

Name: 5 Out Motion Overview**Drill No:** F1

What is 5 Out Motion

The "5 Out" refers to the positions or alignment of your five players.

All five players start outside the 3pt line.

"Motion" means that the players are in constant movement.

What we are trying to do is give the players purpose to their movements; we want to teach them how to recognize an opportunity to score (space) and how to attack or take advantage of that opportunity.

Motion Offence gives the players simple movement to repeat as a group until a scoring opportunity presents itself or better yet until the movement creates one.

Motion can have as many or a few a rules as you want, generally when teaching you teach by rules so the players know that if the "defense does this I can do that."

Positions and Spacing

Shown to the right (Diagram A) are the five positions in "5 Out Motion."

These positions or this alignment gives the players maximum opportunity for creating, recognizing and attacking space.

Note that the spots are all around and outside the 3pt line; this helps bring the defence away from the hoop so you can attack it.

Skill Required to Play Motion

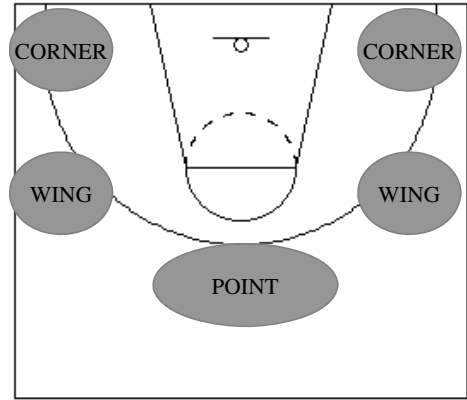
DRIBBLE WITH BOTH HANDS: Players need to be able to dribble with both hands under pressure while waiting for a pass or driving to the hoop looking to score or pass.

PASS WITH BOTH HANDS: Player need to be able to pass with both hands to protect the ball from the defence.

FINISH AROUND HOOP AND LAY-UP WITH BOTH HANDS: 5 out Motion is designed to provide ample space for players to drive and cut into which creates opportunities for shots close to the basket. To protect the ball players need to be able to shoot with both hands under and near the hoop.

CATCH & RIP INTO TRIPLE THREAT POSITION: – The ability to catch the ball and pivot into Triple Threat Position (T.T.P) after having made a cut to get open or free from a defender.

BACK DOOR CUT: Cutting behind defender to hoop.

Diagram A.**BEATING DEFENDER OFF THE**

DRIBBLE: Players need to be confident in catching the ball and driving past a defender going left or right while maintaining good vision of the court.

CATCH AND LAY-UP/SHOOT:

Player will often cut to the hoop and only have time to catch and shoot or lay-up with no dribbling.

V CUT: Used to create space from a player and his defender, which enables the player to catch a pass while being defended.

BASKET CUT: Cutting hard to hoop after making a pass on the ball side of the defender.