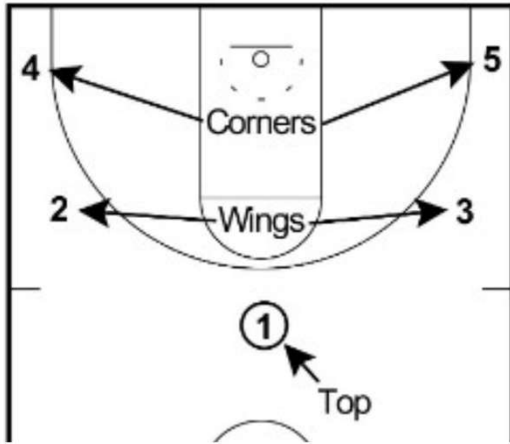


Motion Offense (5-out)

Simple Summary

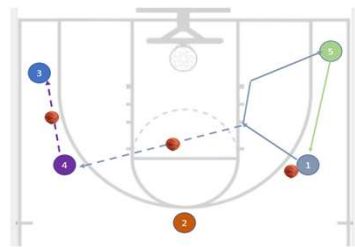
Spacing:



Simple Rules for half court offense:

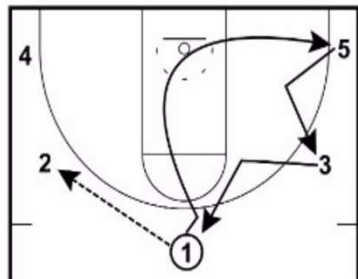
1. Move after pass/drive (Cut, Screen or Fill)
2. Move with purpose (create ROBS shots & take)
3. Dribble to attack and then shoot or pass
4. Maintain spacing and keep middle open
5. Catch ready & knowing if going to shoot, drive or pass
6. If D overplays/turns back or dribbled at, Cut
7. Do NOT pass back ball to who passed it you *(unless they are in scoring position)*
8. Do Not Drive after a Drive (Swing or Shoot)
9. Do Not take a 'no pass shot' unless a layup
10. You should NOT be standing still for >3 secs *(if not open, cut, or screen to get teammate open)*

Progression 1: AKS (Attack, Kick, Swing)

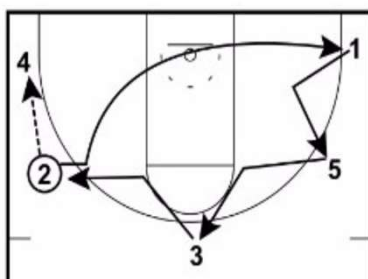


Progression 2: Pass and Cut away; other players Fill in direction of pass

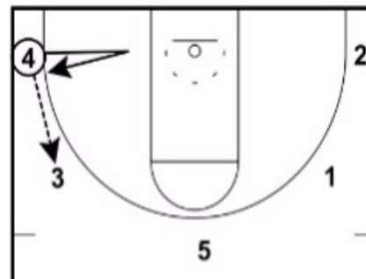
Top to Wing



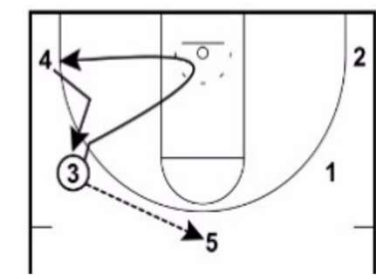
Wing to Corner



Corner to Wing

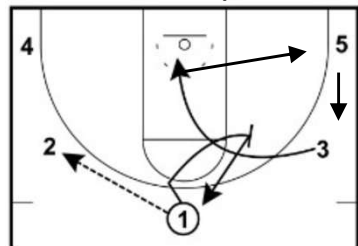


Wing to Top

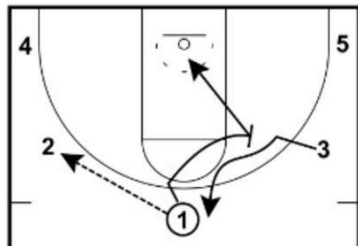


Progression 3: Pass & off-ball Screen one player away

Screen & Pop

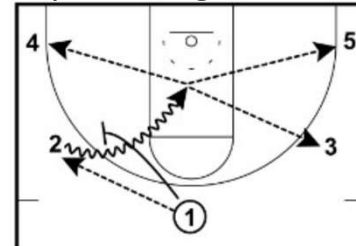


Screen & Dive

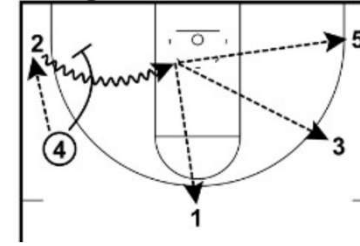


Progression 4: Pass & on-ball Screen

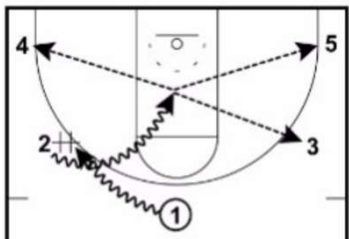
Top to Wing



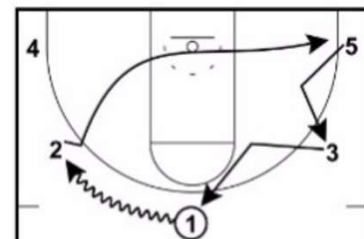
Wing to Corner



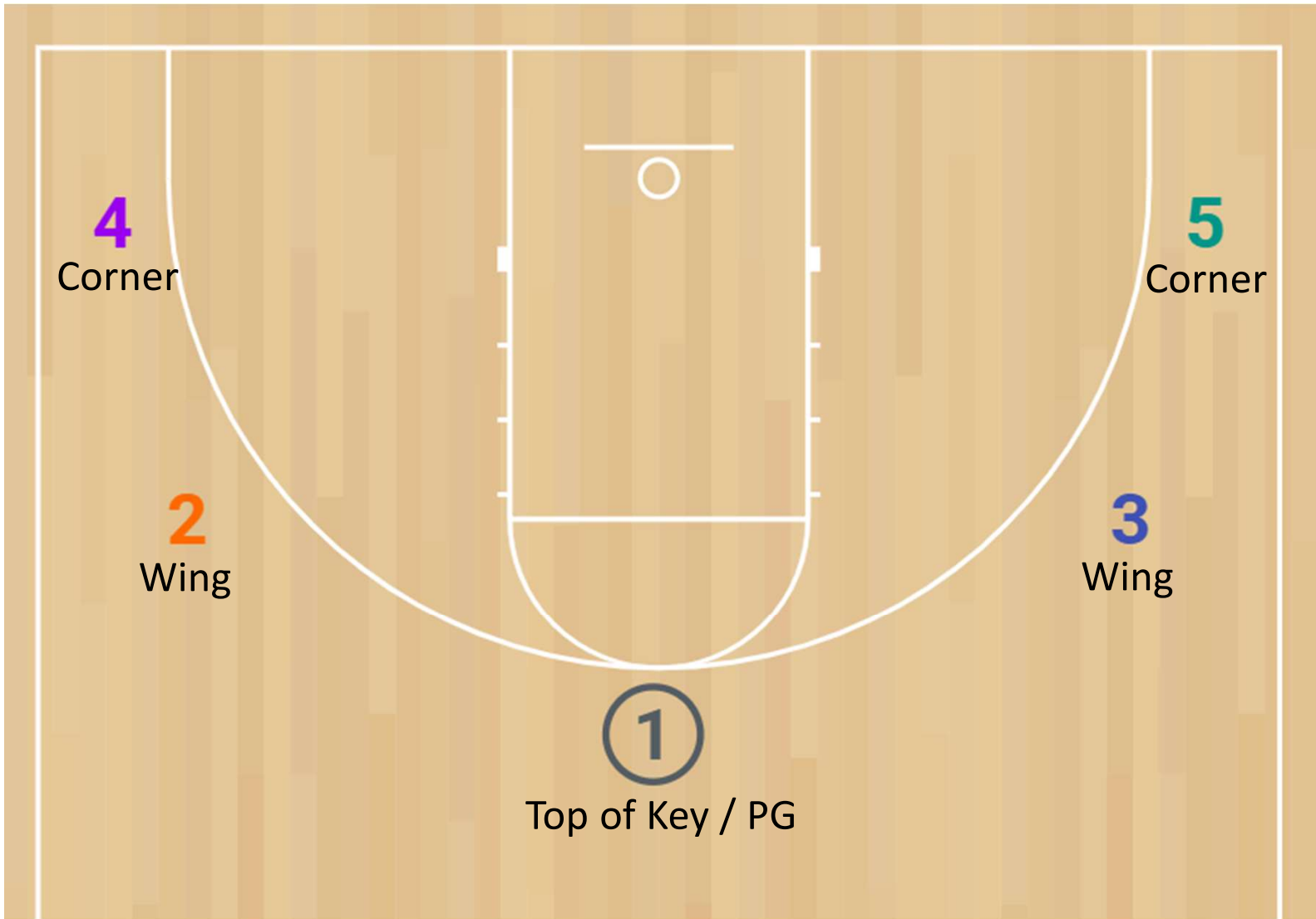
Progression 5: Dribble Handoff



Progression 6: Dribble at



Motion Offense (5-out) Spacing



Motion offense (5-Out)

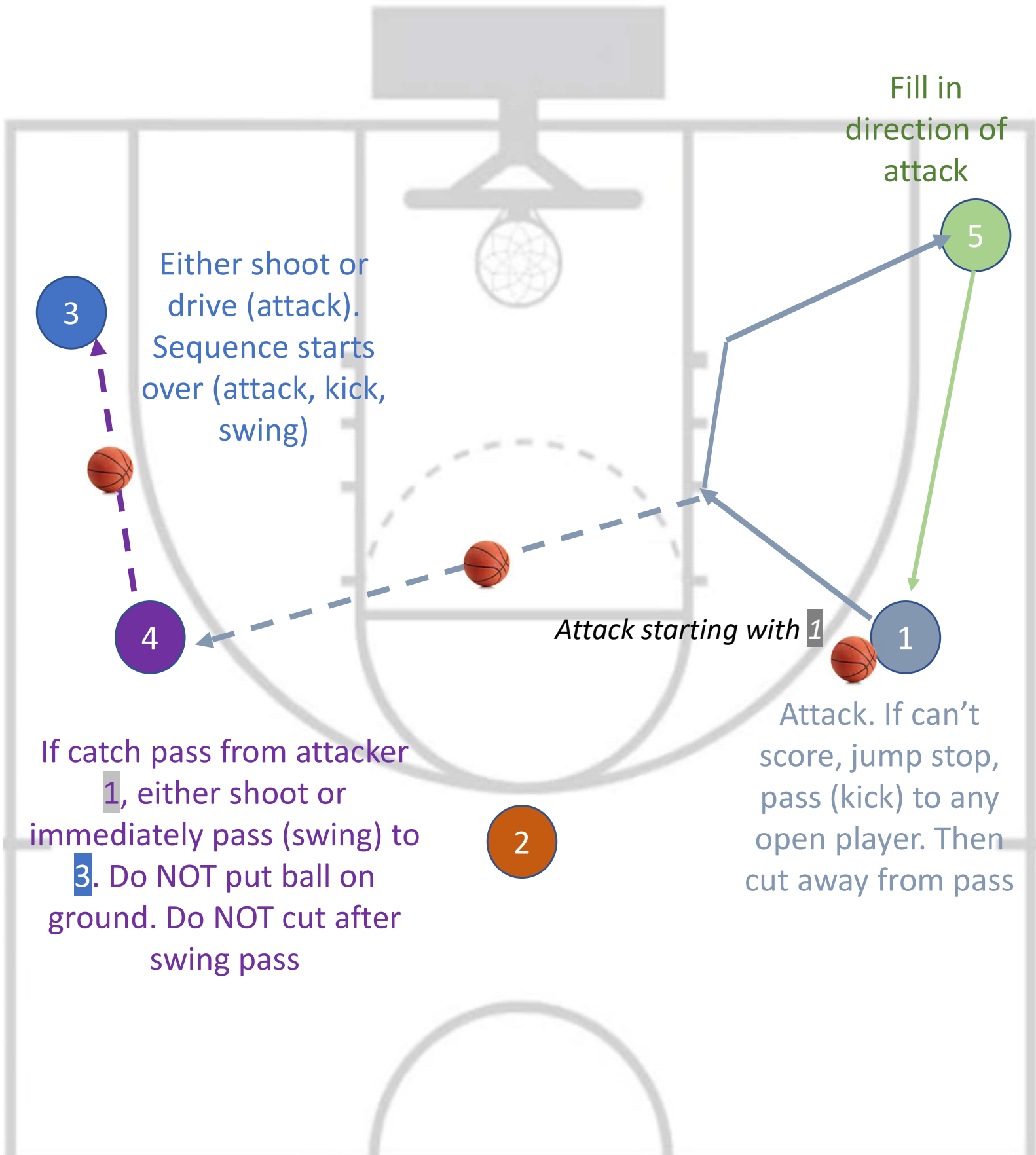
Simple Rules for half court offense

1. Move after pass or drive (cut, screen or fill)
2. Move with a purpose (to create ROBS shots & take)
3. Dribble to attack and then shoot or pass
4. Catch ready & knowing if going to shoot, drive or pass
5. Maintain spacing and keep middle open
6. If defender overplays/turns back or dribbled at, Cut
7. Do NOT pass back ball to who passed it to you
(unless they are in scoring position)
8. Do Not drive after a drive (Swing or Shoot)
9. Do Not take a 'no pass shot' unless a layup
10. Do Not stand still for >3 secs if not open
(if not open, cut, or screen to get teammate open)

Note: These are general rules that will make the team and you play better over the course of a game and season. There will be plays (e.g. dribble hand off) or specific situations, when the right decision goes against a rule – that is ok. As a basketball player you need to do what you think is right in the specific moment and not overthink it.

Motion Offense (5-out)

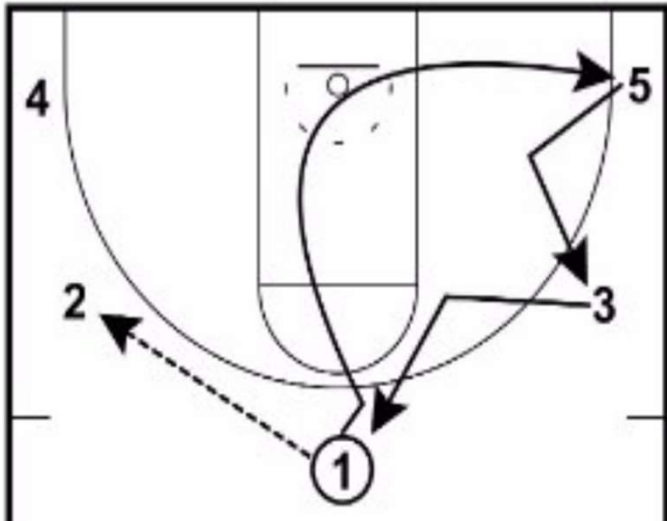
Progression 1: Attack, Kick, Swing (AKS)



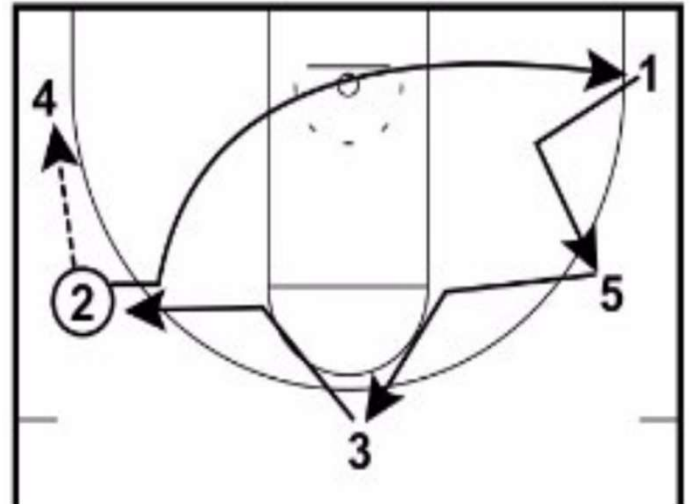
Motion Offense (5-Out)

**Progression 2: Pass and Cut away;
other players Fill in direction of pass**

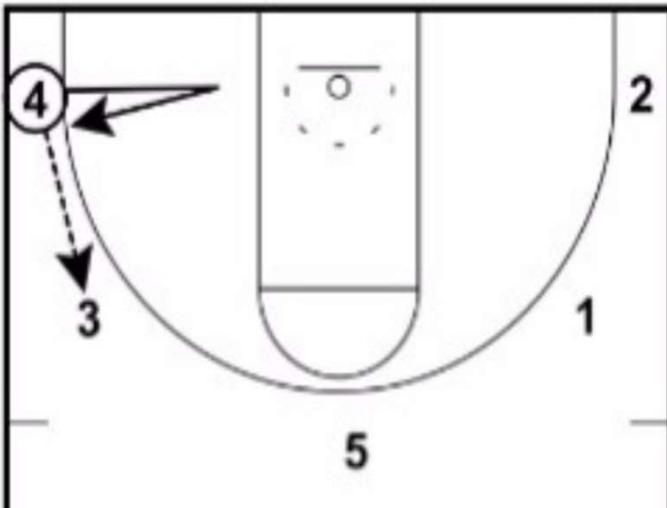
Top to Wing



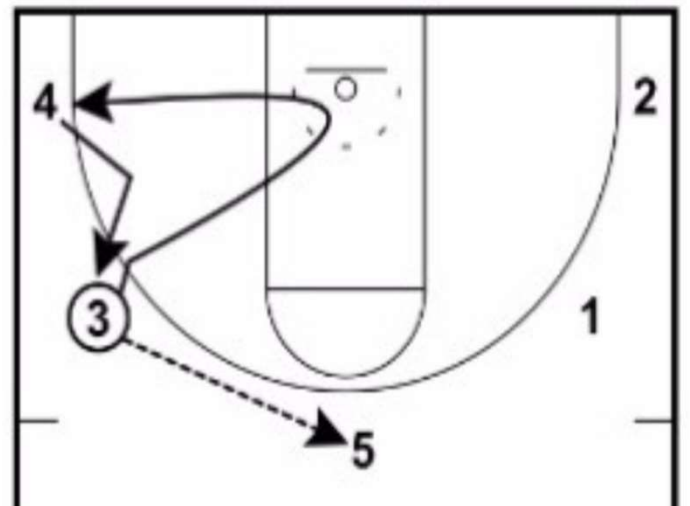
Wing to Corner



Corner to Wing



Wing to Top



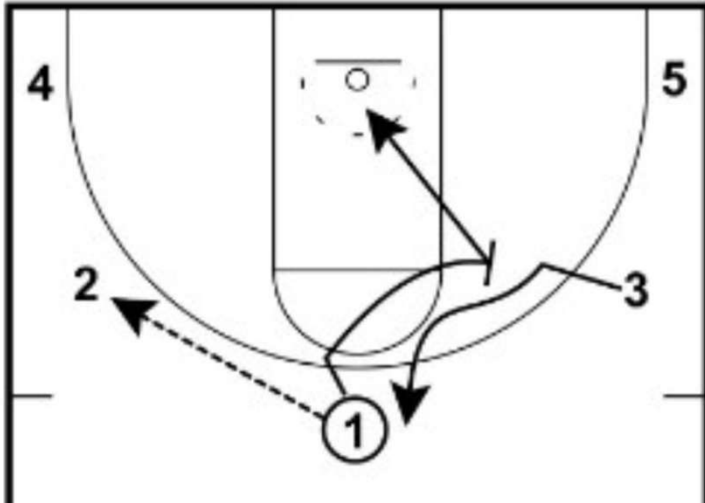
Motion Offense (5-Out)

Progression 3: Pass and off-ball screen one player away

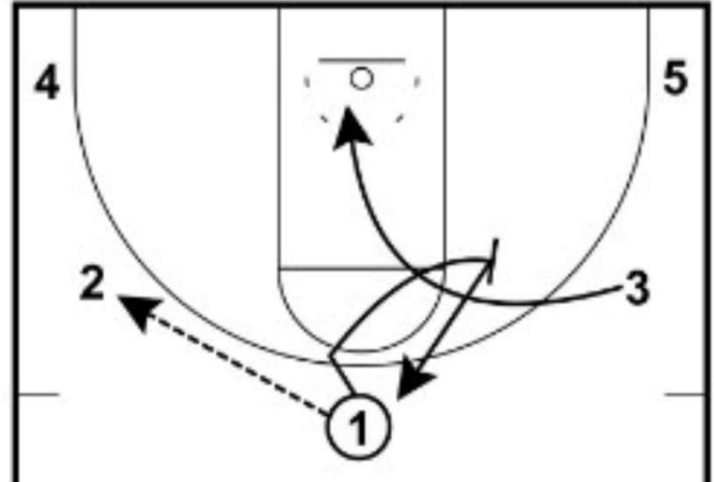
Progression 4: Pass and on-ball screen one player away

#3: Pass & off-ball screen

Screen & Cut To Basket

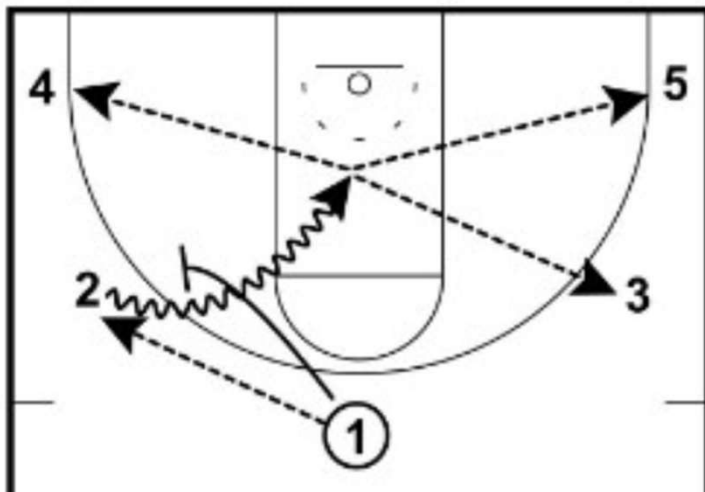


Screen & Pop Back Out

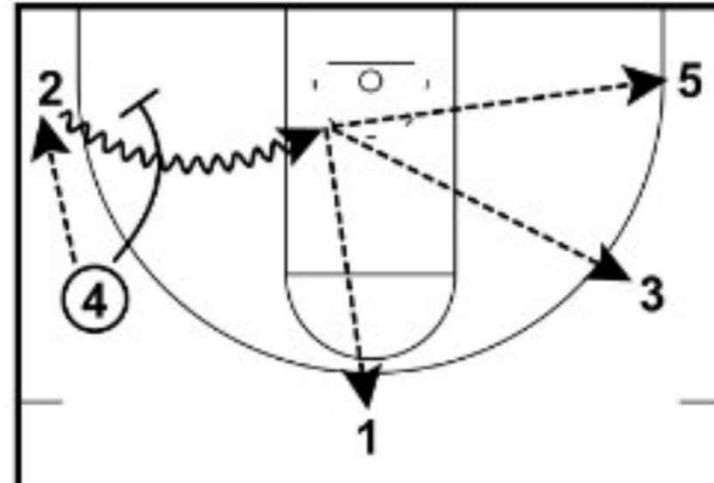


#4: Pass & on-ball screen

Top to Wing



Wing to Corner

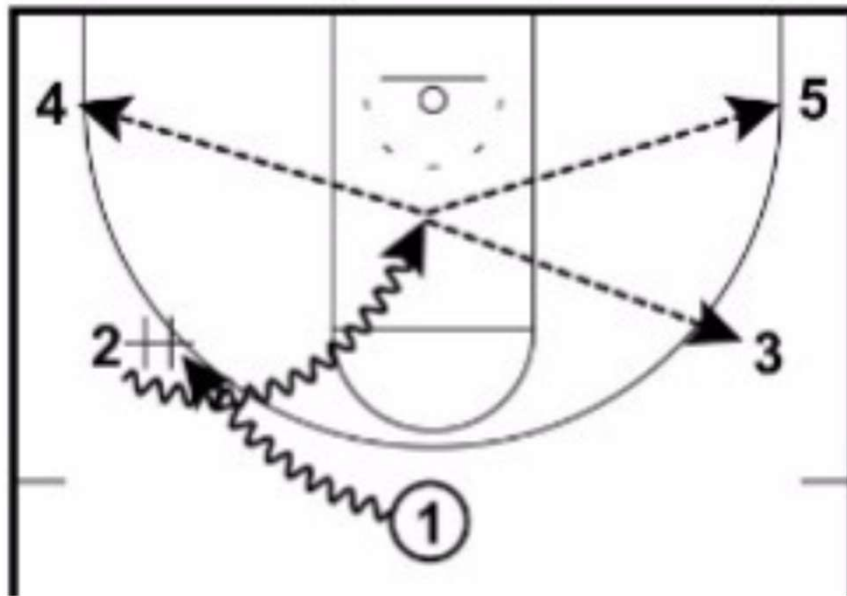


Motion Offense (5-Out)

Progression 5: Dribble Handoff (or Pass w/ Inside Cut)

Progression 6: Dribble At

#5: Dribble Handoff



#6: Dribble At

