

5 Out Motion - 1st Progression

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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.

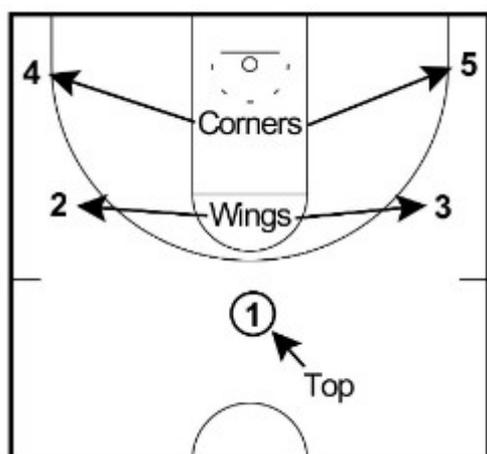
4. Every action must be performed with purpose – If you cut, cut hard. If you're screening, focus on setting a great screen. Never pass and stand still.

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.



The 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 offense 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 offense 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

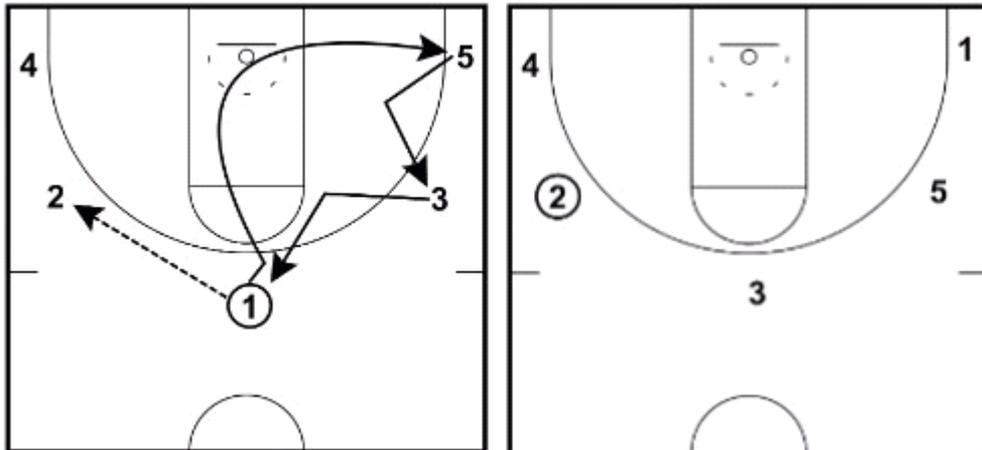
The easiest way to begin teaching your team the 5-out offense is to start with the basic movements of passing and cutting in a 5-0 situation.

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.

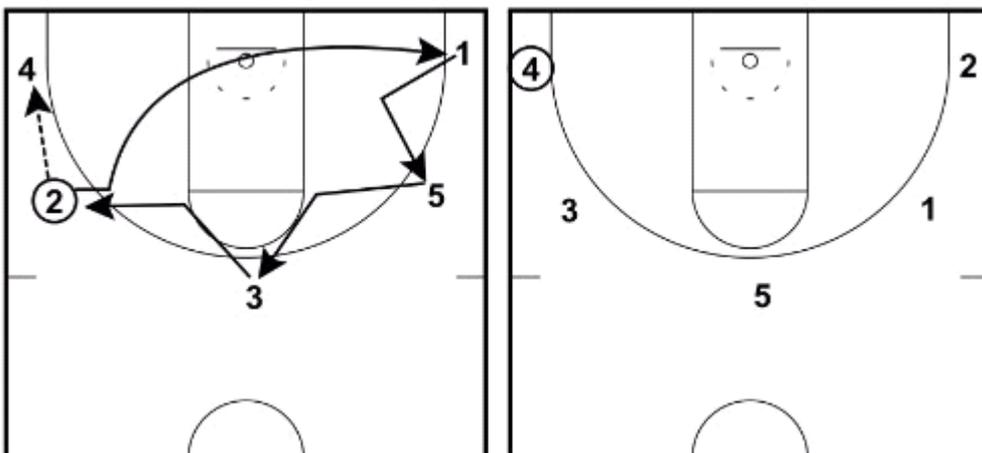
1. Top to Wing Pass



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.

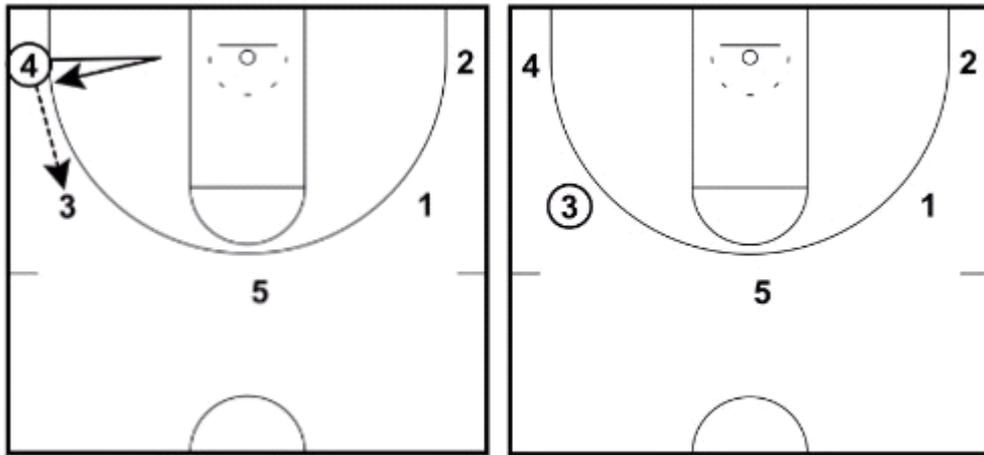
2. Wing to Corner Pass



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.

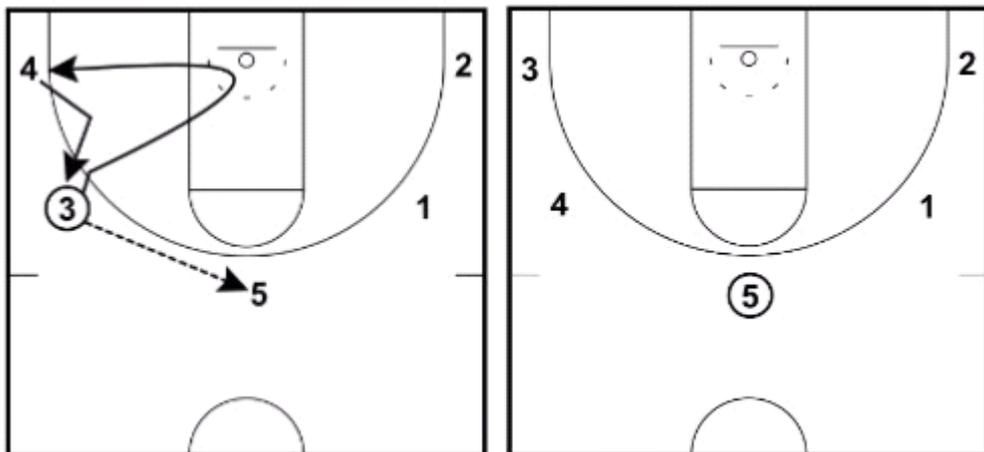
3. Corner to Wing Pass



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.