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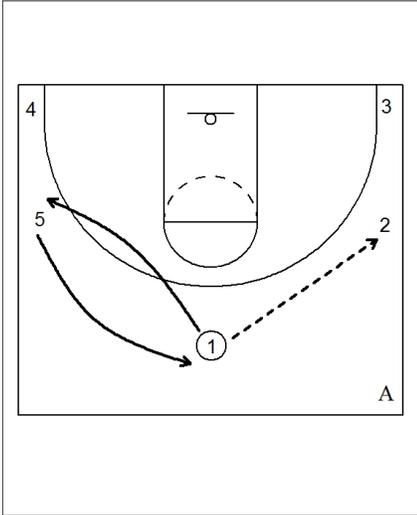
Summitt

5 out

2



5 out



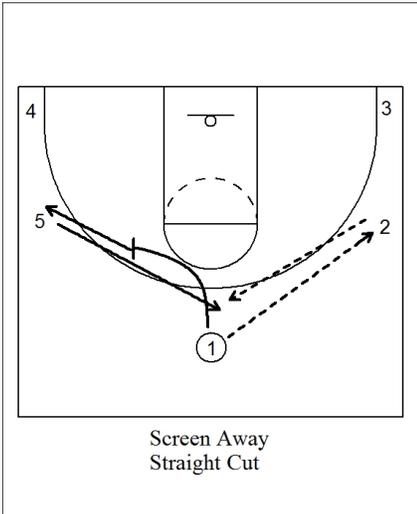
5 Out Motion

It's a basic 5-out set in a 1-2-2 formation. This is a continuity so the numbering doesn't matter as much as the pattern it self.

Here the 1 dribbles into the middle of the floor. 2 and 5 spread the wings and 3 and 4 spread to the corner.

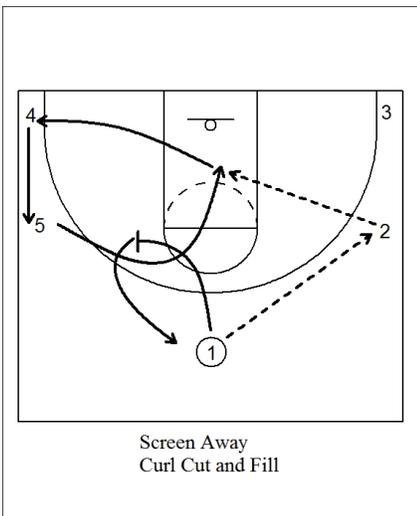
The offense starts with 1 passing to the wing. It does not matter to which side, but shown is the pass to the right side assuming the 5 is actually a post player. After the pass 1 cuts to the wing and 5 replaces.

With the 5 out spread formation if any player is denied there is plenty of room for backdoor cuts and filling.

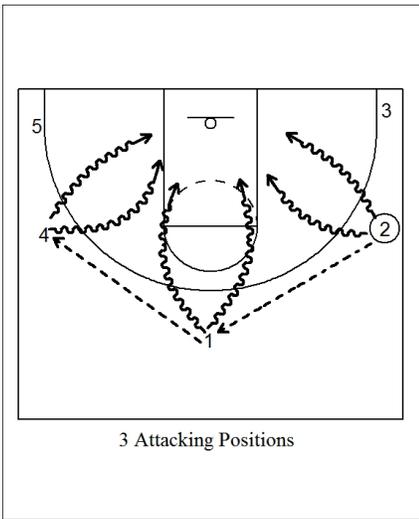


A simple exchange was shown to start, but 1 can set a screen for 5 here as well.

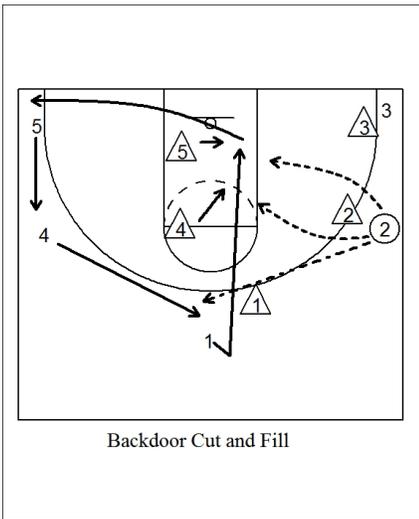
Off the screen 5 can look to straight cut and stay in the play, or curl to the basket. If 5 does curl 1 and 4 fill to create a spot for 5 to replace.



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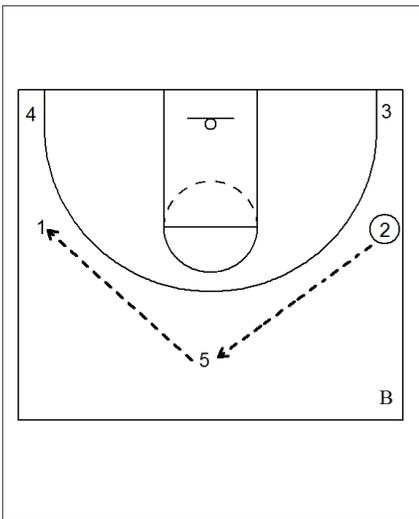


Any time the ball is in one of the three attacking positions: the top of the key, both angles players must be aggressive looking to take opposing player 1 v 1.



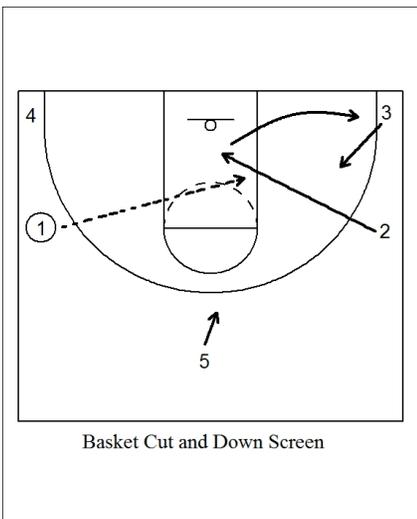
If any player is denied there is plenty of room to go backdoor. If a backdoor is done and is not open, look to reverse the ball quickly and either attack from the top of the key with as X4 has to recover quickly or the play continues.

Here 1 is denied and went backdoor. 2 looked for 1 on the backdoor. Here the pass isn't open as X4 and X5 were in great defensive position. 2 looks to swing the ball to the 4 at the top of the key. 4 can attack or look to reverse the ball to the 5 to continue to offense.



2 reverses the ball through the 5 to the 1. This is to create the initial movement and set up the cuts to follow.

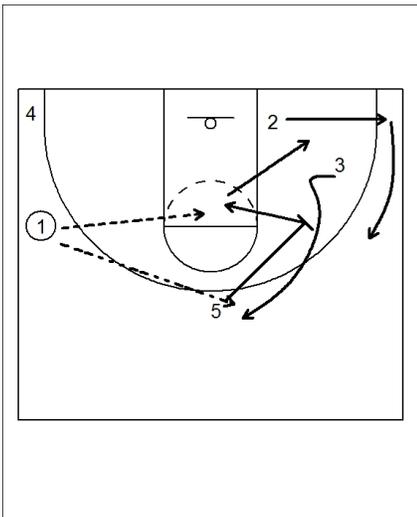
Again if 1 here is denied they can backdoor cut and 4 can fill to relieve any defensive pressure.



These are two very basic basketball plays. First, the 2 here, does a straight basket cut. This can be either in front of or behind the defender. If open, 1 hits 2 going to the basket for the layup.

If not open, 2 begins to cut to the same side corner. As 2 makes the basket cut 5 moves in closer to the top of the key and 3 starts to move up.

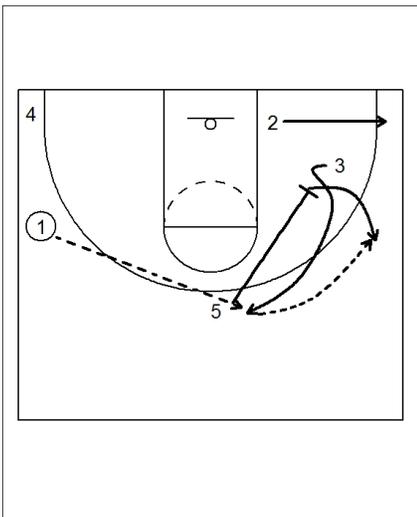
With the basket cut and the down screen action on the weakside there is little helpside defense if 1 can beat defender to the basket as they are in one of the three attacking positions. 1 looks to pass, but must understand that they are an offensive option.



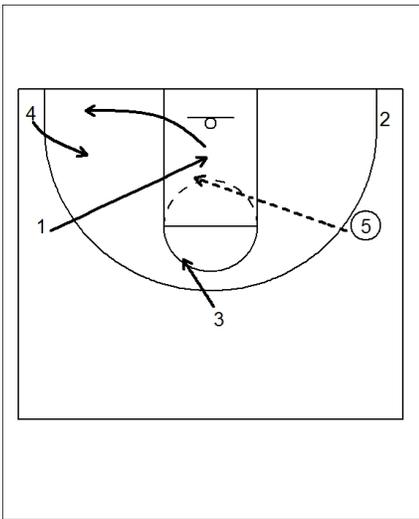
If 1 has no drive or if you are looking for the down screen action to produce something different.

2 clears to the corner after the basket cut. 5 sets the down screen for the 3. 3 sets up the screen by cutting going to the basket and coming over the top of the screen. 5 reads the screen and looks for the second cut.

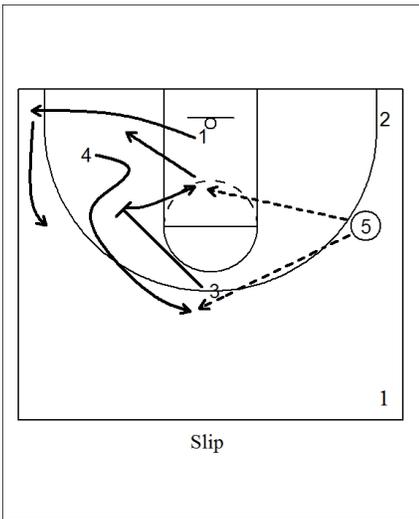
If the defense hedges 5 can roll to the basket for a quick slip off the screen. If the 5 slips to the basket and does not receive the ball 2 can fill to the wing position and the 5 can fill the corner spot.



If the defense plays under the screen 5 can pop to the wing. 1 hits 3 off the down screen. 3 MUST look to attack as they are in the attacking position or swing the ball to the 5.



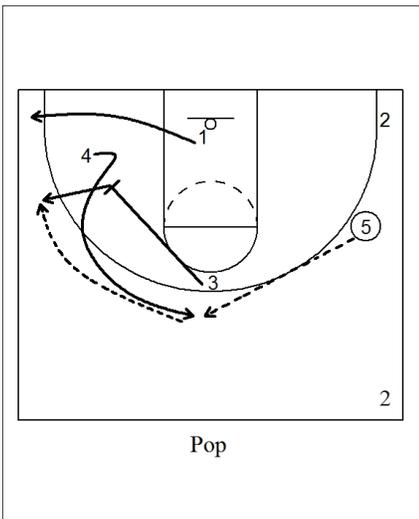
Once the ball is on the wing the continuity begins again.
1 basket cuts. 5 looks for 1 for the lay up. 1 clears to the corner if not open. 3 steps down to the top of the key and 4 steps in looking to set up the screen.



There are 4 options that can happen the from the second revolution on during the continuity.

SLIP

Here the 3 sets the down screen for the 4. Again 3 can look for the slip if the defense looks to hedge hard on the down screen. 5 can look to pass to the slip or the 4 coming off the screen. 1 can fill the wing and 3 can replace in the corner to reset the pattern.



Pop

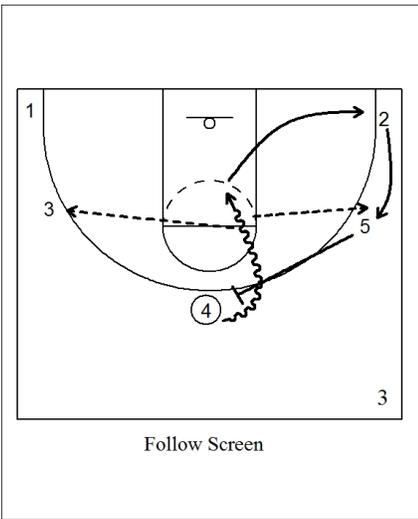
3 can also pop out to the wing. 5 looks to hit the 4 off the down screen. 4 looks to attack or reverse the ball to the 3.



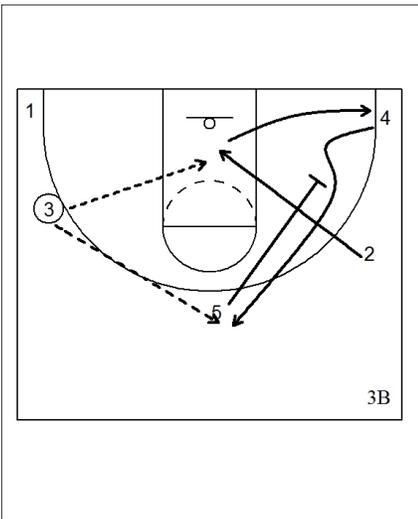
Follow Screen

Another great option that is great is a follow screen with your post. Any time the post reverses the ball the post follow screens for the person on the point.

Here 5 sets the high ball screen for the 4. 4 comes off the screen looking to attack. If the defense helps there are several kick options. If the 4 kicks to the 2, 4 can clear to the corner and reset the offense.



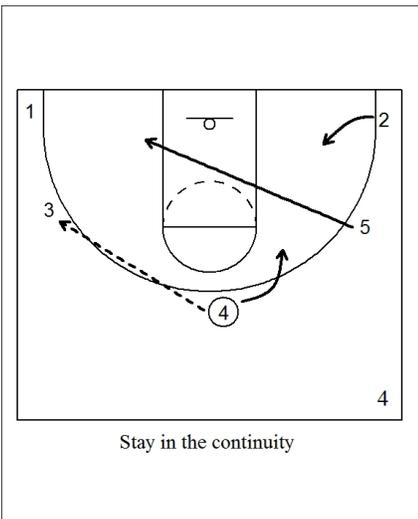
From here we are back to the continuity. 2 looks to basket cut, 5 and 4 run through the down screen series.



Stay in the continuity

Here the 4 reverses the ball to the 3. This results in the 5 using the basket cut creating the power triangle. Even with the 5 out formation you can still post up players or leave this for your posts only. Totally up to how you want to use it.

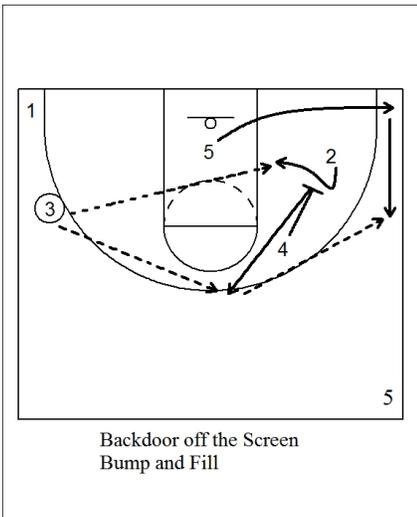
The 4 steps in to set the right angle for the down screen, 2 steps in to set up the down screen.



The more this basic action is run the more the other options will be open. The simple action of the down screen and a spread floor can really be very simple to learn and quite effective.

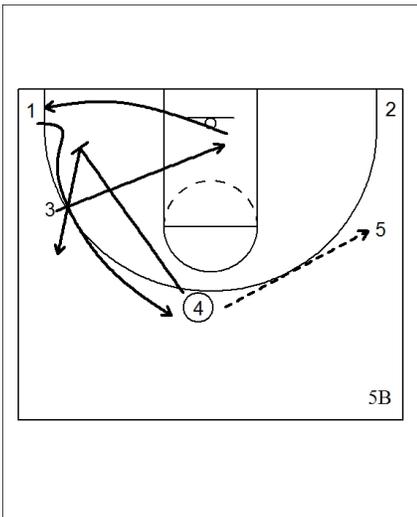


Backdoor/Bump



Another good look here is 2 cutting back door off the screen. This is a great option when the defense has to guard against the down screen with regularity as they will jump the screen.

2 cuts backdoor and 4 bumps back out. 3 first looks for 5 on the basket cut, than 2 on the back cut than for 4 bumping back out.



4 looks to reverse the ball and the continuity continues with 3 basket cutting followed by 4 and 1 running through the down screen series.