

5 Out Motion

- I. Reasons
 - A. Flexibility
 1. With personnel
 2. With defense
 - B. 2 Toughest Things to Defend in Basketball
 1. Ball Movement and People Movement
 2. FG Stat from a Louisville Game:

No Ball Reversal	3-14
1 Ball Reversal	10-25
2+ Ball Reversals	9-13
 - C. Opens the for cutters, penetration and post-ups
- II. Teach Basic 5 Game Rules and Principles
 - A. Elbow Action
 - B. Corner Action
- III. Drills used to Teach 5 Game
 - A. 4 Man Shooting
 - B. Drive and Pitch
 - C. Read Screens: From Wing and Elbow
 - D. 3-2 at Elbow
- IV. Specific Situations
 - A. Best penetration opportunities
 - B. Best post up opportunities
 - C. Getting into it out of the break