

A basketball is shown on a blue textured surface. In the top left corner, there is a white card with a basketball icon and the word 'SERIES' partially visible. The text '5-OUT OFFENSES' is written in large, bold, white letters across the center of the image.

5-OUT OFFENSES

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Introduction

Whether you've got the personnel to run a 5 out offense regularly, or just like to use it as a change of pace, this series of plays can be extremely effective when used in the right situations.

A 5 out offense is predicated on spreading out the defense and attacking from the perimeter by putting at least four, and ideally five, players on the court who are proficient at both handling and shooting the ball from behind the arc. This will pull the defense out of the paint, allowing you to create high percentage looks at the basket via penetration, and quality three point shots when the defense is forced to collapse to prevent that penetration.

You'll need smaller, mobile bigs, as this type of offense will generally lead to more transition opportunities, both on offense and defense.

The tradeoffs on defense and rebounding are that when you put in the personnel to run a 5 out offense most effectively, you will likely have a tougher time defending bigger traditional post players, as well as securing rebounds on the offensive and defensive sides of the ball.

Generally, this type of offense is conducive to a faster paced team that likes to get after the ball on defense and push out in transition whenever they have the opportunity, so if that fits your personnel or coaching style, you'll definitely want to add some of these to your own personal playbook.

Play: Double Drag

Coach: Kenny Wells, Head Coach

School: University of Pikeville

Description: We'll begin with a set that puts our wings down in the corners, and brings both bigs out past the three point line, each roughly above the left and right lane lines extended.

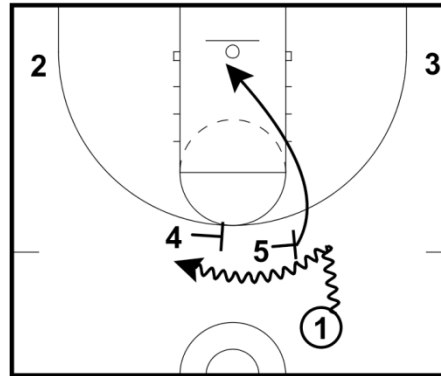
This is a simple play, with the bigs setting double ball screens and the point guard attacking the defense as he comes off them.

One of the bigs will dive and the other will hold up top, but that is for them to read and figure out – whoever's man is in worst position to defend a hard roll to the hoop should be the one rolling. Most of the time it will be the first screener, but once you've run this play a couple times, you'll find the defense may adjust.

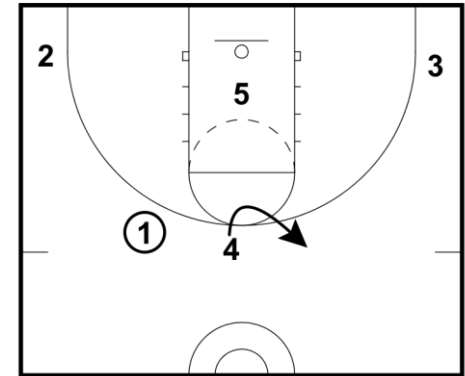
Now if the point guard can hit the roller, who is the center in this example, he will, but otherwise we want him to swing it back to the four man up top.

The center should be working hard in the paint to establish deep post position, and we want our power forward to make the high low pass if it's available.

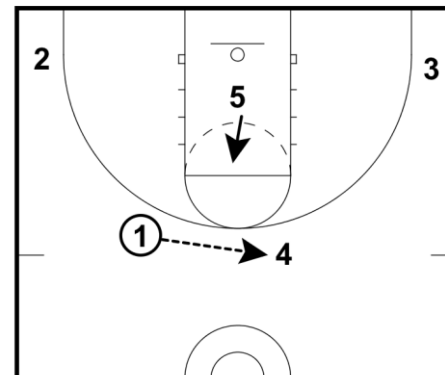
Double Drag
University of Pikeville



Double Drag
University of Pikeville



Double Drag
University of Pikeville



Play: 2 Side

Coach: Kenny Wells, Head Coach

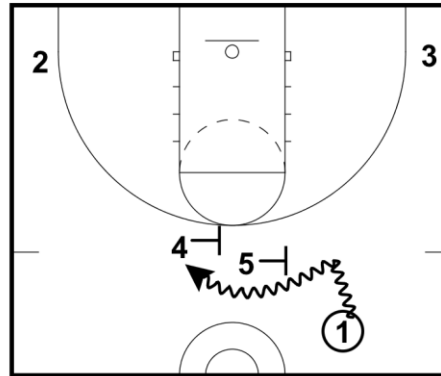
School: University of Pikeville

Description: This is similar to the last play, however with a slight difference – our first option is a catch and shoot opportunity for the power forward.

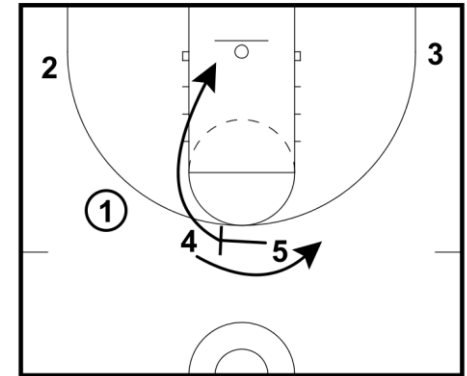
The play will begin the exact same way, however instead of having the first screener roll to the hoop, he will turn around and set a flare screen for the power forward.

The point guard will look to the power forward fading back over to the right, at which point the power forward can pull the trigger or look to hit the center slipping to the hoop after setting the second pick.

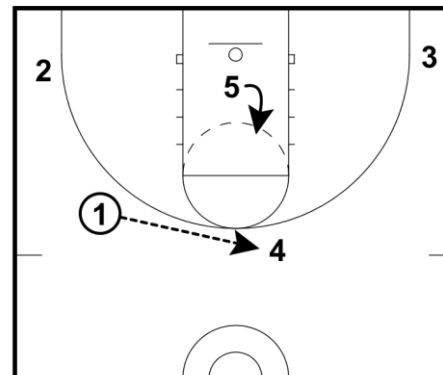
2 Side
University of Pikeville



2 Side
University of Pikeville



2 Side
University of Pikeville



Play: Thumb Up

Coach: Trace Bevell, Head Coach

School: Western Wyoming Community College

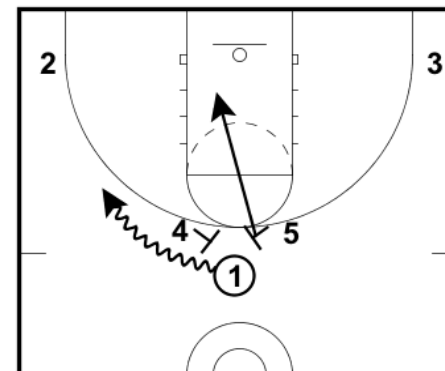
Description: In this next play, we're going to give our point guard the option of which pick they want to use. With the wings down in the corners and the bigs both up top with the point guard, each big will set a ball screen.

They should both have their backs to the sideline nearest them, and the point guard will then read the defense and attack off of one of the picks. Whichever big man's pick goes unused will dive to the hoop, with the one who did set the ball screen popping out to the top of the arc.

The point guard can then look to create his own shot, hit the center rolling, or get the ball back up top to the power forward, who might have a better passing angle to the center.

Man Offense Set: Thumb Up

Western Wyoming Community College



Play: Thumb Up

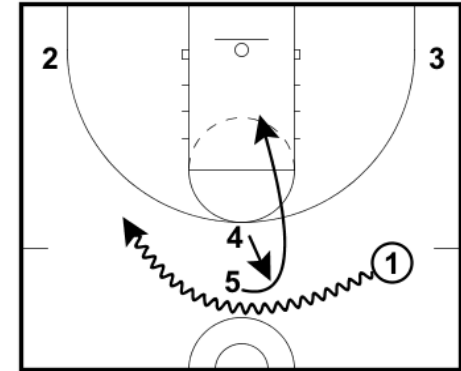
Coach: Trace Bevell, Head Coach

School: Western Wyoming Community College

Description: Here's another variation, this time with the center and power forward stacking at the top of the arc. The stack will act as a sort of ball screen, and as the point guard dribbles past it, rubbing shoulders with the high player, that will cue the high player to peel off and dive to the hoop. The lower of the two will pop out, again leaving the point guard with a couple different options to get his team a high percentage shot.

Man Offense Set: Stack

Western Wyoming Community College



Play: Flat

Coach: John Ross, Head Coach

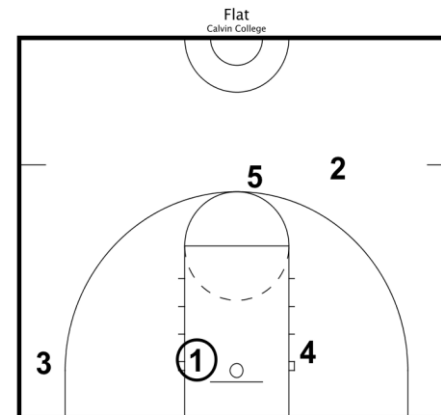
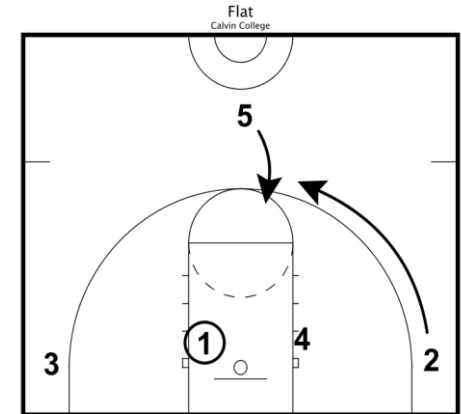
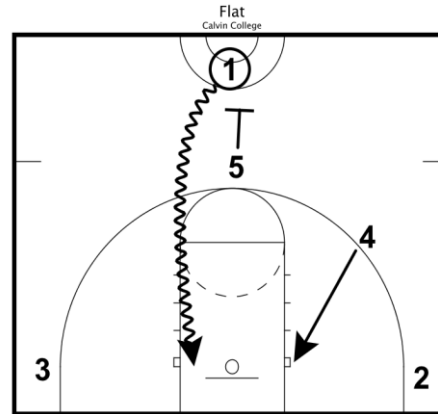
School: Calvin College

Description: For this next play we'll start off with a slightly different alignment. Although the wings will once again begin in the corners, we'll put the power forward on the left wing and the center right at the top of the arc, with our point guard up near the half court line.

This is because we want our point guard to have a head of steam as he comes down to set a flat screen for the point guard. The point guard can go off the screen either way – if he goes off the right side of the center, the power forward will dive to the hoop and the center will spot up at the top of the arc, and if he goes off the left shoulder, the center will roll to the hoop and power forward will fill in at the top of the arc.

As the point guard attacks, he can look to get all the way to the hoop, take a pull up jumper, or kick to any of his teammates.

As a safety however, we want the shooting guard to peel off and head up to around the half court line to play safety in case the defense gets a quick rebound and transition opportunity.



Play: 5

Coach: Todd Holthaus, Head Coach

School: Pima Community College

Description: Up next we have a 5-out set with a couple different options. We'll start off with all five players out around the arc, with the shooting guard and small forward on the wings and the center and power forward a little lower, closer to the corners.

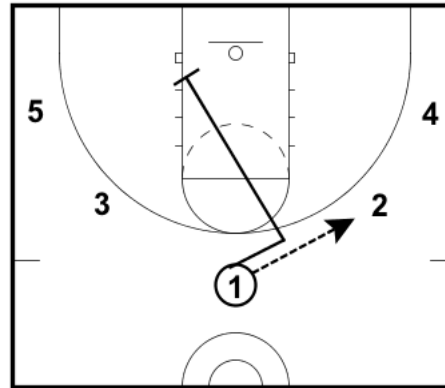
The play will begin with the shooting guard receiving a pass from the point, who will then cut through the paint to the left block. This is to set a screen for the center, who will come along the baseline and then up at the block to use the screen and cut to the top of the arc.

As the center comes down to use his screen, the small forward will cut through the key to the right block, posting up for a beat.

If we can't hit the small forward on the post up, the point guard will cut out to the left wing, and the small forward out to the left corner. From there, the shooting guard can hit the center at the top of the arc, resetting our offense. We also have a second option for the two guard at that point, which we'll look at on the next page.

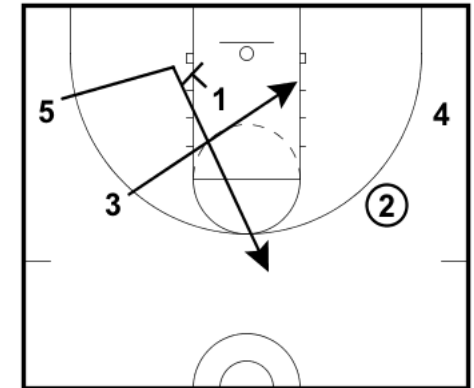
Man Offense Set: 5

Pima Community College



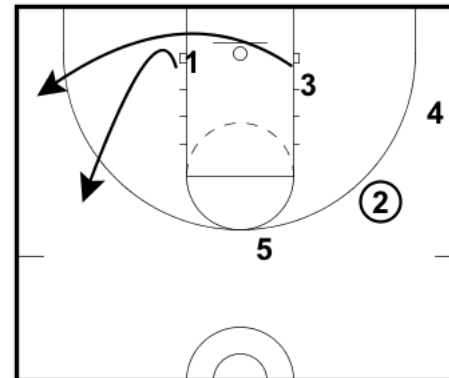
Man Offense Set: 5

Pima Community College



Man Offense Set: 5

Pima Community College



Play: 5 – Baseline Option

Coach: Todd Holthaus, Head Coach

School: Pima Community College

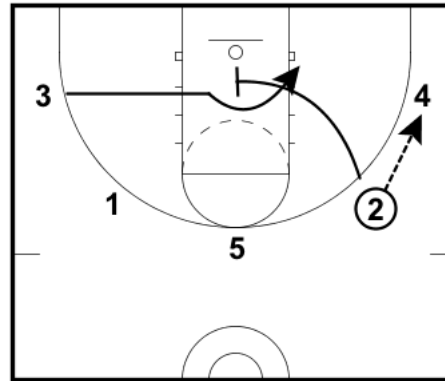
Description: Now instead of reversing back to the five, the shooting guard can hit the power forward in the corner and then sprint into the paint to set a flex screen for the small forward.

The four man will look to hit the three on the post entry, or our next option, with the point guard and center coming down to set a double screen for the two guard, who will cut out to the top of the arc looking for a quick catch and shoot opportunity.

If neither of these options are available off the bat, the power forward can dribble up to the right wing and pass to the two guard up top, with the rest of the players spacing back out around the arc, putting us back at square one of the offense.

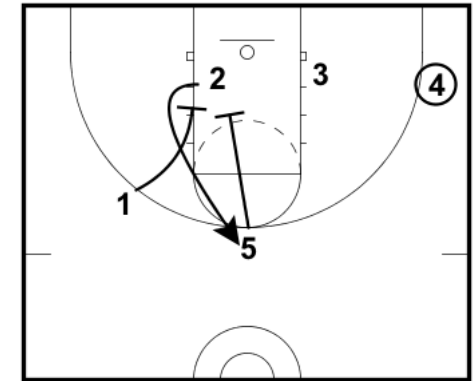
Man Offense Set: 5 – Baseline Option

Pima Community College



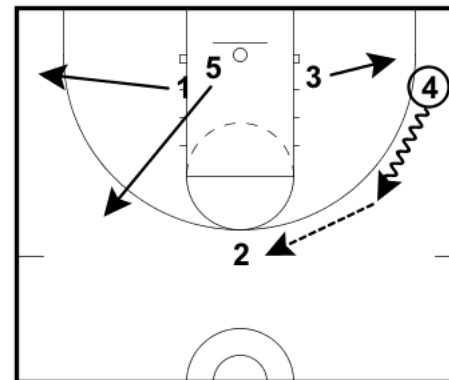
Man Offense Set: 5 – Baseline Option

Pima Community College



Man Offense Set: 5 – Baseline Option

Pima Community College



Play: 5 – Flare Option

Coach: Todd Halthaus, Head Coach

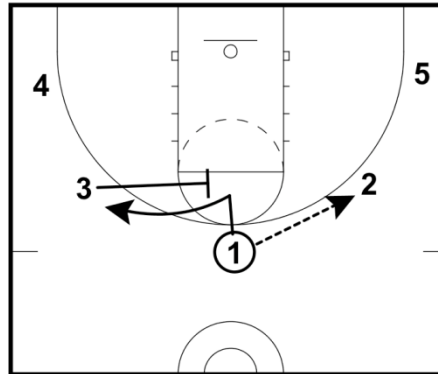
School: Pima Community College

Description: Our third option out of this set will begin with a pass to the two guard on the right wing, and a flare screen set by the small forward for the point guard, who will fade over to the left wing.

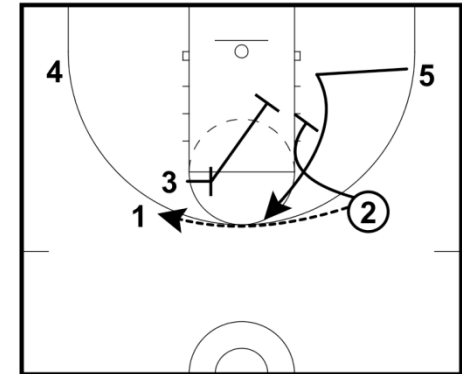
Once the two guard has hit the point on the fade, both he and the small forward will come over to set a double screen for the center.

The point guard can then look to hit the center for a catch and shoot, with the small forward and shooting guard spacing out to the right wing and right corner, putting us back in our basic 5-out set.

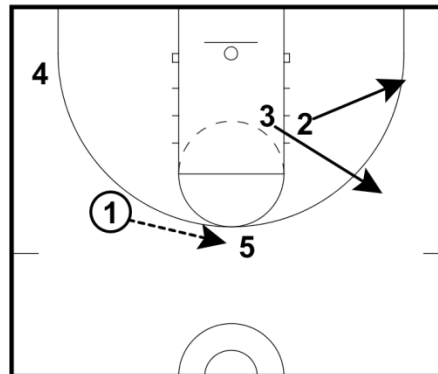
Man Offense Set: 5 – Flare Option
Pima Community College



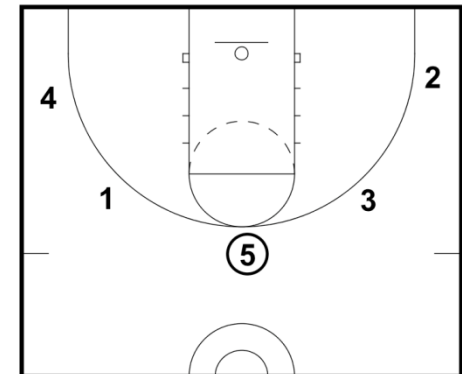
Man Offense Set: 5 – Flare Option
Pima Community College



Man Offense Set: 5 – Flare Option
Pima Community College



Man Offense Set: 5 – Flare Option
Pima Community College



Play: Tiger

Coach: John Ross, Head Coach

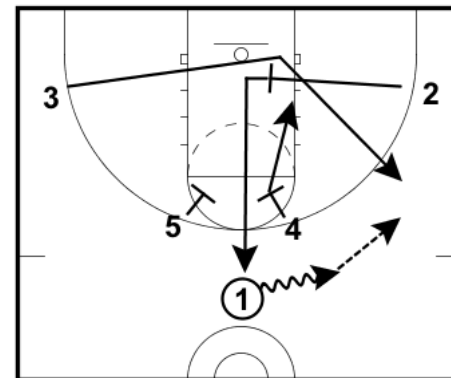
School: Calvin College

Description: Our last play out of the 5-out formation will begin with the wings down in the corners and bigs up top outside the arc. Both the center and power forward will set ball screens, allowing the point guard to choose which side of the court he wants to run the play on.

When he dribbles over to a side – we'll use the right side for this example – the ball side wing will sprint down into the paint to set a cross screen for the weak side wing. The small forward will use the two guard's screen popping out to the right wing to receive a pass from the point guard. Next, the two bigs will set an elevator screen for the shooting guard, who will come in between them and out to the top of the arc. The four man will roll, and our small forward will be able to choose between hitting the two guard for a three pointer or the four man rolling to the hoop.

Offensive Set: Tiger

Calvin College



Stacks & Boxes

Sometimes, especially when up against an aggressive defense, just getting into your offense can be a challenge. And while most of our plays have options that involve a dribble entry or other alternate entry possibilities, it can be a good idea to work on a couple plays that you can use specifically to get into your offense.

Oftentimes we see stack and box sets on inbounds plays, because they allow us to both cut or screen in almost any direction, and make it very tough for the defense to read. These are exactly the same reasons that make the stack and box effective as live ball plays.

They also don't need to be overly complex. We have three stack plays, and they are simply a base play and two counters that can be run with slight adjustments.

If executed correctly, while they may not always create scoring opportunities, they will force the defense to commit to protect the hoop, allowing you to make the correct read and at worst case get an easy wing entry pass.

Play: Entries into 5 - Stack

Coach: Todd Halthaus, Head Coach

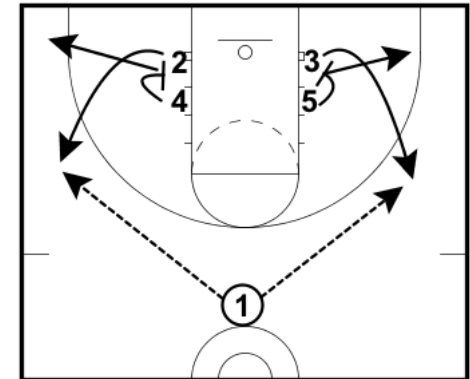
School: Pima Community College

Description: The first of two stack entries that we can use is simple enough. With the center and power forward high, and the wings below, the bigs will pivot and set screens for the wings to cut outside the arc and receive an entry pass from the point guard.

Depending on whether you want to run a 5-out or 3-2 set from here, you can have the bigs stay down on the block or space out into the corners.

Man Offense Set: Entries Into 5 – STACK

Pima Community College



Play: Entries into 5 - Cross

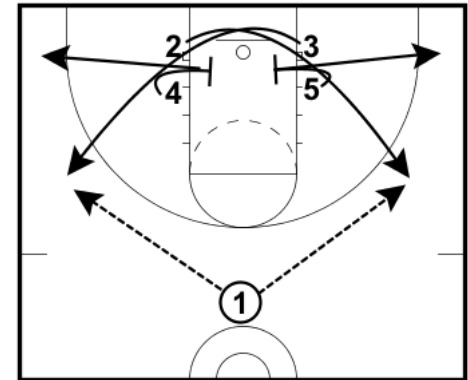
Coach: Todd Halthaus, Head Coach

School: Pima Community College

Description: Now instead of having the bigs set outside screens for the wings, we'll have them step inside towards the hoop and set cross screens, with the wings crossing underneath the hoop and sprinting out to the wing on the other side of the court. Again, the bigs can either stay down on the block, or space out into the corners after.

Man Offense Set: Entries Into 5 – CROSS

Pima Community College



Play: Quick Two

Coach: Carol Halford, Head Coach

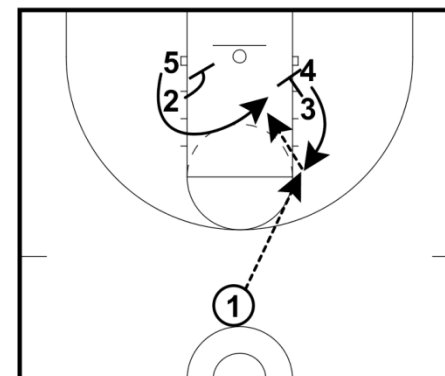
School: William Baptist College

Description: If you need to try and score quickly – only a couple seconds left on the clock, or trying to create a 2 for 1 opportunity, this is a great play to run for a high percentage shot.

Your point guard will start out up top, with the shooting guard and center stacking on the left block, and the forwards stacking on the right block. The perimeter players will then both turn inside and set down screens for the post players, with the power forward coming up to the most, and the center curling right to the hoop.

We want the point guard to hit the power forward, who will use his improved passing angle to fire off a quick pass to the center for a layup.

Quick Hitter: Get 2 Points Quickly
Williams Baptist College



Play: Boston - Box

Coach: Ron Niekamp, Head Coach

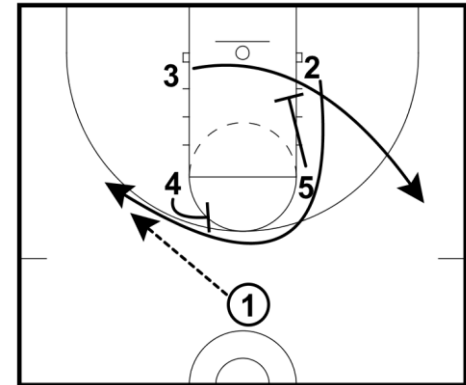
School: University of Findlay

Description: For this box set, we'll have both our bigs up top at the elbows, and the wing players down on the blocks.

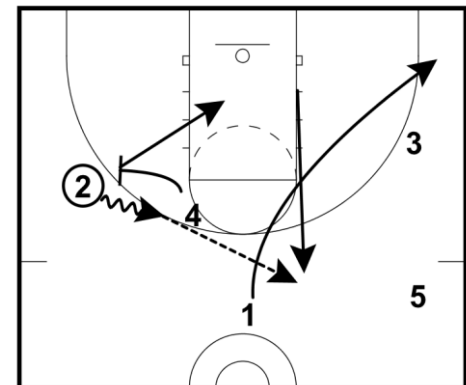
On the point guard's signal the center will come down and set a downscreen for the two guard, who will cut up to the arc and then use the power forward's flare screen to fade over to the left wing. The small forward will sprint out to the right wing for proper spacing.

The point guard will then sprint down into the right corner and the center will sprint up the lane line to the top of the arc. Next, the power forward will come over to execute a pick and roll with the two guard, attacking the paint and looking to score, hit the roll man, or kick to the center at up top.

Boston - Box
Boston



Boston - Box
Boston



Play: Best Backdoor Ever

Coach: Shawn Huse, Head Coach

School: MSU Northern University

Description: If you're up against a defense that is prone to over committing on screens, this next backdoor play will force them to reign in their pursuit.

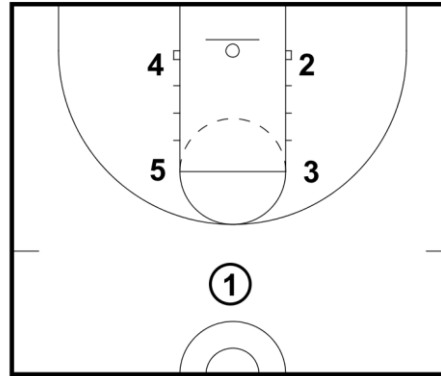
The center will start up on the left elbow, power forward on the left block, two guard on the right block and the small forward on the right elbow.

The point guard will initiate the play by dribbling hard over to the left wing, with the shooting guard sprinting along the baseline to use a double screen by the two big men, and the small forward stepping out behind the arc on the weak side wing.

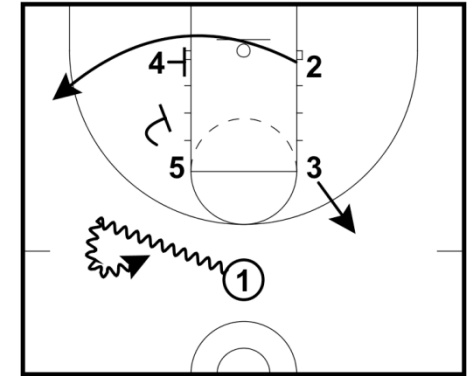
The shooting guard and double screen action are a decoy, designed to empty out the weak side of the court. The point guard will reverse pivot, with the small forward planting high and cutting backdoor to the hoop, looking for the lob or bounce pass.

It's vital that both the small forward, shooting guard, and point guard really sell the initial action, as if it's done half heartedly, the defense will be prepared for the backdoor cut.

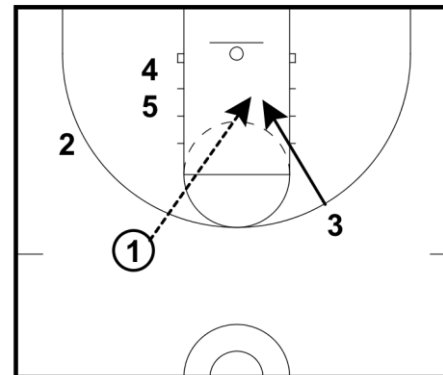
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