Basic Team Offence

“5 Out Motion”

Coaching Clinic Notes

Presented By:

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INTRODUCTION:

Welcome Coach,

I would like to thank you for taking the time to further your knowledge in the sport of basketball. Just by being here shows your commitment to your players and their development and enjoyment as basketball players.

This clinic is designed for you to attain the basic principles of how to play team basketball and then impart this knowledge to your players.

Basketball is a great team sport and can be a beautiful spectacle to watch and coach when the game is played properly with all five players on the court moving with purpose.

The principles you learn today are going to help you on your path to achieving this. You will leave with the knowledge of what it is that we should be trying to do at the offensive end of the floor and how we go about achieving and teaching it.

You will hear and learn about essential components to not just motion offense but all successful offense such as: Spacing, purposeful ball and player movement, ball reversal and ball and player penetration into the key.

Again thank you for attending and as always please do not hesitate to call, email or drop in to the office if you have any questions or needs that I can help you with in your coaching.

Cheers

Heath Millar
Development Officer
Frankston and Districts Basketball Association
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 moving in a constant pattern. 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 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.”

THE POSITIONS & SPACING: 

Shown to the left 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.

SKILLS 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.

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 close to the basket shots. 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.

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.

BACK DOOR CUT: Cutting behind defender to hoop.

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.
After a player moves (cuts) into space to receive a pass he must pivot and face the hoop in the Triple Threat Position.

When cutting the receiver must show a target hand for the passer to pass to. This is always the outside hand so the palm is facing the ball.

The receiver must plant a pivot foot upon receiving the ball and then aggressively pivot and rip the ball into Triple Threat Position.

Whenever a pass is made towards the baseline the passer makes a basket cut looking to get the ball back for an easy shot close to the hoop.

Before cutting the passer executes a cut fake away from the ball to get his defender off balance and tries to cut ball side of the defender.

The passer must pass to the advantage of the receiver so that the receiver can catch the ball in stride to attempt a shot or lay-up.

Cutters must cut with purpose and finish cut at the hoop.

The V Cut is used when a defensive player is closely guarding an offensive player. It is used to create space to catch a pass.

The offensive player makes a cut to the edge of the keyhole then uses a change of pace and direction to cut back out to the wing area to receive the pass.

The "slash arm" technique may also be used to seal the defender.
The back door cut is used when a defender is not positioned between the offence and the basket.

- If teams maintain good spacing, outside or near the 3pt line this will leave space to backdoor cut into for easy shots by the hoop.
- If the offence is being closely guarded then they must make a catch fake away from the defence before sprinting to the hoop with a target hand up.
**5 OUT MOTION:**

- Player 1 dribbles off the centerline to shorten the pass to Player 2.
- After passing to Player 2, Player 1 basket cuts to try and receive the pass back.

- Player 1 after cutting to the basket, then exits away from the ball.
- Players 3 & 5 V-Cut to replace the empty space left by Player 1.

- Player 2 passes to Player for and basket cuts looking for the pass back

- Player four should look to drive to hoop as players are replacing the empty spots on the floor.
- If Player 4 has no opportunity to drive, the ball should be reversed to the opposite side of the floor through Players 3 and 5.
- Once the ball has been reversed Player 5 or 1 looks to drive.
**ALFORD SERIES:**

**V Cut**

- Player 1 creates a better passing angle and shortens the pass by dribbling the ball off center.
- Wings "get open", using V Cuts, with correct "slash arm" technique.
- The lead needs to be run on two planes.

**Ball Reversal**

- Player 1 runs replacement cut, leads back to the ball.
- "Rip" the ball through, dribble off center to reverse the ball - "DRIBBLE SWING".
- Weak-side wing player v-cuts to receive the pass.
- Weak-side player may have to run v-cut twice to get open and time the lead.

**Pass, Cut & Replace**

- Player 1 takes the ball off centre, deliver pass to wing player, who has run v-cut lead.
- Player 1 basket cuts hard looking for pass back.
- Player 3 replaces player 1's position and player 1 exits away from ball.
A player should only dribble for a few specific reasons, the main reasons are:

1.) To advance the ball up the court.
2.) To shorten a pass or create a better angle for a pass.
3.) To get inside the keyhole.

Key points on penetrating and pitching to receivers are:

1.) Slice the defender, shoulder to hip, chest to knee.
2.) Aim to get to feet in the key.
3.) Point ten toes and fingers on every pass.
4.) Players without the ball should always move to space on any penetration.

**Dribbled Towards**

- The general rule for when a player dribbles towards you is to “slide” down in the direction the player is dribbling.

**Dribbled Away**

- The general rule for when a player dribbles away from you is to “clock in behind” in the direction the player is dribbling.
Bringing it together
The FDBA has invested significant funds into creating an extensive resource library that would compete with any in Australia. This library is free to all coaches who are currently coaching a team in a FDBA run competition (There is a security bond). If you would like more information on our library or you would like to borrow from us then visit the FDBA office from 9-5pm, Monday to Friday or email bluesdevelopment@frankstonbasketball.asn.au

### Videos & DVDs

- Games Approach To Coaching Basketball
- Coaching Youth Basketball
- Mario Blasone - Tape 1
- Mario Blasone - Tape 2
- Bobby Knight - Defensive Series
- Bobby Knight - Man To Man Defensive Fundamentals
- Bobby Knight - Shooting Practice
- ITCP Tape 1 - Motion Offence Against Zone
- ITCP Tape 2 - Individual Practice Drills
- ITCP Tape 3 - Individuals & Team Defensive Fundamentals
- ITCP Tape 4 - Fundamentals & Motion Offence
- Gannon Baker Clinic 2002
- BA 1997 Coaches Study Tour - Tape 1
- BA 1997 Coaches Study Tour - Tape 2
- BA 1999 Coaches Study Tour - Tape 1
- BA 1999 Coaches Study Tour - Tape 2
- Bob Knight Back In Australia - Tape 1
- Bob Knight Back In Australia - Tape 2
- Bob Knight Back In Australia - Tape 3
- Bob Knight Back In Australia - Tape 4
- Developing Individual Fundamentals
- Duke Basketball - Championship Practices
- Duke Basketball - Team Defence
- Duke Basketball - Transition Game
- Individual & Team Practice Sessions
- Morgan Wootten - Tape 1 (Discussion Group)
- Morgan Wootten - Tape 2
- Morgan Wootten - Tape 3
- NABC - Ball Handling Fundamentals
- NABC - Defending & Rebounding Fundamentals
- NABC - Shooting Fundamentals
- Starting Out In Coaching
- Rex Krottage Shooting Clinic
- Swish DVD
- Better Post Play
- Blues Motion Offence DVD
- Hoops Coach FIBA DVD
- Shoot-Away
- SwishU DVD
- Bobby Knight – Motion Offence

### Books

- A Coach’s Life - Dean Smith
- A March to Madness - John Feinstein
- Basketball Fundamentals - A Complete Mental Guide
- Basketball Fundamentals - A Better Way
- Basketball Tip Ins
- Beyond Winning
- Coaching Youth Basketball
- Competitive Fire
- Complete Conditioning For Basketball
- Creating A Star System
- FIBA Basketball For Young Players: Guidelines For Coaches
- Five Star Basketball Drills
- Go For The Magic
- Level 1 Coaching Manual
- Level 2 Coaching Manual
- Mind Games
- Passionate People Produce
- Playing The Post
- Portfolio Of Basketball Drills
- Sacred Hoops
- The Basketball Parents Guide to Great Basketball Drills
- The Successful Coach
- The Winner Within
- To the Hoop
- Winning Basketball
- Wooden - Coach John Wooden
- More Five-Star Basketball Drills
- Fall River Dreams
- Life On The Run - Bill Bradley
- The Last Amateurs
- Playing For Keeps, Michael Jordan and The World He Made
- Basketball At The University of Iowa
- Coaching Basketball
- 52 Week Basketball Training
- Coaching Basketball Successfully 1st Edition
- Coaching Girls Basketball Successfully
- Hoop Drills
- Let’s Teach Defence "Read The Offence"
- Let’s Teach Offence "Read The Defence"
- NABC Drill Book Volume 1
- Skills & Drills - Jemmy Krause
- Successful Sports Officials
- The Edge
- The Basketball Players Bible
- USA Coaches Clinic
- Values Of The Game
- WBCA’s Offensive Basketball Drills
- Basketball Skills and Drills 2nd Edition
- Coaching Basketball Successfully 2nd Edition
- Offensive Notebook - De Matha
- Basketball - Building the Complete Program
- Five Star Basketball
- Step by Step Basketball Skills
- How to Establish a Great Basketball Camp
- B.A Coaches Study Tour 2003
- Beginning Basketball - L. Gaze
- Frankston Blues Coaches Manual 2005
- Opals Olympic Playbook
- Multiple Offences & Defences - Dean Smith
- Instant Review Basketball Notebook: Volume 10
- Regional Basketball Academy
- Shake N Bake Basketball Services
- Arizona Pressure Defence - Lute Olsen
- Australian U23 National Team Players Handbook
- BA - Coaches Study Tour USA/Europe
- Multiple Zone Attacks - Lute Olsen
- Passing Game Offence - Lute Olsen
- Copy 1
- The Mental Approach
- Basketball - The Game the World Plays
- WBCA’s Defensive Basketball Drills
- Youth Basketball: 110 Basic To Advanced Drills
- Northern Iowa Basketball, 1994-95