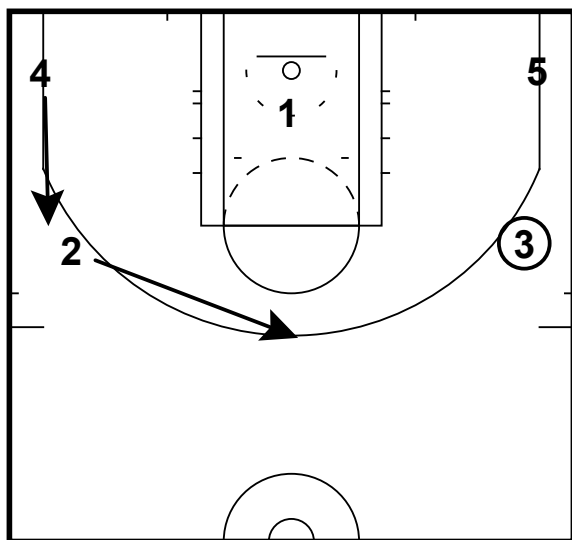
5 out motion starting positions and positions that can be filled.

5 out Motion - circle and fill
Offence



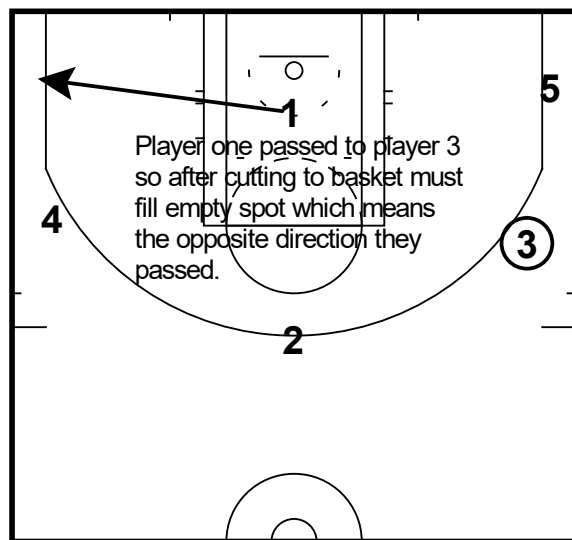
5 out motion offense is a continuity offense meaning it repeats over and over again. Here are simple teaching rules to implement in any team at any age. From our 5 starting spots outside the 3 point line. Player 1 has the ball
FIRST RULE - If you pass to a perimeter player YOU MUST basket cut.

5 out Motion - circle and fill
Offence



So player 1 has passed to player 3 and cut to basket.
Next rule comes to the players on the perimeter (outside the 3 point line, also referred to as the read line)
Any time you are on the perimeter you must fill the closest empty spot to the ball first. That means 2 must take 1s place at the point and 4 must take 2s place at the wing or 45.

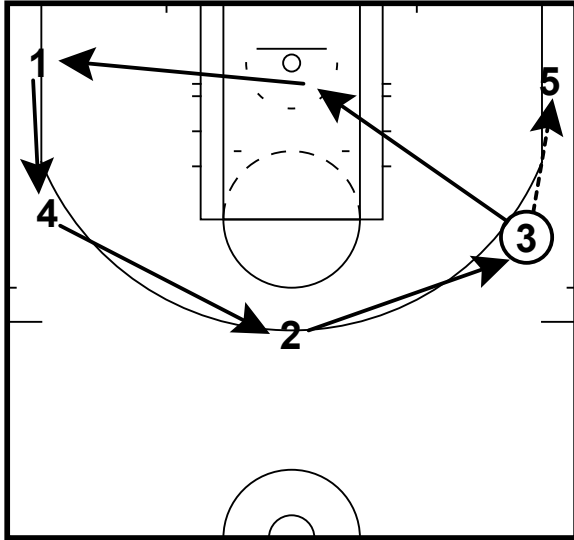
5 out Motion - circle and fill
Offence



Player 1 must fill the empty spot closest the ball, which there is only 1 spot. In the corner, you will also notice that players will pass one direction and cut away from the ball after the basket cut.

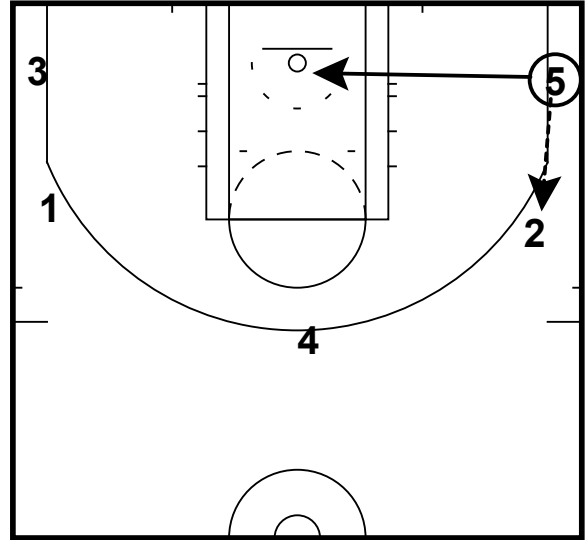
Team Offence

5 out Motion - circle and fill
Offence



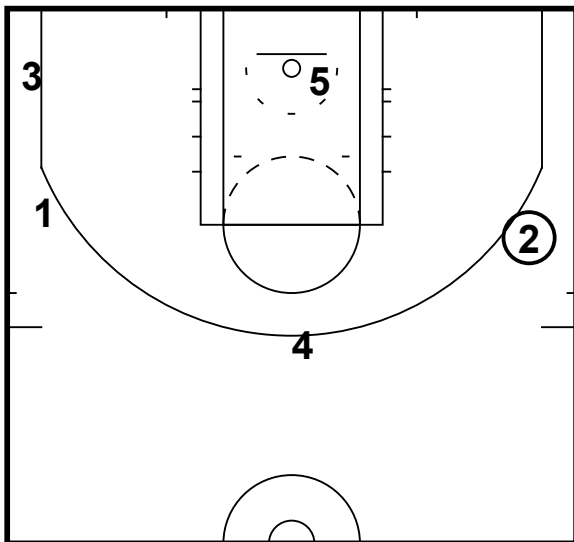
Player 3 will pass to player 5 and perform basket cut
Perimeter players will circle to fill closest empty spots to the ball.
Player 3 then cuts away from the direction they passed the ball.

5 out Motion - circle and fill
Offence



With every Rule there are exceptions.
This is the first.
When passing out of the corner there is only one empty spot.

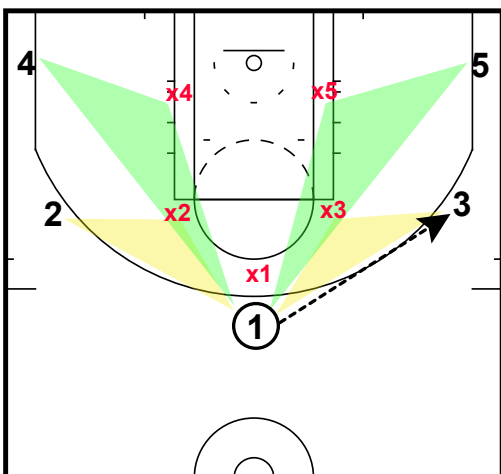
5 out Motion - circle and fill
Offence



Player 2 has the ball and 5 has cut to basket.
The only spot available is the corner, so 5 will have to go back and fill the corner. The other perimeter players cannot circle to fill the corner.
This problem is solved later on when we add some other options and actions.
But for now to train the circle action and reads for 5 out, just get them to fill the corner.

Team Defense

Shell drill - Help Defense and Rotations
Defence



Basic starting positions for half court man to man defense.

The red X1-5 players are defenders.

X1 is guarding player 1

X2 is guarding player 2 and so on and so forth.

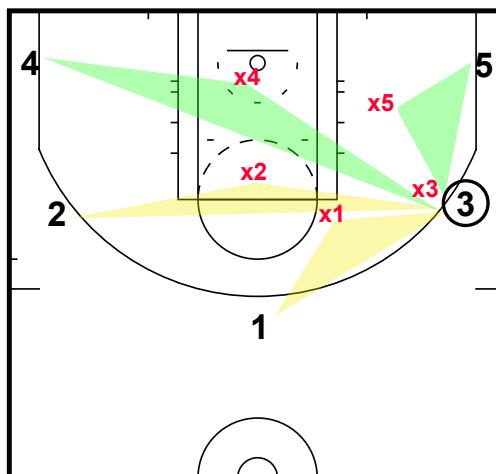
The player guarding the player with the ball must stay in front as apply pressure to the ball carrier.

The other players need to be in a position where they can help slow the ball but also close out and defend their player should the player with the ball pass it.

We call the help position the flat triangle.

As you can see X3 is making a flat triangle with player 1 and player 3. X2, X4 and X5 are also in flat triangles, it doesn't matter where the offensive player moves if your players make a flat triangle they will be in good position.

Shell drill - Help Defense and Rotations
Defence



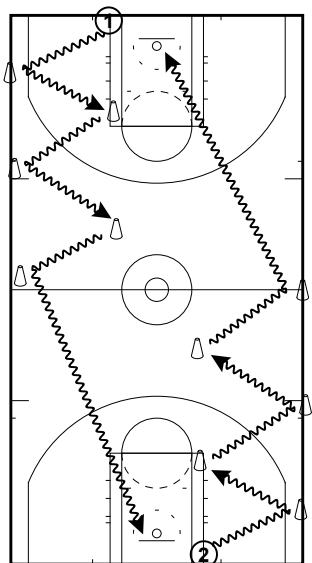
So player 1 has passed to player 3 and the defense have moved, X3 has closed out to player with ball and all other players are in a flat triangle.

How do we find our flat triangle? Good question, glad you asked.

To find a flat triangle players must find the center point between the player they are guarding (responsible for defending) and the player with the ball and be able to see both at the same time without moving their head using their peripheral vision.

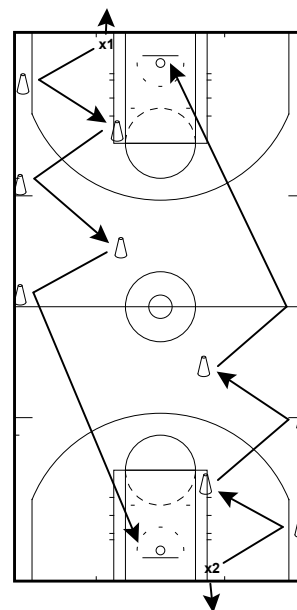
Alley drill, Offence and Defense

Alley Drill
Offence and Defence



Players dribble in zig zag pattern as indicated by cones to half court and then go make a full court lay up.
You can have a team at each end of the court or split your team into 4 at each end if you have 8. Have both sides going at same time to utilize court space and time to get more reps in.
You can switch the cones to the opposite sides of the court if you want to develop the non dominant hand and finishing, usually the left hand.

Alley Drill Defense
Offence and Defence



X1 and X2 are now defenders facing in direction of arrows.
They must defensive slide to the cones to half court and then back pedal to the basket from half court.

Then you can combine these two and have a defender guarding a ball carrier, defender must stay in front of ball handler until half court at which time the drill is "LIVE" (this means game simulation), the offensive player must attack the basket and defense needs to defend without fouling.