

Watertown 5 out motion rules- All 5 balance points fill with proper spacing.

Man 2 Man

1. When you pass you have **three** options:

- A. Cut- Make sure you get to the rim
- B. Screen Away - Make sure you come to quick stop when screening
- C. Replace yourself (stay)-- Rarely should you do this.

2. When you fill you must **Back Cut** all denials or over plays. This is very important--do not hesitate. When filling from the wing to the top, you **MUST** get to the nail!

3. If a player dribbles at you, you have two options:

- A. Back cut if overplayed
- B. Dribble handoff if not being overplayed.

4. We will use our cut and fill principles for all dribble drives. This is how it will be done-- if the player drives to the right everyone will fill to their right. If the player drives to the left everyone will fill to their left.

5. If you are being screened, you will have two options: Curl to the basket or slip to the basket. It will depend on how the defense plays you. The screener will **ALWAYS** replace to his original position. You **MUST** wait until the screener's feet hit the floor before you cut!

Zones

1. All the same principles apply when playing against a zone defense. There are only a couple of differences.

Cutting

- A. When you cut against the zone, you will cut to the "soft" spot in the zone. At that point, you will "hook n look" at the ball. If you do not get the ball you will continue to the rim and get out.
- B. Dribble drives, handoffs, screens will all be used in the same way they are against Man 2 Man. Remember, if you are curling a screen you will "hook n look" when at the soft spot in the zone
- C. The use of skip passes are very important while running our 5 out against zones.

Presses

- 1. We can use our 5 out motion against any type of press.
- 2. All the zone principles will apply against any type of press.
- 3. The only difference will be our target point on cuts. We will obviously not cut all the way to the rim, but at a point just beyond the last two players in the offense.

Entering the Ball

- A. We can use any number of combinations to inbound the basketball.
 - B. Once the ball has been inbounded, all the zone motion principles apply.
 - C. The in-bounder will immediately make a pass and then cut to the designated zone. Making sure to “hook n look” at the soft spot point.
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NOTES: Everyone should always be on their toes and moving. This is not a stand and watch offense. You should always be prepared to make a play.

- Shooters, if you have filled to a spot and find yourself open for a quality game shot, you will be expected to knock it down.
- Know your skill set! If you are not a shooter, but can penetrate, use this offense to your advantage. Pick your spots
- If you are a good post up player. You may curl to a block to see if you can get a quick post up, but you must immediately get back out and into the flow.
- EVERYONE will be expected to set SOLID screens. Shooters, the more screens you set the opportunities you will have to shoot the ball!
- Above all else, if things fall apart, do not panic. BALANCE the floor and continue on.