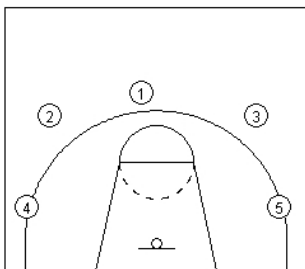


5 Out Open Post Offence

Personnel

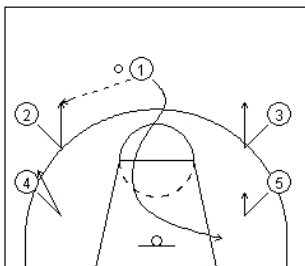
All players play as perimeter players.

Concepts and rules for teaching ‘motion offence’ apply.



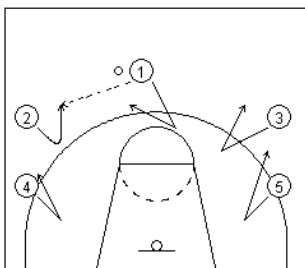
Basic Floor Positions and Spacing

- all positions are interchangeable
- all players must be able to move, pass and catch
- freedom of movement, floor balance and spacing rules apply



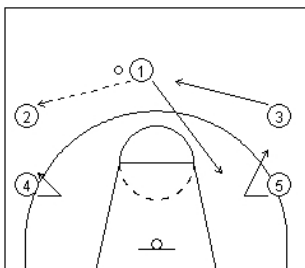
Rules after Passing

- pass and cut to the basket
- players fill spots to balance the floor and keep spacing



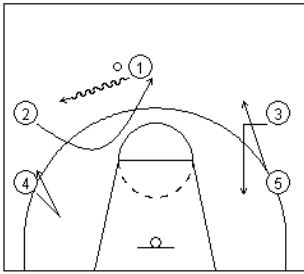
Rules after Passing cont.

- pass and cut in
- pop back and replace yourself
- keep floor balance and spacing



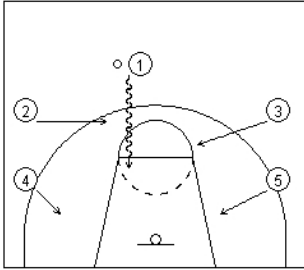
Rules after Passing cont.

- interchange away
- players fill spots for balance and spacing



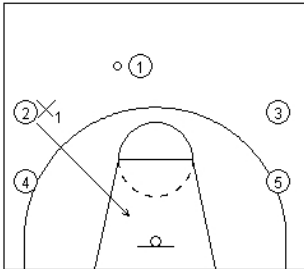
Rules for using Dribble

- dribble at team-mate
- players fill open spots keeping floor balance and spacing



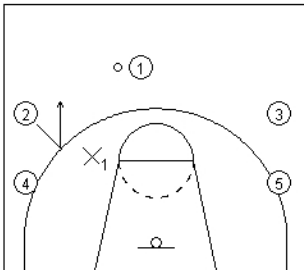
Rules for Dribbling cont.

- dribble penetrate
- look to pass to shooter
- go to basket



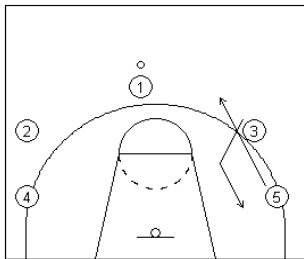
Rules Without the Ball

- backdoor on overplay



Rules Without the Ball

- step in and pop back versus soft defence for catch or stretch the defence



Rules Without the Ball

- interchange