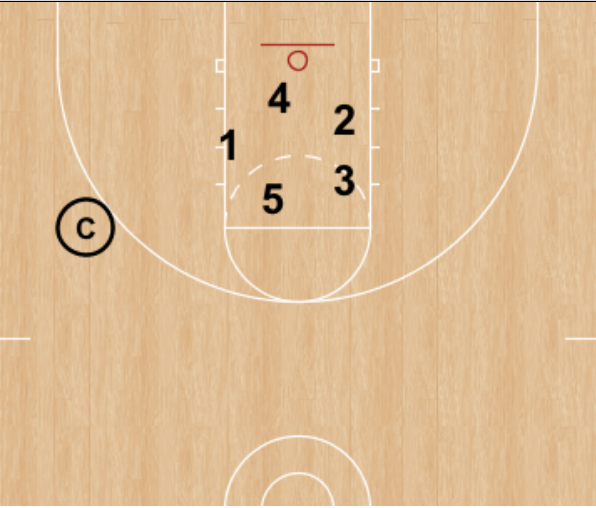
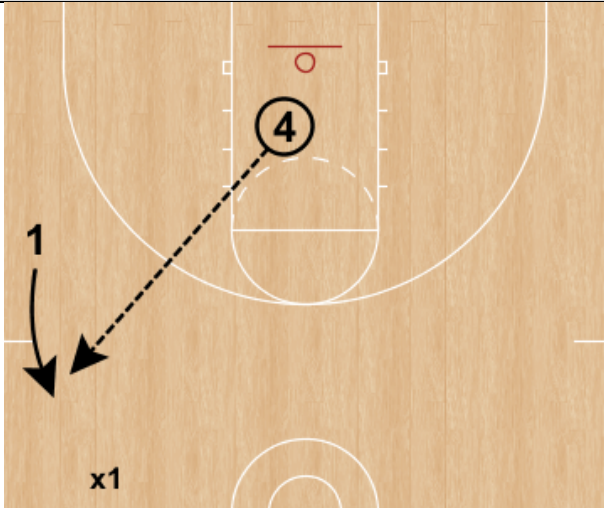
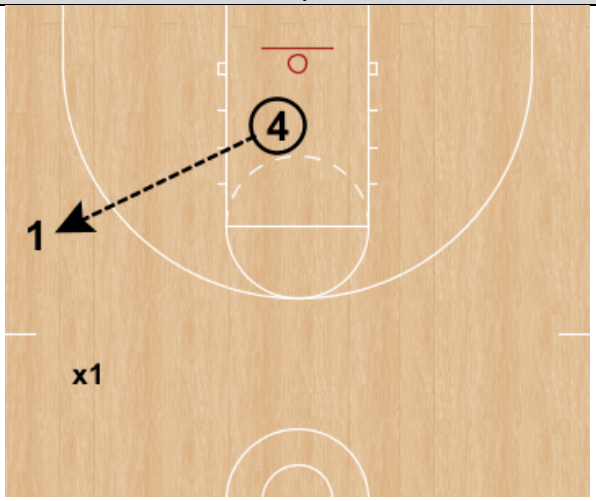
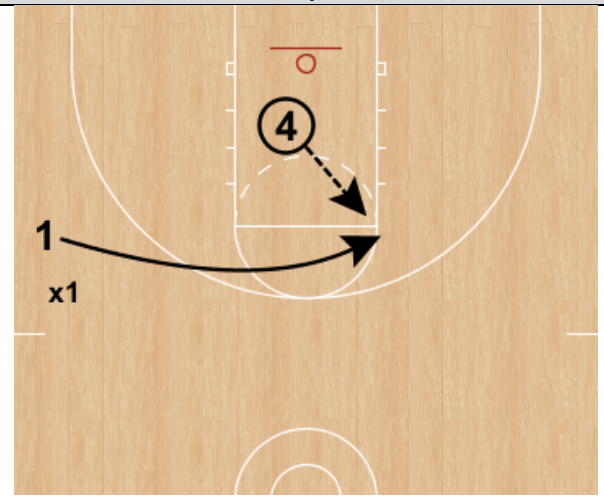


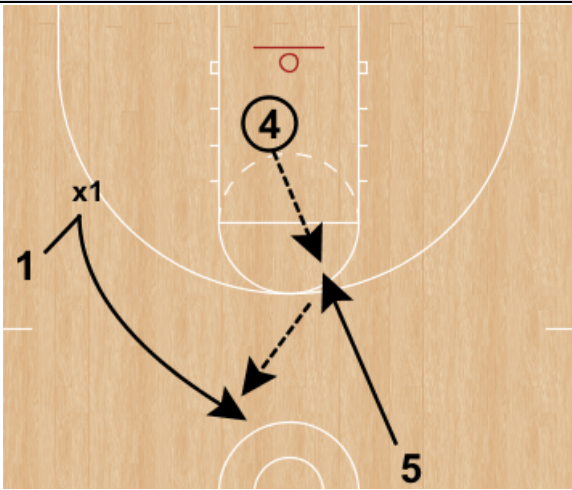
5 v 0 Primary (or 5 v 0 "13")

<p>Purpose:</p> <ul style="list-style-type: none"> Learn the various actions and progressions of our primary break 	<p>Scoring / Goals:</p> <ul style="list-style-type: none"> Goal is to score with one dribble and three passes at most
<p>Rules:</p> <ul style="list-style-type: none"> Team completes four trips (four shots) before new group of five comes on Coach or guided defender must give the PG, passer and 5-man a read on every outlet pass Any missed shots should be rebounded and finished PG must mix in at least one "slice" dribble each set of trips 	<p>Teaching points:</p> <ul style="list-style-type: none"> PG has back facing sideline when catching outlet pass Rebounder gets powerful and uses twist or skip pass to outlet to PG On a miss, 4 and 5 race to half court to determine who's rim runner and who's the trailer On makes, 4 always takes ball out and outlets on the right side

Setup	Outlet option 1
 <ul style="list-style-type: none"> Players circle and coach shoots. Players box out imaginary opponent, go for rebound, then outlet to PG. Others sprint to their spots (explained later) Complete the actions/options called out by coach (or PG can determine the action) for each trip. 	 <ul style="list-style-type: none"> If the coach or guided defender backs up to half court, PG drifts up court before outlet pass

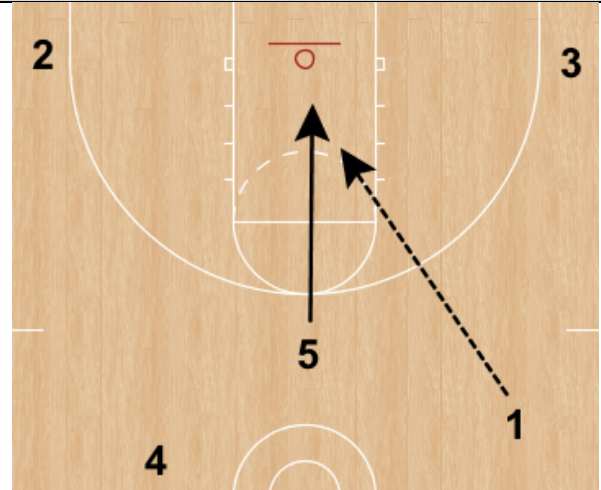
Outlet option 2	Outlet option 3
 <ul style="list-style-type: none"> If the coach or guided defender uses token pressure, PG stays FT line extended 	 <ul style="list-style-type: none"> If the coach or guided defender pressures, PG cuts across FT line and catches on opposite elbow

Outlet option 4



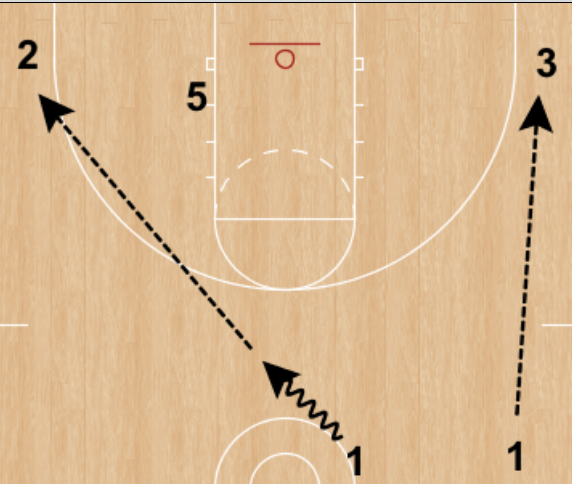
- If the coach or guided defender denies, run "5-Man stay." Here, the PG and 4 alert 5 by yelling "5-Man!" 5 cuts back to catch ball at top of key. PG buries defender down, and 5 hits PG on "slice cut" up court
- If needed, PG comes back to 5 for a hand off

Option 1: Rim runner



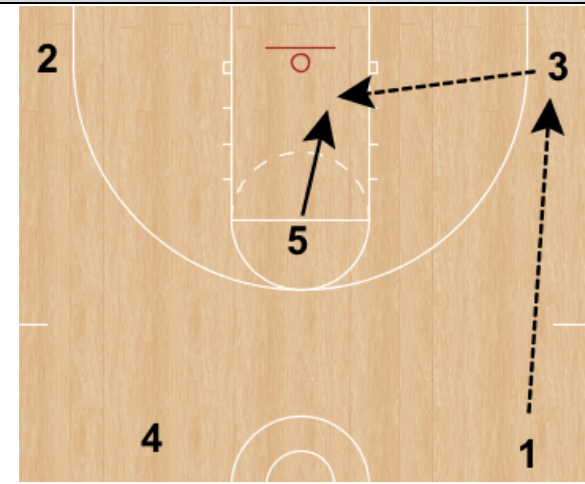
- At the other end, the first option is to hit the rim runner for a layup. This could be the 4 or the 5
- PG should use no more than two dribbles before hitting rim runner

Option 2: Corner three, and "Slice" dribble intro



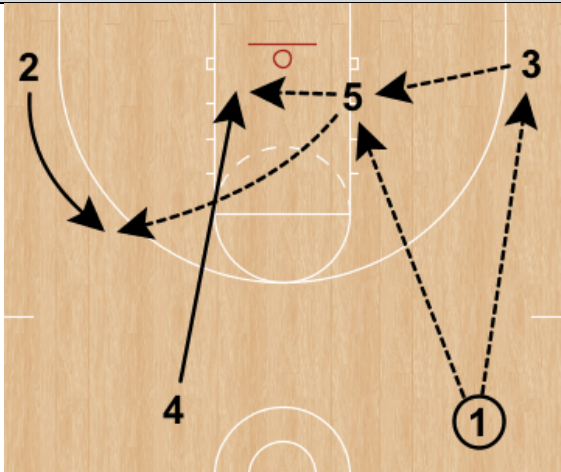
- PG hits 2 or 3 in the corner for a three
- When hitting weak side corner, PG should use "slice" dribble before half court to make this a safer pass
- On any slice dribble, trailer must stay behind and on opposite side of PG

Option 3: Corner to Rim runner



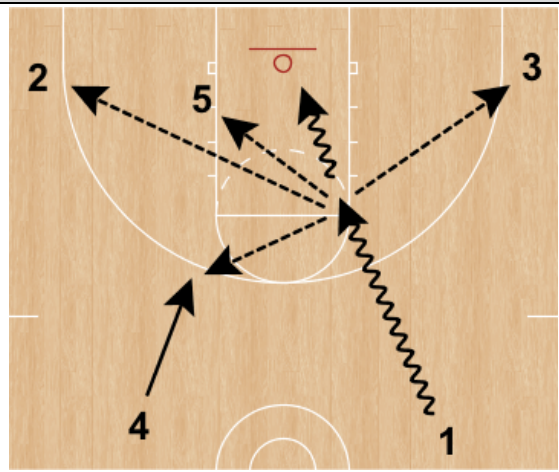
- PG hits corner, corner hits rim runner for layup
- This should also be done using a slice dribble

Option 4: Trailer dive & corner lift



- Hit rim runner directly, or through the corner first
- Once rim runner catches, trailer dives on the weak side for a layup, or to occupy weak side corner's defender
- Opposite corner lifts to wing for a catch and shoot
- This should also be done using a slice dribble

Option 5: PG attacks



- PG attacks the "kill zone," which is the area just inside the elbow
- If he can score, he continues to attack.
- If not, he looks to draw defenders and kick to the open teammate for a shot
- This should also be done using a slice dribble