

5-0ut Motion in 4 Weeks



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Introduction:

Welcome to the '5-Out Motion Offense in 4 Weeks' guide.

As the name suggests, the aim of this manual is to show you how to teach your players the basics of the 5-out motion offense in only 4 weeks.

Here's how it works:

Teaching the 5-Out Motion is broken down into four progressions:

1. Basic Cutting
2. Screening Away
3. On-Ball Screen
4. Dribble-At

I recommend coaches spend one week on each of these progressions.

Four progressions. Four weeks.

In this eBook, each progression contains three 1-hour practice plans that you can use with your team to gradually allow them to learn the offense.

Each practice plan contains which drills to use, the amount of time to spend on each drill, and the coaching points you must remember while running practice.

This assumes that you have 3-hours per week to spend on offense with your team. Depending on the league you're currently coaching in, some coaches will have this time available and some will not.

If you don't, I still recommend not skipping any of the practices. It's better to extend the amount of time required to teach the full offense than skip parts of the learning process.

The good thing about the 5-Out Motion is that you don't need to go through all 4 weeks of progressions before you have a good offense...

Once your team has mastered progression one (basic cutting), they'll be able to run a solid offense against any team and will understand how to keep good spacing on the floor.

Then as the season progresses, you'll be able to add more and more actions to the offense to make it more difficult to defend against and give your players more options.

Each practice will be broken down into four sections:

Practicing the 5-Out Motion - Much of the offense is learned through constant repetition. The start of each practice will involve the players practicing the offense 5-on-0 gradually adding different actions as they're being taught.

Scoring Off the Action - Drills that work on reading each action and getting a good shot. These drills ensure your team are working on the shots that they will get while running the offense during games.

Small-Sided Games - There are 1-on-1, 2-on-1, 2-on-2, and 3-on-3 small-sided games to practice each action. These are all similar so won't require too much explanation, but they're super important for players to learn how to read the defense and score.

Competitive Game - Each practice concludes with a 5-on-5 scrimmage that will allow your team to practice in a game-like situation. To ensure teams are working on the action being currently taught, teams are awarded bonus points for scoring off specific 5-out motion actions.

How to Use This Book:

Following this introduction, you'll see 12 complete one-hour practice plans broken up into 4 weeks (3 per week). One week per progression.

After the practice plans, you will find a full breakdown of every drill that's used in the practice plans (and a few extras).

Finally, the eBook finishes with a complete guide to the 5-Out Motion Offense.

This 16-page guide includes the strengths, weaknesses, rules, setup, progressions, variations, etc.

I recommend you spend some time going through this section thoroughly before using the plans and drills to teach your team the offense.

When you first introduce your team to the 5-out motion, print off this section of the eBook for each player to allow them to review it in their own time.

If you have any questions, concerns, or ideas don't hesitate to send me an email at coachmac@basketballforcoaches.com and I'll do the best I possibly can to help you out :)

- Coach Mac

Week 1 - Practice Plan #1 - Cutting Movements

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Spend the first 15-minutes running through the four basic cutting movements (refer to drill sheet). • Walk through the offense. • Run at both ends of the court if you have another coach to help you.
15-Mins	Give and Go - Starts with a line of players at the top of the key and one player on the wing. Players swing the ball to the wing, take two steps away, and then explode to the hoop for the catch and finish.	<ul style="list-style-type: none"> • Run this on both sides of the floor if you have a larger team. • Setting the defender up correctly is super important. Watch the footwork. • Have your players finish at the basket with a variety of moves.
5-Mins	Drink Break	
15-Mins	V-Cut to 1-on-1 - An offensive and defensive player start two spots away from the coach. A skip pass is made and then the players v-cut to rotate to the ball before looking to score.	<ul style="list-style-type: none"> • A change of pace is necessary on the v-cut to get open. • The offense can back-door cut if the defender overplays them. • Run on both sides of the floor to increase the number of repetitions.
10-Mins	5-Out Motion Live -Five offensive players set up in the 5-out motion positions and work on the passes and cutting movements of the offense against defense.	<ul style="list-style-type: none"> • Start with 'dummy defense' (first practice). Have 5 defenders match up and stay with their opponent without attempting to steal the ball. • The offensive team must make 10 consecutive passes before they're allowed to score. • Ensure all players are cutting hard and with purpose.

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Week 1 - Practice Plan #2 - Cutting Movements

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Run through the 4 cuts the players must remember (refer to drill sheet). • Have the players start slow and gradually get quicker as they become more confident in the cuts. • Encourage players to talk and help each other out.
15-Mins	Back Cut Drill - An offensive player will v-cut against a live defender. The defender intentionally overplays the passing lane which triggers the back cut. Offense receives the pass and finishes at the hoop.	<ul style="list-style-type: none"> • Allows players to practice reading when they're overplayed and cutting back door. • Offense must plant their outside foot and explode towards the hoop. • Also important for the passer to practice making this pass. Consider putting a defender on them.
5-Mins	Drink Break	
15-Mins	Rotation Shooting - Players will practice the many scoring options off a v-cut (rotation) which is how they'll receive most passes during games. Must practicing shooting, driving, and midrange pull-ups.	<ul style="list-style-type: none"> • Ensure players are practicing from different spots around the perimeter (not just the wing). • Passes to the scorer must be on-time and on-target. • No more than two dribbles when attacking the hoop.
10-Mins	5-Out Motion Live -Five offensive players set up in the 5-out motion positions and work on the passes and cutting movements of the offense against defense.	<ul style="list-style-type: none"> • If your players are still struggling to understand the cuts, use dummy defense. • The offensive team must make 10 consecutive passes before they're allowed to score. • Ensure all players are cutting hard and with purpose.

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Week 1 - Practice Plan #3 - Cutting Movements

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • By now players should be confident in the 4 different cuts to make on offense. • Increase the pace of the drill. Encourage players to move the ball around quickly. • Encourage players to talk to each other and help each other out.
15-Mins	Give and Go - Starts with a line of players at the top of the key and one player on the wing. Players swing the ball to the wing, take two steps away, and then explode to the hoop for the catch and finish.	<ul style="list-style-type: none"> • Run this on both sides of the floor if you have a larger team. • Setting the defender up correctly is super important. Watch the footwork. • Have your players finish at the basket with a variety of moves.
5-Mins	Drink Break	
15-Mins	1-on-1 Attack - A player starts on each low block. The coach will call out the name of the offense who will cut to the wing to receive the pass. This means the defender will be closing out on the ball after the catch as the drill moves to one-on-one.	<ul style="list-style-type: none"> • The receiver should be catching the basketball on balance. • Use both ends of the court as this drill takes up both sides of a half-court. • The offensive player must read the defender before the catch so they know whether to turn and shoot or turn and attack immediately.
10-Mins	5-Out Motion Live -Five offensive players set up in the 5-out motion positions and work on the passes and cutting movements of the offense against defense.	<ul style="list-style-type: none"> • By this stage (practice 3), you should be allowing regular defense. • The offensive team must make 10 consecutive passes before they're allowed to score. • If a breakdown of the offense does occur, encourage the team to quickly set back up in the correct positions and continue.

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Week 2 - Practice Plan #1 - Screen Away

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Take some time to introduce the 'screen away' action to your team. • To avoid confusion, I recommend getting your players to curl off ALL away screens. • The screener always returns to their position and the player who received the screen always cuts to the rim.
15-Mins	Away Receiver Shooting - Players practice filling the scoring position of the away screen. Decide whether to practice only curling to the hoop or whether you want to practice cutting outside for the shot, too.	<ul style="list-style-type: none"> • Use a chair, cone, or player to set a screen to give the scorer a visual. • Take a step away from the screen to set up the defender before curling to the hoop. • Passes must be made out in front of the offensive player.
5-Mins	Drink Break	
15-Mins	2-on-1 Screen Away - Two offensive players execute the screen away action against a single defender guarding the player who is going to be screened.	<ul style="list-style-type: none"> • Ensure the screen is being set on a good angle. If the defender can easily slip under the screen, it's not. • Decide whether the cutter will always curl or if you'll give them a choice. • Timing is super important. Wait for the screen to be set and cut hard.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'screen away' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 2 - Practice Plan #2 - Screen Away

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Focus is on setting away screens when appropriate. • To avoid confusion, I recommend getting your players to curl off ALL away screens. • Make sure the receiver stops and watches both cutters before moving the ball on.
15-Mins	Away Screener Shooting - Players practice filling the screener position of the away screen. Practice both cutting to the hoop and also replacing for the outside shot.	<ul style="list-style-type: none"> • Use a chair, cone, or player to set a screen to give the scorer a visual. • Ensure the screener is setting the screen on the correct angle. This is important. • When cutting to the ball, players should have their target hands showing.
5-Mins	Drink Break	
15-Mins	2-on-2 Screen Away - After the a pass to the wing, four players compete in 2-on-2 starting with an away screen.	<ul style="list-style-type: none"> • The two offensive players must be smart to try and find an advantage. • When first learning this drill, don't allow the defenders to switch players. • Consider adding a defender to the passer also.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'screen away' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 2 - Practice Plan #3 - Screen Away

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Focus is on setting away screens when appropriate. • To avoid confusion, I recommend getting your players to curl off ALL away screens. • Make sure the receiver stops and watches both cutters before moving the ball on.
15-Mins	Screen Away Shooting - A player sets an away screen for a teammate and both of them make the appropriate scoring cuts. Both players will receive a basketball for the shot from two coaches or players.	<ul style="list-style-type: none"> • Screening angle! Always make sure the players are focusing on this. • Use players as the passers if you have enough players on your team. • Both players should be looking to score immediately on the catch.
5-Mins	Drink Break	
15-Mins	3-on-3 Screen Away -Two teams of three players play a live 3-on-3 game starting with an away screen action.	<ul style="list-style-type: none"> • The player at the top can now pass to either wing on the initial pass. • The drill MUST start with an away screen. • The player receiving the screen must wait until it's set and then read the defenders to make the right basketball play. • Teams have 10 seconds to score after the initial pass from the top to win.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'screen away' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 3 - Practice Plan #1 - On-Ball Screen

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Take some time to introduce the 'on-ball screen' action to your team. • When an on-ball screen is executed and the ball-handler gets into the lane, if they pass out and the shot isn't open, players must get used to scrambling back to the correct 5-out positions. • Players must understand the skill-sets of their teammates. Don't set an on-ball screen for someone who can't dribble the ball at a high level.
15-Mins	Pick-and-Roll Shooting - Two lines of players practice executing the pick-and-roll. Swap between the ball-handler passing to the roll player and finishing themselves at the hoop.	<ul style="list-style-type: none"> • The ball-handler must wait until the screen has been set. Don't go too early. • Attack off the screen shoulder-to-shoulder. • As always, screening angle is super important!
5-Mins	Drink Break	
15-Mins	2-on-1 On-Ball - Two offensive players execute the pick-and-roll against one defender who starts the drill guarding the ball-handler.	<ul style="list-style-type: none"> • This is a great way to introduce the on-ball screen action to your team while giving them a high success rate. • To start with, have the defender always go over top of the screen. • The ball-handler must make two hard dribbles off the screen before making a decision to shoot or pass.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'on-ball screen' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 3 - Practice Plan #2 - On-Ball Screen

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Keep practicing the 'on-ball screen' action. • Extend your players by having them make a minimum of 10 passes before looking to score. • Players must understand the skill-sets of their teammates. Don't set an on-ball screen for someone who can't dribble the ball at a high level.
15-Mins	Pick-and-Pop Shooting - The screener starts by passing to the ball-handler and setting a screen for them. The ball-handler attacks off the screen and scores while the screener pops out and receives a pass from the coach for a coach.	<ul style="list-style-type: none"> • The ball-handler should either finish at the rim or with a midrange shot after two dribbles. • The shooter can turn and shoot a midrange shot or pop out to the three-point line. • Use both sides of the floor to increase repetitions.
5-Mins	Drink Break	
15-Mins	2-on-2 On-Ball - Two offensive players execute the pick-and-roll action against two defenders. Starts with the wing player v-cutting to get open on the perimeter.	<ul style="list-style-type: none"> • Start by not allowing switching from the defenders and the wing defender must go over the screen. This gives the offense an advantage and allows them to practice the execution of the pick-and-roll. • The ball-handler should be taking two hard dribbles to separate before making a decision. • Practice this action from different spots on the floor. Not just the wing area.
10-Mins	5-Out Bonus - Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'on-ball screen' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 3 - Practice Plan #3 - On-Ball Screen

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • By now your players should be able to execute the on-ball screen and then set back up in the 5-out spots if no shot is open. • Extend your players by having them make a minimum of 10 passes before looking to score. • Players must understand the skill-sets of their teammates. Don't set an on-ball screen for someone who can't dribble the ball at a high level.
15-Mins	Drive and Kick - 3 or 5 players around the perimeter. Players practice driving inside and kicking out to the next player. Each series finishes with a shot from the corner.	<ul style="list-style-type: none"> • Players should be looking to attack immediately upon catching the ball. • Watch that players aren't committing any traveling violations as they drive. • Don't raise up before passing. Stay low and fire the ball out to the next player.
5-Mins	Drink Break	
15-Mins	3-on-3 On-Ball -Three offensive players compete against three defenders. The drill starts with an offensive player getting open on the wing for a pass and then an immediate on-ball screen where the offense will look to create and score.	<ul style="list-style-type: none"> • Decide whether you want to allow the defense to switch or go under the pick-and-roll while the players are still learning the offense. • The ball-handler must read all three defenders and make the correct passing option. • It's crucial that screens are being set on the correct angle.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'on-ball screen' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 4 - Practice Plan #1 - Dribble-At

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Introduce the 'dribble-at' action to your team. • Start with practicing either the back cut or the hand-off. For youth teams, I prefer to start with back cutting on every dribble-at. • If you do practice hand-offs, the dribblers hands should be on the top and bottom of the ball when passing so the receiver can grab the basketball on both sides.
15-Mins	Hand-Off Shooting - Players practice performing the dribble-at action with a teammate on the wing. The receiver practices scoring in multiple ways off the hand-off or back cut.	<ul style="list-style-type: none"> • Dribbler - Hands on top and bottom of the ball. Receiver - Grab ball on the sides. • Dribbler should practice turning their body after giving the hand-off to seal off the dribbler's defender. • Practice finishing at the rim as well as pulling up of the dribble for midrange shots.
5-Mins	Drink Break	
15-Mins	2-on-1 Dribble-At - Two offensive players execute the dribble-at action against one defender who starts the drill guarding the receiver on the wing.	<ul style="list-style-type: none"> • This is a great way to introduce the dribble-at action to your team while giving them a high success rate. • To start with, have the defender always go over top of the screen. • If practicing the hand-off action, tell the defender they must go over the screen.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'dribble-at' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 4 - Practice Plan #2 - Dribble-At

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • Keep practicing the 'dribble-at' action. • Continue practicing only back cuts which is what I recommend starting with during the offense for youth teams. • The receiver should be taking a step away before cutting hard towards the hoop.
15-Mins	Back-Cut Layup Drill - In this drill players practice executing the back cut of the dribble-at action. The dribbler advances towards their teammate who cuts backdoor and receives the pass for a layup.	<ul style="list-style-type: none"> • Ensure players are practicing a variety of finishes at the rim. • Players must take a step up before back cutting hard to the rim to set up their defender. • The dribbler's best pass is a one-handed bounce pass to their teammate.
5-Mins	Drink Break	
15-Mins	2-on-2 Dribble-At - Two offensive players execute the dribble-at action against two defenders. Starts with the wing player v-cutting to get open on the perimeter.	<ul style="list-style-type: none"> • 2-on-2 is a great way to introduce the action to your team in a competitive small-sided game. • To start with, don't allow the defenders to switch on the hand-off. • Practice this action from different spots on the floor.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'dribble-at' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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Week 4 - Practice Plan #3 - Dribble-At

Time	Drill	Coaching Points
15-Mins	5-Out Movement - Players practice the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.	<ul style="list-style-type: none"> • If you've only been practicing the back cut action, start teaching the hand-off. • The passer's hands should be on the top and bottom. The receiver's hands on the sides of the ball. • Focus on the correct footwork on both the hand-off and the back cut.
15-Mins	Hand-Off Shooting - Players practice performing the dribble-at action with a teammate on the wing. The receiver practices scoring in multiple ways off the hand-off or back cut.	<ul style="list-style-type: none"> • Dribbler - Hands on top and bottom of the ball. Receiver - Grab ball on the sides. • Dribbler should practice turning their body after giving the hand-off to seal off the dribbler's defender. • Practice finishing at the rim as well as pulling up of the dribble for midrange shots.
5-Mins	Drink Break	
15-Mins	3-on-3 Hand-Off - Three offensive players compete against three defenders. The player at the top with the basketball can dribble either direction to perform the action with either teammate.	<ul style="list-style-type: none"> • By this stage, allow the defenders to switch if they want to. The offense must be creative. • Players can perform either the back cut or the hand-off depending on how the defense plays them. • Encourage the wing players not to rush as they read their defender and make a decision.
10-Mins	5-Out Bonus -Two teams play a live game of 5-on-5 either full-court or half-court but will receive bonus points for scoring off a specific action.	<ul style="list-style-type: none"> • Teams who score off the 'dribble-at' action will receive double points. • This allows teams to execute all actions of the offense, but ensure emphasis is on the action we want them practicing. • Run this either full-court or half-court depending on the amount of players.

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1-on-1 Attack

How the Drill Works:

A player starts on each low block and the coach starts at the top of the key with a basketball. The coach calls out the name of one of the players which determines which player is on offense. The player called out cuts to the wing to receive the pass and then the players compete 1-on-1 until a score or a stop.

Purpose:

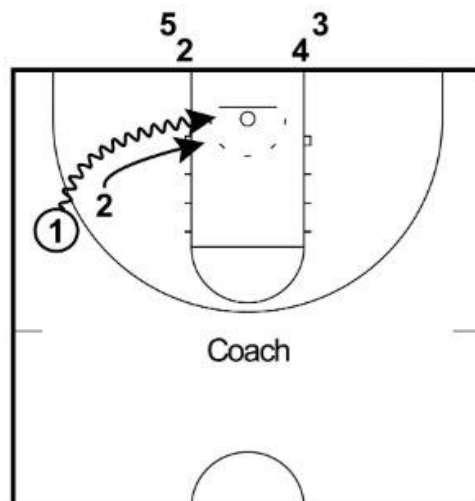
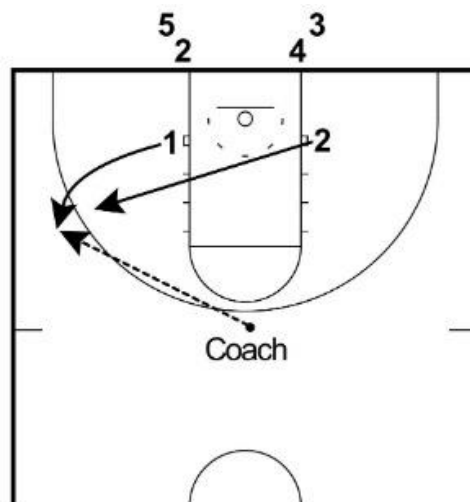
The aim of this drill is for the offensive player to learn how to catch and immediately attack the rim against a defender closing out which happens regularly in the 5-out motion. This drill also improves individual man-to-man defense.

Setup:

- Divide the team into two lines on the baseline. Each line should start on the outside of each side of the key.
- The first player from each line starts on the low block.
- The coach starts at the top of the key with a basketball.

Instructions:

1. The coach starts the drill by calling out the name of either of the two players on the low blocks.
2. The player whose name is called out cuts to the wing on their side to receive the pass from the coach. The other player becomes the defender and immediately sprints to closeout on the offensive player.
3. The coach makes the pass to the wing and the ball is live.
4. These two players now compete 1-on-1 until a score or a defensive stop.
5. After the shot, both players pursue a rebound. The offensive player is allowed another attempt if they secure an offensive rebound. If the defender gets the rebound, the round is finished.
6. The players then pass the basketball back to the coach and join the end of the opposite line as two new players enter to the low blocks.



7. The drill continues like this for a set period of time or until each player has filled both the offensive and defensive roles 5 times.

Variations:

Limit Dribbles - This is a variation I highly recommend every coach uses. Limit the amount of dribbles allowed by the offensive player to a maximum of 3. This forces the offense to attack in straight lines and doesn't allow them waste dribbles.

Shot Clock - If you choose not to use the variation above (limit dribbles), then limit the amount of time players have before shooting. Give the offense a maximum of 5 seconds or they lose their opportunity to score.

Coaching Points:

- The offensive player should be aware of where the defender is on the catch. This allows them to know if they'll be immediately open for the shot or whether they should be attacking the rim.
- Use both ends of the court if available. The less time players spend waiting on the baseline for their turn, the better.
- Ensure the offense is catching on-balance and with their knees slightly bent. This allows them to quickly explode to the rim as the defender is closing out on them.
- Ensure your players understand when this type of scenario will happen during the 5-out motion. When they're cutting to the perimeter and the defender is trailing behind.

5-Out Motion Live

How the Drill Works:

Five offensive players set up in the 5-out motion positions and work on the passes and cutting movements of the offense against defense. The two teams compete until a score or a defensive stop.

Purpose:

This drill will allow players to work on the complete 5-out motion offense with live or dummy defenders.

Setup:

- Two teams of 5 players. If you have more, use both ends of the court or have substitutions.
- 5 offensive players spread around the three-point arc in the 5-out setup.
- 5 defenders on each of the 5 offensive players.
- The offensive player at the top of the key has a basketball.

Instructions:

1. In the half court, the offense moves the basketball around using the 5-out motion looking for opportunities to attack and score against the defense.
2. It's crucial that players are executing the offense correctly with their actions and movements.
3. After a stop or a score, the offensive teams gets the basketball back at the top of the key to try again.
4. After 5 possessions, the offensive and defensive teams switch roles.
5. When each team has had 10 possessions each, the team that scored the most points is the winner.



Scoring System:

- All scores are counted traditionally. Two-pointers = 2 points. Three-pointers = 3 points.

Regular - Complete a specific number of possessions per team and the team who scores the most points from their possessions is the winner.

First to 11 or 21 - Possession changes every 3 - 5 possessions. The first team to reach either 11 or 21 points is declared the winner of the drill.

Variations:

Winner Keeps - Instead of a specific number of possessions each, the winner gets the basketball back. That means if the defense gets a stop, it's their ball. If the offense scores, they keep possession.

10 Passes - The offense must complete 10 consecutive passes to begin the drill before they're allowed to attempt a score. This ensure your team is practicing the full offense and not simply making 1 or 2 passes and then attempting a shot.

Dummy Defense - If you choose to use the 10 passes rule, you can choose to have the defense play 'dummy defense' (not attempting to steal) for the first 10 passes. Again, this allows players learning the offense to focus on the passes and movements.

Coaching Points:

- Stress the importance of good spacing throughout the entire offense.
- If your players are struggling to execute correctly, have the defense play 'dummy defense' and instruct the offensive players to execute slowly for a few minutes.
- Encourage players to use fakes. Fakes with their body, with the basketball (shot and pass), etc.
- Ensure all players are cutting hard to the paint. Not only will it get them open for layups, it will force the help defense to slide across potentially opening up one of their teammates.
- If players are having trouble getting open on the perimeter, they should either close down the space between them and the defender before exploding out to the ball, or they should immediately back-cut and fill another spot.
- Players must set up the defender by taking a step away from the basketball before cutting after making a perimeter pass.
- Remind players to keep their eyes on the basketball during cuts.

5-Out Movement

How the Drill Works:

This drill involves players practicing the basic movements, cuts, and actions of the 5-out motion offense from all 5 spots around the perimeter.

Purpose:

This is an important drill for all teams running the 5-out because the different cuts rely on memorisation and repetition. If even one of the players forgets where they need to move to or makes the incorrect cut, it can crumble the entire offense.

Setup:

- 5 players spread around the three-point arc in all five positions — One at the top of the key, one on each of the wings, and one in each of the corners.
- The player at the top of the key has a basketball.

5-Out Cutting Movements:

There are four basic movements players must remember:

Top to Wing Pass:

A player who makes a pass from the top to either wing will basket cut and then spread out to the weak-side corner.

The players on the weak-side will then fill up towards the ball to create a space for the cutter to join in the corner.

Wing to Corner Pass:

A player who makes a pass from the wing to the corner will basket cut and then spread out to the weak-side corner.

The players on the weak-side will then fill up towards the ball to create a space for the cutter to join in the corner.

Corner to Wing Pass:

A player who makes a pass from the corner to the wing will v-cut towards the basket and then replace themselves while the four other players maintain their positions.



Wing to Top Pass:

A player who makes a wing to top pass will basket cut and then fill the corner on the same side.

The player who was in the ball-side corner rotates up towards the basketball to create room for the cutter to join the corner.

Instructions:

1. The basketball starts with the player at the top of the three-point arc.
2. The team then passes the basketball around between each other while using the correct passes and cuts explained above.
3. Have the players pass and cut continually for approximately one minute before yelling out 'score' and allowing them to find a cutter and finish at the rim.

Variations:

Add Dummy Defense - Once your team is able to make the correct passes and cuts for multiple possessions, add dummy defense to the drill. These are defenders who will stay with their player but won't attempt to steal the ball. It's good for the offense to practice while visually seeing the defenders.

Add Real Defense - Once your team is comfortable with dummy defense, it's time to add real defenders. The offense should make a minimum of 10 passes and then they're allowed to look for the scoring opportunity.

Coaching Points:

- Get every player to get at least one foot in the paint whenever they v-cut or l-cut to the next position around the perimeter.
- Timing of cuts is important. If some players are cutting too early and others are cutting too late, the players will get bunched up. It's important to maintain good distance away from each other.
- Remind players to keep their eyes on the ball on basket cuts.
- It's important to drill these cutting movements until they become second nature to your players. Repetition and memorisation of the different cuts is the only way to accomplish this.
- Ensure players are cutting hard to build good habits. They should be using a clear change of speed whenever they explode to the basket or out past the three-point line.
- Remind your players that if they're being overplayed in a game, they must back cut immediately when the player with the basketball is looking at them.
- Teach players to set up their defender on basket cuts by taking one step away from the basketball and then exploding past their defender towards the basket on ball-side looking for the basketball.

Back Cut Drill

How the Drill Works:

Two players, one offensive player and one defensive player, start in one of the corners. A player with a basketball is at the top of the key. The offensive player v-cuts and pops out to the perimeter but the defender intentionally overplays the pass which triggers the back door cut. The player with the basketball makes the pass and the offensive player finishes with a layup.

Purpose:

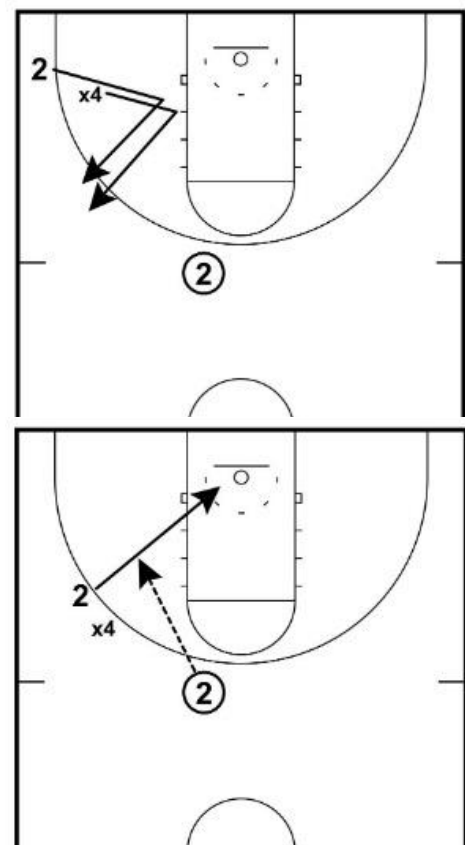
This drill is designed to teach players to read when they're being overplayed and allow them to practice making a back-door cut and receiving the pass.

Setup:

- One player at the top of the key with a basketball (passer).
- One offensive and one defensive player in the corner.
- The rest of the players in one line out-of-bounds near the corner of the court.
- Use both sides of the court if possible to give players more repetitions.

Instructions:

1. The offensive players starts the drill by making a v-cut from the corner to the wing.
2. As the players approach the wing, the defender intentionally overplays the passing lane which triggers the offensive players to immediately cut back door.
3. The player with the basketball makes a bounce pass to the cutter who finishes with a layup.
4. After the finish, the offensive player rebounds their own shot, passes out to the passer, and then becomes the next defender.
5. The previous defender joins the end of the line. So the rotations are — new player to offense, offense to defense, and then defense to the end of the line.
6. Rotate sides of the court half-way through the drill so players are working on finishing with both hands.



Variations:

Different Positions - This drill can also be ran with the players starting on the wing and the passer starting on the opposite wing.

Defender Guarding the Passer - Instead of allowing the passer to make a simple bounce pass, put a defender on them so that they must use a fake and deliver a game-like pass.

Coaching Points:

- The offensive player must plant their outside foot and explode back to the rim on a back cut. A quick change of speed is very important in order to execute it correctly.
- Cut out to the wing showing target hands and calling for the basketball to encourage the defensive player to overplay the passing lane.
- Never fake a back cut. Once you start a back cut, you must finish it.
- Every 7 - 10 turns, rotate the player who is passing the basketball to the cutter. Practicing this pass is an important part of the drill and shouldn't be done by the coach.

Give-and-Go

How the Drill Works:

This drill starts with a line of players at the top of the key and one player on the wing (the passer). The first player in line passes the basketball to the wing, takes two steps away, and then explodes to the rim on a strong basket cut. The passer passes the cutter the basketball and they score at the rim with a variety of finishes.

Purpose:

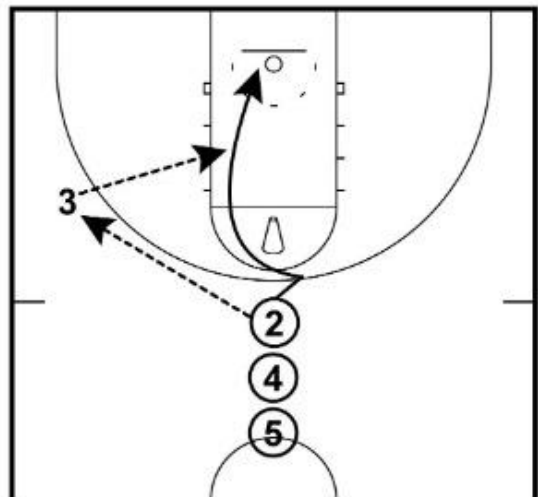
This drill is designed to practice the important 'basket cut' movement that is frequently used throughout the 5-out motion offense. This movement happens every time a pass is made from the top to the wing and from the wing to the corner.

Setup:

- A line of players at the top of the key. All of these players should have a basketball.
- One player on the wing (the passer).
- A chair or cone in front of the line of players to teach them to cut in front of their defender.

Instructions:

1. The player with the basketball at the front of the line starts the drill by making a pass from the top to the wing.
2. After passing, the cutter takes two steps away from the ball to set up their defender before exploding back in front of the cone on a basket cut towards the rim.
3. The passer makes the pass out in front and the cutter catches the ball and finishes with a layup at the rim.
4. This player will then rebound their own shot and dribble around to join the end of the line.
5. As soon as the player in front has taken their shot, the next player in line makes the pass to the wing and then completes the same action.
6. Every 7 - 10 cuts, change the player who is passing the basketball to the cutter.



Variations:

Both Sides of the Floor - Instead of running this drill from the middle at the top, run the same action from the slots passing to the wings which will allow your team to practice on both sides of the floor at the same time.

Back Cut - Instead of cutting back in front of the cone, players can pretend that the defender cut them off and back cut towards the rim instead.

Coaching Points:

- Using correct footwork to set up the defender is very important. Take two steps away from the basketball, plant the outside foot, and explode back towards the ball with an obvious change of pace.
- The cutter should be showing target hands and calling for the basketball as they basket cut towards the rim.
- Have players practice finishing with floaters as a lot of the time there will be a help defender in the key and they won't be able to finish with a regular layup.
- The passer must make the pass out in front of the cutter so that they don't need to retreat to get the basketball or reach back which will put them off balance.

Rotation and Drive

How the Drill Works:

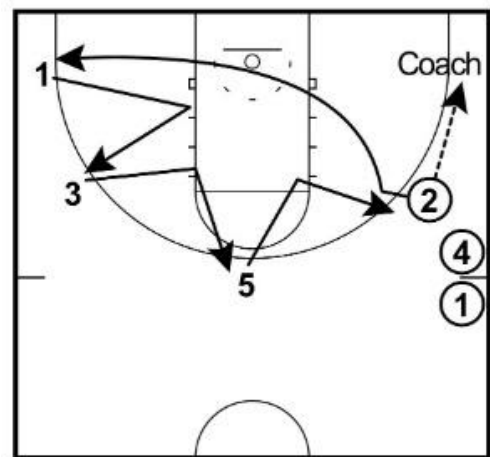
The coach starts in the corner and players fill the other four spots of the 5-out motion. The player on the wing closest to the coach starts with a basketball. They pass to the coach and then cut through to the opposite corner. All players rotate correctly and the coach passes back to the wing for a catch and drive. A new player then fills the wing and the process repeats.

Purpose:

This drill allows players to practice rotating around the perimeter correctly while also working on attacking and finishing at the rim.

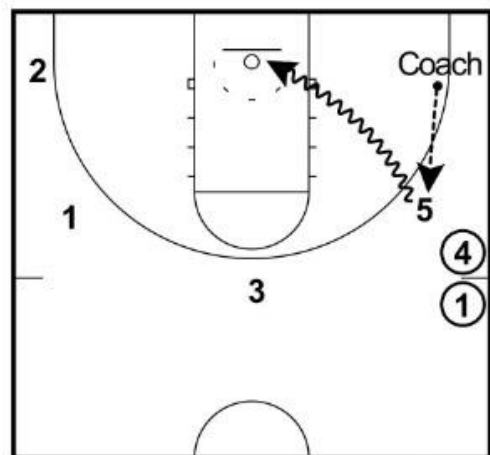
Setup:

- Coach starts in either corner of the half-court.
- Four players fill the other four perimeter spots of the 5-out motion.
- The player on the wing closest to the coach starts with a basketball.
- The rest of the players all have a basketball and are lined up 5 - 7 feet behind the player on the ball-side wing.



Instructions:

1. The player with the basketball starts the drill by passing to the coach in the corner.
2. After the pass, the wing player takes a step away and then basket cuts to the weak-side corner.
3. The other three players on the court then use v-cuts or l-cuts to correctly rotate spots on the perimeter towards the basketball.
4. After the player at the top cuts to the ball-side wing, the coach passes them the basketball and they face up and attack the rim while the other players maintain their positions.
5. The player who scored at the rim grabs their own rebound and joins the end of the line.
6. As this is happening, the next player in line immediately steps in to the ball-side wing position to repeat this process.



7. The drill continues like this at a fast pace for a set period of time or until all players have finished three layups.

Variations:

Different Shots - Instead of simple layups, have players complete a variety of other shots. They can finish at the rim with a floater, perform a one or two-dribble pull-up, or even shoot a three-point shot when they catch on the wing.

Court Positions - This drill can be performed with the coach on a wing or at the top of the key instead of in the corner. But doing so will mean fewer players rotating on the perimeter.

Coaching Points:

- Run this drill with the coach in the corner on both sides of the court. This will ensure your players are practicing finishing at the rim with both their right and left hand.
- Players should be getting a foot inside the paint when rotating around the perimeter.
- Encourage players to practice changing speeds as they walk their player in and then explode out to the perimeter to get open.
- Emphasize the importance of timing the cuts correctly to maintain good spacing between players.
- Players must be watching the basketball on basket cuts. To ensure this happens, pass to the cutter once every approximately 10 basket cuts.

Rotation Shooting

How the Drill Works:

Players start in one of the five spots around the three-point arc with a passer two spots away. The player makes a skip pass to the passer and then rotates the position between them by v-cutting. As they finish the cut, they will receive the pass back and will either shoot or drive the basketball to the rim for a layup.

Purpose:

This drill allows players to practice catching the basketball after rotating and either shooting or attacking the rim.

Setup:

- One player starts in the corner with a basketball.
- One player starts at the top of the key (passer).
- The rest of the players have a basketball and are lined up out-of-bounds near the corner.
- A chair on the wing to act as a defender teaching players they can't drive straight.

Instructions:

1. The first player in line starts the drill by making a skip pass to the passer.
2. After the pass, the player v-cuts to the wing and then receives the basketball back from the passer.
3. They can either take the jump shot or drive to the hoop left or right depending on what the coach has decided to work on.
4. The player will then rebound their shot and join the end of the line while the next player steps in court to repeat the same process.
5. This continues until the coach decides to change spots or move on to another drill.



Variations:

5 x 3 - If you want your players to complete a full circuit working on all shots, have each player drive left, drive right, and shoot a jump shot from each of the 5 spots on the court. If you have time, you can add pull-ups going left and right to this drill, too.

Finishes at the Rim - Encourage your players to practice using a variety of finishes including a reverse layup, floater, euro step, etc.

Coaching Points:

- Using the correct footwork is crucial for all players. Ensure players are planting their outside foot and then exploding quickly towards the rim.
- The passes from the passer must be on-time and on-target. Try to avoid using the coach as the passer in this situation as it's an important skill for the players to practice.
- No more than two dribbles should be needed to attack the basket.

V-Cut to 1-on-1

How the Drill Works:

Two players start the drill two spots away from the coach. One player on offense and one player on defense. The offensive player makes a skip pass to the coach and then must v-cut to the spot between them and the coach to receive the pass before attacking the rim 1-on-1.

Purpose:

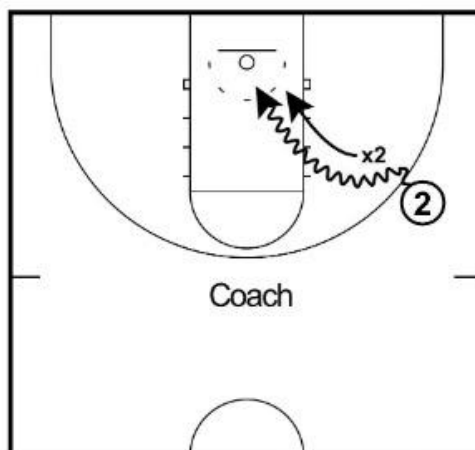
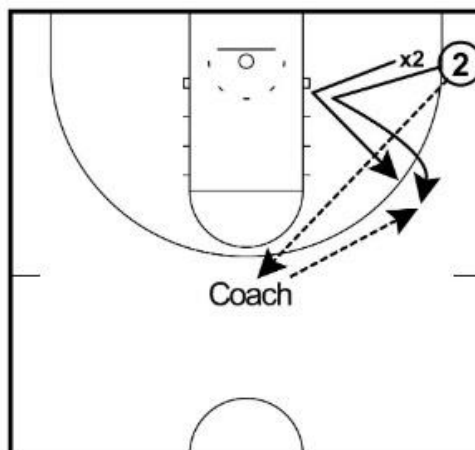
This drill simulates rotating around the perimeter when running the 5-out motion before catching and attacking the rim. Great drill for introducing the importance of the v-cut to get open and also for working on one-on-one skills.

Setup:

- One offensive and one defensive player start at one of the five spots around the perimeter - always two spots away from the coach. For example, the coach starts the drill at the top of the key and the players start in the corner.
- The offensive player starts the drill with a basketball.
- The other players are waiting their turn outside the court.

Instructions:

1. The offensive player starts the drill by making a skip pass to the coach.
2. After passing, the offensive player makes a v-cut to the next spot to get open against the defender and receives a pass from the coach.
3. The defender attempts to deny or deflect this pass if possible. They're competing.
4. After receiving the pass, the offensive player attacks the basket and attempts to score 1-on-1 against the defender using no more than 3 dribbles to finish.
5. After the shot, both players pursue the rebound. If the offensive players grabs it, they're allowed to attempt another shot inside. If the defender grabs the rebound, the drill is finished.
6. The players then rotate positions. A new offensive player comes in, the previous offensive player rotates to defense, and the previous defensive player joins the end of the line.



Variations:

Partner Competition - Instead of switching partners each time, have all players find one partner of similar size and ability to compete against each time they run the drill. Keep score and player first player to 5 scores.

Player Passing - If possible, I recommend using a player in the coach's position. This allows a player to practice making on-time and on-target passes to the wing.

Three Receive - Have the offensive player make three successful v-cuts and catches before facing up to the rim and attacking. Only use this variation if you don't have any other players waiting for their turn.

Coaching Points:

- Use a change of speed when v-cutting. Walk the defender to the paint before exploding out to the perimeter to receive the ball.
- Read the defense early and attack on the catch.
- The offensive player should attempt to get their foot higher than the defenders. This will seal off the defender and make it difficult for them to deny the ball.
- If the defender overplays and lunges for a deflection, the offensive player should back-cut to the rim and receive the pass for a layup.
- Run the drill on both sides of the court if possible to increase the amount of reps and playing time for the players.

Variations:

Change Positions: The screen away action can be used after any pass in the offense. As long as you have three players in a row, change up their starting positions.

Defender Must Go Over Screen - In the original version of this drill, the defender can read the screen and choose whether they want to go over or under the screen. To give the offense more of an advantage, require the defender fight over the screen.

Curl or Pop - While I recommend starting with the cutter always curling towards the rim, once the players are familiar with the action you can allow the cutter to choose whether they curl or pop out. This means the screener must read their teammate and go the opposite direction.

Coaching Points:

- It's important that the screener sets the screen on the correct angle. This should be on the back hip of the defender. Most players set the screen too high which allows the defender to slip under the screen. We want to force the defender to fight over the top.
- The cutter should not start their cut towards the rim until the screen has been properly set. Going too early can result in an offensive foul during games.
- The offensive team should be getting an open shot on every possession if they're making smart decisions.
- The cutter should attack the screen shoulder-to-shoulder which will force the defender to trail them. Don't go too high and allow the defender to cut through easily.
- Both offensive players should be showing target hands and calling for the basketball as they're cutting towards the hoop or the three-point line.

2-on-2 Away Screen

How the Drill Works:

An offensive player at the top of the key passes to a designated passer on the wing. The passer then sets an away screen for a teammate on the opposite wing which starts a live 2-on-2 game. The offensive players look to create an advantage using the away screen and then score against the two defenders.

Purpose:

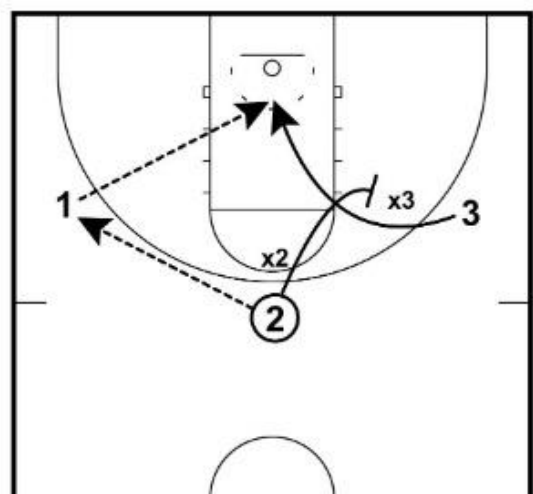
This drill will teach the offense how to read their defender during the away screen and then take advantage of the screen. Great drill for teaching the screener and wing player how to communicate and work together.

Setup:

- A designated player as passer on a wing.
- Two players on the opposite wing. An offensive and defensive player.
- Two players at the top of the key. An offensive and defensive player.
- The offensive player at the top of the key starts with the basketball.
- The rest of the players out of play.

Instructions:

1. The offensive player at the top of the key starts the drill by passing to the designated passer on the wing.
2. This player then cuts to the opposite wing and sets an away screen for their teammate.
3. The offensive players read the defense and attempt to get open to receive the pass.
4. Once an offensive player has received the pass, they have 7 seconds to work together to make a play and get a score.
5. After the score or stop, offense switches to defense, defense joins the end of the line, and a pair steps in on offense.



Variations:

Competition - Instead of switching roles after each score, all players have a partner and are competing against each other. Each score is worth one point and winner stays on the court. First pair to reach 7 points is the winner.

No Switch - If you're coaching young players and they're not able to easily adjust to the switch, require that the defenders stay on their current players. This will make it easier while the players work out how to read the screen.

Add Another Defender - To step the defense up another notch, add an on-ball defender to the designated passer. This will make the drill more game-like.

Coaching Points:

- Stress the importance of setting a good screen. The screener must be stationary, wide, and on the correct angle to lead their teammate where they want to go.
- It's important that the offensive wing player doesn't cut until the screen has been set.
- Encourage the offense to be creative. If they feel like the defense is going to cheat, they could slip instead of setting the away screen.
- Rotate players quickly through the designated passer spot. It's an important role and all players should get their turn at it.
- One player should always be cutting to the rim and one player should be popping out. The two offensive players should never cut the same direction.

3-on-3 Away Screen

How the Drill Works:

Two teams of three players play a live 3-on-3 game starting with an away screen action. Once the initial pass has been made, the offense has 10 seconds to score.

Purpose:

This drill will allow players to practice setting, receiving, and reading the away screen to set themselves up with a good chance to score. Even more, players will also learn how to defend against the away screen.

Setup:

- 3 offensive players around the perimeter (wing, top, wing).
- 3 defenders on each of the offensive players.
- The offensive player at the top has a basketball.
- The rest of the players near half court waiting for their turn.

Instructions:

1. The game starts with the player at the top of the key passing the basketball to either of their teammates on the wings.
2. After the pass, the passer sets an away screen for their teammate on the opposite wing.
3. The two teams now play a live 3-on-3 game until either a stop or a score.
4. When finished, offense rotates to defense, defense rotates out, and 3 new players enter the game as the offensive team.



Variations:

Teams Competition - Split the group up into teams of 3 players. First team to reach 11 or 21 points are the winners.

Winner Stays - Instead of rotating the offensive team out, allow the to keep possession of the basketball after every score.

Time Limit - If players aren't taking advantage of the away screen or are taking too long to shoot the basketball, consider adding a 7 - 10 second time limit to each possession.

Coaching Points:

- Encourage players to get creative to find ways to get open. Use different fakes and counter the defense if they try to cheat on a play.
- Ensure the away screen is being set on the correct angle. The screener should lead their teammate by screening with their back towards where the cutter wants to go.
- Strong and wide screens. Don't cut too early and force the screener to get an offensive foul.
- If the first away screen doesn't lead to an immediate score, the offensive team must be creative to give themselves the best opportunity to score.

5-Out 'Bonus'

How the Drill Works:

Two teams play a live game of 5-on-5 but will receive bonus points for scoring off a specific action. The actions focused on will be the away screen, on-ball screen, or the dribble-at action. This drill can be used full-court or half-court.

Purpose:

This drill puts emphasis on practicing executing specific actions while still allowing players to practice the entire offense and score in a variety of ways.

Setup:

- Two teams of 5 or more players.
- One team starts on offense in the 5-out setup while the other team matches up on defense.
- The offensive player at the top of the key starts with a basketball.
- The coach chooses which action will be the emphasis: away screen, on-ball screen, or dribble-at.

Instructions:

1. The two teams start playing a live game of 5-on-5 in the half-court or full-court.
2. The offense is allowed to run any action, but they will receive double points if they score while executing the action of emphasis. *For example - If the action emphasis is the on-ball screen and the offense run one and score a layup, they will receive 4 points instead of 2.*
3. If playing in the half-court, teams will switch roles on any defensive stop but if the offense scores they get to keep it for the next possession.
4. There is no time limit and teams compete to either 11 or 21 points.



Variations:

Time Limit - Instead of playing first to a specific amount of points, play a game for 10 minutes and the team with the most points at the end of the time period is the winner.

Half-Court or Full-Court - If possible, I highly recommend running this drill full-court. If you've got a large number of players, sometimes it's better to play two half-court games instead of one full-court game.

Winners Keep - The coach can decide whether the team who scores gets to keep the offensive possession or whether the defensive team gets the basketball.

Scoring - You can choose to play by 1's and 2's instead of 2's and 3's.

Coaching Points:

- This is a great drill because it allows players to run any action while encouraging them to run the action you want to practice more often. This will also prevent the defense from cheating actions since they already know what's going to happen.
- Emphasize the importance communication for both teams.
- Spacing is everything. Ensure when the players are on the perimeter they're close to NBA three-point range for and spread out for correct spacing.
- If players are struggling to get open on the perimeter, they should close the space between themselves and the defense and then explode out or back-cut.
- Before cutting, ensure players are setting up their defender by taking two steps away from the basketball before basket cutting.

Away Receiver Shooting

How the Drill Works:

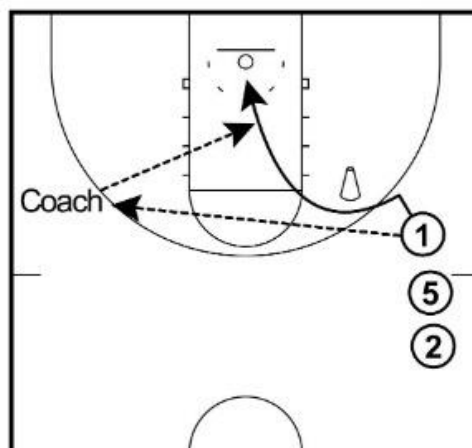
A line of players start two spots away from the coach. Players skip pass to the coach and then cut around a fake away screen. The players will either curl to the hoop and finish with a layup or pop out to beyond the three-point line for the outside shot.

Purpose:

This drill allows players to practice the two scoring options that come from receiving an away screen. Curling to the hoop or an outside shot.

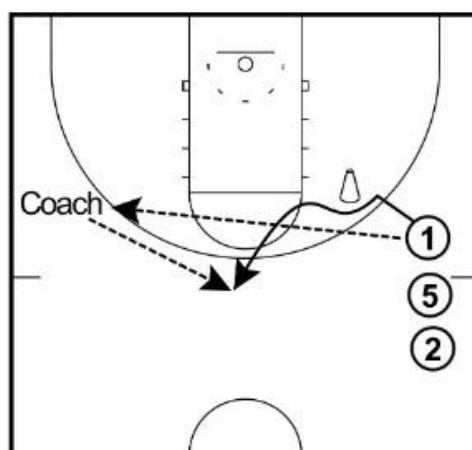
Setup:

- Players from a line from any of the 5 spots on the floor.
- All players have a basketball.
- The coach starts two spots away from the players.
- Place a chair or cone to give the players a visual reference for the screen location.



Instructions:

1. The first player in line starts the drill with a skip pass to the coach.
2. Players will then either curl around the chair to the rim for a layup or cut around the chair and pop out to the perimeter for the three-point shot.
3. Each player rebounds their own shot before returning to the end of the line.
4. All players must attempt 5 shots while curling to the rim and 5 shots when popping out to the perimeter.
5. Once each player has done this, the group changes to the next spot until all 5 motion spots have been completed.



Variations:

Players Passing - If possible, have players fill the role of the 'coach' in the diagrams. It's always good for players to practice their in-offense passing.

Coaching Points:

- Players must practice setting up their defender by stepping away from the screen and then exploding towards the ball and attacking the rim or popping out.
- Must show target hands and call for the basketball after receiving the screen.
- Players shouldn't need to use a dribble when using either cut. Cut and finish each time.
- The first pass should be an overhead skip pass. This allows players to practice this difficult pass and also makes the drill more realistic. It's not often you can throw a chest pass across court.

Away Screener Shooting

How the Drill Works:

A line of players start one spot away from the coach. The player then passes to the coach, performs the away screen action, and then either dives to the hoop for the catch and finish or pops out to their original position a catch-and-shoot.

Purpose:

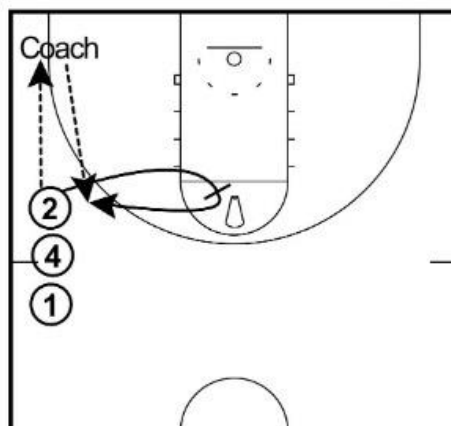
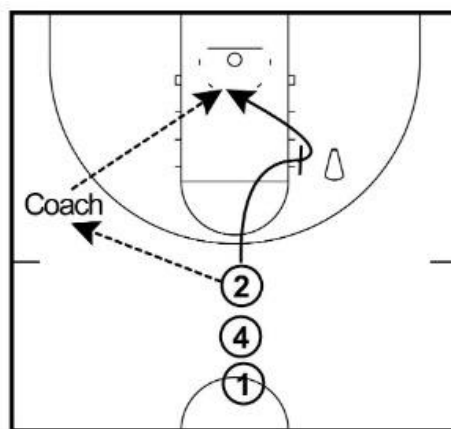
This drill allows players to practice the two scoring options they have after having set an away screen for a teammate during the 5-out motion. A dive to the basket or perimeter shot.

Setup:

- The players set up in a line on either wing or the top (the top is diagrammed).
- The coach starts one spot away from the line.
- All players in the line have a basketball.
- A chair or similar object for the players to screen.

Instructions:

1. The first player in line starts the drill with a pass to the coach.
2. They will then set an away screen on a chair or similar object.
3. After the screen, players will either dive to the hoops for a layup or pop outside the three-point line for a perimeter catch-and-shoot depending on what the coach wants to practice.
4. Each player rebounds their own shot and joins the end of the line.
5. After a specific number of repetitions of each shot (3 - 5), players change positions.
6. The drill is over once all players have practiced a certain amount of repetitions of both shots from all three spots (wing, top, wing).



Variations:

Players Passing - If possible, have players fill the role of the 'coach' in the diagrams. It's always good for players to practice their in-offense passing.

Coaching Points:

- Players should be calling for the basketball and showing target hands before the catch.
- If players don't call loudly for the basketball, don't pass it to them. Teach them how important it is.
- Players shouldn't need a dribble when popping out to the perimeter or when cutting inside for the layup. They must be using correct footwork.
- Ensure the screens they're practicing are set on the correct angle.
- The screen should be held for 1 - 2 seconds before exploding out in the correct direction.

Screen Away Shooting

How the Drill Works:

A player swings the basketball to a coach and then sets an away screen. One player will then cut to the rim and one will replace the screener's spot on the perimeter. Each player will receive a pass from a coach and will take a shot.

Purpose:

This drill allows players to practice both scoring options off the away screen action. Cutting towards the hoop and shooting a jump shot after replacing the screener's position.

Setup:

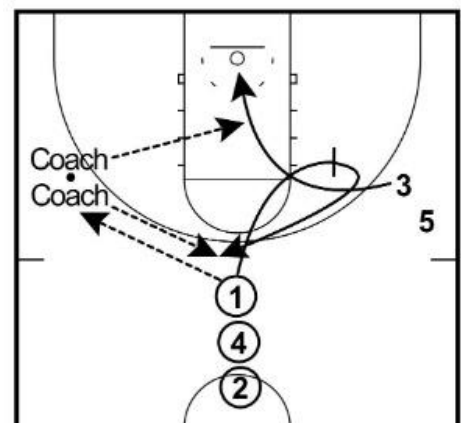
- One line at the top of the key. Each of these players need a basketball.
- One line on the wing. None of these players need a basketball.
- Two coaches/players/parents in one spot as passers.
- The coach furthest away has a basketball.

Instructions:

1. The drill begins with the first player in the line at the top passing the basketball to the coach closest to them.
2. After passing, the top player sets an away screen for the wing.

Instructions for away screen and curl:

3. The wing player curls off the away screen and cuts to the hoop for a layup receiving a pass from the coach closest to the baseline.
4. As per 5-out rules, the screener will flash back to their original position at the top and receive a pass from the coach for a jump shot.
5. The outside shooter rebounds their shot and passes to the coach while the player who finished with a layup will keep their ball. Both players join the opposite line to which they started.



Instructions for away screen and pop out:

6. The wing player pops out to the perimeter off the away screen and received a pass from the top coach for an outside shot.
7. As per 5-out rules, the screener will cut towards the hoop and receive a pass from the coach closest to the baseline and finish with a layup.
8. The player who finishes with a layup will rebound their shot and pass to the coach while the player who took the outside shot will keep their ball. Both players join the opposite line to which they started the drill.



Variations:

Both Shot Types - Ensure your players are practicing finishing with both shots from both positions. I recommend starting off with the player being screened always curling to the rim as stated in the 5-out motion article.

One Basketball - Instead of needing two coaches and two basketballs, the players execute the away screen action and the coach picks which option to pass to.

Coaching Points:

- It's possible to have one person pass both basketballs to the shooters, but I've found it's easier having two people instead of one.
- As with all drills, have players fill the passing role of the coach if possible. Use the coach and parents as a last resort.
- If you allow the players to decide which cut they want to use, the screener and wing player must communicate early so each know which direction they're going. 'Pop' or 'curl'.
- The cutter should time their feet so that they don't need to take a dribble before starting their two-steps.
- Ensure the screener is setting the screen on the correct angle. Their back should be the direction the cutter wants to go.
- For the shooter, make sure they finish their complete shot routine before rebounding the basketball. You don't want players leaning forward or compromising their follow-through to rebound the basketball.

2-on-1 On-Ball

How the Drill Works:

Two offensive players execute the pick-and-roll against one defender who guards the ball-handler. The ball-handler must make a decision off the ball-screen whether to pass to their teammate or attack the rim themselves.

Purpose:

This drill will allow the offensive players to practice running the on-ball screen correctly by adding a live on-ball defender.

Setup:

- Two lines of players. One line at the top of the key and one line on the wing.
- All players in the line at the top of the key have a basketball.
- One live defender playing defense on the wing player.

Instructions:

1. The offensive player on the wing starts the drill by v-cutting to get open and then receives a pass from the player at the top of the key.
2. After the pass, the passer sets an on-ball screen on the defender on the wing.
3. The ball-handler reads how their defender reacts to the screen and then uses the on-ball screen to create an advantage.
4. Depending on the defender's position, the ball-handler can now choose to attack the rim themselves or pass to the screener rolling to the hoop.
5. After a score or stop, the ball-handler becomes the defender, the defender joins the line at the top of the key, and the screener joins the line on the wing.



Variations:

Positions - Vary the position on the perimeter where the pick-and-roll occurs since the on-ball screen action can be run off any pass in the offense. It's also important to make sure players are practicing on both sides of the floor.

Defender Must Go Over Screen - In the original version of this drill, the defender can read the screen and choose whether they want to go over or under the screen. To give the offense more of an advantage, require the defender fight over the screen.

Coaching Points:

- Wait for the on-ball screen to be set before attacking off it. If players don't get into the habit of waiting, they'll force their teammate into offensive fouls during games.
- The drill is designed to put the offense at a large advantage. The offense should be scoring on every possession.
- The dribbler should be attack shoulder-to-shoulder off the screen to prevent the defense from trailing and then getting back in front.

2-on-2 On-Ball

How the Drill Works:

A 2-on-2 game on one side of the court. The drill starts with an on-ball screen and then the 2 offensive players will attempt to create a good shot opportunity and score.

Purpose:

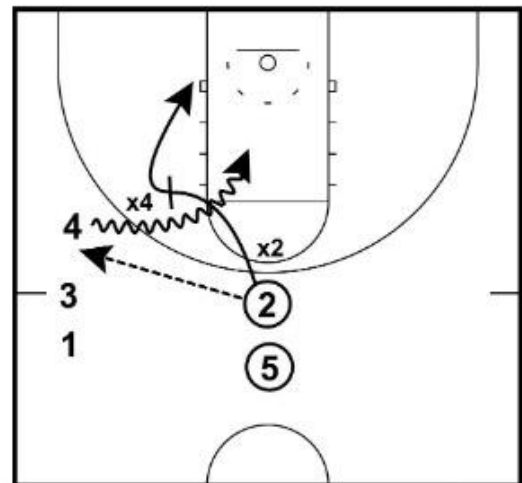
Players practice executing the pick-and-roll in a live situation against two defenders. This is the same situation that will occur when this screen is set during the 5-out motion.

Setup:

- Two lines of players. A line at the top of the key and a line on the wing.
- Two players start on offense and two players start on defense.
- The offensive player at the top of the key starts with a basketball.

Instructions:

1. The drill starts with the wing player performing a v-cut to get open against their defender.
2. When the pass is made, the passer cuts across and sets an on-ball screen for their teammate.
3. The players are now in a live-ball situation and must attempt to score within 10 seconds while staying on the one side of the court.
4. After a score or a stop, offense goes to defense, defense joins the end of the lines, and two new offensive players join the drill.



Variations:

No Switching - Don't allow the defenders to switch on the screen. This will give the offensive players a big advantage and is a rule I use when I run this drill.

Defense Must Go Over the Screen - Instead of allowing the on-ball defender to cheat under the screen, require that they chase the offensive player over the screen.

Different Spots - As the on-ball action can be run off any pass, practice the on-ball screen action from other spots on the court.

Coaching Points:

- Players must wait for their teammate to stop when setting the screen. Don't allow players to get into the habit of dribbling too early on an on-ball screen.
- Choose the variations of the drill wisely depending on what you want the group to work on. To make the drill easier, don't allow switching and tell the defense they must go over the screen.
- The passer should raise their fist to indicate to their teammate that they're going to set an on-ball screen for them.
- Put a big emphasis on screening angle. Players must be setting screens that prevent the on-ball defender from easily slipping over or under the screen.

3-on-3 On-Ball

How the Drill Works:

Two teams play a 3-on-3 game in one half of the court. The offensive team must start each possession with an on-ball screen and attempt to score against a live defense within 10 seconds.

Purpose:

Players practice using an on-ball screen to create scoring opportunities. Doing this in a small-sided game is perfect for learning the action with a lot of space to use.

Setup:

- 3 offensive players around the perimeter (wing, top, wing).
- 3 defenders on each of the offensive players.
- The offensive player at the top of the key starts with the basketball.

Instructions:

1. The offensive player at the top of the key starts the drill with a pass to either of their teammates on the wings.
2. After the pass, the passer must set an on-ball screen for the player with the basketball.
3. The offensive team uses the on-ball screen and must create a scoring opportunity within 10 seconds while the defense attempts to get a stop.
4. After finishing, the offensive team becomes defense, defensive team is out, and three new players become offense.



Variations:

Teams Competition - Split the group up into teams of 3 players. First team to reach 11 or 21 points are the winners.

Winner Stays - Instead of rotating the offensive team out, allow the to keep possession of the basketball after every score.

Defender Must Go Over the Screen - On the initial on-ball screen, tell the defender they must go over the screen instead of slipping under.

No Switching - The two defenders involved in the initial on-ball screen aren't allowed to switch the screen. They can help, but both must fight through and take get their own player.

Coaching Points:

- Ensure players are waiting for the on-ball screen to be set and solid before dribbling off the screen. You don't want your players committing offensive fouls during games.
- Players must be setting the on-ball screens on the correct angle. If they don't, it's too easy for the on-ball defender to slip over or under the screen.
- The dribbler must read the help-side defender when dribbling off the screen. If they help, kick the ball out to the shooter. If they don't, attack the rim and score or pass.
- If players do kick out to the shooter on the weak-side, encourage players to use the one-handed push pass to keep the ball away from the defender.
- Make sure your tall players are practicing being the dribbler too. Don't allow players to pass it to the same few guards each time. Everyone must learn all roles.

Drive and Kick

How the Drill Works:

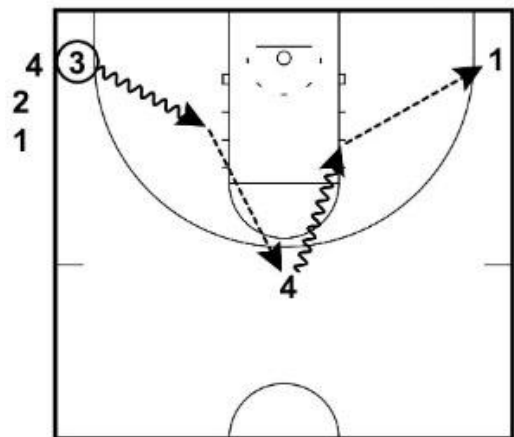
Players spread out around the perimeter. One player will drive towards the basket and then kick out to a teammate who repeats the process. The final player to receive a pass will shoot from the corner and rebound their own shot.

Purpose:

The drill allows players to practice attacking gaps in the defense before kicking the basketball out to open teammates after forcing the defense to collapse and help.

Setup:

- Three players around the perimeter (corner, top, corner).
- A player in the corner starts with a basketball.
- The rest of the players start behind the player with the basketball.



Instructions:

1. The player with the basketball starts the drill by attacking the key with two dribbles before kicking the basketball out to the player at the top of the key.
2. The top player receives the basketball and immediately attacks the key with two dribbles before passing out to the corner.
3. Upon receiving the pass, the corner player will shoot the basketball.
4. After each pass, the players will follow their pass and rotate one position.
5. The player who shoots will rebound their own shot, pass to the next player in line in the corner, and then join the end of the line.



Variations:

5 Spots - Instead of three spots around the perimeter (corner, top, corner), run the drill with 5 players around the perimeter (corner, wing, top, wing, corner). This will mean players will only attack with one dribble before kicking out to the perimeter.

Shot Distance - If you're coaching young players you can vary the shooting position and allow them to shoot from the mid-range.

One Hand or Two Hand Passing – While I believe young youth players should certainly master the two-handed pass first, as players get older they must get used to passing with one hand off the dribble.

Practice Shot Fakes and Jabs - This is also a great drill to teach shot fakes and jabs before being explosive with correct footwork. Each time a player receives the ball get them to make a fake before driving.

Coaching Points:

- Run the drill at both ends of the court if possible. This will allow more repetitions and mean less players waiting their turn in line.
- Players must catch and attack immediately. We don't want players catching and holding the basketball on the perimeter.
- Ensure players are using the correct footwork and not traveling on the first step.
- I recommend players catch off the hop.
- Don't raise up after the second dribble to pass. Players must stay low and quickly fire the basketball out to the perimeter.
- Players must complete their full shot before rebounding the basketball. Don't allow players to shoot off-balance because they're trying to rebound too quickly.

Pick-and-Pop Shooting

How the Drill Works:

A player at the top of the key cuts to the wing and sets an on-ball screen. The player on the wing attacks the rim off the on-ball screen and finishes at the hoop while the screener pops out and receives a pass for an open jump shot.

Purpose:

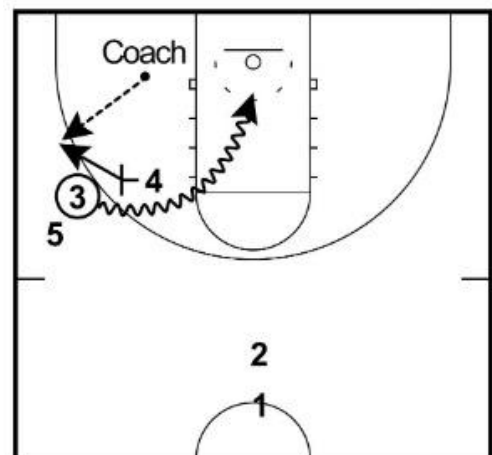
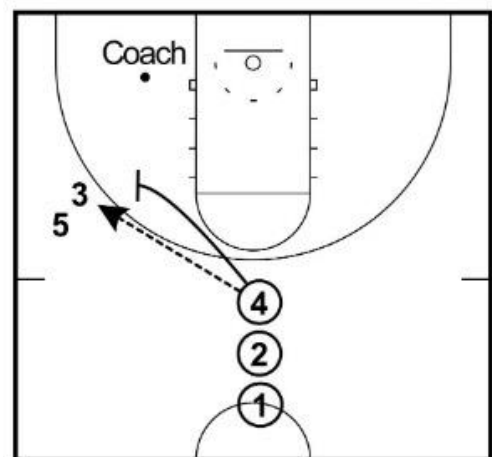
This drill works on the different shots that can occur off a pop-and-pop on-ball screen. The screener will practice outside shots off the kick out pass and the dribbler will practice midrange pull-ups and finishing at the rim.

Setup:

- A line of players at the top of the key. All of these players have a basketball.
- A line of players on the wing.
- A coach in the ball-side short corner with a basketball.

Instructions:

1. The drill starts with the first player in the line at the top of the key making a pass to the first player in line at the wing position.
2. The top player then follows their pass and sets an on-ball screen for the player on the wing.
3. The wing player attacks the rim hard off the on-ball screen and finishes with a variety of moves.
4. The screener pops out to the three-point line and receives the pass from the coach for the open three-point shot.
5. Both players rebound their own shot. The screener rebounds, passes to the coach, and joins the wing line. The dribbler rebounds, keeps their basketball, and joins the top line.
6. After rebounds, the next group starts.



Variations:

Dribbler Shooting Options - The player starting in the wing position and dribbling off the pick-and-pop can attack the ring and finish with a regular layup, floater, euro-step or perform a midrange pull-up shot.

Screener Shooting Options - The screener can pop out to the three-point line for the jump shot if they have three-point shooting range. If not, simply turn and face up for a midrange catch-and-shoot off the pass from the coach.

Different Spots - This drill can be used with the lines starting in any two spots on the floor.

Coaching Points:

- If possible, use both sides of the floor to increase the shooting repetitions your players are able to take.
- The screener must set the screen on an angle with their back towards where the dribbler wants to go. Most players set screens too high that allow the defense to easily cheat under them.
- Make sure the dribbler is waiting until the screener is set. Don't allow players to get into the habit of dribbling too early or it will result in an offensive foul during games.
- The dribbler must attack the rim at game-speed. If they're only attacking at 50% pace, they'll get very little benefit from the practice when game time arrives.
- The screener should pop out showing target hands and calling for the basketball.

Pick-and-Roll Shooting

How the Drill Works:

Two players execute the pick-and-roll action. The ball-handler takes two dribbles off the on-ball screen and will then decide whether to pass to the screener rolling to the hoop or finish themselves with a variety of shots.

Purpose:

This drill will allow players to practice executing the pick-and-roll action and also shooting off the variety of scoring opportunities this action creates.

Setup:

- Two lines of players. One starting at the top of the key and the other on the wing.
- Every player in the line at the top of the key has a basketball.
- A chair or cone to act as a defender on the wing.

Instructions:

1. The drill starts with the first player in line at the top of the key passing to the player on the wing.
2. After passing, the passer sets an on-ball screen for the receiver.
3. The receiver waits for their teammate to set the screen and then drives off looking to attack. From here, the dribbler can choose to shoot, finish at the rim, or pass to the screener rolling to the basket.
4. After the shot, the player who started on the wing rebounds the basketball and joins the line at the top of the key while the top player joins the wing.
5. Once the shot is taken, the next pair start the action.



Variations:

Specific Shots - The coach can choose which shot they want their players working on.

Different Spots - The on-ball screen can be used off any pass throughout the offense which means it's important to practice the on-ball screen from different spots.

Coaching Points:

- The dribbler must wait until the screener has stopped before attacking off the screen. If they get into a habit of dribbling off the screen too early, they will be called for an offensive foul during games.
- The dribbler should attack past the screener shoulder-to-shoulder to ensure the defense can't get over the screen and back in front.
- Get players into the habit of setting the defender up by jab stepping or shot faking before the screen is set.
- The screener must be setting the screen on the correct angle. This will ensure the dribbler's defender can't easily get over the screen or go under it.
- Decide whether you want the screener to roll or slip out of the screen.
- The roller must have their hands up and be ready to receive the pass for the layup.

2-on-1 Dribble-At

How the Drill Works:

A player at the top of the key dribbles towards an offensive player on the wing who is being guarded by a defender. The offensive player must read the defender's positioning and can choose to back-cut or receive the hand-off from the dribbler. Once they have the basketball, the offense and defense compete until a score.

Purpose:

This drill is designed to allow the offensive wing player to practice reading their defender and making the correct decision whether to back-cut or receive the hand-off. As we don't allow the defender to cheat under the screen, this puts the offense at a big advantage and they should score most of the time.

Setup:

- One offensive player and one defensive player start on the wing.
- The rest of the players each have a basketball and are in a line at the top of the key.

Instructions:

1. The drill starts with the wing defender denying the pass to the offensive player on the wing.
2. Since this pass can't be made, the player with the basketball dribbles towards the wing.
3. The offensive wing player must now read their defender and choose whether to make a back-cut or cut towards the dribbler and receive a hand-off.
4. The defender is not allowed to go under the hand-off in this drill since we want to put the offensive player at an advantage.
5. Once they have the basketball, the offensive player attempts to score quickly taking advantage of the out-of-position defense.
6. After a score or defensive stop, the players rotate. The player who handed the basketball off becomes the new offensive player, the offense becomes defense, and the defense joins the end of the line.



Variations:

Allow the Defense to Go Under the Screen - If you want to make the drill more difficult for the offense, allow the defender to cheat under the screen. The only issue with this is that the defender will do this every time on a hand-off and it will turn into a game of one-on-one.

Both Sides of the Court - While only explained and diagrammed on one side of the court in this drill description, feel free to run this drill on both sides of the court by starting the top lines in the slots.

Allow Pass to Screener - In the regular version of this drill, the wing player receives the hand-off and then plays one-on-one till a score or stop. To change things up and work on communication, allow the wing player to pass back to the screener after they've cut or popped out to the three-point line.

Coaching Points:

- The most important thing to remember about this drill is that the defender is not allowed to cheat under the screen. They must fight over top of it.
- When handing the ball off, the dribbler should have their hands on the top and bottom of the basketball.
- Encourage the offensive player to cut off the hand-off tight so that there's no room for the defender to trail them off the hand-off.
- If the wing player elects to back-cut, the dribbler can throw a bounce pass to them instead of handing the basketball off.
- The offensive player should look to close the space between them and the defender if they're in a denial position, this makes it harder for the defense to react.

2-on-2 Dribble-At

How the Drill Works:

This drill starts with two offense and defense match-ups. One pair of players at the top of the key and another pair of players on the wing. The two offensive players perform a hand-off and then look to score while their defenders attempt to get a defensive stop. The wing defender must go over the hand-off.

Purpose:

This drill will allow players to practice attacking off a hand-off. The difference with this drill is that instead of having a clear path to the basket after the hand-off, the wing player will have the screener's defender helping.

Setup:

- Everyone finds a partner of similar size and ability to compete against.
- An offensive and a defensive player on the wing.
- An offensive and a defensive player at the top of the key.
- The offensive player at the top of the key has a basketball.
- The rest of the pairs line up at the top of the key.



Instructions:

1. The offensive player at the top of the starts the drill by dribbling towards the wing.
2. The offensive wing player reads their defender and must decide whether to back-cut or whether to receive the hand-off.
3. The two pairs then compete two-on-two until a score or a defensive stop.
4. The wing defender must go over the screen if there's a hand-off which puts the offensive team at an advantage if they use smart cutting and passing.
5. After the score or stop, the two offensive players becomes defenders, the two defenders join the end of the line, and two new offensive players come in.



Variations:

The Wing Defender Can Go Under the Screen - To make the drill more difficult for the offense, allow the wing defender to cheat under the screen. When doing so, encourage the player who receives the hand-off to look for the open jump shot if they have three-point range.

Coaching Points:

- When the hand-off is performed, the dribbler should have their hands on the top and the bottom of the basketball. Not on the sides where the wing player will grab the basketball.
- If the dribbler's defender cheats and waits in help, encourage the dribbler to attack the rim instead of handing off the ball. This will keep the dribbler's defender honest.
- The offensive wing player should step into their defender if they're denying to take away space. This will force the defender to make a decision.
- The wing defender must go over the screen. This means the offense should score most of the time if they use smart passing and cutting.
- Make sure to run this drill on both sides of the floor!

3-on-3 Dribble-At

How the Drill Works:

The drill starts with three offensive and defensive players on the court — at the top and on both wings. The top player with the ball starts by dribbling towards either matchup and performing a dribble hand-off. The offense then looks to score using a variety of options.

Purpose:

In the 3-on-3 version of the hand-off progression, we add another defender on the weak-side to play help defense. This makes it more difficult to attack the rim or pass to the player who gave the hand-off, but it opens up a shooter on the opposite side of the court if the help defender over-commits.

Setup:

- Three offensive and defensive players on the court — One matchup at the top and one on each wing.
- The offensive player at the top starts with the basketball.
- The rest of the players wait near half-court for their turn.

Instructions:

1. The drill starts with the offensive player at the top dribbling to either wing and performing a hand-off action with the offensive player on that side.
2. The ball-side wing player receiving the hand-off can choose to back-cut or receive the hand-off.
3. The wing defender must go over the hand-off screen.
4. The offensive player on the weak-side stays behind the three-point line to space the floor and is ready to catch-and-shoot if the pass is thrown to them.
5. From here, the offensive team attempts to break down the defense and score while the defense attempts to get a defensive stop.
6. After a stop or score, the offensive team becomes defense, the defensive team is out, and three new offensive players come in.



Variations:

Defender Can Go Under the Screen - Instead of forcing the wing defender to chase the offensive player over the hand-off, you can allow them to cheat under the screen.

Competition - Divide your team into groups of three. If the offense scores, they receive a point and stay on offense while the defense switches out. If the defense get a stop, they're rewarded by becoming the offensive team and the offensive team switches out as a new group of three step on the court to play defense. Play first to 7 or 11.

Shot Clock - To encourage teams to attack off the hand-off action, incorporate a 7-second shot clock for every possession.

Coaching Points:

- On the hand-off, the dribbler should have their hands on the top and bottom of the basketball so that the receiver can grab the basketball on the sides.
- With the on-ball wing defender forced to go over the screen, the offense should be in a 3-on-2 situation on each possession. Ensure they take advantage of it with smart spacing and passing.
- The dribbler must come off the hand-off tight (hip-to-hip) to keep their defender out of the play.
- If the defenders leave a clear lane to the basket for the player who's meant to be giving the hand-off, advise them to take it to keep the defenders accountable.
- The weak-side offensive player can move anywhere on the court but it's important they keep the floor spaced to force their defender to decide whether to help or not.

Back-Cut Layup Drill

How the Drill Works:

This drill involves two players on the wing and a passer with the basketball at the top of the key. The defender will start the drill overplaying the passing line. Recognising this, the player with the basketball will dribble at the wing who will immediately back-door cut to the hoop. The dribbler makes the lead pass and the cutter finishes at the rim.

Purpose:

This drill allows players to practice recognising a back-door cut opportunity and then executing it with the dribbler. It's also important to practice the back-door pass as it's not an easy one to make for young players.

Setup:

- One player at the top of the key with a basketball.
- One offensive player and one defensive player on the wing.
- The rest of the players in a line behind the player at the top of the key. All of these players must have a basketball.

Instructions:

1. The drill with the player at the top of the key dribbling at the wing player who is being overplayed by the defender.
2. Instead of choosing to come up for the hand-off, the offensive wing player decides the best option is to back-cut which they proceed to do.
3. The dribbler makes the back-cut bounce pass and the cutter finishes at the rim before grabbing their own rebound and joining the end of the line.
4. The dribbler now becomes the defender, the defender becomes the offensive player, and the first player from the line becomes the new dribbler.
5. This process continues for a set amount of time or until the coach wants to change the drill.



Variations:

Variety of Finishes - Instead of finishing with a simple layup, have your players use floaters, euro steps, reverse layups, etc.

Coaching Points:

- Depending on how far the defense is overplaying, the offensive player can either immediately back-door cut or they can take a step up pretending to be going for the hand-off before exploding back-door and receiving the pass.
- Encourage players to finish high off the glass on their layups. During most game situations, there will be a help defender in the middle who they must finish over.
- The best pass to make to the cutter is a one-handed bounce pass. Have your players practice this often.
- The cutter should be showing a lead target hand as they're cutting back-door.

Hand-Off Shooting

How the Drill Works:

Players at the top of the key dribble at the player one spot away and perform a handoff on the wing. The player who receives the hand-off will either take the open jump shot or drive to the basket and finish with a variety of moves.

Purpose:

If a player dribbles at a teammate during the 5-out motion, they have the choice to back-cut or receive a hand-off. This is a great shooting drill to work on scoring and attacking the hoops after receiving a hand-off.

Setup:

- One player on each wing.
- Two lines of players at the top of the key. Every player in these two lines should have a basketball.

Instructions:

1. The first player in each of the top lines dribbles towards the player on their ball-side wing.
2. The wing player recognises this and cuts above the dribble to receive the hand-off.
3. The player who receives the hand-off has the choice of whether to shoot the jump shot off the hand-off or whether to drive to the rim. This will be the coach's call depending on what they want the team to work on.
4. The dribbler who gives the hand-off becomes the new wing player.
5. After scoring, the shooter rebounds their own basketball and joins the end of the opposite top line at which they started last time.
6. The drill continues this way for a set period of time.



Variations:

Variety of Shots - It's important for players to practice scoring a variety of ways when running this drill. I recommend the immediate jump shot off the hand-off, one-dribble pull-up, and two-dribble attack the rim and finish with a regular layup or floater.

Competitive - Set a target amount of makes for the team to reach within a certain time limit. Make sure this doesn't mean they rush their shots and shoot with poor technique.

Coaching Points:

- The player handing the basketball off should have their hands on the top and bottom of the basketball. The player receiving the hand-off should take the basketball with their hands on the side of the ball.
- The player handing off the basketball should turn their body to protect the ball and will also serve as a screen for the receivers defender.
- Be sure to keep an eye on the footwork of all players while first learning the hand-off. It can be tough for players to master without travelling.
- The player receiving the hand-off should take large steps to separate themselves from the hand-off player and their defender.

5 Out Motion Offense – Complete Coaching Guide



The 5 out motion offense is a fantastic primary offense for basketball teams at any level, but especially youth basketball teams.

It's a positionless offense that relies on spacing the floor and a set of rules that assists players to determine their movements and actions.

Due to players making decisions and reading the play of their teammates and defenders, the 5 out motion is great for teaching players how to play basketball.

Who Should Run the 5 Out Motion Offense?

As a positionless offense, I highly recommend the 5 out motion for all youth basketball teams since it allows all players on the team to develop into well-rounded basketball players.

This is important because it's impossible to know which players will grow in height and which players won't.

Countless times I've seen players who have matured and grown early in life get assigned to the post position only to have their teammates who developed at a later time quickly catch up to them.

When this happens the player who developed early has had barely any practice at dribbling, shooting from the outside, etc.

So it's imperative that all youth coaches use a positionless offense like the 5 out motion.

But with that said (sorry for the rant), it's especially a great offense for teams that lack height and want to run a fast offense with a lot of movement.

Strengths:

- **Creates positionless players** – All 5 players on the court are required to pass, cut, dribble, shoot, screen, etc. This is imperative for a great youth basketball offense.
- **Can be used as a delay offense** – If your league doesn't have a shot clock and you want to hold up the basketball, the 5 out motion will provide movement and keep the defense honest while not looking at scoring options.
- **Players learn how to play basketball** – Don't overlook this benefit. Players learn to read their teammates and defenders and make decisions accordingly. This is an important process that players won't learn from running set plays all game.
- **Every player contributes** – When running this offense, one or two players can't dominate the basketball. All players will be involved and must contribute to the team's offense.
- **Requires great spacing** – If players are all in the correct positions, your team will always have great spacing at all times. This opens up driving lanes and makes it difficult for defenders to help each other.
- **Difficult for opposition teams to scout** – Since there are no 'set' passes or actions, teams won't be able to work out a specific action they can stop to disrupt the offense.
- **The opposition can't crowd the key area** – All defenders on the opposition team will be required to guard all areas of the floor. This prevents them from keeping their biggest players on the inside.
- **Easy to teach due to progressions** – One of the best things about the 5 out motion offense is that it can be taught in progressions. Players aren't forced to learn the complete offense all at once which will overwhelm them.

Weaknesses:

- **Not great for teams with one dominant player** – If you have one or two dominant players that contribute the bulk of your team's scoring, this might not be the offense for you if you want your team to continue to play that way. All players must contribute in the 5 out offense. Even the weaker players.
- **Players can get stuck in the motions of the offense** – When you first implement this offense with your team, you'll find that they're so focused on running the offense properly, that they forget to look for scoring opportunities.
- **Sometimes difficult with a shot clock** – Similarly to the above point, if your players aren't constantly searching for scoring opportunities, the shot clock can play a factor and force your team to rush a shot with a few seconds left.
- **Can take some time for players to master** – While your players can quickly pick up the actions and movements of the 5 out, it does take time for players to learn how to quickly read the game and make smart decisions on the court.

5 Out Motion Rules

The 5 out motion offense is governed by 5 rules that players must follow at all times for the offense to run smoothly.

1. If your being denied and the player with the ball looks at you, back cut immediately – Never hesitate. This assumes you're only being denied one pass away from the basketball.

2. If you believe you can attack the basket and score on your defender, do it – Players must understand their own abilities and the abilities of their defender. If a player thinks they can attack, they should do it immediately on the catch.

3. Players must square up to the rim when they have the basketball – A player can't telegraph what they're going to do by facing a certain direction. By squaring up, players can shoot, pass, or dribble.

4. Every action must be performed with purpose – If you cut, cut hard. If you're screening, focus on setting a great screen. Never pass and stand still.

5. Spacing is always on the NBA three-point line – The NBA three-point line is about 2 feet behind the normal three-point line.

Setting Up the 5 Out Motion Offense

'5 out' simply means that all offensive players on the floor are starting outside the three-point line.

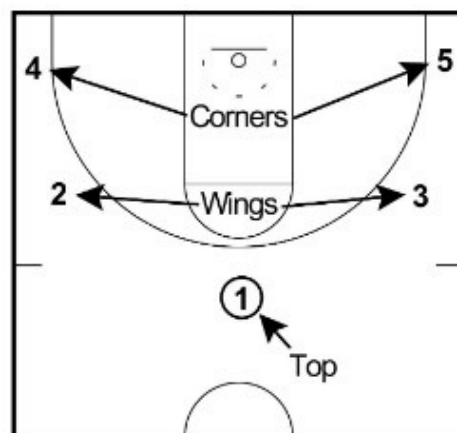
There are 5 spots that must always be filled unless players are performing an action like screening or cutting.

5 out setupThe five spots are:

1. Left corner
2. Left wing
3. Top
4. Right wing
5. Right corner

These spots should be on the NBA three-point line which is about 2 feet behind the regular three-point line used by all other levels.

When teaching the 5 out motion to your team for the first time, I highly recommend you use cones to mark these 5 spots on the floor to allow players to get used to where each position is.



How to Run the 5 Out Motion Offense

There are 4 progressions that you gradually introduce one by one into the continuity of your 5 out motion offense.

All coaches must make sure they start with progression one and move up without skipping steps.

This allows the players to gradually learn the concepts of the 5 out motion without being overwhelmed with the entire offense all at once.

These are the 4 progressions:

Progression 1: Basic cutting

Progression 2: Screening away

Progression 3: On-ball screen

Progression 4: Dribble at

Let's go through each of the progressions in more detail...

Progression #1 – Basic cutting

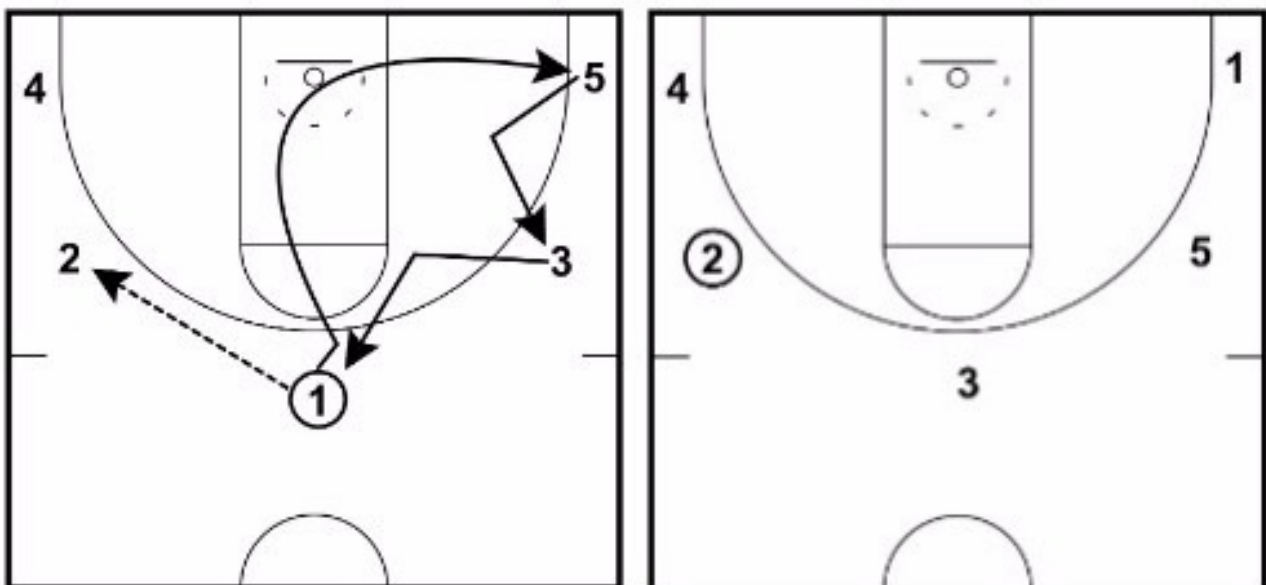
The easiest way to begin teaching your team the 5 out offense is to start with the basic movements of passing and cutting in a 5-0 situation.

Start by setting out 5 cones at the 5 fill spots on the court. Let your team know that when they're not cutting, they must be in one of these 5 positions.

Now it's time to teach the cuts...

There are 4 passes and cuts that can be made during progression 1.

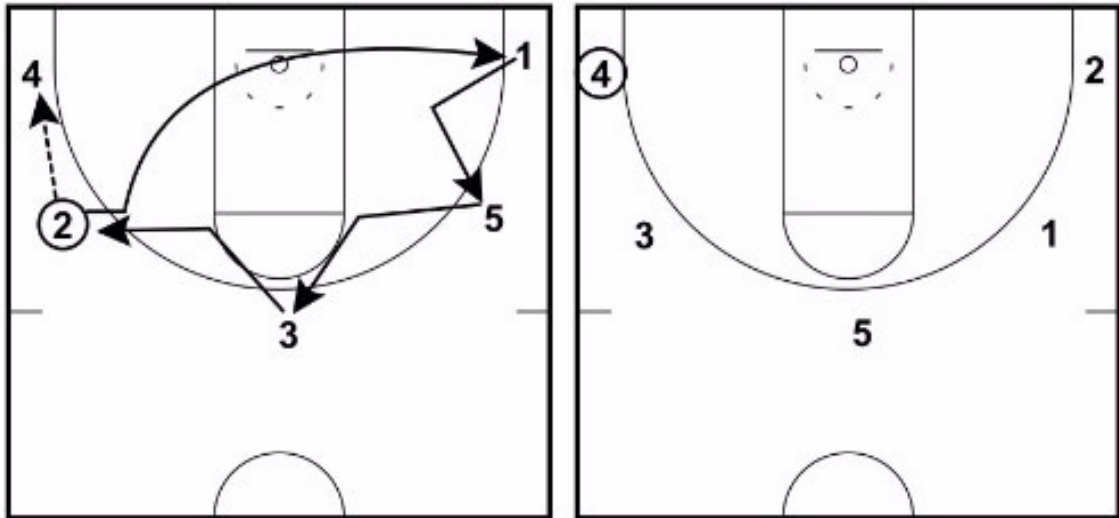
1. Top to Wing Pass



On a top to wing pass, the passer basket cuts all the way through the key and fills the opposite corner.

Once 1 has cut, 3 and 5 must fill up the positions closer to the basketball.

2. Wing to Corner Pass



On a wing to corner pass, the passer also basket cuts all the way through the key and fills the opposite corner.

Once 2 has cut through, 3, 5, and 1 must all fill up the positions closer to the basketball.

3. Corner to Wing Pass



On a corner to wing pass, the passer basket cuts and replaces themselves.

The other 4 players wait in the same spot for the next action.

4. Wing to Top Pass



On a wing to top pass, the passer basket cuts and then fills the corner of the same side they cut from.

On 3's cut, 4 fills up closer to the basketball and then 3 replaces them in the corner. The other 3 players wait for the next action.

Progression Practice:

Have your players practice this progression until they're comfortable with the passes and cuts.

This simple progression can be a great offense for a youth basketball team by itself. It will provide great spacing and get your players reading the play and making decisions.

Coaching points when teaching progression #1:

- Remind your players that if they're being overplayed, they must back cut immediately when the player with the basketball is looking at them.
- To set up the defender and get open on a front cut, after passing the player should take one step away from the ball and then explode to the ball-side of their defender on the cut to the rim looking for the basketball.
- If the defender 'jumps to the basketball' taking away the front cut, the passer should back cut and try to step in front of their defender to open up the passing angle.
- Always watch the basketball on cuts. If a shot is put up, they need to know immediately to establish rebounding position.
- Cut hard on all cuts to the rim. Doing so will make the cutter a threat to score which will force weak side defense to help.

Progression #2 – Screen Away

Once your team is comfortable with the cutting phase (making the correct cut 80% – 90% of the time), it's time to introduce the action of screening away after a pass instead of cutting.

This action can be performed on any top to wing, wing to corner, or wing to top pass. The only pass it can't be performed on is the corner to wing pass.

Before implementing this action, you must decide whether you want the player being screened to always curl, or whether you'll give them the option of cutting to the top or curling.

I recommend all youth basketball teams (below high school) get this player to curl off the screen every time so that there's no confusion.

For high school teams and higher, you can allow them to read the defense and perform the most appropriate option.

Option 1 – Screened player always curls off the screen

Here's how it works on a top to wing pass...

1. 1 makes the pass to 2 on the wing. Instead of cutting, 1 decides to set an away screen.

Note – It's important that 2 waits while this screen is being set so that the curling option is not missed due to passing to 4 too quickly.

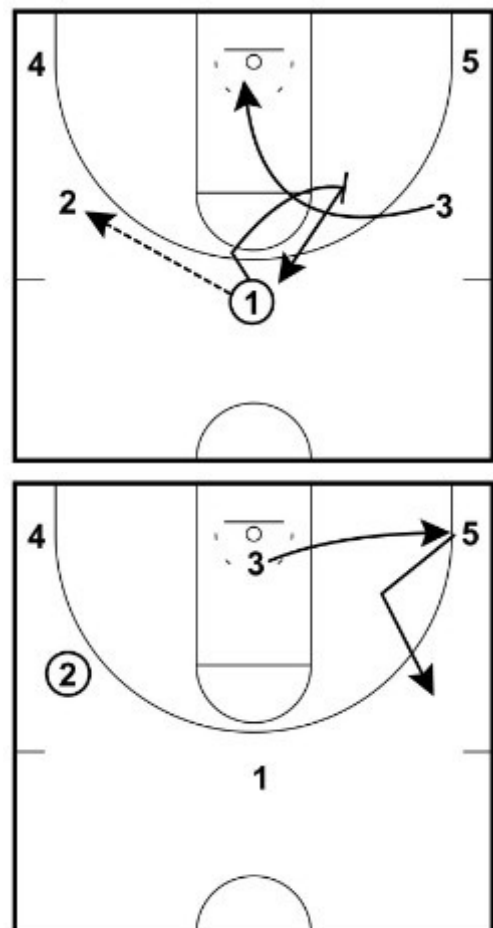
2. 1 screens for 3 making sure that they set the screen at an angle that allows the 3 to cut to the rim.

3. 3 can either front cut or back cut towards the rim depending on how quickly the defense reacts to the screen. **But they must cut to the rim since they were screened.**

4. After 3 has used the screen, **1 pops back out to the same spot that they set a screen from.** If 1's defender attempts to help on the cut from 3, you'll find that 1 will often get an open shot from the top of the key.

5. After the cut, 3 fills the weak side corner position since 5 has filled 3's previous position on the wing.

Then all players are back in position for the next action to be made.



Option 2 – Screened player has the choice of curling or popping out

If you're coaching an experienced basketball team, you can give the player being screened the option to curl or to pop out to the perimeter and receive the pass.

The difference when using this option is that **the screener must go the opposite direction to the cutter.**

If the cutter decides to pop out to the perimeter, the screener will cut to the rim and then fill the corner.

If the cutter decides to curl, the screener will pop out to their original position.

Here's an example of a top to wing pass using option 2...

1. 1 makes the pass to 2 on the wing. Instead of cutting, 1 decides to set an away screen.

Note – It's important that 2 waits while this screen is being set so that the curling option is not missed due to passing to 4 too quickly.

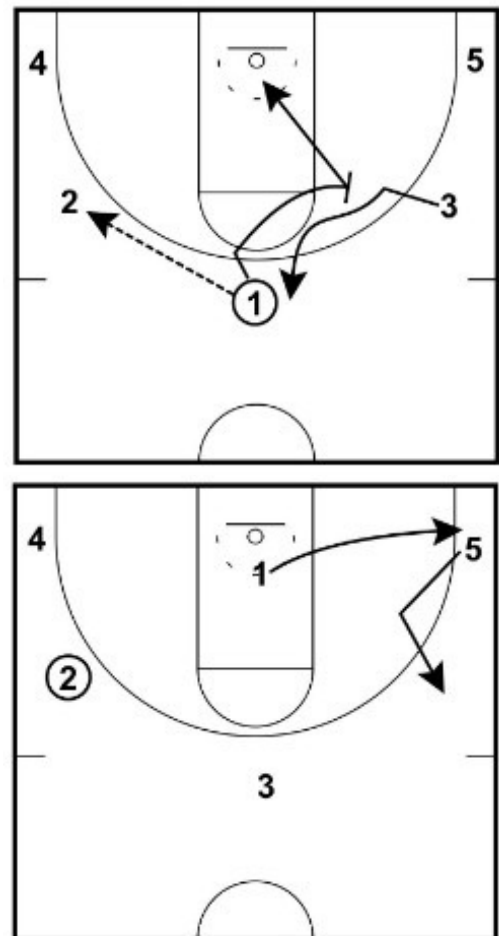
2. 1 screens for 3 making sure that they set the screen at an angle that allows the 3 to cut to the rim.

3. 3's defender cheats and goes under the screen so 3 pops out to the top perimeter position to catch and look for the open shot.

4. Reading this, 1 cuts to the rim because they must go the opposite direction of the cutter.

5. 1 then fills the corner position as 5 has filled 3's previous spot on the wing.

I've found that inexperienced teams can struggle with option 2 so I recommend starting with option 1 and then progressing to option 2 if you think your players are capable.



Coaching points when teaching progression #2:

- Players must be setting screens on the correct angle. This means the screener's bum should be facing somewhere between the player with the basketball or the basket. Too often youth players will set screens too high that allow the defender to quickly slip under it.
- The player setting the screen must make the player being screened aware with a verbal cue and a visual sign. I recommend you teach the screener to hold their arm up in a fist and call out the player's name before setting the screen.

Progression #3 – On-Ball Screen

Once your players are comfortable with cutting and screening away, next up is the action of setting on-ball screens.

This action of the pick and roll is often very effective because the offensive players are spaced out well.

The on-ball screen can be used after any pass in the offense.

Here are two examples of setting an on-ball screen in the 5 out motion offense:

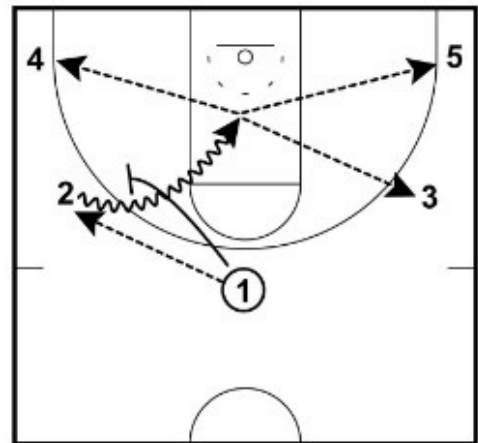
Example #1 – Top to Wing Pass On-Ball Screen

1. 1 passes from the top to 2 on the wing and then sets an on-ball screen on their defender.

2. 2 uses the on-ball screen and drives hard to the rim surveying the options that are presented.

3. Depending on how the defense reacts, 2 can pass to any of the perimeter players or make the shot in the key.

If the basketball is kicked out and the shot isn't immediately taken, all players must find one of the 5 fill spots and the 5 out motion offense starts again.



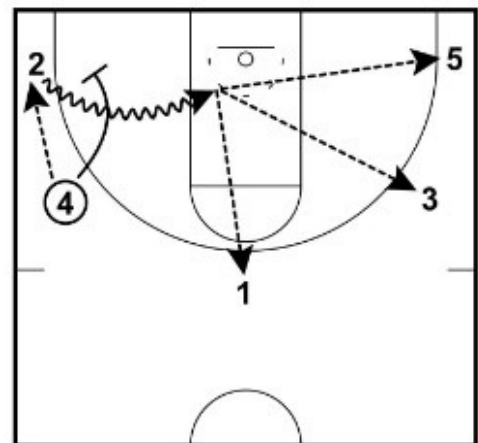
Example #2 – Wing to Corner Pass On-Ball Screen

1. 4 passes to 2 in the corner and then sets an on-ball screen on their defender.

2. 2 uses the on-ball screen and drives hard to the rim surveying the options that are presented.

3. Depending on how the defense reacts, 2 can pass to any of the perimeter players or make the shot in the key.

A lot of coaches who run the 5 out motion make it a rule that on each pass to the corner the passer sets an on-ball screen. So if it works for you, consider incorporating it as a rule into your offense!



Coaching points when teaching progression #3:

- As with the previous progression, it's super important that players are setting the on-ball screen at the correct angle that allows the player with the basketball to attack the rim.
- The three players not involved in the pick and roll should do their best to move into open positions where they can catch and shoot or catch and drive.

- Start to introduce to the players that they must take into account each player's skill set before making an action. For example. Your team should not set an on-ball screen for player that can't dribble the basketball well.
- Just like in the screening away progression, players must be giving a visual and verbal cue to the player they're about to set an on-ball screen for by saying their name and holding up a fist.

Progression #4 – Dribble At

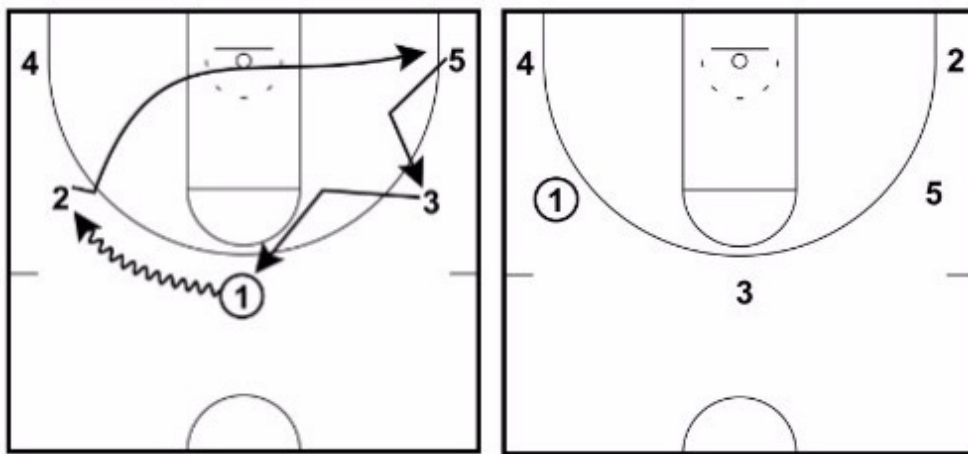
Another action to add to this continuity offense is the 'dribble at' action.

This can be used when a player with the basketball is being heavily pressured and the only options to pass are being denied well by the off-ball defenders.

In this scenario, the player with the basketball may decide to dribble towards another player at a different spot.

When this happens, the two offensive players involved (the dribbler and the player they're dribbling towards) have two options.

1. Backcut



If the player without the basketball is being denied, they can make a hard back cut looking to receive the basketball for a layup.

If they don't receive the pass, they fill the weak side corner, the other players rotate towards the basketball, and the next action begins.

2. Hand-off



The other option is to perform a hand-off between the two players.

This is similar to the pick and roll where the other 3 players on the court should hold their positions and wait.

The player that receives the hand-off should attack the rim and kick out to shooters if the defense slides over to help.

Coaching points when teaching progression #4:

- When performing hand-offs, the player with the basketball should rotate their hands so that they're on the top and bottom of the basketball. This allows the player receiving the hand-off to grab the basketball on the sides.
- In my opinion, I don't like hand-offs for youth basketball. For my youth teams, I have them automatically back cut on a dribble at.

Piecing the 5 Out Motion Together

Once your players have learned the basic 4 progressions of 5 out motion offense, you've established a fantastic primary offense that will teach them how to read and play the game of basketball.

Now that they can confidently perform all the actions, the next important step is for players to work out what actions work the best for them and their teammates.

For example:

- Players will work out that the best players to set on-ball screens for are the quick guards who make great decisions.
- The best players to away screen for are those that cut hard to the rim and can finish the layup or close shot.
- The best shooters on the team should primarily set away screens so that they're cutting back out to the basketball for the open shot.

While a lot of this knowledge will develop with experience, I believe it's important for the coach to talk to the team and each player individually about what they're good at and what they need to improve on.

Doing so will help their decisions when running the 5 out motion during the game.

Advanced

Flex Action Progression

Once your team has mastered the basic progressions of the 5 out motion offense, you can choose to add a more advanced flex cut progression.

This is best used on a pass from the wing to the top of the key and can potentially give you an open layup off the flex cut or an open jump shot off a down screen.

Here's how it works:



1. 2 makes the pass to 1 at the top of the key.

2. After making the pass, 2 will basket cut as usual. But instead of filling to the same side, 2 sets a flex screen for 5.

3. 5 uses the flex screen and cuts through looking to receive the pass for the layup. If 5 isn't open, they simply cut all the way through to the corner as 4 has moved up the wing to replace 2's spot.

4. 3 then sets a down screen for 2.

5. 2 uses the down screen and pops out to the perimeter looking to receive the basketball for the jump shot.

6. 3 can reverse pivot and seal 2's defender if they have a mismatch inside. If not, 3 fills the closest corner.

Even if the offense doesn't get a great look from the flex option, you will notice now that all five spots are now filled and the team can move on to the next action of the offense.

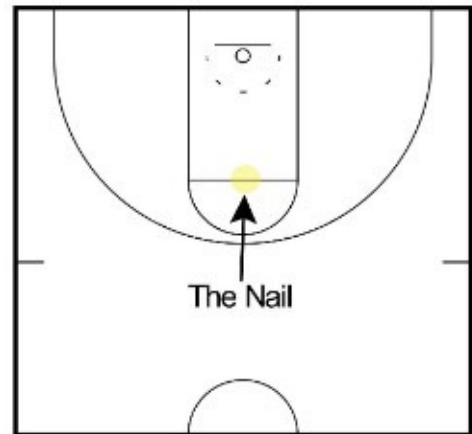
Variation – Cutting Through the Nail

Another variation of this offense I wanted to share with you is the option to 'cut through the nail' every time a player cuts to the top of the key.

This is most commonly seen in Bob Huggins' Open Post Motion offense.

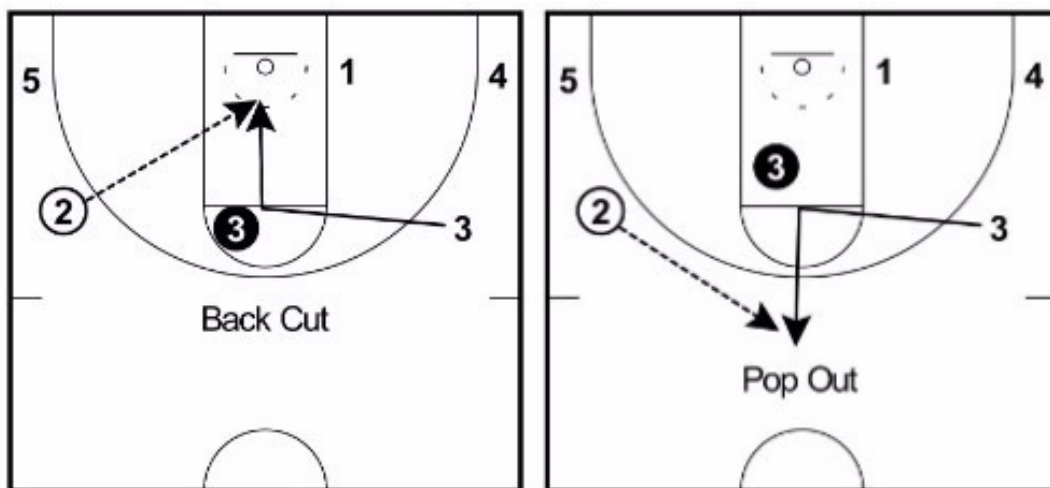
Instead of filling to the top spot just like any of the other 4 spots, players are required to L-cut through the nail.

Note – The 'nail' is the spot at the very middle of the free-throw line.



When players cut through the nail, they're required to decide whether to back cut or to pop out to the top spot depending on how their defender is playing them.

If the defender is denying them from receiving the basketball, the player must immediately back cut and then fill the weak side corner.



If the defender is playing off them, the player cuts out to the top spot to receive the pass.

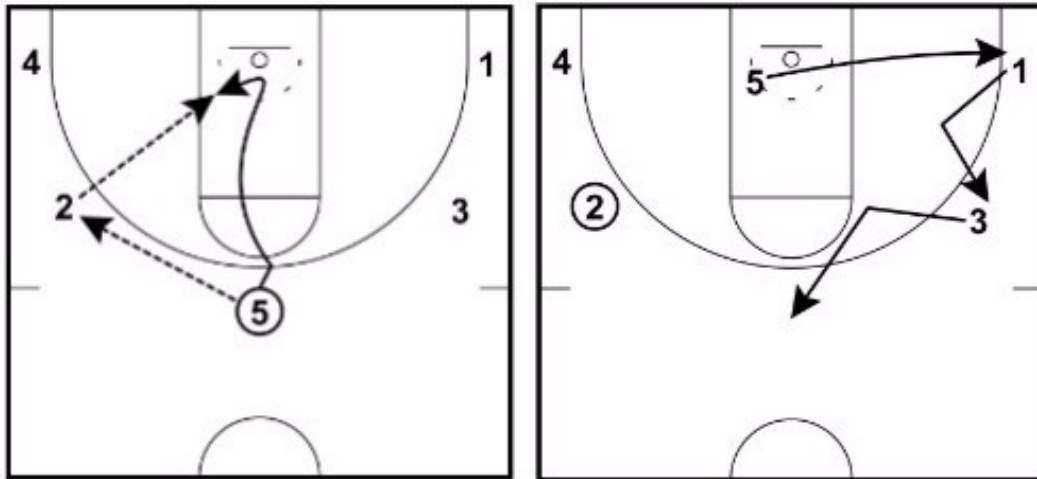
By implementing this variation to the 5 out motion you will achieve two things...

1. It will take away the defenders ability to get a deflection which leads to the opponent's fast break.
2. It can lead to some easy scores off the back cuts.

Getting the Basketball to the Post

The best way to get the basketball inside to players who have a mismatch is to allow those players to establish quick post up position after every through the key.

The player posting up is only allowed to hold this position for 1 – 2 seconds before clearing out if they don't receive the pass.



This ensures that the 5 out motion offense continues to run smoothly.

To take advantage of this mismatch, it's important that players with the basketball are looking at cutters to take advantage of the 1 – 2 seconds that they secure inside position.

Posting up isn't restricted to your biggest players. Any match up on the floor with an advantage in the post can use this technique.

Transition Defense and Rebounding

One thing a lot of coaches will find confusing is that since all our players are standing outside the three-point line, who's going to rebound!?

The answer to this question will depend more on the personnel on your team and how aggressive you want to be rebounding the basketball.

I'll give you three options. Pick the one you like the most depending on your coaching style and players on your team.

- 1. The point guard always plays safety. The other four players crash the boards.**
- 2. The point guard and shooting guard always play safety. The other three players crash the boards.**
- 3. Everyone below the free throw line rebounds. Everyone above the free throw line plays safety.**

What you'll quickly realize is that the 5 out motion can lead to a lot of offensive rebounds as long as your designated players are willing to work hard for them.

By starting on the perimeter when a shot is put up, it's incredibly difficult for the defense to box out an offensive player with a running start.

If you have any tough and athletic players on your team, expect them to grab a lot of offensive rebounds!

Conclusion

The 5 out motion offense is a great offense for any basketball coach to learn and implement with their team.

Being a very common offense, even if you don't use it with your own team, it's important for all coaches to learn about so that they know how to defend when playing against it.

It allows players to practice all skills, gets the whole team involved, and can be easy to teach as long as you're using the right progressions and not trying to implement the whole offense at once.

Any basketball coach who uses this offense will know they're improving their players!