



5 Game/Open Post Offense

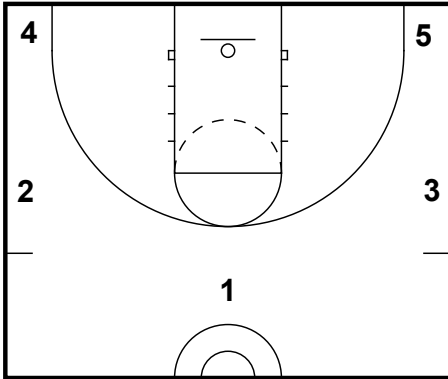


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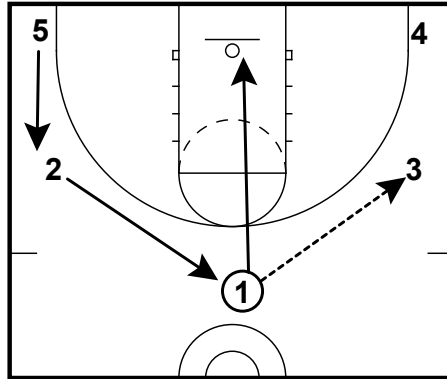
Basic Actions

Open Post/5 Game
Team Offense



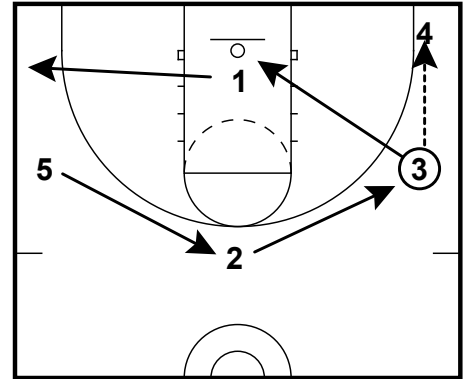
Fill the 5 spots (Top, Wings, Corner). Extend all the way out to the NBA 3 point line. We would rather be higher and wider in our spacing.

Open Post/5 Game
Team Offense

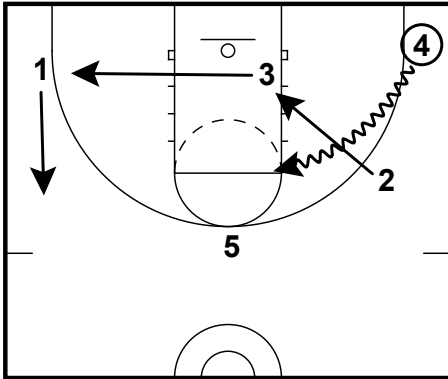


Rule 2: On a pass to the wing or a pass to the corner, cut all the way to the rim.
Rule 3: Always sprint to fill the open spot closest to the ball. In this example, player 2 fills the top and player 5 fills the wing after player 1 cuts.

Open Post/5 Game
Team Offense

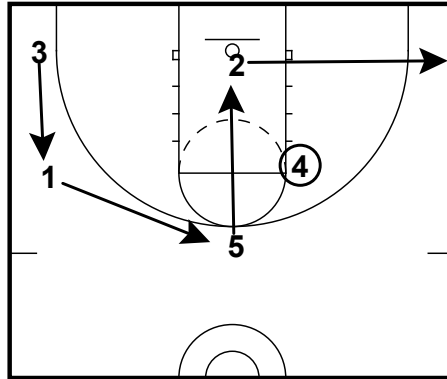


Open Post/5 Game
Team Offense

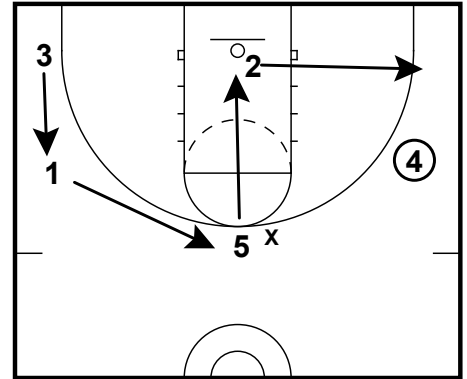


Anytime the ball is in the corner, the player will dribble out and try to get to the elbow. Anytime the ball is dribbled toward you from the corner, you cut to the basket. In this diagram, player 4 dribbles at player 5.

Open Post/5 Game
Team Offense

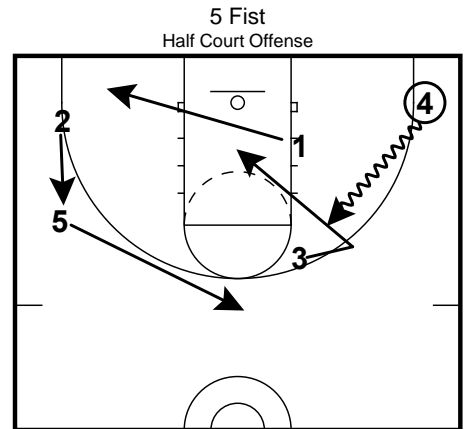
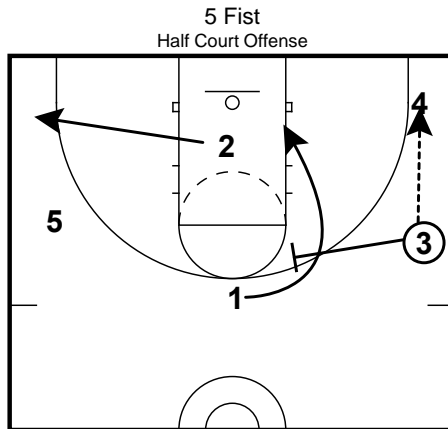
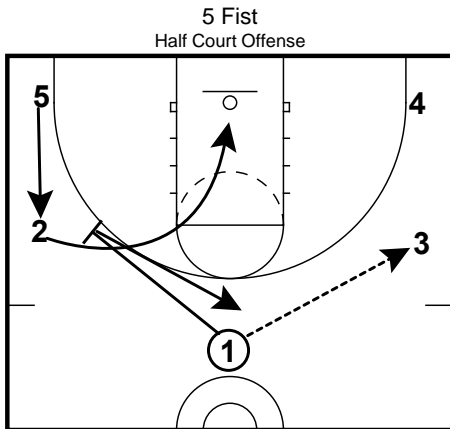


Open Post/5 Game
Team Offense



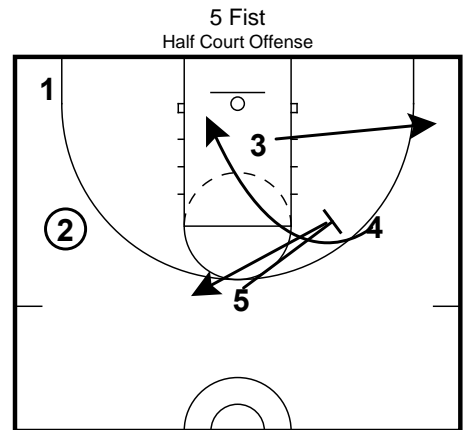
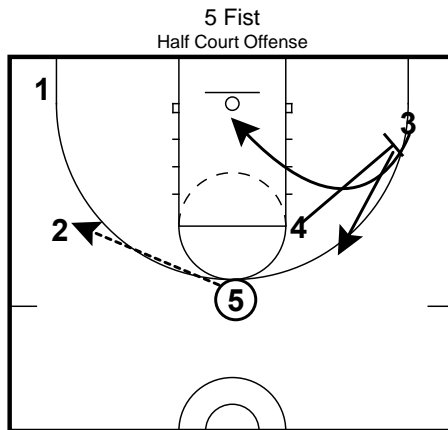
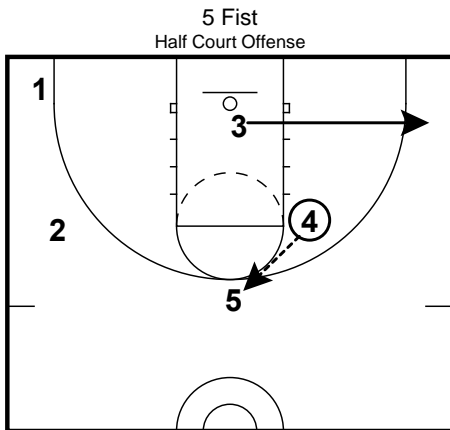
Anytime the defense denies the reversal pass or plays above the 3 point arc, cut backdoor. In this example, player 5s defender is overplaying, so 5 cuts to the rim. Players 1 and 3 sprint to fill the open spots.

Basic Actions



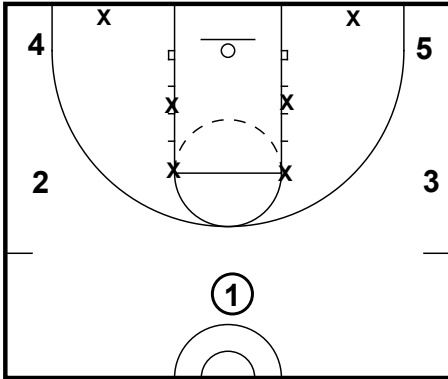
5 Fist is our screening series. Anytime you pass the ball, you screen away to the next spot. The cutter will always curl and the screener steps back to the ball. You can still back cut if your defender is above the 3 point arc from any spot.

Corner still uses dribble out rule.



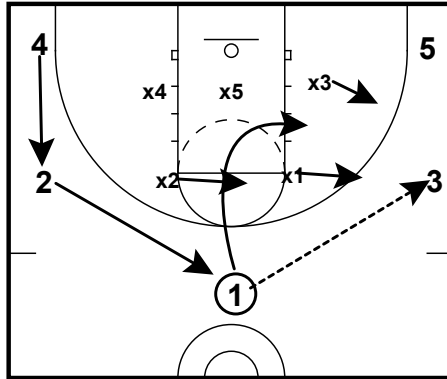
Basic Actions

5 vs Zone
Zone Offense



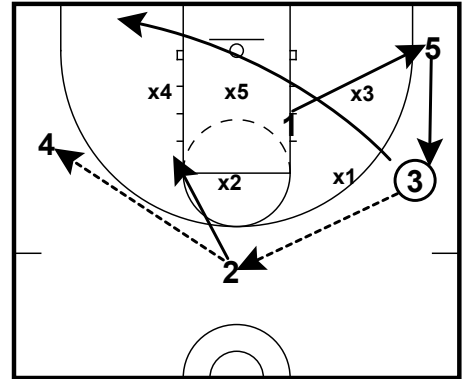
Fill the 5 spots. On a pass, you can cut to the elbow, mid post or short corner.

5 vs Zone
Zone Offense

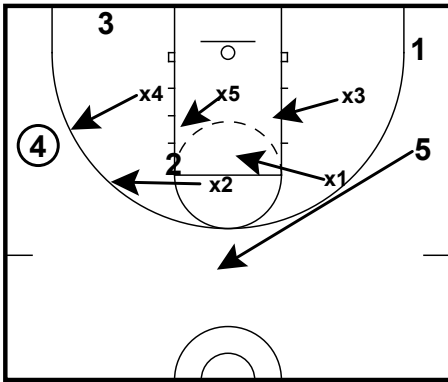


On the pass, you cut and hook into a gap between 2 defenders. You stay in the gap until the next pass is made. You can then fill any spot on the floor.

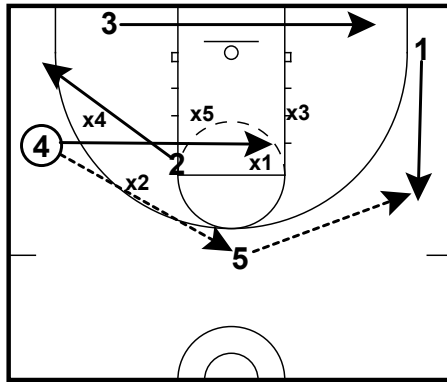
5 vs Zone
Zone Offense



5 vs Zone
Zone Offense

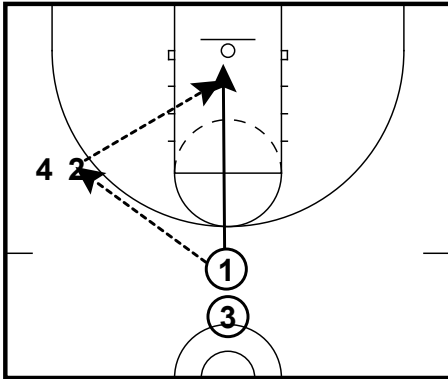


5 vs Zone
Zone Offense



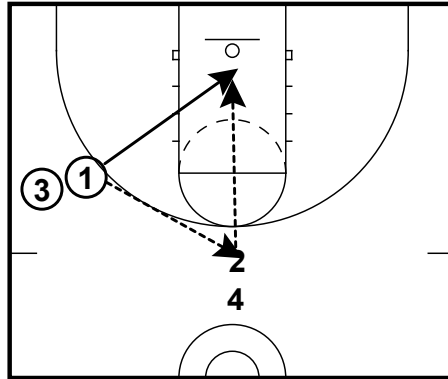
Drills

5 Game Breakdown Drills
Continuity/Motion



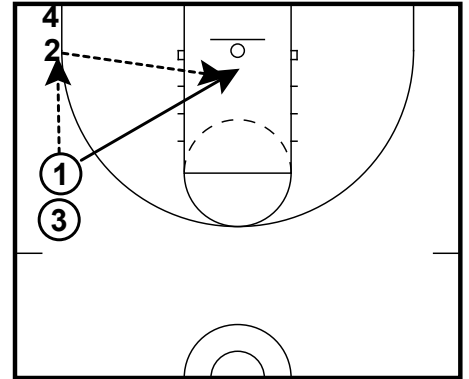
Pass and Cut from top

5 Game Breakdown Drills
Continuity/Motion



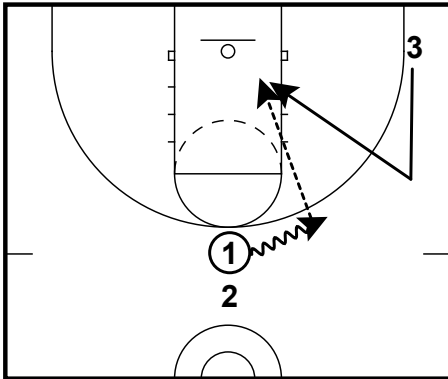
Pass and cut from wing

5 Game Breakdown Drills
Continuity/Motion



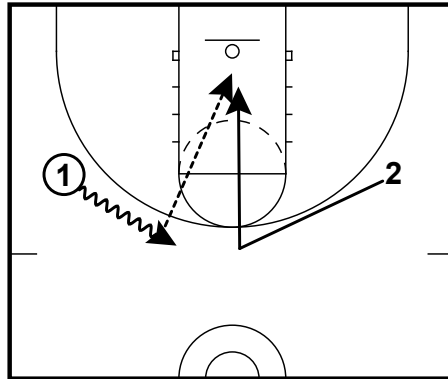
Pass and cut from wing to corner

5 Game Breakdown Drills
Continuity/Motion



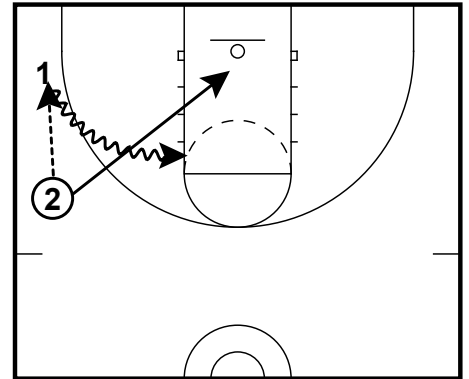
Dribble At Top to wing

5 Game Breakdown Drills
Continuity/Motion



Dribble At Wing to Top

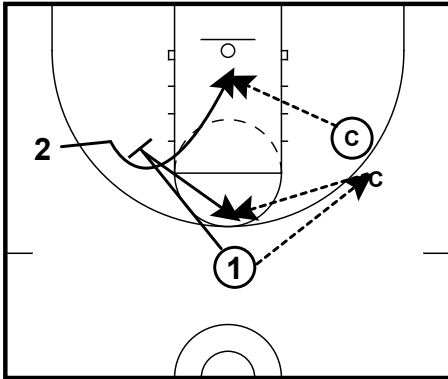
5 Game Breakdown Drills
Continuity/Motion



Dribble At Corner to Wing

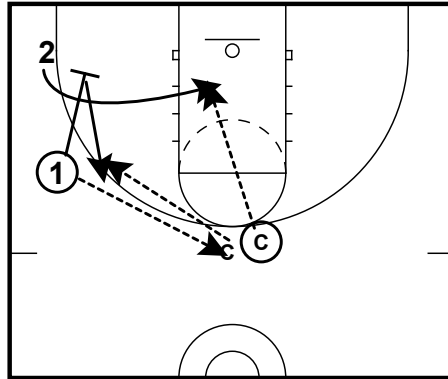
Drills

5 Fist Breakdown Drills
Continuity/Motion



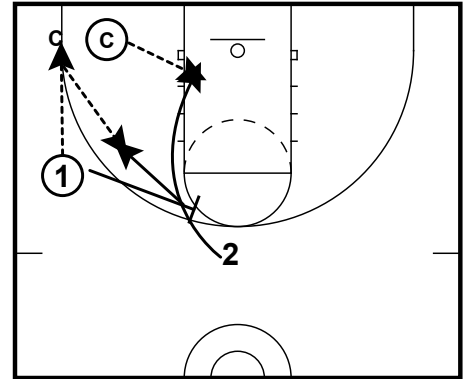
2 Ball Shooting: Top and Wing

5 Fist Breakdown Drills
Continuity/Motion



2 Ball Shooting: Wing and Corner

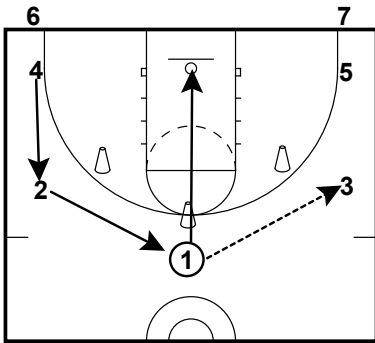
5 Fist Breakdown Drills
Continuity/Motion



2 Ball Shooting: Wing and Top

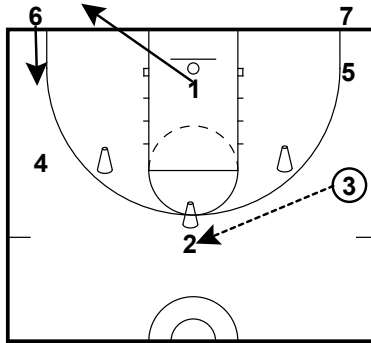
Drills

Tiger Passing Drills



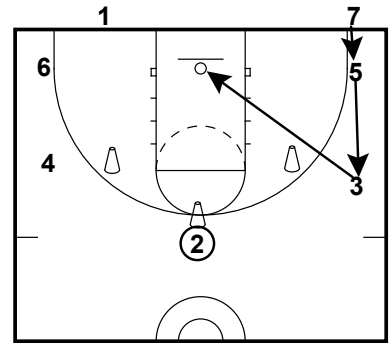
Line in each corner, cones are coaches/managers with blocking pads. Drill is designed to work on 5 Game: Pass and cut, catch and face, cut to the rim.

Tiger Passing Drills

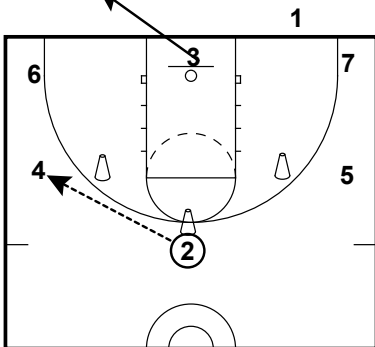


Coaches with pads are pressure the ball handler. Cutter must sprint to fill the spots.

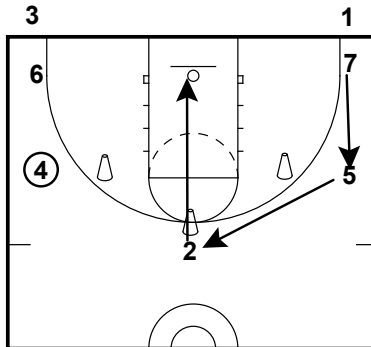
Tiger Passing Drills



Tiger Passing Drills



Tiger Passing Drills



Tiger Passing Drills

