

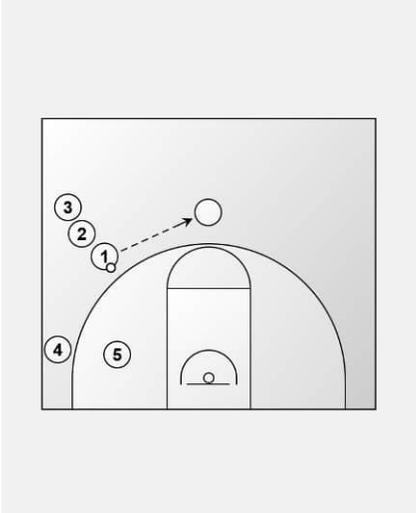
MOTION OFFENSE DRILLS

Pass and Screen Away

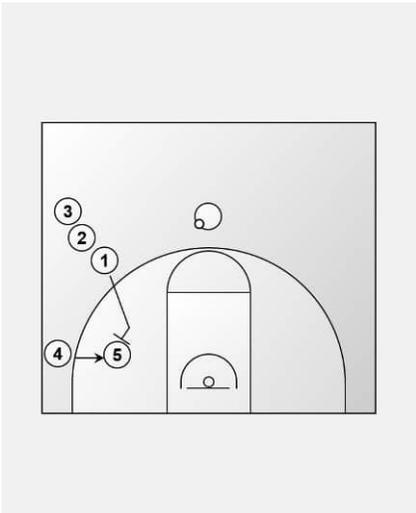
Pass and Screen Away Drill

This drill builds the muscle memory for setting screens in the 5 Out offense. Make sure the players are doing all of the parts of the screen correctly. If they aren't doing it correctly in practice then it won't get done correctly in a game.

The drill starts with player 1 passing to a coach and moving to set a screen on player 5.

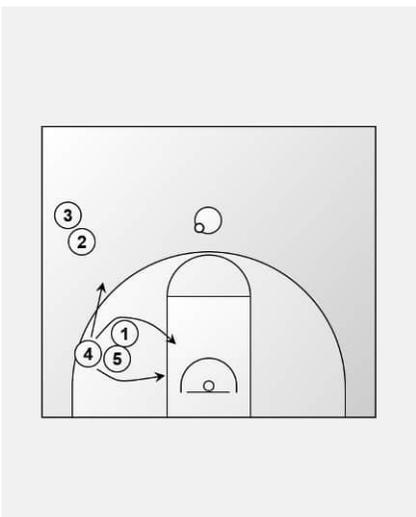


Player 4 needs to move up to player 5 ON THE PASS. Player 4 needs to get to his defender before player 1 gets there to set the screen.

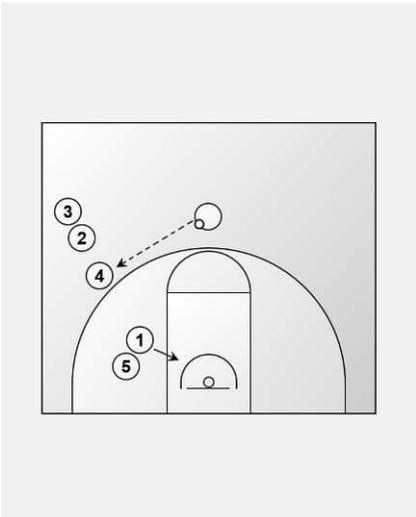


-Make sure player 4 is close enough to touch player 5 and that he is at that spot before player 1 gets there to set the screen. This is an important part of an effective screen. Getting close to the defender allows player 4 to have the option to back cut if the defender overplays the screen. It forces the defender to account for a variety of possible cuts off of the screen.

-Make sure player 4 waits until player 5 is set before cutting off of the screen.

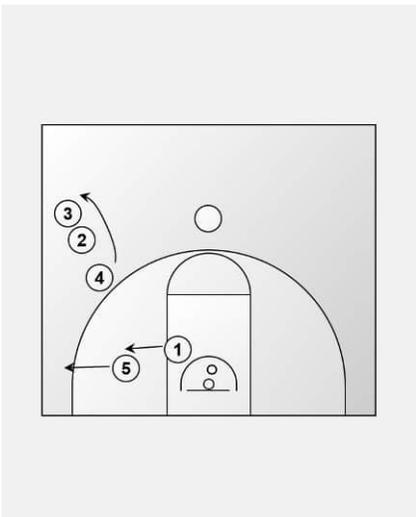


Player 4 now has the option to run one of three cuts to the basket. It is best to tell the players which cut to run while doing this drill. We will run through the line three times. The first time will be a curl cut to the basket. The second time will be a back cut to the basket. The third time will be a cut to the three point line.



The coach passes to player 4 for a shot off of each of the cuts. Player 1 will open up to the ball and roll to the basket. Player 1 should be keeping the defender on her back to keep inside position.

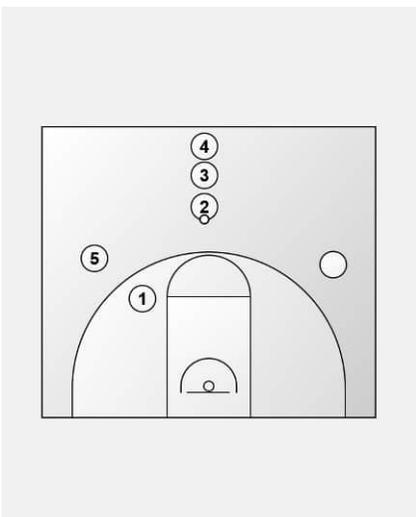
We will sometimes run through the line one time where the coach passes to player 1 for a layup. This is also an action that needs to be practiced because it is very effective against teams that switch on the screen.



Player 1 will rebound, pass out to player 2 and then become the defender.

Player 5 will move to the corner. Player 4 will move to the back of the line.

Player 4 will now pass to the coach and screen away. This continues until the drill ends.



The drill can be run from any of the spots in the 5 out offense. We will run this drill in each spot three times, once for each cut, and then rotate to the next spot. If there is time we will then rotate back around again.

For younger players have the defender stay mostly stationary. Tell the players which cut they should make each time.

For advanced players have the defender play defense and allow the players decide which cut is the best.

- if the defender goes under the screen then it should be a cut to the three point line.
- if the defender goes over the screen then it should be a curl cut to the basket
- if the defender is cheating around the screen before the screener arrives then it should be a back cut.

It is sometimes best to have a coach play defense. The coach can choose to go

over or under the screen and have the player read the defense in order to decide on the best cutting option. It will take a long time for players to understand how to read the defense and make the correct cut. Make sure they follow through with the cut even if they read it wrong. Nobody gets it correct 100% of the time, but don't stop once they've started to cut.

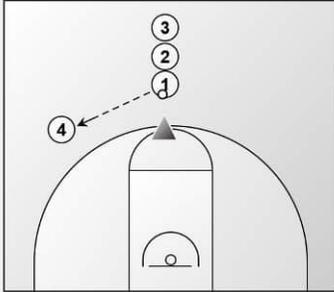
Pass and Cut

Pass and Cut Drill

This drill is very simple, but provides players with the muscle memory needed to run cuts in the 5 out offense. Use a coach as a defender.

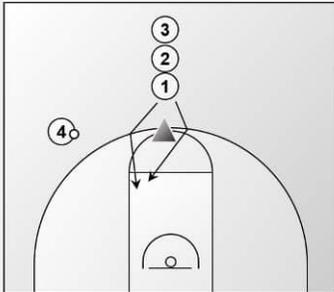
Start with one player as a passer on the wing. The rest of the players are in a line at the top of the key.

Player 1 passes to player 4 to start the drill.



After the pass, player 1 cuts to the basket. Have them work on cutting in front of the defender and behind the defender. For advanced players, have the defender overplay one side or the other and have the cutter decide which option is best.

Player one should cut to the basket and get inside post position on the defender. The passer should wait until player 1 has position on the defender and is posting up. Make sure the cutter is giving the passer a target with an outstretched hand towards the basket.

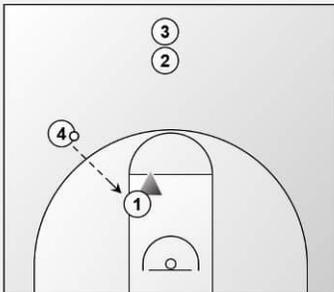


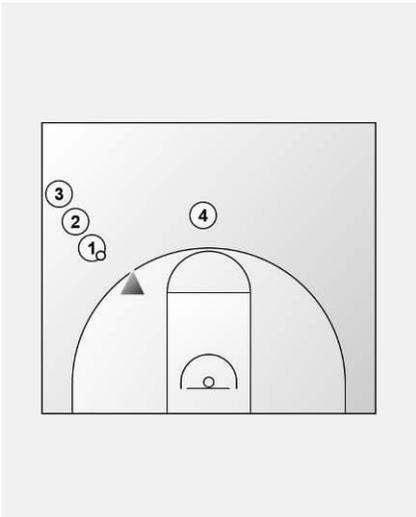
Player 1 should get inside position on the defender and post up. Make sure they are maintaining contact with the defender with one arm while giving the passer a target with the other hand.

Player 4 passes to player 1 who shoots a layup.

Player 1 gets their rebound or shot and passes out to player 2. Player 1 then replaces player 4.

Player 4 moves to the back of the line.





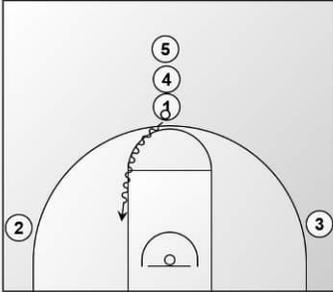
This drill can be run from any of the five spots on the floor in the 5 Out offense. Have the players go through the line two or three times and then rotate to a different position on the floor.

Drive and pass

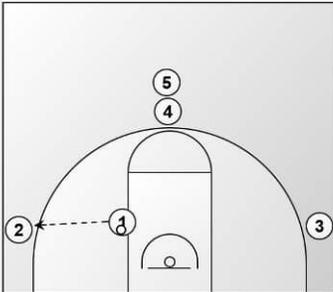
Drive and Pass Drill

This drill simulates the drive and pass option of the five out offense. Start with a line of players above the three point line. Have one player in each corner.

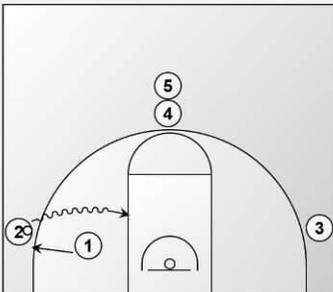
The drill begins with player 1 driving to the basket.

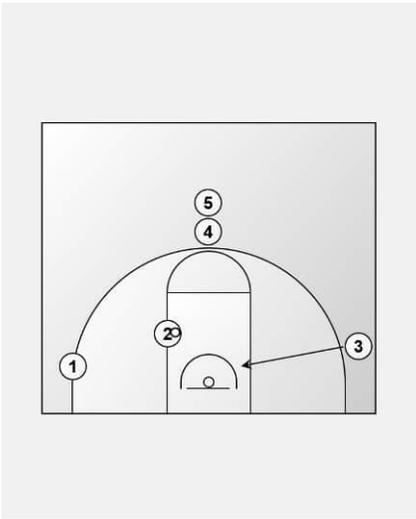


Player 1 drives and passes out to player 2. Player 2 should catch, get into triple threat position and fake a shot. Always have the players start a shot after catching the ball on a kick out pass. If they don't shoot then this becomes a pump fake and can create a driving opportunity.

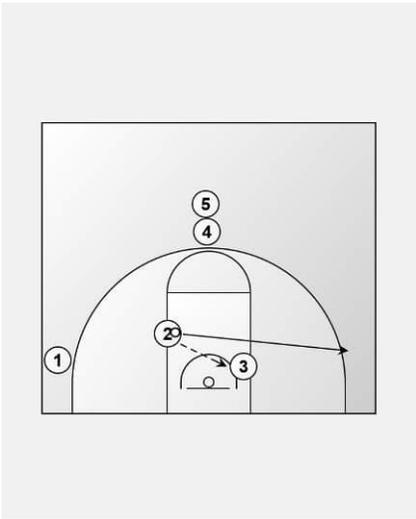


Player 2 pump fakes and drives to the basket around player 1. Player 1 replaces player 2 in the corner.

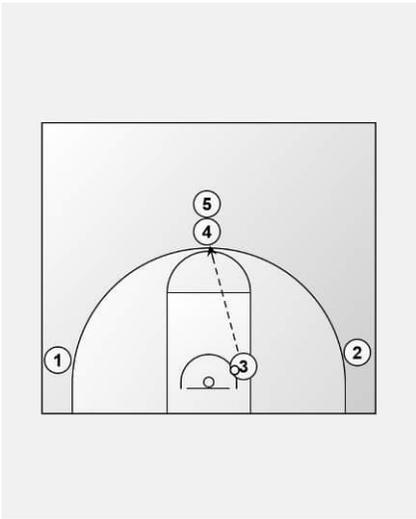




Player 3 cuts to the basket as player 2 is driving. This part can be changed depending on what you want to work on. Have player 2 pass out to player 3 for a three point shot on some occasions. You can also place a coach in the lane to stop the drive of player 2 and force a pass. The coach could also be a defender on player 3 and have them decide whether it's better to cut to the basket or stay in the corner for a three point shot.

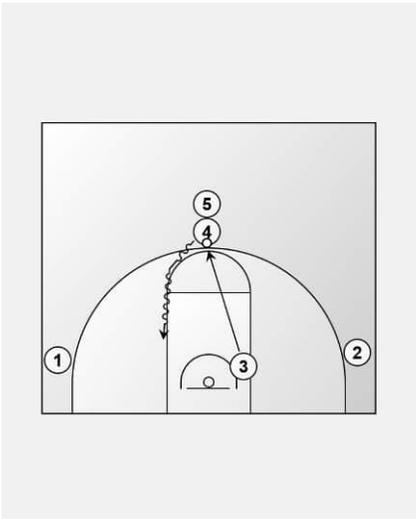


Player 3 gets the pass and shoots the ball. Player 2 continues out to replace player 3.

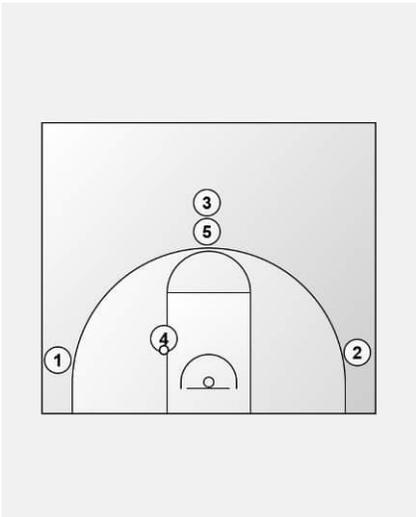


Player three rebounds the shot and passes out to player 4.

Player 3 will close out on player 4 and then player 4 will drive to the basket.



Player 4 continues the drill while player 3 moves to the end of the line.



Pass and Ball Screen

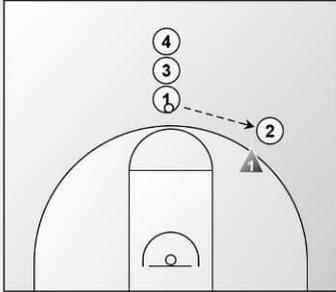
Pass and Ball Screen Drill

This drill works on muscle memory needed for ball screens.

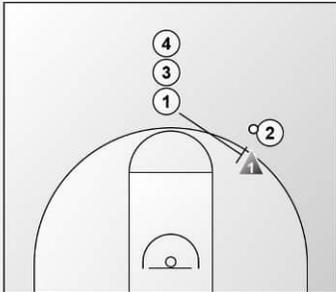
Key points of emphasis:

- Make sure player 2 waits until player one comes to a stop before using the screen.
- Advanced players should read the defender. The defender going under the screen means a three point shot. The defender going over the screen means a drive to the basket.
- Player 1 needs to open up to the ball and roll to the basket after setting the screen.

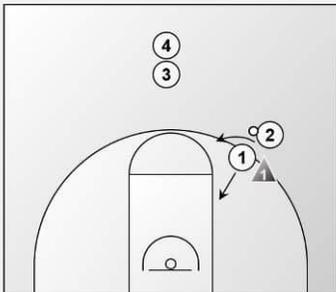
The drill begins by player one passing to player 2. You can use a player as the defender or a coach. It will be helpful to use a coach as the defender when first running this drill.



Player 1 sets a screen for player 2. Player 2 waits for player one to come to a stop and then fakes away from the screen before using it.



Player 2 should dribble off of the screen. Player 1 will open to the ball and roll to the basket. If the defender attempts to go under the screen then player one should seal that defender as he rolls to the basket.



Player 2 reads the defense and either drives to the basket or takes an open shot.

You can also run this drill with two defenders, one on player 1 and on player 2.