

5 Game/Open Post Offense



Table of Contents

1.	Basic Actions	2
2	Drills	5

Basic Actions

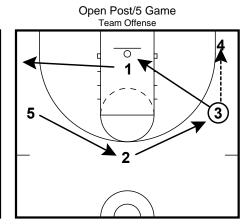
Team Offense 5 0 3 2 1

Open Post/5 Game

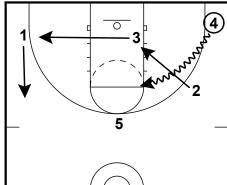
Fill the 5 spots (Top, Wings, Corner). Extend all the way out to the NBA 3 point line. We would rather be higher and wider in our spacing.

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



Open Post/5 Game Team Offense



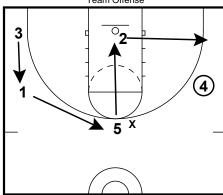
Anytime the ball is in the corner, the player will dribble out and try to get to the elbow. Anytime the ball is dribbled toward you from the corner, you cut to the basket. In this diagram, player 4 dribbles at player 5.

Open Post/5 Game Team Offense

and player 5 fills the wing after player 1 cuts.



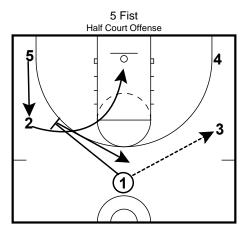
Open Post/5 Game Team Offense



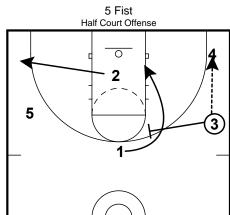
Anytime the defense denies the reversal pass or plays above the 3 point arc, cut backdoor. In this example, player 5s defender is overplaying, so 5 cuts to the rim. Players 1 and 3 sprint to fill the open spots.



Basic Actions

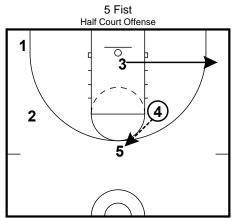


5 Fist is our screening series. Anytime you pass the ball, you screen away to the next spot. The cutter will always curl and the screener steps back to the ball. You can still back cut if your defender is above the 3 point arc from any spot.

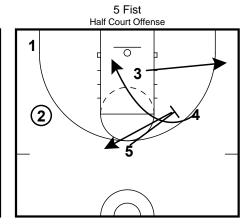


5 Fist Half Court Offense 0

Corner still uses dribble out rule.





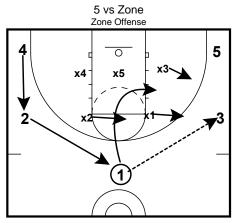




Basic Actions

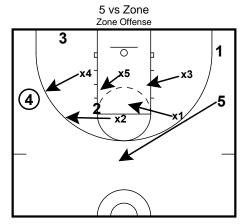


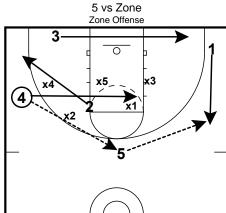
Fill the 5 spots. On a pass, you can cut to the elbow, mid post or short corner.



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.



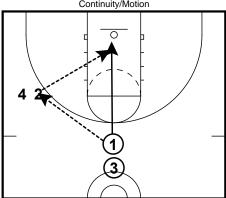




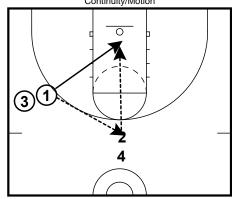


Drills

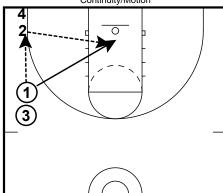
5 Game Breakdown Drills Continuity/Motion



5 Game Breakdown Drills Continuity/Motion



5 Game Breakdown Drills Continuity/Motion



Pass and Cut from top

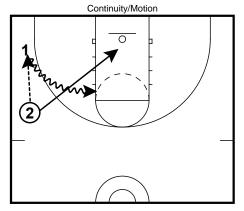
Pass and cut from wing

Pass and cut from wing to corner



5 Game Breakdown Drills Continuity/Motion

5 Game Breakdown Drills



Dribble At Top to wing

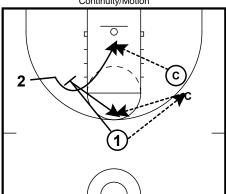
Dribble At Wing to Top

Dribble At Corner to Wing



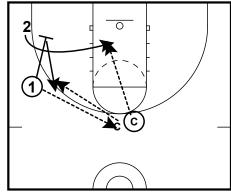
Drills

5 Fist Breakdown Drills Continuity/Motion



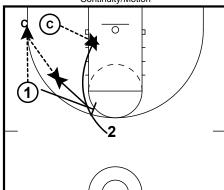
2 Ball Shooting: Top and Wing

5 Fist Breakdown Drills Continuity/Motion



2 Ball Shooting: Wing and Corner

5 Fist Breakdown Drills Continuity/Motion

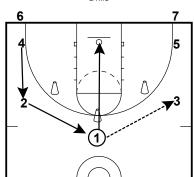


2 Ball Shooting: Wing and Top



Drills

Tiger Passing Drills



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

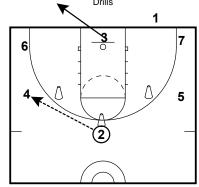
Tiger Passing Drills



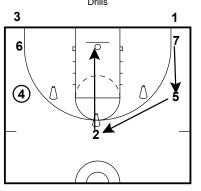
Coaches with pads are pressure the ball handler. Cutter must sprint to fill the spots.

Tiger Passing Drills 6

Tiger Passing Drills



Tiger Passing Drills



Tiger Passing Drills

