

# 4 Out 1 In Offense *Complete Coaching Guide*



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# 4 Out 1 In Offense – Complete Coaching Guide



The 4 out 1 in offense (also known as '41') is one of the most popular and versatile basketball offenses in today's game at all levels.

As the name suggests, this offense consists of 4 players spaced out behind the three-point line and 1 post player inside.

In this article I will mostly focus on breaking down the version of the zone that keeps the post player on and below the low post as this is the best version for youth basketball as it keeps the lane open for dribble penetration.

Similar to the 5-out motion, the 4-out 1-in motion is run using a set of rules that assist players in making their own decisions while reading the defense.

This allows players to learn how to play the game of basketball (develop basketball IQ) instead of running an offense with predetermined actions that force players to play like robots.

The most recent example of a coach successfully using the 4 out 1 in motion is Jay Wright at Villanova who led the Wildcats to the championship in the 2015 – 2016 season.

## Who Should Run the 4-Out 1-In Motion Offense?

**The 4 out 1 in offense can be run by any team.** It's a fantastic base offense with a lot of different options out of it depending on the skill levels of your players.

I highly recommend this offense for teams with a strong post player as the spacing on the court makes it hard to trap the post.

This spacing also provides your team with many opportunities to drive to the rim and will lead to many open shot opportunities as it's hard to help and recover.

## Strengths

**Teaches Players How to Play Basketball** – This is the most important trait I look for when choosing a youth basketball offense. A decision-making continuity like the 4 out 1 in offense develops basketball IQ and will assist players to be the best they can be in the future.

**Perfect Spacing** – Many coaches claim that the 4 out 1 in offense has ‘perfect’ spacing. When in the wing and slot spots, the players will be about 18 feet apart. This is close enough that the offensive team can make sharp and direct passes, but far enough away that one defender can’t guard two players.

**Can Adjust to Any Skill Level** – Due to the progressions of this offense, the 4-out 1-in can be as complex as you want or as simple as you want. It can be a great offense for a youth team simply running cuts, or a great offense for a professional team by utilizing all the different actions and reads.

**Can Adjust to Any Team’s Talent** – With so many actions available, this offense can be adjusted to suit any team. If you’ve got a tall and athletic team, the offense can focus on curling off screens and back cuts. If you’ve got a quick team that shoots a high percentage, the offense can focus on flare screens and on-ball screens.

**Easily Exploits Mismatches** – You can exploit mismatches anywhere on the court. It’s difficult for the defenders to help or trap because the offensive players are so far apart.

**Open Driving Lanes** – Due to the great spacing of the offense, as long as your post player and perimeter players don’t get confused, there will be many opportunities to attack the rim off the dribble.

**Difficult to Scout** – As this offense relies on players reading the defense and making decisions, it’s difficult for the opposition to predict what your team is going to do.

## Weaknesses

**Can Be Difficult to Learn** – This has always been the biggest criticism coaches have about the 4 out 1 in offense. But by using the progressions in this blog post, I don’t think it’s difficult for any team to learn!

**Reading Others on the Court** – While I believe it is easy to learn if taught correctly, it can be difficult for young players to execute during games because the offense relies on players reading the other 9 players on the court and making decisions.

**Can Be Difficult If Your Players Can’t Shoot** – As with any offense, if you’re competing against an experienced coach and one of your players can’t shoot well, the opposition will often sag a defender in the lane which cuts off dribbling, cutting, and passing lanes as well as makes it difficult for players to post up. Fortunately, not many youth coaches will do this.

## 4-Out 1-In Motion General Rules

- 1. Keep Great Spacing** – This is the most important rule of the offense. Perimeter players should always be about 18 feet away from each other.
- 2. Cut With a Purpose on Every Cut** – Players must look like they're going to receive the basketball on every cut towards the hoop. This involves showing target hands and calling for the basketball.
- 3. Never Pass and Stand** – After a perimeter player makes a pass, they should never stay in the same place. What action they make will depend on what progression you're up to and the actions you choose to use.
- 4. Watch the Cutters!** – I'm not a fan of players holding the basketball for too long, but since this offense relies so much on cutters and off-ball screens, it's important that the player with the basketball see the cutters and is ready to make the pass if it's open.
- 5. Always Catch Looking to Shoot** – Players must keep the defense honest throughout the entire possession. Always catch the basketball ready to shoot if the defense isn't quick enough.
- 6. No Excess Dribbling** – Don't allow players to catch and put the basketball on the floor without thinking. Save the dribble. Only dribble when penetrating to the rim, using an on-ball screen, or improving a passing angle.

## Figuring Out How Your Team Will Run The Offense

The 4-out 1-in offense is incredibly versatile so it's important that you figure out how your team will best suit this offense before introducing it to your players.

It's impossible for teams to run every action, so you must figure out which actions work best for your team and focus on them.

For example if your post player is the best player on your team, you'll want them flashing to the ball-side more. If they're not, keep them mostly on the weak side of the floor.

Following on with this, the starting point for deciding how to run your offense begins with deciding how you'll use the post player.

Let's start by talking about that...

## How to Use the Post Player

The most common reason the 4 out 1 in offense isn't always effective at a youth basketball and high school level is because the coach doesn't know how to use the post player effectively.

Many coaches simply allow their post player to move anywhere they feel like inside and around the paint. This will never work!

**The post player must have rules they're required to follow.**

If you have decided to run the 4 out 1 in offense with your team, the very first thing you must decide is how you're going to use the post player.

Here are the 4 post player options ranked in the order I recommend...

### 1. Post player must stay on the weak side but can flash to the post (Recommended)

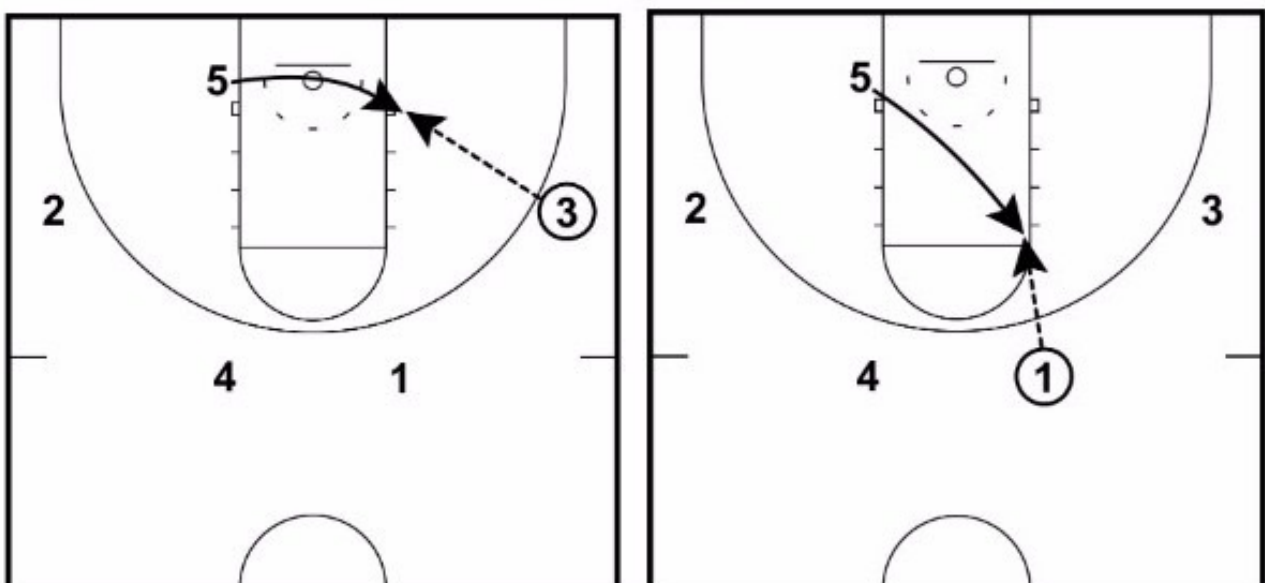
This is my favorite way to utilize the post player when running the 4-out 1-in and will be the option I refer to throughout this article.

It involves the post player staying on the weak side of the floor but giving them the opportunity to flash to either the low or high post if they see an opportunity to do so a certain number of times per possession.

The benefits to keeping the post player on the weak side of the floor for the majority of the possession are:

- The lane to the rim will stay open for driving, cutting, and passing by the perimeter players.
- Your post player will have great position to secure offensive rebounds.
- There will be many drive and dish opportunities.

When your post player does flash to the basketball and establishes position, they're allowed to hold their position for a maximum of 2 – 3 seconds before they must quickly retreat to the weak side again.



Be patient when first implementing this offense as it will take time for the post players on your team to learn which opportunities are best to take.

**I recommend you begin by allowing them to flash to the basketball one time per possession.**

When they're a little more experienced at reading the defense and knowing when to flash to the basketball, you can increase this to two flashes per possession.

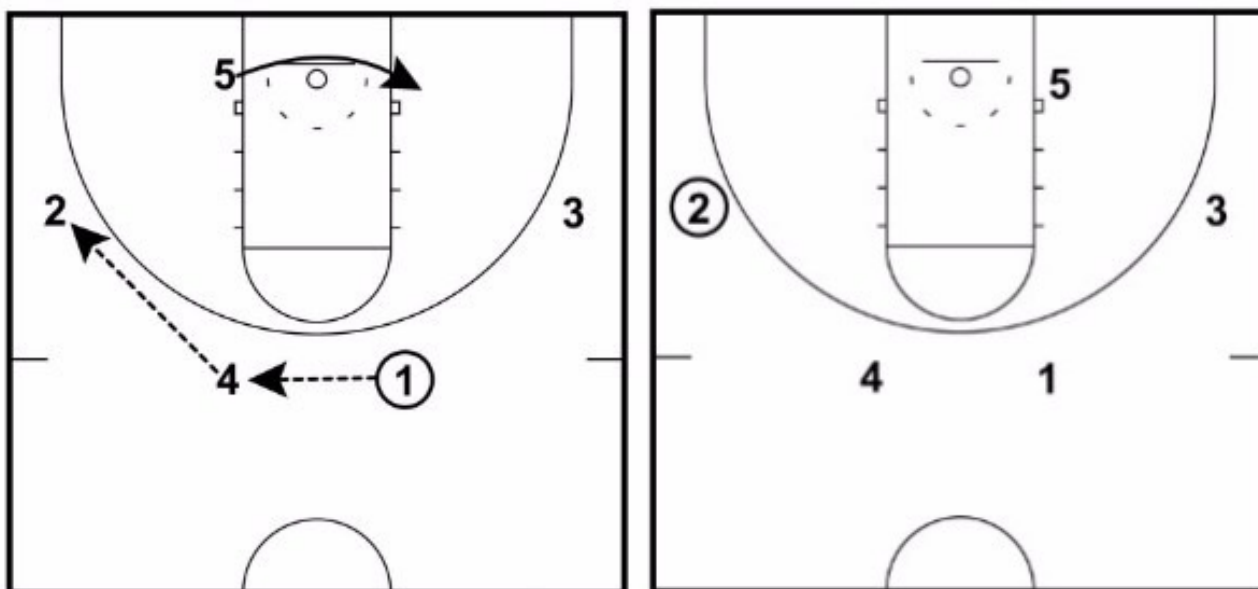
## **2. Post player must always stay on the weak side the entire possession.**

For this option, we remove the post players opportunities to flash to the basketball throughout the possession.

I want to make it clear that using this option will not result in the post player being left out of the offense completely. There will still be plenty of drive and dish opportunities as well as offensive rebounding opportunities.

The two main reasons a coach might decide to use this option are:

- a. You don't have a post player on your team capable of creating their own shot or a shot for another player from the post.
- b. You want to keep the lane open to the ring for drives, passes, and cuts for the entire possession.

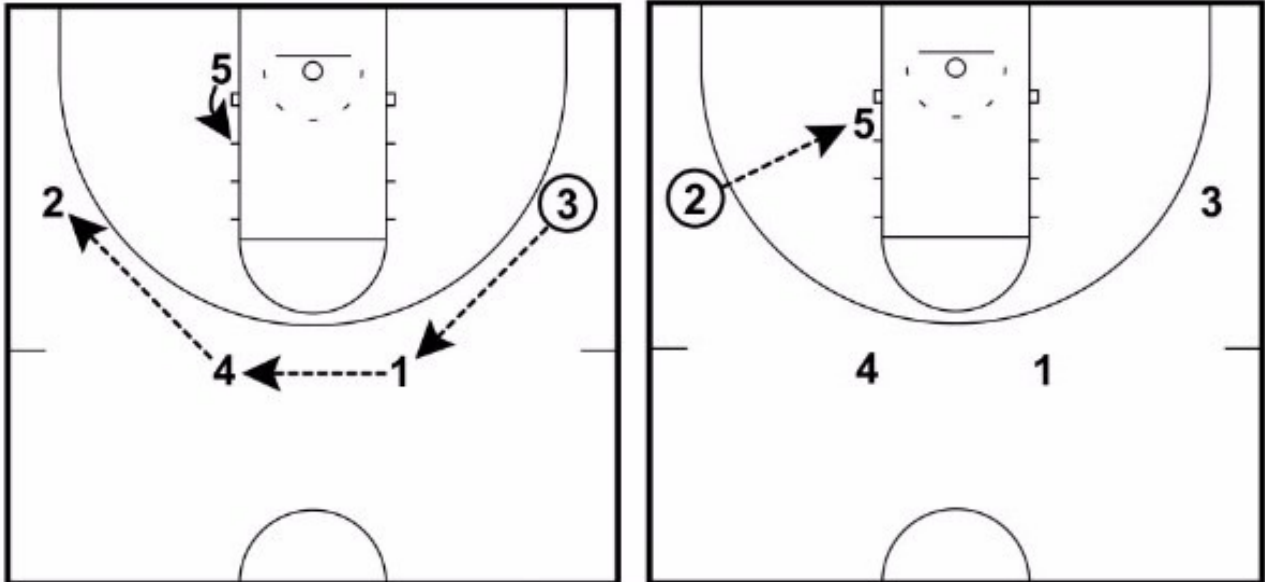


## **3. Post player must always stay on one side of the floor the entire possession.**

The theory behind this post option is to take advantage of a post player who is more effective on one side of the floor while keeping the other side open for drives to the rim.

There can also be pre-determined actions that can only be run on specific sides of the floor. For example flare screens on the post player's side of the floor and back cuts on the open side of the floor.

I've seen this run successfully by a few teams but it makes the offense too restricted and predictable. I don't recommend it.



#### 4. Post player always stays in front of the basketball

The only time this is the best method to use is when you've got a post player who is by far the best player on the court and you plan to feed the basketball into them on every single possession.

Since players like this are incredibly rare, I'd advise against using this method.



## So, which post option should you choose?

To recap, here are the two post options I recommend:

- 1. Keep your post player on the weak side of the floor and allow them to flash to the basketball a certain amount of times per possession.**
- 2. Keep the post player on the weak side of the floor at all times.**

Both options fit perfectly with the 4 out 1 in offense I'm about to show you.

To decide which option is best, I recommend evaluating each player on your team who will play in the post and decide which option is best for each post player individually.

Don't be afraid to allow your starting post player to flash to the basketball while keeping your backup post player exclusively on the weak side when they're in the game.

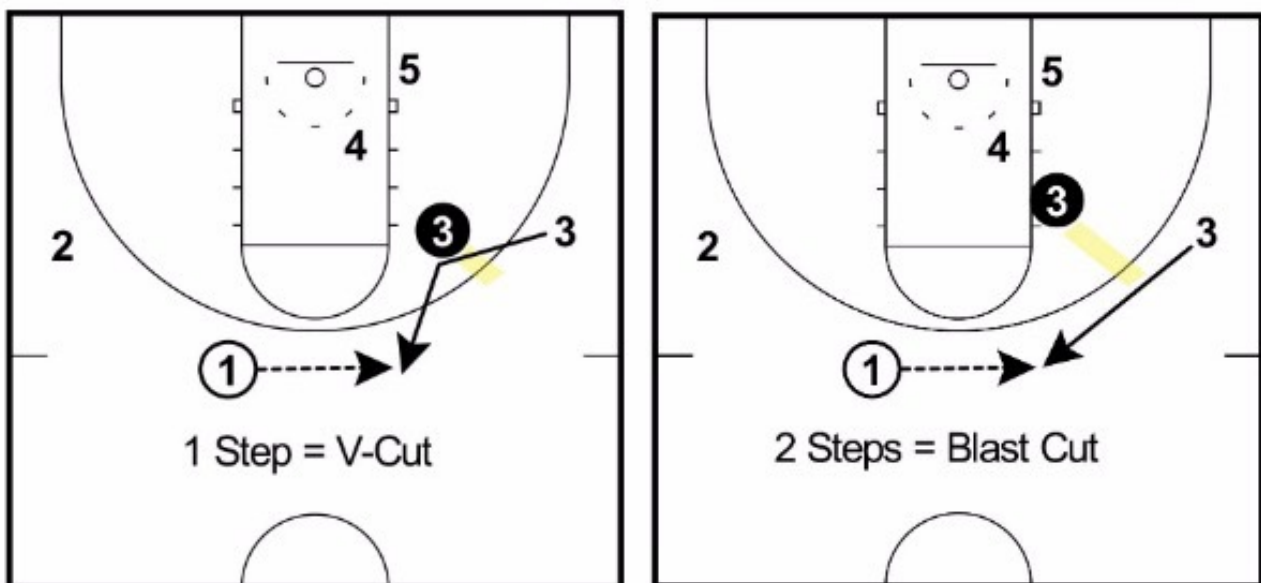
Post players must earn the right to be allowed to flash to the basketball and create a shot for themselves or a teammate from the post.

For those you don't believe are ready, keep them on the weak side and encourage them to improve their post game.

Also, ensure that all players on your team understand how to play the post position. You never know when you're going to get a mismatch and want to take advantage of it inside.

This is also a great strategy to use when one of the opposition players gets in foul trouble. Send the offensive player they're guarding into the post!

## Filling Around the Perimeter





The other thing you should understand before we get into the heart of the offense is how players must fill around the perimeter.

When filling spots around the perimeter players must read their defender and make one of two cuts.

**If the defender is within one step of the line to the basketball, the player must v-cut to get themselves open on the perimeter.**

**If the defender is two steps or further away from the line of the basketball, the offensive player should blast cut towards the basketball.**

Rick Majerus calls these the 'blast cut' and the 'fill cut'.

## Setting Up the 4-Out 1-In Motion Offense

For the perimeter players, there are 4 spots around the three-point arc that are primarily used in the 4 out 1 in offense.

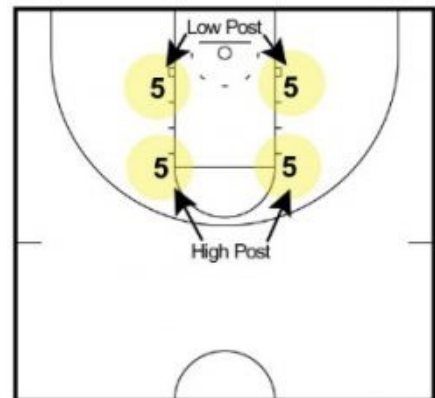
We call them the slots and the wings (corners are used occasionally but aren't primary spots).

These perimeter spots should be a step outside the three-point line to maintain ideal spacing.

post-spotsFor the post player, there are 4 spots around the paint they can move to depending on whether on how you decide to use them within the offense.

These are the two low blocks and the two elbows.

When first teaching the 4 out 1 in offense to your team, I recommend putting flat cones on the perimeter spots so that players have a guide.



## Teaching the Base 4-Out 1-In Motion Offense

I have broken the 4 out 1 in motion offense down into 7 progressions to teach a team the offense from scratch.

The reason we teach in progressions is because it makes the offense far easier to understand and also because it allows players to start learning the basics of a complex offense from a young age.

If you were to teach a young team a complete offense immediately, they'll have no hope of understanding it. There's simply too much information for them to process.

Instead, use this method and only advanced to the next progression when your team can complete the current progression with minimal mistakes.

Once your players understand the complete offense, there are also many additional actions that you can choose to implement based on the skill level of the players on your team. I'll show you these in the 'advanced actions' section of the article.

Let's get started!

## Progression 1 – Pass, Cut, and Fill

The first progression involves basic passing, basket cuts, and filling the spots around the perimeter.

This is the simplest way to teach players the different positions on the court and get them used to the different cutting movements involved in the offense.

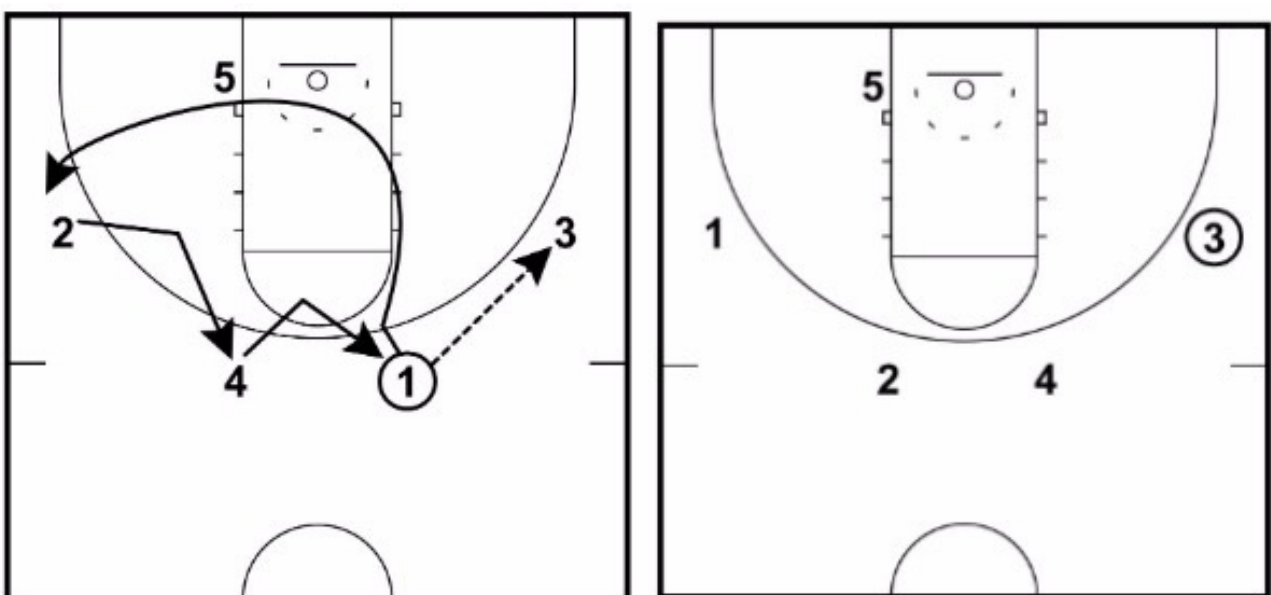
There are two things that happen during this progression:

1. Every time a player passes the basketball, they must cut.
2. On each cut, all players must fill towards the basketball.

The post player should stay on the weak side during this progression if you're using them how I recommended at the beginning of the article.

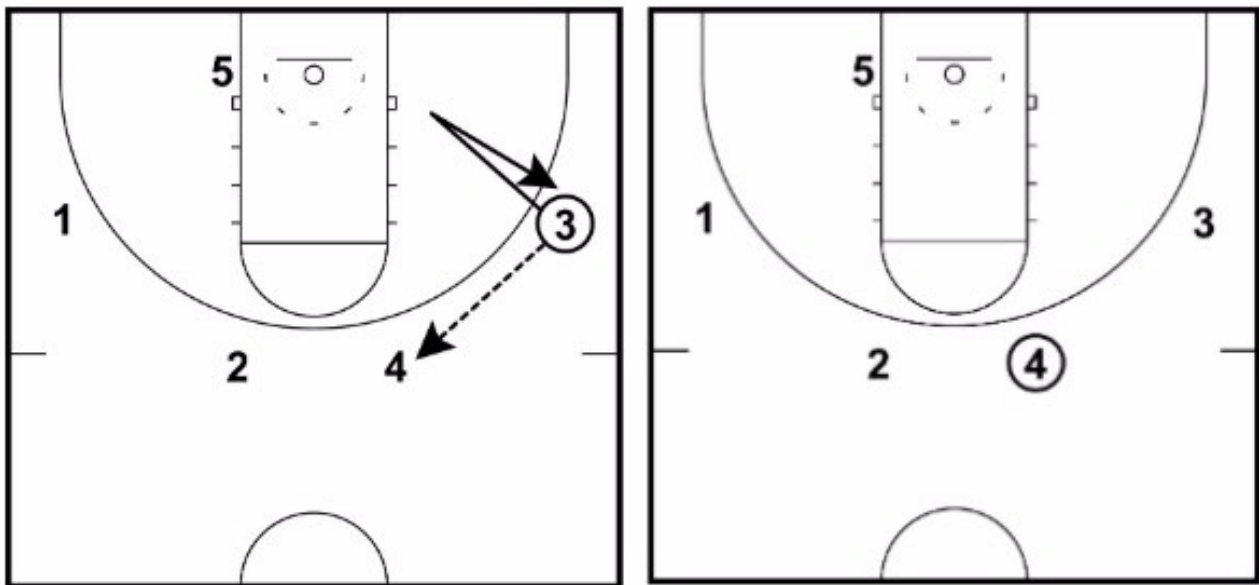
Let's break down the 3 types of passes that are involved in this progression...

### Slot to Wing Pass



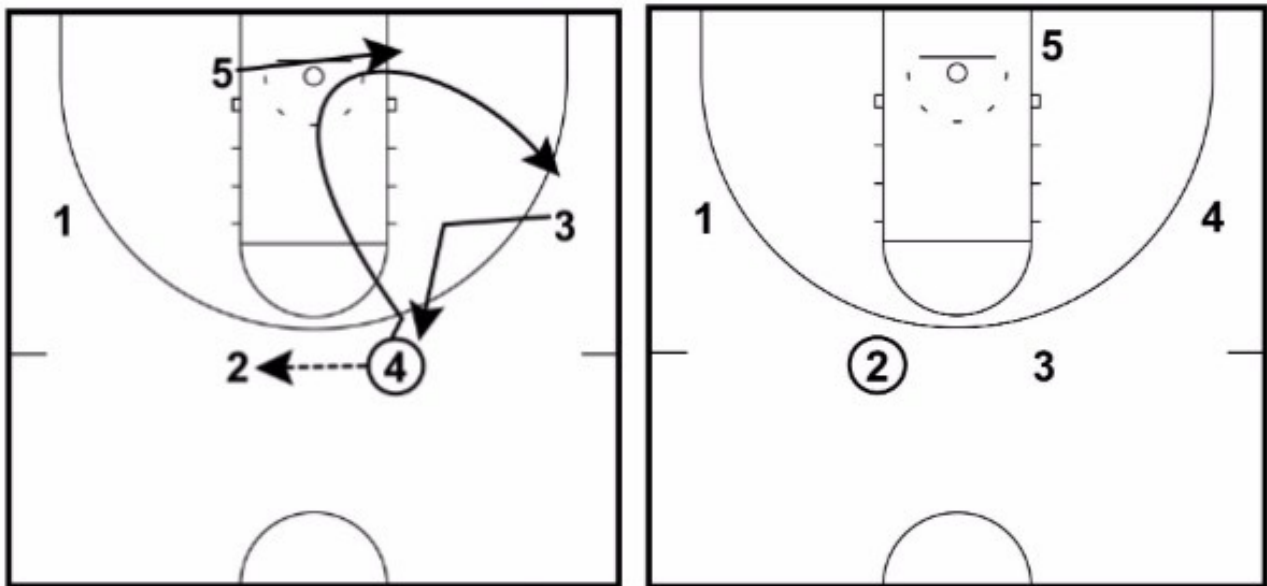
1. 1 passes from the slot to 3 on the wing.
2. 1 will then basket cut making sure they step within the charge and then replace 2 on the weak side wing.
3. 2 and 4 will both fill towards the basketball using a blast cut or v-cut.
4. 5 stays on the weak side of the court.

## Wing to Slot Pass



1. 3 passes to 4 and then cuts towards the rim.
2. Since the only spot left to fill is their own, 3 cuts back out to the ball-side wing.
3. Everyone else holds their positions since there are no spaces to fill.

## Slot to Slot Pass



1. 4 passes to 2 and then cuts through the paint to the rim and then out to the weak side wing.
2. Since there is a spot to fill closer to the basketball, 3 v-cuts and replaces 4.
3. 5 cuts across the lane to continue being on the weak side of the floor.

### Coaching Points:

- Allow your players to run this progression for as long as it takes them for the movements to become almost automatic. Sometimes this is a few weeks, sometimes it takes a few months, but don't rush this progression.
- This first progression alone can make for a great youth basketball offense.
- Once your players have used the cuts a couple of times, allow the post player to flash to the basketball once per possession.
- If the post player flashes towards the low block and there's a slot to wing pass, the slot player must always cut behind the post player.
- Players must cut all the way through the charge circle on each cut while looking at the basketball. If you don't have a charge circle on your court, instruct the players to run under the rim.
- On any basket cut, a perimeter player can post up for about 2 seconds if they feel like they have a mismatch on the inside and the post player hasn't flashed towards the basketball.
- Remember that when filling spots around the perimeter players should be using either blast cuts or v-cuts.

## Progression 2 – Add Back Cuts to Pass, Cut, and Fill

The next progression will be much quicker than the first since it involves the same cutting and filling strategies as progression 1.

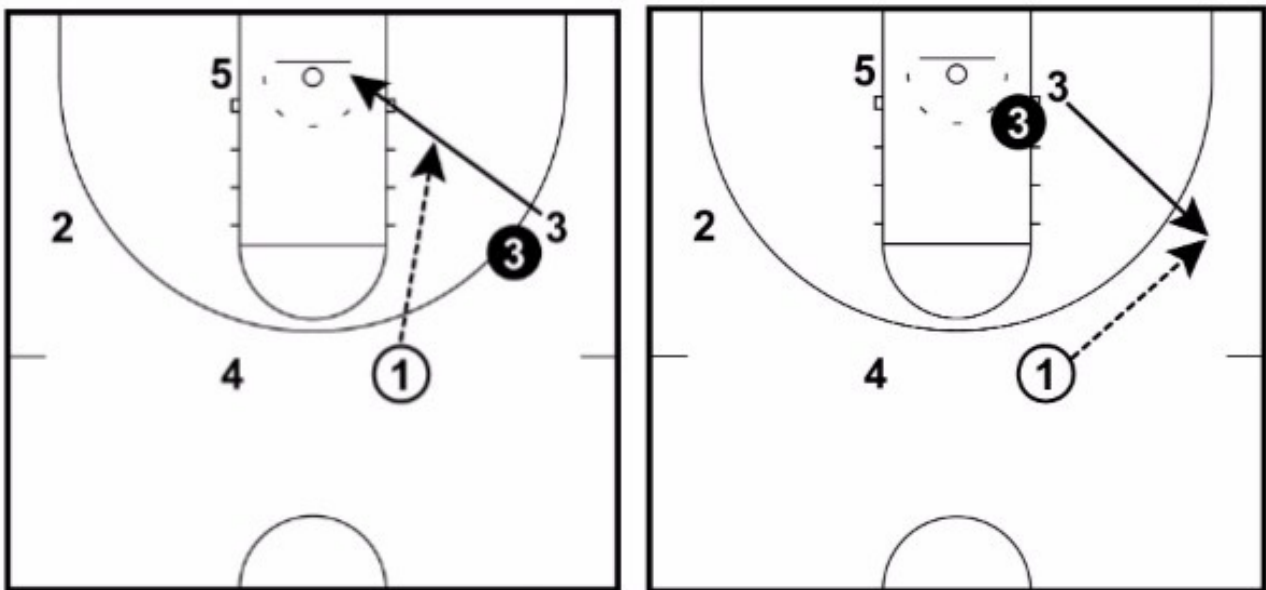
For the 2nd progression, we'll be teaching players to back cut when they're being overplayed by their defender.

**Explain to your players that any time their defender has a hand in the passing lane whilst the player with the basketball is one-pass away and looking at you, you must back cut immediately.**

**And never hesitate. No exceptions.**

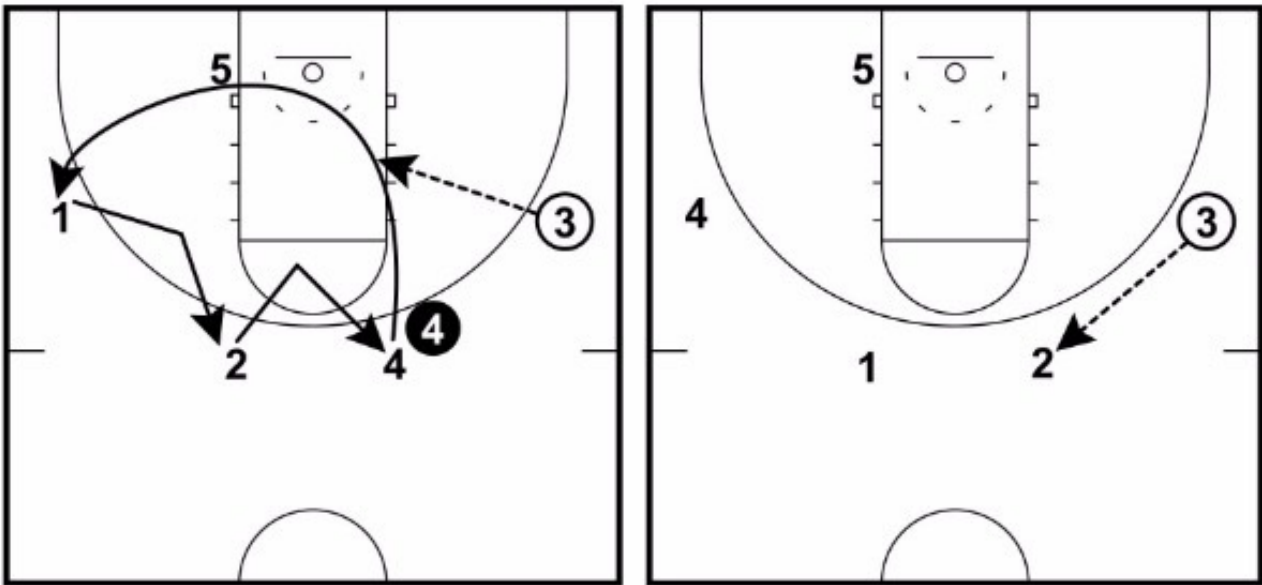
Here's how the back cuts work from each position.

### Overplaying a Slot to Wing Pass



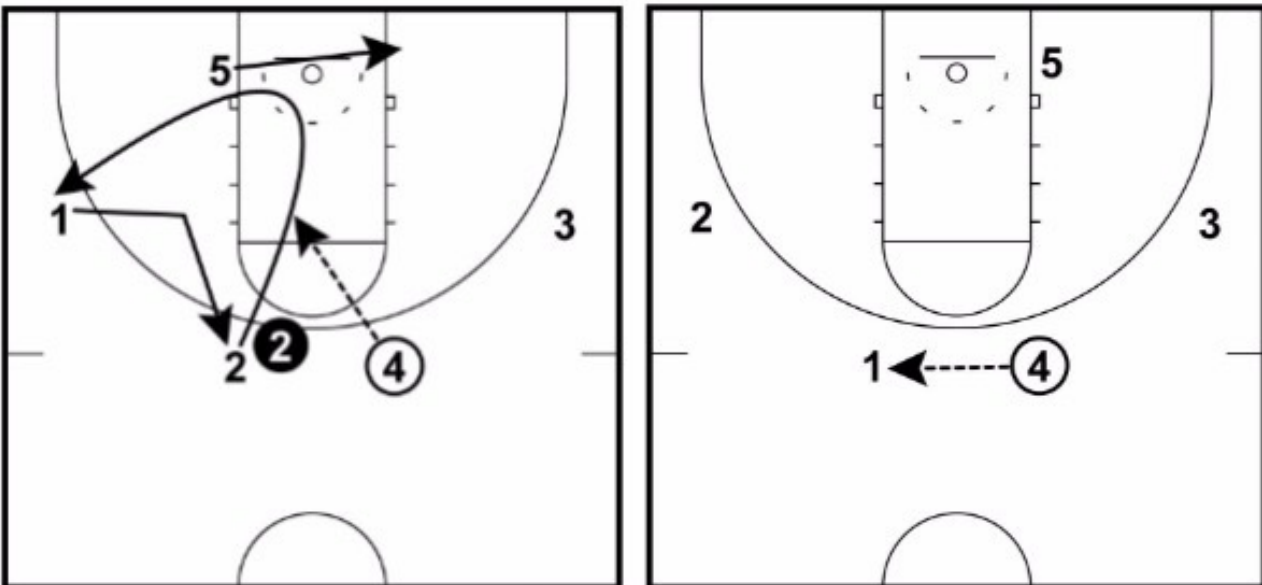
1. 3 is being overplayed by their defender so they cut immediately without hesitation.
2. If 2 doesn't receive the pass from 1, they pop back out to the same position.
3. All other players stay in their spots since there are no spots to fill.

## Overplaying a Wing to Slot Pass



1. If 4 is being overplayed by their defender, they immediately back cut looking to receive the pass from 3.
2. If they don't receive the pass, 4 replaces weak side wing.
3. 1 and 2 then fill cut towards the basketball.

## Overplaying a Slot to Slot Pass



1. If 2 is being denied by their defender, they must back cut through the paint looking for the pass.

2. If they don't receive the pass, they exit on the weak side wing replacing 1.

3. 1 fills towards the basketball replacing 2.

## Coaching Points:

- You can teach this by adding defenders and getting them to play 'dummy defense' switching between normal denying or overplaying the passing lane.
- Constantly stress to your player that they must never hesitate. If the defender is denying the pass, back cut immediately!

## Progression 3 – Dribble Penetration

Once your players understand the basic cutting and filling movements, it's time to add dribble penetration to the offense.

**One of the perimeter rules is: If you think you can beat your defender off the dribble and get to the ring, do it!**

With all the movement in the offense, the defenders will be constantly closing out late. This provides the offense with a great opportunity to attack the ring and create shots off dribble penetration.

This is the main reason why it's important to keep your post player on the weak side of the floor for the majority of the possession.

If the offensive player is always between the ball and the basket, it's going to be very hard for your perimeter players to penetrate and get a high percentage shot which is where most shots will come from in youth basketball.

Each time there's a drive, the post player must read their defender (who will help on the drive) and find an opening on the weak side anywhere from the baseline to the elbow. Create a passing lane.

The only deviation from this is on a baseline drive from a wing player. When this happens, the post player must get to the front of the rim. This creates the best passing opportunity to the post player and also open up the hammer pass to the opposite baseline corner.

Apart from those specific rotations, it's not effective to tell perimeter players exactly where they should rotate to...

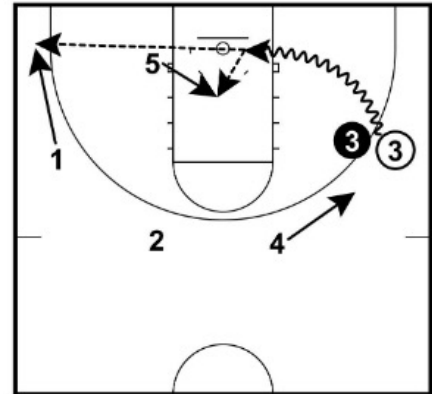
Each player must read where their defender is and create a passing lane so they can receive the kick out pass for the open shot.

If the player penetrating passes out and the shot isn't open, all players must communicate and adjust to the original 4-out 1-in positions.

With that said, here's how the rotations might look on different drives:

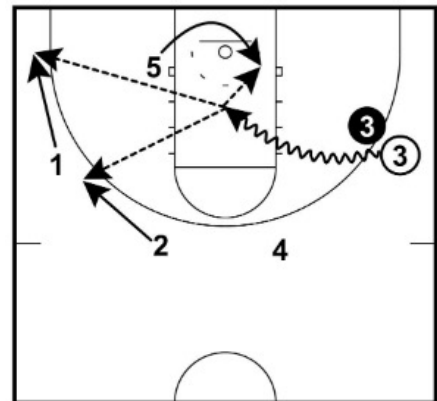
## Baseline Drive from the Wing

1. 3 receives the basketball and elects to drive towards the baseline.
2. 5 steps to the middle of the paint to create a better passing angle.
3. 1 slides down to the corner to open up the hammer pass.
4. 2 and 4 read their defender and get themselves open on the perimeter.



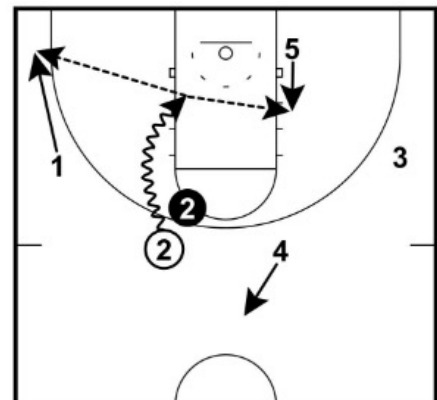
## Middle Drive from the Wing

1. 3 receives the basketball and elects to drive towards the middle of the floor.
2. 5 rotates under the rim to open up the passing angle.
3. 1 and 2 cut down to get themselves open for the pass.
4. 4 stays at the top of the key to play safety.



## Baseline Drive from the Slot

1. 2 receives the basketball and elects to drive towards the baseline from the slot position.
2. 1 slides down to the corner to get open if their defender helps on the drive.
3. 5 slides up the key to open up the passing lane since their defender must help.
4. 3 and 4 attempt to get open on the weak side and also play safety.



## Middle Drive from the Slot

1. 2 receives the basketball and elects to drive middle from the slot position.
2. 1 and 3 both slide down to the corner to open up the passing angle for the three-point shot.
3. 5 stays low and reads his defender who must help on the drive.
4. 4 steps back and plays safety.





## Coaching Points:

- All players must catch the basketball on the perimeter ready to attack the basket.
- Players should be driving past their defender in as straight of a line as possible. This means attacking just outside of the defenders hips which keeps the dribbler in their lane and keeps great spacing.
- Make sure your players are practicing making a 'floater'. If they get into the lane they'll be using that shot a lot during this offense.

## Progression 4: Away Screen – Curl Cuts Only

The next step in the offense is to give players a second option after passing the basketball in addition to cutting to the basket...

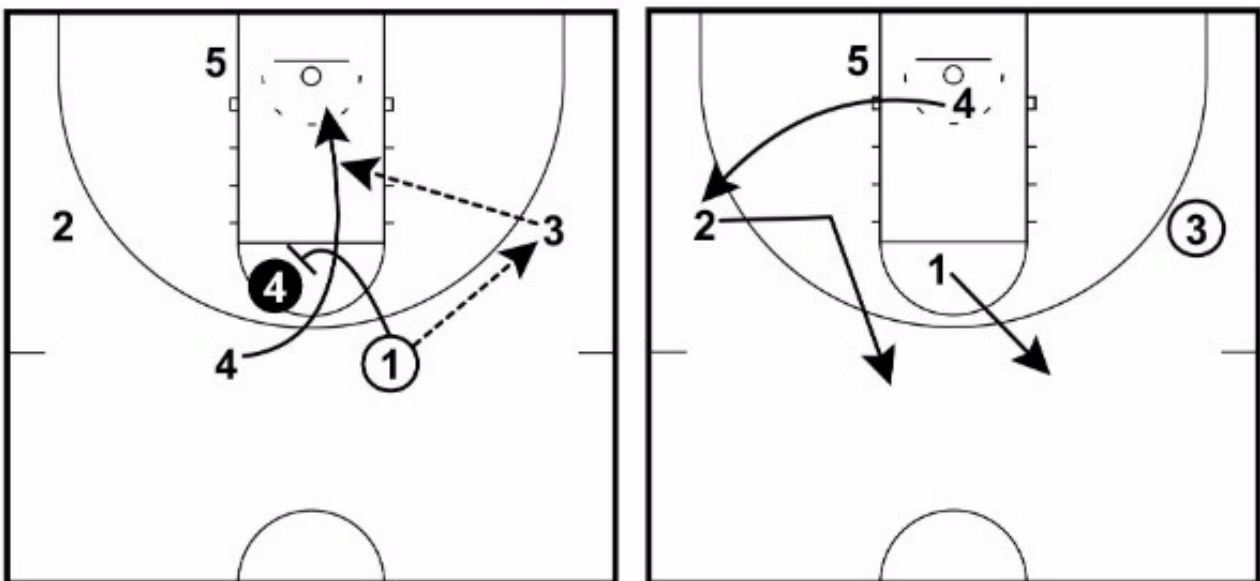
### Giving players the option to screen away.

For this progression, the player who receives the screen must always curl off the screen to the basket and the player who sets the screen must always pop back out to their original position after screening.

This screen can occur on a slot to slot pass or a slot to wing pass. The only time this can't happen is on a wing to slot pass as there's no perimeter player the opposite direction to screen.

Here's how it will work from different positions on the floor...

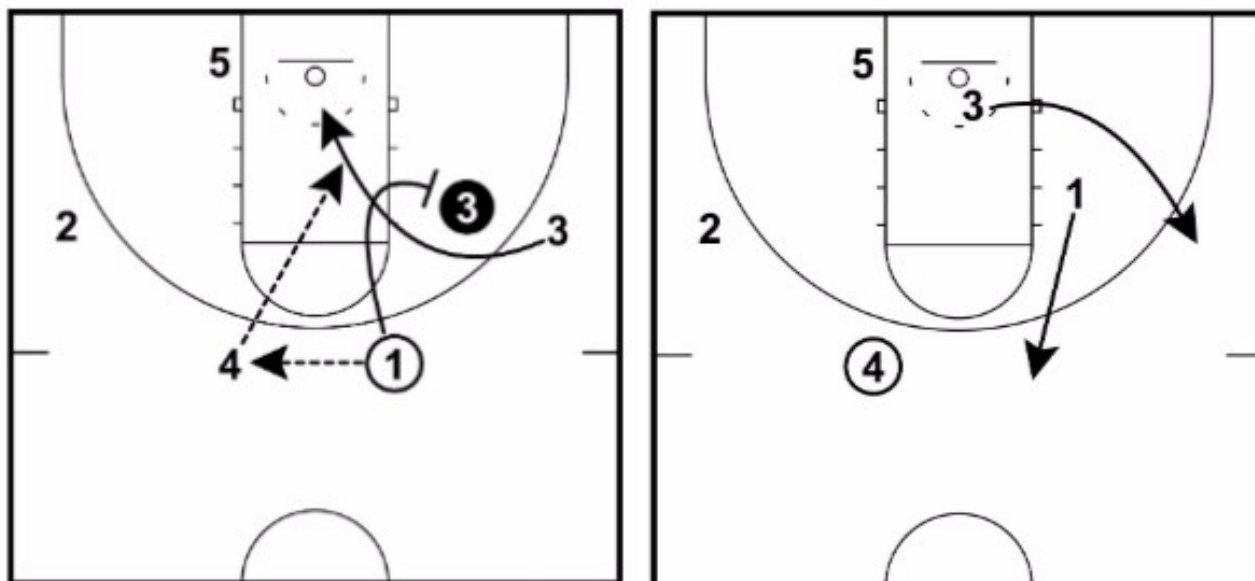
### Away Screen on a Slot to Wing Pass



1. 1 passes to 3 on the wing.
2. Instead of basket cutting, 1 decides to set an away screen for 4.

3. 1 sets an away screen on 4's defenders back hip and 4 quickly cuts off the screen to the basket looking for the pass from 3.
4. 1 pops back out to the same position.
5. 2 fill cuts to the slot from the wing.
6. 4 fills out to the weak side wing.

### Away Screen on a Slot to Slot Pass



1. 1 passes to 4 on a slot to slot pass.
2. Instead of cutting to the basket, 1 decides to set an away screen for 3.
3. 3 uses the away screen and cuts to the basket looking to receive the pass for the easy layup.
4. 1 then pops back to the basketball.
5. 3 then fills out to the weak side wing (the position they started in).

### Coaching Points:

- It's important that the player who receives the pass holds the basketball for a second or two to see if either of the players involved in the screen get open.
- For the player setting the screen, it's important that the screen is set on the correct angle. This means the screeners back should be facing towards where the cutter wants to go (the rim). Since players are only curling off the screen, the screen should be set on the back hip of the defender.
- If the defender anticipates the screen and cheats over, the player receiving the screen can back cut to the rim.

## Progression 5: On-Ball Screen

The fifth progression involves giving players a third option to perform after they have passed the basketball to a teammate.

### Setting an on-ball screen.

When a player makes any pass during the offense, they can step up and set an on-ball screen for the player with the basketball.

When they do this, the player screening must call out the player with the basketball's name and also hold their arm up in a fist to indicate they're about to set an on-ball screen.

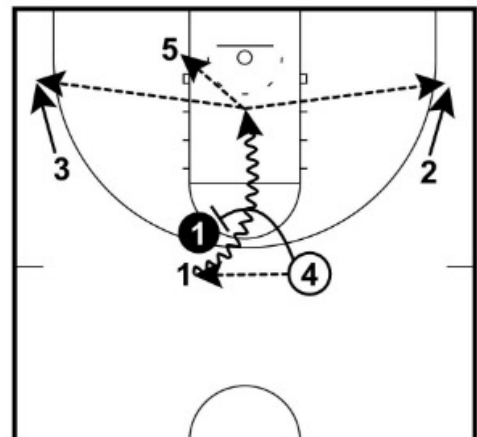
For the screen to be effective, the player with the basketball must be patient and wait until the screen is set before using the screen.

The post player should immediately find a good passing angle when their defender rotates to help on the player with the basketball.

Here's how the on-ball screen option will work from different areas on the floor:

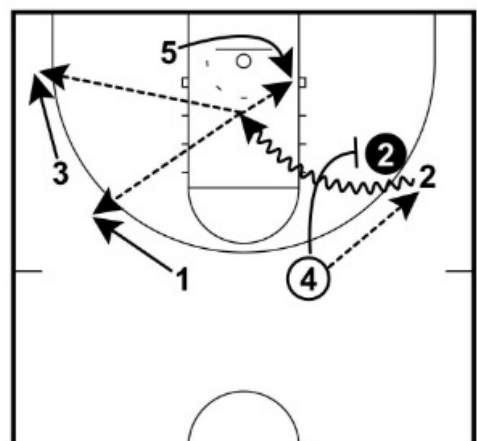
### Slot to Slot On-Ball Screen

1. 4 passes to 1 and then sets an on-ball screen on 1's defender.
2. 1 waits until 4 is set and then attacks the rim off the on-ball screen.
3. 2 and 3 both slide down to the corners to open up passing angles.
4. 5 stays low to be open for the dump-down pass.
5. The screener stays behind to play safety.



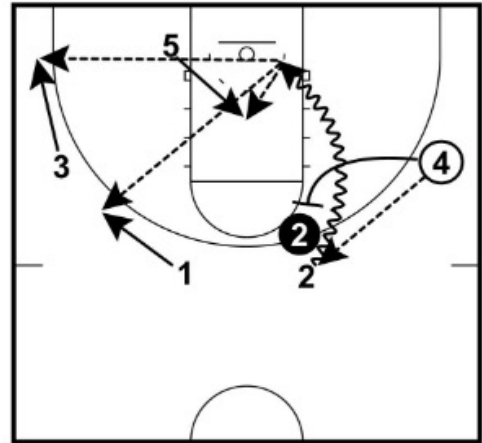
### Slot to Wing On-Ball Screen

1. 4 passes to 2 and then sets an on-ball screen on 2's defender.
2. 2 waits until the screen is set and then attacks the rim.
3. 1 and 3 slide down to open up passing angles for the three-point shot.
4. 5 swings under the hoop for the drop-down pass.
5. 4 plays safety after setting the screen.



## Wing to Slot On-Ball Screen

1. 4 passes to 2 and then sets an on-ball screen on 2's defender.
2. 2 waits until the screen is set and then attacks the rim.
3. 5 steps high to open up the hammer pass and also open up a passing lane.
4. 3 and 1 both slide down to be open for the three-point shot.
5. 4 plays safety after setting the screen.



## Coaching Points:

- Players must select their actions based on the other offensive players on the court. Never set an on-ball screen for a player that can't dribble the basketball.
- Remember what was said about screening angles in progression 4. The screen should be set on the back hip of the on-ball defender so that they can't slip under the screen.

## Progression 6: Away Screen – Add the Straight Cut

Next, we give another cutting option to a player receiving an away screen.

### The straight cut.

While the players will now be experienced with curling off an away screen, we will also give them the option to straight cut depending on how the defense reacts to the screen.

A straight cut will involve the player filling the spot that was occupied by the player setting the screen.

If this option is used, the screener cuts to the rim looking for the pass and then fills to the perimeter as normal.

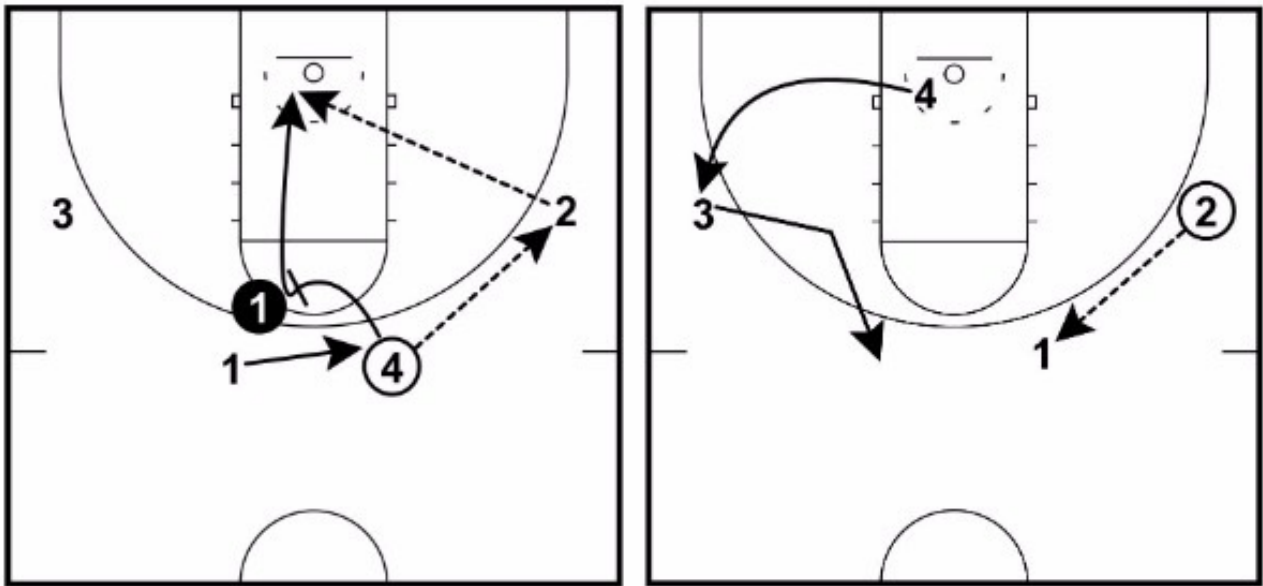
**Here's what you must remember: On an away screen, one player must fill the spot closest to the basketball and the other player must cut to the rim.**

It's up to the player receiving the away screen to decide which is used.

The screener must watch the cutter and go opposite.

Here's how it will look from different positions during the game...

## Away Screen on Slot to Wing Pass



1. 4 passes to 2 on the wing.
2. Instead of cutting to the basket, 4 sets an away screen for 1.
3. 1 reads their defender and decides to straight cut to the ball-side slot position ready to catch and shoot.
4. Seeing this, 4 rolls to the front of the rim looking for the catch and layup.
5. If 4 doesn't receive the pass, they fill to weak side wing while 3 fills to the next slot position.

## Away Screen on Slot to Slot Pass



1. 4 passes to 1 on the slot to slot pass.
2. 4 sets an away screen for 2 on the wing.
3. Instead of curling to the rim, 2 straight cuts to the slot position getting ready to catch and shoot.
4. Reading this, 4 cuts off the screen to the rim looking for the easy layup.
5. If 4 doesn't receive the pass, they fill out to the weak side wing.

## **Coaching Points:**

- If you're trying to delay the game while keeping possession of the basketball, get your players to perform straight cuts out to the perimeter on all away screens.
- Make sure your players understand how they should decide which cut to use. If the defender is trailing them, curl to the rim. If the defender cheats under the screen, straight cut.

## **Progression 7: Dribble At**

The 'dribble at' action can be used when the opposition team is putting on a lot of denial pressure.

This action involves one player dribbling at another player which can cause one of two actions:

1. A dribble handoff
2. A back cut

This is an efficient way to get the basketball around the perimeter when you want to get the basketball into a specific position.

For example, if you wanted to get the basketball into the low post from the wing but the wing is being denied.

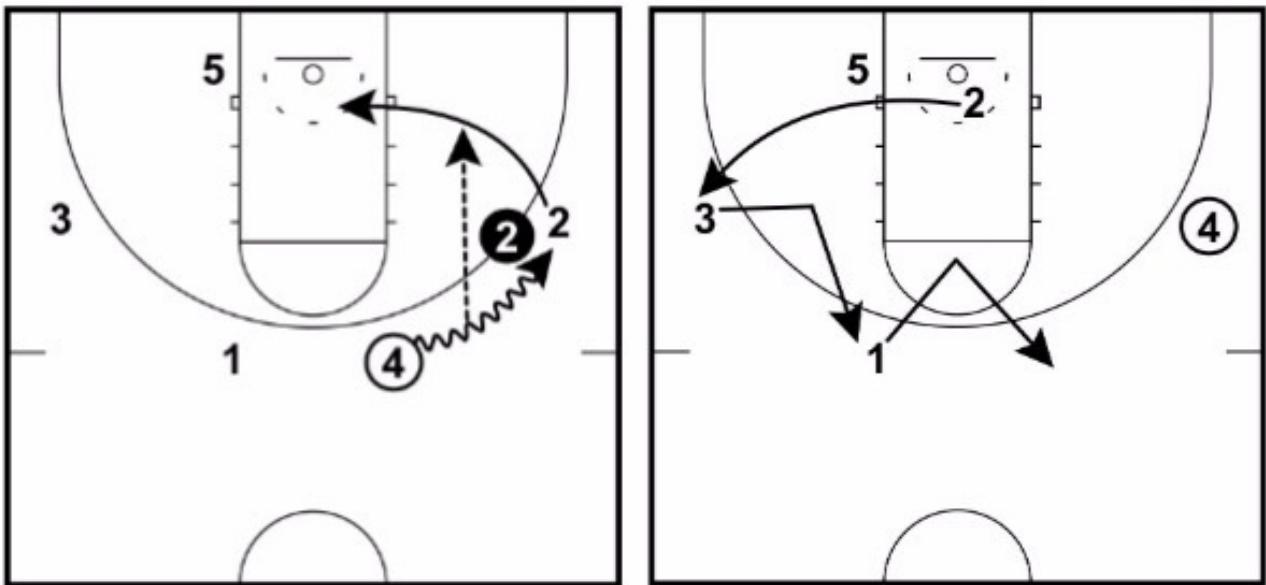
The task for the coach is to decide which option/s your team is going to use.

**For youth basketball, I recommend only using the back cut option every time one player dribbles at another.**

For high school and above, feel free to use both options.

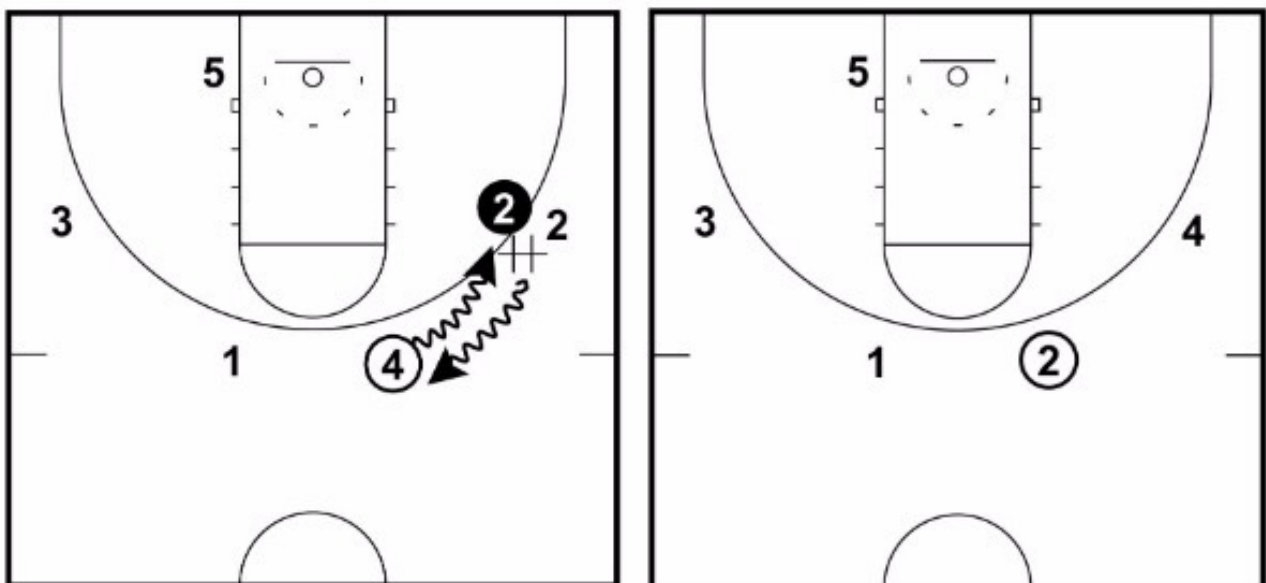
Here are a couple of diagrams to show you how they work...

## Slot to Wing Dribble At Back Cut



1. 4 dribbles towards 2 on the wing.
2. Noticing this, 2 immediately back cuts.
3. If the pass is open, 4 will pass to 2. If not, 4 continues dribbling to the wing position.
4. Since 2 doesn't receive the basketball, they fill out to the weak side wing.
5. 3 and 1 also fill towards the basketball.

## Slot to Wing Dribble At Handoff



1. 4 dribbles towards 2 on the wing.
2. Seeing that there is no back cut opportunity, 2 steps forward and receives the handoff from 4.

3. 2 now has the option to attack the rim or dribble to the slot position.

### **Coaching Points:**

- If running a handOff, the other offensive players must read this and stay in their spots. If a back cut is run, all players must fill towards the basketball.
- Again, for youth basketball I recommend back cuts every time there's a dribble at situation.

## **Piecing Together the 4-Out 1-In Motion Offense**

Congratulations!

Once your team is comfortable with the 7 progressions of the 4-out 1-in continuity motion your team will have a very solid base offense with many options and also an offense that will develop basketball IQ.

Now that your players understand the offense, it's important to keep improving it.

This occurs as players start to learn the strengths and weaknesses of their teammates and make decisions accordingly.

I think we can all agree that setting an on-ball screen for the power forward who isn't a great dribbler is never a good idea!

This will take some time to get to the point where your players look fluid on the court.

Stick with the process and be patient. It will all come together.

But that's not all...



## Additional 4-Out 1-In Motion Actions:

There are many additional actions that you can run out of the base 4-out 1-in motion offense that are optional inclusions.

Teach your players the base offense (the 7 progressions) first, and then adding these as 'plays' out of the base offense.

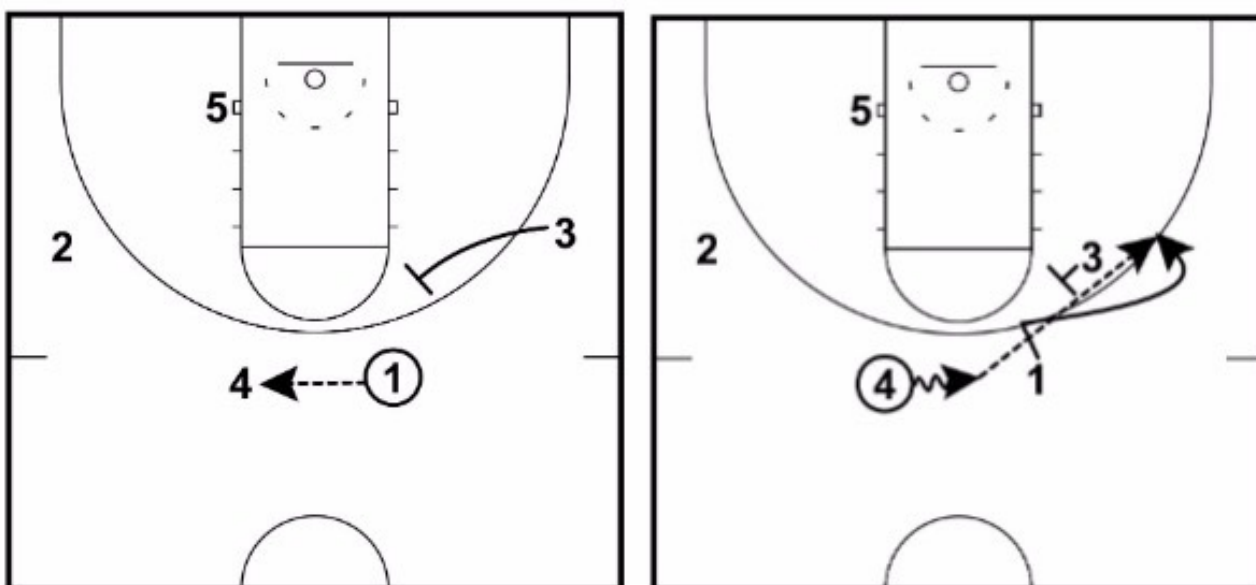
Call these actions out of time-outs, out-of-bounds, or when you need a basket in a crucial moment of the game.

Which of these actions you choose to implement into your offense will depend on the skill sets of the players on your team. Find the plays that take advantage of your best players' strengths.

Here they are...

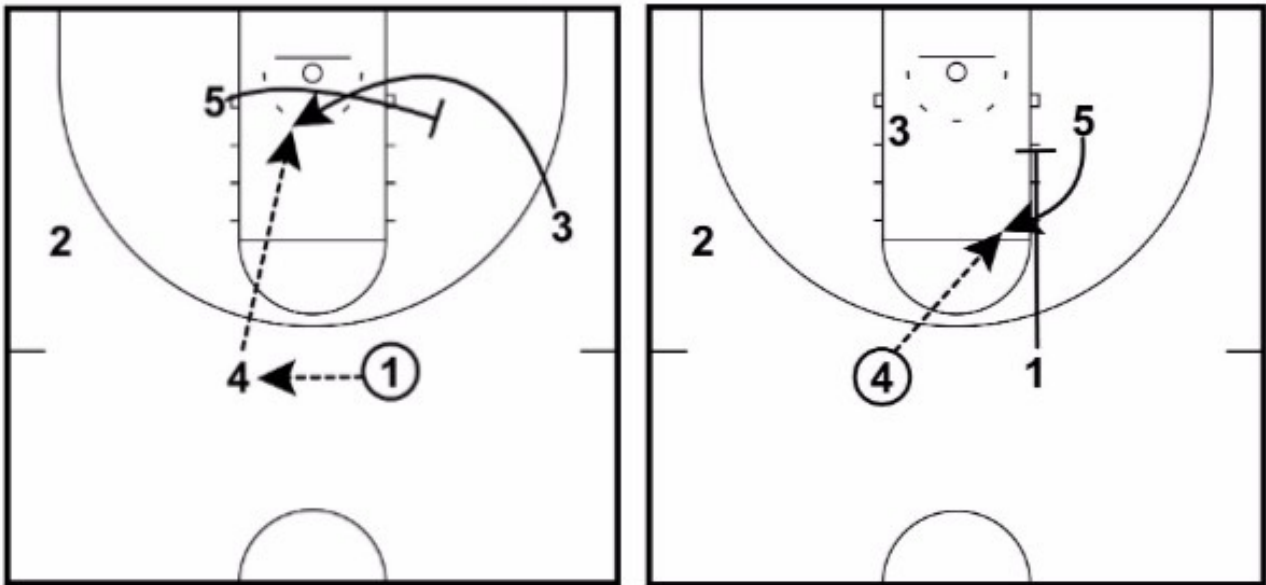
## Slot to Slot Pass Additional Actions

### Flare Screen for the Slot Player – “Fire”



1. 1 passes to 4 on the slot to slot pass.
2. 3 steps up and sets a flare screen on the blind-side of 1's defender.
3. 1 takes 1-2 steps forward and then flare cuts off 3's screen.
4. 4 takes 2 dribbles to improve the passing angle and then passes to 1 on the wing for the shot.

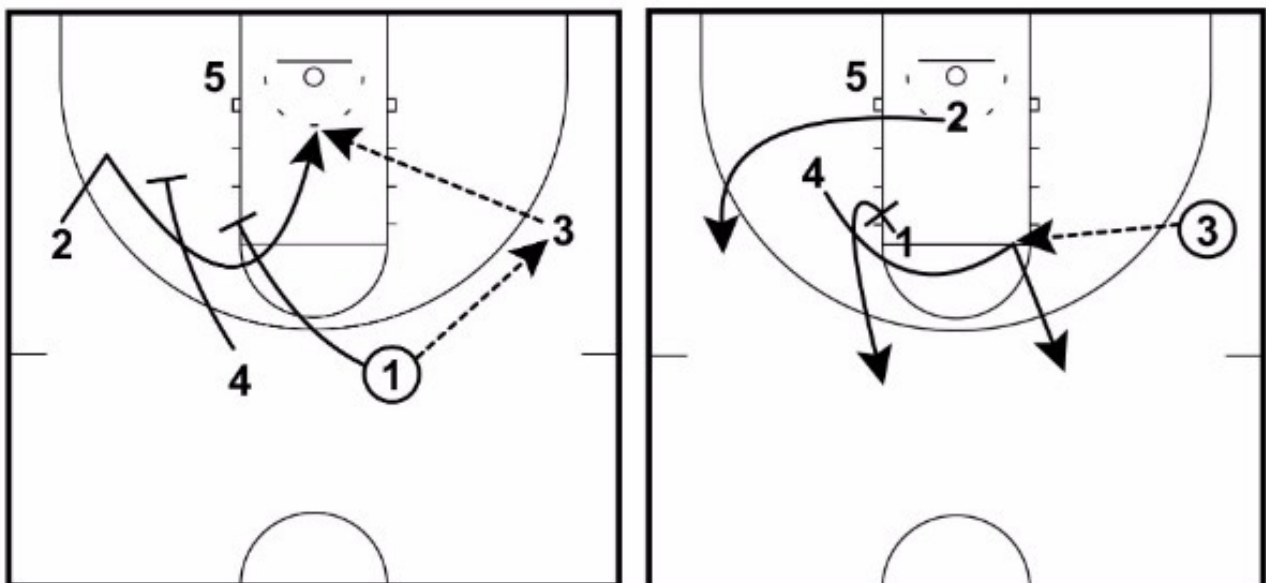
## 2. Flex Screen to Pin Down – “Flex”



1. 1 passes to 4 on the slot to slot pass.
2. 5 then sets a flex screen for 3 who cuts across the lane looking for the pass and open layup.
3. 1 then sets a pin down screen in a screen-the-screener action for 5.
4. 5 curls or straight cuts off 1's screen depending on their skill set to receive the basketball for the open shot.

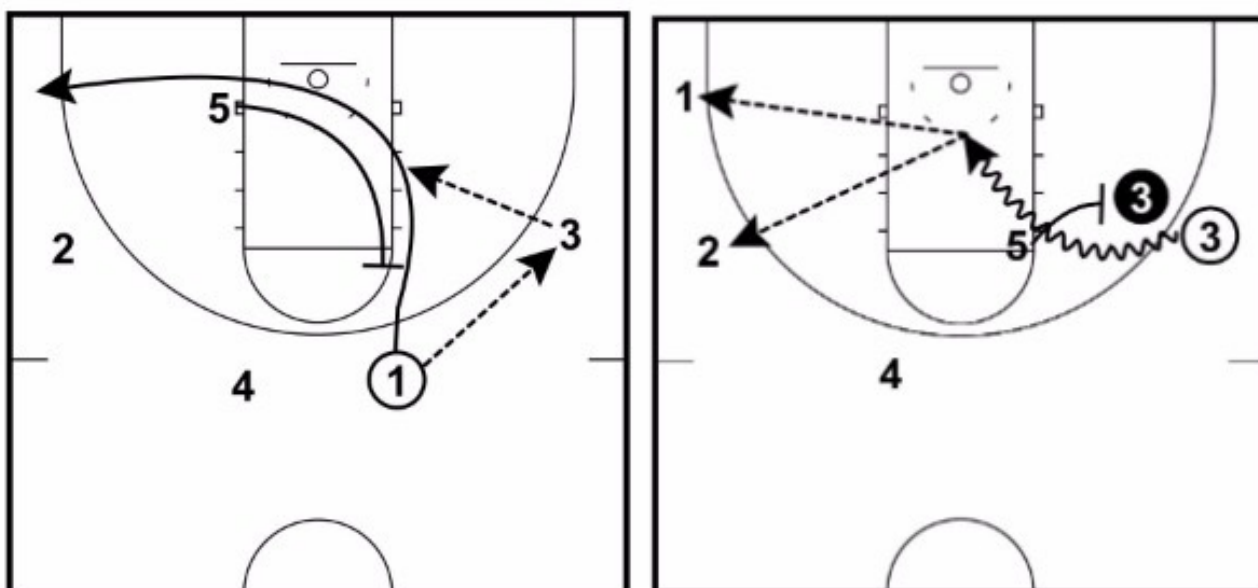
## **Slot to Wing Pass Additional Actions**

### 1. Staggered Screen for Weak Side Wing – “Stag”



1. 1 passes to 3 on the wing.
2. 2 and 4 set a staggered screen for 2.
3. 2 curls off the staggered screen to the ring looking for the basketball.
4. 1 then sets an immediate screen on 4's defender.
5. 4 curls to the elbow looking for the catch and shoot. If it's not open, they clear out to ball-side slot.
6. If 2 didn't receive the pass for the layup they clear out to weak side wing.
7. After setting the second screen 1 clears out to weak side slot.

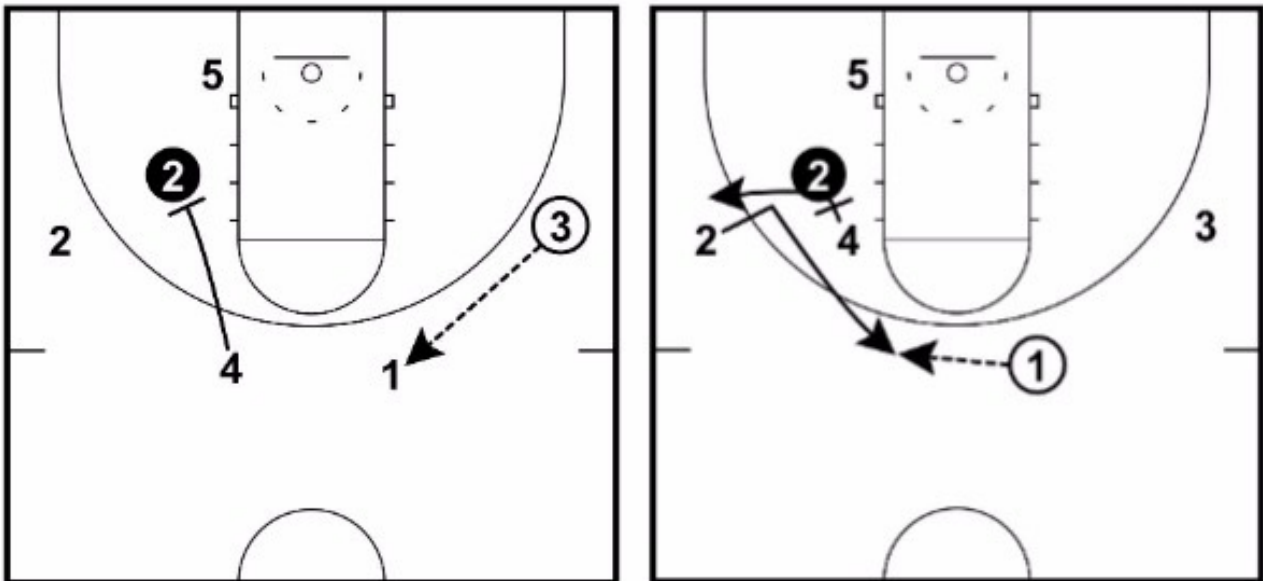
## **2. UCLA Screen to On-Ball Screen – “Celtic”**



1. 1 passes the basketball to 3 on the wing.
2. 5 sprints up to set a UCLA screen for 1.
3. 1 cuts off the UCLA screen looking for the basketball for the open layup. If they don't receive it, 1 clears to the corner.
4. 5 then immediately sets another screen for 3.
5. 3 waits until the screen is set and then attacks the rim.
6. 3 now has the option of finishing in the lane or kicking out to 3 shooters behind the three-point line.

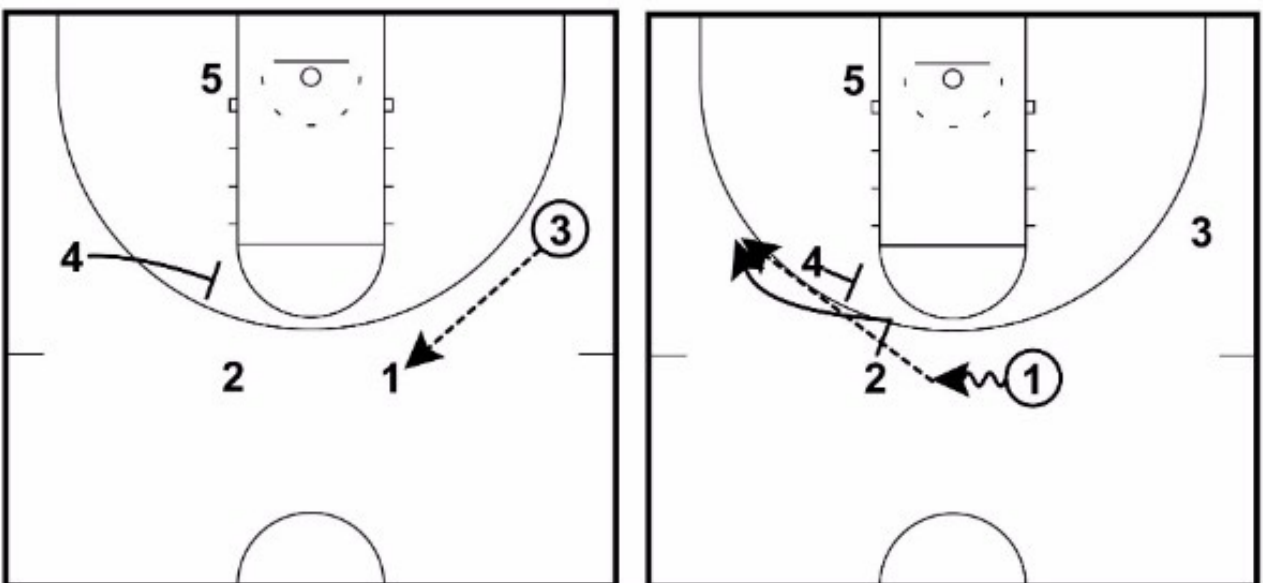
## Wing to Slot Pass Additional Actions

### Weak Side Down Screen for Wing – “Down”



1. On a pass from 3 to 1, that triggers 4 to go and set a down screen on 2's defender.
2. 2 then takes a few steps in and then bursts out to the perimeter looking for the catch and shoot.
3. 4 must hold this screen for as long as they can legally and then pop out to fill the wing.
4. This will often lead to a late close out by 2's defender which means easy dribble penetration.

### Weak Side Flare Screen For Slot – “Flag”



1. On the pass from 3 to 1, 4 sets a blind-side screen on 2's defender.
2. 2 takes 1-2 steps forwards and then bursts out on the flare screen to the wing.
3. 1 takes 1-2 dribbles across to improve the passing angle and then makes the direct pass to 2 for the shot.
4. If 2 catches but the shot or drive isn't open, 4 has popped out and you're still in motion.

## Advanced

### On a Pass Into the Post

On any pass into the low post, the ball-side wing player must cut to the weak side.

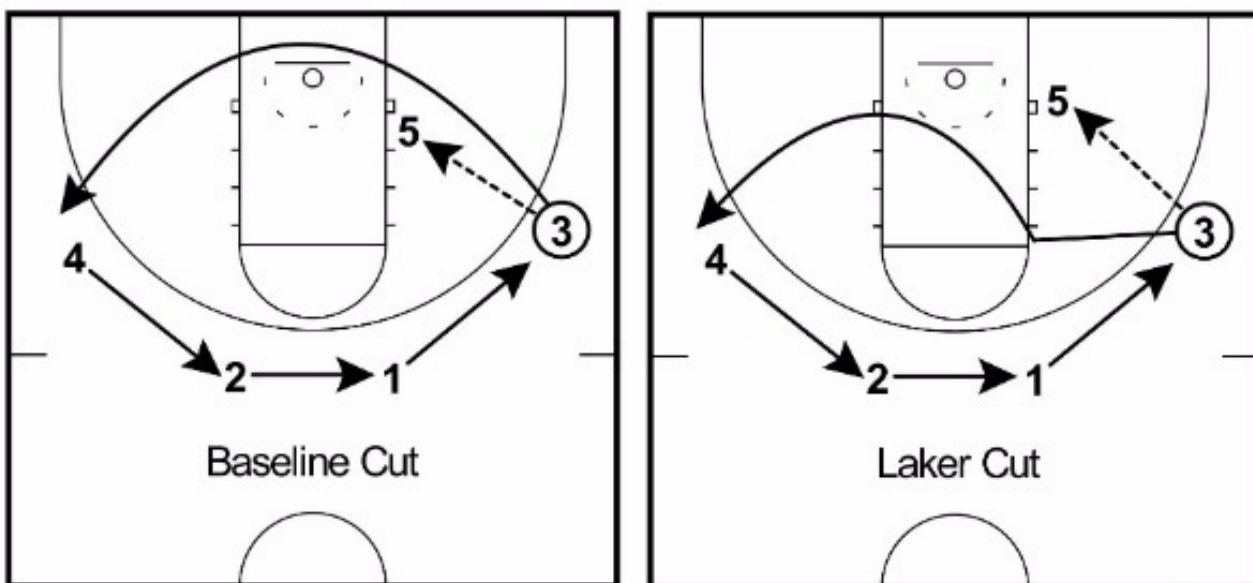
This forces the other defenders to focus on their player and make adjustments to their position instead of allowing them to double team or read the post player.

We want the low post player to receive the basketball with their low foot above the low block so that there's space for the baseline cut and possible bounce pass for the layup.

If the low post player is on or below the low block, it leaves little opportunity for this cut to be effective.

When this happens, the alternative cut is to make a Laker cut. A Laker cut is a cut to the strong-side elbow and then through to the baseline corner.

Even though I haven't discussed much about the post catching in the high post, the same rules exist. The wing player must cut baseline so that the help defenders must move and rotate out of position.



## **Rebounding and Transition Defense**

Establishing offensive rebounding position and transition defense is crucial if you're going to run the 4-out 1-in offense well.

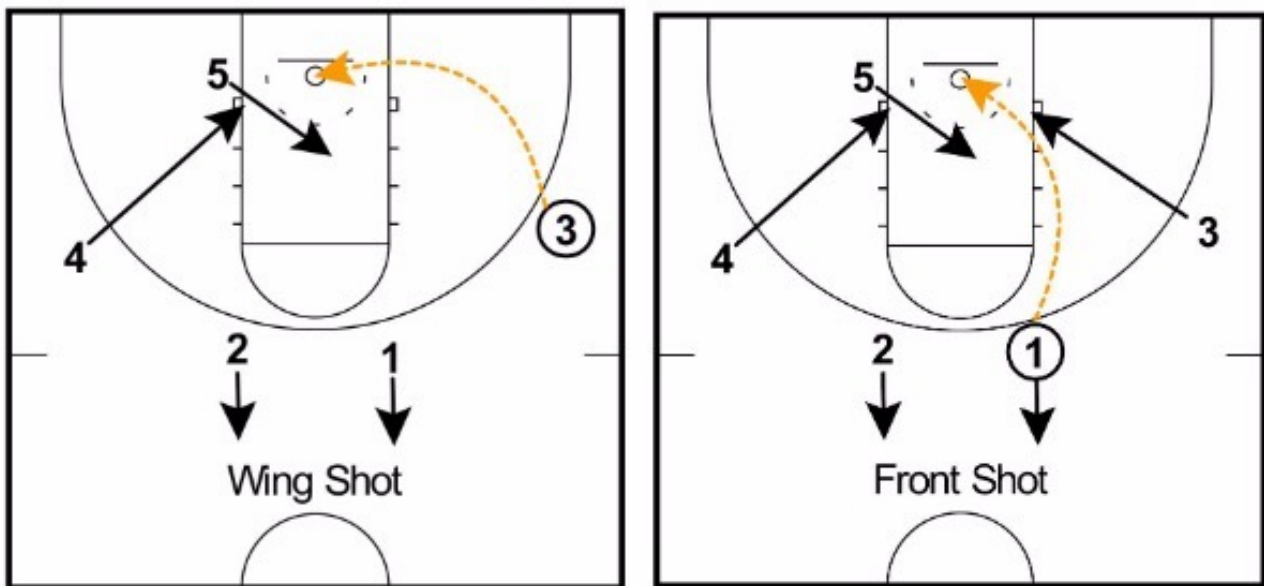
For this offense, we will rely on 2 or 3 players to fight for offensive rebounds depending on where the shot is taken from the outside.

If the shot is taken from inside the three-point line, encourage players inside the key to fight for offensive boards and those outside the three-point line to transition back on defense.

The post player always fights to the front of the rim on a shot from anywhere on the floor.

If the outside shot is taken from the wing, the weak-side wing player must sprint in to rebound on the weak-side while the post player fights for position in front of the rim. This leaves us with 3 players who must immediately transition back onto defense.

If the outside shot is taken from the top of the key, both weak-side wing players sprint in to rebound on their respective sides while the post player fights for position at the front of the rim. This leaves the two slot players to transition back on defense.



## **End of Clock Situations**

To keep players from going through the motions, it's important that you have a specific action your team runs when the shot clock is winding down.

The best way to end a possession is with a ball-screen from your post player.

There are two ways to do this...

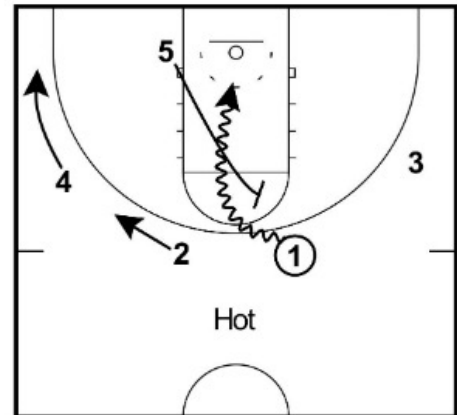
## 1. Straight Ball-Screen

Since the 4-out 1-in offense provides great spacing at all times, there's always a great opportunity for a ball-screen.

The simplest thing you can do is get the basketball to your best playmaker or scorer, and then sprint your post player out to set an on-ball screen for them.

This can occur in either of the wing positions or slot positions.

I recommend you have a key word (I use 'hot') that you or the players can call out with 5 – 7 seconds left on the shot clock to trigger this action.



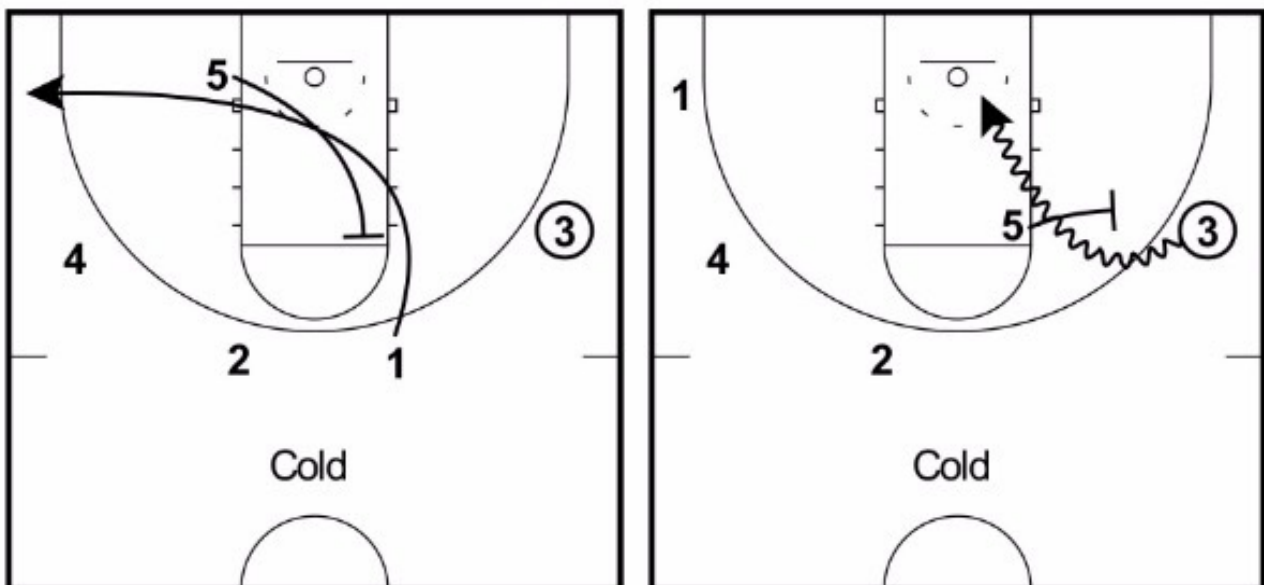
## 2. UCLA Screen to On-Ball Screen

This advanced option can be a very effective if you have experienced players who can run this quickly and efficiently.

The first step is to get the basketball to one of the wing players.

Instead of the post player sprinting out to set an immediate screen on the player with the basketball, they first set a UCLA screen for the ball-side slot player who cuts through looking for the basketball and quickly pops out to the weak side.

Immediately after setting this screen the post player takes a few short steps to the wing and sets an on-ball screen for the player with the basketball.



This advanced option does a few things:

1. If forces all defenders to rotate an extra position and stay with their player. If we only set a straight ball-screen the weak-side defenders will already be in help position.

2. Provides the offense with an extra opportunity via the slot player cutting to the rim off the UCLA cut.

Use a different keyword to trigger this option (I use 'cold') and once again call this out with about 5 – 7 seconds left in the shot clock.

For both of these options the post player must sprint to the screen to create separation between them and the post defender for best chances of success out of the ball-screen.

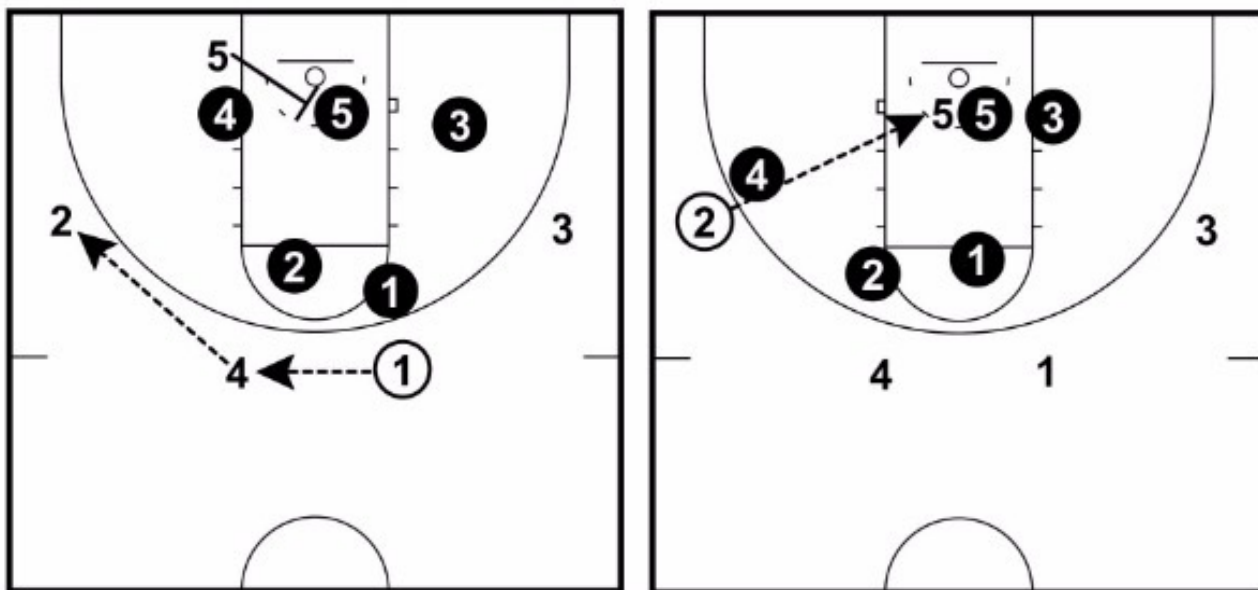
## **Zone Defense Adjustments**

With a few adjustments the 4-out 1-in motion offense can easily be run against a 2-3 zone defense.

For it to be most effective and easy for the players to understand, we want to do our best to stay within the structure of our current offense with minimal changes.

Here's a few ways to do it.

### **1. Post Seal the Middle of the Zone**

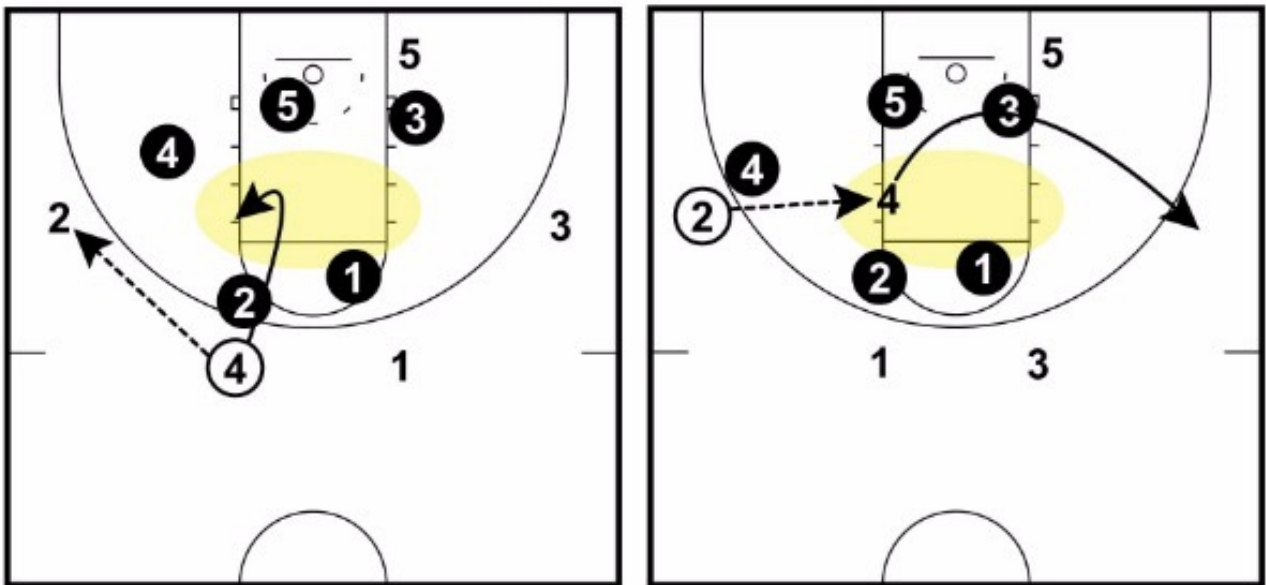


As the basketball is swung around the perimeter the post player should establish a deep post seal on the inside zone player.

This is a great opportunity to get the basketball inside from the wing.



## 2. Hook and Look



Within any 2-3 zone there is an area between the bottom line of defenders and the free-throw line that is usually left open for a majority of the possession.

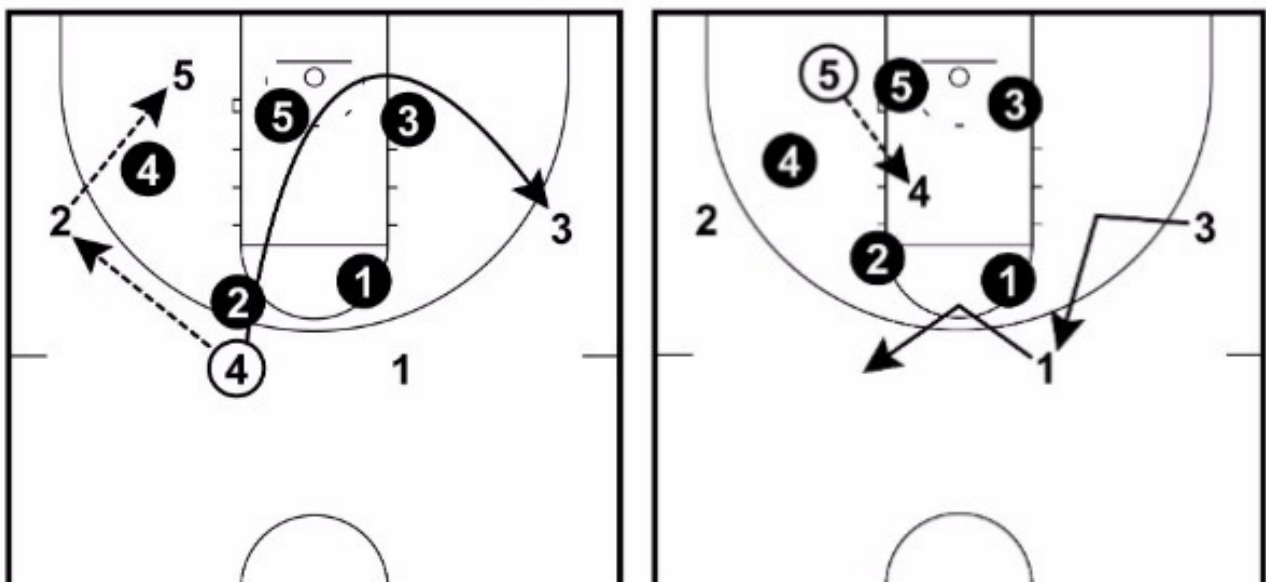
To take advantage of this, any time a player basket cuts they must 'hook and look' when passing through that area of the paint.

The player cutting can hold this position for 1-2 seconds before continuing their cut to fill the perimeter.

It's imperative that the perimeter players are watching these cuts and are ready to feed the basketball inside if it's open.

Often the middle player of the zone will have to step up leaving an easy drop-down pass to our post player for the layup.

## 3. Post Player to Short Corner



When playing against a zone you can often find a big advantage by changing the role of your post player and keeping them on the ball-side of the zone.

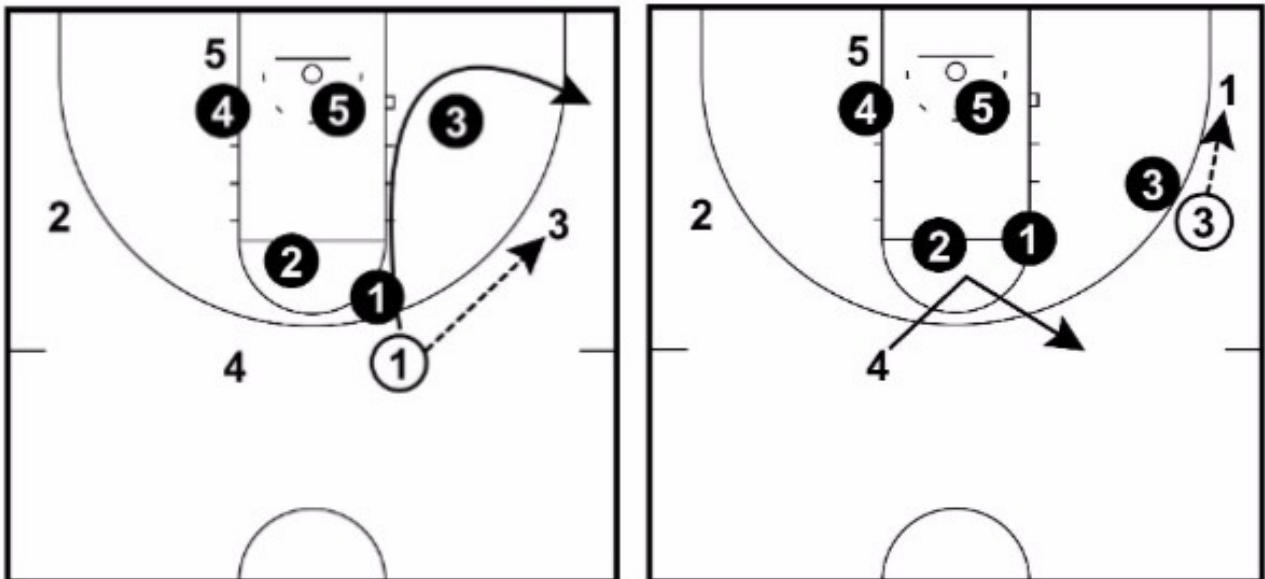
Especially if you've got a post player that can make the midrange shot.

Since we play the wing spots high on free-throw line extended, the bottom post player is often forced to rotate out and help to stop open shooters.

This leaves the short corner completely open for your post player to receive the basketball.

If the middle player of the zone steps out to help the middle of the zone will be open for cutters to receive the pass for an open layup.

#### **4. Corner Cut – Zone Overload**



Another great option against a zone is to create a classic overload situation.

We accomplish this by running the slot player to the ball-side corner on a pass to the wing.

This forces 2 defenders to guard 3 players and puts the offensive team at a big advantage.

This action will often lead to an open three-point shot from the corner.

## Conclusion

And the 7,000 word 4-out 1-in motion guide has come to an end!

This is one of the most popular offenses at all levels of basketball for a very good reason.

It can be adjusted to suit any age and skill level, it can be run positionless (rotate the post player), and since it's a decision-making offense it will develop your players' basketball IQ.

**To quickly recap the progressions, here they are:**

- 1. Pass, Cut, and Fill**
- 2. Add Back Cuts to Pass, Cut, and Fill**
- 3. Dribble Penetration**
- 4. Away Screen - Curl Cuts Only**
- 5. On-Ball Screen**
- 6. Away Screen - Add the Straight Cut**
- 7. Dribble At**

Along with the 5-out motion and read and react offense, **the 4-out 1-in offense is one of my main recommendations for all youth basketball teams.**

If you're coaching a youth basketball team, use it!

- Coach Mac

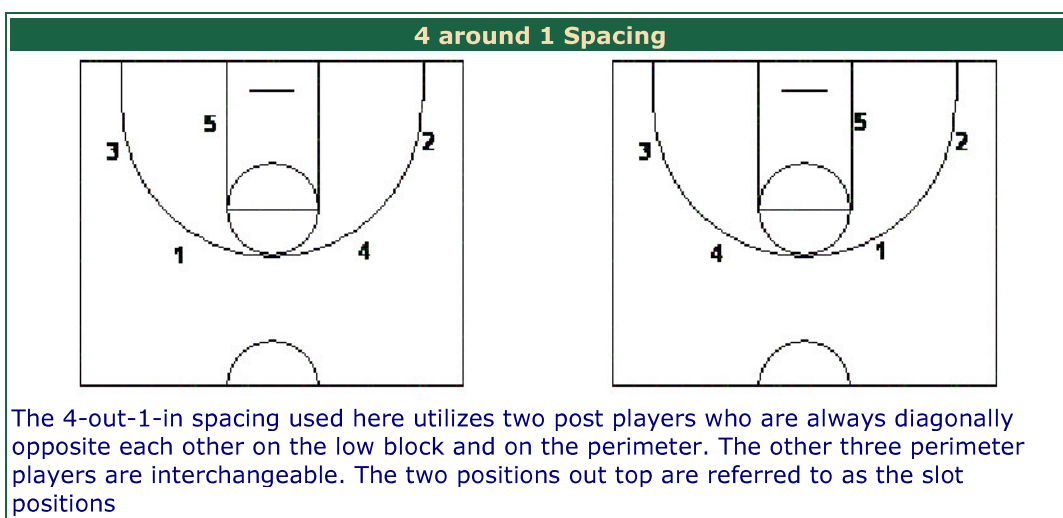
# Villanova - 4 out 1 in Motion

## Jay Wright

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### Spacing

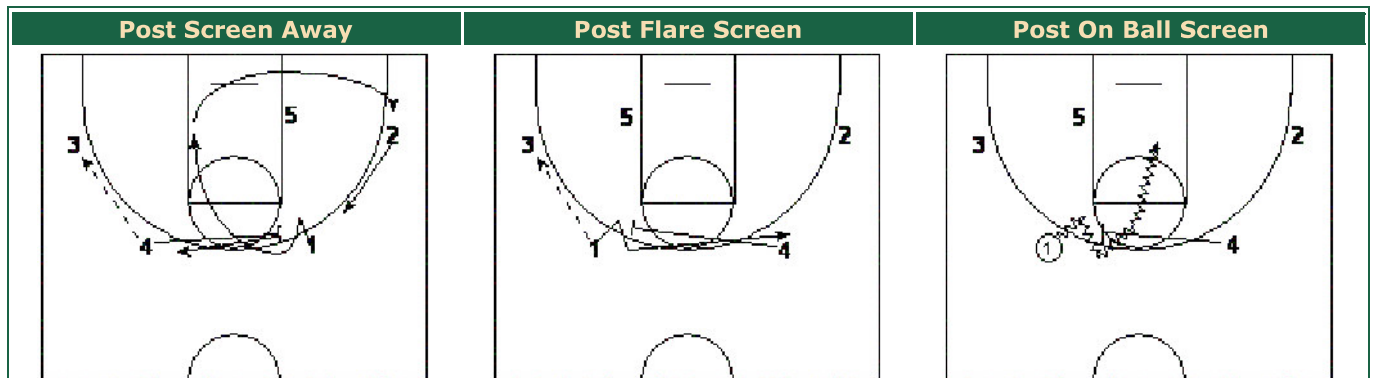
The 4-out-1 in motion offense used by Jay Wright of Villanova and formerly Hofstra University utilizes 3 perimeter players and 2 post players. One on the post players is always stationed on either of the low blocks. The other post player is on the perimeter diagonally opposite the low post player (in one of the slot positions). The three perimeter players are interchangeable occupying the two wings (near the baselines) and one of the slot positions out top



### Basic Rules for Post Players

1. The high and low posts are always opposite each other with one on the low block and the other opposite in one of the slot positions.
2. The high post player always screens for the other slot man. This means screening away on a pass, setting a flare screens, and setting on ball screens. He does not screen for the wing players and he never receives a screen from a perimeter player.
3. Whenever the post player in the slot has the ball out top the low post player ducks in and looks for the ball.

## Post Player Options



Here are some examples of different kinds of screening action that should take place in the slot with the perimeter post player.

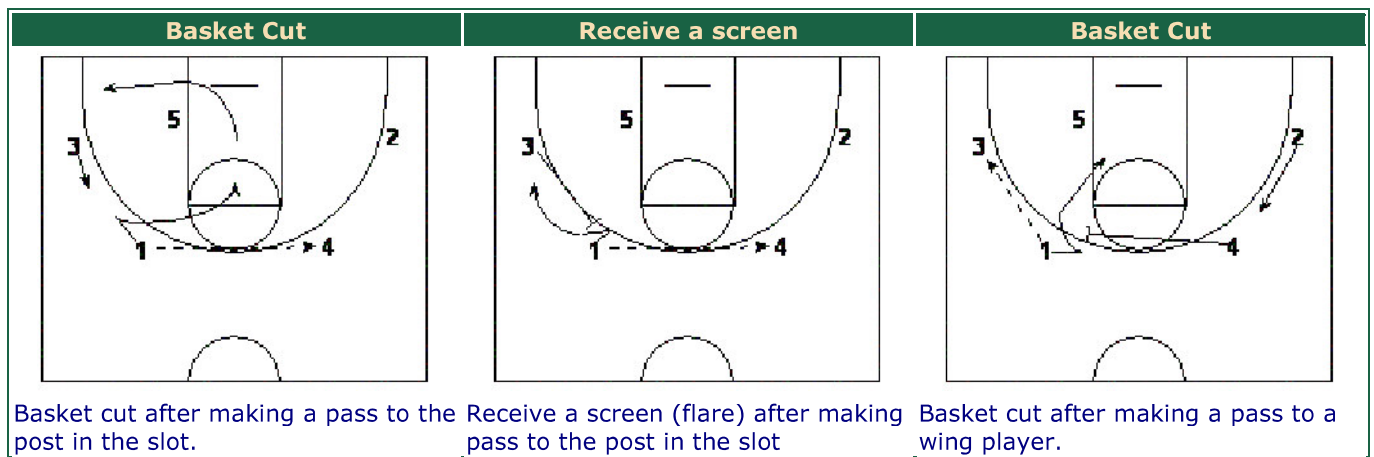


Every time the post player in the slot receives the ball he should look for the duck in with the low post.

## Basic Rules for Perimeter Players

1. After making a pass, you have three options : a) basket cut b) set a screen or c) receive a screen (from post player in the slot).
2. Only screen for each other on the perimeter; They do not set screens for the post player in the slot position.
3. Use dribble to drive to the hoop or create and easier passing opportunity.

## Perimeter Player Options

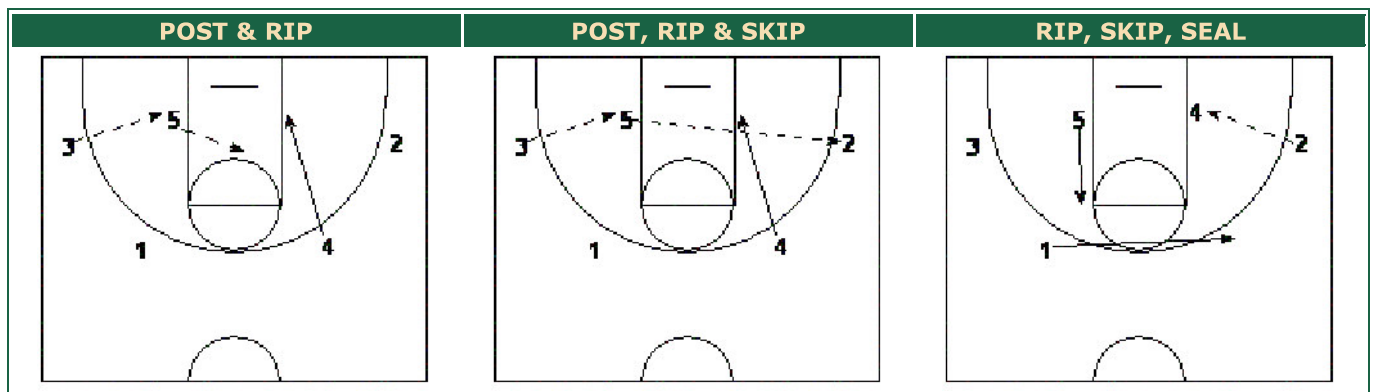


## Key Teaching Points

1. Post ups and ball screens are primary looks.
2. Perimeter players look to catch and shoot; then reverse the ball
3. Read the defense - take the lanes they give
4. Good shot selection
5. Good communication
6. Read Opposite

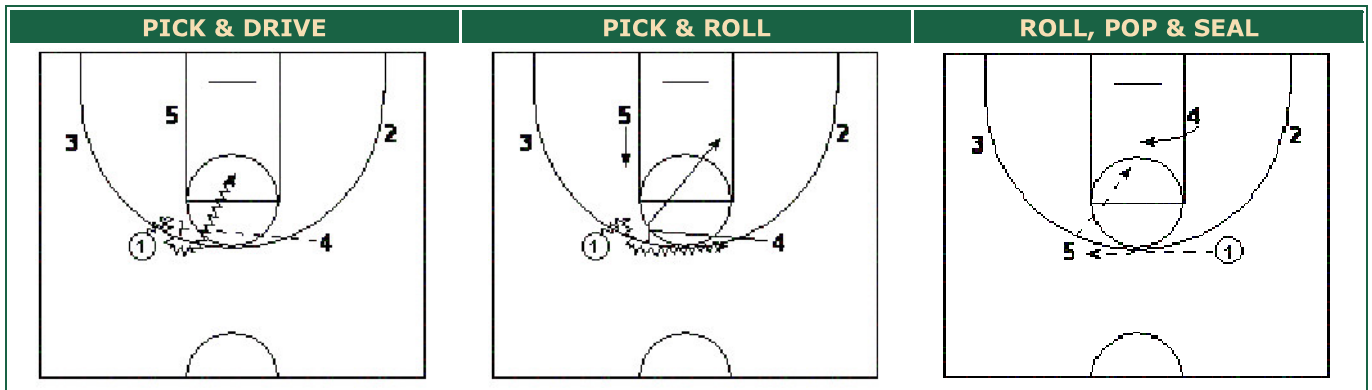
## Scoring Opportunities

1. **POST & RIP** – We always look to enter the ball to the low post. This creates several scoring opportunities. The are as follows:
  1. Look to score immediately in post.
  2. **RIPPER** - Look for opposite post player who after a slight hesitation then rips to the weak side block. If this post player does not receive the ball he is in perfect weak side rebounding position.
  3. **RIP / SKIP / SEAL** - Look for skip pass to weak side corner. After the skip pass if the wing does not shoot he has ideal post action with the ripper who has just sealed his defender.
  4. Look to kick back to the wing who entered the ball after slight relocation (this is ideal if the wing doubles down on the post).



## 2. HIGH BALL SCREENS

1. **PICK AND DRIVE** - immediate driving opportunities to the hoop.
2. **PICK AND ROLL** - Drag dribble implies roll to the hoop (opposite post fills out and replaces).
3. **ROLL, POP, & SEAL** - As the opposite post pops out if he receives then he looks for the roller who has now sealed on the low post.



## 3. SCREENER & CUTTER Opportunities

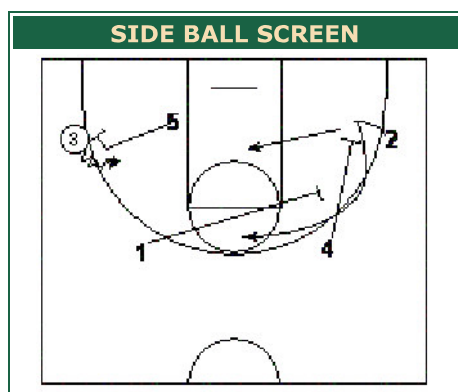
1. Flares or curls with the two players in the slot positions; post player always screening for the perimeter player
2. Post player who sets the screen can slip the screen and cut to the basket as an additional scoring opportunity.
3. If perimeter players uses screen to curl then post player pops back to the ball.



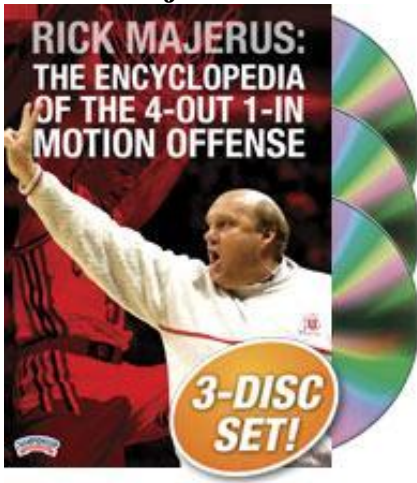


4. **SIDE BALL SCREENS** (ball goes to the corner)

1. Look first to low post
2. Low post sets on ball screen in the corner
3. At the same time two slot players set a staggered screen for weakside wing to curl or get a good perimeter look.



## Rick Majerus: The Encyclopedia of the 4-out 1-in Motion Offense



### Keys to the Offense:

- Get to the free throw line (premise of offense): Do not allow this to become a jump-shooting offense. Get the ball inside via post ups, cutting and driving.
- Maintain spacing: Is your team maintaining spacing on the 3<sup>rd</sup> side of the floor after 2 reversals? Be sure to watch game tape to examine if you are.
- Share the ball
- Shot allocation: Our shooters are shooting (“THE most telling halftime statistics were the shot totals for my 2 best players”) Our shooters are looking for screens and our non-shooters are looking for shooters to screen for.

-A smart player is always asking himself four questions while on the court:

1. Who am I?
2. Who are my teammates?
3. Who is covering me?
4. Who is covering my teammates?

-Be sure to adapt the offense to the ability of your players.

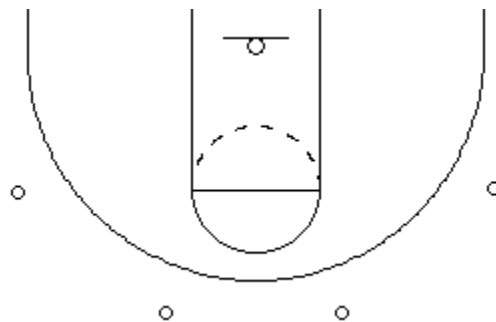
### Court Terminology:

-**High Elbow:** Juncture of NBA 3 and just outside the lane line extended

-**Short Elbow:** Juncture of NBA 3 and free throw line extended.

-Spacing concept is always “Too high, Too wide, Too far apart, Too spread apart.”

-Use the NBA three point line for spacing (tape it on your floor for practice).



Rick Majerus: The Encyclopedia of the 4-out 1-in Offense

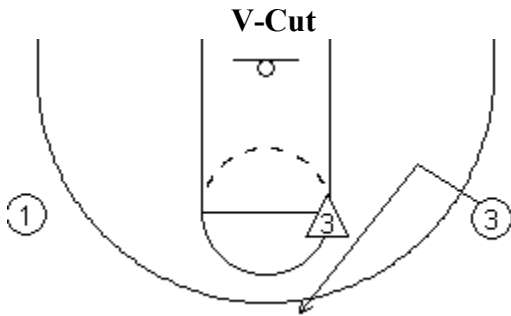
Notes compiled by Zak Boisvert, student manager, Fordham University

(Players 1-4 can occupy any of these 4 positions. All perimeter spots are the same.)  
-We always want the fill the high elbows. Whenever you see a high elbow open, fill it (called "Squaring the Top").

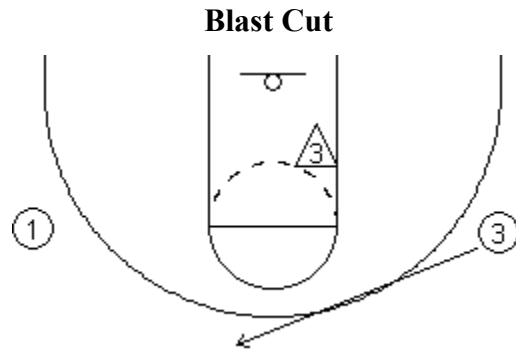
**Cuts:**

- Never make a cut you don't intend to score
- Always call out the cut as you're making it (even in the game)
- Have a hand target.
- Slow down in the scoring area.
- Complete cut to the front of the rim.

**Fill Cut:** 2 versions (V-Cut and Blast Cut)



A player should v-cut when his defender even or a man away in a flat triangle.

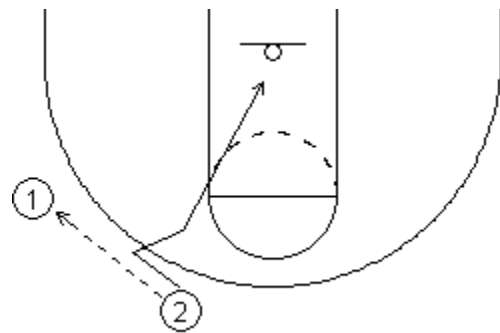


A player should conduct a blast cut is when his defender is 2 men away, rendering a v-cut meaningless. X3 won't be able to get a hand up in time.

**Pass & Cut: 3 versions (V-Cut, 7 Cut, and Middle Cut)**

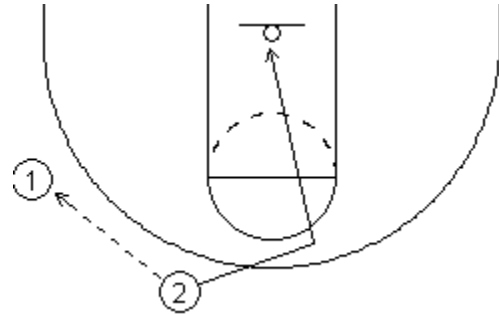
**V-Cut**

-2's defender jumps to the ball, 2 steps diagonally at 1 before changing direction to cut to rim (showing hand target and slowing in passing area).



**7 Cut**

-2 acts as if he were about to set a stagger for a player on the weakside before quickly diving to rim.

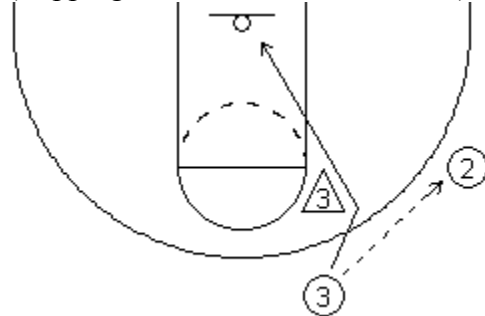


**Middle Cut** (2 versions: Middle Cut from short elbow & Middle Cut from high elbow)

-This cut, best utilized on third side of the floor, is conducted when defender jumps 1 man straight back on the pass of the ball. Offensive player would pick up foot farther away from the offensive player he passed to (if he passed left, he would lift his right, vice versa) and step in front of the defender for a middle cut.

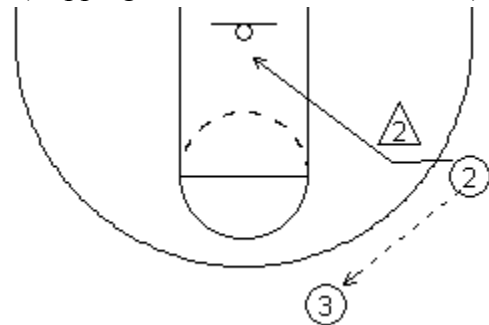
From High Elbow

(stepping w. foot closest to midline)



From Short Elbow

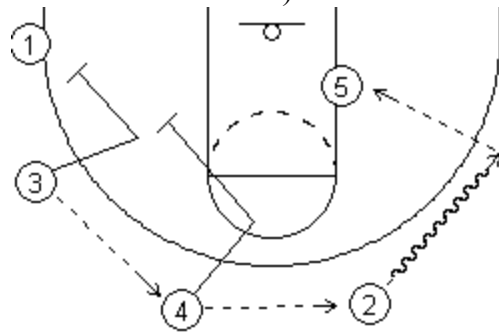
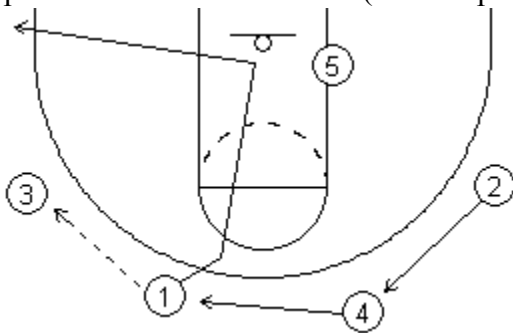
(stepping w. foot closest to sideline)



-If the defender were to jump even farther back, 2 men away. The offensive player should cut and replace himself. However, Majerus allows only certain players to cut and replace. Most seasons, he would allow only 2 players to cut and replace. If the player wasn't a great shooter or wasn't tremendous at attacking closeouts, he would be instructed to screen away in such a situation (because the defender wouldn't be able to recover in time to give proper help).

**Creating a Naked Post:**

Load one side of the floor by sending 1 through on his pass to the wing and isolate your post on his side of the floor (with no player in the short elbow on his side).



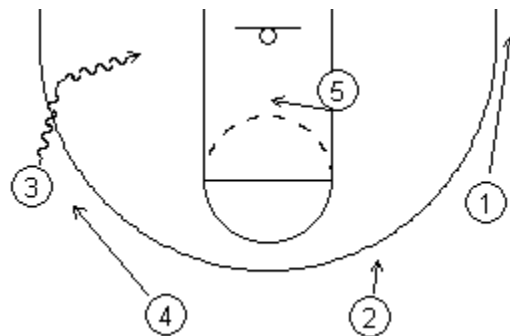
-2 should not pass to 5 immediately on his catch. Do not feed the post from the high elbow (unless it's a lob with the 5 reverse pivoting in a situation where his defender is too high). 2 should dribble to wing from an improved passing angle (Majerusism: "It's better to go too low for a post feed than to be too high.")

-Run a stagger on the opposite side to draw away help.

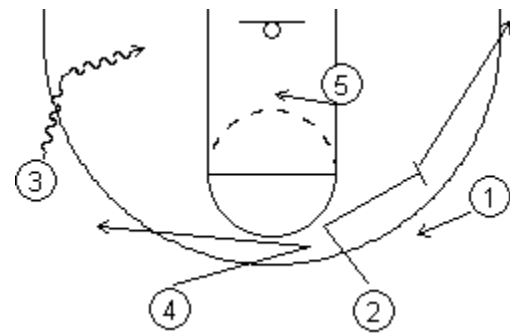
**Penetration Rules:**

**Baseline drive on an empty post:**

Nearside high elbow (4) cuts behind for crackback (should be man to a man and a half behind ball). Farside high elbow (2) drifts to vision ("It's not a spot. It's a "can the driver see me with his eyes?"). 1 sprints to corner for drift. 5 diagonals up to the front of the rim right by the front of the rim and should look to attack, but can settle for soft jumper (no bounce passes made to this big- everything going to the 5 in this situation should be a chest pass—conversely he teaches a bounce pass on the baseline drift pass 3 to 1 because it's extremely tough for v-back man defensively to get his hand down when covering sideline).

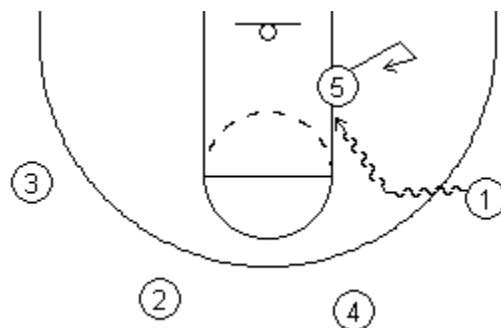


↑  
If such a baseline drive were to happen while a stagger was being set, the first screener (2) would head to drift spot on first sign of penetration. The second screener (4) who had taken a step towards stagger circles for crackback. 1 would "drift to vision."



**Middle drive on an occupied post:**

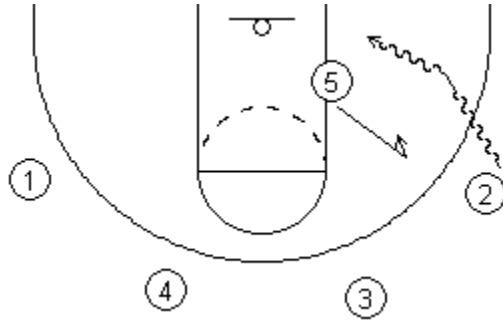
(Perimeters should never be afraid to drive an occupied post. It's their job to get out of the way). 5 would move foot closest to driver (right foot in diagram) and turn his body momentarily to head to baseline. 5 would turn to open and call 1's name (must make a verbal call).



**Baseline drive on an occupied post:**

5 makes space by again lifting the foot the perimeter is driving at (left in diagram) and runs to the midpost area, curling to face 2. 5 should again make a verbal call and if 2 does throw this pass it should be a hook pass.

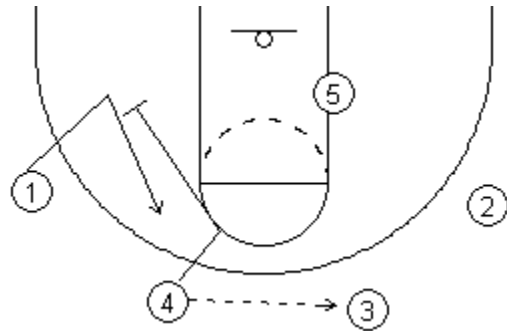
On 5's catch: shot (if he can shoot it) or a dribble handoff/pass to the nearest perimeter followed by an elbow angle ball screen (run a flare on opposite side—who's going to help?)



**Screens:**

**Diagonal Down Screen:**

Screener must have his butt to the ball and must be sure to space off his screen (a critical aspect of maintaining spacing is the screener getting back outside the 3). On a curl of back cut, 4 is returning to the high elbow spot to fill.



**Stagger Screen:**

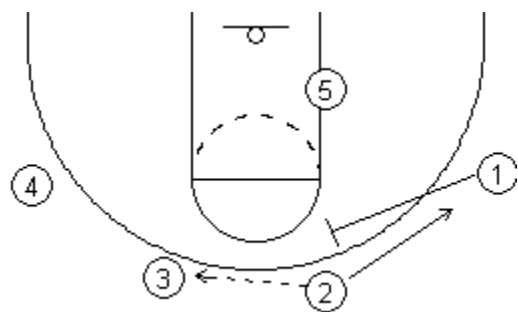
You never want your 2 screeners to be on the same plane. The second screener's belly button should not come up first screener's butt. Second screener should be inside or outside first screener's hip depending on path of the defense. If the defense goes low, the second screener is on the inside of the first screener's hip. If the defense goes high, the second screener is on the outside of the first screener's hip.

-On staggers, both screens should be set under the plane of the free throw line.

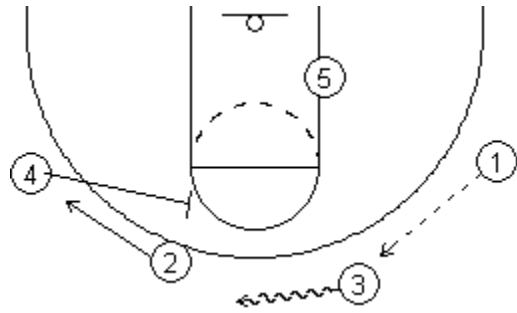
**Flare (ball going away from you):** On airtime of 2's pass to 3, 1 sprints in to set flare screen (there is no setup on this cut). If 2's man is one man away, 2 chests him to nail of free throw line before coming off flare. If his defender is a man and a half away or more, he just flies right to wing for catch

-If 2's man were to body him and try to get over the top of the flare, 2 should dive to the rim and 1 would return to the short elbow where he came from rather than squaring the top (increases the closeout distance as there would some kind of help on the play).

-It's best for a flare screen to be set for non-like sized players (1 and 4 for example) because it means the defense will be less reluctant to switch.



**Flare (ball coming to you):** The screener initiates this on airtime. 4 sprints in for flare screen as 2 runs off the screen (the cutter cannot settle into a spot on the same plane as the screener). 3 must dribble to improve his angle.

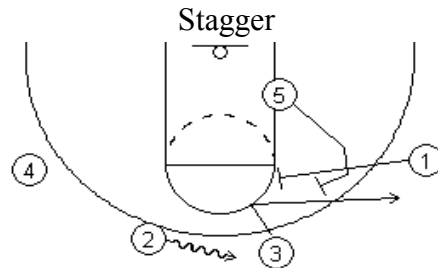
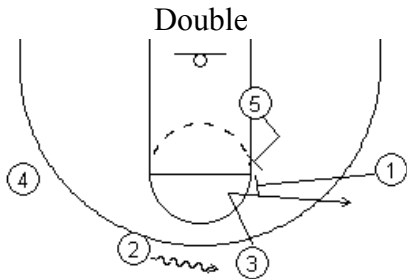


-An important reminder in maintaining proper spacing: the flare screener should not space to the side of the floor he came from. For example, in this diagram 4 should not space to left high elbow, but rather to the right side of the court (most often right high elbow, but at times, right short elbow).

-Post player should never make his post flash as flare is occurring because it takes away the cutter's ability to turn down the screen and dive to the rim.

-Players worry about the ball too much on cuts (flares, curls). "The ball will find you!"

**Double Flares (Stagger or Double)**



-5 comes up with 1 to set flare. Decision is does he seal low for a double or does he stagger? The answer depends on how the defense is playing screens. Are they going underneath flares? Run a double (with the second screener on the first screener's inside hip). Are they going over the top? Run a stagger (with the second defender lodged slightly behind first screener's outside hip). Remember: there's a certain rhythm to how teams defend screens. Very rarely will a team play a flare one way and then change it up the next time down the court.

All four perimeter spots are the same, but within those spots will be your players who will each have a unique and varied set of skill. It's your job to make your players recognize the variety and specialization of those skills. Who's the scorer? Who's the shooter? Who's the non-shooter? Who's the driver? With these roles identified (as a coach, you can't be afraid to tell a player their role in the offense), the players need to respond accordingly with the appropriate offensive actions and movements to get the players the opportunities they should.

**Posts:**

-Post your 5 at the first marker rather than the block, but make sure that when he is coming across the lane for a post flash that he is not running right to the marker. He should be trying to get a deep paint catch every time. Reasoning for posting up on the first

marker rather than the block (the only reason you wouldn't is if you were taking away greatly from player's skill set by moving him to the marker):

- More high-low opportunities
- Forces the D to make a clear-cut decision on how to play him
- Opens up baseline for cuts and drives.
- During freshman and sophomore year, posts are allowed only 1 flash across the lane per possession and are urged to wait until the 3<sup>rd</sup> or 4<sup>th</sup> side of the floor to do so.
- Don't move on the pass to the short elbow because by the time the perimeter player catches and looks to feed, your chance for a paint catch will be gone. Flash on the perimeter player's catch.
- Watch your man, not the ball. "The ball will find you."
- Toes perpendicular to lane line and one step off the lane line when ball is on opposite of the floor. He is not focused on the ball, he is focused on his man as he hunts for his draw & kick angle and his rebounding angle. What he shouldn't do: "Keep coming across the lane with half-assed cuts that compromise his teammates available room to operate."

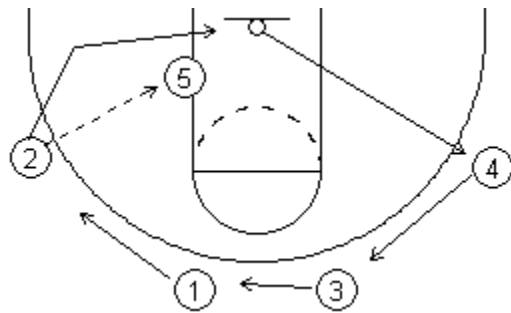
**Post flashes:**

If defender is even or below, step in hard with bottom foot (foot closest to baseline) and reach it in front of defender with arms up for a hard duck-in.

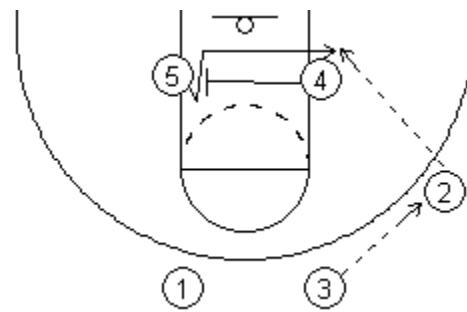
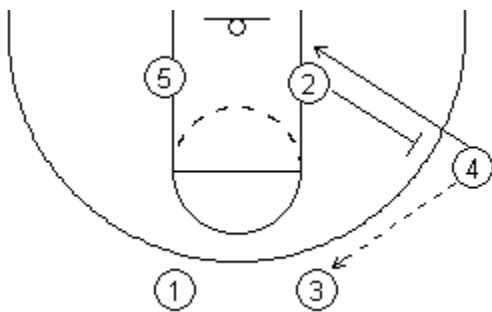
If defender is high, step with foot closest to baseline and put high foot between back of defender's legs and step across looking for a paint catch low. (Your posts should always be looking for the cut lowest to the rim).

**Baseline Cut**

Pardon the diagram (was unable to curve my lines), but on the post feed to 5, 2 makes a baseline cut. His path should be that of a bowl or a semi-circle. He must be sure to maintain proper spacing between himself and 5.



**Reverse Action:**

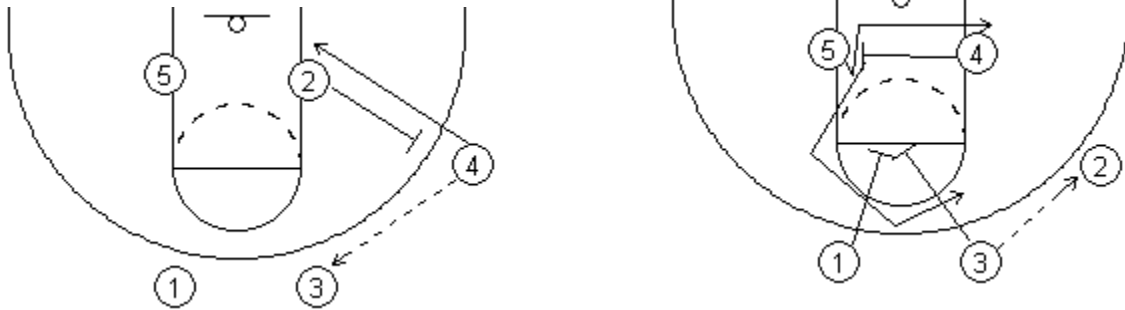


-Reverse action can occur anytime a perimeter player enters the post (via a middle cut, seven cut or any basket cut).



-The perimeter player setting the back screen (2) must read the perimeter player's defender. On 4's pass to 3, has x4 jumped to the ball or straight back? It's very important because 2's screen should be right up his back.

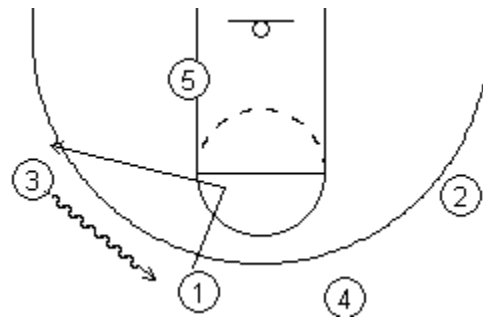
**Reverse Action with a tail:**



-Reverse Action + a double down screen for the cross screener. This should be run only for your best shooter.

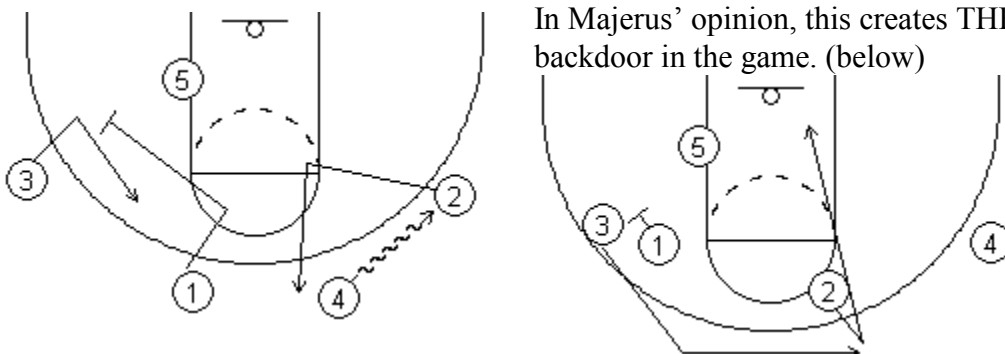
**Loop Cuts:**

**High Elbow → Short Elbow:** 1 makes a shallow cut, being sure to away from ball handler (to not allow a potential double team).



**Short Elbow → High Elbow:** 4 dribbles to wing, 2 makes a shallow cut to top (it's important that he squares this cut off going directly from wing to elbow to high elbow).

In Majerus' opinion, this creates THE best backdoor in the game. (below)



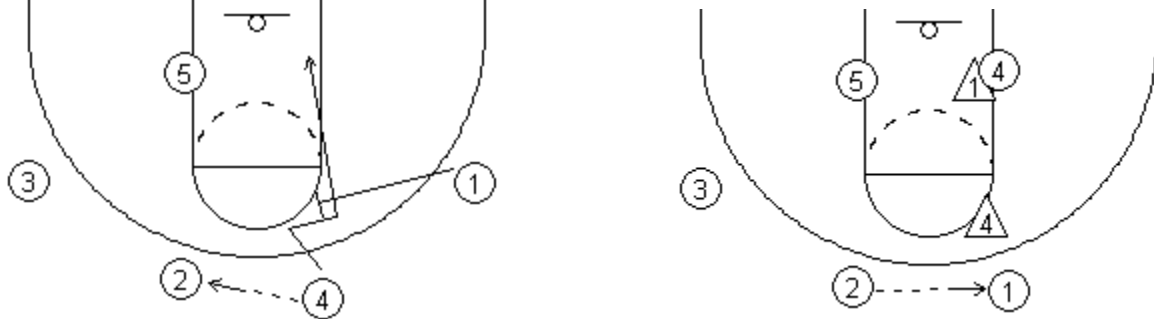
It also serves as a great way to get into reverse action (having 2 post momentarily after completing his cut to the rim as 4 passes to 3 filling high elbow. 2 would step up to set the back screen for 4 to begin the reverse action sequence).

### Breaking Switches:

-What do you do when they switch?

-Situation: Defensive switches a screen between 1 and 4 and now you have 2 favorable matchups (x4 guarding 1 on perimeter and x1 guarding 4 in the post). Which one do you attack? Majerus believes that you should attack the defensive big on the perimeter because you have 2 likely foul scenarios: the defensive big trying to keep the guard in front and the defensive guard trying to keep the offensive big in front of the glass.

### **Breaking switches with a flare screen involving a 4 or a non-like sized switch:**

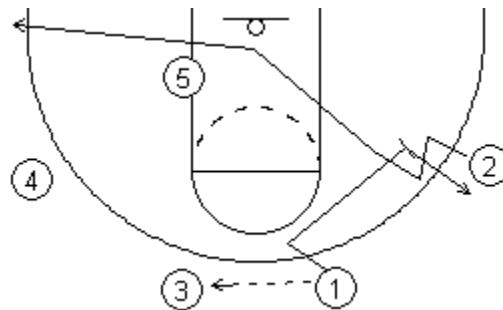


-On x1 and x4's switch of the flare screen, 4 heads straight to the block to post the smaller defender while 1 looks to drive the closeout against x4.

### **Breaking switches with tight curls:**

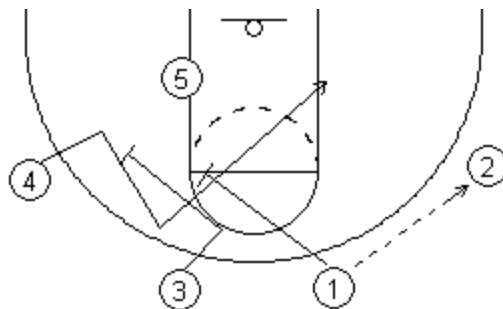
The only occasion in which you should bring the screener and cutter together against a switching defense is when the cutter is performing a tight curl (all other screens versus a switching defense should be broken off before the 2 offensive players can come together because the 2 offensive players coming together would facilitate a switch).

**Off Diagonal:** 2 tight curls 1's screen and empties beneath post to the opposite corner. 1, in an exception to one of the offense's main rules, does not square the top and instead spaces to the short elbow to create a longer distance for the closeout.



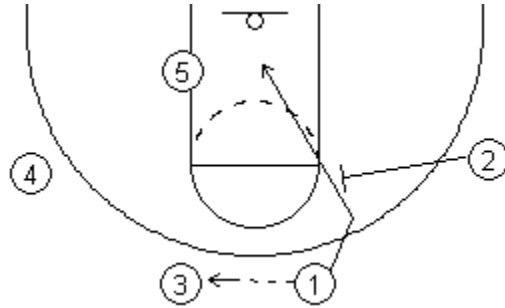
**Off Stagger:** 4 tight curls the stagger set by 1 and 3 directly to block. A switching defense would have switched out on the stagger and the second screener's defender (in this diagram, x1) would be covering 4 (an obvious mismatch). 1 and 3 would square the top.

-Note: the tight curl off the double stagger is a great entry into reverse action.



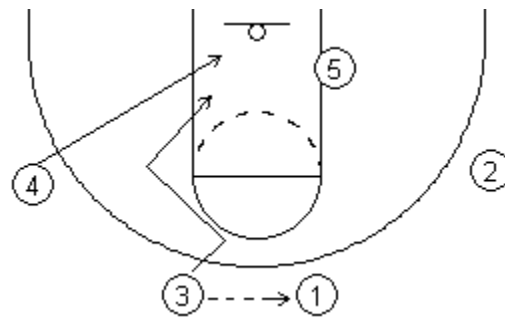
**Breaking a like sized switch on a flare screen:**

First, it's important to remember that against switching defenses, the flare screen is an area screen (2 screens an area rather than x1). On switch, 1 dives the switch and 2 spaces back to where he came from and looks to drive the closeout.



**Breaking diagonal down screen switches:** The key is the 2 players never come together. Either the cutter or the screener (or both) is diving to the rim before they actually come together for the screen.

-“Double Chase” is the action when both the screener and the cutter dive to the rim. The cutter (4 stationed at short elbow) would backcut the coming down screen set by the player at the high elbow (3). The screener could then turn to space back to the short elbow or he could run a “Double Chase” by following with a rim cut.



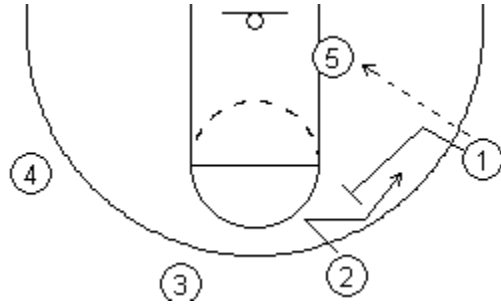
-Note: the breaking off of the screen can be initiated by the screener as well. 3 could slip for a rim cut while 4 could fill the high elbow spot he vacated or run a “Dribble Chase” by following 3’s dive with a rim cut of his own.

**Feeding the Post:**

- Follows the framework of the offense in that the mantra is “cutters cut, shooters shoot.”
- Cut against the swing of the head. Post feeder’s defender turned his head to middle, post feeder makes a baseline cut. Post feeder’s defender turned his head to the baseline, post feeder makes a middle cut or performs a split or a screening action with the nearest perimeter.
- Top MUST be squared on all post catches.
- On any baseline power move that the post makes, the ball side corner must be filled for bailout option. This can be done two ways:
  1. The post feeder slides to baseline and the ball side high elbow slides to the wing spot he vacated.
  2. The post feeder screens for the high elbow who slides to the corner.

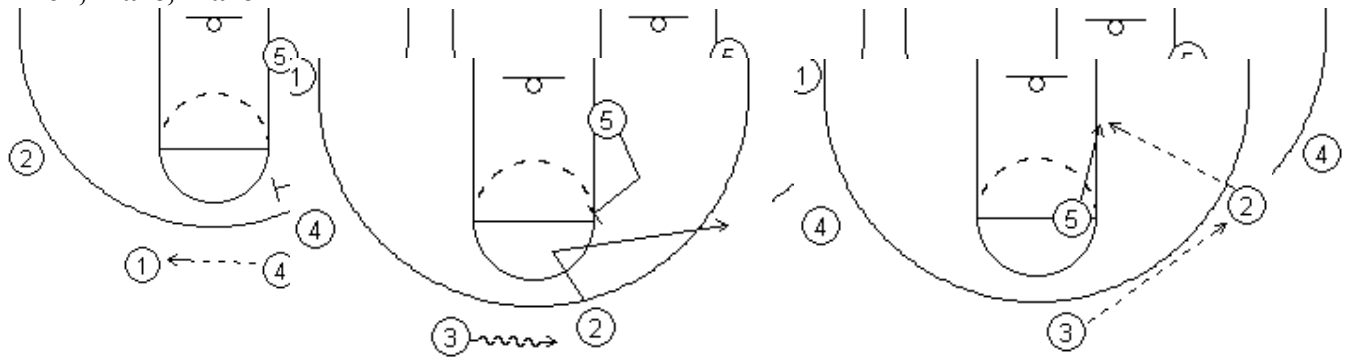
-Post feed flare split: 1 makes a post entry into 5 and turns to set a flare for 2.

↑  
To break a switch in this situation, the screener (1) can dive to the rim or the cutter (2) can dive.



**More Flare Options:**

**“Pick, Flare, Flare”**

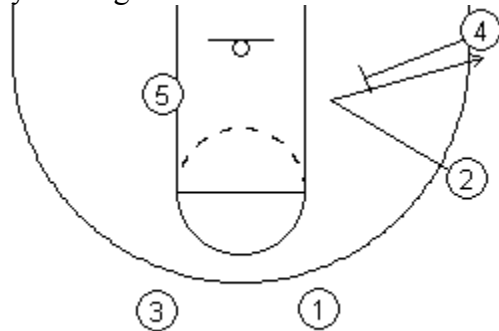


**Open side Flare**

-5 steps up to elbow to set a flare for 2 on an open side of court and then dives to block on 2's catch.

**Flare out of loaded corner:**

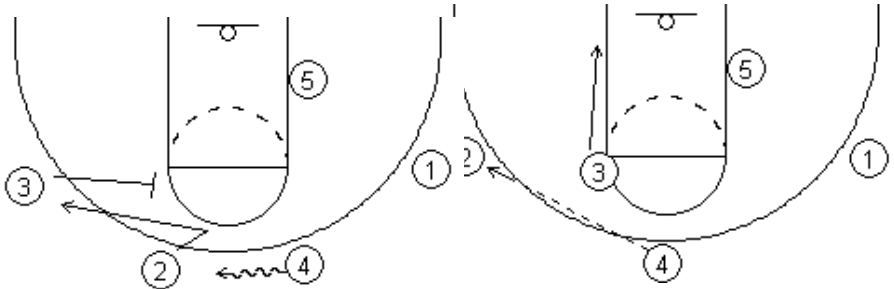
-This action is run for only your best players. It's extremely hard to defend, but offensive player being screened for must be an offensive threat that defense is keying on.



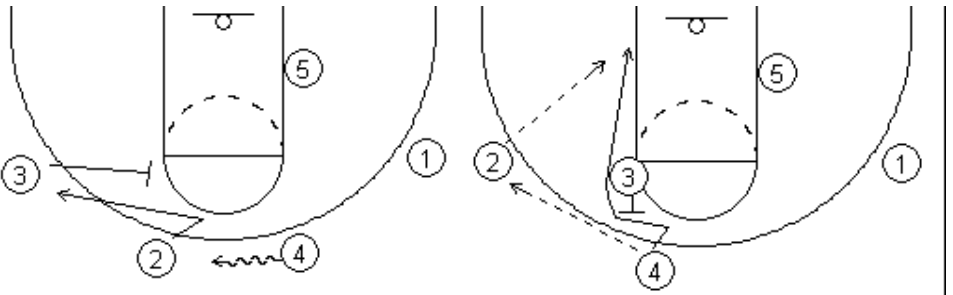
-2 can get a ton of layups off this by simply stepping to the rim if his man tries to fight over the screen early.

**Options off flare screen:**

**Post Dive:** If 3 is a player that is adept at scoring on the block, dive him to the post on 2's catch.

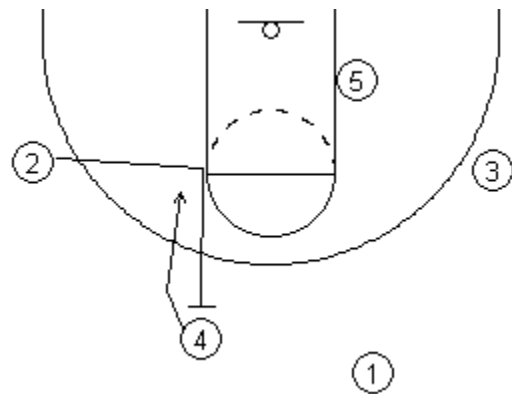


**UCLA:** After setting the flare, 3 turns to set a ruboff screen for 4



**4 picked up high upcourt (2 options):**

-If defense begins closely guarding the 4 man as the ball is being brought halfcourt, 2 sets a high back screen for him. It is important that 2 squares his path to the back screen, cutting first to the elbow then to the back screen.



-The other option is to set a high flare screen for the 4.

**High-Low Concepts:**

-A high post flash should be made not to the elbow, but rather to the nail at the middle of the free throw line. The reasoning is that the high post and low post should never be on the same plane (If the two are on the same plane, a high-low pass is too difficult to perform successfully).

-With the ball in the high post, never have a perimeter player in a spot out of the high post's vision. The player in the high post with the ball must be able to see everyone.

**Majerus' various thoughts on the 4-out/1-in:**

-Devise your own entries and be willing to change them all the time (you will have to in order to keep defenses off balance).

-All cuts and screens are called out by his offense. He has never been concerned with the fact that the defense is able to hear these calls too. The positive outweighs the negative in this situation as offensive communication is extremely important. Majerus doesn't care if the defense knows what's going on as long as his offense does.

- Never perform a high elbow-high elbow away screen because it is useless in that it puts no pressure on the defense whatsoever.
- A cutter should always empty through or below block when spacing/emptying out (this emphasizes that you should be cutting all the way to the rim).
- On flares, cutter should always be thinking about a rim cut.
- Teach your guys to maintain their dribble when no pass or shot is available. Teach them to be able to drive it hard to the paint and veer off the dribble back to outside the 3. To be good at attacking with the dribble, you must be equally good at retreating with it.
- A three second call is a good turnover because it means we're working to establish post position. Make the ref blow his whistle!

**Various Majerus Thoughts:**

- Send your bigs to the offensive glass through the back of the rim (think Moses Malone).
- On lob to post, the offensive 5 should not disengage contact to move to the ball until the ball passes his inner ear (It's better to be late on a lob).
- Make sure post players have toes to the ball and are showing the passer their number.
- Spacing is extremely important because it can discourage defense from helping and can make them pay if they decide to.
- Never pass to a cutter that has finished his cut and is now moving away from the rim.
- “Foot Organization!” In anticipation of a catch, players should have inside foot pivoting and the great shooters have that inside toe already pointed to the rim as soon as they catch.
- Be decisive versus closeouts. Be prepared to drive closeouts. “I see too many unnecessary shot fakes on closeouts when the guy should be putting it on the floor and going by the guy.”
- ”If you own the three point line, you will win.”
- “Wins are on the free throw line.”
- On post feed, make sure bounce pass is coming up high to post player.
- Really emphasized how much an offensively skilled 4 (a player who can drive, shoot and take advantage of any mismatches on the block) can turn a good offensive team into a great offensive team.

# Teaching Motion Offence to Young Players

By Mike McNeill, Coaching Development, Basketball BC

*This article will not discuss the advantages and disadvantages of motion offence. It is for the coaches who have already made the decision to teach their players to play "motion" and are looking for a method to introduce it to their players.*

Motion offence is a conceptual offence in which the movement of the offensive players is based primarily on the position and movement of the defensive players, as well as the location of the ball. For a player to become an effective offensive player he/she must learn to "read the defence". This is essentially 1) recognizing how their defender is playing them, 2) how the rest of the defenders are playing and 3) where the ball is located. If players can learn to "read the defence" they can be effective in **any** offensive system.

## 4 Out, 1 In Motion Offence:

This system is based on a 4 out, 1 in motion offence. The positions are shown in the figure 1. To begin the process of teaching motion offence to young players the coach should spend a short amount of time introducing the players to the 5 spots on the floor. This will enable the players to see "the big picture" and help them understand how the 4 on 0 work will fit into a 5 player system.

### Positions:

- 2 guards – 1 step outside the 3 pt. line and off the edge of the lane extended
- 2 wings – 1 step outside the 3 pt. line and bottom of the circle extended
- 1 post – the post plays in the low post area. **Figure 1.**

The four perimeter players are interchangeable and will play in any of the four perimeter spots. The post should be restricted to one block to block cut during each possession. This rule will prevent the block from continually following the ball and clogging up the area around the basket.

The method of teaching motion offence is to introduce it to the players with only 4 offensive players. By limiting the number of players on the floor you can focus on the

most difficult aspect of moving and moving with a purpose. Having only 4 players will reduce the congestion and confusion for young players. It will give the players more space to play and give more opportunities for each player to touch the ball. The 5<sup>th</sup> player will be added later and will not significantly change the movement.

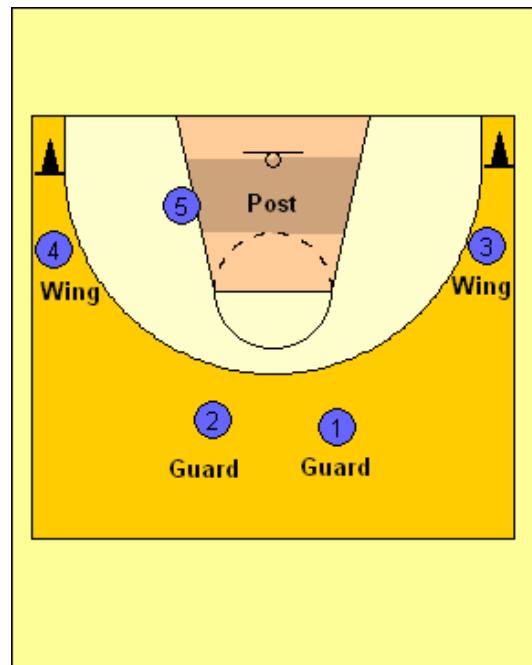


Figure 1: Positions

## 4 on 0 - Pass, Cut and Fill:

4 on 0 - Pass, Cut and Fill is a 4 on 0 drill to allow players space and reduce the confusion that can be common when there is five players on the floor. When the 4 on 0 - Pass, Cut and Fill drill is followed by drills which incorporate a guided defender it can provide an effective environment to teach players to move, keep space, see the entire floor and play with timing.

## Concepts to Teach:

- 1) **Spacing** - the spacing should be 12-15 feet between teammates and one big step outside the 3 point line. The players should be "wide at the wings and deep at the top" - this spacing will improve the passing angles and will create more room for cutters.
- 2) **Timing** - The ball and player should arrive at the position at the same time. This will help prevent a defender from running through the passing lane.
- 3) **Filling to Open Spot** - When a spot is vacated the spot is then filled. This will ensure floor balance and will allow the ball to be reversed.
- 4) **"Be a Cutter First"** – Every time a player passes the ball they should be a cutter first. This means the cutter steps towards the pass and is prepared to cut to the basket or to create a screening angle depending on the positioning of their defender.
- 5) **Cut to the Front of the Rim with Speed** - the foundation of motion offence is the **basket cut**. Cutters going right to the front of the rim will force defenders to defend more of the floor, will create more help from weak-side defenders and may result in more lay-ups. The players must also cut with speed. Though the players may begin their cuts slow they must finish with speed as they go to the basket.
- 6) **Space Out, Space Up** - Spacing out means to move out to the 3 pt. line first and spacing up means moving to the proper position on the wing. This movement creates more space for the offence and gives more opportunities for baseline drives and a better angle to blast cut.
- 7) **Drag the Arc** – To give the cutter and his/her teammates, more space and room to gain speed, the cutter

moves along the 3 point line towards the baseline, and then comes off the down screen. This will also ensure the down screen will be low enough to garner good cutting opportunities.

*Note on V-cutting – while all players must learn to v-cut, spacing is a more critical issue for young players in the half-court. V-cutting can distort spacing, bring defenders into help position, and requires greater timing than "dragging the arc" and using a "blast" cut. As players progress and understand the concept of spacing, the V-cut can be introduced.*

## STAGE 1 – Learning Spacing and to Fill to Open Spots

*The first step in teaching young players motion offence is to teach them to move. Young players have a tendency to stand and watch the ball, or to only run at the ball. The foundation of motion offence is the basket cut and therefore this method of teaching motion will incorporate basket cuts consistently. It is recommended that the first step a coach take in offensive team play is eliminating the tendencies to stand and/or watch the ball.*

## Set up for the drill:

- 1) Place 4 spots on the floor (either tape on the floor or rubber non-slip spots) at the two guard spots and the wing spots. The guard spots are the edge of the lane extended towards center and one big step outside the 3 point line. The wing spots are the bottom of the jump circle extended towards the sideline and then one big step outside the 3 point line.
- 2) Place two chairs on the floor. One chair is in each corner, one step off the baseline and one step outside the 3 point line.



**The rules for the drill – Stage 1:**

- 1) Only basket cut on the guard to wing pass;
- 2) Every player must call their cuts - "basket", "fill", "blast", "fade", "curl";
- 3) When you receive a pass
  - a. get the ball into the 'triple threat' position and,
  - b. hold the ball for a one-count, to see the cutter all the way to the basket.
- 4) In most possessions it is advisable the players make between 4-6 passes before they score a lay-up.
- 5) If the coach yells "spots" players must immediately get onto one of the spots. This will help to reinforce spacing and floor balance.

**Figure 2:** O3 drags the arc, touches the chair, and blast cuts back to the ball. O1 passes the ball to O3 and, "is a cutter first", by stepping to the ball, and then cuts to the basket. O2 will fill into the spot nearest the ball vacated by O1. O2 will call the "fill" cut and then must fill the spot with proper timing to ensure he/she and the ball arrive at the spot at the same time.

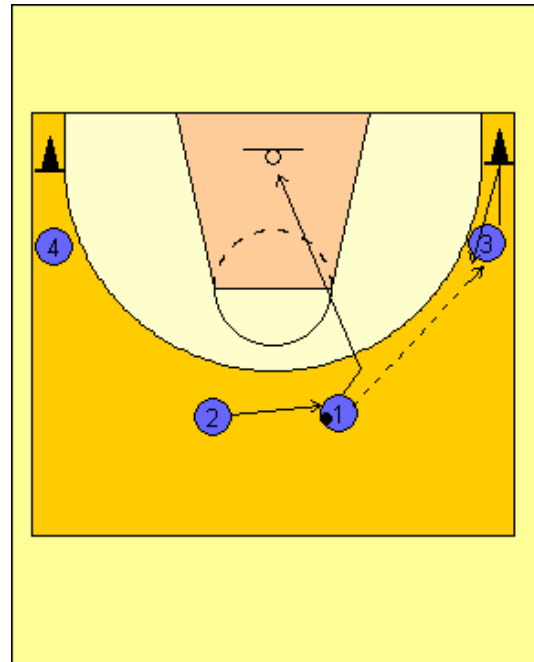


Figure 2 – Pass, Cut and Fill

**Figure 3:** O3 passes to O2, O4 blasts and fills the guard spot, and then receives a pass from O2 with proper timing. O1 "spaces out".

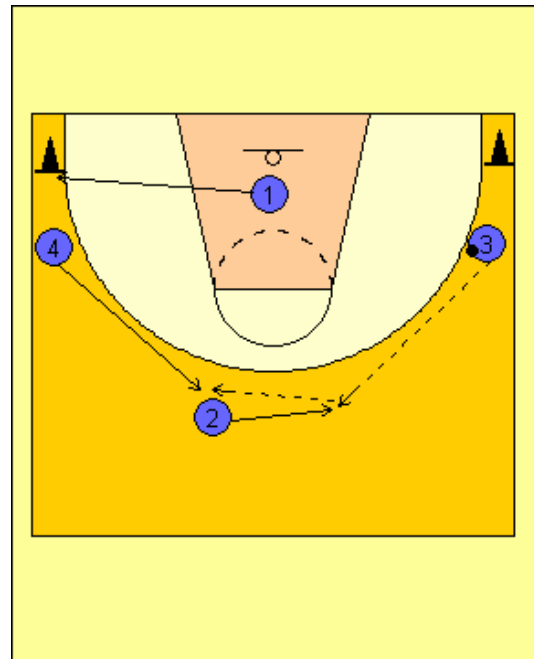


Figure 3 – Pass, Cut and Fill

**Figure 4:** O1 blasts to the wing and receives a pass from O4. O4 is a cutter first and then basket cuts. O3 and O2 begin to fill the spots vacated.

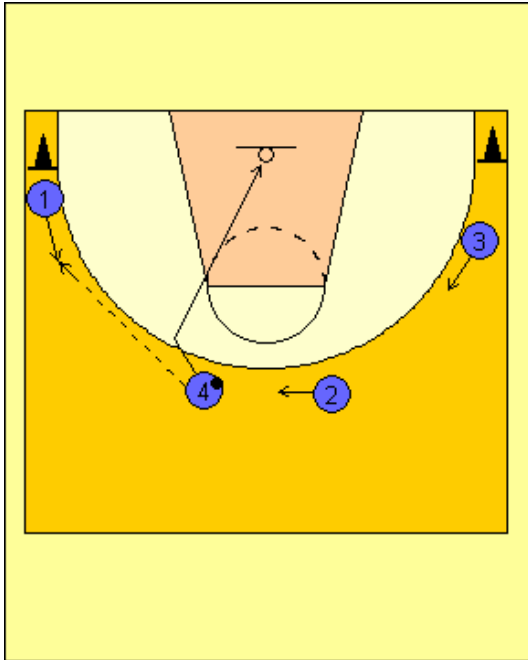


Figure 4 – Pass, Cut and Fill

**Figure 5:** O1 passes to O2 filling and O2 reverses the ball to O3 filling to the guard spot. O4 spaces out.

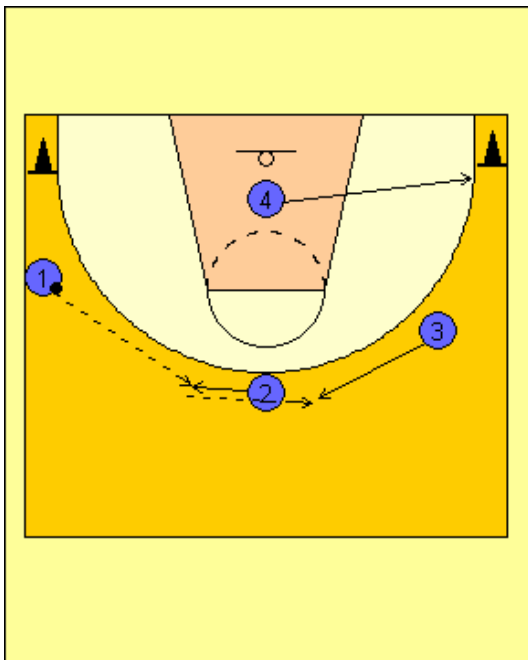


Figure 5 – Pass, Cut and Fill

**Figure 6:** O3 will reverse the ball to O4 who has blasted to the wing. O3 is a cutter first and cuts to the front of the rim.

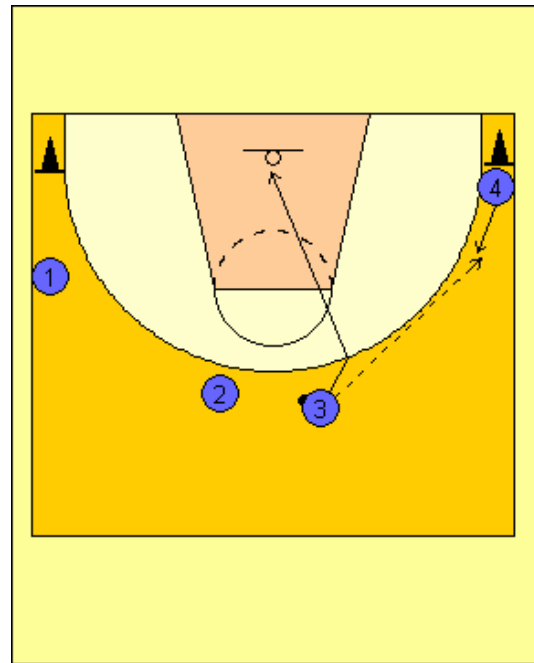


Figure 6 – Pass, Cut and Fill

## STAGE 2 – Learning to Read a Defender

### Set-up for the drill:

- 1) Leave the spots on the floor.
- 2) Leave the chairs in the corners

The 4 on 0 – Pass, Cut and Fill drill continues the same way but now **the coach or coaches step in and become “guided defenders”**. They should walk inside the drill and randomly step into passing lanes and deny passes to players cutting to the ball. When a coach steps into a passing lane the player should back-cut. When there is a back-cut the other players must again fill to the next spot. Below is a list of what the coach can do and the action the player should take.

1. The coach guards the passer and doesn't jump to the ball on the pass. The passer should face-cut right in front of the coach to the front of the rim. **Figure 7.**

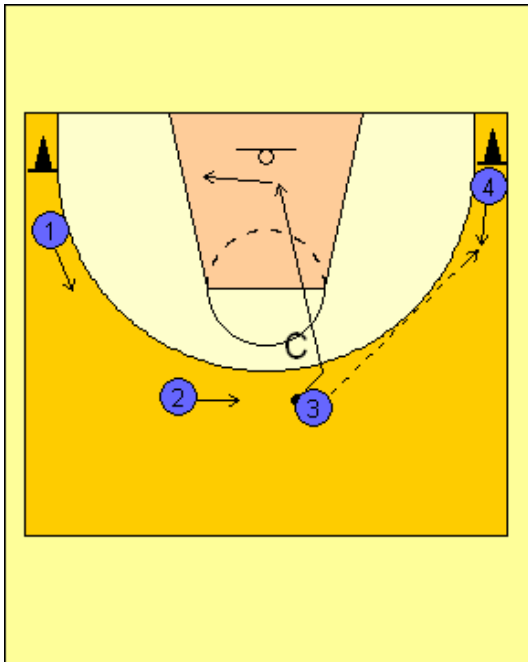


Figure 7. Guard face-cuts.

2. The coach guards the passer and does jump to the ball on the ball. The passer should back-cut behind the coach to the front of the rim. **Figure 8.**

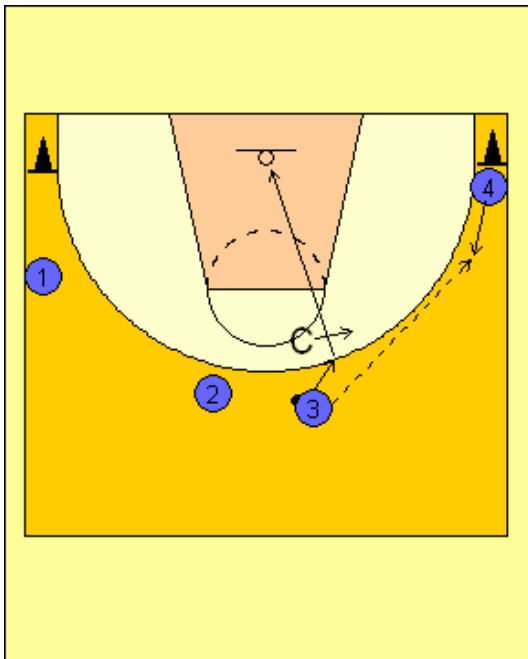


Figure 8. Guard back-cuts.

3. The coach denies the guard to wing pass and the wing back-cuts. The

wing will fill back to the same side. **Figure 9.**

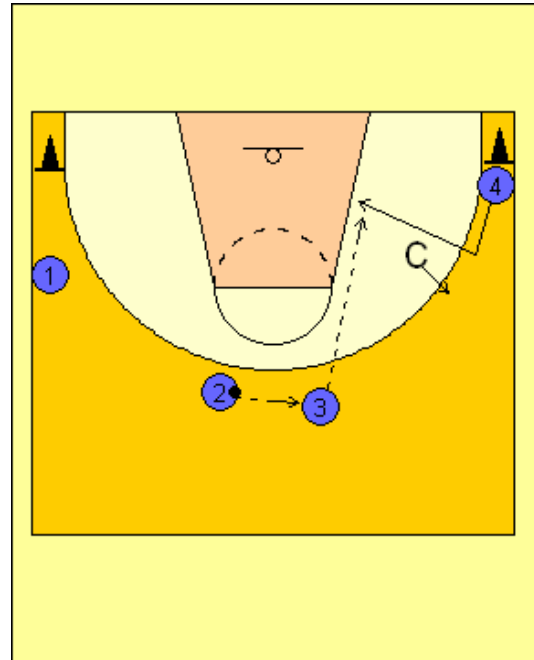


Figure 9. Wing back-cuts vs denial.

4. The coach denies the guard to guard pass and the player back-cuts. The next player fills and the cutter fills to the same side. **Figure 10.**

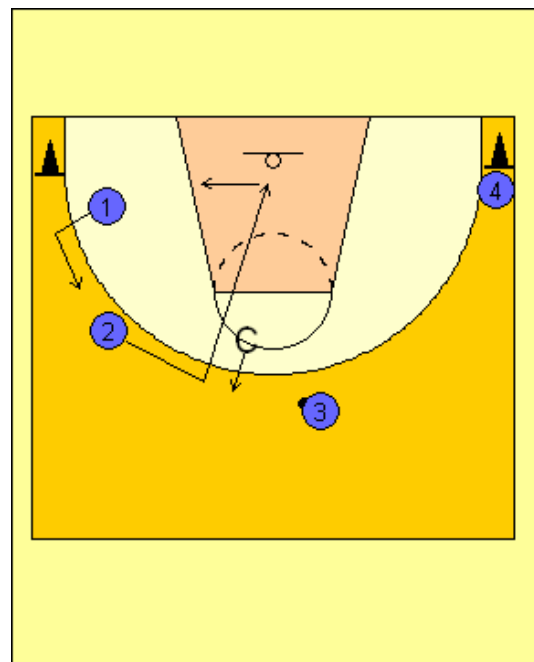


Figure 10. Wing filling to guard spot is denied and back-cuts

5. The coach denies the wing to guard pass the guard back-cuts. **Figure 11.**

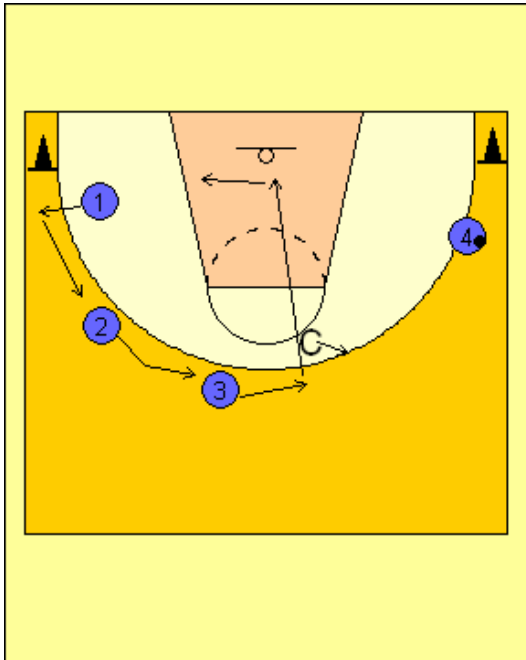


Figure 11. Guard filling to ball-side guard spot is denied and back-cuts.

#### The rules for the drill – Stage 2:

- 1) Only basket cut on the guard to wing pass **or** when denied;
- 2) Every player must call their cuts - "basket", "fill", "blast", "fade", "curl";
- 3) When you receive a pass
  - a. get the ball into the 'triple threat' position and,
  - b. hold the ball for a one-count, to see the cutter all the way to the basket.
- 4) In most possessions is advisable the players make between 4-6 passes before they score a lay-up.

#### STAGE 3 – Concept of Moving on the Weak-side

##### Set-up for the drill:

- 1) Leave the spots on the floor.
- 2) Leave the chairs in the corners.

The 4 on 0 – Pass, Cut and Fill drill continues to be built upon. The next movement added is when a guard to guard pass is made. The passer will exchange on the weak-side with the wing.

##### 4 on 4

*To allow the players to practice against defence and learn to "read the defence" you should play 4 on 4. However there should be some conditions placed on the defence to allow the offence to have some success. The defenders may try to get into the passing lanes; this will create opportunities to back-cut. However, do not allow the defence to pressure the passer. The offensive players will have enough difficulty without having to play against pressure defence.*

#### The rules for the drill – Stage 3:

- 1) Only basket cut on the guard to wing pass **or** when denied;
- 2) On guard to guard pass the passer will exchange positions with the weak-side wing.
- 3) Every player must call their cuts - "basket", "fill", "blast", "fade", "curl";
- 4) When you receive a pass
  - a. get the ball into the 'triple threat' position and,
  - b. hold the ball for a one-count, to see the cutter all the way to the basket.

In **Figure 12**, O2 fills the guard spot and receives a pass from O3. O2 passes to O4, who is filling to the other guard spot as O1 "spaces out." O2 and O3 will exchange positions.

*While weak-side exchanges are not recommended as an effective tactic, the intent here is simply to teach the players to move when they are away from the ball. So while down-screening would be a better strategy, it is not advisable yet because of the amount of learning involved in learning to set and read screens.*

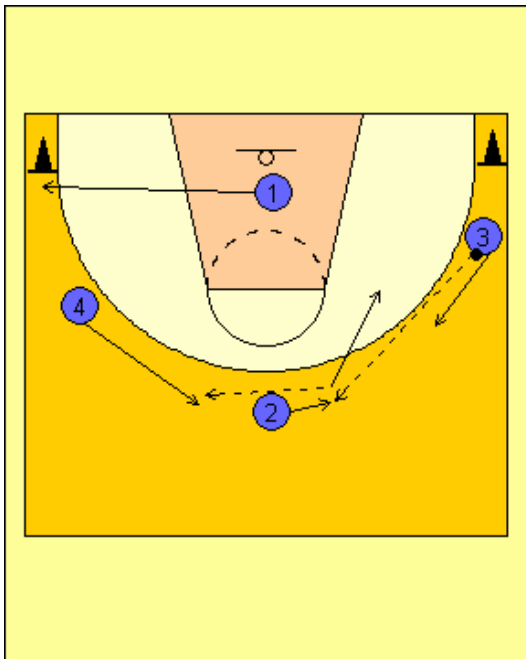


Figure 12. Guard to Guard Pass – Weak-side Exchange

#### STAGE 4 – Teaching the Down Screen and the Curl Cut/Back Cut

*It is beyond the needs and abilities of youth players to understand all aspects of screening when they are first introduced to it. However as they become more comfortable you can begin to teach more of the reads and phrases that go with reading screens.*

#### Set-up for the drill:

- 1) Leave the chairs in the corners.

The 4 on 0 – Pass, Cut and Fill drill continues to be built upon. The next step is to add the down screen and the cuts that occur with down screens.

#### The rules for the drill – Stage 4:

- 1) Only basket cut on the guard to wing pass or when denied;
- 2) On guard to guard pass the passer will down screen for the wing.
- 3) Every player must call their cuts - "basket", "fill", "blast", "fade", "curl";
- 4) When you receive a pass
  - a. get the ball into the 'triple threat' position and,
  - b. hold the ball for a one-count, to see the cutter all the way to the basket.
- 5) In most possessions it is advisable for the players to make between 4-6 passes before they score a lay-up.

**Curl Cut** – The first cut to teach off screens is the "curl" cut. This is an aggressive cut that attacks the basket. The cutter should curl the screen when the defender either runs into the screen or "tails the cutter." When O1 passes to O2, O1 will down screen for O3.

#### a. Screener's Rules:

- O1 should "be a cutter first" to create a screening angle.
- On a down screen, the back of the screener should be to the ball.
- O1 should signal his/her intent to screen by putting a fist in the air.
- O1 should land on a 2 foot stop with his/her feet should width apart and knees bent.
- O1 is the 2<sup>nd</sup> cutter on this screening action and will 2<sup>nd</sup> cut back to the ball, with his/her hands ready for a shot
- O1 will fill the guard spot.

**b. Cutter's Rules:**

- O3 must "drag the arc."
- O3 should come shoulder to shoulder with O1 as he/she comes off the screen.
- O3 is the 1<sup>st</sup> cutter, and must call "curl" as he/she goes to the basket looking for the ball.
- O3 must change pace coming off the screen if the defender tails
- O3 will "space out" to the weak-side wing.

*It is advisable that early on the coach, or a player, act as a guided defender and "tail" the cutter. This will help to teach the cutter the situation in which they should curl the screen.*

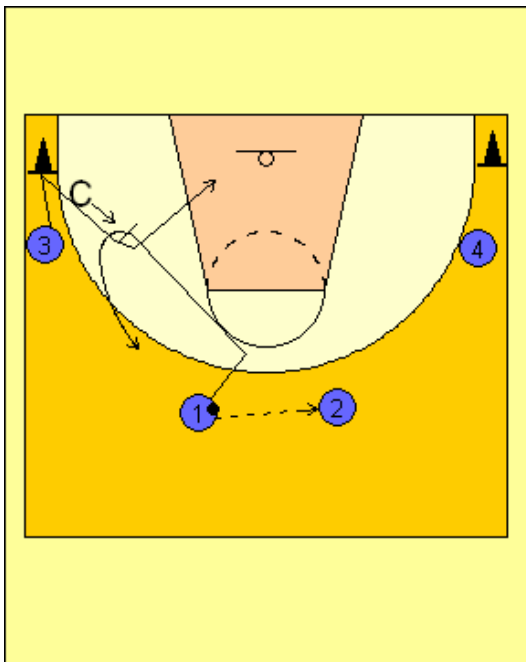


Figure 13. Curl Cut

**Back-Cut** – The second cut to teach off screens is the back-cut. This is done when the defender goes over top of the screen early. The cutter gets to the level of the screen and then quickly changes direction calls "back-cut!" and goes hard to the basket. **Figure 14.**

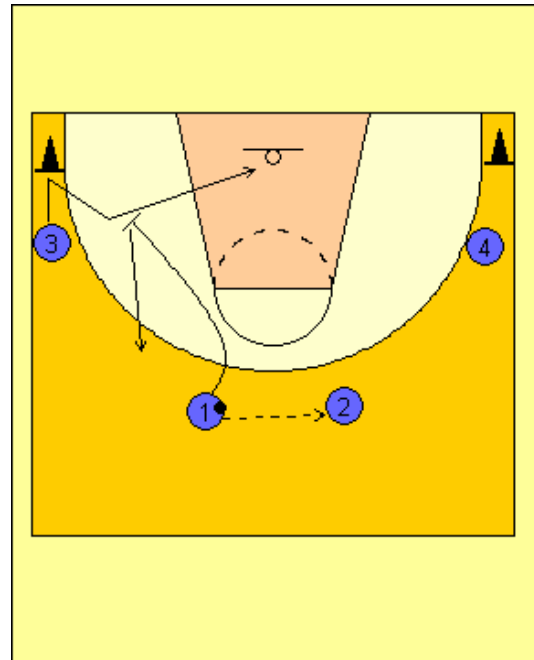


Figure 14. Back-Cut.

The screener's and cutter's rules are the same as previously.

*It is advisable that early on the coach, or a player, act as a guided defender and go over top of the screen early. This will help to teach the cutter the situation in which they should back-cut.*

**Stage 5: Teaching Pass, Cut and Fill with a Post Player**

**Set-up for the drill:**

- 1) Leave the chairs in the corners.

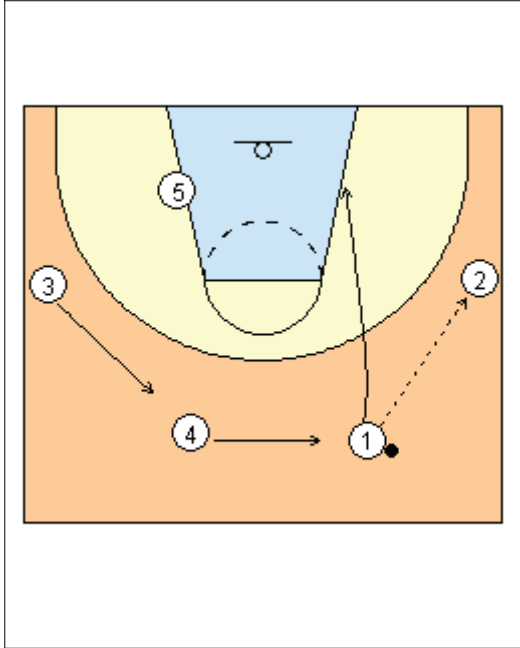
The 4 on 0 – Pass, Cut and Fill drill continues to be built upon by adding the post player. The drill now becomes 5 on 0 – Pass, Cut and Fill

**Post Rules:**

1. Movement is restricted to block to block cuts.
2. Face the basket when the ball is at the top or at the weak-side wing. Post up when the ball goes to the ball-side wing.



## Pitt 4-out 1-in motion



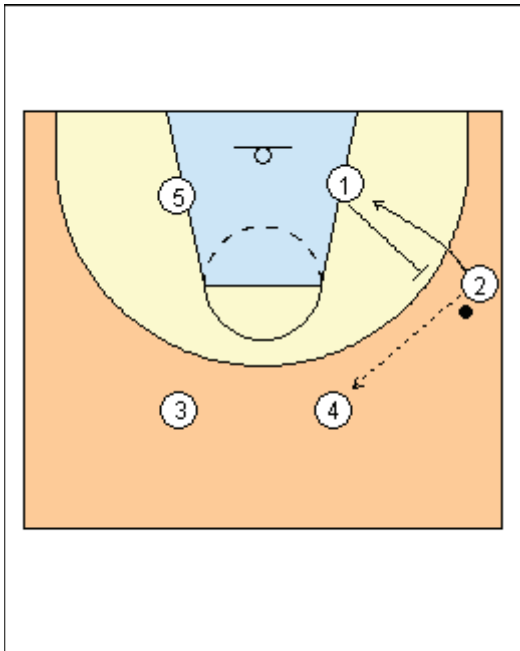
Jamie Dixon

1

Spacing is key (at least 12-15 feet). Stay wide with the wings above the foul line, there is room to backcut and drive baseline, and opportunities for 5 to post up. Make defences close out late and off balance. Create driving opportunities off screens, but don't screen guard to guard. Backscreen for passers. Dribble only to pass on a fade or flare.

a)

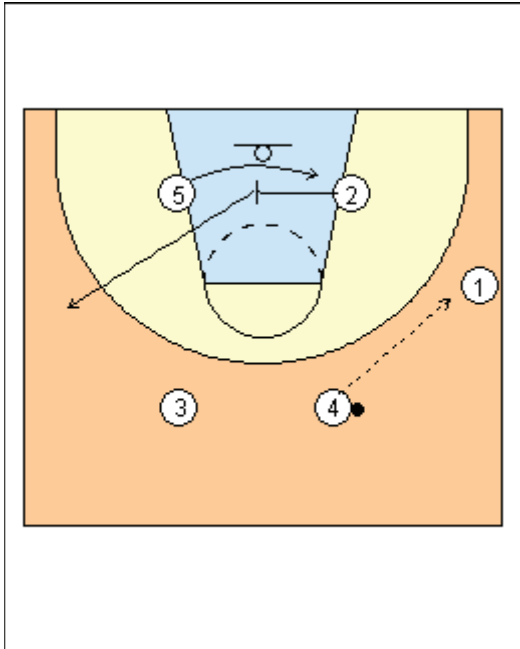
5 can be ballside or weakside. An open post gives room to backcut or curl cut. Here 1 passes to 2, basket cuts, and can cross-screen for 5 or post up (shown).



1 backscreens for 2 on a pass to 4.

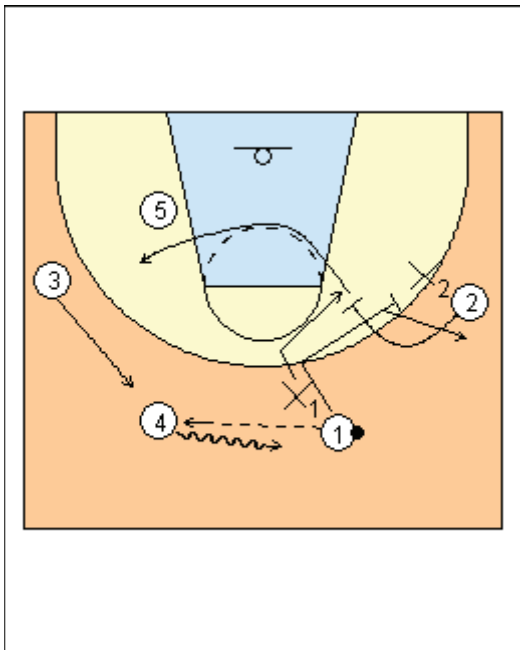
2





2 can cross-screen for 5 on a pass to 1.

3



b)

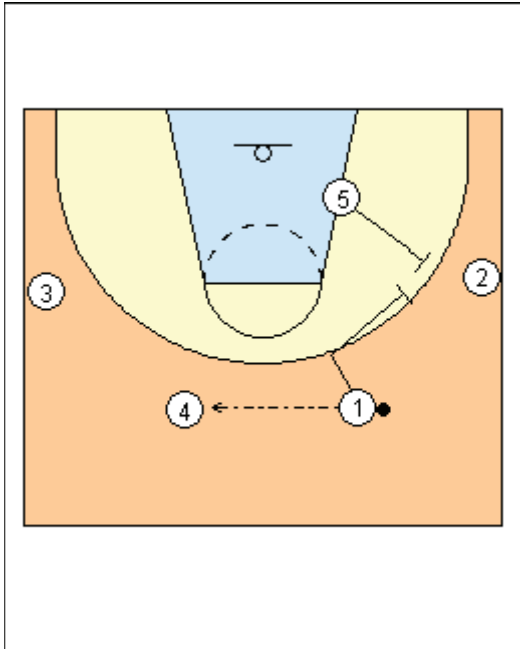
1 passes to 4 and diagonal screens for 2. 1 takes one step to the basket to test the basket cut (if his defender doesn't jump to the ball) and get a better angle on the screen, then screens butt to the ball. 1 will basket cut if X1 does not jump to the ball, or slip to the basket if defenders switch.

4

2 stays wide, waits on the screen, and watches the defence (the 3 W's). 2's options include backcut if X2 is even with or above him, curl tight if X2 trails, pop out to the slot, and bump and fade ("seven") if X2 goes under the screen (ballside).

Curl and screen is another option (shown), 2 curls the screen then screens for 1 (a shooter), who pops out for a pass. 4 brings it on the dribble, 3 and 2 fill behind.

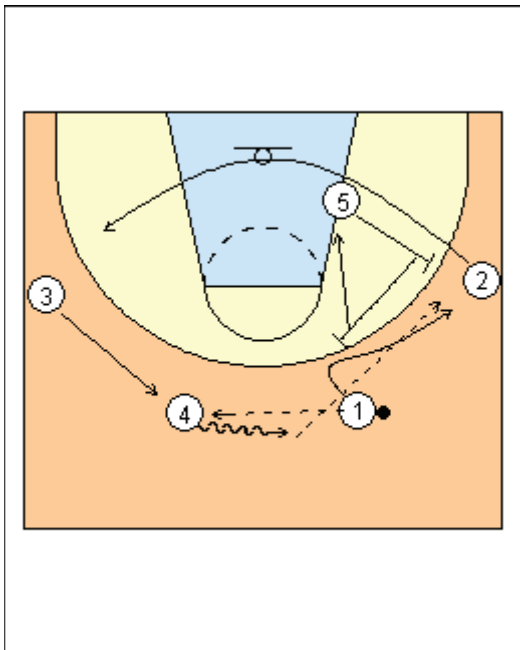
See Pitt screening in Shooting.



c)

5

Here 1 passes to 4 and diagonal screens for 2, ballside 5 backscreens for 2, who can use either screen.



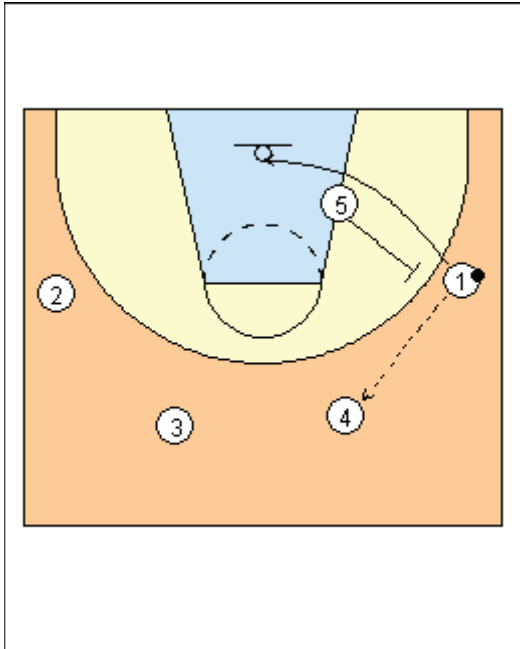
d)

6

1 passes to 4, 5 backscreens for 2, flarescreens for 1 then posts up. 4 brings it on the dribble, 3 and 2 fill behind.

1 takes his man in (get him ballside) then backs out, hands ready, butt down. If X1 goes over the screen, 1 is probably looking to sweep baseline. If X1 goes under the screen, 1 pops out, 5 re-screens (turns to downscreen).

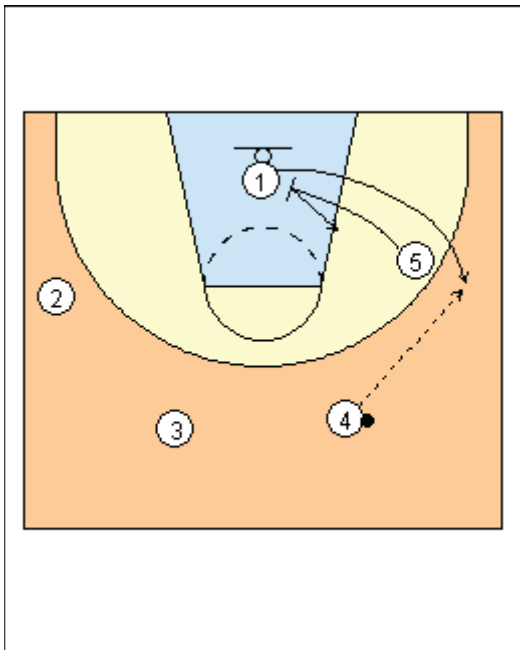
Set flarescreens only with the ball at the guard spot.



7

When 1 passes back to 4, 5 can backscreen.

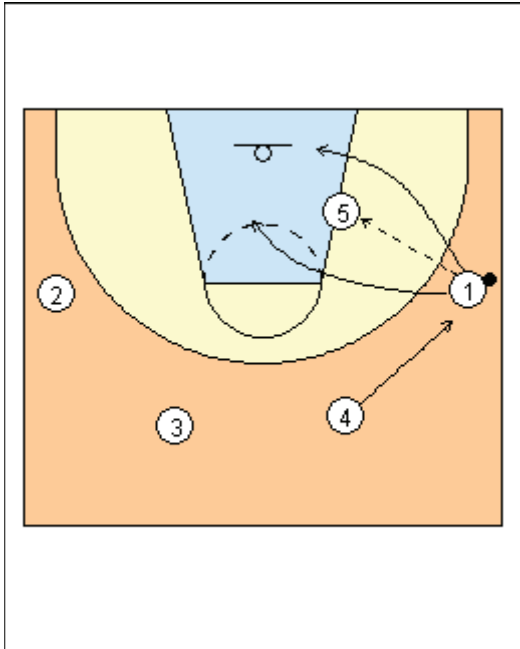
If X1 goes under the screen (trailing 1), 5 pops out. If X1 goes over the screen (ballside), 5 re-screens, 1 fades to the corner. If the defenders switch, 5 breaks off the screen and cuts to the basket, 1 pops.



8

5 re-screens for 1 (goes to get him in the lane), then posts up.

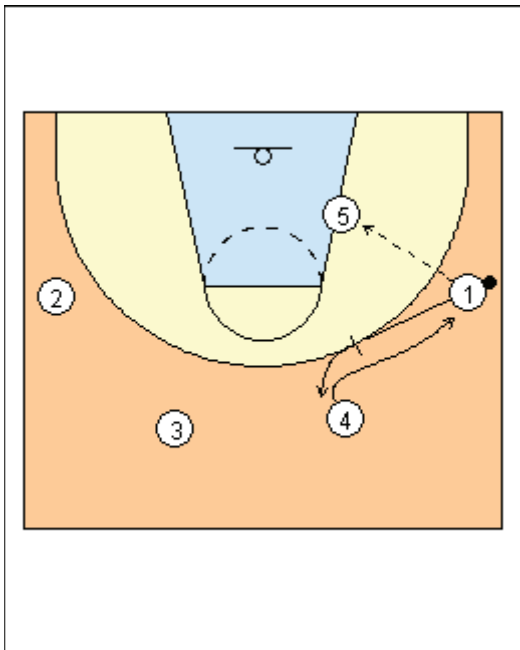
5 doesn't flash cut a lot (follow the ball), he backscreens, and seals on the weakside as the ball is reversed.



9

On a post-entry pass, 1 can dive to the basket (Laker cut), usually going opposite his passing hand, 4 replaces him.

If X1 traps 5, 1 relocates baseline, 4 replaces.



10

Or 1 can pass to 5 and screen for 4 (split action).

If 4 backcuts, 1 pops back to the wing (always an option there for 5).

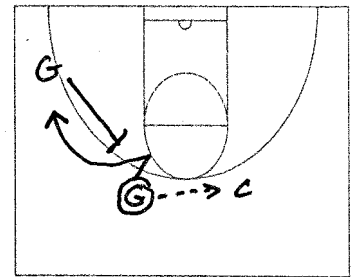
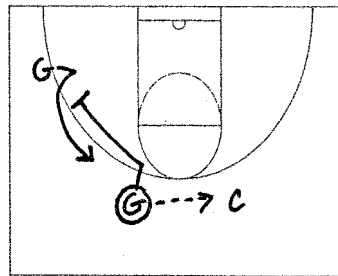
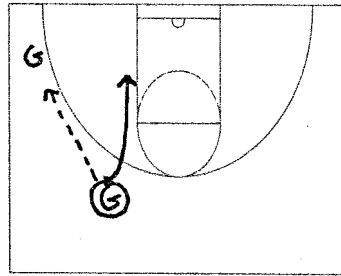
If defenders switch and 1 breaks off to the basket, 4 replaces on the wing.

## Breakdown Drills for the 4-Out, 1-in Motion Offense

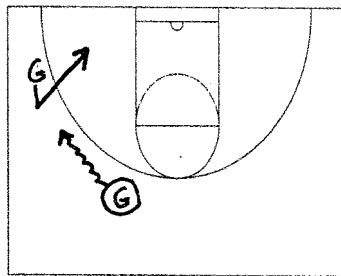
- \* Simulate game situations
- \* Repeat necessary footwork
- \* Want to make sure:
  - Guards work well together
  - Forwards work well together
  - Team executes together under pressure situations
- \* Drills: Guards Drills, Forward Drills, Combined Drills, Live Drills, 2-Ball Shooting Drills

### \* Guard Drills

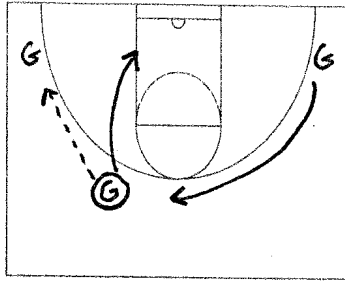
- Every time a perimeter player makes a pass, he can basket cut, screen or receive a screen



- If a pass is denied, dribble at teammate to tell him to basket cut

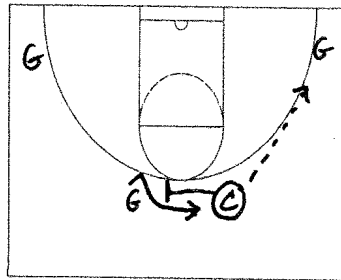
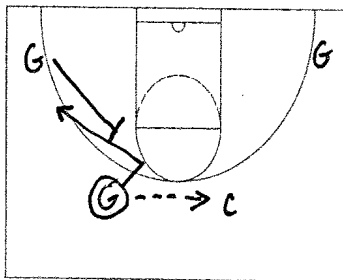


- 3-on-0 Pass and Cut



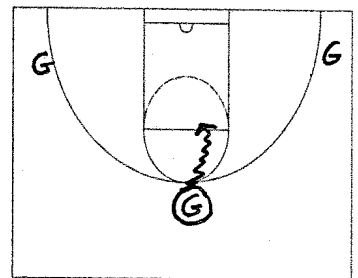
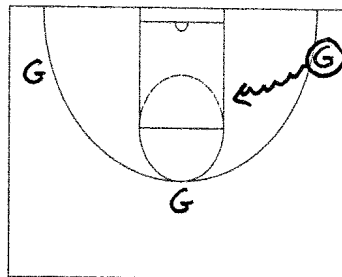
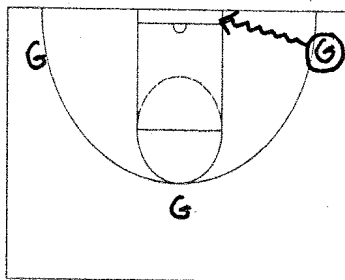
- Catch to shoot
- Make hard cuts
- Reverse the ball
- Dribble thru vs. denial
- Fill motion spots
- Keep proper spacing

- 3-on-0 with a Coach



- Coach is post player/screener
- Score off high cross screen, flare screen, or ball screen; can hit 2<sup>nd</sup> cutter
- Coach calls out which cut

- Go moves/Rip moves/Spacing off the ball

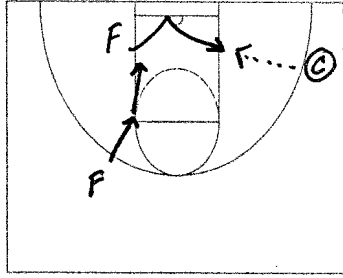


- On baseline drive, opposite perimeter player – flood the baseline – bounce pass
- On drive to middle, read defense
- On drive from top, read defense

\*

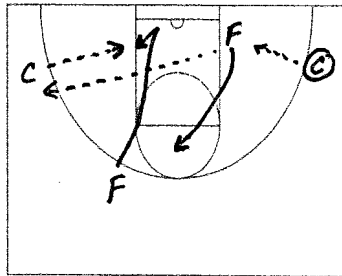
## Forward Drills (2-on-0)

### Rip Drill



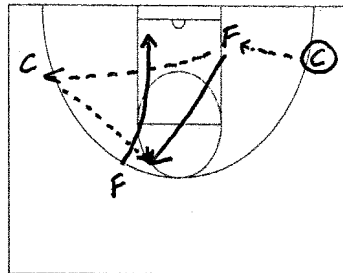
- Hit the post, go middle to explore
- Opposite post man rips down the lane

### Rip/Skip/Seal Drill



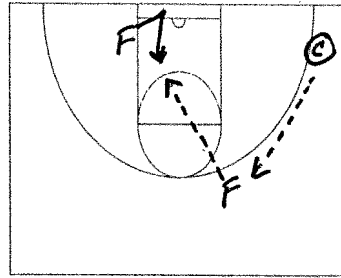
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man sealing
- Other forward flashes high

### Rip/Skip/Flash



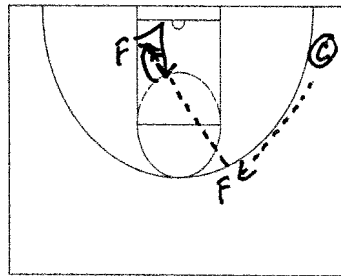
- Hit the post, go middle to explore
- Opposite post man rips down the lane
- Skip opposite to coach – throws pass to post man who flashes
- Inside foot jumper, go-move or rip-move

- High/Low Duck-in Drill



- Any time ball is high, low post man ducks-in
- First option is always to go baseline to score

- High/Low Duck-in/Lob Drill

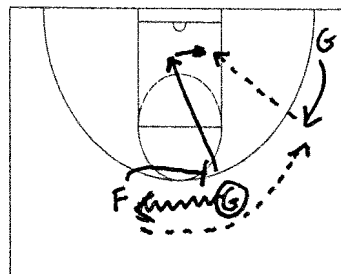


- On duck-in, if defense fronts, reverse pivot for lob

\* On all these drills, work together, get footwork down, get passing angles down

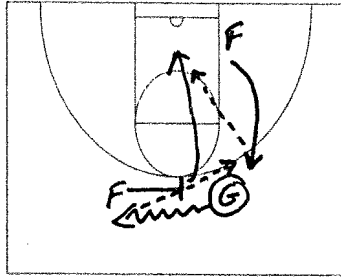
\* Combo Drills – High Ball Screen

- High Ballscreen/ Skip/Seal



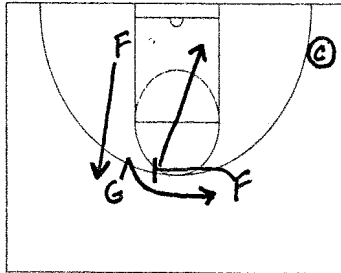


- High Ballscreen/ Roll and Pop/ Seal

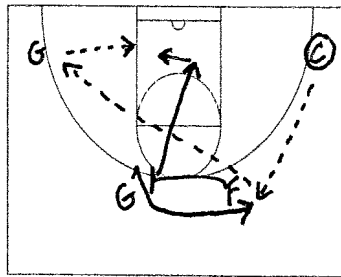


\* Combo Drills – High Cross Screen

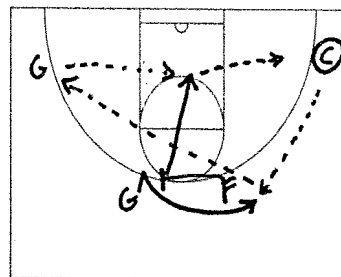
- High Cross Screen/ Pop/ Seal



- High Cross Screen/ Skip/ Seal

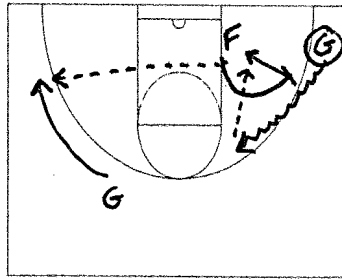


- High Cross Screen/ Skip/ Seal/ Extra Pass

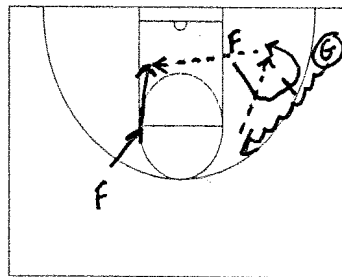


\* **Combo Drills – Side Ball Screen**

- Side Ball Screen/ Roll/ Kick Opposite

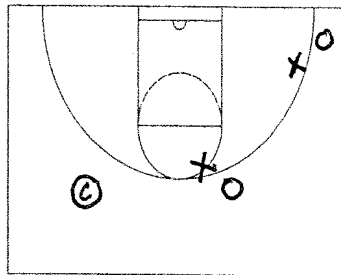


- Side Ball Screen/ Roll/ Rip



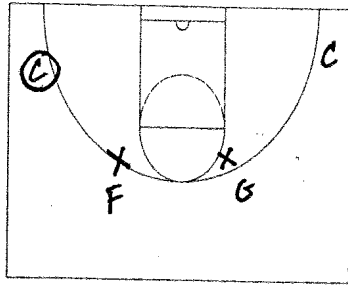
\* **Live Competitive Drills**

- Guards: 2-on-2 with a coach



- Have to score on your ½ of the floor
- Can basket cut, screen, or receive a screen
- Screen and 2<sup>nd</sup> cut

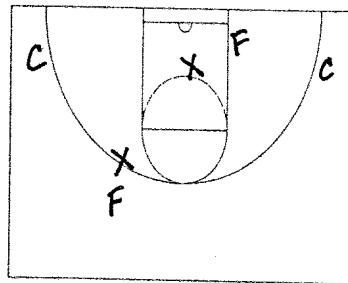
- Guard/Forward: 2-on-2 with a coach



- Forward is always the screener, Guard is always the cutter
- Forward can set a cross screen, flare screen or ball screen
- Screener becomes 2<sup>nd</sup> cutter
- Can use both coaches as outlets

\* Live situations when players get a lot of touches – this is when they learn how to play together – even though they make mistakes

- Forwards: 2-on-2 with a coach



- Scoring opportunities: go moves and rip moves on perimeter; go-to's and counter-moves in the post, skips/rips
- Can add a 3<sup>rd</sup> coach as a perimeter player in the slot

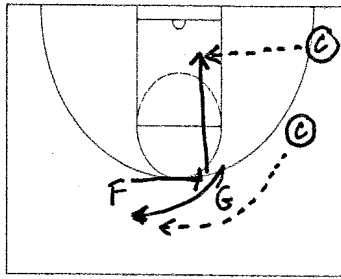
\* Forwards should: get a lot of movement, work together, stay high/low opposite each other

\*

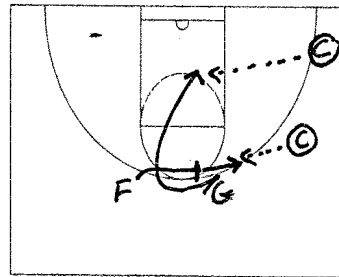
## 2-Ball Shooting Drills

- We want to practice taking the shots we will get out of our offense
- Cutter calls the cut, screener makes 2<sup>nd</sup> cut
- 4 different cuts: straight and flash, curl and pop, out cut/re-screen/flash, back cut and pop
- High Flare Screen

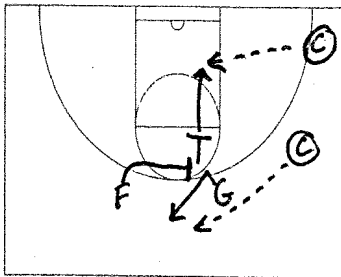
*(Straight)*



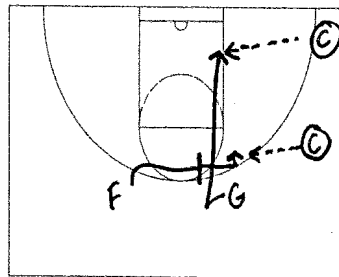
*(Curl)*



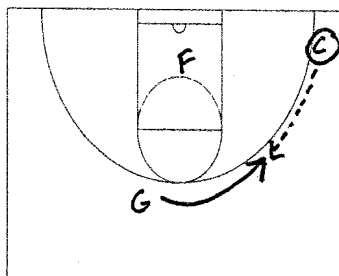
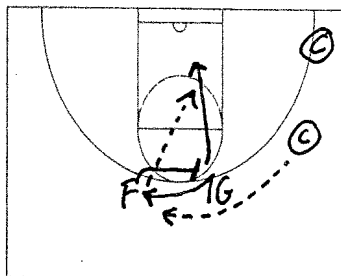
*(Out)*



*(Back)*

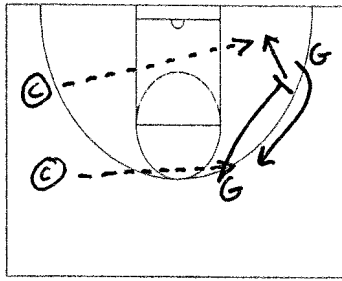


- You can add making an extra pass as well

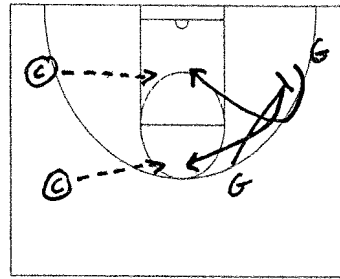


- Down Screen

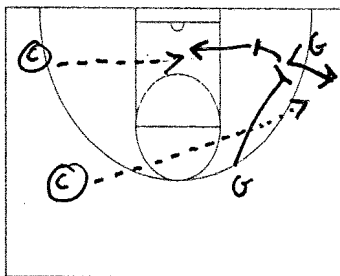
(Straight)



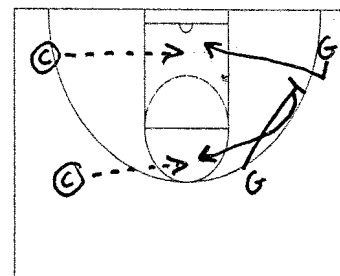
(Curl)



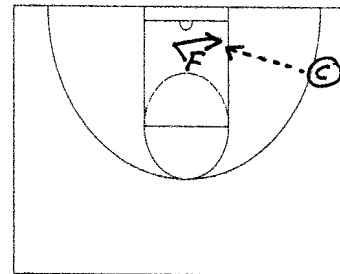
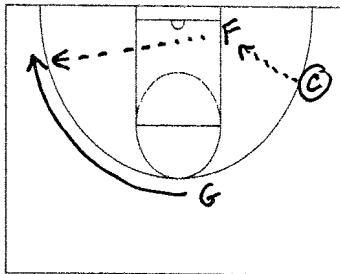
(Out)



(Back)



- Rip/Skip/Re-Post



- Feed the post, go middle to explore
- Guards rips to opposite wing
- Forwards re-posts, can go baseline to score or use go-to/counter move