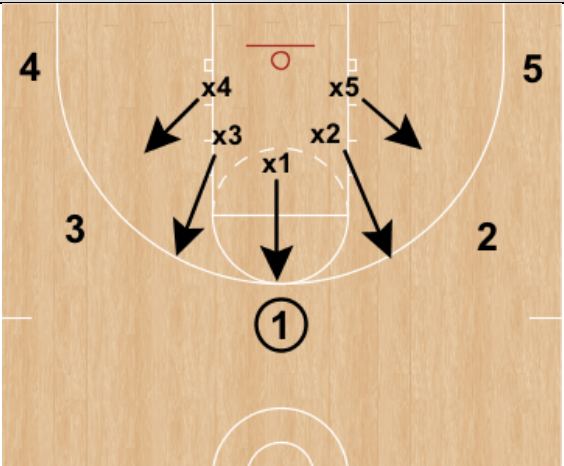
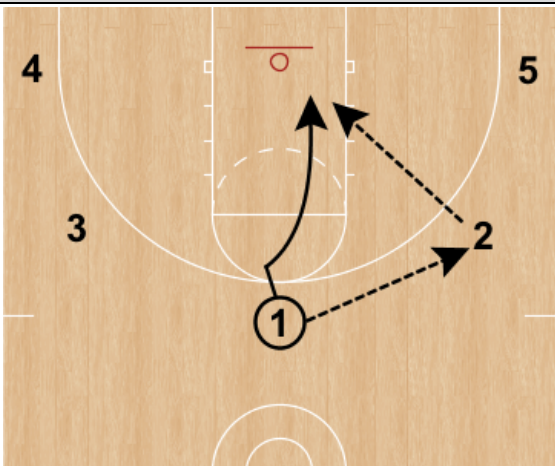
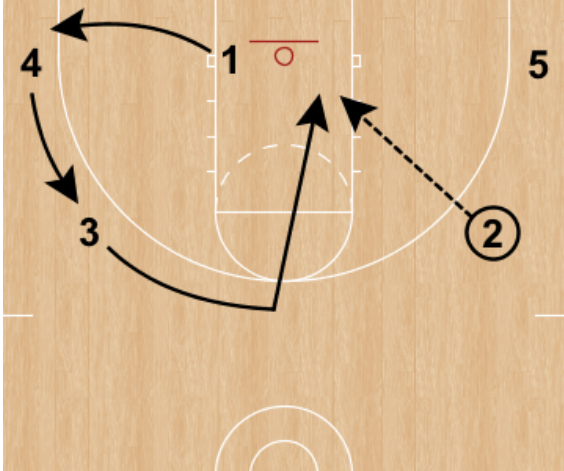


5v5 Pass and Cut

<p>Purpose:</p> <ul style="list-style-type: none"> • Use passing, cutting, screening, and limited dribbles to teach ball movement, hunting for the open teammate, and finding layup opportunities 	<p>Scoring / Goals:</p> <ul style="list-style-type: none"> • One point for every completed pass • Ten points for a made basket • One point for an offensive rebound (no second shots however) • Play to a certain score (like 50), or for an amount of time
<p>Rules:</p> <ul style="list-style-type: none"> • Offense can pass and cut, reverse and screen away, and cut backdoor • Turnover for not cutting hard or sprinting to screen • Offense gets one dribble each catch • Only catches on the perimeter, within spots in our offense, count <ul style="list-style-type: none"> ○ This limits unrealistic passes to cutters in random spots ○ If pass is made into the paint, it should be for a layup attempt • Offense may not pass it right back to the previous passer • No second shots (though offense can get a point for an offensive rebound) • Alternate offense and defense each possession 	<p>Teaching points:</p> <ul style="list-style-type: none"> • Cut hard to the basket. Then cut just as hard back out to the perimeter • Hunt for and hit the open player • Look for skip opportunities when help side defense is clogging lane • Use pin and skips when available • There should be no cutters on a skip pass • Keep spacing between teammates • Avoid clogging lane with two cutters. Instead, second cutter should screen away • Screen and separate • Work for easy layups. Shooting threes is allowed but not encouraged

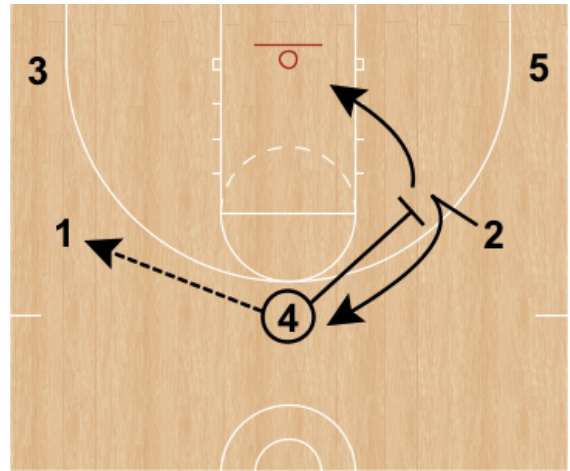
<p style="text-align: center;">Setup</p>  <ul style="list-style-type: none"> • Create two teams. Start with five Os and five Ds for practicing 5-out offense. • ** Variation ** Use four Os and four Ds if practicing 4-out offense. • Begin with the D closing out • Offense passes, cuts, and screens to make as many passes as they can • Defense plays man to man, trying to deny passes on perimeter, while using help side D to take away layups off backdoor passes • Switch O and D each possession 	<p style="text-align: center;">Scoring Opportunity 1: Pass and cut</p>  <ul style="list-style-type: none"> • Offense uses front or rear cut to get by defender
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Scoring Opportunity 2: Backdoor cut



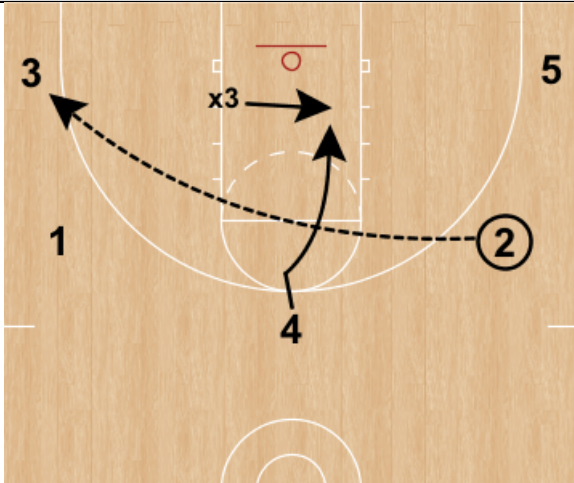
- 3 plants outside foot and cuts hard backdoor
- 1 must cut hard back out to the perimeter to clear himself and his defender out from the lane

Scoring Opportunity 3: Screen away



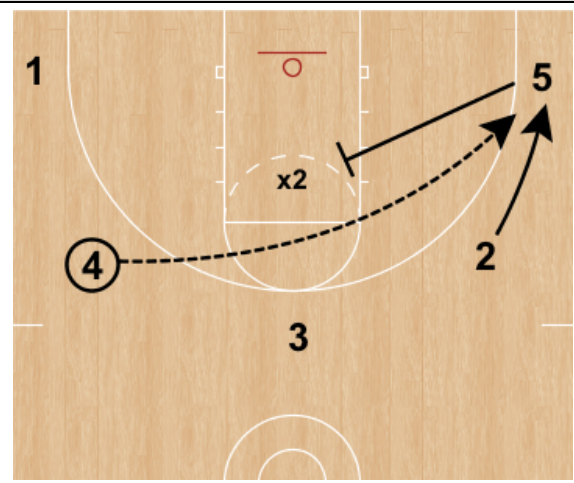
- 4 sprints to screen, 2 sets up cut and reads the D
- 4 separates after screen, opposite 2's cut

Scoring Opportunity 4: Skip for open three



- By 4 cutting hard to the rim, he draws 3's defender
- 3 is now open on the skip pass, which he can shoot, or attack the closeout

Scoring Opportunity 5: Pin and skip



- When a weak side player's defender is clogging the lane, his weak side teammate can set a pin screen for him, as 5 does here for 2
- A pin screen can also be set for a player as they finish a basket cut, when their defender stays in the paint