



Offensive Sets

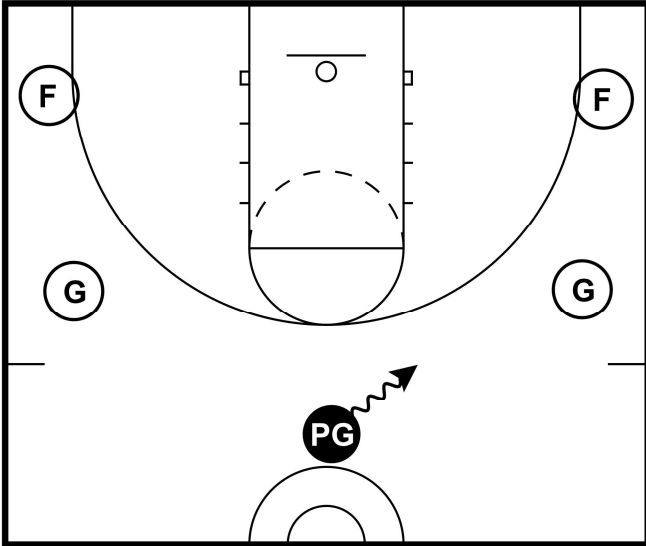


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Man to Man Offense

5 Out Motion Offense
Offensive Sets - M2M



5-Out Spacing:

Long Cutters = Level w/the rim, outside the arc.

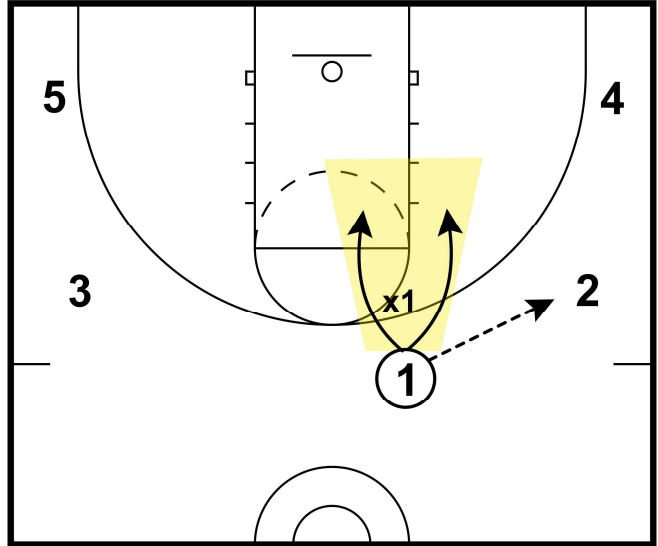
Wings = Freethrow line extended (FTE), outside the arc.

Point = Well above top of the circle. He is encouraged to favor a lane to shorten his pass.

Emphasize "BIG SPACING" outside the arc. When in doubt, space out! (GO/GO principle)

*Special Note: Don't let the numbers confuse you. We want to be positionless AMAP.

5 Out Motion Offense
Offensive Sets - M2M

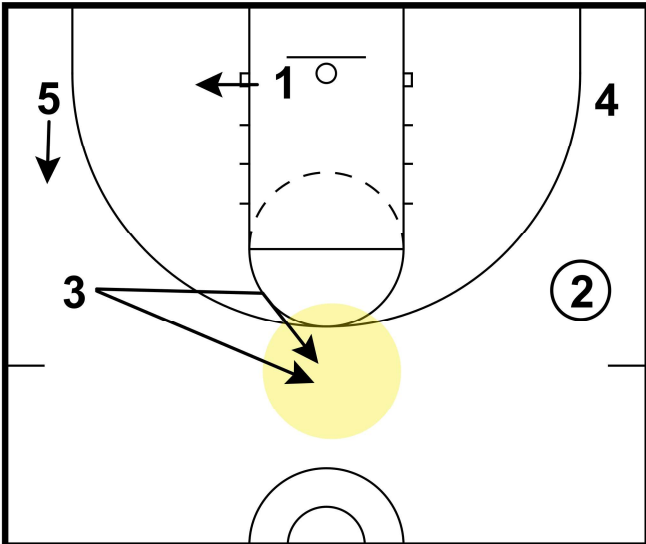


5-Out Cutting:

After passing, 1 needs to move off his spot. The most lethal cut is to the basket (aka Basket Cut). We are always telling our players to put pressure on the rim. This cut happens quickly and across the face of X1 (aka Front Cut). If X1 jumps to the ball, 1 could possibly rear cut to the basket.

Emphasize RPA on the catch. 2 catches and looks to the Rim (triple threat/5 mentality), Post (if present), Action (cutter).

5 Out Motion Offense
Offensive Sets - M2M

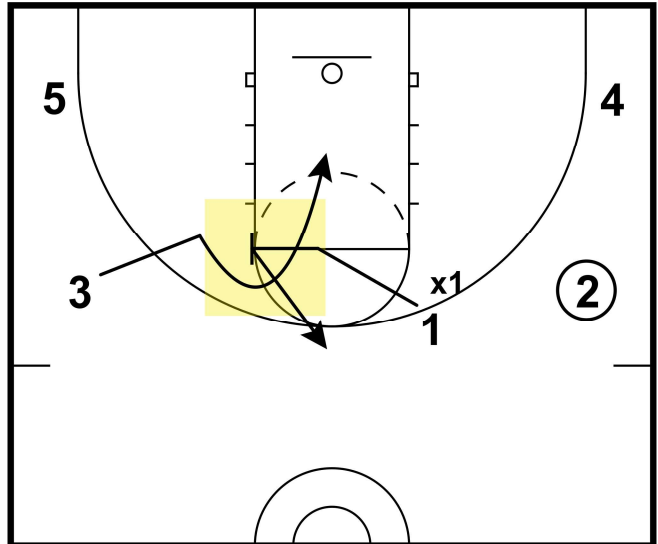


5-Out Replacing:

3 recognizes the open spot to be filled (aka Fill Cut). The cut he uses has everything to do with how he is being guarded. Blast Cut verses a sagging, help defender or an L-Cut to counter denial pressure.

Encourage 1 to space out away from the ball. 5 must fills up to make this possible.

5 Out Motion Offense
Offensive Sets - M2M



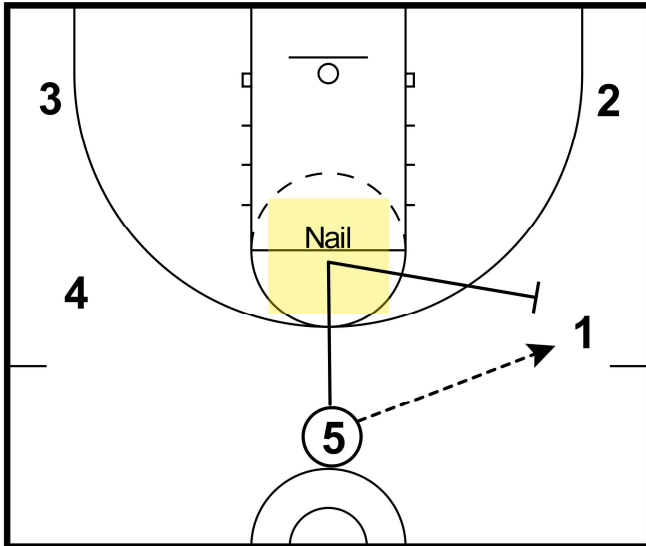
5-Out Screening Away:

If 1 is unable to make a clean cut to the rim, he has the option to do the next best thing: Screen away (from the ball) for a teammate. In this situation, a middle screen presents itself. We are still trying to put pressure on the rim. 3 is the next cutter to do so.

Screening Game Tip: Remind your 1st and 2nd cutters they should go opposite of each other. Emphasize the 3 W's (Wide, Wait and Watch).

Man to Man Offense

5 Out Motion Offense
Offensive Sets - M2M

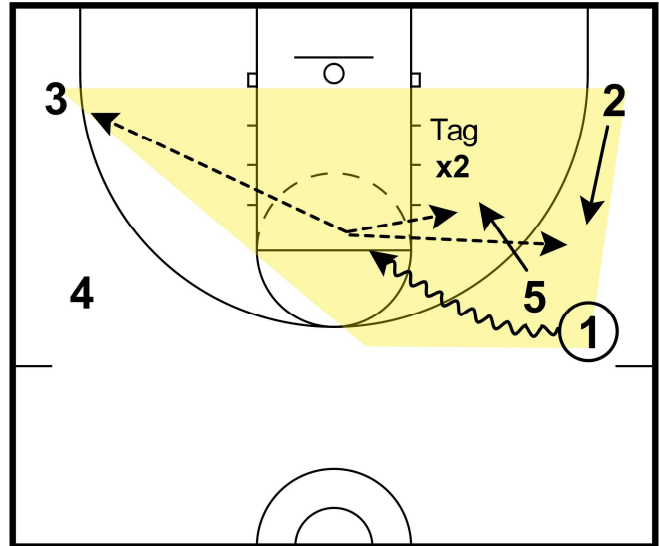


5-Out Ball Screening:

Screening on the ball isn't for everyone, but with the right combo of personnel it can be unstoppable. Here we see 5 chasing his pass into a ball screen for 1. He goes to the "nail" to ensure the best possible screening angle (force X1 to go over the screen) and then sprints to screen.

Encourage 1 to refuse the ball screen and attack the rim AMAOP. Seldom do teams have a defense for this situation.

5 Out Motion Offense
Offensive Sets - M2M



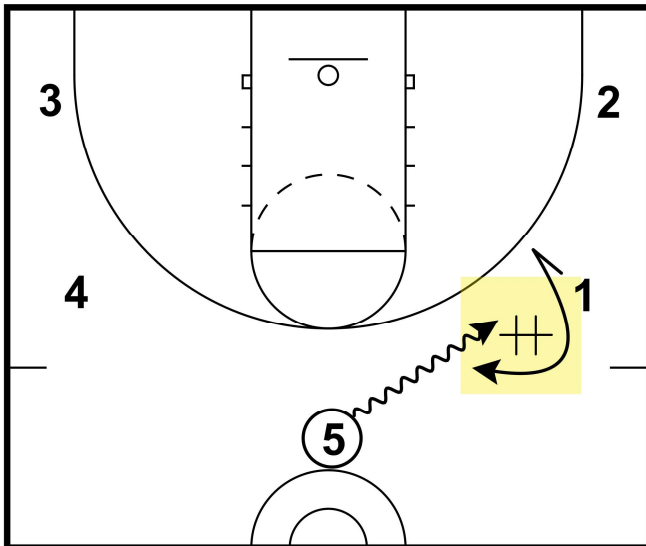
5-Out Ball Screening Back Action:

One of the reasons the ball screen can be so difficult to guard is the "Back Action". To stop 5 from scoring on his roll, X2 must help. This is called "Tagging". As this happens, 2 Lifts (aka Shakes) up behind the action.

1 must drive the ball 2 dribbles as he probes his options: 1) Get downhill. 2) Pocket pass to 5. 3) Pass back to 2. 4) Kick out to 3 and/or 4.

Instruct 3 and 4 to "Hold the Sideline" as 1 drives the ball. They should be "Shot Ready" as the HTS.

5 Out Motion Offense
Offensive Sets - M2M

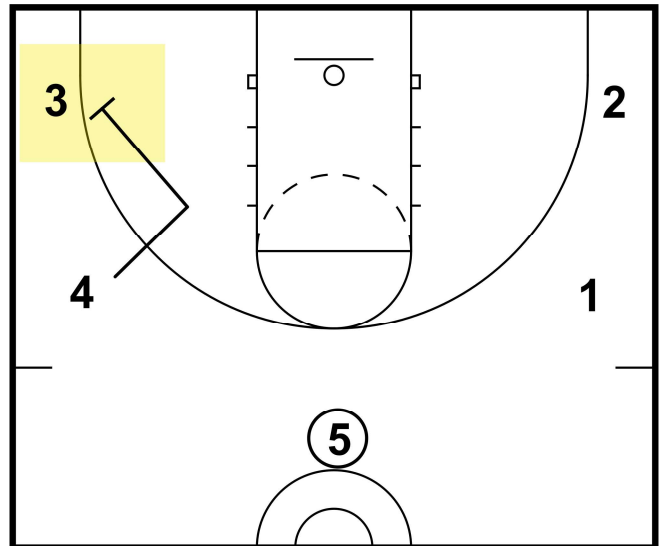


5-Out Dribble Hand-Off:

Similar to the ball screen, with the right combo of personnel, the use of the Dribble Hand-Off (aka Flip/Pitch) can be a hard to guard counter. It too should not be over used.

Encourage players to treat the DHO much like a ball screen: Back Action, Holding the Sideline, all apply.

5 Out Motion Offense
Offensive Sets - M2M



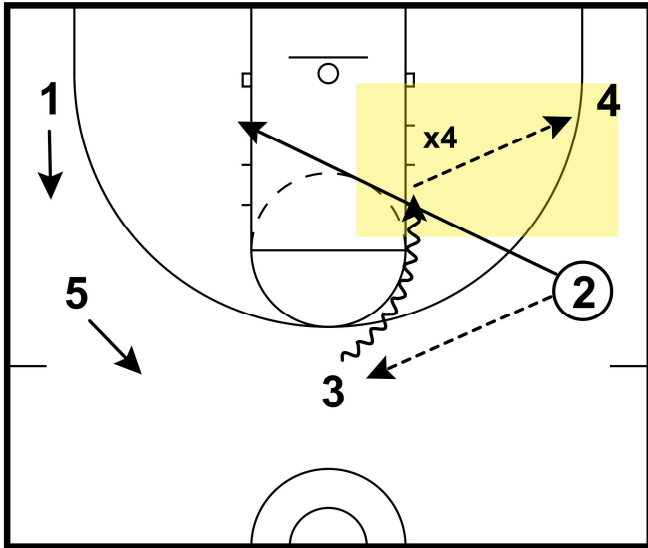
5-Out Wide Pin Down:

Players should be taught the value occupying their man and/or screening to get a teammate open. A wide pin down (WPD) screen does just that, all the while maintaining big spacing.

*Special Note: 4 Corner WPD Shooting is an excellent team shooting drill to teach these screens and cuts.

Man to Man Offense

5 Out Motion Offense
Offensive Sets - M2M

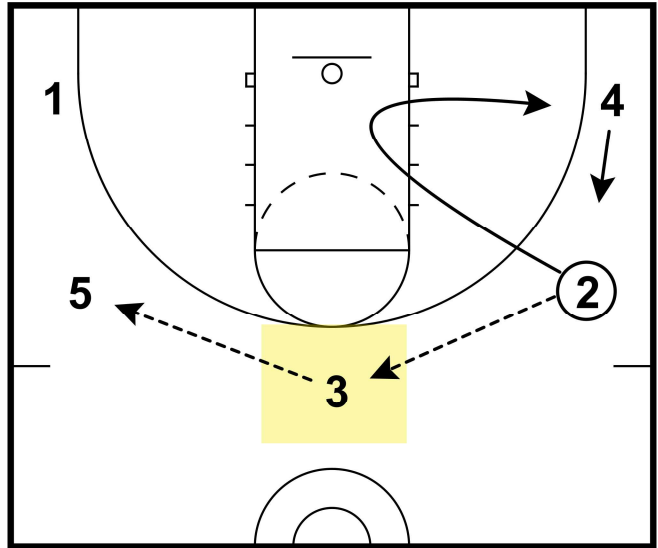


5-Out X-Cutting from the Wing:

It's important for your players to realize the options to cut and/or screen exist from the wing too. 2 passes back to the top and cuts to the basket (aka X-Cut), momentarily a double gap is created. We like to drive double gaps, but pass through single ones. How we fill and replace can be messy. So much of it depends on what the ball is doing. This diagram shows 3 driving the double gap.

This is the read to teach: Should X4 show 3 his numbers = kick it!

5 Out Motion Offense
Offensive Sets - M2M

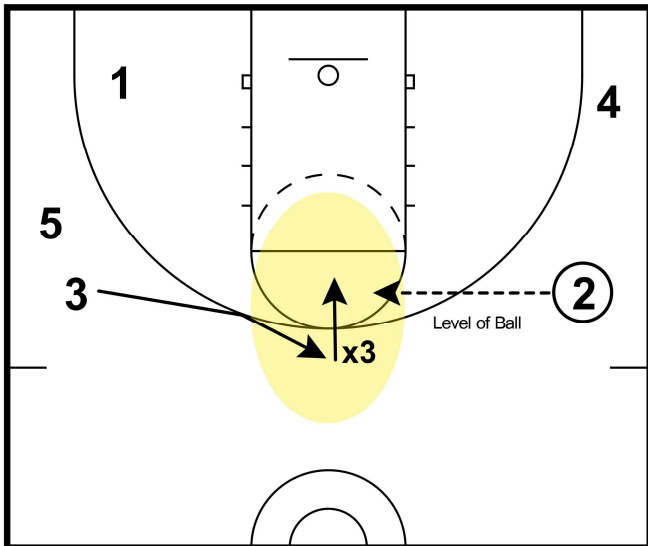


5-Out Cutting and Replace from the Wing:

2 passes back to the top and cuts to the basket, but this time the ball is changed like a double play in baseball. This action is perfectly fine, but 2 needs get out (GO/GO). 4 fills up to allow for 2 to space out and away from the ball.

Remember to pass through single gaps and drive double gaps. Create drills to enhance your players' .5 decision making skills.

5 Out Motion Offense
Offensive Sets - M2M

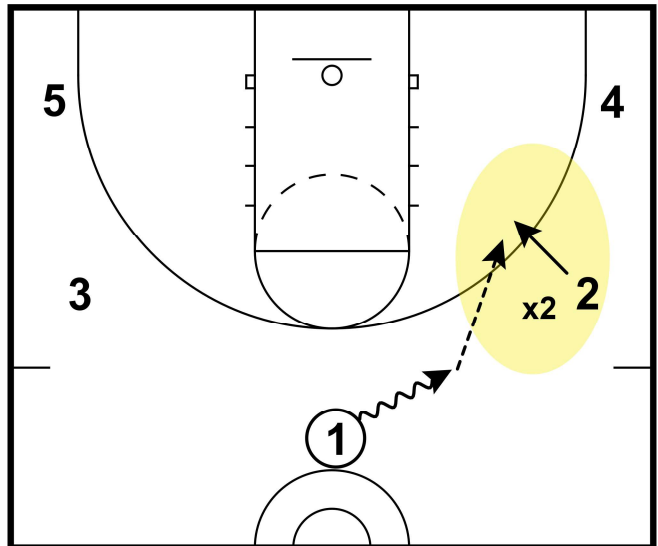


5-Out Butcher-Surgeon:

Learning to Back Cut (aka Bacon) pressure is not easy, but those who do become the most complete players in the game. The passer is just as important as the cutter. The two need to be in sync with each other and read the defense. Here 2 "Butcher-Surgeons" (Butcher = hard pass fake) and 3 reads this cue and back cuts to the rim.

Emphasize eye contact and pass fakes. Don't fight the pressure.

5 Out Motion Offense
Offensive Sets - M2M



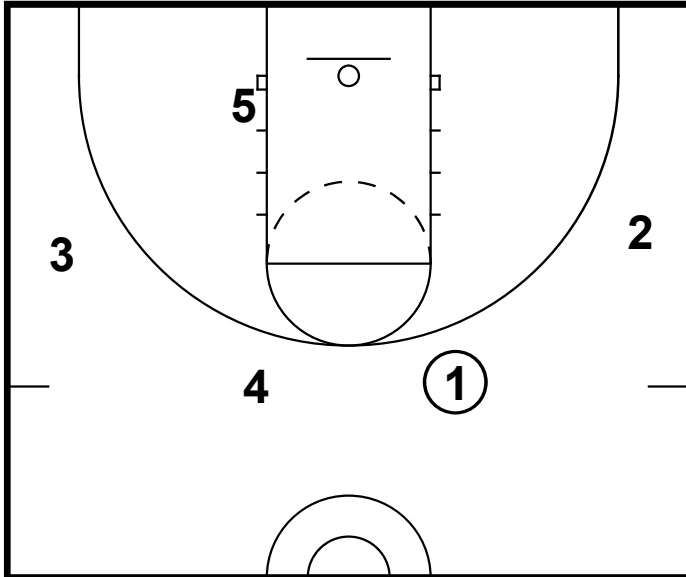
5-Out Dribble-at Back Cut:

This action is more advanced as the pass is made off the dribble. 1 dribbles at 2. When X2 peeks at the ball, 2 cuts hard. 1 bounce passes right off of X2's hip. It happens quickly with great precision. This same cut can easily be made off the baseline.

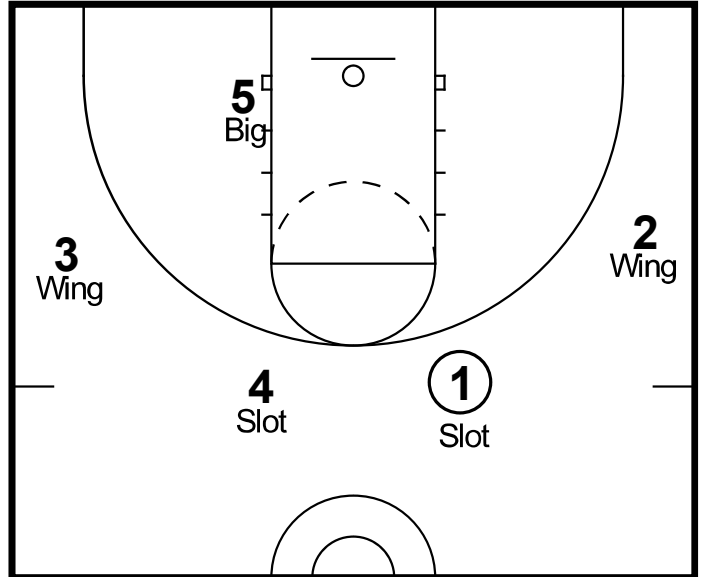
Remind the passer the height at which he releases the bounce pass is how high it will bounce up to his target.

Man to Man Offense

4 Out 1 In Motion Offense
Offensive Sets - M2M



4 Out 1 In Motion Offense
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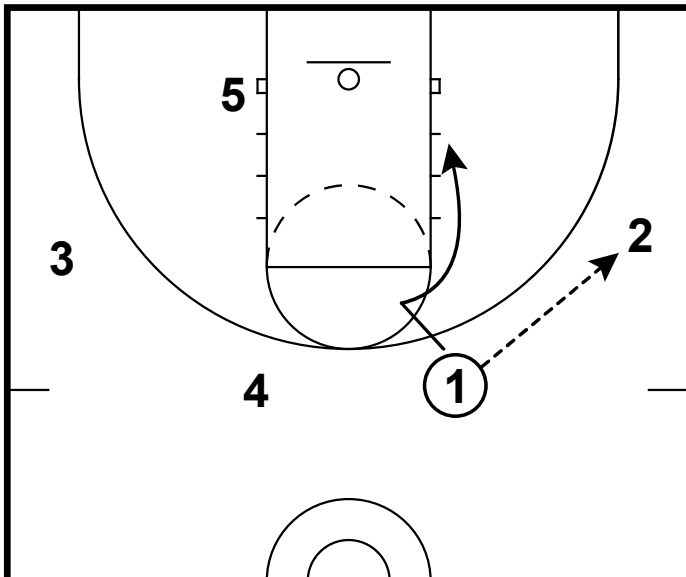
This 4 out, 1 in motion style offense is not a patterned or continuity style offense, rather a set of rules designed to give your players the ability to read and react to the defense.

Spacing is vital in any offense - but it is especially true here. ...

This offense is easy to learn yet hard to perfect. It's also very hard to scout and prepare for once fully implemented, due to its read and react nature.

Once your players feel comfortable, this offense can be initiated by any of the 4 perimeter players in any of the 4 spots. For our purposes we will start the ball with the 1 in the right slot position.

4 Out 1 In Motion Offense
Offensive Sets - M2M

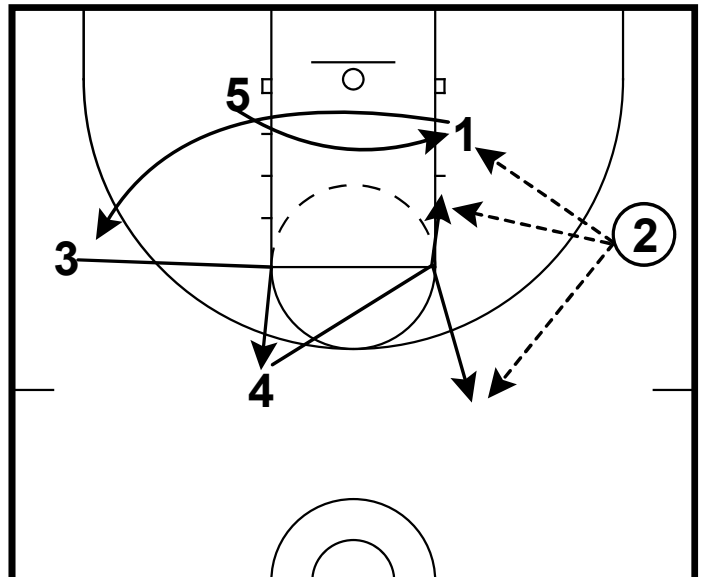


On a slot to wing pass, the slot (1) will make a hard basket cut.

Always set the defender up by taking a step away, and try to swim over his/her face.

Don't let players go through the motions on this cut. Each cut needs to be a scoring cut - if only to keep constant pressure on the defense.

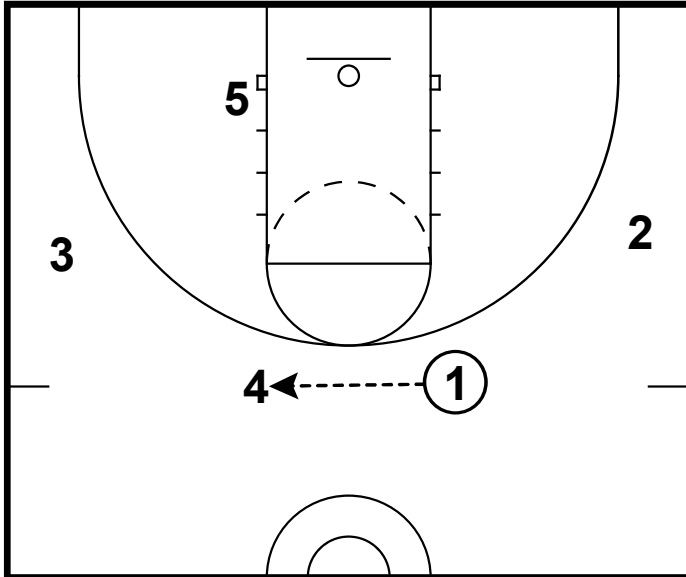
4 Out 1 In Motion Offense
Offensive Sets - M2M



If the cutting slot player (1) is not open on the basket cut, he/she continues through to the ...

Man to Man Offense

4 Out 1 In Motion Offense
Offensive Sets - M2M

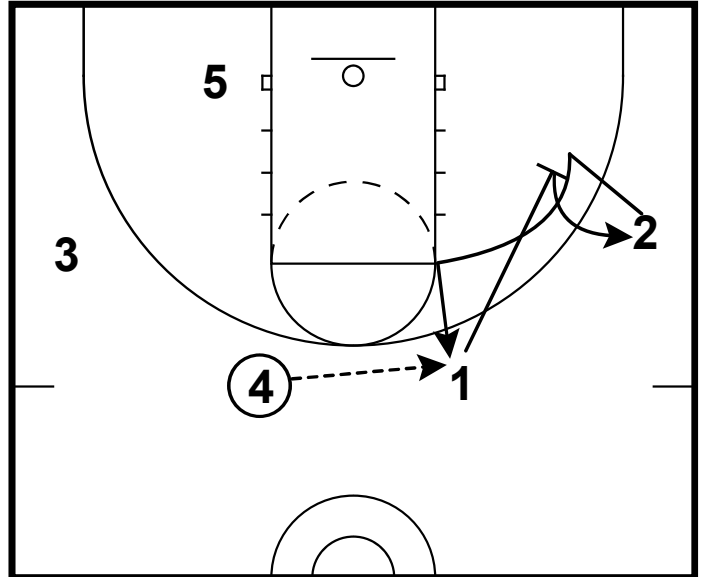


The next pass is a slot to slot pass.

On a slot to slot pass, the passer always screens away.

This pass provides us with the most options, based on how the defense decides to defend the screen.

4 Out 1 In Motion Offense
Offensive Sets - M2M

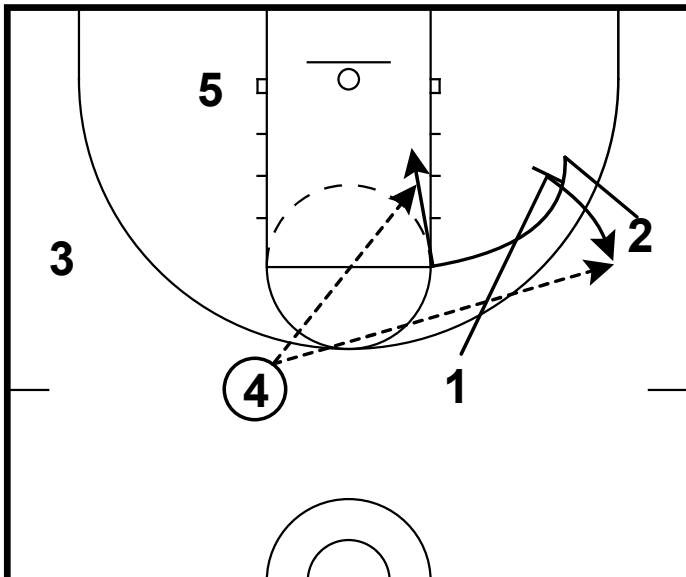


The first option off the screen away is a simple replace. The wing (2) replaces the slot by cutting through the elbow.

The screener (1) replaces the now vacated wing spot, opening up to the ball after setting the screen.

The wing should always put pressure on the defense by coming off the screen hard. The decision to pop, curl, fade, etc. is made in the moment, depending on how the defense guards. Read & react.

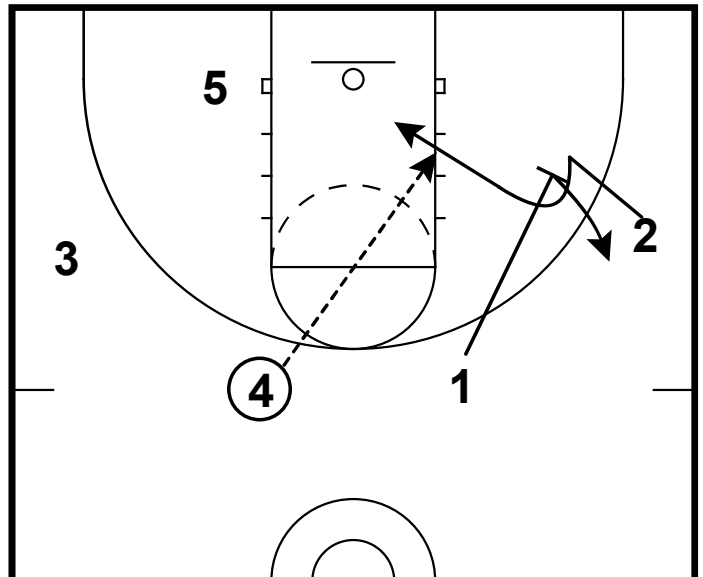
4 Out 1 In Motion Offense
Offensive Sets - M2M



As with every cut through the elbow, if the defense overplays the offense has the option to go back door.

This also opens up a skip pass to the wing if both defenders chase the back door cut.

4 Out 1 In Motion Offense
Offensive Sets - M2M

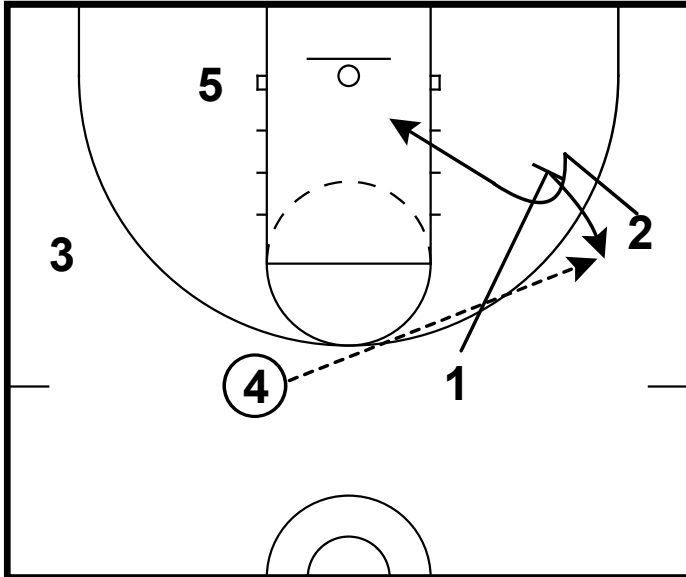


The next option is the hard curl.

The screener opens up to the ball and fills the spot position, ready for the shot in case both defenders chase the curler.

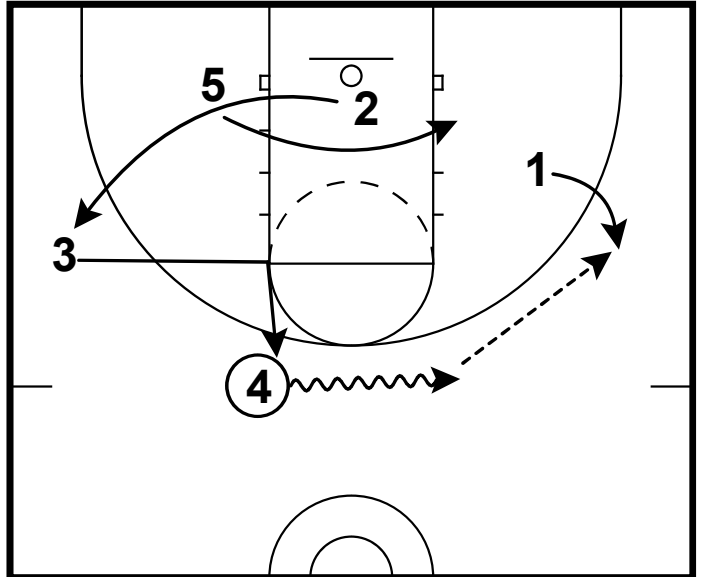
Man to Man Offense

4 Out 1 In Motion Offense
Offensive Sets - M2M



If the defense collapses to the curling player, the screener will likely be open for a three off a skip pass.

4 Out 1 In Motion Offense
Offensive Sets - M2M

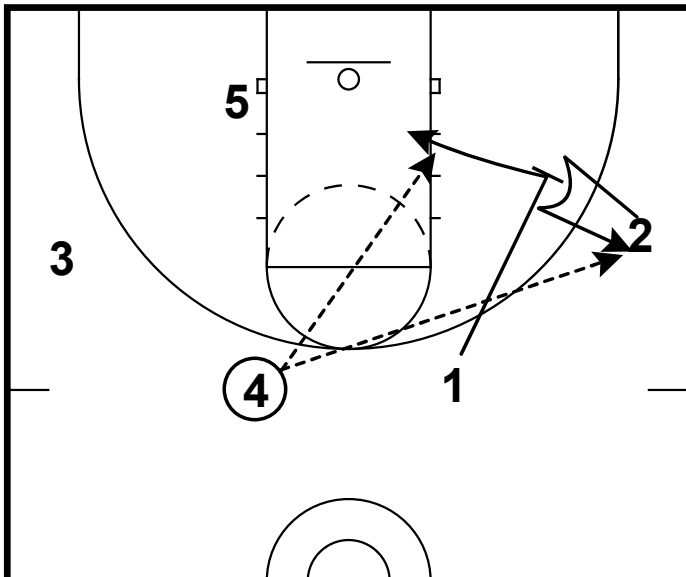


If the screen is defended well, the left slot can dribble replace to fill the right slot.

The screener (1) would replace out to the right wing. If 4 were to pass to 1 here, 4 would then cut through (slot to forward pass).

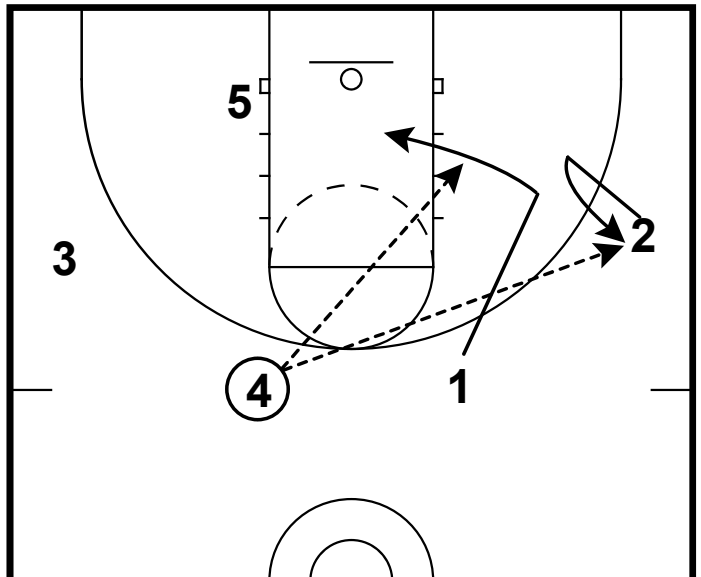
The curling player (2) would continue through to the opposite wing, and the opposite wing (3) would replace to the left slot.

4 Out 1 In Motion Offense
Offensive Sets - M2M



If the defense cheats, the wing (2) can always fade the screen. The screener would then roll to the rim after the hard fade.

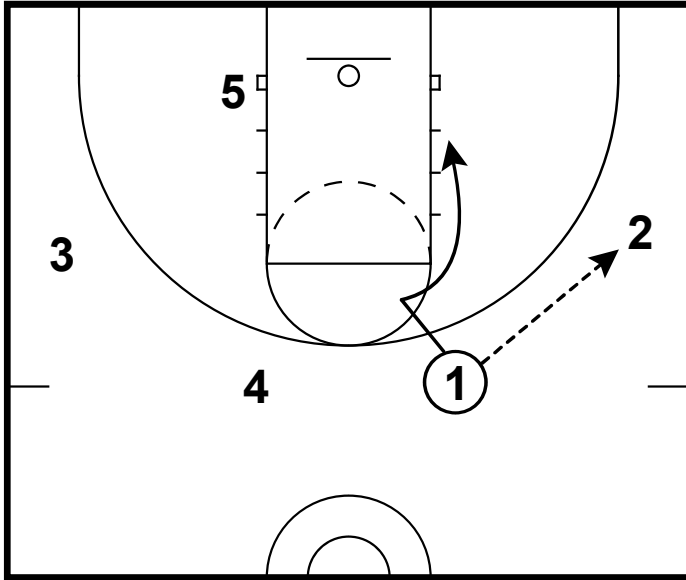
4 Out 1 In Motion Offense
Offensive Sets - M2M



If the defense anticipates the curl and overplays, the screener (1) should slip the screen.

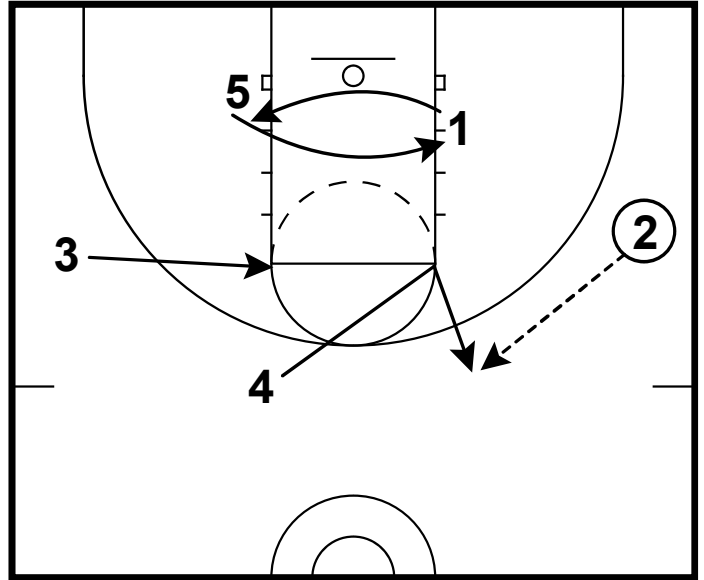
Man to Man Offense

4 Out 1 In Motion Offense
Offensive Sets - M2M



Let's take a look at one full ball reversal - starting with a slot to wing pass on the right side.

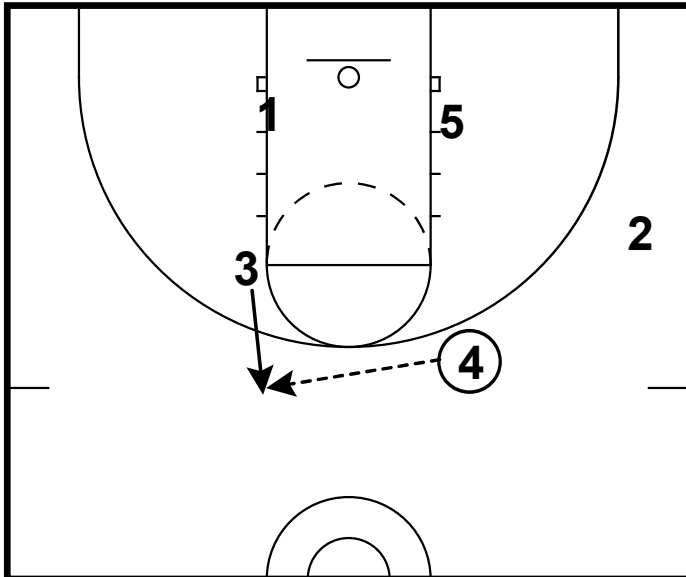
4 Out 1 In Motion Offense
Offensive Sets - M2M



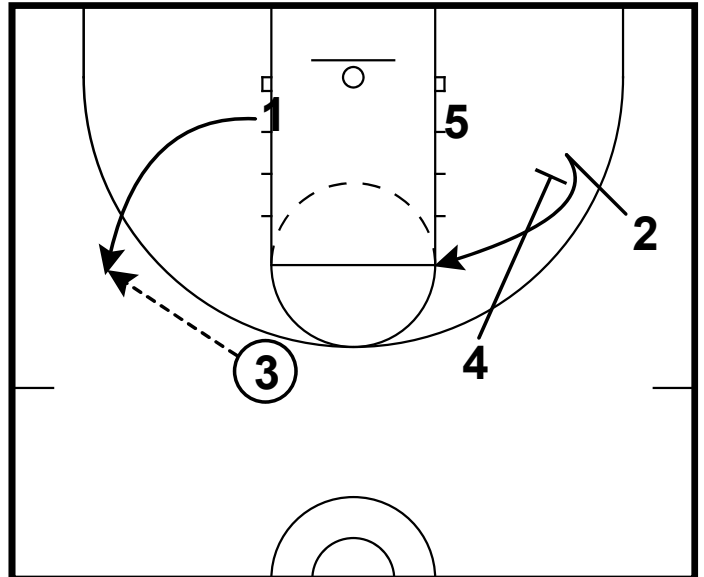
The cuts should be timed so that the player replacing the left slot (3) hits the elbow as the player replacing the right slot (4) catches the ball.

If the player arrives too early, it's an easy steal. Too late and the defense has time to recover.

4 Out 1 In Motion Offense
Offensive Sets - M2M

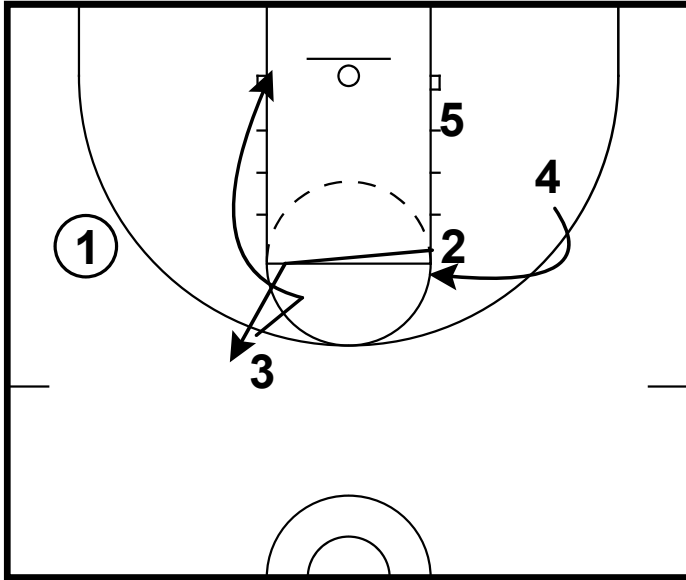


4 Out 1 In Motion Offense
Offensive Sets - M2M



Man to Man Offense

4 Out 1 In Motion Offense
Offensive Sets - M2M

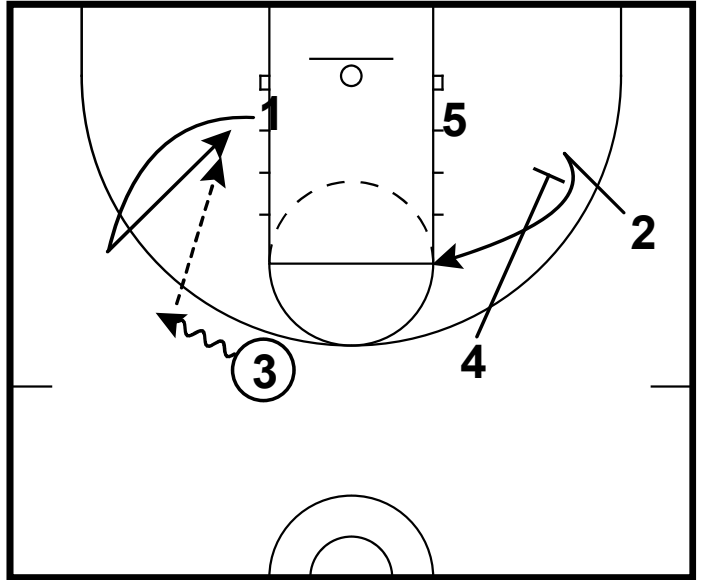


Because of the quickness of the ball reversal, both slot positions were vacant. In this situation the wing (2) would continue across the foul line to the left elbow and replace the left slot, as the other players fill in behind him. 4 would become the right slot, 3 would become the right wing.

The ball has now been reversed from one wing to the other. The more times you reverse the ball, the higher the chances of a defensive breakdown.

Let's look at a few more options that can be used.

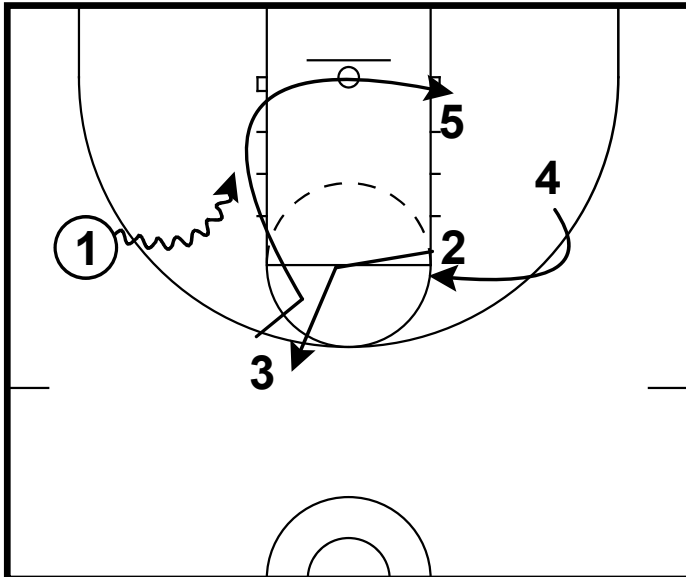
4 Out 1 In Motion Offense
Offensive Sets - M2M



Instead of passing the ball, the slot can always dribble to the wing. This is a signal for the wing to cut back door.

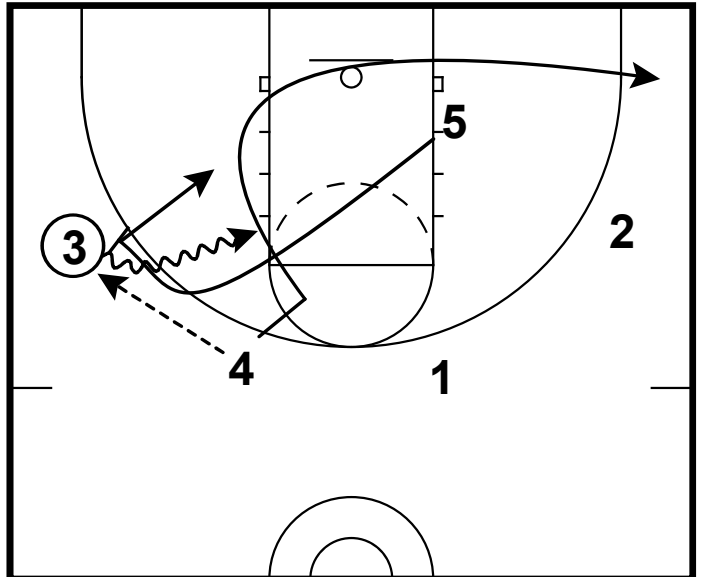
A great time to do this is off of a ball reversal, when the defense is scrambling to recover.

4 Out 1 In Motion Offense
Offensive Sets - M2M



When the slot player cuts through, he/she will often take the help defense with them. This can open up potential middle driving lanes for the wing.

4 Out 1 In Motion Offense
Offensive Sets - M2M

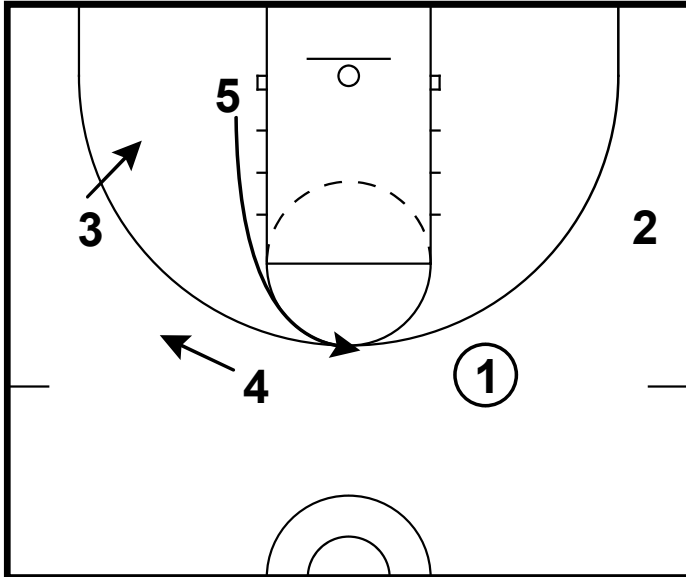


The wing can call for a ball screen as the slot cuts through. This can either be a call from the bench, or a signal from the players on the floor (holding up a fist, etc).

In this scenario, the 4 would cut to the weak side corner in anticipation of a kick out three.

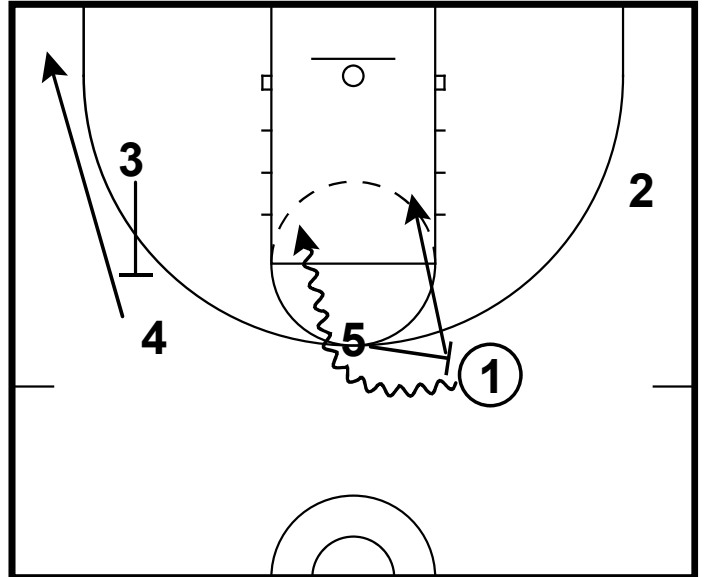
Man to Man Offense

4 Out 1 In Motion Offense
Offensive Sets - M2M



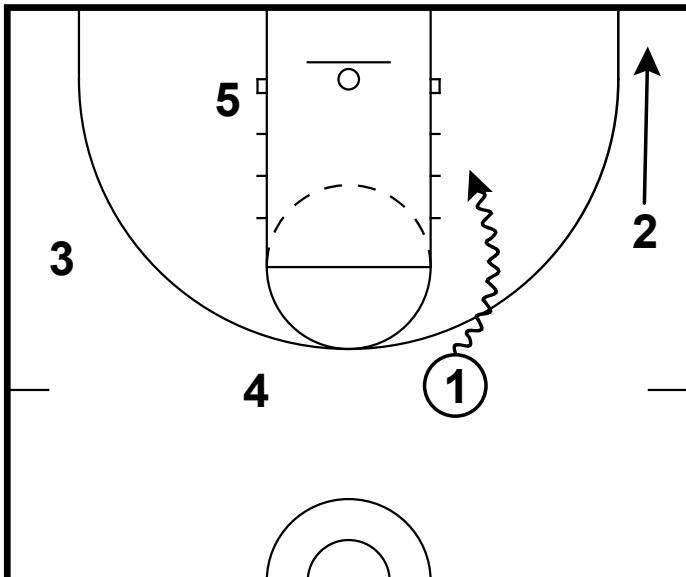
The slot can also call for a ball screen - again either with a call from the bench or with a hand signal.

4 Out 1 In Motion Offense
Offensive Sets - M2M



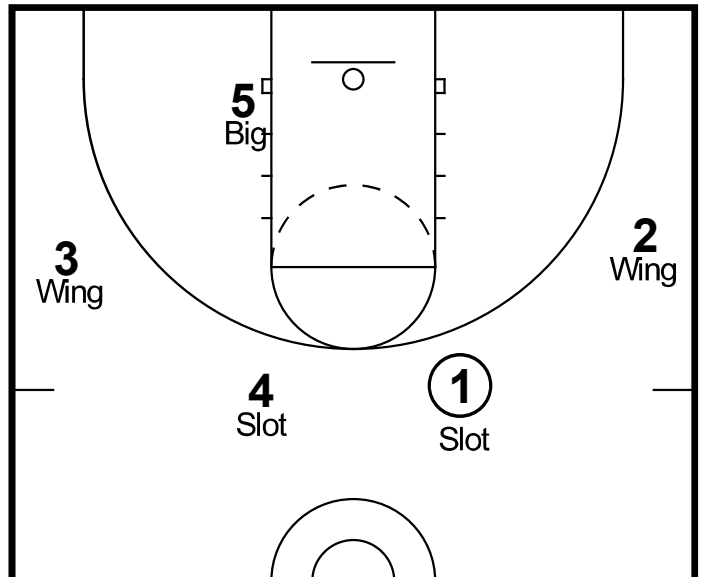
In this scenario, the weak side wing (3) should set a back or hammer screen for the weak side slot (4).

4 Out 1 In Motion Offense
Offensive Sets - M2M



Any time a slot can beat his player off the dribble, the strong side wing needs to flatten out.

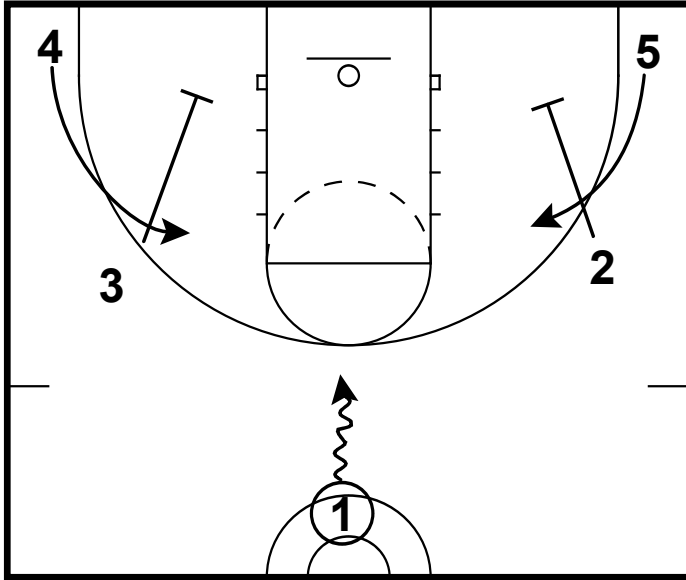
4 Out 1 In Motion Offense
Offensive Sets - M2M



To review - There are three main rules. ...

Man to Man Offense

Motion
Offensive Sets - M2M

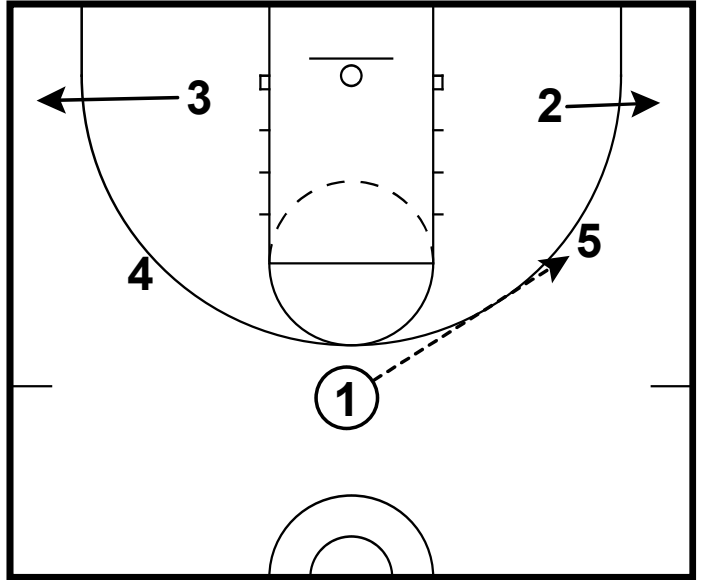


This set is a variation of read and react that uses screens.

Play starts with a 5 out set, and once the ball gets across half court player 2 and 3 screen down.

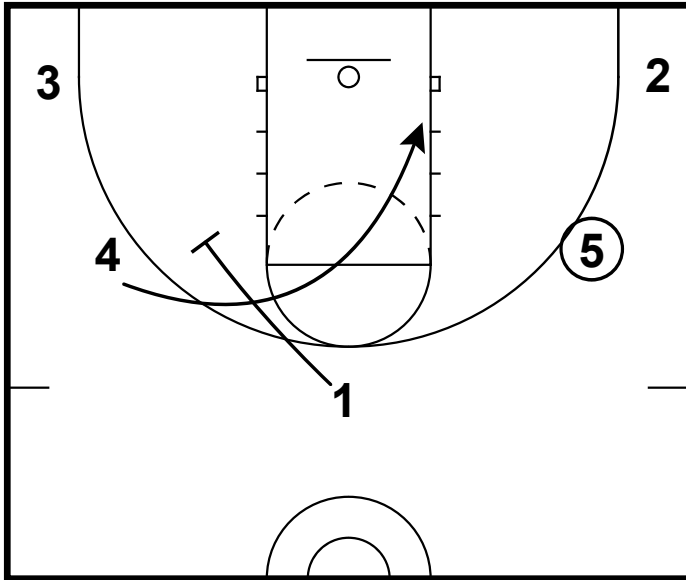
Player 4 and 5 need to read how their defender plays the screen. If the defender trails, they should curl to the basket. If the defender goes under or they switch, then they should stay on the perimeter.

Motion
Offensive Sets - M2M



Player 1 passes to 5 or 4 and screens away.

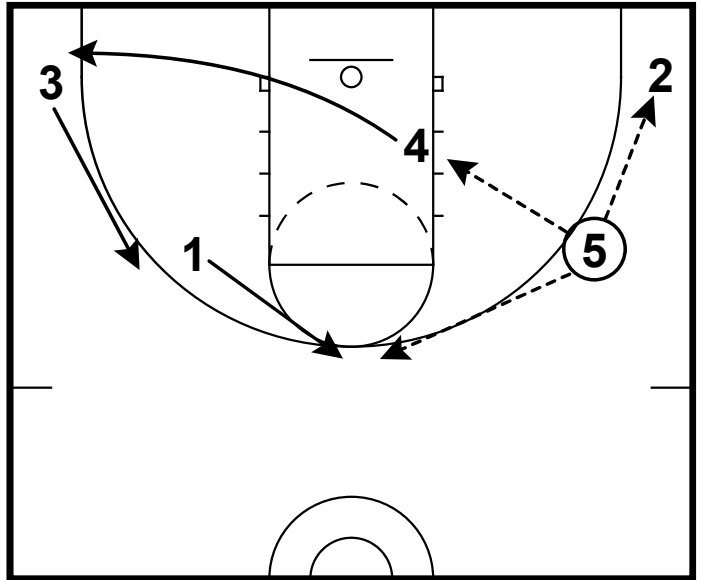
Motion
Offensive Sets - M2M



If 4 isn't open, then 5 can pass to either player 1 or 2, and then screen away and everyone keeps filling in the 5 spots on the perimeter.

Depending on timing, when the ball goes to the wing or the corner, often there is an opportunity to get the player in the corner to come off a double screen and curl to the basket.

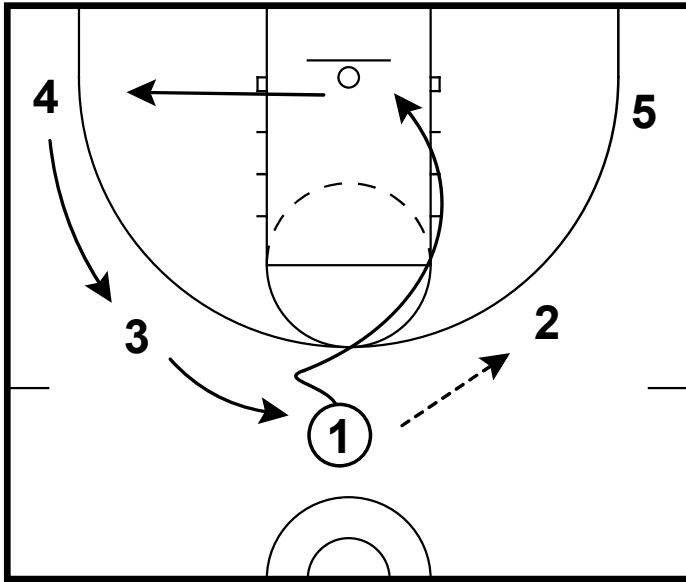
Motion
Offensive Sets - M2M



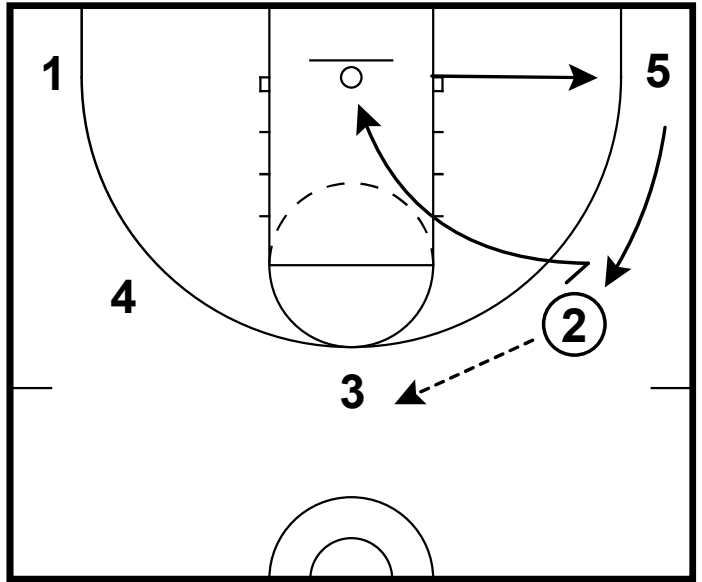
If no one is open, the ball gets reversed, players screen away, and the play keeps moving. Goal is to get the defense to keep chasing. Eventually there should be an open lay up or jump shot at the elbow.

Man to Man Offense

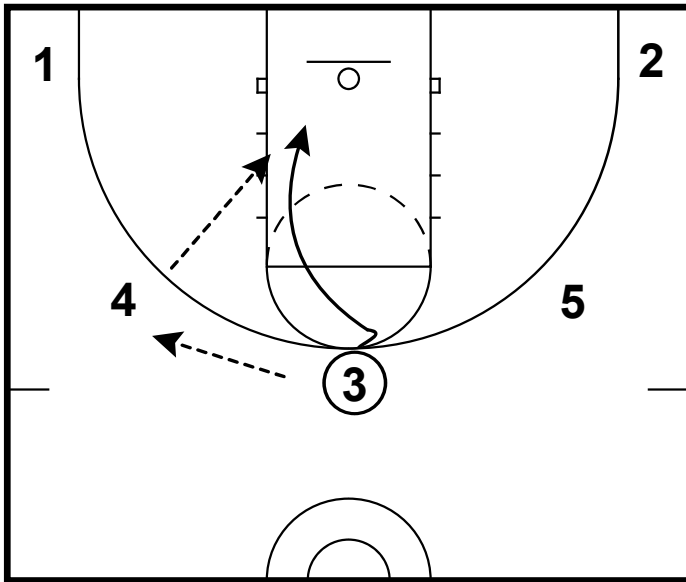
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Offensive Sets - M2M



50
Offensive Sets - M2M

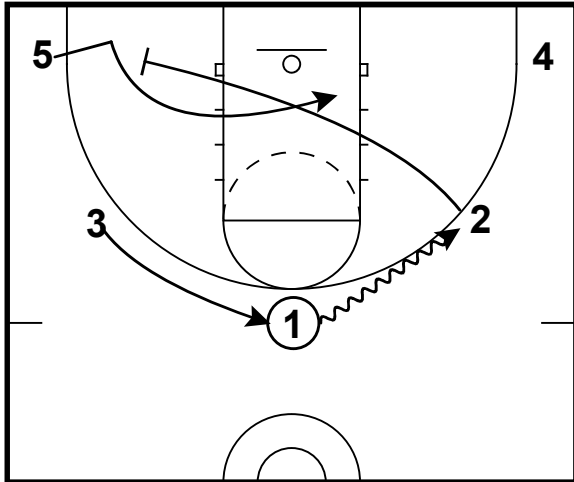


50
Offensive Sets - M2M



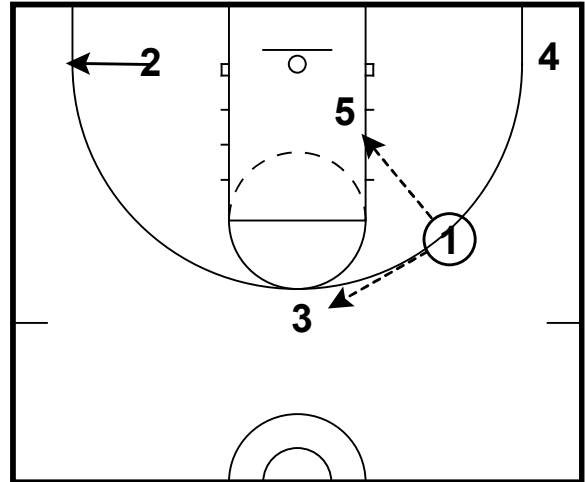
Man to Man Offense

50 - Dribble at Laker
Offensive Sets - M2M



- 1 dribbles at 2 to force the cut.
- 2 cuts and then screens for 5
- 5 posts up on the cut to the basket

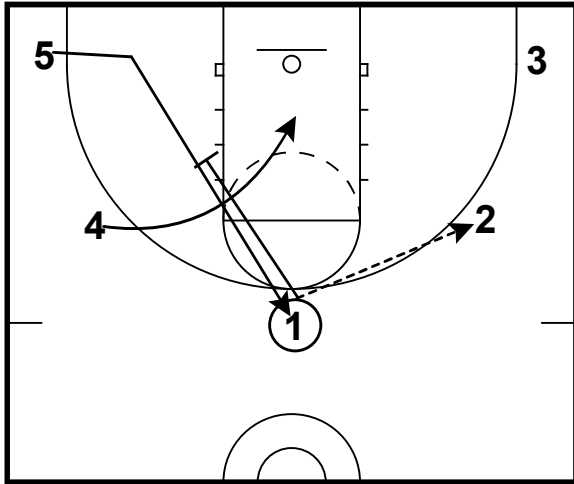
50 - Dribble at Laker
Offensive Sets - M2M



- 1 looks for post entry to 5. If not there, reverses the ball to 3 and cuts through. 2 fills, 4 fills, and 5 fills the corner.

Man to Man Offense

50 - Circle
Offensive Sets - M2M

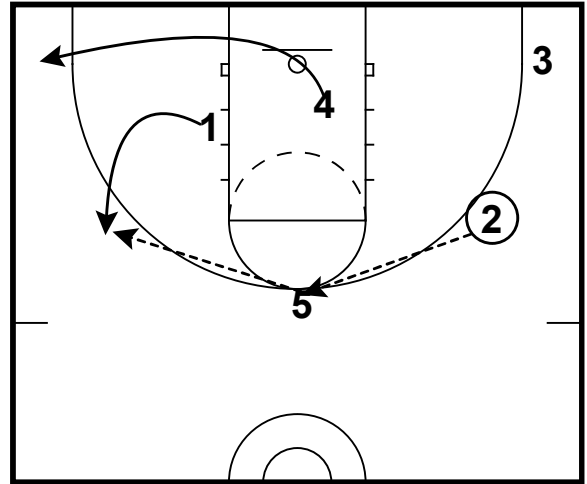


Ball gets entered to either side. The point then goes to set a down screen to the player in the corner.

The wing then makes a "butt" cut off of the player as they go to screen.

The corner comes off the screen to the top of the key.

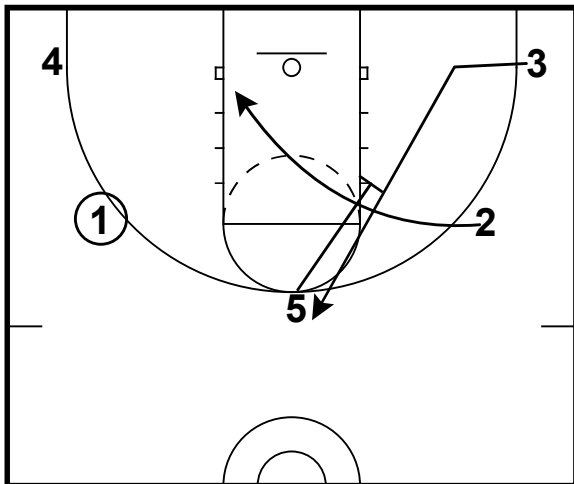
50 - Circle
Offensive Sets - M2M



If the butt cut isn't open, the ball gets reversed. Then the point sets a screen away to the corner. The wing makes a butt cut off the screener.

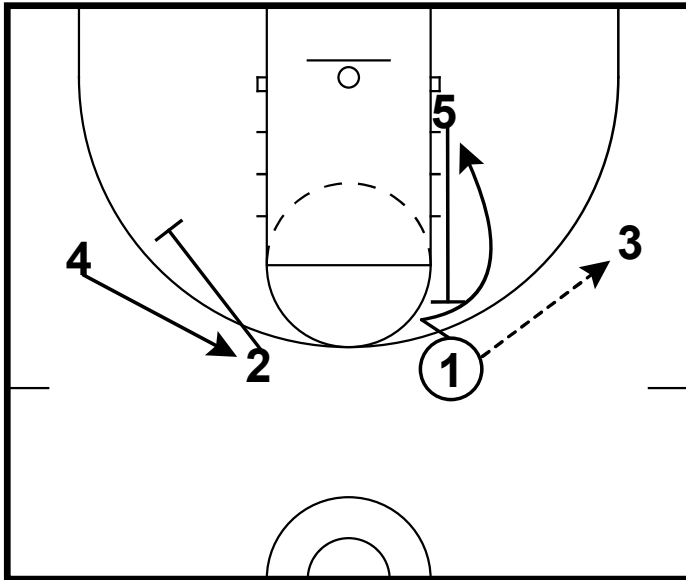
The corner comes off the screen to the top of the key.

50 - Circle
Offensive Sets - M2M



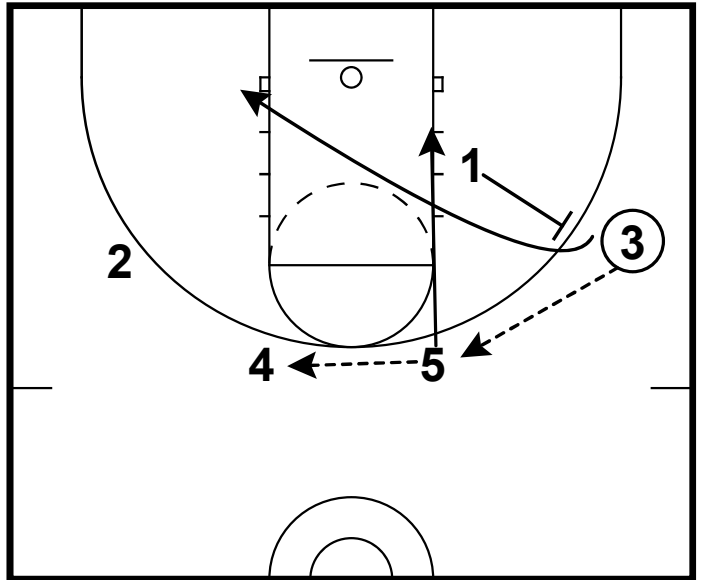
Man to Man Offense

41 - Swing
Offensive Sets - M2M



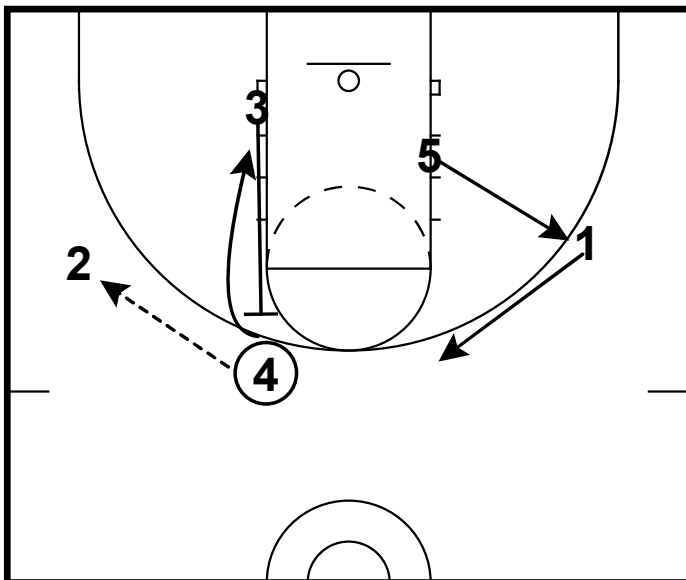
1 to 3 and receive back screen from 5 on cut. 1 posts if no pass on cut. 2 pin screens for 4. 3 can hit 1 on cut or post up if open

41 - Swing
Offensive Sets - M2M



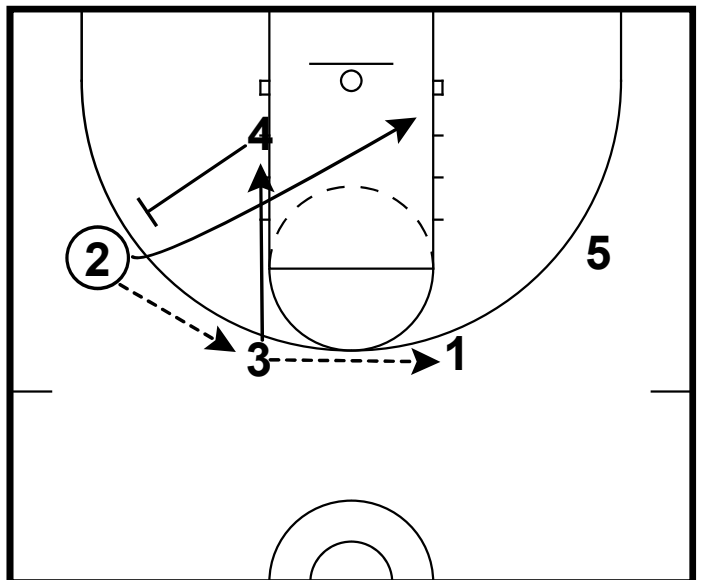
3 passes to 5 who passes to 4, reversing the ball. 1 back screens for 3 on the cut. 4 can pass to 3 if open

41 - Swing
Offensive Sets - M2M



4 passes to 2 and receives back screen from 3. 5 pin screens for 1. 2 passes to 4 if open

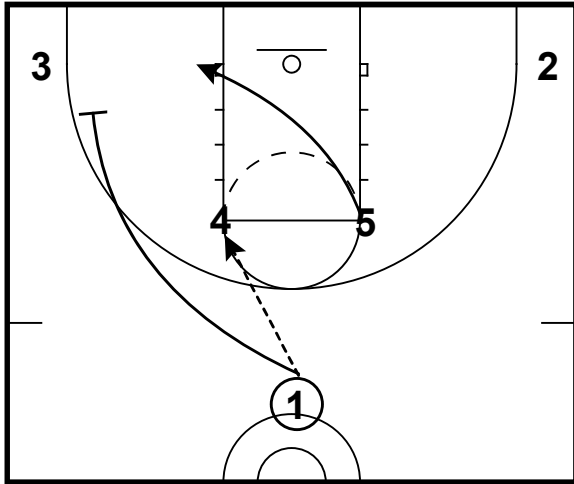
41 - Swing
Offensive Sets - M2M



Ball is reversed again and pattern continues on other side.

Man to Man Offense

12 Clear
Offensive Sets - M2M



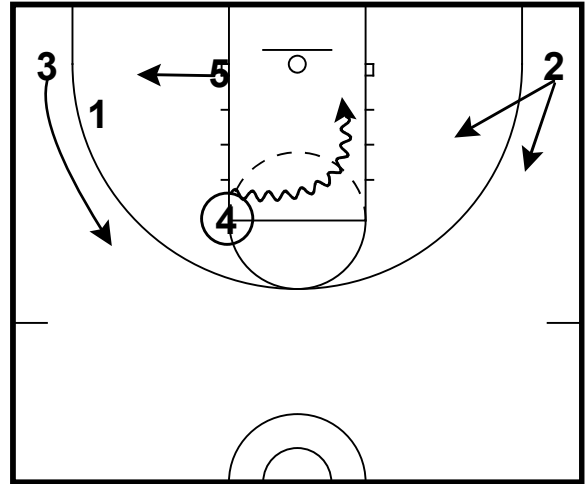
1 passes to 4 and then screens for 3 in the corner.

5 cuts through to clear the other side of the lane for the drive. Can run it for a high/low post look.

2 needs to be the best shooter on the floor.

4 looks to 5 on the cut, then rips and drives the lane.

12 Clear
Offensive Sets - M2M



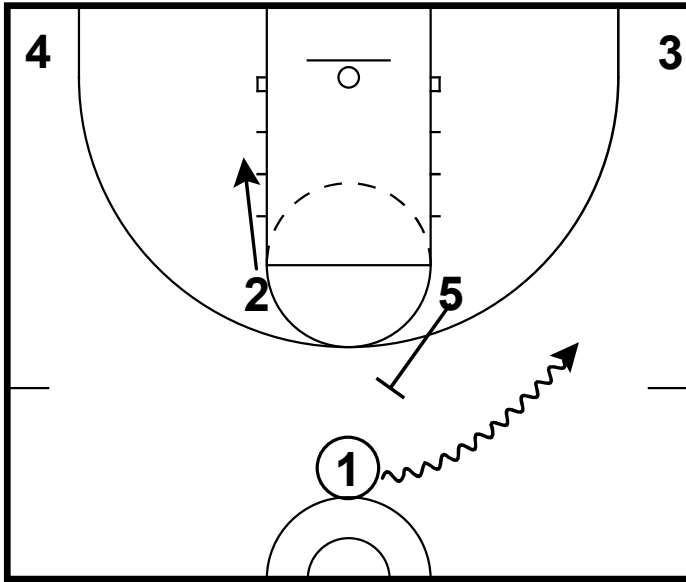
4 looks to drive to the cleared out lane

3 rotates behind as an outlet.

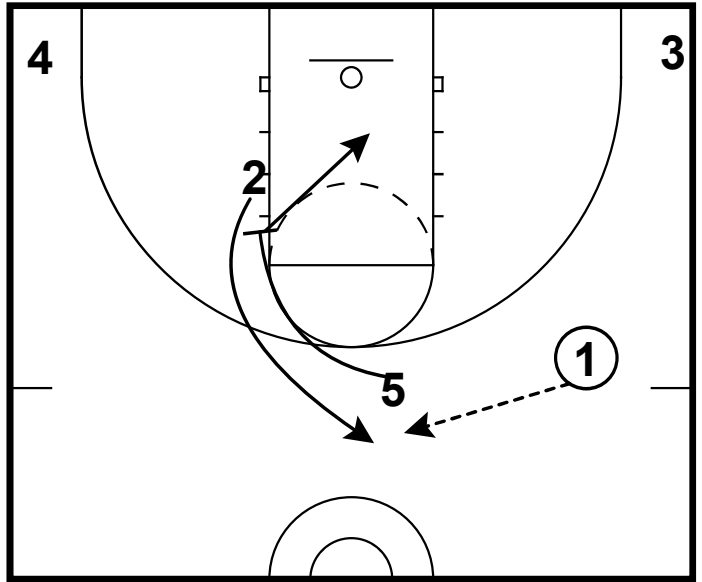
2 reads the defender, can stay in corner for shot, can relocate for a pass/shot depending on what their defender does.

Man to Man Offense

Horns 54 Down
Offensive Sets - M2M

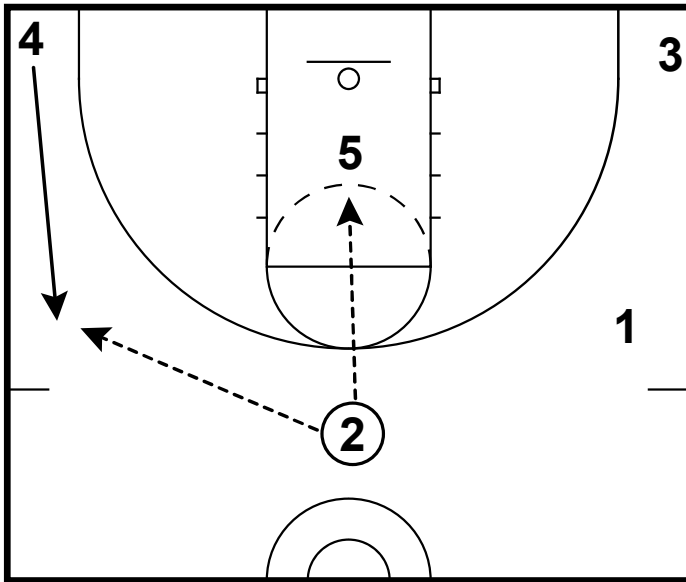


Horns 54 Down
Offensive Sets - M2M



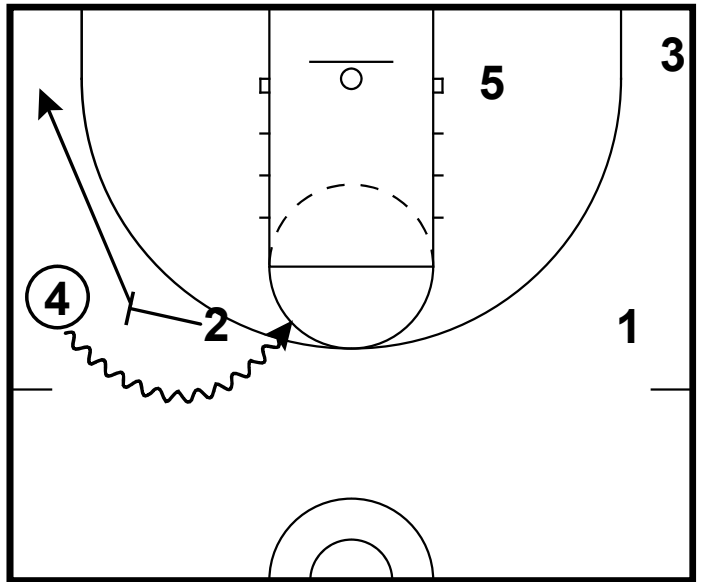
Pindown for the 2. Force a switch to post 5 on a smaller post

Horns 54 Down
Offensive Sets - M2M



Swing to P&R if there is no high low.

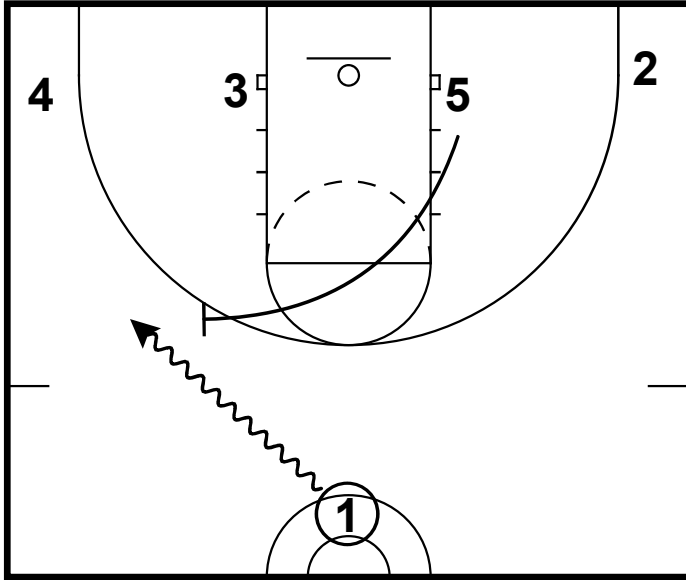
Horns 54 Down
Offensive Sets - M2M



Forces X5 to guard multiple action while X4 tries to box out 5 on weakside

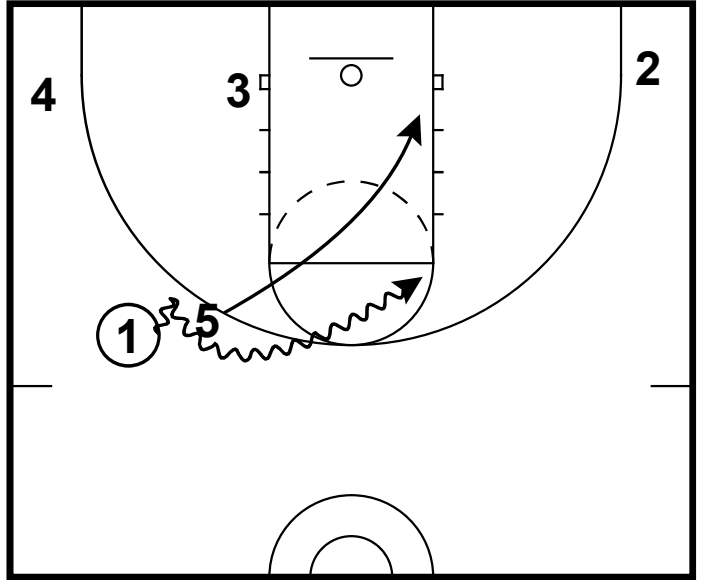
Man to Man Offense

14
Offensive Sets - M2M



As player 1 dribbles to his left, player 5 comes for a high pack and roll just outside the 3 point line.

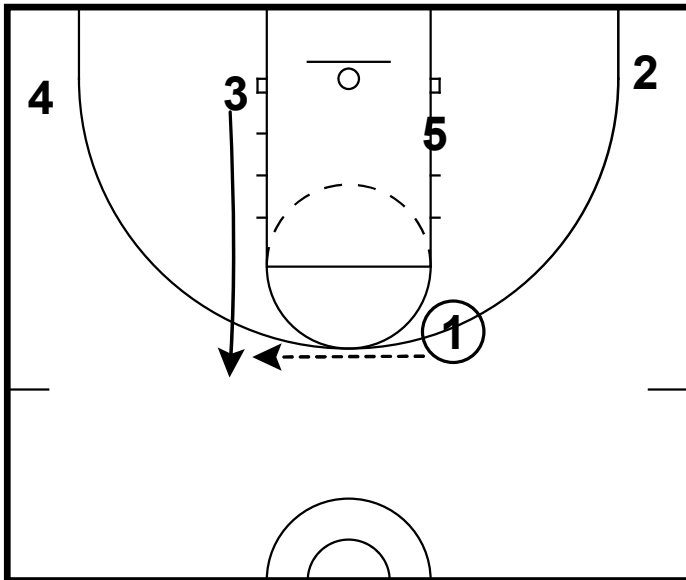
14
Offensive Sets - M2M



Player 1 dribbles off the screen, player 5 opens up as they roll. First option is to get ball into player 5.

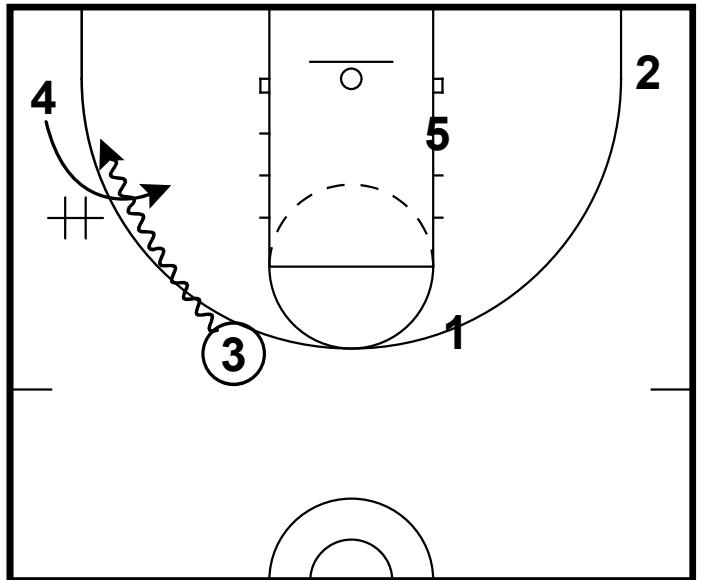
Put your best shooter in player 2's spot in the corner. If their man helps on player 5, the pass to the corner is open for a jumper.

14
Offensive Sets - M2M



As player 5 rolls to the low block, player 3 cuts to the high post extended. If player 5 and 3 are not open, player 1 reverses the ball to player 3.

14
Offensive Sets - M2M



Player 3 dribbles at player 4 and does a jump stop and dribble hand off. Player 3 serves as a screener for player 4 how drives towards the basket for a lay-up or mid-range jump shot.

If player 4 doesn't have a shot, then you can get straight into the Read and React or motion offense easily from this spot.